

## **TIMELY TIPS AND TOOLS FOR THE SCHOOL NUTRITION PROGRAM**

### **TIPS**

1. Use a wire whip beater to smooth gravies and sauces and to reconstitute dry milk solids.
2. Use an ice cream scoop to place muffin mixtures in tins, to serve mashed potatoes, rice, salads, etc. Saves time and energy and gives uniform size servings.
3. Use egg slicer for cutting hard cooked eggs, cooked carrots, butter, potatoes, and other soft foods.
4. Time can be saved when cutting tips of green beans (stringless) by placing an even handful on chopping board and cutting the ends off in one pull of the knife. Use French knife.
5. Cluster washed celery and cut crosswise to make celery rings. Never cut one piece at a time. Use French knife.
6. Cutting boards save time in chopping foods and cleaning is easier.
7. A pair of scissors comes in handy for cutting such foods as meats, all types of fruits and vegetables for salads, and marshmallows. Dip scissors in water and marshmallows will not stick to the scissors.
8. Grind such foods as cheese, onions, meats, etc, for sandwiches. This saves time and gives uniform results.
9. Use food chopper to cut such foods as nuts and raisins. Dampen raisins with water and they will go through the chopper without sticking.
10. Use food scraper to quickly remove food from containers, as cake batter, etc.
11. When cutting cakes, dip knife in hot water. This makes a smoother cut.
12. To remove shells from hard cooked eggs after cooling, roll eggs on table to loosen shells. Have pan ready in which to drop shells. Saves handling them again when ready to dispose of them.
13. Place carrots on board and make one long cut for carrot sticks. Use French knife.
14. Preparing lettuce for salad cups – to remove the core, insert knife at core, turn lettuce once. Let water run through the lettuce to loosen and separate leaves.
15. For salads (mixed greens) cut lettuce in wedges. Saves time and food value.

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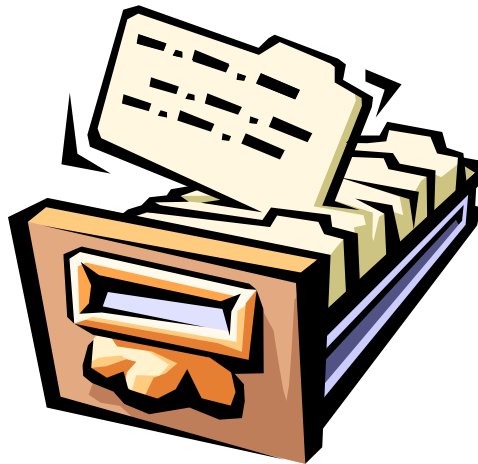
16. To remove skins from tomatoes, oranges, grapefruit, or onions, dip them in boiling water (allow oranges and grapefruit to remain in water for five (5) minutes). Cool by placing in cold water, remove skins, place tomatoes, oranges and grapefruit in refrigerator.
17. Whenever possible, serve fruits and vegetables such as carrots, potatoes, tomatoes, apples, pears, etc. in skin. Wash well, using vegetable brush. Saves food value, time and energy.
18. Cutting stems off spinach saves half the cooking time, which means that the color of the spinach is preserved.
19. When washing greens, use warm water with salt for the first wash then finish with cold water. Work from right to left, using both hands or use small mesh wire basket for washing greens.
20. Trim waste from vegetables and other foods onto newspaper to save picking up scraps and to speed up cleaning.
21. Bake cakes in individual paper cups for variety. Saves pan washing, makes an easier count of servings from a given recipe, assures uniform serving, saves expense because small portions bake in a shorter time. Makes desserts attractive.
22. To frost cup cakes, dip in frosting. Use both hands.
23. Biscuit or roll dough may be rolled out in triangular or square shape; then cut in smaller squares or diamond shape, etc., instead of biscuit cutter. Saves reworking and rolling dough. Or after kneading dough in mixing bowl transfer dough to baking sheet and pat to desired thickness. Cut with sharp knife or pastry cutter into desired shape. Use full length of knife blade to separate biscuits or rolls for crusty sides.
24. When making gelatin, heat only enough liquid to dissolve gelatin and sugar. To hasten congealing, use ice water to make up total amount of liquid or any chilled fruit juices from canned fruits. Improves flavor.
25. Undesirable steaming (sogginess) of baked potatoes can be avoided by splitting them open and filling the opening with butter immediately on removal from oven.
26. When preparing sandwich, place slices of bread on a tray or waxed paper, spread with butter or dressing, put a scoop of filling on each slice, and spread filling to edge of bread with spatula. Place two pieces of bread on top of spread and proceed as before until stacks are three sandwiches high. Cut with a very sharp knife. Place on tray.
27. Attach paper bag to delivery end of food chopper to catch bread and cracker crumbs and other foods to keep them scattering.

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28. Wash small fruits, berries and vegetables in colander. Saves time.
29. A thin coating of butter keeps the cut surfaces of cheese moist.
30. Brown sugar will keep moist if kept in a jar with a water-soaked piece of cardboard in the jar cap.
31. Parsley will remain fresh and green if kept in covered glass jar in refrigerator.
32. Do not add salt to large quantities of milk or cream sauce until last, since it causes curdling.
33. Form a habit of removing beaters from mixer and rinsing them before removing the mixing bowl.
34. Use cooking containers for serving foods when possible (meat loaf, baked beans, etc.). The food will be more attractive and stay warm longer. Saves dishes and labor.
35. Use large bun pans for cooking bacon, sausage patties, meatballs, fish, etc., and cook in the oven. Takes less time and energy watching and cooking.
36. Should cobblers run over in the oven, sprinkle salt on the spilled juice. Minimizes smoking and facilitates cleaning the oven when it is cool.
37. To remove hard, baked food particles from oven, add a small amount of household ammonia to pan of water, place pan in oven and allow to stand overnight. Scrub and wipe out oven.
38. After using pan for cooking fish, wash it thoroughly, scald vinegar in it, rinse and dry.
39. To remove fish odors from hands – with clear cold water, rub hands with salt, rinse in warm water, and wash with soap.
40. When a recipe calls for both shortening, molasses, syrup or honey, measure shortening first, then use same cup to measure the liquid. Molasses, syrup, or honey will not stick.
41. Use the water in which vegetables are cooked for making gravies, sauces and soups to conserve food value.
42. Scrub strainers with a wire brush or any brush with stiff bristles.
43. Soak dishes containing starch and sugar in cold water; greasy ones in hot water (soapy). Saves time in cleaning; also saves changing dishwater so often.

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44. Discoloration of aluminum utensils can be removed by boiling a number of apple peelings in with the utensil.
45. Save time using correct tools. Use proper knife for the job being done. Often a pair of scissors is better than a knife or a pair of tongs better than a fork.
46. Provide tools such as French knife, chopping board, bowl scraper, French or wire whip, spatula, etc. Teach the use of these tools.
47. Decide where each tool should be stored to eliminate steps and motions as the equipment is used.
48. Put everything possible on wheels.
49. Use trays or basket for bringing supplies from refrigerator or storeroom.
50. Always work with both hands. Examples: Put lettuce on two salad plates at a time – one leaf on each plate.
51. Set up a recipe file. Provide transparent cover for recipe cards – cellophane envelopes.



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### GOOD TOOLS FOR YOUR JOB

1. Measuring cups and spoons. (Pint, quart, and combination measuring cups are desirable.) Use 1 quart instead of 4 cups.
2. Knives and spatulas of different sizes – large instead of small. French cook or chef's knife – A large knife that may be from 10 to 15 inches long. The blade is nearly straight from the heel to the point, curving slightly at the point. It is thick near the heel, while the handle is narrow. This allows space to grasp the handle while the knife blade is flat against the board. This knife is used for dicing, cutting and chopping, and is a great time saver. It is excellent for cutting green beans, celery or rhubarb.

An ordinary way to use the knife is on a cutting board on the drain board, so that the board extends slightly over the top of a container in the sink, which will hold the vegetables after they are cut or diced.

Place several stalks of vegetable in a parallel position on the board and point them toward the container.

Place the point of the knife on the board about three inches from the end of the board and keep it on the board. With the left hand, move the vegetable under the knife, and at the same time, rock the knife up and down, slicing the vegetable. In this way a rhythm is developed – pushing the vegetable cutting, pushing, etc. The chopped vegetables collect at the end of the board and drop into the container.

For mincing parsley and such materials you need merely pivot the knife to do the job.

A small, wide spatula – Often called a snack knife spreads butter or fillings on bread very neatly and easily. Also good for lifting pieces of pie or cake onto plates. Will cut also.

Serrated sandwich spatulas.

3. Ladles – Consider long-handled equipment.
4. Turner – long and short
5. Scoops – Use to place muffin mix into this, to serve potatoes, saves time, energy and gives uniform servings.