

LOUISIANA TEAM NUTRITION



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Food Presentation and Garnish



Food Presentation

- We eat for enjoyment as well as for nutrition and sustenance.
 - Cooking is art that appeals to our senses of taste, smell, and sight.
- “We eat with our eyes first” is a true statement.
 - Our first impressions of a plate of food set our expectations.



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Food Presentation

Fundamentals of Plating



Your job is to get your customers interested in and excited about your food.

- Appearance as well as flavor must be considered in planning new dishes.
- How our sense of sight, taste, smell, and touch are affected by food helps to evaluate and enjoy food.



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Food Presentation

Fundamentals of Plating

The Essentials of Food Presentation

- Good Preparation and Cooking Techniques
 - Well-prepared and properly cooked food with a good aroma is usually appealing all by itself.
- Professional Work Habits
 - Serving attractive food is largely a matter of being neat and careful and using common sense.
- Visual Sense
 - Effective food presentation depends on developing an understanding of techniques that involve balance, arrangement, and garniture.



Food Presentation

Fundamentals of Plating

Balance

- Colors
 - Two or three colors on a plate are usually more interesting than just one.
- Shapes
 - Plan for variety of shape and form as well as of color.
- Textures
 - Good balance requires a variety of textures on the plate.
- Flavors
 - This is one more factor you must consider when balancing colors, shapes, and textures on the plate.



Food Presentation

Fundamentals of Plating

Portion Size

- Match portion size and plates.
 - Select plates large enough to hold all the items without crowding.
 - Too large a plate may make the portions look skimpy.
- Balance the portion sizes of the items on the plate
 - Don't let the main item get lost amid excessive garnish and huge portions of vegetable and starch items.



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Food Presentation

Fundamentals of Plating

Arrangement on the Plate

1. Keep food off the rim of the plate.
2. Arrange the items for the convenience of the customer.
3. Keep space between items, unless, of course, they are stacked on one another.
4. Maintain unity.
5. Make every component count.
6. When using a sauce or gravy, add it attractively.
7. Keep it simple.



Food Presentation

Fundamentals of Plating

Temperature

- Serve hot foods hot, and on hot plates.
- Serve cold foods cold, and on cold plates.
 - Your arrangement of beautiful food will not make much of a final impression if you forget this rule.



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Food Presentation

Garnish

What is garnish?

- Edible items used to decorate or embellish a food item.
- Garnishes need to serve a purpose such as adding color, giving height, complementing flavors.
- There are times when a dish has ample color, flavors and height; these dishes may not need a garnish.
- Choosing a garnish is just as important as choosing the right seasonings for a dish.



Food Presentation

Rules for Choosing a Garnish

- Plan the garnish ahead of time to avoid it being an after thought
- Always use ingredients found in the dish.
- Know why a garnish is being used i.e., height, color, balance etc....
- Keep the garnish simple.
- .Try to avoid the boring chopped parsley, sliced green onions, or dusting of spices.
- Use sauces to add color and flavor to dishes instead of traditional garnishes.



Batch Cooking



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Batch Cooking



- Cooks must be organized and work efficiently.
- Many tasks must be completed over a given time and by a limited number of workers.
- All must come together at one crucial point: service time.



Batch Cooking

- Cooks take pride in the thoroughness and quality of their advance preparation or Mise en Place.
- **Mise en Place**: French term, meaning “everything put in place.”
- To put it in simple terms “it’s planning ahead to save time now”



Batch Cooking

Pre-Preparation

Pre-preparation is necessary! You must:

- Assemble your tools
- Assemble your ingredients
- Wash, trim, cut, prepare, and measure your raw materials
- Prepare your equipment



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Batch Cooking

Pre-Preparation

The Chef must plan pre-preparation carefully.

- Break down each menu item into its stages of production.
- Determine which stages may be done in advance.
- Determine the best way to hold each item at its final stage of pre-preparation.



Batch Cooking

Pre-Preparation

(... cont'd)

- Determine how long it takes to prepare each stage of each recipe.
- Plan a production schedule beginning with the preparations that take the longest.
- Examine recipes to see if they might be revised for better efficiency and quality as served.



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Batch Cooking

Pre-Preparation

The Goal

- The goal of pre-preparation is to do as much work in advance as possible without loss of quality.
- Quality should always take highest priority.



Batch Cooking

Holding Temperature

- Holding temperature: The temperature at which a product is kept for service or for storage.
- Holding temperatures for all TCS foods must be outside the Food Danger Zone.
 - Food Danger Zone: 41°F (5°C) to 135°F (57°C)



Batch Cooking

Adapting Preparation to Style of Service

Set Meal Service

- All customers eat at one time.
- Often called quantity cooking because large batches are prepared in advance.
- Examples: school cafeterias, banquets, employee dining rooms



Batch Cooking

Set Meal Service

- Split all food items into smaller units that can be reheated or finished cooking in short period of time.
- Communicate clearly and anticipate the amounts needed.
- Determine how many are served in a given time and use that information to guide the process of batch cooking.



Batch Cooking

Mise En Place: The Required Tasks

- A large part of a cook's workday is spent doing mise en place.
- A large part of learning how to cook is learning how to do mise en place.



Session C

Knife Skills and Weighing

Sanitation

- There is a direct link between foodborne illness and food service workers.
- Wash your knives thoroughly and sanitize properly before and after each use.
- Keep your work area clean always to avoid cross contamination or cross transfer.
- Wash your hands properly after going to the restroom, smoking, eating, upon returning to the kitchen, changing tasks or changing gloves.
- Wear a clean uniform with a clean hat every day, along with a clean apron and side towels.
- The work area should be cleaned and sanitized before starting work or after four hours of continual work.
- Only work on an amount of food product that can be done in a short period of time. Keep unprocessed food in the cooler until ready to process.
- Always use single tasting spoons to avoid double dipping.
- Keep all open sores and cuts covered to avoid contaminating food and others.
- Always inform your supervisor if you are on medication that would decrease the clotting factor of your blood. These medications would include blood thinners such as coumadin or aspirin and blood pressure medication. Should you cut yourself, treatment can be done in a manner to reduce excessive blood loss.
- Any food that is contaminated with blood or other bodily fluids should be discarded.

Knife Safety

- Sharp knives are safer than dull knives because a sharp knife requires less force reducing the chances of slipping. If a sharp knife slips, the force behind it is less and the cut will not be a traumatic. When a dull knife slips, there is a considerable amount of force behind it and instead of cutting the damage is usually in the form of a jagged tear that can be deep.
- Never leave a knife on the drain board of a sink or in the sink where the unsuspecting worker may reach in and cut themselves.
- Always choose the right knife for the job. Each knife has specific uses; understanding these uses help you to work more efficiently.
- Always use an appropriate cutting board. Never cut on metal or glass surfaces as this can damage the blade.
- A slip mat should be placed under the cutting board to prevent the cutting board from moving while cutting, reducing the risk of injury.
- Always cut away from yourself; if the knife slips you will not be injured.
- Never waive a knife in the air.
- Always walk with the tip of the knife pointing down and warn others that you have a knife so they are not likely to step into your path and avoid possible injury. To alert



someone that you are carrying a knife should be clearly understood such as “sharp” or simply “knife”.

- Never try to catch a falling blade. The term blade is used to here to include boxes such as foil or plastic wrap that contain a cutter. When a knife falls you should lift your hands away and step back. It is less expensive to replace a broken knife than the cost of medical and workman’s comp bills.
- When holding a knife, pinch the knife blade just in front of the bolster with the thumb and index finger; wrap the remaining fingers around the handle. This holding technique gives you more control with the knife. Try to avoid placing your index finger on top of the blade as this lessens the strength being used and increases the chances of the blade twisting when encountering something hard.
- When using any knife, a honing steel should be placed by your cutting board. As the knife is used, the blade will become dull and require a few strokes on the steel to bring the edge back into alignment.
- If a knife is honed before use and regularly during use, the knife will not need to be sharpened for several years.

Gripping your knife



- Make sure your grip is comfortable; remember you must use a knife extensively, so a firm, comfortable grip is essential

- Use a tiger grip to keep foods being cut from slipping. The fingers are curled under the hand, using the flat part of the fingers to guide the knife.



- Hold the item being cut firmly so it will not slip. The knife blade slides against the fingers. The position of the hand controls the cut. Fingertips are curled under, out of the way of the blade.

Basic Cuts and Shapes

Chiffonade

Cutting leaves into fine shreds

Rondelle or rounds

Disk-shaped slices

Julienne

1/8-inch x 1/8-inch x 2 inches

Bâtonnet

1/4-inch x 1/4-inch x 2 1/2 - 3 inches

Brunoise

1/8-inch x 1/8-inch x 1/8-inch

Fine Brunoise

1/16-inch x 1/16-inch x 1/16-inch

Small dice

1/4-inch x 1/4-inch x 1/4-inch

Medium dice

1/2-inch x 1/2-inch x 1/2-inch

Large dice

3/4-inch x 3/4-inch x 3/4-inch

Paysanne

1/2-inch x 1/2-inch x 1/8-inch

Mincing

Cut into very small pieces

Portioning

Portion Control – controlling the quantity of foods served by using appropriate measuring tools.

Measurement – how much of an ingredient is being used in a recipe

Volume – The amount of space an ingredient fills

Weight – the heaviness of an ingredient

Count – the number of each item needed or served

Equal division – an item is split into a specific size for each portion

Standard fill – a set amount served based on the serving container

Tare – accounting for the weight of the container used to weigh an item. Also known as zeroing the scale.

- Ingredients can be measured in multiple ways depending on the item being produced or served.
- Most ingredients are measured by volume, but volume is **not** as accurate as weight, especially for solid ingredients. This has to do with the density of the solid ingredients.



Measuring Dry Ingredients by Volume

- Volume is commonly used in the measurement of liquids and expressed in fluid ounces.
- Ingredients that are too light to be measured by weight are often measured by volume such as fresh and dry herbs.
- Dry volume measuring cups come in various sizes usually ranging from 1/8 cup to 1 cup. To use these measurement tools properly always follow these steps:
 1. Fill the cup with the ingredient
 2. Level the top of the cup off using a straight edge tool like the side of a spatula or back of a knife.
 3. Pour the ingredients into the mixture.
- Most ingredients will be measured loosely in the cups, but sometimes a recipe will call for an item to be packed such as brown sugar. **Never** pack ingredients into a measuring cup unless the recipe specifies.

Measuring Liquid Ingredients by Volume

- Liquid measuring cups are usually transparent with measurement marking on the side. There are liquid measuring cups that are not transparent, but these types will have the same marking to determine proper measurement of a liquid.
- Typical liquid measuring cups will range in the following sizes cup, pint, quart and gallon. For small amount measuring spoons will be used ranging in sizes from 1/8 teaspoon to 1 tablespoon
- To measure liquids by volume always follow these steps:
 1. Set the measuring cup on a level surface.
 2. Carefully pour the liquid into the container.
 3. Bend down to check the measurement at eye level. Try to avoid lifting the container up to determine the measurement; if the container is not level the reading will be incorrect.
 4. Add more liquid or pour off excess as needed, recheck the measurement.
 5. For small amounts of liquid use measuring spoons, filled level with the top.

Measuring Liquid Ingredients by Weight

- When accuracy is extremely important consider using weight as the measurement of choice. Weight is measured in pounds and ounces.
- To measure ingredients by weight you must first have a scale. While all scales weigh items it is important to choose the right scale for the task.
- There are different types of scales used in commercial kitchens for specific reasons.
- **Spring scales** aka mechanical scales - are used to measure ingredients and to portion servings. It is important to choose a scale with a weight range close to the



amount being weighed. This allows for a more accurate reading. Mechanical scales are operated by springs; the greater maximum weight a scale can handle, the stronger the spring. Trying to weigh four ounces of product on a 25-pound scale will not be as accurate as weighing the same amount on a 32-ounce scale.

- **Digital scales** – can be more accurate and take the guesswork out of determining a final weight. Digital scales will calibrate each time it is powered on. Like a spring scale, digital scales are used to measure ingredients or to portion servings. Unlike spring scales, any size digital scale can be used to weigh if the maximum weight is not exceeded. Batteries are the drawback to digital scale, without them they are useless.
- **Balance beam or baker’s scale** – used to measure dry and wet ingredients for baking. These scales use a counter weight based on the amount of product needed. Balance scales are rarely used to portion servings and are becoming obsolete in bakeshops because of digital scales.

Measuring dry ingredients by weight

To correctly use a mechanical scale, follow these steps:

1. Choose a scale with a maximum weight close to the maximum weight of the item being weighed. Include the weight of the bowl when choosing a scale.
2. Place a bowl on the scale and turn the dial to “zero”. The scale has been tared and ready for use.
3. Gently place the item being weighed into the bowl and allow the needle to stop moving. Lean over and read the scale to determine the weight.
4. Repeat step two for each item being weighed.

To use a digital scale correctly, follow these steps:

1. Choose a digital scale with a maximum weight limit to accommodate the weighing container and product.
2. Power on the scale.
3. Place a container to hold the items being weighed on the scale.
4. Press the “tare” button to bring the scale back to zero.
5. Gently place the items in the container and read the digital display.
6. Check the tare of the scale each time.

Portion scoops

- Portion scoops are used to measure servings but can lack visual appeal. These tools are only as accurate as the person using them meaning a standard must be set detailing how to use each time.
- Portion scoops are labeled with a specific number to indicate size. The higher the number the smaller the portion. This number is based on the number of scoops used to fill a 32-



ounce container. For example, a #32 scoop measures out a 1-ounce portion while a #16 scoop will measure out a 2-ounce portion.

- To determine the ounce size of the portion, simply divide the scoop number into 32.





Simple Tomato & Cucumber Salad



Vegetable					
Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Olive oil		3 1/8 cups		6 1/4 cups	1. Whisk olive oil, red wine vinegar, oregano, and pepper in a bowl until mixed. Reserve for step 3. 2. Dice tomatoes, cucumbers, and red onions. Place them in steamtable pans (12" x 20" x 2 1/2"). 3. Pour dressing over diced vegetables and toss to coat. Serve immediately or refrigerate until ready to serve.
Red wine vinegar		1 3/4 cup		3 1/8 cups	
Dried oregano		1/4 cup		1/2 cup	
Ground black pepper		1 Tbsp		2 Tbsp	
Tomatoes, whole, <i>diced</i>	6 lbs 10 oz	12 1/2 cups	13 lbs 4 oz	25 cups	
Cucumbers, whole, unpared, <i>diced</i>	4 lbs 8 oz	12 1/2 cups	9 lbs	25 cups	
Red onion, whole, mature, <i>diced</i>	1 lb 6 oz	3 1/8 cups	2 lbs 12 oz	6 1/4 cups	

Serving	Yield	Volume
½ cup of salad (1 serving provides ¼ cup serving of red/orange vegetables and ¼ cup serving of other vegetables)	50 Servings: 25 cups	50 Servings: 2 steamtable pans (12" x 20" x 2 ½")
	100 Servings: 50 cups	100 Servings: 4 steamtable pans (12" x 20" x 2 ½")

Nutrients Per Serving					
Calories	140	Saturated Fat	2 g	Iron	1 mg
Protein	1 g	Cholesterol	0 mg	Calcium	20 mg
Carbohydrate	3 g	Vitamin A	28 mcg	Sodium	5 mg
Total Fat	9 g	Vitamin C	11 mg	Dietary Fiber	1 g

Roasted Broccoli



Vegetable					
Ingredients	50 servings		100 servings		Directions
	Weight	Measure	Weight	Measure	
Broccoli, untrimmed**	10 pounds	25 cups	20 pounds	50 cups	1. Preheat oven to 450° F.
Broccoli, trimmed, florets**	5.5 pounds		11 pounds		
Olive oil	1 ¼ cups		2 ½ cups		2. Prepare broccoli by cutting into florets if untrimmed, removing tough stems and slicing tender stems.
Garlic powder	2 tablespoons		4 tablespoons		
Black pepper	1 teaspoon		2 teaspoons		4. Spread the broccoli on steamtable pans and place in the oven to bake for 15-20 minutes or until the edges are crispy and the stems are crisp but still tender. CCP: Internal temperature should be 140° F.
SERVING	YIELD		VOLUME		
½ cup broccoli	50 Servings: 50 ½ cup servings ½ cup serving is 4 ounce spoodle		50 servings: 2 shallow steamtable pans		
	100 servings: 100 ½ cup servings		100 servings: 4 shallow steamtable pans		
Nutrients Per Serving					
Calories	62.86	Saturated Fat	.63 g	Iron	.56 mg
Protein	1.86 g	Cholesterol	0 mg	Calcium	31 mg
Carbohydrates	5.88 g	Vitamin A	127 IU	Sodium	19.9 mg
Total Fat	4.32 g	Vitamin C	50.62 mg	Dietary Fiber	2.57 g

**Broccoli yield can vary based on size and cut. Please ensure you have enough raw product to provide the required number of servings.

Black Bean and Sweet Potato Quesadillas

Mashed sweet potatoes, black beans, and Cheddar cheese are sandwiched between two tortillas for a tasty vegetarian appetizer that even meat-eaters will like."

INGREDIENTS:

1 large sweet potato, peeled and diced
1 teaspoon chopped fresh cilantro
1/4 teaspoon chili powder
1/2 teaspoon salt
1/4 cup frozen corn
1 (19 ounce) can black beans, drained and rinsed
8 (8 inch) flour tortillas
1 cup shredded Cheddar cheese
Cooking spray

DIRECTIONS:

1. Place sweet potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until very tender, about 15 minutes. Drain and transfer to a bowl. Mash sweet potatoes and mix in cilantro, chili powder, and salt.
2. Place corn in a microwave-safe bowl and microwave on high until warmed, 1 to 2 minutes.
3. Spread 1/4 cup sweet potato mixture onto 1 tortilla; cover with 1/4 cup black beans and 1 tablespoon corn. Sprinkle 1/4 cup Cheddar cheese atop corn; cover with a tortilla. Repeat with remaining tortillas and fillings.
4. Spray a frying pan with cooking spray and place over medium heat; cook 1 quesadilla in the hot pan until cheese is melted and beans are heated through, 3 to 4 minutes per side. Repeat with remaining quesadillas; slice into quarters.

This treat is great for any time of the day and has vegetables from 3 of the vegetable groups: red-orange, dry peas and beans and starchy. Add some tomato salsa and garnish with extra cilantro to make it even better.

St Tammany Parish Schools – Bread Rolls yield 16 oz makes 10 – 1.6 oz rolls

White Flour – Bread	8.5 oz	
Instant Yeast	.30 oz	
Water	5.5 oz	
Salt – iodized table	.16 oz	
Vegetable oil	1 oz	
Sugar – granulated	.65 oz	

