



Date: September 10, 2021  
Time: 8:00 a.m. to 4:00 p.m.  
Host School: Metropolitan State University of Denver  
Location: 1190B Auraria Parkway, Denver, CO  
(parking map and parking fees will be provided after registration)  
Instructors: Chef Thomas Garnick (Part I)  
Chef Jackson Lamb (Part II)

**PART I HIGH ALTITUDE BREAD/ BAKING WORKSHOP**

**PART II CULINARY MATH WORKSHOP**

**Agenda:**

8 AM-9 AM Meet and Greet

9 AM-4 PM Workshops

School of Hospitality, Culinary Lab  
Metropolitan State University of Denver

**PART I**

**High Altitude Bread/ Baking Workshop**

**SECTION I** 9:00-10:00 AM "What is Bread?"

Let's break bread: Group introductions while each participant hand mixes a batch of dough using provided ingredients and equipment.

"The Elements of Dough": A discussion of nuances of the art and science of the components of dough:

Learning Objectives:

- Understanding the differences in flour
- Identify different types of leavening
- Utilizing several different flavorings

"Is it really this easy?" Making Bread the no-knead way, hands-on working with dough

**BREAK** 10:00-10:20 AM

## **SECTION II 10:20 AM-12:00 PM**

Building the loaf: Understanding and developing the process

Learning Objectives:

- Become familiar with the families of dough
- Understand the process for a proper dough
- Learning how to plan and execute the bake

Bun in the oven: Our first bake, demonstration and discussion:

Learning objectives:

- Understanding Baking Theory
- Interpreting Oven Spring
- Comparing the Maillard effect to different breads

How High: Bread baking at altitude 3,000 – 10,000 feet and beyond

Learning Objectives:

- Examining altitude and the effects on baking
- Learning how to make proper adjustments
  - Rules of thumb
  - Recipe formulation

Pulling it all together: Small teams work to create the perfect loaf, using a stand mixer.

## **LUNCH BREAK 12:00-12:45 PM**

## **SECTION III 12:45-1:45 PM**

“...And Everything Sweet”: Cakes, cookies, brownies and quick breads at Altitude

Learning Objectives

- Understanding working with various batters
- Learning how to make altitude adjustments
- Calculating recipe reformulation

Workshop Session End/ Switch 1:45 – 2:00 PM

## **PART II**

School of Hospitality, HLC 208  
Metropolitan State University of Denver

## **CULINARY MATH WORKSHOP**

### **SECTION I 2:00-2:45 PM**

## Learning Objectives:

- Understand the relationship of ounces and pounds to dollars
- Determine where to go for prices of food
  - For the past 10 years supermarket pricing is very similar to wholesale pricing
  - It costs more to get food delivered
  - City Market, King Soopers, Sprouts, Walmart websites are great resources.
- Develop your ability to calculate a 33% food cost quickly

## Section Outline

- In the development of a burger on the menu;
  - Ground beef, ground round, ground sirloin, or Impossible burger?
  - Slider size, 4 oz., 1/3 pound, 1/2 pound?
  - Lean content: 70:30%? 80:20%? 85:15%? 93:7%?
  - Bun: 15 cents or 60 cents?
  - LTOP; Use it or lose it?
  - Side items: How big or small a portion?
    - Fries
    - Tots
    - Mac and cheese
  - Remember the food cost percentage formula?
    - $C/S = \%$
  - Is the case of any menu food item, if your expected food cost percentage is 30%, and your selling price is \$6.00, to maintain the 30% food cost, your budget is \$1.80.
    - $\$1.80/\$6.00 = 30\%$
  - If your plate cost drifts up to \$2.10, your adjusted food cost is now 35%
    - $\$2.10/\$6.00 = 35\%$
- Round-Robin session where all attendees suggest menu items and we cost them together.

**BREAK** 2:45-3:00 PM

**SECTION II** 3:00-4:00 PM

Bulk Food Costing for Banquets and Large Functions.

## Learning Objectives:

- Categorize all expenses related to an event
- Build a customized profit and loss sheet for each event
- Compare and contrast class expenses vs. catering expenses
- Determine sources of funding

## Section Outline

- What is the cost of preparing 100 box lunches?
- What is the cost of serving food from a booth at an event?

- If the PTA wants me to use my food truck for an event, how can I cover my expenses?
- Can I use my resources for fundraising for my department?

Wrap up of all workshops/ Takeaways and Key Concepts

- Review of High-Altitude Baking best practices
- Review of Concept Development best practices
- Discussion of upcoming ProStart State Competition

### **Instructor's Bio:**

#### **Chef Thomas Garnick**

Thomas grew up on the rustic style of northern Mexican cooking and the glorious spices of western Indian cuisine mixed with a bit of traditional American fare. His plate was often filled with tamales, asadas and fresh tortillas one evening and fresh papadum (sun-dried crispy Indian bread), mango chutney, riata (yogurt) and lamb korma the next. While in the Navy, Thomas had the opportunity to travel the world and experience a vast array of cultures. Through his journeys, he learned that the best way to connect and experience these cultures was through their food.

Arriving in Colorado in 2008, he immersed himself in food. Turning his small kitchen into a food-lab creating cured meats, ground sausages, breads, fresh pastas, cheeses, butter, sauces and countless other culinary creations, Thomas became relentless and passionate for the knowledge of food. Coming full circle from his childhood, he ultimately discovered his true passion was cooking with fire.

Thomas' mission is to bring people together while promoting and supporting local sustainable communities. He is passionate about creating incredible cuisine from local fresh ingredients cooked in the most primal of techniques and serving the community in any way possible.



**Chef Jackson Lamb MBA, CSC, CHE**

Professor of Hospitality

Professor Jackson Lamb coordinates the Food Service Management team with the School of Hospitality, Events and Tourism at Metropolitan State University of Denver. He has been active in the Denver hospitality community for over 30 years. His positions over the years have included being a Board member with the Colorado Restaurant Association, Board member with the Colorado Chefs Association, Board member with the Food Bank of the Rockies, Board member of We Don't Waste, Executive Chef at Rose Medical Center in Denver, and Chef Instructor at the International School of Culinary Arts at the Art Institutes. He can be contacted at [lambjo@msudenver.edu](mailto:lambjo@msudenver.edu).

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