



Alabama Summer Culinary Training

Participant Workbook



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Fresh/Raw Beef Standard Operating Procedure

Purpose

- To prevent foodborne illness by ensuring that all foods are cooked to the appropriate internal temperature.

Scope

This procedure applies to Food Service staff who prepare or serve food.

Key Words

Cross-Contamination, Temperatures, Cooking

Instructions

1. Train food service staff on using the procedures in this SOP. Refer to the washing hands SOP, the cleaning and sanitizing surfaces SOP, and the Using and Calibrating Thermometers SOP.
2. Follow state or local health department requirements.

Thawing Beef

1. Use one of the two acceptable methods for thawing food:
 - a. Thaw foods in the refrigerator at 41°F or below.
 - b. Thaw foods needed for immediate service under potable running water at 70°F or lower. Prepare the product within 4 hours of thawing.
2. Use the lowest shelf in the cooler for thawing raw meat to prevent cross-contamination and separate raw products from cooked and ready-to-eat products.
3. Do not refreeze thawed foods, unless they are first cooked or processed.
4. Discard thawed, potentially hazardous foods that have been above 41°F for more than four hours.
5. Wash hands and surfaces often.

Prepping Beef

- 1 Wash your hands with warm water and soap for at least 20 seconds before and after handling food.
- 2 Use one cutting board for fresh/raw beef. Different colored boards are a good way to keep track.
- 3 Wash your cutting boards, dishes, and utensils before switching to a different protein.
- 4 Use the wash, rinse, sanitize method to clean up kitchen surfaces. Use a clean towel for each step.
- 5 Never place cooked food on any surface that previously held fresh/raw proteins unless it has been properly washed, rinsed and sanitized.
- 6 Don't reuse marinades, breading mixtures, or spice mixtures used on raw foods that have been contaminated.
- 7 Only work in small batches at a time to avoid time temperature abuse.
 - Expose food ingredients to room temperature for two hours or less. Food items must be returned to cold holding as soon as possible after service. TOTAL time of food at room temperature shall not exceed four hours.
- 8 If not cooking right away, properly wrap, label, and store for future use. Store on the bottom rack in the walk-in cooler or freezer.
- 9 Prepare products that will not be cooked or heated away from cooked and heated products.

Cooking Beef

- 1 Preheat your cooking equipment to the recipes instructions.
- 2 Wash, rinse, and sanitize the table you will be working from.
- 3 Place all the beef pans you are cooking right away onto a speed rack to wheel out to your oven/recipe recommended cooking equipment.
- 4 Set pans on your clean/sanitized table and unwrap your pans.

5. Put your pans in the recommended cooking equipment and cook according to recipe instructions.
6. Rotate food as needed if your cooking equipment doesn't cook evenly.
7. Take end-point cooking temperatures using a calibrated thermometer to check product temperature in the thickest part of the item for 15 seconds.
 - Beef roasts or other whole muscle cuts must be cooked to a minimum temperature of 145°F.
 - Ground beef (including plain patties) must be cooked to a minimum temperature of 155°F.
 - Fresh meatballs, meatloaf or other fresh ingredient stuffed meat products must be cooked to a minimum temperature of 165°F.
 - If the recommended temperature is not met, continue cooking until the proper temperature is reached.
8. Record the end-point cooking temperature on the Cooking and Reheating Temperature Log.
9. Reduce holding time of foods before serving by using batch cooking.
10. Allow the temperature of cooking equipment to return to required temperatures between batches.
11. Never use hot holding equipment to cook or reheat foods.

Cook/Chill method:

- When you do not serve cooked food immediately, you must get it out of the temperature danger zone as quickly as possible. That means cooling it quickly.
- **Cool time/temperature control for safety (TCS) food from 135°F to 41°F or lower within 6 hrs. Food needs to be cooled down to 70°F within two hours, then to 40°F or below in the next 4 hours. The total cooling time cannot exceed six hours. If you cannot get the food to cool within those temperature time frames it must be discarded.**
- Check your local regulatory requirements for verification on times and temperatures.

Methods for Cooling Food

- 1 Separate food into smaller batches to cool more quickly and evenly.

- **Ice water bath method**

- Place food containers in a clean prep sink or pot filled with ice water.
- Stir the food frequently to cool it faster and more evenly.
- Take temperatures every 30 minutes and record on your food cooling log.

- **Ice paddle method**

- Take ice paddles out of the freezer and let sit at room temperature for a few minutes to temper. They might crack if you place directly into hot food straight from the freezer.
- Use frozen ice paddles to stir hot liquid to rapidly cool.
- Stir the food frequently to cool it faster and more evenly.
- Take temperatures every 30 minutes and record on your food cooling log.
- You can use both of these methods simultaneously to cool your food even more quickly. Take temperatures every 30 minutes and record on your food cooling log.

- **Walk-in freezer method**

- Separate food into smaller batches using shallow hotel pans or sheet pans.
- Place on the appropriate speed rack, skipping every other level to ensure optimal airflow for cooling.
- If using hotel pans you may need to place those on sheet pans to fit on your rack.
- Leave the food out at room temperature for at least 20 minutes to cool before putting in your walk-in freezer.
 - You do not want to put your freezer into shock and risk a rapid defrost putting the other food items in the freezer into danger.

- Stir food and take temperatures every 30 minutes and record on your food cooling log until the temperature on your food is under 40°F.
- Then cover, label with the food item, the date packed and use by date.
 - Check with your local regulatory agency before using this method. It may not be acceptable in your county.
- **Blast chiller method**
 - Separate food into smaller batches using shallow hotel pans or sheet pans.
 - Place on the appropriate speedrack skipping every other level to ensure optimal airflow for cooling.
 - If using hotel pans you may need to place those on sheet pans to fit on your rack.
 - Put a probe in one pan of food and monitor temperatures every 30 minutes and record on the food cooling log until the temperature on your food is under 41°F.
 - Then cover, label with the food item, the date packed and use by date.

Leftovers

- All potentially hazardous hot foods must be maintained at 41° or lower in refrigeration and shall be consolidated and labeled with the date for reuse.
- Items must be logged and discarded using the 5-day discard date.

Monitoring

- 1 Use a clean, sanitized, and calibrated probe thermometer, preferably a thermocouple.
- 2 Avoid inserting the thermometer into pockets of fat or near bones when taking internal cooking temperatures.
- 3 Take at least two internal temperatures from each batch of food by inserting the thermometer into the thickest part of the product which is usually in the center.

- 4 Take at least two internal temperatures of each large food item, such as a roast, to ensure that all parts of the product reach the required cooking temperature.

Corrective Action

- 1 Retrain any food service staff found not following the procedures in this SOP.
- 2 Continue cooking food until the internal temperature reaches the required temperature.

Verification and Record Keeping

- Food service staff will record product name, time, the two temperatures/times, and any corrective action taken on the Cooking and Reheating Temperature Log.
- Kitchen lead will verify that food service staff have taken the required cooking temperatures by visually monitoring Food Service employees and preparation procedures during the shift and reviewing, initialing, and dating the Temperature Log at the close of each day. The Cooking and Reheating Temperature Log is to be kept on file for a minimum of 3 years.

Date Implemented _____ By _____

Date Reviewed _____ By _____

Date Revised _____ By _____

Fresh/Raw Poultry Standard Operating Procedure

Purpose

- To prevent foodborne illness by ensuring that all foods are cooked to the appropriate internal temperature.

Scope

This procedure applies to food service staff who prepare or serve food.

Key Words

Cross-Contamination, Temperatures, Cooking

Instructions

- 1 Train food service staff on using the procedures in this SOP. Refer to the washing hands SOP, the cleaning and sanitizing surfaces SOP, and the Using and Calibrating Thermometers SOP.
- 2 Follow state or local health department requirements.

Thawing Poultry

Never thaw foods at room temperature.

- 1 Use one of the two acceptable methods for thawing food:
 - a. Thaw foods in the refrigerator at 41°F or below.
 - b. Thaw foods needed for immediate service under potable running water at 70°F or lower. Prepare the product within 4 hours of thawing.
- 2 Use the lowest shelf in the cooler for thawing raw meat to prevent cross-contamination and separate raw products from cooked and ready-to-eat products.
- 3 Do not refreeze thawed foods, unless they are first cooked or processed.
- 4 Discard thawed, potentially hazardous foods that have been above 41°F for more than four hours.

- 5 Wash hands and surfaces often.

Prepping Poultry

- 1 Wash your hands with warm water and soap for at least 20 seconds before and after handling food.
- 2 Use one cutting board for fresh/raw poultry. Different colored boards are a good way to keep track.
- 3 Wash your cutting boards, dishes, utensils, before switching to a different protein.
- 4 Use the wash, rinse, sanitize method to clean up kitchen surfaces. Use a clean towel for each step.
- 5 Never place cooked food on any surface that previously held fresh/ raw proteins unless it has been properly washed, rinsed and sanitized.
- 6 Don't reuse marinades, breading mixtures, or spice mixtures used on raw foods that have been contaminated.
- 7 Only work in small batches at a time to avoid time temperature abuse.
 - Expose food ingredients to room temperature for two hours or less. Food items must be returned to cold holding as soon as possible after service. The total time of food at room temperature shall not exceed four hours.
- 8 If not cooking right away, properly wrap, label, and store for future use. Store on the bottom rack in the walk-in cooler or freezer.
- 9 Prepare products that will not be cooked or heated away from cooked and heated products.

Cooking Poultry

- 1 Preheat your cooking equipment to the recipe's instructions.
- 2 Wash, rinse, and sanitize the table you will be working from.
- 3 Place all the poultry pans you are cooking right away onto a speed rack to wheel out to your oven/recipe-recommended cooking equipment.
- 4 Set pans on your clean/sanitized table and unwrap your pans.

5. Put your pans in the recommended cooking equipment and cook according to recipe instructions.
6. Rotate food as needed if your cooking equipment doesn't cook evenly.
7. Take end-point cooking temperatures using a calibrated thermometer to check product temperature in the thickest part of the item for 15 seconds.
 - Poultry must be cooked to a minimum temperature of 165°F.
 - If the recommended temperature is not met, continue cooking until the proper temperature is reached.
8. Record the end-point cooking temperature on the Cooking and Reheating Temperature Log.
9. Reduce holding time of foods before serving by using batch cooking.
10. Allow the temperature of cooking equipment to return to the required temperatures between batches.
11. Never use hot holding equipment to cook or reheat foods.

Cook/Chill Method

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- Stir the food frequently to cool it faster and more evenly.
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- **Ice paddle method**
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- **Walk-in freezer method**
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 - Place on the appropriate speed rack, skipping every other level to ensure optimal airflow for cooling.
 - If using hotel pans, you may need to place those on sheet pans to fit on your rack.
 - Leave the food out at room temperature for at least 20 minutes to cool before putting in your walk-in freezer.
 - You do not want to put your freezer into shock and risk a rapid defrost putting the other food items in the freezer into danger.
 - Stir food and take temperatures every 30 minutes and record on your food cooling log until the temperature on your food is under 40°F.
 - Then cover, label with the food item, the date packed and use by date.
 - Check with your local regulatory agency before using this method. It may not be acceptable in your county.

- **Blast chiller method**

- Separate food into smaller batches using shallow hotel pans or sheet pans.
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 - If using hotel pans you may need to place those on sheet pans to fit on your rack.
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- 2 Avoid inserting the thermometer into pockets of fat or near bones when taking internal cooking temperatures.
- 3 Take at least two internal temperatures from each batch of food by inserting the thermometer into the thickest part of the product which usually is in the center.
- 4 Take at least two internal temperatures of each large food item, such as a turkey, to ensure that all parts of the product reach the required cooking temperature.

Corrective Action

- 1 Retrain any food service staff found not following the procedures in this SOP.
- 2 Continue cooking food until the internal temperature reaches the required temperature.

Verification and Record Keeping

- Food service staff will record product name, time, the two temperatures/times, and any corrective action taken on the Cooking and Reheating Temperature Log.
- Kitchen Lead will verify that food service staff have taken the required cooking temperatures by visually monitoring foodservice employees and preparation procedures during the shift and reviewing, initialing, and dating the Temperature Log at the close of each day. The Cooking and Reheating Temperature Log is to be kept on file for a minimum of 3 years.

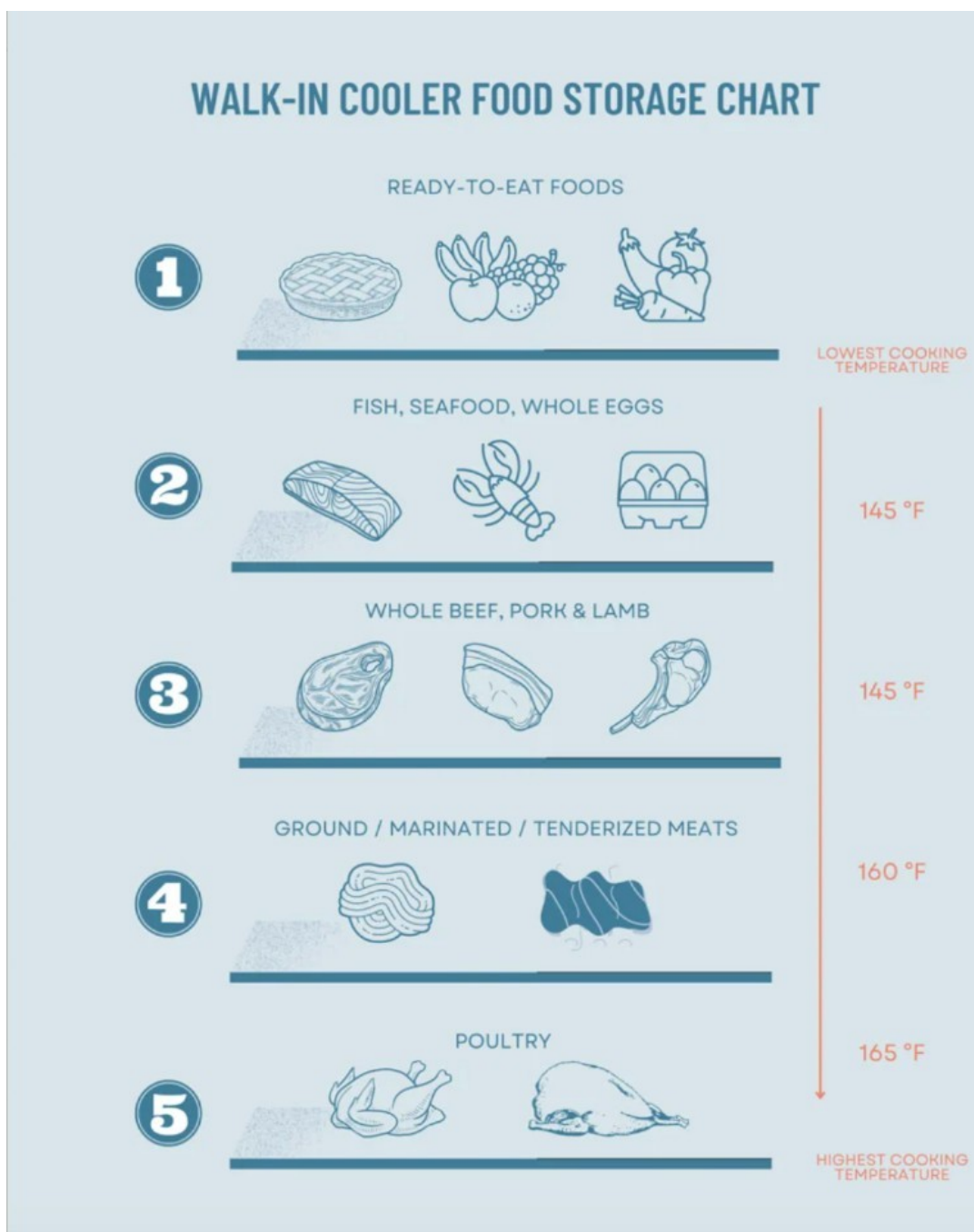
Date Implemented _____ By _____

Date Reviewed _____ By _____

Date Revised _____ By _____

Walk-In Cooler Organization Chart

This chart outlines a safe and organized approach to walk-in cooler storage, designed to prevent cross-contamination and support food safety in school kitchens. The storage chart is structured from top to bottom, with each shelf assigned a specific food category.



The Chef Ann Foundation is a 501c(3) nonprofit dedicated to advancing healthy, sustainable, and equitable school food. To date, we've reached more than 14,000 schools and 3.4 million kids in all 50 states with our programs.

KNIFE CUTS

It should be noted that these dimensions are recommended guidelines that are used here at The Culinary Institute of America to stress consistency and develop discipline for your knife skills. In common practice (outside the Institute) professional chefs may not measure exactly to these guidelines. However, in most circumstances consistency will be expected.

Brunois



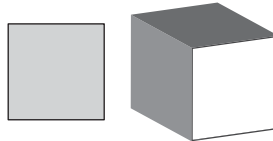
$1/8'' \times 1/8'' \times 1/8''$

Small Dice



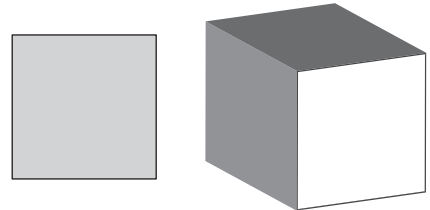
$1/4'' \times 1/4'' \times 1/4''$

Medium Dice



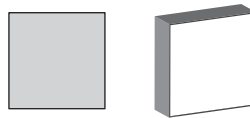
$1/2'' \times 1/2'' \times 1/2''$

Large Dice



$3/4'' \times 3/4'' \times 3/4''$

Paysanne



$1/2'' \times 1/2'' \times 1/8''$

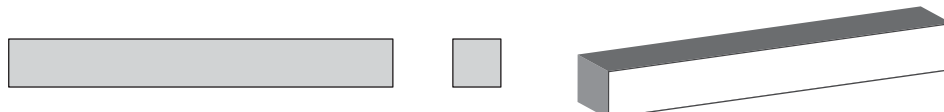
Julienne $1/16'' \times 1/16'' \times 1'' \text{ to } 2''$



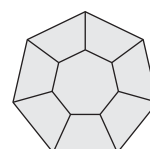
Allumette* $1/8'' \times 1/8'' \times 1'' \text{ to } 2''$



Batonnet $1/4'' \times 1/4'' \times 2'' \text{ to } 2-1/2''$



Tornee



$2'' \times 7 \text{ sides}$

Cheesy Egg Bites

Yields 12 Servings

Ingredients

Green Onion	2 oz
Liquid Eggs	14 oz
Cottage Cheese	7 oz
Kosher Salt	$\frac{1}{8}$ tsp
Black Pepper	$\frac{1}{8}$ tsp
Shredded Cheddar Cheese	7 oz



Instructions

Pre-Preparation

- 1 Preheat oven to 350 degrees.
- 2 Wash and dice green onions.

Preparation

- 1 In a mixing bowl, combine the liquid eggs, cottage cheese, salt, pepper, diced green onions, and shredded cheddar cheese. Use a mixer to mix until all ingredients are well combined and evenly incorporated.
- 2 Spray a muffin tin with non-stick cooking spray to prevent sticking.
- 3 Portion the egg mixture into the muffin tin using a #12 scoop (or approximately $\frac{1}{3}$ cup per well).
- 4 Place the muffin tin in the preheated oven and bake for about 10 minutes.
- 5 After 10 minutes, turn off the oven, but leave the egg bites in the oven with the door closed for an additional 10 minutes, or until the eggs are fully set and the internal temperature reaches 160 degrees F.
- 6 Hold hot at 140 degrees or higher.

Serving: 1 egg bite

Credits: M/MA: 2

Peach Oatmeal

Yields 10 Servings

Ingredients

Fresh Peaches	1 lb 5 oz
Maple Syrup	3 tbsp & 1 tsp
Pie Spice	1 tbsp & 2 tsp
Lemon Juice	1 tbsp & 2 tsp
Oats	1 lb
Kosher Salt	½ tsp
Water	4.8 cups
Milk	4.8 cups



Instructions

Pre-Preparation

Yields: 50%, Roasted Peaches

1. Preheat oven to 375°F.
2. Wash peaches thoroughly.
3. Remove pits and chop peaches.
4. In a large bowl, combine chopped peaches, maple syrup, lemon juice, and the pie spice. Mix until evenly coated.
5. Spread peach mixture onto a lined sheet pan and roast for 15 minutes, or until lightly browned and fragrant..

Preparation

1. In a kettle or large pot, bring the water and milk to a simmer.
2. Stir in oats and salt.

3. Cook over medium heat, stirring occasionally, for 10–15 minutes or until thick and creamy.
4. Once the oatmeal is cooked, gently fold in the roasted peaches using a spoon or rubber spatula.
5. Portion into hotel pans, cover, and hold hot at 140°F or above until service.

Serving: 1 cup, using an 8-oz ladle

Credits:

- 1.5 Grain
- ½ cup of fruit

Peach Patch Sheet Pan Pancakes

Yields 10 Servings



Ingredients

Fresh Peaches	2 lb
Honey	3 tbsp & 1 tsp
Pie Spice	1 tbsp & ¼ tsp
Flour	1 lb & 4.5 oz
Sugar	4 oz
Kosher Salt	½ tsp
Baking Powder	2 tbsp
Milk	1 lb 4 oz
Vanilla Extract	2 tbsp
Liquid Eggs	5.4 oz
Butter	3.8 oz
Pie Spice	2 ½ tsp

Instructions

Pre-Preparation

Yields: 50%, Roasted Peaches

- 1 Preheat oven to 375°F.
- 2 Wash peaches thoroughly.
- 3 Remove pits and chop peaches.
- 4 In a large bowl, combine chopped peaches, honey, and the first amount of pie spice. Mix until evenly coated.

- 5 Spread peach mixture onto a lined sheet pan and roast for 15 minutes, or until lightly browned and fragrant..

Preparation

- 1 In a large mixing bowl, combine all ingredients except the roasted peaches.
- 2 Using the paddle attachment, mix until fully incorporated.
- 3 Gently fold in the roasted peaches with a spoon or rubber spatula.
- 4 Pour approximately 3 lb 10 oz of batter into each greased half sheet pan.
- 5 Bake at 375°F for about 15 minutes, or until pancakes are puffed and golden brown.
- 6 Allow to cool slightly, then cut each half sheet pan into 20 pieces (5x4). Each piece should weigh approximately 2.85 oz.

Serving: 1 piece, using a spatula.

Credits: 1. Grain

Mise En Place List

Recipe Name/Servings:

Ingredients and Quantity Needed	Preparation Step(s)	Equipment Needed	Team Member

Create a Production Schedule

A production schedule can help ensure quality meals from start to finish for every student.

Let's consider some questions first.

- Can you group similar ingredients together?
- Can you group similar tasks together?
- What needs to be done ahead of time?
- Are there foods that improve in flavor from being prepared ahead of time?
- Do we need to replenish or prepare kits for the recipes?
- Is there balance in the menu and the amount of prep the recipes require each day?
- Is there a balance in the number of back-to-back complex recipes?
- Are you serving multiple entrees that need to be cooked closer to service, or is there a balance of food that can be held while maintaining quality?
- Is there enough time for staff to stay ahead with prep?

Day	Prep Tasks	Prep Tasks	Deliveries
Monday Breakfast: Breakfast Burrito Fresh fruit Salsa Lunch: Pizza Fresh fruit Salad Bar			
Tuesday Breakfast: Peachy Keen Green Smoothie Cheese stick Granola bar Lunch: Southern Sheet Pan Schwarma Rice or flatbread Fresh fruit Salad bar			
Wednesday Breakfast: Egg bites WG toast Fresh fruit Lunch: Beef burrito bowl Salsa Fresh Fruit Salad Bar			
Thursday Breakfast: Peach Sheet Pan Pancakes Sausage Fresh fruit Lunch Chicken gumbo Collard greens Fresh fruit Salad bar			
Friday Breakfast: Roasted Peach Oatmeal Yogurt Fresh fruit			

Lunch: Sweet and Smokey Beef sliders Roasted sweet potato wedges Fresh fruit Salad bar			

Day	Prep Tasks	Prep Tasks	Deliveries
Monday Breakfast: Lunch:			
Tuesday Breakfast: Lunch:			
Wednesday Breakfast: Lunch:			
Thursday Breakfast: Lunch			
Friday			

Day	Prep Tasks	Prep Tasks	Deliveries
Monday Breakfast: Lunch:			
Tuesday Breakfast: Lunch:			
Wednesday Breakfast: Lunch:			
Thursday Breakfast: Lunch			
Friday Breakfast: Lunch:			

Cheesy Egg Bites Scaling Worksheet

Recipe Name: Cheesy Egg Bites						
Original Yield: 12 servings						
New Desired Yield: servings						
Scaling Factor: (New ÷ Original)						
Ingredient	Original Amount	Original Unit	Scale Factor	New Amount	New Unit	Notes
Green Onions	2	oz				
Liquid Eggs	14	oz				
Cottage Cheese	7	oz				
Kosher Salt	1/8	tsp				
Black Pepper	1/8	tsp				
Shredded Cheddar Cheese	7	oz				

Recipe Scaling Worksheet

Recipe Name:						
Original Yield:		servings				
New Desired Yield:		servings				
Scaling Factor:		(New ÷ Original)				
Ingredient	Original Amount	Original Unit	Scale Factor	New Amount	New Unit	Notes

Ingredient	Original Amount	Original Unit	Scale Factor	New Amount	New Unit	Notes

Kickin' Cajun Blend

Yields $\frac{3}{4}$ Cup

Ingredients

Salt	2 tsp
Black Pepper	1 tsp
Paprika	2.5 tsp
Chile Powder	1 tsp
Cayenne Powder	1 tsp
Garlic Powder	2 tsp
Dried Oregano	1 $\frac{1}{4}$ tsp
Onion Powder	1 tsp
Thyme	1 $\frac{1}{4}$ tsp



Instructions

Preparation

- 1 Combine all ingredients in a container.
- 2 Whisk until the seasonings are thoroughly mixed.
- 3 Store in an airtight container until ready to use.

Pie Spice Blend

Yields ½ Cup

Ingredients

Cinnamon	6 Tbsp
Nutmeg	2 Tsp
Ground Ginger	1 Tbsp
All-spice	1 Tsp

Instructions

Preparation

- 1 Combine all ingredients in a container.
- 2 Whisk until the seasonings are thoroughly mixed.
- 3 Store in an airtight container until ready to use.



Southern Shawarma

Seasoning

Yields 1.5 Cups

Ingredients

Turmeric	4 Tbs
All-Spice	2 Tbs
Cumin	3 Tbs
Garlic Powder	3 Tbs
Paprika	5 Tbs
Cayenne Pepper	1 Tbs
Black Pepper	1 Tbs
Clove	1 Tbs
Cinnamon	1 Tbs
Salt	2 Tbs



Instructions

Preparation

- 1 Combine all ingredients in a container.
- 2 Whisk until the seasonings are thoroughly mixed.
- 3 Store in an airtight container until ready to use.

Sweet & Smokey Dry Rub

Yields 1 Cup

Ingredients

Paprika	2 Tbps
Brown Sugar	½ Cup
Chili Powder	2 Tbps
Garlic Powder	½ Tbps
Onion Powder	½ Tbps
Cumin	½ Tbps
Dry Mustard	½ Tbps
Kosher Salt	1 Tbps
BlackPepper	1 Tbps



Instructions

Preparation

- 1 Combine all ingredients in a container.
- 2 Whisk until the seasonings are thoroughly mixed.
- 3 Store in an airtight container until ready to use.

Ground Beef Burrito Bowl

Yields 10 Servings

Ingredients

Kickin' Cajun Seasoning	1/4 cup
Ground Beef	2 lbs
Frozen Corn	15 oz
Black Beans, Canned	1 lbs & 12 oz
Red Onions	2.2 oz
Red Bell Peppers	6.3 oz
Fresh Cilantro	1.4 oz
White Vinegar	1 tbsp & 1 ¾ tsp
Lime Juice	3 tbsp & ½ tsp
Cooked Rice	5 cups



Instructions

Pre-Preparation

- 1 Wash all produce thoroughly.

Preparation

- 1 Cook the beef:
 - a. Heat a wide, shallow pot or tilt skillet over medium heat for about 2 minutes.
 - b. Add the ground beef and homemade taco seasoning.
 - c. Using a paddle or spatula, break up clumps so the beef crumbles.
 - d. Cook until browned and reaches an internal temperature of 165 degrees F.
- 2 Prepare the Bean & Corn Salad:
 - a. Defrost the corn.
 - b. Drain and rinse black beans.

- c. Wash and dice onions and peppers.
- d. Wash and chop cilantro (first amount).
- e. Mix together the corn, beans, onions, peppers, and cilantro.
- f. In a separate bowl, whisk together the vinegar, lime juice, oil, and salt.
- g. Combine all ingredients and set aside for later use.

Serving: 1 Bowl

- ½ cup cooked rice
- ½ cup (3oz.) of cooked beef
- topped with ½ cup bean & corn salad

Credits:

- 3.25 MMA,
- 1 Grain
- ⅜ cup of total vegetables (¼ cup starchy and ⅛ additional vegetable)

Southern Spice Sheet Pan

Shawarma

Yields 10 Servings



Ingredients

Red Bell Pepper	10 oz
Orange Bell Pepper	10 oz
Green Bell Pepper	1.5 oz
Boneless Skinless Chicken Thighs	1 lb & 4 oz
Olive Canola Oil Blend	2 ½ tbsp
Lemon Juice	1 ½ tbsp
Southern Shawarma Seasoning	2 tbsp & 2 tsp
Fresh Cilantro	2 ½ tsp

Instructions

Pre-Preparation

Bell Peppers: 80% yield

1. Wash the vegetables thoroughly.
2. Dice bell peppers using the food processor.
3. Chop cilantro and set aside.
4. In a bowl, mix olive oil, lemon juice, and Southern Shawarma Seasoning until combined.
5. Trim any excess fat from the chicken thighs if needed.
6. Cut the thighs into bite-sized pieces (approximately 1–1.5" cubes) for even cooking and easy serving.
 - a. **Note:** Follow all HACCP guidelines when handling raw poultry. Use separate cutting boards and utensils to prevent cross-contamination. Always wash hands, surfaces, and equipment thoroughly after handling raw meat.

Preparation

- 1 Preheat oven to 375°F.
- 2 In a large bowl, mix thawed chicken, diced peppers, and shawarma sauce until evenly coated.
- 3 Spread the mixture evenly onto sheet pans.
- 4 Roast for 20–25 minutes, or until the chicken reaches an internal temperature of 165°F.
- 5 Transfer to the hotel pan and hold uncovered in a warmer at 140°F or higher until service.
- 6 Just before serving, mix in chopped cilantro and serve.

Serving: 3 oz

Credits:

- 2 MMA
- 1/4 Other Vegetable

Peachy Keen Green Smoothie

Yields 10 Servings



Ingredients

Banana	1 lb 2 oz
Fresh Kale	1.8 oz
Peaches, Canned	1 lb 9oz
Pineapple, Canned	12 oz
Orange Juice	2 lb 11 oz
Vanilla Yogurt	2lb 10 oz

Instructions

Pre-Preparation

Kale: 67% yield

- 1 Peel the bananas.
- 2 Rinse the kale and remove the stems.

Preparation

- 1 Combine all ingredients in a large cambro container.
- 2 Blend with an immersion blender until smooth and well-combined.
- 3 Pour 10 oz of the mixture into 12-oz cups, using a measuring cup.
- 4 Cover cups with a lid.
- 5 Hold smoothies at or below 40°F until service

Serving: 1 smoothie (10 oz)

Credits:

- 1 MMA
- 1 cup of fruit

Roasted Red Pepper Garlic Aioli

Yields 10 Servings



Ingredients

Red Bell Peppers	1.6 oz
Olive Canola Oil Blend	2 tbsp
Mayonnaise	$\frac{3}{4}$ cup
Lemon Juice	1 $\frac{1}{4}$ tsp
Minced Garlic	2 tsp
Fresh Cilantro	2 tsp
Kosher Salt	1 tsp

Instructions

Pre-Preparation

- 1 Preheat oven to 400°F.
- 2 Wash the bell pepper thoroughly.
- 3 Remove stems and core bell peppers.
- 4 In a bowl, toss bell peppers with oil until evenly coated.
- 5 Place on sheet pans and roast for 15-20 minutes until bell peppers are soft and starting to brown.
- 6 Allow peppers to cool to room temperature.

Preparation

- 1 Combine all ingredients in a bowl.
- 2 Using a blender, blend until smooth.
- 3 Hold cold until service at 40°F or less.

- 4 Offer with Shawarma.

Serving: 1 oz

Sweet & Smokey BBQ Beef

Yields 10 Servings

Ingredients

White Onions	3.2 oz
Green Bell Pepper	1.6 oz
Diced Pimentos	1.6 oz
Tomato Paste	5.6 oz
Fresh Garlic, Minced	2 ½ tsp
Ground Beef, Raw	2 lb
Chili Sauce	5.8 oz
Sweet & Smoky Dry Rub	3 tbsp & 1 tsp
Water	⅔ cup
Green Onions	2.6 oz



Instructions

Pre-Preparation

- 1 Wash all produce thoroughly.
- 2 Using a food processor, finely chop the white onions, green bell peppers, and garlic.
- 3 Chop green onions by hand and set aside for garnish or final mixing.

Preparation

- 1 Place ground beef in a tilt skillet over medium heat.
- 2 Season the meat with half of the Sweet & Smoky Dry Rub.
- 3 Cook uncovered, breaking up the meat, until it reaches an internal temperature of 165°F.
- 4 Add the chopped onions, green bell peppers, garlic, and diced pimentos to the cooked beef.
- 5 Stir in the water, chili sauce, and tomato paste.
- 6 Heat uncovered for 2 minutes, stirring to combine.

7. Reduce heat to medium, add the chopped green onions, and simmer uncovered for 5–10 minutes.
8. Portion into a hotel pan.
9. Hold hot, covered, at 140°F or above until service.

Serving: 3 oz

Credits: 2 MMA

Chicken Gumbo

Yields 10 Servings

Ingredients

Yellow Onions	5 oz
Celery	5 oz
Green Bell Pepper	5 oz
Red Bell Pepper	5 oz
Fresh Garlic, Minced	2 tbsp & 1 tsp
Chicken Stock, Low Sodium	1/2 Gallon
Flour	3 oz
Olive & Canola Oil Blend	1/8 cup
Kosher Salt	1 1/2 tsp
Black Pepper	1 1/4 tsp
Boneless Skinless Chicken Thighs	1 lb 13 oz
Thyme	1 1/2 tsp
Cayenne Pepper	1/2 tsp
Sausage	9 oz
Water	1 oz



Instructions

Pre-Preparation

- 1 Wash all produce thoroughly.
- 2 Using a food processor, finely chop the onions, bell peppers, celery, and garlic.
- 3 Slice sausage into 1/4-inch rounds using a sharp knife or meat slicer.
- 4 Trim any excess fat from the chicken thighs if needed.
- 5 Cut the thighs into bite-sized pieces (approximately 1–1.5" cubes) for even cooking and easy serving.

- a. **Note:** Follow all HACCP guidelines when handling raw poultry. Use separate cutting boards and utensils to prevent cross-contamination. Always wash hands, surfaces, and equipment thoroughly after handling raw meat.

Preparation

1. Make the Roux:
 - a. In a saucepan, whisk together the chicken stock and flour over medium heat until thickened.
 - b. Remove from heat and set aside.
2. In a large skillet or tilt skillet, sauté the garlic, onions, celery, and bell peppers in oil.
3. Season with salt and pepper.
4. Add the chicken, dried thyme, and cayenne pepper. Sauté for about 10 minutes.
5. Add the sausage and cook for an additional 10 minutes, stirring regularly to combine.
6. Stir in the water and prepared roux. Simmer for about 30 minutes, stirring continuously, until the internal temperature reaches 165°F.

Serving: 1 Cup

- Optional: serve with brown rice.

Credits: 4 MMA

Roasted Sweet Potatoes

Yields 10 Servings

Ingredients

Sweet Potato	2 lb
Cajun Spice	$\frac{3}{4}$ tsp
Olive Canola Blend Oil	$\frac{1}{4}$ tsp
	$\frac{1}{4}$ cup



Instructions

Pre-Preparation

- 1 Preheat oven to 375°F.
- 2 Wash and scrub sweet potatoes thoroughly.
- 3 Using the sectionizer, cut potatoes into large wedges or dice.

Preparation

- 1 Toss together chopped sweet potatoes, olive oil, and Cajun Spice in a large bowl.
- 2 Place the sweet potatoes on lined sheet pans and bake for 25 minutes at 375 degrees F.
- 3 Hold hot until service above 140°F.

Serving: $\frac{1}{2}$ cup

Credits: $\frac{1}{2}$ cup Red/Orange Vegetable

Brown Rice

Yields 25 Servings

Ingredients

Brown Rice	1 lb 14 oz
Water	1 lb & 14 oz



Instructions

Pre-Preparation

- 1 Preheat oven to 350°F.

Preparation

- 1 Combine rice and water in a hotel pan (Ratio = 1 part rice to 1 part water).
- 2 Cover the hotel pan with parchment and foil and bake for 45 minutes at 350°F.
 - a. **Note:** Alternatively, cook rice in a steamer for 30 minutes or until water has been fully absorbed.
- 3 Once rice is cooked, keep covered and hold hot at 140°F or above until service.

Serving: 1/2 cup, using a spoodle

Credits: 1 Grain

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Notes

[illegible]

Resources and References

The following external resources were referenced or adapted in the development of this workbook. These materials supported content creation, visual guides, and template development.

Food Safety & Storage Resources

- **Walk-In Cooler Food Storage Chart**

Picture guide used to illustrate proper cooler organization and safe storage hierarchy.

Source: Mr. Winter, Inc. (n.d.). Walk-in cooler food storage chart. [Walk-In Cooler Food Storage Chart](#)

Culinary Skills Resources

- **Knife Cut Chart** – Reference guide for standardized culinary knife cuts and dimensions.

Source: The Culinary Institute of America. (2024). Knife cut chart [PDF].

Operational Tools & Templates

- **Mise en Place List Template** – Referenced to inform the design and layout of our customized mise en place template.

Adapted from: Child Nutrition Culinary Network. (n.d.). Mise en place list template [PDF].