



CIA ProChef
Culinary Institute of America

**USMC
ProChef I
Culinary Immersion**



CIA Consulting Department, Hyde Park, New York

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The Culinary Institute of America

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Welcome to the CIA!

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

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

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

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

Wishing you all the best,

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

David Kamen '88 MBA PC^{III}
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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

DAY ONE

PRODUCTION ASSIGNMENTS

CHEF DEMO

Knife Cuts

Brown Veal Stock

Clarified Butter

KNIFE CUTS

- From 3 each 100 ct. Russet Potatoes, Produce:
 - 4 Tourné
 - 2 oz. Julienne
 - 2 oz. Brunoise
 - 2 oz. Bâtonnet
 - 2 oz. Small Dice
- From 1 Large Spanish Onion, Produce:
 - ½ Cup Julienne
 - ½ Cup Small Dice

EACH PARTICIPANT

Start Brown Veal Stock (Roast Bones, Make Pinçage, and Hold)

Clarified Butter

BROWN VEAL STOCK

Yield: 1 gallon

Ingredients	Amounts
Oil, vegetable	2 fl. oz.
Veal, bones, knuckles, trim, rinsed, dried	8 lb.
Water, cold	6 qt.
Mirepoix	
Onion, yellow, large diced	8 wt. oz.
Carrot, large diced	4 wt. oz.
Celery, large diced	4 wt. oz.
Tomato, paste	6 wt. oz.
Sachet d'épices	
Parsley, fresh, stem	3 ea.
Bay leaf, dried	1 ea.
Garlic, clove	1 ea.
Thyme, dried	½ tsp.
Peppercorns, black, cracked	½ tsp.

Method

1. To condition the roasting pan, heat the pan and enough oil to lightly film the pan in a 450°F oven. Add the bones to the pan, then return to the oven. Roast the bones, stirring and turning occasionally, until the bones are a deep brown, about 30 to 45 minutes.
2. Transfer the bones to a stockpot and add the cold water. Deglaze the roasting pan with a little additional cold water and add the released drippings to the stockpot. Slowly bring the stock to a simmer over low heat. If necessary, adjust the heat to establish an even, gentle simmer and continue to cook, skimming the surface as necessary.
3. While the stock is simmering, heat a rondeau over medium-high heat. Add enough oil to film the pan. Add the mirepoix and cook, stirring occasionally, until the onions are a deep golden brown, about 15 to 20 minutes.
4. Add the tomato paste to the rondeau and continue to cook, stirring frequently, until it takes on a rusty brown color and a sweet aroma, about 1 to 2 minutes. Add a few ladles of the stock to the rondeau and stir well to release the drippings. Add this mixture back to the stock after the stock has been simmering for about 5 hours. Add the sachet at the same time.
5. Continue to simmer the stock, skimming as necessary and tasting occasionally until it has developed a rich flavor and noticeable body, about 1 more hour.
6. Strain the stock and degrease if necessary. It can be used now or can be rapidly cooled and stored for later use.

CLARIFIED BUTTER

Yield: 12 fluid ounces

Ingredients

Amounts

Butter, unsalted

1 lb.

Method

1. Heat the butter over low 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.
3. Pour or ladle off the butterfat into another container, being careful to leave all the milk solids in the pan on the bottom.

DAY TWO

PRODUCTION ASSIGNMENTS

CHEF DEMO

Knife Cuts

Chicken Stock

Onion Soup Gratinée

KNIFE CUTS

- From 3 each 100 ct. Russet Potatoes, Produce:
 - 4 Tourné
 - 2 oz. Julienne
 - 2 oz. Brunoise
 - 2 oz. Bâtonnet
 - 2 oz. Small Dice
- From 1 Large Spanish Onion, Produce:
 - ½ Cup Julienne
 - ½ Cup Medium Dice
- From 2 lb. Cello Carrots, Produce:
 - Minimum of 4 Tourné
 - 1 Cup Oblique-Cut
 - 1 Cup Rondelles

EACH PARTICIPANT

Complete Brown Veal Stock (Simmer Stock) or Chicken Stock

Onion Soup Gratinée

CHICKEN STOCK

Yield: 1 gallon

Ingredients	Amounts
Chicken, bones, meaty, cut into 3-inch lengths	8 lb.
Water, cold or remouillage	6 qt.
Mirepoix	
Onion, Spanish, medium diced	8 wt. oz.
Carrot, medium diced	4 wt. oz.
Celery, medium diced	4 wt. oz.
Sachet d'épices	
Parsley, stems	3 ea.
Bay leaf, dried	1 ea.
Garlic, clove	1 ea.
Thyme, dried	½ tsp.
Peppercorns, black, cracked	½ tsp.

Method

1. Rinse the bones under cold running water and place in a stockpot.
2. Add enough cold water or remouillage to cover the bones by about 2 inches.
3. Slowly bring the stock to a simmer. Skim the surface as necessary.
4. Continue to simmer for 3 to 4 hours. Add the mirepoix and sachet and continue to simmer for 1 more hour, skimming as necessary and tasting occasionally.
5. Strain the stock through a sieve or colander lined with rinsed cheesecloth. The stock can be used now, or it may be properly cooled, labeled, and stored.

Note: Replace 2 lb. if the chicken bones with turkey necks for an extra rich gelatinous stock. Add or replace aromatic ingredients to achieve a particular flavor. Examples include:

- Ginger, lemongrass, and fresh or dried chiles
- Juniper berries for game stocks
- Strongly flavored herbs such as tarragon or rosemary
- Wild mushroom stems

ONION SOUP GRATINÉE

Yield: 2 quarts

Ingredients	Amounts
Onion, yellow, sliced thin	2 ½ lb.
Butter, clarified	1 wt. oz.
Stock, beef, white	2 qt.
Brandy, Calvados	2 fl. oz.
Sachet d'épices	
Parsley, stem	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
Cheese, Gruyère, grated	5 wt. oz.
Bread, French, slice	10 ea.

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, about 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.
5. Portion into heated bowls or cups. Top with the Gruyère.
6. Brown under a salamander or broiler or bake in a moderate oven until lightly browned.
7. Garnish each portion with a slice of French bread.

DAY THREE

PRODUCTION ASSIGNMENTS

CHEF DEMO

Knife Cuts

Vegetable Stock

Petite Marmite

KNIFE CUTS

- From 3 each 100 ct. Russet Potatoes, Produce:
 - 4 Tourné
 - 2 oz. Julienne
 - 2 oz. Brunoise
 - 2 oz. Bâtonnet
 - 2 oz. Small Dice
- From 1 Large Spanish Onion, Produce:
 - ½ Cup Julienne
 - ½ Cup Small Dice
- From 2 lb. Cello Carrots, Produce:
 - Minimum of 4 Tourné
 - 1 Cup Oblique-Cut
 - 1 Cup Rondelles
- From 3 Tomatoes: Concassé
- From 5 Garlic Cloves: Mince

EACH PARTICIPANT

Vegetable Stock

Petite Marmite

Half of the Participants: Soak Your Black Beans for Day 4

VEGETABLE STOCK

Yield: 1 quart

Ingredients	Amounts
Oil, vegetable	2 fl. oz.
Onion, yellow, sliced	4 wt. oz.
Leek, chopped	4 wt. oz.
Celery, chopped	4 wt. oz.
Cabbage, green, chopped	3 wt. oz.
Carrot, chopped	3 wt. oz.
Tomato, chopped	2 wt. oz.
Garlic, clove, crushed	3 ea.
Water, cold	1 ¼ qt.
 <i>Sachet d'épices</i>	
Parsley, stem	3 ea.
Clove	3 ea.
Bay leaf, dried	1 ea.
Garlic, clove	1 ea.
Fennel seeds	1 tsp.
Thyme, dried	½ tsp.
Peppercorns, black, cracked	½ tsp.

Method

1. Heat the oil in a rondeau over medium-high heat, then add the onions, leeks, celery, cabbage, carrots, tomatoes, and garlic.
2. Cover and sweat the vegetables for 3 to 5 minutes, stirring occasionally.
3. Add the water and sachet; simmer for 30 to 40 minutes.
4. Strain the stock. It can be used now or may be cooled and stored for later use.

PETITE MARMITE

Yield: 2 quarts

Ingredients	Amounts
Chicken, whole, about 3 lb.	1 ea.
Stock, chicken, cold	3 qt.
Celery, stalk, diced	2 ea.
Leek, white and green, diced	2 ea.
Onion, yellow, small diced	1 ea.
Carrot, small diced	1 ea.
Turnip, white, diced	1 ea.
Cabbage, green, head, diced	¼ ea.
 <i>Sachet d'épices</i>	
Parsley, fresh, stems	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
Parsley, flat-leaf, chopped	½ wt. oz.

Method

1. Remove the neck and giblets from the chicken cavity. Rinse the cavity with cold water.
2. Place the chicken in a large stockpot and cover with cold chicken stock. Bring to a simmer over low heat. Simmer, skimming the surface as necessary, until the chicken is fork-tender, about 2 hours.
3. Remove the chicken and set aside to cool. Strain the broth through a chinois or cheesecloth-lined colander. Return the broth to the stockpot.
4. Add the celery, leek, onion, carrot, turnip, cabbage, and sachet to the broth. Bring to a simmer and cook until vegetables are tender, 15 to 20 minutes. Remove the sachet and discard.
5. When the chicken has cooled, remove the skin and bones and dice the meat. Return the diced chicken to the broth. Simmer for 5 minutes to heat through.
6. Season the soup with salt and pepper to taste.
7. Serve in heated bowls. Garnish with parsley and croutons, if desired.

DAY FOUR

PRODUCTION ASSIGNMENTS

CHEF DEMO

Knife Cuts

Basic Roux

Chicken Velouté

Purée of Black Bean Soup

KNIFE CUTS

- From 3 each 100 ct. Russet Potatoes, Produce:
 - 4 Tourné
 - 2 oz. Julienne
 - 2 oz. Small Dice
- From 1 Large Spanish Onion, Produce:
 - ½ Cup Julienne
 - ½ Cup Small Dice
- From 2 lb. Cello Carrots, Produce:
 - Minimum of 4 Tourné
 - 1 Cup Oblique-Cut
- From 3 Tomatoes: Concassé
- From 5 Garlic Cloves: Mince
- From 3 Shallots: Mince
- From 1 Orange and 1 Grapefruit: Suprême
- From ¼ Cup Parsley: Finely Chop

EACH PARTICIPANT

Basic Roux

Chicken Velouté

Purée of Black Bean Soup

BASIC ROUX

Yield: 1 pound

Ingredients	Amounts
Butter, clarified	8 fl. oz.
Flour, all-purpose	12 wt. oz.

Method

1. Heat the clarified butter or oil in a rondeau over moderate heat.
2. Add the flour all at once. Stirring constantly, cook over low heat until roux is pale ivory, for approximately 8 minutes.

Note: Vegetable oil can be substituted for the clarified butter.

Variations:

White roux: Always use oil to maintain color. Cook as directed above.

Blond/pale roux: Cook roux for an additional 2 to 3 minutes, until roux becomes golden in color.

Brown roux: Continue to cook roux until browned and emits a pronounced nutty aroma.

CHICKEN VELOUTÉ

Yield: 1 quart

Ingredients	Amounts
Butter, clarified	1 ½ fl. oz.
White Mirepoix	
Onion, yellow, small diced	½ wt. oz.
Leek, small diced	½ wt. oz.
Celery, small diced	½ wt. oz.
Parsnip, small diced	½ wt. oz.
Flour, all-purpose	2 ½ wt. oz.
Stock, chicken	40 fl. oz.
Sachet d'épices	
Parsley, stem	1 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, dried	¼ tsp.
Garlic, clove	1 ea.
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. Heat the butter in a saucepan over medium heat. Add the white mirepoix and cook, stirring occasionally, until the onions are limp and have begun to release their juices into the pan, about 15 minutes. Do not allow it to brown.
2. Add the flour and stir well to combine. Cook over low to medium heat, stirring frequently, until a pale or blond roux forms, about 12 minutes.
3. Add the stock to the pan gradually, stirring or whisking to work out any lumps. Bring it to a simmer. (Use a heat diffuser, if desired, to avoid scorching.)
4. Add the sachet and continue to simmer, skimming as necessary, until a good flavor and consistency develop, and the starch of the flour has cooked away, 45 minutes to 1 hour.
5. Strain the sauce through a fine sieve. Strain a second time through a double thickness of rinsed cheesecloth, if desired, for the finest texture. The sauce can now be finished, or it may be cooled and stored for later use.
6. Return the sauce to a simmer. Adjust the seasoning with salt and pepper to taste.

Note: To make a very rich sauce, simmer the stock with the addition of trim to fortify the flavor. Use 2 pounds chicken trim, wing tips, or backs per gallon batch.

PURÉE OF 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. slice	1 ea.
Chile, hot, dried	1 ea.
Parsley, stem	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. (If you soaked your beans overnight, start here) Sort through the beans, discarding any stones or bad beans. Place the beans in a large pot and pour in enough water to cover by at least 3 inches. Bring to a boil, then remove from the heat. Cover and soak for 1 hour. Drain the beans, rinse in cold water, and set aside.
2. (If using the quick soak method, start here) Heat the olive oil in a soup pot over medium heat. Add the garlic, leeks, and onions. Cover and cook, stirring occasionally, until the vegetables are translucent, about 10 minutes.
3. 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.
4. Remove the sachet and discard. 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.

5. Just before serving, stir in the lemon juice and zest. Season with salt and pepper to taste. Serve in heated bowls, garnished with sour cream, tomato, and scallions.

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

DAY FIVE

PRODUCTION ASSIGNMENTS

CHEF DEMO

Espagnole Sauce

Cream of Tomato Soup

KNIFE CUTS

- From 3 each 100 ct. Russet Potatoes, Produce:
 - 4 Tourné
 - 2 oz. Bâtonnet
 - 2 oz. Small Dice
- From 1 Large Spanish Onion, Produce:
 - ½ Cup Julienne
 - ½ Cup Small Dice
- From 2 lb. Cello Carrots, Produce:
 - Minimum of 4 Tourné
 - 1 Cup Oblique-Cut
 - 1 cup julienne
- From 3 Tomatoes: Concassé
- From 5 Garlic Cloves: Mince
- From 3 Shallots: Mince
- From 1 Orange and 1 Grapefruit: Suprême
- From ¼ Cup Parsley: Finely Chop

EACH PARTICIPANT

Espagnole Sauce

Cream of Tomato Soup

ESPAGNOLE SAUCE

Yield: 1 quart

Ingredients	Amounts
Oil, vegetable	1 ½ Tbsp.
Mirepoix	
Onion, yellow, medium diced	2 wt. oz.
Carrot, medium diced	1 wt. oz.
Celery, medium diced	1 wt. oz.
Tomato, paste	1 ½ wt. oz.
Stock, veal, brown	1 ¼ qt.
Roux, brown	4 ½ wt. oz.
Sachet d'épices	
Parsley, fresh, stem	2 ea.
Bay leaf, dried	1 ea.
Garlic, clove	1 ea.
Thyme, dried	¼ tsp.
Peppercorns, black, cracked	¼ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the oil in a rondeau over medium heat and sauté the onions until translucent. Add the carrot and celery and continue to brown.
2. Add the tomato paste and cook for several minutes until it turns a rusty brown and has a sweet aroma, about 1 minute.
3. Add the stock and bring it to a simmer.
4. Whisk the roux into the stock. Return to a simmer and add the sachet. Simmer for about 1 hour, skimming the surface as necessary.
5. Strain the sauce. Adjust seasoning with salt and pepper. The sauce is ready to serve now, or it may be rapidly cooled and refrigerated for later use.

CREAM OF TOMATO SOUP

Yield: 2 quarts

Ingredients	Amounts
Bacon, small diced (Optional)	1 wt. oz.
Butter, unsalted	1 ½ wt. oz.
Carrot, small diced	4 wt. oz.
Celery, small diced	2 wt. oz.
Onion, yellow, small diced	2 wt. oz.
Garlic, clove, minced	1 ea.
Flour, all-purpose	2 wt. oz.
Stock, chicken	1 qt.
Tomato, fresh or canned, chopped	1 lb.
Tomato purée	12 fl. oz.
Salt, kosher	to taste
Pepper, white, ground	to taste
 <i>Sachet d'épices</i>	
Parsley, stem	2 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, dried	¼ tsp.
Garlic, clove, crushed	1 ea.
Clove	1 ea.
 Heavy cream, hot	 8 fl. oz.
Croutons	8 wt. oz.

Method

1. Render the bacon, if using, in the butter over medium heat in a soup pot. Do not brown.
2. Add the carrots, celery, onions, and garlic. Sweat until the vegetables are tender, 8 to 10 minutes.
3. Add the flour and mix well. Cook out to make a blond roux, about 12 minutes.
4. Add the stock and blend well. Add the chopped tomatoes, tomato purée, salt, and pepper. Simmer for about 25 minutes.
5. Add the sachet and simmer for an additional 25 minutes.
6. Remove the sachet. Strain the solids out of the soup and purée them until they are completely smooth. Return the purée to the liquid and simmer slowly over medium-low heat for 8 to 10 minutes. Strain the soup through a fine-mesh sieve or cheesecloth. The soup is ready to finish now, or it may be rapidly cooled and refrigerated for later service.
7. For service, return the soup base to a simmer. Add the cream and adjust the seasoning with salt and pepper to taste. Garnish individual portions with croutons.

DAY SIX

PRODUCTION ASSIGNMENTS

CHEF DEMO

Cleaning Salad Greens

Caesar Dressing

Grilled Chicken

KNIFE CUTS

- From 2 each 100 ct. Russet Potatoes, Produce:
 - 4 Tourné
 - 2 oz. Julienne
 - 2 oz. Small Dice
- From 1 Large Spanish Onion, Produce:
 - ½ Cup Julienne
 - ½ Cup Small Dice
- From 2 lb. Cello Carrots, Produce:
 - Minimum of 4 Tourné
 - 1 Cup Oblique-Cut
- From 3 Tomatoes: Concassé
- From 5 Garlic Cloves: Mince
- From 3 Shallots: Mince
- From 1 Orange: Suprême
- From ¼ Cup Parsley: Finely Chop

EACH TEAM

Caesar Salad with Grilled Chicken

CAESAR SALAD WITH GRILLED CHICKEN

Yield: 10 portions

Ingredients	Amounts
Chicken, breast, boneless, skinless	1 lb.
Garlic, paste	½ wt. oz.
Anchovy, fillets	8 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Mayonnaise (Recipe follows)	2 ½ cups
Lemon, juice	4 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. Season and grill the chicken until fully cooked. When cool enough to handle, cut into 1/2-inch pieces. Reserve.
2. For the dressing, combine the garlic, anchovy fillet, salt, and pepper and mash to form a paste.
3. Add the lemon juice. Mix well to blend.
4. Gradually whisking in the mayonnaise to form a thick dressing.
5. Refrigerate until ready to use.
6. Preheat oven to 325°F.
7. 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.
8. To assemble, place the lettuce, parmesan cheese, grilled chicken, and enough dressing to lightly coat in a mixing bowl. Toss to combine.
9. Serve the salad in a chilled bowl, garnished with the croutons.

DAY SEVEN

PRODUCTION ASSIGNMENTS

CHEF DEMO

Vinaigrette Dressing

Hollandaise Sauce

Poached Salmon

KNIFE SKILLS

- From 2 each 100 ct. Russet Potatoes, Produce:
 - 4 Tourné
 - 2 oz. Brunoise
 - 2 oz. Bâtonnet
- From 1 Large Spanish Onion, Produce:
 - ½ Cup Julienne
 - ½ Cup Small Dice
- From 2 lb. Cello Carrots, Produce:
 - Minimum of 4 Tourné
 - 1 Cup Oblique-Cut
- From 3 Tomatoes: Concassé
- From 5 Garlic Cloves: Mince
- From 3 Shallots: Mince
- From 1 Grapefruit: Suprême
- From ¼ Cup Parsley: Finely Chop

EACH TEAM

Tossed Salad with Basic Vinaigrette

Poached Salmon with Hollandaise Sauce

TOSSED SALAD WITH BASIC VINAIGRETTE

Yield: 6 portions

Ingredients	Amounts
Mixed greens	1 ½ lb.
Vinegar, wine, red	3 ½ Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, extra-virgin	2/3 cup

Method

1. Wash and dry the greens. Reserve.
2. In a bowl, combine the vinegar, salt, and pepper.
3. Slowly whisk in the oil until a homogeneous mixture is formed.
4. Combine the greens and enough dressing to lightly coat in a bowl and toss to combine.
5. Serve immediately in a chilled bowl.

Note: The challenge to making a good vinaigrette is to achieve a balance between the acid and the oil, so that the flavor of the acid comes through and is not dominated by the oil. The standard vinaigrette ratio is three parts oil to one part acid. This is a good starting point, but the flavor of a vinaigrette should be evaluated and adjusted.

POACHED SALMON FILLETS WITH HOLLANDAISE SAUCE

Yield: 6 portions

Ingredients	Amounts
Court Bouillon (Recipe follows)	1 qt.
Fish, salmon, fillet, 5 oz.	6 ea.
Hollandaise Sauce (Recipe follows)	12 fl. oz.

Method

1. In a sautoir, heat the court bouillon to poaching temperature, a bare simmer, (155°F - 165°F).
Add the salmon and poach until it is cooked through (internal temperature of 140°F).
2. Remove the salmon and keep moist with a little of the court bouillon.
3. Serve with the Hollandaise Sauce.

COURT BOUILLON

Yield: 1 quart

Ingredients	Amounts
Water, cold	40 fl. oz.
Vinegar, wine, white	2 fl. oz.
Salt, kosher	½ Tbsp.
Carrot, sliced	4 wt. oz.
Onion, sliced	8 wt. oz.
Celery, sliced	4 wt. oz.
Thyme, dried	1 pinch
Bay leaf, dried	1 ea.
Parsley, fresh, stems	3 ea.
Peppercorns, black, whole	¼ tsp.

Method

1. Combine the water, vinegar, salt, carrots, onions, celery, and herbs in a saucepot and simmer for 50 minutes.
2. Add the peppercorns and simmer for 10 minutes more.
3. Strain before using.

HOLLANDAISE SAUCE

Yield: 12 fluid ounces

Ingredients	Amounts
Peppercorns, black, cracked	¼ tsp.
Vinegar, cider	2 ¼ Tbsp.
Water	2 ¼ Tbsp.
Egg, yolk	2 ¼ wt. oz.
Butter, clarified, warm (165°F)	6 ¾ fl. oz.
Lemon, juice	1 ½ tsp.
Salt, kosher	to taste
Pepper, white, ground	to taste
Chile, cayenne, ground (Optional)	to taste

Method

1. Combine the peppercorns and vinegar in a small pan and reduce over medium heat until nearly dry.
2. Add the water to the reduction and strain into a stainless-steel bowl.
3. Whisk the egg yolks with the reduction and place over simmering water. Cook, whisking constantly, until the eggs are thickened and form ribbons when they fall from the whisk.
4. Gradually add the butter in a thin stream, whisking constantly, until all the butter is added and the sauce is thickened.
5. Add the lemon juice, salt, pepper, and cayenne (if using) to taste.
6. The sauce is ready to serve, or it may be held warm for up to 2 hours.

DAY EIGHT

PRODUCTION ASSIGNMENTS

CHEF DEMO

Grilled Zucchini

Red and Yellow Beet Salad with Cider Vinegar

Sautéed Chicken

Provençal Sauce

Fresh Egg Pasta

KNIFE CUTS

- From 2 each 100 ct. Russet Potatoes, Produce:
 - 4 Tourné
 - 2 oz. Julienne
 - 2 oz. Small Dice
- From 1 Large Spanish Onion, Produce:
 - ½ Cup Julienne
 - ½ Cup Small Dice
- From 2 lb. Cello Carrots, Produce:
 - Minimum of 4 Tourné
 - 1 Cup Oblique-Cut
- From 3 Tomatoes: Concassé
- From 5 Garlic Cloves: Mince
- From 3 Shallots: Mince
- From 1 Orange: Suprême
- From ¼ Cup Parsley: Finely Chop

EACH TEAM

Grilled Zucchini

Red and Yellow Beet Salad with Cider Vinegar

Chicken Provençal

Fresh Egg Pasta with Herb Butter

GRILLED ZUCCHINI

Yield: 6 portions

Ingredients	Amounts
Squash, zucchini, trimmed, bias cut	1 ½ lb.
Oil, olive, extra virgin	3 Tbsp.
Garlic clove, minced	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Vinegar, red wine	2 Tbsp.
Oregano, fresh, minced	1 Tbsp.

Method

1. Preheat a gas grill to medium-high. Leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
2. Toss the zucchini with the oil, garlic, salt, pepper, vinegar, and oregano. Marinate for 10 minutes.
3. Place the zucchini on the 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.
4. Remove from the grill and serve on a heated platter.

RED AND YELLOW BEET SALAD WITH CIDER VINEGAR

Yield: 6 portions

Ingredients	Amounts
Beet, red, medium	3 ea.
Beet, yellow, medium	3 ea.
Vinegar, cider (Divided)	1 cup
Salt, kosher	as needed
<i>Vinaigrette</i>	
Ginger powder	1 tsp.
Honey	1 Tbsp.
Oil, olive, extra virgin	¼ cup
Vinegar, cider	¼ cup
Salt and Pepper	to taste
Mesclun	3 cups
Almonds, slivered	¼ cup

Method

1. Cook red and yellow beets separately with ½ cup vinegar. Add salt and water to cover and cook for 1 hour or until fork tender.
2. Cool beets and peel. Slice into circles.
3. To create the vinaigrette, combine ginger, honey, olive oil, and ¼ cup of the vinegar. Season with salt and pepper to taste.
4. Arrange beets on a platter so that they slightly overlap. Alternate colors, leaving the center of the platter open.
5. Toss mesclun greens with half of the vinaigrette. Place in center of platter and sprinkle almonds on top. Drizzle remaining vinaigrette on beets.

Note: Cooking the beets separately preserves the color of the yellow beets.

CHICKEN PROVENÇAL

Yield: 6 portions

Ingredient	Amounts
Chicken, breast, supreme	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	as needed
Oil, vegetable	as needed
Butter, unsalted	3 wt. oz.
Shallots, minced	2 Tbsp.
Garlic, minced	2 Tbsp.
Wine, Chablis	4 fl. oz.
Tomato concassé	1 lb.
Olive, Niçoise, pitted, sliced	12 ea.
Anchovy, fillet, mashed to a paste	2 ea.
Basil, fresh, chiffonade	6 ea.

Method

1. Season the chicken breast with salt and pepper. Dredge lightly with flour, shaking off any excess.
2. Heat the vegetable oil in a sauté pan and sauté the chicken skin-side down until golden brown. Turn and finish until just cooked through. Remove and keep warm.
3. Pour off any excess fat from the pan, return to the heat, and add the butter. Add the shallots and garlic and sauté briefly.
4. Deglaze the pan with the wine, stirring well to release all the drippings.
5. Add the tomato, olives, and anchovy paste and simmer until flavor develops.
6. Return the chicken breast, along with any released juices, to the pan and toss to coat with the sauce.
7. Serve topped with the basil.

FRESH EGG PASTA WITH HERB BUTTER

Yield: 6 portions

Ingredients	Amounts
Flour, durum	1 lb.
Salt, kosher	1 pinch
Egg	4 ea.
Oil, vegetable (Optional)	2 Tbsp.
Herb Butter (Recipe follows)	$\frac{3}{4}$ cup

Method: Pasta

1. Combine the flour and salt in a food processor. Add the eggs and oil, if using. Process the mixture until it resembles coarse meal. When pressed, the dough will form a cohesive mass.
2. Turn the dough out onto a work surface and knead until the dough is very firm, yet pliable. Cover and let the dough relax at room temperature for at least 1 hour.
3. Roll the pasta dough into thin sheets and cut into desired shapes by hand or using a pasta machine. The pasta is ready to cook now, or it may be refrigerated for up to 2 days.
4. To cook, bring 1 $\frac{1}{2}$ gallons of water to a rolling boil in a large saucepot. Generously salt the water using about 1 $\frac{1}{2}$ tablespoons of salt (the water should be noticeably salty, but not unpleasant).
5. Add the pasta and stir to separate the strands or shapes.
6. Cook the pasta until it is firm to the bite (*al dente*)- it should give slight resistance when bitten into. Drain immediately in a colander.
7. Toss the pasta with enough herb butter to coat the strands and flavor the pasta. Serve hot.

Note: Tarragon, basil, dill, or other herbs can be substituted for the parsley.

HERB BUTTER

Yield: 1 cup

Ingredients	Amounts
Butter, unsalted, room temperature	1 cup
Parsley, flat-leaf, fresh, minced	3 ½ Tbsp.
Lemon, juice	2 ¼ tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Work the butter by hand or with the paddle attachment in an electric mixer until it is soft.
2. Add the parsley and lemon juice and blend well.
3. Adjust the seasoning with salt and pepper to taste.
4. The compound butter is ready to use, or it may be rolled into a log or piped into shapes and chilled for later use.

DAY NINE

PRODUCTION ASSIGNMENTS

CHEF DEMO

Roast Sirloin of Beef with Jus Lié

Steamed Broccoli

Basic Quinoa

KNIFE CUTS

- From 2 each 100 ct. Russet Potatoes, Produce:
 - 4 Tourné
 - 2 oz. Brunoise
 - 2 oz. Bâtonnet
- From 1 Large Spanish Onion, Produce:
 - ½ Cup Julienne
 - ½ Cup Small Dice
- From 2 lb. Cello Carrots, Produce:
 - Minimum of 4 Tourné
 - 1 Cup Oblique-Cut
- From 3 Tomatoes: Concassé
- From 5 Garlic Cloves: Mince
- From 3 Shallots: Mince
- From 1 Grapefruit: Suprême
- From ¼ Cup Parsley: Finely Chop

EACH TEAM

Roast Sirloin of Beef with Jus Lié

Steamed Broccoli with Roasted Garlic Butter

Basic Quinoa

Salad with Creamy, Emulsified Vinaigrette, or Simple Vinaigrette Dressing

ROAST SIRLOIN OF BEEF WITH JUS LIÉ

Yield: 6 portions

Ingredients	Amounts
Beef, sirloin, boneless tied at 1-in. intervals	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	as needed
Onion, diced	1/3 cup
Carrot, diced	1/4 cup
Celery, diced	1/4 cup
Tomato, paste	2 Tbsp.
Veal, stock, brown	2 1/2 cups
Cornstarch	1 tsp.
Water	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. Season the beef generously with salt and pepper. Heat enough oil to create a film in a large sauté pan over medium-high heat. Add the beef and brown it on all sides.
3. Transfer the beef to a rack placed above a roasting pan. Add the onions, carrots, and celery to the bottom of the pan.
4. Roast the meat in the preheated oven until it is medium-rare (125°F internal temperature), about 1 hour.
5. Remove the beef from the pan and place it on a platter, cover it loosely with foil, and let it stand for 20 minutes.
6. For the jus, pour off the fat from the roasting pan, leaving 1 tablespoon. Add the tomato paste. Place the pan over medium heat on the stove top and cook, stirring often, until the vegetables and tomato paste are caramelized, 3 to 5 minutes.
7. Add the stock. Stir and scrape the bottom of the pan to deglaze.
8. In a small bowl, whisk together the cornstarch and water to form a slurry. Whisk it into the sauce. Bring the pan to a boil over medium heat. As soon as the sauce thickens, remove the pan from the heat. Strain. Season with salt and pepper to taste.
9. Remove the string from the meat, slice, and serve on a heated platter with the jus.

STEAMED BROCCOLI WITH ROASTED GARLIC BUTTER

Yield: 6 portions

Ingredients	Amounts
Lemon, juice	1 ½ fl. oz.
Garlic, clove, roasted, mashed	2 ea.
Butter, unsalted, softened	3 wt. oz.
Broccoli, cut into florets	1 ½ lb.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a small pan over medium-high heat, reduce the lemon juice by half. Mix the reduced lemon juice, roasted mashed garlic, and softened butter until thoroughly combined. Reserve at room temperature.
2. Arrange the broccoli in a perforated pan so that the pieces are not crowded. Place the pan in the steamer and steam for 5 to 7 minutes, or until the broccoli is al dente.
3. In a large bowl, toss together the broccoli and lemon butter. Season to taste with salt and pepper.
4. Serve on a heated platter.

BASIC QUINOA

Yield: 12 portions

Ingredients	Amounts
Water	1 ¼ qt.
Salt, kosher	2 Tbsp.
Quinoa, red, well rinsed	2 cups

Method

1. Bring the water and salt to a boil in a medium saucepan.
2. Stir in the quinoa, reduce the heat, and cover. Simmer until the quinoa is tender, 10 to 12 minutes. Do not overcook.
3. Drain any excess water.

Note: Quinoa (pronounced KEEN-wah) is a flowering annual plant grown as a crop primarily for its starchy, edible seeds, which are rich in protein, dietary fiber, B vitamins and dietary minerals in amounts greater than in many grains. As a rare plant source of complete protein for vegans and vegetarians, quinoa has become increasingly popular as a more healthful substitute for white rice and pasta.

DAY TEN

PRODUCTION ASSIGNMENTS

CHEF DEMO

Roasted Chicken with Pan Gravy

Bâtonnet Glazed Carrots

Whipped Potatoes

KNIFE CUTS

- From 2 each 100 ct. Russet Potatoes, Produce:
 - 4 Tourné
 - 2 oz. Julienne
 - 2 oz. Small Dice
- From 1 Large Spanish Onion, Produce:
 - ½ Cup Julienne
 - ½ Cup Small Dice
- From 2 lb. Cello Carrots, Produce:
 - Minimum of 4 Bâtonnet
 - 1 Cup Oblique-Cut
- From 3 Tomatoes: Concassé
- From 5 Garlic Cloves: Mince
- From 3 Shallots: Mince
- From 1 Orange: Suprême
- From ¼ Cup Parsley: Finely Chop

EACH TEAM

Roasted Chicken with Pan Gravy

Bâtonnet Glazed Carrots

Whipped Potatoes

Soak the beans for the White Bean Ragout on day eleven

ROASTED CHICKEN WITH PAN GRAVY

Yield: 6 portions

Ingredients	Amounts
Chicken, whole, 2 ½ lb.	3 ea.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Oil, vegetable	2 Tbsp.
Onion, yellow, large diced	½ cup
Carrot, large diced	¼ cup
Celery, diced	¼ cup
Flour, all-purpose	¼ cup
Wine, white, dry	½ cup
Stock, chicken	4 cups
Garlic, clove, crushed	2 ea.
Chervil, sprig, fresh, chopped	6 ea.
Bay leaf, dried	2 ea.
Thyme, leaf, fresh, chopped	1 Tbsp.
Rosemary, leaf, fresh, chopped	2 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat the oven to 450°F.
2. Season the chicken, inside and out, with salt and pepper. Rub the skin with oil and truss with twine as demonstrated by the chef.
3. Place the chicken on a rack in a roasting pan and roast for 20 minutes.
4. Reduce the oven temperature to 325°F and continue roasting the chicken until the thigh meat reaches an internal temperature of 160°F.
5. Remove the chicken and allow it to rest, tented with foil, on a platter. Keep warm.
6. Place the roasting pan on the stovetop and cook over medium heat until the fat is clear. Discard all but 3 tablespoons of fat from the roasting pan.
7. Add the onion, carrot, and celery and sweat until translucent.
8. Add the flour to the pan and stir to combine. Cook over medium heat until a light golden paste forms (blond roux).
9. Add the wine and reduce by three quarters.
10. Gradually incorporate the stock, whisking to eliminate any lumps.
11. Add the garlic, chervil, bay leaves, thyme, and rosemary and whisk until smooth.

12. Simmer the gravy until the proper consistency and flavor are achieved. Skim all grease from the top of the gravy. Strain the gravy through a fine-meshed sieve. Season to taste with salt and pepper.
13. Carve the chicken and serve on a heated platter accompanied by the gravy.

BÂTONNET GLAZED CARROTS

6 portions

Ingredients	Amounts
Butter, unsalted	2 wt. oz.
Carrot, bâtonnet	1 ½ lb.
Sugar, granulated	1 wt. oz.
Stock, chicken, hot	7 fl. oz.
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. Melt the butter in a large sauté pan, then add the carrots.
2. Cover the pan and lightly sweat the carrots over medium-low heat for 2 to 3 minutes.
3. Add the sugar and stock. Season with salt and pepper. Bring to a simmer over medium heat.
4. Cover the pan and cook over low heat until the carrots are almost tender, about 5 minutes.
5. Remove the cover and continue to simmer until the cooking liquid reduces to a glaze and the carrots are tender, 2 to 3 minutes.
6. Season with salt and pepper to taste. Serve immediately.

WHIPPED POTATOES

Yield: 6 portions

Ingredients	Amounts
Potato, russet	2 ½ lb.
Butter, unsalted, room temp.	5 wt. oz.
Milk, whole, hot	5 fl. oz.
Heavy cream, hot	2 ½ fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Scrub, peel, and cut the potatoes into large pieces. Boil in salted water or steam until tender enough to mash easily. Drain and dry them over low heat or on a sheet pan in a 300°F oven until no more steam rises from them. While the potatoes are still hot, purée them through a food mill or potato ricer into a heated bowl.
2. Add the butter and mix into the potatoes by hand or with the paddle or whip attachment of an electric mixer until just incorporated. Add the milk and cream and combine thoroughly. Season with salt and pepper to taste. Whip by hand or mixer just until smooth and light.
3. Serve hot.

DAY ELEVEN

PRODUCTION ASSIGNMENTS

CHEF DEMO

Pan Fried Pork Cutlets with Sauce Robert

Roasted Acorn Squash

White Bean Ragout with Sundried Tomatoes

KNIFE CUTS

- From 2 each 100 ct. Russet Potatoes, Produce:
 - 4 Tourné
 - 2 oz. Julienne
 - 2 oz. Small Dice
- From 1 Large Spanish Onion, Produce:
 - ½ Cup Julienne
 - ½ Cup Small Dice
- From 2 lb. Cello Carrots, Produce:
 - Minimum of 4 Tourné
 - 1 Cup Oblique-Cut
- From 3 Tomatoes: Concassé
- From 5 Garlic Cloves: Mince
- From 3 Shallots: Mince
- From 1 Orange: Suprême
- From ¼ Cup Parsley: Finely Chop

EACH TEAM

Pan Fried Pork Cutlets with Sauce Robert

Roasted Acorn Squash

White Bean Ragout with Sundried Tomatoes

Salad with Creamy, Emulsified Vinaigrette, or Simple Vinaigrette Dressing

PAN-FRIED PORK CUTLETS WITH SAUCE ROBERT

Yield: 6 portions

Ingredients	Amounts
Pork, loin, trimmed, cut into six 3-oz. portions	1 ¼ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	as needed
Egg, whole	1 ea.
Milk, whole	1 Tbsp.
Breadcrumbs, dried	4 wt. oz.
Oil, vegetable	as needed
Lemon, cut into wedges	6 ea.
Sauce Robert (Recipe follows)	1 pt.

Method

1. Pound each portion of pork between sheets of parchment or plastic wrap to a thickness of ¼-inch.
2. At the time of service or up to 3 hours in advance, apply a standard breading to the pork: Blot dry, season with salt and pepper, dredge the pork in flour, dip in egg wash, and dredge in breadcrumbs. (Refrigerate if breaded in advance.)
3. Heat about ⅛-inch of oil to about 350°F over medium heat. Working in batches, add the breaded pork to the hot oil and pan fry on the first side for about 2 minutes, or until golden brown and crisp. Turn once and finish pan frying on the second side, 1 or 2 minutes more or until it reaches an internal temperature of 160°F.
4. Drain briefly on absorbent paper towels.
5. Serve with the Sauce Robert, accompanied by lemon wedges.

SAUCE ROBERT

Yield: 1 pint

Ingredients	Amounts
Butter, clarified	1 fl. oz.
Shallot, fine diced	1 wt. oz.
Wine, white, dry	4 fl. oz.
Peppercorns, black, cracked	½ tsp.
Demi-Glace	16 fl. oz.
Mustard, Dijon	1 Tbsp.
Lemon, juice	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted, diced	2 wt. oz.

Method

1. Heat the clarified butter in a medium-sized saucepan over medium-low heat. Add the shallots and sauté until translucent, 2 to 3 minutes.
2. Add the wine and peppercorns, bring to a simmer, and reduce by half.
3. Stir in the demi-glace, return to a simmer, and cook for 20 minutes, stirring frequently, until the sauce has thickened. Strain the sauce into a clean pan and return to a simmer.
4. Add the mustard and lemon juice. Season with salt and pepper.
5. 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.

ROASTED ACORN SQUASH

Yield: 6 portions

Ingredients	Amounts
Squash, acorn	2 ea.
Sugar, brown	2 ½ wt. oz
Butter, unsalted, diced	5 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 400°F.
2. Quarter the squash and remove the seeds. Place the squash, cut side up, on a sheet pan. Sprinkle with sugar and place a cube of butter in each cavity. Season with salt and pepper.
3. Cover the squash quarters with foil and bake in the preheated oven for 30 minutes.
4. Uncover and bake in the preheated oven, basting periodically, until tender, about 15 minutes.
5. Serve the squash (still in the skin) on a heated platter.

WHITE BEAN RAGOUT WITH SUNDRIED TOMATOES

Yield: 6 portions

Ingredients	Amounts
Oil, olive, extra-virgin	3 Tbsp.
Garlic, clove, minced	2 ea.
Onion, yellow, minced	$\frac{3}{4}$ cup
Tomato, paste	1 Tbsp.
Beans, white, dried, soaked	1 $\frac{1}{2}$ cups
Stock, vegetable	as needed
Tomato, sun-dried, sliced thin	$\frac{1}{3}$ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a small rondeau over medium-low heat, heat the oil until shimmering. Add the garlic and onions. Sauté until tender and translucent, 3 to 5 minutes.
2. Add the tomato paste and cook over low heat for 3 to 5 minutes, stirring frequently to prevent burning.
3. Add the white beans and enough stock to cover the beans. Cook over low heat, stirring frequently, for about an hour.
4. Add the tomatoes. Cook until the vegetables are wilted and tender, 10 to 15 minutes.
5. Season with salt and pepper to taste. Serve on a heated platter.

DAY TWELVE

PRODUCTION ASSIGNMENTS

CHEF DEMO

Beer-Battered Deep-Fried Cod with Rémoulade Sauce

Duchesse Potatoes

Roasted Cauliflower and Red Peppers

Mayonnaise

KNIFE CUTS

- From 2 each 100 ct. Russet Potatoes, Produce:
 - 4 Tourné
 - 2 oz. Brunoise
 - 2 oz. Bâtonnet
- From 1 Large Spanish Onion, Produce:
 - ½ Cup Julienne
 - ½ Cup Small Dice
- From 2 lb. Cello Carrots, Produce:
 - Minimum of 4 Tourné
 - 1 Cup Oblique-Cut
- From 3 Tomatoes: Concassé
- From 5 Garlic Cloves: Mince
- From 3 Shallots: Mince
- From 1 Grapefruit: Suprême
- From ¼ Cup Parsley: Finely Chop

EACH TEAM

Beer-Battered Deep-Fried Cod with Rémoulade Sauce

Duchesse Potatoes

Roasted Cauliflower and Red Peppers

Salad with Creamy, Emulsified Vinaigrette, or Simple Vinaigrette Dressing

BEER-BATTERED DEEP-FRIED COD WITH RÉMOULADE SAUCE

Yield: 6 portions

Ingredients	Amounts
Fish, cod, fillets, six 4-oz. portions	1 ½ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Lemon, juice	as needed
Flour, all-purpose	as needed
Beer Batter (Recipe follows)	22 fl. oz.
Oil, vegetable	as needed
Lemon, cut into wedges	6 ea.
Rémoulade Sauce (Recipe follows)	1 pt.

Method

1. Blot the fish fillets dry and season with salt, pepper, and lemon juice.
2. Dredge the fish in flour, shaking off any excess.
3. Dip the fish in the beer batter to coat.
4. Deep-fry in 350°F oil using the swimming method until lightly browned and cooked through.
5. Remove and drain on a wire rack.
6. Serve with the Rémoulade Sauce, accompanied by lemon wedges.

BEER BATTER

Yield: 22 fluid ounces

Ingredients	Amounts
Flour, all-purpose	10 wt. oz.
Baking powder	½ tsp.
Salt, kosher	1 tsp.
Egg, separated	1 ea.
Beer	16 fl. oz.

Method

1. Whisk together the flour, baking powder, and salt. Add the egg yolk and the beer all at once and whisk until very smooth. Keep chilled until service.
2. At the time of service, whip the reserved egg white to soft peaks. Fold the whites into the batter and use at once.

RÉMOULADE SAUCE

Yield: 1 pint

Ingredients	Amounts
Mayonnaise (Recipe follows)	14 fl. oz.
Capers, chopped	1 wt. oz.
Chive, chopped	1 ½ Tbsp.
Tarragon, fresh, chopped	1 ½ Tbsp.
Mustard, Dijon	1 ½ tsp.
Anchovy, paste	½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Worcestershire sauce	to taste
Tabasco sauce	to taste

Method

1. Combine the mayonnaise, capers, chive, tarragon, mustard, and anchovy paste. Mix well.
2. Season with salt, pepper, Worcestershire, and Tabasco sauce to taste.
3. The sauce is ready to serve now, or it may be refrigerated for later use.

MAYONNAISE

Yield: 1 quart

Ingredients	Amounts
Egg, yolk, pasteurized	3 ea.
Water	1 fl. oz.
Vinegar, wine, white	1 fl. oz.
Mustard, dry	2 tsp.
Vegetable, olive, pure	1 ½ pt.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lemon, juice	1 fl. oz.

Method

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

Note: although we are demonstrating the technique here, candidates will use prepared mayonnaise for the Pro Chef exam.

DUCHESS POTATOES

Yield: 6 portions

Ingredients	Amounts
Potato, russet	2 ½ lb.
Butter, unsalted, room temp.	2 ½ wt. oz.
Egg, yolk, beaten	2 ½ ea.
Nutmeg, grated	to taste
Salt, kosher	to taste
Pepper, black, ground	to taste
Egg, whole, lightly beaten	1 ea.
Milk, whole	2 fl. oz.

Method

1. Preheat oven to 375°F.
2. Scrub, peel, and cut the potatoes into large pieces. Cook the potatoes in boiling salted water, or steam until tender enough to mash easily. Drain and dry them over low heat or on a sheet pan in a 300°F oven until no more steam rises from them. While the potatoes are still hot, purée them through a food mill or potato ricer into a heated bowl.
3. Add the butter and egg yolks to the potatoes. Season to taste with nutmeg, salt, and pepper and mix well by hand or with the whip attachment of an electric mixer.
4. Transfer the mixture to a piping bag and pipe the mixture into the desired shapes on a sheet pan lined with parchment paper.
5. Combine the egg and milk to make the egg wash. Brush the piped potatoes lightly with the egg wash.
6. Bake in the preheated oven until the potatoes are golden brown and heated through, 10 to 12 minutes.
7. Serve on a heated platter.

ROASTED CAULIFLOWER AND RED PEPPERS

Yield: 6 portions

Ingredients	Amounts
Cauliflower, florets, cut into quarter-sized pieces	1 ½ lb.
Pepper, bell, red, deseeded, deveined, large diced	½ lb.
Oil, vegetable	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Garlic, minced	1 ½ tsp.
Parsley, fresh, chopped (Divided)	1 ½ tsp.
Thyme, leaf, fresh, chopped (Divided)	1 ½ tsp.
Tarragon, leaf, fresh, chopped (Divided)	1 ½ tsp.

Method

1. Preheat oven to 350°F.
2. In a large mixing bowl, combine the cauliflower and red pepper.
3. In a small bowl, combine the oil, salt, pepper, garlic, and ½ of the fresh herbs.
4. Add the marinade to the bowl with the cauliflower and red pepper. Toss to coat the vegetables.
5. Place the vegetables in a roasting pan. Roast in the preheated oven until tender and golden brown, about 20 minutes.
6. Serve on a heated platter garnished with the remaining herbs.

DAY THIRTEEN

PRODUCTION ASSIGNMENTS

CHEF DEMO

Estouffade Du Boeuf with Tournéed Vegetables

Rice Pilaf

Braised Collard Greens

KNIFE CUTS

- From 2 each 100 ct. Russet Potatoes, Produce:
 - 4 Tourné
 - 2 oz. Julienne
 - 2 oz. Small Dice
- From 1 Large Spanish Onion, Produce:
 - ½ Cup Julienne
 - ½ Cup Small Dice
- From 2 lb. Cello Carrots, Produce:
 - Minimum of 4 Tourné
 - 1 Cup Oblique-Cut
- From 3 Tomatoes: Concassé
- From 5 Garlic Cloves: Mince
- From 3 Shallots: Mince
- From 1 Orange: Suprême
- From ¼ Cup Parsley: Finely Chop

EACH TEAM

Estouffade Du Boeuf with Tournéed Vegetables

Rice Pilaf

Braised Collard Greens

Salad with Creamy, Emulsified Vinaigrette, or Simple Vinaigrette Dressing

ESTOUFFADE DU BOEUF WITH TOURNÉED VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Beef, shank or chuck, cubed	2 ½ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	2 fl. oz.
Mirepoix	7 wt. oz.
Tomato, paste	1 ¼ wt. oz.
Flour, all-purpose	1 ½ wt. oz.
Stock, veal, brown	20 fl. oz.
Sachet d'épices	1 ea.
Peas	2 ½ wt. oz.
Carrots, tournéed, blanched	12 ea.
Celery, tournéed, blanched	12 ea.
Turnips, tournéed, blanched	12 ea.
Onion, pearl, blanched, peeled	6 ea.

Method

1. Preheat oven to 350°F.
2. Season the beef with the salt and pepper and sear it in the oil in a soup pot over high heat. Remove and reserve it.
3. Add the onions from the mirepoix and let them brown. Add the celery and carrot from the mirepoix and cook for an additional 4 to 5 minutes. Add the tomato paste and cook until it turns a deep rust color.
4. Stir in the flour to form a roux and cook for an additional 3 to 4 minutes.
5. Add one-third of the stock, stirring to work out any lumps. Bring to a simmer. Add the remaining stock and return it to a simmer.
6. Add the beef along with any juices it may have released. Return it to a simmer, then add the Sachet d'épices.
7. Cover and braise in the preheated oven or over low heat on the stove until the beef is fork tender.
8. Degrease the stew and discard the sachet.
9. Adjust the seasoning with salt and pepper to taste; reheat the vegetable garnish. Serve the stew garnished with the vegetables.

RICE PILAF

Yield: 6 portions

Ingredients	Amounts
Rice, white, long-grain	8 ½ wt. oz.
Butter, clarified	1 fl. oz.
Onion, yellow, minced	½ wt. oz.
Stock, chicken, hot	16 fl. oz.
Bay leaf, dried	1 ea.
Thyme, fresh, sprig	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Rinse the rice under cold water in a strainer until the water runs clear, if desired. Drain the rice well before using.
2. Heat the butter or oil in a heavy-gauge pot over medium heat. Add the onion and sweat, stirring frequently, until translucent, 5 to 6 minutes.
3. Add the rice and sauté, stirring frequently, until coated with butter or oil and heated through, 2 to 3 minutes.
4. Add the heated stock to the rice. Bring to a simmer, stirring the rice once or twice to prevent it from clumping together or sticking to the bottom of the pot.
5. Add the bay leaf, thyme, salt, and pepper. Cover the pot and place it in a 350°F oven or leave it over low heat on the stovetop.
6. Cook until the grains are tender to the bite and have absorbed all liquid, about 15 to 20 minutes.
7. Allow the rice to rest for 5 minutes, fluff with a fork, and serve immediately or hold it hot for service.

BRAISED COLLARD GREENS

Yield: 6 portions

Ingredients	Amounts
Collard greens	2 lb.
Pork, bacon, small diced	2 wt. oz.
Onion, yellow, small diced	4 wt. oz.
Garlic, clove, minced	2 ea.
Pork, ham hock (Optional)	1/2 ea.
Stock, vegetable	8 fl. oz.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Preheat an oven to 350°F.
2. Remove the stems from the greens and discard. Wash the greens thoroughly.
3. Bring a large pot of salted water to a boil. Add the collards and blanch (par-cook) for about 1 minute, and drain. Shock in an ice bath, and drain. Chop, and reserve.
4. In a large skillet, cook the bacon over medium heat until it is crispy and the fat has been rendered. Add the onions and cook until translucent, stirring frequently. Add the garlic and cook until aromatic.
5. Add the ham hock, if desired, along with the blanched greens and stock. Season with salt and pepper to taste.
6. Braise in the preheated oven until the greens are tender, 30 to 45 minutes.
7. Remove the greens from the pan and reduce the liquid on the stove over medium-high heat. Add the liquid back to the greens and adjust seasoning with salt and pepper to taste.
8. Serve on a heated platter.

DAY FOURTEEN

PRODUCTION ASSIGNMENTS

EACH TEAM

Clear, Purée, or Cream Soup

Salad with Creamy, Emulsified Vinaigrette, or Simple Vinaigrette Dressing

Entrée

Refrigerator Clean Out Day: Additional Supplemental Items May Be Available

DAY FIFTEEN

PRODUCTION ASSIGNMENTS

CHEF DEMO/ EACH TEAM

Grilled Strip Loin Steak with Compound Butter

Beurre Blanc

Roasted Red Potatoes

Braised Red Cabbage

Clear, Purée, or Cream Soup

GRILLED STRIP LOIN STEAK WITH COMPOUND BUTTER

Yield: 4 portions

Ingredients	Amounts
Beef, strip steak, boneless, 8 oz, 1 ½-in. thick	4 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Compound Butter (Recipe follows)	4 Tbsp.

Method

1. Allow the steaks to sit at room temperature for about 20 minutes.
2. Trim the steaks of any excess fat, leaving about ¼ inch around the edge.
3. Preheat the broiler, grill, or grill pan.
4. Brush the steaks with a bit of oil or compound butter and season them generously with salt.
5. Place the steaks on the grill, taking care not to overcrowd them. With grill pans, use two pans if necessary.
6. Cook for 3-4 minutes, depending on thickness of the steaks and the temperature of the grill. About halfway through cooking the first side, rotate the steaks 45 to 60 degrees to give them the classic cross-hatched grill marks.
7. Use a pair of tongs to flip the steaks and cook them for another 3-4 minutes. You can test for doneness by pressing the center of the steaks with your thumb. For medium rare, the steak should spring back without feeling overly firm.
8. Remove the steaks from the heat, cover them with foil and let them rest, in a warm place, for five minutes.
9. Plate the steaks, top each one with a tablespoon of compound butter and serve immediately.

COMPOUND BUTTER

Yield: ½ cup

Ingredients	Amounts
Butter, unsalted, room temp.	½ cup
Chive, finely chopped	2 tsp.
Lemon zest, (Optional)	1 tsp.
Salt, kosher (Optional)	to taste

Method

1. Put the softened butter in a bowl. Add the chives and zest and mash it together with a fork until thoroughly combined.
2. Add salt to taste.
3. Scoop the herb butter onto a piece of waxed paper or parchment paper. Shape it into a log by rolling it in the paper. Wrap the butter tightly and refrigerate.
4. Slice off portions to use on steak, seafood, vegetables, or bread.

Note: Other herbs can be substituted for the chives such as rosemary, parsley, sage, cilantro, tarragon, or chervil.

ROASTED PARSLIED RED POTATOES

Yield: 6 portions

Ingredients	Amounts
Potato, red, scrubbed, dried, quartered	2 lb.
Oil, olive, pure	as needed
Parsley, flat-leaf, fresh, chopped	¼ cup
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Preheat oven to 425°F.
2. Toss the potatoes with the parsley and enough olive oil to coat evenly. Season with salt and pepper. Transfer to an oiled sheet pan.
3. Bake in the preheated oven until browned and tender enough to be easily pierced with a fork, about 30 minutes.
4. Serve on a heated platter.

BRAISED RED CABBAGE

Yield: 6 portions

Ingredients	Amount
Pork, bacon, rind removed, med. diced	¼ lb.
Onion, sliced ⅛-inch	1 ½ cups
Apple, Fuji, peeled, sliced	1 ea.
Cabbage, red, peeled, cored, finely shredded	2 lb.
Wine, red	⅓ cup
Winegar, wine, red	⅓ cup
Sugar, brown	⅓ cup
Currant, red, jelly	2 ¼ Tbsp.
Sachet	
Juniper, berries	2 ea.
Clove, whole	1 ea.
Bay leaf, dried	1 ea.
Cinnamon, stick	½ ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

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

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

DAY SIXTEEN

PRODUCTION ASSIGNMENTS

CHEF DEMO/ EACH PARTICIPANT

Fried Eggs

Scrambled Eggs

Hard- and Soft-Cooked Eggs

Three-Egg French Rolled Omelet

Eggs Benedict

Clear, Purée, or Cream Soup

FRIED EGGS

Yield: 1 portion

Ingredients	Amounts
Egg, whole	2 ea.
Butter, clarified	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Break the eggs into clean cups (1 egg per cup).
2. Heat the butter in a small sauté pan over medium heat until medium hot but not smoking. Slide the eggs into the pan and reduce the heat to medium-low or low.
3. Cook the eggs until the whites are set.
4. Season the eggs with salt and pepper to taste. Serve at once on a heated plate.

Variations

Eggs or Easy, Medium, or Hard: Turn the eggs over near the end of their cooking time with a spatula and cook them on their second side until done as desired, 20 to 30 seconds for over easy, 1 minute for over medium, 2 minutes for over hard.

SCRAMBLED EGGS

Yield: 1 portion

Ingredients	Amounts
Egg, whole	2 ea.
Butter, clarified	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Break eggs into a bowl. Whisk together.
2. Place a small sauté pan over medium heat and add the butter. Heat the pan until hot, but not smoking.
3. Add the beaten eggs, reduce the heat to low and cook, stirring frequently with a wooden spoon or heat-proof rubber spatula, until they are soft and creamy.
4. Remove from the heat when fully cooked but still moist.
5. Serve immediately on a heated plate. Season to taste with salt and pepper.

HARD-COOKED EGGS

Yield: 3 eggs

Ingredients

Amounts

Egg, whole

6 ea.

Method

1. Place the eggs in a pot. Fill the pot with enough cold water to cover the eggs by 2 inches.
2. Bring the water to a boil, and immediately reduce the temperature to a simmer. Begin timing the cooking at this point. Cook small eggs for 12 minutes, medium eggs for 13 minutes, large eggs for 14 to 15 minutes, and extra-large eggs for 15 minutes.
3. Cool the eggs quickly in cold water and peel as soon as possible.
4. Serve in a chilled bowl.

Variations

Coddled Eggs: Lower cold eggs into already simmering water and simmer for 30 seconds.

Soft-Cooked Eggs: Lower cold eggs into already simmering water and simmer for 3 to 4 minutes.

Medium-Cooked Eggs: Lower cold eggs into already simmering water and simmer for 5 to 7 minutes.

Alternative Method for Hard-Cooked Eggs: An alternative method calls for removing the pot holding the eggs from the heat when the water reaches a boil, covering them, and letting them stand in the hot water for 20 minutes.

THREE-EGG FRENCH ROLLED OMELET

Yield: 1 portion

Ingredients	Amounts
Egg, whole	3 ea.
Butter, clarified	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Crack and beat the eggs well in a small mixing bowl.
2. Heat the butter or oil in an omelet pan over high heat. Tilt the pan to coat the entire surface.
3. Pour the egg mixture into the pan and scramble it with a wooden spoon or heat-proof rubber spatula. Move the pan and utensil at the same time until the egg mixture has coagulated slightly. Let the egg mixture finish cooking without stirring.
4. Tilt the pan and slide a spatula around the lip of the pan, under the omelet, to be sure it is not sticking. Slide the omelet to the front of the pan and use a wooden spoon or heat-proof rubber spatula to fold it inside to the center. Turn the pan upside down, rolling the omelet onto a heated plate. The finished omelet should be oval shaped. Season with salt and pepper to taste.

EGGS BENEDICT

Yield: 6 portions

Ingredients	Amounts
Pork, bacon, Canadian, slice	12 ea.
Poached Eggs (Recipe follows)	12 ea.
English muffins, split, toasted, buttered	6 ea.
Hollandaise Sauce, warm (Recipe follows)	12 fl. oz.

Method

1. Heat a sauté pan over medium-low heat. Working in batches, add the Canadian bacon and sauté on both sides until heated through, about 1 to 2 minutes on each side.
2. If eggs have been poached in advance, reheat them in simmering water until warmed through. Blot on toweling and shape if necessary.
3. To assemble: top each English muffin half with a slice of Canadian bacon and a poached egg. Spoon 1 fl. oz. of warm hollandaise over each egg.
4. Serve on a heated platter.

POACHED EGGS

Yield: 3 eggs

Ingredients	Amounts
Water	1 qt.
Salt, kosher	2 ¼ tsp.
Vinegar, white, distilled	1 ½ tsp.
Egg, whole	6 ea.

Method

1. Combine the water and salt in a deep pan and bring to a bare simmer over medium heat. Add the vinegar.
2. Break each egg into a clean cup then slide the egg carefully into the poaching water. Cook until the whites are set and opaque, about 3 minutes.
3. Remove the eggs from the water with a slotted spoon, blot them on paper towels, and trim the edges, if desired.
4. The eggs are ready to serve now on heated plates or they may be properly chilled and held for later service.
5. To reheat the eggs, lower into simmering water for 30 to 60 seconds.

HOLLANDAISE SAUCE

Yield: 12 fluid ounces

Ingredients	Amounts
Peppercorns, black, cracked	¼ tsp.
Vinegar, cider	2 ¼ Tbsp.
Water	2 ¼ Tbsp.
Egg, yolk	2 ¼ wt. oz.
Butter, clarified, warm (165°F)	6 ¾ fl. oz.
Lemon, juice	1 ½ tsp.
Salt, kosher	to taste
Pepper, white, ground	to taste
Chile, cayenne, ground (Optional)	to taste

Method

1. Combine the peppercorns and vinegar in a small pan and reduce over medium heat until nearly dry.
2. Add the water to the reduction and strain into a stainless-steel bowl.
3. Whisk the egg yolks with the reduction and place over simmering water. Cook, whisking constantly, until the eggs are thickened and form ribbons when they fall from the whisk.
4. Gradually add the butter in a thin stream, whisking constantly, until all the butter is added and the sauce is thickened.
5. Add the lemon juice, salt, pepper, and cayenne (if using) to taste.
6. The sauce is ready to serve, or it may be held warm for up to 2 hours.

DAY SEVENTEEN

PRODUCTION ASSIGNMENTS

CHEF DEMO/ EACH PARTICIPANT

Western, Vegetable, or Greek Omelet

Poached Eggs

Salad with Creamy, Emulsified Vinaigrette, or Simple Vinaigrette Dressing

WESTERN OMELET

Yield: 6 portions

Ingredients	Amounts
Egg, whole	18 ea.
Butter, clarified	as needed
Pork, ham, diced, sautéed	6 wt. oz.
Pepper, bell, red, diced, sautéed	6 wt. oz.
Pepper, bell, red, diced, sautéed	6 wt. oz.
Onion, yellow, diced, sautéed	6 wt. oz.
Cheese, Cheddar, grated (Optional)	6 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. For each portion, beat 3 eggs well.
2. Heat the butter or oil in an omelet pan over high heat. Tilt the pan to coat the entire surface.
3. Pour the egg mixture into the pan and scramble it with a wooden spoon or heat-proof rubber spatula. Move the pan and utensil at the same time until the egg mixture has coagulated slightly. Sprinkle 1 wt. oz. each of the sautéed ham, peppers, onions, and cheese (if desired) over the eggs.
4. Let the egg mixture finish cooking without stirring.
5. Tilt the pan and slide a spatula around the lip of the pan, under the omelet, to be sure it is not sticking. Slide the omelet to the front of the pan and use a wooden spoon or heat-proof rubber spatula to fold it inside to the center. Turn the pan upside down, rolling the omelet onto a heated platter. The finished omelet should be oval shaped.
6. Season with salt and pepper to taste. Serve immediately.

VEGETABLE OMELET

Yield: 6 portions

Ingredients	Amounts
Egg, whole	18 ea.
Butter, clarified	as needed
Pepper, bell, red, diced, sautéed	6 wt. oz.
Spinach, sautéed	6 wt. oz.
Onion, yellow, diced, sautéed	6 wt. oz.
Mushroom, sautéed	6 wt. oz.
Tomato, concassé	6 wt. oz.
Cheese, Monterey Jack, grated (Optional)	6 wt. oz.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. For each portion, beat 3 eggs well.
2. Heat the butter or oil in an omelet pan over high heat. Tilt the pan to coat the entire surface.
3. Pour the egg mixture into the pan and scramble it with a wooden spoon or heat-proof rubber spatula. Move the pan and utensil at the same time until the egg mixture has coagulated slightly. Sprinkle 1 wt. oz. of each of the sautéed bell peppers, spinach, onions, and mushrooms, along with the tomatoes and cheese (if desired) over the eggs.
4. Let the egg mixture finish cooking without stirring.
5. Tilt the pan and slide a spatula around the lip of the pan, under the omelet, to be sure it is not sticking. Slide the omelet to the front of the pan and use a wooden spoon or heat-proof rubber spatula to fold it inside to the center. Turn the pan upside down, rolling the omelet onto a heated platter. The finished omelet should be oval shaped.
6. Season with salt and pepper to taste.

GREEK OMELET

Yield: 6 portions

Ingredients	Amounts
Egg, whole	18 ea.
Butter, clarified	as needed
Spinach, sautéed	6 wt. oz.
Onion, yellow, diced, sautéed	6 wt. oz.
Tomato, concassé	6 wt. oz.
Cheese, feta, crumbled	6 wt. oz.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. For each portion, beat 3 eggs well.
2. Heat the butter or oil in an omelet pan over high heat. Tilt the pan to coat the entire surface.
3. Pour the egg mixture into the pan and scramble it with a wooden spoon or heat-proof rubber spatula. Move the pan and utensil at the same time until the egg mixture has coagulated slightly. Sprinkle 1 wt. oz. each of the sautéed spinach and onion, along with the tomatoes and cheese over the eggs.
4. Let the egg mixture finish cooking without stirring.
5. Tilt the pan and slide a spatula around the lip of the pan, under the omelet, to be sure it is not sticking. Slide the omelet to the front of the pan and use a wooden spoon or heat-proof rubber spatula to fold it inside to the center. Turn the pan upside down, rolling the omelet onto a heated platter. The finished omelet should be oval shaped.
6. Season with salt and pepper.

DAY EIGHTEEN

PRODUCTION ASSIGNMENTS

CHEF DEMO/ EACH PARTICIPANT

Roast Sirloin of Beef with Jus Lié

Poached Eggs

Clear, Purée, or Cream Soup

Salad with Creamy, Emulsified Vinaigrette, or Simple Vinaigrette Dressing

DAY NINETEEN

PRODUCTION ASSIGNMENTS

CHEF DEMO/ EACH PARTICIPANT

Grilled Salmon with Orange-Thyme Butter

Clear, Purée, or Cream Soup

Salad with Creamy, Emulsified Vinaigrette, or Simple Vinaigrette Dressing

Plain Omelet

GRILLED SALMON WITH ORANGE-THYME BUTTER

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted, softened	½ cup
Almonds, blanched, ground	4 Tbsp.
Orange, juice, fresh	2 Tbsp.
Thyme, leaves, fresh	2 tsp.
Orange, zest	1 tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	½ tsp.
Fish, salmon, fillet, 6 oz., skin removed	6 ea.
Salt, sea	as needed
Pepper, black, ground	as needed
Lemon, juice, fresh	2 Tbsp.
Oil, vegetable	as needed

Method

1. For the orange-thyme butter, in a medium bowl, place the butter, ground almonds, orange juice, thyme, orange zest, salt, and pepper. Mix until blended.
2. Place the mixture on a piece of plastic wrap. Roll it into a 1-inch-diameter cylinder and secure the ends by twisting. Chill in the refrigerator until firm, about 2 hours.
3. Preheat a gas grill to medium; leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
4. Season the fish with salt, pepper, and lemon juice. Brush the fish evenly with the oil.
5. Grill each salmon fillet to the desired doneness (usually medium).
6. Top each fillet with a slice of the orange-thyme butter. Place into a hot oven or pass under a broiler just long enough to begin melting the butter.
7. Serve immediately on a warm platter.

DAY TWENTY

PRODUCTION ASSIGNMENTS

EACH PARTICIPANT

Cream Soup with Garnish

Tossed Salad with Simple Vinaigrette

Roast Sirloin of Beef with Jus Lié

Sauteed Green Beans

Pommes Duchesse

DAY TWENTY-ONE

PRODUCTION ASSIGNMENTS

EACH PARTICIPANT

Clear Soup with Garnish

Tossed Salad with Creamy Dressing

Roast Chicken with Pan Gravy

Glazed Carrots

Whipped Potatoes

DAY TWENTY-TWO

PRODUCTION ASSIGNMENTS

EACH PARTICIPANT

Purée Soup with Garnish

Tossed Salad with Emulsified Vinaigrette

Grilled Strip Loin with Compound Butter

Glazed Baby Beets

Buttered Fresh Egg Pasta

DAY TWENTY-THREE

PRODUCTION ASSIGNMENTS

EACH PARTICIPANT

Cream Soup with Garnish

Tossed Salad with Simple Vinaigrette

Poached Salmon with Hollandaise

Sautéed mushrooms

Rice Pilaf Medley (White, Wild, Brown)

DAY TWENTY-FOUR

PRODUCTION ASSIGNMENTS

EACH PARTICIPANT

Clear Soup with Garnish

Tossed Salad with Creamy Dressing

Pan-Fried Pork with Sauce Robert

Potato Purée

DAY TWENTY-FIVE

PRODUCTION ASSIGNMENTS

EACH PARTICIPANT

Purée Soup with Garnish

Tossed Salad with Emulsified Vinaigrette

Deep-Fried Battered Cod with Rémoulade Sauce

Steamed Broccoli

Roasted Parslied Red Potatoes

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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.**

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.

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