



Culinary Institute of America

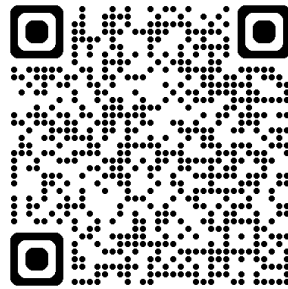
CULINARY INSTITUTE OF THE PACIFIC PACIFIC RIM PLANT FORWARD COOKING



CIA Consulting
The Culinary Institute of America

Culinary Institute of the Pacific, Diamond Head campus, Oahu, Hawai'i

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The Culinary Institute of America

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Welcome to the CIA!

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

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

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

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

Wishing you all the best,

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

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

EXPECTATIONS FOR PARTICIPANTS

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

CIA UNIFORM POLICY

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

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

DAY ONE

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Sesame Tempeh Sticks with Apricot Dipping Sauce

Spicy Chickpea Stew

Mango-Ginger Bars

TEAM TWO

Thai Chile Stir-Fry with Tofu (Pad Prik King)

Curried Mashed Carrots and Cashews

Green Papaya Salad (Som Tam)

TEAM THREE

Whole Wheat Pasta with Sharp Pesto

Broccoli Rabe with Roasted Red Peppers and Italian "Sausage" Vinaigrette

White Bean Dip Crudit 

TEAM FOUR

Grilled Artichokes with Hazelnut Romesco Sauce

Navel Orange Salad with Dates and Feta

Green Lentils with Bok Choy and Lemon

SESAME TEMPEH STICKS WITH APRICOT DIPPING SAUCE

Yield: 10 portions

Ingredients	Amounts
Sesame seeds, toasted	1 Tbsp.
Tempeh, cooked	10 oz.
Scallion (Green onion), chopped	½ cup
Oil, sesame	1 Tbsp.
Soy sauce	1 Tbsp.
Cornstarch	½ tsp.
Ginger, peeled, minced	2 tsp.
Garlic, minced	1 tsp.
Egg, whole	1 ea.
Water	1 Tbsp.
Phyllo dough, sheet	6 ea.
Oil, grapeseed	¼ cup
Sesame seeds, toasted	2 Tbsp.
Salt, kosher	to Taste
Apricot, preserves, no sugar, all fruit	½ cup
Lime, juice	2 Tbsp.
Water	1 Tbsp.
Mustard, Dijon	1 tsp.
Ginger, peeled, minced	½ tsp.

Method

1. Preheat oven to 350°F.
2. Line a sheet pan with parchment paper.
3. For the filling, in a blender or food processor, blend the sesame seeds, tempeh, scallions, sesame oil, soy sauce, cornstarch, ginger, and garlic until the mixture forms a coarse paste.
4. For the egg wash, in a small mixing bowl, combine the egg and the water and whisk vigorously until well combined and very smooth. Add more water if needed to thin out the wash.
5. Cover the phyllo dough with plastic wrap and a dampened kitchen towel. Remove only 1 sheet at a time as you work, to prevent phyllo from drying out.
6. Brush 1 sheet of phyllo dough generously with grapeseed oil. Stack another sheet on top and brush with oil again. Repeat with 1 more sheet of phyllo.
7. Cut the stack of phyllo in half lengthwise, and then arrange one half with a long side nearest to you.

8. With dampened fingers, shape about 3 tablespoons of the filling mixture into a narrow rope along the edge nearest you. Roll up the paste tightly in the phyllo to form a long, thin roll.
9. Repeat with the other half of phyllo stack, and then repeat the whole process with the remaining 3 sheets of phyllo dough.
10. Lightly brush the top of the sticks with egg wash. Sprinkle with the sesame seeds and salt.
11. Using a sharp paring knife, cut each roll into 5 sticks and place seam side down, onto the prepared sheet pan. Bake in the oven until the phyllo is golden brown, 12 to 15 minutes. Cool slightly.
12. For the dipping sauce, in a small bowl, combine the apricot, lime juice, water, mustard, and ginger and mix well.
13. Serve the sticks warm with the dipping sauce.

SPICY CHICKPEA STEW

Yield: 8 portions

Ingredients	Amounts
Chickpeas, dried, soaked overnight	1 lb.
Onion, yellow, small, diced	2 cups
Oil, olive, extra-virgin	¼ cup
Garlic, clove, minced	4 ea.
Harissa	as needed
Cumin, ground	1 ½ Tbsp.
Coriander, ground	1 Tbsp.
Turmeric, ground	2 tsp.
Pepper, black, ground	2 tsp.
Fish, tuna, canned, in water	8 oz.
Capers, drained, chopped	¼ cup
Salt, kosher	to taste
Lemon, quartered	2 ea.
Egg, whole, hard cooked, coarsely chopped	8 ea.
Cumin, ground	2 Tbsp.
Harissa, ground	2 Tbsp.
Scallion (Green onion), bunch, sliced	2 ea.

Method

1. Drain and rinse the chickpeas. In a pot of unsalted water over low to medium heat, place the chickpeas and simmer until very tender, 45 to 90 minutes. Reserve in the cooking liquid.
2. In a saucepan or rondeau, sweat the onions in olive oil over moderate heat until very tender, 10 to 15 minutes.
3. Increase the heat to medium and add the garlic, harissa, cumin, coriander, turmeric, and pepper. Sweat until aromatic, 10 to 20 seconds.
4. Add the cooked chickpeas and enough liquid to just cover them. Add the tuna and capers. Bring the mixture to a simmer until the mixture is the consistency of a stew, about 15 minutes. Adjust the seasoning with salt to taste.
5. Serve with the lemon, egg, cumin, harissa, and scallions in small condiment bowls or in sectioned relish dishes.

MANGO-GINGER BARS

Yield: 24 bars

Ingredients	Amounts
Oats, rolled	4 1/3 cups
Mango, peeled, chopped	6 oz.
Sugar, turbinado	1/4 cup
Flour, spelt	1/2 cup
Ginger, juice	1/2 cup
Oil, sunflower seed	1/2 cup
Maple syrup	1/4 cup
Date, roughly chopped	14 oz.
Orange, zest, finely grated	1/2 tsp.
Ginger, juice	2 1/3 Tbsp.
Orange, juice	2 1/3 Tbsp.
Coconut, milk, unsweetened	1/4 cup
Flax seeds, ground	2 Tbsp.
Water	as needed
Arrowroot	1/2 tsp.
Water	2 Tbsp.
Pecans, toasted, chopped (Optional)	1/2 cup

Method

1. Preheat oven to 350°F.
2. For the crust, in a large bowl, place the oats, mango, sugar, flour, ginger juice, oil, and maple syrup. Mix to combine. Let it sit for 10 minutes.
3. Lightly oil a 9 x 9-in baking pan. Spread the mixture out in the pan and bake until the crust begins to brown, about 30 minutes. Let it cool.
4. For the topping, in a food processor, place the zest, juices, coconut milk, and flax seeds. Pulse until smooth.
5. Transfer the mixture to a 3-quart pot. Bring it to a simmer over medium heat and cook, stirring frequently, until the mixture begins to bubble around the edges, 5 to 7 minutes. Add water if the mixture is too thick.
6. In a small bowl, whisk together the arrowroot and water to make a slurry. Add the slurry to the topping mixture and continue to cook, stirring until the mixture thickens, 3 to 4 minutes.
7. Pour the topping evenly over the cooled crust. Cool thoroughly before slicing into 24 pieces. Served chilled.

Note: Macadamia nuts can be substituted for the pecans.

THAI CHILE STIR-FRY WITH TOFU (PAD PRIK KING)

Yield: 8 portions

Ingredients	Amounts
Tofu, extra-firm, 14 oz. package	1 ea.
Chile, New Mexico, dried, stemmed, seeded	12 ea.
Water	4 cups
Shallot, coarsely chopped	4 ea.
Garlic, clove, coarsely chopped	12 ea.
Lemongrass, 2-in. piece, outer layers removed, chopped	1 ea.
Ginger, 1-in. piece, peeled, chopped	1 ea.
Cilantro, stems, fresh, chopped	2 Tbsp.
Lime, leaf, makrut, finely chopped (Optional) (Divided)	10 ea.
Salt, kosher	1 tsp.
Peppercorns, black, crushed	1 tsp.
Oil, vegetable	¼ cup
Green beans, trimmed	2 lb.
Fish sauce (Nam pla or Nuoc Nam)	¼ cup
Sugar, granulated	2 Tbsp.
Lime, makrut, zest, finely grated	2 tsp.
Rice, jasmine, brown, cooked	as needed

Method

1. Lay a clean kitchen towel on a large plate. Place the tofu on top and cover with another towel. Cover with another plate and weigh it down with a heavy object. Let it drain for 30 minutes. Medium dice the tofu.
2. In a small saucepan, place the chiles and water and bring to a boil. Remove from heat, cover, and allow to soften for 30 minutes. Drain the chiles and reserve the soaking liquid.
3. In a blender, place the chiles, shallots, garlic, lemongrass, ginger, cilantro stems, 8 of the lime leaves, salt, peppercorns, and ½ of the reserved soaking liquid. Blend the mixture, scraping down sides and adding more soaking liquid as needed, until a paste forms. Set it aside.
4. Heat the oil in a large skillet over medium-high heat. Add the tofu and cook until browned all over, about 5 minutes.

5. Add the green beans and about $\frac{1}{4}$ cup of the reserved chili paste (adjust to personal taste). Cook, stirring occasionally, until the beans are coated and beginning to soften, about 3 minutes.
6. Add $\frac{1}{2}$ cup of the reserved soaking liquid and cook until beans are cooked through, and the liquid is reduced by half, about 5 minutes.
7. Stir in the fish sauce, sugar, remaining 2 lime leaves, and zest. Cook until fragrant, about 1 minute.
8. Serve over the jasmine rice.

CURRIED MASHED CARROTS AND CASHEWS

Yield: 5 portions

Ingredients	Amounts
Carrot, peeled, cut into 1-in. chunks	2 lb.
Oil, canola	2 Tbsp.
Onion, red, chopped	1 cup
Ginger, minced	1 Tbsp.
Red curry paste	2 tsp.
Salt, kosher	½ tsp.
Garlic, minced	1 tsp.
Cashews, lightly toasted	½ cup
Lemon, juice	2 Tbsp.
Salt, kosher	to taste
Honey, light-colored (Optional)	1 tsp.

Method

1. In a large saucepan, place the carrots with enough water to cover them. Bring to a boil, lower the heat, and simmer until fork-tender, 8 to 10 minutes.
2. Heat a medium-sized, 9-inch skillet over medium heat. Add the oil and swirl to coat the pan. Add the onion and sauté until it begins to soften, about 3 minutes.
3. Add the ginger and sauté for 2 minutes.
4. Add the curry paste and salt. Sauté for 1 minute.
5. Reduce the heat to medium-low, add the garlic, and cook, stirring often, until everything is very soft, 8 to 10 minutes. (You can add up to a few tablespoons of the carrot cooking water to the mix, to augment the process.)
6. Drain the carrots in a strainer or colander over a bowl in the sink, reserving the water.
7. Transfer half of the carrots to a food processor, along with the onion mixture, scraping in every drop of flavor, plus all liquid, from the pan. Add the cashews and purée to your desired consistency. Add a tablespoon (or more) of the cooking water, as needed, to move things along and to keep it spoon-soft.
8. Transfer to a bowl and stir in the remaining carrots. Season with the lemon juice and salt, to taste. Add the honey, if desired.
9. Serve hot, warm, or at room temperature. It will keep for 4 to 5 days in a tightly covered container in the refrigerator. It also freezes and reheats well, covered, in a 205°F oven, or in a microwave.

GREEN PAPAYA SALAD (SOM TAM)

Yield: 10 portions

Ingredients	Amounts
Garlic, clove, roughly chopped	8 ea.
Chile, Thai, stems removed, roughly chopped	2 ea.
Shrimp, dried, small, roughly chopped	2 Tbsp.
Tamarind, concentrate	¼ cup
Lime, juice, fresh	¼ cup
Fish sauce	4 Tbsp.
Sugar, palm	3 Tbsp.
Beans, long, cut into 1 ½-in. lengths	2 cups
Papaya, green, julienned	5 cups
Carrot, julienned	1 cup
Tomato, cherry, halved	12 ea.
Peanuts, toasted, roughly chopped	½ cup

Method

1. In a large bowl, place the garlic, chiles, dried shrimp, tamarind concentrate, lime juice, fish sauce, and palm sugar. Stir to combine.
2. Add the long beans and pound with a wooden spoon to lightly bruise the beans.
3. Add the papaya and carrot. Stir to mix. Pounding with one hand and stirring with the other, bruise the vegetables lightly and mix them with the flavoring and seasonings.
4. Add the tomato pieces, bruise lightly, and stir to incorporate.
5. Adjust the seasoning with more fish sauce, lime juice, or palm sugar to taste.
6. Top with peanuts before serving.

WHOLE WHEAT PASTA WITH SHARP PESTO

Yield: 8 portions

Ingredients	Amounts
Flour, durum	3 ½ cups
Flour, durum, whole wheat	3 ½ cups
Oil, olive, extra-virgin	2 Tbsp.
Salt, kosher	as needed
Egg, whole	8 ea.
Basil, leaves, fresh, bunch	1 ea.
Walnuts, toasted	¼ cup
Cheese, Pecorino-Romano, grated	2 Tbsp.
Oil, olive, extra-virgin	3 Tbsp.
Broth, vegetable	2 Tbsp.
Garlic, clove	2 ea.
Salt, kosher	as needed
Green beans, halved	1 lb.

Method

1. For the pasta, in a food processor, place the flours, oil, and salt and pulse to combine.
2. Add the eggs and process until the mixture resembles coarse meal. When pressed, the dough should form a cohesive mass. Add water or flour to adjust the consistency, as needed.
3. Transfer the dough to a work surface and knead until the dough is very firm yet still pliable. Wrap in plastic and allow the dough to rest at room temperature for at least 30 minutes.
4. For the pesto, combine the basil, walnuts, cheese, olive oil, broth, and garlic in a food processor and pulse into a slightly coarse paste. Adjust consistency as needed with broth. Season with salt as needed. Reserve.
5. Roll the pasta dough into sheets 1/8-inches thick. Cut the sheets into linguine (long thin strips) and reserve, uncovered.
6. Cook the beans in rapidly boiling salted water until fork-tender, 3 to 5 minutes. Remove the beans from the water, and reserve.
7. If necessary, add more salt to the boiling water. Add the pasta and cook until just done, 1 to 2 minutes. Drain the pasta.
8. In a large bowl, toss the pasta with the pesto and green beans. Serve immediately.

BROCCOLI RABE WITH ROASTED RED PEPPERS AND ITALIAN "SAUSAGE" VINAIGRETTE

Yield: 8 portions

Ingredients	Amounts
Broccoli rabe, bunch, ends trimmed	1 ea.
Lemon, juiced	1/2 ea.
Sugar, brown	1 Tbsp.
Fennel seeds, crushed	1/4 tsp.
Italian seasoning	1/2 tsp.
Sage, dried, ground	1/2 tsp.
Salt, kosher	1/2 tsp.
Pepper, black, ground	1/4 tsp.
Clove, ground	1 pinch
Chile, cayenne, ground	1 pinch
Oil, olive, pure	2 Tbsp.
Pepper, bell, red, roasted, peeled, stem and seeds removed, diced	1 ea.
Salt, kosher	to taste
Lemon, juice	to taste

Method

1. Blanche the broccoli rabe and chop into 1-to 2-inch pieces.
2. For the vinaigrette, in a small bowl, place the lemon juice, brown sugar, fennel seeds, Italian seasoning, sage, salt, black pepper, cloves, and cayenne. Mix to combine.
3. Gradually whisk in the olive oil.
4. Heat a sauté pan over medium-high heat. Add the broccoli rabe, red pepper, and vinaigrette and sauté until the broccoli rabe stems are tender.
5. Adjust the seasoning with pepper and lemon juice to taste.

WHITE BEAN DIP CRUDITÉ

Yield: 12 portions

Ingredients	Amounts
Oil, olive, extra-virgin	2 Tbsp.
Garlic, clove, chopped	3 ea.
Red pepper flakes, crushed	¼ tsp.
Rosemary, fresh, finely chopped	1 tsp.
Beans, cannellini, reduced sodium, 19 oz. can, drained, rinsed	2 ea.
Broth, vegetable	2 Tbsp.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Lemon, juice, fresh squeezed	2 tsp.
Pepper, bell, red, seeded, sliced	2 ea.
Fennel, bulb, trimmed, sliced, blanched	2 ea.
Cucumber, English, quartered, cut into 2-in. wedges	1 ea.
Carrot, batonnet, blanched	10 ea.
Radish, halved	6 ea.

Method

1. Heat the oil in a small skillet over medium heat. Add the garlic and red pepper flakes, and cook until softened and fragrant, about 1 minute.
2. Transfer to a food processor and add the rosemary, beans, broth, salt, and pepper. Blend until smooth, adding more broth as needed to facilitate blending.
3. Add the lemon juice. Adjust the seasoning to taste.
4. Serve on a platter with the peppers, fennel, cucumber, carrot, and radish.

GRILLED ARTICHOKE WITH HAZELNUT ROMESCO SAUCE

Yield: 10 portions

Ingredients	Amounts
Water	2 qt.
Bay leaf, dried	2 ea.
Lemon, halved (Divided)	1 ea.
Salt, kosher	½ tsp.
Pepper, black, ground	½ tsp.
Artichoke	10 ea.
Oil, olive, extra-virgin	¼ cup
Garlic, clove, sliced	3 ea.
Hazelnut Romesco Sauce (Recipe follows)	1 ¼ cups

Method

1. In a large stockpot over medium-low heat, place the water, bay leaves, and ½ a lemon, salt, and pepper. Bring to a simmer.
2. Slice 1 inch off the top of each artichoke. Trim the stems and peel them to expose the tender flesh. Remove the outer petals to expose the soft, light green petals toward the center (see Chef demo).
3. Add the artichokes to the simmering water. Cover the pot and simmer until tender, about 20 minutes. Remove the artichokes and allow them to cool.
4. Quarter each artichoke and remove the hairy choke from the center of each. Place the artichoke quarters in a resealable plastic bag. Add the oil, garlic, and the juice of the remaining lemon half. Let marinate in the refrigerator for at least 30 minutes or up to 4 hours.
5. Preheat a gas grill to medium heat.
6. Remove the artichokes from the marinade and grill, turning often, until golden, about 10 minutes.
7. Serve the artichoke quarters with the Hazelnut Romesco Sauce drizzled over the top.

HAZELNUT ROMESCO SAUCE

Yield: 2 cups

Ingredients	Amounts
Chile, ancho, dried, steamed, seeded, toasted	2 ea.
Pepper, bell, red, roasted, steamed, seeded, peeled	1 ½ cups
Hazelnuts, skin off, chopped	8 oz.
Oil, olive, pure	½ cup
Tomato, paste	2 Tbsp.
Vinegar, wine, red	2 Tbsp.
Garlic, minced	1 Tbsp.
Pimentón, smoked	1 ½ tsp.
Chile, cayenne, ground	¼ tsp.
Salt, kosher	½ tsp.

Method

1. In a small saucepan, place the ancho chiles and cover with cold water. Bring to a boil over high heat, and immediately remove the pan from the heat. Let the chiles steep for 20 minutes.
2. Strain the chiles, reserving some of the soaking liquid to adjust the consistency of the sauce.
3. In a blender, place the roasted bell pepper, hazelnuts, oil, tomato paste, vinegar, garlic, pimentón, cayenne, and salt. Purée to a smooth consistency, adding a bit of the chile soaking liquid, if necessary, to reach a soft, sauce-like consistency (about the same as mayonnaise).
4. Place in a covered container, refrigerate, and allow to rest overnight to develop the best flavor.
5. Adjust the seasoning to taste.

NAVEL ORANGE SALAD WITH DATES AND FETA

Yield: 10 portions

Ingredients	Amounts
Orange, navel	5 ea.
Lettuce, Boston, leaves	1 lb.
Date, Medjool, pitted, julienned	10 ea.
Mint, fresh, chiffonade	¼ cup
Cheese, feta, small diced	5 oz.

Method

1. Peel the oranges, removing the skin and white pith. Cut the oranges crosswise into ½-inch thick, round slices.
2. Separate and wash the lettuce leaves. Pat dry with paper towels.
3. Layer the lettuce leaves on a platter or on salad plates. Arrange the orange slices on top of the lettuce. Garnish with the dates, mint, and feta.

Note: Cara Cara oranges can be substituted for the navel oranges.

GREEN LENTILS WITH BOK CHOY AND LEMON

Yield: 8 portions

Ingredients	Amounts
Oil, olive, extra-virgin	2 Tbsp.
Garlic, finely chopped	3 Tbsp.
Lentils, green, dried, rinsed	1 lb.
Cilantro, fresh, chopped	1/3 cup
Salt, kosher	to taste
Bok choy, chiffonade	10 ea.
Oil, olive, extra-virgin	2 Tbsp.
Lemon, juice, fresh squeezed	2 Tbsp.
Molasses, pomegranate	1/4 cup

Method

1. In a medium saucepan, heat the olive oil over low heat. Add the garlic, cover the pan, and sweat until the garlic is soft and fragrant but not browned, 1 to 2 minutes.
2. Increase the heat to medium, add the lentils, and stir to coat them with the olive oil. Toast the lentils briefly.
3. Add the cilantro and enough water to cover the lentils by 2 inches. Season with salt. Bring to a boil, reduce the heat, and simmer until the lentils are tender, 20 to 25 minutes.
4. Remove the pot from the heat and drain any excess liquid. Reserve and keep warm.
5. In a large sauté pan, heat the olive oil over medium heat. Add the bok choy and cook until the leaves have wilted, about 3 minutes. Reserve until needed.
6. Add the bok choy, lemon juice, and pomegranate molasses to the drained, reserved lentils. Adjust the seasoning to taste.
7. Cover and keep warm until ready to serve.

DAY TWO

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Poblano Rellenos
Creamed Pinto Beans
Pineapple-Jicama Salsa

TEAM TWO

Roasted Beet "Tartare" with Local Goat Cheese
Broccoli Rabe with Pomegranate
Make Blood Orange infused Oil for Day Three

TEAM THREE

Spiced Shrimp with Seeds and Grains
Sautéed Spinach with Mountain Apples and Raisins
Almond-Stuffed Dates with Dessert Couscous
Marinate Caraway-Herb Pork Tenderloin for Day Three

TEAM FOUR

Stuffed Cherry Tomatoes with Minted Barley
Salade Niçoise
Olive Oil-Poached Tuna Provençal
Ratatouille Stew

TAKE HOME RECIPE

Lemon, Ginger, and Barley Pudding with Raspberry Sauce

POBLANO RELLENOS

Yield: 20 portions

Ingredients	Amounts
Chile, poblano, fresh	20 ea.
Tomato, cored, quartered	4 lb.
Garlic, clove	4 ea.
Onion, yellow, quartered	2 ea.
Water	4 cups
Oil, olive, extra-virgin	3 tsp.
Cinnamon, stick, 2-in. piece	2 ea.
Epazote, dried	1/2 cup
Salt, kosher	2 tsp.
Oil, olive, extra-virgin	4 Tbsp.
Onion, yellow, small diced	2 cups
Garlic, clove, thinly sliced	4 ea.
Water	8 cups
Beans, black, soaked overnight	2 cups
Chile, chipotle, in adobo sauce, chopped	4 Tbsp.
Tomato, sun-dried, minced	1/2 cup
Amaranth, cooked	3 cups
Cumin, ground	1 tsp.
Coriander, ground	1 tsp.
Cilantro, fresh, chopped	1/2 cup
Epazote, dried	3 tsp.
Salt, kosher	2 tsp.
Yogurt, nonfat, Greek-style	1 cup
Cilantro, leaves, bunch, fresh	2 ea.
Vegetable Escabeche (Recipe follows)	7 cups
Guacamole (Recipe follows)	7 cups

Method

1. Blister the chiles using a burner or broiler. Let the chiles steam in a bowl with plastic wrap until they are cool enough to handle. Remove the skin, carefully cut a seam in one side of each chile. Remove the seeds, leaving the peppers in one whole piece.

2. For the tomato sauce, heat a large cast-iron skillet over high heat. Place the tomatoes, garlic, and onions into the skillet. Dry roast until their surfaces are deeply browned.
3. Transfer the roasted vegetables to a large saucepan and add water to cover. Simmer over medium heat until the tomatoes are completely cooked and most of the water has been absorbed, about 15 minutes.
4. Blend the sauce with an immersion blender and pass it through a fine mesh strainer.
5. In a saucepan, heat the oil over high heat. Add the tomato sauce, cinnamon stick, and epazote, reduce the heat, and simmer until the sauce coats the back of a spoon, about 10 minutes.
6. Remove and discard the cinnamon stick. Season with the salt. Reserve and keep warm.
7. For the poblano filling, in a small sauté pan, heat the oil over medium heat. Add the onions and garlic and sweat until translucent, about 3 minutes.
8. In a medium saucepan over high heat, place the water, beans, onions, and garlic. Bring to a boil, reduce the heat, and simmer until tender, about 1 hour and 10 minutes.
9. During the last 10 minutes of cooking, add the chipotles and the tomatoes. Adjust the seasoning to taste. The beans should be thick with most of the liquid absorbed; be mindful and stir periodically to avoid scorching.
10. Preheat oven to 350°F.
11. Combine the beans, amaranth, cumin, coriander, cilantro, epazote, and salt. Stuff the prepared poblano chiles with the filling and top with the tomato sauce.
12. Transfer to a baking sheet and bake in the preheated oven until heated through and tender, 15 to 20 minutes.
13. Spread a portion of sauce and Vegetable Escabeche on the plate and top with a reserved chile. Garnish the chile with yogurt and cilantro leaves and serve with the Guacamole.

VEGETABLE ESCABECHE

Yield: 7 cups

Ingredients	Amounts
Squash, yellow, small diced	2 cups
Zucchini, small diced	2 cups
Carrot, blanched, small diced	2 cups
Tomato, plum, small diced	4 cups
Tomatillo, small diced	4 cups
Chile, chipotle, in adobo sauce, canned minced	½ cup
Cilantro, fresh, chopped	2 cups
Oil, olive, extra-virgin	4 Tbsp.
Vinegar, rice	4 Tbsp.

Method

1. Combine all the ingredients and mix well.
2. Adjust the seasoning as needed.
3. Reserve in the refrigerator, covered, until needed.

GUACAMOLE

Yield: 7 cups

Ingredients	Amounts
Avocado, ripe	6 ea.
Onion, white, minced	1 ½ cups
Tomato, plum, small diced	2 cups
Cilantro, fresh, chopped	½ cup
Lime, juice	4 Tbsp.
Chile, serrano, fresh, seeded, minced	2 Tbsp.
Salt, kosher	2 tsp.

Method

1. As close to service as possible, split the avocados and discard the pit. Score the flesh with a knife and scoop out the flesh.
2. Combine the avocados with the remaining ingredients and mix well.
3. Reserve, covered, in the refrigerator, until needed.

CREAMED PINTO BEANS

Yield: 15 portions

Ingredients	Amounts
Beans, pinto, soaked overnight	15 oz.
Onion, white, minced	1 cup
Almond, milk	1/2 cup
Chile, ancho, dried, toasted, seeded, chiffonade	3 ea.
Cumin, ground	3/4 tsp.
Thyme, dried	3/4 tsp.
Oregano, Mexican, dried	3/4 tsp.
Tomato, paste	2 1/2 tsp.
Oil, vegetable	1 1/2 tsp.
Garlic, clove, minced	3 ea.
Salt, kosher	3/4 tsp.
Pepper, black, ground	3/4 tsp.

Method

1. In a large stock pot, place the soaked beans and onions. Add enough water to cover the beans by 1-inch. Bring to a simmer over medium heat. Cover the pot and simmer until the beans are tender, about 1 hour.
2. Preheat oven to 350°F.
3. Purée the beans with an immersion blender.
4. Add the almond milk, toasted chiles, cumin, thyme, oregano, and tomato paste. Mix to combine.
5. In a medium pot, heat the oil over medium heat. Add the garlic and cook until fragrant, about 1 minute.
6. Add the beans to the pot, mix to combine, and bring to a simmer over medium heat. Cover the pot and transfer to the preheated oven.
7. Bake the beans in the preheated oven until they are thick and heated through, 45 minutes to 1 hour.

PINEAPPLE-JICAMA SALSA

Yield: 2 cups

Ingredients	Amounts
Oil, olive, pure	1 Tbsp.
Lime, juiced	4 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cilantro, fresh, chopped	¼ cup
Jicama, peeled, fine julienne	2 ea.
Pineapple, peeled, cored, small diced	1 ea.
Onion, red, minced	2 cups
Pepper, bell, red, seeded, small diced	2 ea.
Chile, serrano, fresh, seeded, minced	3 ea.

Method

1. In a medium bowl, place the oil, lime juice, salt, pepper, and cilantro. Whisk together to combine.
2. Gently fold in the jicama, pineapple, onion, bell peppers, and chiles.
3. Cover and refrigerate until ready to serve.

ROASTED BEET "TARTARE" WITH LOCAL GOAT CHEESE

Yield: 20 portions

Ingredients	Amounts
Beet, red, washed, dried	2 lb.
Oil, olive, extra-virgin	2 Tbsp.
Salt, kosher	1/4 tsp.
Vinegar, sherry	4 Tbsp.
Oil, olive, extra-virgin	4 Tbsp.
Garlic, clove, minced	4 ea.
Capers, minced	2 Tbsp.
Honey	2 tsp.
Pea, shoots	10 cups
Cheese, goat, Sweet Land Farm	5 oz.
Shallot, diced	1/2 cup
Chive, fresh, chopped	1/3 cup

Method

1. Preheat oven to 350°F.
2. For the tartare, rub the beets with the oil. Season with a sprinkling of salt. Place them on a baking sheet in the preheated oven and roast until fork tender, 45 minutes to 1 hour.
3. Allow the beets to cool. Peel off the outer skin and finely dice. Place the beets in a medium bowl.
4. For the dressing, in a small bowl, place the vinegar, oil, garlic, capers, and honey. Whisk together to combine.
5. Pour the dressing over the beets and toss to coat. Adjust the flavor to taste, adding more vinegar or honey to obtain a tart, sweet flavor.
6. Serve garnished with the pea shoots, goat cheese, shallots, and chives.

BROCCOLI RABE WITH POMEGRANATE

Yield: 8 portions

Ingredients	Amounts
Broccoli rabe	1 lb.
Oil, olive, pure	2 Tbsp.
Garlic, clove, sliced	4 ea.
Water	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Pomegranate, peeled, seeds removed and reserved	1 ea.
Molasses, pomegranate	2 Tbsp.

Method

1. Cut ¼-inch off the bottom of the broccoli rabe stems and lightly peel the stems.
2. Bring a large pot of salted water to a boil. Plunge the broccoli rabe into the boiling salted water and cook until the stems are somewhat tender, about 3 minutes. Plunge the broccoli rabe into an ice bath to stop the cooking process. Drain and reserve.
3. In a medium sauté pan, heat the olive oil over medium heat. Add the garlic and cook until aromatic, about 2 minutes.
4. Add the reserved broccoli rabe to the pan. Add the water and cook until it has evaporated and the broccoli rabe is lightly browned, about 8 minutes.
5. Season with salt and pepper to taste.
6. Transfer to a serving platter, sprinkle with the fresh pomegranate seeds, and drizzle with the pomegranate molasses. Serve immediately.

SPICED SHRIMP WITH SEEDS AND GRAINS

Yield: 8 portions

Ingredients	Amounts
Buckwheat groats	1 cup
Quinoa	1 cup
Cumin seeds, whole	2 tsp.
Fennel seeds, whole	2 tsp.
Chile, de árbol, fresh, stemmed, seeded	4 ea.
Shrimp, 16/20, peeled, deveined tails left on	2 ½ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	2 Tbsp.
Lemon, juice	½ cup
Honey	2 Tbsp.
Mandarin, juice	½ cup
Butter, unsalted	1 Tbsp.
Oil, olive, extra-virgin	2 Tbsp.
Oil, olive, pure	2 Tbsp.
Fennel, small heads, finely diced	3 ea.
Lemon, rind, preserved, minced	¼ cup
Sunflower seeds	1 cup
Cilantro, fresh, minced	½ cup
Dill, fresh, minced	½ cup
Parsley, flat-leaf, fresh, minced	½ cup
Mint, fresh, minced	½ cup
Tarragon, fresh, minced	½ cup
Scallion (Green onion), thinly sliced	5 ea.
Orange, mandarin, suprême	6 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. Place the buckwheat on one baking sheet and the quinoa on another and bake until golden brown and toasted, 5 to 8 minutes.

3. Bring a large saucepan of water to a boil. Add half the toasted buckwheat to the water and cook until al dente, about 6 minutes. Using a fine sieve, strain the buckwheat and transfer to a half sheet pan to cool completely.
4. Bring a second large saucepan of water to a boil. Reserving 2 tablespoons of the toasted quinoa, add the quinoa to the boiling water and cook until tender, about 15 minutes. Drain the quinoa, and transfer to a half sheet pan to cool completely.
5. In a large skillet, toast the cumin, fennel seeds, and chiles over medium heat until fragrant, 5 to 6 minutes. Cool slightly and process the mixture in a spice grinder until finely ground.
6. In a large bowl, place the toasted spices and shrimp. Season with salt and pepper. Toss until the shrimp are coated in the spices.
7. In a skillet, heat the vegetable oil over medium-high heat. Add the shrimp and cook, flipping once, until cooked through, 2 to 3 minutes. Transfer the shrimp to a plate.
8. Pour 2 tablespoons of the lemon juice, the honey, and the mandarin juice into the skillet and cook until reduced slightly, about 1 minute.
9. Return the shrimp to the skillet, add the butter, and toss the shrimp in the sauce until the butter melts, about 1 minute. Remove the skillet from the heat and keep warm.
10. In a large bowl, mix the oils, fennel, and preserved lemon. Add the remaining ½ cup of lemon juice, sunflower seeds, cilantro, dill, parsley, mint, tarragon, and scallions. Mix gently until evenly combined.
11. In a large bowl, place the cooked buckwheat, the cooked quinoa, and the mandarin segments. Gently toss to combine. Season with salt and pepper to taste.
12. Divide the salad among 8 large serving bowls. Top with the shrimp and toasted quinoa.

SAUTÉED SPINACH WITH MOUNTAIN APPLES AND RAISINS

Yield: 8 portions

Ingredients	Amounts
Oil, olive, extra-virgin	1/4 cup
Apple, mountain, peeled, cored, small diced	4 ea.
Shallot, finely chopped	3 ea.
Raisins	1/2 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Spinach, 8 oz. bag, stemmed, washed	2 ea.
Pine nuts, toasted	1/3 cup

Method

1. In a large sauté pan, heat the olive oil over high heat. Add the apples and shallots and sauté until lightly browned, less than 1 minute.
2. Add the raisins, season with salt and pepper, and stir to combine.
3. Add the spinach, stir, and sauté very quickly until it starts to wilt. Remove the pan from the heat and set aside (the spinach will continue to wilt off the heat).
4. Add the toasted pine nuts. Serve immediately.

ALMOND-STUFFED DATES WITH DESSERT COUSCOUS

Yield: 10 portions

Ingredients	Amounts
Almonds, whole, blanched	2 cups
Butter, unsalted, melted	4 Tbsp.
Almond, meal	2 cups
Sugar, confectioner's	2 Tbsp.
Sugar, granulated	¼ cup
Cinnamon, ground	½ Tbsp.
Clove, ground	1/8 tsp.
Nutmeg, shaved	as needed
Orange blossom water	2 Tbsp.
Date, Medjool, large, pitted	24 ea.
Couscous, small	2 cups
Milk, whole	2 ½ cups
Cinnamon, ground	to taste
Butter, unsalted	6 Tbsp.
Almonds, roasted	3 Tbsp.
Pistachios, roasted	3 Tbsp.
Pine nuts, roasted	3 Tbsp.

Method

1. Preheat oven to 375°F.
2. In a medium bowl, place the blanched almonds and melted butter. Toss to combine.
3. Transfer the almonds to a sheet pan and place in the preheated oven. Roast the almonds until golden brown. Let them cool.
4. Place the cooled roasted almonds in a food processor and pulse until they are coarsely chopped.
5. In a large bowl, place the chopped almonds, almond meal, sugars, cinnamon, clove, nutmeg, and orange blossom water. Mix well. Adjust the sweetness to taste.
6. Form the almond mixture into small balls and stuff the mixture inside the pitted dates. Set it aside.
7. For the couscous, in a medium pot, place the milk and heat until warm.
8. Add the cinnamon and couscous and bring to a boil. Turn off heat and allow the couscous to absorb the liquid.
9. Fold in the butter. Adjust with a little warm milk, if needed, to wet the grain and create a bit of sauce. Fold in the almonds, pistachios, and pine nuts.
10. Garnish with the reserved almond-stuffed dates.

STUFFED CHERRY TOMATOES WITH MINTED BARLEY

Yield: 10 portions

Ingredients	Amounts
Barley, pearl	1 ½ cups
Tomato, minced	1 cup
Cucumber, minced	1 cup
Parsley, flat-leaf, fresh, chopped	½ cup
Mint, fresh, chopped	6 Tbsp.
Scallion (Green onion), white portion only, finely sliced	3 Tbsp.
Oil, olive, extra-virgin	2 Tbsp.
Lemon, juice	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Tomato, cherry	50 ea.

Method

1. Soak the barley in enough cold water to cover for 30 minutes. Drain well.
2. In a large pot, place the barley and enough water to cover it. Bring to a boil over high heat, reduce the heat, and simmer until tender, about 40 minutes.
3. Strain the barley through a sieve, transfer to a bowl of ice water, and let it cool for 1 minute. Set the sieve over a bowl and drain the barley.
4. In a large bowl, place the barley, tomato, cucumber, parsley, mint, and scallions. Stir to combine.
5. Add the oil, lemon juice, salt, and pepper. Stir to combine.
6. Cut the core from each cherry tomato and make two cuts into the tomato to open it out like a flower, cutting about $\frac{3}{4}$ or the way down the tomato from the stem end towards the flower end.
7. Stuff each cherry tomato with some of the salad.
8. Serve on a chilled platter or individual chilled salad plates.

SALADE NIÇOISE

Yield: 6 portions

Ingredients	Amounts
Potato, fingerling	2 cups
Salt, kosher	as needed
Oil, olive, pure	1 tsp.
Vinegar, wine, white	2 Tbsp.
Oil, olive, extra-virgin	½ cup
Shallot, finely chopped	1 ½ tsp.
Mustard, Dijon	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lettuce, bibb, head, leaves separated,	1 ea.
Tomato, plum, concasse, quartered	1 cup
Pepper, bell, yellow, seeded, thinly sliced into strips	1 ea.
Radish, thinly sliced	3 ea.
Olive Oil-Poached Tuna Provencal (Recipe follows)	½ cup
Egg, whole, hard cooked, quartered	6 ea.
Haricots verts, ends trimmed, blanched	2 cups
Anchovy, fillet	12 ea.
Chive, fresh, finely chopped	¼ cup
Olives, niçoise, pitted	36 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a medium pot, place the potatoes and enough water to cover the potatoes. Salt the water and bring to a boil over high heat. Reduce the heat to a simmer and cook until tender, about 8 minutes.
2. Drain the potatoes and cool. When cool enough to handle, peel the potatoes and slice them lengthwise in half (or quarter them, depending on the size).
3. In a mixing bowl, place the potatoes and olive oil. Toss to combine. Set them aside.
4. For the vinaigrette, whisk together the vinegar, olive oil, shallots, and mustard until well combined. Season with salt and pepper to taste.
5. Dress the lettuce leaves very lightly with the vinaigrette. Reserve the left-over vinaigrette. Line in a serving platter with the dressed lettuce leaves.

6. Arrange the tomatoes, bell peppers, radishes, tuna, eggs, haricots verts, potatoes, anchovies, chives, and olives in a row on top of the lettuce.
7. Dress with a drizzle of the remaining vinaigrette. Adjust the seasoning with salt and pepper to taste.

Note: Green beans can be substituted for the haricots verts.

OLIVE OIL-POACHED TUNA PROVENÇAL

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	1 qt.
Thyme, sprig, fresh	2 ea.
Rosemary, sprig, fresh	2 ea.
Bay leaf, dried	4 ea.
Garlic, head, peeled	1 ea.
Fish, tuna, fillet	1 ½ lb.

Method

1. In a small saucepan, place the olive oil, thyme, rosemary, bay leaves, and garlic. Toss to combine. Heat to 200°F for 10 minutes. Remove from the heat and let it cool completely.
2. Remove and discard the thyme, rosemary, and bay leaves.
3. in a heavy-bottomed pot, just big enough to fit all the pieces, place the tuna. Pour the herb-infused oil over the tuna so that it is completely submerged.
4. Heat the oil to 160°F and hold the temperature between 160°F and 180°F for 5 minutes. The tuna should still be pink inside.
5. Remove the tuna from the oil and drain on a rack. The tuna can be served warm or cold, whole or sliced.

RATATOUILLE STEW

Yield: 4 portions

Ingredients	Amounts
Oil, canola	3 Tbsp.
Onion, red, small, peeled, medium diced	1 ea.
Garlic, clove, peeled, minced	2 ea.
Eggplant, rinsed, medium diced	1 ea.
Zucchini, rinsed, cut into ½-inch slices	1 ea.
Squash, yellow, rinsed	1 ea.
Tomato, rinsed, chopped	1 ea.
Beans, white, drained, rinsed	12 oz.
Oregano, dried, ground	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Grits, corn	½ cup
Cheese, Parmesan, grated	1 tsp.
Water	1 ½ cups

Method

1. In a large pot, heat the oil over medium heat. Add the onions and sauté until soft.
2. Add the garlic, eggplant, zucchini, squash, tomato, and beans. Sauté until all the vegetables are soft and the tomatoes have released their juices, about 5 minutes.
3. Add the oregano, salt, pepper, corn grits, cheese, and water. Simmer over low heat, stirring every few minutes, until all the water has evaporated.
4. Serve warm.

LEMON, GINGER, AND BARLEY PUDDING WITH RASPBERRY SAUCE

Yield: 6 portions

Ingredients	Amounts
Barley, cooked	2 cups
Almond-cashew cream, unsweetened	1 cup
Vanilla extract	1 tsp.
Agave syrup	¼ cup
Nutmeg, grated	1 pinch
Cinnamon, ground	¼ tsp.
Lemon, zest	1 tsp.
Ginger, minced	½ tsp.
Raspberries, frozen	¾ cup
Almond-cashew cream, unsweetened	6 Tbsp.
Agave syrup	1 Tbsp.
Lemon, zest	½ tsp.
Ginger, root, 1-in. piece, peeled, sliced	1 ea.

Method

1. For the barley pudding, in a heavy saucepan, place the cooked barley, cream, vanilla, agave, nutmeg, cinnamon, lemon zest, and ginger. Mix to combine. Bring to a simmer and cook, stirring frequently, for 8 to 10 minutes.
2. Remove from the heat and fold in the frozen raspberries. Allow it to cool.
3. For the lemon-ginger cream, combine the cream, agave, lemon, and ginger. Simmer for 5 minutes. Allow it to cool. Remove and discard the ginger slices.
4. Using a ½ cup scoop, portion the barley pudding into individual ramekins. Top each portion with 1 tablespoon of lemon-ginger cream.

DAY THREE

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Kai Choy and Bok Choy with Avocado Tahini Dressing

Galician Fair-Style Prawns

Edamame with Tarragon Dipping Sauce

TEAM TWO

Watercress Salad with Blood Orange Vinaigrette

Kampachi and Rice-Stuffed Cabbage Leaves

Roasted Carrots and Parsnips with Herbs

TEAM THREE

Caraway-Herb Roasted Pork Tenderloin

Sautéed Green beans with Pepper Flakes, Rosemary, and Lemon Zest

Curried Cauliflower "Couscous"

TEAM FOUR

Mango Salad with Peanut Dressing

Jerk Chicken Skewers

Grilled Sweet Potatoes and Pineapple

TAKE HOME RECIPE

Pineapple Rangoon

KAI CHOY AND BOK CHOY WITH AVOCADO TAHINI DRESSING

Yield: 8 portions

Ingredients	Amounts
Avocado	2 ea.
Tahini	¼ cup
Lemon, juice	¼ cup
Garlic, clove	2 ea.
Oil, olive, pure	2 Tbsp.
Water	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Kai choy (Mustard greens), thinly sliced	4 cups
Bok choy, thinly sliced	4 cups
Carrot, thinly sliced	½ cup
Brussels sprouts, shaved	3 cups
Radish, fine julienned	½ cup
Beans, white, cooked	1 cup
Almonds, sliced, toasted	½ cup
Basil, fresh, chopped	1 ½ cups

Method

1. For the dressing, place the avocados, tahini, lemon juice, garlic, and olive oil in a food processor. Pulse.
2. Add the water, salt, and pepper and blend until creamy. Set it aside.
3. In a serving bowl, place the kai choy, bok choy, carrots, brussels sprouts, and radishes with about half of the reserved dressing. Mix to combine. Set aside to rest at room temperature for 15 minutes.
4. Add the beans, almonds, basil, and enough of the remaining dressing to coat (you may not use it all).
5. Adjust the seasoning with salt, pepper, and lemon juice to taste.

GALICIAN FAIR-STYLE PRAWNS

Yield: 10 portions

Ingredients	Amounts
Water	4 qt.
Salt, kosher	6 Tbsp.
Bay leaf, dried	6 ea.
Peppercorns, black	3 tsp.
Garlic, clove, crushed	6 ea.
Prawns, Kahulu, deveined, peeled	3 lb.
Oil, olive, extra-virgin	2 cups
Onion, Spanish, sliced	2 ea.
Pepper, bell, red, seeded, cut into 2-in. strips	1 ea.
Garlic, clove, very thinly sliced	6 ea.
Peppercorns, black	1 ½ tsp.
Bay leaf, dried	6 ea.
Vinegar, white wine	2 cups

Method

1. In a large pot, place the water and salt and bring to a boil. Add the bay leaves, peppercorns, and garlic.
2. Lower the heat to a gentle simmer. Add the prawns and poach for 2 minutes. Remove the prawns and reserve.
3. For the marinade, heat the oil in a saucepan over medium-low heat. Add the onions, bell pepper, garlic, peppercorns, and bay leaf. Sweat until the onions are translucent, 5 to 7 minutes.
4. Increase the heat to medium-high. Add the vinegar and reduce by half.
5. Remove the pan from the heat and allow it to cool slightly.
6. In a large bowl, place the prawns and the marinade and stir to combine. Place on ice. Allow the prawns to marinate for several hours, or overnight.
7. Serve the prawns chilled.

EDAMAME WITH TARRAGON DIPPING SAUCE

Yield: 8 portions

Ingredients	Amounts
Water	6 cups
Salt, kosher	½ tsp.
Edamame, in pods	8 cups
Arrowroot	¾ tsp.
Stock, vegetable, low sodium (Divided)	½ cup
Vinegar, white wine	¼ cup
Mustard, Dijon	½ tsp.
Salt, kosher	¼ tsp.
Pepper, black, ground	¼ tsp.
Tarragon, fresh, minced	1 tsp.
Shallot, minced	1 tsp.
Garlic, minced	1 tsp.
Oil, olive, pure	¼ cup

Method

1. Bring the water to a boil. Add the salt. Add the edamame and boil until the beans are tender, 4 to 5 minutes. Drain and set aside.
2. For the slurry, whisk together the arrowroot and 1 tablespoon of the stock to make a paste.
3. For the dipping sauce, in a small saucepan, add the remaining stock and bring to a boil. Stir in the slurry and stir until the stock thickens slightly.
4. Remove from the heat. Add the vinegar, mustard, salt, pepper, tarragon, shallot, and garlic.
5. Whisk in the olive oil.
6. Serve the dipping sauce with the reserved edamame.

WATERCRESS SALAD WITH BLOOD ORANGE VINAIGRETTE

Yield: 8 portions

Ingredients	Amounts
Watercress, bunch	2 ea.
Onion, red, thinly sliced	1 ea.
Celery, stalk, thinly sliced on bias	6 ea.
Parsley, sprigs with leaves, finely chopped	12 ea.
Orange, blood, juice	½ cup
Mustard, Dijon	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Blood Orange-Infused Olive Oil (Recipe follows)	2 Tbsp.
Spiced Roasted Almonds (Recipe follows)	as needed

Method

1. In a large bowl, place the watercress, onion, celery, and parsley. Stir to combine.
2. In a small bowl, place the orange juice, mustard, salt, and pepper. Stir to combine. Slowly whisk in the olive oil.
3. Drizzle the dressing over the salad and toss to combine.
4. Garnish with the Spiced Roasted Almonds.

Note: Navel oranges can be substituted for the blood oranges.

BLOOD ORANGE-INFUSED OLIVE OIL

Yield: 1 cup

Ingredients	Amounts
Oil, olive, extra-virgin	1 cup
Orange, blood, zest, juice reserved	2 ea.

Method

1. In a small pot, warm the olive oil. Do not overheat.
2. Add the blood orange zest.
3. Allow it to cool and steep overnight.
4. Strain through a fine mesh strainer. Discard the zest.

SPICED ROASTED ALMONDS

Yield: 2 cups

Ingredients	Amounts
Almonds, whole	2 cups
Butter, unsalted, melted	1 Tbsp.
Curry, powder	1 ½ tsp.
Garlic, powder	1 ¼ tsp.
Onion, powder	1 ¼ tsp.
Chile, cayenne, ground	to taste
Salt, kosher	to taste

Method

1. Preheat oven to 350°F.
2. In a medium mixing bowl, place the almonds and the melted butter. Toss until evenly coated.
3. In a small bowl, place the curry, garlic, onion powder, cayenne, and salt. Mix well to combine.
4. Add the butter-coated almonds. Toss until evenly coated.
5. Place the almonds in a single layer on a sheet pan. Bake in the preheated oven until golden brown and slightly aromatic, 8 to 10 minutes. Allow it to cool completely.
6. The almonds can be stored in an airtight container for up to 10 days.

KAMPACHI AND RICE-STUFFED CABBAGE LEAVES

Yield: 8 portions

Ingredients	Amounts
Water	2 cups
Mushroom, shiitake, dried	1 cup
Salt, kosher	¼ tsp.
Barley, pearled	1 cup.
Rice, brown, cooked	1 ½ cups
Fish, kampachi, fillet	24 oz.
Salt, kosher	¼ tsp.
Pepper, black, ground	¼ tsp.
Oil, olive, pure	1 Tbsp.
Mushroom, shiitake, fresh, sliced	1 lb.
Wine, white	½ cup
Scallion (Green onion), chopped	1 ½ cups
Tarragon, dried	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Lemon, zest	1 Tbsp.
Cabbage, leaf, blanched	16 ea.
Broth, chicken, low-sodium	1 cup
Wine, white	½ cup

Method

1. Bring the water to a boil and remove from the heat. Add the mushrooms and steep for 10 minutes. Strain and reserve the liquid. Chop the mushrooms and reserve.
2. Add enough water to the reserved mushroom liquid to make 2 cups. Add the salt and bring to a boil. Stir in the barley and reduce the heat to a simmer. Cover and cook until the barley is soft, about 25 minutes.
3. Preheat oven to 350°F.
4. Stir the reserved mushrooms into the barley. Mix the cooked barley with the cooked rice and set aside.
5. Season the kampachi fillet with the salt and pepper. Heat the olive oil in a heavy skillet over medium high heat. Sear the fillet until just cooked, about 2 minutes per side.
6. Remove the skin if still on and flake the fish into the barley mixture.
7. In the same pan over medium heat, add the fresh mushrooms and cook until browned.
8. Remove the mushrooms and deglaze the pan with the white wine.

9. Add the skillet liquids and mushrooms to the barley mixture. Add the scallions, tarragon, salt, pepper, and lemon zest.
10. Fill the cabbage leaves with the barley mixture and roll the leaves up tightly. Place the rolls seam side down in a baking dish.
11. In a small pan, bring the chicken broth and wine to a boil. Pour it over the cabbage rolls.
12. Cover the cabbage with foil and bake in the preheated oven until the cabbage is soft and the broth is steaming, 20 to 25 minutes.

Note: Dried porcini mushrooms can be substituted for the shiitake.

ROASTED CARROTS AND PARSNIPS WITH HERBS

Yield: 8 portions

Ingredients	Amounts
Carrot, peeled, oblique cut	6 ea.
Parsnip, peeled, oblique cut	6 ea.
Oil, olive, pure	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Rosemary, fresh, chopped	2 tsp.
Sage, fresh, chopped	2 tsp.

Method

1. Preheat oven to 350°F.
2. In a large bowl, place the oil, salt, pepper, rosemary, and sage. Stir well to combine.
3. Add the parsnips and carrots and toss to coat the vegetables.
4. On a large baking pan, spread the carrots and parsnips in a single layer. Roast them in the lower third of the preheated oven, stirring occasionally, until tender, 30 to 35 minutes.

CARAWAY-HERB ROASTED PORK TENDERLOIN

Yield: 8 portions

Ingredients	Amounts
Vinegar, balsamic	2 Tbsp.
Oil, olive, pure	2 Tbsp.
Thyme, dried, ground	2 tsp.
Oregano, dried, ground	2 tsp.
Caraway seeds	2 Tbsp.
Shallot, finely minced	6 ea.
Garlic, clove, minced	4 ea.
Salt, sea, coarse	1 tsp.
Pork, tenderloin, 1 lb.	2 ea.

Method

1. In a medium bowl, combine the vinegar, olive oil, thyme, oregano, caraway seeds, shallots, garlic, and salt.
2. Spread the mixture on the pork tenderloins. Wrap the tenderloins tightly in plastic wrap and chill for at least 2 hours and up to overnight in the refrigerator.
3. Preheat oven to 350°F.
4. Remove the pork from the plastic wrap. Roast the pork until it registers 145°F on a meat thermometer, about 45 minutes. After 30 minutes raise the oven temperature to 450°F for the remaining cooking time.
5. Remove the pork from oven and allow it to rest for 10 minutes, covered with a foil tent.
6. Slice thinly and serve.

SAUTÉED GREEN BEANS WITH PEPPER FLAKES, ROSEMARY, AND LEMON ZEST

Yield: 8 portions

Ingredients	Amounts
Green beans	2 lb.
Salt, kosher	as needed
Oil, olive, pure	1/4 cup
Garlic, clove, minced	4 ea.
Red pepper flakes	1/3 tsp.
Rosemary, fresh, finely chopped	1 1/2 Tbsp.
Lemon, zested	1 ea.
Lemon, juice	1 tsp.
Butter, unsalted	1 Tbsp.
Salt, kosher	to taste

Method

1. In a large pot, place the water and salt and bring to a boil. Add the green beans and cook until tender. Shock the beans in an ice water bath, drain, and reserve.
2. In a large sauté pan, heat the olive oil. Add the garlic and cook gently until it begins to color slightly.
3. Add the red pepper flakes, rosemary, and lemon zest. Sauté briefly to mingle the flavors.
4. Add the reserved green beans. Continue to cook until the beans are hot and nicely coated with the seasonings.
5. Add the butter and heat until it melts. Add a squeeze of lemon juice. Season with salt to taste.
6. Serve immediately on a platter.

CURRIED CAULIFLOWER "COUSCOUS"

Yield: 8 portions

Ingredients	Amounts
Cauliflower, head, core removed	2 ea.
Oil, olive, pure	2 Tbsp.
Curry, powder	1 Tbsp.
Cumin, ground	1 tsp.
Parsley, Italian, fresh, chopped	¼ cup
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.

Method

1. Preheat oven to 400°F.
2. Break the cauliflower into small florets, slicing the larger florets in half.
3. In a large bowl, place the cauliflower, olive oil, curry powder, and cumin. Toss to coat evenly.
4. On a greased baking sheet, place the florets in a single layer. Roast in the preheated oven until golden brown, about 30 minutes.
5. Pulse the roasted cauliflower in a food processor until it is fluffy and the size of couscous.
6. Return the cauliflower to the baking sheet and heat in the oven, about 10 minutes.
7. Add the parsley. Season with the salt and pepper.

MANGO SALAD WITH PEANUT DRESSING

Yield: 8 portions

Ingredients	Amounts
Peanut butter, creamy, salted	2/3 cup
Lime, juice	1/4 cup
Maple syrup	2 Tbsp.
Chili garlic sauce	1 Tbsp.
Soy sauce	1/4 cup
Water	as needed
Peanuts, roasted	1/2 cup
Lettuce, butter, head, torn into bite-sized pieces	2 ea.
Carrot, finely shredded	3 cups
Cabbage, red, shredded	2 1/2 cups
Mango, large, cubed	2 ea.
Cilantro, fresh, chopped	1 cup

Method

1. For the dressing, in a small bowl, place the peanut butter, lime juice, maple syrup, chili garlic sauce, and soy sauce. Whisk until smooth, adding water as needed to thin.
2. For the salad, in a large bowl, place the lettuce, carrot, cabbage, mango, and cilantro. Stir to combine.
3. Divide the salad into serving dishes. Top each salad with the peanuts.
4. Serve with the dressing on the side.

JERK CHICKEN SKEWERS

Yield: 8 portions

Ingredients	Amounts
Allspice, ground	1 Tbsp.
Garlic, clove, peeled	5 ea.
Thyme, fresh, minced	1 Tbsp.
Vinegar, malt	½ cup
Scallion (Green onion), minced	¼ cup
Nutmeg, grated	1 tsp.
Cinnamon, ground	1 tsp.
Clove, ground	½ tsp.
Chile, Scotch bonnet, fresh, seeded	1 ea.
Rum, dark	2 Tbsp.
Chicken, thigh, boneless, skinless	3 lb.
Salt, kosher	as needed
Skewers, bamboo, 8-in.	8 ea.

Method

1. In a blender, place the allspice, garlic, thyme, vinegar, scallions, nutmeg, cinnamon, clove, chile, and rum. Purée until smooth, adding water as needed to facilitate blending.
2. Season the chicken with salt, combine with the spice paste, and allow to marinate for 2 hours. Wipe off any excess marinade.
3. Soak the wooden skewers in water for 30 minutes. Thread the chicken onto the skewers.
4. Grill the chicken over medium-high heat, basting as needed, until well charred and cooked to an internal temperature of 165°F, 3 to 5 minutes.

GRILLED SWEET POTATOES AND PINEAPPLE

Yield: 8 portions

Ingredients	Amounts
Potato, sweet, peeled, sliced lengthwise ¼-in. thick.	3 lb.
Pineapple, peeled, sliced into rings, cored.	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, extra-virgin	1/3 cup

Method

1. In a large bowl, place the sweet potato and pineapple slices and stir to combine. Season with salt and pepper.
2. Brush the sweet potato and pineapple with olive oil.
3. Grill on both sides over moderate to high heat until cooked through and well caramelized, 1 to 2 minutes per side.

PINEAPPLE RANGOONS

Yield: 8 portions

Ingredients	Amounts
Cream cheese, softened	16 oz.
Pineapple filling, canned	1 cup
Sugar, powdered	1 cup
Vanilla extract	1 tsp.
Wonton skin, 3-in. x 3-in.	32 ea.
Oil, vegetable	1 qt.

Method

1. Heat the vegetable oil in a deep pan until the oil registers 350°F on a candy thermometer.
2. Using an electric mixer, mix the cream cheese, pineapple filling, powdered sugar, and vanilla extract on low speed until well-blended.
3. Work with a few wonton skins at a time. Do not remove too many wonton skins from the package at once as they tend to dry out. On a clean work surface, Place 1 tablespoon filling in the center of each skin. Fold two corners of the wonton towards the center and pinch shut with a little bit of the filling to seal. Fold the other 2 sides up and glue in the center. Repeat this process for the remaining skins.
4. Confirm the oil is at 350°F (The rangoons will not get crispy if the oil isn't hot enough). Carefully drop the rangoons into the oil, one at a time. Fry the rangoons until they are crispy and golden brown, about 2 minutes. Do not drop too many rangoons into the oil at once or they will not fry properly.
5. Using a slotted spoon, carefully remove the rangoons from the oil and drain on paper towels.
6. Serve warm.

DAY FOUR

SALSA TASTING EXERCISE: DEVELOPING FLAVOR

- Learn how to develop flavor by utilizing different cooking techniques.
- Basic pico de gallo salsa and tortilla chip recipes are provided for use.
- Each student will taste and compare, evaluate, and discuss the development of flavor.
- A tasting sheet is provided below to record your evaluations.

Tomatoes + Jalapenos + White Onion + Garlic

Raw, Boiled, Dry Roasted, Fried

TEAM ONE: RAW

Raw + Chop

Raw + Purée

Raw + Molcajete

TEAM ONE: BOILED

Boiled + Chop

Boiled + Purée

Boiled + Molcajete

TEAM ONE: CHARRED

Charred + Chop

Charred + Purée

Charred + Molcajete

TEAM ONE: RAW + FRIED

Raw + Chop + Fried

Raw + Purée + Fried

Raw + Molcajete + Fried

ALL TEAMS:

Tortilla Chips

Salsa Tasting Exercise

Product	Appearance	Aroma	Texture	Taste
Raw + Chop				
Raw + Purée				
Raw + Molcajete				
Boiled + Chop				
Boiled + Purée				
Boiled + Molcajete				
Charred + Chop				
Charred + Purée				
Charred+ Molcajete				
Raw + Chop + Fried				
Raw + Purée + Fried				
Raw + Molcajete + Fried				

PICO DE GALLO

Yield: 2 cups

Ingredients	Amounts
Tomato, small diced	1 lb.
Chile, jalapeño, fresh, seeded, small diced	2-3 ea.
Onion, yellow, small diced	4 wt. oz.
Garlic, clove, finely grated	1-2 ea.
Cilantro, bunch, fresh, chopped	½ ea.
Lime, juiced	2 ea.
Salt, kosher	1 ½ tsp.

Method

1. In a medium bowl, place all the ingredients. Gently toss to combine.
2. Allow it to sit for 30 minutes to allow the flavors to blend.

TORTILLA CHIPS

Yield: 24 chips

Ingredients

Tortilla, corn, cut into 6ths
Oil, vegetable
Salt, kosher

Amounts

4 ea.
as needed
to taste

Method

1. Heat about a ¼- inch of oil on medium high heat to a temperature of 350°F. (A small piece of tortilla placed in the oil should sizzle.)
2. Working in batches, place a handful of tortilla triangles into the hot oil, in a single layer. Use metal tongs or a metal slotted spoon to distribute the tortilla triangles so that they do not overlap. Fry until the chips just begin to color and they are firm and no longer pliable, about 2 minutes.
3. Use tongs or a slotted spoon to remove the chips from the oil. Drain on a paper towel-lined plate.
4. Season with salt to taste.

DAY FOUR

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

BBQ Tempeh Kebobs

Stewed Black Beans

Spicy Carrot Salad

TEAM TWO

Spicy Mango and Avocado Rice Bowls

Golden "Mylk"

TEAM THREE

Cauliflower Rice Kimchi Bowls

T'ings Chocolates

Green Tea Juice

TEAM FOUR

Barbecued Vegetable Chili

Barbecued Shiitake Mushroom Tacos

Corn Tortillas

Raw Tomatillo and Avocado Salsa

BBQ TEMPEH KEBOBS

Yield: 10 portions

Ingredients	Amounts
Tempeh, cooked, large diced	10 oz.
BBQ Sauce (Recipe follows) (Divided)	2 cups
Pepper, bell, red, seeded, cut into 1-in. squares	1 ea.
Mushroom, portobello, cut into 1-in. squares	12 oz.
Onion, pearl, blanched, peeled	5 oz.
Brussels sprouts, blanched, halved	10 oz.
Potato, sweet, large diced, blanched	5 oz.
Skewer, bamboo, soaked for 1 hour	10 ea.

Method

1. In a medium bowl, place the tempeh and ¼ cup of the barbecue sauce. Stir to combine. Allow the tempeh to marinate for 30 minutes.
2. Preheat grill to high heat.
3. Thread the ingredients onto the bamboo skewers, alternating the ingredients.
4. Spray each kebab lightly with olive oil cooking spray. Grill the kebobs until lightly charred and the vegetables are tender-crisp, about 8 to 10 minutes. Brush with additional barbecue sauce as they cook.
5. Brush with sauce before plating.

BBQ SAUCE

Yield: 1 cup

Ingredients	Amounts
Chili, powder	1 Tbsp.
Paprika, hot, Hungarian, ground	1 Tbsp.
Tea, lapsang souchong, leaves	2 tsp.
Oil, grapeseed	6 Tbsp.
Rice syrup, brown	1/3 cup
Ketchup, low-sugar	1/3 cup
Vinegar, cider	1 Tbsp.
Worcestershire sauce	1 Tbsp.
Mustard, stone-ground	1 Tbsp.
Basil, fresh, finely minced	2 Tbsp.
Thyme, fresh, finely minced	1 Tbsp.
Garlic, minced	2 tsp.
Ginger, peeled, minced	1 Tbsp.

Method

1. In a small sauté pan, toast the chili powder and paprika until fragrant, 10 to 15 seconds. Remove from the heat and cool to room temperature.
2. Transfer to a spice grinder and add the tea leaves. Grind the mixture to a fine powder.
3. In a medium saucepot, place the ground spices, oil, syrup, ketchup, vinegar, Worcestershire sauce, mustard, basil, thyme, garlic, ginger. Stir to combine.
4. Bring the sauce to a simmer and cook, stirring occasionally, until a good flavor develops, 10 to 15 minutes.
5. Remove the sauce from the heat, cool, and store refrigerated until ready to serve.

STEWED BLACK BEANS

Yield: 10 portions

Ingredients	Amounts
Oil, olive, pure	1 Tbsp.
Onion, yellow, small diced	1 cup
Garlic, clove, minced	2 ea.
Beans, black, soaked overnight	1 lb.
Stock, chicken	3 qt.
Chile, chipotle, in adobo sauce, finely chopped	2 Tbsp.
Oregano, Mexican, dried	1 tsp.
Tomato, sun-dried, small diced	1/3 cup
Salt, kosher	1 tsp.
Pepper, black, ground	1/4 tsp.

Method

1. In a medium saucepot, heat the oil over medium heat. Add the onions and cook until the flavor develops but no color is added, 3 to 4 minutes.
2. Add the garlic and cook for 3 minutes.
3. Add the beans and enough stock to cover the beans by 1 inch. Bring to a simmer. Add more stock during the cooking so that the beans remain covered with liquid.
4. When the beans are halfway cooked, add the chipotles, oregano, and sun-dried tomatoes.
5. Season with the salt and pepper before serving.

SPICY CARROT SALAD

Yield: 10 portions

Ingredients	Amounts
Carrot, julienned	6 cups
Sugar, granulated	1 Tbsp.
Cumin seeds, toasted	1 tsp.
Lemon, juiced	2 ea.
Oil, olive, extra-virgin	1 Tbsp.
Cilantro, fresh, chopped	6 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a large bowl, place the carrots, sugar, cumin seeds, and lemon juice. Stir to combine.
2. Add the olive oil and cilantro. Stir to combine.
3. Season with salt and pepper to taste.
4. Serve immediately or store in the refrigerator for up to 2 days.

SPICY MANGO AND AVOCADO RICE BOWLS

Yield: 10 portions

Ingredients	Amounts
Tofu, extra-firm, 14 oz. package, cubed	2 ea.
Oil, olive, pure	1 Tbsp.
Soy sauce	2 Tbsp.
Coconut, milk	2/3 cup
Peanut butter	1/4 cup
Soy sauce	4 tsp.
Lime, juice	4 tsp.
Sriracha sauce	2 tsp.
Rice, black forbidden, cooked	4 cups
Basil, fresh, chopped	2 Tbsp.
Cilantro, fresh, chopped	2 Tbsp.
Mint, fresh, chopped	2 Tbsp.
Mango, cubed	2 ea.
Scallion (Green onion), sliced	2 ea.
Cabbage, red, shredded	2 cups
Radish, thinly sliced	5 ea.
Cucumber, small diced	1 cup
Avocado, pitted and diced	2 ea.

Method

1. Preheat oven to 400°F.
2. In a bowl, place the tofu, olive oil, and soy sauce. Toss to combine.
3. Arrange the tofu on a parchment-lined baking sheet and bake in the preheated oven until golden brown around the edges, about 25 minutes.
4. For the coconut peanut sauce, in a bowl, combine the coconut milk, peanut butter, soy sauce, lime juice, and sriracha. Set it aside.
5. In a separate bowl, toss the cooked rice with the basil, cilantro, and mint.
6. To serve, spoon the rice into bowls and top with mango, scallion, cabbage, radish, cucumber, avocado, and tofu.
7. Drizzle with the coconut peanut sauce before serving.

GOLDEN "MYLK"

Yield: 8 portions

Ingredients	Amounts
Nut milk, unsweetened	8 cups
Cinnamon, stick	3 ea.
Turmeric, ground	4 tsp.
Cardamom, ground	1 tsp.
Pepper, black, ground	½ tsp.
Oil, coconut, melted	2 Tbsp.
Honey	2 Tbsp.

Method

1. In a saucepan, place the nut milk, cinnamon sticks, turmeric, cardamom, pepper, and coconut oil. Stir to combine.
2. Bring to a simmer and cook until the mixture is flavorful, about 10 minutes.
3. Remove from the heat. Remove and discard the cinnamon sticks.
4. Before serving, add the honey and stir well to combine.

CAULIFLOWER RICE KIMCHI BOWLS

Yield: 8 portions

Ingredients	Amounts
Seitan (Recipe follows)	1 lb.
Skewers, bamboo, soaked for 1 hour	10 ea.
Oil, olive, pure	as needed
Cauliflower, small, head, riced	1 ea.
Oil, olive, pure	1 Tbsp.
Scallion (Green onion), chopped	½ cup
Garlic, clove, minced	1 ea.
Salt, kosher	¼ tsp.
Coconut Sauce (Recipe follows)	½ cup
Oil, olive, pure	1 Tbsp.
Mushroom, shiitake, stemmed, sliced	7 oz.
Salt, kosher	¼ tsp.
Vinegar, rice	½ tsp.
Soy sauce, tamari	½ tsp.
Water	1 Tbsp.
Kale, curly, leaf, stemmed, torn	6 ea.
Avocado, diced	1 ea.
Kimchi	½ cup
Lime, sliced	1 ea.

Method

1. Prepare grill to medium-high heat.
2. Cut the seitan into 1 ½-inch pieces. Place 3 to 4 pieces on each skewer. Brush lightly with oil. Grill the seitan until grill marks appear, 4 to 5 minutes per side. Cut into strips and reserve.
3. In a large nonstick skillet, heat the olive oil over low heat. Add the cauliflower, scallions, garlic, and salt. Cook, stirring occasionally until the cauliflower is just beginning to soften, about 3 minutes.
4. Remove from heat. Stir in half of the coconut sauce. Portion the cauliflower rice into four bowls.
5. Wipe out the skillet and heat the olive oil over medium-high heat. Add the mushrooms and salt and cook, stirring occasionally, until tender and brown around the edges, about 8 minutes.

6. Remove from the heat and stir in the rice vinegar and tamari. Add the mushrooms to the cauliflower bowls.
7. Wipe out the skillet, add the water and kale. Cook over medium heat, covered, until lightly wilted, about 1 minute.
8. Drizzle more of the coconut sauce over each portion of the cauliflower. Add the wilted kale, grilled seitan, avocado, and kimchi.
9. Serve with the remaining coconut sauce and limes.

Note: Regular soy sauce can be substituted for the tamari.

COCONUT SAUCE

Yield: ½ cup

Ingredients	Amounts
Miso, paste, white	2 Tbsp.
Coconut, milk	1/3 cup
Lime, juice, fresh squeezed	1 Tbsp.
Ginger, minced	1 tsp.
Salt, kosher	¼ tsp.

Method

1. In a small bowl, whisk together the coconut milk, miso paste, lime juice, ginger, and salt.
2. Keep refrigerated until ready to use.

SEITAN

Yield: 1 pound

Ingredients	Amounts
Vital wheat gluten	$\frac{3}{4}$ cup
Water	$\frac{2}{3}$ cup
Stock, vegetable	4 $\frac{1}{2}$ cups
Soy sauce	$\frac{1}{4}$ cup
Sherry, dry (Optional)	2 Tbsp.

Method

1. Place the wheat gluten in a food processor or a stand mixer fitted with a dough hook. Add the water and mix until it is absorbed, about 2 minutes. The mixture will be thick but should come together.
2. Continue to mix until it forms a smooth dough, about 1 minute. Transfer the dough from the food processor to a bowl, cover the dough, and let it rest for 15 to 20 minutes.
3. Use your hands to pull the dough into 2 pieces. Stretch and pull each piece until it forms a log.
4. In a large saucepan over medium low heat, place the broth, soy sauce, and sherry, if using. Bring it to a simmer.
5. Add the logs and reduce the heat to low. Cover the pot and cook, turning the seitan occasionally, until it can be easily sliced with a knife, 45 to 55 minutes.
6. Cool the seitan in the liquid until it reaches room temperature. Drain for immediate use, or store refrigerated in the cooking liquid for up to 2 days.

Note: Cooked seitan may also be frozen in the cooking liquid and stored in the freezer for up to 3 months. Cooking Liquid is reusable for cooking additional seitan or as an addition to or partial replacement for broth in some recipes.

T'INGS CHOCOLATES

Yield: 24 pieces

Ingredients	Amounts
Chocolate, dark, tempered	4 oz.
Nuts, chopped	2 Tbsp.
Fruit, dried	2 Tbsp.

Method

1. To temper the chocolate, weigh or measure the chocolate you will be tempering. Weigh or measure a second amount of chocolate equal to 25% of the original amount. Fully melt the larger amount of chocolate over a hot water bath. Remove the bowl of melted chocolate from the heat. The chocolate should be 120°F for dark chocolate.
2. Add a smaller amount of unmelted chocolate to the melted chocolate. This is called the seed; it will cool the melted chocolate and will cause it to set the way you want. Stir the melted chocolate gently and constantly until the temperature drops to 85°F for dark chocolate, 15 to 20 minutes. Most or all the seed should have melted by the end of this time.
3. To test the chocolate, make sure the chocolate is below 90°F. Dip a spoon in the chocolate, place the spoon on the work surface, and leave it for 7 to 8 minutes at room temperature. Look closely at the chocolate on the spoon. The chocolate is tempered if the chocolate no longer looks wet and the surface is uniform and without streaks.
4. If the chocolate has not set or has set with a streaky appearance, the chocolate requires further seeding. Add a few more pieces of chocolate to the bowl and stir for 3 to 4 minutes. Test it again. Remove any unmelted seeds from the melted chocolate.
5. Line a sheet pan with parchment paper. Using a teaspoon or piping bag, drop the tempered chocolate into half dollar-size pieces onto the sheet pan.
6. Place the chopped nuts and dried fruit on the pools of chocolate before they begin to set. Allow the chocolate to fully set before releasing the chocolates from the paper.

GREEN TEA JUICE

Yield: 8 portions

Ingredients	Amounts
Apple, Granny Smith, halved, cored, chopped	8 ea.
Cucumber, English, finely chopped	1 ea.
Spinach, fresh	3 cups
Tea, green, brewed, room temp	2 ¼ cups
Mint, leaves, fresh (Divided)	½ cup
Honey	¼ cup
Lemon, juice, freshly squeezed	to taste

Method

1. Place the apples, cucumber, spinach, tea, ¼ cup of the mint leaves, and honey in a blender. Purée until very smooth.
2. Strain the juice through a fine-mesh sieve into a medium pitcher.
3. Season to taste with the lemon juice.
4. Sprinkle the remaining mint leaves on top for garnish.

BARBECUED VEGETABLE CHILI

Yield: 10 portions

Ingredients	Amounts
Tomato, sun-dried, medium diced	1 cup
Chile, Anaheim, fresh, toasted, seeded, medium diced	2 ea.
Tomato purée	2 cups
Stock, vegetable	3 cups
Cilantro, coarsely chopped	2 oz.
Honey	2 Tbsp.
Vinegar, red wine	3 Tbsp.
Cumin, ground	1 tsp.
Chili, powder	1 tsp.
Garlic, clove, minced	3 ea.
Oil, grapeseed	2 Tbsp.
Onion, yellow, small diced	3 cups
Beans, black, cooked	1 ¼ cups
Beans, pinto, cooked	1 ¼ cups
Hominy, cooked	1 cup
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Cilantro, chiffonade	½ cup

Method

1. In a large soup pot, combine the sun-dried tomatoes, chiles, tomato purée, stock, cilantro, honey, vinegar, cumin, chili powder, and garlic. Bring to a simmer over medium heat and cook until a good flavor develops, about 45 minutes.
2. Let the mixture cool slightly. Purée in a food processor or blender until smooth. Set it aside.
3. In a large soup pot, heat the oil over medium heat. Add the onions and sauté until transparent, 4 to 5 minutes.
4. Add the black beans, pinto beans, and hominy. Stir to combine.
5. Stir in the reserved puréed tomato mixture. Bring the chili to a simmer.
6. Season with the salt and pepper. Garnish with the cilantro. Serve immediately.

Note: If using canned beans and hominy, drain and rinse them first.

BARBECUED SHIITAKE MUSHROOM TACOS

Yield: 8 portions

Ingredients	Amounts
Oil, avocado	¼ cup
Mushroom, shiitake	1 lb.
Onion, yellow, large, thinly sliced	1 ea.
Garlic, clove, minced	6 ea.
Salt, kosher	1 tsp.
Paprika, smoked, ground	2 Tbsp.
Cumin, ground	2 Tbsp.
Chili, powder	2 Tbsp.
Maple syrup	¼ cup
Chile, chipotle, in adobo sauce	4 ea.
Soy sauce	¼ cup
Water	1 cup
Lime, juice, freshly squeezed	1/3 cup
Corn Tortillas (Recipe follows)	16 ea.
Cabbage, shredded	as needed
Cilantro, fresh, chopped	as needed
Pumpkin seeds, toasted	as needed

Method

1. Remove the stems from the shiitake and cut into thin strips.
2. Heat the oil in a large skillet over medium-high heat. Add the shiitake and sauté until the edges of the mushrooms caramelize, about 3 minutes.
3. Add onion and sauté until golden brown, about 7 minutes.
4. Add the garlic and sauté until fragrant, about 20 seconds.
5. Add the salt, paprika, cumin, chili powder, maple syrup, chipotle peppers and their adobo sauce, soy sauce, water, and lime juice. Stir to coat and reduce to a simmer. Cover and cook, stirring occasionally, until the mushrooms have absorbed the sauce, and the sauce has thickened slightly, about 30 minutes.
6. Serve with warm corn tortillas, topped with cabbage, cilantro, and pumpkin seeds.

CORN TORTILLAS

Yield: 14 portions

Ingredients	Amounts
Masa harina	1 ½ cups
Salt, kosher	¼ tsp.
Oil, vegetable	2 Tbsp.
Water, hot	1 cup
Flour, corn	as needed

Method

1. In a medium bowl, combine the masa and salt. Add the oil and stir to combine.
2. Slowly stream in the water while mixing with your hand until the dough comes together into a ball.
3. Transfer to a lightly floured surface and knead the dough until it is smooth and elastic, about 2 minutes.
4. Wrap the dough in plastic and let it rest at room temperature for at least 30 minutes or up to a few hours.
5. Divide the dough into 14 pieces and lightly dust them with flour. Put them between 2 sheets of plastic wrap and press them in a tortilla press.
6. Heat a large cast-iron skillet over medium-high heat. Cook the tortillas a few at a time until brown spots appear on the bottom, about 1 minute. Flip and cook until browned. Wrap the cooked tortillas in a towel to keep them warm.

RAW TOMATILLO AND AVOCADO SALSA

Yield: 1 cup

Ingredients	Amounts
Chile, jalapeño, fresh, stems, halved, seeded	2 ea.
Tomatillo, husked, rinsed, quartered	10 ea.
Garlic, clove, peeled	1 ea.
Onion, white, small, peeled	1 ea.
Cilantro, leaves, stems, fresh, chopped	½ cup
Avocado, small, pitted, peeled, large diced	1 ea.
Salt, kosher	to taste

Method

1. In a blender, place the jalapeños, tomatillos, garlic, and onion. Purée until smooth.
2. Add the cilantro and avocado and briefly blend until slightly coarse.
3. Adjust the seasoning with salt to taste.

DAY FIVE

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Grilled Vegetable Jambalaya
Vegan Cauliflower Mac and Cheese
Black Bean Brownies

TEAM TWO

Beef and Lentil Meatballs
Pomodoro Sauce
Buckwheat and "Parmesan" Polenta

TEAM THREE

New England Vegetable Chowder
White Bean Caesar Salad
Mushroom Beef Burgers
Baked Sweet Potato Chips

TEAM FOUR

Almond and Flax Seed-Crusted Chicken
Cauliflower and Roasted Garlic Purée
Cheesy Broccoli Soup

GRILLED VEGETABLE JAMBALAYA

Yield: 10 portions

Ingredients	Amounts
Oil, olive, pure	¼ cup
Onion, yellow, diced	1 lb.
Pepper, bell, green, seeded, diced	2 ea.
Celery, stalk, diced	3 ea.
Garlic, clove, minced	3 ea.
Pepper, black, ground	½ tsp.
Pepper, white, ground	½ tsp.
Chile, cayenne, ground	1 tsp.
Paprika, ground	1 Tbsp.
Tomato, diced	3 lb.
Stock, vegetable	1 ½ qt.
Bay leaf, dried	1 ea.
Salt, kosher	2 tsp.
Oregano, dried, ground	1 Tbsp.
Thyme, fresh, chopped	1 Tbsp.
Basil, fresh, chiffonade	2 Tbsp.
Tabasco sauce	1 Tbsp.
Worcestershire sauce	1 Tbsp.
Water	1 gal.
Rice, brown, long-grain	1 lb.
Salt, kosher	1 tsp.
Zucchini, cut on bias into 20 ea. ¼-in. slices	10 oz.
Yellow squash, cut on bias into 20 ea. ¼-in. slices	10 oz.
Pepper, bell, red, seeded cut into 20 same-sized pieces	10 oz.
Onion, red, cut into 10 ea. ¼-in. slices	10 oz.
Eggplant, peeled, cut into ¼-in. rounds	20 oz.
Oil, olive, pure	¼ cup
BBQ Spice Rub (Recipe follows)	2 oz.

Method

1. For the jambalaya base, in a large pot, heat the oil over medium heat. Add the onions, bell pepper, celery and garlic. Stir to coat with the hot oil. Cover with a lid and sweat the vegetables until tender, about 5 minutes.
2. Add the black pepper, white pepper, cayenne, and paprika. Cook until aromatic, about 10 minutes.
3. Add the tomatoes, stock, bay leaf, salt, oregano, thyme, basil, Tabasco, and Worcestershire sauce. Lower the heat to medium-low and bring the mixture to a simmer.
4. In a large pot, add the water and bring to a boil. Add the brown rice and salt and stir. Reduce the heat to a simmer, cover, and cook until the rice is al dente, 30 to 35 minutes. Drain the rice in a colander and spread out on a sheet pan to cool.
5. Lightly brush the prepared zucchini, squash, bell pepper, onion, and eggplant with oil. Season them with the spice rub. Grill the vegetables until they are tender.
6. Remove and discard the bay leaf from the jambalaya base. Add the cooked rice to the base and heat thoroughly.
7. Portion the jambalaya rice into large bowls. Top with the grilled vegetables.

BBQ SPICE RUB

Yield: 2 ounces

Ingredients	Amounts
Salt, kosher	2 Tbsp.
Chile, cayenne, ground	½ tsp.
Pepper, black, ground	½ tsp.
Pepper, white, ground	¼ tsp.
Paprika, Spanish, smoked, ground	2 Tbsp.
Onion, powder	2 tsp.
Garlic, powder	2 tsp.
Thyme, dried, ground	½ tsp.
Maple sugar	1 Tbsp.

Method

1. Combine all the ingredients and mix well.
2. Store in an airtight container.

VEGAN CAULIFLOWER MAC AND CHEESE

Yield: 8 cups

Ingredients	Amounts
Cauliflower, florets	4 cups
Water	2 cups
Carrot, cut into coins	1 cup
Cashews, raw	½ cup
Yeast, nutritional	½ cup
Paprika, smoked, ground	½ tsp.
Salt, kosher	2 tsp.
Chili, powder	½ tsp.
Chile, cayenne, ground	1 tsp.
Mustard, powder	½ tsp.
Pasta, whole grain, package	2 ea.

Method

1. In a heavy-bottomed pot, place the cauliflower, water, carrots, and cashews. Cook over medium-high heat, covered, until the carrots and cauliflower are very soft, 15 to 20 minutes.
2. Pour the mixture into a strainer over a bowl and drain the extra cooking liquid. Reserving the liquid.
3. Cook the pasta in well-salted, boiling water until al dente. Drain and reserve.
4. In a blender, place the cooked cauliflower mixture, ¼ cup of the cooking liquid, nutritional yeast, paprika, salt, chili powder, cayenne, and mustard powder. Pulse until smooth. Add more cooking liquid, if needed, until the desired texture is reached.
5. Scrape out the blender contents into the cooked pasta and toss to coat.

BLACK BEAN BROWNIES

Yield: 12 portions

Ingredients	Amounts
Flaxseed meal	2 Tbsp.
Water	6 Tbsp.
Beans, black, 15 oz. can, rinsed, drained	1 ea.
Oil, canola	3 Tbsp.
Cocoa powder	$\frac{3}{4}$ cup
Salt, sea	$\frac{1}{4}$ tsp.
Vanilla extract	1 tsp.
Sugar, granulated	$\frac{1}{2}$ cup
Baking powder	1 $\frac{1}{2}$ tsp.

Method

1. Preheat oven to 350°F.
2. In a food processor, combine the flaxseed meal and water. Pulse to combine. Let it rest for at least 3 minutes.
3. In a mixer with a paddle attachment, place the flaxseed mixture, black beans, cocoa powder, salt, vanilla, sugar, and baking powder. Mix until the batter is very smooth.
4. Lightly grease a muffin pan. Evenly distribute the batter into the pan and tap against the counter to settle the batter.
5. Bake in the preheated oven until the tops are dry and the edges start to pull away from the sides of the pan, about 25 minutes.
6. Set aside to cool before removing the brownies from the pan.

Note: If using dried black beans, soak the beans overnight and cook until well done and soft, but not mushy or completely broken apart.

BEEF AND LENTIL MEATBALLS

Yield: 20 portions

Ingredients	Amounts
Breadcrumbs, whole wheat, dried	1/2 cup
Nut milk, unsweetened	1/2 cup
Egg, whole, beaten	2 ea.
Salt, kosher	2 tsp.
Pepper, black, ground	1/2 tsp.
Spinach, blanched, squeezed dry	2 lb.
Beef, shoulder, lean, ground	3 lb.
Lentils, brown, cooked	2 cups
Almond meal	1 1/2 cups
Onion, yellow, minced	1/2 ea.
Garlic, clove, minced	4 ea.
Orange, zest, finely grated	1/2 tsp.
Pomodoro Sauce (Recipe follows)	2 qt.

Method

1. Preheat oven to 400°F.
2. In a large bowl, place the breadcrumbs and nut milk. Combine to allow the breadcrumbs to absorb the milk and become moist.
3. Add the beaten eggs, salt, and pepper and mix thoroughly to combine.
4. Add the spinach, beef, cooled lentils, almond meal, onion, garlic, and orange zest. Using your hands, mix the ingredients until fully combined.
5. Portion the mixture into 1-ounce pieces. Roll each piece to form a tightly packed ball. Place them on a rack set over a sheet pan.
6. Bake in the preheated oven until the meatballs reach an internal temperature of 165°F, 12 to 15 minutes.
7. Toss the meatballs in the Pomodoro Sauce and serve.

POMODORO SAUCE

Yield: 2 quarts

Ingredients	Amounts
Oil, olive, extra-virgin	1/3 cup
Garlic, head, peeled, crushed	1 ea.
Tomato, plum, Italian, unsalted, canned	4 lbs.
Salt, kosher	1 tsp.
Pepper, black, ground	1/4 tsp.
Basil, fresh, chiffonade	3 Tbsp.
Parsley, flat-leaf, fresh, chiffonade	1 Tbsp.

Method

1. In a saucepan, heat the olive oil over medium heat. Add the garlic and parsley and cook until the garlic is golden. Remove from the heat and set it aside.
2. Drain the tomatoes. Pass them through the medium-holed disk of a food mill to remove the seeds and purée.
3. Transfer the tomatoes to the pot with the oil, season with the salt, and cook over medium heat until slightly thickened, about 15 minutes.
4. Season with the pepper. Add the basil and parsley.

Note: The tomatoes can be blended in a blender or food processor instead of a food mill.

BUCKWHEAT AND “PARMESAN” POLENTA

Yield: 8 cups

Ingredients	Amounts
Water	8 cups
Salt, kosher	3 Tbsp.
Flour, buckwheat, coarse grind	4 cups
Vegan Parmesan Cheese (Recipe follows)	½ cup

Method

1. Preheat oven to 325°F.
2. In a large oven-safe pot over medium-high heat, bring the water to a boil and add the salt. Stream the dry polenta into the water, stirring constantly to incorporate and prevent lumps from forming. Adjust the heat to establish a simmer.
3. Cover the pot and place it in the preheated oven for about 30 minutes.
4. Stir in the Vegan Parmesan Cheese.
5. Spoon the soft polenta onto warmed plates and serve.

VEGAN PARMESAN CHEESE

Yield: 2 cups

Ingredients	Amounts
Cashews, raw	1 ½ cups
Yeast, nutritional	6 Tbsp.
Salt, sea	1 ½ tsp.
Garlic, powder	½ tsp.

Method

1. In a food processor, combine all the ingredients. Pulse until coarsely ground (it should be the texture of ground Parmesan cheese).
2. Refrigerate in an air-tight container until ready to serve.

NEW ENGLAND VEGETABLE CHOWDER

Yield: 10 portions

Ingredients	Amounts
Stock, vegetable	1 pt.
Seaweed, dried, roughly chopped	2 oz.
Oil, grapeseed	2 Tbsp.
Tempeh, smoked, minced	2 oz.
Onion, yellow, diced	½ cup
Garlic, clove, minced	3 ea.
Cornstarch	as needed
Water	as needed
Bay leaf, dried	1 ea.
Thyme, leaves, fresh, chopped	½ tsp.
Potato, peeled, diced	12 oz.
Corn, kernels, fresh	2/3 cup
Zucchini, medium diced	1 cup
Almond, milk	2 ½ cups
Sherry, dry	½ cup
Salt, kosher	½ tsp.
Pepper, black, ground	1 pinch
Tabasco sauce	½ tsp.
Worcestershire sauce	½ tsp.
Parsley, flat-leaf, fresh, chiffonade	¼ cup

Method

1. In a small pot, place the vegetable stock and bring to a gentle simmer. Add the seaweed and steep until tender and rehydrated. Strain the seaweed from the stock and reserve both.
2. In a 4-quart soup pot over medium heat, place the oil and minced tempeh. Cook until the tempeh is lightly crisped, about 8 minutes.
3. Add the onions and garlic and cook, stirring occasionally, until the onion is translucent, 5 to 7 minutes.
4. Add the reserved vegetable-seaweed stock and bring to a simmer.
5. For the slurry, in a small bowl, whisk together cornstarch and water until fully combined. It should be the consistency of sour cream. Whisk the slurry into the soup pot and cook for 5 minutes, stirring occasionally. The liquid should be the consistency of heavy cream. If it is too thick, add more stock to adjust the consistency.

6. Add the bay leaf, thyme, and potatoes and simmer until nearly tender, about 10 minutes.
7. Add the corn and zucchini and cook for 5 minutes.
8. In a saucepan over low heat, place the chopped seaweed and almond milk and simmer until hot.
9. When the potatoes are tender, add the seaweed and almond milk and simmer for 1 to 2 minutes.
10. Stir in the sherry and season with the salt, pepper, Tabasco, Worcestershire, and parsley. Serve in warmed bowls.

WHITE BEAN CAESAR SALAD

Yield: 12 portions

Ingredients	Amounts
Bean, white, canned, rinsed, drained	2 cups
Water	½ cup
Anchovy, salt-packed	4 Tbsp.
Lemon, juice	8 Tbsp.
Garlic, minced	4 tsp.
Cheese, Parmesan, grated	8 Tbsp.
Oil, olive, extra-virgin	1 cup
Water, cold	½ cup
Pepper, black, ground	1 tsp.
Mustard, Dijon (Optional)	as needed
Bread, baguette, thinly sliced	1 ea.
Oil, garlic	as needed
Romaine, heart, cut crosswise in 1-in. increments	10 ea.

Method

1. Preheat oven to 350°F.
2. In a blender, place the white beans and water and purée until smooth.
3. Wipe out the blender container. Purée the anchovies until smooth. Add a little water as needed to facilitate blending.
4. For the dressing, in a mixing bowl, place the white bean purée, anchovy purée, lemon juice, garlic, cheese, olive oil, cold water, pepper, and mustard, if desired. Whisk together until well combined.
5. For the croutons, brush the baguette slices with the oil. Bake in the preheated oven until crisp.
6. In a large bowl, pour about two-thirds of the dressing down the sides of the bowl. Add the romaine and toss until coated evenly.
7. Garnish with the croutons. Serve on chilled dishes.

Notes: If using dried beans, soak ½ cup of the beans in cold water overnight. Drain, place in a saucepan, and cover with fresh water. Bring to a boil, reduce heat to a simmer and cook until tender, about 30 minutes. Store the beans in their cooking liquid. Cool completely then purée beans in a food processor or blender.

MUSHROOM BEEF BURGERS

Yield: 16 portions

Ingredients	Amounts
Oil, olive, extra-virgin	1 cup
Mushroom, cremini, small diced	4 lb.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Mushroom, powder	1 tsp.
Beef, lean, ground	4 lbs.
Onion, yellow, finely minced	1 cup
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Worcestershire sauce	2 tsp.
Egg, whole	1 ea.
Bread, bun, hamburger, toasted	16 ea.
Lettuce, iceberg, head	1 ea.
Tomato, beefsteak, sliced	3 ea.

Method

1. Preheat oven to 400°F.
2. In a large bowl, combine the olive oil, mushrooms, salt, and pepper. Toss the mixture to combine.
3. Place the mushrooms in an even layer on two sheet pans lined with parchment paper. Roast in the preheated oven for 15 minutes, stirring every 5 minutes to ensure even browning. Remove and let them cool.
4. In a food processor, process the mushrooms briefly until chopped fine but with some small pieces remaining.
5. Add the mushroom powder and stir to incorporate it thoroughly. Set it aside.
6. In a large bowl, combine the reserved roasted mushroom base, ground beef, onion, salt, pepper, Worcestershire, and egg.
7. Using your hands, mix well. Form sixteen 6-to-8-ounce patties. Place onto a lightly oiled tray, cover with plastic wrap, and refrigerate for 20 minutes.
8. In an oiled sauté pan over medium heat, cook the patties, turning once, until cooked through.
9. Assemble each burger with a toasted bun, lettuce leaf, and tomato slice.

BAKED SWEET POTATO CHIPS

Yield: 8 portions

Ingredients	Amounts
Potato, sweet, sliced thinly on mandolin	8 ea.
Oil, olive, pure	6 Tbsp.
Salt, sea	1/2 tsp.

Method

1. Preheat oven to 250°F.
2. In a large bowl, combine the potatoes, oil, and salt. Toss to combine.
3. Lay the potatoes in a single layer on a baking sheet. Use more than one baking sheet, if needed. Bake the potatoes in the preheated oven until they are crisp and golden brown, about 2 hours, flipping occasionally to ensure an even crisp.
4. Set aside to cool before serving.

ALMOND AND FLAX SEED-CRUSTED CHICKEN

Yield: 10 portions

Ingredients	Amounts
Onion, yellow	1/4 ea.
Garlic, clove	2 ea.
Oil, olive, pure	1 Tbsp.
Chicken, breast, boneless, skinless	3 lb.
Oil, olive, pure	2 Tbsp.
Almond, butter	3 Tbsp.
Lemon, juice	1 Tbsp.
Buttermilk, fat-free	1/2 cup
Salt, sea	1 tsp.
Chile, cayenne, ground	1 pinch
Paprika, ground	1 pinch
Flaxseeds, golden, coarsely ground	6 Tbsp.
Almonds, toasted, finely ground	1/2 cup
Parsley, flat leaf, fresh, chopped	2 Tbsp.
Thyme, fresh, chopped	1 Tbsp.
Lemon, cut into 10 wedges, seeded	1 ea.

Method

1. Preheat oven to 350°F.
2. Wrap the onion, garlic, and oil in aluminum foil. Roast in the preheated oven until aromatic and tender, 20 to 25 minutes.
3. Rinse the chicken and pat dry with paper towels. Portion the chicken into 10 pieces of 5 ounces each. Lightly pound the chicken with a mallet to even out the thickness.
4. In a blender, place the roasted onion and garlic, oil, almond butter, lemon juice, buttermilk, salt, cayenne, and paprika. Purée until smooth.
5. Place the purée in a resealable plastic bag and add the chicken breast. Seal the bag and massage it to thoroughly coat the breasts with the purée. Allow the breasts to marinate for 30 minutes.
6. In a shallow pan, place the flaxseeds, almonds, parsley, and thyme. Stir to mix evenly.
7. Dip the marinated chicken breasts in the almond-flax seed mixture to coat.
8. Lightly spray a nonstick sheet pan with cooking oil. Place the coated breasts in the pan and lightly spray the coated breasts. Bake in the preheated oven until cooked through, about 15 minutes.
9. Garnish with the lemon wedges. Serve immediately.

CAULIFLOWER AND ROASTED GARLIC PURÉE

Yield: 10 portions

Ingredients	Amounts
Garlic, head	1 ea.
Oil, olive, pure	1 Tbsp.
Oil, olive, pure	2 Tbsp.
Onion, Maui, minced	1 cup
Potato, Yukon gold, peeled, quartered	4 oz.
Salt, kosher	½ tsp.
Cauliflower, cored, quartered	2 lb.
Almond, milk	¼ cup
Pepper, black, ground	1 pinch

Method

1. Preheat oven to 350°F.
2. Wash the garlic head and split it in half across its equator. Place the garlic on a large sheet of aluminum foil and drizzle with the oil. Seal the garlic in the foil.
3. Roast the garlic in the preheated oven until it becomes very soft and golden brown, 25 to 35 minutes. Be careful not to overbake the garlic or it will become bitter. Squeeze the roasted garlic pulp from the skins. Reserve.
4. In a medium pot, heat the oil over medium heat. Add the onion and sauté until aromatic and translucent, about 5 minutes.
5. Add the potatoes and salt to the pot and add enough water to just cover the potatoes. Add the cauliflower, cover with a lid, and bring to a boil. Simmer the vegetables over medium heat until the cauliflower and potatoes are very tender. Drain, reserving all the liquid.
6. Add the peeled, roasted garlic to the cauliflower-potato mixture. Using an immersion blender, purée the mixture to a very smooth paste.
7. Add the almond milk to the purée to adjust to a piping consistency. Add the pepper and the reserved cooking liquid, if needed.

CHEESY BROCCOLI SOUP

Yield: 8 portions

Ingredients	Amounts
Oil, olive, extra-virgin	2 Tbsp.
Onion, yellow, small, diced	2 ea.
Celery, chopped	1 cup
Carrot, chopped	1 cup
Potato, Yukon gold, chopped	2 ea.
Garlic, clove, minced	4 ea.
Broccoli, stems reserved, florets chopped	10 cups
Broth, vegetable (Divided)	8 cups
Cashews, raw	1 cup
Vinegar, cider	2 tsp.
Lemon, juice	2 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the oil in a large pot over medium-high heat. Add the onions, celery, and carrots and sauté until softened, about 8 minutes.
2. Add the potato, garlic, and broccoli stems and cook, stirring occasionally, until the vegetables are brown around the edges and tender, about 14 minutes.
3. Working in batches, transfer to a blender and add 4 cups of the vegetable broth, the raw cashews, and vinegar. Blend until creamy.
4. Add the broccoli florets and pulse until coarsely chopped.
5. Return to the pot and add the remaining vegetable broth. Simmer until the broccoli is soft and the soup is flavorful, about 20 minutes.
6. Add the lemon juice. Season with salt and pepper to taste.

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Memo To: CIA Continuing Education Students
From: Office of the Registrar
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