



Culinary Institute of America

2023 NAPA SCRATCH FOOD PROFESSIONALS TRAINING AT COPIA



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

2023 Napa Scratch Food Professionals Training at Copia

Monday, June 19, 2023

Start Time	End Time	Topic/Group	Faculty / Staff	Location
9:00 AM	10:00 AM	Breakfast Meet & Greet		Offsite/Oxbow
10:00 AM	10:30 AM	Introduction & Juneteenth Appreciation Culinary A + B & Non-Culinary	Vacaville Team	Ecolab Theater
10:30 AM	12:00 PM	Tyler Florence Culinary A + B & Non-Culinary		Ecolab Theater
12:00 PM	1:00 PM	Lunch		Offsite/Oxbow
1:00 PM	3:00 PM	Meat Fabrication Demonstration Culinary A + B & Non-Culinary	Chef George Shannon	Ecolab Theater
3:00 PM	5:00 PM	Vendor Showcase Culinary A + B & Non-Culinary	Various Companies	Atrium
5:00 PM		End of Day		

Tuesday, June 20, 2023

Start Time	End Time	Topic/Group	Faculty / Staff	Location
7:00 AM	8:00 AM	Breakfast		Offsite/Oxbow
8:00 AM	12:00 PM	Kitchen Workshop – Indian Cuisine Culinary B	Chefs Shannon, Alexander, Peizer, Hongkham	NVVT 8:00 AM B1 – Hestan TK, B2 – Hestan TK
8:00 AM	12:00 PM	Disney Training Culinary Group A & Non-Culinary	Disney Team	Ecolab Theater

Start Time	End Time	Topic/Group	Faculty / Staff	Location
12:00 PM	1:00 PM	Lunch – All Groups		Mezzanine
1:00 PM	5:00 PM	Kitchen Workshop – Additional Pork Fabrication and Next Day Kitchen Prep Culinary Group A	Chefs Shannon, Alexander, Peizer, Hongkham	NVVT 1:00 PM B1 – Hestan TK, B2 – Hestan TK
1:00 PM	5:00 PM	Disney Training Culinary Group B	Disney Team	Ecolab Theater
1:00 PM	4:00 PM	Non-Culinary Breakout Sessions	Various Individuals	PDR 1 & 2
4:00 PM	5:00 PM	Non-Culinary Breakout Defining Deliciousness	Chef Shannon	PDR 1 & 2
5:00 PM		End of Day		

Wednesday, June 21, 2023

Start Time	End Time	Topic/Group	Faculty / Staff	Location
7:00 AM	8:00 AM	Breakfast		Offsite/Oxbow
8:00 AM	12:00 PM	Kitchen Workshop – Pan-Asian Cuisine Culinary A	Chefs Shannon, Alexander, Peizer, Hongkham	NVVT 8:00 AM B1 – Hestan TK, B2 – Hestan TK
8:00 AM	12:00 PM	UC Davis Training Culinary Group B	UC Davis Team	Ecolab Theater
8:00 AM	12:00 PM	Non-Culinary Breakout Sessions	Various Individuals	PDR 1 & 2
12:00 PM	1:00 PM	Lunch – All Groups		Mezzanine
1:00 PM	5:00 PM	Kitchen Workshop – Fabrication and Advanced Preparation for Cook-off Culinary Group B	Chefs Shannon, Alexander, Peizer, Hongkham	NVVT 1:00 PM B1 – Hestan TK, B2 – Hestan TK
1:00 PM	5:00 PM	UC Davis Training Culinary Group A & Non-Culinary	UC Davis Team	Ecolab Theater

Start Time	End Time	Topic/Group	Faculty / Staff	Location
5:00 PM		End of Day		

Thursday, June 22, 2023

Start Time	End Time	Topic/Group	Faculty / Staff	Location
8:00 AM	9:00 AM	Breakfast		Offsite/Oxbow
9:00 AM	12:00 PM	Kitchen Workshop – Market Basket Cook-off Culinary A + B	Chefs Shannon, Alexander, Peizer, Hongkham	Hestan Red, Hestan Yellow Hestan Orange
9:00 AM	12:00 PM	Non-Culinary Breakout Sessions	Various Individuals	PDR 1 & 2
12:00 PM	1:00 PM	Lunch – All Groups		Mezzanine
1:00 PM	2:00 PM	What's Next All Teams	Juan Cordon Chef Richie Wilim Chef Brian Miller Chef George Shannon	Ecolab Theater
2:00 PM		Program Concludes		

KITCHEN PRODUCTION TEAM ASSIGNMENTS

JUNE 20TH - INDIA

TEAM ONE

Chicken Tikka Masala
Spinach with Coconut
Coriander and Cashew Chutney
Rice Pudding with Brown Sugar and Ghee

TEAM TWO

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

TEAM THREE

Pork Vindaloo
Coconut Rice
Chai Panna Cotta
Walnut and Yogurt Chutney

TEAM FOUR

Pork Biryani
Vegetable Samosa with Honey Almond Chutney
Sweet and Sour Red Lentils
Black Pepper Rice

CHICKEN TIKKA MASALA

Yield: 10 portions, with rice

Ingredients	Amounts
Chicken thighs, boneless, skinless	3 lb.
Salt	as needed
Ground black pepper	as needed
Lemon juice	1 ea.
Ghee	2 fl. oz.
Sweet paprika	1 Tbsp.
Korean chili pepper, ground	1½ tsp.
Cumin, ground	2 tsp.
Ginger, ground	1 tsp.
Garam masala	2 tsp.
Turmeric, ground	2 tsp.
Coriander, ground	2 tsp.
Onion, small dice	4 wt. oz.
Garlic, sliced	½ oz.
Yogurt, thick (Greek)	1 cup
Skewers, bamboo, 6-inches, soaked	10 ea.
Rice, basmati	2 ½ cups
Stock or water	3 ¾ cups

Method

1. Dice the chicken into 1- inch dice and season with salt, pepper, and lemon juice.
2. In a saucepan or similar heat, the ghee, add all dry spices and cook until aromatic.
3. Add the onions and cook very gently until the onions are very tender.
4. Add the garlic and continue to sweat for about one minute.
5. Puree the onion-spice mix in a blender, adding small amounts of yogurt as needed to facilitate the blending.
6. Combine the spice puree with the diced chicken, mix well and add the remainder of the yogurt.
7. Allow to marinate for about one hour.
8. Skewer the chicken pieces on 2 bamboo skewers (ask for a demo from the Chef) and grill until cooked through and well charred.
9. 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.

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

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.

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

TANDOORI CHICKEN

Yield: 8 portions

Ingredients	Amounts
Chicken thigh or breast, boneless and skinless	16 ea.
<i>Marinade:</i>	
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. 15

PANEER PUFFS STUFFED WITH SPINACH

Yield: 24 portions

Ingredients	Amounts
Vegetable oil	1 tsp.
Mustard seeds	1/4 tsp.
Garlic clove, minced	1 ea.
Ginger, peeled, minced, 1/2" piece	1 ea.
Spinach, fresh, washed thoroughly, stems removed	1/2 lb.
Cayenne pepper	1/2 tsp.
Roasted cumin, ground	1/2 tsp.
Salt	1/4 tsp.

Paneer dough

Paneer (recipe follows) (let set for 20 minutes so it does not become too firm)	3/4 lb.
Flour	2 tsp.
Egg, whisked	1 ea.
Shallots, minced	1 1/2 Tbsp.
Green serrano chile, small, minced	1 ea.
Fresh cilantro, minced	1 Tbsp.
Salt	1/2 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 1/2 to 2/3 teaspoon spinach filling in the indentation. Cover the filling with about 1/2 teaspoon of paneer mixture.

PG. 16

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 plate 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	3 lb.
Salt	1 Tbsp.
Sugar	1 Tbsp.
Eggs (optional)	1 ea.
Milk (optional)	½ cup
Yogurt, plain (optional)	½ cup
Butter or olive oil	¼ cup
Yeast	½ Tbsp.
Water to knead flour	as needed
Butter (or variation, optional)	to garnish

Method

1. Mix all ingredients together in a bowl.
2. Add water and knead thoroughly. Make a smooth dough and keep aside for at least one hour in a warm place.
3. Divide the dough into equal parts and shape them a little larger than a golf ball.
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 cilantro garlic butter and serve.

Source: Rohit Singh

MINT CHUTNEY

Yield: approx.. 2 cups

Ingredients	Amounts
Lemon juice	½ Cup
Rice wine vinegar	½ Cup
Sugar	4 Tbsp.
Garlic cloves, finely chopped	4 large
Cilantro leaves and tender stems	2 Cups
Mint leaves	1 Cup
Serrano chilies, finely sliced	2 Ea.
Walnuts, chopped	8 Tbsp.
Water if necessary for thinning the chutney	as needed
Coarse salt	as needed

Method

1. Place the lemon juice, rice vinegar, sugar, and the garlic into the container of an electric blender. Process until the mixture is finely pureed. Add the cilantro, a little at a time, and process, scraping down the contents, until the herbs are well minced.
2. Add the mint, chilies and walnuts and process until the contents are pureed to a sauce.
3. Transfer to a bowl, add salt to taste and serve immediately or refrigerate

PORK VINDALOO

Yield: 8 portions

Ingredients	Amounts
Pork shoulder, boneless cut into 1" 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)

CHAI PANNA COTTA

Yield: 10 Portions

Ingredients	Amounts
Gelatin sheets	6 ea.
Heavy cream	6 cups
Sugar	1 ½ cup
Bay leaves	3 ea.
Green cardamom pods, crushed	8 ea.
Black cardamom pods, crushed	4 ea.
Black peppercorns, lightly crushed	2 tsp.
Cloves	4 ea.
Cinnamon stick	2 ea.
Assam tea leaves	4 Tbsp.
Earl Grey tea leaves	4 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 10 each 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

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)

PORK BIRYANI

Yield: 10 Portions

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

Method

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

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

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

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.

SWEET AND SOUR RED LENTILS

Yield: 8 Portions

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

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 ½ cups of water, or enough to just cover the lentils. Bring to a boil then reduce to low simmer for about 20 to 30 minutes or until the lentils are tender.
4. Gently mash the lentils to a pulpy consistency, should still look like beans, not pureed.
5. While the lentils are cooking place the additional water and the tamarind in a small bowl to loosen and dissolve the paste. Force through a fine strainer to remove the pods extracting the paste. Set aside.
6. 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.
7. Add the lentils, 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 adjusting the consistency with water if needed so that it has a thick stew consistency.
8. 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

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, mignonette crack	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 (cracked somewhat finely, not ground) 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.

KITCHEN PRODUCTION TEAM ASSIGNMENTS

JUNE 21ST – ASIAN

TEAM ONE - THAILAND

Crispy Rice Noodles with Pork (loin) and Shrimp

Thai Style Green Papaya Salad

Coconut Rice

Stir Fried Vegetables and Crispy Tofu tossed in a Peanut Sauce

TEAM TWO – VIETNAM

Rice Paper wrapped salad rolls (pork shoulder, shrimp)

Crispy Spring Rolls with Dipping Sauce

Sautéed Bok Choy with Tofu and Hoisin Sauce

Vietnamese Lotus Root Salad

TEAM THREE - KOREA

Spicy Kim Chi Stew with Pork (shoulder)

Braised Korean Beef Short Ribs

Daikon and Cucumber Salad

Korean Stir-Fried Glass Noodles

TEAM FOUR – ASIAN STREET FOODS

Beef Cured with Lime Juice and Onions

Stir Fried Shredded Flatbread

Shanghai Style Braised Pork Belly with Steamed Buns

CRISPY RICE NOODLES WITH PORK AND SHRIMP

Yield: 10 Portions

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

Method

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

THAI-STYLE GREEN PAPAYA SALAD

SOM TAM

Yield: 10 servings

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

Method

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

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.

RICE PAPER-WRAPPED SALAD ROLLS

Yield: 8 Portions

Ingredients	Amounts
Pork shoulder	½ lb.
Shrimp, raw with shells, medium	12 ea.
Rice papers, 12-inch rounds	as needed
Red leaf lettuce, small head	1 ea.
Rice vermicelli noodles, cooked, rinsed, and cooled	¼ lb.
Bean sprouts	1 cup
Mint leaves	1 cup
Basil leaves	1 cup
Hoisin Peanut Sauce or Vietnamese Dipping Sauce (recipes follow)	1 cup

Method

1. Simmer pork in salted water until just cooked, about 30 minutes. Submerge in ice water to cool down and prevent it from drying out. Once the pork is cold, cut it into thin slices and set aside.
2. Cook the unpeeled shrimp in salted boiling water until pink. Shell, de-vein, and cut in half lengthwise. Refresh in cold water and set aside.
3. Separate lettuce leaves and remove any bitter core. Wash and pat dry.
4. Set up a salad roll "station" by filling a large mixing bowl with very hot water. Keep some boiling water ready to add to bowl if temperature drops. Arrange the following items in the order used: rice paper, hot water, a damp cheesecloth, and platter holding all the filling ingredients.
5. Carefully bend a rice paper in half and dip into the hot water until completely softened. Lay the sheet down on cheesecloth and stretch slightly to remove wrinkles.
6. Arrange a line of 3 shrimp halves, cut-side up, in a line across the bottom third of the circle and top with two slices of pork. Leave an inch empty at the ends for rolling. Add a piece of lettuce folded into a thin rectangle about 5" long.
7. Distribute 1 Tbsp. of vermicelli, 1 Tbsp. of bean sprouts, and 4 to 5 mint and basil leaves evenly along the line. Use the finger tips of one hand to hold down the ingredients, while you use the other hand to fold up one side of the rice paper and secure it under the finger tips holding down the ingredients. Repeat with the other side of the rice paper. Now use the finger tips of both hands to hold down the filling as well as the folded over ends of the rice paper. Use the thumbs of both hands to fold the bottom edge of the rice paper over the filling, removing your finger tips in the same motion. The goal is to have a tight roll about 1 ½ inches wide and 5 inches long. Repeat the process with remaining ingredients.
8. Cut rolls in half on a bias.
9. Place cut rolls upright on an appetizer plate. Serve with dipping sauce on the side.

HOISIN-PEANUT SAUCE

Yield: 4 Cups

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

Method

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

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.

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.

SPICY KIM CHI 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.

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BRAISED KOREAN BEEF SHORT RIBS

Yield: 8 Portions

Ingredients	Amounts
Dried shiitake mushrooms	10 ea.
Beef short ribs, bone-in, 3-inch lengths	4 lb.
Mirin wine	1 cup
Light soy sauce	½ cup (or as needed)
Onion, 2-inch pieces	1 ea.
Ginger, peeled and lightly crushed	1 wt. oz.
Garlic cloves, chopped	3 ea.
Chinese red dates (Jujube)	½ cup
Daikon, oblique*	½ lb.
Carrots, oblique*	½ lb.
Sugar	as needed
Pine nuts, toasted	½ cup
Dark sesame oil	1 Tbsp.
Egg, separated, thin omelet made with yolk and whites separately cut into bite-sized diamonds	4 ea.

Method

1. Place the shiitake mushrooms in a bowl of warm water to re-hydrate. Cut off the stems and discard. Cut caps in half. Decant the mushroom re-hydration liquid and reserve to cook the beef.
2. Blanch (par-cook) the short ribs in a large pot of rapidly boiling water. Drain well and then rinse the short ribs.
3. Place the ribs into a clean stockpot; cover with water, then add the mirin, soy sauce, onions, ginger, garlic, dates, and reserved mushroom liquid.
4. Bring the mixture to a boil, then immediately reduce the heat to maintain a simmer. Simmer for at least 2 hours until the meat is fork-tender, skimming any scum that rises to the surface. After the first hour of cooking, add the mushrooms, daikon, and carrots. Stir meat occasionally to keep well moistened.
5. Before serving, remove the crushed ginger.
6. Taste the simmering liquid. Adjust seasoning with soy sauce and sugar as needed to create a slightly sweet and salty flavor that is fairly intense.
7. Serve garnished with pine nuts, sesame oil, and omelet diamonds.

Note: Oblique-cut items are small pieces with two angle-cut sides. To make, cut a long, cylindrical vegetables (such as a daikon or carrot) on a 45° diagonal, then roll the item a half turn and make another cut on the diagonal.

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.

Marinade

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.

STIR FRIED SHREDDED FLAT BREAD

CHAO BING

Yield: 10 Portions

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

Method

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

9. At service, sweat the garlic, scallions and crushed red pepper in a wok in vegetable oil until fragrant.
10. Add the carrots, cabbage and leeks and stir fry until tender.
11. Add the shredded flat bread, toss well to combine, and adjust seasoning with salt, white pepper, and soy sauce.
12. Add the bean sprouts, cilantro, and sesame oil, toss well, and serve.

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

SHANGHAI STYLE BRAISED PORK BELLY STEAMED BUNS

Yield: 10 Portions

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

Method

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

SHANGHAI STYLE BRAISED PORK BELLY

Yield: 10 portions

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

Method

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

KITCHEN PRODUCTION TEAM ASSIGNMENTS

JUNE 22, 2023

MARKET BASKET EXERCISE

15 TEAMS OF 5 PEOPLE – 75 PEOPLE

3 COOKING SUITES, 5 TEAMS PER SUITE

EACH TEAM WILL PRODUCE A FAMILY STYLE DISH

THAT INCLUDES A PROTEIN, AND TWO OR THREE ACCOMPANIMENTS

DEVELOP AND EXECUTE A MENU BASED ON

PRODUCT UTILIZATION

SOME ITEMS FROM PORK FABRICATION

PLANT FORWARD

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

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
George Shannon

VUSD - Recipe Pack June 2023.docx

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