



Culinary Institute
of America

UNIVERSITY OF SAN DIEGO
CULINARY TRAINING



CIA Consulting
The Culinary Institute of America

Scan the QR code for the class survey and PDF copies of course content:



Copyright © 2025
Culinary Institute of America
All Rights Reserved

This manual is published and copyrighted by the Culinary Institute of America. Copying, duplicating, selling, or otherwise distributing this product is hereby expressly forbidden except by prior written consent of the Culinary Institute of America.

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



Welcome to the CIA!

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

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

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

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

Wishing you all the best,

A handwritten signature in black ink that reads "David Kamen". The signature is fluid and cursive, with a long horizontal stroke at the end.

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

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

EXPECTATIONS FOR PARTICIPANTS

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

CIA UNIFORM POLICY

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

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

COURSE OVERVIEW

DAY ONE:

- Lecture: What is Flavor vs. Taste/ Intro to Plant Forward
 - Safety and Sanitation
 - Mise en Place
 - Time Management/ Reading a Recipe
 - What is Flavor/ Taste?
 - Identify the Five Senses/ Tastes
 - How do we develop flavor?
 - Descriptive sensory definitions
 - The Plant Forward Kitchen
 - Why choose Plant Forward?
 - Social, Personal, Global impact of adapting lifestyle
 - How do we prepare plant-forward meals?
 - Move grains, vegetables, beans, seeds to the center of the plate
 - Animal protein may be included, but in a smaller portion size
 - Seasoning foods with fresh herbs and spices
 - Controlling added sodium and sugar
- Kitchen Exercise
 - Chef to review all recipes before going into food production
 - Group Demonstrations
 - Workstation Set-up
 - Review and Critique

DAY TWO:

- Lecture: Seasonality/ Sustainability/ American Regional
 - How do we source ingredients for better nutrition?
 - Focus on the growing seasons throughout Regional America
 - What are the flavor profiles of Regional American cuisine?
 - Northeast, South, Pacific Northwest, Southwest
 - How can we reimagine these recipes through a plant forward lense?
 - How can we bring sustainability to our current location?
 - Discussion of how to use ingredients in Kitchen Exercise

- Kitchen Exercise
 - Chef to review all recipes before going into food production
 - Group Demonstrations
 - Review and Critique

DAY THREE:

- Lecture: Plant Forward Indian Cuisine/ Vegetarian Recipes
- History, geography, and culture of Indian
- Common flavor profiles and cooking techniques
- How does vegetarianism impact the Cuisine of India?
- Kitchen Exercise
 - Chef to review all recipes before going into food production
 - Group Demonstrations
 - Review and Critique

DAY FOUR:

- Lecture: Cuisine of Malaysia/ Singapore/ China
- History, geography, and culture
- Identify ingredients and cooking techniques found in Malaysia, Singapore, and China
 - Stir-frying, braising, roasting, steaming, deep-frying
- Kitchen Exercise
 - Chef to review all recipes before going into food production
 - Group Demonstrations
 - Review and Critique

DAY FIVE:

- Lecture: Cuisine of Thailand/ Vietnam
- History, geography, and culture
- Identify ingredients and cooking techniques found in Thailand and Vietnam
- Common flavor profiles and use of fresh herbs
- Kitchen Exercise
 - Chef to review all recipes before going into food production
 - Group Demonstrations
 - Review and Critique

DAY ONE: INTRO TO PLANT FORWARD

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE:

White Bean Caesar Salad
Grilled Artichokes with Hazelnut Romesco Sauce
Green Lentils with Chard and Lemon
Honey and Cumin Roasted Carrots with Whipped Ricotta

Soak the navy beans overnight for the Baked Beans recipe on Day Two

TEAM TWO:

Mango Salad with Peanut Dressing
Jerk Chicken Skewers
Grilled Sweet Potatoes and Pineapple
Tostones with Green Mango Salsa

Soak black eyed peas overnight for Stewed Black Eyed Peas on Day Two

TEAM THREE:

Falafel with Lettuce and Tomato
Yogurt and Cucumber Salad
Cacik
Hummus
Pita

TEAM FOUR:

Gochujang Salmon Tostadas with Purple Cabbage Slaw
Pickled Red Onions
Citrus and Jicama Salad with Mint Dressing

WHITE BEAN CAESAR SALAD

Yield: 12 portions

Ingredients	Amounts
Beans, white, canned, rinsed, drained	2 cups
Water	½ cup
Anchovies, salt-packed	4 Tbsp.
Lemon, juice, fresh	8 Tbsp.
Garlic, minced	4 tsp.
Cheese, Parmesan, grated	8 Tbsp.
Oil, olive, extra virgin	1 cup
Water, cold	½ cup
Pepper, black, ground	1 tsp.
Mustard, Dijon (Optional)	as needed
Baguette, thinly sliced	1 ea.
Oil, garlic	as needed
Romaine, heart, cut crosswise in 1-in. increments	10 ea.

Method

1. Preheat oven to 350°F.
2. In a blender, place the white beans and water. Purée until smooth. Place the mixture in a bowl and set aside.
3. Wipe out the blender container. Purée the anchovies until smooth. Add a little water if needed to facilitate blending.
4. For the dressing, in a medium bowl, place the white bean purée, anchovy purée, lemon juice, garlic, cheese, olive oil, cold water, pepper, and mustard. Whisk together until well combined.
5. For the croutons, brush the baguette slices with the oil. Bake in the preheated oven until crisp.
6. In a large bowl, pour 2/3 of the dressing down the sides of the bowl. Add the romaine and toss until coated evenly.
7. Garnish with the croutons. Serve on chilled dishes.

Note: If using dried beans, soak ½ cup of the beans in cold water overnight. Drain, place in a saucepan, and cover with fresh water. Bring it to a boil, lower the heat, and simmer until tender, about 30 minutes. Store the beans in their cooking liquid. Cool completely. Purée the beans in a food processor or blender.

GRILLED ARTICHOKE WITH HAZELNUT ROMESCO SAUCE

Yield: 10 portions

Ingredients	Amounts
Water	2 qt.
Bay leaf, dried	2 ea.
Lemon, halved (Divided)	1 ea.
Salt, kosher	½ tsp.
Pepper, black, ground	½ tsp.
Artichoke	10 ea.
Oil, olive, extra virgin	¼ cup
Garlic, clove, sliced	3 ea.
Hazelnut Romesco Sauce (Recipe follows)	1 ¼ cups

Method

1. In a large stockpot over medium-low heat, place the water, bay leaves, ½ a lemon, salt, and pepper. Bring it to a simmer.
2. Slice 1 inch off the top of each artichoke. Trim the stems and peel them to expose the tender flesh. Remove the outer petals to expose the soft, light green petals toward the center (see Chef demo).
3. Add the artichokes to the simmering water. Cover the pot and simmer until tender, about 20 minutes. Remove the artichokes and allow them to cool.
4. Quarter each artichoke and remove the hairy choke from the center. Place the artichoke quarters in a resealable plastic bag. Add the oil, garlic, and the juice of the remaining lemon half. Allow them to marinate in the refrigerator for at least 30 minutes or up to 4 hours.
5. Preheat a gas grill to medium heat.
6. Remove the artichokes from the marinade. Grill, turning often, until golden, about 10 minutes.
7. Serve the artichoke quarters with the Hazelnut Romesco Sauce drizzled over the top.

HAZELNUT ROMESCO SAUCE

Yield: 2 cups

Ingredients	Amounts
Chile, ancho, dried, steamed, seeded, toasted	2 ea.
Pepper, bell, red	2 ea.
Hazelnuts, skin off, chopped	8 oz.
Oil, olive, pure	½ cup
Tomato, paste	2 Tbsp.
Vinegar, wine, red	2 Tbsp.
Garlic, minced	1 Tbsp.
Pimentón, smoked	1 ½ tsp.
Chile, cayenne, ground	¼ tsp.
Salt, kosher	½ tsp.

Method

1. In a small saucepan, place the ancho chiles. Add enough cold water to cover them. Bring it to a boil over high heat. Remove the pan from the heat. Allow the chiles to steep for 20 minutes.
2. Strain the chiles, reserving the soaking liquid.
3. Roast the red bell peppers over an open flame to char the skin. Transfer them to a stainless-steel bowl. Cover them with plastic wrap and allow them to steam for 15 minutes. Allow them to cool enough to handle.
4. Remove the core, seeds, and charred skin from the peppers. (Do not rinse continuously with running water to remove the charred skin as it washes away the flavor.)
5. In a blender, place the roasted bell pepper, hazelnuts, oil, tomato paste, vinegar, garlic, pimentón, cayenne, and salt. Purée to a smooth consistency. Add some of the chile soaking liquid, if necessary, to reach a soft, sauce-like consistency (about the same as mayonnaise).
6. Store the sauce in a covered container and refrigerate. Allow it to rest overnight to develop the best flavor.
7. Adjust the seasoning to taste.

GREEN LENTILS WITH CHARD AND LEMON

Yield: 8 portions

Ingredients	Amounts
Oil, olive, extra virgin	2 Tbsp.
Garlic, finely chopped	3 Tbsp.
Lentils, green, dried, rinsed	1 lb.
Cilantro, fresh, chopped	1/3 cup
Salt, kosher	as needed
Swiss chard, leaves, stemmed, chiffonade	10 ea.
Oil, olive, extra virgin	2 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Molasses, pomegranate	1/4 cup
Salt, kosher	to taste

Method

1. In a medium saucepan, heat the olive oil over low heat. Add the garlic, cover the pan, and sweat until the garlic is soft and fragrant but not browned, 1 to 2 minutes.
2. Increase the heat to medium. Add the lentils and stir to coat them with the olive oil. Toast the lentils briefly.
3. Add the cilantro and enough water to cover the lentils by 2 inches. Season with salt. Bring it to a boil. Lower the heat and simmer until the lentils are tender, 20 to 25 minutes.
4. Remove the pot from the heat. Drain any excess liquid. Reserve and keep warm.
5. In a large sauté pan, heat the olive oil over medium heat. Add the Swiss chard. Cook until the leaves have wilted, about 3 minutes. Reserve.
6. Add the chard, lemon juice, and pomegranate molasses to the drained, reserved lentils. Adjust the seasoning to taste.
7. Cover and keep warm until ready to serve.

HONEY AND CUMIN ROASTED CARROTS WITH WHIPPED RICOTTA

Yield: 6 portions

Ingredients	Amounts
Carrot, baby, halved	5 lb.
Cumin seed, toasted	2 Tbsp.
Honey	½ cup
Oil, olive, pure	¼ cup
Salt, kosher	to taste
Pepper, black, cracked	to taste
Vinegar, wine, red	1 tsp.
Farro (Recipe follows)	3 cups
Oil, olive, pure	2 Tbsp.
Scallion (Green onion), sliced on bias, tops reserved	½ cup
Pistachios, pieces, toasted	¼ cup
Cheese, ricotta, whole milk	1 ½ cups
Oil, olive, pure	1 Tbsp.
Nutmeg, fresh, grated	1 tsp.
Salt, kosher	to taste
Pepper, black, cracked	to taste

Method

1. Preheat oven to 375°F degrees.
2. Toss the carrots in a large bowl with the cumin, honey, olive oil, salt, and pepper.
3. Lay the cut side down on a sheet tray and roast until browned and tender, about 15 minutes. Reserve any juices that collect.
4. Combine the roasted carrots with the vinegar.
5. Toss the cooked farro in a large bowl with the olive oil, scallion, and toasted pistachios.
6. For the whipped ricotta, combine the ricotta, olive oil, nutmeg, salt, and pepper in a mixing bowl with whip attachment. Whip until the mixture is light and fluffy.
7. To plate, mound the farro salad in the center and arrange the carrots over the salad. Top with dollops of whipped ricotta. Drizzle the roasting juices over the ricotta.
8. Garnish with the reserved scallion tops.

FARRO

Yield: 2 cups

Ingredients

Amounts

Farro	1 cup
Water, cold	3 cups
Salt, kosher	1 tsp.
Pepper, black, ground	to taste

Method

1. Soak the farro in cold water for 1 hour. Drain.
2. Simmer the farro in lightly salted water. Start checking for doneness after 25 minutes. When finished, it will be soft but have some firmness in the center.
3. If all the water hasn't absorbed into the farro, drain the cooked farro.
4. Fluff the farro with a fork. Season with salt and pepper to taste. Serve warm.

Note: Farro refers to the grains of three species of hulled wheat: spelt, emmer, and einkorn. Sold dried, it is cooked in water until soft and eaten plain or as an ingredient in salads, soups, and other dishes. Farro doubles in volume after cooking. When cooking farro, use a ratio of 3 cups of water to each cup of farro.

MANGO SALAD WITH PEANUT DRESSING

Yield: 8 portions

Ingredients	Amounts
Peanut butter, creamy, salted	$\frac{2}{3}$ cup
Lime, juice, fresh	$\frac{1}{4}$ cup
Maple syrup	2 Tbsp.
Chili garlic sauce	1 Tbsp.
Soy sauce	$\frac{1}{4}$ cup
Water	as needed
Lettuce, butter, head, torn into bite-sized pieces	2 ea.
Carrot, finely shredded	3 cups
Cabbage, red, shredded	2 $\frac{1}{2}$ cups
Mango, large, medium diced	2 ea.
Cilantro, fresh, chopped	1 cup
Peanuts, roasted	$\frac{1}{2}$ cup

Method

1. For the dressing, in a small bowl, place the peanut butter, lime juice, maple syrup, chili garlic sauce, and soy sauce. Whisk until smooth, adding water as needed to thin.
2. For the salad, in a large bowl, place the lettuce, carrot, cabbage, mango, and cilantro. Stir to combine.
3. Divide the salad into serving dishes. Top each salad with the peanuts.
4. Serve with the dressing on the side.

JERK CHICKEN SKEWERS

Yield: 8 portions

Ingredients	Amounts
Allspice, ground	1 Tbsp.
Garlic, clove, peeled	5 ea.
Thyme, fresh, minced	1 Tbsp.
Vinegar, malt	½ cup
Scallion (Green onion), minced	¼ cup
Nutmeg, fresh, grated	1 tsp.
Cinnamon, ground	1 tsp.
Clove, ground	½ tsp.
Chile, Scotch bonnet, seeded	1 ea.
Rum, dark	2 Tbsp.
Chicken, thigh, boneless, skinless	3 lb.
Salt, kosher	as needed
Skewers, bamboo, 8-in.	8 ea.

Method

1. In a blender, place the allspice, garlic, thyme, vinegar, scallions, nutmeg, cinnamon, clove, chile, and rum. Purée until smooth, adding water as needed to facilitate blending.
2. Season the chicken with salt. Combine with the spice paste. Allow it to marinate for 2 hours. Wipe off any excess marinade.
3. Soak the wooden skewers in water for 30 minutes. Thread the chicken onto the skewers.
4. Grill the chicken over medium-high heat, basting as needed, until well charred and cooked to an internal temperature of 165°F, 3 to 5 minutes.

GRILLED SWEET POTATOES AND PINEAPPLE

Yield: 8 portions

Ingredients	Amounts
Potato, sweet, peeled, sliced lengthwise ¼-in. thick.	3 lb.
Pineapple, sliced into rings, cored	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, extra virgin	⅓ cup

Method

1. In a large bowl, place the sweet potato and pineapple slices and stir to combine. Season with salt and pepper.
2. Brush the sweet potato and pineapple with olive oil.
3. Grill on both sides over moderate to high heat until cooked through and well caramelized, 1 to 2 minutes per side.

TOSTONES WITH GREEN MANGO SALSA

Yield: 20 portions

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

Method

1. For the Tostones, combine the water and salt, stir until salt has dissolved.
2. Peel each plantain and cut them into disc shapes, 8 to 10 pieces per plantain. Soak the cut plantain discs in the salt water for up to 1 to 2 hours. Leaving them in the salt water the entire time.
3. Take the tortilla press and cover both sides with plastic wrap, smoothing out any wrinkles.
4. Preheat deep frying to 350 F. Deep-fry the tostones the first time until only golden. Drain on paper towels. Allow to rest 5 minutes before flattening the pre-fried pieces using the small tortilla press.
5. Lightly smash the plantains to about 1/8-inch thickness. Rub the plastic wrap with a little vegetable oil from time to time so the tostones won't stick. Reserve covered with wet paper towels.
6. Fifteen minutes before serving, dip the tostones back in the salt water and shake off excess water. Deep fry a second time until golden brown and crisp. Drain them on paper towels and sprinkle with salt. Reserve in a warm area.
7. To prepare the mango salsa: Grate the mangos and carrot using the large holes of a box grater. Combine the mangos, carrot, lime juice, cilantro, ginger, garlic, vinegar, and molasses and mix well. Store chilled for service. Adjust seasoning to taste with salt and pepper.

FALAFEL

Yield: 10 portions

Ingredients	Amounts
Chickpeas, dried	2 ½ cups
Garlic, head, minced	½ ea.
Parsley, flat-leaf, bunch, fresh	2 ea.
Chile, cayenne, ground	to taste
Salt, kosher	1 Tbsp.
Cumin, ground, not toasted	1 ½ tsp.
Coriander, ground, not toasted	1 ½ tsp.
Baking soda	⅛ tsp.
Oil, vegetable	as needed
Lettuce, shredded	1 cup
Tomato, chopped	1 cup
Bread, pita, halved (Recipe follows)	10 ea.
Cacik (Recipe follows)	1x recipe

Method

1. Soak the chickpeas overnight. Drain.
2. In a meat grinder, grind the chickpeas through a ¼-inch die.
3. Add the garlic, parsley, pepper, salt, cumin, coriander, and baking soda. Mix until well blended. Set the mixture aside for 1 hour to rest.
4. Form the mixture into small patties.
5. Heat the oil in a small pot. Working in batches, gently place the patties into the hot oil and fry until they are golden brown, turning as needed.
6. Transfer the patties to a plate lined with paper towels.
7. Heat the pita until lightly warmed.
8. Serve the falafel on a platter with the lettuce, tomato, cacik, and pita.

YOGURT AND CUCUMBER SALAD

CACIK

Yield: 8 portions

Ingredients	Amounts
Cucumber, English, peeled, shredded	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.
Pita (Recipe follows)	4 ea.

Method

1. If the cucumbers have a lot of seeds, slice lengthwise and remove and shred. Place the shredded cucumbers in a bowl and toss with a little salt. Set it aside for 15 minutes or longer to draw some of the liquid out of the cucumbers.
2. In a serving bowl, combine the garlic and salt. Mash it to a paste.
3. Stir in the vinegar. Add the oil, yogurt and dried mint. Mix well.
4. In a colander, rinse the salt from the cucumber slices. Pat them dry with a kitchen towel. Fold them into the yogurt mixture.
5. Garnish with the fresh mint. Serve with wedges of warm pita.

Note: Dried mint has a sweeter, less wild taste than fresh mint and it is preferred for this dish, although fresh mint is an appropriate garnish.

HUMMUS

Yield: 8 portions

Ingredients	Amounts
Chickpeas, canned, drained, rinsed	2 cups
Tahini	3 Tbsp.
Oil, olive, pure	2 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Garlic, clove	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, pure	2 Tbsp.

Method

1. In a food processor, purée the chickpeas, tahini, olive oil, lemon juice, and garlic.
2. Add water to thin the mixture, if necessary.
3. Adjust the seasoning with lemon juice, garlic, salt, and pepper to taste.
4. Transfer to a serving bowl, cover, and refrigerate until ready to serve.
5. Just before serving, drizzle with the olive oil.
6. Serve with pita cut into wedges.

PITA

Yield: 12 small/ 6 large pitas

Ingredients

Amounts

Salt, kosher	2 tsp.
Flour, all-purpose	12 ½ wt. oz.
Water, warm (90°-100°F)	8 fl. oz.
Yeast, instant dry	2 ¼ tsp.
Sugar, granulated	½ tsp.

Method

1. In a large bowl, mix the salt and flour.
2. In a separate bowl, place the water and sprinkle in the yeast and sugar. Stir to dissolve.
3. Add the yeast mixture to the flour. Work it into a dough. Knead until smooth and elastic, about 5 minutes.
4. Shape the dough into an even rectangle and cut it in half lengthwise. Divide the dough into equal portions and shape each into a smooth ball. Place the dough balls on a floured surface and cover with slightly damp towels.
5. Roll each round ¼-inch thick (about 3 ½ inches in diameter for small pitas or 5 to 5 ½ inches for larger ones). Carefully flip the circles over to smooth out any creases that might prevent the pocket from forming.
6. As each loaf is rolled, place it carefully on a floured surface and cover with a clean, dry towel. Do not allow the surface of the loaves to dry out. Allow the loaves to rise in a warm, draft-free area for 30 to 45 minutes.
7. Preheat oven to 500°F.
8. To bake, place 4 small pitas or 1 large pita on a preheated baking sheet. Bake in the preheated oven on the bottom rack until puffed and lightly browned on the bottom and almost white on top (about 3 ½ minutes for small pitas or 4 minutes for large.)
9. If desired, flip the loaves over after they have puffed and bake until the tops are browned, about 1 minute. Be careful not to let the pita get crisp and brittle.
10. Remove the pitas from the oven. Wrap them immediately in clean, dry towels or the pitas will become too crisp to cut. Serve warm or at room temperature.

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 cuts preparation time by 1 ½ to 2 hours and lets the yeast do its best work in the oven, thus assuring a better pocket. It results in a superior pita with a chewy, yet tender texture and a puff in every loaf.

GOCHUJANG SALMON TOSTADAS WITH PURPLE CABBAGE SLAW

Yield: 16 portions

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

Method

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

PURPLE CABBAGE SLAW

Yield: 16 portions

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

Method

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

PICKLED RED ONIONS

Yield: 2 cups

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

Method

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

CITRUS AND JICAMA SALAD WITH MINT DRESSING

Yield: 10 portions

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

Method

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

DAY TWO: AMERICAN REGIONAL-PLANT FORWARD

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE: NEW ENGLAND

New England Vegetable Chowder
Spinach Salad with Berries, Toasted Almonds, and Lemon-Herb Vinaigrette
Baked Beans
Roasted Corn Succotash

TEAM TWO: SOUTH

White Cheddar Grits with Stewed Black-Eyed Peas and Okra
Savory Skillet Cornbread
Braised Collard Greens with Smoked Tofu

TEAM THREE: PACIFIC NORTHWEST

Salmon and Wild Rice Stuffed Cabbage Leaves
Pear and Hazelnut Salad with Blue Cheese
Sautéed Green Beans with Pepper Flakes, Rosemary, and Lemon Zest
Three Berry Cobbler

TEAM FOUR: SOUTHWEST

Barbecued Jackfruit Tacos
Corn Tortillas
Raw Tomatillo and Avocado Salsa
Creamed Pinto Beans

NEW ENGLAND VEGETABLE CHOWDER

Yield: 10 portions

Ingredients	Amounts
Stock, vegetable	1 pt.
Seaweed, dried, roughly chopped	2 oz.
Oil, grapeseed	2 Tbsp.
Tempeh, smoked, minced	2 oz.
Onion, yellow, diced	½ cup
Garlic, clove, minced	3 ea.
Cornstarch	as needed
Water	as needed
Bay leaf, dried	1 ea.
Thyme, leaves, fresh, chopped	½ tsp.
Potato, Yukon Gold, peeled, diced	12 oz.
Corn, kernels, fresh	⅔ cup
Zucchini, medium diced	1 cup
Almond, milk	2 ½ cups
Sherry, dry	½ cup
Salt, kosher	½ tsp.
Pepper, black, ground	1 pinch
Tabasco sauce	½ tsp.
Worcestershire sauce	½ tsp.
Parsley, flat-leaf, fresh, chiffonade	¼ cup

Method

1. In a small pot, place the vegetable stock. Bring it to a gentle simmer. Add the seaweed and steep until tender and rehydrated. Strain the seaweed from the stock and reserve both.
2. In a 4-quart soup pot over medium heat, place the oil and tempeh. Cook until the tempeh is lightly crisped, about 8 minutes.
3. Add the onions and garlic. Cook, stirring occasionally, until the onion is translucent, 5 to 7 minutes.
4. Add the reserved vegetable-seaweed stock. Bring it to a simmer.
5. For the slurry, in a small bowl, whisk together the cornstarch and water until fully combined. It should be the consistency of sour cream.
6. Whisk the slurry into the soup pot and cook for 5 minutes, stirring occasionally. The liquid should be the consistency of heavy cream. If it is too thick, add more stock to adjust the consistency.
7. Add the bay leaf, thyme, and potatoes. Simmer until nearly tender, about 10 minutes.
8. Add the corn and zucchini and cook for 5 minutes.

9. In a saucepan over low heat, place the chopped seaweed and almond milk. Simmer until hot.
10. When the potatoes are tender, add the seaweed and almond milk. Simmer for 2 minutes.
11. Stir in the sherry. Season with salt, pepper, Tabasco, Worcestershire, and parsley. Serve in warmed bowls.

SPINACH SALAD WITH BERRIES, TOASTED ALMONDS, AND LEMON-HERB VINAIGRETTE

Yield: 8 portions

Ingredients	Amounts
Spinach, baby	1 ½ lb.
Blueberries, fresh	6 oz.
Blackberries, fresh	6 oz.
Onion, red, sliced thinly	2 oz.
Almonds, slivered, toasted	4 oz.
Cheese, goat, fresh (Optional)	4 oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lemon-Herb Vinaigrette (Recipe follows)	6 oz.

Method

1. In a large bowl of cold water, gently wash the spinach and remove the stems.
2. Drain the spinach into a colander. Using a salad spinner, gently spin the leaves dry.
3. In a stainless bowl, store the cleaned spinach and cover with damp paper towel in the refrigerator.
4. In a medium bowl, rinse and stem the blueberries. Reserve.
5. In a medium bowl, rinse and drain the blackberries. Carefully cut the berries in half lengthwise. Reserve.
6. Peel and slice the red onion. If it is strong in taste or aroma, rinse it under cold running water. Drain it thoroughly on a paper towel. Reserve.
7. If opting to use goat cheese, crumble the cheese or form it into 10 small quenelles (per chef demo), and reserve.
8. In a dry sauté pan over medium heat or in a 350°F oven, toast the almonds lightly.
9. Evenly portion (approx. 3 oz.) the spinach onto 10 salad plates. Top the spinach with thin slices of red onion, blueberries, blackberries and toasted almonds. Drizzle the salad with ½ oz. of dressing. Optionally, add the goat cheese.

Note: This salad may also be served family style in a large salad bowl. Dress the salad at the time of service.

LEMON-HERB VINAIGRETTE

Yield: 6 fluid ounces

Ingredients	Amounts
Lemon, zest	1 tsp.
Lemon, juice, fresh	1 ½ oz.
Vinegar, wine, white	1 oz.
Oil, olive, extra virgin	3 ½ oz.
Tarragon, leaves, fresh	1 tsp.
Parsley, leaves, fresh	1 tsp.
Chive, fresh	1 tsp.
Honey	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Wash and zest the lemon, then squeeze the juice and strain to remove the seeds.
2. In a small mixing bowl, combine the lemon zest, lemon juice, vinegar oil, tarragon, parsley, chives, and honey. Whisk to thoroughly blend.
3. Adjust the seasoning to taste with salt, pepper and honey.

Variation: Lemon Sumac Vinaigrette, omit tarragon, add ¼ tsp toasted coriander seed and ½ tsp ground sumac or to taste.

Note: Maple syrup can be substituted for honey. Champagne can be substituted for white wine vinegar

BAKED BEANS

Yield: 6 portions

Ingredients	Amounts
Beans, navy, soaked overnight	¾ lb.
Water	4 cups
Onion, yellow, medium diced	¾ cup
Garlic, clove, minced	2 ea.
Mustard, dry	¾ Tbsp.
Molasses	¼ cup
Sugar, brown	3 Tbsp.
Bay leaf	1 ea.
Tomato, diced	¾ cup
Salt, kosher	⅓ tsp.
Peppercorn, black, cracked	⅛ tsp.
Water	1 cup
Pork, slab, salted	2 wt. oz.
Vinegar, cider	1 ½ Tbsp.
Ketchup	¼ cup

Method

1. Sort the beans and remove any rocks. Rinse well. Soak the beans overnight in the cold water. The beans can also be quick soaked if necessary by bringing the beans to a boil in the water. Remove them from the heat and let them soak in the warm water for 1 hour. In either case, drain the beans before using.
2. In a ceramic bean pot or oven-proof pot, add the onion and garlic with a tight-fitting cover. Top with the soaked beans.
3. In a saucepan, combine the mustard, molasses, brown sugar, bay leaf, tomatoes, salt, pepper and water. Bring the mixture to a boil; reduce heat and simmer lightly for 2 minutes. Pour the mixture over the beans.
4. Score the pork deeply from the fat side nearly all the way through. Place over the beans (skin side up).
5. Cover the pot and bake in a 300°F oven until the beans are tender, about 4 hours. While baking, periodically check the beans. Add boiling water if needed to keep the beans covered with liquid.
6. When the beans are tender, stir in the vinegar and ketchup. Taste and adjust seasonings if needed. Serve hot.

Note: Dried peas can be substituted for the Navy beans. Four slices of bacon can be substituted for the salted pork slab.

ROASTED CORN SUCCOTASH

Yield: 6 portions

Ingredients	Amounts
Corn, kernels, fresh	1 lb.
Butter, melted (Divided)	3 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Pepper, bell, red, diced	½ cup
Scallion (Green onion), sliced on bias	½ cup
Beans, lima, frozen	1 cup
Stock, chicken	¾ cup
Parsley, flat leaf, fresh, chopped	1 Tbsp.
Tarragon, fresh, chopped	2 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat the oven to 425°F.
2. In a mixing bowl, toss the corn and 2 tablespoons of the butter until thoroughly combined. Season with salt and pepper as needed. Spread the corn kernels on a baking sheet in an even layer. Place in the oven and roast, stirring occasionally, until golden brown, about 30 minutes. Reserve.
3. In a sauté pan over medium heat, add the remaining butter, bell peppers and scallions and sauté until tender.
4. Add the roasted corn, lima beans, and stock and simmer until very hot, about 4 minutes.
5. Add the parsley and tarragon and toss to combine. Adjust the seasoning with salt and pepper to taste.
6. Serve in a heated bowl.

Note: Chicken stock can be substituted with vegetable stock. If fresh corn kernels are not available, use frozen and thaw out.

WHITE CHEDDAR GRITS WITH STEWED BLACK-EYED PEAS AND OKRA

Yield: 8 portions

Ingredients	Amounts
Butter, unsalted	1 oz.
Onion, yellow, minced	½ cup
Grits, hominy	1 lb.
Milk, whole	26 oz.
Water	32 oz.
BBQ Spice Mix (Recipe follows)	as needed
Scallion (Green onion), bunch, bias cut	1 ea.
Cheese, Cheddar, white, grated (Divided)	8 oz.
Stewed Black-eyed Peas with Okra (Recipe follows)	1x recipe
Egg, whole, poached	8 ea.

Method

1. In a sauté pan, place the butter and sweat the onions with no color.
2. Add the milk and water, bring to a slow simmer. Slowly whisk in the grits. Season to taste with the BBQ spice mix.
3. Cover with a lid and bake in a 350°F oven for 40 to 60 minutes stirring often. Add additional water, in ½ cup increments as necessary to the grits and cook until the grits are tender, no longer starchy and have a consistency similar to soft polenta.
4. Add half of the cheddar cheese to the cooked grits.
5. Plate the grits into a serving bowl, ladle on 4 oz stewed Black Eye Peas and Okra. Place a poached egg on top then add the remaining of the cheddar cheese and scallions.
6. Serve a wedge of cornbread on the side.

BBQ SPICE MIX

Yield: 2 ounces

Ingredients	Amounts
Salt, kosher	2 Tbsp.
Chile, cayenne, ground	½ tsp.
Pepper, black, ground	½ tsp.
Pepper, white, ground	¼ tsp.
Paprika, Spanish, smoked	2 Tbsp.
Onion, powder	2 tsp.
Garlic, powder	2 tsp.
Thyme, dried, ground	½ tsp.
Maple sugar	1 Tbsp.

Method

1. Combine all the ingredients. Mix well.
2. Store in an airtight container.

STEWED BLACK-EYED PEAS AND OKRA

Yield: 8 portions

Ingredient	Amount
Oil, peanut	1 Tbsp.
Tofu, smoked, small diced	2 oz.
Onion, yellow, minced	1 cup
Celery, small diced	½ cup
Pepper, bell, green, small diced	½ cup
Garlic, minced	1 Tbsp.
Peas, black-eyed, sorted, soaked	1 lb.
Stock, vegetable	2 qt.
Bay leaf	1 ea.
Thyme, leaves, dried	1 tsp.
Oil, peanut	2 Tbsp.
Okra, fresh, sliced	12 oz.
Tomato, diced, fresh	8 oz.
Creole seasoning	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In an 8-quart pot, sweat the tofu in the first quantity of peanut oil to release its smoky flavor. Add the onion, celery, green pepper and garlic. Continue to sweat until the vegetables are soft.
2. Add the drained black eye peas and vegetable stock. Bring it to a simmer and cook gently until the peas are nearly tender, about 40 minutes. Add more stock as necessary.
3. While the beans are simmering, heat the second quantity of peanut oil in a sauté pan. When the oil starts to send up a haze, add the okra and fry quickly on high heat to release the slime. Add the tomatoes and continue to cook on high heat for 5 minutes. The tomato acid helps break down the okra slime.
4. Add the Creole seasoning and cook an additional 2-3 minutes to develop flavor and reduce the liquids from the okra and tomatoes.
5. When the black eye peas are nearly tender, add the cooked okra tomato mixture to the simmering black eye peas. Simmer an additional 10 minutes or more to blend the flavors and reduce the final product to a stew like consistency.
6. Adjust the seasoning to taste with salt, pepper and creole seasoning.
7. Serve hot.

SAVORY SKILLET CORNBREAD

Yield: 8 portions

Ingredient	Amount
Oil, olive, pure	1 oz.
Flour, all-purpose	1 cup
Cornmeal, white	2 cups
Baking powder	1 Tbsp.
Sugar, granulated	1 ½ tsp.
Salt, kosher	1 ½ tsp.
Egg, whole	3 ea.
Buttermilk	20 oz.
Butter, unsalted, melted	4 oz.

Method

1. Preheat oven to 375°F. Heat a 9-inch cast iron skillet in the oven.
2. In a mixing bowl, combine the flour, cornmeal, baking powder, sugar, and salt; sift together.
3. In a mixing bowl, combine the eggs, buttermilk, and melted butter and fold into the sifted dry ingredients. If the batter is unusually stiff, add a little more buttermilk.
4. Place the oil into the heated skillet to become very hot. Pour the batter into the preheated cast iron skillet and bake until golden brown and cooked all the way through, approximately 30-35 minutes. Test center with a skewer or toothpick. Internal temperature should reach approximately 195°F.
5. Allow cornbread to cool slightly in the skillet before cutting into wedges.

BRAISED COLLARD GREENS WITH SMOKED TOFU

Yield: 8 portions

Ingredients	Amounts
Collard greens, stems removed	3 lb.
Oil, grapeseed	1 oz.
Onion, yellow, minced	12 oz.
Garlic, clove, minced	2 ea.
Tofu, smoked, small diced	4 oz.
Water	1 cup
Vinegar, cider	1 Tbsp.
Sugar, brown, light	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. In a pot of salted water, blanch rough cut bit sized greens for 1 minute.
3. In a rondeau, add the oil and heat. Add the onions, garlic and smoked tofu. Cook for 2 to 3 more minutes. Add the blanched greens, vinegar, brown sugar, with the water, salt and pepper.
4. Bring this mixture up to a simmer. Cook, tightly covered, in the preheated oven until the greens are very tender, 1½ to 2 hours.

SALMON AND WILD RICE-STUFFED CABBAGE LEAVES

Yield: 8 portions

Ingredients	Amounts
Rice, wild	½ cup
Water, boiling	2 cups
Mushroom, shiitake, dried	1 oz.
Salt, kosher	¼ tsp.
Barley, pearled	1 cup
Salmon, fillet	16 oz.
Salt, kosher	¼ tsp.
Pepper, black, ground	¼ tsp.
Oil, olive, pure	1 Tbsp.
Mushrooms, shiitake, fresh, sliced	½ lb.
Wine, white, dry	½ cup
Scallion (Green onion), chopped	1 cup
Tarragon, fresh	2 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Lemon, zest	1 Tbsp.
Cabbage, napa, leaves, blanched	16 ea.
Broth, chicken, low-sodium	1 cup
Wine, white, dry	½ cup

Method

1. In a pot of boiling water, cook the wild rice until it is just beginning to bloom and is tender, about 40 minutes.
2. In a large bowl, place the boiling water and mushrooms. Allow them to steep for 10 minutes. Strain and reserve the liquid. Chop the mushrooms and reserve.
3. Add enough water to the reserved mushroom liquid to make 2 cups. Add the salt and bring it to a boil. Stir in the barley and reduce the heat to a simmer. Cover and cook until the barley is soft, about 25 minutes.
4. Preheat oven to 350°F.
5. Stir the reserved mushrooms into the barley. Mix the cooked barley with the rice and reserve.
6. Season the salmon fillet with the salt and pepper. In a heavy skillet over medium high heat, heat the olive oil and sear the salmon fillet until just cooked, about 2 minutes per side.
7. Remove the skin from the salmon if still on and flake the fish into the barley mixture.
8. In the same pan over medium heat, add the fresh mushrooms and cook until browned.
9. Remove the mushrooms. Add the wine and deglaze the pan.

10. Add the skillet liquids and mushrooms to the barley mixture. Add the scallions, tarragon, salt, pepper, and lemon zest.
11. Fill the cabbage leaves with the barley mixture and roll the leaves up tightly. In a baking dish, place the rolls seam side down.
12. In a small pan, bring the chicken broth and wine to a boil. Pour it over the cabbage rolls.
13. Cover the cabbage with foil. Bake in the preheated oven until the cabbage is soft and the broth is steaming, 20 to 25 minutes.

Note: Dried porcini mushrooms can be substituted for the shiitake. Savoy cabbage can be substituted for the napa cabbage. Blanch the cabbage leaves just long enough to wilt and soften.

PEAR AND HAZELNUT SALAD WITH BLUE CHEESE

Yield: 6 portions

Ingredients	Amounts
Pear, roasted, peeled, cored, chopped	1 ½ cups
Vinegar, rice	⅓ cup
Sugar, granulated	1 ½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, hazelnut	6 Tbsp.
Mesclun mix	6 cups
Pear, bartlett, red, roasted, peeled, sliced	3 ea.
Hazelnuts, roasted, peeled, chopped	⅓ cup
Cheese, blue	¾ cup

Method

1. In a blender, place the roasted chopped pear, along with the vinegar, sugar, salt, pepper, and hazelnut oil. Purée until smooth. Adjust the seasoning to taste with salt and pepper.
2. In a large bowl, place the mesclun mix. Add enough dressing to lightly coat. Toss to combine. Adjust the seasoning to taste with salt and pepper.
3. Place the dressed lettuce on a chilled platter. Garnish with the pears, hazelnuts, and blue cheese.

SAUTÉED GREEN BEANS WITH PEPPER FLAKES, ROSEMARY, AND LEMON ZEST

Yield: 8 portions

Ingredients	Amounts
Beans, green	2 lb.
Salt, kosher	as needed
Oil, olive, pure	¼ cup
Garlic, clove, minced	4 ea.
Red pepper flakes	1/3 tsp.
Rosemary, fresh, finely chopped	1 ½ Tbsp.
Lemon, zest	1 ea.
Lemon, juice, fresh	1 tsp.
Butter, unsalted	1 Tbsp.
Salt, kosher	to taste

Method

1. In a large pot, place the water and salt and bring to a boil. Add the green beans and cook until tender. Shock the beans in an ice water bath, drain, and reserve.
2. In a large sauté pan, heat the olive oil. Add the garlic and cook gently until it begins to color slightly.
3. Add the red pepper flakes, rosemary, and lemon zest. Sauté briefly to mingle the flavors.
4. Add the reserved green beans. Continue to cook until the beans are hot and nicely coated with the seasonings.
5. Add the butter and heat until it melts. Add a squeeze of lemon juice. Adjust seasoning to taste with salt.
6. Serve immediately on a platter.

THREE BERRY COBLER

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	as needed
Flour, all-purpose	1 ½ cups
Baking soda	2 tsp.
Cream of tartar	1 tsp.
Salt, kosher	1 tsp.
Butter, softened	½ cup
Sugar, granulated, (Divided)	1 cup
Egg, whole	1 ea.
Buttermilk	½ cup
Raspberries	1 pt.
Blackberries	1 pt.
Blueberries	1 pt.

Method

1. Preheat a convection oven to 350°F. Butter a 9-inch baking dish or 6 individual molds.
2. Sift the flour, baking soda, cream of tartar, and salt into a bowl and set aside.
3. In the bowl of a stand mixer fitted with a paddle attachment, cream together the butter and ¾ cup of the sugar on low speed until light in texture, about 2 minutes, or by hand in a large mixing bowl.
4. Beat in the egg, mixing until smooth, about 2 minutes.
5. Incorporate the flour mixture into the butter mixture by adding the flour alternately with the buttermilk, beginning and ending with the flour mixture.
6. Combine the remaining ¼ cup of sugar with the berries in a bowl and mix lightly. Arrange the berries in the prepared baking dish.
7. Spoon the batter over the berries.
8. Bake in the convection oven until the crust is golden brown and a toothpick inserted in the center comes out clean, about 40 to 50 minutes.
9. Remove the cobbler from the oven and let cool on a wire rack for 10 minutes before serving.

Note: Fresh berries can be any combination of blackberries, raspberries, blueberries and/or strawberries. If using a conventional oven, preheat to 375°F.

BARBECUED JACKFRUIT TACOS

Yield: 8 portions

Ingredients	Amounts
Jackfruit, in water, canned, rinsed, drained	40 oz.
Oil, avocado	¼ cup
Onion, yellow, large, thinly sliced	1 ea.
Garlic, clove, minced	6 ea.
Salt, kosher	1 tsp.
Paprika, smoked, ground	2 Tbsp.
Cumin, ground	2 Tbsp.
Chili, powder	2 Tbsp.
Maple syrup	¼ cup
Chile, chipotle, in adobo sauce	4 ea.
Soy sauce	¼ cup
Water	1 cup
Lime, juice, fresh	⅓ cup
Corn Tortillas (Recipe follows)	16 ea.
Cabbage, shredded	as needed
Cilantro, fresh, chopped	as needed
Pumpkin seeds, toasted	as needed

Method

1. Trim the jackfruit, removing the center core. Chop or pull the remaining pieces into shreds. Set them aside.
2. In a large skillet over medium-high heat, heat the oil. Add the onion and sauté until golden brown, about 7 minutes.
3. Add the garlic and sauté until fragrant, about 20 seconds.
4. Add the jackfruit, salt, paprika, cumin, chili powder, maple syrup, chipotle peppers, adobo sauce, soy sauce, water, and lime juice. Stir to coat and reduce to a simmer. Cover and cook, stirring occasionally, until the jackfruit has absorbed the sauce, and the sauce has thickened slightly, about 30 minutes.
5. Use the back of the spoon to break the jackfruit up into smaller pieces, if desired.
6. Serve the jackfruit and sauce with warm corn tortillas, topped with cabbage, cilantro, and pumpkin seeds.

CORN TORTILLAS

Yield: 14 portions

Ingredients	Amounts
Masa harina	1 ½ cups
Salt, kosher	¼ tsp.
Oil, vegetable	2 Tbsp.
Water, hot	1 cup
Flour, corn	as needed

Method

1. In a medium bowl, combine the masa and salt. Add the oil and stir to combine.
2. Slowly stream in the water while mixing with your hand until the dough comes together into a ball.
3. Transfer to a lightly floured surface and knead the dough until it is smooth and elastic, about 2 minutes.
4. Wrap the dough in plastic and let it rest at room temperature for at least 30 minutes or up to a few hours.
5. Divide the dough into 14 pieces and lightly dust them with flour. Put them between 2 sheets of plastic wrap and press them in a tortilla press.
6. Heat a large cast-iron skillet over medium-high heat. Cook the tortillas a few at a time until brown spots appear on the bottom, about 1 minute. Flip and cook until browned.
7. Wrap the cooked tortillas in a towel to keep them warm.

RAW TOMATILLO AND AVOCADO SALSA

Yield: 1 cup

Ingredients	Amounts
Chile, jalapeño, stems, halved, seeded	2 ea.
Tomatillo, husked, rinsed, quartered	10 ea.
Garlic, clove, peeled	1 ea.
Onion, white, small, peeled	1 ea.
Cilantro, leaves, stems, fresh, chopped	½ cup
Avocado, small, pitted, peeled, large diced	1 ea.
Salt, kosher	to taste

Method

1. In a blender, place the jalapeños, tomatillos, garlic, and onion. Purée until smooth.
2. Add the cilantro and avocado. Blend briefly until slightly coarse.
3. Adjust the seasoning to taste with salt.

CREAMED PINTO BEANS

Yield: 10 portions

Ingredients	Amounts
Beans, pinto, canned, reserve liquid	10 oz.
Onion, white, minced	2/3 cup
Almond, milk	1/3 cup
Chile, ancho, dried, toasted, seeded, chiffonade	1 ea.
Cumin, ground	1/2 tsp.
Thyme, dried	1/2 tsp.
Oregano, Mexican, dried	1/2 tsp.
Tomato, paste	1 1/2 tsp.
Oil, vegetable	1 tsp.
Garlic, clove, minced	2 ea.
Salt, kosher	1/2 tsp.
Pepper, black, ground	1/2 tsp.

Method

1. Preheat oven to 350°F.
2. Purée the beans with some of the liquid using an immersion blender.
3. Add the almond milk, toasted chiles, cumin, thyme, oregano, and tomato paste. Mix to combine.
4. In a medium pot, heat the oil over medium heat. Add the garlic and cook until fragrant, about 1 minute.
5. Add the beans to the pot, mix to combine, and bring to a simmer over medium heat. Cover the pot and transfer to the preheated oven.
6. Bake the beans in the preheated oven until they are thick and heated through, 45 minutes to 1 hour.
7. Adjust the seasoning to taste with salt and pepper. Serve hot.

DAY THREE: INDIAN PLANT FORWARD

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE: SOUTH

Fish Pulimunchi
Urlai Roast
Paal Payasam
Sindhi Curry

TEAM TWO: NORTH

Roasted Garlic Naan
Tamarind Chutney
Dum Biryani
Yellowi Rice

TEAM THREE: NORTH

Vegetable Samosas
Coriander Chutney
Chicken Makhani
Coconut Onion Yogurt Dip

TEAM FOUR: EAST/ WEST

Vada Pav
Dried Coconut Chutney
Paratha
Vegetable Kohlapuri

FISH PULIMUNCHI

Yield: 8 portions

Ingredients	Amounts
Chile, red, dried	15 ea.
Coriander, seeds	2 tsp.
Fenugreek, seeds	1 tsp.
Mustard, seeds, brown	1/2 tsp.
Garlic, clove	8 ea.
Ginger, root, 1-in. piece	2 ea.
Oil, vegetable	4 Tbsp.
Onion, yellow, chopped	1/2 ea.
Chiles, green, slit	4 ea.
Turmeric, powder	1/2 tsp.
Salt, kosher	to taste
Fish, mackerel	2 lb.

Method

1. Dry roast dried chiles, coriander seeds, fenugreek seeds and mustard seeds until fragrant. Mix in garlic, ginger, and tamarind paste. Blend into thick paste.
2. Heat oil in a heavy bottom pan, add the onion and green chiles with the turmeric powder.
3. Add the paste with water once the onions are translucent. Let the mixture boil and cook.
4. After about 5 minutes, add the fish and continue to cook for 3-4 minutes or until the fish is cooked. Adjust the seasoning to taste.

Note: This fish stew is from the Mangalore region of South. In Tulu, puli means tamarind which is the prominent flavor of this dish.

URLAI ROAST

Yield: 6 portions

Ingredients	Amounts
Potato, baby	1 ½ lb.
Turmeric, powder	½ tsp.
Red chili powder	1 tsp.
Salt, kosher	to taste
Oil, vegetable	4 Tbsp.
Asafoetida	½ tsp.
Curry, leaf	5 ea.
Mustard, seeds, brown	1 tsp.
Lentils, gram, black, split, dehusked	2 tsp.
Garlic, clove	3 ea.

Method

1. Thoroughly wash the potatoes and parboil them.
2. Drain and place them in a large bowl and sprinkle with turmeric powder, red chile powder, and salt. Coat them evenly.
3. Heat oil in a heavy bottom pan, add asafoetida, curry leaves, add black mustard seeds and urad dal, let them crackle.
4. Add the potatoes and garlic. Cook covered over medium heat. Stir every few minutes to prevent potatoes from sticking.
5. Uncover the skillet when the potatoes are cooked and continue to fry over low heat until the potatoes become crisp. Stir frequently. Serve hot.

PAAL PAYASAM

Yield: 6 portions

Ingredients	Amounts
Rice, white, long-grain	¼ cup
Milk, whole	1 qt.
Sugar, granulated	½ cup
Cardamom, whole, crushed	6 ea.
Saffron	½ tsp.
Ghee	1 Tbsp.
Raisins	1 Tbsp.
Cashews	2 Tbsp.

Method

1. Pick, wash, and soak rice (for about 20 minutes).
2. Boil the milk in a heavy saucepan. Add the soaked rice to the milk.
3. Add sugar and crushed cardamom.
4. Keep stirring until the milk reduces to half the quantity.
5. Dissolve the saffron in little warm milk and add to the payasam.
6. Heat ghee and fry cashew nuts & raisins and add to the payasam.

MIXED VEGETABLE AND LENTIL CURRY

SINDHI CURRY

Yield: 6 portions

Ingredients	Amounts
Peas, pigeon, dried (<i>Toor dal</i>)	7 wt. oz.
Turmeric, ground	¼ tsp.
Chile, cayenne, ground, (Divided)	1 tsp.
Oil, vegetable	3 tsp.
Asafetida	1 pinch
Chile, arbo	3 ea.
Fenugreek, seeds	½ tsp.
Mustard, seeds	½ tsp.
Cumin, seeds	½ tsp.
Ginger, fresh, finely chopped	1 ea.
Chile, serrano, green, finely chopped	2 ea.
Besan, lightly packed	2 wt. oz.
Coriander, ground	1 Tbsp.
Kokum, flower, small	12 ea.
Cauliflower, florets only	1 ea.
Eggplant, Japanese, cut in ½ lengthwise, then into sixths	2 ea.
Beans, green, trimmed, cut into thirds	6 ea.
Carrot, peeled, bâtonnet	1 ea.
Okra, ends trimmed	18 ea.
Tamarind, pulp	4 wt. oz.
Water, hot	½ cup
Salt, kosher	1 ½ tsp.

Method

1. Earlier in the day or the day before, pick over the peas, wash several times and then bring to a boil with 8 cups of water. Skim off the foam and reduce the heat to low.
2. Stir in the turmeric and ½ tsp. of the cayenne. Cover partially and cook for 1 hour, mashing the peas against the sides of the pot as it cooks tender. When soft, strain the peas through a sieve, using a wooden spoon to extract as much starchy liquid as possible: there should be 5 ½ to 6 cups. Reserve the liquid and discard the pulp.
3. In a large pot over high heat with a lid, heat the oil. Remove from heat, add the asafetida, red chilies, fenugreek, and mustard seeds, and cover immediately. When the sizzling subsides, about 30 seconds
4. Add the cumin seeds, ginger, and green chilies. Sauté for 1 minute.

5. Reduce the heat to low. Add the besan, stirring constantly to break down any lumps. Sauté until the besan turns a very light brown, 1 or 2 minutes.
6. Add the coriander and remaining cayenne and mix well.
7. Add the reserved pea liquid a little at a time, stirring to dissolve the lumps of besan.
8. Add the kokum flowers. Cook over low heat, covered, about 5 minutes.
9. Add the cauliflower, eggplant, and green beans. Continue to cook for another 5 minutes.
10. Add the carrots. Cook for 5 minutes.
11. Add the okra. Cover and cook for 5 minutes.
12. In a small bowl, soak the tamarind pulp in the hot water. Strain.
13. Add the tamarind paste and salt to the curry. Cook for 2 to 3 minutes.
14. Serve hot with yellow rice.

Note: 1 large tomato cut into 6 wedges can be substituted for the kokum flowers. Add them with the okra.

Source: *The Bombay Café* by Neela Paniz

ROASTED GARLIC NAAN

Yield: 10 large/ 20 small naan

Ingredient	Amount
Garlic, head, whole	10 ea.
Ghee	4 Tbsp.
Flour, all-purpose	2 lb.
Salt, kosher	2 tsp.
Onion seeds, black	2 tsp.
Baking powder	1 Tbsp.
Yeast, freeze dried	¼ wt. oz.
Water, warm	1 ½ cups
Yogurt, whole	¾ cup

Method

1. For the roasted garlic, split garlic heads in half around the "equator", place in shallow sauté or roasting pan, drizzle melted ghee over garlic. Cover the pan with foil and roast garlic in moderate oven until soft and slightly caramelized. Squeeze roasted garlic pulp from skins into a bowl and cool. Strain ghee, or melted butter, into bowl with roasted garlic pulp. Mix to evenly combine.
2. In a large mixing bowl, combine flour, salt, onion seeds, baking powder and yeast. Set aside.
3. In a smaller bowl, combine water, yogurt, and garlic/ghee and then pour into the dry ingredients while mixing.
4. Continue to knead for 10 minutes if kneading by hand. If kneading by machine, 5 minutes.
5. Place dough into a clean bowl and cover with plastic wrap. Place in a warm - NOT HOT - place and allow it to double in size. (This should take about 30 to 60 minutes).
6. Remove the dough from the bowl and divide into 10 small or 20 large pieces. Shape the pieces into balls. Place on a lightly oiled, parchment paper-lined sheet tray.
7. Lightly brush each piece with ghee and cover again. Allow it to double in size once more.
8. Make a ball from several layers of kitchen towels tied at one end with string. Reserve.
9. Flatten dough pieces to about ¼- inch thickness, place flattened dough piece over towels and hold in place using the thumb of the hand holding the towels. Paint the up-facing surface of the flattened dough with a thin layer of ghee and then turn over so that ghee side is down on the towel.

Note: Melted butter can be substituted for ghee.

TAMARIND CHUTNEY

Yield: 2 cups

Ingredients	Amounts
Tamarind	10 oz.
Red chili powder	$\frac{3}{4}$ oz.
Sugar, granulated	10 oz.
Pepper, black, ground	1 Tbsp.
Cardamom, black, ground	1 Tbsp.
Ginger, powder	2 Tbsp.
Mace, ground	$\frac{1}{4}$ tsp.
Clove, ground	$\frac{1}{4}$ tsp.
Nutmeg, ground	$\frac{1}{4}$ tsp.
Cumin, ground	2 Tbsp.
Oil, vegetable	1 tsp.
Asafoetida	$\frac{1}{4}$ tsp.
Salt, kosher	to taste

Method

1. Soak tamarind for 1 hour in enough water. Drain.
2. Add 1 $\frac{1}{2}$ cups of water and red chili powder, bring to boil until tamarind is well cooked and mushy.
3. Remove and puree. Add all the ingredients except asafoetida.
4. Sauté asafoetida in one tablespoon of oil for a minute
5. Add to the mixture and mix well.

DUM BIRYANI

Yield: 4 portions

Ingredients	Amounts
Lamb, leg, cut into 2-in. chunks	12 oz.
Lamb, chops, 2 ribs	8 ea.
Lamb, shanks, cut into 3-in. pieces	4 ea.
Rice, white, long-grain	2 cups
Ginger, paste	1 Tbsp.
Garlic, paste	2 ½ Tbsp.
Cardamom	8 ea.
Clove, whole	4 ea.
Cinnamon, stick, 1-in. piece	2 ea.
Bay, leaf, dried	2 ea.
Salt, kosher	to taste
Yogurt	1 cup
Cardamom	5 ea.
Cloves, whole	3 ea.
Lemon, juice, fresh	1 Tbsp.
Milk, whole	3 oz.
Heavy cream	3 oz.
Saffron, dissolved in water	½ tsp.
Rosewater	1 Tbsp.
Ginger, root	1 Tbsp.
Chile, green	2 ea.
Mint, leaf, fresh	6 ea.
Onion, yellow, thinly sliced, fried	2 Tbsp.

Method

1. Clean and wash the lamb, trimming extra fat.
2. Pick and wash the rice and soak for 25 minutes.
3. Heat ghee in a thick bottom pot over medium heat, add ginger and garlic paste, and whole spices. Stir well and add the lamb, and salt.
4. Stir and fry for 5 minutes; cover and cook until moisture is evaporated and sauté until it turns a nice brown color and the lamb is $\frac{3}{4}$ cooked.
5. Add a little water from time to time. Add the whisked yogurt and stir-fry until the yogurt is absorbed and ghee starts surfacing.

6. Add 2 cups of water and bring it to a boil, cover and cook until the lamb is almost cooked. Remove from heat and let it cool. When cold enough, remove each piece of lamb and clean it of any trimming and remove any bones without meat. Strain the gravy and reserve.
7. Boil the water with the green cardamom, clove and salt. Add the lemon juice. Drain the soaked rice and add it to the boiling water, stirring once or twice. Cook until the rice is $\frac{3}{4}$ cooked.
8. Place the lamb in a thick-bottomed pot. Mix milk, cream, and strained gravy. Pour one cup of the gravy and cream mixture on the lamb.
9. Strain the rice and place it on the lamb. Pour dissolved saffron, rose water, ginger julienne, slit green chili, mint leaves, fried sliced onions and finely poured the rest of the gravy and cream mixture. Cover with the lid and seal with dough.
10. Place the sealed pot over medium-low heat, or in a moderate oven, for 10 –15 minutes.
11. Remove from the oven, break the seal and serve.

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.

VEGETABLE SAMOSAS

Yield: 24 Samosas

Ingredients	Amounts
Flour, all-purpose	11 oz.
Ghee, melted	2 oz.
Salt, kosher	1 tsp.
Carom seeds (<i>Ajwain</i>), toasted	1 Tbsp.
Water	1 cup
Oil, vegetable	3 Tbsp.
Coriander seeds	½ tsp.
Cumin, seeds	1 tsp.
Onion, yellow, medium, minced	1 ea.
Ginger, fresh, 1-in. piece, peeled, minced	1 ea.
Chile, jalapeño, fresh, minced	1 ea.
Chile, cayenne, ground	1 tsp.
Potato, Yukon Gold, boiled, peeled	4 ea.
Peas, green, cooked	½ cup
Salt, kosher	to taste
Cilantro, fresh, chopped	1 Tbsp.
Flour, all-purpose	¼ cup
Water	2 Tbsp.
Oil, vegetable	as needed

Method

1. For the samosa dough, in a mixing bowl, combine the flour and melted ghee to form a course meal.
2. Add the salt and toasted carom seeds. Add the water and mix to a pliable dough. Let the dough rest for 30 minutes.
3. Shape the dough into 1 ½-inch balls. (See Chef demo.)
4. For the filling, in a medium-sized saucepan over medium heat, heat the oil and add the coriander and cumin seeds and cook until they become very aromatic.
5. Add the onions, ginger, and jalapeño. Sauté until the onions have browned.
6. Stir in the cayenne and cook for 1 minute. Remove from the heat and allow it to cool.
7. In a mixing bowl, crumble the boiled potatoes. Stir in the peas and spice mixture and adjust the seasonings to taste. Add the cilantro and mix well. The filling should be lumpy.
8. Combine the flour and water to form a paste.

9. To assemble the samosas, roll the dough out until it is 1/16- inch thick. Cut into 3-inch squares.
10. Place 1 ½ teaspoons of the filling in the middle of each square of dough and fold into a pyramid around the filling. Seal the edges with the flour and water paste and pinch the edges together.
11. Deep-fry in 375°F oil until golden brown. Remove and drain on a wire rack. Serve hot.

CORIANDER CHUTNEY

Yield: 2 cups

Ingredients	Amounts
Cilantro, leaf, packed	4 cups
Chiles, green	4 ea.
Ginger, root, cut into 1-in. pieces	2 ea.
Cumin, seeds	2 tsp.
Honey	1 tsp.
Salt, kosher	to taste
Lemon, juiced	1 ½ ea.
Ice cubes	4 ea.

Method

1. Combine ingredients in a blender or food processor. Process until smoothly puréed, stopping to scrape down the sides of the container with a rubber spatula.
2. Transfer to a small ceramic bowl. Serve or cover and store.

Note: This chutney keeps well in a covered container for 6 days in the refrigerator or up to a month in the freezer.

BUTTER CHICKEN

CHICKEN MAKHANI

Yield: 6 portions

Ingredients	Amounts
Chicken, whole, skinned, cleaned	800 g
Chili powder, red, Kashmiri	1 tsp.
Lemon, juice, fresh	1 Tbsp.
Salt, kosher	as needed
Curd (<i>Dahi</i>)	1 cup
Red chili powder, Kashmiri	1 tsp.
Salt, kosher	as needed
Ginger, paste	2 Tbsp.
Garlic, paste	2 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Garam masala, powdered	½ tsp.
Oil, vegetable	2 Tbsp.
Butter, unsalted	2 Tbsp.
Butter, unsalted	50 g
Garam masala, whole	1 Tbsp.
Ginger, paste	1 Tbsp.
Garlic, paste	1 Tbsp.
Chiles, green, chopped	1 tsp.
Tomato, purée	400 g
Red chili powder, Kashmiri	1 Tbsp.
Garam masala, powdered	½ tsp.
Salt, kosher	as needed
Water	1 cup
Sugar, granulated	2 Tbsp.
Fenugreek, leaves, ground	½ tsp.
Heavy cream	1 cup

Method

1. Make incisions with a sharp knife on the breast and leg pieces.
2. Apply a mixture of red chili pepper, lemon juice, and salt to the chicken and set aside for 30 minutes.
3. For the marinade, in a muslin cloth hang the yogurt for 15 to 20 minutes to remove extra water. Add the red chili powder, salt, ginger paste, garlic paste, lemon juice, garam masala, and oil.

4. Apply the marinade to the chicken pieces and refrigerate for 3 to 4 hours.
5. Preheat oven to 200°F.
6. Put the chicken onto a skewer and cook in the oven until almost done, 10 to 12 minutes. Baste the chicken with the butter and cook for another two minutes. Remove and set aside.
7. In a pan, heat the butter. Add the whole garam masala and let it crackle. Then add the ginger paste and garlic paste and the green chiles. Cook for two minutes.
8. Add the tomato purée, chili powder, garam masala powder, salt, and water. Bring it to a boil. Reduce the heat and simmer for 10 minutes. Add the sugar and fenugreek leaves.
9. Add the cooked tandoori chicken pieces. Simmer for 5 minutes and then add the cream.
10. Serve hot with naan or parantha.

Note: Honey can be substituted for the sugar. For a more traditional method, use a moderately hot tandoor oven to cook the chicken.

COCONUT ONION YOGURT DIP

A PACHADI

Yield: 10 portions

Ingredients	Amounts
Coconut, grated	2 ½ wt. oz.
Ginger, fresh, grated, (Optional)	1 tsp.
Chile, Jalapeño, seeded	1 wt. oz.
Salt, kosher	to taste
Oil, corn	1 fl. oz.
Chile, dried, red, ground	3 ea.
Mustard seeds	1 tsp.
Cumin, seeds	1 tsp.
Curry leaves, cut	1 ea.
Onion, yellow, minced	4 wt. oz.
Yogurt, whole milk	17 wt. oz.

Method

1. Grind coconut and ginger to a coarse paste with green chiles. Mix in salt.
2. In a sauté pan heat the oil. Add dry red chilies, mustard and cumin. When it begins to crackle, add curry leaves and put the tempering spice mixture immediately onto the grated mixture.
3. Mix in finely diced onions and yogurt. Allow it to rest for a few hours or overnight before serving.

BATTER FRIED POTATO BALLS WITH COCONUT CHUTNEY ON SOFT ROLLS

VADA PAV

Yield: 12 balls

Ingredients	Amounts
Oil, vegetable	2 fl. oz.
Curry, leaf	12 ea.
Chile, red, dried	2 ea.
Lentils, gram, black, split, husked	2 tsp.
Mustard, seeds, brown	1 tsp.
Onion, yellow, large, minced	2 ea.
Chiles, green, minced	5 ea.
Ginger, fresh, 1-in. piece, finely chopped	1 ea.
Turmeric, powder	1 tsp.
Potato, Yukon Gold, boiled, peeled, Squashed	4 ea.
Cilantro, leaves + stems, bunch, chopped	1 ea.
Salt, kosher	as needed
Flour, chickpea	2 cups
Red chili powder	2 tsp.
Asafoetida	¼ tsp.
Water	as needed
Oil, vegetable	as needed
Soft Rolls (Recipe follows)	1x recipe
Dry Coconut Chutney (Recipe follows)	1x recipe

Method

1. Heat oil, add curry leaves, dry red chili, urad dal, and mustard seeds. When the mustard seeds begin to pop, add the chopped onions, green chilies, ginger, and turmeric.
2. When the onions begin to brown, add the mashed potatoes, and cilantro. Mix well and season with salt. Allow the filling to cool to room temperature.
3. Shape filling into balls about 2-inches in diameter and lay out onto a tray.
4. Make the batter by combining the chickpea flour, powdered chilies, asafoetida, and salt. Add enough water or soda water to make a thick batter that will completely coat the filling.
5. Heat oil in a wok. Dip the potato balls in batter and fry until pale brown. Drain.
6. Serve on the Soft Rolls with Dry Coconut Chutney.

SOFT ROLLS

Yield: 4 pounds

Ingredients	Amounts
Flour, bread	2.2 lb.
Yeast, instant dry	.6 oz.
Milk, whole, room temperature	1 lb.
Butter, unsalted	3.5 oz.
Sugar, granulated	3.5 oz.
Egg, whole	3.5 oz.
Salt, kosher	as needed

Method

1. Combine flour and yeast. Add the milk, butter, sugar, egg, and salt to the mixer, then add the flour and yeast. Mix with the dough hook attachment on low speed for 3 minutes. The dough should be firm but elastic. Mix to the improved stage of gluten development.
2. Bulk ferment the dough until nearly doubled, about 1 hour. Fold gently.
3. Divide dough into pieces 1 ½ wt. oz. each and shape into dough balls. Let the dough balls rest covered on a greased tray placed close to each other. Let them proof for 20-25 minutes.
4. Brush the dough balls with egg wash. Bake in a 400°F convection oven until rolls are golden brown and shiny, about 15 minutes. Cool completely.

DRY COCONUT CHUTNEY

Yield: 2 cups

Ingredients	Amounts
Coconut, flaked, sweetened, loosely packed	2 cups
Cayenne, powder	2 tsp.
Garlic, clove, minced	4 tsp.
Cumin, ground	1 tsp.
Cilantro, leaf, dried	2 Tbsp.

Method

1. Combine the ingredients in a food processor or blender. Process until thoroughly mixed and the coconut is chopped into pieces about the size of plump bulgur wheat grains, about 2 minutes.
2. Transfer to a small jar and store in a cool place or the refrigerator. Use within a week.
3. Serve with the Vada Pav.

PARATHA

Yield: 30 flatbreads

Ingredients	Amounts
Flour, whole wheat	3 ¼ cups
Flour, bread	1 cup
Water	1 ⅓ cups
Salt, kosher	as needed
Butter, unsalted, clarified	3 Tbsp.
Butter, unsalted, clarified	1 cup

Method

1. Combine the flours, water, salt, and the 1.7 oz. of clarified butter in the bowl of a mixer fitted with a dough hook. Mix on low speed for 6 minutes, or until the mixture becomes a homogeneous mass. Put the dough into an oiled bowl, cover with plastic wrap, and let rest for 30 minutes at room temperature, until fully relaxed.
2. Place the dough on a lightly floured work surface and divide into 1-oz pieces. Round the pieces against the tabletop. Keep the dough covered with a moist cloth and plastic wrap as you work. Allow the covered dough rounds to rest in a warm place for 15 minutes, until fully relaxed.
3. Roll each piece of dough out to a circle 5 inches in diameter and brush generously using the remaining clarified butter. Fold the circle into thirds and brush the surface with clarified butter again. Turn the piece 90 degrees, fold the dough into thirds again, and pinch together the outer edges to make a round ball. Re-cover the dough and allow it to rest for another 15 minutes, until fully relaxed.
4. Roll each piece out to a circle 6 inches in diameter. Layer the rounds on a baking pan lined with parchment paper, placing a sheet of parchment paper between each layer to prevent the dough from sticking together. To keep the dough moist, cover the top layer with a lightly moistened towel.
5. Heat a large skillet over medium heat and cook each piece of dough on both sides for 1 minute, until lightly browned and cooked through. Lightly brush both sides of each paratha with clarified butter, and continue to cook in the skillet again, browning both sides.
6. Place the bread in a clean kitchen towel to keep it warm and retain moisture until serving. Tightly wrap and refrigerate if not eating immediately. Reheat in the skillet as needed.

VEGETABLE KOHLAPURI

Yield: 12 portions

Ingredients	Amounts	
Coriander, seeds	4 ½	Tbsp.
Mace, fresh	4	ea.
Clove, whole	6	ea.
Peppercorns, black	3	Tbsp.
Cinnamon, stock, 3-in. piece	1	ea.
Chile, red, dried	4-6	ea.
Coconut, fresh, grated	2 ½	cups
Oil, vegetable	4	fl. oz.
Onion, yellow, sliced	6	ea.
Ginger, paste	1	Tbsp.
Garlic, paste	2 ½	Tbsp.
Green chili paste	2 ½	Tbsp.
Coriander, ground	1 ½	Tbsp.
Turmeric	½	Tbsp.
Tomato, chopped	8	ea.
Salt, kosher	as	needed
Cauliflower, head, florets	8	oz.
Peas	6	oz.
Carrot, medium diced	8	oz.
Beans, green	6	oz.
Chile, red, dried, fried	2-3	ea.
Ginger, julienned, fried	2	Tbsp.

Method

1. For the spice blend: put all ingredients except the coconut in a pan. Toast over low heat until they start to smell fragrant. Grind into a powder. Add coconut, grind to mix well and set aside.
2. Heat oil and sauté onions until golden brown. Add ginger, garlic, and chili paste and cook until fragrant, then add the coriander and turmeric and sauté for a couple of minutes.
3. Put in the spice blend and cook for a few more minutes, about 8- 10 minutes. Add the tomatoes, cook until very tender. Season and adjust consistency with water. Add the vegetables and let them cook over low heat until tender.
4. Garnish with fried red chilies and ginger.

DAY FOUR: MALAYSIA/ SINGAPORE/ CHINA

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE: MALAYSIA

Fresh Spring Rolls

Shrimp Sambal

Coconut Rice

Long Bean Salad

TEAM TWO: SINGAPORE

Fragrant Pork Bone Soup

Hainanese Chicken Rice

Grilled Toast with Coconut Jam and Coddled Eggs

Curry Puffs

TEAM THREE: CHINA

Quick and Easy Chinese Greens

Spicy Eggplant

Shrimp Toast with Scallops

Steamed Rice

TEAM FOUR: CHINA

Chinese-Style Kim Chi

Hot Spicy Shrimp with Black Bean Sauce

Wonton Soup with Pork Dumplings

FRESH SPRING ROLL

Po PIAH

Yield: 25 rolls

Ingredients	Amounts
Water	24 fl. oz.
Egg, whole	5 ea.
Oil, vegetable	1 oz.
Salt, kosher	1 ½ tsp.
Flour, all-purpose	6 ½ oz.
Garlic, head, cloves chopped	½ ea.
Bean, brown, ground	1 ½ Tbsp.
Pork, medium diced	¾ lb.
Jicama, julienned, rinsed	2 ½ lb.
Soy sauce, black	1 Tbsp.
Sugar, granulated	3 Tbsp.
Salt, kosher	as needed
Oil, vegetable	2 oz.
Tofu, thinly sliced	¼ lb.
Galic, clove, minced	2 ea.
Chili sauce	1 Tbsp.
Plum sauce	2 ½ oz.
Hoisin sauce	2 ½ oz.
Shrimp	½ lb.
Shallot, thinly sliced	½ lb.
Cucumber, seeded, thinly sliced	1 ea.
Scallion (green onion), finely chopped	6 ea.
Cilantro, bunch, fresh, chopped	1 ea.
Bean sprouts, rinsed, cleaned	3 oz.
Lettuce, green leaf, head, rinsed, leaves removed	1 ea.
Carrot, peeled, blanched, julienned	1 ea.

Method

1. For the pancakes, whisk together water, eggs, oil, and salt. Add flour to mixture. Let batter rest for at least 1 hour. This can also be prepared in a blender.

2. Primary filling: Sauté garlic and ground bean sauce until aromatic. Add pork and continue to cook for 3 minutes. Add jicama, soy sauce, and sugar. Cook mixture until moisture is released then reduces until "dry", about 10 minutes. Adjust seasoning with salt; set aside to cool to room temperature. Pan-fry tofu in a small amount of oil and add to jicama mixture.
3. Sauce: Whisk together garlic and chiles with plum and hoisin sauces. Bring mixture to a boil. Remove from heat, and cool.
4. Poach the whole shrimp until just cooked. Drain. Peel, devein, and cut in half lengthwise. Reserve.
5. Heat $\frac{1}{4}$ cup of oil until smoking. Add shallots and sauté. Remove and reserve.
6. Assemble according to chef's demonstration.

SHRIMP SAMBAL

Yield: 6-8 portions

Ingredients	Amounts
Oil, canola	4 fl. oz.
Shallot, peeled, sliced	15 ea.
Chile, jalapeno, red, stems and seeds removed	8 oz.
Shrimp paste	½ oz.
Shrimp, 21/25	2 lb.
Salt, kosher	as needed
Sugar, granulated	as needed
Cucumber, sliced on bias	as needed

Method

1. Combine oil, shallots, chiles, shrimp paste, salt and sugar in a blender and purée until smooth.
2. Heat pan and add blended ingredients. Cook over moderate heat, stirring often, until oil separates from solids, which may take up to ten minutes.
3. Add shrimp and continue cooking until shrimp is cooked through.
4. Adjust seasonings with additional salt and sugar to taste.
5. Serve accompanied by a bowl of sliced cucumbers.

Note: Traditional accompaniments are sliced cucumber and white rice. Occasionally the mixture is finished with tamarind juice.

COCONUT RICE

NASI LEMAK

Yield: 10 portions

Ingredients	Amounts
Rice, white, long-grain	26 oz.
Coconut, milk	40 fl. oz.
Ginger, 1-in. piece, smashed	1 ea.
Salt, kosher	¼ tsp.

Method

1. Soak rice in water for 1 hour; drain.
2. Combine with the coconut milk, ginger, and salt in a pot with a tight-fitting lid. Bring to a boil, reduce heat to low, and continue to simmer for about 15 to 20 minutes

Note: A very popular breakfast or lunch dish, this rice has a nice creamy taste and a fragrant aroma. It is best served the traditional way with Ikan Billis Sambal Tumis or Assam Prawns or Chicken Curry and sliced cucumbers and hard-boiled eggs.

LONG BEAN SALAD

Yield: 8 portions

Ingredients	Amounts
Beans, long	1 ½ lb.
Oil, vegetable	2 oz.
Shrimp, paste	2 Tbsp.
Chile, Thai bird, thinly sliced	10 ea.
Shallot, fried	4 oz.
Salt, kosher	to taste
Lime, cut into wedges	10 ea.

Method

1. In a saucepot, blanch and shock the long beans. Drain and keep cold for service.
2. In a sauté pan over medium heat, heat oil. Add shrimp paste and fry until the paste is dry and aromatic, about 30 seconds.
3. Remove from the heat and place the paste into a mortar. Add fresh chiles and grind to a paste.
4. Stir well and combine with ½ cup of crispy shallots and salt.
5. Combine dressing with cooled beans ½ hour before serving. Garnish with lime wedges.

FRAGRANT PORK BONE SOUP

BAK KUT TEH

Yield: 8 portions

Ingredients	Amounts
Pork, spareribs, cut across the bone Into 1-in. pieces	2 lb.
Water	3 qt.
Soy sauce, light	1 fl. oz.
Soy sauce, dark	2 fl. oz.
Salt, kosher	to taste
Garlic, head, cut in half	1 ea.
Ginger, fresh, peeled	2 oz.
Cinnamon, stick	1 ea.
Clove, whole	3 ea.
Star anise	3 ea.
Peppercorns, black	2 tsp.
Coriander seeds	2 tsp.
Fennel seeds	2 tsp.
Soy sauce, dark	4 fl. oz.
Chile, fresno, minced	1 ea.

Method

1. Cut the ribs into individual pieces and blanch in a generous amount of boiling water for 30 seconds. Shock in cold water and rinse.
2. In a saucepot, combine ribs with water, soy sauces and salt and bring to a boil, reduce to a simmer and remove all scum at the surface. Adjust seasoning with salt. Add the garlic and ginger.
3. Tie the cinnamon, clove, star anise, peppercorns, coriander, and fennel seeds in a cheese cloth. Add it to the simmering broth and continue to simmer until the ribs are very tender.
4. Once the ribs are cooked, remove the spice bag and garlic, adjust seasoning with salt to taste.

HAINANESE CHICKEN RICE

HAI NAN JI FAN

Yield: 6 portions

Ingredients	Amounts
Chicken, whole, 3 lb.	2 ea.
Ginger, fresh, peeled, crushed	1 oz.
Garlic, peeled	5 ea.
Leek, whole stalk, washed	2 ea.
Chicken, broth, fat	3 Tbsp.
Garlic, clove, minced	2 ea.
Shallot, minced	5 ea.
Rice, brown, long-grain	4 cups
Chicken, broth	6 cups
Salt, kosher	as needed
Chile, fresno	2 oz.
Shallot	1 oz.
Garlic	1 oz.
Ginger, fresh	1 oz.
Lime, juice, fresh	4 tsp.
Vinegar, rice	1 tsp.
Sugar, granulated	2 tsp.
Salt, kosher	1 tsp.
Soy sauce, light	4 fl. oz.
Ginger, fresh	1 ea.
Scallion (Green onion), stalk, finely cut	2 ea.
Vinegar, rice, dark	1 Tbsp.
Oil, sesame	1 tsp.
Salt, kosher	to taste
Cucumber, sliced	as needed
Tomato, sliced	as needed
Cilantro, fresh, chopped	as needed

Method

1. In a stockpot, place the chicken, ginger, garlic, and leeks and add enough boiling water to submerge the chicken by 1- inch. Bring the water to a boil again and establish a very slow

simmer. Turn the chicken over once to ensure even cooking. Skim the fat during cooking and retain it for cooking the rice.

2. Once the chicken is done remove it, drain liquid from the body cavity and place in cold water to cool down. Retain the broth for cooking the rice. De-bone the chicken and carve it into bite-sized pieces.
3. In a saucepot over medium high heat, add the chicken, garlic and shallots and cook until fragrant. Add the rice grains and sweat for 1 minute.
4. Add the chicken broth and salt. Bring to boil over high heat stirring frequently and lower to a gentle simmer. Stop stirring, cover tightly and continue cooking over a very low heat or in the oven at 325°F until the rice is cooked, about 15. Remove from oven and allow it to sit, covered, for about 15 minutes.
5. In a blender, puree the chiles, shallots, garlic, ginger, lime juice, vinegar, sugar, salt into a smooth sauce.
6. In a medium bowl, combine the soy sauce, ginger, scallions, vinegar, and sesame oil. Adjust seasoning to taste with salt.
7. Serve the chicken at room temperature on the cooked rice garnished with sliced cucumbers, tomatoes, and cilantro.

GRILLED TOAST WITH COCONUT JAM AND CODDLED EGGS

ROTI KAYA

Yield: 8 portions

Ingredients	Amounts
Milk, coconut	8 fl. oz.
Sugar, granulated (Divided)	2 oz.
Egg, yolk	2 ea.
Cornstarch	½ oz.
Pandan, extract	¼ tsp.
Eggs, whole	8 ea.
Soy sauce, dark	1 fl. oz.
Pepper, white, ground	2 tsp.
Coconut, jam (<i>Kaya</i>)	as needed
Bread, white	16 ea.
Butter, unsalted, cold	4 oz.

Method

1. In a saucepot, simmer the coconut milk with half the sugar until it dissolves.
2. In a separate bowl, combine the egg yolks, cornstarch, and remaining sugar. Temper the egg mixture with the hot coconut milk and bring it to a boil. Transfer into a cold bowl, cover with plastic wrap and allow to cool.
3. To prepare the coddled eggs, cook the eggs at 145°F with an immersion circulator for 30 to 45 minutes. Alternately, pour 2 quarts of boiling water over the eggs and let it sit for 3 minutes.
4. To assemble the toast, spread the coconut jam onto each slice of the white bread and top with the thinly-sliced, hard butter. Sandwich two slices of toast together and grill at service until slightly charred and the butter begins to melt. Cut the toast into ½-inch wide sticks.
5. At service, crack the eggs, which should be barely cooked, into individual soup cups or ramekins, add ¼ teaspoon dark soy sauce and ¼ teaspoon ground white pepper- this serves as a dip for the grilled toast.

CURRY PUFFS

Yield: 40 curry puffs

Ingredients	Amounts
Butter, sweet, semi-frozen, cubed	6 oz.
Lard, semi-frozen, cubed	2 oz.
Flour, all-purpose	3 cups
Sugar, granulated	2 Tbsp.
Salt, kosher	1 pinch
Water, ice cold	6 oz.
Potato, yellow, small	2 ea.
Oil, vegetable	1 fl. oz.
Ginger, fresh, minced	4 tsp.
Onion, yellow, finely chopped	1 ea.
Scallion (Green onion), thinly sliced	4 ea.
Chicken, breast, skinless, chopped	1 lb.
Curry, powder	4 Tbsp.
Soy sauce	2 Tbsp.
Egg, yolk	1 ea.
Water	2 tsp.
Flour, all-purpose	as needed
Oil, vegetable	as needed

Method

1. Preheat oven to 375°F.
2. In a food processor fitted with a steel knife, add the flour, sugar, and salt. Distribute butter and lard on top. Pulse until the mixture resembles a coarse meal. With the processor running, add the ice water through the feed tube in a thin, steady stream. Stop pouring water and the processor as soon as the dough begins to come together. The dough will look dry, and you should be able to press it together with your fingers.
3. Press the dough into 2 flat disks, each about 1-inch thick. Wrap separately in wax paper, then refrigerate until firm. The dough freezes perfectly. To freeze, seal the paper-wrapped disks airtight in plastic bags. Defrost to cold temperature in the refrigerator before using.
4. For the filling, in a medium pot, add the potatoes and enough water to cover. Bring to a boil and cook until the potatoes are tender. Remove the potatoes and allow them to cool. When cool enough to handle, peel and cut into small dice.
5. Heat a large wok over high heat. Add the oil, swirling to coat the sides. Add the ginger, onion, scallions, and chicken. Stir-fry for 2 minutes.

6. Stir in the potatoes, curry powder, and soy sauce. Remove it from the heat and let it cool.
7. For the egg wash, in a small bowl, beat together the egg yolk and water.
8. On a floured board, roll out pastry, one half at a time, to a thickness of about 1/8 inch; cut into 4-inch circles. Place 1 rounded tablespoon filling on each circle. Brush the edges with egg wash, fold dough to make half-moons, and press edges to seal.
9. Place the dough on a lightly oiled baking sheet. Brush the tops with egg wash. Bake in the preheated oven until golden brown, 25 to 30 minutes. Serve warm.

QUICK AND EASY CHINESE GREENS

Yield: 4 portions

Ingredients	Amounts
Stock, vegetable, unsalted	4 fl. oz.
Oyster sauce	1 Tbsp.
Wine, rice, Shaoxing	1 Tbsp.
Soy sauce	1 Tbsp.
Sugar, granulated	¼ tsp.
Cornstarch	2 tsp.
Water	2 Tbsp.
Oil, vegetable	1 Tbsp.
Scallion (Green onion), cut into 1-in. lengths	3 ea.
Garlic, minced	1 Tbsp.
Ginger, fresh, ½-in. piece, peeled, minced	1 ea.
Bok choy, chopped	1 ea.

Method

1. In a small bowl, mix the stock, oyster sauce, wine, soy sauce, and sugar. Set it aside.
2. Mix cornstarch with water. Set aside.
3. Place a wok over high heat. When it is hot, add the oil. Heat for 20 seconds, then toss in the scallions, garlic, and ginger. Stir-fry for 30 seconds, then add the bok choy. Stir-fry for 1 ½ to 2 minutes.
4. Add the sauce mixture and bring to a boil. Cover and simmer for 1 minute. Stir cornstarch mixture to recombine, then add to the sauce. Mix until the sauce thickens, about 15 seconds.
5. Transfer to a small platter or a large plate and serve hot with rice.

Note: Dry sherry can be substituted for the Chinese cooking wine.

Source: *Seductions of Rice* by Jeffrey Alford, Naomi Duguid

SPICY EGGPLANT

YU XIANG QIAN ZE

Yield: 6 portions

Ingredients	Amounts
Eggplant, Japanese	2 lb.
Pepper, bell, green, small diced	3 wt. oz.
Pepper, bell, red, small diced	3 wt. oz.
Oil, olive, pure	2 fl. oz.
Ginger, fresh, minced	1 Tbsp.
Garlic, minced	1 Tbsp.
Chili bean paste	2 Tbsp.
Sugar, granulated	2 Tbsp.
Vinegar, rice, dark	1 fl. oz.
Soy sauce, light	1 ½ fl. oz.
Scallion (Green onion), chopped	1 Tbsp.

Method

1. Cut the eggplant into obliques. Sprinkle with salt and set aside for thirty minutes.
2. Squeeze the eggplant to draw out the excess moisture.
3. In a wok, heat the oil; sweat the ginger and garlic. Add the chili bean paste and continue sweating.
4. Increase heat to high; add the eggplant and peppers and stir fry until almost done.
5. Add the sugar and stir-fry until the ingredients begin to caramelize. Deglaze with soy sauce and vinegar. Adjust seasonings if necessary.
6. Mix in the scallions immediately prior to service.

SHRIMP TOAST WITH SCALLOPS

Yield: 8 portions

Ingredients	Amounts
Bread, sandwich, day-old, no crust	4 ea.
Scallops, sea	4 ea.
Shrimp, medium, peeled, deveined	1/2 lb.
Egg, white	1 ea.
Cornstarch	1 Tbsp.
Wine, rice	1 tsp.
Salt, kosher	1/2 tsp.
Oil, sesame	1/2 tsp.
Pepper, white, ground	1/8 tsp.
Cornstarch	as needed
Cilantro, leaves, fresh	8 ea.
Oil, vegetable	as needed

Method

1. Cut each slice of bread in half diagonally. Cut scallops in half horizontally.
2. In a food processor, place the shrimp, egg whites, cornstarch, rice wine, salt, sesame oil, and white pepper. Process until finely minced.
3. Spread shrimp mixture equally on bread triangles.
4. Dust each scallop half with cornstarch and press firmly onto shrimp mixture. Top with a cilantro leaf.
5. In a wok, heat the oil to 350°F. Deep-fry the triangles, scallop-side down, until golden brown, about 45 seconds. Turn them over and fry for another 15 seconds. Drain on paper towels. Repeat the process as necessary.

Source: *Martin Yan's Asia* by Martin Yan

STEAMED RICE

Yield: 8 portions

Ingredients

Rice, white, long-grain
Water

Amounts

16 wt. oz.
22 fl. oz.

Method

1. Rinse rice using several changes of water; drain well. Transfer to a saucepan and add water.
2. Bring the contents to a boil. Stir once, cover pan, then reduce heat to low, and simmer for 20 minutes.
3. Remove pan from heat, and let rice rest, covered, for an additional 10 minutes.
4. Fluff gently with a fork or wooden spoon.

Source: *The Cuisines of Asia* by Robert and Esther Danhi-Leong

CHINESE-STYLE KIM CHI

PAO CAI

Yield: 10 portions

Ingredients	Amounts
Bok choy, baby	1 ea.
Ginger, fresh	1 wt. oz.
Garlic, clove	1 wt. oz.
Salt, kosher	1/3 wt. oz.
Sugar, granulated	1 1/2 wt. oz.
Chili paste	1 wt. oz.
Vinegar, white	3 1/2 fl. oz.
Oil, sesame	1/3 fl. oz.

Method

1. In a pot of salted water, blanch the individual leaves of the bok choy. Set it aside to cool (do not shock). Pat the leaves dry.
2. Using a food processor, mash together the ginger, garlic, salt, and sugar.
3. Add the chile paste, vinegar and the sesame oil. Adjust the flavor and level of heat to taste.
4. Layer the cabbage with the spice mixture in a tightly closed container. Ideally, marinate for up to a week.

Note: if a food processor is not accessible, use a mortar and pestle.

HOT SPICY SHRIMP WITH BLACK BEAN SAUCE

Yield: 10 portions

Ingredients	Amounts
Egg, white	1 ea.
Wine, rice, Shaoxing	2 Tbsp.
Cornstarch	1 Tbsp.
Salt, kosher	½ tsp.
Shrimp, 21/25 count, peeled, deveined	1 lb.
Oil, vegetable	2 Tbsp.
Scallion (Green onion), minced	1 Tbsp.
Ginger, minced	½ tsp.
Garlic, minced	½ tsp.
Bean paste, hot	1 Tbsp.
Pepper, bell, red, cut into 1-in. squares	8 wt. oz.
Mushrooms, button, quartered	8 wt. oz.
Fiddlehead, shoots (Pohole), trimmed	8 wt. oz.
Black Bean Sauce (Recipe follows)	2 cups

Method

1. For the velveting coating, in a medium-sized bowl, whisk together the egg whites, rice wine, cornstarch, and salt.
2. Add the shrimp and toss well to coat. Cover and refrigerate for one hour.
3. In a wok, heat the oil. Add the scallion, ginger, and garlic. Stir-fry until aromatic.
4. Add hot bean paste and shrimp. Stir-fry until shrimp change color but are still raw.
5. Add peppers, mushrooms, and fern shoots. Cook until tender.
6. Stirring constantly, slowly add enough black bean sauce to coat the mixture.
7. Serve immediately.

BLACK BEAN SAUCE

Yield: 2 cups

Ingredients	Amounts
Beans, black, salted, finely chopped	3 wt. oz.
Wine, rice, shaoxing	2 fl. oz.
Soy sauce, light	4 fl. oz.
Soy sauce, dark	4 fl. oz.
Oil, vegetable	2 fl. oz.
Ginger, minced	1 Tbsp.
Garlic, minced	2 Tbsp.
Scallion (Green onion), thinly sliced	2 Tbsp.
Stock, chicken	1 pt.
Sugar, granulated	3 ½ wt. oz.
Pepper, black, ground	1 tsp.
Cornstarch	1 Tbsp.
Water	1 Tbsp.
Oil, sesame	2 Tbsp.

Method

1. In a medium bowl, cover the black beans with rice wine and soy sauce. Let mixture infuse for 1 hour.
2. In a wok, heat the oil. Add garlic and scallions. Stir-fry until aromatic.
3. Add black bean mixture, chicken stock, sugar, and pepper. Bring to a boil.
4. In a small bowl, whisk together the cornstarch and water. Add the cornstarch slurry to the sauce as needed to achieve a medium-thick consistency.
5. Add sesame oil.

WONTON SOUP WITH PORK DUMPLINGS

Yield: 8 portions

Ingredients	Amounts
Spinach, leaves, stemmed	4 wt. oz.
Pork, boneless, no fat	6 wt. oz.
Garlic, clove, finely chopped	1 ea.
Ginger, fresh, finely chopped	$\frac{3}{4}$ tsp.
Soy sauce	4 tsp.
Oil, sesame, dark	$\frac{3}{4}$ tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	$\frac{3}{4}$ tsp.
Wonton skins	50 ea.
Egg, whole	1 ea.
Oil, olive, pure	1 Tbsp.
Scallion (Green onion)	1 Tbsp.
Ginger, fresh, chopped	1 tsp.
Stock, chicken	2 qt.
Soy sauce, black	1 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Spinach, fresh	4 wt. oz.
Egg, whole	2 ea.
Pork, ham, fine julienned	3 wt. oz.

Method

1. Blanch the spinach, cool in an ice water bath, and squeeze it dry.
2. To prepare the filling, in a food processor, combine the cooked spinach with the pork, garlic, ginger, soy sauce, and sesame oil. Process for about 30 seconds; the mixture should still have some texture. Adjust seasoning with salt and pepper.
3. To stuff wontons, coat the surface of the wrapper with beaten egg. Place a teaspoon of filling in the middle of each casing and then fold the wonton in half. Press firmly around the outside of the wrapper to seal the stuffing inside. Take the 2 corners nearest to you and bring them together so that the wonton curls around like tortellini. Moisten the corners with a little beaten egg and pinch together. Set aside to dry for 20 minutes.
4. Just before serving, cook wontons for 2 to 3 minutes in boiling water containing salt and a tablespoon of peanut oil (to prevent them from sticking). Wontons can be cooked in bulk, shocked in cold water and held for service.

5. To prepare the soup, sauté scallions and ginger in the oil until fragrant. Add chicken stock and heat to a simmer. Adjust to taste with soy sauce, salt, and pepper.
6. Blanch the spinach for 30 seconds. Rough cut. Reserve.
7. Beat the egg and make a thin omelet. Fine julienne cut.
8. To serve, place four to seven wontons in each serving bowl, add a little spinach, egg, and ham. Cover with hot soup.

Note: Wonton wrappers are thin square sheets of raw dough. They are easy to work with, but be careful to keep them moist. When you open a package of wonton wrappers, quickly take out what you need and wrap the rest in plastic wrap and keep them in the refrigerator. Tightly wrapped, they keep for several weeks, and indefinitely in the freezer.

Source: Adapted from *Splendid Soups* by James Peterson

DAY FIVE: THAILAND/ VIETNAM

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE:

Chicken Soup with Coconut Milk and Galangal
Grilled Shrimp Paste on Sugar Cane
Thai-Style Beef Salad
Steamed Jasmine Rice

TEAM TWO:

Rice Noodle Soup with Chicken
Hot-and Sour Shrimp Salad with Roasted Chile Sauce, Lemongrass, and Mint
Pad Thai

TEAM THREE:

Rice Paper-Wrapped Salad Rolls
Beef Massaman Curry
Hot and Sour Soup

TEAM FOUR:

Crispy Spring Rolls
Vietnamese Dipping Sauce
Clay Pot Chicken with Dried Plums
Spicy Roasted Eggplant Salad

CHICKEN SOUP WITH COCONUT MILK AND GALANGAL

Yield: 10 portions

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Shallot, thinly sliced	3 ea.
Lemongrass, minced	3 Tbsp.
Garlic, minced	1 tsp.
Red chili flakes, dried	2 tsp.
Chili paste, ground	2 tsp.
Stock, chicken	2 qt.
Milk, coconut, unsweetened	27 fl. oz.
Galangal, 1-inch piece, thinly sliced	2 ea.
Fish sauce	4 fl. oz.
Sugar, granulated	2 tsp.
Chicken, breast	12 wt. oz.
Mushroom, straw, canned, drained, halved	12 wt. oz.
Tomato, cut into small wedges	6 wt. oz.
Lime, makrut, leaves	6 ea.
Lime, juice, fresh	1 Tbsp.
Cilantro, sprig, fresh	8 ea.

Method

1. In a saucepan over medium heat, heat oil until moderately hot. Add shallot, lemongrass, garlic, chile flakes, and chile paste and brown slightly, about 30 seconds.
2. Working quickly and without burning the spices, add chicken stock, coconut milk, galangal, fish sauce, and sugar. Bring it to a boil.
3. Add chicken, mushrooms, and tomato. Bring it to a boil and immediately remove it from heat.
4. Add the lime leaves and lime juice. Garnish with cilantro and serve.

Source: The Best of Vietnamese & Thai Cooking by Mai Pham

GRILLED SHRIMP PASTE ON SUGAR CANE

CHAO TOM

Yield: 6 portions

Ingredients	Amounts
Pork, fat (Optional)	8 wt. oz.
Oil, peanut	1 fl. oz.
Onion, yellow, chopped	2 wt. oz.
Shallot, minced	5 ea.
Egg, whole	2 ea.
Cornstarch	1 wt. oz.
Fish sauce	3 Tbsp.
Sugar, granulated	2 Tbsp.
Garlic, minced	2 tsp.
Baking powder	1 tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	½ tsp.
Shrimp, raw, peeled, deveined patted dry	1 ½ lb.
Scallion (Green onion), chopped	4 ea.
Sugar, cane, 4-in. pieces, canned	40 oz.
Oil, scallion	as needed
Rice papers, 6 inches, softened	16 ea.
Hoisin-Peanut Sauce (Recipe follows)	2 cups

Method

1. Boil the pork fat for about 10 minutes. Drain and mince.
2. In a small saucepan, heat oil over moderate heat. Add onions and shallots and sauté until slightly wilted, about 1 minute. With a slotted spoon, transfer onions to a small bowl.
3. Add eggs, cornstarch, fish sauce, sugar, garlic, baking powder, salt, and pepper. Blend thoroughly.
4. In a food processor, combine the onion and egg mixture with the shrimp and process it into a lumpy paste. Do not overmix, as the paste will toughen. Scrape the work bowl clean and transfer to a mixing bowl.
5. Stir in the scallions. Adjust the seasoning with salt and pepper as needed.
6. Quarter the sugarcane lengthwise. With wet hands, take about 2 tablespoons of shrimp paste and form into a ball. Flatten the paste and place a sugar cane on it. Wrap paste around the cane, making paste about ½-inch thick and leaving ½" exposed cane on both ends to use for handles. Press the paste against the cane so it will stick. With oiled hands, smooth the surface. Set aside on an oiled plate. Finish molding all paste onto sugar cane pieces.

7. Steam shrimp paste on sugar cane for 5 minutes.
8. Preheat a grill to moderate heat. Just before serving, grill shrimp paste until skin is nicely browned, about 2 to 3 minutes on each side. Transfer to a plate and brush with scallion oil.
9. To eat, pull pieces of shrimp paste from the sugar cane and place them on a wet rice paper that has been layered with a few pieces of lettuce, cucumber and mint. Roll into a cylinder. Dip in Hoisin-Peanut Sauce.

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

HOISIN-PEANUT SAUCE

Yield: 2 cups

Ingredients	Amounts
Hoisin sauce	10 wt. oz.
Water	4 fl. oz.
Onion, yellow, finely minced	1 ½ wt. oz.
Vinegar, wine, rice	2 fl. oz.
Chili paste, ground	1 Tbsp.
Peanuts, roasted, chopped	1 Tbsp.

Method

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

Note: The onions can also be puréed instead of finely minced.

Source: The Best of Vietnamese & Thai Cooking by Mai Pham

THAI-STYLE BEEF SALAD

Yield: 6 portions

Ingredients	Amounts
Shallot, sliced	6 ea.
Chile, Thai bird, chopped	4 ea.
Garlic, clove, minced	3 ea.
Scallion (Green onion), minced	2 ea.
Cilantro, fresh, coarsely chopped	1 ea.
Lime, juice, fresh	6 fl. oz.
Fish sauce	4 fl. oz.
Sugar, palm, warmed	2 tsp.
Beef, flank steak, thinly sliced	2 lb.
Stock, beef	1 qt.
Tomato, cherry, halved	1 pt.
Cucumber, European, peeled, sliced	2 ea.
Watercress, bunch	2 ea.

Method

1. For the dressing, in a small bowl, combine the shallots, chiles, garlic, scallions, cilantro, lime juice, fish sauce, and palm sugar. Mix well.
2. Submerge beef in small batches in rapidly boiling beef stock for no longer than 5 to 10 seconds, depending on the desired degree of doneness.
3. The batches should be small enough so stock keeps on boiling after beef is submerged.
4. Once all beef is cooked, combine with the dressing, tomatoes, and cucumbers. Adjust the seasoning if necessary.
5. Arrange the watercress on a plate. Using a slotted spoon, transfer beef salad to the center of the plate.

STEAMED JASMINE RICE

Yield: 6 portions

Ingredients

Rice, jasmine
Water

Amounts

1 qt.
1 ¼ qt.

Method

1. In a saucepan, add the rice and water. Bring it to a boil, uncovered, stirring occasionally. Cover the pan. Lower the heat and simmer for 20 minutes.
2. Remove the pan from heat and rest, covered, for 10 minutes.
3. Fluff the rice gently with a fork or wooden spoon.

RICE NOODLE SOUP WITH CHICKEN

PHO GA

Yield: 10 portions

Ingredients	Amounts
Star anise, pods (Divided)	17 ea.
Clove, whole (Divided)	10 ea.
Peppercorns, black (Divided)	2 tsp.
Ginger, 4-in. piece, cut in ½ lengthwise	2 ea.
Onion, yellow, peeled	3 ea.
Water	1 gal.
Chicken, bones	5 lb.
Chicken, whole, 3 ½ lb., split in half	2 ea.
Fish sauce	12 fl. oz.
Sugar, granulated	3 Tbsp.
Salt, kosher	2 Tbsp.
Rice sticks, 1/16-in. width, dried, cooked	2 lb.
Onion, yellow, thinly sliced	1 ea.
Scallion (Green onion) cut into thin rings	5 ea.
Cilantro, fresh, chopped	1 wt. oz.
Bean, sprouts	2 lb.
Basil, Asian, sprig, fresh	33 ea.
Saw-leaf, fresh (Optional)	20 ea.
Chile, Thai, thinly sliced	5 ea.
Lime, cut into wedges	2 ea.

Method

1. In a dry pan, lightly toast the star anise pods and cloves, about 2 minutes.
2. Prepare a spice sachet with the star anise, cloves and peppercorns.
3. Lightly bruise the ginger with the back of a knife. Char the ginger and onion. Reserve.
4. For the broth, bring 1 gallon of water to a boil. Add the chicken bones and chicken pieces. Return to a boil, then reduce to a simmer. Skim.
5. Add the charred onion and ginger. Cook until chicken is just done, about ½ hour. Remove the chicken and set it aside to cool.
6. Add the fish sauce, sugar, and salt. Let the broth simmer gently over very low heat for 1 ½ hours. Remove and discard the sachet.
7. Remove the skin from the chicken and discard. Hand-shred half of it into bite-size strips.
8. To serve, place the cooked noodles in preheated bowls. Place the onions and shredded chicken on top. Bring the broth back to a rolling boil, then ladle 2 cups into each bowl.

9. Top the soup with scallions and cilantro. Place bean sprouts, fresh herbs, chiles and lime wedges into separate bowls for use as garnish.

Source: Adapted from *Pleasures of the Vietnamese Table* by Mai Pham

HOT AND SOUR SHRIMP SALAD WITH ROASTED CHILE SAUCE, LEMONGRASS, AND MINT

PLAH GKOONG

Yield: 10 portions

Ingredients	Amounts
Shrimp	12 wt. oz.
Squid, whole	12 wt. oz.
Salt, sea (Divided)	2 tsp.
Water	8 fl. oz.
Chile, Thai, cut into very thin rounds	6 ea.
Chili paste, roasted	1 Tbsp.
Fish sauce	2 fl. oz.
Lime, juice, fresh	2 fl. oz.
Sugar, granulated	2-3 tsp.
Lemongrass, stalks	2 ea.
Shallot, halved, thinly sliced crosswise	2 ea.
Cilantro, fresh, coarsely chopped	1 Tbsp.
Mint, leaves, fresh, coarsely chopped	3 Tbsp.
Water, boiling	1 ½ qt.
Mint, sprig, fresh	10 ea.

Method

1. Peel, devein and butterfly shrimp. Sprinkle with a generous teaspoon of sea salt and add enough water to just barely cover (about 4 ounces). Gently massage salted water into shrimp and soak for 10 minutes. Rinse thoroughly with water to remove all salt. Drain and set aside.
2. Slice the squid bodies into ½-inch wide rings. Cut tentacles into bite-sized pieces. Season with a teaspoon of salt. Soak as above with the shrimp. Rinse thoroughly; drain, and reserve.
3. Mix the Thai chiles with roasted chile paste, fish sauce, lime juice, and sugar. Taste and adjust for the desired hot, sour, salty, sweet combination. The sauce should be intense.
4. Trim and discard the woody bottom tip and top ⅓ of the lemongrass stalks. Pull off the loose fibrous outer layers. Slice the stalks from the bottom end into very thin rounds, to yield about 6 tablespoons. Transfer to a mixing bowl with the shallots, cilantro, and mint.
5. Blanch shrimp in boiling water for 20 seconds, or until they turn pink on the outside but are not completely cooked through. Drain. The shrimp will be further cooked by the lime juice.
6. Blanch squid in boiling water for 10 seconds. Drain.
7. In a mixing bowl, combine the shrimp and squid. Toss while still warm with the herbs and chile-lime sauce. Transfer to a serving plate. Garnish with mint sprigs.

Source: Chef Kasma Loha-unchit

PAD THAI

Yield: 6 portions

Ingredients	Amounts
Noodles, rice, flat, ¼-in., dried	1 lb.
Oil, olive, pure	2 fl. oz.
Garlic, chopped	1 Tbsp.
Paprika, ground	1 Tbsp.
Fish sauce	1 fl. oz.
Vinegar, white, distilled	1 fl. oz.
Sugar, palm, grated	1 Tbsp.
Oil, canola	2 fl. oz.
Leek, green, julienned	1 ea.
Bean, curd, julienned	3 ea.
Egg, whole, lightly beaten	4 ea.
Scallion (Green onion), cut into ½-in. lengths	1 Tbsp.
Bean, sprouts	½ lb.
Peanuts, roasted, coarsely chopped	1 wt. oz.
Limes, cut into wedges	2 ea.

Method

1. Soak the noodles in warm water for 30 minutes. Drain and reserve.
2. For the seasoning mixture, heat oil in a wok and add the garlic. Cook for 10 seconds then add paprika and briefly sauté. Immediately add fish sauce, white vinegar, and sugar. Heat until dissolved. Do not boil. Remove from the heat and adjust seasoning—mixture should be very strong. Set aside.
3. Heat wok and add oil. When hot, add the leeks and bean curd. Stir-fry until the leeks brighten in color and soften slightly.
4. Add noodles and coat with oil. Push noodles to the upper edges of the wok, creating a hole in the center.
5. Add a drizzle of oil then add the eggs to the center of the wok. Fold the noodles over eggs to accelerate the cooking. Resume stirring after about 10 seconds.
6. Add the reserved seasoning mixture and scallions. Stir-fry until the noodles are soft. Add water as necessary to facilitate the rehydration of noodles.
7. Fold in the sprouts. Adjust seasoning to taste. Transfer to a platter. Garnish with peanuts and lime wedges.

RICE PAPER-WRAPPED SALAD ROLLS

GOI CUON TOM THIT

Yield: 10 portions

Ingredients	Amounts
Pork, shoulder	8 wt. oz.
Shrimp, medium, raw, with shells	10 ea.
Rice paper, 12-in. round	10 ea.
Lettuce, red leaf	1 ea.
Rice, vermicelli, cooked	4 wt. oz.
Bean, sprouts	3 wt. oz.
Mint, leaves, fresh	1 ½ wt. oz.
Hoisin Peanut Sauce (Recipe follows)	10 wt. oz.
Peanuts, roasted, chopped	1 ¼ wt. oz.

Method

1. Cook the pork in boiling salted water until just tender, about 30 minutes. Cool and slice into 1 x 2 ½-inch pieces.
2. Cook the shrimp in boiling salted water until it is just done, about 3 minutes. Shell, devein, and cut in half lengthwise. Refresh in cold water and reserve.
3. Fill a large mixing bowl with hot water. Keep some boiling water handy to add to the bowl if the temperature drops below 110°F. Choose an open area on the counter and arrange the following items in the order used: rice paper, hot water, a damp cheesecloth, and a platter holding all the stuffing ingredients.
4. Working with 2 rice paper sheets at a time, dip 1 sheet, edge first, in hot water and turn it to wet completely, about 10 seconds. Lay the sheet on the cheesecloth and stretch it slightly to remove any wrinkles. Wet the other rice paper the same way and place it alongside the first.
5. Line the bottom third of the rice sheet with 3 shrimp halves, cut side up. Top with 2 slices of pork. Neatly place the ingredients in a straight row. Fold a piece of lettuce into a thin rectangle about 5 inches long and place it on top. Top with about 1 tablespoon of vermicelli, 1 tablespoon bean sprouts, and 4 to 5 mint leaves. Make sure the ingredients are evenly distributed from one end to the other.
6. Using your second, third, and fourth fingers, press down on ingredients while you use the other hand to fold over both sides of the rice paper. (Pressing down on ingredients tightens the roll.) With fingers still pressing down, use two thumbs to fold the bottom edge over the filling and roll into a cylinder about 1 ½ inches wide by 5 inches long. Finish making all the remaining rolls.
7. To serve, cut the rolls into 4 equal pieces and place upright on an appetizer plate. Serve with Hoisin-Peanut Nut Dipping Sauce. Top sauce with chopped peanuts and chili paste.

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

HOISIN-PEANUT SAUCE

Yield: 2 cups

Ingredients	Amounts
Hoisin sauce	10 wt. oz.
Water	4 fl. oz.
Onion, yellow, finely minced	1 ½ wt. oz.
Vinegar, wine, rice	2 fl. oz.
Chili paste, ground	1 Tbsp.
Peanuts, roasted, chopped	1 Tbsp.

Method

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

Source: The Best of Vietnamese & Thai Cooking by Mai Pham

BEEF MASSAMAN CURRY

Yield: 8 portions

Ingredients	Amounts
Beef, shoulder, sliced	2 lb.
Potato, yellow, peeled, diced	2 ea.
Oil, olive, pure	2 Tbsp.
Cinnamon, stick	2 ea.
Cardamom, pod	2 ea.
Bay leaves	2 ea.
Chile, Thai, crushed	4 ea.
Onion, yellow, sliced	2 ea.
Garlic, finely chopped	4 tsp.
Massaman Curry Paste (Recipe follows)	5 Tbsp.
Milk, coconut	1 qt.
Fish sauce	4 Tbsp.
Tamarind, paste	4 Tbsp.
Sugar, palm	1 Tbsp.
Chile, Thai	4 ea.
Peanuts, roasted, crushed	3 Tbsp.
Chile, Thai, sliced	as needed

Method

1. Simmer beef shoulder in a small amount of salted water until nearly tender
2. Add the potatoes and continue to simmer until meat and potatoes are tender.
3. To prepare the sauce, heat oil and fry cinnamon, cardamom, and bay leaf until the flavor is released.
4. Add chiles, onions, and garlic, and cook until soft.
5. Add Massaman paste and continue to fry until fragrant,
6. Add coconut milk, fish sauce, tamarind, and palm sugar. Adjust seasoning if necessary.
7. Drain the beef and potatoes. Stock can be reserved for future use.
8. Combine sauce with meat and potatoes and simmer for no longer than 3 to 4 minutes. If necessary, adjust the viscosity of sauce with beef stock.
9. Garnish with chopped peanuts and sliced chiles.

MASSAMAN CURRY PASTE

Yield: 8 portions

Ingredients	Amounts
Chile, red Thai	10 ea.
Cumin, seed	2 Tbsp.
Coriander, seed	1 tsp.
Peppercorn, black	1 tsp.
Clove, whole	1 tsp.
Cinnamon, ground	1 tsp.
Mace, ground	1 tsp.
Nutmeg, ground	1 tsp.
Cardamom, ground	1 tsp.
Lemongrass, stalk	3 ea.
Galangal, finely chopped	1 Tbsp.
Salt, kosher	2 tsp.
Garlic, coarsely chopped	2 ½ wt. oz.
Shallot, coarsely chopped	2 ½ wt. oz.
Shrimp, paste	1 Tbsp.

Method

1. Remove stems from chiles and most of the seeds. Coarsely chop and place in a small bowl. Cover with warm water and soak for 20 minutes.
2. Toast the cumin, coriander, peppercorn, and cloves in a dry pan for 3 to 5 minutes. Transfer to small bowl to cool. Dry-fry the cinnamon, mace, nutmeg, and cardamom the same way, stirring frequently, until they darken slightly, 2 to 3 minutes. Transfer to a small bowl. Grind the cumin, coriander, peppercorn, and cloves to a fine powder in a mortar and pestle or in a spice grinder. Combine with roasted ground spices and set aside.
3. Trim lemon grass stalks. Cut away and discard grassy tops, leaving a stalk about 3 inches long. Cut away any hard root section to leave a clean, smooth, flat base at the root end below the bulb. Remove and discard tough outer leaves. Slice each stalk crosswise very thinly. Finely chop slices and place in a large, heavy mortar.
4. Add galangal and pound and grind for about 3 minutes to break down fibers of the herbs. Drain chiles and add to mortar with the salt. Continue pounding and grinding, scraping down sides with a spoon, for 5 minutes. Add garlic, shallots, roasted spices, and shrimp paste, and continue grinding and pounding for about 5 minutes or until you have a fairly smooth, moist paste.

HOT AND SOUR SOUP

TOM YUM KUNG

Yield: 6 portions

Ingredients	Amounts
Shrimp, 21/25 count	1 ½ lb.
Lemongrass, stalk	2 ea.
Oil, olive, pure	1 Tbsp.
Curry, red, paste	1 Tbsp.
Stock, chicken	2 qt.
Lime, makrut, leaves	6 ea.
Galangal, fresh, ¼-in. piece	1 ea.
Tomato, plum, cut into eighths	4 ea.
Mushroom, straw, canned, drained, cut in half	15 wt. oz.
Fish sauce	2 fl. oz.
Sugar, granulated	1 Tbsp.
Lime, juice, fresh	3 fl. oz.
Cilantro, leaves, fresh	3 Tbsp.

Method

1. Peel and devein shrimp. Slice shrimp in half. Rinse and reserve shells.
2. Cut lemongrass at the root end. Trim top ½ inch, then slice in half lengthwise and cut into 1-inch lengths.
3. Heat oil and add curry paste; toast for 1 minute without browning. Add shrimp shells, stock, lemongrass, lime leaves, and galangal.
4. Bring to a boil, reduce heat, and simmer for 10 minutes. Strain into a clean pot.
5. Add tomatoes, mushrooms, fish sauce, and sugar. Bring it to a boil.
6. Add shrimp and simmer until cooked through. Mix in lime juice. Taste and adjust seasoning with fish sauce and additional lime juice, if needed. Garnish with cilantro leaves.

Note: Dried galangal or fresh ginger can be substituted for the fresh galangal.

Source: The Cuisines of Asia by Robert and Estrellita Danhi-Leong

CRISPY SPRING ROLLS

Yield: 25 spring rolls

Ingredients	Amounts
Noodles, bean thread, dried	1 wt. oz.
Mushroom, shiitake, stems trimmed, chopped	1 Tbsp.
Onion, yellow, minced, squeezed dry	1 ea.
Carrot, peeled, coarse grated,	1 ea.
Scallion (Green onion), sliced thin	3 ea.
Egg, whole	1 ea.
Fish sauce	2 Tbsp.
Sugar, granulated	2 tsp.
Garlic, minced	1 ½ tsp.
Pepper, black, ground	½ tsp.
Salt, kosher	¼ tsp.
Crabmeat, picked	8 wt. oz.
Pork, ground	8 wt. oz.
Cornstarch	2 Tbsp.
Water	2 ½ fl. oz.
Spring roll wrappers, thin	15 ea.
Oil, vegetable	as needed
Vietnamese Dipping Sauce	1 cup
(Recipe follows)	

Method

1. Soak the bean thread noodles in hot water for 30 minutes. Drain. Cut into ½-inch pieces.
2. In a bowl, combine bean thread noodles, mushrooms, onions, carrot, and scallions. Reserve.
3. In a separate large bowl, beat the egg. Add the fish sauce, sugar, garlic, black pepper, and salt. Add crabmeat and pork. Break up the meat to thoroughly combine with the seasonings.
4. Add the reserved noodle mixture and mix well. Reserve.
5. In a small saucepan, combine the cornstarch and water. Bring it to a boil, stirring it often to prevent sticking. If it is too thick, add more water. This is the “glue” to seal the edges of the wrapper.
6. Cut the wrappers in half diagonally. You will have two equal-sized triangles.
7. Starting with the longest side towards you, place about 2 tablespoons of filling on the bottom area of the triangle. Using your fingers, mold filling into a cylinder 2-inches long and 1-inch wide. Fold the two sides of the wrapper in and roll to enclose. Dab a little

cornstarch mixture along the edges (do not over glue) and seal roll. Set aside while you finish making the remaining rolls. Do not stack them.

8. To fry, preheat a large wok or fry pan. Add enough oil so that it will completely cover the spring rolls. The rolls should float and not touch the pan. Heat the oil to about 325°F.
9. Carefully place the rolls into the oil. Do not crowd the pan or place rolls on top of each other. Fry the spring rolls, turning often, until they are nicely brown and crisp on each side, 3 to 4 minutes. If they brown before that, reduce the heat as the oil is too hot.
10. Remove cooked spring rolls from heat and drain on paper towels.
11. Serve immediately with the Vietnamese Dipping Sauce.

Source: *The Cuisines of Asia* by Robert and Esther Danhi-Leong

VIETNAMESE DIPPING SAUCE

NOUC CHAM

Yield: 1 cup

Ingredients	Amounts
Chile, Thai bird, cut into thin rings (Divided)	3 ea.
Garlic, clove, sliced	1 ea.
Sugar, granulated	3 Tbsp.
Water, warm	5 fl. oz.
Fish sauce	5 Tbsp.
Lime, juice, fresh	1 ½ Tbsp.
Carrot, finely shredded	2 Tbsp.

Method

1. Using a mortar and pestle, combine 2/3 of the chiles along with the garlic and sugar and pound into a coarse, wet paste. If you don't have a mortar, chop with a knife.
2. Transfer to a small bowl and add water, fish sauce, and lime juice. Stir well to dissolve.
3. Add the reserved chiles and the shredded carrots. Set aside for 10 minutes.

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

CLAY POT CHICKEN WITH DRIED PLUMS

Yield: 6 portions

Ingredients	Amounts
Soy sauce	3 Tbsp.
Cornstarch	2 tsp.
Chicken, thighs, boneless, skinless cut into 1-in. pieces	2 lb.
Oil, vegetable	2 Tbsp.
Garlic, clove, finely chopped	4 ea.
Shallot, finely chopped	2 ea.
Chile, serrano, finely chopped	1 ea.
Ginger, fresh, finely chopped	3 Tbsp.
Fish sauce	3 Tbsp.
Sugar, brown, packed	2 tsp.
Stock, chicken	1 pt.
Plum, pitted, dried	9 wt. oz.
Oil, vegetable	1 Tbsp.
Onion, yellow, cut into thin wedges	2 ea.
Cilantro, sprig, fresh, cut into 1-in. pieces	12 ea.

Method

1. In a large bowl, combine the soy sauce and cornstarch. Add the chicken and toss to coat. Cover and refrigerate for 30 minutes.
2. In a medium saucepan over medium heat, heat the oil. Add the garlic, shallots, chile, ginger, fish sauce and sugar. Cook and stir until fragrant, about 2 minutes.
3. Add the chicken. Cook and toss until lightly browned, 3 to 4 minutes.
4. Add the stock and dried plums. Simmer, stirring occasionally, until the chicken is no longer pink in center and sauce is slightly thickened, 10 to 12 minutes.
5. In a medium skillet, heat the oil. Add the onions. Sauté, stirring often, until onions are translucent, about 5 minutes.
6. Mix the onions into the chicken mixture. Cook for 2 to 3 minutes. Remove it from the heat
7. Sprinkle with cilantro before serving.

Source: The Best of Vietnamese & Thai Cooking by Mai Pham

SPICY ROASTED EGGPLANT SALAD

Yield: 6 portions

Ingredients	Amounts
Shrimp, dried	2 tsp.
Eggplant, Japanese	1 lb.
Oil, vegetable	1 fl. oz.
Shrimp, 16/20 peeled, deveined	5 ½ wt. oz.
Lime, juice, fresh	2 Tbsp.
Fish sauce	1 ½ Tbsp.
Sugar, granulated	1 ½ tsp.
Shallot, thinly sliced	2 ea.
Chile, Thai bird	3 ea.
Cilantro, sprig, fresh, chopped	3 ea.
Basil, Thai, leaves	10 ea.

Method

1. Soak the dried shrimp in water for 10 minutes. Drain and reserve.
2. Grill whole eggplants over medium heat, turning several times until they soften slightly and are evenly charred. This can take 4 to 5 minutes, depending on size and thickness.
3. Holding each eggplant by the cap, peel from top to bottom while holding under slow running water. Pat dry and cut crosswise into 2-inch rounds.
4. Heat the oil in a frying pan over moderate heat. Add the soaked dried shrimp and stir for 10 seconds.
5. Add the raw shrimp and cook until done. Transfer to a mixing bowl.
6. Add the lime juice, fish sauce, and sugar. Stir well.
7. Add the shallots, chiles and eggplant. Toss gently and let sit for 5 minutes.
8. Add the cilantro and basil. Gently toss and transfer to a serving dish.

RECIPE INDEX

Baked Beans.....	32	Hazelnut Romesco Sauce.....	11
Barbecued Jackfruit Tacos	44	Hoisin-Peanut Sauce.....	95, 103
Batter Fried Potato Balls with Coconut Chutney.....	65	Honey and Cumin Roasted Carrots with Whipped Ricotta.....	13
BBQ Spice Mix.....	35	Hot And Sour Soup	106
Beef Massaman Curry.....	104	Hot Spicy Shrimp with Black Bean Sauce...	87
Black Bean Sauce.....	88	Hummus	21
Braised Collard Greens with Smoked Tofu	38	Jerk Chicken Skewers.....	16
Butter Chicken.....	62	Lemon-Herb Vinaigrette.....	31
Chicken Soup with Coconut Milk and Galangal.....	92	Long Bean Salad.....	75
Chinese-Style Kim Chi	86	Mango Salad with Peanut Dressing	15
Citrus and Jicamas Salad with Mint Dressing	26	Massaman Curry Paste.....	105
Clay Pot Chicken with Dried Plums	110	Mixed Vegetable and Lentil Curry	52
Coconut Onion Yogurt Dip.....	64	New England Vegetable Chowder.....	28
Coconut Rice.....	74	Paal Payasam	51
Coriander Chutney.....	61	Pad Thai	101
Corn Tortillas.....	45	Paratha	68
Creamed Pinto Beans	47	Pear and Hazelnut Salad with Blue Cheese	41
Crispy Spring Rolls.....	107	Pickled Red Onions.....	25
Curry Puffs	80	Pita.....	22
Dry Coconut Chutney	67	Purple Cabbage Slaw.....	24
Dum Biryani.....	56	Quick and Easy Chinese Greens.....	82
Falafel.....	19	Raw Tomatillo and Avocado Salsa.....	46
Farro.....	14	Rice Noodle Soup with Chicken	98
Fish Pulimunchi.....	49	Rice Paper-Wrapped Salad Rolls.....	102
Fragrant Pork Bone Soup.....	76	Roasted Corn Succotash.....	33
Fresh Spring Roll	71	Roasted Garlic Naan.....	54
Gochujang Salmon Tostadas with Purple Cabbage Slaw.....	23	Salmon and Wild Rice-Stuffed Cabbage Leaves.....	39
Green Lentils With Chard and Lemon	12	Sautéed Green Beans with Pepper Flakes, Rosemary, and Lemon Zest.....	42
Grilled Artichokes with Hazelnut Romesco Sauce.....	10	Savory Skillet CornBread	37
Grilled Shrimp Paste on Sugar Cane.....	93	Shrimp Sambal.....	73
Grilled Sweet Potatoes and Pineapple.....	17	Shrimp Toast with Scallops	84
Grilled Toast with Coconut Jam and Coddled Eggs.....	79	Soft Rolls.....	66
Hainanese Chicken Rice.....	77	Spicy Eggplant.....	83
		Spicy Roasted Eggplant Salad.....	111
		Spinach Salad with Berries, Toasted Almonds, and Lemon-Herb Vinaigrette	30

Steamed Jasmine Rice.....	97	Vegetable Samosas.....	59
Steamed Rice.....	85	Vietnamese Dipping Sauce.....	109
Stewed Black-Eyed Peas and Okra.....	36	White Bean Caesar Salad.....	9
Tamarind Chutney.....	55	White Cheddar Grits with Stewed Black-	
Thai-Style Beef Salad.....	96	Eyed Peas and Okra.....	34
Three Berry Cobbler.....	43	Wonton Soup with Pork Dumplings.....	89
Tostones with Green Mango Salsa.....	18	Yellow Rice.....	58
Urulai Roast.....	50	Yogurt and Cucumber Salad	
Vegetable Kohlapuri.....	69	Cacik.....	20

Memo To: CIA Continuing Education Students
From: Office of the Registrar
Re: Privacy of Student Records

The *Family Educational Rights and Privacy Act* (FERPA) is the federal law that governs release of and access to student education records. These rights include:

1. **The right to inspect and review your education record within a reasonable time after the CIA receives a request for access.** If you want to review your record, contact the Registrar's Office to make appropriate arrangements.
2. **The right to request an amendment of your education record if you believe it is inaccurate or misleading.** If you feel there is an error in your record, you should submit a statement to the Registrar's Office, clearly identifying the part of the record you want changed and why you believe it is inaccurate or misleading. The Registrar will notify you of the decision and advise you regarding appropriate steps if you do not agree with the decision.
3. **The right to consent to disclosure of personally identifiable information contained in your education records, except to the extent that FERPA authorizes disclosure without consent.** One exception which permits disclosure without consent is disclosure to school officials with "legitimate educational interests." A school official has a legitimate educational interest if the official has a need to know information from your education record in order to fulfill his or her official responsibilities. Examples of people who may have access, depending on their official duties, and only within the context of those duties, include: CIA faculty and staff, agents of the institution, students employed by the institution or who serve on official institutional committees, and representatives of agencies under contract with the CIA.
4. **The right to file a complaint with the U.S. Department of Education concerning alleged failures by the CIA to comply with the requirements of FERPA.**

Release of student record information is generally not done at the CIA without the expressed, written consent of the student. There are, however, some exceptions. For example, directory information includes the following, and may be released without the student's consent: name, permanent address, campus box number, CIA email address, photographs, program of study, dates of attendance, and degrees or certificates awarded with dates. Please note that you have the right to withhold the release of directory information. To do so, you must complete a "Request for Non-Disclosure of Directory Information" form, which is available from the CIA Consulting Department at 845-905-4417. Please note two important details regarding placing a "No Release" on your record:

1. The CIA receives many inquiries for directory information from a variety of sources outside the institution, including friends, parents, relatives, prospective employers, the news media, and others. Having a "No Release" on your record will preclude release of such information, even to those people.
2. A "No Release" applies to all elements of directory information on your record. The CIA does not apply "No Release" differently to the various directory information data elements.

A copy of the *Act*, more details about your rights, and any CIA policies related to the *Act* are available at <http://www.ciachef.edu/consumer-information/#psr>.

Questions concerning FERPA should be referred to the Office of the Registrar, The Culinary Institute of America, 1946 Campus Drive, Hyde Park, NY, 12538.

CIA INSTRUCTOR POLICY ON PROPRIETARY INTERESTS DISCLOSURE AND REPRESENTATION

The instructor does not have a proprietary interest in any product, instrument, device, service, or material to be discussed during the learning event, nor does the instructor receive third-party compensation related to the presentation.

These Materials Were Developed at the Culinary Institute of America.

USD Culinary Training 2025 Course Guide v.100.docx

Copyright © 2025
Culinary Institute of America

All Rights Reserved

This manual is published and copyrighted by the Culinary Institute of America.
Copying, duplicating, selling or otherwise distributing this product is hereby expressly
forbidden except by prior written consent of the Culinary Institute of America.