



# Breakfast Cookery

## 3N0895

# LEARNING OUTCOMES



1. explain the basic principles of food safety and associated legislation
2. explain the organisation of a professional kitchen
3. use kitchen terminology, weights and measures appropriately
4. explain how different degrees of cooking affect foods
5. demonstrate basic techniques of tasting, recognition of food freshness and garnishing finished dishes
6. demonstrate basic cookery processes including grilling, poaching, shallow frying, boiling and simmering
7. demonstrate basic techniques for preparation of hot and cold cereals and breads
8. assist in preparing and presenting a full Irish cooked and a continental breakfast, plated and buffet style
9. comply with current food safety and hygiene legislation and regulation
10. demonstrate basic understanding of the food cost and quality control cycle

# FOOD SAFETY ORGANISATIONS AND LEGISLATION



This section covers:

- The basic principles of food safety and associated legislation
- How to comply with current food safety and hygiene legislation and regulation in personal and supervised work practices

# RESEARCH

Conduct your own research using leaflets from FSAI, HSA and HSE on matters relating to food safety organisations and legislation.



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive





# FOOD SAFETY AUTHORITY OF IRELAND

- The FSAI was established under the Food Safety Authority of Ireland Act, 1998. This Act was enacted in July 1998 and came into effect on 1st January 1999.
- The Food Safety Authority of Ireland (FSAI) functions to ensure that food purchased, distributed or marketed in Ireland meets the highest standards of food safety and hygiene.
- It also ensures that food complies with legal requirements, or where appropriate with recognised codes of good practice.
- The Authority is a statutory, independent and science-based body, dedicated to protecting public health and consumer interests in the area of food safety and hygiene.
- [https://www.fsai.ie/about\\_us.html](https://www.fsai.ie/about_us.html)



## Examples:

- Regulation 852/2004/EC on the hygiene of foodstuffs.
- HACCP (Hazard Analysis and Critical Control Points)
- Regulation 853/2004/EC
- Regulation 178/2002/EC



# BORD BIA



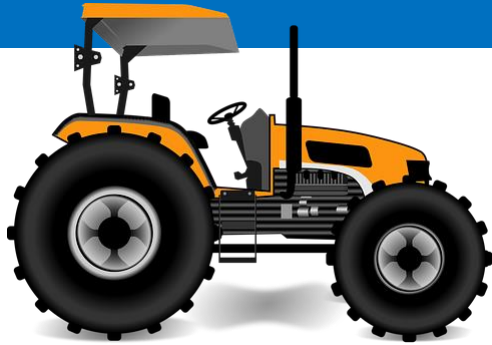
- Bord Bia (Irish Food Board) promotes Irish produced foods on the international market and has a role in maintaining standards.
- The Bord Bia Quality Mark means that food has been produced to the highest Bord Bia quality standards and you know where it comes from. It is independently checked at every stage.
- <http://www.bordbia.ie/>

# NATIONAL DAIRY COUNCIL



- The National Dairy Council's (NDC) promotes a sustainable dairy industry in Ireland and educates consumers on the role of dairy in their lives.
- In September 2009, the National Dairy Council introduced a packaging mark giving consumers in the Republic of Ireland the reassurance of knowing that if they buy milk or cream with the NDC Guarantee, it is both farmed and processed locally.
- <http://www.ndc.ie/>

# AGRICULTURE



- The Department of Agriculture, Fisheries and Food monitors and controls aspects of Food Safety
- The Regulation of the Agriculture, Fisheries and Food Industries and provides support services to Agriculture, Fisheries, Food and Forestry.
- There is a section on the website that may be relevant to the Breakfast Cookerv Module: Food Safety & Consumer Issues
- <http://agriculture.gov.ie/>





# FOOD HYGIENE LEGISLATION

- You must comply with the rules set out in the food hygiene legislation (Regulation 852/2004/EC), irrespective of the size or type of business.
- This legislation sets out rules on food hygiene, both specific rules and more general requirements, including premises layout, temperature control, HACCP, equipment, transport, waste, personal hygiene and training.
- If your business deals with foods of animal origin (as set out in the section on approval) then you must also comply with Regulation 853/2004/EC which sets out specific hygiene rules for these types of products.
- Legislation on the general principles of food law (Regulation 178/2002/EC) makes it illegal to place unsafe food on the market. You should familiarise yourself with this legislation.
- There are several guidance documents on available.
- If you are a caterer, retailer or wholesaler familiarise yourself with: I.S. 340:2007 - Hygiene in the Catering Sector and I.S. 341:2007 - Hygiene in Food Retailing and Wholesaling

# MORE REGULATIONS

It is important that you are aware of HACCP as a food industry standard. Other regulations and directives that may be considered include:

- European Community (Certain Contaminants in Foodstuffs) Regulations 2010
- European Community (Food and Food Hygiene) Regulations 2009
- European Community (General Food Law) Regulations 2007
- Regulations (EC) No 1831/2003 (OJL31, pg 1, 22/10/2003) of the European Parliament



# HACCP



- The word HACCP (Hazard Analysis & Critical Control Point) confuses many people but, simply put, it refers to a system you must put in place to ensure the food you produce is safe. This system is called a food safety management system and must be based on the principles of HACCP.

\*[READ: The Principles of HACCP \(website\)](#)



# FOOD SAFETY

This section covers:

- a range of basic food safety practices
- hygienic personal and working practices





# FOOD SAFETY



hygiene government grocery department shellfish contamination expiration date virus radiation kitchen consume  
meat processing inspectors temperature bacteria cooking  
regulated healthy freshness raw moisture e coli virus  
freeze consumers microorganism storage hazards botulism  
illness sanitized preparing handling salmonella

# CLEANING

- Wash hands and surfaces often
- Wash hands the right way—for 20 seconds with soap and running water. (See Handwashing Notes)
- Wash fruits and veggies—but not meat, poultry, or eggs!
- Did you know that—even if you plan to peel fruits and veggies—it's important to wash them first because bacteria can spread from the outside to the inside as you cut or peel them?

## Why it matters

- Illness-causing bacteria can survive in many places around your kitchen, including your hands, utensils, and cutting boards.
- Unless you wash your hands, utensils, and surfaces the right way, you could spread bacteria to your food, and your family.



# CLEANING CONTINUED



- Remove all clutter.
- Regularly replace dishcloths and brushes. They should be changed at least twice a week.
- Maintain a clean and tidy fridge. Do this once a week.
- Rinse all dishes well before placing them in the dishwasher.
- Wipe down your hob and oven after each use.
- Wipe your microwave after each use. It keeps it hygienic and removes food odours.
- Empty the bin regularly. You should wash the inside of your bin and the lid every week to prevent it from smelling.

\*SEE: [The Cleaning Checklist](#) Video on effective handwashing technique:

<https://www.youtube.com/watch?v=VyIx2K2vhKI&list=PLLjuAI9EppAH5ltwnF5MXI3AcJR6Brh5y&index=3>



# SEPARATING



- Separate - Don't cross-contaminate
- Use separate cutting boards and plates for produce and for meat, poultry, seafood, and eggs.
- Placing ready-to-eat food on a surface that held raw meat, poultry, seafood, or eggs can spread bacteria and make you sick..
- Once a cutting board gets very worn, replace it.
- <http://www.foodsafety.gov/keep/basics/separate/>



# SEPARATING CONTINUED

- Keep meat, poultry, seafood, and eggs separate from all other foods in the fridge.
- Place raw meat, poultry, and seafood in containers or sealed plastic bags to prevent their juices from dripping or leaking onto other foods.
- If you're not planning to use these foods within a few days, freeze them instead.
- Keep eggs in their original carton and store them in the main compartment of the refrigerator—not in the door.

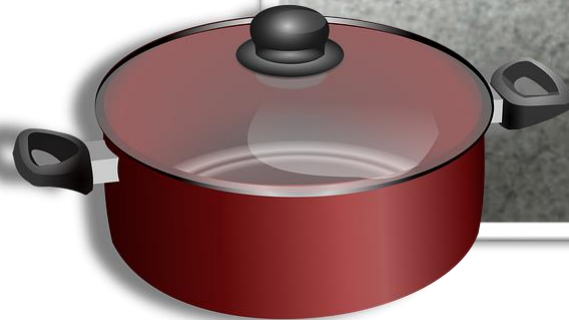
## Why it matters

- Even after you've cleaned your hands and surfaces thoroughly, raw meat, poultry, seafood, and eggs can still spread illness-causing bacteria to ready-to-eat foods—unless you keep them separate.



# COOKING

- Cook to the right temperature.
- Use a food thermometer.
- Cooked food is safe only after it's been heated to a high enough temperature to kill harmful bacteria.
- Colour and texture alone won't tell you whether your food is done. Instead, use a food thermometer to be sure.



# COOKING CONTINUED



You can watch a short video on food temperature here: (USA)

<https://www.youtube.com/watch?v=-2KkV2yFiNO>

- Keep food hot after cooking (at 140 °F or above).
- The possibility of bacterial growth actually increases as food cools after cooking because the drop in temperature allows bacteria to thrive. But you can keep your food above the safe temperature of 140°F by using a heat source like a warming tray, or slow cooker.
- Microwave food thoroughly (to 165 °F).
- To make sure harmful bacteria have been killed in your foods, it's important to microwave them to 165° or higher.

## Why it matters

- Did you know that the bacteria that cause food poisoning multiply quickest in the “Danger Zone” between 40° and 140° Fahrenheit?

# CHILL



- Refrigerate perishable foods within two hours.
- Pack your refrigerator with care. To properly chill food (and slow bacteria growth), cold air must be allowed to circulate in your fridge. For this reason, it's important not to over-stuff your fridge.
- Your fridge should be between 40 °F and 32 °F. Appliance thermometers help you know if the fridge is cold enough.
- Get perishable foods into the fridge or freezer within two hours. In the summer months, cut this time down to one hour.
- Remember to store leftovers within two hours as well. By dividing leftovers into several clean, shallow containers, you'll allow them to chill faster.

## Why it matters

- Did you know that illness-causing bacteria can grow in perishable foods within two hours unless you refrigerate them? (And if the temperature is 90 °F or higher during the summer, cut that time down to one hour!)
- Cold temperatures slow the growth of illness causing bacteria.



# FREEZING



- You can freeze almost any food. That doesn't mean that the food will be good to eat - or safe.
- Freezing does not destroy harmful bacteria, but it does keep food safe until you can cook it.
- Your freezer should be 0 °F or below. Appliance thermometers help you know if the freezer is cold enough.



- Frozen food:  
[https://en.wikipedia.org/wiki/Frozen\\_food](https://en.wikipedia.org/wiki/Frozen_food)

# THAWING

- Never thaw or marinate foods on the counter.
- Bacteria can multiply rapidly at room temperature.

To thaw food safely, choose one of these options:

- Thaw in the refrigerator. This is the safest way to thaw meat, poultry, and seafood. Place it on a plate to prevent dripping.
- Thaw in cold water. Note: If you thaw this way, be sure to cook the food immediately.
- Thaw in the microwave. As with thawing in cold water, food thawed in the microwave should be cooked immediately.
- Cook without thawing. If you don't have enough time to thaw food, just remember, it is safe to cook foods from a frozen state—but your cooking time will be approximately 50% longer than fully thawed meat or poultry.
- To marinate food safely, always marinate it in the refrigerator.



# FOOD FRESHNESS



Know how to identify the freshness of foods by appearance, taste, smell and texture.

**Use your senses!**

An interesting American monitor -  
Foodsniffer:

<https://www.youtube.com/watch?v=MeXZF-6S4oE>

How to tell an egg is fresh:

<https://www.youtube.com/watch?v=E20WXN80NZQ>



# CHECK THE DATES





# THROWING IT AWAY



- Know when to throw food out.
- You can't tell just by looking or smelling whether harmful bacteria has started growing in your leftovers or refrigerated foods.
- Be sure you throw food out before harmful bacteria grow by checking Safe Storage Times chart.
- Check SELL BY and USE BY dates.
- If a can is leaking, rusted, badly dented, or bulging, do not open it. Throw it away. The contents may make you sick.
- Shelf Life: [https://en.wikipedia.org/wiki/Shelf\\_life](https://en.wikipedia.org/wiki/Shelf_life)

# BACTERIA

- The conditions required by bacteria to multiply and grow are: warmth, moisture, food, time. (and some require oxygen)
- The ideal temperature zone for bacteria to multiply is 5 degrees Celsius to 60 degrees Celsius.
- Common: Salmonella

Sources - The intestines of ill people and carriers, animals and animal food, raw meat, raw poultry, raw milk, raw eggs, food pests (See Salmonella on the right)

Foodborne illness:

[https://en.wikipedia.org/wiki/Foodborne\\_illness](https://en.wikipedia.org/wiki/Foodborne_illness)



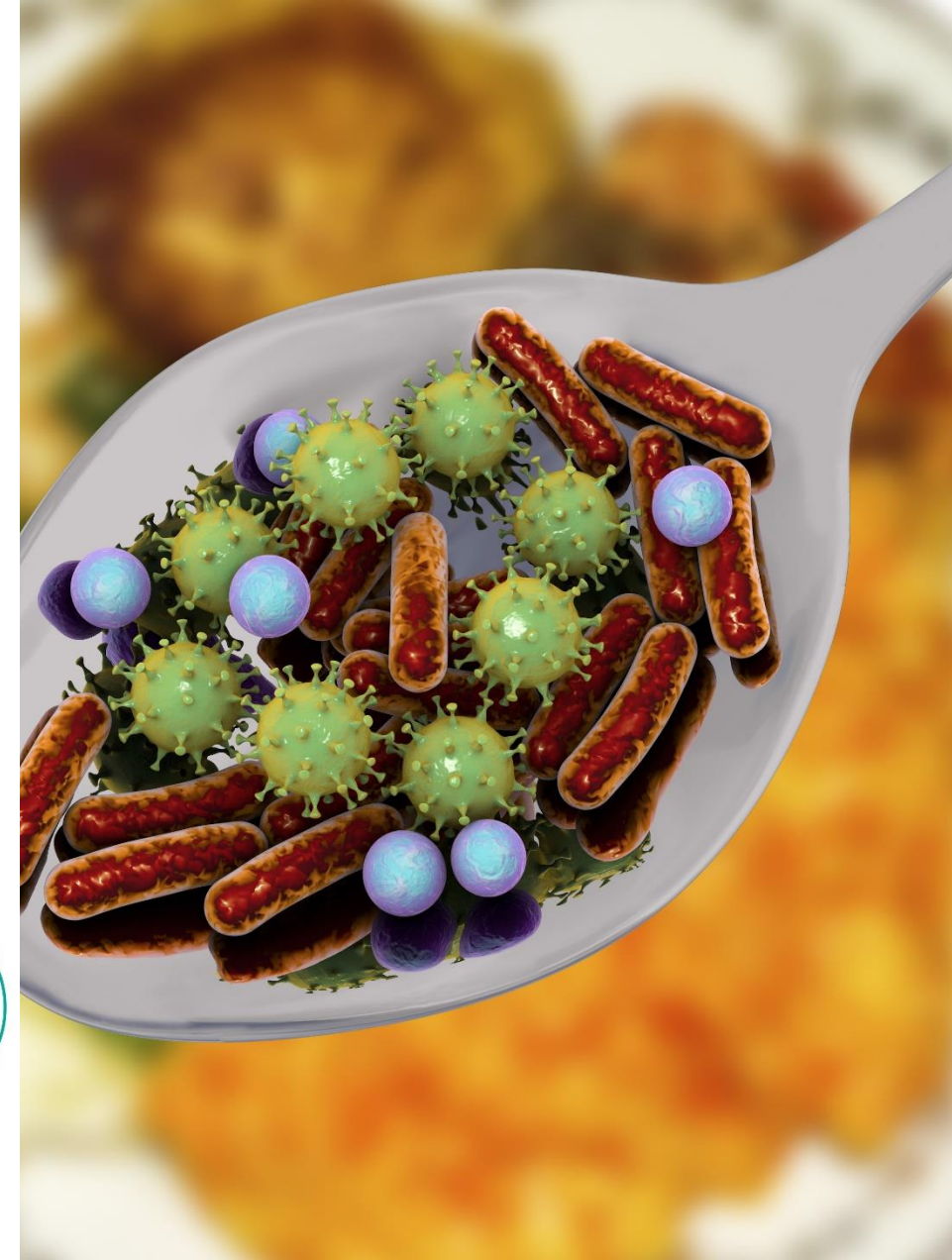
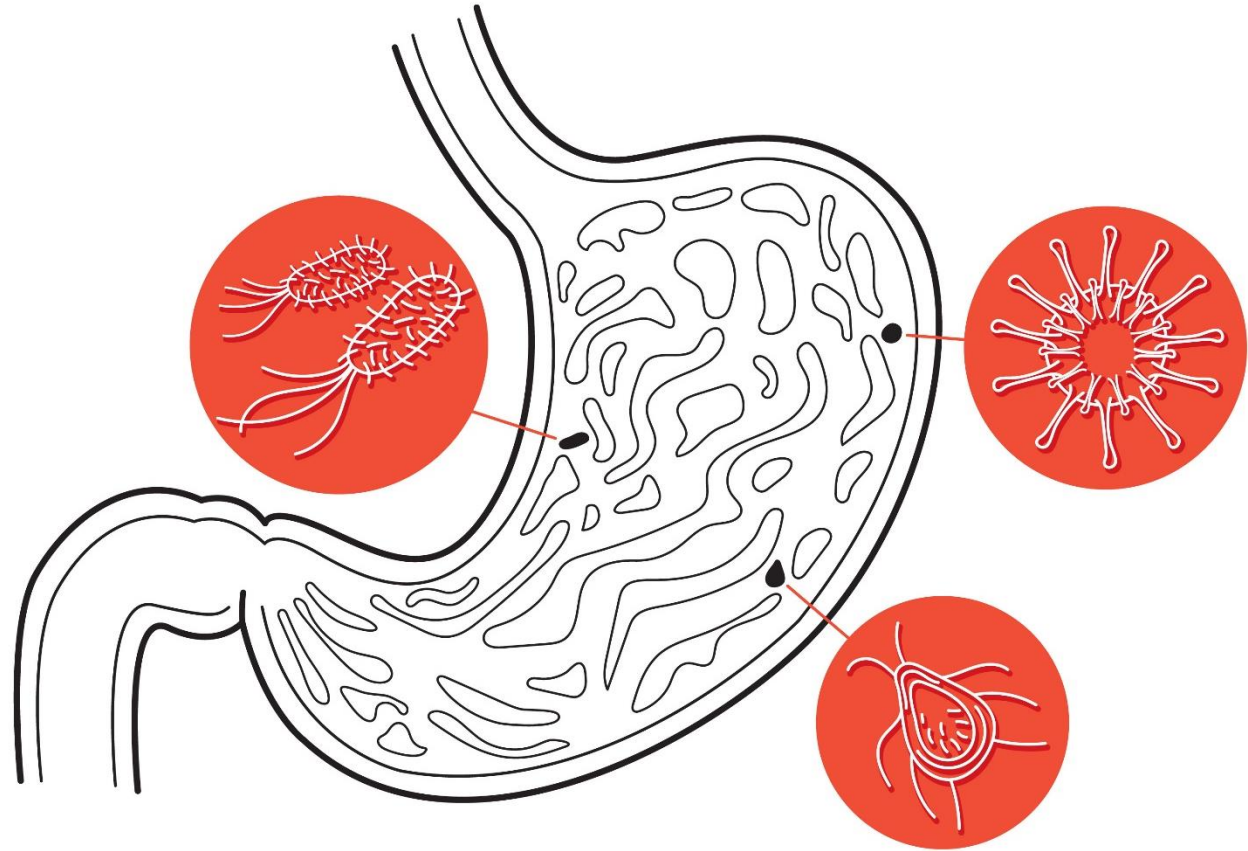
# HYGIENE

- Wash your hands using the correct method. (as stated before)
- Use disposable gloves.
- Always tie long hair back or wear a hat or hairnet while cooking.
- Don't handle food with open sores or cuts on your hand.
- If you are sick, stay out of the kitchen; you may contaminate the food.
- Pull up your sleeves to prevent your clothing from contaminating the food.
- Wear a clean apron.
- Remove all jewellery.





# FOOD POISONING



Abdominal cramps



Nausea



Diarrhea



Dizziness



Fever



Vomiting



# UNIFORM OF A CHEF

## Example:



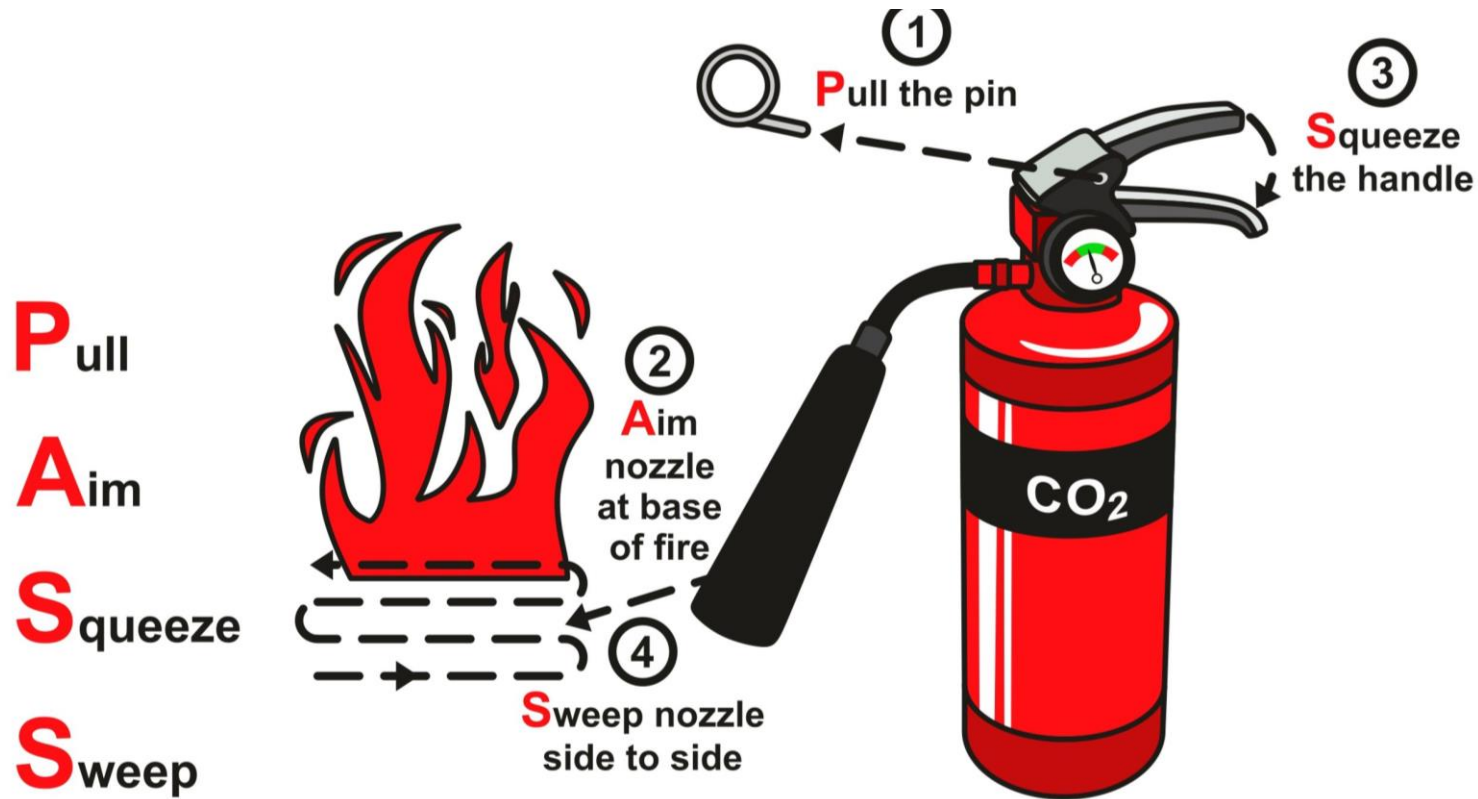
- Chef's coat (Chef's coats are made from heavy cotton, which protects the chef from the heat of kitchen appliances, such as ovens and stoves. The knotted buttons slip off easily, but do not melt or pop off and land in food. White is the preferred colour because it may be bleached if it gets stained by food, which happens all the time!)
- A kitchen uniform typically consists of pants and a hat.
- Shoes must be fully enclosed and non-slip.
- While working, chefs must wear an apron - these may be waist or full bib style.

# FIRE SAFETY



- Ensure that the kitchen has a fire extinguisher.
- Fire extinguishers must be serviced annually
- Be sure that you know how to use the fire extinguisher!
- Ensure that you are aware of the building's fire procedure.
- Take part in fire safety training.

# USING A FIRE EXTINGUISHER



Know Your Extinguisher

Use the Correct Extinguisher



# MORE KITCHEN SAFETY

- Check and adhere to regulations set down by Irish Food Safety Authorities.
- Store knives in a wooden block or in a drawer.
- Keep potholders nearby and use them!
- Turn pot handles away from the front of the stove.
- Use suitable footwear and clothing in the kitchen.
- Wipe up spills immediately. Keep the floor dry so that no one slips and falls.
- Ensure adequate lighting and ventilation in the kitchen.





# KITCHEN SAFETY CONTINUED



- Don't leave the kitchen with pots & pans cooking on the stove.
- Make sure to turn off burners as soon as you take the pot off.
- Keep dish towels, pot holders and oven mitts away from the stove.
- Make sure to turn pot handles away from the front of the stove.

# MAINTAINING EQUIPMENT

- Make sure all wires, cords and plugs on your appliances are not frayed and that the plugs have 3-prong grounded connections. This would include coffee makers, toasters, blenders, microwaves, mixers, etc.
- Don't use extension cords.
- Get rid of any appliance that is broken or damaged.



# HANDLING KNIVES



- Always cut away from your body when using a knife. It can slip and cut you.
- Always use a cutting board.
- Keep blades sharp.
- Keep knives clean (including handle) – slippery handles can cause injuries.
- Don't put knives in a sink of soapy water – they may not be seen and accidents can occur.
- Wash and dry carefully, keeping the sharp edge away from your hands.
- Always lay them flat, never on the back or edge.
- Don't attempt to catch a knife as it falls – better it hits the floor than cut your hand.
- Wash knives with warm soapy water after each use.

Kitchen knife: [https://en.wikipedia.org/wiki/Kitchen\\_knife](https://en.wikipedia.org/wiki/Kitchen_knife)



# FIRST AID

- Ensure that there is a first-aid kit in your kitchen.
- Ensure that the first aid kit is complete.
- Take part in first aid training.
- Make sure you know how to treat minor cuts, burns and scalds, and know when to seek professional medical care.





# CLEANING CHECKLIST



\* Start using the Kitchen Cleaning Checklist.



# AROUND THE KITCHEN

This section covers:

- key terminology appropriate to preparation and serving a range of breakfast menus
- how a professional kitchen is organised
- some ways in which a domestic kitchen differs from a professional kitchen.





# KITCHEN APPLIANCES

Can you identify the appliances and tools in a professional kitchen? Do you know what they are used for?



# KITCHEN UTENSILS

Can you identify all these kitchen utensils?



Long list of food preparation utensils! [https://en.wikipedia.org/wiki/List\\_of\\_food\\_preparation\\_utensils](https://en.wikipedia.org/wiki/List_of_food_preparation_utensils)

# KITCHEN APPLIANCES



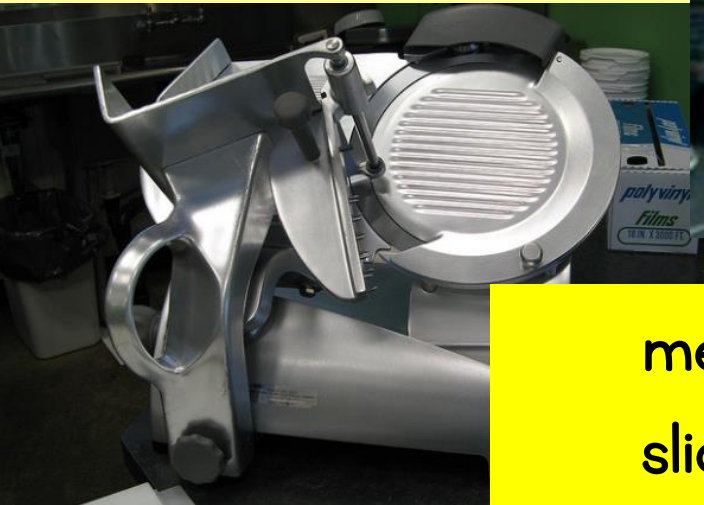
utensils



commercial grill



commercial ovens



meat slicer



food mixer



# PROFESSIONAL KITCHEN



stainless steel  
table



scales



food  
thermometer

# AREAS

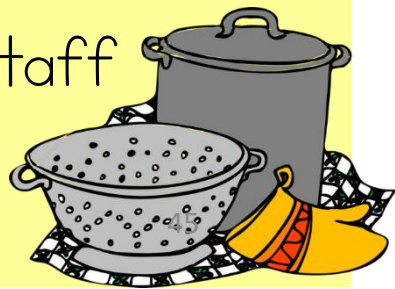


What are the different areas of this small professional kitchen?

# KITCHEN FEATURES

- adequate lighting
- stainless steel work surfaces
- non-slip floor coverings
- work stations arranged according to food groups
- rotation and storage of raw ingredients and prepared ingredients
- cooler or cold room for storing prepared ingredients and dishes

- positioning of ventilation, cooker hoods, etc.
- open shelving to store pots and small utensils
- washing up areas separate from food preparation areas
- hand washing separate from dishwashing areas
- separate changing area of staff
- quality control cycle





# KITCHEN PERSONNEL



- Executive chef
  - Head chef
    - Chef
    - Baker
  - Pantry cook
  - Pastry chef
  - Sous chef
  - Server
- Waiter / Waitress
  - Manager
  - Apprentice

Chef:

<https://en.wikipedia.org/wiki/Chef>

# DIFFERENCES

How is a domestic kitchen different to a professional kitchen?

- Differences in appliances – a professional kitchen usually has larger ovens, cookers, grills, fridges, dishwashers / professional kitchens sometimes have specialised equipment, e.g. bread or pizza ovens, walk-in fridge
- Differences in equipment – a professional kitchen is usually more equipped to serve many people, e.g. larger food mixers, large amounts of crockery and cutlery, many different types of knives, specialised equipment, e.g. meat slicer
- Differences in layout – a professional kitchen is usually laid out according to different work stations
- A professional kitchen has personnel, e.g. head chef, assistant-chef, manager, waiter/waitress
- The division of work in the professional kitchen is the same as that of the domestic kitchen (for example, buying and storing food, preparing, it, etc.) only on a much larger scale.





# PROFESSIONAL VS DOMESTIC





# STORAGE TIMES

\*SEE:  
Storage  
times for  
foods  
(website)



# INTRODUCING PRACTICAL COOKERY SKILLS

This section covers:

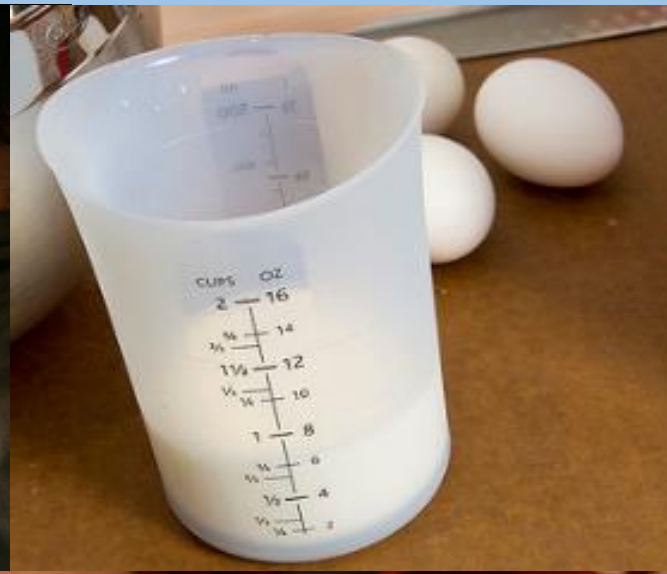
- the concept of weights and quantities and how to measure them accurately
- basic kitchen skills appropriate to the tasks of preparing hot and cold breakfast menus
- the importance of cooking food to the correct temperature
- importance of assessing meals in terms of taste and appearance
- importance of assessing the freshness of food
- the importance of presentation

(Learning Outcomes 3, 4, 5 & 8)





# MEASURING





# YOU SHOULD KNOW

## METRIC CUP & SPOON SIZES\*

CUP

METRIC

1/4 CUP

60ML

1/3 CUP

80ML

1/2 CUP

125ML

1 CUP

250ML

SPOON

METRIC

1/4 TEASPOON

1.25ML

1/2 TEASPOON

2.5ML

1 TEASPOON

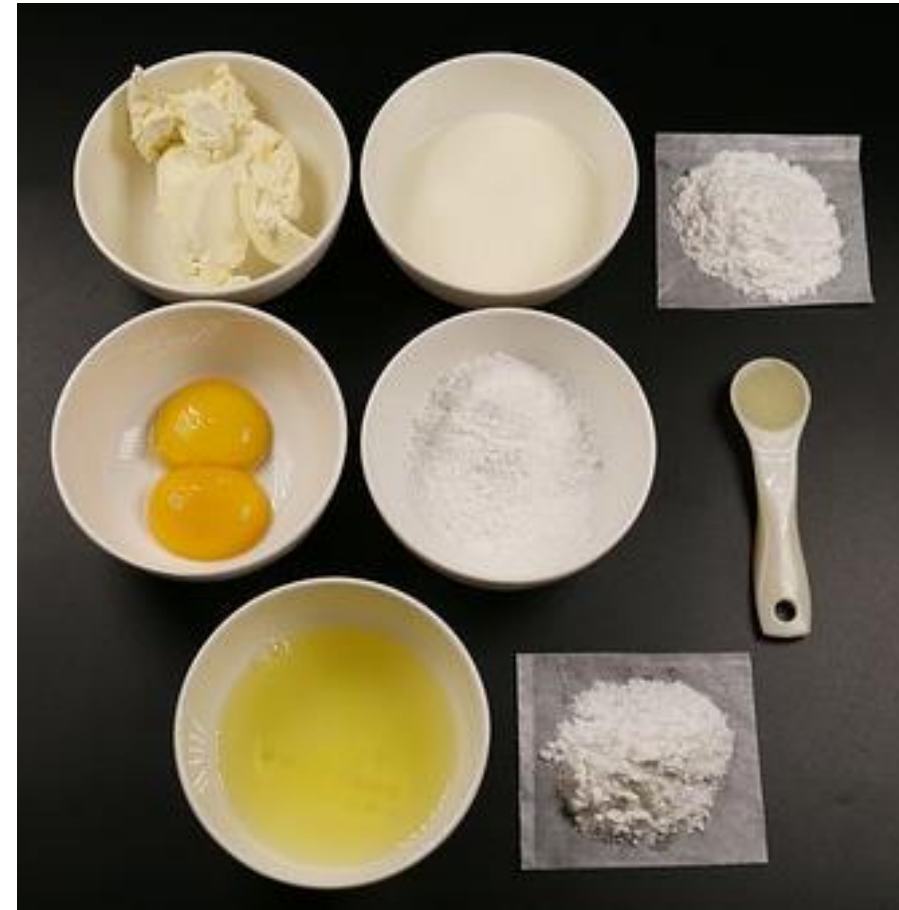
5ML

2 TEASPOONS

10ML

1 TABLESPOON (EQUAL TO 4  
TEASPOONS)

20ML



# CONVERSION TABLE

Cup conversions for metric & imperial								
ingredient	1 cup		1/2 cup		1/3 cup		1/4 cup	
butter	250g	8oz	125g	4oz	80g	2 1/2oz	60g	2oz
cheese, shredded/grated	80g	2 1/2oz	40g	1oz	35g	1oz	25g	3/4oz
flour, plain/self-raising	150g	4 3/4oz	75g	2 1/2oz	50g	1 1/2oz	40g	1 1/2oz
rice, uncooked	200g	6 1/2oz	100g	3oz	70g	2 1/4oz	50g	1 1/2oz
sugar, white	225g	7oz	110g	3 1/2oz	80g	2 1/2oz	60g	2oz
yoghurt	260g	8 1/4oz	130g	4oz	90g	3oz	70g	2 1/4oz

# USING MEASUREMENT

You should be able to do the following:

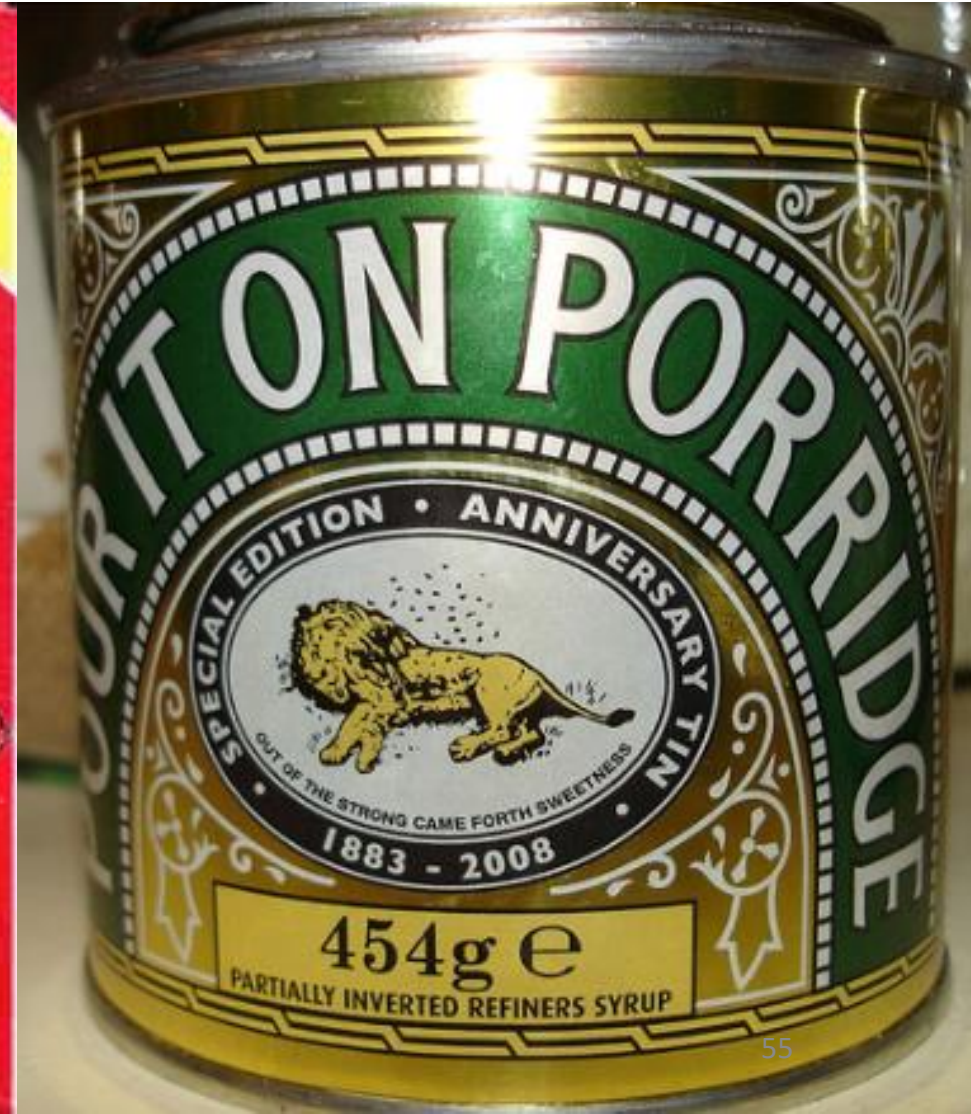
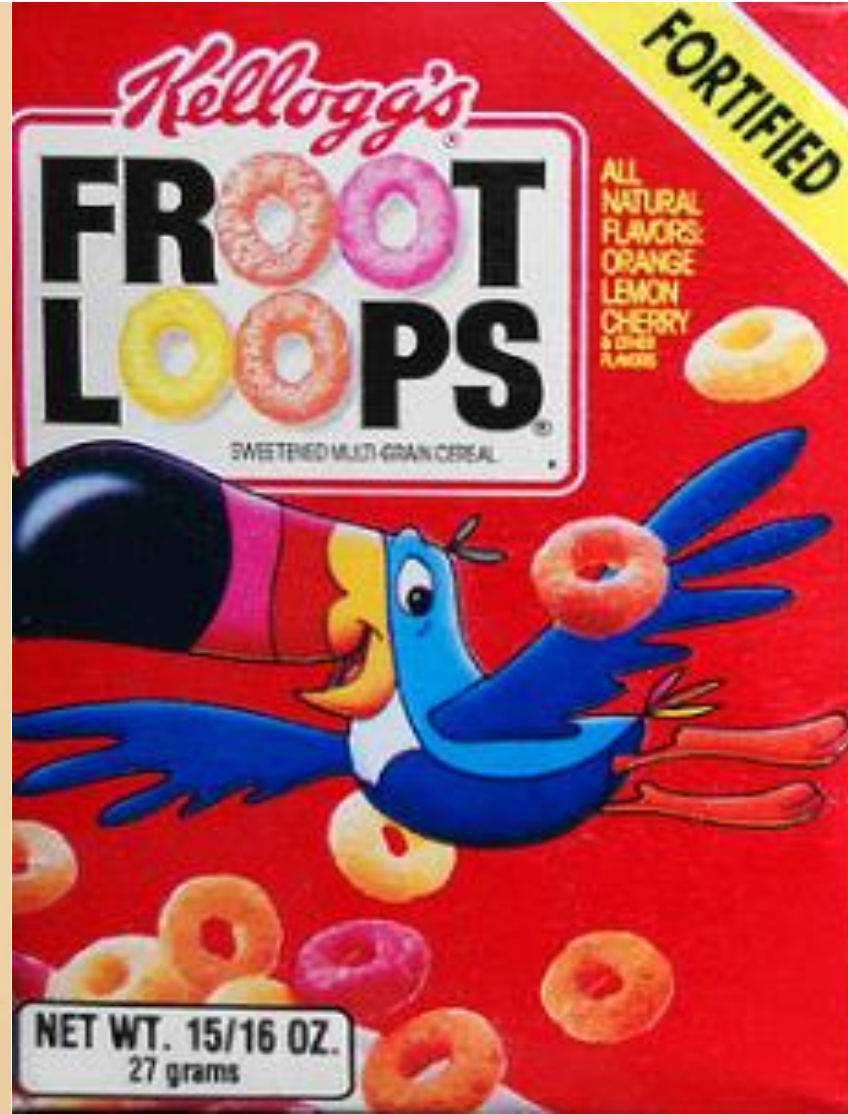
- Use weighing scales, measuring jugs and spoons
- Estimate weights
- Follow correct procedures for weighing and measuring and estimating yields to avoid wastage
- Complete worksheets relating to MASS and CAPACITY

\*SEE: Mass and Capacity Worksheets (website)





# READ THE WEIGHTS



# TEMPERATURE



- Cook all food to the minimum internal temperatures as measured with a food thermometer before removing food from the heat source.
- “Rest time” is the amount of time the product remains at the final temperature, after it has been removed from a grill, oven or other heat source.



# TEMPERATURE

## Product

## Minimum Internal Temperature & Rest Time

### Beef, Pork, Veal & Lamb

Steaks, chops, roasts

145 °F (62.8 °C) and allow to rest for at least 3 minutes

### Ground meats

160 °F (71.1 °C)

### Ham, fresh or smoked (uncooked)

145 °F (62.8 °C) and allow to rest for at least 3 minutes

### Fully Cooked Ham

(to reheat)



Reheat cooked hams packaged in USDA-inspected plants to 140 °F (60 °C) and all others to 165 °F (73.9 °C).



# TEMPERATURE



Product	Minimum Internal Temperature
All Poultry (breasts, whole bird, legs, thighs, and wings, ground poultry, and stuffing)	165 °F (73.9 °C)
Eggs	160 °F (71.1 °C)
Fish & Shellfish	145 °F (62.8 °C)
Leftovers	165 °F (73.9 °C)
Casseroles	165 °F (73.9 °C)

# TEMPERATURE

Look at these conversions:

## Oven temperatures

Celsius (electric)	Celsius (fan forced)	Fahrenheit	Gas	
120°	100°	250°	1	very slow
150°	130°	300°	2	slow
160°	140°	325°	3	moderately slow
180°	160°	350°	4	moderate
190°	170°	375°	5	moderately hot
200°	180°	400°	6	hot
230°	210°	450°	7	very hot
250°	230°	500°	9	very hot



# HEAT CAN AFFECT NUTRITION

Different methods of cooking affect the nutritional value of foods and their digestibility. Some nutrients (e.g. vitamin C) are temperature sensitive and destroyed by cooking, while others (e.g. potatoes, meat) need to be cooked to be fully digestible.



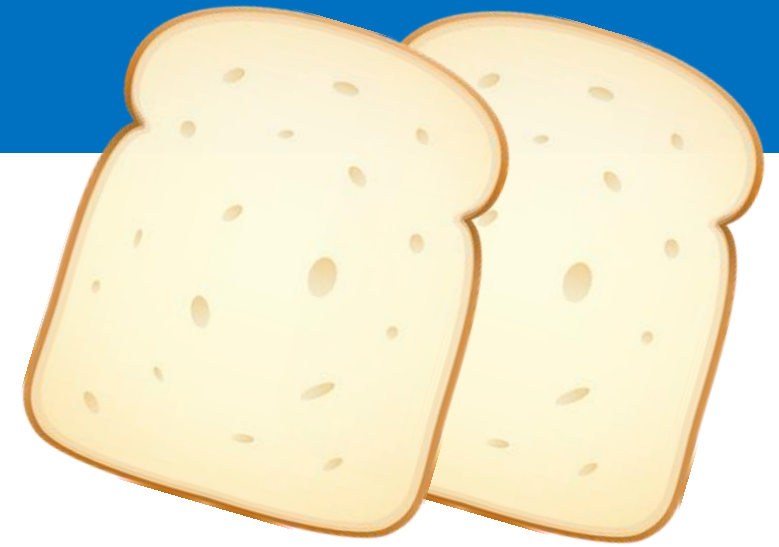


# COOKING TERMS

skewer, shallow, deep, lukewarm, batter, organic, homemade, natural, spicy, a pinch, ingredients, flavour, healthy, delicious, fresh, sweet, sour, juicy, crunchy, salty, greasy, peeler, grill, hob, cooker, oven, microwave, fridge, sink, spoon, knife, fork, plate, glass, bowl, dish, pot, pan, wok, freezer, kitchen, spatula, dishwasher, egg timer, wooden spoon, sieve, colander, chopping board, kitchen scales, grater, frying pan, spread, saucepan, apron, toast, oven glove, pepper, coffee, tea, temperature, peel, cut, wash, beat, mix, spread, chop, slice, preheat, stir, drain, mash, melt, grill, grate, serve, simmer, boil, fry, bake, crush, mash, pinch, pour, sprinkle, carve, strain, rinse, marinade, mince, sauté, sprinkle, whisk, cube, dice, heat, thaw out, prepare, pour, measure, poach, steam, grind, roast, spread, wash, etc!



# COOKING METHODS



**Baking:** Food is baked by cooking it in an oven.

**Steaming:** To steam food, water is added to a pot and then a stand is placed inside the pot. There is no contact between the food and the water. The hot steam rising from the boiling water acts on the food and the food gets cooked. This method of cooking for vegetables is very good as the food does not lose its flavour and much of the nutrients are not lost during the cooking.

**Grilling:** Direct heat is applied and the heat seals the outside part of the food and the juice inside the food cooks it. The flavour of the food is not lost and much of the nutrients are not lost either. Food is frequently turned over to prevent it from burning and to ensure that equal heating and cooking time is applied to both sides of the food. By doing this, the food is cooked evenly and thoroughly.

# COOKING METHODS



- **Roasting:** This is cooking food uncovered in hot air - in the oven.
- **Barbecuing:** Highly seasoned meat is grilled over hot coals.
- **Frying:** This is the cooking of food in fat, such as butter or vegetable oil. Types of frying deep frying, pan frying and stir frying.
- **Boiling:** This is cooking food in boiling water, which has a temperature of about 212 °F (100 °C).
- **Simmering:** This is cooking food in water that is just below the boiling point.

Long list of cooking techniques!

[https://en.wikipedia.org/wiki/List\\_of\\_cooking\\_techniques](https://en.wikipedia.org/wiki/List_of_cooking_techniques)



# FOOD SAFETY MYTHS

\*SEE: Food Safety Myths Exposed to revise kitchen safety. (website)



# FOLLOWING A RECIPE



How to follow a recipe, identify ingredients and follow timing and sequences.

1. Read the ingredients.
2. Read the method. Can you follow the sequences?
3. Check preparation and cooking times.
4. Check the nutritional value/s.
5. Do you have the necessary ingredients / equipment / skills / time?

You can see the history of a recipe here:  
[https://en.wikipedia.org/wiki/List\\_of\\_cooking\\_techniques](https://en.wikipedia.org/wiki/List_of_cooking_techniques)

# RECIPE

## Oatmeal With Apricots and Raisins

- Serves: 2
- Hands-On Time: 5 min
- Total Time: 10 min



## INGREDIENTS

1 cup old-fashioned rolled oats  
 $\frac{1}{4}$  cup low-fat milk  
2 tablespoons golden raisins  
2 tablespoons chopped dried apricots  
2 tablespoons chopped roasted almonds  
 $\frac{1}{8}$  teaspoon nutmeg

## DIRECTIONS

1. Prepare the oats according to the package directions. Divide between 2 bowls.  
2. Dividing evenly, top with the milk, raisins, apricots, almonds, and nutmeg.



# RECIPE



## Mushroom and egg white omelette

- Serves: 1
- Hands-On Time: 10 min
- Total Time: 10 min

## INGREDIENTS

2 tablespoons olive oil  
4 button mushrooms, sliced  
2 scallions, sliced  
4 large egg whites  
kosher salt and black pepper  
1 ounce cheddar, shredded (1/4 cup)

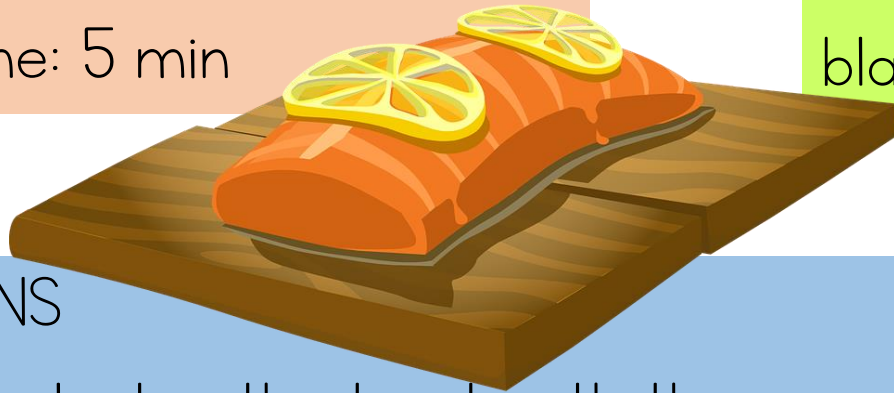
## DIRECTIONS

1. Heat 1 tablespoon of the oil in a large nonstick skillet over medium heat. Add the mushrooms and scallions and cook, stirring often, until tender, 2 to 3 minutes; remove from the skillet.
2. In a medium bowl, beat the egg whites with  $\frac{1}{4}$  teaspoon each salt and pepper. Return the skillet to medium heat, heat the remaining tablespoon of oil, then cook the egg whites until they begin to set, 1 to 2 minutes.
3. Top with the vegetables and Cheddar. Fold the egg whites over the filling.

# RECIPE

## Toast With Yogurt and Smoked Salmon

- Serves: 2
- Hands-On Time: 5 min
- Total Time: 5 min



## INGREDIENTS

2 large slices country bread, toasted  
1/2 cup plain low-fat Greek yogurt  
4 ounces sliced smoked salmon  
1/4 small red onion, thinly sliced  
1 tablespoon capers  
black pepper

## DIRECTIONS

Dividing evenly, top the toast with the yogurt, salmon, onion, and capers. Season with the pepper.

# CHOCOLATE BREAKFAST ROLLS

## Ingredients

*Makes 6 rolls:*

- 1 (14 oz.) package frozen all-butter puff pastry, defrosted overnight in the fridge
- 1/4 cup dark chocolate chips
- 1 egg
- 1 tablespoon water
- a sprinkle of sea salt

Preheat the oven to 400 (F).

Cut your thawed puff pastry into 6 x 3 inch rectangles.

Add chocolate in one half of the rectangle, forming two lines with the chocolate chips.

Fold the side of the puff pastry over the half containing the chocolate, and flip the roll so that the seam is on the bottom facing the pan. If you leave the seam up, the puff pastry will burst open.

In a small bowl, whisk together 1 egg and 1 tablespoon of water. Use a pastry brush to brush the beaten egg and water mixture on top of the rolls. Sprinkle with a dash of sea salt.

Bake in the preheated oven for 20 minutes, or, until puffed and golden. The rolls should have doubled in size during the baking process. When ready, cool for 5-10 minutes on a cooling rack and serve immediately -- the rolls are best when served fresh. Enjoy!





# BASIC KITCHEN SKILLS



- You will need basic kitchen skills to carry out your skills demonstrations.
- Skills will include: using different cooking methods, cooking different breakfast foods, preparing breakfast foods, food preparation, menu planning and more....

# BACON

- **In the microwave:** Place uncooked bacon between a few layers of paper towels in a microwave safe dish or plate. Microwave at high power. The average cooking time is about 1 minute per slice of bacon. This method is good if when you just want a few slices of bacon .
- **In the oven:** Lay the bacon on a baking sheet (pieces not touching), stick it in the oven, and set a timer. For crispier bacon, use a rack. Drain if necessary.
- **In a pan:** Bacon should be started in a cold pan, so before you turn on the heat, lay out your strips on the pan. Cook bacon low and slow. Keep flipping and turning the bacon so that it browns evenly. Using your tongs, remove the pieces from the pan and onto your paper towels to drain.







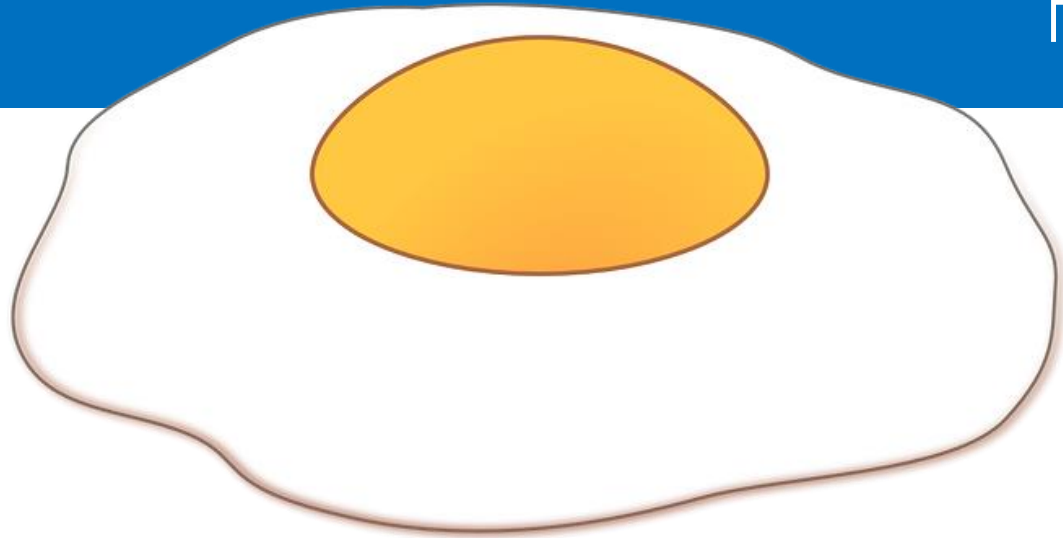
# HARD BOILED EGGS

Gently place the eggs into a saucepan. Fill the pan with cool tap water, enough to cover the eggs by an inch or two. Place the pan on high heat and bring the water to a boil. Once boiling, turn off the heat and cover the pan with the lid. Let the eggs sit in the hot water for 10 minutes. Drain the eggs and place them in the bowl of ice water for a minute or so to cool.





# FRIED EGGS



**Fried eggs (Sunny-side up):** Heat an 8 or 10 inch non-stick pan over medium heat and add extra virgin olive oil. Carefully crack eggs into the pan, allowing room for each egg to cook separately. After a minute or so, the egg white will solidify from transparency into a firm white texture. For sunny-side up eggs, continue to cook for another minute until the white portion is firm and just cooked through. Carefully slide eggs onto a plate, season with kosher salt and fresh cracked pepper to taste, and serve.

# FLUFFY CHEESE OMELETTE

(1 serving)

## Ingredients

- 3 large eggs
- 3 Tablespoons heavy cream (whipping cream)
- 1 Tablespoon unsalted butter
- sea salt (to taste)
- ground pepper (to taste)
- Herbes de Provence (to taste)\*
- 1/4 cup shredded sharp Cheddar cheese

\*Herbes de Provence is traditionally a mix of 7 to 11 herbs usually including rosemary, thyme, oregano and basil.



1. Preheat oven to 450 degrees. Beat the eggs and cream with an electric mixer until soft peaks form (approx. 2 minutes). Set egg mixture aside.

2. Heat butter in pan over medium heat until butter just stops foaming. Pour egg mixture into pan. Using a rubber spatula, continuously scrape the bottom of the pan while cooking. Use small, rapid, circular motions. Continue until approx. 75% of the eggs have cooked. There should still be some uncooked (runny) eggs on the top at this stage. Remove omelette pan from burner. Season to taste, using salt, pepper, and herbs. Sprinkle cheese over top of omelette.

3. Finally, put the pan into the oven at 450 degrees for approx. 90 seconds - until eggs are firm. Remove from the oven serve, and enjoy!

# TWO MINUTE SCRAMBLED EGGS

## Ingredients:

2 eggs

2 tablespoons milk

2 tablespoons shredded  
cheese

salt, pepper, and any other  
herbs you choose to use

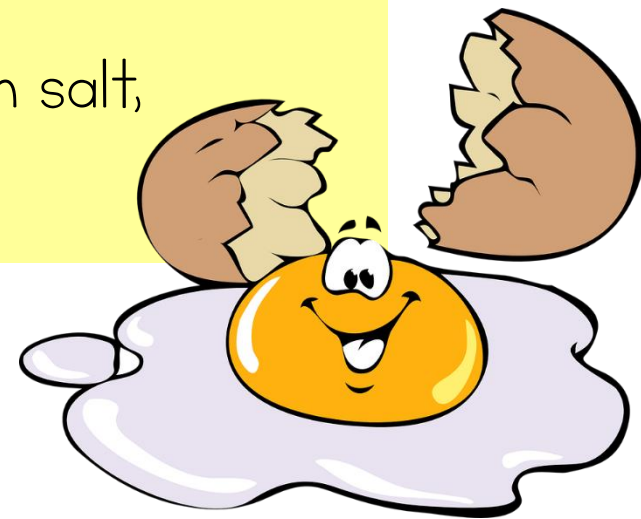
## Method:

1.Coat a 12 oz. microwave safe coffee mug or other dish with cooking spray. Add eggs and milk and beat till blended.

2.Microwave on HIGH for 45 seconds; stir.

3.Microwave until eggs are almost set, 30 to 45 seconds longer.

4.Top with cheese and season with salt, pepper, and herbs.





# FRENCH TOAST

- Experiment with flavours!
- 2 servings
- Ingredients
- 2 eggs
- $\frac{1}{2}$  tsp. vanilla extract (optional)
- Cinnamon or nutmeg to taste (optional)
- 4 thick slices of day-old bread – French and Italian bread work well
- 1 tbsp. butter



1. Beat together the eggs and milk. Whisk in the vanilla and seasonings. Melt the butter in a skillet or griddle over medium heat. Dip the bread slices in the batter. Fry the bread in the butter until browned on each side. Serve with syrup or powdered sugar.
2. You can also make a French toast sandwich. Put cream cheese and jam, broiled banana slices or sautéed apple slices between 2 slices of battered bread. Cook like a grilled cheese sandwich.

# HASH BROWNS



## Ingredients

- 1 egg, beaten
- 4 medium potatoes, peeled (like maris piper or king Edwards)
- 1 medium onion
- salt and pepper
- vegetable oil for frying

## Preparation method

1. Coarsely grate the potatoes and onion into a clean tea towel and then squeeze out the excess liquid by twisting the towel. Place the mix in a large bowl.

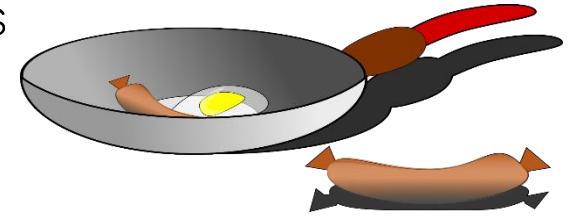
2. Add the egg, a good couple of pinches of salt and freshly ground black pepper. Mix the ingredients well. (You need to salt the mix well otherwise the hash browns can be quite bland).

3. Heat a good glug of oil in a heavy based frying pan and when the oil is hot (but not smoking), add spoonfuls of the potato mixture into the pan and flatten into patties about 1cm thick. Flip over once browned and crispy - about 2-3 minutes each side.

4. Serve hot as a breakfast or supper side dish. Especially good with bacon and eggs.

# EXAMPLES BREAKFAST FOODS

- bacon
- bagel
- baked beans
- biscuits
- black pudding
- boiled eggs
- breakfast sandwiches
- cereal
- cereal bars
- cinnamon rolls
- croissants
- eggs
- eggs benedict
- French toast
- fresh fruit juice
- fried eggs
- fruit
- granola
- ham
- hash browns
- kippers
- milk
- muffins
- oatmeal
- omelette
- pancakes
- poached eggs
- sandwich
- sausages
- scrambled eggs
- smoked salmon
- smoothie
- toast
- waffles
- white pudding
- yoghurt



You can look at breakfasts around the world here: <https://en.wikipedia.org/wiki/Breakfast>



# TASTE OF FOOD

Know the basic principles of evaluating the taste and texture of completed dishes

Examples:

- Is the texture chewy?
- Is the texture dry?
- Is the texture creamy?
- Is the taste salty?
- Is the taste sweet?
- Is the taste spicy?



# FOOD FRESHNESS



Know how to identify the freshness of foods by appearance, taste, smell and texture.

Examples:

- float eggs in water
- squeeze bread
- smell milk

# APPEARANCE OF FOOD



Evaluate the appearance of completed dishes.

Examples:

- Does the dish look dry?
- Does the dish look moist?
- Does the dish look attractive?
- Does the dish look overcooked?



# PRESENTATION

Present a completed dish in an attractive and discerning manner.

Examples:

- avoid using chipped plates
- avoid serving foods all the same colour
- avoid over-filling the plate

Prepare and use garnishing.



# GARNISHING

- The garnish is the finishing touch! It makes your dishes look even more appetizing.
- Making food look as good as it tastes is easy, if you add the right garnish. While parsley is a staple decoration, there's so much more you can do to perk up a plate.
- Colour and Texture: Pick a garnish that enhances the colour and texture of the food it will accompany. For example, use a bright-coloured garnish with light-coloured foods, or accent soft-textured food with a crisp garnish.
- Size the garnish to the presentation: use large garnishes on platters, and small ones on plates.



Garnish: [https://en.wikipedia.org/wiki/Garnish\\_\(food\)](https://en.wikipedia.org/wiki/Garnish_(food))

# SETTING

## Formal Breakfast Table Setting

1. Luncheon Plate

2. Cereal Bowl

3. Luncheon Fork

4. Napkin

5. Luncheon Knife

6. Teaspoon

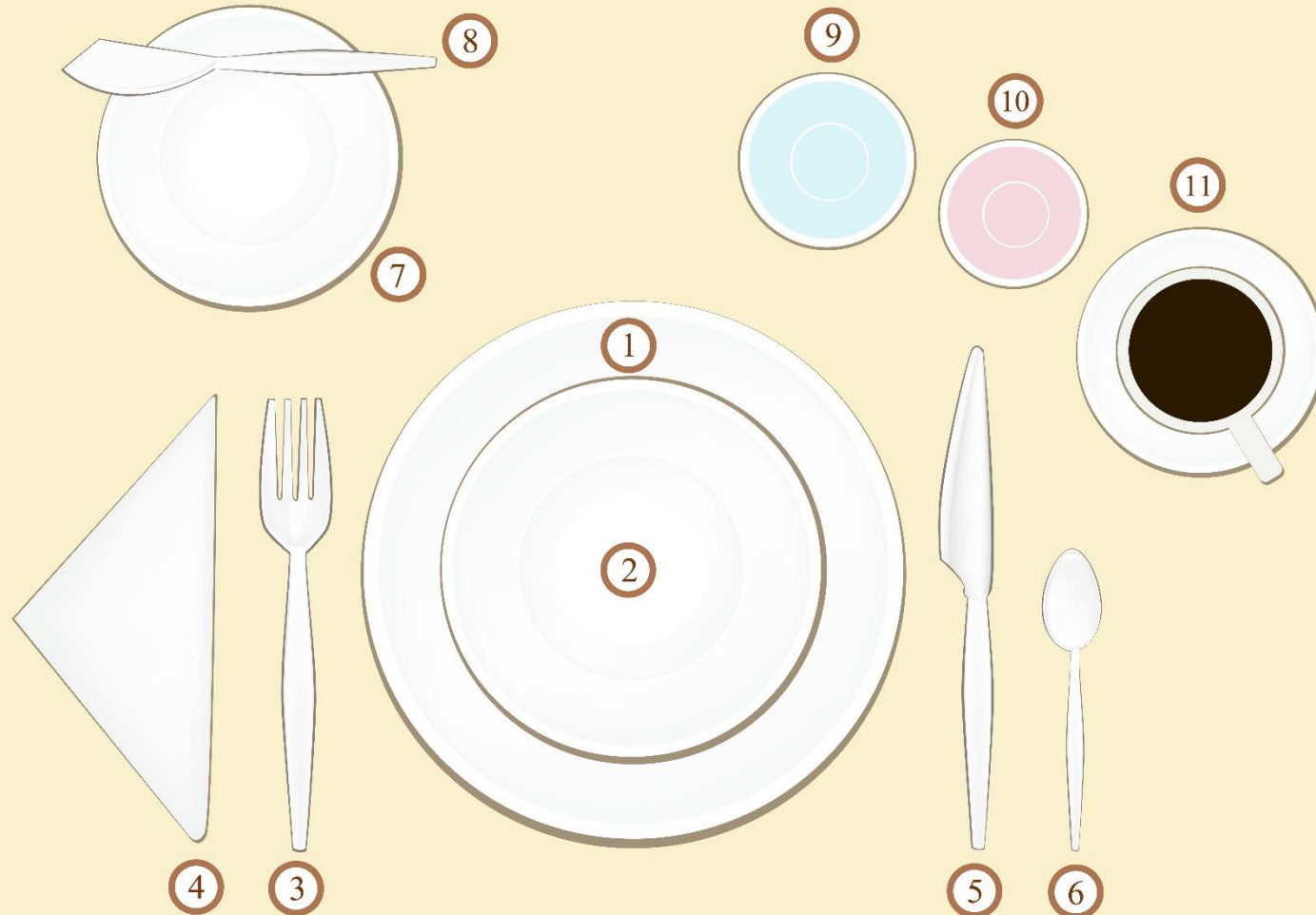
7. Bread Plate

8. Bread Knife

9. Tumbler

10. Juice

11. Cup and Saucer





# BREAKFAST COOKERY SKILLS

This section covers:

- A range of cooking methods
- When, why and how to use each method in the preparation of a breakfast dish
- Breakfast dishes that may be prepared without using the cooking methods mentioned
- The differences between what is considered to be a hot Irish breakfast and a cold continental breakfast



# USING COOKING METHODS

In making the breakfast, carry out the following cooking methods:

- grilling
- poaching
- shallow frying
- boiling
- simmering



# MAKING BREAKFAST

Think about how you use each method (on the previous page) in the preparation of a breakfast dish. You should be able to compare and contrast each method using the following criteria:

- suitable foods
- ease of cooking
- time required
- utensils and equipment required
- nutritional benefits using the food pyramid and current dietary requirements\*

\*See Menu Planning Template  
(Workbook Appendix 3)





# OTHER BREAKFAST FOODS



- There may be breakfast dishes that are prepared without all the cooking methods listed previously. (for example, porridge, cereal, pastries, etc.)
- Identify hot and cold cereals and demonstrate how to prepare and serve a variety of such dishes.

# HOT AND COLD CEREALS

Examples of cold cereals:

- Corn Flakes
- Rice Krispies
- Special K
- All Bran
- Muesli
- Weetabix

Examples of hot cereals:

- Oatmeal
- Rolled oats
- Breakfast Polenta
- Breakfast Quinoa



You can read up on cereals here: [https://en.wikipedia.org/wiki/Breakfast\\_cereal](https://en.wikipedia.org/wiki/Breakfast_cereal)

# PERFECT PORRIDGE



## Ingredients

- 50g porridge oats
- 350ml milk or water, or a mixture of the two
- Greek yogurt, thinned with a little milk and clear honey, to serve

## Method

1. Put the oats in a saucepan, pour in the milk or water and sprinkle in a pinch of salt. Bring to the boil and simmer for 4-5 minutes, stirring from time to time and watching carefully that it doesn't stick to the bottom of the pan. Or you can try this in a microwave. Mix the oats, milk or water and a pinch of salt in a large microwave-proof bowl, then microwave on High for 5 minutes, stirring halfway through. Leave to stand for 2 minutes before eating.
2. To serve. Pour into bowls, spoon yogurt on top and drizzle with honey.



# MAKE YOUR OWN CEREAL

- Makes 4 cups

## Ingredients

- 1 cup rolled oats
- 1 cup puffed rice
- $\frac{1}{2}$  cup raisins/cranberries
- $\frac{1}{2}$  cup sunflower seeds
- $\frac{1}{4}$  coconut flakes
- $\frac{1}{4}$  cup of sliced almonds
- $\frac{1}{4}$  cup hemp seeds
- 1 tsp cinnamon

- In order to make this a balanced cereal, the formula for this recipe is - for each cup of oats,  $\frac{1}{2}$  cup of dried fruit,  $\frac{1}{2}$  cup of seeds,  $\frac{1}{4}$  of nuts. Get creative and choose among your favourite ingredients, mix and match and add some extras to enhance the flavour and nutritional value, like coconut flakes, nutmeg, cinnamon or flax seeds, etc.
- In a large ziploc bag, mix all the ingredients together. Serve with preferred dairy or non-dairy milk.



**Video on how to  
make your own  
muesli:**

<https://www.youtube.com/watch?v=o9qESpMBSDO>

# BREAKFAST PASTRIES

Examples:

- Danish Pastries
- Puff Pastries
- Pecan Danish
- Croissants
- Chocolate Breakfast Rolls

Par-baked pastries are convenient to prepare!



# PAR BAKED BREADS



- Parbaking is a cooking technique in which a bread or dough product is partially baked and then rapidly frozen for storage.
- When the final bread product is desired, a parbaked loaf is "finished off" by baking it at normal temperatures for an additional 10 to 15 minutes.
- This makes it convenient for breakfast times and there can always be availability of fresh breads.



# BANANA OATMEAL SMOOTHIE



(2 servings)

## Ingredients

- 1 cup low-fat milk
- 1 cup orange juice
- 1 medium banana - cut into pieces
- 1 pack of instant oatmeal - regular or unflavoured
- 3 or 4 ice cubes

- Method
- Place all ingredients in the blender and blend for a minute or so until smooth.
- Enjoy! If desired you could add a pinch of cinnamon or a half of a pinch of nutmeg on the top for a flavourful garnish.

# PLANNING

Fill in the Shopping List if it helps you.



# TEA AND COFFEE

- Don't neglect the TEA and COFFEE part of your menu.
- You should serve good quality tea and coffee.
- Good tea and coffee can keep people calm. 😊





# MENU PLANNING



Planning the menu in advance helps you to:

- meet the nutritional needs of customers
- provide a variety of food items
- keep to the budget
- plan catering staff workloads
- evaluate and improve the menu according to customer and staff feedback
- provide a record or summary for customers

# CONSIDER

Think about:

- **customer characteristics** – nutritional requirements, preferences, cultural and religious backgrounds and special diets, such as vegetarians
- **food characteristics** – variety and taste, appearance, cultural and social acceptability, seasonal variations, ease of serving at peak times, cost
- **resources** – finance, staffing, preparation and cooking facilities, storage capacity





# BREAKFAST PARTS

- What are all the elements of a good breakfast?
- Talk about your own breakfast experiences!





# BREAKFAST NUTRITION

Nutrition Facts	
Serving Size	100 g
Amount Per Serving	
<b>Calories</b>	548
	% Daily Value
<b>Total Fat</b> 43g	<b>66 %</b>
Saturated Fat 14g	<b>70 %</b>
<b>Cholesterol</b> 107mg	<b>36 %</b>
<b>Sodium</b> 2193mg	<b>95 %</b>
<b>Total Carbohydrate</b> 1.4g	<b>0 %</b>
Dietary Fiber 0g	<b>0 %</b>
Sugar 0g	
<b>Protein</b> 36g	<b>72 %</b>
Vitamin A 1 % • Vitamin C 0 %	
Calcium 1 % • Iron 8 %	
Daily values are based on 2000 calorie diet.	

Pork, baked, cooked, bacon

Nutrition Facts	
Serving Size	100 g
Amount Per Serving	
<b>Calories</b>	196
	% Daily Value
<b>Total Fat</b> 15g	<b>23 %</b>
Saturated Fat 4.3g	<b>22 %</b>
<b>Cholesterol</b> 401mg	<b>134 %</b>
<b>Sodium</b> 207mg	<b>9 %</b>
<b>Total Carbohydrate</b> 0.8g	<b>0 %</b>
Dietary Fiber 0g	<b>0 %</b>
Sugar 0.4g	
<b>Protein</b> 14g	<b>28 %</b>
Vitamin A 16 % • Vitamin C 0 %	
Calcium 6 % • Iron 10 %	
Daily values are based on 2000 calorie diet.	

Egg, fried, cooked, whole

Nutrition Facts	
Serving Size	100 g
Amount Per Serving	
<b>Calories</b>	325
	% Daily Value
<b>Total Fat</b> 27g	<b>42 %</b>
Saturated Fat 8.8g	<b>44 %</b>
<b>Cholesterol</b> 86mg	<b>29 %</b>
<b>Sodium</b> 814mg	<b>35 %</b>
<b>Total Carbohydrate</b> 1.4g	<b>0 %</b>
Dietary Fiber 0g	<b>0 %</b>
Sugar 1.1g	
<b>Protein</b> 19g	<b>38 %</b>
Vitamin A 2 % • Vitamin C 0 %	
Calcium 1 % • Iron 7 %	
Daily values are based on 2000 calorie diet.	

Pork sausage, pan-fried

Nutrition Facts	
Serving Size	100 g
Amount Per Serving	
<b>Calories</b>	238
	% Daily Value
<b>Total Fat</b> 2.2g	<b>3 %</b>
Saturated Fat 0.6g	<b>3 %</b>
<b>Sodium</b> 478mg	<b>21 %</b>
<b>Total Carbohydrate</b> 44g	<b>15 %</b>
Dietary Fiber 9.2g	<b>37 %</b>
Sugar 5g	
<b>Protein</b> 11g	<b>22 %</b>
Vitamin A 0 % • Vitamin C 0 %	
Calcium 68 % • Iron 27 %	
Daily values are based on 2000 calorie diet.	

Bread, white wheat

# BREAKFAST MENU



Write a menu, including  
a hot and cold  
breakfast.

# MENU PLAN TEMPLATES

- You can use the Menu or Meal Planning templates or you can write your own plan.
- What do you think of this American breakfast menu?





# PREPARING COOKING AND SERVING BREAKFAST

This section covers:

- the principles of meal planning
- how to prepare the planned breakfasts
- how to present and serve the breakfasts



# KITCHEN SKILLS CHECKLIST

\*See the Kitchen Skill Checklist (Workbook Appendix 2)



# CONTINENTAL BREAKFAST

A continental breakfast is a light morning meal that is provided by many hotels and motels. It traditionally includes bread products, fruit juice and hot beverages. Some lodging facilities also include other types of food, such as cereal, fruit, meat and eggs. The meal typically is presented in a buffet, from which guests can help themselves, rather than being served to the guests like it would be in a restaurant.





# CONTINENTAL BREAKFAST



- What does this continental breakfast consist of?

# CONTINENTAL MENU EXAMPLE



- Seasonal Fruit Platter
- Low-Fat Yogurt, Granola, Berries
- Assorted Pastries and Muffins
- Freshly Squeezed Orange Juice
- Fresh Brewed Organic Coffee, Decaf, and Tea
- Bottled Still and Sparkling Waters



# IRISH BREAKFAST EXAMPLE

- Orange Juice / Grapefruit Juice / Apple Juice
- Cornflakes / Rice Krispies / Home made Porridge / Muesli / All Bran etc.
  - Hash Browns
- Fried, Poached or Scrambled Egg with Bacon, Sausage, Black Pudding and Tomato
  - Smoked Salmon and Scrambled Eggs
    - Home made brown bread
- Tea or Coffee - Toast and Preserves





# TRADITIONAL IRISH BREAKFAST FOODS



- In Ireland, the ingredients of a full breakfast vary, depending on geographical area, personal taste and cultural affiliation.
- The most common ingredients are bacon rashers, pork sausages, fried eggs, white pudding, black pudding, toast and fried tomato, sautéed field mushrooms, baked beans, hash browns, liver, brown soda bread, fried potato farl, boxty
- The "breakfast roll", consisting of elements of the full breakfast served in a French roll, has become popular.

# CONSIDERATIONS



- Consider the following in preparing your breakfasts:
- Personal hygiene practices
  - Presentations of breakfasts
  - Safety regulations

# COST THE SMOOTHIE

- To make a breakfast smoothie for 2 people, I need 1 cup orange juice, 1/2 cup plain low-fat yogurt, 1 banana and 2 1/2 cups frozen strawberries.
- I want to make it for 20 people.
- How much will the ingredients cost?
- What are the other costs that will be incurred?
- How much should I sell this smoothie for?

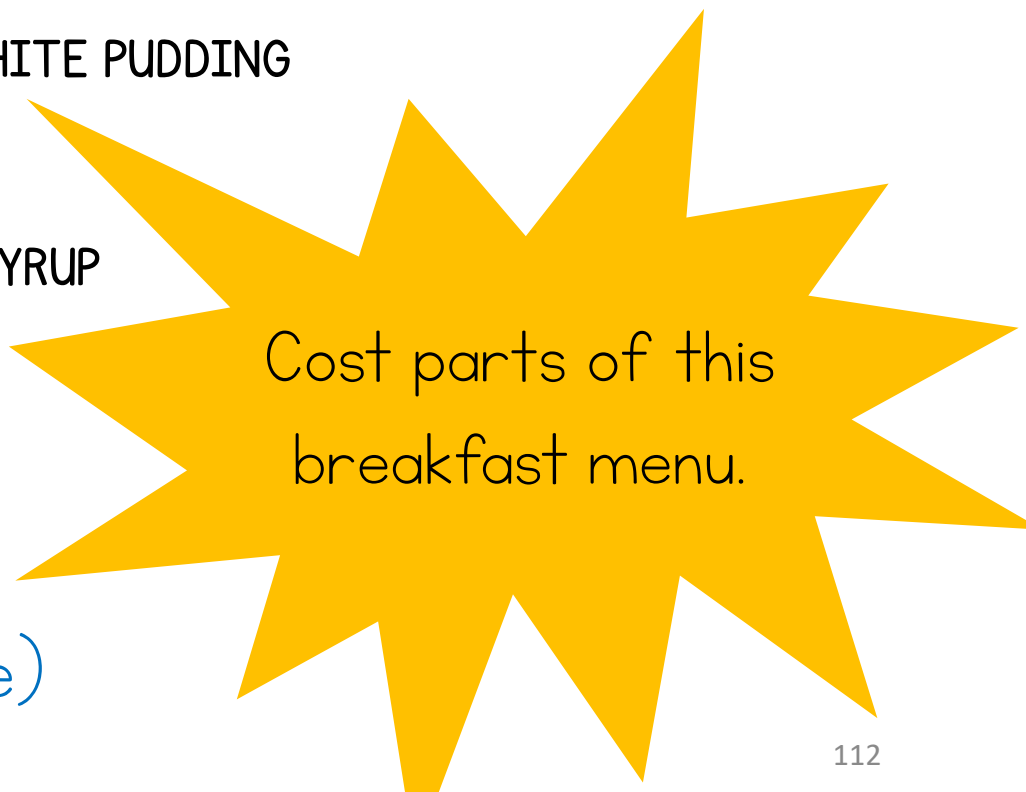




# MENU EXAMPLE

- SELECTION OF JUICE FRUIT & CEREALS ARE AVAILABLE SELF SERVICE FROM OUR BUFFET TABLE, ALONG WITH A SELECTION OF HOME MADE BREAD, MUFFETS& CONTINENTAL BREADS.
- FRESHLY BREWED COFFEE, REGULAR TEA & A SELECTION OF FRUIT & HERB TEAS
- COOKED TO ORDER FROM OUR KITCHEN
- FULL IRISH BREAKFAST (GRILLED BACON, SAUSAGE BLACK & WHITE PUDDING WITH GRILLED TOMATO & FRIED EGG)
- GRILLED BACON TOMATO & FRIED EGG
- HOMEMADE AMERICAN STYLE PANCAKE WITH BACON & MAPLE SYRUP
- HOMEMADE QUICHE LORRAINE WITH GRILLED TOMATO
- IRISH SMOKED SALMON WITH GRILLED BACON & TOMATO
- HEINZ BAKED BEANS WITH TOMATO & BROWN TOAST
- TOAST, MARMALADE, JAM & PRESERVES

\* SEE: [Recipe Cost Calculator Form \(Website\)](#)



Cost parts of this  
breakfast menu.

# COMPARE THE BREAKFASTS

Use the given headings.



# VS



Cooking methods used

Ingredients

Ease of cooking

Planning time

Preparation time

Utensils required

Equipment required

Nutritional benefits

Special dietary requirements

# BREAKFAST REVIEW EXAMPLE

## The Breakfast Café

- *Great atmosphere in the breakfast room - chilled out and peaceful*
- *Lovely fruit selection with choice of nuts*
- *Delicious and nutritious smoothies, with different flavours and customisable to suit your taste*
- *Scrambled eggs were seriously good; bacon slightly overcooked but good quality*
- *All hot food was delicious, warm and comforting*
- *Gruyere and spinach quiche was luxurious*
- *Lovely coffee and it kept coming with no extra charge*
- *Overall: A great place to start your day*





# EMERGENCY

- Keep emergency numbers handy.
- Know the procedure for what to do in an emergency.

- Call **999**



# REVIEW

Review your own preparation, cooking and presentation skills. Use the template. \*SEE: Breakfast Review 1 & 2

REVIEW AND EVALUATE YOUR HOT, IRISH BREAKFAST					
ITEM					
TASTE					
PRESENTATION					
NUTRITIONAL					
PLANNING					
PREPARATION					
COOKING SKILLS					
COST					
SAFETY SKILLS					





ALL DONE!

