Week 1   Hygiene, Safety and Security

1.   Waste Management

Our government's goal is to reduce the amount of plastic, cans paper and glass going on in away rubbish and reducing, reusing and recycling in way of earn money for some people.

There are many people who would start to recycle if the infrastructure were better, if informed or if incentive schemes were offered. Also in typically South African fashion, there is a burgeoning informal craft industry that turns discarded items into colourful and vibrant craft items.

1.2   Recycling of tins

- Collect-a-can is a non-profit organisation in response to the steel beverage can industry's responsibility to give something back to the environment. Its Cash for Cans initiative encourages the collection of cans and their sale back to Collect-a-Can for cash. This creates jobs in impoverished communities and brings in alternative forms of income for NGO's schools and various other community initiatives. In a country with one of the highest unemployment rates in the world, many jobseekers are forced to find alternative ways of finding a job that can earn money.

- Steel beverage cans that are collected are melted down and used to produce other steel products. This constitutes the majority of cans collected in South Africa, but imported aluminium cans, which have more value than tin-plated steel cans, are also recycled by Collect-a-can. Aluminium is 100 percent recyclable, which means there is no part that we can't reuse – it can be squashed, melted and reconstituted over and   over again.

1.3 Recycling of Bottles

- Every one of us has the responsibility to keep our environment clean by recycling. The success of recycling depends on the active participation of every member of

the community. By participating, we will be reducing the amount of trash that end up in landfills, encouraging the reuse of materials made from recycled products and continuing the recycling revolution.

1.4   Reusing vs recycling

Reusing old jars and tins means that you're keeping them and using them for a new purpose.

 Recycling means that you're collecting and depositing them at the relevant places where they'll be recycled for new use.   Keep only the jars and tins you need to turn into something new. What you have left over can be recycled.

Every year you can recycle the reused glasses and tins and replace them with newer ones.

Contact (0) 8881 766 766 to Learn More About Our Doorstep Pickup Services.

1.5 **How to Clean Old Glass and Tins**

Whether you're keeping or recycling, you'll need to wash out the empty tins. For recycling, you just need to rinse it out so that no food residue remains.

For reusing, you'll want to remove all labels and wash as well.

Used glass

Recycle glass

1.6 **Ways to Reuse and Repurpose Glass Bottles and Tins**.

Wine Bottles – Old wine bottles can be holders (milk, water, oil) or as vases. A row of wine bottles with a single flower makes a great table centrepiece.

Empty Coffee/Peanut Butter/Mayonnaise etc. Jars - large empty glass bottles can be washed and cleaned and used to store pantry items like lentils, beans rice, flour or preserve food. Alternatively, you can use them to store stationary, nails and screws or miscellaneous items.

 Small jars of mustard and capers are great for storing dressing and sauces, or little beads.

Empty tins make great décor pieces – spray paint or cover them with ribbon and fill then with flowers or use them as a candle holder, pencil holders, stationary holders.

Rice

Milk

Single Flower holder

2. Left-over food management

2.1 Sufficient covering of left-overs:

 Cover left-overs, wrap them in airtight packaging, or seal them in storage containers. These practices help keep bacteria out, retain moisture, and prevent **leftovers** from picking up odours from other **food** in the refrigerator. Immediately refrigerate or freeze the wrapped **leftovers** for rapid cooling.

2.1.1 Cling wrap
Sealed glass containers
Ziploc sealed bags
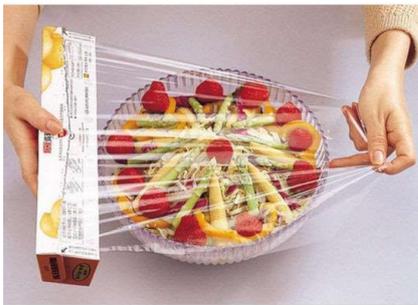
Cling wrap

Silicone seals

Ziploc bags

2.3 Innovative **use of left-overs**

Breadcrumbs   - old bread can be turned into breadcrumbs to Use in later dished as covering methods.

Meatballs -   Into bobotie with egg-milk covering or jaffles or Pasta dish.

Chicken fillets - Pasta dish, chicken mayonnaise sandwich, Paste,

10 Tips for using extra food:

1. Create Leftovers purposefully. When you're planning meals, think about what the extras can become ….
2. Store leftovers smartly. …
3. Dedicate a leftovers night. …
4. Turn dinner into lunch. …
5. Think "ingredients,' not "leftovers."…
6. Make soup. …
7. Salvage stale bread. …
8. Stash vegetable scraps.
9. Create "kitchen sink" meals.

10. Portion and store.

Week 2-3

Soup and Fish as first courses of a 4 course meal

1. Soup
   Can be served cold or hot.

   ### 1.1 Cold soup

   ### *Cold soups*

"Cold soups are a particular variation on the traditional soup, where in the temperature when served is kept at or below room temperature." "They may be sweet or savoury." "In summer, sweet cold soups can form part of a dessert tray." "Some soups are served only cold, and other soups can optionally be served cold."

- *Cold borscht: There are two borscht, hot and cold. Both are based on beets, but are otherwise prepared and served differently.*

- *Cucumber soup: is a soup based on cucumbers, known in various cuisines.*

- *Gazpacho: (Spanish) pureed tomato and vegetable soup.*

- *Tarator: A Bulgarian cold soup made from yogurt and cucumbers.*

- *Vichyssoise: (French-American) creamy potato and leek soup, served with chives.*

- *Dashi soup: (Japanese) fish stock soup, with seasonal vegetables.*
- *Sour cherry soup: A cream-based Hungarian soup.*

Vichyssoise soup

1.2 **Hot/Warm soup.**

*   Classification of soups

     -Clear/Thin soups

     -Thickened soups

     -Speciality soups

Kind of Hot soups.

- Clear/Thin soups	- Bouillon (made from bone marrow)
	- Consommé (made from stock, water)
- Thickened soups	- Puree (blend vegetables)
	- Cream (cream and roux)
	- Vegetables / Velouté (veggies add with)
- Speciality soups	- Bisque (shellfish and cream)
	- Chowder (chunky soups potatoes)
	- Broths (a flavoured liquid usually derived from simmering a food or vegetable for a period of time in a stock)

2. **Plating and garnishing of soup**

2.1 **Plating**. Soup bowl must be enough for small portion as a starter. 150ml-200ml for a starter. Not so rich and full.

2.2 **Garnishing.** Use croutons, parsley chop finely, bros bacon pieces, fresh herbs, sour cream of whipped cream.

2.3 **Accessories.** This is an eatable item that is serve on the side. Like Crack biscuits, Melba toast, bread sticks, chees Straws.

Fish hot or cold as a starter

Fish starters. Find everything from mackerel pate and smoked salmon to tapenade and tuna carpaccio. Many **fish starter** recipes can be made ahead.

The **start** of a meal is a taster of what is to come so should set the bar high. From simple and delicious soups and salads to more elaborate tarts and terrines, be inspired to **start** your meal with a taste sensation.

Pan fried

Grilled

Deep fried

Raw - Carpatio

Small portion just for the taste of it as an appetiser.

Crumpet pieces.

As a small appetite

Plating and Garnishing of fish

Do: Serve in unexpected plates. To keep attraction.

Don't: Overthink it. When it comes to plating, go with your gut. Plates with lots of juices should be served on a plate with raised edges, while small, bite-sized appetizers can be served on a flat ceramic.

Do: Use interesting visuals. After all, the point is to serve delicious food in an appealing way

Don't: Use inedible garnishes. Even if it makes the dish look "better," don't sacrifice the flavour of the dish. Not to display inedible meals.

Week 4-5

Year 4 Term 2

Poultry as food commodity   Pluimvee as voedsel kommoditeit

Different kind of Poultry / Birds   Verskillende soorte pluimvee / voëls

Chicken   Hoender

Geese   Gaans

Duck   Eend

Ostrich   Volstruis

Turkey   Kalkoen

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Game birds   **Wilde voëls**

Quail   Kwartel

Partridge   Patrys

Pheasant   Fisant

Quinea fowl   Tarentaal

Uses of chicken:

1. **Vending**

Freshly killed game birds must be
Matured before cooking so that they
retain maximum flavour and
tenderness.

2. **Cocktail snack**

Small portions of meat can be used
Like wings, drumstick,sosatie sticks ,
Pate

3. **Starter**

Chicken noraly used as stips, sosatie
Crumped deep fried.

4. **Main course**

Normaly fillets serve or qauter part
main course.

5. **Salads**

As a light meal.

Coctail -   Vingerete

Gebruike van Hoender

1. **Wildsvleis**

Pas doodgemaakte jagvoëls moet ryp
gemaak word sodat hulle maksimum
smaak en sagheid behou.

2. **Vingerete**

Klein porsies van vleis kan gebruik
soos vlerkies, boudjies, pate
Sosatiestokkies

3. **Voorgereg**

Hoender gewoonlik gebruik as repe,
Sosaties,gekrummel diep braai.

4. **Hoofgereg**

Fillette word deel van hoofgereg of as part of
agter kwart bedien.

5. **Slaai**

As 'n ligte maaltyd bedien.

Starter -   Voorgereg

Cooking methods of poultry:

1. Open fire /grilling

Tender young pieces of poultry may be
Cooked on the grill or broiled. Use a
Lower temperature than you would
For meat as poulty skin bowns and burns
easily.

Kook metodes van pluimvee:

1. Oop vuur / Braai

Sagter jong stukke hoender kan op die
rooster gaargemaak of gebak word.
Gebruik 'n laer temperatuuur as wat
vir vleis nodig is. Pluimvee se vel
malik verbruin en brand.

2. Deep frying

Use small pieces of meat for deep-frying
If necessary,finish fried pieces of meat
In the oven first.

2. Diep olie braai .

Gebruik klein stukkies vleis vir diepbraai.
In dien nodig maak gebraaide stukke vleis
in die oond klaar gaar.

3. Oven roasted / bake

Season the bird before cooking.
Oil the skin before roasting to make it turn
Brown during cooking and to protect it from
Drying out. Baste larger birds like turkeys
Which may be exposed to dry heat for
Several hours. Basting is unnecessary for
Ducks and geese. Roast these birds breast
Up and place a drip tray under them.
Roast larger birds such as turkeys at low
temperatures. Roast smaller pieces of
poultery at high temperatures. Take great
care because when roasting at a
high temperatures meat can easily become
overcooked.

3. Oond rooster/ bak

Geur die hoender voordat dit gaargemaak
word. Olie die vel voor die voël gebraai word
om dit te laat verbruint tydens die
gaarwordproses en om dit teen
uitdroging te beskerm. Bedruip groter voëls
soos kalkoene,wat vir verskeie ure aan droë
hitte blootgestel mag word. Bedruiping is
onnodig vir eende en ganse. Braai hierdie
voëls met die bors na bo en plaas 'n drupbak
onder hulle. Braai groter voëls soos kalkoene
teen lae temperature. Braai kleiner stukkies
pluimvee teen hoë temperature. Wees
versigtig as stukkies gerooster word teen
hoë temperatuur kan vleis maklik oorgaar
word.

Correct defrosting Prosedures

*Take out from freezer day before and put
   in refrigerator for slow defrosting.

*Put it in microwave on defrost and put on
   the correct weight for the time of defrost.

*Put in cold/ low water in the sink until it's
   defrost.

Don't put it in the sun to defrost.

Korrekte ontdooi prosedures

* Haal uit vrieskas dag voor die tyd en plaas in
   yskas vir stadige ontdooiing.

* Sit gevries in mikrogolf op Defrost met die
   Korrekte gewig vir die tyd van ontvries.

* Plaas in lou water in wasbak tot ontvries.

* **Moenie** in die son plaas vir ontdooi nie.

Refrigerator / Yskas

Microvawe / Mikrogolf
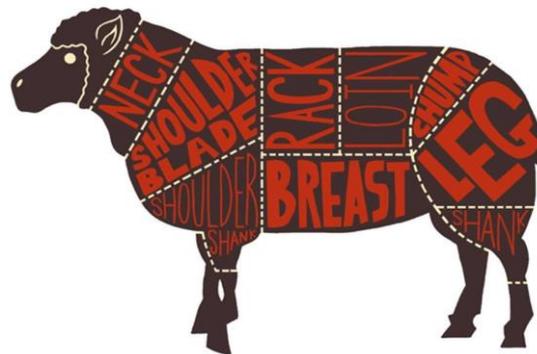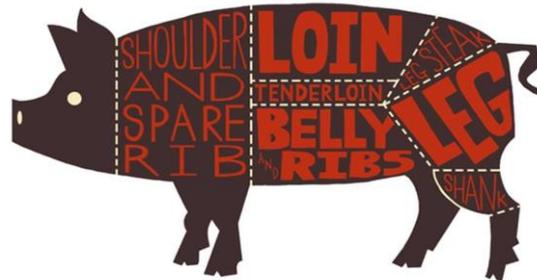

Zink with hot water /
   bak met warm water

NO sun

GEEN son

Week 6-7

Year 4   Term 2

Meat as food commodity.   Vleis as voedsel kommoditeit

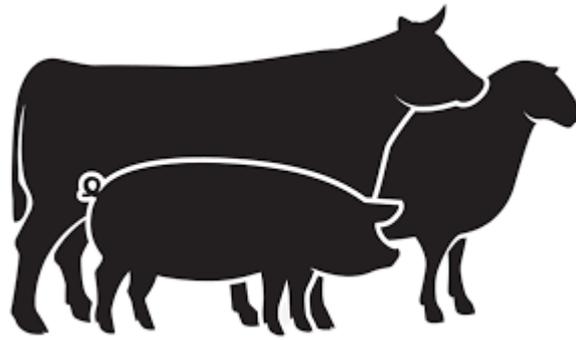| 1.Types of Meat	1. Vleis soorte
Beef	Bees
Lamb	Skaap
Pork	Vark

2. Traditional / speciality sausages	2. Tradisionele / spesiale worse
Boerewors	Boerewors
Frankfurters	Frankfurters
Russians	Russians
Chees grillers	kaaswors
Pork bangers	varkworsies
Chorizo	chorizo
Viennas	Viennas
Pepperoni	Peperworsies
Salami	Salamie
Carbanosi	Carbanosies

3. Purchasing qualities

Fresh: Highly perishable and potentially Hazardous foods. Keep between -1˚C and 2˚ C cool.

Frozen: Frozen meat by temperature -18˚C and -45˚C. Frozen meat immediately for Long term. Defrost in refrigerator a day before use.

3. Aankoop Kwaliteite

Vars: Vleis produkte is hoogs bederfbaar en potensieel gevaarlike kos. Hou vleis tussen -1˚C en 2˚C verkoel.

Gevries: Vries vleis by temperatuur -18˚C en -45˚C. Vries vleis dadelik. Ontdooi in yskas 'n dag voor gebruik.

4. Cooking methods	4. Kook metodes

Roasting = pot / oven   Braai = bak in oond / pot

Grilling   Rooster

Pan-Frying   Panbraai

Barbeque   Braaivleis / oop vuur

5.   Preparation of steak according to order

Very rare (Bleu)   -   Very red and raw in the centre. The middle is still cool to the touch.

Rare - Centre is deep red.

Medium rare – Bright red centre.

Medium - Rosy pink to red centre.

Medium well – Very little pink in the centre.

Well done – No red or pink

Voorbereiding van vleis volgens bestelling.

Baie rou (Bleu) – Baie rooi en rou in die middle. Die middel is nog koel as jy daaraan raak.

Rou - Dieprooi middelste deel.

Half Rou - Dieprooi middelste deel.

Medium rou- Roospienk tot rooi middelste deel.

Medium gaar - Baie min pienk in die middelste deel.

Goed Gaar – Geen rooi of pienk nie.

1. Food of origin and dish

America / Amerika   Beef Burger   /   Hamburger

Irish /Ierland   Shepherd's pie   /   Herderspastei

England/Engeland   Cornish Pie   /   Cornish pastei

France/Frankryk   Tripe   / Afval

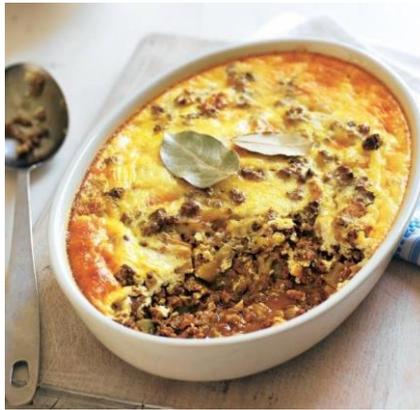Italy/Italië   Lasagne / Lasagne

Texas /Texas   Chilli con carne / Chilli con carne

South Africa/Suid-Afrika   Bobotie / Bobotie

Mexico /Mexiko   Burritos with meat/chicken filling

Indian/Indiese   Samoosas / Samoosas

Greece/Griekeland   Mousaka

Plan and present a 3-course dinner for winter

1. Planning and costing.

2. Setting up of venue

3. Preparation of food.

4. Plating, garnishing and service

5. Guests relations - handling of complaints