

CHEF GARDE MANGER- LARDER CHEF

What is Larder or Garde Manger ?

- It is the Cold Kitchen or that part of the kitchen department which is set aside for the storage and preparation of perishable foods- both raw and cooked.
- The food stuffs such as meats, fish, poultry, and game, vegetables other perishables are prepared and made ready for cooking.
- All the cold foods found on the menu such as appetizers (Hors d' oeuvres), cold fish or meat dishes , all salads, cold sauces and dressings are made ready.
- One particular special duty of this department is the preparation of all types of cold buffet- a major feature of many functions and banquets.

For the departmental functions to be effectively and efficiently carried out, it is essential that

1. This section is separate from the main kitchen and located in a cool place. At the same time it should be close to the kitchen to avoid undue traffic and time wastage between the other kitchens.
2. It should be light, well ventilated and spacious to allow the staff to carry out their duties in a clean and efficient manner.
3. It must also be able to store prepared foods and buffets in a cool and hygienic manner.
4. It must be equipped with necessary fittings, plant, machinery and tools in accordance with the volume of the business

WORK ALLOCATION IN LARDER SECTION

The work is broken down into various sections-

- Appetizer section
- Salad and dressing section
- Butchery
- Cold buffet

In large busy establishments, there is a full team of workers to carry out the above functions. The butcherer, poulterer or the fishmonger may be an expert in their own fields. These duties are allocated by chef garde manger, who is the overall charge of the department, to commis or assistant chefs. These are known as commis garde manger. The team will depend on the volume of the business.

RESPONSIBILITIES OF CHEF GARDE MANGER

Chef garde manger reports to the sous chef. He is responsible for-

- Efficient working of the larder section.
- Co-ordination for the efficient running of the garde manger.
- Training of the larder staff
- Maintaining discipline of the section.
- He is responsible for all the foodstuffs which are dealt in the section especially all the cold food and their proper storage.
- He is responsible for keeping the record of the entire foodstuff coming into the section and the orders served to the main kitchen and the other outlet kitchens.
- The chef needs to put in the requisition for the meats, fish and poultry and other food ingredients required for all the food service.
- He is responsible for maintaining his section in the best of hygienic and sanitary conditions to avoid any danger of contamination and possible food poisoning.

LARDER CONTROL

To operate the department efficiently and economically, it is essential that the chef garde manger should exercise strict control over the foodstuffs received and stored in the department. This involves-

1. Checking the quality and quantity delivered to the larder.
2. Ensuring that all foodstuffs are stored at the right temperatures and that they can be easily checked.
3. Ensuring that the food is protected from contamination and vermin.
4. Ensuring that portion control is rigidly carried out. A given weight of fish, poultry, meat
5. should always produce the standardized portions.
6. Ensuring that the food is never overstocked and stocks of food are regularly turned over.
7. Taking all precautions to ensure there is no pilferage.
8. Taking the daily stock of the food material stored in the larder section.
9. Making every effort to maintain the highest possible standards of hygiene.

STOCK SHEET

The stock sheets and the order sheets should be formatted simply, to save time and to make the working less complicated.

DEPARTMENT:

LARDER SECTION:

Hors d'oeuvre DATE:

ITEMS	UNIT	STOCK	UNIT PRICE	COST (in rupees)	ORDER
Tomatoes	Kg	4			
Cucumber	Kgs	3			
Eggs	Doz.	3			
Olive oil	Litre	2			
Vinegar	Litre	$\frac{3}{4}$			
Sardines	Tins	5			

- This is the stock sheet that is used to re-order the supplies from the stores. This record is not very complicated to handle.
- The complications come in keeping the records of the food sent in and returned by the cold buffet.ful consideration. This activity needs to be personally supervised and over a period of time the consumption can be estimated, within very narrow margins.
- The butchery department also presents some problems and the stock sheet for this department needs care.
- Fish, salad vegetables, canned foods and dairy produce are comparatively easy to control.
- The stock sheets are mostly prepared as soft copies on the computers.

LIAISON WITH KITCHEN AND PASTRY DEPARTMENT

LARDER is both –

1. A storage department for most perishable foods
2. A preparation department for all the cold food stuffs.

The larder staff , under the leadership of the chef garde manger are responsible for-

- The ordering
- Storing
- Preserving of stores

- Keeping stocks up to date
- Accounting for meat, fish, poultry and game
- These food stuffs need dissecting, dressing, cutting into required joints or portions and doing mice-en-place for cooking.

For this reason it is important that-

- The larder section should be in close access to the rest of the kitchen
- As well as access to all the sections of the kitchen and this passage needs to be uninterrupted.
- To be effective and the smooth run of the operations, the larder department must operate in perfect harmony with the main kitchens, various speciality kitchens as well as the pastry department, to avoid confusions and wastage.
- Lack of liaison will result in duplication of work.
- Likewise, pastry for pies or puddings and various savouries served with the larder department, are best prepared by the pastry staff. Such tasks as lining of the pudding basins or the covering of the meat pies are examples of such cooperation.
- On the other hand, the savoury filling required by the pasrty section, such as sausage rolls, will be prepared in the larder section.
- Another important function of the larder section is to process and utilize the leftovers of any meals such as parts of cooked joints, poultry, fish or even eggs, potatoes and vegetables.
- Larder section tries to utilize these to the best of the abilities. Some of these will be used for the preparations of the starters and the salads, others suitably trimmed and dressed and reserved.
- A number of garnishes and accompaniments to dishes are prepared in the larder section.
- Such items as stuffings, forcemeats, lardons or bacon rashers are provided by the larder section.
- All the cold sauces for the hot dishes are also prepared by the larder section such as tartare sauce, mint sauce, vinaigrette.
- The larder also prepares compound butter or butter sauces.

LARDER EQUIPMENT

1. MINCING MACHINE AND FOOD PROCESSORS-

- These two machines have an important function in the larder. The mincer is used for the mincing of raw meats for sausages, hamburgers, meat loaves, mincing of fats prior to rendering for dripping.
- A food processor is a useful tool in the mixing of the raw and cooked farces, pates, mousses and puree mixtures as well as some sauces. It is also handy for the making of breadcrumbs from the day old breads.
- These metal machines are quite expensive and should be robust for heavy duty for commercial use.

- The mincing and the processor attachments can be dismantled for cleaning which should be done with hot water containing grease solvents, then rinsed and dried before re-assembling.
- The machine needs to be lubricated at regular intervals with the lubricating oil.
- The operator should study the instruction manual to become familiar with the oiling points.

THE SLICING MACHINE

- Is used for cutting slices of cooked meats such as ham or tongue, or any other boneless joints of meat.
- It is also used for cutting bacon or gammon rashers.
- A calibrated scale is fitted to determine the thickness of the slices.
- They may be hand-operated, semi-automated or fully automatic.
- The cleaning of the machine should be done carefully following the instructions on the manual. No food should be left clinging to the parts which cannot be removed for cleaning as the bacterial growth will occur.
- The blades should be kept sharp always using the grindstone attachment provided along.
- The machine should be kept lubricated with the oil provided.

SCALES AND WEIGHING MACHINES

- There are various types of weighing scales- large platform scales for weighing large meat joints. There are graduated scales fitted with a price chart showing the prices at a glance.
- No maintenance is necessary other than keeping them clean and hygienic. Sponging them with a cloth soaked in hot water and then drying thoroughly will do the needful. The pans of the smaller scales should be removed and washed well in hot water.
- Foodstuff should not be placed directly onto the platform or the pans of the scales but should be kept in some container or trays or a sheet of greaseproof paper when being weighed.

ELECTRIC GRINDING MACHINE

- This machine is used for grinding an edge on knives and choppers or cleavers. It should be used if only the carborundum stone fails to set an edge. Frequent use will wear the knives and the choppers down very fast.

- Make sure that there is sufficient water in the well and the grindstone is wet while the sharpening takes place.
- Keep the machine clean.
- Lubricate the machine as per the instructions in the manual.

BOILING PLATE OR GAS RINGS

- These are used to heat or cook as required such as cooking the vegetable hors d'oeuvres, for rendering fats, making aspic jelly , sauces, pickles and other larder preparations.
- Spilling or boil overs should be wiped and cleaned with warm water and soap solution. The burners need to be cleaned on the periodical basis.
- The enamelled parts of the surrounding should be sponged down with water. Abrasives should not be used as they damage and scratch the enamel.

SALAMANDER / GRILL / TOASTER

- These are used for grilling or toasting many foodstuffs for making savouries and canapés and for grilling sausages etc.
- For cleaning the burners should be lightly brushed to prevent the holes from clogging. The metal reflectors should be wiped on a regular basis.
- The fat drip tray must be emptied and cleaned daily. A little water in the tray will help the grease from baking on. Do not allow the crumbs to burn in the tray .
- The enamel parts must be wiped with a damp sponge on a daily basis.

BUTCHERS' BLOCKS

- These are used in the butchery for jointing and cutting meats.
- They have the advantage of being reversible. They can also be re-serviced when badly worn out by sawing at the timber yard.
- A good general rule is to keep the surface as clean and dry as possible and should be washed well and drained and dried after each use.

SAUCEPANS AND LIDS

- They are mostly stainless steel or aluminium or latest can also be hard anodized. They require utmost care for maintaining them clean.
- They should be washed in warm soapy water and dried well after use.

TABLES, COUNTERS AND FLOORS

- Steel tables are used as work tables. Always keep them clean and never use their surface for chopping or cutting as the damage can be two ways.
- Chopping boards which are color coded are used for this purpose.
- The tables should be cleaned by sponging with hot soapy water and rinsed with warm water and then dried after use.
- At the end of each session, the sinks, the counters and the floors must be well cleaned .

OTHER LARDER TOOLS

Other small equipment required in the larder section are-

- Serving spoons and ladles
- Sieves
- Colanders
- Conical strainers
- Meat presses
- Pie moulds
- Whisks
- Egg slicers
- Steel basins
- Graters
- Cutlet bat
- Trussing needles
- Larding needles
- Larding pin
- Lemon zesters
- Vegetable scoops
- Butchers hooks
- Skewers
- Brinometer

REFUSE BINS

- The waste bins should be lined with disposal bags and be emptied on the daily basis.
- The bins should be stored in air conditioned temperature as they store lot of perishable wastes.
- They should be thoroughly cleaned, inside out, on the daily basis.

USE OF REFRIGERATORS AND

FREEZERS REFRIGERATORS- UPRIGHT

These play a very important part in the functioning of the garde manger as all perishables can be stored at a low temperature to prevent deterioration and the growth of pathogenic bacteria.

- The refrigeration temperatures are set a little above the freezing point and can range from 2-5 degrees C.
- There should be no fluctuations in the temperatures and keep them as constant as possible.
- Always check the thermostat is working well

- Have the refrigerators serviced regularly
- Defrost regularly to maintain the temperatures. The refrigerator should be thoroughly cleaned. The racks and bars be removed and washed with warm water.
- During the defrosting time, the food should be transferred to an alternative storage.
- Never use a n=knife or a sharp instrument to dislodge the ice formation.
- Open the door as little as possible for the temperatures to be maintained inside.
- Never place hot food into the refrigerator as it will raise the temperatures inside.

UNDERCOUNTER REFRIGERATORS

- The under counter fridges have been developed to fight the space restrictions and for the maximum utilization of the spaces.
- These are normally used to store ready to cook meats and fish. Positioned in the hot and greasy kitchens, these fridges are specially in need of frequent thorough cleaning and servicing.

DEEP FREEZERS

With the increasing bulk of the food production for the catering establishments and the use of more and more of the frozen foods, there is an intensive use of freezers. They help in prolonging the storage life of the perishables.

- Under refrigeration temperatures, the food can deteriorate rapidly through the action of the microbes, enzymatic and chemical reactions.
- By reducing the temperatures, these reactions are slowed down.
- Increased use of deep freezers can be due to bulk buying, special seasonal rates or discounts or irregular supply or delivery.

TYPES OF DEEP FREEZERS

There are three types of deep freezers. The major difference is their shape and size.

1. BUILT-IN WALK-IN TYPE

- These are found in large catering units such as hotels, hospitals, canteens and large restaurants.
- The average size of the deep freezers is 2x2x2.25 mtrs. But these can be tailor built in all shapes.
- All such freezers have divisions within them allowing for the separation of the meat, poultry, fish or vegetables.

2. DEEP FREEZE CABINETS

- These are of two types- the box or the chest types, which is the most popular and cheapest to buy. This has the disadvantage of storing all the foods together as there is no or little compartmentalization. Quick access to the food is often difficult and following first-in-firstout is normally difficult in this.
- The second type is the upright one, to look at it is like a refrigerator. It is more expensive, but by its design and inner shelving, it allows quick and easy access to the foods required.
- These also come having two or three doors with different compartments, in order to store different raw material separately.
- Latest have also incorporated the quick freezing shelves which can be used before freezing all the foods and then storing them.

3. FRIDGE- FREEZER CABINET

- This is a combination of the fridge and a freezer compartment.
- Originally meant for larger households, but these can also be used by smaller catering units
- These are available in two doors or three door options

as well. QUICK FREEZING

- This is the technique wherein the temperature of the food is brought down to the required level, in the shortest possible time, to decrease the growth of the bacteria.
- The food is brought to the point when there is an ice formation in the cells of the food.
- It is of greatest importance that this stage be passed through as quickly as possible, because the longer it takes for the ice to form, in the intercellular structure, the larger will be the ice crystals and this will make the cellular structure to rupture and collapse. This will cause the food to drip when thawed and the food will become useless.
- Nutrients are drained away and also there is a major moisture loss.
- It is therefore, important to see that the food to be deep frozen should be subjected to a quick freeze procedure.
- Then these are to be stored at -20 degrees C.

FREEZER MANAGEMENT

- When buying ready frozen foods, take the food out of the packaging boxes and then freeze store them.
- Foods to be frozen in house, should be sealed in airtight plastic bags. A near vacuum is the ideal solution.
- Only fresh and sound foods should be frozen.
- All frozen foods should be labelled as to the content, number or portions, weight and date.
- Freeze weights and numbers in accordance to the volume of the business.
- Defrosted foods should never be re-frozen.

FREEZER STOCK CONTROL

- A stock list to be maintained near each freezer in which to update the foods added and withdrawn from the freezer.
- The entries to be made after each withdrawal or addition.
- At one glance one is aware of the stock in the freezer.
- It should be formatted in the most simple manner.
- Every two weeks the stocks should be removed from the deep freeze, excess ice defrosted and the freezer cleaned up thoroughly.

THAWING OF THE FROZEN FOODS (WITHDRAWAL)

- When foods are to be thawed from the deep freezer, it takes good timing to place them outside and bring them to the usable temperatures.
- The best place for defrosting the meats, poultry and fish is the normal refrigerator.

- Various weights and sizes need different time and the amount of the bone left in the meat, all have a different thawing effect on the meats.
- Meats should never be defrosted by dry heat or with hot water as they will lose the flavours and their appearance.
- Thawing time-

Small cuts and portions	6-8 hours
Small joints and poultry	12-24 hours
Small carcass-lamb	12-24 hours
Large carcass/quarters of beef	48-72 hours
- In an emergency the frozen foods can be thawed under the running cold water.

LAYOUT OF THE LARDER SECTION

Larder of a 5 star operational kitchen will be segregated into the following section-

1. Hors d'oeuvres and salad section having two sinks, work tables, storage racks and cupboards, refrigerator, gas range, and pickup counter.
2. Poultry and Butchery section with a butcher's block, work table, refrigerators, deep freeze, mincing and slicing machine, sinks.
3. Fish section having live fish tanks, two sinks, work tables, refrigerator, deep freeze.
4. A general section with work tables.
5. Cold rooms with deep freezer and walk-in facility
6. A weighing scale next to the entrance.
7. Chef's office