

PORTFOLIO.

DEVELOPING CULINARY SKILLS.

- *Dumitru Cojocariu*
- *Developing Culinary Skills (BMGM5002)*
- *Lecturer: Antoinette Milne*

I confirm that I have not used any AI tools in the research and creation of this assignment.
I confirm that I have not presented any AI generated materials as my own work. I confirm
I have copies of my drafts, notes, and other resources I used, which I may be asked to
provide in evidence

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INTRODUCTION

This is a reflective portfolio that outlines some of the learning activities and resulting skills acquisition that is achieved during professional practice in culinary business. The purpose of this portfolio is therefore to discuss the main competencies that have been gained during the period of the placement and how these experiences match my career goals. The purpose of the assignment is to review and showcase instances of applying learned concepts with an emphasis on supply and stock, appropriate meat cooking, and plating techniques. Each of the areas will be further described and the difficulties met, decisions made as well as the skills acquired throughout the process will be outlined (Farahian et al., 2021).

As a result, this portfolio is more than my personal musings on the culinary world; they serve as my development milestones and tools to monitor my progress for the next career moves in the culinary field. Through the documentation of these, the portfolio will offer background and consciousness of learning progress, success zone and areas of improvement based on my long-term career aspiration as a professional in the hospitality industry.

MAIN BODY

Supply and Stock Management

It makes supply and stock management a vital activity for any organization operating in the culinary environment, because it affects the quality of the services offered as well as the internal organization of the business. At the extent of practice, I also got acquainted with the role of highly efficient ordering of supplies and stocks, usage of stocks as well as their handling which all define the pillars of a neat and systematic kitchen. The capacity to control stock guarantees that the kitchen runs smoothly thereby avoiding situations whereby there is regular call on the stocks or there are SMALL stocks which could lead to wastage (Bhat, 2023).

As stated earlier, there were times when I had to ensure there was adequate stock to cater for demand while at the same time strains on how avoid having excess stock that makes it spoil. I managed to tackle this through increasing order of stocks more systematically, and by also closely observing the stocks. In balance, for and regular stock check and getting to know the forecast need of the ingredients were useful in ensuring the right balance was created and that the freshest stock was only used in the stock. Also, I had to respond to changing storage systems, to always ensure that perishable products received favorable storage conditions to prolong their useful lifetimes.

While going through these steps, I improved organizational skills, and the virtue of time management when stocking things. In addition, I learned the effects of supply chain mechanics on the economy regarding waste elimination and the minimization of the time taken to place orders (Okeagu et al., 2021). They are likewise a pointer to how a serving or kitchen operation could be enhanced because I know how to properly manage the inventory in advance in future due to the lesson I learned at this place.

Meat Cooking Skills

One of my discoveries at the placement was the actual cooking of meat, which is critical in the culinary business. I got experience of grilling, stovetop cooking and using various cooking appliances like rationale ovens, salamanders and cook-chill-freeze system (Kang et al., 2022). Both techniques called for a different procedure and a lot of strictness to see that the meat was cooked to the right standard of readiness.

There was a problem in controlling heat and time to acquire the appropriate texture of the different types of meats. For instance, grilling needed tender considerations to prevent the burger from overcooking or undercooking, stovetop cooking needed careful heating of the pan and the oil to achieve uniform browning without burning. Being able to use rationale ovens and specific salamanders for cooking meat let me address the possibility of using other means that could promote better results in terms of meat flavor and texture.

Also, I got an understanding about how to handle food, especially raw meat and how it should be stored. I followed the cook-chill-freeze principle which helps to store the meat in the right way to enhance meat quality and thereby reduce wastage. I also gained some knowledge on the movement of meat from the source, processing it and then IT being prepared and stored.

From this, I learnt a broader view of the how different methods and apparatus are used in cooking meats. I also learnt the culture of the cooking method depending on the needs of the food to be prepared (Mötteli and Hotzy, 2022). These skills have helped me build confidence and competence in my kitchen that has not been made possible by learning from cookbooks.

Preparation and Plating Skills

Throughout my practical experience placement, I was able to learn special preparations and presentations of the dishes, and this is basic and essential in offering quality meals. I was engaged in food preparation and presentation of foods that are in different courses in the menu for instance appetizers, entrees and desserts (Sahak et al.,

2022). Working in the kitchen allowed me to practice how balance is achieved when selecting recipes and ingredients for preparation and serving.

One would say mastering the art of plating that intricate meals while observing equal portioning and presentation was a major issue. It involved practical work on making sauces, custards, ice cream and sorbets which all could not be prepared without paying much attention. The ability to work around this constraint while complementing the general appearance of the dish was one area of learning. This is the way I realized that garnishing could be employed in creativity in order to improve the outlook of a prepared dish and all at the same time make sure that every part of it was suiting the other.

Also, I learned several ways that help to plate food neatly, for example, using ring molds, scribbling the sauce to look artistic by putting it in specific styles, and always trying to balance food items. Gaining familiarity with these techniques through improvement exposed me to an even better appreciation of the value of accuracy and timing in plating (Darojatun et al., 2023).

I also found out that it is possible to modify the plating style depending on the kind of dish prepared and the customer's perception of what constitutes a well-plated meal in a professional kitchen. This has sharpened me in one way or the other on how to present dishes that are not only tasty but appealing to the eyes thus enjoying a good grounding on this aspect of culinary arts.

Reflections on Experience

This placement has influenced a change in the way I viewed the culinary industry as well as my personal characters. At first, I saw the field strictly related to knowledge in the area and ability to perform kitchen work; however, I understood quickly that operation in the kitchen requires solid organizational skills, collaboration, and flexibility as well (Andresen et al., 2020). High degree of dynamism of the working environment due to time pressures, showed the significance of professionalism and reliability when working under stress.

For me the most profound message of the show was to appreciate how every little thing in culinary from stock management to cooking methods to plating is all about precision. I faced a lot of difficulties for example how to adhere strictly to the cooking time, how to order stock properly and most importantly how to maintain quality while operating during busy hours. This was good learning for me in that it exposed me to challenges that require one to strategize and come up with solutions to succeed after passing through various tests.

It has also changed the way I perceive the kitchen – typically, it was viewed as the space where people collaborated. That interaction is vital in the delivery of services and the effectiveness of a kitchen. Moreover, I realized that pursuing a job in a very competitive firm helped me grow psychologically, learning to work even under enormous pressure (Khan and MacEachen, 2022).

In general, the placement has been fruitful, acquainting me with the intricacies of the profession. Not only has it provided me with better technical ability but also better knowledge of the soft skills relevant within the industry. Of course, all the obtained insights will most likely remain valuable for future career choices, as well as the further training of personnel and the creation of effective teams in the future workplace.

Leading to the Future

This theory agrees with the idea that great lessons to be learned about one's future career can be obtained from such a placement. By teach supply management, various methods of cooking and plating, I lay strong basis, which will help me build the career of my dreams. Besides improving my practical skills, exposure to the various aspects of the kitchen activity has been immensely helpful for me to understand how a professional kitchen operates, something which is absolutely crucial for me as a would-be chef (Baker et al., 2020).

My main goal is to one day become the head chef or manager of a culinary business in the future. Through the Art of Stock Management and the Supply Chain,

together with the enhancements in the way I cook meat and plate them, have enhanced my comprehension of the things that are expected of someone who wants to lead the kitchen properly. Furthermore, the aspect of team leadership and communication has also been brought to my realization with proofs of importance in facilitating effective service delivery. All these skills will be beneficial to me whenever I am having a leadership position in the future.

As for the future goals, I want to improve the techniques in detail, which include pastry making and the use of more complex plate presentations; moreover, managerial experience. As well as managing other people, food, and resources and time, career enhancement will also be catered for by these skills. There are certain areas I know still need my attention, considering that I am still growing as an expert in the field; for instance, there is need to learn more about kitchen technology, and better ways to manage kitchens. These areas will be attending areas in the professional development plan (Khan et al., 2020).

Therefore, the experiences and skills I have gained during my placement have invigorated me and have given me direction on ways to achieving my career goals in life progressing in the culinary arts business and striving to be a leader in the business.

CONCLUSION

To conclude, throughout this reflective portfolio, a lot of learning experiences and skills noted during my placement have been evaluated. I have gained crucial experiences with a focus on important aspects that would surface supply and stock control, different ways of cooking meat and plating arrangements. These have not only added to the sharpening of my technical skills but also expanded my view of how organized, efficient, and connected processes need to be in a stressful fast-paced environment.

During the placement, there were many issues that I faced that required me to fill the gap of problem solving and flexibility. I have built an understanding that preparation is key in the accomplishment of an efficient ending product in the kitchen as well as appreciation to detail. Furthermore, this experience confirms how significant is teamwork and communication more than anything else in any pantry, restaurant, etc.

All the skills and knowledge I get will surely help in my future career in the field of culinary services. With every technical and leadership experience that I gain further, I believe that I have better capacity to handle the profession challenges and to take more responsibilities. Reflecting on this process has helped me think more constructively about how I have developed, and I feel more ready to apply all of this to further positions in the fashion business.

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