



Culinary Institute of America

**UNIVERSITY OF HOUSTON
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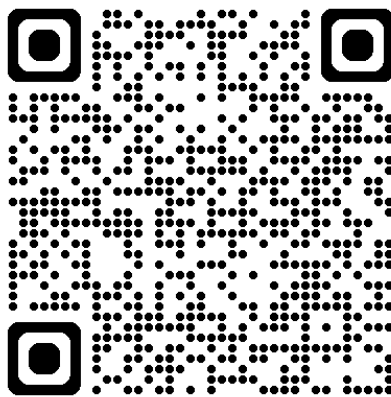
**WEEK 1:
SOUPS, STOCKS, AND SAUCES**



CIA Consulting
The Culinary Institute of America

The Culinary Institute of America, Hyde Park, NY

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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,

A handwritten signature in black ink that reads "David Kamen".

David Kamen '88 MBA PC^{III}
Director CIA Consulting
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P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world’s best professional culinary education. If you’d like to further support the future of food with the gift of education, please visit www.ciagiving.org.

EXPECTATIONS FOR PARTICIPANTS

- ☑ Silence and put away phones during class.
- ☑ Actively participate.
- ☑ Return promptly from breaks.
- ☑ Remain in attendance for the class duration.
- ☑ Complete the course evaluation.
- ☑ Follow all established health and safety regulations.
 - In addition to the precautions necessary to guard against food-borne illness, care must also be taken to avoid accidents. The following safety measures should be practiced.
 - Wash hands before beginning work in the kitchen.
 - Keep all perishable items refrigerated until needed.
 - NYS law – when handling “ready-to-eat” food items, if you don’t cook it, glove it!
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables.
- ☑ Maintain CIA uniform standards.
- ☑ Act within the guidelines of the CIA’s policy on harassment.
 - The Culinary Institute of America (CIA) is committed to providing a working and learning environment free from harassment. Members of the CIA community, guests, and visitors have the right to be free from any form of harassment (which includes sexual misconduct and sexual harassment) or discrimination; all are expected to conduct themselves in a manner that does not infringe upon the rights of others.

CIA UNIFORM POLICY

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

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

DAY ONE

TEAM PRODUCTION ASSIGNMENTS

CHEF DEMO

Brown Veal Stock

Basic Roux

ALL TEAMS

Chicken Stock

Fish Stock

Vegetable Stock

Clarified Butter

BROWN VEAL STOCK

Yield: 1 gallon

Ingredients	Amounts
Oil, vegetable	2 fl. oz.
Veal, bones, knuckles, trim, rinsed, dried	8 lb.
Water, cold	6 qt.
Mirepoix	
Onion, yellow, large diced	8 wt. oz.
Carrot, large diced	4 wt. oz.
Celery, large diced	4 wt. oz.
Tomato paste	6 wt. oz.
Sachet d'épices	
Parsley, stem	3 ea.
Bay leaf, dried	1 ea.
Garlic, clove	1 ea.
Thyme, dried	½ tsp.
Peppercorns, black, cracked	½ tsp.

Method

1. To condition the roasting pan, heat the pan and enough oil to lightly film the pan in a 450°F oven. Add the bones to the pan, then return to the oven. Roast the bones, stirring and turning occasionally, until the bones are a deep brown, about 30 to 45 minutes.
2. Transfer the bones to a stockpot and add the cold water. Deglaze the roasting pan with a little additional cold water and add the released drippings to the stockpot. Slowly bring the stock to a simmer over low heat. If necessary, adjust the heat to establish an even, gentle simmer and continue to cook, skimming the surface as necessary.
3. While the stock is simmering, heat a rondeau over medium-high heat. Add enough oil to film the pan. Add the mirepoix and cook, stirring occasionally, until the onions are a deep golden brown, about 15 to 20 minutes.
4. Add the tomato paste to the rondeau and continue to cook, stirring frequently, until it takes on a rusty brown color and a sweet aroma, about 1 to 2 minutes. Add a few ladles of the stock to the rondeau and stir well to release the drippings. Add this mixture back to the stock after the stock has been simmering for about 5 hours. Add the sachet at the same time.
5. Continue to simmer the stock, skimming as necessary and tasting occasionally until it has developed a rich flavor and noticeable body, about 1 more hour.
6. Strain the stock and degrease if necessary. It can be used now or can be rapidly cooled and stored for later use.

CHICKEN STOCK

Yield: 1 gallon

Ingredients	Amounts
Chicken, bones, meaty, cut into 3-inch lengths	8 lb.
Water, cold or remouillage	6 qt.
Mirepoix	
Onion, yellow, medium diced	8 wt. oz.
Carrot, medium diced	4 wt. oz.
Celery, medium diced	4 wt. oz.
Sachet d'épices	
Parsley, stems	3 ea.
Bay leaf, dried	1 ea.
Garlic, clove	1 ea.
Thyme, dried	½ tsp.
Peppercorns, black, cracked	½ tsp.

Method

1. Rinse the bones under cold running water and place in a stockpot.
2. Add enough cold water or remouillage to cover the bones by about 2 inches.
3. Slowly bring the stock to a simmer. Skim the surface as necessary.
4. Continue to simmer for 3 to 4 hours. Add the mirepoix and sachet and continue to simmer for 1 more hour, skimming as necessary and tasting occasionally.
5. Strain the stock through a sieve or colander lined with rinsed cheesecloth. The stock can be used now, or it may be properly cooled, labeled, and stored.

Note: Replace 2 lb. of the chicken bones with turkey necks for an extra rich gelatinous stock. Add or replace aromatic ingredients to achieve a particular flavor. Examples include:

- Ginger, lemongrass, and fresh or dried chiles
- Juniper berries for game stocks
- Strongly flavored herbs such as tarragon or rosemary
- Wild mushroom stems

FISH STOCK

Yield: 1 gallon

Ingredients	Amounts
Fish, bones	11 lb.
<i>White Mirepoix</i>	
Onion, yellow, thinly sliced	4 wt. oz.
Leek, thinly sliced	4 wt. oz.
Parsnip, thinly sliced	4 wt. oz.
Celery, thinly sliced	4 wt. oz.
Water, cold	1 gal.
Wine, white, dry	½ qt.
<i>Sachet d'épices</i>	
Parsley, stem	3 ea.
Bay leaf, dried	1 ea.
Garlic, clove	1 ea.
Thyme, dried	½ tsp.
Peppercorns, black, cracked	½ tsp.

Method

1. Place the bones, mirepoix, water, wine, and sachet in a pot and bring to a simmer.
2. Simmer for 35 to 40 minutes, skimming the surface as necessary.
3. Strain the stock. It can be used now or may be rapidly cooled and stored for later use.

VEGETABLE STOCK

Yield: 1 quart

Ingredients	Amounts
Oil, vegetable	2 fl. oz.
Onion, yellow, sliced	4 wt. oz.
Leek, chopped	4 wt. oz.
Celery, chopped	4 wt. oz.
Cabbage, green, chopped	3 wt. oz.
Carrot, chopped	3 wt. oz.
Tomato, chopped	2 wt. oz.
Garlic, clove, crushed	3 ea.
Water, cold	1 ¼ qt.
 Sachet d'épices	
Parsley, stem	3 ea.
Clove	3 ea.
Bay leaf, dried	1 ea.
Garlic, clove	1 ea.
Fennel seeds	1 tsp.
Thyme, dried	½ tsp.
Peppercorns, black, cracked	½ tsp.

Method

1. Heat the oil in a rondeau over medium-high heat, then add the onions, leeks, celery, cabbage, carrots, tomatoes, and garlic.
2. Cover and sweat the vegetables for 3 to 5 minutes, stirring occasionally.
3. Add the water and sachet; simmer for 30 to 40 minutes.
4. Strain the stock. It can be used now or may be cooled and stored for later use.

CLARIFIED BUTTER

Yield: 12 fluid ounces

Ingredients	Amounts
Butter, unsalted	1 lb.

Method

1. Heat butter over low heat until foam rises to the surface and the milk solids drop to the bottom of the pot. The remaining butterfat will become very clear.
2. Skim the surface foam as the butter clarifies.
3. Pour or ladle off the butterfat into another container, being careful to leave all of the milk solids in the pan on the bottom.

BASIC ROUX

Yield: 1 pound

Ingredients	Amounts
Butter, clarified	8 fl. oz.
Flour, all-purpose	12 wt. oz.

Method

1. Heat the clarified butter or oil in a rondeau over moderate heat.
2. Add the flour all at once. Stirring constantly, cook over low heat until roux is pale ivory, for approximately 8 minutes.

Note: Vegetable oil can be substituted for the clarified butter.

Variations:

White roux: Always use oil to maintain color. Cook as directed above.

Blond/pale roux: Cook roux for an additional 2 to 3 minutes, until roux becomes golden in color.

Brown roux: Continue to cook roux until browned and emits a pronounced nutty aroma.

DAY TWO

TEAM PRODUCTION ASSIGNMENTS

EVERY TEAM

Espagnole Sauce

TEAM ONE

Chicken Broth

Beef Consommé

Onion Soup Gratinée

Goulash Soup

Miso Soup

TEAM TWO

Beef Broth

Chicken Consommé

Petite Marmite

Minestrone Genovese

Tortilla Soup

Soak beans for Senate Bean Soup on Day Three

TEAM THREE

Lamb Broth

Beef Consommé

Minnesota Wild Rice Soup

Egg Drop Soup

Borscht

ESPAGNOLE SAUCE

Yield: 1 quart

Ingredients	Amounts
Oil, vegetable	1 ½ Tbsp.
Mirepoix	
Onion, yellow, medium diced	2 wt. oz.
Carrot, medium diced	1 wt. oz.
Celery, medium diced	1 wt. oz.
Tomato paste	1 ½ wt. oz.
Stock, brown veal	1 ¼ qt.
Roux, brown	4 ½ wt. oz.
Sachet d'épices	
Parsley, stem	2 ea.
Bay leaf, dried	1 ea.
Garlic, clove	1 ea.
Thyme, dried	¼ tsp.
Peppercorns, black, cracked	¼ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the oil in a rondeau over medium heat and sauté the onions until translucent. Add the carrot and celery and continue to brown.
2. Add the tomato paste and cook for several minutes until it turns a rusty brown and has a sweet aroma, about 1 minute.
3. Add the stock and bring it to a simmer.
4. Whisk the roux into the stock. Return to a simmer and add the sachet. Simmer for about 1 hour, skimming the surface as necessary.
5. Strain the sauce. Adjust seasoning with salt and pepper. The sauce is ready to serve now, or it may be rapidly cooled and refrigerated for later use.

CHICKEN BROTH

Yield: 1 quart

Ingredients	Amounts
Stewing hen, 2 ½ lb., rinsed, disjointed	½ ea.
Water, cold	1 ¼ qt.
Salt, kosher	to taste
 Mirepoix	
Onion, yellow, chopped	2 wt. oz.
Carrot, chopped	1 wt. oz.
Celery, chopped	1 wt. oz.
 Sachet d'épices	
Parsley, stem	1 ea.
Bay leaf, dried	½ ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, dried	¼ tsp.
Garlic, clove	1 ea.
 Pepper, black, ground	 to taste

Method

1. Combine the hen, water, and salt in a stockpot and bring to a simmer. Skim the surface and simmer gently for 2 hours.
2. Add the mirepoix ingredients and continue simmering for 30 minutes, skimming as needed.
3. Add the sachet and pepper and simmer for 30 minutes more.
4. Remove the mirepoix, sachet, and hen from the broth, reserving the meat for garnish. Strain and degrease the broth. Adjust seasoning with salt and pepper to taste.
5. The broth is ready to be used now or may be cooled rapidly and stored for later service.

BEEF CONSOMMÉ

Yield: 2 quarts

Ingredients	Amounts
Clarification	
Onion, yellow, minced	4 wt. oz.
Carrot, minced	2 wt. oz.
Celery, minced	2 wt. oz.
Beef, ground, lean	1 ½ lb.
Egg, white, beaten to a froth	6 ea.
Tomato, chopped	3 wt. oz.
Stock, white beef	3 qt.
Salt, kosher	to taste
Sachet d'épices	
Allspice berry	1 ea.
Clove	1 ea.
Parsley, stem	2 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, dried	¼ tsp.
Oignon brûlé (Optional)	1 ea.

Method

1. Blend the ingredients for the clarification and add the stock. Stir thoroughly to combine.
2. Place in a pot and bring the mixture to a slow simmer, stirring frequently, until the raft forms. Add some of the salt. Add the sachet and oignon brûlé (if using). Stop stirring when the raft begins to form (120°F). Simmer slowly for 1 to 1 ½ hours, or until the desired flavor and clarity are achieved. Baste the raft occasionally. Adjust the seasoning as needed.
3. Strain the consommé through a paper filter or rinsed doubled cheesecloth. The consommé is ready to finish now, or it may be properly cooled and stored for later service. Degrease hot consommé by skimming or degrease cold consommé by lifting the hardened fat from the surface.
4. To finish the consommé for service, return it to a simmer, place a portion in a heated consommé cup, garnish, and serve at once.

ONION SOUP GRATINÉE

Yield: 2 quarts

Ingredients	Amounts
Onion, yellow, sliced thin	2 ½ lb.
Butter, clarified	1 wt. oz.
Stock, white beef	2 qt.
Calvados	2 fl. oz.
Sachet d'épices	
Parsley, stem	2 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, dried	¼ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Bread, French, slice	10 ea.
Cheese, Gruyère	5 wt. oz.

Method

1. In a soup pot, sauté the onions in clarified butter over moderate heat, stirring occasionally, until deep golden brown, about 40 to 45 minutes. Add a little stock, if necessary, to prevent the onions from burning.
2. Add the calvados and stir to deglaze the pot. Cook down until the liquid is syrupy. Add the remaining stock and the sachet.
3. Simmer until the soup is properly flavored, about 20 to 25 minutes. The soup is ready to serve now, or it may be rapidly cooled and stored.
4. Adjust the seasoning with salt and pepper to taste. Portion into heated bowls or cups.
5. Garnish each portion with a slice of French bread. Top with grated Gruyère and brown under a salamander or broiler or bake in a moderate oven until lightly browned.

GOULASH SOUP

Yield: 2 quarts

Ingredients	Amounts
Salt pork, minced	4 wt. oz.
Beef, chuck, medium diced	1 lb.
Onion, yellow, fine diced	2 ea.
Flour, all-purpose	2 Tbsp.
Vinegar, red wine	1 fl. oz.
Paprika, hot	1 Tbsp.
Tomato purée	6 fl. oz.
Stock, brown veal	1 qt.
 <i>Sachet d'épices</i>	
Caraway seeds	1 tsp.
Marjoram, dried	1 tsp.
Thyme, dried	1 tsp.
Parsley, stem	4 ea.
Garlic, clove, peeled	2 ea.
Bay leaf, dried	1 ea.
Potato, chef's, medium diced	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Scallion (Green onion), green only, finely sliced	½ wt. oz.

Method

1. In a soup pot over medium heat, render the pork and cook until crispy, 4 to 5 minutes.
2. Brown the beef or veal in the rendered fat.
3. Add the onions and cook over medium-low heat until translucent, 8 to 10 minutes.
4. Add the flour to the fat and stir to combine.
5. Add the vinegar and boil over high heat until it begins to reduce.
6. Stir in the paprika and tomato purée. Mix thoroughly. Simmer for 2 to 3 more minutes.
7. Add the stock and sachet and simmer until the meat is almost tender, about 30 minutes, skimming as needed.
8. Add the potatoes and simmer until tender, about 20 minutes, skimming off surface fat.
9. Season to taste with salt and pepper and garnish with the green onions.

Note: Bacon or fat back can be substituted for the salt pork. Veal chuck can be substituted for the beef chuck.

MISO SOUP

Yield: 2 quarts

Ingredients	Amounts
Seaweed, dried (Wakame)	1/4 wt. oz.
Water, cold	2 qt.
Kelp, dried (Kombu)	3 inch
Bonito flakes, dried (Katsuobushi)	3/4 cup
Miso, red (aka)	1/2 cup
Tofu, small diced	8 wt. oz.
Scallion (Green onion), thinly sliced on bias	1/4 bu.

Method

1. Soak the wakame in warm water until soft and cut roughly.
2. For the soup base (*dashi*), put the cold water in a soup pot, then add the kombu. Place over high heat. Just before it begins to boil, remove the kombu.
3. Add the katsuobushi and turn off the heat. Allow it to steep for 2 minutes. Strain and reserve.
4. To prepare the soup, place the dashi in a stockpot or wok.
5. Add the miso by pushing it through a strainer into the stockpot. (Use dashi to moisten the miso.)
6. Bring to a simmer. Do not allow the soup to boil.
7. Add the tofu and simmer for another minute. Add the wakame seaweed and green onions. Serve hot.

Note: Red (*aka*) miso is traditionally used in summer, while white (*shiro*) miso is used for winter months.

Source: The Cuisines of Asia, Robert and Esther Danhi

BEEF BROTH

Yield: 1 quart

Ingredients	Amounts
Beef, shank, chuck, or bottom round	2 ½ lb.
Water, cold	1 ¼ qt.
Salt, kosher	to taste
 <i>Mirepoix</i>	
Onion, yellow, chopped	2 wt. oz.
Carrot, chopped	1 wt. oz.
Celery, chopped	1 wt. oz.
 <i>Sachet d'épices</i>	
Parsley, stem	1 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, dried	¼ tsp.
Garlic, clove	1 ea.
 Pepper, black, ground	 to taste

Method

1. Combine the beef, water, and salt in a stockpot and bring to a simmer. Skim the surface and simmer gently for 2 hours.
2. Add the mirepoix ingredients and continue simmering for 30 minutes, skimming as needed.
3. Add the sachet and pepper and simmer for 30 minutes more.
4. Remove the mirepoix, sachet, and beef from the broth, reserving the meat for garnish. Strain and degrease the broth. Adjust seasoning with salt and pepper to taste.
5. The broth is ready to be used now or can be cooled rapidly and stored for later service.

CHICKEN CONSOMMÉ

Yield: 2 quarts

Ingredients	Amounts
Clarification	
Onion, yellow, minced	4 wt. oz.
Carrot, minced	2 wt. oz.
Celery, minced	2 wt. oz.
Chicken, lean ground	1 ½ lb.
Egg, whites, beaten to a froth	6 ea.
Tomato, chopped	3 wt. oz.
Stock, chicken	3 qt.
Salt, kosher	to taste
Sachet d'épices	
Parsley, stem	2 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.

Method

1. Blend the ingredients for the clarification and add the stock. Stir thoroughly to combine.
2. Place in a pot and bring the mixture to a slow simmer, stirring frequently, until the raft forms. Add some of the salt. Stop stirring when the raft begins to form (120°F). Simmer slowly for 1 to 1 ½ hours, or until the desired flavor and clarity are achieved. Baste the raft occasionally. Adjust the seasoning as needed.
3. Strain the consommé through a paper filter or rinsed doubled cheesecloth. The consommé is ready to finish now, or it may be properly cooled and stored for later service. Degrease hot consommé by skimming or degrease cold consommé by lifting the hardened fat from the surface.
4. To finish the consommé for service, return it to a simmer, place a portion in a heated consommé cup, garnish, and serve at once.

PETITE MARMITE

Yield: 2 quarts

Ingredients	Amounts
Chicken, whole, about 3 lb.	1 ea.
Beef, shank	3 lb.
Stock, chicken, cold	3 qt.
Celery, stalk, diced	2 ea.
Leek, white and green, diced	2 ea.
Onion, yellow, diced	1 ea.
Carrot, diced	1 ea.
Turnip, white, diced	1 ea.
Cabbage, green, head, shredded	¼ ea.
Sachet d'épices	
Parsley, stem	2 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, dried	¼ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, fresh chopped	½ wt. oz.
Croutons (Optional)	8 wt. oz.

Method

1. Remove the neck and giblets from the chicken cavity. Rinse the cavity with cold water.
2. Place the chicken and beef in a large stockpot and cover with cold chicken stock. Bring to a simmer over low heat. Simmer until the chicken and beef are fork-tender, about 2 hours, skimming the surface as necessary.
3. Remove the beef and chicken and set aside to cool. Strain broth through a chinois or cheesecloth-lined colander. Return broth to the stockpot.
4. Add the celery, leek, onion, carrot, turnip, cabbage, and sachet to the broth. Bring to a simmer and cook until vegetables are tender, about 15 to 20 minutes. Remove the sachet and discard.
5. When the beef and chicken have cooled, remove any gristle from the beef and dice the meat. Remove the skin and bones from the chicken and dice the meat. Return the diced beef and chicken to the broth. Simmer for 5 minutes to heat through.
6. Season the soup with salt and pepper to taste.
7. Serve in heated bowls and garnish with parsley and croutons, if desired.

Note: Some people do not consider Petite Marmite to be authentic unless it contains diced marrow. To add marrow, first soak 1 lb. marrow bones in cold water for several hours; rinse well. Place bones in a pot, cover with cold water, and bring to a simmer. Cook until marrow can easily be removed from bones with a spoon, 45 minutes to 1 hour. Dice marrow and add to the broth when you add the diced beef and chicken.

MINISTRONE GENOVESE

Yield: 2 quarts

Ingredients	Amounts
Salt pork	1 wt. oz.
Oil, olive, extra-virgin	1 fl. oz.
Onion, yellow, paysanne cut	8 wt. oz.
Celery, paysanne cut	4 wt. oz.
Carrot, paysanne cut	4 wt. oz.
Pepper, bell, green, paysanne cut	4 wt. oz.
Cabbage, green, paysanne cut	4 wt. oz.
Garlic, minced	¼ wt. oz.
Tomato concassé	8 wt. oz.
Stock, chicken	2 qt.
Salt, kosher	to taste
Pepper, black, ground	to taste
Chickpeas, cooked	2 wt. oz.
Peas, black-eyed, cooked	3 wt. oz.
Ditalini, cooked	3 wt. oz.
Cheese, Parmesan, grated	2 ½ wt. oz.
Pesto (Recipe follows)	8 wt. oz.

Method

1. Cook the salt pork in the oil over medium heat to render the fat. Do not brown.
2. Add the onions, celery, carrots, peppers, cabbage, and garlic and sweat until the onions are translucent.
3. Add the tomato concassé and stock and season with salt and pepper to taste. Simmer until the vegetables are tender, about 25 to 30 minutes. Do not overcook.
4. Add the chickpeas, black-eyed peas, and ditalini. Simmer the soup for an additional 10 to 12 minutes. The soup is ready to finish now, or it may be rapidly cooled and stored for later service.
5. For service, return the soup to a simmer. Adjust seasoning with salt and pepper.
6. Garnish individual portions with the parmesan and pesto.

PESTO

Yield: 8 ounces

Ingredients	Amounts
Basil, leaves	2 wt. oz.
Pine nuts, toasted	3 Tbsp.
Garlic, paste	1/4 wt. oz.
Salt, kosher	1/4 Tbsp.
Oil, olive, extra-virgin	4 fl. oz.
Cheese, Parmesan, grated	2 wt. oz.
Salt, kosher	to taste

Method

1. Rinse the basil well, dry thoroughly, and chop coarsely.
2. Transfer the basil to a food processor or mortar and pestle. Grind together the basil, pine nuts, garlic, and salt.
3. Gradually add the olive oil until it forms a thick paste with a sauce-like consistency. (You may not need all the oil.)
4. Just before serving, stir in the Parmesan cheese. Adjust the seasoning with salt to taste.

TORTILLA SOUP

Yield: 2 quarts

Ingredients	Amounts
Tortilla, corn, 6-in.	8 ea.
Oil, vegetable	4 tsp.
Onion, yellow, puréed	12 fl. oz.
Garlic, clove, minced	2 ea.
Tomato purée	12 fl. oz.
Cilantro, leaves, fresh	2 Tbsp.
Chili powder, mild	1 Tbsp.
Cumin, ground	2 tsp.
Broth, chicken	3 qt.
Bay leaf, dried	2 ea.
Chicken, breast, cooked, shredded	8 wt. oz.
Cheese, Cheddar, grated	4 wt. oz.
Avocado, diced	6 wt. oz.

Method

1. Cut the tortillas into matchsticks. Toast the strips by sautéing them in a dry skillet over medium heat, tossing frequently, for about 7 to 8 minutes. Reserve about half of the strips for a garnish. Crush the remainder in a food processor.
2. Heat the oil in a soup pot over medium heat. Add the onion and garlic and sauté until golden brown, about 5 to 7 minutes.
3. Add the tomato purée and continue to cook for another 3 minutes. Add the cilantro, chili powder, and cumin, and cook for another 2 minutes.
4. Add the broth, crushed tortillas, and the bay leaves. Stir well. Simmer for about 25 minutes.
5. Serve the soup in heated bowls, garnished with the shredded chicken, cheddar cheese, reserved tortilla strips, and diced avocado.

LAMB BROTH

Yield: 1 quarts

Ingredients	Amounts
Lamb, shank, leg or shoulder	2 ½ lb.
Water, cold	1 ¼ qt.
Salt, kosher	to taste
Mirepoix	
Onion, yellow, chopped	2 wt. oz.
Carrot, chopped	1 wt. oz.
Celery, chopped	1 wt. oz.
Sachet d'épices	
Parsley, stem	1 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, dried	¼ tsp.
Garlic, clove	1 ea.
Pepper, black, ground	to taste

Method

1. Combine the lamb, water, and salt in a stockpot and bring to a simmer. Skim the surface and simmer gently for 2 to 3 hours.
2. Add the mirepoix ingredients and continue simmering for 30 minutes, skimming as needed.
3. Add the sachet and pepper and simmer for 30 minutes more.
4. Remove the mirepoix, sachet, and lamb from the broth, reserving the meat for garnish. Strain and degrease the broth. Adjust seasoning with salt and pepper to taste.
5. The broth is ready to be used now or may be cooled rapidly and stored for later service.

BEEF CONSOMMÉ

Yield: 2 quarts

Ingredients	Amounts
Clarification	
Onion, yellow, minced	4 wt. oz.
Carrot, minced	2 wt. oz.
Celery, minced	2 wt. oz.
Beef, lean, ground	1 ½ lb.
Egg, white, beaten to a froth	6 ea.
Tomato, chopped	3 wt. oz.
Stock, white beef	3 qt.
Salt, kosher	to taste
Sachet d'épices	
Allspice berry	1 ea.
Clove	1 ea.
Parsley, stem	2 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, dried	¼ tsp.
Oignon brûlé (Optional)	1 ea.

Method

1. Blend the ingredients for the clarification and add the stock. Stir thoroughly to combine.
2. Place in a pot and bring the mixture to a slow simmer, stirring frequently, until the raft forms. Add some of the salt. Add the sachet and oignon brûlé (if using). Stop stirring when the raft begins to form (120°F). Simmer slowly for 1 to 1 ½ hours, or until the desired flavor and clarity are achieved. Baste the raft occasionally. Adjust the seasoning as needed.
3. Strain the consommé through a paper filter or rinsed doubled cheesecloth. It is ready to finish now, or it may be properly cooled and stored for later service.
4. Degrease hot consommé by skimming or degrease cold consommé by lifting the hardened fat from the surface.
5. To finish the consommé for service, return it to a simmer, place a portion in a heated consommé cup, garnish, and serve at once.

MINNESOTA WILD RICE SOUP

Yield: 2 quarts

Ingredients	Amounts
Carrot, fine diced	3 ea.
Leek, white and light green parts, finely diced	6 wt. oz.
Celery, finely diced	2 wt. oz.
Butter, unsalted	1 wt. oz.
Flour, all-purpose	½ wt. oz.
Stock, chicken	2 qt.
Rice, wild	4 ½ wt. oz.
Salt, kosher	to taste
Heavy cream, hot	8 fl. oz.
Sherry, dry	1 ½ fl. oz.
Chive, minced	1 wt. oz.
Parsley, flat-leaf, fresh, chopped	½ wt. oz.

Method

1. Sweat the carrots, leeks, and celery with the butter in a soup pot until softened, about 5 minutes.
2. Add the flour and cook, stirring constantly, over low heat for about 3 minutes.
3. Gradually add the stock, whisking well to eliminate any flour lumps. Bring to a simmer.
4. Add the wild rice and salt. Continue to simmer until the rice is tender, about 45 minutes.
5. Stir in the heated cream and sherry.
6. Season to taste with salt. Serve garnished with the chives and parsley.

EGG DROP SOUP

Yield: 2 quarts

Ingredients	Amounts
Oil, vegetable	1 Tbsp.
Scallion (Green onion), green part only, thinly sliced	$\frac{2}{3}$ wt. oz.
Ginger, minced	1 $\frac{1}{2}$ tsp.
Stock, chicken	2 qt.
Salt, kosher	to taste
Pepper, white, ground	to taste
Cornstarch	1 $\frac{1}{4}$ wt. oz.
Egg, beaten	2 ea.

Method

1. Heat the oil in a pot over medium-high heat. Add 1 tablespoon of the green onions along with the ginger. Sauté until softened, about 1 minute.
2. Add the stock and bring to a boil. Season with the salt and pepper to taste.
3. Stir the cornstarch with about 2 tablespoons of water to form a slurry. Add about half of the slurry to the soup, stirring constantly. Continue to stir the soup until it returns to a simmer and thickens.
4. Continue to add small amounts of the slurry, allowing the soup to return to a simmer between each addition until the proper consistency is reached.
5. While slowly stirring, pour the beaten eggs into the soup, breaking the eggs into pieces as they coagulate.
6. Serve the soup garnished with the remaining green onions.

BORSCHT

Yield: 2 quarts

Ingredients	Amounts
Beet	2 ea.
Bacon, minced	2 wt. oz.
Onion, yellow, finely diced	2 ea.
Celery, stalk, cut into fine julienne	2 ea.
Parsnip, fine julienned	1 ea.
Carrot, cut into fine julienne	1 ea.
Leek, white and light green parts, Cut into fine julienne	1 ea.
Cabbage, savoy, head, shredded	½ ea.
Stock, vegetable	2 qt.
 <i>Sachet d'épices</i>	
Marjoram, dried	1 tsp.
Parsley, stem, fresh	5 ea.
Garlic, clove, peeled	2 ea.
Bay leaf, dried	1 ea.
Vinegar, red wine	to taste
Salt, kosher	to taste
Pepper, black, ground	to taste
Sour cream	4 fl. oz.
Dill, minced	½ wt. oz.

Method

1. Simmer the beets in enough boiling water to cover until partially cooked, 10 to 15 minutes. When cool enough to handle, peel and reserve.
2. Cook the bacon in a soup pot over medium heat until crisp, 6 to 8 minutes.
3. Add the onions, celery, parsnip, carrot, leek, and cabbage. Cover and cook over low heat, stirring occasionally, until the vegetables are translucent, about 15 minutes.
4. Add the stock and sachet. Bring to a simmer and cook for about 10 minutes.
5. Grate the parboiled beets directly into the soup and continue to simmer until all the vegetables are tender, about 10 minutes.
6. Remove the sachet and discard. Season with vinegar, salt, and pepper to taste. Serve soup garnished with sour cream and dill.

DAY THREE

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Classical Demi-Glace
Cream of Tomato Soup
Corn Chowder
Purée Split Pea
Lobster Bisque
Wisconsin Cheddar Cheese and Beer Soup

TEAM TWO

Modern Demi-Glace
Cream of Broccoli Soup
Pacific Seafood Chowder
Senate Bean Soup
Carrot Bisque
Shrimp and Andouille Gumbo

TEAM THREE

Classical Demi-Glace
Cream of Mushroom Soup
New England Clam Chowder
Purée of Black Bean Soup
Smoked Tomato Bisque
Vichyssoise

CLASSICAL DEMI-GLACE

Yield: 1 quart

Ingredients	Amounts
Stock, brown veal	1 qt.
Espagnole Sauce	1 qt.

Method

1. Combine the stock and the Espagnole in a heavy-gauge pot and simmer over low to moderate heat until reduced by half. Skim the sauce frequently as it simmers.
2. Strain the sauce. The sauce is ready to serve now, or it may be cooled and stored for later service.

CREAM OF TOMATO SOUP

Yield: 2 quarts

Ingredients	Amounts
Bacon, small diced (Optional)	1 wt. oz.
Butter, unsalted	1 ½ wt. oz.
Carrot, small diced	4 wt. oz.
Celery, small diced	2 wt. oz.
Onion, yellow, small diced	2 wt. oz.
Garlic, clove, minced	1 ea.
Flour, all-purpose	2 wt. oz.
Stock, chicken	1 qt.
Tomato, fresh or canned, chopped	1 lb.
Tomato purée	12 fl. oz.
Salt, kosher	to taste
Pepper, white, ground	to taste
 Sachet d'épices	
Parsley, stem	2 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, dried	¼ tsp.
Garlic, clove, crushed	1 ea.
Clove	1 ea.
 Heavy cream, hot	 8 fl. oz.
Croutons	8 wt. oz.

Method

1. Render the bacon, if using, in the butter over medium heat in a soup pot. Do not brown.
2. Add the carrots, celery, onions, and garlic and sweat until vegetables are tender, 8 to 10 minutes.
3. Add the flour and mix well. Cook out to make a blond roux, about 12 minutes.
4. Add the stock and blend well. Add the chopped tomatoes, tomato purée, salt, and pepper and simmer for about 25 minutes.
5. Add the sachet and simmer for an additional 25 minutes.
6. Remove the sachet. Strain the solids out of the soup and purée them until they are completely smooth. Return the purée to the liquid and simmer slowly over medium-low heat for 8 to 10 minutes. Strain the soup through a fine-mesh sieve or cheesecloth. The soup is ready to finish now, or it may be rapidly cooled and refrigerated for later service.
7. For service, return the soup base to a simmer. Add the cream and adjust the seasoning with salt and pepper to taste. Garnish individual portions with croutons.

CORN CHOWDER

Yield: 2 quarts

Ingredients	Amounts
Salt pork	2 wt. oz.
Butter, unsalted	1 wt. oz.
Onion, yellow, small diced	3 wt. oz.
Celery, small diced	3 wt. oz.
Pepper, bell, green, small diced	2 wt. oz.
Pepper, bell, red, small diced	2 wt. oz.
Flour, all-purpose	1 $\frac{2}{3}$ wt. oz.
Stock, chicken	1 qt.
Corn, kernels, fresh or frozen	1 lb.
Potato, chef's, peeled, small diced	1 lb.
Bay leaf, dried	1 ea.
Heavy cream, hot	4 fl. oz.
Milk, hot	4 fl. oz.
Salt, kosher	as needed
Pepper, white, ground	as needed
Tabasco sauce	1 tsp.
Worcestershire sauce	1 tsp.

Method

1. In a saucepot, render the salt pork and melt the butter together over medium heat until the salt pork is lightly crisp, about 6 minutes.
2. Add the onions, celery, and peppers and sweat until softened, about 5 minutes.
3. Add the flour and cook to form a white roux, about 3 minutes.
4. Add the stock to the pot gradually, whisking to break up any roux lumps. Bring the soup to a simmer and cook, stirring occasionally, until the soup thickens, about 30 to 40 minutes.
5. Purée half of the corn and add it to the soup with the potatoes. Add the remaining whole corn and the bay leaf and simmer, covered, until the corn and potatoes are tender, about 15 minutes.
6. Add the cream and milk to the soup and bring to a simmer for about 10 minutes. Remove and discard the bay leaf.
7. Season the soup with salt, pepper, Tabasco, and Worcestershire sauce to taste. Serve in heated bowls or cups.

PURÉE OF SPLIT PEA SOUP

Yield: 2 quarts

Ingredients	Amounts
Bacon, minced	1 wt. oz.
Oil, vegetable	1 fl. oz.
Onion, yellow, small diced	4 wt. oz.
Celery, small diced	2 wt. oz.
Carrot, small diced	2 wt. oz.
Garlic, minced	1 tsp.
Stock, chicken	2 qt.
Potato, chef's, peeled, large diced	8 wt. oz.
Peas, split, green	1 lb.
Ham hock	1/2 ea.
Bay leaf, dried	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Croutons	8 wt. oz.

Method

1. Render the bacon in the oil over medium heat. Remove the bits of bacon and reserve for garnish.
2. Sauté the onion, celery, and carrot until the onions become transparent, 10 to 12 minutes.
3. Add the garlic and sauté for another minute. Do not brown the garlic.
4. Add the stock, potatoes, split peas, ham hock, and bay leaf and bring to a simmer. Simmer the soup until the peas are tender, about 45 minutes. Remove the bay leaf and the ham hock and dice and reserve the lean meat, if desired.
5. Purée the soup using a food mill, blender, or food processor until it is smooth.
6. Return the ham hock meat if desired. Taste and season with salt and pepper. The soup is ready to finish now, or it may be rapidly cooled and refrigerated for later service.
7. To finish the soup for service, return it to a boil. Serve hot garnished with croutons.

LOBSTER BISQUE

Yield: 2 quarts

Ingredients	Amounts
Oil, olive	1 ½ fl. oz.
Onion, yellow, small diced	8 wt. oz.
Carrot, small diced	8 wt. oz.
Celery, small diced	8 wt. oz.
Leek, thinly sliced	4 wt. oz.
Fennel, small diced	18 wt. oz.
Garlic, clove, crushed	3 ea.
Lobster, shells, cleaned, crushed, roasted	3 ¼ lb.
Tomato paste	2 wt. oz.
Brandy	1 ½ fl. oz.
Wine, white, dry	6 fl. oz.
Stock, fish	48 fl. oz.
Water	24 fl. oz.
Rice, Arborio	2 wt. oz.
Roux, blond	2 ½ wt. oz.
Heavy cream, hot	12 fl. oz.
Salt, kosher	to taste
Chile, cayenne, ground	to taste
Lemon, juice	1 Tbsp.
Tarragon, leaves, fresh, chopped	1 wt. oz.

Method

1. In a large soup pot or rondeau, heat the oil over medium heat. Add the onions and sweat for 5 minutes.
2. Add the carrots, celery, leeks, fennel, and garlic and sweat for an additional 5 minutes.
3. Add the lobster shells and sweat for 10 minutes, until the shells are very fragrant, and the liquid is released.
4. Add the tomato paste and cook until it turns a rusty color. Add the brandy and flambé.
5. Add the wine and reduce it by half, about 5 minutes. Add the stock and water and bring to a boil. Add the rice and cook, covered, for 45 minutes.
6. When the rice is very soft, strain the solids out of the soup. Purée the solids in a blender or food processor. Combine the strained soup with the purée and return to a simmer for 10 minutes.
7. Strain the soup through a fine-mesh strainer, return it to a clean pot, and bring it to a simmer. Add the roux and cook 10 minutes more, until the soup thickens, stirring out any lumps.

8. Add the cream, and season with salt, cayenne, and lemon juice. Pass it through a strainer again, if necessary. The soup is ready to finish now, or it may be rapidly cooled and refrigerated for later service.
9. To finish the soup for service, return it to a simmer. Add the tarragon and serve in heated bowls or cups.

WISCONSIN CHEDDAR CHEESE AND BEER SOUP

Yield: 2 quarts

Ingredients	Amounts
Butter, unsalted	4 wt. oz.
Onion, yellow, medium diced	4 ½ wt. oz.
Mushrooms, white, sliced ½-in. thick	1 ¼ wt. oz.
Celery, medium diced	2 wt. oz.
Garlic, minced	1 ½ Tbsp.
Flour, all-purpose	3 wt. oz.
Paprika	1 Tbsp.
Stock, chicken	48 fl. oz.
Beer	8 fl. oz.
Cheese, Cheddar, White Vermont sharp, grated	1 lb.
Mustard, Dijon	1 ½ Tbsp.
Heavy cream, hot	4 fl. oz.
Tabasco sauce	to taste
Worcestershire sauce	to taste
Salt, kosher	to taste
Pepper, black, ground	to taste
Croutons, rye (Optional)	8 wt. oz.

Method

1. In a soup pot, melt the butter over medium-low heat. Add the onions, mushrooms, celery, and garlic and cook until soft and translucent; do not allow the vegetables to brown.
2. Add the flour and paprika; stirring constantly, cook until the paste-like mixture is lightly golden, about 10 minutes.
3. Add the stock gradually, whisking constantly to work out any lumps. Once all the stock is incorporated, simmer for 45 minutes, stirring occasionally, until the soup has a good flavor and velvety texture. Strain through a fine-mesh sieve.
4. Return the soup to a simmer. Thirty minutes before serving, add the beer and cheese and continue to heat the soup gently until the cheese melts. **Do not boil.**
5. Blend the mustard and hot cream into the soup and bring to a simmer. Adjust the consistency with stock, if necessary.
6. Season the soup to taste with Tabasco, Worcestershire, salt, and pepper. Serve garnished with the croutons.

MODERN DEMI-GLACE

Yield: 1 quart

Ingredients	Amounts
Oil, vegetable	as needed
Veal, bones	4 lb.
Veal, trim	8 wt. oz.
Mirepoix (keep separate)	
Onion, yellow, large diced	4 wt. oz.
Celery, large diced	2 wt. oz.
Carrot, large diced	2 wt. oz.
Tomato purée	3 fl. oz.
Stock, brown veal	1 gal.
Bacon, slab, slashed to skin	4 wt. oz.
Oignon brûlé	1 ea.
Mushroom, porcini, dried	¼ wt. oz.
Sachet d'épices	
Parsley, stem	2 ea.
Bay leaf, dried	2 ea.
Garlic, clove, crushed	6 ea.
Thyme, dried	½ tsp.
Peppercorns, black, cracked	½ tsp.
Clove	2 ea.
Allspice, berry	2 ea.
Cornstarch	as needed
Water	as needed

Method

1. Preheat the oven to 400°F. Dry heat a large roasting pan in the oven for 5 minutes.
2. Add enough oil to just barely coat the bottom of the hot roasting pan. Allow to heat until nearly smoking.
3. Add the veal bones and trim. Cook until browned on all sides, turning frequently. Remove and reserve. Degrease pan and deglaze with water. Reserve liquid.
4. Heat a stock pot until hot; add oil and caramelize the mirepoix, beginning with carrots. After carrots brown slightly, add the onions and celery. Allow it to brown well without burning.

5. Add the tomato purée or paste and brown slowly to make the pinçage, adding more oil if necessary (tomato should almost “fry” in the fat). Stir frequently.
6. Add the brown veal stock and browned bones.
7. Bring to a simmer slowly and skim scum as it develops. After scum is removed, simmer gently for another 2 hours.
8. Add the bacon, oignon brûlé, porcinis, sachet d’épices, and deglazed liquid. Allow to simmer 1 ½ hours more, or until full flavor develops.
9. Strain and evaluate for flavor and color balance. Reduce further if needed.
10. In a small mixing bowl, mix equal parts cornstarch and water to make a slurry. Use the slurry to adjust the consistency as needed.

Note: Cèpes mushrooms can be substituted for the porcini mushrooms.

CREAM OF BROCCOLI SOUP

Yield: 2 quarts

Ingredients	Amounts
Broccoli	2 lb.
Butter, clarified	1 fl. oz.
Onion, yellow, small diced	4 wt. oz.
Celery, small diced	2 wt. oz.
Leek, small diced	2 wt. oz.
Flour, all-purpose	2 ½ wt. oz.
Stock, chicken, hot	2 qt.
Sachet d'épices	
Parsley, stem	2 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, dried	¼ tsp.
Heavy cream	8 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Remove the broccoli stems, reserving 6 ounces of florets. Peel and dice the stems.
2. Heat the butter in a soup pot over medium heat and sweat the onions, celery, and leeks for 6 to 8 minutes. Add the broccoli stems and sweat until slightly tender.
3. Add the flour and stir well to combine. Continue to cook, stirring frequently, until a blond roux forms, about 12 minutes.
4. Add the stock to the pot gradually, whisking or stirring to work out any lumps. Bring the soup to a full boil, then reduce the heat and simmer until the soup is smooth and thickened, about 30 minutes. Add the sachet and simmer for another 25 minutes. Stir frequently and skim as needed.
5. Cut the florets into bite-size pieces, keeping their shape, and blanch in boiling, salted water until tender. Shock the florets in an ice bath and reserve for service.
6. Remove the sachet. Strain the solids from the soup and purée them until smooth. Add the strained soup back to the purée. Strain again using a fine-mesh sieve or cheesecloth. The soup is ready to finish now.
7. Return the soup to a simmer. Add cream as necessary to achieve the correct flavor and consistency and adjust seasoning with salt and pepper to taste.
8. Heat the broccoli florets in simmering stock. Garnish individual portions or the entire batch.

PACIFIC SEAFOOD CHOWDER

Yield: 2 quarts

Ingredients	Amounts
Wine, white, dry	6 fl. oz.
Sachet d'épices	
Garlic, clove, crushed	1 ½ ea.
Ginger, peeled	½ wt. oz.
Lemongrass, stalks, cut into 1-in. pieces	2 ½ ea.
Lime, makrut, leaf	6 ea.
Clam, juice	32 fl. oz.
Coconut, milk	24 fl. oz.
Heavy cream, hot	4 fl. oz.
Red curry paste	1 wt. oz.
Cornstarch	½ wt. oz.
Fish, snapper, fillet, skinned, medium diced	8 wt. oz.
Shrimp, peeled, deveined, medium diced	8 wt. oz.
Lemon, juiced	1 ½ ea.
Salt, kosher	to taste
Basil, fresh, chiffonade	½ wt. oz.

Method

1. In a large non-reactive pot, combine the wine and the sachet and bring to a boil. Simmer for 10 minutes. Add the clam juice, coconut milk, and cream; return to a simmer and mix in the curry paste.
2. Mix the cornstarch with some water to achieve the consistency of heavy cream, then add this to the soup. Add enough slurry to produce a light body. Cook for 5 minutes until the soup thickens.
3. Remove the sachet. The soup is ready to finish now, or it may be rapidly cooled and refrigerated for later service.
4. To finish the soup for service, bring it to a boil. Add the snapper and the shrimp and cook until the seafood is cooked through, 5 to 7 minutes.
5. Season the soup with lemon juice and salt to taste. Garnish with the basil and serve in heated bowls or cups.

SENATE BEAN SOUP

Yield: 2 quarts

Ingredients	Amounts
Beans, navy, dried	$\frac{3}{4}$ lb.
Stock, chicken	2 qt.
Ham hock, smoked	1 ea.
Oil, vegetable	1 fl. oz.
Onion, yellow, small diced	3 wt. oz.
Carrot, small diced	3 wt. oz.
Celery, small diced	3 wt. oz.
Garlic, minced	$\frac{1}{2}$ wt. oz.
Oignon pique (Optional)	1 ea.
<i>Sachet d'épices</i>	
Parsley, stem	2 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	$\frac{1}{4}$ tsp.
Thyme, dried	$\frac{1}{4}$ tsp.
Garlic, clove	1 ea.
Potato, chef's, large diced	$\frac{1}{2}$ lb.
Tabasco sauce	$\frac{1}{2}$ tsp.
Salt, kosher	1 $\frac{1}{2}$ tsp.
Pepper, white, ground	$\frac{1}{2}$ tsp.
Croutons	8 wt. oz.

Method

1. Soak the beans overnight in enough cold water to cover. Drain and rinse the beans.
2. Combine the beans, stock, and ham hock in a stockpot. Simmer, skimming and stirring occasionally, for 2 hours.
3. Strain, reserving the broth and beans. Remove the ham hock, dice the meat, and reserve.
4. Heat the oil in the same stockpot. Add the onions, carrots, and celery and sweat until the onions are translucent, 4 to 5 minutes. Add the garlic and sauté until aromatic.
5. Add the beans, broth, oignon pique, sachet, and potatoes and simmer until the beans and potatoes are tender, about 1 to 1 $\frac{1}{2}$ hours.
6. Remove and discard the oignon pique and sachet.
7. Purée half of the soup. Recombine the purée and reserved ham with the remaining soup. Adjust the consistency with additional broth if necessary.
8. Return the soup to a simmer and adjust the seasoning with Tabasco, salt, and pepper to taste. Garnish individual portions at service time with croutons.

CARROT BISQUE

Yield: 2 quarts

Ingredients	Amounts
Butter, unsalted	1 wt. oz.
Onion, yellow, minced	1 ½ wt. oz.
Shallot, minced	1 wt. oz.
Ginger, minced	1 ½ tsp.
Garlic, clove, minced	1 ea.
Carrot, thinly sliced	1 ¾ lb.
Stock, vegetable	40 fl. oz.
Wine, white	1 fl. oz.
Cardamom, ground	½ tsp.
Orange, juice	16 fl. oz.
Heavy cream, cold	4 fl. oz.
Carrot, juice	16 fl. oz.
Salt, kosher	to taste

Method

1. Melt the butter in a soup pot. Add the onion, shallots, ginger, and garlic and sauté until the onion is translucent, 4 to 6 minutes.
2. Add the carrots, stock, wine, cardamom, and orange juice. Bring to a simmer and cook until the carrots are tender, about 30 minutes.
3. Purée the soup in a food processor or blender until smooth. Cover and chill thoroughly.
4. Just before serving, stir in the cream.
5. Thin the soup with just enough carrot juice to create a barely thick consistency. (You may not need all the juice.) Season with salt to taste.
6. Serve in chilled bowls.

Note: light cream can be substituted for the heavy cream.

SHRIMP AND ANDOUILLE GUMBO

Yield: 2 quarts

Ingredients	Amounts
Oil, vegetable	2 fl. oz.
Flour, all-purpose	1 ¼ wt. oz.
Stock, chicken	2 qt.
bay, leaf, dried	2 ea.
Shrimp, peeled, deveined, diced	8 wt. oz.
Sausage, andouille, diced	2 wt. oz.
Okra, trimmed, sliced ¼-inch thick	8 wt. oz.
Salt, kosher	to taste
Chile, cayenne, ground	to taste
Pepper, black, ground	to taste
Tabasco sauce	to taste
Filé powder (Optional)	2 tsp.
Rice, white, boiled	4 cups

Method

1. Heat the oil in a soup pot over high heat. Reduce heat to medium-low, add the flour, and cook, stirring frequently, until the flour turns dark brown and has an intensely nutty aroma, 10 to 15 minutes.
2. Add the stock gradually, whisking well to work out any lumps. Simmer for 15 to 20 minutes, stirring frequently.
3. Add the bay leaves, diced shrimp, sausage, and okra to the soup and cook until the okra is tender, about 15 minutes.
4. Remove and discard the bay leaves. Season to taste with the salt, cayenne, black pepper, and Tabasco.
5. Remove the soup from the heat. Add the filé powder (if using).
6. Serve in heated bowls, ladled over rice.

CLASSICAL DEMI-GLACE

Yield: 1 quart

Ingredients	Amounts
Stock, brown veal	1 qt.
Espagnole sauce	1 qt.

Method

1. Combine the stock and the Espagnole in a heavy-gauge pot and simmer over low to moderate heat until reduced by half. Skim the sauce frequently as it simmers.
2. Strain the sauce. The sauce is ready to serve now, or it may be cooled and stored for later service.

CREAM OF MUSHROOM SOUP

Yield: 2 quarts

Ingredients	Amounts
Butter, unsalted	3 wt. oz.
Mushrooms, sliced	2 lb.
Onion, yellow, finely diced	4 wt. oz.
Celery, finely diced	3 wt. oz.
Flour, all-purpose	5 wt. oz.
Stock, vegetable	2 ½ qt.
<i>Sachet d'épices</i>	
Clove	2 ea.
Parsley, stem	2 ea.
Peppercorns, black	2 ea.
Bay leaf, dried	1 ea.
Heavy cream	1 pt.
Salt, kosher	½ tsp.
Pepper, white, ground	¼ tsp.
Mushrooms, sliced, sautéed	3 wt. oz.

Method

1. In a saucepot, heat the butter over medium-low heat. Cook the mushrooms, onions, and celery until the onions are translucent (do not brown).
2. Stir in the flour and continue to cook for a few minutes to form a blond roux.
3. Gradually add the stock, stirring constantly, until it is all incorporated. Add the sachet.
4. Simmer mixture until the vegetables are soft.
5. While the mixture simmers, in a separate small saucepan, reduce the cream by half over low heat. Set it aside.
6. Remove the sachet from the soup and discard. Purée the soup, then strain into a clean saucepot.
7. Add the reduced cream to the puréed soup and season with salt and pepper to taste.
8. Garnish soup with the sautéed mushrooms and serve.

NEW ENGLAND CLAM CHOWDER

Yield: 2 quarts

Ingredients	Amounts
Clam, chowder	36 ea.
Wine, white, dry	1 pt.
Water	1 pt.
Bacon, slice, minced	2 ea.
Onion, yellow, diced	1 ea.
Celery, diced	2 wt. oz.
Flour, all-purpose	2 Tbsp.
Potato, yellow, peeled, small diced	4 ea.
Heavy cream	1 ½ pt.
Sherry, dry	3 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Tabasco sauce	to taste
Worcestershire sauce	to taste
Oyster crackers	as needed

Method

1. Scrub the clams well under running water. Steam the clams in white wine and water until they open; reserve the juices. Cut the larger clams in half. Set it aside.
2. Cook the bacon slowly in a soup pot over medium heat until lightly crisp, about 7 minutes.
3. Add the onion and celery and cook, stirring occasionally, until the onion is translucent, 4 to 6 minutes.
4. Add the flour and cook over low heat, stirring with a wooden spoon, for 2 to 3 minutes. Whisk in 1 ½ pints of the reserved juices, bring to a simmer, and cook for 5 minutes, stirring occasionally. The liquid should be the consistency of heavy cream. If it is too thick, add additional juice to adjust the consistency.
5. Add the potatoes and simmer until tender, about 20 minutes.
6. When the potatoes are tender, add the clams and cream to the soup base. Simmer for 5 minutes.
7. Stir in the sherry. Season to taste with salt, pepper, Tabasco, and Worcestershire sauce. Serve in heated bowls with the crackers on the side.

PURÉE OF BLACK BEAN SOUP

Yield: 2 quarts

Ingredients	Amounts
Beans, black, dry	1 lb.
Oil, olive, extra-virgin	3 fl. oz.
Garlic, clove, minced	4 ea.
Leek, whites and greens, finely diced	8 wt. oz.
Onion, yellow, medium, finely diced	5 ½ wt. oz.
Stock, vegetable	2 qt.
 <i>Sachet d'épices</i>	
Cumin seeds	1 tsp.
Ginger, 1-in. slice	1 ea.
Chile, hot, dried	1 ea.
Parsley, stem	5 ea.
Lemon, zest, grated	1 ea.
Lemon, juiced	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Sour cream	8 fl. oz.
Tomato, diced	2 ¾ wt. oz.
Scallion (Green onion), green part only, sliced	⅔ wt. oz.

Method

1. Sort through the beans, discarding any stones or bad beans. Place the beans in a large pot and pour in enough water to cover by at least 3 inches. Bring to a boil, then remove from the heat. Cover and soak for 1 hour. Drain the beans, rinse in cold water, and set aside.
2. Heat the olive oil in a soup pot over medium heat. Add the garlic, leeks, and onions. Cover the pot and cook, stirring occasionally, until the vegetables are translucent, about 10 minutes.
3. Add the soaked beans, stock, and sachet. Bring to a simmer and cook, covered, until the beans are tender, 1 to 1 ½ hours. From time to time, stir down to the bottom of the pot with a wooden spoon, scraping the bottom of the pot, to prevent the beans from sticking.
4. Remove the sachet and discard. Strain the solids, reserving the liquid. Purée the solids, adding some of the reserved liquid as necessary to help the beans move. Return the

puréed solids to the pot, adjusting its consistency with the reserved cooking liquid. Bring back to a simmer. If the soup is too thick, add additional broth and stir well.

5. Just before serving, stir in the lemon juice and grated lemon zest, and season with salt and pepper to taste. Serve in heated bowls, garnished with sour cream, tomato, and green onions.

Note: Plain yogurt can be substituted for the sour cream.

SMOKED TOMATO BISQUE

Yield: 2 quarts

Ingredients	Amounts
Oil, vegetable	2 fl. oz.
Onion, yellow, diced	2 ea.
Celery, stalk, diced	2 ea.
Leek, whites and greens, diced	2 ea.
Broth, vegetable	1 qt.
Tomato, plum, peeled, seeded, chopped	1 qt.
Tomato purée	16 fl. oz.
Tomato, sun-dried, chopped	2 wt. oz.
Thyme, leaves, fresh, chopped	2 Tbsp.
Rice, white, long-grain	3 ¼ wt. oz.
Vinegar, balsamic	3 fl. oz.
Tomato, plum, smoked (See note), diced	3 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the oil in a soup pot over medium heat. Add the onions, celery, and leeks. Cook, stirring occasionally, until translucent, 4 to 6 minutes.
2. Add the broth, plum tomatoes, tomato purée, sun-dried tomatoes, and thyme leaves. Bring to a simmer and cook for 30 minutes.
3. Add the rice and continue to simmer for another 15 minutes. Purée the soup until it is very smooth. To give the soup an extremely fine texture, strain it through a fine sieve after puréeing (*Optional*).
4. Return the soup to the pot. Stir in the vinegar and smoked tomato and reheat to just below a simmer. Adjust seasoning with salt and pepper to taste. Serve in heated bowls.

Note:

To smoke the tomatoes indoors: Scatter a thin layer of wood chips in the bottom of a disposable aluminum pan. Place a rack over the chips (use balls of aluminum foil to elevate the rack above the chips if necessary). Cut the tomato in half lengthwise, remove the seeds, and place cut side down on the rack. Cover the pan tightly with another disposable pan or aluminum foil. Place the smoker assembly over high heat until you can smell smoke. Remove the pan from the heat but keep covered for an additional 3 to 4 minutes. Remove the skin and dice the tomato.
in and dice the tomato.

VICHYSOISE

Yield: 2 quarts

Ingredients	Amounts
Oil, vegetable	1 fl. oz.
Leek, whites only, finely chopped	6 ¼ wt. oz.
Onion, yellow, minced	½ ea.
Potato, chef's, small diced	1 ¼ lb.
Stock, chicken	28 fl. oz.
Sachet d'épices	
Clove	2 ea.
Parsley, stem	2 ea.
Peppercorns, black	2 ea.
Bay leaf, dried	1 ea.
Salt, kosher	to taste
Pepper, white, ground	to taste
Half and half	12 fl. oz.
Chive, snipped	½ bu.

Method

1. Heat the oil in a medium stockpot. Sweat the leeks and onion in the oil until tender and translucent, about 5 minutes.
2. Add the potatoes, stock, and sachet. Season with salt and pepper to taste. Increase the heat and bring the mixture to a full boil. Once at a boil, reduce the heat and simmer until the potatoes are tender, about 30 minutes.
3. Remove and discard the sachet. Purée the soup in batches using a blender or food mill.
4. Refrigerate until cold.
5. To finish the soup, add the half and half and chives to the soup and adjust seasonings to taste with salt and pepper. Serve in chilled bowls.

DAY FOUR

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Bordelaise Sauce
Béchamel Sauce
Chicken Velouté
Fresh Tomato Sauce
Mornay Sauce
Mushroom Sauce

TEAM TWO

Chasseur Sauce
Béchamel Sauce
Chicken Velouté
Tomato Sauce
Cream Sauce
Hungarian Sauce

TEAM THREE

Marchand de Vin Sauce
Béchamel Sauce
Fish Velouté
Tomato Coulis
Soubise Sauce
Bercy Sauce

Prepare Step 1 of Spicy Mango Chutney for Day Five

BORDELAISE SAUCE

Yield: 1 quart

Ingredients	Amounts
Shallot, minced	1 wt. oz.
Thyme, sprig, fresh	2 ea.
Bay leaf, dried	2 ea.
Peppercorns, black, cracked	½ tsp.
Wine, red	16 fl. oz.
Demi-glace or jus de veau lié	1 qt.
Lemon, juice	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted, sliced	4 wt. oz.
Marrow, poached, diced	4 wt. oz.

Method

1. Combine the shallots, thyme, bay leaf, peppercorns, and red wine in a sauce pot. Reduce by half over medium high heat to 4 ounces.
2. Add the demi-glace or jus de veau and continue to simmer until the sauce has developed a good flavor and consistency.
3. Strain the sauce through a fine sieve.
4. Return the sauce to a simmer, season with lemon juice, salt, and pepper to taste. Finish by swirling in the butter and folding in the marrow.

BÉCHAMEL SAUCE

Yield: 1 quart

Ingredients	Amounts
Butter, clarified	1 Tbsp.
Onion, yellow, minced	½ wt. oz.
Roux, white	4 wt. oz.
Milk, whole	40 fl. oz.
Salt, kosher	to taste
Pepper, white, ground	to taste
Nutmeg, freshly grated (Optional)	to taste

Method

1. In a saucepot, heat the butter and add the onions. Sauté over low to moderate heat, stirring frequently, until the onions are tender and translucent with no color, 6 to 8 minutes.
2. Add the roux to the onions and cook until the roux is very hot, about 2 minutes.
3. Add the milk to the pan gradually, whisking or stirring to work out any lumps. Simmer the sauce until it is smooth and thickened, about 30 minutes. Stir frequently and skim as necessary throughout cooking time.
4. Adjust the seasoning with salt, pepper, and nutmeg to taste.
5. Strain through a double thickness of rinsed cheesecloth.
6. The sauce is ready to use now, or it may be cooled and stored for later use.

CHICKEN VELOUTÉ

Yield: 1 quart

Ingredients	Amounts
Butter, clarified	1 ½ fl. oz.
White Mirepoix	
Onion, yellow, small diced	½ wt. oz.
Leek, small diced	½ wt. oz.
Celery, small diced	½ wt. oz.
Parsnip, small diced	½ wt. oz.
Flour, all-purpose	2 ½ wt. oz.
Stock, chicken	40 fl. oz.
Sachet d'épices	
Parsley, stem	1 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, dried	¼ tsp.
Garlic, clove	1 ea.
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. Heat the butter in a saucepan over medium heat. Add the white mirepoix and cook, stirring occasionally, until the onions are limp and have begun to release their juices into the pan, about 15 minutes. Do not allow to brown.
2. Add the flour and stir well to combine. Cook over low to medium heat, stirring frequently, until a pale or blond roux forms, about 12 minutes.
3. Add the stock to the pan gradually, stirring or whisking to work out any lumps. Bring to a simmer. (Use a heat diffuser, if desired, to avoid scorching.)
4. Add the sachet and continue to simmer, skimming as necessary, until a good flavor and consistency develop, and the starch of the flour has cooked away, 45 minutes to 1 hour.
5. Strain the sauce through a fine sieve. Strain a second time through a double thickness of rinsed cheesecloth, if desired, for the finest texture. The sauce can now be finished, or it may be cooled and stored for later use.
6. Return the sauce to a simmer. Taste and adjust seasonings with salt and pepper.

Note: To make a very rich sauce, simmer the stock with the addition of trim to fortify the flavor. Use 2 pounds chicken trim, wing tips, or backs per gallon batch.

FRESH TOMATO SAUCE

Yield: 1 quart

Ingredients	Amounts
Oil, olive, extra-virgin	1 fl. oz.
Onion, yellow, diced	2 wt. oz.
Garlic, clove, sliced thin	1/2 wt. oz.
Tomato, plum, rinsed, cored, chopped	3 lb.
Basil, leaves, torn	3/4 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

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

MORNAY SAUCE

Yield: 1 quart

Ingredients	Amounts
Béchamel sauce	1 qt.
Cheese, Gruyère, grated	4 wt. oz.
Cheese, Parmesan, grated	1 wt. oz.
Butter, unsalted	2 wt. oz.
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. In a saucepot, bring the béchamel sauce to a low simmer.
2. Add the Gruyère and Parmesan cheese and stir to melt. Remove the pan from the heat.
3. Finish the sauce by swirling in the butter and seasoning to taste with salt and pepper.

MUSHROOM SAUCE

Yield: 1 quart

Ingredients	Amounts
Chicken velouté	1 qt.
Egg, yolk	2 ea.
Heavy cream	6 fl. oz.
Lemon, juice	1 Tbsp.
Mushrooms, sliced	4 wt. oz.
Butter, unsalted	½ wt. oz.
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. Bring the velouté to a simmer.
2. In a stainless-steel bowl, whip the egg yolks with the cream to create a liaison.
3. Working off the heat, ladle approximately one-third of the hot velouté sauce into the liaison, while whisking, to temper the yolks.
4. Gradually add the tempered mixture back to the velouté sauce while whisking continuously.
5. Reheat the sauce. **Do not allow it to boil.**
6. Add 1 teaspoon of the lemon juice. Season with salt and white pepper to taste.
7. Strain through a cheesecloth lined strainer, and reserve warm.
8. Sauté the mushrooms in the butter until softened and cooked through. Add the remaining lemon juice.
9. Add the mushroom mixture to the sauce; adjust seasoning to taste with salt and white pepper, and gently heat. **Do not allow it to boil.** The sauce is now ready to serve.

CHASSEUR SAUCE

Yield: 1 quart

Ingredients	Amounts
Butter, clarified	1 Tbsp.
Oil, olive, pure	1 Tbsp.
Mushrooms, thickly sliced	5 wt. oz.
Shallot, minced	½ wt. oz.
Garlic, clove, minced	1 ea.
Tomato paste	½ wt. oz.
Wine, white	4 fl. oz.
Brandy	1 ½ fl. oz.
Demi-glacé	1 pt.
Tomato concassé	6 wt. oz.
Glacé de viande	½ fl. oz.
Parsley, flat-leaf, fresh, chopped	½ Tbsp.
Tarragon, fresh, chopped	½ Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted, cold	1 wt. oz.

Method

1. In a saucepot over medium-high heat, heat the butter and olive oil until almost smoking.
2. Add the mushrooms and sauté until they are golden brown.
3. Add shallots and garlic; sauté until aromatic. Add the tomato paste and cook until it turns a rusty color (*pincé*).
4. Add the wine and brandy and cook until the mixture has reduced by half.
5. Add the demi-glacé and tomato concassé. Reduce until the sauce is thick enough to coat the back of a spoon (*nappé*).
6. Stir in the glacé de viande, parsley, and tarragon. Adjust seasonings with salt and pepper to taste.
7. Remove the sauce from the heat and finish by swirling in the butter.

BÉCHAMEL SAUCE

Yield: 1 quart

Ingredients	Amounts
Butter, clarified	1 Tbsp.
Onion, yellow, minced	½ wt. oz.
Roux, white	4 wt. oz.
Milk, whole	40 fl. oz.
Salt, kosher	to taste
Pepper, white, ground	to taste
Nutmeg, freshly grated (Optional)	to taste

Method

1. In a saucepot, heat the butter and add the onions. Sauté over low to moderate heat, stirring frequently, until the onions are tender and translucent with no color, 6 to 8 minutes.
2. Add the roux to the onions and cook until the roux is very hot, about 2 minutes.
3. Add the milk to the pan gradually, whisking or stirring to work out any lumps. Simmer the sauce until it is smooth and thickened, about 30 minutes. Stir frequently and skim as necessary throughout cooking time.
4. Adjust the seasoning with salt, pepper, and nutmeg to taste.
5. Strain through a double thickness of rinsed cheesecloth.
6. The sauce is ready to use now, or it may be cooled and stored for later use.

CHICKEN VELOUTÉ

Yield: 1 quart

Ingredients	Amounts
Butter, clarified	1 ½ fl. oz.
White Mirepoix	
Onion, yellow, small diced	½ wt. oz.
Leek, small diced	½ wt. oz.
Celery, small diced	½ wt. oz.
Parsnip, small diced	½ wt. oz.
Flour, all-purpose	2 ½ wt. oz.
Stock, chicken	40 fl. oz.
Sachet d'épices	
Parsley, stem	1 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, dried	¼ tsp.
Garlic, clove	1 ea.
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. Heat the butter in a saucepan over medium heat. Add the white mirepoix and cook, stirring occasionally, until the onions are limp and have begun to release their juices into the pan, about 15 minutes. They may take on a light golden color but should not be allowed to brown.
2. Add the flour and stir well to combine. Cook over low to medium heat, stirring frequently, until a pale or blond roux forms, about 12 minutes.
3. Add the stock to the pan gradually, stirring or whisking to work out any lumps. Bring to a simmer. (Use a heat diffuser, if desired, to avoid scorching.)
4. Add the sachet and continue to simmer, skimming as necessary, until a good flavor and consistency develop, and the starch of the flour has cooked away, 45 minutes to 1 hour.
5. Strain the sauce through a fine sieve. Strain a second time through a double thickness of rinsed cheesecloth, if desired, for the finest texture. The sauce can now be finished, or it may be cooled and stored for later use.
6. Return the sauce to a simmer. Taste and adjust seasonings with salt and pepper.

Note: To make a very rich sauce, simmer the stock with the addition of trim to fortify the flavor. Use 2 pounds chicken trim, wing tips, or backs per gallon batch.

TOMATO SAUCE

Yield: 1 quart

Ingredients	Amounts
Oil, olive, extra-virgin	1 fl. oz.
Onion, yellow, diced	2 wt. oz.
Garlic, clove, sliced thin	1/2 wt. oz.
Tomato, plum, whole, canned	2 1/4 lb.
Basil, leaves, torn	3/4 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

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

CREAM SAUCE

Yield: 1 quart

Ingredients	Amounts
Béchamel sauce	28 fl. oz.
Heavy cream, heated	4 fl. oz.
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. In a saucepot set over medium heat, bring the béchamel sauce to a low simmer.
2. Stir in the cream.
3. Adjust seasoning to taste with the salt and pepper. The sauce is now ready to serve.

HUNGARIAN SAUCE

Yield: 1 quart

Ingredients	Amounts
Chicken Velouté	1 qt.
Mushroom, trimmings	2 wt. oz.
Heavy cream, heated	8 fl. oz.
Salt, kosher	to taste
Pepper, white, ground	to taste
Onion, yellow, diced	2 wt. oz.
Butter, unsalted (Divided)	3 Tbsp.
Paprika, ground	1 Tbsp.

Method

1. In a saucepan set over medium heat, simmer the velouté with the mushroom trimmings until the sauce has reduced in volume by one quarter.
2. Whisk in the cream and return to a simmer.
3. Season with salt and pepper to taste.
4. Strain through a fine sieve. Reserve.
5. In a clean saucepan, sweat the onions in 2 tablespoons of the butter until they are translucent.
6. Add the paprika and continue to cook until the paprika is aromatic.
7. Add the reserved sauce and bring to a gentle simmer for 10 minutes, to allow flavors to combine.
8. Adjust seasoning with salt and pepper to taste.
9. Strain through a fine mesh sieve.
10. Finish by swirling in the remaining butter. The sauce is now ready to serve.

MARCHAND DE VIN SAUCE

Yield: 1 quart

Ingredients	Amounts
Shallot, minced	2 wt. oz.
Thyme, sprig, fresh	2 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	½ tsp.
Wine, red	½ qt.
Demi-glacé	1 qt.
Salt, kosher	as needed
Pepper, black, ground	as needed
Butter, unsalted, diced	4 wt. oz.

Method

1. Combine the shallots, thyme, bay leaf, peppercorns, and wine in a medium saucepan. Bring the mixture to a boil and reduce until syrupy, about 10 minutes.
2. Add the demi-glacé and reduce until the sauce coats the back of a spoon, 8 to 10 minutes.
3. Season with salt and pepper to taste and strain the sauce.
4. Return the sauce to a simmer, and finish by swirling in the butter.
5. The sauce is now ready to serve.

BÉCHAMEL SAUCE

Yield: 1 quart

Ingredients	Amounts
Butter, clarified	1 Tbsp.
Onion, yellow, minced	½ wt. oz.
Roux, white	4 wt. oz.
Milk, whole	40 fl. oz.
Salt, kosher	to taste
Pepper, white, ground	to taste
Nutmeg, freshly grated (Optional)	to taste

Method

1. In a saucepot, heat the butter and add the onions. Sauté over low to moderate heat, stirring frequently, until the onions are tender and translucent with no color, 6 to 8 minutes.
2. Add the roux to the onions and cook until the roux is very hot, about 2 minutes.
3. Add the milk to the pan gradually, whisking or stirring to work out any lumps. Simmer the sauce until it is smooth and thickened, about 30 minutes. Stir frequently and skim as necessary throughout cooking time.
4. Adjust the seasoning with salt, pepper, and nutmeg to taste.
5. Strain through a double thickness of rinsed cheesecloth.
6. The sauce is ready to use now, or it may be cooled and stored for later use.

FISH VELOUTÉ

Yield: 1 quart

Ingredients	Amounts
Butter, clarified	1 ½ fl. oz.
White Mirepoix	
Onion, yellow, small diced	½ wt. oz.
Leek, small diced	½ wt. oz.
Celery, small diced	½ wt. oz.
Parsnip, small diced	½ wt. oz.
Flour, all-purpose	2 ½ wt. oz.
Stock, fish	40 fl. oz.
Sachet d'épices	
Parsley, stem	1 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, dried	¼ tsp.
Garlic, clove	1 ea.
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. Heat the butter in a saucepan over medium heat. Add the white mirepoix and cook, stirring occasionally, until the onions are limp and have begun to release their juices into the pan, about 15 minutes. They may take on a light golden color but should not be allowed to brown.
2. Add the flour and stir well to combine. Cook over low to medium heat, stirring frequently, until a pale or blond roux forms, about 12 minutes.
3. Add the stock to the pan gradually, stirring or whisking to work out any lumps. Bring to a simmer. (Use a heat diffuser, if desired, to avoid scorching.) Add the sachet and continue to simmer, skimming as necessary, until a good flavor and consistency develop, and the starchy feel and taste of the flour have cooked away, 45 minutes to 1 hour.
4. Strain the sauce through a fine sieve. Strain a second time through a double thickness of rinsed cheesecloth, if desired, for the finest texture.
5. The sauce can now be finished, or it may be cooled and stored for later use.
6. Return the sauce to a simmer. Taste and adjust seasonings with salt and pepper. Finish the sauce as desired.

TOMATO COULIS

Yield: 1 pint

Ingredients	Amounts
Oil, olive, pure	1 Tbsp.
Onion, yellow, minced	2 wt. oz.
Garlic, minced	1 tsp.
Tomato purée	2 fl. oz.
Wine, red	3 fl. oz.
Tomato concassé	10 wt. oz.
Stock, chicken	8 fl. oz.
Basil, leaf, fresh	2 ea.
Thyme, sprig, fresh	1 ea.
Bay leaf, dried	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the oil in a saucepan; sauté the onions over medium heat until they are translucent, 6 to 8 minutes.
2. Add the garlic and sauté briefly until it is aromatic.
3. Add the tomato purée and cook for several minutes, until it turns rusty brown and has a sweet aroma (*pincé*), about 1 minute.
4. Add the red wine, tomatoes, stock, basil, thyme, and bay leaf. Simmer for about 45 minutes.
5. Remove and discard the herbs. Pass the mixture through a food mill fitted with the coarse disk. Adjust the consistency with additional stock if necessary.
6. Season to taste with salt and pepper. The sauce is now ready to serve. The sauce may also be chilled and served cold.

SOUBISE SAUCE

Yield: 1 quart

Ingredients	Amounts
Onion, yellow, diced	1 lb.
Butter, unsalted	1 wt. oz.
Béchamel sauce	1 qt.
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. In a saucepan set over low to medium heat, sweat the onions in the butter until translucent, without taking on any color.
2. Add the béchamel to the onions and continue to simmer until the onions are fully cooked.
3. Season to taste with salt and pepper.
4. Strain through a fine sieve. The sauce is now ready to serve.

BERCY SAUCE

Yield: 1 quart

Ingredients	Amounts
Shallot, finely diced	2 wt. oz.
Butter, unsalted	6 Tbsp.
Wine, white, dry	8 fl. oz.
Stock, fish	8 fl. oz.
Fish velouté	$\frac{3}{4}$ qt.
Salt, kosher	to taste
Pepper, white, ground	to taste
Parsley, flat-leaf, fresh, chopped	2 Tbsp.

Method

1. In a saucepan set over low to medium heat, sweat the onions in 2 tablespoons of the butter until translucent, without taking on any color.
2. Add the wine and stock and cook until the sauce has reduced in volume by half.
3. Add the velouté and bring to a simmer.
- 4.** Finish by swirling in the remaining butter. **Do not allow the sauce to boil.**
5. Adjust the seasoning with salt and pepper to taste.
6. Garnish with chopped parsley. The sauce is now ready to serve.

DAY FIVE

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Béarnaise Sauce

Beurre Blanc

Basil Butter

Aïoli

Red Pepper Coulis

Cumberland Sauce

TEAM TWO

Choron Sauce

Beurre Rouge

Maître d'Hôtel Butter

Mayonnaise

Cranberry-Orange Compote

Salsa Verde

TEAM THREE

Maltaise Sauce

Lemon-Dill Beurre Blanc

Tarragon Butter

Rémoulade Sauce

Spicy Mango Chutney

Mango-Bourbon Barbecue Sauce

BEARNAISE SAUCE

Yield: 20 fluid ounces

Ingredients	Amounts
Shallot, chopped	1 Tbsp.
Peppercorns, black, cracked	½ tsp.
Tarragon, dried	1 Tbsp.
Tarragon, stems, chopped	2 ea.
Vinegar, tarragon	2 fl. oz.
Wine, white, dry	1 fl. oz.
Water	2 fl. oz.
Egg, yolk, fresh or pasteurized	6 ea.
Butter, clarified, warmed to 145°F	1 pt.
Tarragon, fresh, chopped	2 Tbsp.
Chervil, fresh, chopped	1 Tbsp.
Salt, kosher	to taste

Method

1. Combine the shallots, peppercorns, dried tarragon, tarragon stems, and vinegar in a small saucepan and reduce until nearly dry.
2. Add the wine and water to the reduction and strain into a stainless-steel bowl.
3. Whip the egg yolks together with the reduction and place over simmering water. Cook, whisking constantly, until the eggs are thickened and form ribbons when they fall from the whisk (165°F).
4. Remove the cooked egg yolks from the simmering water and set on a clean side towel to keep the bowl from slipping. Gradually ladle in the hot melted butter in a thin stream, whisking constantly. As the butter is blended into the egg yolks, the sauce will thicken. If it becomes too tight and the butter is not blending easily, you may add a little water to loosen the yolks enough to absorb the remaining butter.
5. Add the chopped tarragon and chervil and adjust the seasoning to taste with salt. The sauce is now ready to serve. It may be held warm (145°F) for up to 2 hours.

BEURRE BLANC

Yield: 1 quart

Ingredients	Amounts
Heavy cream	16 fl. oz.
Shallot, minced	¼ cup
Peppercorns, black	1 tsp.
Wine, white, dry	8 fl. oz.
Vinegar, white wine	2 fl. oz.
Butter, unsalted, cubed, room temp.	1 ½ lb.
Salt, kosher	to taste
Pepper, white, ground	to taste
Lemon, juice	to taste
Lemon, zest, grated (Optional)	1 Tbsp.

Method

1. In a saucepan over medium low heat, reduce the heavy cream by half.
2. Combine the shallots, peppercorns, wine, and vinegar in a saucepan. Reduce over medium-high heat until nearly dry (*à sec*).
3. Add the reduced heavy cream and simmer the sauce for 2 to 3 minutes to reduce slightly.
4. Working over very low heat, add the butter a few pieces at a time, whisking constantly to blend the butter into the reduction. Continue adding butter until the full amount has been incorporated.
5. Taste the beurre blanc and adjust seasonings with salt, pepper, and lemon juice to taste. Finish the sauce by adding the lemon zest. Hold this sauce as you would a hollandaise sauce.

BASIL BUTTER

Yield: 1 pound

Ingredients	Amounts
Butter, unsalted, softened	1 lb.
Basil, fresh, minced	2 wt. oz.
Lemon, juice	1 ½ Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In the bowl of a stand mixer, combine all ingredients and mix using the paddle attachment until thoroughly combined.
2. On a sheet of plastic wrap, form the butter into a log and wrap tightly with the plastic wrap. Hold refrigerated until needed.

AÏOLI

Yield: 1 pint

Ingredients	Amounts
Egg, yolk, pasteurized	1 ea.
Garlic, mashed to a paste	1/8 wt. oz.
Vinegar, white wine	1/2 fl. oz.
Water	1/4 fl. oz.
Mustard, dry	1/2 tsp.
Oil, vegetable	8 fl. oz.
Oil, olive, extra-virgin	5 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lemon, juice	to taste

Method

1. Combine the egg yolks, garlic, vinegar, water, and mustard in a bowl. Mix well with a whisk until the mixture is slightly foamy.
2. Gradually add the vegetable oil and olive oil in a thin stream, constantly beating with the whisk, until they are incorporated and the sauce is thick.
3. Adjust the flavor with salt, pepper, and lemon juice to taste.
4. Refrigerate immediately.

RED PEPPER COULIS

Yield: 1 pint

Ingredients	Amounts
Shallot, minced	¼ wt. oz.
Oil, olive, extra-virgin	½ fl. oz.
Pepper, bell, red, peeled, seeded, chopped	¾ lb.
Salt, kosher	to taste
Pepper, black, ground	to taste
Wine, white, dry	2 fl. oz.
Stock, chicken	4 fl. oz.
Heavy cream (Optional)	1 ½ fl. oz.

Method

1. In a small saucepot, sweat the shallots in the olive oil, stirring frequently until they are tender, about 2 minutes.
2. Add the peppers and continue to sweat over medium heat until the peppers are very tender, about 12 minutes. As the peppers cook, season with salt and pepper to taste.
3. Deglaze the pan with the wine. Allow the wine to reduce until nearly evaporated (*à sec*).
4. Add the stock; continue to simmer until reduced in volume by half.
5. Purée the sauce in a food processor or blender until very smooth. Add the cream to the puréed sauce, if using. Adjust the seasoning with salt and pepper to taste.

CUMBERLAND SAUCE

Yield: 1 pint

Ingredients	Amounts
Orange	1 ea.
Lemon	1 ea.
Shallot, minced	¼ wt. oz.
Currant, jelly	10 wt. oz.
Mustard, dry	½ Tbsp.
Port, ruby	6 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Chile, cayenne, ground	to taste
Ginger, ground	to taste

Method

1. Remove the zest from the oranges and lemons and cut into julienne. Juice the oranges and lemons. Reserve the zest and juice separately.
2. Blanch the shallots, orange zest, and lemon zest in boiling water. Strain immediately.
3. Combine the orange and lemon juice, zest, shallots, and all the remaining ingredients in a saucepot; simmer for 5 to 10 minutes until syrupy. Allow sauce to cool.
4. Use immediately or hold under refrigeration.

CHORON SAUCE

Yield: 1 pint

Ingredients	Amounts
Shallot, chopped	1 Tbsp.
Peppercorns, black	6 ea.
Tarragon, dried	1 ½ Tbsp.
Tarragon, stems, fresh, chopped	1 ea.
Vinegar, cider	3 fl. oz.
Wine, white, dry	1 Tbsp.
Water	1 fl. oz.
Egg, yolk	4 wt. oz. (about 4-5)
Butter, clarified, warm (165°F)	14 fl. oz.
Lemon, juice	to taste
Tomato, purée	1 ½ Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Chile, cayenne, ground (Optional)	to taste

Method

1. Combine the shallots, peppercorns, dried tarragon, fresh tarragon, and vinegar in a small pan and reduce over medium heat until nearly dry (*à sec*).
2. Add the wine and water to the reduction and strain into a stainless-steel bowl.
3. Whip the egg yolks with the reduction and place over simmering water. Cook, whisking constantly, until the yolks triple in volume and form ribbons when they fall from the whisk (165°F).
4. Remove the cooked egg yolks from the simmering water and set on a clean side towel to keep the bowl from slipping. Gradually ladle in the hot melted butter in a thin stream, whisking constantly. As the butter is blended into the egg yolks, the sauce will thicken. If it becomes too tight and the butter is not blending easily, you may add a little water to loosen the yolks enough to absorb the remaining butter.
5. Stir in the tomato purée and taste the sauce. Adjust seasoning with lemon juice, salt, pepper, and cayenne, as needed.
6. The sauce is ready to serve, or it may be held warm (165°F) for up to 2 hours.

BEURRE ROUGE

Yield: 1 quart

Ingredients	Amounts
Heavy cream	16 fl. oz.
Shallot, minced	¼ cup
Peppercorns, black	1 tsp.
Wine, red, dry	8 fl. oz.
Vinegar, red wine	2 fl. oz.
Butter, unsalted, cubed (cool or room temp.)	1 ½ lb.
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. In a saucepan over medium low heat, reduce the heavy cream by half.
2. Combine the shallots, peppercorns, wine, and vinegar in a saucepan. Reduce over medium-high heat until nearly dry (*à sec*).
3. Add the reduced heavy cream and simmer the sauce for 2 to 3 minutes to reduce slightly.
4. Working over very low heat, add the butter a few pieces at a time, whisking constantly to blend the butter into the reduction. Continue adding butter until the full amount has been incorporated.
5. Taste the beurre blanc and adjust seasonings with salt, pepper, and red wine vinegar to taste. Hold this sauce as you would a hollandaise sauce.

MAITRE D'HOTEL BUTTER

Yield: 1 pound

Ingredients	Amounts
Butter, unsalted, softened	1 lb.
Parsley, flat-leaf, fresh, minced	2 wt. oz.
Lemon, juice	1 ½ Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In the bowl of a stand mixer, combine all ingredients and mix using the paddle attachment until thoroughly combined.
2. On a sheet of plastic wrap, form the butter into a log and wrap tightly with the plastic wrap. Hold refrigerated until needed.

MAYONNAISE

Yield: 1 quart

Ingredients	Amounts
Egg, yolk, pasteurized	3 ea.
Water	1 fl. oz.
Vinegar, white wine	1 fl. oz.
Mustard, dry	2 tsp.
Oil, vegetable	1 ½ pt.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lemon, juice	1 fl. oz.

Method

1. Combine the yolks, water, vinegar, and mustard in a bowl. Whisk well using a whip until the mixture is slightly foamy.
2. Gradually add the oil in a thin stream, constantly whipping, until the oil is incorporated and the mayonnaise is thick.
3. Adjust the seasoning with salt, pepper, and lemon juice to taste.
4. Keep refrigerated until ready for use.

Note: olive oil or mild peanut oil can be substituted for the vegetable oil.

CRANBERRY-ORANGE COMPOTE

Yield: 1 pint

Ingredients	Amounts
Cranberries	1 lb.
Orange, juice, concentrate	6 fl. oz.
Water	as needed
Sugar, granulated	to taste
Orange, zest, blanched	2 wt. oz.

Method

1. Combine the cranberries, orange juice, and enough water to barely cover the berries in a pan.
2. Add sugar to taste. Simmer the berries over medium heat until they are softened and the liquid has thickened.
3. Stir in the orange zest. Serve hot.

SALSA VERDE

Yield: 1 pint

Ingredients	Amounts
Tomatillo, husk removed, cleaned	1 lb.
Onion, yellow, quartered	6 wt. oz.
Garlic, clove	4 ea.
Chile, serrano	1 ea.
Oil, olive, pure	2 fl. oz.
Lime, juiced	1 ea.
Cilantro, leaves, fresh	½ cup
Salt, kosher	as needed

Method

1. Toss the tomatillos, onions, garlic, and chiles in olive oil. Transfer to a half hotel pan.
2. Place the pan under a preheated broiler and cook until the ingredients begin to char and release their juices, stirring mixture after 5 minutes.
3. Allow the vegetables to cool slightly, then transfer to a blender. Add the lime juice and cilantro and purée until semi-smooth.
4. Adjust seasonings with salt to taste.

MALTAISE SAUCE

Yield: 20 fluid ounces

Ingredients	Amounts
Shallot, chopped	1 Tbsp.
Peppercorns, black, cracked	½ tsp.
Wine, white	2 fl. oz.
Water	2 fl. oz.
Egg, yolk, fresh or pasteurized	3 ½ fl. oz.
Butter, unsalted, melted, kept warm	12 fl. oz.
Orange, blood, juice	1 ½ fl. oz.
Orange, blood, zest	1 ½ tsp.
Salt, kosher	to taste
Pepper, white, ground	to taste
Chile, cayenne, ground (Optional)	to taste

Method

1. Combine the shallots, peppercorns, and vinegar in a small pan and reduce over medium heat until nearly dry (*à sec*).
2. Add the water to the reduction and strain into a stainless-steel bowl.
3. Add the egg yolks and set over simmering water. Cook, whisking constantly, until the yolks triple in volume and fall in ribbons from the whisk (165°F).
4. Remove the cooked egg yolks from the simmering water and set on a clean side towel to keep the bowl from slipping. Gradually ladle in the hot melted butter in a thin stream, whisking constantly. As the butter is blended into the egg yolks, the sauce will thicken. If it becomes too tight and the butter is not blending easily, you may add a little water to loosen the yolks enough to absorb the remaining butter.
5. Add the orange juice and orange zest. Season with salt, pepper, and cayenne to taste.
6. The sauce is ready to serve. The sauce can be held for no longer than 2 hours at 145°F. This can be accomplished by holding the sauce in hot (not simmering or boiling) water or in an insulated bottle.

Note: Cider vinegar can be substituted for the white wine.

LEMON-DILL BEURRE BLANC

Yield: 1 quart

Ingredients	Amounts
Heavy cream	16 fl. oz.
Shallot, minced	2 Tbsp.
Peppercorns, black	6 ea.
Wine, white, dry	8 fl. oz.
Lemon, juice	5 fl. oz.
Butter, unsalted, cubed, room temp.	1 ½ lb.
Salt, kosher	to taste
Pepper, white, ground	to taste
Lemon, zest, grated	1 Tbsp.
Dill, fresh, chopped	1 wt. oz.

Method

1. In a saucepan over medium low heat, reduce the heavy cream by half.
2. Combine the shallots, peppercorns, wine, and lemon juice in a saucepan. Reduce over medium-high heat until nearly dry (*à sec*).
3. Add the reduced heavy cream and simmer the sauce for 2 to 3 minutes to reduce slightly.
4. Working over very low heat, add the butter a few pieces at a time, whisking constantly to blend the butter into the reduction. Continue adding butter until the full amount has been incorporated.
5. Taste the beurre blanc and adjust seasonings with salt and pepper. Finish the sauce by adding the lemon zest and dill. Hold this sauce as you would a hollandaise sauce.

TARRAGON BUTTER

Yield: 1 lb.

Ingredients	Amounts
Butter, unsalted, softened	1 lb.
Tarragon, minced	2 wt. oz.
Lemon, juice	1 ½ Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In the bowl of a stand mixer, combine all ingredients and mix using the paddle attachment until thoroughly combined.
2. On a sheet of plastic wrap, form the butter into a log and wrap tightly with the plastic wrap. Hold refrigerated until needed.

RÉMOULADE SAUCE

Yield: 1 pint

Ingredients	Amounts
Mayonnaise	14 fl. oz.
Capers, chopped	1 wt. oz.
Chives, fresh, chopped	1 ½ Tbsp.
Tarragon, fresh, chopped	1 ½ Tbsp.
Mustard, Dijon	1 ½ tsp.
Anchovy, paste	½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Worcestershire sauce	to taste
Tabasco sauce	to taste

Method

1. Combine all ingredients in a mixing bowl and mix well. Adjust seasonings with salt, pepper, Worcestershire, and Tabasco to taste.
2. The sauce is ready to serve now, or it may be refrigerated for later use.

SPICY MANGO CHUTNEY

Yield: 1 pint

Ingredients	Amounts
Mango, cleaned, chopped	1 lb.
Raisins	3 wt. oz.
Chile, jalapeño, minced	¼ wt. oz.
Garlic, minced	½ wt. oz.
Ginger, minced	1 Tbsp.
Sugar, dark brown	5 wt. oz.
Vinegar, white wine	1 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Turmeric, ground	1 tsp.

Method

1. Combine the mangos, raisins, jalapeños, garlic, ginger, and brown sugar. Refrigerate for 24 hours.
2. Place the mango mixture in a saucepan and add the vinegar. Simmer for 15 minutes, stirring occasionally.
3. Season to taste with salt and pepper and simmer an additional 10 minutes.
4. Add the turmeric and simmer for another 5 minutes.
5. The chutney is ready to serve now, or it may be transferred to a clean storage container, covered, and refrigerated for up to 2 weeks.

MANGO-BOURBON BARBECUE SAUCE

Yield: 1 pint

Ingredients	Amounts
Oil, vegetable	1 Tbsp.
Onion, yellow, minced	3 wt. oz.
Garlic, clove, chopped	2 ea.
Ketchup	10 wt. oz.
Stock, chicken	4 fl. oz.
Mango, diced	4 oz.
Hoisin sauce	2 fl. oz.
Vinegar, cider	2 fl. oz.
Bourbon	1 fl. oz.
Chile, ancho, stemmed, seeded, chopped	1 ea.
Sugar, brown	1 Tbsp.
Lemon, juice	1 Tbsp.
Worcestershire sauce	½ Tbsp.
Lemon, zest	½ tsp.
Old Bayseasoning	¼ tsp.
Pepper, black, ground	¼ tsp.
Chile, cayenne, ground	to taste

Method

1. Heat the oil over medium-high heat in a saucepan. Add the onions and garlic and sauté for about 6 minutes, until the onions are tender.
2. Stir in the remaining ingredients, reduce the heat to maintain a simmer, and cook for one hour.
3. Transfer the barbecue sauce to a blender and purée until very smooth.
4. The sauce is now ready to serve, or it may be refrigerated until needed.

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Memo To: CIA Continuing Education Students

From: Office of the Registrar
Re: Privacy of Student Records

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

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

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

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

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

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

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