

CATERING 50 FACTS

FACT	QUESTION	ANSWER
1.	What does commercial mean?	Makes a profit
2.	What does non commercial mean?	Does not make a profit
3.	What does this mean: residential	Can sleep in it
4.	What does this mean: Non-residential	Cannot sleep
5.	What does this mean: Brûlée	'Burned', e.g. crème brulee or burned cream
6.	What does this mean: Bouquet garni	A small bundle of herbs
7.	What does this mean: Coulis	Sauce made of fruit or vegetable puree
8.	What does this mean: Croutons	Cubes of toasted or fried bread
9.	What does this mean: En croute	'In a pastry case', e.g. salmon en croute
10.	What does this mean: Entrée	A meat dish usually served as a main course
11.	What does this mean: Flambé	To cook with flame by 'burning' away the alcohol, e.g crepes suzette
12.	What does this mean: Garnish	A savoury decoration for food, trimmings served with a main item
13.	What does this mean: Julienne	Thin, matchstick-size strips of vegetables
14.	What does this mean: Marinade	A richly spiced liquid used to give flavour and help tenderise meat and fish
15.	What does this mean: Mise-en-place	'Put in place' i.e. preparation either before starting to cook or before serving
16.	What does this mean: Purée	A smooth mixture made from food passed through a sieve or liquidised in a food processor
17.	What does this mean: Reduce	To concentrate a liquid by boiling or simmering
18.	What does this mean: Roux	A mixture of flour and fat used as a basis for a sauce
19.	What does this mean: Sauté	To toss in hot fat, e.g. sauté potatoes
20.	Freezer temperature	-18oC - -25oC
21.	Refrigerator temperature	0-4oC (<5oC)
22.	Temperature danger zone	5-63oC
23.	Core temperature of cooked food	75oC
24.	Hold holding temperature of food	63oC
25.	Function of protein in the body	Growth and repair
26.	Function of fat in the body	Energy, insulates the organs
27.	Function of carbohydrate in the body	Energy – excess turns to fat
28.	Function of fibre in the body	Aids digestion
29.	What is HACCP	Hazards Analysis, Critical control points
30.	What is a coeliac	Intolerance to gluten
31.	What is lactose intolerant	Intolerance to dairy (milk based products)
32.	Name a high risk food	Eggs, meat, shellfish, chicken, soft cheeses, pate, custard, gravy, sauces (especially those containing dairy foods), ready cooked quiches, cooked rice (and risotto), sushi, stews, mayonnaise, chocolate mousse
33.	Name one government guideline for healthy eating	<ol style="list-style-type: none"> 1) Base your meals on starchy foods 2) Eat lots of fruit and vegetables 3) Eat more fish – including a portion of oily fish each week 4) Cut down on saturated fat and sugar 5) Try to eat less salt – no more than 6g a day for adults 6) Get active and try to be a healthy weight 7) Drink plenty of water 8) Don't skip breakfast
34.	Name an oily fish	salmon, tuna, sardines, mackerel

35.	Name a white fish	Cod, haddock, whiting, plaice, sole, coley
36.	Name a shellfish	prawns, shrimps, scampi, crabs, mussels, oysters
37.	What is table d'hote menu	Set price
38.	What is a la carte menu	Individually priced
39.	Name the A cake making method	<u>Rubbing In Method</u> : Fat rubbed into flour, e.g. scones, crumble, rock cakes. <u>Creaming Method</u> : Fat and sugar creamed together, e.g. Victoria sandwich. <u>Melting Method</u> : Butter is melted, e.g. flapjack, brownies. <u>Whisking Method</u> : Eggs and sugar whisked, e.g. swiss roll, gateau
40.	What are casual staff?	Staff who work on a temporary basis, perhaps for only weekends, holidays or other busy periods. The benefits are they can be employed only when needed and can be paid per session, rather than on a weekly salary.
41.	What is the chef de partie	Station chef, line cook. In charge of a particular area
42.	What are the 3 Rs	Reduce, re-use, re-cycle
43.	What is chopped on a white board	bread
44.	Why is salt needed	<ul style="list-style-type: none"> • Control the amount of water in the body • Control blood pressure • Maintain the pH of blood • Helping with muscle contractions, prevents cramp
45.	Excess salt can lead to what	<ul style="list-style-type: none"> • raised blood pressure which in turn can lead to heart disease (do not accept heart attack as an answer) • Long term raised blood pressure may lead to having a stroke • May cause fluid retention leading to kidney disease • Salt is addictive • Dehydration in small children
46.	Name 1 large scale equipment	Oven, cooker, range cooker, Dishwasher/glass washer, Refrigerator/chiller/cold room/chilled display unit, Freezer/freezer room, Grill/salamander, Griddle, Deep fat fryer, Hot cupboard/display counter, Electric Potato peeler/tumbler, Large mixer e.g. Hobart, floor standing, Brat pans, Industrial microwave, Pizza oven/tandori oven, Conveyor/rotary toaster
47.	Name a symptom of food poisoning	Nausea, Vomiting/sick, Headache/(<i>lightheaded</i>), Diarrhoea, Abdominal pain, Fever/temperature/flu like symptoms, Joint pain
48.	Name a type of food poisoning	Salmonella, Staphylococcus Aureus, Clostridium Perfringens, E Coli, Bacillus Cereus, Campylobacter, Listeria
49.	What is a use-by	When the consumer must eat the food – must not consumer after this date
50.	Name 1 thing you must do when treating a burn	Place under cold running water, Leave for at least 10 minutes OR until stinging sensation stops, For burns larger than a 10p piece seek medical advice, Do not cover with plasters or dressings or creams