



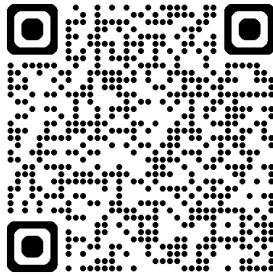
# Culinary Institute of America

## **SANTA MARIA-BONITA SD 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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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 blue ink that reads "David Kamen".

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

## **SCRATCH AND BATCH COOKERY**

Understanding how to prepare food from its raw state to plated dish has enormous advantages. It is the best way to maximize nutrition and can also be the most cost-effective way to prepare food. Even if we can only implement scratch cooking in small ways, it can make a huge impact on the quality of the food we serve.

This course is designed to teach the basic skills of cooking food from a raw state, also known as "Scratch" cooking. We will be preparing everything "from scratch", without the use of pre-prepared or processed food items besides spices and condiments. We will be utilizing knife skills for basic vegetables, meats, and seafood, as well as all our scraps. This will help us understand how size and shape determine what cooking method we will use and how we can minimize waste.

We will also learn how "Scratch" cookery translates to "Batch" cookery-- how we can prepare all the components for larger quantities of dishes ahead of time, so that they can be finished in smaller batches later. Our goal is to ensure that each customer, from the first to the last, experiences the same quality product.

# Santa Maria Bonita Unified School District

## Nutrition Staff Training

**Thursday, June 6, 2024**

Start Time	End Time	Topic	Faculty / Staff	Location
8:30 am	9:30 am	Welcome, Program Overview, Introductions, Food & Kitchen Safety, Culinary Basics Lecture	CIA Chef Rebecca Peizer	Private Dining Room 1 & 2
9:30 am	10:00 am	Production Review	CIA Chef Rebecca Peizer	Private Dining Room 1 & 2
10:00 am	1:00 pm	Kitchen Exercise: Knife Cuts, Culinary Basics	CIA Chef Rebecca Peizer	Hestan Teaching Kitchen Red
1:00 pm	2:00 pm	Lunch from production	All	Hestan Teaching Kitchen Red
2:00 pm	3:00 pm	Review, Feedback of the day, Discuss next day	CIA Chef Rebecca Peizer	Hestan Teaching Kitchen Red
3:00 pm		Departure		
6:00 pm		Dinner	All	The Grove Restaurant

**Friday, June 7, 2024**

Start Time	End Time	Topic	Faculty / Staff	Location
8:30 am	9:30 am	Dry Heat Cooking Method Lecture	CIA Chef Rebecca Peizer	Private Dining Room 1 & 2
9:30 am	10:00 am	Production Review	CIA Chef Rebecca Peizer	Private Dining Room 1 & 2
10:00 am	12:30 pm	Kitchen Exercise: Dry Heat Cooking Methods	CIA Chef Rebecca Peizer	Hestan Teaching Kitchen Red
12:30 pm	1:30 pm	Lunch from production	All	Hestan Teaching Kitchen Red
1:30 pm	2:30 pm	Review, Feedback of the day, Discuss next day	CIA Chef Rebecca Peizer	Private Dining Room 1 & 2
2:30 pm	3:00 pm	Garden Tour and Product Knowledge	CIA Chef Rebecca Peizer	Garden & Private Dining Room 1 & 2
3:00 pm		Departure		

**Saturday, June 8, 2024**

Start Time	End Time	Topic	Faculty / Staff	Location
8:30 am	9:30 am	Moist Heat Cooking Methods Lecture	CIA Chef Rebecca Peizer	Private Dining Room 1 & 2
9:30 am	10:00 am	Production Review	CIA Chef Rebecca Peizer	Private Dining Room 1 & 2
10:00 am	12:30 pm	Kitchen Exercise: Moist Heat Cooking Methods	CIA Chef Rebecca Peizer	Hestan Teaching Kitchen Red
12:30 pm	1:30 pm	Lunch from production	All	Hestan Teaching Kitchen Red
1:30 pm	2:30 pm	Review, Feedback of the day, Kosher and Special Diets	CIA Chef Rebecca Peizer	Private Dining Room 1 & 2
2:30 pm	3:00 pm	"What Now?" Discussion	CIA Chef Rebecca Peizer	Private Dining Room 1 & 2
3:00 pm		Program Concludes		



# **DAY ONE: KNIFE CUTS**

Each Student will Prepare the Following Cuts to be used for Production:

**Sliced:** Onion, Celery, Mushroom, Cabbage

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

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

**Julienne:** Pepper, Carrot

**Minced:** Onion, Shallot, Garlic, Parsley

**Citrus Supreme**

**Bone in Chicken Breast:** Butterflied, Portioned

**Sachet d'Epice**

**Garlic Paste**

**DAY ONE**  
**TEAM PRODUCTION ASSIGNMENTS**  
**STOCKS, SOUPS, SALADS, SANDWICHES**

**TEAM ONE**

Vegetable Soup with Garlic and Basil Pesto  
Chicken Souvlaki Pita Sandwich with Tzatziki

**TEAM TWO**

Miso Soup  
Chicken Bahn Mi

**TEAM THREE**

Onion Soup Gratinée  
Herb Grilled Chicken Ceasar Salad

**TEAM FOUR**

Carrot Soup with Tarragon and Caraway  
Garlic Grilled Shrimp with Green Goddess Slaw

**ALL TEAMS AS A CLASS**

Vegetable Stock  
Chicken Stock  
Brown Chicken Stock

# 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
Stock, chicken, hot	4 qt.
Saffron	a pinch
Herbes de Provence	1 ea.
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.
2. Simmer the beans in water until tender. Reserve the beans and cooking liquid.
3. Sauté the onions, carrots, and leeks in olive oil.
4. Add the chicken stock and saffron, bring to a simmer, and cook for 10 minutes.
5. Add the potatoes, green beans, and zucchini and simmer for 10 minutes.
6. Add the vermicelli and simmer until done.
7. Add the beans and their cooking liquid and the tomato and simmer for 1 minute. Season with salt and pepper to taste.
8. Mix in the pesto just prior to service. (The soup may not require all the pesto.)
9. Brush the bread slices with oil and grill until toasted. 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. Herbes de Provence includes rosemary, marjoram, thyme, savory, and oregano. 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	3 cups
Oil, olive, extra-virgin	¼ cup

## **Method**

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

# 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, dried	1 Tbsp.
Lemon, juice	1/4 cup
Soy sauce	1/2 cup
Onion, sliced	2 cups
Pepper, bell, green, sliced	2 cups
Cucumber sliced	2 cups
Romain lettuce, sliced	2 cups
Tomatoes, diced	2 cups
Olive, kalamata, pitted, halved	1 cup
Feta cheese	1 cup
Mint, leaves, fresh, torn	1/2 cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Red wine vinaigrette (Recipe follows)	1 recipe
Bamboo skewers, soaked	10 ea.
Bread, pita, cut in half, warmed	5 ea.
Tzatziki (Recipe follows)	1x 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. 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.
3. For the Greek salad, combine the onion, pepper, cucumber, lettuce, olives, cheese, mint, salt, pepper in a bowl. Toss with the vinaigrette.
4. Place the salad mixture into the pita halves. Slide the chicken off the skewers and place into the filled pitas.
5. Top with the tzatziki and garnish with the parsley and sesame seeds.

## RED WINE VINAIGRETTE

*Yield: 1 cup*

<b>Ingredients</b>	<b>Amounts</b>
Vinegar, red wine	¼ cup
Mustard, Dijon	½ tsp.
Shallot, minced	1 Tbsp.
Oil, olive, pure	¾ cups
Sugar, granulated (Optional)	1 tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Parsley, fresh, minced	1 Tbsp.
Oregano, dried	1 pinch

### **Method**

1. In a mixing bowl, combine the vinegar, mustard, and shallots.
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.

# 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 15 minutes or longer 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.

# MISO SOUP

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Dashi (Recipe follows)	2 qt.
Oil, sesame	1 tsp.
Mushrooms, sliced	2 cups
Seaweed, wakame, dried	½ wt. oz.
Miso paste	¾ cup
Tofu, silken, firm, small diced	½ lb.
Scallion (Green onion), thinly sliced on bias	4 ea.

## **Method**

1. Heat a sauce pot with the sesame oil and sauté the mushrooms until wilted.
2. Add the dashi and bring to a gentle simmer.
3. Soak the wakame in cold water to re-hydrate. Drain well. Trim off the tough parts and discard. Chop the remaining seaweed into ½-inch pieces and set aside.
4. Combine the miso paste with 1 cup of the hot dashi, then add this mixture to the remaining hot dashi.
5. Heat to maintain just a bare simmer. Do not allow the soup to boil.
6. Just before service, add the wakame, tofu, and scallions to the soup.
7. Serve the soup in a heated serving bowl.



# DASHI

*Yield: 2 quarts*

<b>Ingredients</b>	<b>Amounts</b>
Sea Kelp (Kombu), 3-inch square	1 ea.
Water, cold	2 qt.
Bonito, dried flakes (Katsuobushi)	2 cups

## **Method**

1. Carefully wipe the kombu with a damp cloth to remove any sand. Do not remove the flavorful white powder, which is sea salt.
2. Place the kombu in a pot with cold water. Over medium flame, heat to just below a boil. Remove the kombu just before the liquid begins to boil.
3. Add the dried bonito flakes and turn off the heat. Allow to steep for 5 minutes, then gently strain.
4. Reserve the dashi until ready to use.

**Note:** The strained solids can be used for secondary dashi.

# 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, small diced	2-3 cups.
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, and star anise powder.
3. Add the chicken, cover, and marinate for 45 minutes.
4. Season the grill and preheat to medium high. Preheat oven to 350°F.
5. Grill the chicken. Remove it from the heat and set aside. When cool, cut it into ¼-inch slices.
6. Reheat the baguette in the oven so that the outside is warm and crusty, about 5 minutes.
7. Cut each baguette in half lengthwise, without separating.
8. Spread a thin layer of mayonnaise over the bread.
9. Add the chicken slices, making sure the meat is evenly spread on the bread.
10. 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, 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 from the heat and set aside to cool.
2. Place the radishes, carrots, and salt in a bowl and toss several times. Set aside for 20 minutes, then rinse thoroughly. Using your hands, squeeze the vegetables to remove the excess water. Pat dry with paper towels and place in a bowl.
3. 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	2 Tbsp.
Onion, sliced thinly	5 cups
Garlic, minced	1 tsp.
Brandy, (Optional)	½ cup
Stock, chicken, heated	1 ½ qt.
<i>Sachet d'épices all tied in cheesecloth</i>	
Parsley, stems, fresh	4 ea.
Thyme, sprig, fresh	1 ea.
Tarragon, sprig, fresh	1 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Bread, French, sliced	1 ea.
Butter, clarified	2 Tbsp.
Cheese, Gruyère, grated	1 ½ 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 the onions 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. Serve topped with parsley.

# HERB GRILLED CHICKEN CAESAR SALAD

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Garlic, clove	1 ea.
Lemon, juice	1 Tbsp.
Worcestershire sauce	1 Tbsp.
Mustard, Dijon	½ tsp.
Capers	1 tsp.
Anchovy, fillet	2 ea.
Egg, yolk	2 ea.
Pepper, black, ground	to taste
Oil, olive, pure	½ cup
Cheese, Parmesan, grated	½ cup
Lettuce, romaine	1 lb.
Croutons (Recipe follows)	1 cup
Cheese, Parmesan, grated	½ cup
Grilled Chicken (Recipe follows)	1x recipe
Lemon, cut into wedges	6 ea.

## **Method**

1. For the dressing, combine the garlic, lemon juice, Worcestershire sauce, Dijon mustard, capers, egg, anchovy fillets, and pepper in a blender. Blend until smooth.
2. With the blender on low speed, drizzle in the olive oil in a thin slow stream (this should take a few minutes).
3. Add the Parmesan cheese and pulse to combine. Season with salt and pepper to taste. Refrigerate until using.
4. In a large salad bowl, combine the lettuce, croutons, and Parmesan cheese. Add the dressing and toss to combine. Top with the grilled chicken.
5. Garnish with additional parmesan cheese and lemon wedges.

**Notes:** The dressing will keep in the refrigerator for up to 3 days.

- Ingredients (including the egg) should be at room temperature before making the dressing. Use fresh lemon juice and fresh garlic for best results.
- Drizzle the oil slowly. The slower you drizzle, the thicker the dressing will be.
- If you do not have a blender, you can whisk the ingredients while slowly drizzling in the oil.

# CROUTONS

*Yield: 2 cups*

<b>Ingredients</b>	<b>Amounts</b>
Bread, white, medium diced	2 cups
Butter, unsalted, melted	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed

## **Method**

1. Preheat oven to 350°F.
2. In a mixing bowl, toss the bread with enough of the melted butter to lightly coat all the pieces. Season with salt and pepper.
3. Spread the cubes in a single layer on a baking sheet and bake until golden, 8 to 10 minutes.
4. Stir the croutons once or twice during baking so they brown evenly.

# HERB GRILLED CHICKEN

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Garlic,	1 Tbsp.
Salt, kosher	1 tsp.
Chicken breast, butterflied	6 ea.
Oil, olive, pure	1 cup
Marjoram, fresh, chopped	1 Tbsp.
Thyme, fresh, chopped	1 Tbsp.
Parsley, fresh, chopped	1 Tbsp.
Salt, Kosher	as needed
Pepper, black, ground	as needed

## **Method**

1. Mash the garlic and salt to a paste.
2. Using a meat mallet, slightly flatten each chicken breast, covered with a sheet plastic wrap.
3. For the marinade, combine the oil, marjoram, thyme, parsley, and garlic paste in a small bowl.
4. Marinade the chicken, coating the breasts thoroughly with the herb oil.
5. Season each chicken breast with a light amount of salt and pepper.
6. Preheat a gas grill or start a charcoal grill and bring to medium-high heat.
7. Place the chicken breasts on the grill and cook until the bottom of the chicken is brown in color, 6 to 8 minutes.
8. Flip the chicken and cook until the internal temperature reaches 165°F.
9. Keep warm in a 200°F oven.

# CARROT SOUP WITH TARRAGON AND CARAWAY

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	1 cup
Onion, yellow, sliced thinly	2 cups
Carrot, peeled, diced	4 lb.
Tarragon, sprig, fresh	2 ea.
Stock, chicken	8 cups
Orange, juice	2/3 cup
Lemon, juice	4 Tbsp.
Salt, Kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	1 cup
Caraway seeds	4 tsp.
Breadcrumbs	1 1/3 cup
Parsley, fresh, chopped	as needed

## **Method**

1. Melt the butter in large saucepan. Add the onions and sauté until translucent.
2. Add the carrots and tarragon. Reduce the heat, cover, and simmer for 10 minutes.
3. Add the stock and juices. Bring to a boil and then reduce the heat to a simmer. Cover and simmer, stirring occasionally, until the carrots are very tender.
4. Discard the tarragon. Purée the soup until smooth and return to saucepan. Season with salt and pepper to taste. Keep warm.
5. In a separate saucepan, melt the butter. Add the caraway seeds and breadcrumbs, stirring until lightly browned.
6. Ladle the soup into soup bowls and top with the caraway and breadcrumbs mixture. Garnish with the chopped parsley.

**Note:** Vegetable oil can be substituted for the butter. Vegetable stock can be substituted for the chicken stock.

Source: adapted from *Williams-Sonoma: Soups*.



# GARLIC GRILLED SHRIMP WITH GREEN GODDESS SLAW

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Cabbage, green, thinly sliced	1 lb.
Kale, thinly sliced	½ lb.
Salt, kosher	1 tsp.
Celery, thinly sliced on bias	1 cup
Pepper, bell, red, julienned	1 cup
Carrot, julienned	1 cup
Squash, yellow, core removed, julienned	1 cup
Radish, red, julienne	1 cup
Cilantro, fresh, chopped	¼ cup
Pepitas, lightly toasted	½ cup
 Green Goddess Dressing (Recipe follows)	 1 cup
 Grilled Garlic Shrimp (Recipe follows)	 1x recipe

## **Method**

1. Place the cabbage and kale in a large bowl and season with the salt. Massage for a minute to soften.
2. Add all the remaining ingredients. Toss with the dressing.
3. Adjust the seasoning to taste.
4. Serve chilled on a platter or bowl, garnished with the Grilled Garlic Shrimp.

## GREEN GODDESS DRESSING

*Yield: 2 cups*

<b>Ingredients</b>	<b>Amounts</b>
Chervil, leaves, fresh	1/2 cup
Parsley, leaves, fresh	1/2 cup
Tarragon, leaves, fresh	1/4 cup
Dill, leaves, fresh	1/4 cup
Basil, leaves, fresh	1/4 cup
Garlic, mashed to a paste	1 Tbsp.
Anchovy, mashed to a paste	2 ea.
Mustard, Dijon	1 Tbsp.
Lemon, juice	1 Tbsp.
Oil, olive, extra-virgin	1/4 cup
Yogurt, plain	1 cup
Mayonnaise	1/2 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Water	as needed

### **Method**

1. Puree the herbs, garlic, anchovies, mustard, lemon juice and olive oil together in a food processor until combined.
2. Add the yogurt and mayonnaise and puree until evenly mixed.
3. Adjust the consistency with water as needed.
4. Season with salt and pepper to taste.

# GARLIC GRILLED SHRIMP

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Garlic, clove	2 Tbsp.
Salt, kosher	1 Tbsp.
Shrimp, 21/25, PDV	2 lb.
Oil	1 Tbsp
Lime, juiced	2 ea.
Bamboo skewers, 6" soaked in warm water	20 ea.

## **Method**

1. Preheat grill to medium high heat.
2. Mash the garlic and salt to a paste.
3. Toss the shrimp with the garlic, oil, and lime juice.
4. Thread 3 shrimp onto each skewer.
5. Grill until just done on both sides, 3 to 5 minutes.

# VEGETABLE STOCK

*Yield: 2 gallons*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, pure	½ cup
Onions, sliced	6 cups
Carrots, sliced	6 cups
Celery, sliced, including tops	4 cups
Leeks, large diced	4 cups
Garlic cloves, smashed	4 ea.
Mushrooms, sliced	4 cups
Cabbage, sliced	4 cups
Dry white wine	3 cups
Tomatoes, chopped	4 cups
Water	1 ¼ gal.
 <i>Bouquet garnis all tied with twine</i>	
Leek leaf	1 ea.
Parsley stem	3 ea.
Thyme sprig	1 ea.
Celery sticks	1 ea.
Garlic clove	1 ea.

## **Method**

1. In a large pot over medium heat, heat the oil.
2. Add the onions, carrots, celery, leeks, garlic, mushrooms, and cabbage. Sweat.
3. Add the wine and cook for 5 minutes, stirring occasionally.
4. Add all the remaining ingredients and bring to a boil.
5. Reduce the heat and simmer for 1 hour.
6. Remove the bouquet garnis, strain, and cool.

# CHICKEN STOCK

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, bones, rinsed	8 lb.
Water	5-6 qt.
 <b><i>Mirepoix</i></b>	
Onion, large diced	8 oz. wt.
Celery, large diced	4 oz. wt.
Carrot, large diced	4 oz. wt.
 <b><i>Sachet d'épices all tied in cheesecloth</i></b>	
Parsley, stems, fresh	4 ea.
Thyme sprig, fresh	1 ea.
Tarragon, sprig, fresh	1 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	1 tsp.

## **Method**

1. Place the bones and water into a deep pot. Heat over high heat until simmering.
2. Lower the heat to low and simmer, skimming frequently, for 3 hours.
3. Add the mirepoix and sachet and simmer for 1 to 2 more hours.
4. Remove the sachet, strain, and cool.

# BROWN CHICKEN STOCK

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, bones	8 lb.
Water	1 ½ gal.
<i>Mirepoix</i>	
Onion, large diced	½ lb.
Celery, large diced	¼ lb.
Carrot, large diced	½ lb.
Tomato, paste	¼ lb.
<i>Sachet d'épices all tied in cheesecloth</i>	
Parsley, stems, fresh	4 ea.
Thyme sprig, fresh	1 ea.
Tarragon, sprig, fresh	1 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	1 tsp.

## **Method**

1. Preheat oven to 350°F.
2. Lightly oil the bones and place them in an oiled roasting pan.
3. Roast in the preheated oven until browned, 40 to 50 minutes.
4. Remove the bones and put them into a deep pot, cover with cold water by 2 inches, and bring to a simmer. Skim frequently.
5. Remove most of the fat from the roasting pan. Add the mirepoix. Cook over medium high heat until the vegetables brown slightly.
6. Add the tomato paste and cook until it turns rusty brown. Add water as necessary to prevent the vegetables and paste from burning.
7. Add the vegetables to the stock along with the sachet. Simmer over low heat for 8 to 10 hours, skimming the fat as necessary.
8. Remove the sachet, strain, and cool.

## **DAY TWO: DRY HEAT COOKING METHODS**

Today we will discuss the basic dry-heat cooking methods of meat, seafood, vegetables, and starches and apply them to our understanding of "Scratch and Batch" cookery.

Understanding how and when to cook certain foods from their raw state is key to creating flavors and textures that retain nutrients, vibrant colors, and proper textures.

We will build upon our knife skills from Day 1 and practice plating full entrees with a protein, sauce, vegetables, starches, and garnishes.

# **DAY TWO**

## **TEAM PRODUCTION ASSIGNMENTS**

### **TEAM ONE**

Roast Pork Loin with Pear Mostarda Sauce and red Cabbage Kraut

Glazed Carrots

Swiss-Style Hashed Rösti Potatoes

### **TEAM TWO**

Italian "Fried" Chicken with Tomato Sauce

Sautéed Broccolini with Pancetta

Rice Pilaf with Carrots and Spring Peas

### **TEAM THREE**

Thyme-Crusted Grilled Salmon with Sautéed Mushrooms

Glazed Beets

Pommes Duchesse

### **TEAM FOUR**

Tonkatsu Fried Pork Cutlet

Pan Fried Hunan Noodles

Stir Fried Vegetables



# ROAST PORK LOIN WITH PEAR MOSTARDA SAUCE AND RED CABBAGE KRAUT

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pork, loin, boneless	4 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	2 Tbsp.
Butter, unsalted	2 Tbsp.
Rosemary, sprig, fresh	1 ea.
Sage, sprig, fresh	1 ea.
Bay leaf, dried	2 ea.
Pear Mostarda Sauce (Recipe follows)	1 qt.
Red Cabbage Kraut (Recipe follows)	1 ½ cups

## **Method**

1. Preheat oven to 350°F.
2. Trim the pork loin and secure it with butcher's twine. Season well with salt and pepper.
3. Heat the oil and butter in a roasting pan.
4. Add the rosemary, sage, and bay leaf to the fat in the pan.
5. Add the pork and sear the pork until browned all over, basting it with the fat.
6. Place the pan in the preheated oven and roast (no convection), basting occasionally, until the internal temperature of the pork reaches 135°F.
7. Remove the pan from the oven and set aside to allow the meat to rest. Drain off any excess fat.
8. Slice thinly and serve with the Pear Mostarda and Red Cabbage Kraut.

# PEAR MOSTARDA SAUCE

*Yield: 1 quart*

<b>Ingredients</b>	<b>Amounts</b>
Pear, medium diced	2 cups
Water	2 cups
Wine, red, dry	½ cup
Wine, white	½ cup
Sugar, granulated	½ cup
Raisins, dried, small diced	½ cup
Apricots, dried, small diced	½ cup
Prunes, dried, small diced	½ cup
Honey	¼ cup
Mustard, dry	1 Tbsp.
Mustard seeds, toasted lightly	2 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Place the pear, water, wine, sugar, dried fruit, honey, mustard, and mustard seeds in a large pot and bring it to a boil.
2. Reduce the heat and simmer until the fruit is very soft and the sauce reduces, about 1 hour.
3. Purée half of the fruit mixture in a food processor until smooth, then stir the purée back into the mixture.
4. Thin the sauce with water, if necessary.
5. Season with salt and pepper to taste.

# RED CABBAGE KRAUT

*Yield: 1 ½ cups*

<b>Ingredients</b>	<b>Amounts</b>
Oil, vegetable	1 Tbsp.
Caraway seeds	½ tsp.
Mustard seeds	1 tsp.
Onion, sliced thinly	½ cup
Garlic, sliced thinly	1 tsp.
Cabbage, red, sliced very thinly	3 cups
Vinegar, cider	2 Tbsp.
Sugar, granulated	1 Tbsp.
Dill, fresh, chopped	2 Tbsp.

## **Method**

1. Add the oil to a pan over medium heat. Add the caraway and mustard seeds and cook until the mustard seeds begin to pop.
2. Add the onions and garlic to the pan and cook until tender.
3. Add the cabbage and sauté until hot, 3 to 5 minutes.
4. Add the vinegar and sugar. Continue cooking over low heat until the mixture is wilted but still tender and crisp.
5. Fold in the dill just before serving.

# GLAZED CARROTS

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Carrot, oblique cut	2 ½ lb.
Butter, unsalted	3 Tbsp.
Sugar, granulated	½ cup
Orange, juice	½ cup
Chicken, broth	½ cup
Salt, kosher	to taste
Pepper, white, ground	to taste

## **Method**

1. In a large skillet, arrange the carrots in a single layer.
2. Add the butter, sugar, orange juice, and broth. Season with salt and pepper to taste.
3. Place the skillet over medium high heat, partially covered. Cook, stirring occasionally, until the carrots are almost tender.
4. Remove the cover and cook until the liquid has evaporated to a glaze.
5. Adjust the seasoning with salt and pepper to taste.

# SWISS-STYLE HASHED RÖSTI POTATOES

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, starchy, skins left on	4 lb.
Butter, clarified	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted, cut into small pieces	as needed

## **Method**

1. Preheat oven to 350°F.
2. A day ahead, bake the potatoes with the skins on in the preheated oven until they are halfway done.
3. Cool and chill the potatoes completely.
4. The day of service, peel and coarsely grate the potatoes.
5. Heat a well-seasoned sauté pan and add a small amount of the butter.
6. Add a moderately thick layer of potatoes to the pan.
7. Season with salt and pepper and dot the outside edge with the butter. Cook until golden brown, then carefully turn the potatoes and brown the other side. Be careful to keep the potato cake in one piece when turning.

**Note:** Other fats may be substituted such as vegetable oil, lard, bacon fat, goose, or duck fat and/or oil.

# ITALIAN “FRIED” CHICKEN WITH TOMATO SAUCE

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, legs and thighs	20 ea.
Buttermilk	1 pt.
Oregano, fresh, minced	2 Tbsp.
Sage, fresh, minced	2 Tbsp.
Rosemary, fresh, minced	1 Tbsp.
Mustard, Dijon	½ cup
Salt, kosher	2 Tbsp.
Flour, all-purpose	1 lb.
Cheese, Parmesan, grated	2 cups
Pepper, cayenne, ground	½ tsp.
Salt, kosher	½ Tbsp.
Oil, vegetable	as needed
Tomato Sauce (Recipe follows)	4 cups

## **Method**

1. Combine the chicken with the buttermilk, oregano, sage, rosemary, mustard, and salt. Mix well and marinate for 2 hours or overnight.
2. Preheat oven to 350°F.
3. Combine the flour, parmesan, cayenne, and salt. Mix well.
4. Dredge the chicken in the flour mixture and let it sit for several minutes. Dredge the chicken in the flour mixture again.
5. Place the chicken on a parchment lined sheet pan. Bake in the preheated oven until the crust is golden brown and the internal temperature reaches 165°F or higher, 45 to 55 minutes.
6. Serve with the tomato sauce.

# TOMATO SAUCE

*Yield: 4 cups*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, extra-virgin	2 Tbsp.
Onion, diced	1 cup
Garlic, minced	4 Tbsp.
Tomato, diced	2 ½ lb.
Basil, leaves, fresh, chopped	4 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

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

**Note:** Canned tomatoes can be substituted for fresh tomatoes.

# SAUTÉED BROCCOLINI WITH PANCETTA

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Broccolini	2 lb.
Oil, olive, extra-virgin	2 Tbsp.
Pancetta, small diced	½ cup
Shallot, minced	1 Tbsp.
Garlic, minced	2 tsp.
Red pepper flakes, crushed	1 tsp.

## **Method**

1. Wash, but do not dry, the broccolini. Remove any stems and leaves that seem very tough or large; some leaves and stalks should remain.
2. Bring a pot of salted water to a boil. Add the broccolini and blanch (par-cook) until just wilted, then drain.
3. Transfer the broccolini to an ice bath (container of ice water) to shock and stop the cooking process. Drain and reserve.
4. Heat the olive oil in a sauté pan over medium heat. Add the pancetta and sauté until the fat has rendered and the meat is crispy.
5. Add the shallots and sauté until translucent.
6. Add the garlic and crushed red pepper and sauté until aromatic.
7. Increase the heat to medium-high; add the broccolini and sauté until heated through.



# RICE PILAF WITH CARROTS AND SPRING PEAS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Rice, basmati	2 cups
Butter, unsalted	2 Tbsp.
Onion, minced	¼ cup
Carrot, small diced	½ cup
Stock, chicken	3 cups
Bay leaf, dried	1 ea.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Peas, fresh, shelled, blanched	1 cup

## **Method**

1. Rinse the rice under cold running water.
2. Preheat oven to 325°F.
3. In a medium sauce pot over low heat, melt the butter. Add the onions and carrots and cook until tender, about 5 minutes.
4. Add the rice and stir to coat with the fat.
5. Add the stock, bay leaf, salt, and pepper. Bring to a boil, stirring frequently. Once boiling, cover the pot and transfer to the preheated oven. Cook until the liquid is absorbed, and the rice is tender, about 18 to 20 minutes. Alternatively, you may cook the rice on the stove top on low heat undisturbed for 15 minutes.
6. Once all the liquid is absorbed, remove from the heat. Let stand for 5 minutes.
7. Fluff the rice with a kitchen fork.
8. Fold in the peas, replace the cover, and keep in a warm place. Adjust the seasoning with salt and pepper to taste.
9. Serve on a heated platter.

**Note:** To make the dish vegan, vegetable oil can be substituted for the butter and vegetable stock can be substituted for the chicken. Frozen peas can be substituted for the fresh peas.

# THYME-CRUSTED GRILLED SALMON WITH SAUTÉED MUSHROOMS

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Fish, salmon, fillet, 5 oz.	10 ea.
Thyme, leaves only, minced	1 bunch
Oil, olive, pure	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	¼ cup
Mushrooms, white, trimmed, sliced ¼-in.	1 ½ lb.
Shallot, minced	2 Tbsp.
Garlic, minced	1 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	¼ cup
Mushrooms, white, trimmed, sliced ¼-in.	1 ½ lb.
Shallot, minced	2 Tbsp.
Garlic, minced	1 Tbsp.

## **Method**

1. Coat the salmon with the oil, thyme, salt, and pepper. Rest for 20 minutes.
2. Season a grill and preheat to medium high. Preheat oven to 400°F.
3. Grill the salmon on the presentation side only, making nice crosshatch marks. Place onto a rack-lined sheet pan.
4. Heat a large skillet on high. Add the oil and heat until just smoking.
5. Add the mushrooms, spreading them out in a single layer so they do not boil. Cook undisturbed for 1 to 2 minutes, stir, and then allow them to sit undisturbed for 1 to 2 more minutes, until browned.
6. Add the shallots and garlic and stir. Cook until aromatic. Season with salt and pepper and remove them from the skillet.
7. Wipe out the skillet and repeat with the oil, mushrooms, shallots, and garlic.
8. Place the salmon in the preheated oven and heat to an internal temperature of 135°F.
9. Serve the salmon topped with the mushrooms.

# GLAZED BEETS

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Beets, whole	3 lb.
Vinegar, red wine	2 Tbsp.
Butter, unsalted	3 Tbsp.
Sugar, granulated	1/2 cup
Vinegar, red wine	1/4 cup
Chicken, broth	1/2 cup
Salt, kosher	to taste
Pepper, white, ground	to taste

## **Method**

1. Place the beets and vinegar in a large pot of cold water. Bring the pot to a boil and simmer gently until tender, 30 to 45 minutes.
2. Drain and peel the beets while hot, using a towel to rub off the skin. Cut into wedges.
3. Place the butter, sugar, vinegar, and chicken broth in a sauté pan. Season with salt and pepper to taste. Cook over medium high heat until the liquid has evaporated to a glaze.
4. Add the beets and mix to coat well. Cook until heated through.
5. Adjust the seasoning with salt and pepper to taste.

# POMMES DUCHESSE

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, russet	2 lb.
Water	as needed
Salt, kosher	2 tsp.
Milk, whole	½ cup
Butter, unsalted, cold	½ cup
Nutmeg, grated	a pinch
Egg, yolk	3 ea.
Salt, kosher	to taste
Pepper, white, ground	to taste
Oil, vegetable, spray	as needed

## **Method**

1. Scrub the potatoes, peel, and cut into eights.
2. Add the potatoes to a pot of cold, salted water and bring to a boil.
3. Reduce to a simmer and cook until the potatoes are tender and mash easily, about 20 minutes.
4. Preheat oven to 375°F.
5. Drain the potatoes and dry them over low heat in the pan until steam no longer rises from them.
6. While the potatoes are still hot, purée them through a food mill or potato ricer into a bowl.
7. Add some of the heated milk and mix, adding more milk if necessary.
8. Add the butter and season to taste with nutmeg, salt, and pepper. Fold in the egg yolk and mix well but do not overmix.
9. Place the potato mixture into a piping bag with a star tip and pipe onto a parchment lined sheet pan.
10. Spray the potato mixture with pan spray and bake until browned, 10 to 15 minutes.
11. Serve immediately.

# TONKATSU FRIED PORK CUTLET

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Worcestershire sauce	3 Tbsp.
Sugar, granulated	$\frac{3}{4}$ cup
Soy sauce, light	$\frac{3}{4}$ cup
Chinese hot mustard powder	3 Tbsp.
Ketchup	$\frac{3}{4}$ cup.
Allspice, ground	$\frac{1}{2}$ tsp.
Pork, cutlet, $\frac{1}{2}$ " slices, pounded $\frac{1}{8}$ " thick	8 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	4 cups
Egg, whole, beaten	4 ea.
Breadcrumbs, panko	$\frac{1}{2}$ lb.

## **Method**

1. For the sauce, combine the Worcestershire sauce, sugar, soy sauce, and ketchup in a saucepan. Cook over low heat, stirring often, until the mixture has reduced by 20 percent.
2. Add the mustard and allspice and stir to combine. Remove the pan from the heat and cool to room temperature.
3. Season the cutlets with salt and pepper. Dredge a cutlet in flour and pat off any excess. Dip the cutlet in the egg and shake off excess. Finish with a coating of breadcrumbs. Repeat for each cutlet. The cutlets can be breaded up to one hour before cooking.
4. Deep-fry the breaded cutlets at 350°F until golden brown, crisp, and cooked through. Drain well on absorbent towels. Let the cutlets rest for a couple of minutes.
5. Cut the cutlets crosswise into  $\frac{1}{2}$ -inch-wide strips.

# PAN FRIED HUNAN NOODLES

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pasta, angel hair	1 lb.
Oil, sesame	2 tsp.
Oil, vegetable	¼ cup

## **Method**

1. Cook the pasta in boiling water for 3 minutes. Drain and rinse the pasta under cold water.
2. Place the pasta into a bowl and coat with the sesame oil. Be careful not to add so much oil that the noodles do not stick, as we need the starch.
3. Heat a non-stick omelet pan over medium high heat. Add the oil and layer on an inch of the cooked noodles.
4. Fry the noodles until they are crispy brown on one side. Then carefully flip the noodles to the other side. Add more oil, if necessary.
5. Drain the noodles on a wire rack or paper towel.
6. Repeat the procedure until all the noodles have been fried.
7. Cut the noodle cakes into 4 wedges.

# STIR FRIED VEGETABLES

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, vegetable	¼ cup
Ginger, minced	1 Tbsp.
Garlic, minced	1 Tbsp.
Scallion (Green onion), minced	1 Tbsp.
Onion, large diced	8 oz. wt.
Carrot, sliced ¼" on bias	4 oz wt.
Broccoli, florets	8 oz. wt.
Pepper, bell, red, large diced	8 oz. wt.
Bok choy, cut into large pieces	8 oz. wt.
Peas, snow	8 oz. wt.
Soy sauce	½ cup
Sugar, granulated	¼ cup
Vinegar, rice	2 Tbsp.
Pepper, white, ground	1 tsp.
Oil, sesame	2 Tbsp.
Stock, chicken	3 cup
Cornstarch	3 Tbsp.
Water	3 Tbsp.
Scallion (Green onion), sliced	as needed

## **Method**

1. Heat the oil in a wok over high heat. Add the ginger, garlic, and scallion and cook for 30 seconds.
2. Add the onions, carrots, broccoli, and peppers and cook stirring until the vegetables are just starting to blister but are still undercooked.
3. Add the bok choy and peas and cook, stirring, for 1 minute.
4. Add the soy sauce, sugar, salt, sesame oil, pepper, vinegar and cook for 30 seconds.
5. For the slurry, whisk together the cornstarch and water in a small bowl.
6. Add the stock to the wok, push the vegetables to the side, and add the slurry.
7. Bring the contents of the wok to a boil.
8. Garnish with the sliced scallions and serve immediately.

**Note:** Snap peas can be substituted for the snow peas. Sesame seeds or cilantro can also be used as a garnish.

## **DAY THREE: MOIST AND COMBINATION HEAT COOKING METHODS**

Today we will discuss the basic Moist-Heat and Combination-Heat cooking methods of meat, seafood, vegetables, and starches and apply them to our understanding of “Scratch and Batch” cookery.

Understanding how and when to apply these techniques to foods from their raw state rather than using Dry-Heat cooking methods will help you retain the flavors and delicate textures, and the nutrients and vibrant colors of these particular ingredients.

We will build upon our knife skills from Days 1 and 2 and practice plating full entrees with a protein, sauce, vegetables, starches, and garnishes.

protein, sauce, vegetables, starches, and garnishes.



# **DAY THREE**

## **TEAM PRODUCTION ASSIGNMENTS**

### **CHEF'S DEMONSTRATION**

Bechamel

### **EACH TEAM WILL PRODUCE A MACARONI AND CHEESE VARIATION**

#### **TEAM ONE**

Moussaka

Three Grain Salad with Vegetables and Lemon Vinaigrette

Horta Greek Boiled Greens

#### **TEAM TWO**

Hungarian Goulash

Spätzle

Green Beans with Bacon and Onions

#### **TEAM THREE**

Chicken Smothered in Green Olives

Warm, Spiced Couscous

Brussels Sprouts with Pomegranate Molasses and Pistachios

#### **TEAM FOUR**

Tuscan Chicken

Grilled Polenta Cakes

Zucchini with Sweet and Sour Sauce

# BÉCHAMEL SAUCE

*Yield: 1 quart*

<b>Ingredients</b>	<b>Amounts</b>
Butter, clarified	1 Tbsp.
Onion, minced	½ wt. oz.
<i>White roux (4 oz.)</i>	
Flour, all-purpose	2.4 wt. oz.
Butter, clarified	1.6 wt. oz.
Milk, whole	40 fl. oz.
Salt, kosher	to taste
Pepper, white, ground	to taste
Nutmeg, grated (Optional)	to taste

## **Method**

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

**Note:** Roux is a mixture of 60% flour and 40% fat by weight, cooked until it reaches a proper stage of doneness, white, blond (pale), or brown depending on the application.

# MACARONI AND CHEESE

*Yield: 5 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pasta, elbow macaroni	½ lb.
Cheese, Cheddar, shredded	2 cups
Bechamel Sauce (Recipe follows)	1 qt.
Mustard, Dijon	½ Tbsp.
Salt, kosher	½ tsp.
Pepper, black, ground	to taste
Breadcrumbs (Optional)	½ cup
Parsley, fresh, minced (Optional)	¼ cup

## **Method**

1. Preheat oven to 400°F.
2. Cook the macaroni in salted boiling water until almost done, but not fully cooked. Drain and set aside.
3. Slowly add the cheese to the béchamel 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.
7. Bake in the preheated oven until the top is golden brown, about 20 minutes.
8. Garnish with parsley, if desired.

**Variations:** Add additional ingredients to the pasta and cheese sauce before baking like cooked vegetables, cooked bacon, shredded meat, minced herbs, or Dijon mustard. For extra texture and flavor, you can top the dish with breadcrumbs and more shredded cheese before baking.

# MOUSSAKA

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Eggplant, peeled, sliced into ¼ -in. rounds	3 lb.
Salt, kosher	as needed
Oil, olive, pure	1 Tbsp.
Oil, olive, pure	1 Tbsp.
Onion, diced	2 cups
Ground beef, turkey, or pork	2 lb.
Garlic, minced	2 tsp.
Tomato paste	2 Tbsp.
Tomato, chopped	2 cups
Clove, whole	2 ea.
Cinnamon, stick, 1-in. piece	1 ea.
Bay leaf, dried	1 ea.
Allspice, ground	1 pinch
Salt, kosher	as needed
Pepper, black, ground	as needed
Water	7 Tbsp.
Wine, red, dry	4 Tbsp.
Breadcrumbs	4 Tbsp.
Bechamel sauce (Preceding recipe)	2 cups
Cheese, Parmesan	1 cup
Egg, yolk	4 ea.

## **Method**

1. Place the eggplant in a colander, salt, and allow to sit for about 1 hour to drain away extra water. Squeeze out the excess water and pat dry with a kitchen towel.
2. Heat the olive oil in a skillet over medium-high heat. Add the eggplant to the hot oil a few slices at a time and sauté, turning as necessary, until the eggplant is tender and lightly colored, 2 to 3 minutes on each side.
3. Transfer the eggplant to a rack set in a baking sheet to drain while you sauté the remaining slices. Add more oil to the skillet, as necessary.
4. For the meat sauce, heat the olive oil in a skillet over medium-high heat. Add the onion and cook, stirring frequently, until tender, 10 to 12 minutes.
5. Add the ground meat and cook for about 5 minutes.
6. Add the garlic and continue to sauté just until the garlic becomes aromatic.

7. Add the tomato paste and cook for another minute.
8. Add the tomatoes, cloves, cinnamon, bay leaf, allspice, salt, pepper, and water. Simmer until thick and flavorful, about 30 minutes.
9. Preheat oven to 350°F.
10. Add the red wine and continue simmering until the wine has developed a sweet aroma, about 10 minutes.
11. For the cheese sauce, mix the bechamel sauce, Parmesan, and egg yolks.
12. To assemble the moussaka, scatter the breadcrumbs in a deep, rectangular baking dish. Place a layer of half of the eggplant slices over the breadcrumbs. Add the meat sauce and spread it into an even layer. Add the remaining eggplant in an even layer over the meat sauce. Pour the cheese sauce over the eggplant.
13. Bake in the preheated oven, uncovered, until the cheese sauce is thick and golden brown, and the eggplant is very tender, about 45 minutes.
14. Let the moussaka rest for about 20 minutes before cutting and serving.

# THREE GRAIN SALAD WITH VEGETABLES AND LEMON VINAIGRETTE

*Yield: 6 to 8 portions*

<b>Ingredients</b>	<b>Amount</b>
Salt, kosher (Divided)	3 tsp.
Quinoa, red	1 cup
Bulgur wheat	1 cup
Rice, short grain, brown	1 cup
Scallion, sliced	½ cup
Pepper, bell, red, small diced	1 cup
Pepper, bell, yellow, small diced	1 cup
Pepper, bell, green, small diced	1 cup
Parsley, fresh, chopped	¼ cup
Lemon, juice	¼ cup
Shallot, minced	¼ cup
Honey	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Oil, canola	¾ cup

## **Method**

1. Fill three small saucepots with water. Bring to a boil and add 1 teaspoon of salt to each pot.
2. Add the quinoa to the first pot, the bulgur to the second, and the rice to the third. Cook the grains until tender. Keeping the grains separate, drain the water. Reserve the grains.
3. In a large bowl, mix the grains with the scallions, peppers, and parsley.
4. To prepare the vinaigrette, combine the lemon juice, shallots, sugar, salt, and pepper in a mixing bowl. Slowly whisk in the oil.
5. Combine the grain mixture with the vinaigrette. Adjust the seasoning with salt and pepper to taste.
6. Serve room temperature or warm.

**Note:** Bulgur wheat can be substituted for the pearled barley. Wild rice can be substituted for the brown rice.

# HORTA GREEK BOILED GREENS

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Kale, green, cut into 2-in. pieces	2 bu.
Swiss Chard, cut into 2-in. pieces	2 bu.
Oil, olive, extra-virgin	½ cup
Lemon, juiced	2 ea.
Salt, sea	to taste

## **Method**

1. Bring 4 cups of salted water to a boil in a large pot.
2. Add the kale and Swiss chard and boil, stirring often, until the greens are cooked and just tender, about 5 minutes.
3. Drain and squeeze out excess water.
4. Toss with the olive oil and lemon juice.
5. Season with sea salt to taste.
6. Serve hot or at room temperature.

# HUNGARIAN GOULASH

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pork, salt pork, minced	1/2 cup
Beef, shoulder, 1/2-inch cubes	2 lb.
Onion, minced	2 cups
Flour, all-purpose	2 Tbsp.
Vinegar, red wine	2 Tbsp.
Paprika, hot	1 Tbsp.
Tomato, purée	2/3 cup
Stock, brown	1 1/2 qt.
<i>Sachet d'épices</i>	
Caraway seeds	1 tsp.
Marjoram, dried	1 tsp.
Thyme, dried	1 tsp.
Parsley, stems, fresh	4 ea.
Garlic, cloves, peeled	2 ea.
Bay leaf, dried	1 ea.
Potato, chef's, medium diced	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Scallion (Green onion), sliced	2 ea.

## **Method**

1. Preheat oven to 350°F.
2. In a soup pot over medium heat, render the salt pork and continue to cook until crispy, 4 to 5 minutes. Remove the pork and reserve.
3. Add the beef in batches and brown in the rendered fat. Remove the beef and reserve.
4. Add the onions and sauté over medium-low heat until translucent, 8 to 10 minutes.
5. Add the flour to the fat and stir to combine and form a roux.
6. Add the vinegar to the pan and mix until fully blended with the roux.
7. Stir in the paprika and tomato purée and mix thoroughly. Simmer for 2 to 3 minutes.
8. Return the reserved meat to the pan. Add the stock and sachet. Simmer skimming as needed, until the meat is almost tender, about 1 hour.
9. Add the potatoes and simmer until tender, about 20 minutes, skimming off any fat that rises to the surface. Season to taste with salt and pepper.
10. Serve in a heated bowl, garnished with the scallions.

**Note:** Bacon or fat back can be substituted for the salt pork.



# SPÄTZLE

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Egg, whole	6 ea.
Milk, whole	½ cup
Water	1 cup
Salt, kosher	¼ Tbsp.
Pepper, white, ground	½ tsp.
Nutmeg, grated	1 pinch
Flour, all-purpose	3 ½ cups
Butter, unsalted, melted	¼ cup.
Butter, unsalted	½ cup
Parsley, fresh, minced	2 tsp.
Chive, minced	2 tsp.
Tarragon, fresh, minced	2 tsp.

## **Method**

1. Combine the eggs, milk, and water in a mixing bowl. Season with salt, pepper, and nutmeg.
2. Work in the flour and beat until smooth. It should be like a slightly stretchy pancake batter. If it is too thin, add more flour. If it is too thick, add more milk.
3. Whisk in the butter. Cover and allow the mixture to rest for 1 hour.
4. Bring a large pot of salted water to a boil.
5. Work the dough/batter through a spätzle maker into the simmering water. When the spätzle floats to the top of the pot, remove it with a spider. The spätzle is ready to finish now, or it may be cooled and refrigerated for later service.
6. Heat the butter in a large sauté pan over medium-high heat. Add half of the spätzle and allow it to brown on one side without disturbing it. Repeat with the remaining spätzle.
7. Add the parsley, chives, and tarragon, toss, and serve immediately.

# GREEN BEANS WITH BACON AND ONIONS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amount</b>
Green beans, trimmed, bias cut	1 lb.
Bacon, lardons, small diced	6 oz.
Onion, pearl, peeled, halved	6 oz.
Mushroom, sliced	6 oz.
Salt, kosher	1 tsp.
Water	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, fresh, chopped	as needed

## **Method**

1. Bring a large pot of salted water to a boil. Add the beans and simmer for 5 minutes.
2. Shock the beans in ice water, remove to paper towel-lined tray, and set aside.
3. Heat a large sauté pan, add the lardons, and begin cooking off the fat.
4. Add the onions and cook until they are lightly browned.
5. Add the mushrooms and cook, adding more fat if necessary, until the mushrooms are lightly browned.
6. Season with salt and pepper to taste.
7. Garnish with the parsley.

# CHICKEN SMOTHERED IN GREEN OLIVES

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, legs and thighs, skin on	4 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, extra-virgin	2 Tbsp.
Onion, yellow, sliced	3 cups
Garlic, finely chopped	1 Tbsp.
Ginger, ground	1 tsp.
Pepper, black, ground	1 tsp.
Cumin, ground	½ tsp.
Paprika, sweet	½ tsp.
Saffron, pulverized	¼ tsp.
Parsley, fresh, chopped	½ cup
Cilantro, fresh, chopped	3 Tbsp.
Stock, chicken	3 cups
Olives, green, pitted, halved	3 cups
Lemon, juice	5 Tbsp.
Salt, kosher	1 tsp.

## **Method**

1. Season the chicken with salt and pepper.
2. Heat the olive oil in a rondeau or a large skillet over medium-high heat. Sear the chicken skin side down until crisp and browned. Then flip the chicken over and sear until it is golden brown on all sides. Remove the chicken from the pan and set it aside.
3. Reduce the heat to medium, add the onions, and cook until golden brown and semi-tender.
4. Add the garlic, ginger, pepper, cumin, paprika, and saffron. Cook over low heat until aromatic, 2 to 3 minutes.
5. Return the reserved chicken pieces and any released juices back to the pan, skin side up, along with the chicken stock and olives. The stock should come up about 1/3 to ½ way up the sides of the chicken.
6. Cook, partially covered, on medium-low heat until fork-tender, 35 to 45 minutes.
7. In the last 10 minutes, add the parsley, cilantro, lemon juice, and salt.
8. Adjust the seasoning to taste.

**Note:** the sauce can be thickened if desired with ¼ cup of cornstarch slurry before adding the herbs.

# WARM, SPICED COUSCOUS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Couscous, dry	2 cups
Stock, chicken	2 ¼ cups
Cardamom, pod	5 ea.
Cinnamon, stick	1 ea.
Star anise	1 ea.
Turmeric, ground	¼ tsp.

## **Method**

1. Preheat oven to 350°F.
2. Place the couscous on a sheet pan. Toast it in the preheated oven to golden brown, about 8 minutes.
3. In a medium pot, add the chicken stock, cardamom, cinnamon stick, star anise, red pepper flakes, and turmeric and bring to a simmer.
4. Place the toasted couscous in a shallow pan. Pour the simmering chicken stock over the couscous. Cover immediately with plastic wrap and let it sit for 10 minutes.
5. Remove the plastic wrap and fluff the couscous with a fork.

**Note:** The ratio is approximately 1 part liquid to 1 part dry Couscous. To make this dish vegan, substitute vegetable stock for the chicken stock.

# BRUSSELS SPROUTS WITH POMEGRANATE MOLASSES AND PISTACHIOS

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Brussels sprouts, trimmed, halved	2 lb.
Oil, olive, pure	½ cup
Garlic, minced	3 Tbsp.
Salt, kosher	1 Tbsp.
Pepper, black, ground	½ tsp.
Stock, vegetable	½ cup
Molasses, pomegranate	¼ cup
Pistachios, lightly toasted	½ cup
Parsley, fresh, minced	2 Tbsp.
Pomegranate, kernels, fresh (Optional)	¼ cup

## **Method**

1. Heat a large sauté pan or rondeau with olive oil. Add the Brussels sprouts cut side down, allow them to sear, and then flip them over with a spatula.
2. Add the garlic, salt, and pepper and cook the sprouts until they are tender but still have some texture, about 5 minutes.
3. Add the stock to cover the sprouts ½ way and cover the pan. Braise the sprouts for 5 minutes.
4. Drizzle with the pomegranate molasses.
5. Garnish with pistachios, parsley, and pomegranate kernels (if desired).

# TUSCAN CHICKEN

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, thigh, boneless, skinless, 2-in. cubes	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oregano, fresh, minced	½ tsp.
Rosemary, fresh, minced	½ tsp.
Basil, fresh, minced	1 tsp.
Butter, unsalted (Divided)	1/3 cup
Garlic, slivered	¼ cup
Shallot, minced	3 Tbsp.
Tomato, sun dried, cut into strips	½ cup
Olives, black, halved	½ cup
Heavy Cream	3 cup
Cheese, Parmesan	¾ cup
Spinach, baby	½ lb.
Herbs, fresh, minced	¼ cup

## **Method**

1. Season the chicken with salt, pepper, oregano, rosemary, and basil.
2. In a large, deep skillet over medium-high heat, melt 1 tablespoon of the butter. Add the chicken and cook until it's no longer pink in the center, about 7 minutes.
3. Remove the chicken from the pan, place in hotel pan, and tent with aluminum foil to keep warm.
4. Add the remaining butter to the pan along with the garlic and shallot. Cook until they just start to soften, 1 to 2 minutes.
5. Mix in the sun-dried tomatoes and olives and cook for 1 minute.
6. Pour in the heavy cream and cook until hot and bubbly, 1 to 2 minutes.
7. Turn off the heat and stir in the Parmesan cheese and spinach. Add the chicken and any accumulated juices back to the pan.
8. Garnish with herbs.

# GRILLED POLENTA CAKES

*Yield 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	2 oz.
Olive oil, extra-virgin	2 oz.
Garlic, minced	1 Tbsp.
Stock, chicken	48 fl. oz.
Polenta	6 oz. wt.
Salt, kosher	to taste
Pepper, black, freshly cracked	to taste
Oil, olive, pure	as needed

## **Method**

1. Heat the butter and olive oil in a large sauce pot and sweat the garlic until fragrant.
2. Add the stock and bring to a boil.
3. Whisk in the polenta in a thin stream until combined.
4. When thickened, reduce heat to a simmer and, stirring constantly with a wooden spoon, until the polenta is cooked through and starts to come away from the sides of the pot, about 30 minutes. Add more stock as necessary to achieve a very thick porridge consistency.
5. Stir in the salt and pepper.
6. Pour the polenta into a ½ sheet pan sprayed with pan spray to a depth of 1-inch. Place a piece of plastic wrap directly on the surface, cool and refrigerate until firm.
7. Cut into desired shape.
8. Heat a grill on medium high heat.
9. Spray the polenta with pan spray and grill on high until marked.

## ZUCCHINI WITH SWEET AND SOUR SAUCE

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Zucchini	6 ea.
Oil, olive, pure	3 Tbsp.
Garlic, clove, crushed	1 ea.
Vinegar, white wine	3 Tbsp.
Water	3 Tbsp.
Pine nuts	3 Tbsp.
Raisins, golden	3 Tbsp.
Anchovy, salted, rinsed, minced	2 ea.
Salt, kosher	to taste

### **Method**

1. Wash the zucchini, trim off the stem ends, and cut each into four pieces, lengthwise. If they are large enough, they can be cut again in half.
2. Heat the olive oil in a wide pan that has a lid. Sauté the garlic until brown. Discard it and add the zucchini, cooking until coated with oil and slightly browned.
3. Cover the pan and cook for a few minutes.
4. Add the vinegar, water, and raisins. Continue cooking, slightly uncovered, until the sauce has thickened and the zucchini is tender, about 3 minutes.
5. Add the anchovies to the pan and stir gently. Add the pine nuts and adjust the seasoning with salt to taste. Cook for 2 to 3 minutes.
6. Serve warm, room temperature, or cold.



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

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