



Culinary Institute of America

SAN LEANDRO UNIFIED SCHOOL DISTRICT NUTRITION STAFF CULINARY TRAINING PROGRAM



CIA Consulting
The Culinary Institute of America

The Culinary Institute of America, Hyde Park, NY

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Welcome to the CIA!

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

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

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

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

Wishing you all the best,



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

San Leandro Unified School Districts

Nutrition Staff Training

Tuesday, June 13, 2023

Start Time	End Time	Topic	Faculty / Staff	Location
8:00 am	9:30 am	Welcome, Program Overview, Introductions, Production Review	CIA Chef Barbara Alexander	Hestan Teaching Kitchen Yellow
9:30 am	10:30 am	Mise En Place Lecture	CIA Chef Barbara Alexander	Hestan Teaching Kitchen Yellow
10:45 am	11:00 am	Break and Transition to Hestan Kitchen	All	
11:00 am	1:30 pm	Kitchen Exercise: SE Asia	CIA Chef Barbara Alexander	Hestan Teaching Kitchen Yellow
1:30 pm	2:30 pm	Lunch from production	All	TBD
2:30 pm	3:00 pm	Review, Critique of the day, Discuss next day	CIA Chef Barbara Alexander	Hestan Teaching Kitchen Yellow
3:00 pm		Departure		

Wednesday, June 14, 2023

Start Time	End Time	Topic	Faculty / Staff	Location
8:00 am		Breakfast	CIA Special Events	TBD
8:30 am	9:30 am	Production Review	CIA Chef Barbara Alexander	Private Dining Room 1 & 2
9:30 am	9:45 am	Break and Transition to Hestan Kitchen	All	
9:45 am	12:30 pm	Kitchen Exercise:	CIA Chef Barbara	Hestan Teaching

Start Time	End Time	Topic	Faculty / Staff	Location
		Indian Cuisine	Alexander	Kitchen Yellow
12:30 pm	1:30 pm	Lunch from production	All	TBD
1:30 pm	3:00 pm	Review, Critique of the day, and Market Basket Challenge Discussion	CIA Chef CIA Chef Barbara Alexander	Private Dining Room 1 & 2
3:00 pm		Departure		

Thursday, June 15, 2023

Start Time	End Time	Topic	Faculty / Staff	Location
8:00 am		Breakfast	CIA Special Events	TBD
8:30 am	9:30 am	Market Basket Finalizing	CIA Chef Barbara Alexander	Private Dining Room 1 & 2
9:30 am	9:45 am	Break and Transition to Hestan Kitchen	All	
9:45 am	12:30 pm	Kitchen Exercise: Market Basket Challenge	CIA Chef Barbara Alexander	Hestan Teaching Kitchen Yellow
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?" Discussion	CIA Chef CIA Chef Barbara Alexander	Private Dining Room 1 & 2
3:00 pm		Program Concludes		

DAY ONE KITCHEN PRODUCTION TEAM ASSIGNMENTS

TEAM ONE – THAILAND

Thick Beef Curry in Sweet Red Curry Sauce

Coconut Rice

Stir Fried Vegetables and Crispy Tofu tossed in a Peanut Sauce

Marinate Chicken Tikka Masala for Day 2

TEAM TWO – VIETNAM

Hanoi Rice Noodles with Grilled Pork

Sautéed Bok Choy with Tofu and Hoisin Sauce

Vietnamese Lotus Root Salad

Marinate Tandoori chicken for Day 2

TEAM THREE – CAMBODIA

Five Spice Chicken with Dates

Green Papaya Salad

Fried Corn Cakes

TEAM FOUR - KOREA

Spicy Kim Chi Stew with Pork

Daikon and Cucumber Salad

Korean Stir-Fried Glass Noodles

TEAM FIVE – ASIAN STREET FOODS

Beef Cured with Lime Juice and Onions

Vietnamese Crispy Spring Rolls

Saigon Crepes with Cilantro-Lime Soy Sauce

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.

STIR FRIED VEGETABLES AND CRISPY TOFU TOSSED IN A PEANUT SAUCE

Yield: 8 portions

Ingredients	Amounts
<i>Peanut sauce</i>	
Vegetable oil	2 Tbsp.
Shallots, finely chopped	3 ea.
Garlic cloves, finely chopped	2 ea.
Red chiles, large, finely chopped	2 ea.
Dried shrimp paste, toasted	½ tsp.
Kaffir lime leaves	2 ea.
Galangal or fresh ginger, finely chopped	1 ½ tsp.
Palm sugar, finely chopped, or soft brown sugar	2 Tbsp.
Tamarind pulp	1 Tbsp.
Warm water	¼ cup
Sugar	1 Tbsp.
Salt	1 tsp.
Freshly ground black pepper	to taste
Water	1 cup
Peanuts, dry-roasted, skinned, finely ground	¾ cup
Tofu, extra firm, 1-inch cubes	1 lb.
Cornstarch	as needed
Oil, vegetable or fryer (for frying)	as needed
Carrots, roll cut (oblique)	¼ lb.
Mushrooms, shiitake, thick sliced	¼ lb.
Yellow onions, chopped	¼ lb.
Cauliflower florets	¼ lb.
Broccoli florets	½ lb.
Cabbage, green, 1-inch squares	½ lb.
Corn, baby, fresh or canned	¼ lb.
Snow peas, remove strings	¼ lb.
Garlic cloves, sliced	2 cloves
Vegetable oil	as needed
Salt	to taste
Pepper, black, freshly ground	to taste

Method

1. **For the peanut sauce:** Soak the tamarind pulp in the $\frac{1}{4}$ cup warm water, then squeeze and strain to obtain juice.
2. Heat the oil in a saucepan and stir-fry the shallots, garlic, chiles, shrimp paste, lime leaves, and aromatic ginger over low-medium heat until fragrant, about 4 minutes. Add the palm sugar, tamarind juice, sugar, salt, pepper, and water, stirring well. Add the ground peanuts, bring to a boil and simmer, stirring from time to time, until the sauce has thickened, about 15 minutes. Discard the lime leaves hold sauce for vegetables .
3. **For the tofu:** Toss tofu cubes in corn starch to lightly coat and pan-fry or deep-fry until crisp. Drain and blot on paper towel, hold on rack until vegetables are cooked.
4. **For the vegetables and finishing:** Prepare all vegetables and stir-fry in a wok or sauté pan adding vegetable and garlic in order of cooking time (firm first like carrots and delicate, like snow peas, last) cooking until slightly crisp (al dente). Add peanut sauce to coat (may not require all) and toss in tofu to coat with sauce, use more sauce if needed to lightly coat the vegetable and tofu.
5. Serve immediately so that the tofu does not soften from the sauce.

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, light 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, brown sugar, 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	½ 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	1/4 cup
Fresh lime juice, preferably with pulp	2 Tbsp.
Water	1/4 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.

FIVE SPICE CHICKEN WITH DATES

Yield: 8 portions

Ingredients	Amounts
Stuffing	
Dried lotus seeds, soaked in warm water for at least 1 hour, or overnight, and drained	1/3 cup
Dried shiitake mushrooms, soaked in 1 ½ cups warm water for 30 minutes, or until spongy, and drained; 1 cup soaking water reserved	½ oz.
Bean thread noodles, soaked in warm water for 10-15 minutes and drained	4-5 oz.
Vegetable oil	5 Tbsp.
Garlic cloves, 2 smashed, 10 left whole	12 ea.
Ground pork (optional)	¼ lb.
Sugar	¼ cup
Mushroom soy sauce	3 Tbsp.
Fish sauce	2 Tbsp.
Salt	2 tsp.
Shallots, large, sliced in half	3 ea.
Chinese red dates (about 1 oz)	15 ea.
Five-spice powder	1 ½ tsp.
Dried shrimp, medium (about ½ oz., optional)	35-40 ea.
Cornish hens, (3-3 ½ lb. ea.) split in half	3 ea.
Salt	½ tsp.
Freshly ground pepper	½ tsp.
Vegetable oil	3 Tbsp.
Chicken broth or water	2 cup
Scallions, cut into 1" pieces, for garnish	2 ea.
Cilantro sprigs, for garnish	

Method

1. **For the stuffing:** In a small saucepan, boil the soaked lotus seeds in water to cover until soft but not mushy, about 30 minutes; drain and set aside.

2. Slice the soaked mushrooms into 1-inch pieces and set aside, along with the 1 cup reserved soaking liquid. Cut the bean thread noodles into 2-inch pieces and set aside.
3. In a large skillet, heat the oil over high heat and fry the smashed garlic cloves until golden brown, 5 to 10 seconds. Add the pork (if using), breaking it apart as it cooks for 1 to 2 minutes. Stir in the sugar, soy sauce, fish sauce, salt, shallots, dates, five-spice powder, dried shrimp (if using), and the remaining 10 whole garlic cloves. Stir in the cooked lotus seeds, mushrooms, and noodles and cook for about 5 minutes, until the flavors have melded. Transfer the stuffing to a bowl and deglaze the skillet with the reserved mushroom liquid; set the liquid aside.
4. Sprinkle the hen halves with the salt and pepper. In a large skillet, heat the oil over high heat, add the hens, without crowding (you may need to dry them in two batches), and cook until golden brown on both sides, about 6 minutes altogether. Arrange 2 of the hen halves in the bottom of a large pot, cover with half the stuffing and repeat with a second layer of chicken and stuffing.
5. Deglaze the skillet with 1 cup of the broth or water; add to this the reserved cup of mushroom deglazing liquid, along with the remaining cup of broth or water. Pour all 3 cups of liquid over the chicken and stuffing, swirling the pot to distribute the flavors. Bring the liquid to a boil, reduce the heat and simmer, partially covered, until the Cornish hens are tender, 40 to 45 minutes.
6. Transfer to a serving dish and garnish with the scallions and cilantro.

Source: *The Elephant Walk Cookbook* © 1998 Longteine de Monteiro
and Katherine Neustadt (Houghton Mifflin)

GREEN PAPAYA SALAD

Yield: 8 portions

Ingredients	Amounts
<i>Salad dressing</i>	
Fish sauce	2 Tbsp.
Palm sugar, or light brown sugar	¼ cup
Lime juice, freshly squeezed	¼ cup
Garlic cloves	2 ea.
Thai bird chiles, chopped	2-4 ea.
Dried shrimp, small size, washed patted dry	2 Tbsp.
Long beans or green beans, cut into 1" pieces	½ cup
Green papaya, peeled, julienne (see note)	4 cups
Cherry tomatoes, halved	12 ea.
Peanuts, roasted	¼ cup
<i>For garnish</i>	
Cabbage wedges	as needed
Long beans, fresh, cut into 2" pieces	as needed

Method

1. Combine dressing ingredients, stir to mix well and set aside.
2. Place the garlic, chiles, and dried shrimp in a mortar and pound until they are broken down. Add long beans, pound again, add shredded green papaya and tomatoes and pound to bruise the vegetables slightly and release their juices.
3. Pour dressing over vegetables. Stir to mix well, pounding the papaya gently with a spoon to bruise.
4. Stir in roasted peanuts, mix well.
5. Adjust the seasoning and transfer to a serving platter. Drizzle with any remaining dressing and serve with cabbage wedges and fresh long beans.

Note: To prepare green papaya, peel, cut in half lengthwise, scoop out seeds and discard. Using a Japanese mandolin cut into long, thin strands about 1/16 inch wide. There are many versions of som tum. The Northeast style will differ from the Central Plains style. This recipe is from the latter and is the most popular – often served at Thai restaurants overseas. Broiled fresh prawns can be substituted for dried shrimp. Marinate the prawns in some dressing and place on top of the papaya. You can also add some shredded carrot for extra color and texture, if you like.

Source: Chai Siriyarn, as presented at the 2008 Worlds of Healthy Flavors Retreat

FRIED CORN CAKES

POAT CHIEN

Yield: 16 cakes

Ingredients	Amounts
Corn ears	4 ea.
Coconut, freshly grated or packaged unsweetened shredded coconut	4 Tbsp.
Unsweetened coconut milk	½ cup
Rice flour, glutinous	1/3 cup
Sugar	2-3 Tbsp. or to taste
Salt	¼ tsp.
Vegetable oil	2 Tbsp.

Method

1. With a very sharp knife, make several passes across the kernels of the corn until you're down to the bare cob, then scrape against the cob to get out the milky starch. (If using a mandoline or other scraper, pass the cob back and forth over the cutting blades several times.) You should have 2 ½ to 3 cups.
2. Combine the corn, coconut, coconut milk, rice flour, sugar, and salt in a bowl, stirring and pressing the corn with the back of a spoon to release as much of the starchy liquid as possible, about 5 minutes.
3. Heat the oil in a skillet over medium-high heat. For each cake, spoon about 1 tablespoon of batter into the skillet and cook until well browned, 3 to 4 minutes per side. Drain on paper towels. Serve hot.

Source: *The Elephant Walk Cookbook* © 1998, Longteine De Monteiro (Houghton Mifflin Company)

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	12 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	5 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.

BEEF CURED WITH LIME AND ONIONS

Yield: 8 Portions

Ingredients	Amounts
Vegetable oil	2 Tbsp.
Beef sirloin tip or similar cut	2 lb.
<i>Marinade</i>	
Red onion, sliced paper-thin	1 ea.
Lime juice	$\frac{3}{4}$ cup
Vietnamese chili paste	1 $\frac{1}{2}$ tsp.
Fish sauce	3 Tbsp.
Garlic cloves, minced	5 ea.
Sugar	1 Tbsp.
Bean sprouts	2 cup
Peanuts, roasted and crushed	$\frac{1}{2}$ cup
Green onion, sliced	3 ea.
Cilantro, coarsely cut	$\frac{1}{2}$ cup

Method

1. Heat the oil in a sauté pan over medium-high heat. Add the beef and sear on all sides until dark brown in color. Remove from the pan and set aside.
2. Combine all of the marinade ingredients in a mixing bowl.
3. Slice the beef paper-thin (ask the Chef for help if needed), and combine with the marinade, tossing well to coat. Marinate for at least 15 minutes.
4. Just before serving, add the bean sprouts, peanuts, green onions, and cilantro.
5. Adjust seasoning if necessary.

VIETNAMESE CRISPY SPRING ROLLS

Yield: 16 Spring Rolls

Ingredients

Amounts

Filling

Bean thread noodles, cooked and cut in 1" pieces	1 wt. oz.
Wood-ear mushrooms, soaked	1 wt. oz.
Onion, finely minced	1 ea.
Carrot, peeled, coarse grated,	1 ea.
Scallions, thinly sliced	3 ea.
Egg	1 ea.
Fish sauce	2 Tbsp.
Garlic, minced	½ Tbsp
Salt	¼ tsp.
Sugar	2 tsp.
Ground black pepper	½ tsp
Crab meat, picked	½ lb.
Ground pork	½ lb.
Spring roll wrappers	15 ea.
Cornstarch	2 Tbsp.
Water	⅓ cup
Vegetable oil, for frying	as needed

Accompaniments

Vietnamese Dipping Sauce (recipe follows)	1x recipe
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Method

1. In a mixing bowl, combine all the ingredients for the filling. Mix well and adjust seasonings to taste. If necessary, cook a test batch to make sure the filling is properly seasoned.
2. In a small saucepan, combine the cornstarch and water. Bring to a boil stirring constantly to prevent sticking. If it is too thick, add more water. This is the "glue" to seal the edges of the wrappers.
3. Place a wrapper in front of you with pointy side pointing towards you.
4. Place about 2 Tbsp. of filling on the lower area of the wrapper. Using your fingers, mold the filling into a cylinder 2-inches long and 1-inch wide. Fold the two sides of the wrapper in and roll to enclose. Dab a little cornstarch mixture along the edges (do not over glue) and seal the roll. Set aside while you finish making the remaining rolls. Do not stack them.
5. To fry, in a large wok or frying pan, heat enough oil so that the spring rolls will be fully submerged to 325° F. Carefully place the rolls into the oil. Do not crowd the pan or place the rolls on top of each other. The rolls should float and not touch the pan. Fry the spring rolls for about 3 to 4 minutes until they are nicely brown and crisp. If they brown before that, reduce the heat, as the oil is too hot. Remove the cooked spring rolls from heat and drain on a rack. Serve immediately with dipping sauce.

VIETNAMESE DIPPING SAUCE

NUOC CHAM

Yield: 1 ½ Cups

Ingredients	Amounts
Garlic cloves, small, sliced	2 ea.
Chili paste, ground	1 tsp.
Thai bird's eye chilies, chopped (optional)	1 ea.
Fish sauce	¼ cup
Water, hot	⅔ cup
Lime juice, with pulp	2 Tbsp.
Sugar	¼ cup
Carrots, very finely shredded	2 Tbsp.

Method

1. Place the garlic, chili paste, and Thai bird's eye chili in a mortar and pound into a paste using a pestle. If you do not have a mortar and pestle, finely mince the garlic and chili.
2. Combine the garlic mixture with the fish sauce, hot water, lime juice, and sugar in a small mixing bowl. Stir until the sugar has dissolved.
3. Ladle sauce into serving bowls and float the carrot slivers on top.

Note: If you only know one thing about Vietnamese cuisine, know that nuoc cham is the single most important table sauce. Slightly sweet and sour, this fish dipping sauce is served with almost every dish. It will keep for 1 month if refrigerated.

SAIGON CREPES WITH CILANTRO-LIME SOY SAUCE

Yield: 10 Portions

Ingredients

Amounts

Crepe Batter

Yellow split mung beans	¼ cup
Coconut milk	1 ½ cups
Water	½ cup
Rice flour	1 cup
Sugar	½ tsp.
Sea salt or kosher salt	½ tsp.
Turmeric powder	¼ tsp.
Vegetable oil	as needed

Filling

Bean sprouts	3 cups
Cilantro leaves	1 cup
Green onions, minced	5 ea.
Cilantro-Lime Soy Sauce (recipe follows - optional)	1x recipe

Method

1. Toast mung beans lightly in a pan over medium heat until they develop a nutty aroma. Place the toasted beans into a bowl and cover with water; allow beans to soak until softened.
2. Drain the beans and place into a blender. Add the coconut milk, water, rice flour, sugar, salt, and turmeric. Purée until smooth, then strain.
3. Heat a pan with a small amount of oil. Pour a thin layer of batter into the hot pan, cook until crepe is cooked through and bottom is crisp.
4. Add the filling and fold the crepe into a crescent. Serve on a plate accompanied with Cilantro-Lime Soy Sauce.

CILANTRO-LIME SOY SAUCE

Yield: 2 ½ cups

Ingredients	Amounts
Garlic cloves	4 ea.
Ginger, peeled and thinly sliced	2 wt. oz.
Vietnamese chili paste	3 Tbsp.
Cilantro, leaves and stems, chopped	½ cup
Light soy sauce (not low sodium)	1 cup
Lime juice with pulp	½ cup
Water	½ cup
Sugar	½ cup

Method

1. Place the garlic and ginger in a mortar and grind into a paste.
2. Transfer mixture to a bowl and add the remaining ingredients. Whisk until the sugar has dissolved. (As an alternative, all ingredients can be placed into a blender and puréed until smooth.)
3. Allow the sauce to set for 10 minutes before tasting and adjusting the seasoning.

DAY TWO KITCHEN PRODUCTION TEAM

ASSIGNMENTS - INDIA

TEAM ONE

Chicken Tikka Masala
Spinach with Coconut
Coriander and Cashew Chutney

TEAM TWO

Tandoori Chicken
Paneer and Paneer Puffs Stuffed with Spinach
Naans
Mint Chutney

TEAM THREE

Pork Vindaloo
Coconut Rice
Walnut and Yogurt Chutney
Chai Panna Cotta

TEAM FOUR

Boatman's Curry
Vegetable Samosa with Honey Almond Chutney
Black Pepper Rice

TEAM FIVE

Goan Shrimp Curry
Sweet and Sour Red Lentils
Rice Pudding with Brown Sugar and Ghee

CHICKEN TIKKA MASALA

Yield: 8 portions, with rice

Ingredients	Amounts
<i>Marinade</i>	
Cumin seed	2 Tbsp.
Coriander seed	2 Tbsp.
Paprika	2 Tbsp.
Mango powder (optional)	1 tsp.
Chili powder (optional), or to taste	1 tsp.
Red food coloring (optional)	1 pinch
Lime juice (preferred) or lemon juice	1 ea.
Yogurt, good, thick	12 oz.
Salt	to taste
Chicken breast or boneless thigh, skinless and cut to 1" cubes	2 ½ lb.
Garlic cloves, chopped, or to taste	3-6 ea.
Onion, large, very finely chopped	1 ea.
Chicken stock or water	as needed
Oil or ghee, for frying	as needed
Rice, basmati	2 ½ cups
Stock or water	3 ¾ cups

Method

1. *For the marinade:* Grind the spices and mix with marinade ingredients.
2. Immerse chicken in marinade and refrigerate for 24 hours preferred or at least 1 ½ to 2 hours.
3. Heat oil in a frying pan, skillet, or wok until very hot.
4. Stir fry chicken vigorously for about 5 minutes (you may need to do it in 2 batches, depending on the size of your pan).
5. Remove chicken and keep warm.
6. Fry onion and garlic until just browning and return chicken with any remaining marinade, plus stock, plus more spices, if you think the sauce needs it. An extra teaspoon of cumin and coriander may "lift" it a little.
7. Prepare basmati rice by bringing water or stock to a boil, stir in rice and simmer until rice is tender and all the water is absorbed.
8. Simmer until chicken is cooked and sauce is nice and thick.

Source: Chef Rhoda Yee

SPINACH WITH COCONUT

Yield: 8 Portions

Ingredients	Amounts
Garlic cloves	2 ea.
Red onion, chopped	1 ea.
Cayenne pepper	¼ tsp.
Coconut, grated	1 Tbsp.
Salt	1 tsp.
Coconut oil	1 Tbsp.
Mustard seeds	½ tsp.
Shallots, finely sliced	2 ea.
Curry leaves	15 ea.
Spinach, washed, dried, and shredded	2 lb.
Green chile, chopped	1 ea.

Method

1. Place the garlic, onion, cayenne, coconut, salt, and ½ cup of water in a blender and blend to a paste. Reserve.
2. Heat the coconut oil in a small sauté pan over medium heat. Add the mustard seeds and sauté until aromatic. Add the shallots and curry leaves and sauté until the shallots are tender. Reserve.
3. Heat a wok over low heat, add the spinach, cover and cook until wilted.
4. Add the garlic paste, and green chile, cover and steam for 1 minute.
5. Increase the heat to medium, and add the shallot mixture. Stir-fry to combine and heat through.
6. Serve on a heated platter.

CORIANDER AND CASHEW CHUTNEY

Yield: 3 cups

Ingredients	Amounts
Fresh coriander leaves	1 cup
Hot chili pepper, with seeds	1 ea.
Lemon juice	2 Tbsp.
Cashew nuts, unsalted	½ cup
Cumin, ground	½ tsp.
Plain yogurt	½ cup
Salt	1 tsp.
Pepper	1 tsp.

Method

1. Combine coriander, chopped chili, and lemon juice in a food processor. Pulse to form a paste.
2. Add the nuts slowly, then the cumin.
3. Pulse in the yogurt, salt, and pepper. Adjust the seasoning as desired.

TANDOORI CHICKEN

Yield: 8 portions

Ingredients	Amounts
Chicken drumsticks and/or breast pieces (skin removed)	16 ea.
Marinade:	
Yogurt, plain (or 2 ½ cups of buttermilk)	1 ½ cup
water (if using yogurt)	1 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.
Butter, unsalted, melted	as needed
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)

PG. 35

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)

PORK VINDALOO

Yield: 8 portions

Ingredients	Amounts
Pork shoulder, boneless cut into 2" cubes	2¼ lb.
Olive oil	½ cup
Salt	1½ tsp.
Red wine vinegar	6 Tbsp.
Jaggery	2 Tbsp.
Chicken or pork stock	3 cups
Spice paste	
Red chiles, hot, dried	4-10 ea.
Paprika, bright red	1 tsp.
Cinnamon stick, 3" piece, broken into smaller pieces	3 ea.
Cloves	10-15 ea.
Black peppercorns	½ tsp.

Method

1. Grind all the spices in a clean coffee grinder.
2. In a bowl, toss spices with pork cubes and let marinate in dry rub for 30 minutes.
3. In large, deep stainless steel pot, sauté pork in olive oil until the cubes are golden brown.
4. Add red wine vinegar and stock and let pork pieces simmer until they are tender, about 40 to 50 minutes.
5. Serve in a platter with other Indian dishes.

Notes: A dish of Portuguese ancestry, vindalho (or vindaloo as it is known throughout the world) got its original name for two of its main seasonings: vinho or wine (actually wine vinegar) and albos or garlic. This dish has now been thoroughly Indianized with the use of enormous amounts of dried red chiles brought, ironically enough, from the new World, as well as cumin, ginger, and peppercorns.

It is generally served with the local "red" rice, plain white rice, or a Basmati rice pilaf. A simple salad of tomatoes, lettuce, and cucumber, dressed with lemon juice and salt, may be served on the side.

Source: Adapted from Madhur Jaffrey.

COCONUT RICE

Yield: 8 portions

Ingredients	Amounts
Basmati rice	4 cups
Coconut oil	6 Tbsp.
Árbol chiles	14 ea.
Chana dal	1 Tbsp.
Urad dal	1 Tbsp.
Brown mustard seeds	2 tsp.
Curry leaves	20-30 ea.
Salt	2 tsp.
Asafetida	¼ tsp.
Fresh coconut, grated	3½ cup
Cilantro, chopped	4 Tbsp.

Method

1. Wash the rice in several changes of water, until the water runs clear. Cover well with water and soak for 30 minutes. Drain. Put the rice in a saucepan and cover with 5½ cups water. Bring to the boil. Cover tightly, turn the heat to very low, and cook gently for 25 minutes.
2. Meanwhile, heat the oil in a medium -sized saucepan or wok over medium-high heat. When hot, add the chiles, chana dal, urad dal, and mustard seeds. Stir and fry until the chiles darken and the dals turn reddish. Add the curry leaves, salt, asafetida, and the coconut. Stir and fry over high heat for a minute or so, then turn the heat down and cook gently until the coconut is a light reddish brown and quite crisp. Turn the mixture out onto a large wide dish, spread out and allow cooling.
3. When the rice is cooked, take it out of the pan, and spread it evenly over the coconut mixture. As soon as it is cool enough to handle, mix the two together gently. Garnish with the fresh cilantro and serve.

Source: *Flavors of India*, by Madhur Jaffrey, (1995)

WALNUT AND YOGURT CHUTNEY

Yield: 2½ cups

Ingredients

Amounts

Walnut halves or pieces	2 cups
Garlic cloves	2 ea.
Serrano chiles	3 ea.
Plain yogurt	1 cup
Salt	½ tsp.

Method

1. Place the walnuts, garlic, and chiles in the bowl of a food processor and process until the mixture has the consistency of chunky peanut butter.
2. Add ½ cup of yogurt and blend. Taste for salt and adjust, if necessary. Add remaining yogurt if a thinner consistency is desired.

Source: *The Bombay Cafe*, by Neela Paniz (1998)

CHAI PANNA COTTA

Yield: 8 Portions

Ingredients	Amounts
Gelatin sheets	2 ea.
Heavy cream	2 cups
Sugar	½ cup
Bay leaves	3 ea.
Green cardamom pods, crushed	4 ea.
Black cardamom pods, crushed	2 ea.
Black peppercorns, lightly crushed	1 tsp.
Cloves	2 ea.
Cinnamon stick	1 ea.
Assam tea leaves	2 Tbsp.
Earl Grey tea leaves	2 Tbsp.

Method

1. Soak the gelatin sheets in cold water until they re-hydrate, about 15 minutes. Squeeze any excess water from the gelatin sheets and set aside in a bowl.
2. In a heavy-bottomed pan, bring the heavy cream, sugar, and all of the spices to a rolling boil over high heat. Immediately remove the pan from the stove and add the Assam and Earl Grey tea leaves. Stir the mixture gently with a spoon. Steep for 5 minutes and strain. This is the base chai liquid for the panna cotta.
3. Add ½ cup of the chai base to the rehydrated gelatin sheets and stir with a spoon until well blended. Pour this back into the remaining chai base and stir well.
4. Cover with plastic wrap and perforate with a knife to allow the steam to escape and to prevent a skin from forming. Allow to cool at room temperature. Pour the cooled mixture into eight 3-ounce molds and freeze overnight.
5. At least 6 hours before serving, allow the frozen panna cotta to thaw in the refrigerator.

Source: *Flavors of Asia*, p.247
Adapted from a recipe by Surbhi Sahn

BOATMAN'S CURRY

Yield: 8 Portions

Ingredients	Amounts
Dried red chiles, soaked in water for 15 minutes	6 ea.
Cayenne pepper	1 tsp.
Paprika	1 Tbsp.
Ground coriander	3 Tbsp.
Ground turmeric	1 tsp.
Tamarind paste	2 ½ Tbsp.
Green chiles, split in half	3 ea.
Ginger, 1-inch piece, peeled and crushed	1 ea.
Shallots, peeled and chopped	4 ea.
Salt	1 ½ tsp.
White fish (Pave), cut into 4 oz. steaks (or other sizes based on need)	2 ½ lb.
Cilantro, chopped	1 tsp.

Method

1. Preheat an oven to 350° F.
2. Place the red chiles, cayenne, paprika, coriander, and turmeric in a spice grinder and grind to a powder. Transfer to a small bowl and add 2 Tbsp. of water, and reserve.
3. Heat a large sauté pan over low heat and add the spice paste, tamarind paste, green chiles, ginger, shallots, and salt. Simmer for 3 minutes.
4. Carefully place the fish into the mixture, cover and bake in a 350° F oven for 10 to 15 minutes, or until the fish is just cooked through.
5. Serve the fish on a heated platter with the cooking liquid, garnished with the cilantro.

VEGETABLE SAMOSAS

Yield: 24 Small Samosas

Ingredient	Amount
Filling	
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.

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.

BLACK PEPPER RICE

Yield: 8 Portions

Ingredients	Amounts
Basmati rice	3 cups
Water, for cooking	3 cups
Vegetable oil	2 Tbsp.
Bay leaves	2 ea.
Cardamom pods	3 ea.
Cinnamon sticks	1 ea.
Cumin seeds	1 tsp.
Black peppercorns	2 tsp.
Salt	1 tsp.

Method

1. Soak the rice in cold water for 30 minutes. Drain and reserve.
2. Heat the oil in a large heavy bottomed pan over medium-high heat. Add the bay leaves, cardamom pods, cinnamon sticks, cumin seeds, and black peppercorns and sauté until very aromatic, 1 to 2 minutes.
3. Add the rice and stir to coat with the oil and heat through, about 1 minute.
4. Add 2 cups of water, and the salt. Stir to prevent the rice from clumping or sticking to the bottom of the pan. Bring to a simmer, cover tightly, reduce the heat to low, and cook for 25 minutes.
5. Remove from the heat and fluff with a fork.
6. Serve in a heated bowl.

GOAN SHRIMP CURRY

Yield: 8 Portions

Ingredients	Amounts
White onions, roughly chopped	1 ½ cups
Garlic cloves	5 ea.
Fresh or frozen coconut	1 ½ cups
Shrimp stock or water	4 to 6 cups
Coriander seeds	1 Tbsp.
Cumin seeds	1 ½ Tbsp.
Dried red chiles	3 ea.
Paprika	1 Tbsp.
Ground turmeric	½ tsp.
Canola oil	1 Tbsp.
Serrano chile, slit	1 ea.
Shrimp, extra-large, peeled and deveined	2 ½ lb.
Salt	2 tsp. (or as needed)
Tamarind paste	2 Tbsp.
Okra, trimmed	12 ea.
Canned coconut milk	1 ½ cups

Method

1. Put the onions, garlic, coconut, and ½ cup water in a blender and purée until smooth, starting at low speed and increasing to high. If necessary, add another ½ cup water to achieve the proper consistency.
2. Grind the coriander seeds, cumin seeds, and red chiles together in an electric coffee/spice grinder until fine. Transfer to a small bowl or plate and combine with the paprika and turmeric.
3. Heat the oil in a medium saucepan over medium-high heat until shimmering. Add the spice blend and coconut purée. Put 3 cups stock or water into the blender and pulse to blend any residual purée. Add that mixture to the purée in the pan along with the green chile. Bring the sauce to a boil, stirring occasionally.
4. Cook the sauce over medium-high heat, stirring occasionally, until it is the consistency of thick paste, 15 to 20 minutes. Do not let it scorch. While the sauce is cooking down, season the shrimp with salt and let sit for about 20 minutes.
5. Stir the remaining stock or water, tamarind paste, and okra into the sauce and bring to a simmer. Simmer the mixture until the okra is barely tender, about 3 minutes. Stir in the coconut milk and bring the sauce to a boil. Add the shrimp and simmer until the shrimp are just cooked through, about 3 minutes. Taste the sauce and adjust the seasoning with salt. Serve immediately.

Source: *Flavors of Asia*, p.154
Adapted from a recipe by Floyd Cardoz

SWEET AND SOUR RED LENTILS

Yield: 8 Portions

Ingredients	Amounts
Red lentils	2 ¼ lb.
Ground turmeric	¾ tsp.
Mustard oil	4 Tbsp.
Mustard seeds	¾ tsp.
Panch Phoran	1 ½ tsp.
Dried red chiles	6 ea.
Bay leaf	3 ea.
Salt	2 tsp.
Tamarind paste	5 ½ Tbsp.
Sugar	3 Tbsp.
Water	3 1/3 cups

Method

1. Wash the lentils in a sieve until the water runs clear.
2. Place the lentils and turmeric in a small sauce pan and stir to combine.
3. Add 2 ¼ cups of water, or enough to just cover the lentils. Simmer for 30 minutes or until the lentils are tender.
4. Gently mash the lentils to a pulpy consistency.
5. Heat the oil in a large sauté pan over medium heat and add the mustard seeds, Panch Phoran, chiles, and bay leaf and sauté until aromatic, about 10 seconds.
6. Add the lentils, ⅔ cup of water, tamarind paste, and salt and stir to combine. Season to taste with the sugar (it should balance the sourness of the tamarind). Simmer for 8 minutes.
7. Serve in a heated bowl.

Panch phoran – a Bengali blend of whole spices — equal parts cumin, fennel, nigella, black mustard seeds (or radhuni – wild celery seed, depending on the recipe), and one-half part fenugreek

RICE PUDDING WITH BROWN SUGAR AND GHEE

Yield: 8 Portions

Ingredients	Amounts
Medium or long grain rice	2 cups
Jaggery	2 ½ cups
Ghee, divided (see method)	½ cup plus 2 Tbsp.
Heavy cream	2 cups
Ghee	6 Tbsp
Cashews, broken into pieces	½ cup
Coconut, shredded	½ cup
Raisins	½ cup
Cardamom seeds, crushed	2 tsp.

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 of 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 ¼ 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 the toasted nuts, coconut, raisins, and ghee. Sprinkle it with the crushed cardamom and stir gently.

Source: *Flavors of Asia*, p.258

Adapted from a recipe by Ammini Ramachandran

DAY THREE KITCHEN PRODUCTION TEAM ASSIGNMENTS – MYSTERY BASKET

PLANT FORWARD INNOVATION

AND

MARKET BASKET EXERCISE

5 TEAMS OF 3 PEOPLE

DEVELOP AND EXECUTE A MENU BASED ON

ELEVATING THE DISH

GLOBAL CUISINES

INDIAN CUISINES



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

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

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

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

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

A copy of the Act, more details about your rights, and any CIA policies related to the Act are available at <http://www.ciachef.edu/consumer-information/#psr>.

Questions concerning FERPA should be referred to the Office of the Registrar, The Culinary Institute of America, 1946 Campus Drive, Hyde Park, NY, 12538.

CIA INSTRUCTOR POLICY ON PROPRIETARY INTERESTS DISCLOSURE AND REPRESENTATION

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