



Culinary Institute  
of America

# 2023 Napa Scratch Food Professionals Kitchen Orientation

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June 2023



# Production Schedule

- Orientation/Recipe Review 1 hour 15 minutes
- Break – Transition to Kitchen 15 minutes
- Production/Demonstrations 2 ½ hours
- Lunch – Noon Service 1 hour

\*Times subject to change

# Kitchen Responsibilities

- Keep stations clean
- Properly handle and store all food
  - When handling “ready-to-eat” food items...if you don’t cook it, glove it!
  - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables
- Clean all small equipment as you go
  - Kitchen assistants will put them away
- All pots, pans, and cutting boards put away
- At end of class, kitchens need to be left clean and set up for next day

# Learning Objectives

- Demonstrate how to effectively set up your workstation and organize your mise en place
- Prepare a menu in a 2 ½ hour time frame for evaluation
- Discuss and identify Production strengths and weaknesses
- Evaluate methods to improve strengths and weaknesses based on Chef's feedback
- Use feedback to prepare for next day's exercise

# Mise en Place

- French term for “everything in its place”
- What does this mean?
  - A clean, organized workstation
  - Recipe mise en place (MEP)
    - Make sure you read through the **entire** recipe
  - Prep time vs. service
  - Physically ready to cook
  - Mentally prepared to cook – proper state of mind!

# Mise en Place- Helps you achieve you GOALS

- Mental- Read your recipes before you start to do anything
  - Ingredients- all cut and ready to be cooked
  - Equipment- ovens on, pots, pans, utensils, etc...
- 
- Proper serving temperature
    - hot foods hot, cold foods cold
    - appropriate temperature plates
  - Proper garnishing of platters

## Typical work station setup

Tasting spoons  
with receptacle

Sanitation bucket with handy wipes

Salt and Pepper

Receptacles for  
trash and compost

Secured cutting board

Paper towels

Receptacles for product

# Basic Cooking Terminology

- **SAUTE**- COOKING QUICKLY IN A SMALL AMOUNT OF FAT OVER HEAT
- **PAN FRY**- COOKING IN HOT FAT OR OIL IN A SHALLOW PAN
- **DEEP FRY**- COOKING COMPLETELY SUBMERGED IN FAT OR OIL
- **STIR FRY**- COOKING QUICKLY OVER VERY HIGH HEAT WHILE STIRRING
- **ROASTING** - COOKING USING DRY, HEATED AIR



# Basic Cooking Terminology

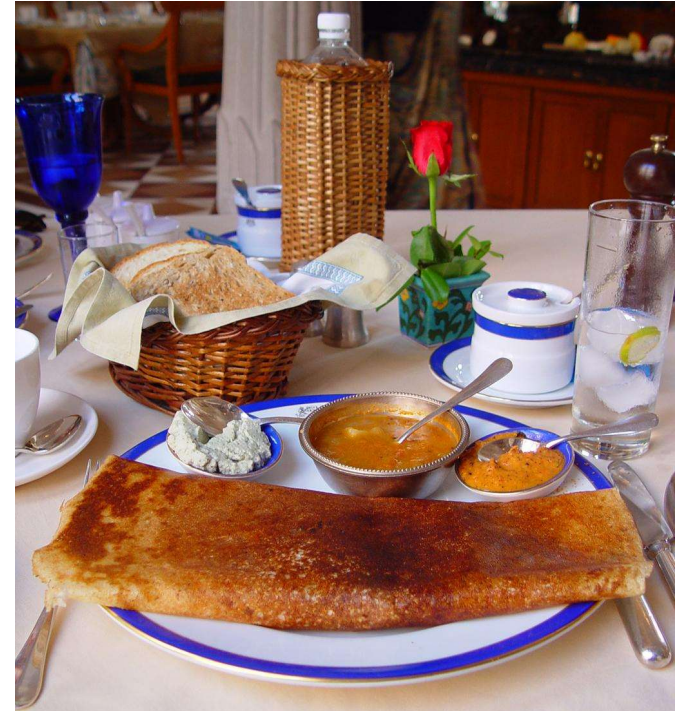
- **GRILLING** - COOKING ON A RACK OVER DIRECT HEAT
- **BROILING** - COOKING UNDER DIRECT HEAT
- **BRAISING** - COOKING BY SEARING, THEN COOKING IN LIQUID 1/3-1/2 THE DEPTH OF THE FOOD (USE SAME PAN FOR BOTH!)
- **STEWING** – SEARING THE FOOD THEN COOKING SUBMERGED COMPLETELY IN LIQUID (USE SAME PAN FOR BOTH!)
- **SEARING** - COOK OVER HIGH, DIRECT HEAT

# Basic Cooking Terminology

- **SHALLOW POACH** - COOKING NATURALLY TENDER FOODS IN A SMALL AMOUNT OF LIQUID
- **POACH** - TO COOK BY SUBMERGING FOOD IN WATER KEPT AT A CONSTANT, MODERATE TEMPERATURE
- **STEAMING**-TO COOK USING THE HEAT FROM BOILINGWATER, WITHOUT SUBMERGING FOOD IN WATER
- **BLANCHING**-TO PARTIALLY COOK A FOOD IN HOT LIQUID

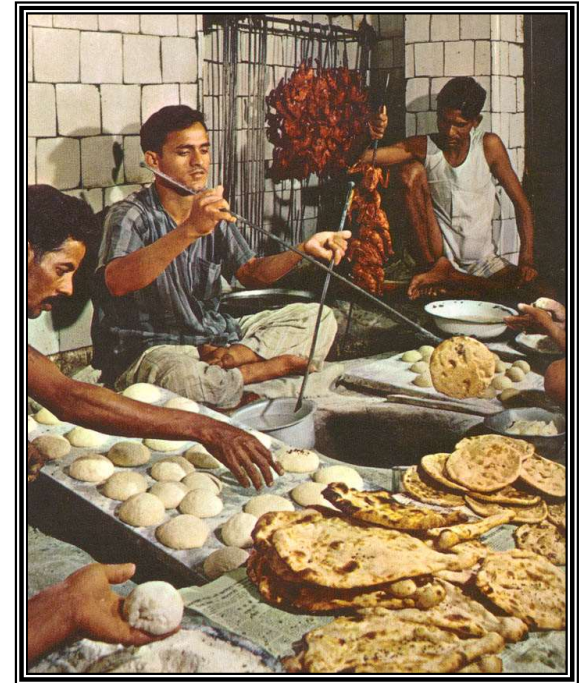
# Indian Cuisines – the Basics

- Sophisticated cuisine
- Use of spices, ingredients
- Diverse cuisine
- Divided into 4 main categories
  - North, south, east, west
- Cultural, religious and geographical influences – Beef is not on the menu



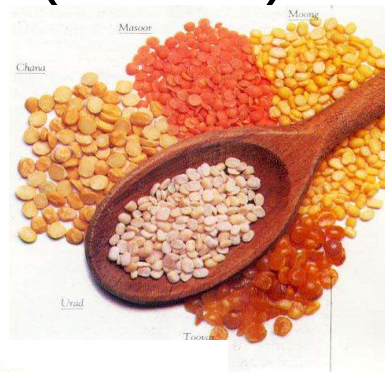
# Indian Cuisines – Cooking Techniques

- Bhun-na - Roasting
- Dum - Steaming or smothering without the addition of extra moisture
- Biryani - Rice and Meat cooked together
- Stir fry - Quick cooking where energy is scarce
- Tandoori – traditional clay oven cooking



# Indian Cuisines – Common Ingredients

- Legumes – Dal (lentils)
- Ghee
- Breads – Roti
- Chutney
- Rice



- Spices
- Nuts and Seeds
- Curry - A Way of Cooking not just a powder



# Indian Cuisines

- Simple family style service
- Small bowls of chutneys, pickles
- Sauces - Hot, cold, sweet and sour
- Rice
- Main dish
- Breads - Soft, chewy, thin pliable, crispy



# Discuss Menu and Expectations

- Review recipes and the expected outcome for each dish – Each recipe will be doubled
- All items to be served Family Style
- 20 portions should be prepared and served for Tuesday and Wednesday production
- Portions should be easy to serve (smaller individual items, sliced, etc.)

# What are you Making?

- Various Globally inspired dishes
- Items that can serve multiple roles on a menu
  - Main item
  - Sides
  - Accompaniments
  - Sauces, spreads, flavor enhancers
- Most importantly very good food for you and the other guests



# Chef's Critique and Feedback

- Chef's will provide feedback on the food produced
- Focus will be on:
  - Timing
  - Organization
  - Developing good work habits

# Self-Evaluation

- Evaluate your Dish
  - What did you do well?
  - What needs improvement?
- Evaluate your Performance
  - How was your timing?
  - Did you complete all your tasks?
  - Extra Time? How could you elevate the cuisine?