For this meringue nest exercise, use an individual meringue nest with strawberry cream. Start with 32 g of the base and 35 g of strawberry cream per full portion. These are trial weights to compare against your own recipe.

Load six trial plates onto the trays used in service. Walk the actual route with a colleague watching the plates at the swing door. Repeat with fewer plates if dishes touch or a server needs a free hand. Record the https://pureyummyrecipes.com/fast-gas-cylinders-explained-why-theyre-popular-in-commercial-kitchens/ tray loading pattern alongside the number of trips the route took.

Use one nest as a sacrificial timing sample. Break the base after the trial journey to see how far the filling has softened it.

The food on six plates weighs approximately 192 g of the base and 210 g of the finish. Weigh the components separately before service so a generous finish cannot conceal a short base portion.