INTRODUCTION

The kitchen is the most prominent and enclosed section or area in which edible food ingredients are brought together, gathered, combined through proper processing and cooked by various means of cooking methods for consumption. In simple terms, a kitchen is an area set aside for preparation of meals. Small kitchen is referred by the term ‘kitchenette’.

The kitchen is the hub and center of activities to produce food in any establishment or residential apartments. Chiefly concerned with food production activities, it is also associated with cleaning, storing, mise en place (washing, peeling, and cutting), cooking, holding food materials and dishes, plating, washing up, waste clearing, etc. The term ‘kitchen’ derives from the Latin term *cucina*, cook food, where cook derives from the Latin word *coquis* or *coquo* (meaning to cook, become ripe).

The world of kitchens has witnessed a huge change from its raw state to most refined kitchen outlet, since the period of antiquity. It were the Romans who brought the tradition of creating and establishing kitchens in ancient times, which was followed by all across the globe. The kitchens at that time were octagonal in shape, with many provisions of fire places, no chimneys but with a turret at the top on the conical roof of the kitchen to allow the smoke go out of the kitchen.

The kitchens were located either near the toilets or caldariums (rooms containing warm water for bathing), or they were mere hearth for cooking in open fires. But with the passage of time, the invention of cooking ranges changed the dimension of the modern kitchen. Nowadays, the kitchen is given due attention in terms of location, layout, space, incorporation of technologies, and all other aspects. It is located strategically for easy, smooth and efficient functioning.

The renewal and upgradation of culinary arts have simultaneously upgraded and meliorated the way the kitchen was conceptualized. In modern times, the kitchen has been equipped with best amenities, state-of-the-art equipment and monitored by professional and adept kitchen professionals. Also, it is looked upon as laboratoire
Height of Ceiling and Work Range

The height of the ceiling and work range is related to the efficiency of the staff in the kitchen. The height of the ceiling gives a feeling of spaciousness and is psychologically beneficial to the kitchen personnel. The height of the work range differs as per the height of the person working on it, and also with the kind of preparation done on it. The range should be of a low height for bulk cooking whereas for à la carte orders it needs to be at a decent level.

Ventilation

The kitchen is the area with an abundance of smoke and steam generated in it and hence it should be equipped with the provision to ventilate it. Chimneys in the kitchen were made for the same reason in earlier days, which has been replaced with kitchen hoods and exhaust systems in the modern days. Proper ventilation also makes provision of fresh and cool air in the kitchen, which is a great relief in humid kitchens.

Movability

The workspace or station should not be congested. The work-aisles should be with the provision to permit all kitchen staff to move with ingredients in their hand at times. It should be such that it should not create any hindrance in the functioning during the peak hours.

Location

The location of the kitchen is of prime significance, and it should be located sufficiently remote from the principal area of the organization so as not to pollute the nearby area with an undesired odors and noise of culinary operations. It should be located near to store and restaurants or dining area of the outlet. Nowadays, vaastu shastra or shilpashastra is taken in view while deciding the location of the kitchen, and it suggests that the kitchen should be located in the south-eastern corner.

Fuel Availability

Fuel is an important constituent of the kitchen, without which the kitchen comes to a standstill. Fuel has been changing from time to time. Once it was charcoal, then peat, then LPG, then electricity, and at times the solar energy. Fuel depends on the availability in the region and the ingredient to be cooked. For example, in baking, electricity is consumed, wood coal in barbeque preparation, and so on. The kitchens are designed as per the fuel to be used.

Equipment

Technological advancement has played a very significant role in selection and installation of equipment in the kitchen. Heavily dependent upon the menu aspect, the efficiency
of the equipment is also instrumental in its selection in the kitchen. Modern kitchens are equipped with modern and advanced equipment. The incorporation of convenience foods and space in the kitchen also has an impact on deciding the equipment to be used.

**Provision of Water**

Water is unarguably the most crucial aspect of any kitchen. The inlet and the drainage facility of water are taken into consideration, as water is used for cleaning of utensils, equipment, cooking, and many other processes. No kitchen can survive without proper water facility.

**Flooring and Tiling**

Flooring and tiling are again important facets of the kitchen area. They are a must for cleanliness and help in taking precaution against accidents in the kitchen. The flooring used in the kitchen must necessarily be anti-skid or anti-slippery. Tiling adds a new dimension to the hygiene of the kitchen and also eases in its cleaning.

**Layout**

One of the most important factors in making the whole kitchen operation successful is a proper layout which allows proper workflow, starting from receiving of food ingredients, then storing it, and then processing it in the kitchen, followed by cooking and then serving it. The layout should allow for the section and subsection of the whole kitchens to execute their work properly. The layout is an important consideration in designing the flow of water, electricity and fuels, etc., as well.

**TYPES OF KITCHEN**

**Main Kitchen**

The kitchen is essentially the space allotted for preparing and cooking food. The main kitchen is located in the central part of the hotel where sequence of food receiving, storing, preparing, cooking, serving and clearing areas are properly defined and managed accordingly. Logically and technically speaking, it is known as the central kitchen which has been divided into many sections and sub-sections. It covers a large area and has several sections like continental, oriental, Italian, Japanese, bakery, Indian section – with tandoor and halwai as a subsection – larder and so on. It caters to multi-cuisine cooking.

**À la Carte Kitchen**

This kitchen is a section of the main kitchen where the order is prepared for an à la carte menu. Generally, a section of the main kitchen, like the Italian section, can be an
à la carte kitchen if the order is prepared as per the à la carte menu. Here, the order is not prepared in bulk, but mise en place is to be done for all the dishes in the menu card. It is a kitchen with a list of a large number of dishes to be prepared.

**Banquet Kitchen**

This kitchen is also a section of the main kitchen where the order is prepared in bulk for buffet services, for wedding parties, for large gatherings, etc. Here, the provision is made for bulk cooking, and the equipment is installed accordingly. It is meant to cater to a large number of customers with quantity cooking.

**Satellite Kitchen**

A new concept in the world of kitchen, satellites kitchen is constructed with the purpose to cater in the particular area of the organisation, where the main kitchen cannot cater due to its installation of being immobile in nature. It is used to cater an area which is far from the main kitchen and hence a kitchen with minimal operating features is created by the name of satellite kitchen. Nevertheless, it can organize many works in its own kitchen. It is heavily dependent on certain things like preparation of sauces, stocks, gravies, desserts, etc. The prime preparation is done in the main kitchen, and then the prepared items are carried to the satellite kitchen and then the order is completed by reheating and garnishing. The preparation done is meagre in quantity due to its location. The staff is for this kitchen shifted from the main kitchen temporarily. It is equipped with basic equipment, and basic storage facility as well.

**Display Kitchen**

As the name suggests, a display kitchen is a kitchen in which food is prepared and cooked in full view of the customers or diners, in order to create an appeal and to attract customers by means of the sizzle and aroma of the food delicacies. It indeed is a pleasure for customers to dine in such an environment where they can witness the showmanship of the chefs. The sanitation, hygiene, decor and ambience all are given due importance to attract and delight the customers. The customers are compelled by their senses to taste and order the delicacies prepared in this kitchen. It is also called show kitchen.

**Live Kitchen**

This kitchen is more or less similar to the display kitchen as customers here are again exposed to have a view of preparation thoroughly. It is decided tactfully, which part should be more visible to the customer than the area which should be partially covered and not exposed to the customers. Here, the orders are prepared at the request of the customers. The customers are shown a list of items that are prepared in this kitchen, and customers place their orders by referring to this list. Generally, a gueridon trolley is also used in this kitchen.
LAYOUT AND SHAPES OF KITCHEN

One of the most important aspects of a kitchen to be successful in operation is its layout design. The layout of the kitchen design is a crucial criterion to judge its level of competency, efficiency and effectiveness. Many a times, the area left to construct a kitchen is the deciding factor of layout design; otherwise, the layout is designed as per the preferences of the chef and the architect. The three work zones, i.e., cooking range (gas burner), sink and refrigeration make a significantly important ‘work triangle’ in every kitchen layout.

One-walled Kitchen

Also referred as the Pullman kitchen or straight line kitchen, it is designed along a single wall. It is basically preferred at small studios or in loft spaces, where there is a shortage of space. Here, the cooking range, sink, and refrigeration are aligned to a single line along the wall.

Square Kitchen

An uncommon concept, it is rarely found, as the center space of the kitchen cannot be utilized to the maximum. Here, the kitchen personnel has to walk extra as compared to other kitchens as the walls are way apart from each other. The feasibility aspect in this kitchen is also not that impressive, as any spillage of anything in the center will make the entire kitchen unhygienic. The work zone triangle is also not convenient to work due to its improper and long-distance location.

Rectangular Kitchen

The more commonly used layout, which allows for maximum usage of space is the rectangular kitchen. This is very useful for kitchens with a lot of activities in it. Such kitchens are preferred in many outlets like hospitals, large restaurants, etc. Here, the work zone triangle is at its best.
Parallel Kitchen or Galley Kitchen

In such kitchens, the sides of passages are utilized for installing the work zone triangle and the center space is used as pathways or aisles. Actually, it is characterized by two walls opposite to each other, and the space in between is called a walk-through area. This is the sleekest and lean layout of the kitchen among all layouts.

U-shaped or Horseshoe Kitchen

It can be described as most efficient, compact and step-saving kitchen layout. Its doors are located at the end of ‘U’ and hence, there is no chance of criss-crossing in such a plan, as work flows from one point to another. The approachability of the work-zone triangle is also effective and efficient in this type of layout.

L-shaped Kitchen

This efficient kitchen layout, which is based on the two walls adjoining at the right angles is the L-shaped kitchen. Basically used in small kitchen spaces, it is used in small canteens, kiosks, and tea/coffee shop outlets. Here, as per the layout, the work-zone triangle is effectively placed.

STAFFING IN KITCHEN

Success of a kitchen is determined by the staff working there. The kitchen layout and equipment placed can be described as the body of the kitchen, but the kitchen personnel can be referred as the life of the kitchen. The kitchen personnel is sometimes called the kitchen brigade.

Classic Kitchen Brigade

The legendary Chef Auguste Escoffier is attributed with developing the kitchen staffing or kitchen brigade system in a professional kitchen, long back, with the intention to create a distinct hierarchy of responsibilities, functions and assignment of duties. He reorganized the kitchen by dividing it into various sections or departments or stations, based on the variety of foods prepared. He advocated the station chef to be the head of each section.

A classic brigade in the kitchen was characterized by each member assigned with specific duties and responsibilities; each member allotted a specific section in the kitchen; every section featuring a head of the department along with cooks and helpers working with them; and lastly each section was named in French terminology. The entire brigade was led and monitored by the executive chef (Chef de cuisine).

Chef de cuisine (Executive Chef): The head of the entire department, the executive chef is the top chef who is responsible for all kitchen operations, developing menu items, and all kitchen aspects like planning, purchasing, costing, planning work schedules,
In larger organizations, the larder chef is assisted by **chef de froid** or cold work cook who is responsible for cold preparations; **hors d’oeuvrier** or **hors d’oeuvre** cook who is responsible for all sorts of appetizers and canapés prepared; and **boucher** or butchery cook who handles the butchery section.

- The **pâtissier** or pastry chef is responsible for all sorts of pastries and dessert items. The **boulanger** or baker chef is responsible for all baked products like muffins, bread, breakfast rolls, etc. He works under the pastry chef.
- The **confiseur** is responsible for making candies and **petits fours**.
- The **decorateur** is responsible for making decorative and special cakes.
- The **tournant** or relief cook or swing cook is responsible for replacing the station cooks during their absence. This position calls for the multi-skilled cook as he/she might replace any station cook.
- The **communard** or staff cook is responsible for preparing meals for the kitchen staff. He/she may be assisted by a keeper, if necessary.

Based on the size of the kitchen organization, each station chef is assisted with one or more demi-chefs (assistants), commis (apprentices) and trainees.

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**Modern Kitchen Brigade**

Modern kitchen staffing emphasizes on the simplified version of Escoffier’s classic kitchen brigade due to expensive labor and changing of eating patterns and preferences.
daily basis. Such programs are of 1 ½ - 2 years of duration. After completing the program successfully, the trainee (KMT) is directly promoted to chef de partie whereas the trainee after operational training program gets promoted to Commis I.

This is the way to enter the kitchen for the job in our country.

The simple hierarchy of the kitchen is as shown below:

Executive Chef
Sous Chef (Senior)
Sous Chef
Chef de partie
Demi chef de partie
Commis I (Commis is a French term for ‘cook’)
Commis II
Commis III
Trainee

Commis III and Commis II are the persons responsible for getting the mise en place ready for the senior people to place the order. They handle or perform all the preparatory tasks. They do all the cutting, chopping, preparing pastes, preparing gravies, preparing stocks, deep-frying, and refilling the spice container and other such boxes in the kitchens. Commis I is the person who assists the demi chef de partie in their task and assists them in doing their tasks during peak hours. The demi chef de partie is an entry level position into the ranks of chef and is the assistant supervisor in the kitchen. The chef de partie is a chef who heads the particular section and does the job of preparing the dishes to orders. He/she reports to the sous chef and monitors the job of all their subordinates.

The sous chef is the seniormost position, and it reports directly to the executive chef. In the absence of an executive chef, he/she acts as the head of the department and is responsible for the entire functioning of the department. He/she has many tasks to be performed like preparing duty-roster, maintaining discipline in the kitchen, handling complaints if any, indenting, monitoring food cost, etc.

Finally, the executive chef is the head of the department, and he/she is solely responsible for the kitchen. He/she does the entire managerial task like managing food cost, planning the menu items, handling guest complaints, looks after training and staffing in his department and other such tasks.

The jobs in the kitchen require a high level of patience and passion to exceed and step further. It is only the attitude and a craving for excellence and perfection that makes him/her a class apart and brings him/her an opportunity for promotion. The one who works in the kitchen must abide by the rules and moral values set by the organization. Hard work always brings fruitful results, and the kitchen job is no exception to it. One excels in the kitchen with his/her level of proficiency, efficiency and dedication towards the job.
Attitude and Behavior in Kitchen

A knife is a tool which can be used for two purposes: one for killing and the other for cutting vegetables or other food ingredients. The difference in both the tasks is that of attitude. One speaks of a negative attitude which forces one to do a misdeed, and other is of positive attitude which allows one to serve a person by cooking. So, attitude matters a lot!

The kitchen calls for a positive attitude, an attitude which compels one to let his/her spark for perfection remain alive all the time. If this is maintained, the task in the kitchen and the environment in the kitchen would automatically be in the right direction.

One has to be punctual and hardworking to do his/her job in the kitchen. A kitchen is a workplace where the maximum amount of task is done in a standing position, thereby tiring the leg. The customers keep on arriving any time and thus it is a job of a continuous process, and it doesn’t allow anyone to be at ease during peak hours and peak seasons.

One must be able to handle extreme work pressure and should never lose his/her calm attitude under such pressure. Many a times, the kitchen staff gets hasty, and this doesn’t bring the desired result. They should keep their head as cool as possible.

The kitchen starts with breakfast, then lunch, then afternoon tea followed by dinner. In all of these meals, the pre-preparation of all such meals takes a great deal of time and has to be finished on time; otherwise, the order would get delayed resulting in complaints from the guests.

Following attitudes are required to do job in kitchen:

Pride for the job and profession, punctuality, hard work, knowledge about own task and profession, sense of responsibility, to forecast important things in the kitchen, cooperation, calm behavior, professionalism, working relations with colleagues, focus, dedication, honesty, and sincerity, etc.

Personal Hygiene

Hygiene is a condition which promotes sanitary practices. It prevents illness and helps maintain proper health and well-being. The hygiene practices followed in any food organization not only make the organization successful throughout but also attracts customer to the maximum. It assures the quality of food practices being followed and also ensures each customer about his/her safety from food poisoning and other such things. The organization where food is dealt with carelessness, and improper hygiene condition becomes prone to food contamination, thereby adding disrepute to the organization.

The personal hygiene of a person is important, especially one who deals with the food, i.e., one who comes in contact with the food directly or indirectly. He/she may be the person who may become the carrier of the bacteria which causes food-borne diseases. Hence, his/her personal hygiene becomes very important, and he/she must take care of the following points:
**Chefs’ trousers:** Chefs’ trousers are either black or small white-black checks on it. The color of the trouser mostly signifies seniority of the chef, like executive chefs and *sous* chefs, wear black trousers and the *chef de partie* wears chequered pants. It should not be very tight fitting, so as to provide ease and comfort during hours of kitchen operation.

**Chefs’ cap/hat:** Chefs cap is an important component of chef’s dress and is worn with great pride. It is worn to protect hair from falling into the food material, and it also absorbs sweat. It is generally made of cotton stuff, but nowadays chefs’ cap made of paper are also used which are disposable.

**Scarf:** Scarves are knotted or tied in the neck area. It is of various colors and depicts the seniority of the chef. Generally, the executive chef wears plain white or black scarf, and the others wear scarves of different colors as decided by the organization. It actually adds grace to the chef’s dress.

**Apron:** The chef’s apron is a piece of cotton fabric material, which is tied at the waist line and it reaches below the knee length. It actually protects the chef’s dress and from any spillage which might take place in the kitchen. The string of the apron also allows the chef to keep kitchen towel or any large knife along with them.
• The service department acts a marketing agent for the kitchen department. They are well aware with the chefs’ speciality and also the availability with the kitchen, and hence, they take order from the guest and place it in the kitchen.
• The service department serves the food prepared by the kitchen in the restaurant or in-room to the guest.

Housekeeping

• Housekeeping department is responsible for providing clean uniforms to all kitchen staff; hence, the kitchen works in coordination with them.
• Secondly, pest control and fumigation are taken care by housekeeping and hence such requirements are placed to the housekeeping department.
• The staff dining meal is provided in the staff cafeteria, and such meals are provided by the kitchen staff and hence the coordination of both the departments is very important.

Front Office

• The front office has the daily list of guest arrival and on the basis of this, they provide the estimated number of guest arrival to the kitchen department. On this detailed information, the kitchen does the preparation, and this also prevents them from over-preparation and hence wastage.
• The front office has the *Function Prospectus*, and this is handed over to the kitchen department to help them in doing their preparation.
• They circulate the details of VVIP guests to the kitchen and also their preferences if any, to let the kitchen arrange accordingly.
• The kitchen prepares the welcome drinks for the guest, which is served in the lobby of the hotel.
• The front office assists guests in making their dining preferences and therefore acts as a marketing tool for the kitchen department.

Purchase and Stores

• The purchasing department procures commodities for the kitchen department and the store department stores it and then issues it to the kitchen department.
• Chefs prepare the standard purchase specification and hand it to the store department, and it is the responsibility to procure such items without compromising the standards.
• Chefs inform the stores about any of the special ingredients to be procured on an immediate basis, and the store staffs help the kitchen by doing so.
• Chefs inform the stores about the quality of ingredients received.
• It is the responsibility of the store department to maintain the ‘par stock’ for most frequently used items in the kitchen so that the items are available on proper time.