

BEST OF BOOT CAMP: WORLD TOUR

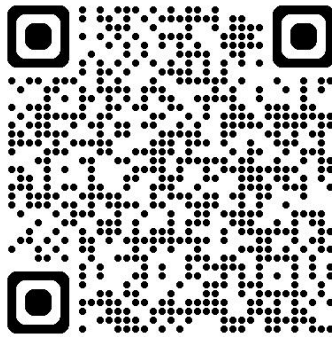
Welcome!



**Culinary Institute
of America**

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COURSE INFORMATION

Get ready for a hands-on, intercontinental culinary tour featuring some of the very best of our Boot Camp programs! Around the world you will go, having fun while learning to cook the fresh, vibrant flavors of Asia; the diverse, iconic cuisines of the Americas; the finest, most delectable dishes of Europe; and the exotic, aromatic flavors found throughout the Mediterranean. All along the way, you'll be guided by our seasoned, globe-trotting chef, who will share their insights into and knowledge of world cuisines and the fundamentals of cooking.

LEARNING OBJECTIVES

Throughout this course, you will...

- Become acquainted with culinary terms and jargon
- Practice a variety of knife cuts
- Explore world cuisine of the continents of Asia, North America, South America, Europe, and Africa
- Prepare a variety of inter-continental dishes representative of nations and regional cuisines
- Identify special equipment (such as woks and tagines) used in the preparation of various cuisines
- Apply appropriate cooking methods when creating featured dishes
- Discuss the ingredients and flavor profiles of select cuisines

SYLLABUS

DAY ONE: ASIA

- ☑ Lecture
 - Safety and Sanitation
 - Mise en Place
 - Basic Culinary Preparations
 - Basic Knife Skills
 - Asian Cuisine
 - Ingredients, Equipment, and Techniques
- ☑ Kitchen Production Exercise
 - Asian Cuisine
 - China
 - Thailand
 - Vietnam
 - India
 - Korea
 - Group and/or Station Demonstrations
 - Review and Critique

DAY TWO: THE AMERICAS

- ☑ Lecture
 - North America
 - South America
 - Caribbean
 - Ingredients, Equipment, and Techniques
- ☑ Kitchen Production Exercise
 - Cuisine of the Americas
 - Regional US
 - Mexico
 - South America
 - Caribbean
 - Group and/or Station Demonstrations
 - Review and Critique

DAY THREE: EUROPE AND THE BRITISH ISLES

- ☑ Lecture
 - European Cuisine
 - Ingredients, Equipment, and Techniques
- ☑ Kitchen Production Exercise
 - European Cuisine
 - Eastern Europe
 - Central Europe
 - Western Europe
 - Northern Europe
 - British Isles
 - Group and/or Station Demonstrations
 - Review and Critique

DAY FOUR: THE MEDITERRANEAN: EUROPE, AFRICA, & ASIA

- ☑ Lecture
 - Mediterranean Cuisine
 - Ingredients, Equipment, and Techniques
- ☑ Kitchen Production Exercise
 - Mediterranean Cuisine
 - Southern Europe
 - Northern Africa
 - Western Asia
 - Group and/or Station Demonstrations
 - Review and Critique

DAY ONE:

ASIA

LEARNING OBJECTIVES

By the end of this day, you should be able to...

- List the culinary regions within China, Thailand, Vietnam, South Korea, Japan, and India.
- Explain the elements of taste in each Asian country.
- List the key ingredients used in each Asian country.
- Explain the common cooking techniques used in each Asian country.
- Describe the popular dishes representative of each Asian country.
- Prepare a variety of dishes representative of these Asian countries using standardized recipes.

INSTRUCTOR DEMONSTRATIONS

- Forming a spring roll
- Slicing beef for bulgogi

DAY ONE: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE – CHINA

Spring Rolls

Stir-Fried Shanghai Bok Choy

Grandmother's Tofu

Shanghai Style Braised Pork Belly Steamed Buns

TEAM TWO – SOUTHEAST ASIA

Cucumber Salad

Thai Hot-and-Sour Soup

Stir Fried Rice Noodles with Pork and Turmeric

Vietnamese Pork Patties with Cool Rice Noodles

Fried Rice with Sausage

*Prepare Dulce de Leche - Day Two

TEAM THREE – INDIA

Roasted Garlic Naan with Cucumber Raitha and Mango Chutney with Pistachios

Spicy Lentils

Bengel Fragrant Fish Curry with Basmati Rice Pilaf

Pork Vindaloo with Yellow Rice

*Prepare Chimichurri for Grilled Flank Steak – Day Two

TEAM FOUR – KOREA

Instant Cucumber Kim Chi

Soybean Sprout Salad

Bulgogi with Scallion Salad

Seafood Porridge

*Soak Salt Cod for Salt Cod Fish Fritters – Day Two

(Soak at the beginning of class and change the water at the end of class)

SPRING ROLLS

Yield: 25 rolls

Ingredients	Amounts
Pork, ground	9 wt. oz.
Salt, kosher	as needed
Shrimp, 26/30	1 lb.
Cabbage, Napa, chiffonade	3 ½ cups
Carrot, julienne	2 ¼ cups
Bean sprouts	3 cups
Black fungus, hydrated, julienne	2 cups
Scallion (Green onion), thinly sliced	6 ea.
Ginger, 2-inch piece, minced	1 ea.
Oyster sauce	¼ cup
Hot bean paste	¼ cup
Hoisin sauce	¼ cup
Vinegar, rice	2 Tbsp.
Spring roll wrappers, 1 pack.	25 ea.
Eggs, whole, cracked and whisked for wash	4 ea.
Oil, vegetable	as needed
Ginger-Soy Dipping Sauce (Recipe follows)	1x recipe
Spicy Mustard (Recipe follows)	1x recipe

Method

1. Heat a skillet or wok over medium-high heat. Add the pork and stir-fry until the pork is opaque. Reserve.
2. Bring a pot of salted water to a boil and reduce to a simmer. Add the shrimp and poach until pink and opaque, about 4 minutes. Drain the shrimp and shock in an ice bath until cook enough to handle. Drain again. Peel and devein the shrimp. Chop into chunks and reserve.
3. For the filling, in a large bowl, place the cabbage, carrot, bean sprouts, black fungus, scallion, and ginger. Add the pork and shrimp to the bowl. Mix to combine. Reserve.

4. For the seasoning mixture, in a small bowl, combine the oyster sauce, hot bean paste, hoisin sauce, and rice vinegar. Add the seasoning mixture to filling mixture bowl and combine.
5. To assemble the springs rolls, allow the wrappers to sit wrapped in a damp paper towel for about 5 minutes before removing the first one. Keep the remaining wrappers in the damp paper towels until needed to prevent them from drying out.
6. Lay a spring roll wrapper flat on a clean, dry surface, with one corner facing you. Lightly brush the edges with the egg wash. Place enough filling in a cylinder shape slightly below the center of the wrapper. Be sure to leave space between the filling and the corner, and the edges.
7. To begin rolling, fold the bottom corner over the filling. Slightly roll it back to make sure the wrapper is snug around the filling. Using your thumb, tuck the edge closest to the filling upwards, then fold in the two side corners over the roll. Continue rolling tightly until the spring roll is fully sealed (see chef demo).
8. Heat enough oil to cover the spring rolls by 1-inch in a deep pan until it reaches 347°F. Be sure that the pan can accommodate 2 to 3 times the volume of oil.
9. Fry the rolls in the hot oil in batches until golden brown and crisp, 2 to 3 minutes. Be sure to turn the rolls with a metal spatula as they cook to ensure even browning. Remove the rolls from oil and drain on absorbent paper towels. repeat this process with the remaining rolls.
10. Serve with the Ginger Soy Dipping Sauce and the Spicy Mustard.

Source: Chef Michael Pardus

GINGER-SOY DIPPING SAUCE

Yield: 8 fluid ounces

Ingredients	Amounts
Ginger, minced	¼ cup
Soy sauce, light	¼ cup
Vinegar, rice, black	½ cup
Water	¼ cup
Oil, sesame	1 Tbsp.
Sugar, granulated	½ tsp.

Method

1. In a large mixing bowl, whisk together the ginger, soy sauce vinegar, water, sesame oil, and sugar. Whisk until the sugar is dissolved.
2. Transfer into 1 fluid ounce ramekins.

SPICY MUSTARD

Yield: 1 cup

Ingredients

Amounts

Mustard, powder	1 cup
Salt, kosher	a pinch
Sugar, granulated	a pinch
Water, cold	½ cup

Method

1. In a mixing bowl, place the mustard powder, salt, and sugar.
2. Gradually stir in water until desired consistency is obtained. It should be a smooth, thick, heavy, cream viscosity.
3. Cover the bowl with plastic wrap and allow to "bloom" for 15 minutes before serving.

STIR-FRIED SHANGHAI BOK CHOY

QINCHAO SHANGHAI BAICAI

Yield: 6 portions

Ingredients	Amounts
Bok choy, baby	1 ½ lb.
Oil, vegetable	2 Tbsp.
Garlic, clove, thinly sliced	8 ea.
Salt, kosher	to taste
Sugar, granulated	to taste

Method

1. Separate the bok choy into individual leaves.
2. Heat the oil in a wok or skillet over medium heat. Add the garlic and stir-fry until aromatic.
3. Add the bok choy and stir-fry until tender. Add a splash of water to the wok to keep garlic from burning, if needed.
4. Season with salt and sugar to taste.
5. Serve on a warm platter.

GRANDMOTHER'S TOFU

SU MA PO DOFU

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Pepper, Sichuan	1 ½ tsp.
Chile bean paste	1 Tbsp.
Scallion (Green onion), minced	1 ea.
Ginger, minced	1 tsp.
Garlic, clove, minced	2 ea.
Pork, ground	¾ lb.
Wine, Shao Xing	1 ½ Tbsp.
Soy sauce, light	to taste
Tofu, silken, ½-inch dice	1 ½ lb.
Salt, kosher	1 tsp.
Cornstarch	as needed
Scallion (Green onion), sliced	1 ea.

Method

1. In a wok, combine the oil and Sichuan pepper. Heat until the pepper starts to brown and becomes fragrant.
2. Using a skimmer, remove the pepper from the oil. Discard.
3. Add the chile bean paste, scallion, ginger, and garlic to the oil. Cook until the mixture is fragrant.
4. Add the ground pork and stir-fry until the meat is cooked through.
5. Add the Shao Xing and season with soy sauce to taste.
6. Carefully place the diced tofu over the ground meat in the wok. Sprinkle the salt evenly over the top of the tofu. Cover with a lid and slowly cook for 3 minutes.
7. Gently mix the tofu with the ground meat, as the tofu is very fragile. Add a cornstarch slurry to thicken the liquid, if needed. Adjust seasonings to taste.
8. Serve garnished with the scallions.

Note: The ratio to make the cornstarch slurry is 1 part cornstarch to 2 parts cold water.

SHANGHAI STYLE BRAISED PORK BELLY STEAMED BUNS

Yield: 8-10 portions

Ingredients	Amounts
Shangai Style Braised Pork Belly (Recipe follows)	1x recipe
Oyster sauce	1 Tbsp.
Hoisin sauce	1 Tbsp.
Soy sauce, dark	1 Tbsp.
Sugar, granulated	2 Tbsp.
Water	$\frac{3}{4}$ cup
Lotus buns, prepared	18-24 ea.
Daikon, shaved	as needed
Carrots, shaved	as needed
Scallion (Green onion), sliced on a long, thin bias	as needed
Cilantro, leaves	as needed

Method

1. Prepare the pork belly according to the directions in the following recipe. Reserve.
2. For the sauce, in a mixing bowl, combine the oyster sauce, hoisin, soy sauce, sugar, and water. Reserve.
3. For the lotus buns, set up the steamer in the wok, or preheat the combi oven for a perforated hotel pan. Steam the buns until the dough is cooked through, about 15 minutes. Remove and reserve.
4. To assemble the buns, spread the reserved sauce inside of each bun. Place a piece of the reserved pork belly on top of the sauce and top with the daikon, carrot, scallion, and cilantro.
5. Serve on a warm platter.

SHANGHAI STYLE BRAISED PORK BELLY

Yield: 10 portions

Ingredients	Amounts
Pork belly, cut across grain in 1-inch thick slice as for thick bacon	4 lb.
Water	2 qt.
Ginger, fresh, sliced thinly	2 ½ wt. oz.
Oil, vegetable, neutral flavored	¼ cup
Sugar, rock, Chinese, crushed (Divided)	5 ½ wt. oz.
Garlic, cloves, peeled	½ cup
Star anise	16 ea.
Soy sauce, dark, mushroom	1 ½ Tbsp.
Wine, Shaoxing	1 cup

Method

1. In a large pot or wok, place the pork, water, and ginger slices and heat until simmering. Allow the pork to simmer gently for 15 minutes, skimming any resulting scum that forms on the surface. Strain the liquids from solids, reserving both separately. Cut the blanched pork into 1-x ½-inch pieces.
2. In a clean pot or wok, heat the oil and half of the sugar over moderate heat until the sugar melts, begins to caramelize, and is a light golden color.
3. Add the blanched pork pieces and brown on all sides.
4. Add the garlic, star anise, soy sauce, Shaoxing, the remaining sugar, and the reserved ginger and liquid. Cover and simmer gently until the pork belly is tender, about 45 minutes.
5. Remove the pork from the liquid and reserve.
6. For the sauce, increase the heat for the remaining liquid in the wok and reduce until smooth consistency which will cling to the meat is achieved. Allow the sauce to settle and skim any excess fat from the top.
7. Add the pork back to sauce. Heat the pork and sauce until heated through. Serve immediately.

Note: Dry sherry wine may be substituted for the Shaoxing wine.

CUCUMBER SALAD

Yield: 6-8 portions

Ingredients	Amounts
Vinegar, rice	½ cup
Sugar, granulated	4 Tbsp.
Salt, kosher	1 Tbsp.
Cucumber, European, halved lengthwise, ⅛ -inch slices	1 ea.
Onions, red, quartered lengthwise, ⅛ -inch slices against the grain	1 ea.
Jalapeños, red, halved, ⅛ -inch slices	2 ea.
Mint, leaves, torn	¼ cup
Cilantro leaves, whole	½ cup

Method

1. In a saucepan, whisk together the vinegar, sugar, and salt over low heat until the sugar is dissolved. Remove the mixture from the heat and allow it to cool.
2. Place the cucumbers, onions, and jalapeños into a medium bowl. Cover the vegetables with the cooled vinegar mixture. Allow it to marinate for 30 minutes.
3. Add the mint and cilantro to the marinated vegetables. Toss to combine.
4. Serve using a perforated spoon to remove any excess dressing.

THAI HOT-AND-SOUR SOUP

TOM YUM KUNG

Yield: 8-10 portions

Ingredients	Amounts
Shrimp, 21/25 count	1 ½ lb.
Lemongrass, stalks	2 ea.
Oil, vegetable	1 Tbsp.
Red curry paste	2 Tbsp.
Galangal, minced	1 Tbsp.
Kaffir lime leaves	6 ea.
Stock, chicken	2 qt.
Chiles, Thai bird's eye, thinly sliced	6 ea.
Tomato, plum, cut into eighths	4 ea.
Mushrooms, straw, canned, cut in half	1 can
Fish sauce	⅓ cup
Sugar, granulated	1 Tbsp.
Lime, juice, freshly squeezed	1 cup
 Fish sauce	 as needed
Lime, juice, freshly squeezed	as needed
Cilantro, coarsely cut	½ cup

Method

1. Peel and devein the shrimp, reserving the shells. Rinse and slice the shrimp in half. Reserve.
2. Trim the lemongrass at its root end. Trim the top ½ inch and discard. Slice the remaining stalk in half lengthwise and cut into 1-inch lengths. Reserve.
3. Heat the oil in a saucepot over medium heat. Add the curry paste and toast until just aromatic but not browned, about 1 minute.
4. Add the galangal, kaffir lime leaves, chicken stock and the reserved shrimp shells and lemongrass.
5. Bring to a boil, then reduce heat and simmer for 10 minutes to infuse the flavors. Strain soup into a new pot, discarding the solids.
6. Add the chiles, tomatoes, mushrooms, fish sauce, and sugar. Bring the soup to a boil and reduce the heat to a simmer.
7. Add the shrimp and simmer until the shrimp are just cooked through. Stir in the lime juice.
8. Adjust the seasoning with fish sauce and additional lime juice, if needed.
9. Serve garnished with cilantro.

STIR FRIED RICE NOODLES WITH PORK AND TURMERIC

Yield: 8 portions

Ingredients	Amounts
Noodles, rice, thin, dried	1 lb.
Pork, shoulder, fine strips	1 ⅛ lb.
Shallots, minced	6 ea.
Scallion (Green onion), slivered	4 ea.
Fish sauce (Divided)	6 Tbsp.
Pepper, black, ground	1 Tbsp.
Sugar, granulated	3 tsp.
Turmeric, freshly ground	¼ cup
Oil, vegetable	as needed
Stock, vegetable	as needed
Chive, garlic, cut into 1 ½-inch lengths	1 cup

Method

1. In a large bowl, place the rice noodles and enough water to cover. Rehydrate the rice noodles for 30 minutes. Be sure not to over soak.
2. Bring a large pot of water to a boil. Add the rehydrated noodles and boil until tender, about 1 minute. Be sure not to overcook. Drain immediately and reserve.
3. In a large bowl, combine the pork pieces, shallots, scallions, 2 tablespoons of the fish sauce, black pepper, sugar, and turmeric. Allow the pork to marinate for at least 30 minutes.
4. Heat oil in a small wok until it begins to smoke. Add marinated pork and stir fry until all pieces are well seared.
5. Lower heat and add a small amount of oil, if needed. Add the rehydrated noodles and remaining 2 tablespoons of fish sauce. Stir gently to coat. Cook until heated through. If more moisture is needed, add stock.
6. Add the garlic chives and toss to incorporate.
7. Serve on a warm platter.

VIETNAMESE PORK PATTIES WITH COOL RICE NOODLES

Yield: 8 portions

Ingredients	Amounts
Oyster sauce	2 Tbsp.
Fish sauce	1 Tbsp.
Sugar, palm	2 Tbsp.
Peppercorns, black, toasted, ground	1 tsp.
Lemongrass, minced, ground	2 Tbsp.
Shallot, minced	2 Tbsp.
Garlic, clove, minced	1 ea.
Pork, shoulder, ground	2 lb.
Noodles, rice, thin, dried	1 lb.
Lettuce, red leaf, head, shredded	1 ea.
Cucumber, medium, julienned	1 ea.
Carrot, medium, julienned	1 ea.
Shiso (Perilla leaf) leaves, chiffonade	10 ea.
Mint, leaves, torn	10 ea.
Cilantro, leaves and stems, rough chopped	1 bu.
Peanuts, dry roasted, chopped	1 cup
Nouc Cham (Recipe follows)	1x recipe

Method

1. Preheat the grill over medium-high heat.
2. For the seasoning, in a large bowl, combine the oyster sauce, fish sauce, palm sugar, peppercorns, lemongrass, shallot, and garlic. Add the pork to the bowl and knead until a cohesive, sticky mass is formed. Refrigerate until chilled.
3. Using a container of cool water to occasionally moisten your hands, form small 1-2 ounce patties of the pork mixture. The patties should have the texture and appearance of raw sausage. Hold the patties covered and cool until the noodle bowls and Nouc Cham are prepared.
4. In a bowl, soak the rice noodles in room temperature water until partially rehydrated. Drain.
5. Bring a large pot of water to a boil. Add the partially rehydrated rice noodles. Boil until tender but still supple, about 1 minute. Drain and rinse in cool water.
6. Divide the noodles into 8 portions while they are still slippery. They will stick together as they sit, but will separate once they are coated with sauce.

7. Arrange the shredded lettuce in the bottom of 8 bowls. Place a portion of the noodles over the lettuce. Top the noodles with a portion of the cucumber, carrot, Shiso leaves, mint, and cilantro. Reserve.
8. Place the reserved pork patties on the preheated grill. Cook until browned on both sides. Divide the patties among the bowls. Sprinkle chopped peanuts over top.
9. Serve with a small ramekin of the Noug Cham on the side. Encourage diners to pour the sauce over the noodles before eating.

Note: Light brown sugar can be substituted for the palm sugar.

VIETNAMESE DIPPING SAUCE

NUOC CHAM

Yield: about 2 cups

Ingredients	Amounts
Chiles, Thai bird, red and/or green	3 ea.
Garlic clove, minced	2 ea.
Sugar, granulated	4 ½ Tbsp.
Water, warm	1 cup
Lime, juice	4 Tbsp.
Fish sauce	½ cup
Carrots, finely shredded	2 Tbsp.

Method

1. Remove the stem and deseed each chili. Cut 2 of the chiles into thin rings and finely mince the remaining chili. Reserve.
2. In bowl, combine the garlic, sugar, water, lime juice and fish sauce. Whisk until the sugar is dissolved. Add the carrots and reserved chiles. Rest for 10 minutes before tasting and adjusting seasoning.

Note: Depending on your desired level of heat, you may leave some or all of the seeds in the chilis. If expanding this recipe do not automatically increase the chiles in proportion to everything else. Add extra chiles "to taste".

FRIED RICE WITH SAUSAGE

Yield: 6 portions

Ingredients	Amounts
Steamed Jasmine Rice, cooled (Recipe follows)	6 cups
Salt, kosher	as needed
Carrots, medium diced	¼ lb.
Oil, vegetable	3 Tbsp.
Eggs, whole, beaten	3 ea.
Sausage, Chinese, small dice	½ lb.
Onions, ¼-inch diced	1 ea.
Garlic, clove, minced	¼ cup
Scallion (Green onion), sliced	4 ea.
Mushrooms, Shiitake, medium diced	¼ lb.
Pepper, bell, green, small diced	1 ea.
Salt, kosher	1 Tbsp.
Pepper, black, ground	1 tsp.

Method

1. Cook the rice according to the directions in the following recipe and allow it to cool.
2. Bring a pot of salted water to a boil. Blanch the carrots and drain. Transfer the carrots to an ice bath to stop the cooking process and drain. Reserve.
3. Heat the oil in a wok over medium heat. Add the beaten eggs. Cook, while constantly breaking the eggs apart with the wok spatula, until done. Remove the eggs from the wok and reserve.
4. Add the diced sausage to the wok. Cook to melt out the fat. Add the onions, garlic, and scallions. Stir-fry in the rendered fat until aromatic.
5. Add the mushrooms and peppers and cook until tender. Add the blanched carrots and cooked rice.
6. Season with the salt and pepper. Stir-fry until rice is hot and begins to turn golden brown.
7. Add the reserved cooked eggs to the wok. Toss to combine.

STEAMED JASMINE RICE

Yield: 6-8 portions

Ingredients

Amounts

Rice, Jasmine

3 cups

Water

6 cups

Method

1. In a saucepan, add the rice and water.
2. Bring the contents to a boil. Stir once, cover saucepan, and reduce the heat to low. Simmer for 20 minutes.
3. Remove the saucepan from the heat. Let the rice rest while covered for 10 minutes.
4. Fluff gently with a fork or wooden spoon.

ROASTED GARLIC NAAN WITH CUCUMBER RAITHA AND MANGO CHUTNEY WITH PISTACHIOS

Yield: 10 large or 20 small pieces

Ingredients	Amounts
Garlic, fresh, whole head	10 ea.
Ghee, melted	as needed
Water, warm	1 ½ cups
Yogurt, whole	¾ cup
Flour, all-purpose	2 lb.
Salt, kosher	2 tsp.
Black onion seeds	2 tsp.
Baking powder	1 Tbsp.
Yeast, freeze dried	¼ wt. oz.
Oil, vegetable	as needed
Salt, kosher	as needed
Cucumber Raita (Recipe follows)	1x recipe
Mango Chutney with Pistachios (Recipe follows)	1x recipe

Method

1. Preheat the oven to 350°F.
2. For the roasted garlic, split garlic heads in half around their widest part (*equator*). Wrap each half in foil and place them into a shallow roasting pan. Drizzle ghee over the garlic to lightly coat. Cover the pan with foil and roast in the preheated oven until the garlic is very soft and slightly caramelized.
3. Squeeze roasted garlic pulp from the skins into a bowl and allow it to cool. Strain enough ghee into the bowl to form a paste with the garlic when mixed.
4. In a small mixing bowl, combine the water, yogurt, and the garlic and ghee mixture. Reserve.
5. In a separate small mixing bowl, combine the flour, salt, onion seeds, baking powder and yeast. Transfer the mixture to the bowl of an electric mixer.
6. In the electric mixer using a paddle attachment, at low speed, gradually add the yogurt mixture into the flour mixture. Mix until combined. Switch to a hook attachment and continue kneading for 5 minutes.
7. Place the dough into a clean bowl and cover with plastic wrap. Place the covered dough in a warm (not hot) place and allow it to double in size, 30 to 60 minutes.

8. Remove the dough from bowl and divide it into 10 or 20 even pieces. Shape each piece into a ball. Place each shaped piece on a lightly oiled piece of parchment paper on a sheet tray.
9. Lightly coat each piece with ghee. Cover and allow it to double in size.
10. Preheat a deck oven to 425°F.
11. Make a ball from several layers of kitchen towels tied at one end with string. Reserve
12. Flatten the dough pieces to about ¼-inch thickness. Place the flattened dough piece over towels and hold in place using the thumb of the hand holding the towels. Paint the upward facing surface of the flattened dough with a thin layer of ghee and then turn over so that ghee side is facing down on the towel.
13. Bake in the preheated oven until golden brown and puffed, about 10 minutes.
14. Brush the hot naan with ghee and sprinkle with salt.
15. Serve immediately with the Cucumber Raitha and Mango Chutney with Pistachios

Note: Melted butter can be substituted for the melted ghee.

You can also bake the naan using the **tandoori oven method:** Working quickly, reach into the tandoori oven and firmly press the dough onto the wall of the oven. Use a rolling motion as you press against the oven wall to help ensure that the dough sticks. When the dough puffs and begins to brown and blister on the out-facing surface, use the tandoor tools - hook and "spatula" - to peel the bread off of the oven wall and retrieve it from the oven.

Source: Chef Michael Pardus

CUCUMBER RAITHA

Yield: 1 quart

Ingredients

Amounts

Yogurt, whole	1 qt.
Cucumbers, peeled, seeded, small diced	2 ea.
Salt, kosher	to taste

Method

1. Wrap the yogurt in cheesecloth and drain overnight in the refrigerator.
2. On the day of service, add the diced cucumbers. Season with salt to taste. Mix to combine thoroughly.

Note: Raitha is a cooling agent served with very hot Indian food.

MANGO CHUTNEY WITH PISTACHIOS

Yield: 6 portions

Ingredients	Amounts
Mangoes, firm, ripe	3 ea.
Sugar, granulated	1 cup
Vinegar, white, distilled	¼ cup
Pepper, chili, jalapeño, red	2 ea.
Cloves, crushed	3 ea.
Bay leaves, whole	2 ea.
Cinnamon, stick	1 ea.
Cardamom, crushed	1 ea.
Ginger, thinly sliced 2-inch pieces	⅛ cup
Pistachios	¼ cup
Currants, red, dried	½ cup

Method

1. Peel, de-pit, and medium dice the mangoes.
2. In a saucepan, place the sugar and vinegar. Caramelize until the sugar is melted and golden brown in color.
3. Add the chile, cloves, bay leaves, cinnamon, cardamom, and ginger. Cook while stirring for 15 seconds.
4. Add the mangoes and mix well. Let it simmer until mangoes release their juice. Increase the heat slightly and cook for 5 to 6 minutes.
5. Add the pistachios and currants. Stir to combine. Remove the cinnamon stick.
6. The chutney is ready to serve or refrigerate for later use.

Note: Black currants can be substituted for the red currants.

SPICY LENTILS

DAL SAMBAR

Yield: 8-10 portions

Ingredients	Amounts
Asafoetida, whole	½ tsp.
Fenugreek (methi), whole	½ tsp.
Cumin, seeds	1 tsp.
Channa dal	1 Tbsp.
Urad dal, black	1 Tbsp.
Peppercorn, black	½ tsp.
Coriander, seeds	2 Tbsp.
Turmeric powder	1 tsp.
Chile, red, dried, crushed	1 Tbsp.
Coconut, grated	½ cup
Curry leaf	1 ea.
Oil, vegetable	as needed
Toor dal, rinsed	1 ½ lb.
Water	1 qt.
Oil, vegetable	2 tsp.
Mustard, seeds	½ tsp.
Fenugreek	½ tsp.
Cumin	½ tsp.
Chile, red, dried, halved	3 ea.
Onions, medium diced	2 cups
Tamarind, pulp	2 Tbsp.
Tomatoes, peeled, seeded, chopped	4 ea.
Salt, kosher	as needed
Cilantro, leaves	¼ cup

Method

1. In a dry pan, toast the asafoetida, fenugreek, cumin, channa dal, urad dal, peppercorn, coriander seeds, turmeric, and dried red chiles until aromatic. Add the grated coconut and curry leaf. Toast until golden brown.
2. In a spice mill or blender, finely grind the toasted spice mixture.
3. Heat enough oil in a pot to barely coat the bottom. Add the ground toasted spices and heat gently until aromatic.

4. Add toor dal and water. Simmer until the dal are very tender. Add more water if needed to keep the pot from scorching on the bottom. When the dal are tender, remove the pot from the heat. Keep covered and reserve warm.
5. For the tempering, in a small, heavy frying pan, heat the oil. Add the mustard, seeds, fenugreek, cumin, and dried red chile. Fry until the mustard seeds splutter. Add the onions and fry until tender and a pale golden color is achieved. Reserve.
6. Into a separate pan, add the tamarind and tomato. Cook until the tart flavor of the tamarind mellows.
7. Add the tamarind, tomatoes, and reserved tempering to the reserved dal. Season with salt as needed.
8. If the dal are too wet, Simmer briefly to reduce. Season with salt as needed.
9. Serve with garnished with the cilantro.

Note: Channa dal can be substituted for the toor dal.

BENGAL FRAGRANT FISH CURRY WITH BASMATI RICE PILAF

MAACH BHAJA

Yield: 6 portions

Ingredients	Amounts
Mackerel, fillet	1 ½ lb.
Mustard, powder	1 tsp.
Cumin, ground	1 tsp.
Turmeric, ground	½ tsp.
Cayenne, ground	½ tsp.
Oil, mustard oil (Divided)	2 ½ Tbsp.
Onions, thinly sliced	1 cup
Garlic, clove, sliced	1 Tbsp.
Chiles, green, shredded	1 Tbsp.
Tomatoes, peeled, chopped	2 cups
Salt, kosher	to taste
Lemon, juiced	½ ea.
Cilantro, leaves and stems, chopped	¼ cup
Basmati Rice Pilaf (Recipe follows)	1x recipe

Method

1. Place the fillets on a plate. Sprinkle with the mustard, cumin, turmeric, and cayenne. Rub the spices all over both sides of the fish.
2. Heat 1 tablespoon of the mustard oil in a large heavy nonstick sauté pan over high heat. Let the oil smoke for a minute to rid it of its pungency. Add the fish and sauté, turning once, until seared, about 1 minute. Transfer to a plate. Reserve.
3. Reduce heat to medium. Add the onions, garlic, chiles and the remaining oil. Cook, stirring occasionally, until the onions begin to brown. Add the tomatoes, along with the accumulated juices. Season with salt to taste. Continue to cook until the sauce thickens slightly, about 5 minutes.
4. Add the reserved fish fillets. Cook until the sauce is bubbling, and the fish is heated through, about 4 minutes.
5. Transfer the fish and the sauce to a heated platter. Sprinkle with lemon juice and cilantro. Serve accompanied by the Basmati Rice Pilaf.

Note: Vegetable oil can be substituted for the mustard oil.

Source: Adapted from *Classic Indian Vegetarian and Grain Cooking*, by Julie Sahni

BASMATI RICE PILAF

Yield: 6 portions

Ingredients	Amounts
Rice, Basmati	1 ⅓ cups
Ghee	2 Tbsp.
Shallots, minced	2 Tbsp.
Water, hot	2 cups
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Using a strainer, rinse the rice under cold water until the water runs clear. Drain well.
2. Heat the ghee in a heavy-gauge pot over medium heat. Add the shallots and sweat, stirring frequently, until translucent, about 5 to 6 minutes.
3. Add the rice and sauté, stirring frequently, until coated with the ghee and heated through, 2 to 3 minutes.
4. Add the hot water to the rice. Bring to a simmer, stirring the rice to prevent it from clumping together or sticking to the bottom of the pot.
5. Season with salt and pepper to taste. Cover the pot and simmer on the stovetop until the grains are tender to the bite and have absorbed all liquid, about 15 to 20 minutes. Allow the rice to rest for 10 minutes.
6. Fluff the rice with a fork and serve in a heated bowl.

Note: Rice pilaf can also be baked in the oven at 350°F until the rice is tender to the bite and all the liquid is absorbed.

PORK VINDALOO WITH YELLOW RICE

Yield: 6 portions

Ingredients	Amounts
Clove, ground	½ tsp.
Cardamom, ground	½ tsp.
Cinnamon, ground	1 ½ tsp.
Cumin, seed	1 ½ Tbsp.
Garlic, clove	10 ea.
Ginger, peeled, sliced	¼ cup
Turmeric, ground	1 Tbsp.
Coriander, seed	3 Tbsp.
Methi, seeds	¾ Tbsp.
Chiles, red, dried, whole	4 wt. oz.
Vinegar, palm	1 ⅛ cups
Sugar, granulated	¼ cup
Tamarind, pulp, strained	½ cup
Salt, kosher	¼ cup
Turmeric, ground	1 tsp.
Red chile powder	2 tsp.
Sugar, granulated	2 Tbsp.
Vinegar, palm	⅓ cup
Pork, butt, cut into 1-inch cubes	3 lb.
Oil, vegetable	2 Tbsp.
Onion, large dice	1 ea.
Tomato, paste	2 Tbsp.
Water	as needed
Salt, kosher	to taste
Vinegar, palm	to taste
Yellow Rice (Recipe follows)	1x recipe

Method

1. For the spice paste, in a mixing bowl, combine the clove, cardamom, cinnamon, cumin, garlic, ginger, turmeric, coriander, methi, dried red chiles, palm vinegar, sugar tamarind pulp, and salt. Cover and refrigerate for one day.
2. The following day, purée mixture in blender to make a coarse paste. Reserve.

3. For the marinade, in a large bowl, combine the turmeric, red chili powder, sugar, and palm vinegar. Add the cubed pork butt and fully coat with the marinade. Allow it to marinate for 1 hour in the refrigerator.
4. Heat the oil in a heavy gauge pot over medium high heat. Add the onions and fry until golden brown.
5. Add 1 cup of the reserved spice paste. Fry until the mixture is aromatic.
6. In a small bowl, combine the tomato paste and water. Add the tomato mixture to the pot. Cook until most of the water is evaporated and the paste begins to fry again.
7. Add the reserved marinated pork cubes and stir to combine with the paste.
8. Reduce the heat to low and cover the pot. Simmer until the meat is fork tender. Be sure to stir occasionally to ensure that the meat does not scorch or burn. Add water as needed.
9. Remove the excess grease from the surface. Season with salt, the reserved spice paste, and vinegar to taste.
10. Serve hot with the Yellow Rice.

Note: You will not need to use all of the spice paste for this recipe.

Source: Chef Shirley Cheng

YELLOW RICE

Yield: 6 portions

Ingredients	Amounts
Sugar, granulated	1 Tbsp.
Turmeric, dried, ground	½ tsp.
Salt, kosher	1 Tbsp.
Butter, unsalted	1 Tbsp.
Cinnamon, stick	1 ea.
Raisins	1 cup
Lemon, rind, cut into large pieces	1 tsp.
 Rice, basmati	 4 cups

Method

1. In a large pot, bring 6 cups of water to a boil.
2. Add the sugar, turmeric, salt, butter, cinnamon stick, raisins, and lemon rind and stir until the sugar has dissolved.
3. Add the rice. Cover and simmer for 20 minutes.
4. Remove the cinnamon stick and lemon rind.
5. Fluff the rice with a fork before serving.

INSTANT CUCUMBER KIM CHI

Yield: 6 portions

Ingredients	Amounts
Cucumbers, European	2 ea.
Salt, kosher (Divided)	2 ½ tsp.
Radish, daikon, julienned	1 cup
Garlic, clove, mashed	1 ea.
Scallion (Green onion), finely sliced	2 ea.
Ginger, grated	½ Tbsp.
Korean red pepper powder (<i>Gochugaru</i>)	1 ½ tsp.
Sesame seeds, toasted	1 Tbsp.

Method

1. Cut the cucumbers in half lengthwise. Scoop out the seeds and discard.
2. Cut the cucumbers into thin slices and place them into a colander. Mix with 1 ½ teaspoons of the salt. Reserve for 2 hours to drain.
3. In a bowl, mix the julienned daikon with 1 teaspoon of salt. Let sit for 30 minutes.
4. Gently squeeze out the excess moisture from the cucumbers and daikon.
5. Transfer the cucumber and daikon to a mixing bowl. Add the garlic, scallion, ginger, Korean red pepper powder, and sesame seeds. Toss well to combine.
6. Refrigerate until ready for service.

SOYBEAN SPROUT SALAD

CONG NAMUL

Yield: 6-8 portions

Ingredients	Amounts
Soybean sprouts, rinsed, tails trimmed	1 lb.
Salt, kosher	1 tsp.
Garlic, clove, minced, peeled	2 ea.
Scallion (Green onion), trimmed, chopped	2 ea.
Oil, sesame	2 tsp.
Sesame seeds, toasted	½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a medium bowl, combine the soybean sprouts and the salt.
2. Heat 1-inch of water in a heavy-bottomed pot over medium high heat. Add the salted soybean sprouts. Cover and cook, shaking pot over the flame 3 to 4 times, until steam shoots out from under the lid, about 2 minutes.
3. Drain, transfer to a medium bowl, and reserve to cool.
4. Add the garlic, scallion, sesame oil, and toasted sesame seeds. Season with salt and pepper to taste. Mix well. Cover and refrigerate until chilled.
5. Serve chilled on chilled plates or platter.

BULGOGI WITH SCALLION SALAD

Yield: 8 portions

Ingredients	Amounts
Beef, skirt steak	3 lb.
Sesame seeds, toasted, ground to powder	1 Tbsp.
Garlic, clove, minced	1 Tbsp.
Ginger, minced	3 Tbsp.
Scallion (Green onion), minced	1/2 cup
Soy sauce, light	1/2 cup
Sake	1/4 cup
Oil, vegetable	1 Tbsp.
Sugar, granulated	1 Tbsp.
Korean red pepper powder (<i>Gochugaru</i>)	1 Tbsp.
Korean red pepper paste (<i>Kochujang</i>)	1/2 cup
Vinegar, rice	2 Tbsp.
Sugar, granulated	1 Tbsp.
Sesame seeds, toasted, crushed	1 tsp.
Cabbage, Napa, leaf tips, washed, trimmed	24 ea.
Shiso, leaf	24 ea.
Scallion Salad (Recipe follows)	1x recipe
Garlic, clove, 24 slices, 1/8- inch thick blanched	4 ea.

Method

1. Cut the beef into very thin slices (see chef demo).
2. For the marinade, in a large bowl, combine the sesame seeds, garlic, ginger, scallion, soy sauce, sake, vegetable oil, sugar and Korean red pepper powder. Coat the thin beef slices evenly with the marinade. Marinate for 1 hour.
3. Preheat the grill over medium heat.
4. For the sauce, in a small bowl, combine the Korean red pepper paste, rice vinegar, sugar, and sesame seeds. Reserve.
5. Grill the beef on the preheated grill until cooked through. Reserve warm.
6. To assemble Bulgogi, lay out the cabbage leaves. Place a tablespoon of the reserved sauce on each of the cabbage leaves. Place a shiso leaf on top of the sauce. Place about 2 ounces of beef on top of the shiso leaf. Top with the Scallion Salad and a

garlic slice. Wrap each lettuce leaf around the ingredients. Continue until 24 pieces are assembled.

7. Serve immediately on a platter, to be eaten out of hand.

Note: Sesame leaf can be substituted for the Shiso leaf.

SCALLION SALAD

Yield: 8-10 portions

Ingredients	Amounts
Sake	2 Tbsp.
Sugar, granulated	1 tsp.
Sesame seeds, toasted, smashed	1 Tbsp.
Korean red pepper powder (Gochugaru)	2 tsp.
Salt, kosher	1 tsp.
Oil, sesame oil	1 Tbsp.
Oil, peanut	2 Tbsp.
Scallion, (Green onion), thinly cut on the bias into 2-inch strips	16 ea.

Method

1. In a small pot, bring the sake quickly to a boil. Remove from the heat and allow it to cool.
2. For the dressing, in a small bowl, whisk the cooled sake, sugar, sesame seeds, Korean red pepper powder and salt to combine.
3. In a separate small bowl, combine the peanut oil and sesame oil. Slowly drizzle the oils into the sake mixture while whisking constantly.
4. Hold the dressing at cool room temperature until ready to serve.
5. Hold scallion strips separately in a cool and slightly moist container.
6. Toss small batches of scallions and dressing together and serve.

SEAFOOD PORRIDGE

Yield: 8 portions

Ingredients	Amounts
Rice, white, medium-grain	1 lb.
Salt, kosher	as needed
Bok choy	1 lb.
Oil, sesame, dark	3 Tbsp.
Onion, yellow, small diced	1 ½ cups
Carrot, small diced	¼ cup
Stock, fish	1 qt.
Shrimp, peeled, deveined, cut into thirds	9 wt. oz.
Scallops, cleaned, cut into quarters	9 wt. oz.
Squid, cleaned, cut bite sized	9 wt. oz.
Fish sauce	¼ cup
Salt, kosher	to taste
Fish sauce	to taste
Scallions (Green onion), thinly sliced on bias	6 ea.
Oil, sesame, dark	1 Tbsp.

Method

1. Using a fine mesh strainer, rinse the rice until the water runs clear. Add the rinsed rice to a bowl and cover with fresh water. Allow the rice to soak for 1 hour. Drain using a sieve. Allow the rice to dry for 5 minutes. Reserve.
2. Bring a pot of salted water to a boil. Add the bok choy and blanch. Drain, shock in an ice bath, and drain again. Cut into bite size pieces and squeeze to remove any excess water. Reserve.
3. In a large stainless-steel pot, heat the sesame oil over medium high heat. Add the onions and carrots. Cook until tender.
4. Add the rice and stir to combine. Add the fish stock and stir to combine. Bring the liquid to a boil, then reduce to a simmer. Cook until the rice is very soft, about 30 minutes.
5. Add shrimp, scallops, squid and reserved bok choy. Cook briefly until fish is cooked but not rubbery, about 1 minute.
6. Finish with the fish sauce. Season with salt and additional fish sauce to taste.
7. Serve in warm large, deep ceramic bowls. Garnish with scallions and a drizzle of sesame oil.

Source: Chef Michael Pardus

DAY TWO:

THE AMERICAS

LEARNING OBJECTIVES

By the end of this day, you should be able to...

- List the culinary regions within the US, Mexico, Central America, South America, and the Caribbean.
- Explain the flavors and spices commonly used in each culinary region.
- List the key ingredients used in each culinary region.
- Explain the common cooking techniques used in each culinary region.
- Describe the popular dishes representative of each culinary region.
- Prepare a variety of dishes representative of these culinary regions using standardized recipes.

INSTRUCTOR DEMONSTRATIONS

- Cooking lobster using the boiling method
- Folding pasteles

DAY TWO: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE – UNITED STATES

Lobster Rolls

Shrimp and White Cheddar Grits

Yankee Pot Roast with Potatoes and Root Vegetables

Pork and Sausage Jambalaya

TEAM TWO – MEXICO

Tortilla Chips with Pico de Gallo and Guacamole

Chicken with Green Pumpkin Seed Mole

Salmon with Yellow Mole

Churros with Dulce de Leche

TEAM THREE – SOUTH AMERICA

Tapioca Cheese Bread

Bori Bori

Brazilian Seafood Stew with Farofa and Brazilian Rice

Grilled Flank Steak with Chimichurri Sauce

TEAM FOUR – CARIBBEAN

Salt Cod Fish Fritters

Puerto Rican Pasteles

Jamaican Jerk Chicken

Lamb Curry with Dominican Sun Rice and Braised Collard Greens

BONUS RECIPE

Tea Smoked Salmon with Apricot Compote

LOBSTER ROLLS

Yield: 6 portions

Ingredients	Amounts
Lobster, knuckle and claw meat	1 ½ lb.
Mayonnaise	⅓ cup
Lemon, zest, packed	¼ tsp.
Dill, minced, packed	¼ tsp.
Paprika, ground	⅛ tsp.
Celery, small diced	⅓ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted, melted	6 Tbsp.
Hot dog buns, split top	6 ea.

Method

1. Cook the lobster using the boiling water method (see chef demo). Remove the meat from the shell, discarding the shell. Dice the meat into large chunks. Reserve.
2. In a large bowl, combine the mayonnaise, lemon zest, dill, paprika, and celery. Mix well.
3. Add the lobster meat and gently fold together. Season with salt and pepper to taste.
4. Heat a cast iron skillet over medium heat. Spread 1 tablespoon of butter on the outside of each bun. Open the bun and place the exterior side down on the skillet. Making sure the bun is spread open, weigh it down with another pan. Cook until golden brown, about 1 minute.
5. Divide the lobster mixture evenly between the six buns.

Note: Hoagie rolls can be substituted for the split top hot dog buns.

Source: Adapted from *It's All American Food*, by David Rosengarten

SHRIMP AND WHITE CHEDDAR GRITS

Yield: 6-8 portions

Ingredients	Amounts
Butter, unsalted	2 Tbsp.
Onions, minced	½ cup
Milk, whole	3 cups
Water	3 cups
Grits, hominy, slow cooking	1 ½ cup
Old Bay seasoning	to taste
Cheese, cheddar, white, grated	1 cup
Stock, chicken	as needed
Shrimp, 26/30 count, peeled, deveined	1 ½ lb.
Old Bay seasoning	as needed
Butter, unsalted (Divided)	8 Tbsp.
Beer, amber	⅔ cup
Stock, chicken	1 cup
Worcestershire sauce	1 Tbsp.
Tabasco sauce	2 Tbsp.
Scallion (Green onion), thinly sliced	as needed

Method

1. Preheat the oven to 350°F.
2. For the grits, in a large saucepan over medium-high heat, melt the butter. Add onions and cook until softened and translucent, with no color.
3. Add the milk and water. Bring the liquid to a slow simmer. Gradually add the grits in a thin stream, whisking constantly to prevent lumps from forming. Season to taste with the Old Bay seasoning.
4. Cover with a lid and bake in the preheated oven for 30 to 45 minutes, stirring often. Add a little water to the grits to thin, if necessary.
5. Add the white cheddar cheese to the grits. Cook long enough to melt the cheese. Add a little chicken stock to thin the grits, if necessary. Reserve warm.
6. For the shrimp, blot the them dry and season both sides with Old Bay seasoning.
7. Heat 2 tablespoons of the butter in a large sauté pan over medium high heat. Add the shrimp and sauté until cooked through. Remove from the pan and reserve warm.
8. Add the beer and chicken stock to the hot pan and deglaze, making sure to pick up the brown bits (*fond*) off the bottom of the pan. Add the Worcestershire sauce and Tabasco sauce. Reduce all by three-fourths. Add the remaining 6 tablespoons of butter and the scallions. Cook for 1 minute.
9. To serve, mound the grits on a warm large shallow serving bowl. Arrange the shrimp on top of the grits and spoon sauce over top.

YANKEE POT ROAST WITH POTATOES AND ROOT VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Beef, bottom round, trimmed	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	3 Tbsp.
Onion, chopped	1 ½ ea.
Carrot, chopped	¾ ea.
Celery, stalk, chopped	½ ea.
Tomato paste	¼ cup
Wine, red	1 cup
Bay leaf	1 ea.
Parsley, flat-leaf, sprigs	4 ea.
Thyme, dried	½ tsp.
Peppercorns, black, cracked	½ tsp.
Stock, veal, brown	4 ½ cups
Onions, pearl	36 ea.
Potatoes, new	6 ea.
Turnips, baby	6 ea.
Carrots, baby	12 ea.
Cornstarch	¾ Tbsp.
dissolved in 1 ½ Tbsp. water	

Method

1. Preheat the oven to 350°F.
2. Blot the beef to dry. Season with salt and pepper as needed.
3. Heat the oil over medium-high heat in a large Dutch oven. Place the beef in the oil and sear it until it is deep brown on all sides, including the ends. Transfer the beef to a small sheet pan and keep warm. Reserve.
4. Reduce the heat slightly. Add the onions, carrots, and celery.
5. Sauté, stirring occasionally, until golden brown, 6 to 8 minutes. Add the tomato paste and cook until it turns a deep rust color and gives off a sweet aroma, about 1 minute.
6. Add the wine to the Dutch oven. Stir and scrape the bottom to deglaze the pan and release any drippings. Simmer the wine until it has reduced to ¼ cup. Stir in the bay leaf, parsley, thyme, and peppercorns.

7. Return the beef to the Dutch oven along with any juices it may have released. Add enough stock to come $\frac{2}{3}$ up the meat. Bring to a gentle simmer over medium to low heat.
8. Cover the pot and braise the beef in the preheated oven for about 1 ½ hours, turning occasionally to keep it evenly moistened.
9. Bring a pot of salted water to a boil. Add the pearl onions and blanch for 1 minute. Drain the onions and rinse in cool water until they can be handled. Remove the onions from their skins.
10. Remove the Dutch oven from the oven and add the potatoes, turnips, carrots, and blanched pearl onions. Return to the oven and braise until the beef is fork tender and the vegetables are fully cooked, 35 to 45 minutes.
11. Transfer the beef, potatoes, turnips, baby carrots, and pearl onions to a hotel pan. Moisten with some of the cooking liquid. Reserve warm.
12. For the sauce, strain the cooking liquid into a saucepan. Simmer until it has reduced by about half. Season with salt and pepper to taste.
13. Add the cornstarch slurry and simmer for another 15 minutes until the sauce forms a smooth, thick gravy.
14. Slice the beef across the grain and serve on a heated platter, accompanied by the sauce and vegetables.

PORK AND SAUSAGE JAMBALAYA

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	3 Tbsp.
Sausage, andouille sliced	$\frac{3}{4}$ lb.
Pork, loin, cut into 1-inch cubes	1 $\frac{1}{4}$ lb.
Onions, diced	1 $\frac{1}{2}$ cups
Celery, diced	$\frac{3}{4}$ cup
Pepper, bell, green, diced	$\frac{3}{4}$ cup
Garlic, clove, minced	$\frac{1}{4}$ cup
Paprika, ground	2 tsp.
Bay leaf	1 ea.
Cayenne, ground	$\frac{1}{8}$ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Stock, chicken	4 cups
Mushrooms, white, sliced	$\frac{3}{4}$ cup
Scallion (Green onion), sliced	$\frac{3}{4}$ cup
Parsley, flat-leaf, leaves, chopped	2 Tbsp.
Tabasco sauce	to taste
Rice, white, long-grain	2 $\frac{1}{2}$ cups

Method

1. Place the oil in a large soup pot over medium heat. Add the sausage and cook until it has browned, and the fat has rendered. Using a slotted spoon, remove the sausage, leaving the fat in the pot. Reserve the sausage.
2. In the same pot, over high heat, add the pork and cook to a deep brown on all sides, about 30 minutes. (It is very important to achieve a dark brown sear on the pork as this is where the Jambalaya will get its dark color.)
3. Add the onions, celery, and bell pepper. Once the vegetables have begun to take on color and caramelize, add the garlic. Continue to cook until the vegetables are well caramelized, stirring frequently to prevent scorching.
4. Add the paprika, bay leaf, and cayenne. Season with salt and black pepper to taste. Cook, stirring constantly, for 1 minute.
5. Add the stock. Bring to a rolling boil, then reduce the heat. Simmer for 15 minutes.
6. Add the mushrooms, scallions, and parsley. Season with salt, pepper, and Tabasco sauce to taste.
7. Add the rice and stir to prevent the rice from clumping or sticking to the bottom of the pot. Cook over low heat for 30 to 45 minutes, stirring occasionally. Serve hot.

Source: Adapted from *The Evolution of Cajun & Creole Cuisine*, by Chef John D. Folse

TORTILLA CHIPS WITH PICO DE GALLO AND GUACAMOLE

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	as needed
Tortillas, corn	8 ea.
Salt, kosher	as needed
Pico de Gallo (Recipe follows)	1x recipe
Guacamole (Recipe follows)	1x recipe

Method

1. Preheat the oil in the deep fryer 350°F.
2. Cut the tortillas into sixths.
3. Working in batches, add the tortilla pieces a few at a time to the fryer. Fry, stirring continuously until crisp, about 3 minutes.
4. Remove the chips from the oil and drain well on paper towels. Season lightly with salt as needed. Repeat with the remaining tortillas.
5. Serve the chips accompanied by the Pico de Gallo and Guacamole.

PICO DE GALLO

Yield: 2 cups

Ingredients

Amounts

Tomato, small diced	1 lb.
Chile, Serrano, seeded, minced	2 ea.
Onion, small diced	1 cup
Cilantro, chopped	½ bu.
Lime, juiced	2 ea.
Oil, olive, pure	2 Tbsp.
Salt, kosher	1 ½ tsp.

Method

1. In a mixing bowl, combine the tomato, Serrano chile, onion, cilantro, lime juice, oil, and salt Toss well.
2. Let the mixture to sit for at least ½ hour to allow the flavors to blend.
3. Serve in a chilled bowl.

GUACAMOLE

Yield: 2 cups

Ingredients	Amounts
Onion, red, small diced	¼ cup
Avocados, peeled, roughly diced	3 ea.
Tomatoes, small diced	⅓ cup
Chile, jalapeño, minced	1 Tbsp.
Cilantro, chopped	2 Tbsp.
Lime, juice	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Tabasco sauce	to taste

Method

1. Soak the red onion in cold water for 20 minutes. Drain and rinse.
2. In a mixing bowl, smash the avocados with a fork to form a rough paste.
3. Add the red onion, tomatoes, jalapeño, cilantro, and lime juice. Mix well.
4. Season to taste with salt, pepper, and Tabasco sauce to taste. Stir to combine.
5. Cover with plastic wrap so the plastic is touching the surface of the guacamole (this will help to prevent browning). Refrigerate until ready to use.
6. Serve in a chilled bowl.

Note: Guacamole can only be stored for up to 8 hours or it will oxidize (turn brown).

CHICKEN WITH GREEN PUMPKIN SEED MOLE

POLLO EN PIPIÁN VERDE

Yield: 6 portions

Ingredients	Amounts
Broth, chicken	as needed
Chicken, breast, poached, skin removed	6 ea.
Sesame seeds	1/3 cup
Peanuts, raw, skinned	1/2 cup
Pumpkin seeds	1 cup
Tomatillos, paper, hull removed	3/4 lb.
Onion, cut in 1/2	1/2 ea.
Garlic cloves, unpeeled	3 ea.
Chile, jalapeño	4 ea.
Lettuce, leaves, green, torn into pieces	12 ea.
Radish leaves, torn into pieces	10 ea.
Hoja santa leaves, large, torn into pieces	3 ea.
Oil, vegetable	1/4 cup
Stock, chicken	1 1/2 cups
Salt, kosher	to taste

Method

1. In a large pot, place the chicken breasts in enough chicken broth to cover by 1-inch. Bring the stock to a boil and reduce the heat to a simmer. Cover and simmer the chicken for 5 minutes. Turn the heat off and let the chicken sit in the broth to finish cooking until it reaches room temperature.
2. For the pipián sauce, in a large skillet, dry toast the sesame seeds until golden. Transfer to a bowl. Repeat the procedure with the peanuts and the pumpkin seeds.
3. In a blender, purée the toasted seeds and nuts, adding water as needed to make the purée smooth. Reserve.
4. In a small saucepan, place the tomatillos and cover with water. Bring the water to a boil and simmer until the tomatillos change color, about 10 minutes. Reserve.
5. In a large skillet over medium-high heat, dry-roast the onion, garlic, and jalapeños. Remove the skillet from the heat once the garlic skin begins to brown. Peel the garlic, discard the skin, and add the peeled garlic back to the pan. Remove and reserve 2 of the jalapeños.
6. In a blender, purée the lettuce, radish leaves, hoja santa, and the dry-roasted vegetables. Add enough water to form a smooth purée.
7. Heat 2 tablespoons of the oil in a skillet. Add the vegetable purée and fry until it changes color, about 10 minutes. Add the reserved seed and nut purée.

8. Taste the pipián, there should be a mellow heat. If the pipián is not spicy enough, purée the reserved roasted jalapeño chiles, fry the purée in 2 tablespoons oil, and add to the pipián.
9. Add the chicken stock and stir to combine. Simmer for 30 minutes or until the pipián coats the back of a spoon. Season with salt to taste. Adjust the consistency with additional stock if necessary.
10. Serve the chicken and pipián on a heated platter.

SALMON WITH YELLOW MOLE

MOLE AMARILLO

Yield: 8 portions

Ingredients	Amounts
Chile, ancho, wiped clean, seeds and veins removed	2 ea.
Chile, Guajillo, wiped chiles, wiped clean, seeds and veins removed	12 ea.
Tomato, green	2 ea.
Tomatillos	10 ea.
Onion, white	1 ea.
Garlic, clove, unpeeled	4 ea.
Peppercorns, black	8 ea.
Cloves, whole	4 ea.
Cumin, seeds	1 tsp.
Lard	1 fl. oz.
Stock, chicken (Divided)	16 fl. oz.
Flour, masa harina	½ cup
Cilantro, tied in bundle	½ bu.
Salt, kosher	to taste
 Salt, kosher	 as needed
Chayotes, peeled, julienned	2 ea.
Beans, green	½ lb.
 Oil, olive, pure	 as needed
Pepper, black, ground	as needed
Fish, salmon, fillet, skin on, 6 oz. each	8 ea.

Method

1. Preheat the grill over medium heat.
2. For the mole, in a pan over medium heat, gently toast the chiles. Bring a saucepan of water to a boil and remove from the heat. Soak the chiles in the hot water for 15 minutes. Drain and reserve.
3. In a comal over medium heat, dry roast the green tomatoes, tomatillos, and onion until blistered, about 15 minutes. Remove and reserve.
4. In a separate small pan over medium heat, dry roast the garlic until browned. Remove the garlic from the heat and peel, discarding the skin and reserving the flesh.

5. In a small skillet, toast the peppercorns, cloves, and cumin until fragrant. Transfer to a spice grinder and process to a powder. Reserve.
6. In a blender, purée the reserved chiles with enough water to form a smooth paste. Pass the purée through fine mesh sieve. Reserve.
7. In a blender, purée the reserved roasted vegetables with enough water to form a smooth paste. Pass the purée through a fine mesh sieve. Reserve.
8. Heat the lard in a Dutch oven or heavy pot. Add the reserved chile purée and cook until thickened, about 15 minutes. Add the reserved vegetable purée and the reserved ground spices and cook until thickened. Add 2 cups of the stock and continue to simmer.
9. In a small bowl, combine ½ cup of the masa and 1 cup of water. The mixture should be very smooth with no lumps. Add the masa mixture to the Dutch oven in a steady stream, stirring constantly while pouring. Cook the mole for 5 minutes. Add the cilantro and season with salt to taste.
10. Bring a pot of salted water to a boil. Blanch the julienned chayotes. Drain, shock in an ice bath, and drain again. Reserve.
11. Bring a pot of salted water to a boil. Blanch the green beans. Drain, shock in an ice bath, and drain again. Reserve.
12. Season the grill with a layer of oil. Lightly coat the salmon in oil and season with salt and pepper as needed. Place the salmon skin side up until it is well marked by the grill. Rotate the salmon 90° and allow to cook, undisturbed, until cross-hatch marks have been created. Flip the salmon skin side down and grill until the desired doneness is reached (140°F internal temperature for medium).
13. Add the chayote, green beans, and salmon to the mole and simmer until heated through. Remove the cilantro.
14. Serve the salmon, chayote, and green beans with the mole on a heated platter.

CHURROS WITH DULCE DE LECHE

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	as needed
Water	1 ½ cups
Butter, unsalted	12 Tbsp.
Salt, kosher	1 tsp.
Flour, all-purpose flour	1 ½ cups
Eggs, whole	6 ea.
Sugar, granulated	½ cup
Cinnamon, ground	1 ½ tsp.
Dulce de Leche (Recipe follows)	1x recipe

Method

1. Preheat the oil in the deep fryer to 360°F.
2. In a large saucepan, combine the water, butter, and salt and bring to a rolling boil.
3. Reduce the heat to low. Add the flour and stir vigorously until the mixture forms a ball, about 1 minute. Immediately remove from the heat and reserve.
4. In a mixing bowl, combine the eggs and beat until they are smooth and homogeneous. Stir the eggs into the flour mixture until well blended.
5. Spoon the mixture into a piping bag fitted with a large star tip.
6. Pipe 4-inch strips of dough into the hot oil, working in batches. Cook the churros for about 2 minutes on the first side, then flip over and cook until they are golden brown, about 2 minutes more.
7. Remove the churros from the oil and drain briefly on paper towels.
8. In a bowl, combine the sugar and cinnamon. While they are still very hot, roll the churros in the cinnamon-sugar mixture to coat.
9. Serve on a heated platter.

Note: Churros are a popular treat throughout Latin America. They are often served with dips or stuffed with fillings such as cajeta (thickened syrup confection).

DULCE DE LECHE

Yield: about 10 ½ fluid ounces

Ingredients	Amounts
Sweetened condensed milk, 1 can	14 oz.
Rum, light	1 Tbsp.
Vanilla extract	½ tsp.
Salt, kosher	a pinch

Method

1. Peel the label off of the can of sweetened condensed milk. Open the can, leaving the tops of the cans resting on the milk.
2. Put a 6-inch heavy aluminum foil square over the top of the can, pushing down on the center of the foil and running your fingers around the inner and outer rim, so the can is sealed as tightly as possible.
3. Put the can into a large saucepan and fill it with hot tap water, leaving ½-inch of the can above the waterline. Cover the saucepan with a lid. Bring the water to a boil over high heat, then reduce the heat to medium-low. Simmer until the condensed milk forms a deep golden-brown pudding, thick enough for a fork to stand up in on its own, 3 to 3 ½ hours. Add hot water as needed to maintain the water level.
4. Carefully remove the can from the pot and allow it to cool until it can be handled but is still hot.
5. Pour the Dulce de Leche into the bowl of a food processor fitted with a steel blade. Add the rum, vanilla, and salt. Process until smooth, scraping down the bowl once, about 20 seconds. Transfer the mixture to a bowl and cool to room temperature. Wrap and place in the refrigerator to thicken, about 4 hours.

Source: Modern Buffet Presentation, by Carol Murphy Clyne

TAPIOCA CHEESE BREAD

PÃO DE QUEIJO

Yield: 32 small rolls

Ingredients	Amounts
Tapioca starch (<i>Polvilho azedo</i>)	2 lb.
Milk, whole	1 pt.
Salt, kosher	2 ½ tsp.
Butter, unsalted	2 Tbsp.
Eggs, whole	3 ea.
Cheese, Parmesan, grated	2 lb.
Oil, olive, pure	as needed

Method

1. Preheat the oven to 400°F.
2. Place the tapioca starch in a large bowl.
3. In a saucepan, place the milk, butter and salt. Heat until boiling. Pour the boiling mixture over the tapioca starch.
4. Allow the mixture to cool slightly. Rub the meal together with your fingertips until the mixture resembles a coarse meal.
5. Gradually add the eggs, kneading after each addition. Knead the mixture into a smooth dough, adding more milk if needed.
6. Loosely mix the cheese into the dough.
7. With oiled hands, form the dough into small balls.
8. Arrange the balls on an oiled sheet pan spaced about 3-inches apart.
9. Bake the rolls in the preheated oven for 5 minutes and then reduce heat to 350°F and continue to bake until crisp and golden in color, about 15 minutes.

Note: This popular and inexpensive bread, known as Pão de Queijo Brazil or as Chipa, Cuñapé or Pan de Yuca in many Spanish speaking countries of South America can be found at street vendors in many regions of South America. Its unique chewy texture results from the use of Tapioca or Manioc Starch.

Manioc Starch, also known as Tapioca, is the refined starch made from the tuberous root of a shrub known as manioc, cassava or yucca. In Brazilian cuisine it is used in two forms: sweet manioc starch from the fresh manioc juice and sour manioc starch as a by-product of fermented Manioc Juice.

Source: *Street Foods*, by Hinnerk Von Bargaen and the CIA

BORI BORI

Yield: 2 quarts

Ingredients	Amounts
Cornmeal, yellow	1/3 cup
Cheese, Parmesan, grated	1/3 cup
Flour, all-purpose	1/3 cup
Baking powder	1 1/2 tsp.
Salt, kosher	1/2 tsp.
Pepper, black, ground	1/8 tsp.
Egg, whole, lightly beaten	1 ea.
Scallion (Green onion), white part only minced	2 Tbsp.
Oil, canola	3 Tbsp.
Milk, whole	3 Tbsp.
Calona, oil	2 Tbsp.
Beef, shoulder, medium diced	1 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Stock, chicken	2 qt.
Onion, minced	1 1/2 cups
Carrot, small diced	3/4 cup
Celery, small diced	3/4 cup
Garlic, minced	2 tsp.
Stock, chicken	as needed
Bay leaf	1 ea.
Clove, whole	1 ea.
Saffron, threads	3 ea.
Parsley, flat-leaf, leaves, chopped	3 Tbsp.
Cheese, Parmesan, grated	1/4 cup

Method

1. For the dumplings, in a mixing bowl, combine the cornmeal, Parmesan, flour, baking powder, salt, pepper, egg, scallions, oil, and milk. Cover the batter and let it rest for at least 45 minutes before shaping and cooking the dumplings.
2. Heat 1 tablespoon of the oil in a soup pot over medium-high heat. Season the beef with salt and pepper as needed. Add the seasoned beef to the hot oil and sear until well browned, 7 to 8 minutes.

3. Add the chicken stock and simmer over low heat until the beef is tender, about 1 hour. Transfer the beef to a plate and reserve. Strain the stock through a fine sieve and reserve.
4. Return the soup pot to medium-high heat. Add the remaining oil and heat over medium-high heat. Add the onion, carrot, and celery. Sauté, stirring frequently, until the onion is tender and translucent, 8 to 10 minutes. Add the garlic and sauté until aromatic.
5. Add the reserved strained stock and additional chicken stock, if needed, to make 8 cups. Bring the stock to a simmer and add the bay leaf, clove, and saffron threads. Simmer until the vegetables are tender and the broth is flavorful, about 30 minutes. Remove the bay leaf and clove. Discard. Return the reserved beef to the soup.
6. To form the dumplings, pinch off small pieces of the reserved dough (about 1 teaspoon) and roll them into balls. Add the dumplings to the soup and simmer until the dumplings are cooked through, 20 to 25 minutes. Stir in the parsley and season with salt and pepper to taste.
7. Serve immediately in a warm bowl, accompanied by the Parmesan cheese.

BRAZILIAN SEAFOOD STEW WITH FAROFA AND BRAZILIAN RICE

MOQUECA DO FRUTOS DEL MAR

Yield: 8 portions

Ingredients	Amounts
Lobster, tails, fresh, 4 oz. each	4 ea.
Water	1 cup
Oil, Dendê	3 Tbsp.
Onions, medium, finely chopped	2 cups
Pepper, bell, green, small, seeded, finely chopped	1 ea.
Pepper, bell, red, small, seeded finely chopped	1 ea.
Garlic clove, minced	2 ea.
Tomatoes, large, ripe but firm, peeled, seeded, finely chopped	1 lb.
Parsley, flat-leaf, leaves, minced	¼ cup
Coconut milk, well-stirred, canned, unsweetened	1 cup
Malagueta pepper sauce	to taste
Flour, manioc	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	¼ tsp.
Oil, olive, pure	3 Tbsp.
Shrimp, large, peeled, deveined	16 ea.
Fish, cod, fillets, firm, cut into 1-inch pieces	1 ½ lb.
Flour, all-purpose	as needed
Crab meat, lump, picked over for shells and cartilage	12 wt. oz.
Squid, cleaned, sliced ½-thick,	1 lb.
Scallion (Green onion), white and 1-inch of the green, chopped	½ cup
Cilantro, leaves	¾ cup
Farofa (Recipe follows)	as needed
Brazilian Rice (Recipe follows)	1x recipe

Method

1. Cut each lobster tail into 4 slices. With a small knife, loosen the flesh so it is easier to remove from the shell when eating.
2. Bring a small saucepan of water to a boil. Add the lobster and cook for 3 minutes. Drain the lobster, reserving the liquid. Strain the liquid and reserve.
3. For the sauce, heat the Dendê oil in a large skillet over medium heat. Add the onions, bell peppers, and garlic. Cook, stirring a few times, for about 5 minutes. Add the tomatoes, parsley, coconut milk, and Malagueta pepper sauce to taste. Stir in manioc flour to thicken the sauce. Cover and simmer for 15 minutes. Season with salt to taste and stir in the black pepper. Reserve.
4. In another large skillet, heat the oil over medium heat. Add the shrimp and cook, while stirring, until the shrimp just turns pink. Remove with a slotted spoon and reserve.
5. Place enough flour in a bowl for dredging, replenishing as needed. Lightly dredge the cod in the flour, tapping off any excess.
6. Place the dredged cod in the skillet and cook on both sides for a couple of minutes until lightly colored. Add the sauce and bring it to a boil. Reduce the heat to medium-low, and simmer for 5 minutes.
7. Add the crab meat, squid and the reserved lobster and shrimp. Cook only until heated through. If the sauce is too thick, add some of the reserved broth from cooking the lobster. There should be enough sauce just to coat the seafood; this is not a soupy stew. Season with salt and Malagueta pepper sauce to taste.
8. Ladle into heated bowls or soup plates, each garnished scallions and cilantro.
9. Serve with the Brazilian Rice and Farofa on the side.

Note: Tabasco sauce can be substituted for the malagueta pepper sauce. Any other firm white fish can be substituted for the cod. Frozen lobster and squid rings can be substituted for the fresh lobster and squid rings.

Source: Almir Da Fonseca, as presented at the 2014 Latin Flavors, American Kitchens conference.
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FAROFA

Yield: 8-10 portions

Ingredients

Amounts

Oil, Dendê

2 Tbsp.

Flour, manioc, coarse

1 cup

Method

1. Heat the dendê oil in a large skillet. Add the manioc flour.
2. Gently toast the manioc flour for 5 minutes over a low heat. Reserve.

BRAZILIAN RICE

Yield: 6 portions

Ingredients	Amounts
Rice, white, long-grain	2 cups
Butter, unsalted	4 Tbsp.
Onions, minced	¼ lb.
Garlic, cloves, minced	2 ea.
Cloves, whole	2 ea.
Water, hot	3 cups
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat the oven to 350°F.
2. Place the rice in a China cap and rinse under cold water until the water runs clear. Drain the rice well. Reserve.
3. In a medium saucepan, heat the butter over medium heat. Add the onions and garlic. Sauté until the onion is translucent, about 5 minutes.
4. Add the rice, stirring constantly, until the rice has absorbed the butter and the grains are translucent. Add the whole cloves and hot water. Season with salt and pepper as needed. Heat until simmering.
5. Cover the pan and bake in the preheated oven until the rice is tender, about 15 minutes.
6. Allow it to stand for 5 minutes while covered until all the moisture is absorbed.

GRILLED FLANK STEAK WITH CHIMICHURRI SAUCE

Yield: 6 portions

Ingredients	Amounts
Garlic, cloves, minced	2 Tbsp.
Salt, kosher	2 Tbsp.
Vinegar, wine, red	¼ cup
Oil, olive, extra-virgin	2 Tbsp.
Shallot, finely chopped	¼ cup
Scallion (Green onion), finely chopped	¼ cup
Chile, aji, seeds and veins removed, minced	½ ea.
Oregano, leaves chopped	1 cup
Parsley, flat-leaf, leaves, chopped	1 cup
Beef, flank steak, trimmed	2 ¼ lb.
Oil, olive, pure	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. For the chimichurri, on a cutting board, combine the garlic and salt into a paste by mashing it using the broad side of a chef knife. Transfer the garlic paste to a non-reactive mixing bowl.
2. Add the vinegar, olive oil, shallot, scallion, chile, oregano, and parsley. Stir to combine. Allow the flavors to combine for at least 24 hours.
3. Preheat a gas grill to medium-high, leaving one burner off. Clean the cooking grate.
4. Lightly coat the flank steak with the oil. Season with salt and pepper as needed.
5. Place the steak on the grill until the meat is well marked by the grill. Rotate the meat 90° and allow to cook, undisturbed, until cross-hatch marks have been created. Turn the meat over and finish grilling to the desired temperature.
6. Remove the steak from the grill and allow it to rest, tented, for 10 minutes before slicing thinly across the grain.
7. Serve the sliced beef on a heated platter, topped with the Chimichurri Sauce.

Note: 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.

SALT COD FISH FRITTERS

Yield: 6 portions

Ingredients	Amounts
Fish, salt cod, boneless	1 lb.
Oil, vegetable	as needed
Oil, vegetable	2 Tbsp.
Garlic, clove, chopped	4 ea.
Pepper, bell, red, small diced	1 ea.
Pepper, bell, green, small diced	1 ea.
Onion, small diced	½ cup
Flour, all-purpose	1 ½ cups
Baking powder	2 tsp.
Water	1 cup
Chives, chopped	¼ bu.
Scallion (Green onions), green only, sliced on bias	¼ bu.
Pepper, black, ground	2 tsp.

Method

1. Soak the salt cod in fresh cold water, refrigerated, for at least 24 hours, changing the water 3 times during that period. After the 24 hours, taste the salt cod. If it is still very salty, place it in a saucepan and add enough water to cover. Bring it to a bare simmer, changing the water often, until the saltiness is acceptable. Flake the cod finely and reserve.
2. Heat the oil in the deep fryer to 350°F.
3. To make the sofrito, heat the oil in a skillet over medium heat. Add the garlic, peppers, and onion. Sauté until they are soft and golden. Remove from the heat and allow it to cool.
4. Into a mixing bowl, sift together the flour and baking powder. Add the water and mix thoroughly, breaking up any lumps. Fold in the chives, scallions, black pepper, sofrito and reserved flaked cod.
5. Into the preheated fryer, carefully drop 1 tablespoon of the batter for each fritter, turning as necessary, until golden brown. Drain on paper towels.
6. Serve on a heated platter.

PUERTO RICAN PASTELES

Yield: 6 portions

Ingredients	Amounts
Lard	½ lb.
Achiote paste	2 wt. oz.
Pork, shoulder, just meat, medium dice	1 lb.
Orange, Seville, juiced	2 ea.
Garlic, cloves, minced	1 ea.
Oregano, dried	1 tsp.
Aji dulce, minced	2 ea.
Cilantro, leaves, minced	2 ea.
Salt, kosher	1 tsp.
Pork, Virginia ham, small diced	½ lb.
Pepper, bell, green, small diced	½ ea.
Onion, white, minced	½ ea.
Raisins, black	⅔ cup
Chickpeas, canned	½ lb.
Olives, green, pimento stuffed, sliced	½ cup
Capers, chopped	1 Tbsp.
Malanga, white (<i>yautia blanca</i>)	1 lb.
Malanga, yellow (<i>yautia amarilla</i>)	1 lb.
Banana, green (<i>guineos verdes</i>)	3 ½ ea.
Milk, whole, warm	½ cup
Salt, kosher	½ Tbsp.
Banana leaves	6 ea.
Salt, kosher	as needed

Method

1. Heat the lard in a large saucepan over medium heat. Add the achiote and infuse for 30 minutes. Blend and strain. Reserve.
2. For the stuffing, place the diced pork and orange juice into a bowl. Allow the pork to marinate for 30 minutes.
3. In a food processor, pulse the garlic, oregano, aji dulce, cilantro, 3 tablespoons of the reserved infused lard, and salt until it forms a paste. Add the paste to the bowl with the marinated pork.
4. Add the Virginia ham, bell pepper, onion, raisins, chickpeas, olives, and capers to the bowl. Reserve.
5. For the masa, peel and grate the malangas and bananas.

6. In a food processor, purée the grated malangas and bananas. With the food processor running, slowly stream in the warm milk. Add the rest of the reserved infused lard and the salt. Process to combine. Reserve.
7. To assemble and cook the pasteles, clean and cut the banana leaves into 12- x 12- inch squares. Pass over fire to make them soft.
8. Lay out the leaf. Place about 4 ounces of the reserved masa towards bottom of leaf. Spread it on the leaf evenly and thin.
9. Place about 3 ounces of stuffing on top of layer of the masa and spread lightly.
10. Fold and tie tight with butcher's twine (see chef demo).
11. Bring a large pot of salted water to boil. Cook the pasteles for 1 hour.
12. Serve on a warm platter.

JAMAICAN JERK CHICKEN

Yield: 6 portions

Ingredients	Amounts
Garlic, cloves, peeled	3 ea.
Chile, Scotch bonnet, seeded	½ - 1 ea.
Scallion (Green onion), chopped	1 cup
Vinegar, malt	¾ cup
Rum	1 Tbsp.
Salt, kosher	1 ¼ Tbsp.
Thyme, leaves, chopped	1 Tbsp.
Allspice	1 Tbsp.
Nutmeg, ground	¾ tsp.
Cinnamon, ground	¾ tsp.
Cloves, ground	¼ tsp.
Chicken, thighs, bone in, skin on	12 ea.

Method

1. Preheat the grill over medium-high heat and the oven to 350°F.
2. In a food processor, combine the garlic, Scotch Bonnet pepper, scallions, vinegar, rum, salt, thyme, allspice, nutmeg, cinnamon, and cloves. Process until a purée is formed.
3. Brush the purée thickly over the chicken thighs. Allow the chicken to marinate for 1 to 2 hours.
4. Grill the chicken skin side down on the preheated grill until the fat renders and the skin starts to brown. Flip the thighs over and sear on the other side.
5. Place the chicken thighs skin side up on a sheet pan or baking dish. Finish cooking the chicken in the preheated oven until cooked through, basting as needed, 7 to 10 minutes.

Note: Scotch bonnets are the traditional choice for chiles in jerk seasoning.

LAMB CURRY WITH DOMINICAN SUN RICE AND BRAISED COLLARD GREENS

Yield: 6 portions

Ingredients	Amounts
Lamb, top round, boneless cut into 2-inch cubes	3 lb.
Salt, kosher	as needed
Ground black pepper	as needed
Oil, olive, pure	3 Tbsp.
Onion, small diced	1 cup
Garlic, clove, minced	5 ea.
Curry powder	1 ½ Tbsp.
Tamarind, paste	1 Tbsp.
Wine, white, dry	2 cups
Stock, veal, brown	2 cups
Potatoes, peeled, medium diced	3 cups
Squash, acorn, peeled, medium diced	1 cup
Chayote, pit removed, medium diced	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lemon, juiced	1 ea.
 Dominican Sun Rice	 1x recipe
Braised Collard Greens	1x recipe

Method

1. Season the lamb with salt and pepper as needed. Heat 2 tablespoons of the oil in a Dutch oven over medium-high heat. Working in batches if necessary, sear the lamb until well browned on all sides. Remove from the pan and reserve.
2. Add the remaining 1 tablespoon of oil to the pan over medium heat. Add the onions and sauté until soft. Add the garlic and sauté until soft. Add the curry powder and cook, stirring often, for 3 minutes.
3. In a small mixing bowl, combine the tamarind and wine. Add this mixture to the pan and scrape up any brown bits that are stuck to the bottom of the pan.
4. Return the lamb to the pan. Add the stock, potatoes, squash, and chayote. Season with salt and pepper to taste. Simmer gently until the lamb is tender, about 1 hour.
5. Stir in the lemon juice just before serving. Simmer for 2 minutes.
6. Serve the curry in a heated bowl alongside the Dominican Sun Rice and the Collard Greens.

DOMINICAN SUN RICE

Yield: 6 portions

Ingredients	Amounts
Oil, corn	2 Tbsp.
Carrot, grated	1 ea.
Salt, kosher	1 tsp.
Water	1 ½ cups
Stock, chicken	¾ cup
Rice, long-grain, white, rinsed	1 ½ cups
Corn, kernels, frozen, thawed	1 ½ cups
Butter, unsalted, cold	1 Tbsp.

Method

1. Heat the oil in a medium saucepan over medium heat. Add the carrots and salt. Sauté until the carrots begin to soften.
2. Add the water and stock. Bring to a boil and add the rice. Stir to combine. Cover and simmer for about 10 minutes.
3. Add the corn and stir to combine. Cover and simmer for 10 minutes. Use a fork to fluff the rice and gently mix in the butter.
4. Serve the rice in a heated bowl.

BRAISED COLLARD GREENS

Yield: 6 portions

Ingredients	Amounts
Oil, olive, extra-virgin	2 Tbsp.
Pork, bacon, minced	¼ lb.
Onion, minced	1 cup
Garlic, clove, minced	2 ea.
Collard greens, washed, stems removed	2 ¼ lb.
Stock, chicken	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat the oven to 350°F.
2. Heat the oil in a saucepot over medium heat. Add the bacon and sauté until lightly browned and crisp.
3. Add the onions and sauté until softened. Add the garlic and sauté until aromatic.
4. Add the collard greens and chicken stock. Season with salt and pepper to taste. Cover with a lid and braise in the preheated oven for at least 45 minutes.
5. Remove the greens from the pan and reduce the liquid on the stovetop. Add the greens back to the liquid. Adjust the seasoning with salt and pepper to taste.
6. Serve the greens in a heated bowl.

TEA-SMOKED SALMON WITH APRICOT COMPOTE

Yield: 6 portions

Ingredients	Amounts
Fish, salmon, fillet	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Rice, uncooked	1/3 cup
Tea leaves, black	1/4 cup
Sugar, brown	1/2 cup
Star anise	3 ea.
Cinnamon, sticks, broken into small bits	2 ea.
Peppercorns, Szechwan, brown	1 Tbsp.
Apricot Compote (Recipe follows)	1x recipe

Method

1. Preheat the oven to 375°F.
2. Pat the salmon fillets dry. Season with salt and pepper as needed.
3. In a bowl, combine the uncooked rice, tea leaves, sugar, anise, cinnamon sticks, and peppercorns. Spread the mixture evenly in the bottom of a disposable aluminum pan. Set a rack over the mixture and top with a second disposable aluminum pan, inverting it to make a domed lid. Put this assembly over direct heat on a burner until you can smell the smoke.
4. Remove the lid and place the salmon on the rack, working in batches as necessary to avoid overcrowding.
5. Replace the lid and pan-smoke the salmon for 5 minutes.
6. Transfer the salmon to a baking sheet and finish cooking in the preheated oven to the desired degree of doneness.
7. Serve the salmon heated platter accompanied by the Apricot Compote.

APRICOT COMPOTE

Yield: 6 portions

Ingredients	Amounts
Apricots, dried, small diced	5 Tbsp.
Brandy	¼ cup
Butter, unsalted	1 ½ Tbsp.
Shallots, minced	1 ½ Tbsp.
Ginger, minced	1 ½ Tbsp.
Vinegar, wine, rice	3 Tbsp.
Wine, white	¼ cup
Jam, apricot	⅓ cup

Method

1. In a bowl, soak the apricots in the brandy for 30 minutes. Drain and reserve the brandy and apricots separately.
2. Heat the butter in a small saucepan over medium-high heat. Add the shallots and ginger. Sauté until translucent.
3. Add the apricots and sauté for 2 minutes.
4. Remove the pan from the flame, add 2 tablespoons of the reserved brandy. Tilt the pan by the flame to ignite the brandy. Allow the brandy to burn out. Reduce until it is almost dry.
5. Add the vinegar and simmer until almost dry. Add the wine and simmer until reduced by half. Add the apricot jam and simmer for 10 to 15 minutes.
6. Reserve warm.

DAY THREE:

EUROPE AND THE BRITISH ISLES

LEARNING OBJECTIVES

By the end of this day, you should be able to...

- List the countries who have the main culinary influence within Western Europe, Central Europe, Eastern Europe, Northern Europe, and the British Isles.
- Explain the flavors and spices commonly used in each country.
- List the key ingredients used in each country.
- Explain the common cooking techniques used in each country.
- Describe the popular dishes representative of each country.
- Prepare a variety of dishes representative of these countries using standardized recipes.

INSTRUCTOR DEMONSTRATIONS

- Using a spätzle maker

DAY THREE: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE – EASTERN EUROPE

Potato Latkes
Potato and Cheddar Pierogi
Hungarian Goulash
Polish Stuffed Cabbage

TEAM TWO – CENTRAL EUROPE

Classic Cheese Fondue
Braised Red Cabbage
German Egg Noodles
Swiss-Style Veal in Cream Sauce

*Soak Gigante Beans for Greek Pork and Orange Flavored Beans – Day Four

TEAM THREE – WESTERN EUROPE

Endive and Mesclun with French Vinaigrette
Sautéed Chicken Breast with Spinach and Mornay Sauce
Potato and Cauliflower Duchesse
Trout in Green Sauce

TEAM FOUR – BRITISH ISLES

Oven-Roasted Root Vegetables
Shepherd's Pie
Beer-Battered Fish and Chips
Sticky Toffee Pudding with Chantilly Cream

POTATO LATKES

Yield: about 20 latkes

Ingredients	Amounts
Potatoes, russet, large, peeled	4 ea.
Onion, small	1 ea.
Eggs, whole, beaten	2 ea.
Matzo, meal	¼ cup
Flour, all-purpose	2 - 3 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Oil, vegetable	as needed
Sour cream	1 cup
Applesauce, prepared	1 cup

Method

1. Preheat the oven to 200°F.
2. Using a box grater or a mandolin, coarsely grate the potatoes and onion. Squeeze the excess moisture from the potato and onion mixture and place into a large bowl.
3. Add the beaten eggs, matzo meal, and flour. Mix to combine. Allow this mixture to rest for 10 minutes. Season with the salt and pepper. Stir to combine.
4. Heat about ¼ inch of oil to 350°F in a large skillet over medium-high heat. Form the latkes into cakes about 2 ½- inches in diameter.
5. Fry the latkes in batches in the hot oil for 2 to 3 minutes on each side until golden brown and crisp. Drain on paper towels and keep warm in the preheated oven. Repeat until all the latkes are cooked.
6. Serve the latkes on a heated platter, accompanied by the sour cream and applesauce.

POTATO AND CHEDDAR PIEROGI

Yield: 6 portions

Ingredients	Amounts
Water	½ cup
Flour, semolina	1 ⅔ cups
Flour, all-purpose	2 cups
Eggs, whole	4 ea.
Salt, kosher	1 Tbsp.
Salt, kosher	as needed
Potato, russet, scrubbed, peeled, large cuts	3 lb.
Egg, yolks	3 ea.
Cheese, cheddar, grated	2 cups
Scallion, (Green onion), thinly sliced	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Nutmeg, freshly grated	to taste
Egg, whole	1 ea.
Milk, whole	2 Tbsp.
Butter, unsalted, clarified	⅓ cup
Butter, unsalted	⅔ cup
Salt, kosher	to taste
Pepper, white, ground	to taste
Sage, chiffonade	1 Tbsp.
Sour cream	1 cup

Method

1. For the dough, in a stand mixer fitted with a dough hook, place the water, flours, eggs, and salt. Mix at medium speed until the dough forms a smooth ball, 3 to 4 minutes. Divide the dough into 4 sections. Knead each section on a floured surface until the dough is barely tacky. Cover with plastic wrap and allow it to rest for at least 20 minutes.
2. For the filling, bring a pot of salted water to a boil. Boil the potatoes until tender, drain, and return to the pot to dry over low heat until no more steam rises from them.

3. Using a food mill, purée the potatoes into a large mixing bowl. Add the egg yolks, cheese, and scallions. Season with salt, pepper, and nutmeg to taste. Chill and reserve.
4. To assemble, roll out the dough using a pasta machine to 1/8- to 1/16-inch thickness. Cut the dough into 2 1/2- inch diameter circles. In a small bowl, lightly mix the egg and milk to form an egg wash. Lightly brush the edges of the dough with the egg wash.
5. Spoon about 1 tablespoon of filling onto the center of each circle. Fold in half to form a half-moon and pinch the edges to seal.
6. Bring a pot of salted water to a boil. Simmer the pierogi until the dough along the sealed edges is fully cooked, 4 to 5 minutes. Drain.
7. Heat the clarified butter in a large sauté pan over medium heat. Add the pierogi and sauté until golden brown on both sides, about 2 minutes per side. Place the pierogi on a heated platter.
8. Pour off the clarified butter and increase the heat to medium-high. Add the whole butter and cook until it reaches a golden-brown color, about 2 minutes. Season with salt and white pepper to taste.
9. Drizzle the butter over the pierogi. Garnish with the sage and sour cream. Serve immediately.

HUNGARIAN GOULASH

Yield: 2 quarts

Ingredients

Amounts

Pork, bacon, minced	½ cup
Beef, shoulder, ½-inch cubes	1 lb.
Onions, finely diced	2 ea.
Flour, all-purpose	2 Tbsp.
Vinegar, wine, red	2 Tbsp.
Paprika, hot	1 Tbsp.
Tomato purée	⅔ cup
Stock, brown, veal	1 qt.

Sachet d'épices

Caraway, seeds	1 tsp.
Marjoram, dried	1 tsp.
Thyme, dried	1 tsp.
Parsley, flat-leaf, stems	4 ea.
Garlic, cloves, peeled	2 ea.
Bay leaf	1 ea.

Potatoes, russet, ½-inch dice	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Scallion (Green onion), green part only, finely sliced	3 Tbsp.

Method

1. Preheat the oven to 350°F.
2. In a soup pot over medium heat, render the bacon and continue to cook until crispy, 4 to 5 minutes. Remove and reserve the bacon, leaving the rendered fat in the pan.
3. Add the beef to the fat and brown. Remove and reserve the beef with the bacon.
4. Add the onions and sauté over medium-low heat until caramelized, about 45 minutes. Add small amounts of water when necessary.
5. Add the flour. Stir to combine and form a roux.
6. Add the vinegar. Mix until fully blended with the roux.
7. Stir in the paprika and the tomato purée. Mix thoroughly. Continue to simmer for 2 to 3 more minutes. Return the reserved meat to the pan.
8. Add the stock and sachet. Continue to simmer until the meat is almost tender, about 1 hour, skimming as needed.

9. Add the potatoes. Simmer until tender, skimming off any fat that rises to the surface, about 20 minutes. Season to taste with salt and pepper.
10. Serve in a heated bowl, garnished with the scallions.

POLISH STUFFED CABBAGE

Yield: 6 portions

Ingredients	Amounts
Salt, kosher	as needed
Cabbage, savoy, leaves, large	12 ea.
Oil, vegetable	1 ½ Tbsp.
Onion, small diced	2 ¼ cups
Veal, ground	½ lb.
Pork, ground	½ lb.
Beef, ground	½ lb.
Heavy cream	½ cup
Eggs, whole	2 ea.
Breadcrumbs	1 ¼ cups
Salt, kosher	as needed
Pepper, black, ground	as needed
Nutmeg, ground	as needed
Onion, thinly sliced	1 cup
Carrots, peeled, thinly sliced	½ cup
Celery, thinly sliced	½ cup
Bay leaf	1 ea.
Stock, chicken, hot	3 cups
Tomato Sauce, hot (Recipe follows)	1x recipe

Method

1. Preheat the oven to 350°F.
2. Bring a large pot of salted water to a boil. Add the cabbage leaves and blanch. Drain, rinse in cold water, and drain again. Remove and discard the large vein from each cabbage leaf. Reserve the leaves.
3. Heat the oil in a large sauté pan over medium-high heat. Add the onions and sauté until they have softened and are translucent. Remove from the heat, cool, and reserve.
4. In a mixing bowl, place the ground veal, pork, and beef. Set the bowl over a bowl of ice water. Fold the reserved cooled onions into the ground meat.
5. Add the heavy cream and eggs. Mix by hand until evenly blended. Fold in the breadcrumbs. Season with salt, pepper, and nutmeg as needed.
6. To test the seasoning, make a small patty and pan-fry. Taste and adjust the seasoning of the meat mixture as necessary. Keep the meat mixture chilled until ready to use.

7. For each cabbage roll, dampen a 12 x 12-inch square of cheesecloth. Place the cheesecloth in an 8 fl. oz. round cup. Place 2 cabbage leaves in the cheesecloth lined cup, overlapping the leaves so that there are no open spaces. Place $\frac{1}{6}$ of the meat in the center of each set of leaves and wrap them around to enclose the filling. Twist the excess cheesecloth to form each roll into a ball. Do not twist too hard or the cabbage leaves will rip. Remove the cheesecloth from the cabbage rolls.
8. Place the onions, carrots, celery, and bay leaf in the bottom of a Dutch oven. Place the cabbage rolls, seam side down, on top of the vegetables. Add enough hot stock to cover the rolls by about one half. Bring to a gentle simmer over medium heat. Cover the pot and transfer to the preheated oven. Cook the cabbage rolls to an internal temperature of 160°F, about 45 to 60 minutes.
9. Transfer the cabbage rolls to a heated platter. Serve accompanied by the Tomato Sauce.

TOMATO SAUCE

Yield: 1 quart

Ingredients	Amounts
Oil, olive, extra-virgin	2 Tbsp.
Onions, diced	1 cup
Garlic, cloves, minced	4 Tbsp.
Tomatoes, plum, whole, canned crushed by hand	2 ½ lb.
Basil, leaves, chopped	6 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the olive oil in a rondeau over medium heat. Add the onions and sauté, stirring occasionally, until they take on a light golden color, about 12 to 15 minutes.
2. Add the garlic and continue to sauté, stirring frequently, until aromatic, about 1 minute.
3. Add the tomatoes. Bring the sauce to a simmer and cook over low heat, stirring occasionally, until a sauce-like consistency develops, about 45 minutes.
4. Add the basil. Simmer for 2 to 3 minutes to infuse the sauce with the aroma of the basil. Season with salt and pepper to taste.
5. The sauce is ready to finish now. It may be puréed through a food mill fitted with a coarse disk, broken up with a whisk to make a rough purée, or left chunky.

CLASSIC CHEESE FONDUE

Yield: 6 portions

Ingredients	Amounts
Salt, kosher	as needed
Broccoli, florets	½ head
Cauliflower, florets	½ head
Cheese, Emmentaler, grated	½ lb.
Cheese, Gruyère, grated	1 lb.
Cornstarch	2 Tbsp.
Garlic, clove, cut in half	1 ea.
Wine, white, dry	1 cup
Brandy, Kirsch	¼ cup
Salt, kosher	to taste
Pepper, white, ground	to taste
Nutmeg, freshly grated	to taste
Baguettes, cubed	1 ea.
Tomatoes, cherry	1 pt.

Method

1. Bring a large pot of salted water to a boil. Blanch the broccoli and cauliflower florets. Drain, soak in ice water, and drain again. Reserve.
2. In a mixing bowl, toss the Emmentaler, Gruyère, and cornstarch to combine.
3. Rub the inside of a fondue pot with the halved garlic clove.
4. Over medium heat, add the wine and bring to a bare simmer.
5. When bubbles rise to the wine's surface, gradually add the cheese mixture, stirring constantly with a wooden spoon until the cheeses melt and the mixture is smooth.
6. Stir the Kirsch. Season with salt, pepper, and nutmeg to taste.
7. To serve, place the pot over a flame just high enough to keep the fondue bubbling gently. Using long-handled fondue forks, dip the bread, reserved blanched vegetables, and tomatoes into the fondue.

BRAISED RED CABBAGE

Yield: 6-8 portions

Ingredients	Amount
Pork, bacon, rind removed, medium diced	¼ lb.
Onions, sliced ⅛-inch	1 ½ cups
Apple, Fuji, peeled, sliced	1 ea.
Cabbage, red, peeled, cored, finely shredded	2 lb.
Wine, red	⅓ cup
Vinegar, wine, red	⅓ cup
Sugar, brown	⅓ cup
Jelly, currant, red	2 ¼ Tbsp.
<i>Sachet d'épices</i>	
Juniper berries	2 ea.
Clove, whole	1 ea.
Bay leaf	1 ea.
Cinnamon, stick	½ ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

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

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

GERMAN EGG NOODLES

SPÄTZLE

Yield: 6 portions

Ingredients	Amounts
Eggs, whole	4 ea.
Milk, whole	$\frac{1}{3}$ cup
Water	$\frac{2}{3}$ cup
Salt, kosher	$\frac{1}{2}$ tsp.
Pepper, white, ground	$\frac{1}{8}$ tsp.
Nutmeg, freshly grated	1 pinch
Flour, all-purpose	2 cups
Salt, kosher	as needed
Butter, unsalted	3 Tbsp.
Thyme, leaves	1 Tbsp.

Method

1. In a mixing bowl, combine the eggs, milk, and water. Season with the salt, pepper, and nutmeg. Work in the flour and beat until smooth. Allow the mixture to rest for 1 hour.
2. Bring a large pot of salted water to a boil. Work the dough/batter through a spätzle maker into the simmering water (see chef demo). When the spätzle floats to the top of the pot, remove it with a spider.
3. To serve, heat the butter in a large sauté pan over medium-high heat. Add the spätzle and thyme. Sauté until very hot.
4. Serve on a heated platter.

SWISS-STYLE VEAL IN CREAM SAUCE

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Veal, cutlet, cut into julienne strips	2 ¼ lb.
Butter, unsalted	4 Tbsp.
Onions, diced	1 ½ ea.
Mushrooms, button, sliced	1 lb.
Thyme, leaves	½ tsp.
Wine, white, dry	1 ½ cups
Heavy cream	1 ½ cups
Flour, all-purpose	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, leaves, chopped	1 Tbsp.

Method

1. Heat the oil in a large sauté pan over high heat. Working in batches, add the veal and sauté until well browned on both sides, but not overcooked. Remove and reserve.
2. In the same sauté pan, heat 2 tablespoons of the butter over medium heat. Add the onions and sauté until they are soft and translucent. Add the mushrooms and sauté until the moisture they release while sautéing has evaporated. Add the thyme and sauté until aromatic.
3. Add the wine. Bring to a simmer, scraping any browned bits off the bottom of the pan, and reduce slightly. Add the heavy cream and bring to a simmer.
4. In a small bowl, combine the remaining 2 tablespoons of the butter and the flour. Add this mixture to the sauté pan, stirring occasionally, until thickened.
5. Return the veal, with any juices it may have released, to the pan and continue to simmer until the veal is cooked through. Season with salt and pepper to taste.
6. Serve the veal in a heated bowl, garnished with the parsley.

ENDIVE AND MESCLUN WITH FRENCH VINAIGRETTE

Yield: 6 portions

Ingredients	Amounts
Vinegar, wine, white	2 Tbsp.
Lemon, juice, freshly squeezed	2 Tbsp.
Salt, kosher	1/3 tsp.
Mustard, dry	1/3 tsp.
Oil, olive, pure	1 cup
Pepper, black, ground	a pinch
Parsley, flat-leaf, leaves, minced	1 1/3 tsp.
Chive, snipped	1 1/3 tsp.
Tarragon, minced	1 1/3 tsp.
Endive, Belgian	3 ea.
Mesclun greens	1/2 lb.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a medium size mixing bowl, combine white wine vinegar, lemon juice, salt and dry mustard. Stir to blend thoroughly.
2. Slowly whisk in the olive oil to form a soft emulsion.
3. Add the black pepper, parsley, chive, and tarragon Reserve.
4. Wash and dry the endives and mesclun greens. Place in large bowl. Add the vinaigrette in increments, tossing gently to coat the greens.
5. Season with salt and pepper to taste.
6. Serve on chilled platter.

SAUTÉED CHICKEN BREAST WITH SPINACH AND MORNAY SAUCE

SUPRÊME DE VOLAILLE Á LA FLORENTINE

Yield: 8 portions

Ingredients	Amounts
Chicken, suprêmes	8 ea.
Salt, kosher	to taste
Pepper, white, ground	to taste
Butter, unsalted	as needed
Butter, unsalted	as needed
Spinach, washed, dried, roughly chopped	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste
Nutmeg, ground	to taste
Mornay Sauce with Glace de Volaille (Recipe follows)	1x recipe

Method

1. Season the suprêmes with salt and ground white pepper. Heat enough butter to coat the bottom of a sauté pan over medium-high heat. Add chicken and sauté, keeping them white, without color. Reserve warm.
2. Heat enough butter to coat the bottom of a large sauté pan. Add the spinach and sauté until cooked through. Season with salt, pepper and nutmeg to taste.
3. Place spinach on a serving dish. Arrange chicken suprêmes over the spinach.
4. Coat the suprêmes with Mornay Sauce with Glace de Volaille.

Note: A suprême is a semiboneless poultry breast half, usually from a chicken, pheasant, partridge, or duck, so named because it is the best (suprême) portion. One wing joint, often frenched, is left attached to the breast meat. If the skin is removed from the suprême, it may be referred to as a côtelette. Suprêmes may be sautéed, poached, or grilled.

MORNAY SAUCE WITH GLACE DE VOLAILLE

Yield: 8-10 portions

Ingredients	Amounts
Stock, chicken	1 gal.
Butter, unsalted	6 Tbsp.
Flour, all-purpose	6 Tbsp.
Milk, whole	6 cups
Cheese, Parmesan, grated	2 wt. oz.
Cheese, Gruyère, grated	2 wt. oz.
Salt, kosher	to taste
Pepper, white, ground	to taste
Butter, unsalted	3 ½ wt. oz.

Method

1. For the glace de volaille, place the chicken stock in a large pot. Simmer the stock until it reduces to a syrup-like consistency that coats the back of a spoon, about 1 ½ hours.
2. For the bechamel, melt the butter in a small saucepan over medium heat. Add the flour and whisk to combine. Cook the flour over medium heat until a pale paste forms, about 2 minutes.
3. Gradually whisk in the milk. Cook, while stirring, over low heat until the sauce has thickened, about 5 minutes.
4. Continue to cook the béchamel for 20 to 30 minutes. Strain through a fine mesh strainer.
5. Add the Parmesan and Gruyère. Mix to incorporate. Season with salt and white pepper to taste.
6. Add the butter and mix to combine.
7. Add the glace de volaille to taste.

Note: 1 gallon of chicken stock should reduce to about 1 cup of glace de volaille.

POTATO AND CAULIFLOWER DUCHESSE

Yield: 6 portions

Ingredients	Amounts
Cauliflower, head	1 ea.
Oil, olive, pure	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Potato, russet, peeled, quartered	1 ¼ lb.
Egg, yolk	3 ea.
Butter, unsalted, softened	¼ lb.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Nutmeg, whole, grated	⅛ tsp.

Method

1. Preheat oven to 400°F.
2. Remove the cauliflower florets from the head. Cut the florets into silver dollar sized pieces. Large dice the core and trim to match the size of the quartered potatoes.
3. Toss the florets in oil until evenly coated and glossy. Season with salt and pepper as needed.
4. Place the florets on a sheet tray. Roast in the preheated oven until golden brown, about 15 minutes. Reserve and keep warm.
5. Place cold water and salt as needed in a large pot. Add the potatoes and the reserved cauliflower pieces and bring to a boil. Reduce heat to a simmer. Cook until the potatoes are just tender.
6. Drain the potatoes and cauliflower pieces. Return them to the pot and heat at a very low temperature until no more steam rises from the vegetables. Be sure not to brown the potatoes.
7. Using a food mill, purée the hot potato and cauliflower pieces.
8. Mix the egg yolks and butter into the hot purée. Season with the salt, pepper, and nutmeg.
9. Transfer the mixture to a piping bag fitted with a star tip. Pipe the purée onto a parchment paper-lined sheet pan. Bake in the preheated oven until the potatoes are heated through and golden brown.
10. Serve immediately on a warm platter alongside the roasted cauliflower florets.

TROUT IN GREEN SAUCE

TRUCHA EN SALSA VERDE

Yield: 6 portions

Ingredients	Amounts
Fish, trout, fillets, 6 oz. ea.	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	as needed
Oil, olive, extra-virgin	as needed
Garlic, clove, thinly sliced	3 ea.
Red pepper flakes	as needed
Flour, all-purpose	1/2 Tbsp.
Wine, white	2 1/2 cups
Flour, all-purpose	as needed
Stock, chicken	3/4 cups
Parsley, flat-leaf, leaves, chopped	1/3 cup
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Season the trout with salt and pepper. Add enough flour for dredging to a bowl, replenishing as necessary. Dredge each fillet in the flour and shake off excess.
2. Heat enough oil to just coat a sauté pan over medium high heat. Add the fillets, skin side down, until browned. Turn and finish cooking on the flesh side. Remove and reserve warm.
3. Return sauté pan to the heat. Add the garlic and cook until it is a light golden color.
4. Add the red pepper flakes. Add the flour to absorb any fat.
5. Add the white wine. Using a wooden spoon, pick up any brown bits on bottom of the pan (*fond*).
6. Add the stock and simmer until the sauce coats the back of the spoon.
7. Add the parsley. Season with salt and pepper to taste.
8. Serve immediately on a warm platter.

OVEN-ROASTED ROOT VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	2 Tbsp.
Carrots, peeled, large diced	1 cup
Turnips, peeled, large diced	1 cup
Rutabagas, peeled, large diced	1 cup
Parsnips, peeled, large diced	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, leaves, chopped	2 Tbsp.

Method

1. Preheat the oven to 425°F.
2. Melt the butter in a large sauté pan over medium-high heat. Add the carrots, turnips, rutabagas, and parsnips and toss to coat with the butter. Sauté until they begin to take on color.
3. Transfer the pan to the preheated oven and cook, stirring occasionally, until cooked through and golden, about 15 minutes.
4. Remove the pan from the oven and season with salt and pepper to taste. Add the parsley and toss to combine.
5. Serve on a heated platter.

SHEPHERD'S PIE

Yield: 6 portions

Ingredients	Amounts
Potatoes, russet, peeled, cut into big pieces	2 ¼ lb.
Butter, unsalted, softened	4 Tbsp.
Egg, yolks	4 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cooking spray	as needed
Oil, vegetable	3 Tbsp.
Beef, ground	1 ¼ lb.
Onion, finely chopped	1 ea.
Mushrooms, button, chopped	¾ lb.
Garlic, cloves, minced	3 ea.
Thyme, leaves, fresh	1 tsp.
Marjoram, dried	1 tsp.
Tomato, paste	2 Tbsp.
Flour, all-purpose	4 Tbsp.
Stock, chicken	2 cups
Worcestershire sauce	2 tsp.
Corn, kernels, frozen, thawed	2 ½ cups
Breadcrumbs	3 Tbsp.
Paprika, ground	1 tsp.

Method

1. Place the potatoes in a large pot and add enough cold water to cover by 2 inches. Salt the water, bring to a boil, then reduce the heat to medium. Simmer until the potatoes are easily pierced with a fork, 25 to 30 minutes. Drain the potatoes and return them to the pot. Place the pot over low heat until no more steam rises from the potatoes. Be sure that the potatoes do not brown.
2. Using a food mill, purée the potatoes while they are still hot into a heated bowl. Add the butter and mix into the potatoes until incorporated. Add the egg yolks and stir to combine. Season with salt and pepper to taste. Transfer the potato mixture to the bowl of an electric mixer. Whip the potatoes on medium speed until smooth and light. Reserve.
3. Preheat the oven to 375°F. Spray one large baking dish or 6 individual baking dishes with cooking spray and reserve.

4. Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Add the beef and sauté, using a wooden spoon to break up any clumps, until cooked through, about 5 minutes. Using a slotted spoon, transfer the beef to a bowl. Reserve.
5. Heat the remaining vegetable oil in the pan over medium-high heat. Add the onions and sauté until tender and golden brown. Add the mushrooms and sauté until cooked through and any juice they released has cooked away. Add the garlic, thyme, and marjoram. Sauté until aromatic. Reduce the heat to medium, add the tomato paste, and cook until it has deepened in color and become aromatic.
6. Add the flour and stir to combine. Add the stock and Worcestershire sauce and stir to combine. Bring the mixture to a simmer, cover, and continue to cook until slightly thickened, about 8 minutes. Add the corn and stir to combine. Season with salt and pepper to taste.
7. Spread the ground beef mixture in an even layer in the prepared baking dish or dishes. Spread the reserved whipped potatoes in an even layer on top of the beef. Top with the breadcrumbs and paprika.
8. Bake in the preheated oven until the filling is bubbly and the top is golden brown, about 25 to 30 minutes.
9. Serve hot.

BEER-BATTERED FISH AND CHIPS

Yield: 6 portions

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

Method

1. Preheat oil in a deep-fryer or large pot to 350°F.
2. Blot the fish fillets dry and season with salt, pepper, and lemon juice as needed.
3. Place enough flour for dredging in a bowl, replenishing as needed. Dredge the fish in the flour, shaking off any excess.
4. Dip the fish in the beer batter to coat.
5. Deep-fry the fish fillets in the preheated fryer until lightly browned and cooked through.
6. Remove and drain on a wire rack.
7. Serve hot, accompanied by the chips, tartar sauce, and lemon wedges.

Note: Any other firm white fish can be substituted for the hake.

BEER BATTER

Yield: 22 fluid ounces

Ingredients	Amounts
Flour, all-purpose	2 - 2 ¼ cups
Baking powder	½ tsp.
Salt, kosher	1 tsp.
Egg, separated	1 ea.
Beer	2 cups

Method

1. In a mixing bowl, whisk together the flour, baking powder, and salt. Reserve.
2. In a separate small bowl, whisk the egg yolk and beer to combine.
3. Add the egg mixture to the flour, all at once, and whisk until very smooth.
4. In a small bowl, whip the reserved egg white until it forms soft peaks. Fold the whites into the batter and use immediately.

CHIPS

Yield: 6 portions

Ingredients

Potatoes, russet
Oil, vegetable
Salt, kosher

Amounts

2 ½ lb.
as needed
to taste

Method

1. Heat the oil to 250°F.
2. Scrub, peel, and cut the potatoes into small sticks, about ¼ -inch by ¼ inch by 2 ½-inches (*batonnet shapes*).
3. Add the potatoes, in batches, and blanch until they are tender but not browned.
4. Drain and transfer to baking sheets lined with paper towels.
5. Increase the oil temperature to 375°F.
6. Working in batches, fry the potatoes until they are golden brown and crispy. Drain well.
7. Season with salt to taste. Serve immediately.

TARTAR SAUCE

Yield: 1 cup

Ingredients

Amounts

Mayonnaise	1 cup
Capers, chopped	2 Tbsp.
Cornichons, chopped	2 Tbsp.
Egg, hard boiled, chopped	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Worcestershire sauce	to taste
Tabasco sauce	to taste

Method

1. In a mixing bowl, combine the mayonnaise, capers, cornichons, and hard-boiled egg.
2. Season with salt, pepper, Worcestershire sauce, and Tabasco sauce to taste.

STICKY TOFFEE PUDDING WITH CHANTILLY CREAM

Yield: 24 portions

Ingredients	Amounts
Cooking spray	as needed
Dates, pitted	14 wt. oz.
Water, hot	1 ½ cups
Vanilla extract	1 Tbsp.
Coffee extract	1 ½ tsp.
Baking soda	¼ tsp.
Butter, unsalted	1 cup
Sugar, brown, dark	1 ½ cups
Eggs, whole	4 ea.
Egg yolk	1 ea.
Flour, cake	3 cups
Baking powder	2 tsp.
Sugar, brown, packed	1 ½ cups
Butter, unsalted	1 cup
Heavy cream	¾ cup
Salt, kosher	¾ tsp.
Vanilla extract	1 ½ tsp.
Corn syrup	¼ cup
Chantilly Cream (Recipe follows)	1x recipe

Method

1. Preheat the oven to 350°F. Spray two muffin pans with pan spray and reserve.
2. Chop the dates and place them into a mixing bowl. Add the hot water, vanilla extract, coffee extract, and baking soda. Stir to combine. Allow the dates to soak until needed.
3. Into the bowl of a stand mixer fitted with a paddle attachment, cream the butter and sugar until the mixture is light in color and fluffy, scraping the bowl as necessary.
4. Add the eggs and egg yolk, one at a time, mixing thoroughly between each addition, and scraping the bowl as necessary. Add the flour, baking powder, the soaked dates and the soaking mixture. Mix until just combined, as overmixing will make the cake tough.
5. Portion the batter into the prepared muffin pans using a 2-ounce ladle.
6. Bake in the preheated oven until set, 10 to 12 minutes. Remove the pans from the oven and allow the cakes to cool in the muffin pans.
7. Preheat the broiler to low.

8. For the toffee sauce, in a medium saucepot, combine the sugar, butter, heavy cream, salt, and vanilla. Simmer, stirring gently, for 1 minute.
9. Poke several holes in the tops of the cakes with a skewer or fork. Pour a couple of tablespoons of the toffee sauce onto each cake. Place the muffin pan under the broiler just until the sauce begins to bubble, about 1 minute.
10. Un-mold the cakes and serve warm on a heated platter topped with additional toffee sauce and Chantilly Cream.

CHANTILLY CREAM

Yield: about 2 cups

Ingredients

Amounts

Heavy cream, chilled	1 cup
Sugar, confectioners'	¼ cup
Vanilla extract	½ tsp.

Method

1. Chill the bowl of a stand mixer and the whisk attachment.
2. Pour the cream into the chilled bowl and whip on medium speed until thickened, about 3 minutes. Increase the speed to high and gradually add the confectioners' sugar while whipping.
3. Add the vanilla extract and continue to whip until the cream has the desired peak. Soft peaks are good for dolloping cream, while firmer peaks are better if the cream is to be piped, used for topping, or folded into another mixture.

Note: If your cream starts to turn slightly yellow while you are whipping, it is close to being over whipped and turning into butter. Fold in a small amount of un-whipped cream, if you have it, to rescue the cream.

DAY FOUR:

THE MEDITERRANEAN

LEARNING OBJECTIVES

By the end of this day, you should be able to...

- List the countries who have the main culinary influence within Southern Europe, Northern Africa, and Western Asia.
- Explain the flavors and spices commonly used in each country.
- List the key ingredients used in each country.
- Explain the common cooking techniques used in each country.
- Describe the popular dishes representative of each country.
- Prepare a variety of dishes representative of these countries using standardized recipes.

INSTRUCTOR DEMONSTRATIONS

- Fabricating a leg of lamb
- Shaping cavatelli

DAY FOUR: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE – EUROPE (SOUTHERN SPAIN & SOUTHERN FRANCE)

Fried Fish, Sanlucar Style

Fideuà

Monkfish and Scallops Bouillabaisse

Roast Leg of Lamb with Potato Gratin

TEAM TWO – EUROPE (CENTRAL AND SOUTHERN ITALY AND GREECE)

Spanakopita

Greek Pork and Orange-Flavored Beans

Ricotta Cavatelli with Duck Leg Ragout

Sea Bass with Vegetables

TEAM THREE – NORTH AFRICA

Spiced Carrot Salad

Maghrebi Veal Meatballs with Spinach and Chickpeas

Tunisian Poached Halibut with Olives, Preserved Lemons, and Capers

Chicken Tagine with Squash Couscous

TEAM FOUR – EASTERN MEDITERRANEAN

Red Lentil Soup with Caramelized Onions

Turkish Orange and Onion Salad

Syrian Wheat Salad with Pomegranate Dressing

Turkish Grilled Lamb Köfte Kebabs with Yogurt and Cucumber Sauce

FRIED FISH, SANLUCAR STYLE

PESCADO FRITO, A LA SANLUQUENA

Yield: 6 portions

Ingredients	Amounts
Fish, smelt, very small, cleaned, heads off	1 lb.
Lemon, juice, fresh	as needed
Salt, kosher	as needed
Flour, all-purpose	¼ cup
Cornmeal	¼ cup
Oil, olive, pure	as needed
Salt, kosher	as needed
Parsley, flat-leaf, leaves	½ bu.
Lemon, cut into 6 wedges	as needed
Romesco Sauce (Recipe follows)	1x recipe

Method

1. Wet the fish thoroughly with water. Sprinkle with lemon juice and salt as needed.
2. In a shallow bowl, combine the flour and cornmeal. Dredge the wet fish in the mixture and shake off any excess.
3. In a straight sided large saucepan, add the olive oil to a depth of 2-inches and heat until just smoking, about 375°F. Place the fish in the hot oil. Allow the fish to become lightly golden brown and very crisp, turning the fish over once while cooking. Drain on paper towels. Continue, in batches as necessary, until all the fish has been fried.
4. Place the parsley into the oil and fry until just crisp, only about a few seconds. Drain on paper towels.
5. Garnish the fried fish with the fried parsley. Serve with the lemon wedges, and with Romesco Sauce on the side.

Source: Adapted from *Delicioso! Regional Cooking of Spain*, by Penelope Casas

ROMESCO SAUCE

Yield: 1 cup

Ingredients	Amounts
Hazelnuts, toasted, skinned	12 ea.
Almonds, toasted, skinned	10 ea.
Garlic, clove, peeled	1 ea.
Bread, sliced	1 ea.
Pepper, bell, red, halved, cleaned	1 ½ ea.
Tomato, halved	1 ea.
Oil, olive, extra-virgin olive	2 Tbsp.
Parsley, flat-leaf, sprig, chopped	1 ea.
Vinegar, sherry	2 Tbsp.
Pepper, cayenne	to taste
Paprika, Spanish (<i>Pimenton</i>)	to taste

Method

1. Preheat the oven to 350°F.
2. Place the hazelnuts, almonds, garlic, and bread on sheet pans and roast in the preheated oven until lightly browned. Cool and reserve.
3. Increase the oven to 475°F.
4. Place the peppers and tomatoes on a sheet pan and roast in the oven until evenly charred. Remove from the oven, place them in a bowl and cover with plastic wrap. When cool enough to handle, remove and discard the skin. Reserve the innards to cool.
5. In a food processor, blend the reserved roasted nuts, bread, peppers, and tomatoes. Add the oil, parsley, and vinegar. Blend until the mixture forms a smooth purée.
6. Season with the cayenne pepper and Spanish paprika to taste.

FIDEUÀ

Yield: 6 portions

Ingredients	Amounts
Pasta, vermicelli, dry (<i>Fideos</i>)	12 wt. oz.
Oil, olive, extra-virgin (Divided)	as needed
Onions, ½-inch dice	¾ cup
Tomato, plum, canned, peeled, chopped	6 ea.
Garlic, cloves, sliced thin	1 ea.
Broth, chicken	1 qt.
Salt, kosher	to taste
Paprika, Spanish, hot (<i>Pimenton picante</i>)	to taste
Mussels	2 lb.
Fish, monkfish, fillets, skinless	2 lb.
Basil, leaves, chiffonade	¼ cup
Parsley, flat-leaf, leaves, chopped	as needed

Method

1. Break the pasta into 2-inch pieces. Heat enough oil to coat the bottom of a large sauté pan over medium high heat. Add the pasta pieces and sauté until they turn golden brown. Be careful not to burn. Remove and reserve.
2. Heat enough oil to coat the bottom of a large sauté pan over medium high heat. Add the onions, tomato, and garlic. Sauté until it becomes jam-like.
3. Add 1 pint of the chicken broth. Season with salt and Spanish paprika to taste.
4. Add the mussels, monkfish, and reserved pasta. Cover and cook until the pasta is tender to the bite (*al dente*) and the mussels have opened. Be sure to discard any unopened mussels. The broth meant to be slightly soupy. Adjust the constancy with the remaining chicken broth, if necessary.
5. Season with salt and Spanish paprika to taste. Finish with the fresh basil.
6. Serve in a large bowl and garnish with parsley.

MONKFISH AND SCALLOPS BOUILLABAISSE

Yield: 4-6 portions

Ingredients	Amounts
Fish, monkfish, fillets, skinless	1 lb.
Scallops, large	1 lb.
Oil, olive, pure	1 Tbsp.
Onion, cut small	½ cup
Leeks, white part, cut small	¼ cup
Fennel, small diced	½ cup
Celery, small diced	¼ cup
Tomatoes, peeled, seeded, chopped	4 cups
Saffron, threads	½ tsp.
Clam juice	2 ½ cup
Wine, white	¼ cup
Bay leaf	1 ea.
Thyme, sprigs	2 ea.
Tabasco sauce	1 dash
Salt, kosher	as needed
Pepper, black, ground	as needed
Parsley, flat-leaf, leaves, chopped	4 Tbsp.
Rouille (Recipe follows)	1x recipe

Method

1. Cut the monkfish into 1 ½ ounce medallions. Season the monkfish and scallops generously with salt and pepper.
2. Heat the oil in a sauté pan over very high heat. Sear the monkfish medallions and scallops until golden brown but still raw in the center. Remove from the pan and reserve.
3. In the same skillet, sweat the onions, leeks, fennel, and celery until tender, but not brown. Add the tomatoes, saffron, clam juice, wine, bay leaf, thyme, and Tabasco sauce. Season with salt and pepper as needed. Cook over medium heat for about 10 minutes.
4. Add the seared monkfish and scallops. Shallow poach until the monkfish and scallops are cooked though. Remove the bay leaf.
5. Sprinkle with parsley and serve immediately accompanied by the Rouille.

Source: Adapted from *Pierre Franey Cooks with his Friends*, by Pierre Franey

ROUILLE

Yield: 1 cup

Ingredients	Amounts
Chile, cayenne	2 ea.
Garlic, clove	3 ea.
Salt, kosher	1/4 tsp.
Saffron, powdered, dissolved in 1 Tbsp. boiling water	1/2 tsp.
Breadcrumbs, fresh	1/4 tsp.
Egg, yolk, room temperature	1 ea.
Lemon, juice	1 tsp.
Oil, olive, pure, room temperature	1 cup

Method

1. Using a mortar and pestle, pound the dried chiles to a powder. Add the garlic and salt. Pound to form a paste.
2. Mix in the dissolved saffron and breadcrumbs. Pound to a paste.
3. In a small bowl, combine the egg yolk, lemon juice, and the paste.
4. Add the oil in a slow steady stream, whisking vigorously, until the sauce emulsifies and thickens.

Note: Usually made in a large mortar and pestle, this rouille can also be made with a whisk or an electric hand mixer.

ROAST LEG OF LAMB WITH POTATO GRATIN

Yield: 6-8 portions

Ingredients	Amounts
Lamb, leg	1 ea.
Garlic, cloves, slivered	½ cup
Rosemary, sprig	2 ea.
Thyme, sprig	3 ea.
Oregano, sprig	2 ea.
Lavender, sprig	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Garlic, clove, coarsely cut	2 ea.
Olives, Niçoise, pitted, chopped	1 cup
Anchovies, fillets, minced	3 ea.
Capers	7 Tbsp.
Stock, veal, brown	1 pt.
Cornstarch slurry	as needed
Potato Gratin	1x recipe

Method

1. Preheat the oven to 350°F.
2. Fabricate the leg of lamb and de-bone, if necessary (see chef demo).
3. In the cavity where the bone used to be, place the garlic and the rosemary, thyme, oregano, and lavender sprigs. Season the inside generously with salt and black pepper.
4. Roll the leg of lamb tightly. Season the outside with additional salt and pepper as needed. Place the lamb on a roasting rack and then into a roasting pan.
5. Roast in the preheated oven to an internal temperature of 130°F. Allow it to rest in a warm place for at least 30 minutes.
6. For the sauce, sweat the garlic in the roasting pan drippings on the stovetop. Add the olives, anchovies, and capers. Add the brown veal stock and simmer carefully for about 5 minutes. Thicken the sauce with a cornstarch slurry, if necessary.
7. Carve the leg of lamb and place onto a serving platter. Serve sauce and the Potato Gratin on the side.

POTATO GRATIN

Yield: 6-8 portions

Ingredients	Amounts
Potatoes, yellow, thinly sliced	3 lb.
Milk, whole	1 qt.
Salt, kosher	as needed
Pepper, black, ground	as needed
Nutmeg, freshly grated	as needed
Butter, unsalted	2 Tbsp.
Heavy cream	1 cup
Cheese, Gruyere, grated	2 cups
Garlic, clove, halved lengthwise	1 ea.

Method

1. Preheat the oven to 375°F.
2. In a large saucepan, combine the potatoes, milk, and 1 tablespoon of the butter. Season with salt, pepper, and nutmeg as needed. Bring to a boil over medium-high heat. Stir occasionally to prevent the potatoes from sticking to the bottom of the saucepan. Reduce the heat and cook until the potatoes are just about tender.
3. In a medium bowl, combine ½ cup of the cream and 1 cup of the cheese. Stir to blend. Reserve.
4. Rub the bottom of a baking dish with the garlic and the remaining 1 tablespoon butter. With a slotted spoon, transfer half the potatoes to the baking dish. Sprinkle with the remaining ½ cup of cream and cheese. Season with pepper, and nutmeg as needed. Cover with the remaining potatoes. Season with pepper and nutmeg as needed.
5. Place the baking dish in the center of the preheated oven and bake until the potatoes are crisp and golden on top, about 1 hour.
6. Serve immediately.

Source: *Simply French*, by Patricia Wells and Joel Robuchon

SPANAKOPITA

Yield: 12 portions

Ingredients	Amounts
Butter, unsalted	2 Tbsp.
Shallots, minced	½ cup
Garlic, minced	2 Tbsp.
Spinach, cleaned, stems removed chopped	1 ½ lb.
Nutmeg, freshly grated	2 tsp.
Dill, chopped	2 Tbsp.
Egg, whole, beaten	2 ea.
Cheese, feta, crumbled	2 cups
Cheese, mozzarella, grated	1 cup
Salt, kosher	2 tsp.
Pepper, black, ground	1 tsp.
Phyllo dough, frozen, thawed, 1 lb. box	24 sheets
Butter, melted	as needed

Method

1. Preheat the oven to 400°F.
2. For the filling, melt the butter in a sauté pan over medium heat until it starts to bubble. Add the shallots and cook until translucent, about 1 minute. Add the spinach, nutmeg, and dill. Sauté gently until the spinach is wilted, 1 to 2 minutes. Transfer the spinach mixture to a stainless-steel bowl and cool to room temperature.
3. Add the egg, feta, and mozzarella. Season with salt and pepper to taste. The filling should be moist. Add more egg, if needed. Cover the filling, refrigerate, and reserve the filling until needed.
4. Lay 1 sheet of phyllo dough on a cutting board. Brush to forward facing side lightly with melted butter. Lay the dough on a sheet tray buttered side down. Butter the forward-facing unbuttered side, making sure to butter from end to end. Repeat this process for the next layer, stacking it on top of the first. Repeat this process for a total of 9 bottom layers.
5. Divide the filling into thirds. Evenly spread the first ⅓ of the filling on top of the bottom 9 layers.
6. Layer 2 sheets of phyllo on top of the first layer of filling using the same method as bottom 9 layers.
7. Evenly spread the second ⅓ of the filling on top of the 2 layers of phyllo.
8. Layer 2 sheets of phyllo on top of the second layer of filling using the same method as bottom 9 layers.

9. Evenly spread the third $\frac{1}{3}$ of the filling on top of the 2 layers of phyllo.
10. Finish by laying down 9 top layers of phyllo on top of the third layer of filling using the same buttering method as the bottom 9 layers. When working with the top layers, use the buttered bristles of the pastry brush and push the edges of the phyllo down around the sides of the pan to enclose the filling completely.
11. With a sharp knife, score the top phyllo layer into 12 rectangles, being careful not to cut all the way through to the filling. Brush a light layer of butter on top and around the edges to keep the phyllo from flaking up along the edges of the squares.
12. Bake in the preheated oven until golden brown, 35 to 45 minutes. Let it cool until it is just warm. Cut out the squares carefully along the score marks.
13. Serve on a warm platter.

GREEK PORK AND ORANGE-FLAVORED BEANS

Yield: 4-6 portions

Ingredients	Amounts
Beans, Gigante, dried	2 cups
Bay leaves	2 ea.
Pork, shoulder, boned, in 1 or 2 chunks	$\frac{3}{4}$ lb.
Orange, zest, removed in long, wide strips	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, extra-virgin	$\frac{1}{2}$ cup
Onion, coarsely chopped	2 cups
Pepper, Aleppo	1 tsp.
Mustard, dry	1 tsp.
Wine, red, Madeira	1 cup
Orange, juice	$\frac{2}{3}$ cup
Salt, kosher	1 tsp.
Tomato, canned, chopped	$\frac{2}{3}$ cup
Celery, rib with leaves	1 ea.
Parsley, flat-leaf, sprigs	as needed

Method

1. Soak the beans overnight in enough water to cover by at least 2-inches.
2. The following day, drain the beans and put them into a deep pot. Cover the beans with 6 cups fresh water. Slowly bring the water to a boil, skimming the impurities. Add 1 of the bay leaves. Reduce the heat, cover and simmer until the beans are tender but not mushy, 45 minutes to 1 hour. Drain the beans. Reserve 1 cup of the liquid and the beans separately.
3. In a separate pot, place the pork and cover with cold water. Add the remaining bay leaf and bring to a boil. Skim, reduce the heat to the medium, and cook for 30 minutes.
4. To remove the bitterness from the orange zest, bring water to a boil in a saucepot. Blanch the orange zest. Drain, shock in an ice bath, and drain again. Repeat this process twice more. Let the zest dry on parchment paper. Cut into fine strips. Reserve.
5. Preheat the oven to 400°F.
6. Remove the meat from the cooking liquid and cut it into $\frac{1}{2}$ -inch cubes. Season with salt and pepper as needed. Reserve.
7. Strain the cooking liquid through a sieve and measure it. If it is more than $\frac{1}{2}$ cup, boil over high heat to reduce to $\frac{1}{2}$ cup. Reserve.

8. In a large straight sided skillet, heat the olive oil. Add the onion and sauté for 5 minutes. Add the reserved pork and sauté for 3 minutes. Add the reserved beans and cook, stirring, for 1 more minute. Stir in the Aleppo pepper, dry mustard, wine, orange juice, salt, tomato, celery, reserved orange zest and reserved pork broth. Bring to a boil, reduce the heat, and simmer, covered, for 30 minutes. If more liquid is needed, add some of the reserved bean broth. Season with salt and pepper to taste.
9. Transfer to a 1 ½ quart baking dish. Bake in the preheated oven until the beans are very tender and most of the liquid has evaporated, 30 to 40 minutes.
10. Serve warm, garnished with sprigs of parsley.

Note: Large lima beans can be substituted for the Gigante beans. Any sweet red wine can be substituted for the Maderia wine. Turkish red pepper flakes or hot red pepper can be substituted for the Aleppo pepper.

Source: *The Slow Mediterranean Kitchen: Recipes for the Passionate Cook*, by Paula Wolfert

RICOTTA CAVATELLI WITH DUCK LEG RAGOUT

CAVATELLI CON SPEZZATINO DI ANITRA

Yield: 6-8 portions

Ingredients	Amounts
Oil, olive, pure	as needed
Duck, legs	5 ea.
Wine, white	1/4 cup
Pork, pancetta, minced	2 wt. oz.
Onion, red, small diced	1 cup
Celery, small diced	1/2 cup
Carrots, small diced	1/2 cup
Tomato, paste	2 Tbsp.
Brandy	1/4 cup
Stock, chicken	as needed
Rosemary, sprigs	3 ea.
Thyme, sprigs	3 ea.
Bay leaf	3 ea.
Parsley, flat-leaf, leaf, chopped	3 Tbsp.
Garlic, clove, minced	1 Tbsp.
Juniper berries, crushed	12 ea.
Peppercorns, black, crushed	4 ea.
Salt, kosher	to taste
Butter, unsalted	4 Tbsp.
Ricotta Cheese Cavatelli (Recipe follows)	1x recipe
Cheese, Parmigiano-Reggiano, grated	1/2 cup

Method

1. Preheat the oven to 400°F.
2. For the ragout, on a sheet pan, sear the duck legs in the preheated oven until nicely browned. Remove the duck legs from the sheet pan and reserve. Deglaze the drippings with the white wine and reserve.
3. Heat the olive oil in a rondeau. Cook the pancetta until crispy.
4. Add onion, celery, and carrots. Sauté until well browned. Add the tomato paste cook until it turns a deep red-brown color. Add the brandy.
5. Add the reserved pan drippings. Return the reserved duck legs to the pan. Add enough chicken stock to cover the duck by 1-inch. Add the rosemary, thyme, bay

leaf, garlic, juniper berries, and peppercorns. Season with salt to taste. Braise on stovetop until the duck legs are tender, about 1 hour. Cool and skim the fat.

6. Scrape the meat off the bone and return it to the sauce. Make sure not to shred the duck meat too fine. The sauce should lightly coat the back of a spoon (*nappé*).
7. Add the butter and stir to combine. Add the cavatelli and toss in the sauce.
8. Serve with the grated Parmesan cheese.

RICOTTA CHEESE CAVATELLI

Yield: 1 pound

Ingredients	Amounts
Flour, durum	3 cups
Eggs, whole	1 ea.
Cheese, ricotta, impastata	1 cup
Salt, kosher	1 tsp.
Salt, kosher	as needed

Method

1. Place the flour, eggs, ricotta, and salt into the bowl of a stand mixer. Using a dough hook, mix the ingredients until a dough forms.
2. Shape the cavatelli (see chef demo)
3. Place the shaped cavatelli on a baking sheet and allow it to dry for about 1 hour.
4. Bring a pot of salted water to a boil. Add the cavatelli and boil until they float to the top, 3 to 5 minutes.
5. Strain and toss in your chosen sauce.

SEA BASS WITH VEGETABLES

BRANZINO ALLA VERDURE

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	1 fl. oz.
Onion, red, 2-in. julienned	3 wt. oz.
Garlic, clove, mashed to a paste	1 ea.
Tomato, skinned, seeded, 2-in. julienned	6 wt. oz.
Zucchini, julienned	8 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	1 wt. oz.
Fish, sea bass, fillet, 6 oz. each	6 ea.
Wine, white	8 fl. oz.
Salt, kosher	as needed
Lemon, juice	as needed
Squid, thinly sliced, cooked	18 slices
Oregano, leaves, fresh, finely chopped	½ tsp.
Parsley, flat-leaf, leaves, fresh, finely chopped	½ tsp.
Basil, leaves, fresh, finely chopped	½ tsp.

Method

1. Preheat the oven to 350°F.
2. For the topping, heat the oil over medium heat. Add the onions and garlic. Sauté until the onion is translucent. Add the tomatoes and zucchini. Sauté briefly. Season with salt and pepper to taste. Cool and reserve.
3. Grease a shallow pan with the butter. Add the fish fillets and top each portion with ¼ cup of the reserved vegetable topping. Add the wine and bring it to a simmer.
4. Cover the pan with a paper cover. Poach the fish in the preheated oven, 5 to 8 minutes.
5. Transfer the fish to a serving platter, cover, and keep warm.
6. Continue to cook the poaching liquid on the stove top until it is reduced to about ¾ cup. Season with salt and pepper to taste. Reserve warm.
7. Bring a medium pot of salted water to a simmer. Add lemon juice as needed. Turn the heat off and add the squid slices. Cook the squid in the hot water until opaque, 60 to 90 seconds. Drain, shock in an ice bath, and drain again.

8. When ready to serve, place the squid in the warm reserved poaching liquid to heat through.
9. Pour the poaching liquid around the fish on the serving platter. Arrange a few slices of the squid on top of each portion. Garnish with the oregano, parsley, and basil.

SPICED CARROT SALAD

SALADE HOURIA

Yield: 6 portions

Ingredients	Amounts
Salt, kosher	as needed
Water	2 qt.
Carrots, grated	4 ½ cups
Oil, olive, extra-virgin	3 Tbsp.
Vinegar, wine, red	2 tsp.
Garlic, cloves, minced	4 ea.
Harissa (Recipe follows)	1 Tbsp.
Caraway, seeds	1 tsp.
Salt, kosher	to taste

Method

1. In a stock pot, bring 2 quarts of salted water to a boil. Add the carrots and cook until they are firm to the bite (*al dente*). Drain, shock in an ice bath until completely cooled, and drain again.
2. For the vinaigrette, in a bowl, whisk together the oil, vinegar, garlic, harissa, and caraway seeds. Season with salt to taste.
3. Toss the carrots with the vinaigrette.
4. Serve at room temperature.

HARISSA

Yield: about 1 cup

Ingredients	Amounts
Coriander, seed	1 tsp.
Caraway, seed	1 ½ tsp.
Cumin, seed	¼ tsp.
Pepper, guajillo, dried	6 wt. oz.
Garlic, clove	2 ea.
Salt, kosher	¼ tsp.
Oil, olive, extra-virgin	as needed

Method

1. In a dry sauté pan, toast the coriander seeds, caraway seeds, and cumin seeds. In a food processor, pulse the seeds until finely ground. Reserve.
2. Stem, seed and breakup the dried guajillo peppers. Toast in a dry sauté pan. Bring a pot of water to a boil and remove it from the heat. Add the peppers to the hot water and soak until tender. Drain well. Reserve.
3. In a mortar and pestle, crush the garlic cloves and salt until a paste is formed.
4. In a blender, add the garlic paste, the reserved peppers, and the reserved ground spices. Grind until smooth. Stream in oil as the blender is running until a thick, spreadable paste forms.
5. Transfer the paste to a bowl. Cover tightly and keep refrigerated until needed.

Note: Described as Tunisia's main condiment, harissa is a Maghrebi hot chili pepper paste.

Source: CIA Flavor Affinities

MAGHREBI VEAL MEATBALLS WITH SPINACH AND CHICKPEAS

Yield: 4-6 portions

Ingredients	Amounts
Bread, white, crust removed, diced	1 cup
Soda, water	
Garlic, clove, crushed	1 ½ Tbsp.
Le Tabil Spice Mix (Recipe follows)	1x recipe
Paprika, sweet, ground	4 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Water	2 Tbsp.
Veal, ground, lean	¾ lb.
Parsley, flat-leaf, leaves	2 Tbsp.
Egg, yolk	1 ea.
Oil, olive, pure	as needed
Oil, olive, pure (Divided)	6 Tbsp.
Onions, chopped	1 ¼ cup
Water	¼ cup
Tomato, paste	2 Tbsp.
Chickpeas, canned, rinsed, drained	1 ½ cup
Stock, chicken	2 cups
Saffron, crumbled	a pinch
Spinach, leaves	2 lb.
Parsley, flat-leaf, leaves, chopped	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. For the meatballs, place the bread in a bowl and add enough soda water to moisten. Soak the bread for 10 minutes and squeeze dry. Reserve.
2. In a food processor, grind the garlic, spice mix, paprika, salt, pepper, and water until it forms a paste.
3. Add the veal and pulse until well combined, about 20 seconds. Add the reserved squeezed bread, parsley, and egg yolk and pulse to combine.

4. With oiled palms, roll the veal mixture into 20 balls, each about the size of a walnut. Refrigerate for at least 20 minutes.
5. Heat 2 tablespoons of the olive oil in a 10-inch nonstick skillet over medium high heat. Add the meatballs and fry in small batches, turning several times, until golden brown on all sides, about 3 minutes. Transfer the meatballs to paper towels, or wire rack, to drain any excess oil. Reserve warm.
6. Heat the remaining 4 tablespoons of olive oil in 5-quart heavy casserole dish over medium heat. Add the onions and water. Cook until the onions are soft but not brown, about 5 minutes. Add the tomato paste. Cook until it sizzles and the water has evaporated.
7. Place the chickpeas, stock and reserved meatballs in the casserole dish. Add the crumbled saffron. Cover with a sheet of crumpled foil and a lid. Cook over medium heat for 30 minutes.
8. Trim any stems from the spinach. Wash thoroughly, drain, and gently squeeze to remove most of the water. Coarsely chop the spinach. Gently fold the spinach into the meatballs and cook, uncovered for about 15 minutes. Stir in the parsley. Season with salt and pepper to taste.
9. Serve on warm platter.

LE TABIL SPICE MIX

Yield: 1 ½ tablespoons

Ingredients

Amounts

Coriander, ground	1 Tbsp.
Caraway, ground	1/8 tsp.
Cayenne, ground	1/8 tsp.
Anise, ground	1/8 tsp.
Cumin, ground	1/8 tsp.
Pepper, black, ground	1/8 tsp.
Turmeric, ground	1/8 tsp.
Cloves, ground	1/8 tsp.

Method

1. In a food processor, grind the coriander, caraway, cayenne, anise, cumin, black pepper, turmeric, and cloves until combined.
2. Store covered in a small jar.

Source: The Slow Mediterranean Kitchen: Recipes for the Passionate Cook, by Paula Wolfert

TUNISIAN POACHED HALIBUT WITH OLIVES, PRESERVED LEMONS, AND CAPERS

KABABKOU

Yield: 6 portions

Ingredients	Amounts
Fish, halibut, fillets	1 $\frac{3}{4}$ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Cumin, ground	as needed
Pepper, serrano, fresh, small	1 ea.
Onions, cipollini, red	5 ea.
Oil, olive, pure (Divided)	3 $\frac{1}{2}$ Tbsp.
Onion, red, finely minced	1 ea.
Tomatoes, halved, seeded, grated	2 ea.
Garlic, cloves, minced	1 Tbsp.
Tomato, paste	1 Tbsp.
Le Tabil Spice Mix (Recipe follows)	1 tsp.
Olives, green, brine-cured, drained, rinsed	1 cup
Water	1 cup
Flour, all-purpose	as needed
Tomatoes, cherry	4 ea.
Capers, drained, rinsed	$\frac{1}{4}$ cup
Preserved lemon peel, rinsed, julienned	$\frac{1}{2}$ ea.
Celery, leaves, chopped	1 Tbsp.

Method

1. Rinse the fish, pat dry with paper towels, and divide the fillets into 6 equal pieces. Season each piece with salt, pepper, and cumin as needed. Cover and refrigerate for at least 1 hour.
2. For the hot sauce, place about 1-inch of water in a large pot and bring to a boil. Add the whole serrano peppers and whole onions. Cover the pot, reduce the heat, and steam the vegetables until almost tender, about 10 minutes. Stem, seed, and coarsely chop the hot pepper. Peel the steamed cipollini onions. Reserve.
3. In a deep sided medium skillet over medium heat, heat 2 tablespoons of the olive oil. Add the red onion and cook while stirring until softened, 3 to 4 minutes. Add the tomatoes and cook until excessive moisture evaporates, about 7 minutes. Add the garlic, tomato paste, spice mix, olives, water, and the reserved steamed hot peppers

and onions. Cover and cook over medium heat for 10 minutes. The sauce should be thin, light, and very hot. Reserve.

4. Heat the remaining 1 ½ tablespoons of oil in a large sauté pan over medium heat. Add enough for dredging to a bowl, replenishing as needed. Dredge the reserved fish in the flour and fry, skin side down, until the skin is crusty, about 2 minutes. Turn each piece of fish over, fry for 1 minute, and pour the reserved hot sauce over the fish. Add the cherry tomatoes, capers, and preserved lemon peel. Simmer over low heat for 1 minute. Remove from the heat, cover, and let stand for 15 minutes before serving to let the fish finish cooking with the receding heat.
5. Serve immediately garnished with chopped celery leaves.

Note: In this dish, known as *kababkou* in Tunisia, the chunks of fish slowly cook in receding heat after a light spicy tomato sauce is brought to a boil, then poured over the fish. As the cools to room temperature, the fish is cooked. It can be gently reheated before serving. This method can be applied to any meaty, white-fleshed fish without having to worry about overcooking. The flesh will be juicy and perfectly cooked. The dish can served warm, tepid or cool.

Source: *The Slow Mediterranean Kitchen: Recipes for the Passionate Cook*, by Paula Wolfert

LE TABIL SPICE MIX

Yield: 1 ½ tablespoons

Ingredients	Amounts
Coriander, ground	1 Tbsp.
Caraway, ground	1/8 tsp.
Cayenne, ground	1/8 tsp.
Anise, ground	1/8 tsp.
Cumin, ground	1/8 tsp.
Pepper, black, ground	1/8 tsp.
Turmeric, ground	1/8 tsp.
Cloves, ground	1/8 tsp.

Method

1. In a food processor, grind the coriander, caraway, cayenne, anise, cumin, black pepper, turmeric, and cloves until combined.
2. Store covered in a small jar.

Source: The Slow Mediterranean Kitchen: Recipes for the Passionate Cook, by Paula Wolfert

CHICKEN TAGINE WITH SQUASH COUSCOUS

Yield: 6 portions

Ingredients	Amounts
Chickens, whole, 2 ½ lb. ea., cut into 6 pieces each	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, extra-virgin	¼ cup
Onion, cippolini, blanched, peeled	15 ea.
Ginger, ¼-inch piece, peeled, thinly sliced	1 ea.
Garlic, cloves, thinly sliced	3 ea.
Cumin, seed, toasted, ground	½ tsp.
Saffron, ground	¼ tsp.
Stock, chicken	1 - 1 ½ cups
Olives, green	25 ea.
Parsley, flat-leaf, leaves, chopped	2 Tbsp.
Squash Couscous (Recipe follows)	1x recipe

Method

1. Season the chicken pieces with salt and pepper as needed.
2. Heat the oil in a Dutch oven over medium-high heat. Sauté the chicken pieces until they turn golden brown. Transfer the chicken to a hotel pan and reserve.
3. Add the onions to the pan and sauté, stirring occasionally, until golden brown, 7 to 8 minutes.
4. Add the ginger and garlic and sauté until aromatic.
5. Add the cumin and saffron. Cook until the mixture turns a deeper color and gives off a sweet aroma, about 1 minute.
6. Return the chicken to the pan and add the stock. Season with salt and pepper as needed. Bring to a gentle simmer. Cover and braise until the chicken is cooked through, turning the pieces occasionally to keep them evenly moistened, 30 to 40 minutes. Maintain only a small amount of stock so the braising liquid will become concentrated.
7. In the last 15 minutes of cooking, add the olives and parsley. Simmer the mixture until the olives are tender.
8. Serve the tagine on a heated platter, accompanied by the Squash Couscous.

SQUASH COUSCOUS

Yield: 6 portions

Ingredients	Amounts
Squash, butternut, peeled, medium diced	2 lb.
Oil, olive, pure	as needed
Salt, kosher	as needed
Couscous	2 cups
Stock, chicken	2 cups
Cinnamon, stick	½ ea.
Chili flakes	¼ tsp.
Turmeric, ground	⅛ tsp.

Method

1. Preheat the oven to 400°F.
2. In a large bowl, toss the squash with enough oil to coat. Season with salt as needed. Transfer the coated squash to a sheet pan and spread in a single layer. Roast in the preheated oven until tender, about 45 minutes. Reserve.
3. Preheat the oven to 350°F.
4. Place the dry couscous on a sheet pan. Toast the couscous in the preheated oven until golden brown, about 15 minutes. Reserve.
5. In a medium saucepan, place chicken stock, cinnamon stick, chili flakes, and turmeric and bring to a simmer.
6. Place the toasted couscous in a shallow pan. Pour the simmering chicken stock over the couscous. Cover immediately with plastic wrap for 10 minutes.
7. Remove the plastic wrap and fluff the couscous with a fork.
8. Transfer couscous to a large serving bowl. Gently fold in the reserved roasted squash. Season with salt as needed.
9. Serve on a heated platter.

RED LENTIL SOUP WITH CARAMELIZED ONIONS

Yield ½ gallon

Ingredients	Amounts
Lentils, red	1 lb.
Bulgur, fine-grain	4 wt. oz.
Rice, white, long-grain	4 wt. oz.
Stock, chicken	3 qt.
Cumin, ground	2 Tbsp.
Salt, kosher	as needed
Coriander, ground	2 Tbsp.
Cayenne, ground	½ tsp.
Lemon, juice, freshly squeezed	to taste
Oil, olive, extra-virgin	¼ cup
Onions, sliced thin	2 lb.

Method

1. Rinse the lentils and bulgur in cold water. Drain.
2. In a large pot, add the chicken stock, cumin, lentils, and bulgur. Season with salt as needed. Bring to a boil over medium-high heat, then reduce to a low simmer. Cover and cook until the lentils and bulgur are tender. Stir in the coriander, cayenne, and lemon juice. Season with salt as needed.
3. Heat the oil in a saucepan over medium high heat. Add the onions and cook, stirring, until the onions begin to turn golden brown. Reduce the heat and cook, while stirring, until they are richly caramelized and a deep brown in color, 35 to 45 minutes. During this process, add small amounts of water to pick up any brown bits that start to stick to the bottom of the pan.
4. Garnish each portion of soup with a generous amount of the caramelized onions.

TURKISH ORANGE AND ONION SALAD

PORTOKAL SALATASI

Yield: 8 portions

Ingredients	Amounts
Oranges	5 ea.
Onions, red	1 ea.
Olive, Kalamata, pitted	1 ½ cups
Oil, olive, extra-virgin	as needed
Cayenne, ground	a pinch
Cilantro, leaves, chopped	1 Tbsp.

Method

1. Peel the oranges and remove all the white pith. Slice the oranges crosswise into eights. Reserve.
2. Slice the red onions into thin paper strips. Reserve.
3. Arrange the oranges, onions, and olives on a large shallow platter. Dress with the oil. Season with the cayenne.
4. Garnish with the cilantro.

Note: The orange originated in Asia and was introduced to the Mediterranean by the expansion of Islam.

SYRIAN WHEAT SALAD WITH POMEGRANATE DRESSING

BAZERGAN

Yield: 6-8 portions

Ingredients	Amounts
Bulgur wheat, fine	2 cups
Cumin, seed, toasted, ground	3 tsp.
Coriander, ground	2 tsp.
Allspice, ground	½ tsp.
Cayenne, ground	¼ tsp.
Tomato, paste	3 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Pomegranate Dressing (Recipe follows)	½ cup
Walnuts, toasted, coarsely chopped	1 cup
Pine nuts, toasted	¼ cup
Parsley, flat-leaf, leaves, chopped	½ cup
Pomegranate, seeds	2 Tbsp.
Salt, kosher	to taste

Method

1. Bring a small pot of water to a boil. Place the wheat in a bowl and cover with the boiling water. Let it soak until the grains are tender, about 30 minutes. Drain well and transfer the wheat to a clean bowl. Reserve.
2. In a small bowl, whisk together the cumin, coriander, allspice, cayenne, tomato paste, and lemon juice. Whisk this mixture into the Pomegranate Dressing.
3. Toss the dressing with the reserved drained grains. Fold in the walnuts, pine nuts, and parsley. Mix well. Fold in the pomegranate seeds. Season with salt to taste.
4. Serve at room temperature.

Note: You may add ¾ cup of finely chopped red onion to this salad. You may also season with additional lemon and oil, if needed.

Source: Joyce Goldstein, as presented at the 2008 World of Flavors Conference.
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POMEGRANATE DRESSING

Yield: 1 cup

Ingredients

Amounts

Pomegranate molasses	6 Tbsp.
Lemon, juice, fresh	3 Tbsp.
Oil, olive, mild	½ cup
Salt, kosher	to taste

Method

1. In a bowl, whisk together the pomegranate molasses, lemon juice, and oil. Season with salt to taste.

Source: Joyce Goldstein, as presented at the 2008 World of Flavors Conference.
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TURKISH GRILLED LAMB KÖFTE KEBABS WITH YOGURT AND CUCUMBER SAUCE

Yield: 6 portions

Ingredients	Amounts
Wooden skewers, 8"	as needed
Bulgur, finest grind	½ cup
Pomegranate molasses	1 Tbsp.
Soy sauce, light	1 Tbsp.
Oil, olive, pure	1 Tbsp.
Lamb, lean, ground	1 lb.
Onion, minced	1 cup
Chile, Jalapeño, minced	1 ea.
Yogurt	1 Tbsp.
Oil, olive, pure	2 Tbsp.
Parsley, flat-leaf, leaves, chopped	2 Tbsp.
Cilantro, leaves	2 Tbsp.
Mint, leaves, chopped	1 Tbsp.
Cumin, ground	2 tsp.
Allspice, ground	1 tsp.
Cinnamon, ground	¼ tsp.
Pepper, black, ground	½ tsp.
Cayenne, ground	¼ tsp.
Onion, red, sliced thin	as needed
Cilantro, sprigs	as needed
Lemon, wedges	as needed
Yogurt and Cucumber Sauce	1x recipe

Method

1. Soak wooden skewers in water for 1 hour.
2. Thoroughly rinse the bulgur. Place the bulgur in a bowl and cover with water. Soak for 10 minutes and drain in a strainer. Allow it to sit for 20 minutes in the strainer. If it still seems wet, squeeze the rest of the moisture out.
3. Preheat the grill over medium heat.
4. For the glaze, combine the pomegranate molasses, soy sauce, and oil. Reserve.

5. Using a food processor, pulse the ground lamb, onion, jalapeno, yogurt, oil, parsley, cilantro, mint, cumin, allspice, cinnamon, black pepper, and cayenne until combined. Mold the mixture onto the soaked skewers.
6. Grill the kebabs on the preheated grill until the juices run clear. Brush the reserved glaze on the kebabs during the last minute of grilling. Be sure not to overcook the kababs as they will become dry.
7. Place the cooked kebabs on a serving platter. Garnish with the red onion, cilantro sprigs, and lemon wedges. Serve with the Yogurt and Cucumber Sauce.

Note: The kebabs can also be served with savory rice or nestled in a warm pita bread.

YOGURT AND CUCUMBER SAUCE

CAÇIK

Yield: 8 portions

Ingredients	Amounts
Cucumbers, English, peeled, deseeded	2 ea.
Salt, kosher	as needed
Garlic, cloves, chopped	3 tsp.
Salt, kosher	1 tsp.
Vinegar, wine, red (Optional)	1-2 Tbsp.
Oil, olive, extra-virgin	3 Tbsp.
Yogurt, Greek	1 ½ pt.
Mint, dried (Optional)	2 Tbsp.
Mint, leaves, fresh, chiffonade	2 Tbsp.

Method

1. Using a box grater, grate the cucumbers into a bowl. Toss with salt as needed. Reserve for at least 15 minutes to draw some of the liquid out of the cucumbers.
2. In a serving bowl, combine the garlic and salt until it forms a paste. Stir in the vinegar until incorporated. Stir in the oil until incorporated. Add the yogurt and dried mint. Mix well.
3. Using a colander, rinse the salt from the grated cucumber and pat them dry with a kitchen towel. Fold them into the yogurt mixture. Allow the mixture to sit in the refrigerator until needed to allow flavor to develop.
4. Garnish with mint. Serve.

Source: Adapted from *The Mediterranean Diet*, by Nancy Harmon Jenkins

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CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

1 gram (g)	=	1/28 oz. (or 0.035 oz.)
1/2 ounce (oz.)	=	14 g
1 ounce	=	28.35 g. (approx. 30 g)
2 ounces	=	56 g. (approx. 60 g)
4 ounces	=	110 g
6 ounces	=	170 g
8 ounces	=	225 g
12 ounces	=	340 g
1 pound (16 oz.)	=	453.6 g (454 g)
1 kilogram (kg)	=	2.21 lb.
1 liter	=	35 fl. oz. (1 3/4 pt.)

METRIC CONVERSION TABLE

To Change	To	Multiply by
Pounds (lb.)	Grams (g)	453.6
Ounces (oz.)	Grams (g)	28.35
Pounds (lb.)	Kilograms (kg)	.45
Teaspoons (tsp.)	Milliliters (ml)	5
Tablespoons (Tbsp.)	Milliliters (ml)	15
Fluid Ounces (fl. oz.)	Milliliters (ml)	30
Cups	Liters (l)	.24
Pints (pt.)	Liters (l)	.47
Quarts (qt.)	Liters (l)	.95
Gallons (gal.)	Liters (l)	3.8
Temperature (°F)	Temperature (°C)	5/9 after subtracting 32*

*Example: 9°F above boiling equals 5°C above boiling.

TEMPERATURE EQUIVALENCIES

Fahrenheit (°F)	Celsius (°C)	Classification
250	130	very cool
300	150	low
325	165	moderate-low
350	180	moderate
400	200	moderate-hot
425	220	hot
450	230	very hot

US CUSTOMARY LIQUID VOLUME CONVERSIONS

1 tablespoon (Tbsp.)	=	3 teaspoons (tsp.)
1 fluid ounce (fl. oz.)	=	2 tablespoons (Tbsp.)
1 cup	=	8 fluid ounces (fl. oz.)
1 pint (pt.)	=	2 cups
1 pint (pt.)	=	16 fluid ounces
1 quart (qt.)	=	2 pints (pt.)
1 gallon (gal.)	=	4 quarts (qt.)
1 gallon (gal.)	=	128 fluid ounces (fl. oz.)

US TO METRIC DRY MEASURES CONVERSIONS

tsp.	Tbsp.	oz.	cup	lb.	grams
3	1	½	1/16	---	14
6	2	1	⅛	1/16	28
12	4	2	¼	⅛	57
24	8	4	½	¼	113
36	12	6	¾	⅜	170
48	16	8	1	½	227
96	32	16	2	1	454

VOLUME MEASURE CONVERSIONS

US	Metric
1 tsp.	5 milliliters (ml)
1 Tbsp.	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ ¼ cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint (pt.)	480 ml
32 fl. oz./ 1 quart (qt.)	960 ml
128 fl. oz./ 1 gallon (gal.)	3.84 liters (L)

RECIPE YIELD

Original	Cut in Half	Cut in Third
1 cup	½ cup	⅓ cup
¾ cup	6 Tbsp.	¼ cup
⅔ cup	⅓ cup	3 Tbsp. + 1 ½ tsp.
½ cup	¼ cup	2 Tbsp. + 2 tsp.
⅓ cup	2 Tbsp. + 2 tsp.	1 Tbsp. + 1 ¼ tsp.
¼ cup	2 Tbsp.	1 Tbsp. + 1 tsp.
1 Tbsp.	1 + ½ tsp.	1 tsp.
1 tsp.	½ tsp.	⅓ tsp.
½ tsp.	¼ tsp.	⅛ tsp.
¼ tsp.	⅛ tsp.	dash

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