

Chapter 1

Breakfast Food and Sandwiches



Milk and Milk Products



Some milk is available in raw form, but most milk products are processed to remove harmful bacteria that could make people sick.

- Two processes applied to milk products are pasteurization and homogenization:
 - **Pasteurization:** Milk is heated to kill microorganisms that cause spoilage and disease without affecting its nutritional value.
 - **Homogenization:** Milk is strained through very fine holes to break down fat and then blended into one fluid.
- *Lactose intolerance* is a common digestive condition and is a reaction to many cultured dairy products, not just milk.
 - Dairy alternatives, such as soy milk and rice milk, can be used instead.
- Low-fat and skim milks behave differently when cooking.

Receiving and Storing Milk



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- ❑ Milk products should be received and stored at 41°F or lower.
- ❑ Always use the FIFO (First In, First Out) method of stock rotation for milk.
- ❑ All milk and milk products should be labeled “Grade A.”
- ❑ Milk should be rejected if it is too sweet or if it has a sour, bitter, or moldy taste.
- ❑ Any milk that has passed its use-by or expiration date should be thrown away.
- ❑ Cream contains far more fat than milk. Chefs use it based mainly on its fat content, which provides richness.

Butter and Butter Substitutes



- Butter is made by mixing cream containing between 30 percent and 45 percent milk fat at a high speed.
- Most commercially-sold butter is lightly salted. The salt acts as a preservative and sometimes to enhance flavor.
- **Clarified** butter has been heated, and the milk solids and water have been removed.
- A **butter substitute** is any alternative used to replace butter in a recipe, such as margarine, olive oils, and soy-based oils.
- **Margarine** is a manufactured food product that often contains no milk products.

Cheese



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- All cheeses have three basic parts: water, fat, and protein.
- Dairies make cheese by separating a milk's solids from its liquid in a process called **curdling**.
- **Unripened**, or fresh, cheeses include cream cheese and cottage cheese.
- Other cheeses are **ripened** by external bacteria put into curds. Examples of ripened cheeses include Brie, bleu, Roquefort, Camembert.
- Manufacturers make processed cheese by grinding, blending, and forming one or more natural cheeses.

Egg Grades



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- An egg is composed of the outer shell, the white, and the yolk:
 - The white consists of protein and water.
 - The yolk, or albumen, contains protein, fat, and lecithin, a natural emulsifier (thickener).
 - The membranes that hold the egg yolk in place are called chalazae.
- There are USDA grades for shell eggs—Grade AA, A, and B:
 - A USDA Grade AA egg means that the yolk is high and the white will not spread much when the shell is broken.
 - A USDA Grade A egg means that the yolk is fairly high and the white will still not spread too much when the shell is broken.
 - Grade B eggs are good for use in menu items that will hide their appearance, such as baked items.
- Fresh eggs must be stored at 45°F or lower.

Cooking Eggs

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- Make **hard-cooked eggs** by simmering, then shocking, the eggs.
- To **bake** eggs, place the shelled eggs into individual *ramekins*.
- **Shirred eggs** are a variety of baked egg cooked with other ingredients, such as cheese, vegetables, meats, and sauces.
- To **poach** eggs, shell them and simmer the eggs in water.
- **Scrambled eggs** should have a light texture, creamy consistency, and delicate flavor.
- Eggs *fried up* are fried only on the bottom. Eggs *fried over easy* are fried on the bottom, turned over, and fried lightly on their top sides.
- Make **omelets** by slightly beating eggs, and then cooking them in a skillet with a filling, such as cheese, mushrooms, onions, or ham.
- **Quiche** is a savory egg custard baked in a crust.
- **Soufflés** are made of eggs and can be both savory and sweet.

Section 1.1 Summary



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- ❑ There are many types of milk; the type of milk you use is often based on the nutritional value you want.
- ❑ Cream must have at least 18 percent fat content to be considered light cream. Heavy whipping cream can be 40 percent fat or higher.
- ❑ Butter is made by mixing heavy cream at a very high speed.
- ❑ The pasteurization process is what kills bacteria in milk that could make people sick.
- ❑ All cheese has three basic parts: water, fat, and protein. The amounts vary depending on the type of cheese.
- ❑ Eggs are chosen by their grade (AA, A, or B) and size (ranging from peewee, the smallest, to jumbo, the largest).
- ❑ Eggs can be cooked using many different methods, including simmering, frying, poaching, and baking.

Pancakes, Waffles, Crêpes, and French Toast

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- ❑ Make **pancakes** with a medium-weight pour batter, and cook them on an open, lightly oiled griddle.
- ❑ **Crêpes** are a very thin pancake-type item with a high egg content. Crêpes are traditionally cooked in a lightly oiled, very hot sauté pan.
- ❑ Make **Swedish pancakes** with a slightly sweetened batter that is a bit heavier than a crêpe batter.
- ❑ For **waffles**, use a medium-weight pour batter. Cook waffles in a waffle maker, or iron.
- ❑ **French toast** is sliced bread dipped in an egg-and-milk mixture. Cook French toast on a lightly-oiled griddle or flat pan, or pan-fry it in clarified butter in a hot sauté pan.
- ❑ Serve pancakes, crêpes, waffles, and French toast with butter and syrup, powdered sugar, fresh fruit, or whipped cream.

Preparing Breakfast Meats and Starches



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- ❑ Cook **bacon** until it is crisp and then drain it of fat.
- ❑ Cook **sausage** completely through.
- ❑ **Canadian bacon** is boneless pork loin that has been cured and smoked. Cook it the same way as ham.
- ❑ **Fish** such as smoked salmon or trout is generally served cold on breakfast and brunch menus.
- ❑ **Hash** is a mixture of chopped meat (fresh, smoked, or cured), potatoes, and onions.
- ❑ Prepare **hash browns** by steaming or simmering potatoes in lightly salted water, and then peeling, chilling, and shredding them. Cook the shredded potato on a lightly oiled griddle on medium heat to a light-golden brown on both sides.

Preparing Breakfast Meats and Starches (cont.)



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- A wide variety of **cold cereals** featuring oat bran and granola are common breakfast requests.
- There are two types of **hot cereal**: whole, cracked, or flaked and granular. When preparing hot cereal, be sure to measure the correct amount of water, salt, and cereal.
- **Breakfast breads** range from simple sliced toast, bagels, biscuits, muffins, croissants, doughnuts, cornbread, coffeecake, English muffins, and sweet rolls, among many others. Serve breakfast breads hot or warm, accompanied by butter, honey, cream cheese, or jam.
- Many people enjoy a light fruit salad as part of their breakfast.

Hot Breakfast Beverages: Coffee, Tea, and Cocoa



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- **Coffee beans** are the berries of a tropical shrub that are roasted to develop their flavor.
- There are **black teas** (tea leaves that have been fermented) and **green teas** (tea leaves that are not fermented).
- **Herbal tea** is made from many different fruits and herbs and is naturally caffeine-free.
- **Hot chocolate** is made from actual chocolate bars. **Hot cocoa** is made from the powder of the cacao bean.
- Both coffee and tea contain caffeine, which is a stimulant. One cup of tea has about half the caffeine contained in a cup of coffee.

Section 1.2 Summary



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- ❑ Pancakes, waffles, crêpes, and French toast are the primary breakfast foods aside from eggs.
- ❑ Bacon, sausage, ham, Canadian bacon, and fish make up the traditional breakfast meats.
- ❑ Hash is traditionally a combination of meat, potatoes, and onion.
- ❑ Potatoes have two traditional forms for breakfast: hashed brown and home-fried.
- ❑ Both hot and cold cereals are popular breakfast foods. They are healthy and relatively easy to prepare.
- ❑ Traditional hot beverages are coffee, tea, and cocoa.

Basic Kinds of Sandwiches



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- When making sandwiches, consider:
 - ▣ The combinations of flavors and textures created by different breads
 - ▣ Condiments
 - ▣ Meat and vegetable additions.

As a table, come up with as many different kinds of sandwiches within the next 90 seconds.

Divide your list into 2 categories

TWO Categories of Sandwiches

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HOT

COLD



HOT SANDWICHES

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- A simple hot sandwich consists of hot fillings between two slices of bread or two halves of a roll.

- Sandwiches may be served open-faced on one slice of bread, rolled up in a piece of bread, or even on a flat crust:
 - Grilled cheese, grilled ham and cheese, and tuna melt are popular varieties of **grilled sandwiches**. Make **panini** sandwiches by grilling sandwiches on a panini press.
 - Make **deep-fried sandwiches** by dipping the sandwich in beaten egg and then deep-frying it.
 - **Pizza**, while not a typical sandwich, is a hot, open-faced Italian pie with a crisp, yeast-dough bottom.

COLD Sandwiches

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- ❑ A simple cold sandwich consists of two slices of bread or two halves of a roll, a spread, and a filling:
 - ❑ A **submarine sandwich** is a cold sandwich usually served on a long, sliced roll with several types of cheese, meat, lettuce, tomato, onion, and various other toppings.
 - ❑ A **wrap sandwich** is made on any type of flat bread and spread with a hot or cold sandwich filling. It is then rolled up.
 - ❑ A **multi-decker sandwich** has more than two slices of bread with several ingredients in the filling.
 - ❑ A **club sandwich** is three slices of toasted bread spread with mayonnaise and filled with an assortment of sliced chicken and/or turkey, ham, bacon, cheese, lettuce, and tomato. Serve club sandwiches cut into four triangles.
 - ❑ **Tea sandwiches** are small cold sandwiches usually served on bread or toast, trimmed of crusts, and cut into shapes.

Primary Sandwich Components: Bread, Spread, and Filling



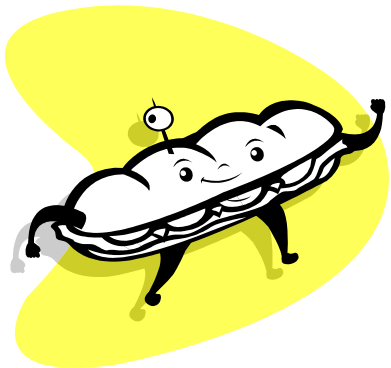
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- ❑ Sliced **bread**, hard rolls, pita bread, French bread, tortillas, flatbreads, and multigrain or cinnamon and raisin bread are commonly used to make sandwiches.
- ❑ A **spread** serves three main purposes: to prevent the bread from soaking up the filling, to add flavor, and to add moisture. Butter and mayonnaise are the most common spreads.
- ❑ The purpose of the **filling** is to provide the primary flavor to the sandwich. Fillings can vary from sliced or grilled meat and cheeses to salad mixtures such as egg or tuna.
- ❑ Sandwiches are often served with **accompaniments** such as ketchup, mustard, horseradish sauce, lettuce, onion, tomato, and sweet or dill pickles.
- ❑ **Pizza** is generally composed of a crust, sauce, and toppings.

Assignment:

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- Each person will pick randomly from the chef hat 1-2 sandwiches. Once picked, you will **adopt the name of that certain sandwich to research its description.**
- Be prepared for tomorrow to introduce yourself as each of the sandwiches, describing yourself to the others in a way they will remember.
- **Read pg. 59-65.** Be prepared to answer questions in class regarding **sandwich stations.**



“Hello! My name is (name of sandwich) and I am a (description).”

Sandwich Stations

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- Sandwich **ingredients** must be prepared ahead of time.
- ***Mise en place*** means that everything needed to prepare a particular item or for a particular service period is ready and at hand.

Helpful Tips!

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- Arrange and store the ingredients to reduce hand movement.
- Portion sliced items by count and by weight. Portion fillings by weight as well.
- An efficient sandwich station makes it easier to prepare sandwiches in large quantities.
- Most stations include a work table, storage facilities, storage materials, hand tools, portion control equipment, and cooking equipment for hot sandwiches.

Section 1.3 Summary



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- There are two basic kinds of sandwiches—hot and cold.
- The primary components for all sandwiches are bread, spread, and filling:
 - ▣ The bread serves as an edible container for the food inside and also provides bulk and nutrients.
 - ▣ The spread prevents the bread from soaking up the filling and also adds flavor and moisture.
 - ▣ The filling is the primary flavor of the sandwich.
- Every sandwich station needs ingredients and equipment:
 - ▣ Ingredients should be prepared ahead of time, if possible, to cut down on preparation time and hand movement.
 - ▣ Equipment should include a work table, a storage facility, hand tools, portion-control equipment, and heating equipment.