



Culinary Institute
of America

Rialto Unified School District Training – Day 2

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

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Program Overview

Day 1	Day 2	Day 3
Introduction	Mise En Place	Seasoning & Flavor
Food Safety	Cooking Basics & Terminology	Production
Knife Skills	Production Review	Review
Production Review		What next?

Learning Objectives

- Demonstrate how to set up your workstation and organize your mise en place.
- Review factors that improve efficiency for preparation and service.
- Practice proper recipe mise en place.
- Create a timeline of work to be completed.
- Prioritize your needs and production.
- Safely hold and handle a knife.
- Select a knife appropriate for its intended use.
- List, identify, and execute commonly used knife cuts.



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Mise en Place



Learning Objectives

- **Demonstrate** how to efficiently set up a workstation and organize mise en place.
- **Identify** factors that improve efficiency in food preparation and service.
- **Apply** proper mise en place techniques when following a recipe.
- **Develop** a timeline for task completion to streamline kitchen workflow.
- **Prioritize** ingredients, tools, and production needs to enhance efficiency.



Key Terms

- Action plan worksheet
- Flow
- Mise en place
- Prioritize
- Production list
- Timeline
- Workflow
- Workstation
- Standardized Recipe
- Yield
- FIFO
- Pre-Prep
- Portioning
- Batch Cooking
- Scaling



Mise en Place

“everything in its place”

What does this mean?

- Staff readiness
- Recipe mise en place (MEP) – GAME PLAN!
- Prep time vs. service
- Physical & Mental

Mise en Place

Helps you achieve your GOALS
and starts with YOU!



- Clean uniform, apron, and hair covering.
- Hands washed.
- Comfortable, closed-toe, non-skid shoes.
- Attentive and organized mindset.



Workstation

Tasting spoons with receptacle

Sanitation bucket with handy wipes

Salt and Pepper

Receptacles for trash and compost

Secured cutting board

Receptacles for product

Paper towels

Thinking Through Mise en Place

Game Plan Organization

- What am I going to make?
- How much am I going to make?
- How much space will I need?
- How much time will I need?


Equipment

- What equipment will I use to prepare the product?
- What equipment will I use to cook the product?
- What will I serve the product in?
- What utensils do I need?

Food

- Gather the ingredients needed in the correct amounts to produce the recipe.
- Keep perishable items refrigerated (cold foods at or below 41°F).
- Prevent cross-contamination with proper sanitation practices.

Recipe Mise en Place

CHILI-CINNAMON ROASTED SWEET POTATOES	SERVING SIZE: ½ CUP	
	ONE PORTION PROVIDES: ½ CUP RED/ORANGE VEGETABLE	

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)

Complete any “pre” steps

Establish flow of production
Raw product -> product being prepared -> finished product

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Sweet potatoes, fresh, diced, wedges, or sticks	15 ½ pounds	3 pounds	1. Preheat oven to 400°F. 2. Scrub potatoes (and peel if desired) and cut them into wedges or sticks. 3. Combine seasonings: chili powder, cinnamon, sugar, black pepper, white pepper, garlic, and salt.
Chili powder	1 tablespoon	¼ teaspoon	
Cinnamon	2 teaspoons	½ teaspoon	
Sugar, white	1 tablespoon	½ teaspoon	
Black pepper, ground	1 teaspoon	¼ teaspoon	
Garlic, granulated	½ teaspoon	1/8 teaspoon	
Salt, kosher	½ teaspoon	1/8 teaspoon	
Oil, olive, or canola	1 cup	3 tablespoons	4. Drizzle sweet potatoes with oil and sprinkle with seasonings. Mix well to coat evenly with oil and seasonings. 5. Place on sheet trays. For 50 servings, use 2 full sheet trays. 6. Bake at 400°F for 12 to 15 minutes until tender and browned in spots. CCP: Cook until internal temperature reaches 135°F or above. 7. Serve immediately. CCP: Hold for hot service at 135°F or above.

NUTRIENTS PER SERVING							
Calories	170	Total Fat	4.6 g	Vitamin A	19627 IU	Iron	.8 mg
Protein	2.3 g	Saturated Fat	.7 g	Vitamin C	12 mg	Sodium	50 mg
Carbohydrate	31 g	Cholesterol	0 mg	Calcium	47 mg	Dietary Fiber	2.5 g

Creating a Prep/production List

- Start with the end in mind
- What items are a priority and what can be done later?
- What takes the longest?
 - Cooking - simmering, braising, etc.
 - Marinating
 - Resting, proofing, setting, etc.
- List in priority order not recipe order

MISE EN PLACE WORKSHEETS

MISE EN PLACE WORKSHEET (RECIPES)

Date: _____			
Recipe: _____			
Ingredient	Amount	Tool	Amount

Date: _____			
Recipe: _____			
Ingredient	Amount	Tool	Amount

Creating a Prep/Production List

- Assign tasks to Team members, dividing tasks evenly based on time, difficulty, etc.
- Combine all ingredients and equipment onto one list.
- Any identical prep items in multiple dishes?
- Vegetable cuts - dice, mince, onions, carrots, garlic
- Peel all vegetables at once.
- Measure and scale all dry and wet ingredients.

Production List				
Recipe	Ingredient	Amount	Assigned to	Completed
Lunch 2/29 – Rst Pot	Potoato, Russet, Med. Di	4 gallon	Nancy	
Lunch 2/29 – PB&J Sand.	Assembl e Sand.	50 each	Scott	
Lunch – 2/29 Multiple recipes	Onion, small dice	2 qts	Scott	
Breakfast – Banana muffin	Mise Dry and Wet	1 recipe (200 servings)	Jose	



Activity:

Chipotle Chicken Bowl with Black Beans, Rice, and Roasted Red Pepper/Corn Salsa

Components

- **Chipotle Chicken (marinated & baked)**
- **Black Beans (canned, heated and spiced)**
- **Cilantro Rice (pilaf style in oven)**
- **Roasted Red Pepper & Corn Salsa**

What would you prepare first and why?

What equipment will you need for each, and how could we maximize efficiency?

How would you organize mise en place before starting?

How would you time the cooking process to ensure all components are hot and ready to serve?



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Cooking Basics & Terminology



Learning Objectives

- **Define** key culinary terms related to cooking methods, food preparation, and service.
- **Identify** the appropriate cooking techniques for different ingredients and kitchen tasks.
- **Differentiate** between dry-heat, moist-heat, and combination cooking methods.
- **Apply** culinary terminology correctly when reading and following standardized recipes.
- **Recognize** the importance of understanding professional kitchen language for efficiency and accuracy in food production.

Types of Heat in Cooking

Cooking methods are categorized based on how heat is transferred to food

Three primary heat types:

Dry Heat

Uses air, fat, or direct contact without added moisture

= browning, crisping, intensifying flavor

High Temp.
Caramelization

Examples: Sauteing, roasting, grilling, baking, frying

Equipment: Convection oven, grill, tilt skillet, fryer, sauté pan.

Moist Heat

Uses water, broth, or steam to transfer heat

= tender, moist, break down tough cuts or combine flavors

Gentle heat, no browning, food stays tender

Examples: boiling, steaming, poaching, simmering

Equipment: steam kettle, stockpot, steamer

Combination Cooking

Uses both dry and moist in two-step process. Usually food is seared first (dry) then slowly cooked in liquid (moist)

= depth of flavor

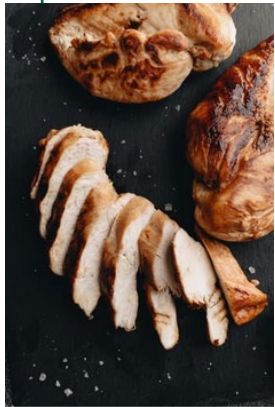
Slow cooking

Examples: braising, stewing

Equipment: tilt skillet, oven, steam kettle

What are you Cooking?

Dry Heat



Moist Heat



Combination Cooking



Basic Cooking Terminology

Term	Heat type	Description	Equipment
Sauté	Dry Heat	Quick cooking in small amount of fat over medium-high heat	Tilt skillet, Saute pan
Pan Fry	Dry heat	Cooking food in moderate fat in a shallow pan	Tilt skillet, fry pan
Deep Fry	Dry heat	Submerging food completely in hot oil	Fryer
Stir Fry	Dry heat	Cooking quickly over high heat while stirring constantly	Wok, Tilt Skillet
Roasting	Dry Heat	Cooking with dry, indirect heat, usually in an oven	Convection oven
Baking	Dry Heat	Cooking food with indirect dry heat, often for bread/pastries	Convection oven

Basic Cooking Terminology

Term	Heat type	Description	Equipment
Braising	Combina tion	Searing food first, then cooking it slowly in a small amount of liquid	Tilt skillet, oven, steam kettle
Stewing	Combina tion	Cooking smaller pieces of food submerged in liquid over low heat	Steam kettle, stock pot, tilt skillet
Blanching	Moist heat	Quickly boiling food, then shocking it in ice water or cold water	Steam kettle, stock pot, tilt skillet
Simmering	Moist heat	Cooking in liquid just below boiling (185 – 205)	Steam kettle, stock pot

Basic Cooking Terminology

Term	Heat type	Description	Equipment
Boiling	Moist heat	Cooking food in rapid boiling water	Steam kettle, stock pot, tilt skillet
Poaching	Moist heat	Gently cooking food in a liquid at a lower temperature (160 to 180)	Sauce pan, steam kettle
Grilling	Dry heat	Cooking food over an open flame or heated grates	Grill
Broiling	Dry heat	Cooking under direct heat	Broiler, convection oven
Searing	Dry heat	COOK OVER HIGH, DIRECT HEAT	Saute pan, tilt skillet

Cooking Methods in Large-Scale Production

Batch Cooking vs. Cooking Everything at Once:

- Cook in smaller batches to maintain food quality and freshness.
- Prevents overcooked or dried-out food from sitting in warmers too long.

Efficient Use of Equipment:

- Steam Kettle:** Best for soups, pasta, rice, and bulk sauces.
- Convection Oven:** Ideal for roasting, baking, and casseroles.
- Tilt Skillet:** Great for sautéing, braising, and batch cooking proteins. Rice, pasta, etc.
- Steamer:** Retains nutrients in vegetables and reheats foods without drying them out.

Time & Temperature Management:

- Use timers and thermometers to **prevent overcooking**.
- Plan cooking so all components finish at the same time.



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Day 2 Production





Day 2

- Each team will prepare a different Soup, Salad, and Entrée
- Focus on:
 - Mise en place!
 - Knife Skills
 - Timing & Execution
 - Station Set Ups
 - Presentation

Day 2 Assignments

T1	T2	T3	T4
Vegetable Soup with garlic and Basil Pesto Greek Sala with Feta and Cheese Chicken Souvlaki Pita Sandwich with Tzatziki	Thai Red Lentil Soup Cucumber, Peanut, and Chili Oil Salad Chicken Bahn Mi	Onion Soup Grantinee Citrus and Fennel Salad Provencal Tartine	Tortilla Soup Melon, Citrus, and Jicama Salad with mint Three Sisters Quesadillias



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Any Questions?