



# Culinary Institute of America

**UNIVERSITY OF HOUSTON/  
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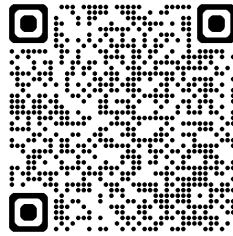
**WEEK 3:  
COOKING PRINCIPLES II**



**CIA Consulting**  
The Culinary Institute of America

The Culinary Institute of America, Hyde Park, NY

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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". The signature is fluid and cursive, with a long horizontal stroke at the end.

David Kamen '88 MBA PC<sup>III</sup>  
Director CIA Consulting  
845-451-1386 david.kamen@culinary.edu

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

# DAILY PRODUCTION ASSIGNMENTS

## DAY ONE: INDIVIDUAL WORK

- Knife Cuts
  - From 3 each 100 ct. Russet Potatoes, Produce
    - Minimum of 4 Tourné
    - 2 oz. Julienne
    - 2 oz. Brunoise
    - 2 oz. Bâtonnet
    - 2 oz. Small Dice
  - From 2 lb. Cello Carrots, Produce:
    - Minimum of 4 Tourné
    - 1 Cup Oblique-Cut
    - 1 Cup Rondelles
  - From 1 Large Spanish Onion, Produce:
    - ½ Cup Julienne
    - ½ Cup Small Dice
  - Concassé 3 Tomatoes
  - Mince 5 Garlic Cloves
  - Mince 3 Shallots
  - Suprême 1 Orange and 1 Grapefruit each
  - Finely Chop ¼ Cup Parsley
- Egg Cookery
  - Produce one French-Style Omelet and 2 portions of the following egg dishes:
    - 4 Poached Eggs
    - 4 Soft-Cooked Eggs
    - 4 Over-Easy Eggs
- Produce 2 Quarts Fish Stock
- Produce 4 Portions of Tossed Salad with Assigned Dressing

## DAY TWO: GROUP WORK

<b>Team #</b>	<b>Soup</b>	<b>Entrée and Sauces</b>	<b>Accompaniments</b>
1	Cream of Cauliflower Soup with Garnish	Roast Chicken with Pan Gravy	Glazed Carrots Sautéed Broccolini Whipped Potatoes
2	Cream of Broccoli Soup with Garnish	Roast Strip Loin of Beef with Jus Lié	Steamed Broccoli Glazed Carrots Duchesse Potatoes
3	Cream of Tomato Soup with Garnish	Roast Chicken with Pan Gravy	Sautéed Haricots Verts Glazed Turnips Parslied New Potatoes
4	Cream of Chicken Soup with Garnish	Roast Strip Loin of with Beef Jus Lié	Sautéed Sugar Snap Peas Twice-Baked Potatoes Sautéed Mushrooms
5	Cream of Mushroom Soup with Garnish	Roast Chicken with Pan Gravy	Sautéed Spinach Steamed Cauliflower Potato Gratin

## DAY THREE: GROUP WORK

<b>Team #</b>	<b>Soup</b>	<b>Entrée and Sauces</b>	<b>Accompaniments</b>
1	Senate Bean Soup with Garnish	Sautéed Chicken Breast aux Fines Herbes Deep-Fried Battered Cod with Ré-moulade Sauce	Braised Fennel French Fried Potatoes
2	Purée of Green Split Pea Soup with Garnish	Pan-Fried Veal or Pork Scaloppini with Sauce Robert Deep-Fried Chicken with Country Gravy	Braised Collard Greens Rice Pilaf
3	Purée of Lentil Soup with Garnish	Pan-Fried Chicken Breast with Herb Sauce Grilled Salmon Fillet with Herb Compound Butter	Sautéed Red and Yellow Peppers Barley Pilaf
4	Purée of Black Bean Soup with Garnish	Sautéed Turkey Breast with Herb Sauce Pan-Fried Scallops with Ré-moulade Sauce	Sautéed Asparagus or Green Beans (seasonal) Croquette Potatoes
5	Purée of Yellow Split Pea Soup with Garnish	Pan-Fried Pork Scaloppini with Herb Sauce Deep-Fried Battered Flounder with Ré-moulade Sauce	Sautéed Brussels Sprouts Parslied New Potatoes



## DAY FOUR: INDIVIDUAL WORK

<b>Candidate #</b>	<b>Soup</b>	<b>Salad and Dressing</b>	<b>Entrée and Sauce</b>	<b>Accompaniments</b>
1	Cream Soup with Garnish	Tossed Salad with Simple Vinaigrette	Roast Beef with Jus Lié	Sautéed Green Beans Pommes Duchesse
2	Clear Soup with Garnish	Tossed Salad with Creamy Dressing	Sautéed Chicken Breast aux Fines Herbes	Sautéed Spinach Buttered Fresh Egg Pasta
3	Purée Soup with Garnish	Tossed Salad with Simple Vinaigrette	Shallow-Poached Sole with Pan Sauce	Glazed Baby Beets Buttered Fresh Egg Pasta
4	Cream Soup with Garnish	Tossed Salad with Creamy Dressing	Braised Chicken (fricassée or cacciatore)	Sautéed Mushrooms Rice Pilaf Medley (white, wild, brown)
5	Clear Soup with Garnish	Tossed Salad with Emulsified Vinaigrette	Deep-Poached Salmon with Hollandaise Variation	Sautéed Zucchini with Red Peppers Parslied New Potatoes
6	Purée Soup with Garnish	Tossed Salad with Emulsified Vinaigrette	Grilled Strip Loin with Compound Butter	Steamed Broccoli French Fried Potatoes

**Memo To:** CIA Continuing Education Students

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

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

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

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

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

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

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

## **CIA INSTRUCTOR POLICY ON PROPRIETARY INTERESTS DISCLOSURE AND REPRESENTATION**

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

These Materials Were Developed at The Culinary Institute of America.

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