Eating Heart Healthy

Seafood In Schools
Lesson: Basic Culinary Techniques

Seafood Nutrition Partnership

seafoodnutrition.org
Learning Outcomes

Following this lesson, students will be able to:

• Understand basic culinary terms and measurements.
• Apply food safety best practices.
• Demonstrate basic culinary skills.
Part 1

Culinary Basics

• Culinary Terms
• Measurements
• Knife Safety
• Food Safety
Mise en Place

**Mise en Place** - means “everything in its place”. The French term refers to the process of gathering and arranging the ingredients and tools needed for cooking. Here are the steps to follow:

1. Selecting tools and equipment
2. Measuring ingredients
3. Preparing ingredients
4. Flavoring foods
5. Preparing to cook
6. Cook

Recipes use a wide variety of terms related to the cooking and measurement process. We will review some of the key kitchen terms you should know.
Recipe Anatomy

• The **title** of the recipe is located at the top of the recipe.
• The **yield or # of servings** tells you how many people the recipe will feed; it’s usually located under the title.
• The **list of ingredients** tells you all the items you need to prepare the recipe; it’s located under the yield or # of servings.
• The **amount of each ingredient** you need is located next to the list of ingredients.
• The **directions** are usually numbered and explain how to put the ingredients together.

**Tip!** Make sure you have all of the listed ingredients in the right amounts, and you have read through the entire recipe before you start to cook.
How To Follow A Recipe

• It is important to know some basic cooking terms and how to measure ingredients accurately when preparing foods.

• Most recipes list ingredients and directions in the order that they occur. Follow the recipe step-by-step.
  – Read the recipe carefully.
  – Get all utensils, tools and ingredients ready.
  – Follow instructions as directed.
  – Measure accurately.
  – Bake or cook to the required time and temperature.
## Cooking Terms

There are many terms in the kitchen. We will review just a few:

### Cooking Methods:
- Bake
- Boil
- Braise
- Broil
- Fry
- Grill
- Poach
- Sauté
- Sear
- Steam
- Stir-Fry
- Roast

### Mixing:
- Beat
- Blend
- Combine
- Cream
- Cut in
- Fold
- Mix
- Stir
- Strain
- Whip

### Cutting & Peeling:
- Chop
- Core
- Cube
- Dice
- Mince
- Pare
- Peel
- Slice
Measuring Ingredients

- There are slightly different methods used to measure dry, solid, and liquid ingredients.
- We will explore common units of measure and the steps to measure ingredients properly.
Abbreviations

Are you familiar with the abbreviations below?

- teaspoon: tsp.
- Tablespoon: Tbsp.
- cup: c.
- pint: pt.
- quart: qt.
- ounce: oz.
- pound: lb. or #
- Fahrenheit: F
### Equivalents

From small to large measurements:

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Tbsp.</td>
<td>3 tsp.</td>
</tr>
<tr>
<td>1 c.</td>
<td>16 Tbsp.</td>
</tr>
<tr>
<td>2 c.</td>
<td>1 pt.</td>
</tr>
<tr>
<td>4 c.</td>
<td>1 qt.</td>
</tr>
<tr>
<td>16 c.</td>
<td>1 gal.</td>
</tr>
<tr>
<td>2 pt.</td>
<td>1 qt.</td>
</tr>
<tr>
<td>4 qt.</td>
<td>1 gal.</td>
</tr>
</tbody>
</table>

![Diagram of measurement equivalences]
Measuring Dry Ingredients

For dry ingredients including flour, sugar, and salt, use dry measuring cups & spoons.

- Determine amount needed
- Fill cups (no packing)
- Level ingredients using a spatula
- Empty contents when needed
Measuring Solid Ingredients

For solid ingredients including peanut butter or shortening use dry measuring cups.

• Determine amount needed
• Pack ingredients into the cup
• Level ingredients using a spatula
• Scrape contents from the cup when needed
Measuring Liquids

For liquid ingredients including milk, water, oil, and juice, use liquid measuring cups.

- Determine amount needed
- Pour liquid ingredients into the measuring cup
- View at eye level to make sure the amount is correct
- Pour contents from the cup when needed
Measuring Spoons

Use measuring spoons to measure small amounts of dry and liquid ingredients.

For liquid ingredients:

- Determine amount needed
- Pour liquid ingredients into the spoon
- Fill to the rim of the spoon

For dry or solid ingredients:

- Determine amount needed
- Fill spoon with a heaping pour
- Level ingredients with a spatula
Types of Knives

- Knife to peel
- Puntilla knife
- Cleaner knife
- Knife to carve
- Salmon knife
- Spatula
- Fork to carve
- Vegetables knife
- Cutlet knife
- Knife to fillet
- Cook knife
- Jam knife
- Bread knife
- Santoku knife
- Kitchen axe
Knife Anatomy

- Tip
- Spine
- Edge
- Bolster
- Rivet
- Heel
- Tang
- Butt
- Blade
- Handle
Basic Knife Safety

S - Securely hold your knife
A - Anchor cutting boards
F - Fingertips curled back
E - Eyes on the knife
T - Take your time
Y - Yield to falling knives
Knife Safety: Proper Grip

**The most common grip:**
Hold the handle with three fingers while gripping the blade between the thumb and index finger.

**Alternate grip:**
Grip the handle with four fingers and place the thumb on the front of the handle.
Knife Safety: Improper Grip

You should *never* hold a knife only by the handle. This grip is very difficult to control and is more likely to result in accidents and/or injuries.
**Kitchen Safety**

- Many kitchen accidents are due to lack of information or carelessness.
  - Chemical poisoning, cuts, burns, fires and falls are the most common of these accidents.
  - Electric shock and choking are also common accidents.
- You can prevent many accidents by:
  - Properly using and caring for equipment.
  - Paying close attention for potential dangers.
  - Being organized and following directions.
  - Keeping your area clean.
Food Safety

Foodborne Illnesses:

- A foodborne illness is an illness transmitted by food.
- Millions of cases of foodborne illnesses occur in the U.S. each year. Many go unreported because people mistake their symptoms for the “flu”.

A food borne illness can result in one of two ways:

- **Contaminants** – substances (physical or chemical) that accidentally get into food.
- **Bacteria** – microorganisms that multiply and under certain conditions can cause people to get sick.
Food Safety (cont.)

Four basic steps to food safety:

1. **Clean**: Wash hands and surfaces often
2. **Separate**: Separate raw meat and poultry from ready-to-eat foods
3. **Cook**: Cook food to the right temperatures
4. **Chill**: Chill raw meat and poultry as well as cooked leftovers promptly (within 2 hours)
Proper Handwashing

What are things you should be doing before you cook for personal and kitchen cleanliness?

Wash hands with hot, soapy water.

Scrub hands, wrist and fingernails for at least 20 seconds.

Rinse with hot water.

Dry with a paper towel.

Keep yourself and your kitchen clean!
Part 2

Cooking Demonstration

• Cooking Videos
• Hands-on Cooking Practice
Let’s watch some cooking videos!

Seafood Recipes (No Heat Required)
Kale Tuna Salad
Smoked Salmon Pinwheel
Kale Tuna Salad
From SNP Eating Heart Healthy Nutrition Program
Created By Chef Kelly Armetta, Hyatt Regency Boston

Video Link
Smoked Salmon Pinwheel
From SNP Eating Heart Healthy Nutrition Program
Created By Chef Kelly Armetta, Hyatt Regency Boston

Video Link
It’s Your Turn to Cook!

Remember mise en place?

- Start by gathering everything in one place (recipe, ingredients, cooking and serving utensils, etc.)

Don’t forget the food safety best practices you recently learned!

Once you have prepared both recipes, you will have the opportunity to score them based on look, smell, and taste!
Kale Tuna Salad

Ingredients:

- 2 - 5oz. cans tuna
- 1 - Bunch kale or 1 bag of kale
- 2 oz. - Cherry tomatoes
- 1 - Lemon, raw
- 1/4 cup - Extra virgin olive oil
- 1/8 cup - Balsamic vinegar
- Kosher salt (to taste)
- Ground black pepper (to taste)

Directions

- Wash the kale. Set aside to drain water off.
- Cut tomatoes in half and lightly toss in bowl with balsamic vinegar, oil and pinch of salt and pepper. Set aside.
- In a salad bowl, mix tuna and juice from the can gently with squeeze of 1/2 lemon and a pinch of pepper.
- Massage kale for about 3 minutes to soften it.
- Add the kale and 1/2 the tomatoes to the tuna, and gently toss until all is coated with dressing.
- Add remaining tomatoes.
- Squeeze remaining lemon all over and serve.
Items Needed

- All listed ingredients from the recipe
- Cleaning supplies
- Cutting board
- Gloves
- Knife
- Mixing bowl
- Mixing spoon
- Preparation table
- Serving plates and utensils
- Sink or bowl to drain seafood
Smoked Salmon Pinwheel

Ingredients:
- 2 -2/3 oz. Smoked Salmon
- 1/3 cup Baby Spinach
- 3 oz. Goat Cheese Plain
- 1 tbsp. Minced Chives
- 1/3 tbsp. Minced Garlic
- 1 Flour tortilla
- Salt and Pepper to taste

Directions:
- Mix cheese, garlic and chives in a medium bowl; season with salt and pepper.
- Spread cheese mixture on the tortilla.
- Lay the spinach leaves flat in a single layer on half of the tortilla.
- Place thin slices of the smoked salmon on top of the spinach.
- Roll the pinwheel, starting with the salmon side.
- Cut and serve.
Items Needed

- All listed ingredients from the recipe
- Cleaning supplies
- Cutting board
- Gloves
- Knife
- Mixing bowl
- Mixing spoon
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<table>
<thead>
<tr>
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<th>Smell</th>
<th>Taste</th>
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<tr>
<td>Kale Tuna Salad</td>
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<td>Smoked Salmon Pinwheel</td>
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**Sample Descriptive Words**

- brown
- crunchy
- delicious
- flaky
- fresh
- firm
- green
- juicy
- meaty
- mild
- pink
- smooth
- soft
- spongy
- strong
- sweet
- white
- yummy
You Did It!

You’ve completed the Basic Culinary Techniques Lesson!
CERTIFICATE OF EXCELLENCE

is hereby granted to:

_________________________________________

for outstanding participation in

SEAFOOD IN SCHOOLS

Presented on:_____________________

Date
Glossary
Bake
To cook using dry heat, either covered or uncovered, in an oven or oven-type appliance.

Beat
To make a mixture smooth by adding air. Use a brisk over and over stirring motion with a spoon, or a rotary motion using a manual beater or electric mixer.

Blend
To combine two or more ingredients together thoroughly.

Boil
To heat a liquid to the point that bubbles break continuously on the surface.

Braise
To cook slowly in a covered pan using a small amount of liquid.

Broil
To cook by direct heat, under a broiler or over hot coals.

Chop
To cut food into small pieces with a knife.

Combine
To blend two or more ingredients into a single mixture.

Core
To remove the seeded, inner portion of a fruit.
Cream
To make a fat, like butter or margarine, soft and smooth by beating it with a spoon or mixing with a mixer. Also, to combine a fat like butter with sugar until the mixture is light and fluffy.

Cube
To cut a solid food into squares of about 1/2" in size or larger.

Cut In
To mix a solid fat (eg butter, shortening or lard) evenly into dry ingredients by chopping with two knives or a pastry blender.

Dice
To cut into small squares of 1/8" to 1/4".

Fold
To combine two ingredients using a specific movement with a spoon. To fold: Go down through the mixture on the far side of the bowl with a spoon or spatula. Bring the spoon across the bottom of the bowl and up the near side. Turn the bowl slightly and repeat. Keep doing this until the mixture is well blended.

Fry
To cook in hot fat; to pan fry in a small amount of fat or deep fry in a large amount of fat that covers the food.

Grill
To cook on a rack over hot coals or other direct heat source that simulates coals.
Mince
To cut or chop food into very small pieces.

Mix
To combine ingredients until all ingredients are evenly distributed.

Pare
To remove the outer peel or skin of a fruit or vegetable with a knife.

Peel
To pull away, strip or cut off the outer covering of a fruit or vegetable.

Poach
To cook slowly in a liquid such as water, seasoned water, broth or milk, at a temperature just below the boiling point.

Roast
To cook meat or vegetables in an uncovered pan in an oven using dry heat.

Sauté
To brown or cook meat, fish, vegetables or fruit in a small amount of fat.

Sear
To cook meat quickly at high heat to seal the surface of the meat and produce a brown color.
Slice  
To cut a thin, broad piece of food from a larger portion.

Steam  
To cook in a covered container over boiling water. The container should have small holes in it to allow the steam from the water to rise.

Stir  
To mix ingredients in a circular motion with a spoon or fork until well blended.

Stir Fry  
To cook in a frying pan or wok over high heat in a small amount of fat, stirring constantly.

Strain  
To separate liquids from solids by passing them through a sieve.

Whip  
To beat rapidly with a wire whisk, beater or electric mixer to incorporate air, lighten and increase volume.
We value your feedback!
Please take a moment to complete the online survey.

Below is a survey link for students and a separate link for the instructor.

Student Survey
Instructor Survey