



Culinary Institute  
of America

**2024 San Leandro USD  
Chopped Challenge  
Market Basket Exercise**





# Where Do I Start?

- Tray of ingredients including:
  - Protein
  - Starch
  - Vegetables
  - Greens
- leftover items from previous day's production





# What is Your Flavor Profile?

## Global Cuisines

- Mediterranean
- Persian
- Any other ideas?

## Product Utilization

Plant Forward

Elevating the Dish

The sky is the limit!



## Nutritionally Balanced

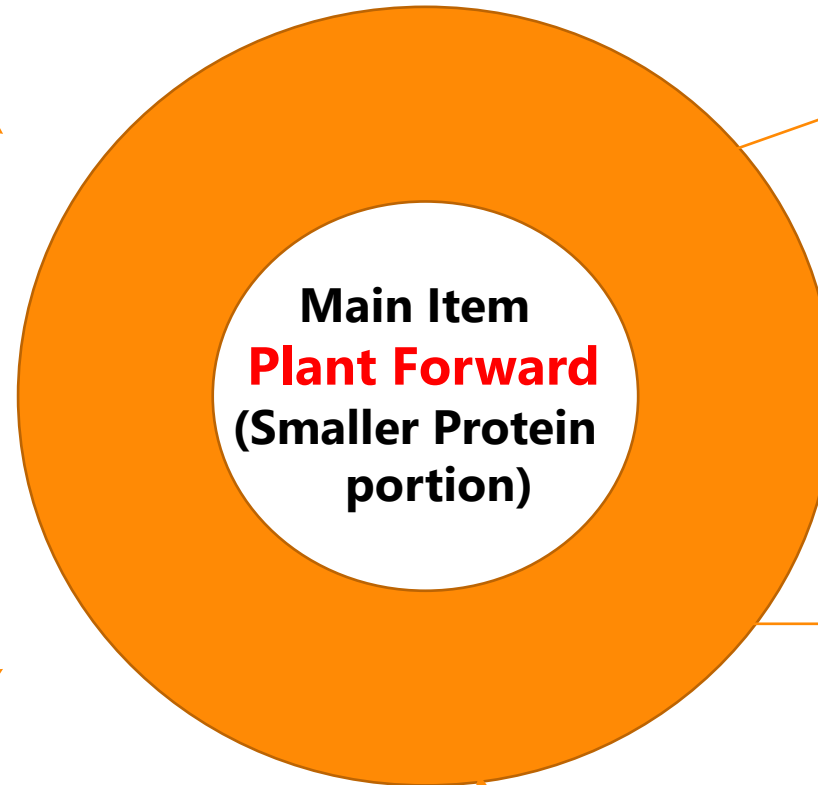
- Complete Protein
- Not Just Salad with a side

## Components

- at least 3 per plate

## Temperature

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



## 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

## Color

- Contrasting
- Monochromatic



# Chopped Challenge Exercise

Applying the concepts we've learned about global cuisine, product utilization, and elevating the dish, you will create **unique and innovative school lunch dishes.**

Work with your team to develop **nutritionally balanced** dishes featuring **appealing flavors, textures, and appearances.**

Applying plant-forward concepts, **limit the quantity of meat** used. Present for family-style service and one show plate.





# 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
- Utilize leftover product from prior days (quantity may be limited)
- Use smaller amounts of meat protein on the plate,
- Add more vegetables, less starch.





# Menu Innovation Guardrails

- Use the “mystery box” tray of ingredients and any leftover items from prior days.
- “Mystery box” ingredients must be well represented.
- Animal protein must not be the main focus (no more than 25% of the dish).
- Produce 2-3 accompaniments to serve with the protein. These could be starches, vegetables, salsas, salads, sauces, etc.





# Menu Innovation Guardrails

At the presentation time set by your chef instructor, each team will present:

- 1 hero show plate
- Platter(s) of the main item and accompaniments
  - Yield is for 8-10 people
  - Portioned for buffet-style family service







# Descriptive Sensory Indicators

**Flavor** should be well developed and have characteristics associated with the particular food type. It 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. It should create a positive anticipation of eating the food.

**Texture** should indicate 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** indicates the freshness and quality of the product.

**Bite** is directly a result of proper cooking, or, with salads/ raw vegetables, the crisp resistance experienced when biting into the food.

**Moisture/ juiciness** hints at succulence in a food product and contributes to crispness.

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



# PRINCIPLES

OF

MENU CONCEPTS AND GENERAL OPERATIONAL

HEALTHY, SUSTAINABLE MENUS



BE TRANSPARENT ABOUT SOURCING AND PREPARATION



FOCUS ON WHOLE, MINIMALLY PROCESSED FOODS

GROW EVERYDAY OPTIONS, WHILE HONORING SPECIAL OCCASION TRADITIONS

LEAD WITH MENU MESSAGING AROUND FLAVOR

REDUCE PORTIONS, EMPHASIZING CALORIE QUALITY OVER QUANTITY

CELEBRATE CULTURAL DIVERSITY & DISCOVERY

DESIGN HEALTH AND SUSTAINABILITY INTO OPERATIONS AND DINING SPACES



MAKE WHOLE, INTACT GRAINS THE NEW NORM  
LIMIT POTATOES

MOVE LEGUMES AND NUTS TO THE CENTER OF THE PLATE

CHOOSE HEALTHIER OILS  
GOOD FAT, NOT LOW FAT  
SERVE MORE KINDS OF SEAFOOD MORE OFTEN

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

FOODS AND INGREDIENTS



# "MYSTERY BASKET" ASSIGNMENTS

## TEAM ONE

- Wild striped bass
- Basmati rice, brown
- Broccoli
- Pepper, red and yellow
- Bunch spinach
- Plantain

## TEAM TWO

- Chicken breast, skin on
- Bulgur wheat
- Asparagus
- Sweet Potato
- Fennel
- Orange, navel
- Squash, zucchini and yellow

## TEAM THREE

- Pork Tenderloin
- Farro
- Lentils, brown or green
- Cauliflower
- Carrot
- Kale
- Granny Smith Apple

## TEAM FOUR

- Shrimp, P& D, 16/20
- Quinoa, red
- Jicama
- Arugula (or other green)
- Poblano peppers
- Corn
- Tomato, cherry

