



Culinary Institute  
of America

# Alameda USD Culinary Training Day 2

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July/August 2025



# Program Overview

Day 1	<b>Day 2</b>	Day 3
Introduction	<b>Mise En Place (Cont.)</b>	Batch Cooking: Pastas & Proteins
Mise en Place	<b>How to read a recipe</b>	Taste, Flavor, & Seasoning
Knife Skills	<b>Batch Cooking Basics:</b>	Production Review
Food Safety Review	<b>Vegetables &amp; Intro to Proteins</b>	What Next?
Production Review	<b>Production Review</b>	

# Day 2 Learning Objectives

**Define recipe literacy** and explain how understanding a recipe supports consistent, high-quality food production.

**Identify the key elements of a standardized recipe**, including yield, portion size, cooking methods, and measurements.

**Demonstrate how to build a prep or production list** based on a standardized recipe and the principles of mise en place.

**Describe common vegetable batch cooking methods**—including blanching, steaming, roasting, sautéing, and stir-frying—and their impact on nutrition, flavor, and presentation



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# Mise en Place (cont.) and Recipe Literacy



# Learning Objectives

Define recipe literacy and explain its role in successful cooking.

Identify the standard components of a recipe (title, yield, ingredients, method, etc.).

Interpret common recipe abbreviations and measurements accurately.

Use tools like measuring cups and kitchen scales with confidence and precision.

Apply mise en place principles to plan and organize for efficient cooking.

Evaluate the quality and reliability of a recipe for your specific kitchen setting.

Adapt recipes based on available ingredients, equipment, and dietary needs.

# Mise en Place: It's Not just about the Prep

Organizing your space, mind, and your recipe game plan

## Mental

- “plan your work before you work your plan”
- Understand the menu and timeline
- Visualize the flow: what needs to happen first? What can be prepared ahead of time?
- Communicate with your team

## Physical

- Ingredients prepped and portioned (measured, washed, chopped)
- Equipment and tools ready (clean, accessible, correct sizes)
- Uniform & Safety ready – stations set up, hair tied, hands washed, etc.

## Recipe

- Your standardized recipe is your playbook
- Read it thoroughly – understand critical steps, know the yield and portions
- Helps you identify what ingredients to pull, pans to prep, and what tools you need so you can build a production or prep list

# Decoding a Recipe starts with Recipe Literacy

- Understanding recipe components
- Deciphering ingredients: measurements, prep techniques, substitutions
- Interpreting directions: recognizing cooking terms, following order, adjusting based on equipment or batch size
- Planning & organization: applying mise en place
- Critical evaluation: judging a recipe's reliability, clarity, and practicality

Recipe literacy = ability to read, understand, and interpret recipes to successfully create dishes.

Not just reading, it encompasses a deeper understanding of culinary process and implications of each step.

# Why is Recipe Literacy important?

- Improved cooking skills
- More consistent results
- Efficient cooking
- Dietary awareness
- Reduced food waste



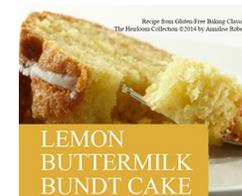
# Improving recipe literacy

- Read the entire recipe first
- Learn common cooking terms and techniques
- Pay attention to measurements and prep instructions
- Make notes or highlight key steps and timing
- List tools, pans, and serving equipment in advance
- Practice mise en place every time—it makes a difference



# What Is a Recipe, Anyway?

- Recipe = any written guide for preparing food
- Usually includes title, ingredients, and steps
- Can vary in:
  - Format (paragraph, bullet list, chart, visual)
  - Measurements (cups, spoons, handfuls, grams, dash)
  - Yield (often written for home cooks 2-6 servings)
- Not always clear – some skip steps, assume knowledge, provide vague instructions, or just don't work



Recipe from Glaze's Free Baking Classes: The Houston Chronicle (2014) by Amber Wilson

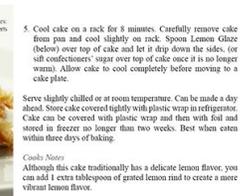
## LEMON BUTTERMILK BUNDT CAKE

Makes one 10-inch cake.

This old-fashioned lemon buttermilk cake will quietly seduce you with its delicate lemon flavor and tender, moist texture. In fact, you'll probably find yourself secretly slicing another piece when no one is looking. It's the kind of cake that's perfect for a late morning coffee break, an afternoon tea, or a casual potluck supper with friends. Classic in its simplicity, you can dress it up with fresh berries and ice cream or enjoy it on its own.

- 2 1/2 cups Brown Rice Flour Mix
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon xanthan gum
- 1/2 teaspoon salt
- 4 large eggs
- 3/4 cups granulated sugar
- 3/4 cup plus 2 tablespoons canola oil
- 1 cup low-fat buttermilk\* (dairy-free version below)
- 1 teaspoon pure vanilla extract
- 1 1/2 teaspoons pure lemon extract
- 1 packed tablespoon grated lemon rind (see Cooks Notes)

- Lemon Glaze (recipe follows) or confectioners' sugar for garnish
- 1. Preheat oven to 350°F. Position rack in center of oven. Lightly grease a large 12-cup bundt pan (10-inches across the top) with cooking spray.
- 2. Whisk flour, baking powder, baking soda, xanthan gum, and salt in a small bowl. Set aside.
- 3. Beat eggs in large bowl of electric mixer until lemon colored. Add sugar two tablespoons at a time and beat until pale yellow and thick, scrape bowl. Add flour mixture, oil, buttermilk, vanilla, lemon extract, and grated lemon rind, mix at low speed for 1 minute, until well combined. Do not overbeat.
- 4. Spread batter into prepared pan. Place in center of oven and bake 50 to 55 minutes or until a toothpick inserted in the center of cake comes out clean. Do not open oven for first 45 minutes.



Recipe from Glaze's Free Baking Classes: The Houston Chronicle (2014) by Amber Wilson

## WALNUT ALFAAJORES

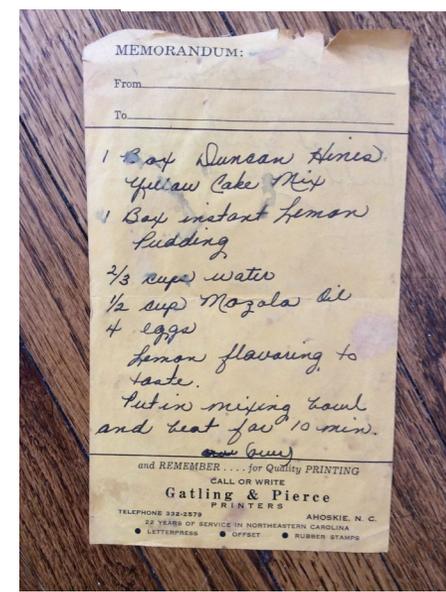
Makes twenty 2-inch cookies

Alfaajores are luscious sandwich cookies filled with dulce de leche or cajeta (goat's milk caramel available in cans or squeeze bottles from better supermarkets and Hispanic grocers). Every region makes alfaajores with a different type of cookie, so I never hesitate to invent my own new combinations. Here, the sweet caramelized

- Scent 1/2 cup (50 grams) coconut flour
- 1 1/2 cups (150 grams) walnut pieces
- 1/4 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup plus 2 tablespoons (225 grams) sugar
- 6 tablespoons (85 grams) unsalted butter, very soft
- 1 teaspoon pure vanilla extract
- 1 large egg white
- 2 1/2 cup dulce de leche or cajeta

- Equipment**  
Food processor fitted with the steel blade  
2 baking sheets, lined with parchment paper
- 1. Combine the coconut flour, walnuts, baking powder, salt, and sugar in the bowl of the food processor. Process until the walnuts are finely ground, about 15 seconds. Add the butter, vanilla, and egg white and pulse 8 to 10 times, or until the dough comes together. Form the mixture into a 10-inch log on a sheet of wax or parchment paper. Wrap the log in the paper, keeping it as cylindrical as possible. Chill for at least 2 hours and up to 3 days, or wrap airtight and freeze for up to 3 months. Thaw before using.
- 2. Position the oven racks in the upper and lower thirds of the oven and preheat the oven to 350°F.
- 3. Use a thin serrated knife to cut the dough into slices a scant 1/4 inch thick. Place the slices 1 inch apart on the lined sheets. Bake for 9 to 11 minutes, until the cookies are golden on the bottom and browned at the edges; rotate the baking sheets from top to bottom and front to back halfway through the baking time. Set the pans on racks to cool completely or slide the parchment liners onto racks to cool. Repeat with the remaining dough.
- 4. When the cookies are completely cooled, fill with dulce de leche. Turn half of the cookies upside down. Spoon dulce de leche into one corner of a resealable plastic freezer bag. Clip about 1/4 inch from the corner and pipe about 1 1/2 teaspoons onto each upside-down cookie. Cover with a right-side-up cookie and press very gently to spread the filling over the edges.

Excerpted from Flavor Flours by Alice Medrich (Artisan Books) Copyright © 2014. Photographs by Leah Bach



MEMORANDUM:  
From \_\_\_\_\_  
To \_\_\_\_\_  
1 Box Duncan Hines Yellow Cake Mix  
1 Box instant Lemon Pudding  
2/3 cups water  
1/2 cup Mazola oil  
4 eggs  
lemon flavoring to taste.  
Put in mixing bowl and beat for 10 min.  
over (bun)

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### Vegan Sheet Pan Fajitas with Chipotle Queso

★★★★★ 4.8 from 24 reviews

Fancy restaurant status is coming at you in the form of golden brown scallops, creamy Parmesan risotto, and garlic sautéed greens!

Prep Time: 10 mins Total Time: 1 hour Yield: 12

Ingredients	Instructions
<ul style="list-style-type: none"><li>• 1 tablespoon butter</li><li>• 1 minced clove garlic or 1 minced shallot (or both)</li><li>• 1 tablespoon grapeseed oil</li><li>• 1 pound jumbo scallops</li></ul>	<ol style="list-style-type: none"><li>For the Risotto: In a large non-stick skillet over medium heat, melt the butter. Add the garlic or shallots and saute for a minute or two, until soft and fragrant.</li><li>For the Searred Scallops: Heat oil in non-stick skillet. Pat scallops dry (VERY DRY, as dry as possible), sprinkle with salt, and add to pan. They should sizzle (if not, you need a hotter pan.)</li><li>For the Sautéed Spinach: Heat the oil over medium low heat. Add the garlic, stir for a minute to get the flavor going. Add the spinach or kale and stir until wilted.</li></ol>

DID YOU MAKE THIS RECIPE?  
Tag @pinchofyum on Instagram and hashtag it #pinchofyum.

# What is a Standardized Recipe?

Tested and tailored for a specific kitchen or operation

Designed to yield consistent results in taste, quality, and portion sizes.

Includes detailed instructions, exact measurements, and specific yields

Built for scale, efficiency and compliance with meal patterns, establishment needs, and/or nutrition requirements

## Angel Biscuits, Whole Wheat

Ingredients		100 Servings		Servings		Directions
		Weight	Measure	Weight	Measure	
Flour, white whole wheat		4 lb				1. Combine flours, yeast, sugar, baking powder, baking soda and salt in mixing bowl using a paddle attachment on low speed.
Flour, all-purpose, enriched		3 lb				
Yeast, instant		2½ oz				
Sugar, granulated		10 oz				
Baking Powder			1 Tbsp 2 tsp			
Baking Soda			1 Tbsp 2 tsp			2. Cut shortening into dry ingredients with paddle attachment until mixture looks like coarse meal (about 2 minutes).
Salt			1 Tbsp 2 tsp			
Vegetable Shortening, Trans Fat Free		1 lb 4 oz				
Buttermilk, low-fat			2 qt 2 cups			3. Add buttermilk to flour mixture, mix just until ingredients are moistened.
Flour for kneading: Flour, whole wheat		7 oz				4. Cover and chill 1 hour.
						5. Turn the dough out onto a floured surface; knead lightly 5 times.
						6. Roll dough into a ½ inch thickness; cut with a 2½ inch biscuit cutter. Biscuits should weight approximately 2 oz each.
						7. Place the biscuits on a paper lined sheet pan.
						8. Bake in a convection oven at 450°F for 9 minutes or a conventional oven at 475°F for 12 minutes, or until golden brown.

Serving Size	1 Serving Provides	Yield
1 biscuit	2.0 oz equivalent Grains	100 biscuits

### Nutrients Per Serving

Calories	188	Vitamin A	11.52 IU	Iron	1.79 mg
Protein	4.83 gm	Vitamin C	3.08 mg	Calcium	53.93 mg
Carbohydrate	29.19 gm	Fiber	2.71 gm	Cholesterol	0.98 mg
Fat	6.37 gm	% Fat	30.40%	Sodium	231.9 mg
Saturated Fat	1.64 gm	% Saturated Fat	7.82%		

Recipes for Healthier Kansas Menus-Breakfast; September 2014 – Child Nutrition & Wellness, Kansas State Department of Education – Page 20

# Key Elements of Standardized Recipe

- Recipe Name
- Yield/Portions
- Ingredients + exact measurements
- Preparation instructions
- Cooking time & temperature
- Serving Size
- Equipment/Tools (optional)
- Allergen/dietary notes
- Nutrition facts

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

INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Sweet potatoes, fresh, diced, wedges, or sticks	15 ½ pounds	3 pounds	<ol style="list-style-type: none"> <li>1. Preheat oven to 400°F.</li> <li>2. Scrub potatoes (and peel if desired) and cut them into wedges or sticks.</li> <li>3. Combine seasonings: chili powder, cinnamon, sugar, black pepper, white pepper, garlic, and salt.</li> <li>4. Drizzle sweet potatoes with oil and sprinkle with seasonings. Mix well to coat evenly with oil and seasonings.</li> <li>5. Place on sheet trays. For 50 servings, use 2 full sheet trays.</li> <li>6. Bake at 400°F for 12 to 15 minutes until tender and browned in spots.</li> <li>7. Serve immediately.</li> </ol> <p>CCP: Cook until internal temperature reaches 135°F or above. CCP: Hold for hot service at 135°F or above.</p>
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	

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

# Recipe Name

The title of the dish, ideally clear and descriptive

- Sets expectations (appearance, flavor, category)
- Helps with organization and menu planning
- Must match what's listed on point of sale system

Tips:

- Avoid vague names and be mindful of culture
- Consider including serving style, cooking method, or flavor profile
- **What do kids like? How to make it relatable?**

Sounds Delicious	Sounds plain or non-descriptive
Power Pasta Bowl	Whole grain penne with lentils
Rainbow Veggie Wrap	Vegetable Tortilla Wrap
Crunchy Southwest Tacos	Bean and Veggie Taco
Sunshine Carrot Salad	Grated Carrots with Raisins
Mexican street corn salad	Fiesta corn salad
Jamaican-Inspired Jerk Chicken Bowl	Island Chicken

# Yield/Total Portions

The total amount the recipes produces, and/or the number of servings

- Helps scale recipe correctly
- Prevents over or under-production (sustainability)
- Crucial for meeting meal pattern requirements

Tips:

- Always double check if yield is in servings or total weight/volume
- If possible, include portion size along side the number of portions (e.g., 50 portions, 1/2 cup each)
- Always read through recipe and make sure ingredient amounts make sense for the yield

<b>CRISPY TOFU</b>	SERVING SIZE: 4.5 ounces ONE PORTION PROVIDES: 2 oz. eq. meat/meat alternates
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<b>SOUTHWEST-STYLE CORNBREAD</b>	SERVING SIZE: 1 PIECE ONE PORTION PROVIDES: 1 oz. eq. grain		
Ingredients	50 servings	25 Servings	Directions

## BROWN RICE PILAF

*Yield: 10 portions*

# Ingredients/Measurements

A list of ingredients needed, usually written in order used with exact amounts and prep details

- Prevent confusion during prep
- Supports consistent taste and nutrition
- Makes ordering and inventory easier

Ingredients	50 servings	25 Servings
Flour, whole-wheat	1 pound (3 cups)	8 ounces (1 ½ cups)
Cornmeal, whole	1 pound (3 cups)	8 ounces (1 ½ cups)
Sugar, granulated	6 ounces (1 cup)	3 ounces (1/2 cup)
Baking powder	¼ cup	2 tablespoons
Salt, kosher	1 ½ teaspoon	¾ teaspoon
Eggs, large	3 each	2 each
Milk, low fat, 1 %	3 ½ cups	1 ¾ cups
Oil, canola	½ cup	¼ cup
Peppers, green and/or red, diced	8 ounces (1 ½ cup)	4 ounces (3/4 cup)
Corn, canned, low sodium, drained	8 ounces (1 ½ cup)	4 ounces (3/4 cup)

## Tips:

- Use weight (oz, lb., g) for solids when possible
- Include form/prep state (e.g. shredded, small dice)
- Group similar items together or in order they will be used in recipe

## FARRO AND CORN SALAD

Yield: 10 portions

Ingredients	Amounts
Water	6 ½ cups
Salt, kosher	½ tsp.
Farro	1 ½ cups
Corn, frozen, thawed	1 ½ cups
Scallion (Green onion), sliced thin	½ cup
Tomato, plum ( <i>Roma</i> ), med. diced	½ cup
Cilantro, chopped	¼ cup
Garlic, clove, minced	1 ea.
Vinegar, apple cider	3 Tbsp.
Oil, olive	2 Tbsp.
Cumin, ground	½ tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.

# Measurements and their abbreviation

Measurement	Abbreviation	Tool Used
Teaspoon	tsp or t	Measuring spoons
Tablespoon	Tbsp or T	Measuring spoons
Fluid Ounce	fl oz	Liquid measuring cup
Cup	c	?
Pint	pt	?
Quart	qt	?
Gallon	gal	Liquid measuring cup
Ounce (weight)	oz	Kitchen scale
Pound	lb	?
Gram	g	?
Milliliter	mL	Liquid Measuring cup (metric)
Liter	L	?



# Tips for using a kitchen scale



1. **Turn it on** – Make sure it's on a flat, stable surface.
2. **Select your unit** – Choose **grams (g)** or **ounces (oz)** depending on your recipe.
3. **Place your container** – Put a bowl, pan, or tray on the scale.
4. **Tare it!** – Hit the **“tare”** or **“zero”** button to subtract the weight of the container.
5. **Add your ingredient** – Slowly add until you reach the desired amount.
6. **Tare between ingredients** – Keep adding and taring to measure multiple ingredients in one bowl (great for efficiency!).



- Always zero the scale before adding ingredients
- Use grams for more precise measuring (especially for baking or scaling recipes)
- Avoid measuring while holding the scale
- Don't overload! Check max weight capacity—usually listed on the scale
- Clean between uses to prevent cross-contact or flavor contamination

# Preparation Instructions

Step-by-step directions of assembling and cooking the recipe

- Ensures consistency across multiple cooks and kitchens
- Keeps production on schedule
- Supports food safety (CCPs, internal temps etc.)

Tips:

- Use clear action verbs (whisk, roast, fold, simmer)
- Include timing, sequence, and HACCP notes
- Avoid vague terms when possible

1. For the **marinade**, in a medium pot, combine the rice wine vinegar, water and mirin. Bring it to a **simmer** and cook for 10 minutes.
2. **Whisk** in the miso, soy sauce, and brown sugar. **Simmer**, stirring occasionally, for 5 minutes. Allow it to cool over an ice bath until cold.
3. Cut the salmon fillets into 5-ounce portions.
4. In large hotel pans, coat the salmon evenly with the marinade. Cover and refrigerate overnight.
5. Remove the salmon from marinade. Wipe off any excess marinade with a paper towel. Do not rinse the salmon. Place on lightly oiled sheet pans.
6. Preheat the broiler to low. Place the pans of salmon in the **broiler** and cook, rotating occasionally for even browning, until the internal temperature reaches 145°F, 15 to 20 minutes. Halfway through the cooking, brush with the marinade to create a glaze.
7. Top with the scallions and sesame seeds. Serve hot.

*CCP: Heat to 135 °F for at least 15 seconds.*

4. Remove from oven or steamer and cool.

*CCP: Cool hot cooked food from above 135 °F to 70° F or lower within two hours, and then cool down to 41°F or lower within an additional four hours, for a total cooling time of six hours using appropriate procedure.*

# 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

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# 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)	Stauce 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

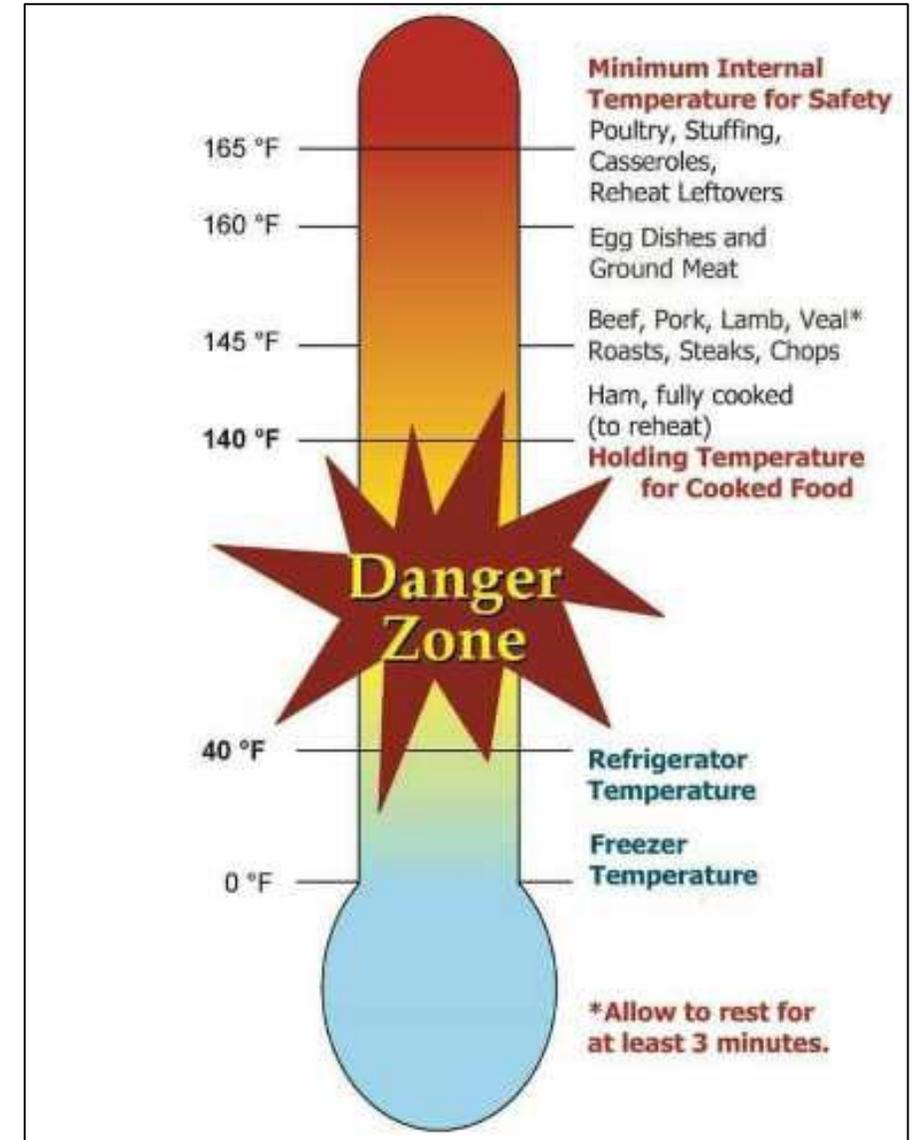
# Cooking time & temperature

Exact cooking and holding temps, along with anticipated cook times

- Ensures food safety (especially proteins)
- Prevents over/undercooked dishes
- Important for planning prep lists, service times, and batch production

Tips:

- Use internal temp. targets (e.g. 165F for chicken)
- Include preheat instructions if relevant
- Add holding/reheating guidelines when needed
- Times may vary based on equipment, batch size, product size



# Serving Size

The exact amount each student or guest should receive.

- Ensures meal pattern compliance
- Helps control food costs and waste
- Support nutrition analysis and reporting



Tips:

- Tie portion to serving utensils = (#8 scoop = 1/2 cup)
- Show visuals when training – what does 1/2 cup really look like?

Color	Capacity (oz.)	Capacity (cups)	Servings per qt.
Purple	3/4	3/32	40
Black	1	1/8	30
Red	1 1/3	1/6	24
Yellow	1 5/8	7/32	20
Blue	2	1/4	16
Green	2 2/3	1/3	12
Gold	3	3/8	10
Grey	4	1/2	8
White	5 1/3	2/3	6
Cyan	6	3/4	5
Red	8	1	4

# Equipment/Tools (optional)

A list of tools, pans, or appliances required to produce a dish.

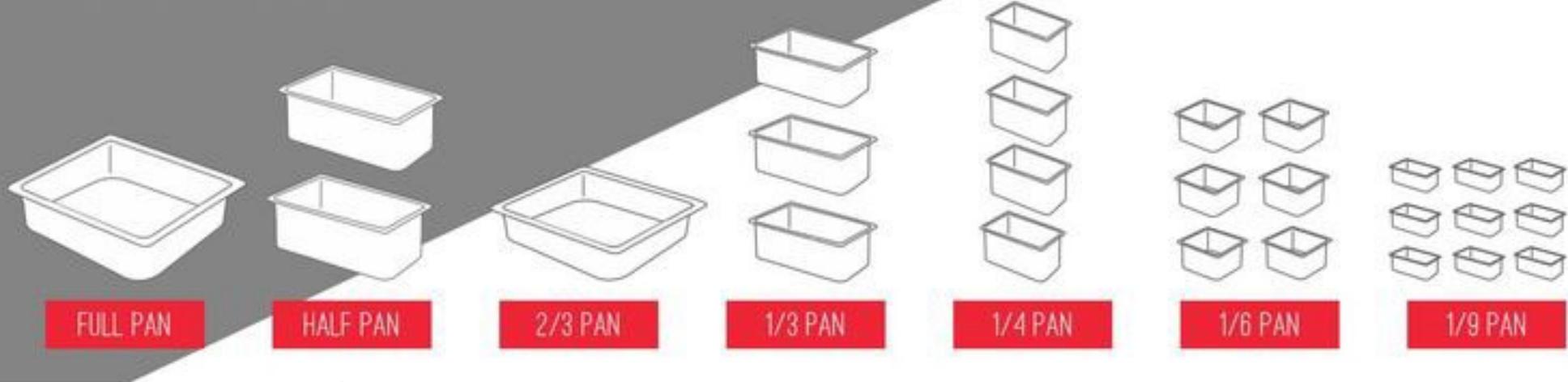
- Ensures staff are ready before service starts
- Reduces confusion or wasted time during prep
- Helps schedule equipment use during busy service window



## Tips:

- Include size/type of pan (e.g. 2-inch hotel pan, 8-qt stock pot)
- Consider labeling pre-prep needs (e.g. soak beans overnight, thaw frozen chicken)

# A SIZE GUIDE TO STEAM TABLE PANS



## DEPTH OF PANS

2"



4"



6"



**PAN DEPTH** –To know what depth of pan to get, you’ll need to match up the depth of pan your equipment takes with the right pan depth.

### Cold TABLES

usually take  
/// 4" deep pans  
/// plastic pans

### Steam TABLES

usually take  
/// 4" deep pans  
/// metal or high-heat

### Hot TABLES

usually take  
/// 6" deep pans  
/// metal or high-heat

# Allergen/dietary notes

Notes identifying allergens and dietary accommodations

- Ensures student safety
- Helps with menu labeling, production records, and compliance
- Supports inclusive menu planning

Suggestions:

- Use icons or callouts for top 9 allergens
- Suggest substitutions when possible (sunflower seed butter for nut free)
- Standardize where you place these notes (always in same place on recipe)



# Nutrition facts

Breakdown of a dish's nutrition content per serving, often found at the bottom or back of a standardized recipe

- Ensures you're meeting USDA requirements
- Supports choices for students with special dietary needs
- Can be used to teach students about balanced eating

Tips:

- Always check that portion size listed matches the planned serving size.

NUTRIENTS PER SERVING							
Calories	145	Total Fat (g)	3	Vitamin A (IU)	1	Calcium (mg)	17
Protein(g)	2.9	Saturated Fat (g)	1	Vitamin C (mg)	.3	Sodium (mg)	65
Carbohydrate (g)	27	Cholesterol (mg)	3	Iron (mg)	1	Dietary Fiber (g)	3

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size 2/3 cup (55g)</b>	
<b>Amount per serving</b>	
<b>Calories 230</b>	
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

<b>Whole Wheat Pancakes - USDA Recipe for Schools</b>	
Amount Per Serving 1 pancake	
<b>Calories</b>	183
<b>Total Fat</b>	<b>10g</b>
Saturated Fat	1g
<b>Cholesterol</b>	<b>30mg</b>
<b>Sodium</b>	<b>308mg</b>
<b>Total Carbohydrate</b>	<b>19g</b>
Dietary Fiber	2g
Total Sugars	5g
Added Sugars included	N/A
<b>Protein</b>	<b>4g</b>
Vitamin A	56 IU
Vitamin C	0mg
Calcium	105mg
Iron	1mg
N/A=data not available	

# Recipe Mise en Place

<b>CHILI-CINNAMON ROASTED SWEET POTATOES</b>	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!

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.

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

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

# Mise en place: Prep/Production list

Prep list or production list = recipes in action

Always start with the finished product in mind (what needs to be ready, when does it need to be ready by, and how will it be served)

Organization of timing/tasks will vary based on recipe, equipment, even kitchen space

Always build your list after reading recipes fully

Tape to a station or clipboard

Cross off tasks as they are completed

Opening Tasks	Closing Tasks
Turn on ovens (preheat to x temp), fryers, etc.	Sweep and mop
Turn on dishwasher etc.	Set trays for tomorrow service
Unlock storage areas	Freeze x product for
Pull Cookie dough from freezer	

## Kitchen Prep Production Sheet

Date: Monday \_\_\_\_\_

Work Station: Salad Station \_\_\_\_\_

Food	Par Level	QTY On Hand	QTY Prepped	Total QTY
Shredded Cheddar Cheese	(3) Half-size 6" pans	(1) Half-size 6" pan	(2) Half-size 6" pans	(3) Half-size 6" pans
Romaine Lettuce	(4) Full-size 6" pans	0	(4) Full-size 6" pans	(4) Full-size 6" pans
Sliced Red Onions	(1) Quarter-size 6" pan	(1) Quarter-size 6" pan	0	(1) Quarter-size 6" pan
Tomato Wedges	(2) Half-size 6" pans	(1) Half-size 6" pan	(1) Half-size 6" pan	(2) Half-size 6" pans

# MISE EN PLACE WORKSHEETS

## MISE EN PLACE WORKSHEET (RECIPES)

Date: _____			
Recipe: _____			
Ingredient	Amount	Tool	Amount

Date: _____			
Recipe: _____			
Ingredient	Amount	Tool	Amount

- What takes the longest?
  - Cooking - simmering, braising, etc.
  - Marinating
  - Resting, proofing, setting, etc.
- List in priority order not recipe order

- Assign tasks to Team members, dividing tasks evenly based on time, difficulty, etc.
  - Combine all ingredients and equipment onto one list OR divide recipes up
  - Any identical prep items in multiple dishes
  - Measure and scale all dry and wet ingredients.
- 
- Note “fire” times for batch cooking items or reheating items
    - Miso Salmon
    - Falafel
    - Meatballs

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	



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# Batch Cooking Basics



# Learning Objectives

- **Define** volume production and batch cooking and understand their differences.
- **Identify** when to use volume production versus batch cooking based on food type and service needs.
- **Utilize** common school kitchen equipment (tilt skillets, convection ovens, steam kettles) effectively for large-scale cooking.
- **Apply** best practices for maintaining food quality in large batch cooking by adjusting timing, temperature, and holding methods.
- **Prevent** common cooking issues such as overcooked proteins, mushy vegetables, or unevenly cooked food in a school foodservice setting.

# Batch Cooking & Volume Production

## **Volume Production**

Large quantities ahead of time and either: held at safe temperatures until service or cooled for reheating later on.

Example: cooking a full batch of rice or taco filling and placing in the warmer at 10:45 AM for 12:30 PM Lunch Service.

Central Kitchen cooks large batch of taco soup, cools it, packaged it for distribution to schools later on.

## **Batch Cooking in school food service**

Cooking or reheating smaller portions more frequently throughout service to maintain freshness and quality

Example: stir-frying vegetables in smaller batches throughout lunch instead of cooking everything at once

Traying up broccoli on sheet trays to roast 2 trays at a time during service



# Batch Cooking

## Benefits

Food Quality

Flavor

Texture

Appearance

Nutritional Value

Waste reduction

## Challenges

More staff attention throughout service

Precise timing

Difficult to manage when serving large meal counts

What have you experienced?

# When deciding to Batch Cook, Ask Yourself:



Would **holding** the food item at a high temperature:

Change the **flavor**?

Change the **texture**?

Change the **appearance**?

Destroy **nutritional value**?

✓ If **YES**, consider using a batch cooking method and then mise en place!

Food Item	Batch cook	Reasoning & Recommendations
Spaghetti Sauce	No	Holds well without quality loss. Keep at >135F in steam table.
Cheese Sauce	Maybe	Prevents sauce from breaking or becoming thick/gluey. Stir regularly. Pre-set a batch to heat during service.
Taco Filling	No	Holds well in warmers at >135F without quality loss.
Chicken Nuggets	Yes	Prevents nugget from becoming dry/hard Cook in small batches every 30-45 minutes. Pre-Set on sheet trays or have hot sheet trays ready to go.
Frozen Vegetables	Yes	Maintains color, texture, and nutrients. Steam fresh every 30-45 minutes instead of holding before service. Pre-set equipment.
Pizza	Yes	Prevents drying out or appearing burnt Rotate fresh batches every 20 - 30 minutes



# Batch Cook: Yes or No? and why?

Fish Sticks

Stir-Fry

Chili (Meat  
or Veggie)

Pulled Pork

Lasagna

Rice

Caesar Salad

# Large Equipment



# Small Equipment



# Setting yourself up for batch cooking success

**1**

Gathering - Measure, slice, dice, and pre-cooking steps

**2**

Prepping - Item cooked or set up to cook/reheat during service

**3**

Service - "firing" batch items as needed

## COMMUNICATE!

# Roasted Vegetable Medley

## 1

- Wash and cut carrot, Zucchini, broccoli
- measure spice
- preheat oven
- Gather equipment

## 2

- Toss vegetables with oil and seasoning
- spread onto sheet trays lined with parchment
- Hold until service

OR

- Blanch vegetables and cool then tray

OR

- Roast and chill if prepping ahead; hold if close to service

## 3

- Reheat/fire trays in batches as needed. (i.e. start with 2-3 trays cooked and ready to go for service, 15 min in time 2 more trays when getting low)
- Serve hot from hotel pans
- Garnish with herbs if desired

# Baked Pasta Casserole

**1**

- Measure dry pasta, cheese, veggies, marinara sauce
- Shred cheese, label pans

**2**

- Boil pasta and shock
- Make pasta sauce and cool
- Pre-cook vegetables if needed and cool
- Build pasta casserole cold into dishes top with cheese and cover with foil.

**3**

- Bake 1-2 trays just before service and the stagger as needed in batches
- Cut and portion
- Hold hot and rotate to keep fresh

# Chicken Tenders (frozen or raw pre-breaded)

**1**

- Pull tenders from freezer to fridge the day before
- Preheat oven or combi
- Gather trays, parchment, portioning tools
- Identify holding equipment
- Mise recipe for breading raw tenders if using

**2**

Frozen

- Lay tenders on sheet pans in a single layer, don't over crowd
- Prep dipping sauces or sides in ramekins

Raw

- Pre-bread all chicken and lay out on trays

**3**

Start with 3 trays baked and hot held, fire trays in waves to keep them crisp and fresh

OR bake all items just before service, and re-fire in small waves



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# Vegetable Cookery Basics



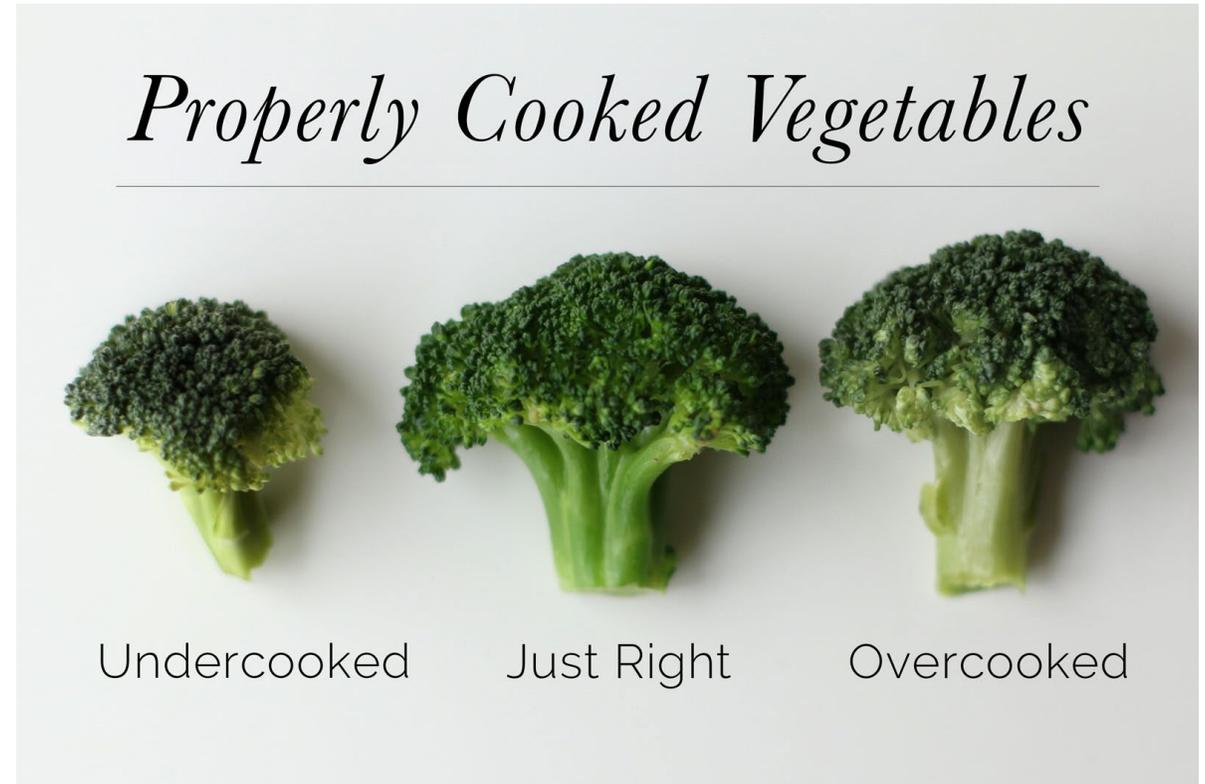
# Vegetable Purchasing Forms

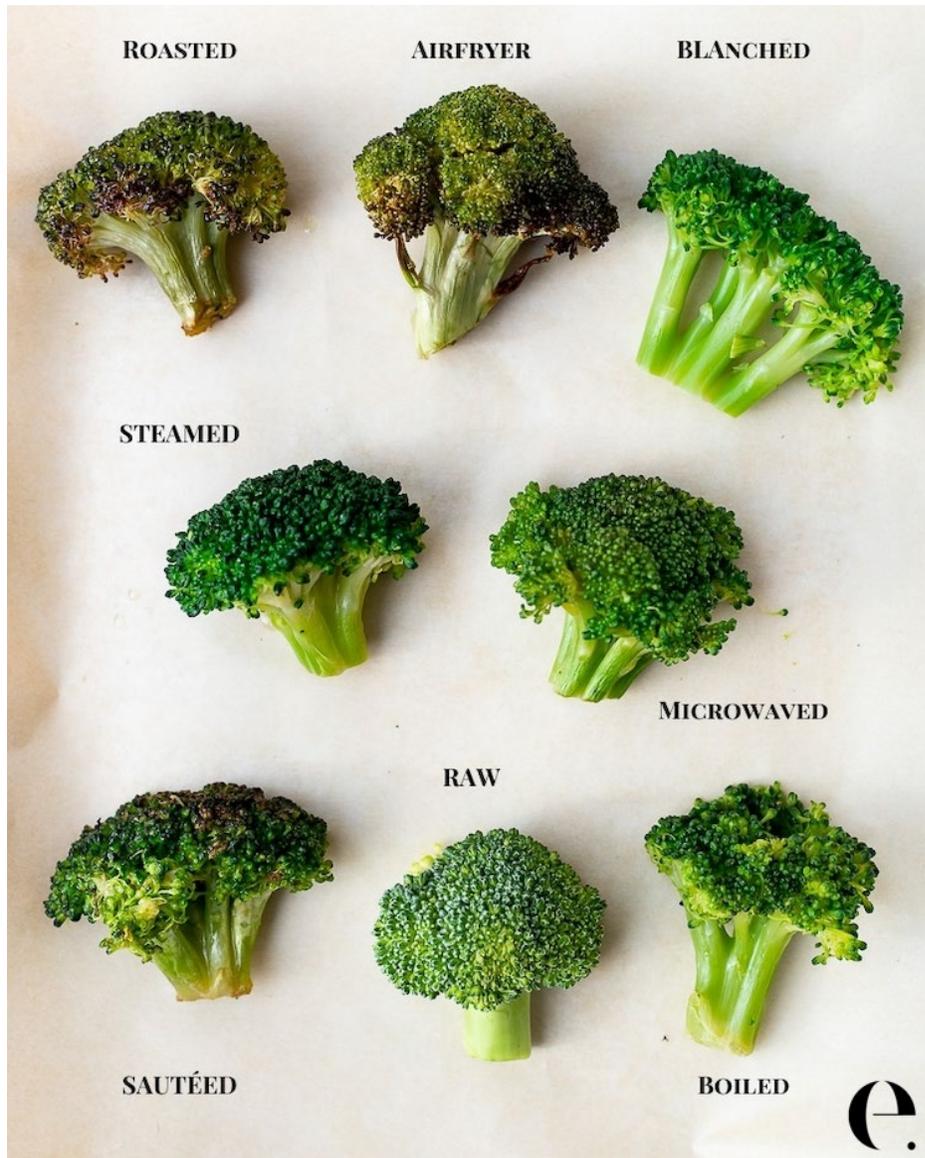
Form	Pros	Cons	Example
Fresh	Best taste and texture	Short shelf life, prep needed	Broccoli, carrots
Frozen	Year-round, less labor, less waste	Texture and flavor varies	Corn, peas, lima beans
Canned	Long shelf life, easy prep	Poor color, texture, flavor loss, nutritional considerations	Beets, beans, oranges, pineapple
Dried	Shelf-stable, convenient for bulk	Needs soaking, cooking	Dry beans, grains, lentils



# Retaining Nutrients in Vegetables

- Keep cuts large
- Use minimal water e.g. steaming > boiling
- Serve cooked product in cooking liquid
- Shorter cooking time and batch cooking
- Don't hot hold for long periods





- **Blanching** – sets color, removes bitterness, preps for freezing

- **Steaming** – light, nutrient-retaining method

- **Roasting** – deep flavor, crispy texture

- **Stir-Frying vs Sautéed**

# Blanching Vegetables

- Quick cook + quick chill = color, texture, and nutrients preserved
- Once blanched vegetables can be held cold (41 or below)
- Not just for serving, but key prep step, blanching can be used to:
  - **Pre-cook vegetables** for use in casseroles, soups, or baked dishes later
  - **Extend storage time** while maintaining color, texture, and nutrients
  - **Speed up cook time** during busy service—just reheat or finish as needed
  - **Standardize doneness** across large batches



# Blanching Vegetables

## Equipment

- Large stockpot, steam-jacketed kettle, hotel pan + serrated hotel pan
- Strainer, tongs, or spider
- Ice Bath
- Timer
- Sheet tray for drying after chilling

## Time Guidelines

Vegetables usually blanched for 30 seconds to 2 minutes depending on size and firmness

- Broccoli florets 1-1.5 min.
- Green beans 1.5 – 2 min (snap when bent, still bright)
- Carrots (sliced) 1 – 1.5 min (softens but still hold crunch)
- Kale – 1 min (reduces bitterness)

## Example dishes:

- Broccoli and Cheese Bake
- Stir-Fry (carrots and green beans)
- Veggie Pasta Salad
- Casseroles (kale, spinach)

## Tips for best results:

- **Use plenty of water so boil stay strong**
- **Cook only what fits comfortably in the cooking vessel**
- Chill to **41°F or below** within 4 hours (CCP)
- Use a **bite test**—veg should be tender but still snappy

# Steaming Vegetables

- Vegetables cooked via hot vapor = preserved flavor, texture, color and nutrients
- Great for delicate vegetables prone to breaking in water
- Easy to batch in advance and hold hot for service
- Works well with seasonal and frozen vegetables
- Simple to flavor with herbs, spices, citrus zest, or low-sodium blends.



# Steaming Vegetables

## Equipment

- Convection or compartment steamer
- Steam-jacketed kettle with perforated pan inserts
- Large stockpot with steam insert or hotel pans with foil (oven method)
- Perforated pans
- Solid hotel pans for steam tray setup or draining
- tongs

## Time Guidelines

Vary by vegetable size, cut, and equipment

- Broccoli: 3-5 min, (steam uncovered for best texture)
- Carrots, sliced: 5-7 min. (thinner slices cook faster)
- Green Beans: 3-5 min. (watch for color)
- Cauliflower: 5-6 min. (tender but not soft)

## Quick Steps for Steaming (Convection or Compartment):

1. Place vegetables in **perforated pan** (about 25 ½-cup servings per pan)
2. Steam **uncovered** to prevent sogginess
3. Cook until fork-tender and vibrant in color
4. Remove, **drain briefly** if needed, and season

## Oven Steaming Method (if no steamer):

1. Fill 4" hotel pan with 2 cups water
2. Place **perforated pan of vegetables** inside
3. Tightly **cover both pans with foil**
4. Bake at **350°F for ~20 min** (check doneness)
5. Drain & season—hold hot (135°F+) or serve immediately

# Roasting Vegetables

- Uses dry heat to cook vegetables = enhances natural sugars, produces crispy exterior and tender interior
- Deepens Flavor
- Prep head in batches
- Works well with fresh, frozen, or pre-cut
- Don't over-crowd the pans or the oven



# Roasting Vegetables

## Equipment

- Convection or conventional oven
- Full or half sheet trays
- Parchment
- Mixing bowls or large cambros for seasoning
- Tongs or gloved hands
- Mise en placed vegetables (wash, chop, peel, dry)

## Time & Temp Guidelines:

Vegetable	Temp (°F)	Time Range	Notes
Carrots (sticks)	400–425	20–25 min	Toss halfway through
Sweet potatoes	375–400	25–35 min	Great caramelization
Zucchini/squash	375–400	15–20 min	Don't overcook—retain texture
Cauliflower/broccoli	400–425	20–30 min	Crisp edges = flavor!
Root veggies (beets, parsnips)	375	30–40 min	Roast longer to soften interior

## Tips for Batch Roasting:

- **Max 2.5 lbs** of veg per full sheet pan
- Preheat oven **before loading** trays
- Don't stack pans directly on top of each other—allow airflow
- Label and hold roasted veg hot (135°F+) or cool and reheat

# Stir-Frying and Sauteing Vegetables

Both methods use direct heat and a small amount of fat to cook vegetables quickly

- Sauteing = medium-high heat, small amount of fat, food cooked in single layer, moved to ensure even cooking
- Stir-frying = high heat, fast motion, often in a wok or large skillet, more air-flow
- To stir-fry during service = batch portions and time new batch as needed (blanch ingredients if needed for even faster cooking)

## Sample Dish Ideas:

- Teriyaki stir-fry with broccoli and carrots
- Fajita-style peppers and onions
- Cabbage slaw sautéed with garlic and lime



# Stir-frying and Sauteing Vegetables

## Equipment

- Tilt skillet, wok, braiser, convection oven, or large sauté pan
- Spatulas or high-heat spoons
- Heat-safe oil
- Sheet trays, ladles as needed

## Mise en Place:

- Vegetables should be **uniform in size** (thin slices or julienne work best)
- Ingredients pre-measured and ready to go (stir-frying moves fast)
- Aromatics like garlic, onion, or ginger should be chopped ahead
- Sauce or seasoning should be pre-mixed and added near the end

## Time Guidelines:

Most vegetables cook in **5–7 minutes or less**

- Firmer vegetables (carrots, bell peppers): 5–7 min
- Softer items (zucchini, spinach): 2–4 min
- Add items in stages by cooking time

## Tips for Success:

- Heat the pan **before** adding oil
- Cook in **small batches** to avoid steaming instead of browning
- Stir or toss constantly to avoid burning
- Add aromatics (like garlic or ginger) at the start
- Add sauces and leafy greens **at the end** to preserve texture

# Batch Cooking Proteins

## Common Equipment for Batch Protein Cooking:

- **Oven** – Roasting chicken, turkey, or meatballs
- **Tilt skillet / Braiser** – Ground meats, taco fillings, stir-fries, stews
- **Steam-jacketed kettle** – Chili, meat sauces, soups
- **Sheet pans & hotel pans** – Baked proteins or layered dishes
- **Thermometer** – To check internal temperatures (essential!)

## Batch Cooking Considerations:

- Choose the **right method** (bake, braise, grill, stew) based on cut and use
- Always **season early and well**—proteins need flavor!
- **Hold hot** at 135°F or above until service
- Avoid overcooking—especially with lean meats like chicken breast
- Use **batch size and pan depth** that allow even cooking (no crowding)



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Any Questions?