Gettin’ Saucy with Your Menus

Chef Sharon Schaefer, SNS
Sharon Schaefer, SNS

- Facebook
  Sharon Schaefer/Evolution of the Lunch Lady
- Twitter
  ChefSharonSNS
- Pinterest
  Evolution of the Lunch Lady
- Instagram
  evolutionofthelunchlady
- Blog
  https://chefsharonschaefer.wordpress.com
- Email
  chefsharonschaefer@gmail.com
Affiliation/Disclosure

Sharon Schaefer, SNS

Employee
- Gretna Public Schools, Gretna NE

Owner
- Evolution of the Lunch Lady, LLC

Board Member/Advisory Panel
- School Nutrition Association, Chef’s Task Force Midwest Representative
- Healthy School Recipes, Advisory Board
- Institute of Child Nutrition, Chef Advisory Group
Today’s Inspiration

Sauces from around the globe to SPICE up existing menus.
Why sauces? …condiments?

Work with existing menu items
  • ADD to your menu
  • TRANSFORM simple items

  • Offer International week or make new flavors part of menu cycle
6 regions to discover

1. Italy
2. Vietnam
3. Spain
4. Nordic Region
5. Caribbean
6. Brazil
Italy

Fresh herbs
Olive Oil
Garlic
Cheese
Pesto
Pesto Recipe

- 5 cups spinach
- 5 cups basil
- 1 cup walnuts (sub 1 cup crouton for nut free)
- 1 cup parmesan
- 15 garlic cloves (1/4 cup)
- 2 tsp kosher salt
- 2 cups olive oil

Note: 1 standard bunch fresh herbs equals apx. 5 cups
Menu Ideas for your program…
Vietnam

Vinegar
Fermented sauces
Garlic
Umami
Nuoc Cham
Nuoc Cham

- 15 garlic cloves (1/4 cup)
- 8 dries chilies
- 2 ½ cups sugar
- 4 cups water
- 1 ¼ cup rice wine vinegar
- 1 ½ cup fish sauce
- 6 juiced limes (1/4 cup)

Note: garnish with shredded carrot, cilantro, and lime
Menu Ideas for your program…
Spain

Tomatoes
Peppers
Garlic
Herbs
Romesco
Romesco

- 5 cups parsley
- 10 garlic cloves
- 3 cups olive oil
- 2 tsp. salt
- 5 cups roasted red peppers
- 1 cup almonds (substitute croutons for nut free)
- 2 ½ cups tomato puree
- ¾ cup apple cider vinegar
- 1 tsp. paprika
- 2 tsp. cayenne
Menu Ideas for your program…
Nordic Region

Vinegar
Preservation
Garlic
Scallion
Picklin’

PICKLED VEGETABLES
Picklin’

- 2 2/3 cups water
- 2 2/3 cups vinegar
- 2 cups sugar
- 2 tsp. salt
- 6 cups shredded vegetables
Menu Ideas for your program…
Caribbean

Fresh Herbs
Sweet Peppers
Tropical
Acid
Sofrito

• 10 cups cilantro
• ¼ cup olives
• 8 cloves garlic
• 1 medium red peppers
• 2 medium green peppers
• 1 medium onion

Notes: 1 bunch fresh herbs equals apx. 5 cups
Menu Ideas for your program…?
Brazil

Fresh Herbs
Garlic
Olive Oil
Fatty Meat
Chimichurri
Chimicurri

- 5 cups cilantro
- 5 cups parsley
- 2 cups olive oil
- 1 cup apple cider vinegar
- 10 cloves garlic
- 2 tsp. salt
- ½ medium onion

Notes: 1 bunch fresh herbs equals apx. 5 cups
Menu Ideas for your program…?
Region Review

1. Italy --- Pesto
2. Vietnam --- Nuoc Cham
3. Spain --- Romesco
4. Nordic Region --- Picklin’
5. Caribbean --- Sofrito
6. Brazil --- Chimichurri
Ideas that work!

• Add to condiment stations
• Combine with mayo for new sauce
• Add as spread to wraps and sandwiches
• Add to hot entrees and vegetables
WAIT! ……and there’s more!

- Use videos to
  - Train staff
  - Content for digital screens in cafeteria
  - Homeroom videos
  - Cooking clubs
  - Share with parents and other stakeholders
Evaluate This Session

Use the ANC App to evaluate the education sessions you attend and you will automatically be entered to win a FREE registration to ANC 2020 in Nashville.*

One entry per person. VOID WHERE PROHIBITED OR RESTRICTED BY LAW.
Thank You!