



Culinary Institute of America

SAN LUIS COASTAL
UNIFIED SCHOOL DISTRICT
CULINARY TRAINING PROGRAM
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'.

George Shannon, CEC

Project Manager Chef

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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 San Luis Coastal Unified School District Culinary Training Program

Thursday, August 3, 2023

Start Time	End Time	Topic/Group	Faculty / Staff	Location
12:00 PM	12:30 PM	Arrival - Lunch – provided by the CIA Special Events Team		TBD
12:30 PM	1:30 PM	Welcome - Program Overview, Introductions, Objectives	Chef Mike Skibitcky	Napa Valley Vintners Theater
1:30 PM	2:00 PM	Production Review	Chef Mike Skibitcky Chef Rose Darling	Napa Valley Vintners Theater
2:00 PM	5:00 PM	Kitchen Exercise	Chef Mike Skibitcky Chef Rose Darling	Hestan Teaching Kitchen - Orange & Yellow
5:00 PM	5:45 PM	Lunch from Production		Mezzanine
5:45 PM	6:30 PM	Review and Critique of the Day	Chef Mike Skibitcky Chef Rose Darling	Napa Valley Vintners Theater
6:30 PM		Departure		

Friday, August 4, 2023

Start Time	End Time	Topic/Group	Faculty / Staff	Location
8:30 AM	9:30 AM	Welcome - Program Overview, Introductions, Objectives	Chef Mike Skibitcky Chef Rose Darling	Napa Valley Vintners Theater
9:30 AM	10:00 AM	Production Review	Chef Mike Skibitcky Chef Rose Darling	Napa Valley Vintners Theater
10:00 AM	12:30 PM	Kitchen Exercise	Chef Mike Skibitcky Chef Rose Darling	Hestan Teaching Kitchen - Orange & Yellow

Start Time	End Time	Topic/Group	Faculty / Staff	Location
12:00 PM	1:00 PM	Lunch from Production		Mezzanine
1:00 PM	2:00 PM	Review and Critique of the Day	Chef Mike Skibitcky Chef Rose Darling	Napa Valley Vintners Theater
2:00 PM	3:00 PM	What Now? Presentation	Chef Mike Skibitcky Chef Rose Darling	Napa Valley Vintners Theater
3:00 PM		Departure		

KITCHEN PRODUCTION TEAM ASSIGNMENTS

EACH TEAM - KNIFE SKILLS

Dice Onion

Julienne onion

Oblique Cuts Carrots

Jicama, julienne, or Baton potatoes

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

Start overnight brisket – See Day two for recipe

TEAM THREE

40-Clove Chicken

Whipped Potatoes

Oven-Roasted Vegetables

TEAM FOUR

Roast Sirloin of Beef with Jus Lié

Pommes Duchesse

Grilled Zucchini

Chef Demo/Team Project

Cinnamon Rolls

WIENER SCHNITZEL WITH LEMON-CAPER BEURRE BLANC

Yield: 8 Portions

Ingredients	Amounts
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

Ingredients	Amounts
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

Ingredients	Amounts
Red bliss potatoes, trimmed and washed	2 ¼ lb.
Extra virgin olive oil	⅓ 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

Ingredients	Amounts
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

Ingredients

Amounts

Orange-Thyme Butter

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: 16 Cups

Ingredients	Amounts
Onion, diced	1 lb.
Garlic clove, minced	2 tbsp.
Long-grain white rice, do not wash	2 lbs.
Salt, Kosher	2 tsp.
Ground white pepper	1 tsp.
Chicken stock, hot	2 quarts
Butter or vegetable oil	2 oz.
Bay leaf	1 ea.
Thyme sprig	2 ea.
Parsley, flat leaf, minced	¼ cup

Method – Hotel pan and oven method

1. Preheat the oven to 375°F.
2. Combine the onion, garlic, rice, salt, and pepper in a 4" deep hotel pan.
3. Add the liquid to the pan and stir. Cut the butter into small cubes, add to the hot liquid along with the bay leaf and thyme sprigs.
4. Cover the hotel pan with plastic wrap then aluminum foil.
5. Bake for 40 minutes in the 375° F oven or until all the liquid is absorbed, and the internal cooking temperature of 140° F has been reached.
6. Uncover and, using a fork, fluff the rice while mixing the parsley into the rice.
7. Allow to rest for 15 minutes before serving

GREEN BEANS

Yield: 6 Portions

Ingredients	Amounts
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

Ingredients	Amounts
Chicken breasts, frenched	6 ea.
Chicken thighs	6 ea.
Chicken legs	6 ea.
Dry white wine	4 ³ / ₄ cups
Salt	as needed
Ground black pepper	as needed
All-purpose flour (for dredging)	1 ¹ / ₄ 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

Ingredients	Amounts
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

Ingredients

Amounts

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

Ingredients	Amounts
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

Ingredients	Amounts
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

Ingredients	Amounts
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.

CINNAMON ROLLS

Yield: 16-24 cinnamon roll

Ingredients

Amounts

Sweet Dough:

Sugar	10 oz.
Salt	½ oz.
AP Shortening	6 oz.
Yeast	1 ½ oz.
Water	1 lb.
Eggs	8 oz.
Lemon flavor (zest)	¼ oz.
High gluten flour	2 lb. 10 oz.
Cinnamon	pinch
Nutmeg	pinch

Filling:

Brown sugar	2 cups
Cinnamon, ground	¼ tsp.
Golden Raisins	1 cup

Glaze:

Sugar, powdered	1 cup
Water	as needed to make glaze

Method

1. Cream sugar, salt and shortening in a 5 qt mixer until incorporated.
2. Mix water, yeast, eggs, and lemon flavor (zest) together and add to creamed sugar mixture in three stages.
3. Once liquid is incorporated add the flour, cinnamon and nutmeg and mix the dough until it cleans off the sides. It may be very sticky at first but will come off the sides of the bowl when mixed enough. Allow the dough to rest and proof for at least an hour or preferably overnight.
4. Make the filling by mixing the brown sugar and cinnamon.
5. Preheat oven to 375° F. Roll out the dough to form a rectangle, approximately 12 by 18-inches and about ¼- to 1/2-inch thick. Sprinkle the brown sugar mixture across the dough.
6. From the long edge, roll the dough up with the filling to the inside of the roll.
7. Chill the dough about 30 minutes to an hour, then using a knife cut the log into 1 ½-inch tall rolls, place on a parchment lined sheet pan, allow to proof until double in size.
8. Bake for 12 to 15 minutes until golden brown and not doughy. Glaze before service

DAY TWO KITCHEN PRODUCTION TEAM ASSIGNMENTS

TEAM ONE

Thick Beef Curry in Sweet Red Curry Sauce

Coconut Rice

Sautéed Bok Choy and Hoisin Sauce

TEAM TWO

Overnight Texas Style Brisket, soft flour tortillas and Salsa Verde

Melon, Citrus, and Jicama Salad with mint

Grilled Ratatouille

TEAM THREE

Pozole Blanco

Mexican Rice

Three Sisters Cheese Quesadillas

TEAM FOUR

Grilled Mahi-Mahi

Three Grain Salad with Vegetables and Lemon Vinaigrette

Sautéed Broccolini

Chef Demo/Team Project

Cinnamon Rolls

THICK BEEF CURRY IN SWEET RED CURRY SAUCE

Yield: 8 Portions

Ingredients	Amounts
Vegetable oil	2 Tbsp.
Lemongrass stalks, finely minced	2 ea.
Garlic cloves, minced	4 ea.
Shallots, sliced	4 ea.
Red curry paste	3 Tbsp.
Coconut milk	1 ½ pt.
Thai fish sauce	3 Tbsp.
Palm sugar	2 Tbsp.
Kaffir lime leaves, bruised	5 ea.
Flank steak, thinly sliced across the grain	2 lb.
Lime juice	2 Tbsp.
Thai basil, whole leaves	15 ea.
Salt	as needed
Ground black pepper	as needed

Method

1. Heat the vegetable oil in a wok or a rondeau over medium heat. Add the lemongrass, garlic, and shallots, and cook until fragrant.
2. Add the red curry paste and continue to cook until aromatic.
3. Add the coconut milk, fish sauce, palm sugar, and lime leaves; bring to a boil, then reduce heat and allow to gently simmer for 1 minute.
4. Add the sliced beef and continue to simmer until the beef is fully cooked and the sauce has thickened so that it thickly coats the back of a spoon (thicker than nappé).
5. Add the lime juice and the Thai basil and adjust seasoning with salt and pepper.

COCONUT RICE

Yields: 8 Portions

Ingredients	Amounts
Vegetable oil	2 Tbsp.
Ginger, minced	1 Tbsp.
Sugar	2 Tbsp.
Salt	as needed
Jasmine rice	4 cups
Water	3 ½ cups
Coconut milk	2 ½ cups

Method – Hotel pan and oven method

1. Preheat the oven to 375°F.
2. Combine the oil, ginger, rice, sugar, and salt, in a 4" deep ½ or full-size hotel pan.
3. Add the liquid to the pan and stir.
4. Cover the hotel pan with plastic wrap then aluminum foil.
5. Bake for 40 minutes in the 375° F oven or until all the liquid is absorbed, and the internal cooking temperature of 140° F has been reached.
6. Uncover and, using a fork, fluff the rice.
7. Allow to rest for 15 minutes before serving

SAUTÉED BOK CHOY AND HOISIN SAUCE

Yield: 8 Portions

Ingredients

Amounts

Baby bok choy	2 lb.
Vegetable oil	4 Tbsp.
Onion, sliced	1/2 ea.
Garlic cloves, sliced	4 ea.
Hoisin sauce	1/4 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. Remove ingredients from the pan or wok and hold warm.
5. Reheat the pan or wok, add the second half of the oil and stir-fry the bok choy until it starts to wilt.
6. Return the cooked onion mixture to the pan. Add the hoisin sauce and toss gently to coat the bok choy with the sauce. Adjust seasonings with salt to taste.
7. Serve warm.

OVERNIGHT TEXAS-STYLE BBQ BRISKET

Yield: 1 Brisket

Ingredients

Amounts

Dry Rub (enough for 1 to 2 briskets)

Paprika	1/2 cup
Dark brown sugar	1/4 cup
Sugar	1/4 cup
Ground cumin	4 1/2 Tbsp.
Chili powder	4 1/4 Tbsp.
Ground black pepper	2 Tbsp.
Salt	1 1/2 Tbsp.

Brisket, trimmed, 8 - 10 lb.	1 ea.
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Garnishes:

Flour Tortillas, 6-inch rounds	20 ea.
Lettuce, iceberg, shredded	1/2 head
Tomatoes, Roma, diced	6 ea.
Radishes, julienne	20 ea.
Limes, cut into wedges	5 ea.

Guacamole Tradicional (recipe follows)	1x recipe
Salsa Verde Cocido (recipe follows)	1x recipe

Method

1. In a small mixing bowl, combine the dry rub ingredients and mix well. Rub mixture over the entire surface of the brisket. Wrap in plastic and allow to marinate for 2 hours or up to overnight.
2. Slow cook the brisket in a smoker or a combi oven (use programming) at about 225°F to 250°F on a rack until it has formed a crust on the exterior and the interior is tender, about 12 to 14 hours.
3. Remove the brisket from the smoker or oven, wrap in foil, and allow to rest for at least 30 minutes.
4. Remove the foil and slice the brisket against the grain. Serve with accompaniments on separate platters or bowls.

GUACAMOLE TRADICIONAL

TRADITIONAL GUACAMOLE

Yield: 8 Portions

Ingredients	Amounts
Hass avocados, large, halved and pit removed	4 ea.
White onion, diced	1 $\frac{2}{3}$ wt. oz.
Jalapeño chile, diced	2 ea.
Roma tomatoes, diced	2 ea.
Cilantro, leaves, and soft stems, chopped	3 tbsps.
Lime juice, freshly squeezed	$\frac{3}{4}$ fl. oz.
Salt	to taste
Garnish	
Queso fresco, finely crumbled	$\frac{1}{3}$ cup

Method

1. Scoop the flesh from the avocados into a non-reactive bowl and discard any brown or discolored part. Mash the avocado using a fork.
2. Add the onion, half of the jalapeños, tomatoes, cilantro, and lime juice. Season with salt to taste and stir to combine. Check piquancy and acidity and add more jalapeño or lime juice if necessary.
3. Serve the guacamole in a service bowl scattered with queso fresco.

SALSA VERDE COCIDO

COOKED TOMATILLO SALSA

Yield: 8 Fluid Ounces

Ingredients	Amounts
Tomatillos, husks removed, rinsed	10 ea.
White onion, small, rough cut	¼ ea.
Garlic clove, peeled, rough cut	1 ea.
Jalapeño chiles, stems removed	2 ea.
Cilantro, finely chopped	¼ bu.
Canola oil	1 tsp.
Salt	to taste

Method

1. In a small saucepan place the tomatillos, onion, garlic, and the jalapeño chiles cover with water and cook over medium heat, until tomatillos and chiles change color. Remove from heat, strain, discard the water, and set aside to cool slightly.
2. Place tomatillos, onion, garlic, and chiles in the blender, and process for a few seconds until the vegetables are coarsely chopped, add the cilantro, process again on low until the salsa is smooth and the cilantro is well chopped.
3. Add the oil to a small saucepan, add the blended salsa, and bring to a gentle simmer for 8 minutes, or until thickens, season with salt.

MELON, CITRUS, AND JICAMA SALAD WITH MINT

Yield: 10 portions

Ingredients

Amounts

Honeydew melon, peel, seed and julienne	1 ¾ lbs.
Jicama, peel, julienne	10 oz.
Oranges, peel, and segment have chef demo supreme cut	2 lbs. (about 2 cups)
Mint, fresh, stemmed and minced	2 Tbsp.
Lime Juice	¼ cup

Method

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

GRILLED RATATOUILLE

Yield: 6 - 8 Portions

Ingredients	Amounts
Green bell pepper, quartered	1 ea.
Eggplant, cut into ½-inch slices	1 ea.
Zucchini, quartered lengthwise	2 ea.
White mushrooms, stems removed	2 cups
Tomatoes, halved	4 ea.
Extra virgin olive oil	½ cup
Salt	to taste
Ground black pepper	to taste
Red onion, small dice	1 ea.
Garlic, minced	1 Tbsp.
Tomato paste	1 Tbsp.
Chicken stock	½ cup
Oregano, chopped	1 Tbsp.
Thyme, chopped	1 Tbsp.
Rosemary, chopped	2 tsp.

Method

1. Preheat a gas grill to medium heat. 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. Clean the cooking grate.
2. Lightly brush the pepper, eggplant, zucchini, mushrooms, and tomatoes with about ¼ cup of the oil and season with salt and pepper to taste.
3. Grill the vegetables until they have grill marks and are slightly charred and tender, about 5 to 10 minutes, depending on the vegetable. Remove from the grill and set aside until cool enough to handle. Roughly chop the vegetables.
4. Heat the remaining oil in a large pan over medium heat. Add the onions and sauté until translucent and just begin to color, about 5 minutes. Add the garlic and sauté until fragrant, about 1 minute. Stir in the tomato paste and cook until it turns a deep color and gives off a sweet aroma, 1 to 2 minutes.
5. Add the grilled green pepper, zucchini, mushrooms, eggplant, and tomatoes in that order, allowing each to begin to soften before adding the next.
6. Add the stock, cover, and let the vegetables stew until completely tender, about 15 minutes. Add the fresh herbs and adjust seasoning to taste with salt and pepper.
7. Serve on a heated platter.

POZOLE BLANCO

WHITE POZOLE

Yield: 8 portions

Ingredients	Amounts
Pork shoulder, cut in 2-inch cubes	2 lbs.
White hominy or Pozole	3 lbs.
Garlic cloves	2 ea.
Onion, white, small, halved	½ ea.
Garnish:	
Cabbage, green or iceberg lettuce, chiffonade	1 ½ cups
Radishes, thinly sliced	1 bu.
Onion, white, finely diced	½ ea.
Oregano, dried	¼ cup
Limes, cut into wedges	4 ea.
Tortillas corn, whole, fried until crispy (fried tostadas)	10 ea. (more if needed)
Salsa:	
Chiles, guajillo, seeds, and stems removed	4 ea.
Chiles, de arbol, stems removed	10 ea.
Garlic clove	1 ea.
Oregano, dried	½ tsp.
Vinegar, white	1 Tbsp.
Salt	to taste

Method

1. Drain the pozole or hominy; pick over removing the very soft kernels. Rinse it thoroughly, set aside.
2. Bring 3 quarts of water to a boil, add onion, garlic, and salt to taste, add the cubed meat, reduce the heat and cook the meat until tender, add the drained hominy, taste for salt and keep it warm.
3. In a small skillet, dry roast the de arbol chiles until fragrant, do not let them burn.
4. In the same skillet toast slightly the guajillo chiles, slightly, until showed some black spots, remove, and set aside,
5. Bring 2 cups of water to a boil, add the toasted chiles, turn of the heat, and let the chiles soak for 15 min, remove from water, and place the chiles in a blender, add the garlic, oregano, vinegar, salt to taste, and enough water to make a smooth salsa.
6. Serve with the garnishes aside; cabbage or lettuce, onion, radishes, oregano, limes and salsa, every guest will serve what he likes, the tostadas are served on the side.

MEXICAN RICE

Yield: 8 Cups

Ingredient	Amounts
Medium-grain rice	1 lbs.
Onion, minced	2 ea.
Peppers, red and green bell, seeds and veins removed, small diced	1 ea.
Garlic cloves, minced	3 ea.
Paprika	2 tsp.
Saffron	1 pinch
Salt	to taste
Ground black pepper	to taste
Olive oil	¼ cup
Chicken stock, hot	1 ½ cups (plus as needed)
Fresh peas or blanched frozen peas	½ cup

Method – Hotel pan and oven method

1. Preheat the oven to 375°F.
2. Combine the rice, onion, peppers, fresh peas, garlic, paprika, saffron, salt, and pepper in a 4" deep ½ or full-size hotel pan.
3. Add the olive oil and hot stock to the pan and stir.
4. Cover the hotel pan with plastic wrap then aluminum foil.
5. Bake for 40 minutes in the 375° F oven or until all the liquid is absorbed, and the internal cooking temperature of 140° F has been reached.
6. Uncover and, using a fork, fluff the rice while mixing the frozen peas into the rice.
7. Remove from the oven, fluff the rice, and allow to rest for 15 minutes before serving.

Note: If frozen peas are used, add after rice is cooked.

THREE SISTERS CHEESE QUESADILLAS

Yield: 8 Portions

Ingredients	Amounts
Black beans, canned	2 cups
Corn, fresh or frozen, off cob	2 cups
Squash, yellow, small diced	2 ea.
Onion, yellow, small diced	1 cup
Garlic, minced	1 clove
White flour tortillas	16 ea.
Queso fresco, crumbled	2 cups
Queso Chihuahua, shredded	2 cups
Green onions, thinly sliced	6 ea.
Cilantro, chopped	6 Tbsp.
Vegetable oil	as needed
Pico de Gallo (recipe follows)	1x recipe

Method

1. Drain and rinse the beans, if corn is fresh, roast or cook, remove from the cob, and dice the squash.
2. Sauté the onions and garlic until translucent, add squash, cook an additional 2 or 3 minutes to soften the squash, add corn, season, remove from heat and set aside.
3. Working in batches, in a large sauté pan over medium heat, place a tortilla, fill the tortilla with ½ of a poblano pepper, ½ cup of equal amounts of queso fresco and chihuahua, one green onion, and 1 tablespoon of cilantro, Cover with another tortilla. Cook until the bottom tortilla is golden brown in color and crisp, flip the quesadilla over and cook until cheese is melted and bottom tortilla is crisp.
4. Serve on a heated platter alongside the Pico de Gallo.

PICO DE GALLO

Yield: 2 Cups

Ingredients	Amounts
Tomato, small dice	1 lb.
Serrano chile, seeded, minced	2 ea.
Onion, small dice	1 cup
Cilantro, chopped	½ bu.
Limes, juiced	2 ea.
Olive oil	2 Tbsp.
Salt	1 ½ tsp.

Method

1. Combine all of the ingredients in a mixing bowl and toss well to combine.
2. Allow to sit for at least ½ hour to allow the flavors to blend.
3. Serve in a chilled bowl.

GRILLED MAHI WITH RED WINE AND ROASTED SHALLOT COMPOUND BUTTER

Yield: 8 Portions

Ingredients

Amounts

Mahi- mahi, 6 oz. steaks	8 ea.
Olive oil	3 Tbsp.
Salt	½ tsp.
Ground black pepper	¼ tsp.
Red Wine and Roasted Shallot Compound Butter	1x recipe

Method

1. Preheat a grill, grill pan, or barbecue to very hot. Brush the swordfish steaks with the olive oil and season with salt and pepper. Cook 3 to 4 minutes a side. Transfer to a warm platter.
2. When cooked to desired doneness, place a slice of the compound butter on each piece of fish.
3. Serve on a heated serving platter.

RED WINE AND ROASTED SHALLOT COMPOUND BUTTER

Yield: ½ Pound

Ingredients	Amounts
Red wine, 750 ml bottle	1 ea.
Garlic, whole head, unpeeled	½ ea.
Shallots, whole, unpeeled	3 ea.
Salt	as needed
Ground black pepper	as needed
Butter, room temperature	½ lb.

Method

1. In a medium size pot over medium to high heat, reduce the wine to syrup. Set aside.
2. Preheat oven to 400°F.
3. Place the head of garlic on square of aluminum foil large to enclose the entire head. Drizzle with olive oil and seal to make a pouch. Set aside.
4. Place the shallots on a square of aluminum foil large enough to enclose all of thee. Drizzle with olive oil and set aside.
5. Place both garlic and shallot in the 400° oven and roast until tender about 30 to 50 minutes. Set aside to cool.
6. Work the butter by hand or with the paddle attachment in an electric mixer until it's soft.
7. Squeeze the roasted cloves from their papery skins into the butter.
8. Cut the end of shallot, squeeze out shallot and roughly chop. Add to the butter.
9. Add the reduced wine. Blend the mixture well.
10. Taste and adjust seasoning with salt and pepper.
11. The compound butter is ready to use, or it may be rolled into a log or piped into shapes and chilled for later use.

To shape butter: Butter may be packed into a small crock or bowl or piped into rosettes, about 1 Tbsp. each, onto a lined plate or baking sheet, then refrigerated or frozen until firm.

Butter may also be shaped into a long cylinder on top of a large sheet of plastic wrap. Mound the butter about 3 inches from the edge of the long side of the wrap. Fold the plastic wrap over the mound and then tighten the wrap around the butter, forming a long log. Once rolled, twist the ends of the wrap to seal. Chill, then slice to serve.

Flavored butters keep for 3 or 4 days in the refrigerator. If you plan to hold it longer than that, keep it in the freezer for up to 3 weeks.

THREE GRAIN SALAD WITH VEGETABLES AND LEMON VINAIGRETTE

Yield: 6 to 8 Portions

Ingredients	Amount
Quinoa	½ cup
Wheat berries	½ cup
Brown rice	½ cup
Salt	3 tsp.
Green onions	1 bu.
Red peppers, small dice	1 ea.
Yellow peppers, small dice	1 ea.
Corn, cooked	125 g
Parsley chopped	10 g
Chives, sliced thin	10 g

Lemon Vinaigrette

Lemon juice	¼ cup
Shallots, minced	1 ea.
Sugar	1 tsp.
Salt	1 tsp.
Ground black pepper	¼ tsp.
Grape seed oil	1 cup

Method

1. Fill three small saucepots with water, over high heat bring to a boil, add 1 teaspoon of salt to each pot. Add the grains to each pot, cook until tender. Keeping the grains separate, drain the water. Reserve the grains.
2. When all of the grains are cooked, drain well. In a large bowl, mix the grains with green onions, peppers, corn, parsley, and chives.
3. To prepare the vinaigrette: In a mixing bowl combine the lemon juice, shallots, sugar, salt, pepper. Slowly whisk in the oil.
4. Combine the grain mixture with the vinaigrette, re-season with salt and pepper if necessary.
5. Serve either room temperature or warm.

SAUTÉED BROCCOLINI

Yield: 6 Portions

Ingredients	Amounts
Olive oil	1 Tbsp.
Pancetta, small dice	½ wt. oz.
Onion, minced	⅓ cup
Anchovy fillet, chopped	1 ea.
Garlic, minced	1 Tbsp.
Broccolini, blanched until tender	1 bag
Salt	to taste
Ground black pepper	to taste
Raisins	2 Tbsp.

Method

1. Heat the olive oil in a medium sauté pan over medium heat. Add the pancetta and cook until the fat is rendered, and the meat is crisp.
2. Increase the heat to medium-high and add the onion. Sauté until the onion is translucent, but without color. Add the anchovy and garlic, red pepper flakes and sauté until the garlic is aromatic and the anchovy has dissolved into the oil, about 1 minute more.
3. Add the broccolini and cook until heated through
4. Season to taste with salt and pepper.
5. Remove from the heat and stir in the raisins.
6. Serve in a heated bowl.



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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