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Graham Dodgshun and Michel Peters  
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# C O O K E R Y

FOR THE HOSPITALITY INDUSTRY

Fifth Edition

GRAHAM DODGSHUN & MICHEL PETERS



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## Preface to the fifth edition

The pace of change in menus and food styles has increased rapidly in recent times. This has been driven by a trend away from substantial meals at traditional times of the day to be replaced by snacks or grazing on convenience ready-to-eat food and mini meals. A range of regional food styles using Asian ingredients and presentation is now sought after and readily accepted. Other factors include a marked upsurge in the consumption of coffee, a preoccupation with dietary requirements and increasing obesity in the population.

Within this context *Cookery for the Hospitality Industry* still strives to cater for the aspirations of trainees and apprentices preparing food for presentation in a wide range of settings. This requires the student and practitioner not only to have a solid grasp of the theory of cookery but also a thorough knowledge of food safety procedures, work-place safety and the economics of a catering operation.

In preparing the fifth edition we have included more than 50 new recipes that reflect current styles and food combinations. The recipes that are out of fashion have not been lost. They are included in a CD-ROM that accompanies the book. This has enabled us to retain the old recipes and add new ones. The CD-ROM also contains comprehensive study notes and questions that match the latest competency-based training guides. Extra colour photographs of fancy meats and kangaroo meat cuts are also included.

The main strengths of the book – concise notes on the principles and practice of cookery, the references to food identification and selection and supporting theory – have been retained. Using the recipes we have selected an apprentice cook will be exposed to a wide range of menu items and uniquely Australian foods.

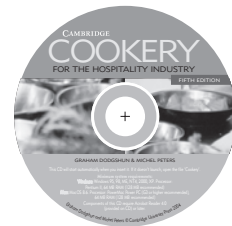
Graham Dodgshun and Michel Peters



# Using the book and CD-ROM

*Cookery for the Hospitality Industry* is the leading textbook in Australian commercial cookery and hospitality and is renowned for the volume and quality of its material.

This new edition offers more information than ever before. It includes a CD-ROM containing theory and recipes. The key feature of the CD-ROM is that it offers core information on the 17 units of competency required by all students of commercial cookery. Students will find references to these throughout the book when they see the Notes icon.



The **Notes icon** links you to relevant theory and questions on the CD-ROM.

**Ingredients** presented for 4 and 10 portions.

Each recipe is individually **numbered** for easy reference.

Cookery for the hospitality industry

Rice, pasta, gnocchi and noodles

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### Spaghetti marinara

**Procedure:**

- Heat the cooking oil and add the garlic and shellfish cut into pieces. Sauté to heat through.
- Add the oysters and mix.
- Add the hot spaghetti and parsley and mix well. Serve at once.

**Notes:**

**a** Do not serve cheese with this dish.  
**b** Tomato concassé (cut large) may be added; allow 20 g per portion.

| QUANTITIES                        |                       |
|-----------------------------------|-----------------------|
| 4 portions                        | 10 portions           |
| Spaghetti, cooked (raw weight)    | 250 g 600 g           |
| Rock lobster, prawns and scallops | 200 g 500 g           |
| Garlic, crushed                   | 1–2 cloves 2–4 cloves |
| Cooking oil                       | 10 mL 25 mL           |
| Oysters                           | 16 30–40              |
| Parsley, finely chopped           | 5 g 10 g              |

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### Spaghetti with pesto sauce

**Procedure:**

- Using a blender, mix the garlic, basil, parsley, cheese and pine nuts together.
- Gradually add the oil to mix to a smooth sauce.
- Season with salt.
- Add this sauce to the spaghetti, together with 5 g butter per serve, and mix in well.

| QUANTITIES                     |                     |
|--------------------------------|---------------------|
| 4 portions                     | 10 portions         |
| Spaghetti, cooked (raw weight) | 250 g 600 g         |
| Garlic                         | 3 cloves 5–6 cloves |
| Sweet basil, fresh             | 20 g 40 g           |
| Parsley                        | 10 g 25 g           |
| Hard cheese, grated            | 60 g 150 g          |
| Pine nuts                      | 20 g 50 g           |
| Salt                           | trace 2 g           |
| Olive oil                      | 50 mL 100 mL        |
| Butter                         | 20 g 50 g           |

**Gnocchi**

Gnocchi are small dumplings served as entrées at lunch or as an accompaniment to meat dishes. The three types commonly made are:

- Gnocchi Parisienne — made from basic choux pastry
- Gnocchi Romaine — made from semolina
- Gnocchi Piedmontese — made from potatoes.

They are all finished with butter and cheese but can also be bound in a sauce and garnished.

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### Gnocchi Parisienne

**Procedure:**

- Make the choux pastry, (recipe 637).
- Add half the cheese and fill the mixture into a savoy bag fitted with an 8–10 mm plain tube.
- Prepare a pan of salted water for poaching. Bring to simmer.
- Hold the savoy bag over the water. Pipe out mixture in 2 cm lengths, cutting it off with a vegetable knife and allowing it to fall gently into the water.
- Poach for 8–10 minutes and drain in a colander.
- Heat the cream sauce and correct the seasoning and consistency (thin pouring standard).
- Carefully combine the gnocchi with the sauce and dress into overproof serving dishes.
- Sprinkle the remaining cheese on top; brown lightly under a salamander.

| QUANTITIES                            |               |
|---------------------------------------|---------------|
| 4 portions                            | 10 portions   |
| Water                                 | 200 mL 450 mL |
| Butter                                | 70 g 125 g    |
| Salt                                  | trace 1 g     |
| Flour                                 | 130 g 300 g   |
| Eggs                                  | 3 7–8         |
| Parmesan or other hard cheese, grated | 50 g 150 g    |
| Cream sauce (recipe 183)              | 300 mL 700 mL |

**318**

### Potato gnocchi (Piedmontese)

#### Gnocchi piemontaise

**Procedure:**

- Boil or steam the potatoes and dry them on the side of the range.
- Pass them through a potato ricer or mash them to a smooth dry purée.
- Add the flour, egg, butter, nutmeg and seasoning; mix well.

| QUANTITIES                            |               |
|---------------------------------------|---------------|
| 4 portions                            | 10 portions   |
| Potatoes                              | 300 g 750 g   |
| Flour (preferably strong)             | 100 g 250 g   |
| Egg yolks                             | 2 3           |
| Butter                                | 30 g 75 g     |
| Nutmeg                                | trace 2 g     |
| Tomato sauce (recipe 187)             | 250 mL 600 mL |
| Parmesan or other hard cheese, grated | 20 g 50 g     |

(continued)

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The **Recipe icon** links you to further recipes on the CD-ROM.

**Theoretical notes** on ingredients.

The **Photograph icon** links you to relevant photographs on the CD-ROM.

## Acknowledgements

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