



Secrets of cooking

(Hints and Tips on how to be a better Foodie or have a deeper inside in what we cook with "Food talk")

Welcome to all Members, New Members and our own Guests

It's a pleasure to host the Swiss Community one more time, in this wonderful Restaurant, unfortunately for the very last time, as we have not been successful during the most recent Tender process.

Almost 10 years we have been here at Kearsney

*It's sad to announce that our last trading day will be by the end of November
The new catering Firm by the name of Eat Fresh will start its operation in January, we wish them well.*

New venture to finalise

*The Fresh Line Food Company under the
Umbrella of Total Catering Concepts.*

We are in the process of setting up a production facility / Kitchen in Hillcrest, supplying existing and new customers with fresh line food products which will include:

*A variety of pre-made salad combinations
Readymade Sandwiches
Continental specialities and many more*

Let's get the actual "show / talk" or should I say talk – show" started:

Food, Foodie

Everyone talks about food so much.

In comparison to just over 10 years ago, Food related programs, web information, publication, attractions, specialities new Concepts, Restaurants, Catering services, home deliveries etc. etc. have become a daily interaction in possibly most of us in one way or another. They all have increased tremendously!

I will share a couple of details with you on how you at your very own home can possibly change a couple of foodie related aspects.

Let's talk about:

I want to make this an interactive morning, throw questions (not the eggs) at me and I will try to answer queries, as each of you might just have this one question and you never got the "real answer"



1 Low Temperature cooking:

- What is the meaning of low temperature cooking?

Changes within the production facilities

Cooking at lower temperatures

Increased awareness of temperatures

Improving of yields and profits

Reducing of energy costs

Extending cooking time

Improved quality of products

Preserving nutrients and moisture

Retaining better color

Reduced use of spices

Further improved hygiene protocol

- What are the rewards:

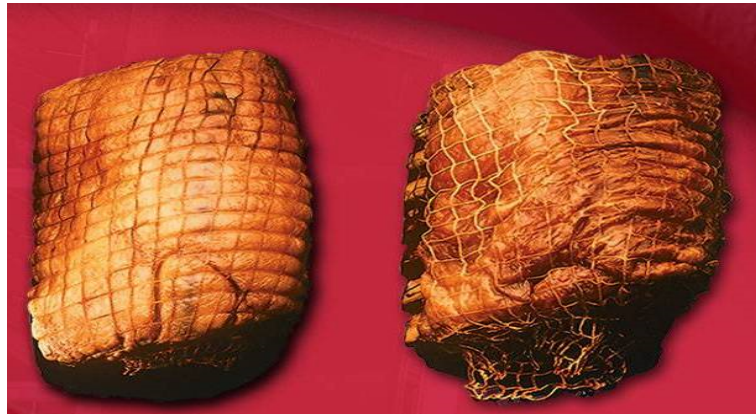
Remarkable improved quality

Much higher yields and better Profits

- *Meat consist of up to 75% water together with natural Enzymes, Pigments, Albumin fat and carbohydrates*
- *Meat is one of the best source of protein, is a rich source of B vitamins such as thiamine, riboflavin, and niacin; and includes fats, carbohydrates, minerals, pigments, enzymes and water*
- *All noted elements are affected by cooking, but many of them are destroyed by overheating. Low temperature cooking helps preserve unstable, heat sensitive vitamins and nutrients.*
- *Fat contributes greatly to the flavor of meat.*
- *During the cooking process, fat not only melts, but changes chemically.*
- *With low temperature cooking, there is less chemical changes and less fat melt resulting in a more flavorful finished product.*
- *The enzymes found in meat break down the tissues and act as a natural tenderizing agents*
- *These enzymes include proteolytic enzymes, which act on protein, amylolyc enzymes, which act on carbohydrates, and lipoidal enzymes act on fat.*
- *A premium price is paid for aged meats where this enzyme action has already started, however; enzymes are destroyed by high temperatures.*
- *Low temperature cooking does not destroy these enzymes, and particularly in the hold cycle, creates this natural chemical action to tenderize or age the meat right in the oven*
- *ENDRESULT: Along with better nutrition, a more tender finished product, less shrinkage, and higher moisture content, meat will not require the addition of as much salt as needed with a conventional cooking methods*
- *Proper nutrition*
- *Meat is the best source of protein*
- *Rich source of B vitamins such as thiamine, riboflavin, and niacin; and includes fats, carbohydrates, minerals, pigments, enzymes and water*
- *Fat contributes to the flavor of meat*



- *With cooking process, fat melts & changes chemically*
- *Low temperature cooking, produces less chemical changes and less fat melt resulting in a more flavorful finished product.*
- *The enzymes break down the tissues and act as a natural tenderizing agents*



Cook Chill

- *Or Total Catering Control System, it's all about precise time and temperatures*
- *Controlled deliveries in refrigerated or freezer trucks*
- *Maximum 30 minutes to shift from truck in to cold storage*
- *Maximum 30 minutes for preparation in controlled environment, followed by a full cooking process to core temperature*
- *Immediately after cooking the cooked goods goes in to a Blast Chiller, cooling products down to + 2°C core temperature in maximum 90 minutes and stored for up to 5 days (including preparation and consumption day) at below + 4°C*
- *Option to regenerate as a single dish (Bain Marie) or fully plated meal exists that includes (Protein, Starch and Vegetables) Sauces and garnish will always be added post the regeneration process*
- *Simple!*
- *Some old ICC stats: 2800 meals served to every guest (plated) in under 17 minutes out of 8 Satellite Kitchens*
- *MMS stats: 12.500 meals served in the VIP area in under 1 hr (Buffet style) out of 18 Satellite kitchens*

Vitamin retention and preservation:

- *Buy fresh and use fast (do not keep in the fridge for too long) If possible at the markets (bring your own basket not plastic) will get to that just now*
- *Blanching and immediate cooling and then sautéing etc.*
- *Do not over-cook products, use lower temperatures, just about cooking or simmering (not boiling) will keep the products slightly crunchy or with a "BITE"*
- *End-result is better colours, fresher individual taste, better appearance, more joy on eating (for example a green spinach vs. a greyish-brown spinach puree)*

Nutrients and Nutrition:

- *Never leave products laying in the water (all nutrients and vitamins will leak out) Wash your products, peel, prepare and never send it back in to the water*
- *Do not over-cook products, just right is more than enough*



- Do not retain hot food on the Hot tray, prepare your products just in time for eating (sorry about all that entertaining, but then the kitchen is possibly the most used area in every household, besides the bed room, but we are not going there as we talk about edibles!)
- Buy seasonal and depend on local harvests, long transport will allow nutrients and vitamins to diminish
- Meats, fish and seafood must be included here

Allergies and Allergens:

- Top 5 Allergens are: Dairy, Soya, Shell fish, Nuts and Gluten
- Know your status and eat accordingly
- Verify with the manufacturer / Chef if need be and read labels Corn Chips, Soya Sauce or Tomato sauce should not contain gluten, but they do!
- Gluten replacement products < Soya flour, Rice flour, Potato flour, Tapioca flour, Cassava flour, a combination of the above is generally recommended. Pending of what you do, use flavourings such as lemon zest, vanilla for sweet products, sundried olives, herbs, pesto's etc. for savoury products

GMO and related issues:

- GMOs, or **Genetically Modified Organisms**, are organisms that have undergone some changes to their DNA through genetic engineering. GMO foods are foods in which these alterations have been made to add some beneficial traits to the food or to increase control over its genetic structure.

Q: What are some GMO foods?

QUICK ANSWER

Foods with a high risk of being genetically modified organisms, or GMOs, include alfalfa, canola, corn, soy and sugar beets. Summer squash, zucchini, cotton and papaya are other common GMO crops. Some food ingredients that are derived from GMO crops include high fructose corn syrup, molasses, sucrose and ascorbic acid.

FULL ANSWER

Some crops, such as rice, flax, wheat, chard and turnips, are monitored for GMO contamination. Rutabaga, Siberian kale, bok choy, Chinese cabbage and acorn squash are also regularly monitored. Monitored crops have suspected or known incidents of GMO contamination, or they have a chance of cross-pollination with related GMO crops that are currently in commercial production. These monitored crops move into the high-risk category if testing reveals consistent GMO contamination.

Although tomatoes were the first genetically modified crops produced, they were soon taken off the market due to flavour issues. Genetically modified potatoes were first produced in 1996, but production was discontinued in 2001 because of consumer rejection. As of 2015, no GMO tomatoes or potatoes are in commercial production.

A GMO is defined as an organism whose genetic makeup has been altered in a laboratory using genetic engineering. Genetic engineering creates artificial combinations of plant, animal, virus and bacteria genes



Q: What are some advantages and disadvantages of GMOS?

QUICK ANSWER

Two major advantages to the use of GMOs, or genetically modified organisms, are increased crop yields and resistance to pests and diseases. Genetic modification does not always involve the use of chemicals and can sometimes be accomplished through grafting, selective breeding and cross-breeding.

FULL ANSWER

Genetically modified organisms can have a positive impact for both producers and consumers. From an economic standpoint, GMOs can increase crop yields, making farmers more efficient. These increases in yield can be a result of a broad range of genetic advantages bred into the crop. For example, a variety of lettuce that has heightened resistance to cold and frost could mean that the farmer is able to retain a greater harvest after an early frost damages a large portion of a plot.

One well-known example of genetic modification proving advantageous to consumers and producers is the use of American rootstock in vineyards during the late nineteenth century. After shipping rootstock to Europe from America, an outbreak of a highly aggressive aphid (insects) called *Phylloxera* decimated European vineyards. After noticing that American vineyards were not nearly as susceptible to the insect, wine makers started grafting their vines onto New World roots. As a result, the European market was able to almost fully recover from the outbreak.

However, a lack of definitive scientific data regarding the safety of the genes used to create GMOs presents uncertainty regarding safety concerns. Another potential disadvantage is that crops modified to withstand higher doses of pesticides will invariably present the risk of more chemicals remaining on the food once it reaches the consumer. Therefore, not only could the genes used to modify organisms be harmful in their own right, but chemicals added during production could also present risks.

Q: Which types of GMOs have built-in pesticides?

QUICK ANSWER

Corn, potato, soybeans and cotton are four types of genetically modified organisms, or GMOs, that have built-in pesticides, per the University of Kentucky College of Agriculture, Food and Environment. The "built-in" pesticide is *Bacillus thuringiensis*.

FULL ANSWER

Bacillus thuringiensis (Bt) is a spore-forming soil bacterium derived from the family *Bacillus cereus*. There are approximately 200 Bt strains. The *B. cereus* family naturally produces various protein crystals that are toxic to certain insects. Bt does not cause food poisoning, reports the University of California, San Diego.



The European corn borer, the southwestern corn borer, the tobacco budworm, the pink bollworm and the cotton bollworm are insects susceptible to the toxic effects of Bt GMOs. When a susceptible insect consumes a Bt GMO, the Bt toxins dissolve in the high pH of the insect's gut, and the toxins bind to the gut wall within minutes. The gut wall breaks down, spores and bacteria proliferate throughout the insect's body, and the insect dies.

Bt GMOs contain an inserted genetic trait, that is, a Bt protein and a promoter sequence of genetic material. The promoter sequence results in Bt proteins occurring in certain parts of an organism, throughout a whole organism in differing concentrations, or only at certain times during the organism's maturation.

Potential risks of Bt GMOs include resistance on the part of normally affected insects and potential cross-contamination of genes. While the latter is unproven, it is possible in theory, states the University of California, San Diego

GMOs, or genetically modified organisms, are organisms such as bacteria, fish, insects, mammals, plants and yeast whose genetic makeup has been altered through genetic engineering procedures. Merging DNA from different species, creates unconventional animals, bacteria and plants that are not naturally found in customary crossbreeding or even in nature.

Provisions grown through GMOs can lead to better tasting and longer lasting foods, not to mention, they are immune to insects and are capable of withstanding harsh weather changes such as drought, frost and heat. This allows the use of fewer natural resources, which leads to more crops being grown in more places. But who really benefits from GMOs? An increase in crops provides a tremendous economic gain for farmers, but what about the consumers? What are we really risking by allowing our food to be injected and consumed with GMOs?

1. Commonality of GMOs

In the United States alone, GMOs make up about 70-80% of the foods we consume. Most foods that contain GMOs are processed foods.

2. The Instability of Health

In most developed countries, GMOs have been banned or placed under strict regulations. After the introduction of GMOs, chronic illnesses, food allergies and disorders like reproductive and digestive ones have increased with time. Although thorough research has yet to be conducted directly linking GMOs to these conditions, some doctors are urging patients to avoid high quantities of foods with GMOs due to its unnatural factors.



3. Resistant to Weeds

Seeds that have been subjected to GMOs are resistant to weeds, but weeds growing in the same areas become exposed to GMOs. Over time, the weeds become resistant as well, causing farmers to use stronger chemicals, which affect the safety of the crops that people consume. More chemicals can lead to more health problems derived from the food we eat.

4. Contaminated—Forever

Not all farmers benefit from GMOs. When seeds are induced with GMOs, they “travel” to other farms and even in the wild making it almost impossible to eliminate all GMOs. Organic farmers face the devastation of huge economic losses trying to keep their crops pure when competing. In addition, the health of future generations are placed at risk due to these “traveling seeds.”

5. Suppressed Information for Cash Crops.

Farmers and/or independent scientists, who discover issues with GMOs or attempt to expose the issues, have been attacked, threatened, fired or even denied funding. At the end of the day, it comes down to money. Information that may tamper with the fact that GMOs produce more long-lasting cash crops is concealed.

6. No Labels

Without labels, how are people to know which foods have been genetically modified? Despite an increase for the demand of labels, one of the greatest hazards with genetically modified foods is that there is no legal label requirements to indicate which foods have been altered. Some are labelled with a Non-GMO sticker, but the fact is, a lot of the foods people consume do not have labels so many people are unaware of what they are actually consuming.

7. Unknown Genetic Effects

Because research on GMOs has not been thorough or explicit, the effects that GMOs will have on the greater human race is still unknown. However, considering the health risks of ingesting these types of foods on a regular basis, it is safe to say that GMOs, being unnatural, will have a negative long-term impact on the human race as a whole.



8. GMOs—Not an Excuse for Food Security

Yes, more crops are grown, but at what cost? Powerful monopolies like Monsanto, a genetically engineering company that controls about 90% of the Genetically Modified Foods worldwide are given complete control over the foods we eat. They sell GMO seeds too farmers, which are not inexpensive; therefore, many farmers are forced to purchase the seeds leaving them dependent on major companies or face the vulnerability to hunger.

9. An Unpredictable Aftermath

Exposure to anything that has been genetically modified cannot be considered safe or healthy because it is, well, to put it simply, unnatural! Disturbing the environments natural genetic makeup can eventually result in the reproduction of unnatural animals and plants including humans.

10. A Closed Mouth Does Not Get Fed

One way to help reduce the use of GMOs is to get educated and simply not eat foods that contain it. Patience and portioning are tactics that should be practiced to help eliminate the modifications of our food. GMOs produce more crops versus growing them naturally. Yet, if we allow for crops to grow at their natural rate and portion the foods we eat, a demand to have more than what we actually need will decrease leading to more natural methods to produce our food.

The bottom line is that genetically modified foods are just not natural and have not been proven to be safe. In America, there are not even labels to inform consumers that what they are about to eat has been genetically modified in a lab and not from the earth. Now, that's scary!

