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CULINARY  
INSTITUTE OF  
CHILD NUTRITION

# CULINARY QUICK BITES

BASIC COOKING TECHNIQUES:  
HOW TO ROAST VEGETABLES



# **CULINARY QUICK BITES**

## **BASIC COOKING TECHNIQUES: HOW TO ROAST VEGETABLES**

**EXECUTIVE DIRECTOR**  
Aleshia Hall-Campbell, PhD, MPH

**Institute of Child Nutrition**  
The University of Mississippi, School of Applied Sciences  
[www.theicn.org](http://www.theicn.org)

Key Area: 2 – Operations

**USDA Professional Standards Code**  
Food Production – 2100

**2024**

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- (2) Fax: (833) 256-1665 or (202) 690-7442; or
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Institute of Child Nutrition. (2024). *Culinary quick bites basic cooking techniques: How to roast vegetables*. University, MS: Author.

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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](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.

This activity helps reinforce knowledge and skills learned during this lesson. The roasted vegetables 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 12.

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 12.

## MATERIALS NEEDED



- Anti-slip mat – 1 per person
- Cutting board – 1 per person
- Chef knife – 1 per person
- Waste pan – as needed
- Food pan – as needed
- Washed vegetables (amount/type based on the selected recipe)
- Other ingredients as listed in the selected recipe
- Large bowl/hotel pan (depending on amount)
- Sheet trays (depending on amount)
- Parchment paper
- Equipment: oven
- Recipe of choice – 1 per person
  - Note: For this lesson, you will need to choose your site's or a CNRB – Child Nutrition Recipe Box ([theicn.org/cnrp](http://theicn.org/cnrp)) recipe for roasted vegetables.
- Infographic: How to Roast Vegetables – 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 roast vegetables.

## GENERAL INFORMATION ABOUT ROASTING VEGETABLES

- Roasting is an easy technique that uses a dry heat cooking method to bring out the natural flavors in foods. Dry heat cooking involves cooking food by surrounding it with hot air, without the use of water or other liquids.
- Roasting is a great technique to use in vegetable preparation.
- Roasting vegetables caramelizes the natural sugar in the vegetable, creating a delicious and appealing vegetable dish.
- Vegetables should be cut to the same size to ensure even cooking.
  - Only cook vegetables that have similar cooking times on the same sheet pan.
    - Ex: Roasted root vegetables will have the same cooking time.
    - Ex: Summer squash and potato will have two different cooking times because one is a water-based, soft vegetable, and the other is a starchier, solid vegetable.
- Examples of vegetables that are great for roasting:
  - Broccoli: holds much better on the serving line when roasted as opposed to steamed, and roasting adds great flavor!
  - Chickpeas: roasted chickpeas are crispy and delicious and are a hit on salad bars.

## STEPS TO ROAST VEGETABLES

- Following the instructions/ingredients on the selected recipe, toss the vegetables with the amount of cooking fat indicated, in a large bowl/hotel/steam table pan. This fat will protect the vegetables from burning. Add the seasoning as listed on the recipe.
  - Do this in a large bowl/hotel pan because it is more efficient than trying to toss the vegetables on the sheet tray.
- Place vegetables on a parchment-lined sheet pan.
  - Spread the vegetables out so there is good airflow; otherwise, the vegetables will steam rather than roast.
- Roasting typically occurs in a 400 °F oven.
  - In school kitchens, ovens can have hot/cold spots. Some corners run hot, and some run cooler. You know your oven; if your oven runs hot, adjust the temperature to 350 °F.
- Be sure to follow safe food handling practices. Properly hot-hold cooked items for service or cool the food items, per your HACCP plan.



# LESSON OVERVIEW

## HOW TO ROAST VEGETABLES

- Utilizing the infographic, review the process for roasting vegetables.
- Review the embedded training video.

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

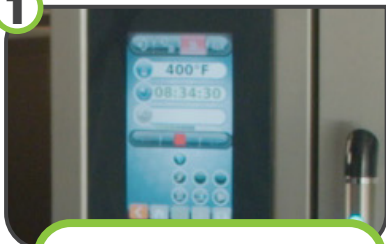
## Culinary Quick Bites

BASIC FOOD PREPARATION SKILLS

## HOW TO ROAST VEGETABLES

Roasting vegetables is a popular cooking method in school nutrition programs for three reasons: it enhances flavor and texture, retains nutrients better when compared to other methods, and is versatile for a variety of vegetables.

1



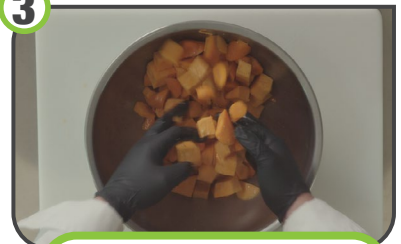
Pre-heat the oven: Roasting typically occurs in a 400 °F, or hotter, oven.

2



Prepare the product and cut (as needed) into uniform sizes.

3



Toss the vegetables with the listed amounts of cooking fat and seasoning as directed by the recipe.

4



Place the vegetables on a parchment-lined sheet pan. Spread them out so there is good airflow; otherwise, the vegetables will steam rather than roast.

5



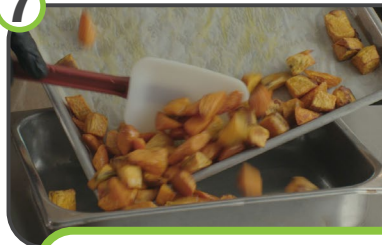
Place the product into the oven.

6



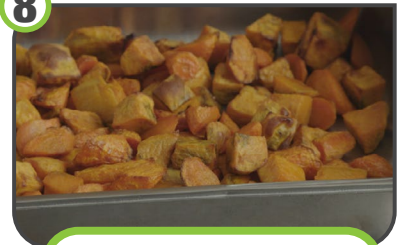
Cooking time will depend on the size and density of the vegetables being cooked.

7



Place the finished product in a pan for service or cool (if needed) for further use in a recipe.

8



Experience delicious vegetables when they are perfectly roasted.



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## CULINARY QUICK BITES

# How to Roast Vegetables

WATCH THE VIDEO

<https://vimeo.com/879569292/bfe4c8143a?share=copy>

### QR CODE

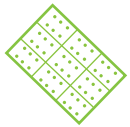
Utilize the QR code embedded to the right to share the video with staff utilizing handheld devices such as smartphones and tablets. Use the photo app on the smart device to scan the code to be directed to the video.



# ACTIVITY

## SETUP

### MATERIALS:



Anti-slip mat  
– 1 per person



Cutting board  
– 1 per person



Chef knife  
– 1 per person



Waste pan  
– as needed



Food pan  
– as needed



Washed vegetables  
(amount based on your  
service needs)



Ingredients as listed in  
the selected recipe



Seasoning – based on  
the selected recipe



Large bowl/hotel pan  
(number based on your  
service needs)



Sheet trays (number  
based on your service  
needs)



Parchment paper



Equipment: oven



Recipe of choice  
(site's or CNRB)  
– 1 per person



Infographic: How to  
Roast Vegetables  
– 1 per person

**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.

## SETUP INSTRUCTIONS FOR FACILITATOR

- 1** Prior to the training, gather all of the materials needed for the activity. Choose the vegetables that best fit your service and kitchen equipment. 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

## ACTIVITY INSTRUCTIONS FOR PARTICIPANTS

- 1** Refer the participants to the infographic and the 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.
- 3** As a group, the participants will roast vegetables to incorporate into their weekly menu. Complete the cooking process and encourage the participants to taste the final product.
  - Instruct participants to take their time and practice their culinary skills 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 recipes that would benefit from properly roasting vegetables.
  - Ask participants to describe how roasting vegetables can assist in improving meal quality.
  - Ask participants in what form or dishes their students would enjoy seeing roasted vegetables on menus.
- Ask if the participants feel more comfortable roasting vegetables or want more time to develop the skill further if time allows.
- Plan the next training session based on the needs of your staff.



The University of Mississippi

School of Applied Sciences

800-321-3054

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