

TRIP REPORT FOR THE CULINARY INSTITUTE OF AMERICA

CULINARY ENHANCEMENT FOR PRODUCTION MANAGERS

SPONSORED BY: NACUFS AND BEST AMERICAN FOODS

Instructor from CIA: Chef Lars Kronmark



Day 1

Overview of Culinary Technology

Kitchen Organization
Basic Culinary Preparation
Cooking Techniques Overview
Sauté and Stir Fry
Deep and Pan Frying

Hands- On Production

-SZECHWAN STYLE PORK THREADS

-STIR FRIED BEEF WITH GREEN BEANS AND CARROTS

During Day 1 Orientation, Chef Lars discussed the role of each person ranging from the Chef down to the Butcher as part of The Kitchen Brigade System. He also talked about commonly used knife cuts, Sautéing and its **CCP's**, the Manager's guide to Sautéing, Nutritional Info to Sautéing, Stir Frying and Optional Components, Pan Frying, Deep Frying, and proper plating and panning of food.



DAY 2

LECTURE

- Food Trends
- Workshop Organization
- Grilling, Boiling and Barbecuing
- Marinades and Spice Rubs
- Contemporary Sauces and Salsas
- Intro to Menu Development

Hands- On Production

- *Broiled Pork Chops*
- *Grilled Yellow Squash*
- *Muhammara*
- *Grilled Spicy New Potato Salad*
- *Mongolian Pork Marinade*

Muhammara
Sauce



“Grilled Spicy New Potato Salad ”



“Broiled Pork Chops w/ Vegetables”

Chef Lars discussed the importance of Mise En Place. Mise En Place is a French term commonly used to express workspace organization. The benefits of Mise En Place are Increased Speed & Efficiency, Professional Appearance, and Better Sanitary Conditions. It was noted that when garnishing we should use a proper garnish that compliments the product and is edible. Fresh Rosemary would not be a proper garnish but it can be used in preparing Infused Oils or Vinegars. Barbecuing has two possible origins. First, **Barbacoa** is an American Spanish word meaning “framework set on posts” and 2nd **de la barbe a la queue**, is French meaning “from the beard to the tail”. Barbecuing is not because of the sauce. This is a slow cooking process for large cuts of Beef, Pork, Lamb, Game, and Poultry.

Note: When grilling, ensure that you are using the 11-2 O’clock process to get the crosshatch marks, if desired. This process will be done on one side before turning over.

DAY 3

LECTURE

What Production Managers Should Know About:

- Vegetarian Cookery
- Vegetable and Starch Cookery
- Legumes
- Rice
- Grains
- Couscous

Hands- On Production

- *Warm Cannellini Beans*
- *Chard Greens*
- *Simple Summer Stew with Herbed Butter*
- *Spicy Pork Kebabs w/ Moorish Flavors*

LECTURE-Afternoon Session

- Overview Of Nutritional Cooking
- Food Pyramids: A Comparison



Cannellini Beans and the Stew



Pork Kebabs with Grapes



Chard Green w/ Red Onions

DAY 3 Cont'd:

Day three was a much longer day than all others but it was well worth it. During the morning session Chef Lars talked about Healthy Cooking Techniques. Some of the ones discussed were Roasting, Grilling, Dry Sauté, Broiling, Stir Frying, Steaming and Braising. It was noted that even when using these techniques the chef could create good-tasting, eye appealing, healthy dishes. Nutrition was discussed for 2 hrs in the evening session and some of the highlighted topics were the Home Meal Replacement, The Modern American Eater, Photochemical, Emerging Trends and Comparison of The American Food Guide Pyramid vs. the Mediterranean Food Guide Pyramid.

The Modern American Eater

- ✓ Grazing and snacking are an American way
- ✓ 19% of meals are eaten in the Car
- ✓ Breakfast eaten in the office has doubled since 1990
- ✓ Average lunch hour is 36 min., 25% don't use it 2 eat
- ✓ Adolescents get 30% of their veggies from French Fries and Chips

CDC 2000 DATA

OVER WEIGHT MEN: 59% OF THAT 20% ARE OBESE
OVER WEIGHT WOMEN: 51% OF THAT 25% ARE OBESE

EMERGING TRENDS

- INCREASED KNOWLEDGE OF NUTRITION AMONG FOOD PRESENTATIONS
- ENTHUSIASM FOR ENTHNIC CUISINE & INGREDIENTS
*Common link- more veggies- less meat
- CONSUMERS EAT OUT MORE- COOKING LESS IN HOMES
- INCREASED DEMAND FOR READY PREPARED FOODS
*Home Meal Replacement
- A NUTRITION FOCUS WHICH EMPHASIZES ADDING RATHER THAN TAKING AWAY

MOST POPULAR CUISINES

1. ITALIAN/ MEDITERRANEAN
2. CHINESE/ THAILAND, INDIA
3. MEXICAN
4. JAPANESE
5. GREEK
6. FRENCH



TOP THREE ARE THE
FASTEST GROWING
ONES

REASONS 4 CROSS- CULTURALISM IN FOOD IS:

1. EXTENSIVE TRAVEL
2. INCREASED IMPORTATION
3. IMMIGRATION

DAY 4

LECTURE

INTRODUCTION 2 MEDITERRANEAN FLAVORS, STEAMING AND ROASTING TECHNIQUES ALONG WITH PASTA AND COUCOUS

THE MEDITERRANEAN RIM DESIGNATES THE INDENTITY OF APPROX 15 COUNTRIES AND ISLAND NATIONS WHICH ARE LOCATED AROUND THE CONTINENTS OF AFRICA, EUROPE, AND ASIA AND OF COURSE THE MEDITERRANEAN SEA. MEDITERRANEAN CUISINE IS LARGELY BASED WITH COMMON INGRDIENTS SUCH AS OLIVE, WHEAT, AND WINE.

CHEF LARS DISCUSSED DIFFERENT TYPES OF PANTRIES SUCH AS THE GREEK, TUNISAN, TURKISH, MOROCCAN, and ITALIAN.

Hands- On Production

Pork Loin Stuffed w/ Cranberries and Toasted Walnuts
Tortellini Pasta w/ Tomato Basil Coulis
Spinach with Mushrooms



Stuffed Pork Loin



Pasta w/ Tomato Basil Coulis

Chef Lars Demonstrated to the class how to make Fresh Pasta and various recipes were provided such as Spinach Pasta, Tomato, and Buckwheat.



The afternoon class was set aside for all 3-man teams to brief Chef Lars about their Menu Development Plan. Our Theme was “California Dreaming”. This was Parents Weekend and our menu was Broccoli Leek Soup w/ Parmesan Cream, California Salad w/ Champagne Vinaigrette Dressing and Parmesan Toast, Lemon Chicken w/ Roasted Garlic Sauce, Roasted New Potatoes, Fresh Green Beans w/ Brown Butter and Marinated Strawberries w/ Crème Fraiche. This weekend is designed 2 give parents a taste of what

DAY 4 continued

Campus life is like for their children. This event was to feed 600 people and proper planning was a must. Things to keep in mind was who, what, where, how, and when. We even had to provide time frames of what was going to take place and what type of equipment was needed to prepare that item. Hint: The Parmesan Toast can be made in a week advance as long as it is sealed tightly. This was an Upscale Event as you can see.

DAY 5

LECTURE

OVERVIEW OF COLD KITCHEN PREPARATIONS, MEDITERRANEAN, ASIAN, AND LATIN FLAVORS

Hands- On Production

- ❖ *Basic Vinaigrette*
- ❖ *Roasted Poblano Chili Salad w/ Smoked Beef*
- ❖ *Three-Grain Salad*
- ❖ *Grapefruit Salad w/ Jicama and Candied Walnuts*



In the AM hours the class took a tour to a local farmers market. This was an excellent way to see just what local farmers have to offer. After Lunch the class was gathered together and Graduation took place. Each individual was presented a NACUFS Certificate endorsed by The Culinary Institute of America, a patch for the Chef Coat and a pin. This was a fun filled event and I would recommend all managers to go and be a part of this training. I, SFC Gaines will be using a lot of those techniques taught in my future Dining Facility in Japan as the Manager.