

Produce, Provenance and Sourcing

BMGM4005

Week 9: Centralised Kitchen

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Week 9

- Functions of a Centralised Kitchen
- Food Safety and Quality Assurance
- To Use or Not to Use?

What is a “Centralised Kitchen”?

A central production kitchen, also known as a central production unit (CPU), is a kitchen space that is used for the production of meals or individual ingredients before they are sent to different locations for plating up and serving to customers.

CPU's are becoming an essential ingredient for restaurant chains of all kinds, from quick-eats and coffee shops to high-end establishments.

They are not the same as dark kitchens where food is produced, packaged and handed directly to the customer in a delivery-only circumstance. Central kitchens are specifically used by restaurants to cook all of their produce in one central kitchen, to then be served across a number of different branches.

Tricks of the Restaurant Trade - Series 1: Episode 3 | Channel 4

Why use “Centralised Kitchen”?

- Consistency in food quality
- Cut overheads
- Increase space, decrease time
- Assist with the chef shortage



Assignment 2: Produce, Provenance & Sourcing

Report – Restaurant Sourcing

Write a report detailing sourcing practices of your chosen restaurant and discuss how these are fit with sourcing seasonal, local and sustainable ingredients.

Task

- Select a local restaurant that you find interesting or that aligns with your culinary preferences.
- Schedule a visit to the selected restaurant during a non-peak time (with the restaurant's permission).
- Observe and document the restaurant's sourcing practices.
- Write a report summarising your observations and findings from the restaurant visit.
- Analyse the impact of sourcing practices on the restaurant's menu, quality, and customer experience.
- Discuss the challenges and strengths of the restaurant's sourcing strategies.

Note: You may wish to use your placement provider for this report.

Assignment 2: Produce, Provenance and Sourcing

You must present your report with a title page, this to include:

The title of the report - Restaurant Sourcing

- Your name
- Your student ID number
- The module title: Produce, Provenance and Sourcing BMGM4005
- Your lecturer's name – Ffion Cumberpatch

You should structure your work with a table of contents, introduction (around 10% of your word count), where you will explain the purpose of the report, whilst also defining key terms. This will be followed by your main body (80% of your word count), where you will discuss the different sourcing practices and their advantages, disadvantages, challenges or opportunities. Conclude your report with a closing paragraph (10% of your word count). The conclusion should contain no new material.

References & In-text citations

You must use credible sources for your research from online sources, textbooks, media, and industry journals to support your essay. You must include a minimum of 15 reference sources, and these must be accurately cited within your report.

List of Reference

Dephna (2022) *Why Are Restaurants Turning to Central Production Kitchens?*

Available at: <https://www.dephna.com/insights/restaurants-using-central-production-kitchens> [Accessed on 16th of November 2023]