

LCA HOTEL CATERING & TOURISM **Exam Topics:**

Savoury Foods eg dinners – sweet & sour chicken

Sweet Foods eg. Desserts – chocolate cake

Rules for Pastry Making- weigh ingredients accurately, everything must be kept cold, avoid adding too much water, sieve flour, avoid overhandling

Types of Pastry – Choux, Puff, Shortcrust, Cheese pastry, Filo

Baking Blind - refers to the process of baking a pie crust or other pastry without the filling.

Glazing - Glazing agents produce a protective coating and impart a polish/sheen on the surface of a food such as confectionery or pies.

Why is food coated before deep frying? –to protect it , add flavour, add texture , add nutritional value.

Stir Fry – tossing food around in a wok over a high heat

Rules for Stir Frying- use fresh ingredients , cook the hardest vegetables first, chop vegetable to a similar size, cook quickly, serve immediately.

How do you Clean a deep fat fryer?

Meal planning guidelines

Storage of Foods

Fridge Temperature

Table Setting

Duties of a Waiter / Waitress

Buffet - a meal serving system where people serve themselves

Counter Service - a form of service in restaurants, pubs, and bars where food or drinks are ordered at the counter. Food / Drinks are normally paid for before leaving the counter.

Table Service - service is provided at the table.

Carvey -A **carvery** is a restaurant or buffet where meat is freshly sliced to order for customers. Carveries are often found in pubs and hotels they offer traditional Sunday Roasts to a potentially very large number of people. The meat is usually accompanied by a choice of potatoes (generally at least boiled, mashed and roasted) and other vegetables with gravy.

P.P.S – per person sharing

Single Supplement - A charge added when a single person occupies a room suitable for more than one person.

Book Online - a method of booking a room / hotel using the internet

Star Rating (Hotels) – a rating based on the quality & facilities in a hotel / guesthouse

Facilities in a Leisure Centre – eg sauna, gym, restaurants, golf

Making a Reservation - a method of booking a meal / room in advance

Irish Tourist Organisation – Tourism Ireland , Bord Failte

Advantages / Disadvantages of Vegetarian Diet

Symbol for “Suitable for Vegetarians” – see notes

Accompaniments – something served with a dish to improve its overall flavour etc eg sauces

Types of Coffee – Americano, Cappuccino, Macchiato, Latté, Espresso

Advantages of a Safety Statement – sets a good example, very important in the event of an insurance claim, good reputation

Fire Fighting Equipment – fire blanket, fire extinguisher,

Items for a First Aid Box- latex gloves, tweezers, scissors, antiseptic wipes, triangular bandage, safety pins, assorted sized plasters, absorbent dressings, adhesive tape, cotton wool, antiseptic cream, burn gel/spray

Treatment of Burn- Run cool water over a minor first degree burn for 5-10 minutes. Treat the burn with a soothing burn relief product like aloe vera, or a cooling spray. Keep covered with a loose bandage.

Traditional Irish Breakfast- sausages, bacon, black/white pudding, egg, tomatoes, baked beans

Continental Breakfast -coffee, tea, assorted juices, rolls, bagels, pastries and perhaps individual sized cereal boxes. The breakfast of choice in European countries.

Methods of Cooking Eggs – poached, boiled, fried, scrambled,

À la Carte – from the menu , items **priced individually**

Table d'hoté – a meal with many courses charges at a **set/fixed price**

Advantages / Disadvantages of Convenience Soups – see notes

Garnishes for Soup- chopped parsley/mint/chives, croutons, cream, soured cream, grated cheese

Tourism Symbols – see notes

Careers in Tourism – chef, restaurant manager, cleaner, bartender, receptionist, housekeeper, lifeguard, tour guide etc

How to deal with a complaint?

-be calm , polite, be well-informed,involve management if necessary, try to keep the customer happy

Coeliac Products – tritanyl flour, Tesco Gluten-free bread, biscuits, crackers, cakes, muffins etc

Gluten- Free Symbol



Types of Bread- white, brown, wholemeal, pitta, granary, gluten-free