



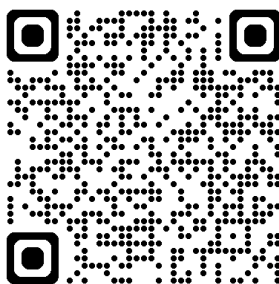
# Culinary Institute of America

## **U.S. NAVY WORLD CUISINE CULINARY TRAINING**



**CIA Consulting**  
The Culinary Institute of America

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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". The signature is fluid and cursive.

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

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

## EXPECTATIONS FOR PARTICIPANTS

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

## CIA UNIFORM POLICY

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

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

# COURSE SYLLABUS

## DAY ONE

- ☑ Lecture
  - Course Overview
  - Mise en Place
  - Introduction to Mediterranean Cuisine
    - Ingredients, Equipment, and Techniques
- ☑ Kitchen Production Exercise
  - Group and/or Station Demonstrations
    - Preparing and Shaping Pizza Dough
    - Making and Shaping Mozzarella Cheese
    - Preparing Fresh Egg Pasta
    - Forming Pita
    - Working with Phyllo Dough
  - Hands-On Production
    - Southern Italy
    - Spain
    - Greece/Turkey
    - North Africa
  - Review and Critique

## DAY TWO

- ☑ Lecture
  - Introduction to European Cuisine
    - Ingredients, Equipment, and Techniques
- ☑ Kitchen Production Exercise
  - Group and/or Station Demonstrations
    - Assembling Polish Stuffed Cabbage
    - Shaping Pierogi
    - Forming Spätzle
    - Cutting Potatoes for French Fries
    - Rolling Dough for Quiche
  - Hands-On Production
    - Eastern Europe
    - Central Europe
    - Western Europe
    - British Isles
  - Review and Critique

## DAY THREE

- ☑ Lecture
  - Introduction to Latin American Cuisine
    - Ingredients, Equipment, and Techniques
- ☑ Kitchen Production Exercise
  - Group and/or Station Demonstrations
    - Poaching Chicken
    - Shaping Churros
    - Shaping Fresh Corn Tortillas
    - Suprêming Oranges
    - Shaping Dumplings for Bori Bori
    - Preparing Tostones
    - Rinsing Salt Cod
  - Hands-On Production
    - Mexico
    - Yucatan Peninsula
    - South America
    - Caribbean
  - Review and Critique

## DAY FOUR

- ☑ Lecture
  - Introduction to Asian Cuisine
    - Ingredients, Equipment, and Techniques
- ☑ Kitchen Production Exercise
  - Group and/or Station Demonstrations
    - Assembling Salad Rolls
    - Stir-Fry Technique
    - Shaping Naan
    - Fabricating Chicken
    - Preparing Sushi Rice
    - Shaping/Rolling Sushi
    - Preparing Risotto
  - Hands-On Production
    - China
    - Southeast Asia
    - India
    - Japan
  - Review and Critique

## DAY FIVE

- ☑ Lecture
  - Introduction to Global Street Foods
    - Ingredients, Equipment, and Techniques
- ☑ Kitchen Production Exercise
  - Group and/or Station Demonstrations
    - Shaping Chicken Patties
    - Shaping Spanikopita
    - Forming Arrancini
    - Rolling Scallion Pancakes
    - Cooking Crêpes
    - Rolling Roti
  - Hands-On Production
    - Latin American Street Foods
    - European Street Foods
    - Mediterranean Street Foods
    - Asian Street Foods
  - Review and Critique



**DAY ONE**  
**TEAM PRODUCTION ASSIGNMENTS:**  
**MEDITERRANEAN**

**TEAM ONE: SOUTHERN ITALY**

Neapolitan-Style Pizza  
Fresh Pasta with Hot Sausage Ragù  
Swordfish in Savory Sauce  
Sautéed Broccoli Rabe with Pancetta  
*\*Make Pierogi Dough for Day Two*

**TEAM TWO: SPAIN**

Tortilla Española  
Paella Valenciana  
Moorish-Style Kabobs  
Grilled Vegetables with Romesco Sauce

**TEAM THREE: GREECE/ TURKEY**

Hummus, Tabbouleh, and Baba Ghanoush  
Pita  
Moussaka  
Baklava

**TEAM FOUR: NORTH AFRICA**

Bisteeya  
Tunisian Briks  
Spiced Carrot Salad and Cucumber Salad  
Chicken Tagine with Couscous

# NEAPOLITAN-STYLE PIZZA

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Instant dry yeast	1 Tbsp.
Water, warm	1 ½ cups
Bread flour	5 cups
Olive oil	3 Tbsp.
Salt, kosher	1 ½ tsp.
Cornmeal or semolina flour	as needed
Tomato concassé	2 ⅓ cups
Oregano, chopped	1 ½ tsp.
Basil, chopped	1 ½ tsp.
Fresh mozzarella cheese, sliced (Recipe follows)	½ - 1 lb.
Olive oil	2 Tbsp.

## **Method**

1. Preheat an oven with a pizza stone on the bottom rack to 500°F.
2. To prepare the dough, combine the yeast and water in a bowl, stir to combine, and let stand until foamy.
3. Place the flour in the bowl of a stand mixer and add the water mixture, olive oil, and salt. Using a dough hook, mix on low speed until dough is thoroughly combined and pulls away from the bowl. Knead until the dough is smooth and elastic.
4. Cover the dough and place it in a warm area to proof until it has doubled in volume, about 1 hour.
5. Gently press on the dough to remove any air bubbles. Divide it into 6 equal pieces and shape it into rounds. Set aside to proof (see chef for demonstration).
6. Roll the dough into flat circles, about 6-inches in diameter. Place them onto cake circles that have been dusted with cornmeal or semolina flour.
7. For the topping, spread the tomato concassé over the dough, then top with the oregano, and basil. Arrange the mozzarella on top of the pizza. Drizzle with olive oil.
8. Bake the pizza on the preheated pizza stone until the crust has browned and cheese has melted, about 12 to 15 minutes.

**Note:** Tomato concassé is tomatoes that have been peeled, seeded, and chopped. Remove the core of the tomatoes and score the bottom with an "X". Cook the tomatoes for 30 seconds in boiling salted water. Remove and place in an ice bath until completely cooled. Peel, remove the seeds and dice.

# MOZZARELLA CHEESE

*Yield: 2 Pounds*

<b>Ingredients</b>	<b>Amounts</b>
Water	1 gal.
Salt, kosher	6 wt. oz. ( $\frac{2}{3}$ cup)
Cheese curd, cut into $\frac{1}{2}$ inch cubes	2 lb.

## **Method**

1. Combine the water and salt in a large pot and bring to a boil. Remove the pot from the heat.
2. Place the cheese curd in a bowl and pour enough water around the curd to cover.
3. Wearing 2 pairs of gloves, work the curd with wooden spoons, stretching it until it becomes a smooth, yet stringy mass. Maintain the water temperature at a constant 160°F throughout this process.
4. Remove the cheese from the water and continue stretching until the curd is smooth, being careful not to overwork it or the cheese will become tough.
5. Shape the mozzarella into 8-ounce tear-drop shaped balls and allow the cheese to cool slowly in the liquid in which it was melted.
6. Store refrigerated in plastic wrap or brine. Cover and refrigerate up to 3 days.

# FRESH PASTA WITH HOT SAUSAGE RAGÙ

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Extra virgin olive oil	2 Tbsp.
Onions, chopped	1 ea.
Hot Italian sausage, casings removed	½ lb.
Tomato paste	2 Tbsp.
Celery rib, chopped	1 ea.
Basil sprigs	2 ea.
Flat-leaf parsley sprigs	4 ea.
Canned tomatoes, crushed by hand	1 lb.
Salt, kosher	to taste
Ground black pepper	to taste
Fresh Egg Pasta (Recipe follows)	1 ½ lb.
Pecorino cheese, grated	⅓ cup

## **Method**

1. Heat the olive oil in a large skillet. Add the onions and sauté, stirring occasionally, until lightly golden.
2. Crumble the sausage into the pan. Sauté, breaking up any lumps with a wooden spoon, until it is cooked through and lightly browned, 3 to 4 minutes.
3. Stir in the tomato paste and sauté until it becomes rusty colored (pincé) and aromatic.
4. Tie the celery, basil, and parsley in a cheesecloth pouch. Add the pouch and the tomatoes to the sausage. Season with salt and pepper to taste. Bring the mixture to a simmer and cook, adding water as necessary, until proper flavor and consistency are achieved.
5. Bring a large pot of salted water to a boil. Add the pasta, cook until *al dente* (firm to the bite), and drain.
6. Place the pasta in a large, heated serving bowl and toss with just enough sauce to coat the pasta. Add the grated pecorino and toss to combine.
7. Serve the pasta with the remaining sauce and additional cheese on the side.

Source: Adapted from Antonio Grande

# FRESH EGG PASTA

*Yield: 1 ½ Pounds*

<b>Ingredients</b>	<b>Amounts</b>
Durum flour	3 ¼ cups
Salt, kosher	1 pinch
Eggs	4 ea.
Olive oil (Optional)	2 Tbsp.

## **Method**

1. Combine the flour and salt in a food processor. Add the eggs and oil, if using. Process the mixture until it resembles coarse meal. (When pressed, the dough will form a cohesive mass.)
2. Turn the dough out onto a work surface and knead until the dough is very firm, yet pliable. Cover and let the dough relax at room temperature for at least 1 hour.
3. Roll the pasta dough into thin sheets and cut into desired shapes by hand or using a pasta machine. The pasta is ready to cook now, or it may be held under refrigeration for up to 2 days.
4. To cook, bring 1 ½ gallons of water to a rolling boil in a medium-sized saucepot. Generously salt the water using about 2 tablespoons of salt (the water should be noticeably salty, but not unpleasant). Add the pasta and stir to separate the strands or shapes. Cook the pasta until it is *al dente* (firm to the bite). Drain in a colander.
5. Serve lightly buttered to prevent the pasta from sticking to itself.

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

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

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

**Tomato Pasta:** Sauté 6 tablespoons tomato purée until reduced and dry. Cool and add to the eggs.

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

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

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

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

**Saffron Pasta:** Steep 2 to 4 teaspoons pulverized saffron threads in 2 tablespoons hot water and add to the eggs.

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

# SWORDFISH IN SAVORY SAUCE

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Swordfish fillets, 6 oz. each	6 ea.
Salt, kosher	as needed
Ground black pepper	as needed
All-purpose flour	2 $\frac{2}{3}$ cups
Olive oil	$\frac{1}{2}$ cup
Onion, chopped	1 ea.
Garlic cloves, minced	3 ea.
Tomatoes, concassé	2 cups
Green olives, pitted, coarsely chopped	$\frac{2}{3}$ cup
Celery ribs, chopped	2 ea.
Basil leaves, chopped	2 ea.
Pine nuts	$\frac{1}{3}$ cup
Raisins, plumped in hot water	$\frac{1}{4}$ cup
Capers, rinsed	$\frac{1}{4}$ cup
Fish stock	1 cup
Olive oil	1 Tbsp.

## **Method**

1. Preheat an oven to 400°F.
2. Season the fish with salt and pepper and dredge (coat) in flour.
3. In a heavy bottomed sauté pan, heat the olive oil over medium-high heat. Add the fish and sauté until it is lightly colored on both sides. Transfer the fish to a baking dish.
4. Add the onions to the pan and sauté until tender and translucent.
5. Add the garlic to the pan and sauté until it becomes aromatic.
6. Add the tomatoes and simmer for 5 minutes.
7. Add the olives, celery, basil, pine nuts, raisins, capers, and fish stock and simmer for 5 minutes. Adjust the seasoning with salt and pepper to taste.
8. Ladle the sauce over the fish. Bake it in the preheated oven for about 10 minutes.
9. Serve the fish on a heated platter, accompanied by the sauce in which it was cooked.

**Note:** Tomato concassé is tomatoes that have been peeled, seeded, and chopped. To do this, remove the core of the tomatoes and score the bottom with an "X." Cook the tomatoes for 30 seconds in boiling salted water. Remove and place in an ice bath until completely cooled. Peel, remove the seeds and dice.

# SAUTÉED BROCCOLI RABE WITH PANCETTA

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Broccoli rabe	1 lb.
Olive oil	1 fl. oz.
Pancetta, diced	¼ cup
Shallots, minced	2 tsp.
Garlic, minced	2 tsp.
Crushed red pepper	1 tsp.
Salt, kosher	to taste
Ground black pepper	to taste

## **Method**

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

# TORTILLA ESPAÑOLA

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Russet potatoes, sliced 1/8-inch thick	2 ea.
Onion, large, thinly sliced	1/2 ea.
Salt, kosher	1 tsp.
Extra virgin olive oil	as needed
Eggs	4 ea.

## **Method**

1. Place the potatoes and onions in a large saucepan. Season lightly with salt. Add enough olive oil to the pan to cover the ingredients. Heat over medium-high heat until the oil begins to bubble.
2. Cover the pan and cook slowly over medium heat, turning occasionally, until the potatoes are tender, but not brown. Drain the mixture in a large colander set over a bowl and allow it to cool for 10 minutes. Reserve the oil.
3. In a large bowl, beat the eggs with a pinch of salt. Add the potato mixture to the eggs, submerging them completely. Let it stand for 10 minutes.
4. Heat 2 tablespoons of the reserved oil in a large sauté pan until hot. Add the potato-egg mixture to the pan. Reduce the heat to medium low and cook until lightly browned. Shake the pan occasionally to prevent sticking.
5. Place a large plate over the pan and flip the tortilla upside down onto the plate. Add 1 tablespoon oil to the sides of the pan and slide the uncooked side of the tortilla back into the pan. Round the sides with a spatula. Cook until browned.
6. Transfer to a heated plate and let it rest for 5 minutes. Cut into individual portions and serve.

**Note:** Leftover oil can be stored in the refrigerator for 1 week.



# PAELLA VALENCIANA

Yield: 6 Portions

Ingredients	Amounts
Chicken stock	6 cups
Saffron	1 pinch
Salt, kosher	to taste
Spanish chorizo, diced	½ lb.
Chicken breast, diced	1 lb.
Olive oil	⅓ cup
Red bell pepper, small diced	¾ cup
Green bell pepper, medium diced	¾ cup
Onion, medium diced	½ cup
Carrots, medium diced	⅔ cup
Garlic, minced	1 Tbsp.
Short-grain Spanish rice	3 cups
Mussels	12 ea.
Clams	12 ea.
Shrimp	12 ea.
Green peas	1 cup
Lemon, juiced	1 ea.
Lemon, cut into wedges	1 ea.

## Method

1. Bring the stock to a boil in a saucepot over medium-high heat. Add the saffron. Simmer the stock until it has reduced to 5 cups. Season with salt to taste.
2. Heat the olive oil in a paella pan over medium-high heat. Sauté the chorizo until it is golden brown, about 4 minutes.
3. Add the chicken to the pan and sauté again until the pieces are golden brown, about 4 minutes.
4. Add the peppers, onions, carrots, and garlic and sauté for 3 minutes.
5. Stir in the rice so that each piece is coated with the oil. Toast the rice until it becomes translucent, but not brown.
6. Add the stock to the rice mixture and bring to a boil. Reduce the rice and stock to a simmer and cook for about 10 minutes. Add additional stock if necessary to cook the rice until it is *al dente* (firm to the bite).
7. When the rice is about 5 minutes away from being done, arrange the mussels, clams, shrimp, and peas on top of the rice; cover and continue to cook for 5 minutes.
8. Remove the paella from the heat. Add the lemon juice. Cover the pan and let the paella rest for 5 minutes.
9. Serve the paella in the paella pan, garnished with lemon wedges.

# MOORISH-STYLE KABOBS

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Cumin seeds	2 tsp.
Coriander seeds	2 tsp.
Garlic cloves, peeled, finely chopped	8 ea.
Salt, kosher	1 tsp.
Paprika	4 tsp.
Dried oregano	2 tsp.
Ground black pepper	1/2 tsp.
Lemon juice	1/4 cup
Lemon zest	2 tsp.
Extra virgin olive oil	2/3 cup
Pork, lean, cubed	2 1/2 lb.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Grind the cumin and coriander seeds using a mortar and pestle, then work in the garlic with the salt.
2. Add the paprika, oregano, and pepper and mix in the lemon juice and zest. Stir in the oil. Adjust the seasonings to taste.
3. Thread 3 or 4 pieces of pork onto each skewer. Place the skewered meat into a shallow dish with the marinade. Place it into the refrigerator and allow to marinate for 2 hours, turning occasionally.
4. Preheat a gas grill to medium-high; leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate
5. Transfer the marinade to a small pot and bring to a boil.
6. Spread the kabobs out onto the grill and cook for about 3 minutes per side, basting frequently with the marinade until cooked through. For medium doneness, an instant-read thermometer will register 140°F when placed halfway into the thickest piece of pork.
7. Transfer the kabobs to a heated platter. Season with salt and pepper to taste. Serve immediately.

Source: Adapted from *Tapas: Authentic Appetizers and Finger Foods from the Bars and Restaurants of Spain* by Pepita Aris

# GRILLED VEGETABLES WITH ROMESCO SAUCE

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
New potatoes	6 ea.
Fennel bulbs, trimmed, quartered	1 ea.
Baby carrots, peeled	9 ea.
Extra virgin olive oil	¼ cup
Garlic, peeled, minced	1 ½ Tbsp.
Salt, kosher	to taste
Ground black pepper	to taste
Asparagus stalks*, trimmed	18 ea.
Zucchini, trimmed & halved lengthwise	1 ea.
Red onions, peeled, quartered	1 ea.
Mushrooms, trimmed	9 ea.
Red bell peppers, cored & quartered	1 ea.
Yellow bell peppers, cored & quartered	1 ea.
Lemon, juiced	1 ea.
Romesco Sauce (Recipe follows)	as needed

## **Method**

1. Bring a pot of salted water to a boil. Add the potatoes and blanch (par-cook) until almost cooked through. Drain and set aside. Once cool, cut each potato in half.
2. Bring a pot of salted water to a boil. Blanch the fennel and then the carrots until partially tender, 3 to 4 minutes. Drain the cooked vegetables well and let them cool slightly.
3. Combine the olive oil and garlic in a mixing bowl and season to taste with salt and pepper. Working in batches, add the vegetables and toss to coat.
4. Preheat a gas grill to high. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
5. Grill the vegetables, turning as necessary, until they begin to take on color and are cooked through, about 8 to 12 minutes. They should be tender when done, but not mushy.
6. Arrange the grilled vegetables on a heated platter and drizzle with lemon juice. Serve accompanied with room temperature Romesco Sauce.

# ROMESCO SAUCE

*Yield: 2 Cups*

<b>Ingredients</b>	<b>Amounts</b>
Hazelnuts, toasted and skinned	24 ea.
Almonds, toasted and skinned	20 ea.
Garlic cloves, peeled	2 ea.
Bread slices	2 ea.
Red bell peppers	3 ea.
Tomatoes	2 ea.
Extra virgin olive oil	1/4 cup
Flat-leaf parsley sprigs, chopped	2 ea.
Sherry vinegar	2 Tbsp.
Salt, kosher	to taste

## **Method**

1. Preheat an oven to 350°F.
2. Arrange the hazelnuts, almonds, garlic, and bread in a single layer on a baking sheet. Place into the preheated oven and roast until the items are lightly browned. Set aside and allow the ingredients to cool.
3. Increase the oven temperature to 475°F.
4. Halve the peppers and remove the stems and seeds. Place cut side down onto an oiled baking sheet. Cut the tomatoes in half lengthwise and add to the baking sheet. Roast or broil until the peppers are evenly charred and the tomatoes are browned and have a rich "roasted" aroma.
5. Immediately wrap the vegetables in plastic to create steam to help loosen the skins. Remove the skins using a paring knife. Cool completely.
6. Transfer all cooled ingredients to a blender or food processor. Add the oil, parsley, and vinegar and blend to form a smooth purée. Season with salt to taste.
7. Reserve until ready to serve.

# HUMMUS

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Canned chickpeas, drained and rinsed	2 cups
Tahini	3 Tbsp.
Olive oil	2 Tbsp.
Lemon juice	2 Tbsp.
Garlic cloves	2 ea.
Salt, kosher	to taste
Ground black pepper	to taste
Olive oil	2 Tbsp.

## **Method**

1. Purée the chickpeas, tahini, olive oil, lemon juice, and garlic in a food processor, adding water to thin the mixture as necessary.
2. Adjust the seasoning with lemon juice, garlic, salt, and pepper to taste.
3. Put into a serving bowl, cover, and refrigerate until ready to serve.
4. Just before serving, garnish with the remaining olive oil.

# TABBOULEH

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Fine bulgur wheat	½ cup
Water, boiling	1 cup
Salt, kosher	1 tsp.
Flat-leaf parsley, coarsely chopped	2 cups
Mint, coarsely chopped	½ cup
Tomatoes, diced	2 ea.
Cucumbers, peeled, seeded, and diced	½ ea.
Green onions, chopped	2 ea.
Extra virgin olive oil	3 Tbsp.
Lemon Juice	3 Tbsp.
Salt, kosher	to taste
Ground black pepper	to taste

## **Method**

1. Rinse the bulgur in cold water and place it in a bowl.
2. Add the boiling water and salt. Allow to sit, covered, until tender, about 20 minutes.
3. Drain any excess water if necessary. Use a fork to “fluff” the bulgur grains. Cover and refrigerate until cool.
4. Combine the bulgur, parsley, mint, tomatoes, cucumbers, green onions, olive oil, and lemon juice in a bowl. Lightly mix, being careful not to mash the ingredients together.
5. Adjust the seasoning with lemon juice, salt, and black pepper to taste.
6. Transfer to a chilled serving bowl. Cover and refrigerate until ready to serve.

# BABA GHANOUSH

*Yield: 6 Portions*

<b>Ingredient</b>	<b>Amount</b>
Eggplant	2 lb.
Tahini	3 Tbsp.
Garlic cloves, crushed	2 ea.
Lemons, juiced	1 ½ ea.
Ground black pepper	to taste
Salt, kosher	to taste

## **Method**

1. Preheat an oven to 350°F.
2. Place the eggplant in a roasting pan. Roast in the preheated oven until the skin has charred and the interior is fully cooked.
3. Peel the eggplant and discard the charred skin. Drain any excess juices.
4. Mash the eggplant pulp to a puréed consistency.
5. In a food processor, mix the tahini, garlic, lemon juice, pepper, and a little cold water until it is thoroughly blended.
6. Pulse in the eggplant, being careful not to overmix. Thin the mixture with a little water if necessary.
7. Adjust the seasoning with salt and pepper to taste.
8. Transfer to a chilled bowl. Cover and refrigerate until ready to serve.

# PITA

*Yield: 24 small or 12 large Pitas*

<b>Ingredients</b>	<b>Amounts</b>
Water, warm (90° - 110°F)	2 cups
Instant dry yeast	4 tsp.
Sugar, granulated	½ tsp.
All-purpose flour	5 ½ cups
Salt, kosher	2 tsp.

## **Method**

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

**Variation:** Poppy-Seed or Sesame Pita: After rolling each circle of dough in step 4, brush the tops lightly with water and sprinkle with poppy seeds or toasted sesame seeds. Let the loaves rise and bake as directed above.

**Note:** Contrary to the standard method of allowing bread dough to rise before shaping, these loaves are first shaped and rolled, then allowed to rise before baking. This simplified version, which cuts preparation time by about 1 ½ to 2 hours, lets the yeast do its best work in the oven, thus assuring a better pocket. The result—a superior pita with a delightfully chewy, yet tender texture and a puff in every loaf.



# MOUSSAKA

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Eggplant, peeled, sliced into ¼ -inch rounds	1 ½ lb.
Salt, kosher	as needed
Olive oil	3 Tbsp.
<b>Meat Sauce</b>	
Onions, diced	1 cup
Ground lamb (or substitute beef, turkey, pork, or combination)	¾ lb.
Garlic, minced	1 tsp.
Tomato paste	1 Tbsp.
Tomatoes, chopped	1 cup
Clove	1 ea.
Cinnamon stick, ½-inch	1 ea.
Bay leaf	1 ea.
Ground allspice	1 pinch
Water	¼ cup
Salt, kosher	as needed
Ground black pepper	as needed
Dry red wine	2 Tbsp.
Breadcrumbs	⅓ cup
 Cheese Sauce (Recipe follows)	 1 cup

## **Method**

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

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

# CHEESE SAUCE

*Yield: 1 Cup*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	2 ½ Tbsp.
All-purpose flour	2 ½ Tbsp.
Milk	1 ¼ cups
Nutmeg, freshly grated	1 pinch
Salt, kosher	to taste
Ground black pepper	to taste
Egg yolks	1 ea.
Parmesan cheese, grated	¼ cup

## **Method**

1. Heat the butter in a saucepan over medium heat until the bubbles begin to subside. Stir in the flour and cook to form a white roux, about 5 minutes.
2. Gradually whisk in the milk, working out any lumps that form. Bring to a full boil, then reduce the heat and gently simmer, stirring frequently, until thickened, about 30 minutes.
3. Remove the sauce from the heat. Season with nutmeg, salt, and pepper to taste.
4. Whisk the egg yolks in a small bowl. Whisk in a small amount of the hot milk mixture to the eggs to bring them up to temperature. Blend well, then return the yolk mixture to the rest of the milk mixture.
5. Stir in the cheese and blend well. Keep warm while preparing the moussaka.

# BAKLAVA

*Yield: 48 Pieces (2-inch x 2-inch each)*

<b>Ingredients</b>	<b>Amounts</b>
Walnuts, chopped	3 ½ cups
Sugar, granulated	½ cup
Ground cinnamon	1 tsp.
Ground cardamom	½ tsp.
Ground cloves	¼ tsp.
Phyllo sheets, thawed	1 lb.
Butter, unsalted, melted	1 ½ cups
Sugar, granulated	2 ¼ cups
Water	1 ½ cups
Honey	½ cups
Lemon, peel only	¼ ea.
Clove	1 ea.

## **Method**

1. Preheat an oven to 375°F.
2. Mix the walnuts, sugar, and spices in a bowl and set aside.
3. Place 1 sheet\* of phyllo on the bottom of a lightly buttered jelly roll pan (12-inch x16-inch). Brush the dough lightly with melted butter. Repeat until there are 8 sheets of phyllo in the pan. Sprinkle half of the nut mixture onto the phyllo sheets. As you work, keep the sheets of phyllo covered with plastic wrap to prevent them from drying out.
4. Place 4 more sheets of phyllo on top of the nuts, brushing melted butter between each sheet. Place the remaining nut mixture on the dough.
5. Layer the remaining sheets of phyllo on top of the nuts, brushing melted butter in between each sheet. Brush the top sheet with butter as well.
6. Trim the edges so that they do not stand above the level of the pan.
7. Cut the pastry into 2-inch squares, making sure not to slice through the bottom layer of the phyllo dough. Leaving the bottom layer uncut will allow the syrup to soak in.
8. Bake in the preheated oven until the top layer of the phyllo takes on a light golden-brown color, 25 to 30 minutes.
9. For the syrup, combine the sugar, water, honey, lemon peel, and clove in a small saucepan. Bring to a boil. Remove and discard the clove and lemon peel.
10. Remove the baklava from the oven and immediately pour the hot syrup over top. Allow the baklava to stand at room temperature until cooled.
11. Slice through the bottom layer of phyllo dough and serve.

# BISTEEYA

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Extra virgin olive oil (Divided)	5 Tbsp.
Chicken thighs, boneless	1 ¼ lb.
Salt, kosher	as needed
Ground black pepper	as needed
Onions, small diced	1 ¼ cups
Ginger, minced	1 tsp.
Ground mace	¼ tsp.
Nutmeg, freshly grated	¼ tsp.
Ground cloves	⅛ tsp.
Ground cinnamon	¾ tsp.
Chicken stock	as needed
Butter, unsalted	2 Tbsp.
Cilantro, chopped	3 Tbsp.
Flat-leaf parsley, chopped	3 Tbsp.
Saffron	¼ tsp.
Brown sugar	2 Tbsp.
Eggs, lightly beaten	5 ea.
Salt, kosher	to taste
Ground black pepper	to taste
Phyllo dough	1 lb.
Almonds, toasted, coarsely chopped	¼ lb.
Powdered sugar	as needed
Ground cinnamon	as needed

## **Method**

1. Preheat an oven to 400°F.
2. In a large sauté pan, heat 2 tablespoons of the oil over medium-high heat. Season the chicken thighs with the salt and pepper. Add the chicken to the hot oil and brown on both sides. Remove the chicken and reserve.
3. Add the remaining oil to the hot pan, then add the onions and sauté them until they are soft and lightly golden.
4. Add the ginger, mace, nutmeg, cloves, cinnamon, and continue to sauté until the spices become aromatic.
5. Add the chicken stock and scrape up any brown pieces sticking to the bottom of the pan. Add the chicken back into the pot with any juices it may have released. Bring

to a simmer and continue to cook until the chicken is tender, and the liquid has reduced, about 1 hour.

6. Remove the cooked chicken and let it cool slightly. Reserve the braising liquid. Shred the chicken into small bite-size pieces. Reserve for assembly.
7. Add the butter, cilantro, parsley, saffron, and brown sugar to the remaining braising liquid and reduce it to a light glaze.
8. Stir in the eggs and cook until scrambled and stiff. Adjust the seasoning with salt and pepper. Reserve for assembly.
9. To assemble the bisteeya, brush a paella pan with olive oil. Lay out, one by one, 10 sheets of phyllo dough onto the pan, brushing each one with a little olive oil as you set it in place. Overlap each sheet to create a solid phyllo base.
10. Place the shredded chicken in a layer in the center of the phyllo, leaving plenty of space for the edges to fold up. Cover the chicken with the egg mixture and top with the almonds.
11. Place the remaining phyllo on top of the filling, again overlapping and brushing each with a little olive oil. Fold up the overhanging phyllo and seal the pastry.
12. Brush the outside of the phyllo with a little more olive oil. Bake in the preheated oven until the top is golden brown, about 10 minutes. Remove from the oven and, using another oiled pan, invert the bisteeya so the browned side is down. Continue to bake until the top is golden brown.
13. Remove from the oven, top with powdered sugar and cinnamon, and cut into wedges. Serve hot on a heated platter.

# TUNISIAN BRIKS

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	2 Tbsp.
Onions, finely chopped	2 ea.
Capers, drained, rinsed, mashed	10 ea.
Tuna, canned, drained, mashed	½ lb.
Parmesan cheese	3 Tbsp.
Flat-leaf parsley, chopped	3 Tbsp.
Salt, kosher	2 tsp.
Ground black pepper	½ tsp.
Brik wrappers	6 ea.
Eggs	6 ea.
Egg whites, lightly beaten	2 ea.
Olive oil, for frying	2 cups
Lemon wedges	6 ea.

## **Method**

1. Melt the butter in a small skillet over medium-low heat. Add the onions and sauté until they are soft and translucent. Remove from the heat and cool.
2. Add the capers, tuna, parmesan cheese, and parsley to the onions and mix thoroughly. Season with salt and pepper to taste.
3. Working with one brik wrapper at a time (keep the remaining covered so they do not dry out), place 1 rounded spoonful of filling on one half of the wrapper and break an egg over the filling. Fold the wrapper over to form a half-circle or triangle. Glue the edges together with beaten egg whites or a paste made from flour and water. Fold each rim over ½ inch for a firmer rim, being careful not to break the egg yolk.
4. Repeat with the remaining ingredients
5. Heat the oil in a skillet or deep fryer to 350°F. Slide the briks, one at a time, into the oil. Spoon hot oil over the top while frying. When the underside is browned, turn and continue frying. Remove and drain.
6. Serve hot on a heated platter, accompanied by the lemon wedges.

# SPICED CARROT SALAD

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Carrots, grated	4 ½ cups
Extra virgin olive oil	3 Tbsp.
Red wine vinegar	2 tsp.
Garlic cloves, minced	4 ea.
Harissa (Recipe follows)	1 Tbsp.
Caraway seeds	1 tsp.
Salt, kosher	to taste

## **Method**

1. Bring a pot of salted water to a boil. Add the carrots and blanch (par-cook) until just *al dente* (firm to the bite). Immediately drain and place in an ice bath (bowl of ice water) until completely cooled.
2. For the vinaigrette, in a mixing bowl, whisk together the oil, vinegar, garlic, harissa, caraway seeds, and salt.
3. Toss the carrots with the vinaigrette. Season with salt to taste.
4. Transfer to a serving bowl and serve at room temperature.

Source: Adapted from The International Olive Oil Council



# HARISSA

*Yield: 1 Cup*

<b>Ingredients</b>	<b>Amounts</b>
Ancho chiles, stemmed, seeded	3 wt. oz
Garlic, form paste with salt	2 tsp.
Coriander, ground	1/4 tsp.
Caraway seeds, ground	3/4 tsp.
Olive oil	to taste

## **Method**

1. Place the chiles in a bowl and cover with cold water. Soak for 15 minutes. Drain well, wrap in cheesecloth, and press out any excess moisture.
2. Grind the chiles in a food processor with garlic, coriander, and caraway. Place in a bowl and add enough oil to just thinly cover the paste.
3. Cover tightly and keep refrigerated.

**Note:** In Tunisia, fiery hot red peppers play a role in almost every dish, usually in the form of the famous harissa paste, a mixture of sun-dried peppers pounded with spices and garlic and packed into jars under a coating of olive oil.

Source: *Mediterranean Cooking* by Paula Wolfert

# CUCUMBER SALAD

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Cucumber, peeled, sliced into rounds	1 ¼ lb.
Mint, chopped	1 Tbsp.
Capers, chopped	2 Tbsp.
Preserved lemon	¼ ea.
Extra virgin olive oil	¼ cup
White wine vinegar	2 Tbsp.
Salt, kosher	to taste

## **Method**

1. Place all the ingredients in a bowl and toss to combine.
2. Season to taste with salt.
3. Serve in a chilled bowl.

Source: The International Olive Oil Council

# CHICKEN TAGINE WITH COUSCOUS

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Chickens, cut into 6 pieces each, 2 ½ lb.	2 ea.
Salt, kosher	as needed
Ground black pepper	as needed
Extra virgin olive oil	¼ cup
Cippoline onions, blanched and peeled	15 ea.
Ginger, ¼-inch piece, peeled and thinly sliced	1 ea.
Garlic cloves, thinly sliced	3 ea.
Cumin seed, toasted and ground	½ tsp.
Saffron	¼ tsp.
Water or chicken stock	1 ½ cups
Green olives	25 ea.
Flat-leaf parsley, rough chop	2 Tbsp.
 Couscous (Recipe follows)	 1x recipe

## **Method**

1. Season the chicken pieces with salt and pepper.
2. Heat the oil in a Dutch oven or tagine over medium-high heat. Place the chicken pieces carefully in the oil and sauté until they turn golden brown. Transfer the chicken to a hotel pan and reserve.
3. Add the onions to the pan and sauté, stirring occasionally, until golden brown, 7 to 8 minutes.
4. Add the ginger and garlic and sauté until aromatic.
5. Add the cumin and saffron and cook until the mixture turns a deeper color and gives off a sweet aroma, about 1 minute.
6. Return the chicken to the pan and add the water or stock. Adjust the seasoning with salt and pepper. Bring to a gentle simmer. Cover and braise for 30 to 40 minutes until the chicken is cooked through, turning the pieces occasionally to keep them evenly moistened. (Maintain only a small amount of water or stock so the braising liquid will become concentrated.)
7. In the last 15 minutes, add the olives and parsley. Simmer the mixture until the olives are tender.
8. Serve directly from the tagine or on a heated platter, accompanied by the Couscous.

# COUSCOUS

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Couscous	2 cups
Chicken stock	2 cups
Cinnamon stick	1/2 ea.
Crushed red pepper	1/4 tsp.
Ground turmeric	1/8 tsp.

## **Method**

1. Preheat an oven to 350°F.
2. Place the dry couscous on a sheet pan. Toast the couscous in the preheated oven until golden brown, about 15 minutes.
3. In a medium saucepan over medium heat, place the chicken stock, cinnamon stick, red pepper, and turmeric. Bring to a simmer.
4. Place the toasted couscous in a shallow pan. Pour the simmering chicken stock over the couscous. Cover immediately with plastic wrap for 10 minutes.
5. Remove the plastic wrap and fluff the couscous with a fork.
6. Serve on a heated platter.

**Note:** Ratio is 1 part liquid to 1 part dry couscous.

# DAY TWO

## TEAM PRODUCTION ASSIGNMENTS: EUROPE

### TEAM ONE: EASTERN EUROPE

Potato Latkes

Hungarian Goulash

Polish Stuffed Cabbage

Potato and Cheddar Pierogi

*\*Soak Pinto Beans for Refried Beans on Day Three*

### TEAM TWO: CENTRAL EUROPE

Classic Cheese Fondue

Swiss-Style Veal in Cream Sauce

Spätzle

Braised Red Cabbage

*\*Marinate Pork for Pork Baked in Leaves on Day Three*

*\*Soak Black Beans for Black Rice on Day Three*

### TEAM THREE: WESTERN EUROPE

Flemish-Style Beef and Beer Stew

Mussels and Chips

Quiche Lorraine

Frisée aux Lardons

*\*Drain Yogurt to Marinate Chicken on Day Three for Tandoori Chicken on Day Four*

### TEAM FOUR: BRITISH ISLES

Shepherd's Pie

Beer-Battered Fish and Chips

Oven-Roasted Root Vegetables

Sticky Toffee Pudding with Chantilly Cream

*\*Soak Salt Cod for Salt Cod Fish Fritters on Day Three*

# POTATO LATKES

*Yield: 6 - 8 Portions, about 20 Pancakes*

<b>Ingredients</b>	<b>Amounts</b>
Russet potatoes, large, peeled	4 ea.
Onion, small	1 ea.
Eggs, beaten	2 ea.
Matzo meal	¼ cup
All-purpose flour	2 - 3 Tbsp.
Salt, kosher	1 tsp.
Ground black pepper	¼ tsp.
Vegetable oil, for frying	as needed
Sour cream	1 cup
Applesauce	1 cup

## **Method**

1. Coarsely grate the potatoes and onion on a box grater or with a shredding disc in a food processor. Squeeze the excess moisture from the potato mixture and place it in a large bowl.
2. Add the beaten eggs, matzo meal, and flour and mix to combine. Allow this mixture to rest for 10 minutes. Season with salt and pepper and stir to combine.
3. Heat about ¼ inch of oil to 350°F in a large skillet or sauté pan over medium-high heat. Form the latkes into cakes 2 ½ inches in diameter. Fry a batch of latkes for 2 to 3 minutes on both sides until golden brown and crisp.
4. Drain on paper towels and keep warm in a 200°F oven. Repeat until all the latkes are cooked.
5. Serve the latkes on a heated platter, accompanied by the sour cream and applesauce.

# HUNGARIAN GOULASH

*Yield: 1 ½ - 2 Quarts*

<b>Ingredients</b>	<b>Amounts</b>
Salt pork, minced	½ cup
Beef shoulder, medium diced	1 lb.
Onions, fine diced	2 ea.
All-purpose flour	2 Tbsp.
Red wine vinegar	2 Tbsp.
Hot paprika	1 Tbsp.
Tomato purée	⅔ cup
Brown veal stock	1 qt.
<b>Sachet d'épices</b>	
Caraway seeds	1 tsp.
Dried marjoram	1 tsp.
Dried thyme	1 tsp.
Parsley stems	4 ea.
Garlic cloves, peeled	2 ea.
Bay leaf	1 ea.
Chef's potatoes, medium diced	2 ea.
Salt, kosher	to taste
Ground black pepper	to taste
Scallion (Green onion), green part only, finely sliced	3 Tbsp.

## **Method**

1. Preheat an oven to 350°F.
2. In a soup pot over medium heat, render the salt pork and continue to cook until crispy, 4 to 5 minutes. Remove the pork and reserve.
3. Working in batches, add the beef and brown in the rendered fat. Remove and reserve the beef with the pork.
4. Add the onions and sauté over medium-low heat until translucent, 8 to 10 minutes.
5. Add the flour to the fat and stir to combine and form a roux.
6. Add the vinegar to the pan and mix until fully blended with the roux.
7. Stir in the paprika and the tomato purée and mix thoroughly. Continue to simmer for 2 to 3 more minutes. Return the reserved meat to the pan.
8. Add the stock and sachet and continue to simmer until the meat is almost tender, about 1 hour, skimming as needed.

9. Add the potatoes and simmer until tender, about 20 minutes, skimming off any fat that rises to the surface. Season to taste with salt and pepper.
10. Serve in a heated bowl, garnished with the green onions.

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



# POLISH STUFFED CABBAGE

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Savoy cabbage leaves, large, blanched	12 ea.
Vegetable oil	1 ½ Tbsp.
Onion, small diced	2 ¼ cups
Ground veal	½ lb.
Ground pork	½ lb.
Ground beef	½ lb.
Heavy cream	½ cup
Eggs	2 ea.
Breadcrumbs	1 ¼ cups
Salt, kosher	as needed
Ground black pepper	as needed
Ground nutmeg	as needed
Onion, thinly sliced	1 cup
Carrots, peeled, thinly sliced	½ cup
Celery, thinly sliced	½ cup
Bay leaf	1 ea.
Chicken stock, hot	2 ½ cups (plus as needed)
Tomato Sauce, hot (Recipe follows)	2 cups

## **Method**

1. Preheat an oven to 350°F.
2. Bring a large pot of salted water to a boil. Cook the cabbage leaves; drain, rinse in cold water, and drain once more. Remove and discard the large vein from each cabbage leaf. Reserve the leaves.
3. Heat the oil in a large sauté pan over medium-high heat. Add the onions and sauté until they have softened and are translucent. Remove from the heat, cool, and reserve.
4. Place the ground veal, pork, and beef in a mixing bowl and set over a bowl of ice water. Fold the cooled onions into the ground meat.
5. Add the cream and eggs and mix by hand until evenly blended. Fold in the breadcrumbs. Season with salt, pepper, and nutmeg.
6. Make a small patty and poach in simmering water and taste for seasoning. Adjust seasoning as necessary. Keep this mixture chilled until ready to use.
7. For each cabbage roll, dampen a 12- by 12- inch square of cheesecloth. Place the cheesecloth in an 8 fl. oz. round cup. Place 2 cabbage leaves in the cheesecloth lined cup, overlapping the leaves so that there are no open spaces. Place 1/6 of the meat

in the center of each set of leaves and wrap them around to enclose the filling. Twist the excess cheesecloth to form each roll into a ball. Do not twist too hard or the cabbage leaves will rip. Remove the cheesecloth from the cabbage rolls.

8. Place the onions, carrots, celery, and bay leaf in the bottom of a rondeau or Dutch oven. Place the cabbage rolls, seam side down, on top of the vegetables. Add enough hot stock to cover the rolls by about one half. Bring to a gentle simmer over medium heat. Cover the pot and transfer to the preheated oven. Cook the cabbage rolls to an internal temperature of 160°F, about 45 to 60 minutes.
9. Transfer the cabbage rolls to a heated platter. Serve accompanied by the Tomato Sauce.

# TOMATO SAUCE

*Yield: 2 Cups*

<b>Ingredients</b>	<b>Amounts</b>
Extra virgin olive oil	1 Tbsp.
Onions, diced	½ cup
Garlic cloves, minced or sliced thin	2 Tbsp.
Canned whole plum tomatoes, crushed by hand	1 ¼ lb.
Basil leaves, torn or chopped	3 Tbsp.
Salt, kosher	to taste
Ground black pepper	to taste

## **Method**

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

# POTATO AND CHEDDAR PIEROGI

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
<b><i>Dough</i></b>	
Water	½ cup
Semolina flour	1 ⅔ cups
All-purpose flour	2 cups
Eggs	4 ea.
Salt, kosher	1 Tbsp.
<b><i>Filling</i></b>	
Chef's potatoes, scrubbed, peeled, large diced	3 lb.
Egg yolks	3 ea.
Cheddar cheese, grated	2 cups
Green onions, thinly sliced	½ cup
Salt, kosher	to taste
Ground black pepper	to taste
Nutmeg, freshly grated	to taste
Egg, mixed with 2 Tbsp. of milk	1 ea.
Clarified butter	⅓ cup
Butter, unsalted	⅔ cup
Salt, kosher	to taste
Ground white pepper	to taste
Sage, chiffonade	1 Tbsp.
Sour cream	1 cup

## **Method**

1. To prepare the dough, place the water, flours, eggs, and salt in a mixer fitted with a dough hook. Mix at medium speed until the dough forms a smooth ball, 3 to 4 minutes.
2. Divide the dough into 4 sections and knead on a floured surface until the dough is barely tacky. Cover with plastic wrap and allow to rest for at least 20 minutes and up to overnight.
3. For the filling, cook the potatoes in boiling salted water until tender. Drain the potatoes, return to the pot, and dry over low heat or in a 300°F oven until no steam rises off of them.

4. While still hot, purée through a food mill or potato ricer into a large mixing bowl. Add the egg yolks, cheese, and green onions. Season to taste with salt, pepper, and nutmeg. Chill and reserve.
5. To assemble, roll out the dough using a pasta machine to 1/8- to 1/16-inch thickness. Cut the dough into 2 1/2-inch diameter circles. Lightly brush with the egg and milk mixture.
6. Spoon about 1 tablespoon of filling onto the center of each circle. Fold in half to form a half-moon and pinch the edges to seal.
7. Simmer the pierogi in salted boiling water until the dough along the sealed edges is fully cooked, 4 to 5 minutes. Drain.
8. Heat the clarified butter in a large sauté pan over medium heat. Add the pierogi and sauté until golden brown on both sides, about 2 minutes per side. Place the pierogi on a heated platter.
9. Pour off the clarified butter, increase the heat to medium-high, add the whole butter, and cook it to a golden brown, about 2 minutes. Season with salt and white pepper to taste. Drizzle over the pierogi.
10. Garnish with the sage and sour cream. Serve immediately.

# CLASSIC CHEESE FONDUE

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Garlic clove, cut in half	1 ea.
Dry white wine	1 cup
Emmentaler cheese, grated	½ lb.
Gruyère cheese, grated	1 lb.
Cornstarch	2 Tbsp.
Kirsch	¼ cup
Salt, kosher	to taste
Ground white pepper	to taste
Nutmeg, freshly grated	to taste
Bread, baguette, cubed	1 ea.
Cauliflower, head, cut into florets	1 ea.
Cherry or grape tomatoes	1 pt.

## **Method**

1. Bring a large pot of salted water to a boil. Add the cauliflower and blanch (par-cook) for about 1 minute. Remove from the water and transfer to an ice bath to “shock” the vegetables and stop the cooking process. Drain and reserve until ready for service.
2. Rub the inside of a fondue pot or earthenware casserole with the halved garlic clove.
3. Add the wine and bring to a bare simmer over medium heat.
4. Place the grated cheese into a mixing bowl and toss with the cornstarch.
5. When bubbles rise to the wine’s surface, gradually add the cheese mixture, stirring constantly with a wooden spoon until the cheeses melt and the mixture is smooth.
6. Stir the Kirsch into the fondue, then season the mixture to taste with salt, pepper, and nutmeg.
7. To serve, place the casserole over a flame just high enough to keep the fondue bubbling gently. Using long-handled fondue forks, dip the bread, cauliflower, and tomatoes into the fondue.

## SWISS-STYLE VEAL IN CREAM SAUCE

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Vegetable oil	2 Tbsp.
Veal cutlets, cut into 2-in. x 2-in. pieces	2 ¼ lb.
Butter, unsalted	4 Tbsp.
Onions, diced	1 ½ ea.
Mushrooms, sliced	1 lb.
Thyme leaves	½ tsp.
Dry white wine	1 ½ cups
Heavy cream	1 ½ cups
All-purpose flour	3 Tbsp.
Salt, kosher	to taste
Ground black pepper	to taste
Flat-leaf parsley, chopped	1 Tbsp.

### **Method**

1. Heat the vegetable oil in a large sauté pan over high heat. Working in batches, add the veal and sauté until well browned on both sides, but not overcooked. Remove and reserve the veal.
2. Heat 2 tablespoons of the butter in the same sauté pan used for the veal over medium heat. Add the onions and sauté until they are soft and translucent. Add the mushrooms and sauté until the moisture they release while sautéing has evaporated. Add the thyme and sauté until aromatic.
3. Add the wine, bring to a simmer, scraping any browned bits off the bottom of the pan, and reduce slightly. Add the heavy cream and bring to a simmer.
4. Combine the remaining 2 tablespoons of the butter with the flour in a small bowl and mix to combine. Add this mixture to the simmering cream and continue to simmer, stirring occasionally, until thickened to sauce consistency (nappé).
5. Return the veal, with any juices it may have released, to the pan and continue to simmer until the veal is cooked through. Season to taste with salt and pepper.
6. Serve the veal in a heated bowl, garnished with the parsley.

# SPÄTZLE

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Eggs	4 ea.
Milk	1/3 cup
Water	2/3 cup
Salt, kosher	1/2 tsp.
Ground white pepper	1/8 tsp.
Nutmeg, freshly grated	1 pinch
All-purpose flour	2 cups
Butter, unsalted	3 Tbsp.
Thyme leaves	1 Tbsp.

## **Method**

1. Combine the eggs, milk, and water in a mixing bowl. Season with the salt, pepper, and nutmeg. Work in the flour and beat until smooth. Allow the mixture to rest for 1 hour.
2. Bring a large pot of salted water to a boil. Work the dough/batter through a spätzle maker into the simmering water (see chef demo). When the spätzle floats to the top of the pot, remove it with a spider. The spätzle is ready to finish now, or it may be cooled and refrigerated for later service.
3. To serve, heat the butter in a large sauté pan over medium-high heat. Add the spätzle and thyme. Sauté until very hot.
4. Serve on a heated platter.



# BRAISED RED CABBAGE

*Yield: 6 - 8 Portions*

<b>Ingredients</b>	<b>Amount</b>
Bacon, rind removed, medium diced	¼ lb.
Onions, sliced ⅛-inch	1 ½ cups
Fuji apples, peeled, sliced	1 ea.
Red cabbage, peeled, cored, finely shredded	2 lb.
Red wine	⅓ cup
Red wine vinegar	⅓ cup
Brown sugar	⅓ cup
Red currant jelly	2 ¼ Tbsp.
<b>Sachet</b>	
Juniper berries	2 ea.
Clove	1 ea.
Bay leaf	1 ea.
Cinnamon stick	½ ea.
Salt, kosher	to taste
Ground black pepper	to taste

## **Method**

1. In a medium-size heavy bottomed pot, cook the bacon over medium heat to render the fat and crisp the meat.
2. Add the onions and cook until translucent, about 5 minutes.
3. Add the apples, cabbage, wine, vinegar, sugar, jelly, and sachet. Season with salt and pepper. Mix to combine thoroughly. Bring the mixture to a simmer, then reduce the heat to low. Cover and braise for 45 minutes to 1 hour.
4. Adjust the seasonings with salt and pepper to taste.
5. Serve on a heated platter.

**Note:** If necessary, you can bind the red cabbage with a cornstarch slurry.

# FLEMISH-STYLE BEEF AND BEER STEW

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Beef shoulder, cut into 1 ½-inch cubes	3 lb.
Salt, kosher	as needed
Ground black pepper	as needed
All-purpose flour	3 Tbsp.
Butter, unsalted (Divided)	4 Tbsp.
Beer, Belgian (Divided)	3 cups
Onions, finely julienned	3 ea.
Thyme sprigs	3 ea.
Bay leaves	2 ea.
Chicken stock	as needed
Red currant jelly	1 ½ Tbsp.
Malt vinegar	1 Tbsp.

## **Method**

1. Season the beef with the salt and pepper. In a large mixing bowl, toss the beef with the flour.
2. Heat 2 tablespoons of the butter in a large rondeau or Dutch oven over high. Working in batches as necessary, add the beef and sear until well browned on all sides. Transfer the beef to a bowl and reserve.
3. Add half of the beer to the pot and stir to scrape up any browned bits from the bottom of the pan. Pour the beer over the beef and reserve.
4. Heat the remaining 2 tablespoons of butter in the pot over medium heat. Add the onions and sauté until deeply golden brown. If the onions begin to burn, reduce the heat and add a couple of tablespoons of water to the pot. Continue to sauté until the onions are a deep golden brown.
5. Add the remaining beer, stirring to scrape any browned bits from the bottom of the pot.
6. Return the meat with its beer to the pot. Add the thyme sprigs and bay leaves and stir to combine. Bring the stew to a simmer over low heat, cover, and continue to cook until the meat is tender, about 1 ½ to 2 hours.
7. Adjust the consistency of the liquid with stock as needed. Season with salt, pepper, currant jelly, and malt vinegar to taste.
8. Serve in a heated bowl.

**Note:** any dark beer can be substituted for the Belgian beer.

# MUSSELS AND CHIPS

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Mussels	3 lb.
Butter, unsalted	2 Tbsp.
Shallots, minced	¼ cup
Garlic cloves, minced	3 ea.
Flat-leaf parsley, chopped	¼ cup
Dry white wine	½ cup
Ground black pepper	to taste
Chips (Recipe follows)	1x recipe
Mayonnaise (Recipe follows)	1 cup

## **Method**

1. Wash and de-beard the mussels. Discard any that are open and do not close when tapped.
2. Heat the butter in a large pot (big enough to accommodate all the mussels, with a lid) over medium-high heat. Add the shallots and garlic and sauté until translucent and very fragrant.
3. Add the parsley and mussels and stir to combine.
4. Add the wine to the pot and lower the heat to medium. Cover the pot and shake occasionally.
5. After 4 minutes, check if the mussels have opened. If they have not, return the cover and continue to cook until most of the mussels have opened. Once most of the mussels have opened, transfer the opened mussels to a heated serving bowl. Return the lid to finish cooking the remaining unopened mussels. After another minute or two, transfer the remaining opened mussels to the bowl. Discard any unopened mussels. Cover the bowl and keep warm.
6. Decant the cooking liquid to remove any grit. Season the sauce with black pepper and pour over the mussels.
7. Serve the mussels accompanied by the chips and mayonnaise.

# CHIPS

*Yield: 6 Portions*

## **Ingredients**

Russet potatoes  
Vegetable oil, for deep frying  
Salt, kosher

## **Amounts**

2 ½ lb.  
as needed  
to taste

## **Method**

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

# MAYONNAISE

*Yield: 1 Cup*

<b>Ingredients</b>	<b>Amounts</b>
Egg yolks, pasteurized	1 ea.
Water	2 tsp.
White wine vinegar	2 tsp.
Dry mustard	1 tsp.
Vegetable, olive, or mild peanut oil	1 cup
Salt, kosher	to taste
Ground black pepper	to taste
Lemon juice, as needed	2 tsp.

## **Method**

1. Combine the yolks, water, vinegar, and mustard in a bowl. Whisk well using a whip until the mixture is slightly foamy.
2. Gradually add the oil in a thin stream, constantly whipping, until the oil is incorporated and the mayonnaise is thick.
3. Adjust the seasoning with salt, pepper, and lemon juice to taste.
4. Keep refrigerated until ready for use.

# QUICHE LORRAINE

*Yield: one 9-inch Quiche*

<b>Ingredients</b>	<b>Amounts</b>
9-inch pie crust, baked blind until light golden brown (Recipe follows)	1 ea.
Butter, unsalted	1 Tbsp.
Slab bacon, chopped	½ lb.
Onions, minced	1 cup
Heavy cream, half & half, and/or milk	1 ½ cups
Eggs	3 ea.
Salt, kosher	as needed
Ground black pepper	as needed
Gruyère cheese, grated	1 cup

## **Method**

1. Prepare the crust and set aside. Preheat the oven to 350°F.
2. Heat the butter in a sauté pan over medium heat. Add the bacon to the pan and sauté until browned. Remove the bacon with a slotted spoon and transfer to a small bowl. Set it aside.
3. Add the onions and sauté until golden brown, about 8 minutes. Remove from the pan and combine with the bacon.
4. In a mixing bowl, whisk together the cream and eggs and season with salt and pepper.
5. Scatter the bacon-onion mixture and cheese evenly over the bottom of the crust, then pour the egg mixture over top.
6. Set the quiche on a baking sheet and bake in the preheated oven until a knife blade inserted in the center comes out clean, about 40 to 45 minutes. If the pie crust begins to over-brown, cover the edges of the crust with strips of aluminum foil or pie shields.
7. Let the quiche rest at least 20 minutes before slicing. Serve hot.

**Note:** Quiche may also be baked without a pastry crust. Butter a shallow casserole or baking dish. Sprinkle it with grated parmesan, if desired. Spread the filling ingredients over the casserole bottom. Bake the quiche in a bain marie (hot water bath) until a knife inserted near the center comes out clean.

# PIE DOUGH

*Yield: one single-crust 9-inch Pie*

<b>Ingredients</b>	<b>Amounts</b>
Pastry flour	1 ¼ cups
Salt, kosher	½ tsp.
Butter, unsalted, cubed	7 Tbsp.
Water, cold	3 ½ Tbsp.

## **Method: Dough**

1. For the dough, combine the flour and salt together.
2. For flaky pie dough, rub the butter into the flour to form large nuggets. For mealy pie dough, work the butter into the flour to resemble crumb topping.
3. Add the water, 1 tablespoon at a time, just until it holds together when you press a handful of it into a ball. The dough should be evenly moist (not wet), and shaggy or rough in appearance.
4. Turn the dough out onto a lightly floured work surface. Gather and press the dough into a ball. Pat the ball into an even disk, wrap well, and allow to chill in the refrigerator for 20 minutes.
5. To line a pie plate, unwrap the dough, place it on a lightly floured work surface, and scatter a little flour over the top. Roll out the dough into an even round about 13 inches in diameter. It should be about ⅛-inch thick.
6. Fold the dough in half or roll it loosely around the rolling pin, then gently lift and position it over the pan. Unfold or unroll the dough, easing it into the pan without stretching it; make sure that the sides of the pan and the rim are evenly covered. Press the dough gently against the sides and bottom. Trim the overhang to 1 inch. Tuck the dough overhang under itself and flute the edges.
7. To prebake the crust, preheat the oven to 400°F. Prick the dough evenly over the bottom and sides with the tines of a fork. Line the dough with a piece of parchment paper and fill about half full with pie weights, dried beans, or rice. Bake until the crust is dry, about 12 to 15 minutes.
  1. Remove the pan from the oven and remove the paper and pie weights. Return the crust to the oven and bake until the crust is completely dry and lightly golden brown, another 5 to 6 minutes.
  2. Cool to room temperature before filling.

## FRISÉE AUX LARDONS

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Frisée lettuce	1 ½ lb.
Slab bacon, medium diced	¾ lb.
Salt, kosher	to taste
Ground black pepper	to taste
Light brown sugar	1 ½ Tbsp.
White wine vinegar	½ cup

### **Method**

1. Wash the lettuce thoroughly and shake or pat it dry with a clean linen towel.
2. Heat a medium-sized sauté pan over medium heat. Add the bacon, and sauté, stirring frequently until the bacon is crisp and golden. Take the pan off the heat, remove the bacon with a slotted spoon, and drain. Let the bacon fat cool for about a minute.
3. Divide the frisée among plates or arrange it on a platter and season with salt and pepper. Sprinkle the bacon over the lettuce.
4. In another pan over medium heat, reduce the sugar and vinegar by half until it is syrupy. Pour the reduction into the warm bacon fat and stir thoroughly to mix.
5. Season the dressing with salt and pepper and spoon over the salad. Serve immediately.



# COTTAGE PIE

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Russet potatoes, peel, cut into big pieces	2 ¼ lb.
Butter, unsalted, softened	4 Tbsp.
Buttermilk, warmed	½ - ¾ cup
Salt, kosher	to taste
Ground black pepper	to taste
Vegetable oil (Divided)	3 Tbsp.
Ground beef	1 ¼ lb.
Onion, finely chopped	1 ea.
Mushrooms, sliced or chopped	¾ lb.
Garlic cloves, minced	3 ea.
Dried thyme	1 tsp.
Dried marjoram	1 tsp.
Tomato paste	2 Tbsp.
All-purpose flour	4 Tbsp.
Chicken stock	2 cups
Worcestershire sauce	2 tsp.
Corn kernels, frozen thawed	2 ½ cups
Breadcrumbs	3 Tbsp.
Paprika	1 tsp.

## **Method**

1. Place the potatoes in a large pot and add enough cold water to cover by 2 inches. Salt the water, bring to a boil, then reduce the heat to medium. Simmer until the potatoes are easily pierced with a fork, about 25 to 30 minutes.
2. Drain the potatoes and return them to the pot. Place the pot over low heat until no more steam rises from the potatoes (do not brown the potatoes).
3. While still hot, purée the potatoes with a food mill or ricer into a heated bowl.
4. Add the butter and mix into the potatoes by hand or with the whip attachment of an electric mixer just until incorporated.
5. Add the warm buttermilk and stir to combine. Season with salt and pepper to taste. Whip the potatoes on medium speed until smooth and light. Reserve.
6. Preheat an oven to 375°F. Spray one large baking dish or 6 individual baking dishes with cooking spray and reserve.

7. Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Add the beef and sauté, using a wooden spoon to break up any clumps, until cooked through, about 5 minutes. Using a slotted spoon transfer the beef to a bowl. Reserve.
8. Heat the remaining vegetable oil in the pan over medium-high heat. Add the onions and sauté until tender and golden brown.
9. Add the mushrooms and sauté until cooked through and any juice they released has cooked away.
10. Add the garlic, thyme, and marjoram and sauté until aromatic.
11. Reduce the heat to medium, add the tomato paste, and cook until it has deepened in color and become aromatic.
12. Add the flour and stir to combine. Add the stock and Worcestershire sauce and stir to combine. Bring the mixture to a simmer, cover, and continue to cook until slightly thickened, about 8 minutes.
13. Add the corn and stir to combine. Season to taste with salt and pepper.
14. Spread the ground beef mixture in an even layer in the prepared baking dish or dishes. Spread the whipped potatoes in an even layer on top of the beef. Top with the breadcrumbs and paprika.
15. Bake in the preheated oven for 25 to 30 minutes or until the filling is bubbly and the top is golden brown.
16. Serve hot, directly from the baking dish.

# BEER-BATTERED FISH AND CHIPS

*Yield: 6 Portions*

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

## **Method**

1. Preheat oil in a deep-fryer or large pot to 350°F.
2. Blot the fish fillets dry and season with salt, pepper, and lemon juice.
3. Dredge (coat) the fish in flour, shaking off any excess.
4. Dip the fish in the beer batter to coat.
5. Deep-fry the fish fillets until lightly browned and cooked through.
6. Remove and drain on a wire rack.
7. Serve hot, accompanied by the chips, tartar sauce, and lemon wedges.

# BEER BATTER

*Yield: 22 fluid ounces*

<b>Ingredients</b>	<b>Amounts</b>
All-purpose flour	2 - 2 ¼ cups
Baking powder	½ tsp.
Salt, kosher	1 tsp.
Egg, separated	1 ea.
Beer	2 cups

## **Method**

1. Whisk together the flour, baking powder, and salt in a large mixing bowl. Reserve.
2. Combine the egg yolk and beer in a small mixing bowl and whisk to combine.
3. Add the egg mixture to the flour, all at once, and whisk until very smooth. Keep chilled until ready to use.
4. At the time of service, whip the reserved egg white to soft peaks. Fold the whites into the batter and use at once.

# CHIPS

*Yield: 6 Portions*

## **Ingredients**

Russet potatoes  
Vegetable oil, for deep frying  
Salt, kosher

## **Amounts**

2 ½ lb.  
as needed  
to taste

## **Method**

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

# TARTAR SAUCE

*Yield: 1 Cup*

<b>Ingredients</b>	<b>Amounts</b>
Mayonnaise	1 cup
Capers, chopped	2 Tbsp.
Cornichons, chopped	2 Tbsp.
Egg, hard boiled, chopped	1 ea.
Salt, kosher	to taste
Ground black pepper	to taste
Worcestershire sauce	to taste
Tabasco sauce	to taste

## **Method**

1. Combine all ingredients in a mixing bowl and mix well to blend.
2. Refrigerate until ready to serve. Adjust the seasoning just before serving, if necessary.

## OVEN-ROASTED ROOT VEGETABLES

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	2 Tbsp.
Carrots, peeled, large diced	1 cup
Turnips, peeled, large diced	1 cup
Rutabagas, peeled, large diced	1 cup
Parsnips, peeled, large diced	1 cup
Salt, kosher	to taste
Ground black pepper	to taste
Flat-leaf parsley, chopped	2 Tbsp.

### **Method**

1. Preheat an oven to 425°F.
2. Melt the butter in a large sauté pan over medium-high heat. Add the vegetables, toss to coat with the butter, and sauté until they begin to take on color.
3. Transfer the pan to the preheated oven and continue to cook, stirring occasionally, until golden brown and fully cooked.
4. Remove from the oven and season with salt and pepper to taste. Add the parsley and toss to combine.
5. Serve on a heated platter.

# STICKY TOFFEE PUDDING WITH CHANTILLY CREAM

*Yield: 24 Individual Puddings*

<b>Ingredients</b>	<b>Amounts</b>
Dates, pitted	14 wt. oz.
Water, hot	1 ½ cups
Vanilla extract	1 Tbsp.
Coffee extract	1 ½ tsp.
Baking soda	¼ tsp.
Butter, unsalted	1 cup
Dark brown sugar	1 ½ cups
Eggs	4 ea.
Egg yolk	1 ea.
Cake flour	3 cups
Baking powder	2 tsp.
<b>Toffee Sauce</b>	
Brown sugar, packed	1 ½ cups
Butter, unsalted	1 cup
Heavy cream	¾ cup
Salt, kosher	¾ tsp.
Vanilla extract	1 ½ tsp.
Corn syrup	¼ cup
Chantilly Cream (Recipe follows)	2 cups

## **Method**

1. Preheat an oven to 350°F. Spray two muffin pans with pan spray and reserve.
2. Chop the dates and place in a mixing bowl. Add the water, vanilla extract, coffee extract, and baking soda. Stir to combine and set aside to soak.
3. Place the butter and sugar in the bowl of a stand mixer fitted with the paddle attachment. Cream the butter and sugar until the mixture is light in color and fluffy, scraping the bowl as necessary.
4. Add the eggs and egg yolk, one at a time, mixing thoroughly between each addition, and scraping the bowl as necessary.
5. Add the flour, baking powder, and date mixture and mix just until thoroughly combined. Do not mix more than necessary as this will make the cake tough.
6. Portion the batter into the prepared muffin pans using a 2-ounce ladle. Bake in the preheated oven until set, about 10 to 12 minutes. Remove from the oven and allow the cakes to cool in the muffin pans.
7. Preheat a broiler.
8. For the toffee sauce, in a medium saucepot the brown sugar, butter, heavy cream, salt, vanilla, and corn syrup. Bring to a simmer, stirring gently to combine. Simmer for 1 minute.



9. Poke several holes in the tops of the cakes with a skewer or fork. Pour a couple of tablespoons of the toffee sauce onto each cake. Place the muffin pan under the broiler just until the sauce begins to bubble, about 1 minute.
10. Un-mold the cakes and serve warm on a heated platter topped with additional toffee sauce and chantilly cream.

# CHANTILLY CREAM

*Yield: about 2 Cups*

<b>Ingredients</b>	<b>Amounts</b>
Heavy cream, chilled	1 cup
Confectioners' sugar	¼ cup
Vanilla extract	½ tsp.

## **Method**

1. Chill a stainless-steel bowl and the beaters of a handheld mixer, the whisk attachment of a stand mixer, or a balloon whisk.
2. Pour the cream into the chilled bowl and whip on medium speed until thickened, about 3 minutes. Increase the speed to high and gradually add the confectioners' sugar while whipping.
3. Add the vanilla extract and continue to whip until the cream has the desired peak according to intended use. Soft peaks are good for dolloping cream, while firmer peaks are better if the cream is to be piped, used for topping, or folded into another mixture.

**Note:** If your cream starts to turn slightly yellow while you are whipping, it is close to being overwhipped and turning into butter. Fold in a small amount of unwhipped cream, if you have it, to rescue the cream.

## **DAY THREE**

### **TEAM PRODUCTION ASSIGNMENTS: LATIN AMERICA**

#### **TEAM ONE: MEXICO**

Tortilla Chips with Pico de Gallo and Guacamole

Pipián Verde

Refried Beans

Churros

*\*Steam Rice for Fried Rice on Day Four*

#### **TEAM TWO: YUCATAN PENINSULA**

Small Tacos with Chicken

Pork Baked in Leaves

Black Rice

Orange and Jicama Salad

#### **TEAM THREE: SOUTH AMERICA**

Bass Fillet in Coconut Milk

Bori Bori

Fish and Shellfish Ceviche with Tostones

Grilled Flank Steak with Chimichurri Sauce

*\*Marinate Chicken for Tandoori Chicken on Day Four*

#### **TEAM FOUR: CARIBBEAN**

Salt Cod Fish Fritters

Lamb Curry

Dominican Sun Rice

Braised Collard Greens

*\*Soak Sticky Rice for Sticky Rice with Coconut Sauce on Day Four*

# TORTILLA CHIPS WITH PICO DE GALLO AND GUACAMOLE

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Vegetable oil, for deep frying	as needed
Corn tortillas	8 ea.
Salt, kosher	as needed
Pico de Gallo (Recipe follows)	2 cups
Guacamole (Recipe follows)	2 cups

## **Method**

1. Preheat the oil in a deep fryer or large pot to 350°F.
2. Cut the tortillas into sixths.
3. Working in batches, add the tortilla pieces a few at a time, and fry, stirring continuously until crisp, about 3 minutes.
4. Remove the chips from the oil and drain well on paper towels. Season lightly with salt. Repeat with the remaining tortillas.
5. Serve the chips accompanied by the Pico de Gallo and Guacamole.

# PICO DE GALLO

*Yield: 2 Cups*

<b>Ingredients</b>	<b>Amounts</b>
Tomato, small diced	1 lb.
Serrano chile, seeded, minced	2 ea.
Onion, small diced	1 cup
Cilantro, bunch, chopped	½ ea.
Limes, juiced	2 ea.
Olive oil	2 Tbsp.
Salt, kosher	1 ½ tsp.

## **Method**

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

# GUACAMOLE

*Yield: 2 Cups*

<b>Ingredients</b>	<b>Amounts</b>
Red onion, small diced	¼ cup
Avocados, peeled, diced roughly	3 ea.
Tomatoes, small diced	⅓ cup
Jalapeño, minced	1 Tbsp.
Cilantro, chopped	1 Tbsp.
Lime juice	3 Tbsp.
Salt, kosher	to taste
Ground black pepper	to taste
Tabasco sauce	to taste

## **Method**

1. Soak the red onion in cold water for 20 minutes. Drain and rinse.
2. Smash the avocados in a mixing bowl with a fork to form a rough paste.
3. Add the red onion, tomatoes, jalapeño, cilantro, and lime juice and mix well.
4. Season to taste with salt, pepper, and Tabasco. Stir to combine.
5. Cover with plastic wrap so the plastic touches the surface of the guacamole (this will help to prevent browning). Refrigerate until ready to use.
6. Serve in a chilled bowl.

**Note:** Guacamole can only be stored for up to 8 hours or it will oxidize and turn brown.

# PIPIÁN VERDE

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Sesame seeds	1/3 cup
Raw peanuts, skinned	1/2 cup
Pumpkin seeds	1 cup
Tomatillos, paper hull removed	3/4 lb.
Onion	1/2 ea.
Garlic cloves, unpeeled	3 ea.
Jalapeños	4 ea.
Green lettuce leaves, torn into pieces	12 ea.
Radish leaves, torn into pieces	10 ea.
Hoja santa leaves, large, torn into pieces	3 ea.
Canola oil	1/4 cup
Chicken stock	1 1/2 cups
Salt, kosher	to taste
Chicken breasts, poached, skin removed	6 ea.

## **Method**

1. Toast the sesame seeds in a large skillet until golden. Transfer to a bowl.
2. In the same skillet, toast the peanuts until golden. Transfer to a bowl.
3. Preferably on a clay comal, or in a large thick-bottom skillet set over low heat, dry-roast the pumpkin seeds until aromatic and slightly golden. Reserve. (Be careful not to over-roast the pumpkin seeds or they will have a bitter taste).
4. Place the tomatillos in a small saucepan and cover with water. Simmer until the tomatillos change color, about 10 minutes.
5. Dry-roast the onion, garlic, and jalapeños in a large skillet over medium-high heat until the garlic skin begins to brown. Remove from heat, peel, and discard the skin.
6. Purée the dry-roasted vegetables (only 2 of the jalapeños), lettuce, radish leaves, and hoja santa in a blender. Add enough water to form a smooth purée.
7. Heat 2 tablespoons of the oil in a skillet. Fry the puréed mixture until it changes color, about 10 minutes.
8. Purée the toasted sesame seeds, peanuts, and pumpkin seeds in a blender. Add water as needed to purée the nuts.
9. Add the seed and nut purée to the pan and check the pipían for spiciness – there should be a mellow heat. If the pipían is not spicy enough, purée the remaining roasted jalapeño chiles, fry the purée in 2 tablespoons oil, and add to the pipían. Add the chicken stock and stir to combine.
10. Simmer until the pipían coats the back of a spoon, about 30 minutes. Season with salt to taste. Adjust the consistency with additional stock as necessary.
11. Reheat the poached chicken if necessary. Serve on a heated platter.

# REFRIED BEANS

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Pinto beans, soaked overnight	1 ¼ cups
Lard, or vegetable oil	3 Tbsp.
Onion, chopped	2 cups
Garlic, minced	2 Tbsp.
Salt, kosher	to taste

## **Method**

1. Place the beans in a saucepot and cover with water by 2 inches. Bring to a boil over high heat. Reduce the heat to a simmer and continue to cook until the beans are tender, about 2 hours. Remove the beans, drain, and reserve.
2. Heat the lard or oil in a pan and sauté the onions until lightly browned.
3. Add the garlic and cook until soft and aromatic.
4. Gradually mash in the beans, a spoonful at a time, to form a paste. Adjust to the desired consistency by adding water as needed.
5. Season with salt to taste.
6. Serve in a heated bowl.



# CHURROS

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Vegetable oil	as needed
Water	1 ½ cups
Butter, unsalted	12 Tbsp.
Salt, kosher	1 tsp.
All-purpose flour	1 ½ cups
Eggs	6 ea.
Sugar, granulated	½ cup
Ground cinnamon	1 ½ tsp.

## **Method**

1. Heat the oil in a deep fryer or large pot to 360°F.
2. Combine the water, butter, and salt in a large saucepan and bring to a rolling boil.
3. Add the flour and stir vigorously over low heat until the mixture forms a ball, about 1 minute. Immediately remove from the heat and reserve.
4. In a mixing bowl, combine the eggs and beat until they are smooth and homogeneous. Stir the eggs into the flour mixture and mix until well blended.
5. Spoon the mixture into a piping bag fitted with a large star tip.
6. Pipe 4-inch strips of dough into the hot oil and fry (you should be able to cook 4 or 5 churros at a time). Cook the churros for about 2 minutes on the first side, then flip over and continue cooking until they are golden brown, about 2 minutes more.
7. Remove the churros from the oil and drain briefly on paper towels.
8. Combine the sugar with the cinnamon. While still very hot, roll the churros in the cinnamon-sugar mixture to coat.
9. Serve on a heated platter.

**Note:** Churros are a popular treat throughout Latin America. They are often served with dips or stuffed with fillings such as cajeta.

## SMALL TACOS WITH CHICKEN

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken breasts	3 ea.
Onion, chopped	½ cup
Garlic cloves, chopped	3 ea.
Salt, kosher	1 Tbsp.
Black peppercorns	1 ½ tsp.
Epazote	1 ½ tsp.
Red pepper flakes	¼ tsp.
Vegetable oil (Divided)	½ cup
Onion, small diced	1 cup
Garlic cloves, chopped	3 ea.
Jalapeño, seeded, small diced	1 ea.
Tomatoes, chopped	½ cup
Salt, kosher	to taste
Ground black pepper	to taste
Cilantro, chopped	⅓ cup
Corn Tortillas (Recipe follows)	15 ea.

### **Method**

1. Combine the chicken, onions, garlic, salt, peppercorns, epazote, and pepper flakes in a saucepan with 1 quart of water. Simmer until the chicken is tender. When the chicken is cool enough to handle, shred and reserve the meat.
2. Heat 2 tablespoons of oil in a sauté pan and sauté the onions, garlic, and jalapeño until soft.
3. Add the tomatoes and cook for 5 minutes.
4. Add the shredded meat and season to taste with salt and black pepper. Stir and cook for 5 minutes. Remove from the heat. Add the cilantro.
5. Place a large spoonful of the chicken mixture in the center of each tortilla, roll up, and secure with two toothpicks. Slice each taco in half.
6. Heat the remaining oil. Add the taquitos and fry until golden brown. Remove from the pan and drain on paper towels.
7. Remove the toothpicks and serve on a heated platter.

# CORN TORTILLAS

*Yield: 15 Tortillas*

<b>Ingredients</b>	<b>Amounts</b>
Masa harina flour	2 cups
Water, warm	1 ½ cups

## **Method**

1. Place the masa flour in a mixing bowl. Gradually add enough warm water to form a soft dough.
2. Using your hands, knead the masa for about 5 to 8 minutes. The masa should be soft and pliable and slightly warmer than your body. Let the masa rest, covered, with a moist towel for 10 to 15 minutes.
3. To shape the tortillas, fold a piece of parchment paper in half and place in a tortilla press. Divide the rested dough into 15 equal-sized balls.
4. Heat a well-seasoned comal or cast-iron skillet over medium high heat.
5. Place one ball at a time in the folded parchment, press slightly with the tortilla press, turn 180°, and press again, to form a thin tortilla.
6. Remove the tortilla and place directly into the heated comal or skillet.
7. Cook for several seconds until the tortilla begins to cook on the outer edges. Flip with a thin spatula and cook slightly longer on the other side, then flip again. The top layer of the tortilla should start separating from the bottom layer, making a large bubble in the middle of the tortilla. Do not overcook the tortillas or they will be dry and hard.
8. Immediately transfer the tortillas to a kitchen towel and keep warm until ready to serve.

# PORK BAKED IN LEAVES

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Achiote paste	3 wt. oz.
Lime juice	½ cup
Orange juice	½ cup
Garlic cloves, chopped	4 ea.
Cilantro, bunch, chopped	½ ea.
Sugar, granulated	2 tsp.
Salt, kosher	1 ½ tsp.
Ground black pepper	¾ tsp.
Pork shoulder	3 lb.
Banana leaves	2 ea.
Lard, melted	½ cup

## **Method**

1. For the marinade, in a large bowl, combine the achiote paste, lime juice, orange juice, garlic, cilantro, sugar, salt, and pepper. Stir to dissolve the achiote paste.
2. Add the pork to the marinade and mix to coat the pork. Cover and marinate overnight.
3. Preheat an oven to 350°F.
4. Lightly toast the banana leaves directly over the flame on a stove until softened, about 2 minutes.
5. Line a small rectangular roasting pan with the leaves, placing one lengthwise and the other widthwise with their ends overlapping the dish.
6. Place the pork and marinade on the leaves and baste with the lard. Fold the ends of the leaves over the pork. Lightly moisten the leaves with a little water so they do not burn. Cover the roasting pan with foil.
7. Bake the pork in the preheated oven until it is fork-tender, about 3 hours.
8. Remove from the oven and allow to rest for at least 15 minutes.
9. Remove the pork from the leaves, slice or shred the pork, and serve on a heated platter.

# BLACK RICE

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Black beans, soaked overnight	3 cups
Chicken stock	2 ½ qt.
Onion, medium diced	1 ea.
Serrano chile, seeded, small diced	1 ea.
Ham hock	1 ea.
Epazote	1 Tbsp.
Ground black pepper	1 ½ tsp.
Salt, kosher	1 Tbsp.
Tomatoes, chopped	1½ cups
Onions, chopped	1 ½ cups
Garlic cloves, chopped	3 ea.
Salt, kosher	2 tsp.
Ground black pepper	1 tsp.
Butter, unsalted	2 Tbsp.
Long-grain white rice	2 cups

## **Method**

1. Place the beans in a large saucepan with the stock, onions, serrano chile, ham hock, epazote, and pepper. Cook, covered, over medium heat for 1 ½ hours.
2. Remove the cover and cook 20 minutes longer. Season the liquid with salt. Remove the ham hock, dice the meat into small pieces, and reserve. Drain the beans and reserve the beans and liquid separately.
3. Purée the tomatoes, onions, garlic, salt, and pepper in a blender. Reserve.
4. Heat the butter in a saucepan over medium heat. Add the rice and sauté, stirring to coat with the butter, for 1 minute.
5. Add the tomato mixture and diced ham hock and cook for 3 minutes, stirring occasionally.
6. Add 1 quart of the reserved bean liquid, stirring to combine. Bring to a boil, then reduce the heat. Cover and simmer until the rice is tender, about 18 minutes.
7. Reheat the beans if necessary. Serve the beans and rice together on a heated platter.

# ORANGE AND JICAMA SALAD

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Radishes, thinly sliced	5 ea.
Oranges, peeled, sùpremes	3 ea.
Jicama, peeled, julienned	1 lb.
Red onion, julienned	$\frac{3}{4}$ cups
Cilantro, bunch, chopped	$\frac{1}{2}$ ea.
Salt, kosher	to taste
Ground black pepper	to taste
Tabasco sauce	to taste

## **Method**

1. Combine the radishes, oranges, jicama, onions, and cilantro in a mixing bowl. Season with salt, pepper, and Tabasco to taste. Toss to combine well.
2. Refrigerate for  $\frac{1}{2}$  hour to allow the flavors to blend.
3. Serve in a chilled bowl.

## BASS FILLET IN COCONUT MILK

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Bass fillets or (4 wt. oz. each)	
Salt, kosher	as needed
Ground black pepper	as needed
Olive oil	1/4 cup
Onion, finely chopped	1 ea.
Green bell pepper, chopped	1 ea.
Jalapeño, seeded, chopped	1 ea.
Tomatoes, chopped	1/2 cup
Green plantains, peeled, cut into 1/2-inch slices	2 ea.
Coconut milk	2 cups
Cilantro, chopped	3 Tbsp.

### **Method**

1. Season the fish with salt and pepper. Heat the olive oil in a large frying pan and sauté the fish until golden on both sides. Remove and set aside.
2. Add the onion, green pepper, jalapeño, and tomatoes to the pan. Sauté until the vegetables are tender.
3. Add the plantains and coconut milk. Season to taste with salt. Simmer over low heat until the plantains are tender, about 15 minutes.
4. Return the fish to the pan and continue to simmer until cooked through. Adjust seasonings to taste.
5. Serve by placing the vegetables and plantains on a heated platter, top with the cooked fish, and garnish with the cilantro.

**Note:** Other non-oily, firm white fish can be substituted for the bass.

# BORI BORI

*Yield: 2 Quarts*

<b>Ingredients</b>	<b>Amounts</b>
<b><i>Parmesan Dumplings</i></b>	
White or yellow cornmeal	1/3 cup
Parmesan cheese, grated	1/3 cup
All-purpose flour	1/3 cup
Baking powder	1 1/2 tsp.
Salt, kosher	1/2 tsp.
Ground black pepper	1/8 tsp.
Egg, lightly beaten	1 ea.
Green onions, white part only, minced	2 Tbsp.
Canola oil	3 Tbsp.
Milk	3 Tbsp.
Canola oil (Divided)	2 Tbsp.
Beef shoulder, medium diced	1 lb.
Salt, kosher	as needed
Ground black pepper	as needed
Chicken stock	2 qt.
Onion, minced	1 1/2 cups
Carrot, small diced	3/4 cup
Celery, small diced	3/4 cup
Garlic, minced	2 tsp.
Bay leaf	1 ea.
Clove	1 ea.
Saffron threads	3 ea.
Flat-leaf parsley, chopped	3 Tbsp.
Parmesan cheese, grated	1/4 cup

## **Method**

1. For the dumplings, place the cornmeal, parmesan, flour, baking powder, salt, pepper, egg, green onions, oil, and milk in a mixing bowl. Mix to combine. Cover the batter and let it rest for at least 45 minutes and up to 3 hours before shaping and cooking the dumplings.
2. Heat 1 tablespoon of the oil in a soup pot over medium-high heat. Season the beef with salt and pepper and add to the hot oil. Sear the beef until well browned, 7 to 8 minutes.



3. Add the chicken stock and simmer over low heat until the beef is tender, about 1 hour. Remove the beef to a plate and reserve. Strain the stock through a fine sieve and reserve.
4. Return the soup pot to medium-high heat. Add the remaining oil and heat over medium-high heat. Add the onion, carrot, and celery and sauté, stirring frequently, until the onion is tender and translucent, 8 to 10 minutes.
5. Add the garlic and sauté until aromatic.
6. Add the strained stock to the soup pot along with additional chicken stock, if needed, to make 8 cups. Bring the stock to a simmer. Add the bay leaf, clove, and saffron threads. Simmer until the vegetables are tender and the broth is flavorful, 30 minutes. Remove the bay leaf and clove and discard. Return the beef to the soup.
7. To form the dumplings, pinch off small pieces of dough (about 1 teaspoon) and roll them into balls. Add the dumplings to the soup and simmer until the dumplings are cooked through, 20 to 25 minutes. Stir in the parsley and season to taste with salt and pepper.
8. Serve immediately in a warmed bowl, accompanied by the parmesan cheese.

# FISH AND SHELLFISH CEVICHE WITH TOSTONES

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Shrimp, peeled, deveined, small diced	½ lb.
Sea scallops, small diced	½ lb.
Sea bass fillets, small diced	½ lb.
Aji chiles, minced	1 - 2 ea.
Red onions, minced	½ ea.
Lime juice	1 cup
Salt, kosher	as needed
Cilantro, chopped	3 Tbsp.
Corn kernels, frozen, thawed, roasted, cooled	1 cup
Tostones (Recipe follows)	1x recipe

## **Method**

1. Combine the shrimp, scallops, sea bass, chiles, onions, lime juice, and salt in a non-reactive bowl and toss to combine. Let this sit for 30 minutes until the seafood becomes opaque.
2. Just before serving, add the cilantro and corn to the ceviche mixture.
3. Adjust the seasonings with lime juice and salt to taste.
4. Serve in a chilled bowl, accompanied by the Tostones.

# TOSTONES

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Vegetable oil	as needed
Plantains, not too ripe	2 ea.
Salt, kosher	to taste

## **Method**

1. Heat the oil in a deep fryer or large pot to 350°F.
2. Peel the plantains and cut in ½-inch rounds.
3. Working in batches, deep-fry the plantains, turning often, until they are golden brown, 4 to 5 minutes. Remove from the fryer and drain on paper towels.
4. Fold a piece of parchment paper in half and, working one at a time, place the fried plantains in the middle and press with a sauté pan to a thickness of about ¼- to ⅛-inch.
5. Working in batches, deep-fry the plantains for a second time until golden brown and slightly crisp. Drain on paper towels and season with salt to taste.
6. Serve warm or at room temperature.

# GRILLED FLANK STEAK WITH CHIMICHURRI SAUCE

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Garlic, minced	2 Tbsp.
Salt, kosher	2 Tbsp.
Red wine vinegar	¼ cup
Extra virgin olive oil	2 Tbsp.
Shallot, finely chopped	¼ cup
Green onion, finely chopped	¼ cup
Aji chile, seeds and veins removed, minced	½ ea.
Oregano, chopped	1 cup
Flat-leaf parsley, chopped	1 cup
Flank steak, trimmed	2 ¼ lb.
Olive oil	2 Tbsp.
Salt, kosher	as needed
Ground black pepper	as needed

## **Method**

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

# SALT COD FISH FRITTERS

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Salt cod, boneless	1 lb.
<b>Sofrito</b>	
Vegetable oil	2 Tbsp.
Garlic cloves, chopped	4 ea.
Red bell peppers, small diced	1 ea.
Green bell peppers, small diced	1 ea.
Onion, small diced	½ cup
All-purpose flour	1 ½ cups
Baking powder	2 tsp.
Water	1 cup
Chives, bunch, chopped	¼ ea.
Scallion (Green onion), bunch, green only, sliced on bias	¼ ea.
Ground black pepper	2 tsp.
Vegetable oil, for frying	as needed

## **Method**

1. Soak the salt cod in fresh cold water, refrigerated, for at least 24 hours, changing the water 3 times during that period.
2. After 24 hours, taste the salt cod - if it is still very salty, place it in a saucepan and add enough water to cover. Bring to a bare simmer, changing the water often, until the saltiness is acceptable. Flake the cod finely and reserve.
3. For the sofrito, heat the oil in a skillet over medium heat. Add the garlic, peppers, and onion and sauté until they are soft and golden. Remove from the heat and allow to cool.
4. Sift together the flour and baking powder into a mixing bowl. Add the water and mix thoroughly, breaking up any lumps. Fold in the flaked cod and sofrito along with the chives, green onions, and black pepper.
5. Heat the oil in a small pot or a deep fryer to 350°F. Carefully drop 1 tablespoon for each fritter into the oil and fry, turning as necessary, until golden brown. Drain on paper towels.
6. Serve on a heated platter.

# LAMB CURRY

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Lamb, boneless, 2-inch cubes	3 lb.
Salt, kosher	as needed
Ground black pepper	as needed
Olive oil (Divided)	3 Tbsp.
Onion, small diced	1 cup
Garlic cloves, minced	5 ea.
Curry powder	1 ½ Tbsp.
Tamarind paste	1 Tbsp.
Dry white wine	2 cups
Brown veal stock	2 cups
Potatoes, peeled, medium diced	3 cups
Acorn squash, peeled, medium diced	1 cup
Chayote, pit removed, medium diced	1 ea.
Salt, kosher	to taste
Ground black pepper	to taste
Lemons, juiced	1 ea.

## **Method**

1. Season the lamb with salt and pepper as needed.
2. Heat 2 tablespoons of the oil in a Dutch oven or rondeau over medium-high heat. Working in batches if necessary, add the meat and sear until well browned on all sides. Remove from the pan and reserve.
3. Add the remaining 1 tablespoon of oil to the pan over medium heat. Add the onions and sauté until soft.
4. Add the garlic and sauté until soft.
5. Add the curry powder and cook, stirring often, for 3 minutes.
6. Mix the tamarind with the white wine in a small mixing bowl. Add this mixture to the pan and scrape up any brown bits that are stuck to the bottom of the pan.
7. Return the lamb to the pan. Add the stock, potatoes, squash, and chayote. Season to taste with salt and pepper. Bring to a simmer and simmer gently until the lamb is tender, about 1 hour.
8. Before serving, stir in the lemon juice. Simmer for 2 minutes.
9. Serve the curry in a heated bowl.

# DOMINICAN SUN RICE

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Corn oil	2 Tbsp.
Carrot, grated	1 ea.
Salt, kosher	1 tsp.
Water	1 ½ cups
Chicken stock	¾ cup
Long-grain white rice, rinsed	1 ½ cups
Corn kernels, frozen, thawed	1 ½ cups
Butter, unsalted, cold	1 Tbsp.

## **Method**

1. Heat the oil in a medium saucepan over medium heat. Add the carrots and salt and sauté until the carrots begin to soften.
2. Add the water and stock and bring to a boil.
3. Add the rice and stir to combine. Cover and simmer for about 10 minutes.
4. Add the corn and stir to combine. Cover and simmer for 10 minutes.
5. Use a fork to fluff the rice and gently mix in the butter.
6. Serve the rice in a heated bowl.

## BRAISED COLLARD GREENS

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Extra virgin olive oil	2 Tbsp.
Bacon, minced	¼ lb.
Onions, minced	1 cup
Garlic cloves, minced	2 ea.
Collard greens, washed, stems removed	2 ¼ lb.
Chicken stock	1 cup
Salt, kosher	to taste
Ground black pepper	to taste

### **Method**

1. Preheat an oven to 350°F.
2. Heat the oil in a saucepot over medium heat. Add the bacon and sauté until lightly browned and crisp.
3. Add the onions and sauté until softened.
4. Add the garlic and sauté until aromatic.
5. Add the collards and chicken stock and season with salt and pepper to taste. Cover with a lid and braise in the oven for at least 45 minutes.
6. Remove the greens from the pan and reduce the liquid. Add the greens back to the liquid. Adjust the seasoning with salt and pepper to taste.
7. Serve the greens in a heated bowl.



# DAY FOUR

## TEAM PRODUCTION ASSIGNMENTS: ASIA

### TEAM ONE: CHINA

Hot-and-Sour Soup  
Spicy Grandmother's Tofu  
Fried Rice with Chinese Sausage  
Stir-Fried Shanghai Bok Choy

### TEAM TWO: SOUTHEAST ASIA

Rice Paper-Wrapped Salad Rolls with Nuoc Cham  
Pad Thai  
Thick Beef Curry in Sweet Peanut Sauce  
Sticky Rice with Coconut Sauce and Fresh Mangos  
*\*Make Risotto for Arrancini on Day Five*

### TEAM THREE: INDIA

Naan with Spinach and Mung Dal  
Deep-Fried Potato Balls with Cilantro and Cashew Chutney  
Basmati Rice Pilaf  
Tandoori Chicken  
*\*Make Gelato Base for Sicilian Pistachio Gelato on Day Five*

### TEAM FOUR: JAPAN

Romaine Lettuce with Japanese Salad Dressing  
Miso Soup  
Sushi  
Beef Teriyaki with Daikon Rice  
*\*Soak Chickpeas for Falafel on Day Five*

# HOT-AND-SOUR SOUP

*Yield: 2 Quarts*

<b>Ingredients</b>	<b>Amounts</b>
Vegetable oil	1 Tbsp.
Ginger, minced	½ Tbsp.
Green onions, thinly sliced	2 - 3 ea.
Pork butt, ground	¼ lb.
Black fungus, re-hydrated, julienne	¼ cup
Lily buds, re-hydrated, 1-inch lengths	¼ cup
Napa cabbage, chiffonade	1 ¾ cups
Chicken stock	2 qt.
Light rice vinegar	½ cup
Light soy sauce	¼ cup
Salt, kosher	½ Tbsp. (or as needed)
Ground white pepper	1 Tbsp.
Cornstarch (mixed with 2 Tbsp. water)	2 Tbsp.
Eggs, lightly beaten	2 ea.
Dark sesame oil	1 Tbsp.
Firm tofu, small diced	¼ lb.
<b>Garnish</b>	
Green onions, thinly sliced	3 ea.

## **Method**

1. Heat the oil in a soup pot over medium-high heat. Add the ginger and green onions and stir-fry until aromatic.
2. Add the pork and stir-fry until the pork is cooked through.
3. Add the black fungus, lily buds, and cabbage and continue to stir-fry until the cabbage is tender.
4. Stir in the stock, vinegar, soy sauce, salt, and pepper and bring to a boil.
5. Slowly add the cornstarch slurry to the boiling soup and stir constantly until the soup obtains a medium-thick consistency.
6. In a mixing bowl, beat the eggs with the sesame oil until emulsified.
7. Reduce the heat to a simmer and slowly add the eggs to the soup as “egg drop.” Keep hot, but do not allow the soup to boil.
8. Add the tofu and stir to combine.
9. Serve the soup in a heated bowl, garnished with the green onions.

# SPICY GRANDMOTHER'S TOFU

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Vegetable oil	2 Tbsp.
Sichuan pepper	1 ½ tsp.
Chili bean paste	1 Tbsp.
Green onions, minced	1 ea.
Ginger, minced	1 tsp.
Garlic cloves, minced	2 ea.
Ground pork	¾ lb.
Shao Xing wine	2 Tbsp.
Light soy sauce (or as needed)	2 Tbsp.
Silken tofu, ½-inch diced	1 ½ lb.
Salt, kosher	1 tsp.
Cornstarch slurry (cornstarch mixed with water)	as needed
Green onions, sliced	1 ea.

## **Method**

1. In a wok, combine the oil and the Sichuan pepper and carefully heat until the pepper starts to brown and becomes fragrant.
2. Using a skimmer, remove all the pepper from the oil and discard.
3. Add the chili bean paste, green onions, ginger, and garlic to the oil. Cook until the mixture is fragrant.
4. Add the ground pork and stir-fry until the meat is cooked through.
5. Add the Shao Xing wine. Season with soy sauce to taste.
6. Carefully place the diced tofu over the ground meat in the wok, sprinkle salt evenly over the top, and cover with a lid. Slowly cook for another 3 minutes.
7. Carefully mix the tofu with the ground meat, being gentle as the tofu is very fragile.
8. Thicken lightly with a cornstarch slurry. Adjust the seasonings to taste.
9. Serve the tofu garnished with the green onions.

# FRIED RICE WITH CHINESE SAUSAGE

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Long-grain white rice	2 cups
Water	2 ½ cups
Carrots, medium diced	¼ lb.
Vegetable oil	3 Tbsp.
Eggs, beaten	3 ea.
Chinese sausage, small diced	½ lb.
Onions, ¼-inch diced	1 ea.
Garlic, minced	¼ cup
Green onions, sliced	4 ea.
Shiitake mushrooms, medium diced	¼ lb.
Green bell peppers, small diced	1 ea.
Salt, kosher	1 Tbsp.
Ground black pepper	1 tsp.

## **Method**

1. Rinse the rice under cold water in a strainer until the water runs clear. Drain the rice well before using.
2. To blanch the carrots, place in a pot of salted boiling water and par-cook. Shock the carrots in ice water to stop the cooking process. Drain and reserve.
3. Place the rice and water in a pot and stir to prevent the rice from clumping sticking to the bottom.
4. Cover and bring to a simmer over medium heat. Reduce the heat to maintain a simmer and continue to cook until the grains are tender, about 15 minutes.
5. Allow the rice to rest for 10 minutes, then fluff it with a fork. Transfer the rice to a baking sheet and spread in an even layer. Refrigerate until well chilled.
6. Heat the oil in a wok over medium heat. Add the beaten eggs and cook until done, breaking the eggs apart with the wok spatula throughout cooking. Remove from the pan and reserve.
7. Add the diced sausage to the wok and cook to render out the fat.
8. Add the onions, garlic, and green onions and stir-fry until aromatic.
9. Add the mushrooms and peppers and cook until tender.
10. Add the blanched carrots and cooked rice. Stir-fry until the rice is hot and begins to turn golden brown. Adjust the seasoning with salt and pepper to taste.
11. Return the cooked eggs to the wok and toss to combine.
12. Serve on a heated platter.

# STIR-FRIED SHANGHAI BOK CHOY

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Baby bok choy	1 ¼ lb.
Vegetable oil	3 Tbsp.
Garlic cloves, thinly sliced	5 ea.
Salt, kosher	to taste
Sugar, granulated	to taste

## **Method**

1. Cut the bok choy lengthwise in half. Score the cores to promote even cooking.
2. Bring a large pot of salted water to a boil. Add the bok choy and blanch (par-cook) for about 1 minute. Drain and “shock” in an ice bath to stop the cooking process. Drain and reserve until ready for service.
3. Heat the oil in a wok; add the garlic and stir-fry until aromatic and lightly browned.
4. Add the bok choy and stir-fry until the bok choy is cooked through. Add a small amount of water to the wok to keep the garlic from burning, if necessary. Season with salt and sugar to taste.
5. Serve in a heated bowl.

# RICE PAPER-WRAPPED SALAD ROLLS WITH NUOC CHAM

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Pork shoulder	½ lb.
Shrimp, raw with shells, medium	12 ea.
Red leaf lettuce, small head	1 ea.
Rice papers, 12-inch rounds	as needed
Rice vermicelli noodles, cooked, rinsed, and cooled	¼ lb.
Bean sprouts	1 cup
Mint leaves	1 cup
Basil leaves	1 cup
Peanuts, roasted chopped	¼ cup
Nuoc Cham (Recipe follows)	1 ½ cups

## **Method**

1. Place the pork in a pot of salted water, bring to a simmer, and cook until cooked through, about 30 minutes. Remove the pork and submerge in ice water to cool and prevent it from drying out. Once the pork is cold, cut it into thin slices and reserve.
2. Cook the unpeeled shrimp in salted, boiling water until pink. Shell, de-vein, and cut in half lengthwise. Chill in cold water, drain, and reserve.
3. Separate the lettuce leaves and remove any bitter core. Wash and pat dry.
4. Set up a salad roll station by filling a large mixing bowl with very hot water. Keep some boiling water ready to add to the bowl if the temperature drops. Arrange the following items in the order used: rice paper, hot water, a damp cheesecloth, and a platter for holding all the filling ingredients.
5. Carefully bend a rice paper in half and dip into the hot water until completely softened. Lay the sheet on cheesecloth and stretch slightly to remove wrinkles.
6. Arrange a line of 3 shrimp halves, cut side up, in a line across the bottom third of the circle and top with two slices of pork. Leave an inch empty at the ends for rolling. Add a piece of lettuce folded into a thin rectangle about 5 inches long.
7. Distribute 1 tablespoon of vermicelli, 1 tablespoon of bean sprouts, and 4 to 5 mint and basil leaves evenly along the line. Use the fingertips of one hand to hold down the ingredients, while you use the other hand to fold up one side of the rice paper and secure it under the finger tips holding down the ingredients.
8. Repeat with the other side of the rice paper. Use the fingertips of both hands to hold down the filling as well as the folded over ends of the rice paper. Use the thumbs of both hands to fold the bottom edge of the rice paper over the filling, removing your fingertips in the same motion. The goal is to have a tight roll about 1 ½ inches wide and 5 inches long. Repeat the process with the remaining ingredients.

9. Cut the rolls in half on a bias.
10. Serve the rolls on a chilled platter, accompanied by the Nuoc Cham.

# NUOC CHAM

*Yield: 1 ½ Cups*

<b>Ingredients</b>	<b>Amounts</b>
Garlic cloves, small, sliced	2 ea.
Chili paste	1 tsp.
Thai bird's eye chile, chopped (Optional)	1 ea.
Fish sauce	¼ cup
Water, hot	⅔ cup
Lime juice, with pulp	2 Tbsp.
Sugar, granulated	¼ cup
Carrots, very finely shredded	2 Tbsp.

## **Method**

1. Place the garlic, chili paste, and Thai bird's eye chile in a mortar and pound into a paste using a pestle. If you do not have a mortar and pestle, finely mince the garlic and chili.
2. In a small mixing bowl, place the garlic mixture, fish sauce, hot water, lime juice, and sugar. Stir until the sugar has dissolved.
3. Ladle the sauce into serving bowls and float the carrot slivers on top.

**Note:** If you only know one thing about Vietnamese cuisine, know that nuoc cham is the single most important table sauce. Slightly sweet and sour, this fish dipping sauce is served with almost every dish. It will keep for 1 month if refrigerated.



# PAD THAI

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Tamarind purée	6 Tbsp.
Palm sugar, chopped until soft and crumbly, packed	4 Tbsp.
Fish sauce	3 Tbsp.
Limes, juiced	2 ea.
Ground dried chile pepper	1 ½ tsp.
Ground white pepper	to taste
Dried rice stick noodles, ¼-inch wide	1 lb.
Vegetable oil	6 Tbsp.
Garlic, minced	1 ½ Tbsp.
Shallots, minced	3 Tbsp.
Daikon, minced	1 ½ Tbsp.
Firm tofu, julienned	1 cup
Eggs	3 ea.
Shrimp, (26/30 count), peeled, deveined	12 ea.
Chicken stock	3 fl. oz.
Scallion, cut into 1 ½-in. lengths	4 ea.
Bean sprouts	5 wt. oz.
Peanuts, roasted, chopped	1 cup
Limes, cut into wedges	2 ea.

## **Method**

1. For the sauce, in a bowl, place the tamarind purée, palm sugar, fish sauce, lime juice, chile pepper, and white pepper. Stir well to combine. Set it aside.
2. Soak the rice noodles in warm water for 15 minutes and drain. Set it aside.
3. Separate the ingredients into two batches. For each batch, heat the oil in a wok or large pan over high heat. When the wok is very hot, add the garlic, shallots, daikon, and tofu and toss gently. Crack the eggs into the wok. Using a spatula or a wooden spoon, stir until set, about 20 seconds.
4. Add the noodles and shrimp and stir together briefly with the other ingredients.
5. Add the chicken stock and cook until the noodles begin to soften, 2 to 3 minutes.
6. Drizzle in the sauce. Toss to evenly coat the noodles. Reduce the heat to medium and cook until the noodles absorb most of the sauce and become dry, 5 to 6 minutes.
7. Stir in the scallions, bean sprouts, and 1/2 of the chopped peanuts. Toss to combine.
8. Serve on a heated platter, garnished with the remaining peanuts and accompanied by the lime wedges.

# THICK BEEF CURRY IN SWEET PEANUT SAUCE

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Vegetable oil	2 Tbsp.
Lemongrass stalks, finely minced	2 ea.
Garlic cloves, minced	4 ea.
Shallots, sliced	4 ea.
Thai bird's eye chiles, minced	2 ea.
Red curry paste	3 Tbsp.
Coconut milk	1 ½ pt.
Thai fish sauce	3 Tbsp.
Palm sugar	2 Tbsp.
Kaffir lime leaves, bruised	5 ea.
Flank steak, thinly sliced across the grain	1 ½ lb.
Peanuts, roasted and finely ground	¾ cup
Lime juice	2 Tbsp.
Thai basil, whole leaves	15 ea.

## **Method**

1. Heat the vegetable oil in a wok or a rondeau over medium heat. Add the lemongrass, garlic, shallots, and chiles. Sauté until fragrant.
2. Add the red curry paste and sauté until aromatic.
3. Add the coconut milk, fish sauce, palm sugar, and lime leaves and bring to a boil. Lower the heat and simmer for 1 minute.
4. Add the sliced beef and ground peanuts and simmer until the beef is fully cooked and the sauce has thickened so that it thickly coats the back of a spoon (thicker than nappé).
5. Add the lime juice and Thai basil. Stir to combine. Adjust the seasonings to taste.
6. Serve the curry in a heated bowl.

# STICKY RICE WITH COCONUT SAUCE AND FRESH MANGOS

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
<b><i>Sticky Rice</i></b>	
Sticky rice, soaked overnight	3 cups
Coconut milk	½ cup
Sugar, granulated	¾ cup
Salt, kosher	2 ¼ tsp.
Pandanus leaves, tied in a knot	3 ea.
<b><i>Coconut Topping</i></b>	
Coconut milk	1 ½ cups
Sugar, granulated	2 ¼ Tbsp.
Salt, kosher	⅓ tsp.
Rice flour	2 ¼ tsp.
Mung beans, soaked in hot water for 1 hour	1 ½ Tbsp.
Mangos, thinly sliced, or as needed	3 ea.

## **Method**

1. For the sticky rice, drain the soaked rice and place in a steamer lined with cheesecloth. Steam until the grains are soft, about 20 minutes.
2. In a small saucepan, place the coconut milk, sugar, salt, and pandanus leaves. Stir to combine. Bring to a bare simmer until the salt and sugar dissolves, about 2 minutes. Strain and reserve the mixture.
3. In a mixing bowl, place the hot rice and the coconut milk mixture. Using a rubber spatula, gently stir to coat the grains quickly and evenly. Cover with plastic wrap and set aside for 15 minutes to allow the rice to absorb the sauce.
4. For the coconut topping, combine the coconut milk, sugar, and salt in a small saucepan. Bring to a boil and reduce the heat to a simmer.
5. In a mixing bowl, blend the rice flour with 1 tablespoon of water and mix well to dissolve the rice flour.
6. Slowly drizzle the rice flour slurry into the simmering coconut sauce, stirring constantly. Return to a boil, immediately remove from the heat, and set aside.
7. Drain and pat dry the mung beans. Toast in a nonstick saucepan over medium heat, stirring constantly, until they are light brown and crispy, 1 to 2 minutes. Set aside.
8. To serve, place a small amount of the sticky rice onto a plate with the mango slices arranged on the side. Pour 2 tablespoons of the coconut topping over the sticky rice and sprinkle with the toasted mung beans.

*Source: The Flavors of Asia - Adapted from a recipe by Kannika Siriyarn*

# NAAN WITH SPINACH AND MUNG DAL

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Milk	$\frac{2}{3}$ cup
Yogurt	$\frac{2}{3}$ cup
Egg	1 ea.
Active dry yeast	2 tsp.
Sugar, granulated	2 tsp.
All-purpose flour	1 lb.
Salt, kosher	1 tsp.
Ghee (browned clarified butter)	2 Tbsp.
Nigella (wild onion seed)	$\frac{1}{2}$ cup
Cilantro, chopped	$\frac{1}{2}$ cup
Spinach and Mung Dal (Recipe follows)	1x recipe

## **Method**

1. In a mixing bowl, place the milk, yogurt, egg, yeast, and sugar. Mix well to blend.
2. Add the flour, salt, and ghee and mix to form a pliable dough. If the dough is too wet, add more flour.
3. Knead the dough on a lightly floured work surface until it is smooth and elastic.
4. Return the dough to the mixing bowl, cover with plastic wrap, and let it proof (raise) in a warm place until it has doubled in size.
5. Preheat an oven to 400°F.
6. Divide the dough into 6 evenly sized pieces and roll them out into a slipper shape.
7. Bake the naan in the preheated oven until browned and cooked through, 8 to 10 minutes.
8. Brush with additional ghee right before serving and sprinkle with the onion seeds and cilantro.
9. Serve warm accompanied by the spinach and mung dal.

# SPINACH AND MUNG DAL

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Mung beans, split	1 lb.
Water	2 qt.
Garlic, minced	2 Tbsp.
Ginger, minced	2 tsp.
Tadka (tempering)	
Corn oil	2 Tbsp
Cumin seed	2 tsp.
Cayenne pepper	1 tsp.
Onions, finely chopped	2 cups
Tomatoes, coarsely chopped	6 ea.
Spinach, trimmed and washed	1 lb.
Salt, kosher	4 tsp.

## **Method**

1. Place the mung beans, water, garlic, and ginger in a saucepot. Bring to a boil, then reduce the heat to a simmer. Continue to cook until the beans are stew-like and slightly mushy. Reserve warm.
2. For the tadka, heat the oil in a heavy skillet over medium-high heat. Add the cumin seeds and stir-fry for about 15 seconds.
3. Add the cayenne and onions and sauté, stirring frequently, until the onions are soft, about 5 minutes.
4. Add the tomatoes and continue to cook until they start to fall apart.
5. Add the spinach and cook until wilted.
6. Add this mixture to the hot mung beans and stir to combine. Season to taste with salt.
7. Serve in a heated bowl, accompanied by the warm naan.

# DEEP-FRIED POTATO BALLS WITH CILANTRO AND CASHEW CHUTNEY

*Yield: 6 - 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Yukon Gold potatoes, peeled	2 lb.
Corn oil or ghee	4 tsp.
Dried red hot chiles	2 ea.
Curry leaves, minced	10 - 15 ea.
Urad dal lentils (black lentils)	1 - 2 tsp.
Black mustard seeds	1 tsp.
Onions, minced	2 ½ cups
Ginger, minced	2 Tbsp.
Serrano chiles, minced	4 - 6 ea.
Turmeric powder	½ tsp.
Cilantro, bunch, chopped	¼ ea.
Salt, kosher	to taste
<b>Batter</b>	
Chickpea flour (Besan)	1 cup
Cayenne pepper	1 tsp.
Asafetida (Optional)	¼ tsp.
Salt, kosher	as needed
Water	as needed
Vegetable oil, for frying	as needed
Cilantro and Cashew Chutney (Recipe follows)	2 cups

## **Method**

1. Place the potatoes in a pot of salted water. Bring to a boil and cook until tender. Drain and return to the pot over low heat until no more steam rises from the potatoes.
2. Purée the potatoes through a potato ricer or a food mill into a mixing bowl, allow to cool, and reserve.
3. Heat the oil or ghee in a skillet over medium heat. Add the dry red chiles, curry leaves, urad dal, and mustard seeds and cook until the mustard seeds begin to pop.
4. Add the onions, ginger, chiles, and turmeric and sauté, stirring frequently, until the onions begin to brown.
5. Add the onion mixture and cilantro to the potatoes and mix to combine. Season with salt to taste. Let the mixture cool to room temperature. Reserve.
6. Heat the oil in a pot or a deep fryer to 350°F.
7. For the batter, in a mixing bowl, combine the chickpea flour, cayenne, asafetida, and salt. Add enough water to form a thick batter. Reserve.

8. Using a scoop or your hands, shape the potato mixture into 1-inch balls. Dip the potato balls in the batter. Fry in the preheated oil until pale brown. Remove and drain on paper towels.
9. Serve the potato balls on a heated platter, accompanied by the chutney.



# CILANTRO AND CASHEW CHUTNEY

*Yield: 2 Cups*

<b>Ingredients</b>	<b>Amounts</b>
Cilantro, bunch, washed, trimmed	1 ea.
Jalapeño or serrano chile, with seeds	1 ea.
Lemon juice	2 Tbsp.
Cashew nuts, unsalted	½ cup
Ground cumin	½ tsp.
Plain yogurt	½ cup
Salt, kosher	1 tsp.
Ground black pepper	1 tsp.

## **Method**

1. In a blender, place all the ingredients and purée to a fine paste.
2. Add more yogurt if necessary to facilitate blending.
3. Adjust the seasonings to taste.
4. Serve the chutney in a chilled bowl.

**Note:** The bright green color dulls quickly, so prepare and use right away. The flavor is not as affected.

# BASMATI RICE PILAF

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Basmati rice	1 $\frac{1}{3}$ cups
Ghee	2 Tbsp.
Shallots, minced	2 Tbsp.
Water, hot	1 $\frac{3}{4}$ - 2 $\frac{1}{4}$ cups
Salt, kosher	as needed
Ground black pepper	as needed

## **Method**

1. Rinse the rice under cold water in a strainer until the water runs clear, if desired. Drain the rice well before using.
2. Heat the ghee in a heavy-gauge pot over medium heat. Add the shallots and sweat, stirring frequently, until translucent, 5 to 6 minutes.
3. Add the rice and sauté, stirring frequently, until coated with the ghee and heated through, 2 to 3 minutes.
4. Add the heated water to the rice. Bring to a simmer, stirring the rice to prevent it from clumping together or sticking to the bottom of the pot.
5. Season with salt and pepper to taste. Cover the pot and bring to a simmer. Cook until the grains are tender to the bite and have absorbed all liquid, 15 to 20 minutes. Allow the rice to rest for 10 minutes.
6. Fluff the rice with a fork and serve in a heated bowl.

# TANDOORI CHICKEN

*Yields: 6 - 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Chickens, whole, 3 lb.	2 ea.
Salt, kosher	as needed
Lemon juice	2 Tbsp.
Garam masala	1 Tbsp.
Cayenne pepper	1 tsp.
Turmeric powder	1 tsp.
Ground cumin	1 Tbsp.
Ground coriander	2 tsp.
Ground ginger	½ Tbsp.
Garlic, finely chopped	2 tsp.
Plain yogurt	3 cups
Green lettuce leaves	½ head
Vegetable oil	2 Tbsp.
Onions, diced	2 ea.
Tomatoes, diced	3 ea.
Salt, kosher	to taste
Ground black pepper	to taste
Cilantro, chopped	½ cup
Lemon, cut into wedges	1 ea.

## **Method**

1. Drain the yogurt through cheesecloth. Set it aside.
2. Fabricate the chicken into 10 pieces (see chef demo). Rinse and pat dry. Make 2 slits into the flesh of each piece.
3. Place the chicken in a mixing bowl. Add the salt, lemon juice, garam masala, cayenne, turmeric, cumin, coriander, ginger, and garlic. Toss to coat evenly.
4. Add the yogurt and mix to coat evenly. Cover and marinate the chicken, refrigerated, for at least two hours or up to one day.
5. Preheat an oven to 450°F.
6. Place the marinated chicken on a wire rack on a baking sheet. Bake in the preheated oven until cooked through, 30 to 45 minutes.
7. Heat the oil in a wok or large skillet over medium-high heat. Add the onions and stir-fry until lightly browned.
8. Add the tomatoes and continue to stir-fry for another minute. Season with salt and pepper to taste. Add the cilantro and toss to combine.
9. Arrange the lettuce leaves on a serving platter. Place the onion mixture on the lettuce. Top with the roasted chicken. Serve with the lemon wedges.

# ROMAINE LETTUCE WITH JAPANESE SALAD DRESSING

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Romaine lettuce	2 ea.
Carrots, chopped	1/2 cup
Onions, chopped	1/4 cup
Celery, chopped	1/4 cup
Orange, juice and pulp, peeled, deseeded	1/4 ea.
Ginger, minced	2 tsp.
Light soy sauce	2 tsp.
Ketchup	2 tsp.
Rice vinegar, unseasoned	1 Tbsp.
Sugar, granulated	1/2 tsp.
Vegetable oil	1/4 cup
Salt, kosher	to taste

## **Method**

1. Cut the lettuce into 2-inch pieces. Rinse and dry thoroughly. Set it aside.
2. For the dressing, in a blender, place the carrots, onions, celery, orange juice, ginger, soy sauce, ketchup, vinegar, sugar, oil, and salt. Purée until very smooth.
3. Just before service, toss the lettuce with the dressing.

# MISO SOUP

*Yield: 2 Quarts*

<b>Ingredients</b>	<b>Amounts</b>
Dried wakame seaweed	½ wt. oz.
Dashi (Recipe follows)	2 qt.
Miso paste	¾ cup
Silken firm tofu, small diced	½ lb.
Green onions, thinly sliced on bias	4 ea.

## **Method**

1. Soak the wakame in cold water to re-hydrate. Drain well. Trim off the tough parts and discard. Chop the remaining seaweed into ½-inch pieces and set aside.
2. Heat the dashi in a saucepot over medium heat.
3. Combine the miso paste with one cup of the hot dashi. Add this mixture to the remaining hot dashi.
4. Heat to maintain just a bare simmer - do not allow the soup to boil.
5. When ready to serve, add the wakame, tofu, and green onions to the soup.
6. Serve in a heated serving bowl.

# DASHI

*Yield: 2 Quarts*

<b>Ingredients</b>	<b>Amounts</b>
Kombu (sea kelp), 3-inch square	1 ea.
Water, cold	2 qt.
Dried bonito flakes (Katsuobushi)	2 cups

## **Method**

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

**Note:** Strained solids can be used for secondary dashi.

# SUSHI

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Nori sheets	6 ea.
Hand Vinegar (Recipe follows)	1x recipe
Sushi Rice (Recipe follows)	1x recipe
Wasabi	as needed
Crabmeat	1 lb.
Avocado, julienned	2 ea.
Cucumber, peeled, de-seeded, julienned	1 ea.
Shrimp, 21/25, peeled, deveined, cooked, cooled, and butterflied	½ lb.
Soy sauce	as needed
Pickled ginger	as needed

## **Method:**

1. For the maki (roll), just before rolling the sushi, toast the nori seaweed very briefly by passing over a flame.
2. For each roll, place a toasted nori sheet, shiny side down, on a bamboo mat that is wrapped in plastic. Using whole sheets or half sheets will determine the size of the final roll.
3. Moisten your hands with "hand-vinegar" and spread about 1 to 1 ½ cups of sushi rice over the sheet of nori leaving about ½ inch of nori showing on top. The rice thickness should be between ⅛ and ¼ inch but do not pack it down since the rice will be compressed when it is rolled.
4. With your index finger, smear a thin line of wasabi across the rice.
5. Lay a portion of the crabmeat, avocado, and cucumber along the wasabi line. Make sure that the distribution is even so that roll will not be lumpy.
6. Roll the ingredients in the bamboo mat (see chef for demonstration), brush the exposed strip of nori with rice vinegar, and press to seal. Repeat with the remaining nori, rice, avocado, cucumber, and crabmeat.
7. Cut the rolls in half, then align the cut halves parallel to each other. Cut those halves in half – now yielding four pieces. Do not rearrange yet, cut those 2 groups of rolls in two – there will be eight pieces, the most common size.
8. Serve accompanied by a small dish of soy sauce and the pickled ginger.
9. For the nigiri (finger), dip your fingers into "hand-vinegar" and rub your palms together. Pick up about 1 ½ tablespoons of the sushi rice and shape into a roughly rectangular form (or "finger") about 1 ½ x ¾ inches (4 x 2 cm).
10. Place the rice across the first joint of the fingers of one hand (the right hand for right-handed people) and form roughly by clenching that hand. With index and middle fingers of right hand, press and form rice into a more defined and firm shape turning rice over so

that all sides receive equal pressure. Do not squash or mash the rice (see chef for demonstration).

1. Smear a dab of wasabi in the center of a piece of shrimp and press the shrimp and rice "finger" together. The fish should cover the top of the "finger."
2. Serve accompanied by a small dish of soy sauce and the pickled ginger.



# HAND VINEGAR

*Yield: 1 Cup*

<b>Ingredients</b>	<b>Amounts</b>
Water, cold	1 cup
Unseasoned Japanese rice vinegar or 1 sliced lemon	1 Tbsp.

**Method:**

Combine the ingredients and have ready on your workstation station for assembly.

**Note:** This mixture is used to prevent the rice from sticking to your hands. The hands are dipped in the water then slapped together – an effective and theatrical way to remove the excess water.

# SUSHI RICE

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Short-grain rice, washed gently until water runs semi-clear	2 cups
Water	2 ¼ cups
Kombu (dried kelp) 3-inch square	1 ea.
<b>Dressing</b>	
Sugar, granulated	5 Tbsp.
Salt, kosher	4 tsp.
Unseasoned Japanese rice vinegar	5 Tbsp.

## **Method**

1. Soak the rice in cold water for 30 minutes. Drain and rinse until the water runs clear and the excess starch has been removed
2. Put the rice in a heavy-bottomed, medium-sized pot or rice cooker and add the water.
3. Wipe the kombu clean with a damp cloth and score it to release the flavors. Place it on top of the rice in water.
4. Cover and place over medium heat or turn on the rice cooker. Just before the water boils, remove the kelp and discard. Cover tightly and bring to boil over high heat for 2 minutes.
5. Reduce the heat to medium and cook for 5 minutes.
6. Reduce the heat again to very low and cook until all water has been absorbed, about 15 minutes. Remove from the heat and let stand, with the pot lid wrapped in a kitchen towel, for 10 to 15 minutes.
7. To prepare the vinegar dressing, dissolve the sugar and salt in the vinegar over low heat. Cool to room temperature.
8. To "toss" the rice, use a flat wooden spoon or proper rice paddle. Spread the hot rice in a thin layer in a wide and shallow wooden or metal bowl, a convenient substitute for a hangiri tub. To keep the grains separate, toss the rice with horizontal, cutting strokes. This lateral motion will also keep the grains from being bruised or mashed.
9. While tossing, sprinkle the vinegar dressing generously over the rice. You may not have to use all the dressing. Be careful not to add so much liquid that the rice becomes mushy.
10. While tossing the rice, cool it quickly and thoroughly with a fan. The tossing and fanning takes about 10 minutes.
11. Cover the vinegared rice with a damp cloth to keep it from drying out.

# BEEF TERIYAKI WITH DAIKON RICE

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Light soy sauce	1 cup
Sake	1 cup
Mirin wine	$\frac{3}{4}$ cup
Sugar, granulated	$\frac{1}{2}$ cup
Apple, grated	$\frac{1}{2}$ cup
Beef skirt steak	2 lb.
Carrots, julienne	3 ea.
Broccoli, head, small florets	1 ea.
Vegetable oil	$\frac{1}{4}$ cup
Shitake mushrooms, sliced	12 ea.
Bean sprouts	1 lb.
Sea salt or kosher salt	$\frac{1}{2}$ Tbsp.
Ground black pepper	to taste
Sugar, granulated	to taste
Daikon Rice (Recipe follows)	1x recipe

## **Method**

1. For the marinade, in a saucepan, place the soy sauce, sake, mirin, and sugar. Stir to combine. Bring to a boil.
2. Add the grated apple and cook to reduce the liquid slightly. The flavor should be sweet and salty. Set it aside and let it cool.
3. Cut the skirt steak into 2- to 3-oz. portions. Place in a mixing bowl. Add enough of the marinade to coat the meat well. Reserve the remaining marinade for use as a sauce.
4. Bring a large pot of salted water to a boil. Add the carrots and blanch (par-cook). Remove the carrots from the pot and place into a large bowl of ice water to "shock" the carrots and stop the cooking process. Set it aside.
5. Repeat the process with the broccoli, blanching the florets until they are vibrant green in color, then shocking in ice water. Combine the broccoli with the carrots and set aside.
6. Preheat a gas grill to medium-high. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
7. Grill the marinated steaks until browned and caramelized, making sure not to burn the marinade. Set it aside.

8. Heat the oil in a wok or skillet over medium-high heat. Add the mushrooms and stir-fry until tender.
9. Add the blanched carrots and broccoli and continue to stir-fry until heated through.
10. Add the bean sprouts and toss to lightly cook. Season with salt, pepper, and sugar to taste.
11. Cut the steaks and serve over the vegetables surrounded by some of the reserved teriyaki sauce and accompanied by the rice.

# DAIKON RICE

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Daikon radish, medium diced	2 cups
Salt, kosher	1 tsp.
Japanese short-grain rice	3 cups
Water	3 cups
Mirin wine	2 Tbsp.
Bonito flakes	¼ cup

## **Method**

1. Combine the daikon with the salt and let it sit in a colander for 30 minutes. Gently squeeze out any excess moisture.
2. In a saucepot, place the daikon with the rice, water, and mirin. Stir to combine. Bring to a boil, stirring once or twice.
3. Reduce the heat to very low, cover with a tight-fitting lid, and steam until the rice is done, about 16 minutes.
4. Remove the pot from the heat. Let the rice rest for 10 minutes.
5. Open the lid and carefully fluff the rice.
6. Serve in a heated bowl, garnished with the bonito flakes.

# DAY FIVE

## TEAM PRODUCTION ASSIGNMENTS:

### GLOBAL STREET FOODS

#### TEAM ONE

Udon Noodle Pot  
Jamaican Chicken Patties  
French Fried Potatoes with Aioli  
Spanakopita

#### TEAM TWO

Pho Ga  
Lamb Köfte Kebab, Adana Style  
Arepas con Queso  
Arrancini

#### TEAM THREE

Crispy Scallion Pancakes with Dipping Sauce  
Vegetable Samosas  
Sweet and Savory Crêpes  
Sicilian Pistachio Gelato

#### TEAM FOUR

Stuffed Roti Bread  
Shrimp Fritters Guadeloupe  
Yakitori  
Falafel with Tzatziki Sauce

# UDON NOODLE POT

Yield: 2 Quarts

Ingredients	Amounts
Dried udon noodles	2 lb.
Dashi (Recipe follows)	2 qt.
Light soy sauce	½ cup
Mirin wine	2 Tbsp.
Littleneck clams, scrubbed well	12 ea.
Shiitake mushrooms caps, stems removed	12 ea.
Napa cabbage leaves, rinsed and dried	12 ea.
Carrots, cut into thin rounds	2 cups
Snow peas, strings removed	½ lb.
Chicken thighs, boneless and skinless, trimmed and cut into thin strips	½ lb.
Shrimp, peeled and deveined	12 ea.
Green onions, sliced very thin on bias	4 ea.

## Method

1. Cook the noodles in rapidly boiling, salted water until *al dente* (firm to the bite). Shock in cold water; drain, and reserve.
2. In a saucepot, heat the dashi, soy sauce, and mirin, bringing it to just under a simmer.
3. In a separate saucepot, combine a small amount of the heated dashi mixture with the clams, shiitakes, cabbage, carrots, and snow peas. Cook until the clams start to open.
4. Add the chicken and shrimp and cook until the shrimp is pink and the chicken is cooked, about 2 minutes.
5. Re-heat the noodles in boiling water.
6. Arrange the hot noodles in individual heated serving bowls. Top with the cooked seafood and chicken mixture. Pour enough hot dashi mixture over the noodles to barely submerge them.
7. Serve hot, garnished with the sliced green onions.

# DASHI

*Yield: 2 Quarts*

<b>Ingredients</b>	<b>Amounts</b>
Kombu (sea kelp), 3-inch square	1 ea.
Water, cold	2 qt.
Dried bonito flakes (Katsuobushi)	2 cups

## **Method**

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

**Note:** Strained solids can be used for secondary dashi.



# JAMAICAN CHICKEN PATTIES

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
<b><i>Dough</i></b>	
All-purpose flour	3 ½ cups
Ground turmeric	1 tsp.
Salt, kosher	2 tsp.
Baking powder	1 tsp.
Butter, unsalted, softened	½ lb.
Water, cold	as needed
<b><i>Filling</i></b>	
Extra virgin olive oil	2 Tbsp.
Onion, chopped	1 ½ cups
Garlic cloves, chopped	3 ea.
Jalapeño, chopped	2 ea.
Ground chicken	1 lb.
Tomatoes, chopped	1 cup
Thyme sprigs	4 ea.
Cilantro, chopped	⅓ bu.
Ground cumin	2 tsp.
Ground allspice	1 tsp.
Salt, kosher	1 ½ tsp.
Ground black pepper	¾ tsp.
Chicken stock	1 cup
Eggs, beaten	2 ea.

## **Method**

1. For the dough, in a mixing bowl, sift together the flour, turmeric, salt, and baking powder.
2. Add the butter and mix using a wooden spoon until well combined.
3. Add the water 2 tablespoons at a time, mixing with a wooden spoon, until a smooth dough forms.
4. Wrap the dough and refrigerate for 1 hour.
5. For the filling, heat the oil in a sauté pan over medium-high heat. Add the onions, garlic, and jalapeños and sauté until soft.
6. Add the chicken, tomatoes, thyme, cilantro, cumin, allspice, salt, and pepper. Cook until the chicken is lightly browned.
7. Add the stock and cook until the liquid has evaporated, about 20 minutes. Remove from the heat. Cool and reserve.
8. Preheat an oven to 400°F.

9. To form the patties, roll out the dough on a lightly floured surface or between two sheets of parchment paper. Cut the dough into 4-inch circles. Gather the scraps, re-roll, and cut again.
10. Brush ½ of a side of the dough with the egg. Place 2 tablespoons of chicken mixture in the middle of each round. Fold the dough over so that a dry side and a side with egg meet. Crimp the edge with a fork. Brush the top of the patties with beaten eggs.
11. Bake in the preheated oven until the patties are golden brown, about 20 minutes.
12. Serve on a heated platter.

# FRENCH FRIED POTATOES WITH AÏOLI

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Russet potatoes	2 ½ lb.
Vegetable oil, for deep frying	as needed
Salt, kosher	to taste
Aïoli (Recipe follows)	1x recipe

## **Method**

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

# AÏOLI

*Yield: 2 Cups*

<b>Ingredients</b>	<b>Amounts</b>
Egg yolk, pasteurized	1 ea.
Garlic, mashed to a paste	1 ¼ tsp.
White wine vinegar	1 Tbsp.
Water	½ Tbsp.
Dry mustard	½ tsp.
Vegetable oil	1 cup
Extra virgin olive oil	½ cup
Salt, kosher	to taste
Ground black pepper	to taste
Lemon juice	to taste

## **Method**

1. In a bowl, place the egg yolk, garlic, vinegar, water, and mustard. Mix well with a balloon whip until the mixture is slightly foamy.
2. Gradually add the vegetable and olive oils in a thin stream, constantly beating with the whip, until they are incorporated, and the mayonnaise is thick.
3. Season with salt, pepper, and lemon juice to taste.
4. Refrigerate until ready to serve.

# SPANAKOPITA

*Yield: 32 Pieces*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	2 Tbsp.
Shallots, minced	½ cup
Garlic, minced	2 Tbsp.
Spinach, cleaned, stems removed, chopped	¾ lb.
Nutmeg, freshly grated	1 tsp.
Dill, chopped	1 Tbsp.
Egg, beaten	1 ea.
Feta cheese, crumbled	1 cup
Mozzarella cheese, grated	½ cup
Salt, kosher	1 tsp.
Ground black pepper	½ tsp.
Phyllo dough	12 sheets
Butter, unsalted, melted	1 ½ cups

## **Method**

1. Preheat an oven to 400°F.
2. Melt the butter in a sauté pan over medium heat until it starts to bubble. Add the shallots and garlic and sauté until translucent.
3. Add the spinach, nutmeg, and dill and sauté gently until the spinach is wilted, 1 to 2 minutes. Transfer the spinach mixture to a stainless-steel bowl and cool to room temperature.
4. Add the egg and cheeses. Mix to combine. Season with salt and pepper to taste. Cover the filling and refrigerate until needed.
5. Lay 1 sheet of phyllo dough on a cutting board. Brush lightly with melted butter. Place another sheet of phyllo dough directly onto the buttered sheet and brush it lightly with butter. Repeat for a third time to form a stack of 3 sheets. Repeat the process with the remaining sheets to make a total of 4 stacks.
6. Cut each stack of the phyllo dough lengthwise into 6 even strips. Spoon 1 teaspoon of spinach filling onto the bottom right corner of each strip. Fold the bottom right corner of a strip diagonally to the left side of the strip to create a triangle of dough encasing the filling. Fold the bottom left point of the dough up along the left side of the dough to seal in the filling.
7. Fold the bottom left corner of the dough diagonally to the right side of the dough to form a triangle. Fold the bottom right point up along the right edge of the dough. Repeat until the end of the strip is reached and you have a triangle of layered phyllo dough with the filling wrapped inside. Repeat with each strip.

8. Put the phyllo triangles on parchment-lined baking sheets and brush each with melted butter.
9. Bake in the preheated oven until golden brown, 15 to 20 minutes.
10. Serve on a heated platter.

# PHO GA

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken bones, cut into 3-inch pieces	3 lb.
Ginger, 4-inch piece	1 ea.
Onions, peeled, cut in half	2 ea.
Star anise, lightly toasted	6 ea.
Cloves, lightly toasted	6 ea.
Cardamom pods	3 - 4 ea.
Fennel seeds	1 tsp.
Cinnamon stick	1 ea.
Black peppercorns	1 tsp.
Whole chicken, split in half, 3 ½ lb.	1 ea.
Fish sauce	¼ cup
Sugar, granulated	2 Tbsp.
Salt, kosher	1 Tbsp.
Dried rice sticks, 1/16-inch wide	1 lb.
Onion, thinly sliced	¾ cup
Green onion, thinly sliced	⅓ cup
Cilantro, chopped	⅓ cup
Bean sprouts	5 cups
Asian basil sprigs	20 ea.
Saw-leaf herb leaves (Optional)	12 ea.
Thai bird's eye chiles, deseeded and thinly sliced	3 ea.
Limes, cut into 6 wedges	1 ea.
Fish sauce	to taste
Ground black pepper	to taste

## **Method**

1. For the broth, rinse the chicken bones and place in a stockpot. Add 2 ½ gallons of water and bring to a boil. Skim the surface as necessary.
2. Cut the ginger in half lengthwise and bruise with the flat side of a knife. Char the ginger and onions over an open flame or under the broiler, about 3 to 4 minutes. Reserve.
3. Place the star anise, cloves, cardamom pods, fennel seeds, cinnamon, and peppercorns in a cheesecloth or spice bag and set aside.

4. After the bones have been simmering for one hour, add the chicken halves, return the liquid to a simmer, and skim the surface as necessary. Add the charred ginger, onions, fish sauce, sugar, and salt. Simmer until the chicken is just cooked through, about 30 minutes. Remove the chicken, but not the chicken bones, and set aside to cool.
5. Add the spice bag to the pot and cook the broth for another hour. Remove and discard the spice bag. Strain the stock, discarding the solids; return the liquid to a clean pot. Adjust the seasoning and keep warm.
6. Remove the skin from the reserved chicken and discard. Hand-shred half of the chicken into bite-sized strips and reserve. (Save the other half for another use. You don't need much to garnish pho, but you do need a whole chicken to make a good broth.)
7. For the noodles, soak the rice sticks in cold water for 30 minutes. Bring a large pot of water to a boil over high heat. Add the rice sticks and boil until soft but still resilient, 2 to 3 minutes. Drain and reserve.
8. Place 1 cup of the cooked noodles into each hot serving bowl. (If noodles are not hot, reheat in a microwave or dip briefly in boiling water.) Place 2 tablespoons sliced yellow onions and  $\frac{1}{3}$  cup shredded chicken on top. Bring the broth back to a rolling boil, then ladle 1 cup into each bowl. Top with green onions and cilantro.
9. Serve accompanied by a platter of the beansprouts, fresh herbs, chiles, lime juice, fish sauce, and black pepper to allow guests to garnish their soup as desired.

Source: Adapted from a recipe by Mai Pham



## LAMB KÖFTE KEBAB, ADANA STYLE

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Ground lamb	1 ½ lb.
Breadcrumbs	¼ - ½ cup
Sour cream	¼ cup
Garlic cloves, minced	3 ea.
Flat-leaf parsley, chopped	⅔ cup
Salt, kosher	½ tsp.
Ground black pepper	¼ tsp.
Red pepper flakes	⅛ tsp.
Skewers (flat)	12 ea.
Lemons, cut into wedges	1 ea.

### **Method**

1. Preheat a gas grill to high. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
2. In a mixing bowl, place the ground lamb, breadcrumbs, sour cream, garlic, parsley, salt, pepper, and red pepper flakes. Mix to combine. Let it rest, refrigerated, for 15 minutes.
3. Form the ground lamb mixture into cylinders. Place onto oiled skewers.
4. Grill, turning as necessary to prevent the meat from burning, until cooked through.
5. Serve on a heated platter, accompanied by the lemon wedges.

# AREPAS CON QUESO

*Yield: 12 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Corn flour (masa harina)	2 cups
Baking powder	1 tsp.
Salt, kosher	1 tsp.
Water	2 cups
Queso fresco or blanco, shredded	1 cup

## **Method**

1. In a bowl, place the flour, baking powder, and salt. Mix to combine. Add enough water to form a stiff dough.
2. Mix in the cheese and let the dough rest for 10 minutes.
3. Form the dough into 3- to 4-inch balls. Flatten each dough ball until it is about ½-inch thick.
4. In a lightly greased skillet over medium heat, cook the arepas until they are golden brown and cooked through.
5. Serve on a heated platter.

# ARRANCINI

Yield: 30 Pieces

Ingredients	Amounts
Butter, unsalted	¼ cup
Onion, fine diced	2 Tbsp.
Arborio rice	2 ½ cups
Dry white wine	1 cup
Chicken stock, hot	4 cups
Parmesan cheese, grated	1 cup
Salt, kosher	to taste
Fontina cheese, cut into 30 ¼-inch cubes	1 lb.
All-purpose flour	1 cup
Eggs, beaten	2 ea.
Water or milk	2 Tbsp.
Breadcrumbs	1 cup
Vegetable oil, for deep-frying	as needed

## Method

1. For the risotto, heat the butter in a pan over medium heat. Add the onions and sauté until translucent.
2. Add the rice and toss to coat with the butter.
3. Add the wine, reduce the heat to low, and simmer until all the liquid is absorbed.
4. Add the chicken stock in three increments. Stir constantly until all the stock has been absorbed and the rice is *al dente* (firm to the bite), about 18 minutes.
5. Add the Parmesan cheese. Season with salt to taste.
6. Transfer the risotto to a baking sheet and spread in an even layer. Cool completely.
7. Divide the chilled risotto into 30 portions and shape into balls. Make an indent with your thumb in each portion, place a small cube of the fontina cheese into the indent, and mold the risotto around the cheese.
8. Dredge (coat) the croquettes in flour, shaking off the excess.
9. Whisk the milk or water with the eggs to form an egg wash. Dip the dredged croquettes in the egg wash, then roll in the breadcrumbs.
10. Heat the oil in a pot or deep fryer to 350°F. Deep-fry the risotto croquettes in the oil until golden brown. Remove from the oil and place onto a wire rack to drain.
11. Serve hot on a heated platter.

**Note:** For best results, prepare the risotto a day in advance. Other fillings like sausage, seafood, vegetables, or toasted almonds. can be substituted for the Fontina,

# CRISPY SCALLION PANCAKES WITH DIPPING SAUCE

*Yield: 24 Pieces*

<b>Ingredients</b>	<b>Amounts</b>
All-purpose flour	5 $\frac{2}{3}$ cups
Water, boiling	3 cups
Soy sauce	1 cup
Green onions	1 cup
Chinese vinegar	1 cup
Ginger, minced	2 Tbsp.
Garlic, minced	1 tsp.
Sugar, granulated	4 tsp.
Dark sesame oil	2 Tbsp.
Salt, kosher	to taste
Ground black pepper	to taste
Green onions, sliced	3 cups
Peanut oil	1 $\frac{3}{4}$ cups

## **Method**

1. For the dough, sift the flour into a mixing bowl. Add enough water to form a dough. Knead for 5 minutes. Cover the dough and set aside for 20 minutes at room temperature to rest.
2. For the dipping sauce, in a medium bowl, place the soy sauce, Scallions, vinegar, ginger, garlic, and sugar. Mix well. Reserve.
3. Divide the dough into 6 parts, then roll each into a thin rectangle. Brush each rectangle with a small amount of sesame oil and season with salt and pepper.
4. Cover each rectangle with a layer of sliced green onions and roll up like a jelly roll. Once rolled, take one end and roll into a spiral coil. Roll this spiral shape flat into a pancake. (This rolling technique gives the dough a design and lightness.)
5. Pan-fry the pancakes in peanut oil over medium-heat heat until crispy. Drain well. Cut each pancake into quarters and keep warm until ready to serve.
6. Serve on a heated platter, accompanied by the dipping sauce.

# VEGETABLE SAMOSAS

*Yield: 16 Samosas*

<b>Ingredients</b>	<b>Amounts</b>
All-purpose flour	2 cups
Salt, kosher	½ tsp.
Vegetable oil	2 Tbsp.
Water	2 Tbsp.
Vegetable oil	3 Tbsp.
Coriander seeds	½ tsp.
Cumin seeds	1 tsp.
Onion, medium, minced	1 ea.
Ginger, 1-inch piece, peeled, minced	1 ea.
Jalapeño, minced	1 ea.
Cayenne pepper	1 tsp.
Chef's potatoes, large, boiled and peeled	4 ea.
Green peas, frozen, thawed	½ cup
Salt, kosher	to taste
Cilantro, chopped	1 Tbsp.
All-purpose flour	¼ cup
Water	2 Tbsp.
Vegetable oil, for deep frying	as needed

## **Method**

1. For the dough, sift the flour and salt together in mixing bowl. Add the oil and enough water to form a soft pliable dough. Knead for 10 minutes. Lightly coat the ball with oil. Cover and set aside for 30 minutes to rest.
2. Knead the dough again, then divide it into 8 balls. On a lightly floured surface, roll each ball into a 7-inch circle. Cut the circle in half. Cover with a damp towel.
3. To prepare the filling, heat the oil in a medium-sized saucepan or skillet over medium heat. Add the coriander and cumin seeds. When they become very aromatic, add the onions, ginger, and jalapeño. Sauté until the onions have browned, then stir in the cayenne. Cook for another minute. Remove from the heat and allow to cool.
4. Crumble the boiled potatoes into a mixing bowl. Stir in the peas and spice mixture and adjust seasonings to taste. Add the cilantro and mix well. The filling should be lumpy.
5. To assemble the samosas, prepare a paste by combining the flour and water. Place about 1 tablespoon of filling (depending on the size of the wrapper) in one corner of the wrapper. Brush the two edges closest to the filling with the paste. Fold the wrapper to form a triangle around the filling pressing the dry edges of the wrapper together with the edges with the paste to seal.
6. Heat the oil in a pot or deep fryer to 375°F. Deep-fry the samosas in the oil until golden brown. Remove and drain on a wire rack. Serve hot on a heated platter.

# SWEET AND SAVORY CRÊPES

*Yield: 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
All-purpose flour	2 cups
Sugar, granulated (Optional)	¼ cup
Salt, kosher	½ tsp.
Milk	2 cups
Eggs	2 ea.
Butter, unsalted, melted	1 Tbsp.
Vanilla extract (Optional)	1 tsp.
Butter, unsalted, melted	as needed
<b><i>Savory Fillings</i></b>	
Ham, small diced	as needed
Cheese, Cheddar, grated	as needed
Tomato, beefsteak, small diced	as needed
Mushroom, white, small diced	as needed
Onion, yellow, small diced	as needed
Smoked salmon, small diced	as needed
<b><i>Sweet Fillings</i></b>	
Jam, fruit	as needed
Applesauce	as needed
Chocolate sauce	as needed
Nutella	as needed
Strawberries, sliced	as needed

## **Method**

1. In a mixing bowl, sift together the flour, sugar (if using), and salt. Make a well in the center of the flour mixture.
2. In a separate mixing bowl, whisk together the milk, eggs, butter, and vanilla (if using).
3. Pour the milk mixture into the well of the flour mixture and stir by hand just until the batter is smooth. Let the batter rest, refrigerated, for at least 1 hour before preparing the crepes.
4. Heat a crêpe pan or small, non-stick skillet over medium heat. Brush with melted butter. Pour about ¼ cup batter into the pan. Immediately swirl and tilt the pan to evenly coat the bottom with the batter. Cook until the first side is set and has a little color, about 2 minutes. Adjust the temperature if necessary.

5. Use a heat-proof rubber spatula to lift and flip the crêpe. Cook on the second side until the crêpe is cooked through, about 1 more minute. Remove and place onto a plate. Repeat the process with the remaining batter.
6. Fill each crêpe with a few tablespoons of the desired filling. Roll or fold as desired.
7. Serve the crêpes on a heated platter.

**Note:** To prepare a savory crêpe, omit the sugar and vanilla.

# SICILIAN PISTACHIO GELATO

*Yield: 2 ¾ Pounds*

<b>Ingredients</b>	<b>Amounts</b>
Milk	3 ¾ cups
Sugar, granulated (Divided)	1 cup
Egg yolks	3 wt. oz.
Pistachio paste, pure, unsweetened	4 ½ wt. oz.
Salt, kosher	¼ tsp.

## **Method**

1. Place the milk in a saucepot with half of the sugar. Place the saucepot over high heat and stir for 1 minute to begin dissolving the sugar. Bring the mixture to a boil.
2. Place the egg yolks and the remaining sugar in a bowl and whisk until well combined.
3. Once the milk mixture comes to a boil, slowly pour half of it into the egg yolk and sugar mixture, whisking constantly. This process, known as tempering, will help to gradually increase the temperature of the eggs and will help to prevent them from curdling.
4. Pour the tempered mixture back into the saucepot while whisking constantly and reduce the heat to medium or medium-low.
5. Whisk constantly until the mixture reaches 170°F. At this temperature the mixture will be nappé.
6. Add the pistachio paste and salt to the gelato base while the custard is still very hot. Whisk thoroughly to dissolve the paste.
7. Strain the base through a fine-mesh strainer and cool over an ice bath. Age the base overnight in the refrigerator.
8. Once the base has aged, churn to the desired consistency according to the manufacturer's instructions. Harden in the freezer for at least 2 hours.

**Notes:** If pistachio paste is unavailable, use unsweetened, unsalted pistachios. Shell, blanch, and purée or grind the pistachios to a paste. Sicilian pistachios are arguably the highest-quality pistachios available on account of their flavor, texture, and intense green flavor.



# STUFFED ROTI BREAD

*Yield: 10 Portions*

<b>Ingredients</b>	<b>Amounts</b>
All-purpose flour	4 ½ cups
Baking powder	1 ½ Tbsp.
Salt, kosher	1 ½ tsp.
Lard	4 ½ Tbsp.
Water	as needed
Yellow split peas	1 cup
Ground cumin	1 ½ Tbsp.
Curry powder	1 ½ Tbsp.
Garlic powder	1 ½ Tbsp.
Salt, kosher	to taste
Hot sauce	to taste
Vegetable shortening or butter	4 Tbsp.
Vegetable oil, for cooking	as needed

## **Method**

1. For the dough, in a mixing bowl, place the flour, baking powder, and salt. Mix to combine.
2. Add the lard and stir with a wooden spoon until thoroughly combined.
3. Add the water, 2 tablespoons at a time, stirring between additions, until a soft dough forms. Cover and let rest for about 15 minutes.
4. For the split-pea filling, par-cook the split peas in water until they are halfway done, then drain and set aside to cool.
5. In a food processor, place the split peas, cumin, curry powder, and garlic powder. Season to taste with salt and hot sauce. The filling should be slightly over-seasoned so the final dish has the appropriate flavor. Purée until very smooth. Reserve.
6. Divide the dough into 10 pieces. Roll out each piece of dough into a rectangle on a lightly floured surface or between two pieces of parchment paper.
7. Spread each piece with about 1 teaspoon of shortening or butter, then spread with the split pea mixture. Roll into a cylinder like a jelly roll. Take the cylinder and coil like a snake. Roll the coils into the desired size.
8. Heat the oil in a skillet. Cook the roti in the oil until lightly browned and cooked through. Drain on absorbent paper towels. Serve on a heated platter.

# SHRIMP FRITTERS GUADELOUPE

*Yield: 10 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Shrimp, shelled, deveined, chopped	1 ½ lb.
Flat-leaf parsley, finely chopped	4 Tbsp.
Chives, finely chopped	3 Tbsp.
Fresh breadcrumbs	4 - 5 Tbsp.
Onion, grated	1 ½ Tbsp.
Curry powder	1 ½ Tbsp.
Salt, kosher	to taste
Cayenne or red pepper	½ tsp.
Dijon mustard	⅓ cup
Breadcrumbs	¾ cup
Eggs, beaten with 2 tsp. peanut oil	2 ea.
Vegetable oil, for deep frying	as needed

## **Method**

1. In a bowl, place the shrimp with the parsley, chives, breadcrumbs, onions, curry powder, salt, cayenne, and mustard. Mix to combine.
2. Shape the mixture into walnut-size balls.
3. Roll the balls in breadcrumbs, then in beaten egg, and again in breadcrumbs. Chill in the refrigerator.
4. Heat the oil in a pot or deep fryer to 365°F. Fry the fritters in the hot oil until golden brown. Drain on absorbent paper.
5. Serve the fritters immediately on a heated platter.

Source: Adapted from *Caribbean Cookbook* by Juliette Hamelecourt

# YAKITORI

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken leg meat, boneless, skinless	2 lb.
Chicken livers	$\frac{3}{4}$ lb.
Red bell peppers, 1-inch dice	8 ea.
Green onions, sliced 1-inch	5 ea.
Yakitori Sauce (Recipe follows)	3 $\frac{1}{3}$ cups
Wooden skewers, 8-inches soaked in cold water	as needed
Ground sansho pepper	as needed
Seven-Spice Mixture (Recipe follows)	as needed

## **Method**

1. Cut the chicken meat into 1-inch pieces and reserve.
2. Cut the livers in half and wash well. Drain and reserve.
3. Preheat a gas grill to high. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
4. Thread the ingredients on the skewers, alternating meat, liver, peppers, and onions.
5. Grill the skewers, turning occasionally, until the juices begin to flow out of the meat.
6. Brush with yakitori sauce or dip the skewers into the sauce and continue grilling. Baste or dip a second time. If you dip the skewers into the sauce, let the excess sauce drip off, so it does not drip into the grill and cause a flare up. Continue to grill just until the meat is cooked through.
7. Serve the yakitori on a heated platter, accompanied by little dishes of the sansho powder and Seven-Spice Mixture.

**Variation:** For oven-broiled yakitori, use your oven broiler instead of a charcoal fire. Cut the chicken in somewhat larger chunks, because broiler temperature is lower than charcoal and small pieces will become dry.

Source: *Japanese Cooking, A Simple Art* by Shizuo Tsuji

# YAKITORI SAUCE

*Yield: 3 1/3 Cups*

<b>Ingredients</b>	<b>Amounts</b>
Sake wine	1 1/4 cups
Mirin wine	1/2 cup
Sugar, granulated	3/4 cup
Dark soy sauce	2 cups
Tamari sauce	3 Tbsp.

## **Method**

1. In a medium-sized saucepan over low heat, place all the ingredients. Stir to combine. Simmer, stirring frequently, until the sugar dissolves, and the mixture is reduced to about 3 cups.
2. Remove from the heat, cool to room temperature, and strain.
3. Refrigerate in a tightly sealed bottle.

*Source: Japanese Cooking, A Simple Art, by Shizuo Tsuji*

## SEVEN-SPICE MIXTURE

*Yield: 7 Tablespoons*

<b>Ingredients</b>	<b>Amounts</b>
Sansho powder	1 Tbsp.
Nori (seaweed)	1 tsp.
Dry orange peel	1 Tbsp.
Chili powder	1 Tbsp.
Black sesame seeds	1 Tbsp.
White sesame seeds	1 Tbsp.
Garlic, minced	2 Tbsp.

### **Method**

Combine all the ingredients and reserve until needed.

# FALAFEL WITH TZATZIKI SAUCE

*Yield: 10 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Dried chickpeas, soaked overnight	2 ½ cups
Garlic cloves, minced	6 ea.
Flat-leaf parsley, bunch	1 ea.
Cayenne pepper	to taste
Salt, kosher	1 Tbsp.
Cumin, freshly ground (not toasted)	1 ½ tsp.
Coriander, freshly ground (not toasted)	1 ½ tsp.
Baking soda	⅛ tsp.
Vegetable oil	as needed
Pitas, halved	10 ea.
Iceberg lettuce, shredded	1 cup
Tomato, chopped	1 cup
Tzatziki Sauce (Recipe follows)	3 cups

## **Method**

1. For the falafel, drain the chickpeas. In a meat grinder, grind the chickpeas through a ¼-inch die.
2. Add the garlic, parsley, pepper, salt, cumin, coriander, and baking soda. Mix until well blended. Set the falafel mixture aside for 1 hour to rest.
3. Heat the oil in a pot or deep fryer to 350°F.
4. Form the falafel mixture into small patties. Working in batches, fry the patties until they are golden brown, turning as needed. Remove the falafels with a slotted spoon and transfer to a plate lined with paper towels.
5. Heat the pita bread until lightly warmed.
6. Serve the falafel on a platter with the warmed pita, lettuce, tomato, and tzatziki sauce.

# TZATZIKI SAUCE

*Yield: 3 Cups*

<b>Ingredients</b>	<b>Amounts</b>
English cucumbers, peeled, shredded	2 ea.
Salt, kosher	as needed
Garlic, chopped	2 tsp.
White wine vinegar	1 ½ Tbsp.
Extra virgin olive oil	3 Tbsp.
Plain non-fat yogurt	3 cups
Dried mint	2 Tbsp.
Mint, fresh, chopped	2 Tbsp.

## **Method**

1. If the cucumbers have a lot of seeds, slice lengthwise and remove. Shred the cucumbers.
2. Place the shredded cucumber in a colander and toss with a little salt. Set aside for 15 minutes or longer to draw out some of the liquid from the cucumbers.
3. In a serving bowl, place the garlic and 1 teaspoon of salt. Mash it to a paste.
4. Stir in the vinegar and the oil.
5. Add the yogurt and dried mint and mix well.
6. Rinse the salt from the cucumber, then pat dry with a kitchen towel. Fold them into the yogurt mixture.
7. Serve in a chilled bowl, garnished with fresh mint.

Source: Adapted from *The Mediterranean Diet* by Nancy Harmon Jenkins

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

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