

# FOUNDATIONS

## OF RESTAURANT MANAGEMENT & CULINARY ARTS

SECOND EDITION



### SAMPLE USE OF THE MISE EN PLACE REPORT: VELOUTÉ

Essential skills needed to execute velouté:

- Clarifying butter
- Making roux
- Preparing stock (chicken)
- Cooling stock



The velouté recipe can be found on page 374 in the Level One *Foundations of Restaurant Management and Culinary Arts, Second Edition* student textbook.



#### ESSENTIAL SKILLS: CLARIFIED BUTTER



If the planning of a particular recipe has an essential skill associated, the steps or guidelines would go here. For example, to make velouté, there are four essential skills that relate directly to the preparation. These are the basic formulas to apply to the recipe that describe a wide range of techniques and guidelines for accomplishing tasks.



This can be found on page 259 of the Level One *Foundations of Restaurant Management and Culinary Arts, Second Edition* student textbook.

1	Prepare a pound of butter and a small stockpot.
2	Over a low flame, gently melt the butter without disturbing it (no stirring), so it melts completely.
3	Ladle off the white liquid foam. Then ladle off the desired butterfat from the watery bottom portion, which is the milk proteins.
4	Discard the milk proteins.
5	Properly store and label the clarified butter.



#### ESSENTIAL SKILLS: PREPARING STOCK



This can be found on page 357 of the Level One *Foundations of Restaurant Management and Culinary Arts, Second Edition* student textbook.

1	Combine the major flavoring ingredient and the cold liquid.
2	Bring to a simmer.
3	Skim as necessary throughout the cooking time.
4	Add the mirepoix and aromatics in the last hour of cooking.
5	Simmer until the stock develops flavor, body, and color.
6	Strain, then use immediately, or cool and store. Straining through cheesecloth or a coffee filter helps to remove fat. Straining from the bottom is another option.

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### SAMPLE USE OF THE *MISE EN PLACE* REPORT: VELOUTÉ *(continued)*



#### ESSENTIAL SKILLS: MAKING ROUX



This can be found on page 362 of the Level One *Foundations of Restaurant Management and Culinary Arts, Second Edition* student textbook.

- 1 Heat clarified butter or other fat in a heavy saucepan.
- 2 Add flour and stir together with the fat to form a paste. Note: Most often, cooks use equal parts flour and fat (by weight), but some sources suggest 60 percent flour and 40 percent fat.
- 3 Stir the roux continually to prevent burning.
- 4 Cook the paste over medium heat until the desired color is reached.



#### ESSENTIAL SKILLS: COOLING STOCK



This can be found on page 358 of the Level One *Foundations of Restaurant Management and Culinary Arts, Second Edition* student textbook.

- 1 Transfer hot stock into a clean, cool stockpot or container, and put that into an ice-water bath. Stir stock often. When cooled, place the container in the cooler. Alternatively, break down hot stock into smaller portions.
- 2 Stir occasionally so the contents of the container cool at the same rate.  
**Note:** Do not put a large stockpot of hot stock in the cooler. It will warm the cooler and its contents. Cool it the proper way. First, cool stock from 135°F to 70°F (57°C to 21°C) within two hours. Then cool it from 70°F to 41°F (21°C to 5°C) or lower in the next four hours. The most effective way to do this is using an ice bath and stirring the stock.

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### SAMPLE USE OF THE MISE EN PLACE REPORT: VELOUTÉ (continued)

#### STANDARDIZED RECIPE:

<b>Name:</b> Velouté Source: Foundations of Restaurant Management and Culinary Arts: Level One, page 374.
<b>Yield:</b> 1 gallon
<b>Ingredients:</b> 8 fl oz Clarified butter 8 oz Flour 5 qt Chicken, veal, or fish stock, cold 1 teaspoon salt 1 teaspoon white pepper
<b>Portion size:</b> 4 fl oz.
<b>Temperature, time, and equipment:</b> No pre-heating instructions. Sauce will be cooked over medium-heat on the range.



In this section, copy the details of the recipe. In order to create a standardized recipe, it is necessary to add additional details and instructions for the professional kitchen. You may need to adjust some items, add or subtract ingredients, or insert notes or directions. Use your knowledge of culinary skills and techniques to make changes to the recipe. Feel free to add some unique touches or signatures to the dish. Always list the source of the recipe, and make note of the changes you may have made. That way, when testing the recipe, you can track the process of perfecting the elements within the standardized recipe.

The idea here is to create a recipe that can be used in the professional kitchen.



This recipe can be found on page 374 of the Level One *Foundations of Restaurant Management and Culinary Arts, Second Edition* student textbook.



This is the number of servings or the amount the recipe makes. This information is used to determine how much of the recipe quantity is needed. Yield is critical to understanding how much it will cost to produce the recipe.



These are the food items needed to make the recipe, usually listed in the order in which they are used. This list makes it easier to follow the recipe and not forget any ingredient.

- Each ingredient must be clearly defined. For example, stating "onion" is not specific enough; it provides many choices, such as yellow, red, white, green, or pearl.
- Amounts of each ingredient are also given. Avoid terms such as "to taste" and "as needed." Using specific amounts makes it more likely that the finished product will be what was intended by the creator of the recipe.
- In commercial recipes, weight is generally the preferred method for measuring ingredients rather than other customary measurements—such as cups or quarts, or stating "one onion" or "a large apple"—because weight is more accurate.



For example, you can change this here to a specific amount, like 1 teaspoon salt and 1 teaspoon white pepper.



This is the individual amount that serves a person. When testing the recipe, use the yield as a guideline to find a make-up tool and portion size that will create the desired yield.



This includes size and type of pans and other equipment needed, the oven temperature, cooking time, and any preheating instructions. This is more important for baking-type recipes, or where a very specific cooking time is required.

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### SAMPLE USE OF THE *MISE EN PLACE* REPORT: VELOUTÉ (continued)

#### STANDARDIZED RECIPE: (continued)

##### Step-by-step directions:

- 1 Heat the butter in a heavy saucepan. Add the flour and cook to make a blond roux.
- 2 Gradually add the cold stock a little at a time to the hot roux for proper tempering, stirring constantly with a whisk to prevent lumps. Bring to a boil and reduce to a simmer. (Seasonings are optional; their use depends on the seasonings in the stock and the sauce's intended use.)
- 3 Simmer and reduce to 1 gallon (4 liters), approximately 30 minutes.
- 4 Strain through a china cap lined with cheesecloth.
- 5 Melted butter may be carefully ladled over the surface of the sauce to prevent a skin from forming. Hold for service or cool in an ice-water bath.



This is how and when to combine the ingredients to prepare the dish.

##### Nutrition information:

###### RECIPE NUTRITIONAL CONTENT

Calories 51  
% calories from fat 69  
Total fat 4 g  
Saturated fat 2 g  
Cholesterol 9 mg  
Sodium 671 mg  
Carbohydrates 3 g  
Dietary fiber trace  
Protein 1 g  
Vitamin A 133 IU  
Vitamin C 0 mg  
Calcium 1 mg  
Iron 1 mg



This is not essential, but it is useful. Nutrition information may include amounts of fat (saturated and unsaturated), carbohydrates, protein, fiber, sodium, vitamins, and minerals.

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### SAMPLE USE OF THE MISE EN PLACE REPORT: VELOUTÉ (continued)

#### MISE EN PLACE PLAN:

Ingredients	Tools	Equipment	Notes
Step one: chicken stock			
10 pounds bones 7.5 qt. water 1 bay leaf 3 sprigs fresh thyme 1 clove ½ teaspoon peppercorns 10 oz. onion 5 oz. celery 5 oz. carrot	<ul style="list-style-type: none"> <li>Stock pot</li> <li>Slotted spoon or ladle to skim</li> <li>Pan for skimmed waste</li> <li>cutting board</li> <li>cleaning and sanitation buckets</li> <li>towels for cleaning and side towels for grabbing hot pans</li> <li>measuring spoons</li> <li>chef knife</li> <li>china cap</li> <li>cheesecloth</li> <li>scissors to cut cheesecloth</li> <li>large container to strain stock into, and to store to cool for later use in velouté</li> <li>Label/permanent marker to write label</li> <li>Other containers or ice bath to cool stock</li> <li>Volume measuring pitcher or container</li> <li>Waste pan</li> </ul>	<ul style="list-style-type: none"> <li>Scale to weigh ingredients</li> <li>Range burner</li> <li>Sink</li> <li>Ice machine</li> <li>Prep sink to make ice bath to cool stock, or cooler to chill the stock</li> </ul>	Basic ratio for making chicken stock: 8 pounds of bones 6 quarts of water 1 pound of mirepoix Aromatics of choice (sachet d'épices) Yield for chicken stock is 4 quarts. Velouté requires 5 quarts. Must increase the yield to 5 quarts. $5 \text{ qt.} = 4 \text{ qt.} (x)$ $x \div 4 = 5 \div 4 = 1.25$ The factor to increase the yield to 5 qt. is 1.25. Chicken stock: $8 \text{ pounds of bones} \times 1.25 = 10 \text{ pounds bones}$ $6 \text{ quarts of water} \times 1.25 = 7.5 \text{ qt. water}$ adding 1 pound of mirepoix (8 oz. onion, 4 oz. celery, 4 oz. carrot), $\times 1.25 = 10 \text{ oz. onion, 5 oz. celery, 5 oz. carrot}$ No need to increase yield for the sachet ingredients.



This is the detailed plan you will develop to execute the standardized recipe using the applicable essential skills. Make a plan that reflects the main element of the recipe. For example, to make velouté you will need to first make and cool stock, clarify butter, and make roux. This is your opportunity to plan the exact ingredients for each item, choose the specific flavor profile, and prepare each step to execute the recipe.



Make decisions about the flavor profile of the dish. For example, choose the flavor profile for the sauce, which will be chicken. This means making chicken stock. Using the basic ratio for making chicken stock, take note of the specific ingredients needed.



First, find the factor to increase the yield. To do this, solve for x. Divide both sides of the equation by 4, which equals 1.25. This is an increase of .25 from the original yield.



Then, multiply the factor and the ingredients to increase the yield.



The basic ratios for stock can be found on pages 356–357 of the Level One *Foundations of Restaurant Management and Culinary Arts, Second Edition* student textbook.



List all the knives, smallwares, or other tools required to complete this task.



List all the foodservice equipment needed to complete this task.



Create notes here to show any calculations needed to increase or decrease the yield or instructions for how to perform a specific task.

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### SAMPLE USE OF THE MISE EN PLACE REPORT: VELOUTÉ (continued)

#### MISE EN PLACE PLAN: (continued)

Ingredients	Tools	Equipment	Notes
Step two: clarified butter			
3 pounds butter	<ul style="list-style-type: none"> <li>• Stock or sauce pot</li> <li>• ladle to skim</li> <li>• Pan for skimmed waste</li> <li>• Container to store clarified butter in for later use</li> <li>• Label/permanent marker to write label</li> </ul>	<ul style="list-style-type: none"> <li>• Range burner</li> </ul>	For clarified butter Need a total of 8 oz clarified butter
Step three: roux for the velouté			
8 oz. flour 8 oz. clarified butter	<ul style="list-style-type: none"> <li>• Sauce pan</li> <li>• Whisk</li> <li>• Spatula</li> <li>• cleaning and sanitation buckets</li> <li>• towels for cleaning and side towels for grabbing hot pans</li> <li>• Waste pan</li> </ul>	<ul style="list-style-type: none"> <li>• Range burner</li> </ul>	For roux for velouté 8 oz Clarified butter 8 oz Flour Blond roux: This is cooked longer than white roux, until the flour turns golden and has a nutty aroma. It is used in ivory-colored sauces like velouté. Blond roux is a bit more flavorful and has a nutty taste to match the aroma.



List all the knives, smallwares, or other tools required to complete this task.



List all the foodservice equipment needed to complete this task.



Some ratios may need to be adjusted when converting or testing a standardized recipe. For example, a basic ratio for roux is 60:40 flour: fat, but this recipe calls for equal parts of clarified butter and flour. You could change the recipe to reflect the ratio, or even test the two different roux ingredient amounts to find the best option.



This note can be found on page 362 in the Level One *Foundations of Restaurant Management and Culinary Arts, Second Edition* student textbook.



Create notes here to show any calculations needed to increase or decrease the yield or instructions for how to perform a specific task.

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### SAMPLE USE OF THE MISE EN PLACE REPORT: VELOUTÉ *(continued)*

#### MISE EN PLACE PLAN: *(continued)*

Ingredients	Tools	Equipment	Notes
Step four: prepare velouté			
5 qt cooled stock, hot roux completed in previous step, combine and reduce to 4 qt or by a quarter (¼).	<ul style="list-style-type: none"> <li>• Stock pot or large sauce pan to hold 5 qt.</li> <li>• Whisk</li> <li>• Spatula</li> <li>• cleaning and sanitation buckets</li> <li>• towels for cleaning and side towels for grabbing hot pans</li> <li>• cheesecloth</li> <li>• scissors</li> <li>• twine</li> <li>• chinois</li> <li>• container to strain velouté into</li> <li>• Label/permanent marker to write label</li> <li>• Bain marie to hot hold</li> <li>• Ladle</li> <li>• Waste pan</li> </ul>	<ul style="list-style-type: none"> <li>• Range burner</li> </ul>	<p>For velouté:</p> <p>Could add a sachet for added flavor- note in recipe reads: Seasonings are optional; their use depends on the seasonings in the stock and the sauce's intended use.</p>



List all the knives, smallwares, or other tools required to complete this task.



List all the foodservice equipment needed to complete this task.



Create notes here to show any calculations needed to increase or decrease the yield or instructions for how to perform a specific task.

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### SAMPLE USE OF THE MISE EN PLACE REPORT: VELOUTÉ *(continued)*

#### MISE EN PLACE PLAN: *(continued)*

Steps	Timing and Notes
<p>1 Make chicken stock for velouté.</p> <ul style="list-style-type: none"> <li>a Combine the major flavoring ingredient and the cold liquid. To make stock, the ratio of liquid to flavoring ingredients is standard. To make one gallon of stock, use the following proportions: 8 pounds of chicken bones to 6 quarts of water, adding 1 pound of mirepoix</li> <li>b Bring to a simmer.</li> <li>c Skim as necessary throughout the cooking time.</li> <li>d Add the mirepoix and aromatics at the appropriate time, usually in the last hour of cooking.</li> <li>e Simmer until the stock develops flavor, body, and color.</li> <li>f Strain, then use immediately, or cool and store. Straining through cheesecloth or a coffee filter helps to remove fat.</li> </ul>	<p>6 hours to make, 8 or more hours in advance of velouté preparation, to include time for properly cooling the stock. Steps for making chicken stock.</p>
<p>2 Cool stock</p> <ul style="list-style-type: none"> <li>a Transfer hot stock into a clean, cool stockpot or container, and put that into an ice-water bath. Stir stock often. Alternatively, break down hot stock into smaller portions.</li> <li>b Stir occasionally so the contents of the container cool at the same rate.</li> <li>c When cooled, place the container in the cooler.</li> </ul>	<p>2–4 hours after making stock, prior to velouté preparation. Steps to cooling stock.</p> <p>Note: Do not put a large stockpot of hot stock in the cooler. It will warm the cooler and its contents. Cool it the proper way. First, cool stock from 135°F to 70°F (57°C to 21°C) within two hours. Then cool it from 70°F to 41°F (21°C to 5°C) or lower in the next four hours. The most effective way to do this is using an ice bath and stirring the stock.</p>
<p>3 Make clarified butter for roux for velouté.</p> <ul style="list-style-type: none"> <li>a Prepare a pound of butter and a small stockpot.</li> <li>b Over a low flame, gently melt the butter without disturbing it (no stirring), so it melts completely.</li> <li>c Ladle off the white liquid foam. Then ladle off the desired butterfat from the watery bottom portion, which is the milk proteins.</li> <li>d Discard the milk proteins.</li> <li>e Properly store and label the clarified butter.</li> </ul>	<p>1 hour in advance of velouté preparation</p> <p>Clarified butter is used for sautéing when the desired end product does not require undo browning. Milk proteins tend to brown when exposed to high heat. Clarified butter is the result of separating and removing the milk proteins from the fat to “clarify” the fat for use.</p>



Plot out the tasks and subtasks here to form your plan.



Make notes on how long it might take to complete a particular task or item. Adding notes here can be helpful in considering the fulltime for the item or the dish.

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#### SAMPLE USE OF THE *MISE EN PLACE* REPORT: VELOUTÉ *(continued)*

##### *MISE EN PLACE* PLAN: *(continued)*

Steps	Timing and Notes
4 Make roux for velouté. a Heat clarified butter or other fat in a heavy saucepan. b Add flour and stir together with the fat to form a paste. Note: Most often, cooks use equal parts flour and fat (by weight), but some sources suggest 60 percent flour and 40 percent fat. c Stir the roux continually to prevent burning. d Cook the paste over medium heat until the desired color is reached.	During preparation, less than five minutes for blond roux
5 Add cold chicken stock to hot roux, whisk to avoid lumps, and reduce to 4 qt over low heat.	Approximately 30 minutes, simmer over low heat to reduce.
6 Strain in chinois or china cap lined with cheesecloth. Store hot for service in bain marie or cool and store properly.	5 minutes to strain, store.

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### SAMPLE USE OF THE MISE EN PLACE REPORT: VELOUTÉ (continued)



List the ingredient to cost out here.



Record the amount required to prepare the recipe.



Use the percentage of the unit cost to find the total ingredient cost by multiplying the percentage or factor by the total cost.

#### RECIPE COSTING EXERCISE:

Ingredient	Unit Cost and Size	Amount in Recipe	Calculate the Percentage of Unit Cost	Total Ingredient Cost	Notes
Flour	25lb. bag = \$20.00	8 oz.	$1 \text{ lb.} = 16 \text{ oz.}$ $8 \text{ oz.} = 0.5 \text{ lb.}$ $25 \text{ lb.} \times 16 \text{ oz.} = 400 \text{ oz.}$ $8 \text{ oz.} \div 400 \text{ oz.} = 0.02$	$(\$20.00 \times 0.02) = 0.40$ $= \$0.40$	
Butter	1 case butter = 16 pounds = \$95.00	6 oz. clarified butter	$3 \div 16 = 0.19 \text{ case} \times \$95.00 = \$18.05$  $3 \text{ pounds butter} = 2.25 \text{ pounds clarified butter} = 36 \text{ oz.}$	$6 \div 36 = 0.16$ $0.16 \times \$18.05 = \$3.01$	The yield percentage for clarified butter is 75%
Chicken bones	1 case = 50 pounds chicken bones = \$35.00	10 pounds chicken bones	$\$35.00 \div 50 = \$0.70 \div \text{pound}$	$\$0.70 \times 10 = \$7.00 \div 10 \text{ pounds}$	
Water	n/a	7.5 qt. water	n/a	n/a	No cost for water
Bay leaf	1 case = 100 bay leaves = \$9.00	1 bay leaf	$\$9.00 \div 100 = \$0.09 \text{ per bay leaf}$	$\$0.09 \text{ per bay leaf}$ or $1 \div 100 = 0.01 \times \$9.00 = \$0.09$	Unit by count



Include the invoice price and size for the entire unit of the ingredient. For example, the cost of the 25 lb. bag of flour is \$20.00.



In this step, convert the ingredient amounts in the recipes to reflect the same units of measurement from the unit cost and size. For example, if the unit size is in pounds, and the amount in the recipe is in ounces, convert so that both items reflect the same units of measurement. This helps to calculate the percentage of the unit cost.



Add formulas or yield percentages here, or any additional information to show your work or how you might have found the answer.



In this example, consider that when you clarify butter, you will lose at least 25% of the whole butter when the milk fats and solids are removed. To find the cost for the amount of butter in the recipe, calculate the percentage of the unit cost from the whole butter first, then apply the yield percentage for clarified butter, 75%, to account for the loss in the price of the final ingredient.

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#### SAMPLE USE OF THE MISE EN PLACE REPORT: VELOUTÉ *(continued)*

#### RECIPE COSTING EXERCISE: *(continued)*

Ingredient	Unit Cost and Size	Amount in Recipe	Calculate the Percentage of Unit Cost	Total Ingredient Cost	Notes
Fresh thyme	1 case = 1 pound = \$12.00	3 sprigs fresh thyme	3 sprigs fresh thyme = 0.5 oz. 1 pound = 16 oz. $0.5 \div 16 = 0.03$	$0.5 \div 16 = 0.03$ $0.03 \times \$12.00 =$ \$0.38	Weigh the thyme to find weight of the portion to convert to the same purchase unit
$\frac{1}{2}$ teaspoon peppercorns, whole	1 container = 16 fl oz = \$8.50	$\frac{1}{2}$ t. peppercorns, whole	$\$8.50 \div 16 = \$0.53/\text{oz.}$ 1 oz = 2 T. 1 T. = 3 t. 1 oz. = 6 t 1 t. = $\frac{1}{6}$ oz. $\frac{1}{2}$ t. $\times \frac{1}{6} = 0.08$	$\$0.53 \times 0.08 \text{ oz}$ $= \$0.02 \div 0.08 \text{ oz}$ peppercorns or $\frac{1}{2}$ t.	Convert teaspoons (t.) to tablespoons (T.) to ounces
10 oz. onion	1 unit = 5 pounds = \$4.00	10 oz. onion	$\$4.00 \div 5 = \$0.80/\text{pound}$ 1 pound = 16 oz. $10 \text{ oz.} \div 16 \text{ oz.} =$ 0.625	$10 \text{ oz.} \div 16 \text{ oz.} =$ 0.625 $0.625 \times \$0.80 =$ $\$0.50 \div 0.625$ pound or 10 oz.	Find the fraction 10 oz. is out of 16 oz. to solve for the per pound unit price
5 oz. celery	1 unit = 5 pounds = \$4.50	5 oz. celery	$\$4.50 \div 5 = \$0.90/\text{pound}$ 1 pound = 16 oz. $5 \text{ oz.} \div 16 \text{ oz.} = 0.313$	$5 \text{ oz.} \div 16 \text{ oz.} =$ 0.313 $0.313 \times \$0.90 =$ $\$0.28 \div 0.313$ pound or 5 oz.	Solve for the per pound price, then find the fraction of 5 oz out of 16 ounces to solve for unit price
5 oz. carrot	1 unit = 5 pounds = \$4.45	5 oz. carrot	$\$4.45 \div 5 = \$0.89/\text{pound}$ 1 pound = 16 oz. $5 \text{ oz.} \div 16 \text{ oz.} = 0.313$	$5 \text{ oz.} \div 16 \text{ oz.} =$ 0.313 $0.313 \times \$0.89 =$ $\$0.28$ (rounded up from 0.2785) $\div$ 0.313 pound or 5 oz.	Solve for the per pound price, then find the fraction of 5 oz out of 16 ounces to solve for unit price

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#### SAMPLE USE OF THE *MISE EN PLACE* REPORT: VELOUTÉ *(continued)*

##### Lab Report: Summary Response

Velouté is one of the mother sauces that can be made with veal, fish, or chicken sauce. It is the basis for dishes like chicken and dumplings or gravies made by adding cream. To make velouté, there are four major essential skills to apply: preparing stock, cooling stock, clarifying butter, and making roux.

I began by preparing the *mise en place* for chicken stock and made the chicken stock. Because the stock had to simmer for 6 hours, Chef strained and cooled the stock for us to use the next day.

Then, my partner and I clarified butter. As the butter was slowly melting, we gathered our *mise en place* for making roux, and the 5 quarts of chicken stock we need to add to the roux for the velouté. We used a 60% to 40% ratio, so that works out to 10 oz. of flour, and 6 oz of clarified butter. And that is by weight, not volume. After we skimmed the butter, we made the roux with the clarified butter and flour. Blond roux doesn't take long at all, just barely more color than pale roux. Because the roux was hot, we whisked in cold stock. (If the stock was hot, we could make roux and chill it to achieve the same affect.) To finish the velouté, we whisked it to remove any lumps, and simmered to reduce the sauce by about  $\frac{1}{4}$ .



Record the summary of executing all steps to the *mise en place* plan, how making all the items went in the lab, and any additional details the instructor may want included.

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## SAMPLE USE OF THE *MISE EN PLACE* REPORT: VELOUTÉ *(continued)*

### PLATING DIAGRAM:

Velouté is served as part of another dish, so no plating diagram is needed.

