

## Mise En Place

Watch this Video and answer the following questions: Christine's Natural Kitchen

What is Mise en Place? (+5 steps of Mise en Place)

[https://www.youtube.com/watch?v=67JR7Xli\\_3k](https://www.youtube.com/watch?v=67JR7Xli_3k)

1. What is the translation of "mise en place"?
2. Where does the term originate?
3. Why is "mise en place" in cooking or baking so important and what are the 3 main benefits?
  - 1.
  - 2.
  - 3.
4. Describe what is included in a mise en place.
5. List the 5 basic steps of "mise en place".
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.

(Kim Graybill/FamilyConsumerSciences.com)

**Using this recipe, fill out the Mise en Place: A Circle Story** (making the recipe is not necessary, but use the Mise en Place method when writing your recipe for the Ramen Challenge)

### Shrimp Rice Creole

½ cup onion, diced

½ cup green pepper, diced

½ cup celery, diced

1 bay leaf, crushed

1 lb frozen shrimp, thawed/ peeled

½ cup vegetable oil

2 cups instant brown rice

2 cans (15 oz each) tomato sauce

2 teaspoon sugar

2 teaspoon salt

Heat oil in saucepan, saute onion, pepper, celery, bay leaf and shrimp for 5 minutes.

Add rice, tomato sauce, sugar and salt; bring to a boil

Cover and simmer over medium heat for 10 minutes. Serves 6

## Use "Mise en Place" to Make Meal Preparation Easier



Mise en place (MEEZ ahn plahs) is a French term for having all your ingredients measured, cut, peeled, sliced, grated, etc. before you start cooking. Pans are prepared. Mixing bowls, tools and equipment set out. It is a technique chefs use to assemble meals so quickly and effortlessly.

Practicing mise en place has several benefits:

- Any missing ingredients can be spotted before it's too late for a quick trip to the store or your neighbor next door.
- Special preparation for ingredients -- such as toasting nuts, letting certain ingredients come to room temperature, etc. -- can be handled BEFORE cooking rather than in the midst of another preparation step when time delays may affect food quality.
- There is time to clean the mixing area as you go along rather than face a counter full of mixing equipment when you're done.
- You can group ingredients or place them in the order used to assure all recipe steps are included.
- It makes complicated recipes more fun to prepare when you're no longer doing a juggling act, trying to complete several tasks simultaneously.
- Hint: You may find it helpful and that it brings out your "inner chef" to buy a set of 4 or more "pinch" or "mini" bowls.
- They come in different sizes and may hold from about 1 to 3 ounces. You often will see TV chefs using these to hold smaller amounts of such ingredients as spices, a single egg, a couple tablespoons of cornstarch, etc. As another option, a set of smaller-sized custard cups may work as well for you.

## Mise en Place: A Circle Story



If you give a student chef a recipe for \_\_\_\_\_, the student chef is going to be very excited and want to make it right away! But first, the student chef will need to mise en place the cooking station.

If he/she needs to mise en place the cooking station, then he/ she is going to have to read the recipe. If he/she reads the recipe, he/she will need to determine the necessary ingredients and equipment in order to make\_\_\_\_\_. **(List the tools/equipment, ingredients and amounts in the space below.)**

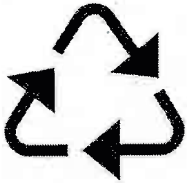
**Ingredients & Amounts**

**Tools**

**Equipment**

Once he/she has determined the necessary ingredients, tools and equipment, he/she will need to prepare them so they are “cooking ready”. The ingredient(s) that need(s) to be cooking ready include... **(List the ingredient(s) and what needs to be done to make them cooking ready (cleaned, chopped, measured, etc.) in the space below.)**

Being conscious of the workspace, he/she will want to keep it clean and organized while prepping the ingredients. To do this, he/she will need to manage what remains from the preparation of those ingredients into the correct category (*garbage, compost, recycle*). **Sort what remains by listing it behind the correct disposal icon.**



When he/she has everything in order, he/she will begin preparing the recipe by...**Sequentially ordering the steps of recipe preparation in the space below with #1 being the first step.**

Once the \_\_\_\_\_ is prepared, he/she will probably want to sample it. In order to properly eat this product, he/she will need to set the table. **Draw what that would look like in the space below.**

Anticipating the sensory pleasures this food will have will make his/her mouth water and he/she will want to dive right in. But then, he/she will remember to use his/her manners and slowdown in order to savor the experience! **Based on the ingredients, describe the tastes/flavors you think you will experience.**

After tasting the \_\_\_\_\_, he/she will have this to say... **(Write a 5+ sentence response about the food tasting and lab prep experience in the space below).**

Hearing your response will cause others to request this food. So, chances are you'll need to mise en place all over again in order to make more \_\_\_\_\_!