

# Culinary Skills Training: Part 11

## Who should attend?

This training is intended for **School Food Service** staff and **Family and Consumer Science (FACS)** educators looking to improve their culinary skills and apply them back in their school kitchens and classrooms.

## Who will be conducting it?

The training will be facilitated by Certified Institute of Child Nutrition (ICN) Trainer Julie Tunseth and Chef Elisha Gates.

## With Questions Contact:

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# AVOIDING MENU FATIGUE!

*Culinary Skills + New Recipes + Marketing = SUCCESS!!*

Are you looking for new recipes that will pack the flavor while still offering more fresh fruits, vegetables and whole grains? Let us help you **Avoid Menu Fatigue** by enhancing the taste expectations of the dishes you are serving and utilize creative marketing techniques to draw students into your breakfast and lunch program! Enjoy chef demonstrations and spend time sharpening your culinary skills while preparing, sampling and evaluating multiple prepared recipes.

## Participants will...

- Discover how to incorporate more vegetables into soups by using them as a thickener instead of using starches;
- Explore the use of self-serve bars for breakfast and lunch;
- Transform basic ingredients into multiple different menu items;
- Analyze strategies to enhance flavors and create variety in menu items;
- Learn tips for enhancing taste expectations of menu items;
- Evaluate Avoiding Menu Fatigue recipes;
- Create a recipe implementation plan;
- Apply scratch cooking skills;
- Integrate Smarter Lunchroom concepts.

## Training Dates and Locations:

- **Minot** on Wednesday, April 1<sup>st</sup> from 4:00-7:00pm
- **West Fargo** on Tuesday, April 7<sup>th</sup> from 4:00-7:00pm

Register Here: <https://tinyurl.com/culinary11>

How much does it cost? **\$35.00**

Interested in viewing past session recipes?

Visit: <http://tinyurl.com/culinaryrecipes>