



# Culinary Institute of America

***EL DORADO UNIFIED  
HIGH SCHOOL DISTRICT***  
**CULINARY TRAINING PROGRAM**  
**JULY - AUGUST 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', with a long horizontal flourish extending to the right.

George Shannon, CEC

Project Manager Chef

845-905-4413 [george.shanno@culinary.edu](mailto: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](http://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 El Dorado Unified High School District Culinary Training Program

**Monday, July 31, 2023**

Start Time	End Time	Topic/Group	Faculty / Staff	Location
8:30 AM	9:30 AM	<b>Welcome - Program Overview, Introductions, Objectives</b>	Mike Skibitcky	Napa Valley Vintners Theater
9:30 AM	10:00 AM	<b>Production Review</b>	Mike Skibitcky	Napa Valley Vintners Theater
10:00 AM	12:30 PM	<b>Kitchen Exercise</b>	Mike Skibitcky	Hestan Teaching Kitchen - Red
12:00 PM	1:00 PM	<b>Lunch from Production</b>		Hestan Teaching Kitchen - Red
1:00 PM	2:00 PM	<b>Review and Critique of the Day</b>	Mike Skibitcky	Napa Valley Vintners Theater
2:00 PM	3:00 PM	<b>Market Basket Challenge Presentation</b>	Mike Skibitcky	Napa Valley Vintners Theater
3:00 PM		<b>Departure</b>		

**(cont.)**

**Tuesday, August 1, 2023**

<b>Start Time</b>	<b>End Time</b>	<b>Topic/Group</b>	<b>Faculty / Staff</b>	<b>Location</b>
8:30 AM	9:30 AM	<b>Market Basket Challenge Team Preparation</b>	Mike Skibitcky	Napa Valley Vintners Theater
9:30 AM	12:30 PM	<b>Kitchen Exercise</b>	Mike Skibitcky	Hestan Teaching Kitchen - Red
12:30 PM	1:00 PM	<b>Lunch from Production</b>		Hestan Teaching Kitchen - Red
1:00 PM	2:00 PM	<b>Review and Critique of the Day</b>	Mike Skibitcky	Napa Valley Vintners Theater
2:00 PM	3:00 PM	<b>What Now?</b>	Mike Skibitcky	Napa Valley Vintners Theater
3:00 PM		<b>Departure</b>		

# KITCHEN PRODUCTION TEAM ASSIGNMENTS

## EACH TEAM - KNIFE SKILLS

Dice Onion

Julienne onion

Oblique Cuts Carrots

Potato, baton

## TEAM ONE

Wiener Schnitzel with Lemon-Caper Beurre Blanc

Garlic-Roasted Potatoes with Parsley and Oregano

Braised Greens

## TEAM TWO

Grilled Salmon with Orange-Thyme Butter

Rice Pilaf

Green Beans

## TEAM THREE

40-Clove Chicken

Whipped Potatoes

Oven-Roasted Vegetables

## TEAM FOUR

Roast Sirloin of Beef with Jus Lié

Pommes Duchesse

Grilled Zucchini



# WIENER SCHNITZEL WITH LEMON-CAPER BEURRE BLANC

*Yield: 8 Portions*

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

## **Method**

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

# LEMON-CAPER BEURRE BLANC

*Yield: 2 Cups*

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

## **Method**

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

# GARLIC-ROASTED POTATOES WITH PARSLEY AND OREGANO

*Yield: 6 Portions*

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

## **Method**

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

# BRAISED GREENS

*Yield: 6 Portions*

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

## **Method**

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

# GRILLED SALMON WITH ORANGE-THYME BUTTER

*Yield: 6-8 Portions*

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

## **Method**

1. To prepare the orange-thyme butter, blend the butter with the orange juice, thyme, orange zest, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Place on a piece of plastic wrap. Roll into a 1-inch-diameter cylinder and secure the ends by twisting. Chill until firm, about 2 hours.
2. Preheat a gas grill to medium; leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
3. Season the fish with salt, pepper, and lemon juice. Brush evenly with oil.
4. Grill each salmon fillet to the desired doneness (usually medium).
5. Top each fillet with a slice of the orange-thyme butter. Place into a hot oven or pass under a broiler just long enough to begin melting the butter.
6. Serve immediately on a warm platter.

# RICE PILAF

*Yield: 6 Portions*

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

## **Method**

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

# GREEN BEANS

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Green beans, trimmed	1 ½ lb.
Olive oil	1 ½ tsp.
Shallots, minced	2 tsp.
Garlic, minced	1 tsp.
Salt	to taste
Ground black pepper	to taste
Chives, sliced	2 tsp.

## **Method**

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

# 40-CLOVE CHICKEN

*Yield: 6-8 Portions*

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

## **Method**

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

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



# WHIPPED POTATOES

*Yield: 6 - 8 Portions*

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

## **Method**

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

## **Variations:**

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

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

# OVEN-ROASTED VEGETABLES

*Yield: 6 Portions*

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

## **Method**

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

# ROAST SIRLOIN OF BEEF WITH JUS LIÉ

*Yield: 6-8 Portions*

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

## **Method**

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

# POMMES DUCHESSE

*Yield: 6 – 8 Portions*

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

## **Method**

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

# GRILLED ZUCCHINI

*Yield: 6 Portions*

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

## **Method**

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

# DAY TWO MARKET BASKET PROJECT

## OVERVIEW

Your chef instructor has assembled a market basket for each team. Your mission is to develop two menu items, serving 8 to 10 portions each, using product from the basket.

## GUIDELINES

Using the items included in your market basket, each team will need to prepare:

- First Course (Choice of Soup, Salad, Hot Appetizer, **or** Cold Appetizer)
- Entrée with Sauce and Accompaniments (Starch **and** Vegetable)

You will have three hours to produce and plate your menu items. All recipes should yield six to eight portions; one for the show plate and the remaining five displayed on platters or chafing dishes for the family meal.

## 4 TEAMS OF 5 PEOPLE

### GOALS:

### ELEVATING THE DISH

### GLOBAL FLAVORS

### MARKET BASKET

Shrimp  
Chicken Breasts  
Dry White Beans (soaked)  
Sweet Potatoes  
Mushrooms  
Green Beans

Red Onions  
Cauliflower  
Sage  
Cheddar Cheese  
Dried Apricots  
Puff Pastry

## COMMUNITY TABLE

The community table, from which all students may draw, can include the following items. Please draw only the amounts of each item that you will be using for your menu. There may be other items available as well and some items may not be available or in limited quantities.

<p><b><u>Thickeners</u></b></p> <ul style="list-style-type: none"> <li>• Cornstarch</li> </ul>	<p><b><u>Flours</u></b></p> <ul style="list-style-type: none"> <li>• All-purpose flour</li> <li>• Bread flour</li> <li>• Cake flour</li> </ul>	<p><b><u>Sweeteners</u></b></p> <ul style="list-style-type: none"> <li>• Brown sugar</li> <li>• Honey</li> <li>• White sugar</li> </ul>		<p><b><u>Grains</u></b></p> <ul style="list-style-type: none"> <li>• Assorted dry pastas</li> <li>• Arborio rice</li> <li>• Brown rice</li> <li>• Couscous</li> </ul>
<p><b><u>Oils</u></b></p> <ul style="list-style-type: none"> <li>• Canola oil</li> <li>• Extra virgin olive oil</li> <li>• Olive oil</li> <li>• Sesame oil</li> <li>• Vegetable oil</li> <li>• Vegetable spray</li> </ul>	<p><b><u>Vinegars</u></b></p> <ul style="list-style-type: none"> <li>• Balsamic vinegar</li> <li>• Cider vinegar</li> <li>• Red wine vinegar</li> <li>• Rice vinegar</li> <li>• Sherry vinegar</li> <li>• White wine vinegar</li> </ul>	<p><b><u>Spices &amp; Seasonings</u></b></p> <ul style="list-style-type: none"> <li>• Assorted spices</li> <li>• Kosher salt</li> <li>• Table salt</li> </ul>	<p><b><u>Condiments</u></b></p> <ul style="list-style-type: none"> <li>• Asian chili paste</li> <li>• Dijon mustard</li> <li>• Fish sauce</li> <li>• Hoisin sauce</li> <li>• Ketchup</li> <li>• Soy sauce</li> <li>• Tabasco</li> </ul>	<p><b><u>Wine &amp; Spirits</u></b></p> <ul style="list-style-type: none"> <li>• Apple Jack</li> <li>• Brandy</li> <li>• Burgundy wine</li> <li>• Chablis</li> </ul>
<p><b><u>Stocks</u></b></p> <ul style="list-style-type: none"> <li>• Beef Broth</li> <li>• Chicken stock</li> </ul>	<p><b><u>Dairy</u></b></p> <ul style="list-style-type: none"> <li>• 1/2 &amp; 1/2</li> <li>• Butter (unsalted)</li> <li>• Buttermilk</li> <li>• Cream cheese</li> <li>• Eggs</li> <li>• Heavy cream</li> <li>• Skim milk</li> <li>• Whole milk</li> <li>• Sour cream</li> </ul>	<p><b><u>Breads</u></b></p> <ul style="list-style-type: none"> <li>• Baguette</li> <li>• Flour tortilla</li> </ul>	<p><b><u>Miscellaneous Pantry Items</u></b></p> <ul style="list-style-type: none"> <li>• Breadcrumbs</li> <li>• Coconut milk</li> <li>• Tomato purée</li> <li>• Yellow corn meal</li> </ul>	<p><b><u>Produce</u></b></p> <ul style="list-style-type: none"> <li>• Garlic</li> <li>• Ginger</li> <li>• Idaho potatoes</li> <li>• Plum tomatoes</li> <li>• Red bliss potatoes</li> <li>• Red onions</li> <li>• Shallots</li> <li>• Yellow onions</li> </ul>

# MENU DEVELOPMENT WORKSHEET

## Flavor Combinations

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## Number of Components on Plate - variety of complementary items

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## Proper Cooking Technique - basics executed well

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## Colors - vibrant vs. earth tones

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## Height of Food - varied but not drastic

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## Texture Variations

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## Plate Layout - traditional vs. non-traditional

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**Plating, Balance & Composition - slice, whole, loose, molded & special cuts**

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**Practicality - not too much handling; can it be done consistently?**

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**Trends – based on common sense**

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**MENU FOR TEAM # \_\_\_\_\_**

**First Course (Soup, Salad, Hot Appetizer, or Cold Appetizer)**

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**Entrée with Sauce**

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**Starch**

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**Vegetable**

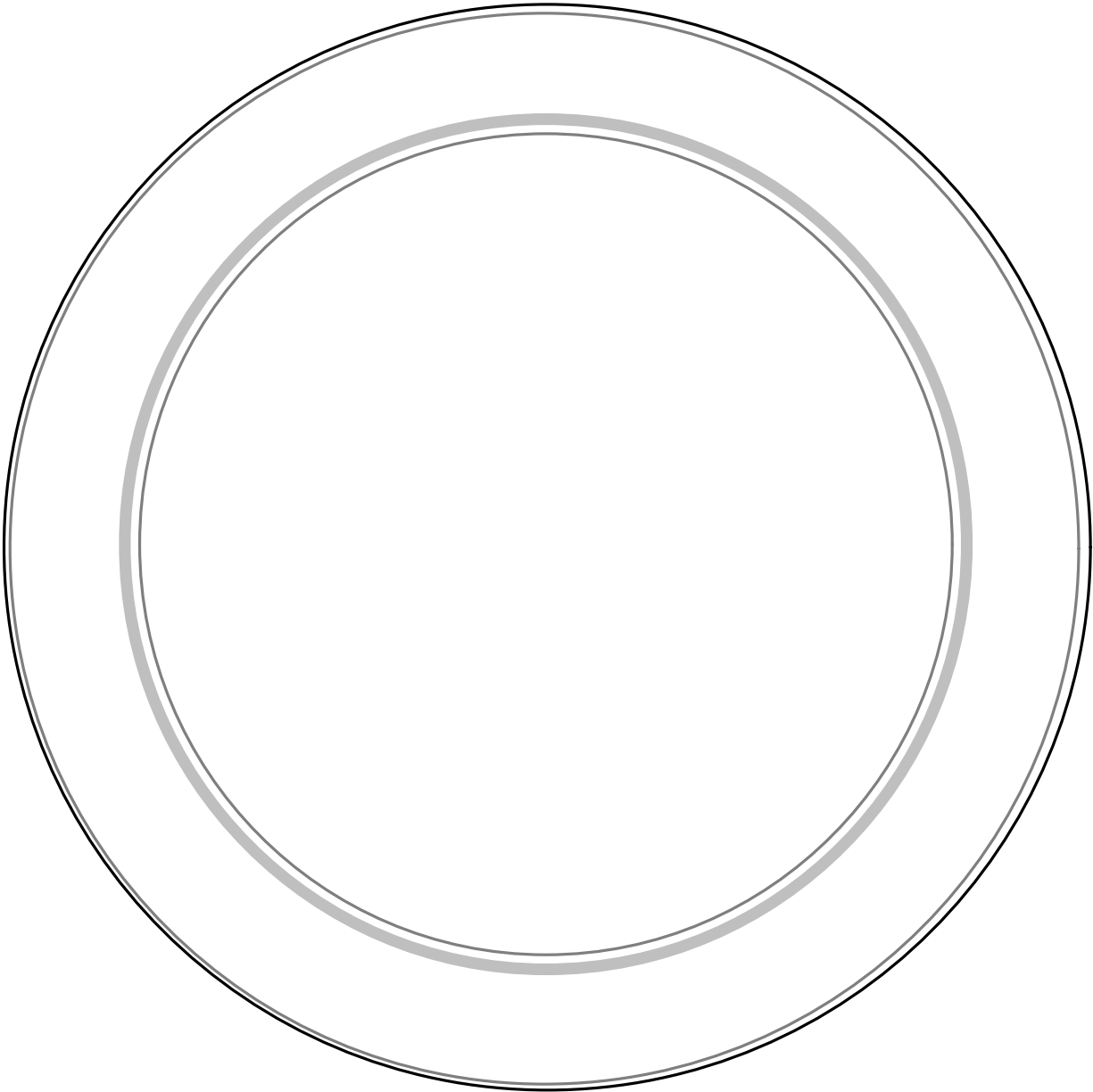
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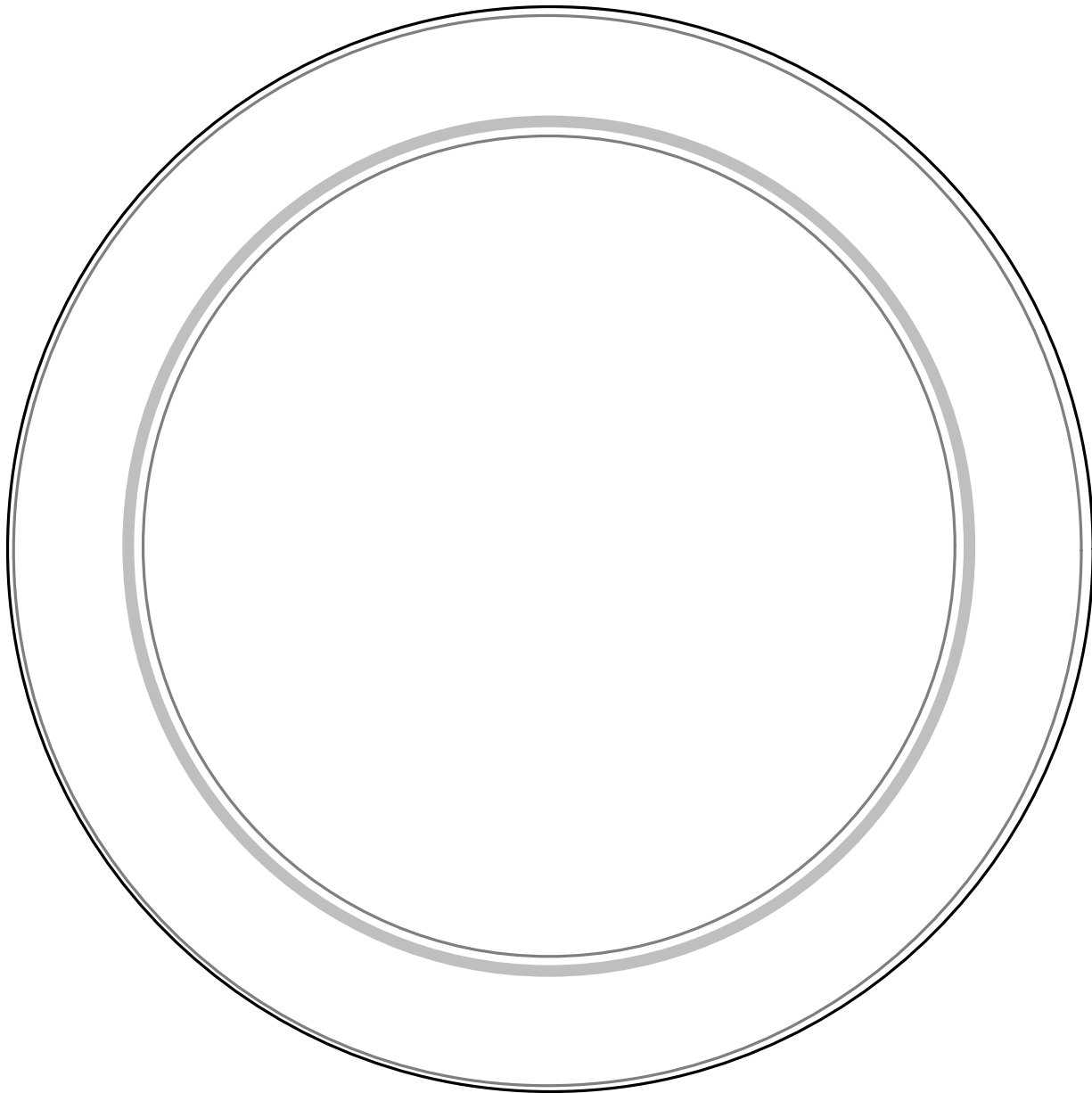
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ITEM: \_\_\_\_\_



ITEM: \_\_\_\_\_



Recipe Name: \_\_\_\_\_

*Yield: 6 Portions*

**Ingredients**

**Amounts**

**Method**

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Recipe Name: \_\_\_\_\_

*Yield: 6 Portions*

**Ingredients**

**Amounts**

**Method**

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Recipe Name: \_\_\_\_\_

*Yield: 6 Portions*

**Ingredients**

**Amounts**

**Method**

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Recipe Name: \_\_\_\_\_

*Yield: 6 Portions*

**Ingredients**

**Amounts**

**Method**

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**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.

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These Materials Were Developed at The Culinary Institute of America.

Instructional Designers and Editors  
George Shannon

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