

Chapter 7

PROFESSIONAL EXPECTATIONS

TOPICS

- **7.1 The Expectations of an Industry Professional**
- **7.2 Your Relationships at Work**
- **7.3 Personal Health and Wellness**

SKILLS

- **Basic Expectations for Employees**
- **Handling Self-Imposed Pressures**

RECIPES

- **Potato Latkes** **Bonus Recipe included in this manual*
- **Three Sisters Soup (First Nations)** **Bonus Recipe included in this manual*

Part 1: SKILLS

Essential Skills: Basic Expectations for Employees (Section 7.2)

You will need

- **Time:** 45 minutes
- **Skills:** Self-reflection
- **Materials:** Pen/pencil

Steps

1. Take some time to reflect on the basic expectations for employees and how you currently meet those expectations.
2. List examples of how you meet the following expectations:

- a. What are some methods you use to get yourself to work on time or remember your work schedule?

[Answers will vary.](#)

- b. What are some personal hygiene practices you follow to look professional at work?

[Answers will vary.](#)

- c. Give an example of how you keep a positive attitude at work.

[Answers will vary.](#)

- d. Give an example of how you stay calm under pressure.

[Answers will vary.](#)

- e.** What is one way that you practice courtesy toward coworkers or guests?

[Answers will vary.](#)

- f.** How do you show you are a strong team player at work or school?

[Answers will vary.](#)

- g.** What is a good tip for following directions well or completing a work assignment in a timely manner?

[Answers will vary.](#)

- h.** What is one way that you practice communicating clearly and frequently with coworkers, classmates, or your boss?

[Answers will vary.](#)

- i.** Give an example of when you showed empathy for a coworker or guest. How does it feel when someone has shown you empathy or validates your feelings?

[Answers will vary.](#)

- j.** What was a good piece of advice or feedback that a coworker or supervisor gave you?

[Answers will vary.](#)

Reflection

How does dressing professionally and practicing good personal hygiene help your performance at work? What is one way that you try to give a professional appearance?

Answers will vary but may include: When I am well dressed and feel good about how I look, I feel better at work and have more energy. When I forget to shower or take care of myself, my energy levels drop, and I feel cranky. My hair is neatly cut or tied back, my clothes are clean, my clothing fits properly, etc.

Just as you need to practice knife skills to improve your knife cuts, which skill in the area of basic expectations for an employee do you feel you need more practice with?

Answers will vary but may include: Sometimes I forget to write down my schedule, then I feel flustered when I have to change my plans. I need to practice putting my schedule into my phone calendar with alert reminders.

How do you prefer to receive feedback from coworkers or supervisors? Have you communicated this preference to them?

Answers will vary but may include: I prefer to have a private conversation about ways I can improve at work. I am easily embarrassed and would feel terrible if a supervisor pointed out my mistakes in front of coworkers or guests. I was upfront with my supervisor and told them this right away.

Essential Skills: Handling Self-Imposed Pressures

(Section 7.3)

You will need

- **Time:** 30–45 minutes
- **Skills:** Spaced practice/learning, *mise en place*, taking small steps
- **Materials:** (Depends on activity chosen) computer/tablet, flashcards, journal, two or three healthy recipes

Steps

Choose one of the three activities below and follow the steps. Regardless of the activity you choose, be sure to answer the Reflection questions. (Note: If you choose one of the activities that spans over a week or longer, just start it for now and answer the Reflection questions. Then, do your best to continue your chosen activity as applicable, and stay mindful and reflective about it.)

Activity 1: Eating the Elephant

Some tasks seem too large or daunting to complete. It can feel like you have to eat an elephant in one bite! If we eat that elephant, one bite at a time over a long period of time, it can help reduce our stress and anxiety over large tasks.

1. Choose either a project you need to complete or a test you need to study for.
2. Instead of finding a large block of time to complete the task, look for micro-moments, 2–5 minutes at a time over a few days, to work on the task. What does this look like? Examples: Study flash cards while riding the bus, research one fact for a presentation while waiting in the lunch line, or review the online study set your teacher made for you while waiting for the last period bell to ring.

Doing these small tasks throughout the day can make the minutes you spend working on the large task really add up! Consider whether this method of breaking down the task made a difference in your stress and anxiety levels for the project or test.

Activity 2: *Mise en Place* for Health

Many people will lament that the most difficult part of eating healthier is the time it takes to prepare fresh meals. As culinary students, our friend, *mise en place*, can help with this dilemma!

1. Start by choosing two or three healthy recipes you would enjoy eating. Imagine that you plan to cook the meals on Monday, Wednesday, and Friday evenings during the week, and eat the leftovers from these meals on Tuesday, Thursday, and Saturday.
2. Assume that, for this activity, you choose Sunday, as your “prep” (or *mise en place*) day. Which ingredients from your chosen recipes could you wash, cut, and measure ahead of time? (You could also choose Tuesday or Thursday for your *mise en place* day and adjust your plan accordingly.)

3. Use the example below (which sets Sunday as the *mise en place* day) to complete the chart with a plan for your week of healthy meals:

Day	Example Healthy Meal Prep Plan	Your Healthy Meal Plan
Sunday (Prep)	• Make salad dressing • Cut vegetables for Chicken and Spinach Salad • Cook chicken	Answers will vary but should resemble the example to the left and seem logical/realistic.
Monday (Cook)	• Make Chicken and Spinach Salad	
Tuesday (Leftovers)	• Cut vegetables for bean salad • Drain and rinse beans • Make dressing for bean salad	
Wednesday (Cook)	• Make Mediterranean Bean Salad	
Thursday (Leftovers)	• Cut chicken for fajitas • Cut vegetables for fajitas	
Friday (Cook)	• Make Sheet Pan Chicken Fajitas	
Saturday (Leftovers)	• Plan and shop for next week	

Activity 3: Small Steps to Fitness

One of the most difficult aspects of implementing an exercise routine is getting started. We often think we must exercise for long periods of time to derive any benefits, but the latest research is finding small bursts of activity can be very beneficial. The first step is finding a physical activity you actually enjoy! We are more likely to do an activity we enjoy.

1. Research 10-minute workout videos on Youtube.com and find one you might enjoy. Many video game systems also have fun physical activity games.
2. Try to complete the workout you chose in 10 minutes, at least 2–3 days per week. Journal or log the days you complete the workout.
3. Slowly work your way up to completing the workout 4–5 times per week. After you can consistently achieve 4–5 times per week, add a second 10-minute session at a different time in the day, 2–3 times per week. Keep journaling your progress!

Progress can look different for everyone. Progress might mean that you feel less anxious, have more energy, or sleep better. Do not be too hard on yourself if you make great progress at first but then, for example, your fitness plans get interrupted or your schedule changes. You can always adjust to fit your lifestyle, week-to-week or day-to-day.

Reflection

What do you think is the most challenging part of studying or working on projects in such small chunks of time?

Answers will vary but may include: I tend to scroll on my phone and forget to use those small chunks of time to study. I prefer to work on projects when I have large chunks of time, because I like to see lots of progress.

Besides finding time to make healthy meals, what other challenges might there be to making fresh, healthy meals?

Answers will vary but may include: Being able to afford organic or fresh ingredients. Fresh ingredients may not be in season. I am a picky eater.

What is your favorite physical activity? What is your reason for not doing it more often?

Answers will vary but may include: I really enjoy _____, but I have a very busy schedule during the school year, and it is difficult to find balance in my schedule.

Part 2: ACTIVITIES

Math Activity (Section 7.3)

In general, it can take around 20 hours to learn a new skill. Based on the “Eating the Elephant” concept from the “Essential Skill: Handling Self-Imposed Pressures” activity, figure out how many 5-minute practice sessions Matteo will need to learn a complex skill, as follows:

Matteo wants to learn and be consistently good at the tourné knife cut (7-sided football shape). He decides to practice in 5-minute increments, once before breakfast, once during his culinary class, once after school, and once before bed. He plans to do this 5 days a week. How much time would he get to practice this skill if he did it for 5 days in a row?

$$\begin{array}{ccccc} \underline{5} & \times & 20 & = & \underline{100} \text{ minutes} \\ & & & & \text{(or } \underline{1.6} \text{ hours)} \\ \text{Number of} & & \text{Number of} & & \text{Number of} \\ \text{days practicing} & & \text{minutes practicing} & & \text{minutes/hours} \\ \text{during the week} & & \text{per day} & & \text{practiced for the week} \end{array}$$

How many minutes (or hours) would he get to practice if he also practiced 4 times a day, for 5 minutes each time, on Saturday and Sunday?

$$\begin{array}{ccccc} \underline{7} & \times & 20 & = & \underline{140} \text{ minutes} \\ & & & & \text{(or } \underline{2.3} \text{ hours)} \\ \text{Number of days} & & \text{Number of} & & \text{Number of} \\ \text{practicing} & & \text{minutes practicing} & & \text{minutes/hours} \\ & & \text{per day} & & \text{practiced for the week} \end{array}$$

How many days of practice would it take Matteo to learn and be consistently good at the skill of making a tourné knife cut, if he continued at the pace of 4 practices of 5 minutes each a day? (*Hint: 20 minutes is one-third of 60 minutes, which equals 0.33 hours.*)

$$\begin{array}{ccccc} \underline{20} & \div & .33 & = & \underline{60} \text{ days} \\ \text{Number of} & & \text{Number of} & & \text{Number of} \\ \text{hours needed to} & & \text{hours practicing} & & \text{days for Matteo to} \\ \text{learn a skill} & & \text{a day} & & \text{learn the skill} \end{array}$$

Research Activity: Culinarian's Code

Most workplaces have an ethics code or a code of conduct that they expect employees to follow. This helps guide employees about what is acceptable and unacceptable behavior when dealing with guests, coworkers, and vendors.

Research the American Culinary Federation's Culinarian Code online. In your own words, what does this code say about how members of the American Culinary Federation should conduct themselves while on the job?

Answers should include: Sharing professional knowledge with other culinarians; be fair and cooperate with my coworkers; be respectful and professional when dealing with coworkers; will not behave in risky or unethical ways to get ahead; support the success, growth, and futures of coworkers.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Part 3: RECIPES

Potato Latkes

(Bonus recipe not included in textbook)

People who practice the Jewish faith follow specific rules regarding what foods they are allowed to eat and when, often referred to as “keeping kosher.” If the potato pancakes in this recipe are made with *schmaltz* (chicken fat), they should not be served with sour cream in order to keep them kosher. These potato latkes are traditionally served around the holiday of Hanukkah. The story of Hanukkah involves oil lamps staying lit for eight nights, when there was only enough oil to last for one night. Potato latkes are made on Hanukkah because they are fried in oil, symbolizing the miracle of the oil lasting the eight nights.

You will need

- **Time:** 1 hour
- **Skills:** Assembling a food processor, shallow frying

Check each item off as you collect it.

Equipment

- | | |
|---|--|
| ☐ Scale | ☐ Food processor with shredding attachment (large and fine holes) |
| ☐ Dry measuring cups | ☐ Medium bowl |
| ☐ Measuring spoons | ☐ Strainer |
| ☐ Liquid measuring cup | ☐ Tea towel or cheesecloth |
| ☐ Custard cup | ☐ Fork |
| ☐ Fork | ☐ Skillet |
| ☐ Cooling rack placed over a sheet pan | ☐ Digital thermometer |
| ☐ Cutting board | ☐ #20 scoop |
| ☐ Chef's knife | ☐ Spider or metal slotted spatula |
| ☐ Vegetable peeler | |

Ingredients

Yield: 24 latkes

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|--|---|
| ☐ 2½ lb. Yukon Gold potatoes, peeled and shredded | ☐ ½ tsp. Black pepper, ground |
| ☐ 1 Large onion, shredded | ☐ 1½ cups Avocado, peanut, or grapeseed oil |
| ☐ ¾ cup matzo meal or breadcrumbs | ☐ ¼ cup <i>Schmaltz</i> (chicken fat), optional |
| ☐ 2 Large eggs, beaten | ☐ Sour cream for serving (Note: Do not use if making with <i>schmaltz</i> to keep kosher.) |
| ☐ 1 Tbsp. Potato starch | ☐ Applesauce, for serving |
| ☐ 1¼ tsp. Kosher salt | |

Mise en Place

- Wash and peel potatoes.
- Peel onion.
- Beat eggs in a custard cup with a fork.

Steps

1. Place wire cooling racks inside a sheet pan.
2. Cut potatoes into large chunks and shred using a food processor with a shredding attachment that has *large* holes.
3. Place the grated potato into a medium bowl and immediately cover with cold water. Meanwhile, grate the onion using the food processor attachment with fine holes.
4. Drain the potato shreds in a strainer. Rinse and dry the bowl used to soak the potato shreds and set aside.
5. Place the drained potato shreds and grated onion in the center of a clean tea towel or several layers of cheesecloth. Wrap the shreds up in the cloth, twisting the cloth to secure the bundle, and squeeze firmly to remove excess liquid from the shreds.
6. Pour the potato and onion into the clean, dry bowl. Stir the shreds with a fork to make sure the grated onion is evenly mixed throughout the potato shreds.
7. In a skillet, add oil to reach about 1/8-inch deep. If using schmaltz, add ¼ cup to the oil. Heat slowly over medium to about 365°F (185°C).
8. While the oil is heating, use the fork to stir the matzo meal, beaten eggs, potato starch, salt and pepper into the potato and onion shreds.
9. Using a #20 scoop, scoop up the potato mixture and shape it into a tightly compact disc. Place the disc carefully into the hot oil using a spider or metal-slotted spatula. The oil should sizzle when the latkes touch the oil. Continue shaping the latkes and fry in batches of 4 or 5 latkes at a time for 2–3 minutes per side or until golden brown on each side.
10. Remove latkes from pan and place them on the wire cooling rack. Serve hot with sour cream (if using) or applesauce.

Potato Latkes Questions

Tasting notes

Answers will vary.

Did anything surprise you while preparing this item?

Answers will vary.

What would you change if you prepared this item again?

Answers will vary.

What are some examples of “keeping kosher” when it comes to preparing food for people of the Jewish faith?

Answers will vary, but may include: No eating pork products, no eating meat and dairy at the same time, meat and dairy should be prepared and cooked using separate cookware, no eating shellfish, no eating blood, no eating insects.

Three Sisters Soup (First Nations)

(Bonus recipe not included in textbook)

The First Nations people were the original inhabitants of North America, and they cultivated many native plants, including squash, beans, and corn. They used a farming method known as “Three Sisters” where each plant supported the others. The beans enriched the soil with nitrogen, which helped the corn grow. The tall corn stalks provided support for the beans to climb, while the squash spread across the ground, blocking weeds. Although First Nations people now make up about 2 percent of the U.S. population, many of today’s beloved foods—including corn, beans, and squash—were first cultivated by them long before the arrival of immigrants from across the globe.

You will need

- **Time:** 1½–2 hours
- **Skills:** Knife skills

Check each item off as you collect it.

Equipment

- | | |
|---|---|
| ☐ Liquid measuring cup | ☐ Blender |
| ☐ Dry measuring cup | ☐ Can opener |
| ☐ Measuring spoons | ☐ Large saucepan |
| ☐ Cutting board | ☐ Ladle |
| ☐ Chef’s knife | |

Ingredients

Yield: 4 servings

- | | |
|---|---|
| ☐ 3 Tbsp. Butter | ☐ ⅛ tsp. Crushed red pepper |
| ☐ 1 cup Onion, diced | ☐ 4 cups Chicken or vegetable stock |
| ☐ 1 clove Garlic, minced | ☐ ½ cup Yellow corn kernels, fresh or frozen |
| ☐ 1 Butternut or acorn squash,
pre-baked and pureed | ☐ ½ cup canned Hominy, drained and rinsed |
| ☐ 1 tsp. curry powder | ☐ 1 cup canned White beans, drained and rinsed |
| ☐ ½ tsp. Salt | ☐ Chives, minced (garnish) |
| ☐ ¼ tsp. Ground coriander | ☐ Plain yogurt or sour cream (garnish) |

Mise en Place

- Cut squash in half, de-seed, bake until tender, remove peel, puree in a blender until smooth.
- Dice onion.
- Mince garlic.
- Open cans of hominy and white beans, drain and rinse.

Steps

- 1. Melt butter in a large saucepan over medium-high heat. Add onion and garlic; cook for 3–5 minutes or until tender.
- 2. Stir in curry powder, salt, coriander, and crushed red pepper; cook for 1 minute.
- 3. Add stock, corn, hominy, and beans. Bring to a boil, reduce heat to low, and cook, stirring occasionally, for 15–20 minutes to develop flavors.
- 4. Stir in pureed squash, cook for 5 minutes or until heated through.
- 5. Serve warm with minced chives and plain yogurt or sour cream as a garnish.

Three Sisters Soup Questions

Tasting notes

Answers will vary.

Did anything surprise you while preparing this item?

Answers will vary.

What would you change if you prepared this item again?

Answers will vary.

What other foods were first cultivated by the indigenous people living in North and South America?

Answers will vary, but may include: Vanilla, chocolate, tomatoes, potatoes, bell and chili peppers, avocados, cranberries, pineapple, sweet potatoes, wild rice, and peanuts.
