

INTRODUCTION OF KITCHEN

The kitchen is essentially the space allotted for preparing and cooking food. The kitchen is the most prominent and enclosed section or area in which edible food ingredients are brought together, gathered, combined through proper processing and cooked by various means of cooking methods for consumption. In simple terms, a kitchen is an area set aside for preparation of meals. The world of kitchens has witnessed a huge change from its raw state to most refined kitchen outlet, since the period of antiquity. With the passage of time, the invention of cooking ranges changed the dimension of the modern kitchen. Nowadays, the kitchen is given due attention in terms of location, layout, space, incorporation of technologies, and all other aspects. It is located strategically for easy, smooth and efficient functioning.

DEFINATION:

- **KITCHEN:** Kitchen is a specific place in a hotel where the chef is prepared different type of food according to guest order that is called Kitchen.
- **CHEF:** Chef is a Latin term means a professional and technical person who makes the different types of raw materials within a specific time of period.
- **PRODUCTION:** Production means produced anything using of raw materials within specific time of period and motion is profit.

Introduction to cookery:

Cooking is a "Chemical process". The medium of transfer of heat from its source could be water, air or oil. This will be dealt with in detail at a later stage. First let us understand why we need to 'cook' food. Cooking is the act of preparing food for eating by the application of heat. It encompasses a vast range of methods, tools and combinations of ingredients to alter the flavor or digestibility of food. It is the process of selecting, measuring and combining of ingredients in an ordered procedure in an effort to achieve the desired result. Factors affecting the final outcome include the variability of ingredients, ambient conditions, tools, and the skill of the individual doing the actual cooking.

Today's "food-savvy" customers are a widely traveled group. They have increased exposure to other countries food and restaurants and this has spurred them to have an interest in having these cuisines available at

home. The result is growth in food outlets specializing in previously 'unknown' foods'. The public's growing interest in grain, legumes, fish, vegetables, and fruits, along with a desire to reduce overconsumption of animal fat, protein and sodium have helped popularize nutritional cooking. Furthermore, they have spurred fundamental changes in the preparation and presentation of traditional foods. An evening out for dinner to a restaurant has become a form of entertainment – a restaurant is a destination where one can savor a quality experience. To provide this experience a number of things go hand in hand. At the front of the house, it's the manager and his team who provide impeccable service in a beautiful and apt restaurant setup, but the most important figure is the chef who with his brigade of staff churns out exquisite food to satisfy every palate.

Although cooking may have once been considered a less desirable job, today chefs are a new breed- respected, even admired, for their skill, craftsmanship and even artistry. Some chefs have received so much press coverage that their names are household words. The elevation of the status of the chef helps attract bright and talented people to the industry.

AIMS & OBJECT OF COOKING

Aim and object of cooking:-

1. Cooking helps to sterilize the food.
2. Cooking preserves food for a longer time.
3. Cooking helps to make food more digestible.
4. Cooking food is often split into simple substance.
5. Cooking retains, as far as possible, the nutritive and flavouring ingredients.
6. Cooking also increases the palatability of food dishes.
7. Cooking makes food more attractive in appearance and appetizing.
8. Cooking introduces variety.
9. Cooking helps to provide balance meal.

Advantages of cooking:

The following are the advantages of cooking:-

1. Cooking makes the food easy to chew.
2. Cooking softens the connective tissues in the meat and makes animal foods more digestible.
3. Cooking makes the complex foods split into simpler substances.
4. Cooking helps to kill harmful bacteria. It makes the food safe to eat.
5. Cooking preserves the food.

6. Cooking increases palatability. It improves taste and enhances the flavour.
7. A wide variety of dishes can be made by different methods of cooking v i z. boiling, frying, roasting, microwaving, baking, smoking, etc.
8. Cooking makes the dish more colorful. It develops new flavors in food.
9. Cooking makes the food to appreciable texture.
10. Cooking makes food more appetizing
11. Cooking provides balanced meal.
12. Cooking adds more nutritive value to food.

TYPES OF KITCHEN

Main Kitchen

The main kitchen is located in the central part of the hotel where sequence of food receiving, storing, preparing, cooking, serving and clearing areas are properly defined and managed accordingly. Logically and technically speaking, it is known as the central kitchen which has been divided into many sections and sub-sections. It covers a large area and has several sections like continental, oriental, Italian, Japanese, bakery, Indian section – with tandoor and halwai as a subsection – larder and so on. It caters to multi-cuisine cooking.

Satellite Kitchen

A new concept in the world of kitchen, satellites kitchen is constructed with the purpose to cater in the particular area of the organization, where the main kitchen cannot cater due to its installation of being immobile in nature. The prime preparation is done in the main kitchen, and then the prepared items are carried to the satellite kitchen and then the order is completed by reheating and garnishing. The staff is for this kitchen shifted from the main kitchen temporarily. It is equipped with basic equipment and basic storage facility as well.

Display Kitchen

A display kitchen is a kitchen in which food is prepared and cooked in full view of the customers or diners, in order to create an appeal and to attract customers by means of the sizzle and aroma of the food delicacies. The sanitation, hygiene, decor and ambience all are given due importance to attract and delight the customers. It is also called show kitchen.

Live Kitchen

This kitchen is not similar to the display kitchen as customers here are again exposed to have a view of preparation thoroughly. Here, the orders are prepared at the request of the customers. The customers are shown a list of items that are prepared in this kitchen, and customers place their orders by referring to this list.