



Culinary Institute  
of America

# Mise en Place, Knife Skills, Stocks



# Learning Objectives

- Demonstrate effective workstation set up and *mise en place*.
- Safely hold and handle a knife.
- Select a knife appropriate for its intended use.
- List, identify, and execute commonly used knife cuts.
- Discuss the major categories and key characteristics of stocks.
- Identify differences between brown and white stocks.
- Review parameters for the day five project
- Prepare and evaluate the quality of stocks.
- Describe roux and its variations.

# Kitchen Responsibilities



- Keep stations clean
- Clean small equipment as you go
- Wash hands, cutting boards, knives, etc. when switching between meats/vegetables
- Properly handle and store all food
- Wear gloves when handling ready-to-eat food
- Store equipment correctly
- Leave kitchens clean at class end

# Mise en Place

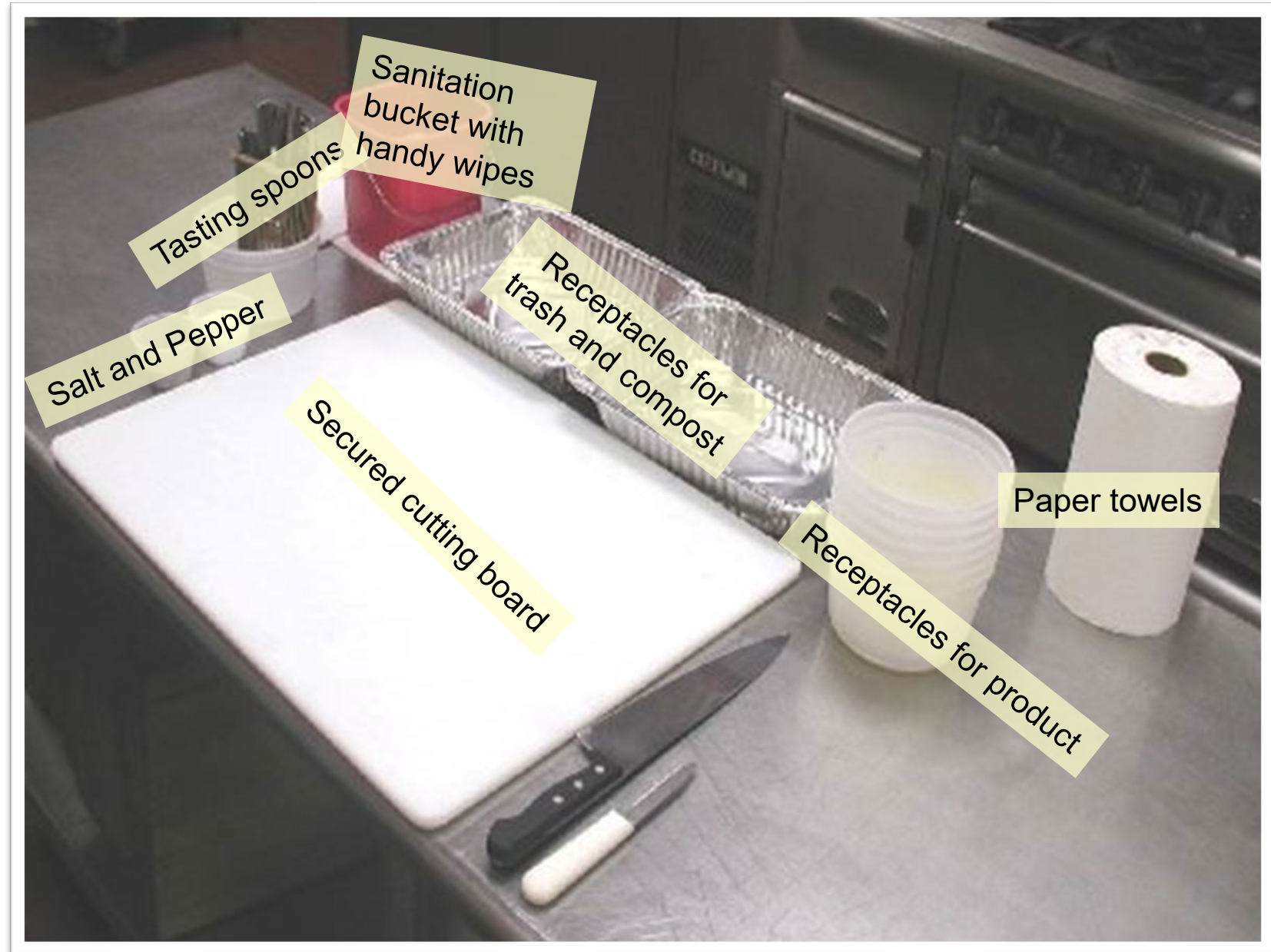
- French term for “everything in its place”
- Clean, organized workstation
- Recipe *mise en place*
- Read through entire recipe
- Prep time vs. service
- Physically ready to cook
- Mentally prepared to cook – proper state of mind!





# Mise en Place

- *Mise en Place* begins at the workstation!
- All equipment is clean & placed correctly before working



# Mise en Place

- Set table & cutting board at correct height
- Use *bain-maries* with hot water for tools
- Set cutting board on sheet pan for messy jobs
- Have a written daily plan - start with the end in mind
- Use standardized recipes
- Consolidate & delegate tasks
- Use timers/ thermometers (when necessary)
- Use the right equipment for the job





# Recipe *Mise en Place*

- Read the entire recipe before starting
- Understand all terms and definitions - ask questions!
- Check yield, temperature, cooking times
- Gather ingredients needed before prep time
- Complete necessary “pre” steps
- Accurately measure/ weigh each ingredient
- Follow steps listed in order
- Time cooking periods accurately
- ***Remember: Recipes are only guidelines!***



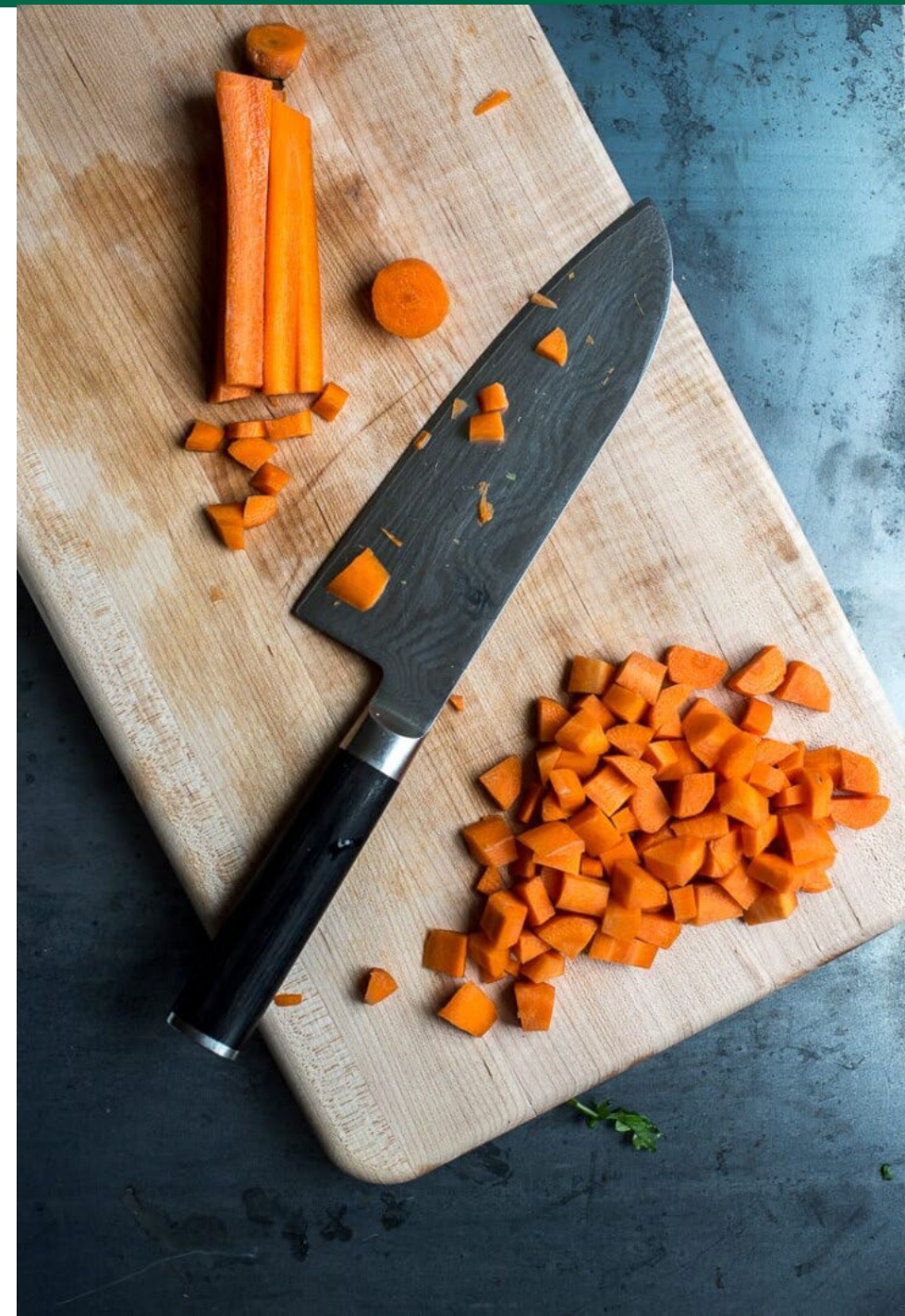
# Knife Safety

## **Always...**

- Use a sharp knife
- Use a cutting board
- Place knives on flat surfaces away from table edge
- Have the blade facing away from you
- Keep knives in clear sight – never covered
- Hold knives firmly & cut away from you

## **Never...**

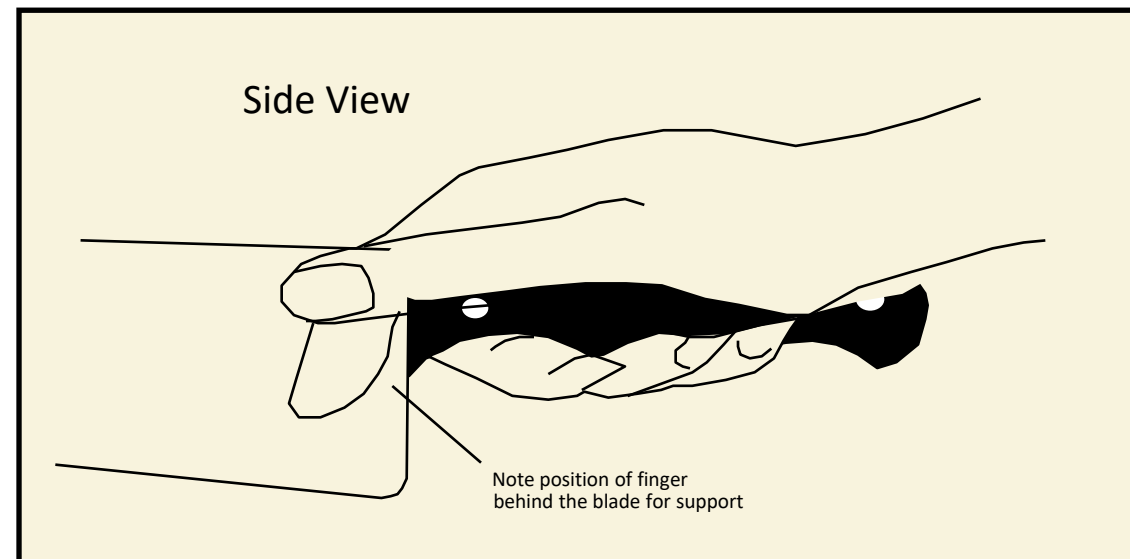
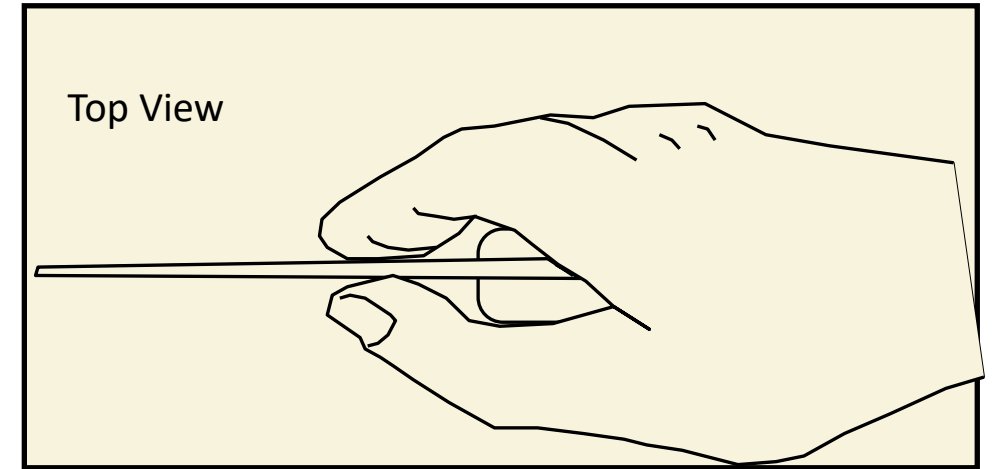
- Grab blindly for a knife
- Pass a knife using the blade
- Carry knives with the point up



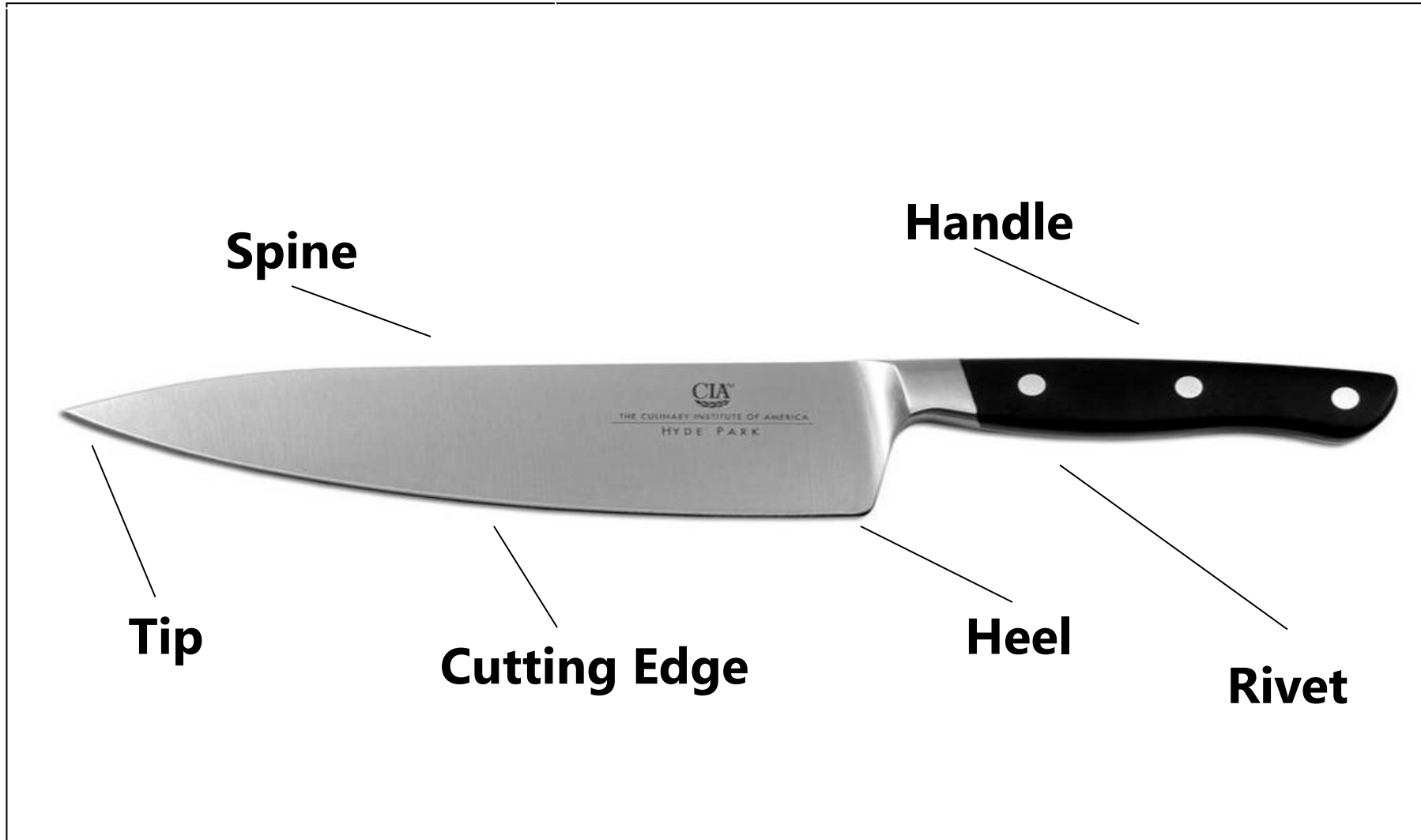


# Holding a Knife

Grasp the knife by the handle, allowing your thumb and index finger to rest on the blade for support.



# Anatomy of a Knife



# Knife Selection

Use the right knife for the job!

## French Knife



**Uses:** chopping, slicing, dicing, mashing

## Paring Knife



**Uses:** peeling, trimming, shaping fruits/vegetables

## Serrated Knife



slicing through the crusts of bread

## Boning Knife



**Uses:** cutting meat away from bones

## Slicer



slicing cooked meats and poultry





# Knife Cuts: Julienne & Dice

1. Square off the ends and sides.
2. Slice into even slabs of the same thickness.
3. Stack the slabs and slice into even sticks.
4. Gather the sticks and cut into even cubes.



# Dice & Mince Onions

1. Cut off tip end, peel, and cut through root to tip.
2. Make several evenly spaced parallel cuts, without cutting the root.
3. Make two to three horizontal cuts, without cutting the root.
4. Make even crosswise cuts working from tip to root.



# Julienne Sizes

## Fine Julienne

$\frac{1}{16} \times \frac{1}{16} \times 1-2$  in.



## Julienne/Allumette

$\frac{1}{8} \times \frac{1}{8} \times 1-2$  in.



## Batonnet

$\frac{1}{4} \times \frac{1}{4} \times 2 - 2\frac{1}{2}$  in.





# Dice Sizes

## Small Dice

$\frac{1}{4} \times \frac{1}{4} \times \frac{1}{4}$  in.



## Medium Dice

$\frac{1}{2} \times \frac{1}{2} \times \frac{1}{2}$  in.

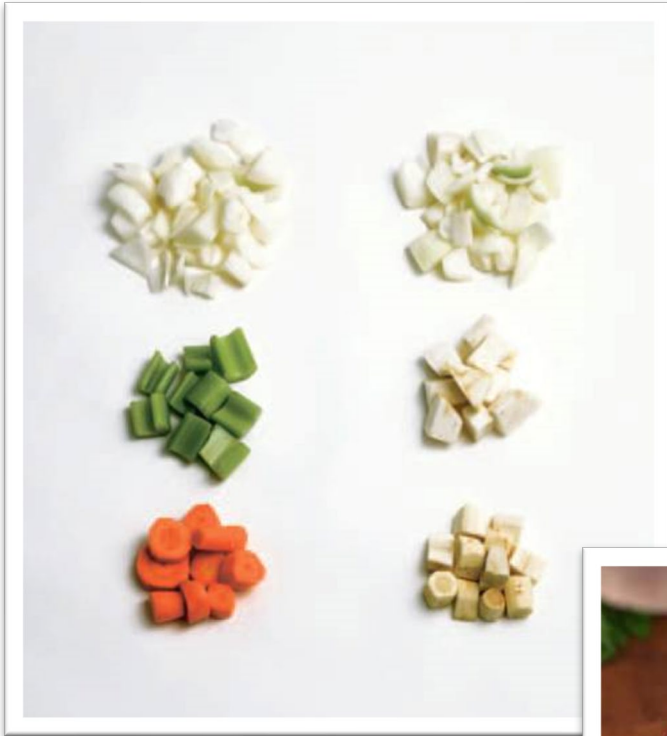


## Large Dice

$\frac{3}{4} \times \frac{3}{4} \times \frac{3}{4}$  in.



# Basic Culinary Preparations



- *Sachet d'épices*: bag of spices
- *Bouquet garni*
- *Mirepoix*: diced celery, onions, carrots, parsnip (variation)
- Onion *brûlé* (burnt onion)
- Onion *piqué*: onion, bay leaf, cloves
- *Remouillage*
- Infusion

# Stocks

- A flavorful liquid produced by simmering meaty bones, poultry, seafood, and/ or vegetables with aromatics in water until their flavor is extracted.

## Stock Ratio






- **8 lbs. meaty bones:** provides foundation of flavor & body
- **6 qts. water:** solvent that extracts flavors & nutrients
- **1 lb. *mirepoix*:** adds depth, flavor, & nutrient value





# Stock Components

- Water
- Meaty bones
- *Mirepoix* + aromatics
- Tomato products (Brown stock only)
- Mushrooms + white wine (Fish stock)
- A stock is only as good as the quality of ingredients used and the care it is given during production.

Simmering Times	
	<b>Beef: 8 hours</b>
	<b>Veal: 6 hours</b>
	<b>Poultry: 3-4 hours</b>
	<b>Vegetables: 30-60 minutes</b>
	<b>Fish: 30-40 minutes</b>



# Stocks: Uses

Stocks are used in:

- Soups
- Sauces
- Braises/ Stews
- Roasts
- Vegetables/ Pastas/ Starches
- Many other culinary preparations

# Brown vs. White Stock

## Brown Stock

- Color from roasted bones and aromatics
- Stronger flavor
- Used for brown-colored sauces, soups, etc.

## White Stock

- No roasting of bones or aromatics
- More delicate flavor
- Used for light-colored sauces, soups, etc.



# General Stock Method

Combine bones and water



Skim and simmer



Add mirepoix



Add sachet



Strain



Cool

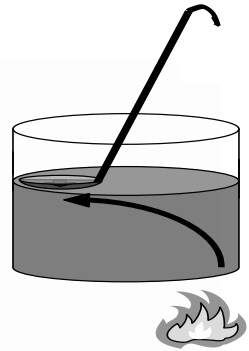


# Simmering Times of Stocks

- Beef 8 hours
- Veal 6 hours
- Poultry 3 - 5 hours
- Vegetable 20 - 40 minutes
- Fish 30 - 45 minutes

# How to Skim and Degrease

## How to Skim and Degrease



### Skimming

Impurities will rise to the surface and collect along the edge of the pot away from the heat. A skimmer is used to remove the impurities.



### Degreasing

Using a ladle in a circular motion, start in center and move towards the outside of the pot. As the fat collects along the edge, it can be ladled from the top of the stock.



# Day Five Menu Development: Guidelines

**Objective:** *apply information learned throughout week by developing a two-course menu using items from a market basket*

- A market basket will be randomly assigned to each team
- *Each team must prepare and plate their menu in 3 hours. Each must include a 1<sup>st</sup> course and an entrée*
  - A 1<sup>st</sup> Course: Choice of: Soup, Salad, Hot Appetizer, or Cold Appetizer
  - An entrée with sauce, starch, and vegetable
- *All recipes should yield 6 portions*
  - One for show plate
  - Remaining 5 on platters



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Any Questions?