

Level 1/2 Hospitality and Catering:

Unit 2-2.2.1: Factors affecting menu planning



Factors affecting menu planning

You need to be aware of the following factors when planning menus:

- **cost** (ingredients as well as business costs)
- **portion control** (value for money without waste)
- **balanced diets/current national advice**
- **time of day** (breakfast, lunch, and dinner menus as well as small plates and snacks)
- **clients/customers** (a menu with prices that will suit the people who visit your establishment).

Equipment available

You need to know and understand the type of equipment needed to produce a menu. The choice of dishes will be influenced by the equipment available to the chef.

This includes kitchen equipment such as:

- hobs, ovens, and microwaves
- fridge, freezer and/or blast chiller
- specialist equipment, for example a *sous vide* or pizza oven
- hand-held equipment, for example electric whisks or hand-blenders
- other electric equipment, for example food processors.

Skills of the chef

The skills of the chef must be suited to the type of provision and the menu offered.

A Michelin starred restaurant will require a chef who has complex skills in preparation, cooking and presentation of dishes.

A café will require a chef who has a range of medium and complex skills to produce a suitable menu.

A large restaurant will normally have a full kitchen brigade while a smaller establishment may only have a single chef with one or two assistants.

Time available

The type of provision will influence the amount of time a customer may be willing to wait for their dish to be prepared. Can the chef prepare, cook, and present more than one dish at the same time? Can some items be made in advance?

Time of year

The time of year can affect menu choices. Light and cold dishes such as salads are better suited to the summer months. Hearty dishes such as stews are more suited to the winter. Special dishes linked to holidays such as Christmas and Valentine's Day may also be included. The availability of **seasonal** produce can also affect menu choices as certain commodities, for example strawberries, are less expensive when in season.

Environmental issues

The chef will need to think about environmental issues when planning a menu. Can the chef **reduce** the amount of ingredients bought as well as reducing food waste? Can the chef **reuse** ingredients to create new dishes for example stale bread made into bread-and-butter pudding? Can the kitchen **recycle** waste wherever possible? Running the kitchen sustainably will save money.

Organoleptic properties

Organoleptic properties are the sensory features of a dish (**appearance, aroma, flavour, and texture**).

The chef will need to think about how the dish will look and taste. Is there a range of colours? Do the flavours go well together? Are there a variety of textures?

AC 2.1 Factors to consider- planning suitable dishes

customers' needs

- The price for a meal in McDonalds would be less than in a 2 star restaurant. You are paying for the food, the service and the surroundings.
- Customers with lower disposable income are looking for good value meals at a reasonable price
- Customers with a higher disposable income may be less concerned about the price and want to try more expensive dishes.

- **Table D'Hote menu**- Fixed price for 2 or 3 courses with limited choices
 - **A la carte menu**- Dishes are individually priced and cooked to order
 - **Childrens menu**- Familiar foods in child size portions lower price
 - **Function menu**- Fixed price menu for parties and groups
- All costs must be taken into account when planning to make a profit including ingredient costs, portion sizes, staffing, heating and lighting, laundry . The establishment needs to make a profit

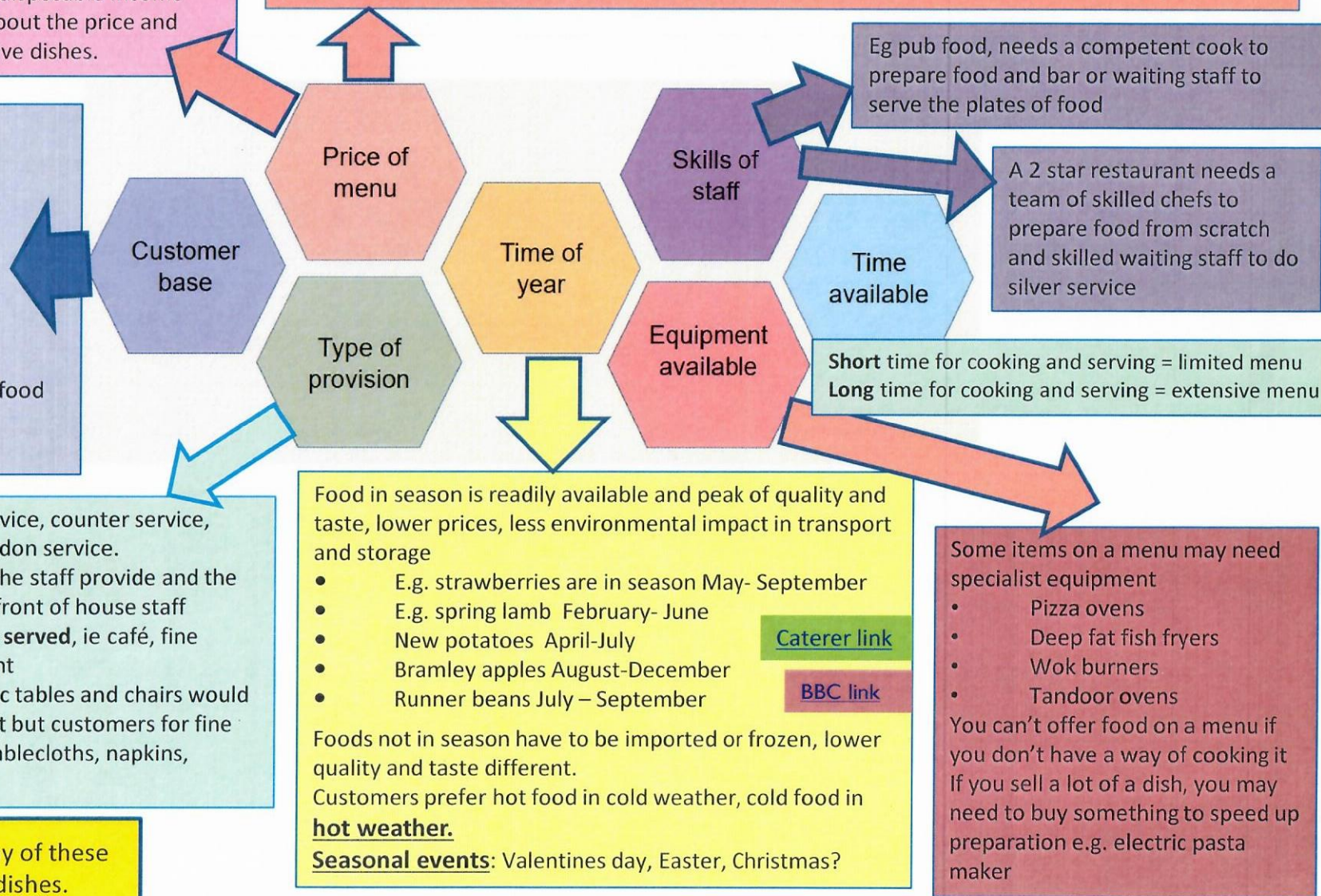
Eat out for different reasons

- Special occasions
- Business
- Family meal
- Intimate meal
- Meals on holiday
- Regular
- Tourists
- Meal while travelling

All of these have different needs for food and service dependent on who the customer is and their needs.

- **The style of service**, i.e. Plate service, counter service, table service, silver service, gueridon service.
- **Affects the level of service** that the staff provide and the skills needed by the kitchen and front of house staff
- **What type of food is going to be served**, ie café, fine dining, fast food, family restaurant
- **Venue and environment** ie plastic tables and chairs would be ok in a fast food establishment but customers for fine dining would expect tables and tablecloths, napkins, cutlery condiments.

You need to comment on as many of these as you can for each of your dishes.



Level 1/2 Hospitality and Catering: Unit 2: 2.2.1 Factors affecting menu planning – Environmental issues



Sustainability

Many diners are interested in hospitality and catering provisions that provide sustainable dining.

The aim of the three Rs of sustainability is to conserve natural resources and prevent excess waste. By following the rules of reduce, reuse, and recycle, hospitality and catering provisions can save money at the same time as attracting more diners and bringing in more profit.

Sustainability also means buying local produce, using organic ingredients, buying meat and poultry from farm assured producers who guarantee better welfare for the animals, using Marine Stewardship Council sustainable fish and offering meat-free versions of favourite dishes.

Reduce

Food waste: If food and waste were its own country, it would be the third largest producer of greenhouse gas in the world! If it cannot be used to make new dishes or given away, then as much food waste as possible should be composted.

Energy use: Hospitality and catering provisions can save energy in many ways including using low-energy lighting, maintaining and upgrading equipment, putting lids on saucepans, batch baking and cooking.

Food miles: Using local suppliers means that the food does not have to travel as far from 'field to fork'.

Water usage: Use less in cooking by only just submerging vegetables or using a steamer. Use an energy and water efficient dishwasher.

Reuse

Food that is past its best, for example a brown banana, or scraps such as bones can be used to create new dishes which in turn will decrease food waste. www.lovefoodhatewaste.com has a vast range of recipe ideas for using surplus food.

- Bread: breadcrumbs, bread and butter pudding, bread sauce and croutons.
- Meat and poultry: bones can be used to make stocks.
- Fruit: banana muffins, apple crumble, fruit coulis, smoothies.
- Vegetables: bubble and squeak, vegetable stock, vegetable bakes, omelettes.
- Eggs: whites can be used to make meringue; yolks can be used to make mayonnaise.

Recycle

Many hospitality and catering provisions have separate bins for recyclable materials. Professional kitchens should also have areas to separate waste into recyclable, non-recyclable and compostable materials. All staff should be trained to know how to dispose waste correctly.

Coffee grounds can be composted. Compost can be used to grow fruit, vegetables and herbs for use in the kitchen.

Jars and plastic containers can be used for storage in the kitchen. Glass bottles can be used to hold flowers or candles as table decorations.

Too Good To Go, *Karma* and *Olio* are apps used by restaurants and supermarkets. Customers can buy discounted food which would otherwise go into landfill.

AC 2.2 The environment

Hospitality and catering organisations need to be aware of environmental issues when running their businesses.

Dishes

- Preparation and cooking methods
- Ingredients used
- Packaging

Environmental issues

- Conserving energy and water when preparing food
- 3 Rs Reduce, Reuse, Recycle
- Food sustainability and provenance

Using ingredients

- ☐ Have the ingredients travelled from far away by environmentally damaging transport?
- ☐ Have the ingredients been processed and purified using a lot of energy carbon footprint
- ☐ Ingredients locally produced – saving food miles and environmental damage
- ☐ Organic ingredients not using excess fertilizer, pesticide or artificial hormones for animals
- ☐ Animal welfare e.g. free range or barn eggs, free range meats, organic meats
- ☐ Fruits and vegetables and meat produced locally or sustainably
- ☐ Ingredients such as cocoa, coffee, syrup produced by fair trade farmers.

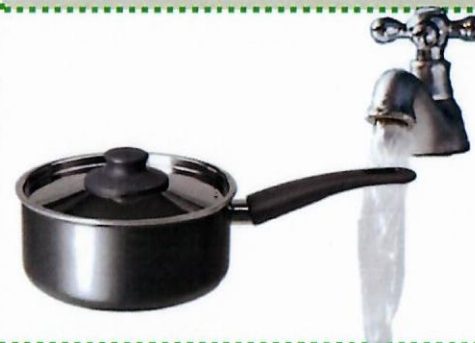
Food miles/ Carbon footprint

The distance the food or ingredients travel from production/growing to where it is consumed or sold. Transporting food long distances is harmful to the environment CO₂. Some foods can't be grown in this country due to climate. Click on the foot to watch a video. Click [here](#) to find out your carbon foot print for food items.



Packaging

- ☐ When buying the ingredients, Look for ingredients that have minimum packaging
- ☐ Look for ingredients that have packaging that can be recycled
- ☐ Use reusable carrier bags to transport the ingredients after buying
- ☐ We can recycle the plastic food packaging materials – if the label says so
- ☐ We can also recycle glass from bottles and jars, paper and cardboard from packaging (recycled paper cannot be used for food products)
- ☐ Plastic and polystyrene does not biodegrade – so recycling is the best way to dispose of it
- ☐ Metal – aluminium and steel and foil from cans and foil used in food preparation can be recycled
- ☐ Use the recycling bins for packaging.



Recycle		
		
SLEEVE	TRAY	FILM
CARD widely recycled	METAL check local recycling	PLASTIC not currently recycled

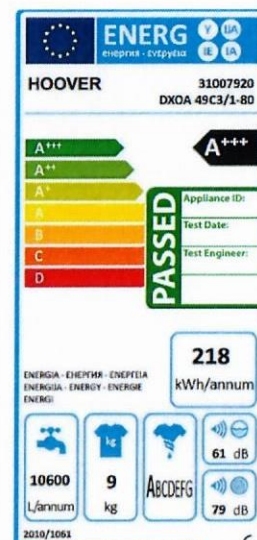
Preparation and cooking methods

- ☐ First in first out with ingredients in the fridge
- ☐ Do not trim and peel too much off the food- wastes food
- ☐ Conserve energy, put more than one thing in the oven, put lids on saucepans, do not put hot food in the fridge, turn off equipment when not using
- ☐ Conserve water, use minimum water when boiling (conserves nutrients too) use a bowl or plug when washing up, turn off taps
- ☐ Save peelings, bones, carcass to make stock, soup or sauce
- ☐ Use leftover bread to make breadcrumbs
- ☐ Use leftover fruit to make sauce, coulis.

AC 2.2 The environment

Conserving Energy by:

- ☐ Keep equipment clean and maintained so it uses less energy including filters on ventilation and refrigeration
- ☐ Descale equipment used for boiling
- ☐ Keep lids on saucepans
- ☐ Energy efficient lighting, auto switch off
- ☐ Turn off equipment and lights when not in use
- ☐ Don't put hot food in fridges, uses more energy to cool down
- ☐ Energy efficient boilers etc for hot water, don't have water too hot (above 55 for legionella)
- ☐ Replace old equipment with more energy efficient models
- ☐ Gas heats up and cools down more rapidly but needs ventilation



**REUSE
REDUCE
RECYCLE**

Conserving Water by:

- ☐ Taps that disperse only short bursts of water
- ☐ Motion sensor taps
- ☐ Only use minimum water to cook food
- ☐ Use a steamer instead of boiling in water
- ☐ Reduce flow of taps, use a spray head for washing
- ☐ Have taps which turn themselves off
- ☐ Use a bowl, keep the plug in when washing up
- ☐ Full loads for washing machines and dishwashers
- ☐ Serve water on tables at customer's request
- ☐ Reduce flow rate to equipment such as potato peelers
- ☐ Low flow toilets and showers
- ☐ Water metering



Soil association

Less use of artificial fertilizers or pesticides. Crops are grown in rotation, so less fertilizer is added to the soil. No Genetically modified ingredients. Animals are not overcrowded and not given drugs to make them grow faster.

Sustainability and Food Provenance

Fair Trade foods

are bought directly from the farmer, cutting out the middle men. Farmers receive a fair and stable price for their products.



The RSPCA Assured label makes it easy to recognise products from animals that have had a better life. RSPCA inspect indoor as well as outdoor farms, including free range and organic. They require good water quality and careful handling which ensure the health and welfare of farmed fish.

Establishments can Reduce, Reuse and Recycle by:

- ☐ Only buy what is needed for preparation,
- ☐ Storage- check temperatures, use air tight containers label food with dates, use first in first out for ingredients
- ☐ Preparation- do not over trim, use carcasses and trimmings to make soups, stocks and sauces
- ☐ Portion sizes- do not offer excessive portion sizes people will leave lots of food, wastes energy in preparing food that is not going to be eaten
- ☐ Write menus that consider using offcuts such as chicken trimmings used to make a pie
- ☐ Turn dry fruit and veg into powders and seasonings
- ☐ Turn excess fruit and veg into chutneys, sauces, jams, pickles
- ☐ Freeze leftover food until it is used as ingredient- label
 - ❖ Keep food in reusable containers
 - ❖ Serve water in glass bottles or carafes
 - ❖ Use refillable containers for condiments, salt and pepper, sauces etc instead of single serve
 - ❖ Reusable table linens and serviettes that need washing instead of disposable ones
 - ❖ Use food not served to make new meals e.g. colcannon with left over potato and green veg, stir fries with small pieces of veg, trifle with left over cake, meringue with left over egg white, soup with veg and meat leftovers, Bread and butter pudding or croutons with bread.
- Recycle sturdy containers for food storage
- Send food waste to be used for compost or animal feed instead of throwing it away
- Recycle used cooking oil. Some companies collect it for free and then turn it into bio diesel
- Recycle paper, cardboard, cans, glass bottles and jars , - councils collect for recycling
- Buy recycled glass, food grade plastic containers, recycled paper
- Use the recycling bins

Level 1/2 Hospitality and Catering - Unit 2-2.2.2:

How to plan production

You need to be able to plan dishes for a menu as well as know, understand and include the following:

Commodity list with quantities

This means naming all the ingredients needed to make all dishes and how much of each one e.g. grams (g), ounces (oz), millilitres (ml), etc.

Contingencies

This means stating, in the plan, what you would do to deal with a problem if something were to go wrong.

Equipment list

Naming all pieces of equipment you would need to cook the dishes, which also includes specialist equipment such as pasta machines and ice cream makers as well as saucepans, chopping boards, knives, etc.

Health, safety and hygiene

Stating in the plan, points regarding the health, safety and hygiene. The use of temperature probes to ensure foods are cooked, correctly using colour coded chopping boards or washing hands after handling raw meat are a few examples.

Quality points

These include naming any quality points to consider in the preparation, cooking and serving stage of the plan. Examples could include checking foods are in use by/best before dates, dishes are cooked to minimum temperatures, ingredients stored in correct places and correct temperature, etc.

Sequencing or dovetailing

This means you fit together the different steps and activities in logical order when planning to cook more than one dish.

Timing

You need to state realistic timings of how long each step is likely to take throughout your plan to give accurate information of how long your dishes take to complete.

Mise en place

This is all the preparation you undertake before cooking. Examples of this include weighing out ingredients, collecting equipment and washing hands.

Cooking

Throughout your plan, you will need to state how you ensure food is cooked correctly, e.g. chicken is white in the middle, using a temperature probe, etc.

Cooling and hot holding

Cooling dishes correctly within 1.5hrs to 8 degrees and keeping hot dishes for service at 63 degrees should be mentioned in your plan for relevant dishes, as well as how you would ensure these temperatures are met, e.g. by using temperature probes.

Serving

Once you have finished cooking your dish or dishes, you need to state how you would present your dish/dishes, e.g. on plate, bowl, etc., as well as what decoration, garnishes and sauces you include before serving.

Storage

In your plan, you should state where different kinds of ingredients need to be stored, e.g. raw chicken in the fridge or frozen fruit in the freezer and at what temperatures these pieces of equipment need to be (fridge needs to be 0-5 degrees and freezer needs to be -18 degrees).

AC 2.4 Production Plan – 2 dishes dovetailed together

Mise en pace (preparation)

- Wash hand, tie up hair/ hair net, remove all jewellery
- Clean apron on
- Collect ingredients from the fridge, freezer, store cupboard.
- Weigh and measure
- Wash vegetables
- Peel and chop
- THINK everything before you **combine ingredients**.



Special points

- Coloured chopping board – use correct colour
- High risk food in fridge until ready e.g. chicken
- Use bridge and claw technique to prevent injury.
- Wash hands to prevent cross-contamination.
- Dough should bounce back when pressed, if not, continue kneading.
- Make sure knives are cleaned separately to prevent cuts.
- Use hot washing up liquid to kill off bacteria such as E. Coli. Temperature of water needs to be
- Use oven gloves to prevent burns.
- Dough needs to double in size, if not prove longer
- Ensure plate is clean to prevent food poisoning.
- Ensure garnishes are free from soil to prevent contamination from Clostridium Botulinum. Are they cut evenly?
- Wash all vegetable to remove soil and prevent E.coli
- Ensure table top is clean before rolling to prevent cross contamination.
- Temperature of cooked food 75 c for at least 2 minutes using a food probe (kills bacteria)
- Correct storage- fridge, freezer when and why
- Food waste- scrap all mixture off the bowl to prevent this.

Contingences:

- Include spare ingredients encase it goes wrong, a range of serving dishes to choose from.
- Explain what you would do if its not cooked properly i.e. cook it for 5 minutes longer and then test.

Plating and severing (last box on plan)

- Allow at least ten minutes at the end.
- Explain what you will serve it on.

Example of Production Plan

Ingredients for dish 1

- Starter: Carrot soup with crotons**
- 450g carrots peeling and chopped, etc,

Ingredients for dish 2

- Main: Sheppard's pie**
- 250g white potatoes
 - Etc.



Equipment

- Chopping board, peeler, Saucepan, Peeler etc.
- You need to list everything you will use. Even better if you can colour code.

Time	Method	Special points & contingences
8.30	Mise en place. Set up table. Collect serving dishes. Peel and chop potatoes. Prepare garnishes and decorations (whip cream, fan strawberries). Chop parsley. Peel and chop onion, dice bacon, chop mushrooms. Tidy table for starter.	Refrigerate perishables (chicken and cream). Potatoes in water to prevent discolouration. Light oven Gas 6 or 200C.
9.00	Gateaux- make sponge using whisking method. (Whisk eggs and sugar till thick, fold in flour). Divide between 2 tins.	Fold in gently. Bake- Gas 6 – 20 mins.
9.20	Chicken chasseur, fry chicken to seal. Remove and place on plate. Fry bacon and onion, add flour, tomatoes, stock, puree etc. Re-add chicken pieces and mushrooms. Simmer.	Use tongs to turn chicken. Very low heat for at least 45 mins.
9.40	Check gateaux base- remove from oven if cooked. Turn onto wire rack.	Should feel 'springy' in centre. Use oven gloves.
9.45	Wash up. Put potatoes onto boil, once boiling reduce the heat and simmer. Simmer 20 mins on low heat.	Stir chasseur. Add tsp salt.