Manager’s Corner

Roasting Vegetables

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Key Area: 2 Operations
Code: 2130 Culinary Skills
2019
Institute of Child Nutrition
The University of Mississippi

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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.

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**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.

2130 – Culinary Skills
Develop culinary skills necessary for school meal preparation.

**Introduction**

*Manager’s Corner: Roasting Vegetables* 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: Apply the basic principles of roasting to recipes for roasted vegetables.

Background information: Roasting vegetables in the oven is a great way to enhance the natural flavors of a vegetable. Roasting serves as a good cooking method for preparing foods while providing a wonderful and inviting aroma. It also makes food tender and easier for young children to chew.

Why it is important: Utilizing proper cooking techniques is critical when producing quality, flavorful food for Child Nutrition Programs. The outside or exterior of the vegetable caramelizes, cooking the natural sugars in the food item while leaving the center of the vegetable tender and moist. Roasting provides flavor without the addition of cooking fats and seasonings.

Questions for Staff

- Why is roasting vegetables a good cooking method to use in school nutrition programs?
  Answers:
  - Roasting allows the natural, sweet flavors of the food to come forward without needing a lot of additional cooking fats and seasonings.
  - Roasting vegetables can make food tenderer and easier for younger students to chew.
  - Roasting vegetables adds a wonderful and inviting aroma to the air.
  - Roasted vegetables have an added layer of contrasting color to develop an additional color pop!
• What are some vegetables that you think students would enjoy roasted?
  Answers:
  • Asparagus
  • Beets
  • Bell peppers
  • Broccoli
  • Brussels sprouts
  • Carrots
  • Cauliflower
  • Green beans
  • Parsnips
  • Potatoes (fingerling, new, russet)
  • Rutabaga
  • Summer squash (zucchini, yellow)
  • Sweet potatoes or yams
  • Winter squash (acorn, butternut, delicata, pumpkin)

• What are some ways to make sure the food items being roasted cook evenly?
  Answers:
  o Food items are cut into the same sizes.
  o Foods are added based on cooking times.
  o Pans are not overcrowded.

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

Activity: Average Cook Time

Activity materials included in this document:
  • Average Cook Time
  • Average Cook Time Answer Key
  • Principles of Roasting

Materials provided by the school nutrition operation:
  • Copies of handouts
  • Pens/pencils

Activity Instructions:
  • Print the handouts and worksheets.
  • Distribute handouts and pens/pencils.
  • Discuss answers at the end of the activity.
**Principles of Roasting**

There are a few key principles that universally apply to the process of roasting vegetables.

- Cook in a hot oven, 400–450 °F, the common temperature range for roasting. Do not overcrowd the pan or the oven.

- Food items need space between them to allow the natural moisture to cook out—if items are too close to one another, the moisture will create steam, preventing caramelization and potentially overcooking the food items.

- Use shallow lipped pans, higher lipped pans will not allow the steam to escape as easily—a standard 18” x 26” sheet tray is ideal.

- Food items need to be similar in size allowing all items to cook evenly at the same rate of time.

- If roasting vegetables of various sizes place the slower cooking items in the oven first and add the faster cooking items later ensuring all items finish around the same time.

- Food items should be dry prior to roasting.
Manager’s Corner: Roasting Vegetables

Average Cook Time

Instructions: Use Average Cook Time chart to match the recipe with the cooking schedule. The meal period begins at 11 AM. All food items need to be out of the oven and ready for service by 10:50 AM.

<table>
<thead>
<tr>
<th>Recipe “A”</th>
<th>Recipe “B”</th>
<th>Recipe “C”</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Butternut Squash</td>
<td>• Asparagus</td>
<td>• Broccoli</td>
</tr>
<tr>
<td>• Carrots, whole</td>
<td>• Mushrooms</td>
<td>• Carrots, cut</td>
</tr>
<tr>
<td>• Sweet Potatoes</td>
<td>• Tomatoes</td>
<td>• Cauliflower</td>
</tr>
</tbody>
</table>

Average Cook Time

<table>
<thead>
<tr>
<th>10-15 Minutes</th>
<th>20-25 Minutes</th>
<th>35-40 Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Asparagus</td>
<td>• Acorn Squash</td>
<td>• Beets</td>
</tr>
<tr>
<td>• Broccoli</td>
<td>• Brussels Sprouts</td>
<td>• Carrots, whole</td>
</tr>
<tr>
<td>• Bell Peppers</td>
<td>• Butternut Squash</td>
<td>• Parsnips</td>
</tr>
<tr>
<td>• Green Beans</td>
<td>• Carrots, cut</td>
<td>• Potatoes</td>
</tr>
<tr>
<td>• Summer Squash</td>
<td>• Cauliflower</td>
<td>• Rutabaga</td>
</tr>
<tr>
<td>• Tomatoes</td>
<td>• Mushrooms</td>
<td>• Sweet Potatoes</td>
</tr>
</tbody>
</table>

Schedule One
Two items placed in oven at 10:25 AM Recipe: ______
One item placed in oven at 10:35 AM

Schedule Two
Two items placed in oven at 10:10 AM Recipe: ______
One item placed in oven at 10:25 AM

Schedule Three
One item placed in oven at 10:30 AM Recipe: ______
Two items placed in oven at 10:35 AM
Manager’s Corner: Roasting Vegetables

Average Cook Time
Answer Key

Instructions: Use Average Cook Time chart to match the recipe with the cooking schedule. The meal period begins at 11 AM. All food items need to be out of the oven and ready for service by 10:50 AM.

### Recipe “A”
- Butternut Squash
- Carrots, whole
- Sweet Potatoes

### Recipe “B”
- Asparagus
- Mushrooms
- Tomatoes

### Recipe “C”
- Broccoli
- Carrots, cut
- Cauliflower

#### Average Cook Time

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<td>Sweet Potatoes</td>
</tr>
</tbody>
</table>

#### Schedule One
- Two items placed in oven at 10:25 AM
- One item placed in oven at 10:35 AM

Recipe: **C**

#### Schedule Two
- Two items placed in oven at 10:10 AM
- One item placed in oven at 10:25 AM

Recipe: **A**

#### Schedule Three
- One item placed in oven at 10:30 AM
- Two items placed in oven at 10:35 AM

Recipe: **B**
References


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