

CHAPTER 1

PROFESSIONALISM

CHAPTER 1 QUESTIONS FOR DISCUSSION

- 1 Describe the influences on the baker and pastry chef in the 20th century.

Feedback: (a) Trend toward lighter, more naturally flavored foods under the influence of Fernand Point and pastry chef Gaston LeNôtre; (b) return to the craft of traditional bread making using old style equipment and techniques; (c) interest in traditional American pastries made with local ingredients part of the New American cuisine movement

- 2 Many contemporary confections and pastries are rooted in ancient recipes. Use the Internet and library resources to research an early product such as a cake, cookie or candy and discuss how its taste and preparation technique has evolved over time.

Feedback: Some candies and confections with a storied history include lollipops, peppermints, caramel candies and chewing gum. Among today's baked goods a long history are flatbreads, doughnuts, croissants and Graham crackers.

- 3 What are the roles of the executive chef and the pastry chef in the modern kitchen brigade?

Feedback: Executive chef—coordinates all kitchen activities, directs training, plans menus and sets standards of conduct

Pastry chef—develops recipes for and prepares desserts, pastries, frozen desserts, confections and breads; reports to the executive chef and is responsible for purchasing food items used in the bakeshop.

- 4 Review the 2009 revised Model Food Code and discuss its impact on sanitary practices in the bakeshop.

Feedback: Providing well-prepared foods free from food-borne illness is the primary responsibility of all cooking professionals. Bakeshop products include many potentially hazardous foods such as raw fruits, custards and other egg and dairy based products that require care in their preparation. Cross-contamination is a major hazard in many food service establishments, including bakeries.

- 5 Numerous professional organizations hold competitions for pastry chefs and bread bakers each year. Use the Internet to research recent bread making and pastry competitions. Discuss the winning entries and the people who succeeded in these competitions.

Feedback: Some of the recognized competitions include:
The World Pastry Team Championship
The Coupe du Monde du Pain
The National Pastry Championship
<http://www.pastrychampionship.com>

CHAPTER 1 MULTIPLE CHOICE

1. Auguste Escoffier is known for bringing French cuisine into the 20th century by creating a style of cooking referred to as:

- a) the farm-to-table movement
- b) cuisine classique
- c) grand cuisine
- d) nouvelle cuisine

Answer: b

2. The bread baker credited with reintroducing traditional or artisan methods in France in the 20th century was:

- a) Lionel Poilâne
- b) Gaston Lenôte
- c) Paul Bocuse
- d) Antonin Carême

Answer : a

3. To whom do historians credit the discovery of yeast bread dough?

- a) The Greeks
- b) The French
- c) The Egyptians
- d) The Romans

Answer: c

4. The term *master baker* refers to which of the following?

- a) The head baker in a bread factory
- b) A baker who has reached a high level of achievement
- c) A baker of high achievement recognized by his or her country or a baking industry organization
- d) A baker who has graduated from a culinary program and has worked in the industry for many years

Answer: c

5. Bacteria thrive under which of the following conditions?

- a) A protein food is between 60°F and 120°F
- b) Moisture is present
- c) Neutral PH (acid/alkali balance)
- d) All of the above

Answer: d

6. Which of the following is NOT a potentially hazardous food?

- a) Crackers
- b) Ice cream
- c) Cheesecake
- d) Rice pudding

Answer: a

7. A saucepan can be sanitized after preparing a custard sauce by

- a) using a mechanical dishwasher only.
- b) scraping and spraying with hot water to remove soil.
- c) washing by hand in a three-compartment sink, including immersion in 170°F water for at least 30 seconds.
- d) using a brush to remove all visible soil.

Answer: c

CHAPTER 1 TRUE/FALSE

8. Honey was one of the earliest sweeteners used by humans until the process of refining sugar cane was discovered.

Answer: T

9. The French Revolution advanced the restaurant industry because many chefs, formerly employed by the aristocracy, opened restaurants to the public when they were no longer needed.

Answer: T

10. A pathogen is any organism that causes a disease.

Answer: T

11. Chilling foods below 40°F (4C°) kills most bacteria that can cause food-borne illnesses.

Answer: F

12. Thaw foods under running water or at room temperature if the foods will be prepared and served immediately.

Answer: F

13. A culinary education ensures that the student will develop into a well-rounded professional.

Answer: F

14. Pastry chefs should wash their hands immediately after handling raw foods.

Answer: T

15. Potentially hazardous foods usually contain an animal product such as milk, eggs, poultry, seafood or meat.

Answer: T

16. Sanitary gloves should be worn by pastry chefs when they ice and portion cakes for service.

Answer: T

CHAPTER 1 FILL IN THE BLANKS

17. Monsieur Boulanger remains famous among the French because, it is claimed, he opened the first modern _____ in 1765.

Answer: restaurant

18. A system of staffing in professional kitchens so that each worker is assigned a set of specific tasks is called a(n) _____.

Answer: brigade

19. A(n) _____ is the tall white hat worn by the professional chef.

Answer: toque

20. Bacteria thrive at temperatures between 41°F (5°C) and 135°F (57°C), what is referred to as the _____.

Answer: temperature danger zone

21. Store cooked foods _____ raw foods in the walk-in or refrigerator.

Answer: above

CHAPTER 2

TOOLS AND EQUIPMENT FOR THE BAKESHOP

CHAPTER 2 QUESTIONS FOR DISCUSSION

- 1 What is NSF International? What is its significance with regard to commercial bakery and kitchen equipment?

Feedback: NSF sets standards for the design, construction and installation of tools and equipment. NSF certification is voluntary, but many state and local health departments require that food service operations only use NSF-certified equipment.

- 2 List four materials used to make cookware and bakeware for the bakeshop, and describe the advantages and disadvantages of each.

Feedback: Copper—an excellent heat conductor but heavy and expensive, and reacts with acid. Unlined used for cooking sugar syrups.

Aluminum—lightweight and a good heat conductor; good for bakeware. Unsuitable for cooking creams and custards because it can discolor them. Anodized aluminum has a hard, dark, corrosion-resistant surface that helps prevent sticking and discoloration.

Stainless Steel—strong, durable, nonreactive but conducts and retains heat poorly. Best used for storage containers.

Ceramics—earthenware, porcelain and stoneware conduct heat uniformly and retain temperatures well. Good for bakeware but easily chipped or cracked and should not be used over a direct flame.

Hint: Page Ref: 31-33

- 3 Describe the types of equipment used to mix ingredients in the bakeshop.

Whisks and spatulas for hand mixing

Vertical stand mixer and spiral and orbital mixers for batters and dough

Food processors and vertical cutting mixers for blending and processing foods into purées

Hint: Page Ref: 36-37

- 4 List four classes of fire extinguishers. For each one, describe its designating symbol, and identify the type or types of fire it should be used to extinguish.

Class A: green; wood, paper, cloth or plastic

Class B: red; oil, grease or chemicals

Class C: blue; electrical fires

Class K: white; cooking oil, fat and grease

Hint: Page Ref: 42

- 5 Explain the relationship between work sections and work stations and the kitchen brigade system discussed in Chapter 1, Professionalism.

A work section is composed of work stations where similar tasks are performed. Work sections are assigned area chefs. Pastry chefs work the pastry station. In a large kitchen, the pastry functions could be divided among areas for bread making, cake and pastry mixing and decorating. Regardless of the size of the kitchen, each work station should be designed to minimize steps to perform the tasks. And the entire bakeshop should be designed to maximize space and provide easy access to tools and ingredients.

Hint: Page Ref: 43-44

- 6 Assume that you have been asked to select a new oven for a small commercial bakery. You must research the industry and find a bakery oven supplier who can provide you with specialized equipment for your establishment. Find a few Internet sites of companies who can assist you with this research. List the questions you must be able to answer in order to purchase this equipment.

Vendor sites include:

Bread Equipment Manufacturers' Association, <http://www.bema.org>

APV Baker, <http://www.apvbaker.com>

Blodgett, <http://www.blodgett.com>

Baxter, <http://www.baxtermeg.com>

Empire Bakery Equipment, <http://www.empirebake.com>

Hobart Manufacturing Company, <http://www.hobartcorp.com>

Montague, <http://www.montaguecompany.com>

Woodstone Cooking Equipment, <http://www.woodstone-corp.com>

CHAPTER 2 MULTIPLE CHOICE

1. The most common scale used in the bakeshop is the:

- a) portion scale.
- b) electronic scale.
- c) balance scale.
- d) counterweight.

Answer: c

2. Which of the following tools is most useful for removing the yellow rind from a lemon?

- a) Vegetable peeler
- b) Zester
- c) Lame

d) Bird's beak knife

Answer: b

3. A fire involving electrical equipment or wiring should be doused with a:

- a) class A extinguisher.
- b) class B extinguisher.
- c) class C extinguisher.
- d) class AB extinguisher.

Answer: c

4. A vertical cutter mixer (VCM) refers to which of the following pieces of equipment?

- a) Food processor
- b) Hand mixer
- c) Blender
- d) Stand mixer

Answer: a

5. Which of the following tools is NOT used to strain foods?

- a) Chinois
- b) Food mill
- c) Tamis
- d) Mandoline

Answer: d

6. Which of the following tools is NOT suitable for top-browning sugar-coated foods?

- a) Microwave
- b) Broiler
- c) Salamander
- d) Blowtorch

Answer: a

CHAPTER 2 TRUE/FALSE

7. To obtain NSF certification, all bakeware must be made from nontoxic material with rounded and smooth corners, inside and out.

Answer: T

8. Unlike copper, which must be lined to prevent chemical reactions from certain foods, aluminum pans are suitable for all bakeshop uses.

Answer: