

# BEST OF BOOT CAMP

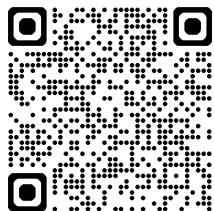
Welcome!



Culinary Institute  
of America

CIAFOODIES.COM • 1-800-888-7850

Scan the QR code for downloadable 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.

# COURSE INFORMATION

The *Best of Boot Camp* is an intensive, three-day, hands-on, fantasy culinary vacation! This program features all the best that CIA Boot Camp programs have to offer. Each day will highlight the fundamentals of cooking while introducing you to new and exciting tastes. You will get a look into the hallowed halls of The Culinary Institute of America and work with our esteemed chefs who will share step-by-step demonstrations and instruction.

## LEARNING OBJECTIVES

### ***Throughout this course, you will...***

- learn to speak like a chef, using appropriate terms for kitchen equipment and culinary techniques.
- practice essential kitchen skills related to mis en place, knife handling, and cooking methods.
- discover the fundamentals of Italian cuisine encompassing the northern, central, and southern regions.
- explore the uncomplicated yet sophisticated world of the French bistro through classic dishes.

# COURSE SYLLABUS

## DAY ONE: SHARPENING YOUR KNIFE SKILLS & CULINARY FUNDAMENTALS

- Lecture
  - Safety and Sanitation
  - Mise en Place
  - Basic Culinary Preparations
  - Dry-Heat Cooking Methods
  - Moist-Heat Cooking Methods
  - Combination Cooking Methods
- Kitchen Production Exercise
  - Group and/or Station Demonstrations
    - Knife Skills
    - Pounding Meat
    - Preparing Beurre Blanc Sauce
    - Pan-Frying
    - Grilling
    - Pilaf Method
    - Piping Pommes Duchesse
  - Review and Critique

## DAY TWO: THE ITALIAN TABLE

- Lecture
  - Regional Italian Cuisine
    - Northern
    - Central
    - Southern
  - Pasta
- Kitchen Production Exercise
  - Group and/or Station Demonstrations
    - Preparing Risotto
    - Preparing and Shaping Fresh Egg Pasta
    - Preparing and Shaping Gnocchi
    - Butterflying and Rolling Pork Loin
    - Preparing and Shaping Fresh Mozzarella Cheese
  - Review and Critique

## DAY THREE: BISTROS AND BRASSERIES

- Lecture
  - Bistros and Brasseries
    - Quickbreads, Pastries, Crepes, and Other Griddled Items
    - Specialty Egg Dishes
    - Soups
    - Salads and Dressings
    - Sandwiches, Quiche, and Pizza
- Kitchen Production Exercise
  - Group and/or Station Demonstrations
    - Rolling and Blind-Baking Pie Dough
    - Preparing and Shaping Pâte à Choux
    - Preparing French Fries
    - Preparing Crêpes
    - Cleaning Mussels
    - Poaching Eggs
    - Preparing Hollandaise Sauce
    - Preparing Poolish for Ciabatta- Day Four
  - Review and Critique

# **DAY ONE PRODUCTION ASSIGNMENTS: KNIFE SKILLS, CULINARY FUNDAMENTALS**

## **EACH STUDENT WILL...**

Slice onions, dice onions, mince garlic

### **TEAM ONE**

Wiener Schnitzel with Lemon-Caper Beurre Blanc  
Garlic-Roasted Potatoes with Parsley and Oregano  
Braised Collard Greens

### **TEAM TWO**

Grilled Salmon with Orange-Thyme Butter  
Rice Pilaf  
Green Beans with Toasted Walnuts

### **TEAM THREE**

40-Clove Chicken  
Whipped Potatoes  
Oven-Roasted Vegetables

### **TEAM FOUR**

Roast Sirloin of Beef with Jus Lié  
Pommes Duchesse  
Grilled Zucchini

### **ALL TEAMS-PREP FOR DAY THREE**

*\*Make Vanilla Sugar for Chocolate Mousse*

# WIENER SCHNITZEL WITH LEMON-CAPER BEURRE BLANC

*Yield: 6 portions*

Ingredients	Amounts
Veal, eye round, cutlet, 3 oz.	12 ea.
Salt, kosher	3/4 tsp.
Pepper, black, ground	1/4 tsp.
Oil, vegetable	as needed
Egg, whole, beaten	1/4 cup
Milk, whole	1/4 cup
Flour, all-purpose	3/4 cup
Breadcrumbs	2 cups
Oil, vegetable	1 3/4 cups
Butter, unsalted	4 Tbsp.
Parsley, flat-leaf, fresh, chopped	4 Tbsp.
Lemon, cut into 6 wedges	1 ea.
Lemon-Caper Beurre Blanc	2 cups

(Recipe follows)

## Method

1. Pound each veal cutlet between sheets of parchment to a 1/4-inch thickness.
2. Blot the veal dry. Season each cutlet with salt and pepper.
3. Mix the beaten egg and milk to create an egg wash.
4. To bread each cutlet, dredge (coat) the veal in flour and shake off any excess. Dip in egg wash, and dredge in breadcrumbs.
5. In a large skillet over medium heat, add about 1/8-inch of oil. Heat to 350°F. Working in batches, add the breaded veal to the hot oil. Pan fry on the first side until golden brown and crisp, about 2 minutes.
6. Flip and finish pan frying on the second side until golden brown and crisp, 1 to 2 minutes.
7. Drain on paper towels or on a wire rack set over a baking sheet.
8. When ready to serve, in a large skillet over medium heat, melt the butter until it sizzles, about 2 minutes. Add the pan-fried veal to the hot butter and turn to coat on both sides.
9. Garnish with chopped parsley. Serve with lemon wedges and Lemon-Caper Beurre Blanc on the side.

## LEMON-CAPER BEURRE BLANC

*Yield: 2 cups*

Ingredients	Amounts
Cream, heavy	1 cup
Shallot, minced	1 Tbsp.
Peppercorns, black	4 ea.
Wine, white, dry	1/2 cup
Lemon, juice, fresh (Divided)	1/2 cup
Butter, unsalted, cold, cubed	3/4 lb.
Salt, kosher	to taste
Pepper, white, ground	to taste
Lemon, zest, grated	1 Tbsp.
Capers, drained, rinsed	4 Tbsp.

### Method

1. In a small saucepan over medium heat, bring the heavy cream to a simmer. Simmer until reduced by half, 10 to 15 minutes.
2. In a separate saucepan over medium-high heat, combine the shallots, peppercorns, wine, and 2 tablespoons lemon juice. Reduce until nearly dry (*au sec*).
3. Add the reduced heavy cream. Simmer the sauce to reduce slightly, 2 to 3 minutes.
4. Over very low heat, add the butter a few pieces at a time, whisking constantly to blend the butter into the reduction. (Do not boil the sauce, as it will separate.) Continue adding butter until the full amount has been incorporated.
5. Season with salt and pepper to taste.
6. Finish the sauce by adding the remaining lemon juice, lemon zest, and capers.
7. Place the sauce in a hot water bath and keep warm until needed.

# **GARLIC-ROASTED POTATOES WITH PARSLEY AND OREGANO**

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, red bliss, trimmed	2 1/4 lb.
Oil, olive, extra virgin	1/3 cup
Bay leaf, dried	3 ea.
Oregano, dried	1 1/2 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	as needed
Garlic, clove, minced	6 ea.
Parsley, flat-leaf, fresh, chopped	3 Tbsp.
Oregano, fresh, chopped	1 1/2 Tbsp.

## **Method**

1. Preheat oven to 425°F.
1. In a large mixing bowl, toss the potatoes with the olive oil, bay leaves, oregano, salt, and pepper
2. Heat a cast iron skillet over medium-high heat. Transfer the oiled seasoned potatoes to the skillet.
3. Place the skillet in the preheated oven. Roast for 20 minutes, stirring occasionally to ensure even browning.
4. Lower the oven temperature to 375°F. Cook, stirring occasionally, until the potatoes are tender, golden brown and crispy, 15 to 20 minutes.
5. Add the garlic when there are 5 to 10 minutes remaining in the cooking time to prevent it from burning and creating a bitter flavor.
6. Remove the skillet from the oven and transfer the potatoes to a warm serving bowl. Sprinkle with the parsley and oregano.
7. Serve immediately.

# BRAISED COLLARD GREENS

*Yield: 6 portions*

Ingredients	Amounts
Collard greens, stems removed, roughly chopped	2 1/2 lb.
Pork, bacon, slice, diced	3 ea.
Onion, yellow, diced	1 1/4 cups
Garlic, minced	2 tsp.
Pork, ham, hock (Optional)	1 ea.
Stock, chicken	1 1/4 cups
Salt, kosher	to taste
Pepper, black, ground	to taste

## Method

1. Preheat oven to 350°F.
2. Remove the stems from the collard greens and discard.
3. Bring a large pot of salted water to a boil. Add the collards and blanch (par-cook) for about 1 minute. Remove from the water and transfer to an ice bath to "shock" the greens and stop the cooking process. Drain and reserve.
4. In a large skillet, cook the bacon over medium heat until it is crispy, and the fat has melted out (rendered), 7 to 8 minutes.
5. When the bacon is light golden brown, add the onions and sweat until translucent, 3 to 4 minutes.
6. Add the garlic and cook until aromatic, about 1 minute.
7. Add the ham hock, if desired, along with the blanched greens and stock. Season with salt and pepper to taste.
8. Braise in the preheated oven until the greens are tender, 30 to 45 minutes.
9. Remove the skillet from the oven. Using tongs or a slotted spoon, remove the greens from the liquid and reserve. Place the skillet on the stovetop over medium-high heat. Reduce the cooking liquid by half.
10. Return the greens to the skillet. Toss with the cooking liquid. Season with salt and pepper to taste.
11. Serve hot on a warm serving platter.

**Note:** Kale can be substituted for collard greens. Vegetable stock can be substituted for chicken stock.

## GRILLED SALMON WITH ORANGE-THYME BUTTER

*Yield: 6 portions*

Ingredients	Amounts
Butter, unsalted, softened	1/2 cup
Almonds, blanched, ground	4 Tbsp.
Orange, zest	1 tsp.
Orange, juice, fresh	2 Tbsp.
Thyme, fresh, leaves	2 tsp.
Salt, kosher	1/2 tsp.
Pepper, black, ground	1/2 tsp.
Salmon, fillet, skinless, 6 oz.	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Lemon, juice, fresh	2 Tbsp.
Oil, vegetable	as needed

### Method

1. For the orange-thyme butter, in a small bowl, blend the butter with the almonds, orange zest, thyme, orange juice, salt, and pepper.
2. Place the mixture on a piece of plastic wrap, roll into a 1-inch-diameter cylinder, and secure the ends by twisting. Chill until firm, about 2 hours.
3. Preheat a gas grill to medium, leaving one burner off. If using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
4. Season the fish with salt, pepper, and lemon juice. Brush evenly with oil.
5. Grill each salmon fillet to the desired doneness (usually medium), 2 to 3 minutes per side. Transfer fish to an oven-safe pan or dish.
6. Preheat broiler to low.
7. Top each fillet with a slice of the orange-thyme butter. Place into the broiler just long enough to begin melting the butter, about 2 minutes.
8. Serve immediately on a warm platter.

# RICE PILAF

*Yield: 6 portions*

Ingredients	Amounts
Stock, chicken	2 cups
Oil, vegetable	1 Tbsp.
Onion, yellow, diced	3 Tbsp.
Garlic, minced	1 tsp.
Rice, white, long-grain, raw	1 cup
Salt, kosher	1 tsp.
Pepper, white, ground	1/4 tsp.
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	1 ea.

## Method

1. Preheat oven to 325°F.
2. In a heavy saucepan over medium-high heat, bring the stock to a simmer. Reserve.
3. In another heavy saucepan over medium heat, add the oil. Add the onions and sweat until they are translucent, 3 to 5 minutes.
4. Add the garlic and sweat until aromatic, about 1 minute.
5. Add the rice, stirring to coat with the butter. Toast lightly, about 1 minute.
6. Add the hot stock, salt, pepper, bay leaf, and thyme. Bring it to a boil, stirring once or twice to make sure the rice is not sticking to the bottom of the pan.
7. Cover the pan tightly and place it in the preheated oven. Cook until the rice is tender, and all the liquid has been absorbed, 15 to 20 minutes.
8. Remove the pan from the oven and let it stand undisturbed for 10 minutes.
9. Remove the lid and cover the pot with a clean dish towel. Replace the lid and let sit for another 5 minutes.
10. Uncover and gently fluff the grains of rice with a fork.
11. Serve immediately in a heated bowl.

**Note:** Instead of cooking the rice in the oven, it can continue cooking on the stovetop, tightly covered, over very low heat.

## GREEN BEANS WITH TOASTED WALNUTS

*Yield: 6 portions*

Ingredients	Amounts
Walnuts, halved	2 Tbsp.
Beans, green, trimmed	1 1/2 lb.
Oil, walnut	1 1/2 tsp.
Shallot, minced	2 tsp.
Garlic, minced	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Chive, fresh, sliced	2 tsp.

### Method

1. Preheat a dry sauté pan over medium high heat.
2. Spread the walnuts in an even layer in the preheated, dry sauté pan. Cook, shaking the pan occasionally, until the walnuts are golden brown and aromatic, about 5 minutes. Immediately transfer to a bowl to prevent the nuts from scorching. Reserve.
3. Bring a pot of salted water to a boil. Add the green beans and blanch (par-cook) until they are bright green, 1 to 2 minutes. Transfer the beans to an ice bath to stop the cooking process. Drain and reserve.
4. Heat a large sauté pan over medium heat. Add the walnut oil, shallots, and garlic. Sweat until the shallots are softened, 2 to 3 minutes.
5. Add the green beans. Cook until heated through. Season with salt and pepper to taste.
6. Before serving, stir in the toasted walnuts and chives. Serve on a heated platter.

# 40-CLOVE CHICKEN

*Yield: 6 portions*

Ingredients	Amounts
Chicken, breast, frenched	4 ea.
Chicken, thigh	4 ea.
Chicken, leg	4 ea.
Wine, white, dry	4 $\frac{3}{4}$ cups
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	1 $\frac{1}{4}$ cups
Oil, olive, pure	3 Tbsp.
Garlic, clove, peeled	40 ea.
Thyme, fresh, sprig	6 ea.
Rosemary, fresh, sprig	2 ea.
Parsley, flat-leaf, fresh, chopped	3 Tbsp.

## Method

1. In a large bowl, place the chicken and wine. Marinate in the refrigerator for 1 hour. Remove the chicken and pat it dry. Reserve the marinade.
2. Preheat oven to 325°F.
3. Season the chicken with salt and pepper. Dredge (coat) the chicken in flour.
4. In a large, straight-sided sauté pan (*sautoir*) over medium-high heat, add the oil. Working in batches, add the chicken to the hot oil and brown on all sides, about 5 minutes per side. Remove the chicken and reserve.
5. Add the garlic. Sauté until it begins to brown, 7 to 10 minutes.
6. Place the chicken on top of the garlic in a single layer. Add the reserved wine marinade. Add the thyme and rosemary. Bring it to a simmer.
7. Cover the pan and braise in the preheated oven until the chicken is tender, about 45 minutes.
8. Remove the chicken and the garlic and reserve. Remove and discard the thyme and rosemary.
9. Place the pan on the stovetop over medium heat. Reduce the sauce until it is thick enough to coat the back of a spoon (*nappé*). Adjust the seasoning with salt and pepper to taste.
10. Serve the chicken with the sauce and garlic cloves. Garnish with parsley.

Source: Adapted from *On Cooking* by Sarah Labensky, Alan Hause

# WHIPPED POTATOES

*Yield: 6 portions*

Ingredients	Amounts
Potato, russet, peeled, quartered	2 lb.
Salt, kosher	as needed
Butter, unsalted, softened	2 Tbsp.
Half and half, warmed	1/4 cup
Salt, kosher	to taste
Pepper, white, ground	to taste

## Method

1. In a large pot, place the potatoes and enough cold water to cover by 2 inches. Salt the water and bring to a simmer over high heat.
2. Lower the heat to medium, cover, and simmer until the potatoes are fork tender, 25 to 30 minutes.
3. Drain the potatoes and return them to the pan. Place the pan over low heat. Cook the potatoes, stirring constantly, until no more steam rises from the potatoes, 2 to 3 minutes. (Do not allow the potatoes to brown.)
4. While they are still hot, purée the potatoes with a food mill or potato ricer into a heated bowl.
5. Add the butter. Mix it into the potatoes until just incorporated.
6. Add the warm half and half and stir to combine. Season with salt and pepper to taste.
7. Whip the potatoes until smooth and light.
8. Serve immediately in a heated bowl.

## Variations:

**Buttermilk Whipped Potatoes:** Substitute buttermilk for the half and half. Add 1 to 2 tablespoons of minced fresh chives along with the salt and pepper.

**Whipped Sweet Potatoes:** Substitute sweet potatoes for the russet potatoes. Use the cooking liquid to replace half of the half and half when whipping the purée. Season with 1/4 teaspoon of cinnamon, a few grains of nutmeg, and a few drops of fresh lemon juice.

# OVEN-ROASTED VEGETABLES

*Yield: 6 portions*

Ingredients	Amounts
Onion, red, quartered	2 ea.
Carrot, oblique cut	2 cups
Cauliflower, cut into florets	2 cups
Pepper, bell, red, cut into 1-in. pieces	2 cups
Pepper, bell, green, cut into 1-in. pieces	2 cups
Garlic, clove, whole, peeled	6 ea.
Shallot, whole, peeled	3 ea.
Oil, olive, extra virgin	1/4 cup
Thyme, fresh, chopped	1 Tbsp.
Salt, kosher	1 Tbsp.
Pepper, black, ground	1 tsp.
Butter, unsalted, cut into small pieces	4 Tbsp.

## Method

1. Preheat oven to 375°F.
2. In a large bowl, combine the onions, carrots, cauliflower, bell peppers, garlic, and shallots.
3. Add the olive oil and toss to coat.
4. Season with thyme, salt, and pepper. Mix thoroughly.
5. Transfer the vegetables to a buttered roasting pan. Dot with the butter.
6. Place the pan in the preheated oven and roast until the vegetables are lightly caramelized and tender, about 20 minutes. Gently stir the vegetables periodically throughout the cooking period to ensure even roasting.
7. Serve hot on a heated platter.

# ROAST SIRLOIN OF BEEF WITH JUS LIÉ

*Yield: 6 portions*

Ingredients	Amounts
Beef, sirloin, boneless, tied at 1-in. intervals	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	as needed
Onion, yellow, diced	1/3 cup
Carrot, diced	1/4 cup
Celery, diced	1/4 cup
Tomato, paste	2 Tbsp.
Stock, veal, brown	2 1/2 cups
Cornstarch	1 tsp.
Water	1 Tbsp.

## Method

1. Preheat oven to 350°F.
2. Season the meat generously with salt and pepper.
3. In a large sauté pan over medium-high heat, add enough oil to coat the bottom of the pan. Add the beef and brown it on all sides, 8 to 10 minutes.
4. Transfer the beef to a rack set in a roasting pan. Add the onions, carrots, and celery to the bottom of the pan. Roast the meat in the preheated oven to medium-rare (125°F internal temperature), about 1 hour.
5. Remove the beef from the pan and transfer to a cutting board. Cover loosely with foil and let it rest for 20 minutes.
6. For the sauce, pour off the fat from the pan, leaving 1 tablespoon. Add the tomato paste. Place the pan over medium heat on the stove top. Cook the vegetables and tomato paste, stirring constantly, until caramelized, 3 to 5 minutes.
7. Add the stock. Stir and scrape with a wooden spoon to deglaze the bottom of the pan.
8. In a small bowl, whisk together the cornstarch and water to form a slurry. Whisk it into the sauce.
9. Bring the sauce to a boil over medium heat until it thickens. Remove the pan from the heat. Strain the sauce. Season with salt and pepper to taste.
10. Remove the string from the meat, slice, and serve on a heated platter with the jus.

# POMMES DUCHESSE

*Yield: 6 portions*

Ingredients	Amounts
Potato, russet, peeled, quartered	2 1/4 lb.
Egg, yolk	3 ea.
Butter, unsalted, softened	1/4 lb.
Salt, kosher	to taste
Pepper, black, ground	to taste
Nutmeg, fresh, grated	to taste

## Method

1. Preheat oven to 400°F.
2. In a large pot, place the potatoes and enough cold water to cover by two inches. Salt the water. Add the potatoes and bring to a boil over high heat. Lower the heat to a simmer and cook until the potatoes are just tender, 10 to 15 minutes.
3. Drain the potatoes and return them to the pot. Cook, stirring constantly, over low heat until no more steam rises from the potatoes, 2 to 3 minutes. (Do not allow the potatoes to brown.)
4. Purée the potatoes while they are still very hot.
5. Mix the egg yolks and butter into the hot potato purée.
6. Season with salt, pepper, and nutmeg to taste.
7. Transfer the mixture to a piping bag fitted with a star tip. Pipe the potatoes onto a parchment-lined sheet pan. (See Chef demo.)
8. Bake in the preheated oven until the potatoes are heated through and golden brown.
9. Serve immediately on a warm platter.

# GRILLED ZUCCHINI

*Yield: 6 portions*

Ingredients	Amounts
Oil, olive, pure	1/2 cup
Vinegar, wine, red	1/2 cup
Garlic, minced	2 tsp.
Thyme, fresh, chopped	1 1/2 tsp.
Oregano, fresh, chopped	1 1/2 tsp.
Sugar, granulated	1 tsp.
Zucchini, sliced on a bias, 1/2-in. thick	1 1/2 lb.
Salt, kosher	1/2 tsp.

## Method

1. Preheat a gas grill to medium-high, leaving one burner off. If using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
2. For the marinade, in a large bowl, place the oil, vinegar, garlic, thyme, oregano, and sugar. Stir until the sugar dissolves.
3. Pat the zucchini slices dry with paper towels. Season with the salt. Transfer the zucchini to the bowl with the marinade. Toss well, coating the zucchini on both sides.
4. Grill the zucchini on each side until the zucchini is tender and marked with grill marks. Return the zucchini to the marinade.
5. Transfer to a warm platter and drizzle with some of the marinade. Serve hot.

## DAY TWO PRODUCTION ASSIGNMENTS: THE ITALIAN TABLE

### TEAM ONE

Risotto with Porcini Mushrooms and Peas  
Prosciutto with Roasted Peppers and Anchovies  
Garganelli with Ragù Bolognese

### TEAM TWO

Gnocchetti with Peas and Pancetta  
Roast Stuffed Pork Loin Genoa-Style with Garlic Jus  
Stuffed Zucchini

### TEAM THREE

Fresh Mozzarella Salad  
Sea Bass with Vegetables  
Baked Rolled Pasta

### TEAM FOUR

Caponata with Toast  
Spinach and Ricotta Ravioli  
Onions in Sweet and Sour Sauce

### CHEF DEMO AND GROUP PRODUCTION

Zabaglione  
Tiramisu  
*\*Soak Navy Beans for Potage au Pistou*

# RISOTTO WITH PORCINI MUSHROOMS AND PEAS

*Yield: 6 portions*

Ingredients	Amounts
Mushroom, porcini, dried	1 1/2 cups
Stock, chicken	3 1/4 cups
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	2 Tbsp.
Peas, frozen, thawed	3/4 cup
Butter, unsalted (Divided)	1/2 cup
Onion, yellow, minced	1/2 cup
Garlic, clove, minced	2 ea.
Rice, arborio	1 1/4 cups
Wine, white, dry	1/4 cup
Cheese, Parmesan, grated	1 cup

## Method

1. Place the dried mushrooms in a bowl and add enough boiling water to cover (about 2 cups). Soak until softened, 15 to 30 minutes. Place a strainer lined with cheesecloth over a bowl and drain the mushrooms. Reserve the mushrooms.
2. In a small sauce pot, heat the stock over low heat and season with salt and pepper.
3. In a small sauté pan over medium heat, add 2 tablespoons of butter. Sauté the mushrooms until tender, about 3 minutes. Add the peas and cook until the peas are heated through, about 3 minutes. Remove from the heat and reserve.
4. In a sautoir (a straight sided sauté pan) over medium heat, melt 1/4 cup of the butter. Add the onions and sweat until translucent, 2 to 3 minutes. Add the garlic and sweat until aromatic, about 1 minute.
5. Add the rice and cook, stirring constantly, until the rice grains are coated with butter and have changed from completely white to somewhat translucent, but without browning. (The center will still be white.)
6. Add the wine and simmer, over medium-low heat, stirring until the wine is almost completely absorbed. Add the stock in three additions, stirring and allowing the stock to be absorbed between additions. The rice should be just tender, and the grains separate, but creamy. When most of the liquid is absorbed, add the remaining 1/4 cup of butter, the mushroom and pea mixture, and the cheese.
7. Adjust the consistency with chicken stock. The risotto should be creamy like porridge (*all'onda*), rather than firm and stiff. Season with salt and pepper to taste. Serve in a heated bowl.

# PROSCIUTTO WITH ROASTED PEPPERS AND ANCHOVIES

*Yield: 6 portions*

Ingredients	Amounts
Pepper, bell, red	3 ea.
Pepper, bell, yellow	3 ea.
Oil, olive, extra virgin	1/2 cup
Lemon, juice, fresh	1/4 cup
Anchovy, fillet, minced	2 ea.
Garlic, clove, minced	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lettuce, leaf	6 ea.
Pork, prosciutto, very thinly sliced	6 ea.
Anchovy, fillet	6 ea.

## Method

1. With the burner on high heat, hold the bell peppers over the flame of a gas burner with tongs or a kitchen fork. Turn the peppers and roast them until the surface is evenly charred.
2. Place the peppers in bowl and cover with plastic wrap. Let steam until the skin loosens, about 5 minutes. When the peppers are cool enough to handle, remove the charred skin, using a paring knife if necessary. Remove the seeds and cut the peppers into strips. Place into a mixing bowl.
3. Add the oil, lemon juice, anchovy, garlic, salt, and pepper. Mix to combine. Marinate for 1 hour.
4. Arrange the lettuce leaves on a chilled platter and top with the pepper slices, prosciutto, and anchovies.
5. Serve at room temperature.

## GARGANELLI WITH RAGÙ BOLOGNESE

*Yield: 8 portions*

Ingredients	Amounts
Oil, olive, extra virgin	1 1/4 Tbsp.
Butter, unsalted	2/3 wt. oz.
Pork, pancetta, finely diced	2 1/2 wt. oz.
Onion, yellow, fine diced	6 1/4 wt. oz.
Carrot, fine diced	2 1/2 wt. oz.
Celery, fine diced	2 wt. oz.
Beef, lean, ground	10 wt. oz.
Pork, lean, ground	10 wt. oz.
Tomato, paste	2 wt. oz.
Wine, red, dry	10 fl. oz.
Salt, kosher	as needed
Pepper, black, ground	as needed
Nutmeg, fresh, grated	as needed
Stock, veal	20 fl. oz.
Tomato, purée	12 fl. oz.
Cream, heavy, heated	10 fl. oz.
Fresh Egg Pasta (Recipe follows)	1 1/2 lb.
Cheese, Parmesan, grated	4 wt. oz.

### Method

1. In a medium, nonreactive stockpot, heat the oil and butter over medium-low heat. Add the pancetta and cook, stirring frequently, until the pancetta is golden brown and the fat is rendered, about 10 minutes.
2. Increase the heat to medium-high. Add the onions, carrots, and celery. Cook, stirring frequently, until the vegetables are softened and the onions are translucent, 5 to 7 minutes.
3. Add the beef and pork. Cook, stirring continuously, until the meat is browned, 3 to 4 minutes. Drain the fat, if necessary.
4. Stir in the tomato paste and cook until lightly caramelized, 2 to 3 minutes.
5. Stir in the wine and reduce the mixture until nearly dry (*au sec*).
6. Season with salt, pepper, and nutmeg. Add the stock and tomato purée. Bring the sauce to a boil. Then turn the heat down to low and simmer, uncovered, until the mixture has reduced and the flavors have concentrated, about 30 minutes. Add additional stock if necessary to avoid scorching.
7. Just prior to serving, stir in the cream. Return the sauce to a simmer. Do not allow the sauce to boil. Season with salt and pepper to taste. Reserve and keep warm.

8. Bring a large pot of salted water to a boil. Add the pasta and cook, stirring occasionally, until the pasta is tender but firm to the bite (*al dente*), about 2 minutes. Drain, reserving some of the pasta water.
9. Toss the pasta with the sauce. Adjust the consistency with pasta water as needed.
10. Serve in a heated bowl, garnished with Parmesan cheese.

# FRESH EGG PASTA

*Yield: 1 ½ pounds*

Ingredients	Amounts
Flour, durum	3 ¼ cups
Salt, kosher	1 pinch
Egg, whole	4 ea.
Oil, olive, pure (Optional)	2 Tbsp.

## Method

1. In a food processor, combine the flour and salt.
2. Add the eggs and oil, if using. Process mixture until it resembles coarse meal. (When pressed, dough will form a cohesive mass.)
3. Turn the dough out onto a work surface and knead until the dough is very firm, yet pliable.
4. Cover and let the dough relax at room temperature for at least 1 hour.
5. Roll the dough by machine or by hand. To form a garganelli shape, cut pasta into small squares and pinch the corners together (See Chef demo).
6. The pasta is ready to cook now, or it can be covered and refrigerated for up to 2 days.

**Variations:** For each variation, the amount of flour may also need to be adjusted accordingly.

**Spinach Pasta:** Purée 6 ounces spinach leaves, squeeze dry in cheesecloth, and add to the eggs.

**Red Pepper Pasta:** Sauté 6 ounces puréed roasted red pepper until reduced and dry. Cool and add to the eggs.

**Tomato Pasta:** Sauté 6 tablespoons tomato purée until reduced and dry. Cool and add to the eggs.

**Pumpkin, Carrot, or Beet Pasta:** Sauté 6 ounces puréed cooked pumpkin, carrots, or beets until reduced and dry. Cool and add to the eggs.

**Citrus Pasta:** Add 4 teaspoons finely grated lemon or orange zest to the eggs. Substitute 2 tablespoons citrus juice for the water.

**Herbed Pasta:** Add 2 to 3 ounces chopped fresh herbs to the eggs.

**Black Pepper Pasta:** Add 2 teaspoons cracked black peppercorns to the flour.

**Saffron Pasta:** Steep 2 to 4 teaspoons pulverized saffron threads in 2 tablespoons hot water and add to the eggs.

**Curried Pasta:** Add 2 to 4 teaspoons curry powder to the flour.

# GNOCCHETTI WITH PEAS AND PANCETTA

*Yield: 6 portions*

Ingredients	Amounts
Potato, chef's, peeled, quartered	1 1/2 lb.
Butter, unsalted	2 Tbsp.
Egg, whole, beaten	1 ea.
Egg, yolk, beaten	1 ea.
Flour, bread	as needed
Salt, kosher	as needed
Pepper, white, ground	as needed
Pork, pancetta, small diced	1/2 lb.
Stock, chicken	1 cup
Butter, unsalted, cubed	1 cup
Peas, frozen, thawed	1 1/2 cups
Salt, kosher	to taste
Pepper, black, ground	to taste

## Method

1. In a large pot, place the potatoes and add enough water to cover. Add a little salt, then bring to a boil over high heat. Lower the heat to a simmer. Cook until the potatoes are fork tender, 10 to 15 minutes. Drain, dry, and pass through a food mill into a large mixing bowl. Cool completely.
2. Add the butter, egg, and egg yolk to the potatoes. Mix well.
3. Add just enough of the flour to bind the mixture into a dough (the more flour added, the heavier the end result). Season with salt and pepper as needed.
4. Roll the dough into long cylinders about 1/4-inch in diameter. Cut into segments about 1/4-inch long. Shape the gnocchetti by pressing and rolling each segment off the back of a fork. (See Chef demo.) Reserve until ready to cook.
5. In a small sauté pan over medium heat, cook the pancetta until most of the fat has melted (rendered), and the pancetta has browned, 4 to 5 minutes. Reserve.
6. Bring a large pot of salted water to a boil. Cook the gnocchetti until they float and the center is cooked through, 5 to 6 minutes. Drain and reserve.
7. In a large, straight-sided sauté pan over medium heat, bring the stock to a simmer. Turn the heat down to low and add the butter a few pieces at a time, whisking until each addition is incorporated. Repeat until all the butter has been added. Do not allow it to boil as the sauce could separate. Add the gnocchetti and toss to coat and reheat.
8. Add the peas and pancetta. Toss to combine and heat through. Season with salt and pepper to taste. Serve on a heated platter.

# ROAST STUFFED PORK LOIN GENOA-STYLE WITH GARLIC JUS

*Yield: 6 portions*

Ingredients	Amounts
Pine nuts (Pignoli)	1/2 cup
Garlic, minced	4 tsp.
Parsley, flat-leaf, fresh, chopped	3 1/2 Tbsp.
Basil, sweet, fresh, chopped	2 1/2 Tbsp.
Cheese, Pecorino-Romano, grated	1/4 cup
Pork, ground	1/4 lb.
Pork, sausage, Italian, casing removed	1/4 lb.
Breadcrumbs	1/2 cup
Cream, heavy	3 Tbsp.
Egg, beaten	1 ea.
Pork, loin, boneless, well-trimmed	2 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Onion, yellow, diced	1/2 cup
Carrot, diced	1/4 cup
Celery, diced	1/4 cup
Tomato, paste	4 Tbsp.
Garlic, minced	1 tsp.
Bay leaf, dried	1 ea.
Stock, veal, brown	2 1/4 cups
Salt, kosher	to taste
Pepper, black, ground	to taste

## Method

1. Preheat oven to 350°F.
2. In a small skillet over medium heat, dry toast the pine nuts until lightly browned and aromatic, 2 to 3 minutes. Finely chop.
3. For the dry pesto, in a small bowl, combine the toasted pine nuts, garlic, parsley, basil, and pecorino. Mix well. Reserve.
4. For the stuffing, in a medium bowl, combine the pork, sausage, breadcrumbs, heavy cream, and egg. Mix well. Reserve.
5. Butterfly the pork loin, Pound lightly with a meat mallet. (See Chef demo.) Season with salt and pepper.

6. Spread the pesto mixture over the pork, leaving a  $\frac{1}{2}$ -inch border on all sides. Spread the stuffing over the pesto
7. Roll up the pork loin, jelly roll fashion, and secure with butcher's twine. (See Chef demo)
8. Place a rack in a roasting pan and put the pork on the rack. Roast the pork in the oven until the internal temperature reaches 150°F, 30 to 40 minutes. Remove the pork from the oven and place it on a cutting board. Tent with foil and allow meat to rest for at least 10 minutes.
9. For the jus, drain the fat from the roasting pan, leaving 1 tablespoon. Add the onions, carrots, celery, and tomato paste to the roasting pan. Place the pan on the stovetop over medium-high heat and cook, stirring frequently, until the vegetables are lightly caramelized, 4 to 5 minutes.
10. Add the garlic and sweat until aromatic, about 1 minute.
11. Add the bay leaf and stock. Simmer to reduce the jus to approximately  $1\frac{1}{2}$  cups. Strain the jus through a fine mesh sieve. Season with salt and pepper to taste. Reserve hot.
12. Remove the string from the pork loin and slice into  $\frac{1}{4}$ - to  $\frac{1}{2}$ -inch-thick slices. Serve on a warm platter with the jus.

## STUFFED ZUCCHINI

*Yield: 6 portions*

Ingredients	Amount
Squash, zucchini, cut in half lengthwise, seeded	3 ea.
Oil, olive, pure	2 Tbsp.
Mushroom, button, diced	2 cups
Egg, whole, beaten	1 ea.
Breadcrumbs, fresh	3/4 cup
Cheese, Parmesan, grated	1/4 cup
Milk, whole	1/4 cup
Oregano, dried, ground	1/4 tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Butter, unsalted, melted	2 Tbsp.
Breadcrumbs	1/2 cup
Cheese, Parmesan, grated	1/4 cup

### Method

1. Preheat oven to 375°F.
2. Bring a pot of salted water to a boil. Par cook (blanch) the zucchini for 1 to 2 minutes. Remove from the boiling water and shock in ice water to set the color and stop the cooking. Drain well. Place into a hotel pan or casserole dish and reserve.
3. In a medium sauté pan over medium-high heat, add the oil. Add the mushrooms and sauté until all the juices the mushrooms released have evaporated and the mushrooms have browned, 4 to 5 minutes. Cool and reserve.
4. In a mixing bowl, mix the egg, breadcrumbs, cheese, and milk. Gently stir in the sautéed mushrooms and oregano. Season with salt and pepper.
5. Divide the filling evenly between the zucchini halves.
6. In a small mixing bowl, combine the butter, breadcrumbs, and cheese. Divide the mixture evenly over the zucchini.
7. Bake the zucchini in the preheated oven until the topping is golden brown and the stuffing is heated through, 20 to 25 minutes.
8. Serve hot on a heated platter.

## FRESH MOZZARELLA SALAD

*Yield: 6 portions*

Ingredients	Amounts
Oil, olive, extra virgin	1/2 cup
Vinegar, balsamic	1/4 cup
Lemon, juice, fresh	2 Tbsp.
Wine, white, Soave	2 Tbsp.
Tomato, sun-dried, jarred, julienned	2 Tbsp.
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Basil, sweet, fresh, chopped	2 Tbsp.
Oregano, fresh, chopped	2 Tbsp.
Garlic, mashed	1 Tbsp.
Chile, pepperoncini, minced	1 tsp.
Mozzarella Cheese (Recipe follows)	1 1/2 lb.
Salt, kosher	to taste
Pepper, black, ground	to taste

### Method

1. To prepare the dressing, in a large bowl, whisk together the oil, vinegar, lemon juice, and wine.
2. Add the sun-dried tomatoes, parsley, basil, oregano, garlic, and pepperoncini. Mix well.
3. Gently toss the mozzarella in the dressing to coat. Season with salt and pepper to taste.
4. Arrange on a platter and serve.

## MOZZARELLA CHEESE

*Yield: 2 pounds*

Ingredients	Amounts
Salt, kosher	6 wt. oz.
Water	1 gal.
Cheese, curd, medium diced	2 lb.

### Method

1. In a large pot, place the salt and water. Bring it to a boil. Remove the pot from the heat.
2. In a large bowl, place the cheese curd. Add enough hot water to cover the curd.
3. Wearing 2 pairs of gloves, work the curd with wooden spoons, stretching it until it becomes a smooth, yet stringy mass. Maintain the water temperature at a constant 160°F throughout this process.
4. Remove the cheese from the water and continue stretching it until the curd is smooth. Be careful not to overwork it or the cheese will become tough.
5. Shape the cheese into small balls (bocconcini) (see Chef demo).
6. Hold the cheese in water until ready to serve.

## SEA BASS WITH VEGETABLES

*Yield: 6 portions*

Ingredients	Amounts
Oil, olive, pure	2 Tbsp.
Onion, red, 2-in. julienned	1 cup
Garlic, clove, mashed to a paste	1 ea.
Tomato, plum, skinned, seeded, ....2-in. julienned	1 cup
Squash, zucchini, julienned	2 cups
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	2 Tbsp.
Fish, sea bass, 6 oz. fillet	6 ea.
Wine, white, dry	1 cup
Oregano, fresh, finely chopped	1 tsp.
Parsley, flat-leaf, fresh, finely chopped	1 tsp.
Basil, sweet, fresh, finely chopped	1 tsp.

### Method

1. Preheat oven to 350°F.
2. For the topping, in a medium sauté pan over medium heat, add the oil. Add the onions and sweat until translucent, 2 to 3 minutes.
3. Add the garlic and sweat until aromatic, about 1 minute.
4. Add the tomatoes and zucchini and cook just until tender. Season with salt and pepper to taste. Cool and reserve.
5. Butter a straight-sided sauté pan (*sautoir*). Add the fish. Top each portion with 1/4 cup of the vegetable topping. Add the wine and bring to a simmer over medium heat.
6. Cover with parchment (*cartouche*) and poach in the oven until the fish reaches an internal temperature of 140°F, 5 to 8 minutes. Transfer the fish to a serving platter, cover, and keep warm.
7. Place the sautoir on the stovetop over medium-high heat. Simmer the poaching liquid until it is reduced to about 3/4 cup. Adjust the seasoning to taste.
8. Pour the poaching liquid around the fish. Garnish each portion with a sprinkling of oregano, parsley, and basil.

## BAKED ROLLED PASTA

*Yield: 6 portions*

Ingredients	Amount
Fresh Egg Pasta Dough (Recipe follows)	1 lb.
Cheese, ricotta	1 lb.
Cheese, Parmesan, grated	3 wt. oz.
Pork, prosciutto, sliced thinly	1/4 lb.
Cheese, fontina, shredded	2 1/4 cups
Tomato Sauce (Divided) (Recipe follows)	5 cups
Butter, unsalted	as needed
Oil, olive, extra virgin	2 Tbsp.
Onion, yellow, small diced	1 cup
Brandy	1/2 cup
Stock, veal, brown	2 cups
Cream, heavy	2 cups
Salt, kosher	to taste
Pepper, black, ground	to taste

### Method

1. Preheat oven to 475°F.
2. Roll the pasta dough into paper-thin sheets.
3. Spread the rolled dough with a thin layer of ricotta. Sprinkle with the Parmesan cheese and cover with the prosciutto slices. Mound the Fontina cheese in the center, then roll into a tight cylinder. Cut the rolls into one-inch pieces.
4. Pour about 3 cups of the tomato sauce into the bottom of a casserole dish. Arrange the pasta roll slices over the sauce and slightly flatten each piece. Top each roll with 1 tablespoon of tomato sauce and a small sliver of butter.
5. Place in the oven and bake until the butter melts and the cheese in the center softens, about 20 minutes.
6. For the creamy tomato sauce, in a medium sauté pan over medium heat, add the oil. Add the onions and sweat until translucent. Remove the pan from the flame and carefully add the brandy. Return the pan to the heat and allow the brandy to flame. When the flame goes out, stir in the 2 cups of the reserved tomato sauce, stock, and heavy cream. Season with salt and pepper to taste. Simmer until the sauce obtains the desired consistency.
7. Ladle the creamy tomato sauce onto a heated serving platter and arrange the baked pasta slices on top.

## FRESH EGG PASTA

*Yield: 1 ½ pounds*

Ingredients	Amounts
Flour, durum	3 ¼ cups
Salt, kosher	1 pinch
Egg, whole	4 ea.
Oil, vegetable (Optional)	2 Tbsp.

### Method

1. Combine the flour and salt in a food processor. Add the eggs and oil, if using. Process the mixture until it resembles a coarse meal. When pressed, the dough will form a cohesive mass.
2. Turn the dough out onto a work surface and knead until the dough is very firm, yet pliable. Cover and let the dough relax at room temperature for at least 1 hour.
3. Roll the pasta dough into thin sheets. Cut into desired shape by hand or using a pasta machine. The pasta can be cooked immediately, or it may be refrigerated for up to 2 days.

**Variations:** For each variation, the amount of flour may also need to be adjusted accordingly.

**Spinach Pasta:** Purée 6 ounces spinach leaves, squeeze dry in cheesecloth, and add to the eggs.

**Red Pepper Pasta:** Sauté 6 ounces puréed roasted red pepper until reduced and dry. Cool and add to the eggs.

**Tomato Pasta:** Sauté 6 tablespoons tomato purée until reduced and dry. Cool and add to the eggs.

**Pumpkin, Carrot, or Beet Pasta:** Sauté 6 ounces puréed cooked pumpkin, carrots, or beets until reduced and dry. Cool and add to the eggs.

**Citrus Pasta:** Add 4 teaspoons finely grated lemon or orange zest to the eggs. Substitute 2 tablespoons citrus juice for the water.

**Herbed Pasta:** Add 2 to 3 ounces chopped fresh herbs to the eggs.

**Black Pepper Pasta:** Add 2 teaspoons cracked black peppercorns to the flour.

**Saffron Pasta:** Steep 2 to 4 teaspoons pulverized saffron threads in 2 tablespoons hot water and add to the eggs.

**Curried Pasta:** Add 2 to 4 teaspoons curry powder to the flour.

# TOMATO SAUCE

*Yield: 1 ½ quarts*

Ingredients	Amounts
Oil, olive, extra virgin	1/4 cup
Onion, yellow, diced	2/3 cup
Garlic, clove, minced	2 ½ Tbsp.
Tomato, plum (Roma), whole, canned	3 ½ lb.
Basil, sweet, leaves, fresh, torn	3/4 cup
Salt, kosher	to taste
Pepper, black, ground	to taste

## Method

1. In a saucepot over medium heat, heat the olive oil. Add the onions and cook, stirring occasionally, until they take on a light golden color, 12 to 15 minutes.
2. Add the garlic and sweat, stirring frequently, until aromatic, about 1 minute.
3. With clean hands, crush the tomatoes into the pot. Stir to combine. Bring the sauce to a simmer. Turn the heat down to low. Simmer, stirring occasionally, until a sauce-like consistency develops, about 45 minutes. (Exact cooking time depends on the quality of the tomatoes and their natural moisture content.)
4. Add the basil and simmer for 2 to 3 minutes more, to infuse the sauce with aroma. Season with salt and pepper to taste.
5. The sauce can be served as, puréed through a food mill fitted with a coarse disk, or broken up with a whisk to make a rough purée.

## CAPONATA WITH TOAST

*Yield: 6 portions*

Ingredients	Amounts
Bread, baguette, thickly sliced	1 ea.
Eggplant, peeled, 1-in. diced	1 1/2 lb.
Salt, kosher	as needed
Oil, olive, extra virgin	1/4 cup
Onion, yellow, coarsely chopped	1/2 cup
Celery, bunch, small diced	1/4 ea.
Tomato, purée	1/2 cup
Olives, green, pitted, chopped	1/3 cup
Capers, rinsed, drained	2 Tbsp.
Sugar, granulated	2 Tbsp.
Vinegar, wine, red	2 1/2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, pure	as needed

### Method

1. Preheat oven to 350°F. Arrange the slices of baguette in a single layer on a parchment-lined sheet pan. Bake in the preheated oven until golden brown and crisp, 5 to 10 minutes. Reserve.
2. Salt the eggplant. Transfer it to a sheet pan. Weigh it down by placing 3 more sheet pans on top of the eggplant. Let the eggplant release its moisture for at least 30 minutes.
3. To prepare the sauce, in a large straight-sided sauté pan over medium heat, add the extra-virgin olive oil. Add the onions and celery. Cook until tender, 2 to 3 minutes.
4. Add the tomato purée and simmer until the sauce thickens slightly, 15 to 20 minutes. Add the olives, capers, sugar, and vinegar. Season with salt and pepper to taste. Keep warm.
5. Squeeze the eggplant cubes to remove the excess water. Rinse and pat dry.
6. In a large straight-sided sauté pan over high heat, add 1/4-inch of olive oil. Add half of the eggplant. Sauté until soft and golden brown. Remove and drain on paper towels. Repeat with the remaining eggplant.
7. Combine the cooked eggplant with the tomato sauce. Adjust the seasoning to taste.
8. Serve at room temperature with the reserved toasted bread.

Source: *Red, White & Greens* by Faith Willinger

## SPINACH AND RICOTTA RAVIOLI

*Yield: 6 portions*

Ingredients	Amounts
Flour, all-purpose	5 cups
Salt, kosher	1/4 tsp.
Egg, whole	6 ea.
Spinach, tough stems removed	3/4 lb.
Cheese, ricotta	1 1/4 cups
Cheese, Parmesan, grated	1 1/4 cups
Egg, whole	3 ea.
Nutmeg, fresh, grated	1 pinch
Salt, kosher	as needed
Pepper, black, ground	as needed
Butter, unsalted	1/2 cup
Sage, leaf, fresh	8 ea.

### Method

1. For the pasta dough, combine the flour and salt in a food processor. Add the eggs and process the mixture until it resembles coarse meal. When pressed, the dough will form a cohesive mass. Turn the dough out onto a work surface and knead until it is very firm, yet pliable. Wrap in plastic wrap and rest at room temperature for 30 minutes.
2. For the stuffing, in a large sauté pan over medium heat, cook the spinach until wilted, about 2 minutes. Set aside until cool enough to handle, then squeeze out excess water. Finely chop and transfer to a mixing bowl.
3. Stir in the ricotta cheese, Parmesan cheese, and eggs. Season with nutmeg, salt, and pepper.
4. Divide the dough into quarters. Using a pasta machine or rolling pin on a flour-dusted surface, roll out the pasta into less than 1/8-inch rectangles. Place 1 1/2 to 2-teaspoon scoops of filling in rows, about 2 1/2 inches apart, on two of the sheets. Cover with the remaining sheets, draping to evenly cover and fall between mounds of filling. Using a 3-to 4-inch pastry cutter, cut rounds of ravioli. Use a fork to press and seal the edges. See Chef demo.
5. Bring a large pot of salted water to a boil. Cook the ravioli until the filling is heated through and the pasta is firm to the bite (*al dente*), 2 to 3 minutes. Drain and reserve warm.
6. For the sage sauce, in a medium-sized sauté pan over medium heat, melt the butter. Add the sage and cook until the sage begins to crisp, 1 to 2 minutes.
7. Serve the ravioli on a heated platter topped with the sage sauce.

**Note:** 1 quart of fresh tomato sauce can be substituted for the sage sauce.

# ONIONS IN SWEET AND SOUR SAUCE

*Yield: 6 portions*

Ingredients	Amounts
Onion, cipollini	1 1/2 lb.
Oil, olive, pure	1/2 cup
Celery, stalk, small diced	3 ea.
Garlic, minced	3 tsp.
Onion, red, small, sliced	1 ea.
Tomato, paste	1 1/2 Tbsp.
Stock, chicken	3/4 cup
Vinegar, wine, red	1/3 cup
Sugar, granulated	3 1/2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Basil, fresh, chiffonade	1 1/2 Tbsp.
Parsley, flat-leaf, fresh, chopped	1 1/2 Tbsp.
Capers	1 1/2 Tbsp.

## Method

1. Bring a pot of salted water to boil. Par cook (blanch) the cipollini until just tender, about 2 minutes. Drain and shock in an ice bath to stop the cooking process. Remove from the ice water and reserve.
2. In a saucepot over medium heat, add the olive oil. Add the celery, garlic, and onion. Sweat over medium heat until the onions have softened, 3 to 4 minutes.
3. Add the tomato paste and cook until lightly browned, about 3 minutes.
4. Deglaze the pan with the stock and vinegar. Add the sugar.
5. Season with salt and pepper to taste.
6. Add the blanched cipollini and continue to cook until the cipollini are cooked through and the sauce has reduced to the desired consistency.
7. Finish by stirring in the basil, parsley, and capers.
8. Serve hot in a heated bowl.

**Note:** Any small onion can be substituted for the cipollini. Instead of boiling, the onions can be baked in the oven until tender.

*Source: Arthur Schwartz*

# ZABAGLIONE

*Yield: 6 portions*

Ingredients	Amounts
Egg, yolk	6 ea.
Sugar, granulated	1/3 cup
Wine, Marsala	3/4 cup
Strawberries	1/2 cup
Blueberries	1/2 cup

## Method

1. In a bowl set over a small pot of barely simmering water, whisk together the egg yolks, sugar, and Marsala wine.
2. Cook, whisking constantly, until the mixture is thickened, glossy, and heated to 160°F, 5 to 7 minutes. Make sure not to overcook it or the eggs will scramble.
3. Serve immediately as a warm custard, garnished with the berries.

# TIRAMISU

*Yield: 12 portions*

Ingredients	Amounts
Egg, whole	1 ea.
Egg, yolk	6 ea.
Sugar, granulated	1 cup
Vanilla, extract	1 tsp.
Cheese, mascarpone	3 1/4 cups
Egg, white	3 ea.
Sugar, granulated	1/2 cup
Espresso	1 cup
Liquor, coffee, Kahlua	1/2 cup
Cookie, ladyfinger	48 ea.
Cocoa, powder	1/4 cup
Sugar, powdered	2 Tbsp.

## Method

1. In a large stainless-steel bowl set over a pot of simmering water, combine the egg, egg yolks, sugar, and vanilla. Cook, whisking constantly, until the mixture is light, glossy, thickened and the internal temperature reaches 160°F, 3 to 4 minutes.
2. Transfer the egg and sugar mixture to the bowl of an electric mixer and whip on high speed until the mixture has cooled to room temperature, 8 to 10 minutes.
3. Add the mascarpone and blend on low speed until very smooth, about 2 to 3 minutes. Scrape the sides and bottom of the bowl to blend evenly. Transfer to a mixing bowl and reserve.
4. In the cleaned bowl of the electric mixer, whip the egg whites with the sugar on high speed to medium-stiff peaks, 5 to 6 minutes. Fold half of the beaten egg whites into the mascarpone mixture and mix until thoroughly combined, then fold in the other half. Cover and refrigerate until needed.
5. In a shallow bowl, combine the espresso and Kahlua. Individually moisten each ladyfinger in the espresso and Kahlua mixture. In twelve, 5-inch x 3-inch ramekins, arrange a single layer of moistened ladyfingers. (The ladyfingers may need to be trimmed to fit.) Top with a 1-inch-thick layer of the mascarpone filling. Repeat layering in this sequence until the ramekins are full, ending with a layer of filling.
6. Dust the entire surface of the tiramisu with cocoa power and confectioner's sugar. Chill thoroughly before serving.

Source: *The CIA Cookbook*, p. 273

## DAY THREE PRODUCTION ASSIGNMENTS

### BISTROS AND BRASSERIES

#### TEAM ONE

Potage au Pistou  
Frisée aux Lardons  
Caramelized Onion Quiche with Brie and Smoked Salmon

#### TEAM TWO

French Onion Soup  
Margherita Pizza  
Coq au Vin with Fresh Egg Pasta

#### TEAM THREE

Hudson Valley Camembert Crisp with Apple-Pear Conserve  
Steak Frîtes  
Mushroom, Leek, and Brie Turnovers

#### TEAM FOUR

Provençal Salad with Red Wine Vinaigrette  
Mussels in Saffron and White Wine Broth  
Eggs Benedict

#### CHEF DEMO AND GROUP PRODUCTION

Crêpes with Mixed Berry Filling  
Chocolate Mousse

# POTAGE AU PISTOU

*Yield: 6 portions*

Ingredients	Amounts
Beans, navy, dried	3/4 cup
Oil, olive, extra virgin	2 Tbsp.
Carrot, diced	3 ea.
Leek, white and green parts, diced	2 ea.
Onion, yellow, diced	1 ea.
Stock, chicken	2 1/2 qt.
Saffron, thread (Optional)	1 pinch
Beans, green, cut into 1-in. lengths	6 wt. oz.
Potato, yellow, peeled, diced	1 ea.
Squash, zucchini, diced	1 ea.
Pasta, vermicelli, dried, broken into 2-in. lengths	2 wt. oz.
Tomato, plum (Roma), peeled, seeded, diced	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Pistou (Recipe follows)	to taste

## Method

1. Soak the beans in 3 cups of water overnight. Drain.
2. Place the soaked beans in a large saucepan. Add 1 quart water and bring to a simmer. Cook until the beans are tender, about 1 hour. If necessary, add more water to keep the beans covered.
3. In a soup pot over medium heat, add the oil. Add the carrots, leeks, and onions. Sweat until the onions are translucent, about 10 minutes.
4. Add the stock and the saffron (if using). Bring to a simmer. Cook for 10 minutes.
5. Add the green beans, potato, and zucchini. Simmer for 10 minutes.
6. Add the vermicelli and simmer until tender, about 8 minutes.
7. Drain the beans of their cooking liquid and add them to the soup, along with the tomatoes.
8. Season with salt and pepper to taste. Simmer for 1 minute.
9. Just before serving, add the pistou to taste. Serve in heated bowls.

# PISTOU

*Yield: ¾ cup*

Ingredients	Amounts
Pine nuts (Pignoli)	2 Tbsp.
Basil, sweet, leaves, fresh, chopped	½ cup
Cheese, Parmesan, grated	½ cup
Garlic, chopped	2 tsp.
Oil, olive, extra virgin	⅓ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

## Method

1. In a small skillet over medium-low heat, add the pine nuts. Dry toast the nuts until lightly browned and aromatic, 3 to 4 minutes. Allow the nuts to cool.
2. In a food processor or blender, combine the toasted pine nuts with the basil, cheese, and garlic. Purée to a fine paste.
3. With the machine running, add the oil in a thin stream. Scrape the sides of the bowl or blender as necessary. Purée until the oil is completely incorporated.
4. Season with salt and pepper to taste.

## FRISÉE AUX LARDONS

*Yield: 6 portions*

Ingredients	Amounts
Pork, bacon, slab, med. diced	1 lb.
Lettuce, frisée, head	3 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Sugar, brown, light	1 Tbsp.
Vinegar, wine, white	½ cup

### Method

1. Heat a medium sauté pan over medium heat. Add the bacon. Cook, stirring frequently for even cooking and coloring, until the bacon is crisp and golden, 6 to 8 minutes. Take the pan off the heat and remove the bacon with a slotted spoon. Let the bacon fat cool in the pan for about a minute.
2. Divide the frisée among plates or arrange it on a platter. Season with salt and pepper.
3. In a small pan on medium heat, combine the sugar and vinegar. Reduce by half, until syrupy. Pour the reduction into the warm bacon fat and stir thoroughly to mix.
4. Spoon the dressing over the salad. Garnish with reserved bacon.
5. Serve immediately.

# CARAMELIZED ONION QUICHE WITH BRIE AND SMOKED SALMON

*Yield: one 9-inch quiche*

Ingredients	Amounts
Pie Dough (Recipe follows)	1x Recipe
Oil, olive, extra virgin	2 Tbsp.
Onion, yellow, thinly sliced	1 1/2 cups
Cream, heavy	1 1/2 cups
Egg, whole	3 ea.
Salt, kosher	1/2 tsp.
Pepper, black, ground	1/4 tsp.
Cheese, Brie, room temp., rind removed, sliced	1 1/4 cups
Salmon, smoked, small diced	7 wt. oz.

## Method

1. Prepare the pie crust and follow the directions for pre-baking. Reserve.
2. Preheat oven to 350°F.
3. In a sauté pan over medium heat, add the olive oil. When the oil is hot, add the onions and cook, stirring frequently, until golden brown and very soft, about 20 minutes. Remove the onions from the pan. Reserve.
4. In a small mixing bowl, whisk together the heavy cream and eggs. Season with salt and pepper.
5. Scatter the caramelized onions, cheese, and salmon evenly over the bottom of the crust. Pour the egg mixture over top.
6. Set the quiche on a baking sheet. Bake in the preheated oven until a knife blade inserted in the center comes out clean, 40 to 45 minutes. If the pie crust begins to over-brown, cover the edges of the crust with strips of aluminum foil or pie shields.
7. Remove the quiche from the oven and cool on a wire rack. Let the quiche rest at least 20 minutes before slicing. Serve hot.

**Note:** Gravlax can be substituted for smoked salmon. To bake the quiche without a pastry crust, butter a shallow casserole or baking dish. Sprinkle it with grated parmesan, if desired. Spread the filling ingredients over the casserole bottom. Bake the quiche in a hot water bath (*bain marie*) until a knife inserted near the center comes out clean, 35 to 40 minutes.

## PIE DOUGH

*Yield: 1 single-crust, 9-inch pie*

Ingredients	Amounts
Flour, pastry	1 1/4 cups
Salt, kosher	1/2 tsp.
Butter, unsalted, small diced	7 Tbsp.
Water, cold	3 1/2 Tbsp.

### Method:

1. Combine the flour and salt in a mixing bowl.
2. Work the butter into the flour until it resembles crumb topping.
3. Add the water, 1 tablespoon at a time, just until it holds together when pressed into a ball. The dough should be evenly moist (not wet), and shaggy or rough in appearance.
4. Turn the dough out onto a lightly floured work surface. Gather and press the dough into a ball. Pat the ball into an even disk, wrap well, and chill in the refrigerator for 20 minutes.
5. To line the pie plate, unwrap the dough, place it on a lightly floured work surface, and scatter a little flour over the top. Roll out the dough into an even round about 13 inches in diameter. It should be about 1/8-inch thick.
6. Fold the dough in half or roll it loosely around the rolling pin and gently lift and position it over the pan. Unfold or unroll the dough, easing it into the pan without stretching it. Make sure that the sides of the pan and the rim are evenly covered. Press the dough gently against the sides and bottom. Trim the overhang to 1 inch.
7. Tuck the dough overhang under itself and flute the edges.
8. To prebake the crust, preheat the oven to 400°F. Prick the dough evenly over the bottom and sides with a fork. Line the dough with a piece of parchment paper and fill about halfway with pie weights, dried beans, or rice. Bake until the crust is dry, 12 to 15 minutes.
9. Remove the pan from the oven and remove the paper and pie weights. Return the crust to the oven and bake until the crust is completely dry and lightly golden brown, another 5 to 6 minutes.
10. Cool to room temperature before filling.

# FRENCH ONION SOUP

*Yield: 6 portions*

Ingredients	Amounts
Bread, baguette, sliced	1/2 ea.
Butter, unsalted	6 Tbsp.
Onion, yellow, thinly sliced	8 1/2 cups
Garlic, minced	4 tsp.
Brandy	1/2 cup
Flour, all-purpose	2 Tbsp.
Stock, beef, cold	2 qt.
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Chile, cayenne, ground	to taste
Cheese, Gruyère, grated	3 cups
Parsley, flat-leaf, fresh, chopped	1 Tbsp.

## Method

1. Preheat oven to 350°F.
2. Arrange the slices of baguette in a single layer on a parchment-lined sheet pan. Bake in the preheated oven until golden brown and crisp, 5 to 10 minutes. Reserve.
3. Increase the oven temperature to 450°F.
4. In a large, heavy-bottomed pan over medium heat, melt the butter. Add the onions and cook until they have softened and developed a light caramel color, 20 to 25 minutes.
5. Add the garlic and cook until aromatic, about 2 minutes.
6. Add the brandy and reduce until nearly dry (*au sec*).
7. Stir in the flour. Cook for 2 minutes.
8. Take the pan off the heat and pour in the cold stock, stirring thoroughly to distribute the flour throughout the soup. Add the bay leaf and thyme.
9. Return the pan to the heat and bring it to a boil. Turn the heat down to low and simmer for 30 minutes.
10. Season the soup with salt, black pepper, and cayenne pepper to taste. Ladle the soup into oven-safe bowls. Top with slices of toasted baguette and cover each with about 1/2 cup of Gruyère.
11. Place the soup into the preheated oven and bake until golden brown and bubbly, about 10 minutes.
12. Garnish with the parsley. Serve immediately.

# MARGHERITA PIZZA

*Yield: 4 small pizzas)*

Ingredients	Amounts
Water, warm	15 fl. oz.
Oil, olive, pure	1 1/2 fl. oz.
Salt, kosher	1 1/2 tsp.
Flour, 00	1 1/2 lb.
Yeast, dry, instant	3 tsp.
Tomato, plum (Roma), canned	2 lb.
Oil, olive, extra virgin	2 Tbsp.
Basil, sweet, fresh, coarsely chopped	1/2 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Cheese, mozzarella, fresh	1 1/2 lb.
Cornmeal	as needed
Basil, sweet, leaf, whole	1/4 cup

## Method

1. Heat a pizza stone in a 500°F oven for 1 hour.
2. For the dough, in the bowl of a standing mixer fitter with the dough hook, place the water, oil, and salt. Add the flour and yeast. Mix on low speed until a dough forms, about 4 minutes. Then mix on medium speed for an additional 3 minutes
3. Transfer the dough to a lightly oiled bowl large enough for it to double in size. Cover with plastic wrap. Set the bowl in a warm place and let the dough rise until doubled in bulk, about 30 minutes.
4. Lower the temperature of the preheated oven to 400°F.
5. For the topping, drain the tomatoes of their juices. Place the tomatoes in a bowl and crush them by hand. Stir in the olive oil and chopped basil. Season with salt and pepper to taste. Reserve.
6. Slice the mozzarella into 1/4-inch thick slices and spread them on absorbent paper towels to drain, at least 5 minutes. Reserve.
7. Divide the dough into 4 equal sized pieces and make each into a smooth ball by stretching the outer surface and pinching it together at the bottom of the ball. Once the dough balls are rounded, return them to the bowl and cover with plastic wrap. Let the dough rest until it has relaxed enough to maintain its shape once rolled out, about 20 minutes.
8. Scatter a little cornmeal on a pizza peel or a flat pan that has no rim and is large enough to accommodate the pizza (a sheet pan turned upside down works well).

9. Working with one ball of dough at a time, flatten the dough into a  $\frac{1}{4}$ -inch thick disk. Place the dough onto the prepared pizza peel. Top the dough with a quarter of the tomato-basil sauce, leaving a half inch rim with no sauce. Top the sauce with a quarter of the cheese.
10. Slide the pizza onto the preheated baking stone. Bake until the crust is crisp, and the outer edges are golden brown, 10 to 12 minutes.
11. Repeat with the other three balls of dough
12. Use the pizza peel to remove the pizzas from the oven. Place them on a cutting board, garnish with the remaining basil, cut into wedges, and serve.

**Note:** The dough can also be made by hand. Mix the ingredients together in a bowl, then turn the dough out onto a lightly floured surface and knead the dough until it is smooth and elastic, about 10 minutes.

# COQ AU VIN WITH FRESH EGG PASTA

*Yield: 6 portions*

Ingredients	Amounts
Butter, unsalted	1 tsp.
Pork, bacon, slab, med. diced	5 wt. oz.
Chicken, breast, frenched	4 ea.
Chicken, thigh	4 ea.
Chicken, leg	4 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Onion, pearl, peeled	24 ea.
Mushroom, button, small, whole	12 ea.
Onion, yellow, large diced	1 ea.
Carrot, large diced	2 ea.
Celery, rib, large diced	1 ea.
Garlic, clove, crushed	3 ea.
Flour, all-purpose, toasted	2 Tbsp.
Brandy	2 Tbsp.
Wine, red, full-bodied	750 ml
Thyme, fresh, sprig	3 ea.
Bay leaf, dried	2 ea.
Stock, chicken	1 qt.
Butter, unsalted	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Fresh Egg Pasta with Herb Butter (Recipe follows)	1x recipe

## Method

1. In a 5 1/2 quart cast-iron casserole over medium-low heat, melt the butter. Add the bacon and cook until the fat is rendered and the bacon is medium brown but not yet crispy, about 6 minutes. Remove the bacon with a slotted spoon and drain on a paper towel. Reserve.
2. Season the chicken with salt and pepper. Increase the heat to medium. Working in batches, brown the chicken in the pork fat, about 4 minutes on each side. (Avoid overcrowding the pan or scorching the *fond*, as it will be the basis of the sauce.) Remove and reserve the browned chicken pieces. Remove and reserve all but 2 tablespoons of the fat in the pan.

3. In the same casserole, sear the pearl onions until lightly browned, 3 to 4 minutes. Remove with a slotted spoon and reserve. Add the mushrooms and sear until lightly browned, 4 to 5 minutes. Remove with a slotted spoon and reserve.
4. Add the onions, carrots, and celery to the casserole and cook until the onion is deep brown, 10 to 12 minutes. Add the garlic and cook until fragrant, about 3 minutes.
5. Sift the flour into the vegetables. Cook until evenly combined, 1 to 3 minutes. Remove from the heat and let it cool for about 5 minutes. Add the brandy and wine to deglaze the pan, stirring to loosen any drippings that are stuck to the pan. Add the thyme and bay leaves. Return the chicken, along with any accumulated juices, to the pan. Add the bacon.
6. Add enough stock to the casserole so it just covers the chicken pieces. Bring the stock to a boil, then lower the heat to a simmer. Cook, partially covered, for 1 hour.
7. Add the pearl onions and cook another 45 minutes. When the chicken is tender, but not falling off the bone, remove the pieces and keep warm.
8. Reduce the sauce to a slightly syrupy consistency, about 10 minutes. Swirl in the butter. Add the mushrooms and return the chicken to the sauce to heat it through. Season with salt and pepper to taste.
9. Serve the chicken with the sauce and vegetables, accompanied by the pasta.

**Notes:** Rooster or stewing hens are traditional choices for coq au vin, but chicken and other poultry options can be substituted. Unsmoked bacon is preferable to give the final dish a cleaner flavor.

## FRESH EGG PASTA WITH HERB BUTTER

*Yield: 6 portions*

Ingredients	Amounts
Flour, durum	3 1/4 cups
Salt, kosher	1 pinch
Egg, whole	4 ea.
Oil, vegetable (Optional)	2 Tbsp.
Butter, unsalted, room temp.	1 cup
Parsley, flat-leaf, fresh, minced	3 1/2 Tbsp.
Lemon, juice, fresh	2 1/4 tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

### Method

1. For the pasta, combine the flour and salt in a food processor. Add the eggs and oil, if using. Process the mixture until it resembles a coarse meal. When pressed, the dough will form a cohesive mass.
2. Turn the dough out onto a work surface and knead until it is very firm, yet pliable. Cover and let the dough rest at room temperature for at least 1 hour.
3. Roll the pasta dough into thin sheets and cut into desired shapes by hand or using a pasta machine.
4. To cook, in a large pot, bring 1 1/2 gallons of water to a rolling boil. Generously salt the water using about 1 1/2 tablespoons of salt (the water should be noticeably salty, but not unpleasant). Add the pasta and stir to separate the strands or shapes.
5. Cook the pasta until tender but still firm to the bite (*al dente*), 2 to 3 minutes. Drain immediately in a colander, then transfer to a serving dish. Keep warm.
6. For the herb butter, work the butter by hand or with the paddle attachment in an electric mixer until it is soft. Add the parsley and lemon juice and blend well. Season with salt and pepper.
7. Toss the pasta with enough herb butter to coat the strands. Serve hot.

**Note:** Tarragon, basil, dill, or other herbs can be substituted for parsley. The pasta dough can be made up to 2 days ahead of time, kept in the refrigerator.

# HUDSON VALLEY CAMEMBERT CRISP WITH APPLE-PEAR CONSERVE

*Yield: 6 portions*

Ingredients	Amounts
Pecans, finely ground	1/3 cup
Breadcrumbs, dried	1/3 cup
Cheese, Camembert, 6 oz. wheel	3 ea.
Flour, all-purpose	1/3 cup
Egg, whole, lightly beaten	2 ea.
Oil, olive, pure	1/3 cup
Vinegar, wine, red	1/3 cup
Mustard, Dijon	1 1/2 tsp.
Garlic, minced	1 1/2 tsp.
Oil, olive, extra virgin	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Lettuce, mesclun, mixed	6 cups
Apple-Pear Conserve (Recipe follows)	2 1/2 cups

## Method

1. In a large bowl, mix the pecans and breadcrumbs. Reserve.
2. Cut the camembert in half crosswise. Dredge (coat) each piece of cheese in the flour, shaking off any excess. Dip the cheese in the eggs. Dredge the cheese in the nut-breadcrumb mixture. Transfer the dredged pieces to a sheet pan. Refrigerate for 30 minutes.
3. In a large straight-sided sauté pan (*sautoir*) over medium heat, add the olive oil. Heat until hot but not smoking. Add the cheese to the pan and fry until golden brown on both sides, about 2 minutes per side. Drain on paper towels. Reserve.
4. For the vinaigrette, in a small bowl, whisk together the vinegar, mustard, and garlic. Add the oil in a thin stream, whisking constantly. Season with salt and pepper to taste.
5. Place the mesclun mix in a large bowl. Add enough of the vinaigrette to evenly coat the lettuce and toss well.
6. Serve the greens on a chilled platter. Top with the conserve and fried camembert.

Source: *An American Place* by Larry Forgione

## APPLE-PEAR CONSERVE

*Yield: 2 1/2 cups*

Ingredients	Amounts
Butter, unsalted	2 Tbsp.
Apple, Granny Smith, peeled, cored, diced	2 ea.
Pear, Bartlett, cored, diced	2 ea.
Cider, apple	1 cup
Stock, chicken	1/2 cup
Vinegar, cider	1/4 cup
Sugar, brown	2 tsp.
Cherries, sour, halved	2 Tbsp.
Allspice, dried, ground	1/8 tsp.
Cumin, dried, ground	1/8 tsp.
Nutmeg, fresh, grated	1/8 tsp.

### Method

1. In a large, heavy skillet over medium heat, melt the butter until it begins to foam. Add the apples and pears and cook, stirring continuously, until lightly browned, 2 to 3 minutes.
2. Add the apple cider and chicken stock. Simmer until the fruit is tender, 5 to 10 minutes.
3. Stir in the vinegar, brown sugar, cherries, allspice, cumin, and nutmeg. Cook, stirring continuously, until the liquid reaches the desired consistency, 1 to 2 minutes.
4. Transfer the conserve to a serving bowl. Cool to room temperature.

**Note:** Bosc pears can be substituted for Bartlett pears.

# STEAK FRÎTES

*Yield: 6 portions*

Ingredients	Amounts
Oil, canola	as needed
Potato, russet	3 lb.
Beef, strip steak, boneless, 1/2 lb., 1/2-in. thick	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Butter, unsalted, (Divided)	4 Tbsp.
Oil, peanut	1 1/2 tsp.
Stock, chicken	1/2 cup

## Method

1. Preheat a pot of oil or a deep fryer to 300°F. Preheat the oven to 200°F.
2. Peel the potatoes. Cut them into 1/4-inch by 1/4-inch sticks using a knife or mandolin. Hold the potatoes in cold water until ready to blanch.
3. When ready to blanch, drain the potatoes and pat dry. Blanch (par-cook) the potatoes in 2 batches. Cook until the potatoes are tender but have no color, 3 to 4 minutes. Remove them from the oil with a slotted spoon and drain on paper towels. Reserve.
4. Increase the fryer oil to 360°F.
5. Remove all the fat from the sides of the steaks. Heat a large, well-seasoned, cast-iron pan on high until hot but not smoking. Generously season the steaks on both sides with salt and pepper. Place the steaks in the pan with no added fat. There will be quite a bit of smoke.
6. After the first side is browned, about 1 minute, turn over the steaks. Lower the heat to medium and add 2 tablespoons of the butter and the peanut oil to the pan.
7. When the juice seeps to the surface of the steaks, after 1 to 2 minutes, remove them from the pan and keep covered on a warm plate. They will be close to medium-rare (*à point*).
8. Turn the heat down to low and deglaze with the stock, scraping up the browned bits (*fond*). Reduce the liquid by half, about 4 minutes. Pour in the accumulated juices from the steaks.
9. Working in batches, fry the blanched potatoes until crisp and golden, 3 to 5 minutes. Drain on paper towels. Season with salt and pepper to taste. Keep warm in the preheated oven until ready to serve.
10. To finish the sauce, whisk in the remaining butter. Season with salt and pepper to taste.
11. Serve the steaks on the fries topped with the butter sauce.

**Note:** The interior marbling of the fat gives the steaks their juiciness, so removing it from the sides will not diminish the flavor. Boneless rib steak can be substituted for the strip steak.

## MUSHROOM, LEEK, AND BRIE TURNOVERS

*Yield: 12 turnovers*

Ingredients	Amounts
Oil, olive, extra virgin	1 Tbsp.
Mushroom, button, coarsely chopped	¾ cup
Leek, sliced	1 cup
Garlic, minced	1 tsp.
Wine, Madeira	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Puff pastry, sheet, thawed	1 ea.
Egg, whole, lightly beaten	1 ea.
Milk, whole	2 Tbsp.
Cheese, Brie (Divided)	3 wt. oz.

### Method

1. Preheat oven to 425°F.
2. In a medium sauté pan over medium-high heat, heat the olive oil until it shimmers. Add the mushrooms and sauté until lightly caramelized, 2 to 3 minutes.
3. Add the leeks and lower the heat to medium. Sauté the leeks until they are a light golden brown, 3 to 4 minutes. Add the garlic and cook for 1 minute.
4. Deglaze the pan with the Madeira and reduce until nearly dry, about 1 minute. Season with salt and pepper. Cool to room temperature.
5. Roll the puff pastry into a 12 by 16-inch rectangle. Cut into twelve 4-inch squares.
6. Place the squares on a parchment-lined sheet pan and refrigerate until firm, about 10 minutes.
7. In a small bowl, mix the egg and milk to form an egg wash.
8. Brush each square lightly with egg wash. Place 1 tablespoon of the mushroom filling in the center of each square. Top the filling with 1 ½ teaspoons of the brie.
9. Fold one corner of the dough over the filling and line it up with the opposite corner of the dough. Press the edges firmly together to seal the filling inside the puff pastry dough. Chill the turnovers for about 10 minutes before baking.
10. Brush the turnovers lightly with egg wash. Cut a small opening in the center of each turnover to allow steam to vent.
11. Bake in the preheated oven until golden brown, about 20 minutes.
12. Transfer to a cooling rack. Arrange on a platter and serve.

# PROVENÇAL SALAD WITH RED WINE VINAIGRETTE

*Yield: 6 portions*

Ingredient	Amount
Egg, whole	3 ea.
Potato, fingerling, skin on, halved lengthwise	1 ¾ lb.
Oil, olive, pure	3 Tbsp.
Garlic, clove	6 ea.
Thyme, fresh, sprig	3 ea.
Bay leaf, dried	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Beans, green, trimmed	¾ lb.
Onion, red, julienned	¾ cup
Parsley, flat-leaf, fresh, chopped	3 Tbsp.
Capers, rinsed, chopped	2 Tbsp.
Red Wine Vinaigrette (Recipe follows)	¾ cup
Salad greens, mixed	12 cups
Tomato, peeled, quartered	3 ea.
Anchovy, fillet	12 ea.
Olive, kalamata	24 ea.

## Method

1. Preheat oven to 400°F.
2. Place the eggs in a small saucepot and cover with water. Bring to a boil over high heat, then lower the heat and cover. Allow them to gently simmer for 10 minutes. Drain and shock in ice water. Once cool enough to handle, peel and slice into wedges. Reserve.
3. For the roasted potatoes, toss the potatoes in a large bowl with the olive oil, garlic, thyme, bay leaves, salt, and pepper.
4. Distribute the mixture evenly in a roasting pan. Place the pan in the oven and bake until the potatoes are fork tender, shaking the pan occasionally to ensure even browning. Remove and set aside.
5. Blanch (par-cook) the green beans in a pot of salted boiling water until bright green and just barely tender, 1 to 2 minutes. Drain and shock in ice water. Drain and reserve.
6. Toss together the roasted potatoes, green beans, onions, parsley, and capers. Add the prepared vinaigrette and toss to coat.
7. Arrange the greens on a chilled platter and top with the beans and potato mixture. Garnish the plate with the tomatoes, reserved eggs, anchovies, and olives.

## RED WINE VINAIGRETTE

*Yield: 1 cup*

Ingredient	Amount
Vinegar, wine, red	1/4 cup
Mustard, Dijon	1/2 tsp.
Shallot, minced	1/2 ea.
Oil, olive, extra virgin	3/4 cup
Salt, kosher	1/2 tsp.
Pepper, black, ground	1/8 tsp.
Sugar, granulated (Optional)	1/2 tsp.
Chive, fresh, minced	1 tsp.
Parsley, flat-leaf, fresh, minced	1 tsp.
Tarragon, fresh, minced	1 tsp.

### Method

1. In a medium mixing bowl, combine the vinegar, mustard, and shallots.
2. Add the oil in a slow steady stream, whisking constantly to blend.
3. Season with salt and pepper.
4. Add the sugar, if desired. Stir in the chives, parsley, and tarragon.
5. Serve immediately or refrigerate until ready to use.

## MUSSELS IN SAFFRON AND WHITE WINE BROTH

*Yield: 6 portions*

Ingredients	Amounts
Butter, unsalted	1 Tbsp.
Garlic, clove, chopped	2 ea.
Wine, white, dry	1/2 cup
Half and half	1 Tbsp.
Saffron, thread	1 tsp.
Clam, juice	1/2 cup
Scallion (Green onion), thinly sliced	2 ea.
Tomato, plum (Roma), seeded, chopped	1 ea.
Lemon, juice, fresh	1 Tbsp.
Mussels, scrubbed, debearded	3 lb.
Chive, fresh, snipped	1 Tbsp.

### Method

1. In a large pot over medium heat, melt the butter. Add the garlic and sweat until the garlic is fragrant, about 1 minute.
2. Add the wine, half and half, and saffron. Simmer for 5 minutes.
3. Add the clam juice, scallions, tomatoes, and lemon juice. Simmer for 5 minutes.
4. Add the mussels, cover the pot, and steam until they open, 5 to 7 minutes. Shake the pot, holding down the lid with a kitchen towel, to redistribute the mussels. Discard any mussels that do not open.
5. Serve in a large platter or bowl. Top with the chives.

## EGGS BENEDICT

*Yield: 6 portions*

Ingredients	Amounts
Pork, bacon, Canadian, slice	12 ea.
Poached Eggs (Recipe follows)	12 ea.
Bread, English muffin	6 ea.
Butter, unsalted	as needed
Hollandaise Sauce, warm (Recipe follows)	1 1/2 cups

### Method

1. Heat a sauté pan over medium-low heat. Add the bacon and sauté on both sides until heated through, 1 to 2 minutes on each side.
2. If the eggs have been poached in advance, reheat them in simmering water until warmed through. Blot on towels and shape, if necessary.
3. Split the English muffins in half. Toast and butter.
4. To assemble, top each English muffin half with a slice of bacon and a poached egg.
5. Spoon 2 to 3 tablespoons of warm hollandaise over each egg.
6. Serve immediately on a warm platter.

## POACHED EGGS

*Yield: 6 portions*

Ingredients	Amounts
Water	3 qt.
Salt, kosher	2 tsp.
Vinegar, white, distilled	4 tsp.
Egg, whole	12 ea.

### Method

1. In a deep, straight-sided pan, combine the water, salt, and vinegar. Bring to a bare simmer over medium-high heat.
2. Break each egg into a clean cup, reserving any with broken yolks for another use.
3. Carefully slide each egg into the poaching water. Cook until the whites are set and opaque, about 3 minutes.
4. Remove the eggs from the water with a slotted spoon, blot them dry and trim the edges, if desired. The eggs can be served immediately, or they may be chilled and held for later use.
5. If necessary, reheat the eggs by lowering them into a pot of simmering water for 30 to 60 seconds.
6. Serve hot on heated plates or use as directed.

# HOLLANDAISE SAUCE

*Yield: 2 1/2 cups*

Ingredients	Amounts
Shallot, minced	1 Tbsp.
Peppercorns, cracked	1/2 tsp.
Vinegar, wine, white	1/4 cup
Water	1/4 cup
Egg, yolk	6 ea.
Butter, unsalted, melted, warm	1 1/2 cups
Lemon, juice, fresh, strained	2 tsp.
Salt, kosher	to taste
Pepper, white, ground	to taste
Chile, cayenne (Optional)	1 pinch

## Method

1. In a small pan over medium heat, combine the shallots, peppercorns, and vinegar. Reduce until nearly dry (*au sec*).
2. Add the water to the reduction. Strain the mixture into a stainless-steel bowl.
3. Add the egg yolks and set over a pan of simmering water. Cook, whisking constantly, until the yolks triple in volume and fall in ribbons from the whisk, 6 to 8 minutes.
4. Remove the cooked egg yolks from the simmering water and set the bowl on a clean towel, formed into a ring, to keep the bowl from slipping.
5. Gradually ladle in the hot melted butter in a thin stream, whisking constantly. As the butter is blended into the egg yolks, the sauce will thicken. If it becomes too tight and the butter is not blending in easily, a little water may need to be added to loosen the yolks enough to absorb the remaining butter.
6. Add the lemon juice. Season with salt and pepper to taste. Add the cayenne, if desired.
7. The sauce can be served immediately, or it can be held for up to 2 hours at 145°F. This can be accomplished by holding the sauce in hot (not simmering or boiling) water or in an insulated bottle.

# CRÊPES WITH MIXED BERRY FILLING

*Yield: 6 portions*

Ingredients	Amounts
Flour, all-purpose	2 cups
Sugar, granulated	1/4 cup
Salt, kosher	1/2 tsp.
Milk, whole	2 cups
Egg, whole	2 ea.
Butter, unsalted, melted	1 Tbsp.
Vanilla, extract	1 tsp.
Butter, unsalted, melted	as needed
Mixed Berry Filling (Recipe follows)	2 cups

## Method

1. Sift the flour, sugar, and salt together into a mixing bowl. Make a well in the center of the flour mixture.
2. In a separate mixing bowl, blend the milk, eggs, butter, and vanilla. Pour the milk mixture into the well of the flour mixture and whisk just until the batter is smooth. Strain the batter, if necessary.
3. Let the batter rest in the refrigerator for at least 1 hour before preparing the crêpes.
4. Heat a crêpe pan or small, non-stick skillet over medium heat. Brush with melted butter. Pour about 1/4 cup batter into the pan; immediately swirl and tilt the pan to evenly coat the bottom with batter. Cook until the first side is set and has a little color, about 2 minutes.
5. Adjust the temperature if necessary. Use a heat-proof rubber spatula to lift and turn the crêpe. Cook on the other side until the crêpe is cooked through, about 1 minute.
6. Remove and place onto a plate. Repeat the process with the remaining batter.
7. Fill each crêpe with a few tablespoons of the mixed berry filling. Roll or fold as desired.
8. Serve the filled crêpes on a heated platter.

**Note:** To prepare a savory crêpe, omit the sugar and vanilla from this recipe.

## MIXED BERRY FILLING

*Yield: 2 cups*

Ingredients	Amounts
Raspberries, fresh (Divided)	1 1/2 cups
Strawberries, fresh, sliced (Divided)	1 1/2 cups
Blueberries, fresh (Divided)	1 cup
Sugar, granulated	1 cup
Lemon, juice, fresh (Divided)	1 Tbsp.

### Method

1. In a saucepan over medium heat, place 1 cup of the raspberries, 1 cup of the strawberries, 3/4 cup of the blueberries, sugar, and lemon juice. Bring it to a simmer. Simmer, stirring occasionally, until the sugar dissolves, about 10 minutes.
2. Adjust the sweetness with sugar to taste. Simmer until any additional sugar dissolves.
3. With an immersion blender, purée the sauce until smooth.
4. Adjust the flavor with lemon juice to taste.
5. Add the remaining raspberries, strawberries, and blueberries. Simmer until the sauce is very hot.

**Note:** The sauce can be served hot or cold. It keeps for up to 10 days in the refrigerator but will thicken slightly. If fresh berries are not available, substitute frozen.

## CHOCOLATE MOUSSE

### MOUSSE AU CHOCOLAT

*Yield: 10 portions*

Ingredients	Amounts
Egg, yolk, large	8 ea.
Coffee, espresso, shot, hot	6 fl. oz.
Sugar, vanilla	3 Tbsp.
Chocolate, dark, melted	12 wt. oz.
Egg, whole, large, white	6 ea.
Sugar, granulated	1/3 cup
Cream, heavy, cold (Divided)	2 1/8 cups

#### Method

1. In a medium bowl, beat the yolks, espresso, and vanilla sugar until a mousse-like foam is achieved, 10 to 15 minutes. Stir in the melted chocolate. Reserve.
2. For the meringue, place the egg whites in a medium bowl and whip to a thick foam (a whisk or stand mixer can be used). Gradually add the sugar, mixing continuously through additions. Whip until the meringue is soft and glossy, about 5 minutes.
3. Fold the meringue into the chocolate mixture in two or three additions. Mix lightly until it is evenly blended. (The meringue will deflate a little as you work but adding it in parts helps keep it as light as possible.)
4. Place 1 1/8 cups of the heavy cream in the bowl of a stand mixer fitted with a whisk attachment. Beat on low speed until the cream begins to thicken slightly, about 1 minute. Increase the speed to medium and whip for about 2 minutes. To check the consistency, drag a spoon through the cream. It should leave a line that holds briefly before slowly fading.
5. Fold the whipped cream into the meringue and chocolate mixture.
6. Immediately spoon or pipe the mousse mixture into molds (stemmed glasses such as brandy snifters or wine glasses, custard cups, or soufflé dishes are all good options). Chill the mousse for at least 3 hours before serving.
7. Place the remaining heavy cream in the bowl of a stand mixer fitted with a whisk attachment. Beat on low speed until the cream begins to thicken slightly, about 2 minutes. Increase the speed to medium and whip for about 5 minutes. To check the consistency, lift the whisk from the cream. It should form stiff peaks that stand straight up without bending.
8. Spoon or pipe a dollop or rosette of the whipped cream on top of each mousse.

**Note:** The mousse contains raw egg. To prepare the vanilla sugar, cut a vanilla bean in half lengthwise and place into an airtight container of sugar (about 1 bean per pint of sugar). Store in a cool, dry place for a few days, to allow the flavors to develop. The vanilla sugar lasts indefinitely and more vanilla beans can be added to deepen the flavor over time.

# RECIPE INDEX

40-Clove Chicken .....	14
Apple-Pear Conserve .....	54
Baked Rolled Pasta .....	33
Braised Collard Greens .....	10
Caponata with Toast .....	36
Caramelized Onion Quiche with Brie and Smoked Salmon .....	45
Chocolate Mousse .....	65
Coq au Vin with Fresh Egg Pasta .....	50
Crêpes with Mixed Berry Filling .....	63
Eggs Benedict .....	60
French Onion Soup .....	47
Fresh Egg Pasta .....	25, 34
Fresh Egg Pasta with Herb Butter .....	52
Fresh Mozzarella Salad .....	30
Frisée Aux Lardons .....	44
Garganelli with Ragù Bolognese .....	23
Garlic-Roasted Potatoes with Parsley and Oregano .....	9
Gnocchetti with Peas and Pancetta .....	26
Green Beans with Toasted Walnuts .....	13
Grilled Salmon with Orange-Thyme Butter .....	11
Grilled Zucchini .....	19
Hollandaise Sauce .....	62
Hudson Valley Camembert Crisp with Apple-Pear Conserve .....	53
Lemon-Caper Beurre Blanc .....	8
Margherita Pizza .....	48
Mixed Berry Filling .....	64

Mozzarella Cheese .....	31
Mushroom, Leek, and Brie Turnovers .....	56
Mussels in Saffron and White Wine Broth .....	59
Onions in Sweet and Sour Sauce .....	38
Oven-Roasted Vegetables .....	16
Pie Dough .....	46
Pistou .....	43
Poached Eggs .....	61
Pommes Duchesse .....	18
Potage au Pistou .....	42
Prosciutto with Roasted Peppers and Anchovies .....	22
Provençal Salad with Red Wine Vinaigrette .....	57
Red Wine Vinaigrette .....	58
Rice Pilaf .....	12
Risotto with Porcini Mushrooms and Peas .....	21
Roast Sirloin of Beef with Jus Lié .....	17
Roast Stuffed Pork Loin Genoa-Style with Garlic Jus .....	27
Sea Bass with Vegetables .....	32
Spinach and Ricotta Ravioli .....	37
Steak Frîtes .....	55
Stuffed Zucchini .....	29
Tiramisu .....	40
Tomato Sauce .....	35
Whipped Potatoes .....	15
Wiener Schnitzel with Lemon-Caper Beurre Blanc .....	7
Zabaglione .....	39

These Materials Were Developed at the Culinary Institute of America.

Best of Boot Camp 3-Day Course Guide v.275.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.