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CULINARY QUICK BITES

DEVELOPING FLAVOR: BASIC OVERVIEW
OF FRESH HERBS AND THEIR USES



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DEVELOPING FLAVOR: BASIC OVERVIEW OF FRESH HERBS AND THEIR USES

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The University of Mississippi, School of Applied Sciences
www.theicn.org

Key Area: 2 – Operations

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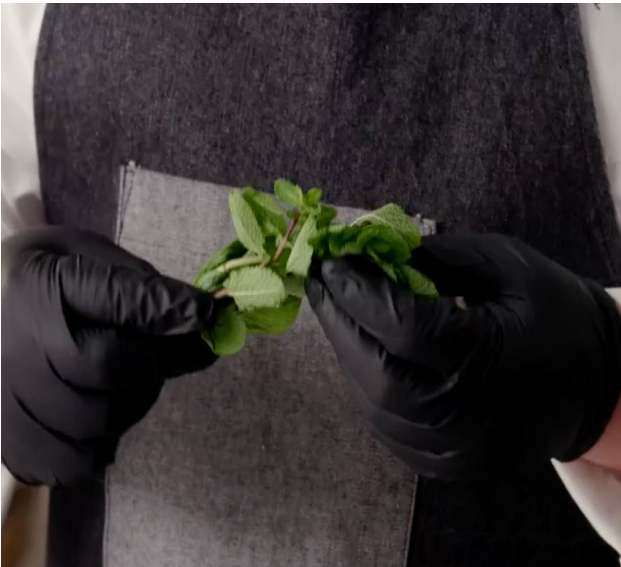
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TRAINING OVERVIEW

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 preparing USDA Tabouleh. This activity helps reinforce knowledge and skills learned during this lesson. The Tabouleh 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 16.

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 16.

MATERIALS NEEDED



NOTE: Participants will be working together to make the recipe. Determine the quantity of the recipe to prepare based on the number of servings needed for your service. Scale recipe accordingly.

- Required recipe ingredients
- Required recipe utensils, tools, pans, etc.
- Recipe handout: Tabouleh USDA Recipe for Schools – 1 per person
- Infographic: Fresh to Dry Herb and Spice Conversion Chart – 1 per person
- Infographic: CIGN Fresh Herbs Poster – 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 recognize how to use fresh herbs in recipes for school meals.

GENERAL INFORMATION ABOUT FRESH HERBS

- Herbs come from the leafy part of a plant and can be either sweet or savory. Herbs can be purchased either fresh or dried.
- Fresh herbs are more delicate than dried and can quickly lose flavor when heat is applied.
- Fresh herbs add a bright floral-like note to a dish and should be used at the end of the cooking process or to garnish the dish by adding color and flavor.
- Fresh herbs are a simple way to add flavor and may reduce the amount of salt needed in a dish. Give more emphasis on utilizing herbs in place of salt.
 - Add basil, oregano, and thyme to pasta sauces
 - Add rosemary and garlic to roasted vegetables
 - Add dill, chives, and thyme to salad dressings
- Although fresh and dried herbs are not always interchangeable, it is good to know the correct ratios to use in the event you need to replace one for another in a recipe.
- The ratios range from 2:1 to 4:1 depending on the herb type, so it is recommended to reference the chart for the conversion factor.
- Work with your vendor to see if you can purchase herbs by the bunch versus by the case.
- If you have access to fresh herbs, puree them with a little water and freeze the mixture for later use as a flavor booster.
- Trim the stem ends and either wrap in a damp paper towel or stand upright in a plastic hotel pan with a little water at the base.

HOW TO WASH FRESH HERBS

- Submerge fresh herbs in a cold water bath and gently move them around in the water to remove any dirt or debris.
- Take the fresh herbs out of the water and gently shake off any excess water.
- Carefully pat the fresh herbs dry with paper towels.

LESSON OVERVIEW

HOW TO STORE FRESH HERBS

- Leafy herbs can be stored in the refrigerator. First trim the stem ends, and then either wrap in a damp paper towel or stand upright in a plastic hotel pan with a little water at the base.
- Herbs can also be stored in a damp paper towel in an airtight plastic bag in the refrigerator.
- Herbs should be discarded when they begin to brown or show signs of deterioration such as wilting, turning color (brown or yellow), or show any signs of mold.

HOW TO SELECT AND PREPARE FRESH HERBS FOR YOUR RECIPES

- Utilizing the infographic, review the different flavor profiles and uses of fresh herbs.
- Review the embedded training video.

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

INFOGRAPHIC: FRESH TO DRY HERB & SPICE CONVERSION CHART

HERB/SPICE/ AROMATIC	FRESH/WHOLE	CORRESPONDING EQUIVALENT
Basil	2 teaspoons finely chopped	1 teaspoon dried
Bay Leaf	1 leaf fresh	2 leaves dried
Chervil	1 tablespoon fresh	1 teaspoon dried
Cilantro	1 tablespoon fresh	1 teaspoon dried
Cinnamon	1 cinnamon stick	½ teaspoon ground
Cumin	4½ tablespoons whole seed	4 tablespoons ground (1 ounce)
Dill	1 tablespoon fresh	1 teaspoon dried
Garlic (large)	1 clove fresh (1½ tsp minced)	½ teaspoon powder
Garlic (small)	1 clove fresh (½ tsp minced)	⅓ teaspoon powder
Ginger	1 tablespoon freshly grated	¼ teaspoon dry ground
Ginger	1 tablespoon minced	½ teaspoon dry ground
Marjoram	1 tablespoon fresh	1 teaspoon dried
Onion	1 medium onion	1 teaspoon onion powder
Oregano	1 tablespoon fresh	1 teaspoon dried
Parsley	2 tablespoons fresh	1 teaspoon dried
Rosemary	1 tablespoon fresh	1 teaspoon dried
Sage	2 teaspoons fresh	1 teaspoon dried
Star Anise	1 star anise fresh	½ teaspoon anise seed
Tarragon	1 tablespoon fresh	1 teaspoon dried
Thyme	1 tablespoon fresh	1 teaspoon dried
Dried Leaves	1 teaspoon dried	¾ teaspoons ground
Vanilla	1 inch vanilla bean scraped seeds	1 teaspoon extract

CULINARY INSTITUTE OF CHILD NUTRITION
FRESH HERBS

BASIL
 Sweet, Peppery, Light Licorice Flavor



Best Used In
 Condiments, Curry, Fresh Fruit, Fruit Salads, Marinades, Salad Dressing, Salads, Sauces, Soups, Stir-fry, Tomato Sauce

Produce
 Bell Peppers, Broccoli, Chickpeas, Cucumber, Green Beans, Lettuce, Melon, Peas, Pineapple, Summer Squash, Tomato

Meat/Meat Alternates
 Chicken, Egg, Fish, Legumes, Tofu, Turkey, Yogurt

CILANTRO
 Bright, Citrusy



Best Used In
 Chili, Condiments, Curry, Fruit Salads, Marinades, Salad Dressing, Salads, Salsa, Sauces, Soups, Stir-fry

Produce
 Bell Peppers, Black Beans, Cabbage, Carrot, Cauliflower, Chickpeas, Corn, Lettuce, Melon, Pineapple, Summer Squash, Sweet Potato, Tomato

Meat/Meat Alternates
 Beef, Chicken, Egg, Fish, Legumes, Pork, Tofu

DILL
 Lemony, Sweet, Grassy, Floral



Best Used In
 Condiments, Marinades, Salad Dressing, Salads, Sauces, Soups

Produce
 Bell Peppers, Broccoli, Cabbage, Carrot, Cauliflower, Chickpeas, Cucumber, Green Beans, Lettuce, Peas, Potato, Summer Squash, Tomato, White Beans

Meat/Meat Alternates
 Chicken, Egg, Fish, Legumes, Pork, Tofu, Turkey, Yogurt

MINT
 Sweet and Cool



Best Used In
 Condiments, Curry, Fresh Fruit, Fruit Salads, Marinades, Salad Dressing, Salads, Sauces

Produce
 Cabbage, Carrot, Cauliflower, Chickpeas, Cucumber, Lettuce, Melon, Peas, Pineapple, Potato, Summer Squash, White Beans

Meat/Meat Alternates
 Legumes, Tofu, Yogurt

OREGANO
 Pungent, Peppery, Earthy, Bitter



Best Used In
 Chili, Marinades, Salad Dressing, Sauces, Soups, Tomato Sauce

Produce
 Bell Peppers, Black Beans, Cauliflower, Chickpeas, Mushrooms, Potato, Root Vegetables, Summer Squash, Tomato, White Beans, Winter Squash

Meat/Meat Alternates
 Beef, Chicken, Fish, Legumes, Tofu, Yogurt

PARSLEY
 Fresh, Bright, Grassy, Mild-Bitter



Best Used In
 Condiments, Fruit Salads, Marinades, Salad Dressing, Salads, Sauces, Soups, Stews

Produce
 Bell Peppers, Broccoli, Cabbage, Carrot, Cauliflower, Cucumber, Melon, Mushrooms, Peas, Potato, Summer Squash, Sweet Potato, Tomato, White Beans

Meat/Meat Alternates
 Beef, Chicken, Fish, Legumes, Tofu, Turkey, Yogurt

ROSEMARY
 Woody, Pungent, Lemon-Pine



Best Used In
 Condiments, Marinades, Sauces, Soups, Stews, Tomato Sauce

Produce
 Carrot, Cauliflower, Mushrooms, Peas, Potato, Root Vegetables, Sweet Potato, Tomato, White Beans, Winter Squash

Meat/Meat Alternates
 Chicken, Legumes, Pork, Tofu

THYME
 Earthy, Sweet, Mild-Mint




Best Used In
 Fresh Fruit, Fruit Salads, Marinades, Salad Dressing, Sauces, Soups, Tomato Sauce

Produce
 Carrot, Cauliflower, Chickpeas, Mushrooms, Peas, Root Vegetables, Summer Squash, White Beans, Winter Squash


Meat/Meat Alternates
 Chicken, Legumes, Pork, Tofu, Turkey, Yogurt

PURCHASING TIP




Work with your vendor to see if you can purchase herbs by the bunch versus by the case.

PRO TIP



If you have access fresh herbs, puree them with a little water and freeze the mixture for later use as a flavor booster.

STORAGE TIP



Trim the stem ends and either wrap in a damp paper towel or stand upright in a plastic hotel pan with a little water at the base.

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RECIPE: TABOULEH



Tabouleh USDA Recipe for Schools

Try our Tabouleh! It is a refreshing combination of quinoa, bulgur wheat, tomatoes, cucumbers, parsley, onions, bell peppers, mint, lemon juice, olive oil, and spices.

NSLP/SBP CREDITING INFORMATION

¾ cup (6 fl oz spoodle) provides ¼ cup red/orange vegetable and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Quinoa, dry	1 lb 8 oz	1 qt	3 lb	2 qt	1 Rinse quinoa in a fine-mesh strainer until water runs clear, not cloudy. 2 Combine quinoa, bulgur wheat, water, and salt in a large, covered stock pot.
Bulgur wheat, dry	1 lb 10 oz	1 qt	3 lb 4 oz	2 qt	
Water		2 qt 2½ cups		1 gal 1 qt 1 cup	3 Bring to a boil. Reduce heat to low. Simmer uncovered for 10–15 minutes until water is completely absorbed. Note: When done, quinoa will be soft and a white ring will pop out of the kernel. The white ring will only appear when it is fully cooked. Fluff. 4 Refrigerate and set aside for step 7.
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	



Food and Nutrition Service

RECIPE: TABOULEH

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Tomatoes, fresh, unpeeled, diced	4 lb 14 oz	2 qt 2 ³ / ₄ cups 2 Tbsp	9 lb 12 oz	1 gal 1 qt ³ / ₄ cup	5 Critical Control Point: Cool to 40 °F or lower within 4 hours.
*Cucumbers, fresh, peeled, seeded, diced	2 lb 8 oz	1 qt 2 ² / ₃ cups 3 Tbsp 1 tsp	5 lb	3 qt 1 ³ / ₄ cups	6 Combine tomatoes, cucumbers, parsley, onions, bell peppers, mint, and cumin in a large bowl. Toss well.
Parsley, fresh, chopped	3 oz	1 qt	6 oz	2 qt	
*Onions, fresh, diced	12 oz	2 ¹ / ₄ cups 2 Tbsp	1 lb 8 oz	1 qt ³ / ₄ cup	
*Red bell peppers, fresh, diced	10 oz	2 cups	1 lb 4 oz	1 qt	
Mint, fresh, chopped		¹ / ₄ cup		¹ / ₂ cup	
Cumin, ground		¹ / ₂ tsp		1 tsp	7 Add cooled quinoa and bulgur wheat.
Lemon juice		1 ¹ / ₃ cups		2 ² / ₃ cups	8 Add lemon juice and olive oil. Stir well.
Olive oil		¹ / ₄ cup 2 Tbsp		³ / ₄ cup	9 Transfer 1 gal 2 cups (about 7 lb 12 oz) tabouleh to a steam table pan (12" x 20" x 2 ¹ / ₂ "). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					10 Critical Control Point: Cool to 40 °F or lower within 4 hours.
					11 Critical Control Point: Hold at 40 °F or below.
					12 Portion with 6 fl oz spoodle (³ / ₄ cup).



RECIPE: TABOULEH

Tabouleh



NUTRITION INFORMATION

For ¾ cup (6 fl oz spoodle).

NUTRIENTS	AMOUNT
Calories	61
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	195 mg
Total Carbohydrate	9 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	0 IU
Calcium	18 mg
Iron	1 mg
Potassium	207 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	14 oz	1 lb 12 oz
Tomatoes	5 lb 10 oz	11 lb 4 oz
Cucumbers	3 lb	6 lb
Red bell peppers	14 oz	1 lb 12 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

50 Servings	100 Servings
About 15 lb 8 oz About 1 gal 3 qt 3 cups/2 steam table pans (12" x 20" x 2½")	About 31 lb About 3 gal 3 qt 2 cups/4 steam table pans (12" x 20" x 2½")



CULINARY QUICK BITES

Basic Overview of Fresh Herbs and Their Uses

[WATCH THE VIDEO](#)

<https://vimeo.com/695263933/bb26182e3c>

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:



Tabouleh USDA Recipe for Schools handout – 1 per person



Required recipe ingredients



Required recipe utensils, tools, pans, etc.



Infographic: Fresh to Dry Herb and Spice Conversion Chart – 1 per person



Infographic: CIGN Fresh Herbs Poster – 1 per person

NOTE: Participants will be working together to make the recipe. Determine the number of recipes needed based on the number of servings needed for your service. Scale recipe accordingly.

SETUP INSTRUCTIONS FOR FACILITATOR

- 1** Prior to the training, gather all of the materials needed for the activity. Pre-wash the ingredients that will be used for the training. Set up a workstation for each participant with the utensils and ingredients needed to prepare the recipe.
- 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 infographics and recipe. 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** As a group, the participants will prepare the recipe. Divide and assign the recipe steps so everyone can participate.
 - Instruct participants to take their time and follow the recipe 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 participants. Suggested topics:
 - Ask participants to discuss menu items where fresh herbs can be used to create more appealing menu items for students.
 - Ask participants if they can suggest menu items where fresh herbs could be used to garnish the dish.
- Ask if the participants feel more comfortable with the training topic or want more time to develop the skill further if time allows.
- Plan the next training session based on the needs of your staff.
- Remind participants that they should not add ingredients to any standardized recipe without consulting with the Menu Planner or Supervisor first. Recipes may need to be tested/analyzed when adding spices/herbs/culinary acids, etc. before implementing in school cafeterias.



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