



Culinary Institute of America

COLUSA COUNTY & FRIENDS **CULINARY TRAINING PROGRAM** **MENU**

July 2023



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,

A handwritten signature in black ink, appearing to read 'George Shannon'.

George Shannon, CEC

Project Manager Chef

845-905-4413 george.shanno@culinary.edu

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 Colusa County & Friends Culinary Training Program

Friday, July 27, 2023

Start Time	End Time	Topic/Group	Faculty / Staff	Location
8:00 AM	8:30 AM	Arrival - Breakfast – provided by the CIA Special Events Team		TBD
8:30 AM	9:30 AM	Welcome - Program Overview, Introductions, Objectives	Mike Skibitcky	Napa Valley Vintners Theater
9:30 AM	10:00 AM	Production Review	Mike Skibitcky	Napa Valley Vintners Theater
10:00 AM	12:30 PM	Kitchen Exercise	Mike Skibitcky	Hestan Orange & Red
12:00 PM	1:00 PM	Lunch from Production		Mezzanine
1:00 PM	2:00 PM	Review and Critique of the Day	Mike Skibitcky	Napa Valley Vintners Theater
2:00 PM	3:00 PM	What Now?	Mike Skibitcky	Napa Valley Vintners Theater
3:00 PM		Departure		

KITCHEN PRODUCTION TEAM ASSIGNMENTS

EACH TEAM - KNIFE SKILLS

Dice Onion
Julienne Red Onions
Oblique Cuts Carrots
Jicama, julienne

TEAM ONE

Lentil Taco Salad
Spicy Jack Cheese Sauce
Melon, Citrus, and Jicama Salad with mint

TEAM TWO

Strawberry, Spinach, and Chicken Salad
Classic Macaroni and Cheese
Roasted Brussel Sprouts

TEAM THREE

Berry Chicken Salad
Creamy Pasta Carbonara
Glazed Carrots

TEAM FOUR

Sriracha Ranch Potato and Chicken Salad
Nacho Cheese Sauce
Roasted Broccoli and Cauliflower

LENTIL TACO SALAD

Yield: 10 Portions

Ingredients	Amounts
Lentils, dry, rinsed	1 lb.
Water	3 ½ quarts
Tomato Puree	2 cups
Lime juice	1 ½ Tbsp.
Cumin	½ tsp.
Chili Powder	½ Tbsp. or as needed
Lettuce, Romaine, shredded	1 Lb. 5 oz. (2 Qts. 2 c.)
Tomatoes, Fresh, chopped	1 ¼ cups
Corn, frozen, thawed	2 ½ cups
Cheese, Cheddar, shredded	1 1/8 cups
Corn tortilla chips	10 oz.
BBQ Ranch Dressing (recipe follows)	1 ¼ cup
Salsa Mexicana (recipe follows)	3 cups

Method

1. In a large saucepot place dry lentils and water, bring to a boil, reduce and simmer until most of the water is absorbed and the lentils are tender.
2. Add tomato puree, lime juice, cumin, and chili powder into lentils.
3. Simmer for an additional 10-12 minutes until the mixture thickens.
4. Wash and prepare the lettuce and tomatoes.
5. To assemble salads as individual plates, place tortilla chips around the plate, place 1 cup of lettuce on plate as a base.
6. Serve one #10 dipper of lentil filling, ¼ cup tomato, ¼ cup corn, 1/8 cup shredded cheddar cheese, and 1/8 cup salsa.

BBQ RANCH DRESSING

Yield: 1 ¼ cups

Ingredients	Amounts
Buttermilk	2/3 cup
Lemon juice	1 tsp.
Yogurt, low fat, plain	¼ cup
Sour cream, low fat	2 Tbsp.
Mayonnaise, low fat	1/3 cup
Onion powder	1 tsp.
Garlic, granulated	1 tsp.
Sub 1 clove fresh garlic minced if needed	
White pepper, ground	1/8 tsp.
Chives, fresh, minced	1 Tbsp.
Parsley, fresh, minced	1 Tbsp.
Paprika, smoked	¼ tsp.
BBQ sauce	¼ cup

Method

7. Combine buttermilk and lemon juice in a mixing bowl. Allow mixture to set for 10 minutes.
8. Blend yogurt and sour cream into the buttermilk mixture. Let mixture set for 5 more minutes.
9. Add mayonnaise, onion powder, garlic, pepper, chives, parsley, smoked paprika and BBQ sauce. Mix with a wire whisk for 2-3 minutes until blended.
10. Cover, label and refrigerate until served

SALSA MEXICANA

CHOPPED TOMATO AND SERRANO CHILE SALSA

Yield: 24 Fluid Ounces

Ingredients	Amounts
Serrano chiles, small diced	6 ea.
Roma tomatoes, small diced	9 ea.
White onion, small diced	1 ½ ea.
Cilantro, chopped, stems included	1 ½ bu.
Lime juice	1 ½ fl. oz.
Olive oil	¾ fl. oz.
Salt	to taste

Method

1. Place all the ingredients in a bowl, season with lime juice, olive oil, and salt to taste.
2. Mix to combine and serve.

SPICY JACK CHEESE SAUCE

Yield: 10 each 1 ½ oz. portions

Ingredients

Milk, skim
Cheese, pepper jack
Butter, unsalted
Chili powder
Cumin, ground
Paprika
Onion Powder

Amounts

2 ½ cups
12 oz
1 ½ Tbsp
1 tsp.
1 tsp.
¼ tsp.
¼ tsp.

Method

1. Combine milk, butter, and seasonings, bring to a light simmer, approximately 185° F, stirring occasionally. Add cheese and stir over medium heat until cheese is melted, and mixture is smooth, approximately 15 minutes.
2. To maintain smooth consistency, serve immediately or keep warm. (If sauce becomes too thick, add a small amount of milk, as needed, stirring well after each addition.)
3. Portion size is 1 ½ ounce (3 Tbsp).

MELON, CITRUS, AND JICAMA SALAD WITH MINT

Yield: 10 portions

Ingredients

Honeydew melon, peel, seed
and julienne

Jicama, peel, julienne

Oranges, peel, and segment
have the chef demo supreme cut

Mint, fresh, stemmed, and minced

Lime Juice

Amounts

1 $\frac{3}{4}$ lbs.

10 oz.

2 lbs. (about 2 cups)

2 Tbsp.

$\frac{1}{4}$ cup

Method

1. Prepare all items as described above.
2. Combine the melon, oranges, jicama, mint, and lime juice in a large bowl.
3. Chill for 30 minutes before serving

STRAWBERRY, SPINACH, AND CHICKEN SALAD

Yield: 10 portions

Ingredients	Amounts
Sunflower or pumpkin seeds	4 oz.
Cucumbers, English, halve, Cut into ¼-inch thick slices	10 oz.
Strawberries, fresh, hull, cut ¼-inch slices	10 ½ oz.
Lettuce, Romaine, cut into 1-inch pieces	8 oz.
Spinach, baby, remove stems	9 oz.
Chicken, cooked, sliced, or shredded or chicken fajita meat	1 ¼ lbs.
Balsamic Maple Dressing (recipe follows)	1 ¼ cup

Method

1. Toast sunflower (or pumpkin) seeds in a large skillet over medium heat, stirring often, until fragrant and beginning to brown, 4 to 5 minutes. Transfer to a bowl and let cool.
2. Peel cucumbers. Cut in half lengthwise then slice ¼-inch thick.
3. Hull strawberries and cut into ¼-inch thick slices.
4. Trim romaine and cut into 1-inch pieces.
5. Mix spinach and romaine in a large bowl.
6. Add the strawberries, cucumbers, and toasted seeds to the greens.
7. Serve with 2 ounces of chicken per serving.
8. Drizzle with 1-ounce balsamic maple dressing

BALSAMIC-MAPLE DRESSING

Yield: 1 ¼ cups

Ingredients

Vinegar, balsamic
Maple syrup
Mustard, Dijon
Garlic, granulated
Salt, kosher
Black pepper, ground
Oil, olive

Amounts

2 Tbsp.
4 tsp.
½ tsp.
½ tsp.
¼ tsp.
¼ tsp.
¼ cup

Method

1. Combine vinegar, syrup, mustard, garlic, granulated, salt and pepper in a blender.
2. Put the lid on, remove center plug, and while motor is running, drizzle in oil through the hole until combined.

CLASSIC MACARONI AND CHEESE - USDA

Yield: 10 portions

Ingredients	Amounts
Elbow Macaroni	1 lb.
Milk, skim	3 cups
Butter, unsalted	3 Tbsp
Mustard, dry	1 ¼ tsp.
Pepper, black or white, ground	¼ tsp.
Cheese, American, or Cheddar	1 ¼ lbs.

Method

1. Heat a large pot of water to a rolling boil.
2. Slowly add macaroni. Stir constantly, until water boils again. Cook for about 8 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well.
3. Quickly stir milk into macaroni. Add margarine or butter and seasonings. The mixture will be quite liquid at this stage.
4. Add the cheese and stir until the cheese is melted and the mixture is smooth.
5. Pour the macaroni and cheese mixture into a hotel (steam table pan) which has been lightly coated with pan release spray. Hold for 30 minutes on a 180-190° F steam table to allow sufficient time for the mixture to set up properly. Can be held in a holding oven covered with plastic and film wrap if a steam table is not available
6. Portion with No. 6 scoop (2/3 cup).

ROASTED BRUSSELS SPROUTS

Yield: 10 portions

Ingredients	Amounts
Brussels sprouts, fresh halved or quartered	2 ½ lbs.
Oil, olive	3 Tbsp.
Salt, kosher	¾ tsp.
Black pepper, ground	½ tsp.
Balsamic vinegar	1 Tbsp.
Honey	1 Tbsp.

Method

1. Preheat oven to 400°F.
2. Trim the Brussels sprouts by cutting off the ends of the Brussels sprouts and pulling off any yellow outer leaves.
3. Toss Brussels sprouts in a bowl with olive oil, salt, and pepper. Pour them on a sheet pan in an even layer (do not overcrowd) and roast for 25 to 35 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly.
4. Remove the Brussels sprouts from the oven. Toss with balsamic vinegar and honey, if desired.

BERRY CHICKEN SALAD

Yield: 10 portion

Ingredients

Romaine lettuce
Blueberries, washed
Raspberries, washed if needed
Strawberries, washed, hulled, sliced
Onions, red, raw, julienne
Sugar snap peas, raw
Chicken, cooked, diced
or chicken fajita meat, diced

Amounts

1 lb. (about 2 heads or 3 hearts)
1 pint
1 pint
1 cont.
1 cup
1 ¼ lb.
1 ¼ lb.

Raspberry Ranch Dressing (recipe follows) as needed

Method

1. Clean romaine lettuce by removing any bad outer leaves, cutting it into 1-inch squares, wash, and dry before serving.
2. Prepare fruit as directed. Combine for service.
3. Place all items in a mixing bowl and gently toss for service.

This salad can be made one serving at a time by adding the following to a bowl and tossing it with 2 tablespoons of the Raspberry Ranch dressing:

- 1 ¼ ounces Romaine
- 1/4 cup berries
- 1 tablespoon julienne red onion
- 2-3 sugar snap peas
- 2 ounces of diced chicken

RASPBERRY RANCH DRESSING

Yield: 1 ¼ cups

Ingredients	Amounts
Raspberries, fresh or frozen	1 cup
Mayonnaise	½ cup
Milk	¼ cup
Yogurt, plain	¼ cup
Parsley, fresh, chopped	2 Tbsp.
Green onion, chopped with green	2 Tbsp
Garlic, finely minced	1 clove
Vinegar, raspberry	1 Tbsp.
Salt, kosher	½ tsp.
Black pepper, ground	¼ tsp.

Method

1. When using frozen red raspberries allow them to sit on the countertop at room temperature for about 30 minutes to thaw, disregard for fresh.
2. Gently mash the raspberries in a bowl until very wet and do not have any large pieces.
3. Combine the crushed raspberries with mayonnaise, milk, yogurt, parsley, green onion, garlic, vinegar, salt, and pepper in the bowl. Mix until fully incorporated.
4. Cover and refrigerate until ready to use.

CREAMY PASTA CARBONARA

Yield: 10 portion

Ingredients	Amounts
Bowtie Pasta	2 lb.
Olive oil	1 oz.
Guanciale, pancetta or sliced bacon, diced or cut into lardons	10 oz.
Onion, small yellow, small diced	2 cup
Heavy cream	1/2 cup
Milk, skim	1 cup
Egg yolks, beaten	8 ea.
Cheese, parmesan, grated	1 1/4 cup plus garnish
Pepper, black, freshly ground	to taste
Parsley, Italian, stemmed and chopped	as needed

Method

1. Cook the bowtie pasta, reserving some of the pasta water for the sauce. Set it aside.
2. Close to service time, render the bacon over medium heat using a little olive oil if the bacon does not render a substantial amount of fat. Cook until the bacon has a light browning to it.
3. Add the diced onions and sauté until translucent.
4. Add the cream, milk, and pasta, and heat to a gentle simmer.
5. Stir in the beaten egg yolks, and heat until the mixture starts to thicken. Adjust thickness with the reserved pasta water if needed. The consistency should be medium nappe (coats the back of a spoon without running off).
6. Season with pepper, mix in a little parsley, serve in a bowl or deep platter, garnish with additional chopped parsley and parmesan.

GLAZED CARROTS

Yield: 6 Portions

Ingredients	Amounts
Butter	4 Tbsp.
Carrots, oblique cut	1 ½ lb.
Sugar	2 ¼ Tbsp.
Chicken stock, hot	1 cup
Salt	to taste
Ground white pepper	to taste

Method

11. Melt the butter in a large sauté pan over medium-low heat, add the carrots.
12. Cover the pan and lightly sweat the carrots over medium-low heat for 2 to 3 minutes.
13. Add the sugar and stock. Season with salt and pepper. Bring to a simmer over medium heat.
14. Cover the pan and cook over low heat until the carrots are almost tender, about 5 minutes.
15. Remove the cover and continue to simmer until the cooking liquid reduces to a glaze and the carrots are tender, 2 to 3 minutes.
16. Season with salt and pepper to taste and serve immediately.

SRIRACHA RANCH POTATO AND CHICKEN SALAD

Yield: 10 portions

Ingredients	Amounts
Potatoes, russet, fresh, baked, and chilled	2 lbs.
Green onions, fresh, sliced	2 oz.
Chicken breast or tenders, cut into strips	1 ½ lbs.
Dressing:	
Yogurt, low-fat, plain	1 ¼ cup
Mayonnaise, regular	1 ¼ cup
Sriracha hot chili sauce	¼ cup
White vinegar	1 Tbsp.
Black pepper, ground	½ tsp.
Garlic, powder	½ tsp.
Onion, powder	¼ tsp
Romaine lettuce, fresh, cleaned, large dice, ready to eat	2 lbs.
Tomatoes, Roma, fresh, cut into wedges	1 lb. 2 oz.
Cucumbers, English, sliced 1/4 inch thick	1 lb.

Method

1. In a large mixing bowl combine the diced chilled baked potatoes and sliced green onions. Hold cold while preparing the sriracha ranch.
2. Prepare the Chicken breasts or tenders by baking or grilling. Allow them to cool and cut them into strips. Set aside.
3. Combine the plain yogurt, mayonnaise, sriracha hot chili sauce, white vinegar, black pepper, garlic powder, and onion powder, and mix well. Best if made 1 day in advance.
4. Add 1 cup of the dressing to the chilled potatoes and green onions mixture. Stir to combine.
5. Reserve the leftover dressing for garnishing the final salad.
6. Place a bed on the romaine salad on a platter, place the potato salad on top of the lettuce, and garnish salad with the tomato wedges, cucumber, and chicken strips. Drizzle with remaining dressing.

To assemble individual salads: Place 2 cups (3 ounces) of romaine lettuce into each serving container. Using a #8 scoop, portion or ½ cup of the potato salad on top of the lettuce. Place 2

ounces of the chicken strips on the lettuce next to the potato salad. Add one or two tomato wedges and 4 slices of cucumber to the salad. Serve each salad with a 1-ounce portion of additional sriracha ranch dressing. Can be served with whole grain crackers or croutons.

NACHO CHEESE SAUCE

Yield: 10 each 1 ½ oz. portions

Ingredients

Milk, skim
Cheese, cheddar
Butter, unsalted
Chili powder
Cumin, ground
Paprika
Onion Powder

Amounts

2 ½ cups
12 oz
1 ½ Tbsp
1 tsp.
1 tsp.
¼ tsp.
¼ tsp.

Method

1. Combine milk, butter, and seasonings, bring to light simmer, approximately 185° F, stirring occasionally. Add cheese and stir over medium heat until cheese is melted, and mixture is smooth, approximately 15 minutes.
2. To maintain smooth consistency, serve immediately or keep warm. (If sauce becomes too thick, add a small amount of milk, as needed, stirring well after each addition.)
3. Portion size is 1 ½ ounce (3 Tbsp).

ROASTED BROCCOLI AND CAULIFLOWER

Yield: 10 portions

Ingredients	Amounts
Broccoli, fresh	1 ½ lbs.
cut into quarter-sized florets	
Cauliflower, fresh	1 ½ lbs.
cut into quarter-sized florets	
Oil, olive, divided	4 Tbsp.
Salt, kosher, divided	¾ tsp.
Black pepper, ground, divided	½ tsp.

Nacho Cheese sauce (previous recipe)

Method

1. Preheat oven to 400°F.
2. Prepare the broccoli and cauliflower and keep them separate.
3. Toss them in separate bowls with half each of the olive oil, salt, and pepper. Pour them onto two separate sheet pans in an even layer (do not overcrowd) and roast for 10 to 20 minutes, until golden brown and tender on the inside. Shake the pan from time to time to brown them evenly.
4. Once done roasting gently combine the two and place in a serving bowl or platter.
5. Serve with Nacho cheese sauce (previous recipe).

Note: These are best roasted separately as their cooking times might be slightly different.



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

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