



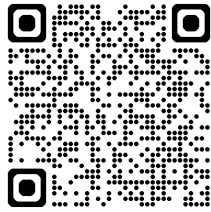
# Culinary Institute of America

## **CUPERTINO UNION SCHOOL DISTRICT STAFF TRAINING**



The Culinary Institute of America at Copia, Napa, CA

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**The Culinary Institute of America**

1946 Campus Drive  
Hyde Park, NY 12538-1499  
Tel: 845-452-9600  
www.ciachef.edu



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<sup>III</sup>  
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](http://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

# SUCCESSFUL KITCHEN PRODUCTION

## STAFF READINESS

- Clean uniform, apron, and hair covering
- Hands washed
- Comfortable, closed-toe, non-skid shoes
- Attentive and organized mindset

## GAME PLAN ORGANIZATION

- What am I going to make?
- How much am I going to make?
- How much space will I need?
- How much time will I need?

## EQUIPMENT

- What equipment will I use to prepare the product?
- What equipment will I use to cook the product?
- What will I serve the product in?
- What utensils do I need?

## FOOD

- Gather the ingredients needed in the correct amounts to produce the recipe
- Keep perishable items refrigerated (cold foods at or below 41°F)
- Prevent cross-contamination with proper sanitation practices

## COOKING

Pre-preparation:

- Washing
- Cutting (slicing, dicing, etc.)
- Seasoning strategies (using herbs and spices to reduce or replace sodium)

Preparation:

- Start the item with the longest cooking times first
- Clean as you go
- Batch cooking when needed

Finishing: Finish items as close to service as possible.

## SERVING

Set up service line.

- Trays, bowls, serving spoons, etc.
- Hot food hot, cold food cold
- Arrange food properly on the service line
- Monitor and rotate items as needed

# COOKING GUIDELINES

## Priorities in Food Preparation and Service

### TASTE

The most important goal when preparing food is to make it taste GREAT.

Taste is affected by:

- Proper seasoning (acid, herbs and spices)
- Execution of fundamentals and appropriate cooking techniques
- Texture: consistency (viscosity), crunchiness, smoothness, etc.
- Freshness and quality of the product

### PRESENTATION

The appearance of food comes second only to taste in terms of importance. Some of the things that impact on presentation are:

- Portion size
- Proper food placement or arrangement (plating for visual appeal)
- Composition (avoid repetition of the same colors, preparation methods, etc.)
- Execution of fundamentals (properly and uniformly cut meats, vegetables, etc.)

### DEGREE OF DONENESS / PROPER COOKING

- Meats are cooked to the required temperature...but not overcooked
- Vegetables are tender but not mushy
- Grains are tender but not overcooked

### TEMPERATURE

- Hot foods hot
- Cold foods cold, on cold plates

### FINAL CHECKLIST

Before we serve any meals from our kitchens, we should be able to answer "YES" to each of the following questions:

1. Does it taste good?
2. Does it look good?
3. Is it cooked properly?
4. Is it the correct temperature?

Maintaining these guidelines ensures that every meal served is **delicious, visually appealing, and meets quality standards.**

# MISE EN PLACE

*Everything in its place and a place for everything*

Organization is an essential skill that will make kitchen work easier and more efficient. Mise en place, a French term commonly used to express kitchen or workspace organization, requires planning and anticipation of the entire task. Maintaining mise en place ensures efficiency, sustainability, consistency, and professionalism.

## **BENEFITS OF MISE EN PLACE**

- Increased speed and efficiency (cooks not running around gathering ingredients and equipment throughout food preparation)
- Professional appearance of workstation (critical in open kitchens or other situations where customers can view production)
- Sanitary conditions are more easily maintained (products held at correct temperatures, which helps to avoid cross-contamination)
- Ensures inventory management and waste reduction (preventing unnecessary food waste and reducing over-purchasing or spoilage)

## **KITCHEN ORGANIZATION SHOULD INCLUDE:**

- Recipes and ingredients needed to complete the task
- Food safety and sanitation needs
- Small and large equipment needed (Consider equipment needs throughout the entire process, including the final container that will hold the product)
- Planning the time allotted to the process, from start to finish
- Division of labor (identify how the tasks are to be divided among the team)

## **WORKSPACE ORGANIZATION**

- Recipe and recipe ingredients
- Cutting board (set on a wet paper towel or antiskid mat to prevent sliding)
- Chef knife, paring knife, peeler (if needed)
- Refuse pan (for food scraps and waste)
- Small equipment: utensils, mixing bowls, pans, service pans
- Large equipment: ovens, steamers, steam jacketed kettles, tilt skillet

## **ORGANIZATION AND WORKFLOW**

- Table height and cutting board at correct height
- Organization appropriate for individual preferences (right or left-handed)
- Products maintained at appropriate temperatures

# KNIFE SELECTION

Knives come in all shapes and sizes. Understanding the function of various knives will help you pick the right tool for the job.

**Chef Knife:** An all-purpose, versatile knife that can be used for most cutting and dicing. They are available in sizes ranging from 6" to 12" (8" is standard). Choose a knife that you can grip securely. Larger knives fit best in larger hands. Chef knives with forged blades can be used for heavy-duty tasks such as breaking down poultry or cutting through tough vegetables. Thinner, more flexible stamped blades work best for delicate tasks such as removing melon rinds.



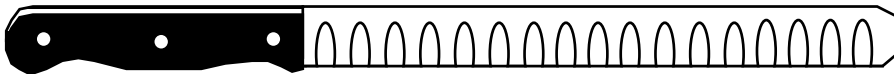
**Boning Knife:** A specialized knife with a narrow blade, used to de-bone meat such as poultry, smaller red meat cuts, and filleting fish.



**Paring Knife:** A knife mostly used for peeling fruits and vegetables, but also for slicing small soft foods such as olives and mushrooms



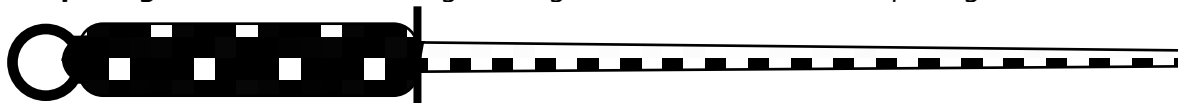
**Slicer:** Long knife used for carving meat.



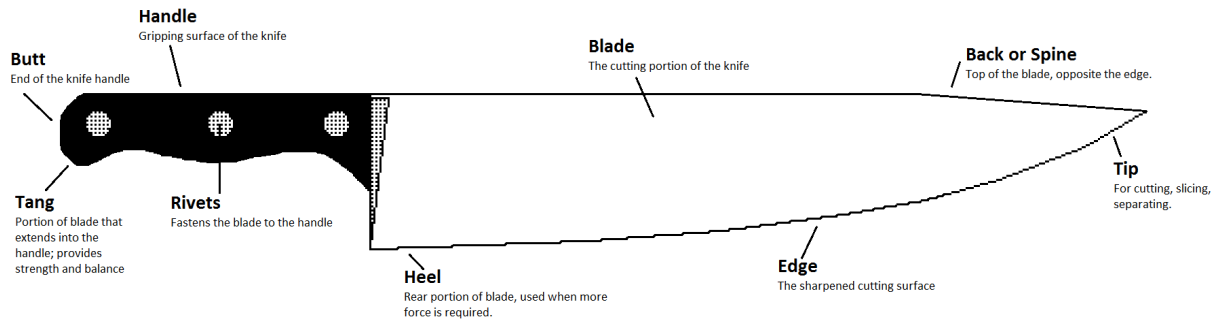
**Serrated Knives:** Highly specialized knives designed for slicing bread and cakes. Serrated knives have defined teeth and are "saw like" compared to slicing knives. They are not designed for cutting or chopping tasks.

**Utility Knives:** Used primarily for slicing. They work well with delicate foods such as fruit, small roasts, and poultry.

**Sharpening Steel:** Used for honing the edge of a knife between sharpenings



# KNIFE PARTS AND FUNCTIONS



**Blade:** The most common blade material is stainless steel, which is either forged or stamped. Forged blades are molded into shape and are generally heavier and more durable, with a prominent heel at the base of the blade. Stamped blades are cut from a solid metal sheet and are more lightweight but dull more quickly. Both types can be sharpened easily and are used in a variety of kitchen settings.

**Handle:** Wood has traditionally been used for knife handles but modern options like plastic and laminated wood are now more common. Wood warps when wet and can harbor bacteria, making it difficult to clean. Plastic handles are found often in commercial kitchens because they are easy to clean and require no special care. Plastic is often used on stamped knives that do not have a full tang, an extension of the blade to which the handles are attached. On forged knives, the tang continues through the length and width of the handle, providing more balance and durability, and secured with three rivets for stability.

**Tip/ point:** used for small incisions, around bones, punctures, and detailed work

**Back/ spine:** gives blade appropriate stability and flexibility, varies in thickness depending on the style of knife and intended uses

**Heel:** the end of the guard, used to break through small bones or shells

**Edge:** primary cutting surface of the knife

**Bolster:** attachment point between the handle and the blade, provides stability, and is found on higher-quality knives

**Tang:** runs through the handle (full tang) and provides balance and stability to the knife

**Rivets:** connects the handle to the tang

# SHARPENING KNIVES

A sharp knife is safer than a dull one. Sharp knives glide evenly through the food, while dull knives tug, requiring more force.

## KNIFE SHARPENERS

**Sharpening stones** may be used to sharpen knives but require a certain skill.

**Electric and hand-held knife sharpeners** are designed to imitate the motion of a sharpening stone. When using knife sharpeners, the key is to use a single smooth motion as you pass the blade through. Jerks or pauses result in an uneven, gouged blade that may require professional attention to fix.

**Sharpening steels** keep your knife blade sharp in between sharpening by realigning the microscopic burrs that make up the fine edge of your blade. Despite their name, these do not sharpen knives. Once the burrs are broken or bent, a sharpening steel will no longer help. To use a sharpening steel, hold your knife at a 20° angle against the steel and run it from tip to heel in one smooth motion. The safest way to use a sharpening steel is to hold it point-down against a countertop or worktable, sweeping your knife against it blade-down.

## STORING KNIVES

- Protect the blade of your knife when it is stored to keep it sharper. Magnetic knife strips or commercial knife blocks work best.
- If knives are stored in a drawer, protect the blade using snap-on knife guards or slice-in knife guards.

## KNIFE SAFETY RULES

- Always use a sharp knife. A sharp knife is safer than a dull knife. It requires less cutting pressure. If sharp, the knife will not slip as easily, and your hand will not tire as quickly.
- Always use a cutting board. Anchor the cutting board to avoid slippage.
- Use the correct size and type of knife for the job.
- Hold the knife firmly and securely in your hand. Cut away from your body. Keep your eyes on the knife. Take your time.
- Always place knives on flat surfaces away from the table's edge, with the blade facing away from you. Never cover a knife with towels or other materials; keep it in sight.
- Yield to falling knives. Do not grab a knife blindly; reach deliberately for the handle. If a knife falls off the table, do not grab it.
- When handing a knife to another person, point the handle toward them.
- Never place a knife in the dishwashing area. Always hand-wash and return to your cutting area or storage location.

# CUTTING BOARDS

Choosing the correct cutting board is just as important as choosing the correct knife.

A cutting board should:

- be easy to clean and sanitize.
- be the right size for the job.
- protect the edge of your knife from becoming dull too quickly.
- be rough enough to keep your food from moving around as you chop.
- be designated for specific food types to prevent cross-contamination.

To prevent the cutting board from slipping, use:

- cutting boards with rubber feet: Limits you to using only one side of the cutting board
- cutting boards with grippers in the corners: both sides can be used.
- non-slip mats: used to secure any cutting board. If you do not have any of these available, a good substitute is a damp (not wet!) dishcloth or single-use paper towel. Place it under the cutting board, then try to slide the board around before you start cutting. If the cutting board slides, re-dampen the cloth.

Cutting Board Type	Pros	Cons
Plastics High-density polyethylene or PE	Does not dull knives dishwasher safe Can be bleached Can be resurfaced to remove deep Grooves	Thinner boards (home-style) cannot be resurfaced May warp over time
Plastic chopping mats	Cheaper than cutting boards Easy to transfer cut foods Can be bleached	Warp when washed in the dishwasher Do not protect the knife blade as well as thicker cutting board
Wood Hard rock maple or cherry hardwoods are less porous	Does not dull knives	Can't be washed in dishwasher Won't stand up to repeated bleaching Some cannot be resurfaced More easily warp and crack Heavier if not taken care of
Bamboo	Absorbs little moisture Resists scarring from knives Harder and even less porous than the hardwoods	Gets worn or "furry" after a lot of use. Splinter eventually
Composite (Resin-Based, Epicurean)	Durable Knife-friendly Heat-resistant, dishwasher safe Resists stains and odors	Can be heavier Expensive Warp over time

## COLORED CODED CUTTING BOARDS FOR FOOD SAFETY

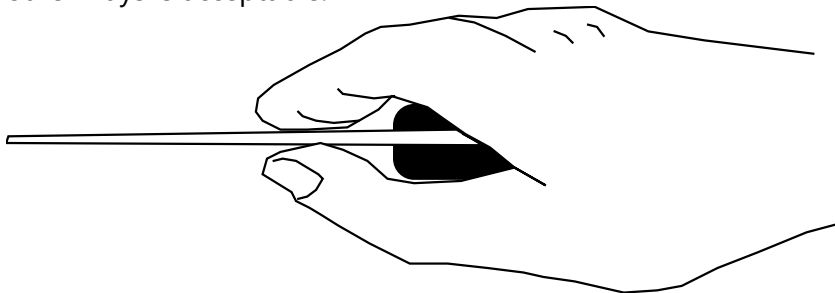
Many commercial kitchens use **color-coded cutting boards** to prevent cross-contamination. Example system:

- **Red** – Raw meat
- **Blue** – Seafood
- **Green** – Vegetables & fruits
- **Yellow** – Raw poultry
- **White** – Dairy & bakery
- **Brown** – Cooked meats

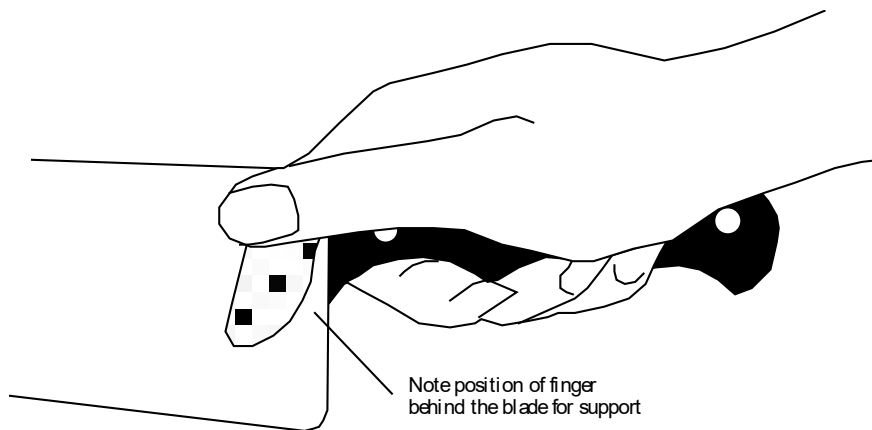
## HOLDING A KNIFE

The most secure way to grip a knife is by gripping the top of the blade firmly between your thumb and forefinger. Place your middle finger just behind the heel. This grip may take some getting used to, but it gives you maximum control over your knife and allows you to pivot from the wrist when chopping.

*Top View*—Some cooks prefer to grip the knife by the handle, allowing the thumb and index finger to rest on the blade for support. However, an individual's preference to hold the knife in other ways is acceptable.



*Side View* - Note: The finger is placed behind the blade to provide stability.



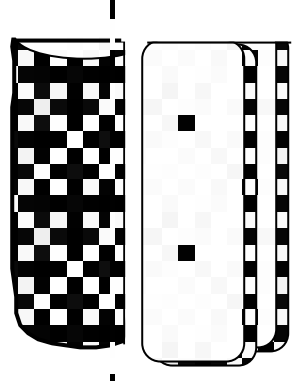
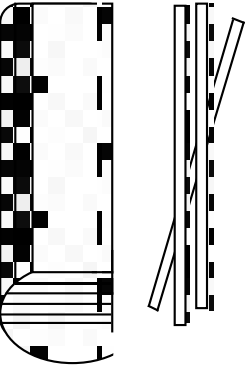

## CUTTING TECHNIQUES

- Food cut to specific sizes and shapes can be very useful, as consistently sized pieces cook evenly and simultaneously.
- Decorative cuts are pleasing to the eye and allow the food to garnish itself.
- Squaring off is helpful for most types of food. With your fingers curled back, make straight cuts to create a flat surface on all four sides. This also eliminates the need to peel vegetables before cutting them.
- Make a series of slices or planks straight down through the food.
- These slices can be stacked or cut individually into sticks, batonnet, or julienne.
- Sticks can then be cut into cubes – or dice.
- Cuts should be made by lifting the heel end of the knife off the cutting board, then slicing forward and down in a single smooth motion.


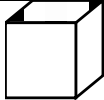
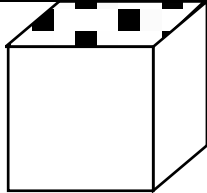
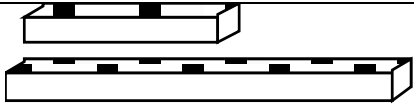

### ONIONS

1. Start by cutting the stem end off, leaving the hairy roots.
2. Place the onion on the newly cut flat side and slice straight down through the middle of the root end to cut the onion in half. Peel the onion.
3. Working close to the edge of the counter or worktable, make a series of horizontal slices through each onion half, working from the bottom up (depending on the size of the onion, you should be able to make three or four cuts).
4. Make a series of vertical cuts through the fattest part of the onion. DO NOT cut all the way through the root end – this is holding everything together to make the next step easier.
5. To finish dicing the onion, make a second series of vertical cuts starting at the stem end (where you made the first cut), and continuing back toward the root end (that is holding everything together). Stop cutting if the root end becomes too small to hold onto securely. Only cut back as far as you feel comfortable going!

## PLANKS, STICKS, DICE

 <p>The diagram shows a cylindrical vegetable on the left, cut lengthwise into two halves. On the right, several rectangular planks of varying thicknesses are shown, representing the result of cutting the vegetable lengthwise.</p>	<p><b>Planks:</b> Cut the vegetable lengthwise into desired thickness</p>
 <p>The diagram shows a stack of planks on the left. On the right, several long, thin sticks are shown, representing the result of cutting the planks lengthwise.</p>	<p><b>Sticks:</b> Stack slices and cut again lengthwise into the desired thickness; this will yield sticks</p>
 <p>The diagram shows a bundle of sticks on the left. On the right, several small, square dice are shown, representing the result of cutting the sticks crosswise.</p>	<p><b>Dice:</b> Lay sticks in a bundle and cut crosswise into the desired thickness; this will yield dice</p>

## ***BASIC KNIFE CUTS***

<b>Small Dice</b>	(1/4" x 1/4" x 1/4")	
<b>Medium Dice</b>	(1/3" x 1/3" x 1/3")	
<b>Large Dice</b>	(3/4" x 3/4" x 3/4")	
<b>Julienne</b>	(1/8" x 1/8" x 1 or 2")	
<b>Batonnet</b>	(1/4" x 1/4" x 2 or 2-1/2")	

# DAY ONE KITCHEN PRODUCTION TEAM ASSIGNMENTS

## AS A GROUP

Knife Skills

## TEAM ONE

Miso Glazed Tofu or Chicken

Oven Baked "Fried" Rice

Spinach with Sesame Dressing

Romaine Lettuce with Japanese Salad Dressing

## TEAM TWO

Spinach and Mung Dal

Tomato Dal Rasam

Mango Chutney

Naan

## TEAM THREE

Mushroom Cauliflower Curry

Tandoori Tofu

Yellow Rice

Mint Chutney

## TEAM FOUR

Stir Fried Glass Noodles Jap Chae

Daikon and Cucumber Salad

Instant Cucumber Kimchi

Tteokbokki

# MISO GLAZED TOFU

*Yield: 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Vinegar, wine, rice	¾ cup
Water	¼ cup
Wine, rice, sweet, Japanese ( <i>Mirin</i> )	1 cup
Miso, white ( <i>Shiromiso</i> )	4 oz.
Soy sauce	3 Tbsp.
Sugar, brown, light	8 oz.
Tofu, firm	28 oz.
Scallion (Green onion), bunch, thin sliced	2 ea.
Sesame seeds, toasted	2 Tbsp.

## **Method**

1. Place the tofu on a plate lined with paper towels. Top with more paper towels and 2 plates. Allow the tofu to drain for 45 minutes.
2. For the marinade, in a medium pot, combine the rice wine vinegar, water and mirin. Bring it to a simmer and cook for 10 minutes.
3. Whisk in the miso, soy sauce, and brown sugar. Simmer, stirring occasionally, for 5 minutes. Allow it to cool over an ice bath until cold.
4. Large dice the drained tofu.
5. In a zip-top bag, combine the marinade and the tofu. Allow it to marinate overnight.
6. Remove the tofu from marinade. Wipe off any excess marinade with a paper towel. Reserve the marinade.
7. Broil the tofu to golden brown. Brush the tofu with the marinade as they are cooking to create a glaze.
8. Top with the scallions and sesame seeds. Serve hot.

# OVEN BAKED "FRIED" RICE

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Rice, long-grain, brown	2 ¼ cups
Water, boiling	6 cups
Pepper, bell, red, small diced	1 cup
Pineapple, small diced	1.5 cups
Peas, frozen, thawed	1 cup
Carrot, small diced	¾ cup
Oil, sesame	⅓ cup
Soy sauce	½ cup
Scallion (Green onion), sliced thinly on a bias	1 cup

## **Method**

1. Preheat oven to 400°F.
2. In a large pot, bring 6 cups of water to a boil. Add the brown rice, turn down the heat to low, cover, and simmer until tender, 35 to 40 minutes. Drain any excess water.
3. Spread the rice out on a sheet tray and allow it to cool completely.
4. In a large bowl, combine the cooled rice, bell peppers, pineapple, peas, and carrots. Drizzle with sesame oil and soy sauce. Mix well to evenly coat.
5. Line a full-size baking sheet (or two half sheets) with parchment paper. Spread the rice mixture into a thin, even layer. Bake in the preheated oven for 45 minutes, stirring and rotating every 15 minutes to prevent the edges from burning.
6. Remove the sheet from the oven. Sprinkle with the sliced scallions. Serve hot.

# SPINACH WITH SESAME DRESSING

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Soy sauce, light	¼ cup
Sugar, granulated	¼ cup
Spinach, fresh	2 lb.
Sesame seeds	½ cup

## **Method**

1. In a small saucepan, bring the soy sauce to a boil. Add the sugar. Stir to dissolve. Reserve.
2. Remove all stems from the spinach and wash thoroughly.
3. In a large pot of rapidly boiling water, blanch the spinach. Drain. Transfer to an ice water bath to halt the cooking process. Drain and squeeze out all excess moisture. Reserve.
4. In a dry pan over medium-low heat, toast the sesame seeds until golden brown.
5. Using a mortar and pestle, crush the toasted sesame seeds to a coarse paste. Combine the paste with the soy sauce.
6. Add the soy sauce-sesame mixture to the spinach. Toss well to coat.

# ROMAINE LETTUCE WITH JAPANESE SALAD DRESSING

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lettuce, romaine	2 ea.
Carrot, chopped	1/2 cup
Onion, yellow, chopped	1/4 cup
Celery, chopped	1/4 cup
Orange, juice and pulp, peeled, seeded	1/4 ea.
Ginger, fresh, minced	2 tsp.
Soy sauce, light	1 tsp.
Ketchup	2 tsp.
Miso, white	2 tsp.
Vinegar, rice, unseasoned	2 Tbsp.
Sugar, granulated	1/2 tsp.
Oil, vegetable	1/4 cup
Salt, kosher	to taste

## **Method**

1. Wash the lettuce and cut into 2-inch pieces.
2. For the dressing, in a blender, place the carrot, onion, celery, orange juice and pulp, ginger, soy sauce, ketchup, miso, vinegar, sugar, oil, and salt. Purée until very smooth.
3. Immediately before service, toss the lettuce with the dressing.

# SPINACH AND MUNG DAL

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Beans, mung, split	1 lb.
Water	2 qt.
Garlic, minced	2 Tbsp.
Ginger, fresh, minced	2 tsp.
Salt, kosher	4 tsp.
Oil, corn	2 Tbsp.
Cumin seed	2 tsp.
Chile, cayenne, ground	2 tsp.
Onion, yellow, finely chopped	2 cups
Tomato, coarsely chopped	6 ea.
Spinach, trimmed and washed	1 lb.

## **Method**

1. In a large pot, place the beans, water, garlic, ginger, and salt. Bring to a simmer and cook until the beans are stew-like and slightly mushy. Reserve.
2. For the tadka, heat the oil in a heavy frying pan over medium high heat. Add the cumin seeds. Stir fry for 15 seconds.
3. Add the cayenne and onions. Cook, stirring frequently, until the onions are well softened, about 5 minutes.
4. Add the tomatoes and cook until they start to fall apart.
5. Add the spinach and cook until wilted.
6. Combine with the reserved, cooked mung beans. Stir briefly.

# TOMATO DAL RASAM

Yield: ½ Gallon

Ingredients	Amounts
Ghee	3 Tbsp.
Onion, yellow, sliced	1 ea.
Ginger, fresh, finely chopped	½ oz.
Turmeric, powder	½ tsp.
Korean chili powder ( <i>Gochugaru</i> )	½ Tbsp.
Lentils, red	¼ lb.
Stock, chicken	½ gal.
Tomato, crushed	1 ½ lb.
Peppercorns, black, crushed	½ Tbsp.
Chile, Thai bird's eye, sliced	3 ea.
Tamarind, pulp	1 oz.
Ghee	2 Tbsp.
Fenugreek seeds	1 tsp.
Mustard seeds, brown	1 tsp.
Curry leaves	8 ea.
Asafetida	½ tsp.
Cilantro, fresh, bunch, chopped	½ ea.

## Method

1. Heat the ghee in a pot over moderate heat. Add the onions and cook until golden brown in color.
2. Add the ginger, turmeric, and Korean chili powder and continue to cook for 30 seconds until aromatic.
3. Add the lentils and chicken stock and simmer for 20 minutes.
4. Add the tomatoes, peppercorns, Thai chilies, and tamarind and continue to simmer for another 30 minutes.
5. To prepare the tadka, heat a small skillet with the ghee over low heat. Add the mustard seeds and fenugreek seeds. When the seeds begin to crackle, add the curry leaves and asafetida. Keep the flame low. After a few seconds, pour this mixture into the soup and stir to blend.
6. Adjust seasoning and garnish at service with the coarsely chopped cilantro.

# MANGO CHUTNEY

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Onion, yellow, minced	½ cup
Garlic, minced	1 tsp.
Ginger, fresh, minced	1 tsp.
Mango, fresh, diced	3 cups
Apple, peeled and diced	1 cup
Vinegar, apple cider	¼ cup
Honey	2 Tbsp.
Salt, kosher	½ tsp.
Turmeric, ground	½ tsp.
Water	¼ cup
Raisins	2 Tbsp.

## **Method**

1. In a saucepan, cook onion, garlic, and ginger over medium heat until softened, about 3 to 4 minutes.
2. Sit in mango, apple, vinegar, honey, salt, turmeric, water, and raisins.
3. Bring to a gentle simmer. Reduce heat and cook over low heat for 15-20 minutes, stirring occasionally, until slightly thickened and fruit is soft.
4. Lightly mash with back of a spoon or for a smoother texture transfer to a blender and blend until smooth.
5. Cool completely before serving.

**Note:** Frozen mango can be substituted for fresh.

# NAAN

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Milk, whole	$\frac{2}{3}$ cup
Yogurt	$\frac{2}{3}$ cup
Egg, whole	1 ea.
Yeast, active dry	2 tsp.
Sugar, granulated	2 tsp.
Flour, all-purpose	1 lb.
Salt, kosher	1 tsp.
Ghee	2 Tbsp.
Nigella seeds	$\frac{1}{2}$ cup
Cilantro, fresh, coarsely cut	$\frac{1}{2}$ cup

## **Method**

1. Combine the milk, yogurt, egg, yeast, and sugar in a mixing bowl and mix well to blend.
2. Add the flour, salt, and ghee and mix to achieve a pliable dough. If the dough is too wet, add more flour.
3. Knead the dough on a lightly floured work surface until it is smooth and elastic.
4. Return the dough to the mixing bowl; cover with plastic wrap and let it proof (raise) in a warm place until it has doubled in size.
5. Divide the dough into 6 evenly sized pieces and roll them out into a slipper shape.
6. Sprinkle nigella seeds and cilantro onto the rolled dough and bake at 400°F for about 8 to 10 minutes.
7. Brush with additional ghee right before serving.

# MUSHROOM CAULIFLOWER CURRY

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, vegetable	1/3 cup
Onion, yellow, diced	1 ea.
Chile, jalapeño, minced	2 ea.
Ginger, fresh, minced	1 Tbsp.
Garlic, sliced	1 Tbsp.
Turmeric, powder	1 tsp.
Cumin seeds	1 tsp.
Coriander, ground	1 tsp.
Korean chili powder ( <i>Gochugaru</i> )	1 tsp.
Garam masala	1 tsp.
Water	1/2 cup
Tomato, chopped	2 cups
Tomato, purée	1/2 cup
Tomato, paste	1 tsp.
Cauliflower head, cut into florets	1 ea.
Mushroom, button	1/2 lb.
Pepper, bell, red, medium diced	1 ea.
Salt, kosher	to taste
Water	as needed
Lemon, juice, fresh (Optional)	2 Tbsp.
Cilantro, fresh, bunch, chopped	1 ea.

## **Method**

1. Heat the oil in a pot over medium heat. Add the onions and fry until lightly golden brown.
2. Add the chiles, ginger, and garlic. Cook for 2 minutes over low heat until aromatic.
3. In a small bowl, combine the turmeric, cumin, coriander, Korean chili, garam masala. Add the water and mix well. Add this mixture to the onion mix in the pot. Cook until all the moisture has evaporated, about 7 minutes.
4. Add the chopped tomatoes, tomato purée, and tomato paste. Stir continuously, making sure the mixture does not stick to the bottom of the pot.
5. When the mixture is cooked and fat becomes visible on the sides of the pan, add the cauliflower, mushrooms, and peppers. Mix well, then season with salt.
6. Bring mixture to a boil, then reduce heat, cover, and simmer for 5 minutes. Remove from the heat and check for doneness. Adjust thickness by adding additional water, if necessary.
7. If desired, squeeze lemon juice over top. Garnish with the cilantro.

# TANDOORI TOFU

*Yield: 10-12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Tofu, extra firm, pressed, med. diced	42 oz.
Lemon, juice, fresh	2 Tbsp.
Garam masala	1 ½ Tbsp.
Korean chili powder ( <i>Gochugaru</i> )	2 tsp.
Turmeric, powder	1 tsp.
Cumin, ground	1 Tbsp.
Coriander, ground	3 tsp.
Ginger, fresh, ground	1 Tbsp.
Garlic, finely chopped	1 Tbsp.
Yogurt, Greek, non-fat, plain	3 cups
Salt, kosher	1 tsp.
Oil, vegetable	2 Tbsp.
Onion, red, thinly sliced	2 ea.
Tomato, small diced	3 ea.
Cilantro, fresh, coarsely chopped	½ cup
Lettuce, head, leaf	1 ea.
Lemon, cut into wedges	1 ea.

## **Method**

1. Preheat oven to 425F.
2. If time permits: Drain and press the tofu overnight in the fridge to remove excess moisture. Cut into large 1/2-inch cubes. Pat dry.
3. In a large bowl combine the lemon juice, spices, garlic, ginger, yogurt, and salt. Gently fold in tofu, coating all sides well. Cover and marinate in the fridge for at least 2 hours or overnight for deeper flavor.
4. Arrange marinated tofu pieces on a parchment-lined and greased sheet pan with a rack, if possible, for airflow.
5. Roast for 25-30 minutes, flipping once half-way through, until tofu is lightly browned and crispy on the edges.
6. While tofu is roasting prepare the garnish: heat a skillet over medium-high heat. Sauté onions until lightly browned. Add tomatoes and cook for another 1-2 minutes. Remove from heat and stir in cilantro.
7. To serve, arrange lettuce leaves on a platter. Spoon the onion-tomato mixture on top, then layer on the hot tandoori tofu. Garnish with lemon wedges.

# YELLOW RICE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Water	6 cups
Sugar, granulated	1 Tbsp.
Turmeric, ground	½ tsp.
Ginger, fresh, ground	1 tsp.
Salt, kosher	1 Tbsp.
Oil, canola	1 Tbsp.
Cinnamon, stick	1 ea.
Raisins	1 cup
Lemon, rind, in large pieces	1 tsp.
Rice, basmati	4 cups

## **Method**

1. Heat oven to 375°F
2. In a large pot, bring the water to a boil. Add the sugar, turmeric, ginger salt, oil, cinnamon, raisins, and lemon rind and stir until the sugar has dissolved.
3. Add the rice and bring to a simmer.
4. Transfer mixture to a hotel pan and cover the pan tightly with aluminum foil.
5. Transfer to the oven and bake for 25-35 minutes until rice is tender and cooked through.
6. Remove the cinnamon stick and lemon rind. Fluff with a fork before serving.

# MINT CHUTNEY

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Mint, fresh, bunch	2 ea.
Oil, vegetable	2 tsp.
Chile, red, dried	3 ea.
Mustard seeds, black	2 tsp.
Lentils, black ( <i>Urad Dal</i> ), cooked	1 cup
Tamarind, pulp	2 tsp.
Salt, kosher	to taste
Sugar, granulated	2 tsp.
Asafetida	1 tsp.

## **Method**

6. Wash and coarsely chop the mint. Set aside.
7. In a pan, heat the oil over medium heat. Add the chilies, mustard seeds, and urad dal. Fry for a minute. Remove and reserve.
8. In the same pan, add the mint and fry until it changes color. It will shrink to half the original quantity. Remove and cool completely.
9. Once cool, combine the urad dal mixture with the fried mint, tamarind, salt, sugar, and asafetida. Grind it to a fine paste.

## STIR-FRIED GLASS NOODLES (JAP-CHAE)

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Mushroom, shiitake	10 ea.
Mushroom, wood ear, dried	1 wt. oz.
Noodles, sweet potato	½ lb.
Scallion (Green onion), sliced thin	3 ea.
Soy sauce, light	½ cup
Sugar, granulated	2 Tbsp.
Oil, sesame	1 Tbsp.
Oil, vegetable	½ cup
Onion, sliced thin with the grain	1 cup
Garlic, clove, minced	4 ea.
Cabbage, green, chiffonade	1 cup
Carrot, julienned	1 cup
Pepper, bell, red, julienned	1 cup
Salt, kosher	as needed
Pepper, black, ground	as needed

### **Method**

1. Cut off the entire stem of the shiitake mushrooms. Cut the caps into ⅛-inch wide strips.
2. In a small bowl, place the wood ear mushrooms and enough warm water to cover. Allow them to soak for 20 minutes. Drain, trim off hard parts, and cut into ⅛-inch wide strips.
3. In a large bowl, place the noodles and enough boiling water to cover by at least 2 inches. Allow them to soak until rehydrated and elastic. Drain, rinse with cool water, and reserve.
4. In a small bowl, whisk together the scallions, soy sauce, sugar, and sesame oil. Reserve.
5. Heat the vegetable oil in a wok over medium-high heat. Stir fry the onions and garlic until aromatic.
6. Add the shiitake and wood ear mushrooms, cabbage, carrots, and peppers. Stir-fry until the vegetables are almost cooked through.
7. Add the noodles and stir-fry until the ingredients are heated.

8. Add the reserved soy sauce mixture. Season with salt and pepper. Toss well to coat. If mixture appears dry, add a little water to moisten slightly. Transfer to a serving plate.

# DAIKON AND CUCUMBER SALAD

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Radish, white ( <i>Daikon</i> ), peeled, Julienned	1 lb.
Carrot, peeled, julienned	1 ea.
Cucumber, European, peeled, julienned	1 ea.
Salt, kosher (Divided)	1 Tbsp.
Vinegar, rice, light	¼ cup
Sugar, granulated	2 Tbsp.
Korean chili powder ( <i>Gochugaru</i> )	1 tsp.

## **Method**

1. In separate small bowls, place the daikon, carrot, and cucumber.
2. Add 1 tsp. of salt to each bowl. Mix well. Let it sit for 30 minutes.
3. Gently squeeze out any excess water released from each vegetable. Transfer the vegetables to a single large bowl.
4. Add the vinegar, sugar, and Korean chili powder. Mix well to blend.
5. Cover and refrigerate until ready for service.

# INSTANT CUCUMBER KIMCHI

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Cucumber, European	2 ea.
Salt, kosher (Divided)	2 ½ tsp.
Radish, white (Daikon) julienned	1 cup
Garlic, clove, mashed	1 ea.
Scallion (Green onion), sliced fine	2 ea.
Ginger, fresh, grated	½ Tbsp.
Korean chili powder ( <i>Gochugaru</i> )	1 ½ tsp.
Sesame seeds, toasted	1 Tbsp.

## **Method**

1. Cut the cucumbers half lengthwise. Remove the seeds. Slice thin. Transfer to a colander. Add 1 ½ teaspoon of the salt. Mix well. Let it drain for 2 hours.
2. Mix the julienned daikon with 1 teaspoon of the salt. Let it sit for 30 minutes.
3. Gently squeeze out the excess moisture from the cucumbers and daikon.
4. Transfer the cucumber and daikon to a large bowl. Add the garlic, scallions, ginger, chili powder, and sesame seeds. Toss well to combine.
5. Refrigerate until ready for service

**Note:** Other par cooked vegetables can be substituted for the cucumbers.

# TTEOKBOKKI

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Rice cake, Korean ( <i>Tteok</i> )	2 lb.
Stock, vegetable	3 cups
Korean chili paste ( <i>Gochujang</i> )	1 ½ Tbsp.
Tomato, paste	1 Tbsp.
Soy sauce, low sodium	3 Tbsp.
Garlic, minced	1 Tbsp.
Honey	1 ½ Tbsp.
Carrots, thinly sliced	1 cup
Cabbage, shredded	1 ½ cups
Scallion (Green onion) sliced	1 cup
Oil, sesame	1 tsp.
Sesame seeds	1 Tbsp.

## **Method**

1. In a large bowl, place the rice cakes and enough boiling water to cover. Allow them to soak for 25 minutes. Drain.
2. In a large sauté pan, place the stock, gochujang, tomato paste, soy sauce, garlic, and honey. Stir to combine. Bring it to a simmer.
3. Add the rice cakes and carrots. Simmer for 10-12 minutes, stirring occasionally, until the sauce thickens and rice cakes are soft and chewy.
4. Stir in the cabbage and scallion. Cook until the cabbage wilts, 2 to 3 minutes.
5. Drizzle with sesame oil. Garnish with the sesame seeds.

# DAY TWO KITCHEN PRODUCTION TEAM

## ASSIGNMENTS

### TEAM ONE

Sheet-Pan Lentil Pancake with Citrus Compote  
Citrus Compote  
Korean Street Toast with Egg  
Pineapple "Upside Down" Oat-Muffins

### TEAM TWO

Breakfast Lentil Quesadilla  
Sheet-Pan Potato Frittata  
Lemon Zucchini Loaf with Yogurt Glaze

### TEAM THREE

Blueberry Oat Bars  
Cottage Cheese Pancakes  
Snickerdoodle Muffins

### TEAM FOUR

Zucchini and Roasted Red Pepper Frittata  
Peanut Butter Vanilla Yogurt Dip with Strawberries  
Orange-Almond Breakfast Cake

# BANANA LENTIL SHEET PANCAKE WITH CITRUS COMPOTE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oats, old fashioned	1 cup
Flour, whole wheat	1 cup
Sugar, brown packed	¼ cup
Cinnamon, ground	1 tsp.
Baking powder	2 tsp.
Baking soda	½ tsp.
Salt, kosher	¼ tsp.
Yogurt, Greek, non-fat	¾ cup
Milk, whole	¾ cup
Oil, canola	¼ cup
Eggs, whole	2 ea.
Extract, vanilla	1 tsp.
Bananas, over-ripe, peeled and mashed	2 ea.
Lentils, red, cooked	⅔ cup

## **Method**

1. Preheat oven to 425°F. Line a half sheet pan with parchment paper. Spray lightly with nonstick spray.
2. In a large bowl, stir together the oats, flour, brown sugar, cinnamon, baking powder, baking soda, and salt.
3. In a small bowl, place the yogurt, milk, oil, eggs, and vanilla extract. Whisk until smooth.
4. Transfer the yogurt mixture to the large bowl. Add the mashed banana and cooked lentils. Stir until just combined, being careful not to overmix.
5. Spread out the batter evenly onto the prepared sheet pan.
6. Bake in the preheated oven until golden and set in the center, 15- to 18 minutes. Let it cool slightly.
7. Cut the pancakes into squares and then triangles. Top with citrus compote and fresh fruit.
8. Serve warm.

## CITRUS COMPOTE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Citrus, segments	3 cups
Orange, juice, fresh	½ cup
Apple, small diced	1 ea.
Citrus, zest	1 tsp.
Honey	2 Tbsp.
Ginger, fresh, grated	1 Tbsp.
Cinnamon, ground	¼ tsp.

### **Method**

1. In a saucepan, place the citrus segments, reserved juice, zest, honey, ginger, and cinnamon. Stir to combine. Bring it to a gentle boil over medium heat.
2. Add the apples. Lower the heat and simmer, stirring occasionally, for 8 to 10 minutes. The citrus should break down slightly and become juicy.
3. Transfer the mixture to a blender. Blend until smooth.
4. Serve warm or chilled over the Banana Lentil Sheet Pancakes.

# KOREAN STREET TOAST WITH EGG

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Egg, whole	8 ea.
Salt, kosher	¼ tsp.
Pepper, black, ground	¼ tsp.
Cabbage slaw mix, shredded	13 oz.
Bread, whole wheat, slice	10 ea.
Butter, unsalted, melted	½ cup
Sugar, granulated	5 tsp.
Ketchup	¼ cup
Mayonnaise, low-fat	½ cup

## **Method**

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

# PINEAPPLE “UPSIDE-DOWN” OATMEAL MUFFINS

*Yield: 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pineapple, 1-in. chunks	1 cup
Sugar, brown, packed, (Divided)	5 Tbsp.
Oats, old-fashioned	2 cups
Flour, all-purpose	¼ cup
Baking powder	1 ½ tsp.
Salt, kosher	¼ tsp.
Egg, whole	1 ea.
Egg, white	1 ea.
Milk, whole	⅔ cup
Applesauce	⅔ cup
Extract, vanilla	½ tsp.

## **Method**

1. Preheat oven to 350°F. Lightly spray a 12-count standard-sized muffin tin with cooking spray. Reserve.
2. In a small bowl, place the pineapple chunks and 1 tablespoon of the brown sugar. Toss to combine. Portion the pineapple evenly on the bottom of each muffin tin.
3. In a large bowl, place the oats, 4 tablespoons of brown sugar, flour, baking powder, and salt. Stir to combine.
4. In a small bowl, add the egg, egg white, milk, applesauce, and vanilla. Whisk until combined.
5. Add the egg mixture to the large bowl. Stir together until combined.
6. Portion the batter evenly over the pineapple chunks in the prepared muffin tin.
7. Bake in the preheated oven for 20 to 24 minutes until the oatmeal is lightly browned and a toothpick inserted into the center comes out clean.
8. Allow the muffins to cool in the tin for at least 10 minutes before removing and flipping each oatmeal single upside down.

# BREAKFAST LENTIL QUESADILLA

*Yield: 10 quesadillas*

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

## **Method**

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

# SHEET-PAN POTATO FRITTATA

*Yield: 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pork, bacon	8 oz.
Potato, Yukon Gold, diced	8 oz.
Onion, yellow, minced	5 oz.
Egg, whole	12 ea.
Milk, whole	½ cup
Spinach	2 cups
Cheese, Cheddar, shredded	1 cup
Salt, kosher	as needed
Pepper, black, ground	as needed

## **Method**

1. Preheat oven to 400°F. Line a half sheet pan with parchment paper and lightly spray with non-stick spray.
2. In a large skillet over medium heat, cook the bacon until crisp, 10 to 15 minutes. Discard all but 2 tablespoons of fat from the skillet. Remove the bacon from pan, cut into small pieces. Return the bacon pieces to the pan.
3. In a large pot of lightly salted boiling water, boil the diced potatoes until just tender, about 5 minutes.
4. Add the onions to the pan with the bacon and sauté for 1 minute.
5. Add the potatoes and sauté until they are lightly brown, 12 to 15 minutes.
6. Beat the eggs and milk in a mixing bowl. Fold in spinach and cheese. Season with salt and pepper.
7. Spread the bacon-potato mixture evenly across the sheet pan. Pour the egg mixture over top. Use a spatula to gently distribute ingredients evenly.
8. Bake for 18-22 minutes, or until the eggs are puffed, set in the center, and lightly golden on top.
9. Let it rest for 5 minutes before slicing into 12 squares.

# LEMON ZUCCHINI LOAF WITH YOGURT GLAZE

*Yield: 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Flour, all-purpose	1 ½ cups
Salt, kosher	¼ tsp.
Baking powder	1 tsp.
Baking soda	½ tsp.
Sugar, granulated	¾ cup
Lemon, zest	1 ea.
Eggs, whole	2 ea.
Oil, vegetable	½ cup
Lemon, juice, fresh	2 tsp.
Zucchini, grated	1 cup
Honey	2 Tbsp.
Yogurt, Greek	3 Tbsp.
Lemon, zest	1 Tbsp.
Milk, whole	1 Tbsp.

## **Method**

1. Preheat oven to 350°F. Grease and flour an 8 x 4-inch loaf pan. Set aside.
2. In a large bowl, whisk together the flour, salt, baking powder, and baking soda. Reserve.
3. In a separate large bowl, place the sugar and lemon zest. Stir well to combine.
4. Add the eggs, oil, and lemon juice. Stir until smooth.
5. Stir in the reserved dry ingredients until combined.
6. Fold in the zucchini. Pour the batter into the prepared loaf pan.
7. Bake in the preheated oven until a toothpick inserted in the center comes out clean, 45 to 50 minutes.
8. Allow the loaf to rest in the pan for 10 minutes. Remove the loaf and transfer it to a wire rack to cool completely.
9. For the glaze, in a small bowl, place the honey, yogurt, lemon zest, and whole milk. Mix until smooth.
10. Drizzle the glaze over the bread. Slice and serve.

# BLUEBERRY OAT BARS

*Yield: 50 bars*

<b>Ingredients</b>	<b>Amounts</b>
Blueberries, frozen, unsweetened	1 ½ gal.
Lemon, juice, fresh	¾ cup
Cornstarch	¼ cup
Sugar, brown, light, packed	1 ½ cups
Flour, all-purpose, enriched	6 ¼ cups
Oats, rolled	3 qt.
Sugar, brown, light (packed)	3 cups
Butter, unsalted, cold	2 ⅓ lb.

## **Method**

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

# COTTAGE-CHEESE PANCAKES

*Yield: 12 servings*

<b>Ingredients</b>	<b>Amounts</b>
Cottage cheese, low-fat	2 cups
Eggs, whole	4 ea.
Milk, 2%	1 cup
Extract, vanilla	2 tsp.
Flour, whole wheat	1 ½ cups
Baking powder	2 tsp.
Baking soda	1 tsp.
Salt, kosher	½ tsp.
Cinnamon, ground (Optional)	1 tsp.
Lemon, zest (Optional)	2 tsp.

## **Method**

1. In a blender, place the cottage cheese, eggs, milk, and vanilla. Blend until smooth or leave slightly textured for a rustic pancake. Transfer to a large bowl. Reserve.
2. In a medium bowl, stir together flour, baking powder, baking soda, salt, cinnamon, and zest (if using).
3. Add the flour mixture to the large bowl. Stir just until combined. The batter will be thick but scoopable.
4. Heat a lightly oiled griddle over medium heat. Scoop ¼ cup of batter per pancake and cook until golden and cooked through, 2 to 3 minutes per side.
5. Serve warm.

**Note:** This can be served with fruit compote, applesauce, yogurt, or maple syrup.

# SNICKERDOODLE MUFFINS

*Yield: 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted, softened	½ cup
Sugar, granulated	⅔ cup
Egg, whole	1 ea.
Extract, vanilla	1 ½ tsp.
Milk, whole	½ cup
Yogurt, Greek, non-fat	¼ cup
Flour, all-purpose	1 ⅔ cups
Baking powder	1 ½ tsp.
Baking soda	¼ tsp.
Cinnamon, ground	1 tsp.
Salt, kosher	¼ tsp.
Butter, unsalted, melted	4 Tbsp.
Sugar, granulated	4 Tbsp.
Cinnamon, ground	2 tsp.
Oats, old fashioned	3 Tbsp.

## **Method**

1. Preheat the oven to 375°F. Spray a standard muffin pan generously with non-stick cooking spray.
2. In the bowl of a stand mixer, place the butter and granulated sugar. Cream together until smooth and well combined, about 2 minutes.
3. Add the egg. Mix until combined. Add the vanilla, milk, and yogurt. Mix until combined. Transfer to a large bowl.
4. In a small bowl, place the flour, baking powder, baking soda, cinnamon and salt. Stir to combine.
5. Add the flour mixture to the large bowl. Stir just until combined. Portion the batter evenly between the prepared muffin cups, filling each about 2/3 full.
6. Bake in the preheated oven until a toothpick inserted in the center comes out clean or with just a few moist crumbs, 15 to 20 minutes. Allow the muffins to cool in the tin for 2 minutes. Remove the muffins from the tin and transfer to a wire cooling rack.
7. In a small saucepan, melt the butter. Reserve.
8. For the cinnamon-sugar, in a small bowl, mix the granulated sugar, cinnamon, and oats.
9. Brush a thin layer of melted butter over each muffin. Sprinkle generously with cinnamon sugar.

# ZUCCHINI AND ROASTED RED PEPPER FRITTATA

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Zucchini, cut into ¼-in. thick slices	1 ea.
Oil, olive, pure	as needed
Pepper, bell, red	1 ea.
Olive, black, pitted, quartered	16 ea.
Egg, whole	8 ea.
Heavy cream	¼ cup
Salt, kosher	as needed
Pepper, black, ground	as needed

## **Method**

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

# PEANUT BUTTER VANILLA YOGURT DIP WITH STRAWBERRIES

*Yield: 20 portions*

<b>Ingredients</b>	<b>Amounts</b>
Peanut butter, creamy	2 lb.
Yogurt, vanilla (Divided)	1 ¼ qt.
Strawberries, fresh, whole	3 ½ lb.
Crackers, graham	14.4 oz

## **Method**

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

# ORANGE-ALMOND BREAKFAST CAKE

*Yield: 2 round cakes or 1 larger cake*

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

## **Method**

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

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

Source: Chef Claudia Roden

# RECIPE INDEX

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

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

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

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

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

A copy of the *Act*, more details about your rights, and any CIA policies related to the *Act* are available at <http://www.ciachef.edu/consumer-information/#psr>.

Questions concerning FERPA should be referred to the Office of the Registrar, The Culinary Institute of America, 1946 Campus Drive, Hyde Park, NY, 12538.

## **CIA INSTRUCTOR POLICY ON PROPRIETARY INTERESTS DISCLOSURE AND REPRESENTATION**

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

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