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CULINARY  
INSTITUTE OF  
CHILD NUTRITION

# CULINARY QUICK BITES

BASIC FOOD PREP SKILLS: HOW TO USE A  
BLENDER TO MAKE SALAD DRESSINGS



# **CULINARY QUICK BITES**

## **BASIC FOOD PREP SKILLS: HOW TO USE A BLENDER TO MAKE SALAD DRESSINGS**

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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: BLENDER DRESSING

**10** RECIPE: RANCH DRESSING

**13** TRAINING VIDEO

**13** QR CODE

**14** ACTIVITY

**16** 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 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](mailto: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 making the Ranch Dressing USDA Recipe for Schools. This training can be used as part of a prep schedule. Have all staff you intend to train complete the activity to reinforce the skills presented but also be able to use the ranch dressing in the week's recipes to minimize waste.

Before the training, prepare for the lesson activity and set up the kitchen workstation as described on page 14.

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 15.

## MATERIALS NEEDED



- Ranch Dressing USDA Recipe for Schools handout – 1 per person
- Infographic: Blender Dressing – 1 per person
- Required recipe ingredients – refer to recipe
- Required recipe utensils, tools, pans, etc. – refer to recipe
- 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 blender to make salad dressing.

## GENERAL INFORMATION ABOUT HOW TO USE A BLENDER TO MAKE SALAD DRESSING

- 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 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 and may pay for itself over time through labor cost savings and efficiencies.
- There are two common types of blenders used in schools—a standard countertop blender and an immersion blender, also known as a “stick” blender.
- Most countertop blenders are designed for cold or cool liquids and have lids that seal well.
- One of the best uses for an immersion blender is to blend soups and hot liquids. They are also great for mixes where you are blending dry ingredients with liquid.
- Blenders help to emulsify ingredients—combining two or more liquids that are difficult to combine into a single form. For example, oil and vinegar.
- When available, substitute food products and menu items with lower-sodium versions. Work with your menu planner to determine the products that best fit your service.

## HOW TO USE A BLENDER TO MAKE SALAD DRESSING

- Utilizing the infographic, review the process for how to use a blender to make salad dressing.
- 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

## BLENDER DRESSING

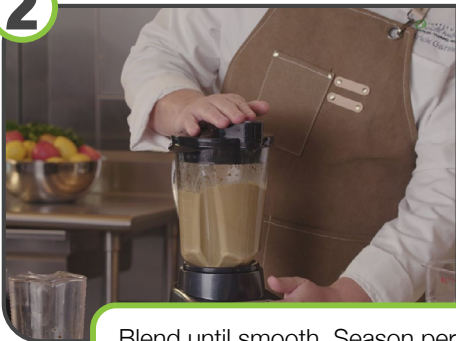
### HOW TO MAKE AN EMULSIFIED BALSAMIC VINAIGRETTE IN A COUNTERTOP BLENDER

1



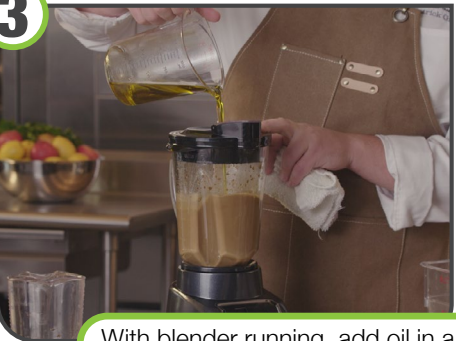
Add vinegar, the emulsifying agent (typically mustard or honey), and solid ingredients (such as shallots, garlic, or fruits) to the blender pitcher.

2



Blend until smooth. Season per the recipe.

3



With blender running, add oil in a steady stream to the vinegar mixture; blend until emulsified (smooth and combined). Transfer dressing to container and store or serve.

### HOW TO MAKE RANCH DRESSING WITH AN IMMERSION BLENDER

1



Add ingredients to a container.

2



Place blender at bottom of container. Blend on lowest speed.

3



Gradually increase speed to medium, slowly pulling blender to top until dressing is emulsified.

# RECIPE: RANCH DRESSING



## Ranch Dressing USDA Recipe for Schools

Ranch Dressing is a delicious combination of low-fat buttermilk, fat-free sour cream, and spices.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Buttermilk, low-fat		3½ cup		1 qt 3 cup	<b>1</b> Combine buttermilk, lemon juice, yogurt, sour cream, mayonnaise, onion powder, garlic powder, pepper, chives, parsley, salt, and sugar in a large bowl. Stir well.
Lemon juice		1 Tbsp 1½ tsp		3 Tbsp ½ tsp	
Yogurt, low-fat, plain	10 oz	1¼ cup	1 lb 4 oz	2½ cup	
Sour cream, fat-free	4 oz	2 tsp	8 oz	1 Tbsp 1 tsp	
Mayonnaise, low-fat	13 oz	1 cup 3 Tbsp	1 lb 10 oz	2¼ cups 2 Tbsp	
Onion powder		2 Tbsp		¼ cup	



Food and Nutrition Service

Page 1 of 3

# RECIPE: RANCH DRESSING

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic powder		2 Tbsp	2½ oz	¼ cup	
Black pepper, ground		1 tsp		2 tsp	
Chives, dried		1 tsp		2 tsp	
Parsley, dried		1 Tbsp		2 Tbsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Sugar		2 tsp		1 Tbsp 1 tsp	
					<p><b>2</b> Pour 3 cups (about 1 lb 11½ oz) Ranch Dressing into a container.</p> <p>For 50 servings, use a 2 qt container. For 100 servings, use a 1 gal container.</p>
					<p><b>3</b> Cover and refrigerate.</p>
					<p><b>4</b> Critical Control Point: Cool to 41 °F or lower within 4 hours.</p>
					<p><b>5</b> Critical Control Point: Hold at 41 °F or below.</p>
					<p><b>6</b> Portion using a 1 fl oz ladle (⅓ cup).</p>



# RECIPE: RANCH DRESSING

## NUTRITION INFORMATION

For 1/8 cup (1 fl oz ladle).

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>23</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	1 mg
<b>Sodium</b>	<b>196 mg</b>
<b>Total Carbohydrate</b>	<b>3 g</b>
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>1 g</b>
Vitamin D	0 IU
Calcium	37 mg
Iron	0 mg
Potassium	35 mg

N/A=data not available.

## SOURCE

USDA Standardized Recipes Project.

## YIELD/VOLUME

<b>50 Servings</b>	<b>100 Servings</b>
About 3 lb 7 oz	About 6 lb 14 oz
About 1 qt 2 <sup>7</sup> / <sub>8</sub> cup/2 qt container	About 3 qt 1 <sup>3</sup> / <sub>4</sub> cup/1 gal container





# CULINARY QUICK BITES

## How to Use a Blender to Make Salad Dressing and Condiments

[WATCH THE VIDEO](#)

<https://vimeo.com/854356263/2cab6e03e>

### 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:



Ranch Dressing  
USDA Recipe for  
Schools handout  
– 1 per person



Required recipe  
ingredients  
– refer to recipe



Required recipe utensils,  
tools, pans, etc.  
– refer to recipe



Infographic: Blender  
Dressing  
– 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. Set up a workstation for each participant with the required utensils and food items.
- 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** Instruct participants to follow the Ranch Dressing USDA Recipe for Schools for amounts of ingredients.
  - Instruct participants to take their time and practice their culinary skills carefully.
  - Complete the recipe and encourage the participants to taste the final product.
  - 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 blender to make salad dressings.
  - Ask participants to describe how they can use a blender in their daily activities.
- Ask if the participants feel more comfortable with using a blender to make salad dressing 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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