

HOSPITALITY & CATERING 30 FACTS: NAME DATE

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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