



# General Food and Beverage Knowledge



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## **General Food Knowledge**

As a server, you will be expected by our members to have a basic understanding of food preparation techniques and terminology. The following information is presented to help give you the confidence to deal with all questions and situations.

While we do not expect you to memorize this information, you are expected to read through it and be aware that it is here for reference.

Cooking Methods. Since members will ask how foods on the menu are prepared, it is important for you to be familiar with common food preparation techniques.

Baked	Dry heat cooking method in which items are cooked by surround heat source, usually in an oven.
Barbecue	A cooking method involving grilling food over wood or charcoal using a marinade or sauce that is brushed on the item while cooking.
Baste	To moisten food during cooking with pan drippings, a sauce, or other liquid.
Blanch	To cook an item briefly in boiling water or hot fat before finishing or storing it.
Boiled	Moist heat cooking method in which items are immersed in liquid at or above the boiling point (212° F).
Braised	Combination cooking method using dry and moist heat. The braised product is usually seared and enough liquid is used to cover 1/3 of the product. The general rule for braising is low heat (300° F) and slow cooking time (4-6 hours).
Broiled	Cooking method in which items are cooked by a radiant heat placed

**General Food Knowledge - Cooking Methods, Continued**

above the food.

**Caramelize** The process of browning sugar in the presence of heat.

**Clarify** The process of removing solid impurities from a liquid.

**Cure** To preserve food by salting, smoking, and/or drying.

**Deep Fry** Dry heat cooking method in which items are immersed in hot fat.

**Deglaze** To use a liquid, such as wine, water, or stock to dissolve food particles and/or caramelized drippings left in the pan after roasting or sautéing.

**Dry Sauté** To sauté without fat. Blackening is a common dry sauté application.

**Emulsion** The mixture of two or more liquids, one which is fat or oil and the other being water-based, so that one is suspended in the other. A Hollandaise sauce is a common emulsion.

**Grilled** Dry heat cooking method in which items are cooked by a radiant heat source placed below the food.

**Infusion** Steeping an aromatic or other item in liquid to extract its flavor.

**Pan Fry** Dry heat cooking method in which items are cooked by hot fat in a pan covering 1/3 of the food product.

**Pasteurize** To heat a liquid to 160° F. to kill microorganisms that may contaminate the product. Commonly applied to milk products.

**Poached** Moist heat cooking method in which items are totally immersed in a

**General Food Knowledge - Cooking Methods, Continued**

liquid bath. The temperature of the poaching bath does not exceed 170° F. The liquid is not used to make a sauce.

- Reduce** To decrease the volume of a liquid by simmering or boiling; used to provide thicker consistency and/or concentrated flavors. The product resulting from this method is known as a Reduction.
- Render** To melt fat and clarify the drippings for use in sautéing or pan-frying.
- Roasted** Dry heat cooking method in which items are cooked by surround heat usually in an oven or on a spit over a fire.
- Sauté** Dry heat cooking method in which items are cooked in a pan in a small amount of fat with high heat over a direct heat source.
- Scald** To heat a liquid (usually milk or cream) just below the boiling point.
- Seared** To brown the surface of food in fat over a high heat to seal in its natural juices and add flavor and color. Seared foods are usually finished by some other cooking method, i.e., braising, stewing, etc.
- Smoked** Any of several methods for preserving and flavoring foods by exposing them to smoke. Methods include cold smoking (in which items are not fully cooked) and hot smoking (in which items are cooked in the process).
- Steamed** Moist heat cooking method in which items are cooked in a vapor bath created by boiling water or other liquids.
- Stewed** Combination moist and dry heat cooking method almost identical to braising, but using smaller food items and a shorter cooking time.

**General Food Knowledge - Cooking Methods, Continued**

- Simmer        Cooked gently in a liquid over low heat just below the boiling point.
- Sweat         To cook an item, usually vegetables, in a covered pan with a small amount of fat until it softens and releases moisture.

**Glossary of Common Food Terms**

- A la            (ah la)                      Prepared in a particular manner.
- Aïoli          (ay-OH-lee)                Garlic infused oil used in mayonnaise application.
- A la mode    (ah la MOHD)              Usually dessert with ice cream; sometimes style of the day.
- Almandine   (ahl-mon-DEEN)            Garnish term using almonds with the application.
- Antipasti    (ahn-tee-PAHS-tee)        An assortment of delectable dishes which are the beginning to an Italian dinner.
- Au gratin    (aw GRAH-tin)              Gratiné is a cooking application in which product is browned on top by means of broiled heat.
- Au             (aw)                          French term meaning "with."
- Au jus        (aw ZHUE)                  With unthickened natural juices. Do not say, "With au jus." It is redundant, as "au" means "with" in French.
- Al dente     (al DEN-tay)                Means "to the tooth" or "to the bite." Refers to pasta cooked to a soft, yet firm texture.

**General Food Knowledge - Common Food Terms, Continued**

Al fresco (al FRES-co)	Dining in the open air or outside.
Back-of-House	Those activities or functions of the Club that take place behind the scenes. Example: the kitchen is back-of-house, as opposed to the dining room.
Barquette (bar-KET)	A boat-shaped tart filled with a sweet or savory filling.
Batter	A mixture of flour and liquids. Usually thinner than dough, used in preparations such as cakes, quick breads, pancakes, and crêpes. Deep fried items may also use this application prior to cooking.
Béarnaise (bear-NAZE)	A classic emulsion sauce similar to Hollandaise made with egg yolks, a reduction of wine, shallots, and tarragon, finished with clarified butter and fresh-chopped tarragon and chervil.
Béchamel (BAY-shah-mel)	A white sauce made of milk, thickened with a pale roux, and flavored with onion. It is one of the "mother" or "grand" sauces.
Beurre (burr)	The French word for butter.
Beurre Blanc (burr BLONK)	"White butter." A classic emulsified sauce made with reduction of white wine and shallots, thickened with whole butter.

**General Food Knowledge - Common Food Terms, Continued**

Beurre Noir (burr NWA-r)	"Black butter." Butter that has been cooked down to a very dark brown consistency. Usually used in sauces for fish.
Beurre Noisette (burr NWAZ-et)	"Hazelnut butter." Butter that has been cooked until brown. It has the aroma of hazelnuts.
Binder	An ingredient or application used to thicken a sauce or hold together a mixture of ingredients. Examples:
Bisque (bisk)	A soup based on crustaceans or a vegetable puree. It is thickened with rice and classically finished with cream.
Bivalve	A mollusk with two hinged shells. Examples are clams and oysters.
Bordelaise (bohr-dih-LAYZ)	Garnish term from the region of Bordeaux, France. Applications incorporate the use of a red Bordeaux wine.
Borscht (borsht)	Russian soup made with beets and beef stock. The Polish version uses both beef and duck stock.
Bouillabaisse (BOO-eeya-base)	A hearty fish and shellfish stew flavored with fennel and saffron.
Bouillon (BOO-ee-yon)	Broth.

**General Food Knowledge - Common Food Terms, Continued**

Bourguinonne (boor-geen-YOHN)	Garnish term from the region of Burgundy, France. Applications incorporate the use of a red Burgundy wine.
Bouquetière (BOO-ket-tee-air)	Bouquet of vegetables. Common garnish for a consommé.
Bread Pudding	Custard mixed with sweet bread, fruit, and nuts, baked and served warm.
Brochette (bro-SHET)	Cubed meat, vegetables, and/or fruit that are skewered.
Broth	A flavorful, aromatic liquid made by simmering water or stock with meat, vegetables, and/or herbs or spices.
Brown Stock	An amber liquid produced by simmering browned bones and meat (usually veal) with vegetables and aromatics (including caramelized mirepoix).
Caesar Salad (SEE-zer)	Created by a chef at Caesar's Palace during Prohibition with signature ingredients including green Romaine lettuce, anchovy, garlic, and coddled eggs.
Calorie	A unit used to measure food energy. It is the amount of energy needed to raise the temperature of 1 gram of water by 1° C.

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