

Defy Gemini Master Chef Manual

Professional Cooking Techniques Master Chef Mariana Sebess
2017-03-27 "When - Master Chef Professional Cooking Techniques - was first introduced, we mentioned that the number of cookbooks available for professionals and amateurs was nearly infinite. Yet most of were simply recipe books, only a few of which demonstrated some cooking techniques. Moreover, the handful that presented comprehensive cooking techniques was written in languages unfamiliar for our part of the world. Thus, in 2003, we published a manual for specialized readers that filled this gap in Latin America's professional cuisine industry. Our manual was the first of its kind in Spanish providing comprehensive, step-by-step techniques for international cuisine, with the procedures needed for preparing fruits, vegetables, poultry, all types of meat, fish, seafood, pastas, sauces, soups, eggs, pastries, and doughs. Mastery of these techniques allows any lover of culinary arts, whether professional or amateur, not only to correctly interpret or modify any recipe but also, and fundamentally, to create new recipes, limited only by one's imagination. This fifteen-chapter manual was the result of more than twenty years of experience in teaching our Professional Chef Program courses, in classes imparted by Olympic and world champions who have taught at our Institute, supplemented by the many lessons we have learned at international "professional tournaments. This new edition of Master Chef Professional Cooking Techniques further develops its explanations of occupational health and safety measures and includes a number of additional techniques. In particular, a special Cereal and Grains chapter has been added, with techniques on the preparation of Couscous (traditional preparation), barley, quinoa, and wheat. Another new chapter is the one on Potatoes, which provides techniques for preparing Duchess mashed potatoes, the Spanish tortilla, rösti, pomme bouchon, gratin dauphinois, and potatoes dauphine. The Fish and

Seafood chapter is expanded to include the cleaning and cooking of calamari and octopus. The Sauces chapter is enriched by the addition of sweet and sour sauces, barbecue sauce, hot sauce, deglazing, and binding with cassava flour. The Meats chapter now includes tongue, cuts of lardons, and Brazilian meat cuts. The Pastry chapter has been expanded with the inclusion of corn galette and the Hungarian fried-bread known as "lingos." The Cooking chapter now covers legumes, smoking, poaching, and glazing of tomatoes." "The Pastas chapter now includes "rotolo" and the Central European dumplings known as "Servietten Knödel". Finally, the chapter entitled Miscellaneous Techniques now includes onion compote, croquettes, infused oils, balsamic vinegar reduction, cassava flour, and cheese pastry cups. I could not conclude this introduction without expressing my gratitude to my brother Paulo, instructor at the Institute, for his assistance in the presentation of the techniques, I also thank Mr. Jorge E. Monti de Valsassina, Continental Director for America, of the World Association of Chefs Societies (WACS) for his invaluable support, as well as Mr. Gustavo Möndez Graciano, Educational Director of the Panamerican Forum of Professional Culinary Associations." Mariana Sebess. "Professional cooking techniques".

Defy Gemini Master Chef Manual

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