

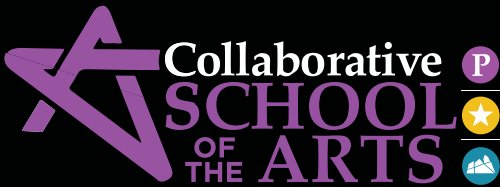
at theREP★

2024-2025 SEASON

Searred

BY THERESA REBECK

STUDY
GUIDE



FOR MORE INFORMATION, VISIT:
collaborativeschoolofthearts.org

OR CONTACT GROUP SALES AT:
(518) 382-3884 x 139

theREP and Collaborative School of the Arts are a part of Proctors Collaborative

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ATTENDING A PERFORMANCE

Being a member of an audience is an important job; live theatre couldn't exist without you! Follow these simple suggestions to have the best theatre experience possible.

BRING WITH YOU...ideas, imagination, an open mind, observation skills and a sense of wonder.

LEAVE BEHIND...cell phones, pen lights, food and drink and anything else that might distract you, the performers or other members of the audience.

THINGS TO DO BEFORE A PERFORMANCE

- Learn about the show you are going to see
- Arrive on time
- Find your seat and visit the restroom.

DURING A PERFORMANCE

PLEASE DO...applaud, laugh, pay attention to big and little details, think about questions that arise for you and stay seated until intermission/end of the show.

PLEASE DON'T...talk, sleep, eat or drink, distract others, use a cell phone or exit the theatre during the performance unless it's an emergency.

CAPITAL REPERTORY THEATRE 2024-2025 SEASON

43RD MAINSTAGE SEASON

“Seared” by Theresa Rebeck

Student Matinee | Oct. 3, 2024

“A Sherlock Carol” by Mark Shanahan

Student Matinee | Dec. 11 and 18, 2024

“The Lehman Trilogy” by Stefano Massini

WORLD PREMIERE

“Rosie is Red And Everybody Is Blue”

by John Spellos

Student Matinee | May 1, 2025

“Once” Book by Enda Walsh, music and lyrics

by Glen Hansard and Markéta Irglová

ON-THE-GO! IN-SCHOOL TOURS

“The Legend of Sleepy Hollow” by

Washington Irving, adapted by Maggie

Mancinelli-Cahill with Original Music by Justin

Friello and Lecco Morris | Oct. 15-Nov. 2, 2024

“A Friend of A Friend: Tales of the

Underground Railroad” by Maggie Mancinelli-

Cahill and Jill Rafferty-Weinisch | Jan. 27-Feb.

15, 2025

OTHER

NEXT ACT! NEW PLAY SUMMIT 14

SPRING 2025

SUMMER STAGE YOUNG ACTING

COMPANY PERFORMANCES | SUMMER 2025

For more information visit:

collaborativeschoolofthearts.org or **contact**

group sales at: (518) 382-3884 x 139

groupsales@proctorscollaborative.org

Dear Educator:

Welcome to Capital Repertory Theatre at 251 North Pearl St.!

We are thrilled that you are attending a student matinee performance of “Seared,” one of theREP’s mainstage productions for the 2024-25 season and hope that you will find this guide to be a useful tool in your classroom!

You have permission to reproduce materials within this guide for use in your classroom. It is designed to introduce the cultural and historical context of the play as well as provide resources and ideas for incorporating the theatre experience into your curriculum. Productions by theREP are likely to generate questions, thoughts and opinions amongst your students.

The arts provide young imaginations with stimulation, points of reference and intellectual resources for the mind and spirit. It is theREP’s goal to make live theatre attendance possible for all students in the Capital Region. Tens of thousands of Capital Region students have attended student matinees and On-The-Go! performances throughout our history, and we hope to continue to grow and serve the needs of the Capital Region education community for decades to come.

Your success stories help us to keep the program funded, so please let us know how you are using theatre in the classroom. We love to receive copies of lesson plans, student work related to our productions and your letters. These are important testimonials to the value of the arts in education.

We look forward to hearing from you!

With deepest gratitude,



Margaret E. Hall
Associate Artistic Director
mhall@attherep.org
(518) 462-4531 x410



Shai Davenport
Education Programs Manager
sdavenport@proctors.org
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ABOUT US



Capital Repertory Theatre is a non-profit professional-producing theatre. In its decades-long history, theREP has produced more than 8,000 performances for the people of the Capital Region.

A member of the League of Resident Theatres, theREP strives to bring quality work that explores the essence of the human condition through the stories of people, events and phenomena that shape our contemporary lives. Theatre, at its best, entertains, cajoles and inspires by engaging the heart and mind through its most powerful ally—the imagination.

There are two basic types of theatre companies: producing and presenting, and theREP is a producing theatre. The theatre hires a director and designers for the set, costumes, lights and sound. The theatre’s artistic director and director select appropriate actors for all the roles in the play. Then they come to Albany, where the play is built and rehearsed. The resident staff of the theatre work with visiting artists to put the production together.

In addition to the main theatre space, theREP has a studio theatre that acts as a rehearsal space and secondary venue for performances (such as several Black Theatre Troupe of Upstate NY’s recent productions), a costume shop where costumes are constructed and cared for, a prop shop where props are made, offices where the administrative staff works and housing facilities for out-of-town actors. Sets for theREP are constructed in a scene shop in Rotterdam, NY, that is also part of Proctors Collaborative.

In contrast to a producing theatre, presenting theatres, sometimes called “roadhouses,” like Proctors in Schenectady, host shows that have been designed, built and rehearsed elsewhere. Productions that tour are booked into presenting theatres. Shows that are booked into presenting houses will tour regionally, nationally or internationally over an extended period. What you see at theREP, or with our On-The-Go! Tours, are unique to theREP where it was built. No one from anywhere else will see this production just as you see it!



STUDENT MATINEES

10:30 a.m. Performance at theREP

PRICE

\$14 per student

CHAPERONES

For every 15 students, one complimentary adult ticket is provided.

LOCATION

251 North Pearl Street, Albany, NY 12207

RESERVATIONS

Contact group sales at (518) 382-3884 x 139
groupsales@proctorscollaborative.org

SCHOLARSHIPS

Visit collaborativeschoolofthearts.org for more information and applications.

Capital Repertory Theatre is one of the organizations within Proctors Collaborative, which also includes: Proctors, Universal Preservation Hall, the Collaborative School of the Arts, the Collaborative Scene Shop and Schenectady-Saratoga Symphony Orchestra.

ON-THE-GO!

For more information and to book a tour contact: onthego@proctors.org or collaborativeschoolofthearts.org.

ABOUT THE PLAY

“SEARED” BY THERESA REBECK

A BRIEF SYNOPSIS

Between the smell of sizzling garlic and balsamic drizzle, tempers are boiling over in the kitchen of this small struggling Park Slope, New York City restaurant. Chef Harry has poured his heart and creativity into this intimate Brooklyn restaurant, more specifically, into the food, and it is finally paying off. A rave review of a scallop dish has New Yorkers flocking through the doors, selling out every table and they all want his famous dish. Is this the success Harry has been dreaming of? Harry no longer feels inspired by his creation, bringing massive frustration to his business partner, Mike, who has sunk every single dime he has into the business and is reveling in the exact success he was hoping for. Throw-in the head waiter, Rodney, who has stuck by them through thick and thin for the past two years and Emily, a restaurant consultant, who is enlisted to make the most of everything they have, into the mix and you have a real pot boiler. What will become of this small restaurant and the folks who make it run?

CHARACTER LIST

The cast is made up of three male-presenting and one female-presenting actors.

Harry: is the head-chef for a small struggling Park Slope restaurant in Brooklyn. He is passionate about food and will only use the best ingredients that are often hard to source. For Harry, it is all about the food, or more precisely, his food. What he decides to put on the menu and when, and how to run the kitchen, is his call—and it might be to the detriment of the business. If it is not the exact right ingredients, the right food, then it is not a part of his reality ... and compromise is not a word in his vocabulary. Harry’s ethnicity is not specified by the playwright.

Mike: is the restaurant manager—the administrative/money man—and one of the waiters. Mike is on his last nerve, bit of hope and penny, sinking all his money into the business. Though he might wish to be a chef, and as good as Harry, Mike’s forte is the business side of the restaurant, but the well is running dry. He will do whatever it takes to make the restaurant a success and not go bankrupt in the process. Mike is not

a pushover, but he struggles to keep Harry in line and the restaurant making money. Mike’s ethnicity is not specified by the playwright.

Rodney: a New Yorker by birth, has been a waiter at Harry and Mike’s restaurant since they opened and has been absorbing all of Chef Harry’s recipes and skills. He is loyal to the restaurant, Harry and Mike, and will step in when and where needed. It is not just about the money for Rodney, it is about the success of the restaurant and being a part of that. Rodney’s ethnicity is specified by the playwright, he is Black.

Emily: a large and in-charge personality, Emily is a consultant to small businesses hired to help them survive and thrive, and she does her job well. Emily is the take charge type and will take over if you let her. She wants to help Harry and Mike, knows she can help, and does not suffer fools while she is helping. Emily’s ethnicity is not specified by the playwright.

ABOUT THE PLAYWRIGHT: THERESA REBECK

Theresa Rebeck is a prolific and widely produced playwright, whose work can be seen and read throughout the United States and abroad. She is the most Broadway-produced female playwright of our time.

Broadway works include: “I Need That,” “Bernhardt/Hamlet,” “Dead Accounts,” “Seminar” and “Mauritius.” Other notable New York and regional plays include: “Seared” (MCC), “Downstairs” (Primary Stages), “The Scene,” “The Water’s Edge,” “Loose Knit,” “The Family of Mann” and “Spike Heels” (Second Stage), “Bad Dates,” “The Butterfly Collection” and “Our House” (Playwrights Horizons), “The Understudy” (Roundabout), “View of the Dome” (NYTW), “What We’re Up Against (Women’s Project)” and “Omnium Gatherum” (Pulitzer Prize finalist). As a director, her work has been seen at The Alley Theatre (Houston), the REP Company (Delaware); Dorset Theatre Festival, the Orchard Project and the Folger Theatre. Major film and television projects include “Trouble,” starring Anjelica Huston, Bill Pullman and David Morse (writer and director), “NYPD Blue,” the NBC series “Smash” (creator) and the upcoming female spy thriller 355 (for Jessica Chastain’s production company). As a novelist, Rebeck’s books include: *Three Girls and Their Brother* and *I’m Glad About You*. Rebeck received the William Inge New Voices Playwriting Award, the PEN/Laura Pels Foundation Award, a Lilly Award and more.



ABOUT THE CULINARY ARTS

CULINARY ARTS

Put simply, culinary arts refer to the art of food preparation, cooking and presentation. The term culinary means “related to cooking” and art refers to any broad area of interest.

A little more broadly, culinary arts refer to every aspect of one’s dining experience, from preparation and cooking to the presentation of the meal on the plate. It then extends to the aroma, flavors and textures in the mouth of the customer. All of this contributes to the satisfaction, or dissatisfaction, of a meal.

It is remarkable how much effort and art goes into creating a single dish and an experience that will fully satisfy all the senses. A skilled culinary arts professional understands the importance of presenting food in an attractive and appetizing manner. They take their time to ensure that the dish tastes, looks and smells sensational, to provide the customer with the ultimate culinary experience.



The term culinary means “related to cooking” and art refers to any broad area of interest.

ABOUT THE CULINARY ARTS

THE CULINARY ARTS PROCESS

1. INGREDIENT SELECTION AND RECIPE PLANNING

Begin by choosing the best ingredients. Professionals learn how to select ingredients that are at their peak, whether it is an apple, a mushroom or a fish. In a fine dining restaurant, usually the head chef oversees the buying of fresh ingredients.

Once a chef has assessed the inventory of ingredients in their kitchen, they will meticulously curate a selection of recipes that maximize the potential of each ingredient. A masterful chef possesses the ability to adapt the menu effortlessly to account for any surplus or scarcity of necessary ingredients.



2. FOOD PREPARATION: PROFESSIONAL TECHNIQUES AND PROCESS

Once the menu is planned, the sous-chef gets to work preparing the ingredients that will be used in the selected recipes. Chopping, slicing, cutting, etc., so that ingredients are both highly attractive in shape and can be properly cooked in the recipe it is intended for.



- **Sous-chef:** in French means “under-chief” and is a term used in the restaurant industry for second-in-command, reporting to the head chef, also known as the executive chef or chef de cuisine. Sous-chefs must learn all kinds of slicing and knifework skills to be successful in the craft.



Check out this video on how to use a knife and chop like a chef:

<https://youtu.be/huWawsIBIQ8?si=Z-9Z5JgfXcTDIH8Q>

- **A head chef of a fine, or large, establishment will have a group of cooks on hand to prepare the various dishes they have selected for the menu.** Each cook is trained in the culinary arts and understands the importance of each ingredient and how to handle it during the cooking process. The cooks will also possess knowledge of a wide variety of cooking methods that they can call upon to correctly prepare any dish.

e.g.: frying, grilling, deep-frying, sautéing, broiling, boiling, basting, baking, braising, steaming, sous-vide, roasting, etc.

- Additionally, cooks will be familiar with the tools of the trade – all the tools necessary to prepare dishes.

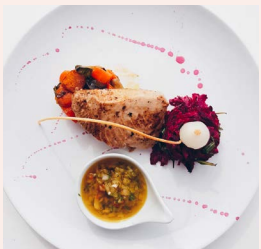
e.g.: food mill, grinder, mortar and pestle, ladle, steamer, stick blender, etc. As well as large-range gas and electric stoves/ovens; freezers; convection ovens; blow torches; etc.

ABOUT THE CULINARY ARTS

3. INGREDIENT SELECTION AND RECIPE PLANNING

Once the cooks have successfully prepared every element of the meal, it must be assembled onto the plate in an attractive way—in other words, plating. There's quite a bit of creative license in the plating of a meal; arranging the items in an artistic formation, using edible and sometimes inedible props, garnish, etc. Plating runs the gamut of artistic styles, from rustic, to modern, to elaborate and even abstract.

PLATING EXAMPLES:



Check out these plating videos:

<https://youtu.be/rBoY-ArPysc?si=ssU6NQB0i4cec5pg>
<https://youtu.be/c01s-UVxoQk?si=GLYkUiKTwyeAgZly>
<https://youtu.be/L90b3enp-iE?si=DjWMisC2PWPpNjET>

4. FOOD SERVICE: DELIVERING DISHES AND MEMORABLE EXPERIENCES

The last step of the process is service. It involves the front of houses, or staff interacting with the customer, ability to engage with the customer, answer questions, make recommendations and ability to maintain attentiveness throughout the customer's meal. Overall, the establishment, and the art form within it, is the successful combination of what the customer eats with a memorable dining experience.

In 'Seared,' Harry is the head chef, sous-chef and cook. Mike is the restaurant manager. Rodney is the waiter, and at times sous-chef. And Emily is a culinary consultant.



Roles within the Culinary Arts

Chef (head chef, sous-chef, cook, etc.)

Restaurant manager

Food and beverage manager

Catering manager

Product development manager

Culinary consultant

Bussers and waiters

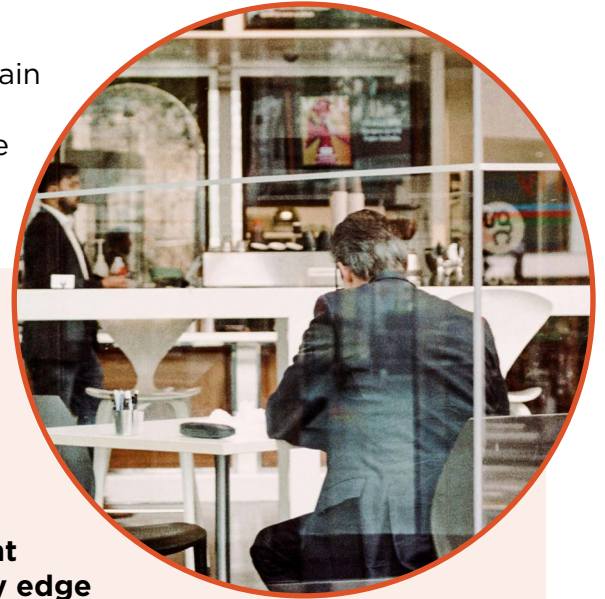
Host

ABOUT THE CULINARY ARTS

WHAT DOES A RESTAURANT MANAGER DO?

Restaurant managers ensure their restaurants runs smoothly and efficiently; they are the business manager of the restaurant. They seek to provide customers with pleasant dining experiences that live up to the brand (the restaurants reputation and cuisine style). Their efforts, which include effectively managing employees, are geared towards safeguarding the profitability of the restaurant.

In effect, a restaurant manager handles general management, administration, customer services, human resources, supply chain and procurement, health and safety, compliance, accounting and marketing. In larger organizations, they tend to stick to the office administration while others are employed for things like human resources, customer service, etc.



To be effective in this position, one must demonstrate leadership skills while also being able to work collaboratively, as a part of a team.

General Management and Administration

- Coordinating and optimizing front and back of house operations
- Controlling operational costs and promoting efficiency
- Weekly, monthly and annual financial reporting
- General administration
- Taking reservations
- Troubleshooting

Customer Services

- Greeting and advising customer
- Delivering food and beverage service to satisfy customer expectations
- Fostering positive customer relations
- Dealing with customer inquiries and complaints

Human Resources

- Recruiting, training and supervising staff
- Managing the staff
- Conducting performance appraisals and setting targets
- Optimizing workflow and productivity

Supply chain, procurement and culinary edge

- Researching dishes and planning menus
- Keeping abreast of inventory and ordering supplies
- Monitoring product quality and handling vendors

Compliance, Health and Safety

- Ensuring compliance with licensing, health and safety regulations
- Establishing and maintaining policies and protocols

Marketing

- Proactively fostering the restaurant's image

ABOUT THE CULINARY ARTS

WHAT DOES A CULINARY (OR CHEF) CONSULTANT DO?

A chef, or culinary, consultant is a highly experienced culinary expert who can advise and leverage their foodservice expertise to observe, analyse and provide a range of solutions to restaurant/foodservice businesses. Be it a business in a hotel, a chain or independent restaurant, or even an equipment company or food and beverage supplier, chef consultants can pinpoint the strengths and weaknesses of different people and operations within the business and provide solutions for how to achieve a more streamlined, efficient, booming business.

A consultant's day to day job will change depending on the project(s) they are working on and/or business they are working with. They might be looking at how to best support a new venture within the business; defining the operation of a kitchen; planning/developing a new menu and or supplier; obtaining state of the art equipment; planning an opening day-or opening event; capitalizing on a great review; training and/or retraining employees; helping to identify and improve operational shortcomings; and more.

Areas of expertise: concept development; menu development; business model audit, defining kitchen processes; optimizing inventory procedures; evaluating and identifying prime suppliers; food waste and cost analysis; training of new employees (or new training for existing employees); food and safety regulations/quality; sustainability of the organization

WHAT IS THE HOSPITALITY INDUSTRY?

A massive part of the business sector, the hospitality industry broadly encompasses all economic and business activities that rely upon, or contribute to, travel and tourism. Hospitality-focused businesses like hotels and travel agencies contribute directly by providing essential services that enable travel and tourism.

It is an expansive industry with a diverse spectrum of businesses, companies and experts within it - and yet, most hospitality businesses fall into one of four categories.

1. Travel and tourism

- Includes airlines, shuttle services, travel agents, trains, trams, destination marketing organizations and other businesses or services that help facilitate the physical travel necessary for tourism.

2. Accommodation

- One of the largest and most diverse parts of the hospitality industry, this sector includes everything from lodging to grounds and special event venues.

3. Food and beverage

- Most hotels and resorts offer in house food and dining options (café, buffet breakfast or full-service restaurant)
- Stand-alone food and beverage providers also exist, i.e.: restaurants, food trucks, ice cream parlours, event catering companies, etc.

4. Recreation and entertainment

- Indoor and outdoor
- Bars, nightclubs, theatre, stadiums, museums, zoos, theme parks, state parks, local markets, art galleries, etc.

ABOUT THE CULINARY ARTS

HEALTH AND FOOD SAFETY

All restaurants are required to adhere to certain health and safety regulations, including regulations that govern employee behavior, cleanliness, kitchen layout, food preparation and clean-up procedures. Many of these laws and regulations are established and enforced by OSHA, Occupational Safety and Health Administration, an organization that can make periodical and unexpected visits to an establishment to examine whether the health and safety regulations are being followed. There are major repercussions for OSHA violations.



ECOLAB
Everywhere It Matters

FOOD SAFETY MATTERS
10 TIPS FOR A STRONG FOOD SAFETY PROGRAM

CLEAN ENVIRONMENTS

- Make sure hand washing stations are visible, easily accessible and fully stocked
- Establish regular cleaning protocols for food contact surfaces AND non-food contact surfaces

VISIBILITY AND COMPLIANCE

- Establish a relationship with local public health officials and utilize health inspections to set best practices for your operation
- Conduct regular assessments to track progress and identify opportunities for improvement
- Stay connected with your network to remain informed of latest in food safety issues and regulations

SAFE FOOD

- With your suppliers, establish a protocol for inspection of all food deliveries
- Establish procedures and provide equipment for surfaces, equipment, utensil cleaning and cooking procedures
- Set proper procedures for food storage by refrigerator and storage areas

TRAINING AND AWARENESS

- Establish rigorous food safety onboarding training for new hires and follow ups for all staff
- Post signage in appropriate areas to keep best practices top of mind

FOOD SAFETY GUIDELINES

- **Personal hygiene:** handwashing; hair restraints; clean work uniforms; no eating or drinking when preparing/handling food; staying home if sick; using single use gloves when appropriate.
- **Proper food handling and storage:** receiving and inspecting goods upon arrival; prevention of cross-contamination by keeping foods, surfaces, tools and storage containers/units clean; cooking food to the proper internal temperatures.
- **Cleaning and sanitizing:** how to clean and sanitize surfaces food encouters; proper cleaning and sanitizing of kitchen tools and other equipment/appliances; dishwashing guidelines; proper handwashing; cleaners and water temperatures, etc.
- **Pest control**
- **Purchase food/supplies from approved suppliers**
- **Food safety training and monitoring of employees**

ABOUT THE CULINARY ARTS

YOU CAN'T COOK WITHOUT THE RIGHT TOOLS.

- A quality set of knives (a chef's knife, paring knife and a serrated knife)
- A cutting board/chopping surface
- Stainless steel pots and pans; stock pot, sauté pan, skillet, saucepan and possibly non-stick pan
- Sheet pans for roasting and/or baking
- Measuring cups and/or kitchen scale
- Measuring spoons
- Mixing bowls
- Colander
- Vegetable peeler
- Grater
- Can opener
- Whisk
- Spatulas
- Tongs
- Meat thermometer



COOKING TERMS



Video of a great chef! https://youtu.be/YN1hL9cn7s0?si=SJFnYwDVFX9FVNg_

Bake: to cook in the oven with dry heat

Barbecue: to cook on a rack or spit over hot coals or flames

Baste: to spoon pan juices, melted fat or another liquid over the surface of a food during cooking to keep it moist and add flavor



How to baste a chicken video: <https://youtu.be/OIW8V2Vv6p8?si=q2POfT6IF3wz7o1q>

Beat: to mix ingredients together with a curricular up-and-down motion using a spoon, whisk, rotary or electric beater

Bind: to smooth out the consistency of a liquid

Blanch: to scald or parboil in water or steam

Boil: to cook in liquid at 212° Fahrenheit

Bone: to remove bones from fowl or meat



Video on how to bone a chicken, cooking with Julia Child. <https://www.youtube.com/watch?v=dc3dAV5Jf1l>

Braise: to cook in a small amount of liquid in a tightly covered pan over low heat

Bread: to coat with dry bread/cracker crumbs

Broil: to cook uncovered under a direct source of heat

Brown: to turn the surface of a food brown by placing it under the broiler or quickly cooking it in hot fat

Brush: to apply sauce, melted fat or other liquid with a basting or pastry brush

Candy: to cook in a sugar syrup until coated or crystallized

Caramelize: to heat sugar until a brown color and characteristic flavor develop

Chill: to make a food cold by placing in the refrigerator or in a bowl over ice

Clarify: to make a liquid clear by removing solid particles

Coat: to thoroughly cover a food with a liquid or dry mixture

Coddle: to cook by submerging in simmering liquid

Combine: to mix or blend two or more ingredients

Cool: to let a food stand until it no longer feels warm to the touch

ABOUT THE CULINARY ARTS

Core: to remove the center part of a fruit such as an apple or pineapple

Cream: to soften solid fat, often by adding a second ingredient, such as sugar, and working with a wooden spoon or an electric mixer until the fat is creamy

Crush: to pulverize

Cube: to cut into small squares of equal size

Cut in: to combine solid fat with flour using a pastry blender, two forks or your fingers

Deep-fry: to cook in a large amount of hot fat

Devein: to remove the large black or white vein along a shrimp's back

Dice: to cut into very small cubes of even size

Dissolve: to turn solid food into or become part of a liquid

Dot: to place small pieces of butter or other food over the surface of a food

Dredge: to coat a food by sprinkling it or dipping it in a dry ingredient such as flour or breadcrumbs



How to dredge video: https://youtu.be/GzVtuzoOVgs?si=Ja7Ozoo89VIC_S3-

Dust: to lightly sprinkle the surface of a food with sugar, flour or crumbs

Elevate: to lift a food off the floor of a microwave oven (to allow the microwaves to penetrate the food from all sides)

Flake: to break fish into small pieces with a fork

Flour: to sprinkle or coat with flour

Flute: to make grooves or folds in dough

Fold: to incorporate a delicate mixture into a thicker, heavier mixture with a whisk or rubber spatula using an up-and-down motion so the finished production remains light



“You fold it in...” art is often funny and informative, or in this case, just funny: <https://youtu.be/fCVKCUB5w50?si=JfBDT2sAnoZWid8->

Fricassee: to cook pieces of meat or poultry in butter and then in seasoned liquid until tender

Fry: to cook in a small amount of hot fat

Garnish: to decorate foods by adding other attractive and complementary foods to the food or serving dish

Glaze: to apply a liquid that forms a glossy coating

Grate: to reduce a food into small bits by rubbing it on the sharp teeth of a utensil

Grease: to rub fat on the surface of a cooking utensil or on a food itself

Grill: to broil over hot coals or to fry on a griddle

Grind: to mechanically break down a food into a finer texture

Hull: to remove the outer covering of a fruit or vegetable

Julienne: to cut food into thin, stick-sized strips

Knead: to work a dough by pressing it with the heels of the hands, folding it, turning it and repeating each motion until the dough is smooth and elastic



How to knead dough video: https://youtu.be/TdqFDsCBNVw?si=sPJM_dIE3DnsiT4od

Marinate: to soak meat or other food in a mixture containing an acid, such as vinegar or tomato juice, that helps tenderize the connective tissue

Melt: to change from solid to a liquid through the application of heat

Mince: to cut or chop into very fine pieces

Mix: to combine two or more ingredients into one mass

Mold: to shape by hand by pouring into a form to achieve a desired structure

Pan-broil: to boil without fat in an uncovered skillet

Pan-fry: cooking in a skillet with a small amount of fat

ABOUT THE CULINARY ARTS

Parboil: to boil in liquid until practically cooked

Pare: to remove the stem and outer cover of a vegetable or fruit with a small paring knife or peeler

Pit: to remove the seed(s) of a fruit or vegetable

Poach: to cook over or in a simmering liquid



How to poach an egg video:

https://youtu.be/n5uB0_PvQLLo?si=TXRvOvijEa_1nJNl

Preheat: to heat an appliance to a desired temperature 5-10 minutes before cooking

Punch down: to push a fist firmly into the top of risen yeast dough

Puree: to put food through a fine sieve or a food mill to form a thick and smooth liquid

Quarter: to cut into four equal pieces

Reconstitute: to return to a previous state by adding water

Reduce: to decrease the quantity of a liquid and intensify the flavor by boiling it down

Refresh: to quickly plunge blanched vegetable in cold water to stop the cooking process

Roast: to cook uncovered in the oven with dry heat

Roll: to shape into a round mass; to wrap a flat, flexible piece of food around on itself; to flatten dough to an even thickness with a rolling pin

Rotate: to turn food in a microwave or on a spit or in an oven, a quarter to a half a turn, at one or more intervals during the cooking process so that the heat hits the food evenly

Sauté: to cook food in a small amount of hot fat

Scald: to heat a liquid to just below the boiling point; to dip food into boiling water or pour boiling water over food

Scallop: to cover with sauce and bake

Score: to make small, shallow cuts on the surface of a food

Sear: to brown the surface of a food very quickly with high heat



How to sear a steak: <https://youtu.be/AmC9SmCBUj4?si=zt52nZryvBQmCTtR>

Season: to add herbs, spices or other ingredients to a food to increase flavor profile; to prepare a cooking utensil such as a cast iron skillet for cooking

Section: to separate into parts

Shell: to remove from an outer covering

Shred: to cut or break into thin pieces

Sift: to put through a sieve to reduce to finer particles

Simmer: to cook in a liquid that is barely at the boiling point

Skim: to remove a substance from the surface of a liquid

Sliver: to cut into long, slender pieces

Snip: to cut into small bits with kitchen shears

Sprinkle: to scatter drops of liquid or particles of powder over the surface of a food

Steam: to cook with vapor produced by a boiling liquid

Steep: to soak in a hot liquid

Stew: to cook one food or several foods together in a seasoned liquid for a long period

Stir-fry: to cook food quickly in a small amount of fat over high heat while stirring constantly

Strain: to separate solid from liquid materials

Thicken: to make a liquid dense by adding an agent like flour, cornstarch or egg yolks

Toss: to mix lightly

Truss: to prepare fowl for cooking by binding the wings and legs

Vent: to leave an opening which steam can escape through when cooking

Whip: to beat quickly and steadily by hand with a whisk or electric beater

MATHEMATICAL CONTEXT

MATH IN THE CULINARY ARTS

Restaurant managers, waiters, etc. must have math/number skills to do their job.

Business managers and other administrative staff members for a restaurant must use math.

- Creating and keeping budgets; ordering the correct quantities of supplies

Knowing how to cook well requires a solid understanding of numbers.

- Recipes utilize specific measurements of ingredients, prep and cooking times for dishes to come out correctly.
- Measurements and times are even more important to the outcome when baking, where the chemistry of the ingredients is more precise.

Math, or number skills, are important when using different tools in the kitchen as well: setting temperatures on ovens (Fahrenheit or Celsius and being able to convert between the two); reading recipes and being able to understand how different ingredients are measured; being able to halve or double a recipe; reading thermometers; using scales and measuring cups/spoons; etc.

There are many charts one can find online to help with measurements and conversions in the world of culinary arts, though professional chefs will need to know how to convert without the use of charts.

Measurement Abbreviations

Abbreviation	Unit of Measure
c	cup
g	gram
kg	kilogram
L, l	liter
lb	pound
mL, ml	milliliter
oz	ounce
pt	pint
t, tsp	teaspoon
T, Tbl, Tbsp	tablespoon

Conversions

Unit of Measurement	Equals
Pinch/dash	Less than $\frac{1}{8}$ teaspoon
3 teaspoons	1 tablespoon
2 tablespoons	1 fluid ounce
4 tablespoons	$\frac{1}{4}$ cup
5 tablespoons + 1 teaspoon	$\frac{1}{3}$ cup
12 tablespoons	$\frac{3}{4}$ cup
16 tablespoons	1 cup
1 cup	8 fluid ounces
2 cups	1 pint
2 pints (or 4 cups)	1 quart
4 quarts	1 gallon

MATHEMATICAL CONTEXT

MATH IN THE CULINARY ARTS

COOKING CONVERSION CHART

Measurement

CUP	ONCES	MILLILITERS	TABLESPOONS
8 cup	64 oz	1895 ml	128
6 cup	48 oz	1420 ml	96
5 cup	40 oz	1180 ml	80
4 cup	32 oz	960 ml	64
2 cup	16 oz	480 ml	32
1 cup	8 oz	240 ml	16
3/4 cup	6 oz	177 ml	12
2/3 cup	5 oz	158 ml	11
1/2 cup	4 oz	118 ml	8
3/8 cup	3 oz	90 ml	6
1/3 cup	2.5 oz	79 ml	5.5
1/4 cup	2 oz	59 ml	4
1/8 cup	1 oz	30 ml	3
1/16 cup	1/2 oz	15 ml	1

Temperature

FAHRENHEIT	CELSIUS
100 °F	37 °C
150 °F	65 °C
200 °F	93 °C
250 °F	121 °C
300 °F	150 °C
325 °F	160 °C
350 °F	180 °C
375 °F	190 °C
400 °F	200 °C
425 °F	220 °C
450 °F	230 °C
500 °F	260 °C
525 °F	274 °C
550 °F	288 °C

Weight

IMPERIAL	METRIC
1/2 oz	15 g
1 oz	29 g
2 oz	57 g
3 oz	85 g
4 oz	113 g
5 oz	141 g
6 oz	170 g
8 oz	227 g
10 oz	283 g
12 oz	340 g
13 oz	369 g
14 oz	397 g
15 oz	425 g
1 lb	453 g

How to Measure Ingredients

Dry ingredients like flour:

Lightly spoon ingredients into a dry measuring cup until it is heaped over the top. Level off with a flat edge.

Liquids:

Place the liquid measuring cup on a flat surface. Fill to correct measurement. Bend down so you check the amount at eye level.

Sticky ingredients like peanut butter or honey:

Use dry measuring cups and pack down to remove air pockets. Scrape all ingredients out into mixing bowl.

Spices:

Usually needed in small amounts. Dip measuring spoon in the spice or ingredient container. Shake to level or use a flat edge if possible.

T = tbsp = tablespoon

t = tsp = teaspoon

oz = ounce

c = cup

lb = pound

MATHEMATICAL CONTEXT

MATH IN THE CULINARY ARTS

KITCHEN

Conversions

LIQUID INGREDIENTS				
FL OZ	CUPS	PINTS	QUARTS	GALLONS
8	1	1/2	1/4	—
16	2	1	1/2	—
32	4	2	1	1/4
128	16	8	4	1

DRY INGREDIENTS		
TSP	TBSP	CUPS
3	1	1/16
6	2	1/8
12	4	1/4
24	8	1/2
36	12	3/4
48	16	1

US TO METRIC
1/5 tsp = 1 ml
1 tsp = 5 ml
1 tbsp = 15 ml
1 fl oz = 30 ml
1 cup = 237 ml
1 pint (2 cups) = 473 ml
1 quart (4 cups) = .95 L
1 gallon (16 cups) = 3.8 L
1 oz = 28 g
1 lb = 454 g

BAKING IN GRAMS

1 cup flour = 140g
 1 cup sugar = 150g
 1 powdered sugar = 160g
 1 heavy cream = 235g

VOLUME

1 ml = 1/5 tsp
 5 ml = 1 tsp
 15 ml = 1 tbsp
 240 ml = 1 cup (or 8 fl oz)
 1 liter = 34 fl oz

WEIGHT

1g = .035 oz
 100g = 3.5 oz
 500g = 1.1 lb
 1 kg = 35 oz

OVEN TEMPS

120 C° = 250 F°
 160 C° = 320 F°
 180 C° = 350 F°
 205 C° = 400 F°
 220 C° = 425 F°

BUTTER

1 cup = 2 sticks = 8 ounces = 230 grams = 16 tbsp

WHAT DOES 1 CUP EQUAL?

1 cup = 8 fl oz = 16 tbsp = 48 tsp = 1/2 pints = 1/4 quart = 1/16 gallon = 240 ml

BAKING PAN CONVERSIONS

9" Round Cake Pan = 12 Cups 10" Tube Pan = 16 Cups 10" Bundt Pan = 12 Cups 9" Springform Pan = 10 Cups 9x5" Loaf Pan = 8 Cups 9" Square Pan = 8 Cups

POPULAR INGREDIENT CONVERSIONS

1 cup butter = 8 oz
 1 large egg = 1.7 oz
 1 cup heavy cream = 8.4 oz
 1 cup vegetable oil = 7.7 oz
 1 cup packed brown sugar = 7.75 oz
 1 cup unsifted powdered sugar = 4.4 oz
 1 cup granulated sugar = 7.1 oz
 1 cup milk = 8 oz
 1 cup all-purpose flour = 4.5 oz
 1 cup rolled oats = 3 oz

ABBREVIATION GUIDE






c = cup tsp = teaspoon tbsp = tablespoon oz = ounce lb = pound g = gram kg = kilogram
 ml = milliliter L = liter fl oz = fluid ounces gal = gallon pt = pint qt = quart

MATHEMATICAL CONTEXT

MATH IN THE CULINARY ARTS

KITCHEN MEASUREMENT CONVERSION CHARTS

Dry Weights

				
1/2 oz	1 Tbsp	1/16 C	15g	
1 oz	2 Tbsp	1/8 C	28g	
2 oz	4 Tbsp	1/4 C	57g	
3 oz	6 Tbsp	1/3 C	85g	
4 oz	8 Tbsp	1/2 C	115g	1/4 lb
8 oz	16 Tbsp	1 C	227g	1/2 lb
12 oz	24 Tbsp	1 1/2 C	340g	3/4 lb
16 oz	32 Tbsp	2 C	455g	1 lb

Liquid Conversions

1 GALLON:
4 quarts
8 pints
16 cups
128 fl oz
3.8 liters

1 QUART:
2 pints
4 cups
32 fl oz
0.95 liters

1 PINT:
2 cups
16 fl oz
480 mL








1 CUP:
16 Tbsp
8 fl oz
240 mL

Liquid Volumes


1 tsp: 5 mL

1 Tbsp: 15 mL



						
1 oz	6 tsp	2 Tbsp	30 mL	1/8 C		
2 oz	12 tsp	4 Tbsp	60 mL	1/4 C		
2 2/3 oz	16 tsp	5 Tbsp	80 mL	1/3 C		
4 oz	24 tsp	8 Tbsp	120 mL	1/2 C		
5 1/3 oz	32 tsp	11 Tbsp	160 mL	2/3 C		
6 oz	36 tsp	12 Tbsp	177 mL	3/4 C		
8 oz	48 tsp	16 Tbsp	237 mL	1 C	1/2 pt	1/4 qt
16 oz	96 tsp	32 Tbsp	470 mL	2 C	1 pt	1/2 qt
32 oz	192 tsp	64 Tbsp	950 mL	4 C	2 pt	1 qt

Safe Cooking Meat Temperatures MINIMUM TEMPERATURES:



USDA Safe at 145°F

USDA Safe at 160°F

USDA Safe at 165°F



Beef Steaks, Briskets, and Roasts; Pork Chops, Roasts, Ribs, Shoulders, and Butts; Lamb Chops, Legs, and Roasts; Fresh Hams, Veal Steaks, Fish, and Shrimp	Ground Meats (except poultry)	Chicken & Turkey, ground or whole
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MATHEMATICAL CONTEXT

MATH IN THE CULINARY ARTS

Recipe .com. Measuring Equivalents



 1 tablespoon \equiv 3 teaspoons 

 1/8 cup \equiv 2 tablespoons 


 1/4 cup \equiv 4 tablespoons 

 1/3 cup \equiv 5 tablespoons + 1 teaspoon 

 1/2 cup \equiv 8 tablespoons 


 2/3 cup \equiv 10 tablespoons + 2 teaspoons 

 1 cup \equiv 8 fluid ounces 

 1 pint \equiv 2 cups 

 1 quart \equiv 2 pints 

 1 quart \equiv 4 cups 

 1 gallon \equiv 4 quarts 

 1 pound \equiv 16 ounces 

MATHEMATICAL CONTEXT

MATH IN THE CULINARY ARTS

Basic Vanilla Cake Recipe

Prep Time: 10 minutes **Cooking Time:** 30 (to 40) minutes

Servings: 12 **Yield:** One 9-inch square cake

INGREDIENTS:

1 cup white sugar	1 ½ cups all-purpose flour
½ cup unsalted butter	1 ¾ teaspoons baking powder
2 large eggs	½ cup milk
2 teaspoons vanilla extract	

DIRECTIONS : Gather all ingredients; Preheat oven to 350 degrees F; Grease and flour a 9-inch square cake pan.

Cream sugar and butter together in a mixing bowl. Add eggs, one at a time, beating briefly after each addition. Mix in vanilla. In a separate bowl, combine flour and baking powder. Add the wet ingredients to the dry ingredients and mix well. Add milk and stir until smooth.

Pour batter into the prepared cake pan. Bake in the preheated oven until the top springs back when lightly touched 30 (to 40) minutes.

Remove cake from the oven and cool completely.

While the cake is cooling, prepare the icing.



Easy Buttercream Icing Recipe

Prep Time: 10 minutes **Servings:** 8

Yield: One 9-inch square cake

INGREDIENTS:

½ cup unsalted butter at room temperature	1 ½ teaspoons pure vanilla extract
2 cups confectioners' sugar, sifted	2 tablespoons milk
	3 drops food coloring, or as needed (optional)

DIRECTIONS : Cream butter in the bowl of a stand mixer fitted with the paddle attachment until smooth and fluffy. Gradually beat in confectioners' sugar until fully incorporated. Beat in vanilla extract. Add milk and beat for an additional 3-4 minutes. Add food coloring, if desired, and beat for 30 seconds until smooth or the desired color is achieved. Use immediately or store in an airtight container at room temperature for up to three days. While the cake is cooling, prepare the icing.

Ice the cake and enjoy.



Cake Recipe: <https://www.allrecipes.com/recipe/17481/simple-white-cake/>
Buttercream Icing Recipe: <https://www.allrecipes.com/recipe/174347/quick-and-almost-professional-buttercream-icing/>

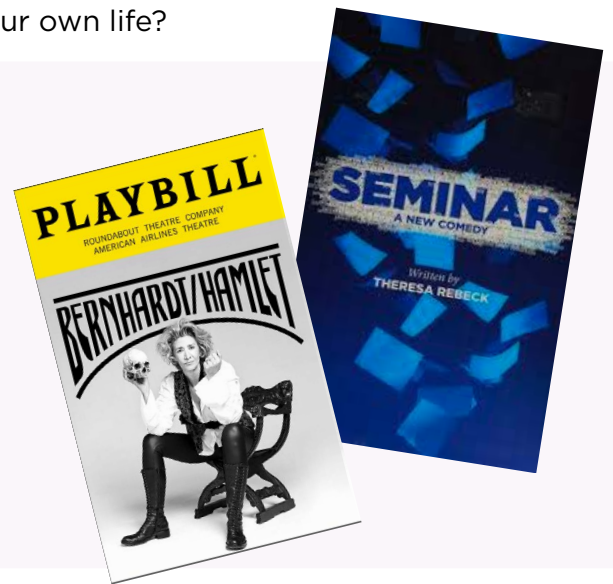
IDEAS FOR CURRICULUM INTEGRATION

ENGLISH/LITERARY

- 1. WRITE! A Review:** Ask students to write a review of theREP's production of "Seared." Things to consider when writing a review:
 - Did any of the characters resonate with you, and why?
 - What was the most compelling or intriguing aspect of the production?
 - How did the set, costumes and props add (or take away) from the production?
 - What did you think of the sound/music and stage movement?
 - What did you think of the direction of the piece?
 - What questions arose for you about the production? Was anything unclear or confusing?
 - What did you think of the actors—did you feel their characters were vibrant, three-dimensional, real people?
 - Can you make any connections between this play and other plays that you have seen?
 - Can you make any connections from the play to your own life?

- 2. READ!** Read additional works by Theresa Rebeck.

- "Bernhardt/Hamlet"
- "Downstairs"
- "Seminar"
- "Mauritius"
- "Dead Accounts, A new comedy about Families and Felonies"
- "The Understudy"
- "Spike Heels"
- And more ...



CULINARY ARTS

- 1. BAKE!** Use the Cake and Icing Recipe on page 20 of this guide. Students are tasked with baking the cake above and bringing it into school to share. They should create a short (think TikTok style) video presentation of their process, or PowerPoint with photos and text descriptions of their process.

Taste Test: Do the cakes all look the same? Do they taste the same?

This could also be an in-school, in groups, activity using the school's home economics classroom. If done this way, another aspect to integrate could be multitasking—having to talk while making the dish.

IDEAS FOR CURRICULUM INTEGRATION

- *i.e.:* How the actors in “Seared” must cook and perform their dialogue at the same time.
- *i.e.:* How chefs on cooking shows, specifically teaching programs, talk about how to make the dish while they are doing it.

Take care to ensure students do not have any allergies to the ingredients.

2. **COOK!** Students are asked to cook their favorite dish to bring in a share with the class. They should accompany their dish with a written-out recipe (prep time, cooking time, yield, ingredients—noting well known allergens— and the directions); and are encouraged to create a tutorial video of the process.
 - Classroom feast followed by a discussion of the dishes.
 - Create a classroom cookbook.

THEATRE/ART

1. **CLASSROOM DISCUSSION ON ART! VISIBILITY/REPRESENTATION:** How does the world of art, be it performative or visual, help people in all walks of life be represented? Why is it important for everyone, from every walk of life, to have a voice and be represented?
2. **DESIGN!** Design a show poster for a production of “Seared.” (Students are encouraged to look up past show posters for the plays at the REP for inspiration.) Imagery for “Seared” should include:
 - Visual art that evokes the story.
 - Production title and playwright name.
 - Performance venue and dates.
 - How one gets tickets to see the production.
 - **Additional elements to consider:**
 - Is there a sponsor for the production?
 - Director’s name.
 - Website.
3. **COSTUME DESIGN!** Students should read the play and then design costumes for an imaginary production. They will need to track how many costumes each character needs and do a storyboard for each of them showing the design ideas. *i.e.:* a collage of found/research images for each of the characters. Students’ work should then be presented to the class at large. A discussion after the presentations of the different designs would be interesting. How different and/or similar are each of the students’ designs?

RESOURCES CONSULTED

- <https://www.theresarebeck.com/>
- <https://www.escoffier.edu/blog/value-of-culinary-education/learning-how-to-cook-a-guide-for-beginners/>
- <https://eatSMARTmoveMoreVA.org/eat-smart/cooking-101/>
- <https://www.slideserve.com/Faraday/cooking-terms>
- <https://hospitalityinsights.ehl.edu/culinary-arts>
- <https://www.cvent.com/en/blog/hospitality/what-is-the-hospitality-industry>
- <https://hospitalityinsights.ehl.edu/what-does-chef-consultant-do>
- <https://www.laborlawcenter.com/restaurant-food-safety-set>
- <https://www.webstaurantstore.com/article/128/food-safety-guidelines.html>

OUR MISSION IN ACTION!

Creating an Authentic Link to
the Community We Serve...

EDUCATION AND OUTREACH

Education and outreach are key components of theREP's mission, "to create an authentic link to the community we serve." Through a wide range of programs, theREP strives "to provide the Capital Region with theatre programming which inspires a greater understanding of the human condition" and helps "to develop future audiences by instilling the notion that theatre is a vital part of the cultural life of all vibrant cities."

PROGRAMS FOR STUDENTS

Student Matinees (Classics on Stage) | Performances of most of the theatre's professional productions are scheduled during the school day with dramatically discounted prices for area students to allow for greater accessibility. Each season, at least one play is designated as Classics on Stage, for its direct connections with curriculum.

On-The-Go! in-School Tour (OTG) | Specially adapted professional productions designed to play to students on-site in schools. OTG reaches close to 10,000+ students every year.

Young Playwright Contest | Providing students, ages 13-19, with the opportunity to submit their work to be produced on theREP's stage. In addition, the winning playwrights are given a mentorship - prior to the production of the play - with a theatre professional playwright (and or director).

Summer Stage Young Acting Company | Providing young actors the opportunity to work together, with leading professionals in the field, on a production that will take place on theREP's stage. Company members will hone their acting skills while rehearsing and performing.

CAST (Cultivating Arts & Students Together) | Providing students with the opportunity to volunteer at the theatre and earn community service credits at the same time. Teens get an in-depth learning experience that satisfies their passion while fulfilling their needs.

Artists in Residency Programs | theREP works in conjunction with school educators to bring highly trained teaching artists to work in extended residency within the classroom. Opportunities to embed the theatrical experience into the curriculum are available for teachers and students for every work in our Education Season.

Career Development | theREP is dedicated to helping build the next generation of theatre professionals with programs like the Professional Apprenticeship Program which provides year-long or summer-long paid apprenticeships (as an assistant stage manager and or crew member), and Internship Program that provides college students internships in many disciplines of theatre. These programs are specifically for young people beginning a career in the performing arts and arts education.



DOUGLAS LIEBIG

Pictured:
Taylor Hilt Mitchell,
Conor DeVoe, Adia
Bell and Kyle Garvin

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