



Culinary Institute of America

NORTHERN MICHIGAN UNIVERSITY **GLOBAL FLAVORS, PLANT FORWARD** **AND CULINARY TECHNIQUES**



The Culinary Institute of America, Hyde Park, NY

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The Culinary Institute of America

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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,

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

Northern Michigan University Culinary Training
NMU, Marquette, MI
May 8-10, 2023

Priority Focus:

- **Global Cuisines – Latin, Pan Asian, Regional**
- **High volume Production, alternative cooking, and presentation methods**
- **Plant Forward Cooking**
- **Fundamentals review**

Monday May 8, 2023

Start Time	End Time	Topic	Facilitator	Location
9:00 AM	TBD	Kitchen Tour Set up Team Trays Prepare for Training	George Shannon	NMU Production Kitchen

Tuesday May 9, 2023

Start Time	End Time	Topic	Facilitator	Location
8:00 AM	9:00 AM	Welcome, Program Overview, Introductions, Production Review	Chef George Shannon	Peninsula V
9:00 AM	9:15 AM	Break and Transition to Production Kitchen		
9:15 PM	12:30 PM	Kitchen Exercise Retail Culinary Team Global Cuisines	Chef George Shannon	Production Kitchen
12:30 PM	1:00 PM	Lunch from production	All	Peninsula V
1:00 PM	2:00 PM	Review, Critique of the day	Chef George Shannon	Peninsula V
2:00 PM	3:00 PM	Mise en Place Presentation Cooking Technique Discussions	Chef George Shannon	Peninsula V
3:00 PM	4:00 PM	Set-up for Next Day	Chef George Shannon Teams	Catering Kitchen

Wednesday May 10, 2023

Start Time	End Time	Topic	Facilitator	Location
8:00 AM	9:00 AM	Recipe Review Production Planning	Chef George Shannon	Ballroom I
9:00 AM	9:15 AM	Break and Transition to Production Kitchen		
9:15 AM	12:30 PM	Kitchen Exercise Catering and Residential Team Cooking Techniques	Chef George Shannon	Catering Kitchen
12:30 PM	1:00 PM	Lunch from production	All	Ballroom I
1:00 PM	2:00 PM	Review, Critique of the day	Chef George Shannon	Ballroom I
2:00 PM	3:00 PM	Defining Deliciousness Presentation Global Street Foods	Chef George Shannon	Ballroom I
3:00 PM	4:00 PM	Set-up for Next Day	Chef George Shannon Teams	Catering Kitchen

Thursday May 11, 2023

Start Time	End Time	Topic	Facilitator	Location
8:00 AM	9:00 AM	Recipe Review Production Planning	Chef George Shannon	Ballroom I
9:00 AM	9:15 AM	Break and Transition to Production Kitchen		
9:15 AM	12:30 PM	Kitchen Exercise Catering and Residential Team MTO, Finished by guest	Chef George Shannon	Catering Kitchen
12:30 PM	1:30 PM	Lunch from production	All	Ballroom I
1:30 PM	3:00 PM	Production Review Program Wrap-up	Chef George Shannon	Ballroom I

DAY ONE KITCHEN PRODUCTION TEAM ASSIGNMENTS

TEAM ONE - PAN ASIAN

Shanghai Style Braised Pork Belly Steamed Buns

Stir fried Flatbread

Thai Green Papaya Salad

TEAM TWO – INDIAN

Lamb Biryani

Garlic Naan with Cucumber Raita and Mango Chutney with Pistachios

Deep Fried Potato Balls with Cilantro Chutney

TEAM THREE – AMERICAN CUISINES

Jamaican Chicken Patties

Vegan Cauliflower Mac and Cheese

Fennel Salad with Blood Orange Vinaigrette

TEAM FOUR - MEXICAN

Salmon with Yellow Mole

Tamales with Mole Poblano

Tradicional Guacamole (*Traditional Guacamole*)

Salsa Mexicana (*Chopped Tomato and Serrano Chile Salsa*)

Soak Salt Cod for Day Two

TEAM FIVE – SOUTH AMERICAN

Empanadas Salteñas
(*Salteña Style Empanadas*)

Onion Empanada

Very traditional country empanada filled just with caramelized onions

Bocoles (*Round Masa Snacks from Puebla*)

Sweet Corn Croquettes

SHANGHAI STYLE BRAISED PORK BELLY STEAMED BUNS

Yield: 10 Portions

Ingredient	Amount
Shanghai Style Braised Pork Belly (recipe follows)	1x recipe
Sauce	
Oyster sauce	1 Tbsp.
Hoisin sauce	1 Tbsp.
Dark soy sauce	1 Tbsp.
Sugar	2 Tbsp.
Water	$\frac{3}{4}$ Cup
Lotus buns, prepared	18-24 ea.
Sesame oil, for brushing	as needed
Filling ingredients	
Daikon, shaved	as needed
Carrots, shaved	as needed
Garnish	
Green onions, sliced in long, thin bias	as needed
Cilantro	as needed

Method

1. Prepare the pork belly.
2. Prepare the sauce: Combine oyster sauce, hoisin, dark soy, sugar, and water in a bowl and set aside.
3. Prepare lotus buns: Set up steamer in wok or preheat the combi oven for perforated hotel pan. Steam buns for 15 minutes or until the dough is cooked. Remove and set aside for assembly.
4. To assemble the buns, spread sauce inside of a bun, lay down a piece of pork belly, top with daikon, carrot, green onions, and cilantro.
5. Serve on warm platter.

SHANGHAI STYLE BRAISED PORK BELLY

Yield: 10 portions

Ingredient	Amount
Pork belly, cut across grain in ¼ to ½-inch thick slice as for thick bacon	4 lb.
Water	2 qt.
Fresh ginger, sliced thinly	1 ⅓ cup (2 ½ wt. oz.)
Vegetable oil, neutral flavored	¼ cup or as needed
Chinese rock sugar, crushed	5 ½ wt. oz. (about ¾ cup)
Garlic, peeled but not chopped	½ cup
Star anise	16 ea. (½ wt. oz.)
Dark mushroom soy sauce	1 ½ Tbsp.
Shaoxing wine (may sub dry sherry)	1 cup

Method

1. In a suitably sized pot or wok, place pork, water and ginger slices and heat until simmering. Allow to simmer gently for 15 minutes, skimming the resulting scum. Once scum is removed, strain liquid from solids, reserving both separately. Cut blanched pork into pieces suitable for eating with chop sticks or to go on lotus bun— about 1- x ½- inch or 2- x 1 inch, respectively.
2. In a clean pot or wok, heat the oil and half of the sugar together over moderate heat until sugar melts and begins to caramelize.
3. When sugar is light golden color, add the blanched pork pieces to hot sugar and brown on all sides.
4. Place the reserved ginger and cooking liquid, along with the remaining sugar and all other ingredients to the pot/wok, cover, and simmer gently until the pork belly is tender – about 45 minutes.
5. When pork is tender, remove it from the liquid and hold it on the side. Increase the heat for liquid and reduce until you achieve a smooth consistency which will cling to the meat. Allow liquid to settle and skim excess fat from top.
6. At this point, meat may be added back to sauce, heated and ready to be served.

STIR FRIED SHREDDED FLAT BREAD

CHAO BING

Yield: 10 Portions

Ingredients	Amounts
<i>Dough</i>	
All-purpose flour	1 ½ lb.
Boiling water	9 fl. oz.
Cold water	4 ½ fl. oz.
Vegetable oil	1 cup
Salt	as needed
Vegetable oil	2 fl. oz.
Garlic cloves, sliced	2 ea.
Scallions, sliced	3 ea.
Red pepper flakes	1 tsp.
Napa cabbage, chiffonade	4 wt. oz.
Carrot, julienne	4 wt. oz.
Leek, julienne	4 wt. oz.
Bean sprouts	3 wt. oz.
Salt	as needed
Ground white pepper	as needed
Light soy sauce, not low sodium	2 fl. oz.
Sesame oil	1 Tbsp.
Cilantro, coarsely cut	½ bu.

Method

1. For the flatbread, combine the flour with the boiling water in dough mixer and mix until all water is absorbed. Add cold water and knead into a pliable dough.
2. Allow the dough to rest for 10 minutes.
3. On a lightly floured surface, roll the dough into a ¼- inch thick rectangle and gently sprinkle with salt and generously brush with oil.
4. Starting on the long side of the dough sheet, roll it up like a jelly roll.
5. Roll the "jelly roll" into a coil; press gently and allow to rest for 10 minutes.
6. Flatten the dough coil and roll to ¼- inch thick round or rectangle.
7. Over moderate heat, cook the dough in a lightly oiled skillet or on a griddle until cooked through and slightly golden brown from both sides.
8. Allow the cooked flat bread to cool, cut it into fine strips and set aside.
9. At service, sweat the garlic, scallions and crushed red pepper in a wok in vegetable oil until fragrant.

10. Add the carrots, cabbage and leeks and stir fry until tender.
11. Add the shredded flat bread, toss well to combine, and adjust seasoning with salt, white pepper, and soy sauce.
12. Add the bean sprouts, cilantro, and sesame oil, toss well, and serve.

Note: Stir fried flat bread, or “Chao Bing” as it is known in China is traditional from Northern China where products based on wheat are more common than rice. This dish can be prepared without any special gadgets or machine and is therefore oftentimes referred to as poor man’s noodles.

THAI-STYLE GREEN PAPAYA SALAD

SOM TAM

Yield: 10 servings

Ingredients	Amounts
Garlic Cloves, roughly chopped	8 ea.
Thai Chilies, stems removed and roughly chopped	2 ea.
Small Dried Shrimp, roughly chopped	2 Tbsp.
Tamarind Concentrate	¼ cup.
Fresh Lime Juice	¼ cup, plus more as needed
Fish Sauce	4 Tbsp. plus more as needed
Palm Sugar	3 Tbsp. plus more as needed.
Long Beans, cut in 1½-inch lengths	2 cups.
Green Papaya julienned	5 cups.
Carrot julienned	1 cup.
Cherry Tomatoes, halved	12 ea.
Toasted Peanuts roughly chopped	½ cup.

Method

1. In a large bowl, combine the garlic, chiles, dried shrimp, tamarind concentrate, lime juice, fish sauce, and palm sugar. Add the long beans and pound with a wooden spoon to lightly bruise the beans. Add the papaya and carrot.
2. Stir to mix, then pound with one hand and stirring with the other, bruise the vegetables lightly and mix them with the flavoring and seasonings.
3. Add the tomato pieces at the end, bruise lightly and stir to incorporate.
4. Taste and adjust as needed with more fish sauce, lime juice or palm sugar, then top with peanuts before serving.

LAMB BIRYANI

Yield: 10 Portions

Ingredients	Amounts
Lamb shoulder, 1-inch cubes	3 lb.
Yogurt, plain	1 cup
Ground turmeric	1 tsp.
Garlic head, cloves peeled	1 ea.
Green chiles	4 ea.
Ginger, 2-inch piece	1 ea.
Cilantro	½ cup
Mint	½ cup
Cinnamon sticks	2 ea.
Cloves	4 ea.
Cardamom pods	4 ea.
Aniseed	½ tsp.
Nutmeg, ground	½ tsp.
Poppy seeds	1 Tbsp.
Almonds	10 ea.
Milk	½ cup
Ghee or vegetable oil, divided	3 Tbsp.
Cashews nuts	10 ea.
Golden raisins	2 Tbsp.
Sultanas	1 Tbsp.
Red onions, sliced	2 cups
Salt	2 Tbsp.
Tomatoes, chopped	1 cup
Steamed basmati rice	2 lb.
Ghee or butter	2 Tbsp.
Red onions, finely chopped	¼ cup

Method

1. Combine the lamb, yogurt, and turmeric and marinate overnight.
2. Grind the garlic, chiles, ginger, cilantro, and mint in a blender or food processor until the mixture achieves a paste, about 2 minutes, scraping the sides. Set aside.
3. Grind the cinnamon, cloves, cardamom, aniseed, nutmeg, poppy seeds, and almonds in a blender or spice grinder until the mixture achieves a paste, about 30 seconds. Combine the spice mixture with the milk. Refrigerate until needed.

4. Heat 1 Tbsp. of the vegetable oil in a small sauté pan over medium-high heat. Cook the cashew nuts for 30 seconds and then add the golden raisins and sultanas and cook until the nuts are toasted, and the raisins puff up slightly, about 1 minute. Drain the mixture on a paper towel and set aside.
5. In a heavy saucepan, heat the remaining vegetable oil over high heat. Add the sliced red onions and season with about 1 tsp. salt. Cook the onions until golden brown, about 6 minutes. Remove the onions from the oil and reserve both.
6. Heat the reserved oil over high heat. Add the garlic-herb paste and cook for 2 minutes or until it looks wilted. Add the tomatoes and cook for 2 minutes. Add the onions to the mixture. Add the marinated meat and the remaining salt and mix well. Cover and cook until tender, about 1 hour.
7. Increase the heat to high and add the spice-milk mixture. Mix well, bring to a simmer, and remove from the heat.
8. In an ovenproof dish, layer half of the meat mixture (about 3 cups), half of the cooked basmati rice (3 cups), the remaining meat mixture, and then the remaining rice. Dot with ghee or butter.
9. Cover tightly and bake for 30 minutes at 350°F or until the mixture is heated through and the flavors have combined. Garnish with the red onion, cashews, and raisins, and serve immediately.

Source: *Flavors of Asia*, p.142
Adapted from a recipe by Nimmy Paul

GARLIC NAAN BREAD

Yield: 10 Portions

Ingredients	Amounts
All-purpose flour	1 lb.
Baking powder	1 Tbsp.
Salt	1 Tbsp.
Yeast	1 tsp.
Sugar	1 tsp.
Warm water, to form as soft dough	1-1 ¼ cup
Yogurt	2 Tbsp.
Egg, lightly beaten	1 ea.
Nigella seeds (black sesame seeds)	1 tsp.
Butter, softened	½ cup
Garlic cloves, minced	3 ea.
Cilantro, chopped	3 Tbsp.

Method

1. In a large bowl, sift together the flour, baking powder, and salt. Set aside.
2. In a small bowl combine the yeast, sugar, and warm water. Set aside until frothy.
3. Add the yogurt, egg, and yeast mixture to the flour. Stir to combine. Add enough water to form a soft dough.
4. Turn the dough out onto a floured surface and knead for 3 minutes. Return to the bowl, cover with a towel, and allow to proof until it doubles in volume.
5. Divide the dough into 2-inch balls and set aside.
6. Roll or stretch each dough ball to about ¼ - to ½-inch thickness. Brush each piece of dough with a little water and sprinkle with the nigella seeds.
7. Working in batches, place each piece of dough onto a preheated griddle, and cook until golden brown on both sides and cooked through. Transfer to a sheet pan.
8. In a small mixing bowl combine the butter, garlic, and cilantro.
9. When all the dough is cooked, brush each piece with the garlic and cilantro butter.
10. Serve on a heated platter.

CUCUMBER RAITA

Yield: 1 Quart

Ingredients	Amounts
Yogurt, whole	1 qt.
Cucumbers, peeled, seeded, small dice	2 ea.
Salt	to taste

Method

1. Wrap the yogurt in cheesecloth and drain 1 hour or overnight in the refrigerator if possible.
2. The day of service, add the diced cucumbers and the salt.

Note: Raita is a cooling agent served with very hot Indian food.

MANGO CHUTNEY WITH PISTACHIOS

Yield: 10 Portions

Ingredients	Amounts
Mangoes, firm, ripe	4 ea.
Sugar	1 cup
White distilled vinegar	¼ cup
Red jalapeño chile peppers	2 ea.
Cloves, crushed	3 ea.
Bay leaves, whole	2 ea.
Cinnamon stick	1 ea.
Cardamom, crushed	1 ea.
Ginger, thinly sliced 2-inch pieces	⅛ cup
Pistachios	¼ cup
Red or black dried currants	½ cup

Method

1. Peel the mangoes and cut them into medium dice.
2. In a saucepan, melt the sugar along with the vinegar. Caramelize until golden brown in color.
3. Add the chile, spices, and ginger immediately. Cook while stirring for 15 seconds.
4. Add the mangoes and mix well. Let simmer until mangoes release their juice, then increase flame slightly and cook for 5 to 6 minutes.
5. Add the pistachios and currants and stir to combine. Remove cinnamon stick.
6. The chutney is ready to serve or refrigerated for later use.

DEEP-FRIED POTATO BALLS

Yield: 10 Portions

Ingredients	Amounts
Corn oil or ghee	4 tsp.
Dried red, hot chilies	2 ea.
Curry leaves, cut	10 - 15 ea.
Urad dal lentils (black lentils)	1 - 2 tsp.
Black mustard seeds	1 tsp.
Onions, minced	2 ½ cups
Ginger, 1-inch long, minced	2 Tbsp.
Serrano chilies, minced	4 - 6 ea.
Turmeric powder	½ tsp.
Yukon Gold potatoes (or similar) cooked, peeled and squashed by hand	2 lb.
Cilantro, chopped	¼ bu.
Sea salt or kosher salt	to taste
Batter	
Chickpea flour (Besan)	1 cup
Korean chili powder	1 tsp.
Asafetida (optional)	¼ tsp.
Salt	as needed
Water	as needed
Vegetable oil, for frying	as needed

Method

1. Heat oil or ghee in a skillet over medium heat. Add the dry red chilies, curry leaves, urad dal, and mustard seeds.
2. When the mustard seeds begin to pop, immediately add the onions, ginger, green chilies, and turmeric.
3. When the onions begin to brown, add the squashed potatoes, tossing everything together with the cilantro. Season with salt to taste. Remove from heat and let the filling cool to room temperature.
4. To prepare the batter, combine the besan, chili powder, asafetida, and salt. Add enough water to form a thick batter.
5. Using a scoop or your hands, shape the potato filling into balls 1-inch in diameter.
6. Dip the potato balls in batter and fry in 350°F oil until pale brown. Remove and drain on paper towels.
7. Serve plain or with Cilantro chutney (recipe follows).

CILANTRO CHUTNEY

Yield: 10 Portions

Ingredients	Amounts
Cilantro	2 bu.
Vegetable oil	2 tsp.
Dried red chilies	3 ea.
Black mustard seeds	2 tsp.
Urad dal (black lentils), cooked	1 cup
Tamarind pulp	2 tsp.
Salt	to taste
Sugar	2 tsp.
Asafetida (optional)	1 tsp.

Method

1. Wash and coarsely chop the cilantro. Set aside.
2. In a pan, heat the oil over medium heat. Add the chilies and urad dal. Fry for a minute. Remove and reserve.
3. In the same pan, add the mint and fry until it changes color. It will shrink to half the original quantity. Remove and cool completely.
4. Once cool, combine the urad dal mixture with the fried mint, tamarind, salt, sugar, and asafetida and grind to a fine paste.

JAMAICAN CHICKEN PATTIES

Yield: 10 Portions

Ingredients	Amounts
Dough	
Flour, All-purpose	3 ½ cups
Ground turmeric	1 tsp.
Salt	2 tsp.
Baking powder	1 tsp.
Butter, softened	½ lb.
Water, cold	as needed
Filling	
Oil, Extra virgin olive	2 Tbsp.
Onion, chopped	1 ½ cups
Garlic cloves, chopped	3 ea.
Jalapeño, chopped	2 ea.
Chicken, Ground	1 lb.
Tomatoes, chopped	1 cup
Thyme sprigs	4 ea.
Cilantro, chopped	⅓ bu.
Cumin, ground	2 tsp.
Allspice, ground	1 tsp.
Salt	1 ½ tsp.
Pepper, black, ground	¾ tsp.
Chicken stock	1 cup
Eggs, beaten	2 ea.

Method

1. To prepare the dough, sift the flour, turmeric, salt, and baking powder together into a mixing bowl. Add the butter and mix using a wooden spoon until well combined. Add the water 2 tablespoons at a time, mixing with a wooden spoon, until a smooth dough forms. Wrap the dough and refrigerate for 1 hour.
2. To prepare the filling, heat the oil in a sauté pan over medium-high heat. Add the onions, garlic, and jalapeños and sauté until soft. Add the chicken, tomatoes, thyme, cilantro, cumin, allspice, salt, and pepper and cook until the chicken is lightly browned.
3. Add the stock and continue to cook until the liquid has evaporated, about 20 minutes. Remove from the heat. Cool and reserve.
4. Preheat the oven to 400° F.
5. To form the patties, roll out the dough on a lightly floured surface or between two sheets of parchment paper. Cut the dough into 3-inch circles. Gather the scraps, re-roll, and cut again.

6. Brush ½ of a side of the dough with the egg. Place 2 tablespoons of chicken mixture in the middle of each round. Fold the dough over so that a dry side and a side with egg meet. Crimp the edge with a fork. Brush the top of the patties with beaten eggs.
7. Bake in the preheated oven until the patties are golden brown, about 20 minutes.
8. Serve the patties on a heated platter.

VEGAN CAULIFLOWER MAC & CHEESE

Yield: 10 cups

Ingredients	Amounts
Cauliflower florets	5 cups
Water	2 1/2 cup
Carrots, cut into coins	1 1/4 cup
Cashews, raw	3/4 cup
Nutritional Yeast	3/4 cup
Smoked Paprika	3/4 tsp.
Kosher salt	2 1/2 tsp.
Chili powder	1/2 tsp.
Cayenne pepper	1 tsp.
Mustard powder	3/4 tsp.
Whole grain pasta	2 1/2 lbs.

Method

1. In a heavy-bottomed pot, add the cauliflower, water, carrots, and cashews and cook on medium-high heat, covered for 15 to 20 minutes or until the carrots and cauliflower are very soft. Pour the cooked mixture into a strainer over the sink and drain the extra cooking liquid, reserving the liquid in a bowl.
2. Meanwhile, cook the pasta in well salted, boiling water until al dente, drain and reserve.
3. In a blender, add the cooked cauliflower mixture along with a 1/4 cup of the cooking liquid, nutritional yeast, smoked paprika, salt, chili powder, cayenne pepper and mustard powder and pulse until smooth. Add more cooking liquid, if needed, until the desired texture is reached.
4. Scrape out the blender contents into the cooked pasta and toss to coat.

FENNEL SALAD WITH BLOOD ORANGE VINAIGRETTE

Yield: 10 servings

Ingredients	Amounts
Fennel bulbs, thinly sliced	2 ea.
Red onion, thinly sliced	1 ea.
Celery stalks, thinly sliced on bias	6 ea.
Parsley sprigs with leaves finely chopped	12 ea.
Vinaigrette	
Blood orange juice or regular orange juice, fresh	½ cup
Mustard, Dijon	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Oil, Blood orange infused olive	2 Tbsp.
Spiced roasted almonds for garnish (Recipe follows)	

Method

1. Mix the fennel, onion, celery, and parsley.
2. Combine the orange juice, mustard, salt, and pepper. Whisk in the olive oil.
3. Drizzle the dressing over the vegetables and toss.
4. Garnish with the almonds and serve.

SPICE ROASTED ALMONDS

Yield: 10 servings

Ingredients	Amounts
Whole raw almonds	2 cups.
Unsalted butter, melted	1 Tbsp.
Curry powder	1 ½ tsp.
Garlic powder	1/8 tsp.
Onion powder	1/8 tsp.
Cayenne	to taste
Kosher salt	to taste

Method

1. Preheat oven to 350° F.
2. Toss the nuts in the melted butter until evenly coated.
3. Combine the curry powder, garlic powder, onion powder, cayenne, and salt. Toss nuts in the spices until evenly coated.
4. Place the nuts in a single layer on a sheet pan and bake until golden brown and slightly aromatic, 8 to 10 minutes.
5. Remove from oven and allow the nuts to cool completely before serving. The nuts can be stored in an airtight container for up to 10 days.

SALMON WITH YELLOW MOLE

SALMÓN CON MOLE AMARILLO

Yield: 10 Portions

Ingredients	Amounts
Ancho chiles, wiped clean, seeds and veins removed	2 ea.
Guajillo chiles, wiped clean, seeds and veins removed	12 ea.
Green tomatoes	2 ea.
Tomatillos	10 ea.
Onion, white	1 ea.
Garlic cloves, unpeeled	4 ea.
Cumin seeds	1 tsp.
Black peppercorns	8 ea.
Cloves	4 ea.
Chicken stock	16 fl. oz. (1 pt.)
Masa harina flour	½ cup
Cilantro, tied in bundle	½ bu.
Salt	to taste
Lard	1 fl. oz. (about 2 Tbsp.)
Chayote, blanch, peel, julienne	2 ea.
Green beans, blanched	½ lb.
Salmon filets, 6 oz. each, grilled	10 ea.

Method

1. Gently toast the chiles in a pan over medium heat. Soak in hot water for 15 minutes, drain and set aside.
2. Dry roast the green tomatoes, tomatillos, and onion on a comal over medium heat until blistered, about 15 minutes. Roast the garlic separately over medium heat. When browned, peel, discarding the skin and reserving the flesh.
3. In a small skillet, toast the black pepper, cloves, and cumin until fragrant. Transfer to a spice grinder and process to a powder. Reserve.
4. Purée the chiles in a blender with enough water to form a smooth paste. Pass the purée through fine mesh sieve. Reserve.
5. Purée the roasted vegetables in a blender with enough water to form a smooth paste. Pass the purée through a fine mesh sieve. Reserve.

6. Heat 2 tablespoons of lard in a Dutch oven or heavy pot. Add the chile purée and cook until thickened, about 15 minutes. Add the vegetable purée and the ground spices and cook until thickened. Add 2 cups of the stock and continue to simmer.
7. In a small bowl mix $\frac{1}{2}$ cup of the masa with 1 cup of water. The mixture should be very smooth, no lumps. Add the masa mixture to the mole in a steady stream, stirring constantly while pouring. Cook the mole for 5 minutes. Add the cilantro and season with salt.
8. Add the chayote, green beans, and chicken to the mole and simmer until heated through. Remove the cilantro.
9. Serve the salmon, chayote, and green beans with the mole on a heated platter.

PLAIN TAMALES

TAMALES BLANCOS

Yield: 10 Tamales

Ingredients	Amounts
Lard	1 1/3 cups
Anise seeds	3 Tbsp.
Water	1/2 cup
Baking powder	1 tsp.
Salt	1 tsp.
Flour, masa	2 1/2 cups
Water	2 1/2 cups
Corn husks, re-hydrated in hot water	1/2 pkg.
Mole Poblano, recipe follows	1x recipe

Method

1. Using a stand mixer beat the lard with a paddle attachment until the lard is fluffy and creamy, about 5 minutes.
2. Bring the anise seeds and 1/2 cup of water to a boil, cover and remove from the heat. Cool the anise water.
3. Add the baking powder and salt to the whipped lard and slowly add the masa and the anise water, including the seeds to the tamal mixture. Add more of the anise infusion and regular water if the masa feels dry.
4. Drop a spoonful of the tamal mixture into a glass of water to see if it floats. If not keep kneading the masa.
5. Place 1 1/2 - 2 ounces of masa in the center of each cornhusk. Bring the sides together, close, and fold the ends to the center.
6. Fill the tamal steamer ("tamalera") with water. Bring it to a boil. Place a thick layer of soaked cornhusks on the bottom of the steamer. Place the tamales in a crisscross pattern* to allow the steam to circulate inside the steamer. Cover with more husks and a thick kitchen towel to ensure a tight seal.
7. Cover with a tight-fitting lid and steam for 35 to 45 minutes over medium high heat, or until the tamales are cooked through.
8. Remove from heat and let the tamales stand for 10 minutes in the hot steamer.
9. Serve the tamales warm with a generous amount of mole poblano.

Source: Adapted from Cocina Poblana, by Josefina Velazquez de León (Academia de Cocina Velasquez de León, 1952)

PUEBLA STYLE MOLE

MOLE POBLANO

Yield: 16 Portions

Ingredients	Amounts
<i>Turkey</i>	
Turkey breast, cut into serving pieces, rinsed and pat dry	3 lb.
Lard, fresh	4 wt. oz.
Onion, white, halved	1 ea.
Garlic cloves, peeled, whole	5 ea.
<i>Mole</i>	
Mulato chiles, wiped clean, seeds and veins removed, seeds reserved	8 ea.
Ancho chiles, wiped clean, seeds and veins removed, seeds reserved	5 ea.
Pasilla chiles, wiped clean, seeds and veins removed, seeds reserved	6 ea.
Chipotle chiles, wiped clean, seeds and veins removed, seeds reserved	2 ea.
Roma Tomatoes quartered	4 ea.
Tomatillos quartered	6 ea.
Black peppercorns	10 ea.
Cloves, whole	3 ea.
Mexican canella (cinnamon), 3" stick	1 ea.
Coriander seeds	½ tsp.
Anise seeds	½ tsp.
Raisins, black	2 tsp.
Almonds, whole	20 ea.
Pumpkin seeds	2 wt. oz.
Tortilla, stale	2 ea.
Baguette, stale, 1" slices	3 ea.
Onion, white, halved	1 ea.
Garlic cloves, unpeeled	3 ea.
Brown sesame seeds	½ cup
Chocolate, Mexican	4 wt. oz.
Sugar	8 Tbsp.
Salt	to taste

Garnish

Sesame seeds, lightly toasted

¼ cup

Method

1. Season the turkey with salt. Heat the lard in a large sauté pan and working in batches, brown the turkey pieces on all sides. Remove the turkey and set aside. Reserve the lard to fry the chiles.
2. Place the turkey pieces in a stockpot with onion, garlic and enough water to cover. Simmer until the turkey pieces are cooked through, about 45 minutes. Strain the broth, reserve the turkey in the warm broth.
3. Fry the chiles on both sides in the reserved lard over medium heat until the chiles begin to blister and change color. Remove chiles and soak in hot water for 15 minutes. Drain the chiles and transfer to a blender adding water, as needed, to form a smooth puree. Pass through a small mesh sieve and set aside.
4. Fry the tomatoes and tomatillos in remaining lard.
5. Using 4 tablespoons of the lard from the chiles, sauté the raisins until plump and change color. Drain the raisins in a colander and repeat the process with the almonds, pumpkin seeds, tortillas, bread, reserved chile seeds, and sesame seeds. Add lard as needed, to sauté the remaining ingredients.
6. Dry roast the onion and garlic in a comal or dry skillet over medium heat. Remove the garlic when the papery skin begins to brown and discard the skin. Keep turning the vegetables until soft and blackened on all sides. Remove from heat and set aside.
7. In a small skillet fry in lard the black pepper, cloves, cinnamon, coriander and anise seeds until fragrant over medium low heat. Remove from heat and set aside.
8. Blend the roasted vegetables, spices and sautéed ingredients in batches adding fresh water, as needed, to form a smooth puree. Strain through a small mesh sieve and set aside.
9. Heat 3 tablespoons of oil in a Dutch oven over medium heat. Fry the chile puree, stirring frequently, until it changes color, and you can see the bottom of the pan when scraped with a wooden spoon, about 15-20 minutes. Add the strained vegetable and spice mixture. Reduce heat to a simmer and stir occasionally until the mole thickens, from ½ -1 hour.
10. Add approximately 2 cups of turkey broth and continue cooking for 30 minutes. The mole should coat the back of a spoon. Add the chocolate pieces and continue cooking, for about 30 minutes. Season again to taste with salt and chocolate.
11. Remove the skin from the browned turkey pieces.
12. Serve the turkey and with a generous amount of Mole Poblano. Garnish with toasted sesame seeds and serve with warm corn tortillas and the tamales blancos.

Note: Mole poblano will keep for up to two weeks, refrigerated, but must be re-heated and diluted with water (to prevent saltiness) every three days. Mole poblano will keep for up to two months frozen.

TRADITIONAL GUACAMOLE

GUACAMOLE TRADICIONAL

Yield: 10 Portions

Ingredients	Amounts
Hass avocados, large, halved and pit removed	5 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.

CHOPPED TOMATO AND SERRANO CHILE SALSA

SALSA MEXICANA

Yield: 24 Fluid Ounces

Ingredients	Amounts
Serrano chiles, small diced	6 ea.
Tomatoes, Roma, small diced	9 ea.
Onion, white, 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.

NORTHERN ARGENTINE STYLE EMPANADAS

EMPANADAS SALTEÑAS

Yield: 1 dozen

Ingredients	Amounts
<i>Dough</i>	
Flour, All-purpose	1 lb.
Suet, warm	100 gr.
Salt, kosher	1 tbsp.
Water	¼ cup
<i>Filling</i>	
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.
<i>Egg wash</i>	
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.

ONION EMPANADA

PEQUENES

Yield: 10 Small Empanadas

Ingredients	Amounts
Onions, brunoise	6 ea.
Pork fat	3.5 oz.
Cumin	as needed
Paprika	as needed
Oregano	as needed
Sea Salt	as needed
 Empanada Dough, Baked or Fried (recipes 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. Portions will vary depending on the size of the empanadas.

EMPANADA DOUGH, BAKED

Yield: 8 to 10 portions

Ingredients	Amounts
Sea salt	2 tbsp.
Warm water	3.3 oz.
Flour	2 lb.
Pork fat	3.5 oz.
Egg	1 ea.
Lard for painting	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. Portions will vary depending on the size of the empanadas.

EMPANADA DOUGH, FRIED

Yield: 8 to 10 portions

Ingredients	Amounts
Flour	2 lb.
Sea salt	1 tsp.
Warm milk	10 oz.
Vegetable oil	3.2 oz.
Egg yolks	3 ea.
Baking powder	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. Portions will vary depending on the size of the empanadas.

ROUND MASA SNACKS FROM PUEBLA

BOCOLES

Yield: 24 Bocoles

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 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 bocoles on a comal over low heat. Cook on both sides and serve warm with salsa.

UNCOOKED TOMATILLO AND AVOCADO SALSA

SALSA VERDE CRUDA AGUACATE

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.

SWEET CORN CROQUETTES

CROQUETAS DE MAÍZ DULCE

Yield: Approximately 12 Medium 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.

CHILEAN SALASA

CHANCO EN PIEDRA

Yield: 16 Fluid ounces

Ingredients	Amounts
Tomato, good quality, ripe, small dice	2 ea.
Onion, small dice	2 ea.
Garlic clove, minced	2 ea.
Green pepper, small dice	2 ea.
Cilantro, chiffonade	2 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.

DAY TWO KITCHEN PRODUCTION TEAM ASSIGNMENTS

TEAM ONE

Western North Carolina Roasted Pork Loin
Braised Collard Greens
Baked Southern Cheese Grits

TEAM TWO

Pork Loin in Little Hell with Pineapple Vanilla and Lime
Shrimp and Fennel ala Chapa
Churros and Champurrado

TEAM THREE

Memphis Style dry rubbed Whole Grilled Pork Loin
B.L.T Salad with Buttermilk-Chive dressing
Grilled Sweet Potatoes and Pineapple

TEAM FOUR

Cuban Style Roast Pork Loin with Mango-Jalapeno Mojo
Salt Cod Fish Fritters
Hearts of Palm Salad

TEAM FIVE

Miso rubbed Pork Loin Sous Vide
Spinach with Sesame Dressing
Soybean Sprout Salad
Rice Pudding with Brown Sugar and Ghee

WESTERN NORTH CAROLINA ROASTED PORK LOIN

Yield: 10 Portions

Ingredients	Amounts
Boneless pork loin	3 lbs.
Salt	as needed
Pepper, black, freshly ground	as needed

BBQ Sauce

Apple cider vinegar	2 cups
Ketchup	½ cup
Sugar	1 Tbsp.
Salt	1 tsp.
Cayenne pepper or red pepper flakes	½ tsp.

Method

1. Clean the pork loin of excess silver skin off the bottom, trim the top fat cap to ¼ inch. Season and allow to rest.
2. Prepare the BBQ sauce by combining all ingredients in a mixing bowl and stir to blend. Set aside until ready for use.
3. Sear the pork loin, please on a rack in a roasting pan, or other method as directed. Cook per Chef's direction, basting to 145° F internal temperature. Baste with some of the BBQ sauce during the last half of the cooking to form a good, lacquered finish reserving some for service.
4. Let rest and slice across the grain for service or as needed.

BRAISED COLLARD GREENS

Yield: 6 Portions

Ingredients	Amounts
Collard greens or kale	2 lb.
Bacon, diced	½ cup
Onions, diced	1 cup
Garlic cloves, minced	2 ea.
Ham hock (optional)	½ ea.
Chicken or vegetable stock	1 cup
Salt	as needed
Ground black pepper	as needed

Method

1. Preheat the oven to 350° F.
2. Remove the stems from the greens and discard. Wash the greens thoroughly.
3. Bring a large pot of salted water to a boil. Add the collards and blanch (par-cook) for about 1 minute and drain. Shock in an ice bath and drain. Chop, and reserve.
4. In a medium Dutch oven, cook the bacon over medium heat until it is crispy, and the fat has been rendered. Add the onions and cook until translucent, stirring frequently. Add the garlic and cook until aromatic.
5. Add the ham hock, if desired, along with the blanched greens and stock. Season with salt and pepper to taste.
6. Braise in a 350° F oven until the greens are tender, about 30 to 45 minutes.
7. Remove the greens from the pan and reduce the liquid on the stove over medium-high heat. Add the liquid back to the greens and adjust seasoning with salt and pepper to taste.
8. Serve on a heated platter.

BAKED SOUTHERN CHEESE GRITS

Yield: 10 Portions

Ingredients	Amounts
Butter, divided	½ cup
Garlic, minced	2 Tbsp.
Onion, minced	2 Tbsp.
Water	4 cups
Milk	4 cups
Salt	to taste
Yellow stone-ground grits	2 cup
Cream cheese, softened	1 ⅓ cup
Cheddar cheese, grated, divided	2 ⅔ cups
Chives, snipped	6 Tbsp.
Ground black pepper	to taste

Method

1. Preheat an oven to 350° F.
2. Heat 2 Tbsp. of the butter in a large saucepan over medium heat. Add the garlic and onion and sauté until softened. Add the water and milk, season to taste salt, and bring to a boil. Reduce heat to a simmer.
3. Gradually add the grits in a thin stream, whisking constantly to prevent lumps from forming. Cook the grits for about 15 minutes, stirring frequently to dissolve any lumps.
4. Remove the pan from the heat and stir in the cream cheese, ½ cup of the cheddar cheese, and 2 tablespoons chives. Season with salt and pepper to taste. Use the remaining butter to grease the baking dish then add the grits to the baking dish.
5. Bake in a 350° F oven until firm, about 1 hour. Top with the remaining grated cheese. Continue to bake until the cheese has melted.
6. Serve hot from the baking dish, garnished with the remaining chives.

PORK LOIN IN LITTLE HELL WITH PINEAPPLE VANILLA AND LIME

LOMO DE CERDO AL INFIERNO CON PIÑA VAINILLA Y LIMA

Yield: 10 portions

Ingredients	Amounts
Pork	
Pork loin, boneless	3 lb.
Texas Java rub, recipe below	as needed
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.
Pineapple:	
Pineapple, peeled, cored, cut in ¼ 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	½ 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 Jospur or similar wood fired oven until internal temperature is 145° F.
6. Serve warmed pork with pineapple.

SHRIMP AND FENNEL ALA CHAPA

LANGOSTINOS E HINOJO ALA CHAPA

Yield: 10 portions

Ingredients	Amounts
Shrimp 16/20, peeled and deveined	1 ½ lb.
Fennel, julienne	1 ½ lb.
Olive oil	1 pt.
Salt	to taste
Limes	as needed
Variety of fresh herbs	as needed

Method

1. Prepare and heat the plancha per chef demonstration. If a planch is not available a very hot cast iron pan can be substituted
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.

CHURROS

CHURROS

Yield: 10 portions

Ingredients	Amounts
Butter	4 wt. oz.
Kosher salt	¼ tsp.
All-purpose flour	4 ½ wt. oz.
Eggs, beaten	3 ea.
Vegetable oil, for frying	as needed
Sugar	¼ cup
Cinnamon, Mexican, ground	1 tsp.
Champurrado (recipe below)	1x recipe

Method

1. Combine water, butter, and salt in a two-quart saucepan and bring to a rolling boil.
2. Add flour to the boiling water, stirring vigorously with a wooden spoon over low heat until mixture forms a ball and a white layer appears on the bottom of the pan.
3. Transfer hot dough ball into a dough mixer with a paddle attachment and mix on low speed for about 30 seconds.
4. Gradually add the beaten eggs to the running mixer, making sure the egg gets fully absorbed by the dough.
5. Transfer the batter into a piping bag with a large star tip.
6. Squeeze 4-inch strips of the batter into hot oil at 360° F and fry until golden brown, turning once, about 2 minutes on each side.
7. Once done, remove from the oil and allow to drain on a wire rack and blot gently with a paper towel.
8. Combine the sugar and cinnamon in a mixing bowl and roll the fried churros in the mixture.
9. Serve with a hot Champurrado.

Note: Churros, deep- fried rods pate a choux, originating in Spain, are found at street food stands all over Latin America. Traditionally churros are served with a thick hot chocolate or, in Mexico, with a big bowl of hot champurrado.

HOT CHOCOLATE WITH MASA

CHAMPURRADO

Yield: 10 portions

Ingredients	Amounts
Water, warm	1 qt.
Milk	1 qt.
Masa harina	2 ½ wt. oz.
Mexican sweet chocolate, grated	8 wt. oz.
Piloncillo	6 wt. oz.
Anise seed, ground	a pinch
Salt	a pinch

Method

1. In a large pot, thoroughly combine masa harina and the warm water.
2. Add milk, chocolate, piloncillo, and anise.
3. Bring to a simmer and whisk with a molinillo or an immersion blender until chocolate is melted and sugar is dissolved.
4. Serve hot with churros.

Note: Served with churros, this hot beverage, known as “Champurrado” in Mexico is a popular breakfast found all over.

Champurrado is a variation of Atole, popular warm beverages thickened with Masa and/or corn starch, sweetened with piloncillo, an unrefined brown sugar, and aromatics.

A molinillo is a traditional wood whisk in Mexican cooking essential to create frothy hot beverages. It works by holding it between the palms of two hands and rotated by rubbing both hands against each other.

MEMPHIS “DRY” RUB GRILLED PORK LOIN

Yield: 10 Portions

Ingredients	Amounts
Pork loin, boneless	3 lb.
Rub	
Paprika	3 Tbsp.
Ground black pepper	1 ½ Tbsp.
Brown sugar	1 ½ Tbsp.
Salt	2 ¼ tsp.
Celery salt	2 ¼ tsp.
Garlic powder	1 ½ tsp.
Dry mustard	1 ½ tsp.
Ground cumin	1 ½ tsp.
Cayenne pepper	¼ - ½ tsp.
Hickory woodchips	as needed

Method

1. Clean the pork loin of excess silver skin off the bottom, trim the top fat cap to ¼ inch. Season and allow to rest.
2. Prepare the rub by combining all ingredients in a mixing bowl and stir to blend.
3. Sprinkle the pork loin with a generous amount of the rub. Let it rest for 30 minutes to an hour (longer is better).
4. While the pork is resting soak the woodchips in water.
5. Using a charcoal grill (or a gas grill if charcoal is not an option), build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
6. Grill the pork loin so it has even marks across the entire pork loin, add the drained wood chips to the fire or use a smoke generation box, set the pork loin, or other method as directed.
7. Cook according to the Chef’s direction, turning to allow for even cooking to 145° F internal temperature. The pork loin may also be slowly cooked in a smoker at about 250° to 275° F.
8. Let rest and slice across the grain for service or as needed.

B.L.T SALAD WITH BUTTERMILK-CHIVE DRESSING

Yield: 10 Portions

Ingredients	Amounts
Bacon strips	18 ea.
Whole-wheat bread slices, cubed	5 ea.
Olive oil	3 Tbsp.
Garlic cloves, minced	4 ea.
Salt	to taste
Ground black pepper	to taste
Boston lettuce heads, separated into, leaves, rinsed and dried, torn into pieces	3 ea.
Tomatoes, beefsteak, sliced 1/4-inch thick	3 ea.
Buttermilk-Chive Dressing (recipe follows)	1x recipe

Method

1. Preheat the oven to 400° F. Lay the bacon strips on a baking sheet and bake until brown and crisp, about 8 minutes. Transfer to a plate lined with paper towels to allow the grease to drain. When cool, crumble half of the bacon. Set aside until ready for use.
2. Toss the cubed bread together with the oil, garlic, salt, and pepper on a baking sheet. Toast the bread in a 400°F oven, stirring occasionally, until crisp, about 8 to 10 minutes. Reserve.
3. In a large mixing bowl, toss the lettuce and crumbled bacon with enough dressing to coat.
4. Serve in a large, chilled bowl or on individual plates, garnished with the sliced tomatoes, bacon strips, and croutons.

BUTTERMILK-CHIVE DRESSING

Yield: 1 ½ Cup

Ingredients	Amounts
Buttermilk	2/3 cup
Mayonnaise	½ cup
Vegetable oil	4 Tbsp.
Chives, finely snipped	4 Tbsp.
Red wine vinegar	2 Tbsp.
Old Bay seasoning	¼ tsp.
Worcestershire sauce	¼ tsp.
Tabasco sauce	¼ tsp.
Lemon juice	1 tsp.
Salt	½ tsp.
Ground black pepper	½ tsp.

Method

1. Combine the buttermilk, mayonnaise, oil, chives, and vinegar in a bowl. Whisk to blend.
2. Adjust the seasoning to taste with Old Bay, Worcestershire sauce, Tabasco, lemon juice, salt, and pepper.
3. The dressing is ready to serve now, or it can be stored in a covered container in the refrigerator for up to 3 days.

GRILLED SWEET POTATOES AND PINEAPPLE

Yield: 10 Portions

Ingredients	Amounts
Sweet potatoes, peeled and sliced lengthwise ¼-inch thick.	4 lb.
Pineapple, peeled, sliced into rings, and cored.	1 ea.
Salt	as needed.
Ground black pepper	as needed.
Extra-virgin olive oil	1/3 cup, plus more as needed.

Method

1. Season the sweet potato and pineapple slices with salt and pepper and brush with olive oil.
2. Grill on both sides over moderate to high heat until cooked through and well caramelized, 1 to 2 minutes per side.

CUBAN-STYLE ROAST PORK LOIN WITH MANGO-JALAPEÑO MOJO

Yield: 10 Portions

Ingredients	Amounts
Garlic cloves, minced	6 Tbsp.
Ground black pepper	1 ½ Tbsp.
Ground cumin	1 ½ Tbsp.
Ground allspice	1 tsp.
Cayenne	¼ tsp.
Oil, vegetable	2 Tbsp. (plus as needed)
Pork loin, trimmed	3 lb.
Mango-Jalapeño Mojo (recipe follows)	1x recipe

Method

1. Combine the garlic, black pepper, cumin, allspice, and cayenne in a mortar and grind together with the pestle. Add the oil to help form a paste.
2. Rub the pork with the paste and marinate, refrigerate for at least 1 hour and up to overnight.
3. Preheat an oven to 350° F or prepare the oven as directed by the chef.
4. Heat 2 tablespoons of oil in a large skillet over medium-high heat. Add the pork loin and sear on all sides until deep golden brown.
5. Transfer the pork to a roasting pan fitted with a rack. Roast as directed by the chef in the oven to an internal temperature of 145° F. Remove from the oven and allow to rest for 10 to 15 minutes before slicing.
6. Slice the pork and serve on a heated platter accompanied by the mojo.

MANGO-JALAPEÑO MOJO

Yield: 10 Portions

Ingredients	Amounts
Vegetable oil	3 Tbsp.
Red onion, minced	1/3 cup
Garlic, minced	3 Tbsp.
Ginger, minced	3 Tbsp.
Jalapeño pepper, seeded and minced	1 1/2 ea.
Mango, peeled and diced	2 1/2 cups
Lime juice	1/3 cup
Orange juice	1 cup
Cilantro, minced	2 cups
Salt	to taste

Method

1. Pour the vegetable oil in a small sauce pan over medium heat. Add the onion, garlic, ginger, and jalapeño and sauté until tender.
2. Add half of the mango, the lime juice, and orange juice. Bring to a simmer for 2 to 3 minutes. Remove from the stove and cool.
3. Once cool place a blender and purée until smooth (thin with orange juice if necessary). Add the remaining mango add the cilantro, and season to taste with salt. Serve at room temperature.

SALT COD FISH FRITTERS

BUÑUELOS DE BACALAO SALADOS

Yield: 10 Portions

Ingredients	Amounts
Salt cod, boneless	1 lb.
 Sofrito	
Vegetable oil	2 Tbsp.
Garlic cloves, chopped	4 ea.
Red bell peppers, small dice	1 ea.
Green bell peppers, small dice	1 ea.
Onion, small dice	½ cup
All-purpose flour	1 ½ cups
Baking powder	2 tsp.
Water	1 cup
Chives, chopped	¼ bu.
Green onions, green only, sliced on bias	¼ bu.
Ground black pepper	2 tsp.
Vegetable oil, for frying	as needed

Method

1. Soak the salt cod in fresh cold water, refrigerate, for at least 24 hours, changing the water 3 times during that period. After 24 hours, taste the salt cod - if it is still very salty, place it in a saucepan and add enough water to cover. Bring to a bare simmer, changing the water often, until the saltiness is acceptable. Flake the cod finely and reserve.
2. To make the sofrito, heat the oil in a skillet over medium heat. Add the garlic, peppers, and onion and sauté until they are soft and golden. Remove from the heat and allow to cool.
3. Sift together the flour and baking powder into a mixing bowl. Add the water and mix thoroughly, breaking up any lumps. Fold in the flaked cod and sofrito along with the chives, green onions, and black pepper.
4. Heat the oil in a small pot or a deep fryer to 350° F. Carefully drop 1 tablespoon for each fritter into the oil and fry, turning as necessary, until golden brown. Drain on paper towels.
5. Serve on a heated platter.

HEARTS OF PALM SALAD

Yield: 10 Portions

Ingredients	Amounts
<i>Vinaigrette</i>	
Garlic clove	1 ea.
Cilantro, chopped	¼ cup
Lemon juice	3 Tbsp.
Ground cumin	½ tsp.
Cayenne	1 pinch
Olive oil	½ cup
Salt	to taste
Ground black pepper	to taste
Oranges	3 ea.
Avocados	4 ea.
Hearts of palm, drained, cut into ¼-inch rounds	2 can (14 oz.)
Red onion, thinly sliced	1 ea.
Boston bibb lettuce, gently tear	2 heads

Method

1. Combine the garlic, cilantro, lemon juice, cumin, and cayenne in a blender or food processor and blend until almost smooth. With the processor on, slowly pour in the oil in a thin stream. Season the dressing with salt and pepper to taste. Reserve.
2. Peel and segment the oranges so each segment has no pith, membrane, or seeds, saving as much juice as possible. Reserve the juice and segments.
3. Cut the avocados in half lengthwise and remove the pit. Slice the avocado into thin strips without cutting through the skin. Using the back of a knife or a spoon, remove the strips by running the knife between the flesh and the skin. Put the avocado strips into a bowl.
4. Add the hearts of palm to the avocado, along with the red onion, orange segments, and 2 tablespoons of the orange juice. Add enough vinaigrette to moisten thoroughly. Toss very gently. Taste and adjust seasoning.
5. Toss the bibb lettuce with the remaining vinaigrette.
6. Arrange the bibb lettuce on a chilled platter, and top with the hearts of palm mixture.

MISO MARINATED PORK LOIN

Yield: 10 Portions

Ingredients	Amounts
Boneless pork loin	3 lbs.
<i>Miso Marinade</i>	
Miso, yellow or white	¼ cup
Miso, red	¼ cup
Garlic, minced	1 Tbsp.
Ginger, grated and squeezed for juice	2 oz
Sake or mirin	¼ cup
Sugar	1 Tbsp.
Oil, sesame	½ Tbsp.
Pepper, black, freshly ground	¼ tsp.

Method

1. Clean the pork loin of excess silver skin off the bottom, remove the fat cap and silver skin from the loin. Split the loin in half to make two even sized loins.
2. Prepare the Miso marinade by combining all ingredients in a mixing bowl and stir to blend.
3. Rub pork loin in marinade to completely coat and allow to rest for up to one hour and no more than overnight.
4. Cook according to the chef's directions (sous vide for 2 hours), remove and sear, finish on a rack in the oven to 145° F.

SPINACH WITH SESAME DRESSING

Yield: 10 Portions

Ingredients	Amounts
Spinach, fresh, washed, parboiled	2 lb.
Salt	to taste
Sesame dressing	
White sesame seeds	1/2 cup
Sugar	2 tsp.
Soy sauce, dark	4 tsp.
Dashi, (recipe follows)	6 Tbsp.

Method

1. *To prepare:* Make the dressing first. Toast sesame seeds then put hot seeds into a large suribachi (Japanese grinding bowl) and crush with a pestle. Add sugar. Stir with pestle. Add the soy sauce and dashi. Mix with relatively great speed and strength, almost a whipping action, to blend well. Taste and add more sugar, if you think it is necessary, mixing thoroughly after this addition.
2. Chop parboiled spinach into 1½-inch lengths. Put the parboiled, chopped spinach in the dressing in the suribachi. With a very light touch, use a pestle to mix the spinach and dressing. The spinach should be very slightly bruised to allow sesame dressing to penetrate. Do not crush. Season with salt.
3. *To serve:* Place single portions (¼ of total) of spinach in the center of small, deep dishes. Serve at room temperature. Goes well with anything.

Source: *Japanese Cooking "A Simple Art"* © 1980 Shizuo Tsuji

PRIMARY DASHI

Yield: 1 quart

Ingredients	Amounts
Water, cold	1 qt.
Giant kelp (<i>konbu</i>)	1 oz.
Dried bonito flakes (<i>hana-katsuo</i>)	1 oz.

Method

1. Fill a medium-sized soup pot with 1 quart of cold water and add kelp. Heat, uncovered, until boiling. Important: Kelp emits a strong odor if it is boiled, so remove konbu just before water boils.
2. Insert your thumbnail into the fleshiest part of the kelp. If it is soft, sufficient flavor has been obtained. If tough, return to pot for 1 to 2 minutes. Keep from boiling by adding approximately $\frac{1}{4}$ cup of cold water.
3. After removing the konbu, bring the temperature down quickly and immediately, and add the bonito flakes. No need to stir. Bring to a full boil and remove from the heat at once. If bonito flakes boil more than a few seconds, the stock becomes too strong, a bit bitter, and is not suitable for use in clear soups. If you make this mistake, all is not lost, use the stock as a base for thick soups, in simmered foods, etc.
4. Allow the flakes to start to settle to the bottom of the pot (30 seconds to 1 minute). Remove foam, then filter through a cheesecloth-lined sieve. Reserve the bonito flakes and kelp for secondary dashi.

Source: *Japanese Cooking "A Simple Art"* by Shizuo Tsuji (1980)

SOYBEAN SPROUT SALAD

Yield: 10 Portions

Ingredients	Amounts
Vegetable oil	1 Tbsp.
Garlic cloves, minced	3 ea.
Soybean sprouts	2 lb.
Scallions, trimmed, sliced	3 ea.
Dark sesame oil	3 tsp.
Sesame seeds, toasted	2 Tbsp.
Salt	to taste
Ground black pepper	to taste

Method

1. Heat the oil in a wok or skillet over medium-high heat. Add the garlic and scallions and briefly stir-fry until aromatic.
2. Add the sprouts and stir-fry for one minute.
3. Transfer to a medium bowl and set aside to cool.
4. Once cool add the sesame oil and toasted sesame seeds. Season to taste with salt and pepper. Toss well to blend all ingredients. Cover and refrigerate until ready for service.
5. Serve chilled.

RICE PUDDING WITH BROWN SUGAR AND GHEE

Yield: 10 Portions

Ingredients	Amounts
Medium or long grain rice	3 cups
Jaggery	3 ³ / ₄ cups
Ghee	1 ¹ / ₂ cup
Cashews, broken into pieces	³ / ₄ cup
Coconut, shredded	³ / ₄ cup
Raisins	³ / ₄ cup
Cardamom seeds, crushed	3 tsp.
Heavy cream	3 cups

Method

1. Rinse the rice in several changes of water until the water runs clear. In a saucepan, bring 1 quart of water to a boil and stir in the rice. Cook it over medium heat for 15 to 18 minutes, until the rice is well cooked and almost all the water has evaporated. If necessary, add a few more Tbsp. of water. Once the jaggery is added, the rice will stop cooking.
2. Place a heavy sauté pan over medium heat and melt the jaggery along with 6 Tbsp. of water. When the jaggery has liquefied and started bubbling, transfer it to the rice pot along with ¹/₄ cup of the ghee, and keep stirring gently.
3. Reserving 6 Tbsp. of ghee for frying the garnishes, keep adding the remaining ghee to the rice, a couple of Tbsp. at a time, stirring until the rice absorbs all of it. Cook for 15 to 20 minutes. When well cooked, the rice pudding will start leaving the sides of the pot as you stir. Stir in cream and remove the pot from the stove.
4. Heat the remaining ghee in a small sauté pan over medium heat and add the cashew nuts. When they start turning golden brown, about 2 minutes, add the coconut and raisins and keep stirring. The coconut will turn golden brown, and the raisins will become plump as they soak up the ghee, 1 to 2 minutes. Garnish the rice pudding with the toasted nuts, coconut, raisins, and ghee. Sprinkle it with the crushed cardamom and stir gently.

DAY THREE KITCHEN PRODUCTION TEAM ASSIGNMENTS

TEAM ONE

Po Boy Station with Chicken, Shrimp and Cauliflower Filling, White rolls, and traditional garnishes

Bulgogi Beef with Scallion salad

Sizzling Saigon crepes with Table Salad

TEAM TWO

Vietnamese Pork Patties over cool rice noodles

Spicy Ahi Poke

Crispy rice noodles with Beef and Shrimp

TEAM THREE

Spicy Fritters with Coconut Chutney

Grilled Beef with Miso

Grilled Shrimp Cakes Skewers

Mixed Green – various greens and garnishes for a bed for salad

TEAM FOUR

Vegetable Samosa with Honey Almond Chutney

Chicken Tika with Chapati

Beef Cured with Lime and Onions

TEAM FIVE

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

Manioc Fries and Tomato Ketchup

Spicy Carrot Salad

PO' BOY STATION – SHRIMP, CHICKEN, CAULIFLOWER

Yield: 10 Portions

Ingredients	Amounts
Rémoulade	
Mayonnaise	1 cup
Green onions, minced	4 ea.
Celery, minced	½ cup
Flat-leaf parsley, minced	4 Tbsp.
Dill pickle relish	4 Tbsp.
Red wine vinegar	4 Tbsp.
Dijon mustard	3 Tbsp.
Capers, drained, minced	3 Tbsp.
Worcestershire sauce	4 tsp.
Hot sauce (optional)	8 dashes
Shrimp, 16/20, butterflied, tail off	3 dz.
Chicken thigh, boneless, skinless cut into 1-inch cubes	2 lbs.
Cauliflower, cut into large florets	1 hd.
Breadcrumbs (chicken & cauliflower)	2 cups
All-purpose flour	1 cups
Black pepper, ground	1 tsp.
Cayenne pepper	½ tsp.
Eggs, beaten, divided	4 ea.
Cornmeal (shrimp)	1 ½ cups
Cayenne pepper	¼ tsp.
Salt	as needed
Black pepper, ground	as needed
Eggs, beaten	2 ea.
Canola oil (for frying)	as needed
French rolls, can be cut in quarters	10 ea.
Tomatoes, thinly sliced	3 ea.
Romaine lettuce, shredded	2 cups
Lemons, cut into wedges	3 ea.

Method

1. To prepare the rémoulade: combine the mayonnaise, green onions, celery, parsley, relish, vinegar, mustard, capers, Worcestershire sauce, and hot sauce in a bowl. Mix thoroughly and set aside.
2. Prepare the breadcrumbs and coatings. Combine the breadcrumbs, flour, black pepper, and cayenne in a bowl. Toss to combine. Divide, half for the chicken, half for the cauliflower.
3. Dry the chicken thoroughly. Using the separated egg and breading mixtures, dip the chicken and cauliflower, one at time, into the beaten egg, and then roll in the breadcrumb mixture. Set them aside.
4. Mix the cornmeal and seasonings.
5. Dry the shrimp thoroughly. Dip the shrimp, one at time, into the beaten egg, and then roll in the cornmeal mixture. Set aside.
6. Heat 1 inch oil in a large deep skillet, deep rondeaux, or large pot until it shimmers (can use a deep fryer if available). Add cauliflower to cover the bottom of the pan and fry, turning once, until the cauliflower is browned and cooked through, 4 to 5 minutes. Drain the cauliflower on paper towels and keep warm until all the product is cooked. Repeat with the remaining shrimp and then the chicken until all is done. They can be held in a warm oven on a rack in a pan until all are done.
7. Spread the rémoulade on the top and bottom of the cut side of the rolls. Layer the cauliflower, shrimp or chicken, tomato slices, and lettuce evenly on 10 halves and top with the remaining halves. Serve with the lemon wedges and additional rémoulade.
8. This can also be set up as a build your own station having the shrimp, chicken and cauliflower on hot platters and other ingredients in chilled or room temperature bowls and platters as needed.

Note: Cauliflower could be roasted as well to avoid additional breading.

BULGOGI

BULGOGI

Yield: 10 Portions (3 Cabbage Leaves per Portion)

Ingredient	Amount
<i>Marinade</i>	
Sesame seeds, toasted, ground to powder	1 Tbsp.
Garlic, minced	1 Tbsp.
Ginger, minced	3 Tbsp.
Green onions, minced	½ cup
Soy sauce, light	½ cup
Sake	¼ cup
Vegetable oil	1 Tbsp.
Sugar	1 Tbsp.
Korean red pepper powder	1 Tbsp.
Beef steak, grill cut, such as boneless sirloin, tenderloin, or skirt steak, sliced very thin <i>as demonstrated by chef</i> or pounded ⅛- inch thick,	3 lb.
<i>Sauce</i>	
Korean red pepper paste	½ cup
Rice vinegar	2 Tbsp.
Sugar	1 Tbsp.
Sesame seeds, toasted and crushed	1 tsp.
Napa cabbage, leaf tips, washed and trimmed	30 ea.
Shiso leaf, or sesame leaf if available	30 ea.
Scallion Salad (recipe follows)	1x recipe
Garlic, ⅛- inch slices, blanched	4 ea. (need at least 24 slices)

Method

1. Combine all the marinade ingredients. Coat thin beef pieces evenly with marinade. Marinate for 1 hour.
2. Make a sauce with the chile paste, rice vinegar, sugar, and sesame seeds. Set aside.
3. Grill beef until cooked through. Set aside in a warm spot for assembly.

4. To assemble the lettuce wrapped Bulgogi: Place a tablespoon of the sauce on each cabbage leaf, top with a shiso leaf, and then place about 2 ounces of beef on top. Top with Scallion Salad and garlic slice. Wrap lettuce leaves around ingredients.

SCALLION SALAD

Yield: About 8 to 10 Portions, depending on size

Ingredient	Amount
Sugar	1 tsp.
Sake, bring quickly to boil and then cool	2 Tbsp.
Sesame seeds, toasted, smashed	1 Tbsp.
Korean red pepper powder	2 tsp.
Sesame oil	1 Tbsp.
Peanut oil	2 Tbsp.
Green onions, thinly cut on the bias into 2-inch strips	16 ea.
Salt	1 tsp.

Method

1. Combine the sugar, sake, sesame seeds, red pepper powder and salt, whisk to combine well.
2. Combine peanut oil and sesame oil. Slowly drizzle oils into mixture to emulsify.
3. Hold dressing at cool room temperature until ready to serve and hold scallion strips separately in a cool and moist container – NOT WET.
4. When ready to serve, toss small batches of scallions and dressing.

SIZZLING SAIGON CREPES

BANH XEO

Yield: 4 large crepes

Ingredients	Amounts
Batter	
Rice flour	2 cups
Coconut milk, unsweetened	½ cup
Water	2 1/3 cups
Turmeric, ground	1½ tsp.
Sugar	1 tsp.
Salt	½ tsp.
Curry powder, preferably Vietnamese Golden Bells brand	½ tsp.
Scallions, cut into thin rings	3 ea.
Filling	
Vegetable oil	4 Tbsp.
Onion, yellow, thinly sliced	½ cup
Pork shoulder or chicken breast, thinly sliced	4 oz.
Shrimp, raw, medium, peeled, deveined	12 ea.
Bean sprouts	4 cups
Mushroom, white, sliced, lightly sautéed, drained	2 cups
Vietnamese dipping sauce	
Thai bird chiles, or 1 Serrano chile	3 ea.
Garlic clove, sliced	1 ea.
Sugar	3 Tbsp.
Water, warm	2/3 cup
Lime juice, fresh	1 ½ Tbsp.
Fish sauce	5 Tbsp.
Carrots, finely shredded, for garnish (optional)	2 Tbsp.

Table Salad (recipe follows)

Method

1. *For the batter:* Place the rice flour, coconut milk, water, turmeric, sugar, salt, curry powder, and scallions in a bowl and stir well to blend. Set aside.

2. *For the filling:* Heat 1 tablespoon of the oil in a large nonstick skillet over high heat. Add a quarter each of the onion, pork, and shrimp and stir until fragrant, about 15 seconds. Whisk the batter well, and ladle about 2/3 cup into the pan. Swirl so the batter completely covers the surface. Neatly pile about 1 cup bean sprouts and ½ cup of mushrooms on one side of the crepe, closer to the center than the edge. Reduce the heat slightly, cover the pan and cook until the edges pull away from the sides of the pan, about 5 minutes. Reduce the heat to low. Uncover and cook until the crepe is crisp and the chicken and shrimp are done, another 2 to 3 minutes. Slip a spatula under the crepe to check on the bottom of the crepe. If it's not brown, cook another minute or two.
3. Lift the side of the crepe without the bean sprouts and mushrooms and fold it over the covered side of the crepe. Using a spatula, gently slide the crepe onto a large plate. Wipe the pan clean and make the remaining crepes in the same way. Be sure to oil the pan before beginning the next crepe.
4. *For the Vietnamese dipping sauce:* Cut the chiles into thin rings. Remove 1/3 of the chiles and set aside for garnish. Place the remaining chiles, garlic, and sugar in a mortar and pound into coarse, wet paste. (If you do not have a mortar, just chop with a knife.) Transfer to a small bowl and add the water, lime juice, and fish sauce. Stir well to dissolve. Add the reserved chiles and carrots. Set aside for 10 minutes before serving.
5. *To serve:* Place the crepes, Vietnamese dipping sauce and table salad on the table. To eat, tear a piece of the *banh xeo* and wrap with lettuce or mustard leaves and herbs. Roll into a packet, then dip into the sauce and eat.

Note: In Hue, this dish is called *banh hoai* (happy pancakes). The crepes are smaller, about 6 inches in diameter, and are served with a heavier sauce of fermented soybeans. If you want to try this version, use a small pan, and reduce the amount of ingredients accordingly. When the crepe is half done, drizzle beaten egg around the edges and serve open face or folded, with the same accompaniments.

TABLE SALAD

Yield: 8 to 10 portions

Ingredients	Amounts
Red leaf lettuce, leaves separated, washed	2 hd.
Cucumber, julienne	1 ea.
Bean sprouts	2 cup
Fresh mint sprigs	10 ea.
Fresh Thai basil sprigs	10 ea.
Fresh purple basil sprigs (optional)	10 ea.
Fresh cilantro sprigs	20 ea.

Method

1. Arrange all the ingredients in attractive rows on a large platter. To eat, tear off a piece of lettuce large enough to wrap and top with some cucumber, bean sprouts, and herbs. Add a piece of meat or whatever you are serving and roll into a small cylinder. Dip in sauce and enjoy.
2. If serving rice paper, immerse in warm water (about 100°F) and then fill with the above ingredients and accompanying meals.

Note: This platter usually consists of whole-leaf lettuce, mint, cucumbers, bean sprouts, other greens, and soaked rice paper. Often it accompanies dishes in which little pieces of meat and seafood need to be wrapped and eaten with your hands. A nice table salad usually includes several different kinds of herbs, such as mint, basil, purple basil, and cilantro.

Source: The Best of Vietnamese & Thai Cooking © 1996 Mai Pham (Prima)

VIETNAMESE PORK PATTIES OVER COOL RICE NOODLES

Yield: 10 Portions

Ingredient	Amount
<i>For patties</i>	
Oyster sauce	3 Tbsp.
Fish sauce	1 ½ Tbsp.
Palm sugar (may sub light brown)	3 Tbsp.
Whole black peppercorns, toasted and then ground	1 tsp.
Lemongrass, minced and ground	2 Tbsp.
Shallot, minced	2 Tbsp.
Garlic clove, minced	1 ea.
Pork shoulder, ground	3 lb.
<i>For Noodle Bowl</i>	
Rice vermicelli noodles	2 lb.
Red leaf lettuce, head, shredded	1 ea.
Cucumber, medium, cut into julienne	1 ea.
Carrot, medium, cut julienne	1 ea.
Shiso (perilla leaf) leaves, chiffonade	10 ea.
Mint leaves, torn	10 ea.
Cilantro, rough chop leaves and stems	1 bu.
Peanuts, dry roasted from raw, chopped	1 cup
Nuoc Cham (recipe follows)	1x recipe

Method

1. Combine all ingredients for seasoning pork in a large bowl, stir to mix, add pork to bowl and knead until a cohesive, sticky mass is formed. Chill.
2. Using a container of cool water to occasionally moisten your hands, form small 1–2-ounce patties of the pork mixture. The patties should have the texture and appearance of raw sausage. Hold patties covered and cool until noodle bowls and Nuoc Cham are prepared.
3. Soak the noodles in room temperature water to partially hydrate. Drain and then cook in rapidly boiling water until tender but still supple – about 1 minute – then rinse in cool water.
4. While still slippery, divide the noodles into portions. As they sit, they will stick together, but will become “un-stuck” when you pour the sauce over them later.
5. Arrange the bowls by placing lettuce in the bottom of each, noodles over the lettuce, and the other ingredients – except the peanuts – around and on top of the noodles.
6. Cook the pork patties on a grill, griddle, or in a hot sauté pan with a small amount of oil. When cooked through, divide patties among the bowls and sprinkle with chopped peanuts.
7. Serve with a small ramekin of Nuoc Cham on the side and encourage diners to pour sauce over the noodles before eating.

VIETNAMESE DIPPING SAUCE

NUOC CHAM

Yield: About 2 Cups

Ingredient	Amount
Chiles, Thai bird red and/or green	3 ea.
Garlic clove, minced	2 ea.
Sugar	4 ½ Tbsp.
Water, warm	1 cup plus 1 Tbsp.
Lime juice	4 Tbsp.
Fish sauce	½ cup plus 1 Tbsp.
Carrots, finely shredded	2 Tbsp.

Method

1. Cut 2 of the chiles into thin rings and finely mince the remaining.
2. Transfer to a bowl and add the garlic, sugar, water, lime juice and fish sauce. Whisk to dissolve. Add the reserved chiles and carrots. Rest for 10 minutes before tasting and adjusting seasoning.

Note: If expanding this recipe, do not automatically increase the chiles in proportion to everything else. Add extra chiles "to taste".

SPICY AHI POKE

Yield: 10 Portions

Ingredients	Amounts
Tuna steaks, medium dice	3 lb.
Sugar	3 Tbsp.
Soy sauce	3 oz.
Ginger, grated	3 Tbsp.
Garlic, minced	3 tsp.
Chili garlic paste	3 Tbsp.
Daikon, small dice	1 cup
Cilantro, minced	6 Tbsp.
Water	3 Tbsp.

Method

1. Place the tuna in a mixing bowl and sprinkle it with the sugar. Toss well. Add the soy sauce, ginger, garlic, chili paste, daikon, and cilantro. Toss well.
2. Refrigerate, covered for 30 to 60 minutes.
3. When ready to serve, thin with a little water.
4. Serve in a chilled bowl.

CRISPY RICE NOODLES WITH BEEF AND SHRIMP

Yield: 10 Portions

Ingredients	Amounts
Rice noodles	1 lb.
Dried shrimp	4 Tbsp.
Fish sauce	6 Tbsp.
Palm sugar	1 ¼ cups
Rice vinegar	1 ¼ cups
Orange, zested	1 ea.
Vegetable oil	3 Tbsp.
Garlic cloves, minced	5 ea.
Thai roasted chili paste	1 ½ Tbsp.
Thai bird's eye chilies, minced	2 ea. (or to taste)
Beef, flat iron or flank, thinly sliced 2-inch strips	1 ½ lb.
Shrimp, large, peeled and de-veined and halved lengthwise	1 ½ lb.
Bean sprouts	1 lb.
Green onions, sliced in 1-inch lengths	3 ea.
Red jalapeño, thinly sliced	3 ea.
Cilantro, coarsely cut	½ cup

Method

1. Deep-fry the dry rice sticks in 375°F oil just until they puff but have not browned. Remove from the oil, drain on paper towels, and set aside.
2. Deep-fry the dried shrimp until crispy, about 7 to 10 seconds. Remove from the oil, drain, and set aside.
3. In a skillet, combine the fish sauce, palm sugar, vinegar, and orange zest. Cook over medium-low heat, swirling the mixture until the sugar dissolves - *do not stir as this will cause the sugar to crystallize*. Reduce sauce to the consistency of maple syrup. Transfer to a bowl and let cool.
4. Heat the oil in a wok over medium-high heat. Add the garlic and sauté until aromatic, then add the roasted chili paste and Thai bird's eye chilies; cook until fragrant.
5. Add the pork and stir-fry until cooked through, 1 to 2 minutes.
6. Add the peeled shrimp and stir-fry until pink, about 1 minute.
7. Add half of the reduced fish sauce and toss to coat the meat and shrimp.

SPICY FRITTERS WITH COCONUT CHUTNEY

Yield: 10 Portions

Ingredients	Amounts
Chickpea flour	2 cup
Salt	2 Tbsp. (or as needed)
Cilantro, finely chopped	2 Tbsp.
Onions, finely diced	2/3 cup
Serrano or Thai bird chiles, minced	1 tsp.
Ginger, grated	1 Tbsp.
Curry leaves, chiffonade	15 ea.
Canola oil (for deep frying)	6 cups
Coconut chutney (recipe follows)	1 cup

Method

1. In a large bowl, combine all the ingredients except the canola oil and Coconut Chutney. Stir to combine thoroughly. Add enough water to make a thick dough. The dough should have a consistency that will allow it to fall off a spoon.
2. Heat the canola oil in a heavy medium-sized pan to 365° F. When the oil is hot, spoon pieces of the dough into the oil. This should be done in batches. Fry until they are golden and crisp, 2 to 3 minutes. Remove them from the oil and drain briefly on paper towels. Serve hot or warm with the Coconut Chutney.

COCONUT CHUTNEY

Yield: 2 ½ Cups

Ingredients	Amounts
Freshly grated coconut	2 cups
Serrano or Thai bird chiles	4 ea.
Ginger, grated	4 tsp.
Salt	1 ½ tsp.
Plain yogurt	¼ cup
Canola oil	2 Tbsp.
Mustard seeds	1 tsp.
Urad dal	1 tsp.
Dried red chiles, halved	2 ea.
Curry leaves	16 ea.

Method

1. In a blender, grind the coconut, chiles, ginger, and salt with the yogurt and just enough water to make a smooth, thick purée.
2. In a sauté pan, heat the oil over medium heat and add the mustard seeds. When the mustard seeds start sputtering, add the urad dal, red chiles, and curry leaves and fry until the dal turns golden. Remove it from the stove and stir it into the coconut purée. Serve at room temperature.

Source: *Flavors of Asia*, p.216

Adapted from a recipe by Ammini Ramachandran

GRILLED BEEF WITH MISO

Yield: 10 portions

Ingredients	Amounts
Tenderloin or fillet of beef	2 ½ lb.
Zucchini, medium	2 ea.
Red Miso Dressing (recipe follows)	6 Tbsp.
Poppy seeds, toasted	4-6 tsp.
Vegetable oil	2 Tbsp.
Watercress sprigs	10 ea.

Method

1. Cut the beef into ½-inch by ½-inch pieces.
2. Peel the zucchini, slice in half lengthwise, and then cut into ½-inch half-moons.
3. Skewer 2 pieces of beef on a pair of skewers, sprinkle lightly with salt, and grill over high heat until the surface of the meat has browned, then turn and grill the other side. Remove the skewers and spread a generous amount of red miso sauce on each piece.
4. Line a shallow baking pan or ovenproof casserole with aluminum foil and arrange the beef in the bottom. Place under a very hot broiler until the miso begins to brown slightly. Remove and top with poppy seeds.
5. Heat the oil in a frying pan over medium heat and sauté the zucchini. When tender, season with salt and pepper, and remove from heat.
6. Arrange the beef and zucchini in serving dishes, garnish with a sprig of watercress and serve.

Source: *Japanese Cooking "A Simple Art"* © 1980 Shizuo Tsuji

RED MISO DRESSING

Yield: 2 cup

Ingredients	Amounts
Red miso	1 ½ cup
Dashi (or sake or mirin)	3 oz.
Sugar	2 oz.
Soy sauce, light	4 tsp.

Method

1. Blend miso, sugar, and soy sauce. Cream miso mixture with dashi or sake or mirin.
2. You may flavor it with toasted and ground sesame seed or sansho pepper powder. Keeps 1 month refrigerated.

Note: can be thinned with additional dashi and rice wine vinegar to make additional dressing for salad.

Source: *Japanese Cooking "A Simple Art"* © 1980 Shizuo Tsuji

GRILLED SHRIMP CAKE SKEWERS

Yield: 10 Portions

Ingredients	Amounts
Shrimp Cake	
Lard	1 cup
Shallots, minced	1 cup
Fish sauce	4 Tbsp.
Kosher salt	1 tsp.
Sugar	2 Tbsp.
Garlic, minced	4 tsp.
Egg	1 ea.
Cornstarch	2 wt. oz.
Raw shrimp, peeled and de-veined	2 lb.
Scallions, chopped	8 ea.
Skewers, 6", soaked in water	20 ea.
Hoisin-Peanut Sauce (recipe follows)	1x recipe

Method

1. In a small saucepan, heat the lard over moderate heat. Add the minced shallots and sauté until translucent. Transfer the onions to a small bowl. Add the fish sauce, salt, sugar, garlic, egg, and cornstarch and mix well to blend.
2. In a food processor, using the pulse button, combine the onion and egg mixture with the shrimp and process to form a coarse force meat. Stir in the scallions. Prepare a test batch by sautéing a small portion. Adjust seasonings, if needed.
3. As per chef's demo, mold the shrimp forcemeat around the skewers, using two skewers per portion (can be made smaller or larger depending on usage).
4. Steam the shrimp paste on the skewers for 5 minutes.
5. Grill the shrimp cakes until lightly browned on all sides.
6. To eat, pull shrimp cake from the skewer and it can be placed on salad greens and other garnishes.
7. Serve accompanied with Hoisin-Peanut sauce.

Note: can be served on sugar cane skewers if available.

HOISIN-PEANUT SAUCE

Yield: 4 Cups

Ingredients	Amounts
Hoisin sauce	2 cup
Water	1 cup
Onions, yellow, very finely minced	4 wt. oz.
Rice wine vinegar	½ cup
Chili paste, Sriracha or similar	2 Tbsp.
Peanuts, roasted and chopped	2 Tbsp.

Method

1. Combine the hoisin sauce, water, onion, and vinegar in a small saucepan and bring to a boil. Reduce heat and let simmer for 5 to 7 minutes. Add a little water if the sauce gets too thick. Set aside to cool.
2. If desired, puree the sauce in a blender until smooth.
3. Transfer mixture to a sauce dish and garnish with chili paste and chopped peanuts.

MIXED GREENS AND GARNISHES FOR SALAD

Yield: 8 to 10 portions

Ingredients	Amounts
Romaine leaf lettuce, leaves separated, washed, tear into small pieces	1 hd.
Red leaf lettuce, leaves separated, washed, tear into small pieces	1 hd.
Green leaf lettuce, leaves separated, washed, tear into small pieces	1 hd.
Arugula, field greens or baby spinach	1 lbs.
Cucumber, small julienne	1 ea.
Carrots, small julienne	2 cup
Edamame, shelled	2 cups
Fresh mint leaves	½ cup
Fresh Thai basil leaves	½ cup
Fresh purple basil leaves (optional)	½ cup
Fresh cilantro sprigs	½ cup

Method

1. Mix lettuces together, keep arugula or other greens separate.
2. Place other ingredients in small bowls or crocks to allow guests to select for base for salads.
3. Place meats and other main garnish for the salads after the salad fixings using the sauces for dressings. Some sauce recipes may need to be thinned and seasonings adjusted to work as dressings.

VEGETABLE SAMOSAS

Yield: 24 Small Samosas

Ingredient	Amount
<i>Filling</i>	
Potatoes, Yukon gold or similar	2 lb.
Vegetable oil	2 fl. oz.
Coriander seeds	1 tsp.
Cumin seeds	1 tsp.
Onion, yellow, minced	1 ea.
Ginger, minced	1 Tbsp.
Peppers, jalapeño, minced	1 each
Cayenne pepper	½ tsp.
Green peas	½ cup
Salt	As needed
Cilantro, coarsely cut	¼ cup
All-purpose flour	2 wt. oz.
Water	3 fl. oz.
Spring roll wrappers, Chinese	12 each
Vegetable oil, to fry	as needed

Method

1. For the filling, bake the potatoes at 400° F, until thoroughly cooked.
2. Cut the potatoes in half lengthwise and force the potato, flesh side down, through a medium sized wire rack into a hotel pan; the skins will stay behind on the wire rack.
3. Mash with your hands into a chunky and slightly cohesive mass; set aside.
4. In a wok or similar, fry the coriander and cumin in the oil until they begin to pop
5. Add the onions and sweat gently until the onions are well caramelized.
6. Add the ginger, and jalapeño and cook until fragrant.
7. Add the cayenne and sweat briefly.
8. Add the chunky potatoes, peas, and cilantro; mix gently and adjust seasoning with salt as needed. Make sure not to maintain a chunky yet cohesive texture.
9. To assemble the samosas, combine the flour and water into a paste and set aside.
10. Cut the spring roll wrappers in half into long rectangles and place one vertically in front of you.
11. To assemble, place one or two tablespoons of the filling onto the spring roll wrapper about 1- inch away from the lower end and fold the end over the filling to form a triangle; continue to fold, resembling a flag fold. At the last fold seal, the edges with the flour and water paste
12. Deep-fry in 360° F oil until golden brown; remove and drain on a wire rack.

Note: Samosas, a well-liked snack in India for many centuries, have gained popularity with regional interpretations all over the world. Samosas can be defined as a fried triangular shaped pastry with a savory filling. The version above, utilizing a Chinese spring roll wrapper is very popular in Myanmar.

HONEY-TOMATO-ALMOND CHUTNEY

Yield: 1 Pint

Ingredients	Amounts
Garlic cloves, minced	3 ea.
Ginger, minced	1 wt. oz.
Vegetable oil	1 fl. oz.
Rice vinegar	1 cup
Tomatoes, blanched, peeled, chopped	2 lb.
Honey	6 wt. oz.
Salt	as needed
Cayenne pepper	1 tsp.
Raisins, dark and golden	3 wt. oz.
Almonds, toasted and chopped finely	4 wt. oz.

Method

1. In a saucepan or similar, sweat the garlic and ginger in the vegetable oil until aromatic.
2. Add the vinegar, tomatoes, honey, salt, cayenne, raisins, and almonds and simmer until it begins to thicken.
3. Adjust seasoning with salt, vinegar, and honey to achieve a balanced sweet and sour flavor.

CHICKEN TIKA

Yield: 10 Portions

Ingredients	Amount
Chicken thighs, boneless, skinless	3 lb.
Salt	as needed
Ground black pepper	as needed
Lemon juice	1 ea.
Ghee	2 fl. oz.
Sweet paprika	1 Tbsp.
Korean chili pepper, ground	1½ tsp.
Cumin, ground	2 tsp.
Ginger, ground	1 tsp.
Garam masala	2 tsp.
Turmeric, ground	2 tsp.
Coriander, ground	2 tsp.
Onion, small dice	4 wt. oz.
Garlic, sliced	½ oz.
Yogurt, strained	1 cup
Skewers, bamboo, 6-inches, soaked	10 ea.
Cilantro Cashew Chutney (recipe follows)	1x recipe

Method

1. Dice the chicken into 1- inch dice and season with salt, pepper and lemon juice.
2. In a saucepan or similar heat the ghee, add all dry spices and cook until aromatic.
3. Add the onions and cook very gently until the onions are very tender.
4. Add the garlic and continue to sweat for about one minute.
5. Puree the onion-spice mix in a blender, adding small amounts of yogurt as needed to facilitate the blending.
6. Combine the spice puree with the diced chicken, mix well and add the remainder of the yogurt.
7. Allow to marinate for about one hour.
8. Skewer the chicken pieces on 2 bamboo skewers (ask for a demo from the Chef) and grill until cooked through and well charred and serve with chapatti bread and cilantro-cashew chutney.

Note: Literally meaning bits or pieces of chicken, chicken tika is a very popular dish in Indian and Pakistani cooking. In many regions it is cooked in a *tandoor*, an extremely hot vertical clay oven. In the region of Punjab however, it is commonly cooked over red hot charcoal.

CILANTRO AND CASHEW CHUTNEY

Yield: 3 Cups

Ingredients	Amount
Cilantro, washed and dried	1 bu.
Jalapeño pepper, de-stemmed with seeds removed	1 ea.
Lemon juice	1 fl. oz.
Cumin, ground	½ tsp.
Yogurt, Greek, plain, non-fat	½ cup
Cashews, unsalted	4 wt. oz.
Salt	as needed
Ground black pepper	as needed

Method

1. Combine all ingredients except the cashew nuts in a blender and purée to a fine paste.
2. Add the cashews and puree until smooth.
3. Add more yogurt or nuts to adjust consistency; the chutney should have the consistency of a strained yogurt or thick sour cream.
4. Adjust seasonings to taste and serve.

Note: Chutneys are often mistakenly defined as a concoction resembling a jam or preserve; mango chutney is probably the best-known sample.

BEEF CURED WITH LIME AND ONIONS

Yield: 10 Portions

Ingredients	Amounts
<i>Marinade</i>	
Red onion, sliced paper-thin	1 ea.
Lime juice	$\frac{3}{4}$ cup
Vietnamese chili garlic paste	1 Tbsp.
Fish sauce	2 fl. oz.
Garlic cloves, minced	5 ea.
Sugar	2 Tbsp.
Beef, shoulder top blade or similar cut	3 lb.
Vegetable oil (for searing)	2 fl. oz.
Bean sprouts	$\frac{1}{2}$ lb.
Peanuts, roasted and crushed	$\frac{1}{2}$ lb.
Scallions, sliced	4 ea.
Cilantro, coarsely cut	1 wt. oz.
Green leaf lettuce, head	1 ea.

Method

1. Combine all the marinade ingredients. Set aside.
2. Slice the beef into strips of about 2- inch girth and sear until well browned from all sides.
3. With a sharp knife, slice the beef paper-thin, combine with the marinade and allow sitting for 15 minutes.
4. At service, add the bean sprouts, peanuts, scallions, and cilantro and adjust seasoning if necessary. These can be served in dishes on the side to serve family style or build your own.
5. Provide lettuce leaves for the guest to prepare beef wraps.

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.
Salt, Kosher	as needed
Black Pepper, ground	as needed
Salsa Ranchero, recipe follows	1X recipe
Shallot, olive Oil, rosemary confit, recipe follows	1X recipe
Burger buns based on size of burger patties	as needed

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. Can also be made into any size burger desired; slider sized, small, or large hamburgers patties.

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 add to the blender along with the onion and garlic.

SHALLOT, OLIVE, AND ROSEMARY CONFIT

Yield: 8 portions

Ingredients	Amounts
Extra-virgin olive oil	4 oz.
Butter	3 oz.
Kalamata olives, pitted	$\frac{3}{4}$ lb.
Shallots, peeled, halved	1 lb.
Rosemary sprigs	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.

MANIOC FRIES

Yield: 10 Portions

Ingredients	Amounts
Manioc, whole	3 lb.
Water, cold	1 gal.
Salt	as needed
Black ground pepper	as needed
Cayenne pepper	as needed
Oil, for frying	as needed
Tomato Ketchup (recipe follows)	1x recipe.

Method

1. Peel the yucca and cut into 1/4 x 1/4 x 2-inch sticks.
2. Submerge in cold water and wash thoroughly to remove excess surface starch.
3. Drain in a colander and pat dry with a clean kitchen towel.
4. Deep fry the manioc at 275° F until cooked through but not browned.
5. Drain well, set aside, and allow to cool completely.
6. At service, deep fry at 325° F until golden brown and crispy.
7. Toss with salt, pepper, and cayenne and serve immediately with homemade ketchup.

TOMATO KETCHUP

Yield: 2 Quart

Ingredients	Amounts
Sugar	3 ½ wt. oz.
Water	1 fl. oz.
Onion, minced	3 ½ wt. oz.
Garlic, minced	1 Tbsp.
Tomatoes, canned, de-seeded	6 lb.
Red bell peppers, roasted, peeled, minced	2 ea.
Red wine vinegar	1 cup
Balsamic vinegar	½ cup
Cayenne pepper	1 tsp.
Kosher salt	as needed.

Method

1. In a saucepan, combine the sugar and the water and cook slowly, without stirring, until the sugar slightly caramelizes.
2. Add the onions, garlic, tomatoes and roasted red peppers and allow to simmer slowly for about 15 minutes.
3. Add both vinegars and continue to simmer until the mixture has thickened.
4. Adjust seasoning with salt and cayenne pepper.
5. In a blender, puree the mixture until very smooth and strain as needed.

SPICY CARROT SALAD

Yield: 10 Portions

Ingredients	Amounts
Carrots, finely grated	8 cups.
Sugar	1 Tbsp.
Cumin seeds, toasted	1 tsp.
Lemons, juiced	2 each.
Extra-virgin olive oil	1 Tbsp.
Cilantro, chopped	6 tbsp.
Salt	to taste
Black pepper, ground	to taste.

Method

1. Combine the carrots, sugar, cumin seeds and lemon juice in a bowl.
2. Add the olive oil and cilantro, stirring to combine. Season with salt and pepper.
3. Serve immediately or reserve in the refrigerator for up to 2 days.



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From: Office of the Registrar
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