



Culinary Institute
of America

Gridley Unified School District Training Day 1

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

August 2025



What's your WHY?



Program Overview

- Lecture
- Demos & Hands-on Production
- Meal/Critique
- Review & Preparation for the next day

Day 1
Introduction

Mise en Place

Knife Skills

Recipe Literacy

Production
Review

Day 2

Food Safety
Review

Batch Cooking
Methods

Great Grains

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.



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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”



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



Mental Mise en Place before Starting a task

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?
- What time is service?

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?

What else?

3 Stages of Mise En Place

Raw product →

1 – Preparation

Gather all ingredients and Equipment first or plan in stages (think about end goal)

Complete necessary Pre-steps if needed (cutting, dicing, slicing, and possibly cooking)

Product being prepped →

1 – Cooking or setting up items to be cooked or finished in batches during service

Cook through recipe – i.e. roast, bake, continue knife cuts, think about garnish and items needed for plating/execution of dish:

Finished product.

3 - Service

Minimal cooking other than “firing” batch items

Focused more on ‘finishing” or “assembling”

Product being delivered to customer



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Knife Skills



Learning Objectives

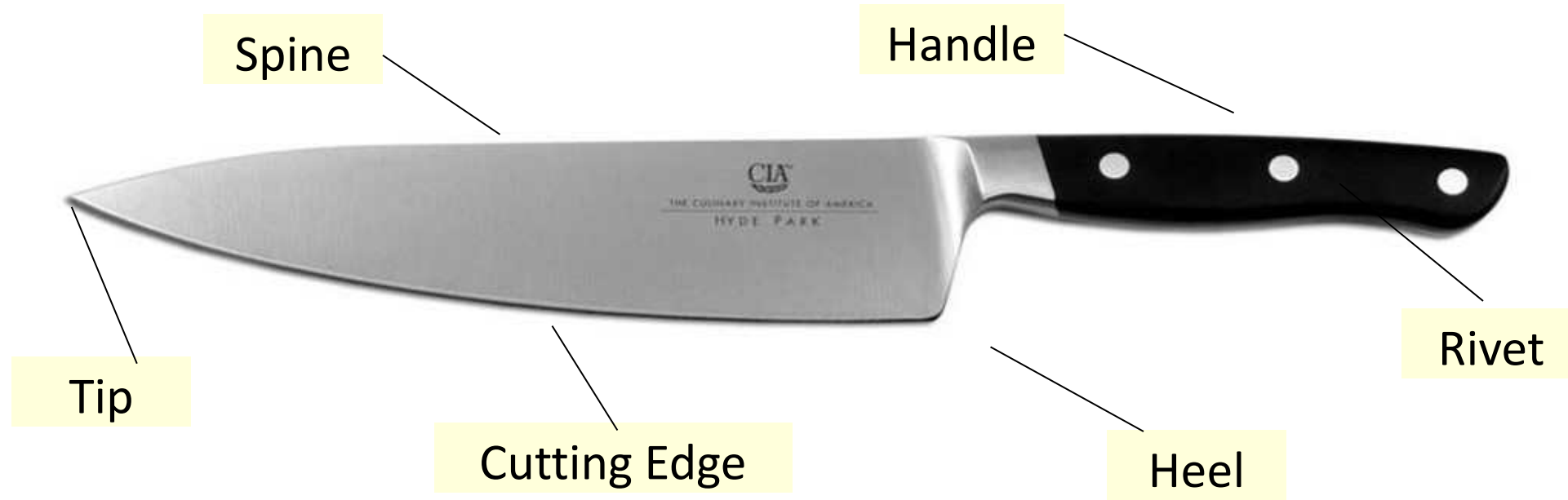
- **Safely hold and handle** a knife to prevent accidents and injuries.
- **Select** the appropriate knife for different cutting tasks.
- **List, identify, and execute** fundamental knife cuts (e.g., dice, julienne, chiffonade).
- **Apply** proper cutting techniques to improve precision and efficiency.



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

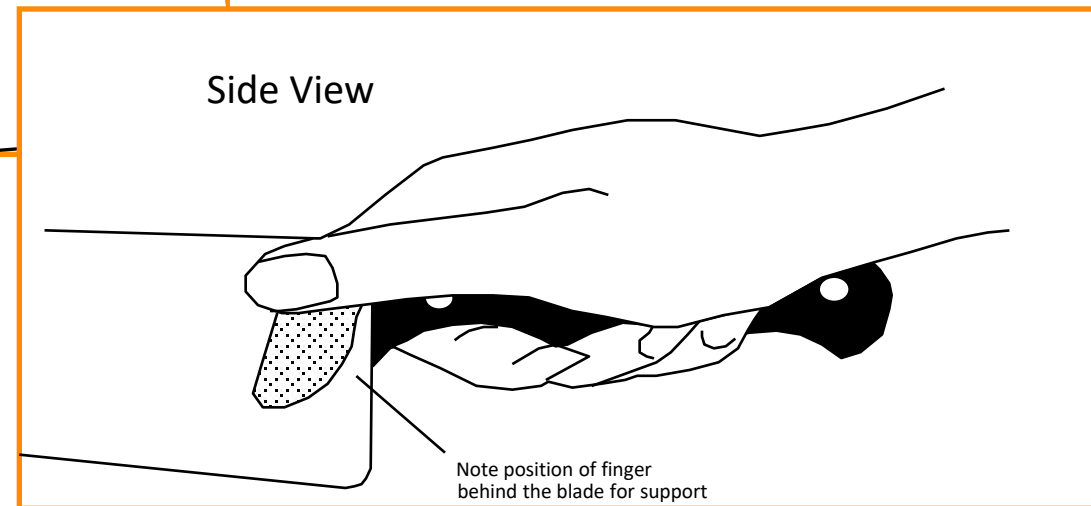
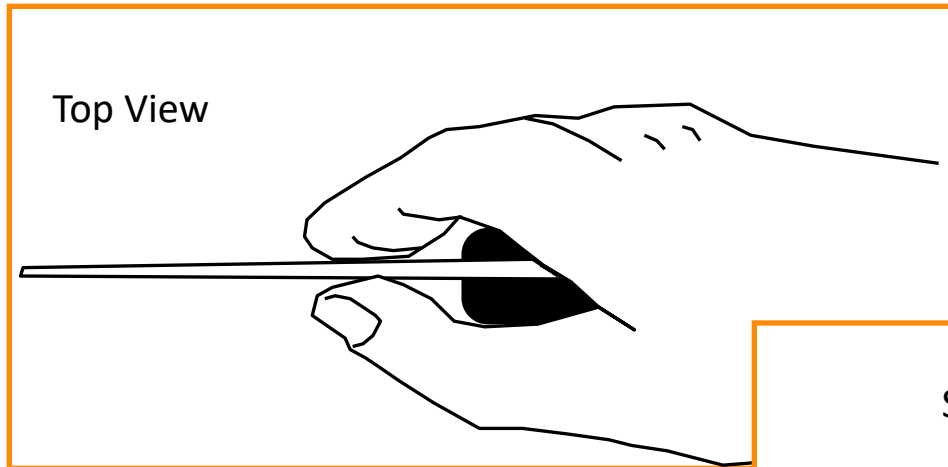
Honing and Sharpening

- **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

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



Brunoise

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



Other Classic Vegetable Cuts

Tourné

2 in. long with 7 faces



Oblique

Uniform pieces with
2 angled cuts



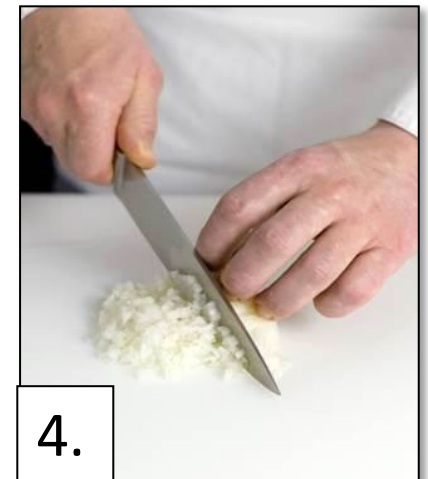
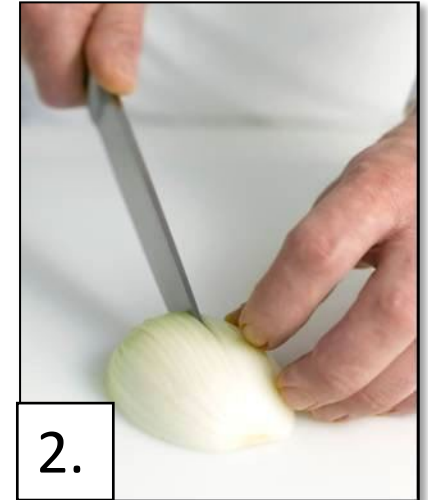
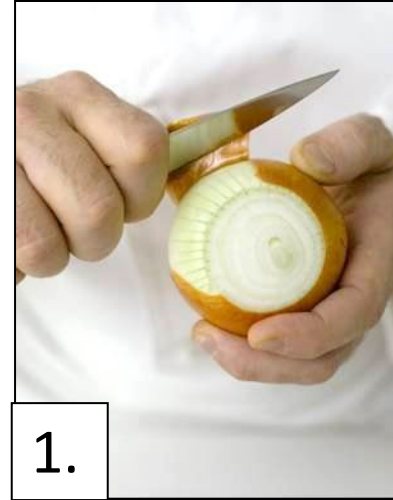
Rondelle

$\frac{1}{2}$ 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.



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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.

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



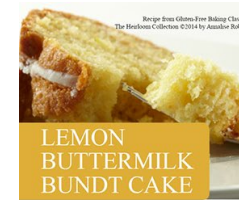
Improving recipe literacy

- 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 For Baking Classics: The Ultimate Collection ©2014 by America's Test Kitchen

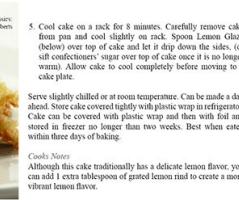
LEMON BUTTERMILK BUNDT CAKE

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)

- 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 For Baking Classics: The Ultimate Collection ©2014 by America's Test Kitchen

BROWN RICE FLOUR MIX

2 cup finely ground brown rice flour (I recommend Anthon's Foods)

- 2/3 cup potato starch
- 1/3 cup tapioca starch

Anthon's Foods also makes a blend called GF Classic. Blend which is my Brown Rice Flour Mix already made up in a bag.

LEMON GLAZE

- 3 tablespoons unsalted butter
- 1 tablespoon heavy cream
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon pure lemon extract
- 1 cup confectioners' sugar

Melt butter in a small, heavy saucepan. Stir in heavy cream, bring to a simmer. Remove from heat, add lemon juice, lemon extract and then confectioners' sugar in two additions; whisk until very smooth. Cool to lukewarm before drizzling over cake (cool glaze will be thicker but is still pourable).

Extra glaze that drips down under the rack can be scraped up, rewarmed and drizzled back over it.

Cooks Note: Melt butter in a small, heavy saucepan. Stir in heavy cream, bring to a simmer. Remove from heat, add lemon juice, lemon extract and then confectioners' sugar in two additions; whisk until very smooth. Cool to lukewarm before drizzling over cake (cool glaze will be thicker but is still pourable).

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



Recipe from Glaze's For Baking Classics: The Ultimate Collection ©2014 by America's Test Kitchen

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

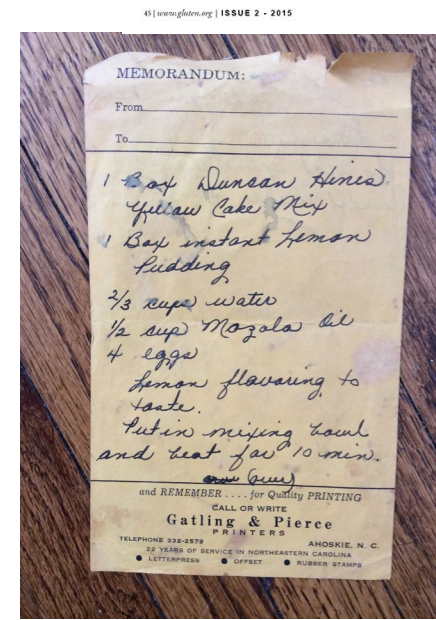
- 2 baking sheets, lined with parchment paper

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 toward the edges.



MEMORANDUM:

From: _____

To: _____

- 1 Box Danson's 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.

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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">• 1 tablespoon butter• 1 minced clove garlic or 1 minced shallot (or both)• 1 tablespoon grapeseed oil• 1 pound jumbo scallops	<ul style="list-style-type: none">1 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.2 For the Sautéed 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.)3 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.

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

Grains		HACCP: Non-Hazardous/Other		Healthier Kansas Recipe 120 (Cooking Light, modified by KSDE)	
Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, white whole wheat Flour, all-purpose, enriched Yeast, instant Sugar, granulated Baking Powder Baking Soda Salt	4 lb 3 lb 2½ oz 10 oz			1 Tbsp 2 tsp 1 Tbsp 2 tsp 1 Tbsp 2 tsp	1. Combine flours, yeast, sugar, baking powder, baking soda and salt in mixing bowl using a paddle attachment on low speed. 2. Cut shortening into dry ingredients with paddle attachment until mixture looks like coarse meal (about 2 minutes). 3. Add buttermilk to flour mixture, mix just until ingredients are moistened. 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.
Vegetable Shortening, Trans Fat Free	1 lb 4 oz				
Buttermilk, low-fat		2 qt 2 cups			
Flour for kneading: Flour, whole wheat	7 oz				
Serving Size 1 biscuit	1 Serving Provides 2.0 oz equivalent Grains		Yield 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

CHILI-CINNAMON ROASTED SWEET POTATOES	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	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. 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.
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

CRISPY TOFU	SERVING SIZE: 4.5 ounces ONE PORTION PROVIDES: 2 oz. eq. meat/meat alternates
--------------------	-------------------------------------------------------------------------------------

SOUTHWEST-STYLE CORNBREAD	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

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

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)

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.

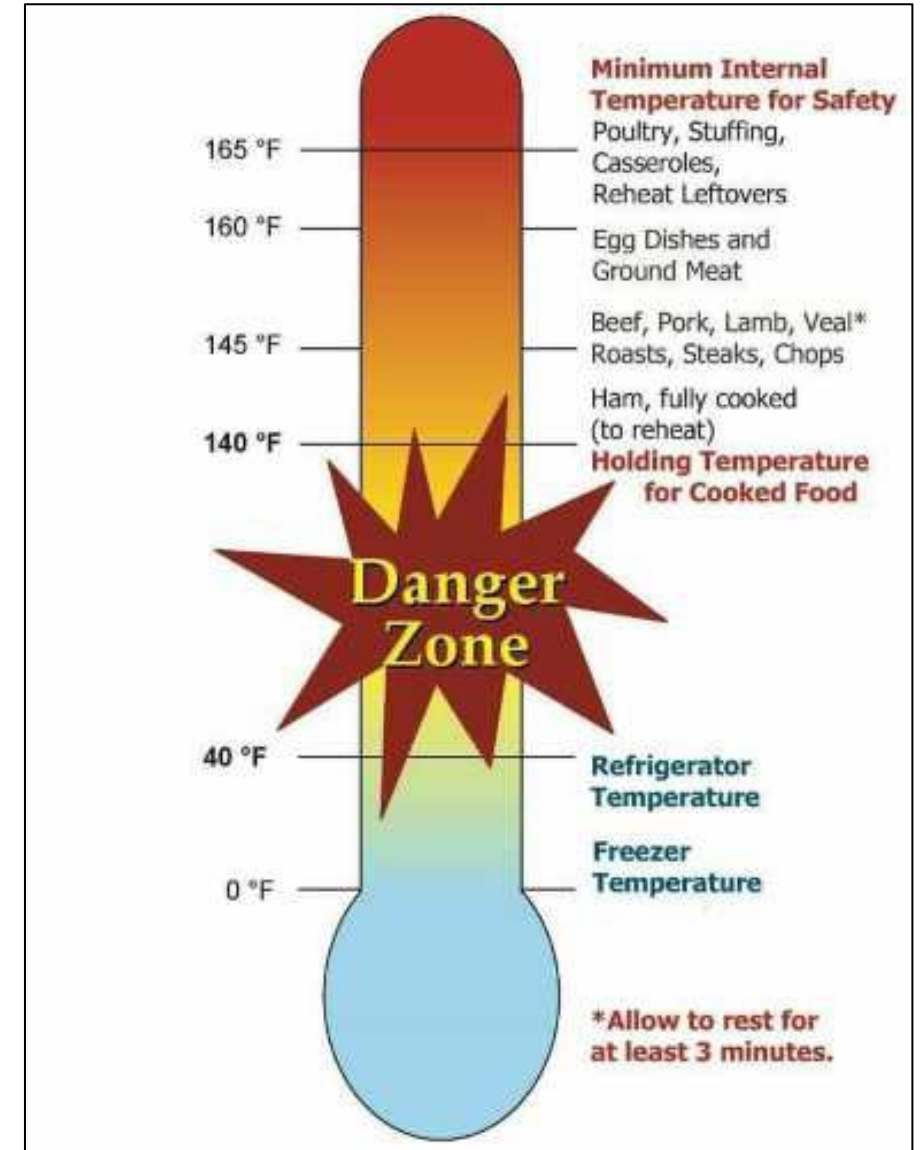
Cooking time & temperature

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.

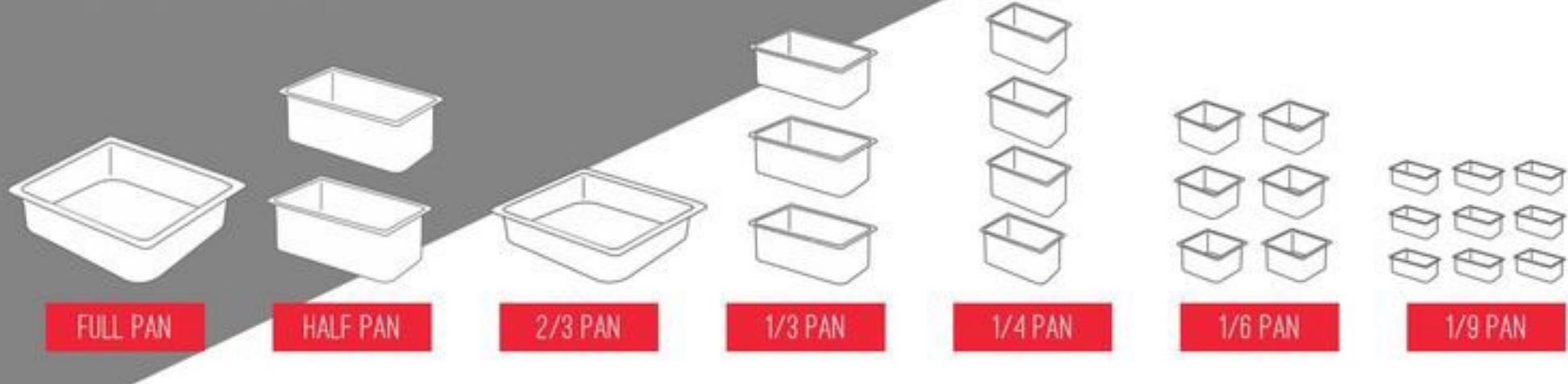
- Ensures staff are ready before service starts
- Reduces confusion or wasted time during prep
- Helps schedule equipment use during busy service window



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



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

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories 230	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 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.

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



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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?



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Any Questions?