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