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CULINARY
INSTITUTE OF
CHILD NUTRITION

CULINARY QUICK BITES

BASIC COOKING TECHNIQUES:
HOW TO ROAST MEATS



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The University of Mississippi, School of Applied Sciences
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Food Production – 2100

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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 roasted 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



- Meat of choice (amount based on the selected recipe)
- Seasoning mix of choice (amount based on the selected recipe)
- Sheet tray or roasting pan
- Equipment: oven
- Infographic: How to Roast Meats – 1 per person
- 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/cnr/) (<https://theicn.org/cnr/>) recipe for roasted meats.
- 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 meats.

GENERAL INFORMATION ABOUT ROASTING MEATS

- 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 meat enhances its flavor through caramelization, resulting in a savory and delectable dish with a rich, golden-brown crust.
- Dry-heat techniques can be used to cook:
 - Meats such as roasts, steaks, and other quality cuts of beef as well as ground meats
 - Ham and other pork products
 - Turkey and chicken
 - Fish filets and nuggets
- The “blood line” in chicken legs and thighs refers to the dark and sometimes visible line or vein of clotted or partially clotted blood that runs through the meat. When you cook chicken, these blood lines don’t always disappear, which can be unappetizing to some people. It is safe to eat, though some people might prefer to remove it for aesthetic reasons or personal preference in taste and texture. Typically, you’ll find this blood line in the chicken’s legs and thighs because these are the parts that get the most exercise, so they have more blood vessels.

STEPS TO ROAST MEATS

- 1** Remove all visible fat.
- 2** Season.
 - Follow the recipe and add appropriate seasonings and flavorings. Many recipes suggest adding salt at the end of cooking since it retards browning. Only add salt in the quantity the recipe indicates.
- 3** Place in the cooking pan/tray.
 - Do not cover and do not add any liquid. Place meat on a rack when appropriate (for meats with higher fat content) so fat will drain, and hot air can circulate on all sides.
- 4** Preheat the oven to the temperature specified in the recipe. Roast the meat in an oven until reaching the correct internal temperature, depending on the roast. When using a meat thermometer, insert it into the thickest part of the meat, away from bone or fat, to ensure that the meat has reached the correct internal temperature depending on the roast (or a higher temperature if specified in the recipe).

LESSON OVERVIEW

- 5** Remove from the oven and serve.
- For large pieces of meat, like a turkey or a large roast, allow the meat to rest for at least 15 minutes before carving or slicing. This resting period makes the meat firmer, juicier, and easier to slice. Meats should be sliced across the grain.
 - Resting meat before cutting refers to allowing cooked meat to sit at room temperature for a period of time after it has been removed from the heat source, such as an oven or grill, but before it is sliced or served. This resting period allows the juices in the meat to redistribute evenly throughout the meat, resulting in a more tender and juicy final product.
 - When meat is cooked, the heat causes the juices inside to move toward the outer edges of the meat. If the meat is immediately cut into when it is removed from the heat source, these juices will flow out, leaving the meat dry and less flavorful. Resting meat allows these juices to be reabsorbed back into the meat, resulting in a moist and flavorful final product.
 - The length of the resting period will depend on the size and type of meat. As a general rule, small cuts of meat such as steaks or pork chops should rest for 5-10 minutes, while larger cuts such as roasts or whole chickens should rest for at least 15-20 minutes. It's important to loosely cover the meat with foil or a lid during the resting period to prevent it from drying out or getting too cool.
 - Resting meat before cutting is an important step to ensure that your meat is tender, juicy, and full of flavor.
- 6** Hold cooked meat and poultry at the appropriate temperature.
- If the meat or poultry is not served immediately, it should be covered and kept in a warmer at the correct temperature (135° F) or chilled in the refrigerator (at 41 °F or below). Never hold a meat product at room temperature.

HOW TO ROAST MEATS

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

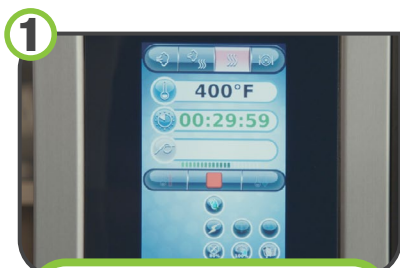
After we review the infographic and video, there will be an activity to reinforce skills learned.

Culinary Quick Bites

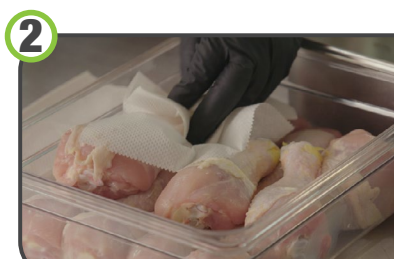
BASIC FOOD PREPARATION SKILLS

HOW TO ROAST MEATS

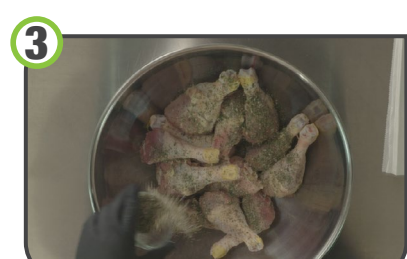
Roasting meats is a popular and practical cooking method in school nutrition programs due to its many benefits. This method not only preserves the nutritional value of the meat by allowing excess fat to drain away, but it also enhances the flavor by creating a flavorful exterior while keeping the interior moist. Additionally, roasting is a versatile cooking method that can be used for a wide range of meats, making it an efficient way to provide students with a variety of protein options in large batches.



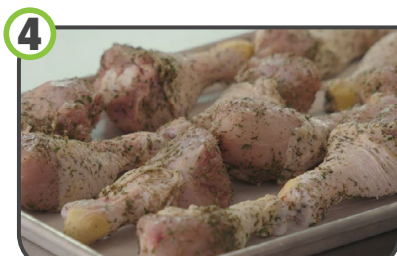
Pre-heat the oven to 400 °F.



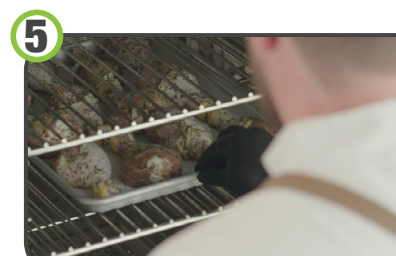
Pat the meat dry with a single use paper towel to remove any excess moisture to make the product crispier.



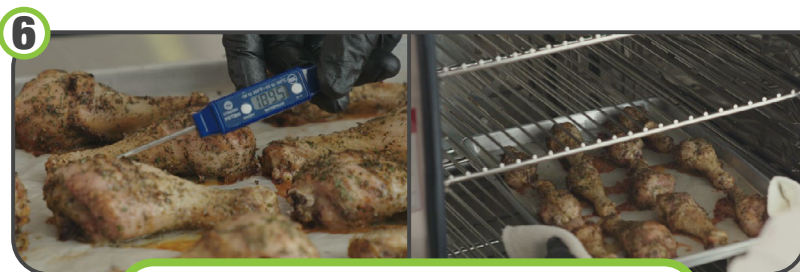
Season the product. Follow the recipe and add only the quantity listed on the recipe.



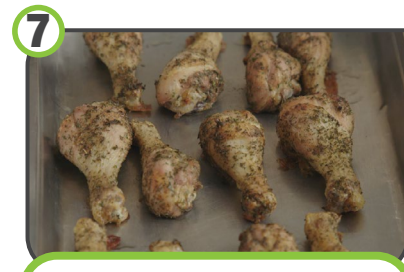
Arrange the product on a sheet tray, allowing room between pieces for air flow.



Roast in a 400 °F oven until beef, pork or seafood reach an internal temperature of 145 °F and poultry reaches at least 165 °F for at least 15 seconds.



Use a thermometer to ensure the safe internal temperature has been reached. Remove from oven.



Once the product has reached the final cooking temperature, place in a serving pan. Garnish according to your recipe.

Pro tip: Cook bone-in chicken legs and thighs to 185 °F to ensure the blood line and bone do not appear undercooked.



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How to Roast Meat

WATCH THE VIDEO

<https://vimeo.com/879569350/24b8bfb698?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:



Meat of choice
(amount based on
your service needs)



Sheet tray or
roasting pan



Infographic: How to
Roast Meats
– 1 per person



Seasoning mix of
choice, per selected
recipe



Equipment: oven



Recipe of choice (site's
or CNRB)
– 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. 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 roasted 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 properly roasting meats.
 - Ask participants to describe how roasting meats can assist in improving meal quality.
 - Ask participants what kinds of roasted meats the students would enjoy seeing on the menus.
- Ask if the participants feel more comfortable roasting 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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