



Culinary Institute of America

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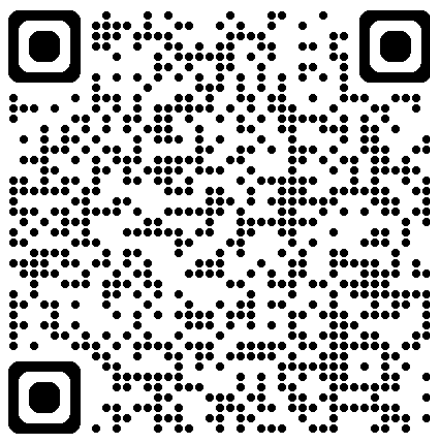
**WEEK 2:
COOKING PRINCIPLES I**



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

WEEK TWO OVERVIEW

Participants will receive an overview of fundamental cooking methods and theories through lectures, discussions, demonstrations, and production exercises. An emphasis is placed on the selection of appropriate ingredients, equipment, and techniques. Products will be compared, evaluated, and critiqued to demonstrate cooking techniques that are most appropriate to specific applications. In addition, food safety procedures and cutting skills will be reinforced. This program is divided into four major topics: dry-heat cooking with fats and oils; dry-heat cooking without fats and oils; combination cooking methods; and moist-heat cooking methods.

LEARNING OBJECTIVES

By the end this week, you will be able to...

- Prepare meals using fundamental techniques such as sauté, stir-fry, pan- and deep-fry, grill, broil, roast, shallow- and deep-poach, stew, braise, and steam.
- Describe the principles of deglazing, caramelizing, and other approaches to building and intensifying flavors.
- Prepare and evaluate a variety of dishes to reinforce course information.

COURSE SYLLABUS

DAY ONE

- ☑ Lecture
 - Overview of the Week
 - Mise en Place
 - Dry-Heat Cooking Methods: Cooking with Fats and Oils Part I
 - Pan-Frying
 - Deep-Frying
- ☑ Kitchen Production Exercise
 - Group Demonstrations and/or Station Demonstrations
 - Pounding Meats
 - Standard Breading and Batter Procedures
 - Pan-Frying and Deep-Frying Methods
 - Tourné
 - Production
 - Review and Critique

DAY TWO

- ☑ Lecture
 - Dry-Heat Cooking Methods: Cooking with Fats and Oils Part II
 - Sautéing
 - Stir Frying
 - Thickening Agents
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Sautéing and Stir-Frying Methods
 - Fresh Egg Pasta
 - Production
 - Review and Critique

DAY THREE

- ☑ Lecture
 - Dry-Heat Cooking Methods: Cooking without Fats and Oils
 - Grilling
 - Broiling
 - Roasting
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Carving Chicken
 - Pan Gravy
 - Creating Crosshatch Marks
 - Production
 - Review and Critique

DAY FOUR

- ☑ Lecture
 - Moist-Heat Cooking Methods
 - Shallow Poaching
 - Deep Poaching
 - Steaming
 - Cooking en Papillote
 - Simmering and Boiling
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Shallow Poaching and Deep Poaching Methods
 - Preparing Beurre Blanc Sauce
 - Production
 - Review and Critique

DAY FIVE

- ☑ Lecture
 - Combination Cooking Methods
 - Braising
 - Stewing
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Searing
 - Production
 - Review and Critique

STUDY QUESTIONS

1. What is the effect on an item when it is added to a pan that is not hot enough?

2. What will happen to an item that is placed into oil that is not hot enough while pan frying or deep frying?

3. List five differences between sautéing and pan-frying.

4. What are the differences between sautéing and stir-frying?

5. Define "fond" and explain why it is important to sautéing.

6. Explain what types of meats are best suited for roasting and why.

7. What is carry-over cooking and how does it affect the finished product?

8. Describe what happens to a piece of meat while it is resting.

9. Describe the sauces that can be made from pan drippings.

10. What are two similarities and two differences between grilling and broiling?

11. What types of meats and vegetables are best suited for grilling and broiling?

12. What is the main difference between deep-poaching, shallow-poaching, and simmering?

13. What types of liquids are used for deep-poaching versus shallow-poaching?

14. What items are best suited for poaching?

15. Describe the difference between the sauces for shallow-poached versus deep-poached items.

16. What is the main difference between braising and stewing?

DAY ONE

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Pan-Fried Pork Cutlets with Dried Breadcrumbs

Beer-Battered Deep-Fried Fish

Rémoulade Sauce

Sauce Robert

Boiled New Potatoes

Tournéed Carrots

TEAM TWO

Deep-Fried Pork Cutlets with Dried Breadcrumbs

Pan-Fried Fish with Fresh Breadcrumbs

Rémoulade Sauce

Piquant Sauce

French Fried Potatoes

Sautéed Squash (

TEAM THREE

Pan-Fried Pork Cutlets with Fresh Breadcrumbs

Deep-Fried Fish with Panko Breadcrumbs

Rémoulade Sauce

Sauce Robert

Rice Pilaf

Green Beans and Toasted Walnuts

TEAM FOUR

Pan-Fried Pork Cutlets with Panko Breadcrumbs

Beer-Battered Deep-Fried Fish

Rémoulade Sauce

Piquant Sauce

Duchesse Potatoes

Pan-Steamed Lemon Asparagus

TEAM FIVE

Deep-Fried Pork Cutlets with Panko Breadcrumbs

Pan-Fried Fish with Dried Breadcrumbs

Rémoulade Sauce

Sauce Robert

Onion Rings

Roasted Herbed Root Vegetables

OPTIONAL RECIPES

Classical Demi-Glace

Espagnole Sauce

Modern Demi-Glace

Jus de Veau Lié

PAN-FRIED PORK CUTLETS WITH DRIED BREADCRUMBS

Yield: 6 portions

Ingredients	Amounts
Pork, loin, trimmed, cut into six 3-oz. portions	1 ¼ lb.
Salt	as needed
Ground black pepper	as needed
All-purpose flour	as needed
Egg wash	2 fl. oz.
Dried breadcrumbs	4 wt. oz.
Vegetable oil	10 fl. oz.
Lemon wedges	6 ea.

Method

1. Pound each portion of pork between sheets of parchment or plastic wrap to a thickness of ¼-inch.
2. At the time of service or up to 3 hours in advance, apply a standard breading to the pork: Blot dry, season with salt and pepper, dredge the pork in flour, dip in egg wash, and dredge in breadcrumbs. (Refrigerate if breaded in advance.)
3. Heat about ⅛-inch of oil to about 350°F over medium heat. Working in batches, add the breaded pork to the hot oil and pan fry on the first side for about 2 minutes, or until golden brown and crisp. Turn once and finish pan frying on the second side, 1 or 2 minutes more or until it reaches an internal temperature of 160°F.
4. Drain briefly on absorbent paper towels and serve immediately or hold it hot for service.
5. Serve accompanied by lemon wedges.

BEER-BATTERED DEEP-FRIED FISH

Yield: 6 portions

Ingredients	Amounts
Hake fillets or other firm white fish, cut into six 4-oz. portions	1 ½ lb.
Salt	as needed
Ground black pepper	as needed
Lemon juice	as needed
All-purpose flour	as needed
Beer Batter (Recipe follows)	22 fl. oz.
Vegetable oil (for deep frying)	as needed
Lemon wedges	6 ea.

Method

1. Blot the fish fillets dry and season with salt, pepper, and lemon juice.
2. Dredge the fish in flour, shaking off any excess.
3. Dip the fish in the beer batter to coat.
4. Deep-fry in 350°F oil using the swimming method until lightly browned and cooked through.
5. Remove and drain on a wire rack.
6. Serve hot, accompanied by lemon wedges.

BEER BATTER

Yield: 22 fluid ounces

Ingredients	Amounts
All-purpose flour	10 wt. oz.
Baking powder	½ tsp.
Salt	1 tsp.
Egg, separated	1 ea.
Beer	16 fl. oz.

Method

1. Whisk together the flour, baking powder, and salt. Add the egg yolk and the beer all at once and whisk until very smooth. Keep chilled until service.
2. At the time of service, whip the reserved egg white to soft peaks. Fold the whites into the batter and use at once.

RÉMOULADE SAUCE

Yield: 1 Pint

Ingredients	Amounts
Mayonnaise	14 fl. oz.
Capers, chopped	1 wt. oz.
Chives, chopped	1 ½ Tbsp.
Tarragon, chopped	1 ½ Tbsp.
Dijon mustard	1 ½ tsp.
Anchovy paste	½ tsp.
Salt	to taste
Ground black pepper	to taste
Worcestershire sauce	to taste
Tabasco sauce	to taste

Method

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

SAUCE ROBERT

Yield: 1 Pint

Ingredients	Amounts
Clarified butter	1 fl. oz.
Shallots, fine dice	1 wt. oz.
Dry white wine	4 fl. oz.
Black peppercorns, cracked	½ tsp.
Demi-Glace	16 fl. oz.
Dijon mustard	1 Tbsp.
Lemon juice	1 tsp.
Salt	to taste
Ground black pepper	to taste
Butter, diced	2 wt. oz.

Method

1. Heat the clarified butter in a medium-sized saucepan over medium-low heat. Add the shallots and sauté until translucent, 2 to 3 minutes.
2. Add the wine and peppercorns, bring to a simmer, and reduce by half.
3. Stir in the demi-glace, return to a simmer, and cook for 20 minutes, stirring frequently, until the sauce has thickened. Strain the sauce into a clean pan and return to a simmer.
4. Add the mustard and lemon juice. Season with salt and pepper.
5. Finish the sauce by swirling in the butter. The sauce is ready to serve now, or it may be rapidly cooled and refrigerated for later use.

BOILED NEW POTATOES

Yield: 6 portions

Ingredients	Amounts
Red new potatoes	2 ¼ lb.
Butter, melted, hot	2 fl. oz.
Salt	to taste
Ground black pepper	to taste

Method

1. Scrub potatoes, but do not peel.
2. Place the potatoes in cold salted water, bring to boil, then reduce heat to a simmer. Simmer potatoes until they are tender (can be easily pierced with a paring knife).
3. Drain the potatoes and return to the pot over low heat until no more steam rises. Be sure not to brown the potatoes.
4. Toss potatoes in melted butter. Season to taste with salt and pepper.

TOURNÉED CARROTS

Yield: 6 portions

Ingredients	Amounts
Carrots, peeled, tournéed	18 ea.
Butter	as needed
Salt	to taste
Ground black pepper	to taste
Flat-leaf parsley, finely chopped	1 Tbsp.

Method

1. Blanch the carrots in boiling, salted water until tender. Place into an ice bath to shock the carrots and stop the cooking process. Drain well and set aside.
2. Heat the butter in a sauté pan over medium heat.
3. Add the blanched carrots and continue to sauté until hot.
4. Season with salt and pepper to taste.
5. Garnish with the parsley.

DEEP-FRIED PORK CUTLETS WITH DRIED BREADCRUMBS

Yield: 6 portions

Ingredients	Amounts
Pork loin, trimmed, cut into six 3-oz. portions	1 ¼ lb.
Salt	as needed
Ground black pepper	as needed
All-purpose flour	as needed
Egg wash	2 fl. oz.
Dried breadcrumbs	4 wt. oz. (or as needed)
Vegetable oil (for deep frying)	as needed
Lemon wedges	6 ea.

Method

1. Pound each portion of pork between sheets of parchment or plastic wrap to a thickness of ¼-inch.
2. At the time of service or up to 3 hours in advance, apply a standard breading to the pork: Blot dry, season with salt and pepper, dredge the pork in flour, dip in egg wash, and dredge in breadcrumbs. (Refrigerate if breaded in advance.)
3. Deep-fry pork in 350°F oil, using the swimming method, until golden brown and cooked through.
4. Drain briefly on absorbent paper towels and serve immediately or hold it hot for service.
5. Serve accompanied by lemon wedges.

PAN-FRIED FISH WITH FRESH BREADCRUMBS

Yield: 6 portions

Ingredients	Amounts
Hake fillets or other firm white fish, cut into six 4-oz. portions	1 ½ lb.
Salt	as needed
Ground black pepper	as needed
Lemon juice	as needed
All-purpose flour	as needed
Egg wash	2 fl. oz.
Fresh breadcrumbs	4 wt. oz.
Vegetable oil	10 fl. oz.
Lemon wedges	6 ea.

Method

1. At the time of service apply a standard breading to the fish: Blot dry, season with salt pepper, and lemon juice, dredge the fish in flour, dip in egg wash, and dredge in breadcrumbs. (Refrigerate if breaded in advance.)
2. Heat about ⅛-inch of oil to about 350°F over medium heat. Working in batches, add the breaded fish to the hot oil and pan fry on the first side for about 2 minutes, or until golden brown and crisp. Turn once and finish pan frying on the second side, 1 or 2 minutes more, until cooked through.
3. Drain briefly on absorbent paper towels and serve immediately or hold it hot for service.
4. Serve accompanied by lemon wedges.

RÉMOULADE SAUCE

Yield: 1 pint

Ingredients	Amounts
Mayonnaise	14 fl. oz.
Capers, chopped	1 wt. oz.
Chives, chopped	1 ½ Tbsp.
Tarragon, chopped	1 ½ Tbsp.
Dijon mustard	1 ½ tsp.
Anchovy paste	½ tsp.
Salt	to taste
Ground black pepper	to taste
Worcestershire sauce	to taste
Tabasco sauce	to taste

Method

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

PIQUANT SAUCE

Yield: 1 pint

Ingredients	Amounts
Dry white wine	6 fl. oz.
Cider vinegar	3 fl. oz.
Shallots, minced	$\frac{3}{4}$ wt. oz.
Jus de Veau Lié, or Demi-Glace	1 pt.
Gherkins pickles	1 wt. oz.
Tarragon, chopped	$\frac{1}{2}$ tsp.
Chervil, chopped	$\frac{1}{2}$ tsp.
Flat-leaf parsley, chopped	$\frac{1}{2}$ tsp.
Salt	to taste
Ground black pepper	to taste
Butter, cut into small pieces	1 wt. oz.

Method

1. Combine the white wine, vinegar, and shallots and reduce by three-quarters.
2. Add the demi-glace or jus lié and reduce until the sauce is nappé (coats the back of a spoon). Strain sauce into a clean pot and return to a simmer.
3. Add the gherkins, tarragon, chervil, and parsley. Adjust seasoning to taste with salt and pepper, and finish with the butter.

FRENCH FRIED POTATOES

Yield: 6 portions

Ingredients	Amounts
Russet potatoes	2 ½ lb.
Vegetable oil (for deep frying)	as needed
Salt	to taste

Method

1. Scrub, peel, and cut the potatoes into the desired shape (hold in cold water until ready to cook to prevent discoloration). When ready to cook, rinse, drain, and dry thoroughly.
2. Heat the oil to 300°F. Add the potatoes, in batches, and blanch until they are tender but not browned (time varies according to the size of the cuts).
3. Drain and transfer to sheet pans lined with paper towels.
4. Just before service, reheat oil to 375°F and, working in batches, finish the potatoes, frying until they are golden brown and crispy. Drain well.
5. Season with salt to taste (away from the fryer). Serve immediately.

SAUTÉED SQUASH

Yield: 6 portions

Ingredients	Amounts
Butter	2 wt. oz.
Pattypan or Summer squash, blanched (if necessary)	1 ½ lb.
Salt	to taste
Ground black pepper	to taste
Flat-leaf parsley, finely chopped	1 Tbsp.

Method

1. Heat the butter in a medium-sized sauté pan set over medium-high heat. Add the pattypan and sauté until cooked through.
2. Season with salt and pepper to taste.
3. Garnish with the parsley.

PAN-FRIED PORK CUTLETS WITH FRESH BREADCRUMBS

Yield: 6 portions

Ingredients	Amounts
Pork loin, trimmed, cut into six 3-oz. portions	1 ¼ lb.
Salt	as needed
Ground black pepper	as needed
All-purpose flour	as needed
Egg wash	2 fl. oz.
Fresh breadcrumbs	4 wt. oz.
Vegetable oil	10 fl. oz.
Lemon wedges	6 ea.

Method

1. Pound each portion of pork between sheets of parchment or plastic wrap to a thickness of ¼-inch.
2. At the time of service or up to 3 hours in advance, apply a standard breading to the pork: Blot dry, season with salt and pepper, dredge the pork in flour, dip in egg wash, and dredge in breadcrumbs. (Refrigerate if breaded in advance.)
3. Heat about ⅛-inch of oil to about 350°F over medium heat. Working in batches, add the breaded pork to the hot oil and pan fry on the first side for about 2 minutes, or until golden brown and crisp. Turn once and finish pan frying on the second side, 1 or 2 minutes more or until it reaches an internal temperature of 160°F.
4. Drain briefly on absorbent paper towels and serve immediately or hold it hot for service.
5. Serve accompanied by lemon wedges.

DEEP-FRIED FISH WITH PANKO BREADCRUMBS

Yield: 6 portions

Ingredients	Amounts
Hake fillets or other firm white fish, cut into six 4-oz. portions	1 ½ lb.
Salt	as needed
Ground black pepper	as needed
Lemon juice	as needed
All-purpose flour	as needed
Egg wash	2 fl. oz.
Panko breadcrumbs	4 wt. oz.
Vegetable oil (for deep frying)	as needed
Lemon wedges	6 ea.

Method

1. At the time of service or up to 3 hours in advance, apply a standard breading to the fish: Blot dry, season with salt, pepper, and lemon juice, dredge the fish in flour, dip in egg wash, and dredge in breadcrumbs. (Refrigerate if breaded in advance.)
2. Deep-fry the fish in 350°F oil, using the swimming method, until golden brown and cooked through.
3. Drain briefly on absorbent paper towels and serve immediately or hold it hot for service.
4. Serve accompanied by lemon wedges.

RÉMOULADE SAUCE

Yield: 1 pint

Ingredients	Amounts
Mayonnaise	14 fl. oz.
Capers, chopped	1 wt. oz.
Chives, chopped	1 ½ Tbsp.
Tarragon, chopped	1 ½ Tbsp.
Dijon mustard	1 ½ tsp.
Anchovy paste	½ tsp.
Salt	to taste
Ground black pepper	to taste
Worcestershire sauce	to taste
Tabasco sauce	to taste

Method

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

SAUCE ROBERT

Yield: 1 pint

Ingredients	Amounts
Clarified butter	1 fl. oz.
Shallots, fine dice	1 wt. oz.
Dry white wine	4 fl. oz.
Cracked black peppercorns	½ tsp.
Demi-Glace	16 fl. oz.
Dijon mustard	1 Tbsp.
Lemon juice	1 tsp.
Salt	to taste
Ground black pepper	to taste
Butter, diced	2 wt. oz.

Method

1. Heat the clarified butter in a medium-sized saucepan over medium-low heat. Add the shallots and sauté until translucent, 2 to 3 minutes.
2. Add the wine and peppercorns, bring to a simmer, and reduce by half.
3. Stir in the demi-glace, return to a simmer, and cook for 20 minutes, stirring frequently, until the sauce has thickened. Strain the sauce into a clean pan and return to a simmer.
4. Add the mustard and lemon juice. Season with salt and pepper.
5. Finish the sauce by swirling in the butter. The sauce is ready to serve now, or it may be rapidly cooled and refrigerated for later use.

RICE PILAF

Yield: 6 portions

Ingredients	Amounts
Long-grain white rice	8 ½ wt. oz. (1 ⅓ cups)
Clarified butter or vegetable oil	1 fl. oz.
Onions, minced	½ wt. oz.
Chicken stock, hot	16 fl. oz. (2 cups)
Bay leaf	1 ea.
Thyme sprigs	1 ea.
Salt	as needed
Ground black pepper	as needed

Method

1. Rinse the rice under cold water in a strainer until the water runs clear, if desired. Drain the rice well before using.
2. Heat the butter or oil in a heavy-gauge pot over medium heat. Add the onion and sweat, stirring frequently, until translucent, 5 to 6 minutes.
3. Add the rice and sauté, stirring frequently, until coated with butter or oil and heated through, 2 to 3 minutes.
4. Add the heated stock to the rice. Bring to a simmer, stirring the rice once or twice to prevent it from clumping together or sticking to the bottom of the pot.
5. Add the bay leaf, thyme, salt, and pepper. Cover the pot and place it in a 350°F oven or leave it over low heat on the stovetop.
6. Cook until the grains are tender to the bite and have absorbed all liquid, about 15 to 20 minutes.
7. Allow the rice to rest for 5 minutes, fluff with a fork, and serve immediately or hold it hot for service.

GREEN BEANS AND TOASTED WALNUTS

Yield: 6 portions

Ingredients	Amounts
Green beans, trimmed	1 ½ lb.
Butter	1 ½ wt. oz.
Shallots, minced	1 ½ wt. oz.
Garlic, minced	1 tsp.
Chicken stock, hot	5 fl. oz.
Salt	to taste
Ground black pepper	to taste
Walnut oil	1 ½ Tbsp.
Walnuts, chopped, toasted	2 wt. oz.
Chives, sliced	2 tsp.

Method

1. Cut the green beans on the bias, if desired.
2. Heat the butter in a small rondeau. Add the shallots and garlic and sauté until translucent, 2 to 3 minutes. Add the green beans in an even layer and add the hot stock. Season with salt and pepper.
3. Bring the stock to a simmer, cover the pan, and pan steam the beans until tender, 15 to 18 minutes. The cooking liquid should reduce during this time and thicken slightly to coat the beans. If necessary, remove the cover and continue to simmer until the liquid is almost fully reduced, 1 to 2 additional minutes.
4. Toss the green beans with the oil, walnuts, and chives. Adjust the seasoning with salt and pepper and serve immediately.

PAN-FRIED PORK CUTLETS WITH PANKO BREADCRUMBS

Yield: 6 portions

Ingredients	Amounts
Pork loin, trimmed, cut into six 3-oz. portions	1 ¼ lb.
Salt	as needed
Ground black pepper	as needed
All-purpose flour	as needed
Egg wash	2 fl. oz.
Panko breadcrumbs	4 wt. oz.
Vegetable oil	10 fl. oz.
Lemon wedges	6 ea.

Method

1. Pound each portion of pork between sheets of parchment or plastic wrap to a thickness of ¼-inch.
2. At the time of service or up to 3 hours in advance, apply a standard breading to the pork: Blot dry, season with salt and pepper, dredge the pork in flour, dip in egg wash, and dredge in breadcrumbs. (Refrigerate if breaded in advance.)
3. Heat about ⅛-inch of oil to about 350°F over medium heat. Working in batches, add the breaded pork to the hot oil and pan fry on the first side for about 2 minutes, or until golden brown and crisp. Turn once and finish pan frying on the second side, 1 or 2 minutes more or until it reaches an internal temperature of 160°F.
4. Drain briefly on absorbent paper towels and serve immediately or hold it hot for service.
5. Serve accompanied by lemon wedges.

BEER-BATTERED DEEP-FRIED FISH

Yield: 6 portions

Ingredients	Amounts
Hake fillets or other firm white fish, cut into six 4-oz. portions	1 ½ lb.
Salt	as needed
Ground black pepper	as needed
Lemon juice	as needed
All-purpose flour	as needed
Beer Batter (Recipe follows)	1x recipe
Vegetable oil (for deep frying)	as needed
Lemon wedges	6 ea.

Method

1. Blot the fish fillets dry and season with salt, pepper, and lemon juice.
2. Dredge the fish in flour, shaking off any excess.
3. Dip the fish in the beer batter to coat.
4. Deep-fry in 350°F oil using the swimming method until lightly browned and cooked through.
5. Remove and drain on a wire rack.
6. Serve hot, accompanied by lemon wedges.

BEER BATTER

Yield: 22 fluid ounces

Ingredients	Amounts
All-purpose flour	10 wt. oz.
Baking powder	½ tsp.
Salt	1 tsp.
Egg, separated	1 ea.
Beer	16 fl. oz.

Method

1. Whisk together the flour, baking powder, and salt. Add the egg yolk and the beer all at once and whisk until very smooth. Keep chilled until service.
2. At the time of service, whip the reserved egg white to soft peaks. Fold the whites into the batter and use at once.

RÉMOULADE SAUCE

Yield: 1 pint

Ingredients	Amounts
Mayonnaise	14 fl. oz.
Capers, chopped	1 wt. oz.
Chives, chopped	1 ½ Tbsp.
Tarragon, chopped	1 ½ Tbsp.
Dijon mustard	1 ½ tsp.
Anchovy paste	½ tsp.
Salt	to taste
Ground black pepper	to taste
Worcestershire sauce	to taste
Tabasco sauce	to taste

Method

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

PIQUANT SAUCE

Yield: 1 pint

Ingredients	Amounts
Dry white wine	6 fl. oz.
Cider vinegar	3 fl. oz.
Shallots, minced	$\frac{3}{4}$ wt. oz.
Jus de Veau Lié, or Demi-Glace	1 pt.
Gherkins pickles	1 wt. oz.
Tarragon, chopped	$\frac{1}{2}$ tsp.
Chervil, chopped	$\frac{1}{2}$ tsp.
Flat-leaf parsley, chopped	$\frac{1}{2}$ tsp.
Salt	to taste
Ground black pepper	to taste
Butter, cut into small pieces	1 wt. oz.

Method

1. Combine the white wine, vinegar, and shallots and reduce by three-quarters.
2. Add the demi-glace or jus lié and reduce until the sauce is nappé (coats the back of a spoon). Strain sauce into a clean pot and return to a simmer.
3. Add the gherkins, tarragon, chervil, and parsley. Adjust seasoning to taste with salt and pepper, and finish with the butter.

DUCHESS POTATOES

Yield: 6 portions

Ingredients	Amounts
Russet potatoes	2 lb.
Butter, at room temperature	4 wt. oz.
Egg yolks, beaten	4 ea.
Nutmeg, freshly ground	to taste
Salt	to taste
Ground black pepper	to taste
Egg wash	as needed

Method

1. Scrub, peel, and cut the potatoes into large pieces. Boil or steam until tender enough to mash easily. Drain and dry them over low heat or on a sheet pan in a 300°F oven until no more steam rises from them. While the potatoes are still hot, purée them through a food mill or potato ricer into a heated bowl.
2. Add the butter and egg yolks to the potatoes. Season with nutmeg, salt, and pepper and mix well by hand or with the whip attachment of an electric mixer.
3. Transfer the mixture to a piping bag and pipe the mixture into the desired shapes on a sheet pan lined with parchment paper. Brush lightly with egg wash.
4. Bake a 375°F until the potatoes are golden brown and heated through, 10 to 12 minutes. Serve immediately.

PAN-STEAMED LEMON ASPARAGUS

Yield: 6 portions

Ingredients	Amounts
Asparagus	1 ½ lb.
Lemon juice	1 ½ fl. oz.
Dry white wine	1 ½ fl. oz.
Butter	2 wt. oz.
Shallots, minced	⅔ wt. oz.
Garlic, minced	2 tsp.
Salt	to taste
Ground black pepper	to taste

Method

1. Trim the bottoms off the asparagus spears so that the asparagus are equal in length.
2. Add about 1-inch of salted water to a large pan and bring to a boil. Add the asparagus to the water. Add the lemon juice and white wine to the pan. Add more water if necessary to barely cover the asparagus.
3. Bring the water to a boil. Cover the pan tightly and reduce the heat slightly.
4. Pan steam the asparagus until they are fully cooked and tender to the bite, about 4 to 5 minutes. When done drain the asparagus.
5. Heat the butter in the pan over medium heat. Sweat the shallots and garlic until translucent, about 2 minutes. Add the cooked asparagus and toss to coat.
6. Season with salt and pepper to taste.
7. Serve immediately.

Note: Substitute trimmed green beans for the asparagus if not in season.

DEEP-FRIED PORK CUTLETS WITH PANKO BREADCRUMBS

Yield: 6 portions

Ingredients	Amounts
Pork loin, trimmed, cut into six 3-oz. portions	1 ¼ lb.
Salt	as needed
Ground black pepper	as needed
All-purpose flour	as needed
Egg wash	2 fl. oz.
Panko breadcrumbs	4 wt. oz.
Vegetable oil (for deep frying)	as needed
Lemon wedges	6 ea.

Method

1. Pound each portion of pork between sheets of parchment or plastic wrap to a thickness of ¼-inch.
2. At the time of service or up to 3 hours in advance, apply a standard breading to the pork: Blot dry, season with salt and pepper, dredge the pork in flour, dip in egg wash, and dredge in breadcrumbs. (Refrigerate if breaded in advance.)
3. Deep-fry pork in 350°F oil, using the swimming method, until golden brown and cooked through.
4. Drain briefly on absorbent paper towels and serve immediately or hold it hot for service.
5. Serve accompanied by lemon wedges.

PAN-FRIED FISH WITH DRIED BREADCRUMBS

Yield: 6 portions

Ingredients	Amounts
Hake fillets or other firm white fish, cut into six 4-oz. portions	1 ½ lb.
Salt	as needed
Ground black pepper	as needed
Lemon juice	as needed
All-purpose flour	as needed
Egg wash	2 fl. oz.
Dried breadcrumbs	4 wt. oz.
Vegetable oil	10 fl. oz.
Lemon wedges	6 ea.

Method

1. At the time of service apply a standard breading to the fish: Blot dry, season with salt pepper, and lemon juice, dredge the fish in flour, dip in egg wash, and dredge in breadcrumbs. (Refrigerate if breaded in advance.)
2. Heat about ⅛-inch of oil to about 350°F over medium heat. Working in batches, add the breaded fish to the hot oil and pan fry on the first side for about 2 minutes, or until golden brown and crisp. Turn once and finish pan frying on the second side, 1 or 2 minutes more, until cooked through.
3. Drain briefly on absorbent paper towels and serve immediately or hold it hot for service.
4. Serve accompanied by lemon wedges.

RÉMOULADE SAUCE

Yield: 1 pint

Ingredients	Amounts
Mayonnaise	14 fl. oz.
Capers, chopped	1 wt. oz.
Chives, chopped	1 ½ Tbsp.
Tarragon, chopped	1 ½ Tbsp.
Dijon mustard	1 ½ tsp.
Anchovy paste	½ tsp.
Salt	to taste
Ground black pepper	to taste
Worcestershire sauce	to taste
Tabasco sauce	to taste

Method

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

SAUCE ROBERT

Yield: 1 pint

Ingredients	Amounts
Clarified butter	1 fl. oz.
Shallots, fine dice	1 wt. oz.
Dry white wine	4 fl. oz.
Black peppercorns, cracked	½ tsp.
Demi-Glace	16 fl. oz.
Dijon mustard	1 Tbsp.
Lemon juice	1 tsp.
Salt	to taste
Ground black pepper	to taste
Butter, diced	2 wt. oz.

Method

1. Heat the clarified butter in a medium-sized saucepan over medium-low heat. Add the shallots and sauté until translucent, 2 to 3 minutes.
2. Add the wine and peppercorns, bring to a simmer, and reduce by half.
3. Stir in the demi-glace, return to a simmer, and cook for 20 minutes, stirring frequently, until the sauce has thickened. Strain the sauce into a clean pan and return to a simmer.
4. Add the mustard and lemon juice. Season with salt and pepper.
5. Finish the sauce by swirling in the butter. The sauce is ready to serve now, or it may be rapidly cooled and refrigerated for later use.

ONION RINGS

Yield: 6 portions

Ingredients	Amounts
Vegetable oil (for deep frying)	as needed
Onions, thin rings	12 wt. oz.
Beer Batter (Recipe follows)	as needed

Method

1. Heat the oil in a deep-fryer or a deep pot to 375°F.
2. Dip the onion rings in the beer batter.
3. Deep-fry until golden brown, turning as necessary. Remove from the oil and place on a wire rack to drain.
4. Serve immediately or keep hot for service.

BEER BATTER

Yield: 22 fluid ounces

Ingredients	Amounts
All-purpose flour	10 wt. oz.
Baking powder	½ tsp.
Salt	1 tsp.
Egg, separated	1 ea.
Beer	16 fl. oz.

Method

1. Whisk together the flour, baking powder, and salt. Add the egg yolk and the beer all at once and whisk until very smooth. Keep chilled until service.
2. At the time of service, whip the reserved egg white to soft peaks. Fold the whites into the batter and use at once.

ROASTED HERBED ROOT VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Parsnips, batonnet	7 wt. oz.
Red bliss potatoes, batonnet	7 wt. oz.
Yellow turnips, batonnet	7 wt. oz.
White turnips, batonnet	7 wt. oz.
Vegetable oil	as needed
Salt	to taste
Ground black pepper	to taste
Garlic, minced	1 ½ tsp.
Flat-leaf parsley, chopped	1 ½ tsp.
Thyme, chopped	1 ½ tsp.
Tarragon, chopped	1 ½ tsp.

Method

1. Combine the vegetables in a large mixing bowl. Toss the vegetables with oil salt, pepper, garlic, and half the fresh herbs.
2. Place vegetables in a roasting pan and cook in a 350°F oven until tender and golden brown.
3. Serve on a warm platter, garnished with the remaining herbs.

CLASSICAL DEMI-GLACE

Yield: 1 quart

Ingredients	Amounts
Brown veal stock	1 qt.
Espagnole Sauce (Recipe follows)	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.

Note: Use half of the demi-glaze to prepare the Sauce Robert and reserve the remainder for the Milanese Sauce (team five).

ESPAGNOLE SAUCE

Yield: 1 quart

Ingredients	Amounts
Vegetable oil	$\frac{3}{4}$ fl. oz.
Onion, medium dice	2 wt. oz.
Celery, medium dice	1 wt. oz.
Carrot, medium dice	1 wt. oz.
Tomato paste	1 Tbsp.
Brown veal stock, hot	1 $\frac{1}{4}$ qt.
Brown roux	4 $\frac{1}{2}$ wt. oz.
Sachet d'épices	1 ea.
Salt	to taste
Ground black pepper	to taste

Method

1. Heat the oil in a rondeau over medium heat and sauté the onions until translucent. Add the celery and carrot 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.

Note: A roux is a thickening agent commonly used in sauces made by blending 3 parts flour with 2 parts fat. To make a brown roux, melt the fat over medium heat and add the flour, stirring and cooking until deep brown in color with a strong nutty aroma. It may be used now, or cooled and stored for later use.

MODERN DEMI-GLACE

Yield: 1 quart

Ingredients	Amounts
Vegetable oil	as needed
Veal bones	4 lb.
Veal trim	8 wt. oz.
Mirepoix, large dice, keep separate	8 wt. oz.
Tomato purée or paste	3 fl. oz.
Brown veal stock	1 gal.
Slab bacon, slashed to skin	4 wt. oz.
Onion brûlé	1 ea.
Dried porcini or cèpes	¼ wt. oz.
Sachet d'épices, standard plus: 4 crushed garlic cloves, 2 cloves, and 2 allspice berries	2 ea.
Cornstarch slurry	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 onions and celery. Allow 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, onion 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 and adjust consistency with cornstarch slurry.

JUS DE VEAU LIÉ

Yield: 1 quart

Ingredients	Amounts
Vegetable oil	2 fl. oz.
Lean veal trim	½ lb.
Mirepoix, medium dice	4 wt. oz.
Tomato paste	¼ wt. oz.
Brown veal stock	1 qt.
Sachet d'épices	2 ea.
Arrowroot or cornstarch, diluted with cold water or stock to make a slurry	as needed
Salt	to taste
Ground black pepper	to taste

Method

1. Heat the oil in a rondeau over medium heat. Add the veal trim and mirepoix and sauté, stirring occasionally, until the veal, onions, and carrots have taken on a rich brown color, 25 to 30 minutes.
2. Add the tomato purée and continue to cook over medium heat until it turns to a rusty brown color and has a sweet aroma, about 1 minute.
3. Add the stock and bring to a simmer. Continue to simmer, skimming as necessary, until a good flavor develops, about 2 to 3 hours. Add the sachet during the last hour of cooking.
4. Stir the slurry to recombine if necessary and gradually add it to the sauce base, adding just enough to achieve a good coating consistency (nappé), return the sauce to a simmer. The amount of slurry needed depends on the batch itself and its intended use.
5. Taste the sauce and season with salt and pepper.
6. Strain the sauce. The sauce is ready to serve now, or it may be rapidly cooled and refrigerated for later use.

DAY TWO

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Cauliflower and Cheddar Fritters
Pan-Seared Salmon
Barley Pilaf
Haricots Verts with Beurre Noisette

TEAM TWO

Corn Fritters
Stir-Fried Beef with Green Beans and Carrots
Steamed Long-Grain Rice
Sautéed Mushrooms

TEAM THREE

Hush Puppies
Flounder Meunière
Tournéed Parsley Potatoes
Glazed Baby Beets

TEAM FOUR

Broccoli and Cheddar Fritters
Sautéed Beef with Marsala Sauce
Fresh Egg Pasta
Glazed Root Vegetables

TEAM FIVE

Cheese Fritters
Sautéed Chicken with Fines Herbes Sauce
Fresh Egg Pasta
Sautéed Broccoli Rabe

CAULIFLOWER AND CHEDDAR FRITTERS

Yield: 6 portions

Ingredients	Amounts
Eggs	3 ea.
Milk	7 fl. oz.
Worcestershire sauce	¼ tsp.
Tabasco sauce	¼ tsp.
All-purpose flour, sifted	7 wt. oz.
Baking powder	1 Tbsp.
Salt	⅔ tsp.
Ground black pepper	½ tsp.
Cauliflower florets, blanched	10 wt. oz.
Sharp cheddar cheese, grated	5 wt. oz.
Vegetable oil (for frying)	as needed

Method

1. In a large mixing bowl, combine the eggs, milk, Worcestershire sauce, and Tabasco. In a separate bowl combine the flour, baking powder, salt, and black pepper. Make a well in the center of the dry ingredients and stir the wet ingredients and mix to form a smooth batter.
2. Fold in the cauliflower and cheese.
3. Drop spoonfuls of the mixture into 350°F oil. Deep-fry fritters until uniformly brown, turning as necessary during frying.
4. Remove fritters using a spider and drain briefly on wire racks.
5. Serve immediately.

PAN-SEARED SALMON

Yield: 6 portions

Ingredients	Amounts
Salmon fillets, center cut, 6 oz. each, skin on, scales off, straight cut	6 ea.
Salt	as needed
Ground black pepper	as needed
All-purpose flour	as needed
Olive oil	1 fl. oz.
Lemon(s), juiced	2 ea.
Flat-leaf parsley, coarsely chopped	2 Tbsp.
Capers, coarsely chopped	2 Tbsp.
Extra virgin olive oil	1 ½ fl. oz.

Method

1. Season the salmon well with salt and black pepper.
2. Dredge in flour and shake off all excess.
3. Heat a skillet over medium heat and add the olive oil.
4. When the oil starts shimmering, add the salmon to the pan skin-side down.
5. Cook the salmon very slowly on the skin side until the skin is crispy and well browned.
6. Flip the salmon fillets and continue to cook for another minute.
7. Remove the salmon from the pan and let rest on a wire rack.
8. Drain all excess fat from the pan and deglaze with the lemon juice.
9. Bring the lemon juice to a boil, then add the parsley, capers, and extra virgin olive oil. Whisk together to form a sauce and pour not more than 1 tablespoon over each salmon fillet.

BARLEY PILAF

Yield: 6 portions

Ingredients	Amounts
Pearled barley	8 ½ wt. oz.
Clarified butter or vegetable oil	1 fl. oz.
Onions, minced	½ wt. oz.
Chicken stock, hot	17 fl. oz.
Bay leaf	1 ea.
Thyme sprig	1 ea.
Salt	as needed
Ground black pepper	as needed

Method

1. Rinse the barley under cold water in a strainer until the water runs clear, if desired. Drain the barley well before using.
2. Heat the butter or oil in a heavy-gauge pot over medium heat. Add the onion and sweat, stirring frequently, until translucent, 5 to 6 minutes.
3. Add the barley and sauté, stirring frequently, until coated with butter or oil and heated through, 2 to 3 minutes.
4. Add the heated stock to the barley. Bring to a simmer, stirring the barley once or twice to prevent it from clumping together or sticking to the bottom of the pot.
5. Add the bay leaf, thyme, salt, and pepper. Cover the pot and place it in a 350°F oven or leave it over low heat on the stovetop.
6. Cook until the grains are tender to the bite and have absorbed all liquid, about 35 to 40 minutes.
7. Allow the barley to rest for 5 minutes, fluff with a fork, and serve immediately or hold it hot for service.

HARICOTS VERTS WITH BEURRE NOISETTE

Yield: 6 portions

Ingredients	Amounts
Haricots verts, washed, trimmed	1 ½ lb.
Butter	3 wt. oz.
Almonds, sliced	2 wt. oz.
Chicken or vegetable stock	2 ½ fl. oz.
Salt	to taste
Ground black pepper	to taste

Method

1. Blanch the haricots verts in boiling salted water until bright green. Shock in ice water to stop the cooking process. Drain and reserve for later use.
2. Heat the butter in a large sauté pan over medium heat. Add the almonds and cook until they begin to lightly brown.
3. Add the beans and the stock. Continue to cook just until the beans are heated through. Season with salt and pepper to taste.
4. Serve immediately.

CORN FRITTERS

Yield: 6 portions

Ingredients	Amounts
Eggs	3 ea.
Milk	7 fl. oz.
Worcestershire sauce	¼ tsp.
Tabasco sauce	¼ tsp.
All-purpose flour, sifted	7 wt. oz.
Baking powder	1 Tbsp.
Salt	⅔ tsp.
Ground black pepper	½ tsp.
Corn kernels, fresh or frozen	10 wt. oz.
Sharp cheddar cheese, grated	5 wt. oz.
Vegetable oil (for frying)	as needed

Method

1. In a large mixing bowl, combine the eggs, milk, Worcestershire sauce, and Tabasco. In a separate bowl combine the flour, baking powder, salt, and black pepper. Make a well in the center of the dry ingredients and stir the wet ingredients and mix to form a smooth batter.
2. Fold in the corn and cheese.
3. Drop spoonfuls of the mixture into 350°F oil. Deep-fry fritters until uniformly brown, turning as necessary during frying.
4. Remove fritters using a spider and drain briefly on wire racks.
5. Serve immediately.

STIR-FRIED BEEF WITH GREEN BEANS AND CARROTS

Yield: 6 portions

Ingredients	Amounts
<i>Marinade for Beef</i>	
Soy sauce	2 ½ Tbsp.
Cornstarch	1 ½ Tbsp.
Peanut oil	1 ½ Tbsp.
Brown sugar	1 ½ tsp.
Flank steak, thinly sliced	1 lb.
<i>Sauce</i>	
Chicken stock	3 Tbsp.
Soy sauce	3 Tbsp.
Hoisin sauce	3 Tbsp.
Rice wine	3 Tbsp.
Brown sugar	1 ½ Tbsp.
Sesame oil	1 ½ tsp.
Peanut oil	3 fl. oz.
Ginger, minced	1 ½ Tbsp.
Garlic, minced	1 ½ Tbsp.
Green onions, chopped	2 tsp.
Red pepper flakes	½ tsp.
Cornstarch slurry	as necessary
Carrots, julienned, blanched	1 lb.
Green beans, cut into 1-inch lengths, blanched	1 lb.
Sesame oil (optional)	2 tsp.

Method

1. To prepare the marinade, mix the soy sauce, cornstarch, oil, and brown sugar until smooth. Add the sliced beef and marinate for at least 1 hour.
2. Mix the sauce ingredients until smooth and set aside.
3. In a very hot wok or sauté pan, add the peanut oil and heat until almost smoking. Add the ginger, garlic, green onions, and red pepper flakes and stir-fry quickly. Add the beef and continue to stir-fry. When beef is cooked, push to the sides of the wok, and add the prepared sauce mixture. Thicken the sauce with a small amount of cornstarch slurry, if necessary.

4. Add the carrots and beans to the beef and sauce mixture and toss until evenly heated.
5. Finish with a small amount of sesame oil, if desired.

Note: For optimal results, prepare the recipe in two separate batches.

STEAMED LONG-GRAIN RICE

Yield: 6 portions

Ingredients

Amounts

Long-grain rice

19 wt. oz. (about 3 cups)

Water

29 fl. oz. (about 3 $\frac{2}{3}$ cups)

Method

1. Rinse the rice under cold water in a strainer until the water runs clear, if desired. Drain the rice well before using.
2. Place the rice in a half hotel pan and add water to cover by $\frac{1}{4}$ -inch.
3. Cover and cook in a steamer or rice cooker for 45 minutes, or until the grains are tender.
4. Allow the rice to rest for 10 minutes, fluff it with a fork, and serve immediately or hold it hot for service.

SAUTÉED MUSHROOMS

Yield: 6 Portions

Ingredients	Amounts
Butter	2 wt. oz.
Shallots, minced	2 Tbsp.
Garlic cloves, minced	1 ½ Tbsp.
White mushrooms, quartered	1 ½ lb.
Dry white wine	2 fl. oz.
Thyme, chopped	¼ tsp.
Salt	½ tsp.
Ground black pepper	¼ tsp.

Method

1. Heat a large sauté pan over medium-high heat until very hot. Melt the butter, then add the shallots and sauté until translucent. Add the garlic and sauté until aromatic.
2. Add the mushrooms in one layer (cook in batches if necessary) and sauté until tender. Do not overcrowd or the mushrooms will steam.
3. Deglaze with the white wine and reduce slightly. Add the thyme and season to taste with salt and pepper.

HUSH PUPPIES

Yield: 6 portions

Ingredients	Amounts
Eggs, beaten	1 ea.
Milk	5 fl. oz.
Bacon fat, rendered	1 ½ fl. oz.
Onions, minced	1 wt. oz.
White cornmeal	7 ¼ wt. oz.
Cake flour	5 wt. oz.
Baking powder	1 ¼ tsp.
Salt	1 tsp.
Ground black pepper	⅓ tsp.
Cayenne	⅛ tsp.
Vegetable oil (for frying)	as needed

Method

1. Combine the eggs, milk, fat, and onions.
2. Combine the cornmeal, flour, baking powder, salt, pepper, and cayenne. Make a well in the center and gently add the wet ingredients. Stir until just combined.
3. Form the batter into round balls, about 1-inch in diameter. Heat the oil to 350°F and deep fry the dough until crispy and brown, working in batches if necessary. Drain, briefly, on absorbent towels.
4. Serve immediately.

FLOUNDER MEUNIÈRE

Yield: 6 Portions

Ingredients	Amounts
Flounder fillets	1 ½ lb.
Salt	as needed
Ground black pepper	as needed
All-purpose flour, to dredge	as needed
Butter, clarified	3 Tbsp.
Butter, diced	6 wt. oz.
Lemon juice	3 Tbsp.
Flat-leaf parsley, chopped	2 Tbsp.
Lemon slices, skinless, seedless	12 ea.

Method

1. Blot the flounder dry, season with salt and pepper, then dredge in flour. Shake off excess flour.
2. Working in batches, sauté the flounder in clarified butter until lightly browned and cooked through.
3. Transfer to a serving platter and keep warm.
4. Add the whole butter to the pan and heat the butter until lightly browned with a nutty aroma. Add the lemon juice to the pan and swirl to deglaze. Add the chopped parsley. Pour the finished sauce over the fish.
5. Garnish with lemon slices and serve immediately.

TOURNÉED PARSLEY POTATOES

Yield: 6 portions

Ingredients	Amounts
New potatoes, tournéed	18 ea.
Water	as needed
Salt	as needed
Butter	1 wt. oz.
Flat-leaf parsley, chopped	1 Tbsp.

Method

1. Place the potatoes into a saucepan. Cover with cold water and season generously with salt.
2. Bring to a boil, then reduce the heat to a simmer.
3. Once the potatoes are cooked, carefully drain the water.
4. Add the butter and parsley to the potatoes. Season to taste with salt and toss very carefully away from the heat. Serve immediately.

GLAZED BABY BEETS

Yield: 6 portions

Ingredients	Amounts
Baby beets, tops trimmed, skin on	1 ½ lb.
Sugar	2 wt. oz.
Red or white wine vinegar	1 Tbsp.
Orange juice	1 fl. oz.
Chicken stock	5 fl. oz.
Butter	1 wt. oz.
Salt	to taste
Ground black pepper	to taste
Flat-leaf parsley, chopped	1 Tbsp.

Method

1. Place the beets in a large pot and cover with water. Bring to a boil, reduce to a simmer, and cook the beets until they are soft when pierced with a fork 30 to 40 minutes, depending on size.
2. Drain and cool slightly. Remove the skin from the beets. Depending on size they may be served whole, halved, or quartered, or if larger sliced into appropriate sizes.
3. In a sauté pan, combine the sugar, vinegar, juice, stock, and butter and bring to a simmer. Cook gently until the glaze has the consistency of a light syrup, about 15 minutes.
4. When ready to serve, toss the cut beets in the glaze over medium heat and heat through. Season with salt and pepper to taste. Garnish with the parsley and serve immediately.

BROCCOLI AND CHEDDAR FRITTERS

Yield: 6 portions

Ingredients	Amounts
Eggs	3 ea.
Milk	7 fl. oz.
Worcestershire sauce	¼ tsp.
Tabasco sauce	¼ tsp.
All-purpose flour, sifted	7 wt. oz.
Baking powder	1 Tbsp.
Salt	⅔ tsp.
Ground black pepper	½ tsp.
Broccoli florets, blanched	10 wt. oz.
Sharp cheddar cheese, grated	5 wt. oz.
Vegetable oil (for frying)	as needed

Method

1. In a large mixing bowl, combine the eggs, milk, Worcestershire sauce, and Tabasco. In a separate bowl combine the flour, baking powder, salt, and black pepper. Make a well in the center of the dry ingredients. Add the wet ingredients to the well and mix to form a smooth batter.
2. Fold in the broccoli and cheese.
3. Drop spoonfuls of the mixture into 350°F oil. Deep-fry fritters until uniformly brown, turning as necessary during frying.
4. Remove fritters using a spider and drain briefly on wire racks.
5. Serve immediately.

SAUTÉED BEEF WITH MARSALA SAUCE

Yield: 6 portions

Ingredients	Amounts
Strip loin steaks, 6 oz. each	6 each
Salt	as needed
Ground black pepper	as needed
Butter, clarified or vegetable oil	2 ½ fl. oz.
Marsala Sauce (Recipe follows)	1x recipe

Method

1. Blot the beef dry and season with salt and pepper.
2. Sauté the beef in clarified butter over medium-high heat to the desired degree of doneness. Remove from heat and keep warm.
3. Serve with Marsala sauce.

MARSALA SAUCE

Yield: 1 pint

Ingredients	Amounts
Shallots, minced	½ wt. oz.
Thyme sprig	1 ea.
Bay leaf	1 ea.
Black peppercorns	¼ tsp.
Dry red wine	4 fl. oz.
Demi-Glace	16 fl. oz.
Marsala	4 fl. oz.
Salt	as needed
Ground black pepper	as needed
Butter, diced	2 wt. oz.

Method

1. In a saucepan, combine the shallots, thyme, bay leaf, peppercorns, and wine. Reduce by half over medium-high heat.
2. Add the demi-glace and continue to simmer until the sauce develops a good flavor and consistency (nappé). Add the Marsala and return to a simmer. Season with salt and pepper. Strain the sauce into a clean saucepan.
3. Finish the sauce by swirling in the butter. The sauce is ready to serve now, or it may be rapidly cooled and refrigerated for later use.

FRESH EGG PASTA

Yield: 1 ½ lb.

Ingredients	Amounts
Durum flour	1 lb.
Salt	1 pinch
Eggs	4 ea.
Water	1 fl. oz.
Vegetable oil (Optional)	1 fl. oz.

Method

1. Combine the flour and salt in a large bowl, making a well in the center. Place the eggs, water, and oil, if using, in the center of the well. With a fork, gradually pull the dry ingredients into the egg mixture. Stir until a loose mass forms. As the dough is mixed, adjust the consistency with additional flour or water. **Or** - combine the flour and salt in a food processor. Add the eggs and oil, if using. Process mixture until it resembles coarse meal. When pressed, dough will form a cohesive mass.
2. Turn the dough out onto a floured work surface and knead until the texture has become smooth and elastic, 4 to 5 minutes. Gather and smooth the dough into a ball, cover, and let the dough relax at room temperature for at least 1 hour.
3. Roll the pasta dough into thin sheets and cut into desired shapes by hand or by using a pasta machine. The pasta is ready to cook now, or it may be covered and refrigerated for up to 2 days.
4. To cook, bring 1 ½ gallons of water to a rolling boil in a medium-sized saucepot. Generously salt the water using about 1 oz. of salt - the water should be noticeably salty, but not unpleasant. Add the pasta and stir to separate the strands or shapes. Cook the pasta until it is al dente, then drain in a colander.

Variations: *For each variation, the amount of flour may also need to be adjusted accordingly.*

Spinach Pasta: Purée 6 oz. spinach leaves, squeeze dry in cheesecloth, and add to the eggs.

Saffron Pasta: Steep 2 to 4 tsp. pulverized saffron threads in 1 fl. oz. hot water and add to the eggs.

Citrus Pasta: Add 4 tsp. finely grated lemon or orange zest to the eggs. Substitute 2 Tbsp. citrus for the water.

Curried Pasta: Add 2 to 4 tsp. curry powder to the flour.

Herbed Pasta: Add 2 to 3 oz. chopped fresh herbs to the eggs.

Black Pepper Pasta: Add 2 tsp. cracked black peppercorns to the flour.

Red Pepper Pasta: Sauté 6 oz puréed roasted red pepper until reduced and dry. Cool and add to the eggs.

Tomato Pasta: Sauté 3 oz. tomato purée until reduced and dry. Cool and add to the eggs.

Pumpkin, Carrot, or Beet Pasta: Sauté 6 oz. puréed cooked pumpkin, carrots, or beets until reduced and dry. Cool and add to the eggs.

GLAZED ROOT VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Butter	1 wt. oz.
Sugar	2 wt. oz.
Chicken stock, hot	6 fl. oz.
Carrots, batonnet, blanched	½ lb.
Parsnips, batonnet, blanched	½ lb.
Turnips, batonnet, blanched	½ lb.
Salt	to taste
Ground white pepper	to taste
Fresh herbs, chopped (i.e. parsley, chives, thyme, tarragon, etc.)	1 Tbsp.

Method

1. In a sauté pan, combine the butter, sugar, and chicken stock and bring to a simmer. Cook gently until the glaze has the consistency of a light syrup, about 15 minutes.
2. When ready to serve, toss the blanched vegetables in the glaze over medium heat to coat and heat through.
3. Adjust seasoning with salt and pepper. Garnish with fresh herbs and serve immediately.

CHEESE FRITTERS

Yield: 6 portions

Ingredients	Amounts
Eggs, beaten	2 ea.
Milk	8 fl. oz.
Bacon fat, rendered	2 fl. oz.
Onions, minced	1 ½ wt. oz.
White cornmeal	12 wt. oz.
Cake flour	8 wt. oz.
Baking powder	2 tsp.
Salt	1 ½ tsp.
Ground black pepper	½ tsp.
Cayenne	¼ tsp.
Cheddar cheese, grated	6 wt. oz.
Vegetable oil (for frying)	as needed

Method

1. Combine the eggs, milk, fat, and onions.
2. Combine the cornmeal, flour, baking powder, salt, pepper, and cayenne. Make a well in the center and gently add the wet ingredients. Stir until just combined. Add the cheddar cheese and stir just to incorporate.
3. Form the batter into round balls, about 1-inch in diameter. Heat the oil to 350°F and deep fry the dough until crispy and brown, working in batches if necessary. Drain, briefly, on absorbent towels.
4. Serve immediately.

SAUTÉED CHICKEN WITH FINES HERBES SAUCE

Yield: 6 portions

Ingredients	Amounts
Boneless chicken suprêmes, 7 - 8 oz. each	6 ea.
Salt	as needed
Ground black pepper	as needed
All-purpose flour (optional)	2 wt. oz.
Clarified butter or oil	1 ½ fl. oz.
Shallots, minced	½ wt. oz.
Dry white wine	3 fl. oz.
Fines Herbes Sauce (Recipe follows)	12 fl. oz.
Fines Herbes (Recipe follows)	3 wt. oz.

Method

1. Blot the chicken dry and season with salt and pepper. Dredge in flour, if desired.
2. Heat the butter or oil in a large sauté pan over medium high heat until it is almost smoking. Sauté the chicken on the first side until golden brown, about 3 minutes. Turn the chicken and continue to sauté until cooked through. Remove the chicken from the pan and keep warm while completing the sauce.
3. Degrease the pan. Add the shallots and sauté them until they are translucent, about 1 minute.
4. Deglaze the pan with the wine; reduce until it is almost dry, about 3 minutes. Add the Fines Herbes Sauce, simmer briefly, then strain into a clean saucepan.
5. Adjust seasoning with salt and pepper and stir in the Fines Herbes.
6. Serve the chicken immediately with the sauce or hold hot for service.

FINES HERBES SAUCE

Yield: 12 fluid ounces

Ingredients	Amounts
Chicken stock	36 fl. oz.
Clarified butter	½ fl. oz.
Shallots, minced	¼ wt. oz.
Dry white wine	4 fl. oz.
Fines Herbes stems	3 wt. oz.
Heavy cream	4 fl. oz.
Salt	to taste
Ground black pepper	to taste

Method

1. Simmer the chicken stock over medium heat and reduce by two-thirds to 12 fl. oz., skimming as necessary.
2. Heat the butter in a saucepan over medium-high heat. Add the shallots and sweat until translucent, 2 to 3 minutes. Add the wine and Fines Herbes stems and simmer until nearly dry.
3. Add the reduced chicken stock, bring to a simmer, and reduce slightly. Add the cream and continue to simmer the sauce to reach a good flavor and consistency, skimming as necessary.
4. Season with salt and pepper to taste, then strain the sauce.

FINES HERBES

Yield: 3 ounces

Ingredients	Amounts
Chervil leaves, chopped	$\frac{3}{4}$ wt. oz.
Chives, chopped	$\frac{3}{4}$ wt. oz.
Parsley leaves, chopped	$\frac{3}{4}$ wt. oz.
Tarragon leaves, chopped	$\frac{3}{4}$ wt. oz.

Method

Combine all herbs together. Reserve until needed.

FRESH EGG PASTA

Yield: 1 ½ lb.

Ingredients	Amounts
Durum flour	1 lb.
Salt	1 pinch
Eggs	4 ea.
Water	½ - 1 fl. oz.
Vegetable or olive oil (optional)	1 fl. oz.

Method

1. Combine the flour and salt in a large bowl, making a well in the center. Place the eggs, water, and oil, if using, in the center of the well. With a fork, gradually pull the dry ingredients into the egg mixture. Stir until a loose mass forms. As the dough is mixed, adjust the consistency with additional flour or water. **Or** - combine the flour and salt in a food processor. Add the eggs and oil, if using. Process mixture until it resembles coarse meal. When pressed, dough will form a cohesive mass.
2. Turn the dough out onto a floured work surface and knead until the texture has become smooth and elastic, 4 to 5 minutes. Gather and smooth the dough into a ball, cover, and let the dough relax at room temperature for at least 1 hour.
3. Roll the pasta dough into thin sheets and cut into desired shapes by hand or by using a pasta machine. The pasta is ready to cook now, or it may be covered and refrigerated for up to 2 days.
4. To cook, bring 1 ½ gallons of water to a rolling boil in a medium-sized saucepot. Generously salt the water using about 1 oz. of salt - the water should be noticeably salty, but not unpleasant. Add the pasta and stir to separate the strands or shapes. Cook the pasta until it is al dente, then drain in a colander.

Variations: *For each variation, the amount of flour may also need to be adjusted accordingly.*

Spinach Pasta: Purée 6 oz. spinach leaves, squeeze dry in cheesecloth, and add to the eggs.

Saffron Pasta: Steep 2 to 4 tsp. pulverized saffron threads in 1 fl. oz. hot water and add to the eggs.

Citrus Pasta: Add 4 tsp. finely grated lemon or orange zest to the eggs. Substitute 2 Tbsp. citrus for the water.

Curried Pasta: Add 2 to 4 tsp. curry powder to the flour.

Herbed Pasta: Add 2 to 3 oz. chopped fresh herbs to the eggs.

Black Pepper Pasta: Add 2 tsp. cracked black peppercorns to the flour.

Red Pepper Pasta: Sauté 6 oz puréed roasted red pepper until reduced and dry. Cool and add to the eggs.

Tomato Pasta: Sauté 3 oz. tomato purée until reduced and dry. Cool and add to the eggs.

Pumpkin, Carrot, or Beet Pasta: Sauté 6 oz. puréed cooked pumpkin, carrots, or beets until reduced and dry. Cool and add to the eggs.

SAUTÉED BROCCOLI RABE

Yield: 6 portions

Ingredients	Amounts
Broccoli rabe, washed and tough stems trimmed	2 lb.
Extra virgin olive oil	1 ½ fl. oz.
Garlic cloves, slivered	¾ wt. oz.
Red pepper flakes	¾ tsp.
Chicken stock	2 ½ fl. oz.
Salt	to taste
Lemon juice	1 Tbsp.
Lemon zest, grated	1 tsp.

Method

1. Bring a large pot of salted water to a rolling boil. Working in small batches, add the broccoli rabe and cook until tender but firm, about 3 minutes. Shock the broccoli rabe in an ice bath and drain very well. Refrigerate if it is to be finished later.
2. Heat the oil in a sauté pan over medium-high heat. Add the garlic and pepper flakes and sauté until the garlic is lightly golden, about 2 minutes.
3. Add the broccoli rabe and stock and cook over high heat, mixing the broccoli rabe thoroughly to distribute the garlic and peppers evenly. Cook until most of the liquid has evaporated and the broccoli rabe is heated through, 2 to 3 minutes.
4. Season with salt and lemon juice. Serve immediately, garnished with the zest.

DAY THREE

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Roast Beef Strip Loin with Port Wine Sauce
Dauphinoise Potatoes
Sautéed Snow Peas with Sesame Seeds

TEAM TWO

Roast Chicken with Pan Gravy
Whipped Potatoes
Tournéed Glazed Carrots

TEAM THREE

Roast Rack of Lamb Persillé
Couscous
Grilled Zucchini and Yellow Squash

TEAM FOUR

Grilled Swordfish
Basmati Rice Pilaf
Green Beans with Bacon, Shallots, and Mushrooms

TEAM FIVE

Grilled Pork Chops with Honey and Thyme
Roasted Acorn Squash with Cranberry-Orange Compote
Tournéed Tuscan-Style Potatoes
Grilled Pineapple

ROAST BEEF STRIP LOIN WITH PORT WINE SAUCE

Yield: 6 portions

Ingredients	Amounts
Beef strip loin	2 ¼ lb.
Salt	as needed
Ground black pepper	as needed
Vegetable oil	as needed
Mirepoix	4 wt. oz
Tomato paste	2 tsp.
Port wine	2 fl. oz.
Brown veal stock	1 pt.
Bay leaf	1 ea.
Thyme sprig	1 ea.
Black peppercorns, crushed	1 tsp.
Cornstarch	as needed

Method

1. Rub the strip loin generously with salt and pepper.
2. Heat the oil in a heavy gauge pan to almost smoking. Sear the beef to a deep brown on all sides.
3. Place the beef on a rack and roast in a preheated 300°F oven until the internal temperature reaches 125°F.
4. Remove the meat from the roasting pan and allow the meat to rest for at least 20 minutes.
5. Add the mirepoix to the pan and cook vegetables until caramelized.
6. Add the tomato paste to the pan and caramelize (pincé).
7. Deglaze with the port wine and reduce the liquid au sec (nearly all the liquid has evaporated).
8. Add the brown veal stock, bay leaf, thyme sprig, and peppercorns. Transfer to a saucepan and simmer for 10 to 15 minutes.
9. Strain and thicken with enough cornstarch slurry so the sauce coats the back of a spoon (nappé).
10. Season with salt and pepper to taste.
11. Slice the beef and serve with the sauce.

DAUPHINOISE POTATOES

Yield: 6 portions

Ingredients	Amounts
Chef's potatoes	2 lb.
Garlic cloves	3 ea.
Milk	8 fl. oz.
Heavy cream	8 fl. oz.
Nutmeg, freshly grated	as needed
Salt	as needed
Ground black pepper	as needed
Butter, diced	3 wt. oz.
Gruyere cheese, shredded	4 wt. oz.

Method

1. Scrub, peel, and thinly slice the potatoes using a mandoline or electric slicer. If the potatoes are peeled or sliced in advance, hold them in water to prevent discoloration. Drain and dry before cooking.
2. Put the garlic in a saucepan with the milk and heavy cream and bring to a boil. Season the milk with nutmeg, salt, and pepper and add the sliced potatoes.
3. Bring to a simmer, and cook the potatoes for 10 to 12 minutes, taking care that the mixture does not boil over. Remove and discard the garlic cloves.
4. Transfer the potatoes and milk mixture to a buttered hotel pan and dot with the butter.
5. Bake in a 375°F oven for 45 minutes or until golden brown and the milk mixture has been absorbed.
6. Top with the shredded cheese and return to the oven just until the cheese melts.
7. Allow the potatoes to rest for 10 to 15 minutes before slicing into servings.

SAUTÉED SNOW PEAS WITH SESAME SEEDS

Yield: 6 portions

Ingredients	Amounts
Snow peas, cleaned and trimmed	1 ½ lb.
Butter	2 wt. oz.
Sesame seeds	1 ½ Tbsp.
Salt	to taste
Ground black pepper	to taste

Method

1. Blanch the snow peas in boiling salted water until bright green, tender, but crisp. Remove from water, shock in an ice bath to stop the cooking process, then drain well.
2. When ready to serve, melt the butter in a sauté pan over medium heat and sauté the sesame seeds until golden brown.
3. Add the peas to the pan and sauté until they are heated through.
4. Season with salt and pepper to taste.

ROAST CHICKEN WITH PAN GRAVY

Yield: 6 portions

Ingredients	Amounts
Chickens, wing tips removed	3 ea.
Salt	as needed
Ground white pepper	as needed
Thyme sprigs	3 ea.
Rosemary sprigs	3 ea.
Bay leaves	3 ea.
Clarified butter or vegetable oil	3 fl. oz.
Mirepoix, medium dice	7 wt. oz.
All-purpose flour	1 ¼ wt. oz.
Chicken stock	24 fl. oz.

Method

1. Season the cavity of each chicken with salt and pepper. Place 1 sprig each of thyme and rosemary, and 1 bay leaf in each cavity.
2. Rub the skin with butter or oil and truss each chicken with twine.
3. Place the chickens, breast-side up, on a rack in a roasting pan. Scatter the wing tips in the pan.
4. Roast at 400°F for 40 minutes, basting from time to time. Scatter the mirepoix around the chicken and continue to roast another 30 to 40 minutes, until the thigh meat registers an internal temperature of 165°F in the thickest part.
5. Remove the chickens from the roasting pan and allow them to rest, tented with foil.
6. Place the roasting pan on the stovetop and cook until the mirepoix is browned and the fat is clear. Pour off all but 1 ½ fl. oz. of the fat.
7. Add the flour and cook out the roux for 4 to 5 minutes. Whisk in the stock until completely smooth.
8. Simmer the gravy for 20 to 30 minutes, or until it reaches the proper consistency and flavor. Degrease season with salt and pepper. Strain through a fine-mesh sieve.
9. Carve the chickens and serve with the pan gravy.

WHIPPED POTATOES

Yield: 6 portions

Ingredients	Amounts
Russet potatoes	2 ½ lb.
Butter, at room temperature	5 wt. oz.
Milk, hot	5 fl. oz.
Heavy cream, hot	2 ½ fl. oz.
Salt	to taste
Ground black pepper	to taste

Method

1. Scrub, peel, and cut the potatoes into large pieces. Boil in salted water or steam until tender enough to mash easily. Drain and dry them over low heat or on a sheet pan in a 300°F oven until no more steam rises from them. While the potatoes are still hot, purée them through a food mill or potato ricer into a heated bowl.
2. Add the butter and mix into the potatoes by hand or with the paddle or whip attachment of an electric mixer until just incorporated. Add the milk and cream and combine thoroughly. Season with salt and pepper to taste. Whip by hand or mixer just until smooth and light.
3. Serve hot.

TOURNÉED GLAZED CARROTS

Yield: 6 portions

Ingredients	Amounts
Butter	2 wt. oz.
Carrots, tournéed	1 ½ lb.
Sugar	1 wt. oz.
Chicken stock, hot	7 fl. oz.
Salt	to taste
Ground white pepper	to taste

Method

1. Melt the butter in a large sauté pan, then add the carrots.
2. Cover the pan and lightly sweat the carrots over medium-low heat for 2 to 3 minutes.
3. Add the sugar and stock. Season with salt and pepper. Bring to a simmer over medium heat.
4. Cover the pan and cook over low heat until the carrots are almost tender, about 5 minutes.
5. Remove the cover and continue to simmer until the cooking liquid reduces to a glaze and the carrots are tender, 2 to 3 minutes.
6. Season with salt and pepper to taste. Serve immediately.

ROAST RACK OF LAMB PERSILLÉ

Yield: 6 portions

Ingredients	Amounts
Rack of lamb, frenched	1 ea.
Vegetable oil	1 Tbsp.
Salt	as needed
Ground black pepper	as needed
Rosemary, chopped	½ tsp.
Thyme, chopped	½ tsp.
Mirepoix	5 wt. oz.
Brown lamb or veal stock	20 fl. oz.
Persillade	
Fresh breadcrumbs	2 ½ wt. oz.
Garlic, mashed to paste	1 tsp.
Flat-leaf parsley, minced	¾ wt. oz.
Butter, melted	1 ¾ wt. oz.
Salt	1 tsp.
Dijon mustard	2 Tbsp.

Method

1. Lightly brush the lamb racks with oil, season with salt and pepper, and rub with chopped rosemary and thyme.
2. Place the lamb on a rack in a roasting pan.
3. Roast at 400°F for 15 minutes, basting periodically. Scatter the mirepoix around the lamb, reduce the temperature to 325°F, and continue to roast to just under the desired doneness. Remove the lamb and rest, tented.
4. To prepare the sauce, place the roasting pan on the stovetop and cook the mirepoix until it is browned and the fat is clear. Pour off all the fat. Add the stock, stirring to release the fond completely. Simmer the jus for 20 to 30 minutes, or until it reaches the proper consistency and flavor. Degrease and adjust seasonings with salt and pepper to taste. Strain through a fine-meshed sieve. Keep warm for service.
5. To prepare the persillade, mix all ingredients together to make an evenly moistened mixture.
6. Transfer the lamb to a sheet pan and spread the mustard in an even layer over the lamb. Firmly press the persillade mixture into the mustard. Return the lamb to a 425°F oven and cook until the crumbs are lightly browned.
7. Cut the lamb into chops and serve with the sauce.

COUSCOUS

Yield: 6 portions

Ingredients	Amounts
Water, chicken, or vegetable stock	18 fl. oz.
Butter	1 ½ Tbsp.
Salt	1 ½ Tbsp.
Couscous	10 ½ wt. oz.

Method

1. Bring the water, chicken, or vegetable stock to a boil. Add the butter and salt. Pour over the couscous in a shallow pan or in a 2-inch hotel pan.
2. Stir thoroughly to make sure all couscous is moist. Cover and set aside in a warm place for at least 15 to 20 minutes.

Note: Do not put more than 4 cups of couscous into a 2-inch hotel pan. The depth of the couscous, as in rice cookery, is important.

GRILLED ZUCCHINI AND YELLOW SQUASH

Yield: 6 portions

Ingredients	Amounts
Zucchini, trimmed, and cut on the bias	$\frac{3}{4}$ lb.
Yellow squash, trimmed and cut on the bias	$\frac{3}{4}$ lb.
Extra virgin olive oil	3 Tbsp.
Garlic clove, minced	1 ea.
Salt	to taste
Ground black pepper	to taste

Method

1. Toss the zucchini and squash with the oil, garlic, salt, and pepper. Marinate for 10 minutes.
2. Place the zucchini and squash on a hot grill and grill on both sides (the time will vary depending upon the thickness of the cut), turning once to create crosshatch marks, if desired.
3. Remove from the grill and serve hot.

GRILLED SWORDFISH

Yield: 6 portions

Ingredients	Amounts
<i>Marinade</i>	
Olive oil	3 Tbsp.
Lemon juice	3 Tbsp.
Oregano, chopped	2 tsp.
Salt	as needed
Ground black pepper	as needed
Swordfish steaks, 6 oz. each	6 ea.

Method

1. Pre-heat the grill to medium-high heat.
2. Combine the marinade ingredients and coat the fish thoroughly. Cover in plastic and refrigerate for 30 to 60 minutes.
3. Just prior to grilling, pat the fish dry with paper towels.
4. Grill the swordfish steaks for about 4 minutes on each side, or until cooked to the desired degree of doneness.
5. Remove from the grill and serve hot.

BASMATI RICE PILAF

Yield: 6 portions

Ingredients	Amounts
Basmati rice	8 ½ wt. oz. (1 ⅓ cups)
Clarified butter or vegetable oil	1 fl. oz.
Onions, minced	½ wt. oz.
Chicken stock, hot	16 fl. oz.
Bay leaf	1 ea.
Thyme sprig	1 ea.
Salt	as needed
Ground black pepper	as needed

Method

1. Rinse the rice under cold water in a strainer until the water runs clear, if desired. Drain the rice well before using.
2. Heat the butter or oil in a heavy-gauge pot over medium heat. Add the onion and sweat, stirring frequently, until translucent, about 5 to 6 minutes.
3. Add the rice and sauté, stirring frequently, until coated with butter or oil and heated through, 2 to 3 minutes.
4. Add the heated stock to the rice. Bring to a simmer, stirring the rice once or twice to prevent it from clumping together or sticking to the bottom of the pot.
5. Add the bay leaf, thyme, salt, and pepper. Cover the pot and place it in a 350°F oven or leave it over low heat on the stovetop.
6. Cook until the grains are tender to the bite and have absorbed all liquid, about 15 to 20 minutes.
7. Allow the rice to rest for 5 minutes, fluff with a fork, and serve immediately or hold it hot for service.

GREEN BEANS WITH BACON, SHALLOTS, AND MUSHROOMS

Yield: 6 portions

Ingredients	Amounts
Green beans, trimmed	1 ½ lb.
Bacon, julienned	2 ½ wt. oz.
Shallots, minced	¾ wt. oz.
White mushrooms, sliced	5 wt. oz.
Salt	to taste
Ground black pepper	to taste

Method

1. Blanch the green beans in boiling salted water; shock in an ice bath, then drain. Set aside.
2. In a large sauté pan, sauté the bacon until crisp. Remove the bacon, reserving the fat in the pan, and drain on absorbent paper toweling.
3. Sauté the shallots in the rendered bacon fat until translucent.
4. Add the mushrooms and sauté until they are golden brown, and all the liquid released by the mushrooms has evaporated.
5. Add the green beans and cook until heated through.
6. Season to taste with salt and pepper. Serve garnished with the reserved bacon.

GRILLED PORK CHOPS WITH HONEY AND THYME

Yield: 6 portions

Ingredients	Amounts
Pork chops, 6 oz. each	6 ea.
Salt	as needed
Ground black pepper	as needed
Vegetable oil	1 fl. oz.
Shallots, minced	2 Tbsp.
Garlic, minced	1 tsp.
Tomato paste	4 tsp.
Dijon mustard	4 tsp.
Red wine vinegar	4 fl. oz.
Honey	4 fl. oz.
Thyme leaves, minced	2 tsp.
Black peppercorns, cracked	1 ¼ tsp.
Brown veal stock	1 pt.
Cornstarch	as needed

Method

1. Season the pork with salt and pepper.
2. Heat the oil in a saucepan; add the shallots and garlic and cook until translucent.
3. Add the tomato paste and cook until it takes on a dark rust color.
4. Add the mustard and deglaze with the red wine vinegar.
5. Add the honey, thyme, and peppercorns and reduce to a maple syrup-like consistency.
6. Preheat the grill to medium-high heat.
7. Grill the pork to an internal temperature of 145°F, brushing glaze over it occasionally as it cooks, being careful not to burn the glaze. Remove pork from the grill and let rest tented while preparing the sauce.
8. To prepare the sauce, combine the remaining glaze with the brown veal stock and reduce to nappé. (Thicken with cornstarch slurry as needed.)
9. Serve the pork chops with the sauce.

ROASTED ACORN SQUASH WITH CRANBERRY-ORANGE COMPOTE

Yield: 6 portions

Ingredients	Amounts
Acorn squash	2 ea.
Brown sugar, maple syrup, or honey	2 ½ wt. oz
Butter, cubed	5 wt. oz.
Salt	to taste
Ground black pepper	to taste
<i>Cranberry-Orange Compote</i>	
Cranberries	1 lb.
Orange juice concentrate	6 fl. oz
Sugar	to taste
Orange zest, blanched	2 wt. oz.

Method

1. Quarter the squash and remove the seeds. Place the squash, cut side up, on a sheet pan. Sprinkle with sugar, syrup, or honey, and place a cube of butter in the cavity. Season with salt and pepper.
2. Cover the squash quarters with foil and bake in a 400°F oven for 30 minutes. Uncover and bake for an additional 15 minutes, or until tender, basting periodically.
3. To prepare the Cranberry-Orange compote, combine the cranberries, orange juice, and enough water to barely cover the berries in the pan. Add sugar to taste. Simmer the berries over medium heat until they are softened and thickened. Add the orange zest. Keep warm for service.
4. Serve the squash (still in the skin) on heated plates topped with the compote.

TOURNÉED TUSCAN-STYLE POTATOES

Yield: 6 portions

Ingredients	Amounts
Red bliss potatoes, tournéed	2 lb.
Olive oil	2 fl. oz.
Garlic, thinly sliced	2 wt. oz.
Rosemary leaves, chopped	1 ½ Tbsp.
Sage, chopped	½ wt. oz.
Salt	to taste
Ground black pepper	to taste

Method

1. Preheat oven to 425°F.
2. Drain and blot dry the potatoes.
3. Combine the oil, garlic, rosemary, sage, salt, and pepper, in a large bowl. Add the potatoes and roll or toss until they are evenly coated. Transfer to an oiled sheet pan or hotel pan.
4. Roast in the preheated oven until browned and tender enough to be easily pierced with a fork, 40 to 45 minutes.
5. Serve immediately.

Note: Hold the potatoes in cold water until ready to cook to prevent browning.

GRILLED PINEAPPLE

Yield: 6 portions

Ingredients

Pineapple
Vegetable oil

Amounts

½ ea.
as needed

Method

1. Clean and slice the pineapple into ½-inch slices.
2. Rub each slice with oil.
3. Grill until marked, heated through, and caramelized.

DAY FOUR

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Flounder Vin Blanc

Fresh Egg Pasta

Steamed Broccoli

TEAM TWO

Poached Salmon with Béarnaise Sauce

Brown Rice Pilaf with Pecans and Scallions

Sautéed Spinach

TEAM THREE

Shallow-Poached Chicken Breast with Tarragon Sauce

Fresh Egg Pasta

Sautéed Red and Yellow Peppers

TEAM FOUR

Poached Cod Fillets with Hollandaise Sauce

Mashed Turnips and Potatoes

Sautéed Sugar Snap Peas with Sesame Seeds

TEAM FIVE

Cod Fillets en Papillote

Rice Pilaf

Sautéed Vegetable Julienne

FLounder VIN BLANC

Yield: 6 portions

Ingredients	Amounts
Flounder fillets	6 ea.
Salt	as needed
Ground white pepper	as needed
Butter	$\frac{3}{4}$ wt. oz.
Shallots, minced	2 ea.
Parsley stems	3 ea.
Chive stems	3 ea.
White peppercorns, cracked	$\frac{1}{8}$ tsp.
Dry white wine	5 fl. oz.
Fish stock	15 fl. oz.
Heavy cream	5 fl. oz.
Lemon juice	1 Tbsp.
Chives, minced	2 $\frac{1}{2}$ Tbsp.
Flat-leaf parsley, finely chopped	2 $\frac{1}{2}$ Tbsp.

Method

1. Season the flounder fillets with salt and pepper.
2. Roll the fillets from tail to head.
3. Butter a large sautoir and sprinkle with shallots. Place the parsley stems, chive stems, and peppercorns on top of the shallots. Arrange the flounder fillets over the shallots. Add the wine and stock to submerge the fish by half.
4. Bring the liquid to a bare simmer.
5. Cover the flounder fillets with a buttered cartouche and finish cooking in a 300°F to 325°F oven. Poach for 10 to 12 minutes, or until the fish is opaque and gives under slight pressure.
6. Remove the flounder fillets from the pan, cover and keep warm.
7. Reduce the cuisson (cooking liquid) by half. Stir in the heavy cream and reduce to desired sauce consistency (nappé). Strain through a fine mesh sieve.
8. Stir in the lemon juice, chives, and parsley.
9. Serve the fish accompanied with the sauce.

FRESH EGG PASTA

Yield: 1 ½ lb.

Ingredients	Amounts
Durum flour	1 lb.
Salt	1 pinch
Eggs	4 ea.
Water	1 fl. oz.
Vegetable or olive oil (optional)	1 fl. oz.

Method

1. Combine the flour and salt in a large bowl, making a well in the center. Place the eggs, water, and oil, if using, in the center of the well. With a fork, gradually pull the dry ingredients into the egg mixture. Stir until a loose mass forms. As the dough is mixed, adjust the consistency with additional flour or water. **Or** - combine the flour and salt in a food processor. Add the eggs and oil, if using. Process mixture until it resembles coarse meal. When pressed, dough will form a cohesive mass.
2. Turn the dough out onto a floured work surface and knead until the texture has become smooth and elastic, 4 to 5 minutes. Gather and smooth the dough into a ball, cover, and let the dough relax at room temperature for at least 1 hour.
3. Roll the pasta dough into thin sheets and cut into desired shapes by hand or by using a pasta machine. The pasta is ready to cook now, or it may be covered and refrigerated for up to 2 days.
4. To cook, bring 1 ½ gallons of water to a rolling boil in a medium-sized saucepot. Generously salt the water using about 1 oz. of salt - the water should be noticeably salty, but not unpleasant. Add the pasta and stir to separate the strands or shapes. Cook the pasta until it is al dente, then drain in a colander.

Variations: *For each variation, the amount of flour may also need to be adjusted accordingly.*

Spinach Pasta: Purée 6 oz. spinach leaves, squeeze dry in cheesecloth, and add to the eggs.

Saffron Pasta: Steep 2 to 4 tsp. pulverized saffron threads in 1 fl. oz. hot water and add to the eggs.

Citrus Pasta: Add 4 tsp. finely grated lemon or orange zest to the eggs. Substitute 2 Tbsp. citrus for the water.

Curried Pasta: Add 2 to 4 tsp. curry powder to the flour.

Herbed Pasta: Add 2 to 3 oz. chopped fresh herbs to the eggs.

Black Pepper Pasta: Add 2 tsp. cracked black peppercorns to the flour.

Red Pepper Pasta: Sauté 6 oz puréed roasted red pepper until reduced and dry. Cool and add to the eggs.

Tomato Pasta: Sauté 3 oz. tomato purée until reduced and dry. Cool and add to the eggs.

Pumpkin, Carrot, or Beet Pasta: Sauté 6 oz. puréed cooked pumpkin, carrots, or beets until reduced and dry. Cool and add to the eggs.

STEAMED BROCCOLI

Yield: 6 portions

Ingredients	Amounts
Broccoli	2 lb.
Salt	to taste
Ground black pepper	to taste

Method

1. Trim the broccoli, peel the stems, and cut into spears. Arrange the broccoli on a steamer rack or insert, and season with salt and pepper.
2. Bring the water to a full boil in the bottom of a tightly covered steamer. Add the broccoli, replace the cover, and steam the broccoli until tender, about 5 to 7 minutes.
3. Remove broccoli from the steamer, adjust the seasoning with salt and pepper to taste, and serve immediately, or cool and store for later service.

POACHED SALMON WITH BÉARNAISE SAUCE

Yield: 6 portions

Ingredients	Amounts
Court bouillon (Recipe follows)	1 qt.
Salmon steak, 5 oz.	6 ea.
Béarnaise Sauce (Recipe follows)	12 fl. oz.

Method

1. In a sautoir, heat the court bouillon to poaching temperature, a bare simmer, (155°F - 165°F). Add the salmon and poach until the salmon is cooked through (internal temperature of 140°F).
2. Remove the salmon and keep moist with a little of the court bouillon.
3. When ready to serve, blot the fish dry and serve topped with the Béarnaise Sauce.

COURT BOUILLON

Yield: 1 quart

Ingredients	Amounts
Water, cold	40 fl. oz.
White wine vinegar	2 fl. oz.
Salt	½ Tbsp.
Carrots, sliced	4 wt. oz.
Onions, sliced	8 wt. oz.
Celery, sliced	4 wt. oz.
Dried thyme	1 pinch
Bay leaf	1 ea.
Parsley stems	3 ea.
Black peppercorns	¼ tsp.

Method

1. Combine the water, vinegar, salt, carrots, onions, celery, and herbs in a saucepot and simmer for 50 minutes.
2. Add the peppercorns and simmer for 10 minutes more.
3. Strain before using.

BÉARNAISE SAUCE

Yield: 12 fl. oz.

Ingredients	Amounts
Black peppercorns, cracked	¼ tsp.
Dried tarragon	1 tsp.
Tarragon stems, chopped	1 ea.
Tarragon vinegar	2 ¼ Tbsp.
Dry white wine	1 Tbsp.
Water	2 ¼ Tbsp.
Egg yolks (about 3)	2 ¼ wt. oz.
Clarified butter, warm (165°F)	9 fl. oz.
Tarragon, chopped	1 ¼ Tbsp.
Chervil, chopped	1 ½ tsp.
Salt	to taste

Method

1. Combine the peppercorns, dried tarragon, tarragon stems, and vinegar in a small pan and reduce over medium heat until nearly dry.
2. Add the wine and water to the reduction and strain into a stainless-steel bowl.
3. Whisk the egg yolks 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.
4. Gradually add the butter in a thin stream, whisking constantly, until all the butter is added, and the sauce is thickened.
5. Add the chopped tarragon and chervil and season with salt.
6. The sauce is ready to serve, or it may be held warm for up to 2 hours.

BROWN RICE PILAF WITH PECANS AND SCALLIONS

Yield: 6 portions

Ingredients	Amounts
Long-grain brown rice	8 ½ wt. oz. (1 ⅓ cups)
Butter or oil	1 wt. oz.
Onions, minced	1 wt. oz.
Chicken stock, hot	27 fl. oz. (3⅓ cups)
Bouquet garni	1 ea.
Salt	to taste
Ground black pepper	to taste
Pecans, toasted, chopped	1 ¼ wt. oz.
Green onions, sliced	1 ¼ wt. oz.

Method

1. Rinse the rice under cold water in a strainer until the water runs clear, if desired. Drain the rice well before using.
2. Heat the butter or oil in a heavy-gauge pot over medium heat. Add the onions and cook, stirring frequently, until tender and translucent, 5 to 6 minutes.
3. Add the rice and sauté, stirring frequently, until coated with butter or oil and heated through, 2 to 3 minutes.
4. Add the stock to the rice and bring to a simmer, stirring to prevent the rice from clumping together or sticking to the bottom of the pot.
5. Add the bouquet garni, salt, and pepper. Cover the pot and place it in 350°F oven (or leave it over low heat on the stovetop). Cook until the grains are tender to the bite, 40 to 45 minutes.
6. Allow the rice to rest 5 minutes. Uncover and use a fork to fold in the pecans and green onions while separating the grains and releasing the steam.
7. Serve immediately or keep warm for service.

SAUTÉED SPINACH

Yield: 6 portions

Ingredients	Amounts
Extra virgin olive oil	3 Tbsp.
Shallots, julienned	3 wt. oz.
Garlic, minced	2 tsp.
Spinach leaves, rinsed and drained	1 ½ lb.
Salt	to taste
Ground black pepper	to taste

Method

1. Heat the oil in a large sauté pan; add the shallots and sauté until translucent. Add the garlic and sauté until aromatic.
2. Add the spinach leaves, along with any water still clinging to them. Stir to coat evenly with the oil and garlic.
3. Cover tightly and steam until leaves are barely wilted. Uncover and reduce any excess liquid.
4. Season with salt and pepper. Toss and serve while hot.

SHALLOW-POACHED CHICKEN BREAST WITH TARRAGON SAUCE

Yield: 6 portions

Ingredients	Amounts
Chicken breasts, skinless and boneless	6 ea.
Salt	as needed
Ground white pepper	as needed
Butter	1 ¼ wt. oz.
Shallots, minced	1 ¼ wt. oz.
Dry white wine	4 fl. oz.
Chicken stock	2 ½ fl. oz.
Chicken Velouté (Recipe follows)	12 fl. oz.
Heavy cream	2 ½ fl. oz.
Tarragon, chopped	2 tsp.

Method

1. Season the chicken with salt and pepper.
2. Lightly butter a shallow sautoir and sprinkle it evenly with the shallots. Place the chicken on top of the shallots. Add the wine and stock.
3. Bring the liquid to just under a simmer on the stovetop.
4. Cover the chicken with buttered parchment paper (cartouche) then transfer to a 350°F oven.
5. Poach the chicken for 12 to 14 minutes, or until it is cooked through (internal temperature of 165°F).
6. Transfer chicken to a serving platter and cover with plastic wrap to keep warm.
7. Reduce the poaching liquid by two thirds.
8. Add the velouté and simmer for 1 to 2 minutes. Stir in the cream and reduce to nappé consistency. Adjust seasoning with salt and white pepper.
9. Strain the sauce through a fine-mesh sieve into a clean saucepan or bain marie. Stir the tarragon into the sauce.
10. Blot the chicken dry on absorbent paper towels. Serve it immediately with the sauce.

CHICKEN VELOUTÉ

Yield: 1 quart

Ingredients	Amounts
Clarified butter or vegetable oil	2 fl. oz.
White mirepoix	2 wt. oz.
Blond roux	4 wt. oz.
Chicken stock	1 ¼ qt.
Sachet d'épices	1 ea.
Salt	as needed
Ground white pepper	as needed

Method

1. Heat the butter or oil in a saucepan over medium heat. Add the mirepoix and cook, stirring from time to time, until the onions are translucent and have begun to release their juices into the pan, about 15 minutes. They may take on a light golden color but should not be allowed to brown.
2. Add the roux to the mirepoix and cook until the roux is very hot, about 2 minutes.
3. Add the stock to the pan gradually, stirring or whisking to work out any lumps. Once all the stock has been incorporated, bring to a full boil, then lower the heat to a simmer. 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-mesh sieve. Strain a second time through a double thickness of rinsed cheesecloth, if desired, for the finest texture.
5. Return the sauce to a simmer. Taste and season with salt and pepper. Finish the sauce as desired.
6. The sauce is ready to serve now, or it may be rapidly cooled and refrigerated for later use.

Notes: For the white mirepoix, substitute parsnip for the carrot. A roux is a thickening agent commonly used in sauces made by blending 3 parts flour with 2 parts fat. To make a blond roux, melt the fat over medium heat and add the flour, stirring and cooking until golden straw colored with a slightly nutty aroma. It may be used now, or cooled and stored for later use.

FRESH EGG PASTA

Yield: 1 ½ lb.

Ingredients	Amounts
Durum flour	1 lb.
Salt	1 pinch
Eggs	4 ea.
Water	½ - 1 fl. oz.
Vegetable or olive oil (optional)	1 fl. oz.

Method

1. Combine the flour and salt in a large bowl, making a well in the center. Place the eggs, water, and oil, if using, in the center of the well. With a fork, gradually pull the dry ingredients into the egg mixture. Stir until a loose mass forms. As the dough is mixed, adjust the consistency with additional flour or water. **Or** - combine the flour and salt in a food processor. Add the eggs and oil, if using. Process mixture until it resembles coarse meal. When pressed, dough will form a cohesive mass.
2. Turn the dough out onto a floured work surface and knead until the texture has become smooth and elastic, 4 to 5 minutes. Gather and smooth the dough into a ball, cover, and let the dough relax at room temperature for at least 1 hour.
3. Roll the pasta dough into thin sheets and cut into desired shapes by hand or by using a pasta machine. The pasta is ready to cook now, or it may be covered and refrigerated for up to 2 days.
4. To cook, bring 1 ½ gallons of water to a rolling boil in a medium-sized saucepot. Generously salt the water using about 1 oz. of salt - the water should be noticeably salty, but not unpleasant. Add the pasta and stir to separate the strands or shapes. Cook the pasta until it is al dente, then drain in a colander.

Variations: *For each variation, the amount of flour may also need to be adjusted accordingly.*

Spinach Pasta: Purée 6 oz. spinach leaves, squeeze dry in cheesecloth, and add to the eggs.

Saffron Pasta: Steep 2 to 4 tsp. pulverized saffron threads in 1 fl. oz. hot water and add to the eggs.

Citrus Pasta: Add 4 tsp. finely grated lemon or orange zest to the eggs. Substitute 2 Tbsp. citrus for the water.

Curried Pasta: Add 2 to 4 tsp. curry powder to the flour.

Herbed Pasta: Add 2 to 3 oz. chopped fresh herbs to the eggs.

Black Pepper Pasta: Add 2 tsp. cracked black peppercorns to the flour.

Red Pepper Pasta: Sauté 6 oz puréed roasted red pepper until reduced and dry. Cool and add to the eggs.

Tomato Pasta: Sauté 3 oz. tomato purée until reduced and dry. Cool and add to the eggs.

Pumpkin, Carrot, or Beet Pasta: Sauté 6 oz. puréed cooked pumpkin, carrots, or beets until reduced and dry. Cool and add to the eggs.

SAUTÉED RED AND YELLOW PEPPERS

Yield: 6 portions

Ingredients	Amounts
Red bell peppers	3 ea.
Yellow bell peppers	3 ea.
Olive oil	2 fl. oz.
Salt	to taste
Ground black pepper	to taste

Method

1. Cut the peppers into desired shapes.
2. Sauté in olive oil over medium-high heat until cooked to the desired tenderness.
3. Season with salt and pepper to taste.

POACHED COD FILLETS WITH HOLLANDAISE SAUCE

Yield: 6 portions

Ingredients	Amounts
Court bouillon (Recipe follows)	1 qt.
Cod fillets, 5 oz. each	6 ea.
Hollandaise Sauce (Recipe follows)	1x recipe

Method

1. In a sautoir, heat the court bouillon to poaching temperature, a bare simmer, (155°F - 165°F). Add the cod and poach until it is cooked through (internal temperature of 140°F).
2. Remove the cod and keep moist with a little of the court bouillon.
3. Serve with the Hollandaise Sauce.

COURT BOUILLON

Yield: 1 quart

Ingredients	Amounts
Water, cold	40 fl. oz.
White wine vinegar	2 fl. oz.
Salt	½ Tbsp.
Carrots, sliced	4 wt. oz.
Onions, sliced	8 wt. oz.
Celery, sliced	4 wt. oz.
Dried thyme	1 pinch
Bay leaf	1 ea.
Parsley stems	3 ea.
Black peppercorns	¼ tsp.

Method

4. Combine the water, vinegar, salt, carrots, onions, celery, and herbs in a saucepot and simmer for 50 minutes.
5. Add the peppercorns and simmer for 10 minutes more.
6. Strain before using.

HOLLANDAISE SAUCE

Yield: 12 fluid ounces

Ingredients	Amounts
Black peppercorns, cracked	¼ tsp.
Cider or white wine vinegar	2 ¼ Tbsp.
Water	2 ¼ Tbsp.
Egg yolks (about 3)	2 ¼ wt. oz.
Clarified butter, warm (165°F)	6 ¾ fl. oz.
Lemon juice	1 ½ tsp.
Salt	to taste
Ground white pepper	to taste
Cayenne (optional)	to taste

Method

1. Combine the peppercorns and vinegar in a small pan and reduce over medium heat until nearly dry.
2. Add the water to the reduction and strain into a stainless-steel bowl.
3. Whisk the egg yolks 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.
4. Gradually add the butter in a thin stream, whisking constantly, until all the butter is added, and the sauce is thickened.
5. Add the lemon juice, salt, pepper, and cayenne (if using) to taste.
6. The sauce is ready to serve, or it may be held warm for up to 2 hours.

MASHED TURNIPS AND POTATOES

Yield: 6 portions

Ingredients	Amounts
Chef's potatoes, peeled and quartered	1 ¼ lb.
Turnips, peeled and quartered	1 ¼ lb.
Milk, heated	2 ½ fl. oz.
Butter, melted	2 ½ wt. oz.
Flat-leaf parsley, chopped	2 ½ Tbsp.
Salt	to taste
Ground black pepper	to taste

Method

1. Cook the potatoes and turnips, separately, in salted boiling water until they are very tender. Drain and return to their respective pots, over very low heat and dry until there is no more steam rising off them (be sure not to brown the turnips or potatoes).
2. Purée the potatoes and turnips together through a food mill while they are still very hot.
3. Add the heated milk and butter and fold until smooth. Add the chopped parsley and season with salt and pepper to taste.
4. Serve hot.

SAUTÉED SUGAR SNAP PEAS WITH SESAME SEEDS

Yield: 6 portions

Ingredients	Amounts
Sugar snap peas, cleaned and trimmed	1 ½ lb.
Butter	2 wt. oz.
Sesame seeds	1 ½ Tbsp.
Salt	to taste
Ground black pepper	to taste

Method

1. Blanch the peas in boiling salted water until bright green and tender, but with some snap remaining. Remove from water, shock in an ice bath, then drain.
2. When ready to serve, melt the butter in a sauté pan over medium heat and sauté the sesame seeds until golden brown.
3. Add the peas to the pan and sauté until they are heated through.
4. Season with salt and pepper to taste.

COD FILLETS EN PAPILOTE

Yield: 6 portions

Ingredients	Amounts
Cod fillets, 4 - 5 oz. each	6 ea.
Salt	as needed
Ground white pepper	as needed
Butter, diced cold	4 wt. oz. (plus as needed)
Parchment paper circles, 10-in.	6 ea.
Shallots, finely sliced	2 wt. oz.
Dry white wine	3 fl. oz.

Method

1. Preheat oven to 425°F.
2. Season the cod fillets with salt and pepper.
3. Butter the parchment circles and sprinkle the shallots on the lower half of the paper.
4. Arrange the cod fillets over the shallots.
5. Sprinkle 1 tablespoon of white wine on each cod fillet and place a small piece of butter on top.
6. Fold the upper half of the parchment paper over the fish to form a half circle.
7. Crimp the edges to create a properly sealed pouch and place it on a sheet pan lined with parchment paper.
8. Bake in the preheated oven for 7 minutes. When done, the package should be puffy and the paper brown.
9. Serve immediately.

RICE PILAF

Yield: 6 portions

Ingredients	Amounts
Long-grain white rice	8 ½ wt. oz. (1 ⅓ cups)
Clarified butter or vegetable oil	1 fl. oz.
Onions, minced	½ wt. oz.
Chicken stock, hot	16 fl. oz.
Bay leaf	1 ea.
Thyme sprig	1 ea.
Salt	as needed
Ground black pepper	as needed

Method

1. Rinse the rice under cold water in a strainer until the water runs clear, if desired. Drain the rice well before using.
2. Heat the butter or oil in a heavy-gauge pot over medium heat. Add the onion and sweat, stirring frequently, until translucent, about 5 to 6 minutes.
3. Add the rice and sauté, stirring frequently, until coated with butter or oil and heated through, 2 to 3 minutes.
4. Add the heated stock to the rice. Bring to a simmer, stirring the rice once or twice to prevent it from clumping together or sticking to the bottom of the pot.
5. Add the bay leaf, thyme, salt, and pepper. Cover the pot and place it in a 350°F oven or leave it over low heat on the stovetop.
6. Cook until the grains are tender to the bite and have absorbed all liquid, about 15 to 20 minutes.
7. Allow the rice to rest for 5 minutes, fluff with a fork, and serve immediately or hold it hot for service.

SAUTÉED VEGETABLE JULIENNE

Yield: 6 portions

Ingredients	Amounts
Butter	3 wt. oz.
Carrots, julienne	5 wt. oz.
Celeriac, julienne	5 wt. oz.
Turnips, julienne	5 wt. oz.
Leeks, julienne	5 wt. oz.
Water	as needed
Salt	to taste
Ground black pepper	to taste

Method

1. Heat the butter in a pan large enough to hold the vegetable julienne over moderate heat.
2. Once the butter is melted, add the vegetables. Sweat them without giving color until the vegetables are cooked. While the vegetables are cooking, it may be necessary to add small splashes of water to prevent the pan from getting too hot and browning the vegetable. The resulting steam will also help to cook the vegetables.
3. Season with salt and pepper to taste.

DAY FIVE

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Chicken Fricassée
Spätzle
Sautéed Petit Peas with Pearl Onions
Braised Greens

TEAM TWO

Osso Buco Milanese
Fresh Egg Pasta
Haricots Verts
Braised Fennel with Parmesan Cheese

TEAM THREE

Estouffade du Boeuf with Tournéed Vegetables
Whipped Potatoes
Sautéed Brussels Sprouts with Pancetta

TEAM FOUR

Chicken Cacciatore
Couscous
Grilled Vegetables

TEAM FIVE

Braised Short Ribs
Polenta
Steamed Broccoli
Grilled Zucchini

CHICKEN FRICASSÉE

Yield: 6 portions

Ingredients	Amounts
Chickens, whole, cut into 8 pieces	3 ea. (2 ½ lb. each)
Salt	as needed
Ground white pepper	as needed
Clarified butter or vegetable oil	2 ½ fl. oz.
Onions, diced	10 wt. oz.
Garlic cloves, minced	1 ½ tsp.
All-purpose flour	1 ½ wt. oz.
Dry white wine	5 fl. oz.
Chicken stock	10 fl. oz.
Bay leaf	1 ea.
Thyme leaves	2 tsp.
Heavy cream	5 fl. oz.
Carrots, small dice, blanched	10 wt. oz.
Leeks, small dice, blanched	10 wt. oz.
Chives or parsley, chopped	⅓ wt. oz.

Method

1. Season the chicken pieces well with salt and pepper.
2. Heat the butter or oil over medium heat in a rondeau or brasier. Place the chicken pieces carefully in the pan and sauté until the chicken has stiffened slightly but not browned. Transfer the chicken to a hotel pan and reserve.
3. Degrease the pan, if necessary. Add the onions and garlic to the pan and cook, stirring from time to time, until the onions are translucent, about 5 minutes. Do not brown.
4. Add the flour to the pan and cook, stirring frequently, for about 5 minutes.
5. Add the wine to the pan, stirring to release any dripping. Add the chicken stock, bay leaf, and thyme and bring to a simmer. Return the chicken pieces to the pan along with any juices they may have released.
6. Cover the pan and braise the chicken over low to medium heat, until it is fork tender, and cooked through, about 30 to 40 minutes.
7. Transfer the chicken to a hotel pan or other holding container and moisten with some of the cooking liquid. Keep it warm while finishing the sauce.
8. Add the heavy cream to the remaining cooking liquid and simmer until the sauce has thickened slightly, 5 to 7 minutes. Skim and degrease the sauce. Adjust the seasoning with salt and pepper and strain.
9. Return the chicken to the sauce, along with the carrots and leeks. Simmer for about 2 minutes, or until the chicken, carrots and leeks are heated through. Serve immediately or hold it hot for service.
10. Garnish with the chives or parsley.

SPÄTZLE

Yield: 6 portions

Ingredients	Amounts
Eggs	4 ea.
Milk	3 fl. oz.
Water	5 fl. oz.
Salt	to taste
Ground white pepper	to taste
Nutmeg, freshly grated	to taste
Fines herbes	½ wt. oz.
All-purpose flour	10 wt. oz.
Butter	3 wt. oz.

Method

1. Combine eggs, milk, and water. Season with the salt, pepper, and nutmeg. Add the fines herbes. Work in the flour by hand and beat until smooth. Allow the mixture to rest for 1 hour.
2. Bring a large pot of salted water to a simmer. Work the dough/batter through a spätzle maker into the simmering water. When the spätzle comes to the top of the pot, remove it with a spider. The spätzle is ready to finish now, or it may be cooled in ice water, drained, and refrigerated for later service.
3. Heat the butter in a large sauté pan over medium-high heat. Add the spätzle and sauté until very hot. Adjust seasoning with salt and pepper, garnish with more fines herbes, and serve immediately.

SAUTÉED PETIT PEAS WITH PEARL ONIONS

Yield: 6 portions

Ingredients	Amounts
Butter	3 wt. oz.
Petit peas, blanched	1 ½ lb.
Pearl onions, blanched and peeled	4 wt. oz.
Salt	to taste
Ground black pepper	to taste

Method

1. Melt the butter in a sauté pan set over medium heat. Add the peas and onions to the pan and sauté until they are heated through.
2. Season with salt and pepper to taste.
3. Serve hot.

BRAISED GREENS

Yield: 6 portions

Ingredients	Amounts
Collard greens or kale	2 ½ lb.
Bacon slices, diced	3 ea.
Onions, diced	5 ½ wt. oz.
Garlic cloves, minced	2 ea.
Ham hock (optional)	1 ea.
Chicken or vegetable stock	10 fl. oz.
Salt	to taste
Ground black pepper	to taste

Method

1. Preheat oven to 350°F.
2. Remove the stems from the greens and discard. Wash the greens thoroughly.
3. Bring a large pot of salted water to a boil. Add the collards and blanch for about 1 minute. Shock the greens in ice water. Drain, then chop and set aside.
4. In a large skillet, render the bacon and cook until it is crispy. When the bacon is light golden brown, add the onions and garlic and cook until translucent.
5. Add the ham hock, if desired, along with the blanched greens and stock. Season with salt and pepper to taste.
6. Braise in the preheated oven until the greens are tender, 30 to 45 minutes.
7. Remove the greens from the pan and reduce the liquid. Add the greens back to the liquid and adjust seasoning with salt and pepper to taste.
8. Serve hot on a warm serving platter.

OSSO BUCO MILANESE

Yield: 6 portions

Ingredients	Amounts
Veal shank crosscuts, 1 ½-inch thick 1-1 ½ lb. each, trimmed	6 ea.
Salt	as needed
Ground black pepper	as needed
All-purpose flour	as needed
Olive oil	as needed
Onions, small dice	4 wt. oz.
Carrots, small dice	2 wt. oz.
Celery, small dice	2 wt. oz.
Garlic, minced	1 tsp.
Tomato paste	2 wt. oz.
Dry white wine	5 fl. oz.
Brown veal stock, hot	40 fl. oz.
Bouquet garni	1 ea.
Arrowroot slurry (optional)	as needed
Gremolata	
Flat-leaf parsley, chopped	1 wt. oz.
Lemon zest, grated	1 ¼ Tbsp.
Garlic, minced to a paste	⅓ wt. oz.
Anchovy fillets, chopped (optional)	⅛ wt. oz.

Method

1. Season the veal shanks with salt and pepper and tie a string around each shank to keep them together. Dredge in flour, shake off the excess.
2. Heat oil in a rondeau or brasier over medium-high heat and sear the veal to a deep brown on all sides. Transfer to a separate pan and reserve.
3. Add the onions to the first pan and cook, stirring occasionally, until golden brown, about 7 to 8 minutes. Add the carrots, celery, and garlic in sequence and cook each one 2 minutes more, stirring frequently. Add the tomato paste and cook until it turns a deep rust color and gives off a sweet aroma, about 1 minute.
4. Deglaze the pan with the wine and reduce by half. Return the veal to the pan along with any juices that may have been released. Add enough heated veal stock to cover the veal by two-thirds.
5. Bring to a gentle simmer over medium to low heat. Cover the pot and transfer to a 350°F oven for 45 minutes. Add the bouquet garni and degrease the liquid if necessary.

Finish braising the veal shanks for about 1 to 1 ½ hours, or until fork-tender, turning occasionally to keep the veal evenly moistened.

6. Transfer the veal shanks to a hotel pan and moisten with some of the cooking liquid. Keep warm while finishing the sauce.
7. To finish the sauce, continue to simmer the cooking liquid until it reaches the desired consistency (nappé) and flavor. Degrease the sauce. If necessary, thicken with an arrowroot slurry. Adjust seasoning with salt and pepper and strain. Keep hot for service.
8. Serve the veal shanks with the sauce and Gremolata on heated plates.

Method: Gremolata

1. Toss together all ingredients until evenly blended. (This should be done as close to service time as possible.)
2. To serve Gremolata with shanks, spoon the mixture over the marrow in the shank bone.

FRESH EGG PASTA

Yield: 1 ½ lb.

Ingredients	Amounts
Durum flour	1 lb.
Salt	1 pinch
Eggs	4 ea.
Water	1 fl. oz.
Vegetable or olive oil (optional)	1 fl. oz.

Method

1. Combine the flour and salt in a large bowl, making a well in the center. Place the eggs, water, and oil, if using, in the center of the well. With a fork, gradually pull the dry ingredients into the egg mixture. Stir until a loose mass forms. As the dough is mixed, adjust the consistency with additional flour or water. **Or** - combine the flour and salt in a food processor. Add the eggs and oil, if using. Process mixture until it resembles coarse meal. When pressed, dough will form a cohesive mass.
2. Turn the dough out onto a floured work surface and knead until the texture has become smooth and elastic, 4 to 5 minutes. Gather and smooth the dough into a ball, cover, and let the dough relax at room temperature for at least 1 hour.
3. Roll the pasta dough into thin sheets and cut into desired shapes by hand or by using a pasta machine. The pasta is ready to cook now, or it may be covered and refrigerated for up to 2 days.
4. To cook, bring 1 ½ gallons of water to a rolling boil in a medium-sized saucepot. Generously salt the water using about 1 oz. of salt - the water should be noticeably salty, but not unpleasant. Add the pasta and stir to separate the strands or shapes. Cook the pasta until it is al dente, then drain in a colander.

Variations: *For each variation, the amount of flour may also need to be adjusted accordingly.*

Spinach Pasta: Purée 6 oz. spinach leaves, squeeze dry in cheesecloth, and add to the eggs.

Saffron Pasta: Steep 2 to 4 tsp. pulverized saffron threads in 1 fl. oz. hot water and add to the eggs.

Citrus Pasta: Add 4 tsp. finely grated lemon or orange zest to the eggs. Substitute 2 Tbsp. citrus for the water.

Curried Pasta: Add 2 to 4 tsp. curry powder to the flour.

Herbed Pasta: Add 2 to 3 oz. chopped fresh herbs to the eggs.

Black Pepper Pasta: Add 2 tsp. cracked black peppercorns to the flour.

Red Pepper Pasta: Sauté 6 oz puréed roasted red pepper until reduced and dry. Cool and add to the eggs.

Tomato Pasta: Sauté 3 oz. tomato purée until reduced and dry. Cool and add to the eggs.

Pumpkin, Carrot, or Beet Pasta: Sauté 6 oz. puréed cooked pumpkin, carrots, or beets until reduced and dry. Cool and add to the eggs.

HARICOTS VERTS

Yield: 6 portions

Ingredients	Amounts
Haricots verts	1 ½ lb.
Butter	1 wt. oz.
Salt	to taste
Ground black pepper	to taste

Method

1. Wash and trim the haricots verts.
2. Bring salted water to a full boil and add the haricots vert. Cook until al dente. Transfer to an ice bath to shock and stop the cooking process. Drain well.
3. When ready to serve, heat the butter in a sauté pan. Once the butter is melted and bubbling add the haricots verts. Season to taste with salt and pepper and toss to coat.
4. Once the beans are heated through, serve immediately.

BRAISED FENNEL WITH PARMESAN CHEESE

Yield: 6 portions

Ingredients	Amounts
Fennel bulbs, cut into sixths	3 ea.
Onions, sliced	3 wt. oz.
Celery, diced	2 wt. oz.
Garlic clove, chopped	1 ea.
Lemon, juiced	1 ea.
Chicken stock	8 fl. oz.
Salt	to taste
Ground black pepper	to taste
Parmesan cheese	1 wt. oz.

Method

1. Preheat oven to 350°F.
2. Combine the fennel, onions, celery, garlic, lemon juice, and chicken stock in a hotel pan. Season with salt and pepper. Cover and braise in the preheated oven until the fennel is tender. Remove and discard the core from the fennel.
3. Increase the oven temperature to 425°F.
4. Place the fennel in a new hotel pan with a little of the braising liquid. Sprinkle with the parmesan cheese and bake in the preheated oven until the cheese is golden brown.
5. Serve immediately or hold hot for service.

ESTOUFFADE DU BOEUF WITH TOURNÉED VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Beef shank, or chuck, cut into cubes	2 ½ lb.
Salt	as needed
Ground black pepper	as needed
Vegetable oil	2 fl. oz.
Mirepoix	7 wt. oz.
Tomato paste	1 ¼ wt. oz.
All-purpose flour	1 ½ wt. oz.
Brown veal stock	20 fl. oz.
Sachet d'épices	1 ea.
Garnish	
Peas	2 ½ wt. oz.
Carrots, tournéed, blanched	12 ea.
Celery, tournéed, blanched	12 ea.
Turnips, tournéed, blanched	12 ea.
Pearl onions, blanched and peeled	6 ea.

Method

1. Preheat oven to 350°F.
2. Season the beef with the salt and pepper and sear it in the oil in a soup pot over high heat. Remove and reserve it.
3. Add the onions from the mirepoix and let them brown. Add the celery and carrot from the mirepoix and cook for an additional 4 to 5 minutes. Add the tomato paste and cook until it turns a deep rust color.
4. Stir in the flour to form a roux and cook for an additional 3 to 4 minutes.
5. Add one-third of the stock, stirring to work out any lumps. Bring to a simmer. Add the remaining stock and return it to a simmer.
6. Add the beef along with any juices it may have released. Return it to a simmer, then add the Sachet d'épices.
7. Cover and braise in the preheated oven or over low heat on the stove until the beef is fork tender.
8. Degrease the stew and discard the sachet.
9. Adjust the seasoning with salt and pepper to taste; reheat the vegetable garnish. Serve the stew garnished with the vegetables.

WHIPPED POTATOES

Yield: 6 portions

Ingredients	Amounts
Russet potatoes	2 ½ lb.
Butter, at room temperature	5 wt. oz.
Milk, hot	5 fl. oz.
Heavy cream, hot	2 ½ fl. oz.
Salt	to taste
Ground black pepper	to taste

Method

1. Preheat oven to 300°F.
2. Scrub, peel, and cut the potatoes into large pieces. Boil them in salted water or steam until tender enough to mash easily. Drain and dry them over low heat or on a sheet pan in the preheated oven until no more steam rises from them.
3. While the potatoes are still hot, purée them through a food mill or potato ricer into a heated bowl.
4. Add the butter and mix into the potatoes by hand or with the paddle or whip attachment of an electric mixer until just incorporated.
5. Add the milk and cream and combine thoroughly.
6. Season with salt and pepper to taste.
7. Whip by hand or mixer just until smooth and light.
8. Serve hot.

SAUTÉED BRUSSELS SPROUTS WITH PANCETTA

Yield: 6 portions

Ingredients	Amounts
Brussels sprouts, trimmed	1 lb.
Extra-virgin olive oil	1 ½ fl. oz.
Pancetta, roughly chopped	2 wt. oz.
Onion, chopped	1 ½ wt. oz.
Butter	½ wt. oz.
Water	1 fl. oz.
Salt	to taste
Ground black pepper	to taste

Method

1. Slice each Brussels sprout in half. Gently pull the layers of leaves apart.
2. Heat a large sauté pan and add the olive oil and pancetta. Render the fat from the pancetta, until it is lightly crispy. Remove the pancetta and reserve.
3. Add the onions and cook until translucent, about 5 minutes.
4. Add the butter and swirl to melt.
5. Add the Brussels sprouts and 2 tablespoons of water.
6. Sauté over medium heat, tossing to coat. Cook until the leaves are tender and bright green, about 6 to 8 minutes.
7. Season to taste with salt and freshly ground black pepper.
8. Toss with the reserved pancetta and serve immediately.

CHICKEN CACCIATORE

Yield: 6 portions

Ingredients	Amounts
Chickens, whole, cut into 8 pieces	3 ea. (about 2 ½ lb. each)
Salt	as needed
Ground black pepper	as needed
All-purpose flour	5 wt. oz.
Olive oil	3 Tbsp.
Onions, medium dice	7 wt. oz.
Garlic, minced	2 tsp.
Dry white wine	4 fl. oz.
Demi-Glace	10 fl. oz.
Chicken stock	10 fl. oz.
White mushrooms, sliced	10 wt. oz.
Tomato concassé	7 wt. oz.
Green olives, pitted, sliced	3 wt. oz.
Lemon zest	1 ¼ tsp.

Method

1. Preheat oven to 300°F.
2. Season the chicken with salt and pepper. Dredge the chicken in the flour.
3. In a large rondeau, over medium-high heat, heat the olive oil and brown the chicken on all sides. Remove and reserve the chicken.
4. Sauté the onions in the same pan until translucent and starting to brown, 5 to 7 minutes. Add the garlic and sauté until aromatic, about 1 minute.
5. Deglaze the pan with the wine and reduce by at least half.
6. Add the demi-glace, chicken stock, mushrooms, tomato concassé, green olives, and lemon zest. Bring to a simmer.
7. Return the chicken, along with any juices it may have released. Season with salt and pepper to taste. Return to a simmer, cover, and braise in the preheated oven until the chicken is fork-tender, 1 to 1 ½ hours.
8. Adjust the seasoning with salt and pepper if necessary.
9. Serve the chicken accompanied by its braising liquid.

COUSCOUS

Yield: 6 portions

Ingredients	Amounts
Water, chicken or vegetable stock	18 fl. oz.
Butter	1 ½ Tbsp.
Salt	1 ½ Tbsp.
Couscous	10 ½ wt. oz.

Method

1. Bring the water, chicken, or vegetable stock to a boil. Add the butter and salt. Pour over the couscous in a shallow pan or in a 2-inch hotel pan.
2. Stir thoroughly to make sure all couscous is moist. Cover and set aside in a warm place for at least 15 to 20 minutes.

Note: Do not put more than 4 cups of couscous into a 2-inch hotel pan. The depth of the couscous, as in rice cookery, is important.

GRILLED VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Seasonal vegetables, trimmed (zucchini, squash, eggplant, asparagus, etc.)	1 ½ lb.
<i>Marinade</i>	
Vegetable oil	5 fl. oz.
Soy sauce	1 ¼ fl. oz.
Lemon juice	1 ½ Tbsp.
Garlic, minced	⅛ wt. oz.
Fennel seeds	¼ tsp.
Salt	as needed
Ground black pepper	as needed

Method

1. Slice vegetables into pieces thick enough to withstand the heat of the grill. If necessary, par-cook or blanch the vegetables prior to grilling them.
2. Combine all the ingredients for the marinade. Marinate the vegetables for one hour.
3. Remove the vegetables from the marinade, letting any excess drain completely. Place the vegetables on a hot grill and grill them on both sides. Rotate each piece 90° to create crosshatch marks, if desired. Turn the vegetables once and complete the cooking on the second side.
4. Serve immediately or hold hot for later service.

BRAISED SHORT RIBS

Yield: 6 portions

Ingredients	Amounts
Short ribs, 1 lb. each	6 ea.
Salt	as needed
Ground black pepper	as needed
Vegetable oil	as needed
Mirepoix, large dice	5 wt. oz.
Tomato paste	2 ½ Tbsp.
Dry red wine	2 ½ fl. oz.
Brown veal stock	5 fl. oz.
Demi-Glace, jus de veau lie, or sauce Espagnole	12 fl. oz.
Bay leaf	1 ea.
Dried thyme	1 tsp.
Madeira or sherry	2 fl. oz.

Method

1. Trim the short ribs and season with salt and pepper.
2. Heat the oil in a rondeau or braiser over medium-high heat until it starts to shimmer. Place the ribs carefully in the oil and sear until deep brown on all sides. Remove from the pan and reserve.
3. Add the mirepoix to the pan and cook, stirring occasionally, until golden brown, about 7 to 8 minutes. Add the tomato paste and cook until it turns a deeper color, and gives off a sweet aroma, about 1 minute.
4. Add the wine to the pan, stirring to release any drippings. Reduce by half. Return the ribs to the pan along with any juices they may have released. Add enough stock and demi-glace, jus lié, or espagnole to cover the ribs by two-thirds.
5. Bring to a gentle simmer over low to medium heat. Cover the pot and transfer it to a 275°F oven. Braise the ribs for 45 minutes. Add the bay leaf and thyme and degrease the liquid if necessary. Finish braising the short ribs until fork-tender, about 45 minutes more, turning occasionally to keep them well moistened.
6. Transfer the ribs to a hotel pan and moisten with some of the cooking liquid. Keep warm while finishing the sauce.
7. To finish the sauce, continue to simmer the cooking liquid until it reaches the desired flavor and consistency. Skim thoroughly to degrease the sauce. Adjust the seasoning with salt and pepper, then strain. Add the Madeira or sherry to finish the sauce.
8. Serve the short ribs with the sauce on heated plates.

POLENTA

Yield: 6 portions

Ingredients	Amounts
Water	60 fl. oz.
Salt	as needed
Coarse yellow cornmeal	9 ½ wt. oz. (1 ½ cups)
Butter	1 ½ wt. oz.
Parmesan cheese, grated	1 ½ wt. oz.
Ground black pepper	as needed

Method

1. Bring the water to a boil and season with salt.
2. Add the cornmeal in a stream, stirring constantly until it has all been added. Simmer, stirring often, until the polenta pulls away from the sides of the pan, about 30 minutes.
3. Remove the pot from the heat and stir in the butter, and parmesan. Adjust seasoning with salt and pepper to taste.
4. Serve immediately.

STEAMED BROCCOLI

Yield: 6 portions

Ingredients	Amounts
Broccoli	2 lb.
Salt	to taste
Ground black pepper	to taste

Method

1. Trim the broccoli, peel the stems, and cut into spears. Arrange the broccoli on a steamer rack or insert, and season with salt and pepper.
2. Bring the water to a full boil in the bottom of a tightly covered steamer. Add the broccoli, replace the cover, and steam the broccoli until tender, about 5 to 7 minutes.
3. Remove broccoli from the steamer, adjust the seasoning with salt and pepper to taste, and serve immediately or cool and store for later service.

GRILLED ZUCCHINI

Yield: 6 portions

Ingredients	Amounts
Zucchini, trimmed, and cut on the bias	1 ½ lb.
Extra virgin olive oil	3 Tbsp.
Garlic cloves, minced	2 ea.
Salt	to taste
Ground black pepper	to taste

Method

1. Toss the zucchini with the oil, garlic, salt, and pepper. Marinate for 10 minutes.
2. Place the zucchini on a hot grill and grill on both sides (the time will vary depending upon the thickness of the cut), turning once to create crosshatch marks, if desired.
3. Remove from the grill and serve hot.

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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.
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