



Culinary Institute
of America

2023 Napa Scratch Food Professionals Kitchen Orientation

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Production Schedule

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|---------------------------------|-------------------|
| • Orientation/Recipe Review | 1 hour 15 minutes |
| • Break – Transition to Kitchen | 15 minutes |
| • Production/Demonstrations | 2 ½ hours |
| • Lunch – Noon Service | 1 hour |

*Times subject to change

Kitchen Responsibilities

- Keep stations clean
- Properly handle and store all food
 - When handling “ready-to-eat” food items...if you don’t cook it, glove it!
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables
- Clean all small equipment as you go
 - Kitchen assistants will put them away
- All pots, pans, and cutting boards put away
- At end of class, kitchens need to be left clean and set up for next day

Learning Objectives

- Demonstrate how to effectively set up your workstation and organize your mise en place
- Prepare a menu in a 2 ½ hour time frame for evaluation
- Discuss and identify Production strengths and weaknesses
- Evaluate methods to improve strengths and weaknesses based on Chef's feedback
- Use feedback to prepare for next day's exercise

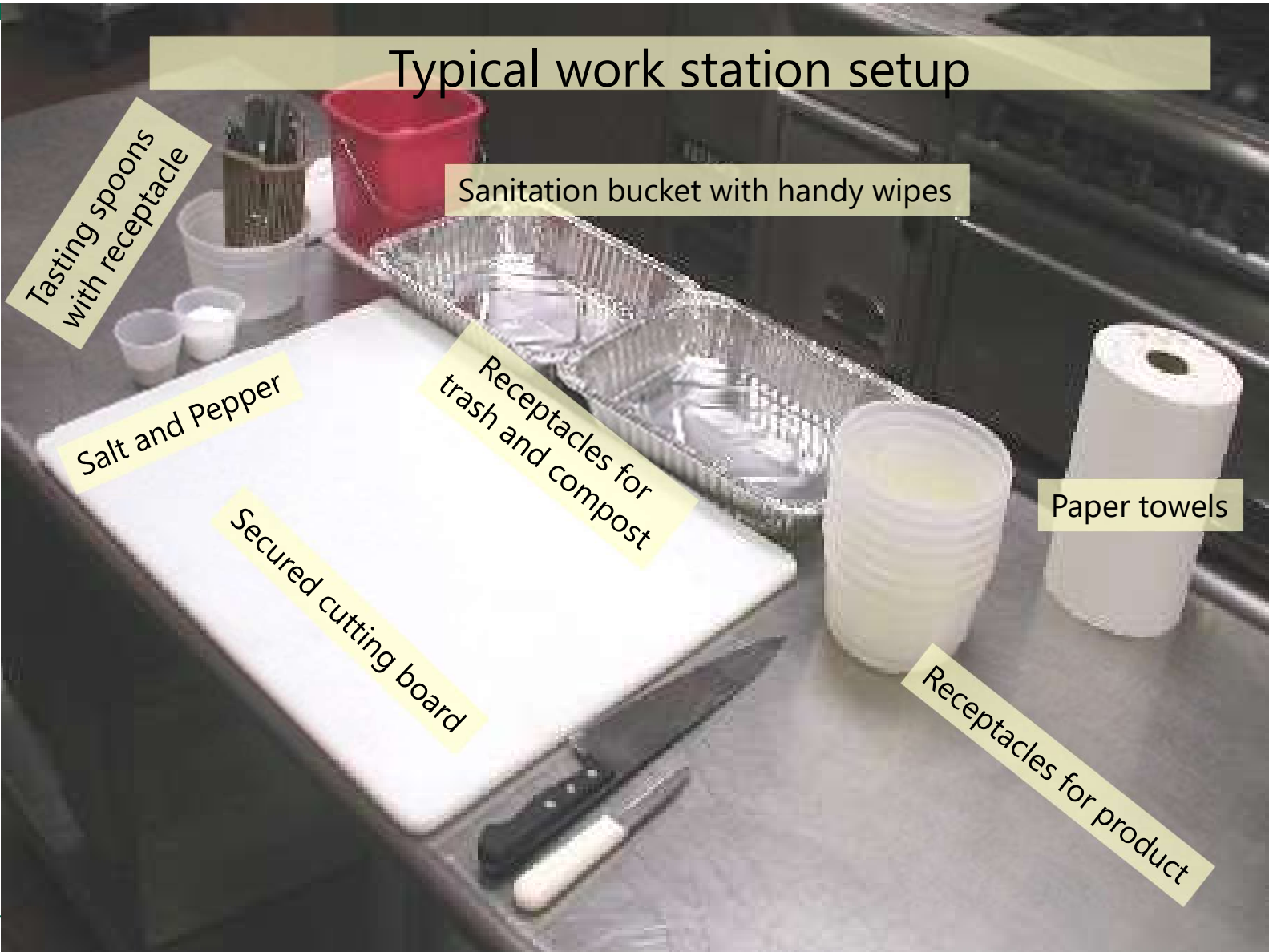
Mise en Place

- French term for “everything in its place”
- What does this mean?
 - A clean, organized workstation
 - Recipe mise en place (MEP)
 - Make sure you read through the **entire** recipe
 - Prep time vs. service
 - Physically ready to cook
 - Mentally prepared to cook – proper state of mind!

Mise en Place- Helps you achieve you GOALS

- Mental- Read your recipes before you start to do anything
- Ingredients- all cut and ready to be cooked
- Equipment- ovens on, pots, pans, utensils, etc...
- Proper serving temperature
 - hot foods hot, cold foods cold
 - appropriate temperature plates
- Proper garnishing of platters

Typical work station setup



Basic Cooking Terminology

- **SAUTE**- COOKING QUICKLY IN A SMALL AMOUNT OF FAT OVER HEAT
- **PAN FRY**- COOKING IN HOT FAT OR OIL IN A SHALLOW PAN
- **DEEP FRY**- COOKING COMPLETELY SUBMERGED IN FAT OR OIL
- **STIR FRY**- COOKING QUICKLY OVER VERY HIGH HEAT WHILE STIRRING
- **ROASTING** - COOKING USING DRY, HEATED AIR

Basic Cooking Terminology

- **GRILLING** - COOKING ON A RACK OVER DIRECT HEAT
- **BROILING** - COOKING UNDER DIRECT HEAT
- **BRAISING** - COOKING BY SEARING, THEN COOKING IN LIQUID 1/3-1/2 THE DEPTH OF THE FOOD (USE SAME PAN FOR BOTH!)
- **STEWING** – SEARING THE FOOD THEN COOKING SUBMERGED COMPLETELY IN LIQUID (USE SAME PAN FOR BOTH!)
- **SEARING** - COOK OVER HIGH, DIRECT HEAT

Basic Cooking Terminology

- **SHALLOW POACH** - COOKING NATURALLY TENDER FOODS IN A SMALL AMOUNT OF LIQUID
- **POACH** - TO COOK BY SUBMERGING FOOD IN WATER KEPT AT A CONSTANT, MODERATE TEMPERATURE
- **STEAMING**-TO COOK USING THE HEAT FROM BOILINGWATER, WITHOUT SUBMERGING FOOD IN WATER
- **BLANCHING**-TO PARTIALLY COOK A FOOD IN HOT LIQUID

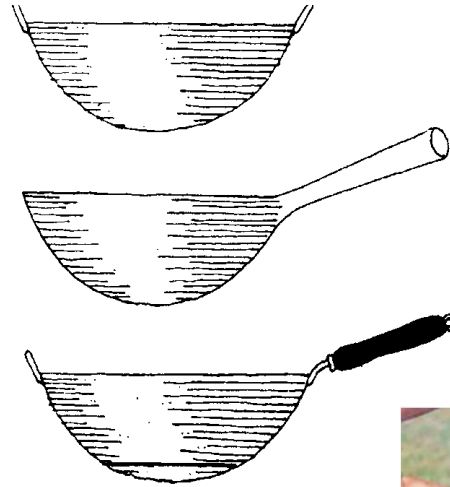
Asian Cultures

- Religion plays a significant role in food and life
- Food and religion are intertwined
- South East Asia
 - Most are Buddhist
 - Certain times of year, vegetarian
- China
 - Yin & yang is affected by what you eat



Asian Cuisines – Cooking Techniques

- Stir-frying – utilize the Wok
- Deep-frying
- Pan-frying
- Grilling – charcoal fired
- Steaming – often wrapped in banana/bamboo leaves
- Simmering – soups



Asian Cuisines – Common Ingredients

- Noodles – rice, bean thread
- Thai bird chiles
- Galangal “kah” - Rhizome
- Cilantro – leaves, stems, and roots
- Lemongrass
- Kaffir limes and leaves
- Fish or shrimp paste
- Tamarind – fresh pods, paste or liquid concentrate
- Thai curries – different from India curries
- Rau ram - Vietnamese coriander
- Rau que – Thai/purple basil
- Rau tia - Perilla

Asian Cuisines – Thai at a Glance

- Spicy – Thai birds eye chili
- Taste buds are stimulated in all directions
- Fresh acidic flavor profile
 - Lime juice, Lemongrass, Lime leaves.
- Fish Sauce instead of soy sauce
- Coconut milk
- Layered flavors
- Rice Noodles
- Not much wheat-based products



Vietnamese Cuisine at a Glance



- Not quite as spicy as Thai cuisine
- Layered flavor profiles
 - Dipping sauces
 - Many dishes for self assembly
- Taste buds are stimulated in all directions
- Fresh acidic flavor profile
 - Lime juice, lemongrass, lime leaves.
- Very generous use of herbs
- Fish sauce instead of soy sauce
- Not quite as much coconut milk
- Rice noodles



Japanese Cuisine at a Glance

- Sushi
- Sashimi
- Dashi
- Miso
- Tempura
- Miso Soup



- Miso Soup
- Noodles – udon, soba, ramen, somen
- Seaweed – kombu, Nori, wakame
- Tofu
- Other soybean products



Korean Cuisine at a Glance

- Bulgogi
- Kalbi
- Kimchi
- Jap Chae
- Bibimbap



Chinese Cuisine at a Glance

- Color – color plays the role of eye appeal in a dish
- Aroma – the key ingredients that are used to bring out the true aroma of other ingredients are green onions, ginger, garlic, and wine
- Flavor – the Chinese isolate 5 primary flavors
 - Sweet, sour, salty, bitter, pungent/spicy
- Texture – all dishes should offer one or several textures
 - Tender, crisp, and crunch, smooth, soft
- Noodles, Dim Sum, regional Cuisines



Discuss Menu and Expectations

- Review recipes and the expected outcome for each dish – Each recipe will be doubled
- All items to be served Family Style
- 20 portions should be prepared and served for Tuesday and Wednesday production
- Portions should be easy to serve (smaller individual items, sliced, etc.)

What are you Making?

- Various Globally inspired dishes
- Items that can serve multiple roles on a menu
 - Main item
 - Sides
 - Accompaniments
 - Sauces, spreads, flavor enhancers
- Most importantly very good food for you and the other guests

Chef's Critique and Feedback

- Chef's will provide feedback on the food produced
- Focus will be on:
 - Timing
 - Organization
 - Developing good work habits

Self-Evaluation

- Evaluate your Dish
 - What did you do well?
 - What needs improvement?
- Evaluate your Performance
 - How was your timing?
 - Did you complete all your tasks?
 - Extra Time? How could you elevate the cuisine?