

GLOBAL
EDITION 

On Cooking

A Textbook of Culinary Fundamentals

FIFTH EDITION

Sarah R. Labensky • Alan M. Hause • Priscilla A. Martel



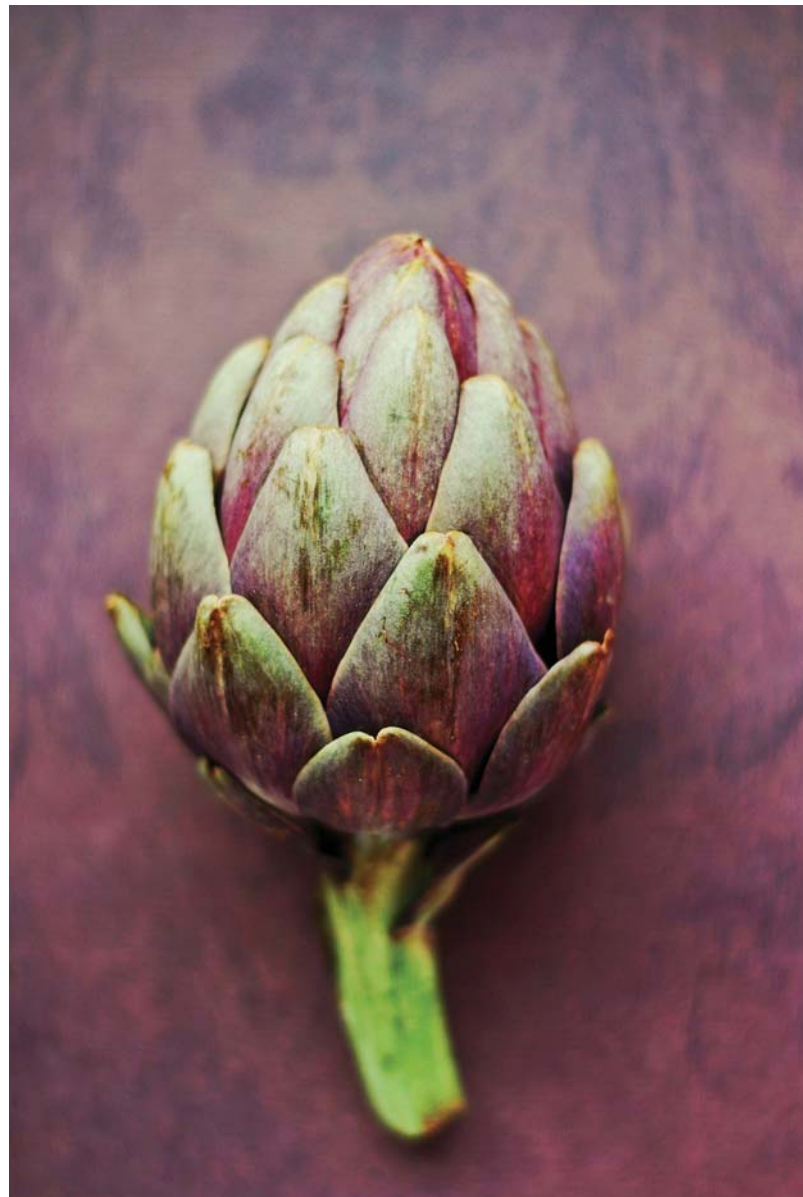
ALWAYS LEARNING

PEARSON

FIFTH EDITION UPDATE
GLOBAL EDITION

ON COOKING

A TEXTBOOK OF CULINARY FUNDAMENTALS



Approach and Philosophy of **ON COOKING**

This update of *On Cooking*, Fifth Edition, follows the model established in our previous editions, which have prepared thousands of students for successful careers in the culinary arts by building a strong foundation based on sound fundamental techniques. Students and instructors alike have praised *On Cooking* for its comprehensive yet accessible coverage of culinary skills and cooking procedures.

On Cooking focuses on teaching the hows and whys of cooking. *On Cooking* starts with general procedures, highlighting fundamental principles and skills, and then presents specific applications and sample recipes. Core cooking principles are explained as the background for learning proper cooking techniques. Once mastered, these techniques can be used to cook a wide array of foods. The culinary arts are shown in cultural and historical context as well so that students understand how different techniques form the basis for various cuisines.

Chapters focus on six areas essential to a well-rounded culinary professional:

- 1 **Professionalism** Background chapters introduce students to the field with material on food history, food safety and menu planning. Food safety information has been updated to reflect the most recent regulations.
- 2 **Preparation** *On Cooking* covers those core subjects with which all culinary students should be familiar before stepping into the kitchen. Equipment, basic knife skills and mise en place concepts and techniques are presented. Staple ingredients such as dairy products, herbs, spices and flavor profiles are covered.
- 3 **Cooking** Fundamental cooking techniques are explained and then demonstrated with a wide range of recipes. Individual chapters focus on different categories of key ingredients: meats, poultry, fish, eggs, vegetables and so forth. A new chapter devoted to healthy cooking completes this emphasis.
- 4 **Garde Manger** Cold kitchen preparations from salad and sandwich making to more complex charcuterie preparations are covered. We present this material in sufficient depth to support a unit on garde manger skills, including charcuterie and hors d'oeuvre.
- 5 **Baking** Several chapters cover the aspects of bread and pastry making that every student should know. The material is sufficient to support a stand-alone unit on bread baking and dessert preparation.
- 6 **Presentation** Chapters on plate and buffet presentation demonstrate traditional and contemporary techniques for enhancing the visual presentation of food, along with the basics of buffet setup and management.

UPDATES

- ▶ More than **250 new photographs, line drawings and illustrations** provide clear representation of core techniques that are the foundation of any good culinary textbook.
- ▶ Content updates reflect **current trends in the culinary arts**, such as sustainable/seasonal cooking, small plate dishes, global techniques, Asian knife skills, molecular trends, sous-vide cooking and international cuisine.
- ▶ **New Healthy Cooking chapter combines** material on basic nutrition, healthy cooking techniques and cooking for special diets such as vegetarian or allergic diets.
- ▶ **Increased emphasis on sanitation** through more safety alerts reflects current restaurant industry concerns. The fifth edition reflects any recent updates in food safety.
- ▶ **Expanded coverage of flavors** offered in new sidebars; expanded coverage of small plates and additional plate presentation techniques.
- ▶ **Greatly enhanced support package**, including instructor's manual featuring performance-based learning activities, improved test bank and lecture-based PowerPoint™ slides.

GUIDED TOUR FOR THE READER

Easy to navigate, *On Cooking* is broken down into bite-size subsections as reflected in the table of contents. We invite you to take the Guided Tour to capture the flavor of *On Cooking*.

HALLMARK FEATURES

Learning Objectives

Each chapter begins with clearly stated objectives that enable you to focus on what you should achieve by the end of the chapter.

After studying this chapter, you will be able to:

- organize and plan your work more efficiently
- understand basic flavoring techniques
- prepare items needed prior to actual cooking
- set up and use the standard bread-making procedure

THE FRENCH TERM MISE EN PLACE (meez ahn plahs) literally means "to put in place" or "everything in its place." But in the culinary context, it means much more. Escoffier defined the phrase as "those elementary preparations that are constantly resorted to during the various steps of most culinary preparations." He meant, essentially, gathering and prepping the ingredients to be cooked as well as assembling the tools and equipment necessary to cook them.

In this chapter, we discuss many of the basics that must be in place before cooking begins: for example, creating bouquets garnis, clarifying butter, making bread crumbs, toasting nuts and battering foods. Chopping, dicing, cutting and slicing—important techniques used to prepare foods as well—are discussed in Chapter 5, Knife Skills; specific preparations, such as roasting peppers and trimming pineapples, are discussed elsewhere.

The concept of mise en place is simple: A chef should have at hand everything he or she needs to prepare and serve food in an organized and efficient manner. Proper mise en place can consist of just a few items—for example, those needed to prepare a small quantity of chicken soup. Or it can be quite extensive—for example,

Chapter Introduction

Chapter introductions summarize the main themes in each chapter and help reinforce topics.

Margin Definitions

Important terms appear in the margins to help you master new terminology. There is a helpful phonetic pronunciation guide for non-English terms.

palate (1) the complex of smell, taste and touch receptors that contribute to a person's ability to recognize and appreciate flavors; (2) the range of an individual's recognition and appreciation of flavors

umami the taste sensation caused by the naturally occurring amino acid glutamate; gives food a savory richness or meatiness; found primarily in fermented foods and those to which monosodium glutamate has been added

cuison (kwee-sohn) the liquid used for shallow poaching

Safety Alerts

Brief notes remind you of safety concerns and encourage you to incorporate food safety and sanitation into your regular kitchen activities.

SAFETY ALERT

Never leave an egg dish at room temperature for more than 1 hour, including preparation and service time. Never reuse a container after it has held raw eggs without thoroughly cleaning and sanitizing it.

PROCEDURE FOR WHIPPING EGG WHITES

- ❶ Use fresh egg whites that are completely free of egg yolk and other impurities. Warm the egg whites to room temperature before whipping; this helps a better foam to form.
- ❷ Use a clean bowl and whisk. Even a tiny amount of fat can prevent the egg whites from foaming properly.
- ❸ Whip the whites until very foamy, then add salt or cream of tartar as directed.
- ❹ Continue whipping until soft peaks form, then gradually add granulated sugar as directed.
- ❺ Whip until stiff peaks form. Properly whipped egg whites should be moist and shiny; overwhipping will make the egg whites appear dry and spongy or curdled.
- ❻ Use the whipped egg whites immediately. If liquid begins to separate from the whipped egg whites, discard them; they cannot be rewhipped successfully.



❶ Egg whites whipped to soft peaks. ❷ Egg whites whipped to stiff peaks. ❸ Spongy, overwhipped egg whites.

THE VERSATILE EGG

For versatility, the egg has few rivals. Poached eggs work in breakfast and brunch dishes but also complement tender green salads. When stuffed, hard-boiled eggs become simple hors d'oeuvre. Finely chopped and bound with mayonnaise, hard-boiled eggs fill sandwiches and canapés. Omelets, quiches and scrambled eggs benefit from countless additions, including finely diced bell peppers, onions, mushrooms, zucchini or tomatoes; cottage cheese, creamy goat cheese or any variety of shredded firm cheese; crumbled bacon or pancetta; diced ham, turkey or beef; bits of smoked salmon, cooked shrimp or cooked sausage; and fresh herbs.

◀ **New!** Flavor sidebars show how flavoring ingredients may be used to change the character of a dish.

MISE EN PLACE

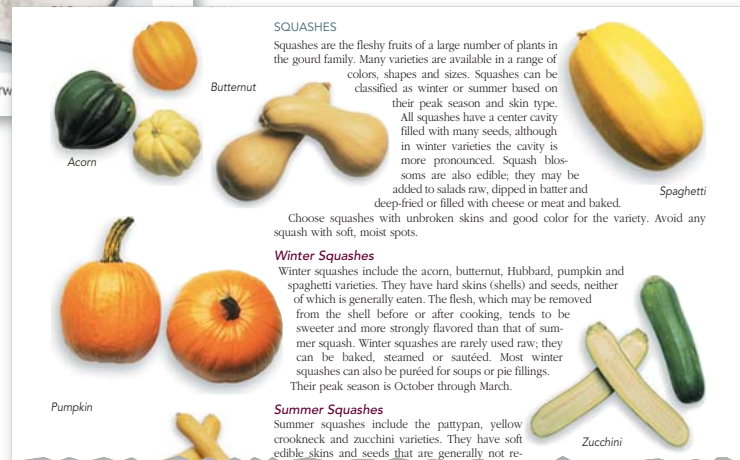
- ▶ Heat water.
- ▶ Peel and Mince onions.
- ▶ Grate cheese.

◀ **Procedures**

Step-by-step color photographs of various stages in the preparation of ingredients and dishes help you visualize unfamiliar techniques and encourage you to review classroom or kitchen activities whenever necessary.

▼ **Product Identification**

Hundreds of original color photographs help you recognize and identify ingredients. You can explore a huge variety of items such as fruits, berries, chocolates, fresh herbs, fish, dried spices, game, meats and fine cheeses.



Line Drawings ▶

Detailed line drawings illustrate tools and equipment without brand identification. Other drawings depict the skeletal structure of meat animals, fish and poultry.

◀ **Icons**

Icons identify additional recipes that are accessible through electronic resources, as well as recipes that are vegetarian or healthy options.

Healthy



Vegetarian



Additional Online Resources



◀ **Mise en Place**

French for “put in place,” this feature accompanying in-chapter recipes provides a list of what you must do before starting a recipe, such as preheating the oven, chopping nuts or melting butter.

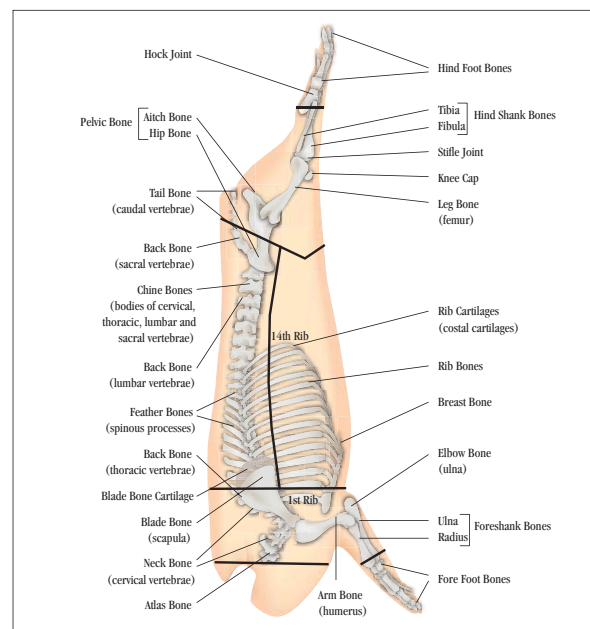


FIGURE 16.1 ▶ The skeletal structure of a hog.

Recipes

Measurements

All recipes include both U.S. and metric measurements. To aid in teaching scaling and consistent baking practices, we also provide metric equivalents for all temperatures, pan sizes and length measurements throughout the text.

Illustrations

Recipes are illustrated with both sequential photos showing fabrication and assembly of dishes and many finished-dish photos that show you the author's finished work created while testing the recipes.

Variations

Recipe variations show you how to modify recipes to create new dishes.

Nutritional Analysis

All recipes include a nutritional analysis prepared by a registered dietician.



Finished dish photos illustrate ways to present the recipe.

Sidebars

Sidebars present information on food history, food in culture and the background of professional foodservice. These sidebars help you understand the culinary arts in a wider social context.

Questions for Discussion and Terms to Know

Questions for Discussion, which appear at the end of each chapter, encourage you to integrate theory and technique into a broader understanding of the material. Web-based activities, indicated by the this icon, encourage you to conduct original research and seek answers from outside your primary classroom material.



PROCEDURE FOR BROILING OR GRILLING VEGETABLES

- 1 Heat the grill or broiler.
- 2 Use a wire brush to remove any charred or burnt particles that may be stuck to the broiler or grill grate. The grate may be wiped with a lightly oiled towel to remove any remaining particles and help season it.
- 3 Prepare the vegetables to be broiled or grilled by cutting them into appropriate shapes and sizes, then seasoning, marinating or otherwise preparing them as desired or directed in the recipe.
- 4 Place the vegetables on the broiler grate, broiler platter or grill grate and cook to the desired doneness while developing the proper surface color.

GRILLED VEGETABLE SKEWERS

Yield: 12 Skewers

Method: Grilling

Marinade:	
Rice wine vinegar	4 fl. oz. 120 ml
Vegetable oil	8 fl. oz. 240 ml
Garlic, chopped	1 oz. 30 g
Dried thyme	2 tsp. 10 ml
Salt	1 Tbsp. 15 ml
Black pepper	1/2 tsp. 2 ml
Zucchini	6 oz. 180 g
Yellow squash	6 oz. 180 g
Broccoli florets, large	12 12
Cauliflower florets, large	12 12
Onion, large dice	24 pieces 24 pieces
Red bell pepper, large dice	12 pieces 12 pieces
Mushroom caps, medium	12 12

- 1 Combine all the marinade ingredients and set aside.
- 2 Cut the zucchini and yellow squash into 1/2-inch- (1.2-centimeter-) thick semicircles.
- 3 Blanch and refresh the zucchini, yellow squash, broccoli florets, cauliflower florets, onion and bell pepper as discussed later under Moist-Heat Cooking Methods.
- 4 Drain the vegetables well and combine them with the marinade. Add the mushroom caps to the marinade. Marinate the vegetables for 30 to 45 minutes, remove and drain well.
- 5 Skewer the vegetables by alternating them on 6-inch (10-centimeter) bamboo skewers.
- 6 Place the vegetable skewers on a hot grill and cook until done, turning as needed. The vegetables should brown and char lightly during cooking. Serve hot.

VARIATION:

Grilled Sliced Vegetables—Slice the zucchini, yellow squash, onion and bell pepper into large pieces. Marinate and then grill these vegetables along with the broccoli, cauliflower and mushroom caps without skewering.

Approximate values per serving: **Calories 60, Total fat 2.5 g, Saturated fat 0 g, Cholesterol 0 mg, Sodium 610 mg, Total carbohydrates 6 g, Protein 2 g, Vitamin C 90%, Claims**—low fat; no cholesterol; good source of fiber

ROASTING AND BAKING

The terms *roasting* and *baking* are used interchangeably when referring to vegetables. Roasting or baking is used to bring out the natural sweetness of many vegetables while preserving their nutritional values. The procedures are basically the same as those for roasting meats.



MISE EN PLACE

- ◀ Peel and chop garlic.
- ◀ Wash broccoli and cauliflower and cut into large florets.
- ◀ Peel and dice onion.
- ◀ Wash and seed bell pepper and cut into large dice.
- ◀ Wash mushroom caps.



Grilling skewers of marinated vegetables.



Grilled sliced vegetables as an accompaniment to an entrée plate.

Comprehensive Learning and Teaching Package

FOR THE INSTRUCTOR

Qualified adopters can download the following instructor supplements by registering at our Instructors' Resource Center at <http://www.pearsonglobaleditions.com/Labensky> (For Qualified Adopters)

Online Instructor's Manual

Includes chapter outlines, examination questions and answers, performance-based learning activities, answers to end-of-chapter questions for discussion and maps to ACF skill standards and competencies.

PowerPoint Lecture Presentations

This comprehensive set of slides can be used by instructors for class presentations or by students for lecture preview or review. There is a presentation for each chapter, including a selection of full-color photographs from the book.

For additional information on media resources or instructor materials, please contact your Pearson representative.

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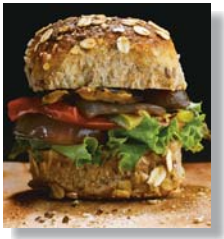
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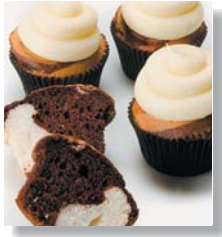
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PREFACE

Learning to cook is much more than simply learning to follow a recipe. Consequently, *On Cooking*, Fifth Edition Update, is not a cookbook or a collection of recipes. It is a carefully designed text intended to teach you the fundamentals of the culinary arts and to prepare you for a rewarding career in the food service industry.

This book is extensively illustrated with photographs and line illustrations to help you identify foods and equipment. The goal of *On Cooking* is to focus on general procedures, highlighting fundamental principles and skills, whether it be for preparing a yeast bread or grilling a piece of fish. We discuss both the how and why of cooking. Only then are specific applications and sample recipes given. Most recipes include photographs of the finished dish, ready for service. Many procedures are illustrated with step-by-step photographs as well.

Numerous hotel and restaurant chefs throughout the country contributed recipes to this book, usually accompanied by photographs of the dishes as prepared in their kitchens. These recipes and illustrations enable you to explore different techniques and presentation styles. Teaching professionals from culinary schools across the country also share some of their most successful recipes in this new edition.

In order to provide you with a sense of the rich traditions of cookery, informative sidebars on food history, chef biographies and other topics are scattered throughout the book. Also included are several short essays written by prominent culinarians on topics ranging from tempering chocolate to tasting spicy foods. Sidebars that relate to flavors and flavorings have been added throughout the book to enhance your understanding of key cooking ingredients.

We wish you much success in your culinary career and hope that this text will continue to inform and inspire you long after graduation.

A NOTE ON RECIPES

Recipes are important and useful as a means of standardizing food preparation and recording information. We include recipes that are designed primarily to reinforce and explain techniques and procedures presented in the text. Many recipe yields are intentionally low in order to be less intimidating to beginning cooks and more useful in small schools and kitchens.

All ingredients are listed in both U.S. and metric measurements. The metric equivalents are rounded off to even, easily measured amounts. You should consider these ingredient lists as separate recipes or formulas; do not measure some ingredients according to the metric amounts and other ingredients according to the U.S. amounts or the proportions will not be accurate and the intended result will not be achieved. Throughout this book, unless otherwise noted:

- ▶ *mirepoix* refers to a preparation of 2 parts onion, 1 part celery and 1 part carrot by weight
- ▶ *pepper* refers to ground black pepper, preferably freshly ground
- ▶ *butter* refers to whole, unsalted butter
- ▶ *milk* refers to whole or reduced fat (not nonfat) milk, and
- ▶ *TT* means “to taste”

Detailed procedures for standard techniques are presented in the text and generally are not repeated in each recipe (for example, “deglaze the pan” or “monté au beurre”). Variations appear at the end of selected recipes. These variations give you the opportunity to see

how one set of techniques or procedures can be used to prepare different dishes with only minor modifications.

A *mise en place* feature is included with recipes that appear in the front section of recipe chapters. Ingredients that require preparation before beginning to prepare the recipe are listed in the margin. You should consult this brief checklist after you read the recipe but before you begin to cook. Headnotes that describe the cultural or historical background of a dish or the unique techniques used in its preparation appear with many recipes. This short text should help enhance your understanding of a cuisine or cooking technique.

No matter how detailed the written recipe, however, we must assume that you have certain knowledge, skills and judgment. It becomes a judgment call to know, for example, when a loaf of bread or a casserole is finished cooking. Ovens may vary in efficiency. For these reasons, we give alternate tests for doneness, as well as timing each recipe. Use your developing skills to determine when a dish is fully cooked. You should also rely upon the knowledge and skills of your instructor for guidance. Although some skills and an understanding of theory can be acquired through reading and study, no book can substitute for repeated hands-on preparation and observation.

A registered dietician analyzed all the recipes in this book using nutritional analysis software that incorporates data from the U.S. Department of Agriculture, research laboratories and food manufacturers. The nutrient information provided here should be used only as a reference, however. A margin of error of approximately 20 percent can be expected because of natural variations in ingredients.

Preparation techniques and serving sizes may also significantly alter the values of many nutrients. For the nutritional analysis, if a recipe offers a choice of ingredients, the first-mentioned ingredient is the one used. Ingredients listed as “to taste” (TT) and “as needed” are omitted from the analysis. Corn oil and whole milk are used throughout for “vegetable oil” and “milk,” respectively. In cases of a range of ingredient quantities or numbers of servings, the average is used.



Throughout this book various recipes are marked with the apple symbol. This symbol identifies dishes that are particularly low in calories, fat, saturated fat or sodium; they may also be a good source of vitamins, protein, fiber or calcium.



Vegetarian dishes are indicated with a green vegetable symbol. These recipes do not contain meat, fish, shellfish or poultry, but may contain dairy products and/or eggs. (We do not use this symbol for the baked goods recipes in Chapters 30 through 34, however, because none of them contains meat, fish, shellfish or poultry.) Vegetarian dishes are not necessarily low in calories, fat or sodium; nor are they automatically good sources of vitamins, protein, fiber or calcium.



The World Wide Web symbol appears next to end-of-chapter discussion questions whose answers may be researched on the Internet.

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Sarah notes that 2014 marks 20 years since publication of the first edition of *On Cooking*, and she thanks Steve Labensky, Richard Embery and Robin Baliszewski for their hard work and participation over the years. She especially thanks Skip for saying "yes" so long ago and for always producing gorgeous and delicious food. She would also like to thank the many students she has worked with over the years. They are the real reason that books such as this are written.

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