



## Mise en Place: A Circle Story

If you give a student chef a recipe for Shrimp Rice Creole, the student chef is going to be very excited and want to make it right away! But first, the student chef will need to mise en place the cooking station.

If he/she needs to mise en place the cooking station, then he/she is going to have to read the recipe. If he/she reads the recipe, he/she will need to determine the necessary ingredients and equipment in order to make Shrimp Rice Creole. (List the tools/equipment, ingredients and amounts in the space

below.)

<u>Ingredients &amp; Amounts</u>	<u>Tools</u>	<u>Equipment</u>
Onion 1/2 cup	1/2c.	Refrigerator
Green pepper 1/2 cup	dry	
Celery 1/2 cup	M. cups	
Bay leaf - 1		
Shrimp (Frozen) 1 lb.		
Veg. oil 1/4 cup		
Brown Instant Rice 2 cups		
Tomato Sauce - 2 cans or 30 oz.		
Sugar - 2 teaspoons		
Salt - 2 teaspoons		
	Chef knife / cutting board chef / knife / cutting board chef knife / cutting board hand	
	liquid measuring cup	
	1c. measuring cup / Sauté pan (later)	
	Can opener	
	measuring spoons (1 tsp.)	
	measuring spoons (1 tsp.)	

Once he/she has determined the necessary ingredients, tools and equipment, he/she will need to prepare them so they are "cooking ready". The ingredient(s) that need(s) to be cooking ready include... (List the ingredient(s) and what needs to be done to make them cooking ready (cleaned, chopped, measured, etc.) in the space below.)

Onion - peeled / ~~chopped~~ (diced)  
Green pepper - cleaned / diced  
Celery - cleaned / diced  
Bay leaf - crush  
Shrimp - peel / thaw  
Measure Oil  
Measure Rice  
Open cans of tomato sauce  
Measure sugar + salt



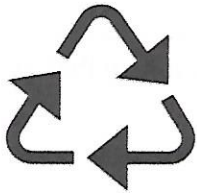
Being conscious of the workspace, he/she will want to keep it clean and organized while prepping the ingredients. To do this, he/she will need to manage what remains from the preparation of those ingredients into the correct category (*garbage, compost, recycle*). Sort what remains by listing it behind the correct disposal icon.



Shrimp peels/tails  
Shrimp Bag

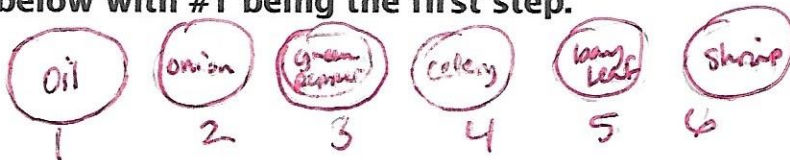


Onion skins  
Celery ends  
Pepper seeds/membranes



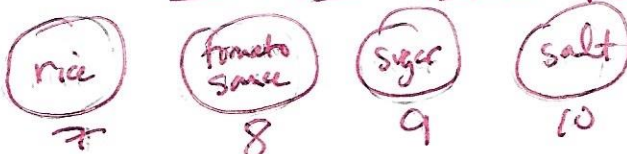
Tomato sauce cans  
Rice Box (if empty)

When he/she has everything in order, he/she will begin preparing the recipe by...Sequentially ordering the steps of recipe preparation in the space below with #1 being the first step.



#1 Heat oil in sauce pan

Saute onion, green peppers, celery, bay leaf + shrimp for 5 min.

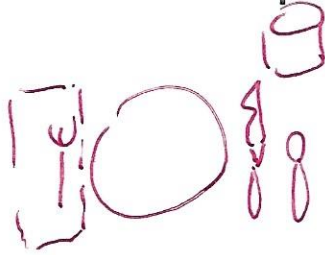


Add rice, tomato sauce, sugar + salt => Boil

Cover / Simmer over medium heat for 10 min.



Once the Shrimp Rice Creole is prepared, he/she will probably want to sample it. In order to properly eat this product, he/she will need to set the table. Draw what that would look like in the space below.



Anticipating the sensory pleasures this food will have will make his/her mouth water and he/she will want to dive right in. But then, he/she will remember to use his/her manners and slowdown in order to savor the experience! **Based on the ingredients, describe the tastes/flavors you think you will experience.**

*Robust / hearty w/ a bit of sweetness*

*Answers will vary*

After tasting the Shrimp Rice Creole, he/she will have this to say... (Write a 5+ sentence response about the food tasting and lab prep experience in the space below).

*Answers will vary*

Hearing your response will cause others to request this food. So, chances are you'll need to mise en place all over again in order to make more

Shrimp Rice Creole!

