



The Culinary
Institute of
America

Sodium Reduction

Training Videos for Food Service Professionals, with Chef Lisa Brefere, CEC

Coming soon (for FREE) to a
video screen near you!

Ready to use foods

- Add ingredients to lower sodium and increase food value
- Look at proper portions
- Soups and additional ingredients
- Increase value perception through better food
- RTU foods as ingredients



Salad Dressings

- Explore through vinaigrettes
- Use of true additions
- Understand emulsified dressing
- Reduction of sodium by dilution



✓ New techniques

✓ Recipes

✓ Product uses

✓ Ideas & tips



Tomato-based Sauces

- Understand uses for tomato sauce
- Build a better tomato sauce
- Lower sodium meat sauce
- Tomato sauce as an ingredient



Flavor Building

- Understand better flavor
- Spice and herb use
- Condiments
- Dry rubs and aromatics



Available now @

<https://vimeo.com/nnphi>