

HOSPITALITY AND CATERING

SUMMER PROJECTS
YEAR 11 STUDENTS



HEART OF
**WORCESTERSHIRE
COLLEGE**

KICK START YOUR STUDY AT HOW COLLEGE WITH ONE OF OUR CURRICULUM BRIDGING PROJECTS

Background:

The Hospitality sector is a major provider to the UK economy, it is estimated that 146,000 businesses operate within the sector employing 7% of the UK's total workforce. The industry needs motivated, skilled and enthusiastic people to fill jobs and run the businesses of tomorrow. You have chosen to study towards a career in a fast moving and exciting industry. The opportunities it can provide are varied and the reward it offers are many however, if you are to succeed you will need to be hard working and keen to learn

This project will enable you to develop some of the foundation skills you will need. It will require you to research, cook, and then evaluate your work. As well as cooking, you will be required to calculate cost and learn about the tools of your trade and some of the ingredients you will use as a professional chef.

The project is in four tasks:

- 1.** Research a dish that is British in origin, prepare and cook the dish, photograph it, evaluate it and write up your findings. This task will take around 16 hours to complete.
- 2.** Cost the dish by listing the qualities and cost of all ingredients used, then by dividing that cost by the number of portions produced. You will then calculate a selling price and add VAT onto the dish. This task will take around 1 hour.
- 3.** Research the tools of our trade; chef's knives. Identify different knives, describe how to sharpen them and then practice your knife skills. This task will take around 3 hours
- 4.** Herbs and Spices. Research various herbs and spices and provide information on flavour, origin and best use. Extend this by telling us how you use herbs/spices in your own cooking. This task will take around 1 hour.

We have also included a number of resources for you to access and watch. Overall, this project should take up to 30 hours to complete.

Tasks (1) - Research and produce a dish

1. Decide upon a dish that is British in origin. Research the origins of the dish (region, history, does it have cultural /religious significance etc) write up your findings.
2. Extend the dish by selecting appropriate garnishes and side dishes to be served with it.
3. Find recipes for your dishes and write them up in summary form.
4. Produce a form detailing tasting notes for the dish; include taste, seasoning, appearance, texture, temperature, successful aspects of the dish, areas for improvement.
5. Cook the dish and garnishes. Photograph your results
6. Ask a friend or family member to taste your dish and complete the tasting notes
7. Based on your tasting notes, evaluate your dish, what went well? What would you improve?
8. List the origin of each ingredient. Could the dish be adapted to reduce food miles without altering the dish too much?
9. List different types of hospitality establishment that would serve your dish and suggest a selling price for each. ie. one of the signature dishes at The Ivy, London is shepherd's Pie at a cost of £19.50. Shepherd's pie could also be served at lunch in a school but would you charge £19.50?

What you should hand-in

1. Research on the origin of the dish
2. Summarised recipes
3. Photographs of your completed dish
4. Tasting notes
5. Dish evaluation
6. List of ingredients / adaptations to reduce food miles
7. List of establishments in which the dish could be sold with selling prices

Resources

Cookery books

TV programmes

Internet

Family recipes

Tasks (2) Calculate Food Costings and calculations

Background

Maths skills are in so many of the things we do as professional chefs. Scaling up/down, measuring, weighing, temperature, calculating roasting times, ratios, percentages, addition, multiplication, fractions, the list goes on. Every hospitality business needs to work to a budget, most need to make a profit. To do this you need to be able to correctly calculate costs. This task requires you to do what every Head chef does every day; Food Costings.

- Using your recipes from task 1, cost the dish and any sides/garnishes (see costing example below) Your costing should be in the same format as the example provided.

Dish Costing Sheet

Dish title: Bread rolls

Number of portions produced: 50 x 50g rolls

Total cost of ingredients: £2.58

Cost per portion: 5p

| Ingredient | Unit cost | Amount required | cost |
|--|----------------|-----------------|-------|
| STRONG FLOUR | £1.25 per kg | 1.5 kg | £1.87 |
| BREAD FAT | £1.49 per 250g | 60g | £0.38 |
| SALT | 47p per kg | 10g | £0.05 |
| SUGAR | 65p per kg | 10g | £0.07 |
| YEAST | £1.00 per 100g | 21g | £0.21 |
| WATER | 0 | 900ml | £0.00 |
| Total cost of ingredients | | | £2.58 |
| Cost per portion (divide by number of portions produced ie 50 rolls) | | | £0.05 |

Resources

Supermarket prices (ie Tesco on-line)
Calculator

What you should hand-in

Completed dish costing sheet

Tasks (3) Tools of the Trade - Knives

Background

Knives are the tools of our trade. Chefs need to know how to use them efficiently and safely. In working efficiently and safely, a chef needs to be able to correctly identify different knives and understand the tasks that knife was designed to do. This task requires you to research chefs knives.

A sharp knife is a safe knife. Using a dull knife is an invitation to disaster. If you try to force a dull knife through the surface of a food product, it's more likely to slip and cause an injury. Also, if you do happen to cut yourself, a sharp knife will result in an easier wound to attend to.

HOW TO HOLD A KNIFE

For the proper chef's knife grip the thumb grips the knife around the top of the blade, with the hand wrapped around the bolster of the knife.

While beginners find that this takes some getting used to, it definitely provides extra control over the blade.

The index finger is wrapped fully around the blade. The index finger and thumb should be opposite each other on either side of the blade while the remaining three fingers are sort of loosely curled around the handle.

You should be gripping the knife mainly with the thumb and forefinger. If you find that you're tightly clutching the entire handle of the knife, just relax and loosen up. With practice you'll get used to this grip, and soon any other grip will feel very unnatural.

WHAT TO DO WITH THE OTHER HAND

The other hand is called the 'guiding hand', it is with this that you secure the food you are chopping.

Now that your knife hand knows what to do, we need to make sure your other hand does, too. Your non-knife hand is called your "guiding hand," and its job is to hold the food to keep it from sliding around on the cutting board. This puts it in a uniquely dangerous position. With the knife blade flying up and down, you need to keep those fingertips tucked safely away, while still being able to firmly hold the food.

The grip shown here is called the "claw grip" and as you can see, by keeping the fingers curled inward and gripping the food with the fingernails, the fingers stay out of harm's way. The side of the knife blade actually rests against the first knuckle of the guiding hand, which helps keep the blade perpendicular to the cutting board.








Task




1. Complete the table below.
1. Get a bag of carrots. Practice cutting the following French cuts: Brunoise, Macedoine, Julienne, Jardinière. Photograph your results
1. Describe how to sharpen a chef’s knife




TYPES OF COOKING KNIVES

Name these common cooking knives and describe what they might be used for

| Knife | Use |
|---|--|
|  | <p>(Fish)</p> <hr/> <hr/> <hr/> <hr/> <hr/> |
|  | <p>(Meat)</p> <hr/> <hr/> <hr/> <hr/> <hr/> |

| Knife | Use |
|---|--|
|  | <p>(Used for spreading)</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
|  | <p>(Serrated edge)</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
|  | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |

| Knife | Use |
|---|---|
|  | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
|  | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
|  | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |

| Knife | Use |
|---|---|
|  | <p>(Small in length)</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
|  | <p>(Used to cut roasted meats)</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
|  | <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |

| Knife | Use |
|---|-------------------------------|
|  | <hr/> <hr/> <hr/> <hr/> <hr/> |

Resources

- www.nisbets.co.uk/kitchenware-and-knives/chefs-knives/_/a33-2
- www.russums-shop.co.uk/c/q/knives/all-knives
- www.youtube.com/watch?v=VJNA4vrdWec
- www.youtube.com/watch?v=8VBnaFhOEn8
- www.thespruceeats.com/how-to-brunoise-1375423
- www.nisbets.co.uk/bgsharpeningchefs knives
- www.cooksillustrated.com/articles/218-how-to-sharpen-kitchen-knives
- www.wikihow.com/Sharpen-a-Kitchen-Knife
- www.youtube.com/watch?v=SBn1i9YqN1k
- www.thespruceeats.com/how-to-use-a-chefs-knife-995812
- kamikoto.com/blogs/fundamentals/the-expert-chefs-guide-to-knife-handling
- www.youtube.com/watch?v=5z_dOsoK1cl

What you should hand-in

1. Photographs of your French knife cuts: Brunoise, Macedoine, Julienne, Jardinière.
2. Describe how to sharpen a chef’s knife
3. Names of cooking knives table - completed with a description for each knife.

Background

On your level 1 Hospitality and Catering course you will acquire and develop practical and theoretical skills essential for a career in the catering industry. As part of the course you will complete a number of practical assessments ranging from a traditional pureed soup with garnishes, braised meat dishes and pastry items. During the year you will be allowed the freedom to enhance your dishes, produce different foods from around the world and take part in cooking challenges. If you have an interest and passion in Hospitality and Catering, you could be part of the brigade in September.

Task 4 - Herbs and Spices

Theory knowledge vital in this industry. The ability to recognise and understand the different uses of ingredients from the larder is a skill.

We would like you to complete the table using these skills.

Example

| | | |
|--|---------|--|
| Tarragon | Picture | Flavour |
| Origin | | Intense flavour, unique mix of sweet aniseed and a mild vanilla. |
| Perennial herb in the sunflower family. It is widespread in the wild across much of Eurasia and North America also be grown in the UK. | | Best Use An essential ingredient in sauce Bearnaise, and goes very well with eggs, cheese and poultry. It also can be for medicinal purposes. |
| | | Best Use https://www.bbcgoodfood.com/glossary/tarragon |

| | | |
|-------------|---------|----------|
| Root Ginger | Picture | Flavour |
| Origin | | Best Use |
| | | Best Use |

| | | |
|----------|---------|----------|
| Cinnamon | Picture | Flavour |
| Origin | | Best Use |
| | | Best Use |

| | | |
|----------|---------|----------|
| Turmeric | Picture | Flavour |
| Origin | | Best Use |
| | | Best Use |

| | | |
|---------|---------|----------|
| Saffron | Picture | Flavour |
| Origin | | Best Use |
| | | Best Use |

| | | |
|----------|---------|----------|
| Cardamom | Picture | Flavour |
| Origin | | Best Use |
| | | Best Use |
| | | Best Use |

| | | |
|--------|---------|----------|
| Sage | Picture | Flavour |
| Origin | | Best Use |
| | | Best Use |
| | | Best Use |

| | | |
|--------|---------|----------|
| Dill | Picture | Flavour |
| Origin | | Best Use |
| | | Best Use |

| | | |
|---------|---------|----------|
| Paprika | Picture | Flavour |
| Origin | | Best Use |
| | | Best Use |

| | | |
|----------|---------|----------|
| Marjoram | Picture | Flavour |
| Origin | | Best Use |
| | | Best Use |
| | | Best Use |

| | | |
|-----------|---------|----------|
| Coriander | Picture | Flavour |
| Origin | | Best Use |
| | | Best Use |
| | | Best Use |

Your A la Carte choice

It is now time to tell us about your favourite herb or spice.

To include a description of the herb or spice, where it comes from and what you like to use it with or in. If you have cooked this dish attach a picture of your creation.

What you should hand-in

Herb and Spice table – completed as required

Details of how you use herbs and spices in your own cooking

Suggested Mise en place

All successful chefs are inspired by what they encounter. It is vital to watch or look at a range of chefs and really take note of their techniques being used in their production of food. You should have an opinion on things you see.

Start to keep a diary of things that you watch and maybe give it a rating or review.

Make a list of new chefs that you have discovered.

Phone applications like Staff Canteen, Instagram, Pinterest help you to do this. Try and watch one programme.

- Great British Menu
- MasterChef – UK / Australia
- Saturday Morning Kitchen
- The Great British Bake Off
- Master Chef the Professionals
- Man vs Food
- Netflix – million pound menu, chefs table

Books or internet guides to consider

- The AA restaurant, pubs and hotel guide
- The Michelin Guide

These will give you an insight into ingredients, practices and skills that different chefs across the world use.

Indicative time for this project:

Up to 30 hours.

Instructions on how to submit this:

Please submit all work to

Neil Tabram

Curriculum, Resource & Quality (CRQ) Leader – Hospitality and Applied Science

e. howhospitality@howcollege.ac.uk

t. 01905 743515

How will I benefit from this project:

The project will help you understand what to expect when you come to College and also give you a head start in working on topics and content that will be relevant when you begin your journey with us.

What can I expect to get back after I submit my project work:

The receipt of your work will be acknowledged and a member of the team will give you some feedback.