



Culinary Institute of America

RUTGERS RESIDENTIAL DINING CULINARY TRAINING



CIA Consulting
The Culinary Institute of America

The Culinary Institute of America, Hyde Park, NY

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WELCOME TO THE CIA!

Education is a gift. And those of us in the foodservice industry have a chance to “pay it forward” by sharing our gifts with others. For over 70 years, The Culinary Institute of America has provided students with unparalleled training, setting the gold standard for culinary excellence.

Whether you are here to learn new skills and techniques, develop an appreciation for a global cuisine, or are in pursuit of ProChef Certification, our continuing education courses provide the training you need to achieve your personal and professional development goals.

While on campus, we want you to have the best experience possible. If you have any questions along the way, please ask your chef instructor or anyone on the Continuing Education staff. Once your training is complete, please feel free to stay in touch - we always enjoy hearing your success stories.

And, because so many of our students ask how they can keep in touch with each other after class is over, we’ve made it easy to do through our Facebook page. Just log in and search for “CIA ProChef.”

Wishing you all the best,

A handwritten signature in black ink that reads "David Kamen". The signature is fluid and cursive, with a large initial "D".

David Kamen '88 MBA PC^{III}

Director CIA Consulting

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P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world’s best professional culinary education. If you’d like to further support the future of food with the gift of education, please visit www.ciagiving.org.

EXPECTATIONS FOR PARTICIPANTS

- Remain in attendance for the class duration.
 - Course Satisfactory Completion Requirements
Students must participate in all exercises and discussions and attend at least 95% of the course to be awarded Continuing Education Units from the IACET.
- Actively participate.
- Return promptly from breaks.
- No cell phone use or text messaging during class.
- Complete the course evaluation.
- Follow all established health and safety regulations.
 - In addition to the precautions necessary to guard against food-borne illness, care must also be taken to avoid accidents. The following safety measures should be practiced.
 - Wash hands before beginning work in the kitchen.
 - Keep all perishable items refrigerated until needed.
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables.
- Adhere to appropriate CIA uniform and attire standards as outlined on the following page.
- Act within the guidelines of the CIA's policy on harassment:**
 - **The Culinary Institute of America (CIA) is committed to providing a working and learning environment free from harassment. Members of the CIA community, guests, and visitors have the right to be free from any form of harassment (which includes sexual misconduct and sexual harassment) or discrimination; all are expected to conduct themselves in a manner that does not infringe upon the rights of others.**

CIA UNIFORM POLICY

To foster a professional working environment and to maintain the highest standards of safety and sanitation, the CIA has adopted the following uniform code. Each item has been designed with a practical function in mind. These items must be worn in all production classes unless otherwise stated.

- Chef's jacket
 - Double-breasted structure creates a two-layer cloth barrier to help prevent steam burns, splashes, and spills
 - Can be re-buttoned on the opposite side to cover spills
 - Sleeves are long to cover as much arm as possible to reduce burns
- Pants
 - Hounds-tooth helps camouflage stains
 - Best without cuffs, which can trap hot liquids and debris
- Shoes and Socks
 - Shoes
 - Should be made of hard leather, with low heels, slip-resistant soles, and no open toes
 - Prevent slips and falls in the kitchen
 - Offer support
 - Protect feet from falling pots
 - Socks
 - Must be worn for hygienic purposes and to prevent burns
- Neckerchief (optional)
 - Helps to absorb sweat
- Toque (provided in class)
 - Contains hair
 - Absorbs sweat
- Apron (provided in class)
 - Protects jacket and pants from excessive staining
- Side towel (provided in class)
 - Protects hands when working with hot pans, dishes, and equipment
- Jewelry
 - Not permitted except for one plain ring to minimize exposure to potential hazards
- Hair
 - Should be neatly maintained, clean, and under control at all times
 - Long hair should be pinned up and worn under a hair

DAY ONE KITCHEN PRODUCTION

TEAM ASSIGNMENTS

TEAM ONE

Fattoush

Carrot and Beet Cavatelli with Cauliflower Miso Alfredo and Pistachio Pesto

Fennel Salad with Blood Orange Vinaigrette

TEAM TWO

Spiced Shrimp with Seeds and grains

Sautéed Spinach with Apples and Raisins

Celeriac Schnitzel with Beet Stem Kraut, Smoked Carrots, Apples, and Whole-Grain Mustard

TEAM THREE

Grilled Radicchio and Romaine Salad with Fig Vinaigrette and Crispy Chickpeas

Broccoli Rabe with Roasted Red Peppers and Italian "Sausage" Vinaigrette

Seared Royal Trumpet Mushroom "Scallops" With Multi-Grain Polenta and Tomato Butter Sauce

TEAM FOUR

Eggplant Steak with Pomegranate, Lemon Labneh, and Mediterranean Herb Salad

Shakshuka with Lamb and Lentil Meatballs

Sautéed Green beans with Pepper Flakes, Rosemary, and Lemon Zest

FATTOUSH

Yield: 6 portions

Ingredients	Amounts
Bread, pita, cut into small wedges	4 ea.
Oil, olive, extra-virgin	¼ cup
Salt, kosher	2 tsp.
Pepper, black, ground	½ tsp.
Za'atar	½ tsp.
Lemon, juice	½ tsp.
Vinegar, red wine	¼ cup
Garlic, finely chopped	2 tsp.
Oil, olive, extra-virgin	¾ cup
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Thyme, fresh, chopped	2 Tbsp.
Pepper, cayenne	½ tsp.
Sugar, granulated	1 Tbsp.
Scallion (Green onion)s, chopped	1 bu.
Parsley	1 cup
Plum tomatoes, seeded, diced	6 ea.
Radishes, sliced	1 cup
Yellow bell pepper, seeded, diced	1 ea.
Red bell pepper, seeded, diced	1 ea.
Romaine lettuce, head, chopped	1 ea.

Method

1. Preheat oven to 350°F.
2. Toss the pita wedges with the olive oil, salt, pepper, and za'atar to coat. Arrange in a single layer on a sheet pan and bake in the oven until the pitas are crisp but not crumbly, about 15 minutes, turning halfway through the baking. Set aside.
3. For the dressing: In a bowl, stir together all the ingredients and set aside.
4. For the salad: Combine all the vegetables with the reserved dressing and toss to coat. Add the reserved pita bread and toss to coat. Taste and adjust the seasoning, if necessary. Serve on a cold platter or in a salad bowl.

Note: Za'atar is a spice blend that is popular in Middle Eastern cuisine. There are many different regional recipes. You can buy it online, but it is simple to make it at home. Place ¼ cup imported sumac, 2 tablespoons dried thyme, 1 tablespoon toasted sesame seeds, 2 tablespoons dried marjoram, 2 tablespoons dried oregano, and 1 teaspoon coarse salt in a spice grinder and pulse to combine.

CARROT AND BEET CAVATELLI WITH CAULIFLOWER MISO ALFREDO AND PISTACHIO PESTO

Yield: 8 portions

Ingredients	Amounts
Cauliflower Miso Alfredo Sauce (Recipe follows)	1x recipe
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.
Beet, cooked, puréed	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.
Pistachio Pesto (Recipe follows)	1x recipe
Parsley, leaves, fresh	1 Tbsp.
Pepper, black, cracked	¼ tsp.

Method

1. To make the carrot cavatelli, combine the carrots, water, semolina and 00 flour, oil, and salt in a bowl and mix well until combined. Knead until smooth. Divide into 8 pieces.
2. 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.
3. 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.
4. Boil each type of cavatelli separately in salted water until floating and cooked through. Drain and coat with olive oil.
5. Place the heated Cauliflower Alfredo Sauce on a platter, top with cavatelli, and drizzle with pesto.
6. Served garnished with black pepper and parsley leaves.

Source: Rebecca Peizer

CAULIFLOWER MISO ALFREDO SAUCE

Yield: approx. 2 quarts

Ingredients	Amounts
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
Milk, rice	6 cups
Yeast, nutritional	2 Tbsp.
Salt, kosher	to taste

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.

PISTACHIO PESTO

Yield: approx. 2 ½ cups

Ingredients	Amounts
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

Method

1. Purée the pistachios, carrot, basil, garlic, oil, and salt until smooth.
2. Season with salt to taste.
3. Adjust the consistency with more oil if necessary.

FENNEL SALAD WITH BLOOD ORANGE VINAIGRETTE

Yield: 8 servings

Ingredients	Amounts
Fennel, bulb, thinly sliced	2 ea.
Onion, red, thinly sliced	1 ea.
Celery, stalk, thinly sliced on bias	6 ea.
Parsley, sprigs with leaves, finely chopped	12 ea.
Orange, blood, juice	½ cup
Mustard, Dijon	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Blood Orange-Infused Olive Oil (Recipe follows)	2 Tbsp.
Spiced Roasted Almonds (Recipe follows)	as needed

Method

1. Mix the fennel, onion, celery, and parsley.
2. Combine the orange juice, mustard, salt, and pepper. Whisk in the olive oil.
3. Drizzle the dressing over the vegetables and toss.
4. Garnish with the almonds and serve.

BLOOD ORANGE-INFUSED OLIVE OIL

Yield: 1 cup

Ingredients	Amounts
Oil, olive, extra-virgin	1 cup
Orange, blood, zest, no pith (reserve orange for juice in recipe)	2 ea.

Method

1. Warm the oil in a small pot. Do not overheat.
2. Add the orange zest to the oil, allow it to cool, and steep overnight.
3. Strain the oil through a fine mesh strainer. Discard the zest.

SPICED ROASTED ALMONDS

Yield: 8 servings

Ingredients	Amounts
Almonds, whole, raw	2 cups
Butter, unsalted, melted	1 Tbsp.
Curry powder	1 ½ tsp.
Garlic powder	1/8 tsp.
Onion powder	1/8 tsp.
Papper, cayenne	to taste
Salt, kosher	to taste

Method

1. Preheat oven to 350°F.
2. Toss the almonds in the melted butter until evenly coated.
3. Combine the curry powder, garlic powder, onion powder, cayenne, and salt.
4. Toss the almonds in the spice mixture until evenly coated.
5. Place the almonds in a single layer on a sheet pan. Bake until golden brown and slightly aromatic, 8 to 10 minutes.
6. Remove from the oven and allow the almonds to cool completely. The almonds can be stored in an airtight container for up to 10 days.

SPICED SHRIMP WITH SEEDS AND GRAINS

Yield: 8 portions

Ingredients	Amounts
Buckwheat groats	1 ¼ cup
Quinoa	1 ¼ cup
Cumin seeds, whole	2 tsp.
Fennel seeds, whole	2 tsp.
Chiles de árbol, stemmed, seeded	4 ea.
Shrimp, 16/20, peeled, deveined tail left on	1 ½ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	2 Tbsp.
Lemon, juice, fresh,	½ cup
Honey	2 Tbsp.
Mandarin, Juice	½ cup
Butter, unsalted	1 Tbsp.
Oil, olive, extra-virgin	2 Tbsp.
Oil, olive, pure	2 Tbsp.
Fennel, small head, finely diced	3 ea.
Lemon rind, preserved minced	¼ cup
Lemon, juice, fresh,	2 Tbsp.
Sunflower seeds	1 cup
Cilantro, fresh, minced	½ cup
Dill, minced	½ cup
Parsley, flat-leaf, fresh, minced	½ cup
Mint, fresh, minced	½ cup
Tarragon, fresh, minced	½ cup
Scallion (Green onion), thinly sliced	5 ea.
Orange, mandarin, supreme cut	6 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat an oven to 350°F. Place the buckwheat on one baking sheet and the quinoa on another and bake until golden brown and toasted, about 5 to 8 minutes.

2. Bring a large saucepan of water to a boil. Add half the toasted buckwheat to the water and cook until al dente, about 6 minutes. Using a fine sieve, strain the buckwheat and transfer to a half sheet pan to cool completely.
3. Bring a second large saucepan of water to a boil. Reserving 2 tablespoons of the toasted quinoa, add the quinoa to the boiling water and cook until tender, about 15 minutes. Drain the quinoa, and transfer to a half sheet pan to cool completely.
4. In a large skillet, toast the cumin and fennel seeds and chiles over medium heat until fragrant, 5 to 6 minutes. Cool slightly and process the mixture in a spice grinder until finely ground.
5. Place the spices into a bowl along with the shrimp, season with salt and pepper, and toss until the shrimp are coated in the spices.
6. Place a skillet over medium-high and heat the vegetable oil. Add the shrimp and cook, flipping once, until cooked through, 2 to 3 minutes. Using tongs, transfer the shrimp to a plate. Pour 2 tablespoons lemon juice, the honey, and the ½ mandarin juice into the skillet and cook until reduced slightly, about 1 minute. Return the shrimp to the skillet along with the butter and toss the shrimp in the sauce until the butter melts, about 1 minute more. Remove the skillet from the heat and keep the shrimp warm.
7. In a large bowl, mix the oils, fennel, and preserved lemon. Add the remaining ½ cup lemon juice with the sunflower seeds, cilantro, dill, parsley, mint, tarragon, and scallions, and mix gently until evenly combined.
8. Combine the cooked buckwheat, the cooked quinoa, and the mandarin segments, season the salad with salt and pepper, and gently toss again to combine.
9. Divide the salad among 8 large serving bowls and top with shrimp and the toasted quinoa to serve.

SAUTÉED SPINACH WITH APPLES AND RAISINS

Yield: 8 portions

Ingredients	Amounts
Olive oil, extra-virgin	¼ cup
Apple, golden delicious, peeled, cored, cut into small cubes	4 ea.
Shallot, finely chopped	3 ea.
Raisins	½ cup
Salt, Kosher	to taste
Pepper, black, ground	to taste
Spinach, stemmed	1 lb.
Pine nuts, toasted	1/3 cup

Method

1. In a large sauté pan, heat the olive oil over high heat. Add the apples and shallots and sauté until lightly browned, less than 1 minute.
2. Add the raisins, season with salt and pepper, and stir to combine.
3. Add the spinach, stir, and sauté very quickly until it starts to wilt. Remove the pan from the heat and set aside; the spinach will continue to wilt off the heat.
4. Add the toasted pine nuts just before serving. Serve immediately.

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, dried	2 ea.
Thyme, sprig, fresh	2 ea.
Salt, kosher	as needed
Peppercorns, black	2 tsp.
Eggs, large	2 ea.
Yogurt, plain	¼ cup
Cornstarch	½ cup
Breadcrumbs, amaranth	2 cups
Carrot, baby, peeled, blanched al-dente	15 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.
Caraway seeds	1 tsp.
Mustard seeds	2 tsp.
Onion, thinly sliced	1 cup
Garlic, 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.

GRILLED RADICCHIO AND ROMAINE SALAD WITH FIG VINAIGRETTE AND CRISPY CHICKPEAS

Yield: 8 portions

Ingredients	Amounts
Beans, garbanzo (Chickpeas), rinsed, drained, well dried	15 wt. oz.
Oil, olive, pure	1 ½ Tbsp.
Garlic powder	1 Tbsp.
Paprika, dried, ground	1 Tbsp.
Coriander, dried, ground	2 tsp.
Lettuce, radicchio, head	2 ea.
Lettuce, romaine, heart	2 ea.
Oil, grapeseed	2 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Fig Vinaigrette (Recipe follows)	3 cups
Tarragon, fresh, chopped coarsely	2 Tbsp.
Cheese, ricotta salata, shredded	¼ cup

Method

1. Preheat the oven to 375°F.
2. In a mixing bowl add the chickpeas and toss with the oil and seasonings.
3. Pour the seasoned chickpeas onto a baking sheet and spread in an even layer. Bake for 20 to 23 minutes, or until the chickpeas are slightly crispy and golden brown. Set it aside.
4. For the radicchio: Cut the radicchio and romaine into 8 wedges each. Drizzle lightly with grapeseed oil, salt, and pepper.
5. Preheat the grill on high.
6. When ready to serve: Carefully grill each wedge of radicchio on the cut sides to just mark the wedges. Place the wedges on a platter or individual salad plates.
7. Dress each salad with 1 ounce of fig vinaigrette, tarragon, and ricotta salata.
8. Serve warm.

Note: If figs are in season, place one grilled fig on each salad. Avocado or grapeseed oil can be substituted for olive oil.

FIG VINAIGRETTE

Yield: 3 cups

Ingredients	Amounts
Oil, almond	1 cup
Figs, dried, chopped, stemmed	½ cup
Vinegar, balsamic	¼ cup
Vinegar, red wine	2 Tbsp.
Wine, red	¼ cup
Shallot, minced	1 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Lemon, juice	2 Tbsp.

Method

1. In a food processor, combine the almond oil and figs. Purée until smooth.
2. Transfer to a medium bowl. Whisk in the balsamic and red wine vinegar, red wine, and shallots.
3. Season with salt and pepper.
4. Add the lemon juice and combine.

BROCCOLI RABE WITH ROASTED RED PEPPERS AND ITALIAN "SAUSAGE" VINAIGRETTE

Yield: 8 portions

Ingredients	Amounts
Broccoli Rabe ends trimmed and blanched	1 bunch
Pepper, red bell, roasted and peeled	1 ea.
Lemon, juiced	½ ea., plus more as needed
Sugar, brown	1 Tbsp.
Fennel seed, crushed	¼ tsp.
Italian Seasoning	½ tsp.
Sage, dried	½ tsp.
Salt, Kosher	½ tsp.
Pepper, black, ground	¼ tsp. plus more if needed
Cloves, ground	a pinch
Cayenne	a pinch
Olive Oil	2 Tbsp.

Method

1. Chop the broccoli rabe into 1-to 2-inch pieces. Remove and discard the stem and seeds from the roasted red pepper. Dice the red pepper.
2. Mix the lemon juice, brown sugar, fennel, Italian seasoning, sage, salt, black pepper, cloves, and cayenne. Whisk in the olive oil.
3. Heat a pan over medium high heat. Add the broccoli rabe, red pepper, and vinaigrette and sauté until hot and broccoli rabe stems are tender.
4. Season with additional black pepper and lemon juice, if desired.

SEARED ROYAL TRUMPET MUSHROOM “SCALLOPS” WITH MULTI-GRAIN POLENTA AND TOMATO BUTTER SAUCE

Yield: 8 portions

Ingredients	Amounts
Mushrooms, royal trumpet	2 lb.
Oil, grapeseed	8 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Tomato Butter Sauce

Oil, olive	2 Tbsp.
Shallot, minced	½ cup
Garlic, minced	2 tsp.
wine, white	2 Tbsp.
Tomato, cherry, heirloom	2 cups
Butter, unsalted	4 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Multi-Grain Polenta (Recipe follows)	

Herb Oil

Basil, leaves, fresh, packed	1 cup
Parsley, flat-leaf, leaves, fresh, packed	½ cup
Oil, olive, extra-virgin	1 cup
Salt, kosher	1 pinch
Cheese, Parmesan, vegan, grated (Optional)	1 cup

Method

1. Preheat the oven to 350°F.
2. Rinse and dry the trumpet mushrooms. Slice the mushrooms into rounds 1¼- to 1½-inches tall (the size of sea scallops). You will need 32 to 40 pieces. Cut crosshatch marks on one side of each mushroom slice.
3. Working in batches, heat a medium sauté pan over medium-high heat. Add the butter and quickly add several mushroom slices cross-hatched side down. Sear to caramelize the cut surface of each mushroom.
4. When browned, remove the mushrooms to a sheet pan, placed seared side up. Season the cooked surface of each mushroom with salt and pepper. Cook in the oven for about 10 to 12 minutes.

5. Meanwhile, prepare the tomato butter sauce in a small saucepan over medium heat. Add the olive oil, shallots, and garlic. Sauté until the shallots are translucent, 2 to 3 minutes.
6. Add the wine and stir until the mixture is almost dry. Add the tomatoes and bring to a simmer, stirring, until the sauce has reduced slightly, about 5 minutes.
7. Stir in the butter and season with salt and pepper. Keep warm.
8. For the herb oil: Blanch the basil and parsley leaves in 1 quart of salted water for 5 seconds. Drain well and shock. Squeeze out most of the water.
9. Add to a blender. Add the olive oil and salt and purée until smooth. Set aside.
10. For serving, place the mushroom "scallops" on a bed of the polenta with the tomato butter sauce and 1 tablespoon of the herb oil drizzled artistically. Sprinkle with cheese, if desired.

MULTI-GRAIN POLENTA

Yield: 8 servings

Ingredients	Amounts
Vegetable, broth	10 cups
Salt, kosher	3 tsp.
Buckwheat	1 cup
Semolina, coarse	1 cup
Butter, unsalted	¼ cup
Pepper, black, ground	as needed

Method

1. Bring the broth or water to boil in a heavy saucepan and add the salt. Stream the buckwheat and semolina gradually into the boiling liquid, whisking constantly.
2. Reduce the heat. Simmer, stirring frequently, until the grains pull away from the side of the pot but aren't overly thick, about 45 minutes.
3. Remove the grains from the heat and stir in the butter. Season with pepper.
4. Serve immediately.

EGGPLANT STEAK WITH POMEGRANATE, LEMON LABNEH, AND MEDITERRANEAN HERB SALAD

Yield: 6 portions

Ingredients	Amounts
Grapeseed or light flavored oil	2 Tbsp.
Pomegranate molasses	¼ cup
Ground cumin	1 tsp.
Smoked paprika	1 tsp.
Ground fennel	1 tsp.
Salt	as needed
Ground black pepper	as needed
Eggplant	1 lb.
Labneh	1 cup
Tahini	3 Tbsp.
Lemon, zest of	2 tsp.
Lemon, juice of, divided	4 Tbsp.
Sumac	1 tsp.
Water, warm	as needed
Chickpeas, canned	1 cup
Red onion, finely diced	½ ea.
Black olives, oil cured, pitted	¼ cup
Extra-virgin olive oil	2 Tbsp.
Feta cheese, crumbled	4 oz.
Mint leaves	1 cup
Cilantro leaves	1 cup
Flat leaf parsley leaves	1 cup
Dill sprigs	1 cup
Pomegranate, separated into arils	1 ea.

Method

1. Mix the oil, pomegranate molasses, cumin, paprika, and fennel until combined, season with salt and black pepper.
2. Slice the eggplant lengthwise into 1-inch slices. Brush both sides with the pomegranate-spice marinade and allow to sit while you prepare the rest of the components
3. Whisk together the labneh, tahini, lemon zest and 2 tablespoons of lemon juice, salt pepper and sumac. Thin with a little warm water, if necessary, until the sauce is still thick but spreadable.
4. Mix the chickpeas, red onion, black olives, and season with the remaining 2 tablespoons of lemon juice, olive oil, and black pepper. Allow to sit at room temperature to meld flavors.

5. Grill the eggplant steaks on both sides, turning down the fire after marking and cook until completely tender; use a skewer or a knife to ensure they are fully cooked. Reserve and keep warm.
6. Mix the feta and herbs into the chickpea-onion mixture, and drizzle with additional olive oil if needed.
7. *To serve:* Spread a good amount of the labneh on each plate. Top with the eggplant steaks and the chickpea-onion mixture. Finish with the pomegranate arils.

SHAKSHUKA

Yield: 6 portions

Ingredients	Amounts
Olive oil	2 Tbsp.
Medium yellow onion, small diced	1 ea.
Red bell pepper, small diced	1 ea.
Garlic cloves, minced	4 ea.
Paprika	1 Tbsp.
Cumin, ground	1 tsp.
Chili powder	½ tsp.
Whole peeled tomatoes, 28-oz. can	1 ea.
Eggs, large	6 ea.
Salt and pepper	to taste
Lamb and Lentil Meatballs (recipe follows)	18 ea.
Cilantro, chopped	½ cup
Parsley, chopped	½ cup

Method

1. Heat olive oil in a large sauté pan on medium heat. Add the chopped bell pepper and onion and cook for 5 minutes or until the onion becomes translucent.
2. Add garlic and spices and cook an additional minute.
3. Pour the can of tomatoes and juice into the pan and break down the tomatoes using a large spoon. Season with salt and pepper and bring the sauce to a simmer.
4. Use your large spoon to make small wells in the sauce and crack the eggs into each well. Cover the pan and cook for 5-8 minutes, or until the eggs are done to your liking.
5. Arrange the warmed meatballs around the eggs in the dish. They can also be warmed in the sauce while cooking the eggs.
6. Garnish with chopped cilantro and parsley.

Note: Shakshuka is occasionally served with crusty baguette for dipping in the sauce.

LAMB AND LENTIL MEATBALLS

Yield: 10 portions

Ingredients	Amounts
Whole wheat breadcrumbs, dried	2 Tbsp.
Nut milk	1/4 cup
Egg, beaten	1 ea.
Salt, Kosher	2/3 tsp.
Pepper, black, ground	1/8 tsp.
Spinach, blanched and squeezed dry	6 oz.
Lamb shoulder, ground, and lean	1 lb.
Brown lentils, cooked	2/3 cup
Almond meal	1/2 cup
Onion, yellow, minced	3 Tbsp.
Garlic, minced	1 tsp.
Orange zest, finely grated	1/2 tsp.

Method

1. In a large bowl, combine the breadcrumbs with the milk and allow the crumbs to absorb the milk and become moist.
2. Add the beaten eggs, salt, and pepper to the bowl and mix the ingredients to thoroughly combine. Add all the remaining ingredients. Using your hands, mix the ingredients until fully combined.
3. Portion the mixture into 1-ounce pieces and roll to form tightly packed balls. Place on a rack set over a sheet pan.
4. Bake in the oven at 400°F for 12 to 15 minutes or until the meatballs reach an internal temperature of 165°F.
5. Hold warm or reheat when using in the Shakshuka recipe.

SAUTÉED GREEN BEANS WITH PEPPER FLAKES, ROSEMARY, AND LEMON ZEST

Yield: 8 portions

Ingredients	Amounts
Beans, green	2 lb.
Salt, kosher	as needed
Oil, olive, pure	¼ cup
Garlic, clove, minced	4 ea.
Red Pepper flakes	¼ tsp.
Rosemary, chopped fine	1 ½ Tbsp.
Lemon, zest	1 ea.
Butter, unsalted	1 Tbsp.

Method

1. Precook the green beans until tender in a large pot of boiling, salted water. Shock the beans in iced water, drain, and reserve.
2. In a large sauté pan, heat the olive oil. Add the garlic and cook gently until the garlic begins to color slightly.
3. Add the red pepper flakes, rosemary, and lemon zest.
4. Sauté briefly to mingle the flavors and then add the reserved green beans. Continue to cook until the beans are hot and nicely coated with seasonings.
5. Add the butter and allow it to melt and add salt to taste.
6. Serve immediately on a platter with a quick squeeze of lemon juice over the top. This is fun finger food so have plenty of napkins on hand to offer.

DAY TWO KITCHEN PRODUCTION

TEAM ASSIGNMENTS

TEAM ONE - INDIA

Tandoori Chicken

Spinach with Coconut

Naan and Coriander and Cashew Chutney

Mushroom Cauliflower Curry

TEAM TWO - SINGAPORE

Green Mango Kerabu

Long Beans with Egg Fuyung

Stir-Fried Rice Noodles with Shrimp and Chinese Sausage

Spicy, Meat-Stuffed, Griddled Bread

TEAM THREE -THAILAND

Bok Choy with Lime Dressing

Crispy Rice Noodles with Chicken and Pork

Fish Cakes with Spicy Thai Cucumber Salad

Roasted Coconut Cashew Nuts

TEAM FOUR – INDONESIA

Sudanese Raw Vegetable Salad

Curry Puffs

Steamed Mushrooms with Mustard Greens

Vegetables in Coconut milk with Crisp Shredded Beef

TANDOORI CHICKEN

Yield: 8 portions

Ingredients	Amounts
Chicken, whole, 3 lb.	2 ea.
Salt, kosher	as needed
Lemon, juice	2 Tbsp.
Garam masala	1 Tbsp.
chili powder, Korean	2 tsp.
Turmeric powder	1 tsp.
Cumin, ground	1 Tbsp.
Coriander, ground	2 tsp.
Ginger, ground	½ Tbsp.
Garlic, chopped fine	2 tsp.
Yogurt, plain drained through cheesecloth	3 cups
Lettuce, leaves	½ head
Oil, vegetable	2 Tbsp.
Onion, diced	2 ea.
Tomato, diced	3 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cilantro, fresh, chopped coarse	½ cup
Lemon, cut into wedges	1 ea.

Method

1. Fabricate chicken into 10 pieces. Rinse and pat dry. Make 2 slits into the flesh of each piece.
2. In a mixing bowl, whisk together salt, lemon juice, garam masala, chili powder, turmeric, cumin, coriander, ginger, and garlic. Add strained yogurt and mix well to combine.
3. Add chicken and mix well to combine. Marinate for at least two hours or up to one day.
4. Preheat the oven to 450°F.
5. Place the chicken on a wire rack and bake until cooked through, about 30 to 45 minutes.
6. Arrange the lettuce leaves on a platter and set aside.
7. Heat the oil in a wok or large skillet over medium-high heat. Add the onions and stir-fry until lightly browned. Add the tomatoes and continue to stir fry for another minute. Season with salt and pepper and add the chopped cilantro.
8. Place the hot onion-tomato mix on the lettuce leaves and top with the roasted chicken.
9. Garnish with lemon wedges on the side and serve.

SPINACH WITH COCONUT

Yield: 8 portions

Ingredients	Amounts
Garlic, clove	2 ea.
Onion, red, chopped	1 ea.
Pepper, cayenne, seeded	¼ tsp.
Coconut, grated	1 Tbsp.
Salt, kosher	1 tsp.
Oil, coconut	1 Tbsp.
Mustard seeds	½ tsp.
Shallot, finely sliced	2 ea.
Curry leaves	15 ea.
Spinach, shredded	1 ½ lb.
Chile, green, chopped	1 ea.

Method

1. Place the garlic, onion, cayenne, coconut, salt, and ½ cup of water in a blender and blend to a paste. Reserve.
2. Heat the coconut oil in a small sauté pan over medium heat. Add the mustard seeds and sauté until aromatic. Add the shallots and curry leaves and sauté until the shallots are tender. Reserve.
3. Heat a wok over low heat, add the spinach, cover, and cook until wilted.
4. Add the garlic paste, and green chile, cover and steam for 1 minute.
5. Increase the heat to medium and add the shallot mixture. Stir-fry to combine and heat through.
6. Serve on a heated platter.

NAAN BREAD

Yield: 20 portions

Ingredients	Amounts
Flour, all-purpose	3 lb.
Baking powder	3 Tbsp.
Salt, kosher	3 Tbsp.
Yeast	3 tsp.
Sugar, granulated	3 tsp.
Water, warm	3 cup
Yogurt, plain	6 Tbsp.
Egg, lightly beaten	3 ea.
Butter, unsalted, softened	1 ½ cup

Method

1. In a large bowl, sift together the flour, baking powder, and salt. Set it aside.
2. In a small bowl combine the yeast, sugar, and warm water. Set aside until frothy.
3. Add the yogurt, egg, and yeast mixture to the flour. Stir to combine. Add enough water to form a soft dough.
4. Turn the dough out onto a floured surface and knead for 3 minutes. Return to the bowl, cover with a towel, and allow to proof until it doubles in volume.
5. Divide the dough into 2-inch balls and set aside.
6. Roll or stretch each dough ball to about ¼ - to ½-inch thickness.
7. Working in batches, place each piece of dough onto a preheated griddle, and cook until golden brown on both sides and cooked through. Transfer to a sheet pan.
8. In melt the butter.
9. When all the dough is cooked, brush each piece with the butter.
10. Serve on a heated platter.

CORIANDER AND CASHEW CHUTNEY

Yield: 3 cups

Ingredients	Amounts
Coriander, leaves, fresh	1 ½ wt. oz.
Chile pepper, hot, with seeds	1 ea.
Lemon, juice	2 Tbsp.
Cashews, unsalted	2 ½ wt. oz.
Cumin, ground	½ tsp.
Yogurt, plain	4 wt. oz.
Salt, kosher	1 tsp.
Pepper, black, ground	1 tsp.

Method

1. Combine coriander, chopped chili and lemon juice in a food processor. Pulse to form a paste.
2. Add the nuts slowly, then the cumin.
3. Pulse in the yogurt, salt, and pepper. Adjust the seasoning as desired.

Note: The bright green color dulls quickly so make and use right away. The flavor is not as affected.

MUSHROOM CAULIFLOWER CURRY

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	1/3 cup
Onion, diced	1 ea.
Chile, jalapeño, minced	2 ea.
Ginger, minced	1 Tbsp.
Cumin seeds	1 tsp.
Garlic, sliced	1 Tbsp.
Turmeric powder	1 tsp.
Coriander, ground	1 tsp.
Chile, Indian, ground	1 tsp.
Garam masala	1 tsp.
Water	1/2 cup
Tomato, chopped	2 cups
Tomato purée	1/2 cup
Tomato paste	1 tsp.
Cauliflower, head, cut into florets	1 ea.
Mushroom, button, firm, fresh	1/2 lb.
Pepper, bell, red, diced medium	1 ea.
Salt, kosher	to taste
Lemon, juice (Optional)	1 tsp.
Cilantro, fresh, chopped	1 cup

Method

1. Heat the oil in a pot over medium heat. Add the onion and fry until light golden brown.
2. Add the jalapeños, ginger, cumin, and garlic. Cook over low heat until aromatic, about 2 minutes.
3. In a small bowl, combine the turmeric, coriander, Indian chile, and garam masala. Mix with the water. Add the onion mixture in the pot and continue to cook until all the moisture has evaporated, about 7 minutes.
4. Add the tomatoes, tomato purée, and tomato paste. Stir continuously, making sure the mixture does not stick to the bottom of the pot.
5. When the mixture is cooked and fat becomes visible on the sides of the pan, add the cauliflower, mushrooms, and bell peppers. Mix well and season with salt to taste.

6. Bring the mixture to a boil. Reduce the heat, cover, and simmer for 5 minutes.
7. Remove from the heat and check for doneness. Adjust thickness by adding additional water, if necessary.
8. Flavor lightly with lemon juice, if desired. Garnish with plenty of cilantro on top and serve hot.

Note: for a spicier dish, substitute serrano chiles for the jalapeños.

GREEN MANGO KERABU

Yield: 8 portions

Ingredients	Amounts
Mango, green	2 ea.
Salt, kosher	½ tsp.
Oil, vegetable	1 Tbsp.
Garlic, clove, flaked, crisply fried	2 ea.
Shrimp, dried	2 Tbsp.
Pork, loin or tenderloin, cooked, finely chopped	7 oz.
Fish sauce	1 Tbsp.
Lime, juice	2 Tbsp.
Sugar, palm	1 tsp.
Plum sauce	1 Tbsp.
Chili powder	1 tsp.
Peanuts, roasted, crushed	2 Tbsp.
Soy sauce, thick	½ tsp.

Method

1. The mango should be hard and green. Cut, unpeeled, into large chunks; discard the seed. Soak the shrimp in hot water for 5-10 minutes, squeeze dry and then pound them finely.
2. Toss all the salad ingredients together in a large bowl. Mix all the dressing ingredients well and combine with the salad just before serving.

Source: *Makan-Lah!: the true taste of Malaysia* ©1996, Carol Selva Rajah (HarperCollins)

LONG BEANS WITH EGG FUYUNG

Yield: 8 portions

Ingredients	Amounts
Egg	4 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, vegetable	2 Tbsp.
Onion, red, large, chopped	2/3 cup
Garlic, chopped	2 tsp.
Beans, long, cut into 1 ½-in. slices	1 lb.
Mushrooms, caps, sliced thinly	5 ea.
Scallion (Green Onion), chopped	3 ea.
Sambal Oelek	1 tsp.
Cilantro, leaves, fresh, chopped	3 ½ oz.

Method

1. Beat the eggs and add salt and pepper to taste.
2. Heat the oil on high heat in a wok and sauté the onion until golden. Add the garlic and cook until golden. Add the long beans, mushroom caps and scallions and toss lightly.
3. Make a well in the center of the wok. Add the beaten egg and allow it to sit in the wok over medium heat for 2 minutes, or until slightly firm. Add the sambal oelek and coriander (cilantro) to the center of the egg and scramble, keeping the vegetables to the outside.
4. Bring the vegetables into the middle of the wok and toss with the scrambled egg.

Source: *Makan-Lah!: the true taste of Malaysia* ©1996, Carol Selva Rajah (HarperCollins)

STIR-FRIED RICE NOODLES WITH SHRIMP AND CHINESE SAUSAGE *CHOW KWAY TEO*

Yield: 4 portions

Ingredients	Amounts
Oil, vegetable	3 Tbsp.
Garlic, chopped	1 Tbsp.
Shrimp, large, shelled, de-veined cut in half lengthwise	8 oz.
Sausage, Chinese, sliced thinly diagonally	2 ea.
Fish cake, sliced thinly, fried	2 oz.
Noodles, rice, flat ribbon, fresh	1 ½ lb.
Fish sauce	2 Tbsp.
Thai sweet soy sauce (Kwong Hong Seng brand)	4 Tbsp.
Sriracha sauce	2 Tbsp.
Egg	2 ea.
Bean sprouts	2 cups
Scallion (green onion), chopped	2 ea.

Method

1. Preheat a wok over medium-high heat. When hot, add the oil and garlic, sauté until lightly brown.
2. Increase the heat to high. Toss in the shrimp, sausage, and fish cake and stir-fry until the shrimp turns bright orange.
3. Add the noodles, fish sauce, sweet soy sauce, and sriracha sauce; toss together to coat the noodles.
4. Make a well in the middle of the wok; crack the egg into it. Lightly scramble the egg, being careful not to mix it with the other foods. When the egg begins to set, in 5 to 10 seconds, add the bean sprouts and toss the mixture together until the sprouts begin to wilt and the egg is fully cooked and speckles the mixture.
5. Transfer to a serving plate and garnish with the scallions. Serve hot.

Note: Dark soy sauce mixed with ½ tablespoon sugar can be substituted for the Thai sweet soy sauce.

Source: The Cooking of Singapore © 1993 Chris Yeo and Joyce Jue (Harlow & Ratner)

SPICY, MEAT-STUFFED, GRIDDLED BREAD

MURTABAK

Yield: 8 portions

Ingredients	Amounts
Roti Prata (Recipe follows)	1x recipe
Rempah	
Ginger, 1-in. piece, peeled, sliced	4 ea.
Shallot, walnut size, peeled, sliced	10 ea.
Garlic, peeled, sliced	6 cloves
Oil, vegetable	1/3 cup
Red chile paste	1/3 cup
Curry leaves, fresh, minced	10 ea.
Curry powder, Indian	2 ½ Tbsp.
Onion, medium, chopped	1 ea.
Beef, ground	1 lb.
Salt, kosher	1 tsp.
Sugar	2 Tbsp.
Celery, Chinese, chopped	1/3 cup
Egg	2 ea.
Ghee	as needed

Method

1. Prepare the *Roti Prata* recipe and set it aside. This is best to prepare the day before.
2. To prepare the *rempah*, grind the ginger, shallots, and garlic to a smooth paste in a blender or food processor. Add a tablespoon or more of water if needed to facilitate the blending. Heat the oil in a work or saucepan. When hot, carefully add the red chile paste and curry leaves; fry over medium heat for 2 minutes, stirring continuously, until the oil takes on a reddish hue. Add the ground mixture and fry, stirring frequently, until the *rempah* is fragrant and has a deep mahogany-red color and porridge-like consistency, about 8 minutes. It is ready when red oil seeps out.
3. Mix in the curry powder and onion. Lightly sauté until the onion is limp. Raise the heat and add the beef, salt, and sugar. Stir fry, breaking up the lumps, until the meat is cooked but tender, about 5 minutes; do not brown. Add the celery and stir-fry for a few seconds. The mixture should be crumbly. Transfer it to a bowl and set aside to cool. When cool, beat in the eggs.
4. Place one bread round on a flat surface. With your fingertips spread it into an 8-inch circle. Put 3 heaping tablespoons of the meat mixture in the center of the circle, leaving 2 inches of dough all around. Fold two opposite sides of dough into the center, overlapping them by ½

inch. Fold over the remaining two sides to enclose the package. Press down gently to form a square.

5. Lightly oil a griddle or frying pan. Put a murtabak fold side down on the griddle and fry over low heat until golden brown, about 5 minutes on each side. Repeat with the remaining dough and filling. Serve hot.

Note: Vegetable oil can be substituted for ghee. Murtabak may be refrigerated; reheat in a 425°F oven for 10 minutes or microwave at high power for 1 minute. They can also be frozen; thaw for 1 hour before reheating.

Source: *The Cooking of Singapore: Great Dishes from Asian's Culinary Crossroads* © 1993 Chris Yeo

INDIAN GRIDDLED BREAD

ROTI PRATA

Yield: 8 portions

Ingredients

Flour
Salt, Kosher
Melted ghee or margarine
Milk, warm
Vegetable oil

Amounts

3 ½ cup, plus more for rolling
1 tsp.
½ cup plus 5 Tbsp.
1 ¼ cup
3 to 6 Tbsp.

Method

1. Sift the flour and salt into a large bowl. Add 5 tablespoons of ghee and stir until the mixture looks crumbly. Slowly pour in the milk and mix with your hands. The dough will feel soft, spongy, and almost too sticky. Knead the dough without adding extra flour until it pulls away from the bowl and forms a smooth ball. Continue kneading until the dough feels just slightly sticky, about 10 minutes.
2. Cut dough into 8 pieces. Roll each piece into a ball, flatten it slightly, and rub it with ghee. Place the flattened balls on a tray. Cover the tray with a damp cloth and let the dough rest for at least 5 hours. (If you make the dough the night before, cover the tray with plastic wrap and refrigerate overnight.)

Adapted from: *The Cooking of Singapore: Great Dishes from Asian's Culinary Crossroads*
© 1993 Chris Yeo (Harlow & Ratner)

BOK CHOY WITH LIME DRESSING

Yield: 6 portions

Ingredients	Amounts
Lime, juice	3 Tbsp.
Fish sauce	2 Tbsp.
Coconut, milk	1 cup
Oil, vegetable	3 Tbsp.
Chile, Thai bird's eye, cut into strips	3 ea.
Scallion (Green onion), sliced thinly on a bias	6 ea.
Garlic, clove, sliced thinly	4 ea.
Bok choy, baby	6 ea.
Peanuts, roasted, chopped	$\frac{3}{4}$ cup

Method

1. In a small mixing bowl, whisk to combine the lime juice, fish sauce, and coconut milk. Set it aside.
2. Heat the vegetable oil in a wok. Add the garlic and fry until crispy and lightly browned. Remove the garlic to a plate and reserve.
3. Fry the chiles until crispy and lightly browned. Remove and reserve.
4. Using the same oil, sweat the scallions. Remove the scallions and reserve.
5. Separate the bok choy into its individual leaves and cook the leaves briefly in a gallon of rapidly boiling, well-salted water.
6. Drain well, pat dry, and toss with the dressing. Taste and adjust seasoning if necessary.
7. Arrange on a platter and sprinkle with the peanuts, fried garlic, chiles, and scallions.

CRISPY RICE NOODLES WITH CHICKEN AND PORK

Yield: 6 portions

Ingredients	Amounts
Noodles, rice	½ lb.
Fish sauce	6 Tbsp.
Sugar, palm	1 ¼ cups
Vinegar, rice	1 ¼ cups
Orange, zest	1 ea.
Oil, vegetable	2 Tbsp.
Garlic, clove, minced	5 ea.
Thai roasted chili paste	1 ½ Tbsp.
Chile, Thai bird's eye, minced	2 ea. (or to taste)
Chicken breast, boneless	½ lb.
Pork, loin, sliced thinly into 2-in. strips	½ lb.
Bean sprouts	1 lb.
Scallion (green onion), sliced into 1-in. lengths	2 ea.
Chile, jalapeño, red, sliced thin	3 ea.
Cilantro, cut coarsely	½ cup

Method

1. Deep-fry the dry rice noodles in 375°F oil just until they puff but have not browned. Remove from oil, drain on paper towels, and set aside.
2. Deep-fry the dried shrimp until crispy, about 7 to 10 seconds. Remove from the oil, drain, and set aside.
3. In a skillet, combine the fish sauce, palm sugar, vinegar, and orange zest. Cook over medium-low heat, swirling until the sugar dissolves. Do not stir as this will cause the sugar to crystallize. Reduce sauce to the consistency of maple syrup. Transfer to a bowl and let cool.
4. Heat the oil in a wok over medium-high heat. Add the garlic and sauté until aromatic. Add the roasted chili paste and Thai bird's eye chiles and cook until fragrant.
5. Add the pork and stir-fry until cooked through, 1 to 2 minutes.
6. Add the peeled shrimp and stir-fry until pink, about 1 minute.
7. Add half of the reduced fish sauce and toss to coat the meat and shrimp.
8. Break the fried rice sticks into bite-sized pieces and place in a large bowl. Carefully drizzle the remaining caramelized fish sauce over the noodles, mixing lightly until the noodles are well coated.
9. Add the bean sprouts, scallions, jalapeños, and the meat and shrimp mixture and toss.
10. Garnish with the fried dried shrimp and serve.

FISH CAKES WITH SPICY THAI CUCUMBER SALAD

Yield: 10 cakes

Ingredients	Amounts
Chile, Thai bird's eye, fresh	6 ea.
Shallot, peeled	1 ea.
Garlic, clove, peeled	2 ea.
Cilantro, fresh, chopped coarsely	2 Tbsp.
Galangal, peeled, minced	1 Tbsp.
Lime, leaf, makrut	3 ea.
Salt, kosher	1 Tbsp.
Fish, white-flesh, fillet, bones removed	1 lb.
Fish sauce	2 Tbsp.
Beans, long, sliced into paper-thin rounds	1 cup
Oil, peanut, for frying	as needed
Spicy Thai Cucumber Salad (Recipe follows)	1x recipe

Method

1. Combine the chiles, shallots, garlic, cilantro, galangal, lime leaves, and salt. Grind to a paste using a mortar and pestle.
2. Chop the fish in a food processor to form a coarse paste.
3. Combine the spice paste, fish paste, fish sauce, and sliced beans in a bowl and stir until well combined and slightly sticky in consistency.
4. Shape the mixture into round, flat cakes. Refrigerate and hold for service.
5. Preheat the peanut oil in a deep fryer to 350°F.
6. Fry the fish cakes in a basket until they are golden on the outside and they float to the top of the oil.
7. Remove from the oil and drain on a wire rack. Serve hot with Spicy Thai Cucumber Salad.

SPICY THAI CUCUMBER SALAD

Yield: 6 portions

Ingredients	Amounts
Cucumber, European	3 ea.
Lime, juice	½ cup
Sugar, granulated	¼ cup
Salt, kosher	as needed
Chile, Thai bird's eye, sliced finely	3 ea.
Onion, red, minced finely	1 ea.
Mint, fresh, cut coarsely	½ bu.
Cilantro, fresh, cut coarsely	½ bu.
Peanuts, roasted, chopped	5 Tbsp.

Method

1. Peel the cucumbers, cut in half lengthwise, remove all seeds, and cut into thin slices. Place in a mixing bowl.
2. Add the lime juice, sugar, salt, chiles, red onion, mint, and cilantro and toss to combine. Let stand for 15 minutes.
3. Taste and adjust seasoning as necessary.
4. Serve garnished with the chopped peanuts.

ROASTED COCONUT CASHEW NUTS

Yield: 6 portions

Ingredients	Amounts
Oil, peanut	1 Tbsp.
Honey	2 Tbsp.
Chile, Thai bird's eye, minced	2 ea.
Cashew	½ lb.
Coconut, desiccated, unsweetened	½ lb.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the oil in a wok over moderate heat. Add the honey and the chiles and cook until fragrant.
2. Add cashew nuts and coconut and stir-fry until ingredients are golden brown.
3. Season with salt and pepper to taste. Serve as a snack or side dish.

SUDANESE RAW VEGETABLE SALAD

KAREDOK

Yield: 6 portions

Ingredients	Amounts
Beans, yard-long (kacang panjang), cut into thin rounds	1 cup
Bean sprouts, cleaned	1 cup
Eggplant, round, small, quartered	4 ea.
Potato, sweet, peeled, cut into matchsticks	1 ea.
Bean, yam (jicama), cut into matchsticks	1 cup
Cabbage, Chinese, finely shredded	1 cup
Cucumber, peeled, seeded, sliced finely	1/2 ea.
Basil, lemon (kemangi), chopped	3/4 cup
Dressing	
Peanuts, roasted	2/3 cup
Chile, bird's eye, chopped fine	3 ea.
Shrimp paste	1 tsp.
Garlic, minced	1 tsp.
Ginger, aromatic (kencur), chopped	1 tsp.
Sugar, brown	1 tsp.
Lime, juice	1 ea.
Salt, kosher	to taste
Water, boiling	3/4 cup

Method

1. Transfer the beans, bean sprouts, eggplant, jicama, cabbage, cucumber, and basil into a large salad bowl.
2. Place the cut sweet potatoes in a bowl of slightly salted water to prevent discoloring.
3. For the dressing, grind the roasted peanuts in a mortar, coffee grinder or blender until fine.
4. Put the chiles with the shrimp paste into a mortar and crush them with a pestle.
5. Place the ground peanuts, chiles, shrimp paste, garlic, ginger, sugar, lime juice, and salt in a bowl and mix well.
6. Add the boiling water a little at a time, stirring vigorously with a wooden spoon until you have a smooth thick sauce. You may not need all the water.
7. Adjust the seasoning with salt to taste. Set aside to cool.
8. Just before serving, drain the sweet potatoes and add to the bowl of vegetables. Pour the dressing over the vegetables.
9. Mix and toss the salad well and serve at room temperature.

Note: Mint and basil can be substituted for kemangi. A ¼ teaspoon of kencur powder can be substituted for the fresh kencur.

Source: © Sri Owen

CURRY PUFFS

Yield: 40 puffs

Ingredients	Amounts
Potato, small	2 ea.
Oil, vegetable	2 Tbsp.
Ginger, minced	4 tsp.
Onion, finely chopped	1 ea.
Scallion (Green onion), thinly sliced	4 ea.
Chicken, breast, boneless, skinless, coarsely chopped	1 lb.
Curry powder	4 Tbsp.
Soy sauce	2 Tbsp.
Egg, yolk	1 ea.
Water	2 tsp.

Curry Puff Dough (recipe follows)

Method

1. Boil potato in water to cover until tender, then peel and cut into ¼-inch cubes
2. Place a wok over high heat until hot. Add oil, swirling to coat sides. Add ginger, onion, Scallions, and chicken; stir-fry for 2 minutes. Stir in potato, curry powder, and soy sauce. Remove from heat and let cool.
3. Preheat the oven to 375°F. Beat egg yolk with water.
4. On a floured board, roll out pastry, one half at a time, to a thickness of about 1/8 inch; cut into 4-inch circles. Place 1 rounded tablespoon filling on each circle. Brush edges with egg wash, fold dough to make half-moons, and press edges to seal.
5. Place on a lightly oiled baking sheet. Brush tops with egg wash. Bake until golden brown, 25 to 30 minutes. Serve warm.

Source: *Martin Yan's Asia* © 1997, Martin Yan (Bay Books and Tapes)

CURRY PUFF DOUGH

Yield: 40 puffs

Ingredients	Amounts
<i>For the pastry</i>	
Sweet butter, almost frozen, cubed	6 oz.
Lard, almost frozen, cubed	2 oz.
All-purpose flour	3 cups
Sugar	2 Tbsp.
Salt	pinch
Ice water	10-12 Tbsp.

Method

1. In one or two even batches, add the flour, sugar and salt to the work bowl fitted with a steel knife and distribute the butter and lard on top. Pulse until the mixture resembles coarse meal. Do not overprocess. With the machine running, add the ice water through the feed tube in a thin, steady stream, stopping the water flow and the machine as soon as the dough begins to come together. The dough will look rather dry. You should just be able to press it together with your fingers.
2. Press the dough into 2 flat disks, each about 1-inch thick. Wrap separately in wax paper, then refrigerate until firm. The dough freezes perfectly. To freeze, seal the paper-wrapped disks airtight in plastic bags. Defrost to cold temperature in the refrigerator before using.

Source: The Modern Art of Chinese Cooking© 1982, Barbara Tropp (Morrow)

STEAMED MUSHROOMS WITH MUSTARD GREENS

Yield: 8 portions

Ingredients	Amounts
Mushrooms, flat, golden or honey	12 ea.
Tea, green	1 tsp.
Mustard greens	26 oz.
Garlic, clove, sliced	2 ea.
Oil, vegetable	¼ cup
Oyster sauce	1 tsp.
Oil, sesame	1 tsp.

Method

1. Steam the mushrooms, leaving them whole, for 5 minutes. Sprinkle the green tea in the steam water. Chop both the stems and leaves of the mustard greens into 2-inch lengths and steam separately. Be careful that the greens don't overcook.
2. Fry the garlic slices in the oil. Drain.
3. Place the vegetables on a platter and drizzle with the oyster sauce and sesame oil. Garnish with the garlic. This dish is best served piping hot with rice.

Source: *Makan-Lah!: the true taste of Malaysia* ©1996, Carol Selva Rajah (HarperCollins)

VEGETABLES IN COCONUT MILK WITH CRISP SHREDDED BEEF

SAYUR LODEH SAMA ABON DAGING

Yield: 4 portions

Ingredients	Amounts
Oil, vegetable	1 Tbsp.
Onion, sliced	1 ea.
Garlic, clove, crushed	2 ea.
Chile, red, fresh, seeded, finely chopped	2 ea.
Coriander, dried, ground	1 Tbsp.
Shrimp paste	1 tsp.
Ginger, 1-in. piece, finely chopped	1 ea.
Salam leaves	2 ea.
Coconut, milk	1 ½ cups
Beans, green, cut into 1 in. pieces	½ cup
Eggplant, 4 oz., sliced	2 ea.
Chayote, peeled, diced	1 ea.
Tomato, peeled, diced	1 ea.
Cabbage, Chinese, leaves, shredded	3 ½ oz.
Salt, kosher	to taste

Method

1. Heat the oil in a large saucepan, add the onion and garlic and sauté for 3 minutes. Stir in the chilies, coriander, shrimp paste, ginger and salam leaves, and stir-fry for 2 minutes.
2. Stir in the coconut milk and heat to boiling. Add all the vegetables except the cabbage and simmer until the vegetables are almost cooked, about 10 minutes.
3. Stir in the cabbage, season with salt and simmer for another 3 minutes.
4. Serve hot.

Note: 4 curry leaves can be substituted for the 2 salam leaves.

Adapted from The World's Finest Food © 1994, Ann Creber (Random House)

Memo To: CIA Continuing Education Students
From: Office of the Registrar
Re: Privacy of Student Records

The *Family Educational Rights and Privacy Act* (FERPA) is the federal law that governs release of and access to student education records. These rights include:

1. **The right to inspect and review your education record within a reasonable time after the CIA receives a request for access.** If you want to review your record, contact the Registrar's Office to make appropriate arrangements.
2. **The right to request an amendment of your education record if you believe it is inaccurate or misleading.** If you feel there is an error in your record, you should submit a statement to the Registrar's Office, clearly identifying the part of the record you want changed and why you believe it is inaccurate or misleading. The Registrar will notify you of the decision and advise you regarding appropriate steps if you do not agree with the decision.
3. **The right to consent to disclosure of personally identifiable information contained in your education records, except to the extent that FERPA authorizes disclosure without consent.** One exception which permits disclosure without consent is disclosure to school officials with "legitimate educational interests." A school official has a legitimate educational interest if the official has a need to know information from your education record in order to fulfill his or her official responsibilities. Examples of people who may have access, depending on their official duties, and only within the context of those duties, include: CIA faculty and staff, agents of the institution, students employed by the institution or who serve on official institutional committees, and representatives of agencies under contract with the CIA.
4. **The right to file a complaint with the U.S. Department of Education concerning alleged failures by the CIA to comply with the requirements of FERPA.**

Release of student record information is generally not done at the CIA without the expressed, written consent of the student. There are, however, some exceptions. For example, directory information includes the following, and may be released without the student's consent: name, permanent address, campus box number, CIA email address, photographs, program of study, dates of attendance, and degrees or certificates awarded with dates. Please note that you have the right to withhold the release of directory information. To do so, you must complete a "Request for Non-Disclosure of Directory Information" form, which is available from the CIA Consulting Department at 845-905-4417. Please note two important details regarding placing a "No Release" on your record:

1. The CIA receives many inquiries for directory information from a variety of sources outside the institution, including friends, parents, relatives, prospective employers, the news media, and others. Having a "No Release" on your record will preclude release of such information, even to those people.
2. A "No Release" applies to all elements of directory information on your record. The CIA does not apply "No Release" differently to the various directory information data elements.

A copy of the *Act*, more details about your rights, and any CIA policies related to the *Act* are available at <http://www.ciachef.edu/consumer-information/#psr>.

Questions concerning FERPA should be referred to the Office of the Registrar, The Culinary Institute of America, 1946 Campus Drive, Hyde Park, NY, 12538.

CIA INSTRUCTOR POLICY ON PROPRIETARY INTERESTS DISCLOSURE AND REPRESENTATION

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