

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

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 scale of 1-4 (1 being terrible, 4 being fantastic) and explain your rationale