



MISE EN PLACE

Everything in its place

PROCESS

1. Selecting tools and equipment
2. Measuring ingredients
3. Preparing ingredients
4. Flavoring foods
5. Preparing to cook



SELECTING TOOLS AND EQUIPMENT

- ◉ All tools and surfaces cleaned and sanitized
- ◉ Equipment checked for accuracy
- ◉ Ovens preheated
- ◉ Foods gathered and stored at proper temperatures
- ◉ Expiration dates checked for validity
- ◉ Disposable gloves and trash cans conveniently located
- ◉ All equipment and utensils gathered and stored nearby



MEASURING INGREDIENTS

- ◉ Measure liquids in liquid measuring cup
- ◉ Dry ingredients are measured by overfilling the cup/spoon, then leveling the ingredient



PREPARING INGREDIENTS



- ◉ **Clarifying Butter**
- ◉ **Butter:** 80% fat, 16% water, 4% milk solids
- ◉ **Clarification:** Removing the water and milk solids
 - Produced a more stable and consistent product
 - Keeps butter for extended periods of time

[Clarifying Butter Video](#)



TOASTING NUTS AND SPICES

- Brings out flavor
- Crispier and crunchier
- Done in oven or stove-top (watch carefully to prevent scorching)

[Toasting Nuts Video](#)



MAKING BREAD CRUMBS

- ◉ FRESH: Made from bread slightly dried out (2-4 days old)
- ◉ DRY: Lightly toasted in warm oven
- ◉ TO MAKE:
 - Cube or tear into pieces
 - Grind in food processor
 - Pass through a sieve
 - Add dried herbs/spices, if desired



PREPARING TO COOK

◉ Breading Procedure

- [On-line Step by Step Tutorial](#)

◉ Battering Procedure

- Batters consist of liquids such as milk, beer, or water combined with flour or cornstarch. These items are usually deep-fried or pan-fried.
- **Procedure for battering foods:**
 - Prepare the batter.
 - Pat the food dry and dredge in flour.
 - Dip the item in the batter and place it in the hot fat.

FLAVORING FOODS

- MARINADES

- RUBS/PASTES



- BOUQUET GARNI and SACHET

- Used to introduce flavorings, seasonings, and aromatics into sauces, soups, stews, and stocks.



MARINADES

- Process of soaking meat or poultry in a seasoned liquid to flavor and tenderize.

- Red Meat

- Red wine marinades better

- Poultry

- Requires less time than beef

- White wine marinades better



- Acid in wine breaks down connective tissues and tenderizes the meat

RUBS/PASTES

Mixture of fresh or dried herbs and spices ground together

- Rub: Dry ingredients
- Paste (also known as a **wet rub**)
 - Herbs/spices with oil, lemon juice, prepared mustard, fresh garlic, or ginger

○ Procedure for applying rub/paste:

- Wear disposable gloves (irritates skin)
- Slather on entire surface (thicker = more flavor)



Bouquet Garni

- ⦿ A **Bouquet garni** is herbs and vegetables tied into a bundle.
 - Ex. celery, leeks, carrots, thyme, and parsley.



Sachet

- ⦿ A **sachet** is a cheesecloth filled with seasonings and tied together
 - Ex. bay leaves, peppercorns, thyme, cloves, parsley stems, and garlic.



PREPARING TO COOK



◉ Blanching

- Briefly cooking a food in boiling water or hot fat as part of a cooking method or to remove undesirable flavors.
- Few seconds
- [How to Blanch Almonds](#) clip

Parboiling

- Similar to blanching but cooking time is longer-several minutes

◉ Parcooking

- Partially cooking a food by any cooking method
- Ex. Loosens the peel of vegetables

PREPARING TO COOK



⦿ Shocking/Refreshing

- Quickly chilling blanched or parcooked foods in ice water
- Prevents further cooking and sets color

⦿ Making an Ice Bath

- An ice bath is simply a container of ice cubes and cold water. The item will cool faster if it is in a metal container, rather than one made of glass or plastic.

Watch and Analyze...

◉ Click on the link:

■ [Rachael Ray Show](#)

■ Click on Videos

■ Watch any demonstration and complete the mise en place chart on your worksheet.

