



Culinary Institute of America

SCRATCH AND BATCH COOKING



The Culinary Institute of America, Hyde Park, NY

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The Culinary Institute of America
1946 Campus Drive
Hyde Park, NY 12538-1499
Tel: 845-452-9600
www.ciachef.edu



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 blue ink that reads "David Kamen".

David Kamen '88 MBA PC^{III}
Director CIA Consulting
845-451-1386 david.kamen@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

- ☑ Silence and put away phones during class.
- ☑ Actively participate.
- ☑ Return promptly from breaks.
- ☑ Remain in attendance for the class duration.
- ☑ 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.
 - NYS law – when handling “ready-to-eat” food items, if you don’t cook it, glove it!
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables.
- ☑ Maintain CIA uniform standards.
- ☑ 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

SCRATCH AND BATCH COOKERY

Understanding how to prepare food from its raw state to plated dish has enormous advantages. It is the best way to maximize nutrition and can also be the most cost-effective way to prepare food. Even if we can only implement scratch cooking in small ways, it can make a huge impact on the quality of the food we serve.

This course is designed to teach the basic skills of cooking food from a raw state, also known as "Scratch" cooking. We will be preparing everything "from scratch", without the use of pre-prepared or processed food items besides spices and condiments. We will be utilizing knife skills for basic vegetables, meats, and seafood, as well as all our scraps. This will help us understand how size and shape determine what cooking method we will use and how we can minimize waste.

We will also learn how "Scratch" cookery translates to "Batch" cookery-- how we can prepare all the components for larger quantities of dishes ahead of time, so that they can be finished in smaller batches later. Our goal is to ensure that each customer, from the first to the last, experiences the same quality product.

DAY ONE: KNIFE CUTS

Each Student will Prepare the Following Cuts to be used for Production:

Sliced: Onion, Celery, Mushroom, Cabbage

Medium Dice: Onion, Tomatoes, Zucchini, Peppers

Small Dice: Carrot, Celery, Potato, Cucumber

Julienne: Pepper, Carrot

Minced: Onion, Shallot, Garlic, Parsley

Citrus Supreme

Chicken: 8-way

DAY ONE TEAM PRODUCTION ASSIGNMENTS

SOUPS, SALADS, SANDWICHES

TEAM ONE

Vegetable Soup with Garlic and Basil

Greek Salad with Feta Cheese

Chicken Souvlaki Pita Sandwich with Tzatziki

TEAM TWO

Thai Red Lentil Soup

Cucumber, Peanut, and Chili Oil Salad

Chicken Bahn Mi

TEAM THREE

Onion Soup Gratinée

Citrus and Fennel Salad

Provençal Tartine: Ratatouille with Herbes de Provence,
Goat Cheese, and Grilled Bread

ALL TEAMS AS A CLASS

Vegetable Broth

Chicken Broth

VEGETABLE SOUP WITH GARLIC AND BASIL

Yield: 10 portions

Ingredients	Amount
Beans, navy, dry	½ cup
Water	1 qt.
Oil, olive, pure	¼ cup
Onion, medium dice	1 cup
Carrot, small dice	1/3 cup
Leek	½ cup
Chicken, stock, hot	4 qt.
Saffron	a pinch
Herbes de Provence	1 ea.
Potato, waxy, small dice	1 cup
Beans, green, small dice	1 cup
Zucchini, medium dice	1 cup
Pasta, vermicelli	½ cup
Tomato, peeled, seeded, medium dice	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Pesto (Recipe follows)	1 cup
Oil, olive, pure	as needed
Bread, French, sliced	1 ea.

Method

1. Cull, wash, and soak the navy beans overnight. Simmer until tender in water. Reserve beans and cooking liquid.
2. Sauté the onions, carrots, and leeks in olive oil.
3. Add the chicken stock and saffron, bring to a simmer, and cook for 10 minutes.
4. Add the potatoes, green beans, and zucchini and simmer for 10 minutes longer. Add the vermicelli and simmer until done.
5. Add the beans and their cooking liquid and tomato and simmer for 1 minute. Season with salt and pepper to taste.
6. Mix in the pesto just prior to service. (The soup may not require all the pesto.)
7. Brush the bread slices with oil and grill until toasted. Serve the soup with bread on the side.

Notes: A 12 ounce can of white beans and its liquid can be substituted for the navy beans and water. Herbes de Provence includes rosemary, marjoram, thyme, savory, and oregano. Any small soup pasta such as ditalini or orzo can be substituted for vermicelli. This soup may be served with poached, baked, roasted, or grilled fish or chicken placed on top of soup (or on side).

PESTO

Yield: 1 cup

Ingredients	Amounts
Garlic, clove, peeled, crushed	2 tsp.
Salt, kosher	½ tsp.
Basil, leaves, fresh, chopped roughly	3 cups
Oil, olive, extra-virgin	¼ cup

Method

1. Purée everything together in a small food processor and process to a coarse paste.

GREEK SALAD WITH FETA CHEESE

Yield: 10 portions

Ingredients	Amounts
Lettuce, romaine, chopped	1 lb.
Onion, red, sliced	1 cup
Cucumber, European, diced	2 cups
Pepper, bell, green, medium dice	2 cups
Tomato, medium dice	2 cups
Cheese, feta, crumbled	1 cup
Olive, kalamata, pitted, halved	1 cup
Mint, leaves, fresh, torn	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Red Wine Vinaigrette (Recipe follows)	1 cup

Method

1. Combine the lettuce, onion, cucumber, bell pepper, tomato, feta, olives, and mint.
2. Season with salt and pepper to taste.
3. Toss with the red wine vinaigrette.

RED WINE VINAIGRETTE

Yield: 2 cups

Ingredients	Amounts
Vinegar, red wine	½ cup
Mustard, Dijon	1 tsp.
Shallot, minced	2 Tbsp.
Oil, olive, pure	1 ½ cups
Sugar, granulated (Optional)	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Parsley, fresh, minced	2 Tbsp.
Oregano, dried	½ tsp.

Method

1. Combine the vinegar, mustard, and shallots in a mixing bowl.
2. Gradually whisk in the oil.
3. Season with sugar (if desired), salt, and pepper.
4. Add the parsley and oregano and mix to combine.

CHICKEN SOUVLAKI PITA SANDWICH WITH TZATZIKI

Yield: 10 portions

Ingredients	Amounts
Chicken, thigh, boneless, diced into 2-in. pieces	10 ea.
Oil, olive, extra-virgin	1/3 cup
Salt, kosher	1 tsp.
Pepper, black, ground	1/4 tsp.
Garlic, clove, crushed	1/4 cup
Oregano, dry	1 Tbsp.
Lemon, juice	1/4 cup
Soy sauce	1/2 cup
Onion, sliced	4 cups
Pepper, bell, green, sliced	4 cups
Oil, olive, pure	1/4 cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Bamboo skewers, soaked	10 ea.
Cabbage, sliced thinly	4 cups
Bread, pita, cut in half, warmed	5 ea.
Tzatziki (Recipe follows)	1 recipe
Parsley, minced	1 Tbsp.
Sesame seeds, toasted	2 Tbsp.

Method

1. Toss the chicken with the olive oil, salt, pepper, garlic, oregano, lemon juice, and soy sauce. Cover and refrigerate for one hour.
2. Saute the onions and peppers in the olive oil until softened. Season with salt and pepper and set aside.
3. Skewer the chicken. Grill on a seasoned grill set to medium high until nice char marks are achieved and the chicken reaches an internal temperature of 165°F.
4. To serve, place the cabbage and the onion and pepper mixture into the pita halves. Slide the chicken off the skewers and place into the filled pitas.
5. Top with tzatziki and garnish with parsley and sesame seeds.

TZATZIKI

Yield: 10 portions

Ingredients	Amounts
Cucumber, English, small dice	2 cups
Salt, kosher	as needed
Garlic, chopped	2 tsp.
Salt, kosher	1 tsp.
Lemon, juice	3 Tbsp.
Oil, olive, extra-virgin	4 Tbsp.
Yogurt, nonfat, plain	3 cups.
Dill, chopped	3 Tbsp.

Method

1. Place the cucumbers in a bowl and toss with a little salt. Transfer to a colander and set aside for 15 minutes or longer to draw some of the liquid out of the cucumbers.
2. In a bowl, combine the garlic and salt and mash into a paste.
3. Stir in the lemon juice and add the oil. Add the yogurt and dill and mix well.
4. Rinse the salt from the cucumber slices in a colander and pat them dry. Fold them into the tzatziki.

THAI RED LENTIL SOUP

Yield: 10 portions

Ingredients	Amounts
Oil, coconut	¼ cup
Onion, medium, sliced thinly	3 cups
Red curry paste, vegetarian	3 Tbsp.
Lemongrass, stalk, lightly bashed	2 ea.
Lime, kaffir, leaves, fresh	3 ea.
Lentils, red	3 cups
Water	8 cups
Aromatic Oil (Recipe follows)	1 ½ cups
Coconut, milk	2 cups
Lime, juice	3 Tbsp.
Soy sauce	4 Tbsp.
Salt, kosher	1 ¼ tsp.
Peas, snap, sliced thinly on bias	2 cups
Cilantro, leaves, fresh, chopped coarsely	2 cups
Shallot, crispy fried	1 cup

Method

1. Heat the coconut oil in a large pot and add the onion. Cook over low heat, covered, for 10 to 15 minutes, stirring once or twice, until the onion is completely soft.
2. Stir in the red curry paste and cook for 1 minute.
3. Add the lemongrass, lime leaves, lentils, and water. Bring to boil, turn down to low, and simmer until the lentils are completely soft, about 15 minutes.
4. Remove the soup pot from the heat and discard the lemongrass and lime leaves. Use a blender to process the soup until it's completely smooth.
5. Add the coconut milk, lime juice, soy sauce, and salt. Stir and return the soup to medium heat. Once it is almost boiling, ladle the soup into bowls.
6. Garnish with the peas, cilantro, a drizzle of the aromatic oil, and the crispy shallots.

Note: Vegetable oil can be substituted for coconut oil.

AROMATIC OIL

Yield: 1 ½ cups

Ingredients	Amounts
Oil, canola (Divided)	1 cup
Shallot, minced	½ cup
Garlic, coarsely chopped	3 tsp.
Ginger, peeled, coarsely chopped	2 tsp.
Red chili flakes	½ tsp.
Star anise, pod	1 ea.
Curry powder	2 Tbsp.
Tomato, paste	2 tsp.
Lemon, zest	1 Tbsp.

Method

1. Heat 5 tablespoons of the oil in small saucepan.
2. Add the shallots, garlic, ginger, chili flakes, star anise, and curry powder. Fry over low heat for 5 minutes, stirring occasionally, until the shallots are soft.
3. Add the tomato paste and cook gently for 2 minutes.
4. Stir in the remaining oil and lemon zest and simmer very gently for 10 minutes.
5. Strain.

CUCUMBER, PEANUT, AND CHILI OIL SALAD

Yield: 10 portions

Ingredients	Amounts
Cucumber, English, small diced	2 quart
Salt, kosher	1 tsp.
Peanuts, roasted	1 cup
Cilantro, fresh, chopped	$\frac{3}{4}$ cup
Red pepper flakes	1 tsp.
Peanut butter, creamy	$\frac{1}{2}$ cup
Soy sauce	$\frac{1}{4}$ cup
Vinegar, rice	$\frac{1}{4}$ cup
Sugar, granulated	3 tsp.
Garlic, grated	1 tsp.
Salt, kosher	$\frac{1}{2}$ tsp.
Chili Oil	2 $\frac{1}{3}$ cups

Method

1. Toss the cucumbers with salt in a colander. Set aside to drain.
2. Chop the peanuts, cilantro, and red pepper flakes together until very fine. Set it aside.
3. Whisk together the peanut butter, soy sauce, vinegar, sugar, garlic, and salt in a large bowl. If the mixture is too thick, add 2 to 4 tablespoons of water to thin.
4. Transfer the salted cucumbers to the bowl with dressing and toss to coat.
5. To serve, place half the cucumber salad on the plate. Sprinkle with half of the peanut mixture and repeat with the remaining cucumber salad and peanut mixture.
6. Drizzle with chile oil and serve immediately.

CHILI OIL

Yield: 2 1/3 cups

Ingredients	Amounts
Red chili flakes	1/4 cup
Garlic, clove, smashed	2 ea.
Ginger, sliced	1/4 cup
Oil, vegetable	2 cups
Oil, sesame	1/3 cup

Method

1. Combine the red pepper flakes, garlic, scallions, ginger, vegetable oil, and sesame oil in a pot. Over medium heat, bring to a bubbly 225°F to 250°F, stirring occasionally.
2. Simmer on very low heat for 15 minutes, making sure the temperature does not rise above 250°F.
3. Let it cool. Scrape the oil and solids into a glass or plastic container and store tightly covered at room temperature.

CHICKEN BAHN MI

Yield: 10 portions

Ingredients	Amounts
Oil, canola	4 Tbsp.
Shallot, minced	2 ea.
Garlic, minced	2 Tbsp.
Soy sauce	2 Tbsp.
Sugar, granulated	1 Tbsp.
Five-spice powder	1 Tbsp.
Chili powder	1 Tbsp.
Star anise powder	½ tsp.
Chicken, breast, boneless, skinless	5 ea.
 Marinated Daikon and Carrots (Recipe follows)	 3 cups
 Bread, baguette, cut into 6-in. lengths	 3 ea.
Mayonnaise	¾ cup
Cucumber, sliced thinly	1 ea.
Cilantro, sprigs, fresh	10 ea.
Chile, jalapeño, sliced thinly	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the oil in a medium skillet over moderate heat. Add the shallots, garlic, soy sauce, and sugar and stir. Cook until fragrant, about 10 seconds.
2. Add the five-spice powder, chili powder, and star anise powder.
3. Add the chicken, cover, and marinate for 45 minutes.
4. Season grill and preheat to medium high. Preheat oven to 350°F.
5. Grill the chicken. Remove from the heat and set aside. When cool, cut into ¼-inch slices.
6. Reheat the baguette in the oven so that the outside is warm and crusty, about 5 minutes.
7. Cut each baguette in half lengthwise, without separating.
8. Spread a thin layer of mayonnaise over the bread.
9. Add the chicken slices, making sure the meat is evenly spread on the bread.
10. Garnish the sandwich with the marinated vegetables, cucumber, cilantro, and jalapeño. Season with salt and pepper to taste.

MARINATED DAIKON AND CARROTS

Yield: 6 cups

Ingredients	Amounts
Vinegar, rice, or Vinegar, white, distilled	2 cups
Sugar, granulated	1 cup
Radish, daikon, peeled, julienne	1 lb.
Carrot, peeled, julienne	2 lb.
Salt, kosher	1½ tsp.

Method

1. Combine the vinegar and sugar in a saucepan and bring to a boil. Remove from the heat and set aside to cool.
2. Place the radishes, carrots, and salt in a bowl and toss several times. Set aside for 20 minutes, then rinse thoroughly. Using your hands, squeeze the vegetables to remove the excess water. Pat dry with paper towels and place in a bowl.
3. Add the vinegar mixture to the bowl and let the vegetables marinate for at least 30 minutes.

ONION SOUP GRATINÉE

Yield: 8 portions

Ingredients	Amounts
Oil, vegetable	¼ cup
Onion, sliced thinly	5 cups
Garlic, minced	1 tsp.
Brandy	½ cup
Chicken, stock, heated	1 ½ qt.
 Sachet d'épices	
Parsley, stems, fresh	4 ea.
Thyme, dried	½ tsp.
Tarragon, dried	½ tsp.
Bay leaf, dried	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Bread, French, sliced	1 ea.
Butter, clarified	2 Tbsp.
Cheese, Gruyère, grated	1 cup
Parsley, fresh, chopped	1 Tbsp.

Method

1. Heat the oil in a soup pot over medium-low heat. Add the onions and cook without stirring until the onions begin to brown on the bottom.
2. Raise the heat to medium, stir, and continue to cook, stirring occasionally, until the onions are deeply caramelized (dark golden brown). The total cooking time will be 40 to 45 minutes. If the onions begin to scorch, stir more frequently and firmly enough to remove any browned bits off the bottom of the pan.
3. Add the garlic and continue to cook for 2 to 3 minutes.
4. Add the brandy and simmer until the liquid has nearly evaporated, 2 to 3 minutes.
5. Add the stock and sachet and simmer for 30 to 45 minutes, skimming the surface as necessary to remove any fat. Remove the sachet and discard. Season with salt and pepper.
6. Preheat oven to 450°F.
7. Fry 8 bread slices in a sauté pan with the clarified butter until golden brown on both sides. Remove and drain on paper towels.
8. Ladle the soup into cups or crocks and top with the toasted bread and cheese. Place it in the oven to melt the cheese. Serve topped with parsley.

Note: Beef stock can be substituted for chicken stock.

CITRUS AND FENNEL SALAD

Yield: 10 portions

Ingredients	Amounts
Fennel, bulb	2 ea.
Celery, sliced thinly	2 cups
Arugula, baby	4 cups
Salt, sea	1 tsp.
Pepper, black, ground	1/2 tsp.
Orange, segmented	4 ea.
Grapefruit, ruby red, segmented	4 ea.
Oil, olive, extra-virgin	1/3 cup
Lemon, juice	1/4 cup
Olives, niçoise, pitted, sliced	2/3 cup
Parsley, chopped	2 Tbsp.

Method

1. Trim the fennel bulb and wash well. Slice thinly on a mandolin across the width of the bulb.
2. Place the fennel, celery and arugula in a large bowl and season with salt and pepper.
3. Place the fennel mixture on a platter. Top with orange and grapefruit segments, drizzled oil and lemon juice, and scattered olives and parsley.

PROVENÇAL TARTINE: RATATOUILLE WITH HERBES DE PROVENCE, GOAT CHEESE, AND GRILLED BREAD

Yield: 10 portions

Ingredients	Amounts
Oil, olive, extra-virgin	½ cup
Herbes de Provence	1 tsp.
Onion, sliced thinly	2 cups
Garlic, chopped finely	2 Tbsp.
Eggplant, unpeeled, medium dice	2 cups
Pepper, bell, green, medium dice	1 cup
Pepper, bell, red, medium dice	1 cup
Zucchini, medium dice,	2 cups
Tomato, plum, cored, medium dice	3 cups
Tomato paste	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Basil, sliced thinly	¼ cup
Bread, Pain au Levain, ½-in. slices	1 ea.
Oil, olive, extra-virgin	¼ cup
Garlic, clove, peeled	2 ea.
Cheese, goat	1 cup
Basil, sliced thinly	1 Tbsp.

Method

1. Heat the oil in a large, heavy sauté pan. Add the Herbes de Provence and heat for 10 seconds.
2. Add the onions, garlic, eggplant, and bell peppers. Stir continuously over high heat so the pieces cook evenly. Cook until the onions are translucent, about 5 minutes.
3. Add the zucchini, tomatoes, tomato paste, salt, and pepper and stir to blend. Cook over medium heat for 10 minutes.
4. Stir in the basil and set aside to cool slightly.
5. Preheat grill to medium high. Drizzle 10 slices of bread with olive oil, salt, and pepper. Grill on both sides until nice char marks are achieved but the bread is still soft in the middle, about 1 to 2 minutes per side.
6. Remove the bread from the grill and rub garlic on one side.
7. Serve the ratatouille on top of the grilled bread with crumbled goat cheese and basil.

DAY TWO: COOKING METHODS

Today we will discuss the basic cooking methods of meat, seafood, vegetables, and starches and apply them to our understanding of "Scratch and Batch" cookery.

Understanding how and when to cook certain foods from their raw state is key to creating flavors and textures that retain nutrients, vibrant colors, and proper textures.

We will build upon our knife skills from Day 1 and practice plating full entrees with a protein, sauce, vegetables, starches, and garnishes.

DAY TWO TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Roast Pork Loin with Pear Mostarda

Red Cabbage and Beet Stem Kraut

Glazed Carrots

Spätzle

TEAM TWO

Italian Fried Chicken with Tomato Sauce

Zucchini with Sweet and Sour Sauce

Butternut Squash Risotto

TEAM THREE

Thyme-Crusted Grilled Salmon with Sautéed Mushrooms

Glazed Beets

Pommes Duchesse

ROAST PORK LOIN WITH PEAR MOSTARDA

Yield: 10 portions

Ingredients	Amounts
Pork, loin, boneless, well-trimmed	4 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	2 Tbsp.
Butter, unsalted	2 Tbsp.
Rosemary, sprig, fresh	1 ea.
Sage, sprig, fresh	1 ea.
Bay leaf, dried	2 ea.
Pear Mostarda (Recipe follows)	1 qt.

Method

1. Trim the pork loin and secure it with butcher's twine. Season well with salt and pepper.
2. Sear the roast in a heated pan with the oil and butter until browned all over, adding the rosemary, sage, and bay leaf to the fat in the pan and basting the pork with the fat.
3. Place the pan in the oven and roast (no convection), basting occasionally, until the internal temperature of the pork reaches 135°F.
4. Remove the pork from the oven and set aside to allow the meat to rest. Drain off any excess fat. Slice thinly and serve with the pear mostarda.

PEAR MOSTARDA

Yield: 1 quart

Ingredients	Amounts
Pear, medium dice	2 cups
Water	2 cups
Wine, red, dry	½ cup
Wine, white	½ cup
Sugar, granulated	½ cup
Raisins, dried	½ cup
Apricots, dried	½ cup
Currants, dried	½ cup
Figs, dried	½ cup
Prunes, dried	½ cup
Honey	¼ cup
Mustard, dry	1 Tbsp.
Mustard seeds, toasted lightly	2 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Place the pear, water, red and white wine, sugar, dried fruit, honey, mustard, and mustard seeds in a large pot.
2. Bring to a boil, reduce the heat, and simmer until the fruit is very soft and the sauce reduces, about 1 hour.
3. Puree half of the fruit mixture in a food processor until smooth then stir the purée back into the mixture.
4. Season with salt and pepper to taste.

RED CABBAGE AND BEET STEM KRAUT

Yield: 10 portions

Ingredients	Amounts
Oil, vegetable	1 Tbsp.
Caraway seeds	1 tsp.
Mustard seeds	2 tsp.
Onion, sliced thinly	1 cup
Garlic, sliced thinly	1 Tbsp.
Cabbage, red, sliced very thinly	6 cups
Beet, stems and some leaves, trimmed, sliced ¼-in.	2 cups
Vinegar, cider	1/3 taste
Sugar, granulated	3 Tbsp.
Dill, fresh	½ cup

Method

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

GLAZED CARROTS

Yield: 10 portions

Ingredients	Amounts
Carrot, oblique cut	2 ½ lb.
Butter, unsalted	3 Tbsp.
Sugar, granulated	½ cup
Orange, juice	½ cup
Chicken, broth	½ cup
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. Place the carrots in a large skillet so they are arranged in one layer.
2. Add the butter, sugar, orange juice, and broth and season with salt and pepper to taste.
3. Cook, on medium high heat, partially covered, stirring occasionally, until the carrots are almost tender.
4. Remove the cover and cook until the liquid has evaporated to a glaze.
5. Adjust the seasonings to taste.

SPÄTZLE

Yield: 10 portions

Ingredients	Amounts
Egg	6 ea.
Milk, whole	½ cup
Water	1 cup
Salt, kosher	¼ Tbsp.
Pepper, white, ground	½ tsp.
Nutmeg, grated	1 pinch
Flour, all-purpose	3 ½ cups
Butter, unsalted, melted	¼ cup.
Parsley, fresh, minced	2 tsp.
Chives, minced	2 tsp.
Tarragon, fresh, minced	2 tsp.
Butter, unsalted, for sauté	½ cup

Method

1. Combine the eggs, milk, and water in a mixing bowl. Season with salt, pepper, and nutmeg.
2. Work in the flour and beat until smooth. It should be like a slightly stretchy pancake batter. If too thin, add more flour. If it is too thick, add more milk.
3. Whisk in the butter. Cover and allow the mixture to rest for 1 hour.
4. Bring a large pot of salted water to a boil.
5. Work the dough/batter through a spätzle maker into the simmering water. When the spätzle floats to the top of the pot, remove it with a spider. The spätzle is ready to finish now, or it may be cooled and refrigerated for later service.
6. To serve, heat the butter in a large sauté pan over medium-high heat. Add half of the spätzle and allow it to brown on one side without disturbing it. Repeat with remaining spätzle.
7. Add the herbs, toss, and serve immediately.

ITALIAN FRIED CHICKEN WITH TOMATO SAUCE

Yield: 10 portions

Ingredients	Amounts
Chicken, legs and thighs	20 ea.
Buttermilk	1 pt.
Oregano, fresh, minced	2 Tbsp.
Sage, fresh, minced	2 Tbsp.
Rosemary, fresh, minced	1 Tbsp.
Mustard, Dijon	½ cup
Salt, kosher	2 Tbsp.
Flour, all-purpose	2 lb.
Pepper, cayenne	½ tsp.
Salt, kosher	½ Tbsp.
Oil, vegetable	as needed
Tomato Sauce (Recipe follows)	4 cups

Method

1. Combine the chicken with the buttermilk, oregano, sage, rosemary, mustard, and salt. Mix well and marinate for 2 hours or overnight.
2. Combine the flour, cayenne, and salt. Mix well.
3. Dredge the chicken in the flour mixture and let it sit for several minutes. Dredge the chicken in the flour again.
4. Heat the oil in a large skillet or deep fryer and fry until golden brown on all sides.
5. If necessary, finish the chicken in a 325°F oven on a roasting rack placed on top of a sheet pan and cook to 175°F.
6. Serve with the tomato sauce.

TOMATO SAUCE

Yield: 4 cups

Ingredients	Amounts
Oil, olive, extra-virgin	2 Tbsp.
Onion, diced	1 cup
Garlic, minced	4 Tbsp.
Tomato, diced	2 ½ lb.
Basil, leaves, fresh, chopped	4 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the olive oil in a rondeau over medium heat. Add the onions and sauté, stirring occasionally, until they take on a light golden color, 12 to 15 minutes.
2. Add the garlic and continue to sauté, stirring frequently, until aromatic, about 1 minute.
3. Add the tomatoes. Bring the sauce to a simmer and cook over low heat, stirring occasionally, until a good sauce-like consistency develops, about 45 minutes. (The exact cooking time depends on the quality of the tomatoes and their natural moisture content.)
4. Add the basil and simmer for 2 to 3 minutes more to infuse the sauce with the aroma of basil. Season with salt and pepper to taste.
5. Purée through a food mill fitted with a coarse disk.

Note: Canned tomatoes can be substituted for fresh tomatoes.

ZUCCHINI WITH SWEET AND SOUR SAUCE

Yield: 10 portions

Ingredients	Amounts
Zucchini	6 ea.
Oil, olive, pure	3 Tbsp.
Garlic, clove, crushed	1 ea.
Vinegar, white wine	3 Tbsp.
Water	3 Tbsp.
Pine nuts	3 Tbsp.
Raisins, golden	3 Tbsp.
Anchovies, salted, rinsed, minced	2 ea.
Salt, kosher	to taste

Method

1. Wash the zucchini, trim off the stem ends, and cut each in four, lengthwise. If they are large enough, they can be cut again.
2. Heat the olive oil in a wide pan that has a lid. Sauté the garlic until brown. Discard it and add the zucchini, cooking until coated with oil and slightly browned.
3. Cover the pan and cook for a few minutes.
4. Add the vinegar, water, and raisins. Continue cooking slightly uncovered for a few minutes until the sauce has thickened and the zucchini is tender.
5. Add the anchovies to the pan and stir gently. Add the pine nuts and adjust the seasoning with salt to taste. Cook for 2 to 3 minutes longer.
6. Serve warm, room temperature, or cold.

BUTTERNUT SQUASH RISOTTO

Yield: 10 portions

Ingredients	Amounts
Chicken, stock	8 cups
Oil, olive, extra-virgin	1 Tbsp.
Onion, small dice	2 cups
Squash, butternut, peeled, medium dice	4 cups
Garlic, minced	¼ cup
Butter, unsalted (Divided)	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Rice, arborio	2 cups
White wine	1 Tbsp.
Cheese, Parmesan, grated	1 cup

Method

1. In a medium saucepan over medium heat, bring the chicken stock to a simmer. Reduce the heat to low.
2. In a large pot, heat the oil. Add the onion and cook, stirring often, until it begins to soften, about 5 minutes.
3. Stir in the squash, garlic, and 1 tablespoon of the butter. Cook until the squash begins to give color and soften, about 6 minutes. Season with salt and pepper to taste.
4. Stir in the remaining tablespoon of butter and the rice, stirring quickly. Cook until the rice grains are well-coated and smell slightly toasty, about 2 minutes. Add the vinegar and cook until it has been absorbed.
5. With a ladle, add about 1 cup of the hot stock. Stirring often, cook until the rice has mostly absorbed the liquid.
6. Add the remaining stock about 1 cup at a time, continuing to allow the rice to absorb each addition before adding more.
7. Stir often and cook until the squash is tender, and the risotto is al dente and creamy, about 25 minutes.
8. Stir in the Parmesan. Taste and adjust the seasoning with salt and pepper as needed.

Note: Lemon juice or white wine vinegar can be substituted for the white wine.

THYME-CRUSTED GRILLED SALMON WITH SAUTÉED MUSHROOMS

Yield: 10 portions

Ingredients	Amounts
Salmon, fillet, 5 oz.	10 ea.
Thyme, leaves only, minced	1 bunch
Oil, olive, pure	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure (Divided)	½ cup
Mushrooms, white, trimmed, sliced ¼-in. (Divided)	3 lb.
Shallot, minced (Divided)	¼ cup
Garlic, minced (Divided)	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Coat the salmon with the oil, thyme, salt, and pepper. Rest for 20 minutes.
2. Season grill and preheat to medium high. Preheat oven to 400°F.
3. Grill the salmon on the presentation side only, making nice crosshatch marks. Place onto a rack-lined sheet pan.
4. Heat a large skillet on high. Add ¼ cup of the oil and heat until just smoking.
5. Add half of the mushrooms, spreading them out in a single layer so they don't boil. Cook undisturbed for 1 to 2 minutes, stir, and allow them to sit undisturbed for 1 to 2 more minutes, until browned.
6. Add half of the shallots and half of the garlic and stir. Cook until aromatic. Season with salt and pepper and remove from skillet.
7. Wipe out the skillet and repeat with the remaining oil, mushrooms, shallots, and garlic.
8. Place the salmon in the oven and heat to an internal temperature of 135°F.
9. Serve the salmon topped with the mushrooms.

GLAZED BEETS

Yield: 10 portions

Ingredients	Amounts
Beets, whole	3 lb.
Vinegar, red wine	2 Tbsp.
Butter, unsalted	3 Tbsp.
Sugar, granulated	½ cup
Vinegar, red wine	¼ cup
Chicken, broth	½ cup
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. Place the beets and vinegar in a large pot of cold water. Bring to a boil and simmer gently until tender, 30 to 45 minutes.
2. Drain and peel the beets while hot, using a towel to rub off the skin. Cut into wedges.
3. Place the butter, sugar, vinegar, and chicken broth in a sauté pan. Season with salt and pepper to taste. Cook, on medium high heat until the liquid has evaporated to a glaze.
4. Add the beets and mix to coat well. Cook until heated through.
5. Adjust seasoning with salt and pepper to taste.

POMMES DUCHESSE

Yield: 10 portions

Ingredients	Amounts
Potato, russet	2 lb.
Water	as needed
Salt, kosher	2 tsp.
Milk, whole	½ cup
Butter, unsalted, cold	½ cup
Nutmeg, grated	a pinch
Egg, yolk	3 ea.
Salt, kosher	to taste
Pepper, white, ground	to taste
Oil, vegetable, spray	as needed

Method

1. Scrub the potatoes, peel, and cut into eighths.
2. Add the potatoes to a pot of cold, salted water and bring to a boil.
3. Reduce to a simmer and cook until the potatoes are tender and mash easily, about 20 minutes.
4. Preheat oven to 375°F.
5. Drain the potatoes and dry them over low heat in the pan until steam no longer rises from them.
6. While the potatoes are still hot, purée them through a food mill or potato ricer into a bowl.
7. Add some of the heated milk and mix, adding more milk if necessary.
8. Add the butter and season to taste with nutmeg, salt, and pepper. Fold in the egg yolk and mix well but don't overmix.
9. Place the potato mixture into a piping bag with a star tip and pipe onto a parchment lined sheet pan.
10. Spray the potato mixture with pan spray and bake until browned, 10 to 15 minutes.
11. Serve immediately.

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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Instructional Designers and Editors

Rebecca Peizer

Peter Benson

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