

They Cook In a Big Way

Quantity Food Preparation Taught
In School of Home Economics at U

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Students planning to be dietitians or food service directors need training in quantity food preparation and service. Institution Food Management is taught the first semester of each year at the University of Arizona.

Through the cooperation of Mrs. Betty Jane Saunders, class members have excellent experience during their laboratory periods which are held in the new Student Union Building with its two cafeterias, soda fountain, and banquet rooms.

One question always discussed in this class is, "Are standards of high quality different for foods prepared at home and in the institution?" Some students say "no" and others an emphatic "yes." Certainly everyone will agree that customers return only when the food is always "tops."

Students learn that some of the ways to consistently obtain high quality food are:

1. Selecting and using tested recipes.

2. Purchasing materials best suited for food to be prepared. For instance, every large institution keeps at least three kinds of flour on hand all the time.

3. Watching food storage so the bread doesn't mold and the milk sour, and that all foods are at the peak of perfection when used.

4. Selecting and training employees. Few cooks have had the privilege of formal training. Their knowledge, like Topsy, has just grown.

5. Scheduling workers so their time will correspond to their duties. One result of too much work and too little time is food of poor quality.

6. Checking the finished product. Food should be tasted by both the cook and the manager. A student supervisor once asked the cook if she tasted everything she prepared and received the reply "certainly not, if I did I'd have ulcers." Thereafter the student did the tasting and the cooks' eyes followed every movement.

Methods Vary

Some methods of food preparation in the home and in the institution are the same but often when foods are prepared in quantity the technique used or the equipment or both may be different. For example, in baking in the institution the dry materials are weighed instead of measured.

It is not necessary to sift the flour before weighing, so one step is eliminated. To save time, dry materials which are to be combined are weighed one on top of the other, taking care to weigh the smallest amounts first.

If the recipe calls for 4 ounces of baking powder and 5 ounces is placed on the scoop of the scale, it is very



▲ Peggy (Mrs. Marie) Lyle is here shown in the bake shop carefully weighing dry materials before baking.

easy to remove the extra one ounce. On the other hand, if four pounds of flour is weighed first and the baking powder placed on top of the flour, it is almost impossible to separate the two in order to remove the extra baking powder. Since dry materials will pack, weighing is a more accurate method than measuring for determining the amount desired.

After weighing and mixing, uniform portions must be considered. Students take particular interest in dishing muffin batter with ice cream scoops and weighing cake batter in each pan. To know the amount prepared the same number of individual items such as biscuits or cookies are placed on each sheet and the pans counted.

Members of this class are often asked for quantity recipes, especially for refreshments and social occasions. Fruit punch is a universal favorite.

To prepare quickly and easily, for one gallon combine:

- 2 cans frozen concentrated orange juice, 6 ounce size
- 1½ cans frozen concentrated lemonade, 6 ounce size
- 1 can pineapple juice, No. 2 size
- 2¼ quarts water
- ½ bottle ginger ale, 1 pint, 12 ounce size.

A little sugar may be added if desired. If a large amount of ice is used, decrease the amount of water. If frozen concentrated lemon juice is used instead of the lemonade, use less of the concentrated juice and add sugar to taste. To serve the punch frosted, omit ice and add sherbet.

One gallon of punch is sufficient for thirty punch cups.



← "Flavor's the thing" and here Peggy (Mrs. Marie) Lyle is tasting before serving. Students have experience in preparing food at the range unit as well as in the salad department and bake shop.