

Table of content

Chapter 1 Chemistry

1.1	Introduction	14
1.2	Objectives	14
1.3	Basic chemistry	15
1.4	Molecules	17
1.5	Proteins	23
1.6	Fats	33
1.7	Carbohydrates	41
1.8	Glossary	49

Chapter 2 Cold kitchen

2.1	Introduction	54
2.2	Objectives	54
2.3	Inventory cold kitchen	55
2.4	Equipment cold kitchen	57
2.5	Tools cold kitchen	58
2.6	Knife set	66
2.7	Glossary	72

Chapter 3 Dividing and cold preprocessing

3.1	Wet brining	76
3.2	Dry brining	77
3.3	Drying	78
3.4	Fermentation	79
3.5	Gelling	80
3.6	Chemizing	81
3.7	Tranching	82
3.8	Making quenelles	83
3.9	Boning	84
3.10	Skinning	85
3.11	Barding, larding and pickling	86
3.12	Farcing	87
3.13	Bridging	88
3.14	Scaling	89
3.15	Filleting roundfish	90
3.16	Filleting flatfish	91
3.17	Opening oysters	92

Chapter 4 Hot kitchen

4.1	Introduction	104
4.2	Objectives	104
4.3	Being a chef at table	105
4.4	Inventory hot kitchen	110
4.5	Equipment hot kitchen	114
4.6	Tools and pans	121
4.7	Glossary	125

Chapter 5 Warm prepping and preparation

5.1	Thicken	128
5.2	Mount	129
5.3	Cook and hold	130
5.4	Confit in fat	131
5.5	Confit in sugar	132
5.6	Cold smoking	133
5.7	Hot smoking	134
5.8	Still au bain-marie poaching	135
5.9	Blanching	136
5.10	Roasting on the spit	137
5.11	Glazing	138
5.12	Low-temperature cooking	139
5.13	Poaching	140
5.14	Sous vide cooking	141
5.15	Steaming under pressure	144
5.16	En papillote	145
5.17	Cooking in salt crust	146
5.18	Gratin and croûte	147
5.19	Flambé	148

Chapter 6 Preparations

6.1	Introduction	160
6.2	Objectives	160
6.3	Appetizers	161
6.4	Special soups	168
6.5	Preparations with vegetables	172
6.6	Meat preparations	174
6.7	Seafood preparations	177
6.8	Hot sauces	180
6.9	Glossary	184

Chapter 7 Patisserie

7.1	Introduction	188
7.2	Objectives	188
7.3	Chocolate processing	188
7.4	Ice cream	194
7.5	Pudding and bavarois	199
7.6	Puff pastry	206
7.7	Batter	216
7.8	Butter dough	220
7.9	Foam	224
7.10	Sweet sauces	233
7.11	Glossary	234

Chapter 8 Techniques in patisserie

8.1	Trempering	238
8.2	Filling	239
8.3	Masking	240
8.4	Gelling	241
8.5	Glaze	242
8.6	Souffle	243
8.7	Tempering	244
8.8	Cornering	245
8.9	Mold making	246
8.10	Spraying with a cornet	247
8.11	Setting a setting dough	248
8.12	Setting a rubbing dough	249
8.13	Stirring dough	250