

## MISE EN PLACE

Using the Mise en Place PowerPoint on [www.lamoehr.com](http://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

**Watch the Clarifying Butter clip ([Clarifying Butter Video](#)) and explain the process of clarifying butter:**

6. Toasting Nuts and Spices

- ⊙ Brings out \_\_\_\_\_
- ⊙ Crispier and \_\_\_\_\_
- ⊙ Done in \_\_\_\_\_ or \_\_\_\_\_ (watch carefully to prevent scorching)

**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

- Watch: [On-line Step by Step Tutorial](#). Provide a summary below.

### ⊙ 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:

- <http://www.rachaelrayshow.com/>
- 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.

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