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Mise en Place

Chapter 9

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After studying this unit

- You will be able to:
 - Organize and plan your work more efficiently
 - Understand basic flavoring techniques
 - Prepare items needed prior to actual cooking
 - Set up and use the standard breadng procedure

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Mise en Place

French term, which literally means
"Everything in its place."

Organize and plan your work.

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The Prep List

- A blueprint for how food production is going to be achieved during the work day
- An overview of what needs to be done and how long it will take to do it
- The order in which assignments should be completed
- How each cook may interact with each other in the kitchen

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Writing a Prep List

- A prep list is not just a rewriting of recipes
- It is reading through recipes and composing a written map of how to accomplish the tasks necessary to prepare the recipes
- The first step in organizing your work is to read and understand the recipes you will be using
- Once each item is identified and quantified, the next step is to schedule your tasks through prioritization

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Selecting Tools and Equipment

- All tools, equipment and work surfaces must be clean and sanitized
- Knives should be honed and sharpened
- Measuring devices should be checked for accuracy periodically
- Ovens and cooking surfaces should be preheated, as necessary
- Mixing bowls, saucepans and storage containers should be the correct size for the task at hand

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Selecting Tools and Equipment ⁷ (cont.)

- ❑ Serving plates, cookware, utensils, hand tools and other necessary small wares should be gathered and stored nearby
- ❑ Foods should be gathered and stored conveniently at the proper temperature
- ❑ Expiration dates on foods should be checked periodically for validity
- ❑ Sanitizing solution, hand towels, disposable gloves and trash receptacles should be conveniently located

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Measuring and Preparing ⁸ Ingredients

- ❑ Weigh and measure all ingredients
- ❑ Clarify butter
- ❑ Toast nuts and spices
- ❑ Make bread crumbs
- ❑ Prepare bouquet garni and sachet
- ❑ Marinate meats and poultry
- ❑ Prepare rubs and pastes
- ❑ Steep dry ingredients

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Using a Balance Scale ⁹

- ❑ To use a balance scale to weigh an ingredient, place an empty container on the left, then set a counterbalance to that container on the right; use weights and the sliding beam weight to add an amount equal to the amount of ingredient needed



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Balance Scale (cont.) ¹⁰

- ❑ Place the ingredient on the left side of the scale until the two platforms balance



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Clarifying Butter ¹¹

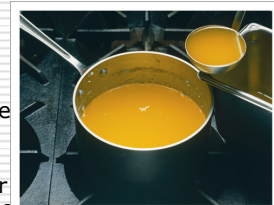
- ❑ Slowly warm the butter in a saucepan over low heat without boiling or agitation
- ❑ As the butter melts, milk solids rise to the top as a foam and the water sinks to the bottom
- ❑ When the butter is completely melted, skim the milk solids from the top



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Clarifying Butter (cont.) ¹²

- ❑ When all of the milk solids have been removed, ladle the butterfat into a clean saucepan, being careful to leave the water in the pan
- ❑ The clarified butter is now ready to use



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Flavoring

- ❑ A bouquet garni and sachet are used to introduce flavorings, seasonings and aromatics into stocks, sauces, soups and stews
- ❑ Marinating is a process of soaking meat and poultry in seasoned liquid to flavor and tenderize it
- ❑ Rubs are finely ground mixtures of dry herbs and spices used to season meat and poultry

Bouquet Garni

- ❑ A selection of herbs (usually fresh) and vegetables tied into a bundle with twine; a standard bouquet garni consists of parsley stems, celery, thyme, leeks and carrots



Sachet

- ❑ Made by tying seasonings together in cheesecloth; a standard sachet consists of peppercorns, bay leaves, parsley stems, thyme, cloves and, optionally, garlic



Setup for Standard Breading Procedure

