SELECTION AND PREPARATION OF FOOD: LABORATORY GUIDE

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ISABEL BEVIER & ANNA R. VAN METER

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LABORATORY GUIDE

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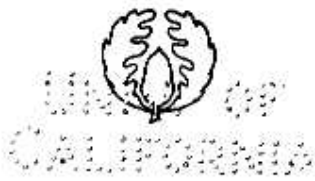

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LABORATORY GUIDE

INTRODUCTION

THIS Guide has been prepared for the students taking the work in the Selection and Preparation of Food in the Department of Household Science of the University of Illinois.

The work is based on the supposition that a scientific study of the food problem requires a sufficient knowledge of pure science to appreciate the fundamental processes that underlie the preparation of food; also on the idea that an orderly development of the study of foods is desirable and that the principles of cookery may be taught by the same general method as the principles of chemistry are taught, *i. e.*, by a study of typical compounds. The development of this idea suggests a study of one type of foods at a time until the student has gained some familiarity with that type. Thus the study of eggs gives a comparatively pure form of protein with which to illustrate the characteristics of protein foods. Cheese and meat offer further opportunities for the study of this principle.

The first real work with food begins with milk, because it is easy to separate from it the different food principles. Moreover, it also affords an introduction, by lecture, to the study of the composition of the body and the uses of the food principles in it.

In every case the plan of studying any food is to consider its general aspects in the lecture, its physical and chemical properties in the laboratory, and, finally, to show how these influence the preparation of a particular dish. For instance, a custard is a good example of a combination of food materials, and the low temperature used in making it is a result of what has been learned concerning the action of heat on protein. Again, the cheese dishes introduce other elements to be considered in making combinations of food materials. The dishes selected are such as seem to illustrate the principles previously studied. Care in manipulation and attractiveness of appearance are constantly considered, but the dish is made to illustrate a principle. For example, water as a carrier of flavor may be illustrated either by the making of tea or of lemon ice; in one case the principle of extraction is taught, while in the other the principle of the freezing point of solutions is illustrated. Beverages and desserts suggest themselves in this connection, but such a classification is merely incidental to the study of the principles.

It is evident from the preceding statements that the Guide is not in any sense of the term a cook book, neither does it make any claim to originality in recipes. Those used are taken from standard works or formulated to meet a particular need.

FIRST SEMESTER (COURSE I)

PRINCIPLES OF THE SELECTION AND PREPARATION OF FOOD

General Outline

I. The Kitchen.
   1. Plan.
   2. Equipment.
   3. Standard measurements.
   4. Temperatures.

II. Nature and Uses of Food.

Considered as to:

1. Source.
2. Condition.
3. Chemical composition:
   (*a*) Of food.
   (*b*) Of the body.
4. Function in the body of:
   (*a*) Protein.
   (*b*) Fat.
   (*c*) Carbohydrate.
   (*d*) Water.
   (*e*) Mineral matter.
5. Economic and esthetic value.