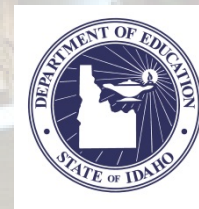


# SENSATIONAL SEASONINGS

Idaho Child Nutrition Programs



A vertical strip on the left side of the slide shows various fresh ingredients: green limes, a whole onion, a head of garlic, and pieces of ginger root, all resting on a wooden surface.

# Objectives

- Explore characteristics of herbs, spices and seasonings
- Cooking with herbs, spices and seasonings foods



# Professional Standards

- **Nutrition (1000)**

- General Nutrition (1300)

- Understand general nutrition concepts that relate to school meals, such as whole grains, sodium, etc. (1320)

- **Operations (2000)**

- Food Production (2100)

- Develop culinary skills necessary for school meal preparation (2130)



# Herbs, Spices and Seasonings

Herbs	Spices	Seasonings
Leaves, stems and soft portions of plants	Bark, roots, seeds, and fruit	Aromatic vegetables, juices, vinegars, flavored oils, zests
Fresh, Dried, Ground	Usually dried, ground	Fresh, dried, granulated, liquid
Oregano Thyme Rosemary Parsley Basil Dill	Cinnamon Pepper Ginger Paprika Cayenne (Red Pepper)	Mirepoix Infused oils or vinegars Citrus zest Fruit juices



# HERBS

# Name that Herb

- Basil
- Cilantro
- Parsley
- Mint
- Oregano
- Sage
- Chives
- Dill
- Tarragon
- Rosemary
- Lavender
- Thyme





# Flavoring with Herbs

- Herbs lift the flavor of food
- Fresh, dried and frozen
- Fresh herbs should be used in dishes shortly after they are harvested
- Added at the end to hot food
- Fresh herbs should be added early to cold food
- Dried herbs should be added early

**1 Tb fresh = 1 tsp dried = 1/4 to 1/2 tsp ground**

# Storing Herbs

## Fresh

- Rinse with cold running water and drain
- Wrap herbs in moist paper towels and place in plastic bag
- Store in the refrigerator for up to 4-7 days



## Dried

- Usually at their best flavor for 3-6 months after purchase
- Store in airtight container in a dark, cool and dry place



# SPICES

# Name that Spice

- Cinnamon
- Ginger
- Nutmeg
- Paprika
- Black Pepper
- Cumin
- Cardamom
- Mustard
- All Spice





# Flavoring with Spices

- It is a good idea to familiarize yourself with spices before adding them to dishes
- Ground spices lose their flavor after six months of purchase
- Stales spices can develop a bitter flavor – discard them
- Add spices near the end of cooking hot foods
- Add spices early in cold foods to all flavors to blend
- Be careful with spices that have “heat” (pungency) that may intensify over time— such as hot peppers, pepper, or ginger



# Freshness

- Replace every 6- 12 months.
- Is it still effective?
  - Crush a small amount– does it have an immediate rich full aroma? If not, it may no longer be an effective seasoning.

# Adjusting Recipe Yield

- Increasing recipe from 50-100 servings
  - Double herbs and spices
- Increase recipe *another* 100 servings
  - Increase herbs and spices by 25%
    - Test Recipe for taste and quality





# **AROMATICS AND ACIDS**

# Cooking with Aromatic Vegetables

- Mirepoix
  - Onions, carrots, and celery
    - Ratio 2:1:1 (onions, carrots, celery)
  - Cook onions first until slightly translucent, then add carrots, and finally celery
- Aromatics go into the pot first so distinctive flavors and aromas can infuse everything else that will be added to the dish



# Cooking with Acids

- Acids offer bright, tangy, refreshing, and contrasting flavors to foods
  - Citrus juices
  - Vinegars
    - Vinaigrettes
- Acids create a salty flavor when added to food before cooking
  - Marinated food



# Most Effective Seasonings for Reducing Salt

- Black Pepper
- Garlic Powder
- Curry Powder
- Cumin
- Dill Seed
- Basil
- Ginger
- Coriander
- Onion
- Lemon
- Vinegar



# Flavor Stations

- **Cafeteria Flavor Station**
  - Garlic & Onion Powders
  - Red Pepper Flakes
  - Mexican Mix
  - Cajun Mix
  - All Purpose
  - Hot pepper sauce
  - Vinegar
- Be aware of high sodium condiments, such as hot sauce.



**Spice Station Photo  
Compliments of Payette  
School District**

# Spotlight Seasoning Blends

- **Payette School District**

- Food Service Director
  - Kellie Campbell



- **Current Sodium Levels for Lunch**

- High School: 1278 mg (<1420 mg)
- Middle School: 1238 mg (<1360 mg)
- 4<sup>th</sup> – 5<sup>th</sup>: 915 mg (<1230 mg)
- K – 3<sup>rd</sup>: 897 mg (<1230 mg)





# Payette School's House Spice Blends Tasting

- **Basic Blend:** paprika, black pepper, onion powder, garlic powder, coriander and oregano
- **Mexican Blend:** chili powder, cumin, garlic powder, coriander and oregano
- **Italian Blend:** basil, marjoram, garlic powder, oregano, rosemary, thyme, sage and black pepper
- **Indian Blend:** turmeric, cumin, cardamom, cinnamon, ground mustard, coriander and black pepper



# **REDUCING SODIUM IN YOUR SCHOOL MENUS**

# Start by Setting Goals



1. Identify a strategy to lower the sodium content of a food you serve
2. Write a goal to work on
  - *Be specific*
  - *How can you measure the reduced sodium content of the food?*
  - *How will you ensure the low sodium food is appealing to students?*
  - *When will you accomplish the goal?*

# Chef Designed School Breakfast Cookbook

- Basil Honey Mustard
- <http://www.sde.idaho.gov/cnp/hne/chef.html>



# Wrap Up



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