



Culinary Institute  
of America

**CALIFORNIA SCHOOL FOODSERVICE  
PROFESSIONAL TRAINING  
ADVANCED GROUP**



Culinary Institute of America, Napa, CA

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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 black ink that reads "David Kamen".

David Kamen '88 MBA PC<sup>III</sup>  
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P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world’s best professional culinary education. If you’d like to further support the future of food with the gift of education, please visit [www.ciagiving.org](http://www.ciagiving.org).

## EXPECTATIONS FOR PARTICIPANTS

- ☑ Remain in attendance for the class duration
  - Course Satisfactory Completion Requirements  
Students must participate in all exercises and discussions and attend at least 95% of the course to be awarded Continuing Education Units from the IACET.
- ☑ Actively participate
- ☑ Return promptly from breaks
- ☑ No cell phone use or text messaging during class
- ☑ 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
    - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables
- ☑ Adhere to appropriate CIA uniform and attire standards as outlined on the following page.
- ☑ 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
  - Long hair should be pinned up and worn under a hair

# DAY ONE: TEAM PRODUCTION ASSIGNMENTS

## ALL TEAMS:

Fabricate whole Salmon to boneless sides of salmon, place on 2 sides on cure for Day 3

English Muffins (Start)

## TEAM ONE:

Miso Glazed Salmon

Oven Baked "Fried Rice"

## TEAM TWO

Middle Eastern Salmon with Tomato, Cucumber, and Dill Salad

Bulgar Wheat Salad with Preserved Lemon Dressing

## TEAM THREE

Salmon Tacos with Citrus Cabbage Slaw and Pickled Vegetables

Seasoned Black Beans

## TEAM FOUR

Huli Huli Salmon Bowl with Grilled Red Onion and Pineapple

Pickled Carrots

# ENGLISH MUFFINS

*Yield: 36 muffins*

<b>Ingredients</b>	<b>Amounts</b>
Flour, all-purpose	10 oz.
Milk, hot (110°F)	12 fl. oz.
Honey	1 oz.
Yeast, instant	3 ½ g
Flour, all-purpose	10 oz.
Yeast, instant	3 ½ g
Butter, unsalted, softened	3 oz.
Salt, kosher	10 g
Cornmeal	as needed
Oil, canola	as needed

## **Method**

1. For the sponge starter, in a mixing bowl place the flour, milk, honey, and yeast. Mix by hand to combine. Scrape the bowl down.
2. In a small mixing bowl, mix the flour and yeast. Sprinkle it over the top of the sponge starter to act as a flour blanket. The sponge will grow, consuming the flour blanket as a source of continuous food. Allow the mixture to ferment for 2 to 4 hours at room temperature.
3. Using a stand mixer with a dough hook, mix the flour blanket on the sponge into the dough with the softened butter until smooth.
4. Add the salt. Mix on medium speed for 8 minutes. The dough will be smooth and slightly tacky. Allow the dough to rise for 1 to 1 ½ hours.
5. Roll out the dough on a dusted surface until ½-inches thick. Cut the dough to the desired shape. Place the cut portions on a cornmeal dusted parchment-lined sheet pan.
6. Sprinkle the top of the dough with cornmeal. Cover it with parchment paper and refrigerate overnight. This will retard the fermentation process. Bring the dough to room temperature, about 2 hours.
7. Preheat oven to 350°F.
8. Heat a well-oiled griddle over medium-high heat. Sear the muffins until they are lightly golden on each side.
9. Place the seared muffins in the preheated oven for 4 to 5 minutes. Transfer the muffins to a rack and allow them to cool completely. (If eaten fresh off the griddle, the muffin will be very doughy.)

# MISO GLAZED SALMON

*Yield: 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Vinegar, wine, rice	1 ½ cups
Water	½ cup
Wine, rice, sweet, Japanese ( <i>Mirin</i> )	2 cups
Miso, white ( <i>Shiromiso</i> )	8 oz.
Soy sauce	3 Tbsp.
Sugar, brown, light	8 oz.
Fish, salmon, fillet, boneless, skinless	5 lb.
Scallion (Green onion), bunch, thin sliced	2 ea.
Sesame seeds, toasted	2 Tbsp.

## **Method**

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

**Note:** the salmon can also be grilled or sautéed.

# OVEN-BAKED "FRIED" RICE

*Yield: 15 portions*

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

## **Method**

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

# MIDDLE EASTERN SALMON WITH TOMATO, CUCUMBER, AND DILL SALAD

*Yield: 10 portions*

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

## **Method**

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

# BULGUR WHEAT SALAD WITH PRESERVED LEMON DRESSING

*Yield: 6 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Bulgur wheat, fine	½ cup
Water, boiling	1 cup
Salt, kosher	1 tsp.
Parsley, flat-leaf, fresh, coarsely chopped	4 cups
Mint, fresh, coarsely chopped	1 cup
Tomato, blanched, peeled, diced	2 ea.
Cucumber, peeled, seeded, diced	½ ea.
Scallion (Green onion), chopped	2 ea.
Lemon, rind, preserved, rinsed, minced	3 Tbsp.
Lemon, juice, fresh	3 Tbsp.
Oil, olive, extra virgin	¼ cup.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method:**

1. Rinse the bulgur in cold water and place it in a bowl.
2. Add the boiling water and salt. Let it sit, covered, until tender, about 20 minutes.
3. Drain any excess water if necessary. Use a fork to “fluff” the bulgur grains. Refrigerate until cool.
4. Combine the parsley, mint, tomatoes, cucumbers, green onions in a bowl and toss gently
5. For the dressing, combine the lemon rind, lemon juice, olive oil, salt and pepper, pour over the vegetable mixture and stir gently to combine.
6. Add the bulgur and lightly mix, being careful not to mash the ingredients together.
7. Adjust seasonings with lemon juice, salt, and black pepper to taste.
8. Transfer to a chilled serving bowl, cover, and refrigerate until ready to serve.

# SALMON TACOS WITH CITRUS CABBAGE SLAW AND PICKLED VEGETABLES

*Yield: 8 portions*

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

## **Method**

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

Source: Chef Toni Sakaguchi

# QUICK PICKLED RED ONIONS

*Yield: 15 portions*

<b>Ingredients</b>	<b>Amounts</b>
Onion, red, thinly sliced	3 cups
Salt, kosher	1 tsp.
Sugar, granulated	2 tsp.
Vinegar, apple cider	$\frac{3}{4}$ cup

## **Method**

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

# CITRUS CABBAGE SLAW

*Yield: 3 cups*

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

## **Method**

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

Source: Chef Toni Sakaguchi

# SEASONED BLACK BEANS

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Beans, black, canned, rinsed	3 lb.
Base, chicken, low sodium	¼ cup
Onion, minced, dried	1 Tbsp.
Pepper, black, ground	½ tsp.
Garlic, powder	½ tsp.
Salt, kosher	¼ tsp.
Garlic, minced	½ tsp.
Cumin, ground	1 tsp.
Red pepper flakes	¼ tsp.

## **Method**

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

# HULI HULI SALMON BOWL WITH GRILLED RED ONION AND PINEAPPLE

*Yield: 8 portions*

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

## **Method**

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

through. (Cook times will vary depending on sizes and width of the salmon, so be sure to check for doneness.)

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

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

# MULTIGRAIN MIX

*Yield: 8 cups*

<b>Ingredients</b>	<b>Amounts</b>
Vinegar, rice	1 cup
Sugar, granulated	4 Tbsp.
Salt, kosher	2 tsp.
Kelp, dried ( <i>Kombu</i> ), sheet, cut into small pieces	1 ea.
Quinoa, cooked, warm	2 cups
Rice, brown, short grain, cooked, warm	2 cups
Barley, purple, cooked, warm	2 cups
Rice, white, short grain, cooked, warm	2 cups
Edamame, shelled, blanched	2 cups

## **Method**

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

**Note:** Use a variety of whole grains to replace any of the above grains. Spelt, Kamut, wheat berries, millet, black rice or sorghum are all good substitutes. Select a variety of textures. Regular barley can be substituted for the purple barley. If kombu is not available, omit.

# PICKLED CARROTS

*Yield: 2 cups*

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

## **Method**

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

# DAY TWO: TEAM PRODUCTION ASSIGNMENTS

## EACH TEAM:

English Muffins (Shape, sear, and bake)

Focaccia (Start)

## MENU ONE:

Bibimbap with Oven-Shirred eggs

Red Quinoa Johnny Cakes with Red Onion Marmalade

Chia Pudding Parfait

## MENU TWO:

Chilaquiles

Breakfast Sliders on Homemade English muffins

Apple Banana Kale Smoothie

## MENU THREE:

Black Bean and Corn Frittata

Mango Muffins

Swiss Bircher Muesli

## MENU FOUR:

Eggs in Purgatory

Whole Wheat French Toast with Fruit Compote

Mango Ginger Smoothie

*Prepare caramelized onions for Day Three*

# FOCACCIA

*Yield: five 1 pound loaves*

<b>Ingredients</b>	<b>Amounts</b>
<b><i>Pre-ferment (Biga)</i></b>	
Flour, bread	328 g
Water, 70°F	182 g
Yeast, instant dry	1 pinch
<b><i>Final dough</i></b>	
Flour, bread	1040 g
Water	793 g
Oil, olive, pure	82 g
Malt syrup	11 g
Yeast, dry, instant	5 g
Salt, kosher	27 g

## **Method**

1. For the Biga, Mix the flour and yeast. Add the water and mix until homogeneous.
2. Let it sit, covered, at room temp for 12 to 15 hours.
3. For the final dough, combine the biga and the water in a bowl and mix by hand to break it up.
4. Combine the yeast and flour and add on top of the biga.
5. Add the salt and malt and mix by hand until homogenous – no dry flour.
6. Cover and let sit at room temp for 10 minutes.
7. Fold the dough and let sit another 10 minutes.
8. Repeat the folding two more times for a total of three folds letting the dough rest for the 10 minutes in between.
9. Let it sit, covered, at room temperature for 30 minutes and fold.
10. Let it sit for 15 to 20 minutes more or until the dough feels airy.
11. Scale into 1-pound pieces and shape into a round. Place onto sheet pans lined with oiled parchment. Brush the tops of the dough with oil and let sit 10 minutes
12. Stipple the dough and let sit 10 minutes. Stipple the dough again to its final shape and let proof, about 20 minutes more
13. Bake at 450°F until golden brown, 20 to 25 minutes.

# BIBIMBAP WITH OVEN-SHIRRED EGGS

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Soy sauce	3 oz.
Sugar, granulated	1 Tbsp.
Scallion (Green onion), minced	¼ cup
Garlic, clove, minced	4 ea.
Sesame seeds	½ Tbsp.
Oil, sesame	2 Tbsp.
Pepper, black, ground	½ tsp.
Steak, flank	1 ½ lbs.
Carrot, matchstick, julienned	8 oz.
Mushroom, shiitake, matchstick julienned	8 oz.
Pepper, bell, red, fine julienned	8 oz.
Peas, snow, matchstick, julienned	8 oz.
Radish, white ( <i>Daikon</i> ), fine julienned	8 oz.
Cabbage, napa, chiffonade	8 oz.
Egg, whole	40 ea.
Rice, brown, cooked	2 lb.
Scallion (Green onion), bias cut	as needed
Sesame seeds, toasted	as needed
Gochujang Sauce (Recipe follows)	40 oz.

## **Method**

1. For the marinade, in a large bowl, combine the soy sauce, sugar, scallion, garlic, sesame seeds, sesame oil, and pepper.
2. Add the flank steak and let it marinate for at least 1 hour, but not overnight.
3. Separately, blanch the carrot, bell pepper, peas, radish, and cabbage. Reserve.
4. Working in batches, grill the marinated flank steak.
5. In a non-stick pan over medium heat, fry the eggs sunny side up with wet yolks.
6. For each serving, place 1 cup of rice in the center of a serving bowl. Place the vegetables across the 12 o'clock position on the plate. Top with the fried eggs. Garnish with the scallions and sesame seeds. Serve with a small dish of gochujang sauce on the side.

**Note:** This dish requires 4 to 6 garnishes with varying colors. Other vegetables such as kimchi, spinach, and zucchini can be substituted for the carrot, mushroom, bell pepper, peas, etc. This can be done in batches using a Combi Oven on the fried egg setting and using the Fried egg pan or a large muffin tin spayed with pan release to make multiple portions at a time.

# GOCHUJANG SAUCE

*Yield: 1 quart*

<b>Ingredients</b>	<b>Amounts</b>
Water	½ cup
Sugar, granulated	1 cup
Korean Chili Paste ( <i>Gochujang</i> )	2 cups
Soy sauce	1 oz.
Oil, sesame	1 oz.

## **Method**

1. In a medium saucepot over medium low heat, place the water and sugar. Stir until the sugar dissolves.
2. Add the gochujang, sesame oil, and soy sauce. Eat until it develops a deep red color and a nutty aroma. Do not allow it to turn dark red or burn.
3. Adjust the consistency to medium nappé with more water as needed.

# RED QUINOA JOHNNY CAKES WITH RED ONION MARMALADE

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Quinoa, raw	½ cup
Buttermilk	26 wt. oz.
Egg, whole, beaten	6 ea.
Oil, vegetable	1 ½ Tbsp.
Oil, olive, pure	1 ½ Tbsp.
Flour, all-purpose	6 oz.
Cornmeal, fine	6 oz.
Salt, kosher	1 tsp.
Baking Soda	¾ oz.
Sugar, granulated	3 oz.
Corn, kernels, frozen, thawed	½ lb.
Red Onion Marmalade (Recipe follows)	1 qt.

## **Method**

1. Cook the quinoa using a ratio of 2:1. Fluff and let it cool. Reserve.
2. In a large bowl, sift together the flour, cornmeal, salt, baking soda, and sugar. Transfer to a work surface. Make a well in the center.
3. In a large bowl, mix the buttermilk, eggs, vegetable oil, and olive oil. Add to the well in the center of the dry ingredients. Slowly mix the dry mixture together with the wet ingredients. Combine until just incorporated (a few dry lumps are OK). Be careful not to overmix.
4. Sprinkle the corn and quinoa over the batter. Fold them into the batter, being careful not to overmix.
5. On a hot, greased griddle, pour 2-ounces of batter and cook until the underside is golden brown. Turn and cook the other side until golden brown. Adjust the seasoning to taste. Repeat with the remaining batter.
6. Serve 3 cakes per plate, topped with 2 ounces of the Red Onion Marmalade.

**Note:** These can also be spread thin on a ½ sized sheet pan after the batter is mixed and baked in Rational combi oven. Place parchment sprayed with pan release on the sheet pan first to help remove the cakes.

# RED ONION MARMALADE

*Yield: 1 quart*

<b>Ingredients</b>	<b>Amounts</b>
Bacon, sliced	10 slices
Onion, red, julienned	1 lb.
Sugar, brown	$\frac{3}{4}$ cup
Vinegar, balsamic	$\frac{1}{4}$ cup
Tabasco sauce	1 tsp.
Pepper, black, ground	$\frac{1}{8}$ tsp.
Mustard, yellow, powder	$\frac{1}{2}$ tsp.
Vinegar, wine, red	2 Tbsp.
Water	$\frac{1}{2}$ qt.
Sugar, granulated	$\frac{3}{4}$ cup

## **Method**

1. In a skillet over medium high heat, cook the bacon until crisp. Drain on paper towels. Chop.
2. In a rondeau, place the bacon, onion, brown sugar, balsamic vinegar, Tabasco, pepper, mustard powder, red wine vinegar, water, and sugar. Simmer until a thick but still slightly syrupy consistency is achieved.

# CHIA PUDDING PARFAIT

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Almond, milk	4 cups
Vanilla, extract	½ Tbsp.
Honey	1 Tbsp.
Orange, zest	1 Tbsp.
Orange, juice, fresh	2 Tbsp.
Chia seeds	1 cup
Berries, mixed, sliced	1 lb. total
Almonds, slivered or sliced, toasted	as needed

## **Method**

1. In a large container, combine the almond milk, vanilla, honey, orange zest, and orange juice.
2. Stir in the chia seeds.
3. Adjust the consistency with water, if needed.
4. Refrigerate for at least 2 hours or overnight.
5. Adjust the sweetness with honey to taste.
6. Layer chia pudding and fruit in a glass or clear cup.
7. Garnish each glass with toasted almonds.

**Note:** Fruit purees or other non-dairy liquids like coconut milk or soy milk can be substituted for the almond milk. Other sweeteners like maple syrup or agave can be substituted for the honey. Powdered cocoa, or other toasted nuts can be substituted for the toasted almond garnish.

# CHILAQUILES

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Poached Eggs (Recipe follows)	20 ea.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Chili Powder	½ tsp.
Cumin, ground	¼ tsp.
Tortillas, corn, each, fried	40 ea.
Salsa Verde (Recipe follows), warm	1 qt.
Water	as needed
Onion, red, sliced thin	½ lb.
Cheese, queso fresco, crumbled	1 lb.
Cilantro, fresh, bunch, coarsely chopped	1 ea.
Cilantro Lime Sour Cream (Recipe follows)	1 qt.

## **Method**

1. Poach the eggs in acidulated liquid until 80% cooked. Transfer to an ice water bath and shock to stop the cooking process. Hold in ice water for service.
2. For the seasoning mix, in a small bowl, combine the salt, pepper, chili powder, and cumin. Season the chips with seasoning mix to taste.
3. Toss the chips in the sauce (about 2 ounces per order). Arrange the chips on a serving plate. Top with additional Salsa Verde, sliced onions and queso fresco.
4. Re-heat eggs in water until they are warm. Place on top of the chips.
5. Garnish with cilantro and cream

**NOTE:** Fried eggs can be substituted for poached eggs.

# POACHED EGGS

*Yield: 20 eggs*

<b>Ingredients</b>	<b>Amounts</b>
Water	1 gal.
Salt, kosher	1 oz.
Vinegar, white, distilled	1 cup
Egg, whole	20 ea.

## **Method**

1. Combine the water and salt in a deep pan and bring to a bare simmer over medium heat. Add the vinegar.
2. Break each egg into a clean cup then slide the egg carefully into the poaching water. Cook until the whites are set and opaque, about 3 minutes.
3. Remove the eggs from the water with a slotted spoon, blot them on paper towels, and trim the edges, if desired.
4. The eggs are ready to serve now on heated plates or they may be properly chilled and held for later service.
5. To reheat the eggs, lower into simmering water for 30 to 60 seconds.

**NOTE:** Poached eggs can be cooked to doneness and served immediately.

# SALSA VERDE

*Yield: 1 quart*

<b>Ingredients</b>	<b>Amounts</b>
Tomatillo, husk on	2 lb.
Chile, poblano	4 ea.
Chile, jalapeño	1 ea.
Onion, yellow	1 ½ ea.
Garlic, minced	3 Tbsp.
Cilantro, fresh, bunch, leaves and stem	½ ea.
Lime, juice, fresh	¼ cup
Salt, kosher	as needed

## **Method**

1. Preheat grill.
2. Peel and core the onions. Slice them into ½ inch thick disks.
3. Char the onion disks, tomatillos, poblanos, jalapenos and onion disks on the grill.
4. Peel the charred tomatillos, poblanos, and jalapenos. Discard the skin, seeds, and stem.
5. In a blender, blend all the ingredients until it is almost smooth. Leave some texture to the salsa Adjust consistency as needed with water

**Note:** For a *crudo* version, do not char the vegetables. Purée all the ingredients raw. If you do not peel the vegetables well and remove most of the char the sauce will have a dull dark color to it.

# CILANTRO LIME SOUR CREAM

*Yield: 1 quart*

## **Ingredients**

Sour cream  
lime, zest, fresh  
Lime, juice, fresh  
Salt, kosher

## **Amounts**

1 qt.  
2 ea.  
2 ea.  
as needed

## **Method**

1. Combine all ingredients and mix well.
2. Hold chilled for service.

# BREAKFAST SLIDERS ON HOMEMADE ENGLISH MUFFINS

*Yield: 24 sliders*

<b>Ingredients</b>	<b>Amounts</b>
English Muffins (Recipe follows)	24 ea.
Egg, whole, whisked	20 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Pork, bacon, sliced, cooked	20 ea.
Ham, sliced	½ lb.
Cheese, Cheddar, sliced	1 ¼ lb.
Ketchup (Optional)	as needed
Mustard, Dijon (Optional)	as needed

## **Method**

1. Prepare the English muffins following the recipe. See Chef for proper size to cut the muffins.
2. Preheat oven to 325°F, no or low fan.
3. Prepare all the ingredients and set up an assembly station if making them all at once.
4. Spray a ½-sheet pan(s) (make sure it is very flat) with pan release, place a ½ piece of parchment paper on the sheet pan and spray the top of the paper with pan release.
5. Season the blended eggs and pour it onto the ½-sheet pan, place in the oven and bake until the eggs are all set, about 1 to 3 minutes.
6. Cut the eggs on the sheet pan(s) into 12 even portions using a bench knife or a pizza cutter. Remove from pan being sure to not take any parchment paper with the eggs, place it on the toasted English muffins, build the rest of the sandwich as desired using bacon, ham, cheese and condiments (condiments can also be placed on the side).
7. Place the top on and hold in place with a pic.
8. Serve on a warm platter.

# ENGLISH MUFFINS

*Yield: 36 muffins*

<b>Ingredients</b>	<b>Amounts</b>
Flour, all-purpose	20 oz.
Milk, whole, 110°F	24 oz.
Honey	2 oz.
Yeast, instant	7 g
Flour, all-purpose	20 oz.
Yeast, instant	7 g
Butter, unsalted, softened	6 oz.
Salt, kosher	20 g

## **Method**

1. Make the sponge starter in mixer mixing bowl by mixing the first set of ingredients together by hand in a mixing bowl and scrap the bowl down.
2. Mix and place the second set of ingredients together and sprinkle over the top of the sponge to act as a flour blanket.
3. The sponge will grow, consuming the flour blanket as a source of continuous food. Allow mixture to ferment for 2 to 4 hours at room temperature.
4. Place on a mixer with a dough hook and mix the flour blanket on the sponge into the dough with the softened butter until smooth, then add kosher salt. Mix on medium speed for 8 minutes. The dough will be smooth & slightly tacky. Allow dough to rise 1 to 1 ½ hours, you can also use the proofing feature on the rational combi-oven (See Chef demo).
5. Roll out the dough on a dusted until ½" thick. Cut to desired shape. Place cut portions on a cornmeal dusted parchment lined sheet pan. Sprinkle top of the dough with cornmeal. Cover with parchment paper & refrigerate overnight.
6. This will retard the fermentation process. Refrigerate overnight then bring to room temperature for 2 hours.
7. Sear the muffins on a medium high griddle that has been coated with oil till lightly golden on each side.
8. Place the muffins in a 350°F oven for 4-5 minutes to finish the muffins.
9. The muffins must be cooled on a baker's rack completely before consuming. If eaten fresh off the griddle the muffin will be very doughy.

# APPLE BANANA KALE SMOOTHIE

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Apple, Granny Smith	5 ea.
Lemon, juice, fresh	as needed
Kale, green	3 bunches
Banana	4 ea.
Apple, juice	as needed

## **Method**

1. Peel and core the apples. Hold in lemon water until needed.
2. Strip the stalk from the kale. Cut the leaves into strips.
3. Blanch the kale leaves. (Do not over blanch! Keep bright green.) Shock in ice water, drain. Make sure no ice is left in the leaves.
4. Chop the leaves finer to help with the blending process.
5. Blending in batches, puree the apple, chopped kale, and banana, combining and adjusting the mixture in a 2-gallon Cambro or Bain Marie.
6. Add apple juice to adjust the sweetness and thin if needed.
7. Serve in appropriately sized cups.

# BLACK BEAN AND CORN FRITTATA

*Yield: 10 frittatas*

Ingredients	Amounts
Oil, olive, pure	as needed
Onion, yellow, small diced	1 lb.
Garlic, minced	¼ cup
Pepper, bell, red	1 ea.
Pepper, bell, yellow	1 ea.
Chile, poblano, small diced	1 ea.
Chile, jalapeño, seeded, minced	½ ea.
Corn, sweet, frozen, thawed	1 lb.
Beans, black, canned, drained, rinsed	1 cup
Eggs, whole, beaten	20 ea.
Cumin, ground	½ Tbsp.
Salt, kosher	½ tsp.
Pepper, ground, black	¼ tsp.
Cheese, Cheddar, grated	1 lb.
Pico de Gallo (Recipe follows)	
Cilantro Lime Sour Cream (Recipe follows)	

## Method

1. Heat the oil in a sauté pan over medium heat. Add the onions and sauté until they start to soften.
2. Add garlic and sauté for 1 minute.
3. Add the peppers and sauté until all the vegetables are tender (you are making a Sofrito). Transfer to a large bowl. Let them cool.
4. Add the corn and rinsed black beans. Mix to combine.
5. **Sauté pan method:** In a sauté pan over medium-low heat, warm the vegetable mixture. Add 6 ounces of the egg. Season with the cumin.
6. Stir gently with a rubber spatula until the egg starts to set.
7. Stir in 1 ½ oz. of the cheese. Cook until the eggs set and the frittata is golden brown on the bottom. Flip and finish cooking until the eggs are set.
8. Repeat the process to make additional frittatas, then proceed to Step 12.
9. **Oven Method:** Preheat an oven to 350°F. Spray a sheet pan, or hotel pan with pan release, line with a piece of parchment paper cut to fit. Spread the black bean and sofrito mixture into the bottom of the pan, sprinkle the cheese over the mixture then pour the seasoned beaten eggs until it almost fills the pan. Gently stir the mixture to combine slightly
10. Bake in the 350°F until the eggs are set (varies depending on the thickness), remove and allow them to cool.

11. Carefully portion the frittata into even sized squares (size will vary depending on the pan), use a spatula to remove from the pan. Follow the next step to serve.
12. Transfer to a serving plate or platter. Garnish with Pico de Gallo and Cilantro Lime Sour Cream.

**NOTE:** Can be done in a large sauté pan or rondeau. Using sheet pan extenders helps keep the edges squarer using the sheet pan method.

# PICO DE GALLO

*Yield: 1 quart*

<b>Ingredients</b>	<b>Amounts</b>
Cilantro, fresh, roughly chopped	¼ cup
Tomato, plum, medium, small diced	8 ea.
Chile, jalapeño, seeded, minced	1 ea.
Lime, juice, fresh	2 Tbsp.
Onion, yellow, medium, small diced	½ ea.
Salt, kosher	as needed

## **Method**

1. In a large bowl, combine all the ingredients.
2. Hold chilled for service.
3. Serve at room temperature.

**Note:** For less heat, serrano chiles can be substituted for the jalapeño chiles.

# CILANTRO LIME SOUR CREAM

*Yield: 1 quart*

## **Ingredients**

Sour cream  
Lime, zest, fresh  
Lime, juice, fresh  
Cilantro, leaf, fresh, chopped  
Salt, kosher

## **Amounts**

1 qt.  
2 ea.  
2 ea.  
1 Tbsp.  
as needed

## **Method**

1. Combine all ingredients and mix well.
2. Hold chilled for service.

# MANGO MUFFINS

*Yield: 1 dozen muffins*

<b>Ingredients</b>	<b>Amounts</b>
Flour, all-purpose	15 oz.
Baking powder	1 Tbsp.
Sugar, granulated	8 oz.
Butter, unsalted, softened	3 ½ oz.
Salt, granulated	½ tsp.
Egg, whole	5 oz.
Buttermilk	7 ½ oz.
Vanilla, extract	1 Tbsp.
Oil, vegetable	2 ½ oz.
Mango, pulp, purée	1 ½ cups

## **Method**

1. Coat the muffin tin with a light film of fat or use appropriate paper liners.
2. Sift together the flour and baking powder.
3. Cream the sugar, butter, and salt in an electric mixer on medium speed with paddle, scraping down the bowl periodically, until the mixture is smooth and light in color, for about 5 minutes.
4. Whisk together the eggs, buttermilk, vanilla, and oil. Add to the butter-sugar mixture in two or three additions, mixing until fully incorporated after each addition and scrape down the bowl as needed. (Do not over mix)
5. Add the sifted dry ingredients and mix at a low speed until evenly moistened.
6. Fold in the mango pulp.
7. Scale about 3 oz. of batter into each prepared muffin cup, filling them three-quarters full. Gently tap the filled tins to release any air bubbles. Sprinkle with coarse sugar(optional).
8. Bake at 325°F, 30% humidity in the Combi oven for 25 minutes, use a skewer inserted near the center of a muffin to check doneness, until skewer comes out clean. Add more time if needed.
9. Cool the muffins in the tins for a few minutes then unmold and transfer them to wire racks to cool completely.

# SWISS BIRCHER MUESLI

*Yield: 2 quarts*

<b>Ingredients</b>	<b>Amounts</b>
Milk, whole	3 cups
Yogurt, plain, low fat	1 ½ cups
Lemon, juice, fresh	2 Tbsp.
Honey	⅓ cup
Sugar, granulated	1 Tbsp.
Raisins	2 oz.
Apple, Granny Smith, small diced	2 ea.
Pear, Anjou, small diced	2 ea.
Grapes, cut in half	1 cup
Walnuts, chopped	2 oz.
Nutmeg, fresh, grated	1 pinch
Cinnamon, ground	1 pinch
Clove, ground	1 pinch
Oats, quick	1 qt.
Fruit, nuts, or granola	as needed

## **Method**

1. In a large bowl, place the milk, yogurt, lemon juice, honey, and sugar. Mix to incorporate.
2. Stir in the remaining ingredients. Allow it to sit overnight.
3. Adjust the consistency to soft, not runny. Add Greek yogurt to thicken, milk to thin.
4. Garnish each portion with 1 tablespoon of fruit, nuts, or granola.
5. Serve immediately.

# EGG IN PURGATORY

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, pure	½ cup
Onion, yellow, sliced thin	1 cup
Garlic, clove, sliced	2 ea.
Tomato, fillet (strips)	1 cup
Tomato, sauce	1 qt.
Olive, Kalamata, pitted, slivered	1 cup
Salt, kosher	to taste
Red pepper flakes	1 pinch
Bread, baguette, slice, cut on bias.	10 ea.
Oil, olive, pure	½ cup
Garlic, paste	2 Tbsp.
Cheese, Parmesan, grated	as needed
Zucchini, thick bias cut, roasted	1 ea.
Squash, yellow, thick bias cut, roasted	1 ea.
Oil, olive, pure	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste
Egg, whole	20 ea.
Basil, fresh, chiffonade	¼ cup
Cheese, Parmesan, grated	as needed

## **Method**

1. For the sauce, in saucepan, sweat onion and garlic in olive oil. Add tomato strips and tomato sauce, simmer for 20 minutes. Purée slightly then add slivered olives. Season and hold hot.
2. For the crostini, mix the oil with garlic, paste, brush or spread on bread slices, sprinkle with parmesan and bake for 3-4 minutes (set timer), hold warm.
3. For the roasted vegetables, brush the squash with the olive oil, season with salt and pepper and roast in a 450°F oven until edges are golden, should not be soft and mushy.
4. Just before service time, shirr eggs in a sauté pan with a lid or on a multibaker tray for the Rational oven (see Chef for demo) and bake until whites are set but yolks still runny. 2-3 min.
5. On a service platter, arrange the vegetables on a platter, ladle 3 or 4 oz. of sauce over the vegetables, place shirred eggs on top of sauce garnish with the crostini.
6. Garnish with parmesan cheese and chiffonade basil.

**Note:** Other ideas for garnishes include sliced roasted artichoke hearts, roasted tomato wedges, or quartered roasted cremini.

# WHOLE WHEAT FRENCH TOAST WITH FRUIT COMPOTE

*Yield: 20 portions*

<b>Ingredients</b>	<b>Amounts</b>
Egg, whole, beaten	16 ea.
Heavy cream	1 ½ qt.
Milk, whole	1 ½ qt.
Sugar, granulated	2 ½ cups
Vanilla, extract	2 tsp.
Bread, whole wheat, slice	40 ea.
Fresh Apple Compote (Recipe follows)	2 ½ qt.

## **Method**

1. For the custard, in a two-gallon container, mix the eggs, cream, milk, sugar, and vanilla. Reserve for service.
2. Dip 2 slices of bread per order (this may take from 3 to 20 minutes depending on the age and type of bread; e.g. challah – 3-5 minutes, old sourdough – 20-30 minutes).
3. Place on griddle and cook until golden brown on each side.
4. Cut bread on a bias to form 4 pieces and top with 2 ounces of fruit compote.

# FRESH APPLE COMPOTE

*Yield: 1 quart*

<b>Ingredients</b>	<b>Amounts</b>
Apples, fresh or frozen	2 lb.
Apple, juice	8 fl. oz.
Sugar, granulated	8 oz.
Flavoring (Optional)	as needed

## **Method**

1. Combine fruit and liquid in a non-reactive medium saucepan. Add sugar and simmer over medium heat until fruit is soft and the liquid is thickened, 8-10 minutes.
2. Add flavoring, if desired.
3. Cool and reserve for service.

**Note:** Various spices or flavorings can be added depending on the fruit that is selected and flavor profiles desired. Cinnamon, clove, nutmeg, allspice, vanilla, fresh mint, citrus zest, etc. make nice additions. Coconut milk or cream can be added at the end for a tropical or Asian influence.

# MANGO GINGER SMOOTHIE

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Mango, frozen	½ gal.
Cantaloupe, diced	1 qt.
Orange, juice, fresh	1 pt.
Soy milk	1 pt.
Ginger, juice	1 cup
Sugar, granulated	as needed

## **Method**

1. Blend the fruit and juice in a blender in batches until smooth.
2. Place the blended fruit and juice into an appropriately sized container, add soy milk and ginger juice, mix until incorporated.
3. Adjust the sweetness with sugar, to taste.

**Note:** Simple syrup can be substituted for the sugar. Simple syrup is 1-part white sugar, 1-part water for normal, 2-parts sugar, 1-part water for rich simple syrup.

# DAY THREE: TEAM PRODUCTION ASSIGNMENTS

## CHEF DEMO:

Pasta Dough

## MENU ONE:

Mushroom and Cheese Ravioli with Sage Brown Butter

Southwest Quinoa Salad

Parmesan Focaccia

## MENU TWO:

Salmon stuffed Mezzaluna with Summer Tomato Sauce

Black Bean, Corn, and Tomato Fiesta Salad

Olive Focaccia

## MENU THREE:

Fried Spinach and Goat Cheese Ravioli with Summer Tomato Ragu

Lime Cilantro Sorghum

Herbed Focaccia

## MENU FOUR:

Baked Rolled Pasta with Creamy Tomato Sauce

Potato Celery Root Cakes with Cured Salmon Salad

Caramelized Onion Focaccia

## ALL TEAMS:

Challenge: Use the leftover prepped items to create a fourth dish

# MUSHROOM AND CHEESE RAVIOLI WITH SAGE BROWN BUTTER

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, vegetable	2 Tbsp.
Shallot, minced	3 oz.
Mushroom, cremini, minced	1 lb.
Stock, vegetable	2 oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Heavy cream	4 oz.
Parsley, fresh, chopped	½ Tbsp.
Cheese, Ricotta Impastato	1 cup
Cheese, Parmesan	¼ cup
Fresh Egg Pasta (Recipe follows)	1x recipe
Sage, leaf, fresh	8 ea.
Butter, unsalted	4 wt. oz.

## **Method**

1. Sweat the shallots in the oil in a sautoir over medium high heat until they are translucent, 2 to 3 minutes. Add the mushrooms and sauté them until dry.
2. Add the stock or water and cook until dry.
3. Season the mixture with salt and pepper to taste.
4. Add the cream, parsley and mix well.
5. The duxelles should be chilled before making the raviolis.
6. Divide the dough into quarters. Using a pasta machine or a rolling pin on a flour-dusted surface, roll the pasta out into 4 very thin (less than ⅛-inch) rectangles.
7. On 2 of the pasta sheets, place 1 ½ teaspoons of filling in rows, 2 ½-inches apart. Cover with the 2 remaining pasta sheets, draping them to evenly cover and fall between fillings.
8. Using a 3 to 4-inch pastry cutter, cut the ravioli rounds. Press and seal the edges with a fork.
9. Hold on a parchment lined sheet pan, lightly floured until ready to use.
10. Follow the direction for cooking the pasta in the pasta recipe, Boil the ravioli until firm to the bite (al dente), 2 to 4 minutes.
11. For the sage sauce, heat the butter and sage in a medium-sized skillet over medium heat. Cook until the sage begins to crisp.
12. Serve with the sauce drizzled over the ravioli.

# FRESH EGG PASTA

Yield: 1 ½ pounds

Ingredients	Amounts
Flour, durum or all-purpose	1 lb.
Salt, kosher	1 pinch
Egg, whole	4 ea.
Oil, vegetable	1 fl. oz.
Water	1 ½ gal.
Salt, kosher	1 oz.

## Method

1. Combine the flour and salt in a large bowl. Make a well in the center.
2. Place the eggs, water, and oil in the center of the well. With a fork gradually pull the dry ingredients into the egg mixture. Stir until a loose mass forms. As you mix the dough, adjust the consistency with additional flour or water. The dough should be tacky but minimally moist.
3. Turn the dough out onto a floured work surface and knead until the dough is smooth and elastic, 4 to 5 minutes. Cover and let the dough relax at room temperature for at least 30 minutes.
4. Roll the dough into thin sheets by hand or using a pasta machine and cut the sheets into desired shapes (tagliatelle, pappardelle, ravioli, etc.)
5. To cook, bring a large pot of salted water to a boil. Add the pasta and stir to separate the strands or shapes. Cook the pasta until it is firm to the bite (*al dente*), 2 to 4 minutes. Drain in a colander.

**Variations:** For each variation, the amount of flour may also need to be adjusted accordingly.

**Spinach Pasta:** Purée 6 oz. spinach leaves, squeeze dry in cheesecloth, and add to the eggs.

**Saffron Pasta:** Steep 3 tsp. pulverized saffron threads in 1 fl. oz. hot water. Add the eggs.

**Citrus Pasta:** Add 4 tsp. finely grated lemon or orange zest to the eggs. Substitute 2 tablespoons. citrus for the water.

**Herbed Pasta:** Add 2 to 3 oz. chopped fresh herbs to the eggs.

**Black Pepper Pasta:** Add 2 tsp. cracked black peppercorns to the flour.

**Red Pepper Pasta:** Sauté 6 oz puréed roasted red pepper until reduced and dry. Cool and add to the eggs.

**Tomato Pasta:** Sauté 3 oz. tomato purée until reduced and dry. Cool and add to the eggs.

**Pumpkin, Carrot, or Beet Pasta:** Sauté 6 oz. puréed cooked pumpkin, carrots, or beets until reduced and dry. Cool and add to the eggs.

# SOUTHWEST QUINOA SALAD

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Quinoa	1 ½ cups
Water	2 ¼ cups
Beans, black, canned, drained, rinsed	15 ½ oz.
Pepper, bell, red, diced	8 oz.
Cilantro, fresh, chopped	1 oz.
Corn	8 oz.
Vinegar, wine, red	3 Tbsp.
Oil, olive, pure	1 Tbsp.
Cumin, ground	⅓ tsp.
Chili powder	1 tsp.
Red pepper flakes	⅓ tsp.
Salt, kosher	¾ tsp.

## **Method**

1. Cook the quinoa and fluff with a fork. Let it cool.
2. Drain and rinse the black beans.
3. In a large bowl, place the red peppers, cilantro and corn. Mix to combine.
4. In a small bowl, place the vinegar, oil, cumin, chili powder, and crushed red pepper. Mix to combine. Transfer to the large bowl.
5. Add the quinoa and the beans. Chill.

# PARMESAN FOCACCIA

*Yield: one half sheet pan*

<b>Ingredients</b>	<b>Amounts</b>
<b><i>Pre-ferment (Biga)</i></b>	
Flour, bread	197 g
Water, 70°F	109 g
Yeast, instant dry	1 pinch
<b><i>Final dough</i></b>	
Flour, bread	1040 g
Water	476 g
Oil, olive, pure	50 g
Malt syrup	6 g
Yeast, dry, instant	3 g
Salt, kosher	16 g
Cheese, Parmesan, coarsely grated	1 ½ cups

## **Method**

1. For the Biga, Mix the flour and yeast. Add the water and mix until homogeneous.
2. Let it sit, covered, at room temp for 12 to 15 hours.
3. For the final dough, combine the biga and the water in a bowl and mix it by hand to break it up.
4. Combine the yeast and flour and add on top of the biga.
5. Add the salt and malt or honey and mix by hand until homogenous – no dry flour.
6. Cover and let sit at room temp for 10 minutes.
7. Fold the dough and let it sit for another 10 minutes.
8. Repeat the folding two more times for a total of three folds, letting the dough rest for 10 minutes in between.
9. Let it sit, covered, at room temperature for 30 minutes and fold.
10. Let it sit for 15 to 20 minutes more or until the dough feels airy.
11. Stretch the dough and roll it out to the size of a ½-sized sheet pan. Place onto sheet pan lined with oiled parchment. Brush the tops of the dough with oil and let sit for 10 minutes
12. Stipple the dough and let it sit for 10 minutes. Sprinkle the parmesan cheese on top and stipple the dough again to its final shape and let proof, for about 20 minutes more. Parmesan should not completely cover the bread.
13. Bake at 450°F until golden brown, 20 to 25 minutes.

**Note:** Honey can be substituted for the malt syrup.

# SALMON STUFFED MEZZALUNA

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, vegetable	2 Tbsp.
Fish, salmon, cooked	1 lb.
Shallot, minced	3 oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Dill, fresh, chopped	½ Tbsp.
Cream	2 oz.
Cheese, Ricotta Impastato	1 ½ cups
 Pasta Dough (Spinach variation) (Recipe follows)	 1 recipe
 Butter, unsalted	 1 Tbsp.
Shallot, minced	1 oz.
Heavy cream	2 cups
Salt, kosher	as needed
Pepper, white, ground	as needed
Parsley, fresh, minced	as needed

## **Method**

1. Preheat oven to 325°F.
2. Rub the salmon with half of the olive oil and roast in the oven until the salmon is cooked to 155°F. Allow it to rest and cool. Crumble to small pieces when cool.
3. Sauté the shallots in the remaining olive oil and cool. Combine the salmon, shallots, seasoning, dill, cream, and ricotta, mix until well combined. The filling should be chilled before making the mezzalunas.
4. Divide the dough into quarters. Using a pasta machine or a rolling pin on a flour-dusted surface, roll the pasta out into 4 very thin (less than ⅛-inch) rectangles.
5. On the four pasta sheets, place 1 ½ teaspoons of filling in a row down the center, 2 ½-inches apart. Fold the pasta sheet over to close the dough. Press the edges down and remove any excess air.
6. Using a 3 to 4-inch round pastry cutter, cut the ravioli into semi-circles. Press and seal the edges with the back side of a slightly smaller round pastry cutter and pressing the edges with your fingers.
7. Hold on a parchment lined sheet pan, lightly floured until ready to use.
8. Heat the butter in a sautoir, sauté the shallots until translucent. Add the cream, simmer and reduce by about half.

9. While sauce is reducing follow the direction for cooking the pasta in the pasta recipe, Boil the ravioli until firm to the bite (al dente), 2 to 4 minutes.
10. Remove or strain the raviolis from the pasta water and place it into the cream sauce, coat the pasta with the cream, then serve. Garnish with fresh chopped parsley or dill.

# FRESH EGG PASTA

Yield: 1 ½ pounds

Ingredients	Amounts
Flour, durum or all-purpose	1 lb.
Salt, kosher	1 pinch
Egg, whole	4 ea.
Oil, vegetable	1 fl. oz.
Water	1 ½ gal.
Salt, kosher	1 oz.

## Method

1. Combine the flour and salt in a large bowl. Make a well in the center.
2. Place the eggs, water, and oil in the center of the well. With a fork gradually pull the dry ingredients into the egg mixture. Stir until a loose mass forms. As you mix the dough, adjust the consistency with additional flour or water. The dough should be tacky but minimally moist.
3. Turn the dough out onto a floured work surface and knead until the dough is smooth and elastic, 4 to 5 minutes. Cover and let the dough relax at room temperature for at least 30 minutes.
4. Roll the dough into thin sheets by hand or using a pasta machine and cut the sheets into desired shapes (tagliatelle, pappardelle, ravioli, etc.)
5. To cook, bring a large pot of salted water to a boil. Add the pasta and stir to separate the strands or shapes. Cook the pasta until it is firm to the bite (*al dente*), 2 to 4 minutes. Drain in a colander.

**Variations:** For each variation, the amount of flour may also need to be adjusted accordingly.

**Spinach Pasta:** Purée 6 oz. spinach leaves, squeeze dry in cheesecloth, and add to the eggs.

**Saffron Pasta:** Steep 3 tsp. pulverized saffron threads in 1 fl. oz. hot water. Add the eggs.

**Citrus Pasta:** Add 4 tsp. finely grated lemon or orange zest to the eggs. Substitute 2 tablespoons. citrus for the water.

**Herbed Pasta:** Add 2 to 3 oz. chopped fresh herbs to the eggs.

**Black Pepper Pasta:** Add 2 tsp. cracked black peppercorns to the flour.

**Red Pepper Pasta:** Sauté 6 oz puréed roasted red pepper until reduced and dry. Cool and add to the eggs.

**Tomato Pasta:** Sauté 3 oz. tomato purée until reduced and dry. Cool and add to the eggs.

**Pumpkin, Carrot, or Beet Pasta:** Sauté 6 oz. puréed cooked pumpkin, carrots, or beets until reduced and dry. Cool and add to the eggs.

# BLACK BEAN, CORN, AND TOMATO FIESTA SALAD

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Beans, black, canned, drained	31 oz.
Corn, yellow, sweet, frozen, thawed	18 oz.
Tomato, diced	10 oz.
Scallion (Green onion), thinly sliced on bias	2 Tbsp.
Cilantro, leaves, fresh	¼ cup
Oil, olive, pure	¼ cup
Lime, juice, fresh	¼ cup
Cumin, ground	2 ½ tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	½ tsp.
Chile, jalapeño, diced	¾ ea.

## **Method**

1. In a large bowl, place the black beans, corn, tomato, and scallion. Reserve.
2. For the dressing, in a medium bowl, place the cilantro, olive oil, lime juice, cumin, salt, pepper, and jalapenos. Mix well.
3. Pour the dressing over the bean, corn, tomato, and onion mixture. Mix well to combine.
4. Cover the salad and refrigerate until service. The flavor is best when refrigerated overnight.
5. Stir well before serving.

# OLIVE FOCACCIA

*Yield: one half sheet pan*

<b>Ingredients</b>	<b>Amounts</b>
<b><i>Pre-ferment (Biga)</i></b>	
Flour, bread	197 g
Water, 70°F	109 g
Yeast, instant dry	1 pinch
<b><i>Final dough</i></b>	
Flour, bread	624 g
Water	476 g
Oil, olive, pure	50 g
Malt syrup	6 g
Yeast, instant dry	3 g
Salt, kosher	16 g
Olive, kalamata, quartered	1 ½ cups

## **Method**

1. For the Biga, Mix the flour and yeast. Add the water and mix until homogeneous.
2. Let it sit, covered, at room temp for 12 to 15 hours.
3. For the final dough, combine the biga and the water in a bowl and mix it by hand to break it up.
4. Combine the yeast and flour and add on top of the biga.
5. Add the salt and malt or honey and mix by hand until homogenous – no dry flour.
6. Cover and let sit at room temp for 10 minutes.
7. Fold the dough and let it sit for another 10 minutes.
8. Repeat the folding two more times for a total of three folds, letting the dough rest for 10 minutes in between.
9. Let it sit, covered, at room temperature for 30 minutes and fold.
10. Let it sit for 15 to 20 minutes more or until the dough feels airy.
11. Stretch the dough and roll it out to the size of a ½-sized sheet pan. Place onto sheet pan lined with oiled parchment. Brush the tops of the dough with oil and let sit for 10 minutes
12. Stipple the dough and let it sit for 10 minutes. Sprinkle the olives on top and gently press them in. Stipple the dough again to its final shape and let proof, for about 20 minutes more.
13. Bake at 450°F until golden brown, 20 to 25 minutes.

**Note:** honey can be substituted for the malt syrup.

# FRIED SPINACH AND GOAT CHEESE RAVIOLI WITH SUMMER TOMATO RAGU

*Yield: 8 Portions*

<b>Ingredients</b>	<b>Amounts</b>
Spinach, fresh	14 wt. oz.
Cheese, goat, local	11 wt. oz.
Cheese, Parmigiano-Reggiano, grated	1 1/3 cups
Egg, whole	3 ea.
Nutmeg, fresh, grated	1 pinch
Salt, kosher	as needed
Pepper, black, ground	as needed
Pasta Dough (Recipe follows)	1x recipe
Summer Tomato Ragu (Recipe follows)	1x recipe

## **Method**

1. For the filling, remove and discard any tough stems from the spinach. Rinse well.
2. Cook spinach until it is wilted. Drain. When cool enough to handle, squeeze out excess water. Chop fine and transfer to a large bowl.
3. Add goat cheese, Parmigiano-Reggiano and eggs. Season with nutmeg, salt and pepper. Beat until smooth.
4. Divide dough into quarters. Using pasta machine or rolling pin on a flour-dusted surface, roll pasta out into very thin (less than 1/8- inch) rectangles. Place 1 1/2 to 2 teaspoon scoops of filling in rows, about 2 1/2-inches apart, on two of the pasta sheets. Cover with remaining pasta sheets, draping to evenly cover and fall between mounds of filling. Using a pastry wheel, cut squares of ravioli. Using a fork, press edges to seal.
5. Following the directions in the pasta recipe, cook pasta in boiling salted water until not quite *al dente*, about 1 to 2 minutes. Remove from water and dry.
6. Fry in a deep fryer or pot of oil until golden brown and crispy.
7. Serve immediately tossed in the tomato sauce or with the sauce on the side.

# FRESH EGG PASTA

Yield: 1 ½ pounds

Ingredients	Amounts
Flour, durum or all-purpose	1 lb.
Salt, kosher	1 pinch
Egg, whole	4 ea.
Oil, vegetable	1 fl. oz.
Water	1 ½ gal.
Salt, kosher	1 oz.

## Method

1. Combine the flour and salt in a large bowl. Make a well in the center.
2. Place the eggs, water, and oil in the center of the well. With a fork gradually pull the dry ingredients into the egg mixture. Stir until a loose mass forms. As you mix the dough, adjust the consistency with additional flour or water. The dough should be tacky but minimally moist.
3. Turn the dough out onto a floured work surface and knead until the dough is smooth and elastic, 4 to 5 minutes. Cover and let the dough relax at room temperature for at least 30 minutes.
4. Roll the dough into thin sheets by hand or using a pasta machine and cut the sheets into desired shapes (tagliatelle, pappardelle, ravioli, etc.)
5. To cook, bring a large pot of salted water to a boil. Add the pasta and stir to separate the strands or shapes. Cook the pasta until it is firm to the bite (*al dente*), 2 to 4 minutes. Drain in a colander.

**Variations:** For each variation, the amount of flour may also need to be adjusted accordingly.

**Spinach Pasta:** Purée 6 oz. spinach leaves, squeeze dry in cheesecloth, and add to the eggs.

**Saffron Pasta:** Steep 3 tsp. pulverized saffron threads in 1 fl. oz. hot water. Add the eggs.

**Citrus Pasta:** Add 4 tsp. finely grated lemon or orange zest to the eggs. Substitute 2 tablespoons. citrus for the water.

**Herbed Pasta:** Add 2 to 3 oz. chopped fresh herbs to the eggs.

**Black Pepper Pasta:** Add 2 tsp. cracked black peppercorns to the flour.

**Red Pepper Pasta:** Sauté 6 oz puréed roasted red pepper until reduced and dry. Cool and add to the eggs.

**Tomato Pasta:** Sauté 3 oz. tomato purée until reduced and dry. Cool and add to the eggs.

**Pumpkin, Carrot, or Beet Pasta:** Sauté 6 oz. puréed cooked pumpkin, carrots, or beets until reduced and dry. Cool and add to the eggs.

# SUMMER TOMATO RAGU

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, pure	2 Tbsp.
Onion, yellow, small, diced	4 wt. oz.
Garlic, minced	1 Tbsp.
Vinegar, wine, white	5 oz.
Tomato, Roma, concassed	1 lb.
Stock, chicken	1 pt.
Basil, fresh, chiffonade	2 Tbsp.
Thyme, leaves, fresh	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Medium dice the concassed tomatoes and reserve.
2. Sauté the onions and garlic over med heat in olive oil until translucent. Add the white wine vinegar and simmer reduce by half.
3. Add the diced tomato concasse and cook over med heat until the tomatoes start to break down. Continue stirring to prevent sticking.
4. Add the Chicken stock and bring to a simmer. Continue cooking until the sauce is heated through and obtains the desired consistency. Taste and season if necessary.

# LIME CILANTRO SORGHUM

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Sorghum, whole grain	12 oz.
Water	6 ½ cups
Salt, kosher	1 tsp.
Lime, juice, fresh	½ cup
Cilantro, fresh, chopped	½ cup
Tomato, Roma, diced	¾ cup
Scallion (Green onion), thinly sliced on bias	¼ cup

## **Method**

1. In a large pot of boiling, salted water, place the sorghum. Cook, uncovered, until the sorghum is tender, 45 to 55 minutes.
2. Add the lime juice, cilantro, tomatoes, and scallions.

# HERBED FOCACCIA

*Yield: 5 loaves*

<b>Ingredients</b>	<b>Amounts</b>
<b><i>Pre-ferment (Biga)</i></b>	
Flour, bread	328 g
Water, 70°F	182 g
Yeast, instant dry	1 pinch
<b><i>Final dough</i></b>	
Flour, bread	1040 g
Water	793 g
Oil, olive, pure	82 g
Malt syrup	11 g
Yeast, dry, instant	5 g
Salt, kosher	27 g
Herbs, fresh, assorted, chopped	½ cup

## **Method**

1. For the Biga, Mix the flour and yeast. Add the water and mix until homogeneous.
2. Let it sit, covered, at room temp for 12 to 15 hours.
3. For the final dough, combine the biga and the water in a bowl and mix by hand to break it up.
4. Combine the yeast and flour and add on top of the biga.
5. Add the salt and malt and mix by hand until homogenous – no dry flour.
6. Cover and let sit at room temp for 10 minutes.
7. Fold the dough and let it sit for another 10 minutes.
8. Repeat the folding two more times for a total of three folds, letting the dough rest for the 10 minutes in between.
9. Let it sit, covered, at room temperature for 30 minutes and fold.
10. Let it sit for 15 to 20 minutes more or until the dough feels airy.
11. Scale into 1-pound pieces and shape into a round. Place onto sheet pans lined with oiled parchment. Brush the tops of the dough with oil and let it sit for 10 minutes
12. Stipple the dough and let it sit for 10 minutes. Sprinkle the herbs on top and gently press them in. Stipple the dough again to its final shape and let proof, for about 20 minutes more.
13. Bake at 450°F until golden brown, 20 to 25 minutes.

## BAKED ROLLED PASTA

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amount</b>
Cheese, ricotta	1 lb.
Cheese, Parmesan, grated	3 wt. oz.
Pork, prosciutto, sliced thinly	¼ lb.
Cheese, fontina, shredded	2 ¼ cups
Butter, unsalted	as needed
Fresh Egg Pasta (Recipe follows)	1 lb.
Tomato Sauce (Recipe follows) (Divided)	5 cups
Oil, olive, pure	2 Tbsp.
Onion, yellow, small, diced	1 cup
Stock, veal, brown	2 ½ cups
Heavy cream	2 cups
Salt, kosher	to taste
Pepper, black, ground	to taste

### Method

1. Preheat oven to 475°F.
2. Roll pasta dough into paper-thin sheets.
3. Spread the rolled dough with a thin layer of ricotta. Then sprinkle with grated parmesan cheese, and cover with the prosciutto slices. Mound the Fontina cheese in the center, then roll into a tight cylinder. Cut the rolls into one-inch pieces.
4. Pour some of the tomato sauce (reserve 2 cups of Tomato Sauce for later use) into the bottom of a casserole dish. Arrange the pasta roll slices over the sauce and slightly flatten each piece. Top each roll with a small sliver of butter and 1 tablespoon of tomato sauce.
5. Place in the oven and bake until the butter melts and cheese in the center softens.
6. For the creamy tomato sauce, heat the oil in a medium sauté pan over medium heat and sauté the onions until translucent. Stir in the 2 cups of the reserved tomato sauce, stock, and heavy cream and season with salt and pepper to taste. Continue cooking until the sauce is heated through and obtains the desired consistency.
7. Ladle the creamy tomato sauce onto a heated serving platter and arrange the baked pasta slices on top.

# FRESH EGG PASTA

Yield: 1 ½ pounds

Ingredients	Amounts
Flour, durum or all-purpose	1 lb.
Salt, kosher	1 pinch
Egg, whole	4 ea.
Oil, vegetable	1 fl. oz.
Water	1 ½ gal.
Salt, kosher	1 oz.

## Method

1. Combine the flour and salt in a large bowl. Make a well in the center.
2. Place the eggs, water, and oil in the center of the well. With a fork gradually pull the dry ingredients into the egg mixture. Stir until a loose mass forms. As you mix the dough, adjust the consistency with additional flour or water. The dough should be tacky but minimally moist.
3. Turn the dough out onto a floured work surface and knead until the dough is smooth and elastic, 4 to 5 minutes. Cover and let the dough relax at room temperature for at least 30 minutes.
4. Roll the dough into thin sheets by hand or using a pasta machine and cut the sheets into desired shapes (tagliatelle, pappardelle, ravioli, etc.)
5. To cook, bring a large pot of salted water to a boil. Add the pasta and stir to separate the strands or shapes. Cook the pasta until it is firm to the bite (*al dente*), 2 to 4 minutes. Drain in a colander.

**Variations:** For each variation, the amount of flour may also need to be adjusted accordingly.

**Spinach Pasta:** Purée 6 oz. spinach leaves, squeeze dry in cheesecloth, and add to the eggs.

**Saffron Pasta:** Steep 3 tsp. pulverized saffron threads in 1 fl. oz. hot water. Add the eggs.

**Citrus Pasta:** Add 4 tsp. finely grated lemon or orange zest to the eggs. Substitute 2 tablespoons. citrus for the water.

**Herbed Pasta:** Add 2 to 3 oz. chopped fresh herbs to the eggs.

**Black Pepper Pasta:** Add 2 tsp. cracked black peppercorns to the flour.

**Red Pepper Pasta:** Sauté 6 oz puréed roasted red pepper until reduced and dry. Cool and add to the eggs.

**Tomato Pasta:** Sauté 3 oz. tomato purée until reduced and dry. Cool and add to the eggs.

**Pumpkin, Carrot, or Beet Pasta:** Sauté 6 oz. puréed cooked pumpkin, carrots, or beets until reduced and dry. Cool and add to the eggs.

# TOMATO SAUCE

*Yield: 1 ½ Quarts*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, extra virgin	¼ cup
Onion, yellow, diced	⅔ cup
Garlic, clove, minced	2 ½ Tbsp.
Tomato, plum, whole, canned, crushed by hand	3 ½ lb.
Basil, leaves, fresh, chopped	¾ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

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

# POTATO CELERY ROOT CAKES WITH CURED SALMON SALAD

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, russet, medium	2 lb.
Celery, root, medium, peeled, grated	4 lb.
Onion, yellow, grated	1 ea.
Egg, large, whipped	2 ea.
Salt, kosher	½ tsp.
Pepper, white, ground	⅛ tsp.
Flour, all-purpose	½ cup
Oil, canola	as needed
Fennel, bulb, shaved thin	1 ea.
Arugula	10 oz.
Onion, red, small diced	1 ea.
Lime Vinaigrette (Recipe follows)	
Fish, salmon, cured, thinly sliced	20 oz.
Crème fraîche	½ cup
Caviar, ikura	4 Tbsp.
Dill, sprig, fresh	as needed

## **Method**

1. Par cook the potatoes, skin-on until they are 75% done. Let them cool. Grate.
2. In a mixing bowl, place the grated potatoes, celery root, onions, eggs, salt, white pepper, and flour. Mix to combine.
3. Heat the oil on a griddle over medium high heat. Add 5 ounces of the batter onto the griddle. Flatten it to form a 5-inch cake. Cook until golden brown on both sides. Hold hot on a wire rack until service.
4. In a large bowl, place the fennel, greens, red onion, and vinaigrette. Toss to combine.
5. For each portion, place a hot potato cake on a serving plate. Top with the fennel mixture, salmon, and crème fraîche. Garnish with caviar and dill sprigs.

**Note:** the cakes can be prepped in advance, cooled and then reheated in batches. Other types of caviar, such as mujol or tobiko, can be substituted for the ikura.

# LIME VINAIGRETTE

*Yield: ½ quart*

<b>Ingredients</b>	<b>Amounts</b>
Lime, zest, finely chopped	2 ea.
Lime, juice, fresh	4 Tbsp.
Mustard, Dijon	½ oz.
Oil, olive, pure	1 cup
Oil, salad	2 cups
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Mix all ingredients together in a mixing bowl.
2. Hold in a squirt bottle for service.

# CARAMELIZED ONION FOCACCIA

*Yield: 5 loaves*

<b>Ingredients</b>	<b>Amounts</b>
<b><i>Pre-ferment (Biga)</i></b>	
Flour, bread	328 g
Water, 70°F	182 g
Yeast, instant dry	1 pinch
<b><i>Final dough</i></b>	
Flour, bread	1040 g
Water	793 g
Oil, olive, pure	82 g
Malt syrup	11 g
Yeast, instant dry	5 g
Salt, kosher	27 g
Caramelized Onions (Recipe follows)	1 ½ cup

## **Method**

1. For the Biga, Mix the flour and yeast. Add the water and mix until homogeneous.
2. Let it sit, covered, at room temp for 12 to 15 hours.
3. For the final dough, combine the biga and the water in a bowl. Mix it by hand to break it up.
4. Combine the yeast and flour and add on top of the biga.
5. Add the salt and malt and mix by hand until homogenous – no dry flour.
6. Cover and let sit at room temp for 10 minutes.
7. Fold the dough and let it sit for another 10 minutes.
8. Repeat the folding two more times for a total of three folds, letting the dough rest for the 10 minutes in between.
9. Let it sit, covered, at room temperature for 30 minutes and fold.
10. Let it sit for 15 to 20 minutes more or until the dough feels airy.
11. Scale into 1-pound pieces and shape into a round. Place onto sheet pans lined with oiled parchment. Brush the tops of the dough with oil and let it sit for 10 minutes
12. Stipple the dough and let it sit for 10 minutes. Sprinkle the caramelized onions on the top of the dough and gently press them in. Stipple the dough again to its final shape and let proof, about 20 minutes more
13. Bake at 450°F until golden brown, 20 to 25 minutes.

# CARAMELIZED ONIONS

*Yield: 1 ½ cups*

## **Ingredients**

## **Amounts**

Butter, unsalted	3 Tbsp.
Onion, whole, thinly sliced	6 cups

## **Method**

1. Heat the butter on medium heat in a large, thick-bottomed pan.
2. Add the onions and sauté until they have softened and developed a medium caramel color, about 20 to 25 minutes.

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

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

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

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

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

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

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These Materials Were Developed at the Culinary Institute of America.

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George Shannon

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