



CULINARY
INSTITUTE OF
CHILD NUTRITION

CULINARY QUICK BITES

KNIFE SKILLS: HOW TO CUT BROCCOLI
AND CAULIFLOWER



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EXECUTIVE DIRECTOR
Aleshia Hall-Campbell, PhD, MPH

Institute of Child Nutrition
The University of Mississippi, School of Applied Sciences
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Key Area: 2 – Operations

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TRAINING OVERVIEW

The Culinary Quick Bites training series is a tool to help child nutrition professionals develop and refine their culinary skills. Each lesson is designed to last approximately fifteen minutes. Each lesson should be facilitated (led) by the person responsible for overseeing food production at a meal site, service area, or the district level.

Training facilitators should review the training, in its entirety, prior to conducting the training.

This training has been developed to address a variety of learning styles. The training includes an overview of the topic presented by the facilitator, an infographic to reinforce the training topic visually, a video to demonstrate the topic, and an activity to reinforce learning.

Please contact the Institute of Child Nutrition Help Desk at 1-800-321-3054 or helpdesk@theicn.org if you have any questions about how best to facilitate this training.

KEY AREA

Key Area: 2 – Operations

PROFESSIONAL STANDARDS

FOOD PRODUCTION – 2100

Employee will be able to effectively utilize food preparation principles, production records, kitchen equipment, and food crediting to prepare foods from standardized recipes, including those for special diets.

2130 – Develop culinary skills necessary for school meal preparation.

FACILITATOR'S NOTES

This training counts for 15 minutes of training credit under USDA Professional Standards learning objective 2130 – Develop culinary skills necessary for school meal preparation.

The activity at the end of the lesson involves cutting broccoli and cauliflower. This activity helps reinforce knowledge and skills learned during this lesson. The broccoli and cauliflower prepared during this lesson may be included in the next day's menu production.

Before the training, prepare for the lesson activity and set up the kitchen workstation as described on page 11.

Deliver the lesson/training to participants:

- Read the lesson overview to the participants.
- Discuss the infographic and how it relates to the training topic.
- View the instruction video with participants.
- Answer any questions participants may have on the lesson, infographic, and video.

Complete the activity as instructed on page 11.

MATERIALS NEEDED



- Anti-slip mat – 1 per person
- Cutting board – 1 per person
- Chef knife – 1 per person
- Washed head of broccoli or cauliflower– at least 1 per person
- Waste pan – as needed
- Food pan – as needed
- Infographic: How to Cut Broccoli and Cauliflower – 1 per person
- Access to a screen to show the training video. Possible options include:
 - Site computer monitor with sound
 - Projector with sound
 - Tablets and smartphones
 - A QR code has been provided for quick access to the video on handheld devices.

LESSON OVERVIEW

OBJECTIVE:

At the end of this lesson, participants will be able to demonstrate how to cut broccoli and cauliflower.

BACKGROUND INFORMATION ON BROCCOLI AND CAULIFLOWER

- Broccoli is native to the eastern Mediterranean and Asia Minor and is said to have been cultivated in Italy in ancient Roman times.
- Cauliflower is thought to originate from the island of Cyprus.
- Broccoli and cauliflower resemble each other because they are both members of the cabbage family, along with Brussels sprouts, collard greens, and kale.
- Broccoli is packed with nutrients, including vitamin A, vitamin C, and vitamin K, and is also a good source of potassium and dietary fiber.
- Cauliflower is packed with nutrients, including vitamin C and vitamin K, and it is a good source of folate, potassium, and dietary fiber.

USES

- Both broccoli and cauliflower can be eaten raw or cooked.
- Raw broccoli and cauliflower make a great addition to any salad and can be used as dippers with veggie dip.
- There are multiple cooking methods for broccoli and cauliflower- boiling, steaming, sautéing, microwaving, or roasting.
- Broccoli and cauliflower are easily incorporated in stir-fry dishes.

HOW TO CUT BROCCOLI AND CAULIFLOWER

- Utilizing the infographic, review the process for cutting broccoli and cauliflower.
- Review the embedded training video.

After we review the infographic and video, there will be an activity to reinforce skills learned.

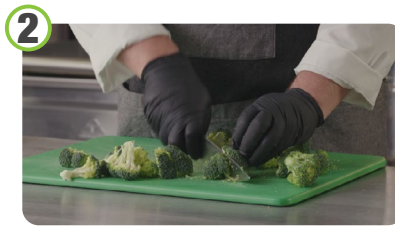
Culinary Quick Bites KNIFE SKILLS

HOW TO CUT BROCCOLI AND CAULIFLOWER

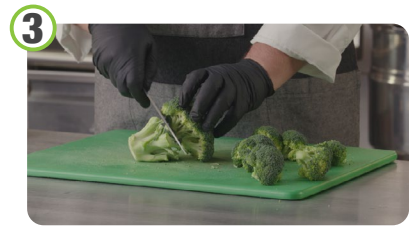
Cut broccoli into spears or florets



To make spears, hold broccoli with the stem facing up on your cutting board. Use your knife to make downward cuts, separating the spears from the thick center stem, leaving about 1 inch of the stem intact.

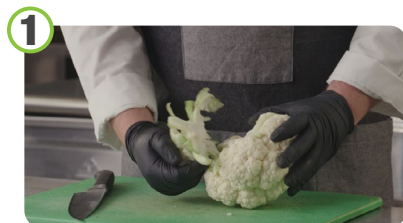


Carefully cut down through the center of each stem and top to make smaller spears.



To make florets instead, you may cut off each top from the main stem, dividing them as desired into smaller florets. You may discard the stem portion or save it for other use.

Cut cauliflower into florets



Remove and discard large leaves from the base of the cauliflower. With the base of the stem exposed, grab, twist and pull to remove it.



With a chef knife, work around the remaining stem to cut the cauliflower into large florets.



Remove any large stems, cutting the cauliflower into smaller florets as needed for the recipe.



CULINARY QUICK BITES

Knife Skills: How to Cut Broccoli and Cauliflower

WATCH THE VIDEO

<https://vimeo.com/695264031/c20b678608>

QR CODE

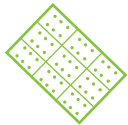
Utilize the QR code embedded to the right to share the video with staff utilizing handheld devices such as smartphones and tablets. Use the photo app on the smart device to scan the code to be directed to the video.



ACTIVITY

SETUP

MATERIALS:



Anti-slip mat
– 1 per person



Washed head of
broccoli or cauliflower
– at least 1 per person



Food pan
– as needed



Cutting board
– 1 per person



Waste pan
– as needed



Infographic: How
to Cut Broccoli
and Cauliflower
– 1 per person



Chef knife
– 1 per person

NOTE: If your site does not have enough materials for all participants to complete the activity simultaneously, divide participants into groups based on your materials. Allow enough time for each participant to complete the activity.

SETUP INSTRUCTIONS FOR FACILITATOR

- 1** Prior to the training, gather all of the materials needed for the activity. Pre-wash the broccoli and cauliflower that will be used for the training. Set up a workstation for each participant with an anti-slip mat, cutting board, chef knife, and broccoli or cauliflower.
- 2** During the activity, remember to monitor and observe staff as they practice their culinary skills.

ACTIVITY

ACTIVITY INSTRUCTIONS FOR PARTICIPANTS

- 1** Refer the participants to the infographic. Then read the instructions for the activity. Ask the participants if there are any questions before beginning the activity.
- 2** Instruct all participants to wash their hands and put on single-use gloves before starting the activity.
- 3** Each participant will cut broccoli or cauliflower into florets.
 - Instruct participants to take their time and practice their cuts carefully.
 - Discard waste.

POST ACTIVITY

- After completing the hands-on activity, recap the lesson with the participants. Offer an opportunity for participants to share their learning experience during the training and highlight any tips or takeaways they want to share with the group.
- If time allows, facilitate a discussion with the participants. Suggested discussion topics include:
 - Ask participants how they will apply the lesson to cutting broccoli and cauliflower.
 - Ask participants to give some thought as to which form or recipes the students would like to see broccoli or cauliflower incorporated into the menus.
- Ask if the participants feel more comfortable cutting broccoli and cauliflower or want more time to develop the skill further if time allows.
- Plan the next training session based on the needs of your staff.



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