



Food Preparation for the Professional

David A. Mizer, Mary Porter, Beth Sonnier, Karen E. Drummond

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Completely revised and updated the definitive text on food preparation for the foodservice manager.

A comprehensive working knowledge of the principles, skills, and techniques necessary to prepare food for production is as critical for the aspiring foodservice manager as it is for the culinary arts student. Food Preparation for the Professional, Third Edition, targets the needs of career-oriented students who aim to manage the back of the house rather than prepare food on the line. Covering all the basics cooking methods, food preparation, safety and sanitation, storage and handling, equipment, and menu planning as well as addressing contemporary cuisine preferences and dietary trends, the book provides managers with the skills needed to run an efficient kitchen successfully in any type of foodservice operation. Fully revised and updated, the new edition of this classic text now includes:

- * Troubleshooting information boxes that identify common problems, their causes, and solutions
- * A nutritional analysis of each recipe and nutrient profiles
- * New sections covering the emerging interest in grains, pasta, legumes, and vegetables

With its singular focus on food preparation for foodservice managers, this latest edition of Food Preparation for the Professional continues to be an indispensable tool for this rapidly growing area in the hospitality industry.

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