

Meal Preparation

Tips for Success

Today's Topics

- Mise en Place
 - The Secret Ingredient!
- Knife Skills
 - Consistency is the Key!
- Principles of Cooking
 - Why did that happen?
- Presentation
 - The True Test is here!

Mise En Place

- The French term "mise en place" literally means "to put in place" or "everything in its place"
- In culinary context it refers to those elementary preparation steps that are resorted to during culinary preparations
 - Gathering and prepping the ingredients to be cooked
 - Assembling the necessary tools and equipment

Mise En Place

- Extremely Important Concept
 - A chef should have everything he or she needs to prepare and serve in an organized and efficient manner at the beginning of the process
- This important procedure means different things to different parts of the food service process

Mise En Place

- Think of the following people and Mise En Place
 - Banquet chef
 - Broiler cook
 - Server
 - Maitre'd

Mise En Place

- Coordination of various tasks is important
- Timing is very important
- Consider safety and sanitation

Selecting Tools and Equipment

- All equipment should be clean and sanitary
- Knives should be sharpened
- Measuring devices checked for safety
- If necessary, ovens and cooking surfaces should be preheated
- Mixing bowls, saucepans, and storage containers should be the correct size

Selecting Tools and Equipment

- Serving plates, utensils, hand tools, and necessary small wares should be gathered
- Foods should be gathered and stored conveniently at the proper temperature
- Expiration dates on foods should be checked
- Sanitizing solutions, hand towels, disposable gloves, and trash receptacles should be placed nearby

Preparing Ingredients

- Ingredients that are used frequently should be stored in the kitchen and accessible to everyone
- Consider these tasks as part of Mise En Place
 - Clarifying butter
 - Toasting nuts and spices
 - Making bread crumbs
 - Bouquet garni and sachet bag
 - Marinades
 - Rubs and pastes
 - Blanching foods

Clarifying Butter



Measuring ingredients w/scale

Bouquet garni

Applying a Dry Rub to Beef



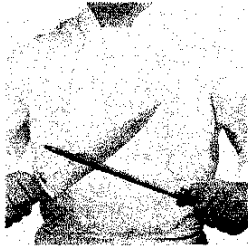
Knife Skills

- Knife Safety – Extremely Important
 - Use the correct knife for the appropriate task
 - Always cut away from yourself
 - Always use a cutting board
 - Do not cut on glass, marble, or metal
 - Keep your knives sharp
 - Always carry a knife with the point down
 - Never try to catch a falling knife
 - Never leave a knife in a sink

Knife Skills

- Knife Sharpening
 - A whetstone is used to put an edge on a knife
 - The knife is used on the whetstone at a 20° angle
 - A steel does not sharpen a knife
 - The steel is used to keep the edge on a knife

Using a Steel



Knife Skills

- Gripping Your Knife
 - Make sure your grip is comfortable.
Remember, you must use a knife extensively so a firm, comfortable grip is essential.

Common Grip



Underhanded Grip



Knife Cuts

- Chiffonade
 - Finely sliced or shredded leafy vegetables
- Rondelles or rounds
 - Disk-shaped slices
- Diagonals
 - Elongated or oval-shaped slices
- Julienne
 - 1/8 inch x 1/8 inch x 2 inches

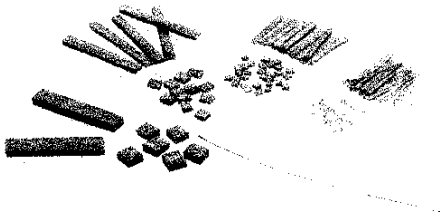
Knife Cuts

- Batonnet
 - 1/4 inch x 1/4 inch x 2 inches
- Brunoise
 - 1/8 inch x 1/8 inch x 1/8 inch
- Small dice
 - 1/4 inch x 1/4 inch x 1/4 inch
- Medium dice
 - 1/2 inch x 1/2 inch x 1/2 inch

Knife Cuts

- Large Dice
 - 3/4 inch x 3/4 inch x 3/4 inch
- Paysanne
 - 1/2 inch x 1/2 inch x 1/4 inch square, rectangle or round

Batonnet and Julienne Sticks



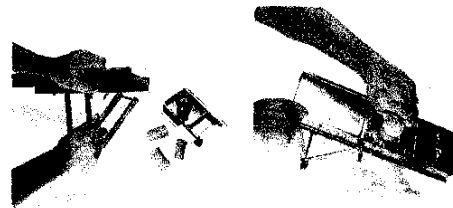
Knife Cuts

- Mincing
 - Cut into very small pieces
- Chopping
 - Cutting into small pieces where uniformity of size and shape is not necessary or possible

Knife Cuts

- Parisiennes
 - Cutting fruits or vegetables in small, uniform spheres or balls with a melon ball cutter
- Tourner
 - In French it means “to turn”
 - A cutting technique that produces a football shape with 7 equal sides

Using a Mandoline



The Skill of the Knife

- Although many slicing and dicing machines are available, none can match the skill of a chef with a sharp knife
- Possessing good knife skills is an essential part of becoming a chef
- With proper knife skills, products can be prepared in a safe and efficient manner

Principles of Cooking

- Cooking can be defined as the transfer of energy from a heat source to a food
- Energy alters the food's molecular structure, changes its texture, flavor, aroma, and appearance
- When food is cooked, the process destroys microorganisms and makes food easier to ingest and digest

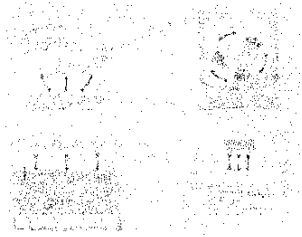
Cooking Methods

- | | |
|-------------|---------------|
| • Broiling | • Steaming |
| • Poaching | • Sautéing |
| • Grilling | • Braising |
| • Simmering | • Pan-frying |
| • Roasting | • Stewing |
| • Boiling | • Deep-frying |
| • Baking | |

Heat Transfer

- Conduction
- Convection
 - Natural
 - Mechanical
- Radiation
 - Infrared cooking
 - Microwave cooking

Heat Patterns



Effects of Heat

- Proteins coagulate
- Starches gelatinize
- Sugars caramelize
- Water evaporates
- Fats melt

Cooking Methods

- Dry-heat
- Moist-heat
- Combination

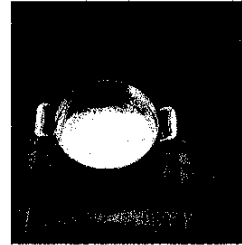
Dry-Heat Cooking Methods

- Broiling
- Grilling
- Roasting
- Baking
- Sautéing
- Stir-frying
- Pan-frying
- Deep-frying

Moist-Heat Cooking Methods

- Poaching
- Simmering
- Boiling
- Steaming

Simmering



Combination Cooking Methods

- Stewing
- Braising

Plate Presentation



- Restaurant cooks frequently spend too much time decorating their food, and too little time paying attention to its taste. This, I think, is sad.

– Barbara Tropp

Plate Presentation

- The true test is here!
 - Creativity and skill that went into the cooking and baking has to be placed onto the plate
 - Great plate presentations take skill, experience and style
 - Presentation is the process of offering the selected foods to guests in a fashion that is visually pleasing

Plate Presentation

- Food
 - Has to be properly prepared but it can be made more attractive by cutting or molding it into various shapes
 - Garnishes should be simple, edible items with a close kinship to the dish
 - Garnishes are visual, but need to make sense to the tongue
 - The old "KISS" principle is important when considering the type and scope of garnishes

Tabletop

- Appropriate size of plateware
- Matching patterns, style, colors
 - OR NOT!
- Rim, verge, edge, foot, well: parts of plate
- Oval, round, square
- Total tabletop appearance: side dishes, condiments, vase, underliners, show plates, tablecloth, glassware

5 basics of presentation

- Temperature
- Flavor
- Color
- Shape
- Texture

Temperature

- Hot food, hot! Cold food, cold!
- Cooks, servers - all guilty. Sometimes too focused on the mechanics
- Pre heat or pre chill plates
- Pre heat plate covers
- Chilled flatware?
- Pay attention to server mise en place, sequence of trayng food

Flavor & Color

- Food is meant to be consumed
- Flavors must yin/yan or complement
- Flavors are developed through cooking techniques
- Color must respect flavor and integrity
 - scatter garnishes, red bell pepper
- Consider hues developed after cooking
- Colors change with cooking process

Shapes

- Natural shapes
- Fabricated shapes
- Height
- Arrangement
- Lines
- Layout
- Count
- Cuts: classic, accuracy, mixing

Texture

- Developed through cooking technique
- Crisp, soft, firm, crunchy
- Negative textures: expectations
- Internal and external
- Balance textures on the plate
- Mom's sandwiches

Plate arrangement

- Food off the rim
- Nappé sauce, partial or completely (braise, stew)
- Pet peeves: upside down food (ignorance or mistakes), plating of meats, ridiculous stacking and architecture (foie gras club), shrimp tails, no buffet here!
- Gros piece on plates/platters
- Simplicity vs. overworked

Garnishing

- Appropriate
- Functional
- Edible
- Minimal, doesn't detract from the plate, is not the focal point of the plate, complement the features of the plate
- Traditional and classical accompaniments
- Watercress sprig located

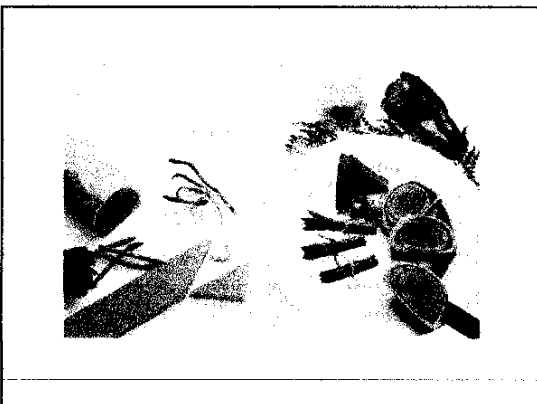


Plate Presentation

- Preparing Foods Properly
 - Foods prepared properly show the expertise of the chef and the kitchen staff
- Cutting Foods
 - Careful cutting of foods will increase the eye appeal and reflect the chef's attention to detail
 - There is a difference between cutting foods to decorate plates and cutting foods to be consumed

Plate Presentation

- Molding Foods
 - Some foods can be molded by using metal rings or circular cutters
 - These molds can create height and keep the plate neat and clean

Plate Presentation

- Decorating Plates
 - Plate dusting
 - Garnishing plates with spices and herbs
 - Decorating plates with sauces

Cassoulet

