MISE EN PLACE

Using the Mise en Place PowerPoint on www.lamoehr.com and the on-line links provided on slides, complete the questions/outline.

1. What does mise en place mean? (found on intro slide)

2. Process of Mise en Place
   1. Selecting __________________
   2. __________________ ingredients
   3. Preparing ____________
   4. __________________ foods
   5. Preparing to ______________

3. Selecting Tools and Equipment
   • All tools and surfaces and __________________
   • Equipment checked for ________________
   • Ovens preheated
   • Foods gathered and stored at ____________
   • Expiration dates checked for ______________
   • Disposable__________and ________________ conveniently located
   • All equipment and utensils gathered and stored ______________

4. Measuring Ingredients
   • Measure liquids in ______________________________
   • Dry ingredients are measured by ______________ the cup/spoon, then leveling the ingredient

5. Preparing Ingredients
   • Clarifying Butter
     • Butter: _______ fat, _______ water, _______ milk solids
     • Clarification: Removing the ____________ and ____________ solids
       ▪ Produced a more ______________ and consistent product
       ▪ Keeps butter for extended periods of time

6. Toasting Nuts and Spices
   • Brings out ______________
   • Crispier and ______________
   • Done in __________________ or ______________ (watch carefully to prevent scorching)

Watch the Clarifying Butter clip (Clarifying Butter Video) and explain the process of clarifying butter:

Watch the Toasting Nuts Video and provide at least 2 tips.
7. Making Bread Crumbs
   - FRESH: Made from bread slightly dried out (______ - ______ days old)
   - DRY: Lightly toasted in _______________ _______________
   - TO MAKE:
     - Cube or tear into pieces
     - Grind in _______________ _______________
     - Pass through a _______________
     - Add dried herbs/spices, if desired

8. PREPARING TO COOK
   - Breading Procedure
   - Battering Procedure
     - Batters consist of liquids such as milk, beer, or water combined with ____________ 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 _______________
       - Dip the item in the batter and place it in the ______ _________

9. FLAVORING FOODS
   - MARINADES
     - Process of soaking meat or poultry in a seasoned liquid to flavor and tenderize.
     - Red Meat
       - ____________ wine marinades better
     - Poultry
       - Requires ____________ time than beef
       - ____________ wine marinades better
     - Acid in wine breaks down connective tissues and tenderizes the meat
   - RUBS/PASTES
     - Mixture of fresh or dried ____________ and ____________ ground together
     - Rub: ____________ ingredients
     - Paste (also known as a ____________ ____________)
       - 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 ________________)
   - BOUQUET GARNI/SACHET
     - Bouquet Garni: herbs and vegetables _______________ into a bundle.
       - Ex. _______________
     - Sachet: ________________ filled with seasonings and tied together
       - Ex. ________________
10. PREPARING TO COOK
 Blanching
■ Briefly cooking a food in ______________ or hot __________ as part of a cooking method or to remove undesirable flavors.
■ Few seconds
   **Watch How to Blanch Almonds clip. Describe the process below.**

 Parboiling
■ Similar to blanching but cooking time is ______________________

 Parcooking
■ Partially cooking a food by any cooking method
■ Ex. Loosens the peel of ______________________

 Shocking/Refreshing
■ Quickly chilling ____________ or ________________ foods in ice water
■ Prevents further cooking and sets ______________________

 Making an Ice Bath
■ An ice bath is simply a container of ____________ and ____________ __________. The item will cool faster if it is in a metal container, rather than one made of glass or plastic.

11. Click on the link:
■ Watch any food demonstration you like and analyze Rachel’s mise en place. Complete the chart below by first listing the mise en place step and then evaluating her performance.

<table>
<thead>
<tr>
<th>Mise en Place Step</th>
<th>Evaluate Rachel Ray’s performance on this step on a scale of 1-4 (1 being terrible, 4 being fantastic) and explain your rationale</th>
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