



Culinary Institute of America

PLANT-BASED CUISINE



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

Good Eating/Sodexo Plant Based Cuisine Training

Wednesday, October 25, 2023

Start Time	End Time	Topic	Faculty / Staff	Location
8:00 am		Group arrives Breakfast		Hestan Yellow
8:30 am	9:30 am	Welcome, Program Overview, Introductions, Production Review	Chef George Shannon Chef Rebecca Peizer	Private Dining Room 1 & 2
9:30 am	10:30 am	Transition to Hestan Kitchen and Demonstrations	Chef Rebecca Peizer Chef George Shannon	
10:30 am	1:00 pm	Kitchen Exercise	Chef Rebecca Peizer Chef George Shannon	Hestan Kitchen (Yellow)
1:00 pm	2:00 pm	Lunch from production	All	Hestan Kitchen (Yellow)
2:00 pm	2:30 pm	Review, Critique of the day, Instructions for Innovation Challenge	Chef Rebecca Peizer Chef George Shannon	Hestan Kitchen (Yellow)
2:30 pm	3:00	Visit the Marketplace at Copia		Marketplace at Copia
		Departure		

Thursday, October 26, 2023

Start Time	End Time	Topic	Faculty / Staff	Location
8:00 am		Group arrives Breakfast		
8:30 am	9:30 am	Presentation Production Review	Chef Rebecca Peizer Chef George Shannon	Private Dining Room 1 & 2
9:30 am	10:00 am	Transition to Hestan Kitchen and Demonstration	Chef Rebecca Peizer Chef George Shannon	Hestan Kitchen (Yellow)
10:00 am	1:00 pm	Kitchen Exercise	Chef Rebecca Peizer Chef George Shannon	Hestan Kitchen (Yellow)
1:00 pm	2:00 pm	Lunch from production	All	Hestan Kitchen (Yellow)
2:00 pm	2:30 pm	Review, Critique of the day	Chef Rebecca Peizer Chef George Shannon	Hestan Kitchen (Yellow)
2:30 pm		Departure		

TOPICS FOR DAY 1

Introductions

Plant-Based Cuisine

Chef Demonstration

LUNCH

Recap

Day 2 Innovation Challenge Guidelines

PLANT-BASED CUISINE

According to the National Library of Medicine, “a plant-based diet consists of all minimally processed fruits, vegetables, whole grains, legumes, nuts and seeds, herbs, and spices and excludes all animal products, including red meat, poultry, fish, eggs, and dairy products.” This definition may seem simple enough for chefs to understand and implement, but adopting plant-based dining as commonplace in food service has not always been as easy as it is today.

The current demand for plant-based menus is at an all-time high-- for every meal period and at every level of dining, from fast food to Michelin-starred restaurants. Whether the food industry is responding to environmental concerns or society’s health needs, one thing is certain: The plant-based cuisine revolution has surpassed the “trend” phase and is here to stay. This way of eating is nothing new. Many cultures around the world have been following plant-based food traditions for centuries—and have enjoyed higher levels of well-being and longevity as a result.

So how do food service professionals bring plant-based cuisine to the next level? One important change is the need to embrace our local biodiversity. When selecting ingredients, we need to be as sustainable as possible and consider all the energy that has gone into growing and harvesting each item before it ever reaches our kitchens.

Plant Based cooking starts with the choices that we as chefs and restaurateurs make about where to purchase our food, how we choose to prepare it, and, ultimately, how our customers receive and understand what we are trying to convey to them in each dish. Vegetarian and vegan options can no longer be an afterthought on our menus, as they were in the past.

It is our job as food service professionals to help educate our customers about better choices they can make about the food they consume while, at the same time, creating and maintaining a level of excitement about even the simplest of ingredients. Many of us are also tasked with fulfilling nutritional requirements for protein and vitamins and minerals, which can be challenging for plant-based diets. It is not enough to just “eat the rainbow” without the right levels of healthy proteins that omnivore, pescatarian, and flexitarian diets provide.

Through innovative demonstrations, presentations, and interactive exercises, this course has been designed to help you elevate plants to the center of the plate in new and exciting ways. We will experiment with plant-based dishes that are designed to satiate all our customers’ senses, and you will be inspired to build your own repertoire of successful plant-based menu items.

PRESENTER BIOGRAPHIES

CHEF REBECCA PEIZER '00, C.E.C. C.H.E. is a seasoned culinary professional with 25 years of industry experience. She has been a Professor, Consultant, Digital Media and Demonstration Chef at The Culinary Institute of America's California Campus since 2011. She has written curriculum for many of the college's undergraduate, consulting and Food Enthusiast courses. She has led the Farm to Table bachelor's degree concentration, educating students about farming, sustainability, and community through a chef's perspective.

Chef Peizer has worked for Mustard's Grill in the Napa Valley; Evan's in South Lake Tahoe; Sarabeth's and Keen's Steakhouse in New York City; and the Elk Creek Ranch, a private luxury resort in northwestern Colorado. She has served as a chef for Cakebread Cellars, Niebaum Coppola Estate Winery, and Duckhorn Vineyards, where she also taught wine education and food and wine pairing. As an instructor of professional culinary and wine courses at Le Cordon Bleu and the Culinary School of the Rockies (now Escoffier Culinary School), she helped create the nation's first farm to table culinary program and led culinary immersion programs in the south of France.

Chef Peizer was recognized as a Top 10 Sous Chef in America by *Food & Wine* magazine for her work at Roux Restaurant, which was awarded Top 10 Bay Area Restaurant by the San Francisco Chronicle. She placed first in the National Pork Board Taste of Elegance and the Italian Culinary Institute for Foreigners Sintonie Olive Oil competitions.

Some of her pro-bono work includes writing the culinary training program for the Salvation Army to give a second chance to rehabilitees, nationwide, in job training for their future success and she currently serves as the Culinary Director at Gray Haven Health and Wellness, a re-entry program for adults with mental health challenges which is located in the historic Eliza Yount Mansion in Napa.

Chef Peizer is an active forager and herbalist, earning an Herbalism Studies certification through the California School of Herbal Studies. She is a member of the Research Chef's Association, has earned certifications in Cheesemaking and Permaculture Design, and Sommelier certifications through the Court of Master Sommeliers and the International Wine Guild.

CHEF GEORGE SHANNON, CEC is an associate professor of culinary arts at the Hyde Park Campus of The Culinary Institute of America. Chef Shannon came to consulting from education, where he taught Culinary Fundamentals, Meat Identification and Fabrication, Seafood Identification and Fabrication, and Non-Commercial Food Service and High-Volume Production at “The Line,” in the student dining facility known as the Egg. During his first four years at the school, he spent some of his time on “The Line” developing and implementing many healthy breakfast options following the Menus of Change Principals.

Chef Shannon co-presented at two of the Menus of Change Conferences discussing plant forward menus in High volume settings and utilization of “Spent” Brewer’s grain in food products. These items came from his personal desire to avoid using medication to control his cholesterol and sugar levels and maintain a healthy diet.

Chef Shannon started his career with an American Culinary Federation apprenticeship in 1990 at The Trellis Restaurant in Williamsburg Virginia that was co-owned and operated by Marcel Desaulniers, ‘65. He then worked in a variety of culinary operations including private clubs, 4 and 5-star hotels and resorts, private restaurants, and his own catering business for 6 years. He worked for and with many CIA graduates including Certified Master Chef Mark Erikson, the CIA’s Provost. He received his Associates in Business Administration from Thomas Nelson Community College in 2012, his Certified Executive Chef in 2008, and recently completed his Bachelor’s in Business Administration at SUNY – Empire in December of 2019. (Hyde Park, NY). He completed his Master’s in Professional Studies focusing on Wine and Beverage Management in August 2023.

DEMONSTRATION RECIPES

Burmese Salad with Popped Lentils

Thai Watermelon Rind Salad

Watermelon Sashimi

Turkish Celery Root

Walnut Chorizo

Lentil Avocado Brownie

BURMESE SALAD WITH POPPED LENTILS

Yield: 4 portions

Ingredients	Amounts
<i>Fermented tea leaves</i>	
Water, hot (Divided)	12 cups
Tea leaf, green	½ cup
Water, cold	4 cups
Garlic, minced	1 Tbsp.
Salt, kosher	½ tsp.
Lime, juiced	1 ea.
Ginger, minced	2 tsp.
Sesame seeds	2 Tbsp.
<i>Dressing</i>	
Oil, peanut	1 Tbsp.
Garlic, thinly sliced	¼ cup
Fish sauce or Amino acids	1 Tbsp.
Lime, juiced	2 ea.
Chile, Thai bird, or Chile, serrano, sliced thinly	1 Tbsp.
Cabbage, Savoy, thinly sliced	1 cup
Peanuts, roasted, rough chop	½ cup
Tomato, diced	1 cup
Scallion, thinly sliced	2 ea.
Popped Lentils (Recipe follows)	1 cup

Method

1. To ferment the tea leaves, pour 4 cups hot water over the tea leaves, stir, and let soak for about 10 minutes. Drain. Squeeze out any remaining liquid from the tea leaves. Repeat twice more.
2. Add cold water to the tea leaves and let stand for 1 hour. Drain, then squeeze thoroughly to remove excess water.
3. Combine the garlic, salt, and lime juice and crush into a paste.
4. Chop the tea leaves finely and mix with ginger and the garlic paste.
5. Cover and allow it to ferment, untouched, for two days in a cool space.
6. Toast the sesame seeds in a dry pan until light golden brown. Remove and reserve.

7. In the same pan, heat the peanut oil in a pan and add the garlic cloves, toasting until light brown. Remove and reserve the oil.
8. Mix the reserved garlic oil with the fish sauce, lime juice, and chiles and set aside.
9. Arrange all cabbage, peanuts, tomato, green onion, toasted garlic, and popped lentils around a plate, unmixed. Place the tea leaf mixture in a pile in the center of the plate.
10. Sprinkle with sesame seeds and drizzle with garlic dressing.

Source: Rebecca Peizer

POPPED LENTILS

Yield: 1 cup

Ingredients	Amounts
Oil, canola, or Oil, peanut	¼ cup
Lentils, whole grain, cooked, drained	1 cup
Salt and Pepper	as needed

Method:

1. Heat a skillet on medium high heat with the oil and add the lentils.
2. Swirl the pan around and toss the lentils in the oil.
3. The lentils will start to sizzle and pop. When the lentils are crispy and the edges are dried, drain on paper towels. This will take about 5-10 minutes.
4. Season with salt and pepper if desired.

Note: Popped lentils can be used in place of croutons, as a garnish for smoothies and soups, and for snacking.

THAI WATERMELON RIND SALAD

Yield: 8 portions

Ingredients	Amounts
Watermelon rind, peeled	2 lb.
Carrot, large, peeled	1 ea.
Green bean, blanched slightly, thinly sliced	½ lb.
Cilantro, chopped	1/3 cup
Mint, chopped	2 Tbsp.
Chives, chopped	1 bu.
<i>Dressing</i>	
Ginger, finely minced	1 tsp.
Sugar, light or dark brown, packed	¼ cup
Vinegar, white	2 Tbsp.
Lime juice (about 1 lime)	2 Tbsp.
Orange juice (about 1/2 orange)	¼ cup
Tamarind paste	1 Tbsp.
Water	¼ cup
Sriracha or chili sauce	4 to 6 dashes
Fish sauce or Amino Acids	2 Tbsp.
Peanuts, toasted, chopped	½ cup

Method

1. Using a mandolin, cut the watermelon rind and carrots into a thin julienne.
2. Place green beans, watermelon rind and carrots in a large bowl with the cilantro, mint, and chives.
3. In a medium-size bowl, combine all the dressing ingredients and whisk together.
4. Pour the dressing over the salad and mix well. Allow to stand for 5 minutes for the flavors to develop.
5. Garnish with peanuts.

Source: Rebecca Peizer

WATERMELON SASHIMI

Yield: 4 portions

Ingredients	Amounts
Watermelon, personal, seedless	1 ea.
Oil, rice (Divided)	3 Tbsp.
Tamari sauce	¼ cup
Mirin	¼ cup
Vinegar, rice	¼ cup

Method

1. Preheat oven to 350°F.
2. Remove the peel from the watermelon with a peeler. Reserve 6 long pieces for garnish if desired.
3. Coat the bottom of a baking dish with 2 tablespoons of the oil and drizzle the watermelon pieces with the remaining tablespoon of oil. Bake for 20-25 minutes.
4. Turn the watermelon over and bake for another 10 minutes, watching to make sure it doesn't brown. Remove from oven to cool slightly.
5. Combine the tamari, mirin, and vinegar in a shallow dish. Add the cooled watermelon, cover, and let it rest for 20 minutes. Chill in refrigerator for 1 hour.
6. Remove watermelon from the marinade, dry well, and slice into ½ inch slices. Strain and reserve the marinade.

Source: Rebecca Peizer

TURKISH CELERY ROOT

Yield: 6 portions

Ingredients	Amounts
Oil, olive, extra-virgin	¾ cup
Onion, pearl, peeled	18 to 24 ea.
Garlic clove, sliced	6 ea.
Orange, peel and juice	2 ea.
Lemon, peel and juice	1 ea.
Vegetable stock	2 qt.
Sugar, granulated	2 Tbsp.
Salt, kosher	2 tsp.
Oil, olive, extra-virgin	½ cup
Celery root, small, peeled	6 ea.
Parsley sprig, fresh,	1 ea.
Tarragon sprig, fresh	1 ea.
Thyme sprig, fresh	1 ea.
Bay leaf	2 ea.
<i>Garnish</i>	
Celery, thinly sliced on bias	2 cup
Olives, Green Picholine	¼ cup
Or Olives, Castralvatrano	
Tarragon, leaves, fresh	¼ cup
Parsley leaves, curly, small	¼ cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Orange, segments	18 ea.

Method:

1. Heat a skillet with ¾ cup olive oil and sweat the onions until translucent and softened, about 5 minutes. Add the garlic and sweat until aromatic.
2. Add the stock, sugar, salt, parsley, tarragon, thyme, bay leaf, lemon and orange peels and juice, and ½ cup olive oil. Add celery root and toss to coat.
3. Simmer, covered, until celery root is fully tender, making sure to baste the roots with the braising mixture often. Add more seasoning or lemon juice if needed.
4. Remove from heat and refrigerate the roots overnight in their liquid.
5. Next day, gently heat the celery root. Remove the herbs and citrus peels.
6. To create the garnish, toss ¼ cup of the olive oil from the braising mixture with celery, olives, tarragon, and parsley. Season with salt and pepper.

7. Place one celery root with 3-5 pearl onions in a shallow bowl. Garnish with the celery mixture and 3 orange segments.

Source: Rebecca Peizer

MEXICAN WALNUT CHORIZO

Yield: 2 pounds

Ingredients	Amounts
Oil, canola, for frying	1 Tbsp.
Garlic, minced	1 Tbsp.
Walnuts, ground	1 ½ lb.
Lentils, green, cooked	½ lb.
Tomato, sundried, minced	¼ lb.
Chilie, dried, ground	2 Tbsp.
Salt, kosher	1 Tbsp.
Paprika, Spanish	4 ½ tsp.
Cinnamon, ground	1 tsp.
Oregano, ground	1 tsp.
Thyme, ground	1 tsp.
Cumin, ground	1 tsp.
Pepper, black, ground	1 tsp.
Cloves, ground	½ tsp.
Ginger, ground	½ tsp.
Nutmeg, grated	½ tsp.
Coriander, ground	½ tsp.
Bay leaf, ground	½ tsp.
Vinegar, red wine	2 Tbsp.

Method

1. Heat the oil in a small pan. Sauté the garlic over low heat until golden. Cool.
2. Mix all ingredients except the vinegar in a mixer with a paddle attachment until evenly blended, about 1 minute.
3. With the mixer running, gradually add the red wine vinegar.
4. Make a patty with about 2 tablespoons of the mixture. Sauté in a small skillet over low to medium heat until cooked through and browned.
5. Taste and adjust seasoning and consistency.

Source: Rebecca Peizer

LENTIL AVOCADO BROWNIE

Yield: 12 portions

Ingredients	Amounts
Vanilla bean	1 ea.
Sugar, brown	½ cup
Applesauce	2/3 cup
Avocado, peeled, pitted	1 ea.
Cocoa powder, unsweetened	1 cup
Baking powder	1 tsp.
Baking soda	½ tsp.
Salt, kosher	1 tsp.
Chocolate chips, semi-sweet	1 cup
Walnuts, chopped	¾ cup
Peanut butter	¾ cup
Avocado frosting (Recipe follows)	1x recipe
Powdered sugar	as needed
Lentil, green	1 ½ cups
Water	4 cups

Method

1. Preheat oven to 350°F.
2. Split the vanilla bean. Scrape out the seeds with the tip of a knife and discard the seeds. Rub the beans into the sugar using your fingers until dispersed.
3. Place vanilla beans, sugar, applesauce, avocado, cocoa, baking powder, baking soda, and salt into the food processor. Process until smooth.
4. Add in chocolate chips and walnuts and fold into batter. Pour batter into a greased 9 x 11-inch baking pan. Swirl in peanut butter.
5. Bake for 35 to 45 minutes until top of the brownies begin to crack. Cool.
6. Cut into 12 squares. Spread with frosting and serve dusted with powdered sugar.
7. To make the lentil purée, bring lentils and water to a boil. Cover and simmer for 20 to 25 minutes. Drain, reserving the liquid.
8. Add ¼ cup of the lentil liquid back into the lentils. Purée in a blender or food processor until smooth.

Source: Rebecca Peizer

AVOCADO FROSTING

Yield: 3 cups

Ingredients	Amounts
Avocado, peeled, pitted	2 ea.
Lemon juice Or Lime Or Orange juice	2 tsp.
Sugar, powdered, sifted	½ lb.
Vanilla extract	½ tsp.

Method

1. Put avocado and juice in a stand mixer and beat for approximately 2 to 3 minutes.
2. Add the powdered sugar in stages and beat until smooth.
3. Add the vanilla extract.

DAY ONE - TEAM ASSIGNMENTS

TEAM ONE

Tamarind Grilled Avocado with Gem Salad and Coriander Cashew Chutney
Jerked Hen of the Woods with Heart of Palm Salad and Fried Plantains
Walnut Chorizo and Black Bean Pupusa Mole Verde with Charred Corn

TEAM TWO

Wilted Kale Salad with Sunflower Tahini and Rye
Green Shakshuka with Popped Spices
Fainting Imam Eggplant with Muhammara and Bulgur Pilav

TEAM THREE

Carrot and Beet Cavatelli with Cauliflower Miso Alfredo and Pistachio Pesto
Celeriac Schnitzel with Beet Stem Kraut, Smoked Carrots, Apples, and Whole Grain
Mustard
Black Forest Lentil Chocolate Truffles

TAMARIND GRILLED AVOCADO WITH GEM SALAD AND CASHEW CHUTNEY

Yield: 10 portions

Ingredients	Amounts
Tamarind	½ cup
Water, hot	1 ½ cup
Jaggery, grated or Sugar, brown	¼ cup
Cumin, ground	1 tsp.
Red Chili Powder	1 tsp.
Chaat Masala	1 tsp.
Ginger, ground	¼ tsp.
Salt, kosher	to taste
Oil, vegetable	as needed
Avocado, firm, peeled, pitted, cut in half	5 ea.

Mint chutney

Cilantro, leaves & stems, chopped	1 cup
Mint, chopped	1 cup
Pepper, Jalapeño, roughly chopped Or seeded, veined (for a milder flavor)	2-3 ea.
Ginger root, 2-in. piece, peeled, cut into chunks	1 ea.
Onion, red, quartered	½ ea.
Lemon, juiced	1 ea.
Sugar, granulated	1 Tbsp.
Salt, kosher	1 tsp.
Water	¼-¾ cup

Salad

Farro, cooked	2 cups
Cilantro leaves	1 cup
Mint, chopped	½ cup
Scallion, sliced	1 cup
Beans, black, canned, rinsed	2 cups
Beans, garbanzo, canned, rinsed	2 cups
Bell pepper, yellow, ½-in. dice	1 ea.
Tomato, cherry, quartered	3 cups
Cucumber, English, ½-in. dice	1 ea.
Cashews, toasted, roughly chopped	1 cup
Lemon juice	1/3 cup

Cumin seeds, toasted	½ tsp.
Garam masala	½ tsp.
Oil, olive, extra-virgin	½ cup
Salt and Pepper	to taste
Cashew Chutney (Recipe follows)	1x recipe

Method

1. Mix tamarind and hot water. Allow tamarind to soak for about 30 minutes.
2. Squeeze the pulp, reserving the water, and transfer the soaked tamarind to a blender and process until smooth, adding the reserved water as needed.
3. Pass the tamarind through a mesh sieve.
4. Place pulp into a small saucepan. Add the jaggery, cumin, chili powder, chaat masala, and ginger to the tamarind pulp and stir to combine.
5. Bring the sauce mixture to a rolling boil over medium high heat and allow it to simmer for 5 minutes.
6. Add the salt, taste, and adjust seasoning accordingly.
7. Preheat grill on medium high and season with oil.
8. Brush oil on the avocados and place cut side down on the grill.
9. Brush the tamarind mixture on the avocados and turn to make cross marks. Flip the avocados over and brush the grilled side with more sauce. Remove to a plate and cool.
10. Combine all the ingredients for the mint chutney in a blender and blend until almost smooth.
11. Combine all the ingredients for the salad in a bowl and toss together.
12. Fill each avocado with cashew chutney.
13. Serve the salad on a platter topped with avocados, drizzled with mint chutney.

CASHEW CHUTNEY

Yield: 2 ½ cups

Ingredients	Amounts
Lemon juice	3 Tbsp.
Shallot, chopped	1 ea.
Cashew nuts, unsalted, roasted	1 cup
Coconut flakes, unsweetened, toasted	½ cup
Cumin, ground	½ tsp.
Yogurt, plain, plant-based	1 cup
Salt, kosher	2 tsp.
Pepper, black, ground	1 tsp.

Method

1. Combine all ingredients in a food processor and process to a paste.

JERKED HEN OF THE WOODS WITH HEART OF PALM SALAD AND FRIED PLANTAINS

Yield: 10 portions

Ingredients	Amounts
<i>Jerk Seasoning</i>	
Scallion, chopped	5 ea.
Cilantro, leaves and stems, chopped	1/3 cup
Ginger, peeled, chopped	1/2 piece
Garlic clove, chopped	2 ea.
Allspice, ground	1 tsp.
Thyme, dried	1 tsp.
Mustard, dry	1 tsp.
Cinnamon, ground	1/4 tsp.
Jalapeño, seeded, chopped	1 ea.
Salt, kosher	1 tsp.
Worcestershire sauce	1 Tbsp.
Or Liquid aminos	
Lime juice	1 Tbsp.
Oil, canola	2 Tbsp.
Mushrooms, hen-of-the-woods (Maitake), trimmed, stems attached, broken into 2 oz. pieces	4 lb.
 <i>Dressing</i>	
Mango, peeled, chopped	1 ea.
Pepper, Scotch bonnet, seeded, chopped	1 ea.
Scallion, green parts only	2 ea.
Cilantro leaves, fresh	1 cup
Coconut milk, unsweetened	1 cup
Oil, olive, extra-virgin	1/4 cup
lime, juiced	2 ea.
Salt, kosher	as needed
Pepper, black, freshly ground	as needed
Oil, vegetable, for frying	1 qt.
Plantain, peeled, sliced 1/4-in. thick on the diagonal	2 ea.
Salt, kosher	as needed

Hearts of palm, fresh, sliced into 1/4-in. disks	1 lb.
Kale, baby, leaves	4 cups
Onion, red, sliced thinly	1 cup
Pepper, black, freshly ground	as needed
Orange, peeled, segments	2 cups
Cilantro leaves	1/2 cup
Lime, cut into wedges	8 ea.

Method

1. Place all the jerk seasoning ingredients in a mortar and pestle and grind to a paste. Coat mushrooms with the paste.
2. Place all the dressing ingredients into a blender and puree until smooth. Taste and adjust seasoning with salt and pepper.
3. Pour 2 inches of oil into a deep pot and heat to 375°F.
4. Fry the plantains in batches until they are golden, about 5 minutes. Drain on paper towels and season with salt.
5. In a bowl, combine the hearts of palm, kale, and onion. Add some of the dressing and toss gently to combine. Taste and adjust seasoning.
6. Grill the mushrooms on both sides until just done.
7. Place several plantain slices on a plate and generously pile on the salad.
8. Top with the grilled mushrooms and garnish with orange segments, cilantro, and lime wedges.

WALNUT CHORIZO AND BLACK BEAN PUPUSA MOLE VERDE WITH CHARRED CORN

Yield: 20 to 25 pupusas

Ingredients	Amounts
Beans, black, canned, rinsed	1 lb.
Walnut Chorizo (Recipe follows)	1 lb.
Masa For Pupusas (Recipe follows)	2 lb.
<i>Pickled red onion</i>	
Onion, red, ¼-in. slice	2 cups
Vinegar, white wine	½ cup
Sugar, granulated	¼ cup
Salt, kosher	1 tsp.
Oil, vegetable, for frying	1 qt.
Mole Verde (Recipe follows)	1x recipe
Corn, whole ear, dry grilled, shucked	2 ea.
Radish, thinly sliced	1 cup

Method

1. Mix beans and chorizo and set aside.
2. To make the pupusas, press masa balls flat in the palm of your hand. Spread a tablespoon of the chorizo and bean mixture down the center of the masa and fold over, pressing the edges of the dough together to seal. Lightly press into a round or oval shape. Repeat with remaining masa and filling.
3. To make the pickled red onion, combine onions, vinegar, sugar, and salt and allow to macerate for 30 minutes. Drain.
4. Heat the oil in a skillet over medium heat to 350°F. Once the pan is hot, add the pupusas and cook for 3 to 5 minutes until golden.
5. Flip the pupusas and, when fully golden brown, remove to a paper-towel-lined tray.
6. Serve pupusas on top of mole verde.
7. Garnish with charred corn, pickled red onion, and radishes.

Source: Rebecca Peizer

MASA FOR PUPUSAS

Yield: 2 pounds

Ingredients	Amounts
Masa harina (corn dough)	4 cups
Garlic powder	1 tsp.
Water, warm	5 cups
Yogurt, plain (dairy or plant-based)	1 cup
Salt, kosher	1 Tbsp.

Method

1. Place masa, garlic powder and water in a bowl of an electric mixer bowl with a paddle attachment. Stir to combine. Allow mix to hydrate for 20 minutes.
2. Add yogurt and salt and mix on medium speed.
3. The dough is ready to shape into pupusas when it is firm and no longer very sticky. Add more masa or water as necessary to make a pliable dough that does not crack when pressed into a flat disk.
4. Portion into ¼ cup balls.

MOLE VERDE

Yield: 2 quarts

Ingredients	Amounts
<i>Base</i>	
Lettuce, romaine, head, chopped	1 ea.
Scallion, washed	1 bu.
Radish leaves, washed	1 bu.
Parsley, washed	1 bu.
Mint leaves	1 bu.
Epazote leaves, chopped	1 cup
Tomatillo, husked, washed	½ lb.
Chile, poblano, seeded, coarsely chopped	2 ea.
Chile, jalapeño, seeded, coarsely chopped	2 ea.
Spinach leaves, chopped	2 cups
Squash, zucchini, chopped	¼ lb.
Celery, rib, trimmed	2 ea.
Onion, white, chopped	1 ea.
Garlic clove, peeled, smashed	¼ cup
Vegetable stock or Water	1 ½ qt.
Oil, vegetable, for frying	¼ cup
<i>Nut mixture</i>	
Pepitas	¾ cup
Sesame seeds	¼ cup
Peanuts	¼ cup
Almonds	½ cup
Pecans, raw	¼ cup
Cumin, gently toasted	1 tsp.
Cinnamon, Mexican	¼ tsp.
Peppercorns, black, lightly toasted	1 tsp.
Vegetable stock or Water	1-2 cups
Sugar, granulated	1 Tbsp.
Salt, kosher	as needed
Cilantro, washed	1 bu.
Lime juice	as needed

Method

1. Separately, gently fry the pepitas, sesame seeds, peanuts, and almonds in oil. Drain on paper towels.
2. Blend all ingredients for the base until a smooth but still textured purée.
3. Heat the oil and fry the base sauce, stirring occasionally, for about 25 minutes.
4. Blend all ingredients into the nut mixture. Add to the sauce and cook for 45 minutes at low heat.
5. Season with salt and sugar to taste.
6. With a couple of ladles of the mole sauce, blend the cilantro until smooth. Add to the mole and just bring to a boil.
7. Add lime juice. Remove from heat.

WILTED KALE SALAD WITH SUNFLOWER TAHINI AND RYE

Yield: 4 portions

Ingredients	Amounts
<i>Tahini</i>	
Sunflower seeds	1 lb.
Or a mix of sunflower, flax, pumpkin, and sesame seeds	
Garlic clove, peeled (Divided)	12 ea.
Oil, grapeseed	½ cup
Cumin	1 tsp.
Fennel seed	½ tsp.
Fenugreek seed	½ tsp.
Caraway seed	½ tsp.
Peppercorns, black	2 tsp.
Paprika	1 tsp.
Water	½ cup
Lemon, juice	¼ cup
Chile, serrano, Microplaned	½ ea.
Ginger powder	½ tsp.
Sumac, ground	1 Tbsp.
Oil, grapeseed	¾ cup
Agave nectar	1 ½ tsp.
Salt, kosher	1 ½ Tbsp.
Oil, grapeseed	4 tsp.
Kale, lacinato, rinsed, stems removed, torn into small pieces	2 bu.
Salt and Pepper	to taste
Bread, rye, Danish-style, dense, torn into small chunks	½ cup
Smoked Yogurt (Recipe follows)	1 cup
Sesame seeds, toasted	¼ cup
Sunflower seeds, toasted	¼ cup
Golden flax seeds, toasted	¼ cup
Pumpkin seeds, toasted,	¼ cup
Oil, grapeseed	as needed
Pepper, black, ground	as needed

Method

1. To make the tahini, preheat oven to 350°F. Place the sunflower seeds in a single layer on a cookie sheet and toast for 10 minutes until fragrant. Set aside to cool.
2. Place 10 garlic cloves in a small sauce pot with the oil. Over very low heat, slowly cook the garlic and infuse the oil.
3. Toast cumin, fennel, fenugreek, caraway, and peppercorns until warm and fragrant, then grind in a spice grinder into a fine powder.
4. When the sunflower seeds have cooled, place half the seeds and water in a blender and purée on medium into a paste. Add the remaining seeds, paprika, and lemon juice and continue to blend until smooth, scraping down the sides when necessary.
5. Add the cooked garlic cloves, serrano chili, 2 raw garlic cloves, ginger, and sumac and continue blending. Slowly drizzle in oil.
6. Add the agave, salt, and more water if necessary to keep the mix moving. It should be thinner than peanut butter, but not watery. Taste for seasoning and add salt, lemon, or more spices as needed to intensify the flavor.
7. Heat a sauce pot on medium-high heat and add the oil. Add the kale with a pinch of salt and a couple twists of pepper. Sauté quickly, just wilting the kale.
8. Transfer the kale to a mixing bowl and add the torn bread to warm it a bit. Taste and adjust for seasoning.
9. In a medium skillet over medium heat, heat the sesame, sunflower, flax, and pumpkin seeds until golden brown and fragrant, stirring occasionally, about 3-5 minutes. Transfer to a plate to cool.
10. Divide the tahini between 4 plates and spread on the bottom of each plate. Top with yogurt, and then the kale and bread mixture. Sprinkle the toasted seeds on top and drizzle with oil. Crack fresh pepper over the top.

Adapted from Source: Cortney Burns, as presented at the 2013 Worlds of Flavor® International Conference and Festival.

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SMOKED YOGURT

Yield: 1 quart

Ingredients	Amounts
Fine grain oak or hickory wood chips	as needed
Yogurt, plain, full fat	1 qt.
Lemon zest	as needed
Lemon juice	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Dill, fresh	as needed
Mint	as needed
Parsley, curly	as needed

Method

1. Smoke for 5 minutes in a commercial smoker or create a stovetop smoker:
2. Line a wok with a double layer of aluminum foil. Scatter a large handful of the woodchips in the middle, then place a wire rack on top. Make sure you have a lid, or a makeshift lid with a large stainless bowl or foil.
3. Place the yogurt in a shallow baking pan or bowl that can fit into another larger pan or bowl full of ice. Make sure this set up fits below the lid in the wok set up.
4. Ignite the woodchips with a blow torch or over high heat. When the woodchips are fully smoking, blow out any flames and place the bowl on the rack. Cover tightly. Allow yogurt to smoke for 5 minutes.
5. Remove the yogurt and transfer to a clean container.
6. Season yogurt to taste with lemon zest and juice, salt, pepper, dill, mint, and parsley. Whisk until well combined.
7. Cover and refrigerate for up to one week.

GREEN SHAKSHUKA WITH POPPED SPICES

Yield: 8 portions

Ingredients	Amounts
Oil, olive, extra-virgin	½ cup
Scallion, minced	2 cups
Garlic, minced	2 Tbsp.
Cumin, ground	2 Tbsp.
Red pepper flakes	1 tsp.
Chile, Anaheim, roasted, chopped	2 lb.
Spinach, leaves, chopped	2 lb.
Cilantro, minced	1 cup
Salt, kosher	3 tsp.
Vegetable stock	1-2 cups
Tofu, silken	2 lb.
<i>Popped spices</i>	
Oil, olive, extra-virgin	½ cup
Cumin seeds	1 tsp.
Fennel seeds	1 tsp.
Mustard seeds, black	2 tsp.
Sesame seeds, white	2 Tbsp.
Chives, 1 in. pieces	½ cup
Cilantro leaves	½ cup
Bread, Greek Pita, cut into wedges, grilled	4 ea.

Method

1. Heat oil in a large rondeau or skillet on medium heat. Add scallion, garlic, cumin and red pepper flakes and sauté until translucent and aromatic, about 3 to 4 minutes.
2. Add the chiles, spinach, cilantro and salt and cook the spinach until wilted, about 3 to 4 minutes more.
3. Using an immersion blender, blend about ½ the mixture. Stir to combine. Add vegetable stock to create a thick stew like consistency.
4. With the back of a spoon, create four wells in the mixture. Scoop egg-sized portions of the tofu into each well.
5. Cover and simmer on medium low until the tofu is heated through.

6. Meanwhile, add the oil, and the cumin, fennel, mustard, and sesame seeds to a medium skillet. Cook over medium heat until they start to sizzle and pop. Do this right before uncovering the shakshuka.
7. Uncover the shakshuka and garnish with popped spice oil, chives, and cilantro.
8. Serve with warm pita wedges.

TURKISH FAINTING IMAM EGGPLANTS

Yield: 8 portions

Ingredients	Amounts
Oil, olive, pure	½ cup
Onion, yellow, finely chopped	2 cups
Garlic clove, finely chopped	5 ea.
Baharat	2 tsp.
Tomato, grated	2 cups
Turkish Pepper paste	1 Tbsp.
Salt, kosher	1 tsp.
Water	5 cups
Farro, pearled	1 cup
Quinoa, red	1 cup
Kale, lacinato, stemmed, chopped	1 bu.
Parsley, finely chopped	1 cup
Scallion, thinly sliced	½ cup
Eggplants, Italian, medium	8 ea.
Oil, olive, pure	2 cups
Tomato, sliced in thin half-moons	8 ea.
Muhammara (Recipe follows)	1x recipe
Bulgur Pilav (Recipe follows)	1x recipe
Molasses, pomegranate	¼ cup
Oil, olive, extra-virgin	¼ cup
Mint leaves, chiffonade.	¼ cup
Scallion, thinly sliced on bias	¼ cup

Method

1. Heat the oil in a saucepan. Add onion and cook until lightly browned.
2. Add garlic and stir for a few minutes. Add baharat and cook until fragrant. Add tomatoes and cook until softened.
3. Add the pepper paste and salt. Continue to cook for a few minutes. Add the water and simmer for 5 minutes. Stir in the farro and quinoa, and simmer partially covered for 15 minutes.
4. Add the kale and continue to cook for 5 minutes until grains are fully cooked but not mushy and kale is wilted.
5. Remove from the heat and strain off any excess liquid into a bowl and reserve, if necessary. Stir in the chopped parsley and scallions. Set aside.

6. Cut off the green sepals from the eggplants, leaving the stalks attached. Peel 3 strips lengthwise, so that the eggplant looks striped. Sprinkle salt as needed and set aside while the bitter juice seeps out. Wash with cold water and dry.
7. Heat olive oil in a large skillet and fry over medium heat until lightly browned all over and fully softened.
8. Remove from oil, drain, and cool.
9. With a spoon, make a split down the eggplant and press out a hollow with the back of the spoon. Fill each eggplant with the barley and quinoa mixture and place into a baking dish.
10. Lay one slice of tomato over each filled eggplant. Pour any reserved cooking liquid over top and bake at 350°F for about 15 minutes to heat through.
11. Spoon Muhammara over a platter. Place mounds of bulgar pilav over the muhammara. Lean Eggplants over top. Drizzle with olive oil and pomegranate molasses.
12. Garnish with mint and scallions.

MUHAMMARA

Yield: 2 cups

Ingredients	Amounts
Bell pepper, red	1 lb.
Walnuts, shelled, ground	½ cup
breadcrumbs or cracker crumbs	2 Tbsp.
Lemon juice	1 ea. (or to taste)
Molasses, pomegranate	4 tsp.
Turkish Red chili paste	¼ cup.
Salt, kosher	¼ tsp.
Cumin, ground	¼ tsp.
Oil, olive, pure	¼ cup

Method

1. Roast peppers over gas or under the broiler, turning until blackened and blistered all over.
2. Place in a paper bag for 10 minutes to loosen the skins. Slit the peppers open and remove and discard the membranes, stems, seeds, and skin. Set aside to drain.
3. Combine walnuts and breadcrumbs in a food processor and process until finely ground.
4. Add the bell peppers, lemon juice, molasses, chili paste, salt, cumin, and oil. Blend until slightly creamy but still a little coarse.

BULGHUR PILAV

Yield: 8 portions

Ingredients	Amounts
Oil, olive, pure	¼ cup
Vermicelli noodles	¼ cup
Tomato, grated	1 cup
Turkish pepper paste	2 Tbsp.
Bulgur, coarse	3 cups
Vegetable stock, hot	6 cups
Salt, kosher	2 tsp.

Method

1. Rinse the bulgur in a fine sieve.
2. Heat the oil in a sautoir over medium heat.
3. Add vermicelli and fry until golden brown.
4. Add the bulgur and stir until coated with oil.
5. Add the pepper paste and tomato, and sauté until hot.
6. Add vegetable stock and salt. Bring to a simmer. Lower heat and cover.
7. Cook for 15 minutes until all liquid is absorbed.
8. Let rest for 5 minutes without opening the lid.
9. Fluff with a fork.

CARROT AND BEET CAVATELLI WITH CAULIFLOWER MISO ALFREDO AND PISTACHIO PESTO

Yield: 8 portions

Ingredients	Amounts
<i>Cauliflower Alfredo</i>	
Oil, olive, pure	2 Tbsp.
Garlic, minced	4 tsp.
Onion, minced	¼ cup
Cauliflower, cut into 1-in. pieces	6 cups
Miso paste, white	¼ cup
Flour, rice	½ cup
Rice milk	6 cups (+ as needed)
Nutritional yeast	2 Tbsp.
Salt, kosher	to taste
 <i>Carrot Cavatelli</i>	
Carrot, peeled, cooked, pureed	1 cup
Water, warm	½ cup
Flour, semolina	2 cup
Flour, 00, soft wheat	1 cup
Oil, olive, pure	2 Tbsp.
Salt, kosher	2 tsp.
 <i>Beet cavatelli</i>	
Beet, cooked, pureed	1 cup
Water, warm	½ cup
Flour, semolina	2 cup
Flour, 00, soft wheat	1 cup
Oil, olive, pure	2 Tbsp.
Salt, kosher	2 tsp.
 <i>Pistachio pesto</i>	
Pistachios, shelled	½ cup
Carrot, top, blanched	¾ cup
Basil leaves, blanched	½ cup
Garlic, smashed	1 Tbsp.
Oil, olive, extra-virgin	1 ½ cup
Salt, kosher	to taste
 Parsley, leaves	 1 Tbsp.

Pepper, black, cracked

¼ tsp.

Method

1. Heat a medium pot on medium heat and add garlic and onion. Sweat until aromatic.
2. Add cauliflower, miso paste, flour, rice milk, yeast, and salt. Bring to a complete boil.
3. Cover and simmer on low, stirring occasionally, for 10 to 15 minutes or until the cauliflower is very tender.
4. Place the contents of the pot into a blender and blend on high until very smooth.
5. To make the carrot cavatelli, combine carrots, water, semolina and 00 flour, oil, and salt in a bowl and mix well until combined. Knead until smooth. Divide into 8 pieces.
6. To make the beet cavatelli, combine beets, water, semolina and 00 flour, oil, and salt in a bowl and mix well until combined. Knead until smooth. Divide into 8 pieces.
7. For both types of cavatelli, roll each piece into a thin log about 1 inch in diameter and cut into ½ inch pieces. Roll each piece on a gnocchi board onto a semolina dusted tray.
8. To make the pesto, puree the pistachios, carrot, basil, garlic, oil, and salt until smooth. Season with salt. Adjust consistency with more oil if necessary.
9. Boil each type of cavatelli separately in salted water until floating and cooked through. Drain and coat with olive oil.
10. Place heated sauce on a platter, top with cavatelli, and drizzle pesto over.
11. Served garnished with black pepper and parsley leaves.

Source: Rebecca Peizer

CELERIAC SCHNITZEL WITH BEET STEM KRAUT, SMOKED CARROTS, APPLES, AND WHOLE GRAIN MUSTARD

Yield: 6 Portions

Ingredients	Amounts
Celeriac	2 ½ lb.
Vegetable Broth	1 qt.
Onion, sliced	2 cups
Garlic clove, smashed	2 ea.
Bay leaf	2 ea.
Thyme sprig, fresh	2 ea.
Salt, kosher	as needed
Peppercorns, black	2 tsp.
Egg	2 ea.
Yogurt	¼ cup
Cornstarch	½ cup
Breadcrumbs, amaranth-rye Or Or whole-wheat Or Panko	2 cups
Carrot, baby, peeled, blanched al-dente	12-18 ea.
Butter, unsalted, (Divided)	1 oz.
Oil, olive, pure, (Divided)	1 oz.
Salt, kosher	as needed
Pepper, white, ground	as needed
Apple, peeled, cut into eighths	2 ea.
<i>Mustard Sauce</i>	
Oil, vegetable	1 tsp.
Shallot, minced	¼ cup
Ginger, minced	1 tsp.
Vegetable broth	½ cup
Apricot preserves	½ cup
Mustard, whole grain	1 Tbsp.
Vinegar, cider	1 Tbsp.
Oil, olive, pure, for frying	as needed
Quick Beet Stem Kraut (Recipe follows)	1x recipe

Method

1. Poach the celeriac in vegetable broth, with onion, garlic, bay leaf, thyme, salt, and peppercorns, until tender, about 20 minutes.
2. Remove and cool to room temperature.
3. Prepare the breading mixture by whisking together the eggs and yogurt in a wide, shallow bowl. Place the cornstarch and the breadcrumbs in two separate, shallow bowls.
4. Pat the celery root dry and season with salt and pepper. Dredge both sides of the celery root in cornstarch, dip in the egg-yogurt mixture, and then dredge in the breadcrumbs. Set it aside.
5. Place the par-cooked carrots in a tabletop smoker. Smoke for 5 minutes or until the carrots are lightly smoked. Toss with ½ ounce of oil and butter. Season with salt and white pepper.
6. Heat a large sauté pan. Add ½-ounce of butter and ½-ounce of olive oil and heat until foaming. Add the apple slices and sauté until lightly brown. Set it aside.
7. To make the mustard sauce, add the oil to the same pan and sauté the shallot and ginger until fragrant. Add the broth, preserves, mustard, and vinegar and whisk to combine. Reduce slightly.
8. Heat a large skillet with the olive oil and pan fry the slices of breaded celeriac until golden and crispy on both sides. Drain on paper towel or rack lined sheet pan.
9. Serve with Beet Stem Kraut and Smoked Carrots, Apples and Whole Grain Mustard Sauce.

QUICK BEET STEM KRAUT

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	1 Tbsp.
....Or Butter, unsalted	
Caraway seeds	1 tsp.
Mustard seeds	2 tsp.
Onion, thinly sliced	1 cup
Garlic clove, thinly sliced	1 Tbsp.
Cabbage, red, medium, sliced very thinly on a Microplane	1 qt.
Beet, stems, trimmed, cut ¼ in. slice	2 cups
Vinegar, cider	to taste
Sugar, granulated	2 Tbsp.
Dill, fresh	½ bu.

Method

1. Add the oil to a medium skillet over medium heat. Add the caraway and mustard seeds and heat until the mustard seeds begin to pop.
2. Add the onions and garlic to the pan and cook until tender.
3. Add the shredded cabbage and beet stems and sauté for 3-5 minutes until hot.
4. Add vinegar and sugar. Continue cooking over low heat until the mixture is wilted but still tender crisp.
5. Right before serving, fold in the dill.

BLACK FOREST LENTIL CHOCOLATE TRUFFLES

Yield: 5 cups

Ingredients	Amounts
Lentils, brown	1 cup
Walnuts	1 cup
Cocoa powder, unsweetened	1 cup
Date, pitted, diced	1 cup
Oil, coconut, solid	1 cup
Maple syrup	½ Tbsp.
Vanilla extract	1 Tbsp.
Cherries, dried	1 cup
Coconut flakes, toasted	4 cup

Method

1. Cook the lentils in simmering water until ½ way done. Drain and chill.
2. In a food processor, purée lentils, walnuts, cocoa, dates, coconut oil, maple syrup, and vanilla. The mixture should look crumbly but come together when squeezed in your hand.
3. Scoop the mixture into 1 tablespoon balls, stuff with cherries, and roll with oiled hands.
4. Coat with toasted coconut. Chill.

TOPICS FOR DAY 2

Sustainability Through the Eyes of a Chef

Demonstration

Plant Based Cuisine Innovation Challenge

LUNCH

DAY 2 - DEMONSTRATION RECIPES

Veg-Cuterie Platter

Savory Nut Pâté

Carrot Lox

Mushroom Bacon

SAVORY NUT PÂTÉ

Yield: 2 cups

Ingredients	Amounts
Oil, olive, pure	3 Tbsp.
Garlic clove	2 ea.
Onion, red, sliced	½ ea.
Sage, fresh, chopped	1 Tbsp.
Pecans, toasted	1 cup
Water	½ cup+ more as needed
Or vegetable stock	
Nutritional yeast flakes	1 Tbsp.
Miso paste	2 Tbsp.
Honey	1 tsp.
Vinegar, balsamic	½ tsp.
Nutmeg, ground	⅛ tsp.
Salt, kosher	¼ tsp.
Pepper, black, ground	⅛ tsp.
<i>Crostini</i>	
Baguette, whole grain	1 ea.
sliced ¼ in. thick	
Oil, olive, extra-virgin	1/3 cup
Salt and Pepper	as needed

Method

1. Heat the oil in a medium sauté pan. Add the garlic, onions, and sage and cook until the onions are soft and caramelized.
2. Add the remaining ingredients. Simmer the mixture for about 5-8 minutes to soften the nuts. Add additional liquid as needed to prevent burning.
3. Remove from the heat and cool. Place the mixture into a blender and process until smooth. Stop the blender periodically and use a rubber spatula to push the contents down for even blending. Adjust seasonings as desired.
4. Store in an airtight container in the refrigerator until ready to use.
5. To make the crostini, preheat oven to 350°F. Arrange baguette slices on baking sheet. Brush both sides with oil and season with salt and pepper.
6. Bake until golden, 15 to 20 minutes. If undersides are not browning, turn crostini over once during baking. Let cool.
7. Add pâté to crostini and serve.

CARROT LOX

Yield: 4 portions

Ingredients	Amounts
Carrot, large, peeled	2 ea.
Salt, sea	as needed
Oil, olive, extra-virgin	2 Tbsp.
Vinegar, white wine	2 tsp.
Paprika, smoked, ground	¼ tsp.
Lemon juice	2 Tbsp.
Cucumber, Persian, sliced paper thin	1 ea.
Capers, non-pareil	2 Tbsp.
Chives, snipped	2 Tbsp.
Dill, roughly chopped	1 Tbsp.
Everything bagel seasoning	1 Tbsp.
Bagel chips	as needed

Method

1. Preheat the oven to 475°F.
2. Line a medium baking dish with parchment paper. Coat the bottom with about a ¼-inch layer of salt. Place the whole carrots in the dish and sprinkle with a good amount of salt.
3. Roast the carrots until tender but still a bit al dente. Remove and cool in the salt.
4. In a small bowl, combine the oil, vinegar, paprika, and lemon juice.
5. Rub off any salt from the carrots.
6. Using a Swiss peeler or mandolin, peel the carrot into ribbons.
7. Place the strips in the marinade and toss to coat. Marinate for 15 minutes.
8. Serve with cucumber slices, capers, chives, dill, and everything bagel seasoning on bagel chips.

MUSHROOM BACON

Yield: 4 portions

Ingredients	Amounts
Mushroom, king oyster or Mushroom, trumpet	8 ea.
Oil, canola	2 tsp.
Soy sauce	2 Tbsp.
Maple Syrup	1 Tbsp.
Vinegar, balsamic	½ tsp.
Wood chips, soaked	1 cup

Method

1. Preheat oven to 425°F.
2. Toss mushrooms with oil and lay on silicon baking sheet.
3. Roast in the middle of the oven for 10 minutes, flip and roast for 10 more minutes until just starting to crisp. Remove from oven.
4. Mix soy sauce, maple syrup, and vinegar in a bowl. Brush mixture over the mushrooms.
5. Heat a pan smoker with wood chips until smoking.
6. Lay the mushroom slices on a wire rack and place in the smoker for 5 minutes, covered.
7. Remove the mushrooms. Place back on the silicon mat and continue to bake for 5-10 more minutes until crispy. Cool.

PLANT BASED INNOVATION CHALLENGE EXERCISE

*The purpose of the exercise is to allow you to create new
Plant Based menu concepts.*

*Each team is assigned specific ingredients that must be used in this culinary
challenge to create three unique menu items.*

*All items created by the teams during the 3-hour, hands-on session will be
served for lunch.*

GUIDELINES

- For this exercise, you will work in teams to develop and produce a 3 Menu items which may or may not include one dessert item, using the lessons and techniques learned.
- Each team is assigned a basket of ingredients that they **MUST** utilize completely in the three dishes.
- Each team will be able to draw from a pantry of **additional ingredients** available (see list) to supplement.
- No additional food ordering will be permitted.
- You will receive your team assignments on Day One for you to begin brainstorming menu ideas with your teammates.
- Your dishes should be indicative of items to be sold in your region.
- You will have 3 hours in which to prepare and plate your menu items. The meal must be ready by 1pm.
- A recipe template has been provided. All recipes are to be written for 10 portions.
- TWO fully plated portions of each dish will be used for judging and photographs.
- The remaining EIGHT portions will be served on platters family style as tasting portions.
- Each Team must select a team spokesperson to present and discuss the creative process used for their creations.

COMMUNITY PRODUCTS

The community products, from which all participants may draw, includes all the following items. Please draw only the amounts of each item that you will be using for your menu items.

Produce

- Carrots
- Celery
- Garlic
- Ginger
- Lettuce, assorted
- Onions, Spanish
- Shallots
- Lemons
- Limes

Dried Fruits and Nuts

- Apricots, dry
- Figs, dry
- Raisins, Brown
- Raisins, Golden
- Walnuts
- Pumpkin seeds

Staples

- Breadcrumbs
- Cornstarch
- Flour, all-purpose
- Flour, bread
- Rice, Brown
- Spices, assorted
- Dried chilies

Dairy

- Plant Based Butter
- Plant Based Yogurt
- Plant based cheeses

Specialty

Nutritional yeast
Curry pastes
Seaweed
Lemongrass
Coconut milk

Condiments

- Capers
- Ketchup
- Hoisin Sauce
- Mustard, Dijon
- Mustard, Brown
- Mirin
- Soy Sauce
- Sugar, Brown
- Sugar, White
- Tabasco

Fresh Herbs

- Chives
- Cilantro
- Dill
- Mint
- Parsley
- Tarragon
- Thyme

Stocks

- Vegetable

Wine/Spirits

- Burgundy
- Chablis

Oils

- Canola Oil
- Olive Oil
- Olive Oil, Extra Virgin
- Sesame Seed Oil
- Vegetable Spray

Vinegars

- Balsamic Vinegar
- Cider Vinegar
- Red Wine Vinegar
- Rice Wine Vinegar
- Sherry Vinegar
- White Wine Vinegar

PLUS

SEASONAL ASSORTMENT OF FRESH VEGETABLES AND PRODUCE

TEAM ASSIGNMENTS

Each team will receive the following items and must use all of the items:

TEAM ONE

Beans, Black
Chia seeds
Coconut, shredded or flaked
Flour, masa harina
Hearts of Palm
Rice, brown
Vanilla, extract, or bean

Bananas
Chayote
Corn, yellow
Cucumber, European
Herb, Cilantro
Melon, Honeydew
Onion, sweet

Pepper, red
Pepper, Fresno
Pineapple
Plantain, green
Taro root

TEAM TWO

Kelp, kombu
Miso, white or red
Rice, glutinous
Soba noodle, buckwheat
Tofu, firm
Broccolini
Cabbage, Bok choy, baby

Garlic, whole
Ginger root, fresh
Greens, mustard
Greens, spinach
Melon, bitter
Mushrooms, maitake, fresh
Mushrooms, shiitake, dried

Onions, green
Oranges
Peas, snow
Persimmon
Potato, purple sweet (Imo)
Radish, Daikon
Turmeric, ground

TEAM THREE

Beans, chickpeas
Honey
Phyllo dough
Wheat, bulgar – coarse
Artichoke
Carrots

Cauliflower
Greens, wild – dandelion or
arugula
Herb, oregano
Herb, rosemary
Herb, sage

Lemon
Radishes, red
Squash, zucchini
Spice, Fennel seeds

The amounts of each item will be presented when discussing the innovation challenge in class. Items may be substituted or added based on availability.

Flavor Profiles Around the World to Inspire Your Ideation

Cajun/Creole

dark roux, onions, celery, green pepper, tomatoes, parsley, cayenne, Cajun spice blends, blackening seasonings, lemon, scallions, andouille sausage, crab, shrimp

French

butter, shallots, onions, celery, carrots, thyme, tarragon, herbs de Provence, bay leaves, chives, chervil, capers, red and white wine, truffle, soft cheeses, Dijon mustard, mushrooms, cream

Indian

tandoori spices, garam masala, curry, yogurt, coconut milk, basmati rice, tamarind, cardamom, cumin, coriander, cilantro, fennel, garlic, saffron, fenugreek, dried chilies

Italian

garlic, onions, celery, basil, pesto, prosciutto, Parmigiano-Reggiano cheese, mozzarella cheese, pine nuts, tomatoes, artichokes, olives, olive oil, oregano, lemon, fennel, flat-leaf parsley, red pepper flakes, rosemary, white beans, balsamic vinegar

Japanese

miso, sesame seed oil, sesame seeds, rice vinegar, sake, soy sauce, wasabi, ginger, seaweed (including kombu, Nori and wakame), Mirin (sweet sake), bonito flakes, dashi, pickled vegetables, tofu

Greek

oregano, lemon, olives, tuna, rosemary, bay leaves, thyme, olive oil, lamb, garlic, feta cheese, tomatoes, red onions, fish, shellfish

Mexican/Tex-Mex

cumin, chili powder, hot sauce, green peppers, oregano, lime, garlic, onions, celery, cilantro, tomatoes, scallions, black beans, Cheddar cheese, avocado

North African/Moroccan

mint, lemon, harissa, saffron, turmeric, parsley, cilantro, honey, olives, almonds, dates, raisins, chickpeas, eggplant, green bell peppers, carrots, lentils, onion, ground ginger, paprika, cumin, cayenne, figs

West African

okra, peanuts, yams, hot peppers, tomatoes, onions, rice, cassava, plantains, black-eye peas, palm nut oil, ginger, millet, coriander, thyme

Central/South Asian

ginger, garlic, scallions, shallots, lemongrass, Thai basil, cilantro, fish sauce, shrimp paste, soy sauce, coconut milk, sesame seeds, sesame oil, rice or sweet wine vinegar, cilantro, lime, oyster sauce, galangal, hot chili peppers

CHINESE FLAVOR PROFILE

Yield: 3/4 cup

Ingredients	Amounts
Oil, sesame	1/2 Tbsp.
Ginger, minced	2 Tbsp.
Garlic, minced	2 Tbsp.
Scallion, minced	2 Tbsp.
Soy sauce	3/4 cup
Hoisin sauce	1/4 cup
Red chili paste	2 Tbsp.
Cornstarch slurry	as needed

Method

1. Heat oil in a sauté pan. Add ginger, garlic, and scallions and sauté over moderate heat until very aromatic.
2. Add remaining ingredients and simmer for 3 to 5 minutes.

THAI FLAVOR PROFILE

Yield: 1/2 cup

Ingredients	Amounts
Fish Sauce	1/4 cup
Galangal, minced	1 Tbsp.
Kaffir lime leaf, minced	1 ea.
Cilantro	1 Tbsp.
Red chili paste	1 tsp.
Lime juice	1 Tbsp.
Coconut milk	1 Tbsp.

Method

1. Combine all ingredients. Allow flavors to develop for 30 minutes.

JAPANESE FLAVOR PROFILE

Yield: ½ cup

Ingredients	Amounts
Ginger, fresh, grated	2 Tbsp.
Mirin	2 Tbsp.
Soy Sauce	1 Tbsp.
White Miso paste	1 Tbsp.
Vinegar, rice	2 Tbsp.
Oil, sesame	2 Tbsp.
Sugar, granulated	2 Tbsp.

Method

1. Combine all ingredients. Mix thoroughly.

CURRY POWDER (INDIAN)

Yield: 1/4 cup

Ingredients	Amounts
Coriander, ground	2 tsp.
Or coriander seeds	1½ tsp.
Cumin, ground	2 tsp.
Or cumin seeds	1½ tsp.
Pure red chili powder	2 tsp.
Turmeric	2 tsp.
Ginger, ground	2 tsp.
Cardamom, ground	¼ tsp.
Or 2 whole pods	
cinnamon, ground	¼ tsp.
fennel seeds, ground	½ tsp.
Or whole seeds	1 tsp.
Mustard, ground	½ tsp.

Method

1. If using all ground spices, Combine all ground spices together.
2. If using some whole spices, To maximize flavor, dry-roast the whole spices in a hot pan over low heat before grinding them. Then combine with the remaining ground spices.

MEDITERRANEAN WET SPICE PASTE

Yield: 1 3/4 cups

Ingredients	Amounts
Sage, roughly chopped, Or parsley, rosemary, or thyme Or mix of any herbs above	1 cup
Garlic, minced	3 Tbsp.
Oil, olive, pure	1/4 cup
Lemon Juice	2 Tbsp.
Red pepper flakes	1 Tbsp.
Salt, kosher	1 Tbsp.
Pepper, black, freshly cracked	1 tsp.

Method

1. Combine all ingredients and allow flavors to develop for 30 minutes.

GREEK FLAVOR PROFILE

Yield: 1 cup

Ingredients	Amounts
Garlic clove, minced	1 ea.
Lemon juice	2 Tbsp.
Oil, olive, extra-virgin	1/3 cup.
Tomato, plum, seeded, diced	1/3 cup
Olive, chopped	1/3 cup
Oregano, chopped	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	1/4 tsp.

Method

1. Combine all ingredients.
2. Allow flavors to develop for 30 minutes.

MOROCCAN RAS AL HANOUT SPICE

Yield: ½ cup

Ingredients	Amounts
Peppercorns, black	1 1/2 tsp.
Cumin seeds	1 tsp.
Cinnamon stick	1 in.
Coriander seeds	1 tsp.
Hot red pepper	1/4 tsp.
Cardamom seeds	4 ea.
Cloves	4 ea.
Rose bud	2 ea.
Ginger, powdered	1 tsp.
Nutmeg, powdered	1/4 tsp.
Turmeric	½ tsp.

Method

1. Heat a dry pan with all the whole spices until fragrant being careful not to burn.
2. Pound all ingredients in a mortar to a powder or grind in a spice grinder
3. Add rest of powdered spices.

CREOLE SEASONING

Yield: 2/3 cup

Ingredients	Amounts
Salt, kosher	2 Tbsp.
Garlic powder	2 Tbsp.
Pepper, black, ground	1 Tbsp.
Pepper, cayenne, ground	1 Tbsp.
Thyme, dried	1 Tbsp.
Oregano, dried	1 Tbsp.
Paprika	2½ Tbsp.
Onion powder	1 Tbsp.

Method

1. Combine ingredients.

ALL-SOUTH BARBECUE RUB

Yield: 1 cup

Ingredients	Amounts
Salt, kosher	2 Tbsp.
Sugar, granulated	2 Tbsp.
Sugar, brown	2 Tbsp.
Cumin, ground	2 Tbsp.
Chili powder	2 Tbsp.
Pepper, black, freshly cracked	2 Tbsp.
Pepper, cayenne, ground	1 Tbsp.
Paprika, ground	4 Tbsp.

Method

1. Combine ingredients.

BARBECUE SAUCE

Yield: 1 ½ cups

Ingredients	Amounts
Ketchup	1 cup
Molasses	2 Tbsp.
Vinegar, cider	1 Tbsp.
Tabasco sauce	1 Tbsp.
Mustard, Dijon	2 Tbsp.
Or Mustard, Creole	
Sugar, dark brown, firm packed	2 Tbsp.
Worcestershire Sauce	1 tsp.
Garlic, minced	1 tsp.
Beer, dark	2 oz.
Or Coffee, strong brewed	

Method

1. Combine ingredients and bring to a simmer, heating until flavors are developed.

CUBAN MOJO

Yield: 3 cups

Ingredients	Amounts
Orange juice	1 ¼ cups
Lemon juice	1 cup
Lime juice	1/3 cup
Annatto, ground	3 Tbsp.
Garlic, chopped	2 tsp.
Salt, kosher	1 Tbsp.
Oregano, dried	2 tsp.
Cumin, ground	2 tsp.
Cloves, ground	½ tsp.
Cinnamon, ground	½ tsp.
Pepper, black, ground	½ tsp.

Method

1. Combine all the ingredients in a bowl and mix well.

MEXICAN FLAVOR PROFILE PASTE

Yield: 1 cup

Ingredients	Amounts
Tomatoes, plum, charred	4 ea.
Onion, white, charred	½ ea.
Pepper, ancho, charred, seeded	1 ea.
Chile, Jalapeño, charred	1½ ea.
Lime, juiced	1 ea.
Cilantro, rough chopped	1½ Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.

Method

1. Combine all the ingredients and purée in a blender.

ACHIOTE SEASONING PASTE

Yield: 1/3 cup

Ingredients	Amounts
Annatto seeds	2 Tbsp.
Allspice, whole or fresh ground	2 tsp.
Pepper, black, whole or fresh ground	1 tsp.
Oregano, Mexican, dried	1 ½ tsp.
Vinegar, cider	3 Tbsp.
Garlic clove, peeled	6 ea.
Salt, kosher	1 tsp.

Method

1. Using a spice grinder, pulverize the annatto as finely as possible and remove to a small bowl.
2. Pulverize the allspice and black pepper (if using whole) with the oregano. Remove and add to the achiote.
3. Sprinkle in the cider vinegar and mix thoroughly (it will be a damp powder at this point and won't hold together). Roughly chop the garlic, sprinkle it with salt, and use the back of a spoon or the side of a knife to work it back and forth into a paste.
4. Little by little, work in the spice mixture. Work in 1 to 2 tablespoons of water to give the mixture a consistency of a thick paste.

RECIPE NAME:

Yield:

Ingredients <small>(List in order used)</small>	Preparation <small>(Cut, size, cooked, drained, etc.)</small>	Weight	Volume

Method

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.

RECIPE NAME:

Yield:

Ingredients <small>(List in order used)</small>	Preparation <small>(Cut, size, cooked, drained, etc.)</small>	Weight	Volume

Method

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.

RECIPE NAME:

Yield:

Ingredients <small>(List in order used)</small>	Preparation <small>(Cut, size, cooked, drained, etc.)</small>	Weight	Volume

Method

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.



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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