



# Culinary Institute of America

## **SAN MIGUEL SCHOOL DISTRICT AND FRIENDS NUTRITION STAFF TRAINING**



The Culinary Institute of America at Copia, Napa, CA

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**The Culinary Institute of America**

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**CIA Consulting**  
The Culinary Institute of America

Welcome to the CIA!

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

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

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

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

Wishing you all the best,

David Kamen '88 MBA PC<sup>III</sup>  
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](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

## San Miguel School District and Friends Nutrition Staff Training

**Monday, June 17, 2023**

Start Time	End Time	Topic	Faculty / Staff	Location
12:30 pm	1:30 pm	Welcome, Program Overview, Introductions, Kitchen Safety Lecture	CIA Chef Martin Matysik	Private Dining Room 1 & 2
1:30 pm	2:00 pm	Production Review	CIA Chef Martin Matysik	Private Dining Room 1 & 2
2:00 am	5:00 pm	Kitchen Exercise: Knife Cuts, Culinary and Baking Basics	CIA Chef Martin Matysik	Hestan Teaching Kitchen Red
5:00 pm	6:00 pm	Lunch from production	All	Hestan Teaching Kitchen Red
6:00 pm	6:30 pm	Review, Critique of the day, Discuss next day	CIA Chef Martin Matysik	Hestan Teaching Kitchen Red
6:30 pm		Departure		

**Tuesday, June 18, 2023**

Start Time	End Time	Topic	Faculty / Staff	Location
8:30 am	9:30 am	Mise en Place lecture	CIA Chef Martin Matysik	Private Dining Room 1 & 2
9:30 am	10:00 am	Production Review	CIA Chef Martin Matysik	Private Dining Room 1 & 2
10:00 am	12:30 pm	Kitchen Exercise: Soups, Salads, and Sandwiches	CIA Chef Martin Matysik	Hestan Teaching Kitchen Red
12:30 pm	1:15 pm	Lunch from production	All	Hestan Teaching Kitchen Red
1:15 pm	2:00 pm	Review, Critique of the day	CIA Chef Martin Matysik	Private Dining Room 1 & 2
2:00 pm	3:00 pm	"What Now?" Discussion	CIA Chef Martin Matysik	Private Dining Room 1 & 2
3:00 pm		Program Concludes		

# DAY ONE

## KITCHEN PRODUCTION ASSIGNMENTS

### EACH TEAM - KNIFE SKILLS

**Sliced:** Onion, Mushroom, Cabbage

**Medium Dice:** Onion, Tomatoes, Zucchini, Peppers

**Small Dice:** Carrot, Celery, Potato, Cucumber

**Julienne:** Pepper, Carrot

**Minced:** Shallot, Garlic, Parsley

**Citrus** Suprême

**Chicken:** 8-way

### ALL TEAMS AS A CLASS

Pita Bread

Vegetable Stock

Chicken Stock

### TEAM ONE

Grilled Flank Steak with Sauce Espagnole

### TEAM TWO

Chicken Provençal

### TEAM THREE

Sautéed Seasonal Vegetables with Curried Nage

### TEAM FOUR

Macaroni and Cheese

# PITA BREAD

*Yield: 12 small pitas (1 ½ wt. oz.) or 6 large pitas (3 wt. oz.)*

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

## **Method**

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

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



# VEGETABLE STOCK

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Oil, vegetable	2 oz.
Onion, yellow, sliced	1 lb.
Leek, sliced	8 oz.
Celery, sliced	8 oz.
Carrot, sliced	8 oz.
Tomato, medium diced	4 oz.
Garlic, clove, crushed	6 ea.
Water, cold	4 qt.
<b><i>Sachet d'epices</i></b>	
Parsley, stem, fresh	3 ea.
Bay leaf, dried	2 ea.
Garlic, clove (Optional)	1 ea.
Thyme, dried	½ tsp.
Peppercorns, black, cracked	½ tsp.

## **Method**

1. Heat the oil in a large rondeau over medium-low heat. Add the onion, leek, celery, carrot, tomato, and garlic and sweat until the vegetables have softened slightly and are aromatic, about 10 minutes.
2. Add the water and sachet d'épices and simmer for 30 to 40 minutes.
3. Strain the stock and degrease, if necessary.
4. The stock may be used now or it can be properly cooled, labeled, and stored for later use.

# CHICKEN STOCK

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, bones, cut if necessary	8 lb.
Water, cold	6 qt.
 <b>Mirepoix</b>	
Onion, yellow, medium diced	8 oz.
Carrot, yellow, medium diced	4 oz.
Celery, yellow, medium diced	4 oz.
 <b>Sachet d'epices</b>	
Parsley, stem, fresh	3 ea.
Bay leaf, dried	2 ea.
Garlic, clove (Optional)	1 ea.
Thyme, dried	½ tsp.
Peppercorns, black, cracked	½ tsp.

## **Method**

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

**Note:** Replace 2 pounds of the chicken bones with turkey necks for an extra rich gelatinous stock. To achieve a particular flavor, add or replace aromatic ingredients, such as:

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

# GRILLED FLANK STEAK WITH CHIMICHURRI SAUCE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Garlic, minced	2 Tbsp.
Salt, kosher	2 Tbsp.
Vinegar, red wine	¼ cup
Oil, olive, extra-virgin	2 Tbsp.
Shallot, finely chopped	¼ cup
Scallion (Green onion), finely chopped	¼ cup
Chile, aji, seeds and veins removed, minced	½ ea.
Oregano, fresh, chopped	1 cup
Parsley, fresh, chopped	1 cup
Beef, flank steak, trimmed	2 ¼ lb.
Oil, olive	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

## **Method**

1. For the chimichurri sauce, combine the garlic and salt on a cutting board and mash into a paste using the broad side of a chef knife. Transfer the garlic paste to a non-reactive mixing bowl.
2. Add the vinegar, olive oil, shallot, scallion, aji chile, oregano, and parsley. Stir to combine and allow the flavors to combine for at least 24 hours and up to 48 hours.
3. Preheat a gas grill to medium-high, leaving one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
4. Lightly coat the flank steak with the oil and season with salt and pepper.
5. Place the steak on the grill until the meat is well marked. Rotate the meat 90° and allow it to cook, undisturbed, until crosshatch marks have been created. Turn the meat over and finish grilling to the desired temperature.
6. Remove the steak from the grill and allow it to rest, tented, for 10 minutes before slicing thinly across the grain.
7. Serve the sliced beef on a heated platter, topped with the chimichurri sauce.

# CHICKEN PROVENÇAL

*Yield: 6 Servings*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, breast, thighs, or legs	6 ea.
Salt, kosher	1 tsp.
Pepper, black, ground	1 tsp.
Flour, all-purpose	3 oz.
Oil, vegetable	2 oz.
Garlic, minced	1½ tsp.
Wine, white	6 oz.
Tomato concassé	18 oz.
Stock, chicken	16 oz.
Olives, black, pitted, julienned	3 oz.
Anchovy, fillet, mashed to a paste	1½ ea.
Butter, unsalted, softened	3 oz.
Basil, fresh, chiffonade	3 tsp.

## **Method**

1. Season the chicken with salt and pepper. Dredge lightly with flour, shaking off the excess.
2. Heat the vegetable oil in a sauté pan and sauté the chicken over medium-high heat until golden brown and just cooked through. Remove the chicken from the pan and keep warm.
3. Pour off most of the excess fat from the sauté pan and return the pan to the heat. Add the garlic and sauté briefly until aromatic.
4. Deglaze the pan with the wine, stirring well to release all the drippings (fond). Add the tomato concassé, stock, olives, and anchovy paste. Bring mixture to a simmer, reducing by about one-third to allow the flavors to develop.
5. Finish the sauce by swirling in the butter.
6. Return the chicken along with any released juices to the sauté pan and coat the chicken with the sauce.
7. Serve the chicken with the sauce on a heated plate. Garnish with the basil.

# SAUTEED SEASONAL VEGETABLES WITH CURRIED NAGE

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Onion, white, thinly sliced	1 ea.
Oil, olive	3 Tbsp.
Carrot, thinly sliced	1 cup
Chile, red Fresno, julienned	2 Tbsp.
Assorted seasonal vegetables, cut into 1-in. pieces	2 lb.
Curry powder	1 Tbsp.
Wine, white	½ cup
Stock, vegetable	1 cup
Pure Starch Slurry (Recipe follows)	1 Tbsp.
Chile, cayenne (Optional)	1 pinch
Cilantro, fresh, chopped	2 Tbsp.
Salt, kosher	to taste
Lemon, juice	to taste

## **Method**

1. Sauté the onion in olive oil until just beginning to soften.
2. Add the carrots, chile, and trimmed vegetables. Sauté to desired doneness and remove from the pan. Set aside and keep warm.
3. Wipe out the sauté pan and add the curry powder to toast slightly.
4. Add the wine to the sauté pan and combine with the curry powder. Cook for 2 minutes and allow the wine to reduce slightly. Stir in the stock.
5. Whisk the slurry into the pan and bring to a boil to thicken. Add more slurry, if needed.
6. Add the cayenne, if desired.
7. Add the reserved vegetables and the cilantro. Season with salt and lemon to taste.
8. Serve on a warm platter.

**Note:** Fall and winter vegetable options include hard squashes, cauliflower, Romanesco, and other brassicas. For the spring, you can use asparagus, artichoke, and spring onions. In the summer, Romano beans, summer squash, and eggplant are good choices.

# PURE STARCH SLURRY

*Yield: 2 tablespoons*

<b>Ingredients</b>	<b>Amounts</b>
Cornstarch	1 Tbsp.
Water, cold	1 Tbsp.

## **Method**

1. In a small mixing bowl, place the cornstarch.
2. Stir in the water. Adjust the ratio of starch to water until you create a paste with the consistency of heavy cream.
3. To use, whisk the slurry into the hot, simmering liquid. Stir constantly and bring the mixture to a boil.
4. Reduce the heat to a simmer and cook an additional minute.

**Note:** For each cup of liquid to thicken, start with 1 tablespoon of starch and an equal amount of liquid. Adjust the ratio of starch to water until the slurry resembles heavy cream.

Arrowroot, another pure starch, can be substituted for the cornstarch. Cold stock can be substituted for the water.

# MACARONI AND CHEESE

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pasta, elbow macaroni	1 lb.
Cheese, Cheddar, shredded	4 cups
Bechamel Sauce (Recipe follows)	2 qt.
Mustard, Dijon	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	to taste
Breadcrumbs	1 cup
Parsley, fresh, minced	½ cup

## **Method**

1. Preheat the oven to 400°F.
2. Cook the macaroni in salted boiling water until almost done, but not fully cooked. Drain and set aside.
3. Add the cheese to the béchamel, little by little, and simmer until the cheese melts.
4. Add the mustard, salt, and pepper to taste. Stir to combine.
5. Add the reserved macaroni to the saucepan and toss to coat with the cheese sauce.
6. Transfer the macaroni to a buttered baking dish. Top the macaroni and cheese with the breadcrumbs and parsley.
7. Bake in the preheated oven until the top is golden brown, about 20 minutes.

# BÉCHAMEL SAUCE

*Yield: 2 quarts*

<b>Ingredients</b>	<b>Amounts</b>
Milk, whole	2 cups
Cream	2 cups
<b><i>Onion piqué</i></b>	
Onion, yellow, peeled	½ ea.
Clove, whole	1 ea.
Bay leaf, dried	1 ea.
Flour, all-purpose	2.4 wt. oz.
Butter, clarified	1.6 wt. oz.
Salt, kosher	¼ tsp.
Pepper, white, ground	⅛ tsp.

## **Method**

1. For the onion piqué, attach the bay leaf to the onion using the clove as a tack.
2. Scald the milk and cream in a saucepan. Remove the pan from the heat.
3. Add the onion piqué. Cover and steep for 15 to 20 minutes.
4. For the white roux, heat the clarified butter in a rondeau over moderate heat. Add the flour all at once. Stirring constantly, cook over low heat until the roux is pale ivory, 8 to 10 minutes.
5. Remove the onion piqué from the milk. Add the roux to the milk, whisking constantly to work out any lumps. Bring the sauce to a full boil, then reduce the heat and simmer until the sauce is smooth and thickened, 30 to 60 minutes.
6. Season with salt and white pepper to taste.
7. Strain and use immediately, or cool and refrigerate until ready to serve.



# DAY TWO

## KITCHEN PRODUCTION ASSIGNMENTS

### TEAM ONE

Vegetable Soup with Garlic and Basil Pesto  
Greek Salad with Feta Cheese  
Chicken Souvlaki Pita Sandwich with Tzatziki

### TEAM TWO

Thai Red Lentil Soup  
Cucumber, Peanut, and Chili Oil Salad  
Chicken Bahn Mi

### TEAM THREE

Onion Soup Gratinée  
Citrus and Fennel Salad  
Provençal Tartine: Ratatouille with Herbes de Provence,  
Goat Cheese, and Grilled Bread

### TEAM FOUR

Tortilla Soup  
Melon, Citrus, and Jicama Salad with Mint  
Three Sisters Quesadillas

# VEGETABLE SOUP WITH GARLIC AND BASIL PESTO

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amount</b>
Beans, navy, dry	½ cup
Water	1 qt.
Oil, olive, pure	¼ cup
Onion, medium diced	1 cup
Carrot, small diced	1/3 cup
Leek	½ cup
Chicken, stock, hot	4 qt.
Saffron	a pinch
Herbes de Provence	1 tsp.
Potato, waxy, small diced	1 cup
Beans, green, small diced	1 cup
Zucchini, medium diced	1 cup
Pasta, vermicelli	½ cup
Tomato, peeled, seeded, medium diced	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Pesto (Recipe follows)	1 cup
Oil, olive, pure	as needed
Bread, French, sliced	1 ea.

## **Method**

1. Cull, wash, and soak the navy beans overnight. Simmer until tender in water. Reserve the beans and cooking liquid.
2. Sauté the onions, carrots, and leeks in olive oil.
3. Add the chicken stock and saffron. Bring to a simmer and cook for 10 minutes.
4. Add the potatoes, green beans, and zucchini and simmer for 10 minutes.
5. Add the vermicelli and simmer until done.
6. Add the beans and their cooking liquid and tomato and simmer for 1 minute. Season with salt and pepper to taste.
7. Mix in the pesto just prior to service. (The soup may not require all the pesto.)
8. Brush the bread slices with oil and grill until toasted.
9. Serve the soup with bread on the side.

**Notes:** A 12 ounce can of white beans and its liquid can be substituted for the navy beans and water. Any small soup pasta such as ditalini or orzo can be substituted for vermicelli. This soup may be served with poached, baked, roasted, or grilled fish or chicken placed on top of soup (or on side).

# BASIL PESTO

*Yield: 1 cup*

<b>Ingredients</b>	<b>Amounts</b>
Garlic, clove, peeled, crushed	2 tsp.
Salt, kosher	½ tsp.
Basil, leaves, fresh, chopped roughly	3 cups
Oil, olive, extra-virgin	¼ cup

## **Method**

1. Purée everything together in a small food processor and process to a coarse paste.

# GREEK SALAD WITH FETA CHEESE

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lettuce, romaine, chopped	1 lb.
Onion, red, sliced	1 cup
Cucumber, European, diced	2 cups
Pepper, bell, green, medium dice	2 cups
Tomato, medium diced	2 cups
Cheese, feta, crumbled	1 cup
Olive, kalamata, pitted, halved	1 cup
Mint, leaves, fresh, torn	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Red Wine Vinaigrette (Recipe follows)	1 cup

## **Method**

1. Combine the lettuce, onion, cucumber, bell pepper, tomato, feta, olives, and mint.
2. Season with salt and pepper to taste.
3. Toss with the Red Wine Vinaigrette.

## RED WINE VINAIGRETTE

*Yield: 2 cups*

<b>Ingredients</b>	<b>Amounts</b>
Vinegar, red wine	½ cup
Mustard, Dijon	1 tsp.
Shallot, minced	2 Tbsp.
Oil, olive, pure	1 ½ cups
Sugar, granulated (Optional)	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Parsley, fresh, minced	2 Tbsp.
Oregano, fresh	1 tsp.

### **Method**

1. Combine the vinegar, mustard, and shallots in a mixing bowl.
2. Gradually whisk in the oil.
3. Season with sugar (if desired), salt, and pepper.
4. Add the parsley and oregano and mix to combine.

# CHICKEN SOUVLAKI PITA SANDWICH WITH TZATZIKI

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, thigh, boneless, diced into 2-in. pieces	10 ea.
Oil, olive, extra-virgin	1/3 cup
Salt, kosher	1 tsp.
Pepper, black, ground	1/4 tsp.
Garlic, clove, crushed	1/4 cup
Oregano, fresh	2 Tbsp.
Lemon, juice	1/4 cup
Soy sauce	1/2 cup
Onion, yellow, sliced	4 cups
Pepper, bell, green, sliced	4 cups
Oil, olive, pure	1/4 cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Bamboo skewer, soaked	10 ea.
Cabbage, sliced thinly	4 cups
Bread, pita, cut in half, warmed	5 ea.
Tzatziki (Recipe follows)	1 recipe
Parsley, fresh, minced	1 Tbsp.
Sesame seeds, toasted	2 Tbsp.

## **Method**

1. Toss the chicken with the olive oil, salt, pepper, garlic, oregano, lemon juice, and soy sauce. Cover and refrigerate for one hour.
2. Sauté the onions and peppers in the olive oil until softened. Season with salt and pepper and set aside.
3. Skewer the chicken. Grill on a seasoned grill set to medium high until nice char marks are achieved and the chicken reaches an internal temperature of 165°F.
4. To serve, place the cabbage and the onion and pepper mixture into the pita halves. Slide the chicken off the skewers and place into the filled pitas.
5. Top with Tzatziki and garnish with the parsley and sesame seeds.

# TZATZIKI

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Cucumber, English, small diced	2 cups
Salt, kosher	as needed
Garlic, chopped	2 tsp.
Salt, kosher	1 tsp.
Lemon, juice	3 Tbsp.
Oil, olive, extra-virgin	4 Tbsp.
Yogurt, nonfat, plain	3 cups.
Dill, fresh, chopped	3 Tbsp.

## **Method**

1. Place the cucumbers in a bowl and toss with a little salt. Transfer to a colander and set aside for at least 15 minutes to draw some of the liquid out of the cucumbers.
2. In a bowl, combine the garlic and salt and mash into a paste.
3. Stir in the lemon juice and add the oil. Add the yogurt and dill and mix well.
4. Rinse the salt from the cucumber slices in a colander and pat them dry. Fold them into the tzatziki.

# THAI RED LENTIL SOUP

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, coconut	¼ cup
Onion, medium, sliced thinly	3 cups
Red curry paste, vegetarian	3 Tbsp.
Lemongrass, stalk, lightly bashed	2 ea.
Lime, makrut, leaf, fresh	3 ea.
Lentils, red	3 cups
Water	8 cups
Aromatic Oil (Recipe follows)	1 ½ cups
Coconut, milk	2 cups
Lime, juice	3 Tbsp.
Soy sauce	4 Tbsp.
Salt, kosher	1 ¼ tsp.
Peas, snap, sliced thinly on bias	2 cups
Cilantro, leaves, fresh, chopped coarsely	2 cups
Shallot, crispy	1 cup

## **Method**

1. Heat the coconut oil in a large pot and add the onion. Cook over low heat, covered, stirring once or twice, until the onion is completely soft, 10 to 15 minutes.
2. Stir in the red curry paste and cook for 1 minute.
3. Add the lemongrass, lime leaves, lentils, and water. Bring to boil, turn down the heat to low, and simmer until the lentils are completely soft, about 15 minutes.
4. Remove the soup pot from the heat and discard the lemongrass and lime leaves. Use a blender to process the soup until it is completely smooth.
5. Add the coconut milk, lime juice, soy sauce, and salt. Stir and return the soup to medium heat. Once it is almost boiling, ladle the soup into bowls.
6. Garnish with the peas, cilantro, a drizzle of the aromatic oil, and the crispy shallots.

**Note:** Vegetable oil can be substituted for the coconut oil.



## AROMATIC OIL

*Yield: 1 ½ cups*

<b>Ingredients</b>	<b>Amounts</b>
Oil, canola	5 Tbsp.
Shallot, minced	½ cup
Garlic, coarsely chopped	3 tsp.
Ginger, peeled, coarsely chopped	2 tsp.
Red chili flakes	½ tsp.
Star anise, pod	1 ea.
Curry powder	2 Tbsp.
Tomato, paste	2 tsp.
Oil, canola	11 Tbsp.
Lemon, zest	1 Tbsp.

### **Method**

1. Heat the oil in a small saucepan over low heat. Add the shallots, garlic, ginger, chili flakes, star anise, and curry powder. Fry, stirring occasionally, until the shallots are soft, about 5 minutes.
2. Add the tomato paste and cook gently for 2 minutes.
3. Stir in the oil and lemon zest. Simmer very gently for 10 minutes.
4. Strain.

# CUCUMBER, PEANUT, AND CHILI OIL SALAD

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Cucumber, English, small diced	2 qt.
Salt, kosher	1 tsp.
Peanuts, roasted	1 cup
Cilantro, fresh, chopped	$\frac{3}{4}$ cup
Red pepper flakes	1 tsp.
Peanut butter, creamy	$\frac{1}{2}$ cup
Soy sauce	$\frac{1}{4}$ cup
Vinegar, rice	$\frac{1}{4}$ cup
Sugar, granulated	3 tsp.
Garlic, grated	1 tsp.
Salt, kosher	$\frac{1}{2}$ tsp.
Chili Oil (Recipe follows)	2 $\frac{1}{3}$ cups

## **Method**

1. Toss the cucumbers with salt in a colander. Set aside to drain.
2. Chop the peanuts, cilantro, and red pepper flakes together until very fine. Set it aside.
3. Whisk together the peanut butter, soy sauce, vinegar, sugar, garlic, and salt in a large bowl. If the mixture is too thick, add 2 to 4 tablespoons of water to thin.
4. Transfer the salted cucumbers to the bowl with dressing and toss to coat.
5. To serve, place half the cucumber salad on the plate. Sprinkle with half of the peanut mixture and repeat with the remaining cucumber salad and peanut mixture.
6. Drizzle with Chile Oil and serve immediately.

## CHILI OIL

*Yield: 2 1/3 cups*

<b>Ingredients</b>	<b>Amounts</b>
Red pepper flakes	1/4 cup
Garlic, clove, smashed	2 ea.
Ginger, sliced	1/4 cup
Oil, vegetable	2 cups
Oil, sesame	1/3 cup

### **Method**

1. Combine the red pepper flakes, garlic, ginger, vegetable oil, and sesame oil in a pot. Over medium heat, bring to a bubbly 225°F to 250°F, stirring occasionally.
2. Simmer on very low heat for 15 minutes, making sure the temperature does not rise above 250°F.
3. Let it cool.
4. Scrape the oil and solids into a glass or plastic container and store, tightly covered, at room temperature.

# CHICKEN BAHN MI

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, canola	4 Tbsp.
Shallot, minced	2 ea.
Garlic, minced	2 Tbsp.
Soy sauce	2 Tbsp.
Sugar, granulated	1 Tbsp.
Five-spice powder	1 Tbsp.
Chili powder	1 Tbsp.
Star anise powder	½ tsp.
Chicken, breast, boneless, skinless	5 ea.
 Marinated Daikon and Carrots (Recipe follows)	 3 cups
 Bread, baguette, cut into 6-in. lengths	 3 ea.
Mayonnaise	¾ cup
Cucumber, sliced thinly	1 ea.
Cilantro, sprigs, fresh	10 ea.
Chile, jalapeño, sliced thinly	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Heat the oil in a medium skillet over moderate heat. Add the shallots, garlic, soy sauce, and sugar and stir. Cook until fragrant, about 10 seconds.
2. Add the five-spice powder, chili powder, star anise powder, and chicken. Cover and marinate for 45 minutes.
3. Season grill and preheat to medium high. Preheat oven to 350°F.
4. Grill the chicken. Remove from the heat and set aside. When cool, cut into ¼-inch slices.
5. Reheat the baguette in the oven so that the outside is warm and crusty, about 5 minutes.
6. Cut each baguette in half lengthwise, without separating.
7. Spread a thin layer of mayonnaise over the bread.
8. Add the chicken slices, making sure the meat is evenly spread on the bread.
9. Garnish the sandwich with the marinated vegetables, cucumber, cilantro, and jalapeño. Season with salt and pepper to taste.

## MARINATED DAIKON AND CARROTS

*Yield: 6 cups*

<b>Ingredients</b>	<b>Amounts</b>
Vinegar, rice, distilled	2 cups
Sugar, granulated	1 cup
Radish, white (Daikon), peeled, julienne	1 lb.
Carrot, peeled, julienne	2 lb.
Salt, kosher	1½ tsp.

### **Method**

1. Combine the vinegar and sugar in a saucepan and bring to a boil. Remove it from the heat and set it aside to cool.
2. Place the radishes, carrots, and salt in a bowl and toss several times. Set it aside for 20 minutes.
3. Rinse thoroughly. Using your hands, squeeze the vegetables to remove the excess water. Pat dry with paper towels and place in a bowl.
4. Add the vinegar mixture to the bowl and let the vegetables marinate for at least 30 minutes.

**Note:** White vinegar can be substituted for the rice vinegar.

# ONION SOUP GRATINÉE

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, vegetable	¼ cup
Onion, sliced thinly	5 cups
Garlic, minced	1 tsp.
Brandy	½ cup
Chicken, stock, heated	1 ½ qt.
<b>Sachet d'épices</b>	
Parsley, stems, fresh	4 ea.
Thyme, dried	½ tsp.
Tarragon, dried	½ tsp.
Bay leaf, dried	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Bread, French, sliced	1 ea.
Butter, clarified	2 Tbsp.
Cheese, Gruyère, grated	1 cup
Parsley, fresh, chopped	1 Tbsp.

## **Method**

1. Heat the oil in a soup pot over medium-low heat. Add the onions and cook, without stirring, until they begin to brown on the bottom.
2. Raise the heat to medium, stir, and continue to cook, stirring occasionally, until the onions are deeply caramelized (dark golden brown). The total cooking time will be 40 to 45 minutes. If the onions begin to scorch, stir more frequently and firmly enough to remove any browned bits off the bottom of the pan.
3. Add the garlic and cook for 2 to 3 minutes.
4. Add the brandy and simmer until the liquid has nearly evaporated, 2 to 3 minutes.
5. Add the stock and sachet and simmer for 30 to 45 minutes, skimming the surface as necessary to remove any fat. Remove the sachet and discard. Season with salt and pepper.
6. Preheat oven to 450°F.
7. Fry 8 bread slices in a sauté pan with the clarified butter until golden brown on both sides. Remove and drain on paper towels.
8. Ladle the soup into cups or crocks and top with the toasted bread and cheese. Place it in the oven to melt the cheese.
9. Serve topped with parsley.

**Note:** Beef stock can be substituted for the chicken stock.

## CITRUS AND FENNEL SALAD

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Fennel, bulb	2 ea.
Celery, sliced thinly	2 cups
Arugula, baby	4 cups
Salt, sea	1 tsp.
Pepper, black, ground	½ tsp.
Orange, suprême cut	4 ea.
Grapefruit, ruby red, suprême cut	4 ea.
Oil, olive, extra-virgin	1/3 cup
Lemon, juice	¼ cup
Olives, niçoise, pitted, sliced	2/3 cup
Parsley, fresh, chopped	2 Tbsp.

### **Method**

1. Trim the fennel bulb and wash well. Slice thinly on a mandolin across the width of the bulb.
2. Place the fennel, celery, and arugula in a large bowl. Season with salt and pepper.
3. Place the fennel mixture on a platter. Top with the orange and grapefruit segments, drizzled oil and lemon juice, and scattered olives and parsley.

# PROVENÇAL TARTINE: RATATOUILLE WITH GOAT CHEESE AND GRILLED BREAD

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, extra-virgin	½ cup
Herbes de Provence	1 tsp.
Onion, sliced thinly	2 cups
Garlic, chopped finely	2 Tbsp.
Eggplant, unpeeled, medium diced	2 cups
Pepper, bell, green, medium diced	1 cup
Pepper, bell, red, medium diced	1 cup
Zucchini, medium diced	2 cups
Tomato, plum, cored, medium diced	3 cups
Tomato paste	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Basil, fresh, sliced thinly	¼ cup
Bread, Pain au Levain, ½-in. slices	1 ea.
Oil, olive, extra-virgin	¼ cup
Garlic, clove, peeled	2 ea.
Cheese, goat, crumbled	1 cup
Basil, sliced thinly	1 Tbsp.

## **Method**

1. Heat the oil in a large, heavy sauté pan. Add the Herbes de Provence and heat for 10 seconds.
2. Add the onions, garlic, eggplant, and bell peppers. Cook over high heat, stirring continuously, until the onions are translucent, about 5 minutes.
3. Add the zucchini, tomatoes, tomato paste, salt, and pepper. Stir to blend. Lower the heat to medium and cook for 10 minutes.
4. Stir in the basil and remove from the heat. Set aside to cool slightly.
5. Preheat grill to medium high. Drizzle 10 slices of bread with olive oil, salt, and pepper. Grill on both sides until char marks are achieved but the bread is still soft in the middle, about 1 to 2 minutes per side.
6. Remove the bread from the grill and rub garlic on one side.
7. Serve the ratatouille on top of the grilled bread with the goat cheese and basil.



# TORTILLA SOUP

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Tortilla, corn, cut into matchsticks	4 ea.
Oil, vegetable	2 tsp.
Onion, finely grated	1 cup
Garlic, finely minced	2 tsp.
Chili powder, mild	1 ½ tsp.
Cumin, dried, ground	1 tsp.
Cilantro, leaves, fresh, chopped	1 Tbsp.
Tomato, purée	¾ cup
Stock, chicken	6 cups
Bay leaf, dried	1 ea.
Chicken, breast, cooked, shredded	1 cup
Cheese, Cheddar, grated	½ cup
Avocado, diced	1 cup
Cilantro, fresh, chiffonade	½ cup
Lime, cut into wedges	2 ea.

## **Method**

1. Preheat the oven to 300°F.
2. Place the tortilla matchsticks in an even layer on a baking sheet and toast in the preheated oven for about 15 minutes. Alternately, toast the strips in a dry skillet over medium heat, tossing frequently.
3. Reserve about ½ cup of the strips for a garnish. Crush the remainder in a plastic bag with a mallet.
4. Heat the oil in a soup pot over medium heat. Add the onion and garlic and cook, stirring frequently, until they give off a sweet aroma, 5 to 6 minutes.
5. Add the tortillas, chili powder, and cumin and cook for 3 minutes.
6. Add the cilantro and tomato purée and cook for 2 minutes.
7. Add the stock and bay leaf. Stir well and simmer for about 25 to 30 minutes.
8. Purée with an immersion blender until smooth. Adjust the seasoning with salt and pepper.
9. To serve, place the heated chicken and tortillas into soup cups and ladle soup into the cups.
10. Garnish with the cheese, avocado, and cilantro. Serve with lime on the side.

*Source: Book of Soups, p. 67*

# MELON, CITRUS, AND JICAMA SALAD WITH MINT

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Melon, honeydew, peeled, seeded julienned	1 <sup>3</sup> / <sub>4</sub> lb.
Jicama, peeled, julienned	10 oz.
Oranges, peel, suprême cut have chef demo supreme cut	2 lb.
Mint, fresh, stemmed, minced	2 Tbsp.
Lime, juice	<sup>1</sup> / <sub>4</sub> cup

## **Method**

1. Place the melon, jicama, oranges, mint, and lime juice in a large bowl.
2. Toss to combine.
3. Chill for 30 minutes before serving.

# THREE SISTERS CHEESE QUESADILLAS

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Corn, fresh	2 cups
Onion, yellow, small diced	1 cup
Garlic, minced	1 clove
Squash, yellow, small diced	2 ea.
Beans, black, canned, drained, rinsed	2 cups
Oil, vegetable	as needed
Tortilla, white flour	16 ea.
Cheese, queso fresco, crumbled	2 cups
Cheese, queso Chihuahua, shredded	2 cups
Scallion (Green onions), thinly sliced	6 ea.
Cilantro, fresh, chopped	6 Tbsp.
Pico de Gallo (Recipe follows)	1x recipe

## **Method**

1. Roast or cook the corn. Remove the kernels from the cob.
2. Sauté the onion and garlic until translucent.
3. Add the squash and cook until it softens, 2 to 3 minutes.
4. Add the corn and beans and season with salt and pepper. Remove from the heat and set aside.
5. Heat the oil in a large sauté pan over medium heat.
6. Working in batches, place a tortilla in the pan. Fill each tortilla with 1/8 of the vegetable mixture, 1/4 cup of queso fresco, 1/4 cup of chihuahua, one green onion, and 1 tablespoon of cilantro. Cover with another tortilla. Cook until the bottom tortilla is golden brown and crisp, then flip the quesadilla over and cook the other side.
7. Serve on a heated platter alongside the Pico de Gallo.

# PICO DE GALLO

*Yield: 2 cups*

<b>Ingredients</b>	<b>Amounts</b>
Tomato, small diced	1 lb.
Chile, serrano, seeded, minced	2 ea.
Onion, yellow, small diced	1 cup
Cilantro, fresh, chopped	½ bu.
Limes, juiced	2 ea.
Oil, olive	2 Tbsp.
Salt, kosher	1 ½ tsp.

## **Method**

1. Combine all the ingredients in a mixing bowl and toss well to combine.
2. Allow the flavors to blend for at least ½ hour.
3. Serve in a chilled bowl.

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

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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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