



Culinary Institute
of America

Culinary Training Day 2

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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?**



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Batch Cooking Basics



Learning Objectives

At the end of the course, participants will be able to:

- Demonstrate safe knife skills and consistent cuts.
- Demonstrate batch cooking techniques.
- Organize production using mise en place.
- Operate commercial kitchen equipment safely and efficiently.
- Maintain food quality throughout production and service.

USDA Key Area 2: 2110, 2120, and 2130



Volume Production & Batch Cooking

Volume Production

- Large quantities ahead of time
- Can be held at safe temperatures until service or cooled for re-heating

Batch Cooking

- Cooking or reheating smaller portions more frequently throughout service
- Helps to maintain freshness and quality



Batch Cooking



Benefits

- Flavor is maintained the entire time
- Does not compromise the desired texture
- Appearance
- Waste reduction

Challenges

- More staff attention throughout service
- Precise timing
- Difficult to manage when serving large meal counts

When to Batch Cook?

Key Characteristics

- Dish dries out when held for too long
- Dish loses texture
- Appears unappetizing



Proper timing/ equipment use are critical to maintaining food quality

Large Equipment

Tilt Skillet:

sauteing, braising,
steaming



Steam Kettle:

soups, stews,
grains, boiling
pasta



Convection Oven:

baking, roasting,
breads, pizza, flat-
breads



Combi Oven:

baking, steaming,
roasts, air fry

Small Equipment



Sheet pans:
utilized for its various
sizes



Rubber spatula:
used for folding,
stirring



Immersion blender:
utilized to make
purees, combine
ingredients

Small Equipment



Scale:
used for precise
measurement



**Liquid measuring
cups:** used to
measure liquid



**Solid measuring
cups:** utilized to
measure dry/ solid
ingredients

Setting Yourself Up for Batch Cooking Success

Mise en Place

- Measure, slice, dice and start any pre-cooking steps

Prepping

- Item cooked or set up to cook/ reheat during service

Service

- “Firing” batch items as needed
- Communication is key to batch cooking



Roasted Vegetable Medley

1. Preheat the oven to desired temperature.
2. Gather equipment required for each task.
3. Measure out all ingredients
4. Wash/ cut the carrot, zucchini, broccoli
5. Toss the vegetables with oil and seasoning
6. Spread onto sheet trays lined with parchment
7. Hold until service and reheat in batches
8. Garnish with herbs if desired



Baked Pasta Casserole

1. Scale out the pasta, cheese, vegetables, marinara sauce
2. Shred cheese, label pans
3. Boil pasta, shock
4. Make pasta sauce, cool
5. Pre-cook vegetables if needed, cool
6. Build pasta casserole cold into dishes, top with cheese, cover with foil
7. Before service, bake 1-2 trays
8. Hold hot, rotate to keep fresh



Chicken Tenders (raw, pre-breaded)

1. Pull tenders from freezer to fridge the day before
2. Preheat the oven to 350°F
3. Gather trays, parchment, portioning tools
4. Mise recipe for breading raw tenders
5. Pre-bread all chicken and lay out on trays
6. Start with 3 trays baked/ hot held, fire trays in waves as needed





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Vegetable Cookery Basics



Vegetable Purchasing Forms

Fresh

- **Pros:** best taste and texture
- **Cons:** short shelf life, prep needed

Frozen

- **Pros:** year-round, less labor, less waste
- **Cons:** texture and flavor varies



Vegetable Purchasing Forms



Canned

- **Pros:** Long shelf life, easy prep
- **Cons:** Poor color, texture, flavor loss, nutritional considerations

Dried

- **Pros:** Shelf-stable, convenient for bulk
- **Cons:** Needs soaking, cooking

Retaining Nutrients in Vegetables

- Keep cuts on the larger side
- Utilize the batch cooking technique
- **Cooking method:** steaming
- Serve in cooking liquid
- Don't hot hold for long periods



Blanching Vegetables



Key prep step, can be used to:

- Pre-cook vegetables
- Extend storage times
- Speed up cook time
- Standardize doneness for large batches
- **Time guide:** blanch for 30 seconds to 2 minutes depending on size/firmness
- **Examples:** broccoli florets 1-1.5 minutes

Steaming Vegetables

- Cooked through hot vapors
- Preserves flavor, texture, color, nutrients
- Easiest to make in batches
- **Best for:** delicate vegetables, seasonal/ frozen vegetables
- **Flavor pairing:** herbs, spices, citrus zest, low-sodium blends
- Cooking time varies on size



Roasting Vegetables



- Uses dry heat to cook vegetables
- Produces crispy exterior, tender interior
- Can be prepared in batches
- **Best for:** fresh, frozen, pre-cut vegetables
- **Temperature range:** 375°F-400°F
- **Examples:** zucchini for 15 minutes, carrots for 20 minutes, root vegetables for 30 minutes

Stir-Frying and Sauteing Vegetables

Sauteing:

- Cooked over medium-high heat
- Utilizes a small amount of fat
- Cooked in single layers

Stir-frying:

- Cooked over high heat
- Utilizes fast motions
- Often cooked in a wok/ large skillet



Types of Proteins

Ground meat

- **Internal temperature:** 160°F
- Utilize a thermometer to check the temperature
- **Cooking technique:** tilt skillet, braising

Poultry

- **Internal temperature:** 165°F
- Utilize a thermometer to check the temperature
- **Cooking technique:** roasting, sauteing



Types of Proteins

Fish

- **Internal temperature:** 145°F
- Utilize a thermometer to check the temperature
- **Cooking technique:**
sauteing, grilling, baking

Leftovers/ Reheated items

- **Internal temperature:** 165°F
- Rapid reheating required





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Questions?