



Culinary Institute
of America

2023 El Dorado UHSD Culinary Training Market Basket Exercise





Where Do I Start?

4 Teams of 5 People

Using the items included in your market basket, each team will need to prepare:

- First Course (Choice of Soup, Salad, Hot Appetizer, or Cold Appetizer)
- Entrée with Sauce and Accompaniments (Starch and Vegetable)
- All recipes should yield six to eight portions; one for the show plate and the remaining production displayed on platters or chafing dishes for the family meal





What is Your Flavor Profile?

Global Cuisines

- Indian
- Asian
- Middle East
- African
- Mediterranean

Product Utilization

Plant Forward

Elevating the Dish

Sky is the limit.....



Nutritionally Balanced

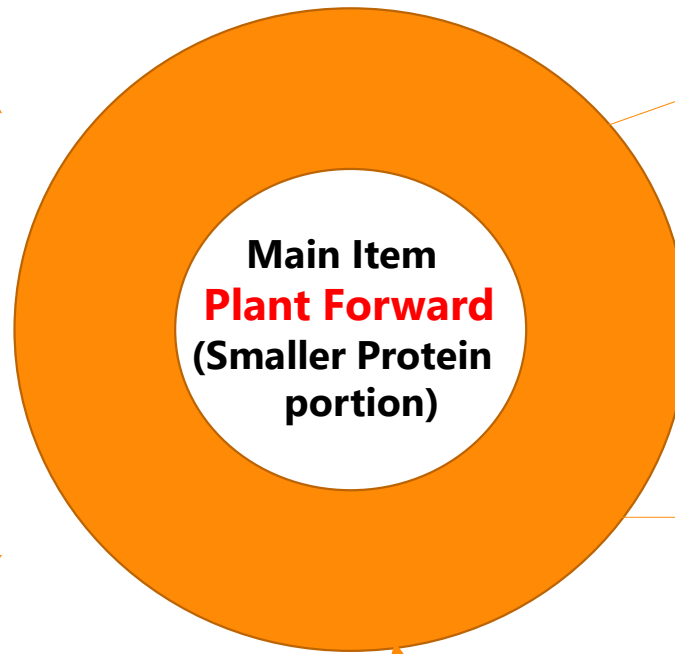
- Complete Protein
- Not Just Salad with a side

Components

- at least 3 per plate

Temperature

- Hot, Cold, Room or a mixture
- Or a combination of all Three
- Great Aroma



Color

- Contrasting
- Monochromatic

Flavor

- Layering
- Sweet, Sour, Salty, Bitter
- Unami, Rigor
- Acidity for Brightness
- Fresh Flavor
- Non-Masking
- Clean Flavors
- Smokiness

Texture

- Multiple Textures in a dish
- Juiciness
- Crispy, soft, crunchy, smooth, velvety
- Bite, Mouth-feel



Menu Innovation Exercise

Objectives

Using the concepts of the Global Cuisines, Product Utilization, and Elevating the dish let's see how we can further the innovation of ***Unique School lunch dishes***. Using what you have just learned, we will put these principles into practice.

Work with your team to create and develop a dish that utilize the concepts you have learned and produce dishes that are have unique and appealing **flavors, textures, appearance and nutritionally balanced**. Meat can be used but in reasonable quantities and the dish should be nicely presented in a family style service.





Menu Innovation Session

Tips for Success

- Focus on Global Flavors and Product utilization
- Think of ways to enhance flavor, texture, nutritional value
- Create crave-ability & deliciousness
- Mimic texture & flavor
- Utilizing smaller amounts of meat protein on the plate, adding more vegetables, less starch.





Menu Innovation Guardrails

- Each team will use their innovation and creativity to create a Globally inspired dish that utilizes the ingredients provided.
- Challenge components: a market basket and common ingredient table
- Your “market basket” ingredients should be well represented in your dish; however, you may use as many products from the common table as needed. Keep in mind some supplies will be limited.
- Each teams will have 2 animal proteins of which you can use how you choose, *remember* that the animal protein should not be the focus of the dish and must account for no more than 20-25% of the dish.
- Produce two to three accompaniments to serve with the protein. These could be starches, vegetables, salsas, salads, sauces, etc.





Market Basket Guardrails

- **Each team will present:**
 - **1 show plates – Social Media and judging ready for the instructor to critique**
 - **1 Platter for set up to serve for Family meal**
- A presentation time will be set by your chef instructors
- Plates will be evaluated using the Sensory indicators on the following pages





Descriptive Sensory Indicators

Flavor should be well developed and have characteristics associated with the particular food type. The flavor should have the proper balance of salt, sour, sweet, bitter, umami and rigor.

Aroma should be pleasing and appetizing by imparting a fragrance and flavor to the food product. The aroma should create a positive anticipation of eating the food.

Texture is a critical indicator that the food is perfectly cooked, or has the characteristics associated with fresh, raw, or cold food. Texture descriptors include smooth, coarse, soft, hard, and crispy.

Finish and mouthfeel are the sensations experienced when the food is tasted, chewed, and swallowed. The mouthfeel should be pleasant without aftertaste. The final experience should be pleasant and entice you to eat more.





Descriptive Sensory Indicators

Appearance and Eye Appeal/Brightness of color indicates freshness of the product. Appearance should be appetizing and denotes quality of the food. A diner looking at the food should anticipate eating the food.

Bite is directly a result of proper cooking, or in the case of salads or raw vegetables for instance, the crisp resistance experienced when biting into the food.

Moisture/The correct amount of juiciness hints at succulence in a food product and contributes to crispness.

Smokiness/Special Descriptors – the smokiness should complement the final product and not detract from the overall flavor profile and characteristics.



PRINCIPLES OF HEALTHY, SUSTAINABLE MENUS

MENU CONCEPTS AND GENERAL OPERATIONS

MENUS CHANGE
The Business of Healthy, Sustainable, Delicious Food Choices

CULINARY INSTITUTE OF AMERICA

HARVARD T.H. CHAN

SCHOOL OF PUBLIC HEALTH
Department of Nutrition

BE **TRANSPARENT** ABOUT SOURCING AND PREPARATION

BUY



REWARD BETTER
AGRICULTURAL PRACTICES

LEVERAGE **GLOBALLY INSPIRED, PLANT-FORWARD** CULINARY STRATEGIES



FOCUS ON **WHOLE, MINIMALLY PROCESSED** FOODS

GROW EVERYDAY OPTIONS,
WHILE HONORING SPECIAL OCCASION TRADITIONS



CELEBRATE CULTURAL DIVERSITY & DISCOVERY

— LEAD WITH —
MENU MESSAGING AROUND FLAVOR

REDUCE PORTIONS,
EMPHASIZING CALORIE QUALITY OVER QUANTITY

DESIGN HEALTH AND SUSTAINABILITY INTO OPERATIONS AND DINING SPACES



MAKE **WHOLE, INTACT GRAINS** THE NEW NORM
LIMIT POTATOES

MOVE LEGUMES AND VEGETABLES TO THE CENTER OF THE PLATE

CHOOSE HEALTHIER OILS

GO **GOOD FAT,** NOT "LOW FAT"

REIMAGINE DAIRY
IN A SUPPORTING ROLE



MORE OFTEN

SEAFOOD,



USE POULTRY AND EGGS IN MODERATION

REDUCE ADDED SUGAR



— **SERVE LESS** —
RED MEAT, LESS OFTEN

CUT THE SALT:
RETHINK FLAVOR DEVELOPMENT FROM THE GROUND UP

SUBSTANTIALLY REDUCE SUGARY BEVERAGES; INNOVATE REPLACEMENTS

DRINK HEALTHY:
FROM WATER, COFFEE, AND TEA TO (WITH CAUTION) BEVERAGE ALCOHOL



DESIGNED BY J. WRIGHT DESIGN

FOODS AND INGREDIENTS