

**Topic:** Accompaniments.

**Sub topic 1:** Meaning of food and table accompaniment.

**Sub topic 2:** Types of accompaniment, uses and advantages of food accompaniment.

**Sub topic 3:** Table accompaniment.

An accompaniment is something served at the same time in the same place as something else. It is an item that is added or served because it goes with something. Accompaniments offered with certain dishes are mainly to assist in improving the flavor or to counteract richness. Table accompaniments are to aid eating by placing the wares needed while eating of the customer/guest.

Definition: Accompaniments are condiments or seasoning offered to a customer to add to improve the flavor of dish. They are offered separately with a dish. Depending on the nature, style and extent of the menu on offer, there will be a variety of food items available which support the service of a range of dishes. They include: Hors-d'oeuvres and other appetizers.

Traditionally hors d'oeuvres are a selection of salads, fish and meats. The selection can be served plated or offered as a selection from a tray or hors-d'oeuvres tray already dressed with the accompaniment alongside with it.

### **Types of accompaniment.**

There are two types of accompaniment:

1. Food accompaniments.
2. Table accompaniments.

### **Uses of food accompaniment.**

- To assist in improving the flavour.
- To enrich a dish.

- To add to the bulk of the dish.
- It gives greater satisfaction.
- They help to digest some food.
- To improve the colour of the food.
- It provides moistness to the dish.

## EVALUATION

1. In ten (six) sentences discuss the Meaning of Accompaniments
2. State the types of accompaniment.
3. State 4 uses of accompaniments.

### Sub-Topic Two (2): Food Accompaniments

| FOODS                          | ACCOMPANIMENTS  |
|--------------------------------|---|
| <b>SALADS</b>                  |   |
| Nicoise salads                 | Vinaigrette   |
| Oysters                        | Tabasco sauce   |
| Potted shrimps                 | Hot, unbuttered, breakfast toast  |
| Seafood cocktails              | Lemon segment, peppermill brown and butter  |
| Fruit juices                   | Sugar, general  |
| Tomato juice                   | Salt and Worcestershire sauce   |
| Mousses and pates              | Hot buttered breakfast toast, lemon segments with fish mouse  |
| Cavian                         | Blinis, hot breakfast toast, butter segments of lemon, chopped shallots, chopped, egg yolks and egg white |
| Ceaser salad                   | Vinaigrette dressing  |
| Corn on the Cob                | Melted butter, Hollandaise sauce, peppermill  |
| Fresh fruit, melon             | Sugar and ginger  |
| Fruit cocktail with grapefruit | Caster sugar  |
| Smoked salmon                  | Half a lemon, cayenne, pepper, brown bread and butter   |
|                                |   |
| <b>SOUPS</b>                   |   |

|                              |  |
|------------------------------|--|
| Veloutes, crèmes, and purees | Croutons   |
| Potage, broths, bisques      | Croutons   |
| <b>National soups:-</b>      |  |
| Batwinia (Russian)           | Small ice cubes  |
| Bortsch (Polish)             | Sour cream, beetroot juice bouchese filled with duck pato                |
| Bouillabaisse (French)       | Thin slices of French bread, dipped in oil then grilled (sippet)         |
| Cock-a-leekie (Scottish)     | Prunes   |
| Minestrone (Italian)         | Bread crumbs, parmesan cheese and beaten eggs                            |
| Petit Marmite (French)       | Grilled flutes, poached bone marrow, parmesan cheese                     |
| Soupe a l'oignon (French)    | Grilled flutes, parmesan cheese, French bread gratinated with cheese     |
| Potage Germiny (French)      | Cheese strains   |
| Turtle, clear (English)      | Cheese strains, lemon segment and brown bread and butter bread.          |
|                              |  |
| <b>EGG</b>                   |  |
| Fried Eggs                   | Grilled tomatoes and mushrooms, baked beans, and unbuttered toast        |
| Poached                      | Thick slice of wholegrain bread or unbuttered toast                      |
| Omelet                       | Thick slice of wholegrain bread, buttered toast, vegetables              |
|                              |  |
| Pasta/Rice Dishes            | Grated or shaved parmesan cheese   |
|                              |  |
| <b>FISH DISHES</b>           |  |
| Fried fish (bread crumbed)   | Tantare sauce segments of lemon  |
| Grilled fish                 | Hollandaise or tartare sauce   |
| Fried fish (in batter)       | Tomato sauce, lemon segments   |
| Grilled Herring              | Mustard sauce  |
| White bail                   | Cayenne pepper, peppermill, segments of lemon and brown bread and butter |

|                              |  |
|------------------------------|--|
| Cold poached fish            | Sauce vent or mayonnaise, lemon segments   |
|                              |  |
| <b>MEAT/POULTRY AND GAME</b> |  |
| Roast meats with herbs       | Roast gravy  |
| Roast without herb           |  |
| Roast beef                   | Mint sauce, redcurrant jelly   |
| Roast mutton                 | White onion sauce, redcurrant jelly  |
| Roast Pork                   | Apple sauce and onion stuffing   |
| <b>Boiled Meat:-</b>         |  |
| Mutton                       | Caper sauce  |
| Salt Beef                    | Turned root vegetables dumplings and natural cooking liquor                                    |
| Boiled fresh beef            | Turned root vegetables, natural cooking liquor, rock salt and gherkins                         |
| Irish stew                   | Worcestershire sauce and pickled red cabbage   |
| Mixed grill                  | Tomato ketchup, fried potatoes, mustards   |
| <b>Poultry:-</b>             |  |
| Chicken (Roasted)            | Bread sauce, roast gravy. Parsley and thyme stuffing, sage and onion stuffing is also used     |
| Roast duck                   | Sage and onion stuffing, apple sauce and roast gravy   |
| Roast turkey                 | Cranberry sauce, chestnut stuffing, chipolatas sausage, game chips, watercress and roast gravy |
|                              |  |
| Baked potato                 | Cayenne pepper, peppermill and butter  |
| Fried chicken                | Jollof rice  |
| <b>Sweets:</b>               |  |
| Puff-puff                    | Soya milk, kunu  |
| Pudding                      | Custard sauce  |
| Chocolate éclairs            | Boiled yam   |
| Soufflé pudding              | Custard or sabayon sauce   |
| Trifle                       | Custard sauce  |

|       |            |
|-------|------------|
| Akara | Akamu, Ogi |
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## EVALUATION

- i. Mention four sweets
- ii. Write two accompaniments of the following
  - a. Puff- puff
  - b. Baked potato
  - c. Roast duck
  - d. Fried egg
  - e. Corn on the cob.

## TABLE ACCOMPANIMENTS

In table-laying the most consideration is to aid eating. Table accompaniments are those other things placed on the table along with the cover.

Table Accompaniments For Cheese

Cover for cheese:-

- Side plate
- Side knife
- Sometimes a small sweet fork

Accompaniments set on the table may include:

- Cruet (salt pepper and mustard)
- Butter or alternative
- Celery served in celery glass part filled with crushed ice, on an under-plate
- Caster sugar for cream cheese
- Assorted cheese biscuits (e.g. cream crackers, sweet digestive) or bread

Table accompaniments for savoury. (The cover for savory are: (1.Side knife; 2) Sweet fork

Table accompaniments are:-

- Salt and pepper

- Cayenne pepper
- Pepper mill
- Worcestershire sauce

### **TABLE ACCOMPANIMENTS FOR DESSERT**

Dessert may include all types of fresh fruits and nuts. The dessert cover is:

- Fruit plate
- Fruit knife and fork
- Spare napkin
- Finger bowl with warm water on the right hand corner
- Nut crackers and grape scissors
- Spare side for shells and peels

Accompaniment for dessert

- Caster Sugar holder over a side plate
- Salt for nuts

### **TABLE ACCOMPANIMENTS FOR SWEETS**

Most sweets are generally served onto sweet plates or are pre-plated. The cover for sweet is

- The sweet spoon
- The sweet fork

Accompaniments may include

- Sugar sifter
- Sundae spoon
- Ice cream spoon
- Teaspoon

### **USES OF TABLE ACCOMPANIMENTS.**

- Cruet set contains table salt and mill pepper. This is additional provision for the customers need for salt and pepper.
- Ashtrays: This is normally placed on the table in the smoking-sections. The purpose is for customer to put the ash and cigarette stubs into the ashtray and not litter the floor or tabled with it.
- Table number: This is the number placed on each table in the restaurant. It helps the waiter taking order and writing bills.
- Flower vases:- These are vases containing flowers which could be artificial flowers or life flowers. The main purpose is to decorate and beautify the table. The flower should not be too big.

## **Advantages**

1. Table accompaniments beautifies the table
2. It makes all the necessary things needed while taking a meal to be available
3. It stimulates the guest's or customer's appetite to eat.
4. It reduces stress for the waiter or serve
5. It enhances the convenience of the meal.

## **FOOD ACCOMPANIMENTS**

They are items offered separately with a dish. They help to improve food flavor. They should be used moderately. These food accompaniments may include sauces, gravy, bread, vegetables, pasta, rice, salad, e.g. Food chicken soup, accompaniment crouton (bread)

## **Advantages of Food Accompaniments**

- They improve the flavour of dishes
- They increase the nutritive values of food
- They help to make the meal tastier and thereby boost sales.
- It helps to arouse the appetite of the customer

## **EVALUATION**

1. Write two advantages of Food Accompaniment?
2. What is Food Accompaniment?

3. What are the table accompaniments for
- a) Sweets    b) Savoury    c) Dessert

### **General Evaluation**

1. Ash-tray is used for.....
  - a) Cleaning the ash    b) Cleaning the stubs    c) Cigarette ash and stubs    d) Cleaning the table
2. The flower in the vase should .....
  - a) Be long    b) Be short    c) Be bold    d) Be small
3. Cruet set contains.....
  - a) Sugar and salts    b) Salt and pepper    c) Salt and condiments    d) Salt and paper
1. Accompaniments are .....
  - a) Spices and condiments    b) Seasonal and condiments    c) Condiments and seasoning    d) Conditions and seasons.
2. The accompaniment for melon is .....
  - a) Ginger and pepper    b) Ginger and salt    c) Ginger and salsa    d) Ginger and sugar

### **ESSAY TESTS**

- i. What is Table Accompaniment
- ii. List four (4) Table Accompaniments and their uses
- iii. Write two (2) advantages of Table Accompaniments

### **PRE-READING ASSIGNMENT**

**Read:** Food Items used as Accompaniment

### **WEEKEND ACTIVITY**

List ten (10) food items used in Food Service