



Culinary Institute of America

ROCKLIN UNIFIED SCHOOL DISTRICT **CULINARY TRAINING PROGRAM**



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

Rocklin Unified School Districts

Nutrition Staff Training

Tuesday, June 6, 2023

Start Time	End Time	Topic	Faculty / Staff	Location
8:30 am	9:30 am	Welcome, Program Overview, Introductions, Production Review	CIA Chef	Private Dining Room 1 & 2
9:45 am	10:00 am	Break and Transition to Hestan Kitchen	All	
10:00 am	12:30 pm	Kitchen Exercise: Basic Culinary Skills	CIA Chef	Hestan Teaching Kitchen Red
12:30 pm	1:30 pm	Lunch from production	All	TBD
1:30 pm	2:00 pm	Review, Critique of the day	CIA Chef	Hestan Teaching Kitchen Red
2:00 pm	3:00 pm	Defining Deliciousness	CIA Chef	Private Dining Room 1 & 2
3:00 pm		Departure		

Wednesday, June 7, 2023

Start Time	End Time	Topic	Faculty / Staff	Location
8:30 am	9:30 am	Production Review	CIA Chef	Private Dining Room 1 & 2
9:30 am	9:45 am	Break and Transition to Hestan Kitchen		
9:45 am	12:30 pm	Kitchen Exercise: Global Flavors	CIA Chef	Hestan Teaching Kitchen Red

Start Time	End Time	Topic	Faculty / Staff	Location
12:30 pm	1:30 pm	Lunch from production	All	TBD
1:30 pm	3:00 pm	Review, Critique of the day, and "Now What?" action planning	CIA Chef	Private Dining Room 1 & 2
3:00 pm		Departure		

DAY ONE KITCHEN PRODUCTION TEAM ASSIGNMENTS

TEAM ONE

Wiener Schnitzel with Lemon-Caper Beurre Blanc

Garlic-Roasted Potatoes with Parsley and Oregano

Braised Greens

TEAM TWO

Grilled Salmon with Orange-Thyme Butter

Rice Pilaf

Green Beans with Toasted Walnuts

TEAM THREE

40-Clove Chicken

Whipped Potatoes

Oven-Roasted Vegetables

Marinate Tandoori chicken for Day 2

TEAM FOUR

Roast Sirloin of Beef with Jus Lié

Pommes Duchesse

Grilled Zucchini

TEAM FIVE

Mussels in Saffron and White Wine Broth

Frisée aux Lardons

Onion Tart

WIENER SCHNITZEL WITH LEMON-CAPER BEURRE BLANC

Yield: 8 Portions

Ingredients	Amounts
Veal cutlets, 3 oz. each	16 ea.
Salt	$\frac{3}{4}$ tsp.
Ground black pepper	$\frac{1}{4}$ tsp.
All-purpose flour	$\frac{3}{4}$ cup (or as needed)
Egg wash (equal parts beaten eggs and milk)	$\frac{1}{2}$ cup (or as needed)
Breadcrumbs	2 cups (or as needed)
Vegetable oil	1 $\frac{3}{4}$ cups (or as needed)
Butter	4 Tbsp.
Flat-leaf parsley, chopped	4 Tbsp.
Lemon wedges	6 ea.
Lemon-Caper Beurre Blanc (recipe follows)	1x recipe

Method

1. Pound each portion of veal between sheets of parchment or plastic wrap to a thickness of $\frac{1}{4}$ -inch (refer to chef for demonstration).
2. Blot the veal dry. Season each piece with salt and pepper. Use the standard breading procedure to bread each cutlet: dredge (coat) the veal in flour (shake off any excess), dip in egg wash, and dredge in breadcrumbs.
3. Heat about $\frac{1}{8}$ -inch of oil in a large skillet to about 350°F over medium heat. Working in batches, add the breaded veal to the hot oil and pan fry on the first side until golden brown and crisp, about 2 minutes. Turn once and finish pan frying on the second side until it reaches an internal temperature of 160°F, about 1 or 2 minutes more.
4. Drain on paper towels or on a wire rack set over a baking sheet.
5. When ready to serve, heat the butter in a large skillet until it sizzles, about 2 minutes. Add the pan-fried veal to the hot butter and turn to coat on both sides.
6. Garnish with chopped parsley.
7. Serve with lemon wedges and Lemon-Caper Beurre Blanc on the side.

LEMON-CAPER BEURRE BLANC

Yield: 2 Cups

Ingredients	Amounts
Heavy cream	1 cup
Shallots, minced	1 Tbsp.
Black peppercorns	3 - 4 ea.
Dry white wine	½ cup
Lemon juice	½ cup
Butter, cold, cubed	¾ lb.
Salt	to taste
Ground white pepper	to taste
Lemon zest, grated or minced	1 Tbsp.
Capers, drained, rinsed	3 - 4 Tbsp.

Method

1. In a small saucepan set over medium heat, bring the heavy cream to a simmer and reduce by half.
2. Combine the shallots, peppercorns, wine, and 2 tablespoons lemon juice in a separate saucepan. Reduce over medium-high heat until nearly dry (*au sec*).
3. Add the reduced heavy cream and simmer the sauce for 2 to 3 minutes to reduce slightly.
4. Over very low heat, add the butter a few pieces at a time, whisking constantly to blend the butter into the reduction. (Do not boil the sauce as it will separate.) Continue adding butter until the full amount has been incorporated.
5. Season to taste with salt and pepper.
6. Finish the sauce by adding the remaining lemon juice, lemon zest, and capers.
7. Place the sauce in a hot water bath and keep warm until needed.

GARLIC-ROASTED POTATOES WITH PARSLEY AND OREGANO

Yield: 6 Portions

Ingredients	Amounts
Red bliss potatoes, trimmed and washed	2 ¼ lb.
Extra virgin olive oil	⅓ cup
Bay leaves	3 ea.
Dried oregano	1 ½ Tbsp.
Salt	1 tsp.
Ground black pepper	to taste
Garlic cloves, minced	6 ea.
Flat-leaf parsley, chopped	3 Tbsp.
Oregano, chopped	1 ½ Tbsp.

Method

1. Toss the potatoes with the olive oil, bay leaves, dried oregano, salt, and pepper in a large mixing bowl.
2. Transfer the oiled seasoned potatoes to a hot cast-iron skillet.
3. Place the skillet in a 425°F oven and roast for 20 minutes, stirring occasionally to ensure even browning.
4. Reduce heat to 375°F and continue to cook for an additional 15 to 20 minutes, stirring occasionally.
5. Add the garlic towards the end of the cooking process (5 to 10 minutes remaining in the cooking time) to prevent it from burning and creating a bitter flavor.
6. Place in a warm serving bowl and sprinkle with chopped parsley and oregano.

BRAISED GREENS

Yield: 6 Portions

Ingredients	Amounts
Collard greens or kale	2 ½ lb.
Bacon slices, diced	3 ea.
Onions, diced	1 ¼ cups
Garlic cloves, minced	2 ea.
Ham hock (optional)	1 ea.
Chicken or vegetable stock	1 ¼ cups
Salt	to taste
Ground black pepper	to taste

Method

1. Remove the stems from the greens and discard. Wash the greens thoroughly.
2. Bring a large pot of salted water to a boil. Add the collards and blanch (par-cook) for about 1 minute. Remove from the water and transfer to an ice bath to "shock" the greens and stop the cooking process. Drain, then chop and set aside.
3. In a large skillet, cook the bacon over medium heat until it is crispy and the fat has melted out (rendered). When the bacon is light golden brown, add the onions and cook until translucent. Add the garlic and cook until aromatic, about 1 more minute.
4. Add the ham hock, if desired, along with the blanched greens and stock. Season with salt and pepper to taste.
5. Braise in a 350°F oven until the greens are tender, about 30 to 45 minutes.
6. Remove the greens from the pan and reduce the liquid. Add the greens back to the liquid and adjust seasoning with salt and pepper to taste.
7. Serve hot on a warm serving platter.

GRILLED SALMON WITH ORANGE-THYME BUTTER

Yield: 6-8 Portions

Ingredients	Amounts
Orange-Thyme Butter	
Butter, softened	1/2 cup
Almonds, blanched and ground	4 Tbsp.
Orange juice, fresh	2 Tbsp.
Thyme leaves, fresh	2 tsp.
Orange zest	1 tsp.
Salt	as needed
Ground black pepper	as needed
Salmon fillets, skin removed, about 3 oz. each	2 1/2 -3 lbs
Lemon, juiced	1 ea.
Vegetable oil (for brushing)	as needed

Method

1. To prepare the orange-thyme butter, blend the butter with the ground almonds, orange juice, thyme, orange zest, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Place on a piece of plastic wrap. Roll into a 1-inch-diameter cylinder and secure the ends by twisting. Chill until firm, about 2 hours.
2. Preheat a gas grill to medium; leave one burner off. If you are using a charcoal grill, 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.
3. Season the fish with salt, pepper, and lemon juice. Brush evenly with oil.
4. Grill each salmon fillet to the desired doneness (usually medium).
5. Top each fillet with a slice of the orange-thyme butter. Place into a hot oven or pass under a broiler just long enough to begin melting the butter.
6. Serve immediately on a warm platter.

RICE PILAF

Yield: 6 Portions

Ingredients	Amounts
Chicken stock	1 ¾ - 2 cups
Butter or vegetable oil	1 Tbsp.
Onion, diced	3 Tbsp.
Garlic clove, minced	1 ea.
Long-grain white rice	1 cup
Salt	1 tsp.
Ground white pepper	¼ tsp.
Bay leaf	1 ea.
Thyme sprig	1 ea.

Method

1. Bring the stock to a simmer in a heavy saucepan. If you plan to cook the rice in the oven, preheat the oven to 325°F.
2. Meanwhile, heat the butter or oil in a medium-sized, heavy saucepan over medium heat. Add the onions and cook until they are translucent, about 3 to 5 minutes. Add the rice, stirring to coat with butter and toasting lightly, about 1 minute.
3. Add the hot stock, salt, pepper, bay leaf, and thyme. Bring to a boil, stir once or twice to make sure the rice is not sticking to the bottom of the pan, reduce the heat and cover tightly.
4. Place in the preheated oven or leave on the burner over very low heat. Cook until the rice is tender and all the liquid has been absorbed, about 15 to 20 minutes. Remove from the heat and let stand undisturbed for 10 minutes.
5. Remove the lid and cover the pot with a clean dish towel. Replace the lid and let sit for another 5 minutes. Uncover and, using a fork, gently fluff the grains of rice.
6. Serve immediately in a heated bowl.

GREEN BEANS WITH TOASTED WALNUTS

Yield: 6 Portions

Ingredients	Amounts
Green beans, trimmed	1 ½ lb.
Walnut oil	1 ½ tsp.
Shallots, minced	2 tsp.
Garlic, minced	1 tsp.
Salt	to taste
Ground black pepper	to taste
Walnuts, halved, toasted*	2 Tbsp.
Chives, sliced	2 tsp.

Method

1. Blanch (par-cook) the green beans in boiling salted water until bright green. Remove from the water and transfer to an ice bath to shock the beans and stop the cooking process. Drain and reserve for later use.
2. To serve, heat a large sauté pan over medium heat; add the walnut oil, shallots, and garlic. Sauté briefly, then add the green beans. Season with salt and pepper to taste.
3. Stir in the toasted walnuts and chives before serving. Serve on a heated platter.

Note: To toast the walnuts, spread them in a shallow layer in a preheated dry sauté pan and toss, shake, or swirl the pan until they are golden brown and aromatic. Transfer to a cool pan to prevent the nuts from scorching.

40-CLOVE CHICKEN

Yield: 6-8 Portions

Ingredients	Amounts
Chicken breasts, frenched	6 ea.
Chicken thighs	6 ea.
Chicken legs	6 ea.
Dry white wine	4 ³ / ₄ cups
Salt	as needed
Ground black pepper	as needed
All-purpose flour (for dredging)	1 ¹ / ₄ cup
Olive oil	3 Tbsp.
Garlic cloves, peeled	40 ea.
Thyme sprigs	6 ea.
Rosemary sprigs	2 ea.
Flat-leaf parsley, chopped (for garnish)	3 Tbsp.

Method

1. Marinate the chicken pieces in the wine for 1 to 2 hours in the refrigerator. Remove and pat dry. Reserve the marinade. Season the chicken with salt and pepper, then dredge (coat) the chicken in flour.
2. In a large sautoir (straight-sided sauté pan), heat the oil over medium-high heat. Working in batches if necessary, add the chicken to the pan and brown on all sides. Remove the chicken from the pan and reserve.
3. Add the garlic and sauté until it begins to brown. Place the chicken on top of the garlic in a single layer. Add the wine marinade and season with the thyme and rosemary.
4. Cover the pan and braise in a 325°F oven until tender, about 45 minutes.
5. Remove the chicken and the garlic from the pan and reserve. Remove and discard the herbs. Place the pan on the stovetop and reduce the sauce until it is thick enough to coat the back of a spoon (nappé). Adjust the seasoning with salt and pepper.
6. Serve the chicken with the sauce and garlic cloves. Garnish with the parsley.

Source: Adapted from On Cooking by Sarah Labensky and Alan Hause

WHIPPED POTATOES

Yield: 6 - 8 Portions

Ingredients	Amounts
Russet potatoes, peel, cut into big pieces	2 lb.
Salt	to taste
Butter, softened	2 Tbsp.
Milk, warmed	¼ cup
Ground white pepper	to taste

Method

1. Place the potatoes in a large pot and add enough cold water to cover by 2 inches. Salt the water and bring to a simmer over high heat.
2. Reduce the heat to medium, cover, and simmer until the potatoes are easily pierced with a fork, about 25 to 30 minutes.
3. Drain the potatoes and return them to the pan. Place the pan over low heat until no more steam rises from the potatoes (be careful not to brown the potatoes).
4. While still hot, purée the potatoes with a food mill or potato ricer into a heated bowl.
5. Add the butter and mix into the potatoes by hand or with the whip attachment of an electric mixer, just until incorporated. Add the warm milk and stir to combine. Taste and season with salt and pepper. Whip the potatoes on medium speed until smooth and light. Serve immediately in a heated bowl.

Variations:

Buttermilk Whipped Potatoes: Replace milk with buttermilk; add 1 - 2 tablespoons minced fresh chives along with the salt and pepper.

Whipped Sweet Potatoes: Replace the russet potatoes with sweet potatoes. Use the cooking liquid to replace half of the milk when whipping the purée. Season with ¼ teaspoon of cinnamon, a few grains of nutmeg, and a few drops of fresh lemon juice.

OVEN-ROASTED VEGETABLES

Yield: 6 Portions

Ingredients	Amounts
Red onions, quartered	2 ea.
Carrots, oblique cut	2 cups
Cauliflower, florets	2 cups
Red bell pepper, 1-inch pieces	2 cups
Green bell pepper, 1-inch pieces	2 cups
Garlic cloves, whole, peeled	6 ea.
Shallots, whole, peeled	3 ea.
Extra virgin olive oil	2 Tbsp.
Thyme, chopped	1 Tbsp.
Salt	1 Tbsp.
Ground black pepper	1 tsp.
Butter	4 Tbsp. (plus extra for pan)

Method

1. Combine the onions, carrots, cauliflower, peppers, garlic, and shallots in a large stainless-steel bowl. Toss with the olive oil to coat. Season with thyme, salt, and pepper and mix thoroughly.
2. Transfer the vegetables to a buttered roasting pan and dot with 4 tablespoons of butter.
3. Place in a 375°F oven and roast until the vegetables are lightly caramelized and tender. Gently stir the vegetables periodically throughout the cooking period to ensure even roasting.
4. Serve hot on a heated platter.

ROAST SIRLOIN OF BEEF WITH JUS LIÉ

Yield: 6-8 Portions

Ingredients	Amounts
Beef sirloin, boneless tied at 1-inch intervals	3 lb.
Salt	as needed
Ground black pepper	as needed
Vegetable oil	as needed
Onion, diced	1/3 cup
Carrot, diced	1/4 cup
Celery, diced	1/4 cup
Tomato paste	2 Tbsp.
Brown veal stock	2 1/2 cups
Cornstarch	1 tsp.

Method

1. Place a rack in a roasting pan and preheat the oven to 350°F.
2. Season the meat generously with salt and pepper.
3. Heat enough oil to create a film in a large sauté pan over medium-high heat and brown the meat on all sides. Transfer to the roasting pan. Add the onions, carrots, and celery to the bottom of the roasting pan.
4. Roast the meat to medium-rare (125°F internal temperature), about 1 hour. Remove from the pan and place on a platter or cutting board, cover loosely with foil, and let stand for 20 minutes while you make the jus.
5. Pour off the fat from the pan, leaving 1 tablespoon and add the tomato paste. Place the pan over medium heat on the stove top and cook the vegetables and tomato paste, stirring until caramelized, 3 to 5 minutes. Add the stock and stir and scrape with a wooden spoon to deglaze the bottom of the pan.
6. Blend the cornstarch with 1 tablespoon of water to form a slurry and whisk into the sauce. Bring to a boil over medium heat. As soon as the sauce thickens, remove from the heat and strain. Season to taste with salt and pepper.
7. Remove the string from the meat, slice, and serve on a heated platter with the jus.

POMMES DUCHESSE

Yield: 6 – 8 Portions

Ingredients	Amounts
Russet potatoes, peeled and quartered	2 ¼ lb.
Egg yolks	3 ea.
Butter, softened	¼ lb.
Salt	1 tsp.
Ground black pepper	¼ tsp.
Nutmeg, freshly ground	⅛ tsp.

Method

1. Add the potatoes to cold salted water and bring to a boil over high heat. Reduce heat to a simmer and cook until the potatoes are just tender.
2. Drain the potatoes and return them to the pot. Heat over very low heat until no more steam rises from the potatoes (be careful not to brown the potatoes).
3. Purée the potatoes while still very hot.
4. Mix the egg yolks and butter into the hot potato purée. Season with salt, pepper, and nutmeg to taste.
5. Transfer the mixture to a piping bag fitted with a star tip. Pipe the potatoes onto a parchment paper-lined sheet pan (refer to chef for demonstration).
6. Bake in a 400°F oven until the potatoes are heated through and golden brown.
7. Serve immediately on a warm platter.

GRILLED ZUCCHINI

Yield: 6 Portions

Ingredients	Amounts
Olive oil	½ cup
Red or white wine vinegar	½ cup
Garlic cloves, minced	2 ea.
Thyme, chopped	1 ½ tsp.
Oregano, chopped	1 ½ tsp.
Sugar	1 tsp.
Zucchini, cut on the bias into ½-inch slices	1 ½ lb.
Salt	½ tsp.

Method

1. Preheat a gas grill to medium-high; leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
2. Mix together the olive oil, vinegar, garlic, thyme, oregano, and sugar. Stir until the sugar dissolves.
3. Pat the zucchini slices dry with paper towels and season generously with salt. Toss with the marinade, making sure that the zucchini is coated on both sides.
4. Place the zucchini on the grill and cook on each side until the zucchini is tender and marked with grill marks.
5. Transfer to a warm platter, drizzle with some of the marinade, and serve hot.

MUSSELS IN SAFFRON AND WHITE WINE BROTH

Yield: 6 Portions

Ingredients	Amounts
Butter	1 Tbsp.
Garlic cloves, chopped	2 ea.
Dry white wine	½ cup
Half-&-half	1 Tbsp.
Saffron threads	1 tsp.
Clam juice	½ cup
Green onions, thinly sliced	2 ea.
Tomatoes, seeded, and chopped	1 ea.
Lemon juice	1 Tbsp.
Mussels, scrubbed and debearded	3 lb.
Chives, snipped	1 Tbsp.

Method

1. Melt the butter in a large pot over medium heat. Add the garlic and sauté until the garlic is fragrant, about 1 minute. Add the wine, half-&-half, and saffron; simmer for 5 minutes.
2. Add the clam juice, green onions, tomatoes, and lemon juice; simmer for 5 minutes.
3. Add the mussels; cover and steam until they open, about 5 to 7 minutes. Shake the pot, holding down the lid with a kitchen towel, to redistribute the mussels. Discard any mussels that do not open.
4. Serve in a large platter or bowl topped with the fresh chives.

FRISÉE AUX LARDONS

Yield: 6-8 Portions

Ingredients	Amounts
Frisée lettuce	3 heads
Slab or thick-sliced bacon, medium diced	$\frac{3}{4}$ lb.
Salt	to taste
Ground black pepper	to taste
Light brown sugar	1 Tbsp.
White wine vinegar	$\frac{1}{3}$ cup

Method

1. Wash the lettuce thoroughly and shake or pat it dry with a clean linen towel. Set aside.
2. Heat a medium-sized sauté pan and add the bacon. Cook over medium heat, stirring frequently for even cooking and coloring.
3. Divide the frisée among plates or arrange on a platter and season with salt and pepper. When the bacon is crisp and golden, take the pan off the heat and remove the bacon with a slotted spoon; sprinkle it over the lettuce.
4. Let the bacon fat cool for about a minute. In another pan on medium heat, reduce the sugar and vinegar by half until it is syrupy. Pour the reduction into the warm bacon fat and stir thoroughly to mix.
5. Season the dressing with salt and pepper and spoon over the salad. Serve immediately.

ONION TART

PISSALADIÈRE

Yield: 8 Portions

Ingredients	Amounts
<i>Pastry</i>	
All-purpose flour	8 wt. oz.
Butter, cold and diced	5 ½ wt. oz.
Salt	¾ tsp.
Water, cold	2-3 fl. oz.
Sweet onions, thinly sliced	2 lb.
Extra virgin olive oil	2 fl. oz.
Salt	1 tsp.
Ground black pepper	¼ tsp.
Thyme, chopped	1 Tbsp.
Anchovies, salt, rinsed and filleted	8 ea.
Niçoise olives	8 wt. oz.

Method

1. To prepare the pastry, incorporate the diced butter into the flour by gently crumbling portions between your fingertips and thumbs until reduced to pea-sized pieces. Add salt and mix in cold water as necessary to form dough. Do not overwork the dough.
2. Cook the onions in the olive oil over low heat, covered, until very soft. Remove lid and continue cooking until most of the liquid has evaporated. Do not brown the onions. Add the chopped thyme and season with salt and pepper.
3. Preheat oven to 375°F. With the palm of your hand, flatten the pastry dough on a generously floured marble slab or other work surface. Roll dough out to approximately ¼ inch thick. Place dough into a lightly oiled tart pan and crimp the edges.
4. Spread onion purée evenly over the pastry. Press the anchovy fillets into place in a simple design—latticework or wheel spokes—and push the pitted olives into the purée to complete the design.
5. Drizzle olive oil over the surface and bake for about 30 minutes, or until the edges of the pastry are golden and crisp. Serve warm or hot.

Note: This pastry dough does not need to be chilled before using.

DAY TWO KITCHEN PRODUCTION TEAM

ASSIGNMENTS - INDIA

TEAM ONE - THAILAND

Thick Beef Curry in Sweet Red Curry Sauce

Coconut Rice

Fish Cakes with Spicy Thai Cucumber Salad

TEAM TWO – VIETNAM

Hanoi Rice Noodles with Grilled Pork

Sautéed Bok Choy with Tofu and Hoisin Sauce

Vietnamese Lotus Root Salad

TEAM THREE – INDIA

Tandoori Chicken

Paneer and Paneer Puffs Stuffed with Spinach

Naans

Mint Chutney

TEAM FOUR - KOREA

Spicy Kim Chi Stew with Pork

Daikon and Cucumber Salad

Korean Stir-Fried Glass Noodles

TEAM FIVE – JAPAN

Miso Soup

Vegetable Tempura

Beef Teriyaki

Romaine Lettuce with Japanese Salad Dressing

THICK BEEF CURRY IN SWEET RED CURRY SAUCE

Yield: 8 Portions

Ingredients	Amounts
Vegetable oil	2 Tbsp.
Lemongrass stalks, finely minced	2 ea.
Garlic cloves, minced	4 ea.
Shallots, sliced	4 ea.
Red curry paste	3 Tbsp.
Coconut milk	1 ½ pt.
Thai fish sauce	3 Tbsp.
Palm sugar	2 Tbsp.
Kaffir lime leaves, bruised	5 ea.
Flank steak, thinly sliced across the grain	2 lb.
Lime juice	2 Tbsp.
Thai basil, whole leaves	15 ea.
Salt	as needed
Ground black pepper	as needed
Cashews, roasted and finely ground	¾ cup

Method

1. Heat the vegetable oil in a wok or a rondeau over medium heat. Add the lemongrass, garlic, and shallots, and cook until fragrant.
2. Add the red curry paste and continue to cook until aromatic.
3. Add the coconut milk, fish sauce, palm sugar, and lime leaves; bring to a boil, then reduce heat and allow to gently simmer for 1 minute.
4. Add the sliced beef and continue to simmer until the beef is fully cooked and the sauce has thickened so that it thickly coats the back of a spoon (thicker than nappé).
5. Add the lime juice and the Thai basil and adjust seasoning with salt and pepper. Garnish with the cashews at service time.

COCONUT RICE

Yields: 8 Portions

Ingredients	Amounts
Vegetable oil	2 Tbsp.
Ginger, minced	1 Tbsp.
Jasmine rice	4 cups
Water	3 ½ cups
Coconut milk	2 ½ cups
Sugar	2 Tbsp.
Salt	as needed

Method

1. Heat the oil in a saucepan over medium heat. Add the ginger and cook over medium-low heat until fragrant.
2. Add the remaining ingredients and bring to a boil, stirring occasionally.
3. Reduce heat to very low, adjust seasonings, and cover with a tight-fitting lid.
4. Cook over low heat for 18 minutes.
5. Once the rice is done, remove it from the heat and let rest for at least 15 minutes before serving.

FISH CAKES WITH SPICY THAI CUCUMBER SALAD

Yield: 10 Cakes

Ingredients	Amounts
Spice Paste	
Thai bird's eye chilies, fresh	6 ea.
Shallot, peeled	1 ea.
Garlic cloves, peeled	2 ea.
Cilantro, coarsely chopped	2 Tbsp.
Galangal, peeled and minced	1 Tbsp.
Kaffir lime leaves	3 ea.
Salt	1 Tbsp.
White-fleshed fish fillet, bones removed	1 lb.
Fish sauce	2 Tbsp.
Long beans, sliced into paper-thin rounds	1 cup
Peanut oil, for frying	as needed
Spicy Thai Cucumber Salad (recipe follows)	1x recipe

Method

1. Combine the chilies, shallots, garlic, cilantro, galangal, lime leaves, and salt. Grind to a paste using a mortar and pestle.
2. Chop the fish in a food processor to form a coarse paste.
3. Combine the spice paste, fish paste, fish sauce, and sliced beans in a bowl and stir until well combined and slightly sticky in consistency.
4. Shape the mixture into round, flat cakes. Refrigerate and hold for service.
5. Preheat the peanut oil in a deep fryer to 350°F.
6. Fry the fish cakes in a basket until they are golden on the outside and they float to the top of the oil.
7. Remove from the oil and drain on a wire rack. Serve hot with Spicy Thai Cucumber Salad.

SPICY THAI CUCUMBER SALAD

Yield: 8 Portions

Ingredients	Amounts
European cucumbers	4 ea.
Lime juice	1/2 cup
Sugar	1/4 cup
Salt	as needed
Thai bird's eye chilies, finely sliced	3 ea.
Red onion, finely minced	1 ea.
Mint, cut coarsely	1/2 bu.
Cilantro, coarsely cut	1/2 bu.

Garnish

Peanuts, roasted, chopped	5 Tbsp.
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Method

1. Peel the cucumbers, cut in half lengthwise, remove all seeds, and cut into thin slices. Place into a mixing bowl.
2. Add the lime juice, sugar, salt, chilies, red onion, mint, and cilantro and toss to combine. Let stand for 15 minutes.
3. Taste and adjust seasoning as necessary.
4. Serve garnished with the chopped peanuts.

HANOI RICE NOODLES WITH GRILLED PORK

BUN CHA HANOI

Yield: 8 portions

Ingredients	Amounts
Scallions, sliced into thin rings	2 ea.
Shallot, minced	1 ea.
Fish sauce	1 Tbsp.
Sugar, brown	1 tsp.
Salt	¼ tsp.
Freshly ground black pepper	½ tsp.
Vegetable oil	1 Tbsp.
Pork tenderloin, sliced thin across grain	1 lb.
Ground pork	1 lb.
Yellow onions, chopped	¼ cup

Accompaniments

Dried bun (rice vermicelli), small, cooked until soft but still firm, 4-5 minutes, rinsed, drained	2/3 lb.
Table Salad (recipe follows)	1X recipe
Vietnamese dipping sauce (Ginger Lime dipping sauce)	2X recipes

Method

1. Combine the scallions, shallot, fish sauce, caramel sauce, salt, and pepper in a bowl and stir to blend. Divide the marinade equally between 2 bowls. Add the oil and sliced pork to one bowl and toss to evenly coat the meat. Let marinate for 20 minutes. In the second bowl, add the ground pork and onions and mix well. Shape the ground pork into patties about 2 inches wide and ½ inch thick. Set aside until ready to cook.
2. Set the dining table with a platter of noodles and the table salad. Divide the dipping sauce among 4 small bowls. Provide each guest with a bowl of sauce and another bowl.
3. Preheat a grill or broiler to high heat. Grill the pork slices and pork patties until the meat is done and the edges are nicely charred on both sides. (You can also cook the pork in a skillet. Transfer to a serving plate.
4. To eat, place a few slices of pork and pork patties in the bowls of dipping sauce and let them marinate for a few minutes. Invite guests to serve themselves by placing the noodles, herbs, lettuce, and meat in their bowls and drizzle some sauce on top.

TABLE SALAD

Yield: 8 portions

Ingredients	Amounts
Red leaf lettuce, leaves separated, washed	2 hd.
Cucumber, julienne	1 ea.
Bean sprouts	2 cup
Fresh mint sprigs	6 ea.
Fresh Thai basil sprigs	6 ea.
Fresh purple basil sprigs (optional)	6 ea.
Fresh cilantro sprigs	10 ea.
Vietnamese dipping sauce	

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 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 the 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)

GINGER-LIME DIPPING SAUCE

Yield: 2/3 cup

Ingredients	Amounts
Garlic cloves, sliced	2 ea.
Fresh Thai Bird	2 ea.
Fresh ginger, very finely minced	2 Tbsp.
Fish sauce	¼ cup
Fresh lime juice, preferably with pulp	2 Tbsp.
Water	¼ cup
Sugar	4 Tbsp.

Method

1. Place the garlic, chilies, chili paste, and ginger in a mortar and pound into a paste. Transfer to a mixing bowl and add the remaining ingredients and mix until well blended.
2. Transfer to a glass jar and cover with a tight lid. If refrigerated sauce will keep up to 3 weeks.

Note: Some of our very best customers say this is the best sauce they've ever tasted. Tangy, spicy, and cleanly flavored, this sauce is great with steamed chicken or duck, or with pan-fried fish and grilled meats.

SAUTÉED BOK CHOY WITH TOFU AND HOISIN SAUCE

Yield: 8 Portions

Ingredients	Amounts
Baby bok choy	2 lb.
Vegetable oil	4 Tbsp.
Onion, sliced	½ ea.
Garlic cloves, sliced	4 ea.
Firm tofu, 1-inch dice	1 lb.
Hoisin sauce	¼ cup
Salt	to taste

Method

1. Separate the bok choy into its individual leaves and remove the tough core. Wash, dry, and reserve for later use.
2. In a wok or large skillet heat, half the oil. Add the onions and cook over moderate heat for 5 minutes.
3. Add the garlic and continue to cook over moderate heat until it becomes aromatic.
4. Increase the heat, add the tofu, and stir-fry until heated through.
5. Remove ingredients from the pan or wok and hold warm.
6. Reheat the pan or wok, add the second half of the oil and stir-fry the bok choy until it starts to wilt.
7. Return the cooked tofu mixture to the pan. Add the hoisin sauce and toss gently to coat the tofu and bok choy with the sauce. Adjust seasonings with salt to taste.
8. Serve warm.

VIETNAMESE LOTUS ROOT SALAD

Yield: 8 Portions

Ingredients	Amounts
Garlic cloves, minced	4 Tbsp.
Thai bird's eye chilies, minced	4 ea.
Light soy sauce	½ cup
Lime juice	1 cup
Sugar	½ cup
Lotus roots	2 lb.
Cucumbers, skin on, julienne	2 ea.
Cilantro leaves	½ cup
Shallots, fried until crisp	1 cup

Method

1. Peel the lotus roots and cut into very thin slices.
2. Blanch the lotus in boiling salted water for 1 minute, drain, shock in ice water, and drain again. Set aside.
3. In a large mixing bowl, whisk together the garlic, chilies, soy sauce, lime juice, and sugar.
4. Add the lotus root, cucumber, and cilantro to the dressing and toss well to coat. Marinate until service.
5. Serve, garnished with the fried shallots.

TANDOORI CHICKEN

Yield: 8 portions

Ingredients	Amounts
Chicken drumsticks and/or breast pieces (skin removed)	16 ea.
Yogurt, plain (or 2 ½ cups of buttermilk)	1 ½ cup
Red chile powder	1½ Tbsp.
Coriander powder	2 Tbsp.
Garlic powder, fresh ground is best	1 Tbsp.
Ginger powder, fresh ground is best	1 Tbsp.
Cumin powder	1 Tbsp.
Garam masala powder	½ Tbsp.
Salt	2 Tbsp.
Lemon juice, fresh, for garnish	as needed

Method

1. *For the marinade:* Take a wide and deep bowl about 12 ½ inches wide and deep enough to hold all the chicken pieces. Add the yogurt plus one cup water, or the buttermilk with no water, into the bowl. Add all the spices into the bowl and stir to form a homogeneous mixture. Now add the chicken pieces into the mixture, so that they are all covered with the paste/mixture. Cover the bowl with a lid and let it stand for 6 hours. If you plan to marinate for 12 to 15 hours, put it in the refrigerator. The longer it marinates, the better it will absorb the spices and the tastier it will be.
2. When you are ready to grill the chicken, apply melted butter to the chicken pieces with a brush or spoon all over and you are ready to grill the chicken on the barbeque in the normal fashion. Turn over the chicken pieces when they look brownish red in color, or darker if you prefer it well done.
3. Lemon juice sprinkled on the cooked chicken also adds to the flavor, if you wish.

Note: Garam masala powder is available at any/all Indian grocery stores. If you like tandoori hot and spicy, add one tablespoon extra of red chile powder, coriander, garlic, ginger, cumin, and garam masala.

Source: *The Professional Pastry Chef*, by Bo Friberg (Van Nostrand Reinhold, 1996)

PANEER PUFFS STUFFED WITH SPINACH

Yield: 24 portions

Ingredients	Amounts
Vegetable oil	1 tsp.
Mustard seeds	¼ tsp.
Garlic clove, minced	1 ea.
Ginger, peeled, minced, ½" piece	1 ea.
Spinach, fresh, washed thoroughly, stems removed	½ lb.
Cayenne pepper	½ tsp.
Roasted cumin, ground	½ tsp.
Salt	¼ tsp.
Paneer dough	
Paneer (recipe follows) (let set for 20 minutes so it does not become too firm)	¾ lb.
Flour	2 tsp.
Shallots, minced	1½ Tbsp.
Green serrano chile, small, minced	1 ea.
Fresh cilantro, minced	1 Tbsp.
Salt	½ tsp.
Nonstick cooking spray	

Method

1. **Prepare Cheese:** Prepare paneer cheese. Set aside to rest while cooking spinach.
2. **Prepare Spinach:** Heat the oil over high heat in a small skillet with a lid. Tilt the pan to one side to form a pool and carefully add the mustard seeds. Cover at once to avoid splattering. After a few seconds, uncover and add the garlic and ginger. Sauté for one minute, until they are slightly browned.
3. Add the spinach leaves, stirring in a handful at a time. Add cayenne, ground cumin, and salt. Cover and cook over low heat for 10 to 15 minutes, until spinach is cooked through and liquid has almost evaporated. Cool to room temperature before proceeding.
4. **Prepare puffs:** Place the paneer in a mixing bowl. Add flour and knead thoroughly, using fingers. Mix in remaining ingredients.
5. Preheat oven to 350°F. Spray two mini muffin pans with cooking spray.
6. Take a scant tablespoon of paneer mixture and form it into a ball. Place in a muffin cup and using thumb or knuckle, make an indentation in the middle. Place about ½ to 2/3 teaspoon spinach filling in the indentation. Cover the filing with about ½ teaspoon of paneer mixture.

Fill remaining muffin cups in the same manner. (The puffs can be made ahead and refrigerated, covered tightly with plastic wrap, up to 24 hours.)

7. Spray tops of puffs lightly with cooking spray and bake for 10 to 12 minutes, until tops have puffed and browned lightly. Loosen edges with a sharp knife. Remove from pans and serve immediately.

Source: *"The Bombay Café Cookbook"* by Neela Paniz (1998)

PANEER

Yield: 3/4 pound

Ingredients

Amounts

Milk	1/2 gal.
Buttermilk	1 qt.

Method

1. Rinse a 4-quart saucepan and while it is still wet, pour the milk into it. (Using a wet pan helps prevent the formation of a skin on the pan during cooking). Bring milk to a boil.
2. Remove from heat and pour in the buttermilk, stirring continuously. The solids will separate from the liquid, or whey.
3. Drape a colander with a fine, clean muslin cloth (not cheesecloth, because it is too porous) so that the ends hang over. Pour the mixture into the cloth, gather up the ends and twist them together firmly to force out excess whey. Place the tightly wrapped package on a slightly convex surface (such as an upside-down plate, bowl or pan) so that the remaining whey can drain away, and put a plat or flat pan on top. Weight the plate or pan with something heavy, such as a can, and let the paneer sit for about 30 minutes (unless directed otherwise by a specific recipe).
4. The resulting paneer will have a texture similar to firm farmer's cheese. It can be diced or sliced, as needed.

Source: The Bombay Café Cookbook by Neela Paniz (1998)

NAANS

Yield: 20 portions

Ingredients	Amounts
All-purpose flour, white	6 lb.
Salt	2 Tbsp.
Sugar	2 Tbsp.
Eggs (optional)	2 ea.
Milk (optional)	1 cup
Yogurt, plain (optional)	1 cup
Butter or olive oil	½ cup
Yeast	1 Tbsp.
Water to knead flour	as needed

Method

1. Mix all ingredients together in a bowl.
2. Add water and knead thoroughly. Make a smooth dough and keep aside for several hours in a warm place.
3. Divide the dough into equal parts and shape them into tennis size balls.
4. Brush a little oil on top of each dough ball and cover with a piece of cloth for at least 15 minutes.
5. Flatten each dough ball like a pancake by tossing and slapping with both hands.
6. Put the flattened bread on the tandoor pad and stick it on the wall of tandoor.
7. Remove with the tandoori tools when a little brown. Garnish with butter and serve.

Source: Rohit Singh

MINT CHUTNEY

Yield: approx. 2 cups

Ingredients	Amounts
Fresh green coriander (cilantro)	1 lb.
Fresh mint	3 oz.
Green chiles	1 oz.
Garlic	1 oz.
Pomegranate seeds	4 Tbsp.
Cumin seeds	2 Tbsp.
Salt	as needed

Method

1. Wash the fresh coriander, mint, green chiles, and garlic. Drain well.
2. Make a fine paste of the pomegranate seeds and cumin seeds.
3. Add the garlic, grind to a paste, and then add fresh coriander and mint. Grind to a paste. Remove to bowl, add salt, and mix well.

Source: Manjit Gill (2000)

SPICY KIMCHI STEW WITH PORK

Yield: 8 Portions

Ingredients	Amounts
Vegetable oil	2 Tbsp.
Onions, sliced	1 ea.
Garlic cloves, sliced	2 ea.
Pork shoulder, sliced thinly	1 ½ lb.
Korean hot pepper paste	1 Tbsp.
Korean chili powder	1 tsp.
Kimchi, cut into bite-size pieces	1 ½ lb.
White beef stock	1 ½ qt. (or as needed)
Salt	as needed
Silken tofu, ¾-inch dice	1 lb.
Scallions, sliced	2 ea.
Green jalapeño chili, sliced very thinly	1 ea.

Method

1. Heat the oil in a saucepot over medium heat. Add the onions and cook until softened, about 5 minutes.
2. Add the garlic and continue to sweat for 1 minute.
3. Add the pork and cook until the meat turns opaque.
4. Stir in the chili paste and powder and cook for another 30 seconds.
5. Add the Kimchi and just enough white beef stock to barely submerge all of the ingredients. Bring to a boil, then reduce heat to maintain a simmer.
6. Simmer for 30 to 45 minutes until the meat is tender. Adjust seasonings as necessary.
7. Place the tofu into bowls. Ladle the stew into the bowls and serve garnished with scallions and sliced chilies.

DAIKON AND CUCUMBER SALAD

Yield: 8 Portions

Ingredients	Amounts
Daikon radish	1 ½ lb.
Carrot	2 ea.
European cucumber	2 ea.
Sea salt or kosher salt	1 ½ Tbsp.
Light rice vinegar	¼ cup
Sugar	2 Tbsp.
Korean red pepper powder	1 tsp.

Method

1. Peel the daikon, carrot, and cucumber. Cut each into julienne, then place into separate bowls.
2. Add 1 tsp. of salt to each bowl. Mix well and let sit for 30 minutes.
3. Gently squeeze out any excess water released from each vegetable, then combine vegetables into one mixing bowl.
4. Add the vinegar, sugar, and pepper and mix well to blend.
5. Cover and refrigerate until ready for service.

KOREAN STIR-FRIED GLASS NOODLES

Yield 8 Portions

Ingredients	Amounts
Shitake mushrooms	16 ea.
Dried wood-ear mushrooms	1 wt. oz.
Sweet potato noodles	1 ¼ lb.
Scallions, thinly sliced	4 ea.
Light soy sauce	½ cup
Sugar	2 Tbsp.
Sesame oil	1 Tbsp.
Vegetable oil	½ cup
Onions, thinly sliced “with the grain”	2 cups
Garlic cloves, minced	8 ea.
Green cabbage, chiffonade	4 cups
Carrot, julienne	2 cups
Red bell pepper, julienne	2 cups
Kosher salt	as needed
Ground black pepper	as needed
Garnish	
Eggs, beaten lightly; ⅛-inch thin omelets, cut into julienne	6 ea.

Method

1. Cut off entire stem of the shitake mushrooms. Cut caps into ⅛-inch wide strips.
2. Soak wood-ear mushrooms. Drain, trim off hard parts, and cut into ⅛-inch wide strips.
3. Pour enough boiling water over noodles to cover by at least 2 inches. Soak until re-hydrated and elastic. Drain, rinse with cool water, and reserve.
4. Whisk together the scallions, soy sauce, sugar, and sesame oil in a mixing bowl. Set aside.
5. Heat vegetable oil in a wok over medium-high heat; stir-fry the onions and garlic until aromatic.
6. Add the mushrooms, cabbage, carrots, and peppers. Stir-fry until vegetables are almost cooked through.
7. Add the noodles and stir-fry until ingredients are heated through.
8. Add the soy sauce mixture. Season with salt and pepper and toss well to coat. If mixture appears dry, use water to moisten slightly.
9. Transfer to a serving plate and garnish with the omelet julienne.

MISO SOUP

Yield: ½ Gallon

Ingredients	Amounts
Dashi (recipe follows)	½ gal.
Dried wakame seaweed	½ wt. oz.
Miso paste	¾ cup
Silken firm tofu, small dice	½ lb.
Scallions, thinly sliced on bias	4 ea.

Method

1. Heat dashi in a saucepot over medium heat.
2. Soak wakame in cold water to re-hydrate. Drain well.
3. Trim off the tough parts and discard. Chop the remaining seaweed into ½-inch pieces and set aside.
4. Combine the miso paste with a cup of the hot dashi, then add this mixture to the remaining hot dashi.
5. Heat to maintain just a bare simmer - do not allow soup to boil.
6. Place the wakame, tofu, and scallions into serving cups. Add the soup when ready to serve.

DASHI

Yield: 3 Quarts

Ingredients

Amounts

Water, cold	3 quarts
Kombu (sea kelp), 4-inch square	1 ea. (about 3 ounces)
Dried bonito flakes (Katsuobushi)	3 cups (about 3 ounces)

Method

1. Carefully wipe kombu with a damp cloth to remove any sand. Do not remove the flavorful white powder, which is sea salt.
2. Place kombu in a pot with the cold water. Over medium flame, heat to just below a boil. Remove the kombu just before the liquid begins to boil.
3. Add the dried bonito flakes, then turn off the heat. Steep for 5 minutes, then gently strain*.

Note: Strained solids can be used for secondary dashi.

VEGETABLE TEMPURA

Yield: 8 Portions

Ingredients	Amounts
<i>Dipping Sauce</i>	
Dashi (previous recipe)	1 cup
Mirin wine	1/3 cup
Light soy sauce	1/3 cup
Daikon, grated	1 cup
Ginger, grated	2 tsp.
Eggplant, small	1 ea.
Snow peas, trimmed	20 ea.
Button mushrooms, cut in half	6 ea.
Sweet potato, medium, peeled, sliced into 1/4-inch thick rounds	1 ea.
<i>Batter</i>	
Egg yolk	1 ea.
Water, ice cold	1 1/2 - 2 cups
Baking soda	1/8 tsp.
All-purpose flour	1/2 cup
Rice flour	2/3 cup
All-purpose flour	1/2 cup
Vegetable oil (for frying)	as needed

Method

1. To prepare the dipping sauce, combine the dashi, mirin, and soy sauce in a saucepan and bring to a simmer. Remove from heat and stir in the grated daikon and ginger. Set aside.
2. If very large, cut the eggplant in half lengthwise and then cut into 1/4-inch thick slices. Prepare the remaining vegetables as directed in the ingredient list and set aside.
3. To prepare the batter, combine the egg yolk with the ice-cold water and baking soda in a large mixing bowl. Sift in the flours and mix well with a wooden spoon. The batter should be somewhat thin and watery and run easily off the spoon. Add additional water, if necessary.
4. Dip the vegetables in the flour and shake off the excess.
5. Dip the vegetables in the batter and deep-fry in 375°F oil until crispy and lightly browned.
6. Drain on a wire rack and serve immediately on a heated platter with the dipping sauce.

BEEF TERIYAKI

Yield: 8 Portions

Ingredients	Amounts
<i>Marinade</i>	
Light soy sauce	1 cup
Sake	1 cup
Mirin wine	$\frac{3}{4}$ cup
Sugar	$\frac{1}{2}$ cup
Fuji apple (or similar variety), grated	$\frac{1}{2}$ cup
Beef skirt steak	2 lb.
Carrots, julienne	3 ea.
Broccoli, small florets	1 bu.
Vegetable oil	$\frac{1}{4}$ cup
Shitake mushrooms, sliced	12 ea.
Bean sprouts	1 lb.
Salt	to taste
Ground black pepper	to taste
Sugar	to taste

Method

1. ***Prepare the marinade:*** Combine the soy sauce, sake, mirin, and sugar in a saucepan and bring to a boil over medium-high heat. Add the grated apple and cook to reduce the liquid slightly - the flavor should be sweet and salty. Set aside and let cool.
2. Cut the skirt steak into 2 to 3 oz. portions and place into a mixing bowl. Add enough of the marinade to coat the meat well. Reserve the remaining marinade for use as a sauce.
3. Bring a large pot of salted water to a boil. Add the carrots and blanch (par-cook). Remove the carrots from the pot and place into a large bowl of ice water to stop the cooking process (shock). Set aside. Repeat the process with the broccoli, blanching the florets until they are vibrant green in color, then shocking in ice water. Combine with the carrots and set aside.
4. Preheat a gas grill to medium-high; leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
5. Grill the marinated steaks until browned and lightly charred on all sides. Use caution as the sugar in the marinade will tend to burn. Place the grilled steaks on a wire rack set in a baking sheet and finish in the oven until the meat is cooked to medium.
6. Heat the oil in a wok or skillet over medium-high heat. Add the mushrooms and stir-fry until tender. Add the blanched carrots and broccoli and continue to stir-fry until heated through. Add the bean sprouts and stir-fry, then season with salt, pepper, and sugar to taste.
7. Thinly slice the steaks across the grain and serve over the vegetables surrounded by some of the reserved teriyaki sauce.

ROMAINE LETTUCE WITH JAPANESE SALAD DRESSING

Yield: 10 Portions

Ingredients	Amounts
Romaine lettuce	2 ea.
Dressing	
Carrots, chopped	½ cup
Onions, chopped	¼ cup
Celery, chopped	¼ cup
Orange, juice and pulp, peeled, and deseeded	¼ ea.
Ginger, minced	2 tsp.
Light soy sauce	2 tsp.
Ketchup	2 tsp.
Rice vinegar, unseasoned	1 Tbsp.
Sugar	½ tsp.
Vegetable oil	¼ cup
Kosher salt or sea salt	to taste

Method

1. Wash the lettuce and cut into 2-inch pieces.
2. Place all ingredients for the dressing into a blender and purée until very smooth.
3. Only when ready to serve, toss the lettuce with the dressing.



Memo To: CIA Continuing Education Students
From: Office of the Registrar
Re: Privacy of Student Records

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