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CULINARY
INSTITUTE OF
CHILD NUTRITION

CULINARY QUICK BITES

KNIFE SKILLS: HOW TO MINCE GARLIC AND
MAKE GARLIC PASTE



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

USDA Professional Standards Code
Food Production – 2100

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TABLE OF CONTENTS

3 DISCLAIMER

4 TABLE OF CONTENTS

5 TRAINING OVERVIEW

5 KEY AREA

5 PROFESSIONAL STANDARDS

6 FACILITATOR'S NOTES

7 MATERIALS NEEDED

8 LESSON OVERVIEW

9 INFOGRAPHIC: HOW TO MINCE GARLIC AND MAKE GARLIC PASTE

10 TRAINING VIDEO

10 QR CODE

11 ACTIVITY

13 POST ACTIVITY



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 mincing garlic and making garlic paste. This activity helps reinforce knowledge and skills learned during this lesson. The minced garlic/garlic paste 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
- Garlic cloves– at least 2 per person
- Waste pan – as needed
- Food pan – as needed
- Infographic: How to Mince Garlic and Make Garlic Paste– 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 mince garlic and make garlic paste.

BACKGROUND INFORMATION ON GARLIC

- Garlic is a member of the lily family, along with onions, shallots, and leeks.
- Garlic grows underground in the form of a bulb.
- Although garlic is considered a vegetable, it is used as an herb to enhance the flavor and aroma of food.
- Garlic is fat-free, cholesterol-free, and sodium-free.
- Garlic has several health benefits, as it is packed with nutrients, including vitamin C, B vitamins, and manganese.

USES

- When it is used in a raw form, it is pungent and slightly bitter. However, it becomes very mild and sweet when sautéed or baked.
- Garlic adds a strong flavor to dishes sautéed in oil, roasted with vegetables, or added to a salad dressing.
- It is used to flavor many foods, such as salad dressings, vinaigrettes, marinades, sauces, vegetables, meats, soups, and stews. It is often used to make garlic butter and garlic toast.
- Garlic paste can be used in salad dressings, sauces, and other recipes. Garlic paste should be used on the same day. It can also be stored in a freezer for up to six months for future use if needed.
- Caution must be taken when cooking garlic so that it is not overcooked. Garlic burns easily, and when it has been cooked too long or at too high of a temperature, it will turn bitter.
- Garlic powder can be substituted if necessary - 1/8 teaspoon of garlic powder is equal to one medium fresh clove of common garlic.

HOW TO MINCE GARLIC AND MAKE GARLIC PASTE

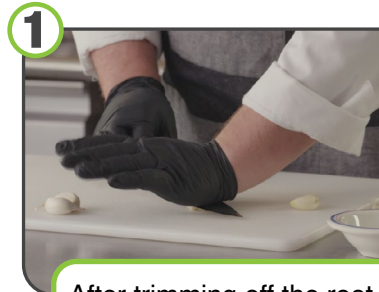
- Utilizing the infographic, review the process of how to mince garlic and make garlic paste.
- Review the embedded training video.

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

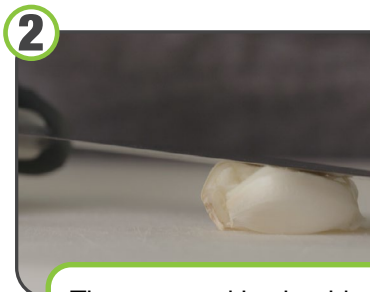
Culinary Quick Bites KNIFE SKILLS

HOW TO MINCE GARLIC AND MAKE GARLIC PASTE

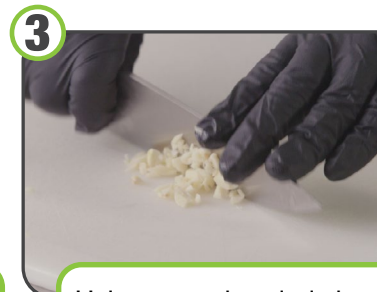
Mincing Garlic



1 After trimming off the root end of the clove, crush the clove gently between the side of a chef's knife and cutting board.

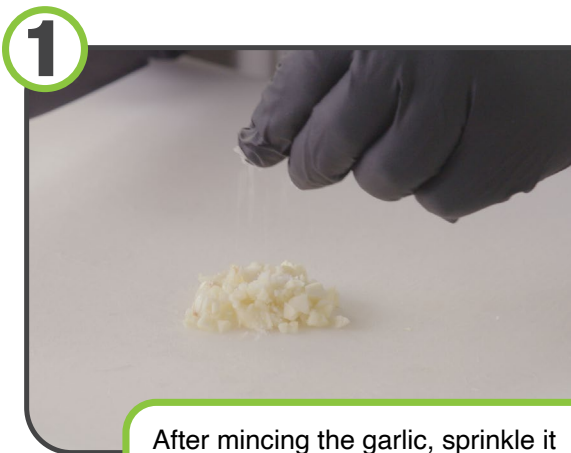


2 The papery skin should loosen and fall away from the garlic.

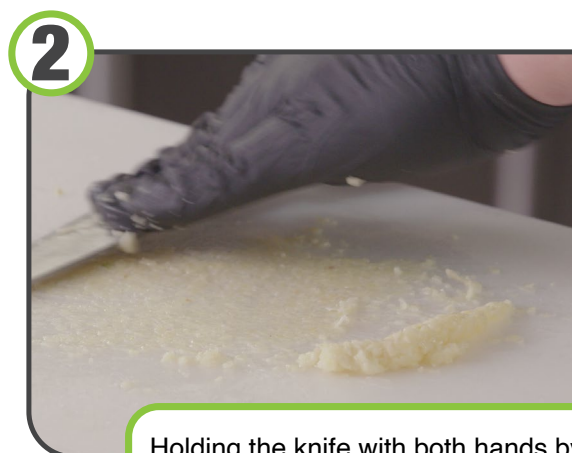


3 Using a two-handed chopping motion, run the knife over garlic repeatedly to mince it.

Making Garlic Paste



1 After mincing the garlic, sprinkle it with kosher salt. The salt used in this step must come from the total amount listed in the recipe.



2 Holding the knife with both hands by the spine and the handle, press and scrape the knife's sharp edge against the pile of garlic at an angle to flatten the garlic into paste. Repeat until the desired consistency has been achieved.



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Knife Skills:

How to Mince Garlic and Make Garlic Paste

[WATCH THE VIDEO](#)

<https://vimeo.com/695264227/088e9c4ac7>

QR CODE

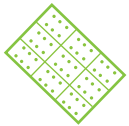
Utilize the QR code embedded to the right to share the video with staff utilizing handheld devices such as smartphones and tablets. Use the photo app on the smart device to scan the code to be directed to the video.



ACTIVITY

SETUP

MATERIALS:



Anti-slip mat
– 1 per person



Garlic cloves
– at least 2 per person



Food pan
– as needed



Cutting board
– 1 per person



Waste pan
– as needed



Infographic: How to Mince Garlic and Make Garlic Paste– 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 garlic that will be used for the training. Set up a workstation for each participant with an anti-slip mat, cutting board, chef knife, and garlic cloves.
- 2** During the activity, remember to monitor and observe staff as they practice their culinary skills.

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 mince a garlic clove and make garlic paste.
 - 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 discuss how the use of fresh garlic can increase the flavor of dishes.
- Ask if the participants feel more comfortable mincing garlic and making garlic paste 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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