

BISTRO BOOT CAMP

Welcome!



**Culinary Institute
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COURSE INFORMATION

Simple, sophisticated, casual, elegant...the word "bistro" evokes so many pleasantly alluring images and experiences, many of them related to classic French cuisine - and *all* of them satisfying. With aromatic soups and stews, rustic omelets, robust gratins, savory tarts, and fresh-from-the-oven breads and pastries topping the menu, bistro cuisine is something that is sure to please even the most discriminating of palates. Featuring the best of casual American and French bistro-style cooking, this four-day boot camp will show you how to prepare this irresistible food with ease.

LEARNING OBJECTIVES

Throughout this course, you will...

- examine the defining elements and characteristics of American and French-style bistro cuisine.
- discuss and prepare classic and contemporary bistro-style dishes.
- discover traditional and innovative recipes to add to your repertoire.
- study cooking fundamentals and techniques common to bistro cuisine, from roasting to braising to baking.

COURSE SYLLABUS

DAY ONE

- ☑ Lecture: Classic and Contemporary Bistro Lunch Fare
 - Safety and Sanitation
 - Mise en Place
 - Soups
 - Green Salads and Salad Dressings
 - Non-Green Salads
 - Sandwiches and Accompaniments
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Preparing Emulsified Vinaigrette
 - Preparing Smoked Salmon and/or Gravlox (for use on day three)
 - Production
 - Soups
 - Salads
 - Sandwiches

DAY TWO

- ☑ Lecture: Classic and Contemporary Bistro Dinner Fare
 - Cooking Fundamentals
 - Dry-Heat Cooking Methods
 - Moist-Heat Cooking Methods
 - Combination Cooking Methods
 - Pasta and Grain Cookery
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Preparing and Shaping Fresh Egg Pasta
 - Forming Ravioli
 - Preparing Rice Pilaf
 - Fabricating Chicken
 - Production
 - Appetizers and Hors d'oeuvre
 - Main Dishes and Accompaniments

DAY THREE

- ☑ Lecture: Classic and Contemporary Bistro Breakfast Fare
 - Egg Cookery
 - Quick Breads, Breakfast Pastries, and Griddled Items
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Working with Puff Pastry
 - Poaching Eggs
 - Preparing French Rolled Omelets
 - Preparing Hollandaise Sauce
 - Cutting Citrus into Suprêmes
 - Production
 - Pastry Items
 - French Rolled Omelets
 - Eggs Benedict Variations
 - Bistro Breakfast Classics

DAY FOUR

- ☑ Lecture: Classic and Contemporary Bistro Baked Goods and Desserts
 - Bakeshop Equipment
 - Basic Baking Ingredients
 - Mixing Methods
 - Soufflés
 - Quiche
 - Pizza
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Preparing Savory Soufflés
 - Rolling Pie Dough
 - Preparing Pâte a Choux
 - Production
 - Savory Soufflés
 - Quiche
 - Bistro Desserts

DAY ONE: TEAM PRODUCTION ASSIGNMENTS

CHEF DEMO

Country Pâté, Smoked Salmon, Gravlax

TEAM ONE

Charred Tomato and Cheddar Bisque

Chicken Paillard, Arugula, and Olives

Croque Monsieur

Peas Française

TEAM TWO

Wild Mushroom and Barley Soup

Wilted Spinach with Bacon-Cider Vinaigrette

Roasted Portobello, Eggplant, and Goat Cheese Sliders

Poached Asparagus with Béarnaise Sauce

TEAM THREE

Carrot-Ginger Coconut Milk Soup

Charred Shrimp Salad with Citrus Emulsion

Roasted Pork Shoulder with Rosemary and Saffron Aioli on Sourdough Baguette

Cauliflower Gratin

TEAM FOUR

Five Onion Soup with Sherry Wine

Salad Niçoise

Fresh and Smoked Salmon Rilette

Yukon Gold Potatoes Lyonnaise

COUNTRY PÂTÉ

Yield: 1 pâté

Ingredients	Amounts
Pork, butt, large diced	2 lb.
Pork, bacon, large diced	½ lb.
Chicken, liver, small diced	¼ lb.
Shallot, small diced	¼ cup
Garlic, minced	1 tsp.
Brandy	¼ cup
Cream, heavy	¼ cup
Egg, whole	1 ea.
Breadcrumbs, fresh	½ cup
Salt, kosher	2 Tbsp.
Pepper, black, ground	2 tsp.
Clove, ground	¼ tsp.
Ginger, fresh, ground	¼ tsp.
Nutmeg, fresh, grated	¼ tsp.
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Insta Cure #2 (T.C.M.)	⅛ tsp.
Allspice, ground	¼ tsp.
Pistachios, whole	½ cup
Mustard, Dijon	as needed
Cornichons	as needed

Method

1. In a large bowl, place the pork, bacon, chicken liver, shallot, garlic, brandy, heavy cream, egg, breadcrumbs, salt, pepper, clove, ginger, nutmeg, parsley, T.C.M., and allspice. Mix well and marinate overnight in the refrigerator.
2. Preheat oven to 300°F.
3. Grind the mixture through a medium die grinder, being sure to keep it very cold.
4. Add the pistachios. Mix well over an ice bath.
5. To test the seasoning, bake a small amount of pâté in the preheated oven until cooked. Adjust the seasoning to taste. If it is too bland, add salt and spices. If it is too salty, add a little more pork.
6. Line a loaf pan with plastic wrap two layers thick. Spoon in the pâté, trying not to make any air holes.
7. Lower the oven temperature to 275°F. In a water bath, bake the pâté until it reaches an internal temperature of 165°F, about 1 hour. Cool overnight.
8. Slice the pâté. Serve with the mustard and cornichons.

SMOKED SALMON

Yield: 1 Fillet

Ingredients	Amounts
Salmon, fillet, 3 lb., skin on	1 ea.
Salt, kosher	$\frac{2}{3}$ cup
Sugar, granulated	$\frac{1}{2}$ cup
Onion, powder	2 tsp.
Clove, ground	$\frac{3}{4}$ tsp.
Bay leaf, ground	$\frac{3}{4}$ tsp.
Mace, ground	$\frac{3}{4}$ tsp.
Allspice, ground	$\frac{3}{4}$ tsp.
T.C.M. (Tinted Curing Mix) (Optional)	$\frac{1}{8}$ tsp.

Method

1. Remove the pin bones from the salmon and center it, skin side down, on a large piece of cheesecloth.
2. For the dry cure, in a mixing bowl, combine the salt, sugar, onion powder, cloves, bay leaf, mace, allspice, and T.C.M. (if using). Mix thoroughly to combine.
3. Pack the cure ingredients evenly over the salmon. (The layer should be slightly thinner where the fillet tapers to the tail.)
4. Wrap the salmon loosely in the cheesecloth and place it in a baking dish.
5. Refrigerate for 12 to 24 hours to allow the salmon to cure.
6. Gently rinse off the cure with cool water and blot dry.
7. Place the salmon onto a rack set over a baking sheet and refrigerate overnight, uncovered, to dry. This will form a sticky surface on the salmon (known as a pellicle), which will help the smoke adhere.
8. Cold smoke the salmon at 100°F or less for 4 to 6 hours (refer to manufacturer's instructions).
9. The smoked salmon is now ready for service, or it may be wrapped and stored for up to 1 week.

GRAVLAX

Yield: 1 fillet

Ingredients	Amounts
Salmon, fillet, 3 lb., skin on	1 ea.
Lemon, juice, fresh	4 Tbsp.
Vodka (Optional)	2 Tbsp.
Salt, kosher	½ cup
Sugar, granulated	⅓ cup
Pepper, black, cracked	1 Tbsp.
Dill, bunch, fresh, chopped	1 ea.
Juniper berry, cracked	1 Tbsp.

Method

1. Remove the pin bones from the salmon. Score the skin, cutting it ⅛-inch deep (See Chef demo). Center it, skin side down, on a large piece of cheesecloth.
2. Brush the lemon juice (and vodka, if desired) over the salmon.
3. For the dry cure, in a mixing bowl, combine the salt, sugar, and pepper. Mix thoroughly to blend.
4. Pack the cure ingredients evenly over the salmon. The layer should be slightly thinner where the fillet tapers to the tail.
5. Cover with the chopped dill and juniper berry.
6. Wrap the salmon in the cheesecloth and place it in a pan. Top with a second pan and press with a 2-lb. weight. Refrigerate the salmon for 3 days to cure.
7. Gently scrape off the cure. Slice the salmon.
8. Serve the salmon immediately or wrap it and refrigerate for up to 5 days.

Note: For a sweeter cure, increase the amount of sugar from ⅓ to ¾ cup. Ratios of salt to sugar may range from two parts salt to one part sugar, to equal parts of each. Relatively sweet cures may even range up to one part of salt to 2 parts of sugar. Adding more sugar to any dry cure lends a moister texture and sweeter flavor. Gin or aquavit can be substituted for the vodka.

CHARRED TOMATO AND CHEDDAR BISQUE

Yield: 6 portions

Ingredients	Amounts
Tomato, plum (Roma), peeled, cut in half, 6 ea. seeded	
Oil, olive, pure	1/4 cup
Thyme, fresh, chopped	1 tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Garlic, minced	2 Tbsp.
Onion, yellow, small diced	1/2 cup
Water	2 cups
Tomato, purée	1/2 cup
Sugar, granulated	1 Tbsp.
Rice, white, long grain, uncooked	1 Tbsp.
Cream, heavy (Optional)	1/2 cup
Cheese, Cheddar, grated	3/4 cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat broiler to high.
2. In a large bowl, mix the tomatoes, olive oil and thyme. Season with salt and pepper. Transfer the tomatoes to a lightly oiled baking sheet.
3. Place the sheet under the broiler and cook until lightly charred, 10 to 12 minutes.
4. In a 1-gallon pot, place the charred tomatoes, garlic, and onion. Cook over low heat until the onions and garlic are soft, about 10 minutes.
5. Add the water, tomato purée, and sugar. Stir to combine. Cook for 20 minutes.
6. Add the rice and stir to combine. Cook for 20 minutes. If soup gets too thick, add more water.
7. Using an immersion blender, purée the bisque until very smooth.
8. Bring the bisque to a boil. Add the cream (if desired) and cheese. Season with salt and pepper to taste.

Note: For a stronger tomato flavor, omit the heavy cream.

CHICKEN PAILLARD, ARUGULA, AND OLIVES

Yield: 6 portions

Ingredients	Amounts
Chicken, breast, halves, boneless	6 ea.
Thyme, fresh, chopped	1 Tbsp.
Lemon, zest	1 Tbsp.
Garlic, minced	1 Tbsp.
Oil, olive, extra virgin	½ cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Vinaigrette (Recipe follows)	¾ cup
Onion, red, julienned	¼ cup
Arugula, baby	3 cups
Fennel, julienned	½ cup
Olive, black, cut in half	¼ cup
Olive, green, cut in half	¼ cup
Cheese, Parmesan, shaved	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Pound the chicken breast halves to an even thickness.
2. For the marinade, in a large bowl, place the thyme, lemon zest, garlic, olive oil, salt, and pepper. Mix to combine.
3. Add the pounded chicken breast and marinate for 1 hour.
4. Preheat grill to high. Lightly grill the chicken until just cooked through, 3 to 4 minutes on each side.
5. In a small bowl, place the Vinaigrette and red onion. Mix to combine. Macerate for 5 minutes to soften the onions.
6. For the salad, in a large bowl, add ½ the onion vinaigrette, arugula, and fennel. Toss lightly to combine. Season lightly with salt and pepper to taste.
7. Place the chicken in the center of a serving plate. Top the chicken with the salad, olives, and cheese shavings. Sprinkle the remaining vinaigrette around the chicken.

Note: When seasoning, use salt sparingly, because the olives and cheese add a salty element to the dish.

VINAIGRETTE

Yield: 1 cup

Ingredients	Amounts
Vinegar, wine, red	¼ cup
Vinegar, sherry	1 Tbsp.
Vinegar, balsamic	1 Tbsp.
Garlic, minced	¼ tsp.
Italian seasoning	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Mustard, Dijon	1 Tbsp.
Oil, olive, pure	¼ cup
Oil, olive, extra virgin	¼ cup

Method

1. In a medium bowl, place the red wine vinegar, sherry vinegar, and balsamic vinegar, garlic, and Italian seasoning. Season with salt and pepper to taste. Macerate for 5 minutes.
2. Slowly whisk in the mustard.
3. In a steady stream, slowly add the olive oils, whisking continuously until emulsified.

Note: The blending of oils and vinegars creates a more complex vinaigrette.

CROQUE MONSIEUR

Yield: 6 sandwiches

Ingredients	Amounts
Bread, Pullman, white, 1/4-in. slice	12 ea.
Mustard, Dijon	3/4 cup
Cheese, Gruyère, sliced	6 ea.
Ham, sliced	6 ea.
Cheese, Muenster, sliced	6 ea.
Butter, unsalted, melted	6 Tbsp.

Method

1. Preheat griddle to 325°F.
2. Spread each of the bread slices with mustard.
3. On 6 of the bread slices, layer 1 slice of Gruyère, 1 slice of ham, and 1 slice of Muenster over the mustard.
4. Top the sandwiches with the remaining slices of bread.
5. Brush the sandwiches on both sides with the melted butter.
6. Lightly butter the preheated griddle. Cook both sides of the sandwiches until the bread is golden, the cheese is melted, and the sandwich is heated through.
7. Cut the sandwiches on the diagonal. Serve immediately.

Variations:

Croque Madame: Some recipes simply add a fried egg to the croque monsieur. In the United States and England, the ham is usually replaced with sliced chicken breast and Emmenthaler cheese is substituted for the Gruyère.

Monte Cristo: Dip either the croque monsieur or croque madame in beaten egg and griddle as you would French toast.

PEAS FRANÇAISE

Yield: 6 portions

Ingredients	Amounts
Pork, bacon, small diced	½ cup
Onion, sweet, small diced	½ cup
Flour, all-purpose	1 Tbsp.
Stock, chicken, light	½ cup
Butter, unsalted	½ cup
Peas, fresh, blanched	3 cups
Lettuce, iceberg, chiffonade	1 cup
Mint, fresh, chopped	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a medium sauté pan over medium-high heat, place the bacon and cook until it is crispy, 5 to 7 minutes. Remove half of the rendered fat.
2. Add the onion. Turn down the heat to low and cook for 2 to 3 minutes.
3. Add the flour all at once, whisking continuously. Cook until the mixture forms a smooth paste that leaves the sides and base of pan cleanly (*white roux*).
4. Add the stock and bring it to a boil.
5. Add the butter and peas. Cook for 2 to 3 minutes to blend the flavors.
6. Stir in the lettuce and mint. Season with salt and pepper to taste.

Note: Frozen peas can be substituted for fresh peas. To add more dimension to the dish, add small-diced carrots, celery root, parsnips, and mushrooms along with the onion.

WILD MUSHROOM AND BARLEY SOUP

Yield: 6 portions

Ingredients	Amounts
Water	2 qt.
Barley	½ cup
Butter, unsalted	¼ cup
Thyme, fresh, chopped	1 Tbsp.
Garlic, minced	1 Tbsp.
Celery, small diced	¼ cup
Carrot, small diced	¼ cup
Onion, yellow, small diced	¼ cup
Mushroom, wild, dried	½ cup
Mushroom, shiitake, fresh, small diced	½ cup
Mushroom, button, fresh, small diced	½ cup
Wine, sherry	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Cream, heavy	½ cup
Scallion (Green onion), sliced into rings	¼ cup

Method

1. In a large pot, bring the water to a boil. Add the barley and cook until tender, about 45 minutes.
2. Remove half the cooked barley and reserve.
3. Add the butter, thyme, garlic, celery, carrot, onion, and dried wild mushrooms. Lower the heat and simmer for 30 minutes.
4. With an immersion blender, lightly purée the soup.
5. Add the fresh shiitake and button mushrooms. Cook over low heat for 5 minutes. If the soup gets too thick, add a little water.
6. Add the sherry and reserved barley. Bring it to a boil. Season with salt and pepper to taste.
7. Ladle the soup into a serving bowl. Garnish with the cream and sliced scallion.

Note: For a richer flavor, heavy cream or chicken stock can be substituted for the water when thinning the soup.

WILTED SPINACH WITH BACON-CIDER VINAIGRETTE

Yield: 6 portions

Ingredients	Amounts
Pork, bacon, small diced	½ cup
Onion, red, julienned	½ cup
Flour, all-purpose	1 tsp.
Apple, Granny Smith, peeled, small diced	1 cup
Cider, apple	½ cup
Mustard, Dijon	1 Tbsp.
Vinegar, cider	¼ cup
Oil, canola	¼ cup
Honey (Optional)	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Spinach, baby	6 cups

Method

1. In a medium sauté pan over medium heat, render the bacon until crispy.
2. Remove the pan from the heat. Add the onion and flour, stirring continuously for 1 minute.
3. Return the pan to low heat. Add the apple and apple cider. Cook for 1 minute.
4. Remove the pan from the heat. Whisk in the mustard, vinegar, and oil. Whisk in the honey, if desired. Season with salt and pepper to taste. Reserve.
5. In a large bowl, place the spinach. Drizzle the warm vinaigrette over the spinach and toss lightly. (This will wilt the spinach.)
6. Serve warm.

ROASTED PORTOBELLO, EGGPLANT, AND GOAT CHEESE SLIDERS

Yield: 6 portions

Ingredients	Amounts
Mushroom, portobello, large	6 ea.
Eggplant, peeled, sliced, 1-in. thick	1 ea.
Garlic, sliced	1/4 cup
Shallot, sliced	1/2 cup
Thyme, fresh, chopped	1 Tbsp.
Rosemary, fresh, chopped	1 Tbsp.
Oil, olive, pure	1/2 cup
Vinegar, balsamic	1/4 cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Bread, bun, slider, whole-wheat, split	6 ea.
Cheese, goat, sliced	1 cup

Method

1. Preheat oven to 375°F.
2. On a parchment-lined sheet pan, arrange the mushrooms and eggplant. Sprinkle them evenly with garlic, shallot, thyme, rosemary, olive oil, vinegar, salt, and pepper.
3. Roast the mushrooms and eggplant in the preheated oven until tender, 5 to 7 minutes. Reserve any cooking liquid left on the sheet pan to use as a little sauce.
4. Toast the buns in the preheated oven until golden brown.
5. To assemble each slider, place some mushrooms and eggplant on the bottom bun. Top with goat cheese. Drizzle with reserved cooking liquid. Add the top bun.
6. Serve immediately.

POACHED ASPARAGUS WITH BÉARNAISE SAUCE

Yield: 6 portions

Ingredients	Amounts
Shallot, small diced	¼ cup
Peppercorns, black, cracked	1 tsp.
Tarragon, fresh, chopped	2 Tbsp.
Vinegar, tarragon	2 Tbsp
Wine, white, dry	1 Tbsp.
Water	2 Tbsp.
Egg, yolk	2 ea.
Butter, unsalted, melted	1 cup
Chervil, fresh, chopped	½ Tbsp.
Salt, kosher	to taste
Asparagus, stalk, peeled, trimmed	24 ea.
Salt, kosher	as needed

Method

1. For the sauce, in a small saucepan over medium heat, combine the shallots, peppercorns, tarragon, vinegar, wine, and water. Reduce by half.
2. Transfer to a medium stainless-steel bowl. Add the egg yolks. Whisk to combine.
3. Place the bowl over simmering water. Cook, whisking constantly, until the eggs are thickened and form ribbons when they fall from the whisk.
4. Gradually add the butter in a thin stream, whisking constantly, until all the butter is added and the sauce thickens.
5. Add the chopped chervil. Season with salt to taste.
6. In a large pot of boiling, salted water, place the asparagus. Cook until tender, 3 to 7 minutes depending on size and freshness.

CARROT GINGER COCONUT MILK SOUP

Yield: 6 portions

Ingredients	Amounts
Carrot, peeled, cut in half	4 cups
Celery, small diced	¼ cup
Onion, yellow, small diced	¼ cup
Ginger, fresh, minced	2 Tbsp.
Garlic, minced	1 tsp.
Water	6 cups
Rice, white, raw	1 Tbsp.
Butter, unsalted	¼ cup
Curry powder	½ tsp.
Coconut, milk	½ cup
Cilantro, fresh, chopped	½ cup
Scallion (Green onion), sliced	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a large soup pot over medium-low heat, place the carrots, celery, onion, ginger, garlic, water, rice, butter, and curry powder. Simmer, stirring occasionally, until the carrots are tender, about 30 minutes.
2. Remove ½ of the carrots and transfer to a small bowl. Mash them with a fork. Reserve.
3. Add the coconut milk to the soup pot. Bring the pot to a boil. With an immersion blender, purée the soup until it is very smooth.
4. Add the reserved carrots, cilantro, and scallions. Stir to combine. Season with salt and pepper to taste.

CHARRED SHRIMP SALAD WITH CITRUS EMULSION

Yield: 6 portions

Ingredients	Amounts
Orange, juice, fresh	½ cup
Lemon, juice, fresh	¼ cup
Lime, juice, fresh	¼ cup
Garlic, minced	½ tsp.
Ginger, fresh, minced	1 tsp.
Sriracha sauce	1 Tbsp.
Soy sauce	1 Tbsp.
Oil, sesame	1 tsp.
Oil, canola	½ cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Shrimp, large, peeled, deveined	30 ea.
Mesclun	3 cups
Bean sprouts	½ cup
Mint, fresh, chopped	1 Tbsp.
Cilantro, fresh, chopped	1 Tbsp.
Carrot, shredded	½ cup
Scallion (Green onion), sliced	¼ cup

Method

1. For the citrus emulsion, in a small saucepan over medium-low heat, place the orange juice, lemon juice, lime juice, garlic, and ginger. Stir to combine. Bring it to a simmer and reduce by half.
2. Add the sriracha and soy sauce. Gradually add the sesame and canola oil in a thin stream, stirring continuously. Blend until smooth with an immersion blender. Season with salt and pepper to taste.
3. In a large bowl, place the shrimp and ⅓ of the citrus emulsion. Refrigerate and marinate for 30 minutes.
4. Place the shrimp on skewers. (This will allow them to grill more evenly.)
5. Heat a grill to high. Grill the shrimp until charred on the outside and just cooked, 1 to 2 minutes on each side.
6. In a large bowl, place ⅓ of the citrus emulsion, the mesclun, bean sprouts, mint, cilantro, carrot, and scallion. Toss to lightly coat with the emulsion.
7. Place the salad in the center of a serving plate. Surround it with shrimp. Drizzle the remaining emulsion around the plate.

ROASTED PORK SHOULDER WITH ROSEMARY AND SAFFRON AIOLI ON A SOURDOUGH BAGUETTE

Yield: 6 portions

Ingredients	Amounts
Pork, shoulder	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Garlic, sliced	¼ cup
Shallot, sliced	1 cup
Thyme, fresh, chopped	1 Tbsp.
Oregano, fresh, chopped	1 Tbsp.
Rosemary, fresh, chopped	1 Tbsp.
Oil, olive, pure	¼ cup
Mayonnaise	1 cup
Garlic, minced	1 tsp.
Saffron, minced	¼ tsp.
Lemon, juice, fresh	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Bread, baguette, sourdough, halved, cut into 3 pieces	2 ea.

Method

1. Preheat oven to 425°F.
2. Remove and discard all visible fat from the pork shoulder. Season with salt and pepper.
3. Transfer the pork to a parchment-lined sheet pan. Roast in the preheated oven for 10 minutes.
4. In a small bowl, place the garlic, shallot, thyme, oregano, rosemary, and olive oil. Mix to combine. Brush the mixture over all sides of the pork.
5. Lower the oven temperature to 300°F. Roast the pork until the internal temperature is 160°F, about 1 hour.
6. Remove the pork from the oven and let it rest for 30 minutes. Reserve any cooking juices that have collected on the parchment paper.
7. For the aioli, in a small bowl, mix the mayonnaise, garlic, saffron, and lemon juice. Season with salt and pepper to taste. Let it stand for 10 minutes.
8. Preheat the broiler to low.

9. Arrange the baguette pieces on a sheet tray. Toast under the broiler until lightly browned.
10. Slice the pork thinly. Portion the slices of pork, cooked shallot, and garlic on the 6 baguette pieces. Drizzle any reserved cooking juices on the pork. Top each with a dollop of aioli.

CAULIFLOWER GRATIN

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	1 Tbsp.
Flour, all-purpose	2 Tbsp.
Milk, whole	1 cup
Cheese, Cheddar, shredded	¼ cup
Cheese, Swiss, shredded	¼ cup
Cauliflower, floret	6 cups
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Cheese, goat, crumbled	½ cup
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Preheat oven to 350°F.
2. For the cheese sauce, in a small saucepan over medium-low heat, melt the butter. Add the flour all at once. Cook, whisking continuously, for 2 to 3 minutes.
3. Add the milk. Bring it to a boil and simmer, whisking continuously, for 5 to 7 minutes.
4. Remove the pan from the heat. Stir in the Cheddar and Swiss cheese. Stir until smooth.
5. Bring a pot of water to a boil. Add the cauliflower. Par-cook until tender but still firm, about 3 minutes. Drain and pat dry.
6. In a large bowl, place the cauliflower, cheese sauce, and parsley. Toss to combine. Transfer to a baking dish. Sprinkle with the goat cheese.
7. Bake in the preheated oven until the top is lightly browned, 5 to 7 minutes.

Note: For a crunchy top, add torn sourdough bread to the top of the gratin before baking.

FIVE ONION SOUP WITH SHERRY WINE

Yield: 6 portions

Ingredients	Amounts
Shallot, sliced	½ cup
Onion, red, sliced	½ cup
Garlic, sliced	¼ cup
Leek, sliced	1 cup
Onion, sweet, sliced	2 cups
Butter, unsalted	½ cup
Thyme, fresh, chopped	1 tsp.
Stock, chicken, light	1 qt.
Rice, white, long grain, raw	2 Tbsp.
Cream, heavy	¼ cup
Wine, sherry, dry	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Scallion (Green onion), sliced thinly	½ cup
Rye Bread Croutons (Recipe follows)	1 cup

Method

1. In a large soup pot over low heat, melt the butter. Add the shallot, onion, garlic, leeks, and thyme. Stir to combine. Cook for 5 minutes.
2. Add the chicken stock and rice. Cook for 30 minutes.
3. Remove the pot from the heat. With an immersion blender, purée until very smooth.
4. Return the pot to the heat and bring it to a boil. Add the cream and sherry. If the soup is too thick, add a little water. Cook for 1 minute.
5. Season with salt and pepper to taste.
6. Ladle the soup into serving bowls. Garnish with the scallions and croutons.

Note: Only cooking the cream and sherry for a minute gives the soup a light, fresh cream flavor. For a more acidic soup, replace the sherry with white wine.

RYE BREAD CROUTONS

Yield: 6 portions

Ingredients	Amounts
Bread, rye, 1-in. slice, large diced	3 ea.
Oil, canola	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. In a medium bowl, place the diced bread and canola oil. Toss to coat.
2. Season with salt and pepper to taste.
3. In a sauté pan, place enough oil to coat the bottom of the pan. Heat the oil over medium heat. Add the bread and fry until evenly browned. The croutons should be light in color and greaseless with a crisp, crunchy texture.
4. Drain well on paper towels.

Note: Clarified butter can be substituted for the canola oil. For more flavor, add herbs or grated cheese while the croutons are still hot.

SALAD NIÇOISE

Yield: 6 portions

Ingredients	Amounts
Potato, fingerling, small	18 ea.
Egg, whole	3 ea.
Vinegar, wine, red	½ cup
Mustard, Dijon	1 Tbsp.
Garlic, minced	½ tsp.
Onion, red, julienne	½ cup
Capers, chopped	1 Tbsp.
Lemon, juice, fresh	1 Tbsp.
Herbes de Provence	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, extra virgin	½ cup
Mesclun greens	6 cups
Tomato, cherry, cut in ½	18 ea.
Bean, green, haricot vert, blanched	30 ea.
Olive, niçoise	½ cup
Tuna, albacore, canned, drained	1 cup

Method

1. In a medium saucepot, place the potatoes and enough water to cover. Bring to a boil, lower the heat to medium, and simmer until the potatoes are fork tender, 10 to 15 minutes. Cool slightly, slice in half, and reserve.
2. In a medium saucepot, place the eggs and enough water to cover. Bring to a boil, cover, and turn off the heat. Let the eggs sit in the hot water for 10 minutes.
3. Transfer the eggs to an ice water bath and cool for 5 minutes. Peel off the shells, cut the hard-cooked eggs into wedges, and reserve.
4. For the vinaigrette, in a small bowl, place the vinegar, mustard, garlic, onion, capers, lemon juice, herbes de Provence, salt, and pepper. Mix to combine. Macerate for 15 minutes. Slowly whisk in the oil until emulsified.
5. In a large bowl, place the greens. Add ½ the vinaigrette. Toss to coat lightly. Adjust the seasoning with salt and pepper to taste.
6. Arrange the greens in the bottom of a serving platter.
7. In a large bowl, place the remaining vinaigrette, potatoes, tomatoes, green beans, and olives. Toss to combine. Sprinkle it evenly over the greens on the serving platter.
8. Top the salad with the eggs and tuna.

FRESH AND SMOKED SALMON RILLETTE

Yield: 6 portions

Ingredients	Amounts
Salmon, boneless, skinless, cut into 2-in. strips	1 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Water	1 cup
Wine, white, dry	1 cup
Shallot, minced	1 Tbsp.
Salmon, smoked, small diced	1/2 cup
Chive, sliced	2 Tbsp.
Lemon, zest	1 Tbsp.
Lemon, juice, fresh	1/4 cup
Mayonnaise	1/2 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Bread, French, loaf, 1/4-in. sliced	1 ea.

Method

1. Preheat oven to 350°F.
2. Season the salmon with salt and pepper.
3. In a large pot, place the water, wine, and shallot. Bring it to a boil.
4. Lower the heat, add the salmon, and poach until medium rare, about 3 minutes. Drain. Allow it to cool.
5. For the spread, in a large bowl, gently fold together the cooked salmon, smoked salmon, chive, lemon zest, lemon juice, and mayonnaise. Adjust the seasoning with salt and pepper to taste.
6. Arrange the bread slices on a sheet pan. Toast in the preheated oven until lightly browned.
7. Place 2 tablespoons of the spread on each toast slice. Serve immediately.

YUKON GOLD POTATOES LYONNAISE

Yield: 6 portions

Ingredients	Amounts
Potato, Yukon Gold, medium	8 ea.
Butter, unsalted	¼ cup
Onion, sweet, julienned	½ cup
Stock, chicken	½ cup
Thyme, fresh, chopped	1 tsp.
Garlic, minced	½ tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Preheat oven to 350°F.
2. Cut the potatoes into ¼-inch slices. Bring a large pot of salted water to a boil. Add the sliced potatoes and blanch until softened but still very firm, 3 to 4 minutes. Transfer to a sheet pan and cool.
3. In a sauté pan over medium-low heat, melt the butter. Add the onion. Cook until lightly caramelized.
4. Add the thyme, garlic and chicken stock. Bring it to a boil and remove the pan from the heat.
5. Lightly butter a round pie dish. Arrange the potatoes in the dish, shingling them in a circular pattern.
6. Pour the onion mixture over the potatoes. Season with salt and pepper.
7. Bake in the preheated oven until the potatoes are tender but not mushy, 20 to 30 minutes.

Note: Although not Lyonnaise style, cream and/or bacon can be added to the recipe for additional flavor.

DAY TWO: TEAM PRODUCTION ASSIGNMENTS

CHEF DEMO

Pasta, braising, roasting, pan sauces

TEAM ONE

Sautéed Halibut-Lentil Du Puy Ragù

Tarte Flambée

Parsnip and Potato Purée

TEAM TWO

Steak au Poivre with Cognac Sauce

Spicy Shrimp Provençal

Root Vegetable and Herb Rice Pilaf

TEAM THREE

Roast Chicken with Savory Brioche Stuffing

Champignon de Paris Ravioli à la Crème

Romaine Hearts and Shaved Parmesan with Sherry Wine Vinaigrette

TEAM FOUR

Beef Bourguignon Classique

Red and Yellow Pepper Ratatouille Gratin

Escargots and Mushrooms with Brie Cheese

SAUTÉED HALIBUT-LENTIL DU PUY RAGÙ

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	¼ cup
Garlic, minced	1 Tbsp.
Onion, yellow, small diced	½ cup
Celery, small diced	½ cup
Parsnip, small diced	½ cup
Carrot, small diced	½ cup
Lentils, Puy, dried	2 cups
Bay leaf, dried	1 ea.
Tomato, purée, canned	½ cup
Spinach, baby, chiffonade	1 cup
Cream, heavy	½ cup
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, canola	as needed
Fish, halibut, fillet, boneless, skinless, 4 oz	6 ea.
Butter, unsalted	½ cup
Thyme, sprig, fresh	6 ea.

Method

1. In a medium sauté pan over medium heat, melt the butter. Add the garlic, onion, celery, parsnip, and carrot. Stir to combine. Gently cook the vegetables until tender, about 5 minutes. Reserve.
2. In a large pot of boiling, salted water, place the lentils, bay leaf, and tomato purée. Cook until tender, about 45 minutes. Drain the lentils. Remove and discard the bay leaf.
3. In a large sauce pot, place the reserved vegetables, cooked lentils, spinach, heavy cream, and parsley. Bring it to a boil. The ragù should have a nice sauce consistency. If it is too thick, add a little more water or cream. If it is too thin, reduce and add a little butter.
4. Season with salt and pepper to taste. Reserve.
5. In a large sauté pan, heat the canola oil over low heat. Add the halibut and sauté, lightly browning both sides, about 2 minutes per side.
6. Add the butter and thyme sprigs. Baste the halibut.

7. Transfer the ragù to a serving bowl. Top with the halibut.

Note: Puy lentils (also called French or Black Lentils) are traditionally used for this classic dish. They hold their shape better than other types and have a deeper, nuttier flavor.

TARTE FLAMBÉE

Yield: 1 tart

Ingredients	Amounts
Pork, bacon, smoked, ¼-in. sliced	½ cup
Butter, unsalted	¼ cup
Onion, sweet, ¼-in. sliced	1 cup
Tarte Flambée Dough (Recipe follows)	1x recipe
Crème fraîche	¾ cup
Pepper, black, cracked	½ tsp.
Nutmeg, fresh, grated	¼ tsp.
Lemon, juice, fresh	1 tsp.
Thyme, fresh, chopped	1 tsp.
Scallion (Green onion), sliced thinly	1 Tbsp.

Method

1. Preheat oven to 500°F.
2. In a sauté pan over low heat, render the bacon until crispy. Remove the bacon and drain on paper towels. Reserve.
3. Add the butter and onions to the bacon fat in the sauté pan. Cook for 2 minutes, leaving the onions firm. Remove and reserve the onions.
4. Roll out the dough into a thin rectangle and place on a parchment-lined sheet pan.
5. In a small bowl, place the creme fraiche, pepper, nutmeg, lemon juice, and thyme. Mix well. Spread the mixture over the dough, going out to the edges.
6. Sprinkle the reserved bacon and onions over the dough.
7. Bake in the preheated oven until the sides of dough are brown and crispy, 10 to 12 minutes. Remove the tart from the oven and let it rest for 5 minutes.
8. Sprinkle the scallions on top. Cut the tart into rectangles or triangles.

Note: The tarte flambée can also be cooked on a pizza stone.

TARTE FLAMBÉE DOUGH

Yield: 1 tart

Ingredients	Amounts
Water, warm	1 cup
Yeast, dry, instant	2 tsp.
Oil, canola	2 Tbsp.
Salt, kosher	½ tsp.
Honey	2 Tbsp.
Flour, bread (Divided)	3 cups

Method

1. In a large bowl, place the water, yeast, oil, salt, honey, and ½ cup of the bread flour. Whisk well to create a batter.
2. Let the batter rest until the yeast activates and it becomes bubbly, about 10 minutes.
3. Add the remaining flour and mix to incorporate.
4. Knead the dough for 6 to 8 minutes. Shape it into a ball.
5. Transfer the dough to a lightly oiled bowl and cover. Let the dough rise for 1 hour.
6. Punch down the dough and let it rise for 30 minutes.

Note: For a yeastier flavor, substitute 00 grind, soft wheat flour for the bread flour. Allow it to slowly rise in the refrigerator overnight.

PARSNIP AND POTATO PURÉE

Yield: 6 portions

Ingredients	Amounts
Parsnip, peeled, halved	4 cups
Potato, russet, peeled, halved	6 cups
Milk, whole	1 cup
Butter, unsalted	½ cup
Nutmeg, fresh, grated	¼ tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Bring a large pot of salted water to a boil over high heat. Add the parsnips, lower the heat to a simmer, and cook until tender, 6 to 10 minutes. Drain and cool for 5 minutes.
2. In a blender, purée the parsnips until smooth. Reserve.
3. Bring a large pot of salted water to a boil over high heat. Add the potatoes, lower the heat to a simmer, and cook until tender, 6 to 10 minutes. Drain.
4. Using a ricer, rice the potatoes.
5. In a small saucepan over medium-high heat, bring the milk and butter to a boil.
6. Transfer the mixture to a large bowl. Add the parsnip purée and riced potatoes. Mix to combine.
7. Add the nutmeg. Season with salt and pepper to taste.

Note: Do not purée the potatoes in a blender as this will overwork the starch and make them heavy and gummy.

STEAK AU POIVRE WITH COGNAC SAUCE

Yield: 6 portions

Ingredients	Amounts
Beef, New York strip steak, 8 oz.	6 ea.
Salt, kosher	as needed
Pepper, black, cracked	1 Tbsp.
Oil, canola	as needed
Butter, unsalted	¼ cup
Garlic, minced	1 Tbsp.
Shallot, small diced	¼ cup
Peppercorns, green	2 Tbsp.
Demi-glace	½ cup
Cream, heavy	½ cup
Mustard, Dijon	1 Tbsp.
Cognac	½ cup

Method

1. Season the steaks with salt and pepper.
2. Heat the oil in a large sauté pan over medium heat. Working in batches, add the steaks. Sauté until the desired doneness, 2 to 3 minutes per side. Remove the steaks and let them rest.
3. Add the butter, garlic, shallot, and peppercorn. Turn down the heat to low and cook for 3 to 4 minutes.
4. Add the demi-glace, cream, mustard, and cognac. Reduce to a sauce consistency.
5. Add the reserved steaks and reheat until warm.
6. Serve each steak with 1 to 2 tablespoons of cognac sauce poured over the top.

Note: Beef tenderloin, ribeye steaks, pork chops, and chicken can be substituted for the NY strip steak.

SPICY SHRIMP PROVENÇAL

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	¼ cup
Shrimp, U21-25, peeled, deveined	24 ea.
Shallot, small diced	¼ cup
Garlic, minced	1 Tbsp.
Herbes de Provence	1 tsp.
Red pepper flakes	1 tsp.
Tomato Concassé (Recipe follows)	2 cups
Wine, white, dry	½ cup
Artichoke, heart, quartered	6 ea.
Butter, unsalted	¼ cup
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a sauté pan, heat the olive oil over medium heat. Add the shrimp and lightly sauté on both sides. Do not fully cook. Remove the shrimp and reserve.
2. Add the shallots, garlic, herbes de Provence, and red pepper flakes. Cook over low heat for 2 to 3 minutes.
3. Add the tomato concassé and wine. Simmer for 15 minutes.
4. Add the reserved shrimp, artichokes, butter, and parsley. Simmer for 2 to 3 minutes.
5. Season with salt and pepper to taste.

TOMATO CONCASSÉ

Yield: 2 cups

Ingredients	Amounts
Tomato, plum	1 lb.
Salt, kosher	½ Tbsp.

Method

1. Score an X at the tip of the tomato, making sure not to cut too deeply. Trim out the stem core, leaving the tomato whole.
2. In a large pot of boiling water, place the salt and tomatoes. Blanch the tomatoes for 30 seconds.
3. Remove the tomatoes and transfer them immediately into an ice bath.
4. After the tomatoes are cool, remove them from the ice bath and peel away the skin with a paring knife. The skin should come away easily from the flesh.
5. Halve each tomato crosswise at its widest point. Gently squeeze out the seeds or quarter the tomatoes and cut away the seeds.
6. Dice the tomatoes.

ROOT VEGETABLE AND HERB RICE PILAF

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	1/2 cup
Onion, yellow, small diced	1/2 cup
Carrot, small diced	1/2 cup
Celery, small diced	1/2 cup
Parsnip, small diced	1/2 cup
Celery root, small diced	1/2 cup
Mushroom, button, small diced	1/2 cup
Rice, white, long-grain	2 cups
Salt, kosher	as needed
Pepper, black, ground	as needed
Stock, chicken	3 cups
Parsley, flat-leaf, fresh, chopped	2 Tbsp.

Method

1. Preheat oven to 350°F.
2. In a large pot over low heat, melt the butter. Add the onion, carrot, celery, parsnip, celery root, and mushrooms. Cook until the vegetables are tender, 5 to 7 minutes.
3. Add the rice. Season with salt and pepper. Stir, coating the rice with the vegetables.
4. Add the stock and bring it to a simmer. Cover and place in the preheated oven for 15 minutes.
5. Remove the pot from the oven and uncover. Let it rest for 10 minutes. Fluff the rice with a fork.
6. Serve the pilaf on a warm platter, garnished with the parsley.

Note: Be sure to use a high-quality, long-grain rice that will stand up to the bold flavors of the vegetables.

ROAST CHICKEN WITH SAVORY BRIOCHE STUFFING

Yield: 1 chicken

Ingredients	Amounts
Butter, unsalted	½ cup
Onion, yellow, small diced	¼ cup
Celery, small diced	¼ cup
Mushroom, white, small diced	1 cup
Chicken, liver, small diced	¼ cup
Savory, dried	1 tsp.
Stock, chicken	½ cup
Bread, brioche, cubed	2 cups
Truffle, black, chopped	1 Tbsp.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Egg, whole	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Chicken, whole, 3 ½ lb.	1 ea.
Butter, unsalted, melted	¼ cup
Thyme, sprig, fresh	5 ea.
Rosemary, sprig, fresh	2 ea.
Garlic, sliced	1 Tbsp.
Shallot, sliced	2 Tbsp.
Flour, all-purpose	2 Tbsp.
Wine, white, dry	½ cup
Stock, chicken	2 cups

Method

1. Preheat oven to 375°F.
2. For the stuffing, in a large saucepan over low heat, melt the butter. Add the onion, celery, mushroom, chicken liver, and savory. Cook until tender, 4 to 5 minutes.
3. Add the stock. Bring it to a boil. Remove the pan from the heat.
4. Add the brioche, truffle, parsley, and egg. Mix well. Season with salt and pepper.
5. Wash the chicken inside and out in cold water. Dry.
6. Season the chicken cavity with salt and pepper. Add the stuffing and tie the legs together.
7. Transfer the chicken to a roasting pan. Season the chicken skin with salt and pepper. Brush it with the melted butter.
8. Roast in the preheated oven for 15 minutes.
9. Lower the oven temperature to 300°F.

10. Remove the pan from the oven. Add the thyme, rosemary, garlic, and shallots. Return the pan to the oven. Cook the chicken, basting every 15 minutes, until the stuffing reaches 165°F, about 1 hour. Remove the chicken from the pan.
11. For the pan gravy, add the flour to the pan and cook for 5 minutes, creating a light roux.
12. Add the white wine and chicken stock. Simmer for 15 minutes until it reduces to a gravy consistency. Strain.
13. Carve the chicken and serve with the sauce.

Note: For a different flavor, add ½ cup of sliced mushrooms or ¼ cup of dried fruits to the filling.

CHAMPIGNON DE PARIS RAVIOLI À LA CRÈME

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	¼ cup
Garlic, minced	1 Tbsp.
Shallot, small diced	¼ cup
Mushroom, button, roughly chopped	3 cups
Thyme, fresh, chopped	1 tsp.
Cheese, ricotta	½ cup
Cheese, mozzarella, shredded	¼ cup
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Butter, unsalted	½ cup
Garlic, minced	1 tsp.
Wine, white	¼ cup
Stock, chicken	1 cup
Cream, heavy	1 cup
Cheese, Parmesan, grated	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Semolina Egg Pasta Dough (Recipe follows)	1 ½ lb.
Basil, leaf, fresh, torn	12 ea.
Oil, white truffle	1 Tbsp.

Method

1. For the filling, in a medium sauté pan over low heat, melt the butter. Add the garlic and shallot. Sweat for 2 minutes. Do not brown.
2. Add the mushrooms and thyme. Cook over medium heat until dry, 5 to 7 minutes.
3. Add the ricotta, mozzarella, and parsley. Mix well. Remove from the heat. Let it cool.
4. Form the mixture into eighteen 1-ounce balls. Refrigerate.
5. For the sauce, in a sauce pot over medium heat, melt the butter. Add the garlic and cook until aromatic, about one minute.
6. Add the wine and chicken stock and reduce by half.
7. Add the cream and bring it to a boil. Add the Parmesan. Blend with an immersion blender. Season with salt and pepper to taste.
8. Roll the pasta dough out using a pasta machine, taking care not to make it too thin.
9. Cut the dough into 2-inch circles using a circular ring mold cutter.

10. Place the 1-ounce balls of filling onto the pasta. Fold the pasta over the ball. Pinch the ends together tightly, creating a half moon.
11. Bring a large pot of salted water to a boil over high heat. Add the ravioli and cook until they float and the filling is heated through, 3 to 4 minutes.
12. Toss the ravioli with the sauce. Garnish with the torn basil leaves and a drizzle of white truffle oil.

SEMOLINA EGG PASTA DOUGH

Yield: 1 ½ pounds.

Ingredients	Amounts
Flour, 00, soft wheat	2 cups
Flour, semolina, fine ground	2 cups
Salt, kosher	1 tsp.
Egg, whole	4 ea.
Egg, yolk	4 ea.
Water	1 Tbsp.

Method

1. In the bowl of a stand mixer with the dough hook attachment, place the 00 flour, semolina flour, and salt.
2. In a small bowl, mix the eggs, egg yolks, and water. Add the egg mixture to the flour.
3. Mix on low speed until the dough just comes together, 3 to 4 minutes.
4. Transfer the dough to a workstation. Knead it for 1 minute, forming it into a ball. If the pasta is too dry to form a ball, add more water. If the pasta is too wet, add more flour.
5. Wrap the dough in plastic wrap. Let it relax for 1 hour.
6. Use at room temperature.

ROMAINE HEARTS AND SHAVED PARMESAN WITH SHERRY WINE VINAIGRETTE

Yield: 6 portions

Ingredients	Amounts
Bread, French, loaf	1/2 ea.
Oil, olive, pure	1/2 cup
Lettuce, romaine, head	3 ea.
Salt, kosher	as needed
Pepper, black, cracked	1 tsp.
Chive, sliced	1 Tbsp.
Sherry Wine Vinaigrette (Recipe follows) (Divided)	1 cup
Cheese, Parmesan, shaved (Divided)	1 cup

Method

1. Preheat oven to 325°F.
2. For the croutons, cut the bread in half lengthwise and then into 1/4-inch slices.
3. In a large bowl, place the bread and olive oil. Toss to coat.
4. Transfer the bread to a baking sheet. Bake in the preheated oven until light brown, 3 to 4 minutes. Reserve.
5. Remove the outer leaves of the romaine lettuce. Separate the inner leaves, wash in cold water, and spin dry.
6. In a large bowl, place the romaine, salt, pepper, chives, half the vinaigrette, and half the cheese. Toss lightly to combine.
7. Plate the salad. Garnish with croutons and the remaining cheese. Drizzle the remaining vinaigrette around the salad.

Note: Arugula and endive greens can be substituted for the romaine.

SHERRY WINE VINAIGRETTE

Yield: 1 cup

Ingredients	Amounts
Vinegar, sherry	¼ cup
Vinegar, balsamic	1 Tbsp.
Garlic, minced	¼ tsp.
Shallot, minced	1 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Mustard, Dijon	1 tsp.
Oil, olive, pure	¼ cup
Oil, olive, extra virgin	¼ cup

Method

1. In a small bowl, place the sherry and balsamic vinegar, garlic, shallot, salt, and pepper. Macerate for 5 minutes.
2. Whisk in the mustard.
3. In a steady stream, whisk in the pure and extra virgin olive oil until incorporated.

Note: The blending of oils and vinegars in this recipe creates a more complex vinaigrette.

BEEF BOURGUIGNON CLASSIQUE

Yield: 6 portions

Ingredients	Amounts
Pork, bacon, ¼-in. sliced	½ cup
Beef, chuck	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	¼ cup
Butter, unsalted	½ cup
Garlic, minced	1 Tbsp.
Onion, yellow, medium diced	½ cup
Tomato, paste	2 Tbsp.
Thyme, fresh, chopped	1 Tbsp.
Flour, all-purpose	2 Tbsp.
Brandy	½ cup
Wine, red	2 cups
Demi-glace	1 cup
Oil, vegetable	as needed
Mushroom, button	24 ea.
Onion, pearl, peeled	18 ea.
Parsley, flat-leaf, fresh, chopped	2 Tbsp.

Method

1. In a frying pan over medium heat, render the bacon until crispy. Drain the bacon on a paper towel. Reserve the bacon and the bacon fat.
2. Season the beef with salt and pepper. Dredge it in the flour, shaking off any excess.
3. In a large heavy-bottomed pot over medium-high heat, heat the reserved bacon fat. Add the beef and sear on all sides. Remove the beef and reserve.
4. For the sauce, add the butter, garlic, onion, tomato paste, and thyme. Cook for 3 to 4 minutes.
5. Add the flour and cook for 2 to 3 minutes.
6. Add the reserved beef, brandy, wine, and demi-glace. Simmer over low heat until the beef is fork tender, about 1 ½ hours. If the sauce is too thick, add a little water. If it is too thin, reduce to sauce consistency.
7. In a small sauté pan over medium heat, add enough oil to coat the bottom of the pan. When hot, add the mushrooms and sauté until tender, about 3 minutes. Reserve.

8. In a separate sauté pan, add enough oil to coat the bottom of the pan. Heat the oil over medium heat. Add the pearl onions and sauté until tender, about 5 minutes. Reserve.
9. Garnish with the reserved bacon, onions, mushrooms, and parsley.

RED AND YELLOW PEPPER RATATOUILLE GRATIN

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	as needed
Onion, yellow, large diced	1 cup
Garlic, sliced	¼ cup
Pepper, bell, red, large diced	½ cup
Pepper, bell, yellow, large diced	½ cup
Chile, jalapeño, minced	1 Tbsp.
Eggplant, peeled, large diced	3 cups
Zucchini, large diced	1 cup
Tomato Concassé (Recipe follows)	3 cups
Tomato, purée	½ cup
Basil, fresh, chopped	1 Tbsp.
Oregano, fresh, chopped	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cheese, provolone, shredded	½ cup

Method

1. Heat the olive oil in a large, heavy-bottomed pot over medium heat. Add the onion, garlic, and peppers. Cook until the vegetables soften, about 5 minutes.
2. Add the eggplant and zucchini. Cook for 5 minutes.
3. Add the tomato concassé, tomato purée, basil, and oregano. Season with salt and pepper to taste. Cook over low heat until all vegetables are tender, about 45 minutes.
4. Preheat oven to 350°F.
5. Transfer to an oven-proof dish. Top with the shredded provolone. Bake in the preheated oven for 15 to 20 minutes.

Note: For a nice twist, add soy sauce and ginger.

TOMATO CONCASSÉ

Yield: 3 cups

Ingredients

Amounts

Tomato, plum (Roma)

1 ½ lb.

Salt, kosher

½ Tbsp.

Method

1. Score an X at the tip of the tomato, making sure not to cut too deeply. Trim out the stem core, leaving the tomato whole.
2. In a large pot of boiling water, place the salt and tomatoes. Blanch the tomatoes for 30 seconds.
3. Remove the tomatoes and transfer them immediately into an ice bath.
4. After the tomatoes are cool, remove them from the ice bath and peel away the skin with a paring knife. The skin should come away easily from the flesh.
5. Halve each tomato crosswise at its widest point. Gently squeeze out the seeds or quarter the tomatoes and cut away the seeds.
6. Dice the tomatoes.

ESCARGOTS AND MUSHROOMS WITH BRIE CHEESE

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	¼ cup
Garlic, minced	1 tsp.
Shallot, minced	2 Tbsp.
Mushroom, button, large	6 ea.
Escargot	12 ea.
Wine, white, dry	¼ cup
Parsley, flat-leaf, fresh, chopped	1 tsp.
Lemon, juice, fresh	1 Tbsp.
Lemon, zest	1 tsp.
Cheese, Brie, small slice	6 ea.
Breadcrumbs, dried	2 Tbsp.

Method

1. Preheat oven to 350°F.
2. In a sauté pan over low heat, melt the butter. Add the garlic and shallot. Sauté until tender, 1 to 2 minutes.
3. Add the mushrooms and cook on each side for 1 minute. Transfer the mushrooms to a baking dish and reserve.
4. Add the escargots, wine, parsley, lemon juice and zest. Cook for 2 to 3 minutes.
5. Place two escargots inside each mushroom cap. Add a slice of Brie on top of the escargots. Sprinkle with the breadcrumbs.
6. Bake in the preheated oven for 10 minutes.

Note: For a heartier dish, substitute red wine for the white wine and add ¼ cup demi-glace.

DAY THREE: TEAM PRODUCTION ASSIGNMENTS

CHEF DEMO

French Omelet, Poached Eggs, Crêpes, Puff Pastry

TEAM ONE

Poached Eggs Benedict with Fines Herb Hollandaise

Potato Boulangère

Crêpes Suzette

Chicken Veronique Vol-au-Vent

TEAM TWO

Poached Eggs and Avocado Mash on Sourdough Toast

Mushroom Galette

Tomato Provençale

Classic French Onion Soup

TEAM THREE

Coq au Vin

Citrus Crème Brûlée

Brie and Ham Turnovers

Red and Yellow Beet Salad with Cider Vinegar

TEAM FOUR

Brioche French Toast with Raspberry Compote

Stuffed Oysters Bienille

Candied Applewood Bacon

Yellow and Green Beans with Walnuts and Blue Cheese

Three Cheese French Rolled Omelet

POACHED EGGS BENEDICT WITH FINES HERB HOLLANDAISE

Yield: 6 portions

Ingredients	Amounts
Egg, yolk	4 ea.
Water	1 Tbsp.
Butter, unsalted, melted	1 cup
Lemon, juice, fresh	1 Tbsp.
Parsley, flat-leaf, fresh, chopped	1 tsp.
Chive, fresh, chopped	1 tsp.
Tarragon, fresh, chopped	1 tsp.
Chervil, fresh, chopped	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Vinegar, white	1/4 cup
Egg, whole, room temperature	6 ea.
Bread, English muffin	3 ea.
Pork, bacon, Canadian, sliced	6 ea.

Method

1. For the sauce, in a small bowl, place the egg yolks and water. Cook over a water bath, whisking constantly, until the yolks turn pale in color and begin to thicken, 3 to 4 minutes.
2. Add the melted butter slowly.
3. Add lemon juice, parsley, chives, tarragon, and chervil. Season with salt and pepper to taste.
4. For the eggs, bring 1 gallon of salted water to a boil. Add the vinegar. Lower to a simmer and poach the eggs for 2 to 3 minutes. Remove the eggs from the poaching water and place on a warm plate.
5. Preheat broiler to high.
6. Cut the muffins in half and butter. Toast under the broiler.
7. Top the muffins with bacon and then egg. Place in a 350°F oven for 3 to 4 minutes to warm.
8. Sauce with the hollandaise.

Note: Set out the eggs one hour before poaching. Eggs will poach more evenly if room temperature.

POTATO BOULANGÈRE

Yield: 6 portions

Ingredients	Amounts
Potato, Yukon Gold, peeled	6 ea.
Thyme, fresh, chopped	1 tsp.
Garlic, minced	1 tsp.
Onion, yellow, sliced	1 cup
Butter, unsalted, melted	½ cup
Stock, chicken	1 cup
Cream, heavy	¼ cup
Cheese, Swiss, grated	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 325°F.
2. Thinly slice the potatoes.
3. Shingle the potatoes in a 2-inch baking dish.
4. In a large bowl, combine the thyme, garlic, onion, butter, stock, heavy cream, and Swiss cheese.
5. Season with salt and pepper to taste.
6. Pour the liquid over the top of the potatoes. Cover with parchment paper and then foil.
7. Bake in the preheated oven for two hours. Remove the foil and parchment paper.
8. Bake another 30 minutes to brown the top. Insert a skewer into potatoes to check that they are tender.

CRÊPES SUZETTE

Yield: 6 crêpes

Ingredients	Amounts
Flour, all-purpose	1 ½ cups
Butter, unsalted, melted	¼ cup
Milk, whole	1 cup
Water	½ cup
Salt, kosher	½ tsp.
Sugar, granulated	2 Tbsp.
Orange, zest	1 Tbsp.
Egg, whole	3 ea.
Vanilla, extract	1 tsp.
Orange, juice, fresh, strained	1 cup
Sugar, granulated	½ cup
Lemon, juice, fresh	1 Tbsp.
Butter, unsalted	¼ cup
Liqueur, Grand Marnier	¼ cup
Orange, peel, cut into thin, short strips	1 Tbsp.
Butter, unsalted	as needed

Method

1. For the crêpes, whisk together the flour, butter, milk, water, salt, sugar, orange zest, egg and vanilla.
2. Blend with immersion blender until very smooth, about 1 minute. Let it rest for 30 minutes.
3. For the sauce, in a medium saucepan over medium heat, add the orange juice, sugar, lemon juice, butter, Grand Marnier, and orange peel. Simmer to a thick syrupy sauce, stirring with wooden spoon, for 5 to 7 minutes. Cover and reserve.
4. Using an 8-inch crêpe pan or nonstick sauté pan, heat over medium heat. Add a little butter and 2 ounces of crêpe batter to the pan. Cook for 1 minute on each side. Make 6 crêpes.
5. Brush the sauce onto each crêpe, fold into a triangle, and dip each triangle into the warm sauce.

CHICKEN VERONIQUE VOL-AU-VENT

Yield: 6 portions

Ingredients	Amounts
Puff pastry, sheet	1 ea.
Egg, whole, beaten	1 ea.
Chicken, breast, boneless, quartered	2 ea.
Wine, white, dry	½ cup
Stock, chicken	2 cups
Shallot, sliced	¼ cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Celery, brunoised	¼ cup
Grapes, white, seedless, sliced	¾ cup
Mayonnaise	¾ cup
Celery seed	1 tsp.
Lemon, zest	1 tsp.
Lemon, juice, fresh	2 Tbsp.
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Sugar, granulated	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 375°F.
2. For the vol-au-vent, fold the puff pastry in half creating 2 layers. Cut 6 each 3-inch circles then score the inside of the 3-inch circles with another 2 ¾-inch circle mold.
3. Brush with the beaten egg wash. Bake in the preheated oven until brown, 5 to 7 minutes.
4. In a medium stockpot, poach the chicken with the wine, chicken stock, shallots, salt, and pepper until internal temperature reaches 160°F, about 20 minutes. Let it cool in the broth.
5. In a large bowl, combine the celery, grapes, mayonnaise, celery seed, lemon zest and juice, parsley, sugar, salt and pepper. Let it stand for 10 minutes.
6. Pull the chicken into ½ inch pieces and add it to the salad ingredients.
7. Fill the vol-au-vent with salad.

Note: When brushing puff pastry, avoid getting egg wash on the sides or they won't rise evenly.

POACHED EGGS AND AVOCADO MASH ON SOURDOUGH TOAST

Yield: 6 portions

Ingredients	Amounts
Lemon, juice, fresh	1 tsp.
Onion, red, brunoised	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	2 Tbsp.
Avocado	2 ea.
Bread, sourdough, boule, loaf	½ ea.
Salt, kosher	as needed
Vinegar, white	¼ cup
Egg, whole	6 ea.
Scallion (Green onion), julienned	2 ea.
Radish, red, julienned	2 ea.

Method

1. Preheat broiler to high.
2. In a bowl, combine the lemon juice, red onion, salt, and pepper. Macerate until the onion is softened, about 10 minutes.
3. Add the olive oil and avocado and mash them with a fork.
4. Slice the bread into ¼-inch slices. Arrange them on a sheet pan.
5. Bring 1 gallon of water to a boil. Add the salt and vinegar. Lower the heat to a simmer and poach the eggs for 2 to 3 minutes. Remove from the water and drain. Set it on a plate and keep warm.
6. Toast the bread in the preheated broiler.
7. Spoon avocado on top, add the egg, and garnish with the scallion and radish.

Note: To help ripen avocados, place them in a brown bag with a ripe banana. Fold down the opening, loosely sealing it, and let it sit at room temperature for at least 12 hours.

MUSHROOM GALETTE

Yield: 6 portions

Ingredients	Amounts
Pizza Dough (Recipe follows)	1 ea.
Butter, unsalted	1 Tbsp.
Shallot, brunoised	¼ cup
Garlic, minced	1 tsp.
Mushroom, shiitake, sliced	1 cup
Mushroom, cremini, sliced	1 cup
Mushroom, chanterelle, sliced	1 cup
Wine, sherry	¼ cup
Thyme, fresh, chopped	1 Tbsp.
Parsley, flat-leaf, fresh, chopped	1 tsp.
Sour cream	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cheese, Brie, torn into small pieces	¼ cup
Egg, whole, beaten	1 ea.

Method

1. Preheat oven to 350°F.
2. Prepare 1 recipe of pie dough. Roll out to a round shape. Fold edges over by half an inch to create a rim. Place it on a parchment-lined sheet pan.
3. For the filling, in a large sauté pan over low heat, melt the butter. Add the shallot and garlic and cook until soft, about 2 minutes.
4. Add the mushrooms and cook over medium heat until mushrooms lightly caramelize, 5 to 7 minutes.
5. Add the sherry and toss. Remove from heat.
6. Add the thyme, parsley, and sour cream. Season with salt and pepper to taste. Cool thoroughly
7. Evenly spoon cooled filling onto the pastry. Top with Brie cheese. Brush the edges of the crust with beaten egg.
8. Bake in the preheated oven on the lowest rack until the crust is golden brown and the filling is hot, 20 to 30 minutes.

Note: For a crispier galette, prebake the pizza dough.

PIZZA DOUGH

Yield: 1 pizza

Ingredients	Amounts
Water, warm	1 cup
Yeast, dry, instant	2 tsp.
Oil, olive, pure	2 Tbsp.
Honey	1 Tbsp.
Salt, kosher	1 tsp.
Flour, OO (Divided)	3 cups

Method

1. In the bowl of an electric standing mixer fitted with a paddle attachment, combine the water, yeast, olive oil, honey, salt, and 1 cup of the flour. Mix well to form a batter. Let it stand for 15 minutes.
2. Add the remaining 2 cups of flour. Mix with a dough hook for 8 to 10 minutes.
3. Turn out on a table and knead for 2 to 3 minutes, then knead into a ball.
4. Place the dough in an oiled bowl and let it rise for 45 minutes.
5. Punch down and let it rise and relax for 20 minutes.

Note: All-purpose or bread flour can also be used.

TOMATO PROVENÇALE

Yield: 8 portions

Ingredients	Amounts
Tomato, plum (Roma), large	4 ea.
Garlic, minced	1 Tbsp.
Breadcrumbs, dried	¼ cup
Cheese, Parmesan, grated	¼ cup
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Basil, fresh, chopped	2 Tbsp.
Thyme, fresh, chopped	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, pure	¼ cup

Method

1. Preheat oven to 375°F.
2. Cut the tomatoes in half horizontally. Scoop out the seeds and pulp with a spoon.
3. In a small bowl, place the garlic, breadcrumbs, Parmesan, parsley, basil, and thyme. Mix to combine. Season with salt and pepper to taste.
4. Spoon the breadcrumb mixture into each tomato half, pressing down gently to ensure the mixture sticks to the tomato.
5. Drizzle each tomato with olive oil and place them in a baking dish.
6. Bake the tomatoes in the preheated oven until the breadcrumb mixture is golden brown and the tomatoes are soft and cooked through, 20 to 25 minutes.

CLASSIC FRENCH ONION SOUP

Yield: 6 portions

Ingredients	Amounts
Bread, baguette, sliced	1 ea.
Butter, unsalted	6 Tbsp.
Onion, yellow, sliced thinly	8 ½ cups
Garlic, clove, minced	4 ea.
Wine, Chablis	1 ½ cups
Flour, all-purpose	2 Tbsp.
Stock, beef, cold	1 qt.
Stock, chicken	1 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 450°F.
2. Arrange the slices of baguette on a sheet pan and toast in the preheated oven until crisp and lightly golden brown, 5 to 7 minutes. Reserve
3. Heat the butter on medium heat in a large, thick-bottomed pan. Add the onions and cook until they have softened and developed a light caramel color, 20 to 25 minutes.
4. Add the garlic and continue to cook until aromatic, about 2 minutes.
5. Add the wine and reduce until cooked dry, 18 to 20 minutes.
6. Stir in the flour and cook for 2 minutes.
7. Remove the pan from the heat. Pour in the cold beef and chicken stock, stirring thoroughly to distribute the flour throughout the soup. Add the bay leaf and thyme.
8. Return the pan to the heat and bring to a boil. Turn the heat to low and simmer for 30 minutes.
9. Season the soup to taste with salt, black pepper, and cayenne pepper. Ladle the soup into oven-safe bowls and top with slices of toasted baguette covered with Gruyère.
10. Place the soup into the oven or under a broiler and cook until golden brown and bubbly, about 10 minutes.
11. Sprinkle each bowl of soup with parsley. Serve immediately.

COQ AU VIN

Yield: 6 portions

Ingredients	Amounts
Pork, bacon, 1/2-in. sliced, diced	1/2 cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Chicken, thigh, trimmed, skin on	12 ea.
Shallot, brunoised	1/4 cup
Celery, brunoised	1/4 cup
Mushroom, button, brunoised	1/2 cup
Carrot, brunoised	1/4 cup
Garlic, minced	1 Tbsp.
Tomato, concassé	1/2 cup
Butter, unsalted	1/4 cup
Flour, all-purpose	2 Tbsp.
Brandy	1/4 cup
Wine, red	2 cups
Stock, chicken	1 cup
Thyme, fresh, chopped	1 Tbsp.
Bay leaf, dried	1 ea.
Parsley, flat-leaf, fresh, chiffonade	1 Tbsp.

Method

1. Preheat oven to 325°F.
2. In a large heavy-bottom rondeau, render bacon over low heat until crispy. Remove the bacon and reserve.
3. Season the chicken with salt and pepper. Add the chicken to the rondeau and brown lightly on both sides. Remove chicken.
4. Add the shallot, celery, mushroom, carrot, garlic, tomato and butter. Cook for 2 to 4 minutes.
5. Add the flour and cook for 2 minutes.
6. Add the brandy, wine, stock, thyme, bay leaf, and chicken and bring to a simmer. Place in an oven until chicken is fall-off-the-bone tender, about an hour. Reserve any cooking liquid.
7. Plate the chicken and garnish with the reserved bacon and parsley. Drizzle reserved cooking liquid over the chicken as a sauce.

Note: Marinating the chicken, wine, and vegetables for two days will give the chicken a stronger wine flavor.

CITRUS CRÈME BRÛLÉE

Yield: 12 portions

Ingredients	Amounts
Cream, heavy	1 qt.
Lemon, zest	1 Tbsp.
Orange, zest	1 tsp.
Lime, zest	1 Tbsp.
Sugar, granulated	1 cup
Egg, whole	3 ea.
Egg, yolk	7 ea.
Salt, kosher	½ tsp.
Vanilla, extract	1 Tbsp.
Sugar, granulated	1 Tbsp.

Method

1. Bring the cream to a simmer. Remove from the heat. Add the lemon and orange zest and let infuse for one hour.
2. Preheat oven to 300°F.
3. In a large mixing bowl, combine the sugar, eggs, salt, and vanilla, whisking for 2 minutes to blend the sugar and egg.
4. Add the cream, whisking well. Let it infuse for 15 minutes.
5. Fill 12 small, oval ramekins almost to the top and bake in a water bath until just set, about 20 minutes.
6. Remove from the oven and cool overnight.
7. Sprinkle with sugar and caramelize the sugar using a torch. To avoid a burnt taste, avoid over caramelizing the sugar. It should be light brown, not black.

BRIE AND HAM TURNOVERS

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	1 Tbsp.
Shallot, sliced	¼ cup
Potato, new, small diced	½ cup
Salt, kosher	as needed
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Ham, shaved	½ cup
Pepper, black, ground	as needed
Puff pastry, sheet	1 ea.
Cheese, Brie, sliced 2-in.	6 ea.
Egg, whole, beaten	1 ea.

Method

1. Pre-heat oven to 375°F.
2. In a small sauce pot, combine the butter, shallot, and potato. Cover with water, add salt, and boil until the potatoes are tender, 10 to 15 minutes. Drain and mash.
3. Add the parsley and ham. Season with salt and pepper to taste.
4. Cut the puff pastry into 4-inch squares.
5. Spoon 2 tablespoons of the potato mixture into the center of the pastry. Top with one slice of Brie cheese. Fold over, forming a triangle. Press the edges together to seal.
6. Place them on a parchment-lined sheet pan. Brush with beaten egg wash.
7. Bake in the preheated oven until golden brown, 10 to 12 minutes.

Note: Store-bought puff pastry should not be rolled out, as this will destroy the layers and it will fail to rise.

RED AND YELLOW BEET SALAD WITH CIDER VINEGAR

Yield: 6 portions

Ingredients	Amounts
Beet, red, medium	3 ea.
Beet, yellow, medium	3 ea.
Vinegar, cider (Divided)	1 cup
Salt, kosher	as needed
Ginger, powder	1 tsp.
Honey	1 Tbsp.
Oil, olive, extra virgin	¼ cup
Vinegar, cider	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Mesclun	3 cups
Almonds, slivered	¼ cup

Method

1. In two separate medium saucepots, place the red and yellow beets, each with ½ cup of the vinegar. Add salt to taste and enough water to cover. Bring to a boil over high heat, then lower the heat to medium and simmer until fork tender, about 1 hour. Drain and cool.
2. When the beets are cool enough to handle, peel them by rubbing the outside with paper towels or a kitchen towel. Slice them ¼-inch circles.
3. For the vinaigrette, combine the ginger, honey, olive oil, and vinegar. Season with salt and pepper to taste.
4. Arrange the beets on a platter so that they slightly overlap. Alternate colors, leaving the center of the platter open.
5. Toss the mesclun greens with half of the vinaigrette. Place them in the center of the platter and sprinkle almonds on top.
6. Drizzle the remaining vinaigrette on the beets.

Note: Cooking the beets separately preserves the color of the yellow beets.

BRIOCHE FRENCH TOAST WITH RASPBERRY COMPOTE

Yield: 6 portions

Ingredients	Amounts
Raspberries	1 cup
Sugar, granulated	½ cup
Water	¼ cup
Egg, whole	4 ea.
Half and half	2 cups
Vanilla, extract	1 Tbsp.
Sugar, granulated	2 Tbsp.
Oil, vegetable	as needed
Bread, brioche, loaf, ½-in. sliced	1 ea.
Butter, unsalted	as needed

Method

1. For the compote, in a medium saucepot, combine the raspberries, sugar, and water. Simmer over low heat until a syrup forms, 3 to 4 minutes. Reserve.
2. Combine the eggs, half and half, vanilla, and sugar. Mix well.
3. Preheat the griddle to medium-low. Brush the griddle with oil.
4. Dip the brioche in the egg mixture and cook slowly on the griddle. When brown on both sides, add a little butter to crisp up the toast.
5. Top the toast with compote.

STUFFED OYSTERS BIENILLE

Yield: 6 portions

Ingredients	Amounts
Oyster, East Coast, shucked	24 ea.
Butter, unsalted	4 oz.
Garlic, minced	1 Tbsp.
Shallot, brunoise	¼ cup
Celery, brunoise	¼ cup
Pepper, bell, red, brunoise	¼ cup
Flour, all-purpose	1 Tbsp.
Wine, white, dry	¼ cup
Cream, heavy	½ cup
Breadcrumbs, fresh	½ cup
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Cheese, Parmesan, grated	¼ cup
Salt, sea	to taste
Pepper, black, ground	to taste
Tabasco sauce (Optional)	to taste

Method

1. For the stuffing, in a large sauté pan over low heat, melt the butter. Add the garlic, shallot, celery, bell and pepper. Sweat until soft, 7 to 10 minutes. Do not brown.
2. Stir in the flour. Cook for 2 to 3 minutes.
3. Add the wine and cream. Bring it to a boil.
4. Remove the pan from the heat. Add the parsley, lemon juice, breadcrumbs, and cheese. Let it cool for 3 to 4 minutes. Reserve.
5. Remove the oysters from the shells, keeping the oyster juice.
6. In a large bowl, place the reserved stuffing mixture, oysters, and oyster juice. Mix to combine. Season with salt and pepper to taste.
7. Place 2 tablespoons of the oyster stuffing into each shell.
8. Cook under a broiler until light brown and warm, 3 to 4 minutes. Serve with tabasco sauce on the side, if desired.

CANDIED APPLEWOOD BACON

Yield: 6 portions

Ingredients	Amounts
Sugar, brown	1 cup
Molasses	½ cup
Honey	¼ cup
Pepper, black, cracked	2 Tbsp.
Red pepper flakes	2 Tbsp.
Worcestershire sauce	¼ cup
Pork, bacon, applewood, strips	18 ea.

Method

1. Preheat oven to 350°F.
2. In a small bowl, combine the sugar, molasses, honey, pepper, red pepper flakes and Worcestershire sauce. Mix thoroughly. It will be sticky.
3. Arrange the bacon strips so they are not touching on a parchment-lined sheet pan. Bake in the preheated oven until half cooked, about 10 minutes.
4. Flip the bacon and return it to the oven. Cook the bacon until it is $\frac{3}{4}$ done, about 5 minutes.
5. Evenly brush each strip of bacon with the sugar mixture.
6. Return the bacon to the oven and cook until crispy. Drain on a rack. Serve warm.

Note: For less spicy bacon, use less pepper. For less sweet bacon, use less sugar.

YELLOW AND GREEN BEANS WITH WALNUTS AND BLUE CHEESE

Yield: 6 portions

Ingredients	Amounts
Beans, yellow, trimmed, halved	2 cups
Beans, green, trimmed, halved	2 cups
Onion, red, julienne	½ cup
Vinegar, sherry	¼ cup
Oil, olive, extra virgin	½ cup
Walnuts, chopped (Divided)	¼ cup
Cheese, blue, crumbled (Divided)	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Bring a small sauce pot of salted water to a boil. Add the yellow beans. Blanch until tender, about 3 to 5 minutes. Drain and reserve.
2. Bring a small sauce pot of salted water to a boil. Add the green beans. Blanch until tender, about 3 to 5 minutes. Drain and reserve.
3. In a large bowl, combine the red onion and sherry vinegar. Macerate for 10 minutes to soften.
4. Add the beans, oil, ½ the walnuts, and ½ the cheese. Season with salt and pepper to taste.
5. Arrange the mixture on an oval platter. Garnish with the remaining cheese and walnuts.
6. Serve hot or cold.

THREE CHEESE FRENCH ROLLED OMELET

Yield: 6 portions

Ingredients	Amounts
Cheese, Gruyère, grated	¾ cup
Cheese, Monterey Jack, grated	¾ cup
Cheese, Cheddar, grated	¾ cup
Egg, whole	18 ea.
Oil, canola	as needed
Salt, kosher (Optional)	to taste
Pepper, black, ground (Optional)	to taste

Method

1. In a small bowl, place the three cheeses. Mix to combine. Reserve.
2. For each portion, in a small bowl, beat 3 eggs well.
3. Heat an omelet pan over high heat. Add the oil, tilting the pan to coat the entire surface.
4. Pour the egg mixture into the pan and scramble it with a heat-proof rubber spatula. Move the pan and utensil at the same time until the egg mixture has coagulated slightly.
5. Add ¼ of the grated cheese mixture.
6. Let the egg mixture finish cooking without stirring.
7. Tilt the pan and slide the spatula around the lip of the pan, under the omelet, to be sure it is not sticking. Slide the omelet to the front of the pan and use the spatula to fold it inside to the center. Turn the pan upside down, rolling the omelet onto a heated plate. The finished omelet should be oval shaped.
8. Season with salt and pepper to taste. Serve immediately.

Note: Clarified butter can be substituted for the oil.

DAY FOUR: TEAM PRODUCTION ASSIGNMENTS

CHEF DEMO

Soufflé, Pâte à Choux, Quiche

TEAM ONE

Smoked Salmon and Crème Fraîche Pizza

Rosemary and Garlic Roasted Lamb

Greek Couscous Salad

Dried Cranberry and Apricot Scones

TEAM TWO

Flatbread with Prosciutto, Artichokes, and Fontina

Apple and Almond Tart

Red and Yellow Potatoes in Herbed Vinaigrette

Gingered Carrots

TEAM THREE

Asparagus and Gravlax Quiche

Ragout de Champignons

Chocolate Cake Caprese

Pâté Chaud

TEAM FOUR

Bacon and Sweet Onion Quiche with Potato Crust

Seafood Beignets with Whole Grain Mustard

Peach and Blueberry Clafoutis

Arugula and Roasted Red Pepper Salad

CHEESE SOUFFLÉ

Yield: 8 portions

Ingredients	Amounts
Butter, unsalted	as needed
Flour, all-purpose	as needed
Egg, yolk	6 ea.
Milk, whole	1 $\frac{3}{4}$ cups
Butter, unsalted	$\frac{1}{2}$ cup
Flour, all-purpose	$\frac{1}{4}$ cup
Cheese, Gruyère, grated	$\frac{1}{4}$ cup
Cheese, Parmesan, finely grated	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Nutmeg, fresh, grated	$\frac{1}{8}$ tsp.
Worcestershire sauce	$\frac{1}{4}$ tsp.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Egg, white	8 ea.
Salt, kosher	1 pinch
Cheese, Cheddar, grated	4 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Preheat oven to 400°F.
2. Butter eight 3 $\frac{1}{2}$ -inch-diameter, 4-ounce ramekins with butter. Dust it lightly with flour. Reserve.
3. Place the milk in a saucepan set over medium-high heat. Bring it to a boil and immediately remove it from the heat. Reserve.
4. Melt the butter in a medium-sized saucepan set over medium-high heat. When the butter begins to sizzle, add the flour, one tablespoon at a time, blending it into the butter with a wire whisk.
5. Gradually add the hot milk. Bring the mixture to a boil while whisking constantly. When the mixture is smooth and has thickened, remove it from the heat.
6. Add the egg yolks, one at a time, whisking after each addition, to create a mixture that looks like pastry cream.
7. Whisk in the Gruyère and Parmesan cheese, salt, pepper, nutmeg, Worcestershire sauce, and parsley. Reserve.
8. In the bowl of a stand mixer fitted with the whisk attachment, place the egg whites and salt. Beat on medium speed until the whites hold a soft peak, 3 to 4 minutes.

9. Vigorously stir 1/4 of the egg whites into the cheese mixture. Gently fold the remaining egg whites into the mixture.
10. Distribute the batter equally among the prepared ramekins, filling each mold to the rim. Sprinkle each with 1 1/2 teaspoons of the grated Cheddar. Season with salt and pepper.
11. Bake until golden brown on top and doubled in size, 10 to 12 minutes.

Source: Chef Dieter Schorner

PÂTE À CHOUX

Yield: 1 pound

Ingredients	Amounts
Butter, unsalted	1/4 cup
Water, cold	2/3 cup
Flour, all-purpose, sifted	3/4 cup
Egg, whole, lightly beaten	3 ea.

Method

1. Melt the butter in a medium saucepan over low heat. Add the water and bring it to a boil.
2. Remove the pan from the heat. Add the sifted flour all at once. Beat with a wooden spoon until it is smooth, 30 to 60 seconds.
3. Heat the pan over low heat, stirring constantly, until the mixture is dry, about 1 minute.
4. Remove the pan from the heat and let the mixture cool for 5 minutes.
5. Gradually add the beaten eggs a little at a time, beating thoroughly between additions, until you have a shiny paste that can hold its shape when piped or spooned. (You may not need to use all the egg. If your paste is a little dry, you may want to beat another egg and add some or all of it to adjust the consistency.)
6. Store the paste, covered, in the refrigerator until needed.

Note: Flavorings can be added to the pâte à choux. For example, add 1 pinch of citrus zest, 1 teaspoon vanilla extract, or 1 tablespoon flavored liqueur just before the beaten eggs.

SMOKED SALMON AND CRÈME FRÂICHE PIZZA

Yield: 1 pizza

Ingredients	Amounts
Pizza Dough (Recipe follows)	1 ea.
Oil, olive, extra virgin	2 Tbsp.
Garlic, minced	1 Tbsp.
Cheese, Parmesan, grated	2 Tbsp.
Salmon, smoked, thinly sliced	1 cup
Crème fraîche	½ cup
Dill, fresh, chopped	1 Tbsp.

Method

1. Preheat oven to 500°F. Place the pizza stone on the floor of the oven.
2. Roll out the pizza dough. Brush it with the olive oil. Sprinkle with garlic and Parmesan cheese.
3. Bake the pizza in the preheated oven until the crust is golden brown and cheese is bubbling but not brown, 6 to 8 minutes.
4. Let it cool for 3 to 4 minutes.
5. Evenly place the smoked salmon on top of the crust. Sprinkle with crème fraîche and dill.

PIZZA DOUGH

Yield: 1 pizza

Ingredients	Amounts
Water, warm	1 cup
Yeast, dry, instant	2 tsp.
Oil, olive, pure	2 Tbsp.
Honey	1 Tbsp.
Salt, kosher	1 tsp.
Flour, OO (Divided)	3 cups

Method

1. In the bowl of a stand mixer fitted with a paddle attachment, place the water, yeast, olive oil, honey, salt, and 1 cup of the flour. Mix on medium-low speed to form a batter, 5 to 7 minutes.
2. Let it stand for 15 minutes.
3. Add the remaining 2 cups of flour. Mix with a dough hook for 8 to 10 minutes.
4. Turn the dough out on a table and knead it for 2 to 3 minutes. Form it into a ball.
5. Place the dough in an oiled bowl and let it rise for 45 minutes.
6. Punch it down and let it rise and relax for 20 minutes.

Note: All-purpose or bread flour can be substituted for the OO flour.

ROSEMARY AND GARLIC ROASTED LAMB

Yield: 1 lamb top round

Ingredients	Amounts
Lamb, shoulder, boneless, 2 ½ lb.	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	2 Tbsp.
Garlic, sliced	¼ cup
Shallot, sliced	¼ cup
Rosemary, sprig, fresh	4 ea.
Oregano, sprig, fresh	4 ea.
Thyme, sprig, fresh	4 ea.
Lemon, juice, fresh (Optional)	2 Tbsp.
Lemon, zest (Optional)	1 Tbsp.
Oil, olive, pure (Optional)	¼ cup

Method

1. Preheat oven to 425°F.
2. Butterfly the lamb (see Chef demo).
3. Season with salt and pepper. Rub with the olive oil, garlic, shallot, rosemary, oregano and thyme.
4. Place it on a sheet pan with parchment paper. Cook in the preheated oven for 10 minutes.
5. Lower the oven temperature to 300°F. Roast until internal temperature reaches 125°F, about 20 minutes.
6. Remove the lamb from the oven and let it rest for 15 minutes. Thinly slice the lamb.
7. If desired, use the liquid released during cooking as a small sauce. Add a little lemon juice and zest and olive oil. Mix to combine. Pour it over the lamb before serving.

GREEK COUSCOUS SALAD

Yield: 6 portions

Ingredients	Amounts
Water	2 ½ cups
Garlic, minced	1 Tbsp.
Shallot, small diced	¼ cup
Oregano, fresh, chopped	¼ cup
Oil, olive, extra virgin	¼ cup
Couscous, dry	2 cups
Onion, red, small diced	¼ cup
Lemon, zest	2 Tbsp.
Lemon, juice, fresh	¼ cup
Oil, olive, extra virgin	¼ cup
Tomato, cherry, red, halved	¼ cup
Tomato, cherry, yellow, halved	¼ cup
Pepper, bell, green, small diced	¼ cup
Pepper, bell, red, small diced	¼ cup
Cucumber, English, small diced	1 cup
Dill, fresh, chopped	¼ cup
Parsley, flat-leaf, fresh, chopped	¼ cup
Olive, niçoise, chopped	½ cup
Cheese, feta, crumbled	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a medium saucepot, bring the water to a boil. Add the garlic, shallot, oregano, and olive oil. Season with salt and pepper. Stir in the couscous, remove the pot from the heat, and cover the pan. Let it sit for 10 minutes.
2. Transfer the mixture to a parchment-lined sheet pan and gently spread it out with a fork, being careful not to mash it.
3. In a large bowl, combine the red onion, lemon zest, and lemon juice. Macerate until the onion is softened, about 10 minutes.
4. Add the olive oil, tomatoes, bell peppers, cucumber, dill, parsley and olives. Mix thoroughly. Gently fold in the cooked couscous and feta cheese.
5. Season with salt and pepper to taste.

Note: For a more acidic salad, add a little red wine vinegar or sherry wine vinegar.

DRIED CRANBERRY AND APRICOT SCONES

Yield: 6 portions

Ingredients	Amounts
Flour, all-purpose	3 cups
Sugar, granulated	½ cup
Baking powder	2 Tbsp.
Salt, kosher	½ tsp.
Cranberry, dried, finely chopped	½ cup
Apricot, dried, finely chopped	½ cup
Raisin, golden, finely chopped	½ cup
Cream, heavy	2 cups

Method

1. Line a 10-inch, round cake pan with parchment paper.
2. In a large bowl, mix the flour, sugar, baking powder, salt, cranberries, apricots, and raisins.
3. Add the cream and gently mix for 1 minute.
4. Transfer the mixture to the prepared cake pan and freeze for 30 minutes.
5. Preheat oven to 350°F.
6. Remove it from the freezer and turn out onto a cutting board. Cut it into 10 triangles and place it on a parchment-lined sheet pan.
7. Bake in the preheated oven until golden brown, about 30 minutes.

Note: The fruit can be replaced with savory items such as ham, bacon, or cheese.

FLATBREAD WITH PROSCIUTTO, ARTICHOKES, AND FONTINA

Yield: 6 portions

Ingredients	Amounts
Flatbread Dough (Recipe follows)	1 ea.
Oil, olive, pure	2 Tbsp.
Garlic, minced	1 tsp.
Prosciutto, thinly sliced	6 ea.
Artichoke, marinated, quarters, prepared	12 ea.
Cheese, Parmesan, shaved	¼ cup
Cheese, Fontina, ¼-in. sliced	12 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Basil, fresh, chopped	2 Tbsp.

Method

1. Preheat grill to medium. Preheat oven to 350°F.
2. Roll out the dough to a long rectangle. Grill the dough on both sides until crisp, 1 to 2 minutes.
3. Brush the dough with olive oil and sprinkle with garlic.
4. Add the prosciutto, artichokes, and Parmesan and Fontina cheeses. Season with salt and pepper.
5. Bake in the preheated oven on a parchment-lined sheet pan until golden brown and baked through, 5 to 7 minutes.
6. Sprinkle basil on top.
7. Cut into squares.

FLATBREAD DOUGH

Yield: 1 flatbread

Ingredients	Amounts
Water, warm	1 cup
Yeast, dry, instant	2 tsp.
Oil, olive, pure	2 Tbsp.
Honey	1 Tbsp.
Salt, kosher	1 tsp.
Flour, 00, soft wheat (Divided)	3 cups

Method

1. In the bowl of a stand mixer fitted with a paddle attachment, place the water, yeast, olive oil, honey, salt, and 1 cup of the 00 flour. Mix on low speed to combine and form a batter, about 1 minute.
2. Let it stand for 15 minutes.
3. Replace the paddle with a dough hook attachment. Add the remaining 2 cups of flour. Mix on low speed until smooth and elastic, 8 to 10 minutes.
4. Turn the dough out on a work surface. Knead for 2 to 3 minutes. Form it into a ball.
5. Place the ball of dough into an oiled bowl. Let it rise for 45 minutes.
6. Punch the dough down. Let it rise for 20 minutes.

Note: All-purpose or bread flour can be substituted for the 00 flour.

APPLE AND ALMOND TART

Yield: 6 portions

Ingredients	Amounts
Tart Dough (Recipe follows)	1 ea.
Butter, unsalted, softened	1/2 cup
Sugar, brown	1/2 cup
Egg, whole	2 ea.
Flour, almond	1/4 cup
Almonds, whole, ground	1/2 cup
Salt, kosher	1/4 tsp.
Apple, Granny Smith, peeled, sliced	4 ea.
Vanilla, extract	1 tsp.
Cinnamon, ground	1 tsp.
Sugar, sanding	1/4 cup
Almonds, slivered	1/4 cup
Apricot, glaze	1/2 cup

Method

1. Preheat oven to 375°F.
2. Make the Tart Dough.
3. For the almond paste, in a large bowl, whisk together the butter and brown sugar.
4. Add the eggs, one at a time, and mix until smooth.
5. Add the almond flour, ground almonds, and salt. Mix well until very light and creamy. Reserve.
6. In a large bowl, toss the apples, vanilla, cinnamon, and sanding sugar. Macerate for 10 minutes.
7. Spread the almond paste on bottom of the tart crust. Evenly arrange the apples in a shingled, circular pattern. Sprinkle slivered almond on top.
8. Bake in the preheated oven until the apples are tender, 30 to 40 minutes.
9. Brush with the apricot glaze.

Note: Any firm, tart, cooking apple such as Honeycrisp, Braeburn, and Jonagold can be substituted for the Granny Smith.

TART DOUGH

Yield: one 10-inch tart

Ingredients	Amounts
Flour, pastry	1 ¼ cups
Salt, kosher	½ tsp.
Butter, unsalted, cubed	7 Tbsp.
Water, cold	3 ½ Tbsp.
Beans, dried	as needed

Method

1. In a medium bowl, combine the flour and salt. Work the butter into the flour to resemble a crumb topping.
2. Add the water, 1 tablespoon at a time, until it just holds together when you press a handful of it into a ball. The dough should be evenly moist (not wet), and shaggy or rough in appearance.
3. 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.
4. Preheat oven to 375°F.
5. 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 and ⅛-inch thick.
6. Fold the dough in half or roll it loosely around the rolling pin and gently lift and position it over a tart 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 pie crust, prick the dough evenly over the bottom and sides with the tines of a fork. Line the dough with a piece of parchment paper and fill half full with the dried beans. Bake until the crust is dry, 12 to 15 minutes.
9. Remove the pan from the oven and remove the paper and dried beans. Return the crust to the preheated oven. Bake until the crust is completely dry and lightly golden brown, 5 to 6 minutes.
10. Cool to room temperature before filling.

Note: Pie weights or uncooked rice can be substituted for the dried beans.

RED AND YELLOW POTATOES IN HERBED VINAIGRETTE

Yield: 6 portions

Ingredients	Amounts
Pepper, bell, red	1 ea.
Potato, red, mini, cut in half	18 ea.
Potatoes, yellow, mini, cut in half	18 ea.
Vinegar, wine, red	¼ cup
Vinegar, cider	¼ cup
Onion, red, short julienned	½ cup
Garlic, minced	½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, extra virgin	½ cup
Mustard, Dijon	1 Tbsp.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Chive, sliced	1 Tbsp.
Tarragon, fresh, chopped	1 Tbsp.
Basil, fresh, chopped	1 Tbsp.
Olive, Niçoise, chopped	¼ cup
Capers	1 Tbsp.

Method

1. Roast the pepper over open flame until charred black all around. Transfer to a pan and cover tightly with foil. Let them steam for about 5 minutes. Peel off the skin, remove the seeds, and chop. Reserve
2. In 2 separate medium pots, place the red and yellow potatoes and cover with water. Bring to a boil over high heat, then reduce the heat to medium and simmer until tender, 10 to 15 minutes. (The two kinds of potatoes will cook differently.) Drain and reserve.
3. In a large bowl, combine the red wine and cider vinegar, onion, garlic, salt, and pepper. Macerate for 10 minutes.
4. Add the oil and mustard. Mix to combine.
5. Add the reserved chopped peppers, reserved potatoes, parsley, chives, tarragon, basil, olives, and capers. Mix to combine.
6. Add the potatoes. Toss to coat. Let it sit for at least 10 minutes, to allow the flavors to blend. Season with salt and pepper to taste.
7. Serve at room temperature.

GINGERED CARROTS

Yield: 6 portions

Ingredients	Amounts
Carrot, medium, peeled, cut in ½	10 ea.
Garlic, minced	1 tsp.
Ginger, fresh, minced	1 Tbsp.
Butter, unsalted	½ cup
Honey	1 Tbsp.
Soy sauce	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Scallion (Green onion), thinly sliced on bias	2 Tbsp.
Sesame seed	1 Tbsp.

Method

1. In a medium saucepot, place the carrots, garlic, ginger, butter, honey, and just enough water to cover. Cover the pot and cook over medium heat until tender, about 20 minutes.
2. Remove the carrots from the pot and reduce the liquid to ½ cup. This will concentrate the carrot-ginger flavor.
3. Return the carrots to the pot. Add the soy sauce. Mash the mixture until the carrots are coarse chunks. Season with salt and pepper to taste.
4. Place the mixture in a serving bowl. Sprinkle the top with scallions and sesame seeds.

ASPARAGUS AND GRAVLAX QUICHE

Yield: 6 portions

Ingredients	Amounts
Pie Dough (Recipe follows)	1 ea.
Asparagus, trimmed, cut ½-in. on bias	2 cups
Gravlax, small diced	1 cup
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Chive, sliced	1 Tbsp.
Egg, whole	6 ea.
Half and half	1 cup
Cheese, goat (Divided)	1 cup
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Prepare the Pie Dough (Recipe Follows) and follow directions for pre-baking the crust.
2. Lower the oven temperature to 325°F.
3. In a large pot of salted boiling water, blanch the asparagus until tender, 1 to 2 minutes. Drain and cool.
4. Place the asparagus in a clean cloth and squeeze out the water. Reserve.
5. In a large bowl, combine the gravlax, parsley, chives, eggs, half and half, and ½ cup of the goat cheese. Season with salt and pepper. Mix well.
6. Place the asparagus into the pie crust. Add the egg mixture and the remaining ½ cup of the goat cheese.
7. Bake in the preheated oven until firm but not brown, 30 to 45 minutes.

PIE DOUGH

Yield: one single-crust, 9-inch pie

Ingredients	Amounts
Flour, pastry	1 ¼ cups
Salt, kosher	½ tsp.
Butter, unsalted, cubed	7 Tbsp.
Water, cold	3 ½ Tbsp.
Beans, dried	as needed

Method

1. In a medium bowl, combine the flour and salt. For a mealy pie dough, work the butter into the flour to resemble crumb topping.
2. Add the water, 1 tablespoon at a time, until the dough just holds together when you press a handful of it into a ball. It should be evenly moist (not wet), and shaggy or rough in appearance.
3. 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.
4. 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 and about ⅛-inch thick.
5. 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.
6. Tuck the dough overhang under itself and flute the edges.
7. Preheat oven to 375°F.
8. Prick the dough evenly over the bottom and sides with the tines of a fork. Line the dough with a piece of parchment paper and fill half full with the dried beans. Bake until the crust is dry, 12 to 15 minutes.
9. Remove the pan from the oven and remove the paper and dried beans. Return the crust to the oven and bake until the crust is completely dry and lightly golden brown, 5 to 6 minutes.
10. Cool to room temperature before filling.

Note: Pie weights or uncooked rice can be substituted for the dried beans.

RAGOUT DE CHAMPIGNONS

Yield: 6 portions

Ingredients	Amounts
Mushroom, porcini, dried	¾ oz.
Mushroom, porcini, fresh	5 cups
Butter, unsalted	3 Tbsp.
Oil, olive, extra virgin	1 Tbsp.
Shallot, large, minced	1 ea.
Garlic, finely minced	2 tsp.
Wine, white, dry	1 cup
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Stock, chicken	1 cup

Method

1. In a small bowl, soak the dried mushrooms in hot water until they are reconstituted, about 10 minutes. Reserve the soaking liquid. Medium dice the mushrooms and reserve.
2. Trim the stems of the fresh mushrooms and wipe them clean with a soft cloth. Cut large mushrooms into quarters, medium-sized ones in half, and leave small ones whole.
3. Heat the butter in a large sauté pan over medium heat. Increase the heat to high and add the fresh mushrooms. Sauté, without stirring, until the cut edges start to brown, about 4 minutes.
4. Stir the mushrooms and sauté until they have absorbed all the butter but have not browned, about 2 minutes.
5. Add the olive oil. Add the shallots and cook until translucent, about 2 minutes.
6. Add the garlic and cook until fragrant, 1 to 2 minutes.
7. Stir. Lower the heat to medium. Add the soaked dried mushrooms. Cook until the fresh mushrooms are lightly browned.
8. Add the wine and reduce until the liquid just covers the bottom of the pan, about 7 minutes.
9. Add ¼ cup of the reserved mushroom soaking liquid. Reduce it by half, about 4 minutes.
10. Add the chicken stock and reduce until the liquid is the consistency of half and half, about 4 minutes. Season with salt and pepper to taste.

CHOCOLATE CAKE CAPRESE

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	½ cup
Chocolate, bittersweet, chopped	6 oz.
Flour, almond	1 ¼ cups
Coco powder	3 Tbsp.
Liqueur, coffee, Kahlúa	2 Tbsp.
Egg, whole	5 ea.
Sugar, granulated	½ cup
Ice cream, vanilla, scoop	6 ea.

Method

1. Preheat oven to 350°F.
2. Butter and flour an 8-inch cake pan. Cut a parchment circle to fit the bottom of the pan. Butter the parchment circle.
3. Fill an 8-inch sauce pot $\frac{3}{4}$ full of water. Bring it to a simmer. Place the butter and chocolate in a stainless steel bowl and place it over the simmering pot. Let it melt.
4. Add the almond flour, coco powder, and Kahlúa.
5. In the bowl of a stand mixer fitted with the whip attachment, place the eggs and sugar. Whip on medium-high speed until very light and fluffy, 5 to 7 minutes.
6. Gently fold the chocolate mixture into the whipped eggs. Pour the batter into the prepared cake pan and bake until cake is fully cooked, 30 to 40 minutes.
7. Let the cake cool to room temperature.
8. Cut the cake into 6 portions. Serve with a scoop of vanilla ice cream on the side.

PÂTÉ CHAUD

Yield: 6 portions

Ingredients	Amounts
Country Pâté, uncooked (from Day 1)	2 cups
Puff pastry, sheet	4 ea.
Egg, whole, beaten	1 ea.
Shallot, minced	1 Tbsp.
Garlic, minced	1 tsp.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Thyme, fresh, chopped	½ tsp.
Peppercorns, black, cracked	½ tsp.

Method

1. Preheat oven to 375°F.
2. Cut the puff pastry into 3-inch circles.
3. In a small bowl, place the shallot, garlic, parsley, thyme, and pepper. Mix to combine.
4. Add the pate. Mix to combine.
5. Spoon 2 tablespoons of the pate into the center of 1 pastry. Place another pastry circle on top. Pinch the edges to seal. Brush with the beaten egg.
6. Place the pastry on a parchment-lined sheet tray.
7. Repeat the process for each pastry.
8. Bake in the preheated oven until golden brown, 8 to 10 minutes.

BACON AND SWEET ONION QUICHE WITH POTATO CRUST

Yield: 6 portions

Ingredients	Amounts
Potato, Yukon Gold, peeled, thinly sliced	3 ea.
Butter, unsalted, melted	¼ cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Pork, bacon, roughly chopped	1 cup
Onion, sweet, sliced ¼ inch	1 cup
Onion, red, sliced ¼ inch	½ cup
Egg, whole	6 ea.
Half and half	1 cup
Parsley, flat-leaf, fresh, chopped	½ cup
Cheese, Swiss, grated (Divided)	½ cup
Cheese, Cheddar, white, grated (Divided)	½ cup

Method

1. Preheat oven to 325°F.
2. In a large bowl, mix the potato slices and melted butter. Season with salt and pepper.
3. In the bottom of a 9-inch round pie dish, arrange the potato slices, forming a crust. Par-bake in the preheated oven for 10 minutes.
4. In a large sauté pan over medium heat, render the sliced bacon until crispy, about 6 minutes. Drain most of the fat.
5. Lower the heat. Add the onions. Cook until soft, about 3 minutes. Turn off the heat and reserve.
6. In a large bowl, mix the eggs, half and half, and parsley. Season with salt and pepper.
7. Add the reserved bacon-onion mixture and ½ of the Swiss and Cheddar cheese.
8. Pour the egg mixture into the potato crust.
9. Top with the remaining cheese.
10. Bake until the eggs are firm, 30 to 40 minutes.

SEAFOOD BEIGNETS WITH WHOLE GRAIN MUSTARD

Yield: 6 portions

Ingredients	Amounts
Savory Beignet Dough (Recipe follows)	3 cups
Mustard, Dijon	¼ cup
Mustard, whole grain	½ cup
Sour cream	½ cup
Mayonnaise	¼ cup
Wine, white, dry	½ cup
Water	½ cup
Salt, sea	1 pinch
Pepper, black, ground	1 pinch
Shrimp, U26/30, peeled, deveined	1 cup
Lobster, meat, cooked	1 cup
Crab, meat, picked for shells	1 cup
Scallion (Green onion), sliced	½ cup
Parsley, flat-leaf, fresh, chopped	¼ cup
Lemon, juice, fresh	2 Tbsp.
Lemon, zest	2 Tbsp.
Tabasco sauce	2 Tbsp.
Pepper, bell, green, brunoised	½ cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, canola	as needed

Method

1. Prepare the Savory Beignet Dough.
2. For the sauce, in a small bowl, combine both mustards, the sour cream, and mayonnaise. Mix well. Reserve.
3. Preheat fryer to 350°F.
4. In a large sauté pan, place the wine, water, salt, and pepper. Bring it to a simmer over low heat. Add the shrimp and cook until translucent, about 2 minutes. Remove the shrimp and let them cool. Small dice.
5. For the filling, in a large bowl, gently combine the diced shrimp, lobster, crab, scallion, parsley, lemon juice, lemon zest, tabasco, and bell pepper. Season with salt and pepper to taste.
6. Add the filling to the Savory Beignet Dough. Mix until evenly combined.

7. As a test, scoop 1 ounce of the mixture and fry. After browning the mixture, remove it from the oil. Break it open to confirm it is cooked in the middle. If not, adjust the temperature of the oil. Adjust the acidity and salt to taste.
8. Fry the remaining beignets until golden brown. Drain. Serve with the sauce.

SAVORY BEIGNET DOUGH

Yield: 3 cups

Ingredients	Amounts
Milk, whole	½ cup
Yeast, dry, instant	1 tsp.
Water	½ cup
Sugar, granulated	1 tsp.
Flour, all-purpose	½ cup
Egg, whole	2 ea.
Salt, kosher	½ tsp.
Pepper, black, ground	1 pinch
Flour, all-purpose	1 ½ cups

Method

1. In a large bowl, place the milk, yeast, water, sugar, and flour. Mix to make a batter. Allow it to stand for 10 minutes to activate the yeast.
2. Add the eggs, salt, and pepper. Mix well.
3. Add the remaining flour. Mix to make a stiff batter.
4. Cover and allow it to rise for 1 hour.

PEACH AND BLUEBERRY CLAFOUTIS

Yield: 6 portions

Ingredients	Amounts
Blueberries	1 ½ cups
Peach, peeled, ¼-in. sliced	2 cups
Sugar, granulated	¼ cup
Sugar, granulated	½ cup
Vanilla, extract	1 Tbsp.
Egg, whole	5 ea.
Flour, all-purpose	1 cups
Milk, whole	1 ¾ cups
Salt, kosher	½ tsp.
Butter, unsalted	as needed
Cream, heavy, whipped	1 cup

Method

1. Preheat oven to 350°F.
2. In a large bowl, combine the blueberries, peaches, and sugar. Macerate for 10 minutes.
3. For the batter, combine the sugar, vanilla, egg, flour, milk, and salt. Mix well until it has the consistency of crêpe batter. Let it rest for 10 minutes.
4. Grease a pie dish with butter. Add ½ cup of the batter and swirl to make a bottom layer. Bake in the preheated oven until cooked but not brown, 3 to 4 minutes.
5. Arrange the fruit nicely in the pie dish. Pour the remaining batter on top.
6. Bake in the preheated oven until the egg is set and light brown, 30 to 45 minutes.
7. Serve with the whipped cream.

ARUGULA AND ROASTED RED PEPPER SALAD

Yield: 6 portions

Ingredients	Amounts
Pepper, bell, red	1 ea.
Pepper, bell, yellow	1 ea.
Pepper, bell, orange	1 ea.
Mustard, Dijon	1 Tbsp.
Vinegar, wine, red	¼ cup
Vinegar, balsamic	¼ cup
Shallot, sliced thinly	½ cup
Garlic, minced	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, extra virgin	½ cup
Arugula, baby	3 cups
Cheese, Parmesan, shaved	1 cup
Fennel, shaved	1 cup

Method

1. Preheat oven to 350°F.
2. Roast the peppers over open flame until charred black all around. Place them in a pan and cover tightly with foil.
3. Place the pan in the preheated oven for 5 minutes. Remove from the oven and let it cool.
4. Clean the peppers and cut into ¼-inch julienne. Reserve.
5. For the vinaigrette, in a small bowl, combine the mustard, red wine and balsamic vinegar, shallot, and garlic. Season with salt and pepper to taste. Macerate for 10 minutes.
6. Add the oil and the cooled, cooked peppers.
7. In a large bowl, combine the arugula, Parmesan, fennel, and ½ the vinaigrette. Toss to coat lightly. Adjust with more vinaigrette to taste.
8. On a serving platter, make a base of greens and then build on top of that.

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CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

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

METRIC CONVERSION TABLE

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

*Example: 9°F above boiling equals 5°C above boiling.

TEMPERATURE EQUIVALENCIES

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

US CUSTOMARY LIQUID VOLUME CONVERSIONS

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

US TO METRIC DRY MEASURES CONVERSIONS

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

VOLUME MEASURE CONVERSIONS

US	Metric
1 tsp.	5 milliliters (ml)
1 Tbsp.	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ ¼ cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint (pt.)	480 ml
32 fl. oz./ 1 quart (qt.)	960 ml
128 fl. oz./ 1 gallon (gal.)	3.84 liters (L)

RECIPE YIELD

Original	Cut in Half	Cut in Third
1 cup	½ cup	⅓ cup
¾ cup	6 Tbsp.	¼ cup
⅔ cup	⅓ cup	3 Tbsp. + 1 ½ tsp.
½ cup	¼ cup	2 Tbsp. + 2 tsp.
⅓ cup	2 Tbsp. + 2 tsp.	1 Tbsp. + 1 ¼ tsp.
¼ cup	2 Tbsp.	1 Tbsp. + 1 tsp.
1 Tbsp.	1 + ½ tsp.	1 tsp.
1 tsp.	½ tsp.	⅓ tsp.
½ tsp.	¼ tsp.	⅛ tsp.
¼ tsp.	⅛ tsp.	dash

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