



# Professional Cooking 2016

Volume 5, Issue 1 October 2016

## Professional Cooking and Managing Professional Cooking

For the second year in a row, NYS Education Department/Child Nutrition, offered a pairing of two summer workshops, “Professional Cooking” and “Managing Professional Cooking”. This training is offered to hundreds of school cooks and Food Service Directors all over the State, that participate in the National School Lunch Program. Four sessions for each of the two courses, were held simultaneously during the month of July. *Did you know New York is the only state to offer hands-on quantitative cooking training?*

### Professional Cooking

Professional Standards in school food service operations were required as of July 1, 2015. Attendees were able to obtain 15 Professional Standards Continuing Education Training hours! This is an excellent opportunity to utilize free training taught by Professional Master Instructors.

In addition to instilling a sense of professionalism in the participant’s daily role in school food service, instruction focused on embedded skills such as basic knife skills, understanding and effectively preparing food using a standardized recipe, completing food production records, proper use and care of equipment, understanding practicing food safety procedures, developing communication skills, and environmental consciousness including Smarter Lunchrooms techniques. As you can read in the testimonials below, many students will take these renewed skills back to their district to share with their staff.

Enrollments and online registrations will begin in January. The link will be posted on the Child Nutrition Knowledge Center.



Nadine Racaza Koch, Student

### Newsletter Spotlight



The Grains and Beans workshop is taught by Suzanne Wixom, Food Service Director at Niskayuna

### Managing Professional Cooking

The workshop covers management aspects of the Child Nutrition programs that give food service directors the tools they need to manage their financial resources and to operate effective and nutritionally sound programs. The master instructors are experts in their workshop topics, offering their best practices to the participants. We decided to provide this training as an extension of Professional Cooking to engage the Food Service Directors in supporting the cooks and cook managers.

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CSD. Participants were very surprised to learn how simple things such as spices, can enhance the taste of a school lunch recipe, and interact with the body by “fooling the senses”. During classroom instruction, participants were able to sense the aromas of



unique spices such as curry, Cajun, and Indian spices. Students learned that the salty smell of cilantro tricks the senses to think salt was added, when it wasn't. Hot sauce is high in sodium and we are looking for ways to reduce it in a recipe. Smoked paprika has a bacon smell to it. Who would love to eat something that favors bacon without the fat? Cinnamon in spaghetti sauce cuts the acid, adding a natural sweetness.

Pasta varieties come in many fun shapes and sizes. Instead of using the standard whole grain macaroni, why not change things up and use squiggly fusilli, bow ties or shells? Pasta is not expensive to purchase through commercial channels. Let's make it fun! Remember to flavor the pasta while it is cooking. Use basil and garlic and it will taste like that , curry for a curry flavor. Enhance dishes with-out added calories and fat!

### Questions or comments?

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EDUCATION DEPARTMENT  
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### Testimonials

### Photo Shoot