

# Hors d'Oeuvre Boot Camp

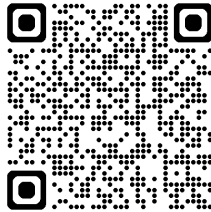
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# COURSE INFORMATION

Hors d'oeuvre – bite-sized treats packed with flavor – prove the statement, “Good things come in little packages.” Literally translated, the term hors d'oeuvre means “outside the meal,” as they are most often served casually with drinks prior to dining. Passed or plated, hors d'oeuvre lend beautifully to parties and social gatherings. Presented in a variety of textures, colors and flavors, they stimulate the senses and whet the appetite.

Stuffed or skewered, filled or topped, hors d'oeuvre come in seemingly endless varieties. In this two-day boot camp, you'll explore some of the most popular cultural forms of hors d'oeuvre and will learn the basic principles necessary to prepare both hot and cold variations. Armed with this knowledge and a few other trade secrets and tidbits, you'll be able to confidently prepare an impressive assortment of small bites, befitting any social occasion.

## LEARNING OBJECTIVES

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

- learn how to work efficiently and ergonomically in the kitchen.
- discuss a variety of hors d'oeuvre including canapés, hot and cold hors d'oeuvre, and international small dishes.
- examine the principles of proper platter presentation.
- learn the guidelines for selecting hors d'oeuvre, including variety, quantity, and style of service.
- examine the principles for setting a visually stimulating hors d'oeuvre table.
- prepare and present of a variety of hors d'oeuvre using standardized recipes.

# COURSE SYLLABUS

## DAY ONE

- ☑ Lecture
  - Overview of the Week
  - Safety and Sanitation
  - Mise en place
  - Hors d'oeuvre Overview
  - Canapés and Crostini
  - Cold Hors d'oeuvre
  - Hot Hors d'oeuvre
  - Platter Presentation
- ☑ Kitchen Production
  - Canapés
  - Cold Hors d'oeuvre
    - Crudités
    - Dips
  - Hot Hors d'oeuvre
  - Group and/or Station Demonstrations
    - Mixing and Piping Pâte à Choux
    - Deveining Shrimp
    - Making Tomato Concassé
    - Preparing and Shaping Mozzarella Cheese
- ☑ Review and Critique

## DAY TWO

- ☑ Lecture
  - International Small Dishes
  - Menu Planning
  - Balancing the Table
- ☑ Kitchen Production Exercise
  - Dim Sum
  - Tapas
  - Antipasti
  - Mezze
  - Group and/or Station Demonstrations
    - Shaping Chinese Dumplings
    - Assembling Empanadas
    - Shaping Corn Tortilla Cups
    - Filling and Rolling California Rolls
    - Rolling Scallion Pancakes
- ☑ Review and Critique

# DAY ONE: TEAM PRODUCTION ASSIGNMENTS

## TEAM ONE

Asparagus and Prosciutto Canapés  
Crab Cakes with Rémooulade Sauce  
Creamed Wild Mushroom Tartlets  
Crostini with Cauliflower and Prosciutto  
Crudités Platter  
Roasted Eggplant Dip with Mint

## TEAM TWO

Smoked Trout Canapé  
Sun-Dried Tomato and Goat Cheese Tartlets  
Gougères  
Mozzarella, Prosciutto, and Sun-Dried Tomato Roulade  
Crabmeat and Camembert Dip

## TEAM THREE

Sautéed Shrimp Canapés  
Yorkshire Puffs with Roast Beef, Horseradish, and Mustard  
Herb Salad in Parmesan Crisps  
Fig and Walnut Bruschetta  
Caramelized Onion Dip

## TEAM FOUR

Potato Crêpes with Crème Fraîche and Caviar  
Brie with Caramelized Onions  
Southwest Chicken Salad in Profiteroles  
Roast Beef and Stilton Tea Sandwiches  
Spinach and Artichoke Dip

# ASPARAGUS AND PROSCIUTTO CANAPÉS

*Yield: 20 canapés*

| Ingredients                           | Amounts |
|---------------------------------------|---------|
| Asparagus, spear, trimmed,            | 20 ea.  |
| Pork, prosciutto di Parma, thin slice | 6 ea.   |
| Mustard, Dijon                        | 2 Tbsp. |
| Bread, Pullman, ¼-in. slice           | 10 ea.  |
| Cream cheese, softened, whipped       | ½ cup   |
| Pepper, black, ground                 | ¼ tsp.  |

## Method

1. Bring a large pot of salted water to a rolling boil. Add the asparagus and cook until the stems are tender to the bite (*al dente*) but the tips still hold together, 3 to 4 minutes.
2. Drain immediately and transfer the asparagus to an ice bath to halt the cooking process. Cool and drain. Cut the asparagus tips to a length of ¾-inch. Reserve.
3. Cut the prosciutto into strips ½-inch wide and 2 to 3 inches long.
4. Spread about ¼ teaspoon of the mustard onto each strip.
5. Wrap each piece of asparagus with the prosciutto, overlapping to cover the entire piece, except for the tip.
6. Trim the crusts from the bread. Spread each slice with a little less than a tablespoon of cream cheese. Season with black pepper.
7. Lay two wrapped asparagus spears on each slice of bread. Cut each slice of bread in half, creating two canapés.
8. Serve immediately.

**Note:** Green beans can be substituted for the asparagus.

# CRAB CAKES WITH RÉMOULADE SAUCE

*Yield: 30 cakes*

| Ingredients   | Amounts   |
|---|-----------|
| Pork, bacon, strip  | 2 ea.     |
| Crabmeat, lump, picked through for shells and bits of cartilage | 1 lb.     |
| Breadcrumbs, white, fresh                                       | 1 cup     |
| Celery, small diced   | ¼ cup     |
| Scallion (Green onion), minced                                  | 2 ea.     |
| Garlic, clove, minced   | 2 ea.     |
| Mustard, Dijon  | 2 tsp.    |
| Mustard, dry  | 2 tsp.    |
| Lemon, juice, fresh   | 2 Tbsp.   |
| Salt, kosher  | to taste  |
| Chile, cayenne, ground  | to taste  |
| Mayonnaise  | as needed |
| Breadcrumbs, panko  | 2 cups    |
| Oil, vegetable  | as needed |
| Rémoulade Sauce (Recipe follows)                                | 1 cup     |

## Method

1. In a skillet over medium-low heat, cook the bacon until evenly brown and crispy, 5 to 6 minutes. Drain on paper towels. Crumble.
2. In a large bowl, combine the crumbled bacon, crabmeat, breadcrumbs, celery, scallions, garlic, Dijon mustard, dry mustard, and lemon juice. Season with salt and cayenne to taste. Add just enough mayonnaise to hold the mixture together.
3. In a large sauté pan over medium heat, add enough oil to coat the bottom of the pan by about ½ inch.
4. Make a small test patty by taking about ½ ounce of the crab mixture and forming it into a ball. Flatten it slightly and bread it with the panko. Fry until golden brown on both sides, about 2 minutes per side. Drain on paper towels. Adjust the seasoning of the crab cake mixture to taste.
5. Working in batches, fry the remaining crab cakes until golden brown on both sides, 2 to 3 minutes per side. Drain on paper towels.
6. Serve immediately with the Rémoulade Sauce.

## RÉMOULADE SAUCE

*Yield: 1 cup*

| Ingredients              | Amounts  |
|--------------------------|----------|
| Mayonnaise               | 1 cup    |
| Capers, chopped          | 2 Tbsp.  |
| Cornichons, chopped      | 2 Tbsp.  |
| Chive, fresh, chopped    | 1 Tbsp.  |
| Chervil, fresh, chopped  | ½ Tbsp.  |
| Tarragon, fresh, chopped | ½ Tbsp.  |
| Mustard, Dijon           | 1 tsp.   |
| Anchovy, paste           | ½ tsp.   |
| Salt, kosher             | to taste |
| Pepper, black, ground    | to taste |
| Worcestershire sauce     | to taste |
| Tabasco sauce            | to taste |

### Method

1. In a medium bowl, combine all the ingredients. Mix well.
2. Refrigerate until ready to serve. Adjust the seasoning just before serving, if necessary.



# CREAMED WILD MUSHROOM TARTLETS

*Yield: 30 tartlets*

| Ingredients                        | Amounts  |
|------------------------------------|----------|
| Tart Dough (Recipe follows)        | 1 ½ lb.  |
| Butter, unsalted                   | 4 Tbsp.  |
| Mushroom, wild, small diced        | 1 lb.    |
| Shallot, minced                    | 2 ea.    |
| Brandy                             | 1 Tbsp.  |
| Sherry                             | 1 Tbsp.  |
| Cream, heavy                       | ¼ cup    |
| Salt, kosher                       | to taste |
| Pepper, black, ground              | to taste |
| Cheese, Jack, dry, finely grated   | ½ cup    |
| Parsley, flat-leaf, fresh, chopped | ½ cup    |
| Pepper, black, ground              | 2 tsp.   |

## Method

1. Preheat oven to 425°F.
2. Roll the dough to an ⅛-inch thickness. Prick the dough with a fork.
3. Using a 2-inch round cutter, cut 30 rounds from the dough. Press it gently into 30, 1 ¾-inch tart molds by sandwiching between two molds (see Chef demo).
4. Place the molds on a sheet pan. Cover the dough with foil and fill with pie weights or uncooked dried beans. Bake in the preheated oven until the dough is evenly dried out but not brown, about 5 minutes.
5. Lower the oven temperature to 350°F and bake until the edges are golden, about 5 minutes. Allow the tartlets to cool completely. Remove the foil and beans.
6. For the duxelles, heat the butter in a medium-sized saucepan over medium-high heat. Add the mushrooms and shallots and sauté until they are tender, 5 to 6 minutes.
7. Add the brandy, sherry, and cream. Simmer to cook off the alcohol, about 3 minutes. Season with salt and pepper to taste. Keep warm.
8. For the garnish, in a small bowl, combine the cheese, parsley, and pepper.
9. To assemble the tartlets, fill each tartlet shell with a tablespoon of duxelles and top with a sprinkle of the garnish mixture. Serve warm.

# TART DOUGH

*Yield: 1 ½ pound*

| Ingredients                   | Amounts  |
|-------------------------------|----------|
| Flour, bread                  | 3 ⅓ cups |
| Baking powder                 | 2 tsp.   |
| Salt, kosher                  | 2 tsp.   |
| Sugar, granulated             | 1 tsp.   |
| Butter, unsalted, cold, diced | ½ cup    |
| Egg, whole                    | 1 ea.    |
| Vinegar, cider                | 2 tsp.   |
| Milk, whole                   | 1 cup    |

## Method

1. In a large bowl, combine the bread flour, baking powder, salt, and sugar. Mix well.
2. With two knives or a pastry cutter, cut the butter into the dry ingredients. Work the butter into the flour until the mixture resembles coarse crumbs.
3. Add the egg, vinegar, and milk. Mix until the dough is fully incorporated. Knead until smooth and not sticky, 1 to 2 minutes.
4. Shape the dough into a 10-inch disk. Wrap and refrigerate for at least 1 hour. The dough can also be made the day before.

**Note:** Working with chilled butter helps to keep the pastry flaky as it bakes.

# CROSTINI WITH CAULIFLOWER AND PROSCIUTTO

*Yield: 20 crostini*

| Ingredients                            | Amounts   |
|--|-----------|
| Bread, baguette, ¼-in. sliced on bias  | 1 ea.     |
| Oil, olive, pure                       | as needed |
| Cauliflower, head, broken into florets | ½ ea.     |
| Lemon                                  | 1 ea.     |
| Oil, olive, extra virgin               | ¼ cup     |
| Garlic, clove, chopped                 | 3 ea.     |
| Anchovy, fillet                        | 4 ea.     |
| Capers, chopped                        | 3 Tbsp.   |
| Parsley, flat-leaf, fresh, chopped     | 2 Tbsp.   |
| Salt, kosher                           | to taste  |
| Pepper, black, ground                  | to taste  |
| Lemon, juice, fresh                    | to taste  |
| Pork, prosciutto di Parma, thin slice  | 16 ea.    |

## Method

1. Preheat oven to 350°F.
2. Arrange the slices of baguette on a parchment-lined sheet pan. Brush each slice with olive oil. Toast in the preheated oven until evenly browned and crisp, 5 to 8 minutes. Reserve.
3. Bring a large pot of salted water to a boil. Add the cauliflower and blanch until tender, 2 to 3 minutes. Drain and shock in an ice bath to stop the cooking process. Drain and reserve.
4. Heat a sauté pan over medium heat. Add the olive oil and garlic. Sweat until aromatic, about 1 minute.
5. Add the anchovies and capers. Cook, mashing gently with a fork, until it forms a golden brown purée, about 1 minute.
6. Add the parsley. Adjust the seasoning with salt, pepper, and lemon juice to taste.
7. In a food processor, place the reserved cauliflower. Add the anchovy mixture and purée until mostly smooth, but with a slightly coarse texture.
8. Lay a slice of prosciutto onto the reserved crostini. Top with the cauliflower purée. Serve immediately.

# CRUDITÉS PLATTER

*Yield: 16 portions*

| Ingredients                            | Amounts |
|--|---------|
| Broccoli, head, broken into florets    | 1 ea.   |
| Cauliflower, head, broken into florets | 1 ea.   |
| Celery, stalk, 2 ½-in. sticks          | 3 ea.   |
| Carrot, 2 ½-in. sticks                 | 3 ea.   |
| Tomato, cherry                         | 1 pt.   |
| Pepperoncini, jarred                   | 1 cup   |
| Pepper, bell, green, ¼-in. strips      | 1 ea.   |
| Pepper, bell, red, ¼-in. strips        | 1 ea.   |
| Pepper, bell, yellow, ¼-in. strips     | 1 ea.   |
| Squash, zucchini, ¼-in. half moons     | 1 ea.   |
| Squash, yellow, ¼-in. half moons       | 1 ea.   |

## Method

1. Arrange all the ingredients neatly on a platter.
2. Wrap and refrigerate until ready to serve.

**Note:** Crudité can be served with any type of dip.

# ROASTED EGGPLANT DIP WITH MINT

## *BABA GANOUSH*

*Yield: 2 cups*

| Ingredients                        | Amounts  |
|------------------------------------|----------|
| Eggplant, halved lengthwise        | 2 lb.    |
| Salt, kosher                       | ½ tsp.   |
| Pepper, black, ground              | ½ tsp.   |
| Oil, olive, extra virgin           | 2 Tbsp.  |
| Shallot, minced                    | 1½ ea.   |
| Lemon, juice, fresh                | 3 Tbsp.  |
| Salt, kosher                       | ¼ tsp.   |
| Oil, olive, extra virgin           | 2 Tbsp.  |
| Tahini                             | ¼ cup    |
| Parsley, flat-leaf, fresh, chopped | 2 Tbsp.  |
| Mint, fresh, chopped               | 3 Tbsp.  |
| Garlic, minced                     | 1 tsp.   |
| Salt, kosher                       | to taste |
| Pepper, black, ground              | to taste |

### Method

1. Preheat oven to 375°F.
2. Season the eggplant with the salt and pepper. Lightly coat the cut faces with olive oil.
3. Place the eggplant cut-side down on a sheet pan. Roast in the preheated oven until soft, 30 to 40 minutes.
4. Cool to room temperature. Scoop out the flesh and discard the skins. Reserve.
5. In a medium bowl, place the shallots, lemon juice, and salt. Macerate for 30 minutes.
6. In a large bowl, combine the reserved eggplant, macerated shallots, olive oil, tahini, parsley, mint, and garlic. Adjust the seasoning with salt and pepper to taste.
7. Purée in a food processor until smooth.
8. Serve at room temperature or chilled.

## SMOKED TROUT CANAPÉ

*Yield: 30 canapés*

| Ingredients                                 | Amounts    |
|---|------------|
| Bread, rye, loaf, sliced                    | 1 ea.      |
| Horseradish Butter (Recipe follows)         | 1 cup      |
| Trout, hot-smoked, flaked into 1-in. pieces | 15 wt. oz. |
| Olive, pimiento-stuffed, sliced             | 10 ea.     |

### Method

1. Preheat oven to 350°F.
2. Using a 2-inch round cutter, cut the rye bread into rounds
3. Arrange the bread rounds onto a parchment-lined sheet pan. Toast in the preheated oven until lightly browned and crisp, 5 to 8 minutes. Cool to room temperature.
4. Spread each round with about 1 teaspoon of the softened horseradish butter.
5. Top each with a piece of trout.
6. Garnish each piece with a slice of olive.
7. Arrange the canapés neatly on a platter.

# HORSERADISH BUTTER

*Yield: 1 cup*

| Ingredients                | Amounts  |
|----------------------------|----------|
| Horseradish, prepared      | 3 Tbsp.  |
| Butter, unsalted, softened | 1 cup    |
| Mustard, dry               | 2 tsp.   |
| Worcestershire sauce       | 1 tsp.   |
| Sugar, granulated          | 1 ½ tsp. |
| Lemon, juice, fresh        | ½ tsp.   |

## Method

1. Squeeze excess liquid out of the horseradish.
2. Place all the ingredients in the bowl of a stand mixer fitted with the paddle attachment. Mix on medium speed until thoroughly combined, about 2 minutes.
3. Transfer the mixture onto a piece of plastic wrap. Roll into a 1-inch cylinder and secure the ends by twisting.
4. Refrigerate until needed. Soften at room temperature.

# SUN-DRIED TOMATO AND GOAT CHEESE TARTLETS

*Yield: 30 tartlets*

| Ingredients                    | Amounts           |
|--------------------------------|-------------------|
| Puff pastry (frozen), thawed   | 1 lb.             |
| Milk, whole                    | $\frac{3}{4}$ cup |
| Sherry, dry                    | $\frac{1}{4}$ cup |
| Basil, fresh, chopped          | 3 Tbsp.           |
| Garlic, minced                 | 1 Tbsp.           |
| Pepper, white, ground          | 1 tsp.            |
| Egg, whole                     | 3 ea.             |
| Flour, all-purpose             | 1 Tbsp.           |
| Cheese, goat, crumbled         | 4 wt. oz.         |
| Tomato, sun-dried, minced      | $\frac{1}{2}$ cup |
| Scallion (Green onion), minced | 2 Tbsp.           |

## Method

1. Preheat oven to 425°F.
2. Roll the puff pastry dough to an  $\frac{1}{8}$ -inch thickness. Prick the dough with a fork.
3. Using a 2-inch round cutter, cut 30 rounds from the puff pastry. Press the rounds gently into thirty 1  $\frac{3}{4}$ -inch tart molds by "sandwiching" between two molds (see Chef demo).
4. Place the molds on a sheet pan. Cover the dough with foil and fill with pie weights or uncooked dried beans. Bake in the preheated oven until evenly dried but not brown, about 5 minutes. Allow the tartlets to cool completely. Remove the foil and pie weights or beans.
5. Lower the oven to 350°F.
6. In a food processor, combine the milk, sherry, basil, garlic, and pepper.
7. Add the eggs and flour and process until just blended, about 1 minute.
8. In a bowl, combine the goat's milk cheese, tomatoes, and green onions.
9. Place a tablespoon of the goat cheese mixture into each tartlet.
10. Fill each tartlet  $\frac{2}{3}$  full with the egg mixture.
11. Bake the filled tartlets in the preheated oven until set, about 15 minutes. Serve immediately.



# GOUGÈRES

*Yield: 20 gougères*

| Ingredients                         | Amounts  |
|-------------------------------------|----------|
| Water                               | ½ cup    |
| Butter, unsalted                    | ¼ cup    |
| Salt, kosher                        | ½ tsp.   |
| Flour, all-purpose, sifted          | ½ cup    |
| Egg, white                          | 1 ea.    |
| Egg, whole                          | 2 ea.    |
| Cheese, Gruyère, grated             | ⅓ cup    |
| Cheese, Parmigiano-Reggiano, grated | 1 ½ tsp. |

## Method

1. Preheat oven to 400°F.
2. In a saucepot, combine the water, butter, and salt. Bring it to a boil.
3. Add the flour all at once and stir until well blended. Cook, stirring constantly, until the mass pulls away from the sides of the pot, about 2 minutes.
4. Transfer to a mixer and mix on medium speed to slightly cool the mixture, about 1 minute.
5. Add the egg white and eggs, one at a time, mixing well after each addition.
6. Add the grated Gruyère and Parmesan. Mix until blended, about 1 minute.
7. Transfer the dough to a pastry bag fitted with a No. 5 plain tip. Pipe the desired shape onto parchment-paper lined sheet pans.
8. Bake in the preheated oven until golden brown, 10 to 12 minutes.
9. Lower the oven temperature to 325°F. Bake until the gougères are firm and hollow in the center, 12 to 15 minutes. Serve warm.

# MOZZARELLA, PROSCIUTTO, AND SUN-DRIED TOMATO ROULADE

*Yield: 30 slices, 1-oz. each*

| Ingredients                                     | Amounts   |
|---|-----------|
| Mozzarella Cheese (Recipe follows)              | 2 lb.     |
| Pork, prosciutto di Parma, sliced<br>paper-thin | 2 wt. oz. |
| Tomato, sun-dried, in oil, chopped              | ½ cup     |

## Method

1. Prepare the mozzarella according to the directions through step 4. Working on a plastic tray or plastic wrap, stretch the mozzarella into a rectangle about 12 x 14 inches and ¼-inch thick.
2. While the cheese is still warm, lay the prosciutto slices over the mozzarella in an even layer. Spread the chopped sun-dried tomatoes over the prosciutto.
3. Roll into a roulade with plastic wrap and secure the ends tightly with string. Return the roulade to the hot water for 2 to 3 minutes to seal the garnish. Remove from the water and retie the ends to secure. (See Chef demo.)
4. Thoroughly chill the roulade in an ice bath and refrigerate for at least 1 hour before slicing. The wrapped roulade can be refrigerated for up to 5 days.

# MOZZARELLA CHEESE

*Yield: 2 pounds*

| Ingredients                | Amounts           |
|----------------------------|-------------------|
| Water                      | 1 gal.            |
| Salt, kosher               | $\frac{3}{4}$ cup |
| Cheese, curd, medium diced | 2 lb.             |

## Method

1. In a large saucepan, place the water and salt. Bring it to a boil. Remove the pot from the heat.
2. In a large bowl, place the cheese curd. Add enough of the salted water to cover the curd.
3. Wearing 2 pairs of gloves, work the curd with wooden spoons, stretching it until it becomes a smooth, yet stringy mass. Maintain the water temperature at a constant 160°F throughout this process.
4. Remove the cheese from the water and continue stretching until the curd is smooth, being careful not to overwork it or the cheese will become tough.
5. Shape the cheese as described in the recipe.

## CRABMEAT AND CAMEMBERT DIP

*Yield: 2 cups*

| Ingredients  | Amounts   |
|--|-----------|
| Oil, olive, extra virgin   | 2 Tbsp.   |
| Shallot, minced  | ½ ea.     |
| Cream, heavy   | ½ cup     |
| Milk, whole  | ½ cup     |
| Cheese, Camembert, rind trimmed                                  | 4 wt. oz. |
| Salt, kosher   | ½ tsp.    |
| Pepper, white, ground  | ¼ tsp.    |
| Crabmeat, lump, picked through<br>to remove shells and cartilage | ½ lb.     |
| Parsley, flat-leaf, fresh, chopped                               | ½ Tbsp.   |
| Tomato Marmalade (Recipe follows)                                | 1½ Tbsp.  |
| Bread, French, loaf, ¼-in. sliced                                | ½ ea.     |

### Method

1. Heat the olive oil in a saucepan over medium heat. Add the shallots. Sweat, stirring occasionally, until they are soft and translucent, about 3 minutes.
2. Add the heavy cream and milk. Bring it to a simmer and cook until the cream is slightly reduced, about 10 minutes.
3. Add the Camembert, salt, and pepper. Whisk until the cheese melts into the cream.
4. Add the crabmeat. Cook just long enough to heat the crab meat, 2 to 3 minutes.
5. Remove the pan from the heat. Stir in the parsley.
6. Transfer the dip to a fondue pot. Stir in the Tomato Marmalade.
7. Serve warm with the sliced French bread.

**Note:** Reserve the leftover Tomato Marmalade for Team Four to use on Day Two.

# TOMATO MARMALADE

*Yield: ¾ cup*

| Ingredients                         | Amounts  |
|-------------------------------------|----------|
| Tomato, plum (Roma), halved, seeded | 1 lb.    |
| Oil, olive, extra virgin            | ½ cup    |
| Salt, kosher                        | 1 ½ tsp. |
| Pepper, black, coarse               | 1 tsp    |
| Garlic, clove, thinly sliced        | 1 ea.    |
| Oregano, fresh, picked              | 1 tsp.   |
| Thyme, fresh, picked                | 1 Tbsp.  |

## Method

1. Preheat oven to 400°F.
2. In large bowl, place the tomatoes, olive oil, salt, pepper, garlic, oregano, and thyme. Toss to combine.
3. Place the marinated tomatoes cut-side down on a parchment-lined sheet tray. Bake in the preheated oven until the tomatoes are soft, 15 to 20 minutes.
4. Remove from the oven and allow them to cool. Remove the skins.
5. Pulse the tomatoes in a food processor until smooth.
6. Use immediately or cover and refrigerate for up to 1 week.

## SAUTÉED SHRIMP CANAPÉS

*Yield: 24 canapés*

| Ingredients                        | Amounts   |
|------------------------------------|-----------|
| Shrimp, 26-30, peeled              | 1 ½ lb.   |
| Bread, baguette, ¼-in. slice       | 24 ea.    |
| Butter, unsalted                   | ½ cup     |
| Garlic, clove                      | 4 ea.     |
| Wine, white, dry                   | 1 cup     |
| Parsley, flat-leaf, fresh, chopped | 2 ½ Tbsp. |
| Mayonnaise                         | ½ cup     |
| Dill, fresh, chopped               | 1 Tbsp.   |
| Chive, fresh, chopped              | 1 Tbsp.   |
| Parsley, flat-leaf, fresh, chopped | 1 Tbsp.   |
| Radish, thinly sliced              | 28 ea.    |
| Mâche, leaves                      | 48 ea.    |

### Method

1. Preheat oven to 400°F.
2. To de-vein the shrimp, lay the shelled shrimp on a work surface, with the curved outer edge of the shrimp on the same side as your cutting hand. Slice into the shrimp, making a shallow cut. Use the knife tip to scrape out the vein or intestinal tract.
3. Toast the baguette slices in the preheated oven until the outside edges are golden brown, 5 to 7 minutes. Reserve.
4. Heat the butter in a large sauté pan over medium low heat until bubbly. Add the garlic and shrimp. Sauté until cooked through, about 2 minutes on each side. Transfer to a bowl and reserve.
5. Add the wine to the pan and simmer until it has reduced, 5 to 8 minutes.
6. Add the chopped parsley. Pour the reduced wine over the shrimp. Reserve.
7. For the green mayonnaise, in a bowl, combine the mayonnaise, dill, chives, and parsley. Mix thoroughly.
8. Spread 1 tsp. of the green mayonnaise on each piece of toast.
9. Top each toasted baguette slice with 2 whole cooked shrimp and 2 radish slices.
10. Garnish with mâche leaves.

# YORKSHIRE PUFFS WITH ROAST BEEF, HORSERADISH, AND MUSTARD

*Yield: 20 puffs*

| Ingredients                   | Amounts               |
|-------------------------------|-----------------------|
| Beef, tenderloin              | $\frac{3}{4}$ lb.     |
| Oil, olive, pure              | as needed             |
| Sour cream                    | $\frac{1}{2}$ cup     |
| Horseradish, fresh, grated    | 1 $\frac{1}{2}$ Tbsp. |
| Vinegar, wine, white          | $\frac{1}{2}$ tsp.    |
| Salt, kosher                  | $\frac{1}{2}$ tsp.    |
| Pepper, white, ground         | $\frac{1}{4}$ tsp.    |
| Flour, all-purpose            | 1 $\frac{1}{2}$ cups  |
| Salt, kosher                  | 1 tsp.                |
| Milk, whole                   | 1 $\frac{1}{2}$ cups  |
| Water                         | 2 Tbsp.               |
| Egg, whole                    | 4 ea.                 |
| Mustard, whole-grain, Pommery | $\frac{1}{4}$ cup     |
| Chive, bunch, finely chopped  | 1 ea.                 |

## Method

1. Preheat oven to 425°F.
2. In an oven-safe skillet over high heat, add enough oil to coat the bottom of the pan. Sear the beef until evenly browned on all sides, 4 to 5 minutes. Transfer the pan into the preheated oven. Roast the beef until to medium rare, about 10 minutes. Rest the meat for at least 10 minutes before thinly slicing. Reserve.
3. For the horseradish sauce, in a mixing bowl, whisk the sour cream until it is smooth.
4. Blend in the horseradish. Season with the vinegar, salt, and pepper. Reserve.
5. For the Yorkshire batter, sift together the flour and salt into a large bowl. Make a well in the center, add the milk and water, and mix until smooth.
6. In a separate bowl, beat the eggs until they are frothy. Combine with the flour mixture. Beat until the batter is foamy. Refrigerate the batter for 30 minutes.
7. Preheat oven to 450°F.
8. Liberally grease the muffin tins. Heat the tins in the preheated oven. Pour the batter into the hot, prepared muffin tins. Bake in the preheated oven until the puffs are well browned, puffed, and golden, 15 to 25 minutes.
9. Slice the puffs and fill them with the sliced beef, mustard, and horseradish sauce.
10. Garnish with the chives. Serve immediately.

## HERB SALAD IN PARMESAN CRISPS

*Yield: 30 portions*

| Ingredients                             | Amounts            |
|---|--------------------|
| Oil, olive, pure                        | $\frac{3}{4}$ cup  |
| Oil, truffle                            | 2 Tbsp.            |
| Vinegar, wine, white                    | $\frac{1}{4}$ cup  |
| Sugar, granulated                       | $\frac{1}{2}$ tsp. |
| Salt, kosher                            | to taste           |
| Pepper, black, ground                   | to taste           |
| Mesclun mix                             | 8 cups             |
| Radicchio, chiffonade                   | 1 cup              |
| Parsley, flat-leaf, fresh, chopped      | 1 cup              |
| Dill, fresh, chopped                    | 1 cup              |
| Chive, fresh, $\frac{1}{2}$ -in. sliced | $\frac{1}{2}$ cup  |
| Parmesan Crisps (Recipe follows)        | 30 ea.             |

### Method

1. For the truffle vinaigrette, in a small bowl, whisk together the olive oil, truffle oil, white wine vinegar, and sugar. Season with salt and pepper to taste. Reserve.
2. For the salad, in a large bowl, combine the mesclun, radicchio, parsley, dill, and chive. Toss thoroughly.
3. Just before serving, whisk the vinaigrette vigorously. Adjust the seasoning with salt and pepper to taste. Toss the salad with the vinaigrette.
4. Divide the salad mixture among the Parmesan crisp bowls. Serve immediately.



# PARMESAN CRISPS

*Yield: about 30 crisps*

## Ingredients

## Amounts

|                                       |          |
|---------------------------------------|----------|
| Cheese, Parmigiano-Reggiano, shredded | 1 lb.    |
| Paprika, smoked (Optional)            | to taste |

## Method

1. Preheat oven to 350°F.
2. Line a sheet pan with parchment paper. Using a 3-inch ring mold, sprinkle about 2 tablespoons of grated cheese into the mold, spreading the cheese into an even layer. Repeat until all the cheese is used. Allow about ½ inch of room in between each circle, as the cheese will spread as it bakes.
3. Sprinkle with paprika for extra flavor, if desired.
4. Bake the cheese until it is melted and bubbly and looks like lace, about 10 minutes. Rotate the pan as necessary for even browning.
5. Remove the sheet pan from the oven. Drape each cheese crisp inside a small ramekin to create containers. This must be done while the cheese is still very warm.

## FIG AND WALNUT BRUSCHETTA

*Yield: 30 bruschetta*

| Ingredients                         | Amounts               |
|-------------------------------------|-----------------------|
| Fig, dried, stems removed, diced    | $\frac{3}{4}$ cup     |
| Walnuts, halves                     | $\frac{1}{3}$ cup     |
| Anchovy, fillets, drained           | 10 ea.                |
| Garlic, clove                       | 4 ea.                 |
| Salt, kosher                        | $\frac{1}{4}$ tsp.    |
| Pepper, black, ground               | as needed             |
| Oil, olive, extra virgin            | 5 Tbsp.               |
| Brandy                              | 1 Tbsp.               |
| Bread, baguette, sliced             | 1 ea.                 |
| Oil, olive, extra virgin            | 1 $\frac{1}{2}$ Tbsp. |
| Cheese, Parmigiano-Reggiano, shaved | $\frac{3}{4}$ cup     |

### Method

1. In a food processor, place the figs, walnuts, anchovies, garlic, salt, and pepper. Pulse until finely chopped.
2. Add the olive oil and brandy in a steady stream, pulsing until a coarse paste is formed.
3. Preheat a grill to medium high.
4. Lightly brush the bread slices on both sides with olive oil. Grill the bread evenly on both sides until grill marks are achieved, 1 to 2 minutes per side.
5. Evenly spread about a tablespoon of the fig and walnut mixture over each piece of grilled bread. Garnish with the shaved cheese.
6. Serve immediately.

**Note:** Cognac can be substituted for the brandy.

## CARAMELIZED ONION DIP

*Yield: 2 cups*

| Ingredients              | Amounts  |
|--------------------------|----------|
| Oil, olive, extra virgin | 4 tsp.   |
| Onion, yellow, diced     | 1 cup    |
| Salt, kosher             | 1 pinch  |
| Sour cream               | 1 cup    |
| Mayonnaise               | ½ cup    |
| Pepper, black, ground    | to taste |
| Garlic, powder           | ¼ tsp.   |

### Method

1. Heat the oil in a sauté pan over medium heat until it shimmers.
2. Add the onions. Season with the salt. Cook, stirring frequently, until the onions are caramelized to a deep, rich brown, about 20 minutes. Set aside to cool.
3. In a mixing bowl, combine the sour cream, mayonnaise, pepper and garlic powder. Mix to combine.
4. Add the cooled onions. Stir to combine.
5. Refrigerate for 1 hour.
6. Before serving, adjust the seasoning with salt and pepper to taste.

# POTATO CRÊPES WITH CRÈME FRAÎCHE AND CAVIAR

*Yield: 30 crêpes*

| Ingredients                       | Amounts    |
|-----------------------------------|------------|
| Potato, russet, peeled, quartered | 12 wt. oz. |
| Salt, kosher                      | as needed  |
| Flour, all-purpose                | ¼ cup      |
| Egg, whole                        | 2 ea.      |
| Egg, white                        | 3 ea.      |
| Cream, heavy                      | ¼ cup      |
| Salt, kosher                      | to taste   |
| Pepper, white, ground             | to taste   |
| Nutmeg, fresh, grated             | to taste   |
| Oil, vegetable                    | as needed  |
| Salmon, smoked, sliced (optional) | 6 wt. oz.  |
| Crème fraîche                     | ½ cup      |
| Caviar                            | 1 wt. oz.  |
| Dill, sprig, fresh                | 30 ea.     |

## Method

1. Bring a large pot of salted water to a boil. Add the potatoes and cook until fork tender, 10 to 15 minutes. Drain and transfer to a blender. Purée until smooth.
2. Transfer the potato puree to a standing mixer fitted with the whip attachment. On low speed, mix in the flour.
3. On medium speed, add the eggs one at a time, mixing well after each addition. Add the egg whites and mix until fully incorporated.
4. Add enough cream to achieve the consistency of pancake batter. Mix until the batter is smooth. Season with salt, pepper and nutmeg to taste.
5. Place a nonstick griddle over medium heat. Lightly grease with oil. Working in batches, ladle about 3 tablespoons of batter onto the griddle per pancake. Cook until golden brown on both sides, about 1 minute per side.
6. Top each crêpe with a smoked salmon slice, if desired. Garnish with a dollop of crème fraîche and caviar. Top with a sprig of dill.

# BRIE WITH CARAMELIZED ONIONS

*Yield: 20 portions*

| Ingredients                   | Amounts  |
|-------------------------------|----------|
| Butter, unsalted              | 2 Tbsp.  |
| Onion, yellow, thinly sliced  | 6 cups   |
| Garlic, roughly chopped       | 1½ Tbsp. |
| Salt, kosher                  | 1 tsp.   |
| Thyme, fresh, minced          | 1 Tbsp.  |
| Calvados                      | ½ cup    |
| Salt, kosher                  | to taste |
| Pepper, black, ground         | to taste |
| Cheese, brie, cut into wedges | 2 lb.    |
| Bread, baguette, loaf, sliced | 1 ea.    |

## Method

1. In a large heavy skillet over medium-high heat, melt the butter. Add the onions. Sweat, stirring frequently, until just tender, 5 to 6 minutes.
2. Add the garlic and salt. Lower the heat to medium and cook, stirring often, until the onions are golden, about 20 minutes.
3. Add the thyme and cook until fragrant, about 1 minute.
4. Add the Calvados. Cook until nearly dry, about 1 minute.
5. Season with salt and pepper to taste. Cool to room temperature.
6. Arrange the sliced brie on a platter. Serve with the caramelized onions and sliced baguette.

**Note:** Brandy can be substituted for the Calvados.

# SOUTHWEST CHICKEN SALAD IN PROFITEROLES

*Yield: 30 profiteroles*

| Ingredients                      | Amounts   |
|----------------------------------|-----------|
| Chicken, legs and thighs         | 4 ea.     |
| Pepper, bell, red                | 1 ea.     |
| Tomato Concassé (Recipe follows) | 1/3 cup   |
| Lime, suprêmed, small diced      | 1 ea.     |
| Chile, jalapeño, fresh, minced   | 1 tsp.    |
| Shallot, minced                  | 3 Tbsp.   |
| Garlic, clove, minced            | 1 ea.     |
| Cilantro, fresh, chopped         | 2 Tbsp.   |
| Marjoram, fresh, chopped         | 2 tsp.    |
| Chive, minced                    | 2 tsp.    |
| Salt, kosher                     | as needed |
| Pepper, black, ground            | as needed |
| Profiteroles (Recipe follows)    | 30 ea.    |

## Method

1. Place the chicken in a large saucepan and add enough water to cover. Poach over medium heat until the chicken is cooked through, about 10 minutes. When cool enough to handle, small dice the meat. Reserve.
2. Hold the pepper over the flame of a gas burner with tongs or a kitchen fork. Char the pepper, turning as needed, until the surface is evenly blackened.
3. Place the charred pepper in a mixing bowl and cover with plastic to steam for about 5 minutes.
4. When the pepper is cool enough to handle, remove the charred skin with a paring knife. Small dice.
5. In a large bowl, combine the roasted pepper, reserved chicken, tomato, lime, jalapeño, shallots, garlic, cilantro, marjoram and chive. Season with salt and pepper to taste. Refrigerate and marinate for 2 hours.
6. Split the puffs and fill with the chicken salad.

# TOMATO CONCASSÉ

*Yield: 1/3 cup*

## Ingredients

## Amounts

Tomato, plum (Roma)

5 oz.

Salt, kosher

1/2 Tbsp.

## Method

1. Cut an X into the bottom of the tomato.
2. Bring a pot of water to a rolling boil. Drop a tomato into the water. Cook for 10 to 15 seconds, depending on the age and ripeness of the tomato.
3. Remove the tomato with a slotted spoon. Immediately plunge the tomato into an ice water bath. Repeat the process with each tomato.
4. When the tomatoes have cooled, peel away the skin.
5. Halve each tomato lengthwise.
6. Gently squeeze or scoop out seeds.
7. Small dice the flesh.

# PROFITEROLES

*Yield: 40 profiteroles*

| Ingredients                | Amounts |
|----------------------------|---------|
| Water                      | 1 cup   |
| Butter, unsalted           | ½ cup   |
| Salt, kosher               | 1 tsp.  |
| Flour, all-purpose, sifted | 1 cup   |
| Egg, whole                 | 4 ea.   |

## Method

1. Preheat oven to 400°F.
2. In a small saucepan, combine the water, butter, and salt. Bring it to a boil.
3. Add the flour all at once. Cook over low heat, stirring constantly, until well blended and the mass comes away from the pot, about 2 minutes.
4. Transfer the mixture to a standing mixer fitted with the paddle attachment. Mix on medium speed for about 1 minute to cool the mixture slightly.
5. Add the eggs one at a time, mixing well after each addition.
6. Transfer the dough to a pastry bag fitted with a No. 5 plain tip. Pipe 1-inch balls onto parchment-lined sheet pans.
7. Bake in the preheated oven until golden brown, about 10 minutes. Lower the oven temperature to 325°F. Bake until the profiteroles are firm and hollow in the center, 12 to 15 minutes.
8. Slice off the tops of each profiterole with a sharp knife. Add the filling and replace the top.



# ROAST BEEF AND STILTON TEA SANDWICHES

*Yield: 20 sandwiches*

| Ingredients  | Amounts   |
|--|-----------|
| Beef, tenderloin   | 1 lb.     |
| Oil, olive, pure   | as needed |
| Cheese, Stilton, crumbled                                | 1 cup     |
| Mayonnaise   | ½ cup     |
| Chive, fresh, minced                                     | 1 Tbsp.   |
| Lemon, juice, fresh                                      | 1 Tbsp.   |
| Bread, Pullman, slice, crusts trimmed                    | 40 ea.    |
| Watercress, bunch, trimmed, leaves and tender stems only | ½ ea.     |
| Pepper, black, ground                                    | ¼ tsp.    |

## Method

1. Preheat oven to 425°F.
2. In an oven-safe skillet over high heat, add enough oil to coat the bottom of the pan. Sear the beef until evenly browned on all sides, 4 to 5 minutes. Transfer the pan into the preheated oven. Roast the beef to medium rare, about 10 minutes. Rest the meat for at least 10 minutes before thinly slicing. Reserve.
3. In a small bowl, combine the Stilton cheese, mayonnaise, chives, and lemon juice. Stir gently to mix. Reserve.
4. Lay out the slices of bread on the work surface. Spread the top side of each slice with a thin layer of the Stilton mixture. Top half of the slices with enough watercress leaves to completely cover the bread. (Some leaves may hang over the sides).
5. Add one slice of the roast beef. Season lightly with pepper. Close the sandwich with a second slice of bread.
6. Serve immediately.

**Note:** Other blue cheeses can be substituted for the Stilton.

## SPINACH AND ARTICHOKE DIP

*Yield: 2 ½ cups*

| Ingredients                                    | Amounts    |
|--|------------|
| Butter, unsalted                               | 2 Tbsp.    |
| Flour, all-purpose                             | 2 Tbsp.    |
| Milk, whole                                    | 1 cup      |
| Cheese, Parmigiano-Reggiano, grated            | ¼ cup      |
| Cheese, Monterey Jack, grated                  | ¼ cup      |
| Salt, kosher                                   | ½ tsp.     |
| Nutmeg, fresh, grated                          | ⅛ tsp.     |
| Chile, cayenne, ground                         | ⅛ tsp.     |
| Oil, vegetable                                 | 1 Tbsp.    |
| Onion, yellow, finely diced                    | ½ cup      |
| Garlic, chopped                                | 1 Tbsp.    |
| Spinach, stemmed, chopped                      | 5 wt. oz.  |
| Artichoke, hearts, canned, drained,<br>chopped | 15 wt. oz. |
| Cheese, Parmigiano-Reggiano, grated            | ¼ cup      |

### Method

1. Preheat oven to 400°F.
2. In a saucepan over medium heat, combine the butter and flour. Cook, stirring constantly, until a blond roux forms, about 5 minutes.
3. Gradually whisk in the milk. Bring it to a boil. Lower the heat and simmer until the sauce is thick enough to coat the back of a spoon (*nappé*), 5 to 6 minutes.
4. Remove the sauce from the heat. Stir in the Parmesan and Monterey Jack cheese. Add the salt, nutmeg, and cayenne. Reserve.
5. Heat the vegetable oil in a sauté pan over medium heat. Add the onion and sweat until softened, about 2 minutes. Add the garlic and cook for 1 minute.
6. Add the spinach. Cook until wilted, about 2 minutes. If the pan gets watery, carefully pour out the water.
7. Add the artichoke hearts. Cook until heated through, about 2 minutes. Transfer to a mixing bowl. Fold in the cheese mixture.
8. Pour into a casserole dish and sprinkle with the Parmesan cheese.
9. Bake in the preheated oven until the top is golden brown, 10 to 15 minutes.
10. Serve hot.

# DAY TWO: TEAM PRODUCTION ASSIGNMENTS

## TEAM ONE

Stuffed Grape Leaves  
Steamed Chinese Dumplings  
Mussels with Olives  
Skewered Ground Lamb Sausages with Yogurt Sauce  
Tapenade

## TEAM TWO

Thai Meatballs with Green Curry Sauce  
Spanakopita  
Bacon-Wrapped Shrimp with Asian Barbecue Sauce  
Breaded Green Olives Stuffed with Sausage  
Corn Tortilla Cups with Black Beans and Guacamole

## TEAM THREE

Beef Saté with Peanut Sauce  
Shrimp Empanadas  
Eggplant Caponata Spoons  
Manchego Cheese and Catalan Tomato Bread  
California Rolls

## TEAM FOUR

Crispy Scallion Pancakes with Dipping Sauce  
Risotto Croquettes with Fontina  
Grilled Vegetable Antipasti  
Papaya and Black Bean Salsa  
Fish and Shellfish Ceviche

# STUFFED GRAPE LEAVES

*Yield: 30 grape leaves*

| Ingredients                                      | Amounts   |
|--|-----------|
| Oil, olive, pure                                 | ¼ cup     |
| Onion, yellow, small diced                       | 1 ea.     |
| Garlic, minced                                   | 1 tsp.    |
| Scallion (Green onion), thinly sliced<br>on bias | 2 cups    |
| Parsley, flat-leaf, fresh, chopped               | 2¼ cups   |
| Dill, fresh, coarsely chopped                    | 2⅓ cups   |
| Mint, fresh, coarsely chopped                    | 2 tsp.    |
| Lemon, juice, fresh                              | 3 Tbsp.   |
| Turmeric, ground                                 | 1½ tsp.   |
| Oregano, dried, ground                           | ½ tsp.    |
| Cumin, ground                                    | 1 Tbsp.   |
| Coriander, ground                                | 1 tsp.    |
| Fennel seeds                                     | 1 tsp.    |
| Pine nuts ( <i>Pignoli</i> )                     | ½ cup     |
| Ginger, fresh, grated                            | 1 wt. oz. |
| Currants   | ½ cup     |
| Cinnamon, ground                                 | ⅛ tsp.    |
| Stock, vegetable                                 | 2½ cups   |
| Rice, long-grain                                 | 1¼ cups   |
| Egg, whole                                       | 2 ea.     |
| Salt, kosher                                     | to taste  |
| Pepper, black, ground                            | to taste  |
| Grape leaves, jarred, rinsed                     | 36 ea.    |
| Stock, vegetable, hot                            | 3¼ pt.    |
| Oil, olive, pure                                 | ¼ cup     |
| Mint, fresh, coarsely chopped                    | 2 tsp.    |
| Oregano, fresh, coarsely chopped                 | 1 tsp.    |
| Lemon, juice, fresh                              | 2 Tbsp.   |
| Lemon, zest                                      | 1 Tbsp.   |

## Method

1. Preheat oven to 350°F.
2. For the filling, heat the olive oil in a sauté pan over medium heat. Add the onions and garlic and sauté until golden brown, about 2 minutes.

3. Add the green onions, parsley, dill, and mint. Sauté until the green onions wilt, 1 to 2 minutes. Remove from the heat and cool to room temperature.
4. In a large bowl, combine the onion mixture, lemon juice, turmeric, oregano, cumin, coriander, fennel seed, pine nuts, ginger, currants, and cinnamon. Reserve.
5. In a medium sauce pot, add the stock. Bring it to a boil and stir in the rice. Bring the mixture to a simmer, cover it, and place the pan in the preheated oven. Cook until the rice grains are fully cooked, 18 to 20 minutes.
6. Spread the rice out on a sheet pan and cool to room temperature.
7. In a large bowl, combine the rice with the onion-spice mixture. Season with salt and pepper to taste.
8. Add the eggs and stir until fully combined.
9. Place 1½ teaspoons of filling on the bottom edge of one of the grape leaves. Roll the bottom of the grape leaf over the filling to encase it. Fold the sides in toward the middle. Continue rolling the leaf until you reach the end. Repeat with the remaining leaves and filling. The rolls should be about 2 inches long and ½-inch thick. See Chef demo.
10. Pack the rolls tightly in a 2-inch-deep perforated pan and cover with aluminum foil. Place the stock in a 4-inch-deep pan of the same size. Place the perforated pan inside the deeper hotel pan. Place in the preheated oven and steam until the filling ingredients are thoroughly heated through, about 20 minutes. Cool for about 5 minutes.
11. In a small bowl, combine the olive oil, mint, oregano, lemon juice, and lemon zest. Brush the grape leaves with the olive oil mixture. Serve immediately.

# STEAMED CHINESE DUMPLINGS

*Yield: 8 portions*

| Ingredients                               | Amounts   |
|---|-----------|
| Pork, ground                              | 1 lb.     |
| Cabbage, Napa, head, finely chopped       | ½ ea.     |
| Egg, whole                                | 1 ea.     |
| Ginger, minced                            | 1 Tbsp.   |
| Scallion (Green onion), minced            | 1 ea.     |
| Soy sauce, light                          | ¼ cup     |
| Sugar, granulated                         | 1 Tbsp.   |
| Wine, rice, Chinese                       | 1 Tbsp.   |
| Oil, sesame                               | 1 Tbsp.   |
| Salt, kosher                              | 1 tsp.    |
| Pepper, white, ground                     | 1 tsp.    |
| Wonton wrappers, round, frozen,<br>thawed | as needed |
| Cabbage, leaves                           | as needed |
| Vinegar, rice                             | 3 Tbsp.   |
| Stock, chicken                            | 1 Tbsp.   |
| Soy sauce, light                          | 2 tsp.    |
| Sugar, granulated                         | 2 tsp.    |
| Ginger, fresh, minced                     | 1 tsp.    |
| Oil, sesame                               | 1 tsp.    |

## Method

1. For the filling, in a large bowl, combine the pork, cabbage, egg, ginger, green onion, soy sauce, sugar, rice wine, sesame oil, salt, and pepper. Mix well.
2. Place 1 tablespoon of filling in the center of each wrapper. Fold the wrapper over the filling, forming a half circle. Pinch the edges to seal.
3. Overlap the cabbage leaves to cover a steamer tray. Place the dumplings on top. Cover and steam over boiling water until cooked through, about 15 minutes.
4. For the dipping sauce, in a small bowl, whisk together the vinegar, stock, soy sauce, sugar, ginger, and oil.
5. Serve the steamed dumplings with the dipping sauce.

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

# MUSSELS WITH OLIVES

*Yield: 20 portions*

| Ingredient                       | Amount   |
|----------------------------------|----------|
| Mussel                           | 40 ea.   |
| Wine, white, dry                 | ½ cup    |
| Onion, white, peeled, sliced     | 1 ea.    |
| Bay leaf, dried                  | 1 ea.    |
| Salt, kosher                     | to taste |
| Oil, olive, extra virgin         | 2 Tbsp.  |
| Shallot, peeled, minced          | 2 ea.    |
| Garlic, minced                   | 1 tsp.   |
| Tomato Concassé (Recipe follows) | 12 oz.   |
| Olive, black, pitted, chopped    | 10 ea.   |
| Anchovy, fillet, chopped         | 4 ea.    |

## Method

1. Scrub the mussels under running water and remove their beards.
2. In a large saucepot, combine the wine, onion, bay leaf, and salt. Bring it to a boil.
3. Add the mussels and steam until they open, 5 to 7 minutes. Discard any mussels that do not open.
4. Remove the mussels from their shells. Reserve the meat, shells, and cooking liquid.
5. Heat the olive oil in a sauté pan over medium-high heat. Add the shallots and garlic. Sweat until the shallots are translucent, 3 to 4 minutes.
6. Add the tomatoes, olives, and anchovy fillets. Cook until softened, 1 to 2 minutes.
7. Pour the olive mixture into the liquid reserved from cooking the mussels. Cook over medium heat until the liquid reduces by half, 10 to 15 minutes.
8. Return the mussels to the sauce. Cook over low heat until heated through, about 2 minutes. Adjust the seasonings to taste.
9. Spoon the mussels, olives, and sauce into the shells. Serve immediately.

# TOMATO CONCASSÉ

*Yield: 12 ounces*

## Ingredients

## Amounts

Tomato, plum (Roma)

6 ea.

Salt, kosher

½ Tbsp.

## Method

1. Cut an X into the bottom of the tomato.
2. Bring a pot of water to a rolling boil. Drop a tomato into the water. Cook for 10 to 15 seconds, depending on the age and ripeness of the tomato.
3. Remove the tomato with a slotted spoon. Immediately plunge the tomato into an ice water bath. Repeat the process with each tomato.
4. When the tomatoes have cooled, peel away the skin.
5. Halve each tomato lengthwise.
6. Gently squeeze or scoop out seeds.
7. Small dice the flesh.



# SKEWERED GROUND LAMB SAUSAGES WITH YOGURT SAUCE

*Yield: 24 skewers*

| Ingredients                       | Amounts  |
|-----------------------------------|----------|
| Skewer, bamboo                    | 24 ea.   |
| Garlic, clove                     | 2 ea.    |
| Onion, yellow, large              | 1 ea.    |
| Lamb, ground, 25% fat             | 2 lb.    |
| Egg, whole                        | 2 ea.    |
| Parsley, flat-leaf, fresh, minced | 1½ Tbsp. |
| Cilantro, fresh, minced           | 1½ Tbsp. |
| Mustard, Dijon                    | 1 Tbsp.  |
| Lemon, zest, chopped              | 2 Tbsp.  |
| Salt, kosher                      | 2 tsp.   |
| Pepper, black, ground             | to taste |
| Mint, fresh, minced               | to taste |
| Butter, unsalted, melted          | 2 Tbsp.  |
| Paprika, ground                   | 1 Tbsp.  |
| Yogurt Sauce (Recipe follows)     | 2 ½ cups |

## Method

1. Preheat oven to 350°F.
2. Soak the bamboo skewers in water for at least 30 minutes to prevent them from burning during cooking.
3. For the lamb sausages, in a food processor, chop the garlic and onion.
4. Add the lamb, eggs, parsley, cilantro, mustard, lemon zest, salt, pepper, and mint. Pulse until well blended.
5. Shape the mixture into 1 ½-inch sausages and place onto a sheet pan.
6. Bake in the preheated oven until cooked through but not browned, about 5 minutes.
7. Skewer the sausages.
8. In a small sauté pan, melt the butter. Add the paprika and stir. Brush the butter onto the sausages. Transfer them to a sheet pan.
9. Preheat the broiler to high.
10. Broil the sausages until the exterior is evenly caramelized, about 2 minutes per side.
11. Serve with the Yogurt Sauce.

**Note:** The sausages can also be finished on the grill instead of the broiler.

## YOGURT SAUCE

*Yield: 2 ½ cups*

| Ingredients                       | Amounts   |
|-----------------------------------|-----------|
| Yogurt, plain                     | 2 cups    |
| Garlic, clove, peeled             | 2 ea.     |
| Mint, fresh, minced               | 2 Tbsp.   |
| Scallion (Green onion)            | 3 ea.     |
| Parsley, flat-leaf, fresh, minced | 1 ½ Tbsp. |
| Fenugreek, ground                 | ½ tsp.    |
| Salt, kosher                      | to taste  |
| Pepper, white, ground             | to taste  |
| Lemon, juice, fresh               | to taste  |

### Method

Combine all the ingredients in a food processor and blend until well mixed.

# TAPENADE

*Yield: 2 cups*

| Ingredients                        | Amounts |
|------------------------------------|---------|
| Olive, kalamata, pitted            | 2 cups  |
| Anchovy, fillet, drained           | 3 ea.   |
| Capers, rinsed                     | 2 Tbsp. |
| Garlic, clove, minced              | 2 ea.   |
| Oil, olive, extra virgin           | 1/4 cup |
| Lemon, juice, fresh                | 2 Tbsp. |
| Parsley, flat-leaf, fresh, chopped | 1 Tbsp. |

## Method

1. In the bowl of a food processor, place the olives, anchovy fillets, capers, and garlic. Pulse until a coarse paste forms. There should still be distinct pieces of olive in the mixture.
2. With the machine running, drizzle in the olive oil until the paste is smooth enough to spread but is still slightly chunky.
3. Transfer the mixture to a bowl. Stir in the lemon juice and fresh parsley. Serve at room temperature.

**Note:** Other cured black olives can be substituted for the kalamata olives. Tapenade can be stored for up to 1 week in the refrigerator.

# THAI MEATBALLS WITH GREEN CURRY SAUCE

*Yield: 20 meatballs*

| Ingredients                           | Amounts   |
|---------------------------------------|-----------|
| Thai green curry paste, prepared      | 1 ½ tsp.  |
| Coconut, milk                         | 1 ½ cups  |
| Salt, kosher                          | to taste  |
| Pepper, black, ground                 | to taste  |
| Pork, ground                          | 1 lb.     |
| Beef, ground                          | 1 lb.     |
| Scallion (Green onion), finely minced | 4 ea.     |
| Oyster sauce                          | 3 ½ Tbsp. |
| Cilantro, fresh, chopped              | ½ cup     |
| Garlic, clove, finely minced          | 4 ea.     |
| Orange, zest, finely grated           | 1 tsp.    |
| Asian chili sauce                     | 2 tsp.    |
| Nutmeg, fresh, grated                 | 1 ½ tsp.  |
| Egg, whole                            | 2 ea.     |
| Cornstarch                            | 1 cup     |
| Oil, vegetable                        | ½ cup     |

## Method

1. For the curry sauce, in a saucepan over medium heat, combine the curry paste and coconut milk. Bring it to a simmer. Season with salt and pepper to taste. Keep warm.
2. For the meatballs, in a mixing bowl, place the ground pork, ground beef, green onions, oyster sauce, cilantro, garlic, orange zest, chili sauce, nutmeg, and eggs. Mix until thoroughly combined.
3. Divide the mixture into 20 portions, then shape into balls. Refrigerate until chilled, about 30 minutes.
4. Lightly coat (dredge) the meatballs in the cornstarch. Shake off any excess.
5. Heat the oil in a sauté pan over medium-high heat until almost smoking.
6. Sauté the meatballs, turning occasionally, until evenly golden brown and cooked through, about 4 minutes.
7. Serve the meatballs with the warm curry sauce.

# SPANAKOPITA

*Yield: 48 pieces*

| Ingredients                     | Amounts    |
|---------------------------------|------------|
| Butter, unsalted                | 2 Tbsp.    |
| Shallot, minced                 | ½ cup      |
| Garlic, minced                  | 2 Tbsp.    |
| Spinach, stems removed, chopped | 12 wt. oz. |
| Nutmeg, fresh, grated           | 1 tsp.     |
| Dill, fresh, chopped            | 1 Tbsp.    |
| Egg, whole, beaten              | 1 ea.      |
| Cheese, feta, crumbled          | 1 cup      |
| Cheese, mozzarella, grated      | ½ cup      |
| Salt, kosher                    | 1 tsp.     |
| Pepper, black, ground           | ½ tsp.     |
| Phyllo dough, sheet             | 24 ea.     |
| Butter, unsalted, melted        | 1 ½ cups   |

## Method

1. Preheat oven to 400°F.
2. Melt the butter in a sauté pan over medium heat until it starts to bubble. Add the shallots and garlic. Sweat until translucent, 4 to 5 minutes.
3. Add the spinach, nutmeg, and dill. Sauté until the spinach is wilted, 1 to 2 minutes. Transfer the mixture to a stainless-steel bowl. Cool to room temperature.
4. Add the egg, feta, and mozzarella cheese. Season with salt and pepper to taste. Cover and refrigerate until needed.
5. Lay 1 sheet of phyllo dough on a cutting board. Brush it lightly with melted butter. Place another sheet directly onto the buttered sheet and brush it lightly with butter. Repeat to form a stack of 3. Repeat the process until there are 8 stacks of phyllo, each 3 layers thick.
6. Cut each stack of dough lengthwise into 6 even strips. Spoon 1 teaspoon of spinach filling onto the bottom right corner of each strip. Fold the bottom right corner of a strip diagonally to the left side of the strip to create a triangle of dough encasing the filling. Fold the bottom left point of the dough up along the left side to seal the filling. (see Chef demo)
7. Fold the bottom left corner of the dough diagonally to the right side of the dough to form a triangle. Fold the bottom right point up along the right edge of the dough. Repeat until the end of the strip is reached. It will be a triangle of layered phyllo dough with the filling wrapped inside. Repeat with each strip.
8. Put the triangles on parchment-lined sheet pans. Brush each with melted butter.
9. Bake in the preheated oven until golden brown, 15 to 20 minutes. Serve immediately.

# BACON-WRAPPED SHRIMP WITH ASIAN BARBECUE SAUCE

*Yield: 20 skewers*

| Ingredients                      | Amounts            |
|----------------------------------|--------------------|
| Skewer, bamboo, small            | 20 ea.             |
| Coconut, unsweetened, desiccated | 3 Tbsp.            |
| Shrimp, U-15, peeled             | 20 ea.             |
| Salt, kosher                     | $\frac{2}{3}$ tsp. |
| Pepper, black, ground            | $\frac{1}{4}$ tsp. |
| Pineapple, chunks                | 20 oz.             |
| Pork, bacon, blanched, halved    | 2 lb.              |
| Barbecue Sauce (Recipe follows)  | 3 cups             |
| Scallion (Green onion), sliced   | $\frac{3}{4}$ cup  |

## Method

1. Soak the skewers in water for 30 minutes to prevent them from burning during cooking.
2. Preheat oven to 400°F.
3. In a dry skillet over medium heat, toast the coconut until evenly browned, about 5 minutes. Reserve.
4. To de-vein the shrimp, lay the shelled shrimp on a work surface, with the curved outer edge of the shrimp on the same side as your cutting hand. Slice into the shrimp, making a shallow cut. Use the tip of the knife to scrape out the vein.
5. Season the shrimp with salt and pepper.
6. To assemble the skewers, place a piece of pineapple onto each shrimp and wrap with one piece of bacon. Place the skewer through the shrimp to keep the bacon and pineapple attached (see Chef demo). Arrange on a sheet pan in a single layer and reserve.
7. Chop the remaining pineapple into small pieces and reserve for the sauce.
8. Brush about 1 teaspoon of the Asian Barbecue Sauce over each skewer.
9. Bake the shrimp in the preheated oven until fully cooked, 8 to 10 minutes.
10. Remove from the oven and neatly arrange on serving platters. Ladle the sauce over top. Garnish with the reserved toasted coconut and sliced green onions.

**Note:** Do not prepare the skewers too far in advance as the pineapple will cook (denature) the shrimp.

# ASIAN BARBECUE SAUCE

*Yield: 3 cups*

| Ingredients            | Amounts              |
|------------------------|----------------------|
| Oil, olive, pure       | 2 tsp.               |
| Onion, yellow, diced   | $\frac{2}{3}$ cup    |
| Celery, diced          | $\frac{2}{3}$ cup    |
| Garlic, clove, chopped | 1 ea.                |
| Pineapple, small diced | $\frac{2}{3}$ cup    |
| Vinegar, rice          | 4 tsp.               |
| Ketchup                | 3 fl. oz.            |
| Chili sauce            | 3 fl. oz.            |
| Plum sauce             | 3 Tbsp.              |
| Soy sauce, tamari      | 4 tsp.               |
| Worcestershire sauce   | 1 $\frac{1}{2}$ tsp. |
| Salt, kosher           | to taste             |
| Pepper, black, ground  | to taste             |

## Method

1. Heat the oil in a saucepan over medium-low heat. Sweat the onions, celery, and garlic until softened, but not browned, 3 to 4 minutes.
2. Add the pineapple, vinegar, ketchup, chili sauce, plum sauce, soy sauce, and Worcestershire sauce. Bring to a simmer and cook until the sauce thickens to the desired consistency, about 15 minutes. Add water, if necessary, to thin the sauce.
3. Adjust the seasoning with salt and pepper to taste.

# BREADED GREEN OLIVES STUFFED WITH SAUSAGE

*Yield: 30 pieces*

| Ingredients                         | Amounts   |
|-------------------------------------|-----------|
| Olive, green, pitted, in brine      | 30 ea.    |
| Sausage, Italian, casing removed    | ½ lb.     |
| Egg, yolk                           | 1 ea.     |
| Cheese, Parmigiano-Reggiano, grated | 1 wt. oz. |
| Nutmeg, fresh, grated               | 1 pinch   |
| Flour, all-purpose                  | 1½ cups   |
| Egg, whole, beaten                  | 6 ea.     |
| Breadcrumbs, fresh                  | 1½ cups   |
| Oil, vegetable                      | as needed |

## Method

1. Soak the olives in a bowl of water for 15 minutes. Strain in a colander. Pat dry with paper towels.
2. In a food processor, combine the sausage, egg yolk, Parmigiano-Reggiano, and nutmeg. Blend to form a paste-like consistency.
3. Transfer the mixture to a pastry bag fitted with a large tip. Fill each olive with the sausage paste.
4. Dredge the olives in flour, then the beaten egg, then the breadcrumbs. Refrigerate for at least 2 hours or overnight.
5. Preheat the deep fryer or a large pot filled halfway with oil to 350°F.
6. Fry 10 olives at a time until golden. Drain on paper towels. Serve immediately.

**Note:** Fresh chorizo can be substituted for the Italian sausage.

Adapted from: *Italy Anywhere* by Lori De Mori, Jean-Louis De Mori, and Antonio Tommasi



# CORN TORTILLA CUPS WITH BLACK BEANS AND GUACAMOLE

*Yield: 24 tortilla cups*

| Ingredients                           | Amounts   |
|---------------------------------------|-----------|
| Tortilla, corn                        | 24 ea.    |
| Salt, kosher                          | to taste  |
| Oil, vegetable                        | 1 Tbsp.   |
| Onion, yellow, minced                 | ½ ea.     |
| Garlic, clove, minced                 | 1½ ea.    |
| Chile, jalapeño, minced               | 1 ea.     |
| Cumin, ground                         | 1 tsp.    |
| Thyme, dried                          | 1 tsp.    |
| Oregano, dried                        | 1 tsp.    |
| Tomato, paste                         | 2 Tbsp.   |
| Bean, turtle, black, soaked overnight | 4 wt. oz. |
| Stock, vegetable                      | as needed |
| Chile, cayenne, ground                | to taste  |
| Salt, kosher                          | to taste  |
| Guacamole (Recipe follows)            | 1 pint    |

## Method

1. Using a 3-inch pastry cutter, cut smaller rounds from the tortillas.
2. Place a tortilla in a small ladle and squeeze down lightly with a slightly smaller ladle. This will result in a small tortilla cup. See Chef demo.
3. Preheat a deep fryer to 350°F.
4. Deep fry the tortilla rounds until crisp. Drain. Season with salt.
5. Heat the oil in a medium-sized saucepan over medium heat. Add the onions, garlic, and jalapeños. Sweat until softened, 3 to 4 minutes.
6. Add the cumin, thyme, oregano, and tomato paste. Cook until the tomato paste is slightly reduced, about 2 minutes.
7. Add the soaked beans and stock. Simmer until the beans are tender, about 30 minutes.
8. Season with cayenne and salt to taste.
9. Fill the tortilla cups with the black bean mixture. Garnish with the Guacamole.

# GUACAMOLE

*Yield: 1 pint*

| Ingredients                 | Amounts  |
|-----------------------------|----------|
| Avocado, ripe               | 4 ea.    |
| Tomato, plum (Roma) chopped | 1 ea.    |
| Onion, red, small, minced   | 1/4 ea.  |
| Chile, jalapeño, minced     | 1 ea.    |
| Lime, juice, fresh          | 1 Tbsp.  |
| Garlic, minced              | 1/2 tsp. |
| Salt, kosher                | 1/2 tsp. |
| Pepper, black, ground       | 1 pinch  |

## Method

1. Cut the avocados in half. Remove the pits. Score the inside with a knife and scoop out the flesh with a spoon. Transfer to a small bowl.
2. Roughly mash the avocado with a fork, leaving it a little chunky.
3. Add the tomato, onion, jalapeño, lime juice, garlic, salt, and pepper. Mix well to combine.
4. Adjust the seasoning with salt and pepper to taste.

## BEEF SATÉ WITH PEANUT SAUCE

*Yield: 30 skewers*

| Ingredients                            | Amounts |
|--|---------|
| Skewer, bamboo, 6-inch length          | 30 ea.  |
| Beef, tenderloin                       | 2 lb.   |
| Soy sauce                              | ¼ cup   |
| Cilantro, fresh, coarsely chopped      | 2 Tbsp. |
| Oil, sesame                            | 2 Tbsp. |
| Garlic, chopped                        | 4 tsp.  |
| Ginger, fresh, minced                  | 2 tsp.  |
| Curry powder                           | 2 tsp.  |
| Chile, Thai bird's eye, small, crushed | 1 ea.   |
| Lemongrass, fresh, minced (Optional)   | 1 Tbsp. |
| Peanut Sauce (Recipe follows)          | 1 pt.   |

### Method

1. Soak the skewers in water for 30 minutes to prevent them from burning when cooking.
2. Slice the beef into very thin strips.
3. For the marinade, in a large bowl, combine the soy sauce, cilantro, sesame oil, garlic, ginger, curry powder, chile, and lemongrass.
4. Add the beef to the marinade. Turn to coat. Cover and refrigerate for at least 1 hour.
5. Remove the meat from the marinade and wipe off any excess. Weave the slices of meat onto the skewers (see Chef demo).
6. Sear on a hot grill, or broil until medium-rare, about 1 minute per side.
7. Serve with the warm Peanut Sauce.

**Note:** Sirloin tips can be substituted for the beef tenderloin.

# PEANUT SAUCE

*Yield: 1 pint*

| Ingredients                    | Amounts   |
|--------------------------------|-----------|
| Peanuts                        | 1 cup     |
| Peanut, butter                 | 1 cup     |
| Garlic, minced                 | 2 Tbsp.   |
| Chile, jalapeño, fresh, minced | 4 tsp.    |
| Sugar, granulated              | 1 Tbsp.   |
| Chile, cayenne, ground         | 1 pinch   |
| Lime, juice, fresh             | ½ cup     |
| Soy sauce                      | ½ cup     |
| Oil, peanut                    | ½ cup     |
| Water                          | ½ cup     |
| Cilantro, fresh, chopped       | 2 ½ Tbsp. |

## Method

1. In a dry skillet over medium heat, toast the peanuts until lightly browned and aromatic, about 5 minutes. When cool enough to handle, roughly chop the peanuts. Reserve.
2. In a small saucepan over medium heat, combine the peanut butter, garlic, jalapeño, sugar, cayenne, lime juice, soy sauce, peanut oil, and water. Bring it to a boil, stirring frequently.
3. Lower the heat and simmer for 2 to 3 minutes. Adjust the consistency with water, if needed.
4. Remove the pan from the heat. Stir in the cilantro.
5. Garnish with the reserved chopped, toasted peanuts. Serve warm.

# SHRIMP EMPANADAS

*Yield: 12 portions*

| Ingredients                        | Amounts   |
|------------------------------------|-----------|
| Flour, all-purpose                 | 3 cups    |
| Salt, kosher                       | 1 tsp.    |
| Sugar, granulated                  | 1 tsp.    |
| Butter, unsalted, cold, cubed      | 1 cup     |
| Beer, cold                         | ½ cup     |
| Butter, unsalted                   | 1 ½ Tbsp. |
| Onion, peeled, minced              | 1 cup     |
| Garlic, clove, peeled, minced      | 2 ea.     |
| Tomato, plum (Roma), chopped       | ½ cup     |
| Parsley, flat-leaf, fresh, chopped | 1 Tbsp.   |
| Paprika, smoked                    | ¼ tsp.    |
| Cumin, ground                      | ¼ tsp.    |
| Clove, ground                      | 1 pinch   |
| Pepper, black, ground              | ¼ tsp.    |
| Shrimp, 26-30, finely chopped      | ½ lb.     |
| Egg, whole, beaten                 | 1 ea.     |
| Oil, vegetable                     | as needed |

## Method

1. For the dough, in a large bowl, combine the flour, salt, and sugar. Work in the butter until the mixture resembles coarse crumbs. Add the beer and mix until a smooth dough forms. Rest the dough in the refrigerator for 15 minutes.
2. For the filling, in a medium skillet, melt the butter over medium-low heat. Add the onions and garlic. Sweat until soft, about 10 minutes.
3. Add the tomato, parsley, paprika, cumin, cloves, and pepper. Cook until the tomatoes are soft and the liquid has evaporated, about 15 minutes.
4. Add the shrimp. Cook until they are pink, 1 to 2 minutes. Adjust the seasonings to taste. Cool to room temperature.
5. To form the empanadas, roll the dough out on a floured surface. Cut it into twelve 4-inch rounds. Brush the edges with the beaten egg. Fill with the cooled shrimp mixture, fold, and seal the edges (See Chef demo).
6. Preheat the deep fryer to 350°F.
7. Working in batches, fry the empanadas until golden brown, 3 to 4 minutes. Serve hot.

**Note:** Lard can be substituted for the butter. Instead of frying, the empanadas can be baked in a 375°F oven for 12 to 15 minutes.

## EGGPLANT CAPONATA SPOONS

*Yield: 3 cups*

| Ingredients                         | Amounts   |
|-------------------------------------|-----------|
| Oil, olive, pure (Divided)          | 5 Tbsp.   |
| Eggplant, small diced               | ½ lb.     |
| Garlic, clove, minced               | 2 ea.     |
| Pepper, bell, red, small diced      | 1 ea.     |
| Onion, yellow, small diced          | 1 ea.     |
| Olive, green, diced                 | 3 wt. oz. |
| Tomato Concassé (Recipe follows)    | 8 oz.     |
| Capers, drained                     | 2 Tbsp.   |
| Sugar, granulated                   | 2 Tbsp.   |
| Vinegar, wine, white                | ⅓ cup     |
| Basil, fresh, shredded              | 1 Tbsp.   |
| Cheese, Parmigiano-Reggiano, shaved | 4 wt. oz. |

### Method

1. Heat 3 tablespoons of olive oil in a sauté pan over medium heat. Add the eggplant and sauté until lightly browned and tender, about 5 minutes.
2. Add the garlic and sauté for 30 seconds. Drain the eggplant on a sheet pan lined with paper towels. Transfer to a large bowl.
3. Heat 1 tablespoon of olive oil in the same pan. Add the peppers and onions and sauté until tender, about 5 minutes. Add to the bowl with the eggplant.
4. Heat 1 tablespoon of olive oil in the same pan. Add the olives and sauté for 1 minute.
5. Add the tomatoes and capers. Cook until softened, about 1 minute.
6. Add the sugar and the vinegar. Cook until the liquid is reduced, about 1 minute. Add to the eggplant mixture. Mix well.
7. Sprinkle with the basil. Add more olive oil, if desired.
8. Serve on individual spoons. Top with the shaved Parmesan.

# TOMATO CONCASSÉ

*Yield: 8 ounces*

## Ingredients

## Amounts

Tomato, plum (Roma)

4 ea.

Salt, kosher

½ Tbsp.

## Method

1. Cut an X into the bottom of the tomato.
2. Bring a pot of water to a rolling boil. Drop a tomato into the water. Cook for 10 to 15 seconds, depending on the age and ripeness of the tomato.
3. Remove the tomato with a slotted spoon. Immediately plunge the tomato into an ice water bath. Repeat the process with each tomato.
4. When the tomatoes have cooled, peel away the skin.
5. Halve each tomato lengthwise.
6. Gently squeeze or scoop out seeds.
7. Small dice the flesh.

# MANCHEGO CHEESE WITH CATALAN TOMATO BREAD

*Yield: 24 pieces*

| Ingredients                       | Amounts  |
|-----------------------------------|----------|
| Bread, sourdough, rustic, slice   | 24 ea.   |
| Tomato, large                     | 1 ½ lb.  |
| Oil, olive, extra virgin, Spanish | to taste |
| Salt, kosher                      | to taste |
| Cheese, Manchego, sliced          | 12 oz.   |

## Method

1. Preheat oven to 350°F.
2. Arrange the bread slices on parchment-lined sheet pans. Toast in the preheated oven until lightly browned and crisp, 5 to 10 minutes. Reserve.
3. Cut the tomatoes in half. Place a grater over a large mixing bowl. Rub the open face of the tomatoes onto the grater until all the flesh is grated. Discard the skin.
4. Add a liberal amount of olive oil to the grated tomato. Season with salt to taste.
5. Spoon the tomato-oil mixture onto the toast.
6. Place a slice of cheese on top, drizzle with a little more oil, and serve.

**Note:** Traditionally, the open face of the halved tomatoes are rubbed into the toast until the flesh is absorbed.

*Source: Tapas: A Taste of Spain in America by José Andrés*



# CALIFORNIA ROLLS

*Yield: 10 rolls*

| Ingredients  | Amounts               |
|--|-----------------------|
| Rice, short-grain                                  | 5 $\frac{2}{3}$ cups  |
| Water  | 6 $\frac{1}{3}$ cups  |
| Vinegar, rice                                      | $\frac{2}{3}$ cup     |
| Sugar, granulated                                  | 4 $\frac{1}{2}$ Tbsp. |
| Salt, kosher                                       | 1 $\frac{1}{2}$ Tbsp. |
| Seaweed ( <i>Nori</i> ), sheet                     | 10 ea.                |
| Vinegar, rice                                      | 2 Tbsp.               |
| Water  | 2 cups                |
| Avocado, julienned                                 | 1 ea.                 |
| Cucumber, English, seeded, julienned               | 1 ea.                 |
| Crab stick ( <i>Surimi</i> ), cut into thin strips | $\frac{1}{2}$ lb.     |
| Ginger, pickled                                    | as needed             |
| Wasabi   | as needed             |
| Soy sauce  | as needed             |

## Method

1. Rinse the rice at least three times until the water is mostly clear.
2. Combine the rice and water in a large pot. Bring it to a boil over medium heat. Cover the pot, lower the heat, and simmer until the rice is tender, about 35 minutes.
3. Spread the cooked rice out into a pan, cover, and cool to room temperature.
4. In a small sauté pan, combine the vinegar, sugar, and salt. Bring it to a simmer over medium heat. Do not allow it to boil. Cook it until the salt and sugar have completely dissolved, about 4 minutes. Cool to room temperature.
5. Pour the vinegar mixture over the rice. Toss with a wooden spoon until the vinegar is thoroughly dispersed and the rice takes on a glossy sheen.
6. Place a bamboo sushi-rolling mat on a cutting board and put 1 sheet of nori on top.
7. Combine the rice vinegar and water. Dip your hands in the mixture and scoop out a portion of the rice (this will help prevent the rice from sticking to your hands).
8. Spread the rice evenly over the nori sheet, leaving a  $\frac{1}{2}$ -inch band along one of the long sides of the nori sheet. (See Chef demo)
9. Place a portion of the avocado, cucumber, and crabmeat on the rice across the long edge of the nori sheet. Roll it up carefully. Brush the exposed strip of nori with rice vinegar and press to seal. Repeat the process with the remaining ingredients.
10. Cut each roll crosswise into 8 even pieces. Serve with pickled ginger and wasabi paste mixed with soy sauce.

# CRISPY SCALLION PANCAKES WITH DIPPING SAUCE

*Yield: 30 portions*

| Ingredients                    | Amounts              |
|--------------------------------|----------------------|
| Flour, all-purpose             | 5 $\frac{2}{3}$ cups |
| Water, boiling                 | 1 $\frac{1}{2}$ pt.  |
| Soy sauce                      | 1 cup                |
| Scallion (Green onion)         | 1 cup                |
| Vinegar, Chinese               | 1 cup                |
| Ginger, fresh, minced          | 2 Tbsp.              |
| Garlic, minced                 | 1 tsp.               |
| Sugar, granulated              | 4 tsp.               |
| Oil, sesame, dark              | 2 Tbsp.              |
| Salt, kosher                   | to taste             |
| Pepper, black, ground          | to taste             |
| Scallion (Green onion), sliced | 1 $\frac{1}{2}$ cups |
| Oil, peanut                    | 1 $\frac{1}{2}$ cups |

## Method

1. For the dough, sift the flour into a large bowl. Add the water. Stir to form a dough. Knead until smooth, about 5 minutes. Cover and set aside at room temperature for 20 minutes.
2. For the dipping sauce, in a small bowl, combine the soy sauce, scallions, vinegar, ginger, garlic, and sugar. Mix well. Reserve.
3. Divide the dough into 15 parts, then roll each into a thin rectangle. Brush each rectangle with a small amount of sesame oil. Season with salt and pepper to taste.
4. Cover each rectangle with a layer of sliced green onions. Roll them up like a jelly roll. Take one end and roll into a spiral coil. Roll this spiral shape flat into a pancake. This rolling technique gives the dough a design and lightness. (See Chef demo.)
5. Heat the peanut oil in a non-stick skillet over medium heat. Pan-fry each pancake until evenly brown and crispy on both sides, about 3 minutes per side. Drain well.
6. Cut each pancake into quarters. Serve with the dipping sauce.

# RISOTTO CROQUETTES WITH FONTINA

*Yield: 30 croquettes*

| Ingredients                         | Amounts   |
|-------------------------------------|-----------|
| Butter, unsalted                    | ¼ cup     |
| Onion, yellow, fine diced           | 2 Tbsp.   |
| Rice, arborio                       | 2 ½ cups  |
| Wine, white, dry                    | 1 cup     |
| Stock, chicken, hot                 | 1 qt.     |
| Cheese, Parmigiano-Reggiano, grated | 1 ⅓ cups  |
| Salt, kosher                        | to taste  |
| Cheese, fontina, small diced        | 1 lb.     |
| Flour, all-purpose                  | 1 cup     |
| Egg, whole, beaten                  | 2 ea.     |
| Milk, whole                         | 4 Tbsp.   |
| Breadcrumbs                         | 1 cup     |
| Oil, vegetable                      | as needed |
| Tomato, plum (Roma), med. diced     | 1 ½ cups  |
| Thyme, fresh, finely chopped        | as needed |
| Basil, fresh, finely chopped        | as needed |

## Method

1. Heat the butter in a sauté pan over medium heat. Add the onions and sweat until translucent, 3 to 4 minutes.
2. Add the rice and stir to coat it with the butter.
3. Add the wine. Lower the heat, and simmer until all the liquid is absorbed by the rice, 3 to 4 minutes.
4. Add the chicken stock in three increments, making sure the rice absorbs nearly all the liquid before adding more. Stir constantly until all the stock has been absorbed and rice is tender but still firm to the bite (*al dente*), about 18 minutes.
5. Add the Parmesan cheese. Season with salt to taste.
6. Transfer the risotto to a sheet pan and spread it out in an even layer. Allow it to cool completely.
7. Divide the risotto into 30 portions and shape into balls. Make an indent in the center of each ball. Place a cube of the Fontina cheese into the indent. Mold the risotto around the cheese.
8. For the egg wash, whisk together the egg and milk.
9. Coat (dredge) the croquettes in flour, shaking off any excess. Dip the dredged croquettes in the egg wash, then roll them in the breadcrumbs.

10. Preheat a large pot filled halfway with oil, or a deep fryer to 350°F.
11. Working in batches, deep-fry the risotto croquettes until golden brown, 3 to 4 minutes. Remove from the oil and place onto a wire rack to drain.
12. Garnish with the diced tomatoes, thyme, and basil.

**Note:** This recipe works best when the risotto is prepared a day in advance. Other fillings can be used in place of Fontina, such as cooked sausage, seafood, vegetables, or toasted almonds.

## GRILLED VEGETABLE ANTIPASTI

*Yield: 10 portions*

| Ingredients                             | Amounts   |
|---|-----------|
| Bread, baguette, ¼-in. sliced           | 1 ea.     |
| Oil, olive, pure                        | ½ cup     |
| Vinegar, balsamic                       | ¼ cup     |
| Lemon, juice, fresh                     | 2 Tbsp.   |
| Garlic, minced                          | 2 Tbsp.   |
| Basil, fresh, minced                    | 2 Tbsp.   |
| Parsley, flat-leaf, fresh, minced       | 2 Tbsp.   |
| Oregano, fresh, minced                  | 2 Tbsp.   |
| Thyme, fresh, minced                    | ½ tsp.    |
| Salt, kosher                            | ½ tsp.    |
| Red pepper flakes                       | ½ tsp.    |
| Eggplant, sliced lengthwise ½ in.       | 8 wt. oz. |
| Zucchini, sliced lengthwise ½ in.       | 8 wt. oz. |
| Squash, yellow, sliced lengthwise ½ in. | 8 wt. oz. |
| Onion, red, peeled, ½-in. rings         | 1 ea.     |
| Pepper, bell, yellow bell, halved       | 1 ea.     |
| Tomato Marmalade (from Day One)         | as needed |

### Method

1. Preheat the grill to medium-high. Grill the bread slices until lightly charred with grill marks, about 1 minute per side. Reserve.
2. For the marinade, in a large bowl, whisk together the oil, vinegar, lemon juice, garlic, basil, parsley, oregano, thyme, salt, and red pepper flakes.
3. Add the eggplant, zucchini, squash, onions, and pepper. Toss to coat the vegetables with the marinade. Marinate for 1 hour.
4. Working in batches, grill the vegetables until marked and tender, about 3 minutes per side. Remove with tongs and place on a platter to cool slightly.
5. Drizzle the vegetables with Tomato Marmalade.
6. Serve with the reserved grilled bread slices.

## PAPAYA AND BLACK BEAN SALSA

*Yield: 16 portions*

| Ingredients                           | Amounts |
|---------------------------------------|---------|
| Beans, black, canned, rinsed, drained | 1 cup   |
| Papaya, ripe, small diced             | 1 ea.   |
| Pepper, bell, red, small diced        | 2 ea.   |
| Onion, red, small diced               | 1 ea.   |
| Cilantro, fresh, chopped              | 3 Tbsp. |
| Oregano, Mexican, dried               | 2 tsp.  |
| Ginger, fresh, minced                 | 3 Tbsp. |
| Oil, olive, extra virgin              | ¼ cup   |
| Lime, juice, fresh                    | ¼ cup   |
| Pepper, black, ground                 | 1 tsp.  |
| Salt, kosher                          | 2 tsp.  |

### Method

1. In a mixing bowl, combine all the ingredients. Toss well.
2. Adjust the seasonings to taste.
3. Cover and refrigerate for at least 30 minutes before serving.

## FISH AND SHELLFISH CEVICHE

*Yield: 10 portions*

| Ingredients                     | Amounts   |
|---------------------------------|-----------|
| Corn, kernels                   | 1 cup     |
| Shrimp, 16-20, peeled           | ½ lb.     |
| Scallop, sea, small diced       | ½ lb.     |
| Bass, sea, fillet, small diced  | ½ lb.     |
| Chile, Fresno, minced           | 1 ea.     |
| Onion, red, minced              | ½ ea.     |
| Lime, juice, fresh              | ½ cup     |
| Salt, kosher                    | as needed |
| Pepper, black, ground           | to taste  |
| Cilantro, fresh, chopped        | 3 Tbsp.   |
| Tortilla Chips (Recipe follows) | 64 chips  |

### Method

1. Preheat oven to 400°F.
2. Spread the corn in an even layer on a parchment-lined half sheet pan. Roast in the preheated oven until lightly browned, about 10 minutes. Cool and reserve.
3. To de-vein the shrimp, lay the shelled shrimp on a work surface, with the curved outer edge of the shrimp on the same side as your cutting hand. Slice into the shrimp, making a shallow cut. Use the tip of the knife to scrape out the vein, or intestinal tract.
4. Small dice the shrimp.
5. In a large bowl, combine the shrimp, scallops, sea bass, corn, chile, onion, lime juice, salt, and pepper. Toss gently to combine. Macerate until the seafood becomes opaque, about 30 minutes.
6. Just before service, add the cilantro. Adjust seasonings with lime juice, salt, and pepper to taste.
7. Serve with the tortilla chips.

**Note:** a red jalapeño chile can be substituted for the Fresno chile.

# TORTILLA CHIPS

*Yield: 64 chips*

## Ingredients

## Amounts

|                |           |
|----------------|-----------|
| Tortilla, corn | 16 ea.    |
| Oil, vegetable | as needed |
| Salt, kosher   | to taste  |

## Method

1. Cut the tortillas into quarters.
2. Preheat the oil in a deep fryer to 350°F.
3. Working in batches, fry the tortilla pieces, stirring continuously, until crisp, about 3 minutes.
4. Remove the tortillas from the oil with a slotted spoon or spider. Drain well on paper towels.
5. Season lightly with salt to taste.



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