### **Start Small With Scratch Cooking**



By Margo Gusman & Maribel Alchin



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- 24 years in field of nutrition
  - Bilingual Registered Dietitian (Spanish)
  - Personal Chef
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## Today's Goals

Change the common mindset surrounding scratch-cooking

Identify basic equipment to start scratch-cooking

Identify baby steps to move towards scratch-cooking

## Why Is Scratch Cooking So Scary?

- A focus on what they don't have
- The misconception it is always more work
- Lack of confidence & feeling overwhelmed
- All-or-nothing mindset
- Unrealistic expectations

### **Focus on What You DO Have**

- Center your recipes around the equipment and staff you have:
  - Amount of labor
  - Skillset of staff
  - Small equipment vs big equipment



## **Basic Equipment to Strive For**

### **Small Equipment**

- Robot Coupe
- Immersion Blender
- Electric Can Opener for #10 cans

### **Large Equipment**

- Combi Oven
- Tilt Skillet



## Scratch vs Speed-Scratch

**Scratch:** Entire recipe is made "in-house"

**Speed-Scratch:** Components of the recipe are already prepared.

## The Pros of Moving Towards Scratch

#### Greater control over:

- Ingredients
- Allergens
- Cost
- Sodium
- Where your food is sourced (ie: local)
- Repurposing leftovers



# Step #1 Pick the Easiest Recipe To Make Scratch

### Examples:

- Salsa/Pico
- Spice Blend
- Dressings
- Granola
- Croutons

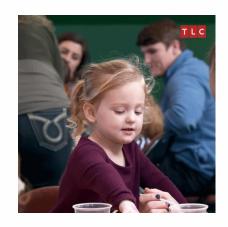


## Step #2 Don't Reinvent The Wheel

- Websites to Find CN Recipes:
  - www.healthyschoolrecipes.com
  - www.theicn.org/cnrb/
  - Facebook: TIPS for School Meals That Rock
  - Ask your colleagues!

# Step #3 Test the Recipe First

- Don't plan to test a new scratch recipe on a high-production day (ie: pick pizza day)
- Start small and scale up
- Have multiple people taste
- Try to give as many people as possible the opportunity to work with the recipe
- Ask for feedback



# Step #4 Choose Your Timing Wisely

#### Tips:

- Take pre-orders
- Designate staff to focus on prep
- 25 portions per hotel pan



**Baked Penne Pasta** 



## Step #5 Don't Be Afraid to Use RAW Product

Scratch: Cook ground beef

Speed-scratch: Use precooked beef

**Equipment:** Steam Jacketed Kettle or Tilt Skillet



# Step #6 Maximize Your Recipe for Marketing





Homemade Buffalo Wings

- Served during Superbowl & March Madness
- Scratch: Build-in defrost & prep time with raw product
- Speed-scratch: premade wings & make your own sauce

## Step #7 If At First You Don't Succeed...



Asian Chicken Bowl

#### **Challenges:**

- Cooking rice; Should be 1:1 ratio for cooking in combi oven
- Adjusted spice blend



**Grilled Cheese Sandwich** 

#### **Tips for Crispy crust:**

- Don't line sheet pan with parchment paper
- Spray both sides of bread slices with garlic/butter spray
- Can make in tilt skillet, combi or convection oven

"Dream big, start small, but most of all, START"

-Simon Sinek

## Questions? Let's Connect!

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