



Culinary Institute of America

CULINARY INSTITUTE OF THE PACIFIC **SMALL DISHES, BIG FLAVORS**



CIA Consulting
The Culinary Institute of America

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

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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,

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

EXPECTATIONS FOR PARTICIPANTS

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

CIA UNIFORM POLICY

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

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

COURSE SYLLABUS

DAY ONE

- ☑ Lecture
 - Overview of the Week
 - Hors d'Oeuvres, Canapes, and Small Dishes
 - Menu Discussion
 - Small dishes
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Production
- ☑ Lunch
 - Review and Feedback

DAY TWO

- ☑ Lecture
 - Overview of the Week
 - Asian Cuisine
 - Cooking Equipment
 - Cooking Methods
 - Pantry/Ingredients
 - Street Foods
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Production
 - Street Foods in a Bowl
- ☑ Lunch
 - Review and Critique

DAY THREE

- ☑ Lecture
 - Mediterranean Cuisine
 - Cooking Equipment
 - Cooking Methods
 - Pantry/Ingredients
 - Street Foods
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Production
 - Street Foods on a Stick
- ☑ Lunch
 - Review and Critique

DAY FOUR

- ☑ Lecture
 - Latin American Cuisine
 - Cooking Equipment
 - Cooking Methods
 - Pantry/Ingredients
 - Street Foods
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Production
 - Street Food Sandwiches and Finger Foods
- ☑ Lunch
 - Review and Critique

DAY FIVE

- ☑ Lecture
 - Menu Composition
 - Review Market Basket and Menu Discussion
- ☑ Production Kitchen Exercise
 - Production
 - Based on assigned Market Basket
- ☑ Lunch
 - Review and Feedback

DAY ONE

COMPONENTS OF HORS D'OEUVRE

LEARNING OBJECTIVES

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

- define various types of hors d'oeuvre.
- define various types of canapés.
- list the purpose of the base, spread, main item, and garnish of hors d'oeuvre.
- produce selected hors d'oeuvre from the recipes provided.

LEARNING ACTIVITIES

Lecture / Discussion
Demonstration
Hands-On Production
Product Evaluation

KEY TERMS

Appetizer	Barquette
Beignet	Bruschetta
Canapé	Croquette
Crostini	Croustade
Finger food	Hors d'oeuvre
Rissoles	Tartlet

INSTRUCTOR DEMONSTRATIONS

- Cures and brines
- Platter centerpieces (including pâté dough leaves and tendrils to be made by Team 2 for grape centerpiece)
- Puff pastry hors d'oeuvre

DAY ONE

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Southwest Pork Salad in Profiteroles
Samosa-Style Vegetable Patties and Lumpia
Risotto Croquettes with Fontina Cheese
Crab Cakes with Creole Honey-Mustard Sauce
Coffee-Cured Salmon

TEAM TWO

White Bean Spread on Blue Corn Tortillas
Palmiers with Pipikaula
Yuca Crêpes with Crème Fraîche and Tobiko
Pork Picadillo Empanadas
Duck Rillettes
Ceviche with Tostone

TEAM THREE

Deviled Quail Egg Canapés
Bruschetta with Oven-Roasted Pineapple and Fontina Cheese
Grapes Rolled in Blue de Bresse
Crispy Scallion Pancakes with Dipping Sauce
Tabbouleh Salad with Pita Bread
Cheese Sticks (Paillettes)

TEAM FOUR

Herbed Goat Cheese in Phyllo Dough

Wonton Cups with Black Beans and Guacamole

Barbecued Shrimp and Bacon

Apricot-Ancho Barbecue Sauce

Gruyère Cheese Puffs (Gougères)

Ceviche in Cucumber Cups

**Soak soybeans for Day 2*

SUPPLEMENTAL RECIPES

Spiced Mixed Nuts

Spicy Curried Cashews

Candied Pecans

Chili-Roasted Peanuts with Dried Cherries

SOUTHWEST PORK SALAD IN PROFITEROLES

Yield: 30 profiteroles

Ingredients	Amounts
Pork butt, boneless, cooked, small diced	12 oz.
Tomato concassé	2 wt. oz.
Lime, suprêmed, small diced	1 ea.
Red bell pepper, roasted, small diced	½ wt. oz.
Jalapeño, minced	1 tsp.
Shallots, minced	1 wt. oz.
Garlic clove, minced	1 ea.
Cilantro, chopped	2 Tbsp
Marjoram, chopped	2 tsp.
Chives, minced	2 tsp.
Salt	as needed
Ground black pepper	as needed
Profiteroles (Recipe follows)	30 ea.

Method

1. For the pork salad, combine the pork, tomato, lime, roasted pepper, jalapeno, shallots, garlic, cilantro, marjoram, and chives. Mix to combine.
2. Season with salt and pepper. Allow it to marinate for 2 hours under refrigeration.
3. Slice off the tops of the profiteroles with a sharp knife. Add the pork salad filling and replace the top.

PROFITEROLES

Yield: 40 profiteroles

Ingredients	Amounts
Water	8 fl. oz.
Butter	4 wt. oz.
Salt	1 tsp.
All-purpose flour, sifted	4 ½ wt. oz.
Eggs	4 ea.

Method

1. Preheat oven to 400°F.
2. In a large pot, combine the water, butter, and salt. Bring it to a boil.
3. Add the flour all at once and stir in well. Cook until the mass comes away from the sides of the pot.
4. Transfer to a mixer. Mix on medium speed for about 1 minute.
5. Add the eggs one at a time, mixing well after each addition, to achieve a stiff but pliable texture.
6. Transfer the dough to a pastry bag with a no. 5 plain tip and pipe 1-inch balls onto parchment-lined sheet pans.
7. Bake in the preheated oven until golden brown. Reduce the temperature to 325°F to cook through, 12 to 15 minutes.

SAMOSA-STYLE VEGETABLE PATTIES AND LUMPIA

Yield: 10 patties, 10 lumpia

Ingredients	Amounts
Vegetable oil	3 Tbsp.
Coriander seed	½ tsp.
Cumin seed	1 tsp.
Onion, medium, minced	1 ea.
Ginger, 1-in. piece, peeled, minced	1 ea.
Chile, jalapeño, minced	1 ea.
Cayenne pepper	1 tsp.
Yuca, peeled, boiled	12 oz.
Green peas, cooked	2 ½ wt. oz.
Salt	to taste
Cilantro, chopped	1 Tbsp.
Flour, all-purpose	as needed
Vegetable oil	as needed
Spring roll wrapper	10 ea.

Method

1. For the filling, heat the oil in a medium skillet. Add the coriander and cumin seeds and cook until they stop sizzling.
2. Add the onion and cook until they brown.
3. Add the ginger and chile. Sauté until aromatic.
4. Stir in the cayenne. Cook for 1 minute. Remove the pan from the heat and allow it to cool.
5. Crumble the boiled yuca into a medium bowl. Stir in the peas and the cooled spice mixture. Season with salt to taste.
6. Add the cilantro and mix well. The filling should be lumpy.
7. For the patties, make 10 half-dollar-sized balls of filling and slightly flatten them. Dust them with flour. Pan fry in the oil until golden brown.
8. For the lumpia, lightly brush the edges of the spring roll wrappers with water. Fill each wrapper with some of the potato mixture.
9. Deep-fry in the oil until golden brown.

RISOTTO CROQUETTES WITH FONTINA CHEESE

Yield: 30 croquettes

Ingredients	Amounts
Butter	2 wt. oz.
Onion, finely diced	1 wt. oz.
Arborio rice	1 lb.
White wine	8 fl. oz.
Chicken stock, hot	1 ½ qt.
Parmesan cheese	4 wt. oz.
Salt	to taste
Cheese, fontina, small diced	15 wt. oz.
All-purpose flour	4 ½ wt. oz.
Eggs, whole	2 ea.
Breadcrumbs	3 ½ wt. oz.
Vegetable oil	as needed
Plum tomatoes, sliced, roasted	8 oz.
Olive oil	as needed
Thyme, fresh	as needed
Basil, fresh	as needed
Marjoram, fresh	as needed

Method

1. In a medium sauté pan over medium heat, melt the butter. Add the onions and sauté until translucent
2. Add the rice and stir to coat with the butter. Cook until parched. Add the wine and simmer until it is absorbed by the rice. Add the stock in 3 parts. Cook over low heat, stirring frequently, until the rice is done, about 18 minutes. Add the Parmesan.
3. Transfer the risotto to a sheet pan and spread in an even layer. Allow the rice to cool completely. Season with salt to taste.
4. Form the chilled risotto into 30 small balls, each wrapped around a cube of Fontina.
5. Dredge (coat) the balls in flour, shaking off the excess. Dip in egg wash, then roll in the breadcrumbs.
6. Deep-fry the croquettes in 350°F oil until golden brown. Garnish with an oven-roasted tomato slice, olive oil, and fresh herbs.

Note: Mozzarella cheese can be substituted for the fontina cheese. Calrose rice can be substituted for the arborio rice.

CRAB CAKES WITH CREOLE HONEY-MUSTARD SAUCE

Yield: 30 crab cakes

Ingredients	Amounts
Bacon, strip, crisp, crumbled	2 ea.
Lump crabmeat, picked clean	1 lb.
Fresh white breadcrumbs	4 ¼ wt. oz.
Celery, small dice	1 wt. oz.
Green onions, minced	2 ea.
Garlic cloves, minced	2 ea.
Dijon mustard	2 tsp.
Dry mustard	2 tsp.
Salt	as needed
Cayenne	as needed
Lemon, juiced	½ ea.
Mayonnaise	as needed
Breadcrumbs, panko	5 ½ wt. oz.
Vegetable oil	8 fl. oz.
Creole Honey-Mustard Sauce	8 fl. oz.
(Recipe follows)	

Method

1. In a small skillet, cook the bacon until crisp. Drain on paper towels. Crumble.
2. In a large bowl, combine the crabmeat, bacon, breadcrumbs, celery, green onions, garlic, Dijon mustard, dry mustard, salt, cayenne, and lemon juice. Add just enough mayonnaise to hold the mixture together. Mix to combine.
3. Portion the crab cakes into ½ oz. balls, flatten slightly, and bread with the panko.
4. Heat the oil to 350°F. Pan-fry the crab cakes until golden. Drain briefly on paper towels.
5. Serve immediately with the Creole Honey-Mustard Sauce.

CREOLE HONEY-MUSTARD SAUCE

Yield: 1 quart

Ingredients	Amounts
Vegetable oil	½ fl. oz.
Shallots, minced	1 wt. oz.
Green peppercorns, crushed	¾ wt. oz.
Dry white wine	6 fl. oz.
Ground black pepper	1 Tbsp.
Dijon mustard	2 wt. oz.
Creole mustard	6 wt. oz.
Mayonnaise	8 fl. oz.
Sour cream	8 ½ wt. oz.
Honey	1 ½ fl. oz.
Kosher salt	to taste

Method

1. Heat the oil in a sauté pan over medium heat. Add the shallots and peppercorns and sweat until the onions are translucent. Do not brown.
2. Add the wine and reduce until the mixture is almost completely evaporated. Cool.
3. Add the pepper, Dijon and Creole mustard, mayonnaise, sour cream, and honey. Mix well. Season with salt to taste. Keep refrigerated.

COFFEE-CURED SALMON

Yield: 2 pounds

Ingredients	Amounts
Salmon, fillet, skin on, 3 lb.	1 ea.
Salt, kosher	8 wt. oz.
Sugar, granulated	4 wt. oz.
Coffee, espresso, finely ground	1 cup.
Bay leaf, ground	$\frac{3}{4}$ tsp.
Cinnamon, ground	$\frac{3}{4}$ tsp.
Brioche, loaf, sliced, cut into 2-in rounds	1 ea.
Crème Fraîche	3 oz.
Cinnamon, ground	$\frac{1}{2}$ tsp.

Method

1. Remove the pin bones from the salmon and center it skin-side down on a large piece of cheesecloth.
2. For the dry cure, in a small bowl, place the salt, sugar, espresso, bay leaf, and cinnamon. Mix thoroughly.
3. Pack the cure ingredients evenly over the salmon. The layer should be slightly thinner where the fillet tapers to the tail. Wrap the salmon loosely in the cheesecloth and place it in a hotel pan.
4. Cure the salmon under refrigeration for 12 to 24 hours. Gently rinse off the cure with cool water and blot dry.
5. Preheat oven to 375°F.
6. Cut out a small hole from each brioche round to resemble a donut. Toast the brioche in the preheated oven until crisp and golden brown.
7. Slice the salmon and place on the brioche donuts. Garnish with the crème fraîche and cinnamon.

WHITE BEAN SPREAD ON BLUE CORN TORTILLAS

Yield: 30 tortilla rounds

Ingredients	Amounts
Dried white beans, soaked	8 wt. oz.
Extra virgin olive oil	1 Tbsp.
Leeks, light green and white parts, thinly sliced	3 wt. oz.
Onion, minced	2 wt. oz.
Garlic, roasted	1 wt. oz.
Salt	1 tsp.
Ground black pepper	¼ tsp.
Red bell pepper, roasted, julienne	1 ea.
Red wine vinegar	1 fl. oz.
Sugar	1 tsp.
Blue corn tortillas, cut into small rounds	5 ea.
Vegetable oil	as needed
Parsley, chopped	1 ½ Tbsp.

Method

1. Soak the beans overnight or use the quick soak method: in a bowl, pour boiling water to cover the beans by four inches. Let them stand for one hour and drain.
2. In a large pot, cook the beans in water until very tender. Drain and reserve.
3. Heat the oil in a sauté pan over medium heat. Add the leek and onions and sweat them until just translucent.
4. Add the roasted garlic and cooked beans. Season with salt and pepper to taste.
5. Purée the mixture until smooth. Reserve.
6. In a small bowl, place the roasted pepper, vinegar, and sugar. Allow to marinate until needed.
7. Fry the tortillas in oil until crisp. Keep the rounds flat while frying.
8. Pipe the bean mixture onto the tortilla rounds.
9. Drain any excess marinade from the peppers. Garnish with the roasted pepper and chopped parsley.

Note: Canned white beans can be substituted for the dry beans.

PALMIERS WITH PIPIKAULA

Yield: 30 palmiers

Ingredients	Amounts
Pastry Sheet	2 ea.
Tomato paste	2 wt. oz.
Pipikaula, slice	12 ea.
Parmesan cheese, finely grated	$\frac{3}{4}$ wt. oz.

Method

1. Preheat oven to 400°F.
2. Lay out the puff pastry sheets. Brush each with a small amount of tomato paste.
3. Lay thin slices of pipikaula over the puff pastry. Dust with cheese.
4. Roll the long sides of the pastry sheets in so they meet toward the center.
5. Slice the pastry $\frac{1}{4}$ -inch thick.
6. Place the pastry on parchment-lined sheet pans. Bake in the preheated oven until golden brown, about 10 minutes.

YUCA CRÊPES WITH CRÈME FRAÎCHE AND TOBIKO

Yield: 30 crêpes

Ingredients	Amounts
Yuca, cooked, puréed	12 wt. oz.
All-purpose flour	1 wt. oz.
Eggs	2 ea.
Egg whites	3 ea.
Heavy cream	2 fl. oz.
Salt	as needed
White ground pepper	as needed
Nutmeg, grated	1 pinch
Vegetable oil	as needed
Crème fraîche	4 fl. oz.
Tobiko	1 wt. oz.
Dill sprigs	as needed
Smoked salmon, sliced (Optional)	6 wt. oz.

Method

1. Combine the yuca and flour in a mixer.
2. Add the eggs one at a time. Add the egg whites.
3. Add just enough heavy cream to achieve a consistency like pancake batter. Season with salt, pepper, and nutmeg.
4. Coat a nonstick griddle or sauté pan lightly with oil. Pour the batter as for pancakes into silver dollar-size portions. Cook until golden brown. Turn the crêpes and finish on the second side, about 2 minutes total cooking time.
5. Garnish the crêpes with small dollops of crème fraîche and tobiko, a small dill sprig, and a smoked salmon slice, if desired.

Note: Sour cream can be substituted for the Crème fraîche.

PORK PICADILLO EMPANADAS

Yield: 30 empanadas

Ingredients	Amounts
Oil, vegetable	2 tsp.
Pork, butt, coarsely ground	12 oz.
Chile, jalapeño, minced	½ oz.
Chili powder	2 tsp.
Cumin, ground	1 tsp.
Cinnamon, ground	1 tsp.
Allspice, ground	¼ tsp.
Raisins, golden, plumped	2 oz.
Almonds, blanched, toasted, chopped	2 oz.
Lime, juice	3 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Sour cream	2 Tbsp.
Empanada Dough (Recipe follows)	1x recipe
Oil, vegetable	as needed

Method

1. Heat the oil in a sauté pan over medium heat. Add the pork and sauté until it is no longer pink, about 10 minutes.
2. Stir in the jalapeño, chili powder, cumin, cinnamon, and allspice. Sauté until most of the liquid evaporates, 5 to 6 minutes.
3. Transfer to a large bowl. Fold in the raisins and almonds. Season with the lime juice, salt, and pepper.
4. Fold in just enough sour cream to gently bind the filling. Allow the filling to cool. Cover and refrigerate until ready to assemble the empanadas, up to 2 days.
5. For the egg wash, in a separate small bowl, whisk together the remaining 2 ounces of water and 1 egg.
6. To assemble the empanadas, roll out the dough to a thickness of 1/16-inch. Cut it into 30 circles 3-inches in diameter.
7. Place ½ ounce of filling on each circle. Brush the edges with egg wash, fold the circles in half, and seal the seams. Transfer to parchment paper-lined sheet pans and refrigerate until ready to fry the empanadas. At this point, the empanadas can be refrigerated for up to 24 hours, or frozen for up to 3 weeks.
8. In a deep fryer, heat the oil to 350°F. Place the empanadas in the oil and fry, turning as needed to fry both sides evenly, until golden brown and crispy, 4 to 5 minutes.
9. Drain the empanadas on absorbent paper towels and blot briefly. Serve immediately.

EMPANADA DOUGH

Yield: 30 empanadas

Ingredients	Amounts
Flour, all-purpose	6 ³ / ₄ oz.
Flour, banana	4 oz.
Baking powder	3 ¹ / ₂ tsp.
Salt, kosher	1 tsp.
Lard, melted, cooled	4 oz.
Water (Divided)	4 fl. oz.
Egg, whole (Divided)	1 ea.

Method

1. In a large mixing bowl, combine the flour, masa harina, baking powder, and salt.
2. Add the lard and mix by hand until evenly blended.
3. In a small bowl, blend 4 ounces of the water and 1 of the eggs. Add the mixture gradually to the dough, stirring as you work.
4. Knead the dough until it is pliable, about 3 minutes.

DUCK RILLETTES

Yield: 2.5 pounds

Ingredients	Amounts
Duck meat, cubed	2.5 lb.
Mirepoix, large diced	1/2 lb.
Sachet d'Epices	1 ea.
Chicken stock	48 fl. oz.
Salt	3/4 wt. oz.
Ground black pepper	1 tsp.

Method

1. In a heavy saucepan, place the duck, mirepoix and sachet. Add enough stock to almost to cover the duck. Simmer very slowly, covered, until the meat is cooked and very tender, at least 2 hours.
2. Transfer the suck to a chilled mixer bowl. Reserve the stock and rendered fat. Discard the mirepoix and sachet. Let the suck cool slightly.
3. Add the salt and pepper to the suck. Mix on low speed until the meat breaks into pieces. Adjust the seasoning to taste. As needed, add some of the reserved fat and stock to achieve a spreadable consistency that is neither runny nor dry.
4. Divide the rillettes among earthenware molds or ramekins no larger than 32 fl. oz. Ladle some reserved fat over them, and allow to cool before serving. Score the fat for a decorative effect, if desired.
5. The rillettes can be held under refrigeration for 2 to 3 weeks.

Note: Instead of simmering, the duck can be braised in a 350°F oven.

CEVICHE WITH TOSTONES

Yield: 30 tostones

Ingredients	Amounts
Assorted fish, brunoise	6 wt. oz.
Tomato, peeled, seeded, brunoise	1 ea.
Chives, minced	1 tsp.
Cilantro, chopped	1 Tbsp.
Jalapeño, minced	½ ea.
Green pepper, brunoise	¼ ea.
Olive oil	½ fl. oz.
Tabasco sauce	5 drops
Limes, juice, fresh	4 Tbsp.
Salt, kosher	as needed
Ground black pepper	as needed
Oil, vegetable	as needed
Plantain, unripe, sliced ¼-in. thick	4 ea.
Salt, kosher	to taste
Cilantro, leaves	2 tsp.

Method

1. For the ceviche, combine the fish, tomato, chives, cilantro, jalapeño, olive oil, and Tabasco. Gently mix to combine.
2. Add enough lime juice to cover the scallops. Season with salt and pepper. Marinate at least 1 hour, stirring occasionally.
3. For the tostones, heat the oil in a deep fryer to 375°F. Fry the plantains until lightly golden. Remove the plantains, flatten, and refry until crispy and golden brown. Blot on paper towels. Season with salt to taste.
4. Top each tostone with the ceviche. Garnish with the cilantro leaves.

DEVILED QUAIL EGG CANAPÉS

Yield: 30 canapés

Ingredients	Amounts
Egg, quail	30 ea.
Dijon mustard	as needed
Mayonnaise	as needed
Worcestershire sauce	as needed
Salt	as needed
Ground white pepper	as needed
Pumpernickel bread canapé bases, toasted, lightly buttered	30 ea.
Sea asparagus	3 wt. oz.
Dill, bunch, fresh	1/4 ea.

Method

1. Simmer the eggs for 12 minutes. Shock in a cold-water bath and peel as quickly as possible under cold water.
2. Cut the eggs in half, lengthwise. Remove the yolks and reserve the whites.
3. Push the yolks through a sieve into a mixing bowl. Add just enough mustard and mayonnaise to make the mixture easy to pipe. Season with Worcestershire sauce, salt, and pepper.
4. To assemble the canapés, pipe a small rosette of the deviled yolk mixture onto the pumpernickel bread. Place the egg white on top at a slight angle tilting upward. Pipe enough yolk mixture into the cavity of the egg white just to fill it.
5. Garnish with a small amount of sea asparagus and a small sprig of dill.

BRUSCHETTA WITH OVEN-ROASTED PINEAPPLE AND FONTINA CHEESE

Yield: 20 bruschetta

Ingredients	Amounts
Baguette, loaf, sliced ¼-inch thick	½ ea.
Olive oil	as needed
Pineapple, small diced	1 ea.
Oil, olive, pure	1 Tbsp.
Salt	¼ tsp.
Ground black pepper	¼ tsp.
Olive oil	1 ½ fl. oz.
Balsamic vinegar	½ fl. oz.
Basil, fresh, chiffonade	1 Tbsp.
Fontina cheese, grated	5 wt. oz.

Method

1. Preheat oven to 450°F. Place a half sheet pan in the oven.
2. Brush the sliced bread with oil and toast in the preheated oven until crisp and lightly golden along the edges, about 10 minutes.
3. In a medium bowl, place the pineapple and olive oil. season with the salt and pepper.
4. Place the pineapple on the hot sheet pan and roast until slightly brown, about 3 minutes.
5. Top each toast with 1 tablespoon of the pineapple and sprinkle ½ oz of cheese on each. Heat in a 375°F oven until the cheese melts and begins to brown, 7 to 10 minutes.

GRAPES ROLLED IN BLUE DE BRESSE

Yield: 25 grapes

Ingredients	Amounts
Blue de Bresse cheese	2 wt. oz.
Cream cheese	2 wt. oz.
Seedless green grapes	25 ea.
Pistachios	2 wt. oz.

Method

1. Combine the cheeses in a mixer fitted with a paddle attachment. Mix well until there are very few lumps. Refrigerate for 1 hour.
2. Wrap a small amount of cheese around each grape by rolling them in the palms of your hands. Store them on a sheet pan lined with parchment paper. Chill under refrigeration for at least 1 hour and up to overnight.
3. Pulse the pistachios in a food processor. Force them through a drum sieve.
4. Roll the grapes in the nut powder and shape them with the palms of your hands. This can be done up to 1 hour before service. Do not refrigerate the grapes once they have been rolled in the nut powder.

Note: Other blue cheeses can be substituted for the Blue de Bresse cheese.

CRISPY SCALLION PANCAKES WITH DIPPING SAUCE

Yield: 3 pancakes

Ingredients	Amounts
All-purpose flour	13 wt. oz.
Water, boiling	$\frac{3}{4}$ pt.
Soy sauce	4 fl. oz.
Green onions	1 wt. oz.
Chinese vinegar	4 fl. oz.
Ginger, minced	1 Tbsp.
Garlic, minced	$\frac{1}{2}$ tsp.
Sugar	2 tsp.
Dark sesame oil	1 Tbsp.
Salt	to taste
Ground black pepper	to taste
Green onions, sliced	1 $\frac{1}{2}$ wt. oz.
Peanut oil	6 fl. oz.

Method

1. Sift the flour into a medium 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 allow it to rest.
2. For the dipping sauce, in a medium bowl, combine the soy sauce, scallions, Chinese vinegar, ginger, garlic, and sugar. Mix well. Reserve.
3. Divide the dough into 3 parts and roll each into a thin rectangle. Brush each rectangle with a small amount of sesame oil. Season with salt and pepper to taste.
4. Cover each rectangle with a layer of sliced scallions and roll up like a jelly roll. Once rolled, take one end and roll it 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 until crispy. Cut each pancake into 10-12 wedges. Serve warm.

TABBOULEH SALAD WITH PITA BREAD

Yield: 9 cups

Ingredients	Amounts
Bulgur wheat	8 wt. oz.
Vegetable stock, hot	$\frac{3}{4}$ pt.
Parsley, finely chopped	1 $\frac{1}{2}$ wt. oz.
Mint, finely chopped	1 $\frac{1}{2}$ wt. oz.
Red onion, finely chopped	3 wt. oz.
Cucumber, peeled, de-seeded, diced	2 lb.
Tomato, $\frac{1}{4}$ " dice	1 lb.
Extra virgin olive oil	6 fl. oz.
Lemon juice	4 fl. oz.
Garlic clove, minced	2 $\frac{1}{2}$ ea.
Salt	$\frac{1}{2}$ tsp.
Ground black pepper	$\frac{1}{8}$ tsp.
Romaine lettuce	as needed
Pine nuts, toasted	1 wt. oz.
Pita Bread, grilled, quartered	9 ea.
(Recipe follows)	

Method

1. In a large bowl, place the bulgur wheat. Add hot water to cover. Cover the bowl and let it stand until the bulgur is tender, about 20 minutes. Drain off any excess water.
2. Fold in the parsley, mint, red onion, cucumber, and tomato.
3. In a small bowl, combine the olive oil, lemon juice, garlic, salt, and pepper. Mix to combine. Add it to the bulgur mixture. Mix well.
4. Arrange the salad on a bed of Romaine leaves. Garnish with the pine nuts. Serve with grilled pita bread cut into quarters.

PITA BREAD

Yield: 24 small pitas

Ingredients	Amounts
Flour, all-purpose	25 oz.
Salt, kosher	2 tsp.
Water, warm (90° - 110°F)	1 pt.
Yeast, dry, envelope	½ oz.
Sugar, granulated	½ tsp.

Method

1. In a large bowl, combine the salt and flour.
2. In a small bowl, place the warm water. Sprinkle in the yeast and sugar. Stir to dissolve. Add the yeast mixture to the bowl with the flour. Work the mixture into a dough. Knead until it is smooth and elastic, about 5 minutes.
3. Shape the dough into an even rectangle. 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 ball into a ¼-inch thick, 3 ½ inches in diameter round. Carefully flip the circles over to smooth out any creases that might prevent the pocket from forming.
5. As each loaf is rolled, place it carefully on a floured surface and cover with a clean, dry towel. Do not allow the surface of the loaves to dry out. Allow the loaves to rise in a warm draft-free area, 30 to 45 minutes.
6. Preheat oven to 500°F. Heat a baking sheet in the oven on the bottom rack.
7. Place the pitas on the preheated baking sheet and bake until puffed, lightly browned on the bottom, and almost white on top, about 3 ½ minutes. If desired, flip the loaves over after they have puffed and bake 1 minute longer to brown the tops. Be careful not to let the pita get crisp and brittle.
8. Remove the pitas from the oven and wrap immediately in clean, dry towels (otherwise the pitas will become too crisp to cut).

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 and a superior pita with a delightfully chewy, yet tender texture and a puff in every loaf.

CHEESE STICKS (PAILLETTES)

Yield: 30 paillettes

Ingredients	Amounts
Egg yolk	1 ea.
Milk	½ fl. oz.
Puff pastry sheet	1 ea.
Parmesan cheese, grated	1 ½ wt. oz.
Sweet Spanish paprika	as needed

Method

1. Preheat oven to 400°F.
2. In a small bowl, whisk together the egg yolk and milk to make an egg wash. Brush the puff pastry sheet with the egg wash.
3. Sprinkle the cheese and paprika evenly over the puff pastry sheet. Cut the sheet lengthwise into ¼-inch strips.
4. Bake on parchment-paper lined sheet pans in the preheated oven until golden brown, about 10 minutes.

Note: Cayenne pepper, poppy seeds, or sesame seeds may be used as alternative garnishes.

HERBED GOAT CHEESE IN PHYLLO DOUGH

Yield: 24 triangles

Ingredients	Amounts
Goat cheese	4 ½ wt. oz.
Basil, chopped	1 ½ Tbsp.
Chervil, chopped	1 ½ Tbsp.
Tarragon, chopped	1 ½ Tbsp.
Chives, chopped	1 ½ Tbsp.
Heavy cream	6 fl. oz.
Salt	½ tsp.
Ground black pepper	½ tsp.
Phyllo dough sheets, thawed	9 ea.
Clarified butter	6 fl. oz.

Method

1. Preheat oven to 400°F.
2. Combine the goat cheese, basil, chervil, tarragon, chives, and heavy cream. Season with the salt and pepper. Refrigerate until needed.
3. Brush a sheet of phyllo dough with melted butter. Lay another sheet of dough on top and brush it with butter. Repeat this process once more so three layers of phyllo dough are stacked. Cut the dough widthwise into 2-inch strips.
4. Place ½ oz. of filling at the base of each strip and fold into triangles. Brush the triangles with additional melted butter and place on a sheet pan. Repeat with additional phyllo dough and filling until all is used.
5. Bake the triangles in the oven until browned, 10 to 12 minutes. Serve immediately.

WONTON CUPS WITH BLACK BEANS AND GUACAMOLE

Yield: 30 wonton cups

Ingredients	Amounts
Cornstarch	2 Tbsp.
Water	1 oz.
Wonton wrappers	60 ea.
Vegetable oil	as needed
Vegetable oil	1 fl. oz.
Onion, minced	1 ea.
Garlic clove, minced	3 ea.
Chile, jalapeño, minced	2 ea.
Ground cumin	2 tsp.
Dried thyme	2 tsp.
Dried oregano	2 tsp.
Tomato paste	2 wt. oz.
Black turtle beans	8 wt. oz.
Vegetable stock	as needed
Cayenne	to taste
Salt	to taste
Avocado, medium dice	2 ea.
Tomato, chopped	2 ea.
Red onion, small minced	½ ea.
Jalapeño, minced fine	2 ea.
Pineapple, juice	2 oz.
Garlic, clove, minced	1 ea.
Salt	1 tsp.
Ground black pepper	¼ tsp.

Method

1. Soak the black turtle beans overnight or use the quick soak method: in a bowl, pour boiling water to cover the beans by four inches. Let them stand for one hour and drain.
2. For the slurry, in a small bowl, combine the cornstarch and water. Whisk to incorporate.
3. Place 1 wonton skin on a flat surface. Lightly brush it with slurry. Place another skin on top. Place the skins in a small ladle and squeeze down lightly with a slightly smaller ladle. This will result in a small wonton cup. Repeat with the remaining skins.

4. Deep fry the wonton cups in 350°F oil until crisp. Drain on a wire rack. Season with salt. Set aside.
5. For the filling, in a large sauté pan, heat the oil over medium heat. Add the onions, garlic, and jalapeños and sweat.
6. Add the cumin, thyme, oregano, and tomato paste. Sauté briefly.
7. Add the soaked beans and stock. Cook until tender. Season with cayenne and salt.
8. For the guacamole, mash the avocado. Add the tomato, red onion, jalapeño, lime juice, garlic, salt, and pepper. Mix well to combine. Adjust the seasoning with salt and pepper to taste.
9. Fill the wonton cups with the black bean mixture and garnish with the guacamole.

BARBECUED SHRIMP AND BACON

Yield: 30 shrimp

Ingredients	Amounts
Bamboo skewers	30 ea.
Bacon, strip	15 ea.
Shrimp, peeled and deveined	30 ea.
Guava-Ancho Barbecue Sauce (Recipe follows)	8 fl. oz.

Method

1. Soak 30 bamboo skewers in water for 30 minutes to prevent them from burning during cooking.
2. In a large skillet, partially cook the bacon. Drain on paper towels. Cut each strip in half. Reserve.
3. Wrap each shrimp with a bacon strip. Thread each shrimp on a small bamboo skewer.
4. Place the skewers on a wire rack set into a foil-lined sheet pan.
5. Broil the shrimp 1 to 2 minutes on the first side. Turn and broil another 1 to 2 minutes, or until the bacon gets crispy and the shrimp are just cooked through.
6. Remove from the broiler and baste with the Apricot-Ancho Barbecue Sauce.

GUAVA-ANCHO BARBECUE SAUCE

Yield: 1 quart

Ingredients	Amounts
Bacon, diced	6 wt. oz.
Onion, diced	6 wt. oz.
Garlic clove, minced	1 ea.
Guava paste	4 wt. oz.
Ketchup	7 wt. oz.
Malt vinegar	2 fl. oz.
Orange juice	2 fl. oz.
Dark brown sugar	6 wt. oz.
Anchos, diced	2 ea.
Paprika	1 tsp.
Dry mustard	1 tsp.
Tabasco sauce	1 tsp.
Cayenne pepper	1 tsp.
Salt	to taste
Ground black pepper	to taste

Method

1. In a medium sauté pan, cook the bacon until it is almost crisp.
2. Add the onion and sauté until browned.
3. Add the garlic and sauté for 1 minute.
4. Add the guava paste, ketchup, malt vinegar, orange juice, brown sugar, anchos, paprika, mustard, Tabasco, and cayenne. Simmer until the guava paste is incorporated into the sauce.
5. Purée in a blender. Adjust the seasoning with salt and pepper to taste.
6. The sauce can be used cold or warm and can be stored, covered, for up to one week.

GRUYÈRE CHEESE PUFFS (GOUGÈRES)

Yield: 40 gougères

Ingredients	Amounts
Water	8 fl. oz.
Butter	4 wt. oz.
Salt	1 tsp.
All-purpose flour, sifted	4 ½ wt. oz.
Egg white	1 ea.
Eggs	4 ea.
Gruyère cheese, grated	3 wt. oz.
Parmesan cheese, grated	1 Tbsp.

Method

1. Preheat oven to 400°F.
2. In a pot, combine the water, butter, and salt. Bring it to a boil.
3. Add the flour all at once, stirring it in well. Cook, stirring continuously, until the mass comes away from the sides of the pot.
4. Transfer to a mixer and mix on medium speed for about 1 minute. Add the egg white and eggs one at a time, mixing well after each addition, to achieve a stiff but pliable texture.
5. Add the Gruyère and Parmesan and continue mixing for 1 minute.
6. Transfer the dough to a pastry bag with a No. 5 plain tip. Pipe the desired shape onto parchment-paper lined sheet pans.
7. Bake in the preheated oven until golden brown. Reduce the temperature to 325°F and bake until the gougères are cooked through, 12 to 15 minutes.
8. Serve warm or store in an airtight container.

CEVICHE IN CUCUMBER CUPS

Yield: 30 cucumber cups

Ingredients	Amounts
Assorted fish, brunoise	6 wt. oz.
Tomato, peeled, seeded, brunoise	1 ea.
Chives, minced	1 tsp.
Cilantro, chopped	1 Tbsp.
Jalapeño, minced	½ ea.
Green bell pepper, brunoise	¼ ea.
Olive oil	½ fl. oz.
Tabasco sauce	5 drops
Lime, juice, fresh	3 Tbsp.
Ground black pepper	as needed
Cucumber, sliced ½-in. thick	3 ea.
Sour cream (optional)	as needed
Cilantro leaves (optional)	2 tsp.

Method

1. In a large bowl, combine the fish, tomato, chives, cilantro, jalapeño, bell pepper, olive oil, and Tabasco. Add enough lime juice to cover the scallops. Season with salt and pepper. Allow it to marinate for at least 8 hours, stirring occasionally.
2. Trim the cucumber slices with a round cutter to remove the rind. Scoop a pocket out of the middle of the cucumber slices. Do not cut all the way through the slice.
3. Fill the cucumber cups with the ceviche.
4. Garnish each cup with a small dot of sour cream and a cilantro leaf, if desired.

SPICED MIXED NUTS

Yield: 1 pound

Ingredients	Amounts
Butter	1 ½ wt. oz.
Worcestershire sauce	½ fl. oz.
Unsalted raw whole mixed nuts	1 lb.
Celery seed	½ tsp.
Garlic powder	½ tsp.
Chili powder	½ tsp.
Ground cumin	¼ tsp.
Cayenne	1 pinch
Salt	½ tsp.

Method

1. Preheat oven to 375°F.
2. In a large skillet over medium heat, melt the butter. Add the Worcestershire sauce and bring it to a simmer.
3. Add the mixed nuts and toss well to coat them evenly.
4. Sprinkle the combined spices and salt over the nuts and toss well to coat evenly.
5. Place the nuts on a non-stick or well-greased sheet pan and bake in the preheated oven, stirring occasionally, until evenly browned, 10 to 12 minutes. Cool completely.
6. The nuts can be stored in an airtight container for up to 2 weeks.

SPICY CURRIED CASHEWS

Yield: 1 pound

Ingredients	Amounts
Whole raw cashews	1 lb.
Butter, melted	1 fl. oz.
Salt	½ tsp.
Curry powder	1 Tbsp.
Garlic powder	¼ tsp.
Onion powder	¼ tsp.
Cayenne	1 pinch

Method

1. Preheat oven to 350°F.
2. In a large bowl, toss the cashews and melted butter together until evenly coated.
3. In another large bowl, place the salt, curry powder, garlic powder, onion powder, and cayenne. Mix well to combine. Reserve.
4. Place the cashews on a sheet pan and bake them in the preheated oven until golden brown. Remove the cashews from the oven and transfer them to the bowl with the spice mixture. Toss well to evenly coat the cashews.
5. Allow to cool before serving. Store in an airtight container for up to 10 days.

CANDIED PECANS

Yield: 1 pound

Ingredients	Amounts
Egg whites	2 ea.
Water	1 fl. oz.
Pecan halves	1 lb.
Superfine sugar	4 ½ wt. oz.
Salt	2 Tbsp.
Ground cinnamon	1 Tbsp.
Ground ginger	2 tsp.
Ground cardamom	2 tsp.
Ground allspice	1 ½ tsp.
Ground coriander	1 tsp.
Cayenne	1 pinch

Method

1. Preheat oven to 250°F.
2. In a medium bowl, beat together the egg whites and water.
3. Add the nuts and stir until they are completely coated. Drain well in a colander.
4. In a large bowl, combine the sugar, salt, cinnamon, ginger, cardamom, allspice, and coriander, and cayenne.
5. Add the nuts and toss until evenly coated.
6. Turn the nuts onto a sheet pan and spread in a single layer. Bake in the preheated oven for about 10 minutes. Reduce the temperature to 225°F and bake, stirring occasionally, until the nuts are dark golden brown, about 10 minutes.
7. Cool completely before serving. Store in an airtight container for up to 2 weeks.

CHILI-ROASTED PEANUTS WITH DRIED CHERRIES

Yield: 1 pound

Ingredients	Amounts
Butter	1 wt. oz.
Raw peanuts	1 lb.
Mild chili powder	1 Tbsp.
Ground cumin	2 tsp.
Ground white pepper	2 tsp.
Salt	½ wt. oz.
Dried oregano	½ tsp.
Cayenne	½ tsp.
Dried cherries	8 wt. oz.

Method

1. Preheat oven to 300°F.
2. Heat the butter in a small saucepan over medium heat. Add the peanuts and stir, coating the peanuts with the melted butter.
3. In a medium bowl, place the chili powder, cumin, pepper, salt, oregano and cayenne. Mix well to combine. Reserve.
4. Place the peanuts on a large sheet pan and lightly toast in the preheated oven for 10 minutes, shaking the pan occasionally.
5. Transfer the peanuts to a large bowl and coat with the dry ingredients.
6. Add the cherries and mix until they are uniformly blended.
7. Store in an airtight container for up to 2 weeks.

Note: raisins can be substituted for the dried cherries.

DAY TWO: IN A BOWL

TEAM PRODUCTION ASSIGNMENTS:

TEAM ONE

Roasted Eggplant Purée with Yogurt and Macadamia

Curry Udon Noodles

Spicy Kimchi Stew with Pork

Crispy Chocolate Waffles with Mint Syrup and Whipped Cream

TEAM TWO

Salad of Bean Starch Sheets

Chili Crab

Beef Cheeks with Portuguese Sausage

Black Rice Pudding with Coconut Milk and Dried Mango

TEAM THREE

Grilled Vegetables with Romesco Sauce

Turkish Water Börek

Red-Cooked Pork Belly

Shredded Caramelized Pancake

TEAM FOUR

Curdled Soy Milk with Fried Crullers

Stir-Fried Shredded Flatbread

Columbian Ceviche with Coconut Milk

Beef Cured with Lime and Onions

ROASTED EGGPLANT PURÉE WITH YOGURT AND MACADAMIA

Yield: 8 Portions

Ingredients	Amounts
Eggplants, large	2 ea.
Salt	as needed
Extra virgin olive oil	3 fl. oz.
Macadamia, toasted	2 wt. oz.
Garlic cloves, sliced	3 ea.
Lemon juice	3 Tbsp.
Greek yogurt, strained	1 cup
Mint, chiffonade	3 Tbsp.
Parsley, chopped	3 Tbsp.
Cayenne pepper	¼ tsp.
Salt	to taste
Ground black pepper	to taste
Olive oil	2 fl. oz.
Mint, chiffonade	1 Tbsp.
Macadamia, toasted, chopped	1 cup
Pita Bread (Recipe follows)	1x recipe

Method

1. Preheat oven to 400°F.
2. Cut the eggplants in ½ lengthwise, rub salt onto the flesh side, and score them all the way down to the skin. Brush about one ounce of olive oil onto the flesh sides.
3. Place the eggplants on a baking sheet in the preheated oven. Toast the eggplant, flesh side up, until lightly charred and cooked through.
4. Remove the eggplants from the oven. Remove the skin and coarsely chop the eggplant flesh. Reserve.
5. In a food processor, combine the macadamia, garlic, lemon juice, and yogurt. Process it into a fine paste.
6. Add the reserved eggplant flesh, mint, parsley, and cayenne. Process it into a slightly textured paste.
7. Adjust the seasoning with salt and pepper to taste.
8. Sprinkle with olive oil, mint, and chopped macadamia. Serve with pita bread.

PITA BREAD

Yield: 20 flatbreads

Ingredient	Amounts
Warm water 70°-80°F	22 fl. oz.
Active dry yeast	$\frac{1}{3}$ wt. oz.
Bread flour	1 lb.
Whole wheat flour, not stone ground	1 lb.
Salt	$\frac{2}{3}$ wt. oz.

Method

1. In a small bowl, combine the yeast and warm water to re-hydrate.
2. Add the bread and whole wheat flour. Place the salt on top.
3. Knead the dough until it is quite elastic, 3 to 4 minutes. Place it in a large container, cover with plastic wrap and allow it to double in size.
4. Fold the dough down and allow it to double again.
5. Scale the dough into 2 weight ounce pieces. Shape the pieces into dinner rolls and allow them to rest for 20 minutes.
6. Preheat oven to 450°F. Place a sheet pan in the oven.
7. Roll the dough into thin disks. Place them on the preheated sheet pan and bake immediately in the oven until they fully puff up and brown just slightly.
8. Remove the pita from the oven. Place them under a lightly dampened cloth to prevent them from drying out.

Note: Many culinary cultures have comparable flat breads, with varying kinds of wheat flours. To achieve the pocket in pita bread, the right technique is crucial. After portioning the dough needs to be shaped into a dinner roll to distribute the gluten proteins evenly. After a brief rest, it is essential that the dough disk is baked immediately after rolling.

CURRY UDON NOODLES

Yield: 8 Portions

Ingredients	Amounts
Onions, sliced	1/2 lb.
Vegetable oil	2 fl. oz.
Ginger, very fine julienne	1 wt. oz.
Garlic cloves, sliced	4 ea.
Chicken breast, sliced very fine	1 lb.
Turnip, Julienne	1 lb.
Sugar	1/2 wt. oz.
Salt	as needed
Water	2 1/2 qt.
Japanese curry paste	3 wt. oz.
Napa cabbage	1 lb.
Light soy sauce, not low sodium	1 fl. oz.
Udon noodles, dried	2 lb.
Scallions, sliced	4 ea.
Radish sprouts	2 cups

Method

1. For the curry sauce, heat the oil in a saucepan. Add the onions and sweat until tender.
2. Add the garlic and ginger and sweat until aromatic.
3. Add the chicken breast and cook until opaque.
4. Add the turnip and cook until they begin to become tender.
5. Add the sugar. Adjust the seasoning with salt to taste.
6. Remove everything from the pan and reserve.
7. Add the water to the pan. Bring it to a boil. Add the Japanese curry paste and simmer for 2 minutes until the curry paste is fully dispersed and the sauce is slightly thick.
8. Add the soy sauce, the reserved pan contents and the Napa cabbage. Simmer until slightly tender.
9. Cook the noodles in two gallons of well salted water until tender. Rinse with hot water.
10. Add the scallions and toss to combine. Divide the noodles into eight Asian noodle bowls.
11. Top with the curry sauce. Mix gently. Garnish each bowl with the radish sprouts.

Note: Udon Noodles are thick, white noodles made from wheat flour, water, and salt with a unique slippery texture. Available fresh, dried, or par cooked, they are commonly served with a hot broth. During the hot summer months chilled versions with various flavorings are very popular.

First time travelers to Japan are commonly surprised by the popularity of curry. Curry was introduced to Japan by European Chefs at the beginning of the 20th Century, which explains their similarity to a goulash.

SPICY KIMCHI STEW WITH PORK

Yield: 8 Portions

Ingredients	Amounts
Vegetable oil	1 fl. oz.
Onions, large dice	10 wt. oz.
Garlic cloves, sliced	2 ea.
Pork shoulder, sliced thinly	1 ½ lb.
Korean hot pepper paste (Gochujang)	1 fl. oz.
Korean chili powder	2 tsp.
Kimchi, cabbage, cut into bite-sized pieces	1 ½ lb.
Chicken stock	1 ½ qt.
Tofu, soft, large diced	1 ½ lb.
Salt	to taste
Scallions, sliced	2 ea.
Jalapeño peppers, sliced thinly	1 ea.

Method

1. Heat the oil in a rondeau over medium heat. Add the onions and sweat until softened, about 5 minutes.
2. Add the garlic and sweat until fragrant.
3. Add the pork and cook until the meat turns opaque.
4. Add the Korean pepper paste and powder and cook for another 30 seconds.
5. Add the Kimchi and just enough stock to barely submerge it. Bring to a boil and simmer gently for 10 minutes
6. Add the tofu, stirring very carefully to avoid breaking it apart. Simmer very gently until the meat is tender, 20 minutes. Adjust the seasoning with salt to taste.
7. Ladle the stew into the bowls. Garnish with sliced scallion and jalapeño.

Note: Kim Chi is made by fermenting vegetables like Napa cabbage, radishes or cucumbers with chilies, ginger, scallions, garlic and oftentimes anchovies. For this very popular Korean stew, ripe and fully fermented kimchi is used to achieve a richer flavor. Accompanying nearly every Korean meal, the importance of this traditional condiment cannot be underestimated.

CRISPY CHOCOLATE WAFFLES WITH MINT SYRUP AND WHIPPED CREAM

Yield: 8 portions

Ingredient	Amounts
Sugar	14 wt. oz.
Water	1 ½ cups
Lime, kalamansi, juice	2 fl. oz.
Mint leaves, whole	½ cup
All-purpose flour	9 wt. oz.
Cocoa powder, unsweetened	1 wt. oz.
Cornstarch	3 wt. oz.
Sugar	1 wt. oz.
Kosher salt	2 tsp.
Baking powder	2 Tbsp.
Milk	1 pt.
Eggs, separated	2 ea.
Vanilla Essence	1 fl. oz.
Butter, unsalted, melted	2 wt. oz.
Dark chocolate, melted	3 wt. oz.
Heavy cream, whipped to medium peak	1 pt.

Method

1. For the mint syrup, combine the sugar and water and heat until the sugar is fully dissolved. Add the lime juice and mint. In a blender, purée until smooth. Reserve.
2. For the batter, in a medium bowl, thoroughly combine the flour, cocoa powder, cornstarch, sugar, salt, and baking powder. Reserve.
3. In a small bowl, combine the milk, egg yolks, and vanilla essence. Mix until homogenous.
4. In a large bowl, combine the flour-cornstarch mix and the milk-egg yolk mix. Stir to create a batter with hazelnut-sized lumps.
5. In a small bowl, beat the egg whites to a medium peak. Fold the eggs into the batter.
6. Add the melted butter and chocolate to the batter. Combine well.
7. Cook on a waffle iron.
8. Serve topped with whipped cream and drizzled with the mint syrup.

SALAD OF BEAN STARCH SHEETS

Yield: 8 Portions

Ingredients	Amounts
Bean starch sheets or tofu skins	1 lb.
Water, boiling	as needed
Vegetable oil	2 fl. oz.
Sichuan pepper	½ tsp.
Red pepper flakes	1 tsp.
Sugar	2 Tbsp.
Black rice vinegar	1 ½ fl. oz.
English cucumber, julienne	2 ea.
Cilantro, coarsely cut	1 cup
Mung bean sprouts	3 wt. oz.
Sesame oil	1 ½ Tbsp.
Salt	as needed

Method

1. Pour boiling water over the bean starch sheets until they are submerged. Allow them to soak for 30 minutes. Drain the bean starch sheets thoroughly. Tear them into bite sized pieces.
2. For the pepper oil, heat the vegetable oil until it is almost smoking. Add the Sichuan peppers and crushed red peppers and fry until they begin to turn brown. Strain the oil. Discard the solids.
3. In a large bowl, combine the pepper oil, torn bean starch sheets, sugar, vinegar, cucumber, cilantro, mung bean sprouts, and sesame oil. Mix well to combine.
4. Adjust the seasoning with salt to taste. Serve immediately.

Note: Bean Starch Sheets also known as “Tian Jin Green Bean Sheets”, are translucent sheets made from mung bean starch with a strong resemblance to Vietnamese rice paper. The slippery texture of the bean starch sheets is comparable to cellophane noodles, another product made from mung bean starch.

CHILI CRAB

Yield: 8 Portions

Ingredient	Amounts
Crab, variety as available	8 ea.
Vegetable oil	2 fl. oz.
Garlic, minced	2 Tbsp.
Ginger, minced	2 Tbsp.
Red bird's eye chili, minced	3 ea.
Fermented black beans, mashed	1 Tbsp.
Chinese cooking wine	1 Tbsp.
Tomato sauce	½ cup
Chili sauce, mild	¼ cup
Sugar	1 Tbsp.
Kosher salt	as needed
Ground white pepper	½ tsp.
Water	½ cup
Cornstarch	1 Tbsp.
Eggs, beaten	2 ea.
Cilantro, coarsely cut	2 Tbsp.
Crusty bread, loaf, sliced	½ ea.

Method

1. Cut about a ½-inch behind the eyes and mouth of the crab and squeeze out the content of the sack behind the eyes. Remove the gills from under the pointed end of the crab. Remove the apron from under the crab. Rinse and pat the crab dry.
2. Heat the vegetable oil in a wok over moderate heat. Stir fry the garlic, ginger, and chiles until fragrant.
3. Add the fermented black beans and stir-fry for a few seconds.
4. Add the crab and stir fry for 1 minute. Remove the crab and reserve.
5. Add the cooking wine and cook for a few seconds.
6. Add the tomato, chili sauce, sugar, salt, white pepper, and water. Bring it to a boil. Adjust the seasoning to taste. Return the reserved crabs to the wok.
7. If the sauce is a little thin, thicken the sauce with a slurry. In a small bowl, whisk together the water and cornstarch. Stir it into the sauce as needed.
8. Add the eggs and continue to stir until the eggs are fully cooked. Serve with slices of crusty bread.

Note: Inspired by the national dish of Singapore this version utilizes soft shell crab, making it more convenient to eat. Sherry can be substituted for the Chinese cooking wine.

BEEF CHEEKS WITH PORTUGUESE SAUSAGE

Yield: 8 portions

Ingredient	Amounts
Beef cheek, cut into 1-in. pieces	1 lb.
Salt, kosher	as needed
Extra virgin olive oil	2 fl. oz.
Portuguese Sausage, small diced	8 wt. oz.
Onions, minced	6 wt. oz.
Garlic clove, minced	2 ea.
White wine	1 cup
Bay leaf	1 ea.
Spanish paprika	1 Tbsp.
Salt	as needed
Ground black pepper, coarsely ground	as needed
Parsley, coarsely cut	1 Tbsp.
Crusty bread, loaf, sliced	½ ea.

Method

1. In a stock pot, submerge the cheeks with cold, salted water. Bring to a boil and simmer gently until it is tender, about 2 hours. Reserve the beef and the cooking liquid.
2. In a rondeau over medium low heat, render the chorizo in the olive oil.
3. Add the onions and sweat until translucent.
4. Add the garlic and paprika and sweat until fragrant.
5. Add the cooked beef cheeks. Mix well.
6. Add the wine and reduce until fully evaporated.
7. Add enough of the reserved beef cheek cooking liquid to barely submerge the beef.
8. Simmer gently for about 30 minutes. Adjust the seasoning with salt and pepper to taste.
9. Garnish with the coarsely cut parsley. Serve with slices of crusty bread.

Note: Beef short rib can be substituted for the beef cheeks.

BLACK RICE PUDDING WITH COCONUT MILK AND DRIED MANGO

Yield: 8 portions

Ingredient	Amount
Water	1 ½ qt.
Lemongrass, stalk, very finely minced	1 ea.
Palm sugar	7 wt. oz.
Purple Thai rice	2 cups
Coconut milk	3 cups
Kosher salt	as needed
Limes, fresh juice	2 ea.
Coconut, desiccated	2 wt. oz.
Mangoes, dried, small dice	4 wt. oz.

Method

1. Preheat oven to 350°F.
2. In a rondeau, bring the water to boil. Add the lemongrass, palm sugar, and the black rice. Bring the water back to a boil and cover with a tight-fitting lid.
3. Place the rondeau in the preheated oven and cook until the rice has absorbed all the water, about 30 minutes.
4. Remove the rondeau from the oven and place it on the stovetop. Add the coconut milk and bring it to a simmer.
5. Return the pot to the oven and cook until the coconut milk has been absorbed and the rice is creamy.
6. Add the lime juice. Adjust the seasoning to taste. If necessary, add more coconut milk or water to adjust the viscosity.
7. Place the rice into bowls. Top with some desiccated coconut and dried mangoes.

Note: Purple Thai rice (also called “black forbidden rice”) has a deep purple color due the high content of Anthocyanin pigments. It is commonly served for breakfast as a hot cereal.

GRILLED VEGETABLES WITH ROMESCO SAUCE

Yield: 8 portions

Ingredient	Amounts
Red bell peppers	2 ea.
Zucchini	2 ea.
Japanese eggplant	2 ea.
Russet potato	2 ea.
Sweet potatoes	2 ea.
Salt	as needed
Ground black pepper	as needed
Extra virgin olive oil	1 cup
Sherry vinegar	2 fl. oz.
Romesco Sauce (Recipe follows)	1x recipe

Method

1. Grill the red peppers until the skin is blistered away from all sides. Place the peppers into a container with a tightly fitting lid or a paper bag and allow them to steam for five minutes. Remove the skin and seeds and cut into quarters.
2. Cut the remaining vegetables into 1/4- inch thick slices. Adjust the angle needed to achieve similar sized slices.
3. In a large bowl, place all the vegetables and the olive oil. Season with a generous amount of salt and pepper. Toss to coat the vegetables evenly with the oil.
4. Grill the vegetables over high heat until well-marked and browned on both sides and cooked through.
5. Arrange the vegetables attractively on a platter. Drizzle with the olive oil and sherry vinegar. Serve with the Romesco Sauce.

ROMESCO SAUCE

Yield: 1 quart

Ingredients	Amounts
Hazelnuts, skinned	2 wt. oz.
Macadamia, blanched	3 wt. oz.
Garlic, peeled, whole	4 ea.
Bread, baguette or similar, sliced	2 wt. oz.
Red bell peppers	6 ea.
Plum tomatoes	4 ea.
Extra virgin olive oil	3 fl. oz.
Parsley, chopped	2 Tbsp.
Sherry vinegar	2 fl. oz.
Salt	to taste
Ground black pepper	to taste

Method

1. Preheat oven to 350°F.
2. Roast the hazelnuts, macadamia, garlic, and bread in the preheated oven until lightly browned.
3. Grill the peppers and tomatoes until charred on all sides. Place them into a container with a tight-fitting lid. Allow them to steam for 5 minutes. Remove the skins.
4. Combine the roasted and grilled items, olive oil, parsley, and vinegar in a food processor. Purée into a paste. (It should not be too fine.) If needed, adjust the viscosity by adding a little water.
5. Adjust the seasoning with salt and pepper to taste.

Note: an iconic component of Spanish cookery, romesco sauce has its origins in Catalan cuisine. It reflects a traditional Spanish sauce-making technique in which the main item is puréed while body and viscosity is achieved by incorporating ground nuts or bread. On many tables in Spain, this sauce is the center point of the meal and the fish, seafood, meat, or vegetable is considered of secondary importance.

TURKISH WATER BÖREK

Yield: 8 Portions

Ingredients	Amounts
All-purpose flour	1 lb.
Cake flour	1 lb.
Eggs	8 ea.
Lemon juice	1 Tbsp.
Salt	½ Tbsp.
Milk, warm	1 pt.
Eggs	6 ea.
Extra virgin olive oil	6 fl. oz.
Feta cheese, crumbled	18 wt. oz.
Dill, cut finely	¼ cup
Parsley, chopped	¼ cup

Method

1. Preheat oven to 375°F.
2. For the dough, combine the flours, eggs, lemon juice, and salt. Knead vigorously until smooth and pliable. Allow the dough to rest for 1 hour in a tightly covered container.
3. Roll the dough very thinly. Trim it to fit into an ovenproof casserole dish.
4. In a generous amount of water, boil the dough until cooked, and shock in an ice water bath to cool. Remove the dough from the water bath and dry.
5. For the filling, in a medium bowl, combine the warm milk, eggs, and oil.
6. In the ovenproof casserole dish, layer the dough, cheese, dill, and parsley.
7. Pour the egg mixture over the top. Bake in the preheated oven until the mixture is set and slightly browned.

Note: Börek, also known as Burek, Briwat or Brik are commonly savory stuffed baked or fried flaky pastries found in North Africa, the Middle East, the Balkans and parts of western central Asia. They are often prepared as individual pastries, but, like this version, multi-portion preparations in large pans are just as common. The Greek version, known as Spanakopita, has become a very popular cocktail snack.

RED-COOKED PORK BELLY

Yield: 8 Portions

Ingredients	US
Pork belly, fresh skin on, large diced	3 lb.
Brown sugar	2 wt. oz.
Ginger, cut into slices	1 wt. oz.
Scallions, cut into 1" pieces	2 ea.
Chinese cooking wine (Shao Xing)	2 Tbsp.
Light soy sauce, not low sodium	½ cup
Dark soy sauce	3 Tbsp.
Star anise	3 ea.
Water	as needed
Tofu knots, dried	4 wt. oz.
Rice, steamed	as needed

Method

1. Soak the tofu knots in hot water for 30 minutes.
2. In a stock pot over medium heat, sweat the pork belly without oil for 1 minute.
3. Add the sugar and sweat until aromatic.
4. Add the ginger and scallions and cook until aromatic.
5. Add the cooking wine, light and dark soy sauce, and star anise. Add enough water to just barely submerge the meat. Cover it with a lid and simmer over very low heat for about 1 hour.
6. Add the tofu knots and cook until everything is tender, about 30 minutes. Add more liquid throughout cooking, as necessary.
7. Serve with steamed rice.

SHREDDED CARAMELIZED PANCAKE

Yield: 8 Portions

Ingredients	Amounts
Eggs, separated	6 ea.
Milk	1 cup
Vanilla extract	1 Tbsp.
Brandy, kirschwasser	2 fl. oz.
All-purpose flour	½ lb.
Salt	½ tsp.
Sugar	2 wt. oz.
Vegetable oil	as needed
Powder sugar, 10X	as needed
Lychee-Passion Fruit Relish	1x recipe
(Recipe follows)	

Method

1. In a small bowl, combine the egg yolks, milk, vanilla extract, and kirschwasser. Mix to thoroughly combine.
2. In a large bowl, combine the flour, sugar, and salt. Mix to combine.
3. Add the egg yolks and milk mixture. Mix to form a smooth batter.
4. Whip the egg whites to medium peak. Carefully fold them into the batter.
5. Oil a 10 to 12-inch skillet and preheat to low heat. Pour a ¼-inch thick layer of the batter into the skillet. Cook until the underside is golden brown. Flip the pancake and cook until the other side is golden brown and the pancake is fully cooked. (It is important to fully cook the pancake from both sides before shredding it.)
6. In the skillet, shred the fully cooked pancake with two spatulas into bite-sized pieces.
7. Increase the temperature of the skillet to medium. Dust the shredded pancake with powder sugar. Toss and allow the pancake to caramelize.
8. Transfer to a serving platter and dust with more powder sugar. Serve with Lychee-Passion Fruit Relish.

Note: One of the most popular desserts in Austria and Southern Germany, this dish features a pancake made from a batter rich in eggs and without any chemical leavener. These relatively dense pancakes are always cooked, one per portion, in a 10 to 12- inch skillet over low heat rather than on a griddle. Accomplished culinarians are revered for their ability to gracefully flip the pancake without the help of any tools.

LYCHEE-PASSION FRUIT RELISH

Yield: 8 portions

Ingredient	Amounts
Lychee, pitted, quartered	2 lb.
Passion fruit, scooped	2 ea.
Water	6 fl. oz.
Sugar	2 wt. oz.
Salt, kosher	1 ea.
Lemon juice	2 fl. oz.

Method

1. In a medium saucepan over medium high heat, place the water, sugar, salt, and lemon juice. Cook until the sugar and sugar dissolve completely.
2. Add the lychee and passion fruit. Stir well. Allow it to cool at room temperature until it cools completely.
3. Use immediately or refrigerate for later use.

CURDLED SOY MILK WITH FRIED CRULLERS

Yield: 8 portions

Ingredients	Amounts
Homemade Soy Milk (Recipe follows)	1x recipe
White vinegar	4 fl. oz.
Ground white pepper	1 tsp.
Dried shrimp, very small	3 Tbsp.
Salted turnip, minced	¼ cup
Kosher salt	3 Tbsp.
Sesame oil	1 ½ tsp.
Scallions, minced	8 ea.
Cilantro, coarsely cut	1 cup
Chili oil	1 fl. oz.
Fried Chinese Crullers (Recipe follows)	1x recipe

Method

1. Heat the soy milk to a boil.
2. Distribute all other ingredients into eight Asian Noodle bowls holding at least one pint each.
3. Pour the simmering soy milk into the bowls. The heat and the acid from the vinegar will curdle the soy milk, creating a texture resembling egg drop soup. If the soy milk does not curdle, add a small amount of vinegar into each cup.
4. Serve immediately with the Fried Chinese crullers.

Note: This soup, known as “Do Jiang” in China, is a typical North Chinese Breakfast item. Alternately the soy milk is simply sweetened with sugar and served as a sweet soy milk. Served savory or sweet, the soy milk is a fantastic accompaniment to the crunchy fried crullers.

HOMEMADE SOY MILK

Yield: 1 gallon

Ingredients

Amounts

Soybeans, dry

1 ¼ lb.

Water, cold

1 gal.

Method

1. Wash the soybeans and soak them for 24 hours. Drain.
2. In a blender, purée the soybeans with the water into a very fine slurry. Work in batches if necessary.
3. Strain the slurry through a fine strainer. Strain it again through a cheese cloth lined strainer. Allow it to drain thoroughly. Squeeze out any excess moisture.
4. In a large pot, carefully bring the resulting soy milk to a boil and then simmer, stirring often to prevent scorching, until the raw bean flavor is gone, 10 to 12 minutes

FRIED CHINESE CRULLERS

Yield: about 8 crullers

Ingredients	Amounts
Baking soda	1 ½ tsp.
Baking powder, double action	1 Tbsp.
Bread flour	13 wt. oz.
Kosher salt	1 tsp.
Water	9 ½ fl. oz.
Oil, vegetable	as needed

Method

1. In a medium bowl, combine the baking soda, baking powder, and bread flour, and salt.
2. Add the water and form into a smooth dough. Cover the dough with plastic wrap and allow it to rest for 30 minutes.
3. Punch the dough down several times. Fold it over itself several times.
4. Divide the dough into two even sized pieces. Wrap it in oiled plastic and allow it to rest for 2 ½ hours or overnight.
5. After the dough has rested, place it on a lightly floured work surface and stretch into a sheet ¼-inch to ½-inch-thick and 4-inch wide. Allow the dough sheets to rest for 20 minutes.
6. Cut the dough into 1-inch-wide strips, placing every other strip on top of the next one. With a thin skewer dipped in water, press lengthwise through the stacked dough strips to join them securely.
7. Pick up a strip of the dough and stretch it lightly to a length of about 6 to 8 inches. Immediately fry it in 400°F oil, moving and turning the dough constantly until golden brown on all sides and well puffed. Drain. Serve immediately.

Note: Commonly served alongside a wonton soup or a curdled soy soup, these crullers can be found all over China, mostly during breakfast hours. Alum (sodium aluminum sulfate) is a chemical often used to produce a white bread. In this recipe it provides the fried cruller with a distinct flavor.

STIR-FRIED SHREDDED FLATBREAD

Yield 8 Portions

Ingredients	Amounts
All-purpose flour	1 ½ lb.
Boiling water	9 fl. oz.
Cold water	4 ½ fl. oz.
Salt	as needed
Vegetable oil	1 cup
Vegetable oil	2 fl. oz.
Garlic cloves, sliced	2 ea.
Scallions, sliced	3 ea.
Red pepper flakes	1 tsp.
Carrot, julienne	4 wt. oz.
Napa cabbage, chiffonade	4 wt. oz.
Leek, julienne	4 wt. oz.
Light soy sauce, not low sodium	2 fl. oz.
Salt	to taste
Ground white pepper	to taste
Bean sprouts	3 wt. oz.
Cilantro, bunch, coarsely cut	½ ea.
Sesame oil	1 Tbsp.

Method

1. For the dough, combine the flour with the boiling water in dough mixer. Mix until all the water is absorbed.
2. Add the cold water and knead into a pliable dough. Allow the dough to rest for 10 minutes.
3. On a lightly floured surface, roll the dough into a ¼-inch-thick rectangle. Sprinkle it with salt and generously brush it with oil.
4. Starting on the long side of the dough sheet, roll it up like a jelly roll. Roll the “jelly roll” into a coil and press it gently. Allow it to rest for 10 minutes.
5. Flatten the dough coil and roll it into a ¼-inch-thick round.
6. In a lightly oiled skillet over medium heat, cook the dough until cooked through and slightly golden brown on both sides. Allow it to cool. Cut the flatbread into fine strips. Reserve.
7. Heat the vegetable oil in a wok over medium heat. Add the garlic, scallion, and red pepper flakes and sweat until fragrant.
8. Add the carrots, cabbage and leeks and stir fry until tender.

9. Add the reserved shredded flat bread and soy sauce. Toss well to combine. Adjust the seasoning with salt and white pepper to taste.
10. Add the bean sprouts, cilantro and sesame oil. Toss well and serve.

Note: Stir fried flat bread, or "Chao Bing", is traditionally from Northern China where products based on wheat are more common than rice. This dish can be prepared without any special gadgets or machines and is therefore oftentimes referred to as poor man's noodles.

COLUMBIAN CEVICHE WITH COCONUT MILK

Yield: 8 portions

Ingredients	Amounts
Brown coconut	1 ea.
Hot water	as needed
Garlic cloves	2 ea.
Habanero peppers, de-seeded, de-veined	1 ea.
Red snapper, filets	3 lb.
Kosher salt	as needed
Lime juice, freshly squeezed	$\frac{3}{4}$ cup
Red onions, sliced paper thin	1 cup
Cilantro, finely cut	2 Tbsp.
Shaved coconut, lightly toasted	$\frac{1}{4}$ cup

Method

1. For the coconut milk, break the coconut open and extract the pulp.
2. In a blender, purée the coconut pulp very fine, adding hot water as needed to facilitate the blending.
3. Strain the puréed coconut pulp through a fine-mesh sieve, squeezing the pulp to extract as much liquid as possible. Reserve.
4. In a mortar and pestle, mash the garlic and habanero chile into a paste. Reserve.
5. Cut the red snapper into thin slices. Season generously with salt. Allow the fish to sit for about 10 minutes.
6. Add the habanero garlic paste to the fish and allow it to marinate for 10 minutes.
7. Add the lime juice and red onion. Marinate for an additional 10 minutes.
8. Add the reserved coconut milk, cilantro, and shaved coconut. Adjust the seasoning with salt to taste.

BEEF CURED WITH LIME AND ONIONS

Yield: 8 portions

Ingredients	Amounts
Red onion, sliced paper-thin	1 ea.
Lime juice	$\frac{3}{4}$ cup
Vietnamese chili garlic paste	1 Tbsp.
Fish sauce	2 fl. oz.
Garlic cloves, minced	5 ea.
Sugar	2 Tbsp.
Beef, shoulder top blade	3 lb.
Vegetable oil	2 fl. oz.
Bean sprouts	$\frac{1}{2}$ lb.
Peanuts, roasted and crushed	$\frac{1}{2}$ lb.
Scallions, sliced	4 ea.
Cilantro, coarsely cut	1 wt. oz.
Green leaf lettuce, head	1 ea.

Method

1. For the marinade, in a large bowl, combine the red onion, lime juice, chili garlic paste, fish sauce, garlic, and sugar.
2. Slice the beef into strips of about 2- inch girth.
3. Sear until well browned on all sides.
4. With a sharp knife, slice the beef paper-thin. Transfer the beef to the bowl with the marinade and allow it to sit for 15 minutes.
5. Add the Bean sprouts, peanuts, scallions and cilantro. Adjust the seasoning to taste.
6. Serve with lettuce leaves to be used as wraps.

DAY THREE: ON A STICK

TEAM PRODUCTION ASSIGNMENTS:

TEAM ONE

Caribbean Vegetable Kebabs

Vietnamese Grilled Shrimp Cakes on Sugar Cane

Chicken Tika with Chapati and Cilantro-Cashew Chutney

Beef Skewers with Green Chili Sauce

**Soak Beans and Rice for Day Four*

TEAM TWO

Pakora Fried Vegetable Skewers with Cilantro-Cashew Chutney

Octopus "Fairground Style"

Turkish Shish Kebabs

Schaschlik

**Prep Pork Belly for Day Four*

TEAM THREE

Breadfruit Kebabs with Chermoula

Chicken Köfte Kebab

Malaysian Chicken Satay

Grilled Lamb Kebabs with Kukui-Herb Sauce

TEAM FOUR

Grilled Corn on the Cob

Braised Blue Marlin Kebab in Sweet and Savory Sauce

Grilled Pork Skewers

Fried Bananas in Manioc Crust

CARIBBEAN VEGETABLE KEBABS

Yield: 8 Portions

Ingredients	Amounts
Cipollini onions, peeled	24 ea.
Garlic, large cloves, peeled	24 ea.
Red bell peppers	2 ea.
Plantain, ripe	2 ea.
Pineapple	1 ea.
Green bell peppers	2 ea.
Cherry tomatoes	24 ea.
Skewers, metal, flat	8 ea.
Pineapple, diced	1½ lb.
Lime juice	2 fl. oz.
Molasses	2 fl. oz.
Garlic cloves	2 ea.
Scotch bonnet peppers, seeded, minced	¼ ea.
Salt	as needed
Ground black pepper	as needed

Method

1. Briefly parboil the cipollini onions and garlic in salted water until semi tender; shock in ice water and set aside.
2. Roast the plantains at 350°F until cooked halfway. Allow them to cool and peel them.
3. 1-inch dice the peppers, plantains, and pineapple.
4. Thread all the vegetables alternately onto the skewers
5. For the grilling sauce, combine the pineapple, lime juice, molasses, garlic, and peppers in a blender. Purée until smooth.
6. Simmer the sauce in a saucepan and reduce until it begins to thicken.
7. Season all skewers with salt and pepper and grill over direct heat until tender and slightly charred.
8. Brush with the grilling sauce and continue to grill until caramelized.

Note: Breadfruit can be substituted for the plantains.

VIETNAMESE GRILLED SHRIMP CAKES ON SUGAR CANE

Yield: 8 Portions

Ingredients	Amounts
Shallots, minced	4 wt. oz.
Lard	4 wt. oz.
Fish sauce	1 fl. oz.
Palm sugar	1 Tbsp.
Garlic, minced	1 Tbsp.
Egg	1 ea.
Ground white pepper	½ tsp.
Cornstarch	2 Tbsp.
Shrimp, raw, peeled and de-veined	1 lb.
Scallions, minced	4 ea.
 Sugar cane, canned	 ½ lb.
 Rice paper, 6-inch/15 cm diameter	 16 ea.
Red lettuce, head, leaves separated	1 ea.
Bean sprouts	1 cup
Mint leaves, whole	1 cup
 Hoisin Peanut Sauce (Recipe follows)	 1x recipe
Nuoc Cham Dipping sauce (Recipe follows)	1x recipe

Method

1. For the shrimp cakes, in a skillet, sweat the shallots in the lard over moderate heat until tender. Allow the shallots and lard mixture to cool.
2. Add the lard mixture, fish sauce, palm sugar, egg, pepper, and cornstarch in a food processor. Purée into a fine paste.
3. Add the shrimp and process to a not too fine but cohesive mass.
4. Add the green onions and adjust seasoning as needed.
5. Cut the sugar canes lengthwise into 16 sticks of about ¼- inch/0.8 cm thickness and about 3 to 4- inches/10 to 12 cm length.
6. With wet hands, shape about 1 ½ weight ounce or about 2 tablespoons shrimp paste around the sugar cane stick about ½- inch/1 cm thick and leaving 1- inch/1 cm sugar cane exposed on each side.
7. With oiled hands smoothen the surface and set aside.
8. Steam the shrimp paste sticks for 5 minutes until cooked through.
9. Grill the shrimp paste until well browned from both sides and serve with the condiments and dipping sauces.

10. At service, take the shrimp paste of the sugar cane and place on a softened rice paper layered with a piece of lettuce, bean sprouts, and mint. Wrap tightly and dip into the dipping sauce of your choice.

HOISIN-PEANUT SAUCE

Yield: 3 cups

Ingredients	Amounts
Hoisin sauce	1 pt.
Water	1 cup
Onion, minced	3 wt. oz.
White rice vinegar	½ cup
Ground chili paste	1 fl. oz.
Peanuts, roasted, finely chopped	3 wt. oz.

Method

1. In a saucepan, combine all ingredients except the chili paste and peanuts and simmer gently for five minutes. Add water as needed to adjust viscosity.
2. Set aside to cool.
3. Add chili paste and peanuts and serve at room temperature.

NUOC CHAM DIPPING SAUCE

Yield: 2 cups

Ingredients	Amounts
Garlic cloves, sliced thinly	4 ea.
Vietnamese chili paste, sriracha or similar	2 tsp.
Thai bird chili	2 ea.
Fish sauce	½ cup
Water, hot	1 ¼ cup
Lime juice, with pulp	2 fl. oz.
Sugar	4 wt. oz.
Carrots, very finely grated	1 wt. oz.

Method

1. With a mortar and pestle pound the garlic, chili paste, and Thai bird's eye into a paste using a pestle.
2. In a mixing bowl, combine all ingredients and mix until the sugar has dissolved.
3. Serve at room temperature.

Note: Dipping sauces are a crucial component of Vietnamese culinary culture. This one, known as "Nuoc Cham", is probably the most common. Every chef and household uses a different version; the ingredients are pretty much the same, just the proportions vary.

CHICKEN TIKA WITH CHAPATI AND CILANTRO-CASHEW CHUTNEY

Yield: 8 Portions

Ingredients	Amounts
Chicken thighs, boneless, skinless	3 lb.
Salt	as needed
Ground black pepper	as needed
Lemon juice	1 ea.
Ghee	2 fl. oz.
Sweet paprika	1 Tbsp.
Korean chili pepper	1 ½ tsp.
Cumin, ground	2 tsp.
Ginger, ground	1 tsp.
Garam masala	2 tsp.
Turmeric, ground	2 tsp.
Coriander, ground	2 tsp.
Onion, small dice	4 wt. oz.
Garlic, sliced	½ oz.
Yogurt, strained	1 cup
Skewers, metal (flat, ½-in. wide)	8 ea.
Chapatti Bread (Recipe follows)	1x recipe
Cilantro Cashew Chutney (Recipe follows)	1x recipe

Method

1. Dice the chicken into 1-inch dices and season with salt, pepper and lemon juice.
2. In a saucepan, heat the ghee. Add all dry spices and cook until aromatic.
3. Add the onions and cook very gently until the onions are very tender.
4. Add the garlic and continue to sweat for about one minute.
5. Purée the onion-spice mix in a blender, adding small amounts of yogurt as needed to facilitate the blending.
6. Combine the spice purée with the diced chicken, mix well and add the remainder of the yogurt.
7. Allow it to marinate for about one hour.
8. Skewer the chicken pieces and grill until cooked through and well charred and serve with chapatti bread and cilantro-cashew chutney.

Note: Literally meaning bits or pieces of chicken, chicken Tika is a very popular dish in Indian and Pakistani cooking. In many regions it is cooked in a Tandoor, an extremely hot

vertical clay oven. In the region of Punjab however, it is commonly cooked over red hot charcoal.

Ghee is a general-purpose cooking fat used in North Indian and Pakistani cooking. It is made by simmering whole butter until all the water is evaporated and the milk solids turn brown. To avoid burning, it needs to be strained immediately.

Garam Masala, literally meaning warming spices, is a widespread combination of spices originating in Indian cuisine. Common components are black pepper, cardamom, cinnamon, clove and cumin seeds.

CHAPATI BREAD

Yield: 8 portions

Ingredients	Amounts
Atta flour	1 lb.
Salt	¼ wt. oz.
Vegetable oil	1 fl. oz.
Water, lukewarm	9 fl. oz.
Ghee	as needed

Method

1. In a mixing bowl, combine the flour, salt, vegetable oil, and water. Knead it into a smooth and pliable dough.
2. Cover the dough with plastic wrap and allow it to rest for 1 hour.
3. Shape the dough into 16 each, 1 ½ weight ounce/45 g dough balls. Allow it to rest again for 15 minutes. Roll on a very lightly floured surface into a thin circle.
4. Cook the chapatis on a lightly greased griddle or skillet until lightly browned on both sides until just very lightly colored from both sides. Alternately, the bread can be cooked on a grill, if a lower fat version is preferred.
5. Serve immediately or allow cooling on a wire rack.

Note: Atta flour is a popular whole wheat flour in India, providing a unique texture and flavor to a wide variety of flat breads in that region's cuisine. In the milling process of this flour, the bran and endosperm of durum wheat are ground separately and later recombined, resulting in a very fine consistency. If atta flour is not available, equal parts of whole wheat and bread flour can be used as a substitute. Avoid stone-ground, whole-wheat flour as it is too coarsely textured.

CILANTRO-CASHEW CHUTNEY

Yield: 3 Cups

Ingredients	Amounts
Cilantro, bunch, washed and dried	1 ea.
Jalapeño pepper, de-stemmed with seeds	1 ea.
Lemon juice	1 fl. oz.
Cumin, ground	½ tsp.
Yogurt, Bulgarian, plain, non-fat	½ cup
Cashew nuts, unsalted	4 wt. oz.
Salt	as needed
Ground black pepper	as needed

Method

1. Combine all ingredients except the cashew nuts in a blender and purée to a fine paste.
2. Add the cashews and purée until smooth.
3. Add more yogurt or nuts to adjust consistency; the chutney should have the consistency of strained yogurt or thick sour cream.
4. Adjust seasonings to taste and serve.

Note: Served as tableside condiments in South Asia, chutneys are incredibly diverse. They are commonly based on one or more vegetables and a spice mix. Prepared raw, cooked or fermented, chutneys can be dry or wet, smooth or coarse, spicy or mild. The main purpose of all chutneys is to complement the very aromatic main and to provide a well-rounded dining experience.

BEEF SKEWERS WITH GREEN CHILI SAUCE

Yield 8 portions

Ingredients	Amounts
Beef sirloin or similar, diced	3 lb.
Light soy sauce, not low sodium	2 fl. oz.
Palm sugar, finely chopped	1 Tbsp.
Cilantro roots, finely chopped	6 ea.
Coriander seeds	2 Tbsp.
White peppercorns	1 Tbsp.
Galangal, minced	1 Tbsp.
Lemongrass, stalks, minced	4 ea.
Thai bird chilies, minced	2 Tbsp.
Garlic, sliced	1 Tbsp.
Salt	as needed
Palm sugar, finely chopped	1 Tbsp.
Limes, juiced	1 ea.
Fish sauce	1 fl. oz.
Cilantro, coarsely chopped	¼ cup
Skewers, bamboo 8-inch/20 cm	8 ea.

Method

1. Soak the bamboo skewers.
2. Cut the beef into ½-inch dice, mix with the soy sauce and sugar and allow to marinate for about two hours.
3. In a mortar and pestle, pound the cilantro roots, coriander seeds, white peppercorns, galangal and lemongrass into a not too fine paste.
4. Skewer the meat and rub with the paste and set aside.
5. For the chili sauce, place the chiles, garlic, salt, palm sugar, and cilantro in a mortar and pestle. Pound into a paste.
6. Add the lime juice and fish sauce. Mix until incorporated. Adjust the seasoning to taste. Reserve.
7. Grill the beef skewers over very high heat until cooked. Serve with the green chili sauce.

PAKORA FRIED VEGETABLE SKEWERS WITH CILANTRO-CASHEW CHUTNEY

Yield: 8 Skewers

Ingredient	Amounts
Cauliflower, head	1½ ea.
Mushrooms, large, whole	8 ea.
Green peppers	1 ea.
Carrots	1 ea.
Zucchini	1 ea.
All-purpose flour	as needed
Chickpea flour	3 ½ wt. oz.
All-purpose flour	3 ½ wt. oz.
Baking powder	½ Tbsp.
Garam masala	½ Tbsp.
Garlic powder	½ tsp.
Cayenne pepper	¼ tsp.
Kosher salt	1 Tbsp.
Water	1 pint
Cilantro Cashew Chutney (Recipe follows)	3 cups

Method

1. Cut the cauliflower into bite sized florets and briefly par boil until halfway cooked.
2. Wash the mushrooms and gently sauté them in vegetable oil until halfway cooked.
3. Oblique cut the carrots and cook in water until halfway cooked.
4. Cut the zucchini lengthwise in quarters, remove the seeds and cut into dices and pre-cook gently.
5. Cut the pepper into large dice.
6. For the batter, in a mixing bowl, combine the flours, baking powder, garam masala, garlic powder, cayenne, and salt.
7. Add the water and mix until smooth.
8. Season all the vegetables with salt and pepper after they are cooked.
9. Place one piece of each vegetable onto skewers.
10. Dredge skewers in flour and shake off excess.
11. Dip in batter to coat completely.
12. Deep-fry until golden brown, drain on a wire rack.
13. Serve with cilantro cashew chutney.

Note: Many culinary cultures have batter-fried dishes as part of their repertoire. Pakora, served in Indian cuisine is using a batter based on chickpea flour in which vegetables or sometimes bread is dipped and deep fried until crispy. This version is made with half chickpea flour and half all-purpose flour to allow for some leavening and to make the crust more tender and airier.

CILANTRO-CASHEW CHUTNEY

Yield: 3 Cups

Ingredients	Amounts
Cilantro, bunch, fresh	1 ea.
Jalapeño pepper, de-stemmed with seeds	1 ea.
Lemon juice	1 fl. oz.
Cumin, ground	½ tsp.
Yogurt, Bulgarian, plain, non-fat	½ cup
Cashew nuts, unsalted	4 wt. oz.
Salt	as needed
Ground black pepper	as needed

Method

1. Combine all ingredients except the cashew nuts in a blender and purée to a fine paste.
2. Add the cashews and purée until smooth.
3. Add more yogurt or nuts to adjust consistency. It should have the consistency of strained yogurt or thick sour cream.
4. Adjust seasonings to taste and serve.

Note: Chutneys are often mistakenly defined as a concoction resembling a jam or preserve; mango chutney is probably the best-known sample.

Served as table side condiments in South Asia, chutneys are much more diverse than that. Commonly, they are based on one or more vegetables and a spice mix. Prepared raw, cooked or fermented, chutneys vary tremendously. They can be dry or wet, smooth or coarse, spicy or mild. The main purpose of all chutneys is to complement the very aromatic main and to provide a well-rounded dining experience.

OCTOPUS “FAIRGROUND STYLE”

Yield: 8 portions

Ingredient	Amounts
Octopus, whole	3 lb.
Onions, minced	1 cup
Bay leaf	1 ea.
Black pepper, whole	1 Tbsp.
Salt	as needed
Yellow potatoes, peeled large dice	1 lb.
Smoked Spanish paprika	1 Tbsp.
Extra virgin olive oil	4 fl. oz.

Method

1. Blanch the octopus in boiling water three times, changing the water after each time.
2. In a large pot, submerge the octopus in cold water. Add the bay leaf and peppercorns and bring it to a simmer.
3. Add salt as needed and simmer very gently until the octopus is very tender.
4. Once the octopus is done, remove it from the water, allow to cool and cut into ¼-inch slices.
5. Strain the cooking liquid and utilize it to cook the potatoes until tender, drain and set aside.
6. In a rondeau or similar, sweat the onions in the olive oil. Add the potatoes and octopus and toss gently to combine.
7. Plate and sprinkle with the smoked paprika and drizzle with additional olive oil as needed.
8. Serve with small cocktail skewers.

TURKISH SHISH KEBAB

Yield: 8 Portions

Ingredients	Amounts
Yellow onions, large dice	1 lb.
Garlic cloves, peeled	4 ea.
Venison, boneless, loin or rack	2 lb.
Pork, fatback, raw	½ lb.
Salt	as needed
Ground black pepper	as needed
Extra virgin olive oil	2 fl. oz.
Roma tomatoes	1 lb.
Green bell peppers	2 ea.
Skewers, metal, flat, ½-in. wide	8 ea.

Method

1. For the marinade, purée the onions and garlic in a blender and drain through a cheese cloth or coffee filter to catch the juice. Discard the solids.
2. Cut the meat and fat into 1-inch dices. Place into a bowl and season with salt and pepper as needed.
3. Add the onion juice and olive oil to the meat and combine thoroughly.
4. Allow the meat to marinate for about 2 hours.
5. Skewer the venison and pork fat onto the metal skewers, placing a piece of fat after each 3 pieces of meat.
6. Grill the venison skewers over very high heat until well charred from all sides, brushing frequently with the marinade.
7. Remove the core from the tomatoes, cut them in half, toss in olive oil and season with salt and pepper.
8. Cut the peppers in quarters, remove all veins and seeds, toss in olive and season with salt and pepper.
9. Grill both vegetables until well charred from all sides and serve along the shish kebabs.

SCHASCHLIK

Yield: 8 portions

Ingredients	Amounts
Skewers, bamboo 8- inch/20 cm	8 ea.
Pork Butt boneless	2 ½ lb.
Onions, medium	1 ea.
Red bell peppers	2 ea.
Bacon, sliced thick	8 ea.
Salt	as needed
Ground black pepper	as needed
Vegetable oil	1 fl. oz.
Onions, minced	½ lb.
Garlic cloves, minced	3 ea.
Crushed red pepper flakes	1 tsp.
Paprika, sweet	2 Tbsp.
Curry powder	1 Tbsp.
Tomatoes, crushed	1 pt.
Ketchup	1 pt.
Brown sugar	1 wt. oz.
Worcestershire sauce	1 Tbsp.
Tabasco	2 tsp.
Oregano, chopped	½ Tbsp.
Salt	as needed
Ground black pepper	as needed
Water	as needed

Method

1. For the sauce, sweat the onions in the vegetable oil over very moderate heat in a rondeau until very tender and slightly caramelized, about 15 minutes.
2. Add the garlic and sweat until aromatic.
3. Add the crushed red pepper, paprika and curry powder and cook until fragrant.
4. Add the tomatoes, ketchup, brown sugar, Worcestershire sauce, Tabasco, oregano, salt, and pepper. Bring to a boil and simmer very slowly for about 30 minutes.
5. Purée the sauce in a blender until very smooth. Add water as needed to achieve a light nappé. Adjust seasoning and set aside.
6. For the schaschlik, cut the meat, onions, peppers and bacon into 1- inch/ 2.5 cm dice and skewer alternating.
7. Season the meat with salt and pepper and sear in a rondeau or similar until well browned from all sides.

8. Add the sauce, bring it to a gentle boil, and simmer very gently for 45 minutes or until the meat is very tender. Add water as needed to adjust the viscosity of the sauce.
9. Adjust seasoning and serve with the sauce.

BREADFRUIT KEBABS WITH CHERMOULA

Yield: 8 Portions

Ingredients	Amounts
Garlic cloves, minced	2 ea.
Coriander, ground	½ Tbsp.
Preserved lemon, finely diced	¼ ea.
Parsley, minced	½ wt. oz.
Cilantro, minced	½ wt. oz.
Saffron, powdered	½ tsp.
Paprika, sweet	½ tsp.
Cayenne pepper	¼ tsp.
Extra virgin olive oil	3 fl. oz.
Lemon juice	1 fl. oz.
Water	1 fl. oz.
Ulu (Breadfruit), peeled, cut into 1-in. cubes	3 lb.
Salt	as needed
Olive oil	1 fl. oz.
Metal skewers, flat	8 ea.
Parsley, chopped	2 Tbsp.
Cilantro, coarsely cut	2 Tbsp.

Method

1. For the chermoula, in a large bowl, combine the garlic, coriander, preserved lemon, parsley, cilantro, saffron, paprika, cayenne, olive oil, lemon juice, and water. Mix well.
2. Steam the breadfruit until $\frac{3}{4}$ -way cooked. It should still be a little firm.
3. Pat the breadfruit dry. Transfer to a bowl. Season with salt. Add the olive oil. Toss to combine.
4. Thread the breadfruit on the skewers. Grill at very high heat until slightly charred and cooked through.
5. Brush the breadfruit with the chermoula and allow it to caramelize slightly.
6. Serve garnished with parsley and cilantro.

Note: Chermoula is a popular marinade used in Northwest African cuisines. It is commonly used for fish and seafood, vegetables, and meat. Recipes vary greatly from region to region and from family to family, but garlic, coriander, cumin, and preserved lemon are found in almost all versions. Preserved lemons are a significant component in North African (especially Moroccan) and South Indian cuisine. They are made by fermenting fresh lemons in a brine made from lemon juice, salt and spices.

CHICKEN KÖFTE KEBAB

Yield: 8 Portions

Ingredients	Amounts
Chicken thighs, boneless, skinless	3 lb.
Bread, dried, diced	4 wt. oz.
Garlic cloves, whole	3 ea.
Yogurt, strained	2 wt. oz.
Parsley, chopped	1 wt. oz.
Salt	as needed
Ground black pepper	as needed
Red pepper flakes	as needed
Pomegranate molasses	as needed
Skewers, metal, flat, ½- inch wide	8 ea.
Caçik (Recipe follows)	1x recipe

Method

1. Dice the chicken thighs, combine them with the remaining ingredients for the ground chicken and grind everything through a medium disk of a meat grinder.
2. Form ground chicken mixture into thin cylinders and place onto the oiled skewers.
3. Grill over moderate heat until browned evenly from all sides and cooked to an internal temperature of 165°F.
4. During the last minute on the grill, brush with pomegranate molasses and allow caramelizing.
5. Serve with caçik sauce and pita bread.

Note: *Grinding Meat-* It is common practice in many cuisines of the Middle East and South Asia to purchase whole pieces of meat and ask the butcher to grind it together with additional ingredients such as bread, spices and flavorful vegetables.

ÇAÇIK

Yield: 8 Portions

Ingredients	Amounts
English cucumbers	3 ea.
Salt	as needed
Garlic, clove, mashed to a paste	2 ea.
White wine vinegar	1 Tbsp.
Extra virgin olive oil	1 fl. oz.
Yogurt, Greek, strained	3 cups
Mint chiffonade	2 Tbsp.

Method

1. Peel the cucumbers, remove the seeds and shred them on a box grater.
2. Combine the cucumbers with salt and allow it to sit in a colander or similar for 15 minutes to drain excess water.
3. Combine with the remaining ingredients and adjust seasoning to taste.

Note: This East Mediterranean yogurt and cucumber dip, known as tzatziki in Greece and caçik in Turkey is a found accompanying many dishes in cuisines all over the region. It is important to use a firm Greek style yogurt for this dish; a Bulgarian or similar yogurt is too liquid and will result in a very thin dip.

MALAYSIAN CHICKEN SATAY

Yield: 24 skewers

Ingredients	Amounts
Garlic, cloves, peeled	3 ea.
Lemongrass, stalks, trimmed, cut	5 ea.
Galangal, sliced	1 Tbsp.
Water	½ cup
Chicken thighs, skinless, boneless,	3 lb.
Kosher salt	as needed
Sugar	3 wt. oz.
Peanuts, roasted, ground	3 wt. oz.
Turmeric powder	1 fl. oz.
Skewers, bamboo, 8-inch	as needed
Peanut Sauce (Recipe follows)	1 pt.
Green Mango-Red Onion Relish (Recipe follows)	1x recipe

Method

1. For the marinade, purée the garlic, lemongrass, galangal, and water in a blender. Set aside ¼ cup of the mixture to use for peanut sauce.
2. Cut the chicken thighs into 3 to 4-inch strips. Season with salt. Thoroughly combine with the marinade.
3. Add the sugar, peanuts, turmeric and combine thoroughly.
4. Thread the chicken onto skewers and allow marinating, refrigerated, for four to five hours.
5. Grill the Satays directly over charcoal until cooked through and serve with peanut sauce and Green Mango-Red Onion Relish.

Note: Satays are a Southeast Asian street food staple found on almost every street corner. Varying in length and only about 5-inches-wide, a satay grill is a unique gadget. The meat is suspended only a few inches above the hot coals without exposing the skewer to the flames. This allows the meat to be cooked at very intense temperatures without burning the wooden skewers. Additionally, they are easy to transport and energy efficient, making them popular in many culinary cultures all over Asia.

PEANUT SAUCE

Yield: 1 pint.

Ingredients	Amounts
Reserved marinade from Satay	¼ cup
Vegetable oil	¼ cup
Garlic, cloves, whole	4 ea.
Shallots, sliced	2 ea.
Guajillo chile, seeded, soaked	1 ea.
Dried shrimp, very small	1 tsp.
Sweet paprika	½ Tbsp.
Peanuts, roasted, ground fine	3 wt. oz.
Chicken stock	1 pt.
Sugar	2 wt. oz.
Kosher salt	as needed

Method

1. Place the dried shrimp in a bowl of hot water. Allow to soak for 10 minutes. Strain out the shrimp and reserve.
2. Combine the reserved marinade and oil in a blender. Add the garlic, shallots, soaked chile, dried shrimp, paprika, and chilies. Purée until smooth.
3. Heat a saucepan over medium heat. Add the puréed ingredients and cook on medium heat until fragrant and the oil separates from mixture.
4. Add the stock and bring it to a boil. Add the ground peanuts, return it to a boil, and simmer gently for at least 1 hour. Add water as necessary to adjust viscosity. The finished sauce should be at a heavy nappé. As the sauce cooks, oil will rise surface. Mix in to re-emulsify.
5. Adjust the seasoning with salt and sugar to taste.

GREEN MANGO-RED ONION RELISH

Yield: 8 Portions

Ingredients	Amounts
Sugar	3 ½ wt. oz.
Vinegar, rice	4 fl. oz.
Kosher salt	as needed
Mango, unripe, green, small diced	2 ea.
Red onions, medium, minced	2 ea.

Method

1. In a saucepan, combine the sugar, rice vinegar, salt, and mango. Simmer briefly to dissolve all the ingredients and tenderize the mango.
2. Remove the pan from the heat and allow it to cool. Reserve.
3. In a medium bowl, place the red onions. Add the reserved mango mixture. Toss to combine.
4. Allow to marinate for about 30 minutes before serving.

GRILLED LAMB KEBABS WITH KUKUI-HERB SAUCE

Yield 8 Portions

Ingredients	Amounts
Lamb, shoulder	3 lb.
Salt	as needed
Ground black pepper	as needed
Olive oil	2 fl. oz.
Garlic, crushed	1/2 Tbsp.
Ground cumin	3/4 tsp.
Crushed red peppers	1/2 tsp.
Ground allspice	1/2 tsp.
Skewers, metal, flat, 1/2-in. wide	8 ea.
Pita Bread (Recipe follows)	20 ea.
Kukui-Herb Sauce (Recipe follows)	1x recipe

Method

1. Cut the lamb into large dice. Season with salt and pepper. Combine with the remaining ingredients. Allow it to marinate for one hour and put the meat onto skewers.
2. Grill the kebabs over high heat until the meat is well charred on all sides.
3. Serve with the walnut sauce and pita bread.

PITA BREAD

Yield: about 20 pita breads

Ingredient	Amounts
Bread flour	1 lb.
Whole wheat flour, not stone ground	1 lb.
Warm water, 70°-80°F	22 fl. oz.
Yeast, active dry	1/3 wt. oz.
Salt	2/3 wt. oz.

Method

1. Combine the yeast and warm water to re-hydrate.
2. Add both flours and put the salt on top.
3. Knead the dough until it is quite elastic - about 3 to 4 minutes. Place it in a large container, cover with plastic wrap and allow it to double in size.
4. After the dough has doubled, fold the dough down and allow it to double again.
5. Scale the dough into 2 weight ounce pieces and shape into dinner rolls and allow it to rest for 20 minutes.
6. Roll the dough into thin disks and bake immediately at 450°F directly on the hearth or on a preheated sheet pan in the oven.
7. Allow the pitas to fully puff up, and brown just slightly before removing them from the oven.
8. Place the pita under a very lightly damp cloth to prevent drying out.

Note: Many culinary cultures have comparable flat breads, with varying kinds of wheat flours. To achieve the pocket in pita bread, the right technique is crucial. After portioning the dough needs to be shaped into a dinner roll to distribute the gluten proteins evenly. After a brief resting, it is essential that the dough disk is baked immediately after it has been rolled.

KUKUI-HERB SAUCE

Yield: 8 Portions

Ingredients	Amounts
Lemons, suprême	3 ea.
Cayenne pepper	1 pinch
Olive oil	3 fl. oz.
Water	3 fl. oz.
Parsley, chopped	2 wt. oz.
Candle nuts (Kukui), toasted	6 wt. oz.
Mint, chiffonade	2 wt. oz.
Garlic, minced	½ Tbsp.
Salt	to taste
Ground black pepper	to taste

Method

1. Combine all ingredients in a food processor and process into a sauce. It should not be too fine.
2. Adjust the seasoning to taste.

GRILLED CORN ON THE COB

Yield: 8 Portions

Ingredients	Amounts
Corn on the cob, sweet, husked	8 ea.
Vegetable oil	as needed
Kosher salt	as needed
Limes	4 ea.
Mayonnaise	$\frac{3}{4}$ cup
Queso cotija, grated	4 wt. oz.
Pequin pepper, finely ground	to taste
Bamboo skewers, heavy duty	8 ea.

Method

1. Season the corn with salt and rub with oil.
2. Grill on a medium hot grill until slightly charred from all sides and heated through.
3. Remove the ears from the heat, and spear each with a bamboo skewer.
4. Squeeze the lime juice over the corn, spread with the mayonnaise, and sprinkle with the cheese and powdered chile.
5. Serve hot.

BRAISED BLUE MARLIN KEBAB IN IN SWEET AND SAVORY SAUCE

Yield: 8 Portions

Ingredients	US
Blue Marlin fillets, 1 ½-in. dice	3 lb.
Salt	as needed
Ground black pepper	as needed
Extra virgin olive oil	2 fl. oz.
Extra virgin olive oil	1 fl. oz.
Onions, minced	1 cup
Garlic cloves, minced	3 ea.
Plum tomatoes, chopped	4 ea.
Green olives, chopped	3 wt. oz.
Celery, small dice	5 wt. oz.
Stock, fish or chicken	8 fl. oz.
Basil, chiffonade	2 Tbsp.
Pine nuts	1 ½ wt. oz.
Raisins	1 wt. oz.
Capers	1 ½ wt. oz.
Olive oil	2 fl. oz.
Salt	as needed
Ground black pepper	as needed
Skewers, bamboo 8- inch/ 20 cm	8 ea.

Method

1. For the sauce, sweat the onions in the olive oil until tender. Add the garlic and continue to sweat until aromatic.
2. Add the celery, olives, and raisins. Continue to sweat gently until they begin to soften.
3. Add the tomatoes, capers and stock. Simmer gently until the sauce begins to turn pulpy.
4. Adjust the seasoning with salt and pepper to taste. Reserve.
5. Season the diced marlin with salt and pepper and toss in the olive oil.
6. Skewer the marlin and sear in a skillet until well browned from all sides.
7. Add the sweet and savory sauce. Simmer the skewers very gently to an internal temperature of 145°F.
8. Add pine nuts and the basil chiffonade and serve.

GRILLED PORK SKEWERS

Yield 8 Portions

Ingredients	Amounts
Extra virgin olive oil	1 cup
Onions, coarsely cut	4 wt. oz.
Garlic cloves, whole	4 ea.
Chipotle chile in adobo	1 ea.
Brown sugar	1 wt. oz.
Light soy sauce, not low sodium	1 ½ fl. oz.
Achiote paste	1 tsp.
Cilantro, washed	½ wt. oz.
 Pork loin	 3 lb.
 Skewers, bamboo 8-inch/20 cm	 8 ea.

Method

1. For the marinade, combine the oil, onions, garlic, chile, brown sugar, soy sauce, achiote paste, and cilantro in a blender. Purée until smooth.
2. Cut the pork into 1- inch dice season with salt, combine with the marinade and allow marinating for about 1 hour.
3. Skewer the pork onto bamboo skewers and grill until well charred and cooked to an internal temperature of 145°F.

FRIED BANANAS IN MANIOC CRUST

Yield: 8 Portions

Ingredients	Amounts
Bananas, yellow, not too ripe	8 ea.
Skewers, bamboo, 8-in. long	8 ea.
Buttermilk	1 pt.
Manioc flour	½ lb.
Vegetable oil	as needed
Sugar	¼ cup
Salt, fleur de sel	½ tsp.
Cinnamon	1 tsp.

Method

1. Peel the bananas and cut them in half. Place them on bamboo skewers.
2. Dip the bananas in buttermilk and, without whipping off the buttermilk, dredge in the manioc flour until coated all around.
3. Immediately deep fry at 350°F until golden brown.
4. Combine sugar, fleur de sel, and cinnamon. Sprinkle over the fried bananas
5. Serve immediately.

DAY FOUR: SANDWICHES AND FINGER FOODS

TEAM PRODUCTION ASSIGNMENTS:

TEAM ONE

Manioc Fries with Tomato Ketchup
Chinese Mung Bean and Rice Crêpes
Grilled Fish Tacos with Southwestern Slaw
Curry Goat with Green Papaya Slaw
Caribbean Roti Bread with Guyanese Filling

TEAM TWO

Pan-Fried Quesadillas with Salsa Verde
Chinese Chive Pockets
Braised Pork Belly with Choy Sum and
Lilly Buds in Fermented Tofu Sauce
Buckwheat Crêpes

TEAM THREE

Chickpea Flatbread with Sweet and Sour Zucchini
Bruschetta with Cauliflower and Prosciutto
Smoked Marlin and Goat Cheese Empanadas
Ricotta Fritters

TEAM FOUR

Spanish Potato Omelet with Garlic and Saffron Mayonnaise
Grilled Toast with Coconut Jam and Coddled Eggs
Seafood Sausage Hot Dog with Creamed Savoy Cabbage
Churros and Hot Chocolate with Masa

MANIOC FRIES WITH TOMATO KETCHUP

Yield: 8 Portions

Ingredients	Amounts
Manioc, whole	3 lb.
Water, cold	1 gal.
Salt	as needed
Black ground pepper	as needed
Cayenne pepper	as needed
Oil, for frying	as needed
Tomato Ketchup (Recipe follows)	2 quarts

Method

1. Peel the yucca and cut into 1/4 x 1/4 x 2- inch/0.5 x 0.5 x 5 cm sticks
2. Submerge in cold water and wash thoroughly to remove excess surface starch.
3. Allow to drain on a colander and pat dry with a clean kitchen towel.
4. Deep fry the manioc at 275°F until cooked through but not browned
5. Drain well, set aside and allow it to cool completely.
6. At service, deep fry at 325°F until golden brown and crispy.
7. Toss with salt, pepper and cayenne and serve immediately with homemade ketchup.

Note: Yuca, taro, or green breadfruit can be substituted for the manioc.

TOMATO KETCHUP

Yield: 2 quarts

Ingredients	Amounts
Sugar	3 ½ wt. oz.
Water	1 fl. oz.
Onion, minced	3 ½ wt. oz.
Garlic, minced	1 Tbsp.
Tomatoes, canned, de-seeded	6 lb.
Red bell peppers, roasted, peeled, minced	2 ea.
Red wine vinegar	1 cup
Balsamic vinegar	½ cup
Cayenne pepper	1 tsp.
Kosher salt	as needed

Method

1. In a saucepan, combine the sugar and the water and cook slowly, without stirring, until the sugar slightly caramelizes.
2. Add the onions, garlic, tomatoes and roasted red peppers and allow it to simmer slowly for about 15 minutes.
3. Add both vinegars and continue to simmer until the mixture has thickened.
4. Adjust seasoning with salt and cayenne pepper.
5. In a blender, purée the mixture until very smooth and strain as needed.

CHINESE MUNG BEAN AND RICE CRÊPES

Yield: 8 each 16" crêpes

Ingredients	Amounts
Mung Beans, husked	10 wt. oz.
Jasmine rice	5 wt. oz.
Water to soak mung beans and rice	28 fl. oz.
Eggroll skins	8 ea.
Korean soybean paste	1 cup
Chili paste	½ cup
Scallions, minced	4 ea.
Cilantro, coarsely cut	½ cup
Eggs	8 ea.
Vegetable oil	as needed

Method

1. Combine the mung beans and rice in a bowl and soak in the water overnight.
2. In a blender purée the rice, mung beans and soaking water into a very smooth batter.
3. For the filling, deep fry the eggroll skins at 375°F until very crispy and set aside.
4. In a blender, purée the Korean soybean paste and the chili paste separately until very smooth with a viscosity resembling the crêpe batter.
5. To cook the crepe, pour about 6 fluid ounces of batter onto the pre-heated and well-oiled crepe maker and spread as thin as possible with a crêpe spreader.
6. Allow to cook all the way from one side; once cooked, crack a raw egg onto the crêpe and spread evenly over the crêpe.
7. Sprinkle with scallions and cilantro and allow the egg to cook almost all the way.
8. Once the egg is almost cooked, flip the crêpe with a long spatula and spread with soybean paste and chili paste.
9. Place the crispy eggroll skin on top, and fold over the edges of the crêpe over the eggroll skin to achieve a square.
10. Fold the crêpe in half and serve immediately.

Note: It is crucial for this dish to use a crêpe maker or a griddle. Skillets are often too small, and due to the rim of the pan, it is very challenging to flip the crêpe.

GRILLED FISH TACOS WITH SOUTHWESTERN SLAW

Yield: 8 tacos

Ingredients	Amounts
Mahi-mahi, fillet	3 lb.
Salt	to taste
Vegetable oil	½ cup
Lime juice, fresh	1 ½ fl. oz.
Chili powder	1 ½ Tbsp.
Ground cumin	½ Tbsp.
Ground coriander	½ Tbsp.
Garlic cloves, minced	2 ea.
Tortillas, flour or corn, 8-in. diameter	8 ea.
Lime-Flavored Sour Cream (Recipe follows)	1 cup
Southwestern Slaw (Recipe follows)	1x recipe

Method

1. Cut the mahi-mahi into 16 equal slices and season with salt as needed.
2. In a large bowl, combine the oil, lime juice, chili powder, cumin, coriander, and garlic.
3. Gently place the fish in the marinade. Allow it to marinate for about 30 minutes.
4. Grill the fish over direct heat until well-marked from both sides and cooked through.
5. Place some southwestern slaw into each tortilla and place two pieces of grilled fish on top and drizzle with the lime-flavored sour cream.

LIME-FLAVORED SOUR CREAM

Yield: 1 Cup

Ingredients

Amounts

Mexican sour cream	8 fl. oz.
Buttermilk	4 fl. oz.
Lime zest, finely grated	2 tsp.
Lime, kalamansi, juice	1 Tbsp.
Salt	as needed

Method

1. Combine all the ingredients and mix well.

SOUTHWESTERN SLAW

Yield: 8 Portions

Ingredients	Amounts
Green cabbage	1 lb.
Salt	as needed
Lime juice	1 fl. oz.
Honey	1 fl. oz.
Red onions, minced finely	2 wt. oz.
Jalapeño peppers, seeded, minced finely	½ wt. oz.
Cilantro, coarsely cut	¼ cup

Method

1. Cut the cabbage into coarse chunks and chop in a food processor until coarsely chopped.
2. In a mixing bowl mix the chopped cabbage with salt, work well and allow it to sit for about 15 minutes.
3. Squeeze excess moisture out of the cabbage and combine with the remaining ingredients.
4. Adjust seasoning as needed.

CURRY GOAT WITH GREEN PAPAYA SLAW

Yield: 8 portions

Ingredient	Amounts
Goat shoulder, whole	5 lb.
Salt	as needed
Ground black pepper	as needed
Vegetable oil	2 fl. oz.
Thyme, sprig	1 ea.
Brown veal stock	½ gal.
Scotch bonnet pepper, seeded, minced	1 ea.
Curry powder, toasted	2 Tbsp.
Plum tomatoes, seeded, medium dice	1 lb.
Scallions, sliced ½-inch/1 cm	5 ea.
Lime juice	1 fl. oz.
Scallions, sliced thin for garnish	3 ea.
Green Papaya Slaw (Recipe follows)	1x recipe

Method

1. Season the goat shoulder with salt and black pepper. In a rondeau, sear the goat in hot oil browning on all sides.
2. Remove the goat shoulder and sweat the curry powder in the pan drippings. Add the brown veal stock, thyme, and scotch bonnet pepper.
3. Return the goat shoulder to the pot, bring to a boil, cover tightly with a lid and simmer very slowly until the goat shoulder is very tender adding liquid as needed to cook the goat evenly.
4. Once tender, remove the goat shoulder and pull it into bite sized pieces.
5. Strain the braising liquid and reduce by about half.
6. Once the liquid is reduced, add the shredded goat shoulder and simmer for ten minutes. Adjust seasoning as needed.
7. Add the tomatoes, the scallions and lime juice. Bring it to a simmer. Adjust the seasoning to taste.
8. Serve with the green papaya salsa in a roti bread.

GREEN PAPAYA SLAW

Yield: 8 portions

Ingredient	Amounts
Green papaya	2 lb.
Carrots	2 wt. oz.
Lime, juiced	1 fl. oz.
Cilantro, coarsely cut	1 wt. oz.
Ginger, peeled, finely minced	1 tsp.
Garlic clove, minced	1 ea.
Red wine vinegar	1 Tbsp.
Molasses	1 fl. oz.
Salt	as needed
Ground black pepper	as needed

Method

1. Peel the papaya, cut in half and remove the seeds.
2. Grate the papaya and the peeled carrots on a coarse box grater and combine.
3. Add the remaining ingredients, mix well and adjust seasoning.

Note: It is crucial to use green, unripe papaya for this preparation as ripe ones are too sweet and soft, hence lacking the crunchy texture and the desired tart flavor.

CARIBBEAN ROTI BREAD WITH GUYANESE FILLING

Yield: about 8 roti

Ingredient	Amounts
Yellow split peas	4 wt. oz.
Cumin, ground	1 Tbsp.
Curry powder	1 Tbsp.
Garlic cloves, minced	2 ea.
Salt	as needed
Ground black pepper	as needed
All-purpose flour	$\frac{3}{4}$ lb.
Salt	$\frac{1}{3}$ wt. oz.
Baking powder	1 Tbsp.
Lard or similar	2 wt. oz.
Water	6 fl. oz.
Lard, for rolling in	1 wt. oz.
Oil, to cook the roti	as needed

Method

1. For the Guyanese filling, cook the yellow split peas in water until they are halfway done. Drain and allow it to cool.
2. Combine the cooked peas, cumin, curry powder, garlic, salt, and pepper in a food processor. Process until slightly crumbly.
3. For the roti, combine the flour, salt and baking powder with the lard and mix to a mealy texture.
4. Add the water and knead until a smooth dough is achieved. Add more flour as needed. Portion into eight even size balls and allow them to rest for about 30 minutes, covered with plastic wrap.
5. On a lightly dusted work surface, roll the dough balls into $\frac{1}{8}$ - inch/3 mm disks and spread with one teaspoon of the additional lard and some Guyanese filling.
6. Roll the dough disks like a "jelly roll", take one end of the "jelly roll" and roll it resembling a snail shell and allow the dough to rest for ten minutes.
7. Flatten the dough and roll into $\frac{1}{4}$ - inch/0.5 cm circles.
8. Cook the roti on a griddle or in a cast iron skillet in the oil until well browned and crispy from both sides.

Note: For this flat bread, also known as dalpuri roti, it is crucial to cook the yellow split peas only halfway before they are ground with the spices to crumbly mixture. Fully cooked peas would be mushy and sticky and not provide the desired textural contrast.

PAN-FRIED QUESADILLAS WITH SALSA VERDE

Yield: 8 portions

Ingredient	Amounts
Local corn masa	2 lb.
Huitlacoche Filling (Recipe follows)	1x recipe
Nopales Filling (Recipe follows)	1x recipe
Vegetable oil	as needed
Salsa Verde (Recipe follows)	1x recipe

Method

1. Divide the dough into 16 equal sized balls.
2. Using a tortilla press lined with plastic on both sides, press a dough ball into thin tortilla; press once and rotate by 180° before pressing again to achieve an even thickness of about $\frac{1}{8}$ - inch.
3. Remove the top sheet of plastic and place about one ounce of the filling onto the dough.
4. Utilizing the lower sheet of plastic fold the dough in half and seal the edges by pinching.
5. Gently slide the quesadilla into preheated vegetable oil in a cast iron skillet and cook until well browned from both sides.
6. Allow to drain on a wire rack and serve with Salsa Verde.

Note: Quesadillas, originating in Mexican cooking, can be defined as a flour or corn tortilla with a filling containing cheese and other ingredients. Quesadillas vary tremendously from region to region; it is a challenge to find two Mexican chefs who agree on Quesadillas.

HUITLACOCHÉ FILLING

Yield: 8 portions

Ingredient	Amounts
Olive oil, pure	1 fl. oz.
Onion, minced	3 wt. oz.
Garlic cloves, minced	2 ea.
Serrano peppers, seeded and minced	1 ea.
Huitlacoche	½ lb.
Limes, juiced	1 ea.
Epazote, dried	¼ tsp.
Mexican oregano	¼ tsp.
Salt	as needed
Ground black pepper	as needed
Cheese, Queso Chihuahua, or similar, grated	½ lb.

Method

1. Sweat the onions and garlic in the olive oil in a skillet until translucent. Add the Serrano chili and continue to cook.
2. Add the Huitlacoche and simmer gently for 4 to 5 minutes.
3. Add the lime juice, epazote and oregano and adjust seasoning with salt and pepper and more lime juice as needed. Add the cheese and set aside.

Note: Huitlacoche also known as “corn smut” or “corn truffle” is a specialty in Mexican cuisine. It is corn which has been infected by a parasitic fungus, causing the kernels to swell and turn black. While it does not look particularly appetizing to the untrained eye, Huitlacoche has a very pleasant smoky aroma and the property of enhancing other flavor due natural occurrence of glutamic acid in the fungus.

NOPALES FILLING

Yield: 8 portions

Ingredient	Amounts
Olive oil, pure	1 fl. oz.
Fern, Hawaiian (Pohole)	3 ea.
Onion, minced	3 wt. oz.
Cilantro, coarsely cut	½ wt. oz.
Limes, juiced	1 ea.
Salt	as needed
Ground black pepper	as needed
Cheese, Queso Chihuahua, grated	½ lb.

Method

1. Clean nopales from all spikes and cut into medium dice.
2. In a very hot skillet, sear the nopales in the olive oil until slightly browned from all sides.
3. Add the minced onion and continue to cook until translucent.
4. Adjust seasoning as needed with salt, pepper and lime juice and add the cilantro and the cheese.

Note: For this version, poholes have been substituted for the traditional ingredient—nopales. These are hand-sized, fleshy pad segments of the prickly pear. They are commonly available fresh in Mexico, South Texas and New Mexico, but canned versions are available. Be careful not to overcook nopales; just like Okra they have the tendency to thicken surrounding liquids to a mucus-like consistency. This effect can be limited by sautéing nopales at a high temperature in a small amount of fat.

Queso Chihuahua is a semi soft cow's milk cheese named after its place of origin, the Mexican State of Chihuahua. It is also referred to as *Queso Menonito*, after the Mennonite communities in Northern Mexico who first produced it. Mild in flavor and suitable for melting applications, this cheese can be substituted for a Jack or similar cheese.

SALSA VERDE

Yield: 8 portions

Ingredient	Amounts
Tomatillos, husked, washed	1 lb.
Serrano chilies, stemmed	1 ea.
Onions, sliced ¼-in	½ lb.
Garlic, clove, whole	1 ea.
Cilantro, rough cut with stems	1 wt. oz.
Lard	1 wt. oz.
Chicken stock	8 fl. oz.
Salt	as needed
Ground black pepper	as needed

Method

1. On a grill or in a comal mark the tomatillos, pepper, onion and garlic until slightly charred; set aside to cool.
2. In a blender, purée all vegetables and the cilantro, adding water to facilitate the blending.
3. In a saucepan, heat the lard until it smokes.
4. Add the puréed vegetables, bring to a boil and simmer, stirring constantly, for about 2 to 3 minutes.
5. Add the chicken stock, and simmer until thick enough to coat a spoon.
6. Adjust seasoning with salt and pepper and serve.

CHINESE CHIVE POCKETS

Yield: 6-8 Portions

Ingredients	Amounts
All-purpose flour	18 wt. oz.
Water	12 fl. oz.
Bean thread noodles, thin	1 ½ wt. oz.
Vegetable oil	1 fl. oz.
Eggs, large beaten	3 ea.
Chinese chives, cut into ¼-in. pieces	7 wt. oz.
Ginger, very finely minced	½ Tbsp.
White ground pepper	¼ tsp.
Dried shrimp, small, chopped	½ Tbsp.
Kosher salt	as needed
Vegetable oil, to cook the pockets	as needed
Light soy sauce, not low sodium	8 fl. oz.
Dark rice vinegar	4 fl. oz.
Scallions, minced	3 ea.
Chili paste	1 tsp.
Water	4 fl. oz.

Method

1. For the wrapper, combine the flour and water into a soft dough. Knead it until smooth.
2. For the stuffing, soak the bean thread noodles in boiling water for 10 minutes.
3. In the vegetable oil, cook the beaten eggs into relatively dry small curded scrambled eggs.
4. For the filling, in a large bowl, combine the soaked bean thread noodles, cooked eggs, Chinese chives, ginger, white pepper, dried shrimp, and salt. Adjust the seasoning with salt to taste.
5. On a well-floured surface, roll 1 ¼ weight ounce dough pieces into thin 5- inch circles.
6. Place about ¾ wt. oz. of filling mixture on top and fold in half to properly enclose the stuffing.
7. Cook over low heat in a well-oiled nonstick skillet or on a griddle until golden brown from both sides and heated through.
8. For the dipping sauce, in a medium bowl, combine the soy sauce, rice vinegar, scallions, chili paste, and water. Serve with the chive pockets.

Note: Also known as standard garlicky chives, Chinese chive has broad leaves that are flat and not hollow. Often used as a stuffing or in connection with eggs, Chinese chive should not be overcooked, as their flavor becomes very strong and unpleasantly overpowering.

BRAISED PORK BELLY WITH CHOY SUM AND LILLY BUDS IN FERMENTED TOFU SAUCE

Yield: 8 Portions

Ingredients	Amounts
Lily buds, dried	4 wt. oz.
Pork belly, skin on	3 lb.
Red fermented tofu, red, puréed	7 wt. oz.
Ginger, sliced	½ wt. oz.
Scallions, whole	1 ea.
Star anise, whole	4 ea.
Salt	as needed
Dark soy sauce	1 Tbsp.
Brown sugar	3 Tbsp.
Water	as needed
Choy sum, fresh	10 wt. oz.
Steamed lotus buns	24 ea.

Method

1. Soak the lily buds in water for 15 minutes.
2. Inspect the pork belly for any remaining bristles and remove as necessary.
3. Place the pork belly into a large rondeau. Add the ginger, scallions, star anise, salt, soy sauce, and brown sugar. Add enough water to submerge the pork belly by half. Bring to a boil, cover, and simmer gently for 1 hour.
4. Allow the pork belly to cool in the cooking liquid.
5. Slice the cooled pork belly into ¼-inch thick and 3-inch-wide slices.
6. Remove any tough parts of the soaked lily buds and cut them into bite-sized pieces.
7. Blanche the choy sum in boiling water for 20 seconds. Shock it in ice water, drain, and cut into bite-sized pieces.
8. Transfer the lily buds and choy sum to an oven-proof dish. Mix to combine.
9. Place the pork belly on top and pour the cooking liquid over it.
10. Cover tightly with aluminum foil and bake at 350°F for 1 hour.
11. At service, place the pork belly with the lily buds and choy sum into a steamed flat bun. Serve immediately.

Red Fermented Tofu: A preserved tofu inoculated with special yeast cultures to achieve resembling washed rind cheese. It is a common condiment in the northern parts of mainland China commonly used as a condiment or spread for steamed buns.

Dried Lily Buds: Sometimes called Tiger Lily Buds, these are the unopened flowers or the day lilies. With a slight crunchy and at the same time chewy texture and an earthy flavor, they are often featured in dishes like Mu Xu Pork and Hot and Sour Soup.

Steamed Lotus Buns: These are chemically leavened white steamed buns with a folded shape resembling Parker House Rolls. In the Chinese restaurants in the US, these buns are often served as an accompaniment to roast duck.

BUCKWHEAT CRÊPES

Yield: 8 portions

Ingredients	Amounts
Buckwheat flour	½ lb.
All-purpose flour	½ lb.
Eggs, well beaten	3 ea.
Milk	1 ½ pt.
Kosher salt	1 tsp.
Water	1 ½ cup
Vegetable oil	1 fl. oz.
Butter, clarified	as needed
Pineapple Compote (Recipe follows)	1x recipe
Frozen Almond Ricotta (Recipe follows)	1x recipe
Melons in Basil Lime syrup (Recipe follows)	1x recipe
Bananas in Cardamom Syrup (Recipe follows)	1x recipe
Apple sauce	as needed
Berries, fresh	as needed
Ham, sliced	as needed
Gruyère cheese, sliced	as needed

Method

1. For the batter, combine the flours, eggs, milk, salt, water, and vegetable oil in a blender. Process until very smooth.
2. Pour 5 fluid ounces/150 ml of crêpe batter onto a pre heated and well-greased crêpe maker or griddle and spread with a crêpe spreader into a thin crêpe.
3. Cook from one side until lightly browned, flip and finish on the other side.
4. Fill with the stuffing of your choice on the griddle or crêpe maker, fold over and serve.

Note: Based on a batter made in part with buckwheat flour, this crêpe from the Breton region of France, stands out with its intense nutty flavor.

Buckwheat, even though very starchy, is not related to wheat and not a grain. Thriving in colder climates makes buckwheat very popular in northern cuisines. In Central Europe it is oftentimes used for crepes and cakes, in Eastern Europe and Russia it is popular for hot cereals or for blinis, a traditional accompaniment to caviar. Noodles based on buckwheat flour are common fare in Japan and Korea.

PINEAPPLE COMPOTE

Yield: 8 portions

Ingredient	Amounts
Pineapple	2 lb.
Water	12 fl. oz.
Sugar	4 wt. oz.
Lime, kalamansi, juice	2 fl. oz.
Vanilla extract	1 tsp.

Method

1. Peel and core the pineapple, medium dice.
2. In a medium saucepan over high heat, combine the water and sugar. Bring it to a boil.
3. Add the pineapple, cover with a tight-fitting lid, and cook until the pineapple is tender but not mushy, 1 to 2 minutes.
4. Add the vanilla and lime juice. Allow it to cool at room temperature. Serve at room temp or refrigerate for later use.

FROZEN ALMOND RICOTTA

Yield: 8 portions

Ingredients	Amounts
Ricotta	20 wt. oz.
Sugar	7 wt. oz.
Amaretto, almond liquor	2 fl. oz.
Vanilla extract	1 tsp.
Orange zest, grated with a micro plane	1 Tbsp.
Heavy cream	8 fl. oz.
Biscuits, amaretti, crushed	1 wt. oz.

Method

1. For the frozen ricotta base, combine the ricotta, sugar, Amaretto, vanilla, orange zest, and heavy cream in a blender. Purée until smooth.
2. Freeze in an ice cream maker according to the manufacture's instruction.
3. If necessary, allow to firm in a freezer to desired consistency.
4. Fold in the crushed amaretti and serve.

Note: Ricotta based frozen desserts provide a great flavor, mouth feel and the potential to serve creamy desserts with less fat. The drawback is that they will not stay creamy for a long time and need to be made fresh daily.

Macrones can be substituted for the amaretti biscuits.

MELONS IN BASIL-LIME-SYRUP

Yield: 8 Portions

Ingredients	Amounts
Honeydew melon	2 ea.
Cantaloupe melon	2 ea.
Agave syrup	1 cup
Lime juice	4 fl. oz.
Basil, whole leaves	½ cup
Macadamia nuts, toasted, chopped	4 wt. oz.

Method

1. Peel the melons thoroughly, remove all seeds, and large dice.
2. For the syrup, combine the agave syrup, lime juice and basil leaves in a blender. Purée until smooth.
3. Toss the syrup with the melons and chopped macadamia nuts.

Note: Agave syrup or agave nectar, made from the sap of several agave species, has found its way into many pantries as an alternative to honey or table sugar. Depending on its color, the syrup's flavor ranges from mild to distinct, and relative sweetness is about 1.4 times higher than table sugar.

It has a low glycemic index, the measure of how fast the sugar is absorbed into the blood stream, has made agave syrup a staple among nutritionally conscious people.

BANANAS IN CARDAMOM SYRUP

Yield: 8 portions

Ingredients	Amounts
Sugar	1/2 cup
Water	6 fl. oz.
Cardamom pods, whole	2 ea.
Bananas, yellow, not too ripe	4 ea.
Lime juice	2 tsp.

Method

1. Peel the banana and cut into bite-size pieces.
2. In a medium-sized, heavy-bottomed, stainless-steel skillet, combine the sugar, cardamom, and 2 fluid ounces of the water. Over moderate heat, bring the water to a boil. Allow to continue boiling until the cardamom becomes fragrant and the sugar melts and then caramelize to a golden brown.
3. Add the remaining water, bring to a boil, and allow the caramelized sugar to dissolve completely.
4. Add the bananas and simmer over medium heat until the syrup evenly coats the bananas.
5. Add the lime juice and adjust flavor as needed.

CHICKPEA FLATBREAD WITH SWEET AND SOUR ZUCCHINI

Yield: 8 Portions

Ingredients	Amounts
Extra virgin olive oil	3 fl. oz.
Scallions, minced	4 ea.
Black olives, minced	1/4 cup
Parsley, chopped	1/2 cup
Sage, chiffonade	2 Tbsp.
Rosemary, chopped	1 Tbsp.
Black pepper, coarsely cracked	1 Tbsp.
Chickpea flour	1 lb.
Water, cold	24 fl. oz.
Salt	as needed
Vegetable oil, to cook flat bread	as needed
Sweet and Sour Zucchini (Recipe follows)	1x recipe

Method

1. In a skillet, cook the scallions and olives briefly in the very hot olive oil, add the parsley, sage, rosemary and black pepper and set aside to cool completely.
2. For the batter, in a large bowl, combine the chickpea flour, cold water, and salt. Whisk until smooth and allow it to rest for about 1 hour. Re-evaluate the thickness of the batter and adjust as needed. It should resemble a pancake batter.
3. Thoroughly combine the scallion-herb-olive oil mix and the chickpea batter.
4. Preheat a cast iron skillet in a 550°F oven.
5. Once the pan is hot, oil the pan with the vegetable oil and pour about a 1/4- inch/0.5 cm layer of the chickpea batter into the hot skillet
6. Bake the chickpea batter in the 550°F until the lightly browned crispy from the sides
7. Once done, allow the flat bread to rest on a wire rack for five minutes.
8. Cut into serving sized pieces and serve with sweet and sour zucchini.

SWEET AND SOUR ZUCCHINI

Yield: 8 Portions

Ingredients	Amounts
Extra virgin olive oil	2 fl. oz.
Zucchini	2 lb.
Garlic cloves, minced	1 ea.
Anchovy fillets, salted, minced	2 ea.
White wine vinegar	1 fl. oz.
Honey	1 Tbsp.
Pine nuts, toasted	¼ cup
Raisins, white	¼ cup
Salt	as needed

Method

1. Quarter the zucchini lengthwise, remove the seeds and cut into diamonds.
2. Sauté the zucchini in olive oil in a skillet over high heat until slightly browned.
3. Add the garlic and anchovy and continue to cook until aromatic.
4. Add vinegar and an equal quantity of water.
5. Simmer gently for five minutes, and then add the pine nuts and white raisins.

BRUSCHETTA WITH CAULIFLOWER AND PROSCIUTTO

Yield: 8 Portions

Ingredients	Amounts
Cauliflower, head	1 ea.
Lemon	2 ea.
Extra virgin olive oil	1/2 cup
Garlic cloves, minced finely	6 ea.
Anchovy fillets, salted	8 ea.
Capers, chopped	1/4 cup
Parsley, chopped coarsely	1/4 cup
Salt	as needed
Ground black pepper	as needed
Lemon juice	1 fl. oz.
Baguette, slices 1/4"/0.5 cm sliced on bias	16 ea.
Olive oil, for brushing	as needed
Prosciutto, slices, very thin	16 ea.

Method

1. Divide the cauliflower into 2- inch/5 cm fleurets, toss in a small amount of olive oil and roast on a sheet pan in an oven at 375°F until fully cooked and slightly caramelized.
2. In a skillet sweat the garlic in the remaining olive oil over moderate heat until fragrant. Add the anchovies and capers and continue cooking gently for one minute.
3. Gently mash everything with a fork until it forms a slightly browned purée.
4. Once the cauliflower is tender, combine it with the anchovy mixture in a food processor and purée into a coarse paste.
5. Add the parsley and adjust the seasoning with salt, pepper, and lemon juice as needed.
6. Grill or toast the bread until crispy and top with a slice of prosciutto.
7. Top the prosciutto with a dollop of the cauliflower spread.

SMOKED MARLIN AND GOAT CHEESE EMPANADAS

Yield: 20 portions

Ingredient	Amounts
Extra virgin olive oil	1 fl. oz.
Onions, minced	4 wt. oz.
Garlic cloves, minced	4 ea.
Green olives, pitted, chopped	4 wt. oz.
Pine nuts, toasted	2 wt. oz.
Capers, chopped	2 wt. oz.
Paprika, sweet	2 tsp.
Marlin, smoked	1 lb.
Goat cheese, fresh	½ lb.
Salt	as needed
Ground black pepper	as needed
Puff pastry	2 lb.
Egg wash	as needed

Method

1. In a skillet, sweat the onion in the olive oil until very soft. Add the garlic and continue to cook until fragrant. Add the paprika, capers, pine nuts and olives and continue to cook gently for one minute.
2. In a mixing bowl, combine everything with the marlin and mix gently. Add the goat cheese and continue to mix.
3. On a floured surface, roll out the puff pastry to ⅛-inch thickness, dock with a fork to prevent excess puffing of the dough and cut out twenty 2-inch diameter circles.
4. Gently re-roll the left-over dough to achieve a better yield.
5. Place 1 ½ weight ounces of the marlin filling onto each dough circle, brush the edges with egg wash and fold in half into a crescent.
6. Using a fork, pinch the edges of each crescent to seal the empanadas.
7. Brush the crescents with egg wash and bake at 425°F until golden brown.

RICOTTA FRITTERS

Yield: 24 pieces

Ingredients	Amounts
Batter	
Ricotta, drained	1 lb.
Eggs	8 ea.
Sugar	5 wt. oz.
Passion fruit powder	1 tsp.
Citric acid	1/2 tsp.
Rum, dark	1 fl. oz.
Orange juice	3 fl. oz.
Orange zest	2 Tbsp.
Baking powder	1 tsp.
Salt	as needed
All-purpose flour	6 wt. oz.
 Powdered sugar	 as needed

Method

1. For the batter, combine all ingredients thoroughly adding more flour as needed.
2. In a deep fryer at 350°F, fry tablespoon-sized fritters until lightly browned and cooked through.
3. Remove the fritters from the oil, allow it to drain on a wire rack, and blot them gently with a paper towel.
4. Dust with powdered or granulated sugar and serve hot.

SPANISH POTATO OMELET WITH GARLIC AND SAFFRON MAYONNAISE

Yield: 8 Portions

Ingredients	Amounts
Extra virgin olive oil	4 fl. oz.
Potatoes, Yukon Gold	3 lb.
Eggs	16 ea.
Salt	as needed
Onions, sliced	½ lb.
Garlic and Saffron Mayonnaise (Recipe follows)	1 pt.

Method

1. In a large skillet, covered with a lid, cook the potatoes and onions gently in two ounces olive oil until tender; stir occasionally without breaking the potatoes; adjust seasoning with salt as needed.
2. In a large bowl, thoroughly beat eggs and add salt as needed.
3. Gently yet thoroughly combine the eggs with the cooked potato and onion mix without breaking the potato slices.
4. Return the potato egg mix into the skillet and cook over moderate heat and the egg begins to cook, place pan into an oven at 375°F and cook gently until cooked through and slightly browned. If a large enough pan is not available, work in smaller batches.
5. Slide out of the skillet and allow it to rest five minutes before cutting into wedges serving.

Note: Known as Tortilla de patatas, this popular Spanish dish resembles a frittata or Italian omelet. The Spanish Potato Omelet is all about the potatoes and the eggs serve a background role. The key to success is to very gently sauté the sliced potatoes in olive oil until they are cooked and combine them with a relatively small amount of eggs (barely enough to evenly coat them) before cooking the omelet over very moderate heat until cooked through.

GARLIC AND SAFFRON MAYONNAISE

Yield: 1 pint

Ingredients	Amounts
Cayenne pepper	2 tsp.
Garlic cloves	6 ea.
Kosher salt	1 tsp.
Breadcrumbs, fresh	1 Tbsp.
Saffron threads	2 tsp.
Egg yolks, room temperature	2 ea.
Extra virgin olive oil	1 pt.

Method

1. In a mortar, pound all ingredients except the egg yolks and the oil into a fine paste.
2. In a mixing bowl, combine the garlic paste with the egg yolks until fully incorporated.
3. Gradually in a slow stream add the olive oil to the paste, whisking constantly.
4. If needed, add small amounts of water to adjust viscosity; the sauce should be slightly spreadable.
5. Adjust seasoning as needed.

GRILLED TOAST WITH COCONUT JAM AND CODDLED EGGS

Yield: 8 portions

Ingredient	Amounts
Coconut milk, thick	8 fl. oz.
Sugar	12 wt. oz.
Eggs, beaten	1 cup
Pandan extract	¼ tsp.
Grilled toast	
White bread, slices	16 ea.
Kaya, coconut jam	as needed
Butter, hard	4 wt. oz.
Water, boiling	1 qt.
Egg, whole, room temperature	8 ea.
Dark soy sauce	1 fl. oz.
Ground white pepper	2 tsp.

Method

1. For the “Kaya” coconut jam, simmer the coconut milk and sugar until the sugar dissolves.
2. Temper the beaten eggs with the hot coconut milk and carefully heat over a water bath until the coconut jam is thickening. Once done, set aside to cool.
3. To assemble the toast, spread the coconut jam onto each slice of the white bread and top with the thinly sliced hard butter.
4. Sandwich two slices of toast together and grill at service until slightly charred and the butter begins to melt.
5. For the coddled eggs, pour the boiling water over the eggs and let them sit for 3 minutes.
6. At service crack the eggs, which should be barely cooked, into individual soup cups.
7. Add a little dark soy sauce and white pepper; this serves as a dip for the grilled toast.

Note: This grilled sandwich, popular and well known as “Roti Kaya” in Singapore and Malaysia is served as an all-day snack accompanied by a sweet and creamy hot tea or coffee. It is believed to have been created by Chinese cooks who worked in kitchens catering British colonists serving coffee, tea and toast. The jams and marmalades were replaced with the native coconut spread and the bread was grilled instead of toasted. Pandan, a member of the screw pine family, is a popular ingredient in Southeast Asian cooking primarily for sweet dishes. Pandan extract or frozen leaves are available in most Asian grocery stores. Whole leaves are often boiled and pounded into a paste, or they

are shaped into a knot and cooked together with the sauce to provide a subtle flavor. Pandan's flavor is often described as sweet and floral with citrus and vanilla side notes.

SEAFOOD SAUSAGE HOT DOG WITH CREAMED SAVOY CABBAGE

Yield: 8 portions

Ingredients	Amounts
Lean white fish fillet, diced	1 lb.
Shrimp, peeled, de-veined, diced	1 lb.
Salt	as needed
Old Bay seasoning	2 tsp.
Panko breadcrumbs	1 wt. oz.
Heavy cream, cold	8 fl. oz.
Egg whites	2 ea.
Shrimp, peeled and de-veined	6 wt. oz.
Salmon fillet, skinless	6 wt. oz.
Chives, minced	1 Tbsp.
Lamb casings, 3/4- in. diameter	as needed
Hot dog buns	8 ea.
Mustard, Pommery	as needed
Creamed Savoy Cabbage (Recipe follows)	1x recipe
Crispy Fried Shallots (Recipe follows)	1x recipe

Method

1. Soak the lamb casings in warm water.
2. For the forcemeat, combine the fish, shrimp, salt, and Old Bay seasoning on a sheet pan. Place it in the freezer until semi frozen.
3. Soak the breadcrumbs in the heavy cream and set them aside.
4. Grind the semi frozen fish-shrimp mix through the fine plate (1/8 - inch) of a meat grinder. Process the ground fish in a food processor to a very smooth paste. Add the egg whites and the cream-breadcrumb mix and continue to process until homogenous.
5. For the garnish, grind the shrimp, salmon fillet, and chives through the medium plate (1/4- inch/6 mm) of a meat grinder and thoroughly combine with the forcemeat.
6. Cook a small sample to make a taste test and adjust seasoning as needed.
7. With a sausage stuffer, fill the force meat into well soaked lamb casings; twist links of about 4-5 inches.
8. Poach in well salted water at 165°F to an internal temperature of 145°F. Shock the cooked sausages in ice water until well chilled throughout. Dry gently and store for later use.
9. At service, gently sauté the sausages until well browned from all sides.

10. Spread the hot dog bun with the pommery mustard and fill the bun halfway up with the creamed Savoy cabbage.
11. Place the hot dog on top and sprinkle with crispy fried shallots.

CREAMED SAVOY CABBAGE

Yield: 8 portions

Ingredient	Amounts
Cabbage, savoy, head	1 ea.
Heavy cream	12 fl. oz.
Salt	as needed
Ground black pepper	as needed
Dried cranberries, soaked	3 wt. oz.
Nutmeg	1 pinch

Method

1. Cut $\frac{2}{3}$ of the cabbage into a fine chiffonade and cut $\frac{1}{3}$ of the cabbage into coarse chunks.
2. Cook the coarse chunks in well salted water until tender, drain and purée in a blender until very smooth.
3. Add the heavy cream, adjust seasoning with salt pepper and nutmeg and chill down rapidly; set aside.
4. Cook the cabbage chiffonade in well salted water until tender, drain well, gently squeeze out excess moisture and combine with the puréed cabbage.
5. Add the cranberries, adjust seasoning and set aside for later use.
6. Serve hot.

CRISPY FRIED SHALLOTS

Yield: 8 portions

Ingredient	Amounts
Shallots, sliced $\frac{1}{8}$ -in. thick	1 lb.
Corn starch	as needed
Vegetable oil	1 qt.

Method

1. In a mixing bowl toss the shallots with a small amount of corn starch to evenly coat them with a thin layer.
2. Heat the oil to about 200°F.
3. Place the shallots into the warm oil and increase the heat to high until the oil is at 325°F.
4. Maintain 325°F until the shallots are golden brown and crispy throughout.
5. With a spider or similar, remove the shallots from the oil and allow them to drain on a wire rack.
6. Gently blot with an absorbing towel and keep on a dry spot for later use.

Note: The temperature of the oil for the crispy fried shallots is initially very low. This is done to first drive out any moisture so that the shallots will be and stay crispy throughout once they get golden brown.

CHURROS

Yield: 8 portions

Ingredients	Amounts
Water	8 fl. oz.
Butter	4 wt. oz.
Kosher salt	¼ tsp.
All-purpose flour	4 ½ wt. oz.
Eggs, beaten	3 ea.
Vegetable oil	as needed
Sugar	¼ cup
Cinnamon, Mexican, ground	1 tsp.
Hot Chocolate with Mass (Champurrado)	1x recipe (Recipe follows)

Method

1. Combine water, butter, and salt in a two-quart saucepan and bring to a rolling boil.
2. Add flour to the boiling water, stirring vigorously with a wooden spoon over low heat until mixture forms a ball and a white layer is appearing on the bottom of the pan.
3. Transfer hot dough ball into a dough mixer with a paddle attachment and mix on low speed for about 30 seconds.
4. Gradually add the beaten eggs to the running mixer, making sure the egg gets fully absorbed by the dough.
5. Transfer the batter into a piping bag with a large star tip.
6. Squeeze 4-inch strips of the batter into hot oil at 360°F and fry until golden brown, turning once, about 2 minutes on each side.
7. Once done, remove from the oil and allow to drain on a wire rack and blot gently with a paper towel.
8. Combine the sugar and cinnamon in a mixing bowl and roll the fried churros in the mixture.
9. Serve with a hot Champurrado.

Note: Churros, deep-fried rods *pate a choux*, originating in Spain, are found at street food stands all over Latin America. Traditionally churros are served with a thick hot chocolate or, in Mexico, with a big bowl of hot champurrado.

HOT CHOCOLATE WITH MASA (CHAMPURRADO)

Yield: 8 portions

Ingredients	Amounts
Water, warm	1 qt.
Milk	1 qt.
Masa harina	2 ½ wt. oz.
Mexican sweet chocolate, grated	8 wt. oz.
Sugar, cane, piloncillo	6 wt. oz.
Anise seed, ground	1 pinch
Salt	1 pinch

Method

1. In a large pot, thoroughly combine masa harina and the warm water.
2. Add milk, chocolate, piloncillo and anise.
3. Bring to a simmer and whisk with a molinillo or an immersion blender until chocolate is melted and sugar is dissolved.
4. Serve hot with churros.

Note: Served with churros, this hot beverage, known as “Champurrado” in Mexico is a popular breakfast found all over. Champurrado is a variation of Atole, popular warm beverages thickened with Masa and/or corn starch, sweetened with piloncillo, an unrefined brown sugar and aromatics.

DAY FIVE

MARKET BASKET PROJECT:

MENU DEVELOPMENT ASSIGNMENT GUIDELINES

OVERVIEW

Your chef instructor has assembled a market basket for each team. Each team's mission is to develop a two-course menu using items from the assigned market basket.

GUIDELINES

Using the items included in your market basket, each team will need to prepare the following menu:

- **First Course:** Choice of hot or cold soup, salad, or appetizer
- **Complete Main Course:** Featured component and accompaniments

In addition to your market basket, you will find a community table with common ingredients and kitchen staples.

After a discussion in the classroom, you will have **three hours** to produce and plate your menu items. All recipes should yield **six portions**-- one for the show plate and the remaining five displayed family style on platters in bowls or hot holding devices for family meal.

DAY FIVE TEAM PRODUCTION: MARKET BASKET

MARKET BASKET ONE

Firm Silken Tofu	Scallions
Bacon	Green Beans
Mozzarella Cheese	Red Onions
Spring Roll Wrappers	Carrots
Sweet Potatoes	Bok Choy
Oyster Mushrooms	Japanese Curry Paste

MARKET BASKET TWO

Eggs	Zucchini
Paneer or Paneer Cheese	Bunched Spinach
Sweet Potatoes	Jalapeno Peppers
Red Lentils	Asian Eggplant
White Turnip	Red Bell Peppers
Plum Tomatoes	Yukon Potatoes

MARKET BASKET THREE

Anchovies in Oil	Cipollini Onions
Panchetta	Lemons
Chickpeas, soaked	Plum Tomatoes
Fingerling Potatoes	Artichokes
Mediterranean Eggplant	Brie Cheese
Fennel	Capers

MARKET BASKET FOUR

Salt Cod	Spring Onions
Cheddar Cheese	Habanero Peppers
Converted Rice	Red Leaf Lettuce
Plantains	Red Bell Peppers
Limes	Green Peas
Collard Greens	Pineapple

COMMUNITY TABLE

The community table, from which all students may draw, may include the following items. Please draw only the amounts of each item that you will be using for your menu.

<u>Thickeners</u> <ul style="list-style-type: none"> • Tapioca flour • Cornstarch 	<u>Flours</u> <ul style="list-style-type: none"> • All-purpose flour • Bread flour • Banana flour • Durum flour 	<u>Sweeteners</u> <ul style="list-style-type: none"> • Palm sugar • Honey • White sugar 	<u>Nuts</u> <ul style="list-style-type: none"> • Almonds • Hazelnuts • Peanuts • macadamia • Pine nuts • Walnuts 	<u>Grains</u> <ul style="list-style-type: none"> • Assorted dry pastas • Arborio rice • Brown rice • Couscous • Jasmine rice
<u>Oils</u> <ul style="list-style-type: none"> • Vegetable Oil • Extra virgin olive oil • Olive oil • Peanut oil • Sesame oil • Vegetable spray 	<u>Vinegars</u> <ul style="list-style-type: none"> • Balsamic vinegar • Cider vinegar • Red wine vinegar • Rice vinegar • Sherry vinegar • Tarragon vinegar • White wine vinegar 	<u>Spices & Seasonings</u> <ul style="list-style-type: none"> • Assorted spices • Kosher salt • Saffron <u>Fresh Herbs</u> <ul style="list-style-type: none"> • Parsley • Chives • Thyme • Basil • Chervil • Rosemary • Tarragon • Dill • Cilantro 	<u>Condiments</u> <ul style="list-style-type: none"> • Various chili pastes • Currant jelly • Dijon mustard • Fish sauce • Hoisin sauce • Ketchup • Oyster sauce • Plum sauce • Pommery mustard • Shrimp paste • Soy sauce • Tabasco 	<u>Wine & Spirits</u> <ul style="list-style-type: none"> • Apple Jack • Brandy • Burgundy wine • Chablis • Madeira • Marsala • Pernod • Red port • Sherry wine
<u>Stocks</u> <ul style="list-style-type: none"> • Vegetable Stock • Chicken stock 	<u>Dairy/Dairy substitutes</u> <ul style="list-style-type: none"> • Half and Half • Butter • Buttermilk • Cream cheese • Eggs • Heavy cream • Skim milk • Whole milk • Sour cream • 	<u>Breads</u> <ul style="list-style-type: none"> • French bread • Phyllo dough • Puff pastry 	<u>Miscellaneous Pantry Items</u> <ul style="list-style-type: none"> • Breadcrumbs • Capers • Coconut milk • Crushed tomatoes • Grape leaves • Piquillo peppers • Rice paper rounds • Tomato purée • Yellow corn meal 	<u>Produce</u> <ul style="list-style-type: none"> • Garlic • Ginger • Idaho potatoes • Plum tomatoes • Red bliss potatoes • Red onions • Shallots • Yellow onions • Yuca • Ulu • Plantain

Use the following worksheets and templates to help design your menu and sketch your plate compositions.

MENU DEVELOPMENT WORKSHEET

Flavor Combinations

Number of Components on Plate - variety of complementary items

Proper Cooking Technique - basics executed well

Colors - vibrant vs. earth tones

Height of Food - varied but not drastic

Texture Variations

Plate Layout - traditional vs. non-traditional

Plating, Balance & Composition - slice, whole, loose, molded & special cuts

Practicality - not too much handling; can it be done consistently?

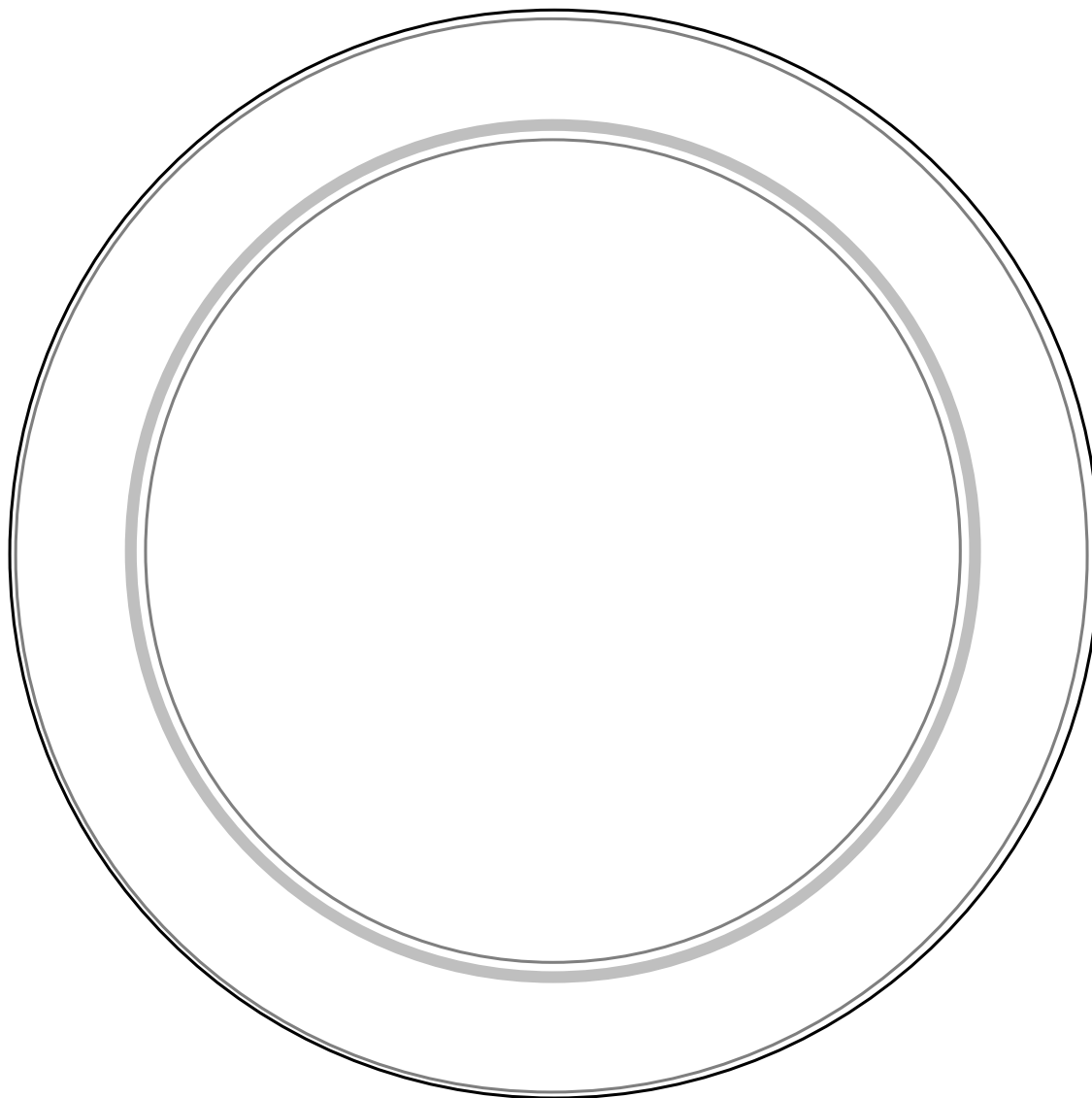
Trends – based on common sense

MENU FOR TEAM # _____

First Course

Second Course

Item: _____



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Memo To: CIA Continuing Education Students
From: Office of the Registrar
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2. A "No Release" applies to all elements of directory information on your record. The CIA does not apply "No Release" differently to the various directory information data elements.

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