Culinary Institute of America

CULINARY INSTITUTE OF THE PACIFIC
ESSENTIAL FOUNDATIONS OF CULINARY

CIA Consulting
The Culinary Institute of America

Culinary Institute of the Pacific, Diamond Head campus, Oahu, Hawai'i

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The Culinary Institute of America
1946 Campus Drive
Hyde Park, NY 12538-1499
Tel: 845-452-9600
www.ciachef.edu

Welcome to the CIA!

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

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

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

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

Wishing you all the best,

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

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

EXPECTATIONS FOR PARTICIPANTS

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

CIA Uniform Policy

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

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

COURSE DESCRIPTION
ESSENTIAL FOUNDATIONS OF CULINARY

Immerse yourself in an exciting, hands-on culinary experience designed to jump-start your culinary journey! In this dynamic course, you'll master essential cooking fundamentals and explore a variety of foundational techniques that form the backbone of any successful culinary career. From perfecting the timing of service to mastering plating artistry, you'll gain practical skills by preparing soups, sauces, salads, entrées, and side dishes. Engage in tastings and discussions on salt, olive oil, and umami to deepen your understanding of flavor. The course culminates in a thrilling capstone market basket challenge, where you'll showcase your creativity and newfound expertise. Upon completion, you'll earn a certificate with corresponding continuing education hours from The Culinary Institute of America, celebrating your growth and culinary accomplishments.

LEARNING OBJECTIVES

Throughout this course, you will…

- Learn to speak like a chef, using appropriate terms for kitchen equipment and culinary techniques.
- Practice essential kitchen skills related to mis en place, knife handling, and cooking methods.
- Learn how to work efficiently and ergonomically in the kitchen.
- Explore and practice an array of cooking methods.
- Examine stocks, thickeners, sauces, and soups, discussing their characteristics and functions.

Course Syllabus

Day One

- ☑ Lecture
  - Safety and Sanitation
  - Mise en Place
  - Basic Culinary Preparations
  - Knife Skills
  - Stocks
  - Discussion of Day Five Market Basket Challenge Requirements
- ☑ Kitchen Exercise
  - Demonstrations
    - Workstation Set-up
    - Knife Cuts
    - Chicken Fabrication
    - Pilaf Method
    - Vinaigrettes
    - Potato Purée
  - Review and Critique

Day Two

- ☑ Lecture
  - Dry-Heat Cooking Methods: Cooking with Fats and Oils
    - Sautéing
    - Stir Frying
    - Pan Frying
    - Deep Frying
  - Thickening Agents
  - Classic and Contemporary Sauces
- ☑ Kitchen Production Exercise
  - Demonstrations
    - Sauté Method
    - Potato Gnocchi
    - Baked Custard Method
  - Review and Critique

Day Three

- ☑ Lecture
  - Dry-Heat Cooking Methods: Cooking without Fats and Oils
    - Grilling
    - Broiling
    - Roasting
    - Baking
- ☑ Kitchen Production Exercise
  - Demonstrations
    - Grilling and Marking Method
    - Trussing Poultry
    - Tying a Roast
    - Cleaning and Portioning Strip Steak
    - Fish Fabrication
  - Review and Critique

Day Four

- ☑ Lecture
  - Combination and Moist Heat Cooking Methods
    - Braising
    - Stewing
    - Shallow Poaching
    - Deep Poaching
    - Steaming
    - en Papillote
    - Boiling
    - Simmering
      - Soups
- ☑ Kitchen Production Exercise
  - Demonstrations
    - Poaching Method
    - Making Velouté
    - Roasting Poblano Chile Pepper
    - Working with Puff Pastry Dough
  - Review and Critique

Day Five

- ☑ Lecture
  - Market Basket Challenge
- ☑ Kitchen Exercise
  - Demonstrations
  - Production
  - Review and Critique

DAY ONE:
BASIC CULINARY PREPARATIONS, KNIFE SKILLS, STOCKS

LEARNING OBJECTIVES

By the end of this day, you should be able to …

- Perform basic culinary preparations that serve as the foundation for a wide range of professional cooking techniques.
- Demonstrate proper knife handling and safety, including grip, motion, and care.
- Execute a range of fundamental knife cuts with accuracy and consistency.
- Fabricate a whole chicken, identifying and separating its primary parts.
- Prepare a foundational stock, understanding the function of ingredients such as bones, mirepoix, and aromatics.
- Explain the role of stocks in classical and modern kitchen applications, including their use in sauces and soups.
- Apply mise en place principles to organize ingredients, tools, and timing prior to production.
- Participate in group kitchen exercises and demonstrations, reinforcing technique, efficiency, and teamwork.
- Apply essential safety and sanitation practices to maintain a clean, hazard-free, and food-safe kitchen environment.

LEARNING ACTIVITIES

- Lecture and discussion
- Demonstrations
- Hands-on production
- Product evaluation

INSTRUCTOR DEMONSTRATIONS

- Potato Purée
- Rice Pilaf
- Simple Vinaigrette
- Emulsified Vinaigrette
- Creamy Dressing
- Chicken Stock

Day One: Team Production Assignments

Each Student

Knife Cuts

Onions: Slice, Dice

Carrots: Dice, Batonnet, Oblique Cut

Potatoes: Dice, Batonnet

Celery: Dice

Garlic: Mince

Parsley: Chop, Slice

Oranges: Suprême

Tomato: Concassé, Dice

Fabricate a Chicken

Instructor Demonstrations

Potato Purée

Rice Pilaf

Simple Vinaigrette

Emulsified Vinaigrette

Creamy Dressing

Chicken Stock

Teams will prepare today's meal with knife cuts.

Day One: Team Prep Assignments

Team One

**Make Biga for Pizza Dough – Day Two*

Team Two

**Marinate Pork for Char Su – Day Two*

**Make Basic Pie Dough for Tart – Day Two*

**Make Biga for Pizza Dough – Day Two*

Team Three

**Marinate Chicken for Buttermilk Fried Chicken – Day Two*

**Make Biga for Pizza Dough – Day Two*

Team Four

**Marinate Chicken for Japanese Fried Chicken – Day Two*

**Make Biga for Pizza Dough – Day Two*

DAY TWO:
DRY-HEAT COOKING METHODS: COOKING WITH FATS AND OILS

LEARNING OBJECTIVES

By the end of this day, you should be able to …

- Identify and describe key dry-heat cooking methods that use fats and oils, including sautéing, stir frying, pan frying, and deep frying.
- Demonstrate correct technique for each dry-heat cooking method, focusing on heat management, timing, and product handling.
- Select suitable fats and oils based on smoke point, flavor, and intended cooking method.
- Explain the function of common thickening agents, such as roux, slurry, and reduction, in various culinary applications.
- Incorporate appropriate thickening agents during cooking to achieve desired consistency and texture.
- Recognize the foundational role of sauces in supporting flavor and presentation, while applying basic preparation techniques as needed.

LEARNING ACTIVITIES

- Lecture and discussion
- Demonstrations
- Hands-on production
- Product evaluation

INSTRUCTOR DEMONSTRATIONS

- Sauté method
- Potato gnocchi
- Baked custard method

Day Two: Team Production Assignments

Team One: Sauté

Sautéed Chicken Breast with Prosciutto, Basil, Provolone, and Roasted Red Pepper Coulis

Potato Gnocchi with Oyster Mushrooms and Pancetta

Glazed Carrots

Fudge Chocolate Cookies

**Make Pizza Dough for Grilled Pizza Workshop – Day Three*

Team Two: Stir Fry

Kung Pao Chicken

Glutinous Rice

Spicy Snap Peas

Portuguese Custard Tarts

**Brine Pork for Roast Pork Loin – Day Three*
**Make Pizza Dough for Grilled Pizza Workshop – Day Three*

Team Three: Pan Fry

Southern Fried Chicken Dinner, comprised of:

Buttermilk Fried Chicken

Whipped Potatoes

Braised Taro Leaves

Country Gravy

Biscuits with Bacon, Chives, and Cheese

**Make Pizza Dough for Grilled Pizza Workshop – Day Three*

Team Four: Deep Fry

Japanese Fried Chicken

Cabbage Salad

Steamed Rice

Soy Sauce and Vinegar Pickled Cucumbers

Butter Taro Mochi

**Make Pizza Dough for Grilled Pizza Workshop – Day Three*

Sautéed Chicken Breast with Prosciutto, Basil, Provolone, and Roasted Red Pepper Coulis

Yield: 6 portions

Ingredients	Amounts	
Chicken, breast, boneless, skinless	6	ea.
Oil, olive, pure	2	Tbsp.
Basil, bunch, fresh, chiffonade	½	ea.
Marjoram, bunch, fresh, finely chopped	½	ea.
Thyme, bunch, fresh, finely chopped	¼	ea.
Parsley, flat-leaf, bunch, fresh, finely chopped	½	ea.
Garlic, clove, minced	5	ea.
Salt, kosher	as	needed
Pepper, black, ground	as	needed
Flour, all-purpose	as	needed
Oil, olive, pure	as	needed
Pork, prosciutto, thin sliced	6	ea.
Cheese, provolone, thin sliced	6	ea.
Roasted Red Pepper Coulis (Recipe follows)	1x	recipe

Method

1. Preheat the broiler to high heat.
2. Place the chicken breasts in between two pieces of parchment paper. Using a meat mallet, pound the chicken breast to a ¼-inch thickness.
3. For the marinade, in a small bowl, combine the oil, basil, marjoram, thyme, parsley, and garlic.
4. Add the chicken and coat thoroughly on all sides with the marinade. Remove the chicken from the marinade and season with salt and pepper as needed.
5. Place enough flour for dredging into a bowl, replenishing as needed. Dredge each piece of chicken in flour and shake off any excess.
6. Heat enough oil to cover the bottom of a large sauté pan over medium heat until shimmering. Add the chicken breasts and sear on each side, 3 to 4 minutes per side. Top each chicken breast with 1 slice of prosciutto and then 1 slice of provolone.
7. Transfer the pan to the preheated broiler and broil until the prosciutto is crispy and the cheese is melted, about 2 minutes. Be sure to watch the cheese to ensure it does not burn.
8. Transfer the chicken to a warm serving platter. Serve alongside the Red Pepper Coulis.

Roasted Red Pepper Coulis

Yield: 1 pint

Ingredients	Amounts
Oil, vegetable	as needed
Pepper, bell, red, cut in half, stems, seeds, and ribs removed	2 lb.
Butter, unsalted	3 Tbsp.
Shallot, minced	3 Tbsp.
Wine, white, dry	1 cup
Stock, chicken	as needed
Salt, kosher	to taste
Chile, cayenne, ground	to taste

Method

1. Preheat the broiler to high heat. Lightly oil a sheet pan.
2. Place the peppers, cut side down on the prepared pan. Place the peppers under the preheated broiler until the skin is evenly charred, 3 to 5 minutes.
3. Remove the pan from the broiler and cover immediately using an inverted sheet pan. Let the peppers steam for 30 minutes. When the peppers are cool enough to handle, using a paring knife, scrape off and discard the skin. Dice the innards.
4. Heat the butter in a pan over medium-high heat. Add the shallots and sweat until golden brown, about 2 minutes. Add the roasted peppers and stir to combine.
5. Add the wine and reduce the liquid by half.
6. Transfer the mixture to a bowl of a food processor fitted with a steel blade. Purée the mixture until smooth. The consistency can be adjusted by adding stock, as needed.
7. Season with salt and cayenne to taste.

POTATO GNOCCHI WITH OYSTER MUSHROOMS AND PANCETTA

Yield: 6 portions

Ingredients	Amounts	
Potato, russet, scrubbed	1 ½	lb.
Mushroom, oyster, Hamakua	1 ½	lb.
Oil, olive, pure	2	Tbsp.
Shallot, thin sliced	1	Tbsp.
Water	as	needed
Cornstarch	as	needed
Egg, whole, Golden Farms, beaten	1	ea.
Oil, olive, extra-virgin	1 ½	tsp.
Flour, all-purpose	½	lb.
Salt, kosher	as	needed
Pepper, black, ground	as	needed
Flour, all-purpose	as	needed
Oil, olive, extra-virgin	¼	cup
Beef, pipikaula, diced	½	lb.
Salt, kosher	to	taste
Pepper, black, ground	to	taste
Butter, unsalted	3	Tbsp.
Chive, bunch, fresh, thin sliced	½	ea.
Cheese, Asiago, grated	½	cup

Method

1. Preheat the oven to 400°F.
2. To make the potatoes using the dry-heat method, place the potatoes on a sheet pan. Bake in the preheated oven until tender, about 45 minutes.
3. While the potatoes are still warm, pass them through a food mill and into a stainless-steel bowl. Cool completely and reserve.
4. Remove the stem and trim from the mushrooms. Reserve. Cut the mushrooms caps in half. Reserve.
5. For the broth, heat the oil in a medium sauce pot over low heat. Add the shallots and the reserved mushroom stems and trim. Cook until tender but not brown in color, 5 to 7 minutes.
6. Cover the mushroom mixture with just enough water to fully cover. Simmer over low heat for 1 hour.

7. Strain the broth through a strainer and into a clean pot. Whisk in the cornstarch until the broth thickens to the desired consistency. Reserve.
8. For the gnocchi, add the egg and oil to the bowl with the reserved cooled potatoes. Mix well to fully combine. Season with salt and pepper as needed. Add gradually the flour. Knead until a stiff dough is formed and all the ingredients are incorporated. The incorporation of the ingredients should take no longer than 10 minutes. Be sure not to overwork the dough.
9. Dust the dough, your hands, and the work surface with enough flour to lightly coat. Cut the dough into six equal parts. Work with one piece of dough at a time, dusting the dough, your hands, and the work surface with a little flour as long as the dough feels sticky.
10. Using both hands, roll one piece of the dough into a rope about ½-inch thick. Slice the rope at ½-inch intervals. Sprinkle a little flour on the work surface and roll each piece into a ball. Holding a fork at a 45-degree angle to the table, with your thumb on the tines of the fork, indent each gnocchi to produce a ribbed indentation where your thumb was. Set the shaped gnocchi on a floured sheet pan and continue this process with the remaining dough. Allow the formed gnocchi to rest at room temperature for 15 to 20 minutes.
11. Heat the oil in a medium saucepan (*rondeau*) over medium heat. Add the pipikaula and sauté until golden brown and crisp, about 10 minutes. Remove the pipikaula, drain any excess oil on paper towels, and reserve. Leave the pipikaula fat in the pan.
12. Add the reserved mushroom caps to the fat in the pan and toss to coat. Sauté the mushroom caps until brown, 5 to 7 minutes. Season with salt and pepper to taste.
13. Add the reserved broth and reduce the liquid by ¼.
14. Add the butter and stir until fully incorporated. Add the chives and stir to combine. Reserve warm.
15. Bring a large pot of salted water to boil. Add the gnocchi and cook, while stirring gently and continuously with a wooden spoon, until they rise to the surface of the water, 2 to 3 minutes.
16. Remove the gnocchi from the boiling water with a mesh strainer (spider) and add to them broth mixture. Add the reserved pipikaula and toss to coat in the broth mixture.
17. Transfer to a large serving bowl. Top with the Asiago cheese.

Note: Alternatively, the moist-heat method can also be used to cook the potatoes. Cook the potatoes in salted, simmering water until tender. Drain, dry, and pass them through a food mill into a large stainless-steel bowl. Cool completely.

Glazed Carrots

Yield: 6 portions

Ingredients	Amounts	
Butter, unsalted	4	Tbsp.
Carrot, oblique cut	1 ½	lb.
Sugar, granulated	2 ¼	Tbsp.
Stock, chicken, hot	1	cup
Salt, kosher	as	needed
Pepper, white, ground	as	needed

Method

1. Melt the butter in a large sauté pan over medium-low heat.
2. Add the carrots. Cover the pan and lightly sweat the carrots for 2 to 3 minutes.
3. Add the sugar and stock. Season with salt and pepper as needed. Bring the stock to a simmer, uncovered, over medium heat.
4. Reduce the heat to low and cover the pan. Cook until the carrots are almost tender, about 5 minutes.
5. Remove the cover and continue to simmer until the cooking liquid reduces to a glaze and the carrots are tender, 2 to 3 minutes.
6. Season with salt and pepper as needed.
7. Serve immediately.

FUDGE CHOCOLATE COOKIES

Yield: 6 portions

Ingredients	Amounts	
Butter, unsalted	as	needed
Flour, all-purpose	3	cups
Cocoa, powder	⅔	cup
Salt, kosher	1	tsp.
Baking soda	½	tsp.
Butter, unsalted	11	wt. oz.
Sugar, brown	3	cups
Water	1	Tbsp.
Vanilla, extract	1	tsp.
Egg, whole, Golden Farms	2	ea.
Chocolate, baking chips, local, Big Island or Kauai	4	cups

Method

1. Preheat the oven to 350°F.
2. Lightly grease the cookie sheets with butter. Reserve.
3. In a small bowl, combine the flour, cocoa, salt, and baking soda. Reserve.
4. In the bowl of a stand mixer fitted with the paddle attachment, on medium speed, cream together the butter and brown sugar until combined.
5. Reduce the speed to low. Gradually add the water, vanilla, and eggs to the butter mixture.
6. Add the reserved flour mixture. Mix until just combined. Stir in the chocolate chips.
7. Drop teaspoonfuls of batter onto the prepared cookie sheets. Chill in the refrigerator for 15 minutes.
8. Bake in the preheated oven until the cookies are cooked through, 10 to 12 minutes.

PIZZA DOUGH

Yield: 3 pounds

Ingredients	Amounts	
Flour, bread	1.8	oz.
Flour, bread, whole wheat	1.2	oz.
Water	3.6	oz.
Yeast, instant	1	pinch
Flour, bread	10.7	oz.
Flour, durum	12	oz.
Water	17	oz.
Salt, kosher	.66	oz.
Yeast, instant	2	tsp.
Oil, olive, extra-virgin	1.5	oz.

Method

1. For the biga, in a bowl, combine the bread flour, whole wheat bread flour, water, and yeast. Mix the ingredients until combined. Cover and ferment 16 to 24 hours at 70°F.
2. The next day, for the final dough, in the bowl of a stand mixer fitted with a hook attachment, mix the bread flour, durum flour, water, and biga, on speed one for 1 minute. Cover and allow the mixture to rest for 15 minutes.
3. Add the salt and yeast. Mix on speed two for 5 minutes. Slowly stream in the oil over the next 2 minutes of mixing.
4. Bench proof the dough for 45 minutes.
5. Scale the dough into four, 12-ounce pieces. Round each piece.
6. Place each round on a sheet tray. Spray each round with pan release and refrigerate immediately. Allow to proof in refrigerator a minimum of 12 hours or maximum of 30 hours.

Note: This dough has 64% hydration, meaning it uses 64 grams of water per 100 grams of flour. This is ideal for a soft, workable pizza dough. The amount of yeast used is 2% of the amount of flour used. This is a standard amount that is good for rise and flavor. Enriched dough, meaning the addition of milk, eggs, and butter, will create a softer and richer dough that is better suited for pan-pizza and focaccia. Gold yeast is recommended in doughs that contain 5 to 20% sugar in relation to the flour weight. This type of yeast is more tolerant of sugar, which can otherwise slow yeast activity. Manufacturer's recommend that all yeast be stored in the refrigerator.

KUNG PAO CHICKEN

Yield: 8-10 portions

Ingredients	Amounts	
Cornstarch	2	Tbsp.
Soy sauce, Kikkoman (*Shoyu*)	¼	cup
Chicken, breast, boneless, skinless, cubed	2	lb.
Soy sauce, Kikkoman (Shoyu)	¼	cup
Wine, rice, Chinese (*Shaoxing*)	6	Tbsp.
Sugar, granulated	4	Tbsp.
Stock, chicken	6	Tbsp.
Vinegar, Chinkiang	3	Tbsp.
Oil, sesame	2	Tbsp.
Soy sauce, dark, Kikkoman (*Shoyu*)	4	tsp.
Oil, peanut	6	Tbsp.
Chilies, red, Arbol, dried, stemmed	24	ea.
Garlic, clove, minced	2	ea.
Ginger, fresh, 1-in. piece, peeled, minced	1	ea.
Scallion (Green onion), Aloun Farms whites only, bias cut (Divided)	10	ea.
Peanuts, roasted, skinless	1	cup

Method

1. For the velvet, in large bowl, combine the cornstarch and soy sauce. Add the chicken and coat on all sides with the velvet. Allow the chicken to marinate for 30 minutes.
2. In a separate bowl, combine the shoyu, rice wine, sugar, stock, vinegar, sesame oil, and dark soy sauce. Reserve.
3. Heat the peanut oil in a wok over high heat just to the point of smoking. Add the chilies, garlic, ginger, and half of the scallions. Add the chicken and stir fry until golden, about 2 minutes.
4. Add reserved shoyu mixture. Stir fry until the sauce thickens, about 2 minutes. Stir in the peanuts.
5. Garnish with remaining scallions and serve.

Note: Velveting is a technique commonly used in Chinese cuisine to tenderize meat. It involves marinating meat in a slurry of starch which creates a soft and smooth texture when cooked. If the sauce is too thick, about 1 ½ cups of chicken stock can be added to thin out it out.

GLUTINOUS RICE

MOCHI RICE

Yield: 12 portions

Ingredients	Amounts	
Rice, mochi	4	cups
Stock, chicken	3 ½	cups
Oil, olive, pure	2	Tbsp.
Shrimp, dried, finely minced	2	Tbsp.
Chicken, thighs, boneless, skinless, finely diced	¼	lb.
Cantonese Roast Pork, finely brunoised (Recipe follows)	1	cup
Oyster sauce	1 ½	Tbsp.
Five spice powder	½	tsp.
Soy sauce (*Shoyu*)	1	Tbsp.
Scallion (Green onion), Aloun Farms, thinly sliced	½	cup
Oil, sesame	as	needed

Method

1. Place the rice in a rice colander set over a large bowl. Wash the rice under cold running water. Using your hand, mix the rice around in the water until the water runs clear. Drain.
2. In a rice cooker, combine the washed rice and the stock. Steam for 15 minutes. Reserve.
3. For the filling, heat the oil in a hot wok. Add the dried shrimp and cook until the shrimp release their aroma, about 30 seconds.
4. Add the chicken thighs and cook until browned, about 3 minutes per side.
5. Add the Cantonese Roast Pork. Season with the oyster sauce, five spice power, and soy sauce.
6. Fold the filling into the reserved cooked rice. Portion the rice into 12 serving bowls. Top each portion with the scallions and a drizzle of sesame oil.

Note: Lup Cheong can be substituted for the Cantonese Roast Pork.

CANTONESE ROAST PORK

CHAR SIU

Yield: 6 portions

Ingredients	Amounts	
Hoisin sauce	2	Tbsp.
Preserved red bean curd	1	Tbsp.
Soy sauce (*Shoyu*)	¼	cup
Sugar, granulated	¼	cup
Wine, rice, Chinese (*Shaoxing*)	1	Tbsp.
Garlic, clove, large, minced	1	ea.
Honey (Divided)	7	Tbsp.
Pork, butt, cut in long strips	2	lb.

Method

1. In a baking pan, combine the hoisin sauce, preserved red bean curd, soy sauce, sugar, wine, garlic, and 4 tablespoons of honey. Add the pork to the marinade. Toss to coat the pork on all sides. Refrigerate overnight.
2. Preheat the oven to 375°F.
3. Remove the pork from the marinade. Add ½ cup water to the marinade in the baking pan and stir to combine.
4. Place a roasting rack over the marinade and place the pork on the rack. Roast in the preheated oven, basting with the sauce every 15 minutes, for 1 hour. Be sure to turn the pork after 30 minutes.
5. Remove the pork from the oven and brush with the remaining honey. Allow to cool.

Spicy Snap Peas

Yield: 20 portions

Ingredients	Amounts	
Peas, sugar snap, cleaned, string removed	3	lb.
Mushrooms, shitake, dried	16	ea.
Stock, chicken	½	cup
Soy sauce, Kikkoman (*Shoyu*)	4	Tbsp.
Oyster sauce	2	Tbsp.
Oil, sesame	4	tsp.
Sugar, granulated	3	tsp.
Chile garlic sauce	2	tsp.
Oil, olive, pure	2	Tbsp.
Dried red chiles, small	12	ea.
Ginger, fresh, sliced, fine julienne	4	ea.
Onion, yellow, small, thinly sliced	2	ea.
Mushrooms, best locally available, Hamakua, thinly sliced	8	oz.
Stock, chicken	½	cup
Cornstarch, dissolved in 2 tsp. water	2	tsp.

Method

1. In a hot wok over high heat, char the snap peas on both sides until they achieve the distinct, smoky flavor from wok cooking (*wok hei*), about 2 minutes. Work in batches as necessary. Transfer the snap peas to a sheet pan to cool. Reserve.
2. In a bowl, cover the dried shitakes with enough warm water to cover. Soak until softened, about 20 minutes. Drain. Remove and discard the stems. Thinly slice the caps and reserve.
3. For the sauce, in a bowl, combine the chicken stock, soy sauce, oyster sauce, sesame oil, sugar, and chile garlic sauce. Reserve.
4. Heat a wok over high heat. Add the oil and swirl to coat the sides of the wok. Add the dried red chiles and ginger. Cook, while stirring, until fragrant, about 30 seconds.
5. Add the onions and reserved shitake caps. Stir-fry for 1 minute.
6. Add the local mushrooms and stock. Cover and cook for 2 minutes.
7. Add the reserved snap peas. Cover and cook until peas are tender-crisp, about 1 minute.
8. Add the reserved sauce and bring to a boil. Mix the cornstarch with 2 teaspoons of water to form a cornstarch slurry and add it to the wok. Cook, while stirring, until sauce boils and thickens.

Source: Chef Martin Yan

PORTUGUESE CUSTARD TARTS

MACAU TART

Yield: 12 tarts

Ingredients	Amounts	
Basic Pie Dough (Recipe follows)	420	g
Flour, all-purpose	as	needed
Heavy cream	½	cup
Sugar, granulated	½	cup
Milk, whole	1 ¼	cup
Egg, yolks, Golden Farms	2	ea.
Cornstarch	4	tsp.
Vanilla, extract	1 ¼	tsp.

Method

1. For the dough, roll out the Basic Pie Dough into a 10-inch by 12-inch rectangle. Start tightly rolling the pastry from the 10-inch side until you have a 10-inch long roll. Chill the dough in the freezer until firm, about 30 minutes.
2. Cut the chilled dough roll in half twice. Cut each of the remaining 4 pieces into 3 equal pieces. You should have a total of 12 equal slices.
3. Work with 6 slices at a time. Wrap up and reserve the remaining 6 slices in the refrigerator until ready to use.
4. On a very lightly floured surface, place each piece of dough so the swirls in the dough are facing upwards. Using a rolling pin, roll each piece into a flat disc, about ¼ inch wider than the diameter of the tin and about 3/16 inches thick. Be sure to use flour sparingly when rolling out the discs. Use a pastry scraper or metal spatula when lifting the discs off the work surface to help keep them intact.
5. Press each dough disc into the bottom of a custard tart tin, gently pressing it up the sides to create a lip that sits the edge of the tin to prevent overflow. Be sure to work quickly to keep the dough cool, add a little flour to the work surface if the dough becomes sticky, and avoid overworking the dough as you shape it. Place the finished tart tins in the refrigerator. Repeat this process with the 6 remaining slices.
6. Once all of the tart tins are made, place them in the freezer until frozen through, about 35 minutes.
7. For the custard filling, in a small saucepan, whisk the heavy cream, sugar, milk, egg yolks, cornstarch, and vanilla extract together until the sugar is dissolved.
8. Place the saucepan over low heat. Continue to whisk until the mixture begins to coat the sides of the pan. The custard should be heated just until steam begins to rise, indicating that it is nearly ready.

9. When the custard is thick enough to lightly coat the back of a spoon, remove it from the heat. Continue to whisk, while constantly scraping down the sides of the pan, until the custard is no longer hot.
10. Allow the custard to completely cool. Cover it with plastic wrap so a skin does not form on the surface. Reserve.
11. Preheat the oven to 475°F.
12. Place the frozen pastry shells on a parchment paper lined sheet pan. Spoon the cooled custard in each shell until the custard is about 3/16-inches below the top of the pastry shell. Work quickly to prevent the custard from soaking into the pastry.
13. Immediately place the pan on the middle rack of the oven and turn down the temperature to 450°F. Bake for 30 minutes, rotating the pan after 20 minutes to ensure even browning.
14. After 25 minutes of baking, if the pastry is turning golden brown and scorched bubbles are forming, bake for the remaining 5 minutes. If the pastry looks like it is browning too fast, turn the heat off to let residual heat finish the baking process.
15. Remove the tarts from the oven and place them on a rack to cool.
16. Once the tarts are cool enough to handle, remove them from their tins. Serve warm.

Note: To reheat these tarts, preheat the oven or toaster oven to 350°F, and heat them for 7 to 10 minutes until warmed through. You can make the pastry tins ahead of time and keep them frozen for up to 2 weeks.

Basic Pie Dough

Yield: 2 pounds

Ingredients	Amounts	
Flour, all-purpose	1	lb.
Salt, kosher	.3	oz.
Butter, unsalted, cubed, cold	⅔	lb.
Water, cold	⅓	lb.
Flour, all-purpose	as	needed

Method

1. In a large bowl, combine the flour and salt. Using your fingertips, gently rub the butter into the flour until the mixture resembles a coarse meal. This will give the crust a finer, more delicate crumb.
2. Add the water. Mix until the dough just comes together. The dough should be moist enough to hand its shape when pressed.
3. Turn out the dough onto a floured work surface. Shape into an even rectangle. Wrap the dough with plastic wrap and chill for 20 minutes.
4. The dough is ready to roll out now or can be held for up to 3 days.

PIZZA DOUGH

Yield: 3 pounds

Ingredients	Amounts	
Flour, bread	1.8	oz.
Flour, bread, whole wheat	1.2	oz.
Water	3.6	oz.
Yeast, instant	1	pinch
Flour, bread	10.7	oz.
Flour, durum	12	oz.
Water	17	oz.
Salt, kosher	.66	oz.
Yeast, instant	2	tsp.
Oil, olive, extra-virgin	1.5	oz.

Method

1. For the biga, in a bowl, combine the bread flour, whole wheat bread flour, water, and yeast. Mix the ingredients until combined. Cover and ferment 16 to 24 hours at 70°F.
2. The next day, for the final dough, in the bowl of a stand mixer fitted with a hook attachment, mix the bread flour, durum flour, water, and biga, on speed one for 1 minute. Cover and allow the mixture to rest for 15 minutes.
3. Add the salt and yeast. Mix on speed two for 5 minutes. Slowly stream in the oil over the next 2 minutes of mixing.
4. Bench proof the dough for 45 minutes.
5. Scale the dough into four, 12-ounce pieces. Round each piece.
6. Place each round on a sheet tray. Spray each round with pan release and refrigerate immediately. Allow to proof in refrigerator a minimum of 12 hours or maximum of 30 hours.

Note: This dough has 64% hydration, meaning it uses 64 grams of water per 100 grams of flour. This is ideal for a soft, workable pizza dough. The amount of yeast used is 2% of the amount of flour used. This is a standard amount that is good for rise and flavor. Enriched dough, meaning the addition of milk, eggs, and butter, will create a softer and richer dough that is better suited for pan-pizza and focaccia. Gold yeast is recommended in doughs that contain 5 to 20% sugar in relation to the flour weight. This type of yeast is more tolerant of sugar, which can otherwise slow yeast activity. Manufacturer's recommend that all yeast be stored in the refrigerator.

SOUTHERN FRIED CHICKEN DINNER

Yield: 20 portions

Ingredients	Amounts	
Buttermilk Fried Chicken (Recipe follows)	1x	recipe
Braised Taro Leaves (Recipe follows)	1x	recipe
Whipped Potatoes (Recipe follows)	1x	recipe
Country Gravy (Recipe follows)	1x	recipe
Biscuits with Bacon, Chives, and Cheese (Recipe follows)	1x	recipe
Chive, bunch, fresh, minced	2	ea.

Method

1. Make the Buttermilk Fried Chicken, Braised Taro Leaves, Whipped Potatoes, Country Gravy and Biscuits with Bacon, Chives, and Cheese according to the directions in the following recipes.
2. On each serving plate, swipe 4 ounces of the Whipped Potatoes from the 10 o'clock to 4 o'clock position. Place a 3-ounce mound of the Braised Taro Leaves in center of the potatoes. Place a 3-ounce pool of the Country Gravy at the 7 o'clock position and a Biscuit at the 2 o'clock position. Place 1 drumstick and 2 to 3 slices of the fried breast at the 6 o'clock position.
3. Garnish each plate with the chopped chives.

Buttermilk Fried Chicken

Yield: 20 portions

Ingredients	Amounts	
Chicken, whole, butchered into 10 pieces ea.	8	ea.
Buttermilk	1	qt.
Tarragon, leaves, fresh, minced	½	cup
Mustard, Dijon	1	cup
Poultry spice, Bell's	1	Tbsp.
Flour, all-purpose	4	lb.
Chile, cayenne, ground	1	Tbsp.
Old Bay seasoning	½	cup
Crisco	1	gal.

Method

1. In a large bowl, combine the buttermilk, tarragon, mustard, and poultry spice. Add the chicken pieces, ensuring they are fully coated on all sides. Marinate overnight.
2. Preheat the oven to 350°F.
3. In a large bowl, combine the flour, cayenne, and Old Bay seasoning.
4. Dredge the chicken pieces in the flour and shake off any excess. Let the coated chicken pieces sit for 15 minutes.
5. Dredge the chicken in the flour again and shake off any excess.
6. Melt the Crisco in a large frying pan. Add the chicken pieces and fry until crispy and golden brown on both sides, 7 minutes per side.
7. Place a roasting rack on top of a sheet pan. Place the fried chicken pieces on top of the roasting rack. Finish the chicken in the preheated oven, about 10 to 12 minutes.

Whipped Potatoes

Yield: 20 portions

Ingredients	Amounts	
Potato, russet	12	lb.
Butter, unsalted, room temperature	1	lb.
Milk, whole	1	pt.
Heavy cream	1	pt.
Salt, kosher	to	taste
Pepper, black, ground	to	taste

Method

1. Scrub, peel, and cut the potatoes into sixths.
2. Place the potatoes in a large pot with enough salted water to cover. Bring to a boil and then reduce to a simmer. Simmer the potatoes until they are tender and mash easily, about 15 minutes. Drain the potatoes and return them to the pot. Place the pot on the stove over low heat and dry the potatoes until no more steam rises from them.
3. Purée the potatoes through a food mill and into a heated pot while they are still hot.
4. In a separate pot, combine the butter, milk, and cream. Heat until the milk and cream are hot and the butter is melted. Stir to combine.
5. Add the milk, cream, and butter mixture into the potatoes. Using an electric mixer with a whip attachment, mix the ingredients until just incorporated. Season with salt and pepper to taste.
6. If desired, transfer the whipped potatoes into a piping bag and pipe into the desired shape.

Braised Taro Leaves

Yield: 20 portions

Ingredients	Amounts	
Taro leaves, stems removed	10	lb.
Pork, bacon, rind removed, small diced	¾	lb.
Onion, yellow, minced	1	lb.
Garlic, clove, minced	3	ea.
Stock, chicken	1	pt.
Salt, kosher	as	needed
Pepper, black, ground	as	needed
Vinegar, cider	1	oz.
Sugar, brown	1	oz.

Method

1. Preheat the oven to 350°F.
2. Roughly cut the taro leaves.
3. Bring a pot of salted water to a boil. Blanch the taro leaves for 2 minutes. Drain, shock in an ice bath, and drain again. Reserve.
4. Place the bacon in a sauté pan over medium heat. Render until crisp, 8 to 10 minutes. Add the onions and garlic. Sauté until lightly brown, 3 to 5 minutes.
5. Add the reserved blanched taro leaves and stock. Season with salt and pepper as needed.
6. Add the vinegar and brown sugar, if using (see Chef).
7. Bring the taro leave mixture to a simmer over high heat. Tightly cover the pan and transfer it to the preheated oven. Cook until the taro leaves are tender, 1 ½ to 2 hours. Serve hot.

COUNTRY GRAVY

Yield: 1 quart

Ingredients	Amounts	
Oil, olive, pure	½	cup
Chicken, wings, browned	½	lb.
Pork, bacon, slab, small batons	1	wt. oz.
Onion, yellow, minced	1	ea.
Celery, rib, minced	1	ea.
Garlic, clove, minced	1	ea.
Flour, all-purpose	1 ½	wt. oz.
Stock, chicken	1	qt.
Bay leaf, dried	1	ea.
Milk, whole	2	fl. oz.
Heavy cream	2	fl. oz.
Salt, kosher	to	taste
Pepper, black, ground	to	taste

Method

1. Preheat the oven to 400°F.
2. Heat the oil in a sauté pan over medium-high heat. Add the chicken wings and sauté for 3 minutes. Transfer the pan to the preheated oven. Brown the chicken wings until golden 10 to 12 minutes. Reserve.
3. In a medium-sized saucepan over low heat, sweat the bacon, onions, celery, and garlic until the vegetables are soft, 5 to 7 minutes.
4. Stir in the flour to form a pale roux. Cook until pale in color and the raw flour smell dissipates.
5. Add the stock, reserved browned wings, and bay leaf. Simmer for 45 minutes, skimming any impurities that rise to the top, as necessary.
6. Add the milk and cream. Bring the mixture to a simmer over medium heat.
7. Strain the sauce through a fine- mesh sieve and into a bain marie. Season with salt and pepper to taste.

Biscuits with Bacon, Chives, and Cheese

Yield: 35 biscuits

Ingredients	Amounts	
Pork, bacon, medium diced	3	oz.
Flour, all-purpose	12	oz.
Flour, pastry	12	oz.
Salt, kosher	½	oz.
Baking powder	2	oz.
Cheese, cheddar, aged, grated	2	oz.
Chive, fresh, minced	½	oz.
Sugar, granulated	3	oz.
Butter, unsalted	3	oz.
Bacon fat	1	oz.
Egg, whole, Golden Farms	2	ea.
Buttermilk	10	oz.
Heavy cream	6	oz.

Method

1. Preheat the oven to 450°F.
2. Place the bacon in a sauté pan over medium heat. Render the bacon until crisp, 8 to 10 minutes.
3. In the bowl of a stand mixer fitted with a paddle attachment, combine the all-purpose flour, pastry flour, salt, baking powder, cheese, chives, sugar, butter, bacon fat, and the cooked bacon on medium speed.
4. Add the eggs and buttermilk on speed #1. Mix until combined. Increase the speed to #2 and mix for 4 minutes.
5. Turn out the dough onto a clean work surface. Using a rolling pin, roll the dough to a ½-inch thickness. Let it rest for 10 minutes. Cut the biscuits from the dough using a round cutter. Each biscuit should weigh 1 ½ ounces each.
6. Transfer the cut biscuits to a parchment lined sheet pan. Brush the tops of the biscuits with the heavy cream.
7. Bake the biscuits in the preheated oven until golden brown, 15 to 20 minutes.

PIZZA DOUGH

Yield: 3 pounds

Ingredients	Amounts	
Flour, bread	1.8	oz.
Flour, bread, whole wheat	1.2	oz.
Water	3.6	oz.
Yeast, instant	1	pinch
Flour, bread	10.7	oz.
Flour, durum	12	oz.
Water	17	oz.
Salt, kosher	.66	oz.
Yeast, instant	2	tsp.
Oil, olive, extra-virgin	1.5	oz.

Method

1. For the biga, in a bowl, combine the bread flour, whole wheat bread flour, water, and yeast. Mix the ingredients until combined. Cover and ferment 16 to 24 hours at 70°F.
2. The next day, for the final dough, in the bowl of a stand mixer fitted with a hook attachment, mix the bread flour, durum flour, water, and biga, on speed one for 1 minute. Cover and allow the mixture to rest for 15 minutes.
3. Add the salt and yeast. Mix on speed two for 5 minutes. Slowly stream in the oil over the next 2 minutes of mixing.
4. Bench proof the dough for 45 minutes.
5. Scale the dough into four, 12-ounce pieces. Round each piece.
6. Place each round on a sheet tray. Spray each round with pan release and refrigerate immediately. Allow to proof in refrigerator a minimum of 12 hours or maximum of 30 hours.

Note: This dough has 64% hydration, meaning it uses 64 grams of water per 100 grams of flour. This is ideal for a soft, workable pizza dough. The amount of yeast used is 2% of the amount of flour used. This is a standard amount that is good for rise and flavor. Enriched dough, meaning the addition of milk, eggs, and butter, will create a softer and richer dough that is better suited for pan-pizza and focaccia. Gold yeast is recommended in doughs that contain 5 to 20% sugar in relation to the flour weight. This type of yeast is more tolerant of sugar, which can otherwise slow yeast activity. Manufacturer's recommend that all yeast be stored in the refrigerator.

JAPANESE FRIED CHICKEN

KARAAGE

Yield: 6 portions

Ingredients	Amounts	
Ginger, fresh, grated	1	Tbsp.
Garlic, clove	1	ea.
Soy sauce, Kikkoman (*Shoyu*)	2	Tbsp.
Sake	1	Tbsp.
Sugar, granulated	2	tsp.
Chicken, thighs, boneless, skinless	450	g (about 1 lb.)
Potato starch	⅓	cup
Oil, vegetable	as	needed
Lemon, cut into 6 wedges	1	ea.

Method

1. In a medium bowl, whisk together the ginger, garlic, soy sauce, sake, and sugar. Add the chicken. Stir to coat the chicken evenly on all sides. Cover and refrigerate for at least 1 hour.
2. Heat 1-inch of vegetable oil in a heavy bottomed pot to 360°F. Line a wire rack with 2 sheets of paper towels.
3. Place the potato starch in a bowl. Add a few chicken thighs at a time and toss to coat each piece evenly. Repeat until all of the chicken thighs are coated.
4. Working in batches as necessary, fry the coated thicken in the preheated oil until the exterior is a medium brown color and the chicken is cooked through, 12 to 15 minutes. Transfer the fried chicken to the paper towel lined rack to drain any excess oil.
5. Serve with the lemon wedges.

Note: For an even crispier fried chicken, after the chicken has cooled off, the chicken can be fried a second time until it is darker in color.

Cabbage Salad

Yield 20 portions

Ingredients	Amounts	
Cabbage, Napa	2	lb.
Vinegar, rice	½	cup
Salt, kosher	to	taste

Method

1. Chiffonade the cabbage and transfer it to a large bowl.
2. Add the vinegar and salt.
3. Toss to combine.

STEAMED RICE

Yield: 15 cups

Ingredients	Amounts
Rice, Japanese, medium-grain	8 cups
Water	8 cups

Method

1. Place the rice in a rice colander set over a large bowl. Rinse under cold running water, gently stirring the rice with your hand until the water runs clear. Refill the bowl with fresh water and let the rice in the colander soak in the water for 20 minutes. Remove the colander from the bowl and allow all of the water to drain.
2. Set the colander of rice over a sheet pan. Allow the rice to completely drain all excess water, about 15 minutes.
3. Add hot water to a bain marie. Place the wooden rice paddle in the warm water to presoak.
4. Place the rice and the water in a rice cooker. Cover, plug in, and turn on the cooker. The rice cooker will bring the water to a boil, then simmer the rice until done. Once the rice is done, the rice cooker with shift so “warming mode” to keep the cooked rice warm.
5. Open the rice cooker. Using the moist wooden rice paddle, mix the rice, gently taking caution not to break the grains of rice.

Soy Sauce and Vinegar Pickled Cucumbers

Yuri Su Shoyuzuke

Yield: 1 quart

Ingredients	Amounts	
Water	¼	cup
Soy sauce, Kikkoman (*Shoyu*)	¼	cup
Vinegar, sushi	¼	cup
Sugar, granulated	¼	cup
Cucumbers, Japanese	4	ea.
Kombu, Nishime, finely julienned	10	g

Method

1. For the marinade, in a small pot over medium heat, combine the water, soy sauce, vinegar, and sugar. Allow the sugar to melt and flavors to blend, about 5 minutes. Be sure not to reduce the sauce.
2. Remove the pot from the heat and allow it to cool. Add the kombu and stir to combine.
3. Cut the cucumbers into ⅛-inch thick rounds and place them in a large bowl.
4. Cover the cucumbers with the cooled marinade. Stir to ensure the cucumbers are well coated on all sides. Be sure to stir occasionally throughout the pickling process to ensure the cucumbers stay evenly coated in the marinade.
5. Cover and store overnight before using.

BUTTER TARO MOCHI

Yield: 6 squares

Ingredients	Amounts	
Taro, peeled, cut into 2-in. cubes	2	cups
Butter, unsalted	½	cup
Flour, mochiko	1	lb.
Sugar, granulated	1 ½	cup
Sugar, brown	1	cup
Baking soda	1	tsp.
Coconut milk	3	cup
Egg, whole, Golden Farms, beaten	5	ea.
Vanilla, extract	1	tsp.
Butter, unsalted	as	needed

Method

1. Place the taro in a pot of cold salted water. Bring the water to a boil. Cook until the taro is fork tender, about 15 minutes. Drain and allow the taro to cool slightly. Using a box grater grate the cooled taro and reserve.
2. Preheat the oven to 350°F.
3. Melt butter in a small saucepan over medium heat. Remove from the heat and allow to cool.
4. In large bowl, combine the mochiko flour, granulated sugar, brown sugar, and baking powder.
5. In a separate smaller bowl, combine the baking soda, coconut milk, eggs, vanilla, grated taro, and melted butter. Add to the bowl with the mochiko flour mixture. Mix well.
6. Grease a 10-inch cake pan with butter. Pour the batter into the greased pan and bake in the preheated oven until golden and set, 1 hour.
7. Remove from the oven and allow it to cool. Cut into 6 portions and serve.

PIZZA DOUGH

Yield: 3 pounds

Ingredients	Amounts	
Flour, bread	1.8	oz.
Flour, bread, whole wheat	1.2	oz.
Water	3.6	oz.
Yeast, instant	1	pinch
Flour, bread	10.7	oz.
Flour, durum	12	oz.
Water	17	oz.
Salt, kosher	.66	oz.
Yeast, instant	2	tsp.
Oil, olive, extra-virgin	1.5	oz.

Method

1. For the biga, in a bowl, combine the bread flour, whole wheat bread flour, water, and yeast. Mix the ingredients until combined. Cover and ferment 16 to 24 hours at 70°F.
2. The next day, for the final dough, in the bowl of a stand mixer fitted with a hook attachment, mix the bread flour, durum flour, water, and biga, on speed one for 1 minute. Cover and allow the mixture to rest for 15 minutes.
3. Add the salt and yeast. Mix on speed two for 5 minutes. Slowly stream in the oil over the next 2 minutes of mixing.
4. Bench proof the dough for 45 minutes.
5. Scale the dough into four, 12-ounce pieces. Round each piece.
6. Place each round on a sheet tray. Spray each round with pan release and refrigerate immediately. Allow to proof in refrigerator a minimum of 12 hours or maximum of 30 hours.

Note: This dough has 64% hydration, meaning it uses 64 grams of water per 100 grams of flour. This is ideal for a soft, workable pizza dough. The amount of yeast used is 2% of the amount of flour used. This is a standard amount that is good for rise and flavor. Enriched dough, meaning the addition of milk, eggs, and butter, will create a softer and richer dough that is better suited for pan-pizza and focaccia. Gold yeast is recommended in doughs that contain 5 to 20% sugar in relation to the flour weight. This type of yeast is more tolerant of sugar, which can otherwise slow yeast activity. Manufacturer's recommend that all yeast be stored in the refrigerator.

DAY THREE:
DRY-HEAT COOKING METHODS: COOKING WITHOUT FATS AND OILS

LEARNING OBJECTIVES

By the end of this day, you should be able to …

- Identify and describe key dry-heat cooking methods without fats and oils, including grilling, broiling, and roasting.
- Distinguish among grilling, broiling, and roasting based on heat source, equipment, and typical applications.
- Demonstrate proper technique for dry-heat methods without added fats, with attention to temperature control, product placement, and doneness.
- Select appropriate ingredients and equipment for each cooking method, understanding how different foods respond to direct and indirect heat.
- Evaluate the effects of dry-heat cooking without fats on texture, flavor, and moisture retention.

LEARNING ACTIVITIES

- Lecture and discussion
- Demonstrations
- Hands-on production
- Product evaluation

INSTRUCTOR DEMONSTRATIONS

- Making tomato sauce
- Utilizing leftovers
- Grilling and marking method
- Trussing poultry
- Tying a roast
- Cleaning and portioning strip steak
- Fish fabrication

DAY THREE: TEAM PRODUCTION ASSIGNMENTS

TEAM WORKSHOP

Grilled Pizza Workshop

TEAM ONE

Grilled Tamari Glazed Steak with Chimichurri Sauce

Garlic-Roasted Smashed Potatoes with Parsley and Oregano

Sautéed Chinese Broccoli with Pipikaula and Macadamia Nuts

TEAM TWO

Roasted Chicken with Pan Gravy

Whipped Potatoes with Horseradish, Bacon, and Chives

Grilled Local Zucchini

TEAM THREE

Roast Pork Loin with Tomato Bacon Jam

Potato Gratin with Gruyère Cheese

Eggplant, Tomato, and Zucchini Stew

**Soak Beans for Refried Beans – Day Three*

TEAM FOUR

Grilled Mahi-mahi with Pineapple Jicama Salsa and Lemon Beurre Blanc

Fried Sweet Potatoes

Edamame Succotash

TOMATO SAUCE

Yield: 1 gallon

Ingredients	Amounts	
Oil, olive, 100%	2	cups
Onion, yellow, small diced	4	ea.
Garlic, clove, minced	16	ea.
Tomatoes, San Manzano, #10 can (Divided)	2	ea.
Basil, bunch, fresh, leaves and stems separated	2	ea.
Salt, kosher	to	taste

Method

1. Heat the oil in a medium non-reactive rondeau medium-low heat. Add the onions and cook, stirring occasionally until they take on a light golden color, 12 to 15 minutes.
2. Add the garlic and sauté, stirring frequently until the garlic is soft and fragrant, about 1 minute.
3. Increase the heat to high. Add about ¼ of the tomatoes. Allow the tomatoes to reduce and juices to evaporate. Add the basil stems.
4. Add the remaining tomatoes in the same manner. Repeat until all of the remaining tomatoes have been added.
5. When desired consistency has been achieved, remove the rondeau from the heat.
6. Puree the sauce through a food mill and into a bowl. Season with salt to taste.
7. Chiffonade the basil leaves and garnish the sauce.

GRILLED TAMARI GLAZED STEAK WITH CHIMICHURRI SAUCE

Yield: 8 portions

Ingredients	Amounts	
Salt, kosher	1	Tbsp.
Soy sauce, dehydrated (*Shoyu*)	1	Tbsp.
Pepper, black, ground	1 ½	tsp.
Oil, vegetable	2	Tbsp.
Beef, skirt steak, local, 4 oz., Doc Lum's	8	ea.
Tamari	1	cup
Chimichurri Sauce (Recipe follows)	1x	recipe

Method

1. For the seasoning mix, in a bowl, combine the salt, soy sauce, pepper, and oil. Season the steaks on both sides with the seasoning blend. Allow the steaks to marinate for 2 hours. Leave the steaks uncovered to allow a pellicle to form.
2. Preheat a gas grill to medium. 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. Clean the cooking grate.
3. Place the steaks on the preheated grill and brush the tops of each with the some of the tamari. Grill the steaks, undisturbed, for about 2 minutes. Rotate the steaks a quarter turn and cook for 2 minutes. Brush the tops of each steak with the remaining tamari. Turn the steaks over and cook to the desired doneness (rare 135°F, medium rare 145°F, medium 160°F, medium well 165°F, and well done 170°F).
4. Serve with the Chimichurri sauce.

Note: Any skirt steak that is local to Oahu can be substituted for the skirt steak from Doc Lum's.

CHIMICHURRI SAUCE

Yield: 1 pint

Ingredients	Amounts	
Parsley, Italian, bunch, fresh	2	ea.
Thyme, sprig, fresh	10	ea.
Garlic, clove	8	ea.
Vinegar, wine, sherry	1	cup
Oil, olive, extra-virgin	1	cup
Salt, kosher	to	taste
Pepper, black, ground	to	taste

Method

1. In a blender, combine the parsley, thyme, garlic, and vinegar. Purée until smooth.
2. With the blender running, slowly drizzle in the oil to create an emulsification.
3. Season with salt and pepper to taste.
4. Serve at room temperature.

Note: The chimichurri should be spicy from the garlic. The consistency can be adjusted by reducing or increasing the liquids.

Garlic-Roasted Smashed Potatoes with Parsley and Oregano

Yield: 6 portions

Ingredients	Amounts	
Potato, yellow creamer, scrubbed	2 ¼	lb.
Oil, olive, extra-virgin	⅓	cup
Bay leaf, dried	3	ea.
Oregano, ground	1 ½	Tbsp.
Salt, kosher	as	needed
Pepper, black, ground	as	needed
Garlic, clove, minced	6	ea.
Oregano, leaves, fresh, chopped	1 ½	Tbsp.
Parsley, flat-leaf, leaves, fresh, chopped	3	Tbsp.

Method

1. Preheat the oven to 400°F. Place a cast-iron skillet in the oven to preheat.
2. Place the potatoes and enough cold water to cover in a large sauté pan. Bring to a boil over medium heat. Cook until tender, 10 to 15 minutes. Drain the potatoes and allow them to cool slightly.
3. Flatten the potatoes by pressing straight down on each with the backside of a metal spatula. Place them in a large mixing bowl.
4. Add the oil, bay leaves, and oregano. Season with salt and pepper as needed. Toss to thoroughly coat the potatoes.
5. Remove the preheated skillet from the oven. Place the oiled, seasoned potatoes in the skillet. Return the skillet to the preheated oven and roast, stirring occasionally, for 15 to 20 minutes.
6. When there are 5 minutes remaining in the cooking time, Add the garlic over top of the potatoes.
7. Transfer the roasted potatoes to a warm serving bowl. Sprinkle the oregano and parsley over top.

Sautéed Chinese Broccoli with Pipikaula and Macadamia Nuts

Yield: 6 portions

Ingredients	Amounts	
Macadamia nuts	1	Tbsp.
Broccoli, Chinese (*Gai lan*), 12 oz. bag	1	ea.
Oil, olive, pure	1	Tbsp.
Beef, pipikaula, small diced	½	wt. oz.
Onion, yellow, minced	⅓	cup
Anchovy, fillet, chopped	1	ea.
Garlic, clove, minced	1	Tbsp.
Salt, kosher	to	taste
Pepper, black, ground	to	taste

Method

1. Preheat the oven to 325°F.
2. Place the macadamia nuts on a parchment sheet lined baking sheet. Toast in the preheated oven until lightly browned, 10-12 minutes. Remove the nuts from the oven and allow them to cool. Coarsely chop. Reserve.
3. Bring a pot of salted water to a boil. Add the broccoli and blanch until tender, 2 minutes. Drain, shock in an ice bath, and drain again. Reserve.
4. Heat the oil in a medium sauté pan over medium heat. Add the pipikaula and cook until the fat has rendered and the meat is crisp, about 10 minutes.
5. Increase the heat to medium-high. Add the onion and sauté until translucent, but without color, about 5 minutes.
6. Add the anchovy and garlic. Sauté until the garlic is aromatic and the anchovy has dissolved into the oil, about 1 minute.
7. Add the reserved blanched broccoli and cook until heated through. Season with salt and pepper to taste.
8. Remove the pan from heat and stir in the reserved toasted macadamia nuts.
9. Serve in a heated bowl.

ROASTED CHICKEN WITH PAN GRAVY

Yield: 6 portions

Ingredients	Amounts	
Lemon Brine (Recipe follows)	1x	recipe
Chicken, whole, 2 ½ lb. ea.	3	ea.
Salt, kosher	1	tsp.
Pepper, black, ground	¼	tsp.
Oil, vegetable	2	Tbsp.
Onion, yellow, large diced	½	cup
Carrot, large diced	¼	cup
Celery, rib, diced	¼	cup
Flour, all-purpose	¼	cup
Wine, white, dry	½	cup
Stock, chicken	4	cups
Garlic, clove, crushed	2	ea.
Chervil, sprig, fresh, chopped	6	ea.
Bay leaf, dried	2	ea.
Thyme, leaves, fresh, chopped	1	Tbsp.
Rosemary, leaves, fresh, chopped	2	tsp.
Salt, kosher	to	taste
Pepper, black, ground	to	taste

Method

1. Make the Lemon Brine according to the directions in the following recipe.
2. Add the chicken to the brine, making sure the chicken is fully coated on all sides. Allow it to marinate for 1 hour.
3. Preheat the oven to 450°F.
4. Remove the chicken from the brine. Season the chicken, inside and out, with the salt and pepper. Rub the skin with the oil. Truss the chicken with twine (see chef demo).
5. Place the chicken on a rack in a roasting pan. Roast in the preheated oven for 20 minutes.
6. Reduce the oven temperature to 325°F. Roast the chicken until the thigh meat reaches an internal temperature of 160°F.
7. Remove the chicken from the oven and transfer it to a platter. Tent it with foil and allow it to rest. Reserve warm.
8. For the gravy, place the roasting pan on the stovetop and cook over medium heat until the fat is clear. Discard all but 3 tablespoons of fat from the roasting pan.
9. Add the onion, carrot, and celery. Sweat until translucent, about 8 minutes.
10. Add the flour. Stir to combine. Cook until a light golden paste forms (*blond roux*) and the raw flour smell dissipates.
11. Add the wine and reduce it by ¾.

12. Gradually stream in the stock, while constantly whisking to eliminate any lumps.
13. Add the garlic, chervil, bay leaves, thyme, and rosemary. Whisk until smooth.
14. Simmer the gravy until the proper consistency and flavor are achieved. Skim all grease from the top of the gravy. Strain the gravy through a fine-mesh sieve. Season with salt and pepper to taste. Transfer the gravy to a gooseneck kettle.
15. Carve the chicken and serve on a heated serving platter accompanied by the gravy.

Lemon Brine

Yield: ½ gallon

Ingredients	Amounts	
Water	1	pt.
Salt, kosher	81.6	g
Sugar, granulated	81.6	g
Bay leaf, dried	6	ea.
Garlic, clove, smashed	6	ea.
Peppercorns, black	2	tsp.
Rosemary, sprig, fresh	3	ea.
Thyme, sprig, fresh	4	ea.
Parsley, Italian, bunch, fresh	½	ea.
Lemon, zested, juiced	2	ea.
Water, iced	3	pt.

Method

1. In a large pot, combine the water, salt, sugar, bay leaves, garlic, peppercorns, rosemary, thyme, parsley, lemon zest, and lemon juice. Bring to a simmer over medium-high heat.
2. Turn off the heat and let the brine sit at room temperature for 30 minutes.
3. After 30 minutes, stir in the ice and water to lower the temperature of the brine.
4. Cool the brine in a cold water bath until it reaches a temperature of 41°F or lower before using.

Whipped Potatoes with Horseradish, Bacon, and Chives

Yield: 10 portions

Ingredients	Amounts	
Pork, bacon, medium diced	½	lb.
Potato, russet	3	lb.
Butter, unsalted	4	oz.
Milk, whole	½	cup
Heavy cream	½	cup
Salt, kosher	to	taste
Pepper, black, ground	to	taste
Horseradish, prepared	½	Tbsp.
Chive, fresh, sliced	1	oz.

Method

1. Place the bacon in a pan over medium heat. Render the bacon until crisp, 8 to 10 minutes.
2. Scrub, peel, and cut the potatoes into sixths.
3. Place the potatoes in a large pot with enough salted water to cover. Bring to a boil and then reduce to a simmer. Simmer the potatoes until they are tender and mash easily, 15 to 20 minutes. Drain the potatoes and return them to the pot. Place the pot on the stove over low heat and dry the potatoes until no more steam rises from them.
4. Purée the potatoes through a food mill and into a heated pot while they are still hot.
5. In a separate pot, combine the butter, milk, and cream. Heat until the milk and cream are hot and the butter is melted. Stir to combine.
6. Add the milk, cream, and butter mixture into the potatoes. Using an electric mixer with a whip attachment, mix the ingredients until just incorporated. Season with salt and pepper to taste.
7. Stir in the horseradish, chives, and reserved bacon.

GRILLED LOCAL ZUCCHINI

Yield: 6 portions

Ingredients	Amounts
Squash, zucchini, local	1 ½ lb.
Oil, olive, extra virgin	3 Tbsp.
Garlic, clove, minced	2 ea.
Vinegar, wine, red	2 Tbsp.
Oregano, leaves, fresh, minced	1 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Preheat the gas grill to medium-high. Leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
2. Trim the ends from the zucchini. Slice the zucchini on a bias into ½-inch rounds.
3. Place the zucchini slices in a large mixing bowl. Add the oil, garlic, vinegar, and oregano. Toss to fully coat the zucchini. Season with salt and pepper as needed. Allow them to marinate for 10 minutes.
4. Place the zucchini slices on the hot grill. Grill the zucchini undisturbed for 2 to 3 minutes. Be sure to check for grill marks before rotating. Rotate the zucchinis a quarter turn and grill for 2 to 3 minutes to create crosshatch marks. Be sure to check for grill marks before flipping. Flip the zucchini slices over and grill on the other side for 2 to 3 minutes.
5. Remove the zucchini slices from the grill. Serve on a heated platter.

ROAST PORK LOIN WITH TOMATO BACON JAM

Yield: 6 portions

Ingredients	Amounts	
Basic Brine (Recipe follows)	1	gal.
Pork, loin	3	lb.
Salt, kosher	1	tsp.
Pepper, black, ground	1	tsp.
Mirepoix		
Onion, yellow, small diced	½	cup
Carrot, small diced	¼	cup
Celery, rib, small diced	¼	cup
Wine, white, dry	½	cup
Stock, veal, brown	4	cups
Salt, kosher	as	needed
Pepper, black, ground	as	needed
Cornstarch	as	needed
Tomato Bacon Jam (Recipe follows)	1x	recipe

Method

1. Make the Basic Brine according to the directions in the following recipe.
2. Add the pork to the brine, making sure the it is fully coated on all sides. Allow it to marinate overnight.
3. Preheat the oven to 400˚F.
4. Tie the pork loin (see chef demo). Place it in a roasting pan. Roast in the preheated oven until it begins to brown, about 15 minutes.
5. Lower the oven temperature to 300°F. Roast the pork until it reaches an internal temperature of 135°F.
6. Transfer the pork to a cutting board. Allow it to rest for 20 minutes before carving.
7. For the sauce, place the roasting pan on top of the stove set over medium heat. Add the onion, carrot, and celery to the roasting pan. Cook until the vegetables start to caramelize, 7 to 10 minutes.
8. Add the wine. Deglaze the roasting pan, scraping up any brown bits stuck to the bottom of the pan (*fond*). Reduce the wine by half.
9. Add stock and bring to a simmer. Season with salt and pepper as needed.
10. Mix together small, equal parts of cornstarch and water to form a slurry. Add the slurry to the simmering liquid to thicken the sauce until it lightly coats the back of a spoon (*nappé*).
11. Carve the pork loin. Serve accompanied by the sauce.

Basic Brine

Yield: 1 gallon

Ingredients	Amounts	
Water	1	gal.
Salt, kosher	180	g
Sugar, granulated	160	g
Bay leaf, dried	8	ea.
Garlic, clove	8	ea.
Peppercorns, black	32	ea.
Rosemary, sprig, fresh	4	ea.
Thyme, sprig, fresh	4	ea.

Method

1. In a large pot, combine the water, salt, sugar, bay leaves, garlic, peppercorns, rosemary, and thyme. Bring to a simmer over medium heat.
2. Turn off the heat and let the brine sit at room temperature for 30 minutes.
3. After 30 minutes, stir in the ice and water to lower the temperature of the brine.
4. Cool the brine in a cold water bath until it reaches a temperature of 41°F or lower before using.

TOMATO BACON JAM

Yield: 1 quart

Ingredients	Amounts	
Pork, bacon, fine julienne	1	lb.
Tomato, concassé	2	lb.
Onion, yellow, brunoise	1	ea.
Sugar, granulated	1	cup
Vinegar, cider	2 ½	Tbsp.
Salt, kosher	1 ½	tsp.
Pepper, black, ground	¼	tsp.
Hawaiian Chili Pepper Water (Recipe follows)	to	taste
Salt, kosher	to	taste

Method

1. Place the bacon in a medium saucepan over medium heat. Cook until brown, 8 to 10 minutes. Reserve the bacon. Drain and reserve the fat.
2. In a saucepan over medium heat, combine the tomatoes, onion, sugar, vinegar, salt, and pepper. Simmer, stirring constantly, until the sugar is dissolved.
3. Add the reserved bacon. Cook over medium heat until a thick consistency is achieved.
4. Season with the Hawaiian Chili Pepper Water and salt to taste.
5. Serve at room temperature.

Hawaiian Chili Pepper Water

Yield: 1 cup

Ingredients	Amounts
Vinegar, white	1 ½ tsp.
Garlic, clove, minced	¼ tsp.
Ginger, fresh, peeled, minced	¾ tsp.
Chile, Hawaiian Bird, stems removed	1 Tbsp.
Salt, Hawaiian Alae	⅓ tsp.
Water	¼ cup
Water, with ice	¾ cup

Method

1. In a blender, combine vinegar, garlic, ginger, and Hawaiian Bird chile. Purée until the mixture is chunky.
2. In a saucepan, bring the water to a boil. Add the purée and stir, about 30 seconds.
3. Place the water and ice in a large bowl. Add the boiling purée mixture to the ice water.
4. Store covered and refrigerated.

Note: Hawaiian Chili Pepper Water is a condiment used in place of ground pepper. Thai Chili peppers can be substituted for the Hawaiian Chili pepper.

POTATO GRATIN WITH GRUYÈRE CHEESE

Yield: 10-12 portions

Ingredients	Amounts	
Garlic, clove	8	ea.
Milk, whole	1 ½	pt.
Heavy cream	1 ½	pt.
Salt, kosher	to	taste
Pepper, black, ground	to	taste
Nutmeg, ground	to	taste
Butter, unsalted	as	needed
Potato, russet, sliced ⅛-in. thick	3 ½	lb.
Cheese, Gruyère, grated (Divided)	10	oz.
Butter, unsalted, small diced	6	oz.

Method

1. Preheat the oven to 375°F.
2. In a sauce pot, combine the garlic, milk, and heavy cream. Bring to a gentle simmer over low heat. Steep the garlic to infuse the flavor into the milk mixture, about 15 minutes. Remove the garlic from the milk mixture and discard. Season with salt, pepper, and nutmeg to taste.
3. Butter the bottom and sides of a 4-inch deep, ½ hotel pan.
4. Add the sliced potatoes to the milk mixture and bring to a gentle simmer. Simmer until the potatoes are partially cooked, about 5 minutes.
5. Using a slotted spoon, remove about half of the potato slices from the milk mixture and shingle them in an even layer in the prepared hotel pan.
6. Sprinkle half of grated Gruyère cheese evenly over the first layer of potatoes.
7. Remove the remaining potatoes from the milk mixture. Shingle the second layer of potatoes over the cheese.
8. Pour the milk mixture over the layered potatoes until just covered.
9. Evenly distribute the diced butter over the top layer of potatoes. Sprinkle the remaining Gruyère cheese over top.
10. Cover the pan tightly with foil. Bake in the preheated oven for 30 minutes.
11. Remove the foil and bake until the top is golden brown and bubbling, 15 to 20 minutes.
12. Remove the gratin from the oven. Let it rest for 15 to 20 minutes before serving to allow the starches to set.

EGGPLANT, TOMATO, AND ZUCCHINI STEW

RATATOUILLE

Yield: 6-8 portions

Ingredients	Amounts	
Oil, olive, pure	1	tsp.
Onion, red, diced	⅔	cup
Garlic, clove, minced	1 ½	Tbsp.
Shallot, minced	1	Tbsp.
Tomato, paste	1	Tbsp.
Tomato, plum, seeded, sliced, ¼" thick	5	ea.
Squash, zucchini, local, diced	1	cup
Pepper, bell, red, diced	1	cup
Eggplant, Japanese (Nasubi), diced	1 ½	cups
Squash, yellow, diced	1	cup
Stock, vegetable	1	cup
Basil, leaves, fresh, chiffonade	to	taste
Oregano, dried	to	taste
Salt, kosher	to	taste
Pepper, black, ground	to	taste

Method

1. Heat the oil in a medium saucepot over medium-high heat. Add the onions, garlic, and shallots. Sauté until the onions are translucent, 5 to 7 minutes.
2. Add the tomato paste. Sauté until it becomes brown, 3 to 4 minutes.
3. Add the tomatoes, zucchini, bell pepper, eggplant, squash, and stock. Bring to a gentle simmer over low heat. Stew, stirring occasionally, until the vegetables are tender, about 15 minutes.
4. Season with the basil, oregano, salt, and pepper to taste.

Grilled Mahi-mahi with Pineapple Jicama Salsa and Lemon Beurre Blanc

Yield: 8 portions

Ingredients	Amounts	
Fish, mahi-mahi, 2.5 oz. fillets, tranche cut	16	ea.
Soy sauce, Kikkoman (*Shoyu*)	1	cup
Yuzu, juice	2	Tbsp.
Oil, olive, pure	as	needed
Pineapple Jicama Salsa (Recipe follows)	1x	recipe
Lemon Beurre Blanc (Recipe follows)	1x	recipe

Method

1. Portion the mahi-mahi into fillets (see chef demo).
2. In a large bowl, combine the soy sauce and yuzu juice. Add the fillets, ensuring they are coated in the marinade on all sides. Allow the fillets to marinate for 20 minutes to 1 hour.
3. Preheat the grill to medium heat. Lightly oil the grill to prevent sticking.
4. Remove the fillets from the marinade. Blot until well dried. Brush each side of the fillets with a light coating of oil.
5. Place the presentation side of the fillets down on the grill. Grill the fillets, undisturbed, for about 3 minutes. Rotate the fillets a quarter turn and grill for 3 minutes to achieve crosshatch marks. Turn over and grill until the fish is opaque and the desired level of doneness is achieved, 3 minutes.
6. Serve immediately topped with the Lemon Beurre Blanc and accompanied by the Pineapple Jicama Salsa.

Note: Lime juice can be substituted for the yuzu juice.

PINEAPPLE JICAMA SALSA

Yield: 1 ½ cups

Ingredients	Amounts	
Oil, olive, pure	1	Tbsp.
Lime, juice, fresh	3	Tbsp.
Cilantro, leaves, fresh, chopped	1	Tbsp.
Jicama, brunoise	6	oz.
Pineapple, Del Monte Golden, brunoise	8	oz.
Onion, red, brunoise	4	oz.
Pepper, bell, red	3	oz.
Salt, kosher	to	taste
Hawaiian Chili Pepper Water (Recipe follows)	to	taste

Method

1. In a mixing bowl, combine the oil, lime juice, cilantro, jicama, pineapple, onion, and bell pepper.
2. Season with salt and the Hawaiian Chili Pepper Water to taste.

HAWAIIAN CHILI PEPPER WATER

Yield: 1 cup

Ingredients	Amounts	
Vinegar, white	1 ½	tsp.
Garlic, clove, minced	¼	tsp.
Ginger, fresh, peeled, minced	¾	tsp.
Chile, Hawaiian Bird, stems removed	1	Tbsp.
Salt, Hawaiian Alae	1/3	tsp.
Water, boiling	¼	cup
Water, with ice	¾	cup

Method

1. In a blender, combine vinegar, garlic, ginger, and Hawaiian Bird chile. Purée until the mixture is chunky.
2. In a saucepan, bring the water to a boil. Add the purée and stir, about 30 seconds.
3. Place the water and ice in a large bowl. Add the boiling purée mixture to the ice water.
4. Store covered and refrigerated.

Note: Hawaiian Chili Pepper Water is a condiment used in place of ground pepper. Thai Chili peppers can be substituted for the Hawaiian Chili pepper.

Lemon Beurre Blanc

Yield: 1 ½ pints

Ingredients	Amounts	
Shallot, brunoise	1 ¼	oz.
Peppercorns, black	6	ea.
Wine, white, dry	8	fl. oz.
Lemon, juice, fresh	2	fl. oz.
Vinegar, wine, white	3	fl. oz.
Heavy cream	8	fl. oz.
Butter, unsalted	1 ½	lb.
Salt, kosher	to	taste
Pepper, black, ground	to	taste
Lemon, juice, fresh	to	taste
Lemon, zest	1	Tbsp.

Method

1. In a saucepan over medium-low heat, combine shallots, peppercorns, wine, lemon juice, and vinegar. Reduce until nearly dry (*au sec*), 8 to 10 minutes.
2. Add the heavy cream. Reduce the sauce until it heavily coats the back of a spoon (*nappé*), 5 to 8 minutes.
3. Reduce the heat to low. Add the butter a few pieces at a time, whisking constantly to blend the butter into sauce. Be sure it does not boil as the sauce will separate. Continue adding the butter until the full amount has been incorporated.
4. Season with salt, pepper, and lemon juice to taste.
5. Finish with lemon zest.

Fried Sweet Potatoes

Yield: 6 portions

Ingredients	Amounts	
Oil, fryer	as	needed
Stock, chicken	2	qt.
Sugar, brown	1	Tbsp.
Salt, kosher	1	tsp.
Potato, sweet, Purple Okinawan, peeled, batonnet	3	lb.
Lime, zest	4	ea.
Cilantro, bunch, fresh, chopped	½	ea.
Salt, kosher	1	tsp.

Method

1. Preheat the oven to 200°F. Preheat the deep fryer to 350°F.
2. Place the stock, sugar, and salt in a large pot. Add the potatoes. Bring the stock to a boil, reduce the heat, and simmer until slightly softened, about 15 minutes. Drain and shock in cold water. Drain again and pat the potatoes dry.
3. Spread the lime zest and cilantro in an even layer on a parchment paper lined baking sheet. Dry lime zest and cilantro in the preheated oven for 10 minutes. Remove from the oven and allow to cool. Place the dried zest and cilantro in a mortar. Grind to a fine power and reserve.
4. Place the sweet potatoes in the preheated fryer. Fry until golden brown, 3 to 5 minutes.
5. Remove the potatoes from the fryer and drain any excess oil paper towels. Sprinkle with the reserved lime-cilantro powder and salt.

EDAMAME SUCCOTASH

Yield: 15 portions

Ingredients	Amounts
Corn, sweet, ears	3 ea.
Oil, olive, pure	as needed
Mushrooms, best locally available, Hamakua	½ lb.
Shallot, minced	3 oz.
Salt, kosher	as needed
Pepper, black, ground	as needed
Squash, zucchini, local, seed pocket removed, small diced	2 ea.
Edamame, shelled	8 oz.
Tomato, concasse, brunoise	2 ea.
Butter, unsalted	3 oz.
Cilantro, leaves, fresh, chopped	1 tsp.

Method

1. Preheat the grill to medium-high heat.
2. Remove the husk and silks from the corn. Remove any remaining silks using a brush. Lightly coat the cleaned corn with the oil.
3. Grill the corn on the preheated grill, turning occasionally, until lightly charred, 8 to 10 minutes. Using a chef's knife, remove the kernels from the cob. Reserve.
4. Heat enough oil to lightly coat the bottom of a sauté pan over medium heat. Add the mushrooms and shallots. Sauté until mushrooms are browned and shallots are translucent, 5 to 6 minutes. Season with salt and pepper as needed. Reserve.
5. Heat enough oil to lightly coat the bottom a large sauté pan over medium heat. Add the diced zucchini and cook until slightly softened, 3 to 4 minutes.
6. Add the edamame and reserved grilled corn kernels. Cook, stirring occasionally, until heated through, 3 to 4 minutes.
7. Add the reserved mushroom and shallot mixture and the tomato concassé. Cook until well combined and heated through, 2 to 3 minutes.
8. Stir in the butter until melted and all of the vegetables are coated, 1 to 2 minutes. Fold in the chopped cilantro. Season with salt and pepper as needed.
9. Serve warm.

Note: White Alba mushrooms can be substituted for the Hamakua mushrooms.

DAY FOUR:
COMBINATION AND MOIST-HEAT COOKING METHODS

LEARNING OBJECTIVES

By the end of this day, you should be able to …

- Define and differentiate moist-heat and combination cooking methods, including shallow poaching, deep poaching, steaming, en papillote, braising, and stewing.
- Demonstrate proper techniques for moist-heat methods, focusing on liquid temperature, cooking times, and flavor development.
- Execute combination cooking methods, such as braising and stewing, with attention to searing, deglazing, and controlled simmering.
- Select appropriate ingredients for each cooking method, understanding how moisture and heat interact to affect texture and flavor.
- Apply professional standards for timing, seasoning, and presentation when using moist-heat and combination techniques.

LEARNING ACTIVITIES

- Lecture and discussion
- Demonstrations
- Hands-on production
- Product evaluation

INSTRUCTOR DEMONSTRATIONS

- Poaching method
- Making velouté
- Roasting poblano chile pepper
- Working with puff pastry dough

INSTRUCTOR DISHES

- Poached Chicken Breast with Fines Herbes Sauce
- Korean Army Stew

Day Four: Team Production Assignments

Team One

Spicy Pork and Potato Stew

Steamed Rice

Kimchi Pancakes

Rice Cake Skewers

Team Two

Local Mushroom and Goat Cheese Tart

Royal Lamb with Creamy Almond Sauce

Fried Indian Flatbread

Crispy Fried Okra Salad

Team Three

Red Chicken Mole

Mexican Rice

Vegetarian Refried Beans

Poblano and Queso Fresco Quesadillas

Team Four

Braised Beef Short Ribs

Parmesan Cheese Polenta

Sautéed Chinese Broccoli

Seasonal Fruit Crisp

Poached Chicken Breast with Fines Herbes Sauce

Yield: 6 portions

Ingredients	Amounts	
Butter, unsalted	2	Tbsp.
Shallot, minced	2	ea.
Chicken, breast, boneless, skinless	6	ea.
Stock, chicken	½	cup
Wine, white, dry	¾	cup
Chicken Velouté (Recipe follows)	1	pt.
Chive, fresh, thinly sliced	1	Tbsp.
Tarragon, leaves, fresh, finely chopped	1	Tbsp.
Parsley, flat-leaf, leaves, fresh, finely chopped	1	Tbsp.
Chervil, leaves, fresh, finely chopped	1	Tbsp.
Heavy cream	¼	cup
Salt, kosher	to	taste
Pepper, black, ground	to	taste

Method

1. Preheat the oven to 325°F.
2. Grease the bottom and sides of a small rondeau with butter. Sprinkle the shallots on the bottom of the rondeau and place the chicken on top. Add the stock and wine. Bring the poaching liquid to a simmer over medium-low heat.
3. Cover the rondeau with a parchment paper lid. Cook in the preheated oven until the internal temperature of the chicken reaches 165°F, 20 to 25 minutes.
4. Remove the chicken from the pan and transfer to a serving platter. Cover with plastic wrap and keep warm.
5. Fo the sauce, place the rondeau over medium heat and reduce the poaching liquid by half.
6. Add the Chicken Velouté, chives, tarragon, parsley, and chervil. Bring to a simmer.
7. Whisk in the cream and cook for 1 minute.
8. Strain the sauce through a fine-mesh sieve. Season with salt and pepper to taste.
9. Place the sauce over the chicken on the warm serving platter.

Chicken Velouté

Yield: 1 pint

Ingredients	Amounts	
Butter, unsalted, clarified	1 ½	Tbsp.
Onion, white, small diced	1 ½	Tbsp.
Celery, rib, small diced	1 ½	Tbsp.
Parsnips, small diced	1 ½	Tbsp.
Flour, all-purpose	3	Tbsp.
Stock, chicken	2 ¼	cups
Sachet d'épices		
Parsley, flat-leaf, stems, fresh	1	ea.
Bay leaf, dried	1	ea.
Peppercorns, black, cracked	¼	tsp.
Thyme, leaves, fresh	¼	tsp.
Garlic, clove	1	ea.
Salt, kosher	to	taste
Pepper, white, ground	to	taste

Method

1. Heat the butter in a saucepan over medium heat. Add the onion, celery, and parsnips. Sweat, stirring occasionally, until the onions are translucent and have begun to release their juices into the pan, about 15 minutes. The onions may take on a light golden color, but do not allow them to brown.
2. Add the flour and stir well to combine. Cook over medium-low heat, stirring frequently, until a pale blond paste (*roux*) forms, about 12 minutes.
3. Gradually add the stock to the pan, whisking constantly to work out any lumps. Bring it to a simmer.
4. Add the sachet. Simmer, skimming as necessary, until a good flavor and consistency develop, and the starchy feel and taste of the flour has cooked away, 20 to 30 minutes.
5. Strain the sauce through a fine-mesh sieve. Season with salt and white pepper to taste.

Note: For a very rich sauce and to fortify the flavor, simmer the stock with 2 pounds of chicken trim, wing tips, or backs per gallon batch.

KOREAN ARMY STEW

BUDAE JJIGAE

Yield: 1 quart

Ingredients	Amounts	
Scallion (Green onion), Aloun Farms	1 ½	ea.
Onion, yellow	¼	ea.
Hot dog	2	ea.
SPAM, 200 gram can	1	ea.
Garlic, clove, minced	1	Tbsp.
Korean red chili powder (*Gochugaru*)	2	Tbsp.
Korean red chili paste (*Gochujang*)	½	Tbsp.
Korean fermented soybean paste (*Doenjang*)	¼	Tbsp.
Soy sauce, Kikkoman (*Shoyu*)	1	Tbsp.
Sugar, granulated	½	Tbsp.
Pepper, black, ground	a	pinch
Kimchi, Kohala	⅓	cup
Beans, baked	1 ½	Tbsp.
Stock, chicken	3	cups
Soy sauce, Kikkoman (*Shoyu*)	as	needed
Sugar, granulated	as	needed
Noodles, ramen, Korean, Buldak Spicy	1	ea.
Korean sweet potato noodles (*Dangmyun*)	50	g

Method

1. Slice the scallions lengthwise. Slice each half into 4-centimenter long pieces. Reserve. Julienne the onion. Reserve.
2. Slice the hot dogs on a bias into ½-centimeter pieces. Reserve.
3. Remove half of the SPAM from the can. Thinly the SPAM into ½-centimeter pieces.
4. Place the remaining SPAM in a plastic bag. Crush it with the palm of your hand. Reserve.
5. For the seasoning paste, in a small bowl, combine the garlic, red chili powder, red chili paste, fermented soybean paste, soy sauce, sugar, and pepper. Reserve.
6. In the bottom of a large pot, place the reserved scallions and onions. Place the reserved hot dog and all do the SPAM overtop.

7. Place the kimchi overtop over the hot dog and SPAM. Top with the baked beans. Add the stock and reserved seasoning paste.
8. Simmer the soup over medium-high heat until a sufficient amount of salt comes out of the SPAM to season the soup, about 5 minutes. Season with soy sauce and sugar as needed.
9. When the soup is just about finished, add the ramen and sweet potato noodles. Simmer for 3 minutes. Serve.

Spicy Pork and Potato Stew

Gamjatang

Yield: 1 gallon

Ingredients	Amounts	
Oil, vegetable	as	needed
Pork, neck, bones	6	lb.
Soy sauce, Kikkoman (*Shoyu*)	½	cup
Horseradish, fresh, grated	1	Tbsp.
Sugar, granulated	1	Tbsp.
Mustard, hot	1	Tbsp.
Vinegar, rice	3	Tbsp.
Korean red chili powder (*Gochugaru*)	3	Tbsp.
Korean fermented soybean paste (*Doenjang*)	3	Tbsp.
Korean red chili paste (*Gochujang*)	3	Tbsp.
Soy sauce, Kikkoman (*Shoyu*)	6	Tbsp.
Garlic, clove, minced	6	ea.
Wine, rice, Mirin	3	Tbsp.
Sesame seeds	1	cup
Pepper, black, ground	1	Tbsp.
Stock, pork	3	qt.
Chile, Hawaiian Bird, split, deseeded	3	ea.
Scallion (Green onion), bunch, cut into 1-in. pieces	2	ea.
Potato, Yukon, A's	8	ea.
Salt, kosher	as	needed
Pepper, black, ground	as	needed
Shiso, leaves, fresh, chiffonade	12-18	ea.
Steamed Rice	1x	recipe

Method

1. Preheat the oven to 450°F.
2. Coat a roasting pan lightly with oil. Add the pork neck bones. Roast the pork bones in the preheated oven, turning halfway through, until golden brown, 20 to 25 minutes.

3. For the dipping sauce, in a small bowl, combine the soy sauce, horseradish, sugar, mustard, and vinegar. Reserve.
4. For the seasoning mixture, in a bowl, combine the red chili powder, fermented soybean paste, red chili paste, soy sauce, garlic, mirin, sesame seeds, and pepper.
5. In a stockpot, combine the roasted pork neck bones, stock, seasoning mixture, Hawaiian Bird chile, and scallions. Simmer for 30 minutes.
6. Add the potatoes. Cook gently until the pork neck bones are fork tender and the potatoes are cooked through, about 20 minutes. Season with salt and pepper as needed. Garnish with the shiso leaves.
7. Serve with the reserved dipping sauce and Steamed Rice on the side.

Note: Chicken stock can be substituted for the pork stock. Bone-in pork shank can be substituted for the pork neck bones.

Source: Koreatown by Deuki Hong and Matt Rodbard

STEAMED RICE

Yield: 15 cups

Ingredients	Amounts
Rice, Japanese, medium-grain	8 cups
Water	8 cups

Method

1. Place the rice in a rice colander set over a large bowl. Rinse under cold running water, gently stirring the rice with your hand until the water runs clear. Refill the bowl with fresh water and let the rice in the colander soak in the water for 20 minutes. Remove the colander from the bowl and allow all of the water to drain.
2. Set the colander of rice over a sheet pan. Allow the rice to completely drain all excess water, about 15 minutes.
3. Add hot water to a bain marie. Place the wooden rice paddle in the warm water to presoak.
4. Place the rice and the water in a rice cooker. Cover, plug in, and turn on the cooker. The rice cooker will bring the water to a boil, then simmer the rice until done. Once the rice is done, the rice cooker with shift so "warming mode" to keep the cooked rice warm.
5. Open the rice cooker. Using the moist wooden rice paddle, mix the rice, gently taking caution not to break the grains of rice.

KIMCHI PANCAKES

Yield: 12 pancakes

Ingredients	Amounts	
Kimchi, Kohala, chiffonade	2	cups
Pork, ground	8	oz.
Scallion (Green onion), bunch, Aloun Farms, thinly sliced	1	ea.
Flour, all-purpose	2	cups
Egg, whole, Golden Farms, whipped	2	ea.
Water, ice cold	2	cups
Oil, vegetable	½	cup
Parsley, flat-leaf, leaves, fresh, chopped	as	needed
Vinegar Soy Sauce (Recipe follows)	1x	recipe

Method

1. In a large bowl, combine the kimchi, pork, scallions, flour, eggs, and ice water. Mix until just incorporated. Be sure not to over mix.
2. Heat the oil in a large sauté pan over medium-high heat. Add enough batter to the pan to form a pancake that is about ½-inch thick. Sauté until golden brown, 3 to 4 minutes. Flip and sauté until cooked through, 3 to 4 minutes. Work in batches as necessary.
3. Garnish with the parsley. Serve with the Vinegar Soy Sauce.

VINEGAR SOY SAUCE

Yield: 1 cup

Ingredients	Amounts
Sesame seeds	2 Tbsp.
Soy sauce, Kikkoman (*Shoyu*)	4 Tbsp.
Wine, rice	4 Tbsp.
Vinegar, rice	4 Tbsp.
Oil, sesame	2 Tbsp.
Lemon, juice, fresh	4 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a dry skillet over medium-low heat, place the sesame seeds in a single layer. Toast the seeds, shaking frequently, until they are golden and have a nutty aroma, 3 to 5 minutes. Remove them from the pan and cool.
2. In a medium bowl, combine the soy sauce, rice wine, vinegar, oil, lemon juice, and toasted sesame seeds. Season with salt and pepper to taste.
3. Serve at room temperature.

RICE CAKE SKEWERS

TTEOK-KKOCHI

Yield: 12 skewers

Ingredients	Amounts	
Bamboo skewers	12	ea.
Rice cakes, cut into 3-in. long pieces	48	ea.
Korean red chili paste (*Gochujang*)	2	Tbsp.
Sugar, granulated	4	Tbsp.
Ketchup	3	Tbsp.
Oil, sesame	3	Tbsp.
Oil, canola	3	Tbsp.

Method

1. Thread 4 rice cakes onto each skewer.
2. For the sauce, in a small bowl, combine the red chili paste, sugar, ketchup and sesame oil. Pour the sauce into a small skillet. Boil over high heat until the sauce slightly thickens, about 1 minute. Reserve.
3. Heat the oil in a skillet over medium heat. Fry the rice cake skewers until crisp and bubbly on the surface, 2 to 3 minutes per side. Transfer to paper towels to drain any excess oil. Brush the fried rice cake skewers with the reserved sauce.
4. Serve warm or at room temperature.

Note: If using frozen rice cakes, blanch the cakes in hot water until they soften. Wipe off the moisture with paper towel, then insert the skewers.

Source: Adapted from *Korean Cooking Favorites* by Hye-Gyoung Ford

LOCAL MUSHROOM AND GOAT CHEESE TART

Yield: 8 portions (1 tart)

Ingredients	Amounts	
Oil, olive, pure	2	Tbsp.
Mushrooms, best locally available, Hamakua, quartered	1	lb.
Shallot, minced	3	ea.
Garlic, clove, minced	2 ½	Tbsp.
Thyme, leaves, fresh, chopped	3	Tbsp.
Salt, kosher	to	taste
Pepper, black, ground	to	taste
Wine, white, dry	½	cup
Puff pastry, sheet	1	ea.
Egg, whole, Golden Farms, beaten	1	ea.
Water	1	Tbsp.
Salt, kosher	1	pinch
Cheese, goat, crumbled, fresh, Big Island	6	wt. oz.

Method

1. Preheat the oven to 400°F.
2. Heat the oil in a large sauté pan over medium heat. Add the mushrooms. Sauté until the mushrooms are browned and the juices have reduced, 5 to 7 minutes.
3. Add the shallots, garlic, and thyme. Season with salt and pepper to taste. Cook until the shallots are translucent, about 3 minutes.
4. Add the wine and stir to remove the browned bits from the bottom of the pan (*fond)*. Continue to cook until nearly all the liquid has evaporated (*au sec*).
5. Remove the pan from the heat and spread the mixture on a baking sheet to cool completely.
6. Place the sheet of puff pastry on a parchment-lined baking sheet and cut it in half. One half will be used as the base of the tart. From the other half, cut ½-inch wide strips along the top and sides. These will be used to form a raised border around the tart.
7. For the egg wash, whisk together the beaten egg, water, and salt. Brush the egg wash along the boarders of the base of the tart. Place the pastry strips on top to create a border. This helps the edges puff up around the filling as it bakes.
8. Spread the mushroom mixture evenly inside the bordered area of the tart base. Crumble the goat cheese over the top of the mushrooms.
9. Place in the preheated oven and bake until golden brown, about 15 minutes.

ROYAL LAMB WITH CREAMY ALMOND SAUCE

SHAHI KORMA

Yield: 8 portions

Ingredients	Amounts	
Lamb, shoulder, boneless, local, Waimea cut into 1-in. cubes	6	lb.
Salt, kosher	as	needed
Pepper, black, ground	as	needed
Garlic, clove, peeled	10	ea.
Ginger, fresh, peeled, coarsely chopped, 2-in. pieces	1	ea.
Almonds, blanched, slivered	4	oz.
Water	¾	cup
Oil, vegetable	¾	cup
Cardamom, black, pods	20	ea.
Clove, whole	12	ea.
Cinnamon, stick, cut into 2-in. pieces	1	ea.
Onion, yellow, finely chopped	14	oz.
Coriander, ground	2	tsp.
Cumin, ground	4	tsp.
Chile, cayenne, ground	1	tsp.
Salt, kosher	1½	tsp.
Light cream	20	oz.
Water	8	oz.
Garam Masala (Recipe follows)	½	tsp.

Method

1. Season both sides of the lamb with salt and pepper as needed.
2. In the bowl of a blender, blend the garlic, ginger, almonds, and water until a paste is formed. Reserve.
3. Heat the oil in a wide, heavy, nonstick pan over medium-high heat. Add enough lamb pieces to coat the bottom of the pan in a single layer. Brown the lamb pieces on all sides, turning occasionally, 7 to 10 minutes. Remove the lamb with a slotted spoon and transfer to a bowl. Repeat for the remaining lamb. Reserve.
4. Place the cardamom, cloves, and cinnamon into the hot oil used for the lamb. Once the cloves expand, within a few seconds, add the onions and stir to combine. Fry the onions until they turn a brownish color, about 3 minutes.
5. Reduce the heat to medium. Add the reserved paste, coriander, cumin, and cayenne. Stir to combine. Fry the mixture until slightly browned in color, 3 to 4 minutes.

6. Add the reserved lamb pieces and any juices that have accumulated, salt, cream, and water. Bring to a boil over high heat.
7. Cover and reduce the heat to low. Simmer the lamb, stirring frequently, until it is tender, about 1 hour. Skim off any fat that floats to the top. Remove the cardamom, clove, and cinnamon stick. Sprinkle in the Garam Masala and stir to combine.

Source: *An Invitation to Indian Cooking* by Madhur Jaffrey

Garam Masala

Yield: ⅓ cup

Ingredients	Amounts
Peppercorns, black	1 tsp.
Clove, ground	½ Tbsp.
Cardamom, black, pods	6 ea.
Cardamom, green, pods	12 ea.
Cinnamon, stick, cut into 2-in. pieces	2 ea.
Cumin, seeds	1 Tbsp.
Dried red chiles	4 ea.

Method

1. In a spice grinder, grind the peppercorns, cloves, black cardamom, green cardamom, cinnamon stick, cumin, and chiles until pulverized.
2. Store in an airtight jar.

Note: The garam masala will keep for up to 2 months.

Source: *Bombay Café Cookbook* by Neela Paniz

Fried Indian Flatbread

Poori

Yield: 6 flatbreads

Ingredients	Amounts
Flour, whole wheat	2 cups
Salt, kosher	as needed
Water	as needed
Ghee	2 Tbsp.
Flour, whole wheat	as needed
Ghee	as needed

Method

1. In a large mixing bowl, place the whole wheat flour and make a well in the center. Add salt as needed.
2. Add the water, a little bit at a time, to the well. Mix after each addition to start forming a dough. Add just enough of the water as needed to get a smooth, medium-soft dough. As you continue to knead the dough, you may add small additions of flour if the dough is too soft or add small additions of water if the dough is too hard.
3. Once the dough reaches the correct consistency, add the ghee. Knead until the dough becomes silky in texture.
4. Place the dough in a bowl and cover it with a damp cloth. Place the bowl in the refrigerator for 20 minutes.
5. Remove the dough from the refrigerator and divide it into golf ball-sized portions. Between your hands, roll each portion into balls until they are smooth and without cracks.
6. Very lightly flour a clean work surface. Roll out each ball into a 5-inch circle that is about 4 to 5 millimeters thick. As each poori is rolled out, they may be stacked with parchment paper in between them.
7. Heat enough ghee to cover the bottom of a thick-bottomed pan on medium heat. Deep fry the pooris, one at a time, pressing very gently on each side with a slotted spoon. This will help the poori to puff up. Fry on the first side until golden, 3 to 5 minutes. Flip and fry on the second side until golden, 3 to 5 minutes. Transfer to paper towels to drain any excess ghee. Repeat with the remaining poori. Serve hot.

Note: Greek yogurt or milk can be substituted for the water to create a soft pooris. Clarified butter can be substituted for the ghee.

Crispy Fried Okra Salad

Yield: 8 portions

Ingredients	Amounts	
Oil, canola	as	needed
Okra, stemmed, julienned lengthwise	2	lb.
Onion, red, thinly sliced	1	ea.
Tomato, cored, seeded, julienned	2	ea.
Cilantro, leaves, fresh, chopped	½	cup
Lemon, juiced	1	ea.
Salt, kosher	to	taste
Chaat masala	to	taste
Chile, cayenne, ground	to	taste

Method

1. Place 2-inches of oil in a pan over medium-high heat. heat the oil until it reaches 350°F.
2. Fry the okra until crisp, 5 to 7 minutes. The seeds will swell and the okra will be deeply colored at the edges. Be sure to let the oil return to temperature between batches. Transfer to paper towels to drain any excess oil.
3. In a bowl, toss together the fried okra, onion, tomato, cilantro, and lemon juice. Season with salt, chaat masala, and cayenne to taste.

Source: Suvir Saran and Hemant Mathur, 2005 Worlds of Flavor International Conference and Festival.

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RED CHICKEN MOLE

Yield: 6 portions

Ingredients	Amounts	
Chicken, leg and thigh	10	ea.
Chile, ancho, wiped clean, seeds and veins removed	½	lb.
Chile, mulato, wiped clean, seeds and veins removed	4	ea.
Chile, Guajillo, wiped clean, seeds and veins removed	¼	lb.
Tomato	½	lb.
Onion, white	½	ea.
Garlic, clove, unpeeled	3	ea.
Oil, canola	2	Tbsp.
Peanuts	1	wt. oz.
Macadamia nuts	1	wt. oz.
Sesame seeds	2	Tbsp.
Raisins	2	Tbsp.
Peppercorns, black	6	ea.
Clove, whole	2	ea.
Cinnamon, Mexican (*Canela*), 2-in. stick	1	ea.
Oregano, Mexican, dried	½	tsp.
Oil, canola	3	Tbsp.
Stock, chicken	2	cups
Salt, kosher	to	taste
Chocolate, bitter, local, Big Island or Kauai	3	wt. oz.

Method

1. In a large roasting pan set over the stove top, place the chicken legs and thighs in a single layer, making sure the legs and thighs just fit. Add just enough water to cover the chicken. Simmer over medium heat for 10 to 15 minutes. Remove the chicken from the water. Remove and discard the skin. Reserve the chicken.
2. On a comal griddle over medium heat, gently dry roast the chiles until pliable and lightly toasted, 5 to 7 minutes. Fill a bowl with hot water and soak the chiles for 15 minutes. Drain and reserve.
3. On a comal griddle over medium heat, dry roast the tomatoes and onion. Keep turning until they are blistered and soft, about 15 minutes.

4. In a sauté pan, dry roast the garlic until the papery skin begins to brown. Remove it from the heat and discard the papery skin. Reserve the cloves.
5. Heat the oil in a frying pan over medium-high heat. Sauté the peanuts, macadamia nuts, sesame seeds, and raisins for 2 minutes.
6. Add the peppercorns, cloves, cinnamon, and Mexican oregano. Stir until fragrant., about 1 minute Remove from the heat and reserve.
7. In a blender, purée the reserved roasted chiles, adding water as needed, until a smooth paste has formed.
8. In the same blender, purée the reserved dry roasted vegetables, reserved dry roasted garlic, fried nuts, and fried spices, adding water as needed, until a smooth purée has formed. Pass the mixture through a fine mesh-sieve and reserve.
9. Heat the oil in a Dutch oven over medium heat. Reduce the heat to medium-low. Add the reserved chile purée and fry until most of the liquid has evaporated, about 5 minutes.
10. Add the reserved puréed vegetable mixture when the sauce is thick enough to reveal the bottom of the pan as you scrape, and you see oil beginning to separate and rise to the surface.
11. Reduce heat and simmer until the mole coats the back of a spoon and you can see the bottom of the pan when scraped, about 15 minutes.
12. Add the stock. Season with salt to taste. Stir in the chocolate until it is fully combined into a mole. Continue to stir the mole until it coats the back of a spoon, about 10 minutes.
13. Add the reserved chicken. Cook until heated through, about 3 minutes.
14. Serve on a heated platter.

Note: Ancho is a poblano chile that ripens to a deep red. The mulato is a poblano chile that ripens to brown and is then dried. Guajillo is a dried marisol chile.

Mexican Rice

Yield: 6 portions

Ingredients	Amounts	
Oil, olive, pure	1 ½	Tbsp.
Onion, yellow, minced	½	ea.
Garlic, clove, minced	1 ½	ea.
Rice, white, medium-grain	1	cup
Peas, fresh	½	cup
Paprika, ground	½	tsp.
Saffron, powder	1	pinch
Salt, kosher	as	needed
Pepper, black, ground	as	needed
Stock, chicken	1 ½	cups
Stock, chicken	as	needed

Method

1. Preheat the oven to 350°F.
2. Heat the oil in a saucepot over medium heat. Add the onions. Cook until they are translucent but without color, 3 to 5 minutes.
3. Add the garlic and cook until aromatic, about 1 minute.
4. Add the rice, peas, paprika, and saffron. Season with salt, and pepper as needed. Stir well to coat the grains in the oil.
5. Add the stock and bring to a boil. Stir well to blend.
6. Cover the pot and place it in the preheated oven for 10 minutes. Remove the pot from the oven, stir the rice, and return the covered pot to the oven. Cook for 30 minutes until tender, adding additional stock if necessary.
7. Remove the rice from the oven and fluff with a fork. Allow the rice to rest for 15 minutes before serving.

Note: Frozen peas can be blanched and substituted for the fresh peas. If frozen peas are used, add them after the rice is cooked.

Vegetarian Refried Beans

Yield: 6 portions

Ingredients	Amounts	
Beans, pinto, dried, soaked overnight	1 ½	cups
Stock, vegetable	2 ½	cups
Oil, vegetable	2	tsp.
Onion, yellow, diced	2	cups
Garlic, clove, minced	2	Tbsp.
Tomato, diced	1	ea.
Chile, chipotle, diced	2	ea.
Salt, kosher	½	tsp.
Cumin, seeds, toasted, cracked	1 ⅓	tsp.
Chili powder	1 ⅓	tsp.
Tabasco sauce	to	taste

Method

1. Drain the soaked beans and rinse thoroughly with cold water.
2. Place the beans in a medium soup pot. Add enough of the stock to cover the beans by 1-inch. Simmer until the beans are tender, adding more of the stock as necessary to keep the beans covered.
3. Drain, reserving the beans and stock separately.
4. Heat the oil in a large sauté pan over medium heat. Add the onions and sweat until they are translucent, 5 to 7 minutes.
5. Add the garlic and sauté until aromatic, about 2 minutes.
6. Add the cooked beans and begin mashing until they start to turn creamy. Gradually incorporate enough of the reserved cooking liquid to achieve a smooth consistency.
7. Add the tomato, chiles, and salt. Stir to combine. Add enough of the remaining reserved cooking liquid to keep the beans moist. Cook over low heat, stirring constantly, until the flavor is well developed, 12 to 15 minutes.
8. Add the cumin and chili powder. Season with Tabasco sauce to taste.
9. Serve the beans in a heated bowl.

POBLANO AND QUESO FRESCO QUESADILLAS

Yield: 6 portions

Ingredients	Amounts	
Pepper, poblano	3	ea.
Oil, vegetable	as	needed
Tortilla, flour, white	12	ea.
Cheese, queso fresco, crumbled	1 ½	cups
Cheese, queso Chihuahua, shredded	1 ½	cups
Scallion (Green onion), Aloun Farms thinly sliced	6	ea.
Cilantro, leaves, fresh, chopped	6	Tbsp.
Pico de Gallo (Recipe follows)	1x	recipe
Simmered Tomato-Habanero Salsa (Recipe follows)	1x	recipe

Method

1. Preheat the broiler to high heat.
2. Place the peppers on a sheet pan. Place the sheet pan under the preheated broiler and broil the peppers, occasionally turning, until the skin is charred and blistered completely, 5 to 7 minutes. Transfer the peppers to a stainless-steel bowl and cover with plastic wrap. Steam the peppers for 20 minutes. When cool enough to handle, wipe off the charred skin with a paper towel.
3. Cut open the poblanos. Remove and discard the seeds and veins. Slice the poblanos into ¼-inch strips.
4. Brush a large sauté pan to lightly coat with oil. Place a tortilla in the pan over medium heat. Fill the tortilla with ½ of a poblano pepper, equal amounts of queso fresco and queso chihuahua, 1 scallion, and 1 tablespoon of cilantro. Cover with another tortilla.
5. Cook until the bottom tortilla is golden brown and crisp. Flip the quesadilla. Cook until the cheese is melted and the bottom of the tortilla is crisp.
6. Serve on a heated platter alongside the Pico de Gallo and Simmered Tomato-Habanero Salsa.

PICO DE GALLO

Yield: 2 cups

Ingredients	Amounts	
Tomato, small diced	1	lb.
Chile, serrano, seeded, minced	2	ea.
Onion, yellow, small diced	1	cup
Cilantro, bunch, fresh, chopped	½	ea.
Lime, juice, fresh	4	Tbsp.
Oil, olive, pure	2	Tbsp.
Salt, kosher	1 ½	tsp.

Method

1. In a mixing bowl, combine the tomatoes, chiles, onions, cilantro, lime juice, oil, and salt. Toss well to combine.
2. Allow the pico de gallo to sit for at least 30 minutes to allow the flavors to blend.
3. Serve in a chilled bowl.

SIMMERED TOMATO-HABANERO SALSA

TOMATE FRITO

Yield: 2 cups

Ingredients	Amounts	
Tomato, ripe, medium-large	1 ½	lb.
Lard, rich	1 ½	Tbsp.
Onion, white, small, thinly sliced	1	ea.
Chile, jalapeno, halved	2	ea.
Salt, kosher	to	taste

Method

1. Preheat the broiler to high heat.
2. To roast the tomatoes using the broiler method, lay the tomatoes on a baking sheet. Place the baking sheet about 4-inches below the preheated broiler. Roast until blistered and blackened on one side, about 6 minutes. Flip the tomatoes and roast the other side until blistered and blackened, 3 to 4 minutes. Allow the tomatoes to cool until they are able to be handled. Peel and discard the skins. Be sure to collect any juices that come from the tomatoes during this process.
3. Place the tomatoes and their juices in a blender. Blend the tomatoes until they are coarsely pureed.
4. Heat the lard in a 2 to 3-quart saucepan over medium heat. Add the onion and fry until they are deep golden color, about 8 minutes. Add the puréed tomatoes and chile halves. Simmer, stirring often, until reduced to a spoonable consistency, but not dry, about 15 minutes. Remove the chiles. Season with salt as needed.

Note: The tomatoes can also be roasted using the griddle method. Line a griddle or heavy skillet with aluminum foil and heat over medium. Lay the tomatoes on the foil and roast, turning several times, until blistered, blackened and softened, about 10 minutes. Don't worry if some of the skin sticks to the foil. Covered and refrigerated, the sauce will keep for several days. It also freezes well.

Source: *Mexican Kitchen* by Rick Bayless

Braised Beef Short Ribs

Yield: 10 portions

Ingredients	Amounts	
Beef, short ribs, English cut (2 bones)	10	ea.
Salt, kosher	as	needed
Pepper, black, ground	as	needed
Oil, vegetable	2	fl. oz.
Onion, white, large diced	4	oz.
Carrot, large diced	2	oz.
Celery, rib, large diced	2	oz.
Tomato, paste	2	fl. oz.
Wine, red, dry	1	pt.
Stock, veal, brown	8	fl. oz.
Demi-glace	1	qt.
Salt, kosher	as	needed
Pepper, black, ground	as	needed
Bay leaf, dried	2	ea.
Thyme, sprig, fresh	2	ea.

Method

1. Preheat the oven to 350°F.
2. Season the short ribs with salt and pepper on all sides as needed.
3. Heat the oil in a large rondeau over medium-high heat. Sear short ribs on all sides until deep brown in color, about 3 minutes per side. Remove and reserve.
4. Reduce the heat to medium. Add the onions, carrots, and celery. Cook, constantly stirring, until golden brown, about 4 minutes. Add the tomato paste and cook until it turns a deep red color and gives off a sweet aroma, 7 to 8 minutes.
5. Add wine and deglaze, scraping up any brown bits stuck to the bottom. Allow the liquid to reduce by half.
6. Add stock and demi-glace. Bring to a simmer over medium heat. Season with salt and pepper as needed.
7. Return the reserved short ribs to pot. Cover and place in preheated oven for 45 minutes.
8. Remove the pot from the oven and turn each piece over. Add the bay leaf and thyme. Cover and return the pot to the oven. Braise until the short ribs are fork tender, about 45 minutes.
9. Transfer the ribs to a hotel pan and cover with aluminum foil.
10. Place the pot on the stove and simmer the cooking liquid until it develops a rich flavor and reaches the desired consistency. Skim thoroughly to degrease. Season with salt and pepper as needed. Return the short ribs to the pot and baste to reheat, if needed.

Note: Espagnole can be substituted for the demi-glace.

Parmesan Cheese Polenta

Yield: 12 portions

Ingredients	Amounts	
Butter, unsalted, whole	1	oz.
Shallot, fine brunoise	½	oz.
Garlic, clove, minced	1	Tbsp.
Stock, chicken	5	pt.
Salt, kosher	as	needed
Cornmeal, yellow, coarse	1	pt.
Egg, yolks, Golden Farms	3	ea.
Cheese, Parmesan, grated	2	oz.

Method

1. Melt the butter in a Dutch oven over medium heat. Add the shallots and garlic. Gently sweat the shallots and garlic until aromatic but not browned, about 2 minutes.
2. Add the stock and bring to a simmer over high heat. Season with salt as needed.
3. While constantly stirring, pour the cornmeal into the simmering stock in a steady stream.
4. Reduce the heat to low. Simmer, stirring often, until the polenta pulls away from the sides of the pot, about 45 minutes. The polenta should not have a starchy taste or gritty mouthfeel.
5. Remove the polenta from the heat. Just prior to service, stir in the egg yolks and grated parmesan cheese.

SAUTÉED CHINESE BROCCOLI

Yield: 4 portions

Ingredients	Amounts
Salt, kosher	as needed
Broccoli, Chinese, trimmed (*Gai lan*)	1 lb.
Oil, olive, pure	6 Tbsp.
Garlic, clove, chopped	1 tsp.
Red pepper flakes	1 tsp.
Pepper, black, ground	as needed
Lemon, juice, fresh	as needed

Method

1. Bring a pot of salted water to a boil. Add the broccoli and cook for 3 minutes. Drain in a colander and cool under cold running water. Drain.
2. Heat the olive oil in a large sauté pan over medium heat. Add the garlic and cook for 30 seconds. Add the broccoli and cook for 3 to 4 minutes. Add the red pepper flakes and toss to mix well.
3. Remove the pan from the heat. Season with salt, pepper, and lemon juice as needed.

Source*:* Adapted from *Matthew Kenney's Mediterranean Cooking* by Matthew Kenney and Sam Gugino

SEASONAL FRUIT CRISP

Yield: 10 portions

Ingredients	Amounts	
Flour, all-purpose	¾	cup
Sugar, granulated	½	cup
Sugar, brown	½	cup
Cinnamon, ground	½	tsp.
Nutmeg, ground	½	tsp.
Salt, kosher	½	tsp.
Butter, unsalted, chilled, cut ½-in. pieces	10	Tbsp.
Almonds	1 ½	cups
Mango, fresh, large diced	¾	lb.
Pineapple, fresh, large diced	½	lb.
Poha berries, fresh, large diced	½	lb.
Apples, golden delicious, large diced	¾	lb.
Sugar, granulated	½	cup
Lemon, juice, fresh	1 ½	Tbsp.
Lemon, zest	1	tsp.

Method

1. Preheat the oven to 375°F.
2. To prepare the topping, place the flour, sugar, brown sugar, cinnamon, nutmeg, salt, and butter in the bowl of a food processor. Process until the mixture reaches the consistency of coarse cornmeal. Add the almonds and pulse until the mixture resembles crumbly sand. Refrigerate for at least 15 minutes.
3. To prepare the filling, in a large mixing bowl, toss together the cut fruit, sugar, lemon juice, and lemon zest.
4. Transfer the fruit mixture to a large casserole dish. Distribute the chilled topping evenly over the fruit mixture.
5. Bake in the preheated oven until the fruit is bubbling and the topping is a deep golden brown color, about 55 minutes.
6. Serve warm or at room temperature.

Source: Adapted from a recipe in *Cook's Illustrated*

DAY FIVE:
MARKET BASKET CHALLENGE
MENU DEVELOPMENT ASSIGNMENT GUIDELINES

OVERVIEW

Each team's mission is to develop a two-course menu using any ingredients found in the kitchen. Each dish must reflect the tastes and techniques that have been learned throughout this course.

GUIDELINES

Using any ingredients found in the kitchen, each team will need to prepare the following menu:

First Course:

- Choice of hot or cold soup, salad, **or** appetizer

Complete Main Course:

- Featured component
- Two accompaniments (starch and vegetable)
- Sauce

After a discussion in the classroom, you will have **three hours** to produce and plate your menu items. All recipes should yield **six portions**-- one for the show plate and the remaining five displayed family style on platters in bowls or hot holding devices for family meal.

MENU DEVELOPMENT WORKSHEET

Use the following worksheets and templates to help design your menu and sketch your plate compositions.

Flavor Combinations

_____

_____

Number of Components on Plate - variety of complementary items

_____

_____

Proper Cooking Technique - basics executed well

_____

_____

Colors - vibrant vs. earth tones

_____

_____

Height of Food - varied but not drastic

_____

_____

Texture Variations

_____

_____

Plate Layout - traditional vs. non-traditional

_____

_____

Plating, Balance & Composition - slice, whole, loose, molded & special cuts

_____

_____

Practicality - not too much handling; can it be done consistently?

_____

_____

Trends - based on common sense

_____

_____

MENU FOR TEAM # _____

First Course

_____

_____

_____

_____

_____

Second Course

_____

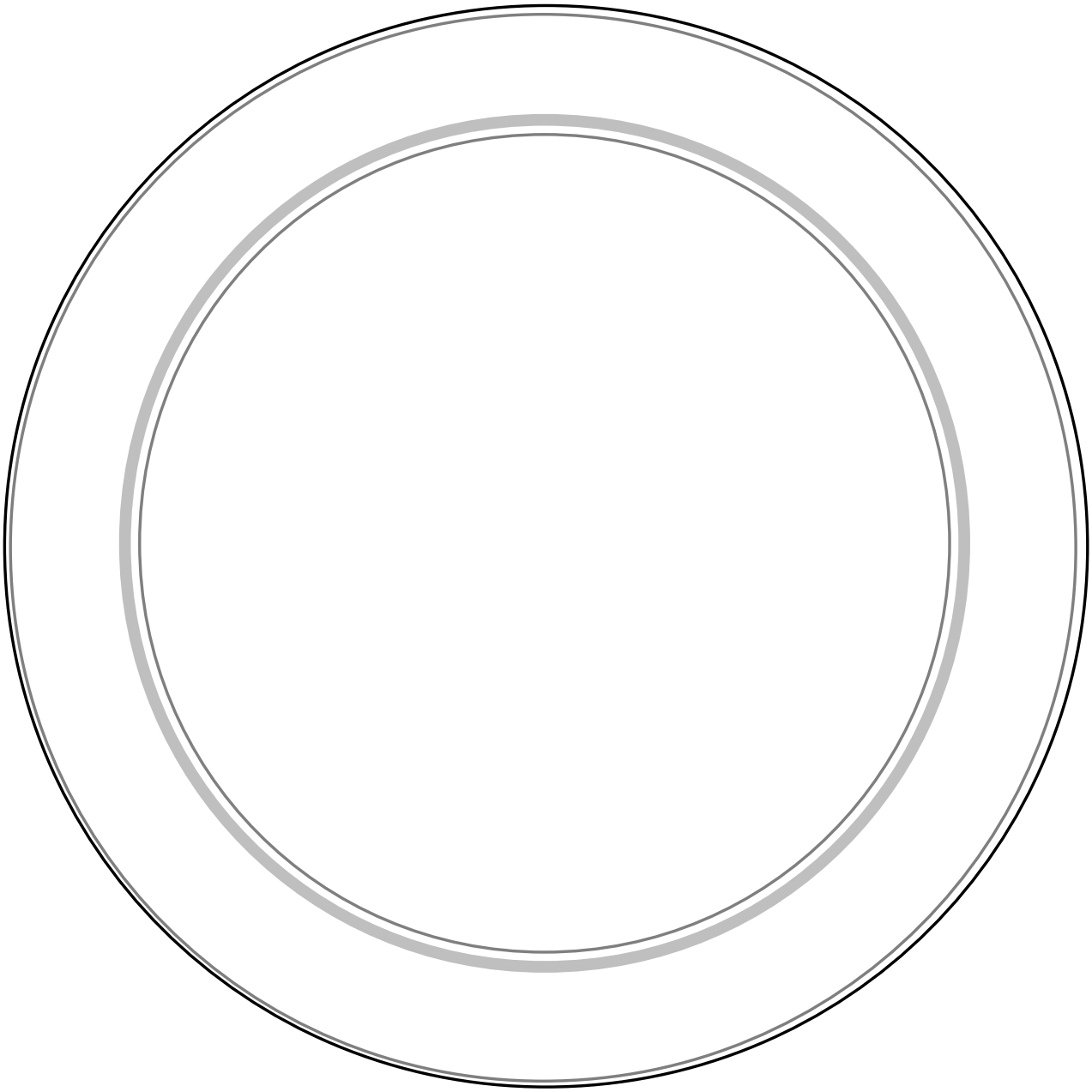
_____

_____

_____

_____

Item: _____



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Conversion Tables

Metric Weights and Measures Equivalencies

1 gram (g)	**=**	**1/28 oz. (or 0.035 oz.)**
½ ounce (oz.)	=	14 g
1 ounce	=	28.35 g. (approx. 30 g)
2 ounces	=	56 g. (approx. 60 g)
4 ounces	=	110 g
6 ounces	=	170 g
8 ounces	=	225 g
12 ounces	=	340 g
1 pound (16 oz.)	=	453.6 g (454 g)
1 kilogram (kg)	=	2.21 lb.
1 liter	=	35 fl. oz. (1 ¾ pt.)

Metric Conversion Table

To Change	To	Multiply by
Pounds (lb.)	Grams (g)	453.6
Ounces (oz.)	Grams (g)	28.35
Pounds (lb.)	Kilograms (kg)	.45
Teaspoons (tsp.)	Milliliters (ml)	5
Tablespoons (Tbsp.)	Milliliters (ml)	15
Fluid Ounces (fl. oz.)	Milliliters (ml)	30
Cups	Liters (l)	.24
Pints (pt.)	Liters (l)	.47
Quarts (qt.)	Liters (l)	.95
Gallons (gal.)	Liters (l)	3.8
Temperature (°F)	Temperature (°C)	5/9 after subtracting 32*

*Example: 9°F above boiling equals 5°C above boiling.

Temperature Equivalencies

Fahrenheit (°F)	Celsius (°C)	Classification
250	130	very cool
300	150	low
325	165	moderate-low
350	180	moderate
400	200	moderate-hot
425	220	hot
450	230	very hot

US Customary Liquid Volume Conversions

1 tablespoon (Tbsp.)	**=**	**3 teaspoons (tsp.)**
1 fluid ounce (fl. oz.)	=	2 tablespoons (Tbsp.)
1 cup	=	8 fluid ounces (fl. oz.)
1 pint (pt.)	=	2 cups
1 pint (pt.)	=	16 fluid ounces
1 quart (qt.)	=	2 pints (pt.)
1 gallon (gal.)	=	4 quarts (qt.)
1 gallon (gal.)	=	128 fluid ounces (fl. oz.)

US to Metric Dry Measures Conversions

tsp.	Tbsp.	oz.	cup	lb.	grams
3	1	½	1/16	---	14
6	2	1	⅛	1/16	28
12	4	2	¼	⅛	57
24	8	4	½	¼	113
36	12	6	¾	⅜	170
48	16	8	1	½	227
96	32	16	2	1	454

Volume Measure Conversions

US	Metric
1 tsp.	5 milliliters (ml)
1 Tbsp.	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ ¼ cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint (pt.)	480 ml
32 fl. oz./ 1 quart (qt.)	960 ml
128 fl. oz./ 1 gallon (gal.)	3.84 liters (L)

Recipe Yield

Original	Cut in Half	Cut in Third
1 cup	½ cup	⅓ cup
¾ cup	6 Tbsp.	¼ cup
⅔ cup	⅓ cup	3 Tbsp. + 1 ½ tsp.
½ cup	¼ cup	2 Tbsp. + 2 tsp.
⅓ cup	2 Tbsp. + 2 tsp.	1 Tbsp. + 1 ¼ tsp.
¼ cup	2 Tbsp.	1 Tbsp. + 1 tsp.
1 Tbsp.	1 + ½ tsp.	1 tsp.
1 tsp.	½ tsp.	⅓ tsp.
½ tsp.	¼ tsp.	⅛ tsp.
¼ tsp.	⅛ tsp.	dash

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