



Culinary Institute of America

U.S. AIR FORCE INFLIGHT SERVICE CULINARY TRAINING



CIA Consulting
The Culinary Institute of America

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The Culinary Institute of America

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Welcome to the CIA!

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

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

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

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

Wishing you all the best,

A handwritten signature in blue ink that reads "David Kamen".

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

EXPECTATIONS FOR PARTICIPANTS

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

CIA UNIFORM POLICY

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

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

COURSE SYLLABUS

DAY ONE

- ☑ Lecture
 - Course Overview
 - Food Safety
 - Mise en Place
 - Explanation of Market Basket Challenge

- ☑ Demo and Hands-on Production
 - Knife Skills
 - Breakfast
 - Baked Eggs
 - Parfaits
 - Avocado Toast
 - Platters and Presentation
 - Fruit Platter
 - Crudit  Platter
 - Cheese and Charcuterie Platter

DAY TWO

- ☑ Lecture
 - Principles of Flavor Perception

- ☑ Demo and Hands-on Production
 - Soups
 - Clear
 - Cream
 - Pur e
 - Sauces
 - Starch-based Thickeners
 - Contemporary Sauces
 - Chutney and Coulis

DAY THREE

- Lecture
 - Gold Standards in Cooking Methods and Food Presentation

- Demo and Hands-on Production
 - Salads
 - Dressings
 - Sandwiches
 - Accompaniments

DAY FOUR

- Lecture
 - Meal/ Menu Construction: Building a well-balanced Plate

- Demo and Hands-on Production
 - Grilling/ Searing
 - Baking/ Broiling
 - Roasting
 - Frying
 - Steaming
 - Sous Vide
 - Sautéing
 - Braising

- Market Basket Challenge Menu Planning

DAY FIVE

- Lecture

- Market Basket Challenge

DAY ONE: BREAKFAST

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Potato Frittata
Ham and Cheddar Scones
Mango Blueberry Parfait

TEAM TWO

Shirred eggs
Lyonnais Potatoes
Cheese Blintzes with Mixed Berry Sauce

TEAM THREE

Huevos Rancheros with Pico de Gallo
Poached Eggs and Avocado Mash on Sourdough Toast
Apple-Filled Turnovers

TEAM FOUR

Eggs en Cocotte with sautéed mushrooms
Potato Crêpes with Smoked Salmon & Caviar
Best Blueberry Muffins

ALL TEAMS

PLATTER INNOVATION EXERCISE

Create a fruit, cheese, crudité, or charcuterie platter

POTATO FRITTATA

Yield: 6 portions

Ingredients	Amounts
Bacon, diced	5 wt. oz.
Onion, yellow, minced	3 wt. oz.
Potato, Yukon Gold, diced, cooked	4 ½ wt. oz.
Egg, whole	6 ea.
Salt, Kosher	as needed
Pepper, black, ground	as needed

Method

1. Preheat oven to 450°F.
2. Cook the bacon in a large skillet over medium heat until crisp, about 10 to 15 minutes. Discard all but 2 tablespoons of fat from the skillet.
3. Add the onions to the pan and sauté for 1 minute. Add the potatoes and continue to sauté until they are lightly brown, about 12 to 15 minutes.
4. Beat the eggs in a mixing bowl. Season with salt and pepper. Pour the egg mixture over the onion-potato mixture in the skillet and stir gently to combine.
5. Reduce heat to low, cover the skillet, and cook until the eggs are nearly set, about 5 minutes.
6. Remove the cover and place the skillet in the preheated oven to brown the eggs lightly, about 1 to 2 minutes.
7. Cut the frittata into wedges and serve on a heated platter.

HAM AND CHEDDAR SCONES

Yield: 10 scones

Ingredients	Amounts
Flour, all-purpose	14 wt. oz.
Sugar, granulated	3 ½ wt. oz.
Baking powder	2 Tbsp.
Salt, kosher	½ tsp.
Ham, medium-diced	4 ½ wt. oz.
Cheese, Cheddar, medium-diced	2 wt. oz.
Scallion (Green onion), sliced	1 wt. oz.
Heavy cream	16 fl. oz.

Method

1. Cut two 10-inch circles of parchment paper. Use one to line a 10-inch round cake pan. Reserve the second piece.
2. Sift the flour, sugar, baking powder, and salt together into a mixing bowl. Add the ham, cheese, and green onions and toss together with the dry ingredients until evenly distributed. Make a well in the center of the flour mixture.
3. Add the cream to the flour mixture and stir by hand just until the batter is evenly moistened.
4. Place the dough into the lined cake pan and press into an even layer. Cover the dough with the second parchment paper circle. Freeze the dough until very firm.
5. Preheat the oven to 350°F. Prepare a sheet pan by spraying it lightly with cooking spray or lining with parchment paper.
6. Thaw the dough for 5 minutes at room temperature then turn it out of the cake pan onto a cutting board. Cut the dough into 10 equal wedges and place the individual wedges on the pan about 2 inches apart.
7. Bake the scones until golden brown, 30 to 40 minutes. Cool the scones on the pans for a few minutes then transfer to cooling racks. Serve scones warm or at room temperature. Serve baked scones the same day they are made or freeze for up to 4 weeks.

MANGO BLUEBERRY PARFAIT

Yield: 6 portions

Ingredients	Amounts
Yogurt, Greek, plain	3 cups
Lemon, juice, fresh	6 tsp.
Honey	6 tsp.
Mango, Ataulfo, medium diced	2 cups
Blueberries, fresh	2 cups
Lemon, zest	as needed

Method

1. In a bowl, place the yogurt, lemon juice, and honey. Mix to combine.
2. In 6 glass ramekins, layer a tablespoon of yogurt, blueberries, then mangoes. Repeat.
3. Garnish with lemon zest.

SHIRRED EGGS

OEUFS SUR LE PLAT

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	3 Tbsp.
Egg, whole	6 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Choose 6 shallow, fireproof baking-and-serving dishes about 4 inches in diameter. Working in small batches, place a dish over moderate heat or in a pan of simmering water. Add ½ teaspoon of the butter to each dish.
2. As soon as the butter has melted, break in 1 egg.
3. When the bottom of the egg has coagulated in the dish, remove the dishes from the heat, tilt, and baste the top of each egg with the butter in the dish.
4. Place the dishes on a baking sheet. One minute before serving, place the surface of the egg about 1 inch from the red-hot broiler element. Slide the dish out every few seconds, tilt, and baste the top of egg with the butter in the dish. In less than a minute, the white will be set, and the yolk filmed and glistening.
5. Remove from oven. Season with salt and pepper. Serve immediately.

Source: *The French Chef Cookbook* by Julia Child

LYONNAISE POTATOES

Yield: 8 portions

Ingredients	Amounts
Potato, red, large	6 ea.
Salt, kosher (Divided)	1 ½ tsp.
Oil, vegetable	3 Tbsp.
Onion, yellow, sliced	3 cups
Pepper, black, ground	1/8 tsp.
Parsley, flat-leaf, chopped	2 Tbsp.

Method

1. Scrub and peel the potatoes. Cut them into thin slices and put them in a large pot with enough cold water to completely submerge them. Place the pot over medium-high heat and bring the water to a simmer.
2. Add 1 teaspoon of the salt and cook the potatoes until partially cooked, 6 to 8 minutes. Drain the potatoes and return to the pot. Cook them over low heat until they stop giving off steam, about 5 minutes.
3. Heat the oil in a skillet over medium-high heat. Add the onions and cook, stirring frequently, until very tender and lightly browned, 12 to 15 minutes. Add the potatoes and season with the remaining salt and pepper. Cook until the potatoes are browned on the exterior and very tender on the interior, turning the potatoes occasionally with a spatula, 5 to 7 minutes.
4. Stir in the parsley, adjust the seasoning with salt and pepper, and serve while very hot.

Source: *Breakfasts & Brunches*, p. 217

CHEESE BLINTZES WITH MIXED BERRY SAUCE

Yield: 8 portions

Ingredients	Amounts
Crêpes (Recipe follows)	24 ea.
Mixed Berry Sauce (Recipe follows)	2 cups
Cheese, farmer	1 cup
Cheese, ricotta, whole-milk	1 cup
Cheese, cream, softened	1 cup
Sugar, granulated	¼ cup
Egg, whole	3 ea.
Vanilla, extract	¼ tsp.
Salt, kosher	¼ tsp.
Butter, unsalted	4 Tbsp.

Method

1. Make the crêpes and the berry sauce. These can be made ahead. Let the crêpes return to room temperature while you make the filling if they have been refrigerated or frozen. Warm the sauce.
2. Combine the cheeses and sugar and beat with a wooden spoon until thoroughly blended. Add the eggs, vanilla, and salt and stir until smooth.
3. To assemble the blintzes spoon 2 to 3 tablespoons filling on the lower third of each blintz. Fold the bottom of the blintz over the filling then fold each of the remaining sides over to make a little package. Repeat with the remaining blintzes.
4. Melt 1 tablespoon butter in a skillet over medium-low heat. Arrange 6 blintzes at a time seam side down in the skillet and sauté until faintly brown and crisp, about 2 minutes. Turn the blintzes and brown on the second side, another 2 minutes.
5. Repeat with the remaining blintzes, adding another tablespoon of butter for each batch, and serve with the warm berry sauce.

Source: Breakfasts & Brunches, p. 129

CRÊPES

Yield: 8 portions

Ingredients	Amounts
Flour, all-purpose	2 cups
Sugar, granulated	¼ cup
Salt, kosher	½ tsp.
Milk, whole	2 cups
Egg, whole	2 ea.
Butter, unsalted, melted	1 Tbsp.
Vanilla, extract	½ tsp.
Butter, unsalted, melted	as needed

Method

1. Sift the flour, sugar, and salt together into a mixing bowl. Make a well in the center of the flour mixture.
2. In a separate bowl, blend the milk, eggs, butter, and vanilla. Add the milk mixture to the flour mixture and stir by hand just until the batter is smooth. Let the batter rest in the refrigerator for at least 1 and up to 12 hours before preparing the crêpes. Strain the batter if necessary to remove lumps before preparing the crêpes.
3. Heat a crêpe pan or small skillet over medium-high heat. Brush with melted butter. Pour about ¼ cup batter into the crêpe pan, swirling and tilting the pan to coat the bottom with batter. Cook until the first side is set and has a little color, about 2 minutes. Adjust the temperature under the pan if necessary. Use a thin metal or heatproof rubber spatula to lift the crêpe and turn it over. Cook on the other side until the crêpe is cooked through, 1 minute more.

Source: *Breakfasts & Brunches*, p. 124

MIXED BERRY SAUCE

Yield: 2 cups

Ingredients	Amounts
Raspberries, fresh or frozen, (Divided)	1 ½ cups
Strawberries, fresh or frozen, (Divided)	1 ½ cups
Blueberries, fresh or frozen, (Divided)	1 cup
Sugar, granulated	¾ cup
Lemon, juice	1 ½ Tbsp.

Method

1. Combine 1 cup of the raspberries, 1 cup of the strawberries, ¾ cup blueberries, ¾ cup of the sugar, and 1 tablespoon of the lemon juice in a saucepan and bring to a simmer over medium heat.
2. Simmer until the sugar has dissolved, about 10 minutes. Taste the mixture and, if necessary, add more sugar. Continue to heat until any additional sugar is dissolved.
3. Purée the sauce with a blender or push it through a wire-mesh sieve. Return the sauce to a simmer and adjust the flavor by adding additional lemon juice if necessary. Add the remaining ½ cup raspberries, ½ strawberries, and ¼ cup blueberries and simmer until the sauce is very hot.
4. The sauce can be served hot or cold; it will thicken slightly when stored in the refrigerator and keeps for up to 10 days.

Source: *Breakfasts & Brunches*, p. 129

HUEVOS RANCHEROS WITH PICO DE GALLO

Yield: 6 portions

Ingredients	Amounts
Tortilla, corn, 6-inch	6 ea.
Refried Beans (Recipe follows)	1x recipe
Avocado	2 ea.
Lime, juiced	½ ea.
Egg, whole	12 ea.
Butter, unsalted	2 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cheese, Monterey Jack, grated	3 wt. oz.
Pico de Gallo (Recipe follows)	1 pint
Sour cream	3 wt. oz.
Cilantro, fresh, sprigs	6 ea.

Method

1. Preheat the broiler.
2. Heat the tortillas by toasting them one at a time in a dry cast iron skillet or directly over a gas flame until lightly toasted. Place on a sheet pan and spread each tortilla with ¼ cup refried beans and cover to keep warm.
3. Meanwhile, dice the avocados and toss with the lime juice to prevent the avocados from discoloring.
4. Break the eggs into clean cups (1 egg per cup).
5. Working in batches as needed, heat the butter in a small pan over medium heat, until hot, but not smoking. Slide the eggs into the pan and reduce the heat to medium-low or low. Season with salt and pepper. Cook until the whites are set.
6. Top each prepared tortilla with 2 fried eggs and ½ wt. oz. of the grated cheese. Slide the tortillas under the broiler to melt the cheese.
7. Serve the finished tortillas on a heated platter topped with the avocado, Pico de Gallo, and sour cream, and garnished with the cilantro sprigs.

REFRIED BEANS

Yield: 6 portions

Ingredients	Amounts
Bacon, diced	3 wt. oz.
Onion, yellow, minced	4 ½ wt. oz.
Garlic, clove, minced	1 ea.
Tomato concassé	4 ½ wt. oz.
Beans, pinto, canned, drained	8 wt. oz.
Chili powder	½ tsp.
Cumin, ground	½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Stock, chicken	as needed

Method

1. Heat a large skillet over medium-low heat. Add the bacon and render until crispy.
2. Add the onions and sauté until translucent. Add the garlic and sauté until aromatic.
3. Add the tomatoes and sauté until softened. Add the drained pinto beans, stir and smash with the back of a wooden spoon. Leave some whole for additional texture, if desired.
4. Add the chili powder and cumin and stir to combine. Season to taste with salt and pepper. Adjust the consistency with chicken stock as necessary.
5. Reserve the beans hot until ready to serve.

PICO DE GALLO

Yield: 1 pint

Ingredients	Amounts
Tomato, seeded, medium diced	5 ea.
Onion, yellow, small diced	4 wt. oz.
Chile, serrano, seeded, minced	1 ea.
Lime, juice	1 ½ fl. oz.
Cilantro, chiffonade	½ wt. oz.
Salt, kosher	to taste

Method

1. Combine all the ingredients in a mixing bowl.
2. Adjust the seasoning with salt and additional lime juice to taste.
3. The salsa is ready to serve now, or it may be refrigerated for later use.
4. Serve in a chilled bowl.

POACHED EGGS AND AVOCADO MASH ON SOURDOUGH TOAST

Yield: 6 portions

Ingredients	Amounts
Lemon, juice	1 tsp.
Onion, red, small diced	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, pure	2 Tbsp.
Avocado, ripe	2 ea.
Bread, sourdough, loaf, cut into ¼-in. slices	½ ea.
Salt, kosher	as needed
Vinegar, white	¼ cup
Egg, whole	6 ea.
Scallion (Green onion), green only, julienned	2 ea.
Radish, red, julienned	2 ea.

Method

1. Preheat broiler to high.
2. In a bowl, combine the lemon juice, red onion, salt, and pepper. Allow it to macerate for 10 minutes to soften the onion.
3. Add the olive oil and avocado. Mash them together with a fork.
4. Place the bread slices on a parchment-lined sheet pan. Toast the bread.
5. Bring 1 gallon of water to a boil. Add the salt and vinegar. Lower the heat to a simmer and poach the eggs for 2 to 3 minutes. Remove from the water and drain. Transfer the eggs to a plate and keep warm.
6. Spoon the mashed avocado on the bread. Top each slice with a poached egg. Garnish with scallion and radish.

Note: To help ripen avocados, place them in a brown bag with a ripe banana. Fold down the opening, loosely sealing it, and let it sit at room temperature for at least 12 hours.

APPLE-FILLED TURNOVERS

Yield: 6 turnovers

Ingredients	Amounts
Puff pastry	$\frac{3}{4}$ lb.
Flour, all-purpose	as needed
Egg, whole	1 ea.
Milk, whole	2 Tbsp.
Apple Filling (Recipe follows)	1 cup
Apricot Glaze (Recipe follows)	4 fl. oz.

Method

1. Preheat the oven to 425°F. Line a sheet pan with parchment paper.
2. Roll the puff dough into a rectangle 12 x 8 inches. Dust the dough and rolling pin lightly with flour if necessary to prevent the dough from sticking. Cut the dough into six, 4-inch squares. Place the squares on the sheet pan and let them chill in the refrigerator until firm, about 10 minutes.
3. For the egg wash, in a small bowl, whisk together the egg and milk.
4. To assemble the turnovers, remove the puff pastry from the refrigerator. Brush lightly with egg wash. Place 2 tablespoons of the filling at the center of each square. Fold one corner of the dough over the filling and line it up with the opposite corner of the dough to make a triangle. Press the edges firmly together to seal in the filling. Chill the turnovers 10 minutes before baking.
5. Brush the turnovers lightly with egg wash. Cut a small opening in the center of each turnover with a very sharp knife to allow steam to vent.
6. Bake the turnovers until golden brown, about 20 minutes. Transfer to cooling racks and brush with apricot glaze while they are still hot. Cool completely before plating and serving.

APPLE FILLING

Yield: 1 cup

Ingredients	Amounts
Applejack	½ Tbsp.
Apple, juice	1 fl. oz.
Apple, Granny Smith, peeled, cored, sliced	8 wt. oz.
Sugar, granulated	1 ¼ wt. oz.
Oil, canola	1 ½ Tbsp.
Currants	1 ½ Tbsp.
Orange, zest	½ tsp.
Vanilla, extract	¼ tsp.
Cinnamon, ground	⅛ tsp.
Nutmeg, grated	1 pinch

Method

1. Combine the applejack or brandy and the apple juice in a small bowl and set aside.
2. Place the sliced apples and the sugar in a mixing a bowl and toss to combine. Reserve.
3. Heat the oil in a large sauté pan over medium-high heat. Add the sugared apples (they should be in a single layer) and sauté the apples until golden on both sides, about 4 minutes. Transfer the apples to a bowl. Add the apple juice mixture to the pan, stirring to release the sugar from the pan. Add the currants, orange zest, vanilla, cinnamon, and nutmeg and simmer to reduce slightly.
4. The filling is ready now or it may cooled for later use.

Note: apple-flavored brandy can be substituted for the applejack.

APRICOT GLAZE

Yield: ½ cup

Ingredients

Amounts

Apricot, jam	1 ½ fl. oz.
Water	1 ½ fl. oz.
Corn syrup	1 ½ fl. oz.
Brandy	¾ fl. oz.

Method

1. Combine the jam, water, corn syrup, and brandy in a saucepan. Bring to a boil over high heat, stirring until the jam is completely melted. Strain the glaze through a wire-mesh sieve into a bowl.
2. The glaze is ready to use once it has cooled to room temperature or store it in a covered container in the refrigerator for up to 3 weeks. If preparing in advance, warm the glaze over low heat until it is thin enough to brush easily.

EGGS EN COCOTTE WITH SAUTÉED MUSHROOMS

Yield: 8 portions

Ingredients	Amounts
Butter, unsalted	2 Tbsp.
Mushroom, white, sliced	6 cups
Salt, kosher	1 ½ tsp.
Pepper, black, ground	½ tsp.
Butter, unsalted, room temp. (Divided)	¼ cup
Egg, large	16 ea.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.

Method

1. Preheat oven to 350°F.
2. Bring a pot of water to a boil.
3. Heat the butter in a large, heavy-bottom skillet over medium-high heat. Add the mushrooms. Season with salt and pepper. Sauté until the mushrooms develop a golden color, a rich aroma, and most of the liquid they have released has cooked away, about 12 to 15 minutes.
4. Butter the inside of eight, 4-ounce, ceramic ramekins. Set them in a large baking pan. Place the sautéed mushrooms evenly into the ramekins.
5. Break 2 eggs into each ramekin. Season with salt and pepper. Top each ramekin with ½ teaspoon of butter.
6. Place baking pan in the oven. Add about ½ inch of boiling water to the pan. Cover loosely with aluminum foil. Cook until the egg whites are opaque and firm and the yolks are set, about 20 minutes. Serve in the ramekins.

POTATO CRÊPES WITH SMOKED SALMON & CAVIAR

Yield: 8 portions

Ingredients	Amounts
Potato, medium, peeled, boiled, mashed	3 ea.
Flour, all-purpose	1/3 cup
Egg, whole	3 ea.
Egg, white	4 ea.
Heavy cream	1/4 cup
Salt, kosher	1/2 tsp.
Pepper, white, ground	1/8 tsp.
Nutmeg, grated	1 pinch
Oil, canola	2 Tbsp.
Salmon, smoked, thinly sliced	5 wt. oz.
Crème fraîche	1/2 cup
Caviar	4 Tbsp.
Dill, sprig, fresh	24 ea.

Method

1. Place potatoes in mixer with a paddle attachment. Add the flour gradually to the mashed potatoes, mixing on low speed.
2. Add the whole eggs one at a time, mixing thoroughly between each addition.
3. Add the egg whites one at a time, mixing thoroughly between each addition.
4. Adjust the consistency of the potato mixture with the heavy cream until it has a pancake batter consistency.
5. Season with the salt, pepper, and nutmeg.
6. Coat a large sauté pan lightly with oil and place over medium heat. For each crêpe, place about 2 tablespoons of batter into the pan. Cook until bubbles appear on the surface and the underside is golden brown, about 2 minutes. Turn the crêpe over and cook until the other side is golden brown, about 2 minutes. Hold the finished crêpes in a 150°F oven until you have made them all.
7. Serve topped with smoked salmon and crème fraîche. Garnish with caviar and dill.

Note: sour cream can be substituted for the crème fraîche.

Source: Breakfasts & Brunches, p. 238

BEST BLUEBERRY MUFFINS

Yield: 24 muffins

Ingredients	Amounts
Vegetable cooking spray	as needed
Butter, unsalted	4 Tbsp.
Flour, all-purpose	2 cups
Baking powder	1 Tbsp.
Salt, kosher	½ tsp.
Egg, whole	1 ea.
Sugar, granulated	1 cup
Sour cream	1 ¼ cup
Blueberries, frozen	1 ½ cup

Method

1. Adjust the oven rack to the middle position. Pre-heat oven to 350°F. Spray a standard muffin tin with nonstick vegetable cooking spray.
2. In a small saucepan, melt the butter. Transfer to a small dish. Allow it to cool slightly.
3. In a medium bowl, place the flour, baking powder, and salt. Whisk until combined.
4. In a separate medium bowl, whisk the egg until well-combined and light colored, about 20 seconds.
5. Add the sugar and whisk vigorously until thick and homogeneous, about 30 seconds.
6. Add the melted butter in 2 or 3 steps, whisking to combine after each addition.
7. Add the sour cream in 2 steps, whisking just to combine.
8. Add the frozen blueberries to the dry ingredients. Gently toss to combine.
9. Add the sour cream mixture to the dry ingredients. Fold in with a rubber spatula until the batter comes together and berries are evenly distributed, 25 to 30 seconds. There should be no large pockets of flour in the finished batter, but small occasional sprays can remain. Do not over mix.
10. Use ice cream scoop or large spoon to drop batter into greased muffin tin. Bake in the preheated oven until light golden brown, 25 to 30 minutes. Rotate the pan from front to back halfway through the baking time. When done, a toothpick or skewer inserted into the center of a muffin should come out clean.
11. Remove the tin from the oven. Invert the muffins onto a wire rack, stand the muffins upright, and cool for 5 minutes.

DAY TWO: SOUPS AND SAUCES

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Onion Gratinée Soup
Purée of Split Pea Soup
Red Pepper Coulis

TEAM TWO

Black Bean Soup
Egg Drop Soup
Spicy Mango Chutney

TEAM THREE

Minestrone Genovese Soup
Pacific Seafood Chowder
Cranberry-Orange Compote

TEAM FOUR

New England Clam Chowder
Wild Mushroom and Barley Soup
Fresh Tomato Sauce

ONION GRATINÉE SOUP

Yield: 2 quarts

Ingredients	Amounts
Onion, yellow, sliced thin	2 ½ lb.
Butter, clarified	1 wt. oz.
Stock, white beef	2 qt.
Calvados	2 fl. oz.
<i>Sachet d'épices</i>	
Parsley, stem, fresh	2 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, dried	¼ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Bread, French, slice	10 ea.
Cheese, Gruyère, sliced	5 wt. oz.

Method

1. In a soup pot, sauté the onions in clarified butter over moderate heat, stirring occasionally, until deep golden brown, about 40 to 45 minutes. Add a little stock, if necessary, to prevent the onions from burning.
2. Add the calvados and stir to deglaze the pot. Cook down until the liquid is syrupy. Add the remaining stock and the sachet.
3. Simmer until the soup is properly flavored, 20 to 25 minutes. The soup is ready to serve now, or it may be rapidly cooled and stored.
4. Adjust the seasoning with salt and pepper to taste. Portion into heated bowls or cups.
5. Garnish each portion with a slice of French bread. Top with grated Gruyère and brown under a salamander or broiler or bake in a moderate oven until lightly browned.

PURÉE OF SPLIT PEA SOUP

Yield: 2 quarts

Ingredients	Amounts
Bacon, minced	1 wt. oz.
Oil, vegetable	1 fl. oz.
Onion, yellow, small diced	4 wt. oz.
Celery, small diced	2 wt. oz.
Carrot, small diced	2 wt. oz.
Garlic, minced	1 tsp.
Stock, chicken	2 qt.
Potato, chef's, peeled, large diced	8 wt. oz.
Peas, split, green	1 lb.
Ham hock	1/2 ea.
Bay leaf, dried	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Croutons	8 wt. oz.

Method

1. Render the bacon in the oil over medium heat. Remove the bits of bacon and reserve for garnish.
2. Sauté the onion, celery, and carrot until the onions become transparent, 10 to 12 minutes.
3. Add the garlic and sauté for another minute. Do not brown the garlic.
4. Add the stock, potatoes, split peas, ham hock, and bay leaf. Bring it to a simmer and cook until the peas are tender, about 45 minutes. Discard the bay leaf. Remove the ham hock, small dice, and reserve.
5. Purée the soup using a food mill, blender, or food processor until it is smooth.
6. Add the diced ham hock. Season with salt and pepper to taste.
7. To finish, return the soup to a boil. Garnish with croutons.

RED PEPPER COULIS

Yield: 1 pint

Ingredients	Amounts
Oil, olive, extra-virgin	½ fl. oz.
Shallot, minced	¼ wt. oz.
Pepper, bell, red, peeled, seeded, chopped	¾ lb.
Salt, kosher	to taste
Pepper, black, ground	to taste
Wine, white, dry	2 fl. oz.
Stock, chicken	4 fl. oz.
Heavy cream (Optional)	1 ½ fl. oz.

Method

1. Heat the olive oil in a small saucepot over medium-low heat. Add the shallots and sweat, stirring frequently until they are tender, about 2 minutes.
2. Add the peppers and sweat until they are very tender, about 12 minutes. Season with salt and pepper to taste.
3. Deglaze the pan with the wine. Allow the wine to reduce until nearly evaporated (*à sec*).
4. Add the stock and simmer until the volume is reduced by half.
5. Purée the sauce in a food processor or blender until very smooth.
6. Add the cream, if desired. Adjust the seasoning with salt and pepper to taste.

BLACK BEAN SOUP

Yield: 2 quarts

Ingredients	Amounts
Beans, black, dry	1 lb.
Oil, olive, extra-virgin	3 fl. oz.
Garlic, clove, minced	4 ea.
Leek, whites and greens, finely diced	8 wt. oz.
Onion, yellow, medium, finely diced	5 ½ wt. oz.
Stock, vegetable	2 qt.
<i>Sachet d'épices</i>	
Cumin, seeds	1 tsp.
Ginger, 1-in. sliced	1 ea.
Chile, hot, dried	1 ea.
Parsley, stem, fresh	5 ea.
Lemon, zest, grated	1 ea.
Lemon, juiced	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Sour cream	8 fl. oz.
Tomato, diced	2 ¾ wt. oz.
Scallion (Green onion), green part only, sliced	⅔ wt. oz.

Method

1. Sort through the beans, discarding any stones or bad beans.
2. In a large pot, place the beans. Add enough water to cover them by at least 3 inches. Bring to a boil, then remove from the heat.
3. Cover the pot and allow the beans to soak for 1 hour. Drain the beans, rinse in cold water, and reserve.
4. Heat the olive oil in a soup pot over medium heat. Add the garlic, leeks, and onions. Cover the pot and cook, stirring occasionally, until the vegetables are translucent, about 10 minutes.
5. Add the soaked beans, stock, and sachet. Bring to a simmer and cook, covered, until the beans are tender, 1 to 1 ½ hours. From time to time, stir down to the bottom of the pot with a wooden spoon, scraping the bottom of the pot, to prevent the beans from sticking.
6. Remove and discard the sachet. Strain the solids, reserving the liquid. Purée the solids, adding some of the reserved liquid as necessary to help the beans move. Return the puréed

solids to the pot, adjusting its consistency with the reserved cooking liquid. Bring back to a simmer. If the soup is too thick, add additional broth and stir well.

7. Just before serving, stir in the lemon juice and grated lemon zest, and season with salt and pepper to taste. Serve in heated bowls, garnished with sour cream, tomato, and green onions.

Note: plain yogurt can be substituted for the sour cream.

EGG DROP SOUP

Yield: 2 quarts

Ingredients	Amounts
Oil, vegetable	1 Tbsp.
Scallion (Green onion), green part only, thinly sliced	$\frac{2}{3}$ wt. oz.
Ginger, minced	1 $\frac{1}{2}$ tsp.
Stock, chicken	2 qt.
Salt, kosher	to taste
Pepper, white, ground	to taste
Cornstarch	1 $\frac{1}{4}$ wt. oz.
Egg, whole, beaten	2 ea.

Method

1. Heat the oil in a pot over medium-high heat. Add 1 tablespoon of the green onions and the ginger. Sauté until softened, about 1 minute.
2. Add the stock and bring to a boil. Season with the salt and pepper to taste.
3. Stir the cornstarch with about 2 tablespoons of water to form a slurry. Add about half of the slurry to the soup, stirring constantly. Continue to stir the soup until it returns to a simmer and thickens.
4. Continue to add small amounts of the slurry, allowing the soup to return to a simmer between each addition until the proper consistency is reached.
5. While slowly stirring, pour the beaten eggs into the soup, breaking the eggs into pieces as they coagulate.
6. Serve the soup garnished with the remaining green onions.

SPICY MANGO CHUTNEY

Yield: 1 pint

Ingredients	Amounts
Mango, cleaned, chopped	1 lb.
Raisins	3 wt. oz.
Chile, jalapeño, minced	¼ wt. oz.
Garlic, minced	½ wt. oz.
Ginger, minced	1 Tbsp.
Sugar, brown, dark	5 wt. oz.
Vinegar, wine, white	1 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Turmeric, ground	1 tsp.

Method

1. Combine the mangos, raisins, jalapeños, garlic, ginger, and brown sugar. Refrigerate for 24 hours.
2. Place the mango mixture in a saucepan and add the vinegar. Simmer for 15 minutes, stirring occasionally.
3. Season with salt and pepper to taste. Simmer for 10 minutes.
4. Add the turmeric and simmer for 5 minutes.
5. The chutney is ready to serve now, or it may be transferred to a clean storage container, covered, and refrigerated for up to 2 weeks.

MINISTRONE GENOVESE SOUP

Yield: 2 quarts

Ingredients	Amounts
Salt pork	1 wt. oz.
Oil, olive, extra-virgin	1 fl. oz.
Onion, yellow, paysanne cut	8 wt. oz.
Celery, paysanne cut	4 wt. oz.
Carrot, paysanne cut	4 wt. oz.
Pepper, bell, green, paysanne cut	4 wt. oz.
Cabbage, green, paysanne cut	4 wt. oz.
Garlic, minced	¼ wt. oz.
Tomato concassé	8 wt. oz.
Stock, chicken	2 qt.
Salt, kosher	to taste
Pepper, black, ground	to taste
Chickpeas, cooked	2 wt. oz.
Peas, black-eyed, cooked	3 wt. oz.
Ditalini, cooked	3 wt. oz.
Cheese, Parmesan, grated	2 ½ wt. oz.
Pesto (Recipe follows)	8 wt. oz.

Method

1. Cook the salt pork in the oil over medium heat to render the fat. Do not brown.
2. Add the onions, celery, carrots, peppers, cabbage, and garlic and sweat until the onions are translucent.
3. Add the tomato concassé and stock and season with salt and pepper to taste. Simmer until the vegetables are tender, 25 to 30 minutes. Do not overcook.
4. Add the chickpeas, black-eyed peas, and ditalini. Simmer the soup for an additional 10 to 12 minutes. The soup is ready to finish now, or it may be rapidly cooled and stored for later service.
5. For service, return the soup to a simmer. Adjust the seasoning with salt and pepper to taste.
6. Garnish with the Parmesan and pesto.

PESTO

Yield: 8 ounces

Ingredients	Amounts
Basil, leaves	2 wt. oz.
Pine nuts, toasted	3 Tbsp.
Garlic, paste	1/4 wt. oz.
Salt, kosher	1/4 Tbsp.
Oil, olive, extra-virgin	4 fl. oz.
Cheese, Parmesan, grated	2 wt. oz.
Salt, kosher	to taste

Method

1. Rinse the basil well, dry thoroughly, and chop coarsely.
2. Transfer the basil to a food processor or mortar and pestle. Grind together the basil, pine nuts, garlic, and salt.
3. Gradually add the olive oil until it forms a thick paste with a sauce-like consistency. (You may not need all the oil.)
4. Just before serving, stir in the Parmesan cheese. Adjust the seasoning with salt to taste.

PACIFIC SEAFOOD CHOWDER

Yield: 2 quarts

Ingredients	Amounts
Wine, white, dry	6 fl. oz.
Sachet d'épices	
Garlic, clove, crushed	1 ½ ea.
Ginger, peeled	½ wt. oz.
Lemongrass, stalks, cut into 1-in. pieces	2 ½ ea.
Lime, makrut, leaf	6 ea.
Clam, juice	32 fl. oz.
Coconut, milk	24 fl. oz.
Heavy cream, hot	4 fl. oz.
Red curry paste	1 wt. oz.
Cornstarch	½ wt. oz.
Fish, snapper, fillet, skinned, medium diced	8 wt. oz.
Shrimp, peeled, deveined, medium diced	8 wt. oz.
Lemon, juiced	1 ½ ea.
Salt, kosher	to taste
Basil, fresh, chiffonade	½ wt. oz.

Method

1. In a large non-reactive pot, combine the wine and the sachet. Bring it to a boil. Simmer for 10 minutes. Add the clam juice, coconut milk, and cream. Return to a simmer and mix in the curry paste.
2. Mix the cornstarch with some water to achieve the consistency of heavy cream, then add this to the soup. Add enough slurry to produce a light body. Cook for 5 minutes until the soup thickens.
3. Remove the sachet. The soup is ready to finish now, or it may be rapidly cooled and refrigerated for later service.
4. To finish the soup for service, bring it to a boil. Add the snapper and the shrimp and cook until the seafood is cooked through, 5 to 7 minutes.
5. Season the soup with lemon juice and salt to taste. Garnish with the basil. Serve in heated bowls or cups.

CRANBERRY-ORANGE COMPOTE

Yield: 1 pint

Ingredients	Amounts
Cranberries	1 lb.
Orange, juice, concentrate	6 fl. oz.
Water	as needed
Sugar, granulated	to taste
Orange, zest, blanched	2 wt. oz.

Method

1. Combine the cranberries, orange juice, and enough water to barely cover the berries in a pan.
2. Add sugar to taste. Simmer the berries over medium heat until they are softened and the liquid has thickened.
3. Stir in the orange zest. Serve hot.

NEW ENGLAND CLAM CHOWDER

Yield: 2 quarts

Ingredients	Amounts
Clam, chowder	36 ea.
Wine, white, dry	1 pt.
Water	1 pt.
Bacon, slice, minced	2 ea.
Onion, yellow, diced	1 ea.
Celery, diced	2 wt. oz.
Flour, all-purpose	2 Tbsp.
Potato, yellow, peeled, small diced	4 ea.
Heavy cream	1 ½ pt.
Sherry, dry	3 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Tabasco sauce	to taste
Worcestershire sauce	to taste
Crackers, oyster	as needed

Method

1. Scrub the clams well under running water. Steam the clams in white wine and water until they open; reserve the juices. Cut the larger clams in half. Set it aside.
2. Cook the bacon slowly in a soup pot over medium heat until lightly crisp, about 7 minutes.
3. Add the onion and celery and cook, stirring occasionally, until the onion is translucent, 4 to 6 minutes.
4. Add the flour and cook over low heat, stirring with a wooden spoon, for 2 to 3 minutes. Whisk in 1 ½ pints of the reserved juices, bring to a simmer, and cook for 5 minutes, stirring occasionally. The liquid should be the consistency of heavy cream. If it is too thick, add additional juice to adjust the consistency.
5. Add the potatoes and simmer until tender, about 20 minutes.
6. When the potatoes are tender, add the clams and cream to the soup base. Simmer for 5 minutes.
7. Stir in the sherry. Season to taste with salt, pepper, Tabasco, and Worcestershire sauce. Serve in heated bowls with the crackers on the side.

WILD MUSHROOM AND BARLEY SOUP

Yield: 6 portions

Ingredients	Amounts
Water	2 qt.
Barley	½ cup
Butter, unsalted	¼ cup
Thyme, fresh, chopped	1 Tbsp.
Garlic, minced	1 Tbsp.
Celery, small diced	¼ cup
Carrot, small diced	¼ cup
Onion, yellow, small diced	¼ cup
Mushroom, wild, dried	½ cup
Mushroom, shiitake, fresh, small diced	½ cup
Mushroom, white, fresh, small diced	½ cup
Wine, sherry	½ cup
Sour cream	½ cup
Scallion (Green onion), sliced into rings	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a large pot, bring the water to a boil. Add the barley and cook until tender, about 45 minutes.
2. Remove ½ the cooked barley and reserve for the garnish.
3. Add the butter, thyme, garlic, celery, carrot, onion, and dried wild mushrooms. Lower the heat and simmer for 30 minutes.
4. Lightly purée the soup with an immersion blender.
5. Add the fresh shiitake and white mushrooms. Cook over low heat for 5 minutes. If the soup gets too thick, add a little more water.
6. Add the sherry and reserved barley. Bring it to a boil. Season with salt and pepper to taste.
7. Ladle soup in bowl and garnish with a dollop of sour cream and sliced scallion.

Note: For a richer flavor, add heavy cream or chicken stock when thinning the soup in step 5.

FRESH TOMATO SAUCE

Yield: 1 quart

Ingredients	Amounts
Oil, olive, extra-virgin	1 fl. oz.
Onion, yellow, diced	2 wt. oz.
Garlic, clove, sliced thin	1/2 wt. oz.
Tomato, plum, rinsed, cored, chopped	3 lb.
Basil, leaves, torn	3/4 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

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

DAY THREE: SALADS, SANDWICHES, AND ACCOMPANIMENTS

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Seasonal Greens with Thousand Island Dressing

Reuben Sandwich

French Fries with Tomato Ketchup

TEAM TWO

Grilled Vegetable and Cheese Sandwich

Warm Bulgur Salad

Baked Steak Fries

TEAM THREE

Seasonal Greens with Warm Apple Cider-Bacon Vinaigrette

Southwestern Grilled Chicken Wrap

Southwestern Slaw

TEAM FOUR

Caesar Salad

Club Sandwich

Onion Rings

SEASONAL GREENS WITH THOUSAND ISLAND DRESSING

Yield: 1 pint

Ingredients	Amounts
Salad greens	1 ½ lb.
Mayonnaise	12 fl. oz.
Chili sauce	3 fl. oz.
Ketchup	1 fl. oz.
Worcestershire sauce	¾ tsp.
Tabasco sauce	¾ tsp.
Onion, yellow, minced	2 wt. oz.
Garlic, minced	1 tsp.
Relish, sweet pickle	1 ½ wt. oz.
Egg, hard-cooked, finely chopped	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lemon, juice	to taste

Method

1. Wash and dry the greens.
2. For the dressing, in a small bowl, combine the mayonnaise, chili sauce, ketchup, Worcestershire sauce, Tabasco sauce, onions, garlic, relish, chopped eggs, salt, pepper, and lemon juice. Mix well.
3. Adjust the seasoning with salt, pepper, and lemon juice as needed.
4. In a large bowl, combine the greens and enough dressing to lightly coat the leaves. Toss to combine.
5. Serve the dressed salad in a chilled bowl.

REUBEN SANDWICH

Yield: 10 portions

Ingredients	Amounts
Mayonnaise	18 wt. oz.
Chili sauce	6 fl. oz.
Onion, yellow, minced, blanched	2 wt. oz.
Horseradish	1 ½ wt. oz.
Worcestershire sauce	1 ½ tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Bread, rye, slice	20 ea.
Butter, unsalted	6 wt. oz.
Cheese, Swiss, thinly sliced	15 wt. oz.
Beef, corned, brisket, thinly sliced	2 lb.
Sauerkraut	20 wt. oz.

Method

1. For the dressing, combine the mayonnaise, chili sauce, onions, horseradish, and Worcestershire sauce. Mix well. Season with salt and pepper to taste. Set aside.
2. For each sandwich, butter the slices of bread. On a sheet pan, place the slices butter side down. Layer the cheese, Russian dressing, a thin layer of corned beef, and the sauerkraut on 1 slice of bread. Top with another layer of Russian dressing and a second slice of cheese. Cover the sandwich with a second slice of bread.
3. Grill the sandwich until golden brown on both sides. If necessary, finish in the oven to melt the cheese and heat through. Serve immediately.

FRENCH FRIES

Yield: 10 portions

Ingredients

Potato, russet
Oil, vegetable
Salt, kosher

Amounts

4 lb.
as needed
as needed

Method

1. Peel the potatoes, cut into the desired shape, and hold in cold water until ready to fry. Rinse, drain, and dry thoroughly.
2. Heat the oil to 325°F. Add the potatoes in batches and blanch until just tender but not browned. The time will vary according to the size of the cuts.
3. Drain well, then scale into desired portions.
4. Just before service, reheat the oil to 375°F. Return the potatoes to the oil and fry until they are golden brown and cooked through. Drain well.
5. Season with salt to taste. Serve immediately.

TOMATO KETCHUP

Yield: 1 quart

Ingredients	Amounts
Sugar, granulated	3 ½ wt. oz.
Onion, yellow, minced	3 wt. oz.
Garlic, minced	1 Tbsp.
Tomato, crushed	3 qt.
Pepper, bell, red, roasted, chopped	2 ea.
Vinegar, wine, red	8 fl. oz.
Vinegar, balsamic	4 fl. oz.
Chile, cayenne, ground	as needed

Method

1. Cook the sugar in a heavy-bottomed saucepan over medium heat until it turns an amber color.
2. Add the onions, garlic, tomatoes, and roasted red peppers. Cook for 5 to 10 minutes.
3. Add the vinegars and reduce until thickened, about 20 minutes. Season with cayenne to taste. (The heat from the cayenne should be fairly mild.)
4. Strain the mixture through a fine sieve. Transfer to a clean storage container.

Note: ketchup can be refrigerated up to 2 weeks.

GRILLED VEGETABLE AND CHEESE SANDWICH

Yield: 10 portions

Ingredients	Amounts
Mayonnaise	5 wt. oz.
Chive, fresh, chopped	1/8 wt. oz.
Dill, fresh, chopped	1/8 wt. oz.
Parsley, fresh, chopped	1/8 wt. oz.
Basil, fresh, chopped	1/8 wt. oz.
Salt, kosher	as needed
Pepper, black, ground	as needed
Bread, whole wheat	20 slices
Eggplant, sliced, grilled	10 wt. oz.
Pepper, bell, green, roasted, julienned	3 wt. oz.
Pepper, bell, red, roasted, julienned	3 wt. oz.
Tomato, sliced	20 ea.
Cheese, Monterey Jack, thinly sliced	10 wt. oz.
Butter, unsalted, room temp.	4 wt. oz.

Method

1. Preheat oven to 350°F.
2. For the herb mayonnaise, blend the mayonnaise and herbs and season to taste with salt and pepper.
3. For each sandwich, spread 2 slices of bread with the mayonnaise mixture. Top one slice with eggplant, peppers, tomatoes, and cheese. Top with a second slice of bread. Brush the outside of the sandwich with butter.
4. Lightly butter a griddle and place over medium heat. Cook sandwiches until golden brown and crisp. If necessary, transfer the sandwiches to a preheated oven and continue cooking until the cheese melts.
5. Slice the sandwiches in half. Serve immediately.

WARM BULGUR SALAD

Yield: 6 portions

Ingredients	Amounts
Bulgur	½ lb.
Lentils, green	½ lb.
Salt, kosher	¾ tsp.
Pearled couscous	3 wt. oz.
Chickpeas, canned	½ lb.
Vinegar, wine, red	2 Tbsp.
Pepper, black, ground	¼ tsp.
Oil, olive, pure	2 fl. oz.
Parsley, flat-leaf, fresh, minced	1 wt. oz.
Tomato, sun-dried, minced	4 ea.

Method

1. Bring about 1 ½ pints of water to a boil. Place the bulgur in a large bowl, pour the boiling water over it, and let stand until softened, about 45 minutes. Drain well.
2. In a medium pot, cover the lentils with water and bring it to a simmer. Cook the lentils for 20 minutes, or until tender. Drain and reserve.
3. While the bulgur is soaking, bring 1 ½ pints of water to a boil, add ¼ teaspoon of the salt and the Israeli couscous. Cook the couscous until it is tender, about 10 to 12 minutes. Drain and reserve the couscous.
4. Drain and rinse the chickpeas.
5. Mix the vinegar, remaining salt, and the pepper together in a bowl, then whisk in the oil and add the parsley.
6. Combine the bulgur, lentils, couscous, chickpeas, and sun-dried tomatoes. Add the dressing and toss to combine. Season with salt and pepper to taste.
7. Serve warm in a heated bowl.

BAKED STEAK FRIES

Yield: 6 portions

Ingredients	Amounts
Potato, russet	2 ½ lb.
Oil, olive, pure	1 fl. oz.
Garlic, powder	½ tsp.
Onion, powder	½ tsp.
Paprika, ground	¼ tsp.
Salt, kosher	2 tsp.
Pepper, black, ground	¼ tsp.

Method

1. Preheat oven to 375°F. Line a sheet pan with parchment paper.
2. Cut the potatoes into wedges (about 6 per potato, depending on size).
3. In a mixing bowl, combine the potatoes with the olive oil, garlic powder, onion powder, paprika, salt, and pepper and toss until well coated.
4. Place the seasoned potatoes onto the prepared sheet pan. Place in the oven and bake until cooked through and golden brown, about 30 to 45 minutes.
5. Serve on a heated platter.

SEASONAL GREENS WITH WARM APPLE CIDER-BACON VINAIGRETTE

Yield: 6 portions

Ingredients	Amounts
Salad greens	1 ½ lb.
Bacon	¼ lb.
Apple, cider	4 fl. oz.
Vinegar, apple cider	1 ½ fl. oz.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Oil, vegetable	4 fl. oz.
Tarragon, fresh, minced	1 ½ tsp.
Honey	2 tsp.

Method

1. Wash and dry the greens and reserve.
2. In a sauté pan over medium heat, cook the bacon until crisp on both sides. Remove the bacon, reserving the fat, and allow it to cool it on paper towels. Mince and reserve.
3. In a small saucepan, simmer the cider until it has reduced by half.
4. Add the vinegar, salt, pepper, and minced bacon. Hold warm.
5. Pour the bacon fat into a measuring cup--you will need 6 fl. oz. of fat in total. If you have less than 6 fl. oz., add enough vegetable oil to make up the difference.
6. Slowly whisk the fat into the cider reduction.
7. Stir in the tarragon and honey. Adjust the seasoning with salt and pepper to taste.
8. Toss the greens with the dressing and serve in a chilled bowl.

SOUTHWESTERN GRILLED CHICKEN WRAP

Yield: 6 portions

Ingredients	Amounts
Chicken, breast, boneless, skinless	1 ½ lb.
Cumin, ground	1 tsp.
Garlic powder	1 tsp.
Onion powder	1 tsp.
Salt, kosher	2 tsp.
Pepper, black, ground	2 tsp.
Avocado	2 ea.
Lime, juice	as needed
Tortilla, flour, 10-in. diameter	6 ea.
Black Bean Spread (Recipe follows)	1 ½ lb.
Pepper, bell, red, seeds and stems removed, julienned	1 ea.
Onion, red, thinly sliced	½ ea.
Tomato, diced	1 ea.
Olives, black, pitted, sliced	3 wt. oz.
Cilantro, bunch, fresh, chopped	1 ea.
Cheese, Cheddar, grated	¾ lb.
Chile, jalapeño, minced	1 ea.

Method

1. Preheat a gas grill to high. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
2. Season the chicken breast with the cumin, garlic powder, onion powder, salt and pepper. Place on the grill, turning once, and grill until cooked through. Refrigerate until well chilled, and cut into strips. Reserve.
3. Peel the avocados and cut each into 12 slices. Toss with a little lime juice to prevent discoloration.
4. To prepare the wraps, spread each tortilla with about 4 wt. oz. of the Black Bean Spread. Then divide the bell pepper, red onion, tomato, black olive, cilantro, cheddar cheese, jalapeño, chicken, and avocados evenly between the tortillas.
5. Roll the tortilla around the ingredients tightly enough so that the wrap will hold its shape.
6. Cut each wrap in half on the bias and serve on a chilled platter.

BLACK BEAN SPREAD

Yield: 6 portions

Ingredients	Amounts
Beans, black, canned, drained	$\frac{3}{4}$ lb.
Onion, yellow, diced	2 wt. oz.
Tomato, diced	3 wt. oz.
Cilantro, fresh, chopped	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cumin, ground	1 tsp.
Chili powder	1 tsp.

Method

1. Place the beans in a medium soup pot and cover with water. Bring to a boil and reduce to a simmer. Add the remaining ingredients and simmer for 10 minutes.
2. Drain the beans, reserving the cooking liquid. Chill the beans and the liquid.
3. Purée the beans in a food processor, adding enough of the cooking liquid to make a soft, spreadable purée. Adjust seasonings to taste with salt and pepper.
4. Reserve, refrigerated, until ready to use.

SOUTHWESTERN SLAW

Yield: 6 portions

Ingredients	Amounts
Cabbage, green, finely shredded	2 cups
Lime, juice	2 tsp.
Honey	2 tsp.
Onion, red, minced	2 Tbsp.
Chile, jalapeño, minced	2 tsp.
Cilantro, fresh, chopped	2 tsp.
Salt, kosher	to taste

Method

1. Combine all the ingredients.
2. Allow the mixture to marinate for at least 30 minutes and up to 8 hours before serving.

CAESAR SALAD

Yield: 6 portions

Ingredients	Amounts
Garlic, paste	1/2 wt. oz.
Anchovy, fillets	10 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Egg, whole, pasteurized	4 wt. oz.
Lemon, juice	4 fl. oz.
Oil, olive, extra-virgin	20 fl. oz.
Bread, multigrain, medium diced	3 oz.
Oil, olive, pure	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lettuce, Romaine, chopped	1.5 lb.
Cheese, Parmesan, grated	6 oz.

Method

1. For the dressing, combine the garlic, anchovy fillet, salt, and pepper and mash to form a paste.
2. Add the egg and lemon juice. Mix well to blend.
3. Gradually incorporate the olive oil, whisking to form a thick dressing.
4. Refrigerate until ready to use.
5. Preheat oven to 325°F.
6. For the croutons, cut the multigrain bread into small cubes. Toss the bread with the olive oil, salt, and pepper in a mixing bowl. Arrange the seasoned croutons in a single layer on a sheet pan. Toast in the preheated oven turning the croutons once, until they are golden brown, 10 to 15 minutes. Reserve.
7. To assemble, place the lettuce, parmesan cheese, and enough dressing to lightly coat in a mixing bowl and toss to combine.
8. Serve the salad in a chilled bowl, garnished with the croutons.

CLUB SANDWICH

Yield: 10 sandwiches

Ingredients	Amounts
Bread, Pullman, slice, 1/4-in. thick	30 ea.
Mayonnaise	6 wt. oz.
Lettuce, red leaf, leaf	20 ea.
Turkey, thin-sliced	20 wt. oz.
Ham, thin-sliced	20 wt. oz.
Tomato, slice	20 ea.
Bacon, strip, cooked, cut in half	20 ea.

Method

1. Toast the slices of bread (for each sandwich, you will need 3 slices).
2. For each sandwich, spread 1 tsp. of mayonnaise on 1 piece of toast. Layer a lettuce leaf and 2 oz. each of turkey and ham on the toast.
3. Spread 1 tsp. of mayonnaise on both sides of another slice of toast and place on top of the ham. Top with another lettuce leaf, 2 tomato slices, and 2 bacon slices (4 halves).
4. Spread 1 tsp. mayonnaise on 1 more slice of toast, and place it on the bacon, mayonnaise side down. Place it on top of the bacon.
5. Secure the sandwich with sandwich picks. Cut the sandwich into quarters and serve.

ONION RINGS

Yield: 10 portions

Ingredients	Amounts
Onion, yellow	5 ea.
Buttermilk	1 pt.
Flour, all-purpose	½ lb.
Salt, kosher	1 ½ tsp.
Pepper, cayenne, ground	¾ tsp.
Cumin, ground	¾ tsp.
Pepper, white, ground	¼ tsp.

Method

1. Cut onions into ⅛-inch thick slices using an electric slicer.
2. Soak the onion slices in buttermilk. Drain.
3. For the seasoned flour, in a medium bowl, combine the flour, salt, cayenne, cumin, and pepper.
4. Dredge the onions in the seasoned flour.
5. Deep fry in 350°F oil using the swimming method until golden brown. Drain well. Serve immediately.

DAY FOUR: COOKING METHODS

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Roast Chicken with Pan Gravy

Gaufrette Potatoes

Cranberry Relish

Sugar Snap Peas

TEAM TWO

Braised Short Ribs

Polenta

Steamed Broccoli

Sautéed Mushrooms

TEAM THREE

Sautéed Beef with Marsala Sauce

Broccoli and Cheddar Fritters

Fresh Egg Pasta

Glazed Root Vegetables

TEAM FOUR

Stir-Fried Beef with Green Beans and Carrots

Sautéed Red and Yellow Peppers

Steamed Long-Grain Rice

Grilled Zucchini

ROAST CHICKEN WITH PAN GRAVY

Yield: 6 portions

Ingredients	Amounts
Chicken, whole, 3 ½ lb.	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	1 Tbsp.
Onion, yellow, diced	1 wt. oz.
Carrot, diced	½ wt. oz.
Celery, diced	½ wt. oz.
Flour, all-purpose	½ wt. oz.
Stock, chicken	1 ¼ pt.
Garlic, clove, crushed	1 ea.
Thyme, fresh, chopped	1 ½ tsp.
Rosemary, fresh, chopped	1 tsp.
Bay leaf, dried	1 ea.
Chervil, fresh, sprigs	4 ea.

Method

1. Preheat oven to 450°F.
2. Season chicken with salt and pepper. Rub skin with oil and truss with twine. Place chicken on a rack in a roasting pan. Place it in the preheated oven for 20 minutes.
3. Lower the oven temperature to 325°F. Add the onion, carrots, and celery. Roast until thigh meat registers an internal temperature of 160°F.
4. Remove chicken from oven and allow it to rest.
5. Place the roasting pan on the stovetop and cook until the mirepoix caramelizes and the fat is clear. Discard all but 1 ounce of fat from the roasting pan.
6. Add flour and cook to form a blond roux. Incorporate stock, garlic, thyme, rosemary, bay leaf and chervil. Whisk until smooth. Simmer until proper consistency and flavor. Degrease thoroughly.
7. Strain through a fine chinois and adjust seasonings to taste.

GAUFRETTE POTATOES

Yield: 6 portions

Ingredients

Amounts

Potato, russet, peeled	2 lb.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Slice potatoes on mandoline per chef's demo. Hold in cold water until ready to fry.
2. When ready to fry, drain potatoes and blot dry. Fry potato slices in small batches in deep fryer, using swimming method, until they are golden brown.
3. Remove from fryer with a skimmer or spider and drain on absorbent paper.
4. Season with salt and pepper to taste.

CRANBERRY RELISH

Yield: 6 portions

Ingredients	Amounts
Cranberries, fresh	12 wt. oz.
Apple, Granny Smith, peeled, fine diced	1 ea.
Orange, juiced	1 ea.
Orange, zested	½ ea.
Sugar, granulated	5 ½ wt. oz.
Apple, cider	2 ½ fl. oz.
Cinnamon, stick	½ ea.

Method

1. Combine cranberries, apples, orange juice, orange zest, sugar, apple cider and cinnamon stick in a heavy saucepan. Cover and simmer until berries pop. Remove cinnamon stick.
2. Carefully drain off excess liquid and reduce until syrupy. Place cooked cranberries in a hotel pan.
3. Pour reduced syrup over cranberry relish. Mix together. Chill in refrigerator.

SUGAR SNAP PEAS

Yield: 6 portions

Ingredients	Amounts
Peas, sugar snap, strings removed	1 lb.
Oil, olive, pure	1 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Blanch peas in boiling salted water for 1 minute. Drain and then shock in ice water. Drain again.
2. Sauté peas in olive oil until hot.
3. Season to taste with salt and pepper.
4. Serve immediately or hold hot for later service.

BRAISED SHORT RIBS

Yield: 6 portions

Ingredients	Amounts
Beef, short ribs, 1 lb. each	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	as needed
Mirepoix, large diced	5 wt. oz.
Tomato, paste	2 ½ Tbsp.
Wine, dry, red	2 ½ fl. oz.
Stock, veal, brown	5 fl. oz.
Demi-glace, jus de veau lie	12 fl. oz.
Bay leaf, dried	1 ea.
Thyme, dried	1 tsp.
Wine, Madeira	2 fl. oz.

Method

1. Trim the short ribs and season with salt and pepper.
2. Heat the oil in a rondeau or braiser over medium-high heat until it starts to shimmer. Place the ribs carefully in the oil and sear until deep brown on all sides. Remove from the pan and reserve.
3. Add the mirepoix to the pan and cook, stirring occasionally, until golden brown, about 7 to 8 minutes. Add the tomato paste and cook until it turns a deeper color, and gives off a sweet aroma, about 1 minute.
4. Add the wine to the pan, stirring to release any drippings. Reduce by half. Return the ribs to the pan along with any juices they may have released. Add enough stock and demi-glace, jus lié, or espagnole to cover the ribs by two-thirds.
5. Bring to a gentle simmer over low to medium heat. Cover the pot and transfer it to a 275°F oven. Braise the ribs for 45 minutes. Add the bay leaf and thyme and degrease the liquid if necessary. Finish braising the short ribs until fork-tender, about 45 minutes more, turning occasionally to keep them well moistened.
6. Transfer the ribs to a hotel pan and moisten with some of the cooking liquid. Keep warm while finishing the sauce.
7. To finish the sauce, continue to simmer the cooking liquid until it reaches the desired flavor and consistency. Skim thoroughly to degrease the sauce. Adjust the seasoning with salt and pepper, then strain. Add the Madeira or sherry to finish the sauce.
8. Serve the short ribs with the sauce on heated plates.

Note: sherry can be substituted for the madeira wine.

POLENTA

Yield: 6 portions

Ingredients	Amounts
Water	60 fl. oz.
Salt, kosher	as needed
Cornmeal, yellow, coarse	9 ½ wt. oz.
Butter, unsalted	1 ½ wt. oz.
Cheese, Parmesan, grated	1 ½ wt. oz.
Pepper, black, ground	as needed

Method

1. Bring the water to a boil and season with salt.
2. Add the cornmeal in a stream, stirring constantly until it has all been added. Simmer, stirring often, until the polenta pulls away from the sides of the pan, about 30 minutes.
3. Remove the pot from the heat and stir in the butter, and parmesan. Adjust seasoning with salt and pepper to taste.
4. Serve immediately.

STEAMED BROCCOLI

Yield: 6 portions

Ingredients	Amounts
Broccoli	2 lb.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Trim the broccoli, peel the stems, and cut into spears. Arrange the broccoli on a steamer rack or insert, and season with salt and pepper.
2. Bring the water to a full boil in the bottom of a tightly covered steamer. Add the broccoli, replace the cover, and steam the broccoli until tender, about 5 to 7 minutes.
3. Remove broccoli from the steamer, adjust the seasoning with salt and pepper to taste, and serve immediately or cool and store for later service.

SAUTÉED MUSHROOMS

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	2 wt. oz.
Shallot, minced	2 Tbsp.
Garlic, minced	1 ½ Tbsp.
Mushroom, white, quartered	1 ½ lb.
Wine, white, dry	2 fl. oz.
Thyme, fresh, chopped	¼ tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.

Method

1. Heat a large sauté pan over medium-high heat until very hot. Melt the butter, then add the shallots and sauté until translucent. Add the garlic and sauté until aromatic.
2. Add the mushrooms in one layer (cook in batches if necessary) and sauté until tender. Do not overcrowd or the mushrooms will steam.
3. Deglaze with the white wine and reduce slightly. Add the thyme and season to taste with salt and pepper.

SAUTÉED BEEF WITH MARSALA SAUCE

Yield: 6 portions

Ingredients	Amounts
Beef, strip loin, steak, 6 oz.	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Butter, clarified	2 ½ fl. oz.
Marsala Sauce (Recipe follows)	1 pint

Method

1. Blot the beef dry and season with salt and pepper.
2. Sauté the beef in clarified butter over medium-high heat to the desired degree of doneness. Remove from heat and keep warm.
3. Serve with Marsala Sauce.

MARSALA SAUCE

Yield: 1 pint

Ingredients	Amounts
Shallot, minced	½ wt. oz.
Thyme, fresh, sprig	1 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, dried	¼ tsp.
Wine, red, dry	4 fl. oz.
Demi-glace	16 fl. oz.
Wine, marsala	4 fl. oz.
Salt, kosher	as needed
Pepper, black, ground	as needed
Butter, unsalted, diced	2 wt. oz.

Method

1. In a saucepan, combine the shallots, thyme, bay leaf, peppercorns, and wine. Reduce by half over medium-high heat.
2. Add the demi-glace and continue to simmer until the sauce develops a good flavor and consistency (*nappé*). Add the Marsala and return to a simmer. Season with salt and pepper. Strain the sauce into a clean saucepan.
3. Finish the sauce by swirling in the butter. The sauce is ready to serve now, or it may be rapidly cooled and refrigerated for later use.

BROCCOLI AND CHEDDAR FRITTERS

Yield: 6 portions

Ingredients	Amounts
Egg, whole	3 ea.
Milk, whole	7 fl. oz.
Worcestershire sauce	¼ tsp.
Tabasco sauce	¼ tsp.
Flour, all-purpose, sifted	7 wt. oz.
Baking powder	1 Tbsp.
Salt, kosher	⅔ tsp.
Pepper, black, ground	½ tsp.
Broccoli, florets, blanched	10 wt. oz.
Cheese, Cheddar, sharp, grated	5 wt. oz.
Oil, vegetable	as needed

Method

1. In a large mixing bowl, combine the eggs, milk, Worcestershire sauce, and Tabasco. In a separate bowl combine the flour, baking powder, salt, and black pepper. Make a well in the center of the dry ingredients. Add the wet ingredients to the well and mix to form a smooth batter.
2. Fold in the broccoli and cheese.
3. Drop spoonfuls of the mixture into 350°F oil. Deep-fry fritters until uniformly brown, turning as necessary during frying.
4. Remove fritters using a spider and drain briefly on wire racks.
5. Serve immediately.

FRESH EGG PASTA

Yield: 1 ½ pounds

Ingredients	Amounts
Flour, durum	1 lb.
Salt, kosher	1 pinch
Egg, whole	4 ea.
Water	1 fl. oz.
Oil, vegetable (Optional)	1 fl. oz.

Method

1. Combine the flour and salt in a large bowl, making a well in the center. Place the eggs, water, and oil, if using, in the center of the well. With a fork, gradually pull the dry ingredients into the egg mixture. Stir until a loose mass forms. As the dough is mixed, adjust the consistency with additional flour or water. Or - combine the flour and salt in a food processor. Add the eggs and oil, if using. Process mixture until it resembles coarse meal. When pressed, dough will form a cohesive mass.
2. Turn the dough out onto a floured work surface and knead until the texture has become smooth and elastic, 4 to 5 minutes. Gather and smooth the dough into a ball, cover, and let the dough relax at room temperature for at least 1 hour.
3. Roll the pasta dough into thin sheets and cut into desired shapes by hand or by using a pasta machine. The pasta is ready to cook now, or it may be covered and refrigerated for up to 2 days.
4. To cook, bring 1 ½ gallons of water to a rolling boil in a medium-sized saucepot. Generously salt the water using about 1 oz. of salt - the water should be noticeably salty, but not unpleasant. Add the pasta and stir to separate the strands or shapes. Cook the pasta until it is al dente, then drain in a colander.

STIR-FRIED BEEF WITH GREEN BEANS AND CARROTS

Yield: 6 portions

Ingredients	Amounts
Beef, flank steak	1 lb.
Beans, green, cut to 1-in. lengths	1 lb.
Carrot, julienned	1 lb.
Soy sauce	2 Tbsp.
Sugar, brown	1 tsp.
Cornstarch	1 Tbsp.
Oil, vegetable	1 Tbsp.
Vinegar, wine, rice	2 Tbsp.
Sugar, brown	1 Tbsp.
Soy sauce	1 Tbsp.
Hoisin sauce	1 Tbsp.
Oil, sesame	1 tsp.
Oil, vegetable	3 fl. oz.
Ginger, minced	1 Tbsp.
Chile, red, flakes	1 Tbsp.
Cornstarch	as needed
Water	as needed
Oil, sesame (Optional)	2 tsp.

Method

1. Slice the beef against the grain into long strips $\frac{1}{8}$ -inch thick, $\frac{1}{2}$ -inch wide, and 1½-inches long.
2. For the marinade, in a large bowl, mix the soy, sugar, cornstarch, and oil until smooth. Add the beef and toss until the meat is well coated. Marinate for at least 1 hour.
3. Blanch and shock the carrots and beans in boiling, salted water. Rinse, drain, and reserve.
4. For the sauce, in a mixing bowl, place the rice wine vinegar, brown sugar, soy sauce, hoisin sauce, and sesame oil. Mix until smooth. Reserve.
5. In a very hot wok, add the oil and heat until very faint wisps of smoke arise. Add the ginger and red chile flakes and stir-fry quickly.
6. Add the beef and stir-fry until the beef is cooked.
7. Push the beef to the sides of the wok and add the reserved sauce.

8. If the sauce is too thin, prepare a slurry. In a small bowl, place equal amounts of cornstarch and water and whisk well to combine. Add it to the sauce and stir until it thickens.
9. Add the carrots and beans and toss until evenly heated.
10. Finish with a small amount of sesame oil, if desired.

GLAZED ROOT VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	1 wt. oz.
Sugar, granulated	2 wt. oz.
Stock, chicken, hot	6 fl. oz.
Carrots, bâtonnet, blanched	½ lb.
Parsnip, bâtonnet, blanched	½ lb.
Turnip, bâtonnet, blanched	½ lb.
Salt, kosher	to taste
Pepper, white, ground	to taste
Parsley, fresh, chopped	¼ Tbsp.
Chive, fresh, chopped	¼ Tbsp.
Thyme, fresh, chopped	¼ Tbsp.
Tarragon, fresh, chopped	¼ Tbsp.

Method

1. In a sauté pan, combine the butter, sugar, and chicken stock and bring it to a simmer. Cook gently until the glaze has the consistency of a light syrup, about 15 minutes.
2. When ready to serve, toss the blanched vegetables in the glaze over medium heat to coat and heat through.
3. Adjust seasoning with salt and pepper. Garnish with the fresh herbs. Serve immediately.

STIR-FRIED BEEF WITH GREEN BEANS AND CARROTS

Yield: 6 portions

Ingredients	Amounts
Soy sauce	2 ½ Tbsp.
Cornstarch	1 ½ Tbsp.
Oil, peanut	1 ½ Tbsp.
Sugar, brown	1 ½ tsp.
Beef, flank steak, thinly sliced	1 lb.
Stock, chicken	3 Tbsp.
Soy sauce	3 Tbsp.
Hoisin sauce	3 Tbsp.
Wine, rice	3 Tbsp.
Sugar, brown	1 ½ Tbsp.
Oil, sesame	1 ½ tsp.
Oil, peanut	3 fl. oz.
Ginger, minced	1 ½ Tbsp.
Garlic, minced	1 ½ Tbsp.
Scallion (Green onion), chopped	2 tsp.
Red pepper flakes	½ tsp.
Cornstarch slurry	as necessary
Carrots, julienned, blanched	1 lb.
Beans, green, cut into 1-in. lengths, blanched	1 lb.
Oil, sesame (optional)	2 tsp.

Method

1. For the marinade, mix the soy sauce, cornstarch, oil, and brown sugar until smooth. Add the sliced beef and marinate for at least 1 hour.
2. For the sauce, in a small bowl, combine the stock, soy sauce, hoisin sauce, brown sugar, and sesame oil. Mix until smooth and set aside.
3. In a very hot wok or sauté pan, add the peanut oil and heat until almost smoking. Add the ginger, garlic, green onions, and red pepper flakes and stir-fry quickly. Add the beef and continue to stir-fry. When beef is cooked, push to the sides of the wok, and add the prepared sauce mixture. Thicken the sauce with a small amount of cornstarch slurry, if necessary.
4. Add the carrots and beans to the beef and sauce mixture and toss until evenly heated.
5. Finish with a small amount of sesame oil, if desired.

SAUTÉED RED AND YELLOW PEPPERS

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	1 fl. oz.
Pepper, bell, red, bâtonnet	3 ea.
Pepper, bell, yellow, bâtonnet	3 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Sauté peppers in olive oil until desired tenderness.
2. Season with salt and pepper to taste.

STEAMED LONG-GRAIN RICE

Yield: 6 portions

Ingredients

Rice, long-grain
Water

Amounts

19 wt. oz. (about 3 cups)
29 fl. oz. (about 3 $\frac{2}{3}$ cups)

Method

1. Rinse the rice under cold water in a strainer until the water runs clear, if desired. Drain the rice well before using.
2. Place the rice in a half hotel pan and add water to cover by $\frac{1}{4}$ -inch.
3. Cover and cook in a steamer or rice cooker for 45 minutes, or until the grains are tender.
4. Allow the rice to rest for 10 minutes, fluff it with a fork, and serve immediately or hold it hot for service.

GRILLED ZUCCHINI

Yield: 6 portions

Ingredients	Amounts
Zucchini, trimmed, cut on the bias	1 ½ lb.
Oil, olive, extra-virgin	3 Tbsp.
Garlic, clove, minced	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Toss the zucchini with the oil, garlic, salt, and pepper. Marinate for 10 minutes.
2. Place the zucchini on a hot grill and grill on both sides (the time will vary depending upon the thickness of the cut), turning once to create crosshatch marks, if desired.
3. Remove from the grill and serve hot.

DAY FIVE

MARKET BASKET PROJECT:

MENU DEVELOPMENT ASSIGNMENT GUIDELINES

OVERVIEW

Your chef instructor has assembled a market basket for each team. Your mission today is to develop a two-course menu using items from this basket.

GUIDELINES

Using the items included in your market basket, each team will prepare:

- **First Course** (Choice of Soup, Salad, Hot Appetizer, **or** Cold Appetizer)
- **Entrée with Sauce and Accompaniments** (Starch **and** Vegetable)

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 on platters or chafing dishes for the family meal.

You can use the worksheets and templates on the following pages 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 # _____

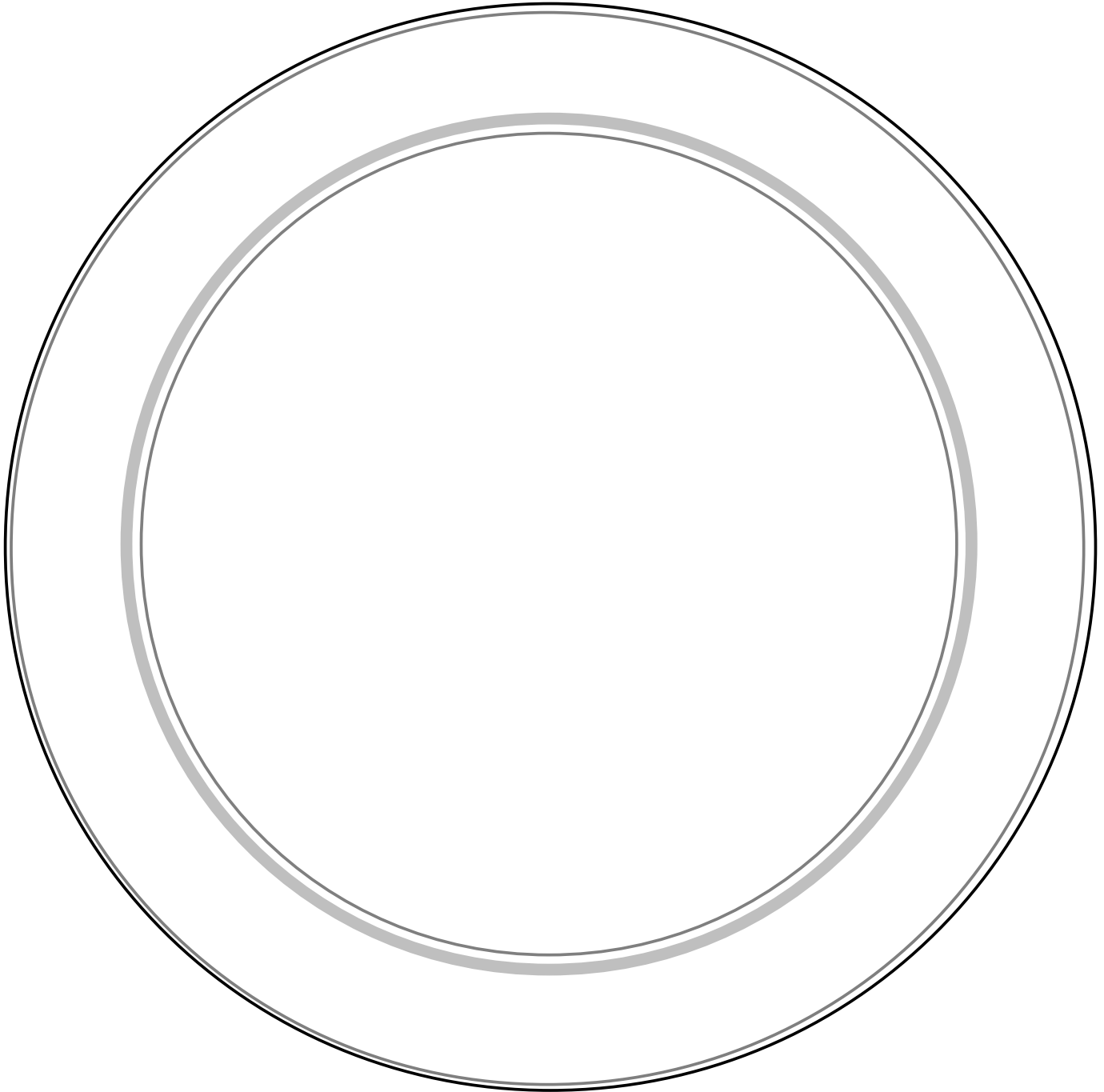
First Course (Soup, Salad, Hot Appetizer, or Cold Appetizer)

Entrée with Sauce

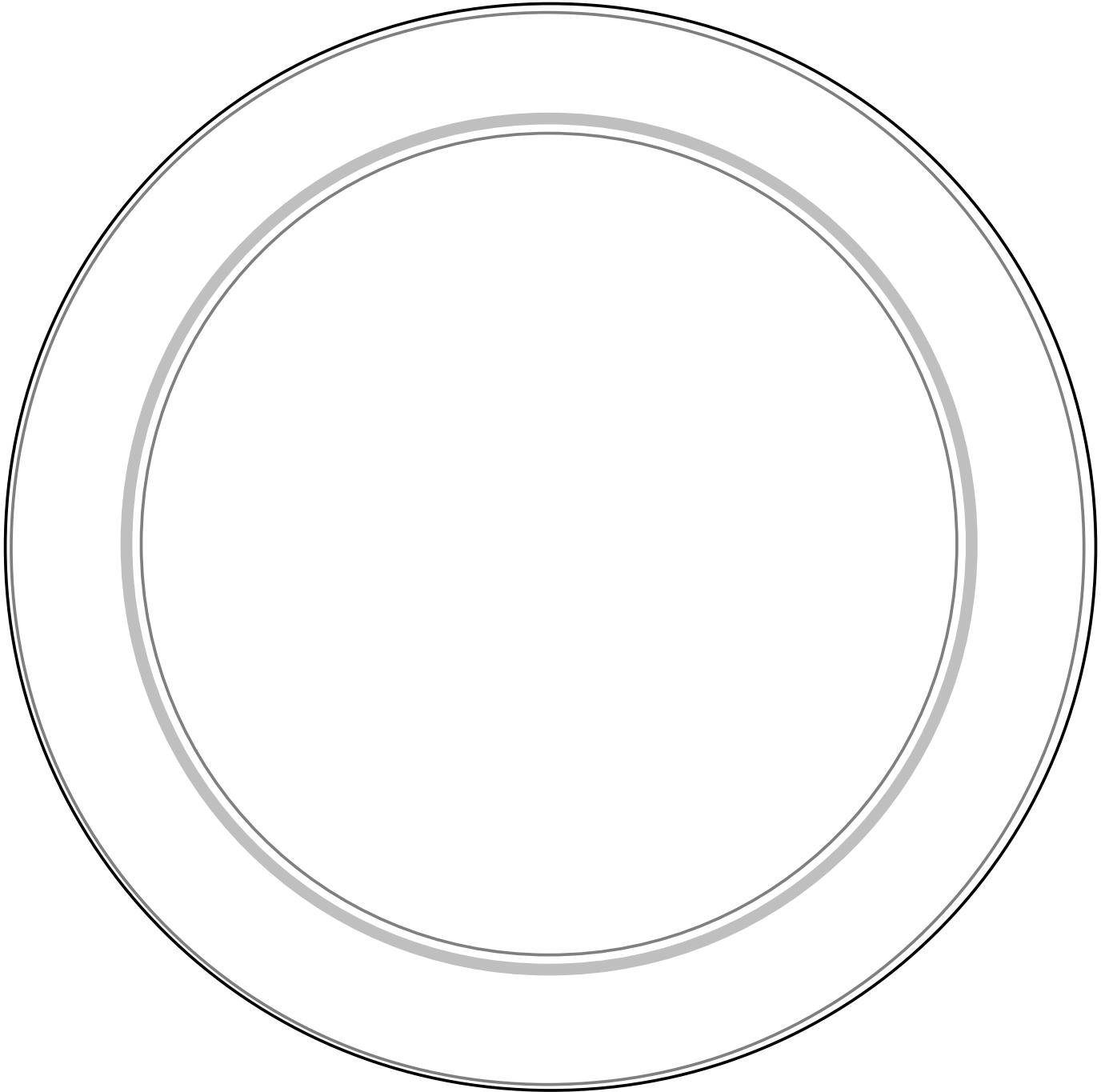
Starch

Vegetable

ITEM: _____



ITEM: _____



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Memo To: CIA Continuing Education Students
From: Office of the Registrar
Re: Privacy of Student Records

The *Family Educational Rights and Privacy Act* (FERPA) is the federal law that governs release of and access to student education records. These rights include:

1. **The right to inspect and review your education record within a reasonable time after the CIA receives a request for access.** If you want to review your record, contact the Registrar's Office to make appropriate arrangements.
2. **The right to request an amendment of your education record if you believe it is inaccurate or misleading.** If you feel there is an error in your record, you should submit a statement to the Registrar's Office, clearly identifying the part of the record you want changed and why you believe it is inaccurate or misleading. The Registrar will notify you of the decision and advise you regarding appropriate steps if you do not agree with the decision.
3. **The right to consent to disclosure of personally identifiable information contained in your education records, except to the extent that FERPA authorizes disclosure without consent.** One exception which permits disclosure without consent is disclosure to school officials with "legitimate educational interests." A school official has a legitimate educational interest if the official has a need to know information from your education record in order to fulfill his or her official responsibilities. Examples of people who may have access, depending on their official duties, and only within the context of those duties, include: CIA faculty and staff, agents of the institution, students employed by the institution or who serve on official institutional committees, and representatives of agencies under contract with the CIA.
4. **The right to file a complaint with the U.S. Department of Education concerning alleged failures by the CIA to comply with the requirements of FERPA.**

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1. The CIA receives many inquiries for directory information from a variety of sources outside the institution, including friends, parents, relatives, prospective employers, the news media, and others. Having a "No Release" on your record will preclude release of such information, even to those people.
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.

A copy of the *Act*, more details about your rights, and any CIA policies related to the *Act* are available at <http://www.ciachef.edu/consumer-information/#psr>.

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