



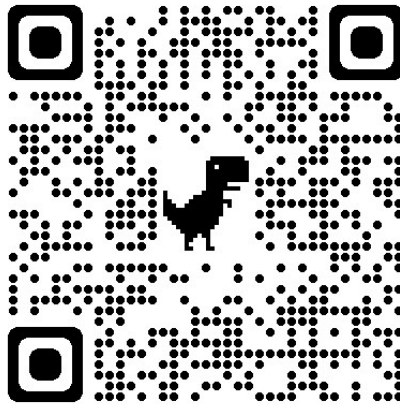
Culinary Institute of America

Deerfield Academy Plant-Forward Culinary Training



The Culinary Institute of America, Hyde Park, NY

PowerPoint Slides for each day's lecture can be downloaded at the link below:



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The Culinary Institute of America

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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,

David Kamen '88 MBA PC^{III}
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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

- ☑ No cell phone use or text messaging during class
- ☑ Actively participate
- ☑ Return promptly from breaks
- ☑ Remain in attendance for the class duration
- ☑ Complete the course evaluation
- ☑ Follow all established health and safety regulations
 - In addition to the precautions necessary to guard against food-borne illness, care must also be taken to avoid accidents. The following safety measures should be practiced.
 - Wash hands before beginning work in the kitchen
 - Keep all perishable items refrigerated until needed
 - NYS law – when handling “ready-to-eat” food items, if you don’t cook it, glove it!
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables
- ☑ Maintain CIA uniform standards
- ☑ Act within the guidelines of the CIA’s policy on harassment
 - The Culinary Institute of America (CIA) is committed to providing a working and learning environment free from harassment. Members of the CIA community, guests, and visitors have the right to be free from any form of harassment (which includes sexual misconduct and sexual harassment) or discrimination; all are expected to conduct themselves in a manner that does not infringe upon the rights of others.

CIA UNIFORM POLICY

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

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

COURSE SYLLABUS

DAY ONE

- ☑ Lecture: Introduction to Plant-Forward Cooking
 - Defining plant-forward cooking
 - The benefits of a plant-forward diet
 - Principles of healthy, sustainable cooking
 - Portion control and plating
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Production
- ☑ Review and Critique

DAY TWO

- ☑ Lecture: Vegetables, Legumes, and Grains
 - Healthy vegetable cooking methods
 - Blended dishes
 - Incorporating more beans and legumes
 - Adding whole Grains
 - Building flavor with herbs and spices
 - Finding inspiration in global cuisine
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Production
- ☑ Review and Critique

DAY THREE

- ☑ Lecture: Sources of Protein
 - Types and role of protein
 - Healthy cooking methods for meat-based protein
 - Sources of plant-based protein
 - Limiting fats and oils
 - Transforming Comfort Foods
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Production
- ☑ Review and Critique

DAY ONE KITCHEN PRODUCTION

TEAM ONE: APPETIZER BAR

Wilted Kale with Sunflower Tahini and Rye

Roasted Cauliflower and Chickpea Salad

Winter Squash Pangrattato with Buckwheat Groats, Walnuts, and Orange

TEAM TWO: BUFFET DISHES

Broccolini with Pickled Raisins, Aleppo Chili, and Charred Onion Vinaigrette

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

Cauliflower "Bistecca" with Almonds, Pancetta, and Capers

TEAM THREE: ACTION STATION

Smoked Eggplant Steamed Buns with Hoisin, Scallion, Celery, and Peanuts

Sautéed Radishes with Smoked Yogurt, Pistachios and Za'atar

Charred Green Beans with Ginger, Mustard, and Miso

TEAM FOUR: FAMILY MEAL

Sweet Potato Tortilla Española with Olive Jamon and Romesco Sauce

Celeriac Schnitzel with Sauerkraut, Smoked Carrots, Onions, and Apple

Apple Pie with Cinnamon Ice Cream

WILTED KALE WITH SUNFLOWER TAHINI AND RYE

Yield: 4 portions

Ingredients	Amounts
Sunflower seeds	1 lb.
Garlic, clove, peeled (Divided)	12 ea.
Cumin seed	1 tsp.
Fennel seed	½ tsp.
Fenugreek seed	½ tsp.
Caraway seed	½ tsp.
Peppercorns, black	2 tsp.
Paprika, sweet	1 tsp.
Water	½ cup
Lemon, juice	¼ cup
Chile, serrano, microplaned	½ ea.
Ginger, powder	½ tsp.
Sumac, ground	1 Tbsp.
Oil, grapeseed	½ cup
Agave, nectar	1 ½ tsp.
Salt, kosher	1 ½ Tbsp.
Kale, lacinato	2 bu.
Oil, grapeseed	4 tsp.
Bread, rye, Danish, torn into chunks	½ cup
Yogurt, Greek	1 cup
Seeds, mixed (sunflower, flax, sesame pumpkin), toasted	½ cup
Pepper, black, ground	as needed

Method

1. For the Tahini, preheat oven to 350°F. Place the seeds in a single layer on a cookie sheet and toast for 10 minutes until fragrant. Set aside to cool.
2. Place 10 of the peeled garlic cloves in a small sauce pot with the oil. Place over very low heat to slowly cook the garlic and infuse the oil.
3. Toast the cumin, fennel, fenugreek, caraway, peppercorns until warm and fragrant. Using a spice grinder or blender, grind the toasted seeds and the paprika into a fine powder.
4. Place ½ cup of water in the bottom of a blender with half of the seeds and begin to purée into a paste. After a few minutes, add the rest of the seeds and the lemon juice and continue to blend on medium, scraping down the sides whenever necessary.

5. When the mix is smooth, add the cooked garlic cloves, serrano chile, and the remaining 2 raw garlic cloves into the mix, and all the ground spices.
6. Slowly drizzle in $\frac{3}{4}$ cup of the oil (reserving the rest for garnish). Add the agave, salt, and more water, if necessary, to keep the mix moving. The mix should be thinner than peanut butter, but not watery.
7. Taste for seasoning. Add in salt, lemon, or more spices if you'd like to intensify the flavor.
8. Rinse, destem, and tear the kale leaves into small random pieces. Heat a sauce pot on medium-high heat, place the oil in the pan, then drop the cleaned kale into the pot with a pinch of salt and a couple twists of the pepper mill, and sauté quickly just wilting the kale. Quickly transfer the kale to a mixing bowl and add the torn rye to warm it a bit. Taste and adjust for seasoning.
9. Divide the tahini between 4 plates and spread on the bottom of each plate. Top with yogurt, and then the kale and torn rye mixture. Sprinkle the toasted seeds on top and drizzle with the remaining, reserved garlic oil. Crack fresh pepper over the top.

Source: Cortney Burns, as presented at the Worlds of Flavor® International Conference.

ROASTED CAULIFLOWER AND CHICKPEA SALAD

Yield: 4 portions

Ingredients	Amounts
Cauliflower, head, cut into florets	1 ea.
Chickpeas, cooked	3 cups
Oil, olive, pure	4 Tbsp.
Pepper, cayenne	½ tsp.
Cumin, seeds	1 tsp.
Salt, sea	1 tsp.
Pepper, black, ground	as needed
Walnuts, halves and pieces, toasted	1/3 cup
Olive, green, pitted, chopped	½ cup
Pomegranate, seeds	1 ea.
Parsley, fresh, minced	3 Tbsp.
Oil, olive, pure	2 Tbsp.
Garlic, clove, peeled, finely minced	1 ea.
Tahini, paste	3 Tbsp.
Lemon, juice	2 Tbsp.
Cumin, ground	½ tsp.

Method

1. Preheat oven to 400°F.
2. Spread the cauliflower florets and cooked chickpeas on separate sheet trays.
3. Whisk together the oil, cayenne, cumin seeds, salt, and pepper until evenly combined. Pour half of the oil-spice mixture over the cauliflower and half over the chickpeas. Use a spatula to flip the ingredients to coat well with the olive oil.
4. Roast the cauliflower and chickpeas at 400°F for 30 to 40 minutes. The cauliflower should be tender and caramelized on the edges. The chickpeas are done when they are crunchy and golden brown. Add roasted chickpeas and cauliflower to a large bowl. Add the toasted walnuts, chopped olives, pomegranate seeds, and chopped parsley to the bowl, and stir to combine.
5. To make the dressing, whisk the remaining 2 tablespoons of olive oil together with the minced garlic, tahini paste, lemon juice, and ground cumin until smooth and thick. Taste and adjust seasoning as needed.
6. Add the dressing to the cauliflower-chickpea mixture and stir to coat the ingredients. Serve warm or at room temperature.

Source: Adapted from *Simple* by Diana Henry (Octopus Books, 2016)

WINTER SQUASH PANGRATTATO WITH BUCKWHEAT GROATS, WALNUTS, AND ORANGE

Yield: 6 portions

Ingredients	Amounts
Squash, butternut, cut into 1-in. cubes	2 lb.
Oil, olive, pure	4 oz.
Garlic, clove, finely minced	3 ea.
Chile, Fresno, sliced	1 ea.
Rosemary, leaves, fresh, chopped	1 Tbsp.
Orange, zest	1 Tbsp.
Orange, juice	1 Tbsp.
Breadcrumbs, rye	1 cup
Groats, buckwheat, toasted, cooked	2 cups.
Butter, unsalted, melted	3 Tbsp.
Walnuts	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Nutmeg, grated	1 pinch

Method

1. Preheat the oven to 375°F.
2. Steam the squash until just tender.
3. Heat the oil, garlic, chiles, rosemary and orange zest until sizzling. Add the rye breadcrumbs and continue to sauté until the bread becomes a little toasty.
4. Gently toss the steamed pumpkin, cooked buckwheat, and walnuts. Season to taste with salt, pepper, and nutmeg.
5. Place in a roasting pan, drizzle with the butter and orange juice, and top with the breadcrumbs.
6. Bake until the crumbs are very toasty, and the pumpkin is meltingly tender, 35 to 40 minutes.

Note: Another winter squash, such as acorn or kabocha, can be substituted for the butternut squash. Another type of red chile can be substituted for the Fresno chile. For volume, the breadcrumbs can be toasted separately until very crunchy and added after cooking.

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

Yield: 6 portions

Ingredients	Amounts
Oil, grapeseed	2 Tbsp.
Molasses, pomegranate	¼ cup
Cumin, ground	1 tsp.
Paprika, smoked	1 tsp.
Fennel, ground	1 tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Eggplant	1 lb.
Labne	1 cup
Tahini	3 Tbsp.
Lemon, zest	2 tsp.
Lemon, juice, (Divided)	4 Tbsp.
Sumac, ground	1 tsp.
Water, warm	as needed
Chickpeas, canned	1 cup
Onion, red, finely diced	½ ea.
Olive, black, oil cured, pitted	¼ cup
Oil, olive, extra-virgin	2 Tbsp.
Cheese, feta, crumbled	4 oz.
Mint, leaves, fresh	1 cup
Cilantro, leaves, fresh	1 cup
Parsley, flat-leaf, leaves, fresh	1 cup
Dill, sprigs, fresh	1 cup
Pomegranate, separated into arils	1 ea.

Method

1. Mix the oil, molasses, cumin, paprika, and fennel until combined. Season with salt and pepper.
2. Slice the eggplant lengthwise into 1-inch slices. Brush both sides with the pomegranate-spice marinade and set aside.
3. Whisk together the labne, tahini, lemon zest, 2 tablespoons of the 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, onion, and olives. Season with the remaining 2 tablespoons of the lemon juice, olive oil, and pepper. Allow to sit at room temperature to meld the 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 labne on each plate. Top with the eggplant steaks and the chickpea-onion mixture. Finish with the pomegranate arils.

CAULIFLOWER “BISTECHE” WITH ALMONDS, PANCETTA, AND CAPERS

Yield: 4 portions

Ingredients	Amounts
Capers, salt-packed	½ cup
Pancetta, thick slice, small diced	5 ea.
Almonds, slivered	¼ cup
Raisins, golden	½ cup
Lemon, juice	3 Tbsp.
Cauliflower, head	1 ea.
Oil, olive, extra-virgin	2 Tbsp.
Butter, unsalted	6 Tbsp.
Salt, kosher	as needed
Sugar, granulated	2 pinches
Pepper, black, ground	as needed
Water	2 Tbsp.
Caper berries	8 ea.

Method

1. Rinse the salt-packed capers in a sieve and transfer to a bowl. Soak the capers in water to cover by 2-inches for 30 minutes. Drain and repeat the soaking. Drain again, then rinse and pat dry.
2. While the capers soak, put oven racks in the upper and lower thirds of the oven and preheat the oven to 350°F.
3. Cook pancetta in a dry 1- to 2-inch skillet over moderate heat, stirring occasionally until crisp, about 10 minutes, then transfer with a slotted spoon to a paper towel to drain.
4. Sauté the almonds gently until they begin to brown; spoon them onto the same absorbent towel. Pour off the fat and wipe the skillet clean.
5. Stir together the raisins and the lemon juice in a small bowl. Reserve.
6. Trim cauliflower stalk flush with the base of the crown, discard the stalk, then trim any leaves.
7. Put the cauliflower crown, stalk side down, on a cutting board. Cut 1-inch-thick slices from two opposite sides of the crown and discard, and then cut the crown lengthwise into four steaks each about ¾-inch to 1-inch wide.
8. Heat 1 tablespoon of oil and 1 tablespoon of butter, 1/8 teaspoon of salt, and a pinch of sugar, and pepper in each of two 12-inch heavy ovenproof skillets over moderate heat.
9. When the butter begins to brown add two cauliflower steaks to each skillet and lightly season with salt and pepper, then cook until the undersides are golden, about 4 minutes.
10. Transfer the skillets to the oven and roast the cauliflower, without turning, but switching the pans from top shelf to bottom halfway through roasting until the cauliflower is just tender and the undersides are golden brown, 8 to 15 minutes depending on thickness.

11. While the cauliflower roasts, bring water just to a boil in a 1-quart heavy saucepan over moderate heat, then stir in pancetta, capers, raisins with lemon juice, and caper berries.
12. Add the remaining 4 tablespoons of butter and stir until incorporated. Remove from the heat and season with pepper.
13. Carefully invert the cauliflower steaks with a spatula onto a platter and spoon the sauce over them. Sprinkle with the reserved toasted almonds.

SMOKED EGGPLANT STEAMED BUNS WITH HOISIN, SCALLION, CELERY, AND PEANUTS

Yield: 6 portions

Ingredients	Amounts
Celery, ribs, julienned	2 ea.
Oil, sesame	1 Tbsp.
Sesame seeds, toasted	1 Tbsp.
Bread, steamed buns, Chinese	12 ea.
Smoked Eggplant Salad (Recipe follows), warmed	1 recipe
Scallion, sliced on an extreme bias	4 ea.
Hoisin sauce	as needed
Peanuts	as needed

Method

1. Soak the scallions in ice water to create curls. Drain and reserve.
2. Blanch and shock the celery. Julienne and pat dry.
3. Toss with the sesame oil and toasted sesame seeds and set aside.
4. Steam the Chinese buns.
5. Fill the buns with the warm Smoked Eggplant Salad, the reserved celery-sesame mixture, the green onions, hoisin sauce, and peanuts.

SMOKED EGGPLANT SALAD

Yield: 6 to 8 portions

Ingredients	Amounts
Eggplant, large	2 ea.
Ginger, fresh, finely grated	1 Tbsp.
Turmeric, fresh, finely grated	1 Tbsp.
Shallot, finely minced	1 ea.
Vinegar, white wine	1 Tbsp.
Lemon, juice	1 Tbsp.
Oil, olive, pure	1 Tbsp.
Sugar, granulated	1 tsp.
Salt, kosher	as needed
Scallion, sliced thin	4 ea.
Mint, fresh, shredded	¼ cup
Dill, fresh, lightly chopped	¼ cup
Cilantro, fresh, chopped	¼ cup

Method

1. Place the whole eggplants (skin on) directly on the burner, turning until the skin is blackened on all sides and the eggplant is completely soft.
2. Remove eggplants from burner and place in a colander over a bowl. When cool, peel off the black skin and shred the peeled eggplant with a fork.
3. Combine the ginger, turmeric, shallot, vinegar, lemon juice, olive oil, sugar, and salt together until combined. Mix the dressing into the eggplant (at this point, the mixture can be reserved until it's time to serve).
4. To serve: Mix green onions, mint, dill, and cilantro into the salad. Adjust seasoning as needed and serve.

SAUTÉED RADISHES WITH SMOKED YOGURT, PISTACHIOS, AND ZA'ATAR

Yield: 6 portions

Ingredients	Amounts
Bacon, diced	4 slices
Shallots, quartered	6 ea.
Radish, cleaned, halved, tops washed, lightly chopped	1 lb.
Garlic, clove, thinly sliced	4 ea.
Thyme, leaves, fresh	1 Tbsp.
Vinegar, cider	2 Tbsp.
Butter, unsalted	2 Tbsp.
Pistachios, toasted, coarsely chopped	3 oz.
Smoked Yogurt (Recipe follows)	as needed
Za'atar (Recipe follows)	as needed

Method

1. Place the bacon in a cold sauté pan over medium heat. Allow the fat to render and when the bacon is almost crisp, remove and reserve.
2. Drain all but 2 tablespoons of the bacon fat.
3. Heat the pan until smoking, add the shallots. When they begin to color, and slightly char, add the radishes and continue to cook for about 10 minutes or until tender.
4. Add the garlic and thyme, and when fragrant, add the vinegar.
5. Add the radish tops.
6. Remove from heat and swirl in the butter.
7. Add the bacon and pistachios.
8. Swirl a healthy amount of the smoked yogurt on a plate or platter, top with the radishes and sprinkle with salt and Za'atar.
9. Serve immediately.

SMOKED YOGURT

Yield: 1 quart

Ingredients	Amounts
Fine grain oak or hickory wood chips	as needed
Yogurt, plain, full fat	1 qt.
Lemon, zest	1 Tbsp.
Lemon, juice	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Dill, fresh	1 Tbsp.
Mint, fresh	1 Tbsp.
Parsley, fresh	1 Tbsp.

Method

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

ZA'ATAR

Yield: ¼ cup

Ingredients

Amounts

Thyme, dried	1 Tbsp.
Cumin, ground	1 Tbsp.
Coriander, ground	1 Tbsp.
Sesame seeds, toasted	2 Tbsp.
Sumac, ground	1 Tbsp.
Pepper, Aleppo	1 tsp.
Salt, kosher	1 tsp.

Method

1. Mix all ingredients together.
2. Store in an airtight container.

CHARRED GREEN BEANS WITH GINGER, MUSTARD, AND MISO

Yield: 6 portions

Ingredients	Amounts
Oil, coconut	4 Tbsp.
Mustard seeds, yellow	1 Tbsp.
Ginger, fresh	1 Tbsp.
Chile, Fresno, fresh, chopped	1 Tbsp.
Garlic, clove, finely chopped	3 ea.
Lime, juice	3 Tbsp.
Miso, white	3 Tbsp.
Honey	1 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Bean, green, haricots verts, trimmed	1 ½ lb.
Cilantro, fresh, coarsely chopped	1/3 cup
Coconut, toasted	½ cup

Method

1. In a large sauté pan, heat 2 tablespoons of coconut oil.
2. Add the mustard seed and swirl until the seeds begin to pop.
3. Add the ginger, chili, and garlic to the pan; when mixture becomes fragrant, scrape from the pan to a small bowl. Add the lime juice, miso, honey, salt and pepper to the garlic mixture, mix, and set aside.
4. Heat the remaining coconut oil in a large skillet over medium-high heat. Add haricots verts or green beans and cook, undisturbed, until they begin to blister and char, about 2 minutes. Toss and continue to cook, tossing often, until tender and blistered in spots, 8 to 12 minutes.
5. Remove skillet from heat. Pour in reserved mustard-miso mixture, add cilantro, and toasted coconut, season with salt and pepper, and toss to combine. Serve immediately.

SWEET POTATO TORTILLA ESPAÑOLA WITH OLIVE JAMON AND ROMESCO SAUCE

Yield: 6 portions

Ingredients	Amounts
Potato, sweet, large, scrubbed	4 ea.
Oil, olive, spray	as needed
Onion, red, thinly sliced	2 ea.
Garlic, clove	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Egg, large	6 ea.
Olive, green	1 cup
Tomato, cherry	1 cup
Romesco Sauce (Recipe follows)	as needed
Jamon	8 slices

Method

1. Peel and slice the potatoes into thin slices.
2. Heat a large non-stick sauté pan and add half the sweet potatoes, spraying with a little olive oil. Sauté until they turn golden brown. Repeat with remaining sweet potatoes.
3. Add the onions and continue to toss until the onions brown without burning. Spray with a little more olive oil as needed. Add the garlic and continue to cook for several minutes until fragrant. Season with salt and pepper.
4. Whisk the eggs together and season with salt and pepper.
5. In a large bowl, mix the sweet potatoes, onions, and eggs. Pour the whole mixture into the non-stick pan, and using a heat proof rubber spatula, stir gently. Lower the heat, shaking the pan now and then to prevent sticking.
6. Cook until the eggs are set, and the tortilla comes away from the sides of the pan.
7. Shake the tortilla to make sure that it is loose. Flip onto a plate then slide back into the pan to cook the other side for a few minutes.
8. Allow the tortilla to sit for 5 minutes.
9. Turn out the tortilla onto a cutting board and cut into even wedges.
10. Skewer an olive, cherry tomato, and a slice of Jamon/ Prosciutto if desired, and stab this into the wedge of tortilla.
11. Serve warm or cold with Romesco Sauce.

Note: Yams can be substituted for the sweet potatoes. Prosciutto can be substituted for the jamon.

ROMESCO SAUCE

Yield: 1½ cups

Ingredients	Amounts
Chile, ancho	2 ea.
Oil, olive, extra-virgin	1/3 cup
Baguette, slice	1 ea.
Almonds, roasted	½ cup
Pepper, cayenne	½ tsp.
Garlic, clove, minced	4 ea.
Pepper, bell, red, roasted, flesh only	1 ea.
Tomato, ripe, large	1 ea.
paprika, Spanish	1 tsp.
Salt, kosher	¾ tsp.
Pepper, black, ground	½ tsp.
Vinegar, red wine	¼ cup
Water	as needed

Method

1. Place the ancho chiles in hot water and soak for 20 minutes.
2. Remove chiles from water, discarding the water and reserving the flesh. Remove the seeds, ribs, and stems from the chiles; set aside.
3. Roast the tomato until charred and soft. Peel and seed the tomato and set aside.
4. Heat 3 tablespoons of olive oil in a sauté pan. Fry the bread until golden on both sides. Place chiles, bread, almonds, cayenne, and garlic in a food processor, and pulse quickly.
5. Add roasted pepper, tomato, paprika, salt, and pepper to the food processor, and purée to form a thick paste.
6. Add 2 tablespoons of red wine vinegar and pulse to incorporate.
7. With the food processor running add the remaining oil in a thin, steady stream until the mixture emulsifies. As you continue to add the remaining oil, you might need to add a little water if it gets too thick.
8. The finished sauce should be thick enough to hold its shape softly on a plate. After all the oil is added, adjust the seasoning, and add enough vinegar to brighten the flavor and cut the richness.

Note: Ground, roasted, and skinned hazelnuts can be substituted for some of the roasted almonds.

CELERIC SCHNITZEL WITH SAUERKRAUT, SMOKED CARROTS, ONIONS, AND APPLE

Yield: 6 portions

Ingredients	Amounts
Celeriac, sliced	2 ½ pounds
Oil, olive, pure	¼ cup
Bay leaf, dried	2 ea.
Thyme, sprig	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Egg	2 ea.
Yogurt, plain	¼ cup
Cornstarch	½ cup
Breadcrumbs, rye	2 cups
Oil, olive, pure	1 oz.
Butter, unsalted	1 oz.
Quick Sauerkraut (Recipe follows)	1x recipe

Method

1. Sous vide the celery root slices with a little olive oil, herbs, salt, and pepper in the bag.
2. Remove the celery root and cool to room temperature.
3. For the breading, 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, then dip in the egg-yogurt mixture, and finally dredge in the breadcrumbs.
5. Heat a large skillet with the olive oil and butter until foaming. Pan-fry the slices of breaded celeriac until golden and crispy on both sides.
6. Serve with Quick Sauerkraut.

Note: Instead of sous vide, the celery root can be poached until tender. Add just enough water to cover, half an onion, 2 garlic cloves, 2 bay leaves, 2 thyme sprigs, salt, and 2 teaspoons of peppercorns.

QUICK SAUERKRAUT WITH SMOKED CARROTS, ONIONS, AND APPLES

Yield: 6 portions

Ingredients	Amounts
Carrot, peeled, cut into 3-in. lengths,	3 ea.
Butter, unsalted (Divided)	1 oz.
Oil, olive, pure, (Divided)	1 oz.
Apples, peeled, cut into eighths	2 ea.
Caraway seeds	1 tsp.
Mustard seeds	2 tsp.
Onion, yellow, thinly sliced	1 ea.
Garlic, clove, thinly sliced	3 ea.
Cabbage, red, medium, sliced very thinly on a microplane	½ ea.
Vinegar, cider	to taste
Dill, fresh	½ bu.

Method

1. Par-cook the carrots in boiling, salted water. Place in a commercial or tabletop smoker. Smoke until the carrots are lightly smoked, about 5 minutes. Set aside.
2. Heat a large sauté pan. Add ½-ounce of the butter and ½-ounce of the olive oil until foaming. Add the apple slices and sauté until lightly brown. Set aside.
3. Add the remaining butter and oil to the pan. Add the caraway and mustard seeds until the mustard seeds begin to pop. Add the onions and garlic to the pan and cook until tender.
4. Add the shredded cabbage and sauté until it is warmed through.
5. Add the vinegar and add the reserved carrots and apples. Continue cooking over low heat until the sauerkraut is hot.
6. Right before serving, fold in the dill.

APPLE PIE

Yield: five 10-inch pies

Ingredient	Amount
3-2-1 Pie Dough (Recipe follows)	6 lb. 4 oz.
Water	1 lb .7 oz.
Sugar, granulated	12 oz.
Cinnamon	½ oz.
Nutmeg, grated	¼ oz.
Lemon, juice	¼ tsp.
Water	8 oz.
Sugar, granulated	2 oz.
Cornstarch	4 ¾ oz.
Apples, fresh, peeled, cored, sliced	7 lb. 8 oz.

Method

1. Preheat oven to 420°F.
2. Prepare the pie crusts and set aside.
3. To make the apple filling, combine the water, sugar, cinnamon, nutmeg, and lemon juice in a saucepan and bring to a boil.
4. Combine the water, sugar, and cornstarch in a bowl and mix. Add the mixture to the boiling liquid, stirring constantly; bring to a second boil and boil for 1 minute.
5. Stir in the apples and cook for 1 minute.
6. Remove from the heat and set aside to cool.
7. Place 2 pounds of the filling in pie shells.
8. Add the top pie crust or a lattice crust.
9. Bake in the oven until done, about 45 minutes.

3-2-1 PIE DOUGH

Yield: 7 crust pies

Ingredient	Amount
Flour, pastry	3 lb.
Salt, kosher	1 oz.
Shortening	1 lb.
Butter, unsalted	1 lb.
Water, ice-cold	1 lb.

Method

1. Combine the flour and salt together.
2. For flaky pie dough, rub the shortening and butter into the flour to form large nuggets. For mealy pie dough, work the fat into the flour to resemble crumb topping.
3. Add cold liquid to flour mixture; mix just enough to form a dough.
4. Use 10 oz. of dough for each 10-inch pan.
5. Bake at 400°F for 25 to 35 minutes or until done if you need a pre-baked pie shell.
6. For unbaked shells, prepare dough through step #4, using 1 oz. of pie dough for every inch of the diameter of the pie tin. Fill shell with amount of filling recipe calls for.

CINNAMON ICE CREAM

Yield: 1 quart

Ingredients	Amounts
Egg, yolk	6 ea.
Milk, whole	8 fl. oz.
Heavy Cream	14 fl. oz
Sugar, granulated	6 oz.
Vanilla extract	2 tsp.
Cinnamon	2 tsp.

Method

1. Bring cream and cinnamon to a boil. Reduce the heat and simmer for 5 minutes. Remove from the heat, cover, and let it steep for about 30 minutes.
2. In another saucepan, bring the milk to a boil.
3. In a bowl, whisk the egg yolks and sugar together to form ribbons.
4. Temper the eggs and sugar by adding the hot milk to the eggs while whisking. Return the eggs and milk to the hot pan.
5. Heat the milk, sugar, and eggs gently. (Do not boil.) Stir with a wooden spoon until the temperature reaches 175°F and then remove from the heat.
6. Combine the cream with the hot milk and set aside to cool.
7. Chill and then churn in an ice-cream machine.
8. Serve with apple pie.

DAY TWO KITCHEN PRODUCTION

TEAM ONE: APPETIZER BAR

Grilled Artichokes with Hazelnut Romesco Sauce

Navel Orange Salad with Dates and Feta

Vegetable Escabeche

Green Lentils with Chard and Lemon

TEAM TWO: MEDITERRANEAN BUFFET DISHES

Joyce's White Bean Caesar Salad

Barley and Bean salad with Grilled Shrimp, Mint, Onions, Roasted Peppers, and Harissa Vinaigrette

Spicy Chickpea Stew and Saffron Couscous

Curried Mashed Carrots and Cashews

TEAM THREE: ACTION STATION ASIA

Salmon and Avocado Temaki

Sesame Tempeh Stick with Apricot Dipping Sauce

Thai Chile Stir-Fry with Tofu (Pad Prik King)

TEAM FOUR: FAMILY MEAL MILANO

White Bean Dip Crudité

Whole-Wheat Pasta with Sharp Pesto

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

Chocolate Cookies with Black Olives

Fennel Gelato

GRILLED ARTICHOKE WITH HAZELNUT ROMESCO SAUCE

Yield: 10 portions

Ingredients	Amounts
Water	2 quarts
Bay Leaf, dried	2 ea.
Lemon, halved	1 ea.
Salt, kosher	½ tsp.
Pepper, black, ground	½ tsp.
Artichoke	10 ea.
Oil, olive, extra-virgin	¼ cup
Garlic, clove, sliced	3 ea.
Hazelnut Romesco Sauce	1¼ cups

(Recipe follows)

Method

1. Pour the water into a large stockpot and add the bay leaves and 1 lemon half. Season with the salt and pepper and bring to a simmer over medium-low heat.
2. To prep the artichokes, slice 1 inch off the top of each artichoke. Trim the stems and peel them to expose the tender flesh. Remove the outer petals to expose the soft, light green petals toward the center (see chef's demo).
3. Add the artichokes to the simmering water. Cover the pot and simmer over medium-low heat until tender, about 20 minutes. Remove the artichokes and allow them to cool.
4. Quarter each artichoke and remove the hairy choke from the center of each. Place the artichoke quarters in a resealable plastic bag.
5. Add the oil, garlic, and the juice of the remaining lemon half. Let marinate in the refrigerator for at least 30 minutes, or for up to 4 hours.
6. Preheat a gas grill to medium heat.
7. Remove the artichokes from the marinade and grill, uncovered, over direct heat, during often until golden, about 10 minutes.
8. Serve the artichoke quarters with the hazelnut romesco sauce drizzled over the top.

HAZELNUT ROMESCO SAUCE

Yield: 2 cups

Ingredients	Amounts
Chile, ancho, dried, steamed, seeded, toasted	2 ea.
Pepper, bell, red, steamed, seeded, peeled	1½ cups
Hazelnuts, skin off, chopped	8 oz.
Oil, olive, pure	½ cup
Tomato, paste	2 Tbsp.
Vinegar, red wine	2 Tbsp.
Garlic, minced	1 Tbsp.
Pimentón, smoked	1½ tsp.
Pepper, cayenne	¼ tsp.
Salt, kosher	½ tsp.

Method

1. Put the ancho chiles in a small saucepan and cover with cold water. Bring to a boil over high heat, then immediately remove the pan from the heat.
2. Let the chiles steep for 20 minutes. Strain the chiles, reserving some of the soaking liquid to adjust the consistency of the sauce.
3. Put the roasted bell pepper, hazelnuts, oil, tomato paste, vinegar, garlic, pimentón, and cayenne in a blender. Purée to a smooth consistency, adding a bit of the chile soaking liquid, if necessary, to reach a soft, sauce-like consistency (about the same consistency as mayonnaise).
4. Place in a covered container, refrigerate, and allow to rest overnight to develop the best flavor.
5. Adjust the seasoning with salt before serving.

NAVEL ORANGE SALAD WITH DATES AND FETA

Yield: 10 portions

Ingredients	Amounts
Orange, navel	5 ea.
Lettuce, Boston, leaves	1 lb.
Date, medjool, pitted, julienne	10 ea.
Mint, fresh, chiffonade	¼ cup
Cheese, feta, small diced	5 oz.

Method

1. Using a sharp knife, peel the oranges, removing the skin and white pith. Cut the oranges crosswise into round slices ½-inch thick.
2. Separate and wash the Boston lettuce leaves. Pat dry with paper towels.
3. To serve, layer the lettuce leaves on a platter or on salad plates. Arrange the orange slices on top of the lettuce.
4. Garnish with the dates, mint, and feta.

Note: Cara Cara oranges can be substituted for the navel oranges, when in season.

VEGETABLE ESCABECHE

Yield: 7 cups

Ingredients	Amounts
Squash, yellow, small diced	2 cups
Zucchini, small diced	2 cups
Carrot, blanched, small diced	2 cups
Tomato, plum, small diced	4 cups
Tomatillo, small diced	4 cups
Pepper, chipotle, canned in adobo sauce, minced	½ cup
Cilantro, fresh, chopped	2 cups
Oil, olive, extra-virgin	4 Tbsp.
Vinegar, rice	4 Tbsp.

Method

1. Combine all the ingredients and mix well.
2. Adjust the seasoning as needed.
3. Reserved, covered, in the refrigerator until needed.

GREEN LENTILS WITH CHARD AND LEMON

Yield: 8 portions

Ingredients	Amounts
Lentils, green, dried	1 lb.
Garlic, finely chopped	3 Tbsp.
Oil, olive, extra-virgin	¼ cup
Cilantro, fresh, chopped	1/3 cup
Salt, kosher	to taste
Swiss chard, leaves, stemmed, chiffonade	10 ea.
Lemon, juice, fresh squeezed	2 Tbsp.
Molasses, pomegranate	¼ cup

Method

1. Rinse the lentils.
2. In a medium saucepan, sweat the garlic in 2 tablespoons of olive oil over medium heat.
3. Add the lentils and stir to coat with the olive oil. Toast the lentils briefly and add the cilantro. Add enough water to cover the lentils by 2 inches and season the water with salt.
4. Bring the water to a boil, reduce the heat to establish a simmer, and cook the lentils until tender, 20 to 25 minutes. Remove the pot from the heat and drain off any excess liquid. Reserve and keep warm.
5. Meanwhile, prepare the Swiss chard. Heat 2 tablespoons of olive oil in a large sauté pan over medium heat. Add the Swiss chard and cook until the leaves have wilted, about 3 minutes. Reserve until needed.
6. Add the chard, lemon juice, and pomegranate molasses to the drained, reserved lentils. Cover and keep warm until ready to serve.
7. Just prior to serving, taste and adjust the seasoning.

JOYCE'S WHITE BEAN CAESAR SALAD

Yield: 6 portions

Ingredients	Amounts
Beans, white, cooked or canned	15 wt. oz.
Water	½ cup
Lemon, juice	4 Tbsp.
Anchovy, puréed	2 Tbsp.
Garlic, clove, minced	2 tsp.
Cheese, Parmesan, grated	4 Tbsp.
Oil, olive, extra-virgin	½ cup
Water, cold	¼ cup
Pepper, black, ground	½ tsp.
Mustard, Dijon (Optional)	as needed
Baguette, thin slice	18 ea.
Oil, garlic	as needed
Lettuce, romaine, hearts, chopped	6 ea.

Method

1. Place the beans in a food processor or blender, add water, and purée until well blended.
2. For the dressing, combine the white bean purée, lemon juice, anchovy purée, minced garlic, Parmesan, extra-virgin olive oil, cold water, and pepper. If desired, add Dijon mustard to taste.
3. Brush the baguette slices with garlic oil. Bake at 350°F until crisp.
4. Toss the salad with some of the dressing and top with the croutons.

Notes: If using dried beans, soak ½ cup dried white beans in cold water over night. Drain and place in a saucepan and cover with fresh water. Bring to a boil and reduce heat to a simmer. Cook until tender, about 30 minutes. Store the beans in their cooking liquid. Cool completely then purée beans in a food processor or blender.

Source: Joyce Goldstein. Presented by Patrick Clark at the 2016 Healthy Kitchens, Healthy Lives® conference.

BARLEY AND BEAN SALAD WITH GRILLED SHRIMP, MINT, ONIONS, ROASTED PEPPERS, AND HARISSA VINAIGRETTE

Yield: 8 portions

Ingredients	Amounts
Chickpeas, cooked, or canned	15 wt. oz.
Beans, white, cooked or canned	15 wt. oz.
Onion, red, small	1 ea.
Pepper, bell, red, large, roasted, peeled, seeded, medium diced	2 ea.
Barley, cooked, cooled	2 cups
Toasted Quinoa Pilaf (Recipe follows)	½ cup
Shrimp, large, shelled, deveined	1 lb.
Harissa Vinaigrette (Recipe follows)	as needed
Mint, fresh, leaves torn in half	½ cup
Parsley, leaves, fresh, torn in half	¼ cup
Salt, kosher	as needed
Olive, Moroccan, black or green	½ cup

Method

1. Drain and rinse the chickpeas and the beans.
2. Cut onion into eighth-inch slices, cutting from root to tip, and rinse under cold water. Drain well and reserve.
3. Toss the chickpeas, beans, onion, peppers, barley and quinoa with ½ cup of the Harissa Vinaigrette and let marinate.
4. Brush the shrimp with some Harissa Vinaigrette and grill or sauté.
5. Adjust the seasoning of salad, adding additional Harissa Vinaigrette, if desired. Toss in most of the mint, all of the parsley, and mix well. Top with shrimp, remaining mint, and drizzle with extra vinaigrette. Adjust the seasoning as needed and garnish with olives.

TOASTED QUINOA PILAF

Yield: 4 portions

Ingredients	Amounts
Oil, canola	1 Tbsp.
Quinoa	1 cup
Onion, red, diced	¼ cup
Garlic, clove, large, finely minced	2 ea.
Rich Vegetable Stock (Recipe follows)	2 ½ cups
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. In a medium saucepan, heat the canola oil over medium high heat.
2. Add the quinoa and stir periodically until the quinoa is golden brown and has a toasted aroma—approximately 3 to 5 minutes.
3. Add the onion and garlic, and cook, stirring frequently, until translucent, about 1 minute.
4. Carefully pour the Rich Vegetable Stock over the quinoa. Season with salt and black pepper. Bring to a boil, then reduce the heat to a simmer. Cook, covered, at a bare simmer for 12 to 15 minutes, or until the grain is tender and all the liquid is absorbed.
5. Allow to rest for 5 minutes, and fluff lightly with a fork before serving.

RICH VEGETABLE STOCK

Yield: 1 gallon

Ingredients	Amounts
Onion, yellow, sliced	8 cups
Carrot, diced	4 cups
Celery, sliced, including tops	2 cups
Leek, sliced	4 cups
Parsnip, sliced (Optional)	3 cups
Garlic, chopped	¼ cup
Oil, canola	½ cup
Water	2 gal.
Wine, white, dry	3 cups
Mushrooms, forest, dried	1 oz.
Tomato, chopped	4 cups
Peppercorns, black, whole	2 tsp.
Bay leaf, dried	6 ea.
Parsley, leaves and stems, fresh, roughly chopped	2 cups
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. In a large pot add the onions, carrots, celery, leeks, parsnips, garlic, and canola oil and very lightly brown over moderate heat.
2. Add remaining ingredients and bring to a boil. Reduce the heat and simmer, partially covered, for 1 ½ hours.
3. Correct the seasoning with salt and pepper.
4. Carefully strain. Cool and refrigerate or freeze.

HARISSA VINAIGRETTE

Yield: 2 ½ cups

Ingredients	Amounts
Cumin seed	1 tsp.
Coriander seed	1 Tbsp.
Caraway seed	2 tsp.
Pepper, Aleppo, powder	1 Tbsp.
Pimentón, sweet	1 Tbsp.
Cinnamon, ground	½ tsp.
Pepper, cayenne, ground	as needed
Garlic cloves, minced	9 ea.
Salt, kosher	1 pinch
Oil, olive, pure	3 Tbsp.
Oil, olive, pure	1 ½ cup
Lemon, juice	⅔ cup

Method

1. Toast the cumin, coriander, and caraway seeds in a dry pan over medium heat until aromatic. Remove from the hot pan at once to avoid burning.
2. Combine the toasted seeds, Aleppo, pimentón, cinnamon, and cayenne in a spice grinder and grind to a fine powder.
3. In a mortar and pestle, crush the garlic to a smooth paste with the salt.
4. Add the ground spices and 3 tablespoons of olive oil, or more as needed, to form a paste.
5. Add the paste to a small bowl. Whisk in 1 ½ cups of olive oil and the lemon juice.
6. Adjust the seasoning with salt to taste.

SPICY CHICKPEA STEW

Yield: 8 portions

Ingredients	Amounts
Chickpeas, dried, soaked overnight	1 lb.
Onion, yellow, small, diced	2 cups
Oil, olive, extra-virgin	¼ cup
Garlic, clove, minced	4 ea.
Harissa	as needed
Cumin, ground	1 ½ Tbsp.
Coriander	1 Tbsp.
Turmeric, ground	2 tsp.
Pepper, black, ground	2 tsp.
Salt, kosher	to taste
Tuna, canned, packed in water	8 oz.
Capers, drained, chopped	¼ cup
Lemon, quartered	2 ea.
Egg, hard cooked, coarsely chopped	8 ea.
Cumin, ground	1 Tbsp.
Harissa	to taste
Scallion, bunch, sliced	2 ea.
Oil, olive, extra-virgin	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Drain and rinse the chickpeas. Place them in a pot of unsalted water and simmer over low to medium heat until very tender. 45 to 90 minutes. Reserve in the cooking liquid.
2. In a saucepan or rondeau, sweat the onions in olive oil over moderate heat until very tender, 10 to 15 minutes. Add the garlic, harissa, cumin, coriander, turmeric, and pepper, and sweat over medium heat until aromatic, 10 to 20 seconds.
3. Add the cooked chickpeas to the onion mixture along with enough liquid to just cover them. Bring the mixture to a simmer over medium heat until the mixture is the consistency of a stew, about 15 minutes. Adjust seasoning as needed with salt.
4. Arrange the condiments in serving bowls or in sectioned relish dishes. At service, offer the condiments, so that the guest can add them to the stew as desired.

CURRIED MASHED CARROTS AND CASHEWS

Yield: 5 portions

Ingredients	Amounts
Carrot, oblique cut	2 lb.
Oil, canola	2 Tbsp.
Onion, red, chopped	1 cup
Ginger, fresh, minced	1 Tbsp.
Red Curry Paste	2 tsp.
Salt, kosher	$\frac{3}{4}$ tsp.
Garlic, minced or crushed	1 tsp.
Cashews, lightly toasted	$\frac{1}{2}$ cup
Lemon, juice	2 Tbsp.
Honey, light-colored (Optional)	1 tsp.

Method

1. Peel the carrots and cut them into 1-inch chunks, then place them in a large saucepan with enough water to cover. Bring to a boil, lower the heat to a reasonable simmer, and cook until the carrots become fork-tender, about 8 to 10 minutes.
2. Meanwhile, place a medium-sized 9-inch skillet over medium heat and wait about a minute, then add the oil, and swirl to coat the pan.
3. Toss in the onion, and sauté for about 3 minutes, or until it begins to soften. Add the ginger and sauté for another couple of minutes, then add the curry paste, and $\frac{1}{2}$ teaspoon of the salt.
4. Sauté for another minute or so, then reduce the heat to medium-low, add the garlic, and cook, stirring often for another 8 to 10 minutes, or until everything is very soft. (You can add up to a few tablespoons of the carrot cooking water to the mix, to augment the process.)
5. Drain the carrots in a strainer or colander over a bowl in the sink, saving the water. Transfer half of the carrots (fine if still hot or warm; just be careful) to a food processor, along with the onion mixture, scraping in every drop of flavor—plus all liquid—from the pan. Also add the cashews.
6. Purée to your desired consistency. Add a tablespoon (or more) of the cooking water, as needed, to move things along and to keep it spoon-soft.
7. Transfer to a bowl, stir in the remaining half of carrots, and season to taste with the lemon juice and a little more salt, if and as desired—and adding a touch of honey, if you'd like it sweeter. Serve hot, warm, or at room temperature.

Variations: Heap onto toast and top with a few shelled, lightly steamed edamame or fava beans. Spread as a bed under your favorite pilaf, and maybe add some beans. Pile on some thickly sliced sautéed mushrooms.

Note: If you put a few slices of ginger, some onion, and a clove or two of garlic into the carrot cooking water, you'll end up with a flavorful broth. You can heat it and serve it straight, as a very light appetizer or a nourishing snack—or add it to any compatible soup you enjoy. You can also use it to thin this mash into a soup. (You can do step 2 while the carrots simmer.) This will keep for 4 to 5 days in a tightly covered container in the refrigerator. It also freezes and reheats well, covered, in a 205° F oven, or in a microwave.

SALMON AND AVOCADO TEMAKI

Yield: 20 rolls

Ingredients	Amounts
Rice, short grain	24 oz.
Vinegar, rice	4 fl. oz.
Sugar, granulated	1.5 oz
Salt, kosher	0.5 oz
Salmon, sushi grade, previously frozen	40 oz
Avocado, ripe, diced	2 ea.
Yuzu, juice	1 tsp.
Scallion, diced fine	6 oz.
Wasabi, paste	1 tsp.
Nori, sheet, 4x6 in.	20 ea
Ginger, pickled (Gari)	1 oz.
Soy sauce, light	2 tsp.

Method

1. Wash the rice until the water runs clear. Soak in water for 20 minutes.
2. Drain the rice. Place in in a rice cooker or hotel pan to steam using a 1:1 rice to water ratio.
3. While cooked rice is still hot, fold in the rice seasoning until combined.
4. Small dice the salmon (pulse in a processor).
5. Small dice the avocado and fold in the yuzu juice.
6. Combine the salmon, avocado, and scallion. Keep chilled and covered to prevent oxidation.
7. To make the temaki to order, hold a nori sheet in your hand and add a 4 oz scoop of rice down the center. Smear a line of wasabi and add a 3-ounce scoop of salmon/avocado.
8. Roll tight into a cylinder.
9. Serve with Gari pickled ginger and soy sauce.

SESAME TEMPEH STICKS WITH APRICOT DIPPING SAUCE

Yield: 10 portions

Ingredients	Amounts
Sesame seeds, toasted	1 Tbsp.
Tempeh, cooked	10 oz.
Scallion, chopped	½ cup
Oil, sesame	1 Tbsp.
Soy sauce	1 Tbsp.
Cornstarch	½ tsp.
Ginger, fresh, peeled, minced	2 tsp.
Garlic, minced	1 tsp.
Phyllo Dough, sheet	6 ea.
Oil, grapeseed	¼ cup
Egg, beaten	1 ea.
Milk, whole	2 Tbsp.
Sesame seeds, toasted	2 Tbsp.
Salt, kosher	to Taste
Apricot, preserves (no sugar, all fruit)	½ cup
Lime, juice	2 Tbsp.
Water	1 Tbsp.
Mustard, Dijon	1 tsp.
Ginger, fresh, peeled, minced	½ tsp.

Method

1. Preheat oven to 350°F Line a sheet pan with parchment paper.
2. In blender or food processor, blend the sesame seeds, tempeh, green onions, sesame oil, soy sauce, cornstarch, ginger, and garlic until the mixture forms a coarse paste.
3. Cover the phyllo dough with plastic wrap and a dampened kitchen towel. Remove only one 1 sheet at a time as you work, to prevent phyllo from drying out.
4. Brush 1 sheet of phyllo dough generously with grapeseed oil. Stack another sheet on top and brush with oil again, Repeat with 1 last piece on phyllo.
5. Cut the stack of phyllo in half lengthwise, and then arrange one half with a long side nearest to you.
6. With dampened fingers, shape about 3 tablespoons of the filling mixture into a narrow rope along the edge nearest you, then roll up the paste tightly in the phyllo to form a long, thin roll.
7. Repeat with the other half of phyllo stack, and then repeat the whole process with the remaining 3 sheets of phyllo dough.

8. Lightly brush the top of the sticks with egg wash, and sprinkle with sesame seeds and kosher salt.
9. Using a sharp paring knife, cut each roll into 5 sticks and place seam side down, onto the prepared sheet pan. Bake in the oven until the phyllo is golden brown, 12 to 15 minutes. Cool slightly.
10. To make the dipping sauce, combine the apricot preserves, lime juice, water, mustard, and ginger.
11. Serve the sticks warm with the dipping sauce.

THAI CHILE STIR-FRY WITH TOFU (PAD PRIK KING)

Yield: 8 portions

Ingredients	Amounts
Tofu, extra-firm, 14 oz. package	1 ea.
Chile, New Mexico, dried, stemmed, seeded.	12 ea.
Water	4 cups
Shallot, coarsely chopped	4 ea.
Garlic, clove, coarsely chopped	12 ea.
Lemongrass, 2-in. piece, outer layers removed, chopped	1 ea.
Ginger, 1-in. piece, peeled, chopped	1 ea.
Cilantro, stems, fresh, chopped	2 Tbsp.
Lime, makrut, leaf, fresh, chopped 10 (Divided)	ea.
Salt, kosher	1 tsp.
Peppercorns, black, crushed	1 tsp.
Oil, vegetable	¼ cup
Beans, green, trimmed	2 lb.
Fish sauce (Nam pla or Nuoc Nam)	¼ cup.
Lime, makrut, zest, finely grated	2 tsp.
Sugar, granulated	2 Tbsp.
Rice, jasmine, brown, cooked	as needed

Method

1. Lay a clean kitchen towel or a double layer of paper towels on a large plate. Place tofu on top and cover with another towel or double layer of towels. Cover with another plate and weigh plate and weigh down with a cast iron skillet or other heavy object. Let drain for about 30 minutes, then cut into ½-inch cubes.
2. For the chile paste, bring the chiles and water to a boil in a small saucepan. Remove from heat, cover, and set aside to soften for 30 minutes.
3. Drain the chiles and reserve the soaking liquid. Blend chiles, shallots, garlic, lemongrass, ginger, cilantro stems, 7 of the lime leaves, salt, peppercorns, and half of the soaking liquid in a blender, scraping down sides. Add more soaking liquid as needed until a paste forms. Set aside.
4. Heat oil in a large skillet over medium-high heat. Add tofu and cook until browned all over, about 5 minutes.

5. Add green beans and about $\frac{1}{4}$ cup reserved chili paste (adjust to personal taste) and cook, stirring occasionally, until beans are coated and beginning to soften, about 3 minutes.
6. Add about $\frac{1}{2}$ cup of the reserved soaking liquid and cook until beans are cooked through, and liquid is reduced by half, about 5 minutes.
7. Stir in the fish sauce, sugar, 3 kaffir lime leaves, and lime zest and cook until fragrant, about 1 minute.
8. Serve over rice.

WHITE BEAN DIP CRUDITÉ

Yield: 12 portions

Ingredients	Amounts
Oil, olive, extra-virgin	2 Tbsp.
Garlic, cloves, chopped	3 ea.
Red pepper flakes, crushed	¼ tsp.
Rosemary, fresh, finely chopped	1 tsp.
Beans, cannellini, reduced sodium, 19 oz. can, drained, rinsed	2 ea.
Broth, vegetable	2 Tbsp.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Lemon, juice, freshly squeezed	2 tsp.
Pepper, bell, red, seeded, sliced	2 ea.
Fennel, bulb, trimmed, sliced, blanched	2 ea.
Cucumber, English, quartered, cut into 2-in. wedges	1 ea.
Carrot, batonnet, blanched	10 ea.
Radish, halved	6 ea.

Method

1. For the bean dip, heat the oil in a small skillet over medium heat. Add the garlic and red pepper flakes and cook until softened and fragrant, about 1 minute.
2. Transfer to a food processor and add the rosemary, beans, vegetable broth, salt, and pepper. Blend until smooth, adding more vegetable broth as needed to facilitate blending.
3. Add lemon juice and adjust seasoning, if needed.
4. Serve with vegetables for dipping.

WHOLE WHEAT PASTA WITH SHARP PESTO

Yield: 8 portions

Ingredients	Amounts
Flour, durum	3 ½ cups
Flour, durum, whole wheat	3 ½ cups
Oil, olive, extra-virgin	2 Tbsp.
Salt, kosher	as needed
Egg	8 ea.
Basil, Leaves, fresh, bunch	1 ea.
Walnuts, toasted	¼ cup
Cheese, Pecorino-Romano, grated	2 Tbsp.
Oil, olive, extra-virgin	3 Tbsp.
Vegetable, Broth	2 Tbsp.
Garlic, clove	2 ea.
Salt, kosher	as needed
Beans, green, halved	1 lb.

Method

1. To make the pasta, combine the durum flour, whole wheat durum flour, oil, and salt in a food processor. Add the eggs and process until the mixture resembles coarse meal, when pressed, the dough should form a cohesive mass. Add water or flour to adjust the consistency as needed.
2. Transfer the dough to a work surface and knead until the dough is very firm yet still pliable. Wrap in plastic and allow the dough to rest at room temperature for at least 30 minutes.
3. To make the pesto, combine the basil, walnuts, cheese, olive oil, broth, and garlic in a food processor and pulse into a slightly coarse paste. Adjust consistency as needed with broth. Season with salt as needed. Reserve.
4. Roll the pasta dough into sheets 1/8-inches thick. Cut the sheets into linguine or similar long thin strips, and reserve uncovered.
5. Cook the beans in rapidly boiling salted water until fork-tender, 3-5 minutes. Remove the beans from the water, and reserve.
6. If necessary, add more salt to the boiling water, then add the pasta and cook until just done, 1 to 2 minutes. Drain the pasta, and in a large bowl, toss it with the pesto and green beans. Serve immediately.

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

Yield: 8 portions

Ingredients	Amounts
Broccoli Rabe, bunch, ends trimmed, blanched	1 ea.
Pepper, bell, red, roasted, peeled	1 ea.
Lemon, juice	½ ea.
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.
Clove, ground	1 pinch
Pepper, cayenne	1 pinch
Oil, olive, pure	2 Tbsp.

Method

1. Chop the broccoli rabe into 1-to 2-inch pieces.
2. Remove and discard the stem and seeds from the roasted red pepper. Dice the red pepper.
3. Mix the lemon juice, brown sugar, fennel, Italian seasoning, sage, salt, pepper, cloves, and cayenne. Whisk in the olive oil.
4. 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.
5. Season with additional black pepper and lemon juice, if desired.

CHOCOLATE CHUNK COOKIES WITH BLACK OLIVES

Yield: 3 dozen cookies

Ingredients	Amounts
Flour, all-purpose	1 lb. 1¼ oz.
Salt, kosher	⅓ wt. oz.
Baking soda	¼ wt. oz.
Butter, unsalted, soft	11 ½ wt. oz.
Sugar, granulated	11 ½ wt. oz.
Sugar, light brown	5 ½ wt. oz.
Egg	4 ½ wt. oz.
Vanilla extract	2 tsp.
Olives, black, pitted	5 oz.
Chocolate, semisweet, chunks	10 ½ wt. oz.

Method

1. Preheat oven to 375°F.
2. Line sheet pans with parchment.
3. Sift together the flour, salt, and baking soda.
4. Cream the butter and sugars on medium speed with a paddle attachment, scraping down the bowl periodically, until mixture is smooth and light in color, about 5 minutes.
5. Combine the eggs and vanilla. Add to the butter-sugar mixture in three additions, mixing until fully incorporated after each addition and scraping down bowl as needed.
6. On low speed, mix in the sifted dry ingredients. Then add the olives and chocolate chunks until just incorporated.
7. Scale the dough into 1 ½-ounce portions and place on prepared pans.
8. Bake in the oven until golden brown around the edges, 12 to 14 minutes.
9. Cool completely on the pans.
10. Serve with fennel gelato.

FENNEL GALATO

Yield: 1 quart

Ingredients	Amounts
Fennel, bulb, medium diced	1 ea.
Egg, yolk	6 ea.
Milk, whole	8 fl. oz.
Heavy cream	14 fl. oz.
Sugar, granulated	6 oz.
Vanilla extract	2 tsp.
Pernod	2 oz.

Method

1. Bring the cream and diced fennel to a boil. Reduce heat and simmer for 5 minutes. Remove from the heat, cover, and let it steep for 30 minutes.
2. In another saucepan, bring the milk to a boil.
3. In a bowl, whisk the eggs and sugar together to form ribbons.
4. Temper the eggs and sugar by adding the hot milk to the eggs, while whisking. Returning the eggs and milk to the hot pan.
5. Gently heat the milk, sugar, and eggs. (Do not boil.) Stir with a wooden spoon until a temperature of 175°F is reached. Remove from the heat.
6. In a blender, blend the cream and fennel along with the hot milk.
7. Add the Pernod to taste.
8. Sieve the fennel cream and set it aside to cool.
9. Chilled and then churn in an ice-cream machine.
10. Serve with the chocolate chunk and black olive cookies.

Notes: dairy free: you can substitute the cream and milk with 20 fl.oz. of Almond milk (soaked almonds and water)

DAY THREE: INNOVATION KITCHEN EXERCISE PLANT-FORWARD BURGER & SANDWICH CHALLENGE

Our final day! Today's goal is to take all you have learned about plant-forward cooking, Plant forward cuisine and creatively apply it to an innovation kitchen exercise. Using a thoughtful culinary discovery path as outlined in the chart below, you will plan, create, and fully execute a concept according to the food operation;

The Action Station, The Salad Bar (protein bar), The Themed Buffet, The Family Dinner
You will use a percentage of animal protein blended with a percentage of plants to create a healthier approach. (You may choose a completely vegetarian/ vegan offering as an additional item, but the focus will be on the animal protein blend.) Be sure to think all elements through to appropriate substitutions, completion, including plating, menu positioning, and presentation and delivery. You will present 15 portions of your final dish to the group and reveal your concept. Feel free to riff on a trending culinary theme, a twist on a home-style classic, or a cross-cultural menu idea just be sure to come up with workable menu ideas that are popular and easy to execute in high volume.

ITEMS TO EXECUTE

- The Action Station, Global Burger Bash – healthy variations on the popular burger
- The Protein bar/Appetizer Bar – Gyro concept – DIY build you Mediterranean Mezze
- The Themed Buffet, Popular Asian Buffet
- The Family Dinner Moroccan – Moorish Family Dinner served on platters

INGREDIENTS

A menu guideline has been created for your inspiration and a range of ingredients is available for your use which captures the plant forward, grain, legume, and global concepts we have discussed over the past few days. Let us know if your menu requires any additional ingredients.

DAY THREE KITCHEN PRODUCTION PROPOSAL

TEAM ONE: DIY MEZZE BAR

Freshly baked, warm Pita
Chickpea Falafel; Lamb, Mint and Bulgar Kofta; Cauliflower Couscous
Variations on Hummus; Baba Ghanoush; Bean Puree; Butter bean salad
Fennel salad; Tomato, Onion & Cilantro salad; Curried Carrot Salad; Mixed Peppers Confit;
Auberge Confit; Mushroom a la Grecque; Cucumber Raita
Mixed Olives; Pickled Jalapenos; Pickled Red Onion; Pepperoncini

TEAM TWO: THEMED BUFFET DISHES: TOUR OF ASIA

Thai Coconut Curry – Shrimp 10%, King Oyster Mushroom and Vegetables – Spring Roll
Japanese Curry, Tofu, Potato, Carrot & Onion - Rice
Indian Curry Chicken 10%, Mok Duck – Naan/Puri
Asian inspired Salad with grains: Thai Salads, Eggplant in Dashi, Daal Soup, Chutney

TEAM THREE: ACTION STATION – BURGER BASH

Beef and Mushroom Burger with Thousand Island Dressing
Spicy Black Bean & Garbanzo Burger with Sesame Siracha
Panko Tofu Burger with Shredded Cabbage and Tonkatsu Sauce
Mac Fillet O'Fish with Tartar Sauce
Served with garnishes – Lettuce, Tomato, Onion, Gherkin
Kale Chip or Zucchini Fries

TEAM FOUR: FAMILY MEAL MARRAKESH

Moroccan Carrot Salad with spicy preserved Lemon Dressing
Chicken 20% Root Vegetable Tagine
Dried Fruit and Nut Couscous
Apricot Relish, Olive Flat bread
Moroccan style Donuts, Mint Tea

INNOVATION DEVELOPMENT & IDEATION WORKSHEETS

****SAMPLES****

Concept: Burger Bash - Action Station

Protein	<ol style="list-style-type: none"> 1. Beef & Mushroom 2. Garbanzo & Black Bean 3. Tofu in Panko 4. Mac Fillet o'Fish
Plant Food % Blend	30% Mushroom
Cooking Method	Bake Fry Sauté
Bread/ Vehicle	Potato Bun
Accompaniments	Lettuce Tomato Onion Coleslaw
Sauces	<ol style="list-style-type: none"> 1. Thousand Island Dressing 2. Sracha/Sesame Mayo 3. Tonkatsu Sauce 4. Tartar Sauce
Presentation	Pickled Gherkins Kale Chips Zucchini Fries

Concept: DIY Gyro & Mezze

Protein	<i>Chickpea Falafel Lamb, 40% Bulgar & Mint Kofta</i>
Plant Food % Blend	<i>60% Pulse/grain</i>
Cooking Method	<i>Bake</i>
Bread/Vehicle	<i>Freshly Baked Pita</i>
Accompaniments	<i>Hummus: plain, beet Baba ghanoush Bean puree, butter bean salad Fennel Salad Tomato Onion salad Mushrooms a la Grecque Mixed Peppers Pickled Jalapenos Curried Carrot Salad Cucumber Raita Mixed Olives, Pepperoncino Cauliflower Cous Cous</i>
Sauces	<i>Yogurt Beetroot Vinaigrette Mango Dressing Harissa Sauce</i>
Presentation	<i>D.I.Y. Mediterranean Mezze</i>

- Concept: The Themed Buffet, Popular Asian Buffet

Protein	<i>Thai Curry - Shrimp 10%, Cauliflower, king oyster Japanese curry - Beef 10%, Carrot, Potato, Onion Indian Curry: Chicken 10%, Okra</i>
Plant Food % Blend	<i>Curried added with Vegetables in Season Grain/Pulses served on the side</i>
Cooking Method	<i>Braised</i>
Bread/Vehicle	<i>Puri, Naan, Aromatic Rice</i>
Accompaniments	<i>Chutney Grain Salads Daal Soup</i>
Sauces	
Presentation	<i>Buffet Style</i>

- Concept: Family Dinner Moroccan - Moorish

Menu	<p><i>Moroccan Carrot Salad with Spicy Lemon Dressing</i></p> <p><i>Chicken 20% & Root vegetable Tagine dried fruit and nut couscous Apricot Relish, Olive flat Bread</i></p> <p><i>Moroccan Donuts and Mint Kafir</i></p>
Plant Food % Blend	<i>10 % Chicken mixed with seasonal vegetables</i>
Cooking Method	<p><i>Braise,</i></p> <p><i>Bake</i></p> <p><i>Fry</i></p>
Bread/ Vehicle	<i>Flat Bread - Chickpea flour</i>
Accompaniments	<i>Mint Tea</i>
Sauces	
Presentation	<i>on platters with enough servings for the table</i>

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GRAIN COOKING TABLE

Grain	Grain: Liquid Ratio (cups)	Yield (cups)	Cooking Time
Amaranth	1: 1 ½ - 2	2	20-30 minutes
Barley, pearled	1:2	4	35 - 45 minutes
Barley, groats	1:2 ½	4	50 minutes - 1 hour
Buckwheat groats (Kasha)	1:1 ½ -2	2	12 - 20 minutes
Couscous**	1:2	2	20-25 minutes
Hominy, whole ***	1:2 ½	3	2 ½ - 3 hours
Hominy grits	1:4	3	25 minutes
Millet	1:2	3	30-35 minutes
Oat groats****	1:2	2	45 minutes - 1 hour
Polenta/Cornmeal	1:3 to 3 ½	3	35 - 45 minutes
Quinoa	1:1	2	15 minutes
Teff	1:3	3	15 minutes
Triticale	1:2 ½	2 ½	1 hour
Wheat Berries****	1:3	2	1 hour
Bulgur Wheat, soft ^^	1:4	2	2 hours
Bulgur Wheat, pilaf^^	1:2 ½	2	15 - 20 minutes
Cracked Wheat	1:2	3	20 minutes
Kamut	1:3	2 ½	1 hour
Spelt	1:3	2 ½	1 hour

Type of Rice	Rice: Liquid Ratio (cups)	Yield (cups)	Cooking Time
Arborio Rice (Risotto)	1:3	3	20 - 30 minutes
Basmati Rice	1:1 ½	3	25 minutes
Converted Rice	1:1 ¾	4	25 - 30 minutes
Long Grain, Brown Rice	1:3	4	40 minutes
Long Grain, White Rice	1:1 ½ to 1 ¾	3	18 - 20 minutes
Short Grain, Brown Rice	1:2 ½	4	35 - 40 minutes
Short Grain, White Rice	1:1 to 1 ½	3	20 - 30 minutes
Wild Rice	1:3	4	30 - 45 minutes
Wild Pecan Rice	1:1 ¾	4	20 minutes

* From one cup of uncooked grain

** Grain should be soaked briefly in tepid water and then drained before it is steamed

*** Grain should be soaked overnight in cold water and then drained before it is cooked

**** Grain benefits from presoaking

^^ Grain may be cooked by covering it with boiling water and soaking it for 2 hours or cooking it by the pilaf method

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.**

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

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

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

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