

Cooking A World of New Tastes



R E S O U R C E S





Resources

Where Can I Find?...

More Recipes and Training

USDA Resources:

A Tool Kit for Healthy School Meals: Recipes and Training Materials

The Kit includes 53 recipes that meet the Dietary Guidelines, a promotional guide, and a training manual on the preparation, modification, and standardization of recipes. Recipes include a nutrient analysis. Additional copies are available for purchase from the National Food Service Management Institute (NFSMI) at 1-800-321-3054. (1995)

School Lunch Challenge Recipes

Winning low-cost, popular recipes developed by a chef and a school food service team in conjunction with a nationwide competition sponsored by the American Culinary Federation. The recipes are available on the Healthy School Meals Resource System at <http://schoolmeals.nal.usda.gov:8001>.

Great Nutrition Adventure Action Packet

The action packet includes an event planner, factsheets, a promotional video, "A Taste of Regional Events," and guide, poster, sample letterhead with logo, a sample media release, recipes, and a resource directory of chefs nationwide who are willing to volunteer time in schools to work in the cafeteria and classroom. Distributed to school food authorities. (1996)

Food, Family, and Fun – A Seasonal Guide to Healthy Eating

A collection of 50 recipes donated by many of our Nation's most recognized chefs, including family size school lunch recipes and recipes to cook with young children. This cookbook commemorated the 50th anniversary of the school lunch program and was delivered to elementary schools. A colorful family resource book that includes nutrition education activities and healthful eating resources, including information on the Dietary Guidelines. Available for purchase from NFSMI at 1-800-321-3054. (1996)



Training Guidelines for Healthy School Meals

A publication offering recommended topic areas, content, and tools for training food service personnel at the food service director, manager, food production staff, and general assistant level. Available for purchase from NFSMI at 1-800-321-3054. (1996)

Choice Plus: A Reference Guide for Foods and Ingredients

A guide developed by FNS in cooperation with NFSMI, designed to provide information for school districts to make informed decisions when purchasing food for school meals. Available for purchase from NFSMI at 1-800-321-3054. (1996)

Serving It Safe: A Manager's Tool Kit

A comprehensive food service safety and sanitation training package. The kit contains a teacher's manual, aids, a poster, case studies and group activities. It also includes an interactive training CD ROM and floppy disks. Available for purchase from NFSMI at 1-800-321-3054. (1996)

Menu Planner for Healthy School Meals

This planner is designed for food production staff and provides guidance on the various menu planning options available to local school systems, as well as background on the nutrition goals and guidance on modifying menus to meet those goals. Distributed to school food authorities (1998)

Quantity Recipes for School Food Service

This collection of 150+ recipes was distributed to schools in 1988. Contact your local school food authority for a copy. (1988)

Culinary Videos and Workshops

Contact the USDA's national resource center:

National Food Service Management Institute (NFSMI)

University Avenue/Old Taylor Building
PO Drawer 188
University, MS 38677
Phones: (601) 232-7658
(800) 321-3054
Fax: (601) 232-5615
(800) 321-3061

NFSMI Resources:

Healthy Cuisine for Kids Training

An NFSMI workshop for all levels of school food service personnel that provides hands-on training on food preparation. The goal is to help enhance the nutritional quality and acceptability of school meals. Lessons focus on four key concepts: nutrition, basic skills and culinary techniques, flavorful foods, and food presentation. A participant manual with recipes and video tapes are used as reference and teaching tools for training. For information on the workshop, the purchase of the manual (Publication ET11-95) or the video tapes, please call NFSMI. (May be available on loan from the National Agricultural Library (NAL call number Kit 272 & 194.) See below for contact information.

Culinary Techniques for Healthy School Meals

A 13-hour video training program designed to be presented by the school nutrition manager to the food-service assistants. Focus is on principles of food preparation, development of new culinary skills, and implementation of the Dietary Guidelines for Americans. Kit includes 7 workbooks, 7 videos, coach's workbook, and training certificates. (1996)

Cooking for the New Generation: Storing, Cooking, and Holding the New Generation Foods

A video and guide that feature the correct ways to prepare and serve all types of foods while retaining peak appearance and flavor. The materials include techniques for assuring the quality of multiple-ingredient processed food products and foods with lower amounts of fat. The importance of understanding and following manufacturers' instructions and correct holding/serving temperatures are emphasized. (1997)

Creating Healthy Menus for the Mainline, Part I

This video and training material present ideas for planning and creating healthy, cost-effective, appealing menus that support the Dietary Guidelines for Americans. 60 minutes. (1994)

Creating Healthy Menus for the Mainline, Part II

This video and training material demonstrate the use of food production scheduling, standardized recipes, and food production techniques to effectively implement healthy menus for the mainline. 60 minutes. (1995)

Get Ready, Get Set, Go for Quality Food Service

Breakfast Lunch Training (BLT) module contains a manual and videotape designed for school food service managers to use in employee training. Module defines Value Added Productivity, describes the process to achieve Value Added Productivity, and covers preparing items using a batch process. Ready-to-use food production and product comparison forms are included. (1994)

Go for the Gold with Customer Service

This program includes lessons on quality food, attractive serving lines, caring and compassionate employees, and how to meet customer needs. Includes instructor's handbook and 16-minute video. (1994)

Healthy Cooking for Kids

Part of Breakfast Lunch Training (BLT), contains manual and video designed to introduce new techniques and refine traditional methods resulting in the creation of healthier, great tasting meals that meet USDA School Meals Initiative's goals. (1995)

On the Road to Professional Food Preparation

This video includes lessons on interpreting recipes, weights and measures, portion control, and recipe adjustment. Part of BLT series. 20 minutes. (1993)

Preparation and the Dietary Guidelines

This video focuses on how to prepare attractive and acceptable meals and discusses preparation factors such as standardized recipes, weights and measures, and appropriate equipment. From NFSMI's series Managing Child Nutrition Programs to Teach Healthy Food Practices. 59 minutes. (1993)

Promoting Healthy Food Practices

This video provides practical guidance for marketing and promoting healthy food practices and features many examples of program promotions from around the country. From NFSMI's series Managing Child Nutrition Programs to Teach Healthy Food Practices. 60 minutes. (1993)

Other Resources

Training materials may be borrowed from the:

USDA National Agricultural Library Food and Nutrition Information Center

Room 304
10301 Baltimore Boulevard
Beltsville, MD 20705-2351
Phone: (301) 504-5719
Fax: (301) 504-6409
web site: <http://www.nal.usda.gov/fnic>
e-mail: fnic@nal.usda.gov

A Connection to the World Wide Web

USDA's Healthy School Meals Resource System website offers online access to a database of nutrition education resources, USDA recipes and publications, and a discussion group, called Mealtalk, where participants can ask questions and share information.

Directory of Chefs

Check out the Chef Connection site. A list of chefs wishing to volunteer in schools are featured. Ask a chef a question; email your message to Chefbox.

The web address is:

<http://schoolmeals.nal.usda.gov:8001>

Other Culinary Websites

<http://www.culinarycafe.com>
<http://www.sunsite.auc.dk/recipes/english/index.html>
<http://www.unf.edu/~pruang/ct.html>
<http://www.cyber-kitchen.com/pgarchiv.htm>
<http://www.cs.cmu.edu/~mjw/recipes/>
<http://www.internets.com/srecipes.htm>
<http://soar.berkeley.edu/recipes/>

Culinary Schools and Culinary Training

Continue to develop the culinary skills shown in the videos. Look for classes at the local community college or find a nearby culinary school. Look into sponsoring a special group training at a local culinary institute. Instructors are most happy to arrange time frames and dates to accommodate school food staff schedules.

Academy of Culinary Arts
Atlantic Community College
Mays Landing, NJ 08330
609-343-4944

Baltimore's International Culinary College
19-21 South Gay Street
Baltimore, MD 21202
301-752-4710

Boston University Seminars in the Culinary Arts
Boston University Metropolitan College
755 Commonwealth Avenue, Suite B-3
Boston, MA 02215
617-353-4130

California Culinary Academy
625 Polk Street
San Francisco, CA 94102
415-771-3555
<http://www.baychef.com>

The Cambridge School of Culinary Arts
2020 Massachusetts Avenue
Cambridge, MA 02140
617-354-3836

Clark College Culinary Arts Department
1800 East McLoughlin Boulevard
Vancouver, WA 98663
206-699-0304

Connecticut Culinary Institute
230 Farmington Avenue
Farmington, CT 06032
203-677-7869

The Cooking and Hospitality Institute of
Chicago
858 North Orleans
Chicago, IL 60610
312-944-0882

Culinary Arts Program Department
UCLA Extension
10995 Le Comte Avenue, Suite 414
Los Angeles, CA 90024
213-206-8120

The Culinary Institute of America in Hyde Park
433 Albany Post Road
Hyde Park, NY 12538-1499
914-452-9600

The Culinary Institute of America at Greystone
2555 Main Street
St. Helena, CA 94574
707-967-110

The Culinary School of Kendall College
2408 Orrington Avenue
Evanston, IL 60201
708-866-1300

Drexel University
Office of Professional Studies
Nesbitt College of Design Arts
33 & Market Streets
Philadelphia, PA 19104
215-895-5937
fax: 215-895-1678
e-mail: ferrisgw@post.drexel.edu

The French Culinary Institute
462 Broadway
New York, NY 10013
212-219-8890
<http://www.frenchculinary.com>

IUP Academy of Culinary Arts
Reschini Building
Indiana, PA 15705
Phone: 1-800-727-0997
<http://www.iup.edu/cularts>

Johnson & Wales University
Culinary Arts Division
1 Washington Avenue
Providence, RI 02905
401-456-1130

LaVarenne Cooking School, USA
P.O. Box 25574
Washington, DC 20007
202-333-9077

Memphis Culinary Academy
1252 Peabody Avenue
Memphis, TN 38104
901-722-8892

New England Culinary Institute
250 Main Street
Montpelier, VT 05602
802-223-6324

New York Food and Hotel Management School
154 West 14th Street
New York, NY 10011
212-675-6655

New York Restaurant School
27 West 34th Street
New York, NY 10001
212-947-7097

Peter Kump's New York Cooking School
307 East 92nd Street
New York, NY 10128
212-410-4601

The Restaurant School
2129 Walnut Street
Philadelphia, PA 19103
215-561-3446

Rhode Island School of Design Culinary Arts
Apprenticeship
55 Angell Street
Providence, RI 02903

School for American Chefs
P.O. Box 111
St. Helena, CA 94574
707-963-7115

Scottsdale Culinary Institute
4141 North Scottsdale Road, Suite 110
Scottsdale, AZ 85251
602-990-3773

Western Culinary Institute
1316 Southwest 13th Avenue
Portland, OR 97201
503-223-2245

For More Information About Safe Food Handling and Preparation



USDA's Meat and Poultry Hotline
1-800-535-4555

FDA's Food Information and Seafood Hotline
1-800-332-4010

Partnership for Food Safety Education
Web Site
www.fightbac.org

Or contact your State or local sanitation office.



Culinary Terms to Know

Al Dente:	A phrase meaning firm to the bite, not soft or mushy. Normally refers to the doneness of pasta or vegetables.
Au Jus:	French phrase meaning served with natural juices or gravy without a thickening agent.
Bake:	To cook food by surrounding it with hot dry air. This term usually refers to breads, rolls, cakes and pastries.
Beat:	To move a whip or spoon rapidly back and forth to blend products together to achieve a smooth texture.
Blanch:	To cook a food item partially and very briefly in a boiling liquid. A culinary technique that uses moist heat.
Braise:	A culinary technique that uses dry and moist heat. The food item is browned and then cooked covered in a small amount of liquid. Braising is primarily used for tougher cuts of meat that require cooking until connective tissue breaks down and becomes tender.
Breaded:	Coating a food item with bread or cracker crumbs. The food item is then usually fried, broiled or baked.
Broil:	The cooking of a food item with radiant heat.
Caramelization:	The browning of sugars when exposed to 300° F+ heat.
Consistency:	The degree of density, firmness or solidity of a mixture.
Cross Contamination:	The transfer of bacteria from one food to another; from one work surface to another, or from a work surface (or hands) to a food.
Danger Zone:	40° F-140° F. The range of temperature in which bacteria multiply the most rapidly.
Cube:	To cut into specific size squares.
Deglaze:	To remove caramelized sugars and other food particles from a pan by swirling with liquid.
Degrease:	To skim the fat from the top of a liquid such as a sauce or a stock.
Dice:	To cut in special sizes: small, medium, large.
Emulsion:	The combination of two incompatible liquids, such as oil and water.

Garnish:	The artistic complementing of a food item with other food items.
Grill:	The cooking of food over an open heat source on a screen or grid.
Herb:	A wide variety of aromatic plants used for seasoning and garnishing foods. These plants also have medicinal uses.
Julienne:	Vegetables cut into thin strips; 1/8" x 1/8" x 1" to 2". Sometimes it is cut 1/16" x 1/16" to 1" to 2".
Marinate:	To soak food in a flavorful liquid to add flavor and to tenderize.
Mince:	Cut into very small pieces.
Mirepoix:	A combination of vegetables, normally a mixture of carrots (25%), celery (25%), and onions (50%) used for imparting flavor to dishes.
Mise en Place:	"Put in place." French meaning everything in place. The preparation and assembly of ingredients, plans, utensils, and plates or serving pieces needed for a particular dish or service period. The key to efficient kitchen preparation.
Mix:	To combine ingredients in such a way that the parts of each ingredient are evenly dispersed in the total product.
Oblique:	A type of knife cut, also called a roll cut, or 1/3 turn cut. Turn food item, such as carrot, 1/3 of the way around and slice. Turn again, 1/3 and slice, continue until completed.
Parboil:	To partially cook in simmering or boiling liquid.
Poach:	A culinary technique that uses moist heat; tender items are cooked very gently in a simmering liquid. The liquid from the poached item may sometimes be used to make an accompanying sauce.
Puree:	To mash a product to a fine pulp, usually by forcing it through a sieve or putting it into a blender.
Recipe:	A list of ingredients and set of instructions for the preparation of a dish.
Reduce:	To boil or simmer a liquid to a small volume. Usually this is done to concentrate flavors.
Refresh:	To place cooked food in cold water after blanching.
Roast:	A culinary technique that cooks food by surrounding it with dry heat.

Roux:	A combination of fat and flour (usually a one-to-one ratio) used to thicken sauces.
Sachet:	Herbs and spices tied in a cheesecloth/muslin bag, used for the flavoring of stocks, sauces and soups.
Sauté:	To brown a food item quickly in very little fat or oil.
Sear:	To brown the outside of a food item by a short application of high heat. This process is used to develop color and flavor.
Season:	To enhance flavor by the addition of other ingredients, such as herbs and spices.
Shock:	To stop the cooking process by submerging in cold or ice water.
Simmer:	A moist heat cooking technique. To cook food in liquid which is just below the boiling point.
Whip:	To beat with a rapid lifting motion to incorporate air into a product.
Zest:	The colored portion of the peel of citrus fruit.

Reference: The Art and Science of Culinary Preparation, by Jerald W. Chesser, CEC, CCE. The Educational Institute of the American Culinary Federation, Inc. 1992