

Culinary Basic Training Boot Camp



Culinary Institute
of America

COURSE INFORMATION

Welcome, recruits, to The Culinary Institute of America! Over the next five days, your mission is to become well-versed in the fundamentals of cooking. Each day, you will be drilled on knife skills, kitchen terminology, cooking methods, and more. You will be placed in charge of preparing your own meals using the techniques we have discussed, so it is imperative that you follow through and carry out your orders. On the last day of the program, your skills and knowledge will be put to the ultimate test as you must prepare a meal that encompasses and demonstrates all the training you have received. Good luck, inductees!

LEARNING OBJECTIVES

Throughout this course, you will...

- Become acquainted with culinary terms and jargon.
- Practice a variety of knife cuts.
- Learn how to work efficiently and ergonomically in the kitchen.
- Explore and practice an array of cooking methods.
- Examine stocks, thickeners, sauces, and soups, discussing their characteristics and functions.

COURSE SYLLABUS

DAY ONE

- ☑ Lecture
 - Safety and Sanitation
 - Mise en Place
 - Basic Culinary Preparations
 - Knife Skills
 - Stocks
 - Discussion of Day Five Market Basket Project Requirements
- ☑ Kitchen Exercise
 - Group Demonstrations
 - Workstation Set-up
 - Knife Cuts
 - Chicken Fabrication
 - Review and Critique

DAY TWO

- ☑ Lecture
 - Dry-Heat Cooking Methods: Cooking with Fats and Oils
 - Soups
 - Salads
 - Sautéing
 - Stir Frying
 - Pan Frying
 - Deep Frying
 - Thickening Agents
 - Classic and Contemporary Sauces
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Sauté Method
 - Pilaf Method
 - Fish Fabrication
 - Review and Critique

DAY THREE

- ☑ Lecture
 - Dry-Heat Cooking Methods: Cooking without Fats and Oils
 - Grilling
 - Broiling
 - Roasting
 - Baking
 - Pasta
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Grilling and Marking Method
 - Making a Compound Butter
 - Trussing Poultry
 - Tying a Roast
 - Fresh pasta
 - Cleaning and Cutting Flat Iron Steak
 - Review and Critique

DAY FOUR

- ☑ Lecture
 - Moist-Heat and Combination Cooking Methods
 - Shallow Poaching
 - Deep Poaching
 - Steaming
 - en Papillote
 - Braising
 - Stewing
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Poaching Method
 - Making Velouté
 - Roasting Peppers
 - Ricotta Cheese Cavatelli
 - Review and Critique

DAY FIVE

- ☑ Market Basket Project
- ☑ Review and Critique

DAY ONE TEAM PRODUCTION ASSIGNMENTS

EACH STUDENT WILL ...

Slice onions
Mince onions
Large and Small Dice onions
Brunoise shallot
Large and Small Dice carrots
Oblique-cut carrots
Large and Small Dice celery
Batonnet potatoes
Mince garlic
Mince parsley
Slice scallions
Chiffonnade cabbage
Suprême citrus
Tomato petals and concassé
Fabricate chicken
Sachet d'épices
Chicken and Vegetable Stocks

DAY TWO

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

French Onion Soup
Roasted Baby Beets with Arugula, Walnuts and Goat Cheese
Pan Fried Crab Cakes with Rémoulade
Rice Pilaf with Carrots and Spring Peas
**Soak White Beans for Day Three*

TEAM TWO

Vegetable Soup with Pesto
Wedge Salad with Blue Cheese Dressing
Sautéed Halibut with Warm Vegetable Vinaigrette
Olive Oil and Chive Crushed Potatoes

TEAM THREE

Carrot Soup with Tarragon and Carraway
Three Grain Salad with Vegetables and Lemon Vinaigrette
Sautéed Breast of Chicken with Roasted Red Pepper Coulis
Stir Fried Vegetables

ALL TEAMS

Fried Chicken

ONION SOUP GRATINÉE

Yield: 8 portions

Ingredients	Amounts
Oil, vegetable	2 Tbsp
Onion, sliced thinly	5 cups
Garlic, minced	1 tsp.
Brandy	½ cup
Chicken, stock, heated	1 ½ qt.
<i>Sachet d'épices all tied in cheesecloth</i>	
Parsley, stems, fresh	4 ea.
Thyme sprig	1 ea.
Tarragon, sprig	1 ea.
Bay leaf	1 ea.
Cracked peppercorns	1 tsp
Salt, kosher	to taste
Pepper, black, ground	to taste
Bread, French, sliced	1 ea.
Butter, clarified	2 Tbsp.
Cheese, Gruyere, 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.

ROASTED BABY BEETS WITH ARUGULA, WALNUTS, AND GOAT CHEESE

Yield: 8 portions

Ingredients	Amounts
Beet, baby, without greens, scrubbed	1 lb.
Oil, vegetable	as needed
Baby Arugula	1 ½ lb.
Lemon, juice, fresh squeezed	½ cup
Shallot, minced	½ Tbsp.
Salt, kosher	1 tsp.
Sugar, granulated	1 tsp.
Pepper, black, ground	¼ tsp.
Oil, olive	1 ½ cups
Cheese, goat	½ cup
Walnuts, toasted, chopped roughly	1 cup

Method

1. Position rack in the center of oven and heat to 375°F.
2. Place the beets in a small baking dish and add oil to coat the beets. Add 1 Tbsp water to the pan and cover with foil tightly. Roast the beets until they are tender when pierced with a small sharp knife, about 1 to 1 ¼ hours. Remove from oven, uncover to cool slightly.
3. Meanwhile, wash and dry the greens if necessary. Reserve.
4. Combine the lemon juice, shallots, salt, and pepper in a bowl and whisk to combine. Gradually whisk in the oil.
5. Adjust the seasonings with salt and pepper, if necessary.
6. Peel the beets using a towel once they are cool enough to handle, but still warm. Cut the beets into ½-inch-thick wedges. Toss all the beets in a medium bowl with enough of the vinaigrette to lightly coat.
7. In a large bowl, toss the baby arugula with enough of the vinaigrette to lightly coat and arrange the leaves on a serving platter. Top with the beets, walnuts and goat cheese. Serve with the remaining vinaigrette.

PAN FRIED CRAB CAKES WITH RÉMOULADE

Yield: 12 cakes, depending on size

Ingredients	Amounts
Crabmeat, picked clean	1 ½ lb.
Breadcrumbs, white, fresh	1 cup
Celery, diced small	1 cup
Scallion, minced	3 ea.
Garlic, minced	1 Tbsp.
Mustard, Dijon	1 Tbsp.
Salt, kosher	as needed
Lemon, juice	1 ea.
Pepper, cayenne, ground	as needed
Mayonnaise	½ to ¾ cup
Egg	1 ea.
Pepper, black, ground	as needed
Breadcrumbs, panko, for breading	2 ½ cups
Oil, vegetable	as needed
Rémoulade (Recipe follows)	1x recipe

Method

1. Combine the crabmeat, white breadcrumbs, celery, scallions, garlic, mustard, salt, lemon juice, cayenne, mayonnaise, and the egg in a large mixing bowl and mix until homogenous; use just enough mayonnaise to hold the mixture together. Adjust the seasoning with salt and pepper.
2. Portion the crab cakes into balls weighing 4 ounces each, flatten slightly, and roll in the panko breadcrumbs to bread them. At this point, the cakes may be refrigerated or frozen for later use.
3. Heat the oil to 350°F in a large skillet over medium heat. Pan fry the crab cakes in oil until golden brown and cooked through, about 3 minutes per side. Drain briefly on paper towels. Serve immediately with the Remoulade.

Source: Fish and Seafood, p. 27

RÉMOULADE

Yield: 1 cup

Ingredients	Amounts
Mayonnaise	½ cup
Scallion, minced	2 ea.
Parsley, minced	2 Tbsp.
Dill pickle, minced	2 Tbsp.
Vinegar, red wine	2 Tbsp.
Mustard, Dijon whole grain	4 tsp.
Capers, non-pareil, drained, minced	4 tsp.
Worcestershire sauce	2 tsp.
Paprika, sweet	1 tsp
Hot sauce (Optional)	½ tsp.

Method

1. In a small mixing bowl, combine all ingredients well with a whisk.
2. Cover and refrigerate until ready to use.

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, small soup type	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, cooking liquid, and tomato. 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. Grill until toasted. Serve 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	Amount
Basil leaves, packed	2 cups
Garlic, chopped	1 tsp
Parmesan cheese	¼ cup
Pine nuts, lightly toasted	¼ cup
Salt	½ tsp
Oil, olive, pure	1 cup

Method

1. Place basil, garlic, cheese, pine nuts and salt in a food processor. Blend and with the motor running, drizzle in olive oil until incorporated.

WEDGE SALAD WITH BLUE CHEESE DRESSING

Yield: 6 to 8 portions

Ingredients	Amounts
Lettuce, Iceberg, heads, cut into wedges (quartered or sixths depending on size)	2 ea.
Tomato petals or concasse	2 cups
Egg, hardboiled, cut into quarters	6 ea.
Onion, red, sliced thin	1 ea.
Scallion, sliced	2 Tbsp.
Bacon, small diced, cooked crisp	½ cup
Croutons (Recipe follows)	1x recipe
Blue Cheese Dressing (Recipe follows)	1x recipe

Method

1. On a chilled plate, place a wedge of lettuce, 6 tomato halves, 4 wedges of eggs, sprinkling of onion (about 1 tablespoon), chives, and croutons (about 1 to 2 tablespoons).
2. Drizzle dressing on top of salad.
3. Serve immediately.

CROUTONS

Yield: 2 Cup

Ingredients	Amounts
Bread, white, diced ½-in.	2 cup
Butter, unsalted, melted	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Preheat the oven to 350°F.
2. In a mixing bowl, toss the bread with enough of the melted butter to lightly coat all the pieces. Season with salt and pepper.
3. Spread the cubes in a single layer on a baking sheet and bake until golden about 8 to 10 minutes. Stir the croutons once or twice during baking so they brown evenly.
4. Reserve until ready for service.

BLUE CHEESE DRESSING

Yield: 2 cups

Ingredients	Amounts
Mayonnaise	1/2 cup
Sour cream	1/2 cup
Buttermilk	1 cup
Worcestershire sauce	3/4 tsp.
Tabasco sauce	3/4 tsp.
Scallion, sliced	1/4 cup
Garlic, minced	1/2 tsp.
Lemon juice	1 Tbsp
Blue cheese, crumbled	1/2 lb.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a mixing bowl combine all the ingredients, mix well.
2. Refrigerate until needed for service.

SAUTÉED HALIBUT WITH WARM VEGETABLE VINAIGRETTE

Yield: 6 portions

Ingredients	Amounts
Halibut, cut into 6 oz. fillets	2 lb.
Oil, olive, extra-virgin	
Salt, kosher	to taste
Pepper, black, ground	to taste
Warm Vegetable Vinaigrette (Recipe follows)	1x recipe

Method

1. Dry the halibut fillets and season with salt and pepper.
2. In a large sauté pan over medium high heat, add enough oil to coat the bottom of the pan.
3. When oil is shimmering add the fish and cook for about two to three minutes on each side, or until desired doneness. Remove from pan and set aside in a warm spot.
4. At the time of service, top each fish with 2 to 3 tablespoons of the vinaigrette.
5. Serve on a heated platter with the remaining vinaigrette alongside the fish.

WARM VEGETABLE VINAIGRETTE

Yield: 2 Cups

Ingredients	Amounts
Chicken, stock	1 cup
Arrowroot or cornstarch	2 tsp.
Water, cold	2 tsp.
Mustard, Dijon	½ tsp.
Vinegar, sherry	½ cup
Oil, olive, extra-virgin	½ cup
Squash, zucchini, brunoise	½ cup
Garlic, minced	1 ½ Tbsp.
Shallot, chopped fine	1 tsp.
Basil, fresh, chopped fine	1 Tbsp.
Oregano, fresh, chopped fine	1 Tbsp.
Chervil, chopped fine	1 ½ tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	to taste

Method

1. In a medium saucepan over medium heat, heat the chicken stock until it comes to a simmer.
2. In a small bowl, whisk together the arrowroot and water. Whisk the arrowroot slurry into the hot stock until thoroughly combined. Allow to cool.
3. Whisk in mustard and vinegar to the chicken stock mixture.
4. Whisk in the oil in a slow, steady stream.
5. Finish by combining vegetables, herbs, and seasonings.
6. Season with salt and pepper to taste.

OLIVE OIL AND CHIVE CRUSHED POTATOES

Yield: 6 portions

Ingredients	Amounts
Potato, Yukon Gold, peeled, cut into quarters	2 lb.
Oil, olive, extra-virgin	as needed
Chives, sliced thin	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Place potatoes in a large stock pot with just enough water to cover the potatoes. Cook over medium heat until tender, about 25 minutes. Drain.
2. Preheat oven to 350°F.
3. Place potatoes on a sheet tray and dry in the oven for 4 to 5 minutes.
4. Divide potatoes evenly into proper size containers and crush using two kitchen spoons.
5. Just before service, drizzle the potatoes with olive oil, sprinkle with chives, and season with salt and pepper.

CARROT SOUP WITH TARRAGON & CARAWAY TOPPING

Yield: 10 servings

Ingredients	Amounts
Unsalted Butter	1 cup
Yellow Onion, sliced thinly	2 cup
Carrots ,peeled, diced	4 lbs.
Fresh Tarragon	2 sprigs
Chicken or Veggie Stock	8 cups
Orange Juice	2/3 cup
Lemon Juice	4 Tbsp
Salt & Pepper	To taste
Unsalted Butter	1 Cup
Caraway Seeds	4 T
Bread Crumbs	1 1/3 Cup
Chopped Parsley, optional	as needed

Method

1. Melt 1 cup butter in large saucepan, add onions & Sauté until translucent.
2. Add carrots & Tarragon. Reduce heat, cover & simmer ten min.
3. Add stock & juices. Bring to boil then reduce heat to simmer & cover, stirring occasionally until carrots are very tender.
2. Discard Tarragon and puree until smooth, return to saucepan. Season with Salt & Pepper to taste. Keep warm.
3. In separate saucepan, melt 1cup butter. Add caraway seeds & bread crumbs, stirring until lightly browned.
4. Ladle soup to soup bowls & top with Caraway & breadcrumb mixture. Garnish with chopped Parsley if desired.

(Williams-Sonoma:Soups)

THREE GRAIN SALAD WITH VEGETABLES AND LEMON VINAIGRETTE

Yield: 6 to 8 portions

Ingredients	Amount
Quinoa, red	1 cup
Pearled Barley	1 cup
Rice, wild	1 cup
Scallion, sliced	½ cup
Pepper, bell, red, diced small	1 cup
Pepper, bell, yellow, diced small	1 cup
Pepper, green, diced small	1 cup
Parsley, fresh, chopped	¼ cup
 <i>Lemon Vinaigrette</i>	
Lemon, juice	¼ cup
Shallot, minced	¼ cup
Honey	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Oil, Canola	¾ cup

Method

1. Fill three small saucepots with water. Bring to a boil and add 1 teaspoon of salt to each pot.
2. Add the grains to each pot and cook until tender. Keeping the grains separate, drain the water. Reserve the grains.
3. In a large bowl, mix the grains with scallions, peppers, parsley
4. To prepare the vinaigrette, combine the lemon juice, shallots, sugar, salt, and pepper in a mixing bowl. Slowly whisk in the oil.
5. Combine the grain mixture with the vinaigrette. Adjust seasoning with salt and pepper to taste.
6. Serve either room temperature or warm.

SAUTÉED BREAST OF CHICKEN WITH ROASTED RED PEPPER COULIS

Yield: 6 portions

Ingredients	Amounts
Chicken, breast	6 ea.
Marjoram, fresh, chopped	½ bu.
Thyme, fresh, chopped	¼ bu.
Parsley, fresh, chopped	½ bu.
Garlic, smashed	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Flour, all-purpose, for dredging	as needed
Oil, olive, pure, to sauté	as needed
Basil thinly sliced	½ cup
Roasted Red Pepper Coulis (Recipe follows)	1x recipe

Method

1. Using a meat mallet, slightly flatten each chicken breast, covered with a sheet plastic wrap.
2. In a small bowl, combine the marjoram, thyme, parsley, and garlic. Marinade the stuffed chicken in the herbs.
3. Season each chicken breast with salt and pepper. Dredge in flour and shake off excess flour.
4. Over medium-high heat, coat the bottom of a large sauté pan with oil. When the oil is shimmering, add the chicken breasts. Cook for 6 to 8 minutes, or until the bottom of the chicken is brown in color. Flip the chicken and cook until the internal temperature reaches 165°F.
5. Serve on top of red pepper coulis and garnish with basil chiffonade.

ROASTED RED PEPPER COULIS

Yield: 1 pint

Ingredients	Amounts
Pepper, halved stems, seeds, and ribs removed	2 lb.
Butter, unsalted	3 Tbsp.
Shallot, minced	3 Tbsp.
Wine, white, dry	1 cup
Chicken, stock	as needed
Salt, kosher	½ tsp.
Pepper, cayenne, ground	¼ tsp.

Method

1. Place peppers cut side down on an a sheet pan. Place the pan in under a broiler until skin is evenly charred.
2. Remove from the oven or broiler and cover immediately, using an inverted sheet pan. Let stand for 30 minutes, so the peppers steam and the skin is easier to remove.
3. When peppers are cool enough to handle, scrape off skin and dice.
4. Sauté shallots in butter until golden brown.
5. Add wine and reduce by half of original volume.
6. Add reduction to peppers and purée in food processor until mixture is smooth. Adjust consistency with stock.
7. Season with salt and cayenne.

Note: Alternatively you can flame broil the peppers until charred, cover and steam. Peel seed and dice.

RICE PILAF WITH CARROTS AND SPRING PEAS

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted or oil, vegetable	2 Tbsp.
Onion, chopped	¼ cup
Carrot, ¼-inch dice	½ cup
Rice, white, long-grain	2 cups
Chicken, stock or Vegetable stock	4 cups
Bay leaf	1 ea.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Peas, fresh or frozen, shelled, blanched	1 cup

Method

1. Preheat oven to 325°F.
2. In a medium sauce pot over low heat, melt the butter or heat the oil. Add onions and carrots and cook until tender, about 5 minutes. Add the rice and stir to coat with the fat.
3. Add the stock, bay leaf, salt, and pepper. Bring to a boil, stirring frequently. Once boiling, cover the pot and transfer to a oven. Cook until the liquid is absorbed and the rice is tender, about 18 to 20 minutes. Alternatively, you may cook the rice on the stove top on LOW heat undisturbed for 15 minutes.
4. Once all the liquid is absorbed, remove from the heat. Let stand for 5 minutes.
5. Fluff the rice with a kitchen fork.
6. Fold in the peas, replace the cover, and keep in a warm place. Taste and adjust the seasonings with salt and pepper, if necessary. Serve on a heated platter.

STIR-FRIED EGGPLANT, POTATO, AND PEPPERS

Yield: 10 portions

Ingredients	Amounts
Soy sauce	¼ cup
Cornstarch	4 Tbsp
Sugar	3 Tbsp
Salt	1 tsp
White pepper	½ tsp
Water	1 ½ cup
Canola oil for frying	2 quart
Sweet potato, 1 inch dice	2 cups
Chinese eggplant(long) oblique cut	1-2 ea.
Canola oil	as needed
Garlic, minced	¼ cup
Scallion whites, minced	½ cup
Onion, 1 inch dice	2 cup
Carrots, battonet	1 cup
Green bell pepper, 1 inch	1 ea
Red bell pepper, 1 inch dice	2 cup
Cilantro, leaves	1 cup
Scallion greens, 1 inch	1 cup

Method

1. In a medium bowl, whisk the soy sauce, sugar, salt, white pepper and water until the sugar is dissolved.
2. In a small bowl, mix the cornstarch with 4 tablespoon of water until combined.
3. Fill a large pot with enough oil for frying (1 to 2 inches deep) and heat to 350°F. Meanwhile, set a wire rack on top of a sheet pan next to the stove.
4. Fry the potatoes until golden brown, stirring occasionally, for about 5 minutes. Use a sieve to transfer the potatoes to the wire rack to drain excess oil.
5. Using the same oil and working in batches, with the same temperature, fry the eggplant for about 45 seconds.
6. Transfer the eggplant to the wire rack.
7. Heat a wok with 1 tablespoon of oil.
8. Working on batches, over medium heat, sauté the onions, carrots and peppers for 1 minutes and then add the garlic and scallion until aromatic, about 1 minute. Add the soy-sugar mixture and bring to a boil.
9. Add the potatoes, eggplant, and toss to combine.

10. Cook until nicely coated and the potatoes are fork-tender, less than 2 minutes.
11. Add the cornstarch slurry and simmer until thickened.
12. Garnish with cilantro and scallion greens

FRIED CHICKEN

Yield: 6 Portions

Ingredients	Amounts
Chicken thighs	6 ea.
Buttermilk	1 pt
Tarragon, minced	2 Tbsp
Dijon mustard	2 fl. oz
Poultry spice (dried sage and oregano)	1 tsp
Salt	2 Tbsp
Oil for frying	as needed
All-purpose flour	2 lb.
Cayenne	1/2 tsp
Old Bay seasoning mix	1/2 tsp
Salt	1/2 Tbsp
Vegetable	as needed

Method

1. Combine the chicken pieces with the buttermilk, tarragon, the mustard, salt, and the poultry spice. Mix well and marinate for 1 hour.
2. Combine the flour with the cayenne, salt, and Old Bay. Mix well.
3. Heat oil to 350 degrees. With enough oil to cover the chicken.
4. Dredge the chicken in the flour and let sit several minutes. Dredge the chicken in the flour again and then pan-fry golden brown on both sides in the vegetable oil.
5. Finish the chicken in a 350°F oven on a roasting rack placed on top of a sheet pan.

DAY THREE TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Grilled Salmon with Red Wine and Roasted Shallot Compound Butter

White Bean Ragout with Black Kale and Sundried Tomatoes

Pan Roasted Corn Succotash

TEAM TWO

Grilled Flat Iron Steak with Red Wine Mushroom Sauce

Pommes Duchesse

Glazed Carrots

TEAM THREE

Roast Pork Loin with Apricot-Bread Stuffing

Spaetzle

Sautéed Broccolini

ALL TEAMS

Roasted Chicken with Pan Gravy

Fresh Linguini with Butter or Olive Oil and Parmesan Cheese

EACH PERSON: Grilled Chicken Breast

EACH TEAM: Set up for Tomorrow

GRILLED SALMON WITH RED WINE AND ROASTED SHALLOT COMPOUND BUTTER

Yield: 6 portions

Ingredients	Amounts
Salmon, 6 oz. steaks	6 ea.
Oil, olive, pure	2 Tbsp.
Salt, kosher	1/2 tsp.
Pepper, black, ground	1/4 tsp.
Red Wine and Roasted Shallot Compound Butter	1x recipe

Method

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

RED WINE AND ROASTED SHALLOT COMPOUND BUTTER

Yield: ½ Pound

Ingredients	Amounts
Red wine	3 cups
Garlic, head, unpeeled	½ ea.
Shallot, whole, unpeeled	3 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Butter, unsalted, room temperature	½ lb.
Parsley, minced	1 Tbsp
Tarragon minced	1 Tbsp

Method

1. In a medium size pot over medium to high heat, reduce the wine to ½ cup and syrupy. Set aside.
2. Preheat oven to 400°F.
3. Place the head of garlic on square of aluminum foil large to enclose the entire head. Drizzle with olive oil and seal to make a pouch. Set aside.
4. Place the shallots on a square of aluminum foil large enough to enclose all of them. Drizzle with olive oil and set aside.
5. Place both garlic and shallot in the 400° oven and roast until tender about 30 to 50 minutes. Set aside to cool.
6. Work the butter by hand or with the paddle attachment of an electric mixer until soft.
7. Squeeze the roasted clove from their papery skins into the butter.
8. Cut the end of shallot, squeeze out shallot and roughly chop. Add to the butter.
9. Add the reduced wine. Blend the mixture well. Season with salt and pepper to taste.
10. The compound butter is ready to use, or it may be rolled into a log or piped into shapes and chilled for later use.

Note: Butter may be packed into a small crock or bowl or piped into rosettes, about 1 Tbsp. each, onto a lined plate or baking sheet, then refrigerated or frozen until firm. Butter may also be shaped into a long cylinder on top of a large sheet of plastic wrap. Mound the butter about 3 inches from the edge of the long side of the wrap. Fold the plastic wrap over the mound and then tighten the wrap around the butter, forming a long log. Once rolled, twist the ends of the wrap to seal. Chill, then slice to serve.

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

WHITE BEAN RAGOUT WITH BLACK KALE AND SUNDRIED TOMATOES

Yield: 6 portions

Ingredients	Amounts
Oil, olive, extra-virgin	3 Tbsp.
Garlic, minced	2 tsp.
Onion, minced	$\frac{3}{4}$ cup
Tomato paste	1 Tbsp.
Beans, white, dried, soaked	2 cups
Chicken, stock or Vegetable, stock	as needed
Kale, Tuscan or black, chiffonade	4 cups
Tomato, sun-dried, sliced thin	$\frac{1}{3}$ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a small rondeau or medium saucepot, over medium- low heat, heat the oil until shimmering. Add the garlic and onions. Cook until tender and translucent, about 3 to 5 minutes.
2. Add the tomato paste and cook for 3 to 5 minutes over low heat, stirring frequently to prevent burning.
3. Add the white beans and enough stock to cover the beans. Cook about an hour over low heat, stirring frequently.
4. Add the kale and tomatoes. Cook until the vegetables are wilted and tender about 10 to 15 minutes.
5. Season with salt and pepper.
6. Serve in a warm serving bowl.

PAN ROASTED CORN SUCCOTASH

Yield: 6 to 8 portions

Ingredients	Amounts
Corn Kernels	6 cup
Oil, olive, extra-virgin	1 Tbsp.
Squash, zucchini, diced	1 cup
Tomato, peeled, seeded, chopped	1 cup
Beans, fava or soy, fresh, cooked	1 cup
Scallion, sliced thin on diagonal	½ cup
Vegetable, broth	¾ cup
Parsley, fresh, chopped	1 Tbsp.
Tarragon, fresh, chopped	2 tsp.
Cardamom, ground	¼ tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. In a large, dry cast iron pan, heat the corn and char it slightly. Remove from heat
2. Heat the olive oil in a large sauté pan over medium heat until it shimmers. Add the corn and zucchini and sauté, stirring occasionally, until the zucchini is tender, about 3 minutes.
3. Add the tomato, beans, scallions, and broth. Continue to sauté until all the ingredients are very hot, about 4 minutes.
4. Remove the pan from the heat and stir in the parsley, tarragon, and cardamom. Season to taste with salt and pepper.
5. Serve at once in a heated bowl or on heated plates.

Source *Vegetables*, p. 241

GRILLED FLAT IRON STEAK WITH RED WINE MUSHROOM SAUCE

Yield: 6 portions

Ingredients	Amounts
Flat iron steaks	6 ea.
Salt, kosher	1 Tbsp.
Pepper, black, ground	1 ½ tsp.
Oil, vegetable	2 Tbsp.
Red Wine Mushroom Sauce (Recipe follows)	1x recipe

Method

1. Preheat a gas grill to medium. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
2. Season the steaks with salt and pepper, Brush lightly with oil.
3. Grill the steaks undisturbed for about 2 minutes, then rotate the steaks a quarter turn, and cook another 2 minutes. Turn the steaks over and complete cooking to the desired doneness (rare 135°F, medium rare 145°F, medium 160°F, medium well 165°F, and well done 170°F).

RED WINE MUSHROOM SAUCE

Yield: 2 cups

Ingredients	Amounts
Butter, clarified	1/4 cup
Mushrooms, sliced	4 cups
Shallot, minced	2 Tbsp.
Tomato paste	1 Tbsp.
Wine, red	1/2 cup
Beef stock	2 cups
Cornstarch mixed with 2 Tbsp stock	1 Tbsp.
Butter, unsalted, diced, COLD	1/2 cup
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. In a medium saucepan over medium heat, add clarified butter and heat until shimmering.
2. Add the mushrooms and cook over high heat until brown, about 5 minutes.
3. Add the shallots and cook until translucent. Add the tomato paste and stir to evenly distribute.
4. Lower the heat to medium and add the wine, using a wooden spoon to scrape the bottom of the pan to release the brown bits (fond). Cook until the wine is reduced by two-thirds.
5. Add the stock and simmer for to reduce by half.
6. Stir cornstarch and stock together and add to simmering sauce.
7. Lower heat to very low and Swirl the butter in stages into the sauce. Once butter is incorporated, season to taste with salt and pepper.

POMMES DUCHESSE

Yield: 10 portions

Ingredients	Amounts
Potato, russet	2 lb.
Water	as needed
Salt, kosher	2 tsp.
Milk, whole	¼ 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.

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.

ROAST PORK LOIN WITH APRICOT-BREAD STUFFING

Yield: 6 portions

Ingredients	Amounts
Pork, loin	3 lbs.
Salt, kosher	1 tsp.
Pepper, black, ground	1 tsp.
<i>Stuffing</i>	
Oil, olive, pure	2 Tbsp.
Onion, minced	¼ cup
Garlic, minced	1 tsp.
Apricot, dry, diced small	5 wt. oz.
Bread, French, diced small	6 wt. oz.
Chicken, stock	1 cup
Sage, fresh, minced	2 Tbsp.
Parsley, fresh, chopped	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
<i>Mirepoix</i>	
Onion, diced small	½ cup
Carrot, diced small	¼ cup
Celery, diced small	¼ cup
Wine, white	½ cup
Demi-glacé	2 cups

Method

1. Preheat oven to 400°F.
2. Using a long boning knife and starting from one end of the pork loin, insert the knife in the middle of the pork to make a pocket and repeat the process on the other end.
3. Season the pork with salt and pepper. Set aside.
4. To make the stuffing heat a sauté pan and add the olive oil, when hot add the onions and sauté for 2 minutes, add the garlic and continue to sauté for one minute more.
5. Add the apricots, bread and chicken stock to moisten, finish with sage and Italian parsley. Season with salt and pepper. Set aside and allow to cool to room temperature.
6. When stuffing is cooled, add to a pastry bag and pipe it into the center of the pork on both ends.
7. Tie the pork loin.

8. Place the pork loin in a roasting pan and roast in the oven for 15 minutes or until it begins to brown. Lower the oven temperature to 325°F and cook the pork to 135°F.
9. Transfer the pork to a cutting board and place roasting pan on burner(s). Allow the pork to rest for 20 minutes before carving and pattering.
10. Over medium heat, add onion, carrot, and celery to the roasting pan and caramelize. Deglaze with white wine and reduce by half. Add demi-glace and reduce to nappe (consistency should coat the back of a serving spoon).
11. Serve the sauce alongside the sliced pork.

SPÄTZLE

Yield: 10 portions

Ingredients	Amounts
Egg	6 ea.
Milk, whole	1/3 cup
Water	1 cup
Salt, kosher	1/4 Tbsp.
Pepper, white, ground	1/2 tsp.
Nutmeg, grated	1 pinch
Flour, all-purpose	3 1/2 cups
Butter, unsalted, melted	1/4 cup.
Parsley, fresh, minced	2 tsp.
Chives, minced	2 tsp.
Tarragon, fresh, minced	2 tsp.
Butter, unsalted, for sauté	1/2 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.

SAUTÉED BROCCOLINI

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	1 Tbsp.
Pancetta, diced small (optional)	¼ cup
Onion, minced	⅓ cup
Anchovy, fillet, chopped	1 ea.
Garlic, minced	1 Tbsp.
Red pepper flakes	1 tsp.
Broccolini, blanched until tender	4 bunch
Salt, kosher	to taste
Pepper, black, ground	to taste
Raisins	2 Tbsp.
Pine nuts, toasted	1 Tbsp.

Method

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

ROASTED CHICKEN WITH PAN GRAVY

Yield: 4 portions

Ingredients	Amounts
Chicken, whole, 3- 3 ½ lb.	1 ea.
Salt, kosher	1 tsp. (plus to taste)
Pepper, black, ground	¼ tsp. (plus to taste)
Garlic clove, crushed	2 ea.
Chervil sprig, fresh, chopped	6 ea.
Bay leaf, dried	2 ea.
Thyme leaf, fresh, chopped	1 Tbsp.
Rosemary leaf, fresh, chopped	2 tsp.
Oil, vegetable	2 Tbsp.
Onion, diced medium	½ cup
Carrot, diced medium	¼ cup
Celery, diced medium	¼ cup
Flour, all-purpose	¼ cup
Chicken stock	4 cups

Method

1. Preheat the oven to 450°F.
2. Season the chicken, inside and out, with salt and pepper. Place the garlic and herbs inside the cavity and Rub the skin with oil and truss with twine.
3. Place the chicken on a rack in a roasting pan and roast for 20 minutes.
4. Reduce the temperature to 375°F. Add the onions, carrots, and celery under the rack.
5. Continue roasting the chicken until the thigh meat reaches an internal temperature of 160-165°F.
6. Remove the chicken and allow it to rest, tented with foil, on a platter. Keep warm.
7. Place the roasting pan on the stovetop and cook over medium heat until the fat is clear. Discard all but 3 tablespoons of fat from the roasting pan.
8. Add the flour to the pan and stir to combine. Cook over medium heat until a light golden paste forms (blond roux).
9. Gradually incorporate the stock whisking to eliminate any lumps. Add the garlic, chervil, bay leaves, thyme, and rosemary and whisk until smooth.
10. Simmer the gravy until the proper consistency and flavor are achieved. Skim all grease from the top of the gravy.
11. Strain the gravy through a fine-meshed sieve. Season to taste with salt and pepper.
12. Carve the chicken and serve on a heated platter accompanied by the gravy.

FRESH PASTA

Yield: 1 pound

Ingredients	Amounts
<i>Pasta dough</i>	
Durum Flour tipo "00" flour, or AP	1 lb.
Eggs, large	4 ea.
Olive oil	1 oz
Water	1 oz
Salt	½ tsp
Butter or olive oil	½-¾ cup
Parmesan cheese, grated	1 cup
Parsley, minced	¼ cup

Method

1. In the bowl of a food processor, combine flour and salt. With motor running on pulse, add eggs, olive oil and water if needed until mixture just comes together. It should look crumbly but when pressed between two fingers, it should stick together.
2. Knead until all of the ingredients are well combined and the dough is smooth.
3. Wrap the dough in plastic wrap or place it in a covered bowl and let it rest for at least 30 minutes. Repeat the procedure for the green, orange or red pasta.
4. Dust a work surface with flour. Cut of pieces of dough in thirds. Working with one piece of dough at a time, roll the dough with a pasta machine or with a rolling pin into sheets about 1/16-inch thick.
5. Cut into noodles to desired width and length.
6. Cook in boiling water 1-3 minutes, depending on size.
7. Drain and place pasta into a bowl with butter and toss well to combine. Add some pasta water as necessary. Season with salt and pepper and toss with cheese and parsley. Serve hot.

DAY FOUR TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Poached Chicken Breast with Fines Herbes Sauce

Ricotta Cheese Cavatelli

Ratatouille

TEAM TWO

Moroccan-Style Lamb Stew

Warm, Spiced Couscous

Brussels sprouts with Pomegranate Molasses and Pistachios

TEAM THREE

Poached Black Bass Fillets with Spring Vegetables

Saffron-Scented Risotto with Green Peas

Vanilla Ice Cream

EACH PERSON: Pappiotte of fish

EACH TEAM: Set Up for Tomorrow

POACHED CHICKEN BREAST WITH FINES HERBES SAUCE

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	2 Tbsp.
Shallot, minced	2 ea.
Chicken, breasts, skinless, boneless	6 ea.
Chicken, stock	½ cup
Wine, white, dry	¾ cup
Chicken Velouté (Recipe follows)	1x recipe (1 pt.)
<i>Fines herbes</i>	
Chive, sliced thin	1 Tbsp.
Tarragon, fresh, minced	1 Tbsp.
Parsley, fresh, minced	1 Tbsp.
Chervil, minced	1 Tbsp.
Heavy cream	¼ cup plus 1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.

Method

1. Make the velouté.
2. Preheat oven to 325°F.
3. Smear the bottom and sides of a sauté pan or small rondeau with butter.
4. Sprinkle the shallots on the bottom of the pan, place the chicken on top, and add the velouté, stock and wine.
5. Bring to a simmer over medium-low heat. Once simmering, cover with a parchment paper lid.
6. Cook in the oven until the internal temperature is 165°F, about 20 to 25 minutes.
7. Remove the chicken from the pan and keep warm on a serving platter covered with plastic wrap.
8. Place the pan over medium heat and reduce the poaching liquid.
9. Add the herbs. Whisk in the cream and allow to cook for 1 minute. Strain and season with salt and pepper.
10. Serve the sauce over the chicken breast on a warm platter.

CHICKEN VELOUTÉ

Yield: 1 pint

Ingredients	Amounts
Butter, clarified	1 ½ Tbsp.
<i>White Mirepoix</i>	
Onion, diced small	1 ½ Tbsp.
Celery, diced small	1 ½ Tbsp.
Parsnips, diced small	1 ½ Tbsp.
Flour, all-purpose	3 Tbsp.
Chicken, stock	2 ¼ cups
<i>Sachet d'épices</i>	
Parsley stems, fresh	1 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme leaf	¼ tsp.
Garlic, clove	1 ea.
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. Heat the butter in a saucepan over medium heat. Add the onion, celery, and parsnips and sweat, stirring occasionally, until the onions are translucent and have begun to release their juices into the pan, about 15 minutes. They may take on a light golden color, but do not allow them to brown.
2. Add the flour and stir well to combine. Cook over low to medium heat, stirring frequently, until a pale or blond paste (roux) forms, about 12 minutes.
3. Add the stock to the pan gradually, stirring or whisking to work out any lumps. Bring to a simmer. (Use a heat diffuser, if desired, to avoid scorching.)
4. Add the sachet and continue to simmer, skimming as necessary, until a good flavor and consistency develop, and the starchy feel and taste of the flour has cooked away, 20 to 30 minutes.
5. Strain the sauce through a fine mesh sieve. The sauce can now be finished, or it may be cooled and stored for later use.
6. Return the sauce to a simmer. Adjust seasoning with salt and pepper to taste.

Note: To increase the richness of the sauce and fortify the flavor, add chicken when simmering the stock. Use 2 pounds of chicken trim, wing tips, or backs per gallon batch.

RICOTTA CHEESE CAVATELLI

Yield: 1 pound

Ingredients	Amount
Flour, durum	3 cups
Egg	1 ea.
Cheese, ricotta, drained overnight	1 cup
Salt, kosher	1 tsp.
Water	as needed
Butter, unsalted	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, fresh, chopped	to taste

Method

1. Using the well method or a Kitchen Aid mixer, mix the flour, egg, cheese, and salt until a dough forms. Add water as needed to form the dough.
2. Shape the dough and allow to dry on the baking sheet, about 1 hour.
3. Cook the pasta in plenty of salted water until the cavatelli floats to the top, 2 to 3 minutes.
4. Toss the cavatelli with the butter.
5. Season to taste with salt and pepper.
6. To serve, garnish with the parsley.

RATATOUILLE

Yield: 8 portions

Ingredients	Amounts
Extra Virgin Olive oil	½ cup
Herbs de Provence	1 tsp
Onion, ½ inch dice	2 cup
Garlic, finely chopped	2 Tbsp.
Eggplant, unpeeled, ½-inch cubes	2 cup
Green bell pepper, ½-inch dice	1 cup
Red bell pepper, ½-inch dice	1 cup
Zucchini, ½ inch dice	1 cup
Plum tomatoes, cored, large dice	3 cup
Tomato paste	1 Tbsp
Thyme sprigs	4 ea.
Bay leaf	1 ea.
Chicken or vegetable stock	¼ cup
Salt	to taste
Ground black pepper	to taste

Method

1. Heat the oil in a large heavy sauté pan. Add the Herbs de Provence and heat for 10 seconds before adding the onions, garlic, eggplant, and peppers. Stir continuously over high heat so pieces cook evenly for about 4 minutes.
2. Continue to cook until the onions are translucent, about 5 minutes.
3. Add the tomatoes, zucchini, tomato paste, thyme, bay leaf, stock, salt, and pepper; stir to blend. Cook over medium heat, partially covered, for 8-10 minutes.
4. Remove bay leaf and thyme sprigs.
5. Set aside to cool slightly.

MOROCCAN-STYLE LAMB STEW

Yield: 6 portions

Ingredients	Amounts
Lamb, shoulder, cubed	3 lb.
Oil, olive, pure	1/3 cup
Parsley, fresh, chopped	1/3 cup
Cilantro, fresh, chopped	1/3 cup
Ginger, ground	1 tsp.
Cumin, ground	1 tsp.
Paprika, sweet	1 tsp.
Red pepper flakes	1/2 tsp.
Salt, kosher	to taste
Onion, Spanish, peeled, coarsely grated	2 ea.
Garlic, minced	2 tsp.
Tomato, concasse	1 cup
Water	as needed

Method

1. Place the cubed lamb in a bowl and add the oil, parsley, cilantro, ginger, cumin, paprika and red pepper flakes. Add salt to taste.
2. Mix well and marinate for 30 minutes.
3. Heat a saucepot with the oil and working in batches, sear the meat on all sides. Keep meat on a paper towel lined pan to drain the fat.
4. Add the onions, garlic and tomatoes and cook for 1-2 minutes until aromatic, adding just enough water to scrape up the brown bits (fond).
5. Add the meat back and cover the meat with just enough water to barely cover. Cover the pan and cook over low heat for 1 1/2 hours until tender.
6. Arrange meat on a heated serving dish and keep warm.
7. Reduce sauce to thicken, then strain over the meat.

Source: Adapted from *A Taste of Morocco*, Robert Carrier

BRUSSEL SPROUTS WITH POMEGRANATE MOLASSES AND PISTACHIOS

Yield: 8 portions

Ingredients	Amounts
Brussel sprouts, trimmed, halved	2 lb.
Olive oil	½ cup
Garlic, minced	3 Tbsp
Salt	1 Tbsp
Fresh ground black pepper	½ tsp
Water or vegetable stock	½ cup
Pomegranate molasses	¼ cup
Pistachios, lightly toasted	½ cup
Parsley minced	2 Tbsp

Method

1. Heat a large sauté pan or rondeau with the olive oil.
2. Add the Brussel sprouts into the pan cut side down and allow to sear.
3. Using a spatula, flip them over, add garlic, salt and pepper and cook 5 minutes more until tender but still have some texture.
4. Add the stock and partially cover the pan for 5 minutes to finish braising.
5. Drizzle with pomegranate molasses.
6. Garnish with pistachios and parsley.

WARM, SPICED COUSCOUS

Yield: 6 portions

Ingredients	Amounts
Couscous, dry	2 cups
Chicken or Vegetable stock	2 ¼ cups
Cardamom pods	5 ea.
Cinnamon stick	1 ea.
Star anise	1 ea.
Turmeric, ground	¼ tsp.

Method

1. Preheat oven to 350°F.
2. Place the couscous on a sheet pan. Toast in the oven to golden brown, about 8 minutes.
3. In a medium pot, add the chicken stock, cardamom, cinnamon stick, star anise, red pepper flakes, and turmeric and bring to a simmer.
4. Place the toasted couscous in a shallow pan. Pour the simmering chicken stock over the couscous. Cover immediately with plastic wrap and let it sit for 10 minutes.
5. Remove the plastic wrap and fluff couscous with a fork.

Note: The ratio is approximately 1 part liquid to 1 part dry Couscous.

POACHED BLACK BASS FILLETS WITH SPRING VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Black bass, fillet, trimmed, 5 oz.	6 ea.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Butter, unsalted	1 Tbsp.
Shallot, minced	3 Tbsp.
Butter, unsalted	1 Tbsp.
Wine, white, dry	1 ¼ cups
Fish, stock	1 pt.
Oil, olive, pure	3 Tbsp.
Mushroom, white, sliced	1 cup
Carrot, baby, cut if needed	8 ea.
Scallion, 1 inch pieces	½ cup
Sugar Snap Peas, cut on bias	2 cup
Spinach, baby,	2 cup
Heavy cream	1 cup
Chervil, chopped	2 Tbsp.
Chives, chopped	2 Tbsp.

Method

1. Preheat oven to 325°F.
2. Season the bass with salt and pepper. Set it aside.
3. Place the butter in a small saucepan and heat over medium heat. Add the shallots and cook until translucent, 3 to 5 minutes. Set it aside.
4. Butter an ovenproof pan and sprinkle with the cooked shallots. Place the bass on the bed of shallots. Add wine and stock.
5. Bring the liquid to a simmer on the stovetop over medium heat.
6. Cover the bass with buttered parchment paper (a cartouche) and transfer to an oven. Continue cooking until the flesh turns opaque, about 10 minutes.
7. Meanwhile, Heat the oil in a sauté pan over medium high heat. Add the mushrooms and sauté until almost tender.
8. Add the carrots and ramps and continue cooking until tender, about 2 minutes.
9. Add the peas and spinach, continuing to cook until all vegetables are tender. Season with salt and pepper. Set aside in a warm spot.

10. Remove the bass from the oven and remove the fish from the pan to a platter and keep covered to keep it warm.
11. Reduce the poaching liquid, add the cream and reduce the sauce until thickened (nappé).
12. Adjust the seasoning with salt and pepper to taste. Add the herbs at the very end right before serving,
13. Serve the bass on top of a bed of the spring vegetables, cover with sauce.

SAFFRON-SCENTED RISOTTO WITH GREEN PEAS

Yield: 6 portions

Ingredient	Amounts
Chicken, stock	8 cups
Saffron	1 pinch
Oil, olive, pure	1 ½ Tbsp.
Onion, minced	½ ea.
Garlic, minced	1 ½ tsp.
Rice, arborio	2 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
White wine	¼ cup
Peas, thawed	1 cup
Parmesan cheese, grated	1 cup

Method.

1. Heat the olive oil in a saucepot over medium heat. Add the onions and cook until they are translucent but without color.
2. Add the garlic and cook until aromatic.
3. Add the rice, salt, and pepper. Stir well to coat in the oil.
4. Add the wine and reduce to dry, stirring.
5. Add 2- 3 cups stock and bring to a simmer, stirring well to blend.
6. Stir and continue to add the stock in two more stages, cooking until almost tender,
7. Just before serving, add any remaining stock, peas and parmesan stirring well to combine and heat through. The consistency should be loose like porridge.

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

VANILLA ICE CREAM

Yield: 1 ¾ quarts

Ingredients	Amounts
Half and half	1 qt.
Vanilla bean, split	1 to 2 ea.
Sugar, granulated (Divided)	8 wt. oz. (1 ⅛ cups)
Egg yolk	6 ea.

Method

1. Prepare an ice bath: place a clean stainless steel bowl inside a bowl of ice water. Set aside.
2. Combine the half and half and vanilla beans with half of the sugar in a saucepan; bring to a simmer, stirring to dissolve the sugar. Once the mixture simmers, turn off the heat.
3. Meanwhile, prepare a liaison (thickening agent for the sauce) by blending the egg yolks with the remaining sugar in a mixing bowl using a wire whip.
4. Add one-third of the boiling cream mixture to the egg mixture and whisk well to blend. This process, known as tempering, will help slowly increase the temperature of the egg mixture so that the eggs do not coagulate and curdle when added to the boiling mixture.
5. Return the tempered egg mixture to the remaining hot cream mixture in the saucepan and continue cooking over low to medium heat, stirring constantly, until the mixture reaches 180°F and becomes nappé (the sauce will thicken enough to coat the back of the spoon).
6. Remove immediately from the heat and strain the sauce through a chinois (fine-meshed sieve) into the clean metal bowl.
7. Cool quickly in the ice bath.
8. Cover tightly with plastic wrap and refrigerate until ready for use.
9. Process in an ice cream machine according to the manufacturer's instructions.

Note: Many varieties of flavors can be made by either steeping ingredients with the hot milk and cream or adding ingredients like chocolate or fruits to the custard. Nuts, chips, or fruits could also be folded into the custard as it is extracted from the ice cream freezer.

DAY FIVE MARKET BASKET PROJECT: MENU DEVELOPMENT ASSIGNMENT GUIDELINES

OVERVIEW

Your mission today is to develop a two-course menu using your assigned protein and any available ingredients from the kitchen.

GUIDELINES

Using your assigned protein, you will prepare:

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

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

You can use the worksheets and templates on the following pages to help design your menu and sketch your plate compositions.

MENU FOR TEAM # _____

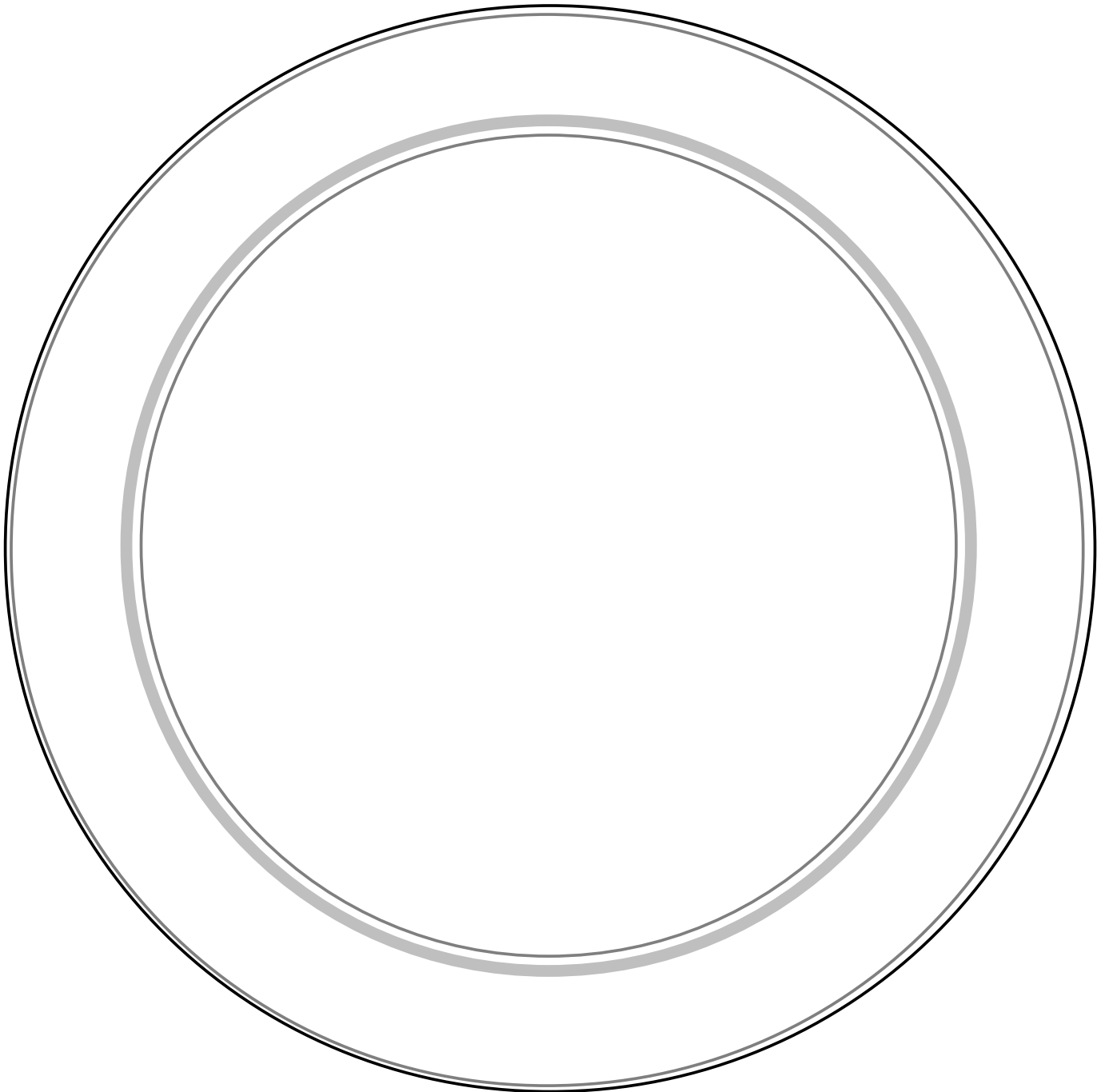
First Course (Soup, Salad, Hot Appetizer, or Cold Appetizer)

Entrée with Sauce

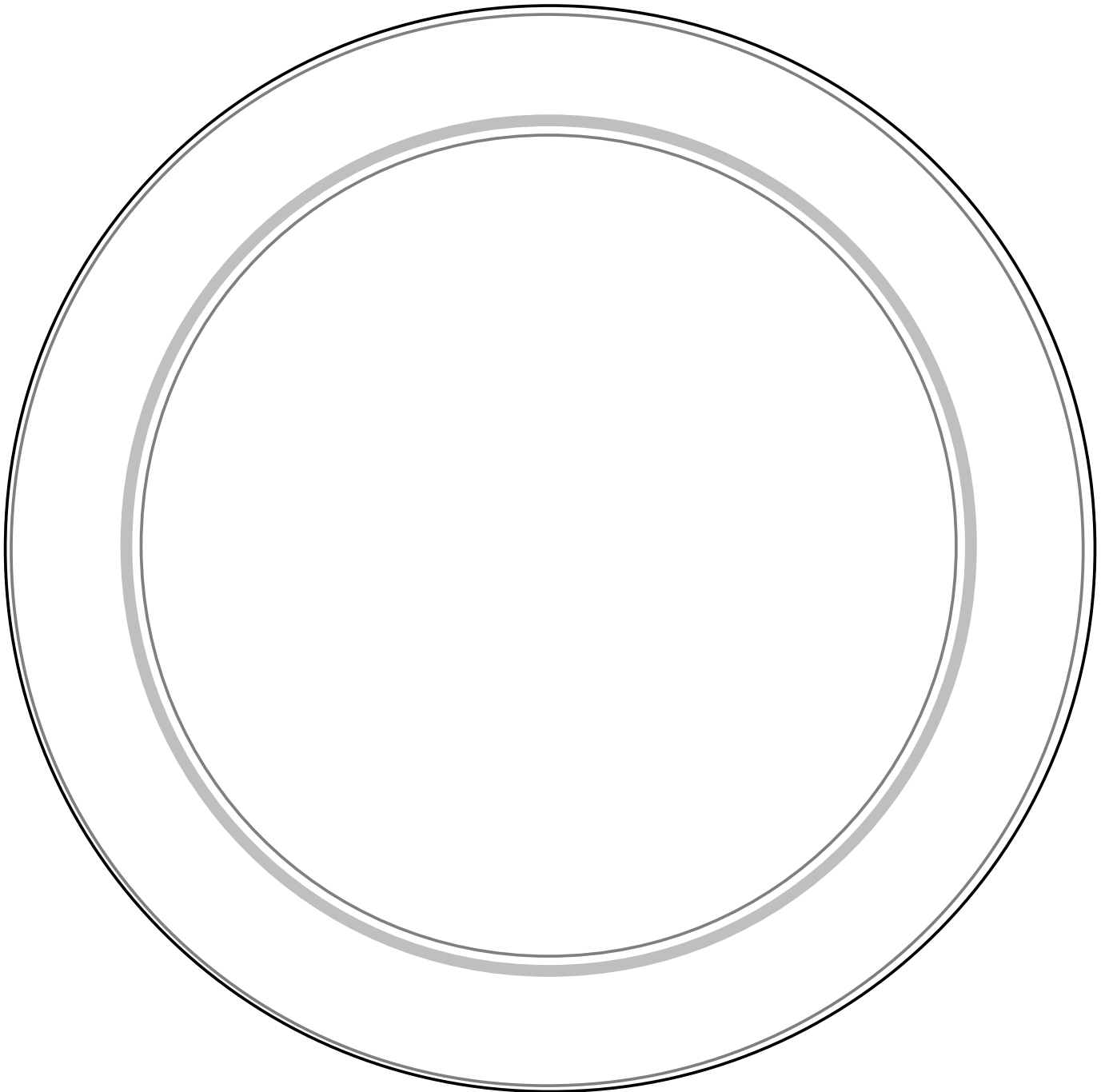
Starch

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