



Culinary Institute
of America

Culinary Training Day 1

Chef Kevin Jenkins

July 2026



Program Overview

Day 1

- **Introduction**
- **Mise en Place**
- **Knife Skills**
- **Recipe Literacy**
- **Production Review**

Day 2

- Batch Cooking Basics: Vegetables & Intro to Proteins
- Production Review
- What Next?

Learning Objectives

- List and execute basic kitchen responsibilities and expectations.
- Understand and apply the concept of "*mise en place*".
- Demonstrate safe knife skills and consistent cuts.
- Understand recipe literacy and how to improve it.
- Operate commercial kitchen equipment safely and efficiently.
- Identify and understand basic cooking terminologies.
- Maintain food quality throughout production and service using food safety and sanitation concepts.
- List the elements of a standardized recipe, and prepare dishes using standardized recipes.



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Mise en Place





Key Terms

Action plan
worksheet

Flow

Mise en
place

Prioritize

Production
list

Timeline

Workflow

Workstation

Standardized
Recipe

Yield

FIFO

Pre-Prep

Portioning

Batch
Cooking

Scaling



Kitchen Responsibilities



Cleanliness

- Keep stations clean at all times
- Clean small equipment as you go

Cross-contamination prevention

- Wash hands, cutting boards, knives, etc. when switching between meats/ vegetables

Food safety

- Properly handle and store all food
- Wear gloves when handling ready-to-eat food

Clean & store

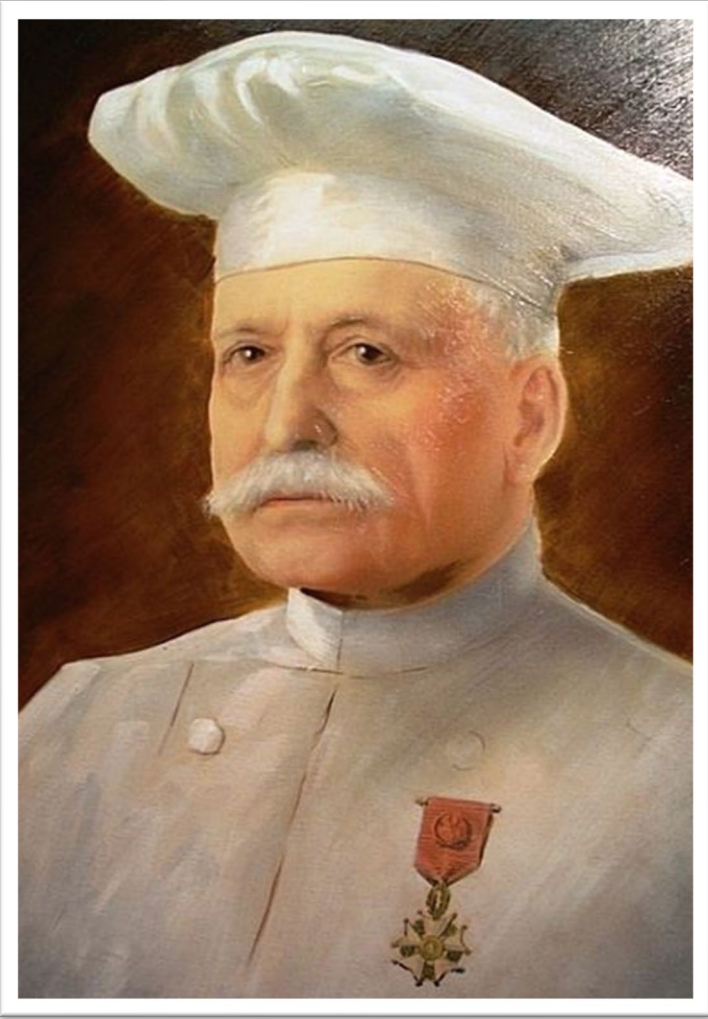
- Store equipment correctly
- Leave kitchens clean at class end

Food Safety

- Keep hair contained with toque, hair net, hair tie, beard guard
- Wash hands before starting work
- Wash hands after:
 - Touching hair, face, phone, pen, etc.
 - Coughing/ sneezing into tissue
- Wash, dry all produce
- Wash cutting board, knives, tools after each use
- Keep perishables refrigerated until needed
- Wear gloves when handling ready-to-eat food
- Keep raw meat, poultry, eggs, seafood separate from other foods
- Cook food to the temperature safe zone



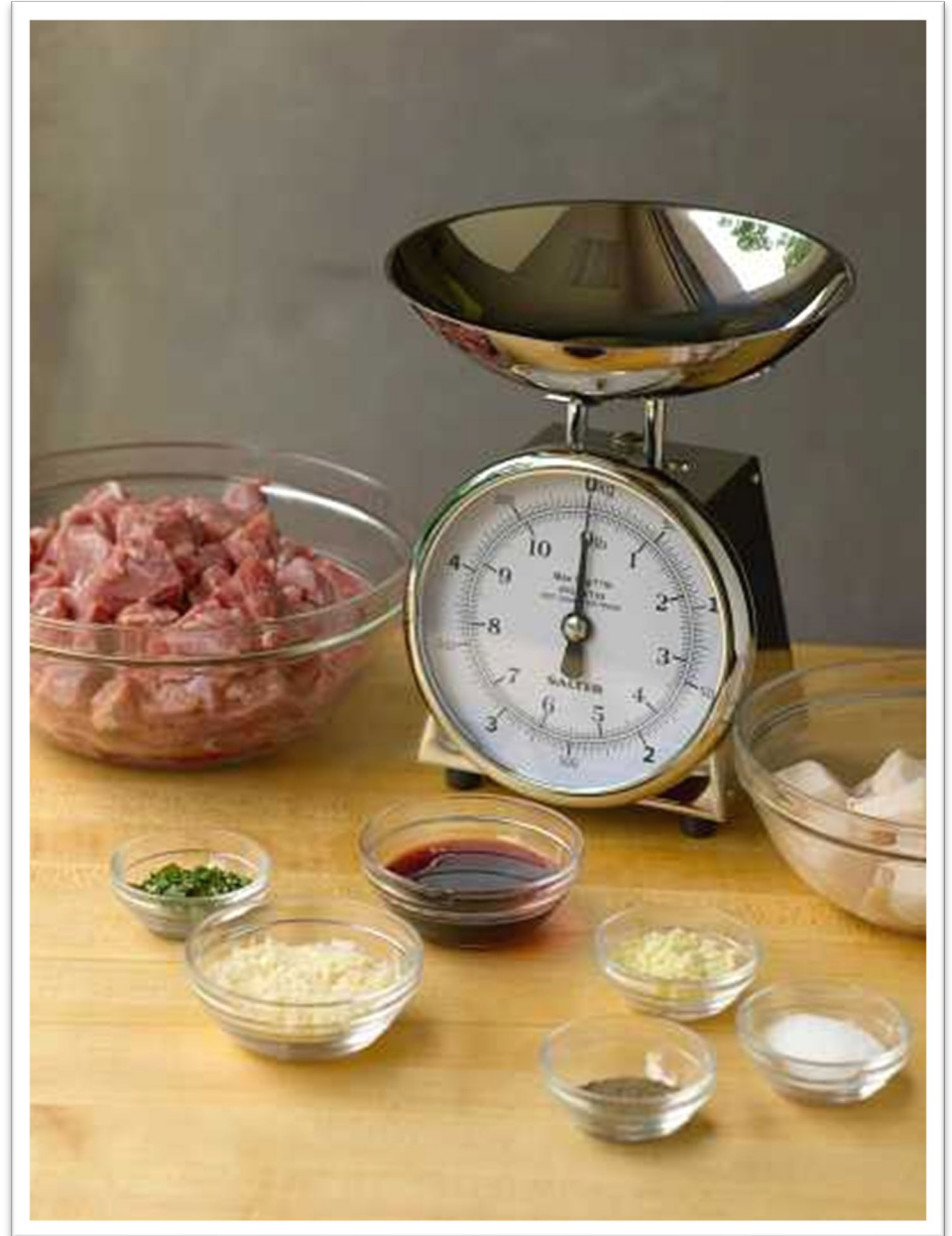
Mise en Place



- French for “everything in its place”
- Organizational system developed in 1800s by Auguste Escoffier, a former soldier
- Preparing the workspace, planning the cooking process
- Having everything ready **before** you cook, bake, or assemble your dish
- Vital part of all successful kitchens, required skill of professional chefs

Recipe Mise en Place

- Read entire recipe before starting
- Review yield, temp., cook times
- Understand terms, techniques– ask questions if unsure!
- Visualize the cooking process from start to finish
- Complete any pre-steps (soak, marinade, etc.)
- Gather, measure/ weigh all ingredients
- Complete all basic prep (wash, trim, grind, dice, etc.)





Tasting
spoons

Sanitation
bucket with
handy wipes

Paper
towels

Salt + pepper

Receptacles for
trash + compost

Secured
cutting board

Receptacles
for product

Workstation Mise en Place

Mental Mise en Place

Game Plan

- What am I going to make?
- How much?
- How long will it take?
- What time is service?
- Review the entire recipe
- Understand terms & techniques

Equipment

- What tools do I need for prep/production?
- What will I serve in?





The 3 Stages of MEP

Raw product

- Gather all ingredients & equipment first
- Plan in stages & think about end goal
- Complete necessary pre-steps if needed (cutting, dicing, slicing, cooking, etc.)

Prepped product

- Cooking & setting up items to be finished during service
- Cook through recipe
- Think about garnish needed for plating

Finished product

- Service!
- Minimal cooking other than “firing” batch items
- Focused on finishing & assembling
- Product is delivered to customer





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Knife Skills





Key Terms

Claw grip

Pinch grip

Chop

Slice

Honing

Sharpening

Whetstone

Julienne

Brunoise

Dice

Chiffonade

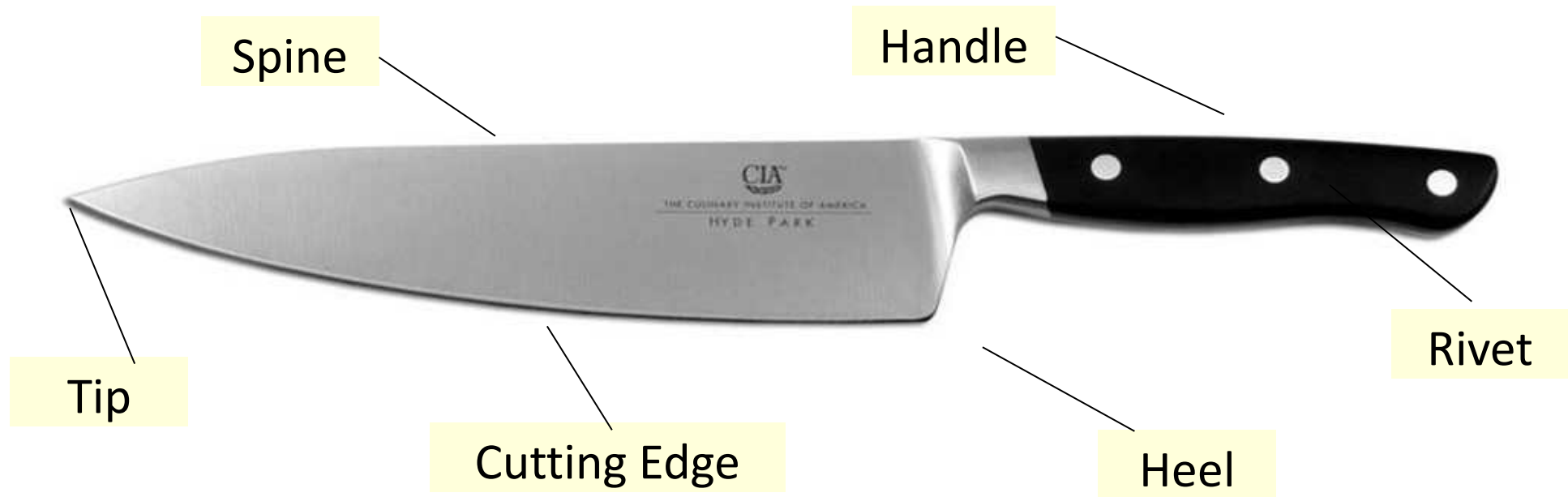
Mince

Suprême

Knife types

Knife
anatomy

Anatomy of a Knife



Knife Selection

Use the RIGHT knife for the job!!

French Knife



chopping, slicing, dicing,
mashing

Paring Knife



peeling, trimming, and shaping
fruits and vegetables

Boning Knife



cutting meat away from bones

Knife Selection

Slicer



slicing cooked meats and poultry

Serrated Knife



slicing through the crusts of bread

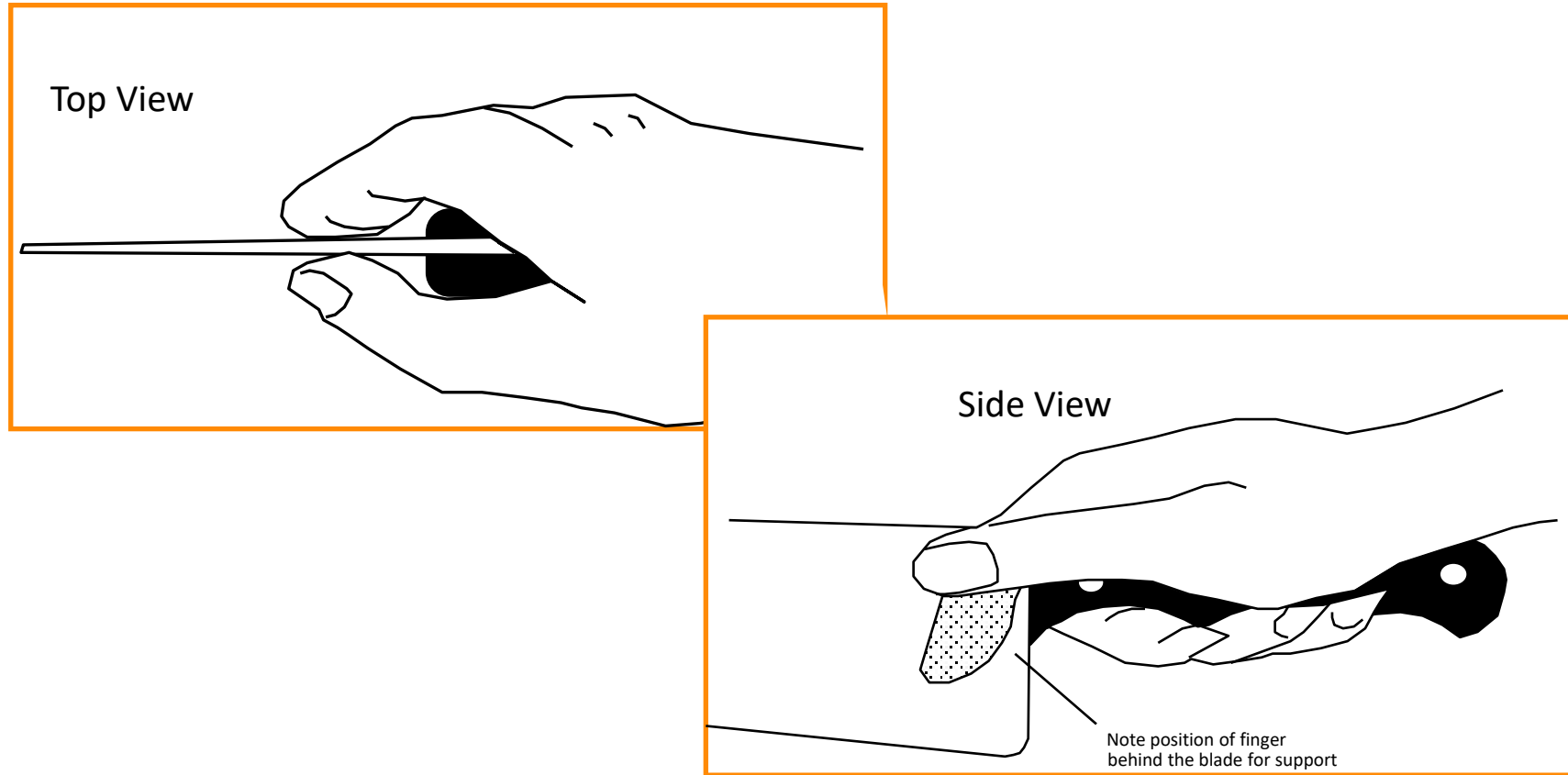
Honing & Sharpening

- **Sharpening:** removing metal to redefine the cutting edge
- **Honing:** realigning/straightening the existing metal of the cutting edge



Holding a Knife

Grasp the knife by the handle, allowing your thumb and index finger to rest on the blade for support.



Knife Safety

- Always use a sharp knife!
- Hold the knife firmly in your hand and cut away from your body.
- Always use a cutting board.
- Place knives on flat surfaces, away from the table edge, with the blade facing away from you.
- Keep knives in clear sight, never covered.
- Do not grab blindly for a knife.
- If a knife falls off the table, do not attempt to catch it.
- Pass a knife to someone using the handle, never the blade.
- When walking with a knife, carry it with the point down.
- Never place knives in the dish area. Always hand wash & store properly.

Julienne & Dice Vegetables

1. Square off the ends and sides
2. Slice into even slabs of the same thickness
3. Stack the slabs and slice into even sticks (julienne)
4. Gather the sticks and cut into even cubes (dice)



Julienne Cut Sizes

Fine Julienne

$\frac{1}{16} \times \frac{1}{16} \times 1-2$ in.



Julienne/Allumette

$\frac{1}{8} \times \frac{1}{8} \times 1-2$ in.



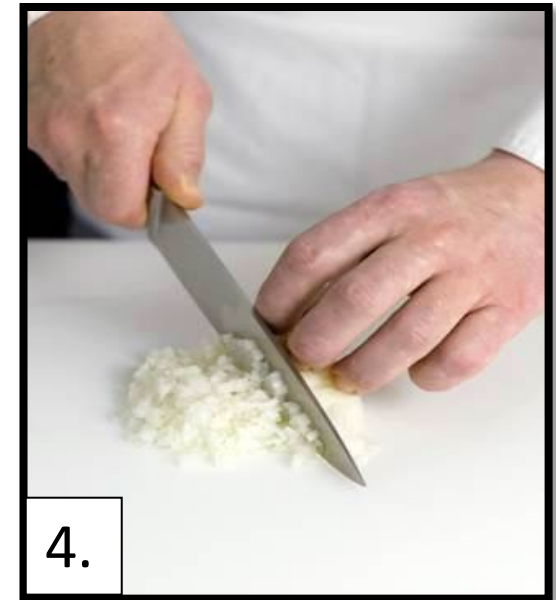
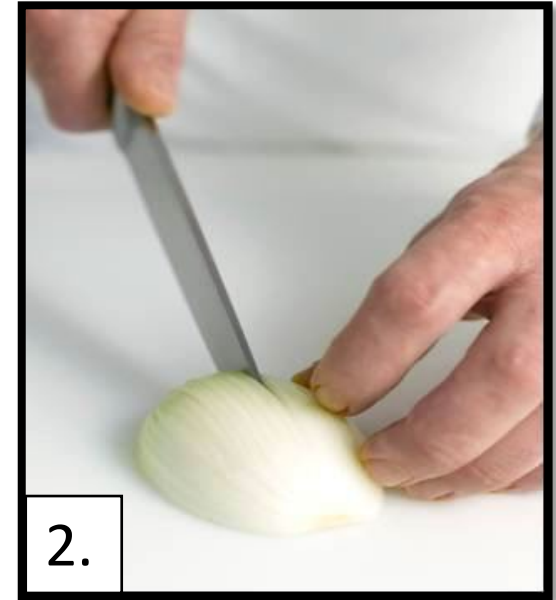
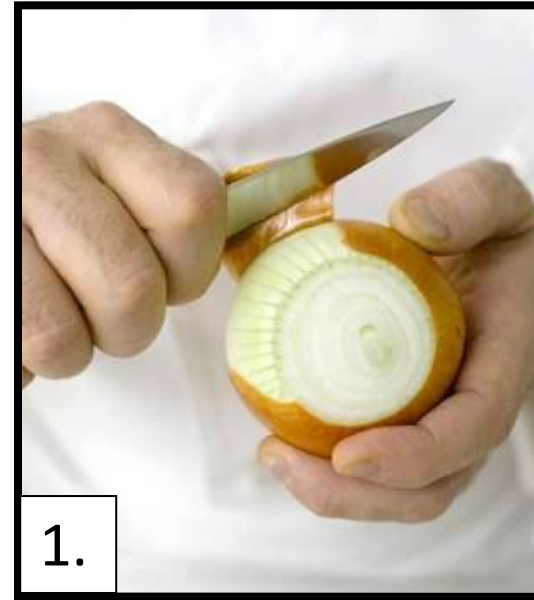
Batonnet

$\frac{1}{4} \times \frac{1}{4} \times 2 - 2\frac{1}{2}$ in.



Dice & Mince Onions

1. Cut off tip end, peel, and cut through root to tip
2. Make several evenly spaced parallel cuts, without cutting the root
3. Make two to three horizontal cuts, without cutting the root
4. Make even crosswise cuts working from tip to root



Dice Cut Sizes

Small Dice

$\frac{1}{4} \times \frac{1}{4} \times \frac{1}{4}$ in.



Medium Dice

$\frac{1}{2} \times \frac{1}{2} \times \frac{1}{2}$ in.



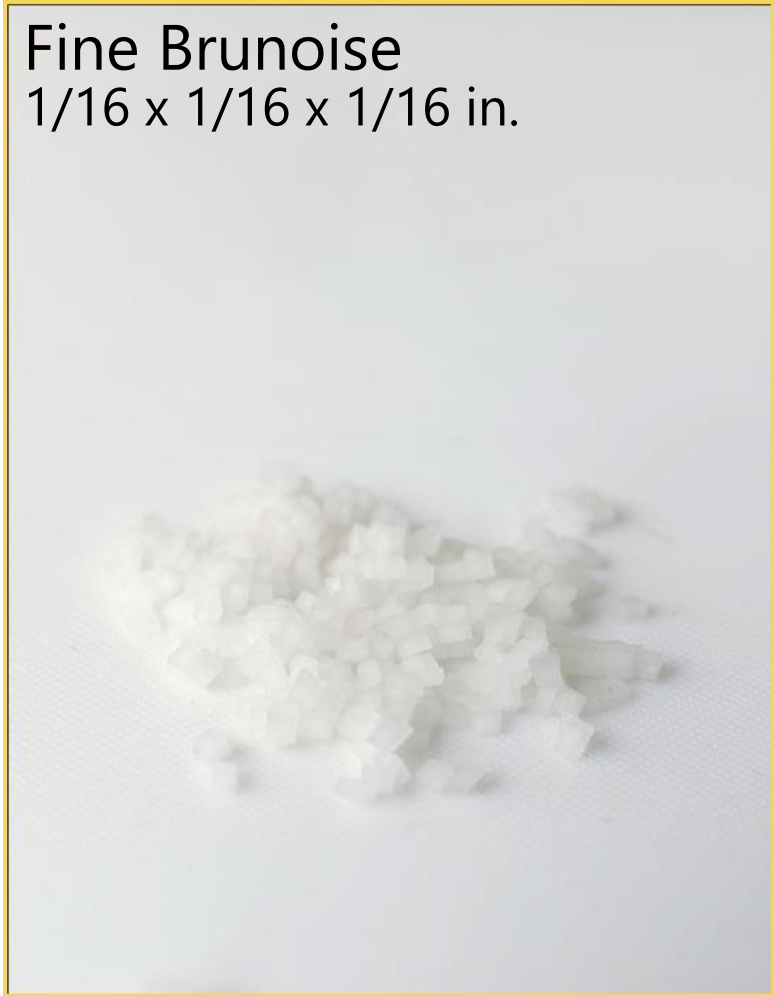
Large Dice

$\frac{3}{4} \times \frac{3}{4} \times \frac{3}{4}$ in.

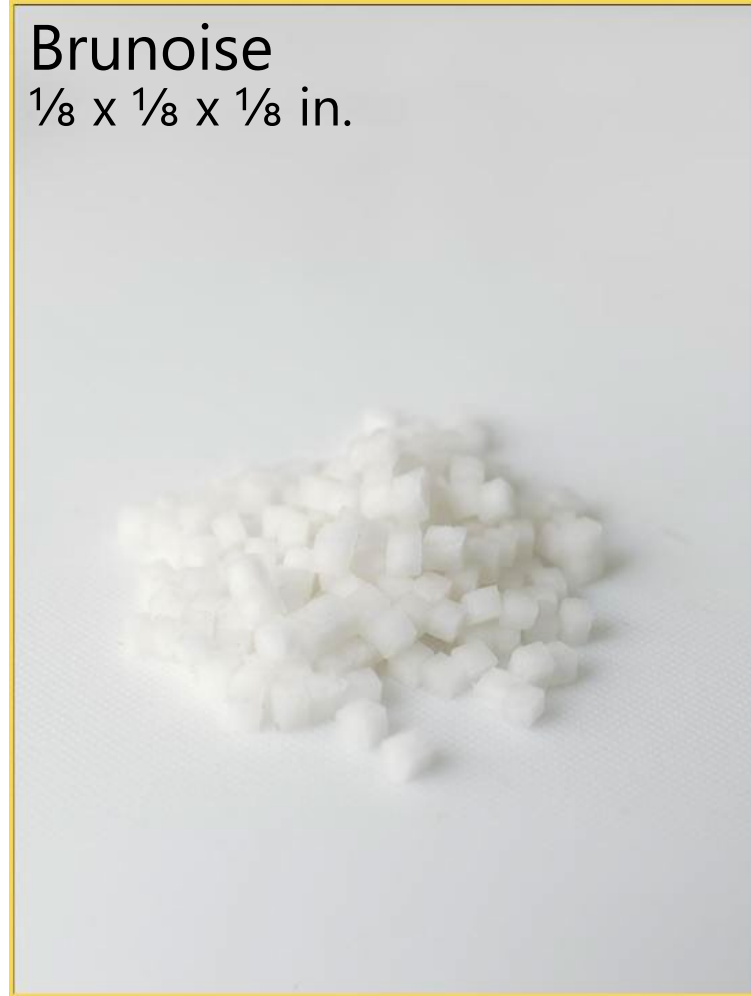


Brunoise Cut Sizes

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



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



Mince Garlic

1. Peel cloves
2. Slice cloves
3. Cut cloves into a rough chop
4. Using a rocking motion, chop to desired fineness



Chop & Mince Herbs

1. Wash, dry, and remove leaves from stems; roll into a tight ball and chop roughly
2. Move hand to front of knife and chop using a rocking motion
3. Continue cutting to desired fineness



Chiffonade Herbs

1. Remove leaves
2. Stack the leaves, placing smaller leaves on top of larger leaves
3. Roll into a cylinder
4. Make fine parallel cuts across the cylinder



Other Classic Vegetable Cuts

Tourné

2 in. long with 7 faces



Oblique

Uniform pieces with 2 angled cuts



Rondelle

½ to ⅛ in. thick rounds



Suprême Citrus Fruit



1. Cut away the ends.
2. Cut away the rind and all the pith, leaving as much flesh as possible.
3. Cut along each side of the membrane to cut away the segments.



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Recipe Literacy



Recipe Literacy

- **Recipe literacy:** ability to read, understand, & interpret recipes to create successfully; a deeper understanding of culinary processes
- **Deciphering ingredients:** understanding components, measurements, techniques, substitutions
- **Interpreting directions:** recognizing cooking terms, following order, making adjustments, applying *mise en place*
- **Critical evaluation:** judging a recipe's reliability, clarity, & practicality

The image shows a blank recipe card from a 'RECIPE BOOK'. The card is white with a light gray border. At the top right, there is a gold-colored pushpin. The card is divided into several sections:

- RECIPE FOR**: A line for the recipe name.
- PERFECT FOR SERVING WITH:**: A line for the dish it serves with.
- DATE:** and **FROM:**: Lines for the date and source.
- PREP TIME:** and **SERVINGS:**: Lines for preparation time and the number of servings.
- NUTRITIONAL INFO (CALORIES, FAT, SODIUM):**: A line for nutritional information.
- INGREDIENTS**: A section with a table for listing ingredients. The table has three columns and several rows. The first column is labeled **MAIN DISHES**.
- HARD TO FIND INGREDIENTS:**: A section for listing ingredients that are difficult to find.
- DIRECTIONS**: A section for writing the cooking instructions.
- NOTES (FREEZING, REHEATING, ETC.)**: A section for additional notes.
- EXCELLENT**, **GOOD**, **FAIR**, and **NEVER AGAIN**: Radio button options for rating the recipe.

A black pen is lying on the right side of the card.

Why is Recipe Literacy Important?

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



Improving Recipe Literacy

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



Standardized Recipes

- Tailored for a specific kitchen
- Designed to yield consistent taste, quality, & portion sizes
- Includes detailed instructions, measurements, & specific yields
- Built for scale, efficiency & compliance with meal patterns, establishment needs, and/or nutrition requirements

Angel Biscuits, Whole Wheat

Grains

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 120
(Cooking Light, modified by KSDE)

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

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

Nutrients Per Serving

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

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

Elements of Standardized Recipes

- Recipe name
- Yield/ # of portions
- Serving size
- Ingredients + measurements
- Preparation instructions
- Cooking time & temperature
- Equipment/ tools (optional)
- Allergen/ dietary information
- Nutrition facts

RECIPE LITERACY—KEY ELEMENTS

Recipe-Title BAKED CHICKEN DRUMSTICK BAKED CHICKEN DRUMSTICK		Serving-Size & Credible Portions SERVING SIZE: K-8: 1 DRUMSTICK 9-12: 2 DRUMSTICKS 1 DRUMSTICK PROVIDES 1.5 OZ. EQ M/M		
Ingredients Ingredients	INGREDIENTS Chicken, drumsticks (One 3.7-oz. drumstick = 1.5-oz. cooked chicken meat) CN Labeled to provide 1.5-oz. eq m/m	50 SERVINGS	25 SERVINGS	Yield Ingredient amount needed for specific yield
		11-pounds 10-ounces	5-pounds 14-ounces	
Direction- Or Preparation- Method/Order	DIRECTIONS 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.	Critical Control Points CCP: Heat to 165°F or higher for 15 seconds. CCP: Hold at 135°F or higher.		
Ranch—for 50 servings Garlic, granulated—2 tablespoons Granulated onion—2 tablespoons Dill weed—2 tablespoons Salt—2 teaspoons Black pepper—1 1/2 teaspoons		Rosemary—for 50 servings Rosemary—3 tablespoons Garlic, granulated—2 tablespoons Granulated onion—2 tablespoons Salt—2 teaspoons Black pepper—1 1/2 teaspoons		BBQ—for 50 servings Cumin—2 tablespoons Smoked paprika—2 tablespoons Garlic, granulated—2 tablespoons Granulated onion—2 tablespoons Salt—2 teaspoons Black pepper—1 1/2 teaspoons

CHILI-CINNAMON ROASTED SWEET POTATOES

SERVING SIZE: ½ CUP

ONE PORTION PROVIDES: ½ CUP RED/ORANGE VEGETABLE



INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Sweet potatoes, fresh, diced, wedges, or sticks	15 ½ pounds	3 pounds	1. Preheat oven to 400°F. 2. Scrub potatoes (and peel if desired) and cut them into wedges or sticks.
Chili powder	1 tablespoon	¾ teaspoon	3. Combine seasonings: chili powder, cinnamon, sugar, black pepper, white pepper, garlic, and salt.
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	4. Drizzle sweet potatoes with oil and sprinkle with seasonings. Mix well to coat evenly with oil and seasonings. 5. Place on sheet trays. For 50 servings, use 2 full sheet trays. 6. Bake at 400°F for 12 to 15 minutes until tender and browned in spots. CCP: Cook until internal temperature reaches 135°F or above. 7. Serve immediately. CCP: Hold for hot service at 135°F or above.
Oil, olive, or canola	1 cup	3 tablespoons	

NUTRIENTS PER SERVING							
Calories	170	Total Fat	4.6 g	Vitamin A	19627 IU	Iron	.8 mg
Protein	2.3 g	Saturated Fat	.7 g	Vitamin C	12 mg	Sodium	50 mg
Carbohydrate	31 g	Cholesterol	0 mg	Calcium	47 mg	Dietary Fiber	2.5 g



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.



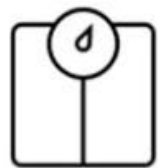
Weight is the measure of an item's mass. In foodservice, the most common units of weight are ounces and pounds.



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

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

¶



Common Measurement Conversions

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

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





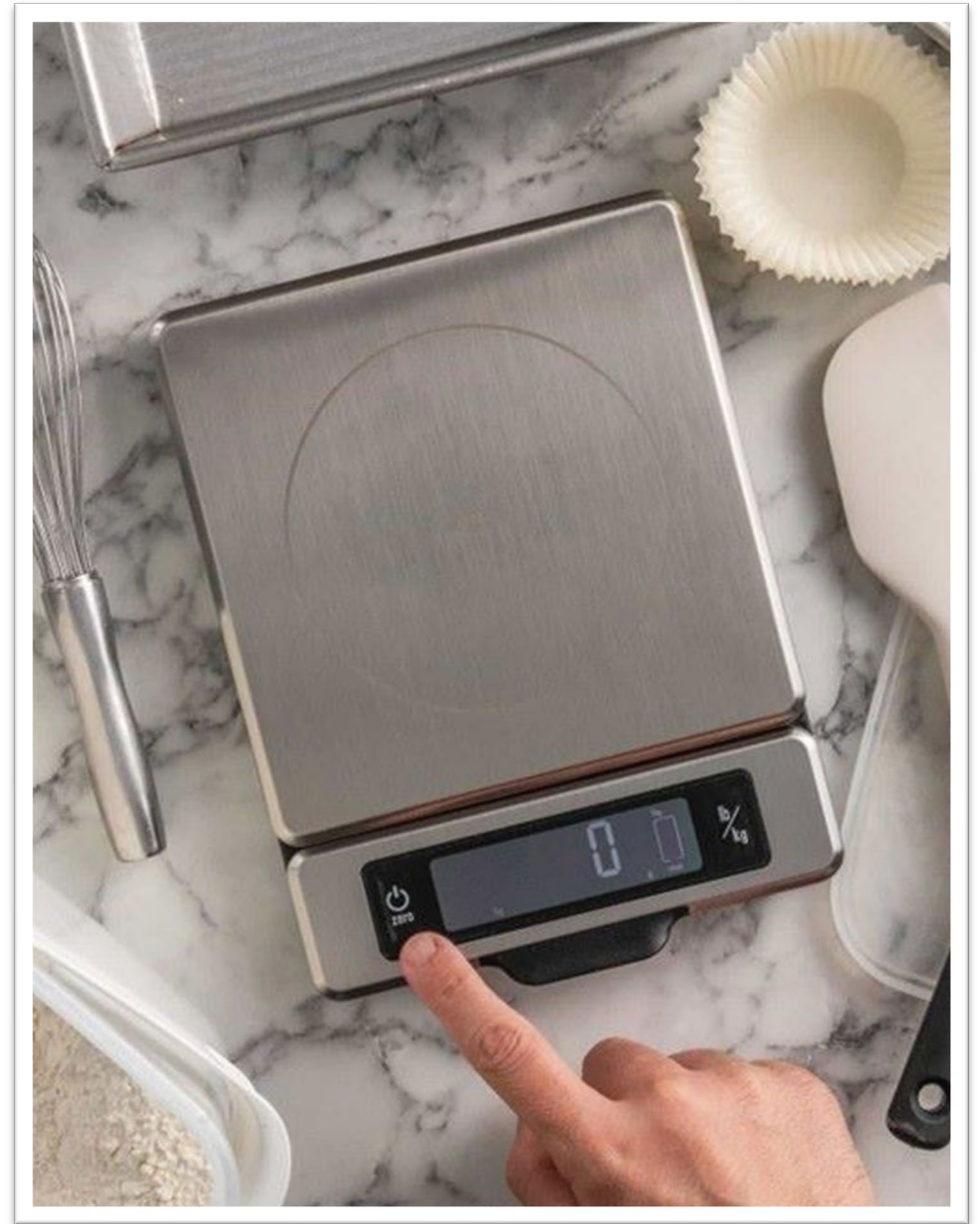
Measurement Abbreviations

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



Using a Kitchen Scale

1. Turn it on – Make sure it's on a flat, stable surface.
2. Select your unit – Choose grams (g) or ounces (oz) depending on your recipe.
3. Put a bowl, pan, or tray on the scale.
4. Hit the "tare" or "zero" button to subtract the weight of the container.
5. Add your ingredient slowly until you reach the desired amount
6. Keep adding & taring to measure multiple ingredients in one bowl



Using a Kitchen Scale

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



Basic Cooking Terms

Term	Heat type	Description	Equipment
Sauté	Dry	Quick cooking in small amount of fat over medium-high heat	Tilt skillet, sauté pan
Pan Fry	Dry	Cooking food in moderate fat in a shallow pan	Tilt skillet, fry pan
Deep Fry	Dry	Submerging food completely in hot oil	Fryer
Stir Fry	Dry	Cooking quickly over high heat while stirring constantly	Wok, tilt skillet
Roasting	Dry	Cooking with dry, indirect heat, usually in an oven	Convection oven
Baking	Dry	Cooking food with indirect dry heat, often for bread/pastries	Convection oven

Basic Cooking Terms

Term	Heat type	Description	Equipment
Braising	Combo	Searing food first, then cooking it slowly in a small amount of liquid	Tilt skillet, oven, steam kettle
Stewing	Combo	Cooking smaller pieces of food submerged in liquid over low heat	Steam kettle, stock pot, tilt skillet
Blanching	Moist	Quickly boiling food, then shocking it in ice water or cold water	Steam kettle, stock pot, tilt skillet
Simmering	Moist	Cooking in liquid just below boiling (185 – 205°F)	Steam kettle, stock pot

Basic Cooking Terms

Term	Heat type	Description	Equipment
Boiling	Moist	Cooking food in rapid boiling water	Steam kettle, stock pot, tilt skillet
Poaching	Moist	Gently cooking food in a liquid at a lower temperature (160 to 180)	Saucepan, steam kettle
Grilling	Dry	Cooking food over an open flame or heated grates	Grill
Broiling	Dry	Cooking under direct heat	Broiler, convection oven
Searing	Dry	Cook over high, direct heat	Sauté pan, tilt skillet

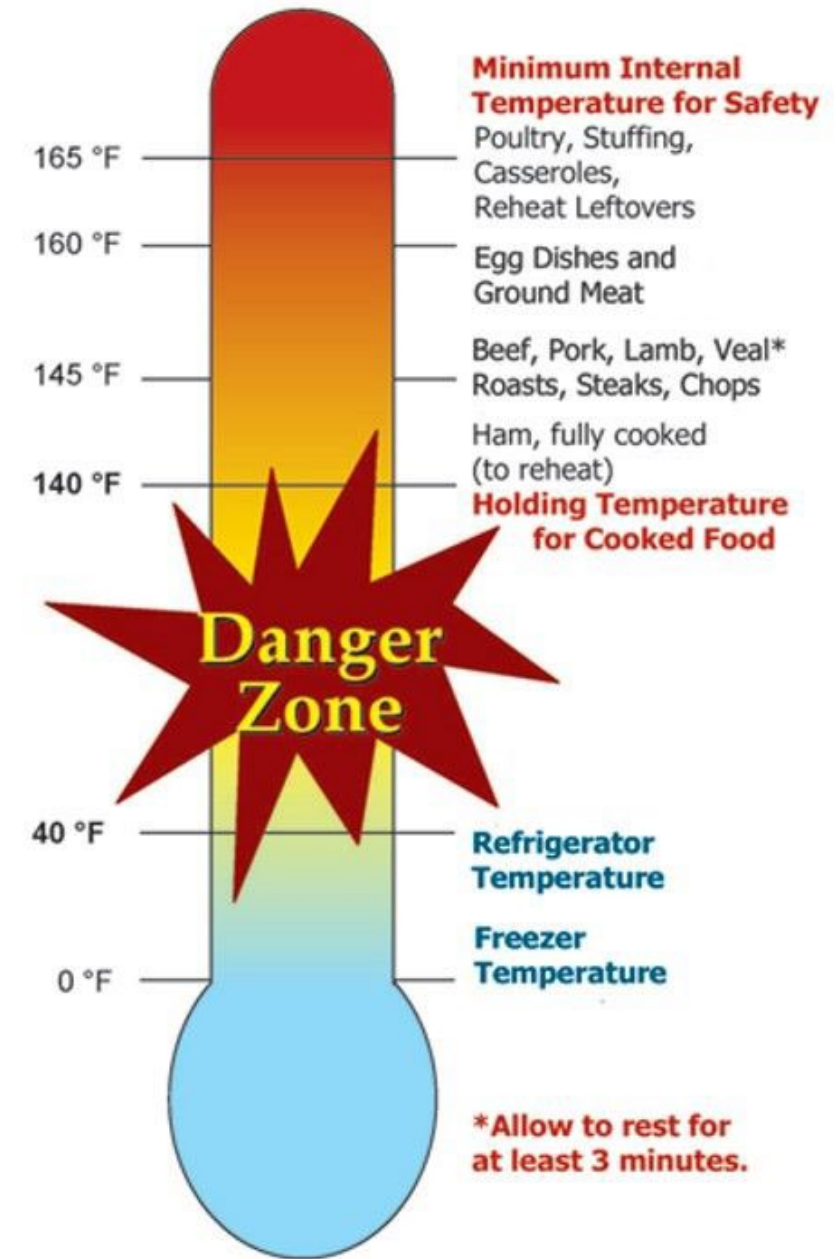
Cooking Time & Temperature

Exact cooking & holding temps, along with anticipated cook times:

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

Tips:

- Use internal temp. targets
- Include preheat instructions if relevant
- Add holding/ reheating guidelines
- Times may vary based on equipment, batch size, product size



Serving Size

Definition: the exact amount each guest should receive

- Ensures meal pattern compliance
- Helps control food costs & waste
- Supports nutrition analysis

Tips:

- Tie portion to serving utensils (e.g. #8 scoop = $\frac{1}{2}$ cup)
- Show visuals when training – what does $\frac{1}{2}$ cup really look like?



Serving Size



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

Equipment & Tools Lists

- The tools, equipment, or appliances needed to produce a dish
- Not required but very helpful
- Ensures staff are ready before service starts
- Reduces wasted time during prep
- Helps schedule equipment use during busy service window

Tips:

- Include size & type of pan (e.g. 8-qt stock pot)
- Consider labeling pre-prep needs (e.g. soak beans overnight)



Tomato Basil Pasta

Servings: 2

Prep time: 15 minutes

Cook time: 20 minutes

Tools Needed

- Large mixing bowl (stainless steel or glass)
- Chef's knife
- Cutting board
- 2-cup glass measuring cup (microwave-safe)
- Measuring spoons (tsp, tbsp)
- Large pot (stock pot)
- Wooden spoon
- Ladle
- Spatula or turner (silicone or wooden)
- 12-inch nonstick frying pan or cast iron skillet
- Can opener (if using canned tomatoes)

Ingredients

- 200 g (7 oz) pasta (spaghetti or linguine)
- 2 large ripe tomatoes, peeled, seeded, and chopped
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp dried basil (or 2 tbsp fresh)
- Salt and pepper to taste
- Optional: 1/4 cup fresh basil leaves, chopped

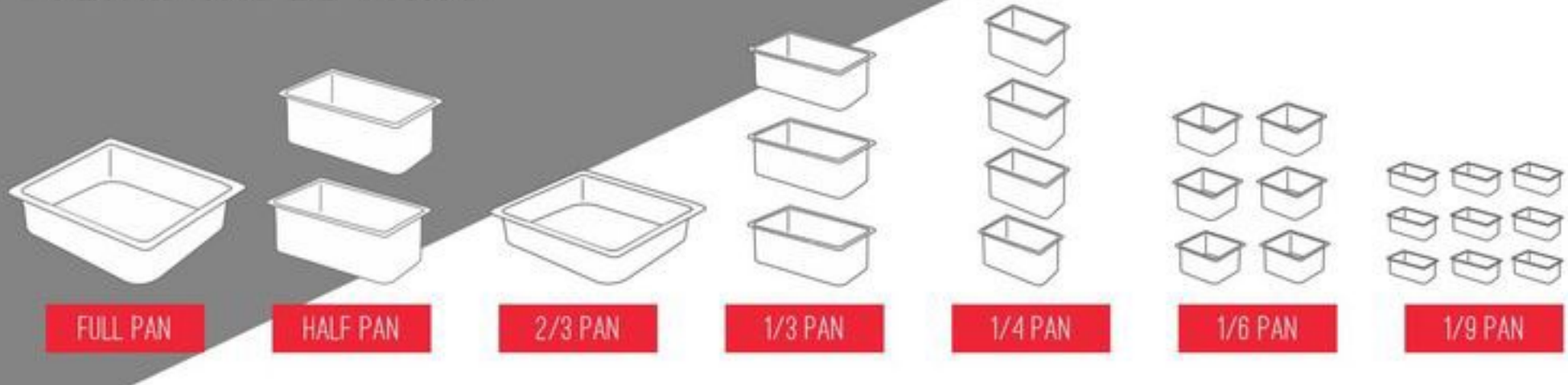
Instructions

1. **Prepare ingredients:** Chop tomatoes, mince garlic, and chop basil.
2. **Cook pasta:** Bring large pot of salted water to a boil. Cook pasta until al dente, about 10–12 minutes. Reserve 1 cup pasta water, then drain.
3. **Sauté sauce:** Heat olive oil in a 12-inch nonstick pan or cast iron skillet over medium heat. Add garlic and cook until fragrant (about 30 seconds).
4. **Add tomatoes:** Stir in chopped tomatoes and basil. Cook 5–7 minutes until sauce thickens.
5. **Combine:** Toss cooked pasta with sauce. Add reserved pasta water if needed to loosen sauce.
6. **Serve:** Plate pasta, garnish with extra basil, and serve hot.

Tip: If you don't have a nonstick pan, a cast iron skillet will work well for searing and flavor

This format ensures readers know exactly what to have ready before starting, avoiding mid-cook surprises.

A SIZE GUIDE TO STEAM TABLE PANS



DEPTH OF PANS

2"



4"



6"



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

Cold TABLES

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

Steam TABLES

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

Hot TABLES

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

Allergen & Dietary Information

- Notes identifying allergens & dietary accommodations
- Helps with student safety, menu labeling, & production records
- Supports inclusive menu planning

Suggestions:

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



Nutrition Facts

- Breakdown of a dish's nutrition content per serving
- Often found at the bottom or back of a standardized recipe
- Ensures that foods meet USDA requirements
- Supports choices for students with special dietary needs
- Can be used to teach students about balanced eating

Tips:

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

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

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



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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INGREDIENTS	50 SERVINGS	10 SERVINGS	DIRECTIONS
Sweet potatoes, fresh, diced, wedges, or sticks	15 ½ pounds	3 pounds	1. Preheat oven to 400°F. 2. Scrub potatoes (and peel if desired) and cut them into wedges or sticks.
Chili powder	1 tablespoon	¾ teaspoon	3. Combine seasonings: chili powder, cinnamon, sugar, black pepper, white pepper, garlic, and salt.
Cinnamon	2 teaspoons	½ teaspoon	
Sugar, white	1 tablespoon	½ teaspoon	
Black pepper, ground	1 teaspoon	¾ teaspoon	
Garlic, granulated	½ teaspoon	1/8 teaspoon	
Salt, kosher	½ teaspoon	1/8 teaspoon	
Oil, olive, or canola	1 cup	3 tablespoons	4. Drizzle sweet potatoes with oil and sprinkle with seasonings. Mix well to coat evenly with oil and seasonings. 5. Place on sheet trays. For 50 servings, use 2 full sheet trays. 6. Bake at 400°F for 12 to 15 minutes until tender and browned in spots. CCP: Cook until internal temperature reaches 135°F or above. 7. Serve immediately. CCP: Hold for hot service at 135°F or above.

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

- Read through the recipe in its entirety before starting
- Understand all terms and definitions. Ask questions!
- 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



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Production Expectation & Responsibilities



Kitchen Responsibilities

Before:

- Plan production & discuss workflow with your team
- Ask questions early to avoid mistakes

During:

- Keep stations clean
- Properly store & handle food
- Wear gloves with RTE food
- Sanitize regularly & clean as you go; avoid clutter
- Communicate!

After:

- Ensure workstations are clean
- Store tools & equipment properly
- Label prep appropriately



What to Expect During Production

- **Demos:** Chef will provide demonstrations throughout class
- **Production & plating:** Teams prep, cook, & plate assigned recipes using proper *mise en place*
- **Service:** Present dishes as a class & Family Meal
- **Critique & review:** Reflect on strengths, improvements, & prepare for the next day
- **Recipe assignments:** Each team will work on different recipes



Assessing Your Work: Chef's Feedback



Observations from production will be used to discuss:

- **Strengths:** What was executed well?
- **Areas for improvement:** Timing, organization, teamwork, and cooking techniques.
- **Developing good work habits:** Efficiency, focus, & communication

Self-Evaluation

Evaluate your dish:

- What did you do well?
- What could be improved?

Evaluate your performance:

- How was your timing?
- Did you complete all assigned tasks?
- If you had extra time, how could you have elevated the dish?



Group Work

- Review Recipes prior to class
- Look at key elements
- Read through directions
- Circle unfamiliar terms
- Pay attention to measurements
- *Mise en place* plan





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Any Questions?