



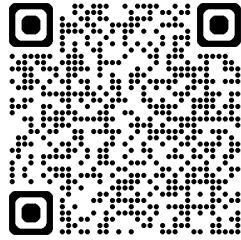
Culinary Institute of America

U.S. NAVY WORLD CUISINE, STREET FOOD, FLATBREAD CULINARY TRAINING



Culinary Institute of America, Hyde Park, NY

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SYLLABUS

DAY ONE: ASIA

- Lecture
 - Safety and Sanitation
 - Mise en Place
 - Basic Culinary Preparations
 - Basic Knife Skills
 - Asian Cuisine
 - Ingredients, Equipment, and Techniques
- Kitchen Production Exercise
 - Asian Cuisine
 - China
 - Thailand
 - Vietnam
 - India
 - Korea
 - Group and/or Station Demonstrations
 - Review and Critique

DAY TWO: THE AMERICAS

- Lecture
 - North America
 - South America
 - Caribbean
 - Ingredients, Equipment, and Techniques
- Kitchen Production Exercise
 - Cuisine of the Americas
 - Regional US
 - Mexico
 - South America
 - Caribbean
 - Group and/or Station Demonstrations
 - Review and Critique

DAY THREE: EUROPE/ BRITISH ISLES

- Lecture
 - European Cuisine
 - Ingredients, Equipment, and Techniques
- Kitchen Production Exercise
 - European Cuisine
 - Eastern Europe
 - Central Europe
 - Western Europe
 - Northern Europe
 - British Isles
 - Group and/or Station Demonstrations
 - Review and Critique

DAY FOUR: STREET FOODS

- Lecture
 - Street Foods
- Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Production
 - Street Food Sandwiches and Finger Foods
- Lunch
 - Review and Critique

DAY FIVE: FLATBREADS

- Lecture
 - Flatbreads
- Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Production
 - Flatbreads
- Lunch
 - Review and Critique
 -

DAY ONE: ASIA

LEARNING OBJECTIVES

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

- List the culinary regions within China, Thailand, Vietnam, South Korea, Japan, and India.
- Explain the elements of taste in each Asian country.
- List the key ingredients used in each Asian country.
- Explain the common cooking techniques used in each Asian country.
- Describe the popular dishes representative of each Asian country.
- Prepare a variety of dishes representative of these Asian countries using standardized recipes.

INSTRUCTOR DEMONSTRATIONS

- Forming a spring roll
- Slicing beef for bulgogi

DAY ONE: ASIA

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE – CHINA:

Spring Rolls
Stir-Fried Shanghai Bok Choy
Grandmother's Tofu
Sweet and Spicy Braised Spareribs

TEAM TWO – SOUTHEAST ASIA:

Cucumber Salad
Thai Hot-and-Sour Soup
Stir Fried Rice Noodles with Pork and Turmeric
Vietnamese Pork Patties with Cool Rice Noodles
Fried Rice with Sausage
**Prepare Dulce de Leche for Day Two*

TEAM THREE – INDIA:

Roasted Garlic Naan with Cucumber Raitha and Mango Chutney with Pistachios
Spicy Lentils
Bengal Fragrant Fish Curry with Basmati Rice Pilaf
Pork Vindaloo with Yellow Rice
**Prepare Chimichurri for Grilled Flank Steak for Day Two*

TEAM FOUR – KOREA:

Instant Cucumber Kim Chi
Soybean Sprout Salad
Bulgogi with Scallion Salad
Seafood Porridge
**Soak Salt Cod for Salt Cod Fish Fritters for Day Two
(Soak at the beginning of class and change the water at the end of class)*

SPRING ROLLS

Yield: 25 rolls

Ingredients	Amounts
Pork, ground	9 wt. oz.
Salt, kosher	as needed
Shrimp, 26/30	1 lb.
Cabbage, napa, chiffonade	3 ½ cups
Carrot, julienne	2 ¼ cups
Bean sprouts	3 cups
Black fungus, hydrated, julienne	2 cups
Scallion (Green onion), thinly sliced	6 ea.
Ginger, 2-inch piece, minced	1 ea.
Oyster sauce	¼ cup
Hot bean paste	¼ cup
Hoisin sauce	¼ cup
Vinegar, rice	2 Tbsp.
Spring roll wrapper	25 ea.
Egg, whole, cracked and whisked for wash	4 ea.
Oil, vegetable	as needed
Ginger-Soy Dipping Sauce (Recipe follows)	1x recipe
Spicy Mustard (Recipe follows)	1x recipe

Method

1. Heat a skillet or wok over medium-high heat. Add the pork and stir-fry until the pork is opaque. Reserve.
2. Bring a pot of salted water to a boil and reduce to a simmer. Add the shrimp and poach until pink and opaque, about 4 minutes. Drain the shrimp and shock in an ice bath until cook enough to handle. Drain again. Peel and devein the shrimp. Chop into chunks and reserve.
3. For the filling, in a large bowl, place the cabbage, carrot, bean sprouts, black fungus, scallion, and ginger. Add the pork and shrimp to the bowl. Mix to combine. Reserve.

4. For the seasoning mixture, in a small bowl, combine the oyster sauce, hot bean paste, hoisin sauce, and rice vinegar. Add the seasoning mixture to filling mixture bowl and combine.
5. To assemble the springs rolls, allow the wrappers to sit wrapped in a damp paper towel for about 5 minutes before removing the first one. Keep the remaining wrappers in the damp paper towels until needed to prevent them from drying out.
6. Lay a spring roll wrapper flat on a clean, dry surface, with one corner facing you. Lightly brush the edges with the egg wash. Place enough filling in a cylinder shape slightly below the center of the wrapper. Be sure to leave space between the filling and the corner, and the edges.
7. To begin rolling, fold the bottom corner over the filling. Slightly roll it back to make sure the wrapper is snug around the filling. Using your thumb, tuck the edge closest to the filling upwards, then fold in the two side corners over the roll. Continue rolling tightly until the spring roll is fully sealed (see chef demo).
8. Heat enough oil to cover the spring rolls by 1-inch in a deep pan until it reaches 347°F. Be sure that the pan can accommodate 2 to 3 times the volume of oil.
9. Fry the rolls in the hot oil in batches until golden brown and crisp, 2 to 3 minutes. Be sure to turn the rolls with a metal spatula as they cook to ensure even browning. Remove the rolls from oil and drain on absorbent paper towels. repeat this process with the remaining rolls.
10. Serve with the Ginger Soy Dipping Sauce and the Spicy Mustard.

Source: Chef Michael Pardus

GINGER-SOY DIPPING SAUCE

Yield: 8 fluid ounces

Ingredients	Amounts
Ginger, minced	¼ cup
Soy sauce, light	¼ cup
Vinegar, rice, black	½ cup
Water	¼ cup
Oil, sesame	1 Tbsp.
Sugar, granulated	½ tsp.

Method

1. In a large mixing bowl, whisk together the ginger, soy sauce vinegar, water, sesame oil, and sugar. Whisk until the sugar is dissolved.
2. Transfer into 1 fluid ounce ramekins.

SPICY MUSTARD

Yield: 1 cup

Ingredients

Amounts

Mustard, powder	1 cup
Salt, kosher	a pinch
Sugar, granulated	a pinch
Water, cold	½ cup

Method

1. In a mixing bowl, place the mustard powder, salt, and sugar.
2. Gradually stir in water until desired consistency is obtained. It should be a smooth, thick, heavy, cream viscosity.
3. Cover the bowl with plastic wrap and allow to "bloom" for 15 minutes before serving.

STIR-FRIED SHANGHAI BOK CHOY

QINCHAO SHANGHAI BAICAI

Yield: 6 portions

Ingredients	Amounts
Bok choy, baby	1 ½ lb.
Oil, vegetable	2 Tbsp.
Garlic, clove, thinly sliced	8 ea.
Salt, kosher	to taste
Sugar, granulated	to taste

Method

1. Separate the bok choy into individual leaves.
2. Heat the oil in a wok or skillet over medium heat. Add the garlic and stir-fry until aromatic.
3. Add the bok choy and stir-fry until tender. Add a splash of water to the wok to keep garlic from burning, if needed.
4. Season with salt and sugar to taste.
5. Serve on a warm platter.

GRANDMOTHER'S TOFU

SU MA PO DOFU

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Pepper, Sichuan	1 ½ tsp.
Chile bean paste	1 Tbsp.
Scallion (Green onion), minced	1 ea.
Ginger, minced	1 tsp.
Garlic, clove, minced	2 ea.
Pork, ground	¾ lb.
Wine, Shao Xing	1 ½ Tbsp.
Soy sauce, light	to taste
Tofu, silken, ½-inch dice	1 ½ lb.
Salt, kosher	1 tsp.
Cornstarch	as needed
Scallion (Green onion), sliced	1 ea.

Method

1. In a wok, combine the oil and Sichuan pepper. Heat until the pepper starts to brown and becomes fragrant.
2. Using a skimmer, remove the pepper from the oil. Discard.
3. Add the chile bean paste, scallion, ginger, and garlic to the oil. Cook until the mixture is fragrant.
4. Add the ground pork and stir-fry until the meat is cooked through.
5. Add the Shao Xing and season with soy sauce to taste.
6. Carefully place the diced tofu over the ground meat in the wok. Sprinkle the salt evenly over the top of the tofu. Cover with a lid and slowly cook for 3 minutes.
7. Gently mix the tofu with the ground meat, as the tofu is very fragile. Add a cornstarch slurry to thicken the liquid, if needed. Adjust seasonings to taste.
8. Serve garnished with the scallions.

Note: The ratio to make the cornstarch slurry is 1 part cornstarch to 2 parts cold water.

SWEET AND SPICY BRAISED SPARERIBS

Yield: 6 portions

Ingredients	Amounts
Pork, baby-back ribs, cut in half across the bone	4 lb.
Oil, vegetable	2 Tbsp.
Ginger, minced	2 tsp.
Soy sauce, light	¼ cup
Soy sauce, dark	1 Tbsp.
Hoisin sauce	2 Tbsp.
Stock, chicken	2 cups
Orange, zested and grated	1 ea.
Star anise	2 ea.
Cinnamon, stick	1 ea.
Orange, juice	½ cup
Sugar, brown	2 Tbsp.
Chili paste	1 ½ tsp.

Method

1. Cut the ribs between the bones into individual pieces.
2. Bring a 4-qt. pot of water to a boil. Add the ribs and simmer for 3 minutes. Drain and rinse the meat with cold water.
3. Heat the oil in a wok over medium-high heat; add the ginger and stir-fry until fragrant, about 10 seconds.
4. Add the ribs, both soy sauces, and hoisin sauce and stir-fry, tossing to evenly coat the ribs.
5. Add the chicken stock, orange zest, star anise, and cinnamon stick and bring to a boil.
6. Reduce heat to low, cover with a lid, and braise until the meat is tender, about 1 hour. Check frequently to make sure not all liquid has evaporated.
7. Once the meat is tender, remove the lid and increase the heat.
8. Add the orange juice, brown sugar, and chili paste.
9. Cook, uncovered, until the sauce has reduced to a glaze and coats the ribs evenly.

CUCUMBER SALAD

Yield: 6-8 portions

Ingredients	Amounts
Vinegar, rice	½ cup
Sugar, granulated	4 Tbsp.
Salt, kosher	1 Tbsp.
Cucumber, European, halved lengthwise, ⅛ -inch slices	1 ea.
Onions, red, quartered lengthwise, ⅛ -inch slices against the grain	1 ea.
Jalapeños, red, halved, ⅛ -inch slices	2 ea.
Mint, leaves, torn	¼ cup
Cilantro leaves, whole	½ cup

Method

1. In a saucepan, whisk together the vinegar, sugar, and salt over low heat until the sugar is dissolved. Remove the mixture from the heat and allow it to cool.
2. Place the cucumbers, onions, and jalapeños into a medium bowl. Cover the vegetables with the cooled vinegar mixture. Allow it to marinate for 30 minutes.
3. Add the mint and cilantro to the marinated vegetables. Toss to combine.
4. Serve using a perforated spoon to remove any excess dressing.

THAI HOT-AND-SOUR SOUP

TOM YUM KUNG

Yield: 8-10 portions

Ingredients	Amounts
Shrimp, 21/25 count	1 ½ lb.
Lemongrass, stalks	2 ea.
Oil, vegetable	1 Tbsp.
Red curry paste	2 Tbsp.
Galangal, minced	1 Tbsp.
Kaffir lime leaves	6 ea.
Stock, chicken	2 qt.
Chiles, Thai bird's eye, thinly sliced	6 ea.
Tomato, plum, cut into eighths	4 ea.
Mushrooms, straw, canned, cut in half	1 can
Fish sauce	⅓ cup
Sugar, granulated	1 Tbsp.
Lime, juice, freshly squeezed	1 cup
Fish sauce	as needed
Lime, juice, freshly squeezed	as needed
Cilantro, coarsely cut	½ cup

Method

1. Peel and devein the shrimp, reserving the shells. Rinse and slice the shrimp in half. Reserve.
2. Trim the lemongrass at its root end. Trim the top ½ inch and discard. Slice the remaining stalk in half lengthwise and cut into 1-inch lengths. Reserve.
3. Heat the oil in a saucepot over medium heat. Add the curry paste and toast until just aromatic but not browned, about 1 minute.
4. Add the galangal, kaffir lime leaves, chicken stock and the reserved shrimp shells and lemongrass.
5. Bring to a boil, then reduce heat and simmer for 10 minutes to infuse the flavors. Strain soup into a new pot, discarding the solids.
6. Add the chiles, tomatoes, mushrooms, fish sauce, and sugar. Bring the soup to a boil and reduce the heat to a simmer.
7. Add the shrimp and simmer until the shrimp are just cooked through. Stir in the lime juice. Adjust the seasoning with fish sauce and additional lime juice, if needed. Serve garnished with cilantro.

STIR FRIED RICE NOODLES WITH PORK AND TURMERIC

Yield: 8 portions

Ingredients	Amounts
Noodles, rice, thin, dried	1 lb.
Pork, shoulder, fine strips	1 ⅛ lb.
Shallots, minced	6 ea.
Scallion (Green onion), slivered	4 ea.
Fish sauce (Divided)	6 Tbsp.
Pepper, black, ground	1 Tbsp.
Sugar, granulated	3 tsp.
Turmeric, freshly ground	¼ cup
Oil, vegetable	as needed
Stock, vegetable	as needed
Chive, garlic, cut into 1 ½-inch lengths	1 cup

Method

1. In a large bowl, place the rice noodles and enough water to cover. Rehydrate the rice noodles for 30 minutes. Be sure not to over soak.
2. Bring a large pot of water to a boil. Add the rehydrated noodles and boil until tender, about 1 minute. Be sure not to overcook. Drain immediately and reserve.
3. In a large bowl, combine the pork pieces, shallots, scallions, 2 tablespoons of the fish sauce, black pepper, sugar, and turmeric. Allow the pork to marinate for at least 30 minutes.
4. Heat oil in a small wok until it begins to smoke. Add marinated pork and stir fry until all pieces are well seared.
5. Lower heat and add a small amount of oil, if needed. Add the rehydrated noodles and remaining 2 tablespoons of fish sauce. Stir gently to coat. Cook until heated through. If more moisture is needed, add stock.
6. Add the garlic chives and toss to incorporate.
7. Serve on a warm platter.

VIETNAMESE PORK PATTIES WITH COOL RICE NOODLES

Yield: 8 portions

Ingredients	Amounts
Oyster sauce	2 Tbsp.
Fish sauce	1 Tbsp.
Sugar, palm	2 Tbsp.
Peppercorns, black, toasted, ground	1 tsp.
Lemongrass, minced, ground	2 Tbsp.
Shallot, minced	2 Tbsp.
Garlic, clove, minced	1 ea.
Pork, shoulder, ground	2 lb.
Noodles, rice, thin, dried	1 lb.
Lettuce, red leaf, head, shredded	1 ea.
Cucumber, medium, julienned	1 ea.
Carrot, medium, julienned	1 ea.
Shiso (Perilla leaf) leaves, chiffonade	10 ea.
Mint, leaves, torn	10 ea.
Cilantro, leaves and stems, rough chopped	1 bu.
Peanuts, dry roasted, chopped	1 cup
Nouc Cham (Recipe follows)	1x recipe

Method

1. Preheat the grill over medium-high heat.
2. For the seasoning, in a large bowl, combine the oyster sauce, fish sauce, palm sugar, peppercorns, lemongrass, shallot, and garlic. Add the pork to the bowl and knead until a cohesive, sticky mass is formed. Refrigerate until chilled.
3. Using a container of cool water to occasionally moisten your hands, form small 1-2 ounce patties of the pork mixture. The patties should have the texture and appearance of raw sausage. Hold the patties covered and cool until the noodle bowls and Nouc Cham are prepared.
4. In a bowl, soak the rice noodles in room temperature water until partially rehydrated. Drain.
5. Bring a large pot of water to a boil. Add the partially rehydrated rice noodles. Boil until tender but still supple, about 1 minute. Drain and rinse in cool water.
6. Divide the noodles into 8 portions while they are still slippery. They will stick together as they sit, but will separate once they are coated with sauce.

7. Arrange the shredded lettuce in the bottom of 8 bowls. Place a portion of the noodles over the lettuce. Top the noodles with a portion of the cucumber, carrot, Shiso leaves, mint, and cilantro. Reserve.
8. Place the reserved pork patties on the preheated grill. Cook until browned on both sides. Divide the patties among the bowls. Sprinkle chopped peanuts over top.
9. Serve with a small ramekin of the Nouc Cham on the side. Encourage diners to pour the sauce over the noodles before eating.

Note: Light brown sugar can be substituted for the palm sugar.

VIETNAMESE DIPPING SAUCE

NUOC CHAM

Yield: about 2 cups

Ingredients	Amounts
Chiles, Thai bird, red and/or green	3 ea.
Garlic clove, minced	2 ea.
Sugar, granulated	4 ½ Tbsp.
Water, warm	1 cup
Lime, juice	4 Tbsp.
Fish sauce	½ cup
Carrots, finely shredded	2 Tbsp.

Method

1. Remove the stem and deseed each chili. Cut 2 of the chiles into thin rings and finely mince the remaining chili. Reserve.
2. In bowl, combine the garlic, sugar, water, lime juice and fish sauce. Whisk until the sugar is dissolved. Add the carrots and reserved chiles. Rest for 10 minutes before tasting and adjusting seasoning.

Note: Depending on your desired level of heat, you may leave some or all of the seeds in the chilis. If expanding this recipe do not automatically increase the chiles in proportion to everything else. Add extra chiles "to taste".

FRIED RICE WITH SAUSAGE

Yield: 6 portions

Ingredients	Amounts
Steamed Jasmine Rice, cooled (Recipe follows)	6 cups
Salt, kosher	as needed
Carrots, medium diced	¼ lb.
Oil, vegetable	3 Tbsp.
Eggs, whole, beaten	3 ea.
Sausage, Chinese, small dice	½ lb.
Onions, ¼-inch diced	1 ea.
Garlic, clove, minced	¼ cup
Scallion (Green onion), sliced	4 ea.
Mushrooms, Shiitake, medium diced	¼ lb.
Pepper, bell, green, small diced	1 ea.
Salt, kosher	1 Tbsp.
Pepper, black, ground	1 tsp.

Method

1. Cook the rice according to the directions in the following recipe and allow it to cool.
2. Bring a pot of salted water to a boil. Blanch the carrots and drain. Transfer the carrots to an ice bath to stop the cooking process and drain. Reserve.
3. Heat the oil in a wok over medium heat. Add the beaten eggs. Cook, while constantly breaking the eggs apart with the wok spatula, until done. Remove the eggs from the wok and reserve.
4. Add the diced sausage to the wok. Cook to melt out the fat. Add the onions, garlic, and scallions. Stir-fry in the rendered fat until aromatic.
5. Add the mushrooms and peppers and cook until tender. Add the blanched carrots and cooked rice.
6. Season with the salt and pepper. Stir-fry until rice is hot and begins to turn golden brown.
7. Add the reserved cooked eggs to the wok. Toss to combine.

STEAMED JASMINE RICE

Yield: 6-8 portions

Ingredients

Rice, Jasmine
Water

Amounts

3 cups
6 cups

Method

1. In a saucepan, add the rice and water.
2. Bring the contents to a boil. Stir once, cover saucepan, and reduce the heat to low. Simmer for 20 minutes.
3. Remove the saucepan from the heat. Let the rice rest while covered for 10 minutes.
4. Fluff gently with a fork or wooden spoon.

ROASTED GARLIC NAAN WITH CUCUMBER RAITHA AND MANGO CHUTNEY WITH PISTACHIOS

Yield: 10 large pieces

Ingredients	Amounts
Garlic, fresh, whole head	10 ea.
Ghee, melted	as needed
Water, warm	1 ½ cups
Yogurt, whole	¾ cup
Flour, all-purpose	2 lb.
Salt, kosher	2 tsp.
Black onion seeds	2 tsp.
Baking powder	1 Tbsp.
Yeast, freeze dried	¼ wt. oz.
Oil, vegetable	as needed
Salt, kosher	as needed
Cucumber Raita (Recipe follows)	1x recipe
Mango Chutney with Pistachios (Recipe follows)	1x recipe

Method

1. Preheat the oven to 350°F.
2. For the roasted garlic, split garlic heads in half around their widest part (*equator*). Wrap each half in foil and place them into a shallow roasting pan. Drizzle ghee over the garlic to lightly coat. Cover the pan with foil and roast in the preheated oven until the garlic is very soft and slightly caramelized.
3. Squeeze roasted garlic pulp from the skins into a bowl and allow it to cool. Strain enough ghee into the bowl to form a paste with the garlic when mixed.
4. In a small mixing bowl, combine the water, yogurt, and the garlic and ghee mixture. Reserve.
5. In a separate small mixing bowl, combine the flour, salt, onion seeds, baking powder and yeast. Transfer the mixture to the bowl of an electric mixer.
6. In the electric mixer using a paddle attachment, at low speed, gradually add the yogurt mixture into the flour mixture. Mix until combined. Switch to a hook attachment and continue kneading for 5 minutes.
7. Place the dough into a clean bowl and cover with plastic wrap. Place the covered dough in a warm (not hot) place and allow it to double in size, 30 to 60 minutes.

8. Remove the dough from bowl and divide it into 10 or 20 even pieces. Shape each piece into a ball. Place each shaped piece on a lightly oiled piece of parchment paper on a sheet tray.
9. Lightly coat each piece with ghee. Cover and allow it to double in size.
10. Preheat a deck oven to 425°F.
11. Make a ball from several layers of kitchen towels tied at one end with string. Reserve
12. Flatten the dough pieces to about ¼-inch thickness. Place the flattened dough piece over towels and hold in place using the thumb of the hand holding the towels. Paint the upward facing surface of the flattened dough with a thin layer of ghee and then turn over so that ghee side is facing down on the towel.
13. Bake in the preheated oven until golden brown and puffed, about 10 minutes.
14. Brush the hot naan with ghee and sprinkle with salt.
15. Serve immediately with the Cucumber Raitha and Mango Chutney with Pistachios

Note: Melted butter can be substituted for the melted ghee.

You can also bake the naan using the **tandoori oven method:** Working quickly, reach into the tandoori oven and firmly press the dough onto the wall of the oven. Use a rolling motion as you press against the oven wall to help ensure that the dough sticks. When the dough puffs and begins to brown and blister on the out-facing surface, use the tandoor tools - hook and "spatula" - to peel the bread off of the oven wall and retrieve it from the oven.

Source: Chef Michael Pardus

CUCUMBER RAITHA

Yield: 1 quart

Ingredients

Amounts

Yogurt, whole	1 qt.
Cucumbers, peeled, seeded, small diced	2 ea.
Salt, kosher	to taste

Method

1. Wrap the yogurt in cheesecloth and drain overnight in the refrigerator.
2. On the day of service, add the diced cucumbers. Season with salt to taste. Mix to combine thoroughly.

Note: Raitha is a cooling agent served with very hot Indian food.

MANGO CHUTNEY WITH PISTACHIOS

Yield: 6 portions

Ingredients	Amounts
Mangoes, firm, ripe	3 ea.
Sugar, granulated	1 cup
Vinegar, white, distilled	¼ cup
Pepper, chili, jalapeño, red	2 ea.
Cloves, crushed	3 ea.
Bay leaves, whole	2 ea.
Cinnamon, stick	1 ea.
Cardamom, crushed	1 ea.
Ginger, thinly sliced 2-inch pieces	⅛ cup
Pistachios	¼ cup
Currants, red, dried	½ cup

Method

1. Peel, de-pit, and medium dice the mangoes.
2. In a saucepan, place the sugar and vinegar. Caramelize until the sugar is melted and golden brown in color.
3. Add the chile, cloves, bay leaves, cinnamon, cardamom, and ginger. Cook while stirring for 15 seconds.
4. Add the mangoes and mix well. Let it simmer until mangoes release their juice. Increase the heat slightly and cook for 5 to 6 minutes.
5. Add the pistachios and currants. Stir to combine. Remove the cinnamon stick.
6. The chutney is ready to serve or refrigerate for later use.

Note: Black currants can be substituted for the red currants.

SPICY LENTILS

DAL SAMBAR

Yield: 8-10 portions

Ingredients	Amounts
Asafoetida, whole	½ tsp.
Fenugreek (methi), whole	½ tsp.
Cumin, seeds	1 tsp.
Channa dal	1 Tbsp.
Urad dal, black	1 Tbsp.
Peppercorn, black	½ tsp.
Coriander, seeds	2 Tbsp.
Turmeric powder	1 tsp.
Chile, red, dried, crushed	1 Tbsp.
Coconut, grated	½ cup
Curry leaf	1 ea.
Oil, vegetable	as needed
Toor dal, rinsed	1 ½ lb.
Water	1 qt.
Oil, vegetable	2 tsp.
Mustard, seeds	½ tsp.
Fenugreek	½ tsp.
Cumin	½ tsp.
Chile, red, dried, halved	3 ea.
Onions, medium diced	2 cups
Tamarind, pulp	2 Tbsp.
Tomatoes, peeled, seeded, chopped	4 ea.
Salt, kosher	as needed
Cilantro, leaves	¼ cup

Method

1. In a dry pan, toast the asafoetida, fenugreek, cumin, channa dal, urad dal, peppercorn, coriander seeds, turmeric, and dried red chiles until aromatic. Add the grated coconut and curry leaf. Toast until golden brown.
2. In a spice mill or blender, finely grind the toasted spice mixture.
3. Heat enough oil in a pot to barely coat the bottom. Add the ground toasted spices and heat gently until aromatic.

4. Add toor dal and water. Simmer until the dal are very tender. Add more water if needed to keep the pot from scorching on the bottom. When the dal are tender, remove the pot from the heat. Keep covered and reserve warm.
5. For the tempering, in a small, heavy frying pan, heat the oil. Add the mustard, seeds, fenugreek, cumin, and dried red chile. Fry until the mustard seeds splutter. Add the onions and fry until tender and a pale golden color is achieved. Reserve.
6. Into a separate pan, add the tamarind and tomato. Cook until the tart flavor of the tamarind mellows.
7. Add the tamarind, tomatoes, and reserved tempering to the reserved dal. Season with salt as needed.
8. If the dal are too wet, Simmer briefly to reduce. Season with salt as needed.
9. Serve with garnished with the cilantro.

Note: Channa dal can be substituted for the toor dal.

BENGAL FRAGRANT FISH CURRY WITH BASMATI RICE PILAF

MAACH BHAJA

Yield: 6 portions

Ingredients	Amounts
Mackerel, fillet	1 ½ lb.
Mustard, powder	1 tsp.
Cumin, ground	1 tsp.
Turmeric, ground	½ tsp.
Cayenne, ground	½ tsp.
Oil, mustard (Divided)	2 ½ Tbsp.
Onions, thinly sliced	1 cup
Garlic, clove, sliced	1 Tbsp.
Chiles, green, shredded	1 Tbsp.
Tomatoes, peeled, chopped	2 cups
Salt, kosher	to taste
Lemon, juice, fresh	1 Tbsp.
Cilantro, leaves and stems, chopped	¼ cup
Basmati Rice Pilaf (Recipe follows)	1x recipe

Method

1. Place the fillets on a plate. Sprinkle with the mustard, cumin, turmeric, and cayenne. Rub the spices all over both sides of the fish.
2. Heat 1 tablespoon of the mustard oil in a large heavy nonstick sauté pan over high heat. Let the oil smoke for a minute to rid it of its pungency. Add the fish and sauté, turning once, until seared, about 1 minute. Transfer to a plate. Reserve.
3. Reduce heat to medium. Add the onions, garlic, chiles and the remaining oil. Cook, stirring occasionally, until the onions begin to brown. Add the tomatoes, along with the accumulated juices. Season with salt to taste. Continue to cook until the sauce thickens slightly, about 5 minutes.
4. Add the reserved fish fillets. Cook until the sauce is bubbling, and the fish is heated through, about 4 minutes.
5. Transfer the fish and the sauce to a heated platter. Sprinkle with lemon juice and cilantro. Serve accompanied by the Basmati Rice Pilaf.

Note: Vegetable oil can be substituted for the mustard oil.

Source: Adapted from *Classic Indian Vegetarian and Grain Cooking*, by Julie Sahni

BASMATI RICE PILAF

Yield: 6 portions

Ingredients	Amounts
Rice, Basmati	1 ⅓ cups
Ghee	2 Tbsp.
Shallots, minced	2 Tbsp.
Water, hot	2 cups
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Using a strainer, rinse the rice under cold water until the water runs clear. Drain well.
2. Heat the ghee in a heavy-gauge pot over medium heat. Add the shallots and sweat, stirring frequently, until translucent, about 5 to 6 minutes.
3. Add the rice and sauté, stirring frequently, until coated with the ghee and heated through, 2 to 3 minutes.
4. Add the hot water to the rice. Bring to a simmer, stirring the rice to prevent it from clumping together or sticking to the bottom of the pot.
5. Season with salt and pepper to taste. Cover the pot and simmer on the stovetop until the grains are tender to the bite and have absorbed all liquid, about 15 to 20 minutes. Allow the rice to rest for 10 minutes.
6. Fluff the rice with a fork and serve in a heated bowl.

Note: Rice pilaf can also be baked in the oven at 350°F until the rice is tender to the bite and all the liquid is absorbed.

PORK VINDALOO WITH YELLOW RICE

Yield: 6 portions

Ingredients	Amounts
Clove, ground	½ tsp.
Cardamom, ground	½ tsp.
Cinnamon, ground	1 ½ tsp.
Cumin, seed	1 ½ Tbsp.
Garlic, clove	10 ea.
Ginger, peeled, sliced	¼ cup
Turmeric, ground	1 Tbsp.
Coriander, seed	3 Tbsp.
Methi, seeds	¾ Tbsp.
Chiles, red, dried, whole	4 wt. oz.
Vinegar, palm	1 ⅛ cups
Sugar, granulated	¼ cup
Tamarind, pulp, strained	½ cup
Salt, kosher	¼ cup
Turmeric, ground	1 tsp.
Red chile powder	2 tsp.
Sugar, granulated	2 Tbsp.
Vinegar, palm	⅓ cup
Pork, butt, cut into 1-inch cubes	3 lb.
Oil, vegetable	2 Tbsp.
Onion, large dice	1 ea.
Tomato, paste	2 Tbsp.
Water	as needed
Salt, kosher	to taste
Vinegar, palm	to taste
Yellow Rice (Recipe follows)	1x recipe

Method

1. For the spice paste, in a mixing bowl, combine the clove, cardamom, cinnamon, cumin, garlic, ginger, turmeric, coriander, methi, dried red chiles, palm vinegar, sugar tamarind pulp, and salt. Cover and refrigerate for one day.
2. The following day, purée mixture in blender to make a coarse paste. Reserve.

3. For the marinade, in a large bowl, combine the turmeric, red chili powder, sugar, and palm vinegar. Add the cubed pork butt and fully coat with the marinade. Allow it to marinate for 1 hour in the refrigerator.
4. Heat the oil in a heavy gauge pot over medium high heat. Add the onions and fry until golden brown.
5. Add 1 cup of the reserved spice paste. Fry until the mixture is aromatic.
6. In a small bowl, combine the tomato paste and water. Add the tomato mixture to the pot. Cook until most of the water is evaporated and the paste begins to fry again.
7. Add the reserved marinated pork cubes and stir to combine with the paste.
8. Reduce the heat to low and cover the pot. Simmer until the meat is fork tender. Be sure to stir occasionally to ensure that the meat does not scorch or burn. Add water as needed.
9. Remove the excess grease from the surface. Season with salt, the reserved spice paste, and vinegar to taste.
10. Serve hot with the Yellow Rice.

Note: You will not need to use all of the spice paste for this recipe.

Source: Chef Shirley Cheng

YELLOW RICE

Yield: 6 portions

Ingredients	Amounts
Sugar, granulated	1 Tbsp.
Turmeric, dried, ground	½ tsp.
Salt, kosher	1 Tbsp.
Butter, unsalted	1 Tbsp.
Cinnamon, stick	1 ea.
Raisins	1 cup
Lemon, rind, cut into large pieces	1 tsp.
Rice, basmati	4 cups

Method

1. In a large pot, bring 6 cups of water to a boil.
2. Add the sugar, turmeric, salt, butter, cinnamon stick, raisins, and lemon rind and stir until the sugar has dissolved.
3. Add the rice. Cover and simmer for 20 minutes.
4. Remove the cinnamon stick and lemon rind.
5. Fluff the rice with a fork before serving.

INSTANT CUCUMBER KIM CHI

Yield: 6 portions

Ingredients	Amounts
Cucumbers, European	2 ea.
Salt, kosher (Divided)	2 ½ tsp.
Radish, daikon, julienned	1 cup
Garlic, clove, mashed	1 ea.
Scallion (Green onion), finely sliced	2 ea.
Ginger, grated	½ Tbsp.
Korean red pepper powder (<i>Gochugaru</i>)	1 ½ tsp.
Sesame seeds, toasted	1 Tbsp.

Method

1. Cut the cucumbers in half lengthwise. Scoop out the seeds and discard.
2. Cut the cucumbers into thin slices and place them into a colander. Mix with 1 ½ teaspoons of the salt. Reserve for 2 hours to drain.
3. In a bowl, mix the julienned daikon with 1 teaspoon of salt. Let sit for 30 minutes.
4. Gently squeeze out the excess moisture from the cucumbers and daikon.
5. Transfer the cucumber and daikon to a mixing bowl. Add the garlic, scallion, ginger, Korean red pepper powder, and sesame seeds. Toss well to combine.
6. Refrigerate until ready for service.

SOYBEAN SPROUT SALAD

CONG NAMUL

Yield: 6-8 portions

Ingredients	Amounts
Soybean sprouts, rinsed, tails trimmed	1 lb.
Salt, kosher	1 tsp.
Garlic, clove, minced, peeled	2 ea.
Scallion (Green onion), trimmed, chopped	2 ea.
Oil, sesame	2 tsp.
Sesame seeds, toasted	½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a medium bowl, combine the soybean sprouts and the salt.
2. Heat 1-inch of water in a heavy-bottomed pot over medium high heat. Add the salted soybean sprouts. Cover and cook, shaking pot over the flame 3 to 4 times, until steam shoots out from under the lid, about 2 minutes.
3. Drain, transfer to a medium bowl, and reserve to cool.
4. Add the garlic, scallion, sesame oil, and toasted sesame seeds. Season with salt and pepper to taste. Mix well. Cover and refrigerate until chilled.
5. Serve chilled on chilled plates or platter.

BULGOGI WITH SCALLION SALAD

Yield: 8 portions

Ingredients	Amounts
Beef, skirt steak	3 lb.
Sesame seeds, toasted, ground to powder	1 Tbsp.
Garlic, clove, minced	1 Tbsp.
Ginger, minced	3 Tbsp.
Scallion (Green onion), minced	½ cup
Soy sauce, light	½ cup
Sake	¼ cup
Oil, vegetable	1 Tbsp.
Sugar, granulated	1 Tbsp.
Korean red pepper powder (<i>Gochugaru</i>)	1 Tbsp.
Korean red pepper paste (<i>Kochujang</i>)	½ cup
Vinegar, rice	2 Tbsp.
Sugar, granulated	1 Tbsp.
Sesame seeds, toasted, crushed	1 tsp.
Cabbage, Napa, leaf tips, washed, trimmed	24 ea.
Shiso, leaf	24 ea.
Scallion Salad (Recipe follows)	1x recipe
Garlic, clove, 24 slices, ⅛- inch thick blanched	4 ea.

Method

1. Cut the beef into very thin slices (see chef demo).
2. For the marinade, in a large bowl, combine the sesame seeds, garlic, ginger, scallion, soy sauce, sake, vegetable oil, sugar and Korean red pepper powder. Coat the thin beef slices evenly with the marinade. Marinate for 1 hour.
3. Preheat the grill over medium heat.
4. For the sauce, in a small bowl, combine the Korean red pepper paste, rice vinegar, sugar, and sesame seeds. Reserve.
5. Grill the beef on the preheated grill until cooked through. Reserve warm.
6. To assemble Bulgogi, lay out the cabbage leaves. Place a tablespoon of the reserved sauce on each of the cabbage leaves. Place a shiso leaf on top of the sauce. Place about 2 ounces of beef on top of the shiso leaf. Top with the Scallion Salad and a

garlic slice. Wrap each lettuce leaf around the ingredients. Continue until 24 pieces are assembled.

7. Serve immediately on a platter, to be eaten out of hand.

Note: Sesame leaf can be substituted for the Shiso leaf.

SCALLION SALAD

Yield: 8-10 portions

Ingredients	Amounts
Sake	2 Tbsp.
Sugar, granulated	1 tsp.
Sesame seeds, toasted, smashed	1 Tbsp.
Korean red pepper powder (Gochugaru)	2 tsp.
Salt, kosher	1 tsp.
Oil, sesame oil	1 Tbsp.
Oil, peanut	2 Tbsp.
Scallion, (Green onion), thinly cut on the bias into 2-inch strips	16 ea.

Method

1. In a small pot, bring the sake quickly to a boil. Remove from the heat and allow it to cool.
2. For the dressing, in a small bowl, whisk the cooled sake, sugar, sesame seeds, Korean red pepper powder and salt to combine.
3. In a separate small bowl, combine the peanut oil and sesame oil. Slowly drizzle the oils into the sake mixture while whisking constantly.
4. Hold the dressing at cool room temperature until ready to serve.
5. Hold scallion strips separately in a cool and slightly moist container.
6. Toss small batches of scallions and dressing together and serve.

SEAFOOD PORRIDGE

Yield: 8 portions

Ingredients	Amounts
Rice, white, medium-grain	1 lb.
Salt, kosher	as needed
Bok choy	1 lb.
Oil, sesame, dark	3 Tbsp.
Onion, yellow, small diced	1 ½ cups
Carrot, small diced	¼ cup
Stock, fish	1 qt.
Shrimp, peeled, deveined, cut into thirds	9 wt. oz.
Scallops, cleaned, cut into quarters	9 wt. oz.
Squid, cleaned, cut bite sized	9 wt. oz.
Fish sauce	¼ cup
Salt, kosher	to taste
Fish sauce	to taste
Scallions (Green onion), thinly sliced on bias	6 ea.
Oil, sesame, dark	1 Tbsp.

Method

1. Using a fine mesh strainer, rinse the rice until the water runs clear. Add the rinsed rice to a bowl and cover with fresh water. Allow the rice to soak for 1 hour. Drain using a sieve. Allow the rice to dry for 5 minutes. Reserve.
2. Bring a pot of salted water to a boil. Add the bok choy and blanch. Drain, shock in an ice bath, and drain again. Cut into bite size pieces and squeeze to remove any excess water. Reserve.
3. In a large stainless-steel pot, heat the sesame oil over medium high heat. Add the onions and carrots. Cook until tender.
4. Add the rice and stir to combine. Add the fish stock and stir to combine. Bring the liquid to a boil, then reduce to a simmer. Cook until the rice is very soft, about 30 minutes.
5. Add shrimp, scallops, squid and reserved bok choy. Cook briefly until fish is cooked but not rubbery, about 1 minute.
6. Finish with the fish sauce. Season with salt and additional fish sauce to taste.
7. Serve in warm large, deep ceramic bowls. Garnish with scallions and a drizzle of sesame oil.

Source: Chef Michael Pardus

DAY TWO: THE AMERICAS

LEARNING OBJECTIVES

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

- List the culinary regions within the US, Mexico, Central America, South America, and the Caribbean.
- Explain the flavors and spices commonly used in each culinary region.
- List the key ingredients used in each culinary region.
- Explain the common cooking techniques used in each culinary region.
- Describe the popular dishes representative of each culinary region.
- Prepare a variety of dishes representative of these culinary regions using standardized recipes.

INSTRUCTOR DEMONSTRATIONS

- Cooking lobster using the boiling method
- Folding pasteles

DAY TWO: THE AMERICAS

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE – UNITED STATES:

Lobster Rolls

Shrimp and White Cheddar Grits

Yankee Pot Roast with Potatoes and Root Vegetables

Pork and Sausage Jambalaya

TEAM TWO – MEXICO:

Tortilla Chips with Pico de Gallo and Guacamole

Chicken with Green Pumpkin Seed Mole

Salmon with Yellow Mole

Churros with Dulce de Leche

TEAM THREE – SOUTH AMERICA:

Tapioca Cheese Bread

Bori Bori

Brazilian Seafood Stew with Farofa and Brazilian Rice

Grilled Flank Steak with Chimichurri Sauce

TEAM FOUR – CARIBBEAN:

Salt Cod Fish Fritters

Puerto Rican Pasteles

Jamaican Jerk Chicken

Lamb Curry with Dominican Sun Rice and Braised Collard Greens

BONUS RECIPE:

Tea Smoked Salmon with Apricot Compote

LOBSTER ROLLS

Yield: 6 portions

Ingredients	Amounts
Lobster, knuckle and claw meat	1 ½ lb.
Mayonnaise	⅓ cup
Lemon, zest, packed	¼ tsp.
Dill, minced, packed	¼ tsp.
Paprika, ground	⅛ tsp.
Celery, small diced	⅓ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted, melted	6 Tbsp.
Hot dog buns, split top	6 ea.

Method

1. Cook the lobster using the boiling water method (see chef demo). Remove the meat from the shell, discarding the shell. Dice the meat into large chunks. Reserve.
2. In a large bowl, combine the mayonnaise, lemon zest, dill, paprika, and celery. Mix well.
3. Add the lobster meat and gently fold together. Season with salt and pepper to taste.
4. Heat a cast iron skillet over medium heat. Spread 1 tablespoon of butter on the outside of each bun. Open the bun and place the exterior side down on the skillet. Making sure the bun is spread open, weigh it down with another pan. Cook until golden brown, about 1 minute.
5. Divide the lobster mixture evenly between the six buns.

Note: Hoagie rolls can be substituted for the split top hot dog buns.

Source: Adapted from *It's All American Food*, by David Rosengarten

SHRIMP AND WHITE CHEDDAR GRITS

Yield: 6-8 portions

Ingredients	Amounts
Butter, unsalted	2 Tbsp.
Onions, minced	½ cup
Milk, whole	3 cups
Water	3 cups
Grits, hominy, slow cooking	1 ½ cup
Old Bay seasoning	to taste
Cheese, cheddar, white, grated	1 cup
Stock, chicken	as needed
Shrimp, 26/30 count, peeled, deveined	1 ½ lb.
Old Bay seasoning	as needed
Butter, unsalted (Divided)	8 Tbsp.
Beer, amber	⅔ cup
Stock, chicken	1 cup
Worcestershire sauce	1 Tbsp.
Tabasco sauce	2 Tbsp.
Scallion (Green onion), thinly sliced	as needed

Method

1. Preheat the oven to 350°F.
2. For the grits, in a large saucepan over medium-high heat, melt the butter. Add onions and cook until softened and translucent, with no color.
3. Add the milk and water. Bring the liquid to a slow simmer. Gradually add the grits in a thin stream, whisking constantly to prevent lumps from forming. Season to taste with the Old Bay seasoning.
4. Cover with a lid and bake in the preheated oven for 30 to 45 minutes, stirring often. Add a little water to the grits to thin, if necessary.
5. Add the white cheddar cheese to the grits. Cook long enough to melt the cheese. Add a little chicken stock to thin the grits, if necessary. Reserve warm.
6. For the shrimp, blot the them dry and season both sides with Old Bay seasoning.
7. Heat 2 tablespoons of the butter in a large sauté pan over medium high heat. Add the shrimp and sauté until cooked through. Remove from the pan and reserve warm.
8. Add the beer and chicken stock to the hot pan and deglaze, making sure to pick up the brown bits (*fond*) off the bottom of the pan. Add the Worcestershire sauce and Tabasco sauce. Reduce all by three-fourths. Add the remaining 6 tablespoons of butter and the scallions. Cook for 1 minute.
9. To serve, mound the grits on a warm large shallow serving bowl. Arrange the shrimp on top of the grits and spoon sauce over top.

YANKEE POT ROAST WITH POTATOES AND ROOT VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Beef, bottom round, trimmed	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	3 Tbsp.
Onion, chopped	1 ½ ea.
Carrot, chopped	¾ ea.
Celery, stalk, chopped	½ ea.
Tomato paste	¼ cup
Wine, red	1 cup
Bay leaf	1 ea.
Parsley, flat-leaf, sprigs	4 ea.
Thyme, dried	½ tsp.
Peppercorns, black, cracked	½ tsp.
Stock, veal, brown	4 ½ cups
Onions, pearl	36 ea.
Potatoes, new	6 ea.
Turnips, baby	6 ea.
Carrots, baby	12 ea.
Cornstarch	¾ Tbsp.
dissolved in 1 ½ Tbsp. water	

Method

1. Preheat the oven to 350°F.
2. Blot the beef to dry. Season with salt and pepper as needed.
3. Heat the oil over medium-high heat in a large Dutch oven. Place the beef in the oil and sear it until it is deep brown on all sides, including the ends. Transfer the beef to a small sheet pan and keep warm. Reserve.
4. Reduce the heat slightly. Add the onions, carrots, and celery.
5. Sauté, stirring occasionally, until golden brown, 6 to 8 minutes. Add the tomato paste and cook until it turns a deep rust color and gives off a sweet aroma, about 1 minute.
6. Add the wine to the Dutch oven. Stir and scrape the bottom to deglaze the pan and release any drippings. Simmer the wine until it has reduced to ¼ cup. Stir in the bay leaf, parsley, thyme, and peppercorns.

7. Return the beef to the Dutch oven along with any juices it may have released. Add enough stock to come $\frac{2}{3}$ up the meat. Bring to a gentle simmer over medium to low heat.
8. Cover the pot and braise the beef in the preheated oven for about 1 $\frac{1}{2}$ hours, turning occasionally to keep it evenly moistened.
9. Bring a pot of salted water to a boil. Add the pearl onions and blanch for 1 minute. Drain the onions and rinse in cool water until they can be handled. Remove the onions from their skins.
10. Remove the Dutch oven from the oven and add the potatoes, turnips, carrots, and blanched pearl onions. Return to the oven and braise until the beef is fork tender and the vegetables are fully cooked, 35 to 45 minutes.
11. Transfer the beef, potatoes, turnips, baby carrots, and pearl onions to a hotel pan. Moisten with some of the cooking liquid. Reserve warm.
12. For the sauce, strain the cooking liquid into a saucepan. Simmer until it has reduced by about half. Season with salt and pepper to taste.
13. Add the cornstarch slurry and simmer for another 15 minutes until the sauce forms a smooth, thick gravy.
14. Slice the beef across the grain and serve on a heated platter, accompanied by the sauce and vegetables.

PORK AND SAUSAGE JAMBALAYA

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	3 Tbsp.
Sausage, andouille sliced	$\frac{3}{4}$ lb.
Pork, loin, cut into 1-inch cubes	1 $\frac{1}{4}$ lb.
Onions, diced	1 $\frac{1}{2}$ cups
Celery, diced	$\frac{3}{4}$ cup
Pepper, bell, green, diced	$\frac{3}{4}$ cup
Garlic, clove, minced	$\frac{1}{4}$ cup
Paprika, ground	2 tsp.
Bay leaf	1 ea.
Cayenne, ground	$\frac{1}{8}$ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Stock, chicken	4 cups
Mushrooms, white, sliced	$\frac{3}{4}$ cup
Scallion (Green onion), sliced	$\frac{3}{4}$ cup
Parsley, flat-leaf, leaves, chopped	2 Tbsp.
Tabasco sauce	to taste
Rice, white, long-grain	2 $\frac{1}{2}$ cups

Method

1. Place the oil in a large soup pot over medium heat. Add the sausage and cook until it has browned, and the fat has rendered. Using a slotted spoon, remove the sausage, leaving the fat in the pot. Reserve the sausage.
2. In the same pot, over high heat, add the pork and cook to a deep brown on all sides, about 30 minutes. (It is very important to achieve a dark brown sear on the pork as this is where the Jambalaya will get its dark color.)
3. Add the onions, celery, and bell pepper. Once the vegetables have begun to take on color and caramelize, add the garlic. Continue to cook until the vegetables are well caramelized, stirring frequently to prevent scorching.
4. Add the paprika, bay leaf, and cayenne. Season with salt and black pepper to taste. Cook, stirring constantly, for 1 minute.
5. Add the stock. Bring to a rolling boil, then reduce the heat. Simmer for 15 minutes.
6. Add the mushrooms, scallions, and parsley. Season with salt, pepper, and Tabasco sauce to taste.
7. Add the rice and stir to prevent the rice from clumping or sticking to the bottom of the pot. Cook over low heat for 30 to 45 minutes, stirring occasionally. Serve hot.

Source: Adapted from *The Evolution of Cajun & Creole Cuisine*, by Chef John D. Folse

TORTILLA CHIPS WITH PICO DE GALLO AND GUACAMOLE

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	as needed
Tortilla, corn	8 ea.
Salt, kosher	as needed
Pico de Gallo (Recipe follows)	1x recipe
Guacamole (Recipe follows)	1x recipe

Method

1. Preheat the oil in the deep fryer 350°F.
2. Cut the tortillas into sixths.
3. Working in batches, add the tortilla pieces a few at a time to the fryer. Fry, stirring continuously until crisp, about 3 minutes.
4. Remove the chips from the oil and drain well on paper towels. Season lightly with salt as needed. Repeat with the remaining tortillas.
5. Serve the chips accompanied by the Pico de Gallo and Guacamole.

PICO DE GALLO

Yield: 2 cups

Ingredients	Amounts
Tomato, small diced	1 lb.
Chile, Serrano, seeded, minced	2 ea.
Onion, small diced	1 cup
Cilantro, chopped	1/2 bu.
Lime, juiced	2 ea.
Oil, olive, pure	2 Tbsp.
Salt, kosher	1 1/2 tsp.

Method

1. In a mixing bowl, combine the tomato, Serrano chile, onion, cilantro, lime juice, oil, and salt Toss well.
2. Let the mixture to sit for at least 1/2 hour to allow the flavors to blend.
3. Serve in a chilled bowl.

GUACAMOLE

Yield: 2 cups

Ingredients	Amounts
Onion, red, small diced	¼ cup
Avocados, peeled, roughly diced	3 ea.
Tomatoes, small diced	⅓ cup
Chile, jalapeño, minced	1 Tbsp.
Cilantro, chopped	2 Tbsp.
Lime, juice	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Tabasco sauce	to taste

Method

1. Soak the red onion in cold water for 20 minutes. Drain and rinse.
2. In a mixing bowl, smash the avocados with a fork to form a rough paste.
3. Add the red onion, tomatoes, jalapeño, cilantro, and lime juice. Mix well.
4. Season to taste with salt, pepper, and Tabasco sauce to taste. Stir to combine.
5. Cover with plastic wrap so the plastic is touching the surface of the guacamole (this will help to prevent browning). Refrigerate until ready to use.
6. Serve in a chilled bowl.

Note: Guacamole can only be stored for up to 8 hours or it will oxidize (turn brown).

CHICKEN WITH GREEN PUMPKIN SEED MOLE

POLLO EN PIPIÁN VERDE

Yield: 6 portions

Ingredients	Amounts
Broth, chicken	as needed
Chicken, breast, poached, skin removed	6 ea.
Sesame seeds	1/3 cup
Peanuts, raw, skinned	1/2 cup
Pumpkin seeds	1 cup
Tomatillo, paper, hull removed	3/4 lb.
Onion, yellow, cut in 1/2	1/2 ea.
Garlic clove, unpeeled	3 ea.
Chile, jalapeño	4 ea.
Lettuce, leaf, green, torn into pieces	12 ea.
Radish leaf, torn into pieces	10 ea.
Hoja Santa, leaf, large, torn into pieces	3 ea.
Oil, vegetable	1/4 cup
Stock, chicken	1 1/2 cups
Salt, kosher	to taste

Method

1. In a large pot, place the chicken breasts in enough chicken broth to cover by 1-inch. Bring the stock to a boil and reduce the heat to a simmer. Cover and simmer the chicken for 5 minutes. Turn the heat off and let the chicken sit in the broth to finish cooking until it reaches room temperature.
2. For the pipián sauce, in a large skillet, dry toast the sesame seeds until golden. Transfer to a bowl. Repeat the procedure with the peanuts and the pumpkin seeds.
3. In a blender, purée the toasted seeds and nuts, adding water as needed to make the purée smooth. Reserve.
4. In a small saucepan, place the tomatillos and cover with water. Bring the water to a boil and simmer until the tomatillos change color, about 10 minutes. Reserve.
5. In a large skillet over medium-high heat, dry-roast the onion, garlic, and jalapeños. Remove the skillet from the heat once the garlic skin begins to brown. Peel the garlic, discard the skin, and add the peeled garlic back to the pan. Remove and reserve 2 of the jalapeños.
6. In a blender, purée the lettuce, radish leaves, hoja santa, and the dry-roasted vegetables. Add enough water to form a smooth purée.
7. Heat 2 tablespoons of the oil in a skillet. Add the vegetable purée and fry until it changes color, about 10 minutes. Add the reserved seed and nut purée.

8. Taste the pipián, there should be a mellow heat. If the pipián is not spicy enough, purée the reserved roasted jalapeño chiles, fry the purée in 2 tablespoons oil, and add to the pipián.
9. Add the chicken stock and stir to combine. Simmer for 30 minutes or until the pipián coats the back of a spoon. Season with salt to taste. Adjust the consistency with additional stock if necessary.
10. Serve the chicken and pipián on a heated platter.

SALMON WITH YELLOW MOLE

MOLE AMARILLO

Yield: 8 portions

Ingredients	Amounts
Chile, ancho, wiped clean, seeds and veins removed	2 ea.
Chile, Guajillo, wiped chiles, wiped clean, seeds and veins removed	12 ea.
Tomato, green	2 ea.
Tomatillos	10 ea.
Onion, white	1 ea.
Garlic, clove, unpeeled	4 ea.
Peppercorns, black	8 ea.
Cloves, whole	4 ea.
Cumin, seeds	1 tsp.
Lard	1 fl. oz.
Stock, chicken (Divided)	16 fl. oz.
Flour, masa harina	½ cup
Cilantro, tied in bundle	½ bu.
Salt, kosher	to taste
Salt, kosher	as needed
Chayotes, peeled, julienned	2 ea.
Beans, green	½ lb.
Oil, olive, pure	as needed
Pepper, black, ground	as needed
Fish, salmon, fillet, skin on, 6 oz. each	8 ea.

Method

1. Preheat the grill over medium heat.
2. For the mole, in a pan over medium heat, gently toast the chiles. Bring a saucepan of water to a boil and remove from the heat. Soak the chiles in the hot water for 15 minutes. Drain and reserve.
3. In a comal over medium heat, dry roast the green tomatoes, tomatillos, and onion until blistered, about 15 minutes. Remove and reserve.
4. In a separate small pan over medium heat, dry roast the garlic until browned. Remove the garlic from the heat and peel, discarding the skin and reserving the flesh.

5. In a small skillet, toast the peppercorns, cloves, and cumin until fragrant. Transfer to a spice grinder and process to a powder. Reserve.
6. In a blender, purée the reserved chiles with enough water to form a smooth paste. Pass the purée through fine mesh sieve. Reserve.
7. In a blender, purée the reserved roasted vegetables with enough water to form a smooth paste. Pass the purée through a fine mesh sieve. Reserve.
8. Heat the lard in a Dutch oven or heavy pot. Add the reserved chile purée and cook until thickened, about 15 minutes. Add the reserved vegetable purée and the reserved ground spices and cook until thickened. Add 2 cups of the stock and continue to simmer.
9. In a small bowl, combine ½ cup of the masa and 1 cup of water. The mixture should be very smooth with no lumps. Add the masa mixture to the Dutch oven in a steady stream, stirring constantly while pouring. Cook the mole for 5 minutes. Add the cilantro and season with salt to taste.
10. Bring a pot of salted water to a boil. Blanch the julienned chayotes. Drain, shock in an ice bath, and drain again. Reserve.
11. Bring a pot of salted water to a boil. Blanch the green beans. Drain, shock in an ice bath, and drain again. Reserve.
12. Season the grill with a layer of oil. Lightly coat the salmon in oil and season with salt and pepper as needed. Place the salmon skin side up until it is well marked by the grill. Rotate the salmon 90° and allow to cook, undisturbed, until cross-hatch marks have been created. Flip the salmon skin side down and grill until the desired doneness is reached (140°F internal temperature for medium).
13. Add the chayote, green beans, and salmon to the mole and simmer until heated through. Remove the cilantro.
14. Serve the salmon, chayote, and green beans with the mole on a heated platter.

CHURROS WITH DULCE DE LECHE

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	as needed
Water	1 ½ cups
Butter, unsalted	12 Tbsp.
Salt, kosher	1 tsp.
Flour, all-purpose flour	1 ½ cups
Eggs, whole	6 ea.
Sugar, granulated	½ cup
Cinnamon, ground	1 ½ tsp.
Dulce de Leche (Recipe follows)	1x recipe

Method

1. Preheat the oil in the deep fryer to 360°F.
2. In a large saucepan, combine the water, butter, and salt and bring to a rolling boil.
3. Reduce the heat to low. Add the flour and stir vigorously until the mixture forms a ball, about 1 minute. Immediately remove from the heat and reserve.
4. In a mixing bowl, combine the eggs and beat until they are smooth and homogeneous. Stir the eggs into the flour mixture until well blended.
5. Spoon the mixture into a piping bag fitted with a large star tip.
6. Pipe 4-inch strips of dough into the hot oil, working in batches. Cook the churros for about 2 minutes on the first side, then flip over and cook until they are golden brown, about 2 minutes more.
7. Remove the churros from the oil and drain briefly on paper towels.
8. In a bowl, combine the sugar and cinnamon. While they are still very hot, roll the churros in the cinnamon-sugar mixture to coat.
9. Serve on a heated platter.

Note: Churros are a popular treat throughout Latin America. They are often served with dips or stuffed with fillings such as cajeta (thickened syrup confection).

DULCE DE LECHE

Yield: about 10 ½ fluid ounces

Ingredients	Amounts
Sweetened condensed milk, 1 can	14 oz.
Rum, light	1 Tbsp.
Vanilla extract	½ tsp.
Salt, kosher	a pinch

Method

1. Peel the label off of the can of sweetened condensed milk. Open the can, leaving the tops of the cans resting on the milk.
2. Put a 6-inch heavy aluminum foil square over the top of the can, pushing down on the center of the foil and running your fingers around the inner and outer rim, so the can is sealed as tightly as possible.
3. Put the can into a large saucepan and fill it with hot tap water, leaving ½-inch of the can above the waterline. Cover the saucepan with a lid. Bring the water to a boil over high heat, then reduce the heat to medium-low. Simmer until the condensed milk forms a deep golden-brown pudding, thick enough for a fork to stand up in on its own, 3 to 3 ½ hours. Add hot water as needed to maintain the water level.
4. Carefully remove the can from the pot and allow it to cool until it can be handled but is still hot.
5. Pour the Dulce de Leche into the bowl of a food processor fitted with a steel blade. Add the rum, vanilla, and salt. Process until smooth, scraping down the bowl once, about 20 seconds. Transfer the mixture to a bowl and cool to room temperature. Wrap and place in the refrigerator to thicken, about 4 hours.

Source: Modern Buffet Presentation, by Carol Murphy Clyne

TAPIOCA CHEESE BREAD

PÃO DE QUEIJO

Yield: 32 small rolls

Ingredients	Amounts
Tapioca starch (<i>Polvilho azedo</i>)	2 lb.
Milk, whole	1 pt.
Salt, kosher	2 ½ tsp.
Butter, unsalted	2 Tbsp.
Eggs, whole	3 ea.
Cheese, Parmesan, grated	2 lb.
Oil, olive, pure	as needed

Method

1. Preheat the oven to 400°F.
2. Place the tapioca starch in a large bowl.
3. In a saucepan, place the milk, butter and salt. Heat until boiling. Pour the boiling mixture over the tapioca starch.
4. Allow the mixture to cool slightly. Rub the meal together with your fingertips until the mixture resembles a coarse meal.
5. Gradually add the eggs, kneading after each addition. Knead the mixture into a smooth dough, adding more milk if needed.
6. Loosely mix the cheese into the dough.
7. With oiled hands, form the dough into small balls.
8. Arrange the balls on an oiled sheet pan spaced about 3-inches apart.
9. Bake the rolls in the preheated oven for 5 minutes and then reduce heat to 350°F and continue to bake until crisp and golden in color, about 15 minutes.

Note: This popular and inexpensive bread, known as Pão de Queijo Brazil or as Chipa, Cuñapé or Pan de Yuca in many Spanish speaking countries of South America can be found at street vendors in many regions of South America. Its unique chewy texture results from the use of Tapioca or Manioc Starch.

Manioc Starch, also known as Tapioca, is the refined starch made from the tuberous root of a shrub known as manioc, cassava or yucca. In Brazilian cuisine it is used in two forms: sweet manioc starch from the fresh manioc juice and sour manioc starch as a by-product of fermented Manioc Juice.

Source: *Street Foods*, by Hinnerk Von Bargaen and the CIA

BORI BORI

Yield: 2 quarts

Ingredients	Amounts
Cornmeal, yellow	1/3 cup
Cheese, Parmesan, grated	1/3 cup
Flour, all-purpose	1/3 cup
Baking powder	1 1/2 tsp.
Salt, kosher	1/2 tsp.
Pepper, black, ground	1/8 tsp.
Egg, whole, lightly beaten	1 ea.
Scallion (Green onion), white part only minced	2 Tbsp.
Oil, canola	3 Tbsp.
Milk, whole	3 Tbsp.
Calona, oil	2 Tbsp.
Beef, shoulder, medium diced	1 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Stock, chicken	2 qt.
Onion, minced	1 1/2 cups
Carrot, small diced	3/4 cup
Celery, small diced	3/4 cup
Garlic, minced	2 tsp.
Stock, chicken	as needed
Bay leaf	1 ea.
Clove, whole	1 ea.
Saffron, threads	3 ea.
Parsley, flat-leaf, leaves, chopped	3 Tbsp.
Cheese, Parmesan, grated	1/4 cup

Method

1. For the dumplings, in a mixing bowl, combine the cornmeal, Parmesan, flour, baking powder, salt, pepper, egg, scallions, oil, and milk. Cover the batter and let it rest for at least 45 minutes before shaping and cooking the dumplings.
2. Heat 1 tablespoon of the oil in a soup pot over medium-high heat. Season the beef with salt and pepper as needed. Add the seasoned beef to the hot oil and sear until well browned, 7 to 8 minutes.

3. Add the chicken stock and simmer over low heat until the beef is tender, about 1 hour. Transfer the beef to a plate and reserve. Strain the stock through a fine sieve and reserve.
4. Return the soup pot to medium-high heat. Add the remaining oil and heat over medium-high heat. Add the onion, carrot, and celery. Sauté, stirring frequently, until the onion is tender and translucent, 8 to 10 minutes. Add the garlic and sauté until aromatic.
5. Add the reserved strained stock and additional chicken stock, if needed, to make 8 cups. Bring the stock to a simmer and add the bay leaf, clove, and saffron threads. Simmer until the vegetables are tender and the broth is flavorful, about 30 minutes. Remove the bay leaf and clove. Discard. Return the reserved beef to the soup.
6. To form the dumplings, pinch off small pieces of the reserved dough (about 1 teaspoon) and roll them into balls. Add the dumplings to the soup and simmer until the dumplings are cooked through, 20 to 25 minutes. Stir in the parsley and season with salt and pepper to taste.
7. Serve immediately in a warm bowl, accompanied by the Parmesan cheese.

BRAZILIAN SEAFOOD STEW WITH FAROFA AND BRAZILIAN RICE

MOQUECA DO FRUTOS DEL MAR

Yield: 8 portions

Ingredients	Amounts
Lobster, tails, fresh, 4 oz. each	4 ea.
Water	1 cup
Oil, Dendê	3 Tbsp.
Onions, medium, finely chopped	2 cups
Pepper, bell, green, small, seeded, finely chopped	1 ea.
Pepper, bell, red, small, seeded finely chopped	1 ea.
Garlic clove, minced	2 ea.
Tomatoes, large, ripe but firm, peeled, seeded, finely chopped	1 lb.
Parsley, flat-leaf, leaves, minced	¼ cup
Coconut milk, well-stirred, canned, unsweetened	1 cup
Malagueta pepper sauce	to taste
Flour, manioc	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	¼ tsp.
Oil, olive, pure	3 Tbsp.
Shrimp, large, peeled, deveined	16 ea.
Fish, cod, fillets, firm, cut into 1-inch pieces	1 ½ lb.
Flour, all-purpose	as needed
Crab meat, lump, picked over for shells and cartilage	12 wt. oz.
Squid, cleaned, sliced ½-thick,	1 lb.
Scallion (Green onion), white and 1-inch of the green, chopped	½ cup
Cilantro, leaves	¾ cup
Farofa (Recipe follows)	as needed
Brazilian Rice (Recipe follows)	1x recipe

Method

1. Cut each lobster tail into 4 slices. With a small knife, loosen the flesh so it is easier to remove from the shell when eating.
2. Bring a small saucepan of water to a boil. Add the lobster and cook for 3 minutes. Drain the lobster, reserving the liquid. Strain the liquid and reserve.
3. For the sauce, heat the Dendê oil in a large skillet over medium heat. Add the onions, bell peppers, and garlic. Cook, stirring a few times, for about 5 minutes. Add the tomatoes, parsley, coconut milk, and Malagueta pepper sauce to taste. Stir in manioc flour to thicken the sauce. Cover and simmer for 15 minutes. Season with salt to taste and stir in the black pepper. Reserve.
4. In another large skillet, heat the oil over medium heat. Add the shrimp and cook, while stirring, until the shrimp just turns pink. Remove with a slotted spoon and reserve.
5. Place enough flour in a bowl for dredging, replenishing as needed. Lightly dredge the cod in the flour, tapping off any excess.
6. Place the dredged cod in the skillet and cook on both sides for a couple of minutes until lightly colored. Add the sauce and bring it to a boil. Reduce the heat to medium-low, and simmer for 5 minutes.
7. Add the crab meat, squid and the reserved lobster and shrimp. Cook only until heated through. If the sauce is too thick, add some of the reserved broth from cooking the lobster. There should be enough sauce just to coat the seafood; this is not a soupy stew. Season with salt and Malagueta pepper sauce to taste.
8. Ladle into heated bowls or soup plates, each garnished scallions and cilantro.
9. Serve with the Brazilian Rice and Farofa on the side.

Note: Tabasco sauce can be substituted for the malagueta pepper sauce. Any other firm white fish can be substituted for the cod. Frozen lobster and squid rings can be substituted for the fresh lobster and squid rings.

Source: Almir Da Fonseca, as presented at the 2014 Latin Flavors, American Kitchens conference.
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FAROFA

Yield: 8-10 portions

Ingredients

Amounts

Oil, Dendê

2 Tbsp.

Flour, manioc, coarse

1 cup

Method

1. Heat the dendê oil in a large skillet. Add the manioc flour.
2. Gently toast the manioc flour for 5 minutes over a low heat. Reserve.

BRAZILIAN RICE

Yield: 6 portions

Ingredients	Amounts
Rice, white, long-grain	2 cups
Butter, unsalted	4 Tbsp.
Onions, minced	¼ lb.
Garlic, cloves, minced	2 ea.
Cloves, whole	2 ea.
Water, hot	3 cups
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat the oven to 350°F.
2. Place the rice in a China cap and rinse under cold water until the water runs clear. Drain the rice well. Reserve.
3. In a medium saucepan, heat the butter over medium heat. Add the onions and garlic. Sauté until the onion is translucent, about 5 minutes.
4. Add the rice, stirring constantly, until the rice has absorbed the butter and the grains are translucent. Add the whole cloves and hot water. Season with salt and pepper as needed. Heat until simmering.
5. Cover the pan and bake in the preheated oven until the rice is tender, about 15 minutes.
6. Allow it to stand for 5 minutes while covered until all the moisture is absorbed.

GRILLED FLANK STEAK WITH CHIMICHURRI SAUCE

Yield: 6 portions

Ingredients	Amounts
Garlic, cloves, minced	2 Tbsp.
Salt, kosher	2 Tbsp.
Vinegar, wine, red	¼ cup
Oil, olive, extra-virgin	2 Tbsp.
Shallot, finely chopped	¼ cup
Scallion (Green onion), finely chopped	¼ cup
Chile, aji, seeds and veins removed, minced	½ ea.
Oregano, leaves chopped	1 cup
Parsley, flat-leaf, leaves, chopped	1 cup
Beef, flank steak, trimmed	2 ¼ lb.
Oil, olive, pure	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. For the chimichurri, on a cutting board, combine the garlic and salt into a paste by mashing it using the broad side of a chef knife. Transfer the garlic paste to a non-reactive mixing bowl.
2. Add the vinegar, olive oil, shallot, scallion, chile, oregano, and parsley. Stir to combine. Allow the flavors to combine for at least 24 hours.
3. Preheat a gas grill to medium-high, leaving one burner off. Clean the cooking grate.
4. Lightly coat the flank steak with the oil. Season with salt and pepper as needed.
5. Place the steak on the grill until the meat is well marked by the grill. Rotate the meat 90° and allow to cook, undisturbed, until cross-hatch marks have been created. Turn the meat over and finish grilling to the desired temperature.
6. Remove the steak from the grill and allow it to rest, tented, for 10 minutes before slicing thinly across the grain.
7. Serve the sliced beef on a heated platter, topped with the Chimichurri Sauce.

Note: 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.

SALT COD FISH FRITTERS

Yield: 6 portions

Ingredients	Amounts
Fish, salt cod, boneless	1 lb.
Oil, vegetable	as needed
Oil, vegetable	2 Tbsp.
Garlic, clove, chopped	4 ea.
Pepper, bell, red, small diced	1 ea.
Pepper, bell, green, small diced	1 ea.
Onion, small diced	½ cup
Flour, all-purpose	1 ½ cups
Baking powder	2 tsp.
Water	1 cup
Chives, chopped	¼ bu.
Scallion (Green onions), green only, sliced on bias	¼ bu.
Pepper, black, ground	2 tsp.

Method

1. Soak the salt cod in fresh cold water, refrigerated, for at least 24 hours, changing the water 3 times during that period. After the 24 hours, taste the salt cod. If it is still very salty, place it in a saucepan and add enough water to cover. Bring it to a bare simmer, changing the water often, until the saltiness is acceptable. Flake the cod finely and reserve.
2. Heat the oil in the deep fryer to 350°F.
3. To make the sofrito, heat the oil in a skillet over medium heat. Add the garlic, peppers, and onion. Sauté until they are soft and golden. Remove from the heat and allow it to cool.
4. Into a mixing bowl, sift together the flour and baking powder. Add the water and mix thoroughly, breaking up any lumps. Fold in the chives, scallions, black pepper, sofrito and reserved flaked cod.
5. Into the preheated fryer, carefully drop 1 tablespoon of the batter for each fritter, turning as necessary, until golden brown. Drain on paper towels.
6. Serve on a heated platter.

PUERTO RICAN PASTELES

Yield: 6 portions

Ingredients	Amounts
Lard	½ lb.
Achiote, paste	2 wt. oz.
Pork, shoulder, just meat, medium dice	1 lb.
Orange, Seville, juiced	2 ea.
Garlic, clove, minced	1 ea.
Oregano, dried	1 tsp.
Chile, aji dulce, minced	2 ea.
Cilantro, leaves, minced	2 ea.
Salt, kosher	1 tsp.
Pork, Virginia ham, small diced	½ lb.
Pepper, bell, green, small diced	½ ea.
Onion, white, minced	½ ea.
Raisins, black	⅔ cup
Chickpeas, canned	½ lb.
Olive, green, pimento stuffed, sliced	½ cup
Capers, chopped	1 Tbsp.
Malanga, white (<i>yautia blanca</i>)	1 lb.
Malanga, yellow (<i>yautia amarilla</i>)	1 lb.
Banana, green (<i>guineos verdes</i>)	3 ½ ea.
Milk, whole, warm	½ cup
Salt, kosher	½ Tbsp.
Banana, leaf	6 ea.
Salt, kosher	as needed

Method

1. Heat the lard in a large saucepan over medium heat. Add the achiote and infuse for 30 minutes. Blend and strain. Reserve.
2. For the stuffing, place the diced pork and orange juice into a bowl. Allow the pork to marinate for 30 minutes.
3. In a food processor, pulse the garlic, oregano, aji dulce, cilantro, 3 tablespoons of the reserved infused lard, and salt until it forms a paste. Add the paste to the bowl with the marinated pork.
4. Add the Virginia ham, bell pepper, onion, raisins, chickpeas, olives, and capers to the bowl. Reserve.
5. For the masa, peel and grate the malangas and bananas.

6. In a food processor, purée the grated malangas and bananas. With the food processor running, slowly stream in the warm milk. Add the rest of the reserved infused lard and the salt. Process to combine. Reserve.
7. To assemble and cook the pasteles, clean and cut the banana leaves into 12- x 12- inch squares. Pass over fire to make them soft.
8. Lay out the leaf. Place about 4 ounces of the reserved masa towards bottom of leaf. Spread it on the leaf evenly and thin.
9. Place about 3 ounces of stuffing on top of layer of the masa and spread lightly.
10. Fold and tie tight with butcher's twine (see chef demo).
11. Bring a large pot of salted water to boil. Cook the pasteles for 1 hour.
12. Serve on a warm platter.

JAMAICAN JERK CHICKEN

Yield: 6 portions

Ingredients	Amounts
Garlic, clove, peeled	3 ea.
Chile, Scotch bonnet, seeded	½ - 1 ea.
Scallion (Green onion), chopped	1 cup
Vinegar, malt	¾ cup
Rum	1 Tbsp.
Salt, kosher	1 ¼ Tbsp.
Thyme, leaf, chopped	1 Tbsp.
Allspice	1 Tbsp.
Nutmeg, fresh, grated	¾ tsp.
Cinnamon, ground	¾ tsp.
Clove, ground	¼ tsp.
Chicken, thighs, bone in, skin on	12 ea.

Method

1. Preheat the grill over medium-high heat and the oven to 350°F.
2. In a food processor, combine the garlic, Scotch Bonnet pepper, scallions, vinegar, rum, salt, thyme, allspice, nutmeg, cinnamon, and cloves. Process until a purée is formed.
3. Brush the purée thickly over the chicken thighs. Allow the chicken to marinate for 1 to 2 hours.
4. Grill the chicken skin side down on the preheated grill until the fat renders and the skin starts to brown. Flip the thighs over and sear on the other side.
5. Place the chicken thighs skin side up on a sheet pan or baking dish. Finish cooking the chicken in the preheated oven until cooked through, basting as needed, 7 to 10 minutes.

Note: Scotch bonnets are the traditional choice for chiles in jerk seasoning.

LAMB CURRY WITH DOMINICAN SUN RICE AND BRAISED COLLARD GREENS

Yield: 6 portions

Ingredients	Amounts
Lamb, top round, boneless, 2-in. diced	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	3 Tbsp.
Onion, small diced	1 cup
Garlic, clove, minced	5 ea.
Curry powder	1 ½ Tbsp.
Tamarind, paste	1 Tbsp.
Wine, white, dry	2 cups
Stock, veal, brown	2 cups
Potato, peeled, med. diced	3 cups
Squash, acorn, peeled, med. diced	1 cup
Chayote, pit removed, med. diced	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lemon, juice, fresh	2 Tbsp.
Dominican Sun Rice (Recipe follows)	1x recipe
Braised Collard Greens (Recipe follows)	1x recipe

Method

1. Season the lamb with salt and pepper as needed. Heat 2 tablespoons of the oil in a Dutch oven over medium-high heat. Working in batches if necessary, sear the lamb until well browned on all sides. Remove from the pan and reserve.
2. Add the remaining 1 tablespoon of oil to the pan over medium heat. Add the onions and sauté until soft. Add the garlic and sauté until soft. Add the curry powder and cook, stirring often, for 3 minutes.
3. In a small mixing bowl, combine the tamarind and wine. Add this mixture to the pan and scrape up any brown bits that are stuck to the bottom of the pan.
4. Return the lamb to the pan. Add the stock, potatoes, squash, and chayote. Season with salt and pepper to taste. Simmer gently until the lamb is tender, about 1 hour.
5. Stir in the lemon juice just before serving. Simmer for 2 minutes.
6. Serve the curry in a heated bowl alongside the Dominican Sun Rice and the Collard Greens.

DOMINICAN SUN RICE

Yield: 6 portions

Ingredients	Amounts
Oil, corn	2 Tbsp.
Carrot, grated	1 ea.
Salt, kosher	1 tsp.
Water	1 ½ cups
Stock, chicken	¾ cup
Rice, long-grain, white, rinsed	1 ½ cups
Corn, kernels, frozen, thawed	1 ½ cups
Butter, unsalted, cold	1 Tbsp.

Method

1. Heat the oil in a medium saucepan over medium heat. Add the carrots and salt. Sauté until the carrots begin to soften.
2. Add the water and stock. Bring to a boil and add the rice. Stir to combine. Cover and simmer for about 10 minutes.
3. Add the corn and stir to combine. Cover and simmer for 10 minutes. Use a fork to fluff the rice and gently mix in the butter.
4. Serve the rice in a heated bowl.

BRAISED COLLARD GREENS

Yield: 6 portions

Ingredients	Amounts
Oil, olive, extra-virgin	2 Tbsp.
Pork, bacon, minced	¼ lb.
Onion, minced	1 cup
Garlic, clove, minced	2 ea.
Collard greens, washed, stems removed	2 ¼ lb.
Stock, chicken	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat the oven to 350°F.
2. Heat the oil in a saucepot over medium heat. Add the bacon and sauté until lightly browned and crisp.
3. Add the onions and sauté until softened. Add the garlic and sauté until aromatic.
4. Add the collard greens and chicken stock. Season with salt and pepper to taste. Cover with a lid and braise in the preheated oven for at least 45 minutes.
5. Remove the greens from the pan and reduce the liquid on the stovetop. Add the greens back to the liquid. Adjust the seasoning with salt and pepper to taste.
6. Serve the greens in a heated bowl.

TEA-SMOKED SALMON WITH APRICOT COMPOTE

Yield: 6 portions

Ingredients	Amounts
Fish, salmon, fillet	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Rice, uncooked	1/3 cup
Tea leaves, black	1/4 cup
Sugar, brown	1/2 cup
Star anise	3 ea.
Cinnamon, sticks, broken into small bits	2 ea.
Peppercorns, Szechwan, brown	1 Tbsp.
Apricot Compote (Recipe follows)	1x recipe

Method

1. Preheat the oven to 375°F.
2. Pat the salmon fillets dry. Season with salt and pepper as needed.
3. In a bowl, combine the uncooked rice, tea leaves, sugar, anise, cinnamon sticks, and peppercorns. Spread the mixture evenly in the bottom of a disposable aluminum pan. Set a rack over the mixture and top with a second disposable aluminum pan, inverting it to make a domed lid. Put this assembly over direct heat on a burner until you can smell the smoke.
4. Remove the lid and place the salmon on the rack, working in batches as necessary to avoid overcrowding.
5. Replace the lid and pan-smoke the salmon for 5 minutes.
6. Transfer the salmon to a baking sheet and finish cooking in the preheated oven to the desired degree of doneness.
7. Serve the salmon heated platter accompanied by the Apricot Compote.

APRICOT COMPOTE

Yield: 6 portions

Ingredients	Amounts
Apricots, dried, small diced	5 Tbsp.
Brandy	¼ cup
Butter, unsalted	1 ½ Tbsp.
Shallots, minced	1 ½ Tbsp.
Ginger, minced	1 ½ Tbsp.
Vinegar, wine, rice	3 Tbsp.
Wine, white	¼ cup
Jam, apricot	⅓ cup

Method

1. In a bowl, soak the apricots in the brandy for 30 minutes. Drain and reserve the brandy and apricots separately.
2. Heat the butter in a small saucepan over medium-high heat. Add the shallots and ginger. Sauté until translucent.
3. Add the apricots and sauté for 2 minutes.
4. Remove the pan from the flame, add 2 tablespoons of the reserved brandy. Tilt the pan by the flame to ignite the brandy. Allow the brandy to burn out. Reduce until it is almost dry.
5. Add the vinegar and simmer until almost dry. Add the wine and simmer until reduced by half. Add the apricot jam and simmer for 10 to 15 minutes.
6. Reserve warm.

DAY THREE:

EUROPE AND THE BRITISH ISLES

LEARNING OBJECTIVES

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

- List the countries who have the main culinary influence within Western Europe, Central Europe, Eastern Europe, Northern Europe, and the British Isles.
- Explain the flavors and spices commonly used in each country.
- List the key ingredients used in each country.
- Explain the common cooking techniques used in each country.
- Describe the popular dishes representative of each country.
- Prepare a variety of dishes representative of these countries using standardized recipes.

INSTRUCTOR DEMONSTRATIONS

- Using a spätzle maker

DAY THREE: EUROPE AND THE BRITISH ISLES

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE – EASTERN EUROPE:

Potato Latkes

Potato and Cheddar Pierogi

Hungarian Goulash

Polish Stuffed Cabbage

TEAM TWO – CENTRAL EUROPE:

Classic Cheese Fondue

Braised Red Cabbage

German Egg Noodles

Swiss-Style Veal in Cream Sauce

TEAM THREE – WESTERN EUROPE:

Endive and Mesclun with French Vinaigrette

Sautéed Chicken Breast with Spinach and Mornay Sauce

Potato and Cauliflower Duchesse

Trout in Green Sauce

TEAM FOUR – BRITISH ISLES:

Oven-Roasted Root Vegetables

Shepherd's Pie

Beer-Battered Fish and Chips

Sticky Toffee Pudding with Chantilly Cream

POTATO LATKES

Yield: about 20 latkes

Ingredients	Amounts
Potato, russet, large, peeled	4 ea.
Onion, yellow, small	1 ea.
Egg, whole, beaten	2 ea.
Matzo, meal	¼ cup
Flour, all-purpose	2 - 3 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Oil, vegetable	as needed
Sour cream	1 cup
Applesauce, prepared	1 cup

Method

1. Preheat the oven to 200°F.
2. Using a box grater or a mandolin, coarsely grate the potatoes and onion. Squeeze the excess moisture from the potato and onion mixture and place into a large bowl.
3. Add the beaten eggs, matzo meal, and flour. Mix to combine. Allow this mixture to rest for 10 minutes. Season with the salt and pepper. Stir to combine.
4. Heat about ¼ inch of oil to 350°F in a large skillet over medium-high heat. Form the latkes into cakes about 2 ½- inches in diameter.
5. Fry the latkes in batches in the hot oil for 2 to 3 minutes on each side until golden brown and crisp. Drain on paper towels and keep warm in the preheated oven. Repeat until all the latkes are cooked.
6. Serve the latkes on a heated platter, accompanied by the sour cream and applesauce.

POTATO AND CHEDDAR PIEROGI

Yield: 6 portions

Ingredients	Amounts
Water	½ cup
Flour, semolina	1 ⅔ cups
Flour, all-purpose	2 cups
Eggs, whole	4 ea.
Salt, kosher	1 Tbsp.
Salt, kosher	as needed
Potato, russet, scrubbed, peeled, large cuts	3 lb.
Egg, yolks	3 ea.
Cheese, cheddar, grated	2 cups
Scallion, (Green onion), thinly sliced	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Nutmeg, freshly grated	to taste
Egg, whole	1 ea.
Milk, whole	2 Tbsp.
Butter, unsalted, clarified	⅓ cup
Butter, unsalted	⅔ cup
Salt, kosher	to taste
Pepper, white, ground	to taste
Sage, chiffonade	1 Tbsp.
Sour cream	1 cup

Method

1. For the dough, in a stand mixer fitted with a dough hook, place the water, flours, eggs, and salt. Mix at medium speed until the dough forms a smooth ball, 3 to 4 minutes. Divide the dough into 4 sections. Knead each section on a floured surface until the dough is barely tacky. Cover with plastic wrap and allow it to rest for at least 20 minutes.
2. For the filling, bring a pot of salted water to a boil. Boil the potatoes until tender, drain, and return to the pot to dry over low heat until no more steam rises from them.

3. Using a food mill, purée the potatoes into a large mixing bowl. Add the egg yolks, cheese, and scallions. Season with salt, pepper, and nutmeg to taste. Chill and reserve.
4. To assemble, roll out the dough using a pasta machine to 1/8- to 1/16-inch thickness. Cut the dough into 2 1/2- inch diameter circles. In a small bowl, lightly mix the egg and milk to form an egg wash. Lightly brush the edges of the dough with the egg wash.
5. Spoon about 1 tablespoon of filling onto the center of each circle. Fold in half to form a half-moon and pinch the edges to seal.
6. Bring a pot of salted water to a boil. Simmer the pierogi until the dough along the sealed edges is fully cooked, 4 to 5 minutes. Drain.
7. Heat the clarified butter in a large sauté pan over medium heat. Add the pierogi and sauté until golden brown on both sides, about 2 minutes per side. Place the pierogi on a heated platter.
8. Pour off the clarified butter and increase the heat to medium-high. Add the whole butter and cook until it reaches a golden-brown color, about 2 minutes. Season with salt and white pepper to taste.
9. Drizzle the butter over the pierogi. Garnish with the sage and sour cream. Serve immediately.

HUNGARIAN GOULASH

Yield: 2 quarts

Ingredients	Amounts
Pork, bacon, minced	½ cup
Beef, shoulder, ½-inch cubes	1 lb.
Onion, yellow, finely diced	2 ea.
Flour, all-purpose	2 Tbsp.
Vinegar, wine, red	2 Tbsp.
Paprika, hot	1 Tbsp.
Tomato, purée	⅔ cup
Stock, brown, veal	1 qt.
 Sachet d'épices	
Caraway, seeds	1 tsp.
Marjoram, dried	1 tsp.
Thyme, dried	1 tsp.
Parsley, flat-leaf, stems	4 ea.
Garlic, cloves, peeled	2 ea.
Bay leaf	1 ea.
Potatoes, russet, ½-inch dice	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Scallion (Green onion), green part only, finely sliced	3 Tbsp.

Method

1. Preheat the oven to 350°F.
2. In a soup pot over medium heat, render the bacon and continue to cook until crispy, 4 to 5 minutes. Remove and reserve the bacon, leaving the rendered fat in the pan.
3. Add the beef to the fat and brown. Remove and reserve the beef with the bacon.
4. Add the onions and sauté over medium-low heat until caramelized, about 45 minutes. Add small amounts of water when necessary.
5. Add the flour. Stir to combine and form a roux.
6. Add the vinegar. Mix until fully blended with the roux.
7. Stir in the paprika and the tomato purée. Mix thoroughly. Continue to simmer for 2 to 3 more minutes. Return the reserved meat to the pan.
8. Add the stock and sachet. Continue to simmer until the meat is almost tender, about 1 hour, skimming as needed.

9. Add the potatoes. Simmer until tender, skimming off any fat that rises to the surface, about 20 minutes. Season to taste with salt and pepper.
10. Serve in a heated bowl, garnished with the scallions.

POLISH STUFFED CABBAGE

Yield: 6 portions

Ingredients	Amounts
Salt, kosher	as needed
Cabbage, savoy, leaf, large	12 ea.
Oil, vegetable	1 ½ Tbsp.
Onion, yellow, small diced	2 ¼ cups
Veal, ground	½ lb.
Pork, ground	½ lb.
Beef, ground	½ lb.
Heavy cream	½ cup
Eggs, whole	2 ea.
Breadcrumbs	1 ¼ cups
Salt, kosher	as needed
Pepper, black, ground	as needed
Nutmeg, ground	as needed
Onion, thinly sliced	1 cup
Carrots, peeled, thinly sliced	½ cup
Celery, thinly sliced	½ cup
Bay leaf	1 ea.
Stock, chicken, hot	3 cups
Tomato Sauce, hot (Recipe follows)	1x recipe

Method

1. Preheat the oven to 350°F.
2. Bring a large pot of salted water to a boil. Add the cabbage leaves and blanch. Drain, rinse in cold water, and drain again. Remove and discard the large vein from each cabbage leaf. Reserve the leaves.
3. Heat the oil in a large sauté pan over medium-high heat. Add the onions and sauté until they have softened and are translucent. Remove from the heat, cool, and reserve.
4. In a mixing bowl, place the ground veal, pork, and beef. Set the bowl over a bowl of ice water. Fold the reserved cooled onions into the ground meat.
5. Add the heavy cream and eggs. Mix by hand until evenly blended. Fold in the breadcrumbs. Season with salt, pepper, and nutmeg as needed.
6. To test the seasoning, make a small patty and pan-fry. Taste and adjust the seasoning of the meat mixture as necessary. Keep the meat mixture chilled until ready to use.

7. For each cabbage roll, dampen a 12 x 12-inch square of cheesecloth. Place the cheesecloth in an 8 fl. oz. round cup. Place 2 cabbage leaves in the cheesecloth lined cup, overlapping the leaves so that there are no open spaces. Place $\frac{1}{6}$ of the meat in the center of each set of leaves and wrap them around to enclose the filling. Twist the excess cheesecloth to form each roll into a ball. Do not twist too hard or the cabbage leaves will rip. Remove the cheesecloth from the cabbage rolls.
8. Place the onions, carrots, celery, and bay leaf in the bottom of a Dutch oven. Place the cabbage rolls, seam side down, on top of the vegetables. Add enough hot stock to cover the rolls by about one half. Bring to a gentle simmer over medium heat. Cover the pot and transfer to the preheated oven. Cook the cabbage rolls to an internal temperature of 160°F, about 45 to 60 minutes.
9. Transfer the cabbage rolls to a heated platter. Serve accompanied by the Tomato Sauce.

TOMATO SAUCE

Yield: 1 quart

Ingredients	Amounts
Oil, olive, extra-virgin	2 Tbsp.
Onion, yellow, diced	1 cup
Garlic, clove, minced	4 Tbsp.
Tomato, plum, whole, canned crushed by hand	2 ½ lb.
Basil, leaves, chopped	6 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

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

CLASSIC CHEESE FONDUE

Yield: 6 portions

Ingredients	Amounts
Salt, kosher	as needed
Broccoli, florets	½ head
Cauliflower, florets	½ head
Cheese, Emmentaler, grated	½ lb.
Cheese, Gruyère, grated	1 lb.
Cornstarch	2 Tbsp.
Garlic, clove, cut in half	1 ea.
Wine, white, dry	1 cup
Brandy, Kirsch	¼ cup
Salt, kosher	to taste
Pepper, white, ground	to taste
Nutmeg, freshly grated	to taste
Baguettes, cubed	1 ea.
Tomatoes, cherry	1 pt.

Method

1. Bring a large pot of salted water to a boil. Blanch the broccoli and cauliflower florets. Drain, soak in ice water, and drain again. Reserve.
2. In a mixing bowl, toss the Emmentaler, Gruyère, and cornstarch to combine.
3. Rub the inside of a fondue pot with the halved garlic clove.
4. Over medium heat, add the wine and bring to a bare simmer.
5. When bubbles rise to the wine's surface, gradually add the cheese mixture, stirring constantly with a wooden spoon until the cheeses melt and the mixture is smooth.
6. Stir the Kirsch. Season with salt, pepper, and nutmeg to taste.
7. To serve, place the pot over a flame just high enough to keep the fondue bubbling gently. Using long-handled fondue forks, dip the bread, reserved blanched vegetables, and tomatoes into the fondue.

BRAISED RED CABBAGE

Yield: 6-8 portions

Ingredients	Amount
Pork, bacon, rind removed, med. diced	¼ lb.
Onion, yellow, sliced ½-inch	1 ½ cups
Apple, Fuji, peeled, sliced	1 ea.
Cabbage, red, peeled, cored, shredded	2 lb.
Wine, red	⅓ cup
Vinegar, wine, red	⅓ cup
Sugar, brown	⅓ cup
Jelly, currant, red	2 ¼ Tbsp.
Sachet d'épices	
Juniper berries	2 ea.
Clove, whole	1 ea.
Bay leaf	1 ea.
Cinnamon, stick	½ ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a medium-size heavy bottomed pot, cook the bacon over medium heat to render the fat and crisp the meat.
2. Add the onions and cook until translucent, about 5 minutes.
3. Add the apples, cabbage, wine, vinegar, sugar, jelly, and sachet. Season with salt and pepper to taste. Mix to combine thoroughly. Bring the mixture to a simmer, then reduce the heat to low. Cover and braise for 45 minutes to 1 hour.
4. Adjust the seasonings with salt and pepper to taste.
5. Serve on a heated platter.

Note: If necessary, you can bind the red cabbage with a cornstarch slurry.

GERMAN EGG NOODLES

SPÄTZLE

Yield: 6 portions

Ingredients	Amounts
Eggs, whole	4 ea.
Milk, whole	1/3 cup
Water	2/3 cup
Salt, kosher	1/2 tsp.
Pepper, white, ground	1/8 tsp.
Nutmeg, freshly grated	1 pinch
Flour, all-purpose	2 cups
Salt, kosher	as needed
Butter, unsalted	3 Tbsp.
Thyme, leaves	1 Tbsp.

Method

1. In a mixing bowl, combine the eggs, milk, and water. Season with the salt, pepper, and nutmeg. Work in the flour and beat until smooth. Allow the mixture to rest for 1 hour.
2. Bring a large pot of salted water to a boil. Work the dough/batter through a spätzle maker into the simmering water (see chef demo). When the spätzle floats to the top of the pot, remove it with a spider.
3. To serve, heat the butter in a large sauté pan over medium-high heat. Add the spätzle and thyme. Sauté until very hot.
4. Serve on a heated platter.

SWISS-STYLE VEAL IN CREAM SAUCE

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Veal, cutlet, cut into julienne strips	2 ¼ lb.
Butter, unsalted	4 Tbsp.
Onions, diced	1 ½ ea.
Mushrooms, button, sliced	1 lb.
Thyme, leaves	½ tsp.
Wine, white, dry	1 ½ cups
Heavy cream	1 ½ cups
Flour, all-purpose	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, leaves, chopped	1 Tbsp.

Method

1. Heat the oil in a large sauté pan over high heat. Working in batches, add the veal and sauté until well browned on both sides, but not overcooked. Remove and reserve.
2. In the same sauté pan, heat 2 tablespoons of the butter over medium heat. Add the onions and sauté until they are soft and translucent. Add the mushrooms and sauté until the moisture they release while sautéing has evaporated. Add the thyme and sauté until aromatic.
3. Add the wine. Bring to a simmer, scraping any browned bits off the bottom of the pan, and reduce slightly. Add the heavy cream and bring to a simmer.
4. In a small bowl, combine the remaining 2 tablespoons of the butter and the flour. Add this mixture to the sauté pan, stirring occasionally, until thickened.
5. Return the veal, with any juices it may have released, to the pan and continue to simmer until the veal is cooked through. Season with salt and pepper to taste.
6. Serve the veal in a heated bowl, garnished with the parsley.

ENDIVE AND MESCLUN WITH FRENCH VINAIGRETTE

Yield: 6 portions

Ingredients	Amounts
Vinegar, wine, white	2 Tbsp.
Lemon, juice, freshly squeezed	2 Tbsp.
Salt, kosher	1/3 tsp.
Mustard, dry	1/3 tsp.
Oil, olive, pure	1 cup
Pepper, black, ground	a pinch
Parsley, flat-leaf, leaves, minced	1 1/3 tsp.
Chive, snipped	1 1/3 tsp.
Tarragon, minced	1 1/3 tsp.
Endive, Belgian	3 ea.
Mesclun greens	1/2 lb.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a medium size mixing bowl, combine white wine vinegar, lemon juice, salt and dry mustard. Stir to blend thoroughly.
2. Slowly whisk in the olive oil to form a soft emulsion.
3. Add the black pepper, parsley, chive, and tarragon Reserve.
4. Wash and dry the endives and mesclun greens. Place in large bowl. Add the vinaigrette in increments, tossing gently to coat the greens.
5. Season with salt and pepper to taste.
6. Serve on chilled platter.

SAUTÉED CHICKEN BREAST WITH SPINACH AND MORNAY SAUCE

SUPRÊME DE VOLAILLE Á LA FLORENTINE

Yield: 8 portions

Ingredients	Amounts
Chicken, suprêmes	8 ea.
Salt, kosher	to taste
Pepper, white, ground	to taste
Butter, unsalted	as needed
Butter, unsalted	as needed
Spinach, washed, dried, roughly chopped	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste
Nutmeg, ground	to taste
Mornay Sauce with Glace de Volaille (Recipe follows)	1x recipe

Method

1. Season the suprêmes with salt and ground white pepper. Heat enough butter to coat the bottom of a sauté pan over medium-high heat. Add chicken and sauté, keeping them white, without color. Reserve warm.
2. Heat enough butter to coat the bottom of a large sauté pan. Add the spinach and sauté until cooked through. Season with salt, pepper and nutmeg to taste.
3. Place spinach on a serving dish. Arrange chicken suprêmes over the spinach.
4. Coat the suprêmes with Mornay Sauce with Glace de Volaille.

Note: A suprême is a semiboneless poultry breast half, usually from a chicken, pheasant, partridge, or duck, so named because it is the best (suprême) portion. One wing joint, often frenched, is left attached to the breast meat. If the skin is removed from the suprême, it may be referred to as a côtelette. Suprêmes may be sautéed, poached, or grilled.

MORNAY SAUCE WITH GLACE DE VOLAILLE

Yield: 8-10 portions

Ingredients	Amounts
Stock, chicken	1 gal.
Butter, unsalted	6 Tbsp.
Flour, all-purpose	6 Tbsp.
Milk, whole	6 cups
Cheese, Parmesan, grated	2 wt. oz.
Cheese, Gruyère, grated	2 wt. oz.
Salt, kosher	to taste
Pepper, white, ground	to taste
Butter, unsalted	3 ½ wt. oz.

Method

1. For the glace de volaille, place the stock in a large pot. Simmer the stock until it reduces to a syrup-like consistency that coats the back of a spoon, about 1 ½ hours.
2. For the bechamel, melt the butter in a small saucepan over medium heat. Add the flour and whisk to combine. Cook the flour over medium heat until a pale paste forms, about 2 minutes.
3. Gradually whisk in the milk. Cook, while stirring, over low heat until the sauce has thickened, about 5 minutes.
4. Cook the béchamel for 20 to 30 minutes. Strain through a fine mesh strainer.
5. Add the Parmesan and Gruyère. Mix to incorporate. Season with salt and white pepper to taste.
6. Add the butter and mix to combine.
7. Add the glace de volaille to taste.

Note: 1 gallon of chicken stock should reduce to about 1 cup of glace de volaille.

POTATO AND CAULIFLOWER DUCHESSE

Yield: 6 portions

Ingredients	Amounts
Cauliflower, head	1 ea.
Oil, olive, pure	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Potato, russet, peeled, quartered	1 ¼ lb.
Egg, yolk	3 ea.
Butter, unsalted, softened	¼ lb.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Nutmeg, whole, grated	⅛ tsp.

Method

1. Preheat oven to 400°F.
2. Remove the cauliflower florets from the head. Cut the florets into silver dollar sized pieces. Large dice the core and trim to match the size of the quartered potatoes.
3. Toss the florets in oil until evenly coated and glossy. Season with salt and pepper as needed.
4. Place the florets on a sheet tray. Roast in the preheated oven until golden brown, about 15 minutes. Reserve and keep warm.
5. Place cold water and salt as needed in a large pot. Add the potatoes and the reserved cauliflower pieces and bring to a boil. Reduce heat to a simmer. Cook until the potatoes are just tender.
6. Drain the potatoes and cauliflower pieces. Return them to the pot and heat at a very low temperature until no more steam rises from the vegetables. Be sure not to brown the potatoes.
7. Using a food mill, purée the hot potato and cauliflower pieces.
8. Mix the egg yolks and butter into the hot purée. Season with the salt, pepper, and nutmeg.
9. Transfer the mixture to a piping bag fitted with a star tip. Pipe the purée onto a parchment paper-lined sheet pan. Bake in the preheated oven until the potatoes are heated through and golden brown.
10. Serve immediately on a warm platter alongside the roasted cauliflower florets.

TROUT IN GREEN SAUCE

TRUCHA EN SALSA VERDE

Yield: 6 portions

Ingredients	Amounts
Fish, trout, fillets, 6 oz. ea.	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	as needed
Oil, olive, extra-virgin	as needed
Garlic, clove, thinly sliced	3 ea.
Red pepper flakes	as needed
Flour, all-purpose	1/2 Tbsp.
Wine, white	2 1/2 cups
Flour, all-purpose	as needed
Stock, chicken	3/4 cups
Parsley, flat-leaf, leaves, chopped	1/3 cup
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Season the trout with salt and pepper. Add enough flour for dredging to a bowl, replenishing as necessary. Dredge each fillet in the flour and shake off excess.
2. Heat enough oil to just coat a sauté pan over medium high heat. Add the fillets, skin side down, until browned. Turn and finish cooking on the flesh side. Remove and reserve warm.
3. Return sauté pan to the heat. Add the garlic and cook until it is a light golden color.
4. Add the red pepper flakes. Add the flour to absorb any fat.
5. Add the white wine. Using a wooden spoon, pick up any brown bits on bottom of the pan (*fond*).
6. Add the stock and simmer until the sauce coats the back of the spoon.
7. Add the parsley. Season with salt and pepper to taste.
8. Serve immediately on a warm platter.

OVEN-ROASTED ROOT VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	2 Tbsp.
Carrots, peeled, large diced	1 cup
Turnips, peeled, large diced	1 cup
Rutabagas, peeled, large diced	1 cup
Parsnips, peeled, large diced	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, leaves, chopped	2 Tbsp.

Method

1. Preheat the oven to 425°F.
2. Melt the butter in a large sauté pan over medium-high heat. Add the carrots, turnips, rutabagas, and parsnips and toss to coat with the butter. Sauté until they begin to take on color.
3. Transfer the pan to the preheated oven and cook, stirring occasionally, until cooked through and golden, about 15 minutes.
4. Remove the pan from the oven and season with salt and pepper to taste. Add the parsley and toss to combine.
5. Serve on a heated platter.

SHEPHERD'S PIE

Yield: 6 portions

Ingredients	Amounts
Potatoes, russet, peeled, cut into big pieces	2 ¼ lb.
Butter, unsalted, softened	4 Tbsp.
Egg, yolks	4 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cooking spray	as needed
Oil, vegetable	3 Tbsp.
Beef, ground	1 ¼ lb.
Onion, finely chopped	1 ea.
Mushrooms, button, chopped	¾ lb.
Garlic, cloves, minced	3 ea.
Thyme, leaves, fresh	1 tsp.
Marjoram, dried	1 tsp.
Tomato, paste	2 Tbsp.
Flour, all-purpose	4 Tbsp.
Stock, chicken	2 cups
Worcestershire sauce	2 tsp.
Corn, kernels, frozen, thawed	2 ½ cups
Breadcrumbs	3 Tbsp.
Paprika, ground	1 tsp.

Method

1. Place the potatoes in a large pot and add enough cold water to cover by 2 inches. Salt the water, bring to a boil, then reduce the heat to medium. Simmer until the potatoes are easily pierced with a fork, 25 to 30 minutes. Drain the potatoes and return them to the pot. Place the pot over low heat until no more steam rises from the potatoes. Be sure that the potatoes do not brown.
2. Using a food mill, purée the potatoes while they are still hot into a heated bowl. Add the butter and mix into the potatoes until incorporated. Add the egg yolks and stir to combine. Season with salt and pepper to taste. Transfer the potato mixture to the bowl of an electric mixer. Whip the potatoes on medium speed until smooth and light. Reserve.
3. Preheat the oven to 375°F. Spray one large baking dish or 6 individual baking dishes with cooking spray and reserve.

4. Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Add the beef and sauté, using a wooden spoon to break up any clumps, until cooked through, about 5 minutes. Using a slotted spoon, transfer the beef to a bowl. Reserve.
5. Heat the remaining vegetable oil in the pan over medium-high heat. Add the onions and sauté until tender and golden brown. Add the mushrooms and sauté until cooked through and any juice they released has cooked away. Add the garlic, thyme, and marjoram. Sauté until aromatic. Reduce the heat to medium, add the tomato paste, and cook until it has deepened in color and become aromatic.
6. Add the flour and stir to combine. Add the stock and Worcestershire sauce and stir to combine. Bring the mixture to a simmer, cover, and continue to cook until slightly thickened, about 8 minutes. Add the corn and stir to combine. Season with salt and pepper to taste.
7. Spread the ground beef mixture in an even layer in the prepared baking dish or dishes. Spread the reserved whipped potatoes in an even layer on top of the beef. Top with the breadcrumbs and paprika.
8. Bake in the preheated oven until the filling is bubbly and the top is golden brown, about 25 to 30 minutes.
9. Serve hot.

BEER-BATTERED FISH AND CHIPS

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	as needed
Fish, hake, fillets cut into six-4-oz. portions	1 ½ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Lemon, juice	as needed
Flour, all-purpose	as needed
Beer Batter (Recipe follows)	1x recipe
Chips (Recipe follows)	1x recipe
Tartar Sauce (Recipe follows)	1x recipe
Lemon, wedges	6 ea.

Method

1. Preheat oil in a deep-fryer or large pot to 350°F.
2. Blot the fish fillets dry and season with salt, pepper, and lemon juice as needed.
3. Place enough flour for dredging in a bowl, replenishing as needed. Dredge the fish in the flour, shaking off any excess.
4. Dip the fish in the beer batter to coat.
5. Deep-fry the fish fillets in the preheated fryer until lightly browned and cooked through.
6. Remove and drain on a wire rack.
7. Serve hot, accompanied by the chips, tartar sauce, and lemon wedges.

Note: Any other firm white fish can be substituted for the hake.

BEER BATTER

Yield: 22 fluid ounces

Ingredients	Amounts
Flour, all-purpose	2 - 2 ¼ cups
Baking powder	½ tsp.
Salt, kosher	1 tsp.
Egg, separated	1 ea.
Beer	2 cups

Method

1. In a mixing bowl, whisk together the flour, baking powder, and salt. Reserve.
2. In a separate small bowl, whisk the egg yolk and beer to combine.
3. Add the egg mixture to the flour, all at once, and whisk until very smooth.
4. In a small bowl, whip the reserved egg white until it forms soft peaks. Fold the whites into the batter and use immediately.

CHIPS

Yield: 6 portions

Ingredients

Potatoes, russet
Oil, vegetable
Salt, kosher

Amounts

2 ½ lb.
as needed
to taste

Method

1. Heat the oil to 250°F.
2. Scrub, peel, and cut the potatoes into small sticks, about ¼ -inch by ¼ inch by 2 ½-inches (*batonnet shapes*).
3. Add the potatoes, in batches, and blanch until they are tender but not browned.
4. Drain and transfer to baking sheets lined with paper towels.
5. Increase the oil temperature to 375°F.
6. Working in batches, fry the potatoes until they are golden brown and crispy. Drain well.
7. Season with salt to taste. Serve immediately.

TARTAR SAUCE

Yield: 1 cup

Ingredients	Amounts
Mayonnaise	1 cup
Capers, chopped	2 Tbsp.
Cornichons, chopped	2 Tbsp.
Egg, hard boiled, chopped	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Worcestershire sauce	to taste
Tabasco sauce	to taste

Method

1. In a mixing bowl, combine the mayonnaise, capers, cornichons, and hard-boiled egg.
2. Season with salt, pepper, Worcestershire sauce, and Tabasco sauce to taste.

STICKY TOFFEE PUDDING WITH CHANTILLY CREAM

Yield: 24 portions

Ingredients	Amounts
Cooking spray	as needed
Dates, pitted	14 wt. oz.
Water, hot	1 ½ cups
Vanilla extract	1 Tbsp.
Coffee extract	1 ½ tsp.
Baking soda	¼ tsp.
Butter, unsalted	1 cup
Sugar, brown, dark	1 ½ cups
Eggs, whole	4 ea.
Egg yolk	1 ea.
Flour, cake	3 cups
Baking powder	2 tsp.
Sugar, brown, packed	1 ½ cups
Butter, unsalted	1 cup
Heavy cream	¾ cup
Salt, kosher	¾ tsp.
Vanilla extract	1 ½ tsp.
Corn syrup	¼ cup
Chantilly Cream (Recipe follows)	1x recipe

Method

1. Preheat the oven to 350°F. Spray two muffin pans with pan spray and reserve.
2. Chop the dates and place them into a mixing bowl. Add the hot water, vanilla extract, coffee extract, and baking soda. Stir to combine. Allow the dates to soak until needed.
3. Into the bowl of a stand mixer fitted with a paddle attachment, cream the butter and sugar until the mixture is light in color and fluffy, scraping the bowl as necessary.
4. Add the eggs and egg yolk, one at a time, mixing thoroughly between each addition, and scraping the bowl as necessary. Add the flour, baking powder, the soaked dates and the soaking mixture. Mix until just combined, as overmixing will make the cake tough.
5. Portion the batter into the prepared muffin pans using a 2-ounce ladle.
6. Bake in the preheated oven until set, 10 to 12 minutes. Remove the pans from the oven and allow the cakes to cool in the muffin pans.
7. Preheat the broiler to low.

8. For the toffee sauce, in a medium saucepot, combine the sugar, butter, heavy cream, salt, and vanilla. Simmer, stirring gently, for 1 minute.
9. Poke several holes in the tops of the cakes with a skewer or fork. Pour a couple of tablespoons of the toffee sauce onto each cake. Place the muffin pan under the broiler just until the sauce begins to bubble, about 1 minute.
10. Un-mold the cakes and serve warm on a heated platter topped with additional toffee sauce and Chantilly Cream.

CHANTILLY CREAM

Yield: about 2 cups

Ingredients	Amounts
Heavy cream, chilled	1 cup
Sugar, confectioners'	¼ cup
Vanilla extract	½ tsp.

Method

1. Chill the bowl of a stand mixer and the whisk attachment.
2. Pour the cream into the chilled bowl and whip on medium speed until thickened, about 3 minutes. Increase the speed to high and gradually add the confectioners' sugar while whipping.
3. Add the vanilla extract and continue to whip until the cream has the desired peak. Soft peaks are good for dolloping cream, while firmer peaks are better if the cream is to be piped, used for topping, or folded into another mixture.

Note: If your cream starts to turn slightly yellow while you are whipping, it is close to being over whipped and turning into butter. Fold in a small amount of un-whipped cream, if you have it, to rescue the cream.

DAY FOUR: GLOBAL STREET FOOD

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE:

Chicken Tika with Chapati and Cilantro Cashew Chutney

Braised Pork Belly in Steamed Lotus Buns

Black Rice Pudding with Coconut Milk and Dried Mango

TEAM TWO:

Curry Udon Noodles

Fried Bananas in Manioc Crust

Samosa with Honey Tomato Almond Chutney

TEAM THREE:

Chilean Tuna Ceviche

Braised Swordfish Kebab in Sweet and Savory Sauce

Tuna and Goat Cheese Empanadas

TEAM FOUR:

Stir Fried Shredded Flatbread

Beef Cured with Lime and Onions

Buckwheat Crepes with Apple Compote

BONUS RECIPES:

Grilled Corn on the Cob

Churros with Champurrado

CHICKEN TIKA

Yield: 8 portions

Ingredients	Amounts
Chicken, thigh, boneless, skinless, 1-in diced	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Lemon, juice, fresh	1 ea.
Ghee	2 fl. oz.
Paprika, sweet	1 Tbsp.
Korean chili pepper, ground	1 ½ tsp.
Cumin, ground	2 tsp.
Ginger, ground	1 tsp.
Garam masala	2 tsp.
Turmeric, ground	2 tsp.
Coriander, ground	2 tsp.
Onion, yellow, small diced	4 wt. oz.
Garlic, sliced	½ oz.
Yogurt, whole, plain, strained	1 cup
Skewer, bamboo, 8-inches, soaked	8 ea.
Chapatti Bread (Recipe follows)	1x recipe
Cilantro Cashew Chutney (Recipe follows)	1x recipe

Method

1. In a large bowl, place the diced chicken, salt, pepper, and lemon juice. Toss to combine.
2. In a saucepan, heat the ghee over medium heat. Add the paprika, chili pepper, cumin, ginger, garam masala, turmeric, and coriander. Cook until aromatic.
3. Add the onions. Cook very gently until the onions are very tender.
4. Add the garlic and continue to sweat for about 1 minute.
5. In a blender, purée the onion-spice mix, adding small amounts of yogurt as needed to facilitate the blending.
6. Add the spice puree to the bowl with the diced chicken. Mix well.
7. Add the remainder of the yogurt. Allow the chicken to marinate for about 1 hour.
8. Skewer the chicken pieces on 2 bamboo skewers (see Chef demo). Grill until cooked through and well charred.
9. Serve with the Chapatti Bread and Cilantro-Cashew Chutney.

Note: Literally meaning bits or pieces of chicken, chicken tika is a very popular dish in Indian and Pakistani cooking. In many regions it is cooked in a *tandoor*, an extremely hot vertical clay oven. In the region of Punjab however, it is commonly cooked over red hot charcoal

CHAPATI BREAD

Yield: 8 portions

Ingredients	Amounts
Flour, whole-wheat, Indian (Atta)	1 lb.
Salt, kosher	¼ wt. oz.
Ghee (Optional)	1 fl. oz.
Water, lukewarm	9 fl. oz.
Oil, vegetable	as needed

Method

1. In a mixing bowl, place all the ingredients. Mix to combine.
2. Knead it into a smooth and pliable dough.
3. Cover the dough with plastic wrap and allow it to rest for 1 hour.
4. Shape the dough into sixteen, 1 ½-weight ounce balls. Allow it to resting again for 15 minutes.
5. Roll the dough on a very lightly floured surface into a thin circle.
6. In a lightly greased griddle or skillet over medium-high heat, cook the chapattis until they are lightly browned on both sides.
7. Serve immediately or allow the bread to cool on a wire rack.

Note: Atta flour is a popular whole wheat flour in India It provides a unique texture and flavor to a wide variety of flat breads in that region’s cuisine. In the milling process of this flour, the bran and endosperm of durum wheat are ground separately and later recombined, resulting in a very fine consistency. If atta flour is not available, equal parts of whole wheat and bread flour can be used as a substitute. Avoid stone ground whole wheat flour as it is too coarsely textured.

Variation: Deep frying the dough at about 375°F until puffy will result in a very popular bread known as *poori*. In order to achieve a perfectly puffed bread, the dough needs to be fried immediately after it has been rolled and hot oil needs to be constantly poured over the bread as it fries. Once done, allow the bread to drain on a wire rack.

CILANTRO-CASHEW CHUTNEY

Yield: 3 cups

Ingredients	Amounts
Cilantro, bunch, fresh	1 ea.
Chile, jalapeño, de-stemmed with seeds	1 ea.
Lemon, juice	1 fl. oz.
Cumin, ground	½ tsp.
Yogurt, Bulgarian, non-fat, plain	½ cup
Cashews, unsalted	4 wt. oz.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. In a blender, place the cilantro, jalapeño, lemon juice, cumin, and yogurt. Purée to a fine paste.
2. Add the cashews and purée until smooth. The chutney should have the consistency of a strained yogurt or thick sour cream. Add more yogurt or nuts to adjust the consistency.
3. Adjust the seasonings to taste.

Note: Chutneys are often mistakenly defined as a concoction resembling a jam or preserve; mango chutney is probably the best-known sample. Served as table side condiments in South Asia, chutneys are much more diverse than that. Commonly, they are based on one or more vegetables and a spice mix. Prepared raw, cooked or fermented, chutneys vary tremendously. They can be dry or wet, smooth or coarse, some are spicy and some are mild. The main purpose of all chutneys is to complement the very aromatic main and to provide a well-rounded dining experience.

BRAISED PORK BELLY IN STEAMED LOTUS BUNS

Yield: 8 portions

Ingredients	Amounts
Pork, belly, skin on, bristle removed	3 lb.
Ginger, fresh, sliced	½ wt. oz.
Scallion (Green onion), whole	1 ea.
Star anise, whole	4 ea.
Salt, kosher	as needed
Soy sauce, light, not low sodium	1 cup
Soy sauce, dark	2 Tbsp.
Tofu, red fermented, puréed	7 wt. oz.
Sugar, brown	3 Tbsp.
Water	as needed
Mustard greens, dried	2 wt. oz.
Lily buds, dried	4 wt. oz.
Bread, lotus bun, prepared	24 ea.

Method

1. Soak the mustard greens and lily buds separately in water overnight. Remove any tough parts of the soaked lily buds and mustard greens and cut into bite-sized pieces.
2. Preheat oven to 350°F.
3. In a large rondeau, place the pork belly, ginger, scallion, star anise, salt, light and dark soy sauce, tofu, and sugar.
4. Add enough water to submerge the pork belly by half. Bring it to a boil, cover with a lid, and simmer gently for 1 hour. Allow the pork belly to cool in the cooking liquid.
5. Slice the cooled pork in to slices about ¼- inches thick and 3- inches wide.
6. Combine the lily buds and mustard greens and place them into an oven proof dish. Place the pork belly on top and pour the cooking liquid over it. Cover it tightly with aluminum foil and bake in the preheated oven for 1 hour.
7. At service, place the pork belly with the lily buds and mustard greens into a steamed flat bun. Serve immediately.

Red Fermented Tofu: This preserved tofu is inoculated with special yeast cultures that resembles washed rind cheese. It is a common condiment in the northern parts of mainland China and is commonly used as a condiment or spread for steamed buns.

Dried Lily Buds: Sometimes called tiger lily buds, these are the unopened flowers of day lilies. With a slight crunchy and at the same time chewy texture and an earthy flavor, they are often featured in dishes like mu xu pork and hot and sour soup.

Dried Mustard Greens: Known as *Mei Cai*, these are a common side dish in the kitchens of the southeastern provinces of mainland China. A leafy green that resembles mustard greens, it is steeped in a mixture of salt, sugar, and soy sauce for a few hours and then air dried. Dried Mustard greens are also featured in steamed Dumplings.

Steamed Lotus Buns are chemically leavened, white, steamed buns with a folded shape resembling Parker House rolls. In Chinese restaurants in the US, these buns are often served as an accompaniment to roast duck.

BLACK RICE PUDDING WITH COCONUT MILK AND DRIED MANGO

Yield: 8 portions

Ingredients	Amounts
Water	1 ½ qt.
Sugar, palm	7 wt. oz.
Lemongrass, stalk, very finely minced	1 ea.
Rice, purple Thai	2 cups
Coconut, milk	3 cups
Lime, juice, fresh	2 ea.
Salt, kosher	as needed
Mango, dried, small diced	4 wt. oz.
Coconut, desiccated	2 wt. oz.

Method

1. Preheat oven to 350°F.
2. In a rondeau, bring the water to a boil. Add the palm sugar, lemongrass, and rice. Return it to a boil, cover with a lid, and cook in the preheated oven until the rice has absorbed all the water, about 30 minutes.
3. Remove the rondeau from the oven, add the coconut milk, and return it to a simmer on the stovetop.
4. Return the pot to the oven and cook until the coconut milk has been absorbed and the rice is creamy.
5. Add the lime juice. Adjust the seasoning to taste.
6. If necessary, add more liquid to adjust the viscosity.
7. At service, pour the rice into serving bowls. Top with some desiccated coconut and dried mangoes.

Note: Known as black forbidden rice, this rice has a deep rich purple color due to the high content of Anthocyanin pigments. It is commonly served for breakfast as a hot cereal.

CURRY UDON NOODLES

Yield: 8 portions

Ingredients	Amounts
Oil, vegetable	2 fl. oz.
Onion, yellow, sliced	½ lb.
Garlic, clove, sliced	4 ea.
Ginger, fresh, very fine julienned	1 wt. oz.
Chicken, breast, very finely sliced	1 lb.
Radish, white (Daikon), Julienned	1 lb.
Sugar, granulated	½ wt. oz.
Salt, kosher	to taste
Water	2 ½ qt.
Curry paste, Japanese	3 wt. oz.
Soy sauce, light, not low sodium	1 fl. oz.
Cabbage, napa	1 lb.
Noodles, udon, dried	2 lb.
Scallion (Green onion), sliced	4 ea.
Radish, sprouts	2 cups

Method

1. For the curry sauce, heat the oil in sauté pan over medium-low heat. Add the onions and sweat until tender.
2. Add the garlic and ginger. Sweat until aromatic.
3. Add the chicken breast. Cook until opaque.
4. Add the daikon. Cook until they begin to become tender.
5. Add the sugar. Adjust the seasoning with salt to taste. Remove everything from the pan and reserve.
6. Add the water to the pan and bring it to a boil. Add the Japanese curry paste. Simmer until the curry paste is fully dispersed and the sauce is slightly thick, about 2 minutes.
7. Add the reserved chicken and daikon, soy sauce, and cabbage. Simmer until the cabbage is slightly tender. Reserve.
8. Bring a 2-gallon pot of well salted water to a boil. Add the noodles and cook until tender. Rinse with hot water and drain.
9. Transfer the noodles to a large bowl. Add the scallions and toss to combine. Divide the noodles into eight Asian noodle bowls.
10. Top with the curry sauce and mix gently. Garnish each bowl with the radish sprouts.

Note: Udon Noodles are an integral component of Japanese cookery. Made from wheat flour, water, and salt, these thick white noodles have a unique slippery texture. Available fresh, dried or par cooked, they are commonly served in connection with a hot broth. During the hot summer months chilled versions with various flavorings are very popular. First time travelers to Japan are commonly surprised by the popularity of curry. It was introduced to Japan by European chefs at the beginning of the 20th century, which explains their similarity to a western-style stews.

FRIED BANANAS IN MANIOC CRUST

Yield: 8 portions

Ingredients	Amounts
Banana, yellow, not too ripe	8 ea.
Skewer, bamboo, 8-inch	8 ea.
Buttermilk	1 pt.
Flour, manioc	½ lb.
Oil, vegetable	as needed
Sugar, granulated	¼ cup
Salt, fleur de sel	½ tsp.
Cinnamon, ground	1 tsp.

Method

1. Preheat deep fryer to 350°F.
2. Peel the bananas. Cut them in half. Place them on the skewers.
3. Dip the bananas in buttermilk. Without whipping off the buttermilk, dredge them in the manioc flour until coated all around.
4. Immediately deep fry in the preheated fryer until golden brown.
5. In a small bowl, place the sugar, fleur de sel, and cinnamon. Mix to combine. Sprinkle it over the fried bananas.
6. Serve immediately.

SAMOSAS

Yield: 24 samosas

Ingredient	Amounts
Potato, Yukon Gold	2 lb.
Oil, vegetable	2 fl. oz.
Coriander seeds	1 tsp.
Cumin seeds	1 tsp.
Onion, yellow, minced	1 ea.
Ginger, fresh, minced	1 Tbsp.
Chile, jalapeño, minced	1 ea.
Chile, cayenne, ground	½ tsp.
Peas, green	½ cup
Salt, kosher	as needed
Cilantro, fresh, coarsely cut	¼ cup
Flour, all-purpose	2 wt. oz.
Water	3 fl. oz.
Spring roll wrapper, Chinese	12 ea.
Oil, vegetable	as needed

Method

1. Preheat oven to 400°F. Preheat a deep fryer to 360°F.
2. For the filling, bake the potatoes in the preheated oven until thoroughly cooked.
3. Cut the potatoes in half lengthwise and force the potato, flesh side down, through a medium sized wire rack into a hotel pan. (The skins will stay behind on the wire rack.) Mash with your hands into a chunky and slightly cohesive mass. Reserve.
4. Heat the oil in a wok over medium heat. Add the coriander and cumin. Fry in the oil until they begin to pop.
5. Add the onions and sweat until the onions are well caramelized.
6. Add the ginger and jalapeño and cook until fragrant.
7. Add the cayenne and sweat briefly.
8. Add the chunky potatoes, peas, and cilantro. Mix gently. Adjust the seasoning with salt as needed. It should have a chunky yet cohesive texture.
9. In a small bowl, whisk the flour and water into a paste. Reserve.
10. Cut the spring roll wrappers in half into long rectangles. Place one vertically in front of you. Place 2 tablespoons of the filling onto the spring roll wrapper about 1- inch away from the lower end. Fold the end over the filling to form a triangle. Continue to fold like a flag. At the last fold, seal the edges with the flour and water paste.
11. Deep fry in the preheated fryer until golden brown. Remove and drain on a wire rack.

Note: Samosas are a fried triangular shaped pastry with a savory filling. A favorite snack in India for many centuries, they have gained popularity with regional interpretations all over the world. The version above, using a Chinese spring roll wrapper, is popular in Myanmar.

HONEY-TOMATO-ALMOND CHUTNEY

Yield: 1 pint

Ingredients	Amounts
Almonds	4 wt. oz.
Oil, vegetable	1 fl. oz.
Garlic, clove, minced	3 ea.
Ginger, fresh, minced	1 wt. oz.
Vinegar, rice	1 cup
Tomato, Roma, peeled, chopped	2 lb.
Honey	6 wt. oz.
Salt, kosher	as needed
Chile, cayenne, ground	1 tsp.
Raisins, dark	1 ½ wt. oz.
Raisins, golden	1 ½ wt. oz.

Method

1. In a dry skillet over medium heat, toast the almonds, shaking the pan and stirring often, until they are golden brown and aromatic. Chop them fine. Reserve.
2. Heat the vegetable oil in a saucepan over medium heat. Add the garlic and ginger. Sweat until aromatic.
3. Add the vinegar, tomatoes, honey, salt, cayenne, raisins, and almonds. Simmer until it begins to thicken.
4. Adjust the seasoning with salt, vinegar and honey to taste. The chutney should achieve a balanced sweet and sour flavor.

CHILEAN TUNA CEVICHE

Yield: 8 portions

Ingredients	Amounts
Salt, kosher	as needed
Ahi-tuna, med. diced	2 lb.
Lime, juice, fresh	1 cup
Oil, sesame, light	1 Tbsp.
Soy sauce, light, not low sodium	1 fl. oz.
Ginger, fresh, finely minced	½ Tbsp.
Olive, green, pitted, minced	½ cup
Olive, black, pitted	½ cup
Scallion (Green onion), minced	2 ea.
Potatoes, fingerling, roasted, sliced on a bias	1 lb.
Cabbage, red, very fine chiffonade	½ lb.
Salt, kosher	to taste
Cabbage, red, leaf	8 ea.
Chive, sprig, fresh	¼ cup

Method

1. Generously salt the tuna. Allow it to sit for 10 minutes.
2. Gently rinse and dry the tuna.
3. Transfer the tuna to a large bowl. Add the lime juice, sesame oil, soy sauce, ginger, olives, and scallions. Allow it to marinate for 10 minutes. Adjust the seasoning to taste.
4. In a separate large bowl, place the sliced potatoes and red cabbage. Season with salt to taste. Toss to combine.
5. To serve, arrange the cabbage and potato mix on the cabbage leaves. Top with the tuna and chive sprigs.

BRAISED SWORDFISH KEBAB IN SWEET AND SAVORY SAUCE

Yield: 8 portions

Ingredients	Amounts
Oil, olive, extra virgin	1 fl. oz.
Onion, yellow, minced	1 cup
Garlic, clove, minced	3 ea.
Celery, small diced	5 wt. oz.
Olive, green, chopped	3 wt. oz.
Raisins	1 wt. oz.
Tomato, Roma, chopped	4 ea.
Capers	1 ½ wt. oz.
Stock, fish	1 cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Fish, Swordfish, fillet, 1½-in diced	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, extra virgin	2 fl. oz.
Skewer, bamboo, 8-inch	8 ea.
Oil, olive	2 fl. oz.
Basil, leaves, fresh	½ cup
Pine nuts	1 ½ wt. oz.

Method

1. For the sauce, heat the oil in a sauté pan. Add the onions and sweat until tender.
2. Add the garlic and sweat until aromatic.
3. Add the celery, olives, and raisins. Sweat gently until they begin to soften.
4. Add the tomatoes, capers and stock. Simmer gently until the sauce begins to turn pulpy.
5. Adjust the seasoning with salt and pepper. Reserve.
6. In a large bowl, place the diced sword fish. Season with salt and pepper. Add the olive oil. Toss gently to combine. Place the swordfish on the skewers.
7. Heat a skillet over medium-high heat. Add the oil and heat until shimmering but not smoking. Add the diced swordfish and sear until well-browned on all sides.
8. Add the reserved sauce, basil leaves, and pine nuts. Simmer the skewers very gently to an internal temperature of 145°F.

TUNA AND GOAT CHEESE EMPANADAS

Yield: 8 portions

Ingredient	Amounts
Oil, olive, extra virgin	1 fl. oz.
Onion, yellow, minced	4 wt. oz.
Garlic, clove, minced	4 ea.
Paprika, sweet	2 tsp.
Capers, chopped	2 wt. oz.
Pine nuts, toasted	2 wt. oz.
Olive, green, pitted, chopped	4 wt. oz.
Tuna, canned	1 lb.
Cheese, goat, fresh	½ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Puff pastry	2 lb.
Egg, whole	1 ea.
Water	1 Tbsp.

Method

1. Preheat oven to 425°F.
2. In a skillet, heat the olive oil over medium heat. Add the onions and sweat until very soft.
3. Add the garlic and cook until fragrant.
4. Add the paprika, capers, pine nuts, and olives. Cook for 1 minute.
5. Transfer the contents of the skillet to a large bowl. Add the tuna and mix gently. Add the goat cheese and mix gently. Reserve.
6. On a floured surface, roll out the puff pastry to ⅛-inch thickness. Dock with a fork to prevent excess puffing of the dough. Cut out sixteen 3-inch diameter circles. Gently re-roll any leftover dough to achieve a better yield.
7. For the egg wash, in a small bowl, whisk together the egg and water.
8. Place about 2 ounces of the tuna filling onto each dough circle, brush the edges with egg wash and fold in half into a crescent. Using a fork, pinch the edges of each crescent to seal the empanadas.
9. Brush the crescents with egg wash.
10. Bake in the preheated oven until golden brown.

STIR FRIED SHREDDED FLAT BREAD

Yield 8 portions

Ingredients	Amounts
Flour, all-purpose	1 ½ lb.
Water, boiling	9 fl. oz.
Water, cold	4 ½ fl. oz.
Salt, kosher	as needed
Oil, vegetable (Divided)	as needed
Oil, vegetable	2 fl. oz.
Garlic, clove, sliced	2 ea.
Scallion (Green onion), sliced	3 ea.
Red pepper flakes	1 tsp.
Cabbage, napa, chiffonaded	4 wt. oz.
Carrot, julienned	4 wt. oz.
Leek, julienned	4 wt. oz.
Salt, kosher	as needed
Pepper, white, ground	as needed
Soy sauce, light, not low sodium	2 fl. oz.
Bean sprouts	3 wt. oz.
Cilantro, bunch, fresh, coarsely cut	½ ea.
Oil, sesame	1 Tbsp.

Method

1. For the flatbread dough, combine the flour and boiling water in a dough mixer. Mix until all the water is absorbed.
2. Add the cold water. Knead into a pliable dough. Allow the dough to rest for 10 minutes.
3. On a lightly floured surface, roll the dough into a ¼-inch-thick rectangle. Lightly sprinkle with salt and generously brush with oil.
4. Starting on the long side of the dough sheet, roll it up like a jelly roll. Roll the “jelly roll” into a coil, press gently, and allow it to rest for 10 minutes.
5. Flatten the dough coil. Roll it into ¼-inch-thick round or rectangle.
6. Heat 2 tablespoons of oil in a skillet or griddle over medium heat. Add the dough and cook until heated through and slightly golden brown on both sides. Allow the flatbread to cool, cut it into fine strips, and reserve.
7. At service, heat the oil in a wok over medium high heat. Add the garlic, scallions, and red pepper flakes. Sweat until fragrant.
8. Add the cabbage, carrots, and leeks. Stir fry until tender.
9. Add the reserved flatbread strips. Toss well to combine. Adjust the seasoning with salt, white pepper, and soy sauce.

10. Add the bean sprouts, cilantro and sesame oil. Toss well to combine.

Note: Stir-fried flatbread, or *chao bing* as it is known in China, is traditional from northern China where products based on wheat are more common than rice. This dish can be prepared without any special gadgets or machines and is therefore oftentimes referred to as poor man's noodles.

BEEF CURED WITH LIME AND ONIONS

Yield: 8 portions

Ingredients	Amounts
Onion, red, sliced paper thin	1 ea.
Lime, juice, fresh	$\frac{3}{4}$ cup
Vietnamese chili garlic paste	1 Tbsp.
Fish sauce	2 fl. oz.
Garlic, clove, minced	5 ea.
Sugar, granulated	2 Tbsp.
Oil, vegetable	2 fl. oz.
Beef, shoulder top blade	3 lb.
Bean sprouts	$\frac{1}{2}$ lb.
Peanuts, roasted, crushed	$\frac{1}{2}$ lb.
Scallion (Green onion), sliced	4 ea.
Cilantro, fresh, coarsely cut	1 wt. oz.
Lettuce, green leaf, head	1 ea.

Method

1. For the marinade, in a large bowl, place the red onion, lime juice, chili garlic paste, fish sauce, garlic, and sugar. Mix to combine.
2. Slice the beef into strips of about 2-inch girth.
3. Heat the oil in a large skillet over medium-high heat. Add the beef strips and sear until well browned on all sides.
4. Slice the beef paper thin. Transfer it to the large bowl with the marinade. Let it sit for 15 minutes.
5. At service, add the bean sprouts, peanuts, scallions, and cilantro. Adjust the seasoning to taste.
6. Serve with the lettuce leaves for the guests to wrap the filling in.

BUCKWHEAT CRÊPES WITH APPLE COMPOTE

Yield: 8 portions

Ingredient	Amount
Flour, buckwheat	½ lb.
Flour, all-purpose	½ lb.
Egg, whole, well beaten	3 ea.
Milk, whole	1 ½ pt.
Salt, kosher	1 tsp.
Water	1 ½ cup
Oil, vegetable	1 fl. oz.
Butter, clarified	as needed
Apple Compote (Recipe follows)	1x recipe

Method

1. For the batter, in a blender, place the flours, egg, milk, salt, water, and vegetable oil. Process until very smooth.
2. Heat the butter in a crêpe maker or griddle. Pour 5 fluid ounces of crêpe batter onto a pre heated and well-greased. Spread with a crêpe spreader into a thin crêpe.
3. Cook from one side until lightly browned, flip, and finish on the other side.
4. Fill with the apple compote, fold over, and serve.

Note: Based on a batter made in part with buckwheat flour, this crêpe from the Breton region of France, stands out with its intense nutty flavor. Buckwheat, although very starchy, is not related to wheat and is not actually a grain. Its ability to thrive in colder climates makes buckwheat very popular in northern cuisines. In Central Europe, it is oftentimes used for crepes and cakes. In Eastern Europe and Russia, it is popular for hot cereals or for blinis, a traditional accompaniment to caviar. Noodles based on buckwheat flour are common fare in Japan and Korea.

APPLE COMPOTE

Yield: 8 portions

Ingredients	Amounts
Apple, firm, not too sweet	2 lb.
Water	12 fl. oz.
Sugar, granulated	4 wt. oz.
Cinnamon, stick	1 ea.
Lemon, juice	2 fl. oz.
Vanilla, extract	1 tsp.

Method

1. Peel and core the apples. Cut them into fine wedges. Transfer to a large bowl.
2. Add the lemon juice and toss to coat the apple wedges. (This will help prevent browning.)
3. In a saucepan, combine the water, sugar, and cinnamon. Bring it to a boil.
4. Add the apples. Cover with a tight-fitting lid and continue to cook over high heat until the apples are tender yet not mush, about 1 minute.
5. Transfer the apples and cooking liquid to a storage container. Allow them to cool to room temperature, then chill in the refrigerator. Serve well chilled.

GRILLED CORN ON THE COB

Yield: 8 portions

Ingredients	Amounts
Corn, on the cob, sweet, husked	8 ea.
Salt, kosher	as needed
Oil, vegetable	as needed
Skewer, bamboo, 8-in.	8 ea.
Lime	4 ea.
Mayonnaise	$\frac{3}{4}$ cup
Cheese, queso cotija, grated	4 wt. oz.
Chile, pequin, finely ground	as needed

Method

1. Preheat grill to medium hot.
2. Season the corn with salt. Rub it with oil.
3. Grill the corn on the preheated grill until it is slightly charred on all sides and heated through.
4. Remove the ears from the heat. Spear each with a bamboo skewer.
5. Squeeze the lime juice over the corn. Spread it with the mayonnaise. Sprinkle it with the cheese and ground pequin.
6. Serve hot.

CHURROS WITH CHAMPURRADO

Yield: 8 portions

Ingredients	Amounts
Water	8 fl. oz.
Butter, unsalted	4 wt. oz.
Salt, kosher	¼ tsp.
Flour, all-purpose	4 ½ wt. oz.
Egg, beaten	3 ea.
Oil, fryer	as needed
Sugar, granulated	¼ cup
Cinnamon, Mexican, ground	1 tsp.
Champurrado (Recipe follows)	1x recipe

Method

1. Preheat fryer oil to 360°F.
2. In a 2-quart saucepan, place the water, butter, and salt. Bring it to a rolling boil.
3. Turn down the heat to low. Add the flour, stirring vigorously with a wooden spoon until the mixture forms a ball and a white layer appears on the bottom of the pan.
4. Transfer the hot dough ball to a dough mixer with a paddle attachment. Mix on low speed for about 30 seconds.
5. Gradually add the beaten eggs to the running mixer, making sure the egg gets fully absorbed by the dough.
6. Transfer the batter to a piping bag with a large star tip. Squeeze 4-inch strips of the batter into the preheated fryer. Fry until golden brown, turning once, about 2 minutes on each side.
7. Remove from the oil and drain on a wire rack. Blot the churros gently with a paper towel.
8. In a small bowl, combine the sugar and cinnamon. Roll the fried churros in the mixture.
9. Serve with the hot Champurrado.

Note: Churros are deep-fried rods of pâte à choux. Originally from Spain, they are found at street food stands all over Latin America. Traditionally, churros are served with a thick hot chocolate or, in Mexico, with a big bowl of hot Champurrado.

CHAMPURRADO

Yield: 8 portions

Ingredients	Amounts
Masa harina	2 ½ wt. oz.
Water, warm	1 qt.
Milk, whole	1 qt.
Chocolate, sweet, Mexican, grated	8 wt. oz.
Sugar, cane, pure (Piloncillo)	6 wt. oz.
Anise seed, ground	a pinch
Salt, kosher	a pinch

Method

1. In a large pot, place the masa harina and warm water. Stir to thoroughly combine.
2. Add the milk, chocolate, piloncillo, and anise. Bring it to a simmer.
3. Whisk with a molinillo or use an immersion blender to blend until the chocolate is melted and the sugar is dissolved.
4. Serve hot with churros.

Note: Served with churros, this hot beverage is a popular breakfast found all over Mexico. Champurrado is a variation of *atole*, a warm beverage thickened with masa and/or corn starch and sweetened with piloncillo (an unrefined brown sugar), and aromatics.

A *molinillo* is a traditional wood whisk in Mexican cooking essential to creating frothy hot beverages. To use, it is held between the palms of two hands and rotated by rubbing both hands against each other.

DAY FIVE: A BRIEF HISTORY OF FLATBREAD

Flatbreads are the world's oldest breads. People have been making them for well more than six thousand years. And over that time, the tradition of making flatbreads has not been confined to one or two regions of the world but has developed simultaneously almost everywhere there is a perennial supply of grain, from Mesopotamia and Persia to southern India and Armenia, from antique Rome and pre-conquest Mexico to modern-day China and Italy.

Flatbreads can be made from every grain imaginable: wheat, rye, corn, oats, millet, sorghum, teff, rice, buckwheat. They can also be made from tubers, such as potatoes, and from legumes, such as chickpeas and lentils. They can be unleavened or leavened. They can be made so thin that they become transparent, like a very thin crepe, or they can be two inches thick and sliceable. Flatbreads are oven-baked, grilled, fried, skillet-baked, steamed, or even, as in southern Algeria and Tunisia, baked beneath the hot desert sand.



Though it is almost impossible to trace the exact origins of different flatbreads, we know that certain ones, such as Armenian lavash, and Bedouin fatir, are made today in much the same way they have been for several thousand years; they have, as Samuel Johnson said of Shakespeare, "pleased many and pleased long." Flatbreads are simple and straightforward to prepare and to eat, they are nourishing, and they make efficient use of locally available food resources. Armenian lavash is a good example. This bread, also known as *khubz mahkouk* in the mountains of Lebanon, as *nane silli* to the Kurds, and as *roomali roti* in India, is paper thin and dries out soon after it is made. Traditionally, a large amount is made at one time so that it can be stored in dried form. When fresh bread is needed, it is simply sprinkled with water and wrapped in a towel; this makes it moist and supple almost immediately. The practice of drying bread for later use is also found with bread rings in Central Anatolia and with Finnish rye rings, which hang from the rafters through the winter until needed. In places where winter is long and a supply of grain must last through the cold months, it is an ideal solution.

In many parts of the world, having sufficient fuel for cooking has been an ever-present problem. Flatbreads, unlike loaf breads, tend to cook very quickly, requiring only a

limited amount of fuel to provide heat. Millions of people across northern India make chapattis once or twice a day. Across North Africa, where fuel is also sometimes very scarce, ovens have been designed to maximize the heat of a small fire. Beehive-shaped ovens made from mud and straw allow the heat to transfer rapidly from the sides and the breads to cook quickly. But more than any other one reason, most flatbread traditions have been kept alive because they represent a good-tasting and healthy way of turning hard grain into edible food. In Central Asia, a fresh hot whole wheat naan baked on the walls of a tandoor oven fueled by smoky juniper probably tasted and smelled just about as wonderful two thousand years ago as it does today. (We can't imagine how it could taste any better!)

The main distinction between different flatbreads is between unleavened breads and leavened, whether they are yeasted, sourdough, or soda-risen breads. Unleavened breads are always fairly thin. Risen flatbreads are more difficult to categorize, as there are so many different kinds. A yeasted bread may be paper thin, as in the case of lavash, but some might even be considered loaf breads, as they rise almost two inches high. Naans, a broad category of flatbreads from Central Asia, are usually rounds or ovals about an inch thick, risen with a sourdough or with commercial yeast. A number of leavened flatbreads, such as pizza and the Georgian cheese breads, have toppings or are filled. Most yeasted flatbreads are traditionally eaten as an essential part of a meal, much the way we eat bread with soup or the way bread is served as part of a meal in France.

As for that question of time: We like to think of flatbreads as one of the world's great fast foods. When you read through a recipe and it says, "Allow the dough to rise two to three hours, or even overnight," this may seem anything but fast. But think about how little time you spend actually working to make the bread: a total of only thirty minutes to one hour mixing, kneading, cleaning up, rolling out, and baking, depending upon the type of flatbread you are making.

When you become comfortable making bread, working with a big dough is as easy as working with a small one, so for many bakers the size of their average dough gradually gets larger and larger. Bread freezes and reheats extraordinarily well. If you are cooking for a family, or you don't have much time to be in the kitchen but still want homemade bread, think about working with large doughs and using your freezer effectively. If you have made a large dough and baked only part of it, wrap the remainder in a large plastic bag and put it in the refrigerator. For breakfast the next morning, cut off only as much dough as you will need, then roll out a few flatbreads and bake them in a hot oven or on your stove top in a dry cast-iron skillet.



Source: *Flatbreads and Flavors* by Jeffrey Alford and Naomi Duguid

DAY FIVE: FLATBREAD

TEAM PRODUCTION ASSIGNMENTS

TEAM 1:

Focaccia
Egyptian Fenugreek Cornbread
Dukka (Hazelnut Spice Mix)
Tzatziki (Cucumber Yogurt Dip)

TEAM 2:

Lavash
Khubs m'Tabga (Tunisian Oasis Bread)
Hawajj (Bedouin Spice Mix)
Baba Ghanoush (Eggplant Dip)

TEAM 3:

Za'atar Bread
Naan
Za'atar Spice Mix
Hummus (Chickpea Dip)

TEAM 4:

Pita
Paratha
Chunky Eggplant Dip
Bessara (Moroccan Bean Dip)

BONUS RECIPE:

Katmer with Pistachios (Turkish Dessert Flatbread)

FOCACCIA

Yield: 12 lb. 12 oz.

Ingredients	Amounts
Starter	2 lb. 4 oz.
Water	2 oz.
Yeast	2 oz.
Flour, all-purpose	6 lb.
Water	3 lb. 14 oz.
Salt, kosher	2 ¼ oz.
Oil, olive, pure	2 oz.
Oil, olive, pure	as needed
Total	12 lb. 12 ¼ oz.

Method

1. Mix the starter, 2 oz. water, and yeast. Allow it to rest for 20 minutes.
2. Add the flour and remaining water. Mix for 4 minutes.
3. Add the salt and 2 oz. oil. Mix for 2 minutes.
4. Allow it to ferment for 1 ½ to 2 hours.
5. Scale 1-pound pieces. Shape into 9-in. rounds. Proof.
6. Brush with olive oil. Add the toppings.
7. Bake at 425°F - 450°F with steam for 18 to 20 minutes.

EGYPTIAN FENUGREEK CORNBREAD

Yield: 8 round, 6-inch diameter flatbreads

Ingredients	Amounts
Fenugreek seed	½ tsp.
Yeast, dry	1 tsp.
Sugar, brown, light	2 Tbsp.
Water, lukewarm	1 ½ cups
Flour, hard, white, unbleached	2-3 cups
Salt, kosher	1 tsp.
Cornmeal	1 ½ cups
Flour, all-purpose	as needed.
Oil, canola	as needed

Method:

1. You will need a heavy skillet, a mortar and pestle or spice grinder, a medium-sized bread bowl, several large (12- by 18-inch) baking sheets, and a rolling pin.
2. In a heavy skillet, dry-roast the fenugreek seeds over medium-high heat until they begin to bounce around and to brown slightly, about 2 to 3 minutes; do not burn. Grind them to a powder in a mortar or spice grinder and set aside.
3. In a medium-sized bowl, sprinkle the yeast and sugar over the warm water, and stir to dissolve. Stir in 1 ½ cups of white flour, and then stir 100 times in the same direction, about 1 minute, to develop the gluten.
4. Sprinkle the salt and ground fenugreek over the dough and stir to mix well. Gradually stir in the cornmeal. Then stir in more unbleached flour until your dough will not accommodate any more flour. Turn it out onto a lightly floured surface. Knead for 5 to 6 minutes, adding additional flour only as needed. Rinse out the bread bowl, lightly oil it, and put the dough back into the bowl. Cover with plastic wrap and let rise until doubled in volume, approximately 1-½ hours.
5. Punch down the dough and let it rest for 5 minutes. Lightly oil several large baking sheets.
6. On a lightly floured surface, cut the dough into 8 equal pieces. Flatten each piece between floured palms. With a rolling pin, roll out each bread to a round approximately 6 inches in diameter. As you finish rolling out each bread, place it on a baking sheet. Cover the bread with plastic wrap and let rest for 20 minutes.
7. Position a rack in the center of your oven and preheat the oven to 400°F.
8. Bake the breads one sheet at a time, for 12 to 15 minutes, or until lightly browned on both top and bottom. Remove and cool on racks. Serve warm or at room temperature.

DUKKA (HAZELNUT SPICE BLEND)

Yield: ½ cup

Ingredients	Amounts
Peppercorns, black	½ tsp.
Thyme, leaves, dried	¼ cup
Salt, kosher, coarse	1 tsp.
Hazelnuts, finely chopped	16 ea.

Method

1. Using a mortar and pestle, pound the peppercorns to a powder. Add the thyme and salt and pound to blend the flavors. Add the chopped nuts and pound until well blended.
2. Turn out into a small serving bowl. Serve as a dip with fresh bread and extra virgin olive oil, if desired.
3. Store in a well-sealed glass container in the refrigerator for several weeks.

Note: A spice grinder can be used instead of a mortar and pestle. Grind the peppercorns in the spice grinder and turn out into a bowl. Grind the nuts into the bowl. Add the thyme and salt. Mash it against the side of the bowl with a spoon to crush the thyme and blend the flavors.

Dukka are mixtures of finely chopped herbs, nuts and/or spices traditionally eaten with bread: The bread is dipped in olive oil and then into the dukka mixture. This recipe makes a peppery aromatic blend that is delicious simply sprinkled on bread - it sticks very well without the oil. You may also want to place a small dish of olive oil on the table so your guests can try it both ways. As long as the hazelnuts are finely chopped and not reduced to a paste (which would release the volatile oils), the mixture can be made ahead and stored in an airtight container for several weeks.

TZATZIKI (CUCUMBER YOGURT DIP)

Yield: 10 fl. oz.

Ingredients	Amounts
Yogurt, plain	4 fl. oz.
Sour cream	4 fl. oz.
Cucumber, peeled, seeded, sm. diced	2 ½ oz.
Garlic, minced	1 tsp.
Oil, olive, extra virgin	1 Tbsp.
Mint, fresh, minced	1 Tbsp.
Lemon, juice, fresh	1 tsp.
Lemon, zest, grated	½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a food processor, place the yogurt, sour cream, diced cucumber, and garlic. Purée until smooth. Transfer to a medium bowl.
2. Fold in the olive oil, mint, lemon juice, and lemon zest. Stir until combined.
3. Season with salt and pepper to taste. Refrigerate until needed for service.

LAVASH

Yield: 3 lb. 1 oz.

Ingredients	Amounts
Water	8 oz.
Milk, whole	8 oz.
Yeast	½ oz.
Flour, durum	6 oz.
Flour, bread	14 oz.
Flour, cake	5 oz.
Flour, whole wheat	5 oz.
Salt, kosher	¾ oz.
Molasses	1 oz.
Honey	1 oz.
Total	3 lb. 1 oz.

Method

1. **Dough:** Mix 10 Min. on low speed
(bulk proof time: 90 Min. Punch down, rest 15 Min.)
2. **Shaping:** Roll 1/3 of the dough at one time on the sheeter to ½ mm mark. (Keep extra dough in fridge). Put onto an oiled sheet pan.
3. **Finishing:** Brush with olive oil, put on seeds (sesame, poppy, pistachio etc.)
Cover with parchment and roll seeds in with rolling pin. Rest 15 Min.
Cut into random pieces.
4. **Baking:** Bake at 400°F in a convection oven, approximately 7- 10 Min.
5. **Cooling:** Wrap well after cooling.

Note: Seeds such as sesame, poppy, pistachios, etc. can be rolled into the dough with a rolling pin in step 3 if desired.

KHUBS M'TABGA (TUNISIAN OASIS BREAD)

Yield: 8 thin, 9-inch flatbreads

Ingredients	Amounts
Flour, all-purpose	4 cups
Salt, kosher	2 tsp.
Water, warm	2 cups
Oil, canola	as needed
Oil, olive, pure	2 Tbsp.
Garlic, minced	1 Tbsp.
Scallion (Green onion), white and tender green parts, finely chopped	1/2 cup
Pepper, bell, green, cored, seeded, finely chopped	1 ea.
Tomato, plum, canned, drained, coarsely chopped	1 1/2 cups
Caraway, ground	1 pinch
Cumin, ground	1/8 tsp.
Coriander, ground	1 pinch
Chili pepper flakes, dried	1/2 tsp.
Salt, kosher	1/2 tsp.
Parsley, flat-leaf, loosely packed	1/2 cup
Flour, all-purpose	as needed.

Method

1. In a medium bowl, combine the flour and salt. Make a well in the center and slowly stir in the water until a dough forms. Turn out onto a lightly floured surface and knead for 10 minutes. Clean out the bowl, lightly oil, place the dough back in the bowl, and cover with plastic wrap. Set aside.
2. For the filling, heat the olive oil in a medium skillet. Add the garlic and cook over medium-high heat, stirring occasionally, until it starts to brown.
3. Add the scallions and green pepper and cook, stirring, for 2 minutes, or until slightly softened.
4. Add the tomatoes and bring it to a simmer. Reduce the heat to medium and simmer, stirring occasionally, until the sauce thickens, about 15 minutes.
5. Add the caraway, cumin, coriander, chili flakes, and salt. Simmer for 1 minute. Stir in the parsley, and transfer to a bowl. Allow it to cool.
6. Working on a lightly floured surface, divide the dough into 8 pieces. Work with one piece at a time, keeping the others covered with plastic wrap.

7. Heat a large, 10-inch diameter cast-iron skillet over medium heat.
8. Divide one piece of dough in half and flatten each with lightly floured palms. Then roll out each piece to a circle approximately 6 inches in diameter. Place 1 heaping tablespoon of the filling on the center of one dough circle. Place the other circle on top and, with moistened fingers, pinch the edges together to seal well. Flatten gently, then stretch the bread out thinner by picking it up and stretching the edges, working all around the bread again to keep it round. Then hold the bread by two opposite edges and pull your hands gently apart to stretch the bread further to a 9-inch diameter round.
9. Place in the hot skillet and cook for 1 minute, then turn over and bake for 2 to 2-½ minutes, until lightly speckled with brown on the bottom. Then turn over again and bake for 1 minute longer, or until lightly browned. Remove from the skillet, fold in half, and wrap it in a cotton cloth to keep warm and supple. Repeat with the remaining breads. As you become more accustomed to the process, you will be able to roll out and shape a new bread while the previous bread is cooking. Serve warm.

HAWAII (BEDOUIN SPICE BLEND)

Yield: ¼ cup

Ingredients	Amounts
Peppercorns, black, ground	2 Tbsp.
Caraway seed	1 Tbsp.
Cardamom seed	½ tsp.
Saffron, threads	1 tsp.
Turmeric, ground	1 tsp.

Method

1. In a dry skillet, place the peppercorns, caraway seeds, and cardamom seeds. Roast over high heat, stirring constantly, for 2 to 3 minutes.
2. Transfer to a mortar and pestle. Pound them into a powder.
3. Add the saffron threads and pound.
4. Transfer to a small bowl. Add the turmeric. Mix well.
5. Transfer to a well-sealed glass jar for storage. This keeps indefinitely, though with some loss of flavor after several months.

Note: A spice grinder can be substituted for the mortar and pestle.

BABA GHANOUSH (EGGPLANT DIP)

Yield: 32 fl. oz.

Ingredient	Amount
Eggplant, sliced lengthwise	4 lb.
Oil, canola	as needed
Tahini	6 oz.
Garlic, clove, crushed	3 ea.
Lemon, juice, fresh	6 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, fresh, chopped (Optional)	1 ½ oz.

Method

1. Preheat oven to 450°F.
2. Place the eggplants cut side down on a lightly oiled sheet pan. Roast in the preheated oven until the skin is charred and the interior is fully cooked, 45 to 60 minutes. Set it aside until it is cool enough to handle.
3. Scrape the eggplant pulp from the skin into a food processor. Add the tahini, garlic, lemon juice, salt, and pepper. Blend until the mixture is smooth and homogeneous.
4. If the mixture is too thick, add 2 tablespoons of water and blend until smooth. The consistency should be lightly spreadable, but not too loose.
5. Add the parsley, if desired, and pulse to incorporate.
6. Adjust the seasoning with salt and pepper to taste.

ZA'ATAR BREAD

Yield: 16 thin, 8-inch diameter breads

Ingredients	Amounts
Yeast, dried	2 tsp.
Water, warm	2 ½ cups
Flour, hard, unbleached, white	5 – 6 cups
Salt, kosher	2 tsp.
Oil, olive, pure	1/2 - 1/3 cup
Za'atar seasoning	1/2 cup

Method

1. You will need a medium-sized bread bowl, a rolling pin, two small bowls, and two cast-iron or other heavy skillets or griddles at least 10 inches in diameter.
2. For the dough, mix the dried yeast, warm water, flour, and salt just until together. Allow it to rest for 10 minutes.
3. Mix the dough until it is smooth and elastic, 7 to 8 minutes. Rest for about 1 hour.
4. Divide the dough into 16 even pieces and roll them out into paper thin circles about 8-9 in.
5. Once the breads are rolled out, brush each one with 1 teaspoon olive oil and sprinkle with 1 generous teaspoon za'atar seasoning.
6. To bake the breads, preheat the broiler and the skillets.
7. Place the breads on the skillet for about 2 minutes then put under the broiler for about 1 minute. You could bake them directly on the hearth of a deck oven at 475°F - 500°F
8. Wrap in a towel to keep soft. Serve warm or at room temperature.

Note: Unbleached all-purpose flour can be substituted for the hard unbleached white flour. While the exact combination varies across the Middle East, the za'atar seasoning mix commonly contains dried oregano, thyme, marjoram, sumac, and toasted sesame seeds. There are many different versions of za'atar bread. Most coming from Israel and Egypt are chewy, pita-style breads. Sometimes the topping, especially in Lebanese-style za'atar breads, is made of a blended thick paste of za'atar and olive oil. This version has za'atar lightly sprinkled on it and is a less common version of the bread—paper thin and soft. It is ideal as a light snack or party food.

NAAN

Yield: 20 portions

Ingredients	Amounts
Flour, all-purpose	6 lb.
Salt, kosher	2 Tbsp.
Sugar, granulated	2 Tbsp.
Egg, whole	2 ea.
Milk, whole	1 cup
Yogurt, plain	1 cup
Butter, unsalted, melted	½ cup
Yeast	1 Tbsp.
Water	3 lb.
Oil, canola	as needed
Butter, unsalted	as needed

Method

1. In a bowl, combine the flour, salt, sugar, egg, milk, yogurt, butter, and yeast. Mix to combine.
2. Add the water and knead thoroughly until a smooth dough is achieved. Keep warm and allow it to rest for several hours.
3. Divide the dough into equal parts. Shape them into balls the size of a tennis ball.
4. Brush a little oil on top of each dough ball. Cover them with a piece of cloth and allow them to rest for at least 15 minutes.
5. Flatten each dough ball like a pancake by tossing and slapping it with both hands.
6. Put the flattened bread on the tandoor pad and stick it on the wall of tandoor. Bake until the naan turns a little brown. Remove the naan with the tandoori tools.
7. Garnish with butter and serve.

ZA'ATAR (THYME AND SESAME BLEND)

Yield: ¼ cup

Ingredients	Amounts
Sesame seeds	2 Tbsp.
Thyme, leaves, dried	2 Tbsp.
Salt, kosher	½ tsp.
Sumac, ground	1 tsp.

Method:

1. Place a small skillet over medium-high heat. Add the sesame seeds and toast, stirring constantly, until they start to change color and give off a slight roasted grain aroma. Remove from the heat, still stirring. Transfer to a bowl and reserve.
2. In a mortar and pestle, pound the thyme leaves to a coarse powder. Add the sesame seeds and salt and grind to a powder.
3. Add the sumac. Mix to combine.
4. Store in a tightly sealed spice jar or other glass container.

Note: 3 Tablespoons of fresh thyme can be substituted for the dried thyme. A spice grinder can be used instead of a mortar and pestle.

Za'atar is the Arabic work for thyme and, somewhat confusingly, is also the name of this dukka, or herb blend, from the Eastern Mediterranean. Serve as a condiment or as part of a mezze course, place several small bowls on the table so guests have it within easy reach. You can also, as with other dukkas, put out small bowls of good olive oil: First dip your bread in the oil, then tough it to the za'atar before each mouthful. Za'atar is also used as a topping for bread.

HUMMUS (CHICKPEA DIP)

Yield: 32 fl. oz.

Ingredients	Amounts
Chickpeas, dried, soaked overnight	12 oz.
Lemon, juice, fresh	5 fl. oz.
Garlic, clove, crushed with salt	3 ea.
Oil, olive, extra virgin	3 fl. oz.
Tahini	4 ½ oz.
Salt, kosher	as needed
Paprika	as needed
Parsley, fresh, chopped	1 oz.

Method

1. In a medium pot, boil the chickpeas in water until tender, 1 to 2 hours. Drain the chickpeas, reserving the cooking liquid.
2. In a food processor, place the chickpeas with 4 fl. oz. of the reserved cooking liquid. Blend until they become a smooth paste.
3. Add the lemon juice, garlic, olive oil, tahini, and salt. Process until well incorporated. Adjust the consistency with more cooking liquid, if necessary.
4. Adjust the seasoning to taste.
5. Garnish with the paprika and parsley.
6. The hummus is ready to serve now or may be refrigerated for later use.

BASIC PITA

Yield: 24 small or 12 large pitas

Ingredients	Amounts
Water	2 cups
Yeast	1 oz.
Sugar, granulated	½ tsp.
Salt, kosher	2 tsp.
Flour, all-purpose	5 ½ cups

Method

1. Mix all the ingredients for 6-8 minutes.
2. Let the dough rest for 15-30 minutes.
3. Roll on the sheeter to #2.
4. Cut circles with a 6-inch cake ring.
5. Proof on canvas for 30 minutes.
6. Bake at 550°F in a deck oven or 500°F in a convection oven on hot sheet pans.
7. Hold in a covered container to keep soft.

Note: Contrary to the standard method of allowing bread dough to rise before shaping, these loaves are first shaped and rolled, then allowed to rise before baking. This simplified version, which cuts preparation time by about 1½ to 2 hours, lets the yeast do its best work in the oven, thus assuring a better pocket. The result: a superior pita with a delightfully chewy, yet tender texture and a puff in every loaf.

WHOLE-WHEAT HONEY PITA

Yield: 24 small or 12 large pitas

Ingredients	Amounts
Flour, whole wheat	2 cups
Flour, all-purpose, unbleached	3 ½ cups
Water, warm (90°-110°F)	2 cups
Yeast, active dry	1/2 oz.
Honey	1 Tbsp.
Salt, kosher	2 tsp.

Method: Straight Dough Mixing

1. Mix all the ingredients for 6 to 8 minutes.
2. Let the dough rest for 15 to 30 minutes.
3. Roll on the sheeter to #2.
4. Cut circles with a 6-inch cake ring.
5. Proof on canvas for 30 minutes.
6. Place on hot sheet pans and bake at 550°F in a deck oven or 500°F in a convection oven.
7. Hold in a covered container to keep the pita soft.

Note: This recipe contains a mixture of whole-wheat and all-purpose flour to create a nutty-flavored pita. Whole-wheat flour is made from the ground kernels of whole wheat and contains all the bran and the wheat germ, as well as the starchy endosperm. The high gluten content of the all-purpose flour in combination with the whole-wheat flour helps to increase the dough's elasticity. This enables it to retain the bubbles of gas from the yeast, allowing it to rise or "grow" to its fullest and form a large pocket. Because wheat germ contains oil, whole-wheat flour will go rancid; if you don't use it very often, store it in the freezer.

PARATHA

Yield: 12 Parathas

Ingredients	Amounts
Flour, whole wheat, fine	1 ½ cups
Flour, roti	1 ½ cup
Salt, kosher	1 ½ tsp.
Ghee	6 Tbsp.
Water	1 cup
Ghee	as needed
Flour, all-purpose	as needed

Method

1. Sieve the flours and salt into a mixing bowl and rub in 1 tablespoon of the ghee. Add the water, mix and knead dough as for chapatis. Cover dough with clear plastic and set aside for 1 hour.
2. Divide the dough into 12 - 14 equal portions and roll each into a smooth ball.
3. Melt the ghee over low heat and cool slightly. Roll each ball of dough on a lightly floured board into a very thin circular shape. Pour 2 teaspoons of the melted ghee into the center of each and spread lightly with the hand.
4. With a knife, make a cut from the center of each circle to the outer edge. Starting at the cut edge, roll the dough closely into a cone shape. Pick it up, press the apex of the cone and the base towards each other and flatten slightly. You will now have a small, roughly circular lump of dough again.
5. Lightly flour the board again and roll out the dough very gently, taking care not to press too hard and let the air out of the edges. The parathas should be as round as possible, but not as thinly rolled as the first time.
6. Cook on a hot griddle liberally greased with extra ghee, turning parathas and spreading with more ghee, until they are golden brown.
7. Serve hot with grilled kebabs, sambals and podina chatni.

Note: All-purpose flour can be substituted for the roti flour. Probably the favorite variety of Indian bread, parathas are rich, flaky and deliciously flavored with ghee. Kebabs and parathas is a combination which is quite famous.

CHUNKY EGGPLANT DIP

Yield: 10 portions

Ingredients	Amounts
Eggplant, about 1 lb./ 455 g	2 ea.
Onion, red, halved, finely chopped	1 ea.
Tomato, large, cored, halved, finely chopped	1 ea.
Chile, jalapeño, seeded, ribbed, finely chopped	1 ea.
Oil, olive, extra virgin	2 Tbsp.
Yogurt, Greek, plain	2 cups
Cilantro/fresh coriander leaves, finely chopped	½ cup
Lemon, juice of	½ ea.
Aleppo pepper	¼ tsp.
Sumac	1/8 tsp.
Salt	1 tsp.
Ground black pepper	½ tsp.
4 pita breads, warmed in the oven or over a burner and sliced into quarters	4 ea.

Method

1. Place 1 whole eggplant on a burner and set the flame to medium-high. Char the eggplant using tongs to turn it often (1 turn it every 2 minutes or so), until the skin is completely black and papery and the eggplant is deflated, about 10 minutes total. Transfer it to a plate and cover with plastic wrap. Set aside until the eggplant is cool enough to handle.
2. Halve the eggplant, scoop out the pulp, roughly chop it, and place it in a large bowl. Repeat with the second eggplant.
3. Add the onion, tomato, jalapeño, and olive oil. Gently stir to combine.
4. In a medium bowl, whisk together the yogurt, cilantro/fresh coriander, lemon juice, Aleppo, sumac, salt, and pepper. Pour it over the eggplant. Toss to combine.
5. Serve immediately or cover with plastic wrap and refrigerate for up to two days.

Note: The eggplant can be roasted in the oven instead of on the stovetop (you won't get the incredible smoky flavor). Preheat the oven to 500°F. Prick the eggplant a few times with a fork and then place it on a rimmed baking sheet. Roast it until it is blackened and deflated, about 20 minutes.

BESSARA (MOROCCAN BEAN DIP)

Yield: 2 ½ cups

Ingredients	Amounts
Beans, kidney, red, dried, soaked overnight	1 cup
Water, cold	3 cups
Garlic, clove, peeled	3 ea.
Salt, kosher	¼ tsp.
Chile pepper flakes, dried	½ tsp.
Cumin, ground	½ tsp.
Parsley, flat-leaf, fresh, chopped	½ cup
Lemon, juice, fresh	¼ cup
Oil, olive, extra virgin (Optional)	as needed
Chile, cayenne (Optional)	½ tsp.

Method

1. In a large saucepan, place the beans. Add the cold water and garlic. Bring to a vigorous boil, lower the heat, and simmer, partially covered, until the beans are tender, about 1 hour.
2. Transfer the beans and cooking liquid to a food processor. Purée until it is the consistency of a thick soup. Stir in a little warm water, if necessary. Transfer to a serving bowl.
3. Stir in the salt, chile flakes, cumin, parsley, and lemon juice. Let it stand for 30 minutes to allow the flavors to blend. If desired, sprinkle with a little olive oil and cayenne.
4. Serve with bread for dipping.

Note: The red kidney beans can be substituted for dried fava beans or small red beans.

Source: Flatbreads and Flavors by Jeffery Alford, Naomi Duguid

KATMER WITH PISTACHIOS (TURKISH DESSERT FLATBREAD)

Yield: 10 portions

Ingredients	Amounts
Flour, all-purpose	8 oz.
Water	as needed
Mahlep, ground	1 oz.
Butter, unsalted	1 cup
Pistachios	1 lb.
Sugar, granulated	8 oz.
Salt, kosher	½ oz.
Cream, clotted (Kaymak)	2 cups
Cinnamon, ground	1 oz.
Sugar, powdered	2 oz.

Method

1. Make a soft dough by mixing the flour, water, and mahlep. Let it stand for 15 minutes.
2. Make ten balls. Make each a thin yufka with a roller pin. Spread the butter, pistachio and granulated sugar mixture on each yufka after which each is made into an envelope.
3. Bake in an oven or in a pan or griddle.
4. Serve hot with cream, cinnamon, and powdered sugar.

Source: Musa Dagdeviren, as presented at the 2003 Worlds of Flavor International Conference.

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CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

1 gram (g)	=	1/28 oz. (or 0.035 oz.)
1/2 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 3/4 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	1/2	1/16	---	14
6	2	1	1/8	1/16	28
12	4	2	1/4	1/8	57
24	8	4	1/2	1/4	113
36	12	6	3/4	3/8	170
48	16	8	1	1/2	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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