



## Make it Fresh with Cooking Counts Lesson Plans for: *Mise en Place*

### **Course Description:**

This hands-on training will introduce you to the *concept of Mise en Place* and help you better apply this concept when using standardized recipes.

Estimated class time: 1 hour

### **Preparation:**

#### **Materials Needed:**

Printed copies of Chicken Enchilada Recipe  
(Alternative recipes may be used.)

Pens/pencils  
Paper

### **Opening Remarks:**

Today's lesson is *Mise en Place*. To be successful in the food-service industry, cooks need more than the ability to prepare delicious, attractive and nutritious foods. They must also have a talent for organization and efficiency.

Good cooks take pride in the thoroughness and quality of their advance preparation, or *mise en place* (*meez-on-plahss*). *Mise en place* is a French term meaning "everything put in place."

*This project was funded using U.S. Department of Agriculture grant funds.  
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### **Understand the Concept of Mise en Place:**

Even on the simplest level, pre-preparation is necessary. If you prepare only one short recipe, you must first:

- Assemble your tools
- Assemble your ingredients
- Wash, trim, cut, prepare, and measure your raw materials
- Prepare your equipment (preheat oven, line baking sheets, etc.)

The goal of pre-preparation is to do as much work in advance as possible without loss of quality. Then, at service time, all energy can be used for finishing each item immediately before serving, with the utmost attention to quality and freshness.

### **Show Video:**

[Mise en Place](#)

### **Lab/Apply What You Learned:**

Planning generally includes the following steps. Looking at the *Chicken Enchilada* Recipe, walk through the steps as a group.

1. Break down each menu item into its stages of production. Are the stages easily identifiable?
2. Determine which stages may be done in advance.
3. Determine the best way to hold each item at its final stage of pre-preparation. Holding temperature is the temperature at which a product is kept for service or for storage.
4. Determine how long it takes to prepare each stage of each recipe. Plan a production schedule beginning with the preparations that take the longest.
5. Examine recipes to see if they might be revised for better efficiency and quality.

### **Discussion and Evaluation:**

1. List activities that would be considered mise en place.
2. How can you apply mise en place methods to ensure the best quality of food for your students?
3. What is batch cooking? How can you apply batch cooking to your operation?
4. Why is it important to learn to cut foods accurately and uniformly?
5. Looking at the recipe provided, what are some steps that could be done ahead of time?

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