

Culinary Skills

Professional Standard Code(s): 2000-Operations

Key Areas: 2130-Culinary Skills (1 hr.)

Hours of Instruction: 1

PREPARATION

Supplies and Equipment	Classroom Setup
<p>Ingredients (Provided by <u>Host</u>)</p> <ul style="list-style-type: none"> • Salad mix • Cucumbers, sliced • Tomatoes, wedged or diced • Carrots or cabbage, shredded • 10 cups spinach or other dark leafy green <p>Ingredients (Provided by <u>Culinary Team</u>)</p> <ul style="list-style-type: none"> • 1 bulb fresh garlic or 1 cup minced garlic • ½ pound fresh ginger or 1 cup minced ginger or ¼ cup ground ginger • ½ cup fresh cilantro or basil or mint leaves • 2 cups lemon juice • 2 cups sugar • 2 cups salt • 1 cup SunButter or 1 cup mustard, preferably Dijon or 1 cup sour cream • 2 cups vegetable or canola oil • ½ cup red wine vinegar or balsamic vinegar • ¼ cup crushed red pepper • ¼ cup lemon pepper or Italian salt-free seasoning • ¼ cup dried dill • ¼ cup dried oregano • ½ cup low-sodium soy sauce • 1 small bottle Sriracha hot sauce or alternative hot sauce 	<ol style="list-style-type: none"> 1. Gather all ingredients and supplies. 2. Set up demo and participant work stations. 3. Preset Experiential Taste Exercise with tasting sheet, five empty cups, plate and fork. 4. Connect with host site contact as needed.

<p>Supplies (Provided by <u>Host</u>)</p> <ul style="list-style-type: none"> • 5, 2 ounce disposable cups per participant for experiential tasting • 6 medium mixing bowls (1 quart capacity) • 6 whisks • 1 disposable small plate, napkin and fork per participant for tasting <p>Supplies (Provided by <u>Culinary Team</u>)</p> <ul style="list-style-type: none"> • 1 copy Flavor Wheel per participant 	
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--

OBJECTIVES

<p>Upon completion of this module, participants should:</p> <ol style="list-style-type: none"> 1. Identify the elements of taste. 2. Begin exploring how to combine tastes to build flavor.

LESSON

Instruction	
<p>INTRODUCTION (5 MIN)</p>	<p>Introduce yourself and share your background/experience. <i>Say:</i> For the next hour we are going to take a take a break from spreadsheets and compliance.</p> <p><i>Probes:</i></p> <ul style="list-style-type: none"> • What is our job? <i>We feed kids.</i> • What’s the environment like? <i>It’s fast.</i> • Is it safe to say we are in the fast food business? Who are your competitors? • What do Chipotle, Taco Bell, Wendy’s and Panera call their eating establishments? <i>Restaurants, cafes.</i> • Do they call them cafeterias? <i>No.</i> <p><i>Say:</i> Let’s change a bit of the language we use. We serve meals in cafés. Our challenge is creating meals children will eat using limited amounts of sugar and salt.</p>
Activities	
<p>EXPERIENTIAL TASTE EXERCISE (12 MIN)</p>	<p><i>Ask:</i> Are there any food allergies or intolerances?</p> <p><i>Instruct:</i> Please do not identify any of the tastes until the exercise is complete. If you have to say something, simply say, “It’s delicious”.</p> <p><i>Lead</i> the participants through a blind tasting of each of the following:</p>

	<ul style="list-style-type: none"> • Instructor to pour #1 and ask participants to taste - sugar water • Instructor to pour #2 and ask participants to taste - lemon juice • Instructor to pour #3 and ask participants to taste - fish sauce (salt water for those allergic to fish) • Instructor to pour #4 and ask participants to taste - bitter water <p>Lead the participants in tasting various combinations as follows:</p> <ul style="list-style-type: none"> • In the 5th empty cup, combine #1+#2 and taste • Add a few drops of #3 and taste • Add a few drops of #4 and taste • Each participant is to taste complex combination with umami or “meaty” flavor <p>Instructor to quickly sauté greens in neutral vegetable oil with NO seasoning whatsoever. Place a spoonful of greens on each director’s plate.</p> <p>Instruct: Pour a few drops of your solution containing all of the flavors over your sautéed greens and taste.</p> <p>Discuss:</p> <ul style="list-style-type: none"> • Understanding balanced flavors and identifying limits • Identify and discuss the four different solutions. • Give participants the opportunity to experiment with the flavors and discover too sweet, too salty, etc. by adding more of #1, #3, etc. • What role do the various flavors play in our food? <ul style="list-style-type: none"> ○ Sugar (Sweet) = appetite stimulator, a major part of the American flavor profile. Sugar is in almost everything from ketchup to hamburger buns. ○ Bitter = appetite suppressant, aids in digestion and nutrient absorption. Over the past several decades, we have prioritized less bitter varieties in the marketplace. The bitter component is often in the skins of fruits and vegetables, which are often peeled before serving. ○ Salt = essential but not too much; 75% comes from processed foods. ○ Sour = aids in digestion and provides an energy boost, especially for athletes.
<p>FLAVOR WHEEL</p> <p>(10 MIN)</p>	<p><i>Instructor to distribute the Flavor Wheel graphic and expand the discussion to other ingredients that represent sweet, sour, salty, and bitter.</i></p> <p><i>Say:</i> Most ingredients have a predominant flavor with varying degrees of other flavors. Balsamic vinegar for example is sour....and then sweet...and even a little bit bitter.</p> <p><i>Instructor to introduce umami and hot flavors.</i></p>

	<p>Probes:</p> <ul style="list-style-type: none"> • What is depth of flavor? • How is it built? <p>Instructor to lead the discussion on layering flavor combinations where many of the individual flavors are in balance or harmony with one another.</p> <p>Say: Going back to the balsamic vinegar example, no one enjoys eating balsamic vinegar alone as there are no balancing flavors. In this case, all of the flavors are too strong, which is the reason balsamic vinegar is served as a sauce or condiment.</p> <p>Ask: How is depth of flavor built in the confines of school food?</p> <p>Say: Introduce Vinaigrette as a sauce. Distribute Vinaigrette hand out.</p>
<p>CREATIVE CHALLENGE: FLAVOR EXPLORATION</p> <p>(20 MIN)</p>	<p>Explain: The rules of the challenge include:</p> <ul style="list-style-type: none"> • All of the ingredients are on bid sheets. Beyond that we are not drilling into compliance - nutritional or financial or otherwise for this exercise. • This is not a competition – there are no winners. The purpose of this creative exercise is to explore flavors. • The exercise is meant to encourage sharing ideas within and among the teams. <p>Discuss: Creative ingredients or uses for ingredients that have been implemented within Virginia, such as herbs from student gardens/hoop houses and salt-free spice mixes added to vegetables (Loudoun).</p> <p>Instructor to introduce salad dressing ingredients.</p> <p>Explain: Your group/team will explore simple flavors by building a salad dressing, either one of the suggestions on the sheet or your own creation.</p> <p>Demo: Basic Vinaigrette</p> <p>The formula for creating your sauce/dressing: Emulsifier (optional) + 1 part acid + 2-3 parts oil + unlimited aromatics</p> <p>Instructor to give participants the opportunity to share out and taste each group’s creation.</p>
<p>Closing Remarks</p>	
<p>CLOSING</p> <p>(10 MIN)</p>	<p>Say: We hope that you leave here today more curious about what the food you are serving actually tastes like and an interest in enhancing the flavor profile of school meals.</p> <p>Where can you start? By tasting the meals. It’s that simple.</p>

	<p>Remembering that this is a meal served in a fast-casual atmosphere, just like the competition – Panera, Taco Bell, Chipotle, etc.</p> <p>What are other simple steps? Create a signature salad dressing or sauce for your café.</p> <p>Get the students involved:</p> <ul style="list-style-type: none">• Have them taste three versions of your salad dressing.• Ask them to create a salad dressing for their school café. <p>Tell the story. Let the kids know where something comes from and make a connection to their food. Whether it's a signature dressing for your district, greens from their garden, herbs from a local farmer, etc.</p>
--	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------