



Culinary Techniques FOR HEALTHY SCHOOL MEALS


Preparing Fruits

National Food Service Management Institute
The University of Mississippi
Culinary Techniques for Healthy School Meals

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National Food Service Management Institute The University of Mississippi

Building the Future Through Child Nutrition

The National Food Service Management Institute was authorized by Congress in 1989 and established in 1990 at The University of Mississippi in Oxford. The Institute operates under a grant agreement with the U.S. Department of Agriculture, Food and Nutrition Service.

PURPOSE

The purpose of the National Food Service Management Institute is to improve the operation of child nutrition programs through research, education and training, and information dissemination. The Administrative Offices and Divisions of Information Services and Education and Training are located in Oxford. The Division of Applied Research is located at The University of Southern Mississippi in Hattiesburg.

MISSION

The mission of the National Food Service Management Institute is to provide information and services that promote the continuous improvement of child nutrition programs.

VISION

The vision of the National Food Service Management Institute is to be the leader in providing education, research, and resources to promote excellence in child nutrition programs.

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Preparing Fruits

Objectives

- Improve the quality of fruits served.
- Improve the variety of fruits served.
- Improve the appeal of fruits served.

Main Ideas in This Lesson

- Fruits provide important vitamins, minerals, and other nutrients.
- Fruits are low in fat.
- Fruits are stored at the right temperature for best quality.
- Fresh fruits should be washed right before use and served in the largest acceptable serving pieces.
- Recipes require the right form (fresh, frozen, canned, or dried) to be successful.

Preparation for Learning

Review the list of recipes with each Culinary Technique. The recipes are available at:

U.S. Department of Agriculture, Food and Nutrition Service, & National Food Service Management Institute. (2005). *USDA recipes for child care*.

Available online: <http://www.nfsmi.org>

U.S. Department of Agriculture, Food and Nutrition Service, & National Food Service Management Institute. (2006). *USDA recipes for schools*.

Available online: <http://www.nfsmi.org>

Practice or Application

Prepare one or more of the recipes listed with one of the *Culinary Techniques*.

Additional Suggestions

- If a commercial product is used to prevent fruits from browning, review the product and the correct way to mix it.
- Use the chart Keep Fresh Produce Flavorful to arrange the walk-in refrigerator to store fresh fruits and vegetables in the best locations to preserve quality.



Important Terms

Culinary

Relating to the kitchen or cooking. An example of use is to describe food preparation skills as culinary skills.

Culinary Technique

A step-by-step food preparation method. The culinary techniques described in this lesson include preparing fresh fruits and baking fruits.

Ethylene gas

A naturally occurring gas produced when some fruits and vegetables begin to ripen.

Just-In-Time Preparation

This term is used throughout the lessons to mean preparing a menu item in small enough amounts that it will be at its peak of quality when placed on the service line. This preparation schedule avoids holding any food for a long time. Other terms that mean the same thing are *batch cooking* and *cooking to the line*.

Mise en Place (meez-un-plahss)

A French term used by chefs and other food professionals to describe all the different things that have to be done to get ready up to the point of cooking. Translated, it means *put in place*. It includes all the *get ready steps* in food preparation such as using the recipe to assemble the equipment needed and getting ingredients ready to combine.

Nutrients

The chemical substances found in food that nourish the body. There are six classes of nutrients: proteins, carbohydrates, fats, water, minerals, and vitamins.

Seasonal Produce

Fruits and vegetables that are at their peak of production at a particular time of the year. Typically this produce is more flavorful and less expensive. Seasonality of produce will depend on region.



Mise en Place

Getting Ready

Wash, rinse, sanitize, and air-dry all food-contact surfaces, equipment, and utensils that will be in contact with produce, such as cutting boards, knives, and sinks.

Equipment Needed

- Produce sink
- Cutting boards
- Slicing equipment
- Knives
- Refrigeration



Using, Handling, and Storing Fruits

| Form of Fruit Available | Where to Use | How to Handle | How to Store |
|-------------------------|--|---|--|
| Fresh | Serve fresh to students in salads. | Serve in age-appropriate pieces. | Refrigerate or dry storage depending on fruit. |
| Frozen | Use in baked products. Use in fruit sauces. Serve as fruit cups while partially frozen. | Thaw frozen fruits in the refrigerator and use them immediately when thawed or still icy. | Keep frozen until ready to use. |
| Canned | Serve chilled. Use in fruit salads. Use in fruit sauces. | Chill canned fruits before they are added to a cold fruit dish. | Store at 70 °F or less. Date cases or cans when they are received and rotate. |
| Dried | Use in hot cereals. Use in granola mix. Use in fruit bars and cookies. | Chop into bite-size pieces, if necessary. | Store dried fruits in airtight containers to maintain their flavor. |
| Juice | Serve at breakfast or lunch. Use as a cooking medium. Use as the liquid in congealed salads. | Thaw frozen juice in the refrigerator and use immediately when thawed. | Frozen juice should be kept frozen until ready to use. Canned juices should be stored at 70 °F. Fresh juice should be kept refrigerated. |

Washing Fresh Fruits

1. Follow state or local health department requirements.
2. Wash hands using the proper procedure.
3. Wash, rinse, sanitize, and air-dry all food-contact surfaces, equipment, and utensils that will be in contact with produce, such as cutting boards, knives, and sinks.
4. Wash all raw fruits and vegetables thoroughly before combining with other ingredients, including
 - a. Unpeeled fresh fruits that are served whole or cut into pieces.
 - b. Fruits that are peeled and cut to use in cooking or served ready-to-eat.
5. Wash fresh produce vigorously under cold running water or by using chemicals that comply with the *FDA Food Code*. Packaged fruits labeled as being previously washed and ready-to-eat are not required to be washed.
6. Scrub the surface of firm fruits, using a clean and sanitized brush designated for this purpose.
7. Remove any damaged or bruised areas.
8. Label, date, and refrigerate fresh-cut items.

Keeping Fresh Produce Flavorful



When produce arrives at the back door, it should be in excellent condition. From that point on, the quality is controlled by the foodservice assistants in the school kitchen. The quality of fresh produce, both fruits and vegetables is affected by:

Temperature – For every 10 °F increase in temperature beyond the recommended temperature, a produce item can lose half its shelf life. Store produce at the right temperature for the variety.

Product Rotation – When produce is delivered, the date should be written on the box. Then, the oldest produce should be used first.

Storage Conditions – Different fruits and vegetables should be stored according to recommendations from produce experts.

Proper Handling During Preparation

– Fresh produce, both fruits and vegetables, benefit from being prepared just in time for service.

Some fresh fruits must be ripe before they are refrigerated or served. Some fruits ripen at room temperature. Once ripened, the fruits should be refrigerated. Fruits that ripen at room temperature:

- Avocados
- Kiwifruit
- Nectarines
- Peaches
- Pears
- Plums

Never refrigerate bananas.

Ethylene gas is naturally produced from some fruits and vegetables. Ethylene gas will cause certain fruits and vegetables to ripen and deteriorate quickly. Ethylene producing fruits and vegetables should be kept separate from ethylene sensitive produce.

Ethylene Producing Produce

Apples*
Apricots*
Asparagus*
Avocado*
Bananas*
Cantaloupes
Cherimoya*
Figs
Guava
Honeydew melon
Kiwifruit
Mangos*
Nectarines*
Papayas*
Passion fruit*
Peaches*
Pears*
Persimmons
Plantains
Plums
Prunes
Tomatoes*

*Ethylene producing and ethylene sensitive produce

Ethylene Sensitive Produce

Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Cucumbers
Eggplant
Grapes
Green beans
Leafy greens
Lettuce
Okra
Peas
Peppers
Spinach
Squash
Sweet potatoes
Watermelon



Fruits and Healthy School Meals

Menu-Planning Practices for Healthy School Meals

- Increase the amounts and variety of fruits because fruits differ in nutrient content.
- Plan a vitamin C-rich fruit or vegetable daily.
- Offer cut-up fresh, frozen, or canned fruit or dried fruit as a topping for yogurt.
- Offer fruit with more potassium often, such as bananas, prunes, prune juice, dried peaches, dried apricots, cantaloupe, honeydew melon, oranges, and orange juice.
- Offer fruit as snacks if you provide reimbursable snacks for an afterschool program.
- Frequently offer fresh fruits using a variety of presentations, such as orange smiles, apple wedges, fresh fruit cups, red and green grape combos, and banana halves.

Purchasing Practices for Healthy School Meals

- Purchase fruits canned in light syrup or natural fruit juices instead of heavy syrup.
- Purchase fresh fruits, when feasible, to substitute for canned fruits.
- Look to local farmers as an alternative for purchasing fresh produce. Check out www.farmtoschool.org.

Children should eat 1 to 2 cups of fruit each day.

According to *MyPyramid*:

- eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce risk for stroke and perhaps other cardiovascular diseases.
- eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce risk for type 2 diabetes.
- eating a diet rich in fruits and vegetables as part of an overall healthy diet may protect against certain cancers, such as mouth, stomach, and colorectal cancers.

- diets rich in foods containing fiber, such as fruits and vegetables, may reduce the risk of coronary heart disease.
- eating fruits and vegetables rich in potassium as part of an overall healthy diet may reduce the risk of developing kidney stones and may help to decrease bone loss.
- eating foods such as fruits that are low in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.

Fruits are packed with nutrients for children.

- Most fruits are naturally low in fat, sodium, and calories. None have cholesterol.
- Fruits are important sources of many nutrients. Fruits are an excellent source of vitamin C and contain vitamin A. They also contain important minerals. Dried fruits, such as apricots, prunes, and dates, provide significant amounts of iron, which is one of the minerals most often deficient in children's diets.

Fruits are nature's desserts. They are the ideal sweet because they are packed with nutrients but low in fat.

School meals need to be built with a large number of fruits, vegetables, and grains and cereals so students will choose foods from these groups. School nutrition professionals have a big responsibility because meals at school

- influence students while they are developing food habits for a lifetime.
- help students get the nutrients they need for good health and growth.
- offer food choices to meet the school day nutrition needs of students.



Culinary Principles

Basic Principles of Preparing Fruits to Maintain Nutrients

1. Use fresh fruits at their peak of ripeness.

Most fruits have the highest vitamin content when they are at their peak of ripeness. Heat and light can destroy the nutrient content. They taste the best when they are ripe. Fruits that are not ripe enough are generally tart where they should be sweet, and crunchy where they should be soft.

Less time spent in transportation from field to plate helps ensure a fresher fruit at its peak of flavor and nutrient content.

2. Wash fresh fruits in cool water before they are peeled or stemmed.

Fruits can lose nutrients if they are bruised or cut and then put in water. Berries are a good example. Wash strawberries before they are hulled. The skin may not be clean so washing before processing removes the dirt and pesticides. Fruits served with the skin left on should be washed carefully. This includes oranges and melons. Apples are covered with an edible wax that is not removed during washing. Wash apples in cold water. Bananas should also be rinsed in cold water before serving or peeling.

3. Cut fresh fruits in the largest pieces that are acceptable for serving, considering the age of the student. Avoid crushing fruits since this injures the fruit cells and causes more vitamin loss.

When fruit is cut in many smaller pieces, more total surface area of the fruit is exposed and more vitamin C can be lost.

4. Follow the recipe or directions for preparing a fruit dish.

Recipes or the general directions for preparing a fruit dish are based on well-accepted culinary techniques that preserve nutrients.



Basic Principles of Preparing Fruits to Meet Quality Standards

- 1. Prepare fruit dishes so they have an appealing appearance.** Follow the recipe or directions for preparing a fruit to maintain the correct color and shape of the fruit pieces. The colors in fruits are the same as those in vegetables. Some fruits, like peaches, bananas, apples, and avocados turn brown when they are cut and surfaces are exposed to air. This is called oxidation. An acid, like lemon juice, lime juice, pineapple juice, or orange juice slows browning. Notice that these juices are all good sources of vitamin C. A commercial product that contains vitamin C (ascorbic acid) can also be used to slow browning.
- 2. Prepare fruit dishes so they have appropriate texture.** Most fruits have a texture that is unique for that fruit. When the fruit doesn't have that texture, it is unacceptable. Mushy apples or green bananas are not appealing and should not be served. The texture that is appropriate for a fruit varies. Kiwi fruit should be soft while a fresh apple should be crisp. Cooked apples used for a fruit cobbler should be soft but not mushy. Raisins should be chewy. Follow the recipe or directions for exact cooking times to get the right texture. As a general rule, fruits should be cooked only for a short time. Most fresh fruits need to be kept refrigerated. However, avocados should not be refrigerated since it stops their ripening. Once they are ripe, they can be refrigerated for a short time to keep them fresh if they cannot be served immediately. Bananas should not be refrigerated. After bananas have been refrigerated, the skin darkens and they are unacceptable for use as a whole fruit on the serving line. Refrigerated bananas may be peeled and used in fruit salad or in a baked product.

Frozen fruits should also be used at their peak of freshness. Thaw frozen fruits in the refrigerator. Some frozen fruits can be served while they still contain ice crystals; this helps retain their shape. Frozen strawberries and other berries can be added to a fruit mixture before they are completely thawed or they can be placed as a choice on a salad or fruit bar.

- 3. Prepare fruit dishes for good flavor typical of the main fruit ingredients.** Recipes that include fruits often have many other ingredients, including spices. The other ingredients should complement the fruit but not overpower it. The flavor of a fruit is affected by freshness and added seasonings.
- 4. Serve fruit dishes at the right temperature.** Hot fruit dishes should be served at a temperature between 160 °F and 180 °F. Chilled fruit dishes should be served between 34 °F and 38 °F.
- 5. Fruit juice should be kept frozen or at 40 °F.** Juice should be completely thawed prior to serving. Individual pre-portioned containers assure freshness. Juices can be poured a day before service and stored, covered in the refrigerator. Nutrients will be lost to the air if juice is left uncovered.





Flavor Enhancement

Herbs, spices, fruit juices, or citrus zest or peel can enhance the flavors of fruits and fruit-based dishes.

Herbs commonly used with fruits

| Name | Form | Taste | Uses |
|--------------|--------------|--|---------------------------------------|
| Anise seeds | Seeds | Sweet licorice flavor | Cookies, cakes, fruit salads, sauces |
| Cilantro | Fresh, dried | Sweet aroma, mildly peppery | Fruit salsas |
| Fennel seeds | Whole | Flavor is similar to anise, pleasant sweet licorice flavor | Baked apple dishes |
| Mint | Fresh, dried | Strong and sweet with a cool aftertaste | Fruit salads, sauces, frozen desserts |

Spices commonly used with fruits

| Name | Form | Taste | Uses |
|------------------------------------|-----------------------|--|--|
| Allspice | Whole berries, ground | The aroma suggests a blend of cloves, cinnamon, and nutmeg; sweet flavor | Fruit cakes, pies, sauces |
| Cardamom | Whole, ground | Mild, pleasant, sweet ginger-like flavor | Baked products, fruit salads, particularly good with blueberries |
| Cinnamon | Whole sticks, ground | Warm, spicy, sweet flavor | Cakes, pies, fruit sauces, fruit salads |
| Chili powder blend (Pico de Gallo) | Ground | Blend of chili peppers | Fruit salad |
| Cloves | Whole, ground | Hot, spicy, sweet, penetrating flavor | Baked fruit desserts |
| Ginger | Fresh, whole, ground | Aromatic, sweet, spice, penetrating flavor | Fruit salads, cookies, baked fruit desserts |
| Nutmeg | Whole, ground | Spicy, pleasant flavor | Baked fruit desserts, fruit sauces |

Culinary Technique Fresh Fruit

Frequently offer fresh fruits using a variety of presentations, such as apple wedges, orange smiles, and banana halves.

1. Use fresh fruits at their peak of ripeness.

Most fruits have the highest vitamin content when they are at their peak of ripeness. They taste the best when they are ripe.

Heat and light can destroy nutrient content.

Fruits that are not ripe enough are generally tart; others are sweet and crunchy when they should be soft.

2. Wash fresh fruits in cool water before they are peeled or stemmed.

Fruits can lose nutrients if they are bruised or cut and then put in water. Berries are a good example.

Wash strawberries before they are hulled. The skin may not be clean so washing before processing removes the dirt and pesticides.

Wash apples in cold water. Apples are covered with an edible wax that is not removed during washing.

Fruits served with the skin left on should be washed carefully. This includes apples, bananas, oranges, and melons.

3. Cut fresh fruits in the largest pieces that are acceptable for serving, considering the age of the student.

When fruit is cut in many smaller pieces more total surface area of the fruit is exposed and more vitamin C is lost.

Avoid crushing fruits since this injures the fruit cells and causes more vitamin C loss.

4. Prepare fresh fruits so that they have an appealing appearance.

Some fruits, such as peaches, bananas, apples, and avocados, turn brown when they are exposed to air. This is called surface oxidation.

An acid, such as lemon juice, lime juice, pineapple juice, or orange juice retards oxidizing because these juices are good sources of the antioxidant vitamin C.

A commercial product that contains vitamin C can also be used to prevent browning. Look for the chemical name of vitamin C (ascorbic acid) on the product label. Other acids in fruit juices may also be used.

Try these USDA Recipes that include this Culinary Technique

Yogurt Fruit Dip G-04

Fruity Dipping Sauce. C-02

Banana-Peanut Butter Sandwich (Child Care) F-03A



Culinary Technique Fruit Salads and Side Dishes

Fruit salads and side dishes are appealing ways to use fresh, frozen, canned, and dried fruits.

1. Select the appropriate form of fruit to be used:

Fresh – wash fresh fruits in cool water before they are peeled or stemmed.

Canned – chill canned fruits when they are to be served cold.

Frozen – thaw frozen fruits in the refrigerator.

Dried – rehydrate dried fruits in water or juice if desired.

2. Prepare in serving size pieces and keep chilled until service.

3. Prepare fruit dishes so that they have appropriate texture.

Most fruits have a texture that is unique for that fruit. When the fruit doesn't have the right texture, it is unacceptable for use.

Mushy apples or green bananas are not appealing and should not be served.

Kiwi fruit should be soft while a fresh apple should be crisp.

Raisins should be chewy.

Try these USDA Recipes that include this Culinary Technique

Orange-Pineapple GelatinC-11

Waldorf Fruit SaladE-12

Molded Fruit Salad (Child Care)E-01

Fruit and Rice Dessert (Child Care) B-09



Culinary Technique Baked Fruit

Baked fruits that can be served as a side dish or dessert are popular with many students.

1. **Select a recipe for the baked fruit item.**
2. **Use the right form of the fruit for the recipe.**

The recipe will suggest the form of the fruit to use – fresh, frozen, canned, or dried.

Use the form suggested since the textures are different and result in very different baked products.

Some recipes may need to be adjusted depending on the amount of added sugar in the form of fruit to be used.

Frozen fruit can be partially thawed and drained slightly before using in baked dishes or baked desserts.

3. **Prepare the baked fruit recipe.**

Most baked fruit recipes can be prepared ahead of service time and held in the warmer. Baked fruits can be covered and held.

Fruit dishes that have a crust, such as pie or cobbler should be placed in a warmer uncovered or held at room temperature until time for service. Covering the warm crust will trap steam and cause the crust to become soft or soggy.

Try these USDA Recipes that include this Culinary Technique

Apple Cobbler.C-01

Cherry Cobbler. C-06

Peach Cobbler.C-13

Apple Crisp. C-02

Cherry Crisp. C-07

Baked Sweet Potatoes and Apples I-08



Culinary Technique Fruit Sauces

Fruit sauces can be used as a side dish, as an accompaniment to meats, such as baked chicken fingers, or as a topping for pancakes and waffles.

1. **Select a recipe for the fruit sauce.**
2. **Use the right form of the fruit for the recipe.**

The recipe will suggest the form of the fruit to use – fresh, frozen, canned, or dried.

Some recipes may need to be adjusted, depending on the amount of added sugar in the form of fruit to be used.

Frozen fruit can be partially thawed and drained slightly before using in fruit sauces.

3. **Prepare the fruit sauce recipe.**

Most fruit sauces can be prepared ahead of service time and held in the warmer.

Try these USDA Recipes that include this Culinary Technique

Spiced Apple Topping. G-09

Maple Applesauce Topping (Child Care)C-01





Quality Standards

Fruits are already popular with students. They can become more popular when a greater variety of choices is offered. Foodservice professionals can use their knowledge of basic principles of food production to make sure they use the right culinary techniques and follow each handling and preparation step correctly to produce a top quality product.

Before any food is placed on the serving line, it should be evaluated using the Quality Score Card. This lesson includes a Quality Score Card for Fresh Fruits and Fruit Menu Items and a Quality Score Card for Baked Fruits and Fruit Desserts. Follow the recipe for preparing a fruit to meet quality standards. The school nutrition manager and assistant who prepared the food should make the determination whether the food product meets the standards on the Quality Score Card. If the decision is made that the food does not meet the quality standards do the following things:

1. Substitute another similar food on the serving line. Follow the school district procedure for menu substitutions.
2. Use the fruit another way, if possible, to avoid wasting the food.
3. Determine what happened during preparation that caused the poor quality and make plans to correct the preparation next time.





Quality Score Card for Fresh Fruits and Fruit Menu Items

Date: _____ Name of Menu Item: _____

Proudly Prepared by _____

Quality Scored by _____

Directions: When the food is ready to serve, use this Quality Score Card to evaluate the quality. Mark **YES** when the food meets the standard and **NO** when it does not. Mark **NA** (Not Applicable) when a specific quality standard does not apply to the food being evaluated. Use the **COMMENTS** section to explain why a food does not meet a standard.

Remember, if a food does not meet the quality standards, it should not be placed on the serving line.

| Quality Standard | Yes | No | NA | Comments |
|--|-----------------------|-----------------------|-----------------------|----------|
| Appearance | | | | |
| Color is typical of the ripe fruit(s). | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Color is fresh (not marred by discoloration from oxidation). | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Fruit pieces are similar in size. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Fruit pieces are intact. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Garnish is edible and appropriate for the dish. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Texture or Consistency | | | | |
| Fruit is at the peak of ripeness. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| All pieces of the fruit have the same texture. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Flavor and Seasoning | | | | |
| Fruits have a pleasing, slightly sweet, ripe flavor. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| If seasonings have been used, they are detectable but not overpowering. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Seasonings enhance the fruit flavor. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| If a dressing or sauce is used, it complements the fruit (mild, not overpowering). | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Service Temperature | | | | |
| Chilled – 34 °–38 °F | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |





Quality Score Card for Baked Fruit and Fruit Desserts

Date: _____ Name of Menu Item: _____

Proudly Prepared by _____

Quality Scored by _____

Directions: When the food is ready to serve, use this Quality Score Card to evaluate the quality. Mark **YES** when the food meets the standard and **NO** when it does not. Mark **NA** (Not Applicable) when a specific quality standard does not apply to the food being evaluated. Use the **COMMENTS** section to explain why a food does not meet a standard.

Remember, if a food does not meet the quality standards, it should not be placed on the serving line.

| Quality Standard | Yes | No | NA | Comments |
|---|-----------------------|-----------------------|-----------------------|----------|
| Appearance | | | | |
| Fruit pieces are similar in size. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Fruit pieces are intact. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Garnish is edible and appropriate for the dish. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Pastry or topping has a golden brown color. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Pastry has a blistery surface. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Texture or Consistency | | | | |
| All pieces of the fruit have the same texture. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Pastry has a flaky or mealy texture. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Pastry cuts easily. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Flavor and Seasoning | | | | |
| Fruits have a pleasing, slightly sweet, ripe flavor. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| If seasonings have been used, they are detectable but not overpowering. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Seasonings enhance the fruit flavor. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Pastry has a pleasant, bland flavor. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Service Temperature | | | | |
| Pastry Dessert – 60 °–70 °F | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |
| Hot Baked Fruit – 160 °–180 °F | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | |





Culinary Application and Practice Activity

Culinary Practice is an activity designed to give foodservice assistants an opportunity to practice preparing fruits. Use the Culinary Practice Score Card for the activity.

1. Foodservice assistants may work as partners or individually, depending on the directions from the manager. Ideally, one partner should be someone who cooks and the other, someone who has other responsibilities. Both foodservice assistants should work together to complete the Culinary Practice.
2. The manager and foodservice assistants should discuss the Culinary Practice for Preparing Fruits. Make a note of the date the Culinary Practice should be completed and discussed with the manager.
3. The manager will approve the recipe to be used for the practice. The recipe should use one of the culinary techniques described in this lesson. Review the steps of the culinary techniques:
 - Culinary Technique: Preparing Fresh Fruit
 - Culinary Technique: Fruit Salads and Side Dishes
 - Culinary Technique: Baked Fruit
 - Culinary Technique: Fruit Sauces
4. The manager and foodservice assistants who prepared the product will evaluate the product before it is placed on the serving line. Use the Quality Score Cards to evaluate the products.





Culinary Practice Score Card for Fruits

Name(s): _____

(This practice activity may be completed individually or with a partner. The manager will make this assignment at the end of the lesson.)

Purpose: The purpose of the activity is to practice Preparing Fruits.

Culinary Technique: (Identify the culinary technique that you will use. Refer to the previous pages for a description of each technique.)

Name of the Recipe: _____

Date for Production: _____

Directions: The manager and foodservice assistant(s) will select a recipe for fruit that includes one of the culinary techniques described in this lesson. Check **YES** or **NO** when each step is completed.

| | Yes | No |
|--|-----------------------|-----------------------|
| <i>Plan food production for just-in-time service.</i> | | |
| Did you plan food production for just-in-time service? | <input type="radio"/> | <input type="radio"/> |
| <i>Review the Quality Score Card and the recipe.</i> | | |
| Did you review the recipe so you are familiar with the ingredients, equipment, and directions? | <input type="radio"/> | <input type="radio"/> |
| Did you review the Quality Score Card so you will know how the finished product should look and taste? | <input type="radio"/> | <input type="radio"/> |
| <i>Organize equipment and ingredients.</i> | | |
| Did you assemble all the equipment needed? | <input type="radio"/> | <input type="radio"/> |
| Did you assemble all of the ingredients needed? | <input type="radio"/> | <input type="radio"/> |
| <i>Use the right culinary technique.</i> | | |
| Did you use the culinary technique correctly? | <input type="radio"/> | <input type="radio"/> |
| <i>Deliver a quality product.</i> | | |
| Did you use the Quality Score Card to evaluate the product? | <input type="radio"/> | <input type="radio"/> |
| Did you review the product with the manager? | <input type="radio"/> | <input type="radio"/> |
| <i>Discuss the following questions with the manager before serving.</i> | | |
| How can the appearance of the food be improved? | | |
| How can the flavor or taste of the food be improved? | | |
| How can the texture and tenderness of the food be improved? | | |
| How can the service temperature of the food be improved? | | |

The manager's signature indicates this practice has been completed satisfactorily. The manager should keep this on file or submit it to the central office to document the completion of the lesson.

Name of Manager: _____ **Date Signed:** _____



References

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