

## **S.4 FOODS \$ NUTRITION**

### **Economy in preparation of family meals.**

Savings should be made with time, effort, fuel, money and food

#### **(1.)Left-over foods.**

It is wasteful to throw away any food leftover at the end of a meal. There are many ways in which they can be used.

Rules.

- 1.Put the food into clean, covered containers to prevent microbial contamination.
- 2.Cool quickly this reduces the time given to bacteria to multiply.
- 3.Store in a very cool place, preferably the refrigerator.It is possible to freeze foods cooked in excess of needs. These foods will keep for a longer time.
4. Store cooked meat above uncooked meat in the refrigerator to avoid cross contamination. Uncooked meat contains most bacteria.
- 5.Use leftover food within 48hours bacteria are still active. This rule does not apply to frozen food.

Rechauffe dishes

These are dishes using leftover foods.

Rules.

- 1.Remove fat, bones and gristle from meat, skin and bones from fish. Fish is usually flaked and meat minced to allow the heat to penetrate quickly.
- 2.The food should be re-heated rapidly to a high temperature but it should not be re-cooked. Re-cooking will harden protein foods making them difficult to digest. Rapid heating gives bacteria less time to work.
- 3.Some re-heated food is protected from excessive heat by a coating of batter, egg and breadcrumbs or pastry. These add `bite`, colour and nutrients.
- 4.Additional nutrients should be added before they are added to the food to be reheated.
- 5.Leftover food can be dry, colourless, flavourless and contain less nutrients.
  - a) serve with sauces to add moisture.
  - b) Add spices and foods with flavour.
  - C) Serve with fresh foods to add nutrients such as vitamin c
  - d) Serve with accompaniments and garnishes.
  - e) Serve as soon as the food is re-heated. Do not re-heat a second time because this will harden proteins even more and provide an opportunity for microbial activity.

This is seen in food hygiene as before or earlier.

Examples of left over foods and their rechauffe dishes

Meat shepherd's pie; meat pie; curry; croquettes; stuffed pancakes.

Fish fish and potato pie; Russian fish pie; kedgeriee.

Egg yolk add to custards; pastry; mashed potatoes; mayonnaise and scrambled eggs

Egg white macaroons, meringues.

Bread bread and butter pudding; bread sauce; cheese pudding; Queen of puddings; breadcrumbs.

Fruit pies; crumbles; charlottes; Eve's pudding; trifle; fruit salad.

Vegetables soups; bubbles and squeak; sauté potatoes shepherd's pie; risotto and stews at the end of cooking time; salads.

## **EXERCISE**

1. List more examples of rechauffe dishes made at home.
2. Write down their recipes in your practical book.
3. Outline the general rules of simple food hygiene.

## **(2.) Time**

1. Plan activities.

a) Shopping once or twice a week to avoid daily impulse buying.

b) Cooking plan meals to fit in with family's activities. e.g. use of the slow cook pot or casserole in a slow oven, or making good use of the automatic timer.

2. Make use of delivery services baker, milkman.

3. Use modern equipment mixers, blenders, pressure cookers, food processors, microwave cookers.

4. Make use of one stage methods of mixing.

5. Make double quantities of, for insurance, a casserole; use half and freeze half.

## **(3.) Effort.**

1. Points 1 to 4 above.

2. Plan the kitchen to save unnecessary walking about, for easy working and cleaning.

3. Use convenience foods occasionally.

4. Baking sessions and the use of a freezer can mean more time spent with family and friends.

## **(4.) Fuel.**

Gas and electricity are expensive. Save fuel and money as follows;

1. Switch on the cooker just before it is needed.

2. Switch off immediately after use.

- 3.Regulate hot plates and burners by reducing the temperature when the liquids have boiled.
- 4.Use the central hot plate of a dual ring for small pans. Pans should cover the hot plate.
- 5.Never switch on the main oven for one item. Bake extra for later.
- 6.Cook a meal entirely in the oven or on the hob.
- 7.Use double or triple section saucepans on the ring or burner.
- 8.Do not overfill can with liquid, it takes more heat to boil.
- 9.Do not use saucepans that are larger than necessary.
- 10.Lids on boiling pans reduce the loss of heat and speed up cooking.
- 11.Use steamers, Pressure cookers and microwave cookers.

### **(5.) Money**

1. All fuel saving saves money.
2. Shop around.
  - a) Buy food at the lowest prices-why pay 20p for prestige margarine when another shop sells it for 16p?
  - b) Make use of less leaders –special offers to attract people in the shop
3. Use money off tokens.
4. Make use of special and money back offers.
5. Buy in bulk if there are storage facilities.
6. Food wasted = wasted money – do not buy too much perishable foods.
7. Store perishable foods carefully, so that they remain in an edible condition for as long as possible.
8. Make use of meat substitutes-eggs, cheese, milk, more IBV protein foods and extenders such as soya.
9. Do not buy too many convenience foods.
10. Buy seasonal fruits and vegetables for cheapness.
11. Preserve surplus crops.
12. Homemade jams, marmalade, cakes, pastry, and bread are cheaper than bought varieties and usually better in flavour and nutrients.
13. Plan meals and shopping to save impulse buying, which is expensive.
14. It is expensive to eat excess protein foods when the energy which they will supply can be obtained more economically from starches and fats.

### **EXERCISE**

1. Define impulse buying, window shopping?
2. What is the importance of budgeting in a family?
3. How do you save on money when preparing and serving family meals?

# End of syllabus