

UNIT - 5

Production Management, Wines and Herbs

Topic 2: Wines and Herbs used in cooking

Objective: To analyze the role of herbs and wines in cooking

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Chapter 5

USES OF HERBS AND WINES IN COOKING

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Introduction to herbs..

- Historical background of herbs
- Countries prevalent
- Herbalists
- Forms and uses of herbs
- Versatility of herbs

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Uses of herbs in cooking

- Flavouring
- Garnishing
- Seasoning
- Herbal oils
- Herbal vinegars
- Herb butter
- Herbal drinks
- Sauces and spreads
- Pastes and crusts

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Popular herbs used in cooking

- Basil
- Bay leaf
- Chervil
- Chives
- Cilantro
- Dill
- Marjoram
- Mint

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- Parsley
- Rosemary
- Sage
- Savory
- Tarragon
- Thyme
- Lemon grass
- Pandana



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- Curry leaves
- Borage
- Chamomile
- Bergamot
- Lemon Balm
- Purslane
- Lemon Verbena
- Lovage



Condiments:-

A condiment is a relish, sauce, or seasoning added to food to impart a particular flavour or to complement the dish. Often pungent in flavour and therefore added in fairly small quantities, popular condiments include salt, pepper, ketchup, mustard, olive oil, vinegar and sugar. Usually applied by the diner at the table, condiments generally have the consistency of a thick liquid or paste and are served from a bottle, jar, or bowl. They may also be dry, such as a mixture of herbs and seasonings. Many condiments are available packaged in single-serving sachets, particularly when supplied with take-out and fast foods.

Condiments are sometimes added prior to serving, for example a sandwich made with ketchup or mustard. Some condiments are used during cooking to add flavor or texture to the food; for example, barbecue sauce, teriyaki sauce, and soy sauce all have flavors that can enhance the tastes of a variety of different meats and vegetables.

Food and Wine pairing

Some of the basic rules..

- White wine with white meat/seafood
- Red wine with red meat
- Sweet wine with dessert
- Champagne as an aperitif/ to finish a meal/ or even drunk throughout the meal

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Uses of wine in cooking

- Marinades
- Sauces
- Deglazing
- Flaming
- Stocks
- Flavouring



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Cooking with Wines

All wines which we drink can be used for cooking.

Wine is classified in three major categories:

1. Table wines

2. Sparkling wines

3. Fortified wines.

1. Table wines, also called still or natural wines, are consumed mostly with food, they tend to compliment the meal.

2. Sparkling wines, for example champagne is distinguishable by its effervescence and is drunk for the most part on festive occasions such as weddings, birthdays, and during the holidays.

3. Fortified wines, such as sherry or vermouth, is most commonly drunk before or after meals and it is also frequently used in cooking.

4. Table wines are further classified by color, as red, white, or rose (pink); and by character, as sweet or dry. Red wines are made from the skins of dark grapes. White wines may be made from white (that is, green) grapes or from dark grapes, but with white wine the grape skins and pressed juice do not come into contact unlike red wine. True rose wines are the products of dark grapes; their skins remain in contact with the juice only until it has turned into a pale pink.

Spices:-

A spice is a dried seed, fruit, root, bark, leaf, or vegetative substance used in nutritionally insignificant quantities as a food additive for the purpose of flavour, colour, or as a preservative that kills harmful bacteria or prevents their growth

Spices can be grouped as:

1. Dried fruits or seeds, such as fennel, mustard, and black pepper.
2. Arils, such as mace.
3. Barks, such as cinnamon and cassia.
4. Dried buds, such as cloves.
5. Stigmas, such as saffron.
6. Roots and rhizomes, such as turmeric, ginger and galingale.
7. Resins, such as asafoetida

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2. Professional Garde Manger-By Culinary Institute of America
3. The Larder Chef by Leto and Mojo
4. Garde Manger by D.D. Sharma
5. On Cooking –Sarah Labensky
6. Basic Training Kitchen- Chef Vikas Singh

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