

Core..and More!

Minimize Ingredients and Maximize the Menu

VIRTUAL CULINARY TRAINING

Wednesday
April 7th

CULINARY TRAINERS

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SAMANTHA GASBARRO, SNS



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CORE...AND MORE!

MINIMIZE INGREDIENTS AND MAXIMIZE THE MENU

DESCRIPTION

Efficiently managing your inventory while offering a creative, appealing menu with options students will love can be a challenge. This virtual training will help you examine your inventory and how you can maximize your menu by making each inventory item work harder. We will explore how you can use your USDA Foods in multiple menu items. Chef Samantha Gasbarro, SNS, will show this concept with demonstrating how to multitask inventory items with 3 recipes.

USDA PROFESSIONAL STANDARDS

Culinary Skills (2130)

OBJECTIVES

After completing the training, the participants will be able to:

- Develop culinary skills necessary for school meal preparation.
- Demonstrate healthier cooking methods that apply the principles of the Dietary Guidelines for Americans.
- Describe techniques to efficiently manage inventory.

RECIPES DEMONSTRATED

- Raspberry Hummus
- Smoothies to Go
- Berry Chicken Salad
- Razy Ranch

SPONSOR

Many thanks to the Washington Red Raspberry Commission for sponsoring this webinar.



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Program Agenda and Content Summary

2 pm EST	Welcome Virtual training housekeeping	Cathy Powers, MS, RDN, LD
2:05 EST	Ingredient versatility and reducing SKU's	Cathy Powers
	Poll Question	
2:15 EST	Chef Demonstration - Raspberry Hummus	Samantha Gasbarro, SNS
	Poll Question- rate this recipe	
2:25 EST	Chef Demonstration- Smoothies to Go (blenderless)	Samantha Gasbarro
	Poll Question - rate this recipe	
2:35 EST	Chef Demonstration – Chicken Berry Salad with Razzy Ranch	Samantha Gasbarro, SNS
	Poll Question - rate this recipe	
2:45 EST	Core and More: Creating 5 menu items from 1 ingredient	Cathy Powers
2:50 EST	Final dish presentation	Samantha Gasbarro
2:55 EST	Audience Q&A	Cathy Powers Samantha Gasbarro
2:59 EST	Wrap up and thank you	Cathy Powers

RASPBERRY HUMMUS

ONE PORTION (3/4 CUP) PROVIDES:
 ½ cup vegetable, 1/8 cup fruit

INGREDIENTS	24 SERVINGS	DIRECTIONS
Raspberries, frozen	1 ½ quart	1. Thaw the raspberries overnight in refrigerator. Push the raspberries through a fine sieve with the back of a spoon and discard the seeds. Cool if necessary. 2. Place the garbanzo beans and olive oil in a food processor bowl. Cover and process until almost smooth. 3. Add the pureed raspberries along with the yogurt, garlic, thyme, lemon juice and salt. Process until smooth.
Beans, garbanzo (6 # 10 cans, drained)	5 pounds 10 ounces	
Oil, canola	1 ½ cups	
Yogurt, plain, low fat	1 ½ cups	
Garlic, fresh, chopped	½ cup	
Thyme, fresh	3 tablespoons	
Lemon juice, fresh	½ cup	
Salt, kosher	1 tablespoon	

NUTRITION INFORMATION

1 serving- ¾ cup

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	219		Total Carbohydrate	19.7	(g)
Total Fat	14.2	(g)	Dietary Fiber	5.2	(g)
Saturated Fat	1	(g)	Total Sugars	2.2	(g)
Cholesterol	.5	(g)	Vitamin D		(IU)
Sodium	476	(mg)	Calcium	57	(mg)
Protein	5.4	(g)	Iron	1.6	(mg)

NOTES

Portion out ¾ cup hummus
 Serve with pita chips or veggies to dip.

YIELD/VOLUME

SOURCE

Redrazz.org

SENSATIONAL SIMPLE RASPBERRY SMOOTHIES

Three simple ingredients and a whisk will create a colorful, flavorful, kid-favorite, grab-and-go breakfast item. The sweet-tart flavor of frozen red raspberry puree will add an intense color and bright flavor to a variety of fruit smoothies.

32 Servings

One 1 cup serving provides ½ cup fruit and 1 oz. eq. meat/meat alternate

Raspberry Pineapple Smoothie

Raspberry puree	4 pounds
Pineapple juice	2 quarts
Vanilla yogurt	4 quarts

Raspberry Apple Smoothie

Raspberry puree	4 pounds
Applesauce	2 quarts
Vanilla yogurt	4 quarts

Raspberry Peach Smoothie

Raspberry puree	4 pounds
Peach, Puree (or pureed canned peaches)	2 quarts
Vanilla yogurt	4 quarts

Optional presentation: Layer yogurt, peach puree and raspberry puree for a sunrise smoothie.

Instructions:

1. Add three ingredients to a mixing bowl.
2. Whisk until all ingredients are thoroughly incorporated.
3. Pour into 9-ounce plastic cups. Cover. Serve chilled.

RAZZY RANCH

ONE PORTION IS 2 TABLESPOONS

INGREDIENTS	2 QUARTS	2 CUPS	DIRECTIONS
Raspberries, frozen	1 quart	1 cup	<ol style="list-style-type: none">1. Allow the bag of frozen red raspberries to sit on the countertop at room temperature for about 30 minutes.2. Gently mash the raspberries (in the sealed bag) with a rolling pin.3. Place crushed raspberries, mayonnaise, milk, yogurt, parsley, green onion, garlic, vinegar, salt and pepper in a bowl. Combine.4. Cover and refrigerate until ready to use.
Mayonnaise	2 cups	½ cup	
Milk	1 cup	¼ cup	
Yogurt, plain	1 cup	¼ cup	
Parsley, fresh, chopped	½ cup	2 tablespoons	
Green onion, chopped with green	½ cup	2 tablespoons	
Garlic, finely minced	3 each	1 clove	
Vinegar, raspberry	¼ cup	1 tablespoon	
Salt, kosher	1 teaspoon	½ teaspoon	
Black pepper, ground	½ teaspoon	¼ teaspoon	

NUTRIENTS PER SERVING							
Calories	50	Total Fat (g)	5	Vitamin A (IU)		Calcium (mg)	
Protein(g)	0	Saturated Fat (g)	1	Vitamin C (mg)		Sodium (mg)	220
Carbohydrate (g)	1	Cholesterol (mg)	5	Iron (mg)		Dietary Fiber (g)	2

SOURCE: National Processed Raspberry Council. www.redrazz.com

BERRY CHICKEN SALAD

ONE PORTION PROVIDES:

2 oz eq meat/meat alternates, ¼ cup dark green, ¼ other vegetables, ¼ cup fruit

INGREDIENTS	40 SERVINGS	10 SERVINGS	DIRECTIONS
Romaine blend	3 ¾ pound	1 pound	1. Portion into serving bowl in the following order: <ul style="list-style-type: none">• 1 ¼ ounces Romaine blend• 1/4 cup berries• 2 slices red onion• 2-3 sugar snap peas• 2 ounces diced chicken 2. Dress with 2 tablespoons razy ranch dressing over top just prior to serving.
Blueberries, raspberries or strawberries	3 quarts	¾ quart	
Onions, red, raw, sliced	1 cup	¼ cup	
Sugar snap peas, raw	5 pounds	1 ¼ pound	
Chicken, cooked, sliced or chicken fajita meat	5 pounds	1 ¼ pound	

NUTRIENTS PER SERVING							
Calories	273	Total Fat	15.25 g	Vitamin A	121.6 IU	Iron	
Protein	18.4 g	Saturated Fat	2.24 g	Vitamin C	48.19 milligram	Sodium	111 mg
Carbohydrate	25.2 g	Cholesterol	43 mg	Calcium	43.75 mg	Dietary Fiber	3.24 g

REDUCE INVENTORY – INCREASE MENU VARIETY

Inventory Control:



Managing SKUs



A stock keeping unit (SKU) is the scannable bar code found on product labels. Each unique food item in your inventory has a SKU. Reducing the number of items in inventory will simplify receiving, speed up inventory, reduce inventory costs and make it easier to find products in the freezer. An efficient school food operation will work to minimize the number of SKUs while maximizing variety.

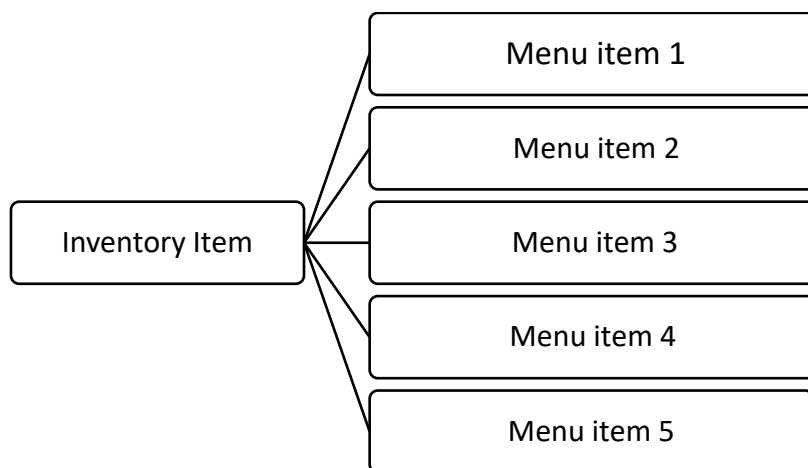
Core Ingredients

- Whole ingredients
- Less processed
- No seasonings

and More

- Menu item flexibility
- Customizable menu items
- Increase global flavors
- Work across grade levels

Stretch the Menu Using Cross-Utilization



Chicken Breast

Shredded chicken

BBQ pulled chicken

Chicken noodle soup

Chicken tetrazzini

Chicken chili with beans

Chicken taco

Diced chicken

Kung pao chicken with sweet peppers

Italian chicken with oregano and lemon

Summer chicken stew

Buffalo chicken tot bake

Chicken pot pie

Caribbean chicken sub

Chicken strips

Chicken fajita rice bowl

Chicken stir-fry

Cheesy chicken fajitas

Chicken teriyaki

Chicken curry casserole

Chicken tenders

Crispy chicken tenders with dipping sauce

Fresh green salad with chicken tenders

Teriyaki glazed chicken

Whole chicken breast

Kati-Kati baked chicken

Honey-lemon chicken

Baked rosemary balsamic chicken

Sweet and sassy chicken

Chicken slider with honey mustard aioli

Seasoning Blends

Spice or Dried Herb	Mexican	Buffalo	Italian	BBQ	Ranch	Tandoori
Garlic, granulated	1/3 cup	1 ¼ cup	1 cup	1 cup	1 ¼ cup	
Onion powder	1/3 cup	1 cup		1 cup	1 ¼ cup	
Cumin	1 ¼ cup			7/8 cup		2/3 cup
Paprika		¼ cup				2/3 cup
Paprika, smoked	1/3 cup			7/8 cup		
Chili powder	1 ¾ cup	1 ¼ cup				
Pepper, black				¼ cup	¼ cup	
Red pepper, ground		¼ cup				
Pepper, cayenne						2/3 cup
Ginger, ground						2/3 cup
Turmeric						2/3 cup
Basil, dried			1 1/3 cup			
Oregano, dried			1/3 cup			
Thyme, dried			1 cup			
Rosemary, dried			1/3 cup			
Dill weed, dried					1 ¼ cup	

ADDING SALT

Salt may be added to any of these seasoning blends according to the flexibility you have.

Using 1 teaspoon of salt for 50 portions adds about 45 mg of sodium per portion.

Using 1 tablespoon of salt for 100 portions adds about 70 mg of sodium per portion.

PERSONAL REFLECTION

OUT OF THE BOX

WHAT DID I LEARN FROM THIS WEBINAR:

WHAT CHANGES WOULD I LIKE TO MAKE IN MY SCHOOL OR SCHOOL DISTRICT:

NOTES: