

# Chico on \$10 a Day

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<b>Job Title:</b>	Salad				
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<b>Created by:</b>	Alanna Blakemore	<b>Number of Pages:</b>	3 pages		
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Timeline	Tasks
9:00	Check in with Stephanie in food lab, Tehama 118.
9:10	Eat Bagels and Drink Coffee
	Delegate responsibilities to each person
9:50	Obtain reusable bags from Stephanie/wagon and walk to farmers' market (at 2nd and wall street)
10:20	Arrive at Farmers Market and meet with assigned buyer
10:40	Went to produce stand with the buyer and picked up 6 bags of mixed greens (\$6.00)
10:45	Went to cheese stand with buyer and bought 7 oz of herb goat cheese and 4 oz of regular goat cheese (\$11.00)
10:50	Went to nut stand with the buyer and bought a pound of raw walnuts (\$6.00)
10:55	Walked to citrus stand with buyer and bought 2 Taracco Strawberry oranges and 4 navel oranges (\$3.25)
11:00	Walked back to Tehama 118 and waited for the rest of the class to come back. Place goat cheese in nearby refrigerator.
11:25	Tie back long hair into a ponytail. Wash hands with soap and 100F° water for 20 seconds. Dry hands with single use paper towel and throw away.
11:30	Grab the largest bowls and strainers from the cabinets above the ovens (closest to unit four and refrigerators).
11:35	Wash the 6 bags of lettuce under cold running water in the strainer. Once lettuce is clean place a large bowl to enclose strainer and shake excess water from lettuce. Once water is removed, place lettuce in bowl and set aside. Continue with the 5 remaining bags of lettuce until all are clean.
	While two group members are washing the lettuce. One group member should be peeling and cutting the 6 oranges into bite size pieces. Once all oranges are cut, place into separate bowl and set aside. At the same time, the fourth group member needs to wash six green apples (provided by Stephanie). After the apples are clean, they should be cut into 1/8" wedges and placed into a medium sized bowl. Cut and squeeze out the juice of 2 lemons into the bowl with the apples and add 4 cups of cold water (to prevent browning). Place aside.

11:35 continued	Once the apples are cut into slices the same group member should quarter the walnuts using a cutting board and a chefs knife. Once the walnuts are quartered, place in medium sized bowl and set aside. Once the walnuts and apples are complete the goat cheese needs to be crumbled. Both goat cheeses need to be removed from the refrigerator. Unwrap the cheeses and place on a cutting board. Obtain a fork from the drawer underneath the microwave in station 4. Use the fork to pull apart and break the cheese for a crumbled product.
12:00	Prepare Salad Dressing: Obtain extra virgin olive oil and balsamic vinaigrette from food cart, Dijon mustard and honey from refrigerator number 2 and fresh pepper grinder from cabinet above stove in unit 4. In medium glass bowl mix 1 1/2 cups of olive oil, 1 cup of balsamic vinegar, 2 tablespoons of Dijon mustard, 1 heaping tablespoon of honey and whisk together until all the ingredients are blended. Add freshly ground pepper to taste, approximately 20 pumps of pepper.
12:15	Each group member dipped lettuce into prepared salad dressing to ensure quality taste.
12:25	While waiting for other groups to finish, we tasted Panini's and spritzer. After tasting sample foods, clean up cutting boards and knives. Wash in sink with hot water and soap separately (do not place knives in soapy sink!) Place washed cutting board and knives in drying rack.
12:50	Obtained extra large bowl from station 3 to add all ingredients for salad. First add the washed lettuce into the extra large bowl, then add the sliced apples and oranges, finally add the walnuts. Pour half the dressing over the lettuce, oranges, apples and walnuts. Toss the salad until dressing is incorporated and ingredients are evenly distributed. Obtain croutons from lab group who was assigned to prepare croutons. Add 5 cups of croutons and all of the crumbled goat cheese to the salad mixture. Pour in the rest of the dressing and toss until all ingredients are evenly distributed.
1:25	Obtain salad tongs and place into bowl. Take finished salad into tasting room and place on table.
1:30	Sit at table and wait for the rest of the class. Once the whole class is seated begin to serve yourselves the other dishes made by the rest of the class. Pass around the dishes until each person has an opportunity to sample the menu items. Enjoy the food.
2:15	After everyone is done eating, collect dishes, salad bowl, and tongs from the table. Bring into kitchen to wash. Wash dishes in hot water with soap. Place on drying rack. Other group members obtain drying towels and dry dishes. Return dishes and utensils to correct location.
2:35	Wipe down counters using disinfectant spray and clean towels located under the sink. Dry the sink with clean towel. Place dirty and wet towels in laundry bin located next to refrigerators.
2:45	Conduct inventory on unit. Obtain the inventory binder for specific unit and fill out a yellow inventory sheet. Check each drawer and cabinet to ensure correct items are present. Once everything is accounted for have professor sign inventory sheet.

Created by:

Alanna Blakemore, Lauren Bollier, Talia Fenech, Alesha Murcko

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Authorization:

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Stephanie Bianco-Simeral, Course Instructor