



Culinary Institute  
of America

# Rialto USD 2.0 Training Day 2

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# Learning Objectives

- Demonstrate how to effectively set up your workstation and organize your mise en place
- Discuss the use and format of standardized recipes in K12
- Explain the importance of reading, understanding and scaling recipes
- Demonstrate the ability to accurately follow a recipe to ensure consistent quality, taste and presentation in food preparation
- Discuss sandwich preparation and prepare sandwich recipes that appeal to K12

# Standardized Recipes in K12

- What are standardized recipes and why are they important?
- What information do standardized recipes contain?

## CHICKEN CAPRESE SANDWICH WITH SPINACH PESTO

*Yield: 10 portions*

Ingredients	Amounts	
Oil, olive	2	Tbsp.
Salt, Kosher	¼	tsp.
Pepper, black, ground	¼	tsp.
Chicken, breast, skinless, cut into strips	20	oz.
Spinach Pesto (Recipe follows)	1 ¼	cups
Tomato, sliced, 1/8-in thick	10	oz.
Cheese, Provolone, slice	10	ea.
Bread, ciabatta, roll, 2 oz.	10	ea.

### Method

1. Preheat oven to 350°F. Prepare a sheet pan lined with parchment paper.
2. For the marinade, in a large bowl, place the oil, salt, and pepper. Mix to combine.
3. Add the chicken strips. Toss to coat.
4. Arrange the chicken in a single layer on the lined sheet pan. Bake in the preheated oven until the internal temperature reaches 165°F, 15 to 20 minutes.
5. To assemble the sandwiches, start with a ciabatta bottom bun. Add 2 tablespoons of pesto, 3 ounces of chicken strips, 2 tomato slices, 1 slice of cheese, and the top bun.
6. Hot hold for service.



## SPY THAI BEEF

*Yield: 10 servings*

Ingredients	Amounts
Beef, ground, raw, 80% lean	1 $\frac{3}{4}$ lb.
Water	$\frac{1}{2}$ cup
Peanut butter, creamy	$\frac{1}{3}$ cup
Lime juice	2 Tbsp.
Soy sauce, reduced sodium	2 Tbsp.
Garlic, granulated	1 tsp.
Ginger, ground	1 tsp.
Crushed red pepper	$\frac{1}{4}$ tsp.
Flatbread	10 ea.
Carrot, shredded	2 ea.
Cucumber, sliced	2 ea.
Pepper, bell, red, cut into strips	2 ea.

### Method

1. In a skillet over medium heat, brown the ground beef, breaking it into 1/2-inch crumbles and stirring occasionally until internal temperature reaches 160°F. Remove the drippings.
2. In a medium bowl, combine the water, peanut butter, lime juice, soy sauce, granulated garlic, ground ginger, and crushed red pepper. Reserve.
3. Stir the peanut butter mixture into the pan with the ground beef mixture. Cook, stirring occasionally, over medium-low heat until heated through. Add water as needed for desired consistency. Heat to 165°F for at least 15 seconds. Hold hot for service at 135°F for up to 2 hours.
4. Warm the flatbread. Using a #12 scoop, portion 1/3 cup of the beef mixture onto the flatbread. Garnish with carrot, cucumber, and bell pepper strips.



## **Consistency in Quality and Taste:**

- Ensure recipes are prepared the same each time
- Ensure the same ingredients, techniques and proportions are used
- Maintain consistent quality, flavor and appearance

## **Accurate Cost Control:**

- Helps in precise ingredient measurement
- Reduces waste and controls food costs

## **Efficient Kitchen Operations:**

- Streamlines the cooking process
- Saves time and improves efficiency in food production

## **Nutritional Accuracy:**

- Nutritional information
- Allergy information
- Dietary requirements
- Contribution to meal pattern

## **Safety and Compliance:**

- Promote safe cooking practices by specifying cooking temperatures and handling procedures,
- Ensure food safety and compliance with health regulations.

## **Training and Skill Development:**

- Valuable training tools for new kitchen staff
- Skill development and knowledge transfer

## **Menu Development and Scaling:**

- Scaling of dishes for different serving sizes
- Support consistent results across multiple locations



# Why Accurate Measurements Matter in Cooking

- ✓ **Consistency & Taste** – Same great results every time
- ✓ **Texture & Appearance** – Same great results every time
- ✓ **Proper Chemical Reactions** – Crucial for baking success
- ✓ **Avoiding Waste** – Prevents ingredient misuse
- ✓ **Scaling Recipes** – Ensures accurate adjustments
- 📌 **Pro Tip:** Use kitchen scales & measuring spoons for precision!

# Sandwiches

# Sandwiches

- Versatile
  - Elegant or casual
  - Open or closed
  - Hot or cold
  - Small (served as hors-d'oeuvre), large (served as entrée)
  - Exemplify global cuisine
- Built from four elements:
  - Bread, Spread, Filling, Garnish

# Sandwich Breads

- Foundation on which sandwich is built
- Huge variety
- Type varies depending on country of origin
- Selection criteria and MEP guidelines
  - Some sandwiches benefit from soft breads, others hard
  - Firm and thick enough to hold filling; not so thick sandwich is dry
  - Keep sliced bread covered to prevent drying
    - Toast immediately before sandwich assembly

# Sandwich Bread Types

- Pullman loaves (white, wheat, rye)
  - Tight crumb - helps prevent crumbling
- Peasant-style: pumpernickel, sourdough, boule
- Rolls: hard, soft, Kaiser
- Flatbreads: focaccia, pita, Ciabatta, tortilla, naan
- Wrapper: rice paper, egg-roll wrappers

# Sandwich Spreads

- Provide barrier - prevent bread from getting soggy
- Add moisture and help hold sandwich together
- Some fillings include spread in filling mixture - no need to then add a spread
  - i.e. Ham Salad
- Lend flavor and richness
- Can be simple and subtle, or add texture and flavor

# Sandwich Spread Types

- Plain or flavored mayonnaise or creamy salad dressings
- Plain or compound butters
- Mustard or ketchup
- Spreadable cheese
  - Ricotta, cream cheese
- Vegetable or herb spreads
  - Hummus, tapenade, pesto, guacamole
- Tahini and nut butters
- Jelly, jam, compotes, chutneys, and other fruit preserves
- Oils and vinaigrettes

# Sandwich Fillings

- Focus of a sandwich
- Can be cold or hot
- Meats should be properly cooked, vegetables properly cleaned and dried
- Filling options
  - Sliced, roasted proteins - beef, pastrami, turkey, ham
  - Sliced cheeses
  - Grilled, roasted, or fresh vegetables
  - Grilled, baked or broiled burgers, fish, or poultry
  - Salads of meats, poultry, eggs, fish, or vegetables



# Sandwich Garnishes

- Complement or contrast main filling
- Options
  - Lettuce leaves
  - Slices of tomato or onion
  - Roasted, marinated or brined peppers
  - Olives
- Avoid non-functional garnishes

# Cold Sandwiches

- Sandwiches that are eaten cold
- Prepared with:
  - Raw ingredients meant to be eaten uncooked
    - Vegetables or cheese
  - Meat, poultry, fish that is pre-cooked and chilled before filling
- Can be closed or open-face
  - Closed - come in basic (tuna salad sandwich or turkey sub; wrap as a variation), multi-decker (club), and tea
  - Open - Larger versions of canapés; emphasis placed on visual appeal

# Hot Sandwiches

- Sandwiches with hot fillings or sandwiches that are heated for service
- Can be closed or open-face
  - Basic hot closed sandwiches
  - Grilled sandwiches
  - Deep-fried sandwiches
  - Hot open-faced sandwiches - often eaten with fork and knife

# Sandwich Accompaniments & Side Dishes

- Green salad or side salad
  - potato salad, pasta salad, and coleslaw
- Lettuce and sprouts
- Sliced fresh vegetables
- Pickle spears or olives
- Dips, spreads, or relishes
- Sliced fruits
- French fries or onion rings

# Condiments

- Generally served on the side
- Added to dishes at diner's discretion
- Can be used as spreads or dips
- Mustard
- Ketchup
- Chutneys
- Relish
- Compotes
- Mayonnaise

# Sandwiches, Wraps and Bowls from Around the World:

**Team One:** Chicken Caprese Sandwich with Spinach Pesto  
Thai Chicken and Brown Rice Lettuce Wraps

**Team Two:** Cubano Sandwich  
Bombay Coconut Meatball Bowl

**Team Three:** Spy Thai Beef Flatbread  
Asian Style Sweet and Spicy Veggie Burger

**Team Four:** Blueberry Oat Bars  
Apple Pie Overnight Oats  
Homemade Granola



Thai Chicken Wraps and Brown Rice Lettuce Wraps



Cubano Sandwich





Bombay Coconut Meatball Bowl



Spy Thai Beef Flatbread



Asian Style Sweet and Spicy Veggie Burger with Pineapple Slaw

# Any Questions?