

LARDER & GARDE MANGER

FUNCTION OF THE LARDER DEPARTMENT

The Cold Larder, or Garde-Manger, is a department set aside for the storage of perishable foods, both raw and cooked, and where foodstuffs such as Meat, Fish, Poultry, and Game are prepared and made ready for cooking. In this department, too, all 'cold' items found on the menu, such as Hors d'Œuvre cold fish or meat dishes, cold sauces, salads, salad dressings, etc., are prepared and 'dressed'.

For these functions to be effectively carried out, it is essential that:

(1) The room be separate from the kitchen, and located in a cool place. At the same time it must be close to the kitchen to avoid undue running about between the two departments, which are closely interrelated.

(2) It should be light, airy and well ventilated and sufficiently spacious to allow the staff to carry out their duties in a clean and efficient manner.

(3) It must be equipped with the necessary fittings, plant, machinery and tools, in accordance with the volume and/or quality of the trade of the catering establishment in which it is situated.

BREAKDOWN OF WORK

Taking the above into consideration, it naturally follows that the work is broken down into various Fields such as Hors d'Œuvre, Salads, Butchery, Poultry, Cold Buffet etc, and, in effect, in large busy establishments each of these functions or duties are carried out by one or more men or sometimes women, who specialize in the work of that particular sub-department. As an example, the Butcher, Poulterer, or Fishmonger may be an expert in that particular field without being a trained chef or cook, and it sometimes happens that the salads or Hors d'Œuvre are prepared by female staff trained in those particular duties only.

More frequently, these various duties are allocated by the Chef Garde-Manger, who is in overall charge of the department, to commis or assistant chefs, and they are known as Commis Garde-Manger, whatever duties they are assigned to. Naturally, the busier the establishment, the more Larder-work it entails, therefore more commis are required to man the department. The smaller the volume of trade the fewer commis required, and so on. In many establishments the Chef Garde-Manger is single-handed and carries out all the various functions himself.

It should be mentioned at this stage that often quality rather than quantity, of trade is the determining factor in deciding the number of staff required in the Garde-Manger, or for that matter in the kitchen as a whole.

RESPONSIBILITIES OF THE CHEF GARDE-MANGER

The responsibilities of the Chef Garde-Manger, therefore, are many and varied. He is responsible to the Chef for the efficient running of his department and for the co-ordination of the work of his staff; for the training and discipline of larder staff; for the foodstuffs in the department, some of which may be stored in refrigerators or even in deep-freeze, or preserved by other means. The responsibility is his for keeping a record of such foodstuffs and a day-by-day record of issues to kitchen or other departments.

He must study the menus in advance, so as to be able to order meat, fish, etc., in time for the foodstuff to be prepared and cleaned and made ready for the kitchen in time for it to be cooked; and also all necessary stores for the various larder productions such as salads, Hors d'Œuvre, sauces, buffets, etc.

He is responsible for the efficient storage of food to avoid deterioration and wastage and for the cleanliness and hygiene in the department, to avoid any danger of contamination and possible food poisoning. He should also advise the Head Chef as to what items of foodstuffs require using to prevent

eventual wastage.

LARDER CONTROL

If this department is to be run efficiently and economically, it is essential that the Chef Garde-Manger should exercise the strictest possible control over the foodstuffs received and stored in the department.

This involves: (1) Checking the quantity and quality of all goods delivered to the larder; (2) Ensuring that all foodstuffs are stored at the right temperature and that they can be easily checked; (3) That the food is protected from contamination by vermin, etc., (4) That portion control is rigidly carried out e.g. a given weight of meat, or fish, or vegetables, etc., should always produce the required number of portions of steaks, fish fillets, salads, or Dors d'Œuvre; (5) That stocks of food are regularly turned over; (6) That food is not overstocked; (7) That a simple daily stock sheet be kept by each sub-department and handed to the Chef Garde-Manger at the end of each day's business to enable him to write out his order for the following day; (8) Obviously, every effort must be made to maintain the highest possible standard of hygiene, to prevent any deterioration in the foodstuffs under his control and every precaution should be taken to discourage pilfering.

The stock and order sheets should be made as simple and easy to keep up-to-date as possible, A complicated stock sheet, requiring too much writing, will defeat the whole object of the exercise, as it will be neglected during busy rush periods, the very time it is most needed.

For some sub-department stocks, the devising of a simple but effective list is reasonably easy. With others it is not quite as easy. For example, the keeping of the stock of food sent in and returned by the Cold Buffet can be complicated and time-wasting, if one is to measure every ounce or inch. Therefore, it is necessary to accept some rule of thumb, providing this is well supervised. Note that an experienced Chef du Froid or Chef Garde-Manger should be able to tell at a glance the weight, or number of portions of a given joint or cold dish, within very narrow margins.

The butchery department also presents some problems and the stock sheet for this department needs careful consideration. Fish, salad vegetables, canned foods, and dairy produce, on the other hand, are comparatively easy to control. Naturally, each catering establishment will produce its own system, taking its own problems into account, but the stock/order sheet given here should meet the requirements of most larder departments.

<i>Department</i>				<i>Day and date</i>	
<i>Item</i>	<i>Unit</i>	<i>Stock</i>	<i>Unit price</i>	<i>Cost</i>	<i>Order</i>
				£	P
Tomatoes	kg (lb)	2			12
Sardines	tins	4			8
Eggs	doz	1 ½			4
Oil	1. (gal)	½			
Vinegar	1. (qt)	1			2

LIAISON WITH KITCHEN AND PASTRY DEPARTMENT

The larder or 'Garde-Manger' is both a storage department for most perishable foods, and a preparation department for such foodstuffs (Figure 1). The larder staff, under the supervision of the Chef Garde-Manger, are responsible for the ordering, storing and preserving of stores, keeping stocks up-to-date, and accounting for such items as meat, fish, poultry, game etc. which pass through the department on their way from the suppliers to the kitchen and eventually to the restaurant or banqueting rooms. The bulk of such foodstuff needs dissecting or cleaning, dressing, cutting into the required joints or portions, and generally preparing for cooking.

To function in an effective manner, the larder department must operate in harmony with the

kitchen in particular, and in many cases with the pastry department, too, if confusion and wastage are to be avoided (Figure 2) more skillful in such work, and who are equipped with the necessary apparatus and tools for producing such items for use by the larder department. Such tasks as the lining of pudding basins or the covering of meat pies, prior or after filling, by the larder staff - in readiness for cooking in the kitchen - are examples of such co-operation between the departments.

On the other hand, such savoury fillings as are required by the pastry chef for such items as sausage rolls, patties, or pasties, ravioli, etc., will be prepared in the larder and transferred to the pastry as and when required.

Another important function of the Garde-Manger is to process and utilize the 'leftover' element of any meal, and consequently parts of cooked joints, poultry, fish or even eggs, vegetables and potatoes will be transferred from the kitchen to the larder at the conclusion of every meal. Naturally, the Head Chef will seek to keep these left-overs to a minimum by careful ordering but, in a busy establishment with a varied menu, a certain amount of leftovers are unavoidable-It is the task of the Chef Garde-Manger in consultation with the Head Chef to make the best possible use of these. Some will go to the preparation of Hors d'Œuvre or salads; others, suitably trimmed and dressed, to the preparation of cold dishes; and some will be used in 'made-up' dishes. All these factors should be, and usually are, taken into account by the Head Chef when planning his menus and the close co-operation of the Chef Garde-Manger can be of the utmost importance.

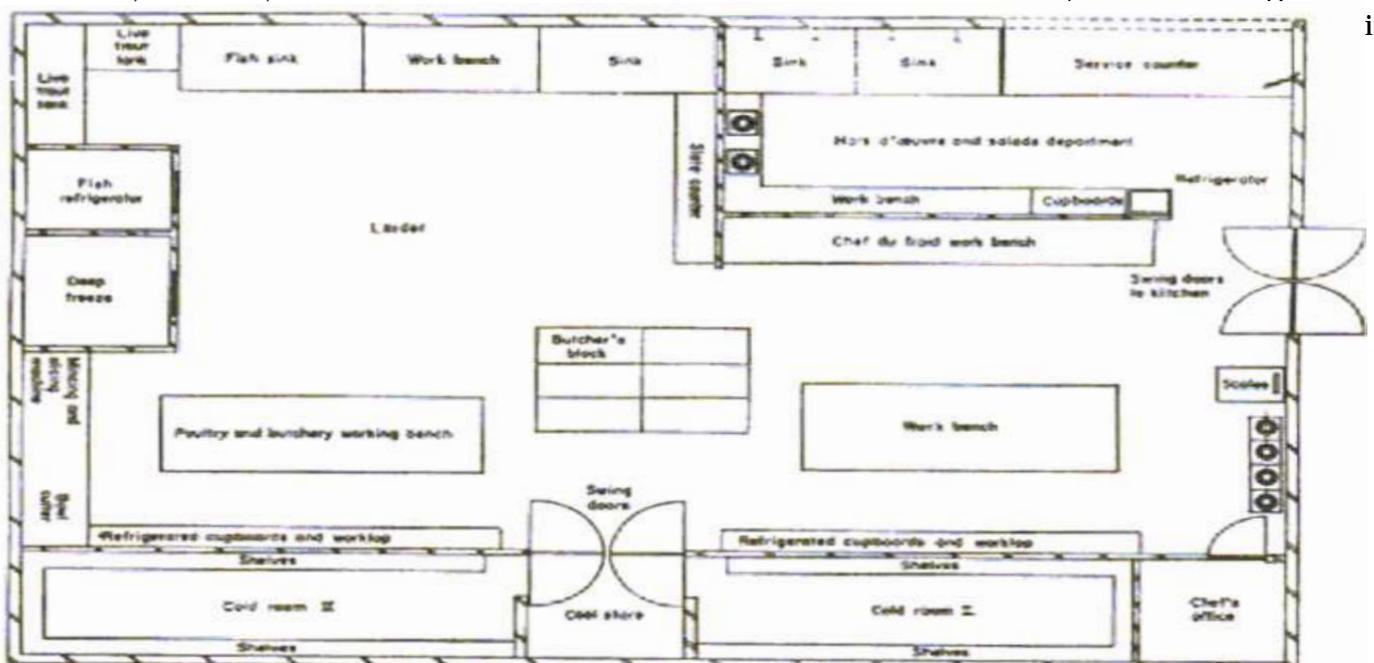
A number of garnishes or accompaniments to dishes served from kitchen departments are prepared by the Garde-Manger and a list is given at the end of the chapter. Such items as stuffings, forcemeats, lardons or bacon rashers, are naturally provided by the larder, as well as cold sauces for the accompaniment of hot dishes, such as tartare or remoulade for fried or grilled fish, sauce menthe for roast lamb, sauce raifort for roast beef, sauce ravigote or vinaigrette for calf's head, and many others which are dealt with in another section.

In some instances, savoury butters too are prepared by the larder department for use by the kitchen. But such preparations as dumplings and some savoury patties used by the kitchen for garnishes are prepared by the pastry department, with the savoury ingredients, chopped suet or fillings provided by the larder.

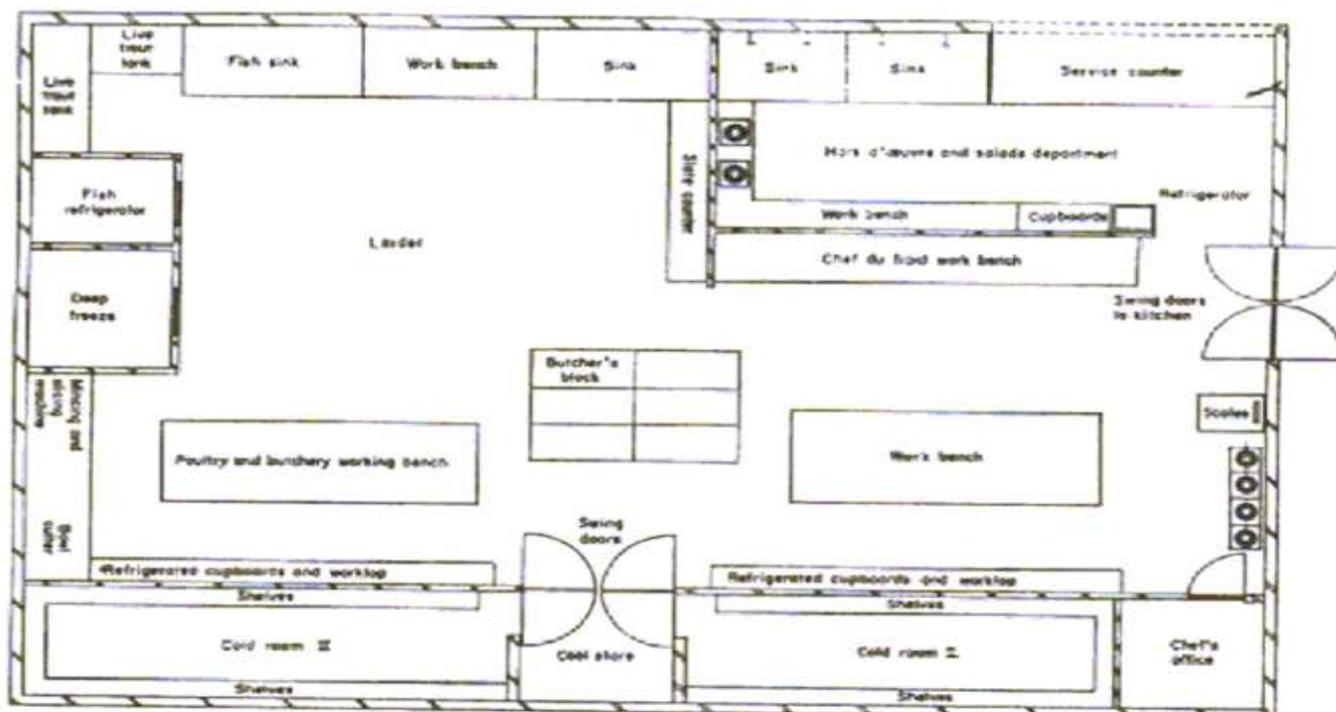
It will be seen from the above, that the Chef Garde Manger must be familiar with the garnishes and accompaniments of all dishes on the menu, in particular the classical fish dishes and entrees and soups. close liaison, therefore, is essential between these various departments if delays and complications are to be avoided at the time of serving these dishes.

It is advisable, therefore, for the student to make himself familiar with more commonly used classical garnishes.

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USE AND CARE OF EQUIPMENT, MACHINERY AND UTENSILS

Refrigerators

These play a very important part in the function of the Garde-Manger as they enable perishable foods to be stored at a low temperature and thus prevent deterioration in the food and particularly the growth of harmful bacteria. It should be clearly understood that the refrigerators are not deepfreeze compartments and the temperature should be set at a little above freezing point or 0-10C (320F). A temperature of around 2-30C (34-36°F) is desirable and, as too great a variation in temperature can be harmful to the food in store, an effort must be made to keep the temperature as constant, or as near constant as possible. The following principles must be observed,

(a) Ensure that the refrigerator is in good working order; check the thermostat to make Sure it is functioning; have the refrigerator serviced regularly and the level of the refrigerant 'topped up' if necessary;

(b) Defrost regularly to enable the evaporator to function efficiently. This is done by switching off the motor and opening the doors to allow the warm air to melt snow, frost and ice which is clinging to the vanes of the evaporator and the coils. Never in any circumstances should one use an ice pick or a knife to dislodge the ice. as there is a danger of perforating the coils, thus allowing the refrigerant to escape.

(c) Use the door as little as possible and never leave it open longer than is necessary for depositing Or withdrawing foodstuffs from the refrigerator. The atmosphere outside the refrigerator will be at a much higher temperature normally and will, therefore, be attracted into the colder temperature causing it to rise rapidly.

(d) Never place hot food into the refrigerator as this will raise the temperature and is harmful to the other foods in cold store.

When the refrigerator is being defrosted, it should be thoroughly cleaned. The racks and bars are removed and scrubbed with hot water containing a grease solvent, rinsed and allowed to dry. The walls, floor and doors should be thoroughly sponged down likewise, with hot water containing grease solvent, then rinsed and dried. During this cleaning and defrosting operation the foodstuffs will naturally have

been removed and transferred to alternative storage.

Mincing Machine and Bowl Cutter

This is a combination machine and is used for a number of functions in the Garde-Manger e.g. mincing of meat for sausages, meat loafs, Galantine-Farce etc., mincing of fats prior to rendering for dripping, mincing or chopping of cooked foodstuffs, as well as raw for various larder preparations.