

Lean in the Kitchen: The Chef's Improvement Kata

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LEAN IN THE KITCHEN: THE CHEF'S
IMPROVEMENT KATA

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Summary of Contents



1 . Introduction: Why Lean Belongs in Your Kitchen

- From factory floors to frying pans
- The Chef as a Lean Thinker
- Meet your two mentors: Mr. Waste and Ms. Flow

2. The 8 Wastes... of Cooking

- Overproduction: Making too much pasta (again)
- Waiting: Why the toaster ruins your timing
- Motion: 3,000 steps for one omelet?
- Inventory: The 17 bottles of soy sauce mystery
- Overprocessing: Do we really need to dice that parsley so fine?
- Defects: Burnt toast isn't a breakfast feature
- Transport: Why your fridge is your enemy
- Unused Talent: You forgot your kids can crack eggs!

3. Standard Work for the Perfect Breakfast

- The Lean way to make eggs & toast
- Creating visual work instructions on your fridge
- Beat morning chaos with pre-defined routines

4. Flow Between Fridge and Stove

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- Mapping your "value stream" from raw to ready
 - Redesigning your kitchen layout like a factory line
 - Reduce backtracking, not flavor!
-

5. 5S Your Spice Cabinet

- Sort, Set in Order, Shine, Standardize, Sustain
 - Say goodbye to mystery jars and expired turmeric
 - Label like a Lean legend
-

6. The Chef's Improvement Kata

- What's your target?
 - Experimenting like a culinary scientist
 - Coaching cycles with yourself and your family
 - Daily PDCA in dinner prep
-

7. The Kanban Fridge: Visualizing What You Need

- Avoid overbuying and forgotten leftovers
 - Simple pull systems for groceries
 - Visual boards for restocking milk before disaster strikes
-

8. Cooking with Takt Time

- How long should spaghetti take?
 - Balance timing and flow
 - Avoiding dinner bottlenecks (especially with guests)
-

9. Lean Meal Prep Sundays

- Batch prep without batching wrong