



Manager's Corner

Mise en Place

PROJECT COORDINATOR

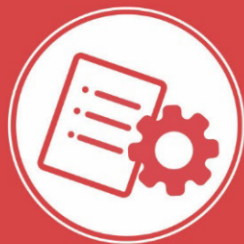
Theresa Stretch, MS, RDN, CP-FS

EXECUTIVE DIRECTOR

Aleshia Hall-Campbell, PhD, MPH



NUTRITION



OPERATIONS



ADMINISTRATION



COMMUNICATIONS/
MARKETING

Institute of Child Nutrition

The University of Mississippi

The Institute of Child Nutrition was authorized by Congress in 1989 and established in 1990 at the University of Mississippi in Oxford and is operated in collaboration with The University of Southern Mississippi in Hattiesburg. The Institute operates under a grant agreement with the United States Department of Agriculture, Food and Nutrition Service.

PURPOSE

Improve the operation of child nutrition programs through research, education and training, and information dissemination.

VISION

Lead the nation in providing research, education, and resources to promote excellence in child nutrition programs.

MISSION

Provide relevant research-based information and services that advance the continuous improvement of child nutrition programs.

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 contents of this publication do not necessarily reflect the views 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.

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

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights; Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

© 2019, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences

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. (2019). *Manager's corner: Mise en place* 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.

For more information, please contact helpdesk@theicn.org.

November 22, 2019

Table of Contents

Professional Standards	1
Introduction	1
Lesson Overview.....	2
Questions for Staff.....	2
Activity: Chic Penne	4
References.....	9

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.

2110 – Standardized Recipes

Understand and effectively prepare food using a standardized recipe.

Introduction

Manager's Corner: Mise en Place is designed to empower managers to use in training their staff. Each lesson is roughly 15 minutes. This lesson plan contains:

- Learning objective
- Statement explaining the importance of the topic
- List of materials
- Instructions on how to present the information
- Questions to ask staff
- An activity to strengthen or refresh the knowledge of the staff

Lesson Overview

Instructions for lesson:

- Review the lesson objective and background information.
- Review why it is important.
- Ask staff the questions.
- Facilitate the activity outlined.
- Provide time for staff to ask questions.

Objective: Identify the importance of planning your work (mise en place) to the success of a school nutrition operation.

Background information: Mise en place begins with a thorough review of the recipe. Assemble all ingredients and supplies before beginning the preparation. Consider chopping and cutting items in advance. Measure the ingredients before beginning to prepare the recipe. Determine the best workflow, such as where to place the ingredients on the preparation table, which piece of equipment to use, or grouping recipe ingredients to reduce trips to the dry, refrigerated, and frozen storage areas.

Why it is important: Mise en place is a time management skill for preparing a recipe in an efficient, organized manner. It reduces preparation time and helps to ensure a quality menu item is served on time.

Questions for Staff

- **What is mise en place?**

Answer: Mise en place is about having everything in order for food preparation to begin. This includes ingredients, equipment, tools, and the preparation order of steps to be followed. Practicing mise en place reduces preparation time and helps to ensure a quality menu item is served on time.

- **What are ways to practice mise en place?**

Answer: Mise en place begins with a thorough review of the recipe. Assemble all ingredients and supplies before beginning the preparation. Consider chopping and cutting items in advance. For example, an efficient way to prepare a vegetable stir fry is to cut the vegetables in advance. Measure the ingredients before beginning to prepare the recipe. Use a cart for transporting items. Plan the clean-up process throughout the meal preparation. Determine the best workflow, such as where to place the ingredients on the preparation table, which piece of equipment to use, or grouping recipe ingredients to reduce trips to the dry, refrigerated, and frozen storage areas.

Please note: The answers provided are only examples and are not an inclusive list of possible responses.

Activity: Chic Penne

Activity materials included in this document:

- **Chic' Penne Recipe**
- **Chic' Penne Mise en Place**
- **Chic' Penne Mise en Place Answer Key**

Materials provided by the school nutrition operation:

- Copies of handouts
- Pens/Pencils

Activity Instructions:

- Print the handouts and worksheets.
- Distribute the pens/pencils.
- Ask staff to review the *Recipe for Healthy Kids: Cookbook for Homes* award-winning **Chic' Penne Recipe** developed by the staff of the Winograd K–8 Elementary School (Greenley, Colorado).
- Using the recipe information as a reference, complete the **Chic' Penne Mise en Place** by creating a list of mise en place steps.
- At the conclusion of the activity, review the **Chic' Penne Mise en Place Answer Key**.

Chic’ Penne Recipe

Main Dish

HACCP: #2 Same Day Service

Healthy Kids Award Winning Recipe
 Recipes for Healthy Kids Cookbook for Schools

Ingredients	50 Servings		Servings		Preparation Instructions
	Weight	Measure	Weight	Measure	
Penne pasta, multi-grain, dry	6 lb.				<ol style="list-style-type: none"> 1. Bring water to a boil 2. Slowly add pasta. Stir constantly, until water boils again. Cook about 8 minutes or until al dente; stir occasionally. Drain well. DO NOT OVERCOOK. 3. Toss cooked pasta with garlic. 4. Transfer pasta to 2 steam table pans (12" x 20" x 2 1/2"). 5. Cook broccoli for 5 minutes in boiling water. Drain broccoli and toss with remaining garlic. 6. Add broccoli and chicken to pasta. Mix well
Granulated garlic		2 TBSP, 2 tsp			
Fresh broccoli florets, chopped 1"	3 lb 2 oz				
Frozen, cooked diced chicken, thawed, 1/2" pieces	2 lb				<ol style="list-style-type: none"> 7. Sauce: Combine broth, salt, pepper, and milk. Bring to a boil, stir constantly. 8. Combine remaining milk with flour and add to broth mixture. Reduce heat to low. Stir constantly for 5 minutes until sauce thickens. 9. Add cheese. Continue to stir until cheese melts. 10. Divide cheese sauce evenly and pour over pasta mixture. 11. Cover with foil and bake: Conventional oven: 350 °F for 8 minutes Convection oven: 350 °F for 4 minutes Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 12. Critical Control Point: Hold for hot service at 135 °F or higher.
Low-sodium chicken broth		1 cup			
Salt					
Ground black pepper		2 TBSP			
Nonfat milk		1 TBSP 1 tsp			
Enriched all-purpose flour		2 qt 3 cups			
Reduced-fat Cheddar cheese, shredded	1 lb	1/2 cup			
Low-fat mozzarella cheese, low moisture, part-skim, shredded	1 lb	1 qt			

Serving Size	1 Serving Provides	Yield
1.5 cups (2-6 oz. spoodles)	1 oz eq. M/MA, 1/8 cup dark green vegetables, and 1 3/4 oz eq. grains	K-8: 50 servings

Calories	299	Vitamin A	618 IU	Iron	2 mg
Protein	19 gm	Vitamin C	17 mg	Calcium	230 mg
Carbohydrate	44 gm	Fiber	6 gm	Cholesterol	26 mg
Fat	6 gm	Saturated Fat	2gm	Sodium	418 mg

Chic' Penne Mise en Place

Instructions: Create a list of tasks needed to practice mise en place for the Chic' Penne recipe. Include a list of equipment and ingredients.

Equipment	
Dry Ingredients	
Cooler Ingredients	
Freezer Ingredients	
Tasks	

Chic' Penne Mise en Place Answer Key

Equipment:	<ul style="list-style-type: none"> • Cart • 2 colanders • 2 large pots with lids • 2 liquid measuring cups • Set of dry measuring cups • Set of measuring spoons • 2 steam table pans (12"x20"x2.5") • Saucepan with lid • 2- 6 oz spoodles • Thermometer • Several mixing spoons • 4 ramekins • Aluminum foil
Dry Ingredients:	<ul style="list-style-type: none"> • Multi-grain dry pasta • Enriched all-purpose flour • Low-sodium chicken broth • Granulated garlic • Salt • Pepper
Cooler Ingredients	<ul style="list-style-type: none"> • Low-fat milk • Low-fat, shredded cheddar cheese • Low-fat, part-skim mozzarella cheese • Fresh, chopped, broccoli florets
Freezer Ingredients	<ul style="list-style-type: none"> • Cooked and diced chicken breast
Tasks:	<ol style="list-style-type: none"> 1. Read recipe thoroughly. 2. Preheat oven to 350 °F. 3. Measure out granulated garlic, salt, flour, and pepper into ramekins. Divide garlic between two ramekins– one with 2 tsp, one with remaining garlic. 4. Pour broth in one liquid measuring cup. Pour milk in the second liquid measuring cup. 5. Fill the two pots with water and place on stovetop.

References

United States Department of Agriculture. (2012). *Recipe for healthy kids: Cookbook for homes*. Retrieved from <https://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-homes>

United States Department of Agriculture. (2015). *Professional standards for school nutrition professionals*. Retrieved from <http://professionalstandards.nal.usda.gov>

University of Nebraska–Lincoln. (2017). *Use “mise en place” to make meal preparation easier*. Retrieved from <http://food.unl.edu/use-mise-en-place-make-meal-preparation-easier>



The University of Mississippi
School of Applied Sciences

800-321-3054
www.theicn.org