



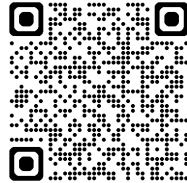
Culinary Institute of America

RIALTO UNIFIED SCHOOL DISTRICT CULINARY TRAINING PROGRAM GROUP 2



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".

David Kamen '88 MBA PC^{III}
Director CIA Consulting
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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

TEAM ONE

Miso Glazed Salmon
Oven Baked "Fried" Rice

TEAM TWO

Middle Eastern Salmon with Tomato, Cucumber, and Dill Salad
Israeli Salad with Lemon-Infused Salmon

TEAM THREE

Salmon Tacos with Citrus Cabbage Slaw and Pickled Vegetables
Seasoned Black Beans

TEAM FOUR

Huli Huli Salmon Bowl
Grilled Red Onion and Pineapple
Pickled Carrots

MISO GLAZED SALMON

Yield: 12 portions

Ingredients	Amounts
Vinegar, wine, rice	1 1/2 cups
Water	1/2 cup
Wine, rice, sweet, Japanese (<i>Mirin</i>)	2 cups
Miso, white (<i>Shiromiso</i>)	8 oz.
Soy sauce	3 Tbsp.
Sugar, brown, light	8 oz.
Fish, salmon, fillet, boneless, skinless	5 lb.
Scallion (Green onion), bunch, thin sliced	2 ea.
Sesame Seeds, toasted	2 Tbsp.

Method

1. For the marinade, in a medium pot, combine the rice wine vinegar, water and mirin. Bring it to a simmer and cook for 10 minutes.
2. Whisk in the miso, soy sauce, and brown sugar. Simmer, stirring occasionally, for 5 minutes. Allow it to cool over an ice bath until cold.
3. Cut the salmon fillets into 5 oz. portions.
4. Combine the marinade and salmon in a zip-top bag. Allow it to marinate overnight.
5. Remove the salmon from marinade. Wipe off any excess marinade with a paper towel. Do not rinse the salmon.
6. Broil the salmon fillets to golden brown. Brush the fillets with glaze as they are cooking.
7. Top with scallions and sesame seeds. Serve hot.

Note: the salmon can also be grilled or sautéed.

OVEN BAKED "FRIED" RICE

Yield: 15 portions

Ingredients	Amounts
Rice, brown, long grain, cooked	1/2 gal.
Pepper, bell, red, chopped	1/2 cup
Scallion (Green onion), chopped	1/2 cup
Pineapple, tidbits, in juice	1 1/2 cups
Peas	1 1/2 cups
Carrot, chopped	1 1/2 cups
Oil, sesame	1/3 cup
Soy sauce	1/2 cup

Method

1. Preheat oven to 400°F. Line a full baking sheet with parchment paper.
2. In a large bowl, place the cooked rice, bell peppers, scallions, pineapple tidbits with juice, peas, and carrots. Toss to combine.
3. Add the sesame oil and soy sauce. Mix well to combine.
4. Lay the rice mixture in a thin layer on the prepared baking sheet.
5. Bake in the preheated oven for 45 minutes. Rotate and mix every 15 to 20 minutes to avoid the outer edges from burning.
6. Serve hot.

MIDDLE EASTERN SALMON WITH TOMATO, CUCUMBER, AND DILL SALAD

Yield: 10 portions

Ingredients	Amounts
Cucumber, English, sliced thin	2 ea.
Tomato, cherry, halved	2 pt.
Vinegar, cider	1/2 cup
Dill, fresh, chopped	3/4 cup
Salt, kosher	2 tsp.
Pepper, black, ground	1 tsp.
Salmon, fillet, boneless, skinless	4 ea.
za'atar	1 tsp.
Lemon, cut into wedges	1 ea.

Method

1. Preheat oven to 350°F. Line a sheet pan with parchment paper.
2. For the salad, in a large bowl, combine the cucumber, tomato, vinegar, dill, salt, and pepper. Toss to combine. Allow it to rest for 15 minutes.
3. Season both sides of salmon with the za'atar. Place them on the prepared sheet pan.
4. Roast the salmon in the preheated oven until the desired doneness.
5. Serve with the lemon wedges and cucumber salad.

ISRAELI SALAD WITH LEMON-INFUSED SALMON

Yield: 15 portions

Ingredients	Amounts
Salmon, fillet, boneless, skin off	4 lb.
Salt, kosher	2 ½ tsp.
Lemon, very thin sliced	2 ½ ea.
Tomato, cherry, cut in half	6 ¼ cups
Cucumber, English, peeled, sm. diced	6 ¼ cups
Scallion (Green onion), trimmed, cut into ½-in. pieces	2 cups
Lemon, juice	4 Tbsp.
Parsley, flat-leaf, fresh, chopped	10 Tbsp.
Pepper, black, coarse ground	1 ¼ tsp.

Method

1. Preheat oven to 450°F.
2. Season the salmon with salt. Place it on a parchment-lined baking sheet. Cover it with the lemon slices.
3. Roast in the preheated oven 450°F until the salmon begins to flake when gentle pressure is applied, 7 to 9 minutes.
4. For the salad, in a large bowl, combine the tomato, cucumber, scallion, lemon juice, parsley, and pepper. Toss thoroughly.
5. Serve 1 ½ cups of the salad per portion, topped with 1 piece of salmon. Remove the lemon slices, if desired.

SALMON TACOS WITH CITRUS CABBAGE SLAW AND PICKLED VEGETABLES

Yield: 8 portions (2 each)

Ingredients	Amounts
Orange, juice	1/2 cup
Grapefruit, juice	2 Tbsp.
Lime, juice	1/4 cup
Garlic, clove	3 ea.
Achiote paste	2 oz.
Oregano, Mexican, fresh	1/2 tsp.
Cinnamon, ground	1/4 tsp.
Cumin, ground	1 tsp.
Salt, kosher	1 tsp.
Fish, salmon, fillet, boneless, skinless	2 lb.
Tortilla, corn, 4-in.	16 ea.
Oil, olive, spray	as needed
Avocado, sliced	2 ea.
Cilantro, sprig, fresh	16 ea.
Sour cream	8 oz.
Lime, cut into wedges	3 ea.
Pickled Red Onions (Recipe follows)	
Citrus Cabbage Slaw (Recipe follows)	1x recipe

Method

1. For the pibil marinade, in a blender, combine the orange juice, grapefruit juice, lime juice, garlic clove, achiote paste, oregano, cinnamon, cumin, and salt. Blend until smooth. Adjust the seasoning with salt to taste.
2. In a large bowl, place the salmon and the marinade. Cover and allow it to chill in the refrigerator for 2 hours.
3. Preheat a grill.
4. Heat the tortillas on the preheated grill. Keep warm in a clean towel.
5. Lightly spray the grill with the olive oil. Lift the salmon out of the marinade, gently shaking off any excess. Place the salmon on the grill and cook both sides until just cooked through.
6. To assemble the tortillas, place a warm tortilla on a flat surface. Top with some citrus cabbage slaw, making sure to include a few citrus segments. Place 1-2 pieces of salmon on top. finish with a slice of avocado, sour cream, pickled red onions, a sprig of cilantro, and a lime wedge.

Source: Chef Toni Sakaguchi

QUICK PICKLED RED ONIONS

Yield: 15 servings

Ingredients

Onion, red, sliced thin
Salt, kosher
Sugar, granulated
Vinegar, apple cider

Amounts

3 cups
1 tsp.
2 tsp.
 $\frac{3}{4}$ cup

Method

1. In a large bowl, combine onion and salt. Let it sit until the liquid starts to pool, 15 to 20 minutes. Drain any excess water.
2. Add the sugar. Toss to combine. Allow it to sit until the sugar dissolves, about 15 minutes.
3. Add the vinegar to cover the onions completely. Allow it to sit for 1 hour up to 1 day. Keep the onions cold, below 41°F for up to 7 days.

CITRUS CABBAGE SLAW

Yield: 3 cups

Ingredients	Amounts
Cabbage, fine julienne	1 cup
Cucumber, sliced thin on a long bias	1 cup
Pickled Red Onions (Recipe follows)	4 Tbsp.
Chile, serrano, minced	¼ tsp.
Cilantro, leaves	2 Tbsp.
Orange, segments, no pith	1 cup
Grapefruit, segments, no pith	1 cup
Lime, juice	2 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat a grill or grill pan.
2. In a bowl, combine the cabbage, cucumbers, pickled red onions, chiles, and cilantro leaves.
3. Gently mix in the orange and grapefruit segments and lime juice.
4. Season with salt and pepper.

Source: Chef Toni Sakaguchi

SEASONED BLACK BEANS

Yield: 15 portions

Ingredients	Amounts
Beans, black beans, #10 can	1 ea.
Base, chicken, low sodium	½ cup
Onion, minced, dried	2 Tbsp.
Pepper, black, ground	1 tsp.
Garlic powder	1 tsp.
Salt, kosher	½ tsp.
Garlic, minced	1 tsp.
Cumin, ground	½ Tbsp.
Red pepper flakes, dried	½ tsp

Method

1. Preheat oven to 350°F.
2. Drain the beans well. Rinse under cool running water.
3. In a large bowl, combine the beans, chicken base, onion, pepper, garlic powder, salt, garlic, cumin, and red pepper flakes. Mix well.
4. Pour the mixture into a 2-inch steam table pan. Cover the pan with foil.
5. Bake in the preheated oven for 1 hour, stirring after 30 minutes.
6. Cover and continue to bake until the internal temperature reaches 135°F.

HULI HULI SALMON BOWL

Yield: 8 portions

Ingredients	Amounts
Sugar, brown, packed	¼ cup
Ketchup	½ cup
Soy Sauce, low sodium	¼ cup
Stock, vegetable	½ cup
Ginger, fresh, minced	1 Tbsp.
Oil, sesame	1 Tbsp.
Fish, salmon, fillet, boneless	2 lb.
Onion, red, sliced into ½-in. rings	2 ea.
Pineapple, cored, cut in ½-in. rings	3 ea.
Oil, sesame	1 Tbsp.
Salt, kosher	as needed
Togarashi	as needed
Oil, olive, spray	as needed
Cucumber, cut into ribbons	2 ea.
Pickled Carrots (Recipe follows)	1 cup
Multigrain Mix (Recipe follows)	8 cups
Avocado, whole	3 ea.
Green onions, whole	3 ea.
Cilantro, fresh, chopped	2 Tbsp.

Method

1. For the huli huli marinade, in a large bowl, combine brown sugar, ketchup, soy sauce, stock, ginger, and sesame oil. Refrigerate. Reserve some of the marinade for basting the fish and red onions.
2. Add the salmon to the marinade and stir until evenly coated. Cover with plastic wrap. Refrigerate for 2 hours, turning the salmon at least once.
3. Preheat a grill.
4. Brush the red onion and pineapple rings with the sesame oil. Season them with the salt. Grill them on both sides until cooked through, well-marked, and caramelized. Cut the pineapple into chunks, separate the onion rings, and sprinkle with togarashi. Reserve.
5. Add the salmon to the grill, cover, and cook for 4 to 8 minutes, turning to keep the salmon from burning. Baste the salmon with the reserved marinade after you turn it, until cooked through. (Cook times will vary depending on sizes and width of the salmon, so be sure to check for doneness.)

6. Toss the cucumber ribbons with the pickled carrots.
7. In a bowl, place a spoonful of the Multigrain Mix. Top with some grilled pineapple, cucumber ribbons, grilled red onions, pickled carrot, and avocado slices. Place a portion of the salmon on top. Sprinkle with the green onions and cilantro.

Note: If Togarashi is not available, substitute a pinch of cayenne and toasted sesame seeds.

MULTIGRAIN MIX

Yield: 8 cups

Ingredients	Amounts
Vinegar, rice	1 cup
Sugar, granulated	4 Tbsp.
Salt, kosher	2 tsp.
Konbu, sheet, cut into small pieces	1 ea.
Quinoa, cooked, warm	2 cups
Rice, brown, short grain, cooked, warm	2 cups
Barley, purple, cooked, warm	2 cups
Rice, white, short grain, cooked, warm	2 cups
Edamame, shelled, blanched	2 cups

Method

1. For the sushi rice mix, in a small pot, combine the rice vinegar, sugar, salt and konbu. Heat over low heat until the konbu is soft to the touch, approximately 10 minutes. Do not let the liquid boil. Remove the konbu and allow it to cool.
2. In a large bowl, combine the quinoa, brown rice, barley, and white rice. Gently mix. Transfer the mixture to a hotel pan. Sprinkle with the sushi rice mixture, fanning it to cool.
3. Just before serving, fold in edamame.

Note: Use a variety of whole grains to replace any of the above grains. Spelt, kamut, wheat berries, millet, black rice or sorghum are all good substitutes. Select a variety of textures. If konbu is not available, omit.

Regular barley can be substituted for the purple barley.

PICKLED CARROTS

Yield: 2 cups

Ingredients	Amounts
Carrot, julienned	2 cups
Salt, kosher	as needed
Pepper, black, ground	as needed
Vinegar, wine, rice	½ cup
Sugar, granulated	1 Tbsp.
Salt, kosher	1 tsp.
Oil, sesame	1 tsp.

Method

1. In a medium bowl, place the carrots. Season with salt and pepper.
2. In a small sauce pot, combine the vinegar, sugar, and salt. Bring it to a simmer.
3. Pour the vinegar mixture over the carrots. Mix well.
4. Place a weight on top of the carrots to submerge them below the liquid. Allow them to cool.

DAY TWO KITCHEN PRODUCTION TEAM ASSIGNMENTS

TEAM ONE

Chicken Caprese Sandwich with Spinach Pesto

Thai Chicken and Brown Rice Lettuce Wraps

TEAM TWO

Cubano Sandwich

Bombay Coconut Meatball Bowl

TEAM THREE

Spy Thai Beef Flatbread

Asian-style Sweet and Spicy Veggie Burger

TEAM FOUR

Blueberry Oat Bars

Apple Pie Overnight Oats

Homemade Granola

CHICKEN CAPRESE SANDWICH WITH SPINACH PESTO

Yield: 10 portions

Ingredients	Amounts
Oil, olive	2 Tbsp.
Salt, Kosher	¼ tsp.
Pepper, black, ground	¼ tsp.
Chicken, breast, skinless, cut into strips	20 oz.
Spinach Pesto (Recipe follows)	1 ¼ cups
Tomato, sliced, 1/8-in thick`	10 oz.
Cheese, Provolone, slice	10 ea.
Bread, ciabatta, roll, 2 oz.	10 ea.

Method

1. Preheat oven to 350°F. Prepare a sheet pan lined with parchment paper.
2. For the marinade, in a large bowl, place the oil, salt, and pepper. Mix to combine.
3. Add the chicken strips. Toss to coat.
4. Arrange the chicken in a single layer on the lined sheet pan. Bake in the preheated oven until the internal temperature reaches 165°F, 15 to 20 minutes.
5. To assemble the sandwiches, start with a ciabatta bottom bun. Add 2 tablespoons of pesto, 3 ounces of chicken strips, 2 tomato slices, 1 slice of cheese, and the top bun.
6. Hot hold for service.

SPINACH PESTO

Yield: 2 cups

Ingredients	Amounts
Spinach, fresh	2 lb.
Oil, olive	1 ½ cup
Cheese, Parmesan, grated	½ cup
Lemon, juice, fresh	2 Tbsp.
Garlic, fresh, chopped	1 Tbsp.
Salt, kosher	1 Tbsp.
Pepper, black, ground	½ tsp.

Method

1. Fit a food processor with a steel blade. Working in batches, fill the food processor 1/3 full with the spinach. Add a drizzle of oil, do not add at once. Process until smooth, adding a little more oil as needed.
2. Transfer the mixture to a large bowl. Repeat with remaining spinach and oil.
3. For the last batch, add the cheese, lemon juice, garlic, salt, and pepper.
4. Transfer the mixture to the bowl. Stir well to blend the flavors.

THAI CHICKEN AND BROWN RICE LETTUCE WRAPS

Yield: 10 portions (2 each)

Ingredients	Amounts
Chicken, cooked, shredded	2 wt. oz.
Mango, diced	12 wt. oz.
Pepper, bell, red, fresh, julienned	5 wt. oz.
Brown rice, cooked	1 ¼ lb.
Peanut Sauce	1 ¼ cups
Cilantro, fresh, chopped	2 oz.
Lettuce, Boston, leaf, whole	20 ea.

Method

1. In a large bowl, combine the chicken, mango, red bell pepper, brown rice, and peanut sauce. Gently mix to combine.
2. Place 1 cup of the Thai Chicken and Rice mixture in a serving container.
3. Garnish it with cilantro.
4. Serve 2 large, fresh lettuce leaves with each serving for students to make their own lettuce wraps. Serve cold.

Note: pineapple can be substituted for the mango.

CUBANO SANDWICH

Yield: 10 portions

Ingredients	Amounts
Cooking spray	as needed
Bread, bun, sub, whole grain	10 ea.
Mustard, yellow	10 oz.
Ham, sliced	1 lb.
Pickle, sliced thin, low sodium	40 ea.
Pork, pulled	1 lb.
Swiss cheese, sliced thin	5 oz.
Oil, olive, spray	as needed

Method

1. Spray a parchment lined sheet pan generously with non-stick spray.
2. Spread mustard on the inside surface of the top and bottom buns. Arrange the bottom bun mustard side up on the sprayed parchment lined tray.
3. In each sandwich, place 1 ¼ ounces of ham on top of the mustard on the bottom bun.
4. Top ham with 4 pickle slices.
5. Place 1 ½ ounces of pulled pork on top on pickles
6. Place ½ ounce sliced Swiss cheese on top of pulled pork
7. Place top bun on sandwich and spray the top surface of the bun generously with non-stick spray.
8. Place another sheet of parchment on top of sandwiches and place 2-3 sheet pans on top of parchment paper to press down and compress sandwiches
9. Bake until lightly browned and filling reaches safe internal temperature (10 to 12 minutes).
10. Cut the sandwich in half diagonally and serve.

BOMBAY COCONUT MEATBALL BOWL

Yield: 10 portions

Ingredients	Amounts
Cooking spray	as needed
Brown Rice Pilaf (Recipe follows)	2 qt.
Meatball, beef/ mushroom, frozen	30 ea.
Bombay Tomato Sauce (Recipe follows)	2 cups
Coconut, milk	1 ½ cups
Cilantro, fresh, chopped	1 ½ cups
Mint, fresh, chopped	1 ½ cups
Onion, crisp, fried	1 cup

Method

1. Preheat oven to 350°F. Spray a parchment-lined sheet pan generously with non-stick spray.
2. Prepare the Brown Rice Pilaf recipe. Heat to 135°F. Hot hold, covered, until assembly.
3. Arrange the frozen meatballs in an even layer on prepared sheet pan. Cook the meatballs, uncovered, for 15 to 18 minutes. This heats the meatballs and creates a nice exterior texture and richer flavor. Heat to 165°F for 15 seconds. Hold hot above 135°F.
4. Prepare the Bombay Tomato Sauce recipe. Place the Bombay Tomato Sauce and coconut milk in a steam jacket kettle or large pot. Stir to combine.
5. Over medium-high heat, bring the sauce to 135°F for at least 15 seconds. Gently stir in the meatballs. Heat to 135°F for 15 seconds.
6. Portion 1 cup of rice, top with 3 meatballs and about ¼ cup of sauce.
7. Sprinkle with chopped cilantro and mint. Finish with crispy fried onions.

BROWN RICE PILAF

Yield: 20 servings

Ingredients	Amounts
Rice, brown, parboiled	3 cups
Oil, canola	4 Tbsp.
Onion, yellow, small diced	$\frac{3}{4}$ cup
Garlic, minced	1 tsp.
Salt, kosher	1 tsp.
Stock, chicken, low sodium	6 cups

Method

1. In a hotel pan, combine the rice, oil, diced onions, garlic, and salt.
2. Add the stock.
3. Cover the pan tightly with aluminum foil. Bake for about 25 minutes. Heat to 135°F or higher for at least 15 seconds.
4. Hold for hot service at 135°F or higher.

BOMBAY TOMATO SAUCE

Yield: 4 cups

Ingredients	Amounts
Oil, vegetable	2 ¼ tsp.
Onion, small diced	3 ½ oz.
Tomato, paste, canned	9 ¼ oz.
Tomato, diced, canned with juice	25 oz.
Water	½ cup
Pepper, black, ground	1/8 tsp.
Parsley, dried	1 Tbsp.
Garlic, granulated	2 ¼ tsp.
Basil, dried	¼ tsp.
Oregano, dried	¼ tsp.
Marjoram, dried	1/8 tsp.
Thyme, dried	1/8 tsp.

Method

1. Heat the oil in a sauté pan over medium low heat. Add the onions and cook until translucent, about 5 minutes.
2. Add the tomato paste, canned tomatoes, water, pepper, parsley, granulated garlic, and basil, oregano, marjoram, and thyme. Mix well. Bring it to a boil. Reduce the heat and simmer, uncovered, for 25 to 30 minutes. Heat to 135°F or higher.
3. Hold for hot service at 135°F or higher.

Note: Prepared Italian seasoning mix can be substituted for the dried basil, dried oregano, dried marjoram and dried thyme. Use ¾ tsp. for 1 qt. of sauce. Use 1 Tbsp. for 1 gal. of sauce.

Source: Chef Rachel Petraglia

SPY THAI BEEF

Yield: 10 servings

Ingredients	Amounts
Beef, ground, raw, 80% lean	1 ¾ lb.
Water	½ cup
Peanut butter, creamy	1/3 cup
Lime juice	2 Tbsp.
Soy sauce, reduced sodium	2 Tbsp.
Garlic, granulated	1 tsp.
Ginger, ground	1 tsp.
Crushed red pepper	¼ tsp.
Flatbread	10 ea.
Carrot, shredded	2 ea.
Cucumber, sliced	2 ea.
Pepper, bell, red, cut into strips	2 ea.

Method

1. In a skillet over medium heat, brown the ground beef, breaking it into 1/2-inch crumbles and stirring occasionally until internal temperature reaches 160°F. Remove the drippings.
2. In a medium bowl, combine the water, peanut butter, lime juice, soy sauce, granulated garlic, ground ginger, and crushed red pepper. Reserve.
3. Stir the peanut butter mixture into the pan with the ground beef mixture. Cook, stirring occasionally, over medium-low heat until heated through. Add water as needed for desired consistency. Heat to 165°F for at least 15 seconds. Hold hot for service at 135°F for up to 2 hours.
4. Warm the flatbread. Using a #12 scoop, portion 1/3 cup of the beef mixture onto the flatbread. Garnish with carrot, cucumber, and bell pepper strips.

ASIAN-STYLE SWEET AND SPICY VEGGIE BURGER

Yield: 10 portions

Ingredients	Amounts
Split pea, yellow, dry	1 lb.
Water	1 qt.
Squash, butternut, frozen, thawed	1 ¼ lb.
Soy sauce, less sodium	1/3 cup
Onion, granulated	2 tsp.
Garlic, granulated	1 Tbsp.
Ginger, ground	1 Tbsp.
Cornmeal	¾ cup
Asian Slaw (Recipe follows)	1x recipe
Mayonnaise	7 oz.
Sweet chili sauce	4 oz.
Bread, bun, hamburger, whole grain	10 ea.

Method

1. Wash and rinse the split peas with cold water. Place them in a steam table pan and cover with water. Cover and steam for 20 to 30 minutes. Remove from the steamer and allow the peas to cool. Hold cold for service, below 41 °F.
2. In a large standing mixer, add thawed squash and chilled split peas. Mix until squash and split peas are blended and squash is mashed.
3. Add soy sauce, granulated onion, granulated garlic, and ginger. Mix well.
4. Mix in the cornmeal. The mixture should be a little wet.
5. Preheat oven to 375° F. Line sheet pans with parchment and spray parchment with pan spray.
6. Scoop the burger mixture using a # 6 scoop. Place them on a sheet tray. Gently pat down the top. Bake in the preheated oven until burgers are firm, 35 minutes.
7. In a small bowl, combine the mayonnaise and sweet chili sauce. Whisk to combine. Reserve.
8. To assemble the burgers, place ¼ cup of slaw on the bottom of each bun. Top with a veggie burger.
9. Serve with 1 ounce of sweet chili mayonnaise.

ASIAN SLAW

Yield: 10 portions

Ingredients	Amounts
Cabbage, Napa, shredded	12 oz.
Carrots, cut into matchsticks	4 oz.
Onion, red, thinly sliced	4 oz.
Pineapple, tidbits, well drained	5 oz.
Ginger, ground	1 Tbsp.
Vinegar, apple cider	1 Tbsp.
Oil, sesame	1 tsp.
Soy sauce, less sodium	1 oz
Honey	1 Tbsp.
Lime juice	2 tsp.
Lime zest	1 Tbsp.

Method

1. In a large bowl, place the cabbage, carrots, red onion, and pineapple. Mix to combine.
2. In a small bowl, place the ginger, vinegar, oil, soy sauce, honey, lime juice and zest. Whisk to combine.
3. In a serving bowl, toss the cabbage mixture with the dressing 1 hour before service (or up to 3 hours before service).
4. It is best to serve the slaw on the same day it is mixed. Hold cold for service, below 41 °F.

BLUEBERRY OAT BARS

Yield: 50 bars

Ingredients	Amounts
Cooking spray	as needed
Flour, all-purpose, enriched	6 ¼ cups
Oats, rolled	3 qt.
Sugar, brown, light (packed)	3 cups
Butter, unsalted, cold	2 1/3 lb.
Blueberries, frozen, unsweetened	1 ½ gal.
Sugar, brown, light, packed	1 ½ cups
Lemon, juice, fresh	¾ cup
Cornstarch	¼ cup

Method

1. Preheat oven to 350°F. Grease a large cake pan with cooking spray.
2. In the bowl of an electric mixer with a paddle attachment, place the flour, oats, sugar and cold butter. Mix until large clumps form. Do not over mix.
3. Transfer ½ of the crumb mixture to a prepared pan. Press down to make the crust.
4. For the blueberry layer, in a large sauce pot, place the blueberries, sugar, lemon juice, and cornstarch. Bring it to a boil, stirring constantly, over medium-high heat. Boil for two minutes.
5. Sprinkle the remaining crumb mixture on top of blueberry and crust.
6. Bake in the preheated oven until the top is golden brown and the crumbles are crunchy, 35 to 45 minutes. Check for doneness at 20 minutes.
7. Cut/ score the bars while they are still warm or they will be difficult to cut neatly. Allow them to cool completely in the refrigerator. Allow them to come to room temperature before serving.

APPLE PIE OVERNIGHT OATS

Yield: 10 portions

Ingredients	Amounts
Oats, quick	2 ½ cups
Yogurt, low fat, vanilla	5 cups
Milk, low fat	1 ¼ cups
Cinnamon, ground	1 ¼ tsp.
Applesauce, unsweetened	5 cups
Cinnamon	as needed

Method

1. In a large bowl, place the quick oats, yogurt, milk, and cinnamon. Whisk to combine.
2. Stir in the applesauce.
3. Using a measuring cup, portion overnight oats into cups (10 ounces). Place lids on the cups and chill overnight, maintaining a temperature of 41°F or below.
4. Serve chilled. Garnish with a sprinkle of cinnamon.

HOMEMADE GRANOLA

Yield: 25 servings

Ingredients	Amounts
Oats, rolled	2 qt.
Cinnamon, ground	1 Tbsp.
Sugar, brown, packed	2 cups
Salt, kosher	1 tsp.
Honey	3/8 cup
Water	1/2 cup
Oil, vegetable	1/2 cup

Method

1. Preheat oven to 300°F.
2. In a large bowl, combine all the ingredients. If the mixture is too dry, add a little more water.
3. Line a sheet pan with parchment paper. Transfer the mixture to the sheet pan.
4. Bake in the preheated oven, stirring at 10-minute intervals, for 20 to 30 minutes.
5. Allow the granola to cool at room temperature. (Do not refrigerate or package warm.)

Note: Raisins, cherries, coconut can be added if desired.

DAY THREE KITCHEN PRODUCTION TEAM ASSIGNMENTS

TEAM ONE

Pepperoni, Sausage, and Mushroom Pizza

TEAM TWO

Orange-Almond Breakfast Cake

Zucchini and Roasted Red Pepper Frittata

TEAM THREE

Korean Street Toast with Egg

Potato Frittata

TEAM FOUR

Breakfast Lentil Quesadilla

Peanut Butter Vanilla Yogurt Dip with Fresh Fruit

PEPPERONI, SAUSAGE, AND MUSHROOM PIZZA

Yield: 25 portions

Ingredients	Amounts
Pan release spray	as needed
Cornmeal	¼ cup
Pourable Pizza Crust (Recipe follows)	1x recipe
4 Ingredient Tomato Sauce (Recipe follows)	1x recipe
Cheese, mozzarella, grated	1 lb.
Pepperoni, sliced	12 oz.
Pork, sausage, ground, coarse	4 oz.
Mushroom, white, whole	8 oz.
Pepper, bell, red, chopped	2 ea.
Onion, red, small, sliced	1 ea.
Olives, sliced, canned	3.5 oz.

Method

1. Preheat a conventional oven to 475°F (convection oven: 425°F).
2. Lightly coat a full sheet pan with pan release spray. Sprinkle the pan with cornmeal.
3. Pour or spread the pizza crust batter into each sheet pan. Allow it to stand for 20 minutes.
4. Prebake in the preheated oven until the crust is set, about 10 minutes (convection oven: 425°F for 7 minutes).
5. Top each prebaked crust with the tomato sauce, cheese, pepperoni, sausage, mushrooms, bell pepper, onion, and olives.
6. Bake in the preheated oven until heated through and cheese is melted, 10-15 minutes (convection oven: 425°F for 5 minutes).
7. Portion by cutting each sheet pan 4 x 5 (20 pieces per pan).

POURABLE PIZZA CRUST

Yield: 25 portions (1 full sheet pan)

Ingredients	Amounts
Yeast, active dry	1 ½ Tbsp.
Flour, bread, enriched	14 oz.
Flour, whole wheat	15 oz.
Milk, nonfat, dry, instant	5 oz.
Sugar, granulated	3 oz.
Salt, kosher	1 tsp.
Oil, vegetable	1 Tbsp.
Water, warm (100°F)	40 oz.
Cornmeal (for dusting pan)	1 oz.

Method

1. In the bowl of an electric mixer, mix the dry yeast, flour, dry milk, sugar, and salt.
2. Add the oil. Blend for 4 minutes on low speed.
3. Add the water. Blend for 10 minutes on medium speed. The batter will be lumpy.

4 INGREDIENT TOMATO SAUCE

Yield: 7 cups

Ingredients	Amounts
Tomato, whole, canned	56 oz.
Butter, unsalted	10 Tbsp.
Onion, white, small, peeled, halved	2 ea.
Salt, kosher	1 pinch

Method

1. In a large saucepan, place the tomatoes, butter, onion halves, and salt. Bring it to a simmer over medium-high heat.
2. Lower the heat to maintain a gentle simmer. Cook, stirring and crushing the tomatoes lightly with the back of a spoon occasionally, until droplets of fat appear on the surface of the tomatoes, about 45 minutes.
3. Remove and discard the onion.

Source: Chef Marcella Hazan

ORANGE-ALMOND BREAKFAST CAKE

Yield: 2 round cakes or 1 larger cake

Ingredients	Amounts
Butter, unsalted	as needed
Flour, all-purpose	as needed
Orange, navel, washed	4 ea.
Egg, whole	12 ea.
Almonds, ground	1 lb.
Sugar, granulated	1 lb.
Baking powder	2 tsp.

Method

1. Preheat oven to 400°F. Butter and flour two cake tins (with a removable base, if available).
2. In a small pan, place the unpeeled oranges and enough water to cover them. Simmer for 45 min. Remove the oranges and allow them to cool. Cut them open and remove any seeds.
3. In a food processor, purée the oranges, including the peel. Reserve.
4. In a large bowl, beat the eggs. Add the reserved orange purée, ground almonds, sugar, and baking powder. Mix thoroughly.
5. Pour half the batter into one buttered, floured cake tins and repeat with the other cake tin. Bake until a knife inserted in the center comes out clean, 45 minutes to 1 hour.
6. Allow the cakes to cool in the pan before turning it out.

Note: This is a very moist cake and goes especially well with blueberries, raspberries, strawberries, peaches, plums, apricots and nectarines.

Source: Chef Claudia Roden

ZUCCHINI AND ROASTED RED PEPPER FRITTATA

Yield: 12 portions

Ingredients	Amounts
Zucchini, cut into ¼-in. thick slices	2 ea.
Oil, olive	as needed
Pepper, bell, red	2 ea.
Olives, black, quartered	25 ea.
Egg, whole	16 ea.
Heavy cream	½ cup
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Preheat grill. Preheat oven to 375°F.
2. In a large bowl, place the sliced zucchini and olive oil. Toss well to combine.
3. Grill the zucchini slices until grill marks appear, 2 to 3 minutes per side. Allow them to cool. Cut them into 1-inch pieces. Reserve.
4. Place the red peppers on a baking tray. Roast them in the preheated oven until the skin begins to blister, about 10 minutes. Scrape the charred skin off the surface of the pepper. Rinse gently. Cut them into 1-inch pieces. Reserve.
5. In a small bowl, whisk together the eggs and cream. Reserve.
6. Divide the olive oil into two 6-inch, non-stick, oven-safe pan over medium-low heat. Add half the zucchini, bell pepper, egg mixture, salt, and pepper to each pan. Cook, stirring often, until halfway set, 2 to 3 minutes.
7. Place the pans in the pre-heated oven until fully set, about 10 minutes.
8. Invert the frittatas onto a warm plate and serve hot.

Note: The zucchini can be sautéed in a pan instead of a grill.

KOREAN STREET TOAST WITH EGG

Yield: 10 portions

Ingredients	Amounts
Egg, whole	8 ea.
Salt, kosher	¼ tsp.
Black pepper, ground	¼ tsp.
Cabbage slaw mix, shredded	13 oz.
Bread, whole wheat, slice	10 ea.
Butter, unsalted, melted	½ cup
Sugar, granulated	5 tsp.
Ketchup	¼ cup
Mayonnaise	½ cup

Method

1. Preheat oven to 375°F.
2. In a large bowl, place the eggs, salt, and pepper. Whisk gently to combine.
3. Add the shredded cabbage. Mix gently until well combined.
4. Spray a sheet tray with pan release. Pour the mixture onto the tray.
5. Bake in the preheated oven for 18 to 22 minutes.
6. Cut the egg into 10 portions (3 inches by 3 inches).
7. Brush both sides of the bread slices with butter. Place them on a sheet tray. Bake in the preheated oven until the bread is toasted. Flip the bread and toast on the opposite side.
8. Lightly sprinkle sugar over one side of the bread.
9. Serve a square of egg on top of a slice of toast.
10. In a small bowl, combine the ketchup and mayonnaise. Serve 1 tablespoon ketchup-mayonnaise sauce with each portion.

POTATO FRITTATA

Yield: 12 portions

Ingredients	Amounts
Pork, bacon	8 oz.
Onion, yellow, minced	5 oz.
Potato, Yukon Gold, diced	8 oz.
Egg, whole	12 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. In a large skillet over medium heat, cook the bacon until crisp, 10 to 15 minutes. Discard all but 2 tablespoons of fat from the skillet. Remove the bacon from pan, cut into small pieces. Return the bacon pieces to the pan.
2. In a large pot of lightly salted boiling water, boil the diced potatoes until just tender, about 5 minutes.
3. Add the onions to the pan with the bacon and sauté for 1 minute.
4. Add the potatoes and sauté until they are lightly brown, 12 to 15 minutes.
5. Preheat oven to 450°F.
6. Beat the eggs in a mixing bowl. Season with salt and pepper. Pour the egg mixture over the onion-potato-bacon mixture in the skillet. Stir gently to combine. (You can make this as 2 frittatas in one pan or one large frittata in a single, larger pan.)
7. Reduce the heat to low, cover the skillet, and cook until the eggs are nearly set, about 5 minutes.
8. Remove the cover. Place the skillet in the preheated oven until the eggs are lightly browned, 1 to 2 minutes.
9. Cut the frittata into wedges. Serve on a heated platter.

BREAKFAST LENTIL QUESADILLA

Yield: 10 quesadillas

Ingredients	Amounts
Lentils, green, dried	2 ½ cups
Lentils, green, dry	8 oz.
Water	as needed
Salsa (Divided)	20 oz.
Egg, whole	5 ea.
Cheese, Cheddar, low fat	5 oz.
Tortilla, flour, whole grain, 8-in.	10 ea.

Method

1. Rinse the lentils under cool, running water in colander. (No need to soak.)
2. In a large pot, combine the lentils and water. Bring it to a boil, then reduce temperature to a simmer. Cook, covered, stirring occasionally, until the lentils are tender and cooked through, 20 to 30 minutes. When thin outer coat of lentil starts to separate, lentils are close to done. Take care not to overcook.
3. Preheat oven to 350°F.
4. In a steamtable pan, mix the lentils and half of salsa. Heat to 165°F. Hold warm.
5. In a non-stick pan, scramble the eggs. Hold warm.
6. To assemble the quesadillas, line up the tortillas on a clean and sanitized surface. Place ½ ounce of cheese to each quesadilla. Top with ⅓ cup of lentil and salsa mixture. Top with 1 ounce of scrambled egg. Fold the tortilla over.
7. Place the quesadillas in a shingle formation on a sheet pan. Bake in the preheated oven until the cheese is melted and reaches an internal temperature of 165°F, 5 to 8 minutes. Hold warm.
8. Cut each quesadilla into 2 triangles. Serve with ⅛ cup of salsa.

PEANUT BUTTER VANILLA YOGURT DIP WITH STRAWBERRIES AND CRISP APPLES

Yield: 20 portions

Ingredients	Amounts
Peanut, butter, creamy	2 lb.
Yogurt, vanilla (Divided)	1 ¼ qt.
Strawberries, fresh, whole	3 ½ lb.
Apple, Red, Cosmic Crisp	2 lb.
Crackers, graham	15 oz

Method

1. In a large bowl, combine the peanut butter and ½ of the yogurt. Mix well.
2. Add the remaining yogurt. Mix well.
3. Portion into ½ cup containers. Keep cold for service.
4. Serve with the whole strawberries and apple slices.

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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.**

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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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