



## MISE EN PLACE

"Everything in Place" is a frame of mind that gives you confidence in the kitchen.



Auguste Escoffier (1847-1935) was known as “The Chef of Kings and King of Chefs” and the father of modern French cuisine.



He defined mise en place as the “elementary preparations that are constantly resorted to during the various steps of most culinary preparations”.

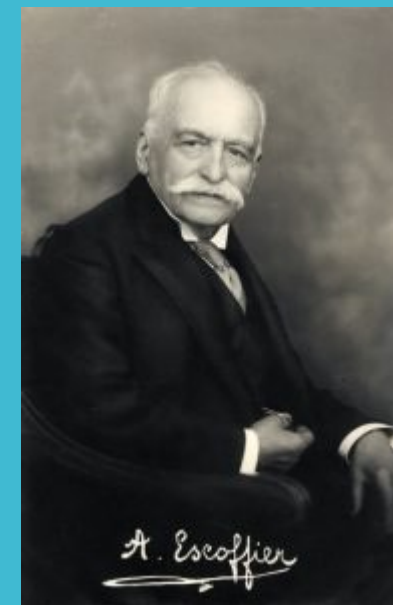


Which means:

Gathering and preparing ingredients to be cooked.

Assembling the tools and equipment necessary to cook them.

# Mise en Place defined by Auguste Escoffier





Mise en place is the most important practice in the kitchen.



It is the first concept every culinary student learns in school.



It is a frame of mind that provides the cook confidence.



If put in place, you will be a ROCK STAR in your kitchen.

Mise en Place  
– a revisited  
mind set for  
today's  
lifestyle



### Organize

Organize your pantry, refrigerator and freezer, and equipment storage areas.



### Review

Review food safety procedures.



### Create

Create a menu plan\*

- Have a family meeting to discuss what everyone would like to eat for the week.
- Take into consideration what you already have on-hand.



### Review or create

Review or create a shopping list.\*



### Research

Research recipes in books, magazines or online.



### Set up

Set up your kitchen workspace.

\*A weekly menu planner and shopping list are available at [www.yourallergychefs.com](http://www.yourallergychefs.com) on the “Takeaways” page.

## Mise en Place Where do you start?

# Food Safety 101 – Important tips for Safe Food Preparation

## Wash

- Wash your hands with soap and water often.

## Wash and sanitize

- Wash and sanitize all surfaces, especially areas that come in contact with food.

## Clean

- Clean as you go.

## Use

- Use vinyl gloves to handle raw meats.

## Store

- Store perishable foods at 41°F or below.
- Store raw foods like beef, seafood, poultry and eggs below ready to eat foods like produce.

## Label

- Label foods when opened or thawed with a 7-day expiration date or as instructed by manufacturing guidelines.
- Ex: opened 4/2/2020 use by 4/8/2020. this means the food should be eaten or discarded on the 8th.
- Use a permanent marker and or food preparation label.

## Cook

- Cook raw foods to the proper internal cooking temperature as directed by the USDA.



Have a family meeting about food allergies and what will be expected from each family member.



Remove all known allergens from the home, if possible.



Purchase new cooking equipment and kitchen tools for the preparation of allergen safe meals.



Plan the preparation of these items before preparing other allergen laden foods.



Create menus that can be served to the whole family to help relieve stress on the cook and food allergy person.

# Food Allergen Safety 101



STUDY THE RECIPE



KNOW THE  
INGREDIENTS



MAKE A PREP LIST



GATHER NECESSARY  
KITCHEN EQUIPMENT  
AND TOOLS

## Mise en Place Next Steps

# Study the Recipe



Mise en place will differ from recipe to recipe.



Understand preparation and cooking times.

It may take up-to 4 hours to marinate foods or ingredients may need to soak overnight, so plan ahead.



Look for tasks that can be done ahead of time.

Sauces that can be made in advance, chilled and reheated.

Meats or vegetables that need to be thawed.



Read the recipe 3 times to fully understand the techniques, preparation and cooking times.



Avoid kitchen chaos with proper Mise en Place!!!



# Mise en Place Gone Wrong!!!





## Know the Ingredients

Food should be gathered and stored conveniently at the proper temperature.

If a recipe calls for:

Dry herbs and you have fresh, how much do you need and when do you add to the cooking process?

Sweet white rice flour, can white rice or brown rice flour be used instead?

6 apples for a pie, what type of apples should be used?

Coconut cream, are cream of coconut and coconut milk proper substitutes?

At this point, it is good to do your research before you start cooking or baking.

# The Prep List



Is the blueprint for how food production will be achieved.

What needs to be done.  
How long will it take.  
What order each task needs to be completed.



Is the first step in organization and understanding the recipe.



Helps prioritize your tasks based on length of preparation.



A clearly written prep list will allow prep work to be completed efficiently and effectively.



Make sure you understand what each piece of equipment can do.

What is the difference between a chinois and a colander or strainer.



Knives should be sharpened and honed.



Have a bowl nearby for waste scraps and vegetable trimmings.



Mixing bowls, saucepans and storage containers should be the correct size .



Serving plates, cookware, utensils, hand tools and other necessary small wares should be gathered and stored nearby.



Ovens and cooking surfaces should be preheated, as necessary.

## Gather Necessary Kitchen Equipment and Tools

Next Session "At  
Home with Your  
Allergy Chefs"

Knife Safety and Skills  
Homemade Stock

