



## Manager's Corner

# Roasting Vegetables

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# 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.

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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:**
- Food items are cut into the same sizes.
  - Foods are added based on cooking times.
  - 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.



## 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.

Recipe "A"	Recipe "B"	Recipe "C"
• Butternut Squash	• Asparagus	• Broccoli
• Carrots, whole	• Mushrooms	• Carrots, cut
• Sweet Potatoes	• Tomatoes	• Cauliflower

### Average Cook Time

10-15 Minutes	20-25 Minutes	35-40 Minutes
• Asparagus	• Acorn Squash	• Beets
• Broccoli	• Brussels Sprouts	• Carrots, whole
• Bell Peppers	• Butternut Squash	• Parsnips
• Green Beans	• Carrots, cut	• Potatoes
• Summer Squash	• Cauliflower	• Rutabaga
• Tomatoes	• Mushrooms	• Sweet Potatoes

#### Schedule One

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

Recipe: \_\_\_\_\_

#### Schedule Two

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

Recipe: \_\_\_\_\_

#### Schedule Three

One item placed in oven at 10:30 AM  
Two items placed in oven at 10:35 AM

Recipe: \_\_\_\_\_

# 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"	Recipe "B"	Recipe "C"
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• Summer Squash	• Cauliflower	• Rutabaga
• Tomatoes	• Mushrooms	• Sweet Potatoes

**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

Oregon State University. (2019) *Food Hero, Quantity Recipes*. Retrieved from <https://foodhero.org/quantity-recipes>

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