



CULINARY
INSTITUTE OF
CHILD NUTRITION

CULINARY QUICK BITES

BASIC COOKING TECHNIQUES:
HOW TO BROWN GROUND MEATS



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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 browned ground meats 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



- Ground meat of choice (amount based on the selected recipe)
- Seasoning mix of choice (amount based on the selected recipe)
- Sheet tray
- Equipment: oven, tilt skillet, or steam jacketed kettle
- Recipe of choice – 1 per person
 - Note: For this lesson, you will need to choose your site's or a CNRB recipe – [Child Nutrition Recipe Box](https://theicn.org/cnrb/) (<https://theicn.org/cnrb/>) recipe that includes browning ground meats.
- Infographic: How to Brown Ground Meats – 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 brown ground meat.

GENERAL INFORMATION ABOUT BROWNING GROUND MEATS

- Browning is an easy and great step in using raw ground meat in your kitchen.
- Browning meat is an excellent way to add flavor to the meat. This method, used in combination with an in-house made spice blend, allows you to create a flavorful and low-sodium dish.
- By browning the meat, you are caramelizing the protein, which creates a crisp yet juicy result.
- We recommend ordering raw commodity beef instead of diverting it to a processor. Browning raw ground beef with in-house made seasoning allows you to control sodium and create a flavorful product.
- Plan your menu and production out so you can prepare larger batches of browned meat at once and refrigerate/freeze for later use.
 - Ex: Make taco meat for tacos. Make extra to freeze and use on baked potato bar.

USING DIFFERENT EQUIPMENT TO BROWN GROUND MEATS

- Tilt Skillet or Steam Jacketed Kettle
 - Ensure that the lid is always open when browning the meat. This allows the moisture in the product to evaporate, which will create the browning and the caramelized flavor.
 - Place the desired amount of defrosted ground meat in the center of a previously heated tilt skillet.
 - As the ground meat begins to warm, break it up, stirring occasionally to prevent it from sticking to the bottom of the skillet.
 - Cook until it starts to turn brown on the outside. Make sure it cooks evenly.
 - Allow the meat in the pan to sit; this will create a brown crust. If you stir too often, the crust will not form.
 - Drain the meat when cooking more than 20 pounds. If cooking less than 20 pounds, just allow evaporation during cook time.
 - Allow drained liquid to cool and solidify, and then discard it.
 - Follow the recipe and add seasonings to allow dry spices to bloom while the meat finishes cooking.
 - Continue to cook until 160 °F or higher.
- Oven (450 °F)
 - Cook on a high-sided sheet tray – remove the desired amount of defrosted ground meat directly from sleeves, cut into rounds of approximately 1 inch.
 - Use 10 pounds per tray.
 - Cook for 10–15 minutes, then break up meat with an offset turner or spatula.
 - Cook for another 10–15 minutes, then stir and continue to break up the meat.
 - Continue to cook until a safe internal temperature is reached.
 - Remove sheet pan from the oven and let it cool slightly, remove the meat, leaving the fat on the sheet tray. Dispose of the fat once cooled.

LESSON OVERVIEW

- Drain and dispose of fat in an approved vessel or location.
 - Wipe cooled fat from the sheet tray with a spatula or single-use paper towel, and dispose in a site-approved location.

NOTE: Be sure to follow safe food handling practices. Properly hot-hold cooked items for service or cool the food items, per your HACCP plan.

HOW TO BROWN GROUND MEATS

- Utilizing the infographic, review the process for browning ground meats.
- Review the embedded training video.

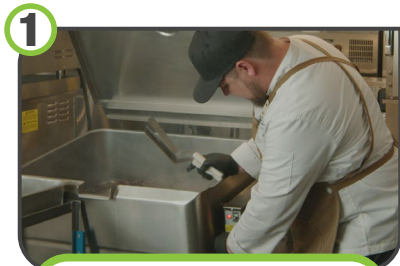
After we review the infographic and video, there will be an activity to reinforce skills learned.

Culinary Quick Bites

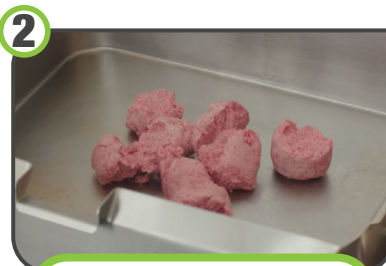
BASIC FOOD PREPARATION SKILLS

HOW TO BROWN GROUND MEATS

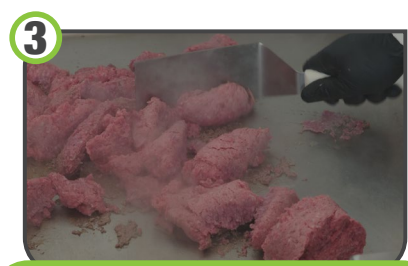
Browning ground meat is a process of cooking until it turns brown and develops a flavorful crust on the outside. Here's how to brown ground meats using a tilt skillet in a school nutrition kitchen:



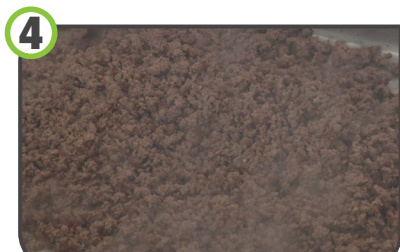
1 Heat up the tilt skillet: turn on the tilt skillet and set it to medium-high heat. Wait a few minutes for it to get hot.



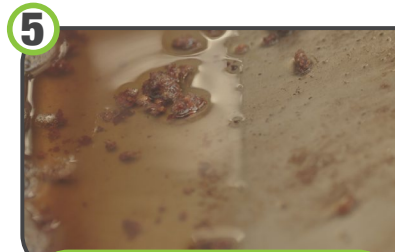
2 Add the ground meat: once the skillet is hot, add the ground meat to the center of the skillet.



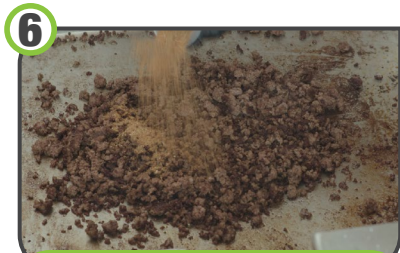
3 Break up the meat: use a spatula or spoon to break up the meat into smaller pieces. Allow the meat in the pan to sit; this will create a brown crust. Stir the meat occasionally to prevent it from sticking to the bottom of the skillet.



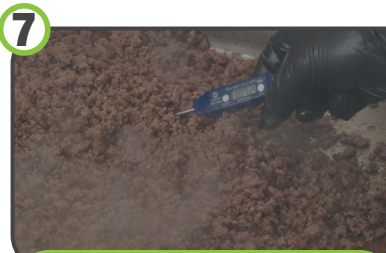
4 Cook the meat: cook the meat until it starts to turn brown on the outside. Keep stirring the meat occasionally to make sure it cooks evenly.



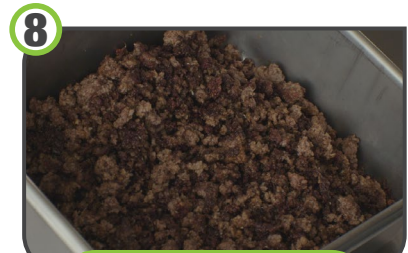
5 Drain the excess fat: once the meat is browned, drain off any excess fat from the skillet.



6 Season the meat: add the seasoning specified by the recipe.



7 Check the temperature: use a meat thermometer to check the internal temperature of the meat.



8 Pan the meat: use on the line or cool and store for use later.



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How to Brown Ground Meats

[WATCH THE VIDEO](#)

<https://vimeo.com/879569183/681a38aa28?share=copy>

QR CODE

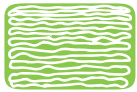
Utilize the QR code embedded to the right to share the video with staff utilizing handheld devices such as smartphones and tablets. Use the photo app on the smart device to scan the code to be directed to the video.



ACTIVITY

SETUP

MATERIALS:



Ground meat of choice
amount based on
selected recipe



Sheet tray



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



Seasoning mix of choice
amount based on
selected recipe



Equipment: oven, tilt
skillet, or steam jacket
kettle



Infographic: How to
Brown Ground Meats
-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 method of cooking that best fits 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 prepare ground meats 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.
 - 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 browning of ground meats.
 - Ask participants to describe how browning ground meats can assist in improving meal quality.
 - Ask participants in what form or dishes their students would enjoy seeing browned meats on the menus.
- Ask if the participants feel more comfortable browning ground meats 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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