Dairy Products and Eggs, Breakfast Foods and Sandwiches

Dairy Products

1. Almost all milk products undergo two processes before they are sold to consumers or food service organizations. Describe these two processes. (6)

**Pasteurization:**

**Homogenization:**

1. What is lactose intolerance? (7)
2. What is a casein or milk allergy? (7)
3. How are the conditions from No. 2 and No. 3 different on a very basic level?
4. **Types of Milk**

Briefly describe each of the following milk or non-dairy milk products.(8)

|  |  |
| --- | --- |
| **Whole** |  |
| **Low-Fat** |  |
| **Skim** |  |
| **Buttermilk** |  |
| **Evaporated** |  |
| **Condensed** |  |
| **UHT (ultra-high temperature)** |  |
| **Powdered** |  |
| **Lactose-free milk** |  |
| **Soy milk** |  |
| **Rice milk** |  |
| **Almond milk** | A newcomer on the nondairy market. This is a milk product made from almonds. It is similar to soy and rice milk in that it is fortified with calcium, vitamins and minerals. Almond milk is O.K. for those with dairy allergies – but not for those with tree nut allergies. |

1. Describe the requirements for receiving and storing milk. (10)

Receiving temp:

Storage temperature range:

Appearance and smell:

Importance of FIFO:

When to throw out milk:

1. Describe these milk-based products. Include fat content, cooking uses, and special considerations. (10-11)

|  |  |
| --- | --- |
| **Cream (basic facts)** |  |
| **Light Whipping Cream** |  |
| **Heavy Whipping Cream** |  |
| **Very Heavy Whipping Cream** |  |
| **Half-and-Half** |  |
| **Sour Cream** |  |

1. What are the two types of butter? Name them and then describe each one. (11)
2. Discuss each of these terms in relationship to butter. (12)

Salt –

Clarified –

Smoke point –

1. What is a butter substitute? (12)
2. How is margarine produced?
3. What is the fat percentage for a product to be called margarine?
4. Name the three basic parts of cheese. (14)
5. What is curdling?
6. Describe the difference between unripe and ripe cheeses.
7. Name some unripened cheeses.
8. Name some ripened cheeses.
9. What is a processed cheese? (Velveeta is a processed cheese product.)
10. Name the properties and some types of firm and very hard ripened cheeses. (16)
11. Which of the ripened cheeses is suitable for grating?
12. What is the appropriate temperature range to store cheese? (17)

Eggs (Did you know eggs are a single large cell?) (17)

1. Name the three parts of an egg and briefly describe the properties and components of each part.

Shell –

White (albumen) –

Yolk –

1. What are the grades and sizes of shell eggs? (18-19)
2. Briefly describe the types of eggs available and what they are best for.

Fresh (Shell):

Frozen:

Dried:

Egg Substitutes:

1. What is the receiving and storage temperature for fresh eggs? (22)
2. What are the final temperatures for fried eggs … (28)

cooked for immediate service –

cooked for hot holding –

1. Briefly describe the method, times or other important information on the following types of cooked eggs. (24-33)

**Boiled**: (include cooking times)

Soft-cooked:

Medium:

Hard cooked:

**Shirred**: (method)

**Poached:** (method & dishes made with poached eggs)

**Scrambled:** (method)

**Fried:** (methods)

Up (Sunny Side Up) –

Over Easy –

Basted –

**Omelets:**

**Souffle:**

1. What are pooled eggs? (34)
2. What safety rules should you follow when handling raw eggs?

Breakfast Foods and Drinks

1. Pancakes, Waffles, Crepes and French Toast are all breakfast foods made from medium-weight pour batters. (39) Briefly describe each one:

**Pancakes:**

**Waffles:**

**Crepes:**

**French Toast:**

1. Name some popular breakfast meats: (Keep in mind just because we don’t serve fish at breakfast that it isn’t common practice outside the American South.)
2. What is hash? (42)
3. What is the difference between hashed brown potatoes and home fries? (42-43)
4. What are common items to serve with packaged cold cereal or homemade granola?
5. What are the two types of hot cereal and how is hot cereal generally prepared?
6. Coffee is often the first and last impression that a customer gets of the quality of a restaurant’s offerings. Detail the requirements of a good coffee service below.(46)

**American preference on roasting:**

**Brewing temperature range:**

**Holding time:**

**Serving appearance:**

1. Tea is a staple beverage in the South. It is now common to have two types – Sweetened and Unsweetened.

Tea should be brewed at a temperature of at least 175F for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ minutes. (49)

Sandwiches

1. Briefly describe each of the types of HOT sandwiches listed. Make sure to include any specific types named. (54)
   1. **Open-faced:**
   2. **Grilled or toasted:**
   3. **Deep-fried**
   4. **Pizza**
2. Briefly describe each type of COLD sandwiches listed. Make sure to include any specific types named. (55)
   1. **Submarine**
   2. **Wrap**
   3. **Multi-decker (include how to cut it before serving)**
   4. **Canape**
3. What are the three parts of a sandwich and what is the purpose of each one? (56)
4. How should pre-prepared sandwiches be stored? (56)
5. What types of ingredients are used to flavor compound butters for sandwich spreads? (57)
6. What is a condiment? (58)
7. Why is a properly set up sandwich station with mis en place important? (60)
8. What role does portion control play in sandwich prep?
9. What is the proper way to store bread for sandwiches? Consider packaging and temperature. (64)