

# No Time to Train

## Short Lessons for School Nutrition Assistants

### Equipment How To's: Braising Pan/Tilt Skillet

#### LESSON OVERVIEW

**Lesson Participants:** School Nutrition assistants/technicians/food preparation staff

**Type of Lesson:** Face to face, hands-on session in kitchen working with a braising pan, commonly referred to as a tilt skillet. It is recommended to assign no more than 8 participants per tilt skillet during the class.

**Time Needed to Conduct Lesson:** 15 minutes

**Lesson Description:** In this lesson, participants will learn techniques for safe use of the braising pan / tilt skillet to improve quality of foods produced in the School Nutrition program.

**Lesson Objectives:**

At the end of this lesson, participants will be able to:

1. Confidently operate and maintain a braising pan / tilt skillet while producing quality foods.
2. Identify menu items appropriate for preparation with a braising pan / tilt skillet.

#### GET READY TO TEACH

Review the preparation checklist and plan for session. Review operation manual for the tilt skillet from the Institute of Child Nutrition available here: <http://www.doe.in.gov/nutrition/indiana-no-time-train-lesson-plans>. Review the Instructor Script.

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### PREPARATION/PLANNING CHECKLIST

Use this Preparation Checklist to prepare for the training session. Track your progress by checking off tasks as they are completed.

<b>Done</b>	
<input checked="" type="checkbox"/> <b>Tasks</b>	
	<b>Before the Training</b>
<input type="checkbox"/>	Review the Institute of Child Nutrition manual “Using Equipment Safely and Efficiently” - 2002 BLT.
<input type="checkbox"/>	Review Instructor’s Script.
<input type="checkbox"/>	Prepare Certificates of Completion, if desired.
<input type="checkbox"/>	Create a sign-in sheet to record attendance at the in-service.
<input type="checkbox"/>	Copy Evaluation Form and gather pencils.
<input type="checkbox"/>	Gather and prepare supplies: <ul style="list-style-type: none"><li>• Equipment—Tilt skillet, hamburger turner or long-handled metal spatula, calibrated thermometer, 2-inch-deep half-size pan</li><li>• Oil (olive, olive/canola blend, or vegetable)</li><li>• Onions, fresh, 1 pound, sliced</li><li>• California Blend, 3 pounds, thawed 24 hours in advance</li><li>• Stir fry sauce, <math>\frac{3}{4}</math> cup – prepare from recipe or use purchased sauce</li><li>• Pan release spray</li><li>• Tasting spoons for participants</li><li>• Detergent or soapy water from pot and pan sink</li><li>• Green scrubbing pad</li></ul>
	<b>On Training Day</b>
<input type="checkbox"/>	Remind participants of scheduled training.
<input type="checkbox"/>	Set up Instructor’s table near the tilt skillet with gathered equipment, supplies, and Instructor’s Script.

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### LESSON AT A GLANCE (15 minutes)

Time	Topic	Task	Materials
1 minute	Introduction and Overview	Instructor will explain the advantages and safety features of using the Tilt skillet	Instructor's Script
13 minutes	Proper operation and use of the Tilt skillet	<ul style="list-style-type: none"><li>The instructor will:</li><li>Describe the operation of a Tilt skillet</li><li>Demonstrate how to stir fry vegetables</li></ul>	<ul style="list-style-type: none"><li>Equipment—Tilt skillet, hamburger turner or long-handled metal spatula, calibrated thermometer, 2-inch half-size pan</li><li>Oil (olive, olive/canola blend, or vegetable)</li><li>Onions, fresh, 1 pound, sliced</li><li>California Blend, 3 pounds, thawed 24 hours in advance</li><li>Stir fry sauce, <math>\frac{3}{4}</math> cup – prepare from district's recipe or use purchased sauce</li><li>Pan release spray</li><li>Tasting spoons for participants</li><li>Detergent or soapy water from pot and pan sink</li><li>Green scrubbing pad</li></ul>
	Cleaning of Tilt skillet	<ul style="list-style-type: none"><li>Show how to clean the skillet</li></ul>	
1 minute	Wrap Up	Re-cap and Evaluation	Evaluation form

#### Resources and references:

- Institute of Child Nutrition “Using Equipment Safely and Efficiently” - 2002 BLT available for view or download at <http://www.theicn.org/ResourceOverview.aspx?ID=116>.

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### INSTRUCTOR SCRIPT FOR TILT SKILLET

**SAY:** I am glad you are here to learn how we can safely and effectively use the braising pan, commonly called a tilt skillet. By learning the proper ways to use the tilt skillet, you will discover how to accomplish a lot more and prepare food that is of better quality. Learning how to use this equipment will help us work smarter, not harder and students will be impressed with improved appearance and aroma!

**SAY:** Let's take a closer look at the tilt skillet. This is a variation of the steam jacketed kettle (SJK) and has a rectangular shape and heat source on the bottom. It has a lip to pour out the product making it very useful for sauces, soups, and sautéing or stir frying vegetables. It even works great for grilled cheese sandwiches if your oven is full! And the best part, it's shorter than a SJK which makes cooking and cleaning a bit easier for those of shorter stature.

**SHOW and DO:** The controls are similar to a SJK – rotate to the right to turn on and to the left for off. The skillet tilts to allow for removing product or soapy water during cleaning. Just try it yourself.

**SAY:** Go ahead, turn the knobs! Allow participants to move the skillet up and down.

**SAY:** I am now turning the skillet on to medium heat so we can stir fry vegetables.

### ACTIVITY

**DO and SAY:** This skillet is so easy to operate. We will practice by making a stir fry of vegetables. The skillet is set to medium heat. To help with cleanup, spray the skillet with pan release spray before adding ingredients. Next, add 1 Tablespoon of olive oil or olive oil and canola blend. Add the sliced onions and sauté for about 3 minutes until lightly browned and caramelized. This adds sweetness to the vegetables. Now add thawed California blend vegetables and stir fry for about 5 minutes or until an internal temperature of 135°F.

**DO, SAY and ASK:** Use a hamburger turner or other long spatula to stir the product easily during cooking. Who wants to try stir frying? Stay with the skillet during stir frying as the product needs to be stirred about every 30 to 45 seconds. If the product is burning, lower the temperature. When cooking ground beef, you may need to add a small amount of water to prevent too much moisture loss. The faucet is also a great source for water in the kitchen. Be careful to keep it in a position so that the lid doesn't break the faucet. You wouldn't be the first school chef to make this mistake.

**SAY and DO:** Finally, turn the skillet completely off and wait 30 seconds. Now add the sauce and stir. Be sure to measure the temperature verifying the vegetables are at least 135°F or above.

**DO and SAY:** Remove the vegetables and place in a 2-inch deep steam table pan for service. Never use a 4-inch deep pan, because the vegetables will continue to cook becoming mushy and unappealing.

**ASK:** What are other menu items for which we might use the tilt kettle?

**LISTEN:** Allow participants to share menu items that could be prepared in the skillet.

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**DO:** Allow participants to taste test the California Blend Stir Fry.

**DO and SAY:** It is time to clean the skillet. Cool the skillet with plain water to prevent your soapy water from becoming too hot to handle later. After soaking, tilt the skillet to release the water. If you need to collect food particles to prevent clogging a floor drain, simply place a colander below the spout. Next add detergent or soapy water retrieved from the pot and pan sink. Scrub and rinse until skillet is sparkling clean. Return skillet to level position and keep the lid closed while not in use.

**SAY:** It is time to wrap up our session. Thanks for taking the time to practice. These new techniques should help make your work easier and increase meal appeal to our students. Today you earned 15 minutes of Food Production (2100) Training. Congratulations! Be sure you signed the roster and remember to file your Certificate of Completion with other training documents.