



Culinary Institute
of America

Rialto Unified School District Training – Day 1

Chef Sky Hanka, MS, NBC-HWC, '12

March 2025



What's your WHY?





=

Nourishment

Growth

Better Focus

Health (student,
employee, planet!)

Celebrating Cultures!

Program Overview

- Lecture 1 – 1.5 hr
- Demos & Hands-on Production 2.5 – 3 hr
- Dinner/Critique 30 - 45 min
- Review & Preparation for the next day 30 - 45 min

Day 1

Introduction

Food Safety

Knife Skills

Production Review

Day 2

Mise En Place

Cooking Basics & Terminology

Production review

Day 3

Seasoning & Flavor

Production review

What next?

Learning Objectives

- **Demonstrate** how to effectively set up a workstation, organize mise en place and create production list
- **Apply** safe food handling, sanitation practices and practice FIFO during food preparation
- **Use** proper knife handling and cutting techniques for efficiency and safety.
- **Prepare** a from-scratch menu within a **2 ½ - 3 hour time frame** using batch cooking methods.
- **Discuss** and identify production strengths and areas for improvement.
- **Evaluate** seasoning techniques and ingredient pairings to enhance flavor.
- **Work collaboratively** in a team setting to improve efficiency and communication.
- **Use feedback** to refine techniques and prepare for the next day's exercise.



Culinary Institute
of America

Food Safety



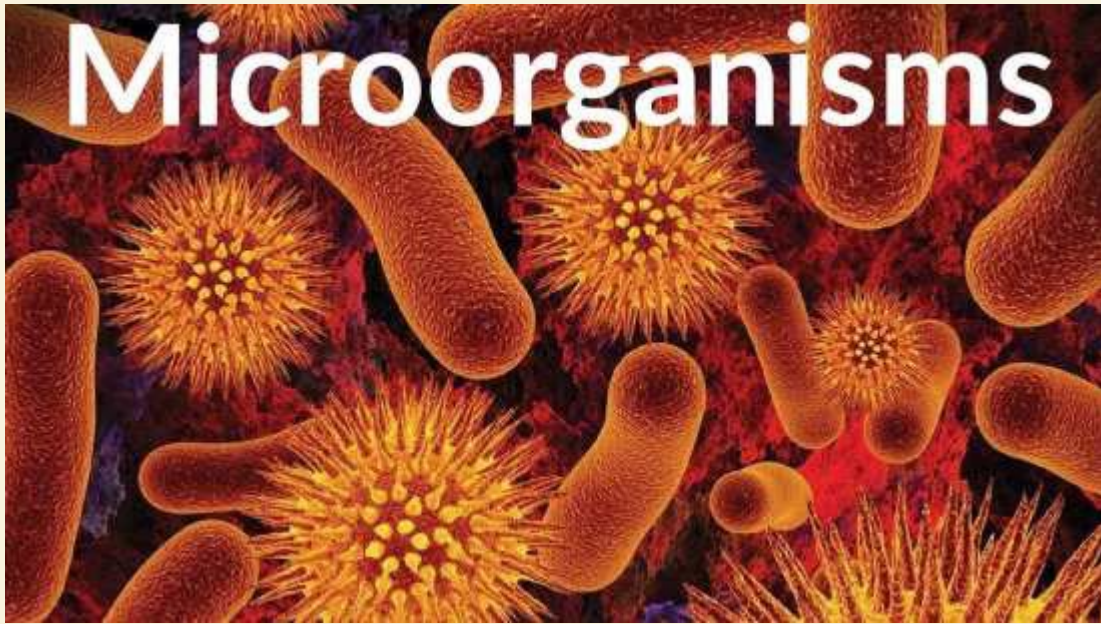
Learning Objectives

- **Identify** common foodborne pathogens and their sources.
- **Recognize** the conditions that allow bacteria and pathogens to grow.
- **Implement** best practices to prevent foodborne illnesses in school kitchens.
- **Understand** how food handlers can contaminate food and how to prevent cross-contamination.
- **Identify** critical control points (CCPs) in school food operations and strategies to maintain food safety standards.



Key Terms

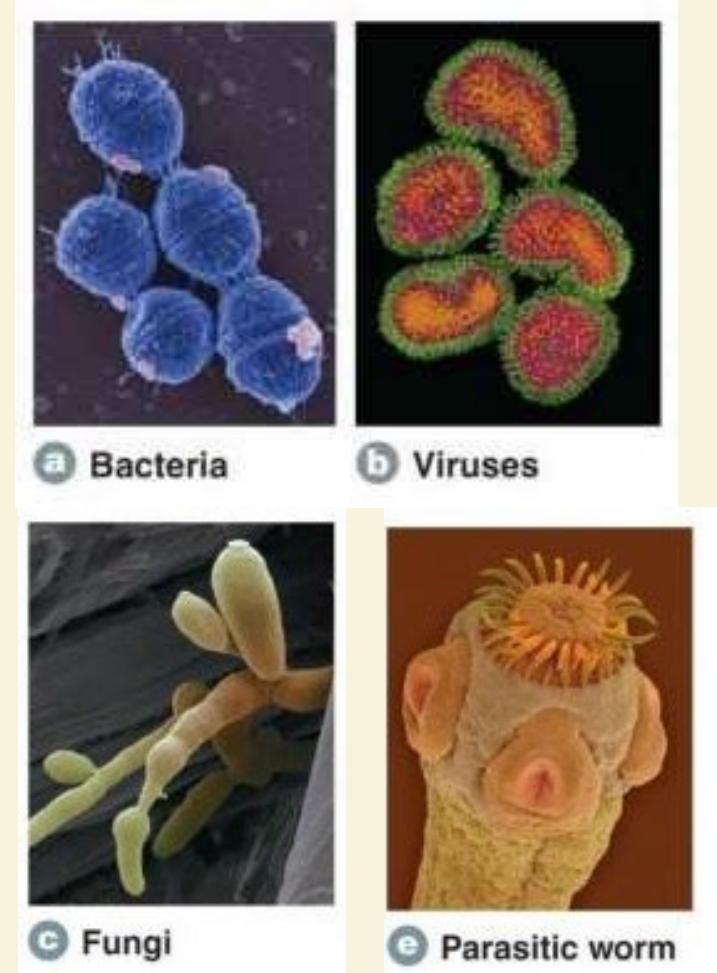
- Foodborne illness
- Pathogens
- Cross-contamination
- TCS (time & temperature control for safety Foods)
- TDZ (temperature danger zone)
- Hot holding
- Cold holding
- Cooling process
- Reheating
- FIFO
- Sanitizing vs Cleaning
- Personal hygiene
- RTE foods
- HACCP
- CCPS
- Corrective Action



- Small, living organisms that can be seen only through a microscope
- Some are harmless or even beneficial
 - Mold for blue cheese
 - Yeast for bread
- Some are **harmful – called pathogens**
 - Can make sick by eating
 - Can make sick by producing toxins

Types of pathogens

- Viruses
 - Survive freezing and cooking
 - Need a host (humans/animals) to reproduce
- Bacteria
 - Produce spores & toxins (some survive cooking)
 - Multiply rapidly in TDZ
- Parasites
 - Must be in flesh of an animal to survive
 - Common in raw meat, fish, and contaminated water
- Fungi
 - Mostly spoils foods rather than cause illness



Conditions supporting the growth of pathogens

- **Food**
- **Acidity**
- **Temperature**



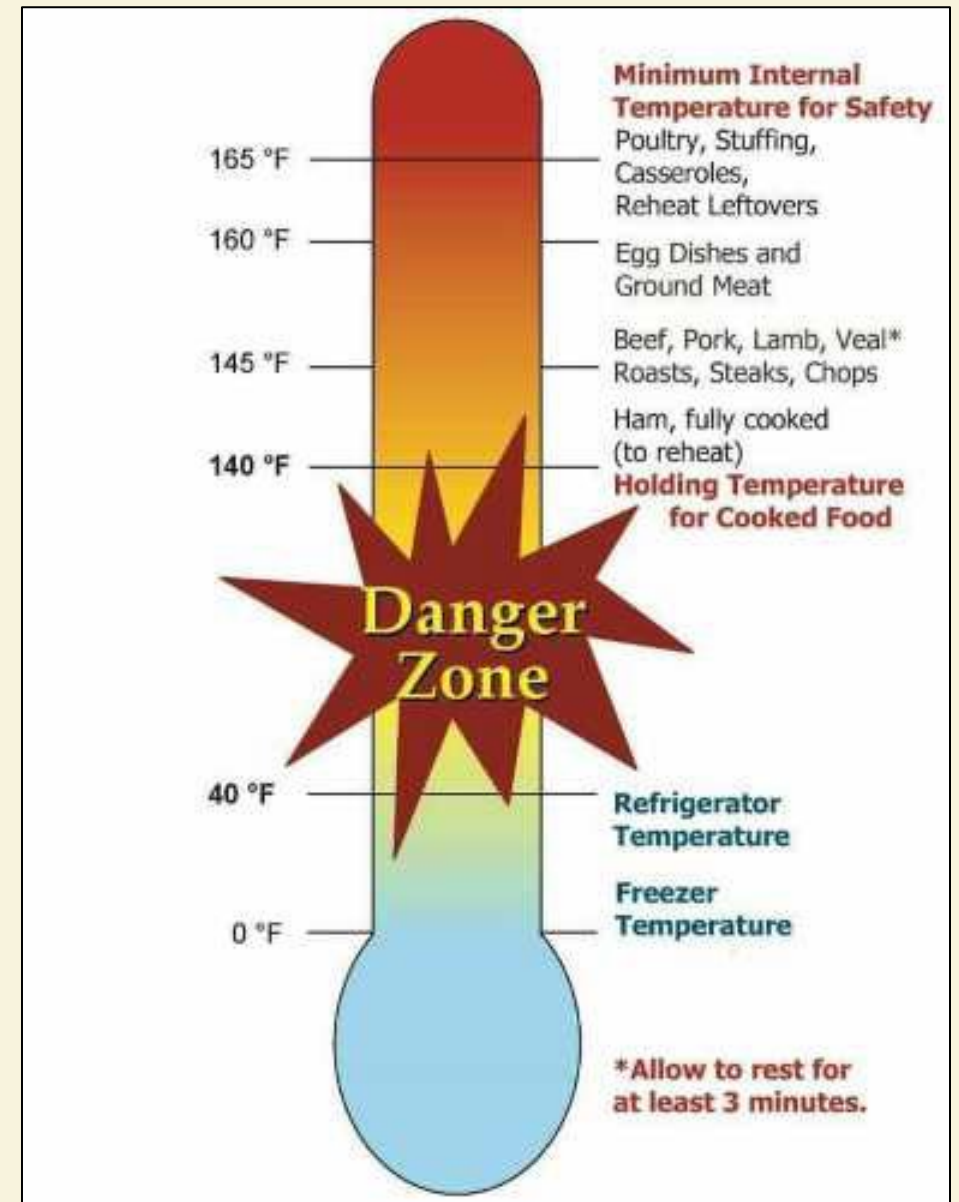
- **Time**
- **Oxygen**
- **Moisture**

Preventing Foodborne Illness

- **Control time and temperature**
- **Prevent cross-contamination**
- **Practice Good Personal Hygiene**
- **Purchase food from approved, reputable suppliers**
- **Proper food labeling**
- **Follow HACCAP & Know CCPS**

Temperature Danger Zone

- 41°F - 135°F
- Ideal for pathogen growth



Controlling Time & Temperature

Store, cook, hold, cool, and reheat food to proper temperatures in proper time
Keep out of Temperature Danger Zone **41°F - 135°F**

Hot & Cold Food Holding

- **Hot Holding:** Keep hot foods at **135°F or higher** to prevent bacterial growth.
- **Cold Holding:** Keep cold foods at **41°F or lower** to slow bacteria multiplication.
- **Monitor temperatures frequently** with a food thermometer.

Cooling Process: How to Cool Food Safely

- To prevent foodborne illness, follow the **2-Step Cooling Method:**
- 1. First Step:** Cool food from **135°F to 70°F within 2 hours.**
 - 2. Second Step:** Cool food from **70°F to 41°F within the next 4 hours.**
- **Use shallow pans, ice baths, or blast chillers** to speed up cooling.
 - **Do NOT cover hot food tightly** while cooling—allow air circulation.

Preventing Cross-Contamination & Good Personal Hygiene

Don't allow ready-to-eat food to contact contaminated hands, surfaces, or raw food

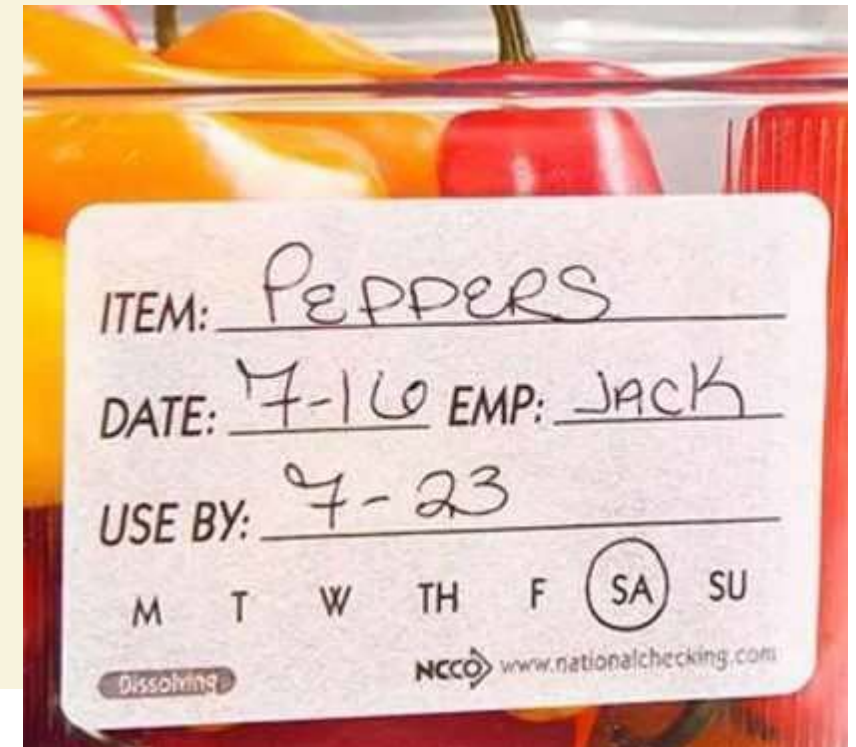
- Separate cutting boards & utensils
- Store raw foods below cooked/RTE foods in fridge
- Change gloves & wash hands between tasks
- Sanitize worksurfaces & equipment between tasks

Good Hygiene Practices

- Handwashing
 - Before and after handling food
 - After touching face, hair, phone, body
 - After using restroom or handling trash
- Clean uniform and aprons
- Gloves with handling RTE foods
- Stay home if sick

Food Labeling

- Label all kitchen food and non-food items
- Store chemicals separately, away from food
- Label foods requiring time and temperature control with:
 - Date food was made
 - Use by date
- Label foods not being monitored for temperature control with:
 - Time removed from refrigeration
 - Time it must be discarded



HACCP & Critical Control Points

Hazard Analysis Critical Control Point (HACCP) is a **food safety management system** used to identify, prevent, and control potential food hazards.

- Focuses on preventing foodborne illness rather than reacting to problems after they occur.

Critical Control Points (CCPs)

- CCPs are key steps in food production where hazards must be controlled to ensure food safety.
- Examples of CCPs in school kitchens:
 - Receiving & Storage: Checking food temperatures upon delivery.
 - Cooking: Ensuring food reaches safe internal temperatures (e.g., poultry at 165°F).
 - Cooling: Properly cooling food using the 2-Step Cooling Method.
 - Holding: Keeping hot food above 135°F and cold food below 41°F.
 - Reheating: Ensuring food is reheated to 165°F before service.



Corrective Action: What to do when CCP Fails

When should immediate action be taken?

- Examples of Corrective Actions:
 - **Food does not reach correct cooking temperature?** Continue cooking until it meets safety guidelines.
 - **Cooling food did not reach 70°F within 2 hours?** Reheat to **165°F** and cool again properly.
 - **Cold food rises above 41°F during storage?** Discard if in the danger zone too long.
 - **Expired or damaged food received?** Reject the delivery.



Culinary Institute
of America

Knife Skills



Learning Objectives

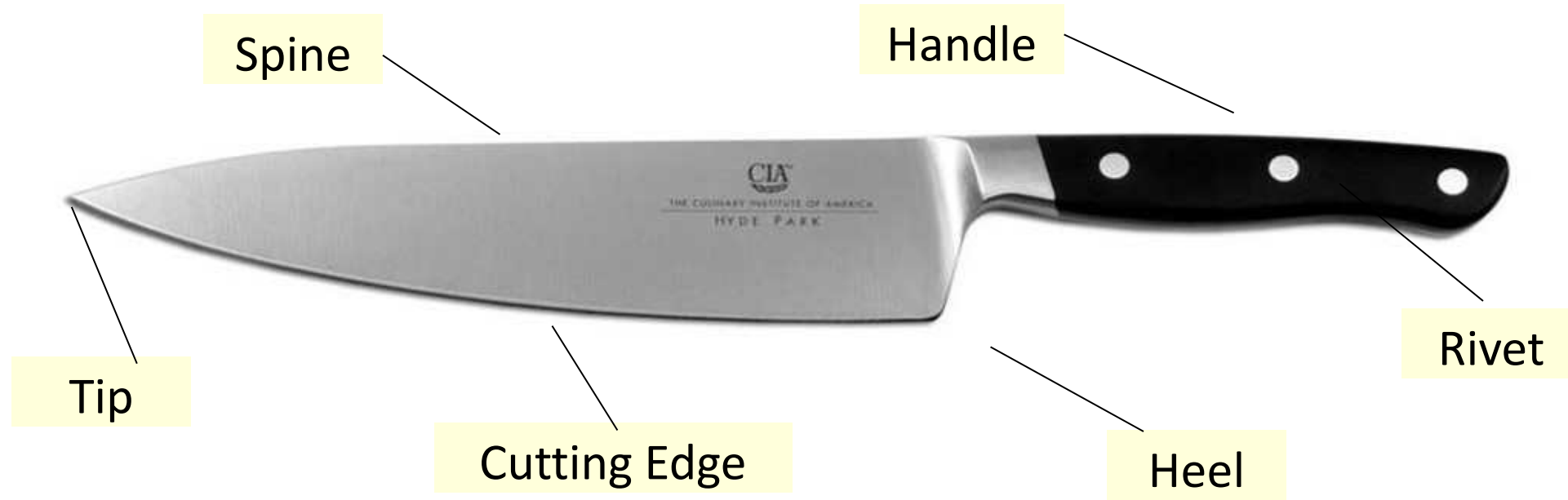
- **Safely hold and handle** a knife to prevent accidents and injuries.
- **Select** the appropriate knife for different cutting tasks.
- **List, identify, and execute** fundamental knife cuts (e.g., dice, julienne, chiffonade).
- **Apply** proper cutting techniques to improve precision and efficiency.



Key Terms

- Claw Grip
- Pinch Grip
- Chopping
- Slicing
- Types of Knives (chefs, paring, serrated, boning, etc.)
- Knife Cuts & Techniques (julienne, brunoise, dice, chiffonade, bias, mince)
- Honing
- Sharpening
- Whetstone

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

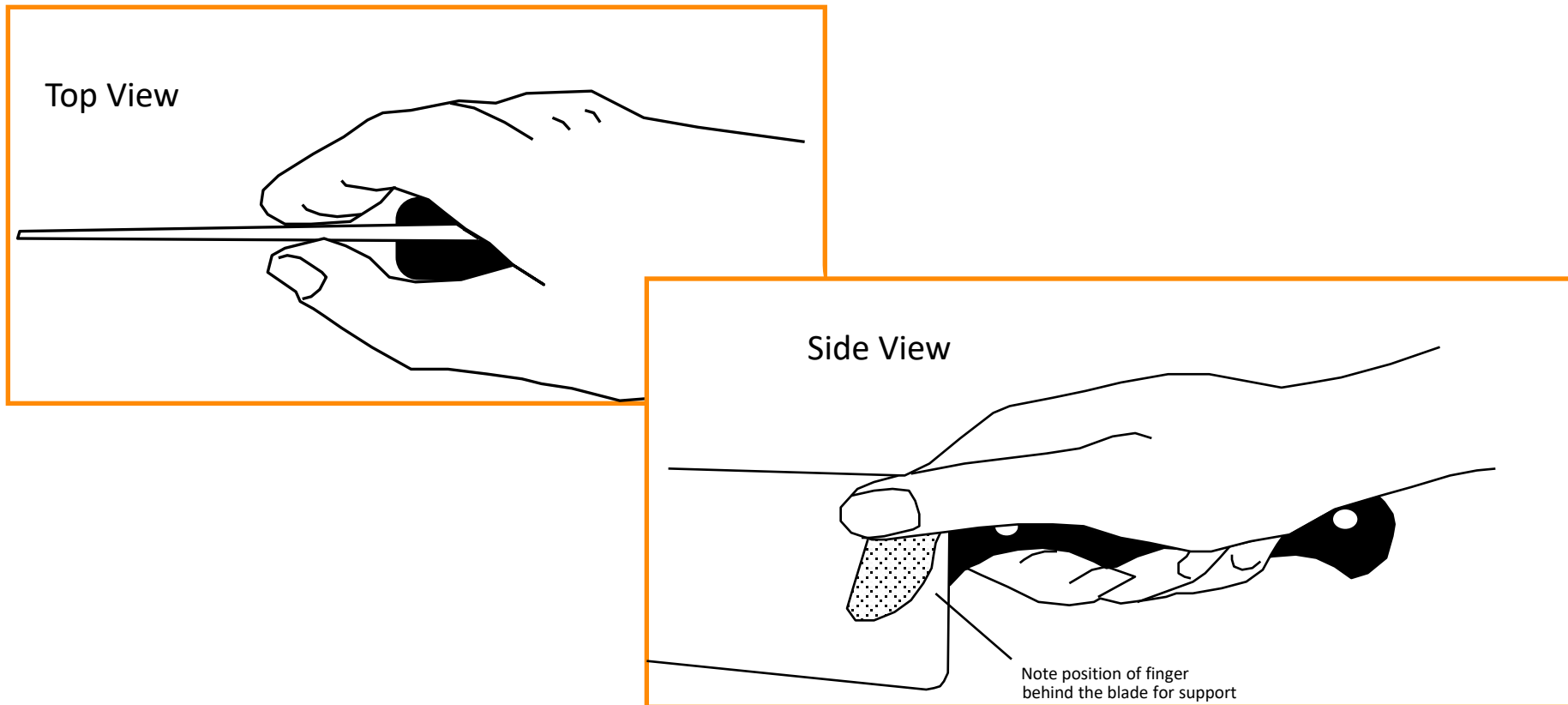
Honing and Sharpening

- **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 knives on flat surfaces, away from the table edge, with the blade facing away from you.
- Keep knives in clear sight, never covered.
- Do not grab blindly for a knife.
- If a knife falls off the table, 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.
- Never place knives in the dish area. Always hand wash and return to proper storage.

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

1/16 x 1/16 x 1 to 2 in.



Julienne/Allumette

1/8 x 1/8 x 1 to 2 in.



Batonnet

1/4 x 1/4 x 2 to 2 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.



Brunoise Sizes

Fine Brunoise

$1/16 \times 1/16 \times 1/16$ in.



Brunoise

$1/8 \times 1/8 \times 1/8$ in.



Other Classic Vegetable Cuts

Tourné

2 in. long with 7 faces



Oblique

Uniform pieces with
2 angled cuts



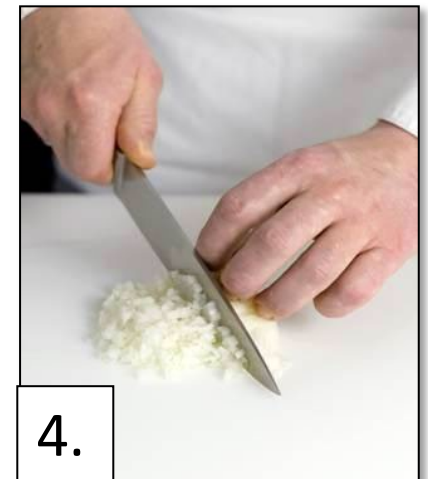
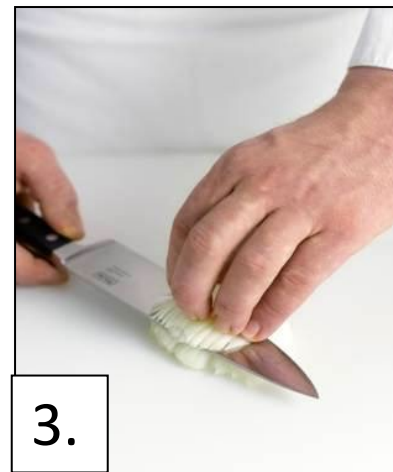
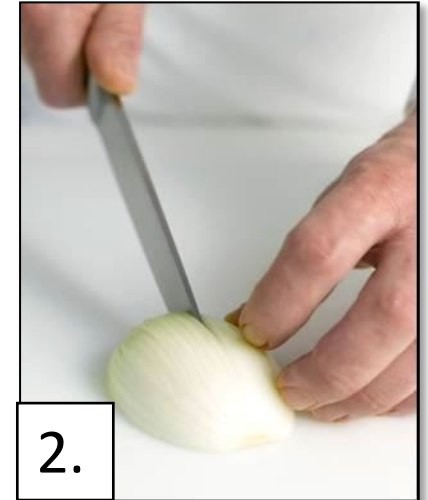
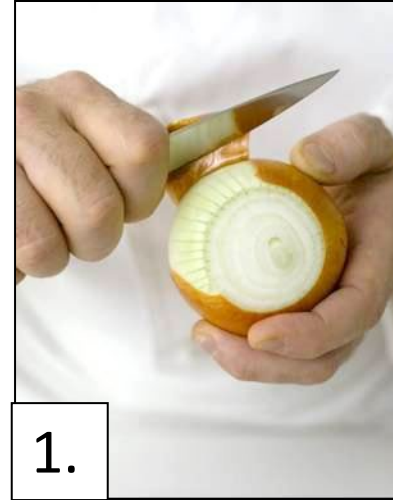
Rondelle

$\frac{1}{2}$ to $\frac{1}{8}$ in. thick rounds



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.



Culinary Institute
of America

Production Expectation & Responsibilities





Kitchen Responsibilities

- Keep stations clean
- Properly handle & store all food
 - If you don't cook it, glove it – RTE food
 - Sanitation between tasks
- Clean as you go
 - Dish Cart
 - Avoid clutter
- Communicate!
 - Ask questions (no question is a stupid question)
 - Plan your production list and discuss workflow as a team
- End-of-Class Clean up:
 - Ensure workstations are left spotless
 - All tools, equipment, and ingredients should be properly stored
 - Label all prep appropriately (date, name, time if needed, recipe)

What to Expect During Production

- Demos as needed – Chef will provide demonstrations at the start of class and throughout class
- Production & Plating time – teams will work on the assigned recipes, using proper mise en place
 - Prep, Cook, transition to plating
- Service – present dishes as a class and eat
- Critique and Review – reflect on strengths and improvements, prepare for the nextday
- Recipe assignments – each team will work on different recipes

Assessing Your Work – Chef's Feedback

Observations from production will be used to discuss:

- **Strengths** – What was executed well?
- **Areas for improvement** – Timing, organization, teamwork, and cooking techniques.
- **Developing good work habits** – Efficiency, focus, and communication.



Self-Evaluation

- **Evaluate Your Dish:**
 - What did you do well?
 - What could be improved?
- **Evaluate Your Performance:**
 - How was your timing?
 - Did you complete all assigned tasks?
 - If you had extra time, how could you have elevated the dish?

Common Pitfalls

- Poor organization
- Lack of communication
- Not using timers/thermometers
- Over or under seasoning
- Not working clean

Day 1 Assignments

- All Teams as a Class:
 - Knife Skills
 - Vegetable Stock
 - Chicken Stock

T1	T2	T3	T4
Grilled Flank Steak with Sauce Espagnole	Chicken Provencal	Sauteed Seasonal Vegetables with Curried Nage	Macaroni and Cheese



Culinary Institute
of America

Any Questions?