



Scratch Cooking-Easier Than You Think

Chef Jim Dumars, Child Nutrition Lead

Sally Spero, SNS, Child Nutrition Director

Lakeside Union School District





Scratch Cooking Benefits

- Customize recipes for your district or school
- Develop recipes for foods not commercially available
- Adjust recipes for fat, sodium, sugar, etc.
- Able to use more unprocessed foods
- Stretch commodity offerings



Help! I Don't Have A Kitchen!

- Salad Dressings
 - Fresh Ranch using mix
 - BBQ Ranch
 - Cilantro/Jalapeno
 - Caesar
- Chef Salads
 - Chicken Caesar
 - Taco
 - Buffalo Chicken



Salads





Help! I Don't Have A Kitchen!

- Cold Sandwiches
 - Cheese varieties (pepper jack, Swiss, gouda)
 - Bacon
 - Dijon, herb, honey mustard
- Side Dishes
 - Salsa
 - Bean dip
 - Flavored cream cheese



Energy Packs

- Meat/Meat Alternate
 - Cheese Sticks/Cubes/Cottage Cheese
 - Yogurt Cup
 - Bean Dip
 - Nut Butters



Energy Packs

- Grains
 - Crackers
 - Tortilla Chips
- Fruits and Vegetables
 - Apple Slices
 - Carrot Sticks
 - Marinara Sauce



Energy Packs





What Can I Do With Just An Oven?

- Rice Dishes
 - Flavored Rice (pilaf, Mexican, etc.)
 - Chicken and Rice
- Egg Dishes
 - Scrambled Egg Variations
- Bean Dishes
 - Baked Beans
 - Chili Beans



What Can I Do With Just An Oven?



What Can I Do with Just An Oven?





What Can I Do with Just An Oven?

- Roasted Vegetables
 - Seasoned Potato Variations
 - Sweet Potatoes
 - Carrots
- Grilled Cheese Sandwiches
 - Cheese Varieties
 - Bacon
 - Ham



The Great Big Kettle

- Hot Sandwich Fillings
 - Sloppy Joe
 - BBQ Chicken/Beef/Pork
- Pasta Dishes
 - Chicken and Noodles
 - Cheesy Noodles with Beef
 - Pizza Pasta
 - Macaroni and Cheese



The Great Big Kettle

- Soups
 - Cream Soup Base + Vegetables
 - Chicken Pot Pie
 - Minestrone
 - Ramen Noodles
 - Chicken Tortilla

Soaps





How Brave Are You?

- Baked Chicken Pieces
- Meatballs
- Quick Breads and Coffee Cakes
- Yeast Breads



How Brave Are You?





Meatballs





Chef Jim's Recipes In *Poppy Seeds*

- Spring 2014

- Chicken Pot Pie
- Baked Beans

- Summer 2014

- Ham and Cheese Pasta Salad
- Pizza Sauce
- Minestrone

- Fall 2014

- 2 Sisters Salad
- Chili with Beans

- Winter 2015

- Chicken and Rice
- Honey Mustard Spread

- Summer 2015

- Salsa/Avocado Crema
- Spicy Beans
- Cilantro Jalapeno Dressing

- Fall 2015

- Chicken Chipotle Sandwich
- Chicken Tortilla Soup



Putting the Food in “Food” Service





Out of the Kitchen, Into the Office

- Tools Needed
 - Pencil
 - Scratch Paper
 - Calculator
 - Food Buying Guide
 - Manufacturer Information
 - Patience and persistence!



Calculating Meat/Meat Alternate

- Using the Food Buying Guide
 - AP=As Purchased
 - Purchase Unit
 - EP=Edible Portion
 - Servings per Purchase Unit
 - Serving Size per Meal Contribution
 - Purchase Units for 100 Servings
 - Additional Information
 - An ounce is not always an ounce!



Taco Chef Salad Meat/Meat Alternate

- 1/8 Cup Black Beans
- 1/8 Cup Pinto Beans
- 1 oz. Shredded Cheese



Taco Chef Salad Meat/Meat Alternate

- $\frac{1}{8}$ Cup Black Beans + $\frac{1}{8}$ Cup Pinto Beans = $\frac{1}{4}$ cup Beans
- $\frac{1}{4}$ Cup Beans = 1 oz. Meat/Meat Alternate
- 1 oz. Cheese = 1 oz. Meat/Meat Alternate
- Total Meat/Meat Alternate for Recipe = 2 oz.



Chef Salad Meat/Meat Alternate

- 1 oz. Cooked Turkey
- 1 oz. Turkey Ham



Chef Salad Meat/Meat Alternate

- 1 oz. Cooked turkey=1 oz. Meat/Meat Alternate
- 1 oz. Turkey Ham not equal to 1 oz. Meat/Meat Alternate
- Ideas?
 - Add more cooked turkey
 - Add cheese or egg or other protein



Calculating Fruit/Vegetable

- Classifying vegetable correctly
- Determining yield
- Determining portion size



Taco Salad Vegetable

- 2 cups Romaine Lettuce
- 1/4 cup Red Pepper Strips
- 6 Cherry Tomato Halves



Taco Salad Vegetable

- 2 cups Romaine Lettuce=1 cup Dark Green
- $\frac{1}{4}$ cup Red Pepper Strips= $\frac{1}{4}$ cup Red Orange
- 6 Cherry Tomato Halves=5 is $\frac{1}{4}$ cup Red Orange
- Total for recipe=1 cup Dark Green, $\frac{1}{2}$ cup Red Orange



Taco Salad Vegetable Purchasing

- For 100 servings Romaine
 - 3.2 lb. Romaine
- For 100 servings Red Pepper Strips
 - 10.4 lb. Red Peppers
- For 100 serving Cherry Tomato Halves
 - 9.5 lb. Cherry Tomatoes



Calculating Grain Servings

- Check Whole Grain Equivalency Guidelines
- Example: 16 grams of whole grain
- OR 8 grams of whole grain and 8 grams enriched grain
- 1 oz.=28 grams



Cornbread Grain

- 38 oz. Cornmeal
- 42 oz. White Wheat Enriched Flour



Cornbread Grain

- 38 oz. Cornmeal + 42 oz. White Wheat Enriched Flour
 - 1 oz.=28 grams
 - 38 oz. +42 oz.= 80 oz.
 - 80 oz. x 28 =2,240 grams
 - 2,240 grams divided by 16 grams=140 1-Grain Servings



Calculating Food/Labor Costs

- Average wage per hour
- Meals per work hour
- Food cost of convenience food
- Food cost of scratch cooking
- Identify cost-neutral items
- Are you adding more hours?



Calculating Food/Labor Costs

- 2-Grain Muffin versus 2-Grain Sweet Bread
- 2-Grain Muffin \$.68 food + \$0 labor=\$.68/100 servings
- 2-Grain Sweet Bread \$.08 food
- \$60 divided by \$23/hour=2.6 hour of labor
- Look at your total program costs



How Can I Get Started?

- Select a recipe you are excited about
- Test batches
- Recipe analysis
- Resolve distribution issues
- Enjoy with your students!



And Finally....

- Scratch cooking done in all types of facilities
- Expand your offerings through scratch cooking
- Improve your program