

# Flavors of the Hudson Valley Boot Camp

**Welcome!**



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# COURSE INFORMATION

## **COURSE DESCRIPTION**

From foie gras to artisan cheese, the distinguishing flavors of the Hudson Valley abound. Seasonal products, harvested and crafted by local purveyors, provide the foundation for the satisfying dishes prepared in this distinctive region.

During this 2-day culinary tour, you will discover and sample the best of the fertile Hudson Valley. You will discuss seasonal ingredients and characteristic Hudson Valley foods. Then you will put that knowledge to work, as you learn cooking techniques that best showcase the region's signature ingredients.

## **IN THIS COURSE, YOU WILL...**

- Discuss seasonal produce and learn about some of the most popular local ingredients.
- Learn a variety of cooking techniques that best showcase Hudson Valley ingredients.
- Use a selection of local products to prepare an assortment of intensely flavorful dishes.

# DAY ONE: TEAM PRODUCTION ASSIGNMENTS

## TEAM ONE:

Crispy Vegetable Spring Rolls with Dipping Sauces

Heirloom Cherry Tomato and Herb Risotto

Pan-Seared Duck Breast with Red Wine Gastrique

Watermelon, Mint, and Feta Salad

*\*Prep Fennel Oil for Sturgeon on Day Two*

## TEAM TWO:

Summer Tomato and Vegetable Gazpacho

Green Beans with Crispy Prosciutto and Local Cheese

Roasted Chicken and Piri Piri Sauce

Roasted Fingerling Potatoes with Garlic and Herbs

*\*Prep Tomato Oil for Quail on Day Two*

## TEAM THREE:

Grilled Honey-Flavored Peach Salad with Fresh Mozzarella

Poached Striped Bass with Pickled Rhubarb Slaw

Potato-Celeriac Pancakes

Tomato, Cheddar, and Roasted Corn Salad with Avocado and Chipotle-Sherry Vinaigrette

## TEAM FOUR

Roasted Garlic Vichyssoise with Bread Salad

Confit of Duck Leg with Cherry and Macadamia Nut Compote

Toasted Barley and Amber Beer Pilaf

Sautéed Swiss Chard with Shallots

# CRISPY VEGETABLE SPRING ROLLS WITH DIPPING SAUCES

*Yield: 15 spring rolls*

<b>Ingredients</b>	<b>Amounts</b>
Noodles, bean thread, cooked, cut into 1-in. pieces	1 wt. oz.
Mushroom, wood-ear, soaked	1 wt. oz.
Onion, yellow, finely minced	1 ea.
Carrot, peeled, coarsely grated	1 ea.
Scallion (Green onion), thinly sliced	3 ea.
Egg, whole	1 ea.
Fish sauce	2 Tbsp.
Garlic, minced	½ Tbsp.
Salt, kosher	¼ tsp.
Sugar, granulated	2 tsp.
Pepper, black, ground	½ tsp.
Spring roll wrappers	15 ea.
Cornstarch	2 Tbsp.
Water	⅓ cup
Oil, vegetable	as needed
Vietnamese Dipping Sauce (Recipe follows)	1 ½ cups
Hoisin-Peanut Sauce (Recipe follows)	2 cups

## **Method**

1. For the filling, in a mixing bowl, combine the noodles, mushrooms, onion, carrot, scallions, egg, fish sauce, garlic, salt, sugar, and pepper. Mix well. Adjust the seasonings to taste.
2. In a small saucepan, combine the cornstarch and water. Bring to a boil, stirring constantly to prevent sticking. If it is too thick, add more water. This is the “glue” to seal the edges of the wrappers.
3. Place a wrapper in front of you with the pointy side pointing towards you. Place about 2 tablespoons of filling on the lower area of the wrapper. Using your fingers, mold the filling into a cylinder 2-inches long and 1-inch wide. Fold the two sides of the wrapper in and roll to enclose.
4. Dab a little cornstarch mixture along the edges (do not overuse the glue) and seal the roll. Set aside while you finish making the remaining rolls. Do not stack them.
5. In a large wok or frying pan, place enough oil so that the spring rolls will be fully submerged. Heat the oil to 325°F. Carefully place the rolls into the oil. Do not crowd

the pan or place the rolls on top of each other. The rolls should float and not touch the pan. Fry the spring rolls until they are nicely brown and crisp, 3 to 4 minutes. (If they brown before that, reduce the heat, as the oil is too hot.) Remove the cooked spring rolls from heat and drain on a rack.

6. Serve immediately with the dipping sauces.

# VIETNAMESE DIPPING SAUCE

## *NUOC CHAM*

*Yield: 1 ½ cups*

<b>Ingredients</b>	<b>Amounts</b>
Garlic, clove, sliced	2 ea.
Chili paste, ground	1 tsp.
Chile, Thai bird, chopped (Optional)	1 ea.
Fish sauce	¼ cup
Water, hot	⅔ cup
Lime, juice, with pulp	2 Tbsp.
Sugar, granulated	¼ cup
Carrot, shredded	2 Tbsp.

### **Method**

1. Place the garlic, chili paste, and Thai bird chile in a mortar. With a pestle, pound it into a paste. If you do not have a mortar and pestle, finely mince the garlic and chili.
2. In a small mixing bowl, combine the garlic mixture with the remaining ingredients.
3. Stir until the sugar dissolves.
4. Ladle the sauce into serving bowls and float the carrot slivers on top.

**Note:** If you only know one thing about Vietnamese cuisine, know that *nuoc cham* is the single most important table sauce. Slightly sweet and sour, this fish dipping sauce is served with almost every dish. It will keep for 1 month if refrigerated.

Source: *The Best of Vietnamese and Thai Cooking* by Mai Pham

# HOISIN-PEANUT SAUCE

*Yield: 2 cups*

<b>Ingredients</b>	<b>Amounts</b>
Hoisin sauce	1 cup
Water	½ cup
Vinegar, rice wine	¼ cup
Onion, yellow, finely minced	⅓ cup
Chili paste, ground	1 Tbsp.
Peanuts, roasted, chopped	1 Tbsp.

## **Method**

1. Place the hoisin sauce, water, vinegar, and onion into a small saucepan and bring to a boil. Reduce the heat and simmer for 5 to 7 minutes. Add a little water if it is too thick. Set aside to cool.
2. Transfer the mixture to a sauce dish and garnish with the chili paste and chopped peanuts.

*Source: The Best of Vietnamese and Thai Cooking by Mai Pham*

# HEIRLOOM CHERRY TOMATO AND HERB RISOTTO

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, pure	¼ cup
Tomato, cherry, heirloom	1 pt.
Thyme, fresh, chopped, stems reserved	1 Tbsp.
Parsley, fresh, chopped, stems reserved	1 Tbsp.
Tarragon, fresh, chopped, stems reserved	1 Tbsp.
Stock, chicken	6 cups
Oil, olive, pure	¼ cup
Onion, yellow, minced	1 cup
Garlic, slivered	1 Tbsp.
Rice, Arborio	1 ½ cups
Wine, white, dry	½ cup
Cheese, Pecorino-Romano	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Basil, fresh, chiffonade	3 Tbsp.

## **Method**

1. Heat the olive oil in a sauté pan over medium heat. When the oil shimmers, add the cherry tomatoes to blister the skin. When the skin begins to peel back, remove them from the oil. Transfer to an ice bath.
2. Once cool enough to handle, peel the heirloom tomatoes, slice in half, and reserve.
3. In a medium saucepan over high heat, place the stems from the thyme, parsley, and tarragon, chicken stock, and the skins from the tomatoes. Simmer gently for 20 minutes. With a slotted spoon, strain out the stems and skins and discard. Turn down the heat to low and cover. Reserve the stock.
4. In a deep saucepan, heat the olive oil over medium heat. Add the onions and garlic. Sauté until soft but not brown, about 5 minutes.
5. Add the rice. Stir to coat with the oil. Sauté until the rice is opaque, about 3 minutes.
6. Add the wine. Cook until all the liquid is absorbed by the rice.
7. Add the hot reserved stock in 1-cup increments, stirring after each addition, until the liquid is nearly absorbed by the rice. Continue stirring and adding stock until the rice is tender but not overcooked. It should be wave-like and creamy like porridge (*all 'Onda*), not stiff or firm.
8. Just before serving, stir in the tomatoes, thyme, parsley, and tarragon leaves, and cheese. Season with salt and pepper to taste. Garnish with the basil. Serve immediately.

# PAN-SEARED DUCK BREAST WITH RED WINE GASTRIQUE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Duck, Moulard, breast, whole, boned, trimmed and scored	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Garlic, peeled, grated	1 Tbsp.
Shallot, minced	1 ea.
Oil, vegetable	3 Tbsp.
 Red Wine Gastrique (Recipe Follows)	 1x Recipe
 Arugula	 6 cups
Oil, olive, extra virgin	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Watermelon, Mint and Feta Salad (Recipe Follows)	1x Recipe

## **Method**

1. Rub the duck breasts with salt and pepper. Combine the garlic and shallots and spread the mixture on the meat side of the duck breasts. Place them in a plastic bag or covered container and marinate at least 2 hours, or overnight, in the refrigerator.
2. Preheat oven to 350°F
3. Heat the oil in a large sauté pan over medium-high heat. Place the duck skin-side down and sear both sides.
4. Remove the duck from the sauté pan and place it on wire rack over a sheet pan. Finish in the oven until the internal temperature reaches 130°F. Remove from the oven and set aside to allow the meat to rest.
5. Glaze the duck breasts with the Red Wine Gastrique while resting.
6. In a large bowl, gently toss the arugula with salt, pepper and olive oil.
7. Slice the duck on the diagonal into ¼- inch slices. Arrange on a plate or platter, with arugula and Watermelon, Mint and Feta Salad. Drizzle remaining gastrique around breast and serve.

## RED WINE GASTRIQUE

Yield: ½ cup

Ingredients	Amounts
Butter, unsalted	1 Tbsp.
Shallot, minced	1 ea.
Thyme, fresh, leaves	1 Tbsp.
Pepper, black, coarse ground	2 Tbsp.
Wine, red	¼ cup
Vinegar, wine, red	¼ cup
Honey	¼ cup

### Method

1. Heat the butter in a small saucepan over medium high heat. Add the shallot and thyme and sweat until they are aromatic, about 2 minutes.
2. Add the pepper, wine, and vinegar. Simmer for 5 minutes to reduce by ¼.
3. Add the honey and bring the sauce back to a simmer. Cook until the sauce thickens enough that it coats the back of a spoon (*nappé*).
4. Adjust the flavors to taste. The sauce should be balanced with a sweet and sour flavor.

# WATERMELON, MINT, AND FETA SALAD

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Watermelon, cubed	6 cups
Cheese, feta, crumbled	1 cup
Onion, red, thinly sliced	¼ cup
Mint, fresh, chiffonade	½ cup
Lime, juice, freshly squeezed	¼ cup
Oil, olive, extra-virgin	1 Tbsp.
Salt, kosher	to taste

## **Method**

1. Combine the watermelon, feta cheese, red onion, and mint in a large bowl.
2. Pour the lime juice and olive oil over the watermelon mixture and toss gently to coat.
3. Season with salt to taste.
4. Serve immediately.

# SUMMER TOMATO AND VEGETABLE GAZPACHO

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Tomato, plum, ( <i>Roma</i> ), peeled, seeded, medium diced	4 lb.
Pepper, bell, green, small diced	1/2 lb.
Cucumber, peeled, small diced	1/2 lb.
Garlic, clove, crushed	4 ea.
Vinegar, wine, red	4 fl. oz.
Oil, olive, pure	8 fl. oz.
Salt, kosher	as needed
Pepper, black, ground	as needed
Cucumber, brunoised	2 oz.
Zucchini, brunoised	2 oz.
Squash, yellow, brunoised	2 oz.
Pepper, bell, red, brunoised	2 oz.

## **Method**

1. Combine the tomatoes, peppers, cucumbers, garlic, vinegar, oil, salt and pepper in a nonreactive (glass or stainless steel) container. Cover and refrigerate for 1 hour.
2. Purée the marinated ingredients in a blender, working in batches if necessary. Strain through a fine-mesh sieve. Adjust the seasoning with salt and pepper to taste.
3. Chill the soup thoroughly.
4. Serve in chilled bowls or cups and garnish with the brunoised cucumber, zucchini, yellow squash and red pepper.

# GREEN BEANS WITH CRISPY PROSCIUTTO AND LOCAL CHEESE

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lemon, juice	3 Tbsp.
Vinegar, wine, white	1 Tbsp.
Shallot, minced	2 Tbsp.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Oil, olive, extra-virgin	6 Tbsp.
Green beans, ends trimmed	1 lb.
Prosciutto, thinly sliced	¼ lb.
Cheese, local, Gruyère-like, cut into sticks	¼ lb.

## **Method**

1. Preheat oven to 350°F.
2. Combine the lemon juice, vinegar, shallots, salt, and pepper. Gradually whisk in the olive oil. Set aside.
3. Bring a large pot of salted water to a boil. Add the green beans and cook until bright green and just barely tender to the bite, about 3 minutes. Drain the green beans and rinse with cold water until they feel cool. Drain well.
4. Toss the green beans and the dressing together and let them marinate at room temperature for 10 minutes.
5. Place the prosciutto slices on a parchment-lined sheet tray and bake in the preheated oven until golden brown and crispy, 8 to 10 minutes.
6. Add the prosciutto and cheese to the green beans. Season with salt and pepper to taste.
7. Serve at room temperature.

# ROASTED CHICKEN WITH PIRI PIRI SAUCE

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, whole, 3 ½ lb.	2 ea.
Oil, olive, pure (Divided)	4 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Shallot, sliced thin	2 ea.
Garlic, clove, sliced thin	6 ea.
Thyme, fresh, sprigs	6 ea.
Stock, chicken	2 cups
Butter, unsalted	2 Tbsp.
Flour, all-purpose	2 Tbsp.
Vinegar, wine, red	4 Tbsp.
Piri Piri Sauce (Recipe Follows)	1x Recipe

## **Method**

1. Preheat oven to 400°F.
2. Rub the chicken all over with 1 tablespoon of the olive oil, season it inside and out with salt and pepper. Put about ¼ of the shallots, garlic, and thyme in the cavity. Truss the chicken, put it in a roasting pan, and roast for 15 minutes.
3. Add the remaining shallots, garlic, and thyme to the pan, set the chicken on top, and roast for 15 minutes more. Remove the chicken from the oven. Turn the oven down to 300°F. Pour off any fat that has accumulated in the roasting pan.
4. Add the stock to the roasting pan and return the chicken to the oven. After 20 minutes, baste the chicken and continue to roast the chicken for 25 minutes more, until the internal temperature reaches 165°F. Turn the oven off, remove the chicken to a platter, and return it to the oven while you make the sauce. Strain the pan juices and set aside.
5. In a small saucepan over low heat, melt the butter. Whisk in the flour and cook, whisking frequently, until the mixture is lightly brown, 1 to 2 minutes.
6. Add pan juice into the pan and stir the sauce over medium heat until it is smooth and slightly thickened. Let it simmer gently for 5 minutes, stirring frequently.
7. Season with salt and pepper to taste. Stir in the vinegar.
8. Carve the chicken and serve with the sauce and piri piri on the side.

**Note:** Game birds such as guinea fowl or partridge can be substituted for the chicken.

*Source: The Hudson River Valley Cookbook, by Waldy Malouf*

# PIRI PIRI SAUCE

*Yield: 2 cups*

<b>Ingredients</b>	<b>Amounts</b>
Pepper, bell, red, roasted	2 ea.
Chile, jalapeño, seeds removed	2 ea.
Shallot, diced	1 ea.
Oil, olive, pure	1 cup
Vinegar, cider	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. In a blender, combine the red pepper, jalapeño, shallot, oil, vinegar, salt and pepper.
2. Purée until smooth.

# ROASTED FINGERLING POTATOES WITH GARLIC AND HERBS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, fingerling	2 ¼ lb.
Oil, olive, pure	2 Tbsp.
Garlic, minced	1 ½ Tbsp.
Rosemary, fresh, chopped	½ Tbsp.
Parsley, fresh, chopped	½ Tbsp.
Sage, fresh, chopped	½ Tbsp.
Thyme, fresh, chopped	½ Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

## **Method**

1. Preheat oven to 425°F.
2. Scrub and blot the potatoes dry.
3. Combine the oil, garlic, herbs, salt, and pepper in a large bowl. Add the potatoes and roll or toss until they are evenly coated. Transfer to an oiled baking sheet.
4. Roast the potatoes until they are golden brown and tender enough to be easily pierced with a fork, about 40 minutes.
5. Transfer to a large serving bowl and serve immediately.

# GRILLED HONEY FLAVORED PEACH SALAD WITH FRESH MOZZARELLA

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Peach, ripe	5 ea.
Scallion (Green onion), bunch, thin sliced	1 ea.
Cilantro, fresh, finely chopped	1/2 cup
Honey	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lime, zest	to taste
Lime, juice	to taste
Cumin seeds, toasted, ground	to taste
Chile, ancho, powder	to taste
Tequila	1 Tbsp.
Oil, olive, pure	1/3 cup
Watercress	1/2 lb.
Mozzarella, small diced	1 1/2 lb.
Cilantro, micro	as needed

## **Method**

1. Cut the peaches in half and remove the pits. Cut the peaches into 1/3- inch thick slices for grilling. Reserve the peach ends.
2. Peel the saved peach end cuts and chop for the dressing.
3. In a blender, place the reserved peach ends, scallions, cilantro, honey, salt, pepper, lime juice and zest, cumin, ancho chile powder, and tequila. Pulse until smooth.
4. Slowly stream in the olive oil for an emulsified vinaigrette. Adjust the seasoning to taste.
5. Preheat grill to 375°F.
6. Brush the sliced peaches lightly with the vinaigrette and marinate for at least 30 minutes before grilling.
7. Grill the peach slices to create caramelized grill marks, 2 to 3 minutes for each side.
8. In a mixing bowl, add watercress or arugula, half of the mozzarella cubes, and dress lightly with the vinaigrette.
9. On a plate or platter, arrange the dressed greens, top with the grilled peaches, and garnish with the remainder mozzarella cubes. Sprinkle with the micro cilantro.

**Note:** white rum can be substituted for the tequila. Baby arugula can be substituted for the watercress.

Source: Chef Almir DaFonseca

# POACHED STRIPED BASS WITH PICKLED RHUBARB SLAW

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Water	2 ¼ pt.
Onion, yellow, chopped	3 ea.
Carrot, chopped	2 ea.
Celery, stalks, chopped	3 ea.
Vinegar, cider	2 Tbsp.
Wine, white, dry	2 Tbsp.
Salt, kosher	½ tsp.
Peppercorns, black	2 ½ tsp.
Fish, striped bass, fillet	2 ¼ lb.
Oil, olive, extra-virgin	2 Tbsp.
Mushroom, sliced	¾ cup
Pepper, bell, red, julienned	2 ea.
Scallion (Green onion), thinly sliced	3 ea.
Spinach, baby, chiffonade	2 cups
Chervil, sprig	as needed
Pickled Rhubarb Slaw (Recipe follows)	1x recipe

## **Method**

1. For the poaching liquid (bouillon), combine the water, onion, carrot, celery, vinegar, wine, and salt in a medium saucepan. Simmer for 20 minutes.
2. Add the peppercorns and simmer for 10 minutes. Strain and discard the vegetables. Return the bouillon to the pot and maintain a gentle simmer.
3. Cut the bass into twelve 3-ounce portions and refrigerate until needed.
4. Wipe a large rondeau with enough oil to very lightly grease. Place the bass in the pan and add enough of the simmering bouillon to cover the fish by half.
5. Add the mushrooms, peppers, green onions, and spinach to the pan. Cover the fish loosely with parchment paper, cut to fit the inside of the pan, and place in a 325°F oven until done, about 8 minutes.
6. For each portion, gently place 2 pieces of fish and a portion of vegetables in a warm shallow bowl. Spoon the poaching liquid over the fish and garnish with the chervil sprigs and Pickled Rhubarb Slaw.

# PICKLED RHUBARB SLAW

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Vinegar, cider	1 cup
Sugar, brown	$\frac{3}{4}$ cup
Water	1 cup
Salt, kosher	1 Tbsp
Thyme, fresh, sprig	1 ea.
Pepper, black, ground	$\frac{1}{2}$ Tbsp
Rhubarb, 3-inch length	$\frac{1}{2}$ lb.
Carrot, julienned	1 $\frac{1}{2}$ cups
Cabbage, green, head, shaved	$\frac{1}{2}$ ea.
Onion, red, fine julienned	1 ea.
Salt, kosher	as needed
Cilantro, bunch, chopped	$\frac{1}{2}$ ea.
Chile, jalapeño, minced	1 ea.
Vinegar, cider	$\frac{1}{2}$ cup
Oil, olive, pure	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Sugar, granulated	to taste

## **Method**

1. For the brine, in a small saucepan, combine the vinegar, brown sugar, water, salt, thyme, and pepper. Bring it to a boil.
2. In a medium bowl, place the rhubarb and the brine. Let it cool overnight to allow the flavors to come together.
3. In a large bowl, combine the carrots, cabbage, and red onion. Add a liberal amount of salt. Toss to coat the vegetables. Place another bowl on top to weigh the vegetables down. Allow them to wilt and release most of their water. Rinse the vegetables under cold water to remove the salt. Reserve.
4. Julienne the reserved rhubarb into thin slices.
5. In a large bowl, place the rinsed vegetables, julienned rhubarb, cilantro, jalapeño, vinegar, and olive oil. Toss well to combine.
6. Adjust the seasoning to taste. The slaw should have a balance of sweet and sour.

# POTATO-CELERIAC PANCAKES

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, russet	1 lb.
Celeriac, small	½ lb.
Salt, kosher	2 tsp.
Egg, whole, beaten	1 ea.
Butter, unsalted	6 Tbsp.
Oil, peanut	1 ½ Tbsp.
Onion, red, small	2 ea.
Salt, kosher	as needed
Vinegar, wine, white	1 ½ Tbsp.
Celery, stalks and leaves	6 ea.
Pepper, black, ground	as needed
Crème fraîche	⅓ cup
Nutmeg, fresh, grated	1 pinch

## **Method**

1. Peel the potatoes and the celeriac. Grate them finely. Mix the grated vegetables in a bowl. Season with salt. Let stand for 15 minutes to release the moisture. Place the vegetable mixture in a clean dry towel and wring out any excess moisture.
2. Add the beaten egg and, with your hands, divide the grated vegetables into 6 to 8 balls (depending on the size of the potatoes), and flatten each into a pancake about 5/8- inch thick.
3. Heat the butter and oil in a large skillet over medium heat. Add the pancakes and sauté until well browned on both sides. Cook in batches as needed. Do not overcrowd the pan.
4. Meanwhile, slice the onion paper-thin on a slicer or mandolin. Toss with a small amount of salt and vinegar. Set aside.
5. Peel the celery hearts and slice paper thin on a bias. Toss the sliced celery and any leaves with salt and pepper to taste. Set aside.
6. When the pancakes are cooked, arrange them overlapping around the edge of an ovenproof platter. Spread some of the crème fraîche on each pancake, then sprinkle with nutmeg and top with the seasoned, sliced onion.
7. Put the platter in a very hot oven for a couple of minutes. Before serving, put the sliced celery and leaves in the center of the platter. Serve immediately.

Source: Adapted from: *Roger Vergé's Vegetables in the French Style*, Roger Vergé

# TOMATO, CHEDDAR, AND ROASTED CORN SALAD WITH AVOCADO AND CHIPOTLE-SHERRY VINAIGRETTE

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amount</b>
Corn, ear, unhusked	4 ea.
Salt, kosher	1 tsp.
Mesclun lettuce mix	6 cups
Chipotle-Sherry Vinaigrette (Recipe follows)	1 cup
Tomato, beefsteak, sliced ¼ -inch thick	3 ea.
Avocado, sliced	2 ea.
Onion, red, thinly sliced	1 ea.
Cheese, Cheddar, NY state, small diced	1 cup
Salt, kosher	as needed
Pepper, black, ground	as needed

## **Method**

1. Preheat oven to 400°F.
2. Place the unhusked corn in a roasting pan and roast until tender, about 30 minutes. Check their doneness after about 20 minutes (pull the husk partially away from the biggest ear). If you pierce a kernel easily with a fork, it is done. Remove it from the oven and cool completely.
3. Shuck the corn and cut the kernels from the cobs. Place the corn kernels in a mixing bowl and toss with the salt. Keep the corn at room temperature if you are making the salad right away or cover and refrigerate for up to 12 hours.
4. Toss the mesclun mix with ½ cup of the prepared vinaigrette.
5. Mound the dressed mesclun on a chilled platter or individual plates. Arrange the tomatoes, avocados, and red onion over the mesclun. Sprinkle with the cheese and reserved corn. Drizzle with the remaining ½ cup dressing. Season to taste with salt and pepper. Serve immediately.

## CHIPOTLE-SHERRY VINAIGRETTE

*Yield: 1 cup*

<b>Ingredients</b>	<b>Amount</b>
Vinegar, sherry	3 Tbsp.
Lime, juice, fresh	1 Tbsp.
Shallot, minced	1 Tbsp.
Cilantro, fresh, chopped	1 Tbsp.
Thyme, fresh, chopped	1 tsp.
Parsley, fresh, chopped	1 Tbsp.
Chile, chipotle, canned, drained, minced	2 ea.
Garlic, clove, minced	1 ea.
Maple syrup	1 tsp.
Oil, olive, pure	$\frac{3}{4}$ cup

### **Method**

1. In a medium bowl, combine all the ingredients except the olive oil.
2. Gradually whisk in the olive oil until the dressing is lightly thickened.
3. Adjust the seasonings to taste.

# ROAST GARLIC VICHYSOISE WITH BREAD SALAD

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Garlic, head, unpeeled	1 ea.
Eggplant, peeled, cubed	2 cups
Onion, yellow, chopped	1 ¼ cups
Celery, chopped	½ cup
Carrot, chopped	⅓ cup
Oil, olive, pure	3 Tbsp.
Stock, chicken	4 cups
Potato, Russet, peeled, diced	1 cup
Thyme, fresh, sprig	1 ea.
Tahini	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Lemon, juice	as needed
Bread Salad (Recipe Follows)	1x Recipe

## **Method**

1. Preheat oven to 350°F.
2. Combine the garlic, eggplant, onions, celery, and carrots in a baking dish large enough to hold the vegetables in a single layer. Drizzle the olive oil over the vegetables. Cover the pan with aluminum foil and roast for 20 minutes.
3. Remove the foil, increase the heat to 400°F, and roast until the eggplant and garlic are very soft, about 15 minutes. When cool enough to handle, slice the garlic head in half through the middle and squeeze the garlic from its skin.
4. Combine the roasted vegetables and garlic with the stock, potatoes, thyme, and tahini in a soup pot and stir to combine. Simmer the soup for 2 to 3 minutes.
5. Remove the pot from the heat and let the soup cool for at least 10 minutes before puréeing with a blender.
6. Strain the soup through a sieve and reserve the liquid. Working in batches, place the solids in a blender or food processor and add a little of the liquid, replace the cover (without the vent from the lid or feed tube), and purée the solids. Transfer the puréed soup to a clean pot. Continue to process until all the solids are puréed. Adjust the consistency by adding some of the remaining reserved liquid.
7. Return the soup to medium heat and simmer until reduced to the desired consistency, about 5 minutes. Season with salt, pepper, and lemon juice to taste.
8. Place in a bain marie and chill in an ice bath.
9. Serve in chilled bowls. Serve the Bread Salad on the side.

# BREAD SALAD WITH TOMATOES

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, pure	1/2 cup
Garlic, cloves, crushed, kept whole	6 ea.
Bread, baguette, medium diced	4 cups
Onion, red, diced	1 cup
Tomato, heirloom, medium diced (Divided)	3 cups
Vinegar, wine, red	3 Tbsp.
Basil, fresh, bunch	1 ea.
Capers	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Heat olive oil in a large sauté pan over medium-high heat. Add garlic and cook until aromatic but not too brown, 1 to 2 minutes.
2. Add the bread cubes to the pan and sauté until golden brown, 4 to 5 minutes.
3. Lower the heat to medium-low, add the red onion, and sauté for 1 minute.
4. Add 2 cups of the diced tomatoes.
5. Add the vinegar and remove from the heat.
6. Add the basil, capers, and the remaining diced tomatoes and toss to combine.
7. Season with salt and pepper to taste. Garnish with basil leaves. Serve immediately.

Source: adapted from *1 <3 NY Ingredients and Recipes* by Daniel Humm, Will Guidara

# CONFIT OF DUCK LEG WITH CHERRY AND MACADAMIA NUT COMPOTE

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Salt, kosher	½ cup
Sugar, brown	½ cup
Ginger, ground	1 tsp.
Cinnamon, ground	1 tsp.
Peppercorns, black, cracked	1 tsp.
Duck, leg, thigh bone removed	6 ea.
Duck, rendered fat	50 oz.
Cherries, pitted	1 lb.
Water	as needed
Sugar, granulated	as needed
Orange, zest, blanched	2 wt. oz.
Macadamia nuts, coarsely chopped	2 ½ wt. oz.

## **Method:**

1. For the dry rub, in a small bowl, place the salt, brown sugar, ginger, cinnamon and peppercorns. Mix well to combine.
2. Season the duck legs heavily, rubbing the dry rub into the meat of the legs. Place them on a sheet tray and refrigerate for 45 minutes. When the legs have cured, rinse off all the excess salt.
3. Render the duck fat in a sautoir that will hold all 6 of the legs. Place the legs in the fat flesh side down.
4. Bring the fat up to a simmer and reduce the heat. Braise in the fat for 1 to 1-1/2 hours. Check doneness by inserting the tip of a knife into the thickest part of the thigh. When the knife comes out without resistance, the legs are done.
5. Allow legs to cool in the fat to room temperature.
6. Place under a broiler or onto a grill to crisp the skin.
7. For the cherry and macadamia nut compote, place the cherries in a saucepan and add enough water to just barely cover them. Add sugar to taste. Simmer the cherries over medium heat until they are softened and thickened.
8. Stir in the orange zest and macadamia nuts. Serve warm.

# TOASTED BARLEY AND AMBER BEER PILAF

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Barley	1 cup
Oil, vegetable	1 Tbsp.
Onion, yellow, small diced	2 Tbsp.
Stock, vegetable	1 pt.
Beer, amber, local	8 fl. oz.
Cardamom, ground	1 pinch
Salt, kosher	to taste
Pepper, black, ground	to taste
Lemon, juice, fresh	1 Tbsp.
Parsley, fresh, chopped	½ wt. oz.

## **Method**

1. Preheat oven to 350°F.
2. Roast the barley on a sheet pan in the preheated oven until lightly colored, about 10 minutes.
3. Heat the oil in a small saucepot and add the onions and sauté until translucent, about 3 minutes.
4. Add the roasted barley and continue to sauté for one minute, tossing to coat in the butter and onions.
5. Add the stock, beer, cardamom, salt, and pepper and bring to a boil.
6. Cover the pan with a tight-fitting lid. Cook in the preheated oven for 45 minutes.
7. Remove from the oven and rest, covered, for 5 minutes.
8. Sprinkle with lemon juice, add the parsley, and fluff with a fork.

## SAUTÉED SWISS CHARD WITH SHALLOTS

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Chard, large bunch, stems removed	2 ea.
Oil, olive, pure	3 Tbsp.
Shallot, thinly sliced	2 ea.
Wine, white, dry	2 cups
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.

### **Method**

1. Blanch the chard leaves, then briefly immerse them in an ice bath to help set the bright green color. Drain and roughly chop. Set aside.
2. Heat the olive oil in a large sauté pan over medium-high heat. Add the shallots and sauté until soft.
3. Add the chard, toss to coat with the oil, and mix with the shallots.
4. Add the wine and bring it to a boil. Cook until the volume of the wine is reduced by half.
5. Season with the salt and pepper.
6. Serve warm in a heated bowl.

# DAY TWO

## PRODUCTION ASSIGNMENTS

### TEAM ONE

Salad with Strawberries, Cheese, and Basil  
Grilled Sturgeon with Onion, Orange, and Fennel Relish  
Grilled Polenta with Aged Goat Cheese and Blistered Cherry Tomatoes

### TEAM TWO

Cheese and Beer Soup  
Orange-Glazed Beets with Pine Nuts  
Tarragon and Mustard Grilled Leg of Lamb with Caramelized Endive  
Mashed Potatoes, and Pickled Red Pearl Onions

### TEAM THREE

Beef Tartare with Quail Egg and Salsa Verde  
Spinach and Goat Cheese Ravioli with Creamy Tomato Sauce  
Summer Tomato Ragu  
Curried Grilled Quail with Cucumber Yogurt Sauce

### TEAM FOUR

Ewes Blue Cheese Tarts  
Salad of NY Cheddar, Dry Cured Ham, and Almonds  
Seared Sea Scallops with Summer Squash Ciambotta  
Roasted Corn and Quinoa Salad

## SALAD WITH STRAWBERRIES, CHEESE, AND BASIL

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Strawberries, hulled, halved	9 cups
Oil, olive, extra virgin	3 Tbsp.
Lemon juice	1 ½ Tbsp.
Salt, kosher	to taste
English cucumber, peeled, seeded, thinly sliced	1 ea.
Local cheese, semi-hard, washed rind, crumbled	¾ cup
Red onion, small, thinly sliced	2 ea.
Basil leaves	¾ cup
Oil, olive, extra virgin	as needed
Aged balsamic vinegar	as needed
Pepper, black, ground	as needed

### **Method**

1. Dress the strawberries with olive oil, lemon juice, and salt to taste.
2. Divide among 6 plates. Place the cucumber between the strawberries and sprinkle the cheese on top. Top each plate with 8 or 9 pieces of red onion.
3. Garnish with basil leaves, finish with additional olive oil and aged balsamic vinegar.
4. Season to taste with salt and pepper.
5. Serve.

Source: adapted from *1 <3 NY Ingredients and Recipes* by Daniel Humm, Will Guidara

# GRILLED STURGEON WITH ONION, ORANGE, AND FENNEL RELISH

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Onion, Orange, and Fennel Relish (Recipe follows)	1 ½ cups
Sturgeon fillets, 6 oz.,	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	as needed
Fennel Oil (Recipe follows)	1 cup
Lemon, juice	2 Tbsp.

## **Method**

1. Prepare the relish and set aside until ready to serve.
2. Fold and trim the fish fillets to form rectangles about 1 ½- inches thick.
3. Preheat the grill to 500°F.
4. Clean the hot grates thoroughly and grease with an oiled side towel.
5. Pat the filet dry and season with salt and pepper. Lightly rub with oil. Place on the grill and close the lid, cooking for about 3 minutes.
6. Leaving the same side down rotate the fish 90 degrees and close the lid. Repeat the process on the other side.
7. Serve on a warm platter drizzled with Fennel Oil and lemon juice. Serve with the Onion, Orange and Fennel Relish served on the side.

**Note:** Sea bass can be substituted for the sturgeon.

## ONION, ORANGE, AND FENNEL RELISH

*Yield: 1 ½ cups*

<b>Ingredients</b>	<b>Amounts</b>
Onion, red, thinly sliced	1 ½ ea.
Fennel bulb, trimmed, sliced	1 ½ ea.
Vinegar, wine, white	⅓ cup
Oil, olive, extra-virgin	1 ½ Tbsp.
Fennel fronds, chopped	1 ½ Tbsp.
Pepper, black, ground	1 ½ tsp.
Orange, navel	1 ½ ea.

### **Method**

1. Put the onion and fennel in a mixing bowl with the vinegar, extra virgin olive oil, fennel fronds and ground black pepper.
2. Grate 1 teaspoon of the orange zest and add it to the mixture.
3. Cut the orange into segments and add it to the bowl.
4. Mix all the ingredients well and let the sit covered in a refrigerator for at least four hours.
5. Use as directed in the sturgeon recipe above.

## FENNEL OIL

*Yield: 1 cup*

<b>Ingredients</b>	<b>Amounts</b>
Fennel bulb, chopped	1 ea.
Shallot, chopped	1 ea.
Oil, vegetable (Divided)	1 cup

### **Method**

1. Sauté the fennel and shallot in 2 tablespoons of the oil until soft and translucent, about 3 minutes.
2. Add the rest of the oil and steep over medium heat for about 15 minutes.
3. Then remove from the heat and transfer to an airtight container.
4. Let the mixture infuse in the refrigerator overnight.
5. Use as directed in the sturgeon recipe above.

# GRILLED POLENTA WITH AGED GOAT CHEESE AND BLISTERED CHERRY TOMATOES

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amount</b>
Stock, vegetable	4 cups
Salt, kosher	2 tsp.
Cornmeal, yellow, coarse (Polenta)	1 cup
Cheese, goat, aged, grated	½ cup
Butter, unsalted	1 Tbsp.
Oil, olive, pure	½ cup
Thyme, fresh, bunch	½ ea.
Garlic, clove, whole	4 ea.
Tomato, cherry	1 pt.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.

## **Method**

1. Bring the vegetable stock to a boil in a large saucepan. Add salt. Whisking constantly with a stiff wire whisk, gradually pour in the cornmeal in a steady stream, working out any lumps. Continue whisking constantly until mixture thickens noticeably.
2. Lower the heat to a very low simmer. You should see only the occasional bubble plopping up through the polenta mixture. (Note, the polenta is extremely hot at this point, so be careful to avoid spattering). Stir regularly with a wooden spoon until full thickening is achieved, about 25 minutes.
3. Stir in the cheese and butter, then remove from the heat and pour into a sheet tray. Spread into an even layer, cover the surface with plastic wrap, and refrigerate until cool enough to slice, about 30 minutes.
4. Warm the olive oil in a sauté pan. Add the garlic and fresh thyme. Cook until the garlic starts to bubble without browning. Turn off the heat.
5. Add the tomatoes. Allow the mixture to cool in the pan. When cool enough to handle, remove the skins from the cherry tomatoes. Remove the thyme stems, season with salt and pepper, and reserve the tomato mixture.
6. Cut the polenta into squares brush with oil and grill over high heat to mark.
7. Top with the tomato mixture and serve immediately.

## CHEESE AND BEER SOUP

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	½ cup
Onion, medium diced	1 cup
Mushrooms, button, sliced ¼-inch thick	½ cup
Celery, medium diced	½ cup
Garlic, minced	1 Tbsp.
Flour, all-purpose	⅔ cup
Paprika	1 Tbsp.
Stock, chicken	1 ½ qt.
Beer, brown ale	1 cup
Mustard, Dijon	1 ½ Tbsp.
Cheese, Monterrey Jack, shredded	1 lb.
Heavy cream, hot	½ cup
Tabasco sauce	to taste
Worcestershire sauce	to taste
Salt, kosher	as needed
Pepper, black, ground	as needed

### **Method**

1. Heat the butter in a soup pot over medium-low heat. Add the onions, mushrooms, celery, and garlic. Cook until soft and translucent, but not brown.
2. Add the flour and paprika, stirring constantly, until the paste-like mixture (roux) is lightly golden, about 10 minutes.
3. Add the stock gradually, whisking constantly to work out any lumps. Simmer for 45 minutes, stirring occasionally, until the soup has a good flavor and velvety texture. Strain through a fine mesh sieve.
4. Return the soup to a simmer. Thirty minutes before serving, blend the beer, mustard, cheese and hot cream into the soup. Lower the heat and cook, while stirring, just until the cheese melts. Do not boil. Adjust the consistency with stock, if necessary.
5. Season the soup to taste with Tabasco, Worcestershire, salt, and pepper.

## ORANGE-GLAZED BEETS WITH PINE NUTS

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Beets	2 lb.
Oil	as needed
Butter, unsalted	3 Tbsp.
Shallot	½ cup
Garlic, minced	1 tsp.
Pine nuts	1 cup
Oranges, supremes	4 ea.
Stock, chicken	2 cups
Salt, kosher	¾ tsp.
Pepper, black, ground	½ tsp.
Parsley, fresh, chopped	1 ½ tsp.

### **Method**

1. Preheat the oven to 350°F.
2. Trim and clean beets, toss in olive oil, place on parchment-lined sheet tray and roast for about 45 minutes, until tender when pierced with a fork.
3. When beets are cool to the touch, remove skin by rubbing them with a paper towel. Cut beets into large dice and reserve.
4. In a sauté pan over medium heat, melt the butter. Add the shallot and garlic. Sweat until shallots are translucent, about 3 minutes. Add the pine nuts and cook until lightly browned.
5. Add the orange segments and chicken stock to the pan and reduce to a syrup. Season with salt and pepper.
6. Add the beets toss and heat through. Finish with parsley.
7. Serve on a warm platter.

# TARRAGON AND MUSTARD GRILLED LEG OF LAMB

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Leg of Lamb, boned	1 ea.
Mustard, seed, whole	2 Tbsp.
Caraway seed, whole	1 Tbsp.
Pepper, black, whole	1 Tbsp.
Salt, kosher	2 Tbsp.
Vinegar, tarragon	¼ cup
Mustard, Dijon	½ cup
Sugar, granulated	2 Tbsp.
Tarragon, fresh, sprig, chopped	5 ea.
Oil, vegetable	as needed

## **Method**

1. Trim the leg of lamb of any extraneous fat. Trim along the natural seams to break down into workable pieces for grilling.
2. In a dry sauté pan on medium heat, toast the mustard seed, caraway seed, and black peppercorns, 3 to 4 minutes. Add to a spice grinder, and pulse for 1-second intervals five times, until coarsely ground.
3. In a medium bowl, combine the toasted, ground spices with the salt, vinegar, mustard, sugar, and tarragon leaves to make a paste.
4. Rub on the lamb and leave to marinate for an hour to overnight.
5. Preheat the grill on high with the lid closed. Clean grill thoroughly when hot and season the grates with oil. Reduce heat to medium high.
6. Pat the lamb dry and place it on the grill to mark. Be sure to keep a close eye on the browning process. The sugar in the marinade will caramelize, and could easily burn.
7. Continue to grill to desired temperature, keeping the lid closed.

**Note:** Alternatively, you can mark on the grill and move it to an oven to finish cooking.

# CARAMELIZED BELGIAN ENDIVE

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Endive, Belgian (Divided)	4 ea.
Oil, olive, pure (Divided)	2 Tbsp.
Salt, kosher	as needed
Butter, unsalted (Divided)	¼ cup
Sugar, granulated (Divided)	2 Tbsp.

## **Method**

1. Cut the endive into 1-inch pieces. Separate the layers of the leaves, removing any bits of the core and place into a bain marie of water to soak. Agitate the leaves to loosen any dirt. Drain and dry.
2. Heat half the oil in a small sauté pan. Add half the soaked endive leaves. Season with salt to taste, and sauté until wilted, about 2 minutes.
3. Add half the butter and, when melted, sprinkle in half the sugar. Cook until the sugar begins to caramelize and coat the endive.
4. When the endive is coated in the caramelized sugar, remove from the heat, and allow to cool.
5. Repeat with the cooking process with the remaining half of the endive

**Note:** Overcrowding the pan will cause the endive to steam and not caramelize, which is why the recipe is cooked in two batches.

# SOUR CREAM AND CHIVE MASHED POTATOES

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Yukon gold potatoes, peeled, quartered	2 ¼ lb.
Salt, Kosher	as needed
Butter, unsalted, softened	6 Tbsp.
Sour cream, room temp.	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Chives, chopped	4 Tbsp.

## **Method**

1. Place the potatoes in a large pot and add enough cold water to cover by 2 inches. Salt the water and bring to a boil, then reduce the heat to medium.
2. Simmer until the potatoes are easily pierced with a fork, 25 to 30 minutes.
3. Drain the potatoes and return them to the pot. Over low heat, stir until no more steam rises from the potatoes, about 3 minutes.
4. While still hot, purée the potatoes with a food mill or ricer into a heated bowl.
5. Add the butter and mix until incorporated.
6. Add the sour cream and stir to combine. Season with salt and pepper to taste.
7. Fold in the chopped chives.
8. Serve in a heated bowl.

## PICKLED RED PEARL ONIONS

*Yield: 40 pieces*

<b>Ingredients</b>	<b>Amounts</b>
Onions, pearl, red	7 ea.
Oil, olive, pure	1 Tbsp.
Salt, kosher	2 tsp.
Vinegar, wine, red	2 Tbsp.

### **Method**

1. Peel and slice each onion 5 or 6 times. Separate each of the slices into rings, keep only the perfect pieces. You should have about 40 onion rings. Season with salt.
2. Heat the oil in a small sauté pan. Add the onions and salt. Sauté over high heat for 2 to 3 seconds.
3. Add the vinegar and toss, steaming the onions with the vinegar. Immediately transfer the onions to a small bowl and chill over ice.
4. Store the onions in the liquid. Drain when ready to use.

Source: adapted from *I <3 NY Ingredients and Recipes* by Daniel Humm, Will Guidara

# BEEF TARTARE WITH QUAIL EGG AND SALSA VERDE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Mayonnaise	1/4 cup
Vinegar, sherry	1 Tbsp.
Mustard, whole-grain	1 Tbsp.
Salt, kosher	1/2 tsp.
Beef tenderloin, diced 1/8-inch	18 wt. oz.
Anchovies, salt-packed, rinsed, minced	2 Tbsp.
Capers, minced	2 Tbsp.
Cognac	2 Tbsp.
Pommery Mayonnaise (from above)	1 Tbsp.
Chives, sliced	1 Tbsp.
Shallots, minced	3 ea.
Quail egg yolks	6 ea.
Salsa Verde (Recipe follows)	3/4 cup
Horseradish, fresh, peeled	as needed
Radishes, shaved	as needed
Radish sprouts	as needed
Parsley, chopped	as needed
Pickled Radishes (Recipe follows)	1x Recipe
Tomato Oil (Recipe follows)	1 cup
Crostini (Recipe follows)	1x recipe

## **Method**

1. For the Pommery mayonnaise: Whisk together the mayonnaise, vinegar, mustard, and salt in a small bowl. Refrigerate until ready to serve.
2. For the beef tartare: Mix the beef, anchovies, capers, cognac, Pommery Mayonnaise, chives, and shallots in a bowl. Refrigerate until ready to serve.
3. To finish: Place a 2 1/2-inch ring mold in the center of a plate and spoon one-fourth of the beef tartare into the mold. Create a small indentation in the tartare with the back of a spoon and lay a quail egg yolk in it. Remove the ring mold. Spoon the Salsa Verde around the edge of the tartare. Grate horseradish on one side of the tartare. Arrange the pickled radishes around the plate and garnish with shaved radishes and radish sprouts. Squeeze dots of Tomato Oil around the plate to finish.
4. Serve immediately with Crostini.

*Source: 1 <3 NY Ingredients and Recipes by Daniel Humm, Will Guidara*

## PICKLED RADISHES

*Yield: 1 cup*

<b>Ingredients</b>	<b>Amounts</b>
Radishes	12 ea.
Vinegar, balsamic, white	1 ½ cups
Salt, kosher	1 ½ Tbsp.
Sugar, granulated	1 ½ Tbsp.

### **Method**

1. Trim the tops and bottom of the radishes, leaving ½-inch of the green tops attached. Quarter each radish.
2. In a small saucepan over medium heat, bring the vinegar, salt, and sugar to a simmer. Place the radishes in a bowl and pour the hot vinegar mixture over them. Cover with plastic wrap and cool to room temperature. Refrigerate until ready to serve.

# CROSTINI

*Yield: ½ baguette*

<b>Ingredients</b>	<b>Amounts</b>
Baguette	½ ea.
Oil, olive, extra virgin	as needed
Salt, kosher	as needed

## **Method**

1. Preheat oven to 325°F.
2. Thinly slice a baguette on an extreme bias.
3. With a pastry brush, coat each crostini with olive oil.
4. Season evenly with salt.
5. Bake in the preheated oven until golden brown and crisp, 5 to 10 minutes.
6. Cool and reserve until ready to serve.

# TOMATO OIL

*Yield: 1 cup*

<b>Ingredients</b>	<b>Amounts</b>
Tomato paste	¼ cup
Oil, olive, pure	1 cup

## **Method**

1. Whisk both the ingredients together in a saucepan. Bring it to a gentle simmer over medium heat.
2. Let the mixture steep for fifteen minutes on the heat, whisking intermittently.
3. Take the pan off the heat, cool and store under refrigeration overnight.
4. Strain or decant the mixture the next day and use as needed in the recipes listed.

# SALSA VERDE

*Yield: 3/4 cup*

<b>Ingredients</b>	<b>Amount</b>
Chives, finely chopped	1 Tbsp.
Cilantro, finely chopped	1 Tbsp.
Parsley, finely chopped	1 Tbsp.
Scallions (Green onions), finely chopped	1 Tbsp.
Anchovies, salt-packed, rinsed and finely chopped	1 tsp.
Garlic, finely chopped	½ tsp.
Red pepper flakes	¼ tsp.
Oil, olive, extra-virgin	¼ cup plus 1 Tbsp.
Lemon juice	2 Tbsp.
Salt, kosher	to taste

## **Method**

1. In a small mixing bowl, combine the chives, cilantro, parsley, and green onions.
2. Mix in the anchovies, garlic, and red pepper flakes.
3. Add the oil and lemon juice and stir to combine.
4. Season with salt to taste.

Source: *I <3 NY Ingredients and Recipes* by Daniel Humm, Will Guidara

# SPINACH AND GOAT CHEESE RAVIOLI WITH CREAMY TOMATO SAUCE

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
<b>Dough</b>	
Flour, all-purpose	1 lb.
Eggs	4 ea.
Salt, kosher	as needed
Spinach	14 wt. oz.
Cheese, goat, fresh, local	11 wt. oz.
Parmigiano-Reggiano, grated	1 1/3 cups
Eggs	2 ea.
Nutmeg, freshly grated	1 pinch
Salt, kosher	to taste
Pepper, black, ground	to taste
Summer Tomato Ragu (recipe below)	1x recipe

## **Method**

1. To prepare the pasta dough, mound the flour on a clean surface. Create a well in the center of the flour. Place the eggs in the well and whisk gently with a fork. Slowly start dragging the flour into the egg mixture.
2. Knead the dough by hand until the ingredients are well combined and the dough is smooth and elastic, about 10 minutes.
3. Wrap the dough with plastic wrap. Rest for at least 30 minutes.
4. For the filling: In a saucepan on medium-high heat, cook the spinach until wilted. Drain. When cool enough to handle, squeeze out excess water. Chop fine. Transfer to a large bowl.
5. Add goat cheese, Parmigiano-Reggiano and eggs. Season with nutmeg, salt and pepper. Beat until smooth. Reserve.
6. Dust a work surface with flour. Cut the dough into four equal pieces. Working with one piece of dough at a time, roll the dough with a pasta machine or with a rolling pin into sheets 10 to 12 inches long and 1/16- inch thick. Place about 2-teaspoon scoops of filling in rows, about 2 1/2-inches apart, on 2 of the pasta sheets. Cover with remaining pasta sheets, draping to evenly cover and fall between mounds of filling. Make sure to press out any air bubbles. Using a 3 to 4-inch pastry cutter, cut rounds of ravioli. Using a fork, press edges to seal.
7. Cook the pasta in boiling salted water until *al dente*.
8. Serve immediately with the tomato sauce.

# SUMMER TOMATO RAGU

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, pure	2 Tbsp.
Onions, yellow, diced	4 wt. oz.
Garlic, minced	1 Tbsp.
Wine, white	10 oz.
Tomatoes, plum ( <i>Roma</i> ), concasse, medium diced	1 lb.
Stock, chicken	1 cup
Basil, fresh, chiffonade	2 Tbsp.
Thyme, fresh, picked	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. In a large saucepan, heat the olive oil over medium heat. Add the onions and garlic and sauté until translucent, about 3 minutes. Add the white wine and simmer until reduced by half.
2. Add the diced tomato concasse and cook over medium heat, stirring continuously, until the tomatoes start to break down.
3. Add the chicken stock and bring to a simmer. Continue cooking until the sauce obtains the desired consistency. Season with salt and pepper to taste.
4. Ladle the tomato ragu into a bowl to toss with the ravioli. Ladle any remaining ragu over the ravioli.

# CURRIED GRILLED QUAIL WITH CUCUMBER YOGURT SAUCE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Cucumber, English	2 ea.
Yogurt, Greek, plain, drained	1 cup
Lemon, juice, fresh	2 tsp.
Oil, olive, extra virgin	1 Tbsp.
Garlic, clove, finely minced	½ ea.
Dill, fresh, chopped	1 ½ Tbsp.
Salt, kosher	to taste
Oil, vegetable	as needed
Curry Powder	1 Tbsp.
Lime, zested and juiced	2 ea.
Garlic, slivered	2 tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Quail, deboned	6 ea.

## **Method**

1. For the yogurt sauce, peel and grate the cucumbers on a box grater. Place in cheesecloth and squeeze to drain excess moisture.
2. In a medium bowl, combine the yogurt and the drained cucumbers. Stir in the lemon juice, olive oil, garlic, and chopped dill. Mix well. Season with salt to taste. Reserve.
3. Preheat the grill to High. When preheated, clean grates and season with oil.
4. Make a paste with the curry powder, lime zest and juice, and garlic. Season with salt and pepper.
5. Rub the quail with the curry paste mixture.
6. Mark the quail on high with the lid closed on the grill. The quail is thin and will cook very quickly. 2 to 3 minutes per side.
7. When done, remove the quail from the grill and lightly cover with aluminum foil to keep warm while the meat rests.
8. Arrange the quail on a platter and serve with the yogurt cucumber sauce.

# EWES BLUE CHEESE TARTS

*Yield: (20) Each, 1 ½ -inch Tartlets or (5) Each, 4-inch Tartlets*

<b>Ingredients</b>	<b>Amounts</b>
Puff pastry sheets, frozen, 17.3-oz package, thawed	3 ea.
Cream cheese	8 wt. oz.
Cheese, Ewes Blue	8 wt. oz.
Eggs	2 ea.
Heavy cream	½ cup
Sour cream	¼ cup
Chives, minced	1 Tbsp.
Parsley, finely chopped	1 Tbsp.
Thyme, minced	2 tsp.
Shallots, minced	1 tsp.
Salt, kosher	½ tsp.
Ground white pepper	¼ tsp.

## **Method**

1. Preheat oven to 350°F.
2. Roll out the dough and use it to line 20 (1½ inch) or 5 (4-inch) tart pans. Place the tart pans on a sheet pan and blind bake in the preheated oven until cooked through and lightly brown, about 10 minutes. Reduce the heat to 300°F.
3. Combine the cream and blue cheeses in a mixing bowl and beat until smooth. Add the eggs (1 at a time), beating well after each addition and scraping down the bowl often. Add the cream, sour cream, herbs, shallots, salt, and pepper and beat until smooth.
4. Pour the mixture into the prepared crusts and bake in the preheated oven until a knife comes out clean when inserted in the center of the tart, about 10 minutes for mini tarts, or 15 to 20 minutes for larger tarts.
5. Let the tarts rest at least 10 minutes before serving. They can be served warm or at room temperature.

# SALAD OF NEW YORK CHEDDAR, DRY-CURED HAM, AND ALMONDS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Bing cherries, pitted, halved	1 ½ cups
Rainier cherries, pitted, halved	1 ½ cups
Oil, olive, pure	3 Tbsp.
Lemon juice	1 ½ Tbsp.
Pepper, black, ground	1 ½ tsp.
Salt, kosher	to taste
Tonjes Farm Dairy Rambler Cheese crumbled	¾ cup
Blanched whole almonds, toasted	¾ cup
Mangalitsa ham, slice	12 ea.
Mizuna, baby	as needed
Cherry vinegar	6 Tbsp.

## **Method**

1. Toss all the cherries in the olive oil, lemon juice, and black pepper. Season with salt to taste.
2. Place cherry salad on platter or serving plates. Add the crumbled cheese and toasted almonds. Place the pieces of ham decoratively around. Garnish with the mizuna. Drizzle the cherry vinegar to finish.
3. Serve immediately.

**Note:** Tonjes Farm Dairy Rambler Cheese is a raw cow's milk cheese similar to aged cheddar. Mangalitsa ham is a dry-cured ham similar to prosciutto. Baby arugula can be substituted for the Baby mizuna.

Source: *1 <3 NY Ingredients and Recipes* by Daniel Humm, Will Guidara

# SEARED SEA SCALLOPS WITH SUMMER SQUASH CIAMBOTTA

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, pure	4 Tbsp.
Lemon zest	2 Tbsp.
Parsley, fresh chopped	5 Tbsp.
Thyme, fresh chopped	2 ½ Tbsp.
Lemon juice	1 tsp.
Salt, kosher	½ tsp.
Sea scallops	1 ½ lb.
Oil, olive, pure	3 Tbsp.
Salt, kosher	to taste
Stock, chicken	¼ cup
Wine, white	2 Tbsp.
Lemon juice	1 Tbsp.
Summer Squash Ciambotta (Recipe follows)	1x recipe

## **Method**

1. Combine the olive oil, lemon zest, parsley, thyme, lemon juice, and salt and marinate the scallops overnight.
2. Preheat oven to 400°F.
3. Remove scallops from marinade. Drain excess marinade and pat dry.
4. Heat oil in a large sauté pan over high heat. Season scallops with salt and sear on both sides until golden. Add chicken stock, wine and lemon juice. Cover the pan loosely with parchment and place in oven. Remove from oven when almost cooked through, about 5 minutes.
5. Serve the scallops on a warm plate over the Summer Squash Ciambotta.

# SUMMER SQUASH CIAMBOTTA WITH FRESH HERBS

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Green bell pepper, quartered	1 ea.
Eggplant, cut into ½-inch slices	1 ea.
Zucchini, quartered lengthwise	2 ea.
Mushrooms, button, stems removed	2 cups
Tomatoes, plum, ( <i>Roma</i> ), halved	4 ea.
Oil, olive, extra-virgin (Divided)	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Onion, red, small diced	1 ea.
Garlic, minced	1 Tbsp.
Tomato paste	1 Tbsp.
Stock, chicken	½ cup
Oregano, fresh, chopped	1 Tbsp.
Thyme, fresh, chopped	1 Tbsp.
Rosemary, fresh, chopped	2 tsp.

## **Method**

1. Preheat a gas grill to medium heat. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
2. Lightly brush the pepper, eggplant, zucchini, mushrooms, and tomatoes with about ¼ cup of the oil and season with salt and pepper to taste.
3. Grill the vegetables until they have grill marks and are slightly charred and tender, 5 to 10 minutes, depending on the vegetable. Remove from the grill and set aside until cool enough to handle. Roughly chop the vegetables.
4. Heat the remaining oil in a large pan over medium heat. Add the onions and sauté until translucent and just beginning to color, about 5 minutes. Add the garlic and sauté until fragrant, about 1 minute. Stir in the tomato paste and cook until it turns a deep color and gives off a sweet aroma, 1 to 2 minutes.
5. Add the green pepper, zucchini, mushrooms, eggplant, and tomatoes in that order, allowing each to begin to soften before adding the next.
6. Add the stock, cover, and let the vegetables stew until completely tender, about 15 minutes. Adjust seasoning to taste with salt and pepper and add the fresh herbs.
7. Serve hot.

# ROASTED CORN AND QUINOA SALAD

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Corn, in Husk	3 ea
Oil, olive, pure	as needed
Quinoa	1 ½ cups
Water	3 cups
Oil, olive, pure	as needed
Onion, red, small diced	1 ea.
Pepper, bell, red, small diced	1 ea.
Cilantro, fresh, chopped	2 Tbsp.
Lime, zested and juiced	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed

## **Method**

1. Remove any exposed silk and thinner and dried pieces of husk from the corn. Place the corn into a preheated 350° F oven and roast until the outer husk leaves turn brown and dry out, 15 to 20 minutes. Remove from the oven, cool and remove the husk. Rub with olive oil and return to the oven and roast until corn kernels are golden brown, about 15 minutes.
2. When the corn has cooled, cut off the kernels into a medium bowl. Using the back of the knife, scrape into the bowl any starchy corn juice (milk) in the cob that remains. Reserve.
3. In a medium saucepan over high heat, bring the quinoa and water to boil. Lower the heat and simmer, with the lid on, until tender, about 15 minutes. Leave on the stove with lid on until ready to use.
4. In a large sauté pan on medium heat, pour enough olive oil to coat the bottom of the pan. Add the onion and red pepper and sweat until tender, about 3 minutes. Add the quinoa and corn (including any corn milk from the bowl).
5. Remove from heat. Let it cool to room temperature. Add the cilantro, lime zest and juice. Season with salt and pepper to taste.

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# CONVERSION TABLES

## METRIC WEIGHTS AND MEASURES EQUIVALENCIES

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

## METRIC CONVERSION TABLE

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

\*Example: 9°F above boiling = 5°C above boiling.

## TEMPERATURE EQUIVALENCIES

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

## US CUSTOMARY LIQUID VOLUME CONVERSIONS

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

## US TO METRIC DRY MEASURES CONVERSIONS

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

## VOLUME MEASURE CONVERSIONS

<b>US</b>	<b>Metric</b>
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

<b>Original</b>	<b>Cut in Half</b>	<b>Cut in Third</b>
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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