



CULINARY
INSTITUTE OF
CHILD NUTRITION

CULINARY QUICK BITES

BASIC FOOD PREP SKILLS: HOW TO USE
A FOOD PROCESSOR TO PUREE FOOD
ITEMS



CULINARY QUICK BITES

BASIC FOOD PREP SKILLS: HOW TO USE A FOOD PROCESSOR TO PUREE FOOD ITEMS

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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 at 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 this lesson involves pureeing butternut squash. This activity helps reinforce knowledge and skills learned during this lesson. The pureed butternut squash 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



- Food processor(s) – 1 per person or as available
- Anti-slip mat – 1 per person
- Cutting board – 1 per person
- Chef knife – 1 per person
- Washed butternut squash – 1 per (2) persons
- Waste pan – as needed
- Food pan – as needed
- Infographic: How to Use a Food Processor to Puree Food Items – 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 use a food processor to puree food items.

GENERAL INFORMATION ABOUT HOW TO USE A FOOD PROCESSOR TO PUREE ITEMS

- Proper food processing equipment is important for creating kitchen efficiencies in the preparation of fresh produce.
- Using tools and equipment to expedite your work reduces the overall physical stress on your body, makes for more precise cuts, and yields less waste.
- Using processing equipment when doing high-volume meal preparation can often be worth the investment, allowing it to pay for itself over time in labor costs and efficiencies.
- Sound knife skills are an important skill set for kitchen workers. Equally important is understanding how to use vegetable processing equipment to simplify your work and increase your productivity.
- You can save meal preparation time by using food processing equipment. For example, a commercial countertop food processor can cut more than 500 pounds of food per hour. Large equipment with higher capacity is also available.
- Many raw, frozen, and canned vegetables and fruits can become delicious pureed side dishes, sauces, and soups with the help of a food processor.
- Pureeing breaks ingredients down to a smooth, thinner-like consistency and helps meld flavors.
- Cook hard vegetables until they are tender enough to easily mash with a fork before pureeing.
- Refer to the user's manual and follow any brand-specific instructions.
- Adhering to the safety guidelines provided with your food processor is paramount to ensure efficient and effective operation and to safeguard you from potential risks and hazards associated with its use.

HOW TO USE A FOOD PROCESSOR TO PUREE ITEMS

- Utilizing the infographic, review the process for how to use a food processor to puree items.
- Review the embedded training video.

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

Culinary Quick Bites

BASIC FOOD PREPARATION SKILLS

HOW TO USE A FOOD PROCESSOR TO PUREE FOOD ITEMS

1



Choose the appropriate blade for pureeing, and secure it into the food processor bowl.

2



Prepare items before placing into the food processor. For example, hard or dense food items may need to be cooked in advance to soften the foods.

3



Place the items to be pureed into the food processor bowl, but be careful not to overfill it. Secure the lid and place a towel over the top.

4



Use the “pulse” feature initially, then use continuous run until all the food pieces have been pureed to a smooth or desired consistency.

5



Add water or other liquid, listed in the recipe, if needed, to allow the blades to process and puree the food.

6



Remove the blade and then transfer the pureed ingredient into another container. Continue to puree the items in batches until you obtain the necessary amount.



CULINARY QUICK BITES

How to Use a Food Processor to Puree Food Items

[WATCH THE VIDEO](#)

<https://vimeo.com/854357384/9cb00b44e1>

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:



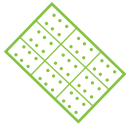
Food processor(s)
– 1 per person or as available



Chef knife
– 1 per person



Food pan
– as needed



Anti-slip mat
– 1 per person



Washed butternut squash
– 1 per (2) persons



Infographic: How to Use a Food Processor to Puree Food Items
– 1 per person



Cutting board
– 1 per person



Waste pan
– as needed

NOTE: If your site does not have enough materials for all participants to complete the activity simultaneously, divide participants into groups based on the availability of 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. Prepare the butternut squash by cooking before the training. Set up workstations with the food processor(s), anti-slip mats, cutting boards, chef knives, and cooked butternut squash.
- 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 participants to wash their hands and put on single-use gloves before starting the activity.
- 3** If participants need to share the food processor, they will take turns using it to puree the butternut squash.
 - Instruct participants to take their time and practice their culinary skills carefully.
 - Save pureed butternut squash for use in the menu.
 - 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 menu items that would benefit from using a food processor to puree food items.
 - Ask participants to describe how they can use a food processor in their daily activities.
- Ask if the participants feel more comfortable with using a food processor to puree food items 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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