



Culinary Institute
of America

Plant Forward Kitchen Boot Camp

Day 3



Day Three Lecture:

- Animal-Based Protein: Selection and Preparation
- Responsible Purchasing
- Fats & Oils
- Portions and Plating
- Demonstrations & Kitchen Production
- Lunch/Menu Critique/Review



- Though plant-forward cooking strives to move nuts and legumes to the center of the plate, there is a place for animal-protein.
- Red meat— beef, pork, and lamb— can be enjoyed occasionally and in small amounts.
- Current guidance from nutrition research recommends consuming a maximum of two 3-ounce servings of red meat per week.





- Antibiotic-free chicken and other poultry in moderation is a good choice for healthier protein with a far lower environmental footprint than red meat.
- Eggs in moderation—an average of one per day—can be part of a healthy diet for most people.

- Seafood is a nutritious and environmentally efficient protein.
- Current dietary recommendations are that we should eat two 4-ounce servings of seafood per week.
- One of the greatest nutritional benefits of eating seafood is the high levels of long-chain omega-3 fatty acids, nutrients that are healthy for both the heart and the brain.
- There are many nutritious plants (seaweeds and algae), and filter feeders (oysters, mussels, and clams) that rank high from a sustainability standpoint.



RESPONSIBLE PURCHASING

- Animals raised without the routine or nontherapeutic use of antibiotics are preferred for both their environmental and animal welfare implications.
- Know your supplier, understand their certifications, and, if possible, visit their facilities to ensure appropriate and humane conditions.
- Off-set the higher cost of sustainable, humane meat and poultry by purchasing and consuming less.

RESPONSIBLE PURCHASING

- Overfishing of popular species can be offset by purchasing a greater variety of fresh and farm-raised fish and seafood.
- Purchasing imported seafood lessens the environmental burden for the U.S., but it is hard to ensure good practices.
- Utilize resources, such as the [Monterey Bay Aquarium Seafood Watch](#), which ranks varieties, regions, and fishing-methods based on sustainability.

Let's explore ... Cooking Animal-Based Proteins

- **Whenever possible, choose cooking methods that introduce a minimal addition of fats and oils.**

- ✓ Grilling
- ✓ Roasting
- ✓ Steaming
- ✓ Stewing and Braising
- ✓ Poaching



Marinades or dry rubs can enhance flavor. Add seasonings like pepper, spice blends, garlic, chiles, or other aromatics.

Let's explore ... Fats & Oils

- The 2015 Dietary Guidelines Advisory Committee found that fat in the diet, despite its high calorie content, does not uniquely lead to weight gain, but does increase satiety, and that some high-fat foods are highly protective of our health.
- Use **plant** oils and other ingredients that contain unsaturated fats, such as canola, soy, peanut, and olive oils.



Let's explore ... Fats & Oils

- High-flavor fats and oils that contain more saturated fat—including butter, cream, lard, and coconut oil—can have a place in healthy cooking if used only occasionally in limited, strategic applications.
- Trans fats from partially hydrogenated vegetable oils, now labeled a “metabolic poison” by leading medical scientists, have no place in a healthy kitchen.



PORTIONS AND PLATING

- For many Americans, the animal-based protein is the center of the plate, with smaller portions of vegetable- or starch-based side dishes.
- Make vegetables, beans, and legumes the focus of your plate, with any animal-based protein as a small portion or garnish.
- A good basic guideline is to divide a plate in half. One half should be composed of fruits and vegetables. The other half should be composed of a portion of lean protein and a healthy starch, such as whole grains.

PORTIONS AND PLATING



Typical restaurant portion: steak with mushroom sauce, baked potato with sour cream and chives, and broccoli rabe.



USDA recommended portion: steak with mushroom sauce, baked potato with sour cream and chives, and broccoli rabe.



Portion with healthy alterations made: filet mignon steaks with black trumpet mushroom coulis, grilled sweet potatoes, and broccoli rabe.

PORTIONS AND PLATING



Typical restaurant portion: poached salmon with hollandaise, rice, and squash noodles.



USDA recommended portion: poached salmon with hollandaise, rice, and squash noodles.



Portion with healthy alterations made: poached salmon with yellow pepper coulis, brown rice, and squash noodles.