

# THE OLIVE OIL KITCHEN

**Welcome!**



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of America**

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## KITCHEN RESPONSIBILITIES

- Silence and put away phones.
- Clean your workstation as you go.
- Place waste in proper receptacle:
  - **Green:** food scraps for compost
  - **Blue:** recyclables
  - **Gray:** trash for landfill
- Use paper towels, cleaning cloths, red sanitation bucket for spills.
- Use a side towel for handling hot objects, not for cleaning.
- Place dirty utensils, tools, etc. on speed rack, not in sink.
- Place anything with an edge in pan labelled "Sharps Only."
- Place dirty linen in linen bag.

## FOOD SAFETY

- Keep hair contained with toque, hair net, hair tie, beard guard.
- Wash hands before starting work.
- Wash hands after:
  - Touching hair, face, phone, pen, etc.
  - Coughing/ sneezing into tissue
- Wash and dry all produce.
- Wash cutting board, knives, tools after each use.
- Keep perishables refrigerated until needed.
- Per NY State Law, wear gloves when handling ready-to-eat food.
- Keep raw meat, poultry, eggs, seafood separate from other foods.
- Cook food to the temperature safe zone.

## **RECIPE MISE EN PLACE**

- Read the entire recipe before starting.
- Review yield, temp., and cook times.
- Understand terms, techniques– ask questions if unsure!
- Visualize the cooking process from start to finish.
- Complete any pre-steps (soak, marinade, etc.).
- Gather, measure/ weigh all ingredients.
- Complete all basic prep (wash, trim, grind, dice, etc.).

## **KNIFE SAFETY**

- Use a sharp knife.
- Hold the knife firmly with correct finger positioning. Place your dominant hand on the handle with three fingers gripping it. Your thumb and index finger should pinch the blade, resting on either side of the bolster. (See Chef demo.)
- Cut away from your body.
- Use a cutting board.
- Place knives on flat surface, away from table edge.
- Keep knives in clear sight, never covered.
- Never grab blindly for a knife.
- Pass knives using the handle, never the blade.
- Carry knives alongside your body with the point down. Alert those around you by saying aloud "Behind you with a knife."

# TEAM PRODUCTION ASSIGNMENTS

## TEAM ONE

Garlic and Olive Oil Burst Cherry Tomatoes (*VG, GF*)  
Whipped Ricotta, Smoked Black Pepper, and Garden Herb-Almond Pesto (*V, GF*)  
Olive Oil Poached Cod with Grilled Serrano Salsa Verde (*GF*)  
Olive Oil Ice Cream (*V, GF*)

## TEAM TWO

Charred Radish with Herbed Sea Salt (*VG, GF*)  
Smokey Eggplant Purée with Labneh, Olive Oil, and Poached Chiles (*V, GF*)  
Chicken Confit with Lemon, Thyme, Olive Oil, and Calabrian Chiles (*GF*)  
Dark Chocolate Mousse with Olive Oil (*V, GF*)

## TEAM THREE

Chermoula (*VG, GF*)  
Greens with White Beans, Fried Bread, and Shaved Pecorino (*V*)  
Pita Bread (*VG*)  
Mixed Greens Dressed with Olive Oil (*VG, GF*)  
Sous Vide Beef Rib Eye in Olive Oil (*GF*)

## TEAM FOUR

Mashed Potato Skordalia with Pine Nuts, Oregano, and Chives (*VG*)  
Olive Oil Braised Leeks (*VG, GF*)  
Slow Cooked Green Beans with Harissa and Cumin (*V, GF*)  
Olive Oil Semolina Cake (*V*)

## TAKE HOME RECIPES

Swiss Chard and Tahini Dip (*VG, GF*)

Marinated Beans with Celery and Manchego (*V, GF*)

Asparagus, Green Garlic, and Artichokes (*VG, GF*)

Chickpeas, Feta, Garlic Confit, and Capers (*V, GF*)

Olive Oil Confit with Cipollini Onions and Crushed Potatoes (*V, GF*)

Roasted Carrots, Turnips, and Fennel (*V, GF*)

**KEY:** *V (Vegetarian) | VG (Vegan) | GF (Gluten-Free)*

## GARLIC AND OLIVE OIL BURST CHERRY TOMATOES

*Yield: 5 cups*

Ingredients	Amounts
Oil, olive, extra virgin	as needed
Oregano, Sicilian, dried	1 Tbsp.
Basil, leaf, fresh, torn	8 ea.
Parsley, flat-leaf, sprig, fresh	4 ea.
Red pepper flakes, crushed (Optional)	¼ tsp.
Tomato, cherry	10 cups
Salt, kosher	1 pinch
Garlic, skin on, gently crushed	10 tsp.

### Method

1. Heat the olive oil in a large skillet over medium heat, until it just begins to thin out and coat the pan. Add the oregano, basil, parsley, and red pepper flakes, if using. Sauté until fragrant, about 30 seconds.
2. Add the tomatoes and sea salt. Increase the heat to medium-high. Cook until the tomatoes develop a light golden-brown hue at their edges and burst open, 6 to 10 minutes. As they cook, use a large wooden spoon to move them around the pan occasionally to prevent burning.
3. Add the garlic. Cook until the garlic softens, 1 to 2 minutes. (Adding the garlic now prevents it from scorching and burning.)
4. Remove the skillet from the heat and let it cool slightly.

**Note:** Heirloom, standard, or grape tomatoes can be substituted for the cherry tomatoes. Ground Calabrian chile can be substituted for the red pepper flakes.

# WHIPPED RICOTTA, SMOKED BLACK PEPPER, AND GARDEN HERB-ALMOND PESTO

*Yield: 1 quart*

Ingredients	Amounts
Cheese, ricotta	16 wt. oz.
Honey, wildflower	1 ½ Tbsp.
Oil, olive, extra virgin	1 ½ Tbsp.
Garlic, confit (Recipe follows)	3 tsp.
Lemon, zest	1 ½ Tbsp.
Lactic acid, powdered	1 tsp.
Pepper, black, ground	to taste
Garden Herb Almond Pesto (Recipe follows)	as needed

## Method

1. In a robot coupe food processor, whip all ingredients until a smooth consistency is achieved.
2. Store in piping bags for later use.



## GARLIC CONFIT

*Yield: 3 teaspoons.*

### Ingredients

### Amounts

Garlic, clove, peeled  
Oil, olive, extra virgin

3 ea.  
as needed

### Method

1. Preheat oven to 440°F.
2. In a medium pot of cold water, place the garlic. Bring it to a boil. Repeat twice, starting from cold water each time. Transfer to an ice water bath to stop the cooking process. Blot dry.
3. Transfer the garlic to a hotel pan. Cover the garlic with oil and wrap tightly with tin foil.
4. Bake for 2 hours.

## GARDEN HERB-ALMOND PESTO

*Yield: 1 cup*

Ingredients	Amounts
Coriander, seeds, whole	1 ½ tsp.
Salt, kosher	¼ tsp.
Garlic, clove, large, peeled	1 ea.
Almonds, sliced	¼ cup
Lemon, zest	1 Tbsp.
Basil, bunch, fresh, leaves only	1 ea.
Arugula, leaf	2 cups
Oregano, leaf, fresh	1 Tbsp.
Chive, fresh, minced	½ cup
Cheese, Pecorino Romano, grated	¾ cup
Oil, olive, extra virgin	¼ cup

### Method

1. Bring a medium pot of water to a rolling boil. Add the garlic and blanch for 30 seconds. Transfer to an ice water bath to stop the cooking process. Reserve
2. In a dry skillet over medium heat, toast the almonds until lightly browned and fragrant, 3 to 5 minutes. Reserve and let them cool.
3. In a separate dry skillet, toast the coriander seeds. Grind finely.
4. Add the salt and the garlic. Using a mortar and pestle, crush the mixture into a paste.
5. Add the almonds and lemon zest. Start working the basil in, a few leaves at a time, then the arugula and oregano. Blend until it is consistent.
6. With a fork, stir in the chives and cheese. Gradually work in the olive oil until incorporated.

# OLIVE OIL POACHED COD WITH GRILLED SERRANO SALSA VERDE

*Yield: 40 portions*

Ingredients	Amounts
Chile, serrano	12 ea.
Basil, bunch, leaves only, fresh	2 ea.
Cilantro, bunch, leaves only, fresh	2 ea.
Parsley, flat-leaf, bunch, leaves only, fresh	2 ea.
Oil, olive, extra virgin	3 cups
Vinegar, wine, sherry	½ cup
Vinegar, wine, red	½ cup
Salt, kosher	1 Tbsp.
Cod, 2 oz. portions	40 ea.
Oil, olive, extra virgin	as needed
Bay leaf	3 ea.
Thyme, sprig, fresh	10 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Water	as needed

## Method

1. Preheat oven to 275°F.
2. For the grilled serrano salsa verde, over medium heat, grill and char the chilies. Transfer to a bowl and cover with plastic wrap. Let it cool.
3. Cut the chiles in half lengthwise and remove the seeds.
4. In a food processor, pulse the chilies, basil, cilantro, and parsley until finely chopped.
5. Add the olive oil, sherry and red vinegar, and salt.
6. In a 2-inch hotel pan, place the cod, and enough oil to come up ½ way on the fillet.
7. Add the bay leaves, thyme, salt, pepper, and a little water (to create steam and help the fish cook more gently). Wrap the pan with foil and cook in the preheated oven for 10 to 12 minutes.

# OLIVE OIL ICE CREAM

*Yield: 2011 grams*

Ingredients	Amounts
Milk, whole	1375 g
Trimoline invert sugar	25 g
Sugar, granulated	240 g
Glucose, dry	120 g
Milk, dry	60 g
Stabilizer, ice cream	8 g
Salt, sea, fine, Baleine	3 g
Oil, olive, extra virgin	180 g

## Method

1. In a medium pot over a double broiler, warm the milk and Trimoline to 190°F.
2. In a medium bowl, whisk together the sugar, glucose, dry milk, stabilizer, and sea salt. Blend it into the wet ingredients using an immersion blender.
3. Bring the mixture to 190°F.
4. Cool to 110°F.
5. Using an immersion blender, gradually add the oil until fully incorporated.
6. In a container, place the ice cream base. Refrigerate overnight to allow maturation. Place a container for the churned ice cream in the freezer.
7. The next day, process the base in an ice cream machine according to the manufacturer's instructions.
8. Transfer to the chilled container and chill overnight.
9. Scoop and serve as desired.

## CHARRED RADISH WITH HERBED SEA SALT

*Yield: 3 pints*

Ingredients	Amounts
Garlic, minced	4 tsp.
Chive, bunch, thinly sliced	1 ea.
Parsley, flat-leaf, bunch, fresh, finely minced	1 ea.
Tarragon, sprig, fresh, picked, minced	10 ea.
Oregano, Sicilian	1 Tbsp.
Lemon, Meyer, zested	4 ea.
Pepper, black, ground	1 Tbsp.
Salt, sea	as needed
Oil, olive, extra virgin	$\frac{3}{4}$ cup
Radish, mixed, with tops, halved	3 $\frac{1}{2}$ lb.

### Method

1. In a small bowl, combine the garlic, chive, parsley, tarragon, lemon zest, pepper, sea salt, and olive oil.
2. Heat a plancha or cast-iron pan over medium high heat. Add the radish cut side down. Char until blackened.
3. Serve at room temperature with the herb and olive oil mixture.

# SMOKEY EGGPLANT PURÉE WITH LABNEH, OLIVE OIL, AND POACHED CHILES

*Yield: 1 ½ quarts*

Ingredients	Amounts
Eggplant, Japanese	10 ea.
Oil, olive, extra virgin	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Garlic, finely grated	3 tsp.
Labneh	3 cups
Mint, bunch, fresh, torn	½ ea.
Lemon, zest	3 ea.
Lemon, juice, fresh	2 Tbsp.
Peppercorns, pink, ground	1 tsp.
Oil, olive, extra virgin	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Vinegar, balsamic, aged	as needed
Date, Medjool, pitted, cut into small pieces	12 ea.
Orange, zested	3 ea.
Sesame seeds, black and white, mixed	1 tsp.
Oil, olive, extra virgin	as needed
Salt, kosher, flakey	as needed

## Method

1. Heat broiler.
2. On a rimmed baking sheet, place the eggplants. Broil, turning often, until the skins are charred and the flesh is tender when pierced with a knife, 25 to 30 minutes.
3. Transfer the eggplants to a medium bowl and cover with a plate to steam slightly.
4. When cool enough to handle, peel the eggplants. Using your hands, pull the flesh into thin strips (as you would string cheese). Transfer the eggplants to a medium bowl.
5. Add the oil and toss to coat. Season with the salt and pepper.
6. Transfer to a blender and purée to a smooth consistency.
7. In a separate medium bowl, place the garlic, labneh, mint, lemon zest, lemon juice, peppercorns, and oil. Whisk to combine. Season with the salt and pepper to taste.
8. Spread a thin layer of seasoned labneh on serving plates. Top with the eggplant and brush with the aged balsamic. Top the eggplant with the dates, orange zest, and sesame seeds. Drizzle with more oil. Sprinkle with flakey salt.

**Note:** 1 quart of whole milk Greek yogurt + 1 tablespoons kosher salt, strained in cheese cloth overnight and seasoned with salt can be substituted for the labneh.

# CHICKEN CONFIT WITH LEMON, THYME, OLIVE OIL, AND CALABRIAN CHILES

*Yield: 40 portions*

Ingredients	Amounts
Poultry, chicken, leg, drum, and thigh, separated	20 ea.
Salt, kosher	$\frac{3}{4}$ cup
Sugar, brown, light	$\frac{1}{4}$ cup
Pepper, black, ground	as needed
Garlic, clove, crushed	10 ea.
Thyme, sprig, fresh, chopped	20 ea.
Bay leaf, dried	8 ea.
Lemon, Meyer, sliced into rounds, seeds removed	8 ea.
Oil, olive, extra virgin	1 qt.
Chile, Calabrian, whole	2 ea.
Pea, tendrils, fresh	as needed

## Method

1. In a large bowl, place the salt, sugar, pepper, garlic, thyme and bay leaves. Mix to combine. Add the chicken legs. Rub them with the mixture and let them cure for 6 to 8 hours.
2. Rinse the cure off the legs and pat dry with a paper towel. Transfer to a rack and let them dry, uncovered, overnight.
3. Preheat combi oven to 169°F.
4. Place the chicken into a cryo-vac bag with the lemon rounds, olive oil, and Calabrian chiles. Vacuum seal and bake for 3 to 4 hours.
5. Preheat broiler to high.
6. Remove the chicken from the bag, reserve the liquid, and crisp the chicken under the broiler.
7. Dress the chicken with some of the reserved liquid.
8. Finish with the pea tendrils.

**Note:** Fava bean leaves can be substituted for the pea tendrils.



## DARK CHOCOLATE MOUSSE WITH OLIVE OIL

*Yield: 20 tasting portions*

Ingredients	Amounts
Chocolate, Valrhona, 64%	455 g
Water	110 g
Sugar, granulated	25 g
Crème fraîche	30 g
Butter, unsalted	50 g
Egg, white and yolk, separated	10 ea.
Oil, olive, extra virgin	85 g
Sugar, granulated	100 g
Oil, olive, extra virgin	as needed

### Method

1. In a medium pot over a double broiler, melt the chocolate, water, and sugar, stirring with a spatula until it emulsifies.
2. Add the crème fraîche and butter. Remove the pot from heat and place it on a wet towel.
3. Add the egg yolks and olive oil. Incorporate with a spatula until a smooth batter forms.
4. Whip the egg whites and sugar to a stiff peak. Fold it into the chocolate mixture.
5. Pipe into ramekins and garnish with a generous drizzle of extra-virgin olive oil.

# CHERMOULA

*Yield: 3 cups*

Ingredients	Amounts
Garlic, clove, peeled	12 ea.
Lemon, preserved, minced	1 ea.
Parsley, flat-leaf, bunch, fresh, minced	1 ½ ea.
Cilantro, bunch, fresh, minced	1 ½ ea.
Lemon, juice, fresh	2 Tbsp.
Oil, olive, extra virgin	2 ¼ cups
Cumin, ground	1 Tbsp.
Paprika, ground	1 Tbsp.
Salt, kosher	1 Tbsp.

## Method

1. In a medium pot of cold water, place the garlic. Bring it to a boil. Repeat twice, starting from cold water each time. Transfer to an ice water bath to stop the cooking process. Mince.
2. In a medium bowl, place the minced garlic, preserved lemon, parsley, cilantro. Mix to combine.
3. Add the lemon juice, olive oil, cumin, paprika, and salt. Mix well.

# GREENS WITH WHITE BEANS, FRIED BREAD, AND SHAVED PECORINO

*Yield: 2 quarts*

Ingredients	Amounts
Beans, white, raw, soaked	1 lb.
Wine, white, dry	2 cups
Oregano, Sicilian, dried	1 Tbsp.
Water	1 cup
Chili flakes	1 tsp.
Kale, Tuscan, bunch, ribs removed, leaves torn into bite sized pieces	3 ea.
Oil, olive, extra virgin	½ cup
Salt, kosher	to taste
Vinegar, wine, sherry	as needed
Oil, olive, extra virgin	2 Tbsp.
Bread, crusty, 1 loaf, torn into 1-in. pieces, crust removed	1 ea.
Garlic, clove	4 ea.
Cheese, Pecorino Romano, young, shaved	as needed
Parsley, flat-leaf, fresh, roughly cut	as needed

## Method

1. Preheat oven to 350°F.
2. Bring a large pot of water to a rolling boil. Add the beans and cook until tender, 2 to 3 minutes. Remove from the heat and allow them to cool in the liquid. Reserve.
3. In a large pan over medium heat, add the wine, oregano, water, and chili flakes. Bring it to a simmer and reduce by ½.
4. Add the kale and cover. Cook for 4 minutes, stirring periodically.
5. Add the reserved, strained beans and olive oil. Cook until the beans are heated through. Season with the salt and a splash of the vinegar.
6. In a separate large pan, heat the olive oil. Working in batches, add the bread and fry until golden brown. Drain and blot dry the bread on paper towels.
7. Just before serving, transfer the bread to a rack. Reheat in the preheated oven, about 5 minutes.
8. Rub the bread with the garlic cloves and discard the cloves. Transfer the bread to a serving bowl.
9. Spoon the hot beans and kale with some of the liquid over the bread. Top with the shaved Pecorino and parsley.

# PITA BREAD

*Yield: 15 pitas*

Ingredients	Amounts
Yeast, active dry, packet	1 ea.
Sugar, granulated	½ Tbsp.
Water, warmed to 100°F	1 ½ cups
Flour, bread	1 ⅔ cups
Flour, whole wheat	1 ¾ cups
Salt, kosher	1 Tbsp.
Oil, olive, extra virgin	¼ cup

## Method

1. Preheat oven to 450°F. Place a pizza stone or plain sheet pan in the oven as it preheats.
2. In a small bowl, combine the yeast, sugar, and water. Mix well.
3. In the bowl of an electric mixer fitted with the dough hook, add the yeast mixture, flours, salt, and oil. Mix until an elastic dough forms, about 3 minutes.
4. Place the dough into a large, oiled bowl and mist with additional oil. Cover the bowl with plastic wrap and place it in a warm area. Allow the dough to proof for about 2 hours.
5. Line a sheet pan with parchment paper and lightly oil it. Punch down the dough and remove it from the bowl. Cut the dough into 3-ounce balls and place them on the prepared sheet pan. Dust the dough balls with flour and wrap the sheet pan with plastic wrap. Allow the dough to proof in a warm area until the balls have doubled in size.
6. On a floured surface, roll out each ball of dough into a round 7-inches in diameter. Dust each round heavily with flour and store between sheets of parchment paper.
7. Place a round of dough onto the stone or sheet pan. Eventually the dough will puff up into a pillow. After it is fully inflated, bake for 1 minute more, then remove from the oven. Cool slightly and eat right away, refrigerate, or freeze in plastic zipper-lock bags.

## MIXED GREENS DRESSED WITH OLIVE OIL

*Yield: 6 portions*

Ingredients	Amounts
Mixed greens	1 lb.
Vinegar, balsamic, aged	2 fl. oz.
Salt, kosher	2 tsp.
Pepper, black, ground	¼ tsp.
Oil, olive, extra virgin	5 fl. oz.

### Method

1. Remove any excessive stem from the greens. Wash and spin dry.
2. In a small bowl, place the balsamic vinegar, salt, and pepper. Whisk to combine.
3. Gradually whisk in the olive oil until incorporated.
4. Just prior to serving, in a large bowl, toss the greens with the dressing.

**Note:** Seasonal greens will be gathered from the culinary garden at the CIA Copia campus.

# SOUS VIDE BEEF RIB EYE IN OLIVE OIL

*Yield: 10 portions*

Ingredients	Amounts
Beef, rib eye, cap on, 16 oz. steak	4 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Garlic, clove, crushed	12 ea.
Thyme, fresh, picked	1 Tbsp.
Oil, olive, extra virgin	¾ cup
 Salt, Maldon	 as needed
Oil, olive, extra virgin	as needed

## Method

1. Preheat combi oven to 128°F.
2. Season the beef with the salt and pepper. In a cryo-vac bag, place one of the steaks with 1 tablespoon of the crushed garlic, a few pinches of the thyme, and 3 tablespoons of the olive oil. Repeat this for each steak and seal the bags.
3. Cook steaks on steam for 1 ½ hours. Remove the meat and allow it to rest. Place it into an ice bath.
4. Once chilled, remove and transfer to a wire rack to dry overnight. This can be reverse seared the day of, on pick up, to help achieve a crust on the exterior of the meat.
5. Season with the Maldon salt and olive oil.

# MASHED POTATO SKORDALIA WITH PINE NUTS, OREGANO, AND CHIVES

*Yield: 1 quart*

Ingredients	Amounts
Garlic, clove	12 ea.
Pine nuts ( <i>Pignoli</i> ), toasted (Divided)	3 Tbsp.
Potato, Yukon Gold, whole, unpeeled	4 lb.
Salt, kosher	1 pinch
Lemon, juice, fresh	3 Tbsp.
Vinegar, wine, red	3 Tbsp.
Bread, white, 1-in. slice, crust removed	6 ea.
Salt, kosher	as needed
Pepper, black, ground	3 tsp.
Oil, olive, extra virgin	1 ½ cup
Chive, fresh, finely chopped	as needed
Oregano, fresh, finely chopped	as needed

## Method

1. Bring a medium pot of water to a rolling boil. Add the garlic and blanch for 30 seconds. Transfer to an ice water bath to stop the cooking process. Reserve.
2. In a dry skillet over medium heat, toast the pine nuts until lightly browned and fragrant, 2 to 5 minutes. Reserve, setting aside 1 teaspoon for garnish.
3. In a large pot, place the potatoes and enough cold water to cover. Add the salt. Bring the water to a boil, then reduce the heat and simmer. Cook until the potatoes are tender and can easily be pierced by a fork, about 15 to 20 minutes. Drain, return them to the pan, and let them sit until no steam rises. Peel the potatoes. While still hot, run them through a food mill. Transfer to a blender.
4. Add the blanched garlic, toasted pine nuts, lemon juice, and vinegar. Purée to a smooth consistency. Transfer to a food processor.
5. In a medium bowl of water, dip the bread, one slice at a time. Squeeze dry and crumble into the food processor. Purée the mixture into a fine consistency. Do not overwork the mixture, as it will become gummy.
6. Transfer into a medium bowl. Season with salt and pepper. Cover and refrigerate overnight to allow the flavors to blend.
7. Garnish with the olive oil, chives, oregano, and reserved, toasted pine nuts. Serve at room temperature.

# OLIVE OIL BRAISED LEEKS

*Yield: 4 pounds*

Ingredients	Amounts
Leek	8 lb.
Thyme, bunch, fresh, leaf only	½ ea.
Salt, kosher	1 pinch
Peppercorns, black, whole	15 ea.
Oil, olive, extra virgin	as needed

## Method

1. Preheat combi oven to 190°F.
2. In a dry skillet over medium heat, toast the peppercorns for 3 to 5 minutes until fragrant.
3. Clean and soak the leeks. Cut them lengthwise with the root left on, but beard removed. Discard the dark green tops.
4. Place the leeks, thyme, and salt into a sous vide bag flat side down all facing in the same direction.
5. Add the peppercorns and about ½ cup of the oil per bag. Seal the bags and bake in the preheated combi oven full steam for 1 hour and 30 minutes.
6. Remove the leeks from the bags and transfer to an ice water bath.
7. Just before serving, reheat the leeks. Char on a grill or in a cast iron pan.



# SLOW COOKED GREEN BEANS WITH HARISSA AND CUMIN

*Yield: 35 portions*

Ingredients	Amounts
Oil, olive, extra virgin	¾ cup
Vinegar, wine, sherry	2 Tbsp.
Harissa, paste	2 tsp.
Cumin, seeds, finely ground	1 tsp.
Salt, kosher	as needed
Beans, haricot vert, stem end snipped	2 ½ lb.
Beans, white, cooked (Optional)	1 lb.
Garlic, clove, skin on	1 ea.
Salt, Maldon	as needed
Oil, olive, extra virgin	as needed

## Method

1. Preheat oven to 275°F.
2. In a dry skillet over medium heat, toast the cumin seeds for 2 to 3 minutes until fragrant. Finely grind using a mortar and pestle.
3. In a medium bowl, combine the oil, vinegar, harissa, cumin, and salt. Whisk together.
4. Add the haricot vert, optional white beans, and garlic. Coat the vegetables. Transfer them to a parchment-lined sheet pan. Cook in the preheated oven until very tender and the Haricot-vert is slightly shriveled.
5. Finish with the Maldon salt and fresh olive oil.

# OLIVE OIL SEMOLINA CAKE

*Yield: One 8-inch cake*

## Ingredients

## Amounts

Oil, olive, extra virgin	120 g
Egg, whole	65 g
Liquor, Cointreau	24 g
Orange, zest	3 g
Milk, whole	130 g
Flour, all-purpose	100 g
Flour, semolina	15 g
Sugar, granulated	170 g
Baking soda	2 g
Baking powder	2 g
Salt, kosher	5 g
Cardamom, ground	2 g

## Method

1. Preheat oven to 325°F.
2. In a large bowl, place the oil, eggs, Cointreau, orange zest, and milk. Mix to combine.
3. In the bowl of stand mixer with a paddle attachment, place the all-purpose and semolina flours, sugar, baking soda, baking powder, salt, and cardamom.
4. Slowly add the wet mixture to the dry mixture, making a smooth batter.
5. Transfer the batter to a parchment-lined, 8-inch cake pan. Bake in the preheated oven until a cake tester can be inserted without being covered in raw batter, about 45 minutes.
6. Remove the pan from the oven and allow it to cool slightly. Invert the pan and transfer the cake to a rack. Cool to room temperature.

## SWISS CHARD AND TAHINI DIP

*Yield: 2 quarts*

Ingredients	Amounts
Garlic, clove	10 ea.
Chard, Swiss	3 cups
Salt, kosher	as needed
Oil, olive, extra virgin	1 ½ cups
Tahini	1 cup
Lemon, Meyer, juice, fresh	⅔ cup
Salt, kosher	to taste
Lemon, cut into wedges	2 ea.
Oil, olive, extra virgin	as needed
Za'atar spice mix	as needed

### Method

1. In a medium pot of cold water, place the garlic. Bring it to a boil. Repeat twice, starting from cold water each time. Transfer to an ice water bath to stop the cooking process. Chop. Reserve.
2. Remove the rib from the Swiss chard. If the stems are tender, peel, slice finely, and reserve. Tear the leaves into small pieces. Reserve the rib, stems, and leaves separately.
3. Bring a medium pot of salted water to a rolling boil. Blanch the reserved Swiss chard leaves for 2 to 3 minutes. Shock in ice water to preserve the color and stop the cooking process. Reserve.
4. Heat the olive oil in a heavy bottomed pan over medium heat. Add the Swiss chard ribs and stems, if using. Cook until just tender.
5. Add the Swiss chard leaves and reserved blanched, chopped garlic. Sauté for 1 minute.
6. Transfer to a food processor. Add the tahini and lemon juice. Season with salt. Blend until a smooth consistency is achieved
7. Serve warm with the lemon wedges on the side. Top with the olive oil and za'atar spice mix.

**Note:** Sumac can be substituted for the za'atar spice mix.

# MARINATED BEANS WITH CELERY AND MANCHEGO

*Yield: 1 ½ quarts*

Ingredients	Amounts
Beans, cannellini	½ lb.
Beans, navy	½ lb.
Beans, borlotti	½ lb.
Celery, stalk, peeled, diced	6 ea.
Chive, bunch, fresh, minced (Divided)	½ ea.
Parsley, flat-leaf, bunch, fresh, minced (Divided)	½ ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Vinegar, wine, red	4 Tbsp.
Vinegar, wine, white	4 Tbsp.
Oil, olive, extra virgin	½ cup
Cheese, Manchego, small diced	4 wt. oz.

## Method

1. In separate large bowls, soak the beans in water overnight.
  2. In separate large pots, place the beans and enough water to cover by 1 inch. Bring the pots to a boil, then reduce to a simmer. Cook until tender, about 90 minutes. Allow the beans to cool in the liquid. Drain.
  3. In a large bowl, combine the beans. Add the celery, half of the chives, and half of the parsley. Season with salt and pepper.
  4. In a small bowl, combine the wine vinegars. Gradually whisk in the olive oil until combined. Add the dressing to the bowl with the beans. Toss to combine. Let it sit for 2 hours.
1. Just prior to serving, fold in the cheese. Add the chives and parsley.
  2. Serve at room temperature.

# ASPARAGUS, GREEN GARLIC, AND ARTICHOKES

*Yield: 40 pieces*

Ingredients	Amounts
Asparagus, jumbo	4 lb.
Salt, kosher	1 pinch
Garlic, green	3 lb.
Artichoke, baby	30 ea.
Lemon, juice, fresh	3 Tbsp.
Oil, olive, extra virgin	as needed
Thyme, sprig, fresh	as needed
Wine, white, dry	as needed
Oil, olive, extra virgin	as needed
Water	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Chive, bunch, fresh finely cut	1 ea.
Parsley, flat-leaf, bunch, fresh, finely cut	1 ea.

## Method

1. Peel and collar the asparagus. Remove and discard the excessively tough bottom end.
2. Bring a medium pot of water to a boil. Add the salt. Add the asparagus and cook until bright green and tender, 3 to 4 minutes. Transfer to an ice water bath to stop the cooking process. Drain and reserve.
3. Remove the tops of the green garlic, retaining just the light green and white parts. Thinly slice with the bulb. Reserve.
4. Remove and discard the exterior leaves and the top of the baby artichokes. Transfer the artichoke to a large bowl of water with the lemon juice.
5. Heat the olive oil in a large pan over medium heat. Add the artichoke and thyme. Sauté until they start to color.
6. Add the reserved green garlic and cook until fragrant.
7. Add the wine and deglaze, reducing to nearly dry (*au sec*).
8. Heat the olive oil in a large pan over medium low heat. Add the reserved asparagus in extra-virgin olive oil with a touch of water, salt, and pepper.
9. Finish with the herbs.

# CHICKPEAS, FETA, GARLIC CONFIT, AND CAPERS

*Yield: 3 quarts*

Ingredients	Amounts
Oil, olive, extra virgin	$\frac{3}{4}$ cup
Onion, sweet, diced	$\frac{1}{2}$ ea.
Garlic confit (See prior recipe)	as needed
Chickpeas, canned, drained, rinsed	110 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Thyme, sprig, fresh	3 ea.
Rosemary, sprig, fresh	1 ea.
Marjoram, sprig, fresh	1 ea.
Chili flakes	1 tsp.
Olive, Castelvetrano, black, cured, pitted	25 ea.
Lemon, sliced into thin rounds, seeds removed	1 ea.
Oil, olive, extra virgin	$\frac{1}{4}$ cup
Capers, drained	$\frac{1}{2}$ cup
Cheese, feta, crumbled	$\frac{1}{2}$ cup
Paprika, smoked	as needed

## Method

1. Heat oven to 375°F.
2. In a small skillet over medium heat, add the extra virgin olive oil. Add the onions and sauté until softening and beginning to brown, about 5 minutes. Transfer to a roasting pan.
3. Add the garlic confit, chickpeas, salt, pepper, thyme, rosemary, marjoram, chili flakes, olives, and lemon slices, then stir to combine.
4. Cover tightly with foil and roast for 30 minutes, until the mixture is bubbling, and the chickpeas are soft.
5. In a small skillet over medium heat, add the olive oil and capers. Cook for 2 to 3 minutes or until golden brown and crisp.
6. Remove the foil, add the crumbled feta and paprika. Allow to cool slightly before serving. Garnish with fried capers.

**Note:** Picholine olives can be substituted for the Castelvetrano olives.

# OLIVE OIL CONFIT WITH CIPPOLINI ONIONS AND CRUSHED POTATOES

*Yield: 40 portions*

Ingredients	Amounts
Potato, Yukon Gold, cut into bite-sized pieces	3 lb.
Salt, kosher	1 tsp.
Onion, cipollini, peeled	40 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Rosemary, sprig, fresh, leaf only	2 ea.
Bay leaf, dried	2 ea.
Oil, olive, extra virgin	as needed
Parsley, flat-leaf, fresh, minced	as needed
Chive, fresh, minced	as needed

## Method

1. In a large pot, place the potatoes, salt, and enough cold water to cover by 2 inches. Bring it to a boil. Lower the heat to a simmer and cook for 20 minutes. Transfer to an ice water bath to stop the cooking process. Drain. Cool to room temperature.
2. Preheat oven to 225°F.
3. In a medium sized rondeau, place the onions in one layer. Top with the potatoes. Season with the salt and pepper. Add the rosemary and bay leaves. Cover the onions and potatoes with the olive oil. Bring it to a light simmer.
4. Cover with parchment paper and cook in the preheated oven for 75 minutes. Cool in the olive oil.
5. Remove the potatoes once cooled and gently "crush" them with your palm.
6. Crisp the potatoes in the olive oil in a non-stick pan.
7. Garnish with the parsley and chives.

## ROASTED CARROTS, TURNIPS, AND FENNEL

*Yield: 40 portions*

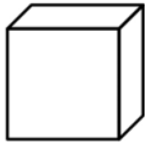
Ingredients	Amounts
Carrot, baby, bunch	8 ea.
Turnip, bunch, with tops	8 ea.
Fennel, baby, with tops	20 ea.
Oil, olive, extra virgin	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Fennel, pollen	as needed
Oil, olive, extra virgin	as needed

### Method

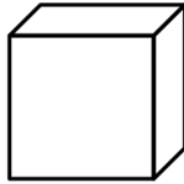
1. Preheat oven to 350°F.
2. Scrub the carrots, leaving the external skin on but ensuring they are cleaned.
3. Peel the turnips and remove the tops leaving about ½ inch of green stem on each one. Cut in half or quarter, depending on the size. Reserve the leafy tops.
4. Cut the fennel tops and reserve. Split the fennel down the middle lengthwise.
5. In a mixing bowl, place the carrots, turnips, and fennel. Add enough olive oil to coat generously. Season with salt, pepper, and fennel pollen.
6. On a parchment-lined sheet tray, place the vegetables. Roast in the preheated oven for 8 to 10 minutes.
7. Serve with the reserved turnip and fennel greens. Garnish with a drizzle of olive oil.



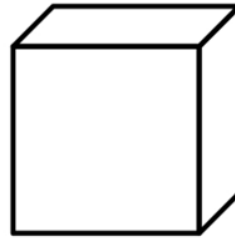
# BASIC KNIFE CUTS



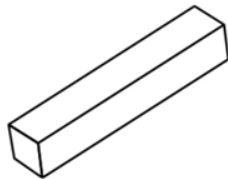
**Small Dice**  
1/4" cube



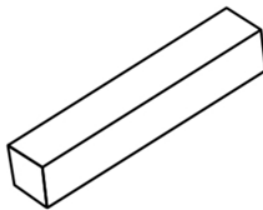
**Medium Dice**  
1/2" cube



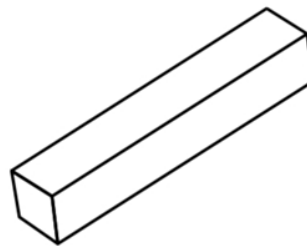
**Large Dice**  
3/4" cube



**Fine Julienne**  
1/16" sq x 2 inch



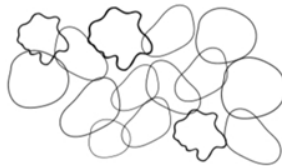
**Julienne**  
1/8" sq x 2 inch



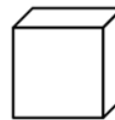
**Batonnet**  
1/4" sq x 2 inch



**Mince**  
<1/16" cube



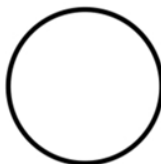
**Chop**  
1/8"-1/4" cube



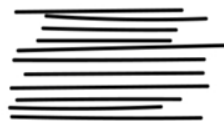
**Brunoise**  
1/8" cube (fine dice)



**Bias**  
diagonal cut



**Rondelle**  
1-8"-1/2" round



**Chiffonade**  
rolled, sliced thin

# CONVERSION TABLES

## METRIC WEIGHTS AND MEASURES EQUIVALENCIES

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

## METRIC CONVERSION TABLE

<b>To Change</b>	<b>To</b>	<b>Multiply by</b>
<b>Pounds (lb.)</b>	Grams (g)	453.6
<b>Ounces (oz.)</b>	Grams (g)	28.35
<b>Pounds (lb.)</b>	Kilograms (kg)	.45
<b>Teaspoons (tsp.)</b>	Milliliters (ml)	5
<b>Tablespoons (Tbsp.)</b>	Milliliters (ml)	15
<b>Fluid Ounces (fl. oz.)</b>	Milliliters (ml)	30
<b>Cups</b>	Liters (l)	.24
<b>Pints (pt.)</b>	Liters (l)	.47
<b>Quarts (qt.)</b>	Liters (l)	.95
<b>Gallons (gal.)</b>	Liters (l)	3.8
<b>Temperature (°F)</b>	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	½	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	¾	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

These materials were developed at the Culinary Institute of America.

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The Olive Oil Kitchen Sat Potanovich v.110.docx

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