

Food: Seafood/Poultry

SEAFOOD

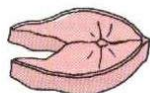
The term seafood covers all fish from the sea or freshwater as well as shellfish.

FISH

Names of some sea and freshwater fish.

Sea or saltwater fish

Salmon
Sole [Dover or Lemon]
Sardine
Bass
Cod
Tuna
Plaice
Whiting
Mackerel
Turbot



a fish steak



a fish fillet



smoked salmon

Freshwater fish

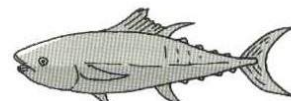
Carp
Trout, rainbow
Trout, river or brown
Catfish
Eel



trout



eel



tuna

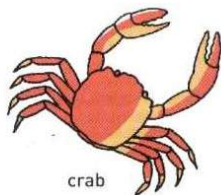


lemon sole

SHELLFISH

The following shellfish are often served in restaurants.

Crab
Mussels
Scallops
Oysters
Shrimp/Prawns
Lobsters



crab



scallop



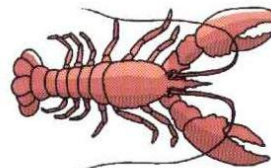
mussel



oyster



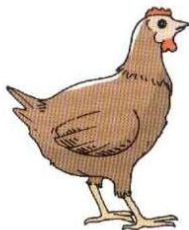
shrimp/prawns



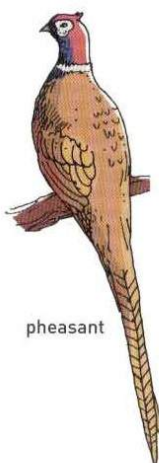
lobsters

POULTRY

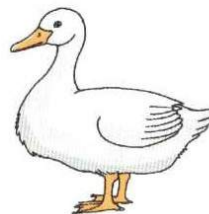
Chicken
Spring chicken
Turkey
Duck
Quail
Pheasant



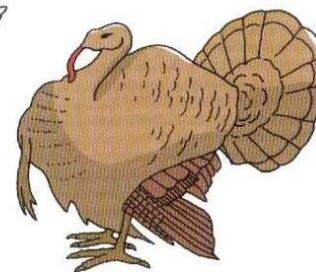
chicken



pheasant



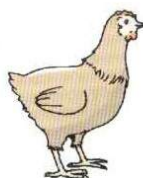
duck



turkey



quail



spring chicken

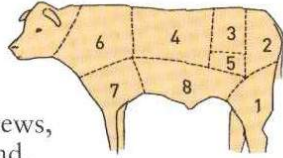
Food: Meat

Meat dishes served in restaurants are prepared from one of the following meats: BEEF/LAMB/VEAL/PORK/VENISON

The diagrams below are simplified to show only the major commercial cuts.

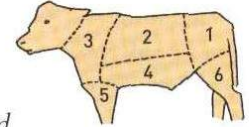
Names of these cuts and joints vary from country to country.

BEEF



- [1] Lean meat that needs long, slow cooking. Used for stews, casseroles and ground [minced] beef dishes e.g. hamburgers, meatloaf, meat sauce for pasta etc.
- [2] Lean meat with good flavour. Used for grilling [rump steak], braising, or pot roasting.
- [3&4] Steaks such as sirloin, porterhouse, entrecote, rib-eye and t-bone come from this section. Also used for dishes like kebabs, roast beef and beef ribs.
- [5] Lean, boneless meat that is very tender and very expensive. Used for dishes like Chateaubriand, Fillet Mignon, Beef Tournedos, Beef Bourguignon, etc.
- [6] The rib portion of this cut is used for roasting. Chuck or blade steak from this section is used for slow cooking casseroles or stews.
- [7&8] Inexpensive and rather fatty meat. Used for corned beef, pot roasts or slow braising. Meat from the flank is also used for beef roulades or paupiettes [rolls], flank steak, pot roasts.

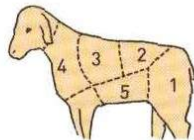
VEAL



- Veal is the flesh of very young calves. It is an expensive meat that is pale in colour and very tender. As veal is rather dry and bland, it needs sauces, stuffings and seasonings to provide additional flavour. Many fine dining restaurants include veal dishes on their menus.*
- [1] Slices of meat from this section are called by several names, e.g. scallops, escalopes, scallopini, schnitzels or cutlets. These pieces of veal are prepared in many different ways.
 - [2] This section can be boned and rolled for roasts, or cut up into chops for grilling, frying, braising, etc. Crown roasts and veal cutlets are also from this section.
 - [3] The shoulder joint is also often boned, stuffed and rolled for roasts.
 - [4] Breast meat is often used for stewing or braising. It can also be rolled and stuffed for a roast.
 - [5&6] Shanks are used for stewing or braising. Osso Bucco is a popular Italian dish made from this cut.

LAMB

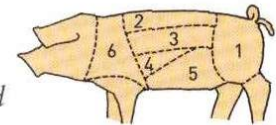
Lamb is the flesh of young animals of between 3–12 months old. The term 'mutton' is used for the flesh of older sheep.



- [1] A large roasting joint often served in restaurants as Roast Leg of Lamb.
- [2] Loin joints can be roasted whole or boned and rolled. The loin is also cut up into loin chops for grilling, frying or barbecuing.
- [3] This section has the best chops or cutlets for grilling or frying etc. It is also used for the well-known dishes, Crown Roast and Rack of Lamb.
- [4&5] The shoulder and breast meat can be used for kebabs, casseroles, and dishes that require stewing or braising. A boned and rolled shoulder makes a tasty and less expensive roast.

PORK

The most common cuts of pork used in restaurants are from the leg [1], loin [3], and rib [4] sections.



- [1] Excellent for roast pork and ham – two of the best-known pork dishes.
- [3] Meat from this section provides loin chops for grilling, baking or frying, as well as the popular Crown Roast. The pork fillet or tenderloin is also from this section.
- [4] Spare ribs are a popular choice in restaurants. They can be baked, barbecued, grilled or braised.
- [5] Flank or belly pork is used for stews or braised dishes, and especially for curing as bacon.

VENISON

Venison is the flesh of young male deer.

The roasted leg joint, steaks and braised loin or neck chops are some venison dishes served in restaurants.

Food: Vegetables

The vegetables listed below are among some of the commonly used vegetables in restaurants.

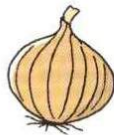
They are grouped under the following categories:

- Root vegetables - Green vegetables - Non-leafy vegetables - Herbs and seasonings

ROOT VEGETABLES



carrot



onion

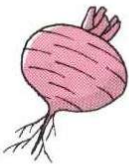


potato

potatoes
sweet potatoes
carrots
turnip
radish
beetroot
horseradish
onion
garlic
ginger
shallots



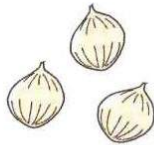
beetroot



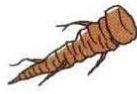
turnip



ginger



shallots



horseradish

GREEN VEGETABLES



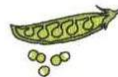
cabbage



spinach



broccoli

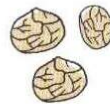


peas

spinach
cabbage
[green, white, red]
broccoli
beans
peas
leek
lettuce



leek



brussel sprouts

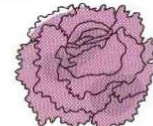
[many varieties, e.g.
iceberg, curly endive,
romaine, etc.]
watercress
celery
brussels sprouts
spring onions



watercress



beans



lettuce

NON-LEAFY VEGETABLES



mushrooms



tomato

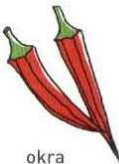


aubergine

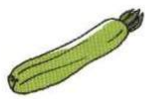
cucumber
zucchini [courgette]
aubergine [brinjal or eggplant]
okra
tomato
asparagus
mushrooms
cauliflower
peppers
avocado pear
sweet corn
pumpkin



peppers



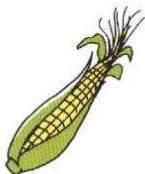
okra



zucchini



avocado



sweet corn



cauliflower

HERBS AND SEASONINGS



mint

parsley
dill
thyme
sage
fennel
chives
mint
oregano
rosemary



thyme



rosemary