



The John C. Stalker Institute
of Food and Nutrition
AT FRAMINGHAM STATE UNIVERSITY

Live-Setting Culinary Training Mediterranean Flavors

a JSI Workshop to Go
Instructor Guide

About Us

The John C. Stalker Institute of Food and Nutrition (JSI) is the premier provider of child and school nutrition training in Massachusetts. JSI is a partnership of the Massachusetts Department of Elementary and Secondary Education, Office for Food and Nutrition Programs and Framingham State University. This institution is an equal opportunity provider and employer.

The school environment plays a vital role in shaping students' nutritional health throughout their growing years and into their adult lives. The programs offered by JSI support schools in their efforts to provide healthy, safe, and wholesome meals to school children. The primary audience for JSI includes school nutrition program directors, managers, and production/service staff along with other professionals working to improve the nutritional health of Massachusetts' school children.

JSI was established in May of 1988 and was named for John C. Stalker, who was the Director of the Massachusetts Bureau of Nutrition Education and School Food Services between 1945 and 1982. He devoted his life to the betterment of nutrition education and school food service and was responsible for expanding the Child Nutrition Programs in Massachusetts and instrumental in the passage of the National School Lunch Act of 1946.

Vision

The John C. Stalker Institute is the creative entity and force to lead Massachusetts school and child nutrition professionals in forward thinking, growth, education, and development to address the needs of the whole child.

Mission

The John C. Stalker Institute of Food and Nutrition uses current research and technology to educate and inform Massachusetts professionals concerned with child nutrition and healthy nutrition environments.

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Non-discrimination Statement

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/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.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; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov

This institution is an equal opportunity provider.

Dear Chef,

This instructor guide is intended to provide the workshop materials and resources to prepare for and run this training. These materials have been created for use in presenting for The John C. Stalker Institute (JSI) and should not be used for any other purpose without written permission.

This “Live-Setting” culinary training is an innovative approach, originally created by Chef Kent Getzin in Washington, where school foodservice teams build their culinary skills during their regular production hours. JSI has adapted the Live-Setting Culinary Training to meet the needs of schools in Massachusetts. In this training, you will work alongside school nutrition staff to prepare and serve a popular Mediterranean entrée. Completion of the Back to Basics: Mediterranean Flavors workshop is required.

This guide includes:

- About Us • Vision • Mission
- Non-discrimination Statement
- Workshop Outline with approximate timeline
- Mediterranean Flavors recipes for 50 servings yield

Sent to School in Advance:

- School Confirmation Form
- School Requirements Form
- School Equipment List
- School Shopping List
- Promotional Posters

Prior to each workshop you will receive the following in the mail:

- Completed & signed School Confirmation, Requirements & Equipment Forms
- Sign In Sheets
- Recipe packet for each participant
- Participant Evaluation Forms
- Certificates
- Instructor Feedback Form
- Return Envelopes

All participants should sign in for the workshop. The completed sign in sheets, instructor feedback form and evaluation forms should be sent to JSI in the return envelopes provided.

Before the live-setting culinary training, take some time to familiarize yourself with the outline as well as the recipes. Please feel free to contact us if you have any questions or need support at 508-626-4756 or email at johnstalker@framingham.edu. We hope you enjoy your experience!

Live Setting Mediterranean Flavors Outline

Goal: To advance culinary skills of school nutrition staff using a live-setting culinary approach and serve a Mediterranean-style menu tailored to current food trends for K-12 students.

Objectives: The participants will:

1. Apply culinary skills in the preparation of a Mediterranean-style menu tailored to current food trends for K-12 students.
2. Utilize mise en place for organized and efficient workflow.
3. Recognize the desirability of customizable menu items.

Audience: School nutrition staff, and managers

Workshop Time: 7 hours

Location: School Kitchen

Supplies: Instructor Guide

Live Setting Mediterranean Flavors Outline

Prior to the live-setting culinary training, review this outline and the recipes.

Time	Instructor Notes
Objective:	Welcome
2 minutes	Review/Plan <ol style="list-style-type: none"> 1. Gather team 2. Remind participants of Part 1 (B2B: Med. Flavors) and the recipes to be prepared & go over what has been prepared ahead of time 3. Discuss plan-of-action for execution 4. Assign duties
Objective:	Apply culinary skills in the preparation of a Latin American-style menu tailored to current food trends for K-12 students.
3 hours	Mise en place – prepare recipes (or complete what has been started as part of the prep list): <ol style="list-style-type: none"> 1. Chicken Shawarma: <ol style="list-style-type: none"> a. Marinate b. Roast 2. Cook grains/legumes: <ol style="list-style-type: none"> a. Brown Rice b. Lentils c. Bulgur 3. Spread/sauces: <ol style="list-style-type: none"> a. Tzatziki b. Hummus c. Baba Ganoush 4. Topping/pita pockets: <ol style="list-style-type: none"> a. Lettuce + tomato + onion b. Slice pita pockets in half
Objective:	Utilize mise en place for organized and efficient workflow.
15 minutes	Set up serve stations Stations should be set up in the following order: <ol style="list-style-type: none"> 1. Pita pockets (full pan) 2. Hummus (full pan) 3. Chicken Shawarma (full pan) 4. Lettuce + tomato + onion (half pan) 5. Baba Ganoush (half pan) *unless prepared in 4 oz. cups 6. Tzatziki (half pan) *unless prepared in 2 oz. cups 7. Mujaddara (half pan) 8. Tabbouleh (half pan) *unless prepared in 4 oz. cups 9. Melon Mint Salad (full pan) *unless prepared in 4 oz. cups
90 minutes (all lunch periods)	Lunch Service for Build-Your-Own-Pita (BYOP): <ol style="list-style-type: none"> 1. Choose your protein: <ol style="list-style-type: none"> a. Chicken Shawarma b. Hummus 2. Choose your toppings: <ol style="list-style-type: none"> a. Lettuce + tomato + onion

Live Setting Mediterranean Flavors Outline

	<ul style="list-style-type: none"> b. Tzatziki c. Baba Ganoush <p>3. Choose your sides:</p> <ul style="list-style-type: none"> a. Mujaddara b. Tabbouleh c. Melon Mint Salad
Objective:	Recognize the desirability of customizable menu items.
15 minutes	<p>Debrief with SND and team after lunch service Invite SND to join discussion over the following:</p> <ul style="list-style-type: none"> • Sales: <ul style="list-style-type: none"> ○ What items were the most popular? ○ How many BYOP sold? • Ideas for leftovers: <ul style="list-style-type: none"> ○ Deli station ○ Salad bar ○ Power-Packs • Plans for future offerings: <ul style="list-style-type: none"> ○ What worked, what didn't work? Will you feature this menu again? ○ If there were unpopular items, reduce number of choices for the BYOP. ○ Make some items ahead of time (Dips like hummus, baby ganoush, etc. can be made days in advance)
Objective:	Conclusion
10 minutes	<p>Ask the participants if they have any questions. Review resources available. Instruct participants to complete Evaluations. Be sure to collect/check before distributing the certificates. School Nutrition Director (SND) receives <i>SND Evaluation Post-Live-Setting</i> to be completed online. Thank the participants and SND for their time and participation.</p>
Objective:	Clean up
20-60 minutes	Clean up – Instruct staff to clean up stations and wash dishes.



Baba Ganoush

Recipe HACCP Process: #2 Same Day Service

Serving Size: ½ cup

Yield: 50

Source: JSI Back to Basics: Mediterranean Flavors Recipe

Ingredients:

Ingredient Name	Measurements
Eggplant, raw	12 ½ lbs
Tahini, sesame paste, unsalted	1 ¼ cups + 1/2 tsp
Garlic, powder	½ tsp
Lemon juice, raw	2 cups + 1 1/3 T
Cumin, ground	½ Tbsp + ½ tsp
Pepper, red or cayenne	½ tsp
Salt, table	½ Tbsp + ½ tsp
Oil, olive, salad or cooking	½ cup + 1 tsp

**Note: Choose USDA foods whenever available to save on cost.*

Instructions:

1. Adjust oven rack to the middle position. Turn on broiler. If no broiler preheat oven to 475-500F
2. Line a sheet pan with aluminum foil.
3. Wash eggplant. With a fork, pierce the skin of the eggplant. Place eggplant onto the sheet pan.
4. Broil eggplant for 2 minutes on both sides. If no broiler, roast in oven at 475-500F until skin is slightly charred, but not burned, about 5-7 minutes each side
5. Turn broiler off and heat, or lower if already using oven to 375°F.
6. Bake eggplant until very soft, 25 to 30 minutes. Remove from oven and allow to cool, 10 to 15 minutes, until easy to handle. Do not discard liquid.
7. Cut open the eggplants and scoop out the roasted eggplant pulp into a bowl. Discard skins.
8. In a food processor, combine eggplant, reserved liquid, tahini, garlic, lemon juice, cumin, salt, cayenne pepper, and olive oil. Pulse until well combined.
9. Spread mixture in a shallow pan and place in the refrigerator.
10. Hold for cold service at 41°F or lower.
11. Portion with a No. 8 scoop (1/2 cup).

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	89.31 kcal
Total Fat	5.71 g
Saturated Fat	0.81 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	104.49 mg
Total Carbohydrate	9.25 g
Dietary Fiber	4.10 g
Total Sugars	4.26 g
Protein	2.38 g

Meal Component Information:

Meal Components	Amount
Vegetable	0.25 cup



Chicken Shawarma

Recipe HACCP Process: #2 Same Day Service

Serving Size: 2 oz

Yield: 50

Source: JSI Back to Basics: Mediterranean Flavors Recipe

Ingredients:

Ingredient Name	Measurements
Chicken breast, boneless, skinless, raw	9 lbs 2 oz
Oil, olive, salad or cooking	1 ½ cups + 1 Tbsp
Lemon, juice, raw	2 2/3 Tbsp + ½ tsp
Paprika	2 2/3 Tbsp + ½ tsp
Allspice, ground	1 Tbsp + 1 ¼ tsp
Garlic powder	1Tbsp + 1 ¼ tsp
Cumin, ground	1 Tbsp + 1 ¼ tsp
Turmeric, ground	1 Tbsp + 1 ¼ tsp
Cinnamon, ground	1 Tbsp + 1 ¼ tsp
Salt, table	1 Tbsp + 1 ¼ tsp

**Note: Choose USDA foods whenever available to save on cost.*

**Note: 1 lb. raw chicken = 0.73 lb cooked*

Instructions:

1. To make marinade add olive oil, lemon juice, and all other dry ingredients to a bowl. Whisk to combine.
2. Place chicken in a shallow pan. Pour marinade over chicken and coat evenly. Cover the pan with plastic wrap and refrigerate for at least 30 minutes.
3. Preheat oven to 375°F.
4. Line a sheet pan with parchment paper. Place chicken on parchment and bake until chicken reaches 165°F for at least 15 seconds. Load pans of chicken in every other rack in the oven to allow for more browning of the chicken, if time permits
5. Allow chicken to rest for about 10 minutes or until cool enough to handle and cut chicken into thin strips.
6. Hold for hot service at 135°F or higher.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	113.70 kcal
Total Fat	8.28 g
Saturated Fat	1.48 g
Trans Fat	0.00 g
Cholesterol	22.82 mg
Sodium	208.13 mg
Total Carbohydrate	1.10 g
Dietary Fiber	0.39 g
Total Sugars	0.12 g
Protein	8.96 g

Meal Component Information:

Meal Components	Amount
Meat/Meat Alternate	2 oz equivalent



Hummus

Recipe HACCP Process: #1 No Cook

Serving Size: ½ cup

Yield: 50

Source: JSI Back to Basics: Mediterranean Flavors Recipe (adapted from: USDA Recipe E-24)

Ingredients:

Ingredient Name	Measurements
Chickpeas (garbanzo beans), canned, drained	2 #10 can
Lemon juice	3 cups + 2 Tbsp
Tahini, sesame paste, unsalted	1 ½ lbs
Garlic, powder	2 Tbsp + ¼ tsp
Water	3 cups + 2 Tbsp
Pepper, black, ground	1 Tbsp + 1/8 tsp
Baking soda (optional)	1 Tbsp + 1 tsp

**Note: Choose USDA foods whenever available to save on cost.*

**Note: Before starting recipe, if canned chickpeas are not soft already, boil in water, starting from cold water with baking soda. Cook until very soft, almost mushy.*

Instructions:

1. Combine all ingredients in a food processor and puree to a smooth and creamy consistency. You will need to mix in the food processor in batches. Be careful not to overfill the food processor to ensure a smooth and creamy mixture. Mix for about 3-5 minutes per batch.
2. Transfer hummus to hotel pan. Cover and refrigerate.
3. Hold at 41°F or lower until service.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	193.86 kcal
Total Fat	9.71 g
Saturated Fat	1.28 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	347.80 mg
Total Carbohydrate	21.01 g
Dietary Fiber	6.66 g
Total Sugars	0.48 g
Protein	8.44 g

Meal Component Information:

Meal Components	Amount
Meat/Meat Alternate	2 oz equivalent



Lettuce/Tomato/Onion

Recipe HACCP Process: #1 No Cook

Serving Size: ¾ cup

Yield: 50

Source: JSI Back to Basics: Mediterranean Flavors Recipe

Ingredients:

Ingredient Name	Measurements
Lettuce, raw, shredded	1 ½ gal + 1 cup
Tomatoes, red, raw, chopped or sliced	1 ½ qt + ¼ cup
Onions, raw, chopped	1 ½ qt + ¼ cup

**Note: Choose USDA foods whenever available to save on cost.*

Instructions:

1. Top the shredded lettuce with the chopped tomatoes and onions.
2. Serve ¾ cup in pita pocket or as a side (credits toward ½ cup “other” vegetable subgroup).
3. Hold for cold service at 41° F or lower.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	16.05 kcal
Total Fat	0.14 g
Saturated Fat	0.02 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	3.81 mg
Total Carbohydrate	3.52 g
Dietary Fiber	1.10 g
Total Sugars	1.72 g
Protein	0.71 g

Meal Component Information:

Meal Components	Amount
Vegetable	0.5 cup



Melon Mint Salad

Recipe HACCP Process: #2 Same Day Service

Serving Size: ½ cup

Yield: 50

Source: JSI Back to Basics: Mediterranean Flavors Recipe

Ingredients:

Ingredient Name	Measurements
Honey	3 Tbsp + ½ tsp
Lemon juice, raw	3 Tbsp + ½ tsp
Watermelon, raw	6 lbs + 4oz
Melons, honeydew, raw	6 lbs + 4 oz
Melons, cantaloupe, raw	6 lbs + 4 oz
Mint leaves, fresh	¾ cup + ½ Tbsp

**Note: Choose USDA foods whenever available to save on cost.*

**Yield: Cantaloupe, whole 1 lb = .47 lb peeled and cut*

**Yield: Honeydew melon, whole 1 lb = .46 lb peeled and cut*

**Yield: Watermelon, whole 1lb = .61 lb peeled and cut*

Instructions:

1. In a small bowl, combine honey and lemon juice. Stir well and set aside.
2. Wash each melon.
3. Cut cantaloupe and honeydew in half and remove seeds. Cut away melon rinds and dice into 1" cubes.
4. Cut away watermelon rind and cut into 1" cubes.
5. In a large bowl, combine the fruit. Pour honey and lemon mixture over melon and mix to combine.
6. Sprinkle mint over melon mixture and mix to combine.
7. Hold at 41° or lower until service.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	61.03 kcal
Total Fat	0.28 g
Saturated Fat	0.06 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	19..97 mg
Total Carbohydrate	15.24 g
Dietary Fiber	1.21 g
Total Sugars	13.69 g
Protein	1.14 g

Meal Component Information:

Meal Components	Amount
Fruit	0.5 cup



Mujaddara

Recipe HACCP Process: #2 Same Day Service

Serving Size: 1 cup

Yield: 50

Source: JSI Back to Basics: Mediterranean Flavors Recipe

Ingredients:

Ingredient Name	Measurements
Lentils, raw	2 lbs + 1 1/3 oz
Water (for lentils)	3 quarts + 1/2 cup
Oil, olive, salad or cooking	2 cups + 4 tsp
Onions, raw, large	9 each
Rice, brown, long-grain, parboiled, dry	3 lbs + 4 oz
Water (for rice)	1 gal + 1 1/4 quarts
Salt, table	1 Tbsp + 1/8 tsp
Cumin, ground	1 Tbsp + 1/8 tsp
Chili powder	1 Tbsp + 1/8 tsp
Cinnamon, ground	1 Tbsp + 1/8 tsp

**Note: Choose USDA foods whenever available to save on cost.*

Instructions:

1. Rinse lentils in a strainer under running water.
2. In a saucepan, combine rinsed lentils and water. Bring to a boil, then simmer for about 15 minutes until tender but not mushy.
3. Drain and set aside.
4. As lentils cook, in a large skillet, sauté onions until golden brown.
5. Cook rice according to your kitchen's procedures, if different from instructions below:
6. Pre-heat steamer. In a 2-in. hotel pan, combine rice, water, salt, cumin, chili powder, and cinnamon. Cook for 30-35 minutes, until tender.
7. Once rice is cooked, remove from heat and stir in lentils and sautéed onions.
8. Hold for hot service at 135°F or higher.
9. Portion with No. 4 scoop (1 cup).

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	264.96 kcal
Total Fat	10.20 g
Saturated Fat	1.46 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	162.18 mg
Total Carbohydrate	36.91 g
Dietary Fiber	3.61 g
Total Sugars	1.65 g
Protein	7.18 g

Meal Component Information:

Meal Components	Amount
Meat/Meat Alternate	1 oz equivalent
Grain	1 oz equivalent



Pita

Recipe HACCP Process: #1 No Cook

Serving Size: 6 ½"

Yield: 50

Source: JSI Back to Basics: Mediterranean Flavors Recipe

Ingredients:

Ingredient Name	Measurements
Pita bread, whole wheat, 6 ½" diameter	50 pitas

**Note: Choose USDA foods whenever available to save on cost.*

Instructions: No instructions assigned.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	167.68 kcal
Total Fat	1.09 g
Saturated Fat	0.09 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	337.28 mg
Total Carbohydrate	35.77 g
Dietary Fiber	3.90 g
Total Sugars	1.84 g
Protein	6.27 g

Meal Component Information:

Meal Components	Amount
Grain	2.25 oz equivalent



Tabbouleh

Recipe HACCP Process: #2 Same Day Service

Serving Size: ¾ cup

Yield: 50

Source: JSI Back to Basics: Mediterranean Flavors Recipe (adapted from: USDA Recipe E-23)

Ingredients:

Ingredient Name	Measurements
Water	2 quarts + 2 ½ cups
Salt, table	1/8 cup
Bulgur, dry	3 lbs + 6 oz
Tomatoes, red, ripe, raw	4 ½ lbs + 6 oz
Cucumber, raw, peeled	2 ½ lbs
Parsley, raw	3 1/8 oz
Onions, raw	12 oz
Mint leaves, fresh	¼ cup
Lemon juice	1 1/3 cup
Oil, vegetable	½ cup

**Note: Choose USDA foods whenever available to save on cost.*

**Note: You can substitute quinoa if bulgur is not available. The dish will be gluten-free with quinoa.*

Instructions:

1. Add salt to water and bring to a boil.
2. In a large bowl, combine bulgur and boiling water. Let stand for 30 minutes or until water is absorbed. Do not drain.
3. Wash and dice tomatoes, cucumbers, parsley, onions, and mint. Add to bulgur.
4. Add lemon juice and vegetable oil to bulgur mixture and toss to combine all ingredients. Spread mixture into each shallow pan (to a product depth of 2" or less).
5. Cool to 41°F or lower within 4 hours.
6. Hold for cold service at 41°F or lower.
7. Portion with 6 oz ladle (¾ cup).

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	138.94 kcal
Total Fat	2.75 g
Saturated Fat	0.43 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	289.73 mg
Total Carbohydrate	26.61 g
Dietary Fiber	4.72 g
Total Sugars	2.06 g
Protein	4.44 g

Meal Component Information:

Meal Components	Amount
Grain	1 oz equivalent
Vegetable	0.125 cup



Tzatziki

Recipe HACCP Process: #1 No Cook

Serving Size: 2 oz

Yield: 50

Source: JSI Back to Basics: Mediterranean Flavors Recipe

Ingredients:

Ingredient Name	Measurements
Cucumber, raw, with peel	2 lbs + 1 1/3 oz
Salt, table	1 Tbsp + 1 ¼ tsp
Garlic, jarred, minced or powder	2T bsp + ¼ tsp (1 ½ tsp garlic powder)
Dill weed, fresh, chopped, or dried	¼ cup+ ½ tsp (or 1 Tbsp + 1 ¼ tsp dried)
Lemon juice, raw	½ cup + 1 tsp
Pepper, black	1 tsp
Yogurt, Greek, plain, low-fat	4 lbs + 3 oz

**Note: Choose USDA foods whenever available to save on cost.*

Instructions:

1. Wash cucumber.
2. Over a bowl, grate cucumber. Sprinkle salt over grated cucumber and let sit for 5 minutes.
3. Place grated cucumber in a mesh strainer over a bowl, cover with parchment or plastic wrap and place a weighted object on top of the grated cucumber to drain excess liquid. Discard liquid.
4. Place cucumber in a clean bowl and set aside.
5. In the cucumber bowl, mix lemon juice, garlic, dill, black pepper, and yogurt, until combined.
6. Place in refrigerator and cool to 41° or lower within 4 hours.
7. Hold for cold service at 41°F or lower.
8. Portion with a No. 16 scoop (2 oz).

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	34.47 kcal
Total Fat	0.77 g
Saturated Fat	0.48 g
Trans Fat	0.02 g
Cholesterol	3.78 mg
Sodium	207.47 mg
Total Carbohydrate	3.13 g
Dietary Fiber	0.16 g
Total Sugars	1.75 g
Protein	4.04 g

