

BATCH COOKING SEQUENCE

Target Duration: 120 Minutes

Date: ____ / ____ / ____

Start

Activity / Task Description

Station

00:00

Preheat oven to 400F & boil large pot of water

Oven / Range

00:10

Chop all root vegetables (Carrots, Potatoes, Onions)

Prep Board

00:25

Season & tray-up proteins for roasting

Oven

00:40

Start grains (Rice/Quinoa) and pasta

Range

01:00

Prepare sauces, dressings, and cold garnishes

Blender/Prep

01:30

Remove roasted items; begin portioning containers

Cooling Rack

01:50

Final assembly, labeling, and fridge organization

Storage

STORAGE & COOLING NOTES