
PREFACE

Welcome to the Second Canadian Edition of *On Cooking: A Textbook of Culinary Fundamentals*. Learning to cook entails much more than simply learning to follow a recipe. Consequently, this is neither a cookbook nor a collection of recipes. It is a carefully designed text intended to teach you the fundamentals of the culinary arts and to prepare you for a rewarding career in the food service industry.

Many chapters have extensive illustrated sections identifying foods and equipment. Throughout the book we emphasize culinary principles, not recipes (although we include more than 500 of them). Whenever possible, we focus on the general procedure, highlighting fundamental principles and skills, whether it be for preparing a yeast bread or grilling a piece of fish. We discuss both the *how* and *why* of cooking. Only then are specific applications and sample recipes given.

Numerous hotel and restaurant chefs throughout Canada have contributed recipes to this book, including some international offerings—usually accompanied by photographs of the dishes as prepared in their kitchens, or of the chefs themselves. These recipes and illustrations allow you to explore the different techniques and presentation styles used by a range of professionals and help to characterize Canadian cuisine.

In order to provide you with a sense of the rich tradition of cookery, informative sidebars on food history, chefs' biographies and other topics are scattered throughout the book. Also included are several short essays by prominent culinarians on topics ranging from tempering chocolate to tasting spicy foods.

We wish you much success in your culinary career and hope this text will continue to inform and inspire you long after graduation.

A Note on the Recipes

Recipes are important and useful as a means of standardizing food preparation and recording information. We include recipes that are primarily designed to reinforce and explain techniques and procedures presented in the text. Many recipe yields are intentionally low in order to be less intimidating to beginning cooks and more useful in small schools and kitchens.

All ingredients are listed in both metric and U.S. measurements. The metric recipes have been written to reinforce the simplicity of the system. Weights for ingredients are used to make food costing easier and to professionalize the recipes. Electronic scales are readily available and inexpensive. U.S. equivalents have been left in volume measures in most cases. Please do not directly compare the metric conversions against U.S. measurements; they are not intended to be identical and adjustments have been made. We strongly recommend that you work only in one system as switching back and forth leads to disappointment in the end product. Each product is unique and there are no magic conversions that work across the spectrum.

Throughout this book, unless otherwise noted, *mirepoix* refers to a preparation of 2 parts onion, 1 part celery and 1 part carrot by weight; *pepper* refers to ground black pepper, preferably freshly ground; *butter* refers to whole, unsalted butter; and *TT* means “to taste.”

A nutritional analysis is provided with each recipe. This information is provided as a reference only. There is a 20 percent margin of error, due primarily to choices for specific ingredients and variations in the size of fruits and vegetables. When a recipe offers a choice of ingredients, the first-mentioned ingredient was the one used in the calculations. Ingredients listed as “to taste” (TT) and “as needed” are generally omitted from the analysis. In addition, canola oil and 3.25 percent whole milk are used throughout for “vegetable oil” and “milk,” respectively. When the recipe gives a choice of serving or weight, the first mentioned is used.

Recipes marked with the rainbow symbol are considered healthful and may be low in calories, fat, saturated fat and/or sodium; some may also be a good source of vitamins, protein, fibre or calcium. These dishes are not necessarily dietetic; rather, they should be consumed as part of a well-balanced diet.

Detailed procedures for standard techniques (for example, “deglaze the pan” or “monter au beurre”) are presented in the text and generally are not repeated in each recipe. No matter how detailed the written recipe, we must assume that you have certain knowledge, skills and judgment.

Variations appear at the end of selected recipes. These give you the opportunity to see how one set of techniques or procedures can be used to prepare different dishes with only minor modifications.

You should also rely upon the knowledge and skill of your instructor or chef for guidance. While some skills and an understanding of theory can be acquired through reading and study, no book can substitute for repeated, hands-on preparation and observation.

Special Features of the Second Canadian Edition

- *Integrated Canadian content throughout the text.* The Second Canadian Edition of *On Cooking* contains Canadian regulations on cuts of meat, grading systems for meat and produce, etc.
- *“National Standards for professional cooks.”*
- *New recipes by Canadian chefs.* Spotlighting some of the tremendous culinary talent in our country, this collection of contemporary recipes adds a truly Canadian flavour. Accompanied by a photo of the chef and a brief caption describing some of the highlights of his or her career, these recipes will give students a glimpse of the many career paths they can choose from.
- *Updated coverage of emerging technologies and trends throughout the text.*
- *Greater depth in the meat chapters, especially in Chapters 12, “Principles of Meat Cookery,” 13, “Beef” and 14, “Veal.”*
- *More detail in Chapter 10, “Stocks and Sauces,” and Chapter 29, “Pies, Pastries and Cookies.”*
- *Clearer differentiation between the basic recipes (see new “Applying the Basics” recipe tabs) and others collected at the end of each chapter.*
- *Improved nutritional analyses.* In keeping with our increasingly health-conscious society, every recipe in the text now has its own nutritional analysis to help readers make informed choices about the foods they prepare.

Supplements

The following ancillary package is available to supplement the text.

- *Instructor’s Resource Manual with Test Item File and Transparency Masters.* In addition to handy chapter outlines, lists of key terms, and pertinent

discussion questions with answers, this Instructor's Manual contains multiple choice, matching and true-false test questions with an answer key. Test questions are also available in computerized format for easy manipulation.

- *Companion Website*. An online site devoted to *On Cooking* includes an interactive study guide with immediate feedback, over 280 additional recipes, links to other culinary sites, a syllabus builder, tips from the authors, informative supplementary articles on such topics as buffet presentation, and more.
- *Recipe Software on CD-ROM*. This indispensable disk includes all the recipes in the book plus over 280 additional recipes. It automatically generates shopping lists, allowing instructors to customize ingredients, class size and yield. It also allows students and instructors to print out recipes. It includes a link to the text Website.
- *Study Guide*. This Study Guide provides a complete overview of the *On Cooking* text. It includes hundreds of multiple choice, terminology, fill-in-the-blank, short answer, matching, labelling and product identification questions.

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ABOUT THE AUTHORS

Sarah R. Labensky, CCP, is a cookbook author, academic administrator, cooking teacher, working caterer, industry consultant, active community volunteer, and passionate culinary professional. Chef Sarah, as she is affectionately known by her students, is founding director of the Culinary Arts Institute at Mississippi University for Women (. . . and smart men too!). She teaches cooking and management courses, and administers this unique four-year baccalaureate degree program. Prior to joining MUW's faculty, she was a professor of Culinary Arts at Scottsdale Community College (Arizona). Before teaching, Chef Sarah spent many years as a working pastry cook and caterer. She holds a J.D. degree from Vanderbilt University, a B.S. degree *cum laude* in Public Administration from Murray State University (Kentucky), and a Culinary Certificate from Scottsdale Community College (Arizona).

Sarah is co-author of the best-selling culinary textbook, *On Cooking: A Textbook of Culinary Fundamentals*, which was nominated for an IACP/ Julia Child Cookbook award. She also co-authored *Webster's New World Dictionary of Culinary Arts* (Prentice Hall, 1997; 2nd ed., 2000), which was nominated for a James Beard Foundation Book Award, and *Applied Math for Food Service* (Prentice Hall, 1998). She is now series editor for Prentice Hall's culinary arts publications.

Chef Sarah is active in numerous professional organizations. A member of the Board of Directors of the International Association of Culinary Professionals (IACP), she is also a member of The American Culinary Federation, The James Beard Foundation, and Les Dames d'Escoffier. She is a past president of Arizona Women in Food & Wine and served for many years on the board of directors for the Arizona chapter of the American Institute of Wine & Food.

Alan M. "Skip" Hause is the executive chef and owner of What's the Occasion? Catering, Inc. and Fabulous Food in Phoenix, Arizona. His career began in restaurants in the New York area. He excelled and graduated with honours on the dean's list from the Culinary Institute of America. Settling in Phoenix, he worked as the executive chef for a large local catering company. In 1996 he opened his own business with his wife, Chantal.

Active in charity work throughout the Southwest, he has supported SOS Taste of the Nation, The Scottsdale Culinary Festival, Tour de Noel, Meals on Wheels at Universal Studios, and Windows of Hope. Chef Hause teaches cooking classes throughout the Phoenix metropolitan area, is actively involved in Careers Through Culinary Arts Program, Inc. (C-CAP), and is an active member of the American Culinary Federation (ACF).

Fred Malley's career includes being an educator, chef, food and beverage manager, caterer, and food stylist. His interest and passion for food began early in life and has continually evolved. He instructs aspiring culinarians at

the Southern Alberta Institute of Technology in Calgary and mentors for professional designation. Curriculum development is a particular interest, and he was actively involved in the development of National Occupational Standards for professional cook, line cook, kitchen helper, food and beverage manager, and entry level cook training as a director of the Canadian Tourism Human Resource Council. Fred co-authored “Food Safety and Sanitation” (SAIT), collaborated on “Fundamentals of Canadian Cheeses and Their Uses in Fine Cuisine” (Dairy Farmers of Canada) and provided input into Alberta’s Apprentice Cook outline and exams. As a director of the Canadian Federation of Chefs and Cooks, he chaired the Canadian Culinary Institute for five years, the body responsible for professional certification of chefs throughout Canada.

Chef Malley is a certified chef de cuisine (CCC), a DACUM facilitator, and certified for Evolutive Cuisine with Canadian Cheeses (ECCC) with Distinction. Fred is active in the Alberta culinary Arts Foundation as a director and was a support member for Culinary Team Alberta in 1996. He is a member of Epsilon Pi Tau and holds a degree in Adult Education. His food styling appears internationally for major corporations, and he has ventured into research and development for food companies.

Anthony Bevan, a native of Dublin, Ireland, graduated from the Dublin Institute of Technology’s two-year culinary program—one of Europe’s top hospitality schools. Upon graduation, he continued his culinary training in Basel, Switzerland. Returning to Ireland, he soon worked his way through the ranks and in a few short years became the youngest executive chef in a high-quality hotel. He led the culinary brigades of other fine hotels and restaurants until finally opening his own leading edge restaurant called “Knocklofty House,” in Tipperary, Ireland.

After four successful years at Knocklofty House, Tony moved to Canada and joined the culinary faculty team at Cambrian College, Sudbury. During his tenure at Cambrian (10 years) he became the coordinator for Hospitality Studies, won the “Teaching Excellence Award” and was awarded an Aboriginal name “Gaage Aan Kwod,” (meaning “Clear Sky”) by members of the Ojibwe First Nation. He played a major role in the establishment of Canada’s first fully accredited Aboriginal Culinary Program and Aboriginal Hotel Lodge Management DIP Program for the “Wabnode Institute,” programs in which he coordinated and taught. He also led a delegation of Aboriginal community leaders and “Wabnode” culinary students to Ireland, where they participated in an ethno-culinary seminar at the Dublin Institute of Technology and were officially received by the then-president of Ireland, Mary Robinson. He has also been regularly featured on CBC regional radio and written a column for the *Sudbury Star*.

Moving to Toronto in 1997, Tony joined the team at Humber College as a professor in the HRT Alliance culinary program and now enjoys the challenges of being a member of one of Canada’s leading edge culinary faculties. In collaboration with seventeen of Toronto’s top chefs and with various members of the public and separate school boards, Tony recently developed an exciting initiative called “Chef Alliance” (www.chefalliance.com), whereby high school students have the opportunity to enter into the culinary industry as apprentices while still at school. Tony received the College Innovation of the Year Award from Humber College in 1999 for this achievement. He also devotes his time to creating international work placements for students and graduates of HRT Alliance’s culinary programs. As the chair of the Curriculum Advisory Committee for the trade of cook for the Ministry of Training, Colleges and Universities, Tony contributes towards the development of apprenticeship training in Ontario.

Settimio Sicoli graduated from British Columbia's University of Victoria with majors in anthropology and psychology. His culinary journey began when he enrolled in the Professional Cook Training program at Vancouver Community College. Upon graduation, Settimio served his three-year apprenticeship at Hotel Vancouver, successfully attaining his professional Red Seal designation. He continued his culinary training in Europe, at the Hilton International Hotel in Mainz, Germany. Returning to Canada, he joined the kitchen brigade at the University Club of Vancouver—one of Vancouver's prestigious private business clubs—attaining the position of executive chef.

In March, 1987, Settimio was asked to join the faculty at Vancouver Community College's Culinary Arts Department. During his tenure at the college, Settimio has been instrumental in establishing the first ever Culinary Arts ESL combined skills program and has obtained his Provincial Instructors Diploma with a post secondary endorsement. He has held the positions of assistant department head and department head of Culinary Arts, and is the former associate dean of the Tourism, Hospitality, and Business Division. He currently instructs various components of the Culinary Arts program.

Aside from his instructional responsibilities, Settimio has been active for years in many professional associations. He is past-president and chair of the British Columbia Chefs' Association and is chef director on the Vancouver Branch's Board. He is the CFCC Western Region vice-president of the Canadian Federation of Chefs and Cooks. Settimio is also the founding director of British Columbia's Culinary Arts Foundation; former first vice-president of Canadian Chef Educators; director of both the B.C. Restaurant "FoodService Expo" and Annual Food and Beverage Conference; chairman (since 1994) of the Provincial Cook Training Articulation Committee; and board member of the Trade Advisory Committee, which reports to the Provincial Cook Training Apprentice Board, now known as the Industry Training Advisory Commission (ITAC).