

BBHM 105 조리특강

안정석 교수

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34. Five Mother Sauces

- Bechamel
- Espagnole
- Tomato
- Hollandaise
- Veloute

1. Pathogenic Microorganisms (병원균)

정의: Microorganisms that cause food poisoning 식중독을 일으키는 미생물

- 1) Viruses
- 2) Bacteria
- 3) Parasites
- 4) Fungi



2. Tagine of Lamb (타진)

모로코(Moroccan)의 양고기찜



3. Crustaceans: Shellfish (갑각류)

- Crabs (게)
- Prawns (대하 새우)
- Rock lobster (바닷가재)



4. Basic White Chicken Stock

- White chicken stock is a liquid flavour base used to make white soups, sauces, glazes, stews and braised dishes that require 'poultry' as the underlying flavour.
- It is made from a combination of chicken bones, white vegetables, herbs and water which are simmered together until all the flavour is extracted.

5. Demi glace (데미 글라스)

- Demi-glace is made by reducing a mixture of half basic brown sauce (espagnole) and half brown beef stock.



6. Cooking Stock (스톡조리)

- Game & veal 5 - 7 hours
- Chicken stock 3 - 4 hours
- **Fish stock 20 minutes**



7. Goujon (구종)

- Small thin strips of fish cut on an angle

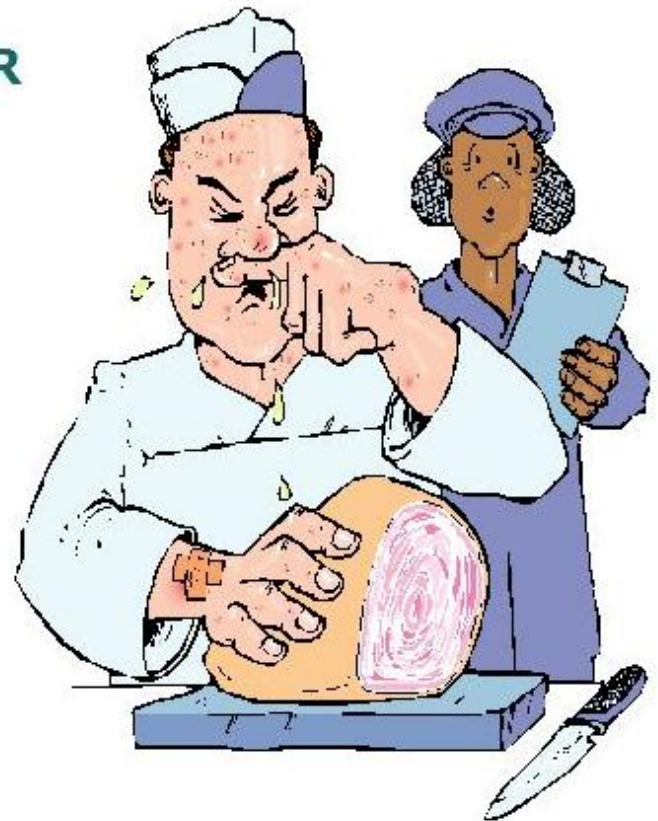


8. Food borne illness (식인성 질환)

REPORT ILLNESS TO SUPERVISOR/TUTOR

BEFORE PREPARING FOOD, YOU
MUST REPORT TO YOUR SUPERVISOR
IF YOU ARE SUFFERING FROM ANY
OF THE FOLLOWING

- **SICKNESS/DIARRHOEA**
- **FOOD POISONING/FOOD BORNE ILLNESS**
- **SKIN INFECTIONS**
- **SERIOUS COLD/FLU**
- **EATEN SUSPECT FOOD**



9. Crème Anglaise (크렘 앙글레즈)

- An egg custard sauce made from milk,
egg yolks, sugar and vanilla.






10. Velouté (벨루테)

Velouté: Velouté sauce is made by thickening white stock with blonde roux and then simmering it for a while.



11. Doneness for cooked meat

Doneness	Description	Internal Temperature (Celsius)	
Blue	Caramelised brown exterior and raw blood red interior throughout.	50 Red Meat Only	
Rare	Caramelised brown exterior and blood red interior mainly in the middle	52 Red Meat Only	
Medium Rare	Caramelised brown exterior and mainly pink interior to blood red in the middle	55 Red Meat Only	

11. Doneness for cooked meat

Medium Rare	Caramelised brown exterior and mainly pink interior to blood red in the middle	55 Red Meat Only	
Medium	Caramelised brown exterior and pink interior throughout	60 Red Meat Only	
Medium Well	Caramelised brown exterior and mainly grey interior and pinkish grey in the middle	65 Red Meat Only	
Well Done	Caramelised brown exterior Grey/brown interior throughout	70 Red Meat Only 72 Veal and Lamb 75 Pork and Poultry	

12. Main Sources of Food Poisoning

Viruses (바이러스): Hepatitis A (A형 간염), Norovirus (노로바이러스)

Bacteria (박테리아): Listeria (리스테리아), E coli (이콜라이), Salmonella(살모넬라), Clostridium botulinum (바툴리눔균)

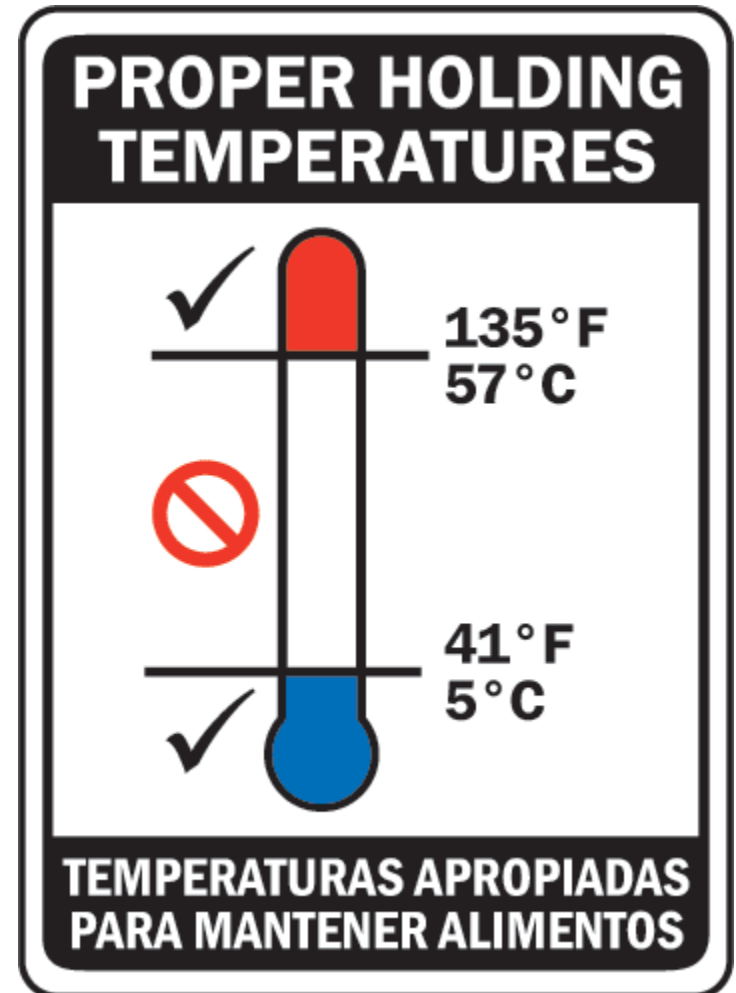
Parasites (기생충): Anisakis simplex (고래회충)

Fungi (균계): Molds (곰팡이), Yeasts (효모)

12. Main Sources of Food Poisoning

Temperature Danger Zone (TDZ):

Temperature range in which bacteria grow the fastest, between **41 ~ 135°F (5 ~ 57°C)**



13. Five Key Points in a Recipe

A recipe must have

- 1. the name of the dish (요리의 이름)**
- 2. the portion yield (서빙 용량)**
- 3. a list of ingredients in sequential order (순차적인 재료의 기재)**
- 4. the exact quantity of each ingredient (각 재료의 정확한 용량)**
- 5. the method of preparation (조리법)**

14. Entrecôte (p. 140)

A thick 200g steak cut from a sirloin of beef. Entrecôte is a French culinary term that translates to 'between the ribs' and refers to the thickness of the steak.

문자상으로는 '갈빗대 사이' 를 의미. 쇠고기의 9번째와 11번째 갈비뼈 사이에서 떼어낸 스테이크를 가르키며 매우 부드럽다. 일반적인 조리법은 살짝 굽거나 튀기는 것이다.



15. Methods of heat transfer

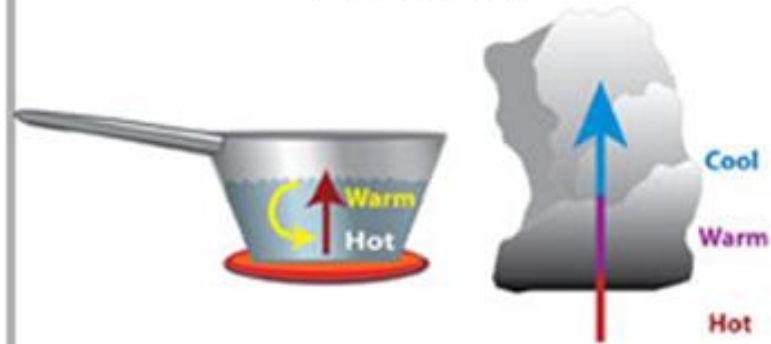
Conduction (전도):

Energy is transferred by direct contact.



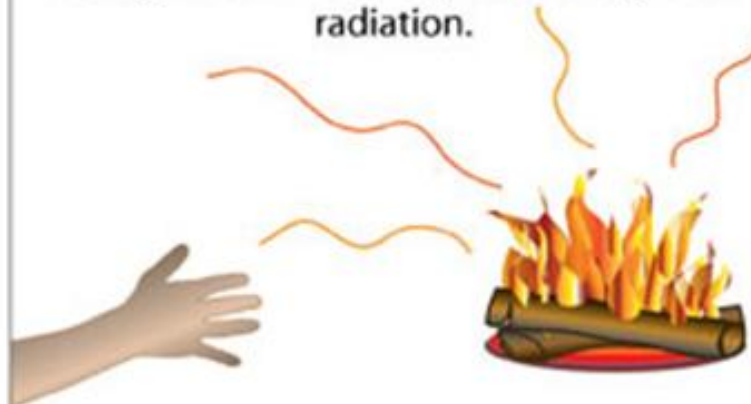
Convection (대류):

Energy is transferred by the mass motion of molecules.



Radiation (복사):

Energy is transferred by electromagnetic radiation.



15. Methods of heat transfer

Conduction (전도): 직접 접촉을 통한 에너지 전달 방법: 예) 후라이팬 위에 고기를 굽는 것

Convection (대류): 열을 받아 따뜻해진 액체나 기체는 부피가 커지면서 가벼워지므로 위쪽으로 이동한다:
예) 냄비에 국수를 끓이는 것

Radiation (복사): 열이 물질의 도움 없이 직접 전달 되는 현상: 예) 전자레인지로 음식을 데우는 것

15. Methods of heat transfer

공을 던진다. → 복사



공을 직접 들고 간다.
→ 대류



공을 전달한다.
→ 전도

- 사람은 분자이고 공은 열이다.
- 공을 전달한다. → 이웃한 분자들이 충돌하여 열을 전달한다.
- 공을 던진다. → 일정 거리를 둔 물체 사이에서 열만 이동한다.
- 공을 직접 들고 간다. → 분자가 직접 열을 전달한다

16. Panna Cotta

The term 'Panna-Cotta' translates to 'Cooked Cream' and refers to a mixture of sweetened milk and cream, which has been infused with vanilla.

조리된 크림을 의미하는 이탈리아어로, 연유와 크림 그리고 바닐라향을 첨가해서 만든다. 가볍고 실크 같은 달걀 커스터드로 캐러멜로 종종 맛을 낸다.



17. Blind-baking

To pre-cook a pastry case before the final filling is added. By temporarily lining the mould with greaseproof paper and filling with dried beans or rice to retain the pastry shape during cooking.

페스트리를 채우기 전에 그 페스트리 꺾데기 부분을 굽는 것을 가르키는 말. 꺾데기 부분은 주로 포크로 전체적으로 찌러주어 물집처럼 부풀어오르거나 자라지 않도록 한다.



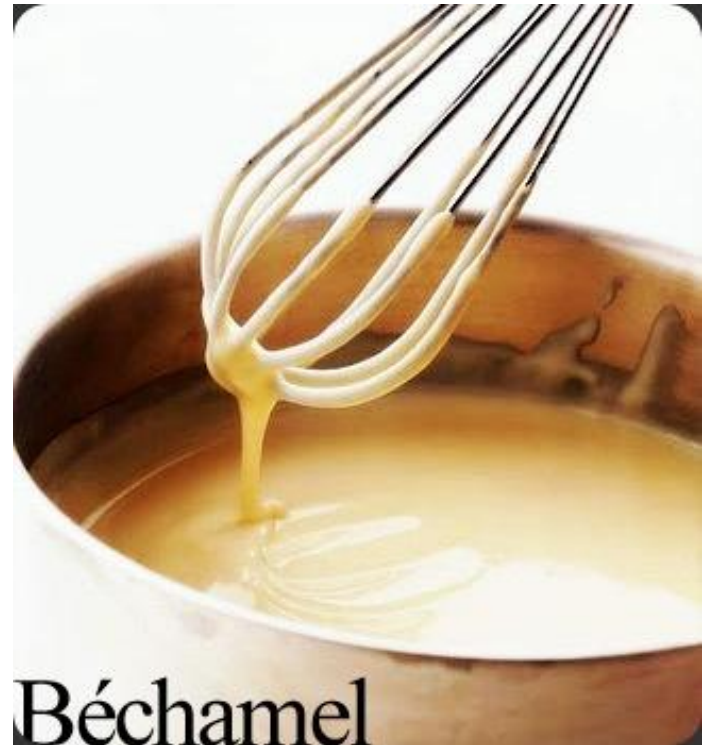
17. Blind-baking



34. Five Mother Sauces

Béchamel Sauce:

Béchamel is made by thickening hot milk with a simple white roux. The sauce is then flavored with onion, cloves and nutmeg and simmered until it is creamy and velvety smooth.



34. Five Mother Sauces

Espagnole: Espagnole is made by thickening brown stock with roux. Espagnole is made with tomato purée and mirepoix for deeper color and flavor.



34. Five Mother Sauces

Hollandaise:

Hollandaise is a tangy, buttery sauce made by slowly whisking clarified butter into warm egg yolks. The liquid is the clarified butter and the thickening agent is the egg yolks.



34. Five Mother Sauces

Velouté: Velouté sauce is made by thickening white stock with blonde roux and then simmering it for a while.



34. Five Mother Sauces

Tomato Sauce:

Traditionally, tomato sauce was thickened with roux. But in reality, the tomatoes themselves are enough to thicken the sauce.

