



Culinary Institute
of America

2024 California School Food Service Professional Training Culinary Challenge





Where Do I Start?

- Intermediate Group – 4 Teams of 5 people each
- Advanced Group – 6 Teams of 3 people each
- Each Group will take the given ingredients and create one additional dish
- 3 buffets served on Boos Blocks
- Create one portion of the dish or dishes to show off what you created, serve the rest with the buffet





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

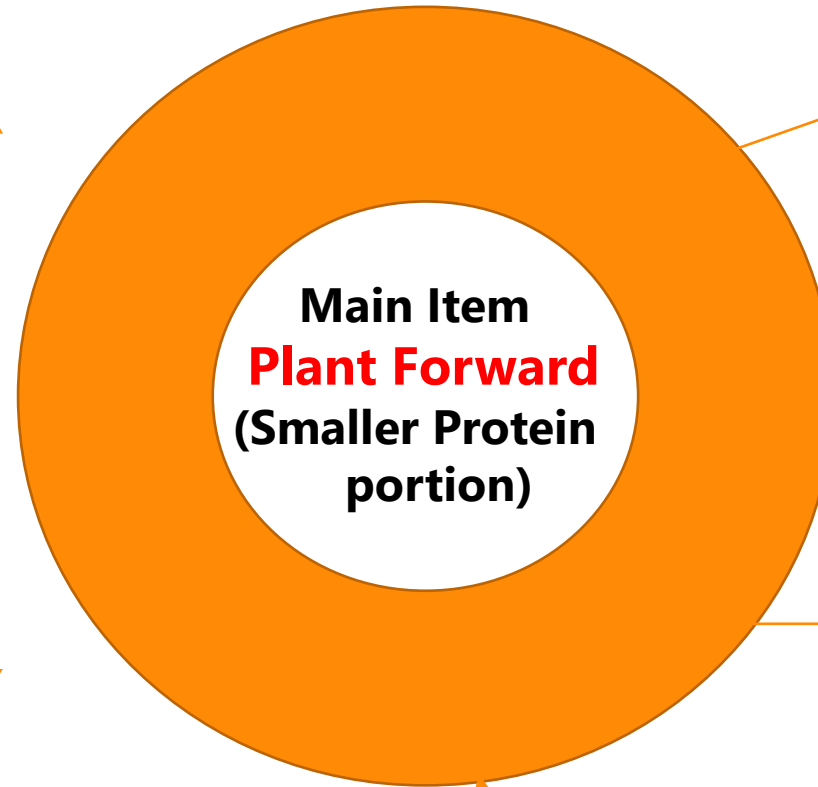
- Complete Protein
- Not Just Salad with a side

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 learned the past few days 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
- Utilize any product left from previous days in producing dishes, quantity may be limited so take this into account
- 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. Create one but if you feel you are capable create a second dish as well.
- Challenge components: a “mystery box” and a market basket ingredient innovation table
- Your “mystery box” ingredients should be well represented in your dish; however, you may use as many products from the market basket table as needed.
- Each teams will have 1 or 2 animal proteins of which you can use one, both, or none, *but 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.





Menu Innovation Guardrails

- **Each team will present:**
 - **1 show plates – Social Media and judging ready**
 - **1 Platter for 8-10 people portioned for family service for Buffet**
- Have your dishes ready to serve with the other dishes at Lunch service
- Feedback will be given by your chefs during the review and critique





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 OPERATIONAL

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



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



THINK PRODUCE FIRST

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

MOVE LEGUMES AND
TO THE CENTER OF THE PLATE



CHOOSE
HEALTHIER

OILS

GOOD FAT," NOT "LOW FAT"

SERVE MORE KINDS OF

SEAFOOD,

MORE OFTEN



REIMAGINE DAIRY
IN A SUPPORTING ROLE



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



Culinary Challenge List - Intermediate

GROUP/MENU ONE

Boneless Chicken Breasts, 2# – Grilled
Brown Rice, Asparagus, Shrimp, Miso (if
available)

GROUP/MENU TWO

Pork Loin, Shoulder end, 2# - stew, soup or
braise
Fingerling potatoes, Broccolini, fennel, Shrimp,
corn tortillas

GROUP/MENU THREE

Pork Loin, center cut, 2# - Roast
Lentils, Ears of Corn, Cherry Tomatoes, Sugar
Snap Peas

GROUP/MENU FOUR

Chicken, legs and Thighs, 2# - Roast
Sweet Potatoes, Bulgur wheat, green beans,
cherry tomatoes





Culinary Challenge List - Advanced

All Groups in the Advanced Teams will create a Dish based on the proteins and other ingredients they have available from the produce carts and dry storage

