



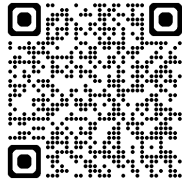
# Culinary Institute of America

## **ALMOND BOARD OF CALIFORNIA CHEF WORKSHOP**



The Culinary Institute of America at Copia, Napa, CA

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**The Culinary Institute of America**  
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Welcome to the CIA!

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

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

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

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

Wishing you all the best,

A handwritten signature in black ink that reads "David Kamen". The signature is written in a cursive style with a long, sweeping underline.

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

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

## EXPECTATIONS FOR PARTICIPANTS

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

## CIA UNIFORM POLICY

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

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

## Almond Board of California Chef Workshop

### Friday, September 20, 2024

Start Time	End Time	Topic	Faculty / Staff	Location
2:00 pm	3:00 pm	Welcome, Program Overview, Introductions, Activity Lecture	CIA Chef Rebecca Peizer	Private Dining Room 1 & 2
3:00 pm	6:00 pm	Hands-on Kitchen Activity	CIA Chef Rebecca Peizer	Hestan Teaching Kitchen Orange
6:00 pm	7:00 pm	Tasting from Production, Wrap-up Discussion	CIA Chef Rebecca Peizer	Hestan Teaching Kitchen Orange
7:00 pm		End of Day		

### Saturday, September 21, 2024

Start Time	End Time	Topic	Faculty / Staff	Location
8:00 am	9:00 pm	Review Kitchen Activities	CIA Chef Rebecca Peizer	Private Dining Room 1 & 2
9:00 am	12:00 pm	Hands-on Kitchen Activity	CIA Chef Rebecca Peizer	Hestan Teaching Kitchen Orange
12:00 pm	1:00 pm	Tasting from Production, Wrap-up Discussion	CIA Chef Rebecca Peizer	Hestan Teaching Kitchen Orange
1:30 pm		Program Concludes		

# DAY ONE:

## ALMONDS: EXPLORING TEXTURE, FLAVOR, HEALTH, AND NUTRITIONAL VALUE; BOUNDARY PUSHING IDEAS

### LEARNING OBJECTIVES

*By the end of this day, you should be able to ...*

- Understand the effect toasting has on almonds.
- Differentiate texture and mouthfeel of various almond products available.
- Describe in detail how almonds are a better choice of nut for health and nutrition needs.
- Explore the versatility of almonds in the bakeshop.
- Understand how almonds are used in cuisines around the world.
- Understand the value almonds can bring to menus and customer satisfaction.
- Describe how tannic compounds can be used to enhance flavor in baked goods.
- Apply acquired almond knowledge to the production of dishes utilizing almonds.
- Explore the idea of bridging flavors.

### LEARNING ACTIVITIES

Lecture and discussion  
Tasting of Almonds and Food Affinities  
Demonstrations  
Hands-on production and evaluation

### KEY TERMS

*Umami*  
*affinity*  
*tannin*  
*almond butter*  
*slivered*  
*blanched*  
*smoked*

*flavor*  
*aroma*  
*defatted*  
*almond meal*  
*toasted*  
*complexity*  
*mouthfeel*

*taste*  
*bitter*  
*astringency*  
*almond flour*  
*natural*  
*essential oil*  
*amygdalin*

## **INSTRUCTOR DEMONSTRATIONS**

Using Almonds in Assorted Pastries

## **LECTURE AND DISCUSSION TOPICS**

Almond Market Forms

Almond use in world cuisine

Value Use: More nutritional and versatile than more expensive nuts

Tasting Almonds and Flavor Affinities

Tannic, Bitter Compounds: Used to enhance flavor without adding sodium

How to use Almonds in Baking and Pastry

Using Almonds as an alternative



# ALMOND FORMS for EVERY FUNCTION



California almonds are one of the most popular snack ingredients and the number one nut globally for new product introductions in 2018.<sup>1</sup>



Available in more forms than any other tree nut, almonds are an essential ingredient with endless texture and flavor potential in product development across categories.



## WHOLE ALMONDS

Whole almonds are the most frequently consumed form when it comes to snacking.<sup>2</sup>

Add natural or roasted almonds to snack mixes, coat or enrobe them in on-trend flavors, or use whole almonds for added crunch and visual appeal in snack clusters, confectionery, or as an inclusion in bars. With whole almonds the options are limitless – blend them into dips or sauces, make fresh almond milk by soaking and straining, or slice and dice them into any of the other forms listed here.



## MEAL or FLOUR

Both made from ground almonds, almond flour is typically made from blanched almonds and is ground more finely than almond meal. The coarser almond meal will give your product a more pronounced mouthfeel and texture, whereas almond flour has a lighter texture.

Use almond meal as a coating for snack bites or to add crunch and texture to crusts, bars, and baked goods. Almond flour is a wholesome alternative to other flours and is suited for gluten-free baking, as a sauce thickener or a key ingredient in crackers, breads and cereals.



## DEFATTED ALMOND FLOUR

Defatted almond flour is simply finely ground almond flour from which a percentage of the oil has been removed. Depending on the amount removed, this process can decrease the amount of calories and fat per serving. This new form has an extra-fine texture and clean taste that allows for more versatility and less masking agents—letting other ingredients shine and contributing to a clean and gluten-free label. Use this flour to add density to bars, as a substitute in crusts, or as a binder.



## ALMOND BUTTER

84 percent of consumers agree that almond butter enhances the taste of other foods when used as an ingredient.<sup>3</sup>

Almond butter can work as a standalone spread or dip, as a layer, drizzle, or binder in bars, cookies, and bakery items, a thickener in beverages/smoothies and a filling or coating in confectionery products. Almond butter lends a clean label to formulations suited for all times of day.



## ALMOND MILK

New product introductions for dairy alternatives grew 13 percent in 2018.<sup>4</sup>

Almond milk's volume grew by more than 11 percent in 2018, more than it has over the past several years.<sup>4</sup>

Lactose-free, dairy-free, and free from cholesterol and saturated fat, almond milk can be sweetened, unsweetened, fortified or blended with other dairy alternatives. Almond milk is extremely versatile for carrying flavors in bottled coffee drinks and smoothies, and an ideal ingredient in cross-category beverages, like a cold-pressed juice or coffee, dips and spreads. Almond milk is a great way to add creaminess to sauces, frostings, coatings, overnight oats, packaged soups and stews.

## NATURAL or BLANCHED?

While natural almonds have their skin still on, blanched means the skins have been removed through a process of scalding, skin removal, drying, cooling and sorting. Whole, Meal, Flour, Sliced/Flakes, Sivers/Halves, and Diced/Chopped almonds are all available natural or blanched. Roasting brings out the flavor and color of blanched almonds, while natural almonds have the well-known nutty flavor and are suitable for all-around use.





## FLAVOR DYNAMICS

Appreciating food is akin to appreciating art and it can be done on different levels. The basic level of appreciation is an impression of like or dislike. However, this does not provide any insight as to what or why you like or dislike a piece of art, a particular food, or a cuisine. If you are to fully appreciate a piece of art, you must learn some of the components which lead to a pleasing or displeasing experience, and the same is true of food.

To appreciating art there are certain characteristics such as line, composition, and color that create an overall impression. Likewise, there are similar considerations when appreciating food. We consume and therefore enjoy food not only with our tongues, but with our noses, eyes, and ears.

## UNDERSTANDING FLAVOR

**Flavor**-*n* 1. the quality of something that affects the sense of taste, 2. the blend of taste and smell sensations evoked by a substance in the mouth, 3. characteristic or predominant quality.

*Source: Webster's New Collegiate Dictionary*

Flavor is composed of four basic tastes: sweet, sour, salty and bitter. To these, Aristotle added astringent, pungent, and harsh. Scientists continue to debate whether the modern four tastes cover all experiences. In fact, a growing body of data suggests that the sweet/sour/salty/bitter paradigm may be an oversimplified model for a process so complex that we are only on the brink of understanding it.

**Taste**-*n* 1. the one of the special senses which perceives and distinguishes the sweet, sour, bitter or salty quality of a dissolved substance and is mediated by taste buds on the tongue, 2. the objective sweet, sour, bitter or salty quality of a dissolved substance as perceived by the sense of taste, 3. a sensation produced by the stimulation of the sense of taste, in conjunction with that of touch and smell.

*Source: Webster's New Collegiate Dictionary*

## THE FIVE SENSES

When we consume food, we do not just eat-- we experience food with all five of our senses. The more we incorporate the five senses into the dining experience, the more fulfilling it becomes.

When cooking, we can **hear** the hissing and spitting of fat hitting the open flames of a grill, or the sizzle of ingredients being added to a hot pan. While we are dining a sizzling hot plate might catch our attention, or perhaps the "oohs and aahs" of another table receiving their meal.

Our eyes give us an indication of how the food is going to taste. When we **see** a beautifully browned, seared steak our expectation is that it will taste as good as it looks. When we cut into that same beautifully seared steak and *feel* the crust on the outside our expectations are, likewise, elevated. On the other hand, if that same steak is kind of grey and flabby-looking with no crust, it loses its appeal.

Next, we **smell** the aroma of the dish and finally have our first indication of the flavors we will be experiencing.

Lastly, we **taste** the dish, and all those prior expectations culminate in what is hopefully a glorious and satisfying experience.

Once we put the food in our mouths, we have three main experiences. These experiences occur in the following order.

1. **Temperature:** If the food is too hot or too cold the human tongue cannot taste the food properly. It can also be uncomfortable.
2. **Texture:** crispy, crunchy, soft, velvety, airy, fluffy, slimy, gooey, etc.
3. **Taste:** sweet, sour (acid), salty, bitter (alkaline), *umami* (*earthy, savory*)

## DEVELOPING FLAVOR

How can we develop flavor? How can we get more out of each ingredient? The answers are not long held secrets only bequeathed to those who aspire to the culinary profession. In fact, the answers are simple and almost obvious:

1. **Ingredients:** One of the most important rules of cooking is to use the freshest, highest-quality ingredients possible. It is much easier to make a dish taste, smell, and look good if the raw ingredients already taste, smell, and look good.
2. **Technique:** The proper cooking technique, executed precisely, will not change the *nature* of the ingredient. What it will do is enhance its essence, transforming it from a raw ingredient to a finished product. This is the part that is the easiest to be taught and learned. While there is no *secret* in how to properly sear a fillet of salmon, there is a *proper technique*. Once you learn this technique, it can be applied to any recipe. This is true for all cooking techniques.
3. **Seasoning:** An essential lesson to learn about cooking in general and seasoning in particular is that *you must taste your food*. Knowing which flavors combine well and which herbs or spices to use in a particular dish takes a great deal of study and practice. For the novice and even for more advanced cooks, using a recipe as a guideline is an important starting place for learning and applying flavor combinations. It then becomes up to the individual cook to *taste* and adjust the seasonings repeatedly to get it just right.

## FLAVOR PRINCIPLES

Flavor principles are tastes which can be abstracted and described apart from the basic foodstuffs that the ingredients interact with. While seasoning and flavor combinations can be daunting to master, there are many resources to help you in your journey. Every culture has its own set of flavors and flavor combinations that are used frequently and consistently within its cuisine. Learning these combinations and the tastes that result is an invaluable tool in cuisine exploration.

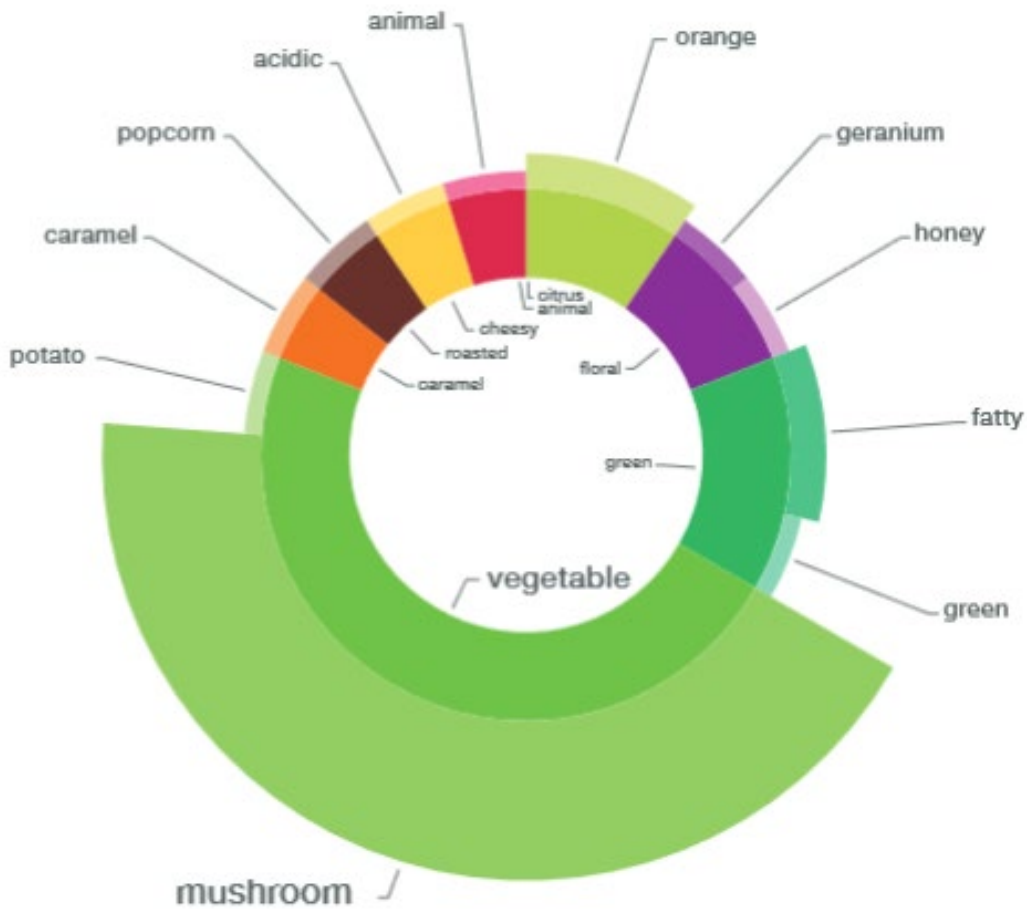
“There are basic ethnic flavor principles that are characteristic which can be recognized and described by the reasonably experienced taster, and when mastered, used by the ingenious cook for novelty, variety and authenticity.”

“[Flavor principles] may be varied in characteristic ways and applied to different kinds of food, but no matter how or where they are employed, they will almost invariably result in a dish which *tastes...* and which, in some meaningful way, *is...*”

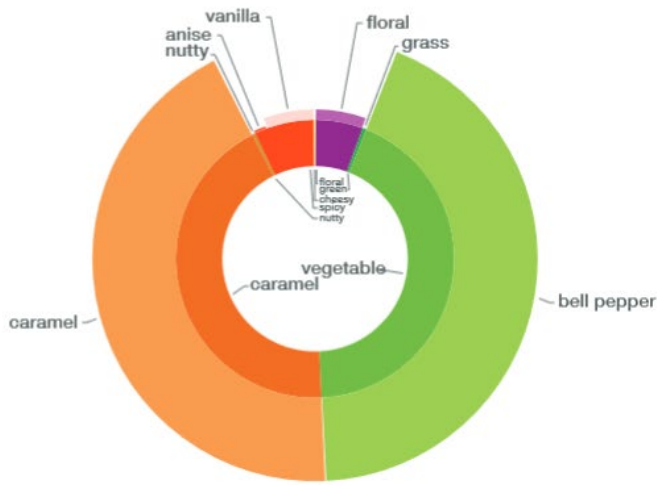
Source: *Ethnic Cuisine: The Flavor-Principle Cookbook* by Elisabeth Rozin

# Aroma Profile of Raw Almonds

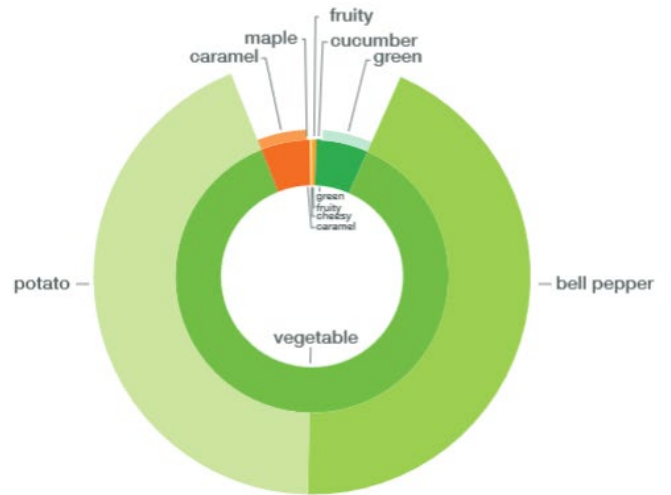
## Blanched



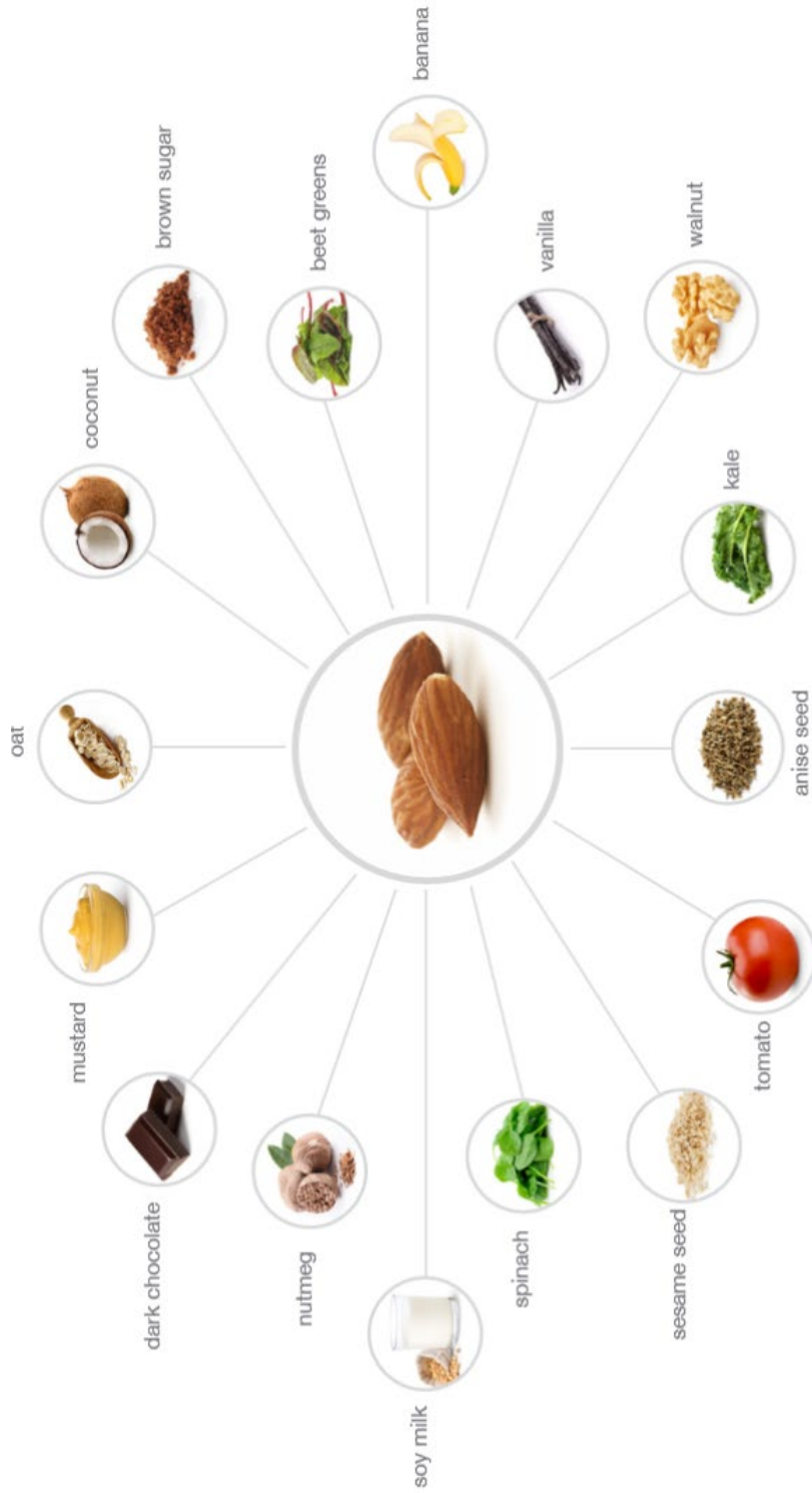
# Natural

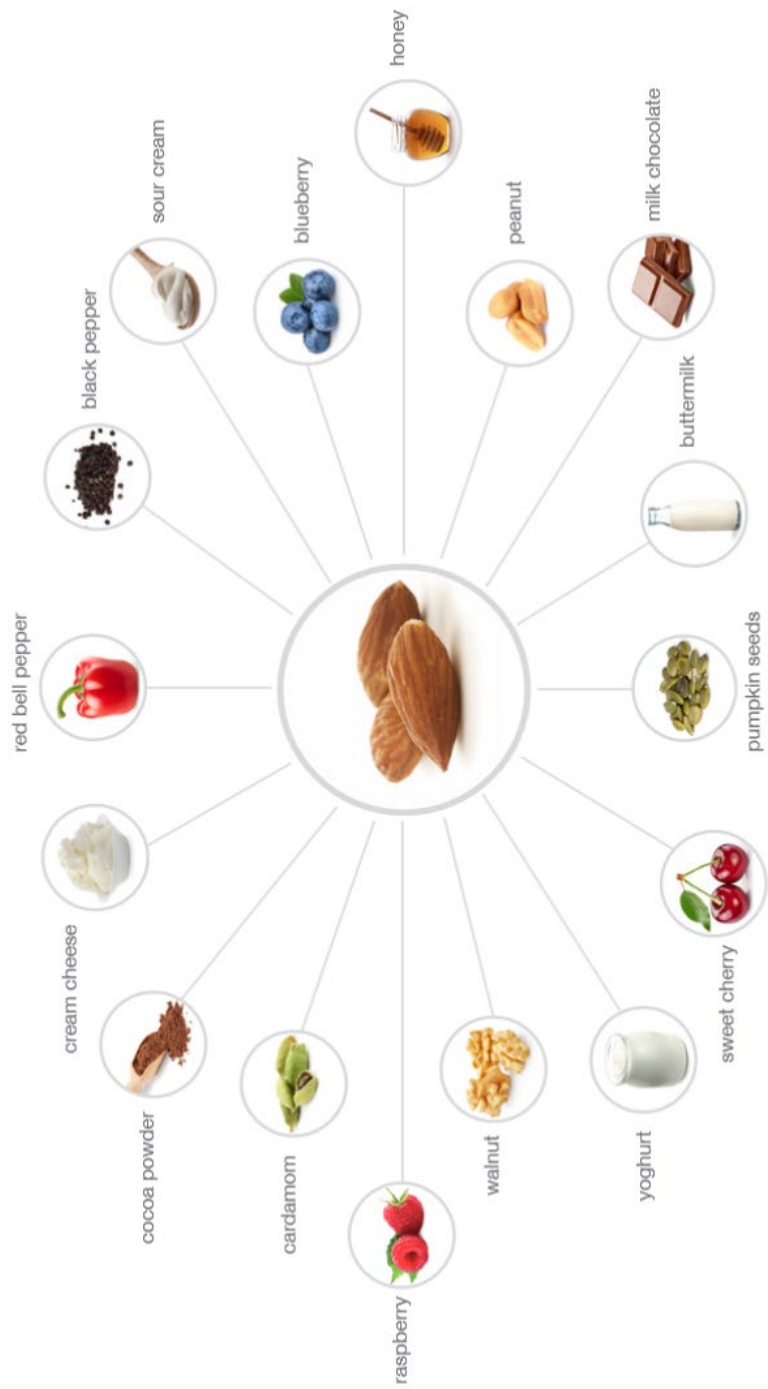


Monterey



Nonpareil





# **DAY ONE: TEAM PRODUCTION ASSIGNMENTS**

## **TEAM ONE**

Macarons  
Cinnamon Almond Swirl Bread  
Lavender-Infused Toasted Almond Milk and Chocolate Almond Fudge

## **TEAM TWO**

Macarons  
Almond Challah  
Almond Financier with Warm Camembert Cheese and Balsamic Fig Reduction

## **TEAM THREE**

Macarons  
Almond Doughnuts with Coconut-Almond Glaze  
Almond Sables

## **TEAM FOUR**

Macarons  
Pretzels  
Angel Almond Food Cake

## **TEAM FIVE**

Macrons  
Carrot Almond Cake with Salted Almond Butter, Caramel, and Smoked Glazed  
Almonds  
Almond Orange Snaps

# FRENCH MACARONS

*Yield: 36 cookies*

<b>Ingredients</b>	<b>Amounts</b>
Egg, whites	100 g
Sugar, confectioners'	130 g
Flour, almond, blanched	140 g
Vanilla, extract	1 tsp.
Cream of tartar	¼ tsp.
Sugar, granulated	90 g
Food coloring (Optional)	3 drops
Butter, unsalted	226 g
Egg, yolk	5 ea.
Sugar, granulated	100 g
Almond, extract	½ tsp.
Water	30 g
Salt, kosher	1 pinch

## **Method**

1. Bring the egg whites to room temperature
2. Sift the confectioners' sugar and almond flour into a bowl.
3. Add the room temperature egg whites into a very clean bowl.
4. Using an electric mixer, whisk egg whites. Once they begin to foam add the cream of tartar and then SLOWLY add the granulated sugar.
5. Add the food coloring (if desired) and vanilla then mix in. Continue to beat until stiff peaks form.
6. Begin folding in the 1/3 of the dry ingredients.
7. Be careful to add the remaining dry ingredients and fold gently.
8. The final mixture should look like flowing lava and be able to fall into a figure eight without breaking. Spoon into a piping bag with a medium round piping tip and you're ready to start piping.
9. Pipe one-inch dollops onto a baking sheet lined with parchment paper (this should be glued down with dabs of batter). Tap on the counter several times to release air bubbles. Allow to sit for about 40 minutes.
10. Bake at 300F for 12-15 minutes, rotate tray after 7 minutes. Allow to cool completely before removing from baking sheet.
11. For the French Buttercream Filling, combine sugar and water in medium saucepan. Heat over low heat while stirring until sugar dissolves. Increase heat to medium- high and bring to a boil.

12. Put egg yolks in a stand-mixer fitted with a whisk attachment and beat until thick and foamy.
13. Cook the sugar and water syrup until it reaches 240 degrees F. Immediately remove from heat. With mixer running, SLOWLY drizzle hot syrup into bowl with yolks.
14. Continue mixing until the bottom of the bowl is cool to the touch and the yolk mixture has cooled to room temperature.
15. Add in butter one cube at a time, allowing each piece to incorporate before adding the next. Add vanilla and salt. Continue mixing until buttercream is smooth and creamy. (About 5-6 minutes.) Add food coloring if desired.
16. For Assembly
17. Pipe your filling onto the back of half the shells. Form a sandwich and repeat.

# ALMOND MACARONS

*Yield: 100 macaroons*

<b>Ingredients</b>	<b>Amounts</b>
Sugar, granulated (Divided)	1 lb. 4 oz. (567 g)
Egg, whites	6 oz. (170 g)
Almond, paste	1 lb. (454 g)
Vanilla, extract	2 tsp. (10 mL)
Almond, extract	2 tsp. (10 mL)

## **Method**

1. Preheat oven to 375°F. Line sheet pans with parchment paper.
2. In a double boiler, place 1 pound (454 grams) of the sugar and the egg whites. Mix to combine. Heat over simmering water, whipping constantly, until the mixture reaches 140°F.
3. Remove from the heat. Add the almond paste, vanilla extract, and almond extract. Mix with a wooden spoon until just incorporated.
4. Using a pastry bag fitted with a #6 plain tip, pipe 1-inch diameter rounds in even rows on the prepared pans.
5. Touch the tops of the macaroons with a damp towel, just enough to moisten them. Sprinkle with the remaining sugar.
6. Bake in the preheated oven until light golden brown, about 12 minutes. Remove and cool completely on the pans. Store in an airtight container.

Source: *Baking & Pastry, Mastering the Art and Craft*, p. 328

# LEMON ALMOND MACARONS

*Yield: 30 macarons*

<b>Ingredients</b>	<b>Amounts</b>
Flour, almond	3 oz.
Coconut, dried, unsweetened, grated	1 ½ cups
Sugar, confectioners'	1 ½ cups
Egg, white, large, room temp	3 ea.
Salt, kosher	¼ tsp.
Lemon, juice, fresh	2 Tbsp.
Sugar, granulated	3 Tbsp.
Lemon, juice, fresh	1/3 cup
Sugar, granulated	1/3 cup
Egg, large, whole	3 ea.
Salt, kosher	1 pinch
Butter, unsalted, cut into pieces	4 Tbsp.

## **Method**

1. Preheat oven to 300°F.
2. For the macarons, in a food processor, grind the almond flour with the coconut and confectioners' sugar until powdery, about 30 seconds.
3. Sift the mixture through a medium-mesh sieve into a large bowl.
4. In a medium bowl, place the egg whites and salt. Beat with an electric mixer at medium speed until they just hold stiff peaks.
5. Beat in the lemon juice.
6. Beat in the granulated sugar, a little at a time.
7. Increase the speed to high and beat until the meringue holds stiff and glossy peaks form, about 1 minute.
8. Fold the meringue into the almond mixture with a rubber spatula until completely incorporated. The meringue will deflate, and the batter will be loose.
9. Prepare two parchment-lined baking sheets. Put the batter into a piping bag with a 3/8 plain tip. Pipe 1 ½-inch-wide mounds of batter onto the sheets, about 1-inch apart.
10. Bake the macarons in the preheated oven, switching sheets half ways though, until crisp and the interior does not give easily when gently pressed, 22 to 28 minutes total.
11. Place the baking sheets on racks and cool completely, about 30 minutes. Loosen the macarons from the parchment with an offset spatula (they will be fragile.)
12. For the curd, in a heavy saucepan, place the lemon juice, sugar, egg yolks, and salt. Whisk together.
13. Whisk in the butter and bring it to a simmer over low heat. Simmer, whisking constantly, until the curd is thick, 1 to 2 minutes.

14. Cool the curd completely and transfer to a sealable bag. Snip off a corner of the bag and pipe to fill the macaroons.
15. Sandwich the flat sides of the macaroons together with curd. There will be curd left over. Let the macaroons stand at room temperature, uncovered, until a light crust forms, 20 to 30 minutes.
16. Store the finished macaroons in an airtight container at room temperature for two hours to soften before eating. To store longer, wrap in plastic inside an airtight container and store refrigerated for up to 2 days or frozen for up to one month. Bring to room temperature to serve.

**Source:** *The Perfect Purée of Napa Valley*, as presented at the 2010 Greystone Flavor Summit. Published with permission of the author. All rights reserved.

# CINNAMON-ALMOND SWIRL BREAD

*Yield: two 28 oz. loaves*

**FDT:** 82°F | **Bulk fermentation:** 55 to 70 minutes | **Final fermentation:** 75 to 90 minutes

**Bake:** 375°F and 35 to 40 minutes

Ingredient	Ounces	Grams	Volume	Bakers %
Cinnamon Filling (recipe follows)	4.6	130	•	•
<b>Dough</b>				
Milk, whole, 80°F	14.7	417	1 ¾ cups	54.0%
Egg, whole	2.5	71	⅓ cup	9.2%
Butter, soft	2.5	71	⅓ cup	9.2%
Malt syrup	0.2	6	⅛ tsp.	0.7%
Flour, bread	27.2	771	5 ⅔ cups	100%
Yeast, dry, instant	0.4	11	1 Tbsp. + 1 tsp.	1.4%
Sugar, granulated	2.5	71	⅓ cup	9.2%
Salt, kosher	0.6	16	1 Tbsp.	2.1%
Almonds, slivered	4.9	139	1 cup (not packed)	18.0%
Cinnamon, ground	0.2	6	1 Tbsp.	0.7%
Total	55.7	1577	•	204.5%
<b>Garnish</b>				
Egg wash	as needed			

## Method

1. Make the Cinnamon Filling the day prior and store it in the refrigerator. When ready to start mixing the bread, remove the cinnamon filling from the refrigerator and leave it at room temperature for 60 minutes.
2. For the dough, in a large bowl, place the flour and yeast. Mix to combine.
3. In the bowl of a mixer fitted with a dough hook, place the flour-yeast mixture, malt, sugar, and salt milk, eggs, and butter. Mix for 4 minutes on low speed, making sure to scrape down and flip the dough over twice during this process.
4. Raise the speed to medium and mix for 4 minutes, scraping down the bowl and flipping the dough over twice during this process.
5. Add the almonds and mix for 1 minute on low speed. Scrape the bowl down and flip the dough over.
6. Add the cinnamon and continue mixing until the cinnamon is thoroughly swirled into the dough.
7. Place the dough in a lightly oiled bowl large enough for it to double in size and cover it with plastic wrap. Allow the dough to rest and ferment in a warm place for 45 to 60 minutes, until it springs back halfway when lightly touched.
8. Place the dough on a lightly floured work surface and divide it into two 28- ounce pieces. Shape each piece by folding the top and bottom edges over to create a rectangular shape. Cover the dough and let it rest for 10 minutes.
9. Roll each piece of dough out into a rectangle 12 by 6 inches and spread 2 to 3 ounces of the cinnamon filling on the surface, leaving a ½- inch border around the outer edge. Roll each end to the middle and keep the outer edges closed. Place in a well-oiled pan so that the two rolled ends are facing up.
10. Brush egg wash on the outside of each loaf and cover with lightly oiled plastic wrap. Allow the dough to rest and ferment in a warm place for 75 to 90 minutes, until it springs back halfway when lightly pressed.
11. Preheat the oven to 425°F.
12. Uncover the loaves and brush with another coat of egg wash.
13. Transfer the loaves to the preheated oven and immediately reduce the temperature to 375°F. Bake for 20 minutes. Rotate the loaves and bake until golden brown, 15 to 20 minutes.
14. Remove the bread from the oven and immediately release it from the pans. Place the loaves on a cooling rack.

# CINNAMON FILLING

Yield: 64 oz.

Ingredient	Ounces	Bakers %
Butter, melted	23.4	100.0%
Brown sugar	22.4	95.7%
Defatted Almond flour	3	12.8%
Cinnamon	3	12.8%
Honey	2.6	11.1%
Eggs	9.8	41.9%
Vanilla extract	½ tsp.	Dash
Total	64.2	274.3%

## Method

1. In the bowl of a mixer fitted with a paddle attachment, place the melted butter and brown sugar. Mix for 2 minutes on low speed, making sure to periodically scrape down the bowl.
2. In a large bowl, place the almond flour, cinnamon and honey. Mix to combine. Add to the bowl of the mixer. Mix on low speed for 2 minutes, continuing to scrape down the bowl.
3. In a small bowl, place the eggs and vanilla. Mix to combine. Add to the mixer and mix for 2 minutes on low speed, continuing to scrape down the bowl periodically.
4. Transfer to a container to cool at room temperature for 60 minutes. Cover and refrigerate overnight.

**Note:** This filling is fitting for almost any coffee cake or enriched bread. It may also be used as a filling for other yeasted pastries.

# LAVENDER-INFUSED ALMOND MILK AND CHOCOLATE ALMOND FUDGE

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Almond meal	1 cup
Vanilla extract	1 Tbsp.
Organic maple syrup	1 Tbsp.
Cocoa powder	½ cup
Liquid Almond Oil	1 cup
Maple syrup	3 Tbsp.
Vanilla extract	2 tsp.
Fleur de sel	1 pinch
Lavender-Infused Almond Milk (Recipe follows)	1 cup

## **Method**

1. For the crust, in a food processor or blender, place the almond meal, vanilla extract, and maple syrup. Mix until well blended.
2. Press into a square glass baking pan lined with wax paper. Place it in the freezer.
3. For the fudge, in a food processor or blender, place the reserved almond-lavender pulp, cocoa powder, liquid coconut oil, maple syrup, and vanilla extract. Blend until smooth.
4. Before serving, pour the chocolate blend over the frozen crust and freeze for 15 minutes or until solid. Sprinkle the fleur de sel on top.
5. Serve with the Lavender-Infused Almond Milk.

# LAVENDER-INFUSED ALMOND MILK

*Yield: 5 1/3 cups*

<b>Ingredients</b>	<b>Amounts</b>
Almonds, raw	1 cup
Water, filtered	4 cups
Lavender flowers	1/4 cup
Vanilla, extract	1 tsp.
Honey	1 Tbsp.

## **Method**

1. Boil the almonds in water for about 10 minutes. Strain and rinse well.
2. In a food processor or blender, place the almonds, filtered water, lavender, and vanilla. Blend. While the food processor is running, drizzle the honey.
3. Strain the milk into a container through a mesh bag and squeeze it to extract all the milk. Reserve the lavender-almond pulp for later use with fudge.
4. Chill in the refrigerator.

# ALMOND CHALLAH

*Yield: two 24-ounce loaves*

**FDT:** 82°F | **Sponge:** 30 minutes | **Bulk fermentation:** 45 to 60 minutes

**Final fermentation:** 75 to 90 minutes | **Initial bake:** 375°F and 15 minutes|

**Final bake:** 350°F and 10 to 15 minutes

Ingredient	Ounces	Grams	Volume	Bakers %
<b>Sponge</b>				
Milk, 90°F	3.0	86	1/3 cup	11.3
Malt syrup	0.1	3	1/8 tsp.	0.4
Bread flour	3.0	86	2/3 cup	11.3
Yeast, instant dry	0.3	9	2 1/2 tsp.	1.1
<b>Final Dough</b>				
Sponge	6.4	184	•	24.1
Water, 92°F	3.4	97	1/3 cup + 2 Tbsp.	12.8
Vegetable oil	2.4	69	1/3 cup	9.1
Honey	1.4	40	2 Tbsp.	5.3
Eggs	6.0	169	3 each	22.3
Egg yolks	1.4	40	2 each	5.3
Bread flour	23.7	672	5 cups	88.7
Sugar	2.7	77	1/3 cup	10.2
Salt	0.5	14	2 1/2 tsp.	1.9
Total	47.9	1362	•	179.7
<b>Garnishes</b>				
Egg wash	As needed			
Almond Slivers	As needed			

## Method

1. For the sponge, in a medium bowl, place the milk and malt. Mix to combine.
2. In a small bowl, place the flour and yeast. Mix to combine. Add the mixture to the milk-malt mixture.
3. Mix the sponge together by hand until it is combined into a homogenous mass, about 2 minutes. The dough will develop some gluten structure. Cover the bowl with plastic wrap and allow the sponge to ferment in a warm place for 30 minutes, until doubled in size.
4. For the final dough, in the bowl of a mixer fitted with a dough hook, place the sponge, water, oil, honey, eggs, and yolks. Mix on low speed for 1 minute to break up the sponge. (The sponge can also be broken up by hand a little.)

5. Add the flour, sugar, and salt. Mix on low speed for 8 minutes, scraping down the bowl and flipping the dough over at least 3 times. The dough should have very good gluten development.
6. Place the dough in a lightly oiled bowl large enough for it to double in size and cover with plastic wrap. Allow the dough to rest and ferment in a warm place until the dough springs back halfway when lightly touched, 45 to 60 minutes,
7. Place the dough on a lightly floured work surface and divide it into 4-ounce pieces for a 6-strand braid or into 6-oz pieces for a 4-strand braid. Pre-shape the pieces into 3-inch oblongs. Keep them covered with plastic wrap.
8. For a 4-strand braid, refer to following page for braiding instructions. For a 6-strand braid, roll each piece out to 12 inches (refer to following page for braiding instructions)
9. Place the 2 loaves widthwise on a baking tray lined with parchment paper. Brush the loaves with egg wash and lightly cover with plastic wrap. Allow the dough to rest and ferment in a warm place for 45 minutes, until the dough springs back halfway when lightly touched.
10. Brush the loaves with egg wash and allow it to ferment for another 30 to 45 minutes, until the dough springs back halfway when lightly touched.
11. Preheat oven to 400°F.
12. Brush the loaves with egg wash and sprinkle the tops with almonds.
13. Transfer the tray to the preheated oven and immediately reduce the temperature to 375°F. Bake for 15 minutes.
14. Rotate the tray, reduce the temperature to 350°F, and bake until the loaves are a deep golden brown, 10 to 15 minutes.
15. Place the tray on a cooling rack and allow it to cool.

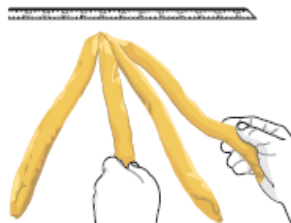
**Variation: Challah with Golden Raisins**

Golden raisins add an extra punch of sweetness to challah. Plump the raisins first in 12 oz or 1½ cups warm water for 15 minutes. Prepare the dough as for challah. Once the dough has reached good gluten development, add 8.8 oz (249 g/1¾ cups) plumped golden raisins and mix for 2 minutes on low speed, making sure to scrape down and flip the dough over. Proceed as for the Challah recipe.

## CHALLAH: 4-STRAND



**STEP A:** Roll each piece out to 16 inches. Arrange the strands side by side and pinch one end of all the strands together. Lightly flour the pinched strands.



**STEP B:** Place the pinched end at the top. With your right hand hold the outer strand and with your left hand hold the 2nd strand from the left (this should leave one strand to the left of each of your hands).



**STEP C:** Take the right hand and go under the left-hand strands, then place the left-hand strand where the right hand was, so that the pieces have now switched positions, and the right strand is now under the left-hand strand.



**STEP D:** With your left hand hold the outer strand on the left, and with your right hand hold the 2nd strand from the right (this should leave one strand to the right of each of your hands).



**STEP E:** Take the left hand and go under the right-hand strands, then place the right-hand strand where the left-hand strand was. The strands should have switched exact positions so that the right-hand strand is over the left-hand strand.



**STEP F:** Repeat these steps until no more dough is left. Make sure to lay the strands tightly together, but do not pull on them. An easy way to remember the steps is with this mnemonic: Step 1: right hand under left hand. Step 2: right hand over left hand.



**STEP G:** Finish the braid and pinch off any excess dough, then place the top of the braid parallel to you.



**STEP H:** Place each hand at the end with your small finger pressing the dough into the table and roll the dough back and forth to close off the ends.



**STEP I:** The braid for 4 strands should be about 11–12 inches long.

# ALMOND FINANCIER WITH WARM CAMEMBERT CHEESE AND BALSAMIC FIG REDUCTION

*Yield: 24 financiers*

<b>Ingredients</b>	<b>Amounts</b>
Flour, almond, defatted	5 oz.
Sugar, granulated	9 oz.
Flour, bread	3 oz.
Egg, whites	6 oz.
Butter, unsalted, browned	9 oz.
Figs, halved	6 ea.
Vinegar, balsamic	5 oz.
Rosemary, sprig	2 ea.
Honey	2 oz.
Cheese, Camembert, cut into 12 wedges, warmed	1 ea.
Oil, almond	as needed

## **Method**

1. Preheat oven to 350°F. Preheat grill to medium high.
2. For the batter, in the bowl of a mixer with a paddle attachment, place the almond flour, sugar, and flour. Mix until combined.
3. Slowly add the whites, mixing until combined.
4. Slowly add the brown butter, mixing until combined. Chill in the refrigerator, covered, for 20 minutes.
5. Butter the financier molds. Pipe the batter into the molds.
6. Bake in the preheated oven until the edges are brown.
7. Cool slightly. Remove from the molds.
8. Slightly oil the figs and sear them on the preheated grill until charred on the cut side. Remove and chill.
9. In a small saucepan, place the balsamic vinegar, rosemary, and honey. Cook over low heat until the liquid is slightly reduced. Remove and discard the rosemary sprigs.
10. Serve each financier on a plate with a piece of Camembert and a fig. Drizzle the plate with the balsamic reduction and almond oil.

# ALMOND DOUGHNUTS WITH COCONUT-ALMOND GLAZE

*Yield: 2 dozen*

<b>Ingredients</b>	<b>Amounts</b>
Water	½ cup
Yeast, dry active	2 Tbsp.
Almond, milk	1 cup
Sugar, granulated	1 cup
Flour, all-purpose	5 cups
Salt, kosher	1 ½ tsp.
Cinnamon, ground	½ tsp.
Baking powder	2 tsp.
Oil, coconut, melted, cooled	5 Tbsp.
Oil, canola	as needed
Flour, all-purpose	as needed
Coconut, cream	½ cup
Almond, extract	1 tsp.
Sugar, powdered	3 cups
Chocolate-Almond Pastry Cream (Recipe follows)	2 cups
Almonds, sliced, toasted	2 cups

## **Method**

1. In a small bowl, place the water and dry yeast. Mix to combine. Let it sit for 5 minutes. Reserve.
2. In a separate small bowl, place the almond milk and sugar. Stir to dissolve the sugar. Reserve.
3. In the bowl of a stand mixer fitted with the dough hook attachment, place the flour, salt, cinnamon, and baking powder. Mix to combine. On low speed, add the reserved water, yeast, almond milk, and sugar, mixing for 1 minute.
4. Add the melted and cooled coconut oil. Increase the speed to medium and mix for 1 minute. The dough will be somewhat loose and a bit sticky. Cover the bowl with plastic wrap and let it sit in a warm area for 20 minutes to proof.
5. Fill a pot with the oil to a depth of 3 inches. Heat the oil to 375°F.
6. Turn the dough onto a lightly floured surface. Dust the top of the dough with flour. Gently flatten the dough with the palms of your hands into a rectangle, approximately ½-inch thick. Using a donut cutter or round cookie cutter, cut out the donuts.
7. Place the donuts onto a lightly oiled sheet pan. Apply a little oil to the top of each donut using a pastry brush or spray. Lightly cover the donuts with plastic wrap.

8. Fry the donuts in the hot oil until golden brown. Fry only 3 to 4 donuts at a time to avoid reducing the temperature of the oil.
9. Transfer the fried donuts to a wire rack-lined sheet pan to drain excess oil and cool.
10. In the bowl of a mixer with a whip attachment, place the coconut cream, almond extract, and powdered sugar. Whip until combined and smooth.
11. Fill the cooled donuts with the Chocolate-Almond Pastry Cream. Dip the top half of each donut and return to the wire rack. Sprinkle with the almonds.

# CHOCOLATE-ALMOND PASTRY CREAM

*Yield: 2 cups*

<b>Ingredients</b>	<b>Amounts</b>
Almond, milk, creamy	1 cup
Sugar, granulated	4 Tbsp.
Salt, kosher	1 pinch
Egg, yolk	3 ea.
Sugar, granulated	3 Tbsp.
Cornstarch	2 Tbsp.
Butter, cold, unsalted	2 Tbsp.
Chocolate, bittersweet, chopped	¼ cup
Almond, extract	½ tsp.

## **Method**

1. In a heavy-bottomed saucepan over medium heat, place the Almond milk, sugar, and salt. Bring it to a simmer, stirring occasionally to dissolve the sugar.
2. In a medium bowl, whisk in the egg yolks until thoroughly combined. Whisk in the sugar. Continue whisking until the sugar has begun to dissolve and the mixture is creamy, about 15 seconds.
3. Whisk in the cornstarch until combined and the mixture is pale yellow and thick, about 30 seconds.
4. Gradually whisk in the simmering almond milk mixture into the yolk mixture to temper it.
5. Return the mixture to the saucepan, scraping the bowl with a rubber spatula. Return the mixture to a simmer, whisking constantly, until a few bubbles burst on the surface and the mixture is thickened and glossy, about 30 seconds.
6. Remove the pan from the heat. Whisk in the butter, chocolate, and vanilla. Strain the pastry cream through a fine-mesh sieve set over a medium bowl.
7. Press plastic wrap directly on the surface to prevent a skin from forming. Refrigerate until cold and set, at least 3 hours or up to 2 days.

# ALMOND SABLÉ

*Yield: 240 pieces*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	24 oz.
Sugar, granulated	8 oz.
Heavy cream, slightly warmed	8 oz.
Vanilla, extract	to taste
Flour, cake, sifted	28 oz.
Almonds, pieces, coarsely ground	20 oz.
Egg, white	as needed
Sugar, granulated	as needed

## **Method**

1. Preheat oven to 350°F.
2. In a large bowl, place the butter and sugar. Cream it until smooth and light.
3. Gradually add the warm heavy cream and vanilla extract, scraping down the sides and bottom of the bowl frequently.
4. Add the flour and almonds all at once and mix until just combined. Do not overmix.
5. Shape the dough into 14-ounce logs. Wrap them in parchment paper and refrigerate until firm.
6. Brush the cylinders with the egg whites. Roll them in the sugar.
7. Slice the dough ¼-inch thick and arrange on parchment lined sheet pans.
8. Bake in the preheated oven until browned around the edges.

# PRETZELS

Yield: 24 pieces at 5 oz.

**FDT:** 78°F | **Sponge:** 30 min | **Rest:** 35 minutes |  
| **Bake:** 450°F and 15 to 17 minutes

Ingredient	Ounces	Bakers %
<b>Sponge</b>		
Water, 80°F	9.6	69.6%
Flour, all-purpose	14	100.0%
Yeast, dry, instant	0.2	1.4%
Salt, kosher	0.2	1.4%
<b>Final Dough</b>		
Water, 75°F	39.6	51.3%
Sponge	16	20.7%
Malt syrup	1.6	2.1%
High-gluten flour	77.2	100.0%
Yeast, dry, instant	1.2	1.6%
Salt, kosher	1.6	2.1%
Butter, unsalted	4	5.2%
Total	141.2	183.0%
<b>Lye Solution</b>		
Water, boiling	96	
Sodium hydroxide	5	
Water, 60°F	32	
<b>Garnish</b>		
Almonds, crushed	8	
Sugar, granulated	4	

## Method

1. Make the sponge and allow it to ferment for 30 minutes.
2. In the bowl of a mixer fitted with a dough hook, place the water, sponge, and malt. Mix for 1 minute on low speed to break up the sponge.
3. In a medium bowl, place the flour and yeast. Mix to combine.
4. Add the flour, yeast, salt and butter to the mixer. Mix for 10 minutes on low speed, scraping down the bowl and flipping the dough over 3 times.
5. Test the gluten window; the dough should have full gluten development and should be very strong and stiff.

6. Place the dough on a lightly floured work surface. Divide it into 24 each, 5-ounce pieces. Pre-shape the pieces tightly into 5-inch oblongs. Place the pieces on the work surface seam-side up and cover. Allow the dough to rest for 35 minutes.
7. Put a piece of dough on a clean, dry surface with no flour and flatten it. Fold the dough over into thirds, making sure to tighten well. Roll each piece out to 30 inches.
8. Flatten the dough into a flat long strand and pipe almond butter in the center. Fold the dough to enclose the butter, press the edges well to seal, and re-roll so the strand is smooth.
9. Put a 30-inch rope on a work surface and form it into an upside-down U. Take each end piece and cross them over in the middle twice. Take each end and bring it to the top inside of the U. Press the ends in well. If needed, moisten the ends with water.
10. Place the shaped pretzel on a baking tray lined with parchment paper that is sprayed with oil. Finish shaping all the pieces and place them on the tray.
11. Freeze the pretzels, uncovered, for 20 minutes so they can form a skin.
12. Preheat oven to 475°F.
13. Fifteen minutes before baking, Remove the pretzels from the freezer. Line a baking tray with oiled parchment paper.
14. For the lye solution, cover your work surface with newspapers. Pour the boiling water into a stainless-steel bowl set on your work surface. Wearing gloves, measure the sodium hydroxide into another stainless-steel bowl. Add to the bowl of water, then stir with a metal whisk until the lye is dissolved.
15. Add the cold water and stir. Let this sit for 10 minutes.
16. Wearing gloves, dip 2 pretzels in the solution for 15 seconds, then take each one out with both hands, let the solution drip off, and place the pretzels on the prepared tray. Repeat this process with the rest of the pretzels.
17. Sprinkle the pretzels with the almond and sugar mixture.
18. Put the tray in the oven and immediately reduce the temperature to 450°F. Bake for 12 minutes, then rotate and bake until the pretzels are dark brown, 3 to 5 minutes.
19. Let the pretzels cool on the tray for 5 minutes. Then transfer them to a cooling rack.

# ANGEL ALMOND FOOD CAKE

*Yield: 1 cake*

<b>Ingredients</b>	<b>Amounts</b>
Egg, whites, room temp	12 oz wt.
Cream of tartar	1 tsp
Sugar, granulated (Divided)	12 oz wt.
Flour, almond, defatted	4 oz. wt.
Flour, cake	1 oz. wt.
Salt, kosher	½ tsp
Seasonal fruit	as needed
Heavy cream	1 cup
Powdered sugar	¼ cup
Almond extract	1 tsp

## **Method**

1. Heat oven to 325°F. NO FAN.
2. Sift together the flours, 1/2 the sugar, and salt into a medium bowl.
3. In the bowl of a food processor with the whip attachment, place the egg whites and cream of tartar. Whip on medium speed until a foam starts to form.
4. With the motor running, sprinkle in the remaining sugar and turn the speed up to medium high. Whip until medium stiff peaks form.
5. Working in batches, gently fold the flour mixture into the egg whites until just combined. Be careful not to overmix.
6. Fill the cake pan with the batter. Place the pan in the middle rack of the preheated oven. Bake until the cake has fully risen and it is slightly browned on top, 45 to 55 minutes.
7. Remove the cake from the oven. To cool the cake upside down, invert the cake pan and set the center onto a drinking glass to prop it up. Cool completely.
8. Run a knife around the edges and carefully remove the cake from the pan.
9. For the almond foam, place the heavy cream, powdered sugar, and almond extract in an ISI Whip and chill completely. Charge with two nitrous chargers, shake well, and dispense over the cake as desired. Garnish with fruit.

# CARROT ALMOND CAKE WITH SALTED ALMOND BUTTER, CAMEL, AND SMOKED GLAZED ALMONDS

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Carrots, grated	10 oz. wt.
Almond, meal	10 oz. wt.
Sugar, granulated	$\frac{3}{4}$ cup
Egg, whole	3 ea.
Baking powder	2 tsp.
Vanilla, extract	1 tsp.
Lemon, zest	1 tsp.
Almond Butter Caramel (Recipe follows)	1 recipe
Smoked Glazed Almonds (Recipe follows)	1 recipe
Sugar, powdered	as needed

## **Method**

1. Preheat oven to 355°F. Grease an 8-inch springform pan.
2. In a large bowl, place the grated carrots, almond meal, sugar, and baking powder. Mix to combine.
3. Add the eggs one by one, stirring continuously.
4. Add the vanilla extract and lemon zest and stir well.
5. Pour the batter into the prepared pan. Bake in the center of the preheated oven until cooked through, 35 to 40 minutes.
6. Drizzle Almond Butter Caramel over the cake, top with Smoked Almonds, and dust with powdered sugar.

# ALMOND BUTTER CARAMEL

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Almond, butter	8 oz.
Maple syrup	4 oz.
Butter, unsalted	4 oz.
Oil, coconut	4 oz.
Almond, extract	½ tsp.
Salt, sea	½ tsp.

## **Method**

1. In a medium saucepan, place all the ingredients.
2. Bring to a boil, whisking to combine.

# SMOKED GLAZED ALMONDS

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Almonds, smoked (Recipe follows)	1 lb.
Sugar, granulated	2 cups
Water	2 cups
Cinnamon, stick	2 ea.
Clove, whole	8 ea.
Star anise, whole	3 ea.
Allspice, whole	8 ea.
Oil, vegetable	6 cups

## **Method**

1. In a medium saucepan, place the sugar, water, cinnamon, clove, star anise, and allspice. Simmer for 20 minutes. Strain out and discard the spices.
2. Add the almonds and cook for 5 minutes gently simmering.
3. Heat the oil in a pot on moderate heat.
4. Working in batches, with a slotted spoon, carefully drain the almonds directly into the fry oil. Fry a batch of the almonds for about 2 minutes, or until almonds turn golden. (Watch the heat to prevent burning.)
5. Remove the almonds from the oil with a slotted spoon or strainer. Lay them on a nonstick tray or oiled sheet pan to cool. Season with salt while warm. (Do not drain them on paper towels; the sugar will stick when it dries.)

# SMOKED ALMONDS

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Almonds, slivered	8 oz.

## **Method**

1. Soak 1 cup of wood chips for the smoker overnight.
2. Prepare a tabletop smoker and heat the wood chips until smoking.
3. Place the almonds into a perforated pan and place on top of the smoke. Cover tightly with foil and turn off the flame.
4. Allow the pan to stand for 4-5 minutes. Remove the almonds from the pan.

# ALMOND ORANGE SNAPS

*Yield: 100 cookies*

<b>Ingredients</b>	<b>Amounts</b>
Sugar, granulated	500 g
Almonds, ground	250 g
Flour, pastry	125 g
Butter, unsalted, melted	125 g
Orange, juice, fresh	250 g

## **Method**

1. Preheat the oven to 350°F.
2. In a large bowl, place the sugar, almond, and flour. Mix to combine.
3. Add the melted butter and orange juice. Mix to combine. If the batter is too dry, add 2 to 3 tablespoons more orange juice.
4. Prepare a baking sheet lined with a silicone baking mat. Drop teaspoon-size portions of batter onto a mat. Set the portions 2 to 3 inches apart, as the batter will expand during baking. Use your fingers to evenly smooth out the batter into circles.
5. Bake in the preheated oven until golden brown, about 5 minutes.
6. Remove the sheet from the oven and cool briefly. Use a palate knife to carefully loosen the cookie from the baking mat.

**Note:** To make wrappers, carefully roll the cookie around the handle of a wooden spoon. To make baskets, carefully mold the cookie over the bottom of a teacup or other object about 1½ inches in diameter. Hold in place and then cool.

# DAY TWO:

## ALMOND INNOVATION EXERCISE

Today you will research and create a Baking and Pastry tasting menu based on almonds that is specific to any cuisine/flavor profile to which you have been introduced and that showcases your professional experience.

The menu should utilize various market forms of almonds and showcase the versatility of almonds in sweet applications. Seasonality and principles of good cooking should be taken into account.

### GUIDELINES

- Each team will be assigned a mystery basket of ingredients. You must use each of those ingredients in your team menu.
- Each team must use at least 4 of the following almond products which will be available in blanched and natural forms
  - Defatted flour
  - Meal
  - Pieces
  - Slivered
  - Sliced
  - Whole
  - Butter
  - Oil
  - Milk
- Each team will have 30 minutes to plan the menu and collect par items, and then 3 hours to cook and plate the food items.
- Each team will prepare 8 full or 20 tasting portions of each of the following:
  - A Cookie
  - A Garnished Cake
  - A Pastry
  - A Bread

- Each dish must include 2 forms of almonds.
- Each dish must include one or more ingredients from the market basket.
- Each team must prepare eight portions of each item.
- After 3 hours, the teams will present 2 single plated portions of each dish for photo and critique. Teams will then proceed to give a five-minute explanation of the foods being presented.
- The remaining portions will be plated on platters for group tasting and evaluation.
- Basic recipes must be written to reflect each dish using the recipe templates on the following pages.
- Teams will have access to staple ingredients, which includes flour, sugar, vinegars, oils, dairy and cheese ingredients, dry herbs, spices and seasonings, stock bases, and various flavoring agents and condiments.

## **DAY TWO: MARKET BASKET ASSIGNMENTS**

### **TEAM ONE**

Apples

Milk Chocolate

Rosemary

### **TEAM TWO**

Strawberries

White Chocolate

Basil

### **TEAM THREE**

Citrus Fruit

Dark Chocolate

Thyme

### **TEAM FOUR**

Stone Fruits

Cream Cheese

Coffee

### **TEAM FIVE**

Figs

Yogurt

Cocoa Powder

<p><b><u>Thickeners</u></b></p> <ul style="list-style-type: none"> <li>• Arrowroot</li> <li>• Cornstarch</li> <li>• Agar agar</li> <li>• Xanthan gum</li> </ul>	<p><b><u>Flours</u></b></p> <ul style="list-style-type: none"> <li>• All-purpose flour</li> <li>• Bread flour</li> <li>• Cake flour</li> <li>• Durum flour</li> <li>• Semola</li> <li>• Whole Wheat Flour</li> <li>• Rice Flour</li> </ul>	<p><b><u>Sweeteners</u></b></p> <ul style="list-style-type: none"> <li>• Brown sugar</li> <li>• Honey</li> <li>• White sugar</li> <li>• Agave</li> <li>• Molasses</li> </ul>	<p><b><u>Nuts and Dried Fruits</u></b></p> <ul style="list-style-type: none"> <li>• Almonds</li> <li>• Assorted Dried Fruit</li> <li>• Sesame seeds</li> <li>• Flax seeds</li> <li>•</li> </ul>	<p><b><u>Grains</u></b></p> <ul style="list-style-type: none"> <li>• Arborio rice</li> <li>• Brown rice</li> <li>• Jasmine rice</li> <li>• Quinoa</li> </ul>
<p><b><u>Oils</u></b></p> <ul style="list-style-type: none"> <li>• Vegetable Oil</li> <li>• Extra virgin olive oil</li> <li>• Olive oil</li> <li>• Peanut oil</li> <li>• Sesame oil</li> <li>• Vegetable spray</li> </ul>	<p><b><u>Vinegars</u></b></p> <ul style="list-style-type: none"> <li>• Balsamic vinegar</li> <li>• Cider vinegar</li> <li>• Red wine vinegar</li> <li>• Rice vinegar</li> <li>• Sherry vinegar</li> <li>• Tarragon vinegar</li> <li>• White wine vinegar</li> </ul>	<p><b><u>Spices &amp; Seasonings</u></b></p> <ul style="list-style-type: none"> <li>• Assorted spices</li> <li>• Kosher salt</li> <li>• Saffron</li> </ul> <p><b><u>Fresh Herbs</u></b></p> <ul style="list-style-type: none"> <li>• Thyme</li> <li>• Basil</li> <li>• Mint</li> <li>• Rosemary</li> <li>•</li> </ul>	<p><b><u>Condiments</u></b></p> <ul style="list-style-type: none"> <li>• Soy sauce</li> <li>• Almond Extract</li> <li>• Vanilla Extract</li> </ul>	<p><b><u>Wine &amp; Spirits</u></b></p> <ul style="list-style-type: none"> <li>• Apple Jack</li> <li>• Brandy</li> <li>• Burgundy wine</li> <li>• Chablis</li> <li>• Madeira</li> <li>• Marsala</li> <li>• Pernod</li> <li>• Red port</li> <li>• Sherry wine</li> </ul>
<p><b><u>Fruits</u></b></p> <ul style="list-style-type: none"> <li>Pineapple</li> <li>Mango</li> <li>Citrus</li> <li>Passion fruit</li> <li>Fruit puree</li> <li>Guava puree</li> <li>Apples</li> <li>Pears</li> <li>Figs</li> <li>Stone fruit</li> <li>•</li> </ul>	<p><b><u>Dairy</u></b></p> <ul style="list-style-type: none"> <li>• Half and Half</li> <li>• Butter</li> <li>• Buttermilk</li> <li>• Eggs</li> <li>• Heavy cream</li> <li>• Whole milk</li> <li>• Sour cream</li> <li>• Assorted Cheeses</li> </ul>	<p><b><u>Breads</u></b></p> <ul style="list-style-type: none"> <li>• Phyllo dough</li> <li>• Puff pastry</li> <li>• Croissant dough</li> </ul>	<p><b><u>Miscellaneous Pantry Items</u></b></p> <ul style="list-style-type: none"> <li>• Breadcrumbs</li> <li>• Coconut milk</li> <li>• Rice paper rounds</li> <li>• Yellow corn meal</li> <li>• Assorted chocolates</li> <li>• Assorted alcohol</li> </ul>	<p><b><u>Produce</u></b></p> <ul style="list-style-type: none"> <li>• Garlic</li> <li>• Ginger</li> <li>• Potato</li> <li>•</li> <li>• onions</li> <li>•</li> <li>•</li> </ul>

## RECIPE NAME:

Ingredients (List in order used)	Preparation (Cut, size, cooked, drained, etc.)	Weight	Volume

### Method

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

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These materials were developed at the Culinary Institute of America by

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