



CULINARY
INSTITUTE OF
CHILD NUTRITION

CULINARY QUICK BITES

KNIFE SKILLS: HOW TO ZEST AND CUT
CITRUS FRUIT



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KNIFE SKILLS: HOW TO ZEST AND CUT CITRUS FRUIT

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

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Food Production – 2100

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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 zesting and cutting citrus fruits. This activity helps reinforce knowledge and skills learned during this lesson. The zest and cut-up citrus fruits 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
- Zester – 1 per person
- Grater – 1 per person
- Peeler – 1 per person
- Paring knife – 1 per person
- Washed citrus fruit – at least 1 per person
- Waste pan – as needed
- Food pan – as needed
- Infographic: How to Zest and Cut Citrus Fruit – 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 zest and cut citrus fruit.

BACKGROUND INFORMATION ON CITRUS FRUITS

- Citrus fruits include lemons, limes, oranges, and grapefruits, as well as many other varieties.
- Citrus fruits grow on flowering trees and are characterized by their leathery rind and white pith that encases the juicy segments.
 - Pith is the spongy white lining inside the rind. Do not zest the pith because it is bitter.
- Citrus fruits are native to South Asia, East Asia, Southeast Asia, Melanesia, and Australia.
- Citrus fruits have several health benefits as they are packed with nutrients including vitamin C, B vitamins, potassium, phosphorous, magnesium, and copper.

USES

- Why use Citrus Zest
 - The zest is where you'll find the highest concentration of the potent essential oils of the fruit—it has an extremely high amount of citrus flavor in a rather petite package.
- Ways to use Citrus Zest
 - Finely grated zest from a fine grater (kitchen rasp): Use in batters and doughs, and other times you want the zest to melt into the dish.
 - Large pieces of zest from a peeler or knife: Use for garnishes.
- Ways to use Citrus Fruits
 - Eaten raw or cooked in dishes
 - Used to make marinade or sauces
 - Juice for flavor and acidity

HOW TO ZEST AND CUT CITRUS FRUIT

- Utilizing the infographic, review the process for zesting and cutting citrus fruits.
- 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 ZEST AND CUT CITRUS FRUIT

How to Zest



Using a citrus zester: Use moderate pressure to move your citrus fruit through the citrus zester. This tool produces long, thin, curly strips of zest that are ideal for garnishes.



Using a box grater: Use moderate pressure to drag the fruit down the side of the tool to create coarse zest that are commonly used in baking.

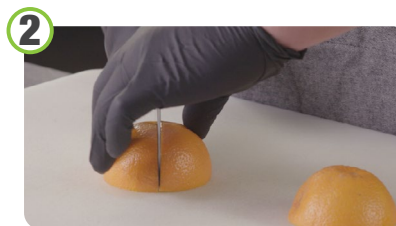


Using a vegetable peeler: Using moderate pressure so as not to remove any pith, drag the peeler down the citrus fruit, from top to bottom, or around the fruit. This makes large pieces of zest perfect for garnishing. For smaller pieces of zest, slice into thin strips or mince into pieces with a knife.

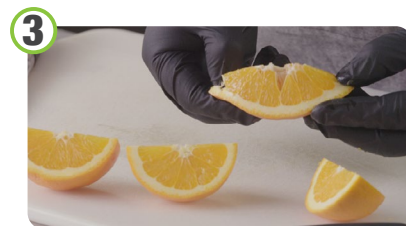
How to Cut Citrus Fruit



Place the orange on the cutting board so the two ends are horizontal rather than vertical. Cut the orange in half through the equator.



Place the orange halves cut-side down on the cutting board and cut in half again to make wedges.



Cutting citrus fruits in this manner creates an appealing and easy-to-eat end product.



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CULINARY QUICK BITES

Knife Skills: How to Zest and Cut Citrus Fruit

[WATCH THE VIDEO](#)

<https://vimeo.com/695264275/5b4e35c1c7>

QR CODE

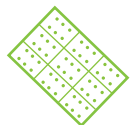
Utilize the QR code embedded to the right to share the video with staff utilizing handheld devices such as smartphones and tablets. Use the photo app on the smart device to scan the code to be directed to the video.



ACTIVITY

SETUP

MATERIALS:



Anti-slip mat
– 1 per person



Grater
– 1 per person



Waste pan
– as needed



Cutting board
– 1 per person



Peeler
– 1 per person



Food pan
– as needed



Chef knife
– 1 per person



Paring knife
– 1 per person



Infographic: How to Zest and Cut Citrus Fruit
– 1 per person



Zester
– 1 per person



Washed citrus fruit
– at least 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 citrus fruit that will be used for the training. Set up a workstation for each participant with an anti-slip mat, cutting board, chef knife, zester, grater, peeler, paring knife, and citrus fruit.
- 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 zest and cut a citrus fruit.
 - 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 to offer suggestions on how to use citrus zest on the current menu.
 - Ask participants to discuss how often students choose cut fruit versus un-cut fruit.
 - Ask participants to give some thought as to which form or recipes the students would like to see citrus fruits on the menu.
- Ask if the participants feel more comfortable zesting and cutting citrus fruits 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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