



Culinary Institute of America

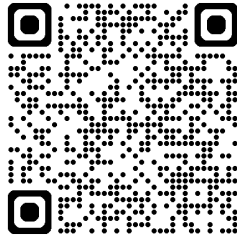
STOCKTON USD STAFF TRAINING

SCHOOL FOOD EVOLUTION: SCRATCH, SYSTEMS, & SATISFACTION



The Culinary Institute of America at Copia, Napa, CA

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The Culinary Institute of America

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Welcome to the CIA!

Education is a gift. And those of us in the foodservice industry have a chance to “pay it forward” by sharing our gifts with others. For over 70 years, The Culinary Institute of America has provided students with unparalleled training, setting the gold standard for culinary excellence.

Whether you are here to learn new skills and techniques, develop an appreciation for a global cuisine, or are in pursuit of ProChef Certification, our continuing education courses provide the training you need to achieve your personal and professional development goals.

While on campus, we want you to have the best experience possible. If you have any questions along the way, please ask your Chef-instructor or anyone on the Continuing Education staff. Once your training is complete, please feel free to stay in touch - we always enjoy hearing your success stories.

And, because so many of our students ask how they can keep in touch with each other after class is over, we’ve made it easy to do through our Facebook page. Just log in and search for “CIA ProChef.”

Wishing you all the best,

A handwritten signature in black ink that reads "David Kamen".

David Kamen '88 MBA PC^{III}
Director CIA Consulting
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P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world’s best professional culinary education. If you’d like to further support the future of food with the gift of education, please visit www.ciagiving.org.

EXPECTATIONS FOR PARTICIPANTS

- ☑ Silence and put away phones during class.
- ☑ Actively participate.
- ☑ Return promptly from breaks.
- ☑ Remain in attendance for the class duration.
- ☑ Complete the course evaluation.
- ☑ Follow all established health and safety regulations.
 - In addition to the precautions necessary to guard against food-borne illness, care must also be taken to avoid accidents. The following safety measures should be practiced.
 - Wash hands before beginning work in the kitchen.
 - Keep all perishable items refrigerated until needed.
 - NYS law – when handling “ready-to-eat” food items, if you don’t cook it, glove it!
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables.
- ☑ Maintain CIA uniform standards.
- ☑ Act within the guidelines of the CIA’s policy on harassment.
 - The Culinary Institute of America (CIA) is committed to providing a working and learning environment free from harassment. Members of the CIA community, guests, and visitors have the right to be free from any form of harassment (which includes sexual misconduct and sexual harassment) or discrimination; all are expected to conduct themselves in a manner that does not infringe upon the rights of others.

PROGRAM OVERVIEW

This three-day culinary training program is designed to support school food service professionals in building culinary confidence, operational awareness, and practical strategies for transitioning toward more scratch-based cooking systems. Through hands-on kitchen production, collaborative discussion, and guided evaluation, participants will explore foundational culinary techniques, flavor development, cross-utilization of ingredients, inventory awareness, and student-centered menu development within real-world K–12 foodservice environments.

The curriculum is intentionally structured to build progressively across the following topics:

- **Day One:** foundational production cooking, recipe literacy, consistency, execution
- **Day Two:** flavor building, scratch transitions, layered menu development
- **Day Three:** inventory awareness, forecasting, cross-utilization, and operational menu innovation

Participants will work in teams to prepare school-compliant, student-friendly menu concepts while strengthening practical culinary and operational skills applicable to real-world K–12 foodservice environments.

DAY ONE: FOUNDATIONS OF PRODUCTION COOKING, FLAVOR, AND RECIPE EXECUTION

LEARNING OBJECTIVES

By the end of day one, participants will be able to:

- Apply foundational production cooking principles within a school foodservice setting
- Demonstrate improved *mise en place* organization and production flow
- Practice knife skills and efficient vegetable preparation techniques
- Identify the importance of consistency in seasoning, texture, color, and presentation
- Follow recipes while understanding the “why” behind key steps and methods
- Evaluate food quality through the lens of student participation and visual appeal
- Utilize dry seasoning blends and pre-made sauces more intentionally to improve flavor development
- Work collaboratively as a team while managing timing and batch execution

HANDS-ON KITCHEN EXERCISE

Foundations of Production Cooking

Participants will work in teams to prepare complete school-style menu concepts while focusing on the foundational systems that support successful production cooking in school foodservice operations. Key focus areas include:

- Knife skills refresher and safe knife handling
- *Mise en place* organization and station setup
- Batch cooking, timing, and production flow
- Understanding seasoning through dry spices and foundational flavor systems
- Utilizing sauces and products intentionally and effectively
- Evaluating texture, seasoning, color, and consistency throughout production
- Guided tasting checkpoints and collaborative adjustments during cooking
- Team communication and shared production responsibilities
- Tray composition, visual presentation, and student-centered food appeal

PRESENTATION, PLATING, AND APPEAL

Throughout production, participants will be encouraged to reflect on how food appearance, texture, seasoning, and presentation impact student participation and perception of school meals. In school foodservice, presentation matters. Students often “eat with their eyes first,” and visual appeal can strongly influence participation, willingness to try new foods, and overall perception of meal quality. Even simple menu items can feel more intentional and appetizing when attention is given to color, texture, freshness, and composition. Good presentation does not require complicated garnishes or restaurant-style plating. Instead, it focuses on creating meals that look balanced, vibrant, fresh, and thoughtfully prepared.

Key Elements of Presentation

Element	Why It Matters	Examples
Color	Bright, contrasting colors create visual interest and communicate freshness	Green herbs/ sauces, properly cooked, colorful vegetables, juicy looking proteins
Texture	Variety keeps food more enjoyable and prevents meals from feeling repetitive; more dynamic experience	Crunchy slaw on a BBQ slider Crispy chicken dipped in creamy ranch dressing
Composition	Intentional plating looks more appealing and communicates care	Separating components instead of piling together. Paying attention to garnishes or plating a salad in layers to give it height
Freshness	Fresh elements bright and balance heavier foods	Citrus slaw, herbs, fruit salsa
Consistency	Expectations of foods to look similar each time they receive them	Consistent portioning and plating
Contrast	Combining hot/ cold, creamy/ crunchy, sweet/ savory increases satisfaction	Yogurt sauce with spicy protein

QUESTIONS TO ASK DURING PRODUCTION

- Would I be excited to select this meal?
- Does the tray have color contrast? Is there texture variety?
- Does the food look fresh and intentional?
- Is the portion balanced visually?
- Would this hold well during service?

RECIPE LITERACY

Recipes are more than a list of ingredients and instructions. Recipe literacy means understanding how recipes function operationally, how ingredients interact, and how timing, sequencing, and technique influence the outcome. A standardized recipe is a tested, written set of instructions that consistently produces the same yield, portion size, quality, and nutritional value every time it is prepared—no matter who is cooking it.

In school food service, standardized recipes ensure:

- Consistent meals for students
- Accurate meal pattern crediting
- Cost control and reduced waste
- Food safety and regulatory compliance

Standardized recipes are not just instructions—they are tools that support:

- Team consistency across shifts and kitchen locations
- Training new staff
- Batch cooking at scale
- Meeting USDA and district requirements

RECIPE MISE EN PLACE

Mise en place is a French term that means “everything in its place.” Before cooking begins, professional kitchens organize ingredients, prep vegetables and proteins, gather equipment, and set up stations for efficient workflow. Strong *mise en place* helps reduce mistakes, improve

consistency, minimize stress during production, and create a smoother, more organized cooking process.

Reading recipes like a chef means thinking ahead before cooking begins. Review the entire Recipe before beginning production. Professional cooks think ahead by identifying what takes the longest, what can be prepared simultaneously, what ingredients require advance prep, and what equipment will be needed. Taking the time to perform this step helps improve production flow, organization, timing, and overall consistency during cooking. Professional cooks think in sequence, anticipate, plan, and execute.

CREATE A PRODUCTION PLAN

Writing a physical production plan will help keep you on time and train you to think strategically. For example, instead of:

1. Cook the rice
2. Prep the vegetables
3. Make the sauce

You may:

1. Start the rice
2. Prep vegetables while rice cooks
3. Build the sauce while the vegetables roast

This creates smoother production flow and improves timing.

TIPS FOR READING RECIPES SUCCESSFULLY

- Read the full recipe before starting.
- Highlight critical steps, timing and temperature cues, and specialty equipment.
- Identify ingredients that require advance prep.
- Understand cooking methods before beginning.
- Organize ingredients by order of use.
- Make an equipment list.
- Taste throughout production.

- Compare the final product to recipe goals.
- Ask “why” certain steps exist in the recipe.

EVALUATING FOOD QUALITY

Strong culinary production includes constant evaluation throughout cooking—not only at the end. Professional cooks continually assess:

Flavor	Does it taste balanced? Does it need salt, acid, sweetness, or spice? Is the flavor flat or vibrant? Are the herbs/spices noticeable but balanced?
Texture	Is the food overcooked or undercooked? Does the dish have texture contrast? Is anything soggy, dry, mushy, or overly dense?
Appearance	Does the food look fresh? Is there enough color contrast? Are portions consistent? Would students be excited to select this item?
Consistency	Does the food look and taste the same across batches? Are portion sizes consistent? Is the sauce consistency too thick or too thin?
Seasoning	Is the dish properly seasoned throughout? Does it need more salt, acid, herbs, spices, or aromatics? Are flavors balanced and noticeable?
Temperature	Is the food served at the correct temperature? Is hot food staying hot and cold food staying cold? Has quality changed while holding?
Freshness	Do ingredients still appear vibrant and appealing? Are herbs, vegetables, and garnishes bright and crisp? Does the dish feel freshly prepared?

PRODUCTION REVIEW & REFLECTION FORM

Team Name: _____

Menu/ Recipe: _____

Team Members: _____

PRODUCTION REFLECTION

1. What worked well during production today?

2. What challenges did your team encounter?

3. How effective was your team's mise en place and organization?

Excellent Good Needs Improvement

Comments:

4. Were recipes followed consistently?

Yes Mostly No

If modifications were made, what changed and why?

5. Evaluate Your Final Dish

Area	Needs Work	Good	Excellent
Flavor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Texture	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Appearance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Consistency	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Portioning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Student Appeal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

FLAVOR EVALUATION

6. What flavors stood out most?

7. Did the dish need any additional seasoning or balance?

STUDENT-CENTERED REFLECTION

8. Would students be excited to select this menu item?

- Yes Maybe No

Why or why not?

OPERATIONAL REFLECTION

9. Could this menu item realistically work at your site?

- Yes With Modifications No

What operational barriers exist?

FINAL REFLECTION

10. What is one idea or technique from today that you could immediately apply in your kitchen?

DAY ONE: TEAM PRODUCTION ASSIGNMENTS

ALL PARTICIPANTS:

Knife Skills Review

Large Dice Tomato

Julienne Cucumber

Slice Red Onion

TEAM ONE:

Chicken Plate

Dry-Rubbed Chicken Thighs

Brown Rice Pilaf

Tomato and Peach Salsa

Crunchy Cabbage Slaw

TEAM TWO:

Burger

Classic Homemade Burger Patty

Roasted Potato Wedges

Summer Fruit Salad

Side Salad with House Dressing

TEAM THREE:

Beef Bowl

Ginger Garlic Ground Beef

Soba Noodle Salad

Sesame Cucumbers

Stir-Fried Green Beans

TEAM FOUR:

Mac & Cheese

Stove-Top Mac and Cheese

BBQ Baked Chicken

Roasted Broccoli

Chopped Sald with Red Wine Vinaigrette

DRY-RUBBED CHICKEN THIGHS

Yield 12 portions

Ingredients	Amounts
Chicken, thigh, deboned	12 ea.
Dry seasoning blend (See notes)	½ cup
Oil, canola	3 Tbsp.
Salt, kosher	2 tsp.

Method

1. Preheat oven to 400°F.
2. In a large bowl, place the chicken thighs, seasoning blend, canola oil, and salt. Toss well to evenly coat the chicken.
3. Arrange the chicken in an even layer on a parchment-lined sheet tray. Avoid overcrowding to promote even browning.
4. Roast in the preheated oven until lightly browned and the internal temperature reaches 165°F, 18 to 22 minutes.
5. Hold hot until ready to serve.

Note: See below for ½-cup homemade dry seasoning blends. Alternately, the following pre-made seasonings blends may be used: Jerk seasoning, Lemon Pepper seasoning, Cajun seasoning, Southwest seasoning, BBQ Rub, Taco seasoning, Italian herb blend.

Southwest Rub: 2 Tbsp. paprika, 1 Tbsp. cumin, 1 Tbsp. garlic powder, 1 Tbsp. onion powder, 2 tsp. oregano, 2 tsp. chili powder, 1 tsp. black pepper, 1 tsp. kosher salt

Jerk-Inspired Blend: 2 Tbsp. paprika, 1 Tbsp. allspice, 1 Tbsp. dried thyme, 2 tsp. garlic powder, 2 tsp. onion powder, 1 tsp. cinnamon, 1 tsp. cayenne pepper, 1 tsp. black pepper, 1 tsp. kosher salt

Garlic Herb Blend: 2 Tbsp. garlic powder, 1 Tbsp. onion powder, 1 Tbsp. dried parsley, 1 Tbsp. oregano, 2 tsp. dried basil, 1 tsp. black pepper, 1 tsp. kosher salt

Smoky BBQ Rub: 2 Tbsp. smoked paprika, 1 Tbsp. brown sugar, 1 Tbsp. garlic powder, 1 Tbsp. onion powder, 2 tsp. chili powder, 1 tsp. cumin, 1 tsp. black pepper, 1 tsp. kosher salt

BROWN RICE PILAF

Yield: Twelve ¾ cup portions

Ingredients

Amounts

Rice, brown, long-grain	2 cups
Oil, vegetable	2 Tbsp.
Onion, yellow, small diced	1 cup
Garlic, minced	1 Tbsp.
Salt, kosher	½ tsp.
Stock, chicken	4 cups

Method

1. Preheat oven to 350°F.
2. In a hotel pan, place the brown rice, oil, onions, garlic, and salt. Stir to combine.
3. In a medium saucepot over high heat, place the chicken stock. Bring it to a simmer. Carefully pour the hot stock over the rice mixture. Stir gently to combine.
4. Cover the hotel pan tightly with aluminum foil. Bake in the preheated oven until the liquid is absorbed and the rice is tender, 35 to 45 minutes.
5. Remove from the oven and let the rice rest, covered, for 5 minutes. Fluff gently with a fork before serving.
6. Hold hot for service at 135°F or above.

Note: Vegetable stock may be substituted for chicken stock. Additional herbs, citrus, or spice blends may be added to create different flavor profiles.

PEACH AND SMOKED CHILI SALSA

Yield: Eight ¼-cup portions

Ingredients	Amounts
Tomato, plum (Roma), diced, canned, drained	1 ¼ cups
Peach, peeled, canned, small diced	½ cup
Pepper, bell, red, roasted, canned, finely chopped	2 Tbsp.
Lime, Juice, fresh	1 Tbsp.
Chili powder	1 ½ tsp.
Paprika, smoked	1 tsp.
Sugar, brown	1 tsp.
Garlic, powder	½ tsp.
Onion, powder	½ tsp.
Salt, kosher	½ tsp.

Method

1. In a medium bowl, place the tomatoes, peaches, bell peppers, lime juice, chili powder, paprika, brown sugar, garlic powder, onion powder, and salt. Mix well to combine.
2. Let the salsa sit for 15 minutes to allow the flavors to develop.
3. Adjust the seasoning to taste.
4. Chill and hold at or below 40°F until ready to serve.

Note: Fresh peaches, nectarines, or mangos may be substituted for the canned peaches. Fresh red peppers can be roasted and substituted for canned. Adjust the spice level based on preference. Salsa is best used within 24 to 48 hours.

Source: Adapted from Kevin Jenkins in collaboration with Healthy Kids Collaborative.

CRUNCHY CABBAGE SLAW

Yield: Sixteen 1/4-cup portions

Ingredients	Amounts
Cabbage, green, shredded	2 cups
Carrot, peeled, shredded	1/2 cup
Broccoli, shredded	1/2 cup
Scallion (Green onion), thinly sliced	1/4 cup
Mayonnaise	1/4 cup
Yogurt, plain	1/4 cup
Lime, juice, fresh	1 Tbsp.
Honey	1 1/2 tsp.
Salt, kosher	1/2 tsp.
Pepper, black, ground	1/4 tsp.

Method

1. In a medium bowl, place the cabbage, carrots, broccoli, and scallions. Reserve.
2. For the dressing, in a small bowl, place the mayonnaise, yogurt, lime juice, honey, salt, and pepper. Whisk until smooth. Pour the dressing over the cabbage mixture. Toss well to evenly coat.
3. Cover and chill for at least 20 minutes before serving.

HOMEMADE HAMBURGER PATTY

Yield: Twelve 4-ounce patties

Ingredients	Amounts
Oil, canola	as needed
Beef, ground, 80/20	3 lb.
Worcestershire sauce	2 Tbsp.
Garlic, powder	2 tsp.
Onion, powder	2 tsp.
Pepper, black, ground	1 tsp.
Salt, kosher	2 tsp.
Bread, bun, hamburger	12 ea.
Lettuce, iceberg, shredded	3 cups
Tomato, beefsteak, sliced	2 ea.
Pickle, dill, hamburger chip	12 ea.

Method

1. Preheat grill to medium-high. Lightly oil the cooking surface if needed.
2. In a large bowl, place the ground beef, Worcestershire sauce, garlic powder, onion powder, pepper, and salt. Mix gently until just combined. Avoid overmixing to maintain a tender texture.
3. Divide the beef mixture into 12 equal portions. Shape into 4-ounce patties. Press a slight indentation into the center of each patty to promote even cooking.
4. Grill until browned and the internal temperature reaches 155°F, 4 to 5 minutes per side. Avoid pressing down on patties while cooking to help retain moisture.
5. Lightly toast the hamburger buns.
6. Assemble the burgers with lettuce, tomato, and pickles or serve components separately for build-your-own service.
7. Hold hot for service at 135°F or above.

Note: Burgers may also be served as lettuce wraps or burger bowls.

GARLIC HERB ROASTED POTATO WEDGES

Yield: Twelve ½ cup portions

Ingredients	Amounts
Oil, vegetable	⅓ cup
Garlic, powder	1 Tbsp.
Onion, powder	2 tsp.
Paprika, smoked	2 tsp.
Oregano, dried	1 tsp.
Salt, kosher	1 Tbsp.
Pepper, black, ground	1 tsp.
Potato, red waxy, cut into wedges	3 lb.
Potato, Yukon Gold, cut into wedges	3 lb.

Method

1. Preheat oven to 425°F.
2. In a large bowl, place the oil, garlic powder, onion powder, smoked paprika, oregano, salt, and pepper. Mix to combine. Add the potatoes. Toss until evenly coated.
3. Spread the potatoes in a single layer on sheet trays. Roast, rotating pans halfway through cooking, until golden brown and tender, 30 to 40 minutes.
4. Potatoes may be held hot above 135°F for service.

Note: Other seasoning blends can be substituted for the garlic herb seasoning.

SUMMER FRUIT SALAD WITH MINT DRESSING

Yield: 10 portions

Ingredients	Amounts
Orange, juice, fresh	¾ cup
Lemon, juice, fresh	¼ cup
Lime, zest	1 tsp.
Honey	½ Tbsp.
Salt, kosher	¼ Tsp.
Mint, fresh, finely chopped	4 Tbsp.
Cantaloupe, large diced	2 ½ cups
Watermelon, medium diced	2 cups
Nectarine, sliced	1 cup

Method

1. For the mint dressing, in a small bowl, place the orange juice, lemon juice, lime zest, honey, and salt. Mix to combine. Add the mint. Reserve.
2. In a large bowl, place the cantaloupe, watermelon, and nectarine. Add the dressing. Gently toss to evenly coat the fruit.
3. Chill for at least 30 minutes before serving.

SIDE SALAD WITH BALSAMIC VINAIGRETTE

Yield: 12 portions

Ingredients	Amounts
Mixed greens	5 cups
Carrot, shredded	1 cup
Cucumber, julienne	1 cup
Tomato, plum (Roma), diced	1 cup
Vinegar, balsamic	½ cup
Oil, olive, extra virgin	1 cup
Mustard, Dijon	1 Tbsp.
Honey	1 Tbsp.
Garlic, powder	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.

Method

1. In a large bowl, place the mixed greens, carrots, cucumbers, and tomatoes. Reserve.
2. For the vinaigrette, in a small bowl, place the balsamic vinegar, mustard, honey, garlic powder, salt, and pepper. Whisk to combine. Gradually add the oil, whisking constantly until fully combined and emulsified. Refrigerate until needed for service.
3. Just before serving, add the vinaigrette to the salad and toss to coat evenly or serve the dressing on the side. Suggested serving size 1 cup salad with 1 to 2 Tbsp. dressing.

Note: Different seasonal vegetables can be substituted.

GINGER GARLIC GROUND BEEF

Yield: Twelve 4-ounce portions

Ingredients	Amounts
Beef, ground	3 lb.
Oil, vegetable	1 Tbsp.
Garlic, powdered	2 Tbsp.
Ginger, powdered	2 tsp.
Soy sauce, low sodium	½ cup
Sugar, brown	2 Tbsp.
Vinegar, rice, unseasoned	2 Tbsp.
Oil, sesame	1 Tbsp.
Scallion (Green onion), sliced	1 cup
Pepper, black, ground	1 tsp.

Method

1. Heat a large sauté pan over medium-high heat. Add the oil.
2. Add the ground beef. Cook, breaking it apart with a spatula, until browned and fully cooked. Drain any excess fat from the pan.
3. Add the garlic powder, ground ginger, soy sauce, brown sugar, rice vinegar, sesame oil, and pepper. Stir until evenly combined. Simmer until lightly glazed and the flavors are incorporated, 2 to 3 minutes.
4. Fold in the sliced scallions.
5. Hold hot above 135°F until ready to serve.

Note: A tilt skillet can also be used to cook the ground beef. Ground turkey or chicken can be substituted for the ground beef. Adjust the amount of soy sauce based on sodium needs and product availability.

SOBA NOODLE SALAD

Yield: Twelve 1-cup portions

Ingredients	Amounts
Noodles, soba, dried	2 lb.
Soy sauce, low sodium	1/3 cup
Vinegar, rice, unseasoned	1/4 cup
Oil, sesame	2 Tbsp.
Honey	1 Tbsp.
Garlic, powder	2 tsp.
Ginger, fresh, minced	1 tsp.
Carrot, julienned	2 cups
Pepper, bell, red, julienne	1 cup
Scallion (Green onion), sliced	1 cup
Cilantro, fresh, chopped	1 cup

Method

1. Bring a large pot of water to a boil. Add the soba noodles. Cook until tender, 4 to 6 minutes. Drain well, rinsing under cold water to stop the cooking process. Reserve.
2. For the dressing, in a small bowl, place the soy sauce, rice vinegar, sesame oil, honey, garlic, and ginger.
3. In a large bowl, place the cooked noodles, carrots, bell peppers, scallions, and cilantro.
4. Pour the dressing over the noodles. Toss until evenly coated.
5. Hold refrigerated at or below 40°F until ready to serve. Serve chilled or at room temperature.

Note: Other seasonal vegetables like snap peas and edamame beans can be substituted for the carrots and bell peppers.

SESAME CUCUMBERS

Yield: Twelve ½-cup portions

Ingredients	Amounts
Vinegar, rice	¼ cup
Soy sauce, low sodium	2 Tbsp.
Oil, sesame	1 Tbsp.
Sugar, granulated	1 Tbsp.
Cucumber, English, thinly sliced	2 lb.
Sesame seeds	1 Tbsp.
Scallion (Green onion), sliced	½ cup

Method

1. In a large bowl, place the rice vinegar, soy sauce, sesame oil, and sugar. Whisk until combined.
2. Add the cucumbers, sesame seeds, and scallions. Toss until evenly coated.
3. Refrigerate for at least 15 minutes.
4. Hold refrigerated at or below 40°F until ready to serve.

Note: Red pepper flakes or chili crisp may be added for additional spice and flavor.

STIR-FRIED GREEN BEANS

Yield: Twelve ½-cup portions

Ingredients

Amounts

Beans, green	3 lb.
Oil, vegetable	2 Tbsp.
Garlic, minced	2 Tbsp.
Soy sauce, low sodium	3 Tbsp.
Oil, sesame	1 tsp.
Pepper, black, ground	1 tsp.

Method

1. Bring a large pot of salted water to a boil. Add green beans. Blanch until bright green and slightly tender, 2 to 3 minutes. Drain and transfer immediately to an ice water bath to stop the cooking process. Drain well. Reserve.
2. Heat a wok over high heat. Add the oil. Add the blanched green beans. Stir fry until lightly blistered and heated through, 2 to 3 minutes.
3. Add the garlic. Cook until fragrant, about 30 seconds.
4. Add the soy sauce, sesame oil, and pepper. Toss until the beans are evenly coated.
5. Serve immediately.

Note: Blanching helps maintain color, texture, and consistent cook times during stir frying.

STOVE TOP MAC AND CHEESE

Yield: Twelve 1-cup portions

Ingredients	Amounts
Macaroni, elbow	2 lb.
Butter, unsalted	¼ cup
Flour, all-purpose	¼ cup
Milk, whole, hot	2 qt.
Cheese, Cheddar, shredded	1 ½ lb.
Cheese, Monterey Jack, shredded	½ lb.
Garlic, powder	1 tsp.
Onion, powder	1 tsp.
Salt, kosher	2 tsp.
Pepper, black, ground	1 tsp.

Method

1. Bring a large pot of salted water to a boil. Add the macaroni. Cook until tender but still firm to the bite (*al dente*). Drain. Reserve warm.
2. In a large saucepot over medium heat, melt the butter. Add the flour, whisking continuously to form a roux, 1 to 2 minutes.
3. Gradually add the milk, whisking until smooth. Simmer until slightly thickened.
4. Add the Cheddar and Monterey Jack cheese, garlic powder, onion powder, salt, and pepper. Heat, stirring constantly, until the cheese is fully melted and the sauce is smooth.
5. Fold in the cooked macaroni. Mix until evenly coated.
6. Hold hot above 135°F until ready to serve.

Note: Other cheeses with excellent meltability and rich flavors, such as Fontina, Colby, and Gouda, can be substituted for the Cheddar and Monterey Jack.

BBQ BAKED CHICKEN

Yield: 12 portions

Ingredients	Amounts
Paprika, smoked	1 Tbsp.
Garlic, powder	2 tsp.
Onion, powder	2 tsp.
Sugar, brown	1 Tbsp.
Salt, kosher	2 tsp.
Pepper, black, ground	1 tsp.
Chicken, thigh	12 ea.
Oil, vegetable	2 Tbsp.
BBQ sauce, prepared	2 cups

Method

1. Preheat oven to 400°F.
2. For the seasoning blend, in a small bowl, place the smoked paprika, garlic powder, onion powder, brown sugar, salt, and pepper. Mix to combine. Reserve.
3. In a large bowl, place the chicken. Drizzle with the oil. Toss to lightly coat the chicken. Sprinkle the seasoning blend over the chicken. Toss until evenly coated.
4. Arrange the chicken in a single layer onto parchment-lined sheet trays. Roast in the preheated oven until the chicken reaches an internal temperature of 165°F, 25 to 30 minutes. Brush chicken with BBQ sauce during the last 5 to 10 minutes of cooking.
5. Hold hot above 135°F until ready to serve.
6. Suggested serving size: 1 piece of chicken with 2 tablespoons of sauce.

Note: Chicken drumsticks can be substituted for the thighs. This recipe demonstrates how dry seasoning blends can be used to build flavor before applying prepared sauces. Cooking times may vary based on size and cut of chicken used.

ROASTED BROCCOLI

Yield: Twelve ½-cup portions

Ingredients

Amounts

Oil, vegetable	¼ cup
Garlic, powder	2 tsp.
Salt, kosher	2 tsp.
Pepper, black, ground	1 tsp.
Broccoli, florets	4 lb.

Method

1. Preheat oven to 425°F.
2. In a large bowl, place the oil, garlic powder, salt, and pepper. Mix to combine.
3. Add the broccoli. Toss until evenly coated.
4. Spread the broccoli in a single layer onto parchment-lined sheet trays. Roast, rotating the pans midway, until the broccoli is lightly browned and tender, 15 to 20 minutes.
5. Serve immediately or hold hot above 135°F until ready to serve.

Note: Lemon juice or parmesan cheese may be added before service for additional flavor.

CHOPPED SALAD WITH RED WINE VINAIGRETTE

Yield: 12 portions

Ingredients	Amounts
Lettuce, romaine, head, chopped	2 ea.
Lettuce, iceberg, head, chopped	1 ea.
Tomato, plum (Roma), diced	1 cup
Cucumber, diced	1 cup
Onion, red, thinly sliced	½ cup
Peperoncini, sliced	½ cup
Cheese, mozzarella, shredded	1 cup
Cheese, parmesan, grated	½ cup
Chickpeas, drained, rinsed	1 cup
Oil, olive, pure	1 cup
Vinegar, wine, red	⅓ cup
Italian seasoning	1 Tbsp.
Garlic, powder	1 tsp.
Mustard, Dijon	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.

Method

1. In a large bowl, place the romaine and iceberg lettuce, tomatoes, cucumbers, red onion, pepperoncini, mozzarella, parmesan, and croutons. Toss to combine. Reserve.
2. For the vinaigrette, in a small bowl, place the oil, vinegar, Italian seasoning, garlic powder, mustard, salt, and pepper. Whisk until fully combined. Refrigerate until ready to use.
3. Just before serving, add the dressing to the salad and toss to coat lightly or serve the dressing on the side. Suggested serving size: 1 cup of salad with 1 to 2 tablespoons of dressing.

Note: Different vegetables can be substituted based on seasonal availability and menu needs.

DAY TWO: FLAVOR BUILDING, SCRATCH TRANSITIONS, AND MENU DEVELOPMENT

LEARNING OBJECTIVES

By the end of Day Two, participants will be able to:

- Identify practical strategies for transitioning toward more scratch-based cooking systems within school foodservice operations.
- Apply foundational flavor-building techniques using herbs, spices, acids, aromatics, and seasoning blends.
- Demonstrate how sauces, dressings, and simple scratch components can improve flavor, appearance, and student participation.
- Practice cross-utilization of ingredients across multiple menu applications to support efficiency and reduce waste.
- Evaluate how small recipe modifications can improve menu quality while remaining operationally realistic and compliant.
- Build confidence adapting recipes based on available equipment, staffing, product availability, and site limitations.
- Strengthen team communication, production timing, and batch cooking execution within a collaborative kitchen environment.
- Assess menu concepts through the lens of student appeal, scalability, and practical implementation.

HANDS-ON KITCHEN EXERCISE: FLAVOR BUILDING AND SCRATCH TRANSITIONS IN SCHOOL

Participants will work in teams to prepare menu concepts that incorporate foundational scratch components, layered flavor systems, and cross-utilized ingredients while exploring practical approaches to transitioning from convenience-based systems to scratch-informed production.

Key focus areas include:

- Building flavor through seasoning blends, aromatics, sauces, herbs, spices, and acids
- Preparing simple scratch sauces, dressings, and condiments
- Understanding transitional scratch techniques within school foodservice operations
- Cross-utilization of ingredients across multiple recipes and menu applications
- Batch cooking, timing, and layered production flow
- Recipe adaptation based on staffing, equipment, and site limitations
- Balancing flavor, texture, color, and visual appeal in student-centered menus
- Guided tasting checkpoints and collaborative adjustments throughout production
- Strengthening communication and teamwork within production environments

Participants will also reflect on how small culinary adjustments can improve menu quality, operational efficiency, and student participation while remaining practical and scalable for real-world K–12 foodservice programs.

Lecture and discussion topics include:

- The “small steps to scratch” philosophy in school foodservice
- Understanding the spectrum from convenience-based systems to scratch cooking
- Examples of transitional scratch approaches that improve flavor and menu quality
- Flavor development without compromising compliance or operational efficiency
- Using herbs, spices, acids, aromatics, and seasoning blends more intentionally
- Building layered flavor in large-scale batch cooking environments
- Working within recipes while adapting to site, staffing, and equipment limitations
- Understanding allowable recipe modifications and documenting operational changes
- Cross-utilization strategies to support efficiency, reduce waste, and simplify inventory

DAY TWO: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE:

Crispy Chicken Tostadas

Crispy Chicken Thighs

Cilantro Lime Rice Pilaf

Esquites

Charred Tomato and Peach Salsa

Avocado Yogurt Crema

Rainbow Cabbage Slaw

Crispy Tostada Shell

TEAM TWO:

Smash Burger Lettuce Wrap or Burger Bowl

Homemade 80/20 Mushroom-Beef Burger Patty with Toppings

Garlic-Parmesan Smashed Crispy Potatoes

House Sauce

Charred Summer Squash, Pepper, & Onion Medley

Watermelon Cucumber Salad with Tajin

House Made Pickles

TEAM THREE:

Gochujang Crunch Bowl

Gochujang Beef

Oven "baked" Fried Rice

Sesame Spinach

Yum Yum Crunch Salad with Crispy Ramen

Tropical Fruit Salad

TEAM FOUR:

Loaded BBQ Mac & Cheese Bowl

Baked Butternut Squash Mac and Cheese

Herbed Lemon Grilled Chicken thighs

Texas Style BBQ Sauce

Corn and Pepper Succotash

Apple Carrot Salad with Casear Dressing

CRISPY “OVEN-FRIED” CHICKEN THIGHS

Yield: Twelve 4-ounce portions

Ingredients	Amounts
Chicken, thigh, boneless, skin on	12 ea.
Garlic, powder	2 ½ Tbsp.
Onion, powder	2 ½ Tbsp.
Oregano, Mexican, dried,	4 Tbsp.
Cumin, ground	1 Tbsp.
Salt, kosher	2 tsp.
Pepper, black, ground	1 tsp.
Garlic, powder	2 ½ Tbsp.
Onion, powder	2 ½ Tbsp.
Flour, all-purpose	4 cups
Paprika	3 Tbsp.
Cooking spray	as needed

Method

1. Preheat combi oven or convection oven to 425°F.
2. Cut the chicken thighs into 2-inch pieces, leaving the skin attached if desired. Reserve.
3. For the seasoning, in a large bowl, place the garlic powder, onion powder, oregano, cumin, salt, and pepper. Mix to combine.
4. Add the chicken pieces. Toss until evenly coated with the seasoning. Reserve.
5. In a shallow pan, place the flour, garlic powder, onion powder, and paprika. Mix to combine.
6. Add seasoned chicken. Toss until evenly coated. Shake off any excess flour.
7. Arrange the chicken evenly on parchment-lined sheet trays. Lightly spray the chicken with cooking spray to promote browning and crispness.
8. Roast in the preheated oven, rotating pans halfway through cooking, until golden brown and the chicken reaches an internal temperature of 165°F, 20 to 25 minutes.
9. Serve immediately or hold hot above 135°F until ready to serve.

Note: This oven-fried method provides a more operationally practical alternative to deep frying while still achieving a slightly crisp texture and flavor development.

CILANTRO LIME RICE PILAF

Yield: Twelve ½-cup portions

Ingredients	Amounts
Oil, vegetable	¼ cup
Rice, jasmine	3 cups
Onion, yellow, small diced	1 ea.
Garlic, minced	2 Tbsp.
Stock, chicken, hot	2 ¼ qt.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lime, juice, fresh	¼ cup
Cilantro, fresh, chopped	1 cup

Method

1. Preheat oven to 350°F.
2. Heat the oil in a large rondeau over medium heat. Add the rice. Toast, stirring frequently, until lightly browned, 2 to 3 minutes.
3. Add the onion and garlic. Cook until the onions are softened and aromatic, 5 to 7 minutes.
4. Add the hot stock. Season with salt and pepper to taste. Stir gently to combine. Bring it to a simmer. Cover tightly with a lid. Bake in the preheated oven until all the liquid is absorbed and the rice is tender, 18 to 22 minutes.
5. Remove the pot from the oven. Let the rice rest, covered, for 10 minutes.
6. Uncover and fluff the rice gently with a fork. Fold in the lime juice and cilantro.

Note: The rice can also be prepared in a steam kettle, rice cooker, or tilt skillet.

MEXICAN STREET CORN SALAD (ESQUITES)

Yield: Twelve ½-cup portions

Ingredients	Amounts
Oil, vegetable	3 Tbsp.
Corn, kernels, frozen	10 cups
Stock, chicken	6 cups
Epazote, leaf	1 ea.
Chile, de Arbol	2 ea.
Lime, juice, fresh	½ cup
Cheese, Cotija, grated	1 cup
Crema	2 cups
Lime, sliced	6 ea.
Tajin seasoning	1 ½ Tbsp.

Method

1. Heat the oil in a large skillet, rondeau, or tilt skillet over medium-high heat. Add the corn kernels. Cook, stirring occasionally, until lightly charred and aromatic, 8 to 10 minutes.
2. Add the stock, epazote, and Arbol chiles. Bring it to a boil, then lower the heat to a simmer. Simmer, uncovered, until the corn is tender and broth is flavorful, 20 to 25 minutes.
3. Remove and discard the epazote and chiles, if desired. Stir in the lime juice. Season with salt and pepper to taste.
4. Garnish with crema, Cotija cheese, lime wedges, and chile powder on the side. Serve warm.

Note: Fresh corn may be substituted for frozen corn. Chili powder can be substituted for the Tajin seasoning. Adjust the spice level based on student preference.

CHARRED TOMATO AND PEACH SALSA

Yield: 3 cups

Ingredients	Amounts
Tomato, plum (Roma), whole	4 ea.
Peach, halved, pits removed	2 ea.
Oil, vegetable	1 ½ tsp.
Onion, red, small diced	½ cup
Chile, jalapeño, minced	½ ea.
Garlic, minced	1 tsp.
Lime, juice, fresh	3 Tbsp.
Cilantro, fresh, chopped	½ cup
Chili powder	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat grill to high heat.
2. In a medium bowl, place the tomatoes and peaches. Drizzle with the oil. Toss gently to lightly coat.
3. Grill the tomatoes and peaches until lightly charred on all sides and softened, allowing natural sugars to caramelize and flavors to deepen. Transfer to a cutting board. Cool slightly. Roughly chop the grilled tomatoes and peaches.
4. In a large bowl, place the chopped, grilled tomatoes and peaches, red onion, jalapeño, garlic, lime juice, cilantro, and chili powder. Mix gently until combined.
5. Season with salt and pepper to taste.
6. Let it sit for 15 minutes to allow the flavors to develop.
7. Hold refrigerated at or below 40°F until ready to serve. Suggested serving size: ¼ cup.

Note: This recipe highlights how roasting and charring fresh ingredients can transform flavor through caramelization and smoke development. Nectarines or mangos may be substituted for the peaches.

AVOCADO YOGURT CREMA

Yield: 1 ½ cup

Ingredients	Amounts
Avocado, pitted	2 ea.
Yogurt, Greek	1 cup
Lime, juice, fresh	2 Tbsp.
Cilantro, fresh, chopped	¼ cup
Garlic, minced	½ tsp.
Salt, kosher	½ tsp.
Buttermilk	2 Tbsp.

Method

1. In a blender, place all the ingredients. Blend until smooth and creamy.
2. Add small amounts of water as needed to achieve a smooth, creamy consistency.
3. Adjust the seasoning to taste.
4. Hold refrigerated at or below 40°F until ready to serve. Suggested serving size: 2 tablespoons.

Note: Crema may be used as a sauce, dressing, or drizzle for bowls, tacos, salads, and roasted vegetables. Spice level may be adjusted based on preference.

RAINBOW CABBAGE SLAW

Yield: Twelve ½-cup portions

Ingredients	Amounts
Cabbage, green, shredded	3 cups
Cabbage, red, shredded	2 ½ cups
Carrot, shredded	2 cups
Radish, thinly sliced	1 cup
Scallion (Green onion), sliced	1 cup
Cilantro, fresh, chopped	1 cup
Chile, jalapeño, minced	½ ea.
Lime, juice, fresh	¼ cup
Vinegar, rice	2 Tbsp.
Oil, vegetable	3 Tbsp.
Honey	2 Tbsp.
Salt, kosher	2 tsp.
Pepper, black, ground	1 tsp.

Method

1. In a large bowl, place the green and red cabbage, carrots, radishes, scallion, cilantro, and jalapeño. Mix to combine.
2. For the dressing, in a small bowl, place the lime juice, vinegar, honey, salt, and pepper. Mix to combine. Gradually add the oil, whisking constantly, until incorporated.
3. Pour the dressing over the cabbage mixture. Toss until evenly coated.
4. Let it sit for 15 minutes to slightly soften vegetables and develop flavor.
5. Hold refrigerated at or below 40°F until ready to serve.

Note: This slaw is designed to provide brightness, texture, and acidity to balance richer menu components such as crispy chicken and creamy sauces.

HOMEMADE MUSHROOM BEEF BURGER PATTY

Yield: 12 burgers

Ingredients	Amounts
Beef, ground, 80/20	2 ½ lb.
Mushroom, white, finely chopped	1 lb.
Oil, canola	2 Tbsp.
Onion, yellow, small diced	1 ½ cups
Garlic, minced	3 Tbsp.
Worcestershire sauce	2 Tbsp.
Salt, kosher	2 tsp.
Pepper, black, ground	1 tsp.
Bread, buns, hamburger	12 ea.
Lettuce, iceberg, shredded	3 cups
Tomato, beefsteak, slice	12 ea.
House-Made Quick Pickles	1 ½ cups
(Recipe follows)	

Method

1. Preheat grill to medium-high. Lightly oil cooking surface if needed.
2. Heat a large sauté pan over medium-high heat. Add the oil, mushrooms, onion, and garlic. Sauté until the vegetables soften and start to brown lightly and the moisture has evaporated, 6 to 8 minutes. Remove the pan from the heat. Cool slightly. Transfer to a large bowl.
3. Add the ground beef, Worcestershire sauce, pepper, and salt. Mix gently until just combined. Avoid overmixing to maintain a tender texture.
4. Divide the mixture into 12 equal portions. Shape into 4-ounce patties. Press a slight indentation into the center of each patty to promote even cooking.
5. Grill until browned and the internal temperature reaches 155°F, 4 to 5 minutes per side.
6. Lightly toast the hamburger buns.
7. Assemble the burgers with lettuce, tomato, and pickles or serve components separately for build-your-own service.
8. Hold hot above 135°F until ready to serve.

Note: Incorporating mushrooms into ground meat mixtures can improve moisture, extend yield, and increase vegetable utilization while maintaining familiar flavors and textures.

GARLIC-PARMESAN SMASHED CRISPY POTATOES

Yield: 12 ½-cup portions

Ingredients	Amounts
Potato, baby, skin-on	4 lb.
Oil, canola	⅓ cup
Garlic, minced	4 Tbsp.
Cheese, Parmesan, grated	2 cups
Parsley, flat-leaf, fresh, chopped	¾ cup
Salt, kosher	2 tsp.
Pepper, black, ground	1 tsp.

Method

1. Reheat oven to 425°F.
2. In a large pot, place the potatoes. Add enough cold, salted water to cover by 2 inches. Bring it to a boil. Cook until fork tender, 15 to 20 minutes. Drain well.
3. Arrange the potatoes evenly onto parchment-lined sheet trays. Using the bottom of a cup, spatula, or potato masher, gently press each potato until flattened but still intact.
4. In a small bowl, place the oil and garlic. Brush it evenly over the potatoes. Season with the salt and pepper.
5. Roast in the preheated oven, rotating pans midway, until the potatoes are crispy and golden brown, 25 to 30 minutes.
6. Remove the pans from the oven. Immediately sprinkle with parmesan cheese and fresh parsley.
7. Serve immediately or hold hot above 135°F until ready to serve.

Note: Smashed potatoes provide an opportunity to create crisp texture and visual appeal using simple ingredients and oven-based cooking methods.

HOUSE BURGER SAUCE

Yield: 2 cups

Ingredients	Amounts
Mayonnaise	1 cup
Ketchup	½ cup
Mustard, Dijon	2 Tbsp.
Pickle, dill, finely chopped	¼ cup
Pickle, juice	1 Tbsp.
Garlic, minced	1 tsp.
Paprika, smoked	2 tsp.
Pepper, black, ground	½ tsp.

Method

1. In a medium bowl, place the mayonnaise, ketchup, mustard, chopped pickles, pickle juice, garlic, smoked paprika, and pepper. Whisk until smooth and evenly combined.
2. Adjust the seasoning to taste.
3. Refrigerate until ready to serve. Hold at or below 40°F. Suggested serving size 1 to 2 Tbsp.

Note: This sauce may be used as a burger spread, dipping sauce, sandwich condiment, or drizzle for roasted potatoes and vegetables.

CHARRED SUMMER SQUASH, PEPPER, AND ONION MEDLEY

Yield: Twelve ½-cup portions

Ingredients	Amounts
Zucchini, sliced lengthwise into strips	2 lb.
Squash, yellow, sliced lengthwise	2 lb.
Pepper, bell, red	3 ea.
Onion, red, cut into wedges	2 ea.
Oil, olive, pure	¼ cup
Salt, kosher	2 tsp.
Pepper, black, ground	1 tsp.
Vinegar, wine, red	3 Tbsp.
Garlic, minced	1 tsp.
Parsley, flat-leaf, fresh, chopped	½ cup
Mint, fresh, chopped	¼ cup
Chervil, fresh, chopped	¼ cup
Chive, fresh, chopped	¼ cup
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Oil, olive, extra virgin	¼ cup

Method

1. Preheat grill to high heat.
2. In a large bowl, place the zucchini, yellow squash, bell peppers, red onion, olive oil, salt, and pepper. Toss to combine.
3. Grill the vegetables until lightly charred and tender, turning as needed to develop even color and caramelization. Transfer to a cutting board. Cool slightly.
4. Cut the vegetables into bite-sized pieces. Transfer to a large bowl.
5. For the Vinaigrette, in a small bowl, place the red wine vinegar, garlic, parsley, mint, chervil, chives, salt, and pepper. Whisk to combine. Gradually add the olive oil, whisking until incorporated.
6. Pour vinaigrette over the warm grilled vegetables. Toss until evenly coated.
7. Serve warm or at room temperature.

Note: Grilling vegetables before dressing helps develop deeper flavor through caramelization while maintaining texture and visual appeal.

WATERMELON CUCUMBER SALAD WITH TAJIN-PEPITA GREMOLATA

Yield: Twelve ½-cup portions

Ingredients	Amounts
Pumpkin seeds	¾ cup
Watermelon, medium diced	6 cups
Cucumber, thinly sliced	3 cups
Cheese, feta, crumbled	1 ½ cups
Lime, juice, fresh	¼ cup
Honey	1 ½ Tbsp.
Salt, kosher	½ tsp.
Cilantro, fresh, chopped	½ cup
Mint, fresh, chopped	½ cup
Lime, zest	1 Tbsp.
Tajin seasoning	2 Tbsp.
Oil, olive, pure	2 Tbsp.

Method

1. Heat a small, dry skillet over medium heat. Add the pumpkin seeds in a single layer. Toast, stirring often, until they turn golden brown and aromatic and start to pop open, about 10 minutes. Transfer to a plate. Cool and reserve.
2. In a large bowl, place the watermelon, cucumbers, feta, lime juice, honey, and salt. Toss gently to combine. Reserve.
3. For the tajín-pepita gremolata, in a small bowl, place the toasted pumpkin seeds, cilantro, mint, lime zest, tajín seasoning, and olive oil. Mix until evenly combined.
4. Just before serving, spoon the gremolata over the salad. Toss lightly or serve layered for presentation.
5. Hold refrigerated at or below 40°F until ready to serve.

Note: The Tajín-pepita gremolata adds texture, acidity, freshness, and layered flavor while reinforcing the use of herbs, seeds, and seasoning blends to elevate simple seasonal ingredients.

HOUSE-MADE QUICK PICKLES

Yield: 1 quart

Ingredients	Amounts
Cucumber, thinly sliced	1 lb.
Vinegar, cider	1 cup
Water	1 cup
Sugar, granulated	2 Tbsp.
Salt, kosher	1 ½ tsp.
Garlic, sliced	2 tsp.
Mustard seed	½ tsp.
Peppercorns, black, whole	½ tsp.
Dill, fresh, chopped	2 tsp.
Red pepper flakes	½ tsp.

Method

1. In a saucepot, place vinegar, water, sugar, salt, garlic, mustard seed, peppercorns, dill, and red pepper flakes. Stir to combine. Bring it to a simmer over medium heat. Cook, stirring constantly, until the sugar and salt are dissolved.
2. In a hotel pan, place the cucumber slices. Carefully add the hot brine until the cucumbers are fully submerged. Cool slightly, then refrigerate for at least 30 minutes.
3. Hold refrigerated at or below 40°F until ready to serve. Suggested serving size: 2 tablespoons.

Note: Quick pickles provide an approachable scratch-made component that adds acidity, crunch, and brightness to sandwiches, burgers, bowls, and salads.

GOCHUJANG BEEF

Yield: Twelve 3-ounce portions

Ingredients	Amounts
Korean chili paste (<i>Gochujang</i>)	½ cup
Soy sauce, low sodium	½ cup
Oyster sauce	¼ cup
Vinegar, rice	¼ cup
Sugar, brown	3 Tbsp.
Garlic, minced	4 tsp.
Ginger, fresh, minced	2 Tbsp.
Oil, sesame	1 Tsp.
Beef, flank steak or sirloin, thinly sliced	3 lb.
Oil, vegetable	2 Tbsp.
Scallion (Green onion), sliced	1 cup
Sesame seeds	2 Tbsp.

Method

1. In a large bowl, place the gochujang, soy sauce, oyster sauce, rice vinegar, brown sugar, garlic, ginger, and sesame oil. Whisk until smooth. Transfer ½ of the marinade mixture to a container and reserve.
2. Add the sliced beef to the bowl with the remaining marinade. Toss until evenly coated. Marinate in the refrigerator for at least 30 minutes.
3. Heat a large wok over high heat. Add the oil.
4. Working in batches, add the marinated beef. Stir fry until browned and cooked through, 3 to 5 minutes.
5. Add the reserved marinade. Cook until the sauce slightly thickens and evenly coats the beef.
6. Fold in the scallions. Garnish with the sesame seeds.
7. Hold hot above 135°F until ready to serve.

Note: This recipe demonstrates how one sauce can function as both a marinade and finishing sauce to build layered flavor while streamlining production.

OVEN BAKED "FRIED" RICE

Yield: 10 portions

Ingredients	Amounts
Rice, long-grain, brown	2 ¼ cups
Water, boiling	6 cups
Pepper, bell, red, small diced	1 cup
Pineapple, small diced	1 ½ cups
Peas, frozen, thawed	1 cup
Carrot, small diced	¾ cup
Oil, sesame	⅓ cup
Soy sauce	½ cup
Scallion (Green onion), thinly sliced on bias	1 cup

Method

1. Preheat oven to 400°F.
2. In a large pot, bring 6 cups of water to a boil. Add the brown rice. Decrease the heat to low, cover, and simmer until tender, 35-40 minutes. Drain any excess water. Spread the rice on a tray and let it cool completely.
3. In a large bowl, place the cooled, cooked rice, bell peppers, pineapple, peas, and carrots. Drizzle with the sesame oil and soy sauce. Mix well to evenly coat.
4. Line a full-size sheet pan with parchment paper. Spread the rice mixture in a thin, even layer. Bake, stirring and rotating every 15 minutes, for 45 minutes.
5. Transfer the mixture to a serving bowl. Add the scallions. Toss to combine. Serve hot.

SPINACH WITH SESAME DRESSING

Yield: 6 portions

Ingredients	Amounts
Sesame seeds	½ cup
Soy sauce, light	¼ cup
Sugar, granulated	¼ cup
Spinach, fresh, stems removed	2 lb.

Method

1. For the sesame dressing, heat a small, dry skillet over medium heat. Add the sesame seeds in an even layer. Toast, stirring often, until golden brown and fragrant, 3 to 6 minutes. Transfer to a plate.
2. With a mortar and pestle, crush the toasted sesame seeds to a coarse paste. Transfer to a small bowl.
3. In a small saucepan, place the soy sauce. Bring it to a boil. Add the sugar. Stir to dissolve. Transfer to the bowl with the sesame paste. Mix to combine. Reserve.
4. Bring a large pot of salted water to a boil. Add the spinach. Blanch until bright green and tender, 1 to 2 minutes. Transfer to an ice water bath to stop the cooking process. Cool for 2 minutes. Drain in a colander. Press down with a paper towel to push water out from the bottom and absorb water on top. Transfer to a serving bowl.
5. Add the reserved sesame dressing. Toss well to coat.

YUM YUM CRUNCH SALAD WITH SESAME SOY DRESSING

Yield: 10 portions

Ingredients	Amounts
Noodles, ramen, packaged	2 ea.
Sunflower seeds	2 Tbsp.
Oil, olive, pure	1 Tbsp.
Cabbage, green, shredded	2 cups
Cabbage, red, shredded	2 cups
Carrot, peeled, shredded	1 cup
Pepper, bell, yellow, thinly sliced	1 cup
Edamame, shelled, frozen, thawed	1 cup
Scallion (Green onion), thinly sliced	½ cup
Vinegar, rice, unseasoned	6 Tbsp.
Soy sauce, low sodium	4 Tbsp.
Oil, sesame	2 Tbsp.
Oil, olive, pure	6 Tbsp.
Honey	4 tsp.
Garlic, fresh, finely grated	2 tsp.
Pepper, black, ground	½ tsp.
Sesame seeds, toasted	2 tsp.

Method

1. Preheat oven to 375°F.
2. For the crunch topping, in a medium bowl, crumble the ramen noodles. Add the sunflower seeds and olive oil. Toss to evenly coat.
3. Spread the mixture evenly onto a parchment-lined sheet pan. Bake in the preheated oven, stirring midway, until golden brown and crisp, about 7 minutes. Reserve.
4. In a large bowl, place the shredded green and red cabbage, carrots, bell pepper, edamame, and scallion. Reserve.
5. For the dressing, in a small bowl, place the vinegar, soy sauce, sesame oil, olive oil, honey, garlic, pepper, and sesame seeds. Whisk until well combined.
6. Just before serving, pour half of dressing over the salad base and toss to coat. Add the toasted ramen crunch topping. Toss lightly. Add more dressing as needed.
7. Serve immediately for maximum crunch.

TROPICAL FRUIT SALAD WITH TOASTED COCONUT CRUNCH

Yield: Twelve ½-cup portions

Ingredients	Amounts
Coconut, flakes, unsweetened	1 cup
Sunflower seeds	¾ cup
Lime, juice, fresh	¼ cup
Honey	2 Tbsp.
Mint, fresh, chopped	¼ cup
Salt, kosher	as needed
Pineapple, medium diced	3 cups
Mango, medium diced	3 cups
Papaya, medium diced	2 cups
Kiwi, peeled, sliced	2 cups
Chili-lime seasoning	1 tsp.

Method

1. Heat a small, dry skillet over medium heat. Place the coconut flakes in an even layer. Toast, stirring often, until golden brown, 4 to 5 minutes. Transfer to a plate. Cool and reserve.
2. Heat the same skillet over medium heat. Add the sesame seeds in an even layer. Toast, stirring occasionally, until golden brown and aromatic, 5 to 8 minutes. Transfer to a plate. Cool and reserve.
3. In a large bowl, place the lime juice, honey, mint, and a small pinch of salt. Mix to combine. Add the pineapple, mango, papaya, and kiwi. Toss gently until the fruit is evenly coated.
4. For the coconut crunch, in a small bowl, place the toasted coconut flakes, toasted seeds, and Tajín seasoning.
5. Just before serving, sprinkle the coconut crunch over the fruit salad.
6. Hold refrigerated at or below 40°F until ready to serve.

Note: Toasted coconut and seeds provide texture and contrast while reinforcing the use of layered flavor and simple finishing elements to elevate fresh fruit presentations.

BUTTERNUT SQUASH MAC AND CHEESE

Yield: Ten 1-cup portions

Ingredients	Amounts
Salt, kosher	1 Tbsp.
Pasta, elbow macaroni, dried	1 ½ lb.
Squash, butternut, peeled, diced	4 cups
Milk, whole	6 cups
Garlic, minced	1 Tbsp.
Onion, yellow, small diced	1 cup
Butter, unsalted	4 Tbsp.
Mustard, Dijon	1 tsp.
Salt, kosher	2 tsp.
Pepper, black, ground	½ tsp.
Nutmeg, fresh, ground	¼ tsp.
Cheese, Cheddar, sharp, shredded	8 wt. oz.
Cheese, Parmesan, grated	½ cup
Breadcrumbs, dried	1 ½ cups
Oil, olive, pure	3 Tbsp.
Cheese, Parmesan, grated	1 cup
Garlic, powder	1 tsp.
Paprika	½ tsp.

Method

1. Preheat oven to 375°F.
2. Bring a large pot of salted water to a boil. Add the macaroni. Cook until tender but still firm to the bite (*al dente*), about 8 minutes. Drain and rinse lightly with cold water. Reserve.
3. In a large saucepot over medium heat, place the butternut squash, milk, garlic, and onion. Bring it to a simmer. Cook until the squash is very tender, 15 to 20 minutes.
4. Using an immersion blender, purée until smooth and creamy.
5. Decrease the heat to low. Stir in the butter, mustard, salt, pepper, and nutmeg. Gradually add the cheddar and parmesan cheese, stirring until fully melted and smooth.
6. Fold the cooked pasta into the cheese sauce. Mix until evenly coated. Add additional milk if needed to loosen sauce consistency before baking.
7. Transfer the mixture to lightly greased hotel pans or baking dishes.
8. In a small bowl, combine breadcrumbs, olive oil, parmesan, garlic powder, and paprika. Sprinkle it evenly over the macaroni and cheese.
9. Bake in the preheated oven until heated through and topping is golden brown, 15 to 20 minutes. Remove the mac and cheese from the oven.

10. Preheat the broiler. Return the mac and cheese to the top shelf of the oven. Broil until the top is crispy and golden-brown, 1 to 2 minutes.

Note: Incorporating vegetable purées into cheese sauces can improve texture, color, and nutrient density while maintaining familiar flavors and student appeal.

GRILLED LEMON AND HERB CHICKEN

Yield: 10 portions

Ingredients	Amounts
Oil, olive, pure	¼ cup
Lemon, juice, fresh	¼ cup
Lemon, zest	1 Tbsp.
Garlic, minced	2 Tbsp.
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Rosemary, fresh, chopped	1 Tbsp.
Thyme, fresh, chopped	2 tsp.
Oregano, dried	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Chicken, breast, boneless, skinless	3 lb.
Oil, vegetable	as needed

Method

1. For the marinade, in a large bowl, whisk together the olive oil, lemon juice, lemon zest, garlic, parsley, rosemary, thyme, oregano, salt, and pepper.
2. Add the chicken breasts. Toss to coat the chicken well. Cover and marinate in the refrigerator for at least 30 minutes or up to 12 hours.
3. Heat a grill to medium-high heat. Lightly oil the grates.
4. Remove the chicken from marinade, wiping off any excess. Grill until marks are achieved and the internal temperature reaches 165°F, 5 to 6 minutes per side.
5. Rest the chicken for 5 minutes. Serve whole or sliced.

TEXAS STYLE BBQ SAUCE

Yield: 3 cups

Ingredients	Amounts
Ketchup	1 $\frac{2}{3}$ cup
Vinegar, white	$\frac{1}{2}$ cup
Water	$\frac{1}{4}$ cup
Sugar, brown	$\frac{1}{4}$ cup
Worcestershire sauce	2 Tbsp.
Paprika	4 $\frac{1}{2}$ tsp.
Chili powder	4 $\frac{1}{2}$ tsp.
Mustard, dry	4 $\frac{1}{2}$ tsp.
Salt, kosher	1 tsp.
Chile, cayenne, ground	$\frac{3}{4}$ tsp.

Method

1. In a medium bowl, place all the ingredients. Whisk until thoroughly blended.
2. Serve immediately or store in a covered container in the refrigerator for up to 3 weeks.

ROASTED CORN AND SQUASH SUCCOTASH

Yield: Ten ½-cup portions

Ingredients	Amounts
Corn, kernels, frozen	4 cups
Zucchini, medium diced	3 cups
Squash, yellow, medium diced	3 cups
Pepper, bell, red, medium diced	2 ea.
Onion, red, medium diced	1 ea.
Garlic, minced	3 tsp.
Oil, canola	¼ cup
Paprika, smoked	1 tsp.
Salt, kosher	2 tsp.
Pepper, black, ground	1 tsp.
Lime, juice, fresh	2 Tbsp.
Cilantro, fresh, chopped	½ cup

Method

1. Preheat oven to 425°F. Line sheet trays with parchment paper.
2. In a large bowl, place the corn, zucchini, yellow squash, bell peppers, red onion, garlic, oil, smoked paprika, salt, and pepper. Toss until evenly coated.
3. On parchment-lined sheet trays, spread the vegetables evenly in a single layer.
4. Roast in the preheated oven, rotating pans halfway through cooking, until the vegetables are tender and lightly caramelized, 18 to 25 minutes.
5. Transfer the roasted vegetables to a large bowl. Add the lime juice and cilantro. Toss until evenly combined.
6. Serve warm or hold hot above 135°F until ready to serve.

Note: Fresh corn kernels can be substituted for frozen. Roasting vegetables at high heat helps develop caramelization, color, and layered flavor while maintaining texture and visual appeal.

APPLE CARROT SALAD WITH CAESAR AND HOMEMADE CROUTONS

Yield: 10 portions

Ingredients	Amounts
Apple, Granny Smith, thinly sliced	2 cups
Lemon, juice, fresh	1 Tbsp.
Salt, kosher	1/8 tsp.
Carrot, shredded	2 cups
Lettuce, romaine, head, sliced	3 ea.
Scallion (Green onion), thinly sliced	3/4 cup
Celery, thinly sliced	1 cup
Sunflower seeds	1/2 cup
Cranberries, dried	1/2 cup
Parsley, flat-leaf, fresh, chopped	1/4 cup
Caesar Dressing (Recipe follows)	1 1/2 cups

Method

1. In a medium bowl, place the sliced apples, lemon juice, and salt. (This step will help stop the apples from browning.)
2. In a large bowl, place the apples, carrots, lettuce, scallions, celery, sunflower seeds, cranberries, and parsley.
3. Just before serving, drizzle with the Caesar Dressing. Toss to evenly coat.

Note: Raisins can be substituted for the cranberries. Red apples can be substituted for the Granny Smith apples.

CAESAR DRESSING

Yield: 1 ½ cups

Ingredients	Amounts
Mayonnaise, low-fat	1 ⅛ cups
Mustard, yellow	1 Tbsp.
Garlic, powdered	½ tsp.
Worcestershire sauce	½ tsp.
Vinegar, cider	½ tsp.
Milk, low-fat	2 Tbsp.
Hot sauce	⅛ tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	½ tsp.

Method

1. In a large bowl, place all the ingredients. Whisk until smooth.
2. Chill before using.

Note: Lemon juice can be substituted for the cider vinegar.

DAY THREE: SMARTER PRODUCTION SYSTEMS, INVENTORY, AWARENESS, AND MENU CREATION

LEARNING OBJECTIVES

By the end of Day Two, participants will be able to:

- Apply inventory awareness to menu planning and production decisions.
- Demonstrate cross-utilization of ingredients and foundational recipes across multiple menu applications.
- Build flexible, student-centered menus using shared ingredients and production systems.
- Consider how labor, equipment, participation trends, and operational limitations influence menu execution.
- Develop composed menu items that balance flavor, texture, visual appeal, and practicality.
- Practice collaborative problem solving and operational decision making within a team environment.
- Identify strategies for reducing waste through intentional production and ingredient utilization.
- Present and explain menu concepts through the lens of participation, scalability, and operational feasibility.

Lecture: Inventory, Forecasting, and Smarter Production Systems

- Inventory as both a culinary and operational tool
- The “money on the shelf” mindset
- Forecasting production through participation trends and waste observation
- Building menus from shared ingredients and foundational components
- Cross-utilization strategies to improve efficiency and reduce waste
- Balancing labor, staffing, and scratch cooking realities
- Realistic pathways toward more scratch-based systems
- Student-centered menu development and participation-focused planning
- Operational flexibility and scalable implementation strategies

HANDS-ON KITCHEN EXERCISE: SMARTER PRODUCTION SYSTEMS & MENU INNOVATION CHALLENGE

Day Three focuses on inventory awareness, cross-utilization, and operational menu innovation within school foodservice environments. Participants will apply the culinary techniques and flavor-building strategies introduced throughout the training to develop flexible menu concepts that support both student participation and operational sustainability. Working within assigned ingredients, pantry items, and operational scenarios, teams will create composed bowls, wraps, plates, or handheld menu concepts while demonstrating intentional production planning, ingredient cross-utilization, and flavor layering. Emphasis will be placed on balancing creativity with practicality, allowing participants to explore realistic pathways toward smarter, more adaptable school foodservice systems.

Each team will receive:

- An assigned protein
- Assigned produce components
- Access to community and pantry ingredients (list included)
- A composed dish assignment (i.e. create a bowl with 3 or 4 different components, create a wrap, etc.)

Teams must:

- Create a composed bowl, wrap, handheld item, or plate concept
- Demonstrate cross-utilization of ingredients and foundational recipes
- Apply flavor layering and intentional seasoning techniques
- Consider inventory, labor, equipment, and production practicality
- Balance student appeal, texture, color, and menu flexibility
- Present their menu concept and explain operational feasibility
- Identify at least 2 additional menu applications for their primary protein or core ingredients

TEAM PRESENTATION/ PRODUCTION REVIEW WORKSHEET

Team Name: _____

Menu Concept Name: _____

Type of Dish:

Bowl Wrap Handheld Plate Other: _____

MENU COMPONENTS

Primary Protein: _____

Key Produce Components: _____

Scratch or House-Made Components: _____

Cross-Utilized Ingredients: _____

TEAM PRESENTATION REVIEW

1. How visually appealing and student-friendly was the menu concept?

Excellent Good Needs Improvement

Comments: _____

2. How well did the dish demonstrate balanced flavors and varied textures?

Excellent Good Needs Improvement

Comments: _____

3. How thoughtfully did the team use shared ingredients or foundational components?

Excellent Good Needs Improvement

Examples of cross-utilization: _____

4. How realistic was the menu for school food service production and service?

Excellent Good Needs Improvement

Comments: _____

5. How aware was the team of inventory usage, flexibility, and waste reduction strategies?

Excellent Good Needs Improvement

Comments: _____

ADDITIONAL MENU APPLICATIONS

List other ways the team's protein or core ingredients could be used in school menus:

1. _____
2. _____
3. _____

REFLECTION QUESTIONS

What is one idea or strategy from this team you could realistically apply at your own site?

What was the strongest operational or culinary decision this team made?

What questions or suggestions would you offer this team?

INSTRUCTOR NOTES/ FEEDBACK

DAY THREE: MENU INNOVATION WORKSHOP

LEARNING OBJECTIVES:

Using assigned ingredients, pantry staples, and foundational culinary techniques explored throughout the training, each team will develop a student-friendly composed menu item that demonstrates:

- Cross-utilization of ingredients
- Flavor layering
- Operational practicality
- Visual appeal and texture balance
- Student participation potential
- Realistic implementation within school foodservice environments

TEAM ONE:

Composed Rice or Noodle Bowl

Chicken Thighs – Pineapple – Napa Cabbage – Carrots – Scallions – Cilantro

TEAM TWO:

Handheld Item or Wrap

Ground Beef – Sweet Potatoes – Kale – Apples – Red Onions – Tomatoes

TEAM THREE:

Hot or Cold Composed Bowl

Ground Beef – Broccoli – Snap Peas – Mandarins – Cucumbers – Spinach

TEAM FOUR:

Composed Plate or Loaded Pasta Concept

Chicken – Pasta – Cauliflower – Bell Peppers – Romaine – Mango – Black Beans

SHARED PANTRY AND STAPLES

For the Menu Innovation workshop, teams will have access to a shared pantry of staple ingredients, sauces, seasonings, and supporting components to assist with menu development, flavor building, and production flexibility.

Produce

<ul style="list-style-type: none"> • Garlic • Parsley • Cabbage • Avocados • Corn 	<ul style="list-style-type: none"> • Onions • Cilantro • Lettuce • Squash • Green Beans 	<ul style="list-style-type: none"> • Jalapeños • Tomatoes • Mixed Greens • Mushrooms • Cauliflower 	<ul style="list-style-type: none"> • Limes/ Lemons • Cucumbers • Carrots • Peppers • Broccoli
--	--	---	--

Dairy

<ul style="list-style-type: none"> • Milk • Cheddar Cheese • Monterey Jack 	<ul style="list-style-type: none"> • Greek Yogurt • Feta • Cotija 	<ul style="list-style-type: none"> • Sour Cream • Eggs • Buttermilk 	<ul style="list-style-type: none"> • Butter • Parmesan Cheese
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Dry Goods and Pantry Items

<ul style="list-style-type: none"> • Rice • Panko • Black Beans • Burger Buns • Gochujang • Dijon Mustard • Miso 	<ul style="list-style-type: none"> • Dried Pasta • Flour • Chickpeas • Cornmeal • Worcestershire Sauce • Mayonnaise 	<ul style="list-style-type: none"> • Tortillas • Honey • Pumpkin Seeds • Apple Cider Vinegar • Ketchup 	<ul style="list-style-type: none"> • Breadcrumbs • Brown Sugar • Sesame Seeds • Soy Sauce • Rice Vinegar • Oils (Canola And Olive) • Sesame Oil
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Spices and Seasonings

<ul style="list-style-type: none"> • Salt • Chili Powder • Cumin • Coriander 	<ul style="list-style-type: none"> • Black Pepper • Red Pepper Flakes • Ground Ginger • Nutmeg 	<ul style="list-style-type: none"> • Onion Powder • Tajin • Oregano • Basil • Rosemary 	<ul style="list-style-type: none"> • Garlic Powder • Paprika • Dill • Furikake • Harissa
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STANDARDIZED RECIPE FORMAT

Recipe Title		Serving Size & Credible Portions		
BAKED CHICKEN DRUMSTICK		SERVING SIZE: K-8: 1 DRUMSTICK 9-12: 2 DRUMSTICKS		
		1 DRUMSTICK PROVIDES 1.5 OZ. EQ M/MA		

Ingredients	INGREDIENTS	50 SERVINGS	25 SERVINGS	Yield
	Chicken, drumsticks (One 3.7 oz. drumstick = 1.5 oz. cooked chicken meat) CN Labeled to provide 1.5 oz. eq m/ma		11 pounds 10 ounces	5 pounds 14 ounces

Directions Or Preparation Method/ Order	DIRECTIONS
	<ol style="list-style-type: none"> 1. Thaw chicken under refrigeration overnight. For best results, place in a perforated pan to drain overnight. 2. Toss chicken with seasoning blend. 3. Lay thawed chicken in single layer on sheet pans lined with parchment paper. 4. Bake until internal temperature reaches 165°F: Conventional oven: 400°F for 45-55 minutes. Convection oven: 350°F for 30-35 minutes.

CCP: Heat to 165°F or higher for 15 seconds.	Critical Control Points
CCP: Hold at 135°F or higher.	

Ranch – for 50 servings	Rosemary - for 50 servings	BBQ – for 50 servings
Garlic, granulated 2 tablespoons	Rosemary 3 tablespoons	Cumin 2 tablespoons
Granulated onion 2 tablespoons	Garlic, granulated 2 tablespoons	Smoked paprika 2 tablespoons
Dill weed 2 tablespoons	Granulated onion 2 tablespoons	Garlic, granulated 2 tablespoons
Salt 2 teaspoons	Salt 2 teaspoons	Granulated onion 2 tablespoons
Black pepper 1 ½ teaspoon	Black pepper 1 ½ teaspoon	Salt 2 teaspoons
		Black pepper 1 ½ teaspoon

NUTRIENTS PER SERVING							
Calories	91	Total Fat (g)	4	Vitamin A (IU)	.38	Calcium (mg)	.3
Protein(g)	12	Saturated Fat (g)	1	Vitamin C (mg)	0	Sodium (mg)	155
Carbohydrate (g)	.2	Cholesterol (mg)	65	Iron (mg)	.01	Dietary Fiber (g)	0

COMMON CULINARY TERMS

Term	Definition	Application
Sauté	Cook quickly in a small amount of fat over medium-high heat	Quick vegetable cookery, cooking thinly sliced proteins, developing flavor
Simmer	Gentle cooking right below a boil; look for small bubbles around the edges	Sauces, soups, grains
Roast	Dry heat cooking in the oven	Vegetables, proteins
Blanch	Briefly cook in boiling water, then cool immediately	Vegetables, preserving color/texture
Steam	Cook food using moist heat from steam	Vegetables, dumplings, retaining moisture and nutrients
Pan-Sear	Cook food over high heat to create browning and flavor development	Proteins, vegetables, crust development
Reduce	Simmer liquid to concentrate flavor	Sauces, glazes
Deglaze	Add liquid to release browned bits from a pan	Sauce and flavor building
Caramelize	Brown sugars naturally through cooking	Onions, roasted vegetables
Emulsify	Combine fat and liquid into a smooth mixture	Dressings, sauces
Fold	Gently combine ingredients without deflating or over-mixing	Salads, delicate mixtures
Toss	Lightly mix ingredients together	Salads, vegetables, grain dishes
Coat	Evenly cover food with sauce, oil, or seasoning	Proteins, vegetables
Marinate	Soak food in seasoned liquid before cooking	Flavor development and tenderness
Season	Enhance flavor using salt, spices, acids, herbs, or aromatics	Flavor balancing
Taste & Adjust	Evaluate and modify seasoning as needed	Salt, acid, sweetness, spice balance

Rest	Allow cooked food to sit before serving	Moisture retention and texture improvement
Dice	Cut food into evenly sized cubes	Vegetables, consistency in cooking
Mince	Cut food into very small pieces	Garlic, herbs, aromatics
Julienne	Cut food into thin matchstick strips	Vegetables, salads, garnishes
Zest	Remove the outer colored layer of citrus peel	Adding bright citrus flavor
Drain	Remove excess liquid from food	Pasta, canned beans, vegetables
Portion	Divide food into consistent serving sizes	Cost control, meal compliance, consistency
Yield	The total amount a recipe produces	Recipe scaling and forecasting
Garnish	Final ingredient added for flavor, texture, or appearance	Fresh herbs, crunchy toppings, citrus
Hold	Keep food at safe serving temperature before service	Batch cooking and school meal service
Batch Cooking	Preparing food in smaller quantities throughout service	Improves food quality and reduces waste
Mise en Place	"Everything in its place"; organized preparation before cooking	Production efficiency and organization
Cross-Utilization	Using the same ingredient across multiple menu items	Inventory management and waste reduction
Fork Tender	Soft enough to easily pierce with a fork	Vegetables, braised meats
Golden Brown	Even browning that develops flavor and texture	Roasted foods, baked items
Crisp-Tender	Cooked but still slightly firm	Vegetables
Al Dente	Tender with slight firmness remaining	Pasta, grains
Aromatics	Ingredients that build foundational flavor and aroma	Onion, garlic, ginger, celery, herbs
Acid	Sour or bright ingredients that balance flavor	Citrus juice, vinegar, yogurt

Umami	Savory, rich flavor profile often associated with depth	Soy sauce, mushrooms, tomato paste, parmesan
Texture Contrast	Combining different textures within a dish	Crunchy slaw with soft rice or crispy toppings
Production Flow	Organizing tasks in a logical cooking sequence	Timing, multitasking, kitchen organization
Visual Appeal	How attractive or appetizing food appears	Color, garnish, presentation, tray composition
Consistency	Producing food with the same quality each time	Portioning, seasoning, cooking standards

WEIGHTS AND MEASURES

In foodservice operations, weights and measures are essential components to producing high-quality meals. All recipes require a basic understanding of the different units, the purpose of measuring tools, and the right techniques for measurement. Sometimes, recipes also require conversions or alterations. Because of this, math skills are essential for working in the kitchen.

WEIGHT VS. VOLUME

There are many forms of measurement, such as weight, time, speed, and volume. Each of these forms has a distinct purpose and unit of measure. Weight and volume are two types of measurements that are often confused:

Weight: the measure of an item's mass. In foodservice, the most common units of weight are ounces and pounds.

Volume: the measure of the amount of space an item takes up. There are seven units of volume: teaspoon, tablespoon, fluid ounce, cup, pint, quart, and gallon.

To highlight the difference between weight and volume, consider this age-old question; what weighs more, a pound of bricks or a pound of feathers?



Both the bricks and the feathers have an equal weight—one pound. However, the items have very different volumes because they take up different amounts of space. The amount of feathers needed to weigh one pound is much more than the amount of bricks needed.

Due to this, weight is regarded as the more accurate measurement for solid ingredients weighing more than two ounces. Liquid ingredients, on the other hand, are usually best measured with volume.

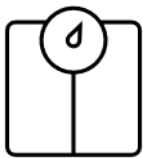
The importance of weight and volume can be further demonstrated by that 1 ¼ cups of flour mentioned earlier. Flour is a solid ingredient that's best measured by weight. If the flour is measured using a volume measuring cup though, the quantity can vary greatly from person to person, even when the same cup is used. Factors that alter quantity include:

- If it was spooned in or scooped in with the measuring cup
- If it was packed down into the cup
- If it was leveled off with a straight edge

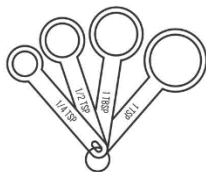
Even small differences in quantity can make a big difference in a recipe's result. Using the correct measuring tools and techniques matters. That's not to suggest that a small portion of flour must always be weighed on a scale. Nevertheless, ensuring that all ingredients are measured with the correct method will greatly improve the quality of food.

MEASURING TOOLS AND TECHNIQUES

There are different measuring tools created for different purposes. Here are the most common tools used within foodservice operations:



Scales measure weight. They are the most accurate way to measure dry ingredients but can also be used for some liquid ingredients as well.



Measuring cups and **measuring spoons** measure volume. They are best used for liquid ingredients but can be used for small quantities of dry ingredients too.



Scoops measure volume. The scoop number equals the average number of scoops in a quart

For graduated dry and liquid ingredients, the standard sizes are:

- 1 quart
- 1 pint
- 2 quarts
- 1 gallon

Since weight is the best measure for dry ingredients, these units are generally not used for quantities greater than 1 quart. Nonetheless, there are variations for tools depending on their intended use, and it's important to understand these differences.



Liquid measures will have a curved lip above the spill line to prevent spilling.



Dry measures have a straight rim to level off any ingredient.

Another important distinction is between ounces and fluid ounces. An ounce is a measure of weight, while a fluid ounce is a measure of volume. Any ingredient labeled with ounces will not equal the same quantity of that ingredient in fluid ounces, as liquid weights may vary.

When it comes to measuring ingredients, the right technique is key. Even if you use the correct tool for the job, the wrong use of that tool will result in inconsistent results when following a recipe. To ensure all ingredients are measured correctly:

- Lightly spoon dry ingredients into a measuring cup. Level off the top by using a flat-edged utensil such as a knife or a metal spatula. Avoid tapping or shaking the measuring container; this will pack the ingredient and lead to inaccurate quantities.

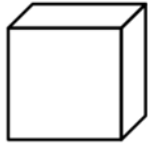
- An exception to this rule is brown sugar. Typically, this ingredient should be firmly packed into a measuring cup, although the recipe should specify what to do.
- Use a scale whenever possible to measure dry ingredients. If one is not available, use the largest instrument possible to increase accuracy. For instance, measuring four cups of flour using a one-quart container is better than using a four-cup container four different times. Every time the flour is spooned into the cup, it increases the chance of human error.
- Checking the amount of liquid in a measuring cup by sitting it steady on the counter and looking at the meniscus. The meniscus is the natural upward or downward curve seen at the top of the liquid. To do this, examine the container at eye level and determine if the meniscus is at the desired unit. This will produce the most accurate results for your recipe.
- If possible, measure all ingredients before starting the recipe to increase efficiency and decrease the chance of error.

PORTIONING

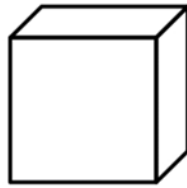
How food is portioned will directly relate to the yield of a recipe. Most often, scoops are used for portioning. Selecting the right scoop size and following the right technique is essential whenever serving food. If you over portion, you will run out of food too quickly. If you under-portion, you'll be left with excessive leftovers.

Incorrect portioning doesn't only affect the operation's bottom line. It can also negatively impact consumers. If one kid gets a heaping serving of food while another gets a tiny serving, you will have very unsatisfied students on your hands. To avoid this issue, use instruments that measure both weight and volume, and remember the right techniques for accurate measure.

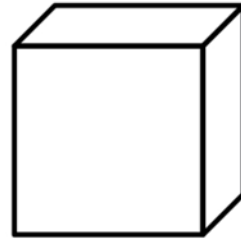
BASIC KNIFE CUTS



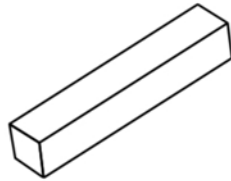
Small Dice
1/4" cube



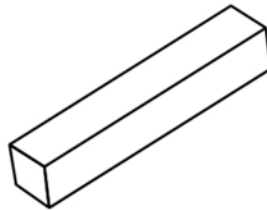
Medium Dice
1/2" cube



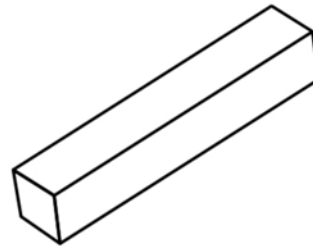
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



Julienne
1/8" sq x 2 inch



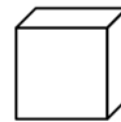
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



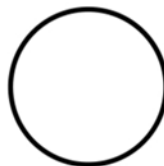
Chop
1/8"-1/4" cube



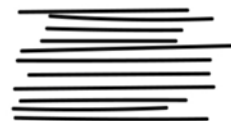
Brunoise
1/8" cube (fine dice)



Bias
diagonal cut



Rondelle
1-8"-1/2" round



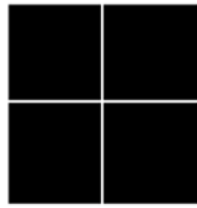
Chiffonade
rolled, sliced thin

CONVERSION TABLES



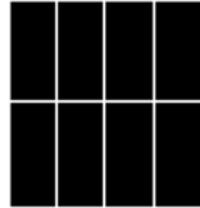
1 gallon

=



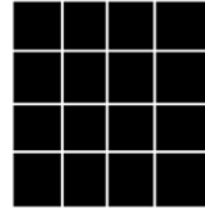
4 quarts

=



8 pints

=



16 cups



1 gallon=128 oz.



1 qt.=32 oz.



1 pt.=16 oz.



1 cup=8 oz.

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

1 gram (g)	=	1/28 oz. (or 0.035 oz.)
½ ounce (oz.)	=	14 g
1 ounce	=	28.35 g. (approx. 30 g)
2 ounces	=	56 g. (approx. 60 g)
4 ounces	=	110 g
6 ounces	=	170 g
8 ounces	=	225 g
12 ounces	=	340 g
1 pound (lb.)/ 16 oz.	=	453.6 g (454 g)
1 kilogram (kg)	=	2.21 lb.
1 liter (L)	=	35 fl. oz. (1 ¾ pt.)

METRIC CONVERSION TABLE

To Change...	To...	Multiply by
Pounds	Grams	453.6
Ounces	Grams	28.35
Pounds	Kilograms	.45
Teaspoons (tsp.)	Milliliters (ml)	5
Tablespoons (Tbsp.)	Milliliters	15
Fluid Ounces	Milliliters	30
Cups	Liters	.24
Pints (pt.)	Liters	.47
Quarts (qt.)	Liters	.95
Gallons (gal.)	Liters	3.8
Fahrenheit (°F)	Celsius (°C)	5/9 after subtracting 32*

*Example: 9°F above boiling equals 5°C above boiling.

TEMPERATURE EQUIVALENCIES

Fahrenheit (°F)	Celsius (°C)	Classification
250	130	very cool
300	150	low
325	165	moderate-low
350	180	moderate
400	200	moderate-hot
425	220	hot
450	230	very hot

US CUSTOMARY LIQUID VOLUME CONVERSIONS

1 tablespoon	=	3 teaspoons
1 fluid ounce	=	2 tablespoons
1 cup	=	8 fluid ounces
1 pint	=	2 cups
1 pint	=	16 fluid ounces
1 quart	=	2 pints
1 gallon	=	4 quarts
1 gallon	=	128 fluid ounces

US TO METRIC DRY MEASURES CONVERSIONS

tsp.	Tbsp.	oz.	cup	lb.	grams
3	1	½	1/16	---	14
6	2	1	⅛	1/16	28
12	4	2	¼	⅛	57
24	8	4	½	¼	113
36	12	6	¾	⅜	170
48	16	8	1	½	227
96	32	16	2	1	454

VOLUME MEASURE CONVERSIONS

US	Metric
1 teaspoon	5 ml
1 tablespoon	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ ¼ cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint	480 ml
32 fl. oz./ 1 quart	960 ml
128 fl. oz./ 1 gallon	3.84 L

HOTEL/ STEAMTABLE PAN CAPACITY

Pan Size		Full Pan Capacity		85% Pan Capacity	
		Quarts	Cups	Quarts	Cups
Full Size	12" x 20" x 2 ½"	8 ¼	33	7	28
	4"	14	56	12	48
	6"	21	84	18	72
Half Pan	12" x 10" x 2 ½"	4	16	3 ½	14
	4"	6 ½	26	5 ½	22
	6"	9 ½	38	8	32
Third size	12" x 6" x 2 ½"	2 ⅔	9 ⅔	2	8
	4"	3 ⅞	15 ½	3 ¼	13
	6"	6	24	5	20 ½
Fourth Size	10" x 6" x 2 ½"	1 ⅞	7 ½	1 ½	6 ⅜
	4"	3	12	2 ½	10
	6"	4 ½	18 ¼	3 ⅞	15 ½
Sixth Size	6" x 6" x 2 ½"	1 ¼	5	1	4 ¼
	4"	1 ⅞	7 ½	1 ½	6 ⅜
	6"	2 ¾	11	2 ⅓	9 ⅓

SCOOPS

The number on the scoop indicates how many level scoops make one quart.

Scoop #	Measure	Weight in fl. oz.	Scoops per Cup
4	1 cup	8	1
5	$\frac{3}{4}$ cup	6.4	1 $\frac{1}{4}$
6	$\frac{2}{3}$ cup	5.3	1 $\frac{1}{2}$
8	$\frac{1}{2}$ cup	4	2
10	$\frac{3}{8}$ cup	3.2	2 $\frac{1}{2}$
12	$\frac{1}{3}$ cup	2.6	3
16	$\frac{1}{4}$ cup	2	4
20	3 $\frac{1}{3}$ Tbsp.	1.6	5
24	8 tsp.	1.33	6
30	2 Tbsp.	1	7 $\frac{1}{2}$
40	1 $\frac{2}{3}$ Tbsp.	.75	10
50	3 $\frac{3}{4}$ tsp.	.64	12 $\frac{1}{2}$
60	1 Tbsp.	.5	15
70	2 $\frac{3}{4}$ tsp.	.45	17.5
100	2 tsp.	.32	25

LADLES

Volume (fl. oz.)	Approx. Measure
1	$\frac{1}{8}$ cup
2	$\frac{1}{4}$ cup
3	$\frac{3}{8}$ cup
4	$\frac{1}{2}$ cup
6	$\frac{3}{4}$ cup
8	1 cup
12	1 $\frac{1}{2}$ cups

These materials were developed at the Culinary Institute of America.

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