

Hospitality and catering – independent study

March 2020 – Stephanie Parker

Professional kitchen and equipment



What is meant by workflow?

Workflow – this is the term used for a systematic pattern of constant activity in an organised area

How can workflow be achieved in a kitchen?

Workflow can be achieved in a kitchen by putting 2 operations into one, eliminating any unnecessary jobs (cleaning the workspace) and making everything easily accessible without moving too far from one place or getting in the way of others at their stations.

Small and large pieces of equipment and their uses:

Large items –

Deep fryer – submerges food into oil at a high heat

Cooking stove – cooks and heats food

Freezer – keeps food fresh and is where frozen food is held

Convection oven – an oven that has fans to circulate air around food

Pan racks – a stand that can accommodate many trays at a time with baked or cooked items on them in order to cool

Small items –

Mixer – a gear driven mechanism that rotates beaters

Blender – a container with a rotating blade at the bottom used for making puree or liquids

Pots and pans – a variety of cookware used for vegetables, pasta, potatoes etc.

Baking trays – rectangular metal pan used in an oven

Grater – grates or shreds food into smaller pieces

Chefs' items of clothing



A toque – chef hat used for preventing hair falling into the food

Vest Blanc (in French) – a chef jacket used to protect the cooks from heating ranges in the kitchen

Checker or black pants – trousers worn by chefs to provide comfort and protection

Apron – worn by chefs for safety reasons