

PENANG SANGAM HIGH SCHOOL
P.O.BOX 44, RAKIRAKI
LESSON NOTES BATCH 5-WEEK 2

Subject: Home Economics

Year/Level: 12

| | |
|---------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| Strand | Food and Nutrition |
| Sub Strand | Food Planning & Product Development |
| Content Learning Outcome | 1. Identify the types of meal service. 2. Establish culinary skills by developing meals using local foods and resources. |

TYPES OF SERVICE

1. Blue Plate

- a plate, often decorated with a blue willow pattern, divided by ridges into sections for holding apart several kinds of food.
- Also called blue plate special.
- A specially priced main course, as of meat and vegetables, listed as an item on a menu, especially in an inexpensive restaurant.



2. Silver service

- This usually includes serving food at the table.

- It is a technique of transferring food from a service dish to the guest's plate from the left.
- It is performed by a waiter using service forks and spoons from the diner's left.
- Silver service food is always served from the left, drinks and plated meals from the right.
- Meals are served to the diner from platters, not plated in the kitchen.
- The guest to the host's right is served first. (Usually a female guest)



3. Counter Service

- Food is served on the counter by counter service assistant in a café, restaurant or food outlets.



4. Guerdon Service

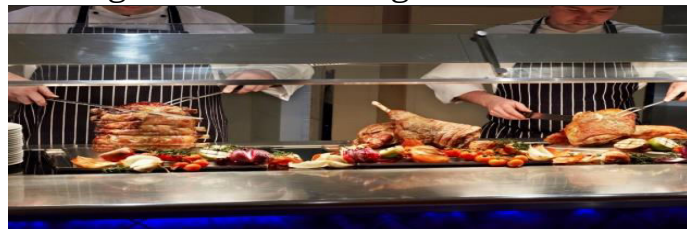
- Is a form of food service provided by restaurants to their customers.

- This type of service encompasses preparing food (primarily salads, main dishes such as beef stroganoff, or desserts) in direct view of the guests, using a "guerdon".
- A guerdon typically consists of a trolley that is equipped to prepare, cook and serve food.
- There is a gas hob, chopping board, cutlery drawer, cold store (depending on the trolley type) and general working area.



5. Carvery service

- A carvery is a restaurant where cooked meat is freshly sliced to order for customers, sometimes offering unlimited servings for a fixed



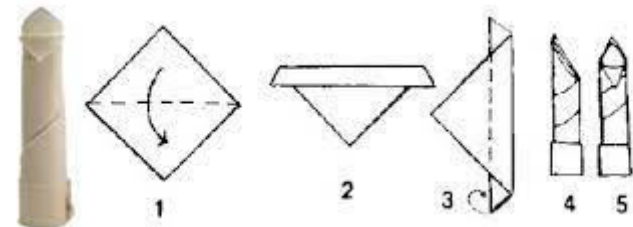
Napkin Folding

French Pleat

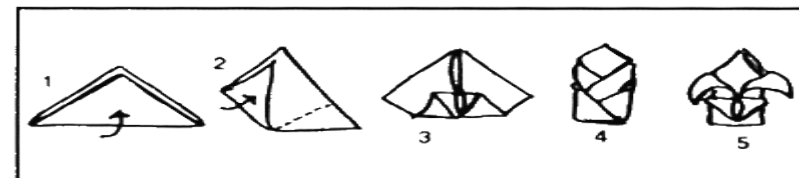
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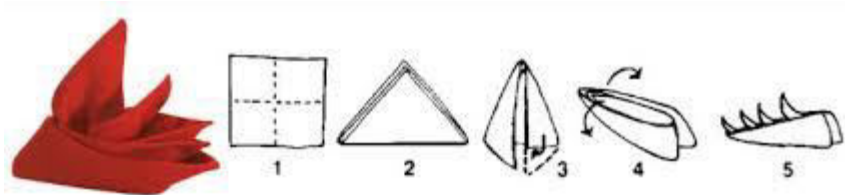
Candle



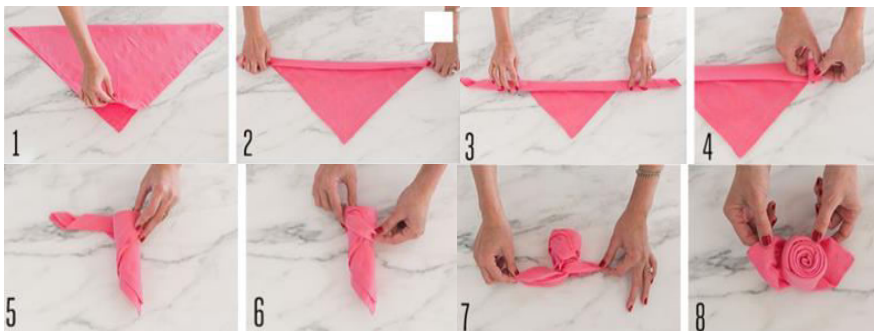
Crown



Bird of Paradise



Rose



Cooking Methods

| Method of Cooking | Illustration | Description | Rules for Cooking | Foods Suitable |
|-------------------|--------------|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| Baking | | Baking is a method of cooking food that uses prolonged, dry heat normally in an oven, but also in hot ashes or on hot stones. | Read your recipe carefully. Use right ingredients and proper equipment. Measure the quantities correctly Mix carefully. Spread batter evenly in pan; do not drop or knock pans to level. Use correct temperature | Chicken Cake Bread Potatoes Dalo Palusami Etc. |
| Pastry Making | | Dough or paste consisting primarily of flour, water, shortening that is baked and used as a crust for foods such as pies and tarts. | | Pies Tarts Pizza Samosa Spring rolls Etc. |

Roasting



Roasting is a cooking method that uses dry heat where hot air envelops the food, cooking it evenly on all sides from an open flame, oven or other heat source. It can enhance flavor through caramelization and maillard browning on the surface of the food.

Bring your roast 30mins before putting in the oven
Always pat meat dry then season it with herb or as your desire.
If it is red meat it is always wise to sear the entire surface in the pan first.
Place the meat on a rack in the roasting that enables the hot air to circulate for an even roasting.

Red eat
Poultry
Game
Pork
Potatoes
Sweet potatoes
Parsnip
Carrots

Activity

- Discuss the following types of service.
 - Counter service
 - Silver service
 - Guerdon service
- Try folding those 5 napkins folding given using a napkin at home and follow the steps given.