



# Culinary Institute of America

## **CALIFORNIA SCHOOL FOODSERVICE PROFESSIONAL TRAINING INTERMEDIATE GROUP**



The Culinary Institute of America, Copia, 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

- ☑ 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

# DAY ONE: TEAM PRODUCTION ASSIGNMENTS

## EACH STUDENT:

Prepare the following knife cuts to be used for production:

1 yellow onion: julienne

1 red onion: julienne, large tile

1 pepper: julienne, small dice, large tile

½ chicken: bone out breast, wings, leg, thigh

## CHEF DEMO:

Pupusa and Empanada Dough

## EACH TEAM:

English Muffins (Start)

## TEAM ONE:

Gochujang Salmon Tostadas with Purple Cabbage Slaw

Citrus and Jicama Salad with Mint Dressing

## TEAM TWO:

Beef Empanadas with Green Chimichurri

Peruvian Red Onion Salad

## TEAM THREE:

Jerk Chicken with Roasted Sweet Potatoes and Red Beans

Tostones and Green Mango Salsa

## TEAM FOUR:

Pupusas with Cortadito Salad and Tomato Salsa

Baked Plantains with Brown Sugar and Cinnamon

# 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.)

# GOCHUJANG SALMON TOSTADAS WITH PURPLE CABBAGE SLAW

*Yield: 16 portions*

<b>Ingredients</b>	<b>Amounts</b>
Korean chili paste ( <i>Gochujang</i> )	1/3 cup
Sugar, brown, packed	1/4 cup
Vinegar, wine, rice	3 Tbsp.
Soy sauce	3 Tbsp.
Garlic, minced	2 Tbsp.
Ginger, fresh, grated	2 Tbsp.
Lime, juice, fresh	1/4 cup
Lime, zest	2 tsp.
Fish, salmon, raw, skin removed, large diced	4 lb.
Avocado, ripe	3 ea.
Crema	1/2 cup
Lime, juice, fresh	1 Tbsp.
Salt, kosher	2 tsp.
Purple Cabbage Slaw (Recipe follows)	1x recipe
Tostada shell	16 ea.
Furikake Japanese spice blend	as needed
Sesame seeds	as needed
Pickled Red Onions (Recipe follows)	2 cups
Microgreens	as needed

## **Method**

1. Preheat oven to 400°F.
2. For the gochujang glaze, in a large bowl, whisk together the gochujang, brown sugar, vinegar, soy sauce, garlic, ginger, lime juice, and lime zest.
3. Add the diced salmon. Toss gently until the salmon is well coated.
4. Arrange the salmon on a parchment-lined sheet tray. Bake in the preheated oven until it is just cooked and slightly caramelized, 8 to 10 minutes. Reserve and keep warm.
5. For the avocado crema, on a cutting board, half the avocados. Scoop out the flesh. Transfer to a medium bowl. With a whisk or potato masher, lightly mash the avocado. Fold in the crema, lime juice, and salt. Whisk until smooth.
6. To assemble, place a tostada shell on each plate. Spread a spoonful of avocado crema. Add a generous scoop of Purple Cabbage Slaw. Top with warm gochujang-glazed salmon. Garnish with sesame seeds, Pickled Red Onions, and microgreens.
7. Serve immediately.

# PURPLE CABBAGE SLAW

*Yield: 16 portions*

<b>Ingredients</b>	<b>Amounts</b>
Cabbage, purple, finely shredded	8 cups
Carrot, shredded	1 cup
Radish, thinly sliced	½ cup
Scallion (Green onion), thinly sliced	1 cup
Cilantro, bunch, fresh, chopped	1 ea.
Mint, bunch, fresh, chopped	½ ea.
Lime, juice, fresh	4 Tbsp.
Vinegar, rice, unseasoned	¼ cup
Honey	2 Tbsp.
Oil, sesame	1 Tbsp.
Salt, kosher	to taste

## **Method**

1. In a large bowl, place the cabbage, carrot, radish, scallion, cilantro, and mint. Toss to combine. Reserve.
2. For the dressing, in a small bowl, whisk together the lime juice, rice vinegar, honey, and sesame oil.
3. Add the dressing to the vegetables. Toss to combine. Season with salt to taste. Adjust the acidity with more lime juice to taste.
4. Set the slaw aside and allow it to soften for 10 to 15 minutes. Chill until service.

## PICKLED RED ONIONS

*Yield: 2 cups*

<b>Ingredients</b>	<b>Amounts</b>
Vinegar, cider	½ cup
Water, warm	½ cup
Honey	3 Tbsp.
Salt, kosher	1 ½ tsp.
Bay leaf	1 ea.
Onion, red, thinly sliced	2 cups

### **Method**

1. In a small bowl, combine the vinegar, warm water, honey, salt, and bay leaf. Stir until the salt dissolves.
2. Add the sliced onions, making sure the onions are fully submerged.
3. Let the onions sit at room temperature for at least 20 to 30 minutes or refrigerate overnight for deeper flavor.

# CITRUS AND JICAMAS SALAD WITH MINT DRESSING

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Jicama, peeled, small diced	1 ea.
Onion, red, minced and rinsed	1 cup
Pineapple, peeled, small diced	1 ea.
Orange, supremed	5 ea.
Pepper, bell, red, small diced	2 ea.
Chile, serrano, minced	3 ea.
Cilantro, fresh, chopped	¼ cup
Lime, juice, fresh	2 Tbsp.
Orange, juice, fresh	¾ cup
Lemon, juice, fresh	¼ cup
Honey	½ Tbsp.
Salt, kosher	¼ tsp.
Mint, fresh, finely chopped	2 Tbsp.
Lime, juice, fresh	to taste
Salt, kosher	to taste

## **Method**

1. In a large bowl, place the jicama, onion, pineapple, oranges, bell pepper, serrano, cilantro, and lime juice. Toss gently until combine.
2. For the dressing, in a medium bowl, whisk together the orange juice, lemon juice, honey, salt, and mint.
3. Pour the dressing over the salad. Toss gently to evenly coat the ingredients.
4. Refrigerate for 15 to 30 minutes to allow flavors to meld.
5. Adjust the seasoning with lime or salt to taste.
6. Serve chilled.

# BEEF EMPANADAS WITH GREEN CHIMICHURRI

*Yield: 24 empanadas*

<b>Ingredients</b>	<b>Amounts</b>
Flour, all-purpose	2 lb.
Salt, kosher	2 tsp.
Butter, cold, diced	1 cup
Egg, whole	2 ea.
Lemon, juice, fresh	1 Tbsp.
Water, cold	1 <sup>3</sup> / <sub>4</sub> cups
Oil, canola	2 Tbsp.
Onion, yellow, finely diced	2 cup
Carrot, finely diced	<sup>3</sup> / <sub>4</sub> cup
Scallion (Green onion), white only, finely chopped	<sup>1</sup> / <sub>4</sub> cup
Garlic, minced	3 Tbsp.
Chiptole in adobo, finely minced	2 tsp.
Beef, ground	2 lb.
Paprika, smoked	3 Tbsp.
Chili, powder	2 Tbsp.
Salt, kosher	2 tsp.
Pepper, black, ground	<sup>1</sup> / <sub>2</sub> tsp.
Tomato, paste	2 Tbsp.
Olive, green, chopped (Optional)	<sup>1</sup> / <sub>4</sub> cup
Raisins, golden (Optional)	<sup>1</sup> / <sub>4</sub> cup
Worcestershire sauce	1 tsp.
Peas, frozen	<sup>3</sup> / <sub>4</sub> cup
Stock, beef	<sup>1</sup> / <sub>4</sub> cup
Cornstarch	1 Tbsp.
Water	2 Tbsp.
Egg, whole	1 ea.
Water	1 Tbsp.
Salt, flaky (Optional)	as needed
Sesame seeds (Optional)	as needed
Chimichurri Sauce (Recipe follows)	2 <sup>1</sup> / <sub>2</sub> cups

## **Method**

1. For the dough, in a large bowl, whisk together the flour and salt.
2. Cut in the cold butter until the mixture resembles coarse crumbs.
3. In a small bowl, whisk together the eggs and lemon juice. Add it to the flour mixture.

4. Gradually add just enough cold water until the dough holds together.
5. Divide the dough into 2 discs, wrap in plastic, and chill for 30 to 60 minutes.
6. For the picadillo filling, heat the oil in a large rondeau or skillet over medium heat. Add the onions, carrots, and scallion. Sauté until softened, 5 to 7 minutes.
7. Add the garlic and chipotle. Cook for 1 minute.
8. Add ground beef. Sauté until the beef browns, breaking it into small pieces.
9. Stir in the paprika, chile powder, salt, pepper, and tomato paste. Cook for 2 to 3 minutes until integrated.
10. Add the olives, raisins, Worcestershire sauce, and peas. Stir to combine.
11. Deglaze with the beef stock.
12. For the slurry, in a small bowl, whisk together the cornstarch and water. Stir the slurry into the filling to thicken. Simmer until cohesive but not watery. Cool completely and reserve.
13. Preheat oven to 375°F.
14. Roll the dough to 1/8-inch thick. Cut it into 4 to 5-inch rounds. Place 2 tablespoons of cooled filling in each round. Fold over and crimp the edges with a fork. Arrange on a parchment-lined baking sheet.
15. For the egg wash, in a small bowl, whisk together the egg and water. Brush the dough with the egg wash. Sprinkle with flaky salt and sesame seeds, if desired.
16. Bake the empanadas in the preheated oven until golden brown and crisp, 20 to 25 minutes.
17. Serve with the Green Chimichurri Sauce.

# GREEN CHIMMICURRI SAUCE

*Yield: 2 ½ cups*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, pure	2 cup
Vinegar, sherry	¾ cup
Parsley, flat-leaf, fresh, finely chopped	1 cup
Cilantro, fresh, finely chopped	¼ cup
Oregano, fresh, finely chopped	3 Tbsp.
Garlic, minced	1 Tbsp.
Salt, kosher	1 Tbsp.
Sugar, granulated	2 tsp.
Chile, cayenne, ground	1 tsp.

## **Method**

1. In a small bowl, place the olive oil, vinegar, parsley, cilantro, oregano, garlic, salt, sugar, and cayenne pepper. Mix well.
2. Adjust the seasoning to taste.

# PERUVIAN RED ONION SALAD

## *ENSALADA CRIOLLA*

*Yield 16 portions*

<b>Ingredients</b>	<b>Amounts</b>
Onion, red, thinly sliced	2 ea.
Lime, juice, fresh	2 Tbsp.
Vinegar, wine, rice	1 Tbsp.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Chile, aji amarillo, seeds removed, thinly sliced	1 ea.
Cilantro, fresh, chopped	3 Tbsp.
Oil, canola (Optional)	2 Tbsp.

### **Method**

1. In a bowl of ice water, soak the onion slices for 15 minutes to mellow the sharpness. Drain well and pat dry.
2. In a medium bowl, place the onions, lime juice, vinegar, salt, pepper, and aji amarillo slices. Toss to combine.
3. Stir in the cilantro and the oil (if using).
4. Just before serving, let it sit at room temperature for 15 minutes. Adjust the flavor with lime, salt, or chile to taste.

**Note:** Jalapeño chiles can be substituted for the Aji Amarillo chiles.

# JERK CHICKEN WITH ROASTED SWEET POTATOES AND RED BEANS

*Yield 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, sweet, medium, large diced	3 ea.
Tomato, Roma, large diced	3 ea.
Jerk Seasoning (Recipe follows) (Divided)	10 Tbsp.
Lime, juice, fresh	2 Tbsp.
Oil, canola	2 Tbsp.
Beans, kidney, red, canned, drained	28 oz.
Stock, vegetable	$\frac{3}{4}$ cup
Chicken, thigh, large diced	1 lb.
Oil, canola	2 Tbsp.
Lime, juice, fresh	4 Tbsp.
Salt, kosher	1 tsp.

## **Method**

1. Preheat oven to 400°F.
2. In a large bowl, place the sweet potatoes, tomatoes, 4 tablespoons of the jerk seasoning, lime juice, and oil. Toss to combine. Transfer the mixture to a parchment-lined sheet pan.
3. Roast in the preheated oven until the potatoes are tender and lightly browned, 30 to 35 minutes. Remove from the oven and reserve.
4. In a small hotel pan, combine the beans, vegetable stock, and 2 tablespoons of the jerk seasoning. Cover and bake in the preheated oven until the beans are warmed through, 20-25 minutes.
5. In a small bowl, place the chicken, oil, 4 tablespoons of the jerk seasoning, lime juice, and salt. Toss to combine. Transfer the chicken to a sheet tray lined with parchment.
6. Bake in the preheated oven until the internal temperature of the chicken reaches 165°F.

# JERK SEASONING

*Yield: 1 cup*

<b>Ingredients</b>	<b>Amounts</b>
Onion, powder	2 Tbsp.
Garlic, powder	2 Tbsp.
Paprika, smoked	2 Tbsp.
Allspice, ground	1 Tbsp.
Thyme, dried	1 Tbsp.
Ginger, ground	1 Tbsp.
Cinnamon, ground	½ Tbsp.
Pepper, black, ground	1 tsp.
Salt, kosher	1 tsp.

## **Method**

1. In a small bowl, place the onion powder, garlic powder, smoked paprika, allspice, thyme, ginger, cinnamon, black pepper, and salt. Mix well to combine.
2. Store in an airtight container.

**Note:** This seasoning can be used for roasted or grilled vegetables, legumes and rice dishes, and to marinate proteins such as tofu, chicken, and beef.

# TOSTONES WITH GREEN MANGO SALSA

*Yield: 20 portions*

<b>Ingredients</b>	<b>Amounts</b>
Water, cold	1 gal.
Salt, kosher	$\frac{3}{4}$ cup
Plantains, green	6 ea.
Oil, vegetable	as needed
Mango, green, peeled, grated	4 ea.
Carrot, peeled, grated	6 oz.
Lime, juice, fresh	4 ea.
Cilantro, fresh, chopped	$\frac{1}{2}$ cup
Ginger, fresh, grated	1 Tbsp.
Garlic, minced	1 tsp.
Vinegar, wine, red	1 Tbsp.
Molasses	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. For the tostones, in a large bowl, combine the water and salt. Stir until salt dissolves.
2. Peel the plantains. Cut them into disc shapes, 8 to 10 pieces per plantain. Soak the cut plantain discs in the salt water for 1 to 2 hours. Leaving them in the salt water the entire time.
3. Preheat a deep fryer to 350°F.
4. Deep-fry the tostone discs until only golden. Drain on paper towels. Let them rest for 5 minutes.
5. Cover both sides of a tortilla press with plastic wrap, smoothing out any wrinkles. Flatten the pre-fried tostone discs in the tortilla press. Lightly smash the plantains to about 1/8-inch thickness. Rub the plastic wrap with a little vegetable oil from time to time so the tostones won't stick. Reserve the tostones covered with wet paper towels.
6. Fifteen minutes before serving, dip the tostones back in the salt water and shake off any excess water. Deep fry a second time until golden brown and crisp. Drain them on paper towels and sprinkle with salt. Reserve and keep warm.
7. For the mango salsa, grate the mangos and carrot using the large holes of a box grater. In a large bowl, combine the mangos, carrot, lime juice, cilantro, ginger, garlic, vinegar, molasses, salt, and pepper. Mix well. Chill until service.

# PUPUSAS WITH CORTADITO SALAD AND TOMATO SALSA

*Yield: 25 cakes*

<b>Ingredients</b>	<b>Amounts</b>
Masa harina	3 cups
Butter, unsalted, softened	2 oz.
Salt, kosher	½ Tbsp.
Water, warm	1 ½ cups
Cheese, Oaxaca, crumbled	1 lb.
Tomato Salsa (Recipe follows)	2 cups
Cortadito Salad (Recipe follows)	1x recipe

## **Method**

1. For the pupusa dough, in the bowl of a stand mixer fitted with a paddle attachment, combine the masa harina, butter, salt, and water. Mix until smooth.
2. Remove the bowl and wrap it tightly with plastic. Let the dough rest for 5 to 10 minutes. The dough should be moist but not tacky or sticky.
3. Portion the dough into 1 ½-ounce balls. Cover with plastic wrap to keep the dough from drying out as you work.
4. To shape the pupusas, pat the dough into a pancake in your hand, about 4 inches in diameter. Add a tablespoon of cheese. Fold the edges up and pinch to close into a ball. Gently pat the dough back and forth between your palms to form it back into a thin pancake.
5. Pre-heat a dry, non-stick skillet over medium heat. Working in batches, cook the pupusas until golden brown on the first side, 1 to 2 minutes. Turn the pupusas and cook until golden brown on the second side, 2 minutes. Cover with foil and place in a warm area until ready to plate.
6. Serve with the Tomato Salsa and Cortadito Salad.

**Note:** Other melting cheeses can be substituted for the Oaxaca cheese.

# TOMATO SALSA

## *SALSA ROJA*

*Yield: 2 cups*

<b>Ingredients</b>	<b>Amounts</b>
Chile, guajillo, dried, seeds removed	1 ea.
Tomato, Roma, roughly chopped	4 ea.
Onion, white, chopped	1/2 ea.
Garlic, clove, minced	2 ea.
Cumin, ground	1 tsp.
Water	1/2 cup
Oil, canola	1 Tbsp.
Salt, kosher	to taste

### **Method**

1. Soak the chile in warm water until soft, about 15 minutes.
2. In a blender, combine the rehydrated chiles, tomatoes, onion, garlic, and cumin. Add the water and blend until smooth.
3. Heat the oil in a small saucepan over medium heat. Add the blended salsa and simmer, stirring occasionally, until thickened slightly and deepened in color, 8 to 10 minutes.
4. Season with salt to taste. Adjust the consistency with more water, if needed.
5. Cool slightly before serving.

# CORTADITO SALAD

*Yield: 16 portions*

<b>Ingredients</b>	<b>Amounts</b>
Cabbage, green, finely shredded	8 cups
Carrot, shredded	2 ea.
Onion, red, thinly sliced	1 ea.
Salt, kosher	4 tsp.
Oregano, dried	2 tsp.
Chile, jalapeño, thinly sliced	1 ea.
Vinegar, cider	½ cup
Water, warm	½ cup

## **Method**

1. In a large bowl, combine the cabbage, carrot, and onion. Sprinkle with salt and massage the vegetables with your hands for 1 to 2 minutes to help soften them.
2. Add the oregano and jalapeños.
3. In a small bowl, combine the vinegar and warm water. Pour it over the slaw. Toss well to combine.
4. Transfer the salad to a glass container or jar. Press down to submerge the vegetables in the liquid.
5. Let it sit at room temperature for 2 to 4 hours (or overnight in the fridge for more flavor).
6. Serve chilled or at room temp with the pupusas.

# BAKED PLANTAINS WITH BROWN SUGAR AND CINNAMON

*Yield: 16 portions*

<b>Ingredients</b>	<b>Amounts</b>
Plantain, ripe	8 ea.
Oil, canola	3 Tbsp.
Sugar, brown	4 Tbsp.
Cinnamon, ground	2 tsp.
Nutmeg, fresh, grated	½ tsp.
Allspice, ground	¼ tsp.
Salt, kosher	½ tsp.
Honey	4 Tbsp.
Lime, zest	2 Tbsp.

## **Method**

1. Preheat oven to 400°F. Line two baking sheets with parchment paper or lightly grease them.
2. Peel the plantains and cut each one on a bias into 4 to 5 slices.
3. In a large mixing bowl, combine the oil, brown sugar, cinnamon, nutmeg, allspice and salt.
4. Add the sliced plantains and toss until evenly coated.
5. Arrange plantains in a single layer on the prepared baking sheets, leaving a little space between slices.
6. Bake in the preheated oven for 10 to 12 minutes.
7. Flip the slices and bake until golden and caramelized on the edges, 8 to 10 minutes. Let them cool slightly.
8. Drizzle with honey and sprinkle with lime zest.

# DAY TWO: TEAM PRODUCTION ASSIGNMENTS

## CHEF DEMO:

Pupusa and Empanada Dough

## EACH TEAM:

English Muffins (Shape, sear, and bake)

## TEAM ONE:

Banana Lentil Pancake with Citrus Compote

Korean Street Toast with Egg

Pineapple "Upside Down" Oat Muffins

## TEAM TWO:

Breakfast Lentil Quesadilla with Pico De Gallo

Tropical Fruit Muesli

Lemon Zucchini Loaf with Yogurt Glaze

## TEAM THREE:

Breakfast Pizza with Oatmeal and Whole Wheat Flour Crust

Roasted Potato and Turkey Hash

Snickerdoodle Muffins

## TEAM FOUR:

Cheesy Vegetable Frittata

Mango Carrot Lassi

Orange Almond Breakfast Cake

# BANANA LENTIL 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
Egg, whole	2 ea.
Extract, vanilla	1 tsp.
Banana, overripe, peeled, mashed	2 ea.
Lentils, red, cooked	⅔ cup
Citrus Compote (Recipe follows)	1x recipe

## **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 a 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. Bake in the preheated oven until golden and set in the center, 15 to 18 minutes. Let it cool slightly.
6. Cut the pancakes into squares and then triangles. Top with citrus compote.
7. Serve warm.

# CITRUS COMPOTE

*Yield: 6 portions*

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

## **Method**

1. In a saucepan, place the citrus segments, orange juice, diced apple, orange 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 Pancakes.

# KOREAN STREET TOAST WITH EGG

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Egg, whole	16 ea.
Salt, kosher	¼ tsp.
Pepper, black, ground	¼ tsp.
Cabbage, green, shredded	8 oz.
Bread, whole wheat, sliced	10 ea.
Butter, unsalted, melted	½ cup
Sugar, granulated	5 tsp.
Ketchup (Divided)	¼ cup
Mayonnaise, low-fat (Divided)	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.
8. Flip the bread and toast on the opposite side.
9. Lightly sprinkle sugar over one side of the bread. 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, small diced	$\frac{3}{4}$ cup
Sugar, brown, packed (Divided)	5 Tbsp.
Oats, old-fashioned	2 cups
Flour, whole wheat	$\frac{1}{2}$ cup
Baking powder	1 $\frac{1}{2}$ tsp.
Salt, kosher	$\frac{1}{4}$ tsp.
Egg, whole	1 ea.
Egg, white	1 ea.
Milk, whole	$\frac{2}{3}$ cup
Applesauce	$\frac{2}{3}$ cup
Extract, vanilla	$\frac{1}{2}$ 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 diced pineapple 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 the 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 until the oatmeal is lightly browned and a toothpick inserted into the center comes out clean, 20 to 24 minutes.
8. Allow the muffins to cool in the tin for at least 10 minutes. Remove and flip each oatmeal single upside down.

# BREAKFAST LENTIL QUESADILLA WITH PICO DE GALLO

*Yield: 10 quesadillas*

<b>Ingredients</b>	<b>Amounts</b>
Lentils, green, dried	2 ½ cups
Water	as needed
Pico de Gallo (Divided)	20 oz.
Egg, whole	5 ea.
Tortilla, flour, whole grain, 8-in.	10 ea.
Cheese, Cheddar, low fat (Divided)	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 it 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 each quesadilla with ⅛ cup of salsa.

# PICO DE GALLO

*Yield: 1 quart*

<b>Ingredients</b>	<b>Amounts</b>
Tomato, Roma	8 ea.
Onion, white, small diced	1 ea.
Cilantro, fresh, rough chopped	1 cup
Chile, jalapeño, seeded, minced	2 ea.
Lime, juice, fresh	¼ cup
Salt, kosher	1 tsp.
Garlic, clove, minced	1 ea.
Coriander, ground	½ tsp.

## **Method**

1. Small dice the tomatoes. Place them in a strainer and drain any excess liquid for 10 minutes.
2. In a mixing bowl, combine the diced tomatoes, onion, cilantro, jalapeno, lime juice, salt, garlic, and coriander.
3. Adjust the flavor with lime or salt to taste.
4. Let it sit for 30 minutes before serving for best flavor.

# TROPICAL FRUIT MUESLI

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Milk, whole	1 $\frac{3}{4}$ cups
Yogurt, non-fat	1 cup
Honey	1 Tbsp.
Orange, juice, fresh	$\frac{1}{4}$ cup
Oats, old fashioned	1 $\frac{1}{2}$ cups
Sunflower seeds	$\frac{1}{2}$ cup
Wheat germ	$\frac{1}{2}$ cup
Cinnamon, ground	$\frac{1}{2}$ tsp.
Ginger, ground	$\frac{1}{2}$ tsp.
Mango, small diced	$\frac{1}{2}$ cup
Pineapple, small diced	$\frac{1}{2}$ cup
Orange, segmented	$\frac{1}{2}$ cup
Raisins, chopped	2 Tbsp.
Coconut, unsweetened, shredded	$\frac{1}{4}$ cup

## **Method**

1. In a large mixing bowl, whisk together yogurt, milk, honey, and orange juice.
2. Stir in the oats, sunflower seeds, wheat germ, cinnamon, and ginger. Let it sit for 5 minutes to begin softening.
3. Fold in the diced mango, pineapple, orange segments, raisins, and shredded coconut. Stir to combine.
4. Portion into serving containers. Refrigerate for at least 4 hours or overnight for the best texture.
5. Garnish with a sprinkle of shredded coconut.

## **Variations:**

**Apple Cinnamon Muesli:**  $\frac{1}{2}$  cup shredded apples,  $\frac{1}{4}$  cup dried cranberries,  $\frac{1}{4}$  tsp nutmeg. Top with a sprinkle of toasted oats.

**Berry Bliss Muesli:**  $\frac{1}{2}$  cup diced strawberries,  $\frac{1}{2}$  cup blueberries,  $\frac{1}{4}$  cup dried cranberries

**Peanut Butter Banana Muesli:**  $\frac{1}{2}$  cup diced bananas,  $\frac{1}{4}$  cup raisins, 2 Tbsp Peanut Butter. Top with sliced banana and a drizzle of nut butter.

# 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.
Egg, 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.
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. Drizzle the glaze over the bread.
10. Slice the bread and serve.

# BREAKFAST PIZZA WITH OATMEAL AND WHOLE WHEAT FLOUR CRUST

*Yield: 25 portions*

<b>Ingredients</b>	<b>Amounts</b>
Yogurt, non-fat, plain	½ qt.
Cheese, cream, low fat	½ qt.
Vanilla, extract	½ Tbsp.
Honey	¼ cup
Ginger, ground	½ tsp.
Lemon, zest	1 tsp.
Oil, canola	¾ cup
Sugar, brown	1 ½ cups
Applesauce, unsweetened	1 ⅓ cups
Egg, whole	2 ea.
Vanilla, extract	½ Tbsp.
Flour, whole wheat	3 ⅓ cups
Baking powder	1 ½ Tbsp.
Cinnamon, ground	1 ½ tsp.
Nutmeg, fresh, grated	½ tsp.
Oats, old-fashioned	3 cups
Strawberries, fresh, sliced	3 cups
Banana, sliced	2 ½ cups
Blueberries	3 cups

## **Method**

1. Preheat oven to 350°F.
2. In the bowl of a stand mixer fitted with a paddle attachment, combine the yogurt, cream cheese, vanilla extract, and honey. Mix on medium speed until smooth. Do not overmix. Refrigerate and reserve.
3. In a separate mixing bowl, combine the oil and sugar. Mix on medium speed using the paddle attachment until the mixture reaches a crumbly texture.
4. Add the applesauce, eggs, and vanilla extract. Mix on medium speed until just combined.
5. Gradually add the flour, baking powder, cinnamon, and nutmeg. Mix again until just combined—do not overmix.
6. Remove the bowl from the mixer and gently fold in the rolled oats by hand.
7. Prepare a ½ sheet pan (18" x 13" x 1") by lightly coating it with pan spray. Press 1 quart (about 3 lb.) of the crust mixture evenly into the pan.

8. Bake in the preheated oven until the top is golden and set, 25 to 30 minutes.
9. Remove the pizza from the oven and allow the crust to cool completely to room temperature.
10. To assemble the pizza, spread the chilled yogurt mixture evenly over the cooled crust. Arrange the sliced fruit decoratively on top. Cut into 5 x 5 squares.

# ROASTED POTATO AND TURKEY HASH

*Yield: 20 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, sweet, med. diced	1 lb.
Potato, Yukon Gold, med. diced	1 lb.
Oil, canola	3 Tbsp.
Garlic, minced	2 Tbsp.
Rosemary, dried	½ tsp.
Thyme, dried	½ tsp.
Salt, kosher	1 tsp.
Pepper, white, ground	½ tsp.
Turkey, ground	1 lb.
Pepper, bell, red, small diced	1 ½ cups
Pepper, bell, green, small diced	1 ½ cups
Onion, yellow, small diced	1 cup
Garlic, minced	2 Tbsp.
Corn, kernels	2 cups
Sage, ground	½ tsp.
Coriander, ground	½ tsp.
Paprika, smoked	2 tsp.
Lemon, juice, fresh	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, fresh, chopped	½ cup

## **Method**

1. Preheat oven to 400°F.
2. In a large bowl, place the sweet potatoes, Yukon potatoes, oil, garlic, rosemary, thyme, salt, and pepper. Toss well to combine.
3. Spread the potatoes evenly on 2 parchment-lined sheet trays. Roast in the preheated oven for 15 minutes. Stir. Continue roasting until golden brown and fork tender, 10 to 15 minutes.
4. For the hash, in a large skillet or tilt skillet, brown the ground turkey until it is fully cooked (165°F), breaking it into small crumbles.
5. Add bell peppers, onion, garlic, and corn. Cook over medium heat until the vegetables soften, 5 to 7 minutes.
6. Stir in the sage, coriander, and smoked paprika. Cook for 1 to 2 minutes more to bloom the spices. Add the lemon juice. Adjust the seasoning with salt and pepper to taste.

7. Gently fold roasted potatoes into the turkey-vegetable mixture until well combined and heated through. Garnish with chopped parsley. Serve warm.

# SNICKERDOODLE MUFFINS

*Yield: 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted, softened	½ cup
Sugar, granulated	⅔ cup
Egg, whole	1 ea.
Vanilla, extract,	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 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.
4. Add the vanilla, milk, and yogurt. Mix until combined. Transfer to a large bowl. Reserve.
5. In a small bowl, place the flour, baking powder, baking soda, cinnamon and salt. Stir to combine.
6. 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.
7. 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.
8. In a small saucepan, melt the butter. Reserve.
9. For the cinnamon-sugar, in a small bowl, mix the granulated sugar, cinnamon, and oats.
10. Brush a thin layer of melted butter over each muffin. Sprinkle generously with cinnamon sugar.

# CHEESY VEGETABLE FRITTATA

*Yield: 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, sweet, med. diced	1 ½ lb.
Oil, olive, pure (Divided)	3 Tbsp.
Paprika, smoked (Divided)	1 Tbsp.
Turmeric, ground (Divided)	½ Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	1 tsp.
Pepper, bell, red, roasted, med. diced	1 cup
Garlic, clove, minced	2 ea.
Chard, bunch, stemmed, ½-in. chopped	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Egg, whole	15 ea.
Milk, whole	2 cups
Yogurt, Greek, non-fat	1 ½ cups
Cheese, Cheddar, grated	2 cups
Cheese, Jack, grated	1 ½ cups
Thyme, fresh, chopped	2 Tbsp.
Chive, sliced	¼ cup

## **Method**

1. Preheat oven to 425°F.
2. In a mixing bowl, toss diced sweet potatoes with 1 ½ oz oil, half of the paprika and turmeric, and a pinch of salt and pepper.
3. Spread in a single layer on a parchment-lined baking sheet. Roast in the preheated oven until golden brown and tender, 20 to 25 minutes. Let it cool slightly.
4. Preheat oven to 375°F.
5. Heat a large sauté pan over medium heat. Add the remaining oil. Add the roasted red peppers and sauté for 1 minute.
6. Add the minced garlic. Cook until fragrant.
7. Add the chard. Sauté until wilted. Season with salt and pepper to taste. Remove from heat.
8. In a large bowl, whisk together the eggs, milk, Greek yogurt, and the remaining paprika and turmeric. Season lightly with salt and pepper. Stir in the cheddar, jack cheese, thyme, and chives.
9. Add the roasted sweet potatoes and sautéed vegetables into the egg mixture. Stir well to combine.

10. Lightly spray a half sheet pan or half 2-inch hotel pan with pan spray. Pour the entire mixture into the pan and spread evenly. Bake until the center is just set and the top is lightly golden, 25 to 30 minutes. An instant-read thermometer should read 160–165°F in the center.
11. Remove it from oven and let it rest for 15 minutes. Cut it into 12 portions.

# MANGO CARROT LASSI

*Yield: 5 cups*

<b>Ingredients</b>	<b>Amounts</b>
Mango, frozen, diced	5 cups
Carrot, frozen, sliced	4 cups
Milk, whole	2 cups
Oats, old-fashioned	5 Tbsp.
Yogurt, plain, non-fat	2 cups
Banana, ripe	3 ea.
Honey	1 Tbsp.

## **Method**

1. Chill the frozen mangoes and carrots in the refrigerator for at least 2 hours or overnight.
2. In a blender, combine the chilled mango, carrots, milk, oats, yogurt, banana, and honey. Blend until smooth.
3. Adjust the sweetness with more honey to taste.
4. Stir before serving, if separated. Pour into serving glasses. Garnish with a few rolled oats, if desired. Serve immediately.

**Note:** Several ice cubes can be added if the carrots or mangoes are fully thawed. Sugar can be substituted for the honey. This can also be made the day before and held.

# ORANGE ALMOND BREAKFAST CAKE

*Yield: 2 cakes*

<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 2 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 let them 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

# DAY THREE: TEAM PRODUCTION ASSIGNMENTS

## CHEF DEMO:

Fresh Egg Pasta

## TEAM ONE:

Fettuccini Primavera with Blistered Tomatoes and Summer Squash

Grilled Salmon with Pumpkin Seed Pesto

Spring Pea, Cucumber, and Mint Salad

## TEAM TWO:

Wedge Salad with Thousand Island Dressing

Garganelli with Beef-Lentil Ragù

Garlic Roasted Spaghetti Squash

## TEAM THREE:

Baked Spinach Lasagna

Grilled Salmon with Sun-Dried Romesco Sauce

Shaved Fennel, Apple, and Arugula Salad with Lemon-Tahini Dressing

## TEAM FOUR:

Linguini with Butternut Alfredo and Grilled Chicken

Roasted Rainbow Carrots with Herbed Gremolata and Honey Ricotta

Olive Oil Cake Parfait with Whipped Yogurt, Fresh Berries, and Basil

## ALL TEAMS:

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

# FETTUCCINE PRIMAVERA WITH BLISTERED TOMATOES AND SUMMER SQUASH

*Yield: 16 portions*

Ingredients	Amounts
Oil, olive, pure (Divided)	½ cup
Tomato, cherry	3 lb.
Salt, kosher	to taste
Shallot, thinly sliced	2 ea.
Garlic, clove, minced	6 ea.
Squash, summer, halved, sliced	2 ½ lb.
Salt, kosher	to taste
Pepper, black, ground	to taste
Basil, leaves, fresh (Divided)	1 cup
Fresh Egg Pasta (Recipe follows)	1 ½ lb.
Lemon, juice, fresh	4 Tbsp.
Lemon, zest	2 Tbsp.
Cheese, Parmesan, grated	1 ½ cups

## Method

1. Heat 2 to 3 tablespoons of the olive oil in a large skillet over medium-high heat. Working in batches, add the cherry tomatoes and cook without stirring until skins blister, 2 to 3 minutes. Stir and cook until softened, another 2 to 3 minutes. Season with salt to taste. Reserve.
2. In another large skillet, heat 2 tablespoons olive oil. Add the shallots and cook until softened, 2 to 3 minutes. Add the garlic and cook until fragrant, about 30 seconds.
3. Add the squash. Sauté until tender but still vibrant, 4–5 minutes. Season with salt and pepper to taste. Add half of the basil. Stir to combine. Reserve.
4. Bring a large pot of salted water to a boil. Cook the fettuccine until it is firm to the bite (*al dente*), 2 to 3 minutes. Reserve 2 cups of the pasta water. Drain.
5. In a large sauté pan, place the sautéed squash, blistered tomatoes, lemon juice, zest, and remaining olive oil. Toss gently. Add just enough of the reserved pasta water to help emulsify and coat the noodles (1–1 ½ cups).
6. Stir in the cheese and remaining basil. Adjust the seasoning with salt and pepper to taste. Garnish with fresh basil leaves and an extra drizzle of olive oil.

# 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.

**Spinach Pasta:** Purée 6 oz. spinach leaves. Squeeze dry in cheesecloth. Add to the eggs.

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

**Lemon Pasta:** Add 4 tsp. finely grated lemon zest to the eggs. Substitute 2 Tbsp. lemon juice 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. Add to the eggs.

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

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

# GRILLED SALMON WITH PUMPKIN SEED PESTO

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pumpkin seeds, toasted	$\frac{3}{4}$ cup
Garlic, minced	1 Tbsp.
Basil, fresh, chopped	1 cup
Parsley, flat-leaf, fresh, chopped	1 cup
Cheese, Parmesan, grated	$\frac{1}{4}$ cup
Lemon, juice, fresh	4 Tbsp.
Lemon, zest	1 tsp.
Oil, olive, pure	$\frac{1}{2}$ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Fish, salmon, fillet, 5 oz., skin removed	2 $\frac{1}{2}$ lb.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lemon, juice, fresh	2 Tbsp.
Oil, vegetable	as needed

## **Method**

1. For the pumpkin seed pesto, toast the pumpkin seeds in a dry skillet over medium heat, shaking often, until lightly golden and fragrant, 2 to 3 minutes. Let them cool.
2. In a food processor, combine toasted pumpkin seeds, garlic, basil, parsley, Parmesan, lemon juice, and lemon zest. Pulse until coarsely chopped.
3. With the machine running, slowly stream in olive oil until a thick pesto forms. Add water 1 tablespoon at a time to reach a spoon-able consistency. Season with salt and pepper to taste. Set aside or refrigerate until ready to use.
4. Preheat a gas grill to medium or prepare a charcoal grill for indirect heat (hot on one side, cool on the other).
5. Pat the salmon fillets dry. Season with salt, pepper, and a squeeze of lemon juice. Lightly brush with oil. Grill over direct heat, about 3–4 minutes per side depending on thickness, or until cooked to desired doneness (internal temp 125°F for medium).
6. If necessary, finish cooking over indirect heat to prevent burning.

# SPRING PEA, CUCUMBER, AND MINT SALAD

*Yield: 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Water	3 cups
Salt, kosher	as needed
Farro, dried	1 cup
Peas, spring, fresh	2 cups
Peas, snap, sliced on a bias	2 cups
Vinegar, white, balsamic	¼ cup
Lemon, zest	1 tsp.
Lemon, juice, fresh	2 Tbsp.
Mustard, Dijon	2 tsp.
Honey	2 tsp.
Oil, olive, pure	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Cucumber, English, seeded, cut into half moons	2 lb.
Scallion (Green onion), bunch, thin sliced	2 ea.
Onion, red, thinly sliced	1 ea.
Radish, watermelon, large, thinly sliced	1 ea.
Mint, fresh, chopped	1 cup
Lemon, preserved, finely chopped	2 Tbsp.
Cheese, feta, crumbled	½ cup
Almonds, sliced, toasted	½ cup

## **Method**

1. Bring the lightly salted water to a boil in a medium pot. Add the farro, lower the heat, and simmer until the farro is tender, chewy, but is still firm to the bite (*al dente*), 20 to 25 minutes. Drain and cool. Reserve.
2. Blanch the spring and snap peas in boiling, salted water for 1 to 2 minutes. Transfer the peas to an ice water bath to halt the cooking process. Drain. Reserve.
3. For the dressing, in a small bowl, whisk together vinegar, lemon juice, zest, mustard, and honey. Slowly whisk in olive oil until emulsified. Season with salt and pepper to taste.
4. In a large bowl, combine the cooked farro, blanched peas, cucumber, scallion, red onion, radish, mint, and preserved lemon. Drizzle with the dressing and toss gently.

5. Top with the crumbled feta and almonds just before serving. Serve chilled.

**Note:** The basic ratio for cooking farro is 1 part farro to 3 parts water. Frozen peas can be substituted for fresh peas. Frozen peas do not need to be blanched.

# WEDGE SALAD WITH THOUSAND ISLAND DRESSING

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lettuce, iceberg, head	2 ea.
Tomato, cherry, cut in half	24 ea.
Egg, hard cooked, quartered	6 ea.
Onion, red, thin sliced	1 ea.
Chive, finely chopped	2 Tbsp.
Croutons (Recipe follows)	1 cup
Thousand Island Dressing (Recipe follows)	2 cups

## **Method**

1. Cut the lettuce into wedges (quartered or sixths, depending on size).
2. On each chilled plate, place a wedge of lettuce, 4 tomato halves, 4 wedges of eggs, 1 tablespoon of onion, and a sprinkling of chives and croutons.
3. Drizzle Thousand Island Dressing on top of each salad.
4. Serve immediately.

# CROUTONS

*Yield: 1 cup*

## Ingredients

## Amounts

Butter, unsalted	3 Tbsp.
Bread, med. diced	1 cup
Salt, kosher	to taste
Pepper, black, ground	as needed

## Method

1. Heat the butter in a large skillet over medium heat until melted.
2. Add the bread. Toss to lightly coat it in the butter.
3. Season with salt and pepper to taste.
4. Arrange the bread in a single layer and toast the bread until golden, 5 to 8 minutes. Stir once or twice so they brown evenly.
5. Reserve until ready for service.

# THOUSAND ISLAND DRESSING

*Yield: 2 cups*

<b>Ingredients</b>	<b>Amounts</b>
Mayonnaise	1 ½ cups
Chile sauce	3 fl. oz.
Ketchup	2 Tbsp.
Worcestershire sauce	¾ tsp.
Tabasco sauce	¾ tsp.
Onion, yellow, minced	¼ cup
Garlic, minced	1 tsp.
Relish, sweet pickle	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Lemon, juice, fresh	to taste

## **Method**

1. In a small bowl, combine all the ingredients. Mix well.
2. Refrigerate until needed for service.

# GARGANELLI WITH BEEF LENTIL RAGÙ

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lentils, culled	2 cups
Oil, olive, pure	2 Tbsp.
Onion, yellow, small diced	1 cup
Carrot, small diced	1 cup
Celery, small diced	1 cup
Garlic, minced	2 Tbsp.
Beef, ground	2 lb.
Tomato, paste	3 Tbsp.
Oregano, dried	2 tsp.
Basil, dried	1 tsp.
Thyme, dried	1 tsp.
Nutmeg, ground	½ tsp.
Salt, kosher	2 tsp.
Pepper, black, ground	½ tsp.
Broth, beef	2 ½ cups
Milk, whole	1 cup
Fresh Egg Pasta (Recipe follows)	1 ½ lb.
Cheese, Parmesan, shredded	½ cup
Basil, fresh, chopped	1 cup

## **Method**

1. Fill a large pot halfway with water and bring it to a boil. Add the lentils. Simmer until they are tender.
2. For the ragù, heat the oil in a large pan over medium heat. Add the onion, carrot, celery, and garlic. Sauté until softened, 5 to 6 minutes.
3. Add the ground beef and cook until browned.
4. Stir in the tomato paste and cook for 1 to 2 minutes.
5. Add the cooked lentils, oregano, basil, thyme, nutmeg, salt, and pepper. Stir to combine. Pour in the broth and bring it to a simmer. Lower the heat and cook, partially covered, for 30 to 35 minutes, adding milk a few tablespoons at a time as the sauce reduces and thickens.
6. Adjust the seasoning to taste. It should be hearty but not dry. Add a splash more broth or milk if needed.
7. Roll out the pasta dough and cut it into 2-inch squares. Shape each around a dowel into garganelli tubes. Let it dry for 15 to 20 minutes before cooking.

8. Bring a large pot of salted water to a boil. Cook the garganelli until tender but firm to the bite (*al dente*), 2 to 3 minutes. Reserve 1 cup of the pasta water. Drain.
9. Toss the pasta with the warm ragù, loosening it with pasta water, if needed. Top with the cheese and chopped basil.

# 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.

**Spinach Pasta:** Purée 6 oz. spinach leaves. Squeeze dry in cheesecloth. Add to the eggs.

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

**Lemon Pasta:** Add 4 tsp. finely grated lemon zest to the eggs. Substitute 2 Tbsp. lemon juice 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. Add to the eggs.

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

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

# GARLIC ROASTED SPAGHETTI SQUASH

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Squash, spaghetti	3 lb.
Oil, olive, pure	¼ cup
Garlic, minced	2 Tbsp.
Salt, kosher	2 tsp.
Pepper, black, ground	½ tsp.
Nutmeg, ground	½ tsp.
Italian herb mix, dried	2 tsp.

## **Method**

1. Preheat oven to 400°F. Line two full-size sheet pans with parchment paper.
2. Slice each squash in half, lengthwise. Scoop out the seeds and stringy center pulp and discard.
3. In a small bowl, combine the olive oil, minced garlic, salt, pepper, and herb mix. Brush the cut sides of each squash half with the garlic oil mixture. Place the squash halves cut side down on the sheet pans.
4. Roast the squash in the preheated oven until the flesh is tender and easily pierced with a fork, 35 to 45 minutes.
5. Let the squash cool slightly. Use a fork to scrape the flesh into spaghetti-like strands.
6. Transfer the strands to a large bowl. Adjust the seasoning to taste.

# BAKED SPINACH LASAGNA

*Yield: 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lentils, culled	6 cups
Oil, olive, pure	¼ cup
Onion, yellow, small diced	2 cups
Carrot, small diced	1 ½ cups
Celery, diced	1 cup
Garlic, minced	2 Tbsp.
Tomato, paste	¼ cup
Tomato, crushed, canned	6 cups
Broth, vegetable	1 ½ cups
Oregano, dried	1 ½ Tbsp.
Thyme, dried	1 tsp.
Pepper, black, ground	1 tsp.
Salt, kosher	to taste
Oil, olive, pure	¼ cup
Flour, all-purpose	¼ cup
Milk, whole	6 cups
Cheese, Parmesan, grated	2 cups
Salt, kosher	2 tsp.
Pepper, black, ground	½ tsp.
Nutmeg, ground	½ tsp.
Fresh Egg Pasta (Recipe follows)	1 ½ lb.
Cheese, mozzarella, shredded	2 cups

## **Method**

1. Fill a large pot halfway with water and bring it to a boil. Add the lentils. Simmer until they are tender.
2. For the ragù, heat the oil in a large pot over medium heat. Add the onion, carrot, celery, and garlic. Sauté until soft, about 8–10 minutes.
3. Stir in the tomato paste and cook for 1 to 2 minutes.
4. Add the cooked lentils, crushed tomatoes, broth, oregano, thyme, salt, and pepper. Simmer gently until thickened but still saucy, 20 to 30 minutes. Adjust the seasoning and consistency with more broth as needed.
5. For the bechamel sauce, heat the oil in a saucepan over medium heat. Add the flour and whisk for 2 to 3 minutes to make a roux.

6. Gradually whisk in the milk. Simmer, stirring constantly, until the sauce thickens, 8 to 10 minutes.
7. Add the Parmesan, nutmeg salt, and pepper. Remove from heat.
8. To assemble lasagna, preheat oven to 350°F. Lightly oil the baking dish.
9. Spread a thin layer of béchamel on the bottom. Add a layer of noodles, then  $\frac{3}{4}$  cup béchamel, 1 cup lentil ragù, and  $\frac{1}{4}$  cup chopped spinach. Sprinkle cheese (if using).
10. Repeat layers until pan is full (about 4 layers). Top with remaining béchamel and cheese.
11. Cover with foil (tent to avoid sticking). Bake for 35–40 minutes until bubbly and hot in the center. Uncover and bake an additional 10 minutes to brown the top lightly. Let rest 10–15 minutes before slicing.

# 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.

**Spinach Pasta:** Purée 6 oz. spinach leaves. Squeeze dry in cheesecloth. Add to the eggs.

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

**Lemon Pasta:** Add 4 tsp. finely grated lemon zest to the eggs. Substitute 2 Tbsp. lemon juice 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. Add to the eggs.

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

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

# GRILLED SALMON WITH SUN-DRIED ROMESCO SAUCE

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pepper, bell, red, roasted, peeled	5 ea.
Tomato, sun-dried, in oil, drained	¼ cup
Walnuts, toasted	½ cup
Garlic, clove	2 ea.
Paprika, smoked, ground	2 Tbsp.
Vinegar, sherry	2 Tbsp.
Oil, olive, pure	1/3 cup
Salt, kosher	½ tsp.
Fish, salmon, fillet, 5 oz., skin removed	2 ½ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Lemon, juice, fresh	1 ea.
Oil, vegetable	as needed

## **Method**

1. Place the whole red bell peppers directly over a gas flame or on a hot grill. Turn with tongs every few minutes until the skin is blackened and blistered on all sides (about 8 to 10 minutes). Transfer to a bowl, cover with a lid or plastic wrap, and let them steam for 5 minutes. Peel off the skins and discard the seeds and stems.
2. For the romesco sauce, in a food processor, place the roasted red peppers, sun-dried tomatoes, walnuts, garlic, paprika, vinegar, salt, and oil. Blend until smooth. Adjust the consistency with water if needed.
3. Preheat a gas grill to medium; leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
4. Season the fish with salt, pepper, and lemon juice. Brush it evenly with oil.
5. Grill each salmon fillet to the desired doneness (usually medium).
6. Top each fillet with a tablespoon of romesco sauce.
7. Serve immediately on a warm platter.

# SHAVED FENNEL, APPLE, AND ARUGULA SALAD WITH LEMON TAHINI DRESSING

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Fennel, thinly shaved	2 ea.
Apple, thinly sliced	2 ea.
Lemon, juice, fresh	1 Tbsp.
Arugula, baby	7 cups
Celery, thinly sliced	1 cup
Parsley, flat-leaf, fresh, chopped	½ cup
Tahini	¼ cup
Lemon, juice	¼ cup
Oil, olive, pure	3 Tbsp.
Honey	2 Tbsp.
Sauerkraut, juice	2 Tbsp.
Garlic, minced	1 tsp.
Salt, kosher	¾ tsp.
Pepper, black, ground	¾ tsp.
Sunflower seeds, toasted	¾ cup

## **Method**

1. On a mandolin, thinly shave the fennel.
2. Core and thinly slice the apples. Transfer to a small bowl. To prevent browning, add the lemon juice and toss to coat.
3. In a large bowl, combine the shaved fennel, apple slices, arugula, celery, and parsley.
4. For the dressing, in a small bowl, whisk together the tahini, lemon juice, olive oil, honey, sauerkraut juice, garlic, salt, and pepper.
5. Adjust the dressing to a pourable consistency by adding water 1 tablespoon at a time until it is creamy but drizzles easily.
6. Just before serving, add the dressing and toss. Sprinkle with sesame seeds.

# LINGUINI WITH BUTTERNUT ALFREDO AND GRILLED CHICKEN

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Squash, butternut, peeled, diced	4 cups
Oil, olive, pure	3 Tbsp.
Salt, kosher	1 pinch
Oil, olive, pure	1 Tbsp.
Onion, yellow, minced	½ cup
Garlic, clove, minced	3 ea.
Milk, whole	1 ½ cups
Nutmeg, fresh, grated	½ tsp.
Salt, kosher	2 tsp.
Pepper, white, ground	½ tsp.
Cheese, Parmesan, grated	1 cup
Chicken, breast, boneless, skinless	2 lb.
Oil, olive, pure	4 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Garlic, powder	2 tsp.
Parsley, dried	2 tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	½ tsp.
Fresh Egg Pasta (Recipe follows)	1 ½ lb.

## **Method**

1. In a large bowl, place the diced squash, olive oil, and salt. Toss to evenly coat.
2. Transfer the squash to a sheet pan. Roast in the preheated oven until tender and caramelized, 25 to 30 minutes.
3. For the sauce, heat the oil in a saucepan over medium heat. Add the onion and garlic. Sauté until fragrant.
4. Add the roasted squash, milk, nutmeg, salt, and pepper. Using an immersion blender, blend until smooth. Stir in the Parmesan. Adjust the seasoning and keep warm.
5. Preheat a gas grill to medium or prepare a charcoal grill for indirect heat (hot on one side, cool on the other).
6. Rub the chicken with olive oil, lemon juice, garlic powder, parsley, salt, and pepper.
7. Grill on medium heat for 5 to 6 minutes per side or until internal temp reaches 165°F. Let it rest, then slice thinly.

8. Bring a large pot of salted water to a boil. Add the fresh linguini and cook until it is firm to the bite (*al dente*), 2 to 3 minutes. Reserve 1 cup of the pasta water. Drain
9. Toss pasta with butternut Alfredo sauce. Thin with a little pasta water, if needed.
10. Plate the pasta and top with the sliced, grilled chicken. Top with grated Parmesan cheese, if desired.

# 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.

**Spinach Pasta:** Purée 6 oz. spinach leaves. Squeeze dry in cheesecloth. Add to the eggs.

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

**Lemon Pasta:** Add 4 tsp. finely grated lemon zest to the eggs. Substitute 2 Tbsp. lemon juice 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. Add to the eggs.

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

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

# ROASTED RAINBOW CARROTS WITH HERBED GREMOLATA AND HONEY RICOTTA

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Carrot, rainbow, baby, halved	5 lb.
Cumin, seed, toasted	2 Tbsp.
Oil, olive, pure	¼ cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Vinegar, wine, red	1 tsp.
Parsley, flat-leaf, fresh, finely chopped	1 ½ cups
Mint, fresh, finely chopped	¼ cup
Lemon, zest	1 Tbsp.
Garlic, minced	1 tsp.
Oil, olive, pure	2 Tbsp.
Pistachios, toasted, crushed	¼ cup
Cheese, ricotta, whole milk	1 ½ cups
Oil, olive, pure	1 Tbsp.
Honey	2 Tbsp.
Nutmeg, fresh, grated	1 tsp.
Salt, kosher	to taste
Pepper, black, cracked	to taste

## **Method**

1. Preheat oven to 375°F.
2. In a large bowl, place the carrots, cumin, olive oil, salt, and pepper. Toss well to combine.
3. Lay the carrots cut side down on a sheet tray. Roast in the preheated oven until browned and tender, 25 to 35 minutes. Reserve any juices that collect.
4. Transfer the carrots to a large bowl. Add the vinegar and toss to combine. Reserve.
5. For the gremolata, in a small bowl, combine the parsley, mint, lemon zest, garlic, olive oil, and pistachios. Reserve.
6. For the whipped ricotta, in the bowl of a stand mixer with whip attachment, combine the ricotta, honey, olive oil, salt, pepper, and nutmeg. Whip until the mixture is light and fluffy.
7. To plate, smear the ricotta whip on the bottom of the plate, mound the roasted carrots, and top with gremolata. Drizzle any reserved roasting juices over the ricotta.

# OLIVE OIL CAKE PARFAIT WITH WHIPPED YOGURT, FRESH BERRIES, AND BASIL

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Flour, all-purpose	2 cups
Sugar, granulated	1 ½ cups
Cornmeal, finely grind	1 ⅓ cups
Baking powder	3 tsp.
Salt, kosher	1 tsp.
Egg, whole	6 ea.
Oil, olive, extra virgin	1 ½ cups
Vanilla, extract	2 tsp.
Lemon, zest	3 Tbsp.
Lemon, juice, fresh	¼ cup
Orange, zest	2 Tbsp.
Orange, juice, fresh	4 Tbsp.
Yogurt, Greek, full fat	2 cups
Heavy cream	1 cup
Honey	4 Tbsp.
Vanilla	1 tsp.
Berries, mixed	3 ½ cups
Lemon, juice, fresh	2 Tbsp.
Basil, fresh, thinly sliced	½ cup

## **Method**

1. Preheat oven to 350°F. Line the bottom of a half sheet pan or 2-inch, half hotel pan with parchment paper. Lightly grease the sides of the pan with cooking spray.
2. For the cake, in a large bowl, whisk together the flour, sugar, cornmeal, baking powder, and salt. Reserve.
3. In the bowl of a stand mixer fitted with a paddle attachment, beat the eggs and sugar until the eggs are slightly pale and ribbony. Slowly pour in the olive oil to emulsify.
4. Add the vanilla, lemon juice, lemon zest, orange juice, and lemon zest.
5. Add the reserved dry ingredients and mix until it just combines.
6. Pour the batter into the prepared pan. Bake in the preheated oven for 35 to 40 minutes. Let it cool completely. Cut the cake into cubes.
7. For the whipped yogurt cream, in the bowl of a stand mixer or by hand, whip together the yogurt, cream, honey, and vanilla until soft peaks form and the texture is light and smooth. Chill.

8. For the berry-basil mix, in a medium bowl, place the berries, lemon juice, and basil. Toss gently to combine. Let it macerate for 10 to 15 minutes.
9. For each portion, in a parfait glass, place a layer of cake, dollops of whipped yogurt, and berry-basil mixture.

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**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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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.

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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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