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of America

Gridley Unified School District Training Day 2

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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
Recipe Literacy, Cont.
**Vegetable/Protein
Cookery Basics**
Production Review
Whats next?



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Recipe Literacy & Mise en Place, cont.



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

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

Recipe Mise en Place

CHILI-CINNAMON ROASTED SWEET POTATOES	SERVING SIZE: ½ CUP ONE PORTION PROVIDES: ½ CUP RED/ORANGE VEGETABLE	
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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	<ol style="list-style-type: none"> Preheat oven to 400°F. Scrub potatoes (and peel if desired) and cut them into wedges or sticks. 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	<ol style="list-style-type: none"> Drizzle sweet potatoes with oil and sprinkle with seasonings. Mix well to coat evenly with oil and seasonings. Place on sheet trays. For 50 servings, use 2 full sheet trays. Bake at 400°F for 12 to 15 minutes until tender and browned in spots. <p>CCP: Cook until internal temperature reaches 135°F or above.</p> <ol style="list-style-type: none"> Serve immediately. <p>CCP: Hold for hot service at 135°F or above.</p>

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.
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- 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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Vegetable Cookery Basics



Vegetable Purchasing Forms

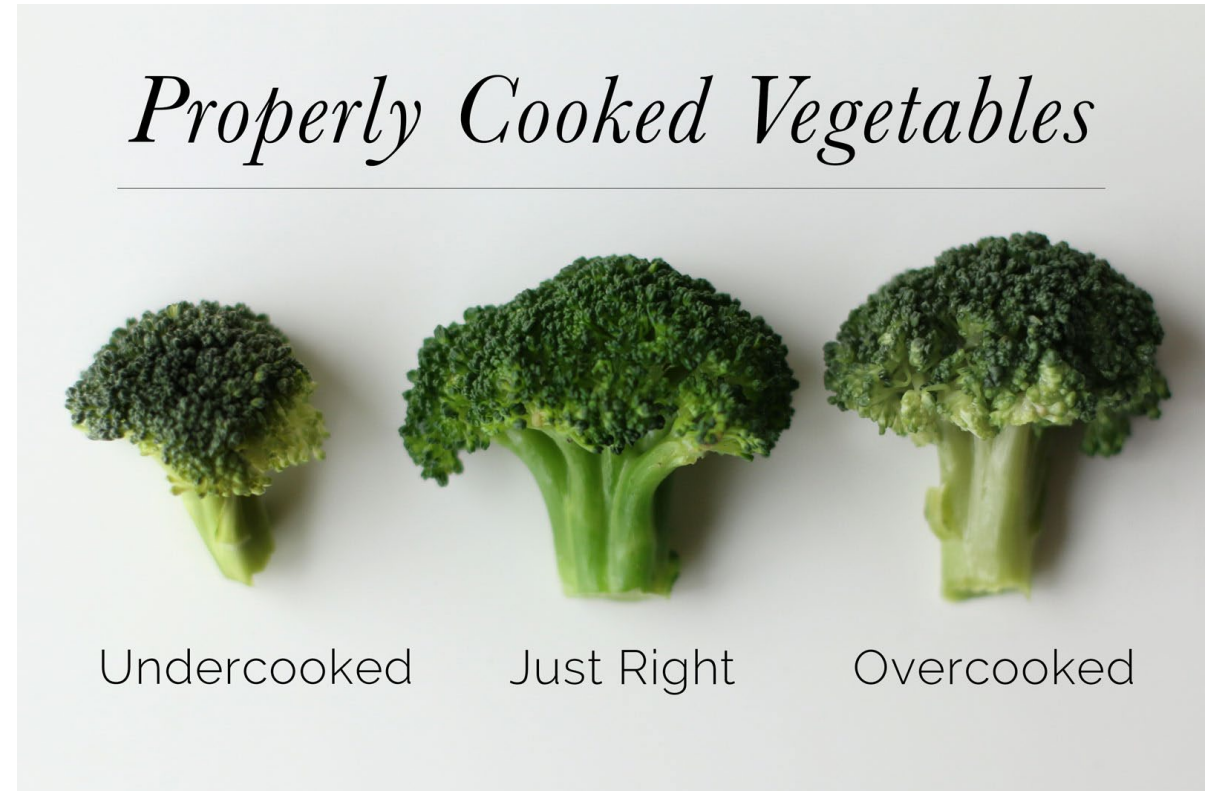


Form	Pros	Cons	Example
Fresh	Best taste and texture	Short shelf life, prep needed	Broccoli, carrots
Frozen	Year-round, less labor, less waste	Texture and flavor varies	Corn, peas, lima beans
Canned	Long shelf life, easy prep	Poor color, texture, flavor loss, nutritional considerations	Beets, beans, oranges, 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



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Protein Cookery Basics



What is Protein Cookery

- Cooking methods that:
 - Develop flavor
 - Ensure safety and maintain texture and moisture in meats, poultry, and plant-based proteins.
- Why this matters:
 - Food safety
 - Texture and Flavor
 - Consistency
 - Meal appeal



Types of "protein"

Animal Based

- Poultry & Eggs
- Beef
- Pork
- Fish



Plant-Based


- Legumes
- Tofu & Tempeh
- Plant-Based Meats (soy or pea based)
- Often paired to make "complete"
 - Legumes + Grains (beans & rice, lentils & whole wheat)
 - Legumes + Nuts/Seeds (hummus with tahini)
 - Legumes + Vegetables (tofu & leafy greens)



Internal Cooking Temperatures (USDA)

Use a thermometer. Always.

Protein	Minimum Internal Temp	Notes
Ground beef, pork, turkey	160°F	Fully cooked, no pink
Poultry (whole or ground)	165°F	Juices run clear
Fish	145°F	Opaque, flakes easily
Eggs (for casseroles, etc.)	160°F	Fully set
Reheated leftovers	165°F	Reheat quickly and serve immediately

 *Always check in the thickest part. Avoid guessing by appearance!*

Method	Use For	Best Equipment
Baking/Roasting	Chicken tenders, meatballs, fish fillets	Convection oven, sheet pans
Sautéing/Stir-frying	Ground meat, diced chicken, tofu	Tilt skillet, large pan
Simmering/Braising	Shredded meats, chili, taco fillings	Steam-jacketed kettle, braiser
Steaming	Eggs, plant-based items, some fish	Combi or convection steamer
Reheating	Precooked proteins (pasta bakes, pulled meat)	Oven, steamer, hot box

Grilling/Griddle Cooking

- Dry heat cooking using direct contact with grill or flat-top
- Great for: burgers, chicken patties, sandwich proteins, marinated tofu
- Works well with whole or large cuts
- Watch for: hot spots, sticking, and burning
- Pro tip: don't move around



Sauteing

- Quick cooking in a small amount of oil over medium-high heat
- Best for ground meat, diced meats, tofu crumbles
- Tilt Skillet, large saute pan
- Don't over-crowd
- Cook in layers to avoid steaming



Searing (high heat browning)

- Browning the surface of meat quickly to build flavor
- Used for: roasts, meat before braising, to pan-sear whole, tofu blocks
- Braiser, tilt skillet, heavy-bottom pan
- Sear before roasting or simmering to add flavor.



Baking/Roasting

- Cooking proteins in a oven with dry heat
- Used for: any proteins whole or cut, meatballs, fish sticks etc.
- Convection oven or conventional oven
- Bake in shallow pans and don't over crowd for even cooking





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What Now?

