



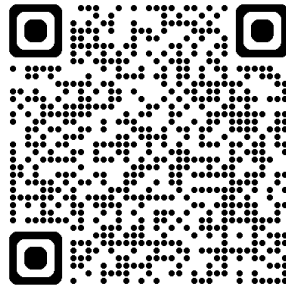
Culinary Institute of America

CULINARY ENRICHMENT & INNOVATION PROGRAM MODULE I: CONTEMPORARY FLAVORS AND TECHNIQUES



The Culinary Institute of America, Hyde Park, NY

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The Culinary Institute of America

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Welcome to the CIA!

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

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

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

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

Wishing you all the best,

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

David Kamen '88 MBA PC^{III}
Director CIA Consulting
845-451-1386 david.kamen@culinary.edu

P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world’s best professional culinary education. If you’d like to further support the future of food with the gift of education, please visit www.ciagiving.org.

EXPECTATIONS FOR PARTICIPANTS

- ☑ Silence and put away phones during class.
- ☑ Actively participate.
- ☑ Return promptly from breaks.
- ☑ Remain in attendance for the class duration.
- ☑ Complete the course evaluation.
- ☑ Follow all established health and safety regulations.
 - In addition to the precautions necessary to guard against food-borne illness, care must also be taken to avoid accidents. The following safety measures should be practiced.
 - Wash hands before beginning work in the kitchen.
 - Keep all perishable items refrigerated until needed.
 - NYS law – when handling “ready-to-eat” food items, if you don’t cook it, glove it!
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables.
- ☑ Maintain CIA uniform standards.
- ☑ Act within the guidelines of the CIA’s policy on harassment.
 - The Culinary Institute of America (CIA) is committed to providing a working and learning environment free from harassment. Members of the CIA community, guests, and visitors have the right to be free from any form of harassment (which includes sexual misconduct and sexual harassment) or discrimination; all are expected to conduct themselves in a manner that does not infringe upon the rights of others.

CIA UNIFORM POLICY

To foster a professional working environment and to maintain the highest standards of safety and sanitation, the CIA has adopted the following uniform code. Each item has been designed with a practical function in mind. These items must be worn in all production classes unless otherwise stated.

- ☑ Chef's jacket
 - Double-breasted structure creates a two-layer cloth barrier to help prevent steam burns, splashes, and spills
 - Can be re-buttoned on the opposite side to cover spills
 - Sleeves are long to cover as much arm as possible to reduce burns
- ☑ Pants
 - Hounds-tooth helps camouflage stains
 - Best without cuffs, which can trap hot liquids and debris
- ☑ Shoes and Socks
 - Shoes
 - Should be made of hard leather, with low heels, slip-resistant soles, and no open toes
 - Prevent slips and falls in the kitchen
 - Offer support
 - Protect feet from falling pots
 - Socks
 - Must be worn for hygienic purposes and to prevent burns
- ☑ Neckerchief (optional)
 - Helps to absorb sweat
- ☑ Toque (provided in class)
 - Contains hair
 - Absorbs sweat
- ☑ Apron (provided in class)
 - Protects jacket and pants from excessive staining
- ☑ Side towel (provided in class)
 - Protects hands when working with hot pans, dishes, and equipment
- ☑ Jewelry
 - Not permitted except for one plain ring to minimize exposure to potential hazards
- ☑ Hair
 - Should be neatly maintained, clean, and under control at all times

WELCOME AND OVERVIEW

Congratulations on being selected as a participant in the Culinary Enrichment and Innovation Program. You are here because you have been identified as one of the industry's most promising, dedicated, and skilled professionals with passion that drives you to higher levels of expertise. We are pleased to have the chance to meet you and the opportunity to work with such an elite group of talented individuals. It is our pleasure to welcome you to The Culinary Institute of America. We wish you an educational and enjoyable experience here on campus!

COURSE INFORMATION

This module is part one of a three-part series designed to enhance the skills and abilities of elite commercial and non-commercial chefs that have been identified as industry leaders of the future.

Participants will deepen their understanding of flavor, while exploring world flavor traditions that speak to modern palates. This interactive session explores the relationship and interplay between the five senses - smell, sight, touch, taste, and hearing - and their impact on the flavor of foods.

Participants will be involved in several sensory perception exercises designed to illustrate the relationship between flavor and the senses. Good cooking begins with good ingredients; however, this depends not only on the elements of ingredient quality, but on the knowledge of flavors and their capacities to interact. In this session, participants will critically taste and evaluate a range of ingredients. Each topic includes interactive lectures and discussion.

DAY ONE:

PART ONE- FLAVOR PRINCIPLES

LEARNING OBJECTIVES

- Identify global flavor profiles and principles.
- Discuss taste and flavor profiles related to geography and how these concepts can be utilized to create exciting menus suitable for today's global market.
- Participate in hands-on production activities preparing representative dishes from various global regions using authentic ingredients, equipment, and cooking methods.
- Rate how well you and your teammates evaluated flavor profiles and innovation methods.
- Critique menus and recipe ideas to see how they could be altered based on various global flavor profile examples.

LEARNING ACTIVITIES

- Lectures and Discussion
 - PowerPoint Presentation: Implementing the Global Flavor Palate
 - Interactive Food Paradigm Activity: Tastings in Class Include Romesco Sauce, Harissa, Chimichurri, Kimchi, Nuoc Cham and Chermoula
- Hands-On Production of Dinner
- Product Evaluation and Critique

GLOBAL FLAVOR PRINCIPLES

FLAVOR-PRINCIPLE DEFINED

- "the taste that results from a mixture of several flavoring ingredients that are used frequently and consistently within a cuisine"
- "a taste that can be abstracted and described apart from the basic foodstuffs the ingredients interact with"
- "certain conjunctions of flavoring ingredients are used over and over again within a cuisine"
- "...may be varied in characteristic ways and applied to different kinds of food but no matter how or where they are employed, they will almost invariably result in a dish which tastes...and which, in some meaningful way, is..."
- "There are basic ethnic flavor principles which are characteristic which can be recognized and described by the reasonably experienced taster, and when mastered, used by the ingenious cook for novelty, variety, and authenticity."

Source: *The Flavor Principle Cookbook* by Elizabeth Rozin

ETHNIC FLAVOR PRINCIPLES

MEDITERRANEAN

- **Near and Middle East** = Lemon + Parsley
- **Greece** = Lemon + Oregano
- **Southern Italy** = Olive Oil + Tomato + Garlic
- **Spain** = Olive oil + Tomato + Saffron
- **Southern France/Italy** = Olive Oil + Tomato + Mixed Herbs (thyme, basil, oregano)
- **France** = Wine + Herbs (basil, garlic, parsley, tarragon, thyme)
Wine Vinegar
Garlic
- **Greece, Middle East, Balkans** = Olive Oil + Tomato + Cinnamon and/or
Lemon

LATIN AMERICA

- **Mexico** = Lime + Chili + Cilantro + Cumin + Chocolate
- **Brazil** = Pork + Beans + Greens + Onions + Oranges
- **Caribbean** = Fish + Allspice + Oil + Onions + Vinegar

ASIA

- **China** = Soy Sauce + Ginger, Garlic, and Scallion
- **Szechuan China** = China (above) + Vinegar, Sugar, and Hot Chile Peppers
- **Vietnam** = Nougat + Lime + Chili + Cilantro (mint, basil) + (Salad)
- **Thailand** = Nam Pla/Shrimp Paste + Ginger/Galangal + Cilantro + Chili + Makrut Lime + Coconut
- **Korea** = Soy Sauce + Brown Sugar + Sesame Seeds
- **Japan** = Soy Sauce + Sake + Ginger

THE MEDITERRANEAN: FLAVOR PROFILES

MEDITERRANEAN PANTRY

- Olives and Olive Oil
- Wheat, Bread, Pasta, and Couscous
- Rice
- Wine
- Fresh Herbs, Herb Pastes, Spices, Spice Rubs, and Spices for Condiments
- Garlic
- Eggplants, Peppers, and Tomatoes
- Nuts, Legumes, and Dried Fruit
- Sheep and Goat's Milk Dairy Products
- Seasonal Fruits and Vegetables
- Meat, Fish, and Poultry

MEDITERRANEAN FLAVOR PRINCIPLES

Provence	Olives, Olive Oil, Herbs de Provence, Lavender, Garlic, Saffron, Goat Cheese, and Wine
Spain	Olives, Olive Oil, Parsley, Almonds, Sherry, Garlic, and Saffron
Morocco	Olives, Olive Oil, Spices, Dried Fruits, Nuts, Hot Peppers, Preserved Lemons, and Couscous
Turkey	Olives, Olive Oil, Dried Fruits, Nuts, Hot Peppers, Yogurt, Spices, and Sumac

ADDITIONAL MEDITERRANEAN FLAVOR PRINCIPLES

OLIVES

In part of the Mediterranean (Greece, Turkey, Syria, Lebanon, Egypt, and Libya) people eat cured or marinated olives, but don't eat olives in cooked dishes. In the rest of the Mediterranean (Italy, southern France, Spain, Morocco and Tunisia) olives are essential to the cooking traditions.

OLIVE OIL AND GARLIC

Olive oil and garlic is the fundamental flavor combination of the Mediterranean. A number of important Mediterranean sauces begin or build on simply mashed garlic, olive oil, and salt.

Sauce	Country	Ingredients
Allioli	Spain	Garlic + Olive Oil + Salt (sometimes with eggs)
Aïoli	France	Garlic + Olive Oil + Salt + Eggs
Rouille	France	Garlic + Olive Oil + Salt + Red Peppers+ Fish Entrails
Salsa Verde	Italy	Garlic + Olive Oil + Salt + Anchovies+ Capers + Herbs
Pesto	Italy	Garlic + Olive Oil + Salt + Basil + Nuts + Cheese
Skordalia	Greece	Garlic + Olive Oil + Salt + Potatoes+ Soaked Bread, or Nuts
Tarator	Turkey	Garlic + Olive Oil + Salt + Nuts (usually walnuts or hazelnuts)
Harissa	Tunisia	Garlic + Olive Oil + Salt + Hot Peppers+ Caraway
Charmoula	Morocco	Garlic + Olive Oil + Salt + Cumin + Paprika + Coriander + Parsley

SPANISH PANTRY

Almonds	Cheese	Chickpeas
Finfish	Shellfish	Crustacean
Garlic	Grilled Pork	Olives
Octopus	Salt Cod	Fresh Game
Olive Oil	Onions	Paprika
Parsley	Potatoes	Poultry
Quail	Rabbit	Saffron
Sherry	Spinach	

ITALIAN PANTRY

Almonds	Anchovies	Arborio Rice	Arugula
Basil	Cannelloni Beans	Capers	Dried Red Chiles
Extra Virgin Olive Oil	Fennel	Flat-leaf Parsley	Hazelnuts
Oregano	Parmigiano-Reggiano	Pears	Polenta
Prosciutto di Parma	Ricotta Cheese	Rosemary	Sage
Salamis	Sausages	Wild Mushrooms	

ITALIAN PANTRY

Anchovies	Basil	Capers	Crustacean
Eggplants	Fennel	Finfish	Garlic
Hot Peppers	Lamb	Legumes	Marjoram
Mozzarella Cheese	Olive Oil	Olive Sauces	Olives
Oregano	Pasta and Bread	Pecorino Cheese	Peppers
Pesto	Pine Nuts	Pork, Hot Sausages, and Salame	Poultry
Raisins	Ricotta Cheese	Rosemary	Salsa Verde
Shellfish	Sun-dried Tomatoes and Sun-dried Tomato Paste	Tomatoes	Zucchini

FRENCH PROVENCE PANTRY

Anchovies	Artichokes	Asparagus
Basil	Bitter Greens	Bread
Capers	Crustacean	Eggplant
Fennel	Finfish	Garlic
Goat Cheese	Lamb	Olive Oil
Olive Sauces	Olives	Peppers
Pesto-Pistou	Poultry	Shellfish
The Original Mesclun	Tomatoes	Wild Greens
Wine	Zucchini	

GREEK PANTRY

Almonds	Bean Spreads	Beans	Bell Peppers
Cinnamon	Coriander	Crustacean	Cucumbers
Currants	Dill	Eggplants	Figs
Finfish	Flatbreads	Garlic	Garlic Sauces
Hazelnuts	Lamb	Lamb (Kefta, Kababs, Souvlaki, and Loukanika)	Lemons
Marjoram	Mint	Nut Pastes for Sweets	Nut Sauces
Nuts	Olive Oil	Olives	Oregano
Ouzo	Phyllo	Pistachios	Quince
Raisins	Red Onions	Retsina	Rice
Rosemary	Sheep's and Goat's Milk	Shellfish	Spices
Spinach	Thyme	Tomatoes	Vanilla
Vine Leaves	White Beans	Wine	Yogurt
Zucchini			

TURKISH PANTRY

Allspice	Almonds	Anise	Apricots
Basil	Beans	Bell Pepper	Bulgur Wheat
Capers	Cayenne pepper	Chickpeas	Cinnamon
Cloves	Crustacean	Cucumbers	Cumin
Dill	Dried Fish	Dried Fish Roe	Dried Fruits
Eggplants	Feta Cheese	Figs	Finfish
Flatbreads	Fruit Syrups	Garlic	Garlic Sauces
Hazelnuts	Honey	Kaymak	Lamb
Lemons	Mint	Nut Sauces and Pastes for Sweets	Nutmeg
Olive Oil	Olives	Ouzo	Parsley
Pasta Doughs	Pastrami	Pekmez	Phyllo
Pide	Pine Nuts	Pistachios	Pomegranates
Poultry	Pumpkins	Quince	Red Lentils
Retsina	Rice	Rosemary	Saffron
Sage	Shallots	Sheep's Milk Cheeses	Shellfish
Sour Cherries	Sumac	Thyme	Tomatoes
Turmeric	Vine Leaves	Walnuts	White Beans
Wine	Yogurt	Zucchini	

NORTH AFRICAN PANTRY

Almonds and Almond Paste	Bread	Caraway	Charmoula
Cheese	Chickpeas	Cilantro	Clarified Butter
Coriander	Couscous	Crustaceans	Cumin
Dates	Dill	Dried Fruit	Eggplant
Eggs	Fennel	Finfish	Flatbreads
Garlic	Goat's Milk	Hazelnuts	Honey
Hot Peppers	Lamb	Legumes	Lemons
Lentils	Mint and Mint Tea	Olive Oil	Olives
Orange Flower and Rose Water	Paprika	Parsley	Phyllo Dough
Poultry	Sheep	Shellfish	Tabil, Tarator, and Harissa Spice Mixtures
Tomatoes	Walnuts	Wine	Yogurt

TUNISIAN PANTRY

Almonds	Anchovies	Basil	Bay Leaves
Bell Peppers	Capers	Chickpeas	Chiles
Cloves	Dates	Garlic	Harissa
Okra	Olive Oil	Olives	Oranges
Pine Nuts	Pumpkins	Raisins	Red Onions
Tomatoes	Tuna	Turnips	Yams

MOROCCAN PANTRY

Capers	Carrots	Chickpeas	Cinnamon
Cloves	Coriander	Cumin	Dates
Garlic	Hard-Cooked Eggs	Honey	Lemons
Mint	Olive Oil	Onions	Oranges
Parsley	Phyllo Pastry	Pine Nuts	Prunes
Raisins	Squash	Tomatoes	Turmeric
Turnips	Yams		

THE AMERICAS: FLAVOR PROFILES

MEXICAN PANTRY

Allspice	Almonds	Anise	Annatto	Apples
Apricot	Avocados	Bananas and Leaves	Beef	Beets
Black Beans	Black-eyed Peas	Cashews	Chayotes	Cherimoyas
Chicken	Chickpea	Chiles	Chocolate	Chorizo
Cilantro	Cinnamon	Cloves	Coconut	Cod Fish
Coffee	Coriander Seeds	Corn Husks	Cumin	Dried Beans
Epazote	Garlic	Goat	Grouper	Guavas
Hoja Santa	Hominy	Huitlacoche	Iguana	Jerusalem Artichokes
Jicama	Kid	Kidney Beans	Lamb	Lemons
Lettuces	Lime	Mangos	Marjoram	Mint
Mushrooms	Olives	Onions	Oranges	Oregano
Oysters	Papayas	Peaches	Peanuts	Pear Cactus
Peas	Pecans	Pigeon Peas	Pine Nuts	Pineapples
Pinto Beans	Pistachios	Plantains	Pomegranate	Pompano
Pork	Potatoes	Pumpkin	Pumpkin Seeds	Quince
Radishes	Raisins	Red Beans	Red Onions	Red Snapper
Rice	Sage	Shark	Shrimp	Squash
Squash Blossoms	Squid	Strawberries	Sunflower Seeds	Sweet Corn
Sweet Potatoes	Tamarind	Thyme	Tomatillos	Tomatoes
Turkey	Turtle	Vanilla	Veal	Venison
Walnuts				

SOUTH AMERICAN PANTRY

Agouti	Aji Amarillo	Almonds	Avocado	Bananas
Beef	Basil	Bay Leaf	Beans	Beef
Carrot	Black Beans	Black Olives	Calabaza	Cardamom
Chuño	Cashews	Chick Peas	Chicken	Chiles
Coconut Milk	Cilantro	Clams	Cloves	Coconut
Custard Apples	Collard Greens	Corn	Corvina	Cumin
Ginger	Dried Salt Cod	Dried Shrimp	Duck	Garlic
Lima Beans	Grapefruits	Hearts of Palm	Manioc	Lemon
Mirasol Pepper	Lime	Mace	Onions	Marjoram
Mole	Mussel	Oregano	Oranges	Papaya
Parsley	Palillo	Papa Seca	Peaches	Peas
Peanuts	Pineapple	Pine Nuts	Plantains	Pork
Potato	Pumpkin	Raisins	Rice	Scallions/Green Onions
Shrimp	Snapper	Spinach	Squid	Strawberry
Suckling Pig	Sweet Potato	Tomatoes	Vizcacha	Yam & Yuca

CARIBBEAN PANTRY

Allspice	Almonds	Annatto	Arrowroot	Avocados
Bananas	Beans	Beef	Bitter Orange	Black Beans
Black-Eyed Peas	Bleu Fish	Boniatos	Bonito	Bread Fruit
Cachuchas	Calabaza	Callaloo	Capers	Cashew
Chayote	Cherimoya	Chicken	Chickpeas	Chiles
Chorizo	Cilantro	Clams	Cloves	Coconuts
Collard Greens	Conch	Coriander	Crab	Culantro
Cumin	Curry Mix	Dasheen	Dried Peas	Dried Salt Cod Fish
Eggplant	Flying Fish	Garlic	Ginger	Goat
Grouper	Guavas	Hearts of Palm	Herring	Kidney Beans
Lemons	Lima Beans	Limes	Lobster	Mace
Mangoes	Mint	Mussels	Nutmeg	Okra
Oranges - sour	Oregano	Oysters	Papaya	Passionfruit
Peanuts	Pepper	Pigeon Peas	Pineapples	Pinto Beans
Plantains	Pork	Raisins	Red Beans	Rice
Saffron	Scallions/Green Onions	Scotch Bonnet Chiles	Shallots	Shark
Shrimp	Soursop	Soy Beans	Soy Sauce	Spanish Mackerel
Star Fruit	Sugar	Sweet Potatoes	Tamarind	Taro
Thyme	Tomatoes	Turtle	Ugli	Vanilla
Worcestershire	Yams	Yuca		

ASIA: FLAVOR PROFILES

INDIAN PANTRY

Almonds	Amchoor (mango powder)	Asafetida	Basmati Rice
Buttermilk	Cardamom	Chickpea Flour	Chilies
Cilantro	Cinnamon	Coconut	Cumin
Curry Leaves	Dried fish	Fennel Seed	Fenugreek
Garam Masala	Ghee	Ginger Root	Lentils
Limes	Mangoes	Mung Beans	Mustard Seeds
Nigella	Onions	Panch Phoran	Pistachios
Saffron	Sesame Seeds	Split Peas	Tamarind
Tomatoes	Turmeric	Yogurt	

CHINESE PANTRY

Bean Sprouts	Bok Choy	Cabbages	Chili Oil
Chili Paste	Cilantro	Hoisin Sauce	Onions
Peanut Oil	Plum Sauce	Pork	Red Chilies
Rice Noodles	Rice Wine	Sesame Oil	Sesame Seeds
Shallots	Vinegar	Wonton/Spring Roll Wrappers	

JAPANESE PANTRY

Bamboo Shoots	Brown Rice	Buckwheat Noodles	Burdock
Chestnuts	Chinese Cabbage	Chrysanthemum Leaves	Cloud Ear Mushrooms
Cucumber	Daikon	Dashi	Dried Bonito Flakes
Dry Mustard	Eggplant	Fish Paste	Fluke
Garlic	Gingerroot	Ginkgo Nuts	Lotus Root
Matsutake Mushrooms	Mirin	Miso	Mooli
Persimmons	Plums	Red Beans	Rice Wine Vinegar
Sake	Salmon	Sansho	Scallions/Green Onions
Scallops	Seafood	Seaweed	Sesame Seeds
Seven-Spice Seasoning	Shiitake Mushrooms	Soy Sauce	Sugar
Sweet Potatoes	Taro	Tofu (bean curd)	Wasabi
Watercress	Wheat Noodles		

KOREAN PANTRY

Bean Curd	Beef	Chicken	Chili
Fish Sauce	Garlic	Ginger	Kimchi
Napa Cabbage	Onions	Oyster Sauce	Pork
Red Pepper	Rice	Rice Noodles	Seafood
Sesame Oil	Soy Sauce	Tofu	

VIETNAMESE PANTRY

Artichokes	Asparagus	Bamboo Shoots	Basil
Bean Threads	Beef	Black Pepper	Cauliflower
Chicken	Coconut	Coriander	Cucumbers
Curry	Fiery Chili Peppers	Fish	Fish Sauce
Garlic	Ginger	Lemongrass	Lime Juice
Mint	Noc Cham	Noodles	Nuoc Mam
Pork	Potatoes	Rice	Rice Paper
Rice Vinegar	Scallions	Shrimp	Shrimp Paste
Star Anise	Tamarind	Tree Ear Mushroom	

THAI PANTRY

Basil	Bean Curd	Beef	Chicken
Chili Sauce	Chilies	Cilantro	Coconut
Corn	Cumin	Curry Paste	Fish Sauce
Galangal	Garlic	Gingerroot	Kaffir Limes
Kapee (shrimp paste)	Krachai	Lemongrass	Limes
Mint	Mushrooms	Noodles	Oyster Sauce
Palm Sugar	Peanuts	Pork	Rice
Green onions	Sesame Seeds	Shallots	Shrimp
Soy Sauce	Star Anise	Sugar	Tamarind
Taro	Turmeric		

SOUTHEAST ASIAN PANTRY

Bananas	Basil	Bean Sprouts	Brown Sugar
Cabbages	Cardamom	Chili Paste	Cilantro
Cloves	Coconut Milk	Coriander	Cumin
Fish Sauce	Ginger	Lemongrass	Mace
Mangoes	Mint	Mung Bean	Mushrooms
Papayas	Rice	Shrimp	Shrimp Paste
Soy Sauce	Turmeric		

INDONESIAN PANTRY

Cilantro	Cinnamon	Cloves	Coriander
Cumin	Garlic	Ginger	Nutmeg
Peanut Oil	Sugar	Tamarind	Turmeric

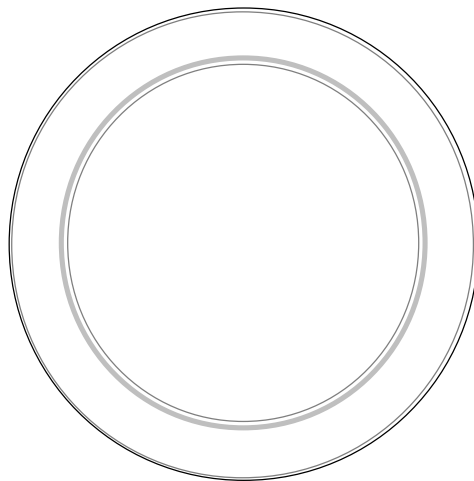
FOOD PARADIGM ACTIVITY

In the 1970s, Americans experienced the French paradigm. In the 80s, we shifted focus and had an American Food Revolution. In today's market, as our palates have become increasingly desensitized, we have again shifted - this time outward as we try to satisfy our insatiable appetites for global cuisines. Given this ever-expanding interest in world cuisine, it is essential for a chef at the forefront to be able to recognize and discern various flavor principles. This knowledge is crucial when developing recipes and designing new menus.

In this tasting exercise, we will explore food paradigms and flavor principles of select regions using sauces as our medium. Use the *Food Paradigm Activity Worksheet* located at the end of the following tasting sheet to organize your tastings as we run through the exercise.

To begin, let's walk through an activity together....

FOOD PARADIGM SAMPLE ACTIVITY ROMESCO SAUCE



Use the key terms discussed on day one as a guide for describing your sensations.

ROMESCO SAUCE (SAMPLE)

Key Words: Romesco Sauce

Aroma

aromatic
fragrant - mostly
peppers, tomatoes, and
almonds)
slightly charred

Color

orangey-red
brick red

Flavor

nutty
rich
flavorful
hint of acidity

Texture

puréed - smooth, yet
slightly coarse

Geographical Association:

Spain - moved to Latin America

Flavor Profile of Country:

olives, olive oil, parsley,
almonds, sherry, garlic, and saffron

Cross-Cultural Variations:

N/A - sauce unique; not
Interchangeable

Traditional Ingredients:

olive oil
peppers
tomatoes
almonds
garlic
vinegar

Food Paradigm:

global cuisine

Key Words to Describe Food Paradigm:

ethnic (Latino)
rustic/authentic
classical but contemporary
marketable
trendy

Traditional Uses

Used as a sauce and condiment

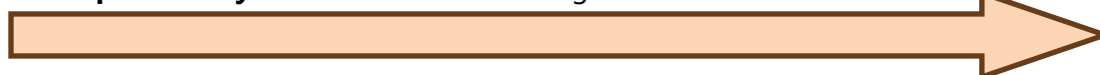
Nutritional Information/ Relevancy:

Nutrient-dense, Vitamin-rich
Low fat - "good fat"
Low sodium
Diet friendly

Complementary Food Items:

grilled vegetables
grilled meats
boiled meats
anything plain - any cooking process that
doesn't create a sauce as a byproduct

Descriptive Analysis: Rank Sauce According to Flavor



Neutral

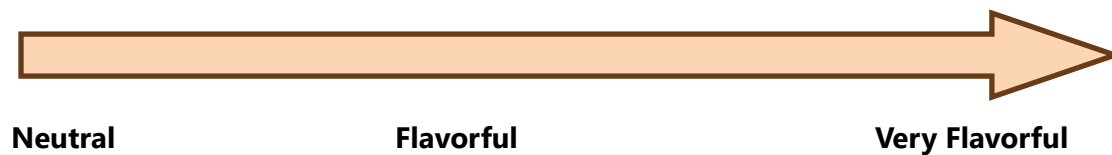
Flavorful

Very Flavorful

HARISSA (#1)

<p>Key Words: Harissa</p> <p><i>Aroma</i></p> <hr/> <hr/> <hr/> <p><i>Color</i></p> <hr/> <hr/> <hr/> <p><i>Flavor</i></p> <hr/> <hr/> <hr/> <p><i>Texture</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Geographical Association:</p> <hr/> <hr/> <hr/> <p>Flavor Profile of Country:</p> <hr/> <hr/> <hr/> <p>Cross-Cultural Variations:</p> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Food Paradigm:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p>Key Words to Describe Food Paradigm:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Complementary Food Items:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Traditional Ingredients:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Traditional Uses</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
		<p>Nutritional Information/ Relevancy:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Descriptive Analysis: Rank Sauce According to Flavor



CHIMICHURRI (#2)

**Key Words:
Chimichurri**

Aroma

Color

Flavor

Texture

Geographical Association:

Flavor Profile of Country:

Cross-Cultural Variations:

Food Paradigm:

**Key Words to Describe
Food Paradigm:**


Traditional Ingredients:

Traditional Uses

Complementary Food Items:

**Nutritional Information/
Relevancy:**

Descriptive Analysis: Rank Sauce According to Flavor



Neutral **Flavorful** **Very Flavorful**

KIMCHI (#3)

Key Words: Kimchi <i>Aroma</i> <hr/> <hr/> <hr/> <i>Color</i> <hr/> <hr/> <hr/> <i>Flavor</i> <hr/> <hr/> <hr/> <i>Texture</i> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	Geographical Association: <hr/> <hr/> <hr/> Flavor Profile of Country: <hr/> <hr/> <hr/> Cross-Cultural Variations: <hr/> <hr/> <hr/> <hr/> <hr/>	Food Paradigm: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> Key Words to Describe Food Paradigm: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Complementary Food Items: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	Traditional Ingredients: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	Traditional Uses <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
		Nutritional Information/ Relevancy: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Descriptive Analysis: Rank Sauce According to Flavor



Neutral

Flavorful

Very Flavorful

Nuoc Cham (#4)

Key Words: Nuoc Cham <i>Aroma</i> <hr/> <hr/> <hr/> <i>Color</i> <hr/> <hr/> <hr/> <i>Flavor</i> <hr/> <hr/> <hr/> <i>Texture</i> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	Geographical Association: <hr/> <hr/> <hr/> Flavor Profile of Country: <hr/> <hr/> <hr/> Cross-Cultural Variations: <hr/> <hr/> <hr/> <hr/>	Food Paradigm: <hr/> <hr/> <hr/> <hr/> <hr/> Key Words to Describe Food Paradigm: <hr/> <hr/> <hr/> <hr/> <hr/>
Traditional Ingredients: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		Traditional Uses <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Complementary Food Items: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>		Nutritional Information/ Relevancy: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Descriptive Analysis: Rank Sauce According to Flavor



Neutral

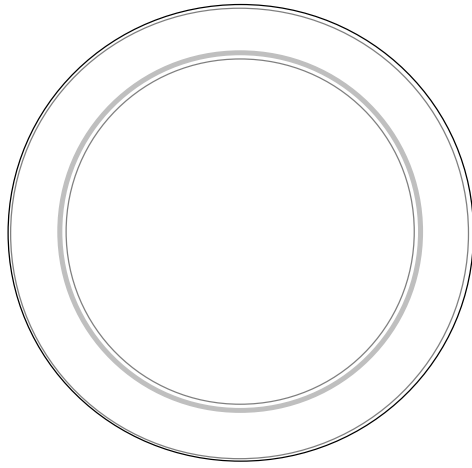
Flavorful

Very Flavorful

<p>Key Words: Chermoula</p> <p><i>Aroma</i></p> <hr/> <hr/> <hr/> <p><i>Color</i></p> <hr/> <hr/> <hr/> <p><i>Flavor</i></p> <hr/> <hr/> <hr/> <p><i>Texture</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Geographical Association:</p> <hr/> <hr/> <hr/> <p>Flavor Profile of Country:</p> <hr/> <hr/> <hr/> <p>Cross-Cultural Variations:</p> <hr/> <hr/> <hr/> <hr/>	<p>Food Paradigm:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <p>Key Words to Describe Food Paradigm:</p> <hr/> <hr/> <hr/> <hr/> <hr/>
	<p>Traditional Ingredients:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Traditional Uses</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Complementary Food Items:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Nutritional Information/ Relevancy:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	

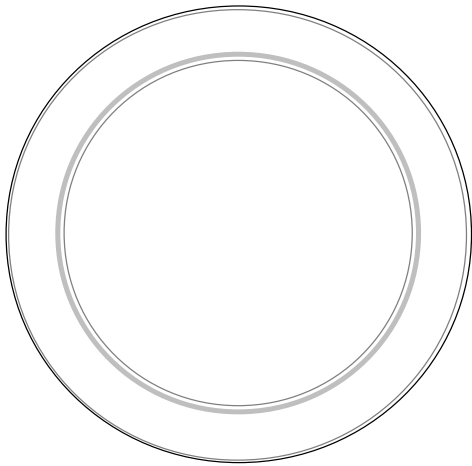
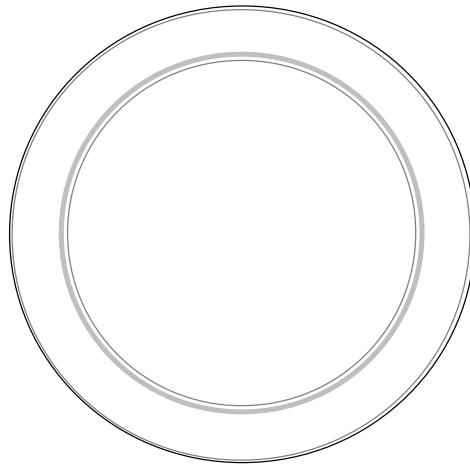
Very Flavorful

FOOD PARADIGM ACTIVITY TASTING WORKSHEET

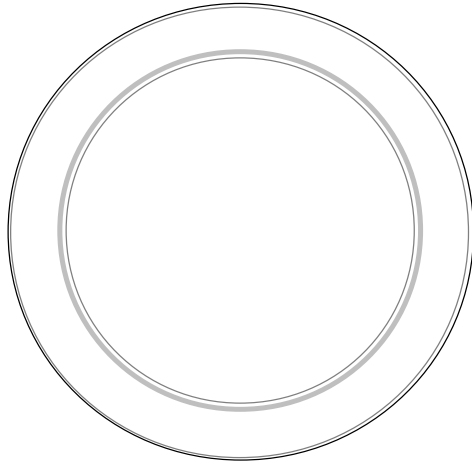


Romesco

Harissa

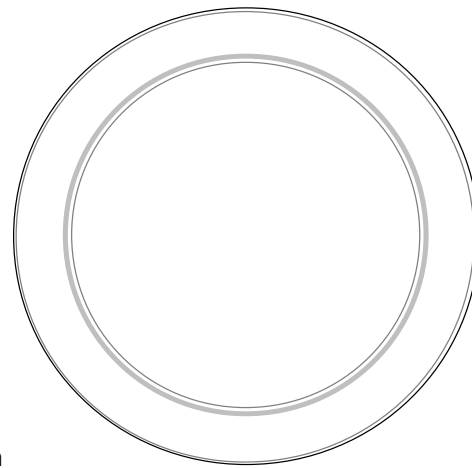
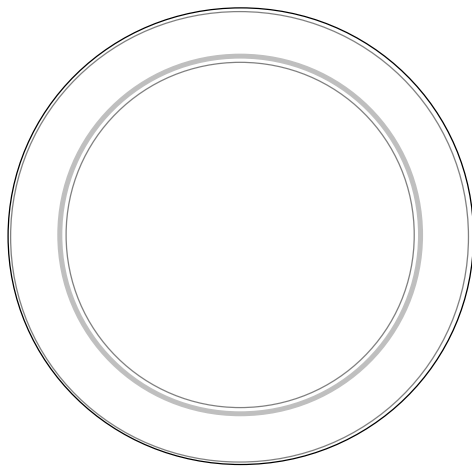


Chimichurri



Kimchi

Nuoc Cham



Chermoula

DAY ONE:

PART TWO- SENSORY EVALUATION

LEARNING OBJECTIVES

By the end of this module, participants will be able to...

- Define terms and concepts related to the taste and flavor of ingredients, as well as their quality characteristics
- Identify taste, flavor, and sensory perception concepts
- Engage in sensory perception and tasting exercises
- Develop a common vocabulary for describing food
- Identify and discuss upcoming global flavor regions and flavor systems, and how to apply these systems to their menus
- Define and explain "Street Foods"
- Define "Flavor Principle"
- Discuss the food affinities and food paradigms
- Identify and discuss various flavor-principles and street foods from around the world
- Assess a variety of sauces which represent different flavor principles

LEARNING ACTIVITIES

- Lecture and Discussion
 - PowerPoint Presentation/Interactive Activity: Physiology of Taste
 - Flavor Development & Food Affinities

FLAVOR AND THE SENSES

Flavor-*n* 1. the quality of something that affects the sense of taste, 2. the blend of taste and smell sensations evoked by a substance in the mouth, 3. characteristic or predominant quality.

Taste-*n* 1. one of the special senses which perceives and distinguishes the sweet, sour, bitter or salty quality of a dissolved substance and is mediated by taste buds on the tongue, 2. the objective sweet, sour, bitter or salty quality of a dissolved substance as perceived by the sense of taste, 3. a sensation produced by the stimulation of the sense of taste, in conjunction with that of touch and smell.

Flavor can be described as a measure of its combined taste, texture, and aroma. Sight and sound play a role in a food's flavor as well. Flavor is how a food affects all the senses combined.

Can you smell flavor? Many times people will "taste" a dish long before they see it. Consider walking into a restaurant or a home and smelling the aromas of food cooking. Often a person can identify what is cooking simply by how it smells. This is because your body can recognize hundreds of aromas. The smell of food is frequently a person's first indication of how a food will taste.

Can you see flavor? What does flavor look like? A food's color may allude to its freshness or ripeness. Foods that look brown may be perceived as roasted, and as having deep, rich, full-bodied flavors. Foods that have sheen may be perceived as being rich, while very shiny foods may appear too sweet. We can see steam, an indicator of temperature, and we can see moisture, an indication of moistness or juiciness. The old culinary expression "the eyes eat first," means that we make several judgments about how a food will taste simply by looking at it.

Can you hear flavor? What does flavor sound like? The crunch of an apple or a potato chip suggests its texture. The sizzle of quesadillas, teriyaki, or bacon in a pan alludes to different flavors.

Can you feel flavor? A food's roughness, smoothness, coarseness, crispness, or tenderness may not have a direct effect on taste, but certainly enhances the flavor experience. This can be seen in several common combinations such as soft cheese and crisp crackers, ice cream in a crisp cone or with a crunchy cookie, or mashed potatoes with a fried potato chip garnish.

Taste is the ultimate and final stage of a person's perception of flavor. Taste refers to a specific message sent to the brain by special nerve receptors located on the tongue. These receptors are called taste buds. The body can identify five different taste sensations. The first four, bitter, sweet, salty, and sour, are commonly known tastes. The fifth, umami, is a newly identified taste sensation that is lesser known. Umami can be described as the flavor of richness, meatiness, or deliciousness.

From the 1940's through the 1990's, virtually every basic biology textbook - and certainly every wine book - perpetuated the myth that taste buds were grouped in the mouth according to the specialty. Correspondingly, the tongue was "diagrammed" into separate areas where certain tastes were registered: sweetness at the tip; sourness on the sides; and bitterness at the back of the mouth. In the 1980's and 1990's, research at Yale, Monell Chemical Senses Center, and The University of Connecticut, as well as elsewhere, demonstrated that the "tongue diagram" explanation of how we taste was patently false. Instead, leading taste researchers such as Dr. Linda Bartoshuk of the Yale University School of Medicine found that taste buds are not specialized and do not congregate according to specialty. Sweetness, saltiness, bitterness, and sourness can be tasted everywhere in the mouth, although they may be perceived at slightly different intensities at different sites on the tongue.

While a person can identify only five tastes, hundreds of different flavors can be detected and remembered. This number is a result of different combinations of the five tastes and the addition of aroma and texture enhanced by the way it looks, sounds, and feels. Because of this, all the senses need to be considered when planning a dish and used when eating and evaluating a dish.

THE FIVE SENSES

- Hearing
- Sight
- Touch
- Smell
- Taste
- (Balance, Temperature, and Pain)

IN FOOD, PEOPLE RESPOND, IN THE FOLLOWING ORDER, TO...

1. Temperature
2. Texture
3. Taste

THE "TASTES":

- Sweet
- Sour (Acid)
- Salty
- Bitter (Alkaline)
- Umami
- Metallic

SYNERGISM: THE FLAVOR IS GREATER THAN THE SUM OF ITS PARTS

Foods can have good flavor by themselves; French fries, prosciutto, and tomatoes are all good foods. However, combine French fries with ketchup and you have something even better. The same goes for the combination of prosciutto and melon and tomatoes and basil. By themselves, all those foods are nice, yet when combined with something else, the flavors soar. This is the concept of synergism and is the basis for creating food pairings.

These pairings cannot be done indiscriminately. Some foods have natural affinities, usually based on a has/needs relationship. Prosciutto is naturally salty. Melon is pleasantly sweet. Combining the two attributes mutually enhances each, bolstering the overall effect. In addition to salty/sweet, we see many others such as: hot/cold, crisp/soft, and fatty/lean. These pairings can also be described as matching intensities.

Another way of determining successful food pairings is to look at contrasting intensities. These pairings take subtly flavored foods and use them as carriers for more boldly flavored foods such as steamed potatoes and truffle oil, caviar and sour cream, or rice and wasabi. Identifying food affinities can be done several ways. The most simple is simply trial and error; a bit of thought, though, can streamline the process. One school of thought is the concept "if it grows together, it goes together." This concept suggests that foods indigenous to certain regions will have a natural affinity for each other, mostly due to their shared terroir (see side bar).

TERROIR – LISTEN TO THE LAND

The Napa Valley is home to several wineries, some of which grow cabernet sauvignon grapes. Travel 3,000 miles east and you will wind up in the Hudson Valley, New York, where you will find wine made from cabernet sauvignon grapes. Travel 3,000 miles further east of the Hudson Valley and you will wind up in France, where they make wine from cabernet sauvignon grapes as well.

Taste the wine made from the three grapes from different regions and you will taste three distinctly different wines. Even though the grape is the same, the soil conditions are different, as well as the average temperature, amount of sunshine and rainfall, and the strains of natural yeast.

All of these elements contribute more to the flavor of the wine than the grape itself. Terroir is the flavor of those elements, and what gives a particular product distinction. The same can be said of N.Y. State Apples, Jersey Tomatoes, and Florida Citrus.

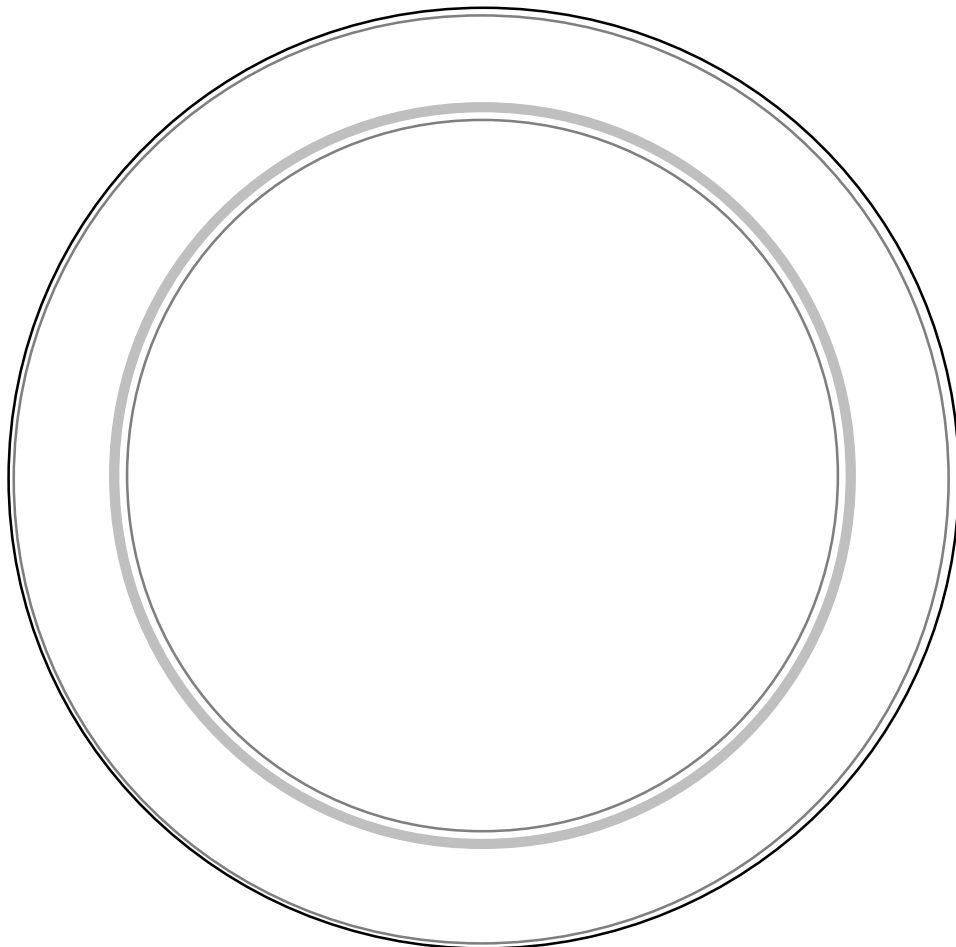
FLAVOR DEVELOPMENT & FOOD PAIRING:

SENSORY EVALUATION ACTIVITY

In this activity and tasting exercise, we will explore flavor sensations associated with specific food items individually, and then discuss their synergistic relationship. Once these topics are addressed, you will then be asked to identify possible alternatives that could be substituted to create similar effects, as well as other complementary pairing items.

To begin, let's walk through an activity together....

Sensory Evaluation Sample Activity: Roasted Beets & Fresh Goat Cheese



Use the vocabulary provided on the following pages as a guide for describing your sensations...

Roasted Beets & Fresh Goat Cheese (Sample)

<p>Key Words: Roasted Beets</p> <p>Aroma <u>sweet</u> <u>caramelized</u></p> <p>Color <u>deep burgundy</u> <u>almost purple</u></p> <p>Flavor <u>earthy</u> <u>sweet</u></p> <p>Texture <u>soft</u> <u>slight bite</u></p>	+	<p>Key Words: Goat Cheese</p> <p>Aroma <u>subtle</u></p> <p>Color <u>creamy/milky</u> <u>white</u></p> <p>Flavor <u>mild, earthy</u> <u>slightly tangy/acidic</u></p> <p>Texture <u>soft</u> <u>creamy</u></p>	=	<p>Key Words: Roasted Beets & Goat Cheese Pairing</p> <p>Aroma <u>slightly sweet</u></p> <p>Flavor <u>earthy</u> <u>refreshing</u></p> <p>Texture <u>minimal contrast</u></p>
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<p>Complementary Food Items - Roasted Beets:</p> <p><u>oranges</u> <u>spices (i.e. fennel, caraway)</u> <u>so flavorful, often best left to stand alone in dishes; also, colors can bleed which is another consideration</u></p>	<p>Food Substitutes - Roasted Beets:</p> <p><u>roasted root vegetables (carrots, turnips)</u> <u>parsnips</u> <u>acorn squash</u> <u>butternut squash</u></p>	<p>Cooking Methods/ Considerations:</p> <p><u>beets are also good boiled with spices - add other dimensions; if choose to boil though, will lose some nutrients in the cooking liquid and flavors will not be as concentrated as if they were caramelized</u></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>Complementary Food Items - Fresh Goat Cheese:</p> <p><u>white wine</u> <u>grilled marinated vegetables</u> <u>roasted vegetables</u> <u>herbs - pesto (use for pasta)</u> <u>fruits</u> <u>toasted nuts and Salads</u></p>	<p>Food Substitutes - Fresh Goat Cheese:</p> <p><u>fromage blanc</u> <u>bucheron</u> <u>St. Andre</u></p> <p>_____</p> <p>_____</p> <p>_____</p>	

FOOD VOCABULARY:

WORDS TO DESCRIBE FLAVOR

Bitter:	Harsh, caustic, acrid
Fatty:	Greasy, oily, buttery
Floury:	Gluey, starchy
Fruity:	Fruit-like, citric, tropical
Nutty:	Nut-like, toasted nuts
Pungent:	Sharp, highly seasoned, biting, funky
Salty:	Predominant taste of salt
Sour:	Acidic, vinegar, tart, tangy
Spicy:	Hot, peppery, nippy, aromatic
Sweet:	Sugary, saccharine, cloying
Vinted:	Fermented
Floral Herbal:	Herb-like, flowery, aromatic
Umami:	Meaty

WORDS TO DESCRIBE TEXTURE

Coarse:	Rough, grainy
Creamy:	Soft, smooth, resembling cream
Crumbly:	Breaks easily into small pieces
Fluid:	Liquid, watery, pourable
Hard:	Firm, rigid
Smooth:	Free from projections, coated
Tough:	Strong or firm in texture; flexible not brittle
Viscous:	Perceived thickness, gooey, gelatinous
Watery:	Soggy, containing excess water
Starchy:	Soft or mushy (boiled or baked), crispy (when fried), coating

RATE OF FLOW:

LOW
Water

MEDIUM
Heavy Cream

HIGH
Molasses

WORDS TO DESCRIBE AROMA

Aromatic:	Sweet-scented, perfumed, fragrant, spicy
Fruity:	Fruit-like, citrus-like, tropical
Earthy:	Musty, moldy, sweaty, barnyard
Fishy:	Strong fish odor
Greasy:	Fatty, oily, buttery
Nutty:	Nut-like, almond-like, etc.
Burnt:	Roasted, caramelized, grilled
Smoky:	Fumes of burning wood or plant material, barbecued
Pungent:	Sharp, acrid, strong, piquant, biting
Acid:	Sour, vinegar, tart, astringent
Chemical:	Metallic, ammonia, soapy
Foul:	Putrid, rancid

WORDS TO DESCRIBE COLOR

Black:	Coal, raven, ebony, inky
Brown:	Brownish, chocolate, liver-colored, copper
Green:	Yellow-green, olive-green, greenish, emerald
Opaque:	Impenetrable to light, dark, dull, murky, clouded
Red:	Maroon, wine, cherry, rose, crimson, coral
Translucent:	Semi-transparent, semi-opaque
Transparent:	Clear, crystal-clear
White:	Ivory, pearl, snow-white, alabaster, milk-white
Yellow:	Lemon, gold, straw-colored

WORDS TO DESCRIBE NUTRITIONAL VALUE

"Bad" Carbohydrates	"Good" Carbohydrates
"Good" Fat (Healthy Fats)	Calcium-Rich
High-Calorie	High-Fat
High-Glycemic	High-Protein
High-Sodium	Low-Calorie
Low-Fat	Low-Glycemic
Low-Protein	Low-Sodium
Nutrient-Dense	Trans Fat
Vitamin-Rich	Diet-Friendly (Atkins, South Beach, etc.)

WORDS TO DESCRIBE FOOD PARADIGMS

Adapted	Americana
Authentic	Bistro-Style
Consumer-Driven	Contemporary
Cross-Cultural	Eclectic
Ethnic	Ethno-Cuisine
European-Style	French-Inspired
Futuristic	Mainstream
Marketable	Modern
New-Wave	Rustic
Simplistic	Traditional
Trendy	Up scale

CUISINES THROUGH GEOGRAPHICAL ASSOCIATION

African: Ethiopian, Moroccan, Egyptian, South African, Tunisian, etc.

Asian: Indian, Chinese, Korean, Japanese, etc.

Southeast Asian: Indonesian, Thai, Vietnamese, Filipino, etc.

Regional U.S.: Southwestern, Cajun, New England, Pacific Rim, Tex-Mex, etc.

European: Italian, French, German, Swiss, Russian, Scandinavian, etc.

Mediterranean: Greek, Southern Italian, Provençal, Moroccan, Spanish, etc.

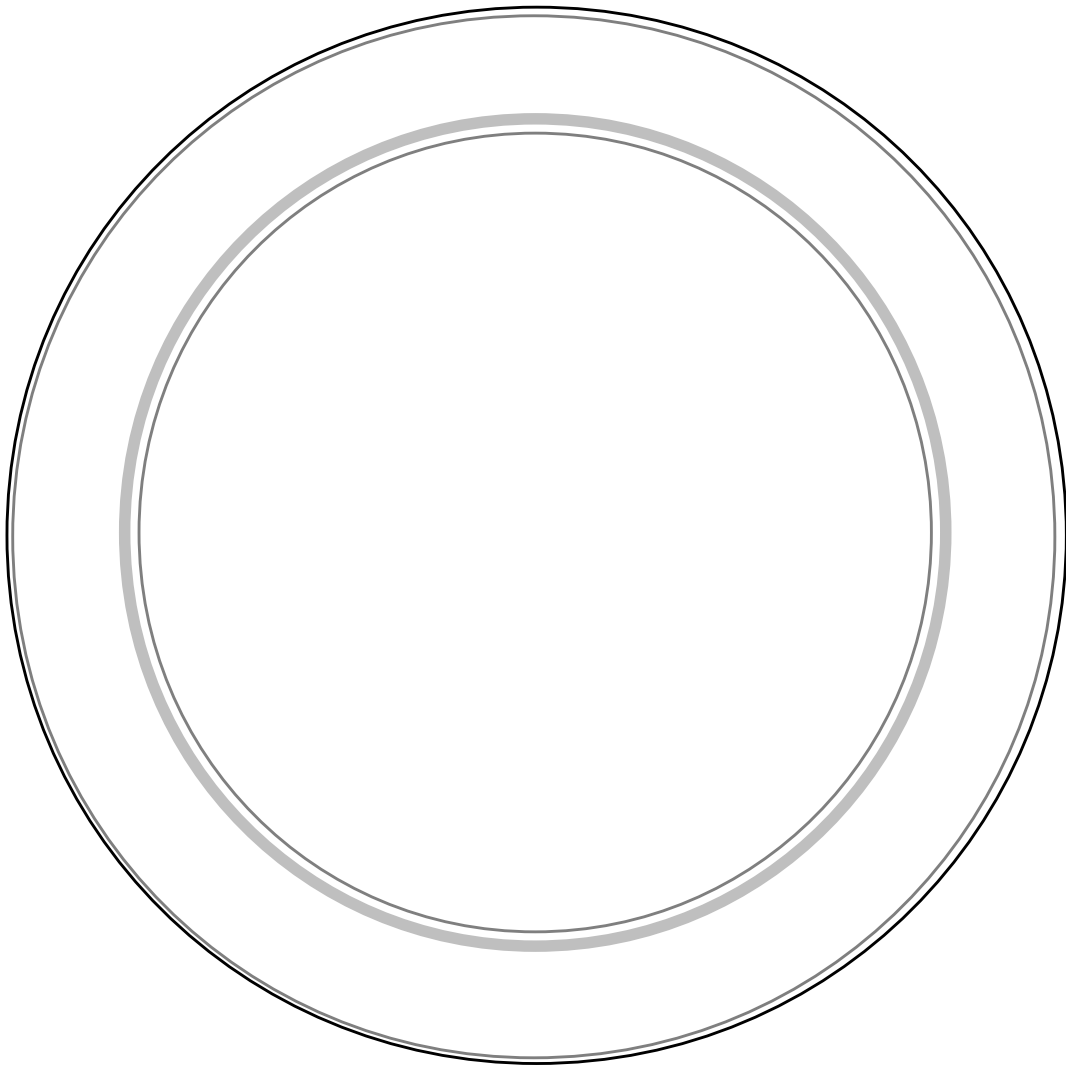
Middle Eastern/Arabian/Persian: Iranian, Iraqi, Afghani, etc.

Latino/Latin American: Mexican, Caribbean, South American, Central American

South American: Brazilian, Peruvian, Chilean, etc.

Caribbean/West Indian: Jamaican, Cuban, Haitian, etc.

SENSORY EVALUATION ACTIVITY #1
RICOTTA CHEESE & CLOVER HONEY

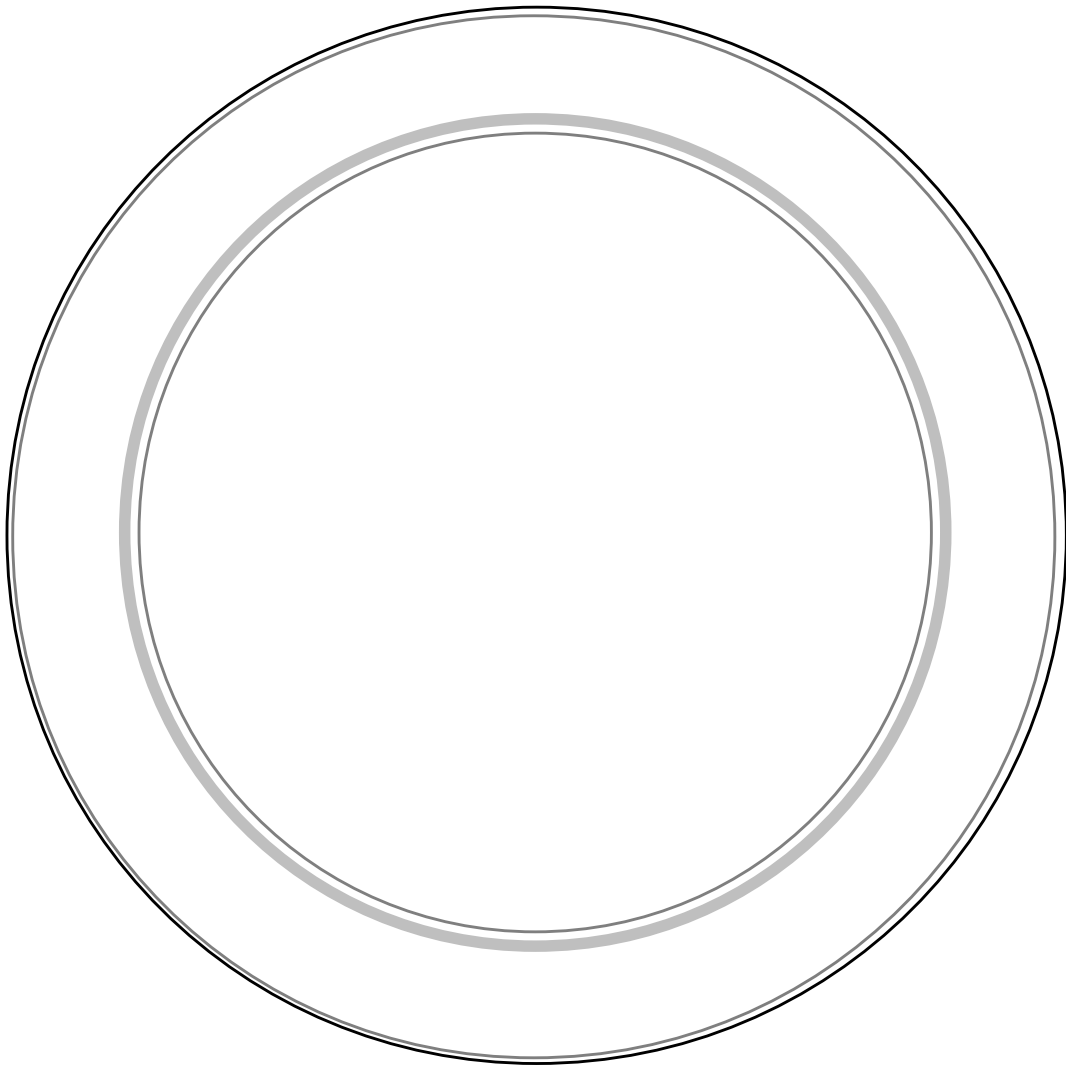


RICOTTA CHEESE & CLOVER HONEY (#1)

<p style="text-align: center;">Key Words: Ricotta Cheese</p> <p>Aroma</p> <hr/> <hr/> <p>Color</p> <hr/> <hr/> <p>Flavor</p> <hr/> <hr/> <p>Texture</p> <hr/> <hr/>	+	<p style="text-align: center;">Key Words: Clover Honey</p> <p>Aroma</p> <hr/> <hr/> <p>Color</p> <hr/> <hr/> <p>Flavor</p> <hr/> <hr/> <p>Texture</p> <hr/> <hr/>	=	<p style="text-align: center;">Key Words: Ricotta Cheese & Clover Honey</p> <p>Aroma</p> <hr/> <hr/> <p>Color</p> <hr/> <hr/> <p>Flavor</p> <hr/> <hr/> <p>Texture</p> <hr/> <hr/>
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<p>Complementary Food Items – Ricotta Cheese:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Food Substitutes – Ricotta Cheese:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Cooking Methods/ Considerations:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Complementary Food Items – Clover Honey:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Food Substitutes - Clover Honey:</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	

SENSORY EVALUATION ACTIVITY #2
DATES STUFFED WITH CHORIZO SAUSAGE

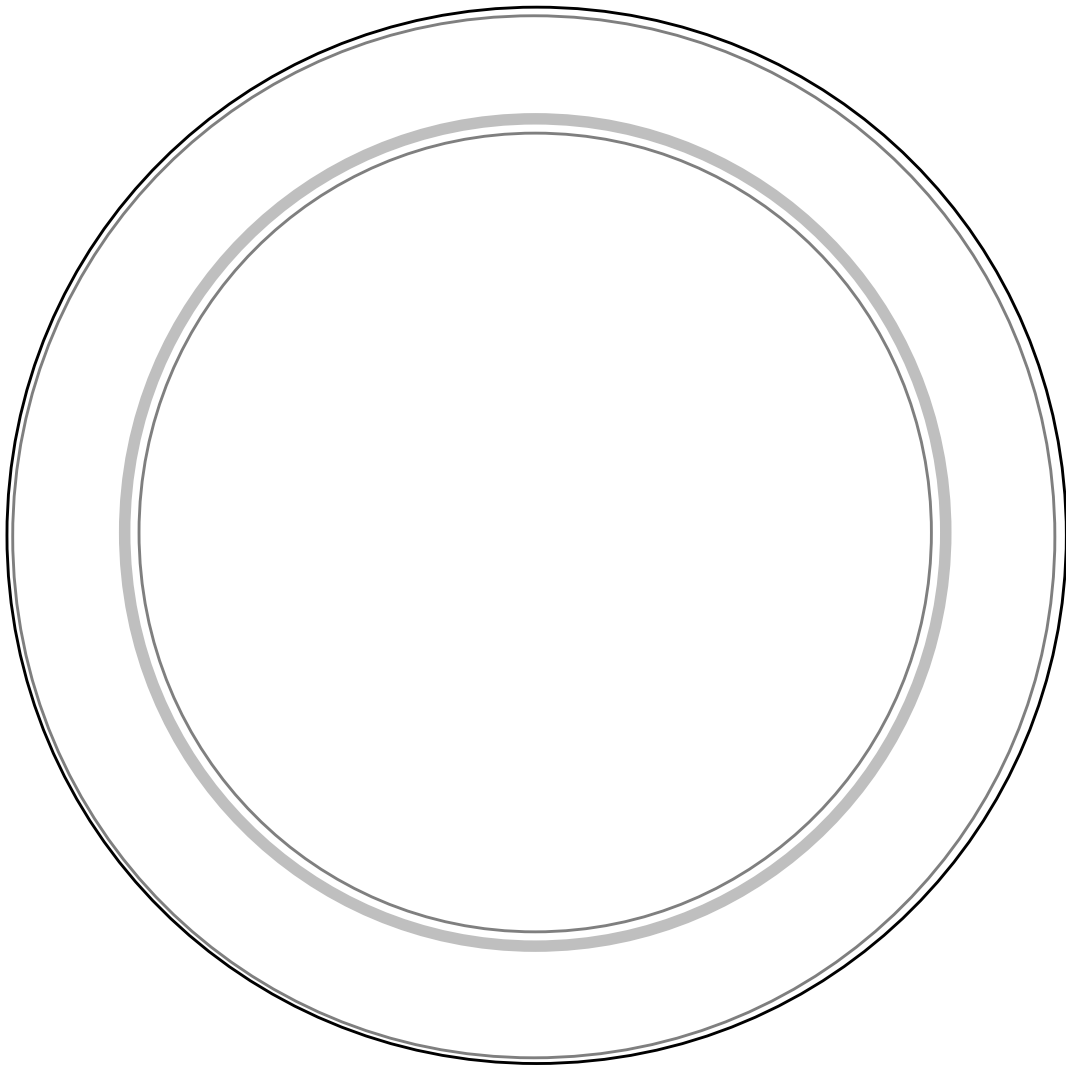


DATES STUFFED WITH CHORIZO SAUSAGE (#2)

<p style="text-align: center;">Key Words: Chorizo Sausage</p> <p>Aroma</p> <p>_____</p> <p>_____</p> <p>Color</p> <p>_____</p> <p>_____</p> <p>Flavor</p> <p>_____</p> <p>_____</p> <p>Texture</p> <p>_____</p> <p>_____</p>	+	<p style="text-align: center;">Key Words: Dates</p> <p>Aroma</p> <p>_____</p> <p>_____</p> <p>Color</p> <p>_____</p> <p>_____</p> <p>Flavor</p> <p>_____</p> <p>_____</p> <p>Texture</p> <p>_____</p> <p>_____</p>	=	<p style="text-align: center;">Key Words: Chorizo Sausage & Dates</p> <p>Aroma</p> <p>_____</p> <p>_____</p> <p>Color</p> <p>_____</p> <p>_____</p> <p>Flavor</p> <p>_____</p> <p>_____</p> <p>Texture</p> <p>_____</p> <p>_____</p>
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<p>Complementary Food Items – Chorizo Sausage:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Food Substitutes – Chorizo Sausage:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Cooking Methods/ Considerations:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>Complementary Food Items - Dates:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Food Substitutes - Dates:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	

SENSORY EVALUATION ACTIVITY #3
25 YEAR OLD BALSAMICO & PARMIGIANO-REGGIANO

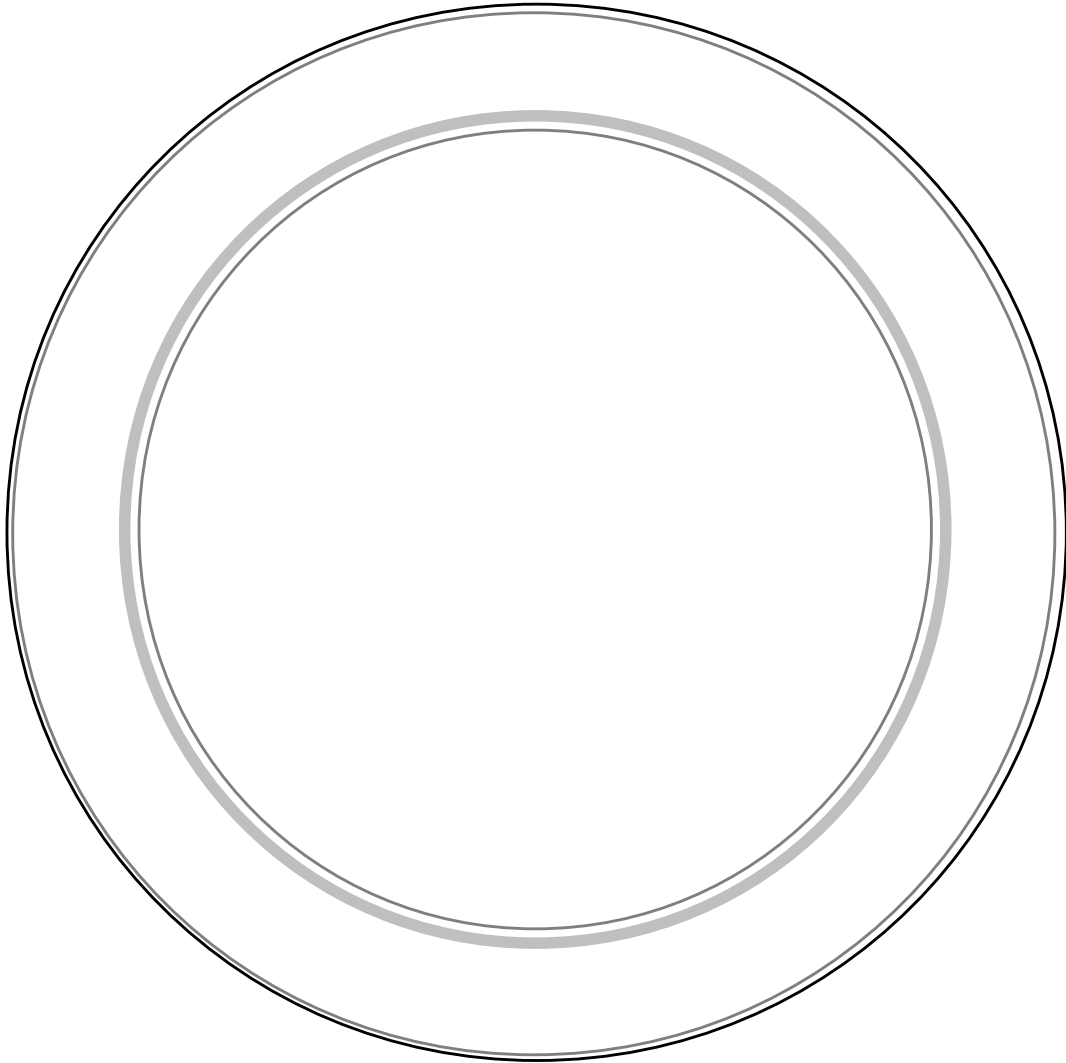


BALSAMICO & PARMIGIANO-REGGIANO (#3)

<p>Key Words: Balsamico</p> <p>Aroma</p> <p>_____</p> <p>_____</p> <p>Color</p> <p>_____</p> <p>_____</p> <p>Flavor</p> <p>_____</p> <p>_____</p> <p>Texture</p> <p>_____</p> <p>_____</p>	+	<p>Key Words: Parmigiano-Reggiano</p> <p>Aroma</p> <p>_____</p> <p>_____</p> <p>Color</p> <p>_____</p> <p>_____</p> <p>Flavor</p> <p>_____</p> <p>_____</p> <p>Texture</p> <p>_____</p> <p>_____</p>	=	<p>Key Words: Balsamico & Parmigiano-Reggiano</p> <p>Aroma</p> <p>_____</p> <p>_____</p> <p>Color</p> <p>_____</p> <p>_____</p> <p>Flavor</p> <p>_____</p> <p>_____</p> <p>Texture</p> <p>_____</p> <p>_____</p>
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<p>Complementary Food Items – Balsamico:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Food Substitutes - Balsamico:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Cooking Methods/ Considerations:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>Complementary Food Items – Parmigiano-Reggiano:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Food Substitutes - Parmigiano-Reggiano:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	

SENSORY EVALUATION ACTIVITY #4
TOASTED WALNUTS WITH BLUE CHEESE



TOASTED WALNUTS WITH BLUE CHEESE (#4)

<p>Key Words: Toasted Walnuts</p> <p>Aroma</p> <p>_____</p> <p>_____</p> <p>Color</p> <p>_____</p> <p>_____</p> <p>Flavor</p> <p>_____</p> <p>_____</p> <p>Texture</p> <p>_____</p> <p>_____</p>	+	<p>Key Words: Blue Cheese</p> <p>Aroma</p> <p>_____</p> <p>_____</p> <p>Color</p> <p>_____</p> <p>_____</p> <p>Flavor</p> <p>_____</p> <p>_____</p> <p>Texture</p> <p>_____</p> <p>_____</p>	=	<p>Key Words: Toasted Walnuts & Blue Cheese</p> <p>Aroma</p> <p>_____</p> <p>_____</p> <p>Color</p> <p>_____</p> <p>_____</p> <p>Flavor</p> <p>_____</p> <p>_____</p> <p>Texture</p> <p>_____</p> <p>_____</p>
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Complementary Food Items – Toasted Walnuts:

Food Substitutes – Blue Cheese:

Cooking Methods/ Considerations:

Complementary Food Items – Toasted Walnuts:

Food Substitutes - Blue Cheese:

DAY ONE TEAM PRODUCTION ASSIGNMENTS

GLOBAL STREET FOODS OF THE CARIBBEAN, EASTERN MEDITERRANEAN, INDIA, SOUTHEAST ASIA, JAPAN, & KOREA

TEAM ONE- GREECE, TURKEY, AND THE MIDDLE EAST

Tunisian Briks

Chicken Köfte Kebab, Adana Style

Gyros with Tzatziki Sauce

Pita

TEAM TWO- SOUTHEAST ASIA

Thai Beef Massaman Curry

Saigon Crepes
with Cilantro-Lime Soy Sauce

Malaysian Chicken Satay
with Pressed Rice Cakes and Spicy Peanut Sauce

Pho Ga

TEAM THREE- JAPAN AND KOREA

Udon Noodle Soup

Shrimp Tempura Hand Roll with Spicy Mayonnaise

Char Siu Bao

Korean Kogi Tacos

TEAM FOUR- INDIA

Chaat Papri

Mango Lhassi

Vegetable Samosas

Coriander and Cashew Chutney

Garlic Naan

Hot Tomato Relish

TEAM FOUR- THE CARIBBEAN

Green Plantain Chips with Ajilimójili Sauce

Shrimp and Potato Cakes

Salt Cod Fish Fritters

Jerk Chicken

TUNISIAN BRIKS

Yield: 8 portions

Ingredients	Amounts
Butter, unsalted	1 wt. oz.
Onion, yellow, finely chopped	2 ea.
Capers, drained, rinsed, mashed	10 ea.
Tuna, canned, drained, mashed	8 wt. oz.
Cheese, Parmesan, grated	3 Tbsp.
Parsley, fresh, chopped	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Spring roll skin, Chinese	8 ea.
Egg, whole	8 ea.
Egg, whites, lightly beaten	2 ea.
Oil, olive, pure	as needed
Lemon, cut into wedges	2 ea.

Method

1. For the filling, heat the butter in a sauté pan over medium heat. Add the onions and sauté until translucent.
2. Add the capers, tuna, cheese, and parsley. Season with salt and pepper to taste. Transfer to a medium bowl. Allow it to cool.
3. Spread out the spring roll skins. Place 1 tablespoon of filling on half of each leaf. Break an egg over each portion of filling.
4. Fold each spring roll over to form a half circle or triangle. Glue the edges with the beaten egg white. Fold each rim over ½- inch for a firmer rim, being careful not to break the egg yolk.
5. In a large skillet, place the oil to a depth of 1 inch. Heat until hot but not smoking. Slide the briks one at a time into the skillet. Spoon hot oil over the top while frying. When the underside is browned, turn and continue frying. Drain on absorbent towels.
6. Serve immediately with lemon wedges.

CHICKEN KÖFTE KEBAB, ADANA STYLE

Yield: 12 portions

Ingredients	Amounts
Chicken, ground	3 lb.
Breadcrumbs, dried	3 wt. oz.
Sour cream	4 wt. oz.
Garlic, clove, minced	6 ea.
Parsley, flat-leaf, fresh, chopped	2 ½ wt. oz.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Red pepper flakes	¼ tsp.
Skewer, flat	24 ea.
Lemon, cut into wedges	2 ea.

Method

1. Preheat a gas grill to high. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
2. In a large bowl, combine the ground chicken with the breadcrumbs.
3. Add the sour cream, garlic, parsley, salt, pepper, and red pepper flakes. Mix to combine. Allow it to rest for 15 minutes.
4. Rub oil over the skewers to prevent the meat from sticking.
5. Form the ground chicken mixture into cylinders. Place them onto the oiled skewers.
6. Grill until the meat is cooked through.
7. Serve on a heated platter with lemon wedges.

GYROS WITH TZATZIKI SAUCE

Yield: 12 portions

Ingredients	Amounts
Lamb, ground	2 lb.
Beef, ground	2 lb.
Onion, yellow, minced, squeezed dry	2 ea.
Garlic, minced	2 Tbsp.
Marjoram, dried	2 Tbsp.
Rosemary, dried	2 Tbsp.
Salt, kosher	4 tsp.
Pepper, black, ground	1 tsp.
Pitas (Recipe follows)	12 ea.
Lettuce, Romaine, shredded	12 wt. oz.
Tomato, seeded, med. diced	4 ea.
Onion, sweet, med. diced	3 wt. oz.
Tzatziki Sauce (Recipe follows)	1x recipe

Method

1. In a large bowl, place the lamb, beef, onion, garlic, marjoram, rosemary, salt, and pepper. Stir until thoroughly combined. Cover and refrigerate until very cold, at least 2 hours.
2. Chill the bowl and blade of a food processor in the freezer.
3. Preheat oven to 350°F. Lightly oil a sheet pan.
4. Transfer the meat mixture to the chilled food processor bowl and process until a sticky paste forms, about 2 minutes.
5. Spoon the mixture onto the prepared sheet pan. Shape it with dampened hands into a loaf about 1 ½ inches thick and 8 inches long. It should not touch the sides of the pan.
6. Cook the meat in the preheated oven until completely cooked through, 35 to 40 minutes.
7. Allow the meat to cool to room temperature. Remove it from the pan and wrap well. Chill it in the refrigerator for at least 8 hours and up to overnight.
8. Slice the chilled meat thinly. Reheat on a griddle until lightly browned.
9. Heat the pitas on the griddle until soft and pliable.
10. Fill each pita with the sliced gyro meat and top with lettuce, tomato, onion, and Tzatziki. Wrap the sandwich in wax paper and use a toothpick to hold the sandwich closed.

TZATZIKI SAUCE

Yield: 1 pint

Ingredients	Amounts
Cucumber, peeled, seeded, shredded	1 ea.
Salt, kosher	as needed
Garlic, chopped	1 tsp.
Salt, kosher	½ tsp.
Vinegar, wine, white	1 Tbsp.
Oil, olive, extra virgin	1 fl. oz.
Yogurt, non-fat, plain	16 fl. oz.
Mint, leaves, fresh, chopped	1 ½ Tbsp.

Method

1. In a large bowl, place the shredded cucumber. Add a little salt. Toss to combine. Set it aside for 15 to 30 minutes to draw out some of the liquid.
2. In a medium bowl, combine the chopped garlic and salt. Mash it to form a paste.
3. Stir in the vinegar. Add the oil and yogurt. Mix well.
4. Transfer the cabbage to a colander. Rinse the salt from the cucumber. Squeeze it dry.
5. Fold the cucumbers and the mint leaves into the yogurt mixture. Refrigerate.
6. Serve in a chilled bowl.

Source: adapted from *The Mediterranean Diet* by Nancy Harmon Jenkins

PITA

Yield: 12 small or 6 large pitas

Ingredients

Amounts

Flour, all-purpose	12 ½ wt. oz.
Salt, kosher	2 tsp.
Water, warm (90° - 100°F)	8 fl. oz.
Yeast, instant dry	2 ¼ tsp.
Sugar, granulated	½ tsp.

Method

1. In a large bowl, place the salt and flour. Mix to combine.
2. In a small bowl, place the water. Sprinkle in the yeast and sugar. Stir to dissolve.
3. Add the yeast mixture to the flour. Work it into a dough. Knead until smooth and elastic, about 5 minutes.
4. Shape the dough into an even rectangle. Cut it in half lengthwise. Divide the dough into equal portions and shape each into a smooth ball. Place the dough balls on a floured surface and cover with slightly damp towels.
5. Roll each round ¼-inch thick (about 3 ½ inches in diameter for small pitas or 5 to 5 ½ inches for larger ones). Carefully flip the circles over to smooth out any creases that might prevent the pocket from forming.
6. As each loaf is rolled, place it carefully on a floured surface and cover with a clean, dry towel; do not allow the surface of the loaves to dry out. Allow the loaves to rise in a warm, draft-free area, 30 to 45 minutes.
7. Preheat oven to 500°F.
8. Set 4 small pitas or 1 large pita on a preheated baking sheet. Bake in the preheated oven on the bottom rack until puffed and lightly browned on the bottom and almost white on top, about 3 ½ minutes for small pitas and about 4 minutes for large. If desired, flip the loaves over after they have puffed and bake up to 1 minute longer to brown the tops, being careful not to let the pita get crisp and brittle.
9. Remove the hot pitas from the oven and wrap them immediately in clean, dry towels to prevent them from drying out and becoming too crisp to cut. Serve warm or at room temperature.

Note: Contrary to the standard method of allowing bread dough to rise before shaping, these loaves are first shaped and rolled, then allowed to rise before baking. This simplified version, which cuts preparation time by about 1 ½ to 2 hours, lets the yeast do its best work in the oven, thus assuring a better pocket. This results in a superior pita with a delightfully chewy, yet tender texture and a puff in every loaf.

THAI BEEF MASSAMAN CURRY

Yield: 10 portions

Ingredients	Amounts
Beef, shoulder, 1-in. diced	3 lb.
Salt, kosher	as needed
Potato, peeled, large diced	3 ea.
Oil, vegetable	1 ½ fl. oz.
Cinnamon, stick	3 ea.
Cardamom, pod	3 ea.
Bay leaf	3 ea.
Chile, Thai, crushed	6 ea.
Onion, yellow, sliced	3 ea.
Garlic, chopped fine	¾ wt. oz.
Massaman Curry Paste (Recipe follows)	4 fl. oz.
Coconut, milk	1 ½ qt.
Fish sauce	3 fl. oz.
Tamarind, paste	3 fl. oz.
Sugar, palm	1 ½ Tbsp.
Chile, Thai, red, chopped	6 ea.
Stock, beef, hot	as needed
Peanuts, roasted, chopped	1 ½ wt. oz.
Chile, red, sliced	as needed

Method

1. In a large pot over medium-high heat, add the beef and just enough lightly salted water to cover. Bring the water to a simmer and cook until the beef is nearly tender. Transfer the beef to a bowl. Reserve the cooking liquid.
2. Add the potatoes and simmer until the meat is fork tender and the potatoes are cooked through. Drain.
3. For the sauce, heat the oil in a large saucepan. Add the cinnamon, cardamom, and bay leaf and fry until aromatic.
4. Add the Thai chiles, onions, and garlic. Cook until soft.
5. Add the Massaman paste and fry until fragrant.
6. Add the coconut milk, fish sauce, tamarind, and palm sugar. Adjust the seasoning to taste. Reserve and keep warm.
7. Add the reserved meat and potatoes. Simmer for to reheat, 3 to 4 minutes. If necessary, adjust the viscosity of sauce by adding some heated beef cooking liquid.
8. Serve in a heated bowl, garnished with the chopped peanuts and sliced red chiles.

MASSAMAN CURRY PASTE

KRUENG

Yield: 8 weight ounces

Ingredients	Amounts
Chile, Thai, red	10 ea.
Cumin seeds	2 Tbsp.
Coriander seeds	1 tsp.
Peppercorns, black	1 tsp.
Clove	1 tsp.
Cinnamon, ground	1 tsp.
Mace, ground	1 tsp.
Nutmeg, fresh, grated	1 tsp.
Cardamom, ground	1 tsp.
Lemongrass, stalk	3 ea.
Galangal, finely chopped	1 Tbsp.
Salt, kosher	2 tsp.
Garlic, coarsely chopped	2 ½ wt. oz.
Shallot, coarsely chopped	2 ½ wt. oz.
Shrimp, paste	1 Tbsp.

Method

1. Remove the stems from the chiles and most of the seeds. Coarsely chop. Transfer to a small bowl. Cover with warm water and allow them to soak for 20 minutes. Drain and reserve.
2. In a small dry sauté pan over low-medium heat, toast the cumin, coriander, peppercorns, and cloves for 3 to 5 minutes. Transfer to small bowl and allow them to cool. Using a mortar and pestle, grind the toasted spices to a fine powder. Transfer to a small bowl. Reserve.
3. In a small dry sauté pan over low-medium heat, place the cinnamon, mace, nutmeg, and cardamom. Toast the spices, stirring frequently, until they darken slightly, 2 to 3 minutes. Transfer to the bowl with the ground whole spices. Reserve.
4. Trim the lemongrass stalks. Cut away and discard the grassy tops, leaving a stalk about 3 inches long. Cut away any hard root section to leave a clean, smooth, flat base at the root end below the bulb. Remove and discard any tough outer leaves. Slice each stalk crosswise very thinly. Finely chop the slices.
5. In a mortar and pestle, place the chopped lemongrass and galangal. Pound and grind for about 3 minutes to break down the fibers of the herbs. Add the reserved Thai chiles and salt. Continue pounding and grinding, scraping down the sides with a spoon, for 5 minutes.
6. Add the garlic, shallots, reserved roasted spices, and shrimp paste. Grind and pound until you have a fairly smooth, moist paste, about 5 minutes.
7. For storage, transfer to a glass jar, cover tightly, and refrigerate for up to one month.

SAIGON CRÊPES

Yield: 10 portions

Ingredients	Amounts
Beans, mung, yellow split	1 ¾ wt. oz.
Coconut, milk	12 fl. oz.
Water	4 fl. oz.
Flour, rice	5 ½ wt. oz.
Sugar, granulated	½ tsp.
Salt, kosher	½ tsp.
Turmeric, powder	¼ tsp.
Oil, vegetable	as needed
Bean sprouts	10 wt. oz.
Scallion (Green onion), minced	5 ea.
Cilantro, leaves, fresh	1 cup
Cilantro-Lime Soy Sauce (Recipe follows)	1x recipe

Method

1. In a small, dry sauté pan over medium heat, toast the mung beans lightly until they develop a nutty aroma. Transfer the beans to a small bowl. Cover with water and allow them to soak until softened. Drain.
2. For the batter, in a blender, place the beans, coconut milk, water, rice flour, sugar, salt, and turmeric. Purée until smooth. Strain into a clean bowl.
3. Heat a non-stick omelet pan with a small amount of oil over medium heat. Pour 2 ounces of batter into the hot pan, swirling the pan so that it spreads into a thin layer from edge to edge.
4. Arrange 1 ounce of the bean sprouts and ½ of the scallion on one side of the crêpe. Lower the heat, cover, and cook until the edges pull away from the sides, 2 to 3 minutes.
5. Uncover and cook the crêpe until it is cooked through and brown and crisp on the bottom, 1 to 2 minutes.
6. Scatter some cilantro over the empty side of the crêpe and fold it over the bean sprouts and green onions. Slide the crêpe onto a plate. Keep warm. Repeat the process with the remaining crêpes.
7. Serve on a heated platter with the Cilantro-Lime Soy Sauce.

CILANTRO-LIME SOY SAUCE

Yield: 10 portions

Ingredients	Amounts
Garlic, clove, med.	4 ea.
Ginger, peeled, thinly sliced	3 wt. oz.
Vietnamese chili paste	3 Tbsp.
Cilantro, leaves + stems, fresh, chopped	½ cup
Soy sauce, light	8 fl. oz.
Lime, juice, with pulp, fresh	4 fl. oz.
Water	4 fl. oz.
Sugar, granulated	3 ½ wt. oz.

Method

1. Using a mortar and pestle, grind the garlic and ginger into a paste. Transfer to a small bowl.
2. Add the chili paste, cilantro, soy sauce, lime juice, water, and sugar. Whisk until the sugar has dissolved.
3. Allow the sauce to sit for 10 minutes.
4. Adjust the seasonings to taste.
5. Serve in individual ramekins.

MALAYSIAN CHICKEN SATAY WITH PRESSED RICE CAKES AND SPICY PEANUT SAUCE

Yield: 30 skewers

Ingredients	Amounts
Lemongrass, stalk, trimmed, minced	2 ea.
Garlic, cloves, roughly chopped	4 ea.
Galangal, finely grated	1 Tbsp.
Sugar, granulated	½ cup
Salt, kosher	2 tsp.
Turmeric, ground	2 tsp.
Peanuts, dry roasted, ground	2 Tbsp.
Chicken, thigh, boneless, skinless med. diced	2 lb.
Skewer, bamboo, 10-in. long, soaked	30 ea.
Cucumber, 1-in. diced	2 ea.
Onion, red, med. diced	½ ea.
Pressed Rice Cakes (Recipe follows)	1x recipe
Spicy Peanut Sauce (Recipe follows)	1x recipe

Method

1. In a blender, purée the lemongrass, garlic, galangal, and as much water necessary to facilitate blending, until it becomes a smooth marinade. Transfer to a bowl.
2. Add the sugar, salt, turmeric, and peanuts. Pour the marinade over the chicken and massage thoroughly (Use gloves or tongs, since the marinade will stain your fingers). Cover and marinate, refrigerated, for 24 hours.
3. Preheat a gas grill to medium-high, leaving one burner off. If using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
4. Place 3 to 5 pieces of marinated chicken on each skewer, aiming for the center of the meat so that it lies flat.
5. Grill the satay, turning often, until they are cooked through, and the marinade has caramelized.
6. Serve on a heated platter with the cucumber, onion, Pressed Rice Cakes, and Spicy Peanut Sauce.

Source: Robert Danhi, as presented at the 2009 Worlds of Flavor Conference.

PRESSED RICE CAKES

Yield: 25 pieces

Ingredients

Amounts

Rice, jasmine

1 cup

Water

1 ½ cups

Method

1. Lightly grease an 8- x 8- x 2- inch baking pan. Line it with plastic wrap, allowing a 4-inch overhang on all sides. Have a second pan ready that will stack neatly into the lined baking pan (this will be used to weight down the rice).
2. In a small sauce pot, place the water and rice. Stir to prevent the rice from clumping or sticking to the bottom of the pot. Bring it to a boil over high heat. Lower to a simmer, cover, and cook until the rice is tender, and all the water has been absorbed, 15 to 20 minutes.
3. Remove the pot from the heat and allow it to rest, covered, for 10 minutes. Remove the lid and briefly stir the rice to slightly mash some of the grains so they stick together.
4. Transfer the rice into the prepared pan and spread it in an even layer. Fold the overhanging plastic wrap over the rice, and cover with more plastic wrap. Top the plastic wrap with another pan, so that its surface is completely pressed by the bottom of the inserted pan. Weigh the top pan down with a 4-pound weight. Allow it to sit at room temperature until the rice is fully set, about 1 hour.
5. Remove the weight and the top sheet of plastic. Use the overhanging plastic as handles to remove the rice from the pan. Transfer the rice cake to a cutting board and remove all plastic wrap. Large dice the rice using a wet knife.

Source: Robert Danhi, as presented at the 2009 Worlds of Flavor Conference.

SPICY PEANUT SAUCE

Yield: 3 cups

Ingredients	Amounts
Chile, red hot, dried, stemmed, seeded	½ cup
Shrimp, dried	1 tsp.
Water, room temp.	1 cup
Peanuts	8 wt. oz.
Oil, vegetable	4 fl. oz.
Shallot, roughly chopped	½ cup
Garlic, roughly chopped	4 Tbsp.
Lemongrass, stalk, trimmed, minced	2 ea.
Galangal, finely grated	2 tsp.
Water	1 ½ pt.
Sugar, granulated	5 ½ wt. oz.
Salt, kosher	2 tsp.

Method

1. In a small bowl, place the chiles, shrimp, and water. Allow the chiles to soak for 30 minutes. Drain well. Reserve.
2. In a dry sauté pan, roast the peanuts. Using a mortar and pestle, grind the peanuts fine. Reserve.
3. In a blender, place the oil, shallots, garlic, lemongrass, galangal, reserved shrimp, and chiles. Purée into a semi-smooth paste.
4. Heat a 2-quart saucepan over medium heat. Add the puréed spice paste and cook until the mixture is fragrant and the oil begins to separate out, 5 to 10 minutes.
5. Add the water and reserved peanuts. Stir well. Return it to a boil, lower the heat, and simmer for 1 hour, stirring often.
6. Add the sugar and salt. Cook until the sauce no longer tastes raw, adding water as needed to compensate for evaporation, up to 2 hours.

Source: Robert Danhi, as presented at the 2009 Worlds of Flavor Conference.

PHO GA

Yield: 12 portions

Ingredients	Amounts
Chicken, bones, cut in 3-in. pieces, rinsed	6 lb.
Water	2 ½ gal.
Ginger, 4-in. piece	2 ea.
Onion, yellow, peeled, cut in half	4 ea.
Star anise, lightly toasted	12 ea.
Clove, lightly toasted	12 ea.
Cardamom, pod	6 ea.
Fennel seeds	2 tsp.
Cinnamon, stick	2 ea.
Peppercorns, black	2 tsp.
Chicken, whole, split in half, 3½ lb.	2 ea.
Fish sauce	4 fl. oz.
Sugar, granulated	1 ¾ wt. oz.
Salt, kosher	2 Tbsp.
Rice sticks, dried, 1/16-in. wide	2 lb.
Onion, yellow, sliced very thin	4 ½ wt. oz.
Scallion (Green onion), thinly sliced	1 ½ wt. oz.
Cilantro, fresh, chopped	1 wt. oz.
Bean sprouts	2 lb.
Basil, Asian, sprig	40 ea.
Saw-leaf, leaf (Optional)	24 ea.
Chile, Thai bird, seeded, thinly sliced	6 ea.
Lime, cut into 6 wedges	2 ea.
Fish sauce	to taste
Pepper, black, ground	to taste

Method

1. For the broth, in a stockpot, place the chicken bones and water. Bring it to a boil. Simmer for 1 hour. Skim the surface as necessary.
2. Cut the ginger in half lengthwise and bruise with the flat side of a knife. Char the ginger and onions over an open flame or under the broiler, about 3 to 4 minutes. Reserve.
3. Place the star anise, cloves, cardamom pods, fennel seeds, cinnamon, and peppercorns in a cheesecloth or spice bag. Reserve.
4. Add the chicken halves to the simmering broth. Return the liquid to a simmer, skimming the surface as necessary.

5. Add the charred ginger, onions, fish sauce, sugar, and salt. Cook until the chicken is just done, about 30 minutes. Remove the chicken, but not the bones, and set aside to cool.
6. Add the spice bag to the pot and simmer the broth for another hour. Remove and discard the spice bag. Adjust the seasoning to taste. Turn down the heat to very low.
7. Remove the skin from the reserved chicken and discard. Shred half of the chicken into bite-sized strips and reserve. Save the other half for another use. (You don't need much to garnish pho, but you do need a whole chicken to make a good broth.)
8. Soak the noodles in cold water for 30 minutes. Bring a large pot of water to a boil over high heat. Add the rice sticks and boil until soft but still resilient, 2 to 3 minutes.
9. Portion 1 cup of the cooked noodles into 12 preheated bowls. Place 2 tablespoons sliced yellow onions and $\frac{1}{3}$ cup shredded chicken on top.
10. Bring the broth back to a rolling boil. Ladle 1 cup into each bowl. Top with green onions and cilantro. Invite guests to garnish their bowls with bean sprouts, fresh herbs, chiles, squeezes of lime juice, fish sauce, and black pepper.

Source: Adapted from a recipe by Mai Pham

UDON NOODLE POT

Yield: 2 quarts

Ingredients	Amounts
Noodles, udon, dried	2 lb.
Primary Dashi (Recipe follows)	2 qt.
Soy sauce, light	4 fl. oz.
Wine, rice, Japanese (<i>Mirin</i>)	1 fl. oz.
Clam, littleneck, scrubbed well	12 ea.
Mushroom, shiitake, caps only	12 ea.
Cabbage, napa, leaf, rinsed, dried	12 ea.
Carrot, cut into thin rounds	½ lb.
Peas, snow, strings removed	½ lb.
Chicken, thigh, boneless, skinless, trimmed, cut into thin strips	½ lb.
Shrimp, peeled, de-veined	12 ea.
Scallion (Green onion), sliced very thin on bias	4 ea.

Method

1. Bring a large pot of salted water to a boil. Add the noodles and cook until they are firm to the bite (*al dente*).
2. Transfer the noodles to a cold-water bath to stop the cooking process. Drain and reserve.
3. In a small saucepot, place the dashi, soy sauce, and mirin. Heat to just under a simmer.
4. In a large saucepot, combine a small amount of the heated dashi mixture with the clams, shiitakes, cabbage, carrots, and snow peas. Cook until the clams start to open.
5. Add the chicken and shrimp. Cook until the shrimp turns pink, and the chicken is cooked, about 1 minute.
6. Re-heat the noodles in boiling water. Portion the hot noodles into heated serving bowls. Top with the cooked clam-shrimp mixture.
7. Pour enough hot dashi mixture over the noodles to barely submerge them. Garnish with the sliced green onions.

PRIMARY DASHI

Yield: ½ gallon

Ingredients

Amounts

Water, cold	½ gal.
Kelp, giant (<i>Kombu</i>)	1 wt. oz.
Bonito, flakes, dried (<i>Hana-katsuo</i>)	1 wt. oz.

Method

1. In a large soup pot, place the cold water and the kelp. Heat, uncovered until it is just under a boil. Do not allow the water to boil (Kelp emits a strong odor if it is boiled, so be sure to remove the pot from the heat just before the water boils.)
2. Allow the kelp to steep in the hot water off the heat for 10 minutes.
3. Add the bonito flakes. Bring it to a near simmer. Remove the pot from the heat and allow it to steep for 10 minutes.
4. Filter the dashi through a cheesecloth-lined sieve.
5. If desired, reserve the bonito flakes and kelp for secondary dashi.

SHRIMP TEMPURA HAND ROLL WITH SPICY MAYONNAISE

Yield: 20 rolls

Ingredients	Amounts
Nori, full sheet	10 ea.
Shrimp, peeled, tail on, deveined	20 ea.
Flour, all-purpose	4 cups
Baking powder	3 ½ Tbsp.
Water, cold	4 ½ cups
Oil, sesame, dark	¼ cup
Hand Vinegar (<i>Ttezu</i>) (Recipe follows)	1x recipe
Spicy Mayonnaise (Recipe follows)	1x recipe
Avocado, bâtonnet	1 to 2 ea.
Cucumber, 2 ½ -in. julienned	1 to 2 ea.
Pickled ginger (Recipe follows)	1x recipe
Wasabi (Recipe follows)	1x recipe
Soy sauce	12 fl. oz.

Method

1. Cut the nori sheets in half, forming 20 each, approximately 4 X 7-inch sheets. Reserve.
2. Place each shrimp on its back (deveined side down). Make a shallow, lengthwise cut, removing the whitish vein. Make 3 shallow, widthwise cuts along the body. Straighten the shrimp with your hands, turn it back onto its belly, and gently press down. Gently cut off the tail. Reserve.
3. For the batter, in a large bowl, combine the flour and baking powder.
4. In a small bowl, whisk together the water and sesame oil. With the least amount of movement, gently whisk the mixture into the flour until a batter forms. It should be very lumpy, and very cold. Do not over-mix or the batter will be sticky and the coating will turn out oily and heavy.
5. Working in batches, dip the shrimp into the batter. Immediately place in a deep fryer, gently shaking and dragging as you lower them into oil, so they do not sink to the bottom and stick. Fry until they are lightly golden. Drain on a wire rack on a sheet pan. Reserve.
6. Place a half sheet of nori in the palm of your left hand, shiny side down. Dip your right hand into the hand vinegar and then tap your fingers on a damp towel to remove excess water. Fill about ⅓ of the nori with rice, then lay ingredients on top in the following order- spicy mayonnaise, shrimp tempura, avocado, and cucumber.

7. Fold the bottom left corner of the nori over the fillings. Continue rolling to the right to form a cone-shaped roll. Use a bit of rice to glue a corner flap to the hand roll. Repeat to make 20 rolls.
8. Serve immediately (nori will get soggy quickly) with soy sauce as a dipping sauce and pickled ginger.

Variation: Hand-Rolled Sushi (Temaki-sushi)

Without using a bamboo mat, you can produce almost the same sort of sushi by hand rolling. But because hand-rolled sushi is not as firmly or evenly packed as the kind rolled in a mat, the hand-rolled type is eaten as is, without being cut into bite-sized rounds.

The procedure for hand-rolled sushi is similar as for the mat-rolled kind. Roll gently, using the fingers and palms of both hands. Eat immediately, without cutting. Temaki really is not the sort of food that is brought on a platter or served on a plate. In Japanese sushi shops, temaki are made to order between rounds of nigiri-sushi, and rolls are simply passed across the counter from master to patron without much ceremony. You may use soy sauce as a dipping sauce, if desired.

SUSHI RICE

Yield: 25 weight ounces

Ingredients

Amounts

Rice, short-grain	25	wt. oz.
Water	1	qt.
Kelp, dried (<i>Kombu</i>), 3-in. square	1	ea.
Sugar, granulated	2 ¼	wt. oz.
Salt, kosher	¾	wt. oz.
Vinegar, rice, Japanese, unseasoned	2 ½	fl. oz.

Method

1. Wash the rice gently until the water runs semi-clear. In a heavy-bottomed, medium-sized pot, place the rice and water.
2. Wipe the kombu clean with a damp cloth. You may slash it with a knife in a few places to enable the more complete release of kombu flavors. Place it on top of the rice in the water.
3. Cover the pot and place over medium heat. Just before the water boils, remove the kelp and discard. Cover the pot tightly and bring it to a boil over high heat for 2 minutes. Lower the heat to medium and cook for 5 minutes. Lower the heat to very low and cook until all water has been absorbed, about 15 minutes.
4. Remove the pot from the heat and allow it to stand, with the pot lid wrapped in a kitchen towel, 10 to 15 minutes.
5. For the dressing, in a small saucepan over low heat, place the sugar and salt in vinegar. Stir until the sugar and salt dissolve. Transfer the hot vinegar mixture to a metal bowl and twirl the bowl in a bath of ice water until it cools to room temperature.
6. Using a flat wooden spoon or rice paddle, spread the hot rice in a thin layer in a wide and shallow wooden or metal bowl.
7. To keep the grains separate, toss the rice with horizontal, cutting strokes. This lateral motion will also keep grains from being bruised or mashed. While tossing, sprinkle vinegar dressing generously over rice. You may not have to use all the dressing. Be careful not to add so much liquid that the rice becomes mushy. While tossing the rice, cool it quickly and thoroughly with a fan. The tossing and fanning takes about 10 minutes.
8. To keep vinegared rice from drying out when it has cooled to room temperature, place it in a container and cover with a damp cloth.

Note: The flavor of sushi rice varies somewhat with the seasons. In summer, a little more vinegar is used. Adjust the flavor of the rice to taste.

HAND VINEGAR (TTEZU)

Yield: 8 fluid ounces

Ingredients

Amounts

Water, cold	8 fl. oz.
Vinegar, rice, Japanese, unseasoned	½ fl. oz.

Method

1. In a small bowl, combine the cold water and rice vinegar.
2. Place it next to the sushi workstation.

Note: One sliced lemon can be substituted for the rice vinegar.

This mixture is used to prevent the rice from sticking to your hands. The hands are dipped in the water then slapped together – an effective and theatrical way to remove the excess water.

SPICY MAYONNAISE

Yield: 5 weight ounces

Ingredients

Amounts

Mayonnaise	4 wt. oz.
Sriracha hot sauce	2 Tbsp.
Oil, sesame, roasted	¼ tsp.

Method

1. In a small bowl, whisk together the mayonnaise, sriracha, and sesame oil.
2. Use immediately or store in the refrigerator.

WASABI

Yield: ½ cup

Ingredients

Amounts

Wasabi, powder

3 wt. oz.

Water, warm (110°F)

as needed

Method

1. In a small bowl, place the powder. Mix in just enough warm water to achieve a smooth paste. (Stand back from the bowl, as the fumes that rise will burn your eyes.)
2. Spread the mixture across the bottom of the bowl and wrap it tightly with plastic wrap.
3. Place the bowl upside down on a work surface for 10 minutes until the flavor is developed.

Note: Fresh wasabi can be challenging to source and is expensive. Most chefs use the dry powdered form of this special green root. The prepared green paste sold in tubes is usually inferior to the dry powder.

PICKLED GINGER (GARI SHOGA)

Yield: 2 cups

Ingredients

Amounts

Ginger, fresh, young	1 lb.
Water, boiling	as needed
Vinegar, rice	20 fl. oz.
Vinegar, cider	3 fl. oz.
Vinegar, white, distilled	1 fl. oz.
Sugar, granulated	8 wt. oz.
Salt, kosher	1 wt. oz.

Method

1. Peel the ginger and slice it crosswise, across the grain, into paper-thin slices.
2. Transfer the ginger to a glass or ceramic bowl. Add enough boiling water to cover. Allow it to stand for 2 minutes.
3. Drain the ginger in a colander. Transfer it to an impeccably clean plastic or stainless-steel container.
4. In a non-reactive pot over medium heat, combine the vinegar, sugar, and salt. Stir until the sugar and salt dissolve. Pour it over the ginger.
5. Allow it to cool completely. Cover and refrigerate for at least 24 hours.

Source: Adapted from *China Moon Cookbook* by Barbara Tropp

CHAR SIU BAO

Yield: 32 buns

Ingredients	Amounts
Oil, vegetable	4 tsp.
Onion, yellow, finely diced	4 wt. oz.
Hoisin sauce	1 fl. oz.
Oyster sauce	4 tsp.
Sugar, granulated	1 tsp.
Salt, kosher	1 tsp.
Stock, chicken	8 fl. oz.
Cornstarch	4 tsp.
Char Siu (Recipe follows), finely diced	4 cups
Yeast, active dry	3 Tbsp.
Water, warm (100°F)	16 fl. oz.
Milk, warm (100°F)	8 fl. oz.
Flour, all-purpose	18 wt. oz.
Flour, cake	16 wt. oz.
Sugar, granulated	7 wt. oz.
Salt, kosher	$\frac{2}{3}$ tsp.
Oil, vegetable	2 wt. oz.
Baking powder	2 tsp.
Parchment paper squares, 2- x 2- inches	32 ea.
Egg, whole	2 ea.
Water	2 Tbsp.
Water	16 fl. oz.
Sugar	7 wt. oz.

Method

1. For the filling, heat the oil in a sauté pan. Add the onions and sauté until soft. Add the hoisin sauce, oyster sauce, sugar, salt, and chicken stock. Stir to combine. Bring to a simmer and stir in the cornstarch. Cook until thickened. Fold in the diced pork. Transfer to a mixing bowl, refrigerate until well chilled, and reserve.
2. For the dough, combine the active dry yeast and warm water in a bowl and allow to proof until the mixture becomes foamy.
3. In the bowl of a stand mixer combine the water and yeast mixture and the milk. Add the all-purpose flour, cake flour, sugar, salt, and oil. Knead using a dough hook until a smooth dough forms, 10 to 12 minutes.

4. Turn the dough into a lightly oiled bowl, cover, and place in a warm area of the kitchen until it has doubled in size.
5. Turn the dough out onto a floured work surface. Punch down the dough and sprinkle with the baking powder. Knead the dough just to incorporate the baking powder.
6. Divide the dough into 32 pieces.
7. Pat out one piece of dough at a time into a circle, leaving the center thicker than the edges. Place about 2 tablespoons of the filling in the center.
8. Gather up the sides and pinch shut. Place, pinched side down, onto the parchment paper. Place on sheet trays and cover. Place in a warm area of the kitchen until doubled in size.
9. For the egg wash, in a small bowl, whisk together the egg and water. Brush the tops of the buns with egg wash. Place in a 375°F oven for 15 minutes.
10. For the simple syrup, combine the water and sugar and heat gently until all the sugar is dissolved.
11. Remove the buns from the oven and brush with the simple syrup. Allow to rest for 5 minutes before serving.
12. Place in a steamer. Steam on high for 15 minutes. Allow to rest for 5 minutes before serving.

CHAR SIU

Yield: 3 pounds

Ingredients	Amounts
Soy sauce, thick	1 Tbsp.
Oyster sauce	1 Tbsp.
Salt, kosher	2 tsp.
Brandy	1 Tbsp.
Sugar, granulated	3 Tbsp.
Garlic, minced	1 Tbsp.
Brown bean sauce	2 Tbsp.
Hoisin sauce	2 fl. oz.
Ketchup	2 Tbsp.
Hot bean paste	1 Tbsp.
Food coloring, red	3 drops
Pork, butt, cut into 5 oz. pieces	3 lb.
Sugar, malt	3 Tbsp.
Water, boiling	3 Tbsp.

Method

1. For the marinade, in a small bowl, place the soy sauce, oyster sauce, salt, brandy, sugar, garlic, bean sauce, ketchup, bean paste, and red food coloring. Stir to combine.
2. Add the pork butt pieces to the marinade. Mix to coat evenly. Allow it to marinate, covered and refrigerated, overnight.
3. Preheat oven to 350°F.
4. Remove the pork from the marinade and place on wire racks or hanging skewers.
5. For the basting solution, in a small bowl, combine the malt sugar and boiling water. Brush the pork with the basting solution.
6. Place the pork in the preheated oven. Baste periodically. Cook until the pork is cooked through and well browned, about 1 ¼ hours.
7. Remove the pork from the oven and allow it to cool.

Note: Honey can be substituted for the malt sugar.

KOREAN KOGI TACOS

Yield: 24 tacos

Ingredients	Amounts
Kogi Spicy Pork "Al Pastor" (Recipe follows) chopped	2 ¼ lb.
Tortilla, corn, 4-in. diameter	24 ea.
Salsa Verde (Recipe follows)	1 pt.
Onion, yellow, finely diced	2 ¼ wt. oz.
Cilantro, fresh, chopped	2 ½ wt. oz.
Asian Slaw (Recipe follows)	5 cups
Sesame seeds, toasted, crushed	¼ tsp.
Lime, cut into wedges	3 ea.

Method

1. Preheat a gas grill to medium-high; leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
2. Remove the pork from the marinade, allowing any extra to drip off. Grill the pork, turning as needed to prevent excessive charring, until cooked through. Reserve.
3. For each portion, heat 2 tortillas in a cast-iron skillet, or directly over a flame, until heated through.
4. To assemble, place the meat in the tortillas, add about 1 tablespoon of the Salsa Verde. Top with onion, cilantro, and Asian Slaw. Garnish with sesame seeds. Repeat the process to assemble 24 tacos.
5. Serve accompanied with lime wedges.

Source: Adapted from Roy Choi, as presented at the 2009 Worlds of Flavor Conference.

KOGI SPICY PORK “AL PASTOR”

Yield: 2 ¼ pounds

Ingredients	Amounts
Soy sauce	8 fl. oz.
Maple syrup	5 ½ fl. oz.
Sugar, granulated	5 ¼ oz.
Onion, yellow, peeled, quartered	¾ ea.
Scallion (Green onion)	½ wt. oz.
Garlic, minced	2 ½ wt. oz.
Kiwi, peeled	¼ ea.
Pear, Asian, peeled, cored, quartered	¼ ea.
Chile, jalapeño, stemmed, halved	2 ea.
Soft drink, lemon-lime, Sprite	3 fl. oz.
Orange, juice, fresh	2 fl. oz.
Wine, rice, Japanese (<i>Mirin</i>)	1 ½ fl. oz.
Oil, sesame	1 ½ fl. oz.
Sesame seeds, toasted	2 Tbsp.
Korean chili paste (<i>Kochujang</i>)	1 ¼ cups
Korean chili flakes (<i>Kochukaru</i>)	⅓ cup
Pepper, black, ground	¾ tsp.
Pork, butt, sliced ⅛-in. thick	1 ½ lb.
Pork, belly, sliced ⅛-in. thick	10 wt. oz.

Method

1. For the marinade, in a blender or food processor, place the soy sauce, maple syrup, sugar, onion, green onion, garlic, kiwi, pear, chile, Sprite, orange juice, mirin, sesame oil, sesame seeds, chile paste, chile flakes, and pepper. Purée until smooth.
2. In a large bowl, place the pork butt and pork belly. Add the marinade. Massage the meat until thoroughly and evenly coated.
3. Refrigerate the meat for 2 hours or up to overnight to allow the pork to marinate.

Source: Adapted from Roy Choi, as presented at the 2009 Worlds of Flavor Conference.

SALSA VERDE

Yield: 1 pint

Ingredients	Amounts
Tomatillo, husk removed, cleaned	1 lb.
Onion, yellow, quartered	6 wt. oz.
Garlic, clove	4 ea.
Chile, serrano	1 ea.
Oil, olive, pure	2 fl. oz.
Lime, juice, fresh	2 Tbsp.
Cilantro, leaves, fresh	½ cup
Salt, kosher	to taste

Method

1. Preheat the broiler.
2. In a large bowl, place the tomatillos, onions, garlic, chiles, and olive oil. Toss to combine. Transfer to a half hotel pan.
3. Place the pan under the preheated broiler. Cook, stirring after 5 minutes, until the ingredients begin to char and release their juices. Remove the pan from the oven and allow the vegetables to cool slightly.
4. Transfer the vegetables to a blender. Add the lime juice and cilantro. Purée until semi-smooth.
5. Adjust the seasoning with salt to taste.

ASIAN SLAW

Yield: 3 pints

Ingredients	Amounts
Cabbage, napa, shredded	1 lb.
Pepper, bell, red, julienned	5 oz.
Bean sprouts, chopped	4 oz.
Scallion (Green onion), green only, cut 2 inches on bias	2 oz.
Cilantro, fresh, chopped	1 oz.
Oil, vegetable	4 Tbsp.
Vinegar, wine, rice	2 Tbsp.
Oil, sesame	2 Tbsp.
Mirin	1 Tbsp.
Lime, juice, fresh	2 Tbsp.
Salt, kosher	$\frac{3}{4}$ tsp.
Pepper, black, ground	$\frac{1}{4}$ tsp.

Method

1. In a large bowl, place the cabbage, bell pepper, bean sprouts, scallion, and cilantro. Toss well to combine. Reserve.
2. For the dressing, in a small bowl, place the vegetable oil, vinegar, sesame oil, mirin, lime juice, salt, and pepper. Mix thoroughly.
3. Toss the vegetables with the dressing until they are completely moistened. Allow the slaw to rest for 30 minutes.
4. Adjust the seasoning to taste.

CHAAT PAPRI

Yield: 12 portions

Ingredients	Amounts
Tortilla, flour, large	12 ea.
Oil, canola	as needed
Cumin seeds	1 ¼ tsp.
Yogurt, plain	1 pt.
Cilantro, fresh, chopped (Divided)	½ wt. oz.
Chile, green, hot, finely chopped	1 ea.
Sugar, granulated	1 tsp.
Salt, kosher	½ tsp.
Chile, cayenne, ground	½ tsp.
Potato, red	2 ea.
Chickpeas, canned, drained, rinsed	14 ½ oz.
Green Chutney (Recipe follows)	3 fl. oz.
Tamarind Chutney (Recipe follows)	2 fl. oz.
Chile, cayenne, ground	1 pinch
Ginger, fresh, 2-in. piece, julienned	1 ea.

Method

1. Preheat deep fryer to 360°F.
2. Cut the tortillas into 1-inch strips. Cut the strips on the diagonal to make diamond shapes that are 1-inch wide and 2 inches long. Working in batches, deep-fry the tortillas until crispy and golden brown. Drain on paper towels and reserve.
3. In a dry pan over medium heat, place the cumin. Toast, stirring, until it is fragrant and lightly toasted, 2 to 3 minutes. Grind it to a powder and reserve.
4. In a large bowl, place the yogurt, ¼ cup of the cilantro, green chile, 1 teaspoon of the toasted cumin, sugar, salt, and cayenne. Mix to combine. Reserve.
5. In a large pot of cold, salted water, add the potatoes. Simmer until the potatoes are tender. Peel the potatoes and small dice.
6. In another large bowl, place the diced potatoes, chickpeas, 1 tablespoon of the green chutney, and 1 ½ teaspoon of the tamarind chutney. Toss to combine.
7. Sprinkle a handful of tortilla chips over the bottom of a baking dish. Spoon a portion of the potato-chickpea mixture on top. Place a handful of chips into the bowl filled with yogurt, stir to coat, lift them out of the yogurt and layer them over the potatoes. Drizzle 1 teaspoon of tamarind chutney and 1 teaspoon of green chutney over the top. Repeat this layering process 3 more times.
8. Pour the remaining yogurt over the top. Drizzle the remaining chutney. Sprinkle with the remaining cilantro. Garnish with the remaining toasted cumin, cayenne, and julienned ginger. Serve immediately with extra chutney on the side.

Source: Suvir Saran, as presented at the 2009 Worlds of Flavor Conference.

GREEN CHUTNEY

Yield: 1 ½ cups

Ingredients	Amounts
Cilantro, fresh, chopped	1 ½ wt. oz.
Mint, fresh, chopped	1 ½ wt. oz.
Mango, green, peeled, pitted, roughly chopped	1 ea.
Chile, jalapeño, roughly chopped	2 ea.
Ginger, fresh, 2-in. piece, peeled, cut into chunks	1 ea.
Onion, red, quartered	½ ea.
Lemon, juice, fresh	2 Tbsp.
Sugar, granulated	1 Tbsp.
Salt, kosher	1 tsp.
Water	2 fl. oz.

Method

1. In a blender, place all the ingredients. Blend until smooth, scraping down the sides of the bowl as needed.
2. If the chutney doesn't blend easily, add a little water to facilitate the process (this will make the chutney milder).
3. Adjust the seasoning to taste.
4. Transfer to a covered plastic container and refrigerate for up to 5 days.

Note: For a milder flavor, the jalapeños can be seeded and veined.

Green (haree) chutney is a classic made by nearly every family in northern India where it is served with just about every meal. It is especially good with foods from the grill. You can make it solely with cilantro and can increase the amount of chiles to make it very hot. You can also make the mint stand out by increasing its proportion in relation to the cilantro (do use some cilantro or the chutney will taste bitter).

Source: Suvir Saran, as presented at the 2009 Worlds of Flavor Conference.

TAMARIND CHUTNEY

Yield: 1 ¼ cups

Ingredients	Amounts
Oil, canola	1 Tbsp.
Cumin seeds	1 tsp.
Ginger, ground	1 tsp.
Chile, cayenne, ground	½ tsp.
Fennel seeds	½ tsp.
Asafetida (Optional)	½ tsp.
Garam Masala (Recipe follows)	½ tsp.
Water	3 fl. oz.
Sugar, granulated	9 wt. oz.
Tamarind, concentrate	3 Tbsp.

Method

1. In a medium saucepan over medium-high heat, combine the oil and spices. Cook, stirring, for 1 minute.
2. Add the water, sugar, and tamarind concentrate. Bring it to a boil, lower the heat, and simmer until it turns chocolaty brown and is thick enough to coat the back of a spoon (*nappé*), 20 to 30 minutes.
3. Store in the refrigerator in an air-tight container for up to 2 weeks.

Source: Suvir Saran, as presented at the 2009 Worlds of Flavor Conference.

GARAM MASALA

Yield: 1 ½ cups

Ingredients	Amounts
Cinnamon, stick, broken into pieces	1 ea.
Bay, leaf	2 ea.
Cumin seeds	¼ cup
Coriander seeds	⅓ cup
Cardamom, green, pods	1 Tbsp.
Peppercorns, black	1 Tbsp.
Clove, whole	2 tsp.
Chile, red, dried	1 ea.
Nutmeg, fresh, grated	¼ tsp.
Mace, ground	⅛ tsp.

Method

1. In a dry frying pan, place the cinnamon, bay leaves, cumin, coriander, cardamom, peppercorns, cloves, and red chile. Toast over medium heat, stirring constantly, until the cumin turns uniformly brown, 4 to 5 minutes.
2. Transfer the mixture to a spice grinder. Add the nutmeg and mace. Grind it to a fine powder.
3. Store in an airtight container for up to 4 months.

Source: Suvir Saran, as presented at the 2009 Worlds of Flavor Conference.

MANGO LHASSI

Yield: 10 portions

Ingredients

Amounts

Yogurt, whole milk	1 ½ qt.
Water	8 fl. oz.
Milk, whole	8 fl. oz.
Mango, purée, fresh	1 pt.
Cardamom, powder	1 tsp.
Lime, juice, fresh	2 fl. oz.
Sugar, granulated	as needed
Saffron (Optional)	1 pinch

Method

1. In a large bowl, combine all the ingredients. Whisk until well blended.
2. Pour the lhasi into chilled glasses.

VEGETABLE SAMOSAS

Yield: 24 samosas

Ingredients	Amounts
Flour, all-purpose	11 wt. oz.
Salt, kosher	1 tsp.
Water	as needed
Oil, vegetable	2 fl. oz.
Oil, vegetable	3 Tbsp.
Coriander seed	½ tsp.
Cumin seed	1 tsp.
Onion, yellow, medium, minced	1 ea.
Ginger, 1-in. piece, fresh, peeled, minced	1 ea.
Chile, jalapeño, fresh, minced	1 ea.
Chile, cayenne, ground	1 tsp.
Potato, large, boiled, peeled	4 ea.
Peas, green, cooked	2 ½ wt. oz.
Salt, kosher	to taste
Cilantro, fresh, chopped	1 Tbsp.
Flour, all-purpose	4 wt. oz.
Water	3 Tbsp.
Oil, vegetable	as needed

Method

1. For the wrappers, in a large bowl, sift together the flour and salt. Add enough water and oil to form a soft pliable dough. Cover and allow it to rest for 15 minutes.
2. Divide the dough into balls. Roll each ball into a 3-inch circle, dredging in flour as needed. Cover the dough with a damp towel to keep it from drying out.
3. For the filling, heat the oil in a medium-sized saucepan. Add the coriander and cumin seeds. When they stop sizzling, add the onions. Brown.
4. Add the ginger and jalapeño. Sauté for 1 minute.
5. Stir in the cayenne. Cook for 1 minute. Remove the pan from the heat and allow it to cool.
6. In a mixing bowl, crumble the boiled potatoes. Stir in the peas and spice mixture. Season with salt to taste. Add the cilantro and mix well. The filling should be lumpy.
7. To assemble the samosas, make a paste with the flour and water. Fill each wrapper with the potato mixture. Seal with the paste. Deep-fry until golden brown.

Note: Alternatively, you can roll the dough out with sheeter or pasta machine.

CORIANDER AND CASHEW CHUTNEY

Yield: 3 cups

Ingredients

Amounts

Coriander, leaves, fresh	1 ½ wt. oz.
Chile, hot, with seeds	1 ea.
Lemon, juice, fresh	2 Tbsp.
Cashew, unsalted	2 ½ wt. oz.
Cumin, ground	½ tsp.
Yogurt, plain	4 wt. oz.
Salt, kosher	1 tsp.
Pepper, black, ground	1 tsp.

Method

1. In a food processor, place the coriander, chile, and lemon juice. Pulse to form a paste.
2. Add the nuts slowly.
3. Add the cumin.
4. Pulse in the yogurt, salt, and pepper.
5. Adjust the seasoning to taste.

Note: The bright green color of this chutney dulls quickly so make and use it right away. The flavor is not as affected.

GARLIC NAAN

Yield: 8 loaves

Ingredients	Amounts
Cilantro, leaves, bunch, fresh	1 ea.
Butter, clarified	½ cup
Salt, kosher	1 tsp.
Flour, all-purpose	14 oz.
Yeast, instant dry	1 ½ Tbsp.
Water, warm (90° to 100°F)	6 oz.
Butter, clarified	2 oz.
Yogurt, plain	2 oz.
Egg, whole	1 ea.
Sugar, granulated	1 oz.
Salt, kosher	1 ¼ tsp.
Garlic, minced	2 tsp.

Method

1. In a small bowl, place the cilantro, clarified butter, and salt. Blend to combine. The butter should have a green tint and the cilantro should still be in distinct pieces. Reserve.
2. For the dough, in bowl of an electric mixer fitted with a dough hook, combine the flour and yeast. Add the water, clarified butter, yogurt, egg, sugar, and salt. Mix on low speed for 3 minutes. The dough should be very elastic but still wet.
3. Bulk ferment the dough until nearly doubled, about 1 hour.
4. Fold gently.
5. Scale the dough into 3 weight ounce pieces. Pre-shape the dough into rounds. (Work sequentially, here and in later steps, starting with the first piece of dough you divided and rounded.) Let the dough rest, covered, until relaxed, for 15 to 20 minutes.
6. Preheat a deck oven to 425°F. Heat a baking stone, if desired.
7. Gently stretch each piece of dough into a 7-inches diameter round, so that the center is ¼-inch thick and there is a border ½-inch thick and ½-inch wide all around. Pull out one edge to elongate each round slightly, creating a teardrop shape.
8. Brush both sides with clarified butter. Sprinkle ⅛ teaspoon of minced garlic over the top.
9. Bake in the preheated oven until golden brown and puffed, about 10 minutes.
10. Brush the naan with cilantro butter. Serve warm.

Note: For garlic naan, add 1 teaspoon of minced garlic when mixing the dough.

HOT TOMATO RELISH

Yield: ¾ cup

Ingredients	Amounts
Tomato, medium	5 ea.
Oil, vegetable	½ fl. oz.
Mustard, seeds	½ tsp.
Garlic, very thinly sliced	1 ½ Tbsp.
Turmeric, ground	½ tsp.
Chile, cayenne, ground	1 tsp.
Salt, kosher	½ tsp.
Vinegar, white, distilled	4 fl. oz.

Method

1. Use a paring knife to make a shallow "X" score on the bottom of each tomato. (This will help the skin come off easier after blanching.)
2. In a large pot of boiling water, carefully place the tomatoes using a slotted spoon. Blanch them until you can see the skin starting to loosen and wrinkle, 30-60 seconds.
3. Immediately transfer the tomatoes to an ice bath. Allow them to cool completely. Peel the tomatoes, chop, and reserve.
4. Heat the oil in a medium-size skillet over medium-high heat. Add the mustard and garlic. Cook, stirring, until mixture starts to brown, about 4 minutes.
5. Add the turmeric, cayenne, salt, and tomatoes. Stir and cook for 2 minutes.
6. Add the vinegar and bring it to a boil. Reduce the heat, cover, and simmer until thick, about 10 minutes. Allow the relish to cool.

Note: This very popular relish is from Gujarat in western India. It makes a wonderful dipping sauce for finger foods. It stays fresh for several weeks in an air-tight container in the refrigerator.

GREEN PLANTAIN CHIPS WITH AJILIMÓJILI SAUCE

Yield: 6 portions

Ingredients	Amounts
Chile, poblano, minced	5 ea.
Garlic, clove, minced	2 ea.
Oil, olive, extra virgin	2 Tbsp.
Vinegar, white	1 Tbsp.
Lemon, Meyer, juiced	1 ea.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Plantain, green, peeled, cut into 1-in. pieces	2 ea.
Adobo Seasoning (Recipe follows)	1 Tbsp.

Method

1. For the ajilimójili sauce, in a mixing bowl, combine the chiles, garlic, olive oil, vinegar, lemon juice, salt, and pepper. Mix well to blend. Adjust the seasonings to taste. Reserve.
2. In batches, deep fry the plantain pieces in 350°F oil until golden brown and soft. Do not allow them to become crisp. Remove them from the oil and drain on paper towels.
3. Flatten the plantain pieces, pressing them evenly into 2-inch rounds.
4. Place them in the oil and fry again until golden and crisp. Remove and drain.
5. Sprinkle the chips with the Adobo Seasoning.
6. Top with 1½ tsp. of the ajilimójili sauce.

SHRIMP AND POTATO CAKES

Yield: 14 cakes

Ingredients	Amounts
Potato, russet, peeled, quartered	8 wt. oz.
Butter, unsalted, med. diced (Divided)	6 Tbsp.
Cheese, Munster, grated	4 wt. oz.
Egg, yolk	1 ea.
Parsley, fresh, finely chopped	1 ½ wt. oz.
Salt, kosher	1 ½ tsp.
Pepper, white, ground	¼ tsp.
Onion, yellow, finely diced	4 wt. oz.
Shrimp, peeled, deveined, chopped	1 lb.
Flour, all-purpose	2 ½ wt. oz.
Egg, lightly beaten	1 ea.
Breadcrumbs, fresh, ground to powder	1 cup
Oil, vegetable	as needed

Method

1. In a large pot, place the potatoes and enough water to cover. Bring it to a boil and cook until the potatoes are tender. Drain and dry. Pass them through a ricer or mash by hand.
2. Add four tablespoons of the butter and the cheese, egg yolk, parsley, salt, and pepper. Beat until smooth. Cover and reserve.
3. Melt the remaining butter in a sauté pan over medium heat. Add the onions and sweat until translucent.
4. Add the shrimp. Cook, stirring, until just pink, 2 to 3 minutes. Transfer the shrimp to the potato mixture. Gently stir to combine.
5. With floured hands, scoop out about 3 tablespoons of the shrimp mixture. Shape it into 2-inch cylinders about ¾-inch in diameter.
6. Roll the cylinder in flour, shaking off any excess. Brush it with beaten egg then dip in the breadcrumbs. Continue the same process with the remaining mixture.
7. Arrange the bombas on parchment paper and chill for at least 30 minutes.
8. Fill a deep-fryer or deep saucepan with oil to a depth of 3 to 4 inches. Heat to 375°F.
9. Fry the bombas in hot oil, 4 or 5 at a time, turning with slotted spoon until golden brown on all sides. Drain on paper towels. Serve immediately.

SALT COD FISH FRITTERS

Yield: 6 portions

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

Method

1. Soak the salt cod in cold water, refrigerated, for at least 24 hours, changing the water 3 times during that period.
2. After 24 hours, taste the salt cod - if it is still very salty, place it in a saucepan and add enough water to cover. Bring to a bare simmer, changing the water often, until the saltiness is acceptable.
3. Flake the soaked cod finely and reserve.
4. For 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 the skillet from the heat and allow it to cool.
5. In a large mixing bowl, sift together the flour and baking powder. Add the water. Mix thoroughly, breaking up any lumps.
6. Fold in the flaked cod, sofrito, chives, scallions, and black pepper.
7. Heat the oil in a small pot or a deep fryer to 350°F. Carefully drop 1 tablespoon for each fritter into the oil and fry, turning as necessary, until golden brown. Drain on paper towels.
8. Serve on a heated platter.

JERK CHICKEN

Yield: 6 portions

Ingredients	Amounts
Garlic, clove, peeled	3 ea.
Chile, Scotch bonnet, seeded	2 ea.
Scallion (Green onion), chopped	2 wt. oz.
Vinegar, malt	6 fl. oz.
Rum	1 Tbsp.
Salt, kosher	1 ¼ Tbsp.
Thyme, fresh, chopped	1 Tbsp.
Allspice, ground	1 Tbsp.
Nutmeg, fresh, grated	¾ tsp.
Cinnamon, ground	¾ tsp.
Clove, ground	¼ tsp.
Chicken, thigh	12 ea.

Method

1. For the marinade, in a food processor or blender, place the garlic, chile, scallion, malt vinegar, rum, salt, thyme, allspice, nutmeg, cinnamon, and clove. Purée until smooth.
2. Brush the purée thickly over the chicken pieces. Marinate the chicken for at least 1 to 2 hours or overnight in the refrigerator.
3. Preheat oven to 350°F.
4. Grill the chicken. Finish in the preheated oven to cook through. Baste as needed.

Note: Scotch bonnets are the traditional choice for chiles in jerk seasoning. For a less spicy dish, use just one instead of 2.

DAY TWO TEAM PRODUCTION ASSIGNMENT:

SOUTH AMERICAN CUISINE

MARKET BASKET EXERCISE

Working in teams, participants will develop a menu that includes the following components:

- **Appetizer** (6 portions)
- **Main Item** (6 portions)
- **Accompaniments or Sides** (2 items)

Teams will be assigned their proteins and other key ingredients. All recipes that are obtained and/or developed should be adjusted to yield **6 portions**. One portion for the show plate and the remaining five on platters or chafing dishes.

Working in teams, participants will complete the following tasks:

- **Conceptualize and design the menu**
- **Produce, present, and discuss the menu**

PRODUCTION, PRESENTATION AND DISCUSSION

Each team will be required to provide one show plate for each of their items. The remaining food will be displayed on appropriate platters and dishes for the class to view.

A production schedule table is provided on the following pages. Teams will use this sheet to help with the execution of their menu.

PRESENTATION AND DISCUSSION

Teams will present and discuss each of their menu items.

CONTENTS OF THE MARKET BASKETS:

SOUTH AMERICAN CUISINE

TEAM ONE– BRAZIL

- Beef, Shoulder/Clod
- Shrimp
- Polvilho Azedo (Soured Tapioca Starch)
- Chayote
- Corn
- Malagueta Chiles

TEAM TWO- VENEZUELA, PARAGUAY AND ARGENTINA

- Beef, Chuck
- Beef, Skirt Steak
- Harina P.A.N. White
- Ripe Plantains (Tajadas)
- Acorn Squash
- Potato

TEAM THREE- CHILE

- Beef, Sirloin
- Hake Filets
- Quinoa
- Kabocha Pumpkin, substitute with Butternut, if unavailable
- Tomatoes, Plum
- Corn

TEAM FOUR- PERU

- Bass or Scallop
- Pork, Shoulder
- Potatoes
- Peanuts
- Banana
- Ají Chiles (Ají Amarillo, Ají Limo, Ají Verde)

TEAM FIVE – MEXICO

- Chicken, Leg Quarters
- Pasilla or puya Chiles
- Black Beans
- Queso Oaxaca
- Masa Harina
- Tomatillos

MENU CONCEPTUALIZATION AND DEVELOPMENT

Utilizing the proteins that your team has been assigned, design a menu with the following components:

- One Appetizer
- One Main Item
- Two Accompaniments or Sides

Keep **S.C.H.I.F.T.** in mind while you are developing your menu:

Shape – avoid contrived food shapes. This can be accomplished by using a combination of sliced, molded, loose and whole food items.

Color – use a combination of earth tones and naturally vibrant colors. Usually compatible flavors naturally provide an exciting combination of color.

Height – use the natural shape of food to provide varied but not extreme height. This will enhance the flow.

Items – the choice of items will be based on practicality, portion size, number of items on the plate and degree of difficulty.

Flavor – this is the single most important factor. Through the use of fresh, compatible flavors, the presentation will be naturally enhanced.

Texture – by varying cooking methods and the cutting of vegetables, a variety of textures will be achieved.

Use the worksheets and templates on the following pages to help design your menu and sketch your plate composition.

MENU DEVELOPMENT WORKSHEET

FLAVOR COMBINATIONS

NUMBER OF COMPONENTS ON PLATE – VARIETY OF COMPLEMENTARY ITEMS

PORTION SIZE – APPROPRIATE FOR THE COURSE

PROPER COOKING TECHNIQUE – BASICS EXECUTED WELL

COLORS – VIBRANT VS. EARTH TONES

HEIGHT OF FOOD – VARIED BUT NOT DRASTIC

TEXTURE VARIATIONS

PLATE LAYOUT – TRADITIONAL VS. NON-TRADITIONAL

PRACTICALITY – NOT TOO MUCH HANDLING; CAN IT BE DONE CONSISTENTLY?

PLATING, BALANCE, COMPOSITION – SLICE, WHOLE, LOOSE, MOLDED, SPECIAL CUTS

MENU FOR TEAM # _____

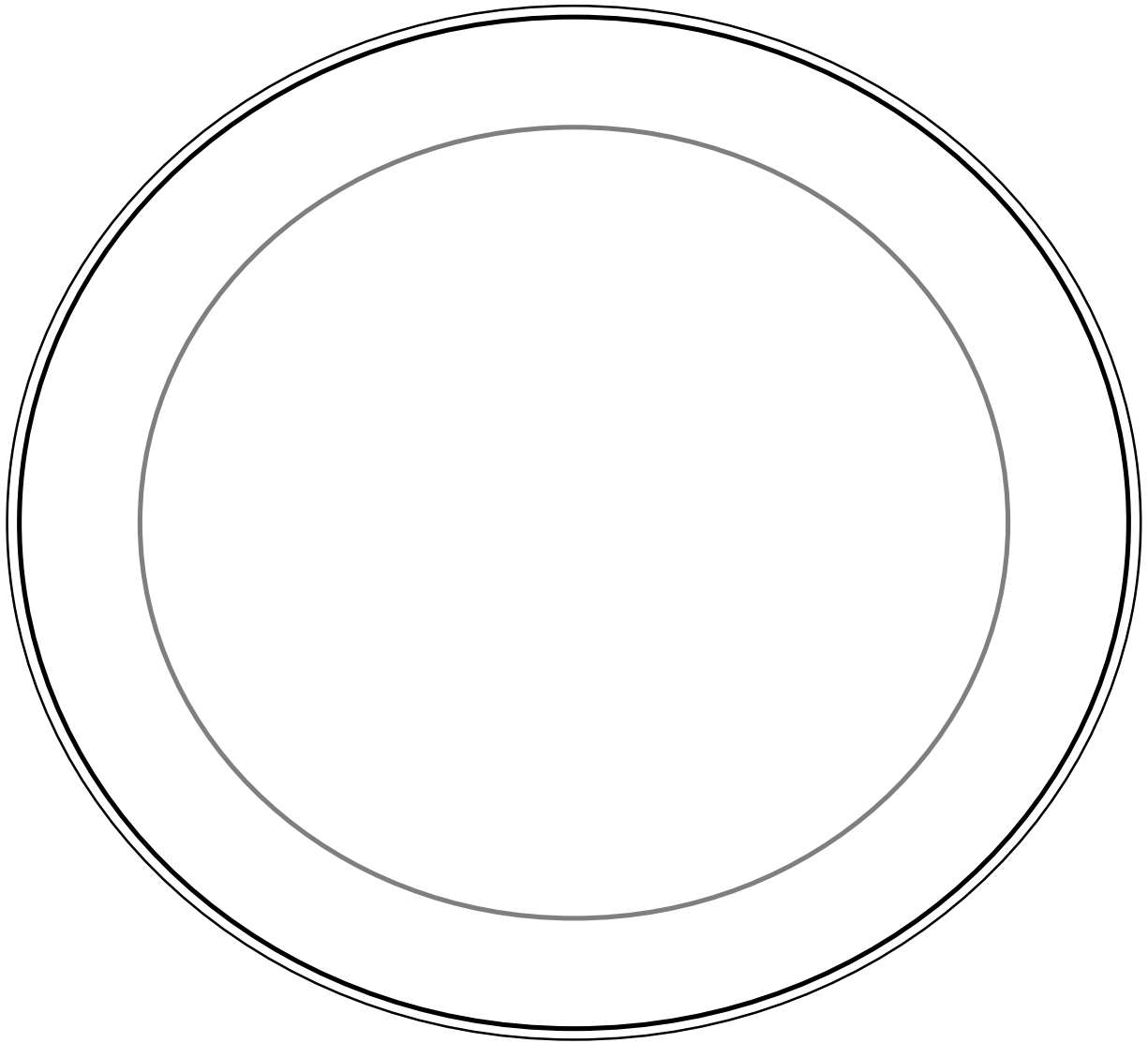
APPETIZER

MAIN ITEM

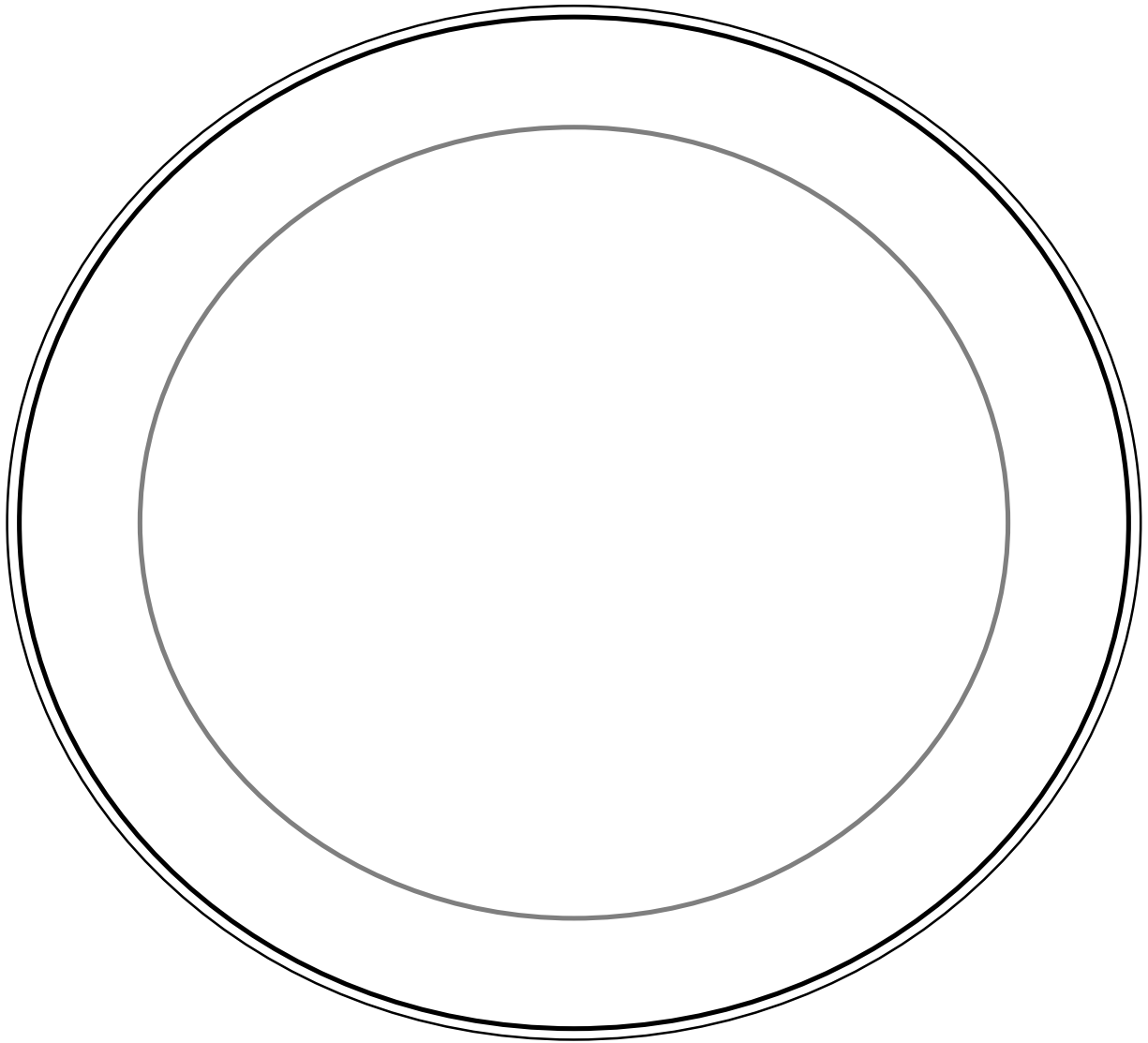
ACCOMPANIMENT OR SIDE

ACCOMPANIMENT OR SIDE

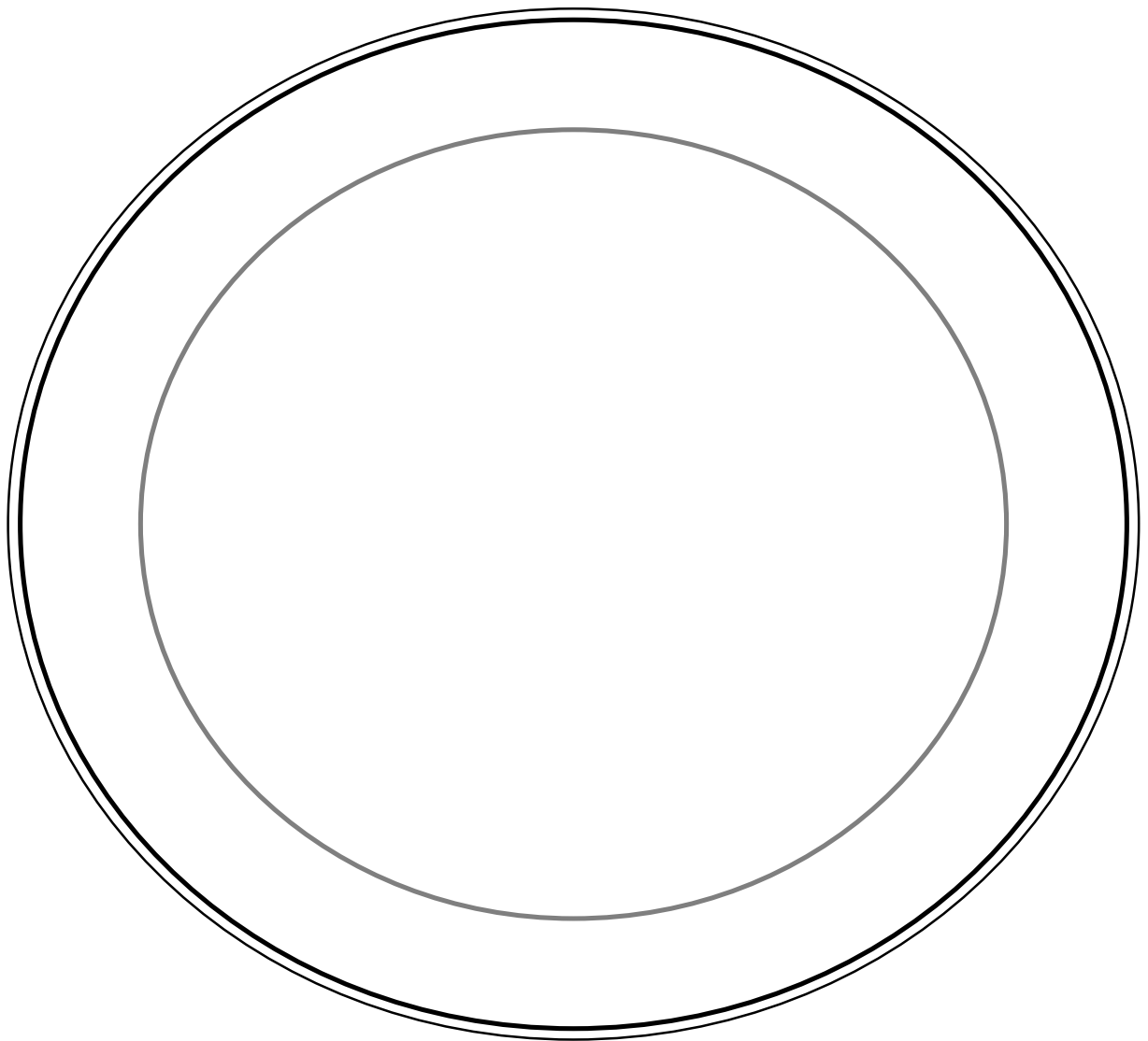
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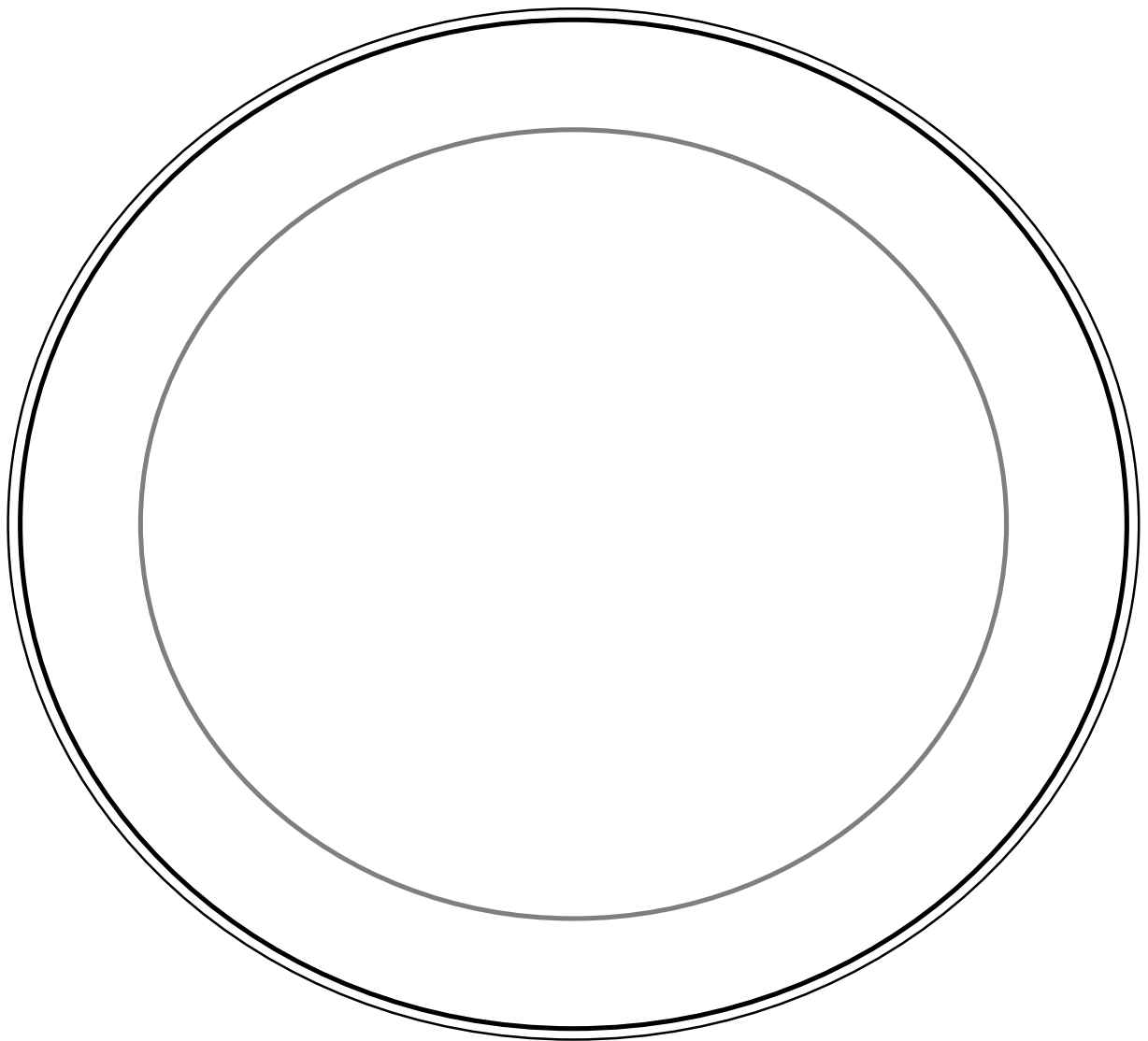
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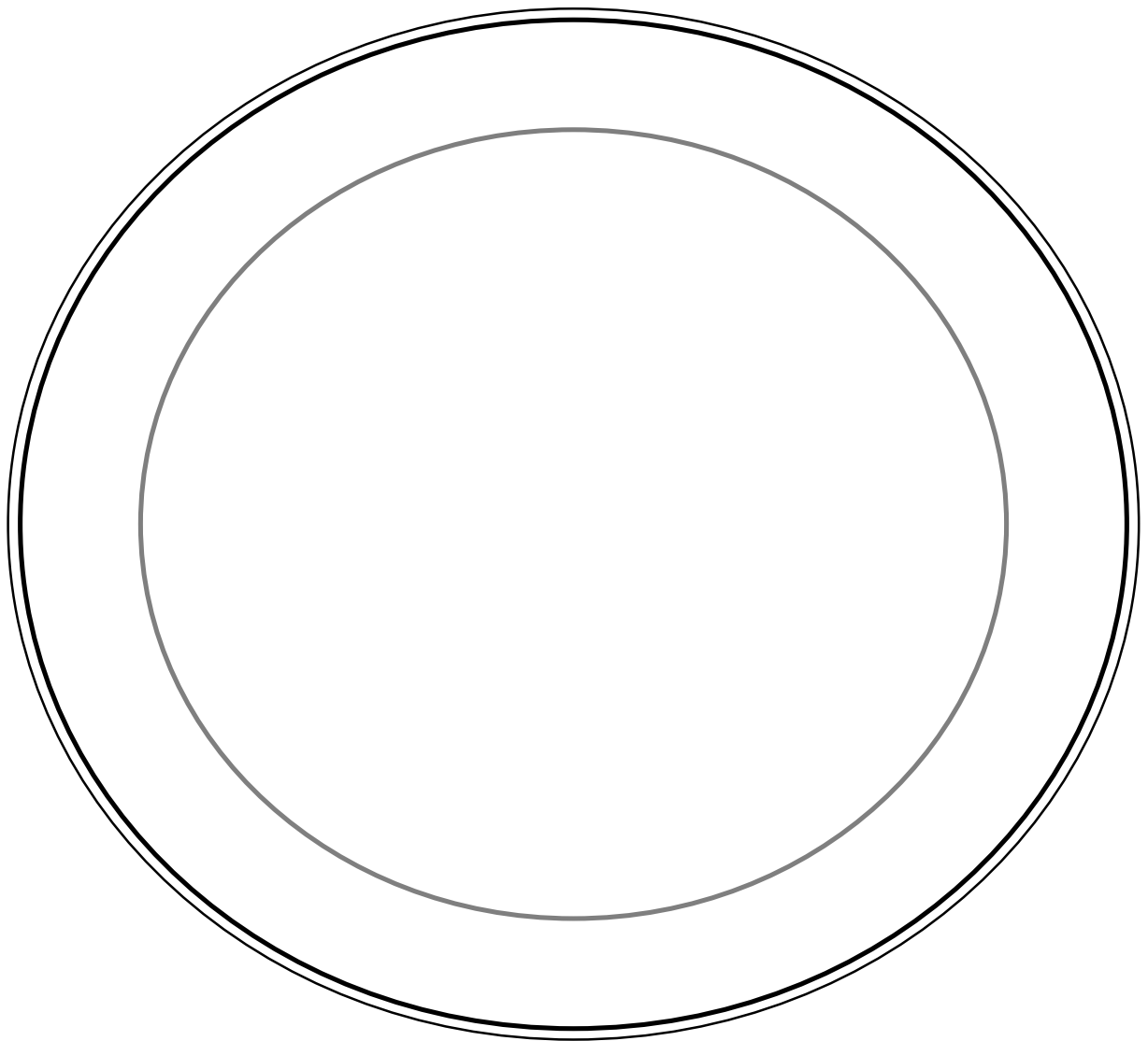
ITEM: _____



ITEM: _____



ITEM: _____



Recipe Name: _____

Yield: 6 portions

Ingredients

Amounts

Method:

Recipe Name: _____

Yield: 6 portions

Ingredients

Amounts

Method:

PRODUCTION SCHEDULE

[illegible]

COMMUNITY STOREROOM

The community storeroom, from which all participants may draw, includes all the following items. Please draw only the amounts of each item that you will be using for your menu.

<u>Produce</u> <ul style="list-style-type: none"> • Apples, green • Apples, red • Carrots • Celery • Garlic • Leeks • Onions, red • Onions, Spanish • Peppers, various • Potatoes, Idaho • Potatoes, red • Shallots • Spinach • Tomatoes • Tomatoes, plum 	<u>Staples</u> <ul style="list-style-type: none"> • Almonds • Arrowroot • Breadcrumbs • Bread, French • Bread, Pullman • Cornmeal, yellow • Cornstarch • Phyllo dough • Flour, all purpose • Flour, bread • Flour, cake • Flour, durum • Hazelnuts • Peanuts • Pecans • Pine nuts • Rice Arborio • Rice, Brown • Rice, Texmati • Salt, Kosher • Salt, Standard • Spices, assorted • Walnuts 	<u>Groceries</u> <ul style="list-style-type: none"> • Asian Chili Paste • Bamboo shoots • Capers • Hoisin Sauce • Honey • Ketchup • Mustard, Dijon • Mustard, Pommery • Pasta, capellini • Pasta, farfalle • Pasta, orzo • Plum Sauce • Soy Sauce • Sugar, Brown • Sugar, White • Tabasco • Tomatoes, crushed • Tomato purée 	<u>Stocks</u> <ul style="list-style-type: none"> • Brown Veal • Chicken • Fish <u>Wine/Spirits</u> <ul style="list-style-type: none"> • Apple Jack • Brandy • Burgundy • Chablis • Madeira • Marsala • Pernod • Red Port • Sherry Wine
<u>Fruits</u> <ul style="list-style-type: none"> • Apricots, dry • Cranberries, dry • Currants • Figs, dry • Lemons • Limes • Oranges • Prunes • Raisins, Brown • Raisins, Golden 	<u>Dairy</u> <ul style="list-style-type: none"> • Butter, unsalted • Buttermilk • Cream Cheese • Eggs • Heavy Cream • Mascarpone • Milk, Skim • Milk, Whole • Skim Ricotta • Sour Cream • Yogurt 	<u>Fresh Herbs</u> <ul style="list-style-type: none"> • Basil • Chervil • Chives • Cilantro • Dill • Marjoram • Mint • Parsley • Rosemary • Tarragon • Thyme 	<u>Oils</u> <ul style="list-style-type: none"> • Canola Oil • Olive Oil • Olive Oil, Extra Virgin • Peanut Oil • Sesame Seed Oil • Vegetable Spray • Wesson Oil <u>Vinegars</u> <ul style="list-style-type: none"> • Balsamic Vinegar • Cider Vinegar • Red Wine Vinegar • Rice Wine Vinegar • Sherry Vinegar • Tarragon Vinegar • White Wine Vinegar



Memo To: CIA Continuing Education Students
From: Office of the Registrar
Re: Privacy of Student Records

The *Family Educational Rights and Privacy Act* (FERPA) is the federal law that governs release of and access to student education records. These rights include:

1. **The right to inspect and review your education record within a reasonable time after the CIA receives a request for access.** If you want to review your record, contact the Registrar's Office to make appropriate arrangements.
2. **The right to request an amendment of your education record if you believe it is inaccurate or misleading.** If you feel there is an error in your record, you should submit a statement to the Registrar's Office, clearly identifying the part of the record you want changed and why you believe it is inaccurate or misleading. The Registrar will notify you of the decision and advise you regarding appropriate steps if you do not agree with the decision.
3. **The right to consent to disclosure of personally identifiable information contained in your education records, except to the extent that FERPA authorizes disclosure without consent.** One exception which permits disclosure without consent is disclosure to school officials with "legitimate educational interests." A school official has a legitimate educational interest if the official has a need to know information from your education record in order to fulfill his or her official responsibilities. Examples of people who may have access, depending on their official duties, and only within the context of those duties, include: CIA faculty and staff, agents of the institution, students employed by the institution or who serve on official institutional committees, and representatives of agencies under contract with the CIA.
4. **The right to file a complaint with the U.S. Department of Education concerning alleged failures by the CIA to comply with the requirements of FERPA.**

Release of student record information is generally not done at the CIA without the expressed, written consent of the student. There are, however, some exceptions. For example, directory information includes the following, and may be released without the student's consent: name, permanent address, campus box number, CIA email address, photographs, program of study, dates of attendance, and degrees or certificates awarded with dates. Please note that you have the right to withhold the release of directory information. To do so, you must complete a "Request for Non-Disclosure of Directory Information" form, which is available from the CIA Consulting Department at 845-905-4417. Please note two important details regarding placing a "No Release" on your record:

1. The CIA receives many inquiries for directory information from a variety of sources outside the institution, including friends, parents, relatives, prospective employers, the news media, and others. Having a "No Release" on your record will preclude release of such information, even to those people.
2. A "No Release" applies to all elements of directory information on your record. The CIA does not apply "No Release" differently to the various directory information data elements.

A copy of the *Act*, more details about your rights, and any CIA policies related to the *Act* are available at <http://www.ciachef.edu/consumer-information/#psr>. Questions concerning FERPA should be referred to the Office of the Registrar, The Culinary Institute of America, 1946 Campus Drive, Hyde Park, NY, 12538.

CIA INSTRUCTOR POLICY ON PROPRIETARY INTERESTS DISCLOSURE AND REPRESENTATION

The instructor does not have a proprietary interest in any product, instrument, device, service, or material to be discussed during the learning event, nor does the instructor receive third-party compensation related to the presentation.

These materials were developed at the Culinary Institute of America.

Instructional Designer:

Chef David Kamen, PCIII

CEIP Module I Contemporary Flavors Techniques v.210.docx

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