



Culinary Institute of America

RIALTO UNIFIED SCHOOL DISTRICT CULINARY TRAINING PROGRAM GROUP 1



The Culinary Institute of America, Hyde Park, NY

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The Culinary Institute of America

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Welcome to the CIA!

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

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

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

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

Wishing you all the best,

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

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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 KITCHEN PRODUCTION TEAM ASSIGNMENTS

EACH TEAM - KNIFE SKILLS

Slice: Onion, yellow, Mushroom, Cabbage

Medium Dice: Onion, yellow, Tomatoes, Zucchini, Peppers

Small Dice: Carrot, Celery, Potato, Cucumber

Julienne: Pepper, Carrot

Mince: Shallot, Garlic, Parsley

Citrus Supreme

Chicken: 8-way

ALL TEAMS AS A CLASS

Vegetable Stock

Chicken Stock

TEAM ONE

Grilled Flank Steak with Espagnole Sauce

TEAM TWO

Chicken Provençal

TEAM THREE

Sautéed Seasonal Vegetables with Curried Nage

TEAM FOUR

Macaroni and Cheese

VEGETABLE STOCK

Yield: 1 gallon

Ingredients	Amounts
Oil, vegetable	2 oz.
Onion, yellow, sliced	1 lb.
Leek, chopped	8 oz.
Celery, chopped	8 oz.
Carrot, chopped	8 oz.
Tomato, chopped	4 oz.
Garlic, clove, crushed	6 ea.
Water, cold	4 qt.
 <i>Sachet d'épices</i>	
Parsley, flat-leaf, stem, fresh	3 ea.
Bay leaf, dried	2 ea.
Garlic, clove (Optional)	1 ea.
Thyme, dried	½ tsp.
Peppercorns, black, cracked	½ tsp.

Method

1. Heat the oil in a large rondeau over medium-low heat. Add the onions, leeks, celery, carrots, tomatoes, and garlic. Sweat the vegetables until they have softened slightly and are aromatic, about 10 minutes.
2. Add the water and sachet d'épices. Simmer for 30 to 40 minutes.
3. Strain the stock and degrease, if necessary.
4. The stock may be served now or can be rapidly cooled and stored for later use.

CHICKEN STOCK

Yield: 1 gallon

Ingredients	Amounts
Chicken, bones, cut if necessary	8 lb.
Water, cold	6 qt.
Mirepoix	
Onion, yellow, med. diced	8 oz.
Carrot, med. diced	4 oz.
Celery, med. diced	4 oz.
Sachet d'epices	
Parsley, flat-leaf, stem, fresh	3 ea.
Bay leaf, dried	2 ea.
Garlic, clove, peeled (Optional)	1 ea.
Thyme, dried	½ tsp.
Peppercorns, black, cracked	½ tsp.

Method

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

Note: Replace 2 pounds of the chicken bones with turkey necks for an extra-rich, gelatinous stock. Add or replace aromatic ingredients to achieve a particular flavor, including:

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

GRILLED FLANK STEAK WITH ESPAGNOLE SAUCE

Yield: 6 portions

Ingredients	Amounts
Beef, flank steak	3 lb.
Oil, olive, pure	½ cup
Rosemary, leaf, fresh, chopped	2 Tbsp.
Red pepper flakes	2 tsp.
Garlic, sliced	1 Tbsp.
Salt, kosher	2 tsp.
Pepper, black, ground	½ tsp.
Espagnole Sauce (Recipe follows)	2 qt.

Method

1. Preheat grill to medium-high.
2. Trim the flank steak of any excess fat and remove the silver skin.
3. For the marinade, in a small bowl, place the olive oil, rosemary, red pepper flakes, garlic, salt, and pepper. Mix to combine.
4. Place the flank steak and the marinade in a gallon-sized resealable bag. Refrigerate for at least 1 hour or up to 3 hours.
5. Remove the steak. Pat any excess marinade from the flank steak with paper towels.
6. Grill the steak until the internal temperature reaches 125°F to 130°F, 4 to 5 minutes per side.
7. Transfer the steak to a cutting board and cover loosely with foil. Allow the steak to rest for 5 to 10 minutes.
8. Slice the flank steak against the grain.
9. Serve with the Espagnole Sauce.

ESPAGNOLE SAUCE

Yield: 2 quarts

Ingredients	Amounts
Butter, unsalted	1 ½ fl. oz.
Mirepoix	
Onion, yellow, med. diced	4 oz.
Carrot, med. diced	2 oz.
Celery, med. diced	2 oz.
Tomato, paste	1 oz.
Stock, veal, brown	3 qt.
Oil, vegetable	2.4 oz.
Flour, all-purpose	3.6 oz.
Sachet d'épices	
Parsley, flat-leaf, fresh, stem	3 ea.
Bay leaf, dried	1 ea.
Garlic, clove, peeled (Optional)	1 ea.
Thyme, dried	½ tsp.
Peppercorns, black, cracked	½ tsp.

Method

1. Heat the butter in a sauté pan over medium-low heat. Add the onions and sauté until golden brown.
2. Add the carrots and celery. Sauté until all are caramelized.
3. Add the tomato paste. Cook until it turns a rusty brown color, about 3 minutes.
4. Add the stock and bring the sauce to a simmer.
5. For the brown roux, heat the oil in a saucepan over medium heat. Whisk in the flour. Cook, whisking constantly, until it takes on a chocolate brown color and a rich, nutty, toasted smell, about 25 minutes.
6. Remove the pan from the heat and keep whisking as it cools down a bit. It will get thinner and smoother.
7. Whisk the roux into the stock until it is well blended and smooth. Return the sauce to a simmer.
8. Add the sachet. Simmer, skimming the surface as needed, for about 2 hours.
9. Strain the sauce through a double thickness of rinsed cheesecloth.
10. The sauce is ready to serve now or may be cooled and stored for later use.

CHICKEN PROVENÇAL

Yield: 6 portions

Ingredients	Amounts
Chicken, thighs, skin on	6 ea.
Salt, kosher	1 tsp.
Pepper, black, ground	1 tsp.
Flour, all-purpose	3 oz.
Oil, vegetable	2 oz.
Garlic, minced	1 ½ tsp.
Lemon, juice, fresh	4 Tbsp.
Tomato, concassé	18 oz.
Stock, chicken	20 oz.
Olive, black, julienned	3 oz.
Anchovy, fillet, mashed to a paste	1 ½ ea.
Butter, unsalted, softened	3 oz.
Basil, fresh, chiffonade	3 tsp.

Method

1. Season the chicken with the salt and pepper.
2. Dredge the chicken lightly with flour, shaking off any excess.
3. Heat the vegetable oil in a large sauté pan over medium-high heat. Working in batches, add the chicken. Sauté until it is golden brown and just cooked through. Remove the chicken from the pan and keep warm.
4. For the sauce, pour off most of the fat from the span and return it to the heat. Add the garlic. Sauté it briefly until aromatic.
5. Add the lemon juice. Deglaze the pan, stirring well to release all the drippings (*fond*).
6. Add the tomato concassé, stock, olives, and anchovy paste. Bring the mixture to a simmer, reducing by about 1/3 and allowing the flavors to develop.
7. Finish the sauce by swirling in the butter.
8. Return the chicken along with any released juices to the sauté pan. Coat the chicken with the sauce.
9. Serve the chicken with the sauce on a heated plate. Garnish with the basil.

Note: Chicken breast or legs can be substituted for the thighs.

SAUTÉED SEASONAL VEGETABLES WITH CURRIED NAGE

Yield: 1 gallon

Ingredients	Amounts
Oil, olive, pure	3 Tbsp.
Onion, white, thinly sliced	1 ea.
Carrot, thinly sliced	1 cup
Chile, Fresno, red, julienned	2 Tbsp.
Assorted seasonal vegetables, cut into 1-in. pieces	2 lb.
Curry powder	1 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Stock, vegetable	1 ½ cup
Pure Starch Slurry (Recipe follows)	1 Tbsp.
Chile, cayenne, ground (Optional)	1 pinch
Cilantro, fresh, chopped	2 Tbsp.
Salt, kosher	to taste
Lemon, juice, fresh	to taste

Method

1. Heat the olive oil in a sauté pan over medium heat. Add the onions and sauté until they are just beginning to soften.
2. Add the carrots, chile, and trimmed vegetables. Sauté them to desired doneness. Transfer the vegetables to a bowl and keep warm.
3. Wipe out the sauté pan. Add the curry powder. Toast it slightly.
4. Add the lemon juice. Mix to combine. Cook and allow it to reduce slightly, about 2 minutes.
5. Stir in the stock. Whisk in the slurry. Bring it to a boil to thicken.
6. Add the cayenne (if using), reserved vegetables, and cilantro. Adjust the seasoning with salt and lemon juice to taste.
7. Serve on a warmed platter.

Note: Fall and winter vegetable options include hard squashes, cauliflower, Romanesco, and other brassicas. For the spring, asparagus, artichoke, and spring onions and in the summer, Romano beans, summer squash, and eggplant are good options.

PURE STARCH SLURRY

Yield: 2 tablespoons

Ingredients

Cornstarch
Water, cold

Amounts

1 Tbsp.
1 Tbsp.

Method

1. For each cup of liquid that needs to thicken, start with 1 tablespoon of starch in a bowl.
2. Stir in enough liquid to create a paste the consistency of heavy cream.
3. Whisk the slurry into the hot simmering liquid, stirring constantly.
4. Bring the mixture to a boil, then reduce the heat to a simmer. Cook an additional minute.

Note: arrowroot starch can be substituted for the corn starch.

MACARONI AND CHEESE

Yield: 10 portions

Ingredients	Amounts
Pasta, elbow macaroni, dried	1 lb.
Cheese, Cheddar, shredded	4 cups
Béchamel sauce (Recipe follows)	2 qt.
Mustard, Dijon	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Breadcrumbs	1 cup
Parsley, flat-leaf, fresh, minced	½ cup

Method

1. Preheat oven to 400°F.
2. Cook the elbow macaroni in salted boiling water until almost done, but not fully cooked. Drain and reserve.
3. Make the béchamel sauce. Gradually add the cheese. Simmer until the cheese melts. Add the mustard. Season with salt and pepper to taste. Stir to combine.
4. Add the reserved macaroni to the saucepan. Toss to coat with the cheese sauce.
5. Transfer the macaroni to a buttered baking dish. Top the macaroni and cheese with the breadcrumbs and parsley.
6. Bake in the preheated oven until the top is golden brown, about 20 minutes.

BÉCHAMEL SAUCE

Yield: 2 quarts

Ingredients	Amounts
Milk, whole	2 cups
Cream	2 cups
Onion, yellow, peeled	½ ea.
Bay leaf, dried	1 ea.
Clove	1 ea.
Butter, clarified	1.6 oz.
Flour, all-purpose	2.4 oz.
Salt, kosher	¼ tsp.
Pepper, white, ground	⅛ tsp.

Method

1. For the oignon piqué, take the peeled onion half and attach a bay leaf to the cut side, using a clove as a tack. Reserve.
2. In a saucepan, scald the milk and cream.
3. Remove the pan from the heat. Add the oignon piqué. Cover the pan and steep for 15 to 20 minutes. Remove and discard the oignon piqué.
4. For the white roux, heat the clarified butter in a saucepan over medium heat. Whisk in the flour. Cook, whisking constantly, until it takes on a barely colored, chalky color. Remove the pan from the heat and keep whisking as it cools down a bit. It will get thinner and smoother.
5. Add the roux to the milk, whisking constantly to work out any lumps.
6. Bring the sauce to a full boil. Lower the heat. Simmer until it is smooth and thickened, 30 to 60 minutes.
7. Season with the salt and white pepper. Strain.
8. Use immediately or cool and refrigerate until ready to serve.

DAY TWO KITCHEN PRODUCTION TEAM ASSIGNMENTS

TEAM ONE

Vegetable Soup with Garlic and Basil Pesto
Greek Salad with Feta Cheese
Chicken Souvlaki Pita Sandwich with Tzatziki

TEAM TWO

Thai Red Lentil Soup
Cucumber, Peanut, and Chili Oil Salad
Chicken Bahn Mi

TEAM THREE

Onion Soup Gratinée
Citrus and Fennel Salad
Provençal Tartine: Ratatouille with Herbes de Provence,
Goat Cheese, and Grilled Bread

TEAM FOUR

Tortilla Soup
Melon, Citrus, and Jicama Salad with Mint
Three Sisters Cheese Quesadillas

VEGETABLE SOUP WITH GARLIC AND BASIL PESTO

Yield: 10 portions

Ingredients	Amount
Beans, navy, dried	½ cup
Water	1 qt.
Oil, olive, pure	¼ cup
Onion, yellow, med. diced	1 cup
Carrot, small diced	1/3 cup
Leek	½ cup
Chicken, stock, hot	4 qt.
Saffron	a pinch
Herbes de Provence	1 ea.
Potato, waxy, small diced	1 cup
Beans, green, small diced	1 cup
Zucchini, med. diced	1 cup
Pasta, vermicelli, dried	½ cup
Tomato, peeled, seeded, medium diced	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Basil Pesto (Recipe follows)	1 cup
Oil, olive, pure	as needed
Bread, French, sliced	1 ea.

Method

1. Cull, wash, and soak the navy beans overnight.
2. In a small pot of water, simmer the beans until tender. Reserve the beans and cooking liquid.
3. Heat the oil in a sauté pan over medium heat. Add the onions, carrots, and leeks. Sauté until softened.
4. Add the chicken stock and saffron. Simmer for 10 minutes.
5. Add the potatoes, green beans, and zucchini. Simmer for 10 minutes.
6. Add the vermicelli. Simmer until done.
7. Add the tomato and the reserved beans and cooking liquid. Simmer for 1 minute. Season with salt and pepper to taste.
8. Mix in the pesto just prior to service. (You may not need all of it.)
9. Brush the bread slices with oil. Grill until toasted. Serve the soup with the bread on the side.

Note: A 12-ounce can of white beans and its liquid can be substituted for the navy beans and water. Herbes de Provence includes rosemary, marjoram, thyme, savory, and oregano. Any small soup pasta such as ditalini or orzo can be substituted for vermicelli.

BASIL PESTO

Yield: 1 cup

Ingredients	Amounts
Garlic, clove, whole, peeled	2 ea.
Salt, kosher	½ tsp.
Basil, leaves, fresh, chopped roughly	3 cups
Oil, olive, extra virgin	¼ cup

Method

1. Working with one garlic clove at a time, place the clove on a chopping board. Take a chef's knife and place the blade flat on the clove so the sharp side of the knife is facing away from you. Use the heel of your hand to press the blade down on the clove. Carefully press with enough force to crush the clove.
2. In a small food processor, place all the ingredients. Purée to a coarse paste.

Note: Garlic is made up of tiny cells, each one filled with a pungent, sulfur-based liquid. Compared to slicing, chopping, or mincing, the process of crushing is gentler. It breaks some but not all the cells, releasing a garlic juice. The garlic remains in large pieces. This is a different result than would be obtained with a garlic press, which presses the garlic into a paste.

GREEK SALAD WITH FETA CHEESE

Yield: 10 portions

Ingredients	Amounts
Lettuce, romaine, chopped	1 lb.
Onion, red, sliced	1 cup
Cucumber, European, diced	2 cups
Pepper, bell, green, med. diced	2 cups
Tomato, med. diced	2 cups
Cheese, feta, crumbled	1 cup
Olive, kalamata, pitted, halved	1 cup
Mint, leaves, fresh, torn	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Red Wine Vinaigrette (Recipe follows)	1 cup

Method

1. In a large bowl, combine the lettuce, onion, cucumber, bell pepper, tomato, feta, olives, and mint.
2. Season with salt and pepper to taste.
3. Toss with the red wine vinaigrette.

RED WINE VINAIGRETTE

Yield: 2 cups

Ingredients	Amounts
Vinegar, wine, red	½ cup
Mustard, Dijon	1 tsp.
Shallot, minced	2 Tbsp.
Oil, olive, pure	1 ½ cups
Sugar, granulated (Optional)	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Parsley, flat-leaf, fresh, minced	2 Tbsp.
Oregano, dried	½ tsp.

Method

1. In a mixing bowl, combine the vinegar, mustard, and shallots.
2. Gradually whisk in the oil.
3. Season with sugar (if desired), salt, and pepper.
4. Add the parsley and oregano. Mix to combine.

CHICKEN SOUVLAKI PITA SANDWICH WITH TZATZIKI

Yield: 10 portions

Ingredients	Amounts
Oil, olive, extra virgin	1/3 cup
Salt, kosher	1 tsp.
Pepper, black, ground	1/4 tsp.
Garlic, clove, crushed	1/4 cup
Oregano, dried	1 Tbsp.
Lemon, juice, fresh	1/4 cup
Soy sauce	1/2 cup
Chicken, thigh, boneless, 2-in. diced	10 ea.
Oil, olive, pure	1/4 cup
Onion, yellow, sliced	4 cups
Pepper, bell, green, sliced	4 cups
Salt, kosher	as needed
Pepper, black, ground	as needed
Skewer, bamboo, soaked	10 ea.
Cabbage, green, thinly sliced	4 cups
Bread, pita, cut in half, warmed	5 ea.
Tzatziki (Recipe follows)	1x recipe
Parsley, flat-leaf, fresh, minced	1 Tbsp.
Sesame seeds, toasted	2 Tbsp.

Method

1. In a large bowl, for the marinade, place the olive oil, salt, pepper, garlic, oregano, lemon juice, and soy sauce. Mix to combine.
2. Add the chicken. Toss to combine. Cover. Allow it to marinate in the refrigerator for 1 hour.
3. Season and preheat grill to medium high.
4. Heat the olive oil in a sauté pan over medium heat. Add the onions and peppers. Sauté until they are softened. Season with salt and pepper. Reserve.
5. Skewer the chicken. Grill the chicken until nice char marks are achieved and it reaches an internal temperature of 165°F.
6. To serve, place the cabbage and the onion and pepper mixture in the pita halves. Slide the chicken off the skewers and place it in the filled pitas.
7. Top with tzatziki. Garnish with parsley and sesame seeds.

TZATZIKI

Yield: 10 portions

Ingredients	Amounts
Cucumber, English, small diced	2 cups
Salt, kosher	as needed
Garlic, chopped	2 tsp.
Salt, kosher	1 tsp.
Lemon, juice, fresh	3 Tbsp.
Oil, olive, extra virgin	4 Tbsp.
Yogurt, nonfat, plain	3 cups.
Dill, fresh, chopped	3 Tbsp.

Method

1. In a medium bowl, place the diced cucumbers and a little salt. Toss to combine. Transfer to a colander. Set it aside for 15 minutes to draw some of the liquid out of the cucumbers.
2. In a large bowl, combine the garlic and salt. Mash it into a paste.
3. Stir in the lemon juice and olive oil.
4. Add the yogurt and dill. Mix well.
5. Rinse the salt from the cucumber and pat them dry. Fold them into the tzatziki.

THAI RED LENTIL SOUP

Yield: 10 portions

Ingredients	Amounts
Oil, coconut	¼ cup
Onion, yellow, medium, thinly sliced	3 cups
Red curry paste, vegetarian	3 Tbsp.
Lemongrass, stalk, lightly bashed	2 ea.
Lime, makrut, leaf, fresh	3 ea.
Lentils, red, dried	3 cups
Water	8 cups
Aromatic Oil (Recipe follows)	1 ½ cups
Coconut, milk	2 cups
Lime, juice, fresh	3 Tbsp.
Soy sauce	4 Tbsp.
Salt, kosher	1 ¼ tsp.
Peas, snap, sliced thinly on bias	2 cups
Cilantro, leaves, fresh, coarsely chopped	2 cups
Shallot, crispy fried	1 cup

Method

1. Heat the coconut oil in a large soup pot over low heat. Add the onion. Cover and cook, stirring once or twice, until the onion is completely soft, 10 to 15 minutes.
2. Stir in the red curry paste. Cook for 1 minute.
3. Add the lemongrass, lime leaves, lentils, and water. Bring it to a boil, turn down the heat to low, and simmer until the lentils are completely soft, about 15 minutes.
4. Remove the pot from the heat. Discard the lemongrass and lime leaves.
5. With an immersion blender, process the soup until it is completely smooth.
6. Add the coconut milk, lime juice, soy sauce, and salt. Stir to incorporate.
7. Return the soup to medium heat. When it is almost boiling, ladle the soup into bowls.
8. Garnish with the peas, cilantro, a drizzle of the aromatic oil, and the crispy shallots.

Note: Vegetable oil can be substituted for coconut oil.

AROMATIC OIL

Yield: 1 ½ cups

Ingredients	Amounts
Oil, canola	5 Tbsp.
Shallot, minced	½ cup
Garlic, coarsely chopped	3 tsp.
Ginger, fresh, peeled, coarsely chopped	2 tsp.
Red chili flakes	½ tsp.
Star anise, pod	1 ea.
Curry powder	2 Tbsp.
Tomato, paste	2 tsp.
Oil, canola	¾ cup
Lemon, zest	1 Tbsp.

Method

1. Heat the oil in a small saucepan over low heat.
2. Add the shallots, garlic, ginger, chili flakes, star anise, and curry powder. Fry, stirring occasionally, until the shallots are soft, about 5 minutes.
3. Add the tomato paste. Cook gently for 2 minutes.
4. Stir in the remaining oil and lemon zest. Simmer very gently for 10 minutes.
5. Strain.

CUCUMBER, PEANUT, AND CHILI OIL SALAD

Yield: 10 portions

Ingredients	Amounts
Cucumber, English, small diced	2 qt.
Salt, kosher	1 tsp.
Peanuts, roasted	1 cup
Cilantro, fresh, chopped	$\frac{3}{4}$ cup
Red pepper flakes	1 tsp.
Peanut, butter, creamy	$\frac{1}{2}$ cup
Soy sauce	$\frac{1}{4}$ cup
Vinegar, rice	$\frac{1}{4}$ cup
Sugar, granulated	3 tsp.
Garlic, grated	1 tsp.
Salt, kosher	$\frac{1}{2}$ tsp.
Chili Oil (Recipe follows)	2 $\frac{1}{3}$ cups

Method

1. In a colander, place the cucumbers and salt. Set it aside to drain.
2. Chop the peanuts, cilantro, and red pepper flakes together until very fine. Transfer to a small bowl and reserve.
3. In a large bowl, whisk together the peanut butter, soy sauce, vinegar, sugar, garlic, and salt. If the mixture is too thick, add 2 to 4 tablespoons of water to thin.
4. Transfer the salted cucumbers to the bowl with dressing. Toss to coat.
5. To serve, place half the cucumber salad on the plate. Sprinkle with half of the peanut mixture. Repeat with the remaining cucumber salad and peanut mixture.
6. Drizzle the salad with Chili Oil.

CHILI OIL

Yield: 2 1/3 cups

Ingredients	Amounts
Red chili flakes	1/4 cup
Garlic, clove, whole, smashed	2 ea.
Ginger, fresh, sliced	1/4 cup
Oil, vegetable	2 cups
Oil, sesame	1/3 cup

Method

1. In a pot, combine the red pepper flakes, garlic, ginger, vegetable oil, and sesame oil. Over medium heat, bring the oil to 225°F to 250°F, stirring occasionally.
2. Turn down the heat to very low and simmer for 15 minutes, making sure the temperature does not rise above 250°F.
3. Allow it to cool. Scrape the oil and solids into a glass or plastic container. Store, tightly covered, at room temperature.

CHICKEN BAHN MI

Yield: 10 portions

Ingredients	Amounts
Oil, canola	4 Tbsp.
Shallot, minced	2 ea.
Garlic, minced	2 Tbsp.
Soy sauce	2 Tbsp.
Sugar, granulated	1 Tbsp.
Five-spice powder	1 Tbsp.
Chili powder	1 Tbsp.
Star anise, powder	½ tsp.
Chicken, breast, boneless, skinless	5 ea.
 Marinated Daikon and Carrots (Recipe follows)	 3 cups
 Bread, baguette, cut into 6-in. lengths	 3 ea.
Mayonnaise	¾ cup
Cucumber, sliced thinly	1 ea.
Cilantro, sprig, fresh	10 ea.
Chile, jalapeño, sliced thinly	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the oil in a medium skillet over moderate heat. Add the shallots, garlic, soy sauce, and sugar. Stir. Cook until fragrant, about 10 seconds.
2. Add the five-spice powder, chili powder, and star anise powder. Stir.
3. Add the chicken, cover, and marinate for 45 minutes.
4. Season and preheat grill to medium high. Preheat oven to 350°F.
5. Grill the chicken. Allow it to cool. Cut it into ¼-inch slices.
6. Heat the baguette in the preheated oven until the outside is warm and crusty, about 5 minutes.
7. Cut each baguette in half lengthwise, without separating the two halves.
8. Spread a thin layer of mayonnaise over the bread.
9. Add the chicken slices, making sure the meat is evenly spread on the bread.
10. Garnish with the marinated vegetables, cucumber, cilantro, and jalapeño.
11. Season with salt and pepper to taste.

MARINATED DAIKON AND CARROTS

Yield: 6 cups

Ingredients	Amounts
Vinegar, rice	2 cups
Sugar, granulated	1 cup
Radish, white (Daikon), peeled, julienned	1 lb.
Carrot, peeled, julienned	2 lb.
Salt, kosher	1 ½ tsp.

Method

1. In a saucepan, combine the vinegar and sugar. Bring it to a boil. Remove the pan from the heat and allow it to cool. Reserve.
2. In a bowl, place the radishes, carrots, and salt. Toss to combine. Set it aside for 20 minutes. Rinse the vegetables thoroughly. Using your hands, squeeze them to remove any excess water. Pat them dry with paper towels. Transfer them to a large bowl.
3. Add the reserved vinegar mixture. Allow the vegetables to marinate for at least 30 minutes.

Note: distilled white vinegar can be substituted for the rice vinegar.

ONION SOUP GRATINÉE

Yield: 8 portions

Ingredients	Amounts
Oil, vegetable	¼ cup
Onion, yellow, thinly sliced	5 cups
Garlic, minced	1 tsp.
Vinegar, cider	2 Tbsp.
Stock, chicken, heated	1 ½ qt.
 Sachet d'épices	
Parsley, flat-leaf, stem, fresh	4 ea.
Thyme, dried	½ tsp.
Tarragon, dried	½ tsp.
Bay leaf, dried	1 ea.
Curry powder, madras	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Bread, French, sliced	1 ea.
Butter, unsalted, clarified	2 Tbsp.
Cheese, Gruyère, grated	1 cup
Parsley, flat-leaf, fresh, chopped	1 Tbsp.

Method

1. Heat the oil in a soup pot over medium-low heat. Add the onions and cook, without stirring, until the onions begin to brown on the bottom.
2. Increase the heat to medium, stir, and cook, stirring occasionally, until the onions are dark golden brown (caramelized). The total cooking time will be 40 to 45 minutes. If the onions begin to scorch, stir more frequently and firmly enough to remove any browned bits off the bottom of the pan.
3. Add the garlic and cook for 2 to 3 minutes.
4. Add the cider vinegar. Simmer until the liquid has nearly evaporated, 2 to 3 minutes.
5. Add the stock and sachet. Simmer for 30 to 45 minutes, skimming the surface as necessary to remove any fat. Remove and discard the sachet.
6. Season with curry powder, salt, and pepper.
7. Preheat oven to 450°F.
8. Heat the clarified butter in a sauté pan over medium heat. Fry 8 bread slices until golden brown on both sides. Drain them on paper towels.

9. Ladle the soup into cups or crocks. Top with the toasted bread and cheese. Place it in the preheated oven to melt the cheese. Serve topped with parsley.

Note: Beef stock can be substituted for chicken stock.

CITRUS AND FENNEL SALAD

Yield: 10 portions

Ingredients	Amounts
Fennel, bulb	2 ea.
Celery, thinly sliced	2 cups
Arugula, baby	4 cups
Salt, sea	1 tsp.
Pepper, black, ground	½ tsp.
Orange, navel, segmented	4 ea.
Grapefruit, ruby red, segmented	4 ea.
Oil, olive, extra virgin	1/3 cup
Lemon, juice, fresh	¼ cup
Olives, niçoise, pitted, sliced	2/3 cup
Parsley, flat-leaf, fresh, chopped	2 Tbsp.

Method

1. Trim the fennel bulb and wash it well. Using a mandolin, slice it thinly across the width of the bulb.
2. In a large bowl, place the fennel, celery, and arugula. Season with salt and pepper. Mix to combine.
3. Place the fennel mixture on a platter.
4. Top with orange and grapefruit segments, drizzled oil, lemon juice, and scattered olives and parsley.

PROVENÇAL TARTINE: RATATOUILLE WITH HERBES DE PROVENCE, GOAT CHEESE, AND GRILLED BREAD

Yield: 10 portions

Ingredients	Amounts
Oil, olive, extra virgin	½ cup
Herbes de Provence	1 tsp.
Onion, yellow, thinly sliced	2 cups
Garlic, finely chopped	2 Tbsp.
Eggplant, unpeeled, med. diced	2 cups
Pepper, bell, green, med. diced	1 cup
Pepper, bell, red, med. diced	1 cup
Zucchini, med. diced	2 cups
Tomato, plum, cored, med. diced	3 cups
Tomato, paste	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Basil, fresh, thinly sliced	¼ cup
Bread, Pain au Levain, ½-in. sliced	1 ea.
Oil, olive, extra virgin	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Garlic, clove, whole, peeled	2 ea.
Cheese, goat	1 cup
Basil, fresh, thinly sliced	1 Tbsp.

Method

1. Heat the oil in a large, heavy sauté pan over high heat. Add the herbes de Provence and heat for 10 seconds.
2. Add the onions, garlic, eggplant, and bell peppers. Cook, stirring continuously, until the onions are translucent, about 5 minutes.
3. Add the zucchini, tomatoes, tomato paste, salt, and pepper. Stir to blend. Cook over medium heat for 10 minutes.
4. Stir in the basil. Allow it to cool slightly.
5. Season and preheat grill to medium high.
6. Drizzle olive oil over 10 slices of bread. Season with salt and pepper. Grill the bread on both sides until nice char marks are achieved but the bread is still soft in the middle, 1 to 2 minutes per side.
7. Remove the bread from the grill. Rub garlic on one side.
8. Serve the ratatouille on top of the grilled bread with crumbled goat cheese and basil.

TORTILLA SOUP

Yield: 6 portions

Ingredients	Amounts
Tortilla, corn, cut into matchsticks	4 ea.
Oil, vegetable	2 tsp.
Onion, yellow, finely grated	1 cup
Garlic, finely minced	2 tsp.
Chili powder, mild	1 ½ tsp.
Cumin, dried, ground	1 tsp.
Cilantro, leaves, fresh, chopped	1 Tbsp.
Tomato, purée	¾ cup
Stock, chicken	6 cups
Bay leaf, dried	1 ea.
Chicken, breast, cooked, shredded	1 cup
Cheese, Cheddar, grated	½ cup
Avocado, diced	1 cup
Cilantro, fresh, chiffonade	½ cup
Lime, cut into wedges	2 ea.

Method

1. Preheat oven to 300°F.
2. Arrange the tortilla matchsticks in an even layer on a baking sheet. Toast in the oven for about 15 minutes. Reserve about ½ cup of the strips for a garnish. Crush the remainder in a plastic bag with a mallet.
3. Heat the oil in a soup pot over medium heat. Add the onion and garlic. Cook, stirring frequently, until they have a sweet aroma, 5 to 6 minutes.
4. Add the tortillas, chili powder, and cumin. Cook for 3 minutes. Add the cilantro and tomato purée. Cook for another 2 minutes.
5. Add the stock and bay leaf. Stir well. Simmer for 25 to 30 minutes.
6. Purée with an immersion blender until smooth. Adjust the seasoning with salt and pepper.
7. Place the heated chicken and tortillas into soup cups. Ladle soup into the cups.
8. Garnish with the cheese, avocado, and cilantro. Serve with lime on the side.

Source: Book of Soups, p. 67

MELON, CITRUS, AND JICAMA SALAD WITH MINT

Yield: 10 portions

Ingredients	Amounts
Melon, honeydew, peeled, seeded, julienned	1 ³ / ₄ lbs.
Jicama, peeled, julienned	10 oz.
Orange, navel, sùpreme cut	2 cups
Mint, fresh, stemmed, minced	2 Tbsp.
Lime, juice, fresh	¹ / ₄ cup

Method

1. In a large bowl, place the melon, oranges, jicama, mint, and lime juice. Toss gently to combine.
2. Chill for 30 minutes before serving.

THREE SISTERS CHEESE QUESADILLAS

Yield: 8 portions

Ingredients	Amounts
Oil, vegetable	1 Tbsp.
Onion, yellow, small diced	1 cup
Garlic, clove, minced	1 ea.
Squash, yellow, small diced	2 ea.
Corn, kernels, frozen	2 cups
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, vegetable	2 tsp.
Tortilla, flour, 8-in.	16 ea.
Cheese, Queso fresco, crumbled	2 cups
Cheese, Queso Chihuahua, shredded	2 cups
Scallion (Green onion), thinly sliced	6 ea.
Beans, black, canned, drained, rinsed	2 cups
Cilantro, fresh, chopped	6 Tbsp.
Pico de Gallo (Recipe follows)	1x recipe

Method

1. Heat the oil in a large sauté pan over medium heat. Add the onions and garlic. Sauté until translucent.
2. Add the squash. Cook until softened, 2 or 3 minutes.
3. Add the corn. Season with salt and pepper to taste. Transfer the sautéed vegetables to a bowl. Reserve.
4. Heat the oil in a large sauté pan over medium heat.
5. Place a tortilla in the pan. Fill it with ½ cup reserved vegetables, ½ cup of equal amounts of queso fresco and chihuahua, ¼ cup scallion, 2 oz. of beans, and 1 tablespoon of cilantro. Cover with another tortilla.
6. Cook until the bottom tortilla is golden brown and crisp. Flip the quesadilla and cook until cheese is melted and the bottom tortilla is crisp.
7. Repeat with the remaining tortillas.
8. Serve on a heated platter with the Pico de Gallo.

PICO DE GALLO

Yield: 2 cups

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

Method

1. In a medium bowl, place all the ingredients. Toss well to combine.
2. Allow it to sit for at least 30 minutes to allow the flavors to blend.
3. Serve in a chilled bowl.

DAY THREE KITCHEN PRODUCTION TEAM ASSIGNMENTS

TEAM ONE

Schnitzel with Lemon-Caper Beurre Blanc
Garlic-Roasted Potatoes with Parsley and Oregano
Braised Collard Greens

TEAM TWO

Grilled Salmon with Orange-Thyme Butter
Rice Pilaf
Green Beans

TEAM THREE

40-Clove Chicken
Whipped Potatoes
Oven-Roasted Vegetables

TEAM FOUR

Roast Sirloin of Beef with Jus Lié
Pommes Duchesse
Grilled Zucchini

SCHNITZEL WITH LEMON-CAPER BEURRE BLANC

Yield: 8 portions

Ingredients	Amounts
Pork, cutlet, 3 oz.	16 ea.
Salt, kosher	$\frac{3}{4}$ tsp.
Pepper, black, ground	$\frac{1}{4}$ tsp.
Egg, whole, beaten	$\frac{1}{4}$ cup
Milk, whole	$\frac{1}{4}$ cup
Flour, all-purpose	$\frac{3}{4}$ cup
Breadcrumbs	2 cups
Oil, vegetable	as needed
Butter, unsalted	4 Tbsp.
Parsley, flat-leaf, fresh, chopped	4 Tbsp.
Lemon, cut into wedges	6 ea.
Lemon-Caper Beurre Blanc	2 cups
(Recipe follows)	

Method

1. Pound each portion of pork between sheets of parchment or plastic wrap to a thickness of $\frac{1}{4}$ -inch (See chef demo). Blot the pork dry. Season each piece with salt and pepper.
2. For the egg wash, in a small bowl, whisk together the beaten eggs and milk.
3. To bread each cutlet, dredge (coat) the pork in flour, shaking off any excess. Dip it in egg wash and dredge in breadcrumbs.
4. Heat about $\frac{1}{8}$ -inch of oil in a large skillet to 350°F over medium heat.
5. Working in batches, add the breaded pork to the hot oil and pan fry on the first side until golden brown and crisp, about 2 minutes. Turn the pork once and pan fry until it reaches an internal temperature of 160°F, 1 to 2 minutes.
6. Drain on paper towels or on a wire rack set over a baking sheet.
7. Just before service, heat the butter in a large skillet until it sizzles, about 2 minutes.
8. Add the pan-fried pork to the hot butter and turn to coat on both sides.
9. Garnish with chopped parsley. Serve with lemon wedges and Lemon-Caper Beurre Blanc on the side.

LEMON-CAPER BEURRE BLANC

Yield: 2 cups

Ingredients	Amounts
Heavy cream	1 cup
Grape, white, juice (100% juice)	¼ cup
Lemon, juice, fresh	4 Tbsp
Shallot, minced	1 Tbsp.
Peppercorns, black	4 ea.
Butter, unsalted, cold, cubed	¾ lb.
Salt, kosher	to taste
Pepper, white, ground	to taste
Lemon, juice, fresh	6 Tbsp.
Lemon, zest, grated	1 Tbsp.
Capers, drained, rinsed	3 ½ Tbsp.

Method

1. In a small saucepan over medium heat, bring the heavy cream to a simmer. Allow it to reduce by half. Reserve.
2. In a medium saucepan, place the grape and lemon juice, shallot, and peppercorns. Reduce over medium-high heat until nearly dry (*au sec*).
3. Add the reduced heavy cream. Simmer until the sauce reduces slightly, 2 to 3 minutes.
4. Decrease the heat to very low. Add the butter a few pieces at a time, whisking constantly to blend the butter into the reduction. (Do not boil the sauce as it will separate.) Continue adding butter until the full amount has been incorporated.
5. Season with salt and pepper to taste.
6. To finish, add the lemon juice, lemon zest, and capers.
7. Place the sauce in a hot water bath and keep warm until needed.

Note: this alcohol-free recipe substitutes ¼ cup of white grape juice mixed with 2 tbsp lemon juice for ½ cup of dry white wine.

GARLIC-ROASTED POTATOES WITH PARSLEY AND OREGANO

Yield: 6 portions

Ingredients	Amounts
Potato, red bliss, trimmed, washed, halved	2 ¼ lb.
Oil, olive, extra virgin	⅓ cup
Bay leaf, dried	3 ea.
Oregano, dried	1 ½ Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	to taste
Garlic, clove, peeled, halved	6 ea.
Parsley, flat-leaf, fresh, chopped	3 Tbsp.
Oregano, fresh, chopped	1 ½ Tbsp.

Method

1. Preheat oven to 400°F. Preheat a cast-iron skillet over high heat.
2. In a large bowl, place the potatoes, olive oil, bay leaves, oregano, salt, and pepper. Toss to combine.
3. Transfer the oiled, seasoned potatoes to the hot skillet. Place the skillet in the preheated oven and roast for 20 minutes, stirring occasionally to ensure even browning.
4. Lower the oven temperature to 375°F. Cook, stirring occasionally, for 5 minutes.
5. Add the garlic. Cook until the potatoes are browned and crisp, about 10 minutes.
6. Transfer to a warm serving bowl. Sprinkle with the parsley and oregano.

BRAISED COLLARD GREENS

Yield: 6 portions

Ingredients	Amounts
Collard greens	2 ½ lb.
Pork, bacon, slice, diced	3 ea.
Onion, yellow, diced	1 ¼ cups
Garlic, clove, minced	2 ea.
Ham, hock (Optional)	1 ea.
Stock, vegetable	1 ¼ cups
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. Remove the stems from the greens and discard. Wash thoroughly.
3. Bring a large pot of salted water to a boil. Add the collards and blanch (par-cook) for about 1 minute.
4. Remove the greens from the water and transfer to an ice bath to stop the cooking process. Drain. Chop and reserve.
5. In a large skillet over medium heat, render the bacon until it is crispy, light golden brown, and the fat has melted out.
6. Add the onions and cook until translucent.
7. Add the garlic and cook until aromatic, about 1 minute.
8. Add the ham hock (if desired), the blanched greens, and stock. Season with salt and pepper to taste.
9. Braise in the preheated oven until the greens are tender, 30 to 45 minutes.
10. Remove the greens from the pan and reduce the liquid.
11. Return the greens to the pan. Adjust the seasoning with salt and pepper to taste.
12. Serve hot on a warm serving platter.

GRILLED SALMON WITH ORANGE-THYME BUTTER

Yield: 6-8 portions

Ingredients	Amounts
Butter, unsalted, softened	1/2 cup
Orange, juice, fresh	2 Tbsp.
Thyme, leaves, fresh	2 tsp.
Orange, zest	1 tsp.
Salt, kosher	1/2 tsp.
Pepper, black, ground	1/2 tsp.
Fish, salmon, fillet, 5 oz., skin removed	2 1/2 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Lemon, juice, fresh	1 ea.
Oil, vegetable	as needed

Method

1. In a small bowl, place the butter, orange juice, thyme, orange zest, salt, and pepper. Blend well.
2. Place the mixture on a piece of plastic wrap. Roll it into a 1-inch-diameter cylinder. 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 it evenly with 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 the fillet in a hot oven or pass it under a broiler just long enough to begin melting the butter.
7. Serve immediately on a warm platter.

RICE PILAF

Yield: 6 portions

Ingredients	Amounts
Chicken stock	2 cups
Oil, vegetable	1 Tbsp.
Onion, yellow, diced	3 Tbsp.
Garlic, clove, minced	1 ea.
Rice, white, long-grain	1 cup
Salt, kosher	1 tsp.
Pepper, white, ground	¼ tsp.
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	1 ea.

Method

1. Preheat oven to 325°F.
2. In a heavy saucepan, place the stock. Bring it to a simmer.
3. Heat the butter or oil in a medium-sized, heavy saucepan over medium heat. Add the onions and garlic and cook until they are translucent, 3 to 5 minutes.
4. Add the rice, stirring to coat with butter and toasting lightly, about 1 minute.
5. Add the hot stock, salt, pepper, bay leaf, and thyme. Bring to a boil, stirring once or twice to make sure the rice is not sticking to the bottom of the pan. Reduce the heat and cover tightly.
6. Place in the preheated oven. Cook until the rice is tender, and all the liquid has been absorbed, 15 to 20 minutes. Remove the pan from the oven and allow it to stand, covered, for 10 minutes.
7. Remove the lid and cover the pot with a clean dish towel. Replace the lid and let sit for another 5 minutes. Uncover and, using a fork, gently fluff the grains of rice.
8. Serve immediately in a heated bowl.

Note: Instead of cooking in the oven, the rice can continue to cook on the stovetop over low heat.

GREEN BEANS

Yield: 6 portions

Ingredients	Amounts
Beans, green, trimmed	1 ½ lb.
Oil, olive, pure	1 ½ tsp.
Shallot, minced	2 tsp.
Garlic, minced	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Chive, sliced	2 tsp.

Method

1. Blanch (par-cook) the green beans in boiling salted water until bright green.
2. Remove the beans from the water and transfer to an ice bath stop the cooking process.
Drain and reserve.
3. Heat a large sauté pan over medium heat. Add the olive oil, shallots, and garlic. Sauté briefly.
4. Add the green beans. Season with salt and pepper to taste.
5. Stir in the chives. Serve on a heated platter.

40-CLOVE CHICKEN

Yield: 8 portions

Ingredients	Amounts
Chicken, breast, frenched	6 ea.
Chicken, thigh	6 ea.
Chicken, leg	6 ea.
Stock, chicken	4 ½ cups
Lemon, juice, fresh	¼ cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	1 ¼ cup
Oil, olive, pure	3 Tbsp.
Garlic, clove, peeled	40 ea.
Thyme, sprig, fresh	6 ea.
Rosemary, sprig, fresh	2 ea.
Parsley, flat-leaf, fresh, chopped	3 Tbsp.

Method

1. In a large bowl, combine the chicken stock and lemon juice. Add the chicken pieces and allow them to marinate in the refrigerator for 1 to 2 hours. Remove and pat dry. Reserve the marinade.
2. Preheat oven to 325°F.
3. Season the marinated chicken with salt and pepper. Dredge (coat) the chicken in flour.
4. In a large, straight-sided sauté pan (*sautoir*), heat the oil over medium-high heat. Working in batches, add the chicken and brown on all sides. Remove the chicken and reserve.
5. Add the garlic to the pan. Sauté until it begins to brown.
6. Place the chicken on top of the garlic in a single layer. Add the reserved marinade. Season with the thyme and rosemary.
7. Cover the pan. Braise in the preheated oven until tender, about 45 minutes.
8. Remove the chicken and the garlic from the pan and reserve. Remove and discard the herbs.
9. Reduce the sauce on the stovetop over medium-low heat until it is thick enough to coat the back of a spoon (*nappé*).
10. Adjust the seasoning with salt and pepper to taste.
11. Serve the chicken with the sauce and garlic cloves. Garnish with the parsley.

Source: Adapted from *On Cooking* by Sarah Labensky, Alan Hause

WHIPPED POTATOES

Yield: 8 portions

Ingredients	Amounts
Potato, russet, peeled, quartered	2 lb.
Salt, kosher	as needed
Butter, unsalted, softened	2 Tbsp.
Milk, warmed	¼ cup
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. In a large pot, place the potatoes and enough cold water to cover by 2 inches. Generously salt the water. Bring it to a simmer over high heat.
2. Lower the heat to medium, cover, and simmer until the potatoes are easily pierced with a fork, 25 to 30 minutes.
3. Drain the potatoes and return them to the pan. Place the pan over low heat until no more steam rises from the potatoes (be careful not to brown them).
4. While still hot, purée the potatoes with a food mill or potato ricer into a heated bowl.
5. Mix the butter into the potatoes until just incorporated.
6. Add the warm milk and stir to combine. Season with salt and pepper to taste.
7. In an electric mixer, whip the potatoes on medium speed until smooth and light.
8. Serve in a heated bowl.

Variations:

Buttermilk Whipped Potatoes: Replace the milk with buttermilk. Add 1 to 2 tablespoons of minced fresh chives along with the salt and pepper.

Whipped Sweet Potatoes: Replace the russet potatoes with sweet potatoes. Use the cooking liquid to replace half of the milk when whipping the purée. Season with ¼ teaspoon of cinnamon, a few grains of nutmeg, and a few drops of fresh lemon juice.

OVEN-ROASTED VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Onion, red, quartered	2 ea.
Carrot, oblique cut	2 cups
Cauliflower, florets	2 cups
Pepper, bell, red, cut into 1-in. pieces	2 cups
Pepper, bell, green, cut into 1-in. pieces	2 cups
Garlic, clove, whole, peeled	6 ea.
Shallot, whole, peeled	3 ea.
Oil, olive, extra virgin	2 Tbsp.
Thyme, fresh, chopped	1 Tbsp.
Salt, kosher	1 Tbsp.
Pepper, black, ground	1 tsp.
Cooking spray	as needed
Butter, unsalted, cut into bits	4 Tbsp.

Method

1. Preheat oven to 375°F.
2. In a large stainless-steel bowl, combine the onions, carrots, cauliflower, peppers, garlic, and shallots. Add the olive oil. Toss to coat.
3. Season with thyme, salt, and pepper. Mix thoroughly.
4. Coat a roasting pan lightly with cooking spray. Transfer the vegetables to the pan. Dot with the butter.
5. Roast in the preheated oven until the vegetables are lightly caramelized and tender. Gently stir the vegetables periodically throughout the cooking period to ensure even roasting.
6. Serve hot on a heated platter.

ROAST SIRLOIN OF BEEF WITH JUS LIÉ

Yield: 8 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, yellow, diced	1/3 cup
Carrot, diced	1/4 cup
Celery, diced	1/4 cup
Tomato, paste	2 Tbsp.
Stock, veal, brown	2 1/2 cups
Cornstarch	1 tsp.
Water	1 Tbsp.

Method

1. Preheat the oven to 350°F. Set a rack in a roasting pan.
2. Season the beef generously with salt and pepper.
3. 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.
4. Transfer the beef to the prepared roasting pan. Add the onions, carrots, and celery to the bottom of the pan.
5. Roast the meat to an internal temperature of 125°F (medium rare), about 1 hour. Remove the beef from the pan and transfer to a cutting board. Cover it loosely with foil and allow it to stand for 20 minutes.
6. Pour off the fat from the pan, leaving 1 tablespoon. Add the tomato paste. Place the pan over medium heat on the stove top. Cook the vegetables and tomato paste, stirring until caramelized, 3 to 5 minutes.
7. Add the stock. Deglaze the pan, stirring and scraping the bottom of the pan to loosen any bits of food (*fond*).
8. For the slurry, whisk together the cornstarch and water.
9. Whisk the slurry into the sauce and bring it to a boil. When the sauce thickens, remove the pan from the heat. Strain the sauce. Season with salt and pepper to taste.
10. Remove the string from the meat and slice. Serve on a heated platter with the jus.

POMMES DUCHESSE

Yield: 8 portions

Ingredients	Amounts
Potato, russet, peeled, quartered	2 ¼ lb.
Egg, yolk	3 ea.
Butter, unsalted, softened	¼ lb.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Nutmeg, fresh, grated	⅛ tsp.

Method

1. Preheat oven to 400°F.
2. In a pot of cold, salted water, place the quartered potatoes. Bring it to a boil over high heat. Lower the heat and simmer until the potatoes are just tender.
3. Drain the potatoes and return them to the pot. Heat them over very low heat until no more steam rises from the potatoes (be careful not to brown the potatoes).
4. Purée the potatoes while still very hot.
5. Add the egg yolks and butter. Mix well to incorporate. Season with salt, pepper, and nutmeg to taste.
6. Transfer the mixture to a piping bag fitted with a star tip. Pipe the potatoes onto a parchment paper-lined sheet pan (see chef demo).
7. Bake in the preheated oven until the potatoes are heated through and golden brown.
8. Serve immediately on a warm platter.

GRILLED ZUCCHINI

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	½ cup
Vinegar, wine, red	½ cup
Garlic, clove, minced	2 ea.
Thyme, fresh, chopped	1 ½ tsp.
Oregano, fresh, chopped	1 ½ tsp.
Sugar, granulated	1 tsp.
Zucchini, cut into ½-inch slices on the bias	1 ½ lb.
Salt, kosher	½ tsp.

Method

1. Preheat a gas grill to medium-high, leaving 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 light coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
2. For the marinade, in a large bowl, place the olive oil, vinegar, garlic, thyme, oregano, and sugar. Stir until the sugar dissolves.
3. Pat the zucchini slices dry with paper towels. Season generously with salt. Toss with the marinade, making sure that the zucchini is coated on both sides.
4. Grill the zucchini on each side until it is tender and marked with grill marks.
5. Transfer to a warm platter, drizzle with some of the marinade, and serve hot.

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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.

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.

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