California Milk Advisory Board
Dairy & Cheese Immersion

CIA Consulting Department, Hyde Park, New York

Copyright © 2019
The Culinary Institute of America
All Rights Reserved

This manual is published and copyrighted by The Culinary Institute of America. Copying, duplicating, selling or otherwise distributing this product is hereby expressly forbidden except by prior written consent of The Culinary Institute of America.

The Culinary Institute of America
1946 Campus Drive
Hyde Park, NY 12538-1499
Tel: 845-452-9600
www.ciachef.edu

THE WORLD'S PREMIER CULINARY COLLEGE

Welcome to the CIA!

Education is a gift. And, those of us in the foodservice industry have a chance to "pay it forward" by sharing our gifts with others. For over 70 years, The Culinary Institute of America has provided students with unparalleled training, setting the gold standard for culinary excellence.

Whether you are here to learn new skills and techniques, develop an appreciation for a global cuisine, or are in pursuit of ProChef Certification, our continuing education courses provide the training you need to achieve your personal and professional development goals.

While on campus, we want you to have the best experience possible. If you have any questions along the way, please ask your chef-instructor or anyone on the Continuing Education staff. Once your training is complete, please feel free to stay in touch - we always enjoy hearing your success stories.

And, because so many of our students ask how they can keep in touch with each other after class is over, we've made it easy to do through our Facebook page. Just log in and search for "CIA ProChef."

Wishing you all the best,



Brad Barnes, CMC
Director CIA Consulting
845-451-1613| b_barnes @culinary.edu

P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world's best professional culinary education. If you'd like to further support the future of food with the gift of education, please visit www.ciagiving.org.

EXPECTATIONS FOR PARTICIPANTS

- ☑ Remain in attendance for the class duration
    - Course Satisfactory Completion Requirements
      Students must participate in all exercises and discussions and attend at least 95% of the course to be awarded Continuing Education Units from the IACET.
- ☑ Actively participate
- ☑ Return promptly from breaks
- ☑ No cell phone use or text messaging during class
- ☑ Complete the course evaluation
- ☑ Follow all established health and safety regulations
    - In addition to the precautions necessary to guard against food-borne illness, care must also be taken to avoid accidents. The following safety measures should be practiced.
        - Wash hands before beginning work in the kitchen
        - Keep all perishable items refrigerated until needed
        - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables
- ☑ Adhere to appropriate CIA uniform and attire standards as outlined on the following page.
- ☑ Act within the guidelines of the CIA's policy on harassment
    - The Culinary Institute of America (CIA) is committed to providing a working and learning environment free from harassment. Members of the CIA community, guests, and visitors have the right to be free from any form of harassment (which includes sexual misconduct and sexual harassment) or discrimination; all are expected to conduct themselves in a manner that does not infringe upon the rights of others**.**

CIA UNIFORM POLICY

To foster a professional working environment and to maintain the highest standards of safety and sanitation, the CIA has adopted the following uniform code. Each item has been designed with a practical function in mind. These items must be worn in all production classes unless otherwise stated.

- ☑ Chef's jacket
  - Double-breasted structure creates a two-layer cloth barrier to help prevent steam burns, splashes, and spills
  - Can be re-buttoned on the opposite side to cover spills
  - Sleeves are long to cover as much arm as possible to reduce burns
- ☑ Pants
  - Hounds-tooth helps camouflage stains
  - Best without cuffs, which can trap hot liquids and debris
- ☑ Shoes and Socks
  - Shoes
    - Should be made of hard leather, with low heels, slip-resistant soles, and no open toes
    - Prevent slips and falls in the kitchen
    - Offer support
    - Protect feet from falling pots
  - Socks
    - Must be worn for hygienic purposes and to prevent burns
- ☑ Neckerchief (optional)
  - Helps to absorb sweat
- ☑ Toque (provided in class)
  - Contains hair
  - Absorbs sweat
- ☑ Apron (provided in class)
  - Protects jacket and pants from excessive staining
- ☑ Side towel (provided in class)
  - Protects hands when working with hot pans, dishes, and equipment
- ☑ Jewelry
  - Not permitted except for one plain ring to minimize exposure to potential hazards
- ☑ Hair
  - Should be neatly maintained, clean, and under control at all times
  - Long hair should be pinned up and worn under a hair

California Milk Advisory Board – Dairy & Cheese Immersion 2019

Wednesday, January 9th

8:00-9:00AM	Welcome Orientation & Lecture
	Chef Barbara Alexander, CMAB Foodservice Trends Presentation
	Napa Valley Vintners Theater
9:00-10:00 AM	The Modern Cheese Plate Demonstration by Chef Barbara Alexander
	Napa Valley Vintners Theater
10:00-10:15 AM	Break
10:15-1:00 PM	Dairy Demonstrations for Inspiration:
	• 10:30-11:15 45 minutes Chef Brad Barnes, CMC
	• 11:15-12:00 45 minutes Chef Tony Seta, CMC
	• 12:00-12:45- 45 minutes Chef Victor Gielisse, CMC
	Napa Valley Vintners Theater
1:00-1:45 PM	Lunch provided by Special Events, **Hestan Kitchen**
1:45 PM – 2:45	Dairy Demonstrations for Inspiration, Chef Barbara
2:45 PM- 3:00PM	Market Basket Introduction & Team Assignments,
	Chef Tony Seta, CMC & Victor Gielisse, CMC
3:00 – 4:30 PM	Walk Around Tasting- Cheese, Beer & Wine Tasting
	Dairy Table Identification, **Hestan Kitchen**
4:30PM	Program Concludes.

Thursday, January 10

8:00AM-9:00AM	Day Two Welcome, **Napa Valley Vintners Theater**
	Lecture: *Chef Brad Barnes,CMC -Innovation of Taste Presentation*
9:00AM-9:15 AM	Kitchen Orientation ***Napa Valley Vintners Theater***
9:15-12:00pm	Hands on Market Basket Challenge, **Hestan Kitchen**
12:00PM-1:00pm	Lunch from Production **Hestan Kitchen**
1:00PM-1:30PM	Closing Remarks & Program Concludes

CHEF DEMONSTRATIONS

CHEF BARBARA ALEXANDER

Modern Cheese Plate
Local Point Reyes Toma. Pistachio Crisp.
Pomegranate Pâte de Fruit. Honey Whip. Pistachio Jam
Featuring: California Local Farmstead Cheese

CHEF BRAD BARNES

Ricottta Dumpling

CHEF ANTHONY SETA

Roasted Baby Beets with Honey Labneh, Salted Peanuts, Bulls Blood Micro Greens

Farmstead Point Reyes Deviled Eggs

CHEF VICTOR GIELISSE

Savory Mushroom, Manchego, Petit Blue Cheese Bread Pudding

CHEF BARBARA ALEXANDER

Savory Greek Yogurt Panna Cotta
Tomato Confit. Olive, Walnut, Lemon Salad. Za'atar Toast. Middle Eastern Herbs
Featuring: California "Greek-Style" Yogurt

Banana "Cream Pie"
Coconut Cream Puff. Banana Cream.
Pineapple Compote. Miso Caramel
Featuring: Fresh California Milk & Cream

Modern Cheese Plate

Components	Preparation	Treatment	Quantity	Unit	Notes
Local Point Reyes Toma					
Pistachio Crisp Bread					
Pâte de Fruit		Use pomegranate puree			
Honey Whip					
Pistachio Oil Jam					

Pistachio Crisp Bread

YIELD: 1 loaf

STEP 1

200 g • Egg - white

180 g • Granulated sugar

180 g • All-purpose flour

180 g • Pistachios

Preheat oven 350°F

Grease and flour a small bread pan and line with parchment

Whisk the egg whites in an electric mixer until stiff peaks form then add then rain in the sugar in a slow stream

Fold in the flour and nuts and spoon the mixture into the prepared tin and bake for 45 minutes.

Cool completely, then wrap in foil and freeze until firm enough to slice

Slice very thinly (2 mm) and toast at 325°F until completely crisp and golden brown.

Pâte de Fruit

YIELD: 66 portions

STEP 1	
15 g • Pectin	Preheat oven 350°F.
930 g • Granulated sugar • divided use	Place silpat on flat ½ sheet pan.
	Mix pectin and 180g of the sugar set aside.
STEP 2	
805 g • Fruit puree	On low heat bring puree to 104°F.
175 g • Glucose	Slowly add pectin mix and whisk.
	Add glucose and bring to boil.
	Add remaining sugar gradually while whisking.
STEP 3	
7.5 g • Cream of tartar	Prepare tartaric solution: Mix cream of tartar and water.
7.5 g • Water	Add liquer if desired.
Liquer • optional	When reached 210°F put sheet pan in oven. when reached 221°F take sheet pan out remove the puree from heat and whisk in tartar solution and liqueur.
	Immediately pour on to hot sheet pan with silpat.
	Allow to cool completely
	Sprinkle work surface heavily with sugar, unmold the pate de fruit and cut dredging in sugar as they are cut.
	Keep well wrapped in a cool dry place.

Honey Whip

YIELD: 4 cups

STEP 1	
275 g • Honey, flavorful variety	Blend in vitamix for 2 minutes.
75 g • Water	
6 g • Versawhip	Transfer to a kitchen aid and whip to volume.

Pistachio Oil Jam

YIELD: 2

STEP 1	
50 g • Egg yolks	Whisk egg yolks in a small bowl
STEP 2	
50 g • Glucose	Bring glucose and trimoline to a boil
50 g • Trimoline	
190 g • Pistachio oil	Pour into a food processor, using a little to temper the yolks
1 pinch • fleur de sel	
	Add the yolks in a steady stream to the hot glucose
	Emulsify with a slow stream of walnut oil.
	Add fleur de sel to taste.

Ricotta Dumpling

YIELD: 1260 g
PORTION SIZE: 90 g
PORTIONS: 14

STEP 1	
700 g • Ricotta cheese • well beaten - dry	Mix all, test texture after cooking and adjust bread or egg white.
80 g • All-purpose flour	
120 g • Parmesan cheese • grated	
120 g • Mozzarella cheese, dry • shredded	Shallow poach at 185 °F
120 g • Bread crumbs	
120 g • Egg whites	

Roasted Baby Beets with Honey Labneh, Salted Peanuts, Bulls Blood Micro Greens

Components	Preparation	Treatment	Quantity	Unit
Honey Labneh (recipe follows)			3	tbsp
Roasted Beets (recipe follows)			6	each
Honey, organic			1	tbsp
Peanuts- salted		whole/microplane/chopped	1	tbsp
Micro bulls blood			1	tbsp
Extra-virgin olive oil			1	tbsp
Sea salt				to taste
Honeycomb			1	tsp
Fennel pollen			1/8	tsp
Maldon slat				to taste
Freshly ground pepper				to taste

Notes:

Place smear of Honey Labneh on plate, then randomly place (drained) baby beets on plate.
Drizzle with honey.
Garnish with peanuts.
Garnish with bulls blood.
Drizzle with olive oil.
Sprinkle with sea salt.
Spot with honeycomb.
Sprinkle with fennel pollen.
Sprinkle with malden salt.
Twist of fresh pepper.

Honey Labneh

YIELD: 8 fl oz

STEP 1

8 fl oz • Labneh	Place a bowl over ice and place all ingredients in bowl.
4 fl oz • Sour cream	Gently fold together.
2 fl oz • Yogurt • drained	
3 fl oz • Honey, organic	

Roasted Beets

YIELD: 2 lb

STEP 1	
2 lb • Heirloom baby rainbow beets • about 30 baby beets, depending on size	Place all ingredients in bowl. Toss well -season evenly. Place in a foiled bundle-leaving space.
1 fl oz • Olive oil	Layer tray with 1- inch kosher salt and place bundle on tray.
1/8 bunch • Thyme	Place in 350°F oven. Roast 35 to 45 minutes.
1 each • Bay leaf	Check by pinching skin-when cooked, skin should peel off.
Salt to taste	Air cool. Peel gently/wear gloves -cut if needed.
Ground black pepper to taste	Place in bowl -toss in olive oil Season to taste.

Farmstead Point Reyes
Deviled Eggs

Components	Preparation	Treatment	Quantity	Unit	Notes
Deviled Eggs			4	each	
Point Reyes Farmstead Blue Dressing			2	fl oz	1/2 ounce per egg
Bacon - slab	cooked	lardons or rough chop	1	tbsp	garnish per egg
Point Reyes Farmstead Blue "Shower"	plastic wrap and freeze	microplane		as needed	garnish per egg
Frisee			4	each	leaves per egg
Extra virgin olive oil		drizzle		as needed	
Lava salt				to taste	

Notes:

Place filled eggs on plate.
Place dressing on top.
Crumble bacon/lardon on top.
Shower with Farmstead cheese.
Garnish with frisee.
Drizzle olive oil.
Sprinkle with lava salt.

Farmstead Point Reyes Deviled Eggs

Amounts	***Ingredients***
12 ea.	Eggs (XL) hard-cooked & peeled
½ cup	Mayonnaise
1-1/2 Tbsp.	Dijon Mustard
2 Tbsp.	Caper Juice (liquid from the caper jar)
To Taste	Salt & Pepper
¼ cup	Chive (cut fine)

Method of Preparation

1. **CUT THE HARD-COOKED IN HALF LENGTHWISE**
2. **REMOVE & RESERVE THE YOLK & COOKED WHITES**
3. **PLACE THE YOLKS, MAYONNAISE, CAPER JUICE, & MUSTARD INTO A FOOD PROCESSOR— PROCESS UNTIL SMOOTH**
4. **ADJUST THE SALT & PEPPER**
5. **FOLD IN THE CHIVES & BLEND WELL**
6. **PLACE EGG YOLK MIXTURE INTO A PASTRY BAG**
7. **REFRIGERATE THE EGG YOLK MIXTURE & COOKED EGG WHITES**
8. **READY FOR THE NEXT PREPARATION**

Point Reyes Farmstead Blue Cheese Dressing

Amounts	***Ingredients***
4 oz.	Point Reyes Farmstead Blue Cheese
1 cup	Hellman's Mayonnaise
1 cup	Straus Creamery Sour Cream
3 Tbsp.	Lemon Juice
¼ tsp.	Fresh Garlic (minced)
1 Tbsp.	Fresh Onion (minced)
1-1/2 tsp.	Worcestershire Sauce
To Taste	Salt & Pepper

Method of Preparation

1. **COMBINE ALL THE INGREDIENTS INTO THE BOWL OF A FOOD PROCESSOR & BLEND WELL**
2. **PLEASE INTO A CLEAN CONTAINER WITH LID—LABEL—DATE—REFRIGERATE**
3. **REFRIGERATE AT LEAST 2 HOURS BEFORE USING**

Savory Mushroom, Manchego, Petit Blue Cheese Bread Pudding

STEP 1

1 lb • Sourdough Bread • medium diced

4 1/2 oz • California Sweet Cream Butter • melted

1/2 tsp • Garlic, Granulated

1 1/3 tsp • Kosher salt

1 /2 tsp • Ground black pepper

In large stainless-steel mixing bowl toss bread cubes with melted butter, granulated garlic, pepper and salt. Combine thoroughly and place on clean sheet pan. Bake in 350°F convection oven for 12 minutes until toasted. Stir occasionally to ensure even browning.

Remove from oven and cool. Return to large clean stainless mixing bowl.

STEP 2

2 oz • California Sweet Cream Butter • clarified

2 1/2 oz • Red onion • finely diced and sautéed

2 tsp • Garlic • minced and sautéed

5 oz • Wild mushrooms • sliced and sautéed

In large sauté pan or rondeau heat clarified butter and sweat onions and garlic until translucent. Add cleaned and sliced mushrooms. Sauté until aromatic. Combine this mixture with the toasted bread cubes.

STEP 3

10 oz • California Cream

6 each • California Large Grade AA Eggs

2 tsp • Fresh Snipped Thyme

2 tsp • Fresh Snipped Lovage

2 tsp • Fresh Snipped Marjoram

2 tsp • Fresh Snipped Parsley

1/3 tsp • Kosher salt

2 tsp • Ground black pepper

Blend or whisk cream and eggs together add thyme, lovage, marjoram and parsley adjust seasoning with salt and pepper. Set aside.

Place 50 each, 4 oz foil souffle cup in two large insert pans and add little water in the insert pan. Spray foil cups with non-stick spray. Set aside

STEP 4

3 oz • California Half & Half	Combine half and half with grated Manchego and Petit Blue in blender use pulse motion until mixture is smooth. Combine this mixture with egg and herb mixture.
4 oz • California Mexican Manchego (Cacique) • grated	
6 oz • California Petite Blue (Marin French) • small dice	Fill equal amounts of toasted bread mushroom mixture into the sprayed foil cups. Next add equal amounts of the egg/cheese custard on top of bread mixture.
	Bake in convection oven 350°F for 30-40 minutes until lightly browned and firm rotate in oven to avoid uneven baking. Remove from oven rest for several minutes before removing from molds. Serve at once.

Notes:

• Serve as a protein meal replacement during lunch and or dinner meal with green vegetables.

• Serve with Kale and Arugula salad tossed with herb vinaigrette.

• Serve warm with oven roasted tomato sauce to make complete meal.

• Serve as a unique starch with simple roasted chicken or grilled fish.

Savory Greek Yogurt Panna Cotta

Components	Preparation	Treatment	Quantity	Unit	Notes
Greek Yogurt Panna Cotta					
Tomato Confit					
Olive, Walnut and Lemon Salad					
Za'atar Toast					
Fresh and Crisp Herbs					

Greek Yogurt Panna Cotta

STEP 1	
4 each • Gelatin sheets, silver	Bloom the gelatin leaves in cold water
1 cup • Heavy cream	Heat the cream until just hot. Squeeze the bloomed gelatin of all water and dissolve the leaves in the cream.

STEP 2	
3 cups • Greek yogurt	Temper with several spoonfuls of yogurt, then stir in the remaining yogurt, lemon juice and zest and season to taste with plenty of salt and black pepper.
1 tbsp • Lemon juice	
1 tsp • lemon zest	
Salt to taste	
Ground black pepper to taste	Pour into 4 oz portion cups and chill 2 hours or until set.

Tomato Confit

STEP 1

1 pt • Grape or cherry tomatoes

1 cup • Olive oil

2 each • Garlic cloves • crushed

Salt to taste

Sugar to taste

Ground black pepper to taste

Thyme - fresh as needed • sprigs

Place the tomatoes in a small roasting pan and sprinkle with salt and sugar. Add the thyme branches garlic and olive oil. Place in a hot oven 400°F and cook uncovered for about 25-35 minutes until the tomatoes are completely soft and some are slightly blackened.

Reserve at room temperature until ready to use

Olive, Walnut and Lemon Salad

STEP 1

1/2 cup • Kalamata olives - pitted	The olives & walnuts for this “tapenade” can be chopped coarsely, finely or blended, depending on desired consistency.
1/2 cup • castelvetrano olives	
1/2 cup • Walnuts	
1 each • Garlic clove • finely minced	Fold in herbs and add lemon juice to taste, drizzling in the olive oil to adjust the consistency.
3 tbsp • Chervil or Parsley • chopped	
1 tsp • Lemon zest	
1 tsp • lemon juice	Depending on the olives, this may or may not require salt.
Olive oil as needed	
Salt	
Ground black pepper	Reserve until ready to use. (this tapenade is also delicious on pizza, bruschetta, in pasta, sandwiches and lasts up to one month)

Za’atar Toast

STEP 1	
French baguette as needed • cut in 1/2 crosswise	Par-freeze the baguette.
Olive oil spray as needed	Slice very thinly lengthwise and place on a parchment lined sheet pan. Allow to sit uncovered several hours or overnight. The slices will curl randomly as they dry.
Za’atar with sesame seeds as needed	Spray with olive oil and sprinkle liberally with za’atar.
	Toast in a moderate oven until golden brown and crisp.

Fresh and Crisp Herbs

STEP 1	
1/2 bunch each • Cilantro, dill, mint, chervil, and flat leaf parsley • all herbs picked of leaves and sprigs (keep prep cold) Walnut or olive oil as needed Maldon salt to taste	Toss olive oil and salt to taste with picked herbs.
STEP 2	
Garlic as needed Shallots as needed Canola oil as needed	Slice the garlic or shallots lengthwise, using a truffle slicer or mandolin to ensure perfectly even slices. In a cold sauté pan place the garlic or shallots and oil over high heat stirring constantly as the temperature of the oil rises (if using both, they must be cooked separately) Stir until it starts to turn pale golden. Immediately pour through strainer and then remove to drain on paper towels. Season with salt while hot.
STEP 3	
	Add crisp garlic and shallots to herb mixture. Serve.

Banana “Cream Pie”

Created by Demetra Stamus

Components	Preparation	Treatment	Quantity	Unit	Notes
Cream Puffs with Coconut Craquelin					
Super-Easy Banana Cream					
Pineapple Compote					
Miso Butterscotch					

Cream Puffs with Coconut Craquelin

STEP 1

1/4 cup • Butter - unsalted

1/4 cup • Brown sugar

2 tbsp • All-purpose flour

2 tbsp • coconut flakes

To prepare Craquelin:

Cream butter with brown sugar.

Add AP flour and coconut flakes.

Roll into a sheet between that is between 1/8” and 1/16” between 2 pieces of parchment paper.

STEP 2

1 cup • water

4 oz • Butter

1/2 tsp • salt

1 tsp • Granulated sugar

1 cup • Flour

5 each • eggs

To prepare Cream Puffs:

Line a baking sheet with parchment paper and prepare a large piping bag with a plain round tip.

Boil water, butter, salt, and sugar together.

Add flour, all at once , and stir vigorously with wooden spoon.

Cook while stirring for 5 minutes.

Put in mixer and beat the mix until the steam is gone.

Add eggs 1 at a time.

Scoop out onto the parchment using ice cream scoop and leaving 2 inches between each puff

Bake in oven at 400°F for 15 minutes.

Turn the oven down to 300°F oven for 10 minutes.

Super-Easy Banana Cream

Created by Demetra Stamus

STEP 1	
3 each • Gelatin sheets	Prepare the following items:
4 fl oz • Heavy cream	
2 tbsp • Confectioners' sugar (10X)	1. Put 3 gelatin sheets into a bowl of cold water to bloom.
	2. Whip the heavy cream with the sugar to soft peaks.
	3. Crush the banana with a fork

STEP 2	
1/2 cup • Sugar	Make the pastry cream:
1/4 cup • Cornstarch	
1 pinch • salt	Whisk the sugar, cornstarch and salt together in a small pot.

STEP 3	
4 each • Egg yolks	Whisk the egg yolks, milk and vanilla together and add to the sugar mixing vigorously.
1 pt • Milk	
1 tsp • Vanilla extract	
2 tbsp • Butter	Over medium heat, bring to a boil whisking constantly. Then pour through a strainer.
	Add the soaked gelatin while the pastry cream is hot—stir to melt completely.

Then, whisk in butter until completely melted.

Cool over an ice bath—until just cool

STEP 4

Fold the whipped cream and crushed banana into the pastry cream with the rum.

STEP 5

Pipe into cream puffs and chill until ready to serve.

Pineapple Compote

YIELD: 2 cups

STEP 1	
2 tbsp • Cornstarch	Mix cornstarch with a little water to make a slurry. Set aside.
water as needed	
STEP 2	
2 cups • Fresh pineapple • diced	Bring the pineapple, vanilla bean and sugar to a boil.
1/4 cup • Granulated sugar	
1/2 each • Vanilla bean • scraped	
	Add the cornstarch slurry incrementally until desired thickness is reached.
	Cool.

Miso Butterscotch

YIELD: 1 cup

STEP 1

1/4 cup • Butter	Put all ingredients in a small sauce pot
1/2 cup • Cream	
1/2 cup • Dark brown sugar	Whisk over high heat until lumps are gone, everything is incorporated and the mixture boils.
1/2 cup • Yellow or white miso	
	Taste and adjust with more miso if necessary to give a sweet-salty taste.
	Serve warm.

CHEESE:
A SIMPLE SOLUTION

WHAT GROWS TOGETHER GROWS TOGETHER

The amount of cheese varieties available on the market today is staggering - there are literally hundreds of types readily accessible from all over the globe. The range of taste, texture, and appearance is no less astounding, creating limitless options.

This seems like a good problem, but it can also lead to a lot of question and confusion. What cheeses pair best? How should the cheese be presented? Should there be other items on the cheeseboard? If so, how do you go about selecting these items? What about beverages? Should I consider pairing a wine with the cheese board? I hear some people are beginning to pair cheese with beer or distilled spirits…

Before you know it, the chef becomes totally overwhelmed with decisions. This leads to one of two things:

1. The chef begins to randomly experiment, or
2. The chef goes back to the old stand-by - the one or two combinations he knows work and doesn't even attempt to explore the unknown potentials that exist.

Although there are countless approaches you can take to understanding cheese and cheese pairings, here we'd like to present to you a concept that will begin to put all the harried details in perspective. That concept is "What grows together, goes together."

For a little more clarity, let's take a look at the following chart we've prepared to see how a few cheese varieties, ranging the spectrum, can come together onto one cheese board based on its national or regional origins…

THE MAKING OF A CHEESE BOARD

	Soft Cheese	Semi soft Cheese	Semi Firm & Hard Cheese	Blue Cheese	Accompaniments
France	Brie Alouette/Boursin Camembert Explorateur Chevré (fresh) Reblochon	Morbier Muenster Port Salut Vacherin	Cantal Aged Chevré Comte	Roquefort Bleu d'Auvergne	Artisan Crackers, Crusty Baguette, Grapes, Marinated Olives, Dark Breads, Hazelnuts, Walnuts, Chutneys
Germany	Kochkäse	Bierkäse Limburger		Cambozola	Rye Bread, Onions
Italy	Robiola	Bel Paese Caciotta Fontina Teleggio Provolone	Asiago Fontina Parmesan Pecorino	Gorgonzola	Crusty Baguette, Grapes, Marinated Olives, Apples, Pears, Dates, Prunes, Figs, Apricots, Almonds, Prosciutto di Parma
Spain			Manchego	Valdeon Picon Cabrales	Crusty Baguette, Marinated Olives, Quince Paste, Almonds, Hazelnuts, Jamon Serrano
Switzerland			Emmenthaler Gruyere Jarlsberg Swiss		Port Salut with Raw Onions (and Beer) Apple Cider
Netherlands		Havarti Gouda	Edam	Saga Blue Danish Blue	Bundnerfleisch (air-dried beef)
Great Britain			Cheddar Lancashire	Stilton	Pears, Multi-Grain or Whole-Grain Breads, Chutneys

OTHER CONSIDERATIONS

When preparing a cheese board, here are a few other things to keep in mind…

CHEESE QUALITY

Cheese quality is determined by…

- Species of animal
- Animal's food source
- Quality of animal's milk

CHEESE STORAGE

- Refrigerate at room temperature
- If possible, keep in a separate refrigerator wrapped with paper only. This will prevent spoilage due to condensation trapped by plastic wrap.
- Unpasteurized cheese with a range of flavors should not be sliced until purchase otherwise it will start to lose its subtlety and aroma.
- Wrap blue cheeses all over as mould spores spread readily not only to other cheeses but also to everything near.
- Do not store cheese with other strong-smelling foods. As a cheese breathes it will absorb other aromas and may spoil.

SERVING CHEESE

- Serve at room temperature.
- Try not to keep cheese at room temperature for an extended period of time.
- If cheese develops surface mold, trim a minimum of one inch away.
- Aim for variety in taste, texture and appearance.
- Serve each cheese with its own knife.

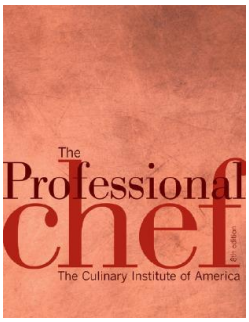
Cheese Slicing Guidelines

- The way a cheese is cut depends largely on its shape and size - make sure to evenly divide cheese so that everybody has an equal share of the inside and outside.
- Round cheeses are often cut in wedges, like a cake.
- Cheese bought in slices should be cut lengthwise rather than across.
- Tall truckles are easier to serve if sliced horizontally.

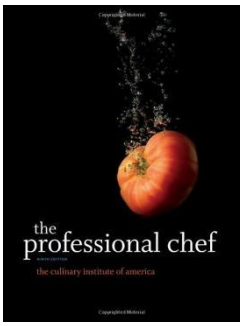
Notes

TRAINING MATERIALS

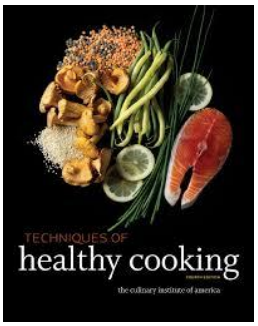
Understanding the mastery of the basics is essential to the professional chef. Whether its knife skills, braising or grilling techniques, the science of leavened bread, the art of tempering chocolate, or the exploration of global cuisines, The Culinary Institute of America's award-winning textbooks and cookbooks will enrich your knowledge, add variety to your menu, and deepen your understanding of cooking fundamentals.



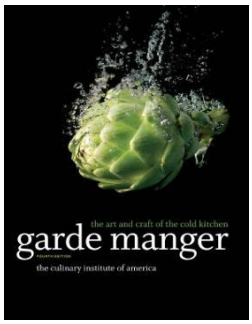
The Professional Chef, 8th Edition



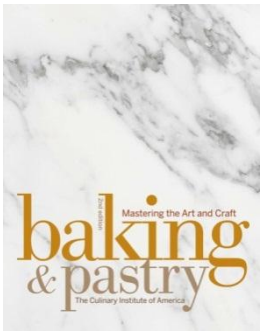
The Professional Chef, 9th Edition



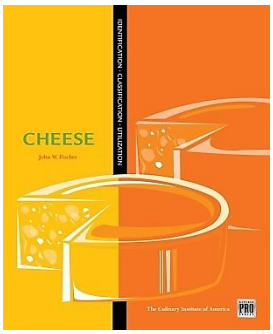
Techniques of Healthy Cooking, 4rd Edition



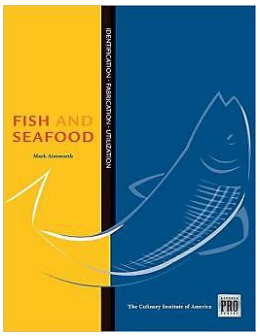
Garde Manger, 4rd Edition



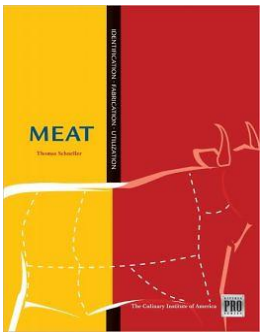
Baking and Pastry, 2nd Edition



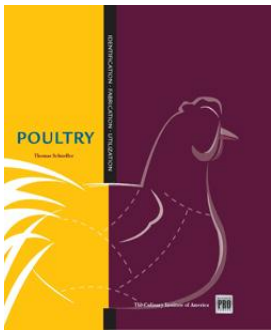
Guide to Cheese Identification, Classification and Utilization



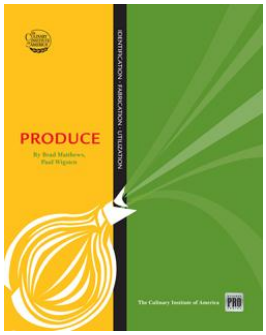
Guide to Fish and Seafood Identification, Fabrication and Utilization



Guide to Meat Identification, Fabrication and Utilization



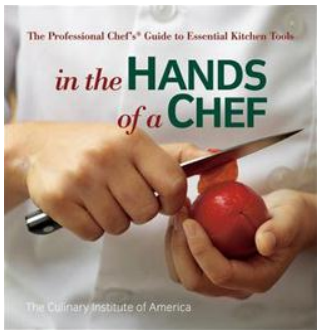
Guide to Poultry Identification, Fabrication and Utilization



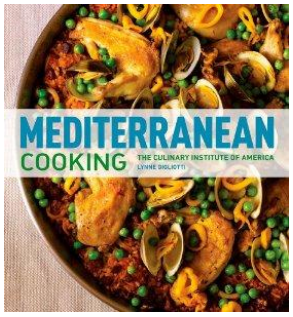
Guide to Produce Identification, Fabrication and Utilization



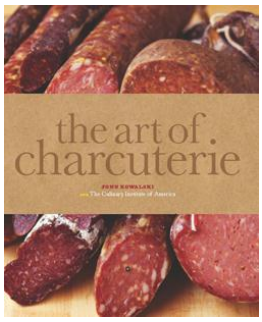
Guide to Purchasing



In the Hands of a Chef



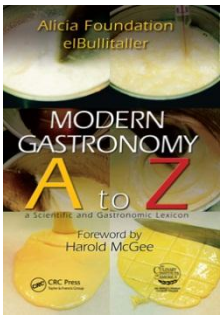
Mediterranean Cooking



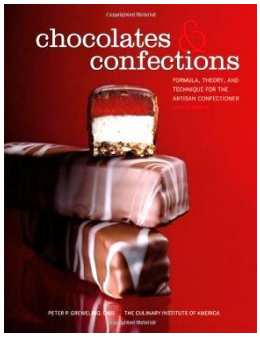
The Art of Charcuterie



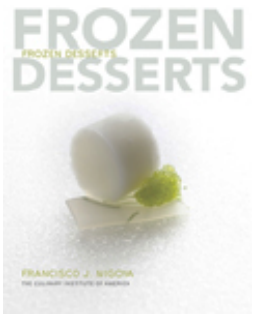
Modern Batch Cookery



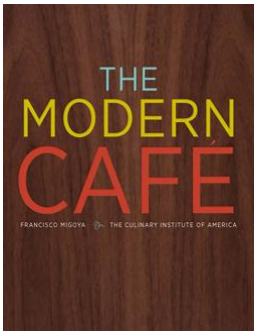
Modern Gastronomy: A to Z



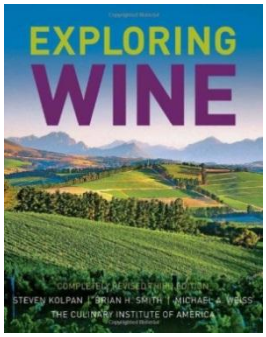
Chocolates and Confections, 2nd Edition



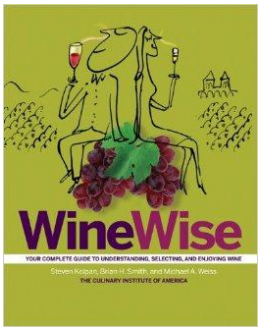
Frozen Desserts



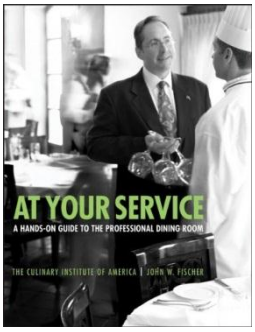
The Modern Café



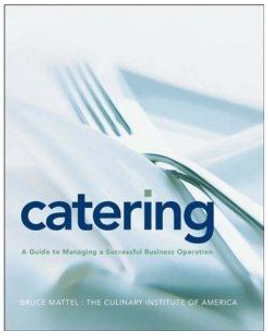
Exploring Wine, 3rd Edition



Wine Wise



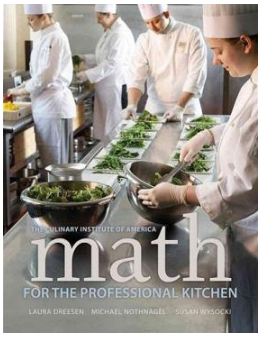
At Your Service



Catering



Culinary Math, 3rd Edition



Math for the Culinary Professional



Remarkable Service, 2nd Edition

Interested in taking your knowledge one step further?
For additional information on training materials, including DVDs, podcasts, and more,
Visit our Web site at ciaprochef.com/fbi



MEMO TO: CIA CONTINUING EDUCATION STUDENTS
FROM: OFFICE OF THE REGISTRAR
RE: PRIVACY OF STUDENT RECORDS

The *Family Educational Rights and Privacy Act* (FERPA) is the federal law that governs release of and access to student education records. These rights include:

1. The right to inspect and review your education record within a reasonable time after the CIA receives a request for access. If you want to review your record, contact the Registrar's Office to make appropriate arrangements.
2. The right to request an amendment of your education record if you believe it is inaccurate or misleading. If you feel there is an error in your record, you should submit a statement to the Registrar's Office, clearly identifying the part of the record you want changed and why you believe it is inaccurate or misleading. The Registrar will notify you of the decision and advise you regarding appropriate steps if you do not agree with the decision.
3. The right to consent to disclosure of personally identifiable information contained in your education records, except to the extent that FERPA authorizes disclosure without consent. One exception which permits disclosure without consent is disclosure to school officials with "legitimate educational interests." A school official has a legitimate educational interest if the official has a need to know information from your education record in order to fulfill his or her official responsibilities. Examples of people who may have access, depending on their official duties, and only within the context of those duties, include: CIA faculty and staff, agents of the institution, students employed by the institution or who serve on official institutional committees, and representatives of agencies under contract with the CIA.
4. The right to file a complaint with the U.S. Department of Education concerning alleged failures by the CIA to comply with the requirements of FERPA.

Release of student record information is generally not done at the CIA without the expressed, written consent of the student. There are, however, some exceptions. For example, directory information includes the following, and may be released without the student's consent: name, permanent address, campus box number, CIA email address, photographs, program of study, dates of attendance, and degrees or certificates awarded with dates. Please note that you have the right to withhold the release of directory information. To do so, you must complete a "Request for Non-Disclosure of Directory Information" form, which is available from the CIA Consulting Department at 845-905-4417. Please note two important details regarding placing a "No Release" on your record:

1. The CIA receives many inquiries for directory information from a variety of sources outside the institution, including friends, parents, relatives, prospective employers, the news media, and others. Having a "No Release" on your record will preclude release of such information, even to those people.
2. A "No Release" applies to all elements of directory information on your record. The CIA does not apply "No Release" differently to the various directory information data elements.

A copy of the *Act*, more details about your rights, and any CIA policies related to the *Act* are available at http://www.ciachef.edu/consumer-information/#psr.
Questions concerning FERPA should be referred to the Office of the Registrar, The Culinary Institute of America, 1946 Campus Drive, Hyde Park, NY, 12538.

CIA INSTRUCTOR POLICY ON PROPRIETARY INTERESTS DISCLOSURE AND REPRESENTATION

The instructor does not have a proprietary interest in any product, instrument, device, service, or material to be discussed during the learning event, nor does the instructor receive third-party compensation related to the presentation.

This syllabus was developed using the resources of The Culinary Institute of America.

Instructional Designers and Editors
Chef Brad Barnes
Demetra Stamus

CMAB Cheese v.10.docx

Copyright © 2019
The Culinary Institute of America
All Rights Reserved

This manual is published and copyrighted by The Culinary Institute of America. Copying, duplicating, selling or otherwise distributing this product is hereby expressly forbidden except by prior written consent of The Culinary Institute of America.