

Lesson Objective:

- Categorize each recipe according to its total cooking time
- Generate a chronological order in which to cook the recipes
- Demonstrate the ability to have all recipes complete their cooking cycle at approximately the same time.

In this lesson you will learn to:

- Read each recipe end to end *before* beginning
- Analyze each recipe for total time
- Arrange recipes from the same course chronologically
- Analyze the recipes again for “down time”
- Use the “down time” to work on other steps from the same or other recipes

Introduction:

- Watch the Time Management in the Kitchen video before you begin.



Lesson:

Different items in the kitchen have different cook times. Sometimes cooking the meat portion takes an hour, while the vegetables only take 30 minutes; it all depends on the recipe. It is best for every recipe to be ready at their proper time. Reading through the recipe can give you an idea of when this proper time is. In the case of desserts, they can often be completely through their total cooking cycle, or the time it takes to cook them beginning to end, because they are easily reheated or served cold. For dishes that are not to be reheated or served cold, it is best that their cooking times align. This means that you arrange them from the longest recipe, to the shortest.

For example, you are baking chicken breasts and cooking rice to be served together, the chicken recipe says they should be baked 45 minutes and the rice needs to be simmered for 20. This cook time alone can give you an idea of which should be started first, but you also have to take into account any steps before applying the heat: in the case of the chicken, you have to season the meat with salt and pepper and add olive oil to the baking dish, and with the rice you must rinse it, add the appropriate amount of water and bring it to a boil before reducing to a simmer. These steps add 5 minutes to the chicken and 10 minutes to the rice, while the chicken must still be started first, this example demonstrates some of the time that can be hidden in a recipe.

The recipes provided have this precooking time included in the total time. Not all recipes will include a total time; some will only tell you how long a certain step takes. This requires

The Main Course

Unit II "In Your Kitchen: Preparing Before Cooking"

Lesson 3: Time Management Skills in the Kitchen

some estimation on your part, as you practice these recipes, you will get a better idea of how long an activity, for instance peeling and quartering potatoes, will take you.

chicken									
				rice					

This table is broken into 5 minute segments. See how the rice is begun a full 20 minutes after the chicken so they complete their total cooking cycle simultaneously?

Every recipe has "down time." "Down time" is any length of time in a recipe in which you are waiting on something: waiting on water to boil, waiting on the oven to preheat, or simply waiting on something to cook. Let's add another item to this menu: steamed broccoli.

chicken									
				rice					
								broccoli	

In this table, the outlined boxes represent active cooking or preparation time, and the solid boxes are "down time." See how they need to fit together like a puzzle so each item is prepared in turn in the "down time" of the previous recipe?

Worksheet:

- Print and complete the "Timing in the kitchen" Worksheet.