

# Food and Wine Pairing Principles



Culinary Institute  
of America

The Culinary Institute of America, Napa, CA

Copyright © 2019-22  
The Culinary Institute of America  
All Rights Reserved

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

# Deutsch Family Wine & Spirits

## Food & Wine Principles Program Agenda

### The Culinary Institute of America, Copia

**Wednesday, June 28, 2023**

Start Time	End Time	Topic	Faculty / Staff / Other	Location
9:00am		Depart for CIA Copia		
9:15am	9:45am	Arrival at CIA Copia/Continental Breakfast		PDR 1 & 2
9:45am	11:15am	Food & Wine Pairing Elements Seminar/White Bean Soup Exercise	Chef George Shannon Theo Rutherford, Deutsch	PDR 1 & 2
11:15am	11:45am	Break		
11:45am	12:45pm	Breakout Session: Identifying Opportunities & Building Your Bag	Theo Rutherford, Deutsch	PDR 1 & 2
12:45pm	1:30pm	Breakout Session: Building the Perfect Pitch	Theo Rutherford, Deutsch	PDR 1 & 2
1:30pm	3:00pm	Lunch Break		Oxbow Market
3:00pm	8:00pm	Hands-on Food & Wine Pairing Exercise/Dinner & Debrief	Chef George Shannon & Corrie Clark, CIA Theo Rutherford, Deutsch	Hestan Red

# TABLE OF CONTENTS

<b>COURSE INFORMATION .....</b>	<b>4</b>
<b>INTRODUCTION TO FOOD AND WINE PAIRING.....</b>	<b>5</b>
FOOD AND WINE PAIRING OVERVIEW.....	6
USEFUL WAYS TO THINK ABOUT WINES AND FOODS.....	7
FINDING THE PERFECT MATCH: FOOD AND WINE PRINCIPLES.....	18
QUICK REFERENCE (A CHEAT SHEET).....	20
TEN QUICK TIPS FOR PERFECT FOOD AND WINE PAIRING.....	23
<b>PAIRING WINE WITH FOOD: WHITE BEAN SOUP EXERCISE.....</b>	<b>27</b>
HOW DOES EACH ELEMENT AFFECT THE OVERALL FLAVOR? .....	28
WINE AND FOOD DYNAMICS MATRIX.....	29
<b>KITCHEN PRODUCTION TEAM ASSIGNMENTS .....</b>	<b>31</b>

# COURSE INFORMATION

As a wine professional, it pays to understand the diverse flavors of food, the complexity of wine, and the intricate balance that these items share when paired. In this class, you will discover why some matches have natural affinities, and how to partner and prepare foods and wine to enhance the dynamics of a dish or meal.

Over the course of the day, we will also address techniques for utilizing wine as an ingredient as well as how to select a wine based on appropriate cooking methods. Tastings and hands-on production activities are key to this course, as they will allow you to focus on and explore the intricacies of each component individually and the complexity of flavors that build from their interaction.

# INTRODUCTION TO FOOD AND WINE PAIRING

## LEARNING OBJECTIVES

*By the end of this module you should be able to...*

- Describe difference between taste and flavor, and discuss how the five senses contribute to flavor systems
- Describe the five basic food and wine pairing guidelines
- Discuss strategies for good food and wine pairings
- Given a list of wines and a selection of menu items, create pairings based on flavor systems
- Explain your choices for pairing specific wines with dishes

## LEARNING ACTIVITIES

Lecture/Discussion

1. The Basic Tastes and Sensations
  - Things you may already know, but it's a good review...
2. Five Basic Food and Wine Pairing Guidelines
  - Matching Intensity
    - Cooking Methods
    - Sauces and Garnishes
  - Body with Body
  - Flavor with Flavor
    - Complementing and Contrasting Flavors and Textures
  - Bridge/Echo
  - Grows Together Goes Together
3. Food and Wine for Thought – additional things to think about with food and wine pairing
  - Fat versus Tannin
  - Vinegar: Acid plus Acid
  - Food and Wine Antagonists

Group Activity

- White Bean Soup – an exercise in seasoning

Hands-On Kitchen Exercise

- All teams will create a menu of dishes and select at least one wine to pair with each dish
- All teams will explain and discuss why they chose those specific food and wine pairings.

# FOOD AND WINE PAIRING OVERVIEW

Finding a compatible match between a wine and a menu item can be a daunting task. It can take a great deal of energy exploring the nuances of food flavor profiles and the subtle components of wine flavors. In fact, just simply being able to taste and analyze a wine is difficult.

In light of this, though, you should know that pairing wine and food items can be a much simpler undertaking. For example, recognizing that some wines and foods pair well because they are similar, and some wines and foods pair well together because they are different, is one way to approach this challenge. Simply, knowing which wines and food need to come together is a valuable lesson.

When tasting wines and foods together, start with a sip of the wine to familiarize yourself with its flavor and texture. Next, take a bite of the food and notice how it tastes. Finally, go back to the wine and notice how the food has changed your perception of the wine and its various elements. Does the wine seem sweeter? More acidic? Thinner? Less or more flavorful? Fruitier? What???

# USEFUL WAYS TO THINK ABOUT WINES AND FOODS

## COMPONENTS

Salty, bitter, sweet, acidic, and metallic—these qualities are discerned by the taste receptors of the tongue.

## FLAVORS

Herbal, leathery, floral, fruity, earthy, musty, green apple, vanilla, buttery, pineapple, mango, coconut, toast, lemony, cassis, raspberry, blackberry, tobacco, vegetal, briary, plum, herbs, chocolate, cedar, eucalyptus, spicy, peppery. These qualities are perceived by the combined action of the palate, the tongue, and the nose.

## TEXTURES

Rich, thin, satiny, coating, viscous, tannic, sparkling, unctuous, cloying, harsh. These qualities have less to do with taste or flavor and more to do with the sense of touch.

For every wine or food there are one or two dominant characteristics which define that wine or food. In wine, it might be ripe tropical fruit or bright crisp acidity. In food, it might be a creamy rich sauce or the flavor of a particular spice. These defining characteristics should be the basis on which wine and food matches are determined.

Wine and food matches are ultimately based on people's tastes; they are subjective. There is no right or wrong. Remember: A good match is one that pleases you.

Wine and food have weight and intensity which are important considerations in determining a match. Delicate dishes need a lighter wine while intensely flavored dishes need a bigger wine.



# FINDING THE PERFECT MATCH:

## FOOD AND WINE PRINCIPLES

1. **Matching Intensities – Match** the **power** of the dish with **body** of the wine. Some classic examples are:
  - a. Barbecued Ribs with Zinfandel
  - b. Wiener Schnitzel with Grüner Veltliner
  - c. Duck Confit with Merlot or Grenache
  - d. Lamb Stew with Syrah Blend
2. **Body with Body Complement – Light wines** with **light dishes**, **heavy bodied wines** with **heavy dishes**. Some classic examples are:
  - a. Mac and Cheese with Oaky Chardonnay
  - b. Dry Aged Steak with Cabernet Sauvignon
  - c. Seared Sea Scallops with Pinot Gris/Grigio
3. **Flavor with Flavor Complement – Complement** with like flavors (i.e. earthy with earthy) or **contrast** with opposing flavors (i.e. sweet with heat). Some classic examples are:
  - a. Mushrooms with Earthy Pinot Noir
  - b. Vegetables with Sauvignon Blanc or Grüner Veltliner
  - c. Thai Food with Off Dry Riesling
4. **Bridge/Echo** – If a particular wine is used in the cooking process, start by pairing the wine or varietal that was used. Some classic examples are:
  - a. Cabernet Sauvignon with Flat Iron Steak and Cabernet Sauvignon Sauce
  - b. Riesling with Pork Tenderloin and Apple-Riesling Sauce
5. **Grows Together Goes Together** – Pair foods of a particular ethnicity or region with wines from the same place. Some classic examples are:
  - a. Bordeaux: Foie Gras and Sauternes
  - b. Australia: Lamb and Shiraz
  - c. Loire Valley: Mussels and Muscadet Sevre et Maine
  - d. Spain: Pork and Garnacha/Grenache
  - e. Argentina: Beef and Malbec
  - f. Alsace: Quiche Lorraine and Riesling

- g. Tuscany: Panzanella and Chianti/Sangiovese
- h. Spain: Valdeon Blue Cheese and Pedro Ximénex Sherry

# QUICK REFERENCE (A CHEAT SHEET)

## *When the **wine** is...*

### **Tart**

- ☑ Select dishes that are rich, creamy, high in fat, or salty to counterbalance the wine.
- ☑ Match the wine with tart food (sharp ingredients, vinaigrettes and other sharp sauces).
- ☑ Use the wine to cut the heat in mildly spicy dishes.
- ☑ Try skipping the lemon wedge that you might otherwise serve with the dish (with fish, chicken, veal, pork, vegetables, and grains).

### **Sweet**

- ☑ If you're serving the wine with dessert, choose a dessert that's less sweet than the wine, or else the wine will taste sour.
- ☑ If the wine is not too sweet (closer to off-dry), try serving it with foods that are slightly sweet to complement it, or dishes that are mildly hot or spicy as a foil.
- ☑ Try playing the wine against dishes that are a little salty; you may find some fun combinations, especially with cheeses and many Asians and Nuevo Latino, North African, Floridian/Caribbean, or Hawaiian-influenced "tropical" preparations.

### **Hot/Alcoholic**

- ☑ Ensure that the dish being served is ample in personality and weight, or it will be overwhelmed.
- ☑ Don't serve very hot-spicy food, or you'll be sorry!
- ☑ Remember that food will make the wine appear even hotter.
- ☑ Avoid excessive salt, which will exaggerate your perception of the wine's heat (alcohol).

### **Tannic**

- ☑ Counterbalance the tannins by serving foods that are high in proteins, fat, or broth.
- ☑ Remember that an entrée relatively low in proteins or fat may make the wine come off as even more tannic.
- ☑ Remember that tannin and spicy heat can clash brutally.
- ☑ Use pepper (cracked black or white) to counterbalance tannins, as it's somewhat bitter by nature.
- ☑ Serve foods that are bitter (eggplant, zucchini, chard, endive, broccoli rabe, and so on) or prepare ingredients in a way that accentuates bitterness (blackening, cooking over a wood fire, or grilling) to achieve taste symmetry.

### **Oaky**

- ☑ Because really oaky wines will always seem "bigger" with food, accompany them with bold recipes.
- ☑ Play up the oak through the choice of ingredients (include nuts or sweet spices) or cooking method (lightly grilling or smoking).
- ☑ Remember that oak aging adds rich texture that can be nice with rich and textured sauces and dishes.

### **Aged and Red**

- ☑ Serve rare preparations of meats to fill in the flavor gaps left by the drying out of the youthful fruit that occurs as the wine develops in the bottle.
- ☑ Remember that because of tannins soften over time, an aged red gives you a broader range of food options than a tannic young wine does.
- ☑ Bear in mind that wines become more delicate as they age; choose simpler preparations to show them off rather than make them compete for attention with complex recipes.

### **Aged and White**

- ☑ Serve the wine with dishes that feature similar flavors (nuts, sherry, and dried fruits) to mirror the flavor profile.
- ☑ Compensate for the lost acidity in the mature wine with the acidity in the dish: a squeeze of lemon, a spoonful of verjus, or a splash of vinegar.

## *When the **food** is...*

### **Tart**

- ☑ Serve a wine which is equally sharp or even more so, or the wine will taste off and shattered.
- ☑ Avoid red wines, except those of a sharper nature (Sangiovese, Pinot Noir, Gamay)
- ☑ Don't overlook dry roses and sparkling wines as options.

### **Slightly Sweet**

- ☑ Make certain that the wine accompanying the food shares its personality traits: choose a wine that is slightly sweet, such as Chenin Blanc, Riesling, or even sake.
- ☑ If you really want a dry wine, serve one that's young and very, very ripe.
- ☑ Remember that sometimes a wine with oak can work if the wood's sweetness mirrors that of the dish; however, success is not guaranteed.

### **Salty**

- ☑ Pick wines with low to moderate alcohol content, as the wine's heat will be exaggerated by the salt.
- ☑ Play with wines that have some sweetness; salt and sweet can enjoy each other's company!
- ☑ Avoid wines with high levels of oak or tannin.

### **Spicy or Hot**

- ☑ The spicier the dish the more difficult it is to pair with wine. Select young wines with low to moderate alcohol content, minimal (or no) oak, and, if possible, some residual sugar (for white and roses).
- ☑ Among still wines, stick to off-dry whites and roses; sparkling wines can also be nice foils for heat.
- ☑ You may have to forgo wine with Texas five-alarm chili or those Thai, Indian and Korean dishes that make your hair stand on end. Opt instead for beer and yogurt based drinks, along with large, large bowls of rice!

**Bitter**

- ☑ Select wines with bitter components (oak aging, tannins) to complement the personality of the recipe.
- ☑ Try wines with high acidity. This doesn't always work, but it is better than the opposite extreme. After all, tannin is an acid.

**Dominated by a Strong Sauce or Condiment**

- ☑ Forget the main dish and match the wine to the sauce or condiments to the side dishes.

**Served Very Hot**

- ☑ Allow the dish to cool off, or it will ruin your enjoyment of the wine and make the alcohol (by heating it) seem overwhelming.
- ☑ Serve chilled wines if it's essential that the dish be served very hot.

*Source: Text obtained from the Book Perfect Pairings by Evan Goldstein*

# TEN QUICK TIPS FOR PERFECT FOOD AND WINE PAIRING

Wine and food that complement each other enhance the flavor of both; wine and food that don't complement each other detract from both. That's it.

The tips below work because they explain the experience of consuming particular foods and wines together. In other words, you can taste for yourself when a wine that you love, eaten with a certain dish, suddenly tastes sour, or when a wine, drunk alongside a familiar food, suddenly makes that food sing; these tips explain why this happens.

1. Foods that are high in natural acids (tomatoes, citrus fruits, goat cheese) are best suited to wines with higher acids: Sauvignon Blanc and certain styles of Chardonnay, Riesling, Gewürztraminer, Zinfandel, and Pinot Noir.
2. Richer and fattier foods (duck, lamb, beef, and cheese) go well with either slightly oaky white wines, such as Chardonnay, or with young red wines, such as Cabernet Sauvignon or Zinfandel.
3. Spicy, salty/smoky, and more heavily seasoned dishes are best paired with light, fruity wines, whether red or white, such as Gewürztraminer, Johannesburg Riesling, Gamay Beaujolais, Pinot Noir, and certain Zinfandels.
4. Foods with some sweetness (meat and poultry dishes with fruit sauces) are best paired with wines that offer some sweetness (Gewürztraminer, Johannesburg Riesling, White Zinfandel) or sufficient ripeness (Cabernet Sauvignon or Zinfandel). If the food is sweeter than the wine, it will often make the wine taste dry, oaky, and/or tannic.
5. Generally, wines (like courses) should follow a natural progression from dry to sweet. However, if a dish with some sweetness comes early in the meal, it's best to serve a slightly sweet wine with it.
6. The texture of a wine, its body and weight in the mouth, is as important as its flavor to matching it successfully with food. (A heavy, full-bodied wine is going to overpower a simple salad.)
7. Obvious opportunities for pairing food and wine occur when a particular wine is used in the cooking process, such as in a marinade or a sauce. The table wine should mirror the dish.
8. Great food and wine combinations come not only from matching flavors, textures, and taste components, but also from contrasting them.
9. Successful food and wine pairing is highly subjective and individual - an experimental, dynamic art form more than a science. Don't be afraid to follow your own instincts.

10. Most important, the food should not overwhelm the wine any more than the wine should overpower the food. Ideally, the result is synergistic: Food and wine together are far more enjoyable than either food or wine by itself.

# FLAVOR

BY KAREN MACNEIL, AUTHOR OF *THE WINE BIBLE*

We describe our flavor world as being composed of four basic tastes: sweet, sour, salty and bitter. To these, Aristotle added astringent, pungent and harsh. At other times, qualities such as urinous, acrid and putrid were also hypothesized. Scientists continue to debate whether the modern four cover all experiences; a growing body of data suggests that the sweet/sour/salty/bitter paradigm may be an oversimplified model for a process so complex that we are only on the brink of understanding it.

Flavor is perceived by taste “buds”—groups of taste receptor cells that cluster together like the segments of an orange. The average adult has 10,000, although the number varies widely. (Inexplicably and unjustly, cows have 25,000 even though they only eat grass). Taste buds can be found not only on the tongue, but on the soft palate, pharynx, larynx and epiglottis as well.

From the 1940’s through the 1990’s, virtually every basic biology textbook—and certainly every wine book—perpetuated the myth that taste buds were grouped in the mouth according to the specialty. Correspondingly, the tongue was “diagrammed” into separate areas where certain tastes were registered: sweetness at the tip; sourness on the sides; and, bitterness at the back of the mouth.

In the 1980’s and 1990’s, research at Yale, Monell Chemical Senses Center and The University of Connecticut as well as elsewhere demonstrated that the “tongue diagram” explanation of how we taste was patently false. Instead, leading taste researchers such as Dr. Linda Bartoshuk of the Yale University School of Medicine found that taste buds are not specialized and do not congregate according to specialty. Sweetness, saltiness, bitterness and sourness can be tasted everywhere in the mouth, although they may be perceived at slightly different intensities at different sites on the tongue.

Though taste buds are not specialized, the taste receptor cells that make up taste buds are. A taste receptor cell, in other words, may be specialized for sweetness, another for saltiness and so on.

Taste buds that can sense all taste qualities and that are dispersed throughout the mouth, the researchers say, make evolutionary sense. With a taste mechanism thus structured, an individual does not lose the capability to perceive one of the four basic tastes even if a part of the tongue is damaged. The French author and gastronome Brillat-Savarin made the same observation. In his *The Physiology of Taste*, he describes a man whose tongue had been partially amputated as punishment for attempting to escape from prison. In response



to Brillat-Savarin's inquiry, the man wrote that he could still taste fairly well and could, like other men, determine what was pleasant and what was unappetizing.

One of the most intriguing of recent findings is that the tongue is controlled by two major nerves that relay information to the brain ipsilaterally; that is, a taste perceived on one side of the tongue goes up and is interpreted on the same side of the brain. Most nerves work contralaterally, sending their messages to the opposite side of the brain. Why the taste system is wired in this manner is not fully understood, but scientists suspect a complex interdependent network by which one nerve can inhibit another or take over should one of the nerves be damaged.

Another of recent findings suggests that the intensity of bitterness is perceived differently at the front of the tongue than at the back. The front of the tongue is most sensitive to bitterness; a small amount is readily picked up. Above a certain threshold, however, the back of the tongue registers bitterness more intensely. This may be due; it is theorized, to the way taste buds are arranged spatially and the distance between them.

The fact that taste buds at the back of the tongue register bitterness more intensely helps to explain why tannin (the dry, sometimes bitterly astringent substance found mainly in red wine) is perceived at the back of the throat.

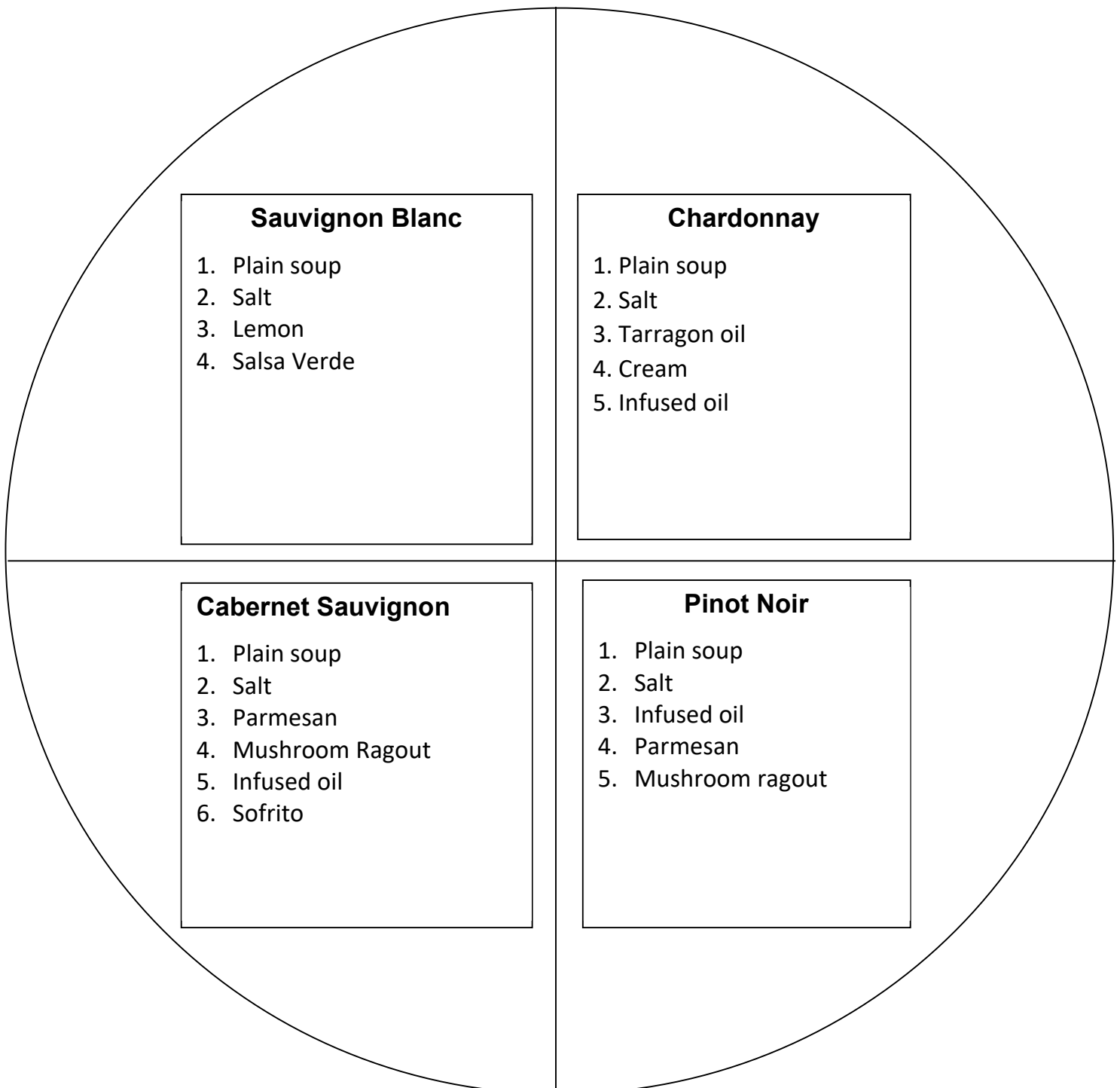
Interestingly, although our sensitivity to sweetness, for example, does not decline as we get older; our sensitivity to bitterness may. Most bitter substances are pharmacologically active; they are poisonous in massive quantities. Some evidence suggests that people who expose themselves to large amounts of bitter substances such as coffee and cigarettes, for example, may develop a reduced sensitivity to bitterness as they grow older.

*The Wine Bible* © Karen MacNeil

# PAIRING WINE WITH FOOD: WHITE BEAN SOUP

## EXERCISE

### "BUILDING LAYERS OF FLAVOR"



# PAIRING WINE WITH FOOD: HOW DOES EACH ELEMENT AFFECT THE OVERALL FLAVOR?

## Sauvignon Blanc

- 1.
- 2.
- 3.
- 4.

## Chardonnay

- 1.
- 2.
- 3.
- 4.
- 5.

## Cabernet Sauvignon

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

## Pinot Noir

- 1.
- 2.
- 3.
- 4.
- 5.

WINE AND FOOD DYNAMICS MATRIX									
	MAIN COURSE	COOKING TECHNIQUE	CHEESE	VEGETABLE	FRUIT/NUTS	FRESH HERBS AND SEASONINGS	SAUCE	MENU RECOMMENDATION	TO AVOID
RIESLING	Bass, Sea Bass, Snapper, Trout, Crab, Scallops, Quail, Pheasant, Partridge, Turkey, Some Dried Cured Meats, Some Sausages	Cure or Raw Steam Poach Sauté Sear Smoke	Some Goat Cheeses. Smoked Mozzarella and Smoked Cheeses. Pouligny-Saint-Pierre, Valençay, Chaource, Saint André	Snow Peas Red Onions Green Onion Some Root Vegetables Cabbage Family Broccoli Young Green Beans Fennel	Apples Citrus Orange Zest Lemon Lime Tangerine Kumquats Peaches Apricots Nectarines Peanuts Hazelnuts	Parsley Basil Chervil Cilantro Clove Nutmeg Fresh Ginger Subtle Garlic Sesame Seed Oil Teriyaki (Light) Rice Wine Vinegar	Light, Delicate Sweet Sauces Oriental Sauces with delicate acids Some spicy foods	Thai, Oriental, Sushi, Light mixed Greens and Composed Salads with Seafood or Poultry. Smoked fish or meats. Even game, such as pheasant. Tobiko Caviar.	Egg Dishes, Pickled Foods, Butter, Most Creams
SAUVIGNON BLANC/ FUMÉ BLANC	Halibut, Red Mullet, Fresh Tuna (Ahi and Ono), Trout, Bass, Sole, Seabass, Mussels, Clams, Oysters, Caviar, Gravlax, Prawns, Chicken, Frog Legs	Cure or Raw Poach Broil Grill (Use a simple herb butter or vinaigrette rather than a heavy sauce) Sear Smoke	Fresh Goat Cheese (Dill or Mixed Herbs) St. Mauve Crottin, Sancerrois, Fresh Mozzarella, Some Smoked Cheeses for a contrast	Yellow, Red, & Green Bell Peppers, Celery, Celery Root, Fennel, Cucumbers, Green and Yellow Beans, Tomatoes	Most Citrus Meyer Lemon, Lemon, Lemon Zest, Orange Zest, Grapefruit Zest, Lime Zest Pistachios Toasted Sesame most edible flowers	Chervil Mint Dill Chives Cilantro Parsley (Curly and Italian) Star Anis Some Capers Lemon Thyme Silver Thyme Rice Wine Vinegar	Herbal Sauces. Vinaigrettes, Marinades, Natural Jus and Broths, Some Composed Butters, Olive Oil Sauces	Lightly Poached Seabass with Herbal Butter, Vegetable Terrine of Three Bell Peppers (Yellow, Green, and Red) with Parsley Cilantro Sauce, Grilled Prawns with Fresh Dill, and Green Onions. Grilled Fresh Tuna with Cilantro and Yellow Tomatoes, Most Caviar	Red Wine Vinegar, Balsamic Vinegar, Most Egg Dishes, Pickles Foods, Sweet Foods, Chutneys
CHARDONNAY	Seabass, Swordfish, Monkfish, Salmon, Escargot, Crab, Prawns, Scallops, Langoustine, Lobster, Rabbit, Chicken, Quail, Partridge, Game Hen, Sweetbreads	Poach Broil Sauté Fricassee Grill (Especially for chardonnays that have an oak character) Sear Smoke	Olivet, Parmesan, Coulommiers, Saint-Marcellin, Fougere (Chevre) Chile pepper cheese for a contrast, Some smoked cheese for a complement	Snow Peas, English Peas, Carrots, White Beans, Sweet Corn, Wild Mushrooms, Oyster Mushrooms, Pom Pom Mushrooms, Chanterelles, Zucchini, Tomatoes, Pumpkin, Squash, White Truffles	Meyer Lemon Lemon Lemon Zest Green Apples (Granny Smith) Crab Apples Oranges Tangerines Pistachios Cashews Pine Nuts Melon (with prosciutto)	Tarragon Basil Lemon Thyme Saffron Mustard Nutmeg Mace Coriander Pineapple Sage Arugula Sun-Dried Tomatoes Some Curries Ginger Gahlangah	Broths Infused with Herbs Fish Stock or Chicken Stock as Base Marinades White Wine Sauces Light Cream or Light Butter Sauces	Many different Pasta Dishes, Salmon with Tarragon-Chardonnay Sauce, Langoustine and Lobster Soufflé with Light Lemon Butter, Grilled Rabbit with Light Mustard Sauce, Sweetbreads with Delicate Oyster Mushrooms, Most Caviar (complement) Some Spicy Dishes.	Red Wine Vinegar, Balsamic Vinegar, Pickled Foods, Most Red Meats, Sweet Foods
PINOT NOIR	Tuna, Monkfish, Salmon, Quail, Squab, Pheasant, Chicken, Pork, Veal, Lamb, Sweetbreads, Wild Board, Game, Venison	Broil Roast Sauté Sear Ragout Grill Smoke	Epoisse, L'ami du Chambertin, Brebis (Good sheep's milk cheese) Port Salut Reblochon	Fresh Beets, Carrots, Fennel, Mushrooms and Wild Mushrooms, Chanterelles, Hedgehog, Cepes (Boletus), Morels, etc. Root Vegetables, Yams, Sweet Potatoes, Black Truffles	Plums Figs Cherries Some Berries Cranberries Currants with wild game Walnuts Pine nuts	Basil Sage Silver Thyme Chervil Tarragon Italian Parsley Marjoram Balsamic Vinegar Sun-Dried Tomatoes Pancetta Bacon Prosciutto	Vegetable or Poultry Broth Meat Jus and Natural Juices Marinades Light Butter and Red Wine Sauces	Monkfish with Pinot Noir Sauce and Beet Root, Grilled Quail with Wild Mushrooms, Beal Sauté with Basil and Walnuts, Tenderloin of Venison with Truffles and Chervil (for an aged Pinot Noir) Pheasant or Wild Mushroom Ravioli in a Basil Tomato Sauce, Some lightly spicy dishes	Eggs, Spinach, Asparagus, Citrus, Heavy Cream, Rich Butter Sauces, Oysters
CABERNET SAUVIGNON	Squab, Duck, Goose, Veal, Lamb, Beef, Venison	Broil Roast Ragout Stew Grill Sear	Tomme de Savoie, Saint-Nectaire, Parmesan, Cheddar, Asiago, Chester, Cantal, Tallegio, Sheep's milk cheeses, Fontina, Pecorino	Haricots Verts, Green or Wax Beans, Celery Root, Celery, Zucchini, Eggplant, Onion family, Cepes (Boletus) Turnips, Rutabaga, Parsnip, Black Truffles	Black Currants Elderberries Huckleberries Almonds Chestnuts Walnuts Hazelnuts	Rosemary Oregano Bay Leaf Marjoram Fresh Mint Sage Thyme Juniper Green, Black & Pink Peppercorns Olives Celery Seed Balsamic and Red Wine Vinegar	Straight, Clear Jus or Reductions are the best Natural Vegetable or Meat Broths Olive oil based sauces Red Wine Sauces	Roast Squab with Sauce of Cabernet and Black Currants, Breast of Duck with Juniper and Haricots Verts, Rack of Lamb with Rosemary and Onion Confit, Grilled Venison Filet with Ratatouille of Grilled Vegetables, Beef Filet with Pink Peppercorn Sauce	Spinach, Asparagus, Artichokes, Eggs, Lemon, Spicy Dishes, Oysters



# KITCHEN PRODUCTION TEAM ASSIGNMENTS

## CHEF DEMONSTRATIONS AND TASTINGS

White Bean Soup

*An exercise in flavor and seasoning*

### TEAM ONE

Oysters on the Half-Shell with Mignonette

Seared Scallops with Barley Cauliflower Risotto and Shaved Apple

Classic Caesar Salad with Garlic Croutons

### TEAM TWO

Texas Pecan Fried Chicken and Ranch Dressing

Pan Seared Beef Medallions au Poivre

Cucumber and Avocado Salad with Cherry Tomatoes and Dill

### TEAM THREE

Fire Roasted Mushrooms, Beet Juice, Corona Beans, and Vanilla Butter

Molasses Stained Swordfish Kebabs

Mixed Green Salad with Red Wine Vinaigrette and Marcona Almonds

### TEAM FOUR

Cocoa Chile Rubbed Steak and Gaufrette Potatoes

Shrimp Tempura with Soy Dipping Sauce

Mixed Greens with Banyuls Vinaigrette, Blue Cheese, Currants, and Walnuts

## BLAND WHITE BEAN SOUP

*Yield: 3 Gallons*

INGREDIENTS	AMOUNTS	PREP TECHNIQUE
Dry white beans	5 lb.	Rinsed
Water	5 gal.	
Garlic cloves	4 ea.	

### Method

1. Simmer beans, water, and garlic until beans are soft.
2. Puree.

## OYSTERS ON-THE-HALF-SHELL WITH MIGNONETTE

*Yield: 40 Oysters*

### Ingredients

### Amounts

#### ***Mignonette***

Champagne vinegar	4 1/2 fl. oz.
Shallots, minced	1/2 wt. oz.
Crushed black pepper	1 Tbsp. or to taste
Salt	to taste
Rock salt	as needed
Oysters, washed and shucked	40 ea.

### Method

1. Combine the mignonette ingredients in a bowl and chill for thirty minutes.
2. Place a bed of rock salt on the serving dishes.
3. When ready to serve, shuck the oysters, leaving them on the half shell. Nestle each oyster into the rock salt.
4. Serve accompanied by the mignonette.



# SEARED SCALLOPS WITH CAULIFLOWER RISOTTO AND SHAVED APPLE

*Yield: 10 Portions*

Ingredients	Amounts
Oil	¼ cup
Onions minced	½ cup
Garlic cloves, minced	3 ea.
White wine (bridging possibility)	¾ cup
Arborio rice	2 ½ cups
Chicken stock, simmering	6-8 cups
Salt and pepper	to taste
Olive oil	1 ¼ Tbsp.
Sea scallops	40 ea.
Anchovy fillets, chopped	3 ea.
Caraway seeds or cumin, ground	1 tsp.
Cauliflower, small florets, pre-blanch	1 head
Parsley, chopped	2 Tbsp.
Lemon zest	1 ea.
Kosher salt	1 to taste
Unsalted butter	1 Tbsp.
Apple, green, small, grated.	2 ea.

## Method

1. In a medium size sauce pot, add the oil and sweat the onions. Add the garlic and cook for 1 minute.
2. Add the white wine and reduce until dry. Add the Arborio rice and cook for 3 minutes.
3. Cover the rice with hot stock and stir occasionally, season with salt and pepper. When the stock is reduced below the top level of the rice, add more stock. Continue this process until the rice is ¾ cooked. See chef for demonstration. When the rice is cooked ¾ of the way through, pour the rice onto a sheet pan to cool for service.
4. Heat the oil in a sauté pan over high heat and when hot add the seasoned scallops. Sauté scallops on one side if small and on both sides if large, however cook the scallops until rare to raw in the middle. Reserve until service.
5. To finish the risotto for service, place the cooked rice back into a sauce pot and cover with hot stock. Bring to a simmer, stirring gently. Add the anchovy, caraway or cumin, cauliflower, parsley, lemon zest, butter, and apples. Simmer and adjust the consistency with more stock. Correct consistency should be similar to porridge.
6. While risotto is finishing, place the scallops in the oven and finish cooking.
7. Plate and serve.

# CLASSIC CAESAR SALAD WITH GARLIC CROUTONS

*Yield: 6 Portions*

## Ingredients

## Amounts

"The" Caesar Dressing (recipe follows) 1x recipe

### **Garlic croutons**

French bread, loaf, diced	3 ea.
Butter, melted	8 oz.
Olive oil, pure, not extra virgin	1 cup
Parsley	3 Tbsp.
Garlic, minced	1 Tbsp.
Salt	to taste
Ground black pepper, large grind	to taste
Romaine lettuce, washed and chopped	1 ½ lb.
Parmesan cheese, shaved	6 wt. oz.
White anchovy fillets (optional)	as needed

## Method

1. Preheat oven to 275°F convection oven (about 300°F conventional oven).
2. Prepare the dressing. Set aside.
3. Toss the bread cubes in a mixing bowl to coat well with olive oil and butter. Add the rest of the ingredients and toss to combine. Transfer to two sheet pans and toast in oven until the croutons are golden brown. Cool and reserve at room temperature until needed.
4. To assemble the salad, lightly coat the romaine leaves and croutons with the dressing, adding more dressing as needed--the leaves should be evenly coated.
5. Mound the lettuce and croutons on the plate.
6. Serve with the shaved parmesan and white anchovy filets (optional).

## "THE" CAESAR DRESSING

*Yield: 1 Pint*

### Ingredients

### Amounts

Eggs	3 ea.
Olive oil and grapeseed oil, 50/50	1 pt.
Anchovies	2 ea.
Garlic	1 wt. oz. (3 Tbsp.)
Red wine vinegar	¼ cup
Dijon mustard	1 Tbsp.
Lemons, juice of	2 ea. plus more as needed
Salt	to taste
Ground black pepper	to taste

### Method

1. Place all ingredients except the oil in a blender.
2. On low speed, slowly add the oil to emulsify. Add more lemon juice, salt, vinegar, garlic, and pepper if needed to taste. No one ingredient flavor should be dominant.
3. Use immediately or refrigerate for later use.

# TEXAS PECAN FRIED CHICKEN AND RANCH DRESSING

*Yield: About 16 to 20 Portions*

Ingredients	Amounts
Chicken breast	3 lb.
Pickle juice	8 cups
Buttermilk	4 cups
Panko bread crumbs, crushed	6 cup
Salt	2 tsp.
Black pepper	1 tsp.
Pecans, processed into a fine powder	2 cups
Vegetable oil, for frying	12 cups

## Method

1. Cut the chicken breasts into large strips and brine in the pickle juice for at least 1 hour then discard the juice and toss chicken in buttermilk. This step will be completed prior to class.
2. Combine the panko, pecans, salt and pepper. Coat the chicken strips.
3. Heat the oil in a cast iron skillet, or deep fryer 325°F and fry the chicken until the juices run clear.
4. Drain briefly on absorbent paper towels and serve immediately or hold for service in a 160°F warming oven.
5. Serve accompanied by Ranch Dressing.

## RANCH DRESSING

*Yield: about 24 Ounces*

### Ingredients

### Amounts

Mayonnaise	3 wt. oz.
Sour cream	21 wt. oz.
Chives, finely chopped	1 Tbsp.
Parsley, fresh, chopped	1 Tbsp.
Dill, fresh, chopped	1 Tbsp.
Salt	1 tsp. or to taste
Onion powder	1 ½ tsp.
Lemon juice	1 tsp.
Garlic powder	1 tsp.
Ground black pepper	1 tsp.

### Method

1. Combine all ingredients in a bowl. Taste and adjust seasonings if needed.
2. Serve.

## PAN SEARED BEEF MEDALLIONS AU POIVRE

*Yield: About 12-24 Portions depending on size*

Ingredients	Amounts
Beef tenderloin, trimmed	1 ea.
Salt	as needed
Ground black pepper	as needed
Vegetable oil	1 fl. oz.
Butter	1 wt. oz.
Shallots, minced	1 wt. oz.
Green shrs, rinsed and crushed	¼ cup
Cognac	2 fl. oz.
Demi-glaze	16 fl. oz.
Heavy cream, heated	8 fl. oz.
Salt	to taste

### Method

1. Slice the tenderloin into 24 each, medallions. Chef will demonstrate.
2. Season the medallions with salt and pepper.
3. 20 minutes prior to service, heat the oil to high heat in a large sauté pan, add the medallions and sear on all sides. Remove the medallions when they are very rare in the middle. Reserve at room temperature for service.
4. Using the same pan, on low heat, add the butter. Once melted, add the shallots and sauté until translucent. Add the peppercorns.
5. Take the pan off the heat and add the cognac to deglaze. Place the pan back on the heat and add the demi-glaze and cream, and bring to a simmer. Continue to simmer until the sauce thickens to a nappé (coats the back of a spoon). Season to taste with salt.
6. For service place the medallions in the sauce and finish cooking the medallions until desired doneness.
7. Serve on warm plate.

# CUCUMBER AND AVOCADO SALAD WITH CHERRY TOMATOES AND DILL

*Yield: 20 Portions*

Ingredients	Amounts
English cucumbers, peeled & seeded	6 ea.
Avocados, medium dice	6 ea.
Red onion, julienne	2 ea.
Cherry tomatoes, cut in half	1 qt.
Rice wine vinegar	1 cup
Dill, finely chopped	2 bu.
Salt	to taste
Ground black pepper	to taste

## Method

1. Slice the cucumbers on a bias and mix all ingredients together 1 hour before serving.
2. Re-toss gently before serving.

# FIRE ROASTED MUSHROOMS, BEET JUICE, CORONA BEANS AND VANILLA BUTTER

*Yield: About 16 Portions*

## **Ingredients**

## **Amounts**

Royal trumpet mushrooms, split (tear into 4 long pieces)	4 lb.
Extra virgin olive oil	½ cup
Beet juice	½ gal.
Corona beans, cooked	2 lb.
Vanilla Butter (recipe follows)	1x recipe
Salt	to taste

## **Method**

1. Toss the mushrooms in the olive oil and season well, grill until lightly charred. Hold in warming oven at 160°F.
2. Warm the corona beans in ¼ cup of the vanilla butter, add beet juice as needed, reduce and season with salt and pepper. Hold in warming oven at 160°F.
3. At service, place beans in a warm serving bowl and top with the roasted mushrooms.
4. Serve.



## VANILLA BUTTER

*Yield: ¼ Cups*

Ingredients	Amounts
Unsalted butter, softened	¼ lb.
Vanilla bean, seeds scraped	½ ea.
Kosher salt	1 tsp.
Ground black pepper	¼ tsp.
Coriander seeds, ground	¼ tsp

### Method

1. Combine all the ingredients in a small bowl and mix until smooth and well blended.
2. Transfer to an airtight container and store in the refrigerator for up to 4 weeks, or in the freezer indefinitely.

## MOLASSES STAINED SWORDFISH KEBABS

*Yield: 12-24 Portions, depending on size*

Ingredients	Amounts		
Sherry vinegar	6	fl. oz.	
Molasses	6	fl. oz.	
Garlic cloves, minced	12	ea.	
Thyme, fresh	2	Tbsp.	
Orange zest from whole orange	1 ½	ea.	
Ground cumin	1	Tbsp.	
Swordfish filets, cut into 1 ½- inch dice	6	lb.	
Red onion, cut into 1 ½- inch dice	3	ea.	
Bell pepper, cut into 1 ½- inch dice	3	ea.	
Thick cut bacon, lardon strips	18	ea.	
Bamboo skewers, 6-inches, soaked	24	ea.	
Salt	to	taste	
Ground black pepper	to	taste	

### Method

1. Whisk together the vinegar, molasses, garlic, thyme, orange zest, and cumin in a small bowl.
2. Arrange the fish, onion, bell pepper, and bacon in an alternating fashion on the skewers. Fill the skewers as much as possible, leaving just ½ inch of the wood on each end. Lay out the assembled skewers on a platter or baking sheet. Brush all sides of the skewers.
3. On a clean and preheated grill, grill the skewers for 2 minutes per sides, turning 3 to 4 times, brushing constantly with the glaze. Remove the skewers from the grill with the fish is still raw in the middle. Place on a sheet pan and glaze one last time.
4. Prior to service, place the sheet pan in a 375°F oven and finish cooking.
5. Serve hot.

# MIXED GREEN SALAD WITH RED WINE VINAIGRETTE AND MARCONA ALMONDS

*Yield: About 10 Portions*

## Ingredients

## Amounts

### ***Red wine vinaigrette***

Red wine vinegar	4 fl. oz.
Mustard (optional)	1 tsp.
Shallots, minced	¼ wt. oz.
Sugar	1 tsp.
Salt	1 tsp.
Ground black pepper	¼ tsp.
Olive or canola oil	12 fl. oz.
Fresh herbs, minced (optional)	1 ½ Tbsp.

Seasonal mixed salad greens	2 lb.
-----------------------------	-------

Marcona almonds	2 cups
-----------------	--------

## Method

1. Wash and dry the greens.
2. To prepare the dressing, combine the vinegar, mustard (if using), shallots, sugar, salt, and pepper in a bowl and whisk to combine. Gradually whisk in the oil. Taste and adjust the seasonings, if needed. (You will be adding the fresh herbs at service time.) Set dressing aside until service.
3. Right before service, whisk to recombine dressing and add the herbs. Combine the salad greens with enough dressing to lightly coat. Toss to combine.
4. Serve the dressed salad in a chilled bowl garnished with Marcona almonds.

# COCOA AND CHILE RUBBED STEAK AND GAUFRETTE POTATOES

*Yield: 12-24 Portions depending on size*

Ingredients	Amounts
Unsweetened cocoa powder	1 ½ Tbsp.
Kosher salt	1 ½ Tbsp.
Ancho chile powder	3 tsp.
Sesame seeds	1 ½ tsp.
Ground black pepper	1 ½ tsp.
Sirloin roast, cut into 24 pieces	3 lb.
Canola oil	1 ½ Tbsp. or as needed to sauté
Gaufrettes (recipe follows)	1x recipe

## Method

1. Combine the cocoa, salt, ancho powder, sesame seeds, and pepper in a small bowl and mix well.
2. Season the steaks on both sides with the rub. You may not use all of it. Store any leftover rub in a tightly sealed container in a cool, dry place.
3. Right before Service Position on a wire rack over a baking sheet. Heat the canola oil (enough to just coat the pan) in a large sauté pan over medium-high heat and sear the steak on both sides until golden brown, 2-4 minutes per side, but very rare. Alternatively, heat a grill and grill until rare.
4. Transfer to the rack for service.
5. For service, heat an oven to 375°F. Place the steaks in the oven and cook to medium rare, about 5 minutes.
6. Serve the steak on a warm plate accompanied by Gaufrettes.

# GAUFRETTE POTATOES

*Yield: 3 Pounds*

## Ingredients

## Amounts

Idaho potato (russet), peeled	3 lb.
Salt	to taste
Ground black pepper	to taste

## Method

1. Slice potatoes on mandolin per Chef's demonstration (see **Note** for detailed method)
2. Hold in cold water until ready to fry.
3. Drain and pat the potatoes until very dry. Deep fry the gaufrette potatoes. See chef for demonstration please.
4. Remove from fryer with a skimmer or spider and drain on absorbent paper.
5. Season with salt and pepper to taste.

## Notes on Waffle/Gaufrette Cuts:

- Use a mandoline to make waffle (gaufrette) cuts.
- Potatoes, sweet potatoes, beets, and other large, relatively solid foods can be made into this cut.

## Technique

- The blades of the mandoline are set so that the first pass of the vegetable doesn't actually cut away a slice but only makes grooves.
- Turn the potato 45 degrees and make the second pass to create waffle cut potatoes. Run the vegetable the entire length of the mandoline.
- Turn the vegetable 45 degrees and repeat the entire stroke.
- Repeat this procedure, turning the vegetable 45 degrees on each pass over the mandolin.

# SHRIMP TEMPURA WITH SOY DIPPING SAUCE

*Yield: 16 to 40 Portions depending on type of meal*

## Ingredients

## Amounts

### ***Dipping Sauce***

Primary Dashi (recipe follows)	1 qt.
Mirin wine	1 cup
Light soy sauce	1 cup
Daikon, grated	1 lb.
Ginger, grated	3 Tbsp.

### ***Batter***

Egg yolk	4 ea.
Water, or seltzer ice cold	6 cups
Baking soda	½ tsp.
All-purpose flour, sifted	4 cups
Cornstarch	2 2/3 cups
Shrimp, 16/20, shelled, deveined	3 lb.
Bamboo skewers, 6-inches, soaked	32 ea. or more as needed
All-purpose flour	9 ⅓ wt. oz.
Vegetable oil (for deep frying)	as needed

## Method

1. To prepare the dipping sauce, combine the dashi, mirin, and soy sauce in a saucepot and bring to a simmer. Remove from the heat and add the daikon and ginger. Set aside for service.
2. To prepare the batter, combine the egg yolk with the water and baking soda in a large mixing bowl. Sift in the flour and cornstarch and mix well with a wooden spoon. The batter should be somewhat thin and run easily off the spoon (check with chef for correct consistency) Cover and set aside until service.
3. Butterfly the shrimp and thread onto skewers according to Chef's demonstration. Set aside in refrigerator until service.
4. At time of service, heat oil to 375°F.
5. Set up a working station for batter/frying procedure. Working in batches as necessary, dredge the shrimp in the flour and then dip in the batter. Fry until golden brown and cooked through.
6. Serve accompanied by the dipping sauce.

## PRIMARY DASHI

*Yield: 1 Quart (6 servings as a base for clear soup)*

### Ingredients

### Amounts

Water, cold	1 qt.
Giant kelp ( <i>konbu</i> )	1 wt. oz.
Bonito flakes ( <i>hana-katsuo</i> )	1 wt. oz.

### Method

1. Fill a medium-sized soup pot with 1 quart cold water and add the kelp. Heat, uncovered until just before it begins to boil. Remove the pot from the heat immediately as kelp emits a strong odor when boiled.
2. Insert your thumbnail into the fleshiest part of the kelp. If it is soft, sufficient flavor has been extracted. If still tough, return pot to heat for 1 to 2 minutes, adding 2 ounces cold water to prevent the dashi from boiling.
3. Once the kelp has released its flavor, remove it immediately and set aside. Add the bonito flakes to the pot without stirring. Bring to a boil then remove from the heat.
4. Allow the mixture to sit until flakes begin to settle to the bottom of the pot, between 30 seconds and 1 minute. Skim the foam from the surface, and filter through a cheesecloth-lined sieve.
5. Reserve the dashi until ready to use.

# MIXED GREENS WITH BANYULS VINAIGRETTE, BLUE CHEESE, CURRANTS, AND WALNUTS

*Yield: About 10 Portions*

Ingredients	Amounts
<b><i>Banyuls vinaigrette</i></b>	
Banyuls vinegar	4 fl. oz.
Shallots, minced	½ Tbsp.
Dijon mustard	1 Tbsp.
Salt	to taste
Ground black pepper	to taste
Extra virgin olive oil	10 fl. oz.
 Seasonal mixed salad greens	 2 lb.
Blue cheese, crumbled	as needed
Currants	as needed
Walnuts	as needed

## Method

1. Wash and dry the greens.
2. To prepare the dressing, combine the vinegar, shallots, dijon, salt, and pepper in a bowl and whisk to combine. Gradually whisk in the oil. Stir in the herbs, if desired. Taste and adjust the seasonings, if needed. Set aside until service.
3. At the time of service combine the greens with enough dressing to lightly coat. Toss to combine.
4. Serve the dressed salad in a chilled bowl garnished with cheese, currants, and walnuts.



## **CIA INSTRUCTOR POLICY ON PROPRIETARY INTERESTS DISCLOSURE AND REPRESENTATION**

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

These Materials Were Developed at The Culinary Institute of America.

Instructional Designers and Editors

Corrie Clark, RDN, LD

Chef Will Packwood

Demetra Stamus

Chef Mark Ainsworth

Chef Hinnerk Von Bargaen

Chef Barbara Alexander

Theodore Rutherford

Deutsch Family Wines- Food and Wine Pairing v.10.docx

Copyright © 2019-22

The Culinary Institute of America

All Rights Reserved

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