

CATERING ACTIVITY

**Your preparation guide to get you
ready for September**

DAILY LIFE

Life at the College is busy, whilst all of the teaching staff are currently working from home due to the Covid 19 outbreak, they are eagerly planning for the coming year and the new arrival of students. In addition to this, all of the staff are in contact with current students aiding and giving support in order to reach the end point to their qualifications.

Students

Our current students have been busy to date learning and honing their skills, they have been involved in practical skills sessions, and running services in our Brasserie and the Escoffier Restaurant. They have learnt a multitude of skills both front of house and within the kitchen, delivering events, Christmas service and private dining functions

Recent activities

Prior to the lockdown, students were actively involved in visiting & experiencing professional food outlets such as a lunch at the Chewton Glen Hotel, Captain's Club, afternoon tea at the Green House Hotel and a visit to Ringwood Brewery. In addition, a trip to London for the Hospitality and Catering Exhibition at Excel Centre.

Great British Menu

Exciting and innovative dishes by some of the country's top chefs, including one of our ex-students, competing to get through to the final banquet. This year's theme is 'children's literature.' BBC2, weekly Weds- Fri ,8pm.

Newsletter

Firstly welcome the Hospitality and Catering Department at Bournemouth and Poole College.



What's this for?

The purpose of this newsletter is to provide you with actual information of what we are up to in our area. You can see what our current students are doing, how our department runs and what our customers think of us. That way, when you join us in September, you'll know a bit more about us.

Alex Whitham, Student, FPS

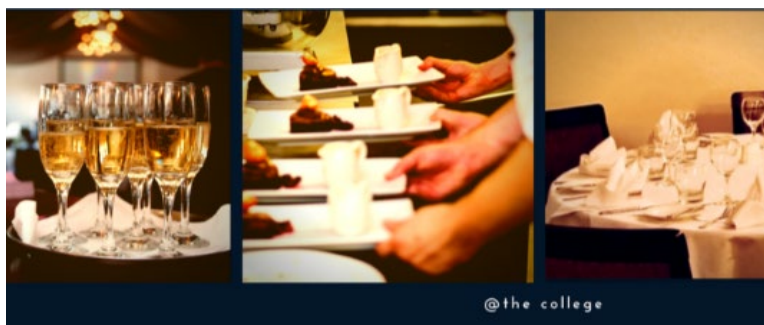
“The teachers here are really friendly and help you a lot. It's a really great place to learn”



Front of House

Skills to be learnt and developed:

Service briefing; Service styles; Room lay ups; Meeting and greeting customers; Table service; Taking electronic orders whilst fully understanding menu content; Knowledge of wine and beverages; Bill payments and use of pre-programmed till. All the professional skills that industry require.

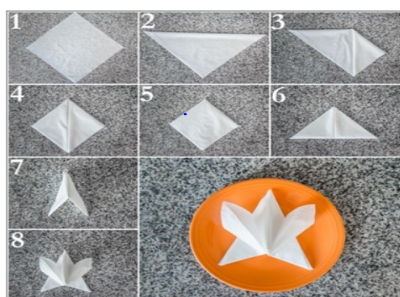


Mr. Dean, Customer, Escoffier Restaurant

‘ Amazing food, lovely environment & fab value for money. You must try it - service exceptional’

Have a Go.....

Napkin folding is quickly becoming an art form so why not have a go at the one below:



Kitchen

Skills to be learnt and developed:

Food preparation and management in line with food safety regulations; General health & safety; Seasonality, ethnicities & international cuisines; Knife skills; Teamwork; Communication skills. In addition, skills across a variety of disciplines such as Pastry, Bakery, Confectionary, Sauce, Larder, Butchery and Fishmongery.



A short quiz to have a go at:

1. You are asked to cook a chicken breast by your Chef, what core temperature in degrees centigrade needs to be achieved?
2. You are not sure if the fridge is working properly, what temperature should it be operating at?
3. You have been asked to collect some glasses for Champagne, what are the glasses called?
4. You have a piece of cooked pork. What board should you use from the following: Brown. Green. Red. Yellow. White. Blue.
5. You have a family favourite recipe that you want to use but it is in imperial scale, how many grams are there to the ounce?

Answers

1. Above 75 degrees 2. Below 5 degrees. 3. A Flute or Coupe. 4. Yellow. 5. 28.4

2.

YUMMY BANANA CAKE

Do you have over ripe bananas to use up? Why not try the following and be your own star baker! No eggs or flour? No problem, just peel your bananas and place into a freezer bag and freeze until such time when you have the required ingredients. Then defrost and use as stated in the recipe. Happy baking – see the recipe over the page:



Ingredients:

2 Eggs, 180ml Sunflower Oil, 50g Melted Butter, 300g Over Ripe Bananas, 225g Soft Light Brown Sugar, 225g Soft Flour, 10g Baking Powder, Pinch of salt.

Method:

Gas Mark 3/170°C/150 Fan (Moderate temperature)

Peel the bananas and mash up with a fork with the sugar. In a separate bowl, sieve the flour and baking powder. In a measuring jug whisk up the eggs, oil and butter. Add the egg mixture to the bananas, fold in the flour and combine all, while adding a pinch of salt. It should make a pourable mixture. Pour into a lined tin and bake in the oven middle shelf for approx. 40 mins. Or until golden brown and a skewer inserted into the centre comes out clean. Cool and serve!

Have a look at the link below for successful tips in cake making:

<https://www.bbcgoodfood.com/howto/guide/how-make-cake-top-10-tips-success>

Fun filled banana facts!

<https://www.thefactsite.com/banana-facts>

IN THE SPOTLIGHT.....

We have interviewed our chef tutor's to give you some insight. When you start with us, you can discuss the HP/Ketchup debate with them in person 😊

10 questions for the chefs during Lockdown

Staff:	Mark Alderman	Paul Dayman	Debbie Sherman	David Marshall	Stephen West
Why did you decide to become a chef?	Brought up around kitchens and hotels and followed my father's footsteps.	Enjoy the buzz of a busy environment, like to be creative	From a young age I was always cooking in the kitchen with my mother and she was a great influence for me, allowing me to play in her kitchen with her pots and pans, she was a great home cook with a vast repertoire of recipes.	I had worked in hotels whilst at school to earn money at weekends and holidays washing up in the kitchen and clearing tables front of house during busy times, the variety, buzz and team spirit appealed to me as well as the creativity that I saw.	At school when choosing options, I had too many academic ones so had to do a practical lesson so I chose cookery,
Is there a chef you admire the most?	My father.... Knew how to do everything. A real professional who showed me what a work ethic was.	Gary Rhodes, opened my eyes to a new level of cookery (Michelin) attention to detail of everything including even the staff food, it had to be perfect	Marie Antoine Carême - this chef shaped the industry, as we know it today and taught Escoffier, also was a fantastic pastry chef! -	Raymond Blanc having been self taught and humble beginnings in a 28 seater restaurant to where he is now and the passion he still demonstrates.	Daniel Clifford - His drive and ambition to evolve in the last twenty years
H.P sauce or Ketchup	Got to be ketchup	H.P Sauce	H.P	Ketchup, every time.	Ketchup on bacon sandwiches H.P on sausage sandwiches

First job in Hospitality and Catering	Washing up and polishing silver when I was 14.	Washing up in a pub	Working Front of House The Crest Hotel group Breakfast, Lunch and Dinner shifts weekend work while studying at college my catering qualifications	My first full time job in hospitality was at the Ventana Hotel at Barton on Sea working under the ex Chef of Windsor castle.	Washing up in a pub at the age of 14
Comfort food during lockdown	Anything homemade from what's in the store-cupboard. Amazing what can be created from an empty fridge!	Proper roast dinner, lots of time to make it at the moment!	Salted Caramel Twix, shame I cannot buy King-size!	Cottage pie	Anything from the snack box!! Homemade Cawl
Least favorite food/ingredient	Sesame seeds and fermented fish	Coconut	Artichokes cannot see the point of all the preparation!	Liver but not including pate or liver parfait.	Desiccated coconut
If money was no object (or no travel restrictions) which restaurant would you visit?	Not a restaurant... Just fresh shellfish and steak on an isolated tropical white sandy beach island.	Mirazur, South of France	El Celler de Can Roca, Girona, Spain	EST EST EST in Sydney Australia.	Osteria Francescana Modena Italy - Massimo Bottura
Best food ever eaten, where and why!	Fat duck in Bray... Blows the senses!...And anything home cooked , not by me	The company shed in west Mersea, the best shellfish I have ever eaten, almost plucked from next to the restaurant, no frills, you even need to bring your own bread and drinks! Oysters and crab were absolutely delicious	The whole meal, Es Roco des Teix, Michelin star restaurant, Deia Mallorca, fabulous holiday destination, stunning views of the Tramuntana mountains, local ingredients and secret hideaway for a peaceful rest away from it all.	Lindsay House, Soho, London at the time ran by Richard Corrigan The depth and clarity of all the flavours were outstanding and each course of the tasting menu complemented the previous course the service was discrete and the end bill in comparison to other ranked London restaurants was extremely reasonable.	Bagni Delfino Sorrento - No thrills seafood restaurant serving local seafood, with stunning views
First drink of the day? Tea or coffee	Tea, tea, coffee.	Coffee	Coffee	Always tea.	Coffee during the week, tea at weekends
Burger king or McDonalds	McDonalds but have to fight to ensure no sesame seeds are on the bun. Why do they put them on it??	Burger King	Burger King	Burger King would be my first choice.	Burger King



TOP 5 COOKERY RELATED TV SHOWS TO GET STUCK INTO DURING LOCKDOWN:

1. **Chefs Table** (6 seasons on Netflix) A great insight into the restaurants of some of the top chefs from all around the world including Massimo Bottura in Italy to Ben Shewry in Australia, truly fascinating and definitely inspiring.
2. **Great British Menu** (available on BBC Iplayer) As mentioned above, this year's theme is based around the chefs favourite childhood books and they have to create dishes based on these. It also features a former Specialised chef graduate Tom Phillips who is taking part in the Welsh heats, good luck Tom!
3. **River Cottage** (4 seasons available on All4) Hard to believe this is now 20 years old, however a wonderful show which follows the life of chef Hugh Fearnley-Whittingstall as he moves into a small cottage in Dorset. From growing his own vegetables to catching fish this show has it all.
4. **Anthony Bourdain A cook's tour** (Available on Amazon prime) A great insight into cookery presented by the great Anthony Bourdain where he tries lots of local delicacies from around the world in search of new food memories and experiences.
5. **Saturday Kitchen** (Live on Saturday mornings and available on BBC Iplayer) Weekly cooking show hosted by Matt Tebbutt in which they have a guest chef, wine expert and celebrity guest. Currently cooking easy lockdown meals and also features clips from great cookery series of old including Keith Floyd, Rick Stein and many more. Well worth tuning in for.



Main sites at:

Lansdowne, Meyrick Road,
Bournemouth, BH14 0LS

North Road, Parkstone,
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