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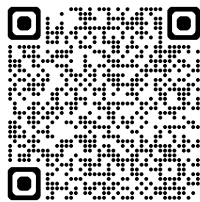
**NEW YORK BEEF COUNCIL  
NORTHEAST BEEF PROMOTION INITIATIVE**



**CIA Consulting**  
The Culinary Institute of America

Culinary Institute of America, Hyde Park, NY

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# TEAM PRODUCTION ASSIGNMENTS

## TEAM ONE:

Beef Cured with Lime and Onions  
Grilled Yakimuki Beef and Avocado, Daikon, and Seaweed Salad

## TEAM TWO:

Grilled Top Sirloin Steak  
Sauteed Baseball Sirloin Steak  
Grilled Pineapple Salsa

## TEAM THREE:

Beef Skewers with Green Chili Sauce  
Turkish Grilled Beef Köfte Kebabs with Yogurt and Cucumber Sauce

# BEEF CURED WITH LIME AND ONIONS

*Yield: 8 portions*

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Beef, sirloin tip	2 lb.
Onion, red, sliced thin	1 ea.
Lime, juice, fresh	$\frac{3}{4}$ cup
Vietnamese chili garlic sauce	1 $\frac{1}{2}$ tsp.
Fish sauce	3 Tbsp.
Garlic, clove, minced	5 ea.
Sugar, granulated	1 Tbsp.
Bean sprouts	2 cups
Peanuts, roasted, crushed	$\frac{1}{2}$ cup
Scallion (Green onion), sliced	3 ea.
Cilantro, fresh, coarsely cut	$\frac{1}{2}$ cup

## Method

1. Heat the oil in a sauté pan over medium-high heat. Add the beef and sear on all sides until dark brown in color. Remove the beef from the pan and reserve.
2. For the marinade, in a large bowl, combine the onion, lime juice, chili paste, fish sauce, garlic, and sugar.
3. Slice the beef paper thin. (Ask for Chef demo.) Add the beef to the marinade, tossing well to coat. Marinate for at least 15 minutes.
4. Just before serving, add the bean sprouts, peanuts, scallions, and cilantro.
5. Adjust the seasoning to taste.

# GRILLED YAKINUKI BEEF AND AVOCADO, DAIKON, AND SEAWEED SALAD

*Yield: 8 portions*

## Ingredients

## Amounts

Soy sauce, Japanese	¾ cup
Sake	½ cup
Wine, rice, Japanese ( <i>Mirin</i> )	½ cup
Sugar, granulated	2 ½ Tbsp.
Garlic, clove, minced	3 ea.
Yuzu, juice	1 Tbsp.
Sesame seeds, toasted	¼ cup
Beef, coulotte, fat cap removed,	1 ½ lbs.
Avocado, Seaweed and Daikon Salad	1x recipe
(Recipe follows)	

## Method

1. Preheat a gas grill to medium.
2. For the marinade, in a medium saucepan, place the soy, sake, mirin, sugar, and garlic. Bring it to a boil, then lower the heat and simmer until well combined, about 2 minutes.
3. Remove the pan from the heat. Let it cool.
4. Transfer the marinade to a large bowl. Add the yuzu juice and sesame seeds.
5. Cut the beef across grain into thin strips, ⅛-inch thick. Transfer the sliced meat to the marinade. Toss to coat the beef. Let it marinate for at least 1 hour.
6. Grill the marinated beef strips on a gas or charcoal grill.
7. Serve with the Avocado, Daikon and Seaweed Salad on the side.

**Note:** To use a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed. Clean the cooking grate.

# AVOCADO, SEAWEED, AND DAIKON SALAD

*Yield: 8 portions*

Ingredients	Amounts
Oil, olive, pure	3 fl. oz.
Lemon, juice, fresh	2 fl. oz.
Vinegar, rice, Japanese, unseasoned	2 fl. oz.
Soy sauce, dark	4 fl. oz.
Kelp ( <i>Wakame</i> )	4 oz.
Daikon, julienne	4 oz.
Avocado, diced	8 ea.
Salt, kosher	to taste

## Method

1. For the dressing, in a small bowl, place the olive oil, lemon juice, rice vinegar, and soy sauce. Whisk to combine. Reserve.
2. In a medium bowl, place the wakame and enough cold water to cover. Let it soak until softened, 5 to 10 minutes. Drain and pat dry.
3. Transfer the wakame to a large serving bowl. Add the daikon and the reserved dressing. Toss well to combine.
4. Fold in the avocado.
5. Lightly season with salt to taste.

# GRILLED TOP SIRLOIN STEAK

*Yield: 6 portions*

Ingredients	Amounts
Steak, top sirloin, 6 oz.	6 ea.
Oil, vegetable	2 Tbsp.
Salt, kosher	1 Tbsp.
Pepper, black, ground	1 ½ tsp.
Sautéed Baseball Sirloin Steak (Recipe follows)	1x recipe
Grilled Pineapple Salsa (Recipe follows)	1x recipe

## Method

1. Preheat a gas grill to medium.
2. Brush the steaks lightly with the oil and season with the salt and pepper.
3. Grill the steaks undisturbed for about 2 minutes.
4. Rotate the steaks a quarter turn. Cook them for 2 minutes.
5. Turn the steaks over and cook to the desired doneness (rare: 135°F, medium rare: 145°F, medium: 160°F, medium well: 165°F, well done: 170°F).

**Note:** The steaks are prepared using two different methods to demonstrate how similar cuts are impacted by cooking method. To use a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed. Clean the cooking grate.

## SAUTÉED BASEBALL SIRLOIN STEAK

*Yield: 6 portions*

### Ingredients

### Amounts

Steak, baseball sirloin, 5 oz.	1 ½ lb.
Oil, vegetable	2 Tbsp.
Salt, kosher	1 Tbsp.
Pepper, black, ground	1 ½ tsp.
Grilled Pineapple Salsa (Recipe follows)	1x recipe

### Method

1. Preheat a heavy bottomed sauté pan or cast-iron pan.
2. Brush the steaks lightly with the oil. Season with the salt and pepper.
3. Place the steaks in the heated pan. Sauté them undisturbed until they have a good sear and are almost halfway to the desired doneness, 3 to 4 minutes.
4. Turn the steaks over and cook to the desired doneness (rare 135°F, medium rare 145°F, medium 160°F, medium well 165°F, and well done 170°F).



# GRILLED PINEAPPLE SALSA

*Yield: 2 cups*

Ingredients	Amounts
Pineapple, sliced ¼-in. thick	½ ea.
Onion, red, sliced ¼-in. thick	½ ea.
Chile, jalapeño	1 ea.
Oil, peanut	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, peanut	3 Tbsp.
Lime, juice, fresh	3 Tbsp.
Lime, zest, fresh	¾ tsp.
Basil, fresh, chopped	3 Tbsp.

## Method

1. Preheat gas grill to medium heat.
2. Brush the pineapple, onion, and jalapeño with the peanut oil. Season with salt and pepper to taste.
3. Grill them over direct heat until well-marked and tender (2 to 3 minutes per side for the pineapple, 4 minutes per side for the onion, and 2 to 3 minutes per side for the jalapeño). Remove from the grill and let them cool.
4. Cut the pineapple and the onions into a small dice. Mince the jalapeño.
5. Combine the pineapple, onion, and jalapeño with the peanut oil, lime juice, lime zest, and basil. Season with salt and pepper to taste.
6. Let the mixture stand for 1 hour before using. Store refrigerated.

**Note:** To use a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed. Clean the cooking grate.

# BEEF SKEWERS WITH GREEN CHILI SAUCE

*Yield 8 portions*

Ingredients	Amounts
Soy sauce, light (not low sodium)	2 fl. oz.
Sugar, palm, finely chopped	1 Tbsp.
Beef, sirloin, medium diced	3 lb.
Cilantro, root, fresh, finely chopped	6 ea.
Coriander, seeds	2 Tbsp.
Peppercorns, white	1 Tbsp.
Galangal, minced	1 Tbsp.
Lemongrass, stalk, minced	4 ea.
Chile, Thai bird, minced	2 Tbsp.
Garlic, sliced	1 Tbsp.
Salt, kosher	as needed
Sugar, palm, finely chopped	1 Tbsp.
Cilantro, fresh, coarsely chopped	¼ cup
Lime, juice, fresh	2 Tbsp.
Fish sauce	1 fl. oz.
Skewer, bamboo, 8-inch	8 ea.

## Method

1. Soak the bamboo skewers in water overnight.
2. For the marinade, in a large bowl, place the soy sauce and palm sugar.
3. Add the diced beef and let it marinate for about 2 hours.
4. Preheat gas grill over very high heat.
5. In a mortar and pestle, pound the cilantro roots, coriander seeds, white peppercorns, galangal, and lemongrass into a not too fine paste.
6. Skewer the meat. Rub with the paste. Reserve.
7. For the green chili sauce, in a mortar and pestle, pound the chiles, garlic, salt, palm sugar, and cilantro into a paste.
8. Add the lime juice and fish sauce. Mix until incorporated. Adjust the seasoning to taste. Reserve.
9. Grill the beef skewers over the preheated grill until cooked to desired doneness. Serve with the green chili sauce.

**Note:** To use a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed. Clean the cooking grate.

# TURKISH GRILLED BEEF KÖFTE KEBABS WITH YOGURT AND CUCUMBER SAUCE

*Yield: 6 portions*

Ingredients	Amounts
Skewer, wooden, 8-inch	as needed
Bulgur, finest grind	½ cup
Molasses, pomegranate	1 Tbsp.
Soy sauce, light	1 Tbsp.
Oil, olive, pure	1 Tbsp.
Beef, lean, ground	1 lb.
Onion, yellow, minced	1 cup
Chile, Jalapeño, minced	1 ea.
Yogurt, plain	1 Tbsp.
Oil, olive, pure	2 Tbsp.
Parsley, flat-leaf, leaves, fresh, chopped	2 Tbsp.
Cilantro, leaves, fresh	2 Tbsp.
Mint, leaves, fresh, chopped	1 Tbsp.
Cumin, ground	2 tsp.
Allspice, ground	1 tsp.
Cinnamon, ground	¼ tsp.
Pepper, black, ground	½ tsp.
Chile, cayenne, ground	¼ tsp.
Onion, red, sliced thin	as needed
Cilantro, sprigs, fresh	as needed
Lemon, cut into wedges	as needed
Yogurt and Cucumber Sauce (Recipe follows)	1x recipe

## Method

1. Soak the wooden skewers in water for 1 hour.
2. Thoroughly rinse the bulgur. Place it in a bowl and add enough water to cover. Let it soak for 10 minutes. Transfer the bulgur to a strainer and let it sit for 20 minutes. Drain in a strainer. If it still seems wet, squeeze the rest of the moisture out.
3. Preheat gas grill over medium heat.

4. For the glaze, in a small bowl, combine the pomegranate molasses, soy sauce, and olive oil. Reserve.
5. In a food processor, place the ground beef, onion, jalapeño, yogurt, oil, parsley, cilantro, mint, cumin, allspice, cinnamon, black pepper, and cayenne. Pulse until combined.
6. Mold the beef mixture onto the soaked skewers.
7. Grill the kebabs on the preheated grill until the juices run clear. Brush the reserved glaze on the kebabs during the last minute of grilling. Be sure not to overcook the kababs or they will become dry.
8. Place the cooked kebabs on a serving platter. Garnish with the red onion, cilantro sprigs, and lemon wedges. Serve with the Yogurt and Cucumber Salad.

**Note:** The kebabs can also be served with savory rice or nestled in a warm pita. To use a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed. Clean the cooking grate.

## YOGURT AND CUCUMBER SAUCE

*Yield: 8 portions*

Ingredients	Amounts
Cucumber, English	2 ea.
Salt, kosher	as needed
Garlic, chopped	2 tsp.
Salt, kosher	1 tsp.
Vinegar, wine, white	1 ½ Tbsp.
Oil, olive, extra virgin	3 Tbsp.
Yogurt, plain, non-fat	3 cups
Mint, dried	2 Tbsp.
Mint, fresh	2 Tbsp.
Bread, pita, large, cut into wedges	8 ea.

### Method

1. Peel and shred the cucumbers. If there are many seeds, slice them lengthwise and remove the seeds before shredding.
2. In a medium bowl, place the shredded cucumbers and a little salt. Toss to combine. Let it sit for 15 minutes to draw some of the liquid out of the cucumbers.
3. In a serving bowl, combine the garlic and salt. Mash it into a paste.
4. Stir in the vinegar.
5. Add the oil and mix well.
6. Add the yogurt and dried mint. Mix well.
7. In a colander, rinse the salt from the cucumbers. Pat them dry with a kitchen towel. Fold them into the yogurt mixture.
8. Garnish with fresh mint. Serve with warm pita wedges.

**Note:** This dish is called tzatziki in Greece. Dried mint has a sweeter, less wild taste than fresh mint and is preferable for this dish, although fresh mint is an appropriate garnish.

Source: Adapted from *The Mediterranean Diet* by Nancy Harmon Jenkins

These materials were developed at the Culinary Institute of America.

NY Beef Council July 2025 Course Guide v.110

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