Culinary Institute of America

2025 California Foodservice Professionals – Breakfast, Breads, and Pasta

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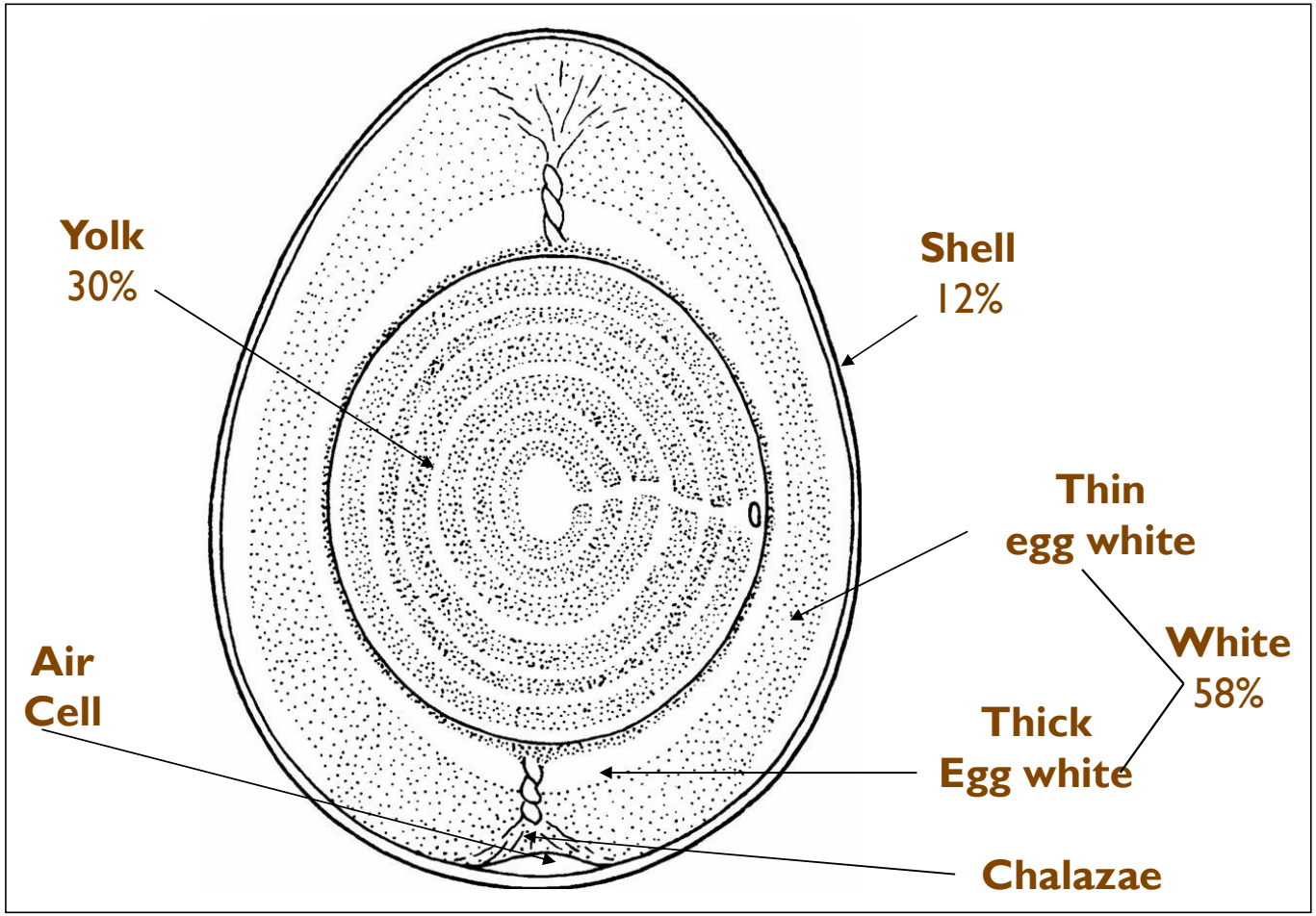
Learning Objectives

- Describe the components of an egg.
- List various specialty egg preparations.
- State characteristics of quick breads, scones, breakfast pastries, crepes, and other griddled items.
- Discuss and prepare classical and contemporary bistro-style breakfast dishes.

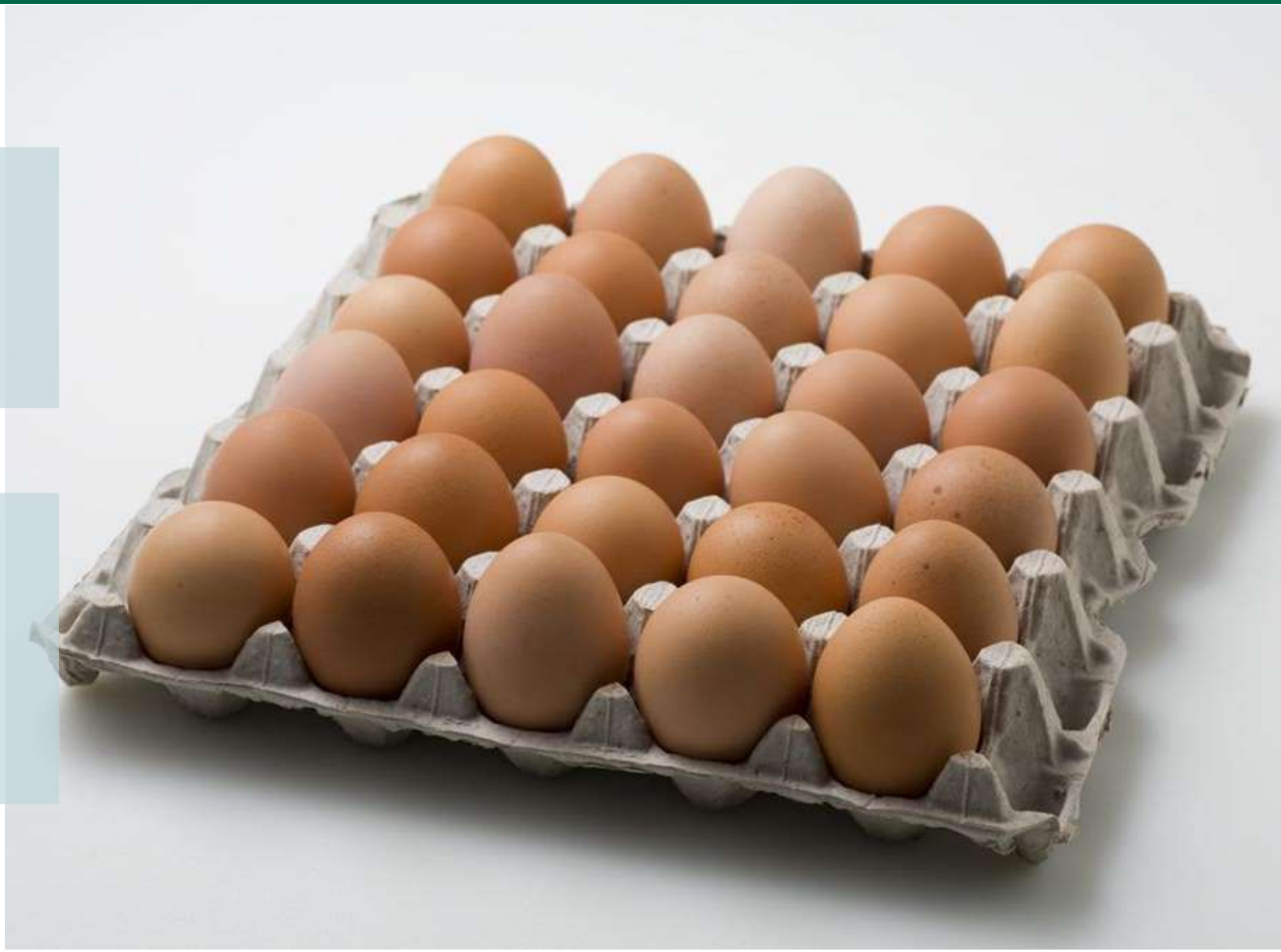
Anatomy of An Egg



Egg Uses

- Binding
- Coating
- Leavening

- Emulsification
- Clarifying
- General enjoyment!



Egg Quality Factors

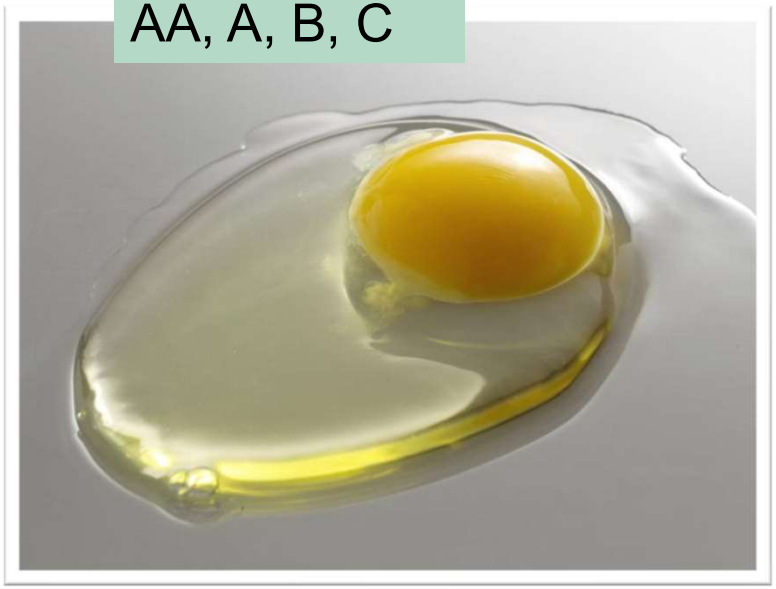
Interior Factors

- Size of the air pocket
- Proportion and density of the white
- Firmness of the yolk
- Blood vessels on the yolk

Exterior Factors

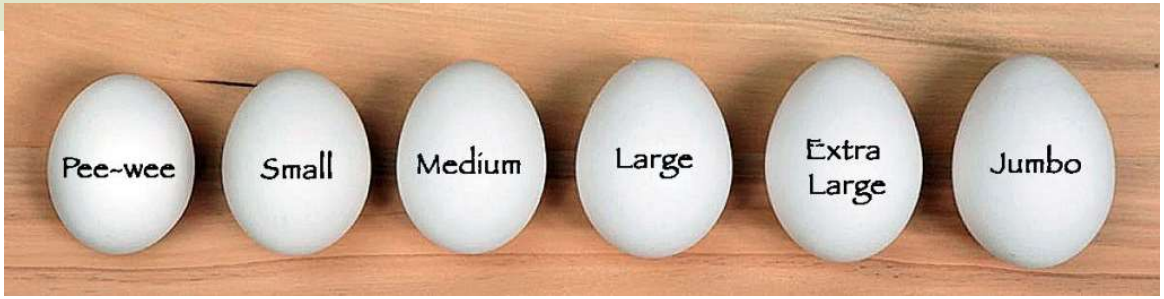
- Soundness
- Texture of the shell
- Shape of the shell
- Cleanliness of the shell

Egg Grades:
AA, A, B, C



Egg Size/ Weight Classifications

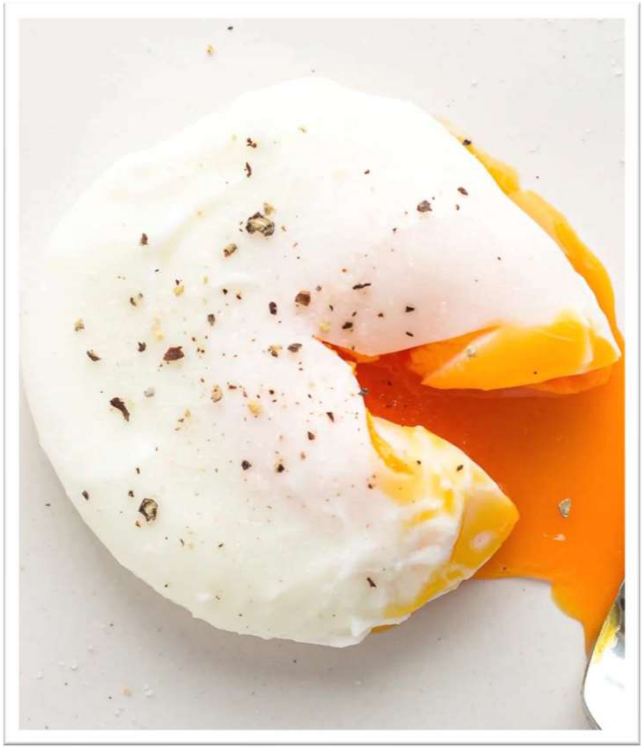
- **Jumbo:** 28 - 30 oz. per 12 eggs
- **Extra Large:** 25 - 27 oz. per 12 eggs
- **Large:** 22 - 24 oz. per 12 eggs
- **Medium:** 19 - 21 oz. per 12 eggs
- **Small:** 16 - 18 oz. per 12 eggs
- **Peewee:** < 15 oz. per 12 eggs



Egg Cookery

- Eggs cooked in shell
- Fried eggs
- Poached eggs
- Scrambled eggs
- Omelets
- Specialty egg dishes

Method: Poached Eggs



1. Bring water; salt to a simmer.
2. Add vinegar to help eggs set and prevent excess spread.
3. Break eggs into cups. Add to simmering liquid. Work in batches to keep steady water temperature.
4. Remove eggs with a slotted spoon, skimmer, or spider.
5. Hold in ice water until service; reheat in simmering water. Trim eggs before serving if ragged
6. Evaluate quality of the poached egg.

Quality Criteria: Poached Eggs

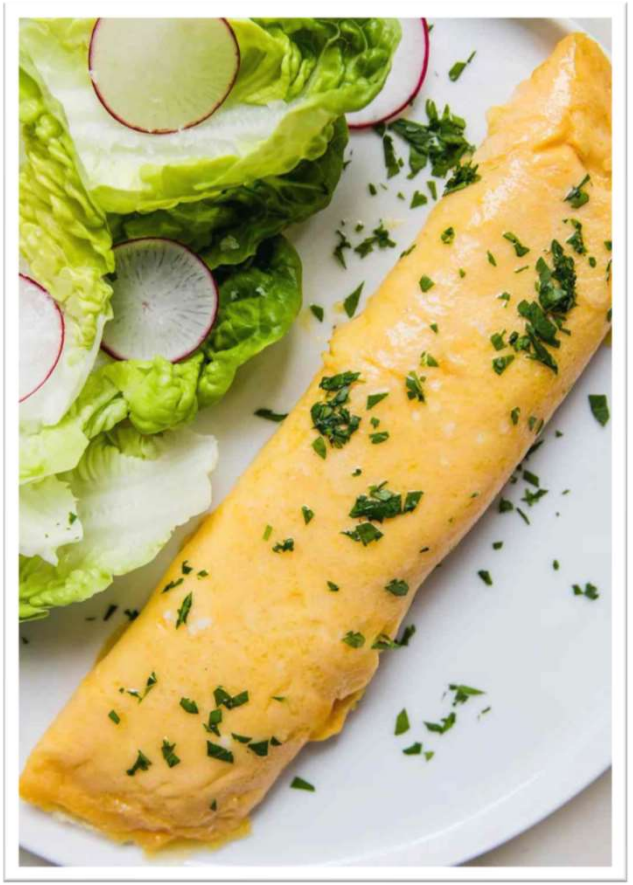
- Tender, fully cooked white
- Runny, yet warm yolk
- Delicately set
- Compact, oval shape
- Neat, uniform appearance
- Served hot
- Make sure liquid is deep enough
- Can be poached in other liquids (i.e., wine)

Method: Omelets

1. Blend eggs with liquid, if using.
2. Heat pan, add oil/ butter over high heat or in oven.
3. Add any appropriate fillings or garnishes.
4. Add eggs and cook until eggs are properly set.
5. Stir eggs constantly in beginning for even cooking and shake pan to spread eggs uniformly.
6. Season, add any additional fillings or garnishes, if desired.
7. Evaluate quality of the finished omelet.

Rolling a French-Style Omelet

1. Start by gently spreading or flattening the omelet in the pan to even it out for best-looking rolled and folded omelets.
2. Roll edge of omelet nearest handle toward the center and loosen the omelet.
3. Roll omelet out of the pan, completely encasing any filling (make sure the edges are caught neatly underneath the omelet), directly onto a heated plate
4. Shape omelet with a clean towel, if necessary.



Quality Criteria: French Omelet

- Tapered shape to both ends
- Little to no color
- Interior creamy and moist like scrambled egg
- Exterior smooth with no folds or wrinkles
- Stuffing cooked and warm, if applicable

Specialty Egg Dishes

- Huevos Rancheros
- Scotch Egg
- Frittata
- Tortilla Española
- Eggs Benedict
- Quiche
- Soufflé
- Toad-in-the-Hole

Eggs Benedict

- Toasted English muffin halves
- Traditional toppings:
  - Ham or Canadian bacon
  - Poached egg
  - Hollandaise sauce
  - Truffle shavings
- Many variations exist

Quick Breads

- Characteristics: tender and delicate texture
- Pourable batter or a soft dough

Examples:

- Muffins, loaves
- Pancakes, waffles, crêpes
- Scones, biscuits

Mixing Methods:

- Straight
- Creaming
- Rubbing

Leaveners:

- Baking powder, baking soda
- Less often physical
- Steam from butter or whipped egg whites

Muffins and Loaves

- **Characteristics:** tender, soft texture
- Spoon-able batter
- **Mixing method:** straight or creaming
- **Leaveners:** chemical
- Muffins baked individually
- Loaves baked and sliced

Scones and Biscuits

- **Characteristics:** tender, flaky texture
- **Mixing method:** rubbing
- **Leaveners:**
  - Chemical
  - Physical (steam from butter)
- Baked individually
- **Scones:** sweet or savory
- **Biscuits:** generally savory

Pancakes

- **Quality characteristics:** light, fluffy, tender, golden brown
- **Mixing method:** straight
- **Leavener:** chemical
- **Equipment:** griddle or sauté pan

Variations:

- Different flour mixtures
- Addition of fruit
- Savory

Toppings:

- Syrups
- Fruit butters
- Compotes

French Toast

- **Characteristics:** light, fluffy, tender, golden brown color
- **Equipment:** griddle or sauté pan
- **Variations:** bread type, stuffed
- **Toppings:** syrups, fruit butters, compotes

12 Steps in Breadmaking

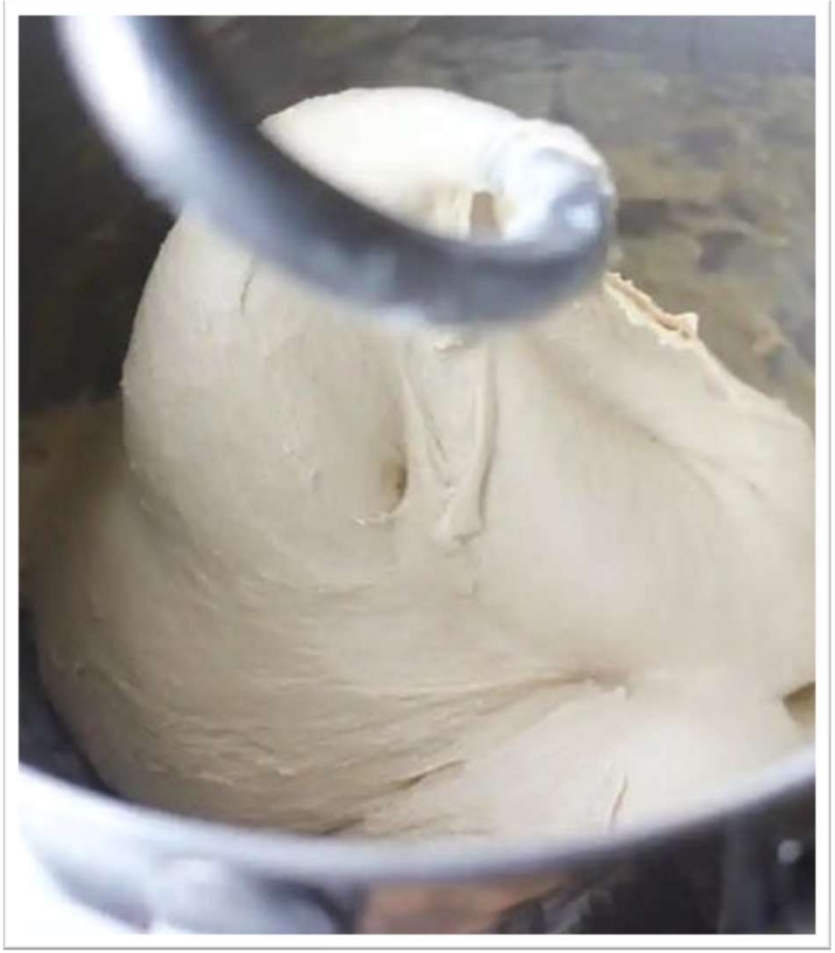
1. Scaling
2. Mixing
3. Bulk fermentation
4. Folding (punching down)
5. Dividing
6. Pre-shaping (rounding)
7. Benching (resting)
8. Shaping
9. Final Proofing
10. Scoring
11. Baking
12. Cooling & Storing

Scaling

- Accurately measure ingredients using a weight measurement
- Proportionately adjust the amount of each ingredient used to meet recipe yield needs
- **Importance:** consistency, recipe balance

Mixing

- Combine the ingredients to form dough
- Begins gluten development
- Mixing activates yeast and allows fermentation to begin



How Gluten Develops

Hydration:
activates gluten forming proteins (glutenin + gliadin)

Resting:
(fermentation) allows further development

Mixing/kneading:
aligns and strengthens them into an elastic structure

What is Fermentation?

The process where yeast or bacteria break down sugars, producing gas CO_2, alcohol, and acids

Key factors:

- Time
- Temperature
- Hydration
- Sugar + salt levels

Why it matters?

- **Leavens:** dough (makes it rise)
- **Develops flavor:** more complex, slightly tangy
- **Improves texture:** stronger gluten, softer crumb

Types of Fermentation

Bacterial fermentation: uses good bacteria (like in sourdough) to make acid

Yeast fermentation: tiny living organisms (a kind of fungus) that eat sugar and burp out gas

Bulk Fermentation

- Dough rests and rises as yeast produces CO_2 and alcohol
- Beginning of the development of flavor and gluten structure of the bread

Bulk fermentation can last anywhere from 3.5 to 7 hours

Folding (Punching Down)

- Deflates gas, redistributes yeast and nutrients
- Expels CO_2 and allows oxygen into dough
- Strengthens gluten and balances temperature

Dip your hands in water before folding to prevent excessive sticking

Benching (Resting)

- After pre-shaping, the dough rests on the bench to keep fermenting
- Short rest (10-20 min) to allow gluten to relax before final shaping
- Dough should be kept covered to avoid getting a “skin”
- Skin is a dried, leathery layer that forms on dough as surface moisture evaporates, causing dehydration and a harder texture

Shaping

- The desired shape/ final form is created (loaf, baguette, roll, etc.)
- Important to expel some but not all the gasses
- Proper shaping ensures even rise and nice final appearance

Shaped dough is set on a pan, metal form, linen cloth, couche, or banneton based on the type of bread being made

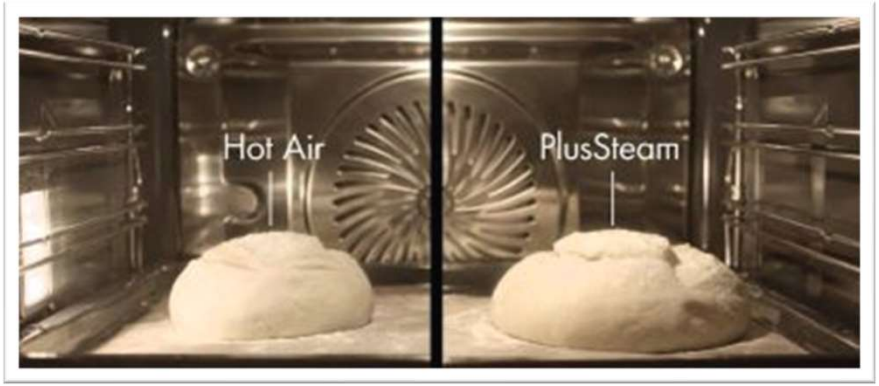
Final Proofing

- Dough must be kept covered or placed in a humidity-controlled proofing cabinet to prevent a “skin” from forming

- The ideal temperature is 98˚F for the yeast
- Time of this step will vary greatly depending on ingredients, ratios, and mixing temperatures

Baking

- Lean dough is given steam right after being placed in the oven
- Improves crust and allows for greater expansion
- Steam should be vented from oven
- Oven spring occurs in the first minutes of baking
- Crust forms and sugars caramelize



Cooling

- Important to allow residual moisture to dissipate
- Open wire racks or cooling screens are used
- Bread should never be wrapped until it has completely cooled
- Moisture will ruin the crust and can the bread to get soggy or misshapen

Fresh Egg Pasta

Type of pasta made from simple dough of flour, eggs, salt (+ oil if desired)

Why Make Fresh Egg Pasta?

- Flavor and Texture: eggs add richness, silkiness
- Versatility in shapes
- Quick cooking time
- Handcrafted tradition
  - Ingrained in Italian culture as an art form
  - Techniques passed down through generations

Preparation Methods

Rolled: Thin sheets for ribbons, layering *(fettuccine)*

Hand-Cut: Handmade, unique shapes, textures *(orecchiette)*

Stuffed: Filled with cheese, meat, vegetables *(ravioli)*

Shaped/ Pressed: Molded with hands, tools *(gnocchi)*

Extruded: Shaped into tubes, spirals to hold sauces *(bucatini)*

Cooking Equipment

Clean, flat workspace

Large mixing bowl: to combine ingredients

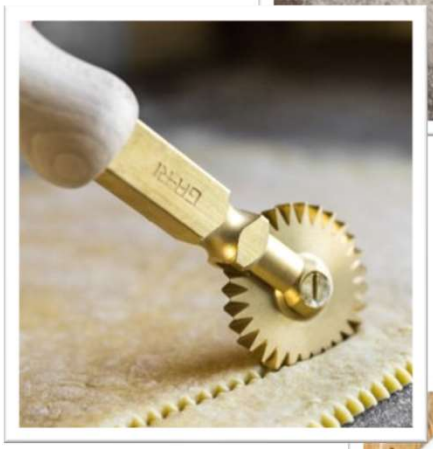
Rolling pin: to roll dough to an even thickness

Flour: to prevent dough from sticking to the workspace

Pasta cutter/ machine: to cut dough into shapes

Large pot: for boiling

Slotted spoon, spider: to remove pasta from pot



Ingredients

Durum Flour

- High protein content
- Creates a strong, elastic dough that holds its shape well when cooked

Eggs

- Used to bind the dough
- Creates a rich, tender texture

Olive Oil

- Adds smoothness, flavor

Salt

- A pinch, enhances the flavor

Pasta Method

1. For the dough, in a food processor, combine the flour and salt. Add the eggs and oil, if using.
2. Process the mixture until it resembles a coarse meal. When pressed, the dough should form a cohesive mass.
3. Turn the dough out onto a work surface. Knead until the dough is very firm, yet pliable.
4. Cover and let the dough relax at room temp. for at least 1 hour.

Pasta Method

5. Roll the dough into thin sheets. Cut them into desired shape by hand or using a pasta machine.
6. Bring a large pot of salted water to a boil. Add the pasta. Stir to separate the strands or shapes. Cook the pasta until it is *al dente*.
7. Drain in a colander.

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Any Questions?