

Refrigerating appliances

Refrigerating appliances need to be efficient in preserving food safely at low temperatures to prevent the growth of microorganisms. These are the most important ones:



Cold store rooms hold large amounts of similar perishable food, but several are needed to store different types of foods separately, and they require a lot of space. Their ideal temperature for refrigeration is 4°C.



Blast chillers are as small as vertical fridges but much more powerful, quickly refrigerating to +10°C in less than two hours, preventing bacteria from 'spreading, and saving time because of advance prep work.



Vertical fridges refrigerate perishable raw materials at a constant temperature of 0° to +10°C, but they can be small.



Icemakers make ice as and when required by the kitchen and restaurant, but do very little else. They should have a temperature of -12°C to function correctly.



Top-opening freezers freeze or store products at a negative temperature of -18°C, but they also need space.

Read the texts and put these refrigeration appliances in order from coldest (1) to warmest (5).

- blast chillers
- cold store rooms
- ice makers
- top-opening freezers
- vertical fridges

Read the texts again and decide if these sentences are T (true) or F (false). Correct the false ones.

	T	F
1 You need more than one cold store room to keep different foods apart.		
2 Vertical fridges are the largest type of refrigeration.		
3 You don't need much space for a top-opening freezer.		
4 Blast chillers cool things very quickly.		
5 You can only make ice in an icemaker.		

Cookware

Choosing the right cookware to fit your kitchen's needs is vital to the day-to-day operations of your restaurant. Good-quality pots and pans made of the right materials really can improve your cooking. Good heat conductors, such as 1copper and aluminium, and thickness or 'heavy gauge' are the key features of good cookware. Handles and a lid should be 2sturdy, heatproof and secure. The main types are:

Casserole dish

Shape wide and low, cylinder-shape; one or two handles and a lid
Material aluminium, ³cast iron, iron, ⁴earthenware or ⁵stainless steel
Use boil rice, pasta, pulses; prepare soups, sauces, ⁶stocks and creams



Frying pan

Shape round or oval with a rounded edge; one long handle and low sides
Material aluminium, steel or cast iron
Use fry, sauté or roast



Stockpot

Shape wide and high, cylinder-shaped pan; one or two handles and a lid
Material aluminium, steel or cast iron
Use boil water for pasta; make stocks



Bain-marie

Shape cylinder-shaped, high and narrow; one handle
Material (usually) stainless steel
Use cook bain-marie style



Sauteuse

Shape a low casserole dish with outward curving edges; one handle
Material (usually) stainless steel
Use sauté and prepare sauces



Braising pan

Shape straight, high sides, long and wide; usually rectangular in shape; with a lid
Material stainless steel
Use braise or stew big pieces of meat



Roasting pan

Shape a wide, but low rectangle; two handles
Material (usually) made of aluminium, steel or heat resistant earthenware
Use roast meat, etc. in the oven



Fish kettle

Shape high sides, long oval or rectangular shape; a lid and a ⁷pierced, double bottom
Material aluminium
Use drain fish after boiling or steaming it



Read the texts and decide which type of cookware you should use for the following things:

1 to melt chocolate _____

4 to sauté potatoes _____

2 to poach a salmon _____

5 to cook roast lamb _____

3 to make a meat stew _____

6 to fry an egg _____

Find the English equivalents for these cooking terms in the texts.

1 сотейник _____

3 кастрюля _____

2 пательня _____

4 жаровня _____

Kitchen utensils

Chefs use a wide range of kitchen utensils to help them carry out different tasks. These include tongs, with two connected arms you push together to pick up food without touching it. Ladles and spoons are really useful to measure liquids, mix and stir food, while skimmers are good to drain food of water, broth or frying fats. Turners, both perforated and not, are perfect to lift, turn and prevent food from sticking to pans. Tools for decorating food are just as important in the kitchen. For instance, a mandolin, which has interchangeable smooth or serrated blades, can cut vegetables into decorative shapes like disks, batons or juliennes. To decorate a dish with melon, cheese or potato balls, a utensil called a melon baller is used, while a vegetable corer with a concave blade can hollow out vegetables before you stuff them.

Read the text. Which of the following kitchen utensils are listed?

- apple corer • chopping board • colander • grater •
- mandolin • tongs • measuring jug • spatula • vegetable corer
- zester • skimmer • turner

Read the text again and write the correct kitchen utensils under these pictures.

			

			

Decide if these sentences are T (true) or F (false). Correct the false one.

	T	F
1 Tongs allow you to pick up food without touching it.		
2 Ladles are usually used for liquids.		
3 Turners are always perforated.		
4 Mandolins only have serrated blades.		
5 You can only use a melon baller to make melon balls.		
6 Vegetable corers have convex blades to hollow out vegetables.		

Watch the video and choose the equipment used to make the recipe:

baking dish

bowl

chinois

colander

food blender

frying pan

grill

pastry cutter

rolling pin

saucepan

spatula

stirring spoon

whisk

knife