



HOTEL KITCHEN OPERATION II
PREPARE INTERMEDIATE ETHIOPIAN CULTURAL DISHES

INSTRUCTION SHEET

LEARNING GUIDE #1

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics –

- Prepare cultural food & beverages for service
- portion and present food and beverage
- Work in a team

This guide will also assist you to attain the learning outcome stated above. Specifically, upon completion of this learning Guide, you will be able to –

- Prepare cultural food & beverages for service
- Portion and present food and beverage

Learning Instructions:

1. Read the specific objectives of this Learning Guide.
2. Follow the instructions described in number 3 to 10.
3. Read the information written in the “Information Sheet 1” from page 1-21. Try to understand what are being discussed. Ask you teacher for assistance if you have hard time understanding them.
4. Accomplish the “Self Check - 1” in page .
5. Ask from your teacher the key to correction (key answers) or you can request your teacher to correct your work for self-check 1.
6. If you earned a satisfactory evaluation proceed to “Information Sheet 2”. However, if your rating is unsatisfactory, see your trainer for further instructions or go back to Learning Activity #1.
7. Read the information written in the “Information Sheet 2” from page 23-37. Try to understand what are being discussed. Ask you teacher for assistance if you have hard time understanding them.
8. Accomplish the “Self Check - 2” in page 38.
9. Ask from your teacher the key to correction (key answers) or you can request your teacher to correct your work for self-check 2.



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10. If you earned a satisfactory evaluation, congratulation you can proceed to next unit of competency. However, if your rating is unsatisfactory, see your trainer for further instructions or go back to Learning Activity #2.





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INFORMATION SHEET 1

LO-1 PREPARE CULTURAL FOOD AND BEVERAGE FOR SERVICE

1.1. Identify cultural food for menu items

Wat

Wat begins with a large amount of chopped red onion, which is simmered or sauteed in a pot. Once the onions have softened, *niter kebbeh* (or, in the case of vegan dishes, vegetable oil) is added. Following this, *berbere* is added to make a spicy *keiywat* or *keyyihitsebhi*. Turmeric is used instead of *berbere* for a milder *alichawat* or both spices are omitted when making vegetable stews, such as *atkiltwat*. Meat such as beef (Amharic: ሥጋ, *saga*), chicken (Amharic: ደረጃ, *doro* or Tigrinya: *derho*[?]), fish (Amharic: ግሣግሥ, *asa*), goat or lamb (Amharic: በግግ, *beg* or Tigrinya: *beggi*[?]) is also added. Legumes such as split peas (Amharic: ከከግ, *kək* or Tigrinya: *kikki*[?]) and lentils (Amharic: ምስክር, *məsər* or *birsin*); or vegetables such as potatoes (Amharic: ድንገግ, *Dənəch*), carrots and chard (Amharic: ቆስጣግ[?]) are also used instead in vegan dishes.



Typical serving of wat.

Each variation is named by appending the main ingredient to the type of wat (e.g. *kekalichawat*). However, the word *keiy* is usually not necessary, as the spicy variety is assumed when it is omitted (e.g. *dorowat*). The term *atkiltwat* is sometimes used to refer to all vegetable dishes, but a more specific name can also be used (as in *dinich'nacarohwat*, which translates to "potatoes and carrots stew"; but notice the word "atkilt" is usually omitted when using the more specific term).

Tibs

Meat along with vegetables are sautéed to make *tibs* (also *tebs*, *t'ibs*, *tibbs*, etc., Ge'ez: ጥብስ *tibs*). Tibs is served in a variety of manners and can range from hot to mild or contain little to no vegetables. There are many variations of *tibs*, depending on type and size or shape of the cuts of meat used.

The mid-18th century European visitor to Ethiopia, Remedius Prutky, describes *tibs* as a portion of grilled meat served "to pay a particular compliment or show especial respect to someone."



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This is perhaps still true as the dish is still prepared today to commemorate special events and holidays

Breakfast

Fit-fit or *fir-fir* is a common breakfast dish. It is made from shredded *injera* or *kitcha* stir-fried with spices or *wat*. Another popular breakfast food is *fatira*. The delicacy consists of a large fried pancake made with flour, often with a layer of egg. It is eaten with honey. *Chechebsa* (or *kitafirfir*) resembles a pancake covered with *berbere* and *niter kibbeh*, or other spices, and may be eaten with a spoon. *Genfo* is a kind of porridge, which is another common breakfast dish. It is usually served in a large bowl with a dug-out made in the middle of the *genfo* and filled with spiced *niter kibbeh*.

Snacks

Typical Ethiopian snacks would be *dabokolo* (small pieces of baked bread that are similar to pretzels) or *kolo* (roasted barley sometimes mixed with other local grains). *Kolo* is often sold by kiosks and street vendors wrapped in a paper cone. Snacking on popcorn is also common.

.Injera

Injera is a sour and spongy round bread, made of teff flour, that's naturally vegan and gluten-free. Sauces and dishes are commonly poured on top of the injera, which is then used as a vehicle to get the deliciousness from table to mouth.

The bread comes in a darker and lighter version, depending on the teff variety. Injera has a very strong taste and texture so when you like it, you love it, and it's hard to put down.

2.Shiro



Shiro is a delicious chickpea powder-based dish (sometimes also including lentils and broad beans), slow-cooked with Ethiopia's popular and spicy red berbere sauce. There are several kinds of shiro to enjoy, from the soupy thin **shirowot** to the thick and glob-like (but still delectable) **shirotegamino**.



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3. Atkilt Wot



Atkiltwot is a delicious vegetable combo of cabbage, carrots, and potatoes simmered in a light sauce.



5. Gomen



Gomen is made of collard greens and spices cooked to tasty perfection.

1.2 Arrange condiments, fresh herbs, spices powdered peas and traditional hot peppers paste

Spices and herbs Ethiopian traditional foods serve with some of herbs and spices when we preparing some of them are prepared in the form of fresh herbs like besobila, tenaadam, segametebsha, some are dried herbs like koseret, tosigne some are also grounded spice like mekelesha, tikurkememe, eridekororima, dinbilale, eazmuidetc... and also sauces prepared by traditional hot peppers are Awaze, dattaaferinge, mitmita these condiments are served with appropriate main course



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Powderd pea products are prepared for traditional stew, certain sauces and some especial food items like Traditional porriage and known as fir fir these foods are shurowat from pea shimbraasawat from chick pea selijo from bean flour ,butecha from chick pea are some of the food items that prepared in cultural menu item.

1.3 Prepare traditional spice butter

Spiced butter is one of the mosttypes of food item in Ethiopian cultural dish the dish is served separately as asauce,spreading,finishing in wat and mixed food preparation the butter by itself prepared from cows milk by traditional way which is by shaking the milk in apot.

OPERATION SHEET -1	PREPARING NITER QEBEE
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BUTTER/MILD / CLARIFICATION

ingredient

1kg butter
1tspn besobila
1tspn corrorima ,oregano,coseret
1tspn ground black cumin
1clove of garlic
1tspn ground ginger
Salt

Preparation

Wash the equipment then mix allspices including minced garlic then put the butter in a pot put it in a stove when it boiled reduce the temperature and simmer gently and add the spice and salt and stir well

When the mixture cook for 30-40 min and the seems to be yellowish remove from the heat and rest for few minute then strain carefully and serve .

Note when the butter is strong flavor /aged/coseret will not be added on it but turmeric will be added on it for color and cook for mild temperature to keeping the color

Salt is added in clarification to separate the residue.

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1.4 Prepare sauces and staple cultural foods to enterprise require for specific dishes

Sauces

Ethiopian cultural foods contain wide range of sauces that are accompanied with variety of foods and served as an appetizer or an accompaniment .

These sauces are mainly prepared from powdered beans,peppers ,garlic, ginger ,and some spices ,herbs and certain seasoning most of these sauces are prepared by direct mixture of the prepared ingredient ,but some of them are cooked and stored in a certain period of time for fermentation and served as a cold the rest of the sauces are prepared in hot way and serve as a hot such a kind of sauces are are prepared form vegetables like tomato salsa ,tomato senege,quibbe be beriberi etc

SELF-CHECK -1

WRITTEN TEST

Answer the following questions.

- 1- what are the basic ingredient to prepare Ethiopian wat?
- 2-write some common Ethiopian spice that is used in preparation
- 3-list out some sauces which are served in Ethiopian cultural preparation
- 4- niterqebbe serve as in cultural preparation

Answer

- 1.-bean powder,vegetablemeat,oil,water,butter,and spice and herbs
- 2.-mekelesha ,korrorma,tikurazemude,
- 3.-awaze ,selijo, butter with red pepper



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4-spreading ,accompaniment, finishing sauces

OPERATION SHEET -1

PREPARING AFRINJE

AFRINJE

Ingredient

Pepper seed 165gm

Corrorima 30gm

Azmude white 20 gm

Salt 50gm

Preparation

Pick the pepper seed wash in cold water and make it dry when the seed is completely dry
Mix it with spice and salt and grind and sieve then put in a clean bottle and serve with row meat
and grilled meat dish

OPERATION SHEET -1

PREPARING AWAZE

Awaze



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Ingrident

Pepper seedless 500gm
Ginger chopped 100gm
Onion red and white chopped 200gm each
Clove/ kirnfude 20gm
Besobilaseedonly dry 20gm
Azmud white 15gm
Tenaadame seed only 10gm
Kororima 65gm
Cinnamon grounded 20gm

Preparation

Wash the pepper in cold water when dry grind roughly And chop the onion ,besobila,tenaadame,with pepper and put it cover on the next day put it in sun light Slightly Raost the spice together and mix it with dry pepper and grind it and sive then put it in dry place
If we serve mix with hot water or wine,tej ambo etc...

OPERATION SHEET -1

PREPARING SENAFICH

-SENAFICH /MUSTARD

500gm mustard seed
3tblspn oil
250ml water
Salt to taste
Pick the seed and wash and dry in sun light when it dry grind in grinder and sieve then put in clean bottle
When we serve mix it with hot water,tej,oil and salt taste and serve with meat or cooked vegetable

OPERATION SHEET -1

PREPARING INJERA

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INGREDIENT

Teff flour 3kg

480gm yeast

10 lit water

PREPARATION

Sieve the flour drop the yeast step by step and mix it with flour and water and rub it. After mixing the dough cover with cold water put it them aside and leave for three days for Proofing after 2 or 3 days pour over the the under liner water .boil the water for 'absit 'Mix it with dough and leave it for proofing .Preheat the oven and sweep then bake it .

OPERATION SHEET -2

PREPARING KOCHO

1-KOCHO

INGREDIENT

500gm of chopped kocho

40ml water

Pinch of salt

Koba leaves

PREPARATION

Chop the kocho and remove the fiber then put bowl and mix in water and salt knead well Place the leave in table put the dough on it make shape what we desire and thickness Then cover the top by the leave properly heat the oven then bake the kocho on both side is cooked when cooked remove from the oven and remove the leave serve hot or cold .



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OPERATION SHEET -2

PREPARING KITA

3-KITA

ingredient

wheat flour 300gm

300ml water

Salt pinch

Black cumin 1tspn

Preparation

Preheat the prick oven Mix the flour ,salt and combine the water knead it wellMake the dough in circular and flat way with oily hand Bake in an oven on both sides for 5-10 min

Notekita prepared from different kinds of flour like teff ,barley ,maize ,chick pea and their mixture

The texture and water content will be varied according to the flour.

OPERATION SHEET -3

PREPARING AMBASHA

3-AMBASHA

Ingredient

Sifted wheat flour 625 gm

6.5gm

Abish 3gm

Salt 3gm

water 350ml Luke warm

preparation

mix 125gm flour,yeast,and hot water put it for next day in the next day add wheat flour ,abishe and salt knead with the remaining water rub well put it covered .when the dough proof rub again. when it rise up the sizetake some dough make the shape flat and circle decorate with fork in the center and bake in preheated oven on both sides until brown .

PREPARING QINCHE



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OPERATION SHEET -2

1-QINCHE

Ingredient

500gm cracked wheat

500ml water

Oil

Salt pinch

Preparation

Wash cracked wheat in water then boil water in some of oil

Then add salt when the water is boiled ,then add the wheat into the boiling water

Cook for until the wheat is absorb water and done add small amount of butter mix it well then serve

OPERATION SHEET -2

PREPARING FIR FIR

FIRFIR

Ingredient

1 head onion chopped

1 1/2 tbspn red pepper

1 clove of garlic

3 tbspn oil

1-2 tomatoes chopped

1 tspn mixed spice

2 tbspn butter

Water 125ml

Injera fresh or dry 250gm /1psc

preparation

sweat the onion with water for few min when the water is absorbed add oil cook further



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and add red pepper, cook for few min add garlic and chopped tomato sweat for few min then cook by hot water when the sauce is the right consistency and quality season in spice and butter then mix with prepared dried injera or rolled fresh one combine carefully. then serve .

OPERATION SHEET -2

PREPARE AYIB BE GOMEN

INGREDIENTS:

1 lb.	gomen
1 lb.	Cottage cheese
1 tsp.	Black pepper
3 Tbsp.	Butter
To taste	salt

PREPARATION: Wash the collard green in running water and chop. Boil the collard green in 6 cups of water for 5-10 minutes. Discard the water and set aside. Add 1 tsp. black pepper, 3 Tbsp. butter and mix with cottage cheese. Add the chopped collard green and mix well with the cottage cheese. Makes 6 servings refrigerate to store.

Ayib be Gomen makes a tasty dish with bread or injera. It is always served as side dish with kitfo.

OPERATION SHEET -2

PREPARE SIGA TIBES

YESIGA T'IBS

INGREDIENTS:

1 ½ lbs.	Beef (cut into cubes)
½ cup	butter (spiced)
1 ½ cups	onions (chopped)
1 cup	red pepper (berbere)
½ tsp.	cardamom
¼ tsp.	garlic (powder)
¼ tsp.	black pepper



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½ cup t'ej or red wine
To taste salt

PREPARATION: Cook onions without grease until they turn brownish red color. Add butter, red pepper (berbere) and stir. Add wine or t'ej stirring gently. In the same frying pan add the beef and cook for 5-10 minutes. Add cardamom, garlic, black pepper and salt to taste. When meat is done serve hot.

Yesigat'ibs is prepared on all occasions. It is very delicious with injera or bread.

OPERATION SHEET -2

PREPARE KITFO LEB LEB

INGREDIENTS

- 2 lbs. red meat only (beef)
- 1 cup butter (spiced)
- 1 Tbsp. hot red pepper (mit'mit'a)
Serrano
- 1 Tbsp. false cardamom
- ¼ tsp. black pepper
- ¼ cup red onions (chopped)-optional
- To taste salt

PREPARATION: Chop or grind beef into (preferably by hand) small pieces like ground beef. In a medium cooking pan, melt butter for 5 minutes. Add spices and remove from heat. Add groundbeef and mit'mit'a and mix well. Cook Kitfo lightly rare over a low

KitfoLebLeb is just a variation of Kitfo for those who prefer their meat cooked. It tastes delicious

OPERATION SHEET -2

PREPARE MINCHET ABISHE

MINCHIT ABISHwat

INGREDIENTS:

- 2 lbs. ground beef
- 2 cups red onions (chopped)
- 1 cup red pepper (berbere)
- 2 cups water



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2 cups butter (spiced)
To taste salt
¼ tsp. ginger
1 tspn garlic
1 tspn mekelesha

PREPARATION: Brown onions in medium pan with fenugreek. Add meat and stir until all the juice from the meat evaporates. Add butter and salt and cook for 15 minutes and then add ginger and wine or t'ej in the mixing bowl, make a thick paste with shiro and water and add the paste to thicken the sauce. Sprinkle cardamom and mix well. Add cloves. When meat is soft and tender remove from the heat and serve hot. Warm leftover stew on low heat. Serves about 6. Refrigerate to store.

MinchetAbish is a very delicious stew. Eat it hot with injera or bread.

OPERATION SHEET -2

PREPARE DORO WET

/DORO WET

INGREDIENTS: 1 whole chicken
6 cups red onions (chopped)
1 cup red pepper (beerber)
2 cups butter (spiced)
¼ tsp. false cardamom
¼ tsp. black pepper
¼ tsp. garlic powder
¼ tsp. ginger
To taste salt
½ cup t'ej or red wine
4 cup water
6 medium eggs (hard boiled)
1 medium lime

PREPARATION: Remove skin from chicken, cut into the usual parts, and wash several times in water. Wash and cut lime into 4 pieces and to a large bowl of clean water and soak chicken in it. In a medium pan cook onions until golden brown. Add butter. Add red pepper and mix well. Add about ½ cup of water and stir. Add t'ej or wine. Add the spices and blend well. Add prepared chicken pieces and cook for about 30 – 40 minutes. Add more water and stir gently



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so as not to separate the meat from the bones. Add salt and stir. When sauce begins to thicken, sprinkle with black pepper. Add hard boiled eggs to the sauce and serve hot makes 6 servings store in refrigerator.

Doro We't is a most popular Ethiopian dish served on special occasions with injera and a side order of yoghurt or homemade cottage cheese. May be eaten with bread or rice.

OPERATION SHEET -2	PREPARING SHURO WAT
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350 gm pea flour

250gm onion

300ml oil

2clove of galic

2 peace of chopped tomatoes

½ lit water

1 head of besobila

Salt pinch

butter as needed

PREPARATION

In pot fry chopped onion and garlic with oil until light brown then add chopped tomatoes If the stew is red add small amount of red pepper sweat for 4to 5 min then cover with hot water then leave to boiled if it is boiled sprinkle the flour little at a time stir carefully to prevent lump cookThe stew becomes thick and expected flavor season and serve .

NOTE Suhrowat should be prepared with yellow or red according the the spice we usei,e pepper or Turmeric or plain flour

1.5 Brew cultural beverage

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Beverages, are liquids specifically prepared for human consumption. In addition to basic needs, beverages form part of the culture of human society. Although all beverages, including juice, soft drinks, and carbonated drinks, have some form of water in them, water itself is often not classified as a beverage, and the word *beverage* has been recurrently defined as not referring to water.

Types of Drink

Non-alcoholic drinks

A non-alcoholic drink is one that contains little or no alcohol. This category includes low-alcohol beer, non-alcoholic wine, and apple cider if they contain less than 0.5% alcohol by volume. The term "soft drink" specifies the absence of alcohol in contrast to "hard drink" and "drink". The term "drink" is theoretically neutral, but often is used in a way that suggests alcoholic content. Beverages such as soda pop, sparkling water, iced tea, lemonade, root beer, fruit punch, milk, hot chocolate, tea, coffee, milkshakes, and tap water and energy drinks are all soft drinks.

Coffee

An Ethiopian woman roasting coffee at a traditional coffee ceremony. According to some sources, coffee (*buna*) holds a legitimate claim as originating from Ethiopia where it is a critical component of the economy and is a central part of Ethiopian beverages.

YESUFE WEHA this is the puree of boiled sun flower diluted with water seasoned with salt or sugar

Refrigerate before serving mostly served in fasting season.

TELBA one of the common drink in Ethiopia in case of medication for gastric and first course drink in the case of long hour fasting as a smoothing agent of stomach the sesame can be prepared in both way either roasted or not and also in whole or in ground form seasoned by salt or sugar.

BIRITH is a mixture of almost equal amount of honey and water it is a quick and simple drink that prepared in a festival or normal situation,

ABISHE one of the drink usually prepared in supportive and medication for injured and gastric



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Problem person it is highly supportive fibrous food to maintain the body. The preparation is started

With prepared powder soaked with water in overnight beaten with sugar or honey accordingly

ATEMITE

Is most popular and wide variety of cooked drink that is made from different kinds of cereals flours prepared in different part of Ethiopian the flour is makes from wheat, barley, maize, oats, bula and some times in a mixture of those flour the preparation and seasoning is varied culture and region. Some peoples makes with sugar and the other makes with salt or mixture of salt and sugar and finished with butter

This drink also prepared in case of child bearing woman and injured person to give support and maintenance of their body,

ALCOHOLIC DRINKS

An alcoholic beverage is a drink that contains ethanol, commonly known as alcohol (although in chemistry the definition of "alcohol" includes many other compounds). Beer has been a part of human culture for 8,000 years.

In many countries, drinking alcoholic beverages in a local bar or pub is a cultural tradition.

Tej is a potent honey wine,^[1] similar to mead, that is frequently served in bars (in particular, in a *tej bet* or "tej house"). *Katikala* and *arage* are inexpensive local spirits that are very strong.

Tella is a home-brewed beer served in "tella bet" ("tella" houses) which specialize in serving "tella" only. "Tella" is the most common beverage made and served in households during holidays

Tella is made of different cereals. Tef and corn are the most popular, but in some areas barley, millet or sorghum can be used. The way of preparing tella differs as between the ethnic groups and depends on tradition and the economic situation. The clay container (insera) is washed with grawa and water several times and after that smoked with wood from weyra, and/or tinjute for about 10 minutes, in order to get it as clean as possible. Germinated grains of barley, corn or wheat (bekel), bought in the local market or prepared at home, are dried and milled. For making bekel, the grains are moistened in water and the moist grains are placed between fresh leaves, left to germinate for 3 days and after that dried. Gesho (local hops), is available dried in the local

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market. The gesho is dried again in the sun for about 1/2 hour and after that pounded. The leaves are separated from the stems, which need a longer time to dry. The ground gesho leaves are placed in a clay container with water and left to ferment for 2-3 days. Some of the grains intended for tella preparation are toasted and milled, and then mixed with water and baked on the mitad. This kita, broken into small pieces, part of the milled bekel and the pounded gesho stems are added to the water mixture and allowed to ferment for 1-2 days. The rest of the flour is toasted on the mitad, sprinkled with water and toasted until dark brown. This mixture enkuro, the rest of the germinated grains (bekel), some gesho, and water are added to the container. The mixture is kept covered overnight, after which more water is added and the container is kept sealed for 5-7 days, when the beverage is ready. Tella can be kept for 10-12 days. High-quality tella is made with a relatively small quantity of water.

Filtered tella is made in the same way (sometimes the flour is toasted very hard), but is more concentrated and the tella is filtered through a cotton cloth and kept in a closed container. This type of tella has a higher alcohol content and can be kept for 2-3 weeks.

Korefe is the name of the local beer made in Begemder Province among the Koumant ethnic group. Dehusked barley is left in water overnight, and after that toasted and milled. It is mixed with water, and dried gesho leaves and fermented in a clay container for 2-3 months. When the beverage is needed, a small quantity of the mixture is taken, more water is added and after a day's fermentation the beverage is ready for consumption.

Shamit is the local beer made among the Gurage ethnic group. Tef, kita and germinated barley (bekel) are milled and mixed with water, and the mixture is sieved after 3-4 days' fermentation. Dehusked barley is toasted on the mitad, milled and added to the mixture, and the beverage is ready to serve the next day, when Ethiopian cardamom, mitmitta, black cummin and bishop's weed are added.

Tejj (honey wine) is a beverage mainly used for great feasts, such as weddings and the breaking of fasts. It is a prestige beverage, and more expensive than the local beer. The most appreciated honey is the Tigre type. The honey is mixed with water and kept covered for 3 days. The wax and foreign particles are removed by sieving, and the mixture is put in a clean clay container (insera). Gesho stems are heated on the mitad and added to the mixture, which is left to ferment in a closed container for 5-6 days.

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Filtered tejj is made in much the same way, but the gesho stems are crushed several times in the hands. The tejj is filtered through a cotton cloth and put in a clean container and left to ferment. The tejj can be served fresh and is very sweet. The longer it is allowed to ferment, the more sugar will be used for the fermentation process, with an increase in the alcohol content as a result. The slightly sweet tejj looks nice and tastes good. One proverb says "Tejj has no spots and a poor man has no friends". Tejj can be stored for 5-6 months if kept in sealed bottles.

Araqe is a distilled beverage. Ground gesho leaves and water are kept for 3-4 days and after that a kita made of tef or other cereals and germinated barley or wheat are added. The mixture is allowed to ferment for 5-6 days and then distilled. In the villages distillation is carried out with primitive equipments made of gourds and wood. The local beer tella can also be distilled to produce araqe. The araqe can be redistilled and will then have a higher alcohol content.



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OPERATION SHEET -1

PREPARE COFFEE/BUNNA

COFFEE/BUNNA

Ingredients: 1 cup coffee beans
1 tsp cloves
¼ tsp cinnamon
7 cups water

Preparation: Roast the coffee beans in a hot frying pan until golden brown. In the coffee grinder add this roasted coffee. Cloves & cinnamon and grind to fine powder. Bring the 7 cups of water to boil add the ground spiced coffee and boil for 5 minutes. Serve coffee in a small coffee cup.

Bunna, Ethiopian Coffee is worldwide known for its aroma, flavor and satisfaction. Coffee is usually drunk for breakfast, after lunch, and in the afternoon. In most household coffee drinking has a ritual beyond explanation.

OPERATION SHEET -2

PREPARE TE,J

INGREDIENT

3kg honey
1.2kg hop stem chopped
10 lit water
1tspn turmeric

PREPARATION

Mix honey, and water and rub it thoroughly then cover and leave it After 3 days skim the overlaying part and add the stem and mean while in 15 days rub in three days Filter after 15 days if the te,j is special or **filter** put the cloth on the mouth of pot then filtered into a pot



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perform this for 24 hrs again and again .then transfer into other pot or glass cover then put Then serve when it required.

OPERATION SHEET -2

PREPARE TELLA

INGREDIENT

1kg dried hop plant twigs and leaves

1kg millet and teff flour

1kg **bikile** /germinated wheat dried and ground

4kg ground roasted barley flour /**enkuro**/

40 lit water

PREPARATION

In a very prepared pot is ½ mix with kg chopped hop 6 lit water put it for three or until fermented after three days when the mixture is fermented add admixture of teff bread ,hop stick,1/2kg millet ,and 12lit water then rub it well and put in cover After 2 or three days add the remaining hops leaves and stick and cold barely bread ,wheat malt Are added on the mixture .after three days add 22lits of water and cover for 5 days then filter and serve after six day.

OPERATION SHEET -3

PREPARE YE NUGWEHA

INGREDIENT

150gm ground nigger

½ lit water

50gm sugar/honey

PREPARATION

Mix the the nigger flour with water then strain with sieve though the fiber add the sugar /honeyIn the stained liquid and boil. remove from heat and serve after temperature is reduced .



HOTEL KITCHEN OPERATION II
PREPARE INTERMEDIATE ETHIOPIAN CULTURAL DISHES

OPERATION SHEET -3

PREPARE YESUFWEHA

INGREIDIENT

Sunflower 300gm

Sugar /salt 100

Water 3lit

PREPARATION

Pick the sunflower and boil for 10sec. strain the water and chop it mix the chopped seed with the remaining water and strain two times then add sugar or salt and serve .

OPERATION SHEET -4

PREPARE BIRITH

INGREDIENT

Honey 1kg

Water 3lit

PREPARATION

Smoke the pot then mix the honey and water in it rub until thoroughly combined Skim the wax then serve

OPERATION SHEET -5

PREPARE TELBA/FLUX/

INGREDIENT

Grounded telba 60gm

Water ½ lit

Sugar 60

PREPARATION



HOTEL KITCHEN OPERATION II

PREPARE INTERMEDIATE ETHIOPIAN CULTURAL DISHES

Dilute the flux with water then add sugar or honey then serve ,

OPERATION SHEET -6

PREPARE Atimit /soup/

INGREDIENT

Splited oat 100gm

Water 1250 gm

sugar/honey 20gm

PREPARATION

Soak the oat with ½ lit water over night in the morning pour over Water and add water on it and rub after that pour fiber and strain with cloth or strainer put in a pot cook in stove for 20 min by stirring continuously when cooked add salt or sugar and serve.

NOTEAtimit also prepared in wheat ,barely, maize flour in direct mixture of water

OPERATION SHEET -7

PREPARE qeribo

INGREDIENT

Ground wheat malt 1kg

Barely flour /enkuro/5kg

Teff flour /bread/ 1kg

Water 30lit

PREPARATION

Ina well prepared pot mix athree lit water and half wheat malt and covered put for three daysAt the same time put a mixtureteff flour and with 2lit water on the third day prepare the bread when it cold of divided into small pieces and mix with quarter kgmalt and mix with the first combination and add 5lit of water and rub it well. after inserting bread prepare enkurowhitely roasted barely flour when the enkuro is cold mix with the remaining malt and add to amixture to



HOTEL KITCHEN OPERATION II
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make it a mixture add 1lit water rub it thoroughly ,covered let to next day.next to enkuro fill 15 lit of water on to pot and cover and serve for drink after three day

OPERATION SHEET -8

PREPARE shamit/shameta/

SHAMIT/shameta/

INGREDIENT

Barely flour 1kg

Barely malt 462gm

Besso1850 gm

25 gm

7gm coriander

5gm dinbelale

1.5gm White azimude

8.5 lit water

PREPARATION

Mix barely flour with 2 lit of water and make a dough then bake immediately then cut the bread in small size and mix it with malt and put into well prepared pot and rub in 3 lit of water until thoroughly Combined and put it for three days till fermented then add seven lit of water and strain in sieve to another pot cover and put for two hrs In a big bowl Mix bessu and the first mixture and add 2 lit of water and rub well If the mixture is combined well insert in pot .finally add the spices and 3 lit of water and mix and cover and put it well when proof serve ,

LAP TEST -1

PRACTICAL DEMONSTRATION

Version 1
April 2019

CATERING AND TOURISM TRAINING INSTITUTE

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HOTEL KITCHEN OPERATION II
PREPARE INTERMEDIATE ETHIOPIAN CULTURAL DISHES

NAME: _____ **DATE:** _____

TIME STARTED: _____ **TIME FINISHED:** _____

Instructions: Given necessary templates, kitchen, tools and materials you are required to perform the following tasks within 8Hrs

- The portion is for one person
- Follow the recipe
- Prepare misen place

task 1: prepare dorowat

task 2 prepare kocho

task 3 prepare birith

task-4 prepare kitfo beayebi

INFORMATION
SHEET-2

LO-2PORTION AND PRESENT FOOD AND BEVERAGE

2.1. Ensure that sufficient supplies of clean undamaged crockery

Setting up stations for food service



HOTEL KITCHEN OPERATION II

PREPARE INTERMEDIATE ETHIOPIAN CULTURAL DISHES

A 'station' is a section of the kitchen which may service a particular menu course or specific food items.

A section will require the following items to be available and at hand and in quantities to meet the need of the particular service period and expected number of diners:

- Cooking vessels such as pots and pans
- Serving equipment such as tongs, spoon, fork, ladles, trays
- Serving platforms including plates, bowl, trays and sefied platters
- Prepared food items such as stews, fried meat, kitfo, vegetables and flour product may be porridge /genfo/ and traditional soup
- Accompaniments and garnishes.

Additionally, heating and cooking equipment, such as grills, salamanders and ovens and deep fryers and bains-marie must be at operating temperature.

The term 'station' may also refer to sections of a buffet where particular food items are presented and displayed including:

- Salads
- Carvery for row beef meats
- Main course wet or fried dishes
- Vegetable dishes
- bread including kococho and injera.

Equipment required for service periods

Cultural food and beverage serving product

Ethiopian cultural food and beverage serving equipment and products are very selective and special one to serve the dish most of our food are served equipments are made by our hand craft person that is made from clay and which is burned to resist portioning equipment will be made by cattle horn also Some of the equipment which is used to cooking or serving should be metallic or aluminium recently those equipments are replaced by foreign equipments

CULTURAL DISPLAY ITEMS are clay pot, bowl, lemat, sefied, taba, small clay pot, beverages are served in clay container or genebofashikomanqoreqoriacup, glasses **Traditional brewing containers** are gebebo, clothes for filtration, mitad, mankorra, large wooden

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PREPARE INTERMEDIATE ETHIOPIAN CULTURAL DISHES

spoon, sieve, bamboo tube for **katikala** Glasses or **birile bottle for different beverage** currently these serving items are replaced by modern metal or plastic materials especially those of serving

2.2 Portion food items to enterprise standards

Portioning and portion control are important aspects of food presentation. Food presented to customers must be consistent in quantity and size and uniform in shape and appearance.

Uneven size and inconsistent presentation reflects back on the kitchen and can portray to customers that the business does not really care about the impression being made. Portion sizes or quantities should always be in line with business policy or standard recipes.

Portioning

Portioning refers to the amount of food allocated to a particular menu item. This may include several components of a dish or a single serve item.

Portion control

Good portion control practices allow the kitchen to control its costs. When a dish is prepared using a standard recipe the head chef will know how much the ingredients cost and have an expectation of the yield the recipe will produce. By using the expected profit margin for the kitchen, the selling price for the dish can be calculated. If the staff who are plating the meal do not obtain the expected number of serves from the recipe, kitchen profits will be reduced.

Uniformity of menu items

As a standard rule all dishes of the same type must look the same. The position of the food components should be the same on all plates. When the menu item is served, customers should be able to determine that they have been given the same size or quantity as others being served the same item. Differing portion sizes, quantities or dish components can lead to customer dissatisfaction and complaints. Components to a menu item may include:

- Main item such as stew, meat, chicken, vegetable
- Vegetable accompaniments
- Starch accompaniments such as vegetable or potato
- Other accompaniments
- Sauces.

Single serve items may include:

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PREPARE INTERMEDIATE ETHIOPIAN CULTURAL DISHES

- bread
- kita
- Injera

Techniques to good portion control

- Briefing sessions where the plating, and positioning of components are demonstrated to cooks and service staff
- Recipe cards with photographs or design specifications which show what must go on the plate, how it must be arranged, and the quantity of food items
- Using serving utensils such as spoons and ladles that hold specific quantities
- Counting food items to be plated
- Weighing food and storing in containers for heating or cooking during service.

Weights and quantities

These determine the amount of food that should be plated and served. Standard recipes will usually give a 'yield' amount.

'Yield' refers to the total quantity that the recipe will produce. A standard recipe will also determine how many portions can be produced from the total recipe yield.

Plate waste is food which comes back from the table; the food that customers for whatever reason do not eat. Monitoring plate waste can identify:

2.3 Present food neatly and attractively without drips and spills

- If the portion sizes are too big. This may be the case where there is always food returned to the kitchen
- If the portion sizes are too small
- If the food is acceptable or tastes good
- If the meal has been plated in an unappetising way
- If the serving temperatures were wrong.

Waiting staff should question customers about their meal where they leave a substantial amount on the plate. This sort of direct feedback can be very useful. All plate waste must be thrown out – it cannot be re-used or served again.

Introduction

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HOTEL KITCHEN OPERATION II

PREPARE INTERMEDIATE ETHIOPIAN CULTURAL DISHES

When plating food, care and attention must be paid to ensure the meals are plated:

- Neatly and attractively
- Without spills or drips
- To enterprise quality, and other standards in keeping with the requirements for the specific dish
- Taking into consideration:
 - Eye appeal
 - Colour and contrast
 - Temperature of food and service style and equipment
 - Classical and innovative arrangement styles.

Poor presentation standards and practices can ruin hours of work and lots of effort.

It can greatly reduce customer enjoyment of the meal, and lower the appreciation of the dining experience and the overall impression of the business.

Poor food presentation can adversely affect repeat and referral business.

You must always consider that customers eat with their eyes. They see the food before they eat it and this stimulates the appetite.

The way in which we plate and present food must entice, inspire and tempt customers.

Neat and attractive plating

All dishes must be served neatly and attractively.

During a service period, the Head or Sous Chef will usually check that this occurs for each and every dish before it leaves the kitchen. Plating considerations include:

- All dishes of the same type must look identical in terms of serve size, number of items, layout of the dish components, where the garnish is placed, where the sauce has been served
- Photographs of model dishes or menu cards, must be observed
- The correct sized plate/dish must be used to compliment the meal
- The same service plate/dish must be used for all the same menu items
- Balance must be achieved:



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PREPARE INTERMEDIATE ETHIOPIAN CULTURAL DISHES

- This is the overall impression created by the look of the meal. There may, indeed, be some focal visual point to the dish. Some dishes have their appearance on the plate planned with as much care and thought as went into creating the recipe for the item
- It takes into account the precise placement of different shaped and sized items on the plate to create a balanced appearance rather than an unequal or uneven impression
- It also means balancing food textures rather than having a dominance of one texture to the absence of any other
- It means not overdoing a certain element of the presentation – often the garnish is overdone
- A final visual inspection of the meal must be made before it is released from the kitchen.

Spills or drips

The final touches to a dish before it leaves the kitchen must be to remove:

- Any sign of drips or spills, spots, or run marks
- Any smudges caused by removing drips or spills
- Any finger marks that may be on the plate.

This consideration may also extend to inspecting the precision with which sauces may have been added and rejecting or re-doing any plates not meeting the required presentation standard.

Quality and other presentation standards

A food business must first have standards set in place and these standards must be communicated to the staff. Training and briefing sessions and the use of color photographs are the most common methods of demonstrating the required business standards.

These standards may include:

- Where foods are placed upon the plate
- Where garnishes are added or placed
- Making sure dishes are plated within designated timeframes
- Ensuring the correct temperature of plates and other service ware
- Ensuring special customer requests are being met

All of the previously described points relate to the final eye appeal of the dish. The design and layout of a dish can be a very memorable part of the meal. Eye appeal, however, needs to be kept in context. In many food establishments the need for good, wholesome food served quickly and

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priced competitively will outstrip the demand for excellence in visual appearance. In these situations there may be the need for compromises on the basis of cost, speed of service and the identified preferences of customers.

2.4 Serve food to display food in public area

Different service styles and the type and quality standards of the food business will usually reflect in how menu items are presented to the customer. Service styles directly relate to how the customer expects to dine. Generally, customers will consider the following when choosing how they themselves or their invited guests dine:

- Time of day
- Occasion
- Service period (breakfast, lunch, dinner, supper)
- Number of courses
- Time constraints
- Number of guests dining together
- Desired cuisine style.

Menu styles

À la carte

A la carte service involves customers ordering dishes from an extensive menu. This style of service allows food to be cooked to order, usually for small groups of customers arriving and dining at different times.

Courses on an à la carte menu include; appetiser, entrée, main course and dessert. Each kitchen section will prepare and cook different elements of the menu and will have different set up requirements in relation to

food, equipment and serveware. A la carte food presentation is usually the most detailed in presentation and menu items may have many elements. Menu components are generally of high quality and many, such as vegetables, starches and garnishes are pre-cooked to assist with faster cooking and service.

Completed meals and their components are sent to the 'pass' where the senior Chef will



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PREPARE INTERMEDIATE ETHIOPIAN CULTURAL DISHES

quality check and may add final touches such as sauces and garnishes to the dishes before sending them out to the diners. Meals that do not meet the standards of the business are often discarded and the meal

must be produced again. In some instances, a meal may be replated if the problem is simply a matter of poor presentation.

Banqueting

In banqueting, customers have a limited menu choice. This style of service is usually delivered for large functions, such as weddings and birthday parties, where the guests are usually seated and served at the same time. It would not be possible to service so many customers choosing from an extensive à la carte menu when they are to be dining together, therefore choices are limited. There are normally only 3 or 4 courses served on a banquet menu: appetiser, entrée, main course and dessert. There are usually only 2 menu choices for each course. Service set up for banqueting usually involves menu components being precooked (hot meals) trayed up, re-thermalized and stored in heated units sometimes referred to as 'hot boxes'. Service staff form a 'line' and each person is responsible for placing one or two food components on the plate as it is passed along a plating table. This repetitive style of plating usually ensures consistency of plating and presentation. A senior Chef will usually service the end of the line for final inspection, quality control and cleaning drips or spills. Meals not meeting the required uniform standard of presentation are rejected.

Buffet

Buffet service entails the layout and display of hot and cold food items. Generally customers may serve themselves from a wide variety of displayed menu items. In some instances, foods may be portioned and plated by service staff, such as at a carving station for roast meats or at a bain-marie. This assists with portion control and observation of food hygiene procedures. Sections of the buffet may include appetisers, entrees, soups, wet and dry main courses, carved roast meats, sauces, vegetables, rice and pasta dishes, salads and desserts. Aside from decorating and garnishing individual food items, a buffet layout may also be



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PREPARE INTERMEDIATE ETHIOPIAN CULTURAL DISHES

decorated with other items to enhance the overall presentation and create a ‘spectacle’ for the customers.

A buffet may be prepared for any service period at the request of the customer or client. This can include breakfast, lunch, dinner and supper. Large hotels usually serve a buffet breakfast as this frees the kitchen for preparation of menu items for an à la carte lunch and dinner service. Food for buffets is usually placed neatly into trays or onto plates and platters then garnished. Hot items may be kept in a bain-marie or chafing dishes and cold items in a salad well, open display chiller or on ice. During buffet service, staff should ensure that emptied or unattractive food containers are removed and these are replaced with fresh items. It is also important to continually replace unclean service utensils such as tongs, spoons and ladles with clean ones.

Set up for service

The term ‘Service’ relates to the period of time in which customers will select, order and consume their meals. Set up procedures will depend upon the type of menu and service style of the business.

If the kitchen and dining service areas are correctly laid out and ‘mise en place’ has been properly carried out, the kitchen should function smoothly during the service period.

Poor preparation for service can lead to mistakes being made in the plating and presentation of menu items.

Some good practices to follow to help ensure that service is carried out smoothly include:

- Study any recipe cards if available to familiarize yourself with menu items and their components
- Have checklists to follow during preparation and leading up to service periods
- Report any problems, such as lack of ingredients or service items as soon as you notice them
- Participate in kitchen briefings prior to service to ensure that you understand the sequence of service and how menu items are to be portioned, plated and garnished.



HOTEL KITCHEN OPERATION II
PREPARE INTERMEDIATE ETHIOPIAN CULTURAL DISHES

Self-check -2

Written question

Direction Give short answer

- 1-what is portioning mean?
- 2-Write technics of portioning cultural food
- 3-what are the points to ensure when meal is plated?
- 4-explian presentation standard
- 5 what are cultural beverage service equipment?

LAP TEST -2

PRACTICAL DEMONSTRATION



HOTEL KITCHEN OPERATION II
PREPARE INTERMEDIATE ETHIOPIAN CULTURAL DISHES

NAME: _____ **DATE:** _____

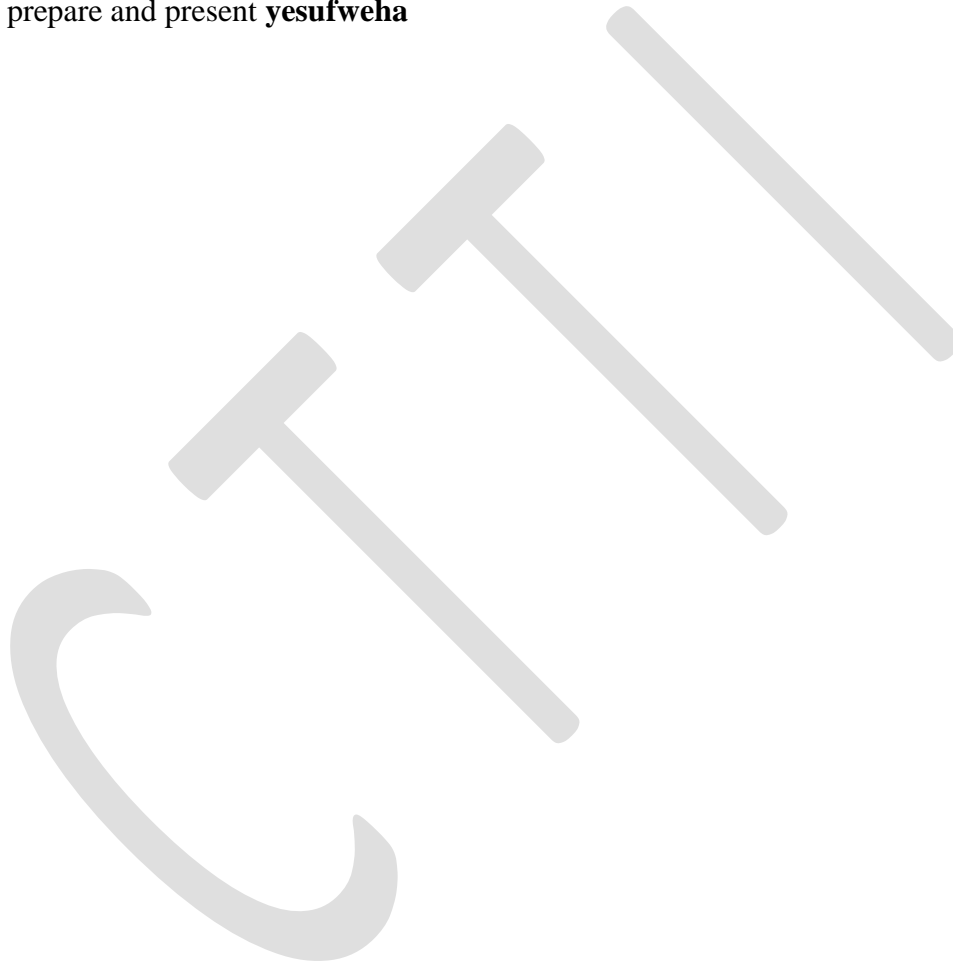
TIME STARTED: _____ **TIME FINISHED:** _____

Instructions: Given necessary templates, workshop, tools and materials you are required to perform the following tasks within 1hrs

Task 1: prepare and organize to prepare **yesufweha**

Task 2: complete the mise-en-place.

Task 3: prepare and present **yesufweha**





HOTEL KITCHEN OPERATION II PREPARE INTERMEDIATE ETHIOPIAN CULTURAL DISHES

INFORMATION SHEET-3

WORKING IN TEAM

A team is a group of people who work together to achieve a common goal. Teamwork is particularly important in the hospitality industry and is evident in all areas from the kitchen to food service staff to housekeeping, to name a few. It takes work to build a successful team and requires effort from all team members.

3.1. DEMONSTRATING GOOD TEAMWORK WITH ALL KITCHEN AND FOOD SERVICE STAFF

Food production/kitchen relationships

Food and beverage

Teamwork is needed between the food production and food and beverage departments for areas from food plating and presentation to the delivery of food to the customer. It is essential for clear communication between these two departments. Kitchen staff need to communicate menus to food and beverage staff, to enable them to take orders from customers, which they must communicate to the food production staff for preparation, who then need to communicate back to food and beverage staff when meals are ready for service to customers.

Poor teamwork and communication can result in incorrect meals being delivered to customers, or customers waiting for excessive periods of time. It can also affect the quality and appearance of food if it is left sitting too long before being served to the customer. All of which will result in dissatisfied customers and a loss of future business.

3.2 Maintaining a high standard of personal and work-related hygiene practices

When working with food it is essential to maintain a high level of personal presentation, image and hygiene standards. These include:

- +** **attention to grooming** – hair should be off the face, long hair tied back and covered if in the kitchen. Facial hair should be neat and trimmed regularly. Nails should be short, clean and without nail polish. Makeup and jewelry should be kept to a minimum, except in the kitchen where no jewelry is appropriate.
- +** **attention to personal hygiene** – hands need to be washed correctly and regularly, especially when starting work, after using the toilet, sneezing, coughing, etc and when



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changing tasks. Breath should be clean and fresh. Showers should be taken daily. Deodorant should be used and strong perfume avoided.

- ✚ **clean uniform/shoes** – uniforms should always be clean, neatly ironed and worn correctly with the appropriate shoes.

Workplace influence on personal presentation standards

Whilst there are minimal personal presentation standards that need to be met, the standards that each workplace/organization deems to be acceptable will depend on the following:

- ✚ **work location** – the location of an establishment will have an impact on the dress and uniform requirements, for example, city hotels, outback pubs, cruise ships and island resorts would all have different dress requirements.
- ✚ **job function** – each job within an establishment has differing standards of personal presentation. Kitchen staff face strict hygiene requirements which are not necessary in front office or housekeeping staff for example.
- ✚ **OHS issues** – depending on your job function, OHS requirements will differ and need to be addressed. Items such as covered, low-heeled shoes for wait staff, steel-capped boots in the kitchen or for maintenance staff, hats for staff working outdoors and chef's uniform for kitchen staff may be required.

Selfcheck-3

Short answer question

Instruction Give short answers

1. Why Kitchen staff need to communicate menus to food and beverage staff?
2. What are personal and work-related hygiene practices?



ANNEX ANSWER FOR SELF -CHECK QUESTION

Answer for self -check -2 question

1 the amount of food allocated to particular menu item

- 1 –using service utensils
- counted food items
- 3-eye appeal
- Color contrast
- temperature of the food

Answer for self -check -3question

1--Kitchen staff need to communicate menus to food and beverage staff, to enable them to take orders from customers, which they must communicate to the food production staff for preparation, who then need to communicate back to food and beverage staff when meals are ready for service to customers.

Poor teamwork and communication can result in incorrect meals being delivered to customers, or customers waiting for excessive periods of time. It can also affect the quality and appearance of food if it is left sitting too long before being served to the customer. All of which will result in dissatisfied customers and a loss of future business.

- ✚ **2-**hair should be off the face, long hair tied back and covered if in the kitchen. Facial hair should be neat and trimmed regularly. Nails should be short, clean and without nail polish. Makeup and jewelry should be kept to a minimum, except in the kitchen where no jewelry is appropriate.
- ✚ – hands need to be washed correctly and regularly, especially when starting work, after using the toilet, sneezing, coughing, etc and when changing tasks. Breath should be clean and fresh. Showers should be taken daily. Deodorant should be used and strong perfume avoided.
- ✚ – uniforms should always be clean, neatly ironed and worn correctly with the appropriate shoes.