If you have suggested additions, or you find that some links are not working, please email resourcelist@fess.ie

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| **Minor Award Name** | **Culinary Techniques** |
| **Minor Award Code** | **4N1134** |
| **Level** | **4** |

**Suggested resources to support delivery:**

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| --- | --- | --- | --- | --- |
| **Theme/Topic** | **Type** | **Relevance** | **Author/Source** | **Web Link** |
| Professional Kitchen Organisation | Book | Chapter 1 – (Practical Cookery 2nd edition) Level 1 Covers aspects of the organisation and hierarchy of both larger and smaller kitchens in professional catering setting. | Authors: *(David Foskett, Patricia Paskins Steve Thorpe, John Campbell)* Hodder Education | [http://www.amazon.co.uk/s/ref=nb\_sb\_ss\_i\_1\_29?url=search-alias%3Daps&field-keywords=practical+cookery+2nd+edition&sprefix=Practical+Cookery+2nd+edition%2Caps%2C148](http://www.amazon.co.uk/s/ref%3Dnb_sb_ss_i_1_29?url=search-alias%3Daps&field-keywords=practical+cookery+2nd+edition&sprefix=Practical+Cookery+2nd+edition%2Caps%2C148) |
| Website | Provide examples of various different layouts of a professional catering kitchen in various settings | umbliclychallenged.blogspot.ie/ | <http://umbliclychallenged.blogspot.ie/2013/05/commercial-kitchen-layout-examples.html>  |
| Book  | Supervising Food Safety (Level 3), useful resource containing information regarding food hygiene and safety, can be adapted accordingly. (Chapter 8) | Author: Richard A. SprengerHighfield.co.uk ltd | [http://www.amazon.co.uk/s/ref=nb\_sb\_noss?url=search-alias%3Daps&field-keywords=Supervising+Food+Safety+%28Level+3%29%2C+](http://www.amazon.co.uk/s/ref%3Dnb_sb_noss?url=search-alias%3Daps&field-keywords=Supervising+Food+Safety+%28Level+3%29%2C+) |
| Interaction between food sensory perception, fresh and convenience products, cooking and palatability | Website | Interesting and useful slideshow to illustrate how we use our senses in cooking. | Huffpost TaseAuthor on website is Joseph Erdos | <http://www.huffingtonpost.com/2012/06/18/how-to-cook-with-your-senses_n_1600221.html> |
| Website | Brief and concise article on using our senses in cooking | Michael Ruhlman | [https://medium.com/@ruhlman/on-cooking-with-your-sense-ae51bc991cd7#.z0uh3mu1f](https://medium.com/%40ruhlman/on-cooking-with-your-sense-ae51bc991cd7#.z0uh3mu1f) |
| Website | Contains a precise and informative description of convenience foods. | Wikipedia | <https://en.wikipedia.org/wiki/Convenience_food> **NOTE:(it is noted that Wikipedia is not the most reliable resource, however it is useful to use as an introduction for research on descriptions of catering topics, at this level. As searches under the convenience foods can result in lists of names of foods etc.)** |
| Food control, food costing, portion and quality control | Book | Useful exercises on food control and costing. | Calculations for Hospitality and Catering 3ed Author Gordon Gee | [http://www.amazon.co.uk/s/ref=nb\_sb\_noss?url=search-alias%3Daps&field-keywords=Calculations+for+Hospitality+and+Catering+3ed++](http://www.amazon.co.uk/s/ref%3Dnb_sb_noss?url=search-alias%3Daps&field-keywords=Calculations+for+Hospitality+and+Catering+3ed++) |
| Book  | The Theory of Hospitality and Catering (12th edition). Portion control – Chapter 8  | Authors: David Foskett, Patricia Paskins- Hodder Education | [http://www.amazon.co.uk/s/ref=nb\_sb\_noss\_2?url=search-alias%3Daps&field-keywords=The+Theory+of+Hospitality+and+Catering+](http://www.amazon.co.uk/s/ref%3Dnb_sb_noss_2?url=search-alias%3Daps&field-keywords=The+Theory+of+Hospitality+and+Catering+) |
| Artisan Foods | Website | What are artisan foods, examples of artisan foods produced in Ireland | Teagasc | <http://www.teagasc.ie/ruraldev/artisan_food/>  |
| Commodities and ingredients | Book | Chapter 3 part 2 includes information all different type o food commodities e.g. Meat, Poultry, Fish, Vegetables, Fruit, Dairy Products etc. | Theory of Hospitality &Catering (12th edition) by David Foskett, Patricia Paskins- Hodder Education | [http://www.amazon.co.uk/s/ref=nb\_sb\_noss?url=search-alias%3Dstripbooks&field-keywords=Theory+of+of++Hospitality+%26Catering+%2812th+edition%29](http://www.amazon.co.uk/s/ref%3Dnb_sb_noss?url=search-alias%3Dstripbooks&field-keywords=Theory+of+of++Hospitality+%26Catering+%2812th+edition%29) |
| Website | Useful link to replay relevant programmes that are aired regularly on RTE e.g. ‘What are we eating’ | RTE iPlayer | <http://www.rte.ie/player/ie/>  |
| Methods of Cooking | Website | Useful video clips giving demonstrations and descriptions of a variety methods of cooking | Hodderplus.co.uk – catering (Hodder Education) | <http://www.hodderplus.co.uk/catering/pc/chapter-1/index.asp> |
| Book | ‘Practical Cookery 2nd edition (level 1)’Useful and informative book covering a lot of the topics required. E.g. The Catering and Hospitality Industry – Methods of cooking including numerous recipes, and descriptions appropriate to level 4. | Authors: *(David Foskett, Patricia Paskins Steve Thorpe, John Campbell)* Hodder Education | [http://www.amazon.co.uk/s/ref=nb\_sb\_noss?url=search-alias%3Daps&field-keywords=Practical+Cookery+2nd+edition++%28level+1%29](http://www.amazon.co.uk/s/ref%3Dnb_sb_noss?url=search-alias%3Daps&field-keywords=Practical+Cookery+2nd+edition++%28level+1%29) |
| Book | Less Stress More Success Home Economics Revision Junior Cert – provides useful brief and concise information on cooking methods and foods etc. | Author: Mary Anne Halton | [ttp://www.moresuccess.ie/junior-cert/home-economics](file:///C%3A%5CDocuments%20and%20Settings%5CStudent%5CMy%20Documents%5CDownloads%5CCulinary%20Techniques%204N1134%20updated.docx) |
| Kitchen Equipment  | Book | Chapter 5: Practical Cookery 2nd edition (level 1) Covers various types of equipment large and small used in the catering industry. | Practical Cookery 2nd edition (level 1)Authors: *(David Foskett, Patricia Paskins Steve Thorpe, John Campbell)* Hodder Education | [http://www.amazon.co.uk/s/ref=nb\_sb\_noss?url=search-alias%3Daps&field-keywords=Practical+Cookery+2nd+edition++%28level+1%29](http://www.amazon.co.uk/s/ref%3Dnb_sb_noss?url=search-alias%3Daps&field-keywords=Practical+Cookery+2nd+edition++%28level+1%29) |
| Preparation TechniquesIncluding Knife Safety | Poster | Useful illustration and concise explanation of classical vegetable cuts, | Aoraki, Polyitechnic | <https://docs.google.com/viewer?a=v&pid=sites&srcid=ZGVmYXVsdGRvbWFpbnxjYXBibHZsNnxneDo3M2E4MDY2MzQwNmU2YmFk> |
| Video – YouTube | Visual demonstration of classical vegetable cuts, also includes a good introduction on Knife Safety and tips | Gtccelearning | <https://www.youtube.com/watch?v=kd6-1v2HCho>  |
| Video – you tube | Visual demonstration of classical vegetable cuts | Vanchef | <https://www.youtube.com/watch?v=kd6-1v2HCho> |
| Kitchen Terminology | Glossary of basic cooking terms | A list of basic cookery terms giving brief descriptions | Les petites gourmettes | <http://lespetitesgourmettes.com/tips/glossary-of-basic-cooking-terms/> |
|  | Practical Cookery 2nd Edition (Level 1 Diploma) useful recipes, illustrations and descriptions of processes, cooking methods etc. And | Authors: *(David Foskett, Patricia Paskins Steve Thorpe, John Campbell)* | [http://www.amazon.co.uk/s/ref=nb\_sb\_noss?url=search-alias%3Daps&field-keywords=Practical+Cookery+2nd+edition++%28level+1%29](http://www.amazon.co.uk/s/ref%3Dnb_sb_noss?url=search-alias%3Daps&field-keywords=Practical+Cookery+2nd+edition++%28level+1%29) |
| Weights and Measures | Website | Useful table on weights and measurements, showing cooking measurement equivalents and conversions from metric to US, and US to metric  | Infoplease.com | <http://www.infoplease.com/ipa/A0001723.html> |
| Mise-en-place Preparation and cooking of the following:Breakfast cookeryFresh Stocks and classical soupsClassical SaucesShort Order ItemsStandard Irish DishesFarinaceous FoodsVegetarian mealsSalads and DressingHot and cold SandwichesBasic hors d’oeuvre |  Books | Practical Cookery 2nd Edition (Level 1 Diploma) useful recipes, illustrations and descriptions of processes, cooking methods etc. And | Authors: *(David Foskett, Patricia Paskins Steve Thorpe, John Campbell)* | [http://www.amazon.co.uk/s/ref=nb\_sb\_noss?url=search-alias%3Daps&field-keywords=Practical+Cookery+2nd+edition++%28level+1%29](http://www.amazon.co.uk/s/ref%3Dnb_sb_noss?url=search-alias%3Daps&field-keywords=Practical+Cookery+2nd+edition++%28level+1%29) |
| Practical Cookery (Level 2 VRQ Diploma), more detailed recipes, descriptions of processes, and cooking methods. | Authors: *(John Campbell, David Foskett, Neil Rippington, Patricia Paskins)*Both published: Hodder Education | [https://www.amazon.co.uk/Practical-Cookery-Level-Professional-Diploma-x/dp/1471839613/ref=sr\_1\_2?ie=UTF8&qid=1463056905&sr=8-2&keywords=Practical+Cookery+level+2](https://www.amazon.co.uk/Practical-Cookery-Level-Professional-Diploma-x/dp/1471839613/ref%3Dsr_1_2?ie=UTF8&qid=1463056905&sr=8-2&keywords=Practical+Cookery+level+2) |
| Website | Useful video clips showing demonstrations of preparation and cooking of a range of dishes | Hodderplus.co.uk – catering (Hodder Education) | <http://www.hodderplus.co.uk/catering/pc/chapter-1/index.asp> |
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| Website  | Access to useful TV culinary programmes regularly available on BBC demonstration of preparation and service in a busy kitchen, equipment and cooking systems in action. E.g. Masterchef, etc. | BBC iPlayer | <http://www.bbc.co.uk/iplayer/search?q=Masterchef>  |
| Home Ec – Cook Books Smart Cooking | Smart Cooking 1 and 2 – give nice illustrations of dishes for student, recipes ingredients, equipment and instructions easy for students to follow | Authors: Marita McGeady, Martina CribbenPublished: CJ Fallon | <http://www.cjfallon.ie/book/smart-cooking-1/>  |
| <http://www.cjfallon.ie/book/smart-cooking-2/>  |
| Receiving, storing, issuing and preparing foods under direction | Food Safety Course | Basic Course in Food Hygiene Safety – EHAI Covers food safety management system HACCP | Environmental Health Association of Ireland | [www.ehai.ie](http://www.ehai.ie)  |
| Food Hygiene and Safety | Book | Supervising Food Safety (Level 3), useful resource containing information regarding food hygiene and safety, can be adapted accordingly. (Chapter 6 ) | Author: Richard A. SprengerHighfield.co.uk ltd | [http://www.amazon.co.uk/s/ref=nb\_sb\_noss?url=search-alias%3Daps&field-keywords=Supervising+Food+Safety+%28Level+3%29%2C+](http://www.amazon.co.uk/s/ref%3Dnb_sb_noss?url=search-alias%3Daps&field-keywords=Supervising+Food+Safety+%28Level+3%29%2C+) |
| Working in the Catering/Hospitality Industry | Magazine and emag | Useful Irish published magazine also available to view on the web, giving useful and interesting information on working in the catering/tourism industry in various roles, also including information on further education and jobs in this area | Get a life in TourismPublished by the Irish Hotel Federation IHF  | [http://www.getalifeintourism.ie/#](http://www.getalifeintourism.ie/)  |
| Food Safety Standards | Website | Provides all information on food safety standards and legislation in Ireland including access to publications | Food Safety Authority Ireland | <https://www.fsai.ie/>  |
| Book | Hygiene in the catering sector NSAI | National Standards Authority of Ireland | <http://shop.standards.ie/nsai/results2.aspx?searchType=simple&publisher=All&keyword=HYGIENE%20IN%20THE%20CATERING%20SECTOR>  |
| Workplace Safety | You Tube | Useful short fun type video (US Production) highlighting safety hazards in a kitchen | New York Department of HealthPublic Resource Org | <https://www.youtube.com/watch?v=jpojRLjZSXA> |
| Book | Chapter 3 Practical Cookery (level 1) | Authors: *(David Foskett, Patricia Paskins Steve Thorpe, John Campbell)* Hodder Education | [http://www.amazon.co.uk/s/ref=nb\_sb\_noss?url=search-alias%3Daps&field-keywords=Practical+Cookery+2nd+edition++%28level+1%29](http://www.amazon.co.uk/s/ref%3Dnb_sb_noss?url=search-alias%3Daps&field-keywords=Practical+Cookery+2nd+edition++%28level+1%29) |
| National food and health and safety agencies | Websites | Provides a variety of all types of information related to food to include food safety and work safety agencies in Ireland | Food Safety Authority Ireland | <https://www.fsai.ie/>  |
| Websites | Useful source for information on laws and acts, including links to further information | Citizen Information | <http://www.citizensinformation.ie/en/employment/employment_rights_and_conditions/health_and_safety/health_safety_work.html> |
| Practical Cookery 2nd edition (level 1) | Book | Practical Cookery 2nd edition (level 1)Useful and informative book covering a lot of the topics required. E.g. The Catering and Hospitality Industry – including Professional Kitchen Organisation, Food Safety, Health and Safety, Kitchen Equipment, Methods of cooking including numerous recipes, and descriptions appropriate to level 4. Also includes culinary terminology and terms. | Authors: *(David Foskett, Patricia Paskins Steve Thorpe, John Campbell)* Hodder Education | [http://www.amazon.co.uk/s/ref=nb\_sb\_noss?url=search-alias%3Daps&field-keywords=Practical+Cookery+2nd+edition++%28level+1%29](http://www.amazon.co.uk/s/ref%3Dnb_sb_noss?url=search-alias%3Daps&field-keywords=Practical+Cookery+2nd+edition++%28level+1%29) |
| Practical Cookery (Level 2 VRQ Diploma) | Book | Also containing information on many topics required in this module e.g. Food Safety, Health and Safety, Catering operations, costing, Methods of cooking, Prepare and cook soups, stocks and sauce, prepare and cook fruit and vegetables, Prepare and cook meat, poultry, fish etc... Contains many classical recipes Includes information on food commodities. Terminology etc. | Authors: *(John Campbell, David Foskett, Neil Rippington, Patricia Paskins)*Hodder Education | [http://www.amazon.co.uk/s/ref=nb\_sb\_noss?url=search-alias%3Daps&field-keywords=Practical+Cookery+2nd+edition++%28level+1%29](http://www.amazon.co.uk/s/ref%3Dnb_sb_noss?url=search-alias%3Daps&field-keywords=Practical+Cookery+2nd+edition++%28level+1%29) |
| Smart Cooking 1&2 | Books | Provides more basic and concise information on hygiene and safety in the kitchen, weighing and measuring, glossary of cookery terms, and a variety of recipes suited to this module. | Authors: Marita McGeady, Martina CribbenPublished: CJ Fallon | <http://www.cjfallon.ie/book/smart-cooking-1/>  |
| <http://www.cjfallon.ie/book/smart-cooking-2/>  |
| Less Stress More Success Home Economics Revision Junior Cert | Book | Useful book including information on food commodities/groups, meal planning, food hygiene and safety, food storage, preparing and cooking food, cookery terms in a basic and concise manner. | Author: Mary Anne Halton | <http://www.moresuccess.ie/junior-cert/home-economics>  |
| The Theory of Hospitality and Catering (12th edition) | Book | Contains detailed information on food commodities and also information on food costing and control | Authors: David Foskett, Patricia Paskins- Hodder Education | [http://www.amazon.co.uk/s/ref=nb\_sb\_noss\_2?url=search-alias%3Daps&field-keywords=The+Theory+of+Hospitality+and+Catering+](http://www.amazon.co.uk/s/ref%3Dnb_sb_noss_2?url=search-alias%3Daps&field-keywords=The+Theory+of+Hospitality+and+Catering+) |
| Lifewise 2nd editionHome Economics Junior Cert | Text book | Provides a useful selection of written exercises on topics for this module e.g. Food safety and storage, Menu planning and food presentation, Weights measurement etc., Food commodities etc. | Authors: Maria Rundles, Maria KennellyEdco | <https://www.edco.ie/teachers/lifewise-e-book-1-academic-year-licence.3330.html>  |
| [//www.edco.ie/Lifewise-INC-Workbook-2nd-Edition/Default.3009.html](file:///C%3A%5CDocuments%20and%20Settings%5CStudent%5CMy%20Documents%5CDownloads%5CCulinary%20Techniques%204N1134%20updated.docx)  |
| Lifewise 2nd edition Work book – home economics Junior cert | Work book | Workbook containing various useful exercises | Authors: Maria Rundles, Maria KennellyEdco | [//www.edco.ie/Lifewise-Workbook-2nd-Edition/Default.4304.htm l](file:///C%3A%5CDocuments%20and%20Settings%5CStudent%5CMy%20Documents%5CDownloads%5CCulinary%20Techniques%204N1134%20updated.docx) |
| Exercises and work sheets on hospitality and catering | Website | Variety of free downloadable useful resources e.g. Worksheets, exercises and written exercises for various catering topics. (a number of resources have a small charge) Required to register for free with website. | TES – a UK resource website for teachersgemmarose12 | <https://www.tes.com/teaching-resource/yr-9-catering-work-book-term-1-6076969> |

 **Useful Organisations:**

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| **Name** | **Contact Information** |
| Food Safety Authority Of Ireland (FSAI) | <https://www.fsai.ie/> |
| Environmental Health Association Ireland (EHAI) | [www.ehai.ie](http://www.ehai.ie)  |
| Failteireland.ie | <http://www.failteireland.ie/> |
| Quality and Qualifications Ireland (QQI) | <http://www.qqi.ie/>  |
|  | <http://fess.ie/>  |
| Irish Hotel Federation (IHF) | <http://www.ihf.ie/>  |

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| **MOOCs (Massive Online Open Courses)** |
| Free access to online coursesSearch regularly for new courses and new start dates | <https://www.mooc-list.com/> |