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CULINARY
INSTITUTE OF
CHILD NUTRITION

CULINARY QUICK BITES

BASIC COOKING TECHNIQUES:
HOW TO STEAM VEGETABLES



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BASIC COOKING TECHNIQUES: HOW TO STEAM VEGETABLES

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The University of Mississippi, School of Applied Sciences
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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.

This activity helps reinforce knowledge and skills learned during this lesson. The steamed 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 based on the selected recipe)
- Water
- Perforated pan
- Infographic: How to Steam Vegetables – 1 per person
- Equipment: Steamer
- Site recipe for steaming 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 steam vegetables.

GENERAL INFORMATION ABOUT STEAMING VEGETABLES

- Steaming is a moist heat cooking method that uses steam to cook the item. It is the most common moist heat cooking method used in school meal programs and, when done correctly, can yield some of the most delicious, appealing, and vibrant vegetables.
- The secret to great steamed vegetables is not to overcook them, as overcooking can lead to a mushy product, losing both texture and flavor.
- The steamer can be used to prep vegetables for later use, such as steaming vegetables ahead of time for a rice bowl dish, or for immediate service on the line.
- Tips for steaming:
 - Steaming should occur in a perforated pan that is placed directly in the steamer.
 - Air circulation around the entire product is key for even cooking and high food quality. Do not overcrowd the vegetables on the pan.
 - For best quality, foods should be steamed immediately before service.
 - Delicate vegetables like broccoli do not hold well for hot service.
 - Corn and peas hold for hot service better and maintain their quality.
 - Prepare fresh vegetables before steaming.
 - Wash (as needed).
 - Peel and cut (as needed).
 - Thaw frozen vegetables before steaming.
 - Thawing vegetables before steaming allows more even cooking and prevents overcooking the outside of the vegetable.
 - Prep before by placing frozen vegetables in a perforated pan; place this perforated pan in a solid hotel pan with a lid and leave in the refrigerator/walk-in overnight.
 - Remove perforated pan from solid pan and place in steamer.
 - 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 STEAM VEGETABLES

- Utilizing the infographic, review the process for steaming 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 STEAM VEGETABLES

1



Prepare the vegetables: wash and trim the vegetables as needed, and cut them into uniform sizes to ensure even cooking.

2



Place the vegetables in a steamer and cook the vegetables to the desired level of doneness (the exact time will depend on the type of vegetable and its size).

3



The cooked vegetables should be cooked to a tender-crisp texture.

4



Re-pan the product, and season per the recipe, for use on the serving line.



CULINARY QUICK BITES

How to Steam Vegetables

[WATCH THE VIDEO](#)

<https://vimeo.com/879569493/f16fbf2a87?share=copy>

QR CODE

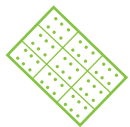
Utilize the QR code embedded to the right to share the video with staff utilizing handheld devices such as smartphones and tablets. Use the photo app on the smart device to scan the code to be directed to the video.



ACTIVITY

SETUP

MATERIALS:



Anti-slip mat
– 1 per person



Food pan
– as needed



Infographic: How to
Steam Vegetables
– 1 per person



Cutting board
– 1 per person



Washed vegetables
(amount based on the
selected recipe)



Equipment: steamer



Chef knife
– 1 per person



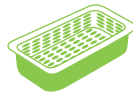
Water



Site recipe for
steamed vegetables
– 1 per person



Waste pan
– as needed



Perforated pan

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. 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

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 steam 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 steaming vegetables.
 - Ask participants to describe how properly steamed vegetables will improve meal quality.
 - Ask participants in what form or dishes their students would enjoy seeing steamed vegetables on menus.
- Ask if the participants feel more comfortable with steaming 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.



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