



Culinary Institute
of America

Rialto USD 2.0 Training Day 1

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Welcome and Overview of Training

- Three Days of Training
- Lecture, Discussion
- Demo, Hands-on Production
- Taste Testing, Recipe Review and Feedback

Learning Objectives

- Review how to effectively set up your workstation and organize your mise en place
 - Identify various knives and their uses
 - Identify how to hold and handle a knife
 - Describe various knife cuts
 - Implement effective strategies for planning and preparing quality meals
 - Prepare salmon recipes from around the world, utilizing multiple flavors and cooking methods
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- *Learn from each other and have fun!*

Kitchen Responsibilities

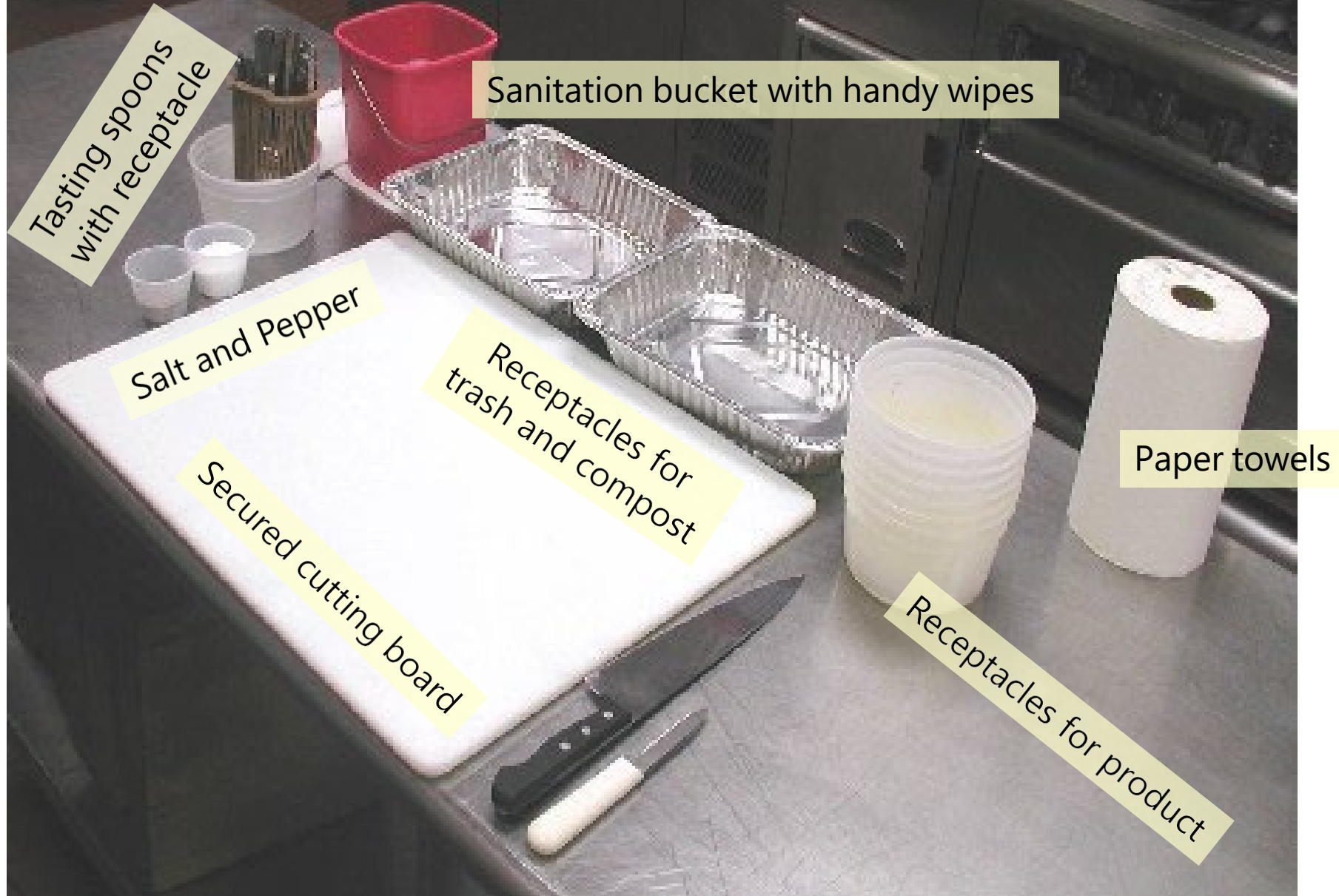
- Keep stations clean
- Properly handle and store all food
 - When handling “ready-to-eat” food items...if you don’t cook it, glove it!
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables
- Clean all small equipment as you go
- All pots, pans, and cutting boards go on the rolling rack
- At the end of class, kitchens need to be left clean!
 - Kitchen workers will remove all trash and compost



Mise en Place

- French term for “everything in its place”
- What does this mean?
 - A clean, organized work station
 - 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!

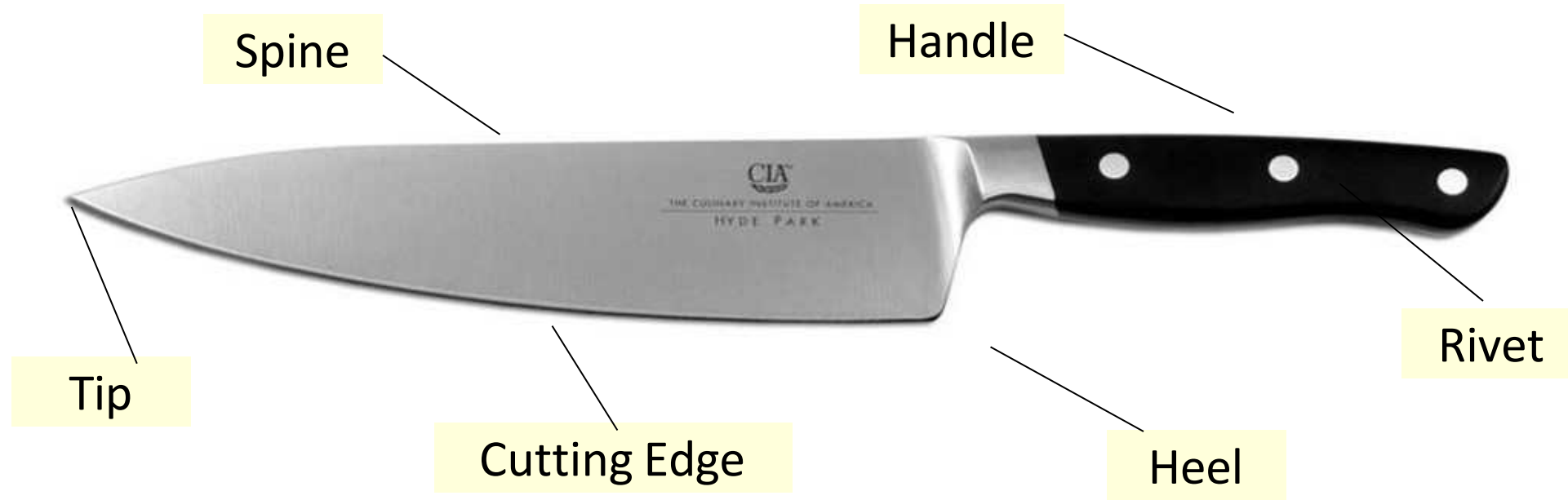
Mise En Place Starts at the Work Station



Recipe Mise en Place

- Read through the recipe in its entirety before starting.
- Understand all terms and definitions. Ask questions!
- Check yield, temperature, cooking times.
- Gather ingredients before preparation time: FIFO – First In First Out.
- Complete the “pre” steps.
- Accurately measure or weigh each ingredient.
- Follow the listed steps in order.
- Time cooking periods accurately.

Anatomy of a Knife



Knife Selection

Use the RIGHT knife for the job!!

French Knife



chopping, slicing, dicing,
mashing

Paring Knife



peeling, trimming, and shaping
fruits and vegetables

Boning Knife



cutting meat away from bones

Knife Selection

Slicer



slicing cooked meats and poultry

Serrated Knife



slicing through the crusts of bread

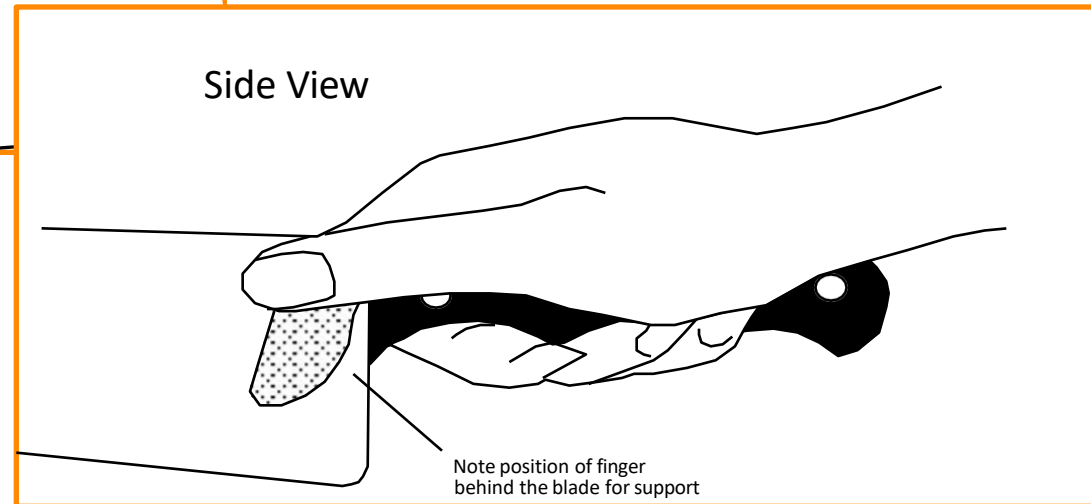
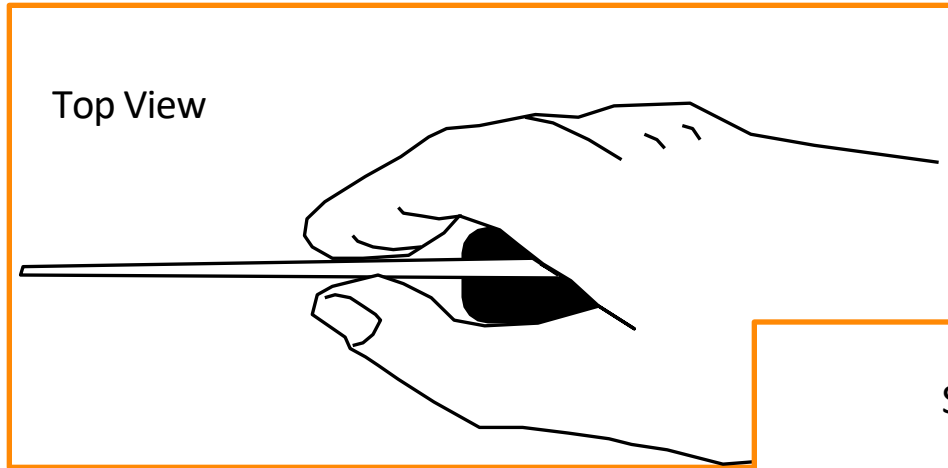
Honing and Sharpening

- **Sharpening** = removing metal to redefine the cutting edge.
- **Honing** = realigning/straightening the existing metal of the cutting edge.



Holding a Knife

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



Knife Safety

- Always use a sharp knife!
- Hold the knife firmly in your hand and cut away from your body.
- Always use a cutting board. Place a wet paper towel under.
- Place knives on flat surfaces, away from the table edge, with the blade facing away from you.
- Keep knives in clear sight; never cover them.
- Never put knife in the sink, always hand wash and dry after using, then put away.
- Do not grab blindly for a knife.
- If a knife falls, do not attempt to catch it.
- Pass a knife to someone using the handle, never the blade.
- When walking with a knife, carry it with the point down.



How To Julienne and 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.



Julienne Sizes

Fine Julienne

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



Julienne/Allumette

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



Batonnet

$\frac{1}{4} \times \frac{1}{4} \times 2$ to 2½ 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.



Brunoise Sizes

Fine Brunoise

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



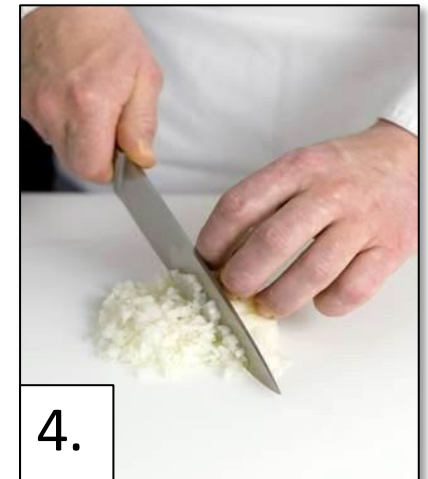
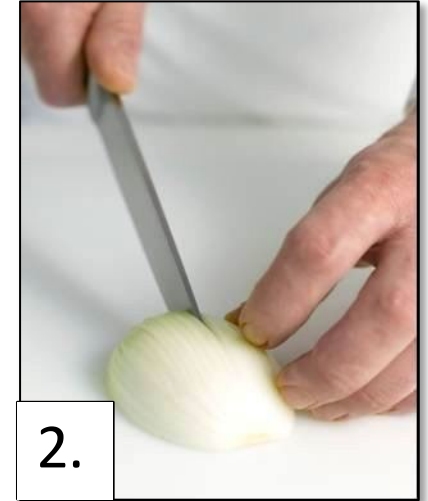
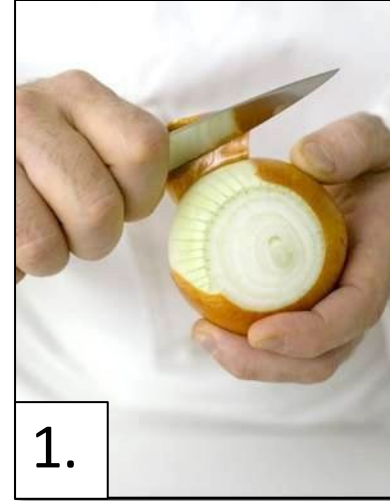
Brunoise

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



Dice/Mince Onions & Shallots

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.



Mince Garlic

1. Peel cloves
2. Slice cloves
3. Cut cloves into a rough chop
4. Using a rocking motion, chop to desired fineness



Chop/ Mince Herbs



1. Wash, dry, and remove leaves from stems; roll into a tight ball and chop roughly.
2. Move hand to front of knife and chop using a rocking motion.
3. Continue cutting to desired fineness.

Chiffonade Herbs

1. Remove leaves
2. Stack the leaves, placing smaller leaves on top of larger leaves
3. Roll into a cylinder
4. Make fine parallel cuts across the cylinder



Suprême Citrus Fruit



1. Cut away the ends.
2. Cut away the rind and all the pith, leaving as much flesh as possible.
3. Cut along each side of the membrane to cut away the segments.

Technique: Pan-Frying

- Uses more fat than sautéing and stir frying
- Fat/oil
 - Should be neutral flavored
 - General rule – oil should come $\frac{1}{3}$ to $\frac{1}{2}$ way up side of item
 - Oil temperature = 325°F - 350°F
 - Items drained of excess fat
- Items are usually coated/breaded
- Different flavor than sautéed items because only exterior crust is browned
- Sauces are made and served separately
- Characteristics of items to be pan fried
 - Tender
 - Portion size or small pieces

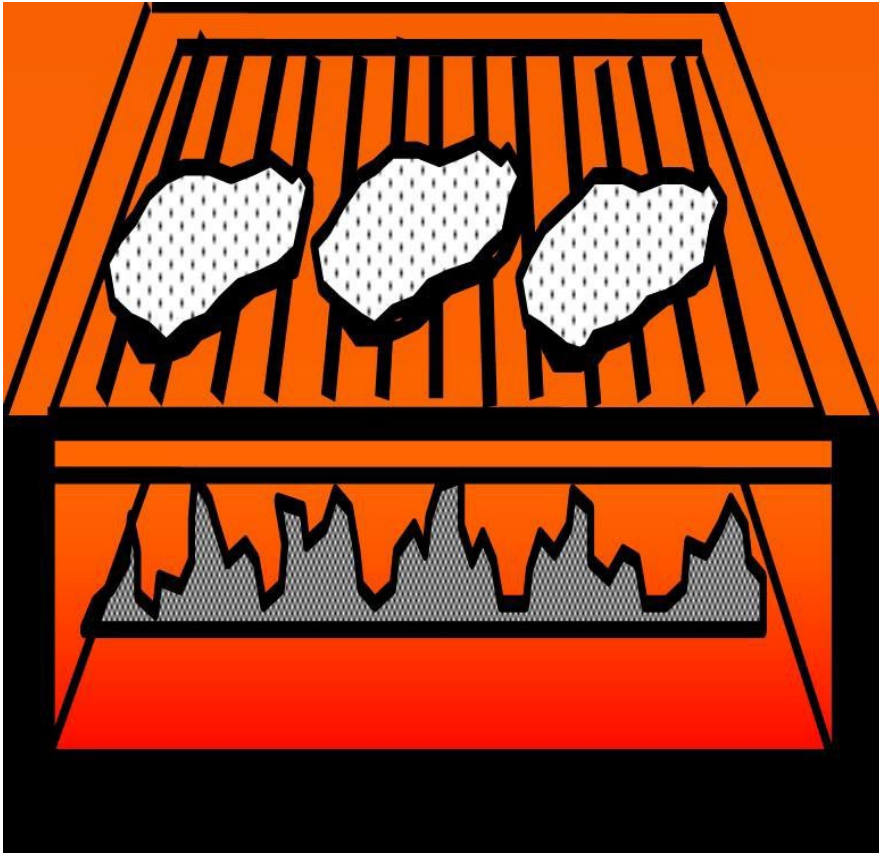
Grilling vs. Broiling



What's
the
difference?

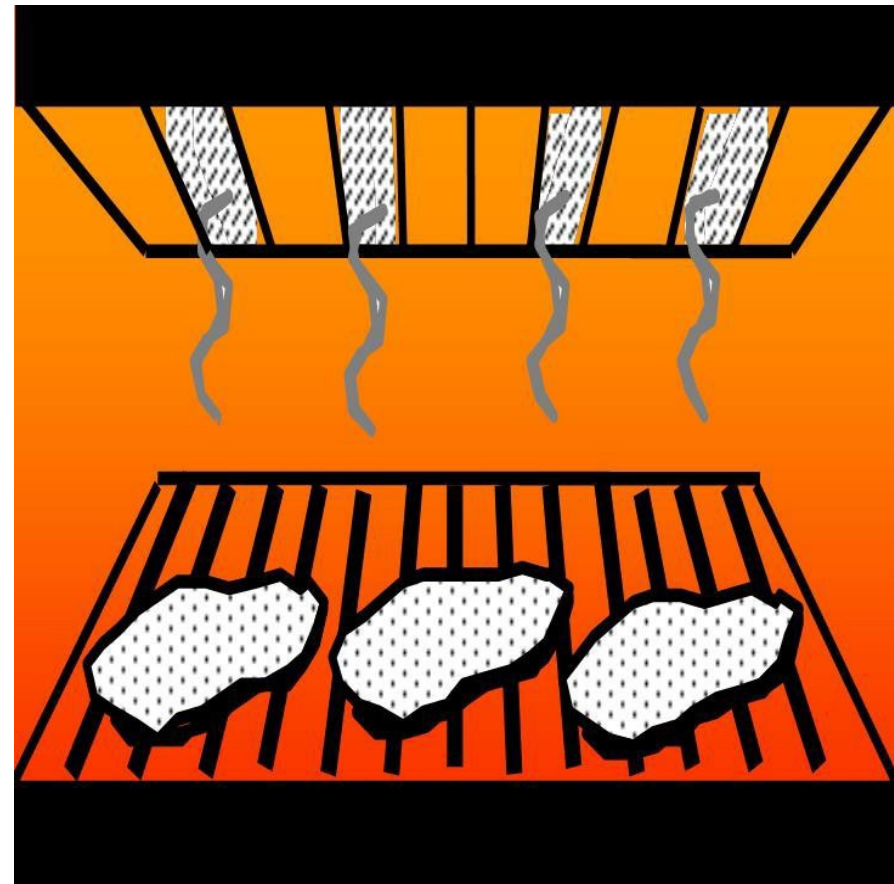


Grilling vs. Broiling



Heat source **below** the food

Heat source **above** the food



Grilling and Broiling

- Lightly charred exterior, moist interior, slightly smoky flavor
- Characteristics of items to be grilled/broiled:
 - Tender
 - Have intramuscular fat content (if possible)
 - Portion size
- Foods suitable for grilling/broiling:
 - Meats
 - Seafood
 - Vegetables (tender, high moisture content)
- Sauces are made separately, very versatile

Roasting

- Cooked through contact with dry, heated air
- Full, rich flavor
- Browning exterior
 - Maillard reaction
 - Items sometimes seared
- Moist interior
- Pan drippings foundation for sauces and gravies



Setting Yourself Up For Success

Timing Is Everything

Ensuring Quality Meals

Definition of Success

1a : degree or measure of succeeding

1b : favorable or desired outcomes

Setting Yourself Up For Success

What does that mean?

- Having a solid foundation
- Knowing what is on the menu
- When it is being served
- Slacking out frozen product
- Plan B for shortages
- Having 'mise en place' ready
- Being a step (or day) ahead



What are some challenges?

- Shortages on food, supplies, and staff
- Equipment failure, power outages
- Kitchen infrastructure
- Lunch periods
- Field trips
- Special diets

Definition of Timing

1a : placement or occurrence in time

1b : the ability to select the precise moment for doing something for optimum effect



Timing is Everything

- Knowing the menu
- Being prepared, understanding recipe and instructions
- Quality of the food is key – Green Beans.....
- Looking at the daily schedule and backing out for service
- Batch cooking
- Challenge of lunch periods, timing and transportation



Definition of Quality

1a : the standard of something as measured against other things of a similar kind

1b : the degree of excellence of something

How to Ensure Quality Meals

- Practice, refine and repeat
- Follow manufacturer instructions / food show
- Research and Development (R&D) of cooking methods
- Aligning prep with serving times and logistics



Salmon From Around the World



Salmon From Around the World:

Team One: Miso Glazed Salmon
Oven Baked 'Fried' Rice

Team Two: Middle Eastern Salmon w/ Tomato, Cucumber and Dill Salad
Israeli Salad with Lemon Infused Salmon

Team Three: Salmon Tacos with Citrus Cabbage Slaw and Pickled Vegetables
Seasoned Black Beans

Team Four: Huli Huli Salmon Bowl
Grilled Red Onion and Pineapple, Pickled Carrots



[Miso Glazed Salmon](#)



Middle Eastern Salmon w/ Tomato, Cucumber and Dill Salad



[Salmon Tacos with Citrus Cabbage Slaw](#)



[Huli Huli Salmon Bowl](#)



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Any Questions?