

Manager's Corner

Mise en Place

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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 all food preparation principles, production records, kitchen equipment, and food crediting to prepare foods from standardized recipes, including those for special diets.

2110 – Understand and effectively prepare food using a standardized recipe.

Introduction

Manager's Corner: Mise en Place is designed for directors/managers to use in training their staff. Each lesson is roughly 15 minutes. This resource is series one of a continuous set of training resources designed to give directors/managers an easy-to-use lesson plan for training staff in various topics. *Manager's Corner: Mise en Place* provides a method for using and training with many of the Institute of Child Nutrition's resources. Every lesson plan contains the following:

- learning objective,
- statement explaining the importance of the topic,
- list of materials,
- instructions on how to present the information,
- questions to ask staff, and
- additional resources to strengthen or refresh the knowledge of the director/manager.

Lesson Overview—Questions

Objective: Identify the importance of mise en place to the success of a foodservice operation.

Why it is important: Mise en place is a time management skill for preparing a recipe in an efficient, organized manner.

Materials:

- **Chic' Penne recipe**
- **Chic' Penne Mise en Place Activity**
- **Chic' Penne Mise en Place Activity Answer Key**

Instructions:

Ask the staff to answer the Questions for staff included in this training. Facilitate the activity.

Questions for the 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 reviewing 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 and plan the clean-up process throughout the meal preparation. Determine the best work flow 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, refrigerator, and frozen storage areas.

Activity instructions:

- 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 information above as a reference, complete the **Chic' Penne Mise en Place Activity** by creating a list of mise en place steps for this recipe. At the conclusion of the activity, review the **Chic' Penne Mise en Place Activity 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 Granulated garlic Fresh broccoli florets, chopped 1" Frozen, cooked diced chicken, thawed, 1/2" pieces	6 lb. 3 lb 2 oz 2 lb	 2 TBSP, 2 tsp			<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
Low-sodium chicken broth Salt Ground black pepper Nonfat milk Enriched all-purpose flour Reduced-fat Cheddar cheese, shredded Low-fat mozzarella cheese, low moisture, part-skim, shredded	 1 lb 1 lb	1 cup 2 TBSP 1 TBSP 1 tsp 2 qt 3 cups ½ cup 1 qt 1 qt			<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.

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 ¼ 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 Activity

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:	
Ingredients from cooler:	
Ingredients from freezer:	
Tasks:	

Chic' Penne Mise en Place Activity Answer Key

Equipment:	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:	Multi-grain dry pasta Enriched all-purpose flour Low-sodium chicken broth Granulated garlic Salt Pepper
Ingredients from cooler:	Low-fat milk Low-fat, shredded cheddar cheese Low-fat, part-skim mozzarella cheese Fresh, chopped, broccoli florets
Ingredients from freezer:	Cooked and diced chicken breast
Tasks:	Read recipe thoroughly. Preheat oven to 350 degrees. Measure out granulated garlic, salt, flour, and pepper into ramekins. Divide garlic between two ramekins– one with 2 tsp, one with remaining garlic. Pour broth in one liquid measuring cup. Pour milk in the second liquid measuring cup. Fill the two pots with water and place on stovetop.

References

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