



Culinary Institute of America

SODEXO EXECUTIVE CHEF CULINARY RETREAT



CIA Consulting
The Culinary Institute of America

Scan the QR code for downloadable course content and a participant survey:



Copyright © 2024
Culinary Institute of America
All Rights Reserved

This manual is published and copyrighted by the Culinary Institute of America.
Copying, duplicating, selling, or otherwise distributing this product is hereby expressly
forbidden except by prior written consent of the Culinary Institute of America.

The Culinary Institute of America

1946 Campus Drive
Hyde Park, NY 12538-1499
Tel: 845-452-9600
www.ciachef.edu



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
845-451-1386 david.kamen@culinary.edu

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

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.

AGENDA

Thursday, January 9, 2025

Start	End	Topic	Faculty / Staff	Location
8:00 am	8:15 am	Arrival and Welcome	Chef George Shannon and Chef Bruce Mattel	Samsung Demo Area
8:15 am	9:00 am	Program and Menu Review	Chef George Shannon and Chef Bruce Mattel	MP Classroom 1 & 2
9:00 am	12:00 pm	Kitchen Exercise	Chef Mattel: Cuisines of the African Diaspora Chef Shannon: Latin American Cuisine	Skills 1 & 2
12:00 pm	1:00 pm	Lunch From Production	Sodexo Participants	MP Classroom 3 & 4
1:00 pm	2:00 pm	Review and Critique	Sodexo Team	Samsung Demo Area
2:00 pm	3:00 pm	Internal Meetings	Sodexo Team	Conference Space
3:00 pm	4:00 pm	Student-Led Tour	CIA Tour Guides	Conference Space

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

CUISINES OF THE AFRICAN DIASPORA

TEAM PRODUCTION ASSIGNMENTS:

TEAM ONE: NORTH AFRICA

Kefta Brochettes with Oudi
Potato Tagine with Olives, Harissa, and Couscous
Fried Sardines Tangier style

TEAM TWO: WEST AFRICA

Black-Eyed Pea and Okra Fritters with Pili Pili Sauce
Senegalese Fish and Jollof Rice
Côte d'Ivoire-Style Chicken Stew
Yam Fufu

TEAM THREE: EAST AFRICA

Quick Ethiopian Flatbread
Beyayenetu Platter with Braised Beets, Potatoes & Cabbage, and Collards
Spicy Ethiopian Chicken Stew
Somali Beef Pastries

TEAM FOUR: THE AMERICAN SOUTH

Crawfish, Alligator, and Okra Gumbo
Shrimp and Rabbit Jambalaya with Andouille Sausage
Hoppin' John with Cornbread

TEAM FIVE: THE CARIBBEAN

Jamaican Ackee and Saltfish
Curry Goat with Green Mango Salsa
Roti Flatbread with Guyanese Filling
Jamaican Meat Patties

KEFTA BROCHETTES

Yield: 6 portions

Ingredients	Amounts
Lamb, ground	1 lb.
Crème fraiche	3 Tbsp.
Garlic, clove	1 ea.
Cilantro, fresh, chopped	2 Tbsp.
Parsley, fresh, chopped	2 Tbsp.
Mint, leaves, fresh	12 ea.
Paprika, sweet	1 Tbsp.
Cumin, ground	½ tsp.
Cinnamon, ground	½ tsp.
Ginger, ground	½ tsp.
Salt, kosher	¾ tsp.
Skewer, wood, soaked	20 ea.
Harissa	1 cup
Moroccan Clarified Butter (Oudi)	1x recipe
(Recipe follows)	

Method

1. In a food processor, place the lamb, crème fraiche, garlic, cilantro, parsley, mint, paprika, cumin, cinnamon, ginger, and salt. Blend until sticky.
2. Allow the mixture to marinate for 1 hour.
3. With wet hands, form the mixture into small sausages.
4. Shape each sausage around a skewer.
5. Broil or grill the skewers until done.
6. Serve accompanied with the harissa and Oudi.

MOROCCAN CLARIFIED BUTTER

OUDI

Yield: 6 portions

Ingredients

Amounts

Barley, grits	¼ cup
Thyme, dried	1 tsp.
Butter, unsalted	1 lb.

Method

1. In a heavy saucepan over low heat, toast the grits and thyme, stirring constantly, until light brown and fragrant.
2. Add the butter and allow it to melt without stirring.
3. Skim the foam as it appears on the surface. Simmer until the butter is clear. Remove the butter from the heat and allow it to cool.
4. Decant through cheese cloth. Discard the solids.

Note: the use of toasted barley grits to clarify butter is a technique from southern Morocco. A little touch of oudi brightens any dish, adding an herb aroma and a faint aged butter taste to stews, tagines, couscous, soups, and baked goods.

POTATO TAGINE WITH OLIVES AND HARISSA

Yield: 6 portions

Ingredients	Amounts
Oil, olive, extra-virgin	4 Tbsp.
Onion, red, minced	½ cup
Tomato, puree	1/3 cup
Ginger, ground	½ tsp.
Paprika, ground	1 tsp.
Cumin, ground	1 pinch
Garlic, clove, crushed	1 ea.
Potato, red, sliced ½-inch	2 lb.
Onion, red, sliced	1 cup
Bay leaf	1 ea.
Saffron, water	2 Tbsp.
Lemon, preserved	½ ea.
Parsley, chopped	3 Tbsp.
Cilantro, chopped	3 Tbsp.
Water	1 ½ cup
Salt, kosher	
Olives, green, pitted	24 ea.
Oil, olive, extra-virgin	1 Tbsp.
Harissa	1 tsp.
Couscous, cooked	as needed

Method

1. In a pot, add the olive oil and minced onion. Sauté until the onion breaks down.
2. Add the tomato, ginger, paprika, cumin and garlic. Cook to toast the spices and reduce the tomato.
3. Add the potatoes, sliced onion, bay leaf, saffron water, preserved lemon, parsley, cilantro, water, and salt. Bring to a simmer, cover, and cook, stirring occasionally, until the potatoes are tender.
4. Transfer the potatoes to a small bowl. Remove and discard the bay leaf and lemon.
5. Add the olives to the sauce. Simmer uncovered until it thickens. Pour it over the potatoes.
6. In a small bowl, mix the olive oil and harissa. Drizzle it over the potatoes.
7. Serve with couscous.

Note: alternately, the tagine can be baked as casserole in a 350°F oven until hot.

FRIED SARDINES TANGIER STYLE

Yield: 6 portions

Ingredients	Amounts
Fish, sardine	16 ea.
Cilantro, fresh, roughly chopped	3 Tbsp.
Parsley, fresh, roughly chopped	3 Tbsp.
Cumin, seeds	3 tsp.
Garlic, clove, large	5 ea.
Salt, kosher	1 ½ tsp.
Paprika, ground	3 tsp.
Chile, cayenne, ground	½ tsp.
Lemon, juice, fresh	2 Tbsp.
Oil, olive, pure	as needed
Flour, all-purpose	as needed
Lemon, cut into wedges	2 ea.

Method

1. Wash and clean the sardine bellies and remove the bones. Transfer to a small bowl. Reserve.
2. Using a food processor, blend the cilantro and parsley to a paste.
3. Add the cumin, garlic, and salt. Blend.
4. Add the paprika, cayenne, and lemon juice. Blend.
5. Coat the inside of each sardine with the mixture and fold to close. Allow the sardines to marinate for 1 hour.
6. Heat the olive oil in a pan over medium heat.
7. Dust the sardines with flour. Pan fry in the oil until the sardines are golden brown.
8. Serve with the lemon wedges.

BLACK-EYED PEA AND OKRA FRITTERS

AKARA

Yield: 6 portions

Ingredients	Amounts
Okra, pod	12 ea.
Peas, black-eyed, dried, soaked overnight	2 cups
Water, cold	1 ½ cups
Chile, habanero, fresh, minced	½ tsp.
Onion, yellow, minced	1 ea.
Salt, kosher	to taste
Oil, palm	as needed
Pili Pili Sauce (Recipe follows)	1x recipe

Method

1. Rub off the skin of the soaked, black-eyed peas.
2. In a food processor, pulse the peas to a smooth paste. Transfer to a large bowl.
3. In food processor, pulse the okra until finely minced. Add to the peas.
4. Mix to combine. Add water until it forms a paste that will drop from a spoon.
5. Add the chile, onion, and salt. Mix well.
6. Fry in the palm oil until golden brown.
7. Serve accompanied with the Pili Pili Sauce.

PILI PILI SAUCE

Yield: 1 pint

Ingredients	Amounts
Tomato, concassé	4 ea.
Onion, yellow, minced	½ cup
Garlic, clove, minced	2 ea.
Chile, habanero, fresh, minced	1 ea.
Horseradish	1 Tbsp.

Method

1. In a small bowl, combine all the ingredients. Mix well.

SENEGALESE FISH AND RICE

THIEBOU JENN

Yield: 6 portions

Ingredients	Amounts
Fish, snapper, gutted, scaled, cut into steak 1 ½-in. thick, head/tail reserved	5 lb.
Rof (Recipe follows)	1 cup
Oil, vegetable	½ cup
Onion, medium, small diced	2 ea.
Pepper, bell, green, small diced	1 ea.
Tomato, paste	2 cups
Kosher, salt	as needed
Water	1 ½ qt.
Pepper, scotch bonnet	2 ea.
Pepper, black, ground	as needed
Thai fish sauce	¼ cup
head green cabbage cut into wedges	½ ea.
Turnip, white, med., cut into wedges	1 ea.
Eggplant, small, halved	1 ea.
Squash, butternut, small, med. diced	1 ea.
Yucca, 5-in., med. diced	1 ea.
Carrot, med. diced	1 ea.
Okra, trimmed	¼ lb.
Tamarind, paste	1 Tbsp.
Rice, jasmine	2 cups
Lime, cut into wedges	2 ea.
Jollof Rice (Recipe follows)	6 cups

Method

1. Slit open the belly of the fish steaks. Stuff the fish with ROF, including head and tail. Cover and refrigerate.
2. In large pot, heat the oil. Add the onion, green pepper, tomato paste, and salt. Cook until the tomato paste is brick red and the vegetables are soft, about 10 minutes. Add small amounts of water as needed to prevent it from burning.
3. Add the water and deglaze the pan. Simmer very gently until the oil separates, about 30 minutes.
4. Add the fish, scotch bonnet, and black pepper. Cook gently for 15 minutes.
5. Remove the fish and reserve.

6. Add the cabbage, turnip, eggplant, squash, yucca, and carrot. Return the pot to a boil. Season with salt and pepper to taste. Simmer for 15 to 20 minutes.
7. Add the okra and cook until all the vegetables are tender.
8. Add the rice to the broth, cover, and cook until tender, 15 to 20 minutes.
9. To serve, place the fish on a warm platter. Top with the vegetables and some broth. Serve with the Jollof Rice.

Note: Grouper can be substituted for the snapper. Basmati rice can be substituted for the jasmine rice.

SENEGALESE PARSLEY PASTE

ROF

Yield: 1 cup

Ingredients

Amounts

Garlic, clove	9 ea.
Parsley, fresh, bunch, stems and leaves	½ ea.
Onion, yellow, medium, roughly	1 ea.
Scallion (Green onion), chopped	3 ea.
Chili flakes	1 Tbsp.
Pepper, black, ground	1 Tbsp.

Method

In a food processor, pulse all the ingredients until they form a coarse paste.

JOLLOF RICE

Yield: 6 cups

Ingredients	Amounts
Rice, basmati	2 cups
Oil, vegetable	3 Tbsp.
Onion, yellow, minced	½ cup
Pepper, bell, red, thin sliced	1 ea.
Carrot, small diced	2 ea.
Tomatoes, chopped	3 ea.
Tomato, paste	2 cups
Water	¼ cup
Stock, vegetable	3 cups
Bay leaf, dried	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method:

1. Wash rice until water runs clear. Drain. Reserve.
2. In a heavy-bottom pot over medium-low heat, add the oil, onion, red pepper, carrots, tomato, tomato paste, and water. Cook slowly until the oil starts to separate.
3. Add the stock, bay leaf, salt, and pepper. Bring it to a boil.
4. Add the rice and stir well. Season with salt and pepper to taste.
5. Return the pot to a boil, then lower to a simmer. Cover the pot tightly and cook on low heat until the rice is cooked, about 20 minutes.

CÔTE D'IVOIRE-STYLE CHICKEN STEW

KEDJENOU

Yield: 6 portions

Ingredients	Amounts
Chicken, whole, 4 ½ lb., cut into pieces	1 ea.
Onion, yellow, medium diced	4 ea.
Tomato, concassé	6 ea.
Pepper, habanero, minced	1/8 tsp.
Garlic, clove, large, minced	3 ea.
Ginger, minced	1 Tbsp.
Ginger, ground	¼ tsp.
Bay leaf, dried	1 ea.

Method

1. In a Dutch oven over medium heat, place all the ingredients. Cover with a tight-fitting lid.
2. Without opening the lid, listen for sounds that the contents are simmering. Once it is simmering, turn the heat down to low. Simmer, shaking the Dutch oven periodically so the bottom doesn't stick, for 45 minutes.
3. Serve accompanied with the Yam Fufu.

YAM FUFU

Yield: 6 portions

Ingredients

Yam, Ghana
Water

Amounts

6 cups
as needed

Method:

1. Peel and large dice the yams.
2. In a large pot, place the yams. Cover them with cold water.
3. Bring the pot to a boil, then simmer until the yams are tender, 20 to 30 minutes.
4. Using a mortar and pestle or a potato masher, pound the yams into a mash, adding small amounts of water as needed until the fufu sticks together.
5. Form the fufu into 2-inch ball. Cover until served. Serve warm.

QUICK ETHIOPIAN FLATBREAD

INJERA

Yield: 6 portions

Ingredients	Amounts
Flour, all-purpose	3 cups
Flour, teff	1 cup
Baking powder	1 Tbsp.
Salt, fine	1 tsp.
Club soda	40 oz.
Vinegar, white	3 Tbsp.
Cooking spray	as needed

Method

1. In a food processor, place the all-purpose flour, teff flour, baking powder, and salt. Pulse until it is blended.
2. Pour the club soda into a measuring cup and add the vinegar. Pour the liquid into the processor as it is running and mix until the batter is very smooth, and the consistency of milk. Allow it to sit for 10 minutes.
3. Heat a 10-inch nonstick skillet over medium heat. Spray the skillet with a thin coating of nonstick spray. Just as you would when making a crepe, remove the skillet from the heat and tilt the far edge down toward the floor. Pour 1/3 cup of the batter in a pool slightly off-center and then quickly swirl the pan so that the batter covers the entire surface.
4. Place the pan back on the heat, cover with a lid, and cook until the edges start pulling from the pan and the top is shiny and slightly dry, 90 seconds to 2 minutes.
5. Peel the injera from the pan and transfer to a plate, top side up. Serve cool.

BRAISED BEETS WITH JALAPEÑO PEPPERS

Yield: 6 portions

Ingredients	Amounts
Niter Kibbe (Recipe follows)	4 Tbsp.
Onion, yellow, small	2 ea.
Garlic, clove	3 ea.
Beet, red, peeled, bâtonnet cut	1 lb.
Water	1 ½ cup
Lemon, sliced	½ ea.
Chile, Jalapeño, seeded, thinly sliced	1 ea.

Method

1. Heat the niter kibbe in a sauté pan over medium-low heat. Add the onions and sweat until they are translucent.
2. Add the garlic and sweat until they are aromatic.
3. Add the beets and water. Season with salt and pepper. Cover the pan and cook until the beets are tender, and the liquid is almost dry, about 45 minutes. Allow it to cool.
4. Finish with the lemon and jalapeño slices.

NITER KIBBEH

Yield: 6 portions

Ingredients	Amounts	
Butter, unsalted	1	lb.
Onion, yellow	½	cup
Garlic, clove	2	ea.
Ginger, whole, sliced	2	Tbsp.
Turmeric, ground	½	tsp.
Coriander seed	1 ½	Tbsp.
Koseret	1 ½	Tbsp.
Cardamom, pods, crushed	3	ea.
Cinnamon stick	½	ea.
Cloves, whole	3	ea.
Fenugreek seeds, crushed	½	tsp.

Method:

1. In a medium sauce pot over low heat, place all the ingredients. Heat until foam rises to the surface and the milk solids drop to the bottom of the pot. The remaining butterfat will become very clear.
2. Skim the surface foam as the butter clarifies. Pour or ladle off the butterfat into another container, being careful to leave all the milk solids in the pan on the bottom.
3. Strain the niter kibbeh through a cheesecloth.

POTATOES AND CABBAGE IN GINGER AND TURMERIC SAUCE

Yield: 6 portions

Ingredients	Amounts
Cabbage, green	½ lb.
Oil, vegetable	3 Tbsp.
Onion, yellow, thinly sliced	1 ea.
Garlic, minced	½ Tbsp.
Ginger, grated	½ Tbsp.
Turmeric, ground	¼ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Potato, chef's, peeled, quartered	½ lb.
Water, hot	as needed

Method

1. Cut the cabbage into 1 ½-inch squares.
2. Heat the oil in a sauté pan over medium-low heat. Add the onions and sweat until they are translucent.
3. Add the garlic and ginger. Sweat until they are aromatic.
4. Add the turmeric. Season with salt and pepper to taste.
5. Add the cabbage. Stir well, cover, and cook for 5 minutes.
6. Add the potatoes. Cook, stirring, for 2 minutes.
7. Add the hot water to just cover. Cover the pan and cook until the potatoes are tender.
8. Remove the lid. Reduce the sauce until it is moist but not watery.

COLLARDS WITH ONIONS AND GINGER

Yield: 6 portions

Ingredients

Amounts

Greens, collard	1 lb.
Niter Kibbeh (See Recipe)	2 Tbsp.
Onion, yellow, minced	8 wt. oz.
Garlic, minced	2 Tbsp.
Ginger, grated	2 Tbsp.

Method

1. Stem the collards. Cut them into 1-inch strips.
2. Heat the niter kibbe in a sauté pan over medium-low heat. Add the onions and sweat until they are soft.
3. Add the garlic and ginger. Sweat until they are aromatic.
4. Add the collards and stir well.
5. Season with salt and pepper to taste.
6. Cover the pan and cook until tender, 30 to 35 minutes. Add water if needed to prevent scorching.

SPICY ETHIOPIAN CHICKEN STEW

DORO WAT

Yield: 6 portions

Ingredients	Amounts
Chicken, legs, skinned, split	8 ea.
Lime, juice	3 Tbsp.
Berberere (Ethiopian spice blend)	2 wt. oz.
Niter Kibbeh (See recipe)	2 oz.
Onion, yellow, minced	2 lb.
Garlic, minced	3 Tbsp.
Ginger, minced	1 Tbsp.
Nigella seeds	1 pinch
Cardamom, ground	1 pinch
Ajowan, ground	1 pinch
Salt, kosher	as needed
Water	¼ cup
Water	1 ½ cup
Egg, hard cooked, peeled	6 ea.

Method:

1. In a large bowl, place the chicken legs. Cover with water. Add the lime juice. Allow to soak.
2. In a small bowl, place the berbere. Mix in just enough water to make a paste. Reserve.
3. Heat the niter kibbe in a sauté pan over medium-low heat. Add the onions and sweat until they are soft.
4. Add the garlic and ginger. Sweat until they are aromatic.
5. Add the reserved berbere paste, nigella, cardamom, ajowan, and salt. Stir to combine.
6. Add the water. cook over low heat until aromatic.
7. Drain the chicken and dry. Slit the chicken on both sides.
8. In a large pan, cook the chicken in the spices and allow it to brown.
9. Add the water, cover the pan, and cook until the chicken is tender.
10. Remove the chicken and cover the pan. Simmer the sauce for 1 hour. Return the chicken to the pan.
11. Pierce the peeled, hard cooked eggs all over with a fork, about 1/4 inch deep, to allow the sauce to penetrate. Add them to the pan. Simmer, covered, stirring occasionally, over low heat for 15 minutes.
12. Adjust the seasonings to taste.

SOMALI BEEF PASTRIES

SAMBUSA

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	1 Tbsp.
Onion, yellow, medium, finely chopped	1 ea.
Beef, ground, 85% lean	½ lb.
Parsley, dried	2 Tbsp.
Curry powder	1 tsp.
Garlic, clove, minced	1 ea.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Egg roll wrapper, package	1 ea.
Water	

Method

1. In a large skillet, heat the oil over medium heat. Add the onion and cook about 4 minutes, stirring occasionally, until soft.
2. Stir in the beef, parsley, curry powder, garlic, salt, and pepper. Cook, stirring to break up lumps, until the meat is no longer pink, about 5 minutes. Adjust the seasoning with more curry powder to taste. Transfer the meat mixture to a medium bowl and cool to room temperature. Wipe out the skillet.
3. Line a baking sheet with parchment paper. Cut each egg roll wrapper in half diagonally. Working with one triangle at a time, lightly brush the edges of the wrapper with water. Fold the long side of the triangle in half, pinching the edge to seal and form a little cup.
4. Place a generous tablespoon of the meat mixture into the cup, then pull the open flap of the wrapper over the cup, pressing to seal. As each sambusa is finished, place it on the baking sheet. When the sheet is full, cover the sambusas with another piece of parchment paper and continue layering with finished sambusas.
5. Line a platter with several layers of paper towels. In the skillet, heat about 1 inch of oil until a deep-frying thermometer reads 365°F to 375°F, or a pinch of flour bubbles and sizzles in the oil.
6. Add half of the sambusas to the oil and cook, turning once, until golden brown on both sides, 2 to 4 minutes. Transfer the sambusas to the paper-towel-lined platter to drain briefly. Repeat with the remaining sambusas.

CRAWFISH, ALLIGATOR, AND OKRA GUMBO

Yield: 1 gallon

Ingredient	Amount
Alligator, medium diced	1 lb.
Stock, chicken	1 qt.
Roux, brown	14 wt. oz
Onion, yellow, minced	8 wt. oz
Pepper, bell, green, minced	6 wt. oz
Celery, minced	6 wt. oz
Scallion (Green onion), white and green parts, thinly sliced	4 ea.
Chile, cayenne, ground	¼ tsp.
Garlic, clove, minced	5 ea.
Shrimp Stock (Recipe follows)	1 qt.
Bay leaf, dried	1 ea.
Pork, sausage, Andouille, sliced ⅛ in.	8 wt. oz
Oil, vegetable	2 Tbsp.
Okra, cut into ½ in. slices	1 lb.
Tomato, unpeeled, medium diced	1 lb.
Salt, kosher	to taste
Pepper, black, ground	to taste
Thyme, fresh, chopped	1 Tbsp.
Crawfish, tails	8 wt. oz
Crystal hot sauce	1 tsp.
Worcestershire sauce	1 tsp.
Long-grain white rice	1 cup

Method

1. Simmer the alligator in the chicken stock until tender, about 45 minutes. Strain the stock and reserve.
2. Place the brown roux in a heavy bottomed stockpot and heat. To the hot roux, add the onion, bell pepper, celery, scallion, cayenne, and garlic. Cook, stirring frequently, until the vegetables begin to soften, about 15 minutes.
3. Stir in the reserved chicken stock, shrimp stock, bay leaves, and sausage. Simmer, partially covered, over low heat for 1 hour. Skim often.
4. Heat the oil in a sauté pan over medium-low heat. Add the okra and tomatoes. Season with salt and pepper. Sauté for approximately 10 minutes.
5. Transfer the tomato/okra mixture to the gumbo. Simmer for 20 minutes.
6. Cook the rice in 1 ¾ cups water pilaf style. Hold for service.

7. Half an hour before service, add the thyme, crawfish tails, and alligator. Cook, uncovered, until everything is cooked through.
8. Finish with the Crystal hot sauce and Worcestershire sauce. Season to taste with salt and pepper.
9. To serve, place a small spoonful of rice in a soup cup and ladle in the gumbo.

SHRIMP STOCK

Yield: ½ gallon

Ingredient	Amount
Oil, vegetable	1 fl. oz.
Shrimp, shells, rinsed, drained	1 lb.
Mirepoix, cut into 1-in. pieces	8 wt. oz.
Garlic, clove, peeled, crushed	3 ea.
Tomato, paste	2 wt. oz.
Wine, white, dry	1 pt.
Water	2 ½ qt.
Bay leaf, dried	3 ea.
Thyme, sprig, fresh	2 ea.
Peppercorns, black	½ Tbsp.

Method

1. Heat the oil until smoking, then add the shrimp shells. Cook the shells for 4 to 5 minutes; until they turn darker red.
2. Add the mirepoix and garlic cook another 4 to 5 minutes. Add and tomato paste and cook an additional 3-4 minutes. Be careful it does not stick and burn on the bottom.
3. Deglaze with the white wine and add water.
4. Bring to a simmer and add the bay leaves, thyme, and peppercorns.
5. Simmer for 1 hour. Strain through a chinoise pressing as much stock from the shells as possible. Cool, label, and refrigerate.

SHRIMP AND RABBIT JAMBALAYA WITH ANDOUILLE SAUSAGE

Yield: 6 portions

Ingredients	Amounts
Oil, olive, extra-virgin	¼ cup
BBQ Spice Rub	1 Tbsp.
Rabbit, cut into 12 pieces, bones removed, roasted	2 ea.
Stock, chicken	2 qt.
Shrimp, peeled, deveined, shells reserved	36 ea.
Oil, vegetable	1 fl. oz.
Pork, sausage, Andouille, 3-in. sliced	12 ea.
Onion, yellow, minced	1 lb.
Pepper, bell, green, seeded, minced	½ lb.
Celery, minced	½ lb.
Garlic, clove, minced	3 ea.
Chile, cayenne, ground	1/8 tsp.
Paprika, ground	¼ wt. oz.
Pepper, black, ground	¼ tsp.
Tomato, concassé, medium diced	1 ½ lb.
Stock, chicken	2 qt.
Bay leaf, dried	2 ea.
Rice, white, short grain	2 cups
Worcestershire sauce	½ Tbsp.
Crystal Hot sauce	½ Tbsp.
Salt, kosher	to taste
Scallion (Green onion), white and green parts, thinly sliced	1 ea.

Method

1. In a large bowl, combine the olive oil and BBQ spice rub. Add the rabbit meat and toss to coat. Refrigerate.
2. In a large pot, place the chicken stock, shrimp shells, and rabbit bones. Simmer for 1 hour. Strain and reserve.
3. In a rondeau, heat the oil over medium heat. Add the marinated rabbit pieces and brown them lightly on both sides. Remove and reserve the rabbit.
4. Add the sausage pieces and sauté until they are lightly browned. Remove and reserve the sausage.
5. Discard all but 2 ounces of the fat in the rondeau. Add the onions, bell pepper, celery, and garlic. Cover and gently sweat until the vegetables begin to soften, about 10 minutes.

6. Add the cayenne, paprika, black pepper, tomatoes with their juice, stock, bay leaf, browned rabbit, and rice. Bring it to a simmer, cover, and cook until the rabbit is completely cooked and the rice has absorbed most of the liquid, about 20 minutes.
7. Add the Worcestershire sauce and Crystal hot sauce. Adjust the seasoning to taste. Return it to a simmer.
8. Serve garnished with the scallions.

HOPPIN' JOHN

Yield: 6 portions

Ingredients	Amounts
Peas, black-eyed, dried	1 lb.
Stock, vegetable, hot	as needed
Oil, vegetable	2 fl. oz.
Onion, yellow, minced	½ lb.
Pepper, bell, green, minced	8 wt. oz.
Celery, minced	8 wt. oz.
Garlic, clove, minced	3 ea.
Red pepper flakes	1 pinch
Rice, parboiled	1 lb.
Bay leaf, dried	2 ea.
Thyme, sprig, fresh	4 ea.
BBQ spice rub	2 tsp.
Scallion (Green onion), thinly sliced	2 ea.
Cornbread (Recipe follows)	

Method

1. Preheat oven to 350°F.
2. Sort through the peas and rinse under cold water.
3. Simmer the peas in water until they are just tender. Reserve the peas and 2 quarts of the cooking liquid. If necessary, add stock to the cooking liquid to equal 2 quarts.
4. Heat the oil in a rondeau over medium-low heat. Add the onions, green peppers, celery, garlic, and red pepper flakes. Sweat until the vegetables have softened.
5. Rinse the rice well in a China cap. Drain. Add the rice to the sweated vegetables.
6. Add the reserved stock, cooked peas, bay leaves, and thyme sprigs. Bring them to a simmer, cover the pot, and place in the preheated oven. Cook until the rice and peas are tender, about 13 minutes.
7. Remove the rondeau from the heat. Allow the hoppin' John to rest, covered, for 5 minutes. Separate the grains with a kitchen fork. Add the spice rub. Adjust the seasoning to taste.
8. Garnish with the scallions. Serve accompanied with the cornbread.

CORNBREAD

Yield: 6 portions

Ingredients	Amounts
Flour, all-purpose	3 cups
Cornmeal, yellow	3 cups
Baking powder	2 Tbsp.
Sugar, granulated	½ cup
Salt, kosher	2 Tbsp.
Egg, whole	3 ea.
Buttermilk	1 qt.
Butter, unsalted, melted	1 cup

Method

1. Preheat oven to 350°F.
2. In a medium bowl, combine the flour, cornmeal, baking powder, sugar, and salt.
3. In a separate medium bowl, combine the eggs, buttermilk, and melted butter.
4. Add the dry ingredients to the wet ingredients.
5. Warm 2 cast iron skillets and oil them lightly. Place a cut out circle of parchment paper in the bottom.
6. Divide the batter into the 2 skillets. Bake until the cornbread is golden brown and cooked all the way through.

JAMAICAN ACKEE AND SALTFISH

Yield: 6 portions

Ingredients	Amounts
Fish, saltfish	4 lb.
Oil, vegetable	8 Tbsp.
Onion, yellow, sliced	4 ea.
Thyme, sprig, fresh	8 ea.
Tomato, small, diced	4 ea.
Pepper, bell, red	2 ea.
Pepper, bell, green	2 ea.
Chile, Scotch bonnet, seeds removed	1 ea.
Scallion (Green onion), stalk, chopped	4 ea.
Ackee, canned	8 ea.
Pepper, black, ground	2 tsp.

Method

1. Soak the saltfish for a minimum of two hours in cold water. Drain.
2. In a saucepan over medium heat, place the saltfish and cover it with fresh water. Bring it to a boil and cook for 15 minutes.
3. Transfer the fish to a large bowl of cold water. Wash the fish and allow it to cool.
4. Remove the skin, debone, and flake the saltfish. Reserve.
5. Heat the oil in a skillet over medium heat. Add the onions, thyme, tomato, red and green bell peppers, scotch bonnet, and scallions. Sauté for 3 minutes.
6. Add the flaked saltfish and cook for 3 minutes.
7. Add the ackee, lower the heat, and simmer for 10 to 15 minutes.
8. Season with the black pepper.

CURRY GOAT WITH GREEN MANGO SALSA

Yield: 6 portions

Ingredients	Amounts
Goat, on the bone, cut into pieces	10 lb.
Water	½ gal.
Stock, chicken	½ gal.
Thyme, sprigs, fresh	½ wt. oz.
Chile, habanero, stemmed, roughly cut	2 ea.
Garlic, bulb, cut in half	2 ea.
Curry powder, toasted	½ cup
Garam masala, toasted	2 Tbsp.
Cumin, ground, toasted	1 ½ Tbsp.

Green Mango Salsa (Recipe follows)

Roti Bread (Recipe follows)

Ulu (Breadfruit), peeled, 2-in. diced	1 lb.
Carrot, peeled, oblique cut, cooked	1 lb.
Scallions, bunch, white and green parts, sliced on a bias	½ ea.
Lime, juice	2 Tbsp.
Cornstarch	1 Tbsp.
Water	1 Tbsp.
Scallion (Green onion), white and green parts, sliced on a wide bias	1 ea.

Method

1. Preheat oven to 450°F.
2. Place the goat pieces on roasting racks on sheet trays. Sear the goat pieces in the preheated oven until nicely brown. Reserve.
3. Lower the oven temperature to 350°F.
4. In a sauté pan over medium heat, place the curry powder, garam masala, and cumin. Toast for 4 to 5 minutes.
5. In a large rondeau, combine the seared goat, water, chicken stock, thyme, habanero, split garlic bulbs, and the toasted spices.
6. Bring to a simmer, cover, and braise in the preheated oven until very tender, 2 to 3 hours. Remove the goat and allow it to cool. Reserve.
7. Strain the braising liquid through a chinoise. Remove the excess fat and reduce the braising liquid in a rondeau by 1/3.

8. In a pot of salted water, boil the carrots until tender. Drain, air dry, and reserve.
9. In a pot of salted water, boil the Ulu until tender. Drain, air dry, and reserve.
10. In a rondeau, add the boiled ulu, carrots, goat meat, scallions, and lime juice to the reduced cooking liquid. Try not to stir it too much or the meat may shred into fine pieces. Bring it gently to a simmer. Adjust the seasonings to taste.
11. In a small bowl, whisk together the cornstarch and water. Thicken the sauce slightly with the cornstarch slurry (*lié*).
12. Garnish with the scallions.

GREEN MANGO SALSA

Yield: 1 pint

Ingredients	Amounts
Mango, green	2 ea.
Carrot	3 wt. oz.
Lime, juice	4 Tbsp.
Cilantro, leaves, fresh, chopped	2 Tbsp.
Culantro, leaf, minced	3 ea.
Ginger, grated	½ Tbsp.
Garlic, clove, minced	1 ea.
Vinegar, wine, red	½ Tbsp.
Molasses	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Peel the mangoes and carrots. Grate them using the large holes of a box grater.
2. Combine both in a large bowl.
3. Add the lime juice, cilantro, culantro, ginger, garlic, vinegar, and molasses. Mix well.
4. Season with salt and pepper to taste.
5. Store chilled for service.

ROTI FLATBREAD WITH GUYANESE FILLING

Yield: 20 roti

Ingredients	Amounts
Flour, all-purpose	1 ¼ lb.
Salt, kosher	½ Tbsp.
Baking powder	1 Tbsp.
Shortening, vegetable	¼ lb.
Water	1 ¾ cups
Shortening, vegetable	2 wt. oz
Guyanese Filling (Recipe follows)	1 lb.
Oil, vegetable (Divided)	½ pt.

Method

1. For the dough, in the bowl of a 5-quart stand mixer fitted with a paddle attachment, combine the flour, salt, baking powder, and vegetable shortening.
2. Add the water and mix the dough to a smooth texture, about 5 minutes. The dough should be very moist but not sticky.
3. Cover the dough and let it rest for 20 minutes. Divide the dough into 1-ounce balls. Allow them to rest on a floured surface, covered, for 20 minutes.
4. Roll out the dough balls. Place a small amount of Guyanese Filling on one dough sheet and cover with another. Roll thin.
5. Heat ½ cup of the oil in a large sauté pan over a medium heat. Working in batches, gently fry the roti on both sides until golden brown. Drain on paper towels. Keep the roti bread warm in towels for service. Change the oil when it gets dirty.

GUYANESE FILLING

Yield: 1 pound

Ingredient	Amount
Water	½ gal.
Lentils, yellow	½ lb.
Cumin, ground	2 Tbsp.
Curry powder	2 Tbsp.
Garlic, clove, chopped	3 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Bring the water to a boil. Add the lentils. Cook for 4 minutes only. (If they are overcooked, they cannot be used.)
2. Drain and air-dry the split peas on paper towels to remove any excess moisture.
3. In a food processor, purée the cooked split peas, cumin, curry powder, garlic, salt, and pepper.

Note: Split peas (Dal) can be substituted for the lentils.

JAMAICAN MEAT PATTIES

Yield: 6 portions

Ingredients	Amounts
Egg, whole, well beaten	3 ea.
Milk, whole	3 Tbsp.
Puff pastry sheets, thawed	6 ea.
Curry powder	1 Tbsp.
Garam Masala	1 Tbsp.
Butter, unsalted	1 oz.
Onion, yellow, minced	¼ lb.
Garlic, clove, minced	3 ea.
Scallion (Green onion), bunch, white and green parts, minced	½ ea.
Chile, Scotch bonnet, fresh, minced	½ ea.
Ginger, finely minced	1/8 cup
Beef, ground	1 lb.
Achiote, paste	½ Tbsp.
Cumin, ground	1 tsp.
Allspice, ground	½ tsp.
Cardamom, ground	½ tsp.
Tomato, plum, minced fine	2 ea.
Thyme, leaves, fresh, chopped	1 Tbsp.
Rum, dark	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. For the egg wash, in a small bowl, whisk together the eggs and milk.
3. To assemble the dough, brush the puff pastry sheets with egg wash. Spread the curry powder and garam masala evenly across the top. Cover and refrigerate.
4. For the filling, heat the butter, add the onion, garlic, green onions, scotch bonnet, and ginger. Sweat until translucent, about 5 minutes over medium heat.
5. Add the ground beef, achiote paste, cumin, allspice, cardamom, and tomatoes; cook gently until the ground beef is completely cooked.
6. Add the thyme and rum and cook the mixture until most of the liquid evaporates but is not too dry. Season with salt and black pepper. Let cool completely.
7. Roll out the dough to about 1/8-inch thick. Cut out circles about 4 inches in diameter.

8. Place a heaping tablespoon of filling on one side of each circle, leaving ½-inch from the end. Brush the outer edges of each circle with egg wash and fold the dough in half as for a turnover. Crimp the edges with a fork.
9. Place the patties on a sheet tray lined with parchment paper. Brush the patties with egg wash.
10. Bake in the preheated oven until golden brown, 15 to 20 minutes.

LATIN AMERICAN CUISINE

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE: MEXICO

Tortilla Chips with Pico de Gallo and Guacamole
Green Oaxacan Mole
Refried Beans
Soak Pinto Beans
Churros

TEAM TWO: YUCATAN

Small Chicken Tacos
Pork Baked in Leaves
Marinate Pork
Black Rice
Soak Black Beans
Orange and Jicama Salad

TEAM THREE: SOUTH AMERICA

Bass Fillets in Coconut Milk
Paraguayan Bori Bori Soup
Fish and Shellfish Ceviche with Tostones
Grilled Flank Steak with Chimichurri Sauce

TEAM FOUR: CARIBBEAN

Salt Cod Fish Fritters
Soak Salt Cod for Salt Cod Fish Fritters
Lamb Curry
Rice with Black Beans
Braised Collard Greens

TEAM FIVE: PERU

Pork Adobo
Fried Rice
Potatoes with Huancaína Sauce

TORTILLA CHIPS

Yield: 6 portions

Ingredients

Amounts

Oil, vegetable	as needed
Tortilla, corn	8 ea.
Salt, kosher	as needed
Pico de Gallo (Recipe follows)	2 cups
Guacamole (Recipe follows)	2 cups

Method

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

PICO DE GALLO

Yield: 2 cups

Ingredients

Amounts

Tomato, small diced	1 lb.
Chile, serrano, seeded, minced	2 ea.
Onion, yellow, small diced	1 cup
Cilantro, bunch, fresh, chopped	½ ea.
Lime, juice	4 Tbsp.
Oil, olive, pure	2 Tbsp.
Salt, kosher	1 ½ tsp.

Method

1. In a small bowl, place all the ingredients. Toss well to combine.
2. Allow it to sit for at least ½ hour to allow the flavors to blend.
3. Serve in a chilled bowl.

GUACAMOLE

Yield: 2 cups

Ingredients	Amounts
Onion, red, small diced	¼ cup
Avocado, peeled, roughly diced	3 ea.
Tomato, small diced	⅓ cup
Chile, jalapeño, minced	1 Tbsp.
Cilantro, fresh, chopped	1 Tbsp.
Lime, juice	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Tabasco sauce	to taste

Method

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

Note: Guacamole can be stored for up to 8 hours before it oxidizes and turns brown.

GREEN OAXACAN MOLE

MOLE VERDE OAXAQUEÑO

Yield: 8 portions

Ingredients	Amounts
Beans, navy, white, soaked overnight, drained, rinsed	¼ lb.
Salt, kosher	to taste
Chicken, whole, cut into 8 pieces	2 ea.
Tomatillo, husked, rinsed, quartered	¾ lb.
Tomato, green, quartered	1 lb.
Onion, white, medium diced	1 ea.
Garlic, clove, peeled	6 ea.
Chile, jalapeño chiles, stem removed quartered	4 ea.
Oil, canola	3 Tbsp.
Masa	½ cup
Water	1¼ cup
Parsley, flat-leaf, leaves, fresh	½ cup
Epazote, tops only	½ cup
Hoja santa, fresh, torn into pieces	½ cup
Salt, kosher	to taste
Tortilla, corn, warm	24 ea.

Method

1. In a saucepot, place the beans. Add enough water to cover the beans and bring it to a boil. Lower the heat and simmer, covered, until the beans are cooked and soft, about 1 ½ hours. Season with salt to taste. Reserve.
2. Place the chicken pieces into a pot and cover with chicken stock. Bring it to a boil, lower the heat, and simmer gently until the chicken is cooked through. Reserve the chicken and the broth separately. Set them aside to cool. Break the chicken into large pieces.
3. In a blender, place the tomatillos, tomatoes, onion, garlic, and jalapenos. Purée until smooth. Add some of the reserved chicken broth to facilitate the blending.
4. Heat the oil in a Dutch oven over medium heat. Lower the heat and fry the vegetable mixture until it changes color and thickens, about 15 minutes.
5. Add 2 cups of the reserved broth to the mixture and simmer for 30 minutes.
6. In a blender, mix the fresh masa with 1 cup water and stream into the simmering chile mixture, whisking constantly. Simmer until the masa is cooked through, about 10 minutes. Season with salt to taste.
7. Place the parsley, epazote, and hoja santa in a blender. Add water, as needed, to make a purée. Pass through a medium mesh strainer. Add it to the simmering chile mixture.

8. Add the chicken and beans to the simmering mixture and cook until heated through.
9. Serve in a heated bowl accompanied with the warm tortillas.

Note: If fresh masa is not available, substitute 1 cup masa harina and 1 ½ cups water for the mole and follow the instructions for the fresh masa.

REFRIED BEANS

Yield: 6 portions

Ingredients	Amounts
Beans, pinto, soaked overnight	1 ¼ cups
Lard	3 Tbsp.
Onion, yellow, chopped	2 cups
Garlic, minced	2 Tbsp.
Salt, kosher	to taste

Method

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

Note: Vegetable oil can be substituted for the lard.

CHURROS

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	as needed
Water	1 ½ cups
Butter, unsalted	12 Tbsp.
Salt, kosher	1 tsp.
Flour, all-purpose	1 ½ cups
Egg, whole	6 ea.
Sugar, granulated	½ cup
Cinnamon, ground	1 ½ tsp.

Method

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

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

SMALL CHICKEN TACOS

Yield: 6 portions

Ingredients	Amounts
Chicken, breast	3 ea.
Onion, yellow, chopped	½ cup
Garlic, clove, chopped	3 ea.
Salt, kosher	1 Tbsp.
Peppercorns, black	1 ½ tsp.
Epazote	1 ½ tsp.
Red pepper flakes	¼ tsp.
Water	1 qt.
Oil, vegetable	2 Tbsp.
Onion, yellow, small diced	1 cup
Garlic, clove, chopped	3 ea.
Chile, jalapeño, seeded, small diced	1 ea.
Tomato, chopped	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Cilantro, fresh, chopped	⅓ cup
Corn Tortillas (Recipe follows)	15 ea.
Oil, vegetable	6 Tbsp.

Method

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

CORN TORTILLAS

Yield: 15 tortillas

Ingredients

Amounts

Flour, masa harina

2 cups

Water, warm

1 ½ cups

Method

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

PORK BAKED IN LEAVES

Yield: 6 portions

Ingredients	Amounts
Achiote, paste	3 wt. oz.
Lime, juice, fresh	½ cup
Orange, juice	½ cup
Garlic, clove, chopped	4 ea.
Cilantro, bunch, fresh, chopped	½ ea.
Sugar, granulated	2 tsp.
Salt, kosher	1 ½ tsp.
Pepper, black, ground	¾ tsp.
Pork, shoulder	3 lb.
Banana, leaf	2 ea.
Lard, melted	½ cup

Method

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

BLACK RICE

Yield: 6 portions

Ingredients	Amounts
Beans, black, soaked overnight	3 cups
Stock, chicken	2 ½ qt.
Onion, yellow, medium diced	1 ea.
Chile, serrano, seeded, small diced	1 ea.
Ham, hock	1 ea.
Epazote	1 Tbsp.
Pepper, black, ground	1 ½ tsp.
Salt, kosher	1 Tbsp.
Tomato, chopped	1½ cups
Onion, yellow, chopped	1 ½ cups
Garlic, clove, chopped	3 ea.
Salt, kosher	2 tsp.
Pepper, black, ground	1 tsp.
Butter, unsalted	2 Tbsp.
Rice, long-grain, white	2 cups

Method

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

ORANGE AND JICAMA SALAD

Yield: 6 portions

Ingredients	Amounts
Radish, thinly sliced	5 ea.
Orange, peeled, sùpreme cut	3 ea.
Jicama, peeled, julienned	1 lb.
Onion, red, julienned	$\frac{3}{4}$ cup
Cilantro, bunch, fresh, chopped	$\frac{1}{2}$ ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Tabasco sauce	to taste

Method

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

BASS FILLETS IN COCONUT MILK

Yield: 6 portions

Ingredients	Amounts
Fish, bass, fillet, 4 wt. oz.	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	¼ cup
Onion, yellow, finely chopped	1 ea.
Pepper, bell, green, chopped	1 ea.
Chile, jalapeño, seeded, chopped	1 ea.
Tomato, chopped	½ cup
Plantain, green, peeled, ½-in. sliced	2 ea.
Coconut, milk	2 cups
Cilantro, fresh, chopped	3 Tbsp.

Method

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

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

PARAGUAYAN BORI BORI SOUP

Yield: 2 quarts

Ingredients	Amounts
Cornmeal	1/3 cup
Cheese, Parmesan, grated	1/3 cup
Flour, all-purpose	1/3 cup
Baking powder	1 1/2 tsp.
Salt, kosher	1/2 tsp.
Pepper, black, ground	1/8 tsp.
Egg, whole, lightly beaten	1 ea.
Scallion (Green onion), white only, minced	2 Tbsp.
Oil, canola	3 Tbsp.
Milk, whole	3 Tbsp.
Oil, canola	1 Tbsp.
Beef, shoulder, med. diced	1 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Stock, chicken	2 qt.
Oil, canola	1 Tbsp.
Onion, yellow, minced	1 1/2 cups
Carrot, small diced	3/4 cup
Celery, small diced	3/4 cup
Garlic, minced	2 tsp.
Bay leaf, dried	1 ea.
Clove, whole	1 ea.
Saffron, thread	3 ea.
Parsley, flat-leaf, fresh, chopped	3 Tbsp.
Cheese, Parmesan, grated	1/4 cup

Method

1. For the dumplings, in a large bowl, place the cornmeal, Parmesan, flour, baking powder, salt, pepper, egg, scallions, oil, and milk. Mix to combine. Cover the batter and let it rest for at least 45 minutes and up to 3 hours.
2. Heat the oil in a soup pot over medium-high heat. Season the beef with salt and pepper. Add the beef and sear until well browned, 7 to 8 minutes.
3. Add the chicken stock and simmer over low heat until the beef is tender, about 1 hour. Transfer the beef to a plate and reserve. Strain the stock through a fine sieve and reserve.
4. In the same pan, heat the oil over medium high heat. Add the onion, carrot, and celery. Sauté, stirring frequently, until the onion is translucent, 8 to 10 minutes.

5. Add the garlic and sauté until aromatic.
6. Add the strained stock to the soup pot. If needed, add more chicken stock, if needed, to make 8 cups. Bring the stock to a simmer.
7. Add the bay leaf, clove, and saffron. Simmer until the vegetables are tender and the broth is flavorful, about 30 minutes. Discard the bay leaf and clove. Return the beef to the soup.
8. To form each dumpling, pinch off 1 teaspoon of dough and roll it into a ball. Add the dumplings to the soup and simmer until they are cooked through, 20 to 25 minutes.
9. Stir in the parsley. Season with salt and pepper to taste.
10. Serve immediately in a warm bowl, accompanied by the Parmesan cheese.

FISH AND SHELLFISH CEVICHE WITH TOSTONES

Yield: 6 portions

Ingredients	Amounts
Shrimp, peeled, deveined, small diced	½ lb.
Scallop, sea, small diced	½ lb.
Fish, sea bass, fillet, small diced	½ lb.
Chile, aji, minced	1 ea.
Onion, red, minced	½ ea.
Lime, juice	1 cup
Salt, kosher	as needed
Cilantro, fresh, chopped	3 Tbsp.
Corn, kernels, frozen, thawed, roasted, cooled	1 cup
Tostones (Recipe follows)	1x recipe

Method

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

TOSTONES

Yield: 6 portions

Ingredients

Amounts

Oil, vegetable	as needed
Plantain, not too ripe	2 ea.
Salt, kosher	to taste

Method

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

GRILLED FLANK STEAK WITH CHIMICHURRI SAUCE

Yield: 6 portions

Ingredients	Amounts
Garlic, minced	2 Tbsp.
Salt, kosher	2 Tbsp.
Vinegar, wine, red	¼ cup
Oil, olive, extra-virgin	2 Tbsp.
Shallot, finely chopped	¼ cup
Scallion (Green onion), finely chopped	¼ cup
Chile, aji, seeds and veins removed, minced	½ ea.
Oregano, fresh, chopped	1 cup
Parsley, flat-leaf, fresh, chopped	1 cup
Beef, flank steak, trimmed	2 ¼ lb.
Oil, olive, pure	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

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

SALT COD FISH FRITTERS

Yield: 6 portions

Ingredients	Amounts
Fish, salt cod, boneless	1 lb.
Oil, vegetable	2 Tbsp.
Garlic, clove, chopped	4 ea.
Pepper, bell, red, small diced	1 ea.
Pepper, bell, green, small diced	1 ea.
Onion, yellow, small diced	½ cup
Flour, all-purpose	1 ½ cups
Baking powder	2 tsp.
Water	1 cup
Chive, bunch, chopped	¼ ea.
Scallion (Green onion), bunch, green only, sliced on bias	¼ ea.
Pepper, black, ground	2 tsp.
Oil, vegetable	as needed

Method

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

LAMB CURRY

Yield: 6 portions

Ingredients	Amounts
Lamb, boneless, cut into 2-in. cubes	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	1 Tbsp.
Oil, olive, pure	3 Tbsp.
Onion, yellow, small diced	1 cup
Garlic, clove, minced	5 ea.
Curry powder	1 ½ Tbsp.
Tamarind, paste	1 Tbsp.
Wine, white, dry	2 cups
Stock, veal, brown	2 cups
Potato, peeled, medium diced	3 cups
Squash, acorn, peeled, medium diced	1 cup
Chayote, pit removed, medium diced	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lemon, juice, fresh	2 Tbsp.

Method

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

RICE WITH BLACK BEANS

MOROS Y CRISTIANOS

Yield: 6 portions

Ingredients	Amounts
Beans, black	8 wt. oz.
Stock, chicken	1 $\frac{3}{4}$ qt.
Pork, ham hock, smoked	1 ea.
Pepper, bell, green	$\frac{1}{2}$ ea.
Bay leaf, dried	2 ea.
Oregano, dried	2 tsp.
Oil, olive, extra-virgin	1 fl. oz.
Pork, salt pork, small diced	1 wt. oz.
Onion, yellow, small diced	4 wt. oz.
Garlic, clove, chopped	2 ea.
Chile, jalapeño, small diced	1 ea.
Pepper, bell, red, small diced	1 ea.
Pepper, bell, green, small diced	$\frac{1}{2}$ ea.
Rice, white, long-grain	3 cup
Salt, kosher	1 Tbsp.
Pepper, black, ground	$\frac{1}{4}$ tsp.

Method

1. In a sauce pot, place the beans, chicken stock, ham hock, green pepper, bay leaves, and oregano. Cook over medium heat until tender.
2. Drain. Reserve the liquid and the beans separately.
3. Cut the ham hock into small dice. Reserve.
4. In a sauté pan over medium heat, place the salt pork. Sauté until crispy.
5. Add the onions, garlic, chile, and peppers. Stir in the rice.
6. Add the cooked beans, ham hock, and 1 $\frac{1}{4}$ qt. of the reserved stock. Season with salt and pepper to taste. Bring it to a boil, then reduce heat to a simmer. Cover and cook until the rice is tender, about 18 minutes.

BRAISED COLLARD GREENS

Yield: 6 portions

Ingredients	Amounts
Oil, olive, extra-virgin	2 Tbsp.
Pork, bacon, minced	¼ lb.
Onion, yellow, minced	1 cup
Garlic, clove, minced	2 ea.
Collard greens, washed, stems removed	2 ¼ lb.
Stock, chicken	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

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

PORK ADOBO

CHANCHO ADOBADO

Yield: 6 portions

Ingredients	Amounts
Garlic, head, peeled	1 ea.
Vinegar, white	8 fl. oz.
Achiote, paste	2 Tbsp.
Cumin, ground	2 Tbsp.
Chile, cayenne, ground	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Pork, shoulder, 2-in. cubed	3 lb.
Oil, vegetable	2 Tbsp.
Orange, juice	3 fl. oz.
Potato, sweet, peeled, $\frac{3}{4}$ -in. sliced	1 $\frac{1}{2}$ lb.

Method

1. In a blender, purée the garlic, vinegar, achiote, cumin, and cayenne. Season with salt and pepper to taste.
2. In a large bowl, combine the pork and the garlic marinade. Mix well. Cover and allow it to marinate, refrigerated, for 2 hours or overnight.
3. Remove the pork cubes and pat them dry. Heat the oil in a large skillet. Add the pork and sauté until golden brown.
4. Add the orange juice. Cook, covered, over very low heat until the meat is tender, about 1½ to 2 hours. If the meat appears to be drying out, add a little water. There should be very little sauce when the dish is finished.
5. Bring a pot of salted water to a boil. Add the sweet potato slices and cook until tender, 15 to 20 minutes. Drain.
6. Arrange the pork in the center of a large, heated platter. Surround it with the sweet potato slices, moistened slightly with the sauce.

FRIED RICE

ARROZ CHAUFA

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	2 fl. oz.
Onion, yellow, chopped	2 wt. oz.
Garlic, cloves, minced	3 ea.
Rice, basmati	2 cups
Stock, chicken	1 ½ pt.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Oil, peanut	1 fl. oz.
Garlic, clove, chopped	3 ea.
Scallion (Green onion), bunch, sliced	1 ea.
Ginger, chopped	¼ tsp.
Pork, loin, med. diced	8 wt. oz.
Shrimp, U-15, peeled, deveined, cut into ½-in. rounds	4 ea.
Chicken, breast, med. diced	1 ea.
Egg, whole, scrambled	4 ea.
Soy sauce	2 Tbsp.

Method

1. Heat the oil in a sauté pan. Add the onions and sauté until soft.
2. Add the garlic and rice and sauté for another 5 minutes.
3. Add the stock. Season with the salt and pepper. Bring it to a boil, then reduce the heat to low. Cover and cook for 20 minutes. Remove the pan from the heat. Separate the grains of rice with a fork to prevent clumping.
4. Heat the peanut oil in a large pan. Add the garlic, green onions, and ginger. Sauté until the vegetables are soft.
5. Add the pork, shrimp, and chicken. Sauté until the proteins are cooked through.
6. Add the rice, eggs, and soy sauce. Cook for 3 minutes. Toss to combine.

POTATOES WITH HUANCAÍNA SAUCE

PAPAS A LA HUANCAÍNA

Yield: 6 portions

Ingredients	Amounts
Potato, yellow, peeled	2 lb.
Milk, evaporated	1 pt.
Oil, olive, extra-virgin	4 fl. oz.
Cheese, queso fresco, crumbled	8 wt. oz.
Egg, whole, hard-cooked	4 ea.
Crackers, Saltine, crumbled	2 ea.
Onion, yellow, chopped	2 wt. oz.
Garlic, clove, chopped	1 ea.
Pepper, bell, yellow, seeded	1 ea.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Turmeric, ground	⅛ tsp.

Method

1. Preheat oven to 350°F.
2. In a large saucepan, place the potatoes and enough cold water to cover by about 1 inch. Season generously with salt. Bring to a boil, lower the heat, and simmer until potatoes are fork tender, 10 to 15 minutes.
3. Slice the potatoes 1-inch thick. Arrange the potato slices in a cast-iron skillet or earthenware casserole. Reserve.
4. In a blender, combine the milk, oil, cheese, eggs, crackers, onions, garlic, and pepper. Season with salt, pepper, and turmeric. Purée until smooth.
5. Pour the sauce over the potatoes. Bake in the preheated oven until done, about 20 minutes.

RECIPE INDEX

Bass Fillet in Coconut Milk.....	55	Niter Kibbeh	22
Black Rice	53	Orange and Jicama Salad.....	54
Black-Eyed Pea and Okra Fritters	12	Paraguayan Bori Bori Soup.....	56
Braised Beets with Jalapeño Peppers	21	Pico de Gallo	44
Braised Collard Greens.....	64	Pili Pili Sauce	13
Churros.....	49	Pork Adobo	65
Collards with Onions and Ginger	24	Pork Baked in Leaves	52
Corn Tortillas.....	51	Potato Tagine with Olives and Harissa	10
Cornbread	33	Potatoes and Cabbage in Ginger and Turmeric Sauce.....	23
Côte d'Ivoire-Style Chicken Stew	18	Potatoes with Huancaína Sauce	67
Crawfish, Alligator, and Okra Gumbo.....	27	Quick Ethiopian Flatbread.....	20
Curry Goat with Green Mango Salsa	35	Refried Beans	48
Fish and Shellfish Ceviche with Tostones... 58		Roti Flatbread with Guyanese Filling	38
Fried Rice	66	Salt Cod Fish Fritters	61
Fried Sardines Tangier style	11	Senegalese Fish and Rice	14
Green Mango Salsa	37	Senegalese Parsley Paste	16
Green Oaxacan Mole	46	Shrimp and Rabbit Jambalaya with Andouille Sausage.....	30
Grilled Flank Steak with Chimichurri Sauce60		Shrimp Stock.....	29
Guacamole.....	45	Small Chicken Tacos.....	50
Guyanese Filling.....	39	Somali Beef Pastries	26
Hoppin' John.....	32	Spicy Ethiopian Chicken Stew.....	25
Jamaican Ackee and Saltfish.....	34	Tortilla Chips	43
Jamaican Meat Patties.....	40	Tostones	59
Jollof Rice	17	Yam Fufu.....	19
Kefta Brochettes	8		
Lamb Curry	62		
Moroccan Clarified Butter.....	9		

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.**

Release of student record information is generally not done at the CIA without the expressed, written consent of the student. There are, however, some exceptions. For example, directory information includes the following, and may be released without the student's consent: name, permanent address, campus box number, CIA email address, photographs, program of study, dates of attendance, and degrees or certificates awarded with dates. Please note that you have the right to withhold the release of directory information. To do so, you must complete a "Request for Non-Disclosure of Directory Information" form, which is available from the CIA Consulting Department at 845-905-4417. Please note two important details regarding placing a "No Release" on your record:

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>.

Questions concerning FERPA should be referred to the Office of the Registrar, The Culinary Institute of America, 1946 Campus Drive, Hyde Park, NY, 12538.

CIA INSTRUCTOR POLICY ON PROPRIETARY INTERESTS DISCLOSURE AND REPRESENTATION

The instructor does not have a proprietary interest in any product, instrument, device, service, or material to be discussed during the learning event, nor does the instructor receive third-party compensation related to the presentation.

These Materials Were Developed at the Culinary Institute of America.

Sodexo African and Latin American Cuisine Course Guide 2025 v.1110.docx

Copyright © 2025
Culinary Institute of America

All Rights Reserved

This manual is published and copyrighted by the Culinary Institute of America.
Copying, duplicating, selling, or otherwise distributing this product is hereby expressly
forbidden except by prior written consent of the Culinary Institute of America.