

**CiCN**

CULINARY  
INSTITUTE OF  
CHILD NUTRITION

# CULINARY QUICK BITES

BASIC COOKING TECHNIQUES:  
HOW TO SAUTÉ VEGETABLES



# **CULINARY QUICK BITES**

## **BASIC COOKING TECHNIQUES: HOW TO SAUTÉ 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**

# DISCLAIMER

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at the University of Mississippi. The content of this publication does not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- (1) Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) Fax: (833) 256-1665 or (202) 690-7442; or
- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

The USDA is an equal opportunity provider.

The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA Employer.

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold.

Suggested Reference Citation:

Institute of Child Nutrition. (2024). *Culinary quick bites basic cooking techniques: How to sauté vegetables*. University, MS: Author.

The photographs and images in this document may be owned by third parties and used by the University of Mississippi under a licensing agreement. The university cannot, therefore, grant permission to use these images. Please contact [helpdesk@theicn.org](mailto:helpdesk@theicn.org) for more information.

©2024, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences

# 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

**10** INFOGRAPHIC: HOW TO SAUTÉ VEGETABLES

**12** TRAINING VIDEO

**12** QR CODE

**13** ACTIVITY

**15** 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.

This activity helps reinforce knowledge and skills learned during this lesson. The sautéed 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 13.

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 13.

## 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 selected recipe)
- Other ingredients as listed in the selected recipe
- Large bowl or hotel/steam table pan
- Sheet trays
- Infographic: How to Sauté Vegetables – 1 per person
- Equipment: oven, tilt skillet, kettle, or stove top
- 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.
- 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 sauté vegetables.

## GENERAL INFORMATION ABOUT SAUTÉING VEGETABLES

- Sautéing vegetables is a dry heat cooking method that uses high heat and a small amount of fat.
- Sautéing in the oven is a great technique to use when preparing vegetable dishes.
- To ensure food quality, it is important to consider carry-over cooking time when preparing vegetables.
  - Carry-over cooking is a phenomenon that occurs when you remove cooked food from the heat source, but the food continues to cook even though it's no longer being heated. This happens because the residual heat trapped in the food continues to cook it, causing an increase in internal temperature even after you take it off the heat source.
- One way to prepare dense vegetables (such as butternut squash) for sauté application is to par-cook (blanch and shock) them first so they are tender and cook quickly. This will yield a tender interior and crispy exterior.

## STEPS TO SAUTÉ VEGETABLES USING DIFFERENT KITCHEN EQUIPMENT

- Oven
  - Preheat the oven to 425 °F.
  - Preheat the sheet tray and oil in the oven to help to start the cooking process.
  - Prepare the vegetables in uniform-sized pieces.
  - Following the recipe, season the vegetables and add them on the sheet pan. To avoid steaming, do not overcrowd.
  - Place the pan in the oven and cook for 3-5 minutes.
  - Remove the pan from the oven, toss the vegetables, and return to the oven.
  - Toss the vegetables every 3-5 minutes and return to the oven until done. Place the final project in a service pan and serve immediately.
- Tilt skillet, kettle, or stove top
  - Prepare your ingredients per the recipe.
  - Following the recipe, heat the listed amount of oil in a tilt skillet over medium-high heat.
  - Begin by adding the thickest or most dense vegetables to the pan first.
  - Add additional vegetables based on the length of the time it takes to cook.
  - Keep the lid off to ensure caramelization of vegetables from hot, dry cooking rather than steaming.
  - Season and stir constantly until done.
  - Remove from the skillet, place in a service pan, and serve immediately.
- 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 SAUTÉ VEGETABLES

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

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

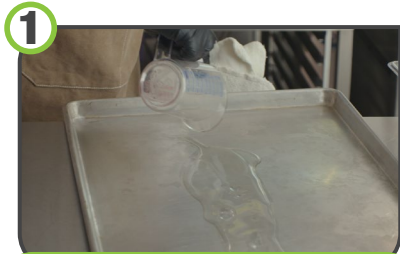
## Culinary Quick Bites

BASIC FOOD PREPARATION SKILLS

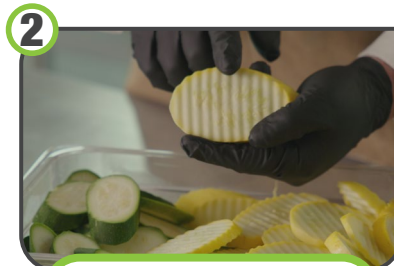
## HOW TO SAUTÉ VEGETABLES

### SAUTÉING IN AN OVEN

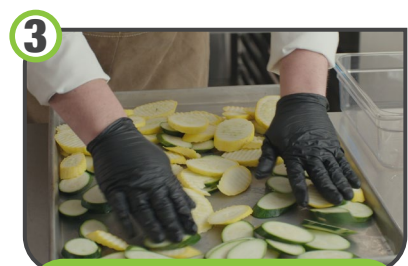
Sautéing vegetables is a popular cooking method in school nutrition programs as it is quick, retains nutrients, adds flavor, and is versatile for a variety of vegetables.



Oil the sheet tray and put it into a pre-heated 425 °F oven so the pan and oil get hot.



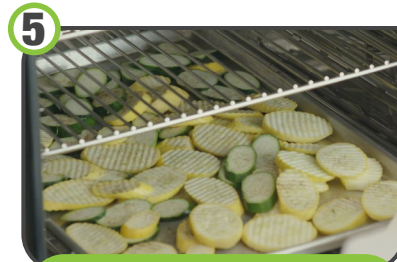
Prepare the vegetables in uniform-sized pieces.



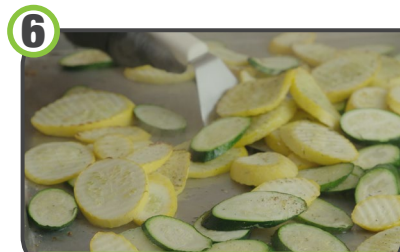
Carefully, remove the hot pan from the oven and distribute the vegetables evenly. To avoid steaming, do not overcrowd.



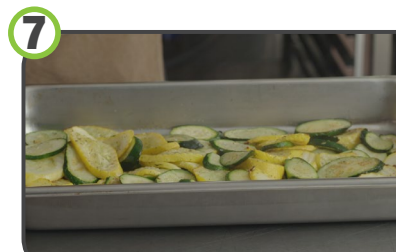
Following the recipe, season the vegetables.



Place the pan back in the oven and cook for 3-5 minutes.



Remove the pan from the oven, toss the vegetables, and return to oven for an additional 3-5 minutes.



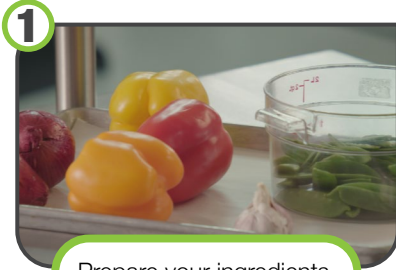
Place the final product in a service pan and serve immediately.

## Culinary Quick Bites

BASIC FOOD PREPARATION SKILLS

## HOW TO SAUTÉ VEGETABLES

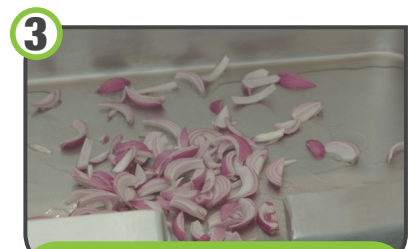
### SAUTÉING IN A TILT SKILLET



1 Prepare your ingredients following the recipe.



2 Following the recipe, heat the listed amount of oil in a tilt skillet over medium-high heat.



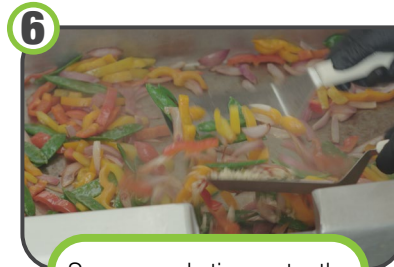
3 Begin by adding the thickest or most dense vegetables to the pan first.



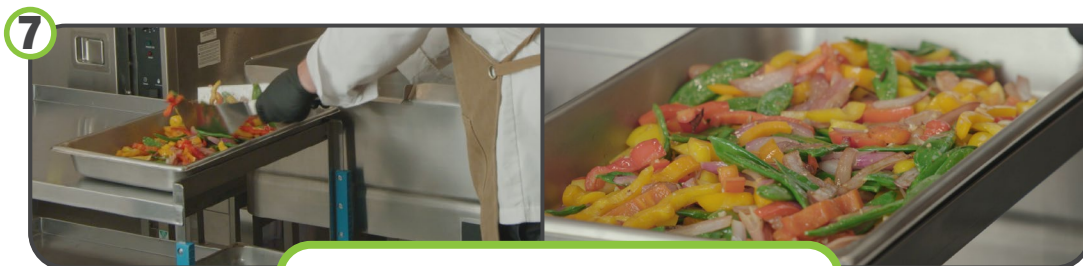
4 Add additional vegetables or ingredients based on the length of time it takes to cook—longest to shortest.



5 Keep the lid off to ensure caramelization of vegetables from hot, dry cooking rather than steaming.



6 Season and stir constantly until done.



7 Remove from the skillet, place in a service pan, and serve immediately.



CULINARY  
INSTITUTE OF  
CHILD NUTRITION

## CULINARY QUICK BITES

# How to Sauté Vegetables

WATCH THE VIDEO

<https://vimeo.com/879569409/195a4a31f6?share=copy>

### QR CODE

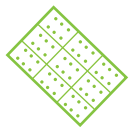
Utilize the QR code embedded to the right to share the video with staff utilizing handheld devices such as smartphones and tablets. Use the photo app on the smart device to scan the code to be directed to the video.



# ACTIVITY

## SETUP

### MATERIALS:



Anti-slip mat  
– 1 per person



Cutting board  
– 1 per person



Chef knife  
– 1 per person



Waste pan  
(number based on your  
service needs)



Food pan  
(number based on your  
service needs)



Washed vegetables  
(amount based on your  
service needs)



Other ingredients listed  
(type and quantity) in  
the selected recipe



Large bowl/hotel pan



Sheet trays



Equipment: oven, tilt  
skillet, kettle, or stove  
top



Infographic: How to  
Sauté Vegetables  
– 1 per person



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. 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 sauté 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.
  - 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 sautéing vegetables.
  - Ask participants to describe how sautéing vegetables can assist in improving meal quality.
  - Ask participants in what form or dishes their students would enjoy seeing sautéed vegetables on the menus.
- Ask if the participants feel more comfortable with sautéing 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

[www.theicn.org](http://www.theicn.org)