



Culinary Institute  
of America

# Plant Forward Kitchen Boot Camp

Day 5



## Day Five Lecture

- Dairy
- Thickeners and Enrichments
- Transforming Comfort Foods
- Demonstrations & Kitchen Production
- Lunch/Menu Critique/Review



Indicators of diet quality do not include dairy foods as they are not essential and are not clearly related to risk of major health outcomes.

- Consuming smaller amounts of cheese and the use of alternative ways to add flavor and variety to foods, such as using nuts, are desirable.
- Cheese provides large amounts of sodium along with less healthy fats and many calories.
- **There is some evidence that higher consumption of fermented dairy products (especially yogurt) is associated with lower risk of weight gain and type 2 diabetes.**

**Less, but better quality dairy products**

# COOKING WITH CHEESE

- Leverage the flavor of cheese, which is high in saturated fat and sodium
- Use sharp, aged, and more flavorful cheeses as garnish, where smaller quantities will have a greater impact
- Weigh the cost/benefit of using cheese in items like salads, sandwiches, or other recipes where they can be replaced for flavorful plant-based ingredients

**Nutritional Yeast** is a deactivated yeast (sold as flakes) that has a strong flavor that is described as nutty, cheesy, or creamy.

Nutritional yeast can be used to add a cheese-like flavor to non-dairy dishes.



# Let's explore ... Thickeners and Enrichments

- With the reduction of dairy and starch ingredients, there becomes a need to thicken items like soups and sauces to create flavorful, and satisfying dishes
- Common plant-based substitutes for milk and cream:
  - Soaked and blended cashews
  - Cooked and puréed cauliflower
  - Drained and blended silken or soft tofu
  - Cooked and puréed beans and legumes
  - Starch slurries





# TRANSFORMING COMFORT FOODS

- Plant-forward food choices celebrate the unapologetic elevation of deliciousness, including room in our diets for foods of special occasions.
- Any recipe can be transformed to meet the tenants of plant-forward cooking.



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# TRANSFORMING COMFORT FOODS

Review your recipe for potential concerns, including:

- ✓ Excessive use of saturated fats, sodium, or sugar
- ✓ Excessive inclusion of simple carbohydrates
- ✓ Large portions of protein, especially red meat
- ✓ Use of cured meats





# TRANSFORMING COMFORT FOODS

Identify the role an ingredient or technique serves in a recipe to find a suitable replacement.

- Replace creamy ingredients with rich plant-based ingredients, like blended nuts or beans
- Replace smoky bacon with smoky meat substitutes or smoky spices, like smoked paprika or chipotle chiles
- Reduce portion size of red meats, or replace with poultry, fish, or plant-based proteins
- When possible, replace portions of ground animal protein with minced vegetables (like in meat loaf, or hamburgers)





# TRANSFORMING COMFORT FOODS

Identify the role an ingredient or technique serves in a recipe to find a suitable replacement. *Cont.*

- For sautéed aromatics, consider sautéing ingredients in vegetable broth instead of oil
- Substitute plant oils for saturated fats or animal-fats
- Reduce quantities of filler starches, and replace with other vegetables, when appropriate
- Replace prepared ingredients, like broths or canned beans, with homemade
- Add high-flavor ingredients to make up for the loss of richness, like tomato paste, vinegar, and fresh herbs

## REMEMBER

Substitutions will not replicate the original ingredient, so the most important step to revising a recipe is to **temper your expectations.**

Olive oil is not butter. Cauliflower is not cream.

Use the eye to trick the palate:

- Add puréed carrots to a dish that doesn't contain cheese to imply Cheddar cheese

## NEW ENGLAND CLAM CHOWDER

THE CULINARY INSTITUTE of America's version of the American classic—a silky, rich chowder based upon simple, wholesome ingredients.

MAKES 8 SERVINGS

1. Scrub the clams well under running water. Shuck the clams, reserving the juices. Cut the larger clams in half. Mix the reserved juices with enough bottled clam juice to equal 3 cups.

2. Cook the bacon slowly in a soup pot over medium heat until lightly crisp, about 7 minutes. Add the onion and cook, stirring occasionally, until the onion is translucent, about 4 to 6 minutes. Add the flour and cook over low heat, stirring with a wooden spoon, for 2 to 3 minutes.

3. Whisk in the clam juice, bring to a simmer, and cook for 5 minutes, stirring occasionally. The liquid should be the consistency of heavy cream. If it is too thick, add more clam juice to adjust the consistency. Add the potatoes and simmer until tender, about 20 minutes.

{ PICTURED AT LEFT }

*3 dozen chowder clams*

*2½ cups bottled clam juice, or as needed*

*2 slices bacon, minced*

*1¼ cups diced onion*

*2 tbsp all-purpose flour*

*4 cups diced yellow or white potatoes (peeled)*

*3 cups heavy cream or half and half*

*6 tbsp dry sherry, or as needed*

*Salt as needed*

*Freshly ground black pepper as needed*

*Tabasco sauce as needed*

*Worcestershire sauce as needed*

*Oyster or saltine crackers as needed*

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Prepare vegetable broth with kombu

Omit bacon; replace with finely chopped smoked tempeh or even smoked paprika. Replace rendered fat with extra-virgin olive oil



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Omit. This will be unnecessary with other thickening ingredients. Or, use a starch slurry.

Omit, reduce quantity, or replace with a reduced quantity of lower-glycemic turnips



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*Oyster or saltine crackers as needed*

Replace with 1 cup soaked and puréed cashews and 2 cups puréed cooked cauliflower

Omit; serve with small portion of whole grain crackers, if desired