



Culinary Institute of America

VALRHONA
TEAM-BUILDING PROGRAM:
HORS D 'OEUVRES
TASTE LIKE A CHEF



CIA Consulting
The Culinary Institute of America

The Culinary Institute of America, Hyde Park, NY

Copyright © 2024

The Culinary Institute of America

All Rights Reserved

This manual is published and copyrighted by The Culinary Institute of America.

Copying, duplicating, selling or otherwise distributing this product is hereby expressly forbidden except by prior written consent of The Culinary Institute of America.

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



WELCOME TO THE CIA!

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

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

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

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

Wishing you all the best,

A handwritten signature in black ink that reads "David Kamen". The signature is fluid and cursive.

David Kamen '88 MBA PC^{III}

Director CIA Consulting

845-451-1386 david.kamen@culinary.edu

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

EXPECTATIONS FOR PARTICIPANTS

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

CIA UNIFORM POLICY

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

- ☑ Cotton or cotton poly blend shirts
 - Sleeves are long to cover as much arm as possible to reduce burns
- ☑ Pants
 - Full length cotton or cotton poly blend pants, nylon or polyester is not safe in a kitchen
 - No shorts, dresses, capri, yoga or legging style pants
- ☑ 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
- ☑ Toque (provided in class)
 - Contains hair
 - Absorbs sweat
- ☑ Apron (provided in class)
 - Protects jacket and pants from excessive staining
- ☑ Side towel (provided in class)
 - Protects hands when working with hot pans, dishes, and equipment
- ☑ Jewelry
 - Not permitted except for one plain ring to minimize exposure to potential hazards
- ☑ Hair
 - Should be neatly maintained, clean, and under control at all times
 - Long hair should be pinned up and worn under a hair net

VALRHONA AT THE CIA

Tuesday, March 26, 2024

| Start Time | End Time | Topic | Faculty / Staff | Location |
|------------|----------|----------------------------------------------------------------------|------------------------------------------|-------------------------------|
| 9:00am | 12:30pm | Welcome & Transition to Groups | All | Marriott Pavilion Lower Level |
| | | Group 1 Hands-on Program | CIA Chefs Aaron Foglietta & Bruce Mattel | CE Skills Kitchen I & II |
| | | Group 2 Defining Deliciousness, Taste Like a Chef Exercise | CIA Chef George Shannon | Marriott Pavilion Lower Level |
| 12:30pm | 1:30pm | Lunch | All | Marriott Pavilion Lower Level |
| 1:30pm | 2:30pm | Campus Tour | CIA Student Tour Guides | CIA Hyde Park |
| 2:30pm | 4:00pm | Demonstration | Valrhona Corporate Chef | Marriott Pavilion Lower Level |
| 4:00pm | | Departure | | |
| 6:00pm | | Dinner | Valrhona Team | CIA, Bocuse Restaurant |

Wednesday, March 27, 2024

| Start Time | End Time | Topic | Faculty / Staff | Location |
|------------|----------|---------------------------------------------------------------------|------------------------------------------|-------------------------------|
| 9:00am | 12:30pm | Group 2 – Hands-on Program | CIA Chefs Aaron Foglietta & Bruce Mattel | CE Skills Kitchen I & II |
| | | Group 1 – Defining Deliciousness, Food & Beverage pairing | CIA Chef George Shannon | Marriott Pavilion Lower Level |
| 12:30pm | 1:30pm | Lunch | All | Marriott Pavilion Lower Level |
| 1:30pm | 3:00pm | Internal Valrhona Meetings | Valrhona Team | Marriott Pavilion Lower Level |
| 3:00pm | | Departure | | |

KITCHEN PRODUCTION TEAM ASSIGNMENTS

CHEF DEMONSTRATION

Mozzarella Cheese

TEAM ONE

Mozzarella, Prosciutto, and Sun-Dried Tomato Roulade

Lamb Brochettes with Mint Pesto

Potato Crêpes with Crème Fraîche and Caviar

Fried Wontons with Mustard Sauce

TEAM TWO

Palmiers with Prosciutto or Smoked Salmon

Roasted Eggplant Dip with Mint

Barbecued Shrimp and Bacon

Gougères

TEAM THREE

Roasted Beet "Tartare" with Goat Cheese and Olive Oil Financiers

Pork Picadillo Empanadas with Tomatillo and Avocado Salsa

Grilled Vegetable Antipasti

Hummus and Pita

TEAM FOUR

Chicken Saté with Peanut Sauce

Crispy Scallion Pancakes with Dipping Sauce

Risotto Croquettes with Fontina

Eggplant Caponata

MOZZARELLA CHEESE

Yield: 2 pounds

| Ingredients | Amounts |
|---------------------------|----------------|
| Salt, kosher | ¾ cup |
| Water | 1 gal. |
| Cheese curd, medium diced | 2 lb. |

Method

1. Add the water and salt to a stockpot and bring to 160°F. Remove the pot from the heat.
2. Put the cheese curd in a colander and lower it into the hot water, completely submerging the curds.
3. Work the curd with wooden spoons, stretching it until it becomes a smooth but stringy mass. Maintain the water temperature at a constant 160°F during this process.
4. Remove the cheese from the water and continue stretching it on a clean work surface until the curd is smooth. Be careful not to overwork it or the cheese will become tough.
5. Add the cheese to a bowl of ice water and work it until it is pliable enough to be shaped. Tear off 4-ounce pieces of the cheese and shape them into balls.

Note: For storage, wrap the balls in plastic wrap, twisting the ends of the plastic wrap together to secure them. Alternately, store the cheese balls in a container with enough brine to cover. Store the cheese in the refrigerator for up to 5 days.

Source: Hors d'Oeuvre at Home, p. 167

MOZZARELLA, PROSCIUTTO, AND SUN-DRIED TOMATO ROULADE

Yield: 30 slices, 1-oz. each

| Ingredients | Amounts |
|----------------------------------------|----------------|
| Mozzarella Cheese (Recipe follows) | 2 lb. |
| Prosciutto di Parma, sliced paper-thin | 2 wt. oz. |
| Tomato, sun-dried, in oil, chopped | ½ cup |

Method

1. Prepare the mozzarella according to the directions through step 4.
2. Working on a plastic tray or plastic wrap, stretch the mozzarella into a rectangle about 12x14 inches and ¼-inch thick.
3. While the cheese is still warm, lay the prosciutto slices over the mozzarella in an even layer. Spread the chopped sun-dried tomatoes over the prosciutto.
4. Roll into a roulade with plastic wrap and secure the ends tightly with string. Return to the hot water for 2 to 3 minutes to seal the garnish. Remove from the water and retie the ends to secure.
5. Thoroughly chill the roulade in an ice bath and refrigerate for at least 1 hour before slicing. The wrapped roulade can be refrigerated for up to 5 days.

LAMB BROCHETTES WITH MINT PESTO

Yield: 30 brochettes

| Ingredients | Amounts |
|----------------------------------|----------------|
| Lamb, leg, boneless, large diced | 2 lb. 8 oz. |
| Lemon, juice | 2 Tbsp. |
| Garlic, cloves, large, crushed | 3 ea. |
| Salt, kosher | 1 tsp. |
| Pepper, black, ground | ½ tsp. |
| Oil, olive, extra-virgin | ¼ cup |
| Mint, fresh, chopped | 2 Tbsp. |
| Pancetta, sliced thin | 8 oz. |
| Mint pesto sauce, jar | 2 cups |

Method

1. Combine the lemon juice, garlic, salt, and pepper in a large bowl and whisk until blended.
2. Add the oil and mint.
3. Toss the lamb in the mixture to coat well, cover, and marinate in the refrigerator, tossing occasionally, at least 4 hours.
4. Preheat oven to 450°F.
5. Soak thirty 6-in bamboo skewers in water for 30 minutes to prevent them from burning. Thread 2 pieces of lamb and a ½ slice of pancetta onto each skewer and arrange on a sheet pan.
6. Roast the brochettes in the oven until the lamb is nicely browned outside, yet still pink and juicy inside, 8 to 12 minutes.
7. Serve the brochettes with the mint pesto sauce for dipping.

Note: Bacon can be substituted for the pancetta.

Source: *Hors d'Oeuvre at Home*, p. 111

POTATO CRÊPES WITH CRÈME FRAÎCHE AND CAVIAR

Yield: 30 crêpes

| Ingredients | Amounts |
|------------------------|----------------|
| Potato, russet, peeled | 12 oz. |
| Flour, all-purpose | ¼ cup |
| Eggs | 2 ea. |
| Egg, white | 3 ea. |
| Heavy cream | ¼ cup |
| Salt, kosher | to taste |
| Pepper, white, ground | to taste |
| Nutmeg, grated | a pinch |
| Salmon, smoked, sliced | 6 oz. |
| Crème Fraîche | ½ cup |
| Caviar | 1 oz. |

Method

1. Cook the potatoes.
2. Purée the potatoes in a mixer. Add the flour to the mixture and pulse to combine.
3. Add the eggs one at a time and then mix in the whites.
4. Adjust the consistency with cream to that of a pancake batter.
5. Season with the salt, pepper, and nutmeg.
6. Coat a nonstick griddle or sauté pan lightly with oil. Pour the batter as for pancakes into silver-dollar-size portions. Cook until golden brown and turn and finish on the second side, about 2 minutes total cooking time.
7. Serve the crêpes warm, each topped with a smoked salmon slice and garnished with a small dollop of crème fraîche and caviar.

Source: *Hors d'Oeuvre at Home*, p. 99

FRIED WONTONS WITH MUSTARD SAUCE

Yield: 20 wontons

| Ingredients | Amounts |
|---------------------------------|----------------|
| Mustard, Dijon | ¾ cup |
| Water | ¼ cup |
| Sugar, granulated | 1½ tsp. |
| Soy sauce | 1½ tsp. |
| Vinegar | 1½ tsp. |
| | |
| Pork, ground | 4 oz. |
| Cabbage, Chinese, thinly sliced | 2 oz. |
| Scallion, thinly sliced | 2 ea. |
| Ginger, minced | 1 tsp. |
| Soy sauce | 1 tsp. |
| Salt, kosher | 1 tsp. |
| Pepper, black, ground | ¼ tsp. |
| Oil, sesame, dark | ½ tsp. |
| | |
| Egg, whole | 1 ea. |
| Water, cold | 2 Tbsp. |
| Wonton skin | 20 ea. |
| Oil, vegetable | as needed |

Method

1. For the mustard sauce, combine the mustard, water, sugar, soy sauce, and vinegar in a small bowl. Mix well. Set aside.
2. For the filling, mix the pork, cabbage, scallions, ginger, soy sauce, salt, pepper, sesame oil in a medium bowl.
3. Beat the egg with the water in a small bowl to create an egg wash. Brush the edges of each wonton wrapper with the wash.
4. To assemble the wontons, place 2 teaspoons of the filling into each wrapper. Fold the wonton in half to make a triangle. Press to seal the edges securely. Bring the two corners along the base of the triangle in toward each other, overlap them, and press to seal securely. Transfer to a parchment-lined sheet pan and refrigerate until ready to fry.
5. Deep fry the wontons in a deep saucepan of hot oil until golden brown. Remove to a sheet pan lined with paper towels to drain.
6. Serve with the mustard sauce.

Source: *Hors d'Oeuvre at Home*, p. 76

PALMIERS WITH PROSCIUTTO OR SMOKED SALMON

Yield: 40 to 45 palmiers of each type

| Ingredients | Amounts |
|---------------------------------|----------------|
| Puff pastry, frozen, thawed | ½ lb. |
| Tomato paste | ¼ cup |
| Prosciutto, thin slice | 12 ea. |
| Cheese, Parmesan, finely grated | ½ cup |
| | |
| Puff pastry, frozen, thawed | ½ lb. |
| Egg | 2 ea. |
| Water | 2 Tbsp. |
| Salt, kosher | 1 pinch |
| | |
| Salmon, smoked, thin slices | 12 ea. |
| Poppy seeds | as needed |

Method

1. Preheat oven to 400°F.
2. For the prosciutto, roll out the puff pastry on a work surface to a 10×10-inch square and brush with a small amount of the tomato paste.
3. Lay the prosciutto over the puff pastry and dust with the cheese. Roll each long side in toward center until they meet. Fold one long side over the other. Slice the pastry crosswise into pieces ¼- inch thick. Place cut side down on parchment-lined sheet pans.
4. For the egg wash, crack the eggs into a small bowl and add the water and salt. Beat the egg and the water together thoroughly.
5. For the smoked salmon, roll out the puff pastry on a work surface to a 10×10-inch square and brush with a small amount of the egg wash.
6. Lay the smoked salmon over the puff pastry and lightly dust with poppy seeds.
7. Roll each long side in toward center until they meet. Fold one long side over the other. Slice the pastry crosswise into pieces ¼- inch thick. Place cut side down on parchment-lined sheet pans.
8. Bake the palmiers in the oven until golden brown, about 10 minutes.

Note: Place another piece of parchment paper on top of the pastries as they bake to help the pieces stay flat. Remove the top piece for the last few minutes to allow the palmier tops to brown.

Source: Hors d 'Oeuvre at Home, p. 18

ROASTED EGGPLANT DIP WITH MINT

BABA GHANOUSH

Yield: 2 cups

| Ingredients | Amounts |
|------------------------------------|----------------|
| Eggplant, cut in half lengthwise | 2 lb. |
| Salt, kosher | ½ tsp. |
| Pepper, black, ground | ½ tsp. |
| Oil, olive, extra-virgin | as needed |
| Shallot, minced | 1 ½ ea. |
| Lemon, juice | 3 Tbsp. |
| Salt, kosher | ¼ Tbsp. |
| Oil, olive, extra-virgin | 2 Tbsp. |
| Tahini | ¼ cup |
| Parsley, flat-leaf, fresh, chopped | 2 Tbsp. |
| Mint, leaves, fresh, chopped | 3 Tbsp. |
| Garlic, minced | 1 tsp. |
| Salt, kosher | 1 tsp. |
| Pepper, black, ground | ½ tsp. |

Method

1. Preheat oven to 375°F.
2. Season the eggplant with the salt and pepper. Lightly coat the cut faces with the olive oil.
3. Place the eggplant cut side down on a sheet pan and roast in the oven until soft, 30 to 40 minutes.
4. Cool the eggplant to room temperature, then scoop out the flesh and discard the seeds.
5. Macerate the shallots in the lemon juice with the salt.
6. Combine the roasted eggplant with the olive oil, the macerated shallots, tahini, and parsley.
7. Season the eggplant mixture with the mint, garlic, salt, and pepper.
8. Chop to a rough texture by hand or purée in a food processor until smooth.

BARBECUED SHRIMP AND BACON

Yield: 30 skewers

| Ingredients | Amounts |
|--------------------------------------------------------|----------------|
| Shrimp, peeled, deveined | 30 ea. |
| Bacon, smoked, slice, partially cooked, cut in half | 15 ea. |
| Apricot-Ancho Barbecue Sauce (Recipe follows) | 1 cup |

Method

1. Soak thirty 6-inch bamboo skewers in water for 30 minutes to prevent them from burning.
2. Wrap each shrimp with a bacon strip and then thread each on a bamboo skewer.
3. Place the skewers on a wire rack set into a foil-lined baking pan.
4. Broil the shrimp for 1 to 2 minutes on the first side. Turn and broil until the bacon gets crisp and the shrimp are just cooked through, 1 to 2 minutes more.
5. Remove from the broiler and baste with the Apricot-Ancho Barbecue Sauce.

Source: Hors d'Oeuvre at Home, p. 109

APRICOT-ANCHO BARBECUE SAUCE

Yield: 4 cups

| Ingredients | Amounts |
|---------------------------|----------------|
| Bacon, slice, chopped | 6 ea. |
| Onion, yellow, small dice | 1 ½ cups |
| Garlic, minced | 1 Tbsp. |
| Ketchup | ¾ cup |
| Orange, juice | ¾ cup |
| Sugar, dark brown, packed | ¾ cup |
| Apricots, dried, chopped | ⅓ cup |
| Vinegar, malt | ¼ cup |
| Chile, ancho, diced | 2 ea. |
| Mustard, dry | 1 tsp. |
| Tabasco sauce | 1 tsp. |
| Pepper, cayenne | 1 tsp. |
| Salt, kosher | 2 tsp. |
| Pepper, black, ground | 1 tsp |

Method

1. Sauté the bacon in a large sauté pan over medium heat until almost crisp, about 4 minutes.
2. Add the onions and sauté until browned, about 5 minutes.
3. Add the garlic and sauté until aromatic, about 1 minute.
4. Add ketchup, orange juice, sugar, apricots, vinegar, chile, mustard, Tabasco sauce, cayenne, salt, and pepper.
5. Simmer until the apricots are very soft, about 10 minutes.
6. Taste the sauce and season with additional salt and pepper, if needed.
7. Transfer to a blender and purée until relatively smooth.
8. The sauce is ready to use now, or it can be cooled and stored in a covered container in the refrigerator for up to 1 week.

Source: *Hors d'Oeuvre at Home*, p. 109

GOUGÈRES

Yield: 20 pieces

| Ingredients | Amounts |
|-------------------------------------|----------------|
| Water | ½ cup |
| Butter, unsalted | ¼ cup |
| Salt, kosher | ½ tsp. |
| Flour, all-purpose, sifted | ½ cup |
| Egg, white | 1 ea. |
| Egg | 2 ea. |
| Cheese, Gruyère, grated | ⅓ cup |
| Cheese, Parmigiano-Reggiano, grated | 1 ½ tsp. |

Method

1. Preheat oven to 400°F.
2. Combine the water, butter, and salt in a saucepot and bring to a boil.
3. Add the flour all at once and stir until well blended. Cook, stirring constantly, until the mass pulls away from the sides of the pot.
4. Transfer to a mixer and mix on medium speed for about 1 minute. Add the egg white and eggs, one at a time, mixing well after each addition, to achieve a stiff but pliable texture.
5. Add the grated Gruyère and Parmesan and continue mixing for 1 minute.
6. Transfer the dough to a pastry bag fitted with a #5 plain tip and pipe the desired shape onto parchment-paper lined sheet pans.
7. Bake in the oven until golden brown. Reduce the temperature to 325°F and cook through, 12 to 15 minutes.
8. Serve warm or store in an airtight container.

ROASTED BEET "TARTARE" WITH GOAT CHEESE AND OLIVE OIL FINANCIERS

Yield: 6 Servings

| Ingredients | Amounts |
|---------------------------------------|----------------|
| Beets, Red or golden | 9 wt. oz. |
| Oil, olive, extra-virgin | 2 Tbsp. |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |
| Vinegar, sherry | 2 Tbsp. |
| Oil, olive, extra-virgin | 3 Tbsp. |
| Garlic, minced | 1 tsp. |
| Capers, rinsed, minced | 2 Tbsp. |
| Honey | 1 ½ tsp. |
| Cheese, goat, crumbled | ¼ cup |
| Olive Oil Financiers (Recipe follows) | 1x recipe |
| Shallot, diced | 2 Tbsp. |
| Chive, chopped | 2 Tbsp. |

Method

1. Preheat oven to 375°F.
2. Wash and dry the beets well. Rub them with the oil and sprinkle with salt and pepper.
3. Place the beets on a baking sheet and roast until they are fork-tender, 45 minutes to 1 hour.
4. Allow the beets to cool until you can handle them. Peel off the skin and finely dice. Place them in a medium bowl.
5. In a small bowl, whisk the vinegar, oil, garlic, capers, and honey to combine.
6. Pour the dressing over the beets and toss to coat. Taste the mixture and add more vinegar or honey if necessary to obtain a tart-sweet flavor.
7. Slice the financiers in half. Spread the goat cheese on the bases of the financiers. Spoon the beet tartare on the top.
8. Garnish with the shallots and chives and serve immediately.

Source: *Vegetarian Cooking at Home*, p. 15

OLIVE OIL FINANCIERS

Yield: 24 financiers

| Ingredients | Amounts |
|--------------------------|----------------|
| Oil, vegetable | as needed |
| Flour, all-purpose | ½ cup |
| Flour, almond | ¾ cup |
| Sugar, confectioner | 1 cup |
| Salt, kosher | ¼ tsp. |
| Oil, olive, extra-virgin | 6 fl. oz. |
| Egg, white | 2 ea. |

Method

1. Preheat the oven to 350°F.
2. Lightly grease a mini muffin Silpat mat.
3. In a large bowl, sift together the flours, sugar, and salt. Make a well in the center. Add the olive oil in three additions, whisking continuously to combine, until all of the oil has been added, making a smooth batter.
4. In a separate bowl, whisk the egg white to a soft peak. Gently fold the egg whites into the batter a third at a time.
5. Portion about 2 tablespoons of the batter into each indentation of the prepared Silpat. Bake until golden brown, 15 to 20 minutes.
6. Serve the financiers warm or at room temperature.

Source: *Vegetarian Cooking at Home*, p. 269

PORK PICADILLO EMPANADAS WITH TOMATILLO AND AVOCADO SALSA

Yield: 30 portions

| Ingredients | Amounts |
|----------------------------------------|----------------|
| Oil, vegetable | 2 tsp. |
| Pork, loin, coarsely ground | 12 oz. |
| Chile, jalapeño, minced | 1 Tbsp. |
| Chili powder | 2 tsp. |
| Cumin, ground | 1 tsp. |
| Cinnamon, ground | 1 tsp. |
| Allspice, ground | ¼ tsp. |
| Raisins, golden, plumped in warm water | ¼ cup |
| Almonds, blanched, toasted, chopped | ¼ cup |
| Lime, juice | 3 ½ Tbsp. |
| Salt, kosher | 1 tsp. |
| Pepper, black, ground | ½ tsp. |
| Sour cream | 2 Tbsp. |
| | |
| Flour, all-purpose | 1 ½ cups |
| Masa harina | ½ cup |
| Baking powder | 3 ½ tsp. |
| Salt, kosher | 1 tsp. |
| Lard, melted, cooled | 4 oz. |
| Water | ¾ cup |
| Egg (Divided) | 2 ea. |
| Oil, vegetable | as needed |
| Tomatillo and Avocado Salsa | as needed |
| (Recipe follows) | |

Method

1. For the filling, heat the oil in a sauté pan over medium heat. Add the pork and sauté, breaking up the meat, until it is no longer pink, about 10 minutes.
2. Stir in the jalapeño, chili powder, cumin, cinnamon, and allspice. Continue to sauté until most of the liquid evaporates, 5 to 6 minutes.
3. Transfer to a bowl and fold in the raisins and almonds. Season with the lime juice, salt, and pepper. Fold in the sour cream, adding just enough to gently bind the filling. Cool the filling, cover, and refrigerate until ready to assemble the empanadas, up to 2 days.
4. To prepare the dough, blend the flour, masa, baking powder, and salt in a mixing bowl.
5. Add the lard and mix by hand or on low speed until evenly moistened. Blend ½ cup water and 1 egg and add the mixture gradually to the dough, stirring or blending with a dough hook as you work. Knead the dough until it is pliable, about 3 minutes.

6. Whisk together the remaining egg and ¼ cup water to make an egg wash.
7. To assemble the empanadas, roll out the dough very thin (1/16 inch thick) and cut into 3-inch rounds to make at least 30 rounds.
8. Place 1 tablespoon filling on each round. Brush the edges with egg wash, fold in half, and seal the seams. Transfer to parchment-lined sheet pans, cover, and refrigerate until ready to fry.
9. Heat the oil in a deep fryer (or to a 2-inch depth in a deep saucepan) to 350°F. Add empanadas to the hot oil and fry, turning if necessary to brown both sides evenly, until golden brown and crisp, 4 to 5 minutes. Drain and blot briefly with paper towels.
10. Serve very hot with the tomatillo and avocado salsa.

Source: *Hors d'Oeuvre at Home*, p. 75

TOMATILLO AND AVOCADO SALSA

Yield: 3.5 cups

| Ingredients | Amounts |
|----------------------------------------|----------------|
| Chile, jalapeño, stems, halved, seeded | 1 ea. |
| Tomatillo, husked, quartered | 10 ea. |
| Garlic, clove, peeled | 1 ea. |
| Onion, white, small, peeled | 1 ea. |
| Cilantro, stems and leaves, chopped | ½ cup |
| Avocado, pitted, peeled, large diced | 1 ea. |
| Salt, Kosher | to taste |

Method

1. In a blender, puree the jalapeños, tomatillos, garlic, and onion until smooth.
2. Add the cilantro and avocado and briefly blend until slightly coarse.
3. Adjust the seasoning with salt to taste.

GRILLED VEGETABLE ANTIPASTI

Yield: 10 portions

| Ingredients | Amounts |
|-----------------------------------------------------------|----------------|
| Oil, olive | ½ cup |
| Vinegar, balsamic | ¼ cup |
| Lemon, juice | 2 Tbsp. |
| Garlic, minced | 2 Tbsp. |
| Basil, fresh, minced | 2 Tbsp. |
| Parsley, flat-leaf, minced | 2 Tbsp. |
| Oregano, fresh, minced | 2 Tbsp. |
| Thyme, fresh, minced | ½ tsp. |
| Salt, kosher | ½ tsp. |
| Red pepper flakes | ½ tsp. |
| | |
| Eggplant, trimmed, cut lengthwise into ½-in. slices | 8 wt. oz. |
| Zucchini, trimmed, cut lengthwise into ½-in. slices | 8 wt. oz. |
| Squash, yellow, trimmed, cut lengthwise into ½-in. slices | 8 wt. oz. |
| Onion, red, peeled, sliced into ½-in. rings | 1 ea. |
| Pepper, bell, yellow, cut in half lengthwise | 1 ea. |
| | |
| Tomato Marmalade (Recipe follows) | as needed |
| | |
| Bread, baguette, sliced ¼-in. thick | 1 ea. |

Method

1. In a large bowl, prepare the marinade by whisking together the oil, vinegar, lemon juice, garlic, basil, parsley, oregano, thyme, salt, and red pepper flakes.
2. Place the eggplant, zucchini, squash, onions, and pepper in a large bowl and toss with the marinade to coat. Marinate for 1 hour.
3. Preheat a grill to high heat. Clean the cooking grates.
4. Remove the vegetables from the marinade and lay on the grill in batches. Grill until marked and tender, about 3 minutes per side.
5. Remove with tongs and place on a platter to cool slightly.
6. Drizzle the vegetables with tomato marmalade.
7. Brush the baguette slices evenly with the olive oil. Grill until lightly toasted.
8. Serve the vegetable antipasti accompanied with the grilled bread.

TOMATO MARMALADE

Yield: ¾ cup

| Ingredients | Amounts |
|----------------------------------------|----------------|
| Tomato, plum, cored, halved, seeded | ½ lb. |
| Salt, kosher | ½ tsp. |
| Garlic clove, thinly sliced | 1 ea. |
| Oil, olive, extra-virgin | 2 ½ cups |
| Oregano, fresh, chopped | 1 tsp. |

Method

1. Place the tomatoes in a small saucepan and season with the salt. Add the garlic and enough olive oil to barely cover the tops of the tomatoes.
2. Bring the oil to a very low simmer and cook for about 1 hour.
3. Remove the tomatoes from the oil with a slotted spoon and place in a food processor. Pulse until smooth and add the oregano.
4. Use immediately or cover and refrigerate for up to 1 week.

HUMMUS

Yield: 32 portions

| Ingredients | Amounts |
|----------------------------|----------------|
| Chickpeas, cooked, drained | 1 lb. 8 oz. |
| Tahini | ½ cup |
| Lemon, juice | 3 Tbsp. |
| Oil, olive | ¼ cup |
| Garlic, clove, minced | 4 ea. |
| Salt, kosher | 1 Tbsp. |
| Pepper, black, ground | to taste |

Method

1. Combine all the ingredients in the bowl of a food processor.
2. Purée (in batches if necessary), adding water to thin if needed.
3. Taste and adjust the seasoning with lemon juice and garlic.

Note: Hummus can be passed through a sieve for a smoother texture.

Source: Hors d'Oeuvre at Home, p. 44

PITA

Yield: 12 small or 6 large pitas

| Ingredients | Amounts |
|---------------------------|----------------|
| Flour, all-purpose | 12 ½ wt. oz. |
| Salt, kosher | 2 tsp. |
| Water, warm (90° - 100°F) | 8 fl. oz. |
| Yeast, dry, instant | 2 ¼ tsp. |
| Sugar, granulated | ½ tsp. |

Method

1. Mix the salt and flour in a large bowl.
2. Pour the water into a separate bowl. Sprinkle in the yeast and sugar and stir to dissolve.
3. Add the yeast mixture to the flour and work into a dough. Knead until smooth and elastic, about 5 minutes.
4. Shape the dough into an even rectangle and cut in half lengthwise. Divide the dough into equal portions and shape each into a smooth ball. Place the balls on a floured surface and cover with slightly damp towels.
5. Roll each round ¼-inch thick (about 3 ½ inches in diameter for small pitas or 5 to 5 ½ inches for larger ones). Carefully flip the circles over to smooth out any creases that might prevent the pocket from forming.
6. As each loaf is rolled, carefully place on a floured surface and cover with a clean, dry towel. Do not allow the surface of the loaves to dry out. Allow the loaves to rise in a warm draft-free area, 30 to 45 minutes.
7. Preheat oven to 500°F.
8. Place 4 small pitas or 1 large pita on a preheated baking sheet. Bake in the oven on the bottom rack until puffed and lightly browned on the bottom and almost white on top, about 3 ½ minutes for small pitas and about 4 minutes for large.
9. If desired, flip the loaves over after they have puffed and bake up to 1 minute longer to brown the tops. Be careful not to let the pita get crisp and brittle.
10. Remove the pitas from the oven and wrap immediately in clean, dry towels or the pitas will become too crisp to cut. Serve warm or at room temperature.

Note: Contrary to the standard method of allowing bread dough to rise before shaping, these loaves are first shaped and rolled, then allowed to rise before baking. This version, which cuts preparation time by about 1 ½ to 2 hours, lets the yeast do its best work in the oven, assuring a better pocket. The result is a delightfully chewy, yet tender texture and a puff in every loaf.

Variation: Poppy-Seed or Sesame Pita: After rolling each circle of dough in step 4, brush the tops lightly with water and sprinkle with poppy seeds or toasted sesame seeds. Let the loaves rise and bake as directed above.

CHICKEN SATÉ WITH PEANUT SAUCE

Yield: 40 skewers

| Ingredients | Amounts |
|--------------------------------------------------------|---------------------------|
| Oil, peanut | 1 cup |
| Lemongrass, stalk, shredded | ½ ea. |
| Garlic, clove, minced | 6 ea. |
| Curry powder | 2 ½ Tbsp. |
| Honey | 1 ½ Tbsp. |
| Fish sauce | 1 ½ tsp. |
| Red pepper flakes | ½ tsp. |
| | |
| Chicken thigh meat, sliced into finger-sized pieces | 2 ½ lb. |
| | |
| Peanut butter | 1 cup |
| Water | ½ cup |
| Lime, juice | ¼ cup |
| Soy sauce | ¼ cup |
| Chile, jalapeño, minced with seeds | 2 Tbsp. |
| Garlic, minced | 1 Tbsp. |
| Sugar, granulated | 1 Tbsp. |
| Oil, peanut | 1 Tbsp. |
| Pepper, cayenne | 1 tsp. |
| Cilantro, fresh, chopped | ¼ cup + extra for garnish |

Method

1. For the marinade, combine the oil, lemongrass, garlic, curry powder, honey, fish sauce, and red pepper flakes in a bowl and mix well.
2. Add the chicken and toss to coat. Cover with plastic wrap and marinate in the refrigerator for 4 to 8 hours.
3. Soak forty 6-inch bamboo skewers in water for 30 minutes to prevent them from burning.
4. For the peanut sauce, combine the peanut butter, water, lime juice, soy sauce, jalapeño, garlic, sugar, peanut oil, cayenne, and cilantro in a saucepan. Bring to a slow boil, stirring until smooth. Simmer until the sauce is the desired consistency.
5. Taste and adjust the seasoning. Set it aside.
6. Skewer the meat and grill until cooked through.
7. Serve the skewers with the peanut sauce. Garnish with the remaining cilantro.

Note: For a beef saté, substitute 2 ½ pounds of top round trim for the chicken.

Source: *Hors d'Oeuvre at Home*, p. 106

CRISPY SCALLION PANCAKES WITH DIPPING SAUCE

Yield: 24 pieces

| Ingredients | Amounts |
|-----------------------|----------------------|
| Flour, all-purpose | 5 $\frac{2}{3}$ cups |
| Water, boiling | 1 $\frac{1}{2}$ pt. |
| Soy sauce | 1 cup |
| Scallion | 1 cup |
| Vinegar, Chinese | 1 cup |
| Ginger, fresh, minced | 2 Tbsp. |
| Garlic, minced | 1 tsp. |
| Sugar, granulated | 4 tsp. |
| Oil, sesame, dark | 2 Tbsp. |
| Salt, kosher | to taste |
| Pepper, black, ground | to taste |
| Scallion, sliced | 1 $\frac{1}{2}$ cups |
| Oil, peanut | 1 $\frac{1}{2}$ cups |

Method

1. Sift the flour. Add enough water to form a dough. Knead for 5 minutes, then cover and set aside for 20 minutes at room temperature to allow the dough to rest.
2. For the dipping sauce, combine the soy sauce, scallions, vinegar, ginger, garlic, and sugar. Mix well. Set aside.
3. Divide the dough into 6 parts, then roll each into a thin rectangle. Brush each rectangle with a small amount of sesame oil and season with salt and pepper.
4. Cover each rectangle with a layer of sliced green onions and roll up like a jelly roll. Once rolled, take one end and roll it into a spiral coil. Roll this spiral shape flat into a pancake. (This rolling technique gives the dough a design and lightness.)
5. Pan-fry in the peanut oil over medium-heat heat until crispy. Drain well. Keep warm until service.
6. Cut each pancake into quarters. Serve with the dipping sauce.

RISOTTO CROQUETTES WITH FONTINA

Yield: 30 pieces

| Ingredients | Amounts |
|-------------------------------------|----------------|
| Butter, unsalted | ¼ cup |
| Onion, yellow, fine dice | 2 Tbsp. |
| Rice, Arborio | 2 ½ cups |
| Wine, white, dry | 1 cup |
| Chicken, stock, hot | 1 qt. |
| Cheese, Parmigiano-Reggiano, grated | 1 ⅓ cups |
| Salt, kosher | to taste |
| | |
| Cheese, fontina, small diced | 1 lb. |
| | |
| Flour, all-purpose | 1 cup |
| Eggs, beaten | 2 ea. |
| Water | 2 Tbsp. |
| Breadcrumbs | 1 cup |
| | |
| Oil, vegetable | as needed |
| | |
| Tomato, plum, diced | 1 ½ cups |
| Oil, olive | as needed |
| Thyme, fresh, finely chopped | as needed |
| Basil, fresh, finely chopped | as needed |

Method

1. To prepare the risotto, heat the butter in a pan over medium heat and sauté the onions until translucent.
2. Add the rice and toss to coat with the butter.
3. Add the wine, reduce the heat to low, and simmer until all the liquid has been absorbed.
4. Add the chicken stock in three increments. Stir constantly until all the stock has been absorbed and rice is al dente, about 18 minutes.
5. Add the grated Parmesan cheese and season with salt to taste.
6. Transfer the risotto to a sheet pan and spread in an even layer. Allow the rice to cool completely.
7. Divide the chilled risotto into 30 portions and shape into balls. Make an indent with your thumb in each portion, then place a small cube of fontina cheese into the indent. Mold the risotto around the cheese.
8. Coat (dredge) the croquettes in flour, shaking off the excess.

9. Whisk the milk or water with the egg to form an egg wash. Dip the dredged croquettes in the wash, then roll in the breadcrumbs.
10. Deep-fry the risotto croquettes in 350°F oil until golden brown. Remove from the oil and place onto a wire rack to drain.
11. Garnish with the plum tomatoes, olive oil, and fresh herbs.

Note: This recipe works best when the risotto is prepared a day in advance. Other fillings can be used in place of the fontina cheese, such as cooked sausage, seafood, vegetables, or toasted almonds.

EGGPLANT CAPONATA

Yield: 3 cups

| Ingredients | Amounts |
|-------------------------------------|----------------|
| Tomato concassé | 4 ea. |
| Oil, olive, pure | 6 Tbsp. |
| Eggplant, small diced | ½ lb. |
| Garlic, minced | 2 tsp. |
| Oil, olive, pure | 1 Tbsp. |
| Pepper, bell, red, small diced | 1 ea. |
| Onion, yellow, small diced | 1 ea. |
| Oil, olive, pure | 1 Tbsp. |
| Olives, green, diced | 3 wt. oz. |
| Capers, drained | 2 Tbsp. |
| Sugar, granulated | 2 Tbsp. |
| Vinegar, white wine | ⅓ cup |
| Basil, fresh, shredded | 1 Tbsp. |
| Cheese, Parmigiano-Reggiano, shaved | 4 wt. oz. |

Method

1. For the tomato concassé, cut an X into the bottom of the tomato. Bring a pot of water to a rolling boil. Drop the tomato into the water. After 10 to 15 seconds, depending on the tomato's age and ripeness, remove it with a slotted spoon.
2. Immediately plunge the tomato into an ice water bath. When the tomato has cooled, peel away the skin. For plum tomatoes, halve the tomato lengthwise. All other tomatoes should be halved at the widest point. Gently squeeze or scoop out the seeds. Small dice the flesh.
3. Heat the olive oil in a sauté pan over medium heat. Add the eggplant and sauté until lightly browned and tender, about 5 minutes.
4. Add the garlic and sauté for 30 seconds.
5. Drain the eggplant on a sheet pan lined with paper towels. Scrape it into a large bowl.
6. Heat the olive oil in the same pan and sauté the peppers and onions until tender, about 5 minutes. Add the contents of the pan to the eggplant.
7. Heat the olive oil in the same pan and sauté the green olives for one minute.
8. Add the tomatoes and capers and cook for another minute.
9. Add the sugar and the vinegar and cook for another minute to reduce the liquid.
10. Add to the eggplant mixture, mix well, and sprinkle with the basil. Add more olive oil if desired.
11. Serve the caponata on individual spoons and garnish with shaved cheese on top.

Taste Like a Chef Presentation

“Blind” Tasting Stations

Using skills learned from the Defining Deliciousness and Taste Like a Chef presentations, participants will taste the following items and test their ability to perceive subtle differences in taste and flavor.

| | |
|--------------------------------|--------------------------------------------------------------------------------|
| Chocolate | Taste four types and identify taste |
| Coffee and Tea | Taste two different coffee and two tea drinks and determine which is sweetened |
| Wine | Taste two rosé and two red wines and match the wine to the taste description |
| Non-Alcoholic Beverages | Determine which of the beverages is more bitter |

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

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

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

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

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

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

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

CIA INSTRUCTOR POLICY ON PROPRIETARY INTERESTS DISCLOSURE AND REPRESENTATION

The instructor does not have a proprietary interest in any product, instrument, device, service, or material to be discussed during the learning event, nor does the instructor receive third-party compensation related to the presentation.

These materials were developed at The Culinary Institute of America.

Instructional Designers and Editors

George Shannon

Aaron Foglietta

Peter Benson

Valrhona Team Building Program Course guide v.110.docx

Copyright © 2024

The Culinary Institute of America

All Rights Reserved

This manual is published and copyrighted by The Culinary Institute of America.

Copying, duplicating, selling, or otherwise distributing this product is hereby expressly forbidden except by prior written consent of The Culinary Institute of America.