



Culinary Institute
of America

Vi LIVING

**SOUTH AMERICAN FLAVORS
AND LIVE FIRE COOKING**



CIA Consulting
The Culinary Institute of America

The Culinary Institute of America, Hyde Park, NY

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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,

A handwritten signature in blue ink that reads "David Kamen".

David Kamen '88 MBA PC^{III}
Director CIA Consulting
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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

Vi F&B Executive Chef's Meeting
CIA; San Antonio, TX
April 17-20, 2023

Priority Focus:

- **New and Interesting ideas**
- **Getting Back to Basics**
- **Operations Excellence**
- **Have a little fun**
 - Empanadas and Ceviche – cuisines and influences of Western South America
 - Live Fire – Examining the 7-fires of Francisco Mallmann

Monday April 17, 2023

Start Time	End Time	Topic	Facilitator	Location
3:00 pm		Hotel check in		Canopy by Hilton San Antonio Riverwalk 123 N St Mary's St, San Antonio (210) 404-7516
6:00 pm	8:00 pm	Welcome Reception	Steve / Steven	Canopy by Hilton Las Ramas Room, 2nd Floor

Tuesday April 18, 2023 – Culinary Institute of America, San Antonio

Start Time	End Time	Topic	Facilitator	Location
7:30 am	7:45 am	Transport to CIA 312 Pearl Parkway, Building 2, Suite 2102	Steve / Steven	Hotel lobby
8:00 am	8:30 am	Continental breakfast Kitchen Tour video Gary, Cary, Darrell comments	Cary, Darrell, Steven	Ecolab Demo Theater
8:30 am	10:00 am	RSS discussion and results review	Steve / Steven	Ecolab Demo Theater
10:00 am	10:30 am	Recipe Review	Chef Shannon	Ecolab Demo Theater
10:30 am	1:30 pm	Kitchen Exercise – Empanadas and Ceviche	Chef Shannon	Latin Kitchen
1:30 pm	2:30 pm	Lunch from production / production review	Chef Shannon	Main Dining Area
2:30 pm	5:00 pm	Culinary Culture	Chef Shannon	Ecolab Demo Theater
5:00 pm	5:30 pm	Wrap up	Steve / Steven	Ecolab Demo Theater

Start Time	End Time	Topic	Facilitator	Location
5:30 pm		Break for day – Chefs	enjoy dinner where	you choose

Wednesday April 19, 2023 – Operations Excellence

Start Time	End Time	Topic	Facilitator	Location
7:30 am	7:45 am	Transport to CIA 312 Pearl Parkway, Building 2, Suite 2102	Steve / Steven	Hotel lobby
8:00 am	9:00 am	Continental breakfast Discussion and menu review	Chef Shannon	Main Floor Dining Room
9:00 am	12:00 pm	Kitchen Exercise Examining the 7-fires of Francisco Mallmann	Chef Shannon	Latin & Live Fire Kitchens
12:00 pm	1:00 pm	Lunch from production	Chef Shannon	Main Dining Area
1:00 pm	2:00 pm	Production review	Chef Shannon	Latin Kitchen
2:00 pm	3:30 pm	Vi Internal Meetings **Guest Speakers** Bryant Hilton 2:00-2:20 Tony Galvan 2:30-3:30	Steve / Steven	Ecolab Demo Theater
3:30 pm	5:00 pm	NSM (Steve) CDM (Steven) HPSI (Steve)	Steve / Steven	Ecolab Demo Theater
5:00 pm	7:00 pm	Return to hotel / free time		
7:00 pm	9:00 pm	Group Dinner	Bliss	926 South Presa Street, San Antonio

Thursday April 20, 2023 – Travel Day – teams return home.

DAY ONE KITCHEN PRODUCTION TEAM ASSIGNMENTS

TEAM ONE

Mariscos Empanada
Seafood and Onion Empanada
Milcaos and Avocado Pebre
Deep fried raw potato dough topped with avocado "pebre"
Salsa Verde Cocida (*Cooked Tomatillo Sauce*)

TEAM TWO

Ceviche Acapulqueño (Acapulco Style Ceviche)
Tinga Poblana (Puebla Style Shredded Pork)
Mushroom Quinotto
Salsa Roja de Molcajete (*Stone Ground Red Salsa*)

TEAM THREE

Onion Empanada (Pequen)
Very traditional country empanada filled just with caramelized onions
Tacos de Pescado Estilo Baja California (*Baja Style Fish Tacos*)
Salsa Mexicana (*Chopped Tomato and Serrano Chile Salsa*)

TEAM FOUR

Cebiche de Camarones Ecuadoreano
(*Ecuadorean Shrimp Cebiche*)
Flautas de Pollo (*Chicken Flautas*)
Sweet Corn Croquettes

TEAM FIVE

Empanadas Salteñas
(*Salteña Style Empanadas*)
Bocoles (*Round Masa Snacks from Puebla*)
Salsa Verde Cruda con Aguacate (*Uncooked Tomatillo and Avocado Salsa*)
Tradicional Guacamole (*Traditional Guacamole*)

MARISCOS EMPANADA

SEAFOOD EMPANADAS

Yield: 6 Medium Empanadas

Ingredients	Amounts
Prawns or shrimp, peeled and deveined	3.5 oz.
Garlic, minced	2 cloves
Onions, brunoise	2 ea.
Mussels	3.5 oz.
Clams	3.5 oz.
Olive oil to sauté	as needed
Fumet	17 oz.
White wine	17 oz.
Cumin	as needed
White pepper	as needed
Sea salt	as needed
Cilantro, chiffonade	1 tbsp.
Empanada Dough, Baked or Fried, recipes follows	1x recipe

Method

1. Sauté prawns in hot olive oil with half the minced garlic.
2. Steam mussels and clams and keep their juice.
3. Sauté onions and the other half of the minced garlic. Deglaze with white wine and fumet as needed. Add in the liquid from the mussels and clams and reduce until almost dry
4. Season with cumin, white pepper and sea salt. Let it cool down a bit, rough cut all of the seafood and add it into the onion and garlic mixture. Allow the mixture to cool and add the cilantro to the mixture.
5. Fill the empanada dough and fold as shown. Deep fry or cook in the oven.

EMPANADA DOUGH, BAKED

Yield: 8 to 10 portions

Ingredients

Sea salt
Warm water
Flour
Pork fat
Egg
Lard for painting

Amounts

2 tbsp.
3.3 oz.
2 lb.
3.5 oz.
1 ea.
as needed

Method

1. Make a brine with salt and water. Stir flour, fat and egg. Add brine till you get a soft dough (kind of stiff though).
2. Let it rest for about 30 minutes and roll out the dough to about 1/8- inch. Paint the surface with lard and sprinkle corn starch. Fold in two. Roll again and repeat three times.
3. Let it rest in the cold for 2 to 3 hours and roll out to cut. Portion will vary depending on the size of the empanadas.

EMPANADA DOUGH, FRIED

Yield: 8 to 10 portions

Ingredients

Flour
Sea salt
Warm milk
Vegetable oil
Egg yolks
Baking powder

Amounts

2 lb.
1 tsp.
10 oz.
3.2 oz.
3 ea.
0.5 oz.

Method

1. Stir together flour, salt, warm milk, oil, egg yolks and baking powder. Once you get a smooth dough, let it rest for 30 minutes.
2. Roll out and cut. Portion will vary depending on the size of the empanadas.

MILCAOS AND AVOCADO PEBRE

POTATO CAKES AND AVOCADO PEBRE

Yield: 8 Portions

Ingredients	Amounts
Yukon gold potatoes, divided	2 lb.
Lard	3.5 oz.
Onions, brunoise	2 ea.
Garlic, minced	1 clove
Sea salt	as needed
Black pepper	as needed
 Oil or lard, for frying	 as needed

Avocado Pebre	
Avocado, brunoise	1 ea.
Onions, brunoise	1 ea.
Tomatoes, brunoise	2 ea.
Green pepper, brunoise	1 ea.
Cilantro, chiffonade	1 oz.
Sea salt	as needed
Black pepper	as needed
White vinegar	as needed

Method

1. Cook half of the potatoes until tender and run through a coarse food mill plate them. Grate the other half and squeeze strongly to let all the water go out. (do not rinse)
2. Make the Pebre by mixing onions, avocados, tomatoes, green pepper, and cilantro together in a bowl.
3. Season with sea salt, black pepper, and white vinegar.
4. Sauté the brunoised onions with some garlic. Season with salt and black pepper
5. Mix the milled potatoes, grated potatoes, sauteed onions and lard (melted but cool), in a bowl. Adjust seasoning.
6. Make a small patty and cook them in a shallow layer of hot oil or lard.

SALSA VERDE COCIDA

COOKED TOMATILLO SALSA

Yield: 8 Fluid Ounces

Ingredients	Amounts
Tomatillos, husks removed, rinsed	10 ea.
White onion, small, rough cut	¼ ea.
Garlic clove, peeled, rough cut	1 ea.
Jalapeño chiles, stems removed	2 ea.
Cilantro, finely chopped	¼ bu.
Canola oil	1 tsp.
Salt	to taste

Method

1. In a small saucepan place the tomatillos, onion, garlic, and the jalapeño chiles cover with water and cook over medium heat, until tomatillos and chiles change color. Remove from heat, strain, discarding the water, and set aside to cool slightly.
2. Place tomatillos, onion, garlic, and chiles in the blender, and process for a few seconds until the vegetables are coarsely chopped, add the cilantro, process again on low until the salsa is smooth and the cilantro is well chopped.
3. Add the oil to a small saucepan, add the blended salsa, and bring to a gentle simmer for 8 minutes, or until thickens, season with salt.

CEVICHE ACAPULQUEÑO

ACAPULCO STYLE CEVICHE

Yield: 4 Cups

Ingredients	Amounts
Fish fillets* boneless, skinless	1 lb.
Lime juice, freshly squeezed	8 fl. oz.
Tomato juice	8 fl. oz.
Olive oil	2 fl. oz.
Oregano, fresh, minced	1 tsp.
Salt	to taste
White onion, finely diced	½ cup
Roma tomatoes, finely diced	2 ea.
Serrano chiles, finely diced	2 ea.
Green Manzanilla olives	15 ea.
Cilantro, chopped	2 tbsp.
Avocado, diced	1 ea.
Totopos or Saltines	as needed

Method

1. Remove any bones from the fish and cut the fillets into ¾-inch cubes, place the fish in a non-reactive bowl. Add the lime juice, mix well, and cover with plastic wrap. Refrigerate at least for 1-½ to 2 hours or until the fish is "cooked".
2. Mix the tomato juice, olive oil, oregano, and salt to taste. Reserve refrigerated.
3. Before serving, drain the fish, mix in the onion, tomato, chiles, olives, cilantro, and prepared tomato juice, taste for seasoning (depending on the brand of the tomato juice, you may need a little bit of sugar).
4. Toss well and mix in the avocado.
5. Serve with totopos or the traditional saltines.

*Use any type of saltwater fish. The key thing is that the fish must be very fresh.

TINGA POBLANA

PUEBLA STYLE SHREDDED PORK

Yield: 8 Portions

Ingredients	Amounts
Pork shoulder, cut into 2-inch cubes	2 lb.
White onion (divided use)	2 ea.
Garlic clove, peeled	1 ea.
Salt	as needed
Potatoes, red, peeled	½ lb.
Chipotle chiles in adobo, canned	5 ea.
Canola oil	1 ½ fl. oz.
Mexican chorizo	½ lb.
Roma tomatoes, medium diced	1 ½ lb.
Apple cider vinegar	½ fl. oz.
Salt	to taste
Sugar	to taste
Garnish	
Avocados, sliced	2 ea.
White onion, quartered and finely sliced	½ ea.
Tortillas, flour	as needed

Method

1. Place the pork in a large pot with one onion, garlic clove, and water to cover. Season with salt and bring to a boil over high heat. Reduce the heat to a simmer and cook until the pork is tender, about 45 minutes. Drain the cooking liquid and set the pork aside.
2. Shred the pork using the backside of a fork, until all the pork is finely shredded.
3. Place potatoes in a pot, add water to cover by 1- inch, add salt and bring to simmer over medium to high heat. Simmer until cooked "al dente," about 15 minutes.
4. Remove the potatoes and allow them to cool. Cut into ½- inch dice and set aside.
5. Using gloves, remove the stems from the chipotle chiles. Cut the chipotles into ¼- inch slices.
6. Heat the oil in a sauté pan and fry the chorizo until cooked through. Remove from the fat. Reserve about 4 tablespoons of fat.
7. Finely dice the remaining onion and sauté in the reserved fat. Add the pork and sauté until slightly crispy and golden in color. Add the diced tomatoes and cook them through, adding the potatoes, cooked chorizo, chipotle chiles, vinegar, salt, and sugar to taste (add more chiles if the tinga is not spicy enough).
8. Serve the tinga poblana on a platter and garnish with onion and avocado slices.
9. Accompany with white rice or cooked black beans and tortillas.

MUSHROOM QUINOTTO

Yield: 8 Portions

Ingredients	Amounts
Quinoa	1 lb.
Olive oil	as needed
Shallots, minced	8 oz.
Boiling water or vegetable stock	24 oz.
Porcini mushrooms, minced	8 oz.
Portobello mushrooms, minced	8 oz.
Morel, minced	8 ea.
Oyster mushrooms, minced	8 oz.
White wine	4 oz.
Parmesan cheese, grated	6 oz.
Salt	to taste
Black pepper, ground	to taste

Method

1. Rinse the quinoa until water becomes clear.
2. In a large pan, add olive oil and sauté the shallots until they are transparent.
3. Add the quinoa and heat it until you can see a white dot on each grain. Start to add the stock little by little in the same way as a risotto, moving it all the time. Cook until it's tender and well cooked (approx. 22 min.).
4. In a separate pan sauté the minced mushrooms and add the white wine. When the alcohol evaporates, mixed it up with the quinoa and the parmesan cheese. Add salt & pepper to taste.

SALSA ROJA DE MOLCAJETE

STONE GROUND RED SALSA

Yield: 6 Fluid Ounces

Ingredients

Jalapeño chile
Garlic cloves, unpeeled
Roma tomatoes
Salt

Amounts

2 ea.
1 ea.
2 ea.
1 tsp.

Method

1. Dry roast the chile, garlic, and tomatoes on a comal over medium-high heat.
2. Remove the garlic when the papery skin begins to brown. Peel and discard skin. Keep turning the vegetables until soft and blackened on all sides. Reserve.
3. When the chiles are ready, remove and discard the stem. Peel the skin from the jalapeños and slice them in half.
4. Remove the skin and eyes from the tomatoes.
5. First place the chiles and garlic in the molcajete. Add salt, and grind, to make a paste with the volcanic pestle referred to as a "tejolote." Add tomatoes, one at a time, and make a smooth salsa.
6. Season with salt to taste.

Note: This salsa will keep for 3 days in the refrigerator.

ONION EMPANADA (PEQUEN)

Yield: 6 Medium Empanadas

Ingredients

Onions, brunoise

Pork fat

Cumin

Paprika

Oregano

Sea Salt

Amounts

6 ea.

3.5 oz.

as needed

as needed

as needed

as needed

Empanada Dough, Baked or Fried
(recipe follows)

1x recipe

Method

1. Sauté onions in the pork fat until nicely caramelized. Season with cumin, paprika, oregano and sea salt. Cool mixture.
2. Fill the pastry with the onions, fold as shown and deep fry. Portion will vary depending on the size of the empanadas.

EMPANADA DOUGH, BAKED

Yield: 8 to 10 portions

Ingredients

Sea salt
Warm water
Flour
Pork fat
Egg
Lard for painting

Amounts

2 tbsp.
3.3 oz.
2 lb.
3.5 oz.
1 ea.
as needed

Method

1. Make a brine with salt and water. Stir flour, fat and egg. Add brine till you get a soft dough (kind of stiff though).
2. Let it rest for about 30 minutes and roll out the dough to about 1/8- inch. Paint the surface with lard and sprinkle corn starch. Fold in two. Roll again and repeat three times.
3. Let it rest in the cold for 2 to 3 hours and roll out to cut. Portion will vary depending on the size of the empanadas.

EMPANADA DOUGH, FRIED

Yield: 8 to 10 portions

Ingredients

Flour
Sea salt
Warm milk
Vegetable oil
Egg yolks
Baking powder

Amounts

2 lb.
1 tsp.
10 oz.
3.2 oz.
3 ea.
0.5 oz.

Method

1. Stir together flour, salt, warm milk, oil, egg yolks and baking powder. Once you get a smooth dough, let it rest for 30 minutes.
2. Roll out and cut. Portion will vary depending on the size of the empanadas.

TACOS DE PESCADO ESTILO BAJA CALIFORNIA

BAJA STYLE FISH TACOS

Yield: 8 portions

Ingredients	Amounts
All-purpose flour	1 ¼ cup
Dijon mustard	1 tbsp.
Oregano, chopped	½ tsp.
Freshly ground black pepper	½ tsp.
Salt	to taste
Beer	8 oz.
Shark (dogfish) fillet, or mahi mahi, cut into 3" x 1" slices	4 lb.
Canola oil or lard	6 fl. oz.
White corn tortillas, warmed	16 ea.
Green cabbage, halved, finely shredded	2 cup
Chipotle mayonnaise, or crema	
Mexicana	½ cup
Salsa Mexicana, recipe follows	20 fl. oz.
Lime wedges	3 ea.

Method

1. In a large bowl combine the flour and spices by hand until well incorporated. Set the bowl on a kitchen towel and slowly whisk in the beer to ensure a smooth clump less batter.
2. Heat the oil or lard in a skillet set over medium heat.
3. Dip the fish in the beer batter, remove and allow excess batter to drip briefly, then fry the fish slices until golden brown on all sides. Drain on a wire grate lined with paper towels.
4. Have the tortillas warm and ready to assemble. Place one of the fish fillets in each tortilla; add a spoonful of the chipotle mayo or crema and one spoonful of cabbage.
5. Serve the tacos immediately with the Salsa Mexicana and the lime wedges.

Note: If you prefer a green salsa, you can use Salsa Verde Cruda or both for more options.

SALSA MEXICANA

CHOPPED TOMATO AND SERRANO CHILE SALSA

Yield: 24 Fluid Ounces

Ingredients	Amounts
Serrano chiles, small diced	6 ea.
Roma tomatoes, small diced	9 ea.
White onion, small diced	1 ½ ea.
Cilantro, chopped, stems included	1 ½ bu.
Lime juice	1 ½ fl. oz.
Olive oil	¾ fl. oz.
Salt	to taste

Method

1. Place all the ingredients in a bowl, season with lime juice, olive oil, and salt to taste.
2. Mix to combine and serve.

CEBICHE DE CAMARÃO ECUADOREANO

ECUADOREAN SHRIMP CEBICHE

Yield: 8 portions

Ingredients	Amounts
Shrimp, peeled	2 lb.
Red onion, julienne	1 cup
Limes	2 ea.
Ketchup	¼ cup
Cancha, toasted Peruvian corn (see recipe)	1 ½ cup
Orange juice	1 ¼ cup
Tabasco sauce	to taste
Parsley, curly	2 Tbsp.
Salt and white pepper	to taste
Garnish	
Chifles, fried plantain chips	as needed
White popcorn (optional)	as needed
Cancha, toasted Peruvian corn (optional)	as needed

Method

1. Clean and poach shrimp in water seasoned with salt, onion and parsley. Transfer to an ice bath.
2. Julienne the onion; blanch; and transfer to an ice bath. Add lime juice, orange juice, ketchup and water.
3. For serving: place shrimp in bowl with the onion and cover generously with the sauce. Garnish with parsley. In Ecuador, the garnishes for ceviche vary depending on region. For a coastal style cebiche, serve with chilies, fried plantain chips; for a serrano version (from the mountains), serve with white popcorn and cancha.

Adapted from: Paco Jimenez World's of Flavor 2002. All rights reserved.

CANCHA

TOASTED PERUVIAN CORN

Yield: 1 pound

Ingredients

Amounts

Cancha, small kernel	1 lb.
Canola oil	¼ cup
Salt	to taste

Method

1. Pre-heat oven to 300° F. Evenly spread the cancha on a baking sheet and bake for approximately 30 minutes. Cool
2. Place the cancha in a sauté pan and swirl over low heat until the kernels begin to pop. Cover with a lid and continue swirling.
3. Remove from the heat, add the canola oil and continue shaking to evenly coat the cancha with oil. Season with salt to taste.
4. Cool to room temperature and store for up to two weeks in a sealed, airtight container.

Note: If using large kernel cancha, increase baking time by 30 minutes.

FLAUTAS DE POLLO

CHICKEN FLAUTAS

Yield: 12 Flautas

Ingredients	Amounts
Chicken breast, poached, and shredded	1 ea.
Garlic clove, peeled, rough cut	1 ea.
White onion, rough dice	1/2 ea.
Roma tomatoes, quartered	3 ea.
Vegetable oil	1/2 fl. oz.
Salt	to taste
White corn large tortillas*	12 ea.
Wood toothpicks or skewers	24 ea.
Canola oil	8 fl. oz.
Crema Mexicana	4 fl. oz.
Romaine lettuce leaves, shredded	3/4 cup
Salsa Verde Cruda con Aguacate, recipe follows	4 fl. oz.
Queso Fresco, finely crumbled	1/4 cup

Method

1. Poach chicken breast, allow to rest and cool slightly, then shred.
2. Blend garlic, onion, and tomatoes in the blender.
3. Heat oil in a sauté pan over medium heat and fry the tomato mixture until it changes color and is slightly reduced, about 10 minutes. Mix in the shredded chicken, season with salt. Set aside to cool.
4. Warm up the tortillas slightly, so they will be soft and easy to roll without breaking, you can also try to spray a little water before warming them**. Place some of the chicken filling, do not overstuff the tacos. Roll them and secure the tacos with a toothpick or skewer, the seam should be on the side, next to the other taco, so they stay closed.
5. Heat the oil in a sauté pan; fry the tacos, turning them to get a nice deep gold color.
6. Remove from oil, drain on paper towels.
7. Arrange 2 tacos per person in a plate, or platter for family style drizzle crema on top, then arrange on top the lettuce, drizzle salsa, and top with the crumbled cheese.

Note: Another method is to heat the oil, and very quickly submerge the tortillas to soften.

*Usually, a large oval shape tortilla is used to make the flautas, if unavailable, overlap 2 tortillas to make a long one.

SALSA VERDE CRUDA CON AGUACATE

UNCOOKED TOMATILLO AND AVOCADO SALSA

Yield: 8 Fluid Ounces

Ingredients	Amounts
Jalapeño chiles, stems removed, sliced in half lengthwise	2 ea.
Tomatillos, husks removed, quartered	10 ea.
Garlic clove, peeled	1 ea.
White onion, small	¼ ea.
Salt	to taste
Cilantro, sprigs	½ bu.
Avocado, small, rough cut	1 ea.

Method

1. Place all ingredients, except the cilantro, in a blender. Process until smooth.
2. Season with salt, add the cilantro and avocado and briefly blend until smooth.

Note: The salsa can be made up to six hours prior to serving. To prevent oxidation, cover the salsa with plastic wrap and press the plastic into the surface of the salsa.

SWEET CORN CROQUETTES

Yield: Approximately 12 Large Croquettes

Ingredients	Amounts
IQF sweet corn	1 lb.
Basil leaves, chiffonade	1 tbsp.
Egg yolks (1 every 300 g)	as needed
Eggs	as needed
Flour	as needed
Breadcrumbs	as needed
Sea salt	to taste
Ground black pepper	to taste
Chanco en Piedra, recipe follows	1x recipes

Method

1. Grind (quite roughly) boiled sweet corn and season with sea salt and pepper.
2. Mix basil into the corn, add egg yolks, and stir.
3. Make croquettes by rolling small balls, then coat with flour, eggs and crumbs, deep fry
4. Serve with Chanco en Piedra.

CHANCHO EN PIEDRA

Yield: 8 Fluid ounces

Ingredients	Amounts
Tomato, good quality and ripe, small dice	1 ea.
Onion, small dice	1 ea.
Garlic clove, minced	1 ea.
Green pepper, small dice	1 ea.
Cilantro, chiffonade	1 tbsp.
Vegetable oil	as needed
Sea salt	as needed
black pepper, ground	as needed

Method

1. Mash up all the vegetables in a food processor, or on a mortar ideally, leaving a little coarse.
2. Season with vegetable oil, sea salt and black pepper.

EMPANADAS SALTEÑAS

NORTHERN ARGENTINE STYLE EMPANADAS

Yield: 1 dozen

Ingredients	Amounts
Dough	
Flour, All-purpose	1 lb.
Suet, warm	100 gr.
Salt, kosher	1 tbsp.
Water	¼ cup
Filling	
Beef, tenderloin	1 lb.
Lard	100 gr.
Yellow onion, finely diced	1 ea.
Green onions, white part, finely diced	1. bu.
Garlic cloves, finely minced	2 ea.
Ground paprika	to taste
Salt	to taste
Ground black pepper	to taste
Russet potato, small dice, boiled, al dente	½ cup
Flour, All-purpose	2 tbsp.
Red bell pepper, roasted, finely diced	1 ea.
Green onion, green part	1 bu.
Green olives, pitted	1 cup
Eggs, hard boiled, thinly sliced	2 ea.
Egg wash	
Eggs, beaten	1 ea.
Whole milk	1 tbsp.

Method

1. *For the dough:* Dissolve the salt in the water over low heat and keep warm to make a salmuera.
2. On a work surface, pour the warm suet into the flour and work quickly adding the salmuera.
3. Once the mixture forms a ball, cover and rest for at least one hour.
4. Roll out the dough to 1/8 inch thickness and cut out the dough using a round cookie cutter.
5. *For the filling:* Clean the tenderloin and remove any silver skin from the meat. Cut the meat into bite size pieces.

6. Heat the lard in a sauté pan and cook the onions and garlic until translucent. Add the meat and cook until the meat changes color. Season to taste with salt, pepper, and paprika. Let this marinate overnight in the refrigerator or at least two hours.
7. The next day, let the mixture come to room temperature, Add the potatoes, flour, red bell pepper, green onion, and olives.
8. Place enough filling on each disk to fill one half of the disk. Place a slice of egg on top of the filling and fold the dough in half to form a half-moon.
9. Finish the empanadas by pinching the edge of the dough to form a scalloped edge. Allow the empanadas to rest prior to baking.
10. Pre-heat the oven to 400 F. Immediately before baking, brush the empanadas with egg wash and bake for 12 minutes or until golden brown.

BOCOLES

ROUND MASA SNACKS FROM PUEBLA

Yield: 24 Bocolos

Ingredients	Amounts
Ancho chiles, wiped clean, seeds and veins removed	1 ea.
Queso añejo, crumbled	1 wt. oz.
Lard, cooked	1 tbsp.
Lard, uncooked	5 wt. oz.
Fresh masa	1 lb. (2 cups)
Salt	to taste
Salsa verde cruda con aguacate (recipe below)	6 fl. oz.

Method

1. Gently toast the chile on a warm comal and soak in hot water for 15 minutes.
2. Transfer the chile to a blender and add water, as needed, to form a thick puree.
3. Mix together the chile puree, cheese and the cooked lard, to form a thick paste.
4. Mix the masa with the uncooked lard and season with salt to taste.
5. Wet your hands and form small 1 ½ weight ounce masa balls. Put 1 teaspoon of the chile paste inside the masa ball and flatten into a "gordita," about ¼- inch thick.
6. Cook the bocolos on a comal over low heat. Cook on both sides and serve warm with salsa.

SALSA VERDE CRUDA CON AGUACATE

UNCOOKED TOMATILLO AND AVOCADO SALSA

Yield: 8 Fluid Ounces

Ingredients	Amounts
Jalapeño chiles, stems removed, sliced in half lengthwise	2 ea.
Tomatillos, husks removed, quartered	10 ea.
Garlic clove, peeled	1 ea.
White onion, small	¼ ea.
Salt	to taste
Cilantro, sprigs	½ bu.
Avocado small	1 ea.

Method

1. Place all ingredients, except the cilantro, in a blender. Process until smooth.
2. Season with salt, add the cilantro and avocado and briefly blend until smooth.

Note: The salsa can be made up to six hours prior to serving. To prevent oxidation, cover the salsa with plastic wrap and press the plastic into the surface of the salsa.

GUACAMOLE TRADICIONAL

TRADITIONAL GUACAMOLE

Yield: 8 Portions

Ingredients	Amounts
Hass avocados, large, halved and pit removed	4 ea.
White onion, diced	1 $\frac{2}{3}$ wt. oz.
Jalapeño chile, diced	2 ea.
Roma tomatoes, diced	2 ea.
Cilantro, leaves and soft stems, chopped	3 tbsp.
Lime juice, freshly squeezed	$\frac{3}{4}$ fl. oz.
Salt	to taste

Garnish

Queso fresco, finely crumbled	1/3 cup
Totopos (tortilla chips)	3 cup

Method

1. Scoop the flesh from the avocados into a non-reactive bowl and discard any brown or discolored part. Mash the avocado using a fork.
2. Add the onion, half of the jalapeños, tomatoes, cilantro, and lime juice. Season with salt to taste and stir to combine. Check piquancy and acidity and add more jalapeño or lime juice if necessary.
3. Serve the guacamole on a serving plate scattered with queso fresco and totopos.

DAY TWO KITCHEN PRODUCTION TEAM ASSIGNMENTS

TEAM ONE

Salmon con Sal y Cebollas

Vegetables ala Chapa (Carrots and Turnips)

Grilled Sourdough, Beaten Parmesan, and Eggplant Bruschetta with Agave Roasted Garlic Oil

TEAM TWO

Pork Loin in Little Hell

Shrimp and Fennel ala Chapa

Char-Grilled King Oyster Mushrooms, Goat Cheese, and Oranges Rescaldo

TEAM THREE

Java Rubbed Fire Roasted Chicken

Grilled Pizza with Mushroom, Ricotta & Balsamic

Ensalada de Papas Rescaldo & Fennel Vinaigrette

TEAM FOUR

Sirloin Flap on Chapa with Chimichurri Sauce, Carrots ala Chapa, and Burnt Oranges

Naan and Apple Butter Rescaldo-Style

Ratatouille du Provence

TEAM FIVE

Grilled Mushroom Burgers with garnishes, Salsa Ranchero, and Shallot, Olive, and Rosemary Confit

Stewed Artichokes with roasted lemons, herbs and Frico

Mint and Thyme Tomato Salad

Coleslaw

SALMON CON SAL

Yield: 7 lbs

Ingredients

Amounts

Salt Crust:

Kosher salt	3 lbs.
Egg whites	10 oz.
Corn starch	4 oz.
Fresh thyme, picked	½ oz.

Leek Oil:

Leeks, long leaves	1 ea.
Extra virgin olive oil	8 oz.

Salmon fillets, from whole fish	7 lbs.
Fresh thyme, picked	¼ oz.
Lavender, picked	¼ oz.
Black peppercorns, crushed	1 tsp

Method

1. Mix kosher salt, egg whites, cornstarch, and thyme together, the roll between plastic wrap to ¼ inch thick and reserve for use.
2. Simmer leeks in olive oil for 2 minutes, strain.
3. Layer all ingredients between the salmon fillet per demo.
4. Dress all with leek flavored oil.
5. Cut a base for the fish from the salt dough.
6. Cut another 2 ½ times the size.
7. Wrap the fish in a single layer of cheese cloth to facilitate removing the crust.
8. Wrap the fish in the salt dough, shape it as a fish and cut scales as vents.
9. Bake at 400° F for 25 minutes, crack and serve.

VEGETABLES ALA CHAPA (CARROTS AND TURNIPS)

Yield: 6-8 Portions

Ingredients	Amounts
Carrots, peeled, cut in half lengthwise	1 lb.
Turnips peeled, cut in half lengthwise	1 lb.
Salt, Kosher	to taste
Olive Oil, divided use	1 pt.
Limes	as needed
Variety of fresh herbs, chopped	as needed

Method

1. Prepare and heat the Plancha per chef demonstration.
2. Season and oil vegetables and allow them to marinate for 1 hour.
3. Place on hot Chapa, char evenly, remove and keep warm.
4. Finish with squeezes of lime juice and fresh herbs.

GRILLED SOURDOUGH, BEATEN PARMESAN, AND EGGPLANT BRUSCHETTA

Yield: 8 portions

Ingredients	Amounts
Agave Roasted Garlic Oil	
Garlic cloves	5 oz.
Agave syrup	2 oz.
Olive oil	12 oz.
Beaten Parmesan	
Red pepper flakes	1 tbsp.
Agave roasted garlic oil from above	4 oz.
Aged parmesan, crumbled	1 lb.
Extra virgin olive oil	12 oz.
Parsley, Italian, minced	1 oz.
Eggplant Bruschetta	
Eggplant, peeled, sliced 3/8 inch thick	2 lbs.
Extra virgin olive oil	6 oz.
Kosher salt	as needed
Parsley, Italian, rough chop	1/2 oz.
Balsamic vinegar	3 oz.
Agave roasted garlic oil, from above	4 oz.
Lemon, zest, and juice	1 ea.
Sourdough Bread, sliced 3/8 inch thick	1 loaf

Method

1. **For agave oil:** mix all the ingredients and bake in oven at 300F until garlic is golden brown, reserve for later use.
2. **For Beaten Parmesan:** heat the red pepper with 4 oz of agave roasted garlic oil.
3. Place in mixer with remaining ingredients and mix using a whisk on speed 1 for 5 minutes.
4. **For Eggplant Bruschetta:** Brush eggplant with oil, season and grill until just done. Let chill and medium dice. Once diced combine the remaining ingredients with eggplant.
5. Slice sourdough and grill.
6. Layer the eggplant and beaten parmesan on to the grilled sourdough and serve.

PORK LOIN IN LITTLE HELL WITH PINEAPPLE VANILLA AND LIME

Yield: 8 portions

Ingredients

Amounts

Pork:

Pork loin, boneless	4 lb.
Texas Java rub, recipe below	as needed

Texas Java Rub

Espresso coffee, finely ground	1/2 cup
Lemon zest, grated fine	2 tbsp.
Brown sugar	1/2 cup
Salt, sea	2 tbsp.
Granulated garlic	1 tbsp.
Coriander, Ground	1 1/2 tsp.
Chipotle chili powder	3 tbsp.
Black pepper, ground	2 tbsp.
Paprika smoked	3 tbsp.
Cumin seed, roasted, ground	1 tsp.
Coco powder, Unsweetened	1 1/2 tbsp.
Dry mustard	1 tsp.
Ancho Powder	1 1/2 tbsp.

Pineapple:

Pineapple, peeled, cored, cut in 1/4 slices	1 each
Extra virgin olive oil	8 oz.
Vanilla bean, half lengthwise, scrape seeds, mix with olive oil	1 each
Lime juice	2 oz.
Salt, Kosher	1/2 tsp.

Method

1. Rub pork with Java rub and allow to sit at least 30 minutes to an hour.
2. Lay the pineapple, core down in a thick roasting pan with a lid. Coat pineapple with olive oil, vanilla mixture, season lightly.
3. Place in a 350° F oven with a lid for 20 minutes, baste once and turn once.
4. Uncover, baste, and return to the oven, baste, and turn frequently until softened and cooked through. When done, dress with lime juice, adjust seasoning if needed and reserve for use.
5. Cook pork in Josper oven until internal temperature is 165° F.
6. Serve warmed pork with pineapple.

SHRIMP AND FENNEL ALA CHAPA

Yield: 6-8 portions

Ingredients

Shrimp 16/20, peeled and deveined
Fennel, julienne
Olive oil
Salt
Limes
Variety of fresh herbs

Amounts

1 lb.
1 lb.
1 pt.
to taste
as needed
as needed

Method

1. Prepare and heat the plancha per chef demonstration.
2. Season fennel and shrimp and let it marinate in olive oil and lime juice for 1 hour.
3. Remove from excess marinade and place on hot Chapa, char evenly, remove and keep warm.

CHAR-GRILLED KING OYSTER MUSHROOMS WITH GOAT CHEESE AND RESCALDO ORANGES

Yield: 8 portions

Ingredients	Amounts
Rescaldo Oranges:	
Oranges, rinsed	6 each
Mushrooms	
King oyster mushrooms, split lengthwise	2 lb.
Olive oil	as needed
Salt	to taste
Ground black pepper	to taste
 Goat cheese	 as needed

Method

1. **For Oranges:** Make a large wood-coal fire and spread embers evenly.
2. Place oranges over the embers and cover with a light coat of embers.
3. Cook until evenly charred on the outside, watch out for over burning.
4. Lift from the fire, brush away all embers, and place on a cutting board. When cool enough clean off the charred outer layer, cut into slices, reserve.
5. **For Mushrooms:** Oil and season the mushrooms, grill on a preheated grill until they are marked on all sides and cooked through, then julienne.
6. Place in an oven proof pan and reserve.
7. **For Goat Cheese:**
8. Crumble or slice the goat cheese and season lightly with salt and pepper.
9. Place goat cheese on top of mushrooms, place into hot oven to bake until golden brown, this may require lifting into the hotter upper area.
10. Garnish with sliced oranges and serve.

JAVA RUBBED FIRE ROASTED CHICKEN

Yield: 8 to 10 portions

Ingredients

Whole chickens

Amounts

3 each

Texas Java Rub

Espresso coffee, finely ground

½ cup

Lemon zest, grated fine

2 tbsp.

Brown sugar

½ cup

Salt, sea

2 tbsp.

Granulated garlic

1 tbsp.

Coriander, Ground

1 ½ tsp.

Chipotle chili powder

3 tbsp.

Black pepper, ground

2 tbsp.

Paprika smoked

3 tbsp.

Cumin seed, roasted, ground

1 tsp.

Coco powder, Unsweetened

1 ½ tbsp.

Dry mustard

1 tsp.

Ancho Powder

1 ½ tbsp.

Method

1. Combine all spices for java rub in a small bowl and set aside., extra rub can be stored in an airtight, labled and dated container.
2. Prepare whole chickens for rotisserie.
3. Apply rub.
4. Fire roast chickens until internal temperature of 165° F.
5. Carve and serve.

GRILLED PIZZA WITH MUSHROOMS, RICOTTA, AND BALSAMIC

Yield: 4 each, 10 oz. pizzas

Ingredients

Pizza dough, recipe follows

Mushrooms, sliced

Ricotta cheese

Balsamic vinegar, reduce to syrup

Amounts

1X recipe

2 lb.

1 lb.

8 oz.

Method

1. Prepare the dough and parbake.
2. Prepare toppings.
3. Top pizzas and grill just before service.

PIZZA DOUGH

Yield: 4 each 10 oz. pizzas

Ingredients	Amounts
Bread flour	907 gm.
Dry yeast	9 gm.
Salt	18 gm.
Sugar	14 gm.
Olive oil	42 gm
Water	539 gm.

Method

1. Mix all the ingredients together to full gluten development.
2. Bulk ferment for 30 minutes, fold, and rest an additional 15 minutes.
3. Divide into 10 oz. pieces round and proof, or lightly coat with oil, cover, and rest overnight (to rest the gluten and develop flavor).

ENSALADA DE PAPAS RESCALDO AND FENNEL VINAIGRETTE

Yield: 6-8 portions

Ingredients	Amounts
Papas Rescaldo:	
Potatoes, wash, do not peel	2 lbs.
Fennel Vinaigrette:	
Dijon mustard	1/3 cup
Sugar	2 tbsp.
Vinegar	1/2 cup
Fennel Fronds	1 oz.
Fennel, ground	1/2 tsp.
Ground black pepper	1/4 tsp.
Shallots, small dice, sweat	2 oz.
Garlic, mince, sweat	1 oz.
Olive oil	3/4 cup
Grapeseed oil	3/4 cup
Ensalada de Papas Rescaldo:	
Extra virgin olive	as needed
Fennel bulbs, thinly sliced	8 oz.
Scallion, thinly sliced	3 oz.

Method

1. **For Potatoes:** make a large wood-coal fire. Spread embers evenly.
2. Place potatoes over the embers and cover with a light coat of embers.
3. Cook until evenly charred on the outside, watch out for over burning.
4. Lift from the fire, brush away all embers and clean.
5. When cool enough to handle, remove charred skins, cut as desired.
6. **For Vinaigrette:** puree mustard, sugar, vinegar, fennel fronds, ground fennel, and black pepper.
7. Add the shallots and garlic to the mixture and puree.
8. Emulsify the olive oil and grapeseed oil into the mixture.
9. **For the Ensalada:** wash potatoes gently in hot water
10. Cut into chunks or desired shape.
11. Heat olive oil in a large sauté pan.
12. Toss vegetables and potatoes in the oil until warm.
13. Remove from heat, add dressing, and mix. Serve warm.

SIRLOIN FLAP ON CHAPA WITH CHIMICHURRI SAUCE

Yield: 8 portions

Ingredients

Sirloin Flap or flank steak
Salt, kosher, or sea
Black pepper, fresh ground
Vegetable oil

Amounts

3 lbs.
as needed
as needed
as needed

Burnt Oranges, recipe follows
Carrots, ala Chapa, recipe follows

1X recipe
1X recipe

Chimichurri sauce

Garlic, minced
Salt
Vinegar, red wine
Extra virgin olive oil
Shallots, finely chopped
Onion, green, finely chopped
Aji chile, seeds and veins
removed, minced
Oregano, chopped
Parsley, chopped

2 tbsp.
2 tbsp.
¼ cup
2 tbsp.
¼ cup
¼ cup
½ each

1 cup
1 cup

Method

1. Season sirloin flap on both sides and rub with oil, allow to rest covered for one hour.
2. Prepare the burnt oranges using the recipe that follows. While oranges are in coals and cooling prepare the carrots (recipe follows) and chimichurri.
3. Prepare the chimichurri by combining the garlic and salt on a cutting board and mash into a paste using the board side of a chef knife. Transfer the garlic paste into a non-reactive mixing bowl.
4. Add the vinegar, olive oil, shallots, green onion, chile, oregano, and parsley and stir. Flavors develop best when allowed to rest for at least 24 hours and up to 48 hours, can be used sooner if needed.
5. Sear both sides of the beef on the chapa before cooking the carrots, place on a ran with a rack and finish in the oven to desired temperature.
6. Clean the chapa and cook the carrots per the recipe, hold warm until steak is done.
7. Let the steak rest for at least 10 minutes, slice across the grain, place on a platter.
8. Drizzle the sirloin flap with chimichurri at service. Garnish with burnt orange slices.

BURNT ORANGES

Yield: 6 each

Ingredients

Oranges, rinsed

Amounts

6 each

Method

1. Make a large wood-coal fire and spread embers evenly.
2. Place oranges over the embers and cover with a light coat of embers.
3. Cook until evenly charred on the outside, watch out for over burning.
4. Lift from the fire, brush away all embers, and place on a cutting board.
5. When cool enough clean off the charred outer layer, cut into slices, the oranges are ready to serve.

CARROTS ALA CHAPA

Yield: 8 portions

Ingredients

Rainbow carrots, peeled, split in half
lengthwise
Olive oil
Salt

Amounts

3 lb.
4 fl. oz.
to taste

Method

1. Prepare and heat the plancha per chef demonstration.
2. Pour enough olive oil over the plancha and spread evenly over the surface with a metal spatula.
3. Season the carrots and arrange the carrots on top and cook until the bottoms are seared and browned, then turn over and cook until tender.

NAAN

Yield: 8 loaves

Ingredients	Amounts
Flour, all-purpose	14 oz.
Yeast, instant dry	1 ½ tbsp.
Water, warmed (90° F – 100° F)	6 oz.
Ghee or clarified butter	2 oz. plus more as needed.
Yogurt	2 oz.
Egg	1 each
Sugar	1 oz.
Salt	1 ¼ tsp.
Apple Butter Rescaldo-Style, recipe follows	1X recipe

Method

1. Combine flour and yeast in a bowl of an electric mixer fitted with a dough hook.
2. Add the water, butter, yogurt, egg, sugar, and salt and mix on low speed for 3 minutes. The dough should be very elastic but still wet.
3. Bulk ferment the dough until nearly doubles, about 1 hour.
4. Fold gently.
5. Scale the dough into 3 weight ounce pieces. Pre-shape the dough into rounds. (work sequentially, here and in later steps, starting with the first piece of dough you divided and rounded.) let the dough rest, covered, until relaxed, about 15 to 20 minutes.
6. Gently stretch each piece of dough into round, 7-inches in diameter, so that the center is ¼-inch thick and there is a border ½-inch thick and ½-inch wide all around. Pull out one edge to elongate each round slightly, creating a teardrop shape.
7. Brush both sides with clarified butter.
8. Bake in a 425° F deck oven or on a heated baking stone until golden brown and puffed, about 10 minutes.
9. Brush the naan with clarified butter and serve warm or serve with Apple butter (recipe follows).

APPLE BUTTER RESCALDO-STYLE

Yield: 1 pint

Ingredients

Apples, washed
Apple cider
Sugar
Cinnamon stick
Cardamom, ground
Lemon zest
Salt, Kosher

Amounts

4 lbs.
12 fl. oz.
9 oz.
1/2 each
1/2 tsp.
1/2 tsp.
1/4 tsp.

Method

1. Make a large wood coal fire. Spread embers evenly.
2. Place apples over the embers and cover with a light coat of embers.
3. Cook until evenly charred on the outside, watch out for over burning.
4. Lift from the fire brush away all embers, allow them to cool and clean off the charred outer layer.
5. Remove core and seeds, puree the apples with a food mill or a sieve into a clean saucepan.
6. Add the cider, sugar, cinnamon, cardamom, lemon zest, and salt to the apple puree and simmer over low heat, stirring frequently, until very thick, and deep brown, about 2 hours.
7. Remove the cinnamon stick from the pan, Transfer the apple butter to a bowl set in ice bath and cool, stirring occasionally.
8. Once the apple butter has cooled, it is ready to serve with naan (previous recipe.).

RATATOUILLE DU PROVENCE

Yield: 8 portions

Ingredients

Herbs de Provence, crushed
Extra-virgin olive oil
Garlic cloves

Amounts

1 tsp.
8 oz.
6 each

Zucchini, sliced ¼" thick
Baby bell pepper, sliced ¼" thick
Japanese eggplant, sliced ¼" thick
Plum tomatoes, sliced ¼" thick

1 lbs.
1 lbs.
1 lbs.
1 lbs.

Method

1. Fry garlic cloves in extra virgin olive oil until golden and tender, remove from heat and add herbs. Allow to cool some. Strain before use.
2. Overlap alternating vegetable slices in concentric rings in a heavy cast iron pan or cake pan about 2-inches high. Brush layers with the oil.
3. Cook at 500°F in Jospier oven for 10 minutes.
4. Let rest 5 minutes, serve warm.

MUSHROOM BURGER (BLENDED)

Yield: 10 – 12 burgers

Ingredients	Amounts
Mushrooms, button, cut ¼" dice	1 ½ lbs.
Canola oil	2 oz.
Ground beef	1 ½ lbs.
Burger buns	as needed
Salt, Kosher	as needed
Black Pepper, ground	as needed
Salsa Ranchero, recipe follows	1X recipe
Shallot, olive Oil, Rosemary Confit, recipe follows	1X recipe

Method

1. Toss mushrooms in canola oil, place in oven proof roasting pan, roast in 375° F oven until done and liquid is reduced to a syrupy consistency.
2. Pulse half gently in food processor. Chill.
3. Mix ground beef with duxelles and form patties. Can vary size based on desired application (smaller for sliders, larger for regular).
4. Season and Grill patties to desired temperature and garnish as desired.

Suggested Garnishes

Sliced tomatoes, arugula, onions, lettuce, Salsa Ranchero, etc.

SALSA RANCHERO

Yield: 1 quart

Ingredients	Amounts
Tomatoes, ripe, boiled or roasted, peeled, cored, rough chop	1 ½ lbs.
Serrano chiles, stemmed, rough chop	3-5 each
Onion, rough dice	½ each
Garlic clove, peeled, rough chop	1 each
Lard or vegetable oil	1 tbsp.
Salt	½ tsp.

Method

1. Prep all the vegetables and place them in a blender or food processor.
2. processing until puréed but retaining a little texture Make sure to stir and distribute the ingredients evenly.
3. Heat the lard or oil in a medium-large skillet over medium-high.
4. When it is hot enough to make a drop of purée sizzle, add all the ingredients and stir constantly for 5 minutes.
5. As the purée sears and thickens, when it becomes more orange colored, season with salt and remove from the fire.

Notes:

For a more refined sauce, seed the tomatoes by cutting them across the middle and squeezing out the liquid along with the seeds.

For a milder sauce, seed the chiles before chopping and adding to the blender along with the onion and garlic.

SHALLOT, OLIVE, AND ROSEMARY CONFIT

Yield: 8 portions

Ingredients

Extra-virgin olive oil
Butter
Kalamata olives, pitted
Shallots, peeled, halved
Rosemary sprigs

Amounts

4 oz.
3 oz.
 $\frac{3}{4}$ lb.
1 lb.
1 oz.

Method

1. Add enough fat to cover the shallots and olives. Add rosemary and cover.
2. Place in a 275° F oven and cook until very tender, about 20 to 35 minutes.
3. Strain shallots and olives from oil, remove rosemary stems, rough chop and serve as a condiment for the mushroom burgers (previous recipe).

STEWED ARTICHOKE WITH FRICO, ROASTED LEMON AND HERBS

Yield: 8 portions

Ingredients	Amounts
Roasted Lemons	
Lemons (5 each)	1 lb.
Olive Oil	8 oz.
Brine	
White wine vinegar	16 oz.
Granulated sugar	4 oz.
Kosher salt	2 oz.
Water	1 qt.
Artichokes, cleaned to heart, cut into wedges	12 ea.
Frico	
Cheese, parmesan, grated	1 lb.
Extra Virgin Olive Oil	6 oz.
Lemons, juiced	3 ea.
Herbs, assorted fresh, pick leaves, rough chop	as needed

Method

1. **For Roasted Lemons:** Rinse lemons and pack tightly into an oven proof container. Roast lemons at 250° F - 275° F for 1-2 hours or until they are very soft.
2. Split lemons, remove seeds, and puree lemons in a blender adding olive oil until a mayonnaise like consistency is reached. Refrigerate for later use.
3. **For Artichokes:** Mix brine ingredients, dissolving salt and sugar. Clean and prep Artichokes per Chef's demo.
4. Place artichokes in the brine for 1 hour.
5. **For Frico's:** Place ½ oz. of grated cheese into a nonstick pan. Heat slowly until the cheese melts and begins to brown. Remove from pan and shape as necessary. **Note:** Crisps can be made larger or smaller as necessary.
6. **For Finishing:** Heat extra virgin olive oil in sauté pan, fry artichokes at medium heat for 2 minutes, no color.
7. Add lemon juice, reduce heat, and cook 2 to 3 more minutes.
8. **For serving:** Dress with roasted lemon emulsion, sprinkle with herbs and garnish with Frico at service.

Note: Can cook the lemons by the Rescaldo method for a little smokiness to the dish.

MINT AND THYME TOMATO SALAD

Yield: 8 portions

Ingredients	Amounts
Tomatoes, large, ripe, seeded and chopped	12 each
Extra-virgin olive oil	4 oz.
Thyme	1 tsp.
Mint Leaves	2 tbsp.
Basil	1 tbsp.
Salt	to taste
Ground black pepper	to taste

Method

1. Combine tomatoes, oil, thyme, mint, basil. Taste and season with salt and pepper.

COLESLAW

Yield: 10 portions

Ingredients	Amounts
Sour cream	6 oz.
Mayonnaise	6 oz.
Cider vinegar	2 fl. oz.
Dry mustard	1 tbsp.
Sugar	1 ½ oz.
Celery seed	½ tbsp.
S&P	as needed
Green cabbage, shredded	1 ½ lb.
Carrots, shredded	6 oz.

Method

-
2. Mix the sour cream, mayonnaise, cider vinegar, mustard, sugar, and celery seed together in a large bowl until smoot. Season with salt and pepper to taste.
3. Add the cabbage and carrots and toss until evenly coated.
4. Refrigerate for service.



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.

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