



Culinary Institute  
of America

# NRAEF Day 1

Mise En Place, Knife Skills, Stocks, Soups,  
Salads, Dressings, Egg Cookery



# Learning Objectives

- Demonstrate how to effectively set up your workstation and organize your mise en place
- List, identify, and execute commonly used knife cuts
- Discuss the major categories of stocks and state key characteristics of each
- List the characteristics of various types of soups
- Identify the quality characteristics of and execute various egg preparations
- Discuss tossed salad composition and execute a tossed salad
- List the different styles of dressing and execute the assigned style



# Mise en Place

- French term for “everything in its place”
- What does this mean?
  - A clean, organized work station
  - Recipe mise en place (MEP)
    - Make sure you read through the entire recipe
  - Prep time vs. service
  - Physically ready to cook
  - Mentally prepared to cook – proper state of mind!

# Workstation Management

- Set table and cutting board at correct height
- Use bain-maries with hot water for tools
- Set cutting board on sheet pan for messy jobs
- Have a written daily plan - start with the end in mind
- Use standardized recipes
- Consolidate tasks - have one person cut all of the onions, garlic, etc.
- Use timers and thermometers (when necessary)
- Use the right equipment for the right job!

# Recipe Management

- Read through a recipe in its entirety before starting
- Understand all terms and definitions - ask questions!
- Check yield, temperature, and cooking times
- Gather ingredients needed before preparation time
- Complete necessary “pre” steps
- Accurately measure or weigh each ingredient
- Follow steps listed in order
- Time cooking periods accurately

# Mise en Place Plan

- Review what you must prepare
  - Including ALL group work
- List all the ingredients
- Order any additional ingredients
- Determine cooking times and preparation procedures
- Determine equipment and utensils you will need
- Write the “mise en place plan” in sequential order
- Reprioritize your mise en place plan every so often during the day
- Communicate with your team or partners regularly

# Mise En Place Starts at the Work Station

Tasting spoons with receptacle



Sanitation bucket with handy wipers

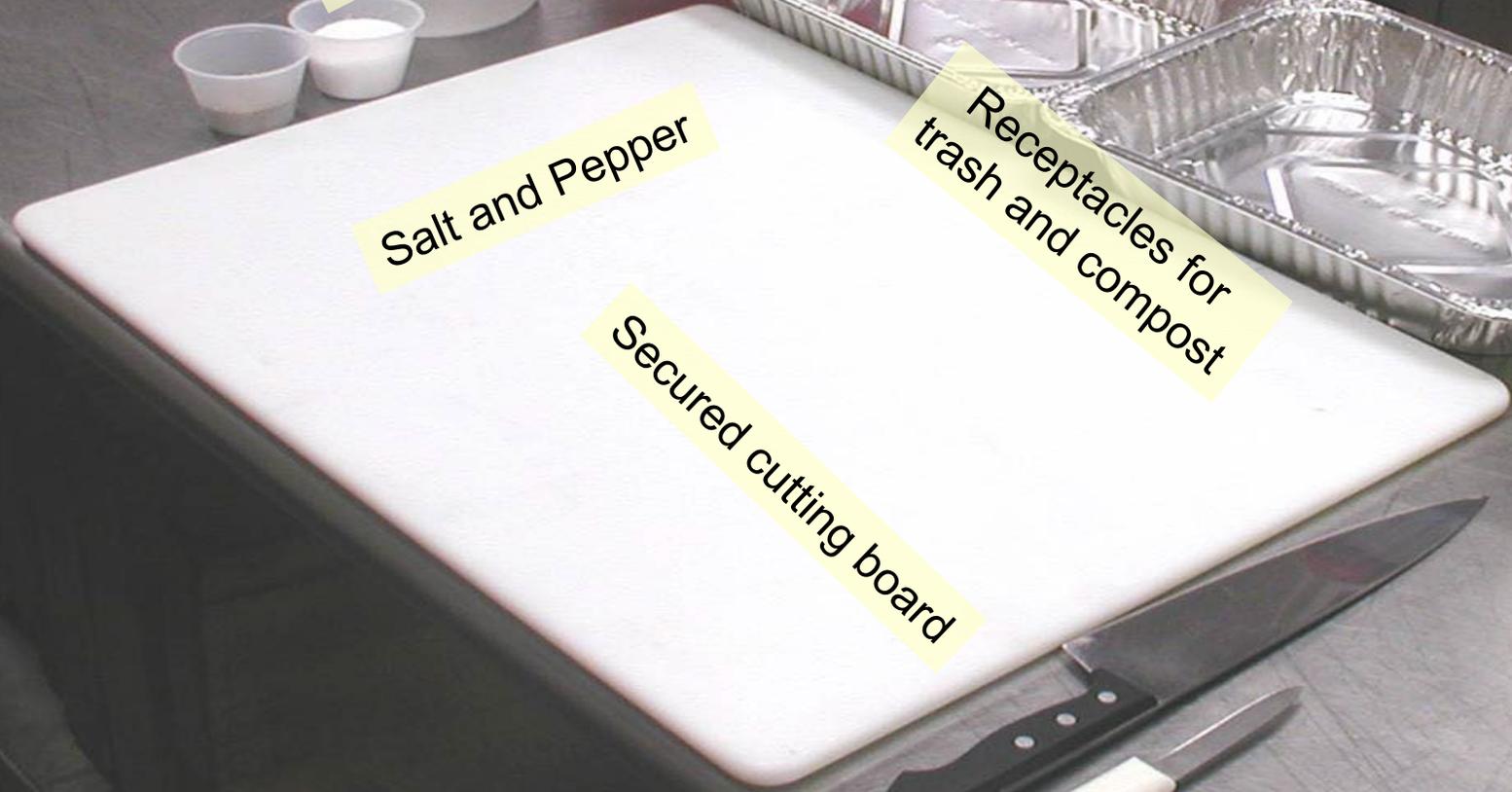


Salt and Pepper



Receptacles for trash and compost

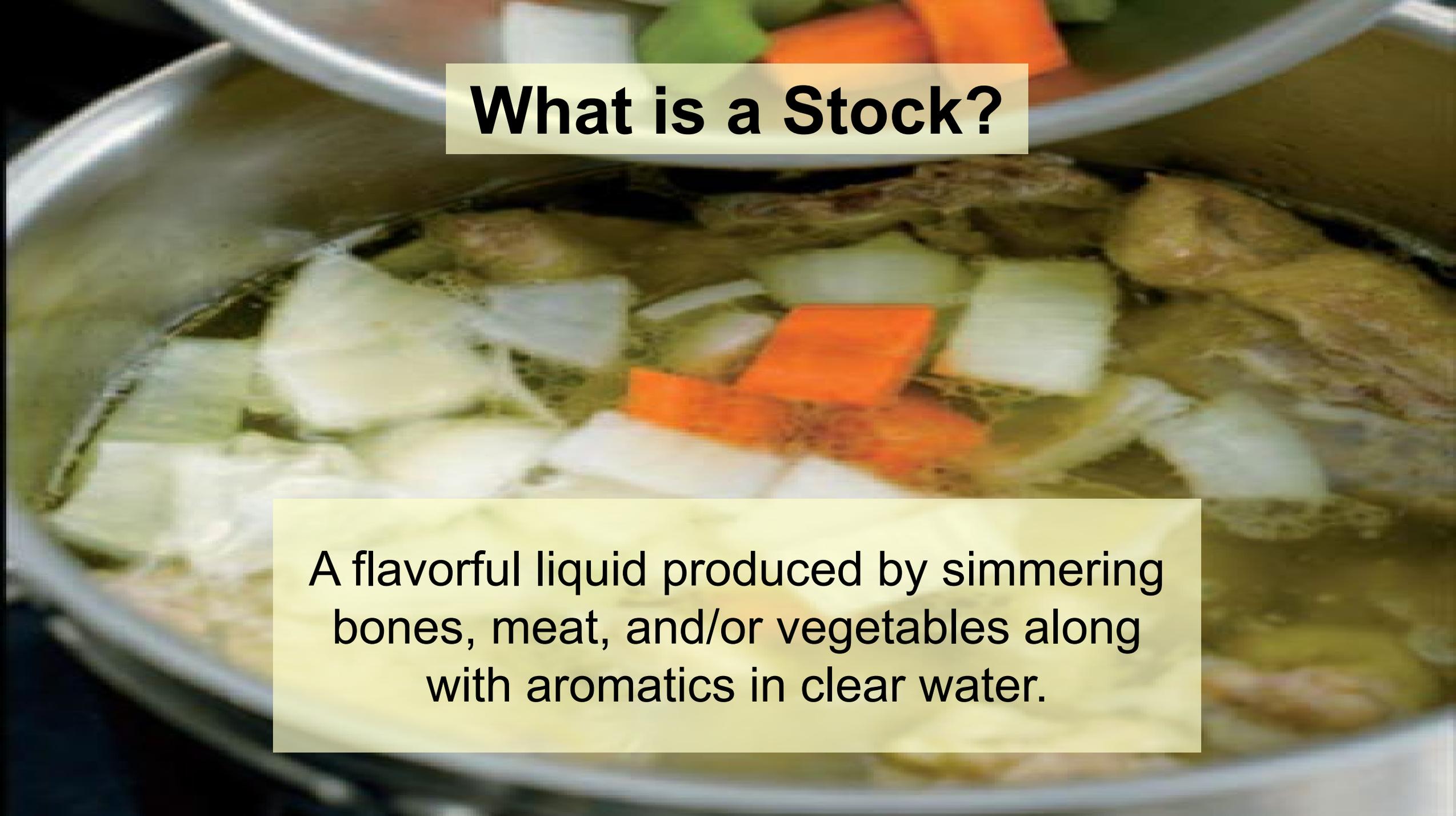
Secured cutting board



Receptacles for product

Paper towels





# What is a Stock?

A flavorful liquid produced by simmering bones, meat, and/or vegetables along with aromatics in clear water.

# Uses for Stocks

- Soups
- Sauces
- Braises/Stews
- Roasts
- Vegetables/Pastas/Starches
- ...Plus many other preparations

# General Ratio Used for Stocks



**White Stock**

<b>Bones</b>	8 lb
<b>Cold Water</b>	6 quarts
<b>Mirepoix</b>	1 lb
<b>Sachet d'épices</b>	1 each
<b>Tomato Product</b>	3 – 6 oz



**Brown Stock**



**Fish Stock**



**Vegetable Stock**

# Brown vs. White Stock

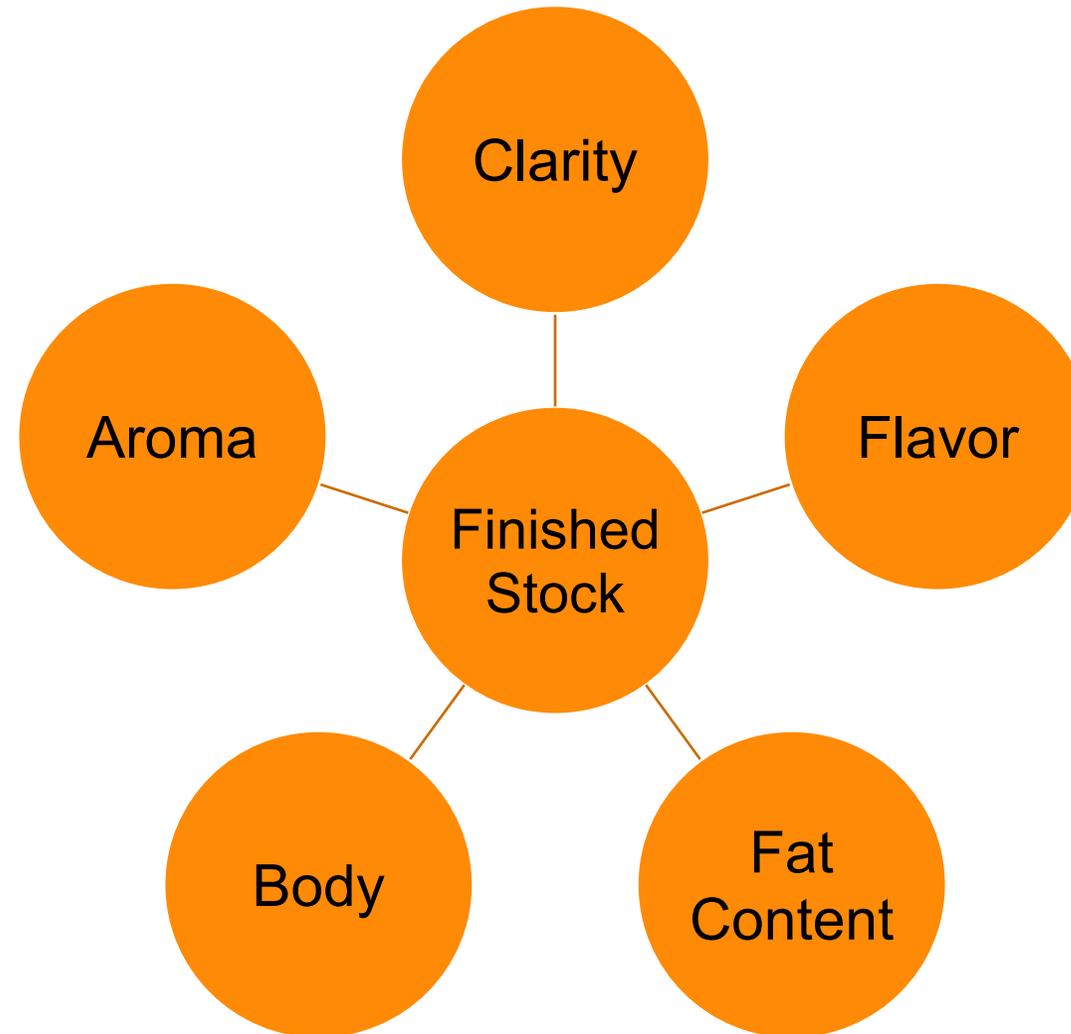
- Brown Stock

- Color from roasted bones and aromatics
- Stronger flavor
- Used for brown-colored sauces, soups, etc.

- White Stock

- No roasting of bones or aromatics
- More delicate flavor
- Used for light-colored sauces, soups, etc.

# Quality Criteria of Stocks



# What is a Soup?



A soup can be any combination of vegetables, meat, or fish cooked in a liquid.

# Soups

- **Main Ingredients**

- Meats
  - Flavorful, mature
  - Cut from neck or shank
  - Stewing hens or fowl
- Fresh fish and seafood
- Vegetables

- **Aromatics**

- Add extra flavor dimension
- Examples
  - Spices
  - Herbs
  - Mirepoix

- **Liquids**

- Examples

- Best quality stocks
- Fumets
- Vegetable essence
- Fruit and vegetable juice
- Water

# Clear Soups

- Based on stocks or broth
- Garnish may be cooked in soup or cooked separately
- Examples of clear soups
  - Consommé
  - Broth
  - Clear vegetable
  - Specialty
  - Cold



# Cream Soups

- Main item is often a vegetable
- Roux-thickened
- Main ingredient is often puréed
  - Don't confuse with Purée soups
- Very smooth
- Very creamy



# Purée Soups

- Similar to cream soups
- Main ingredients
  - Generally starchy vegetables
    - i.e. Legumes, potatoes, sweet potatoes
  - No thickeners
    - Main ingredient is puréed
- Generally not strained
- Coarse texture
- More rustic appearance
- Cured pork product often added for flavor



# Bisques

- Traditionally based on crustaceans
- Similar characteristics of cream soups
- Thickening agents
  - Rice (classically)
  - Roux
- Often finished with Sherry and garnished with diced meat of the main ingredient



# Chowders

- Proteins and/or vegetable based
- Creamy or clear
- Pork product often added for flavor
- Generally contain onions and potatoes
- Heavy on the garnish
- Hearty soups



# Egg Cookery

- Fried eggs
- Poached eggs
- Boiled eggs
- Scrambled eggs
- Omelets

# Quality Criteria: Fried Eggs

- Tender, fully cooked white
- No color
- No excess fat
- Yolk cooked to desired doneness
  - Over easy
  - Over medium
  - Over hard
  - Sunny side up



# Quality Criteria: Poached Eggs

- Tender, fully cooked white
- Runny, yet warm yolk
- Commonly a dish made up of 5 components
  - Base
  - Spread
  - Eggs
  - Sauce
  - Garnish



# Quality Criteria: Scrambled Eggs

- Small soft creamy curds
- Not runny
- Warm
- Not dried out



# Quality Criteria: French Omelet

- Tapered shape to both ends
- Little to no color
- Interior like scrambled eggs
- Exterior smooth, no folds and wrinkles
- Stuffing cooked and warm



# Tossed Salad

- Simple mixture of greens tossed with a dressing
- Character of salad depends on
  - Greens
    - Delicate salad greens
    - Hearty cooking greens
  - Dressing
    - Vinaigrette
    - Emulsified vinaigrette
    - Creamy
  - Garnish
    - Vegetables
    - Croutons
    - Crisps

# Dressings

- Vinaigrette
  - Temporary emulsion
  - 3:1 oil to vinegar
  - Herbs/spices
- Emulsified Vinaigrette
  - Vinaigrette with the addition of an emulsifier
    - Eggs, mustard, garlic, fruit or vegetable purée
- Creamy
  - Mayonnaise and/or dairy based
  - Additional flavoring ingredients
    - Aromatics, vegetables, herbs, spices, etc.



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