



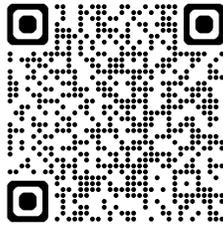
Culinary Institute of America

ALAMEDA UNIFIED SCHOOL DISTRICT CULINARY TRAINING



The Culinary Institute of America, Copia, CA

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The Culinary Institute of America

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CIA Consulting
The Culinary Institute of America

Welcome to the CIA!

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

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

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

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

Wishing you all the best,

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

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

EXPECTATIONS FOR PARTICIPANTS

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

CIA UNIFORM POLICY

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

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

SUCCESSFUL KITCHEN PRODUCTION

STAFF READINESS

- Clean uniform, apron, and hair covering
- Hands washed
- Comfortable, closed-toe, non-skid shoes
- Attentive and organized mindset

GAME PLAN ORGANIZATION

- What am I going to make?
- How much am I going to make?
- How much space will I need?
- How much time will I need?

EQUIPMENT

- What equipment will I use to prepare the product?
- What equipment will I use to cook the product?
- What will I serve the product in?
- What utensils do I need?

FOOD

- Gather the ingredients needed in the correct amounts to produce the recipe
- Keep perishable items refrigerated (cold foods at or below 41°F)
- Prevent cross-contamination with proper sanitation practices

COOKING

Pre-preparation:

- Washing
- Cutting (slicing, dicing, etc.)
- Seasoning strategies (using herbs and spices to reduce or replace sodium)

Preparation:

- Start the item with the longest cooking times first
- Clean as you go
- Batch cooking when needed

Finishing: Finish items as close to service as possible.

SERVING

Set up service line.

- Trays, bowls, serving spoons, etc.
- Hot food hot, cold food cold
- Arrange food properly on the service line
- Monitor and rotate items as needed

COOKING GUIDELINES

PRIORITIES IN FOOD PREPARATION AND SERVICE

TASTE

The most important goal when preparing food is to make it taste GREAT.

Taste is affected by:

- Proper seasoning (acid, herbs, and spices)
- Execution of fundamentals and appropriate cooking techniques
- Texture: consistency (viscosity), crunchiness, smoothness, etc.
- Freshness and quality of the product

PRESENTATION

The appearance of food comes second only to taste in terms of importance. Some of the things that impact on presentation are:

- Portion size
- Proper food placement or arrangement (plating for visual appeal)
- Composition (avoid repetition of the same colors, preparation methods, etc.)
- Execution of fundamentals (properly and uniformly cut meats, vegetables, etc.)

DEGREE OF DONENESS / PROPER COOKING

- Meats are cooked to the required temperature...but not overcooked
- Vegetables are tender but not mushy
- Grains are tender but not overcooked

TEMPERATURE

- Hot foods hot
- Cold foods cold, on cold plates

FINAL CHECKLIST

Before we serve any meals from our kitchens, we should be able to answer "YES" to each of the following questions:

1. Does it taste good?
2. Does it look good?
3. Is it cooked properly?
4. Is it the correct temperature?

Maintaining these guidelines ensures that every meal served is **delicious, visually appealing, and meets quality standards.**

MISE EN PLACE

Everything in its place and a place for everything

Organization is an essential skill that will make kitchen work easier and more efficient. Mise en place, a French term commonly used to express kitchen or workspace organization, requires planning and anticipation of the entire task. Maintaining mise en place ensures efficiency, sustainability, consistency, and professionalism.

BENEFITS OF MISE EN PLACE

- Increased speed and efficiency (cooks not running around gathering ingredients and equipment throughout food preparation)
- Professional appearance of workstation (critical in open kitchens or other situations where customers can view production)
- Sanitary conditions are more easily maintained (products held at correct temperatures, which helps to avoid cross-contamination)
- Ensures inventory management and waste reduction (preventing unnecessary food waste and reducing over-purchasing or spoilage)

KITCHEN ORGANIZATION SHOULD INCLUDE:

- Recipes and ingredients needed to complete the task
- Food safety and sanitation needs
- Small and large equipment needed (Consider equipment needs throughout the entire process, including the final container that will hold the product)
- Planning the time allotted to the process, from start to finish
- Division of labor (identify how the tasks are to be divided among the team)

WORKSPACE ORGANIZATION

- Recipe and recipe ingredients
- Cutting board (set on a wet paper towel or antiskid mat to prevent sliding)
- Chef knife, paring knife, peeler (if needed)
- Refuse pan (for food scraps and waste)
- Small equipment: utensils, mixing bowls, pans, service pans
- Large equipment: ovens, steamers, steam jacketed kettles, tilt skillet

ORGANIZATION AND WORKFLOW

- Table height and cutting board at correct height
- Organization appropriate for individual preferences (right or left-handed)
- Products maintained at appropriate temperatures

KNIFE SELECTION

Knives come in all shapes and sizes. Understanding the function of various knives will help you pick the right tool for the job.

Chef Knife: An all-purpose, versatile knife that can be used for most cutting and dicing. They are available in sizes ranging from 6" to 12" (8" is standard). Choose a knife that you can grip securely. Larger knives fit best in larger hands. Chef knives with forged blades can be used for heavy-duty tasks such as breaking down poultry or cutting through tough vegetables. Thinner, more flexible stamped blades work best for delicate tasks such as removing melon rinds.



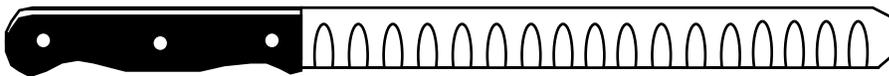
Boning Knife: A specialized knife with a narrow blade, used to de-bone meat such poultry, smaller red meat cuts, and filleting fish.



Paring Knife: A knife mostly used for peeling fruits and vegetables, but also for slicing small soft foods such as olives and mushrooms



Slicer: Long knife used for carving meats.



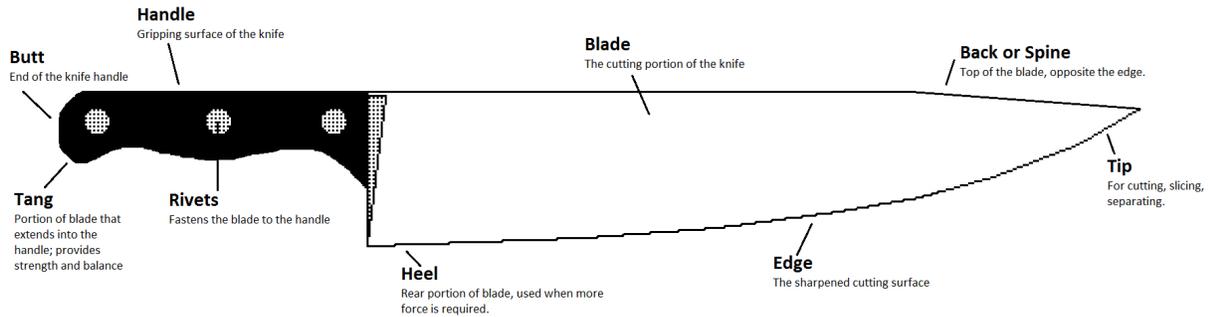
Serrated Knives: Highly specialized knives designed for slicing breads and cakes. Serrated knives have defined teeth and are "saw like" compared to slicing knives. They are not designed for cutting or chopping tasks.

Utility Knives: Used primarily for slicing. They work well with delicate foods such as fruit, small roasts, and poultry.

Sharpening Steel: Used for honing the edge of a knife between sharpenings



KNIFE PARTS AND FUNCTIONS



Blade: The most common blade material is stainless steel, which is either forged or stamped. Forged blades are molded into shape and are generally heavier and more durable, with a prominent heel at the base of the blade. Stamped blades are cut from a solid metal sheet and are more lightweight but dull more quickly. Both types can be sharpened easily and are used in a variety of kitchen settings.

Handle: Wood has traditionally been used for knife handles but modern options like plastic and laminated wood are now more common. Wood warps when wet and can harbor bacteria, making it difficult to clean. Plastic handles are found often in commercial kitchens because they are easy to clean and require no special care. Plastic is often used on stamped knives that do not have a full tang, an extension of the blade to which the handles are attached. On forged knives, the tang continues through the length and width of the handle, providing more balance and durability, and secured with three rivets for stability.

Tip/ point: used for small incisions, around bones, punctures, and detailed work

Back/ spine: gives blade appropriate stability and flexibility, varies in thickness depending on the style of knife and intended uses

Heel: the end of the guard, used to break through small bones or shells

Edge: primary cutting surface of the knife

Bolster: attachment point between the handle and the blade, provides stability, and is found on higher-quality knives

Tang: runs through the handle (full tang) and provides balance and stability to the knife

Rivets: connects the handle to the tang

SHARPENING KNIVES

A sharp knife is safer than a dull one. Sharp knives glide evenly through the food, while dull knives tug, requiring more force.

KNIFE SHARPENERS

Sharpening stones may be used to sharpen knives but require a certain skill.

Electric and hand-held knife sharpeners are designed to imitate the motion of a sharpening stone. When using knife sharpeners, the key is to use a single smooth motion as you pass the blade through. Jerks or pauses result in an uneven, gouged blade that may require professional attention to fix.

Sharpening steels keep your knife blade sharp in between sharpening by realigning the microscopic burrs that make up the fine edge of your blade. Despite their name, these do not sharpen knives. Once the burrs are broken or bent, a sharpening steel will no longer help. To use a sharpening steel, hold your knife at a 20° angle against the steel and run it from tip to heel in one smooth motion. The safest way to use a sharpening steel is to hold it point-down against a countertop or worktable, sweeping your knife against it blade-down.

STORING KNIVES

- Protect the blade of your knife when it is stored to keep it sharper. Magnetic knife strips or commercial knife blocks work best.
- If knives are stored in a drawer, protect the blade using snap-on knife guards or slice-in knife guards.

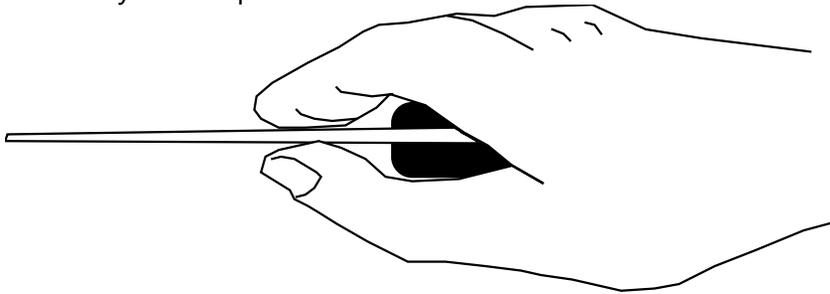
KNIFE SAFETY RULES

- Always use a sharp knife. A sharp knife is safer than a dull knife. It requires less cutting pressure. If sharp, the knife will not slip as easily, and your hand will not tire as quickly.
- Always use a cutting board. Anchor the cutting board to avoid slippage.
- Use the correct size and type of knife for the job.
- Hold the knife firmly and securely in your hand. Cut away from your body. Keep your eyes on the knife. Take your time.
- Always place knives on flat surfaces away from the table's edge, with the blade facing away from you. Never cover a knife with towels or other materials; keep it in sight.
- Yield to falling knives. Do not grab a knife blindly; reach deliberately for the handle. If a knife falls off the table, do not grab it.
- When handing a knife to another person, point the handle toward them.
- Never place a knife in the dishwashing area. Always hand-wash and return to your cutting area or storage location.

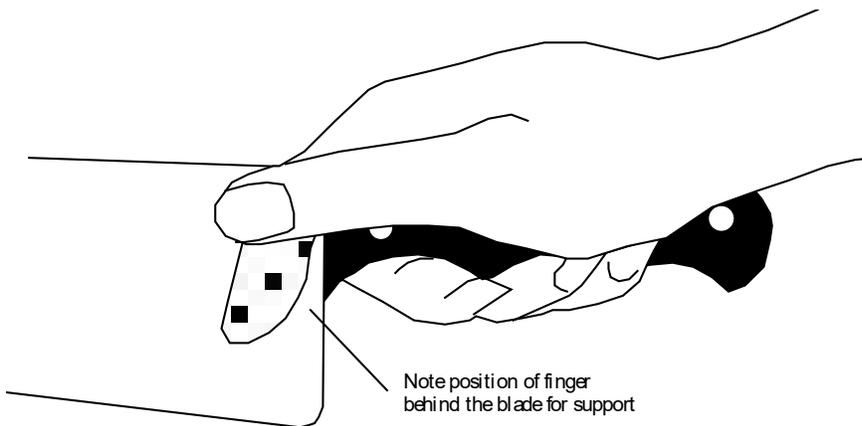
HOLDING A KNIFE

The most secure way to grip a knife is by gripping the top of the blade firmly between your thumb and forefinger. Place your middle finger just behind the heel. This grip may take some getting used to, but it gives you maximum control over your knife and allows you to pivot from the wrist when chopping.

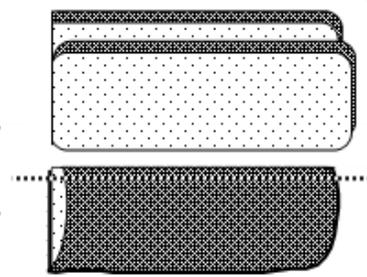
Top View—Some cooks prefer to grip the knife by the handle, allowing the thumb and index finger to rest on the blade for support. However, an individual's preference to hold the knife in other ways is acceptable.



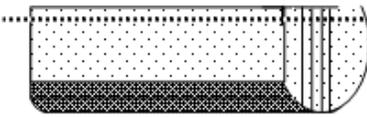
Side View - Note: The finger is placed behind the blade to provide stability.



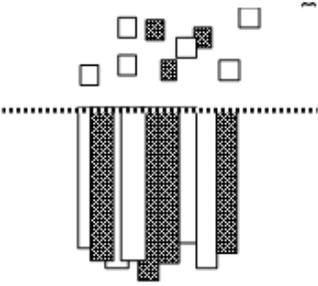
Planks, Sticks, Dice



Planks:
Cut vegetable lengthwise into desired thickness

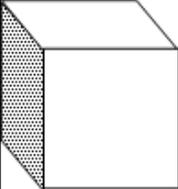
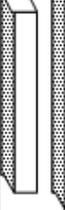
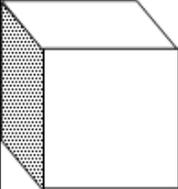
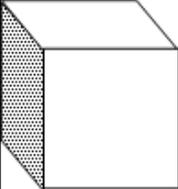
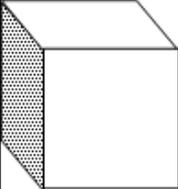
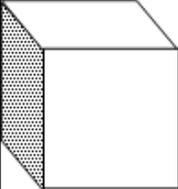


Sticks:
Stack slices and cut again lengthwise into desired thickness; this will yield sticks



Dice:
Lay sticks in a bundle, cut crosswise into desired thickness; this will yield dice

BASIC KNIFE CUTS

Small Dice	(1/4" x 1/4" x 1/4")				<p>Julienne (1/8" x 1/8" x 1 or 2")</p>	
Medium Dice	(1/3" x 1/3" x 1/3")				<p>Battonet (1/4" x 1/4" x 2 or 2 1/2")</p>	
Large Dice	(3/4" x 3/4" x 3/4")					

SALADS AND SALAD BARS

There are four basic parts to a salad:

Base: Gives the definition to the salad's placement on the plate or platter. It can be whole leaves or shredded. Ex. The salad greens

Body: The main ingredient of the salad and the focal point of the presentation as it sets on top of the base. Ex. A piece of grilled tuna.

Dressing: Used to enhance the flavor, tossed with the body of the salad, or served on the side. Ex. Miso dressing.

Garnish: Adds texture, color, and form.

SALAD TYPES

Simple: A variety of one or more greens tossed with a light dressing. Care must be taken so as not to mask or overshadow the delicate flavor of the greens.

Mixed: Composed of cooked or raw vegetables either marinated or served with a compatible dressing. May also be fruits, grains, legumes, potatoes, or protein items (chicken, tuna)

Composed: The ingredients are presented separately but on the same plate. They are arranged as opposed to tossed. A Cobb Salad is an example of a composed salad. Served with a variety of complimentary dressings, these salads are often used as an entree.

CARE OF THE SALAD GREENS

Trimming

- Remove outer tough leaves
- Trim discolored areas.
- Cut or break the leaves into bite size pieces or leave whole

Washing

- Under running water
- Whole
- Cut into pieces

Draining/ Drying

- Colander
- Lettuce Spinner
- Paper towels

Crisping

- Store in refrigerator
- Cover with damp towels

Salad Spinners



Home-style
\$20 to \$30



5 gallons
\$100 to \$150



20 gallons
About \$3000

How to build a Better Salad

Composed entrée salads are a great alternative to salad bars, making the perfect grab-and-go option.

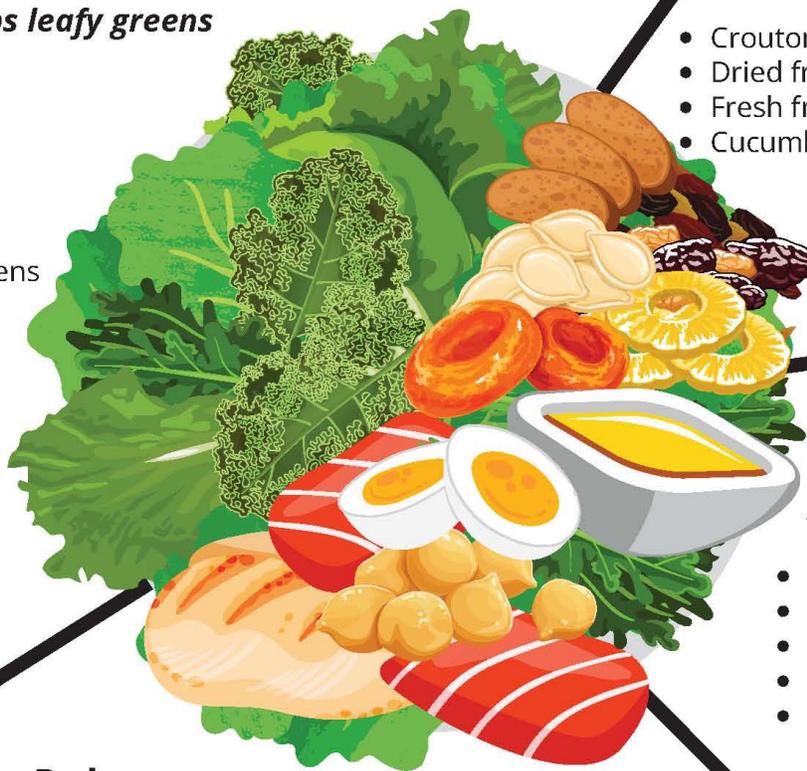
Base

1 to 2 cups leafy greens

- Romaine
- Boston lettuce
- Kale
- Spinach
- Mixed greens

Toppings

- Croutons
- Dried fruit
- Fresh fruit
- Cucumber
- Nuts
- Seeds
- Tomato
- Roasted chickpeas



Dressing

2+ tablespoons

- Vinaigrette
- Ranch
- French
- Honey mustard
- Caesar

Body

2 oz. eq. meat/meat alternatives

- Tuna
- Chicken
- Cheese
- Chickpeas or beans
- Hard-boiled eggs
- Chicken
- Deli meat
- Taco meat



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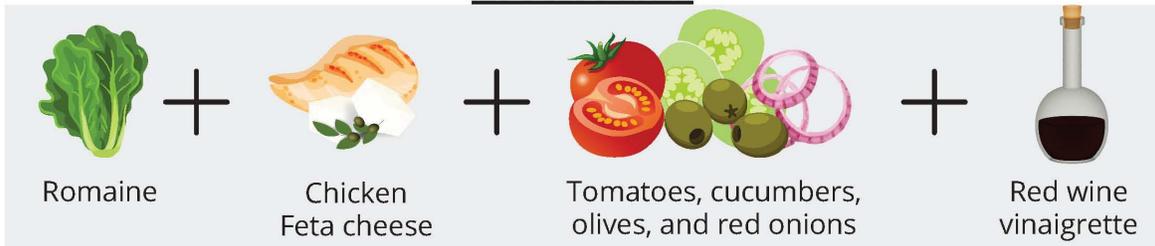
Classic Salads

Start with a base of leafy greens, pick a protein, then add toppings and a dressing.

Caesar Salad



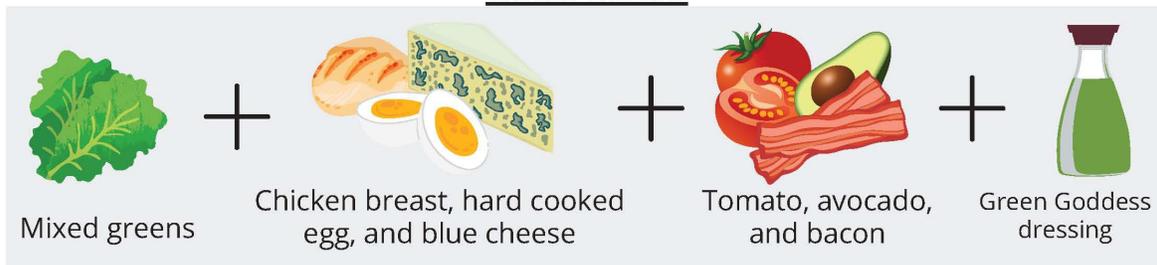
Greek Salad



Taco Salad



Cobb Salad



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COMPOSED SALAD

A salad arranged on a plate rather than tossed in a bowl

Examples

Components		Chef	Chicken Caesar	Taco	Cobb	Greek	Niçoise
Main item or protein	2 ounces	Turkey Ham Cheese Hard cooked egg	Chicken Parmesan cheese	Taco filling meat Cheddar cheese	Chicken breast Hard cooked egg Blue cheese	Feta cheese	Tuna Hard cooked egg
Lettuces	1 cup	Romaine, varies	Romaine	Mixed greens	Mixed greens		Boston or Bibb lettuce
Vegetables or fruit	½ cup			Tomatoes	Tomato Avocado	Tomatoes Cucumber Red onion Olives	Potatoes, red skinned Green beans Tomatoes, cherry
Crunch			Croutons	Taco chips or tortilla strips	Bacon		Niçoise olives
Dressing	½ to 1 ounce		Caesar	Salsa	Red wine vinaigrette	Red wine vinaigrette	Vinaigrette
Seasonings			Black pepper		Chives	Oregano Parsley	

TYPES OF SALAD DRESSINGS

- Oil and vinegar dressings
- Mayonnaise-based
- Dairy-based
- Vegetable coulis or puree

Emulsions

An emulsion is a mixture of two substances that do not normally mix, such as oil and water. A vinaigrette is an example of an oil-and-water emulsion, meaning that the oil has been broken up into very small droplets suspended throughout the vinegar.

Temporary emulsions are made by blending, shaking, or whisking ingredients together. The ingredients begin to separate from each other as soon as you stop mixing them. The oil and vinegar separate quickly, but the emulsion can be re-formed by whipping again.

Permanent or stable emulsion, like mayonnaise, contain emulsifiers that attract and hold both oil and water in suspension. Some common emulsifiers used in the kitchen include egg yolks, mustard, and starches.

Vinaigrette Salad Dressing

1-part oil	1 cup oil
1-part acid	1 cup acid
2 parts liquid	2 cups stock or juice
Cornstarch to lightly thicken liquid	2 tablespoons
Seasonings	fresh herbs and spices

Dressing	Acid	Oil	Liquid	Seasoning
Apple Walnut	Apple cider vinegar	Walnut oil	Apple Cider	
Italian	Red wine vinegar	Olive oil	Vegetable stock	Oregano, basil, garlic, onion, salt, pepper
Balsamic	Balsamic vinegar	Olive oil	Tomato juice	Garlic, parsley, chives
Citrus	Lemon juice	Olive oil	Orange juice	Mint
Mustard-herb	Cider vinegar	Olive oil	Vegetable stock	Mustard, parsley, garlic, pepper
Pesto	Red wine vinegar	Olive oil	Vegetable stock	Pesto
Curry	Cider vinegar	Olive oil	Vegetable stock	Curry, garlic, ginger, onion
Sesame	Cider vinegar	Canola oil/sesame oil	Stock	Sesame seeds, paprika, onion

Oils	Vinegars	Condiments	Flavorings
Olive oil	Red wine	Mustards	Herbs and Spices
Corn	White wine	Worcestershire	Lemon
Soybean	Cider	Soy sauce	Garlic
Safflower	Herb	Horseradish	Ginger
Canola	Sherry wine	Catsup	Curry
Walnut	Balsamic	Relish	Other

Sesame Peanut Other	Raspberry Sherry wine vinegar	Other	
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DAY ONE: TEAM PRODUCTION ASSIGNMENTS

EACH STUDENT

Prepare the following knife cuts to be used for production:

1 yellow onion: julienne and small dice	1 bell pepper: julienne, small dice
3 stalks celery: sliced	2 carrots: matchsticks, oblique cut
1 orange: suprême	½ chicken: butchered 8 ways

TEAM ONE

Rainbow Salad with Yogurt Ranch

Spring Fruit Salad with Honey Dressing

Italian Pasta Salad with Chickpeas and Veggies

TEAM TWO

Southwest Cabbage and Corn Salad with Sriracha Dressing

Summer Fruit Salad with Citrus-Mint Dressing

Chilled Sesame Noodle Salad

TEAM THREE

Apple-Carrot Salad with Caesar and Homemade Croutons

Fall Fruit Salad with Vanilla Yogurt Dressing

Cilantro-Lime Pasta Salad

TEAM FOUR

Yum Yum Crunch Salad with Toasted Ramen and Sesame-Soy Dressing

Winter Fruit Salad with Ginger-Lime Dressing

Roasted Red Pepper and Sun-Dried Tomato Pasta Salad

RAINBOW SALAD WITH YOGURT RANCH

Yield: 10 portions

Ingredients	Amounts
Spring mix	4 cups
Tomato, cherry, halved	1 ½ cups
Carrot, shredded	1 cup
Pepper, bell, yellow, thinly sliced	1 ea.
Cucumber, sliced	1 cup
Blueberries	1 cup
Cabbage, purple, shredded	1 cup
Onion, red, thinly sliced	1 cup
Buttermilk	⅓ cup
Lemon, juice	1 tsp.
Yogurt, low-fat, plain	¼ cup
Sour cream, low-fat	2 Tbsp.
Mayonnaise, low-fat	⅓ cup
Onion, powder	1 tsp.
Garlic, granulated	1 tsp.
Sugar, granulated	2 tsp.
Pepper, white, ground	⅛ tsp.
Chive, fresh, thinly sliced	1 Tbsp.
Parsley, flat-leaf, fresh, minced	1 Tbsp.
Salt, kosher	½ tsp.

Method

1. For the salad, in a large bowl, combine the spring mix, tomatoes, carrots, bell pepper, cucumber, blueberries, cabbage, and onion. Reserve.
2. For the dressing, in a large mixing bowl, combine the buttermilk and lemon juice. Allow mixture to set for 10 minutes.
3. Blend the yogurt and sour cream into the buttermilk mixture. Let it sit for 5 minutes.
4. Add the mayonnaise, onion powder, garlic, sugar, pepper, chives, parsley, and salt. Whisk to combine. Cover and refrigerate until needed.
5. When ready to serve, toss the reserved salad with the dressing to taste.

Note: Any salad greens such as spinach, arugula or romaine can be substituted for the spring mix.

SPRING FRUIT SALAD WITH HONEY DRESSING

Yield: 10 portions

Ingredients	Amounts
Strawberries, hulled, halved	2 cups
Peach, diced	2 cups
Blueberries	1 cup
Orange, segmented	1 cup
Kiwi, peeled, sliced	1 cup
Lemon, juice	3 Tbsp.
Honey	2 Tbsp.
Oil, avocado	1 Tbsp.
Lemon, zest	1/2 tsp.
Salt, kosher	1/2 tsp.

Method

1. In a large bowl, combine the strawberries, peaches, blueberries, oranges, and kiwi. Be gentle so as not to bruise the fruit. Reserve.
2. For the dressing, in a small bowl, whisk together the lemon juice, honey, oil, lemon zest, and salt.
3. Just before serving, drizzle the dressing over the fruit salad. Gently toss to coat.

ITALIAN PASTA SALAD WITH CHICKPEAS AND VEGGIES

Yield: 10 portions

Ingredients	Amounts
Pasta, penne, dried	1 ½ lb.
Oil, olive, pure	½ cup
Vinegar, wine, red	¼ cup
Mustard, Dijon	1 tsp.
Garlic, minced	1 tsp.
Oregano, dried	1 tsp.
Basil, dried	1 tsp.
Honey	½ tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Chickpeas, canned	29 oz.
Tomato, cherry, halved	2 cups
Cucumber, seeded, diced	1 ½ cups
Pepper, bell, yellow, diced	1 cup
Onion, red, thinly sliced	½ cup
Olive, black, sliced	½ cup
Parsley, flat-leaf, fresh, chopped	½ cup
Basil, sweet, fresh, chopped	½ cup
Cheese, mozzarella, pearls	1 cup

Method

1. Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite (*al dente*), about 10 minutes. Drain and rinse in cold water. Reserve.
2. For the vinaigrette, in a small bowl, whisk together the oil, vinegar, mustard, garlic, oregano, basil, honey, salt, and pepper. Reserve.
3. Drain and rinse chickpeas. In a large mixing bowl, combine the reserved pasta, chickpeas, tomatoes, cucumber, bell pepper, onion, olives, parsley, and basil.
4. Add the mozzarella. Pour the dressing over the salad and toss to coat evenly.
5. Cover and refrigerate for at least 30 minutes. Toss before serving. Adjust the seasoning to taste.

Note: Fusilli or rotini pasta can be substituted for the penne.

SOUTHWEST CABBAGE AND CORN SALAD WITH SRIRACHA DRESSING

Yield: 10 portions

Ingredients	Amounts
Sriracha	¼ cup
Yogurt, non-fat, plain	1 ¼ cup
Mayonnaise	1 ¼ cup
Lime, juice	2 Tbsp.
Honey	1 Tbsp.
Pepper, black, ground	½ tsp.
Garlic, powder	½ tsp.
Onion, powder	½ tsp.
Cabbage, purple, shredded	3 cups
Spinach, baby, fresh	4 cups
Peppers, bell, red, diced	1 cup
Corn, kernel, frozen, thawed	1 ½ cups
Carrot, shredded	½ cup
Beans, black, canned, drained	1 ½ cups
Tomato, cherry, sliced	1 cup
Scallion (Green onion), sliced	½ cup
Cilantro, fresh, chopped	½ cup

Method

1. For the dressing, in a medium bowl, whisk together the sriracha, yogurt, mayonnaise, lime juice, honey, black pepper, garlic powder, and onion powder until smooth and creamy. Adjust seasoning to taste, if needed. Refrigerate until ready to use.
2. In a large bowl, combine the cabbage, spinach, bell peppers, corn, carrots, black beans, tomatoes, scallions, and cilantro.
3. Pour the desired amount of dressing over the salad and toss to coat evenly. Serve immediately or refrigerate for up 1 hour.

SUMMER FRUIT SALAD WITH CITRUS-MINT DRESSING

Yield: 10 portions

Ingredients	Amounts
Orange, juice	$\frac{3}{4}$ cup
Lemon, juice	$\frac{1}{4}$ cup
Lime, zest	1 tsp.
Honey	$\frac{1}{2}$ Tbsp.
Salt, kosher	$\frac{1}{4}$ tsp.
Mint, finely chopped	4 Tbsp.
Cantaloupe, large diced	2 $\frac{1}{2}$ cups
Watermelon, medium diced	2 cups
Nectarine, sliced	1 cup

Method

1. For the dressing, in a small bowl, combine the orange juice, lemon juice, lime zest, honey, and salt. Add the mint. Reserve.
2. In a large mixing bowl, combine the cantaloupe, watermelon, and nectarines.
3. Add the dressing and gently toss to coat.
4. Chill for at least 30 minutes before serving.

CHILLED SESAME NOODLE SALAD

Yield: 10 portions

Ingredients	Amounts
Sesame seeds, toasted	3 Tbsp.
Noodles, soba, dry	8 oz.
Oil, vegetable	as needed
Soy sauce, low-sodium	3 Tbsp.
Vinegar, rice	2 Tbsp.
Oil, sesame, toasted	2 Tbsp.
Oil, olive, pure	1 Tbsp.
Honey	1 Tbsp.
Garlic, powder	½ tsp.
Ginger, ground	½ tsp.
Lime, juice, fresh	1 Tbsp.
Carrot, julienned	1 cup
Pepper, bell, red, thinly sliced	1 cup
Cucumber, seeded, sliced into ½ moons	1 cup
Edamame, shelled, frozen, thawed	1 cup
Scallion (Green onion), sliced	½ cup

Method

1. Preheat oven to 400°F.
2. Place the sesame seeds in a sauté pan. Place the pan in the preheated oven until the seeds are aromatic, 5 to 10 minutes. Remove the seeds from the oven and toss gently. Let them cool slightly in the pan and toss again. Remove the toasted seeds from the pan and reserve.
3. Cook the noodles according to the package directions. Drain and rinse with cold water. Transfer to a bowl and toss with oil to lightly coat the noodles. Cover and chill in the refrigerator.
4. For the dressing, in a small bowl, mix the soy sauce, rice vinegar, sesame oil, olive oil, honey, garlic, ginger, and lime juice. Reserve.
5. In a large bowl, place the cooled noodles, carrots, bell pepper, cucumbers, and edamame. Toss to combine. Add the reserved dressing and toss to coat.
6. Chill for at least 30 minutes before serving. Garnish with green onions and toasted sesame seeds.

APPLE-CARROT SALAD WITH CAESAR AND HOMEMADE CROUTONS

Yield: 10 portions

Ingredients	Amounts
Apple, Granny Smith, thinly sliced	2 cups
Lemon, juice	1 Tbsp.
Salt, kosher	a pinch
Carrot, shredded	2 cups
Lettuce, romaine, head, sliced	3 ea.
Scallion (Green onion), thinly sliced	$\frac{3}{4}$ cup
Celery, thinly sliced	1 cup
Sunflower seeds	$\frac{1}{2}$ cup
Cranberries, dried	$\frac{1}{2}$ cup
Parsley, flat-leaf, fresh, chopped	$\frac{1}{4}$ cup
Caesar Dressing (Recipe follows)	1x recipe
Homemade Croutons (Recipe follows)	1x recipe

Method

1. In a medium bowl, toss the sliced apples with the lemon juice and salt to prevent browning.
2. In a large mixing bowl, combine the apples, carrots, lettuce, scallions, celery, sunflower seeds, cranberries, and parsley.
3. Just before serving, drizzle with Caesar Dressing and toss to coat. Top with the Homemade Croutons and serve immediately.

Note: Raisins can be substituted for cranberries. Any red or green apple can be substituted for the Granny Smith apples.

CAESAR DRESSING

Yield: 10 portions

Ingredients	Amounts
Mayonnaise, low-fat	1 $\frac{1}{8}$ cups
Mustard, yellow	1 Tbsp.
Garlic, powder	$\frac{1}{2}$ tsp.
Worcestershire sauce	$\frac{1}{2}$ tsp.
Vinegar, cider	$\frac{1}{2}$ tsp.
Milk, low-fat	2 Tbsp.
Hot sauce	$\frac{1}{8}$ tsp.
Salt, kosher	$\frac{1}{2}$ tsp.
Pepper, black, ground	$\frac{1}{2}$ tsp.

Method

1. In a large bowl, whisk together the mayonnaise, mustard, garlic powder, Worcestershire sauce, vinegar, milk, hot sauce, salt, and pepper until smooth.
2. Chill before using.

Note: Lemon juice can be substituted for cider vinegar.

HOMEMADE CROUTONS

Yield: 10 portions

Ingredients	Amounts
Bread, Pullman, cubed	12 oz.
Oil, olive, pure	3 Tbsp.
Seasonings	as needed

Method

1. Preheat oven to 350°F. Line a sheet pan with parchment paper.
2. Place bread cubes in a large mixing bowl. Drizzle with the oil and sprinkle with desired seasonings.
3. Toss well to coat evenly. Spread the bread cubes in a single layer on the prepared sheet pan.
4. Bake in the preheated oven, stirring halfway through until golden brown and crunchy, 15 to 20 minutes.
5. Cool completely before serving.

Note: If preparing in advance, store in an airtight container, or the croutons will stale.

Seasoning Variations: Choose 1 to 2 teaspoons of seasoning total depending on desired intensity.

Classic Garlic Herb: Garlic powder, dried parsley, thyme, black pepper, pinch of salt

Zesty Italian: Italian seasoning blend, onion powder, crushed red pepper flakes

Smoky Paprika: Smoked paprika, cumin, black pepper, sea salt

Lemon Pepper: Lemon zest or lemon pepper seasoning, black pepper, parsley

Cheesy Herb: Nutritional yeast or finely grated Parmesan, oregano, garlic powder

FALL FRUIT SALAD WITH VANILLA YOGURT DRESSING

Yield: 10 portions

Ingredients	Amounts
Yogurt, plain	2 cups
Oil, olive, pure	¼ cup
Honey	2 to 3 Tbsp.
Vanilla, extract	1 ½ tsp.
Cinnamon, ground	¼ tsp.
Salt, kosher	½ tsp.
Apple, Granny Smith, diced	1 cup
Lemon, juice	1 Tbsp.
Pear, Bartlett, medium diced	2 cups
Grapes, halved	1 ½ cups
Pomegranate, seeded	2 each
Banana, sliced	1 ½ cups

Method

1. For the dressing, in a medium bowl, whisk together the yogurt, oil, honey, vanilla, cinnamon, and salt. Chill until ready to use.
2. In a medium bowl, toss the apples with the lemon juice to prevent browning.
3. In a large bowl, combine the pears, grapes, and pomegranate seeds. Add the apples.
4. Just before serving, gently fold in sliced bananas and drizzle with the dressing. Toss lightly to coat.
5. Chill at least 30 minutes before serving.

CILANTRO-LIME PASTA SALAD

Yield: 10 portions

Ingredients	Amounts
Pasta, penne, dried	1 ½ lb.
Lime, juice, fresh	¼ cup
Lime, zest	1 Tbsp.
Mayonnaise	½ cup
Oil, olive, pure	2 Tbsp.
Garlic, minced	1 tsp.
Honey	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Corn, kernels, frozen or canned	2 cups
Pepper, bell, red, small diced	1 ½ cups
Beans, black, canned, drained, rinsed	15 oz.
Scallion (Green onion), finely sliced	½ cup
Cilantro, fresh, chopped	1 ½ cups

Method

1. Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite (*al dente*), about 10 minutes. Drain and rinse in cold water. Reserve.
2. For the dressing, in a small bowl, place the lime juice, lime zest, mayonnaise, oil, garlic, honey, salt, and pepper. Whisk until smooth and creamy.
3. In a large bowl, combine the reserved pasta, corn, bell pepper, black beans, scallions, and cilantro.
4. Add the dressing and toss to coat. Chill for at least 30 minutes before serving.
5. Adjust the seasoning to taste.

Note: Rotini or shells can be substituted for the penne.

YUM YUM CRUNCH SALAD WITH TOASTED RAMEN AND SESAME-SOY DRESSING

Yield: 10 portions

Ingredients	Amounts
Noodles, Ramen, packaged	2 ea.
Sunflower seeds	2 Tbsp.
Oil, olive, pure	1 Tbsp.
Sesame seeds, toasted	1 tsp.
Cabbage, green, shredded	2 cups
Cabbage, red, shredded	2 cups
Carrot, peeled, shredded	1 cup
Pepper, bell, yellow, thinly sliced	1 cup
Edamame, shelled, frozen, thawed	1 cup
Scallion (Green onion), thinly sliced	½ cup
Vinegar, rice, unseasoned	3 Tbsp.
Soy sauce, low sodium	2 Tbsp.
Oil, sesame	1 Tbsp.
Oil, olive, pure	3 Tbsp.
Honey	2 tsp.
Garlic, fresh, finely grated	1 tsp.
Pepper, black, ground	¼ tsp.

Method

1. Preheat oven to 375°F. Line a sheet tray with parchment paper.
2. For the crunch topping, crumble the ramen noodles into a medium bowl. Add the sunflower seeds and oil. Toss to coat.
3. Spread evenly on the prepared pan and bake in the preheated oven, stirring halfway through, until golden brown and crisp, about 7 minutes. Reserve.
4. Increase the oven temperature to 400°F.
5. Place the sesame seeds in a sauté pan. Place the pan in the preheated oven until the seeds are aromatic, 5 to 10 minutes. Remove the seeds from the oven and toss gently. Let them cool slightly in the pan and toss again. Remove the toasted seeds from the pan and reserve.
6. In a large mixing bowl, combine the green and red cabbage, carrots, bell pepper, edamame, and green onions. Reserve
7. For the dressing, in a small bowl, whisk together the vinegar, soy sauce, sesame oil, olive oil, honey, garlic, pepper, and sesame seeds until well combined. Reserve.

8. Just before serving, pour dressing over the salad base and toss to coat. Add the crunch topping and toss again lightly.
9. Serve immediately for maximum crunch.

WINTER FRUIT SALAD WITH GINGER-LIME DRESSING

Yield: 10 portions

Ingredients	Amounts
Lime, juice	3 Tbsp.
Honey	2 Tbsp.
Oil, olive, extra-virgin	1 Tbsp.
Ginger, fresh, finely grated	2 tsp.
Lime, zest	½ tsp.
Salt, kosher	½ tsp.
Pineapple, diced	2 cups
Orange, supreme	2 cups
Kiwi, sliced	1 cup
Grapes, halved	1 cup
Mint, fresh, chopped	¼ cup

Method

1. For the dressing, in a small bowl, whisk together lime juice, honey, oil, ginger, lime zest, and salt. Reserve.
2. In a large bowl, gently combine the pineapple, oranges, kiwi, grapes, and mint.
3. Drizzle the dressing over the fruit salad and gently toss to coat. Serve chilled or let sit for up to 30 minutes.

Note: Fresh or canned pineapple can be used. Optionally, 3 tablespoons of toasted unsweetened coconut flakes can be added on top of the salad as a garnish.

ROASTED RED PEPPER AND SUN-DRIED TOMATO PASTA SALAD

Yield: 10 portions

Ingredients	Amounts
Pasta, penne, dried	1 ½ lb.
Oil, olive, pure	as needed
Pepper, bell, red, cut in half, stems, seeds, and ribs removed	2 ea.
Tomato, sun-dried	¼ cup
Yogurt, Greek, non-fat	½ cup
Oil, olive, pure	3 Tbsp.
Garlic, minced	1 tsp.
Lemon, juice, fresh	2 Tbsp.
Vinegar, wine, red	1 Tbsp.
Mustard, Dijon	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Tomato, cherry, halved	1 cup
Spinach, baby	2 cups
Basil, sweet, fresh, chopped	½ cup
Cheese, Parmesan, shaved	½ cup
Pepper, bell, green, thinly sliced	½ cup

Method

1. Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite (*al dente*), about 10 minutes. Drain and rinse in cold water. Reserve.
2. Preheat the broiler to high heat. Lightly oil a sheet pan.
3. Place the peppers, cut side down on the prepared pan. Place the peppers under the preheated broiler until the skin is evenly charred, 3 to 5 minutes.
4. Remove the pan from the broiler and transfer to a bowl. Cover immediately with plastic wrap. Let the peppers steam for 30 minutes. When the peppers are cool enough to handle, using a paring knife, scrape off and discard the skin.
5. For the dressing, in a blender or food processor, place the roasted red peppers, sun-dried tomatoes, yogurt, olive oil, garlic, lemon juice, vinegar, mustard, salt, and pepper. Blend until smooth and creamy. Adjust the seasoning to taste. Reserve.
6. In a large bowl, combine the reserved pasta, tomatoes, and spinach. Toss gently to combine.
7. Add about 1 to 1½ cups of the creamy dressing. Toss to coat well.

8. Fold in the chopped basil and top with cheese. Garnish with the sliced bell pepper.
9. Serve at room temperature or chilled.

Note: Chopped olives, chickpeas, or marinated artichokes can also be added. Arugula can be substituted for the spinach. Rotini or fusilli can be substituted for the penne.

VEGETABLE COOKERY

Proper selection, purchasing, handling and preparation of vegetables will enhance the taste, presentation, and nutritional value of vegetables.

PURCHASING FORMS OF VEGETABLES

Form	Advantages	Disadvantages	Examples
<i>Fresh vegetables</i>	<ul style="list-style-type: none"> • Taste good • Good texture • Product acceptability 	<ul style="list-style-type: none"> • Limited shelf life • Quality varies • Requires preparation 	<ul style="list-style-type: none"> • Broccoli • Carrots • Green beans
<i>Frozen vegetables</i> can be cooked by most of the methods used for fresh vegetables.	<ul style="list-style-type: none"> • Year-round availability • Less waste • Less labor • Practical for some types of vegetables 	<ul style="list-style-type: none"> • Loss of texture due to freezing • Quality variance between producers • Flavor loss 	<ul style="list-style-type: none"> • Peas • Corn • Lima beans
<i>Canned vegetables</i> When using canned vegetables, reheat them in the liquid from the can, adjust seasonings.	<ul style="list-style-type: none"> • Shelf life • Practical for some vegetables 	<ul style="list-style-type: none"> • Poor color (green vegetables) • Mushy • Poor flavor (taste canned) 	<ul style="list-style-type: none"> • Beet • Beans (kidney, pinto, black)
<i>Dry vegetables</i> must be reconstituted in a liquid.	<ul style="list-style-type: none"> • Shelf life • Convenient 	<ul style="list-style-type: none"> • Takes time to reconstitute 	<ul style="list-style-type: none"> • Dry beans • Freeze-dried peppers

Vegetables are packed with nutrients for children

1. On their own most vegetables are naturally low in fat and calories.
2. Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A, vitamin E, and vitamin C.
3. Diets rich in potassium may help to maintain healthy blood pressure. Vegetable sources of potassium include sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, winter squash, spinach, lentils, kidney beans, and split peas.
4. Dietary fiber from vegetables, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber-containing foods such as vegetables help provide a feeling of fullness with fewer calories.

Keeping the Nutrients

The way a vegetable is prepared can affect the nutrient content. Some nutrients can be destroyed by heat and some dissolve in water. The culinary techniques described in this lesson are based on culinary principles designed to keep the nutrients in vegetables.

Remember, to keep the nutrients in vegetables:

- Keep the vegetables in big pieces.
- Cook in just a little water (if any).
- Cook only a short time.

Effects of Overcooking

- Color loss
- Texture (mushy)
- Vitamin loss

TYPES OF VEGETABLE COOKERY

BLANCHING

Blanching means dipping a food into boiling water for a very short time, only a minute or two. Then shocking in an ice bath to stop the cooking process and preserve the flavor and freshness of the partially cooked food.

Blanching is used to:

- Prepare vegetables for further cooking (example broccoli)
- Remove strong or bitter flavors (example kale)
- Soften firm foods (example carrots)
- Set colors of vegetables (example snow peas)
- Loosen skins for peeling (for example ripe tomatoes)

Mise en place

- Prepare the vegetable: wash, peel, trim, cut
- Liquid: usually water
- Equipment: steam-jacketed kettle or large stock pot, tongs, strainer
- Ice bath or freezer

Quick steps for Blanching

1. Bring large pot of water to a boil.
2. Immerse vegetables in boiling water for 30 seconds to 1 minute, depending on ripeness or firmness desired.
3. Remove the vegetables from the boiling water.
4. Immediately immerse in ice water to chill.

CCP: Cool to 41 °F or lower within 4 hours.

Tips

- Use plenty of water. This prevents the water from cooling down when you add the vegetables, so they cook quickly and evenly.
- Test for doneness removing a vegetable with a pair of tongs. Rinse under cold water and take a bite. It should snap beneath your teeth but have lost some of its raw crunch.
- Drain immediately and then quick-chill (a technique known as “shocking”) by immersing in an ice bath or rinsing with ice cold water. Shocking stops cooking and sets the color, so the vegetables remain vibrant.
- Once chilled, spread the vegetables out on tray to dry.

STEAMING

Nearly all vegetables can be cooked by steaming and this method is frequently used because it is easy and economical. This basic cooking method often requires additional steps to make the product ready to serve. This may include adding sauces, seasonings, and flavorings. Steaming is especially good for vegetables that easily become broken or mushy when simmered. Examples: Broccoli, carrots, peas, cauliflower, beans, snow peas.

Mise en place

- Prepare the vegetable: wash, peel, trim, cut
- Liquid: usually water
- Equipment: steamer, steam-jacketed kettle, or large stock pot
- Optional components: aromatics: spices, herbs, citrus zest, sauces

Quick steps for steaming

Steaming Vegetables in a Steamer

1. Place approximately 25, ½ - cup serving of the fresh or frozen vegetable in a PERFORATED 12 X 20 X 2-inch pan. Do not place a larger number of vegetables in the pan to allow room for the steam to circulate around the vegetables. Do not add any liquid.
2. Steam uncovered at 5 pounds pressure for a compartment steamer. Follow manufacturer’s directions for steamers operating at other pressures or when using convection steamers or combination ovens.
3. Season with herbs and spices. Limit salt to 1 teaspoon for 50, ½ - cup servings.
4. Serve the hot vegetable at once.

STEAMING IN AN OVEN

1. Place approximately 50, ½ cup servings of the fresh or frozen vegetable in a perforated 12 X 20 X 2-inch counter pan. Then place the perforated pan in a 4-inch-deep counter pan that contains 2 cups of water. To allow room for the steam to circulate around the vegetables, do not place a larger number of vegetables in the pan.

2. Cover both pans tightly with foil. This arrangement of pans creates a steamer effect in a perforated pan.
3. Place the covered pans in an oven at 350° F for approximately 20 minutes. Cook the vegetable until it is fork tender. Times will vary with the vegetables.
4. Drain the excess liquid from the cooked vegetable.
5. Season with herbs and spices. Do not add butter or margarine. Limit salt to 1 teaspoon for 50 servings.
6. Serve the hot vegetable at once.

Additional information

- Season the vegetables with herbs and spices
- Garnish the vegetables with various nuts or seeds
- Use freshly chopped herbs for additional garnish and flavor

ROASTING/BAKING

Roasting vegetables in the oven gives them a caramelized exterior and flavor while keeping the inside moist and tender.

Examples

Asparagus	Mushrooms	Summer squash
Beets	Onions	Sweet potatoes
Brussels sprouts	Parsnips	Tomatoes
Carrots	Peppers	Turnips
Corn	Potatoes	Zucchini
Eggplant	Rutabagas	

Mise en place

- Prepare the vegetable: wash, peel, trim, cut
- Equipment: oven, sheet trays
- Optional components: marinade, seasonings, or aromatics

Quick steps for roasting and baking

1. Preheat the oven to 375 °- 425 °F. The longer the vegetable needs to cook, the lower the oven temperature. This will ensure that the vegetable is thoroughly cooked without the exterior burning.
2. Cut vegetables into uniform shape and size.
3. Toss vegetables with oil. Season with pepper, garlic, spices, or herbs. Use no more than 1 teaspoon of salt per 50 portions.
4. Place vegetables in a single layer on a sheet pan. Do not crowd the vegetables as this will cause them to steam.
5. Bake until vegetables are tender.

Oven Roasted Potato Fries

Steps to better oven-baked potatoes:

1. Preheat the oven to 425 °F - 450 °F.
2. Remove from the freezer only the number of French fries to be used within 1 hour.
3. Place a single layer of French fries on a sheet pan. For best results use 2 ½ pounds per full sheet pan. Bake according to package instructions. Turn once for uniform cooking.
4. Season fries.

Note: Limit the salt to 1 teaspoon for 50 servings of fries. This would add an additional 45 mg of sodium. Try other seasonings instead of salt.

Seasoning variations	Seasonings	Amount needed per 10 pounds potatoes
Garlic and Herb	Oregano leaves Paprika Thyme leaves Garlic, granulated Granulated onion	1 ½ tablespoons 1 ½ tablespoons 1 ½ tablespoons 1 tablespoon 2 teaspoons
Southwest	Paprika Granulated onion Garlic, granulated Adobo seasoning Black pepper	1 tablespoon 1 ½ tablespoons 1 ½ tablespoons 1 teaspoon 1 teaspoon
Buffalo	Granulated onion Garlic, granulated Chili pepper Red pepper Paprika	1 tablespoon 1 ½ tablespoons 1 ½ tablespoons 1 teaspoon 1 teaspoon
Parmesan-Rosemary	Rosemary, crushed Garlic, granulated Parmesan cheese	2 tablespoons 1 ½ tablespoons ½ cup
Barbecue	Cumin Smoked paprika Garlic, granulated Granulated onion Black pepper	2 tablespoons 2 tablespoons 2 tablespoons 2 tablespoons 1 ½ teaspoon
Ranch	Garlic, granulated Granulated onion Dill weed Black pepper	2 tablespoons 2 tablespoons 2 tablespoons 1 ½ teaspoon

QUICK PICKLES

Quick pickles, also known as refrigerator pickles, are simply vegetables or fruits that are pickled in a vinegar, water, salt, and sugar solution and stored in the refrigerator. Quick pickles don't develop the deep flavor that fermented pickles do, but they also only require a few hours in the

brine before they can be enjoyed. Quick pickles are a lower-sodium version to a traditional pickle. They offer a sweet-sour, flavor-packed addition to a sandwich or salad bar. Almost any vegetable can be quick pickled.

Basic Quick Pickle Recipe (1 quart)

1 quart of brine will pickle about 2 pounds of vegetables.

INGREDIENTS	AMOUNTS	DIRECTIONS
Vinegar Rice wine vinegar, red or white wine vinegar, apple cider vinegar	2 cups	1. Bring vinegar, water, sugar, salt, and seasonings to a boil in a medium pot over high heat, stirring occasionally. Reduce heat to medium-low and simmer 10 minutes. 2. Place vegetable in a heatproof container or jar. Pour hot brining liquid over vegetable. Cover and chill at least 2 hours before serving.
Water	2 cups	
Sugar	2 tablespoons	
Salt, kosher	1 tablespoon	
Seasonings	1 tablespoon	

Flavoring Quick Pickles

Fresh herbs	dill, thyme, oregano, and rosemary hold up well
Dried herbs	thyme, dill, rosemary, oregano, or marjoram
Garlic cloves	smashed for mild garlic flavor, or sliced for stronger garlic flavor
Fresh ginger	peeled and thinly sliced
Whole spices	mustard seed, coriander, peppercorns, red pepper flakes
Ground spices	turmeric or smoked paprika are great for both color and flavor

Try these vegetables for pickling:

- | | | |
|------------------|-------------|---------------|
| Asparagus | Cucumbers | Snap peas |
| Beets | Eggplant | Summer squash |
| Brussels sprouts | Green beans | Turnips |
| Carrots | Onions | Zucchini |
| Corn | Peppers | Mushrooms |

Try these fruits for pickling:

- | | | |
|--------------|-----------------|---------|
| Blueberries | Grapes | Plums |
| Strawberries | Rhubarb | Peaches |
| Cherries | Watermelon rind | |

TYPES OF GRAIN COOKERY

SIMMERING

Grains properly cooked by simmering are relatively dry and fluffy, with a sweet, nutty flavor.

Commonly Simmered Grains

- Rice
- Bulgur
- Wheat
- Hominy
- Sorghum
- Barley
- Buckwheat
- Quinoa
- Millet

Mise en place

- Grain
 - Check the grain carefully and remove any debris
 - Presoak as necessary
- Liquid
 - Water
 - Stock or broth
 - Juice
 - Any acid liquid (citrus juice) should be added during the final part of cooking to avoid toughening the grain
- Optional components
 - Spices or herbs
 - Aromatics
- Equipment
 - Steam jacketed kettle, tilt skillet, oven

Quick Steps for Boiling Grains and Legumes

1. Bring the liquid to a rolling boil.
2. Add the grain to the boiling liquid.
3. Establish a simmer and cook to the proper doneness.
4. Drain and serve them or hold in a warm place.

STEAMING

Few grains are truly cooked by steaming. Couscous and rice are a few of the grains steamed - a *couscoussière* is customarily used for this purpose.

Commonly Steamed Grains

- Couscous
- Short grain rice

Mise en place

- Main item
- Steaming Liquid
 - Couscous is traditionally steamed over a stew
 - Water or stock (rice)
- Optional components
 - Salt and pepper
 - Cooking fat to provide flavor and keep grains from clumping
- Equipment
 - Steamer

Quick steps for Steaming Grains

1. Place the grain over simmering or boiling liquid.
2. Steam the grain until tender.
3. Adjust the seasoning to taste and serve or hold the item.

COOKING PASTA

Boiling

1. Measure the water in a steam-jacketed kettle.
 - Basic recipe for pasta is 1-pound pasta, 1-gallon water, 1 teaspoon salt. Increase all ingredients based on the number of pounds of pasta to be cooked.
2. Bring water to a rolling boil and add pasta gradually. Stir to separate the pieces.
 - When cooking filled pastas like ravioli, add to boiling water and then gently simmer so filled pasta pieces are not broken.
3. Return water to a boil and begin timing. Cook uncovered until the pasta is al dente.
 - Do not stir the pasta while it is cooking. Be careful not to overcook. If pasta is to be used in a recipe that will be cooked again, cooking can be reduced by about 2 minutes.
4. When pasta is done, drain immediately in a colander.
 - Do not rinse pasta that is to be served hot.
 - A small amount of oil can be tossed with the pasta to prevent sticking.
5. Serve hot pasta immediately.
 - To cool pasta, cover with cold water until chilled. Drain, cover, and refrigerate until needed.
6. Pre-cooked pasta can be reheated by quickly immersing in boiling water.
 - Do not allow to cook. Drain. Add sauce or seasonings and serve immediately.

Grain	Grain Quantity	Liquid Quantity	Time	USDA Food Buying Guide
Brown rice, long grain	1	2	30 to 45 minutes	1-pound long grain, regular (about 2 ½ cups) makes about 4 ¾ cups cooked. 1 cup dry = about 1 ¾ cup cooked.
Quinoa	1	2	12 to 15 minutes	1 pound dry (about 2 ½ cups) makes about 6 ½ cups cooked.
Wheat berries	1	3	Cook 45 to 60 minutes	1 pound dry (about 2 ¼ cups) makes 6 cups cooked.
Bulgur	1	2	10 to 12 minutes	1 pound dry (about 3 cups) makes 9 ¾ cups cooked.
Sorghum	1	3 or 4	45 to 50 minutes	1 pound dry is about 2 ⅓ cups. 1 cup dry sorghum makes 3 cups cooked sorghum.
Corn grits	1	4	25 to 30 minutes	1 pound dry (about 3 cups) makes about 10 7/8 cups cooked.
Oats	1	2.25	varies	1 pound dry (about 6 cups) makes about 11 3/8 cups cooked.
Barley	1	3	60 minutes	1 pound dry (about 2 ⅓ cups) makes about 10 ½ cups cooked.
Couscous, whole wheat	1 (1 cup)	1.5 (2.75 cup)	10 minutes (heat off) (USDA)	1 pound dry (about 2 ½ cups) makes about 6 ¾ cups cooked.
Pasta	1	6	8 to 12 minutes (Varies by size)	1-pound whole wheat penne (about 5 3/8 cups) makes about 8 5/8 cups cooked. 1-pound whole wheat spaghetti (about 4 ¾ cups) equals about 8 ½ cups cooked.

How to build a **Better Bowl**

Grain Base

2 oz

- Rice
- Pasta
- Quinoa
- Wheat berry
- Oatmeal

Toppings

1/2 cup

- Berries
- Orange sections
- Cranberries
- Pineapple

Meat/Meat Alternative

2 oz

- Chicken
- Beef
- Hard-boiled eggs
- Tofu
- Beans

Toppings

as desired

- Seeds
- Herbs
- Soy sauce
- Mayo

Vegetables

1/2 cup

- Broccoli
- Carrots
- Cabbage
- Zucchini
- Asparagus
- Bell pepper
- Radish



DAY TWO: TEAM PRODUCTION ASSIGNMENTS

CHEF DEMO

Fresh Egg Pasta & Protein Cookery

TEAM ONE

Spaghetti with Classic Beef Ragu

Jerk Chicken and Roasted Cauliflower with Turmeric

Shredded Broccoli, Pineapple, and Cabbage Slaw

TEAM TWO

Butternut Squash Mac and Cheese

Miso-Glazed Salmon with Oven Baked "Fried" Rice

Spinach with Sesame Dressing

TEAM THREE

Arrabbiata Spaghetti Squash Bake

Grilled Lemon and Herb Chicken with Roasted Ratatouille

Tabbouleh with Yogurt Tzatziki

TEAM FOUR

Pumpkin Seed Pesto Pasta

Oven-Baked Chicken Wings with Esquites

Southwest Quinoa Salad

FRESH EGG PASTA

Yield: 1 ½ pounds

Ingredients	Amounts
Flour, all-purpose	1 lb.
Salt, kosher	1 pinch
Egg, whole	4 ea.
Oil, vegetable	1 fl. oz.
Water	as needed
Water	1 ½ gal.
Salt, kosher	1 oz.

Method

1. In a large bowl, combine the flour and salt. Make a well in the center. Place the eggs and oil in the center of the well. With a fork, gradually pull the dry ingredients into the egg mixture. Stir until a loose mass forms. As you mix the dough, adjust the consistency with additional flour or water, as needed. The dough should be tacky but not sticky.
2. Turn the dough out onto a floured work surface. Knead until the dough is smooth and elastic, 4 to 5 minutes. Cover and let the dough relax at room temperature for at least 30 minutes.
3. Roll the dough into thin sheets by hand or using a pasta machine and cut the sheets into the desired shape.
4. To cook, bring a large pot of salted water to a boil. Add the pasta and stir to separate the strands or shapes. Cook the pasta until it is firm to the bite (*al dente*), 2 to 4 minutes. Drain in a colander.
5. Serve immediately or shock in ice water to reserve for later use.

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

Spinach Pasta: Purée 6 oz. spinach leaves. Squeeze dry in cheesecloth. Add to the eggs.

Saffron Pasta: Steep 3 tsp. crushed saffron threads in 1 fl. oz. hot water. Add the eggs.

Lemon Pasta: Add 4 tsp. finely grated lemon zest to the eggs. Substitute 2 Tbsp. lemon juice for the water.

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

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

Red Pepper Pasta: Sauté 6 oz, puréed, roasted red pepper until reduced and dry. Cool. Add to the eggs.

Tomato Pasta: Sauté 3 oz. tomato purée until reduced and dry. Cool. Add to the eggs.

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

SPAGHETTI WITH CLASSIC BEEF RAGU

Yield: 10 portions

Ingredients	Amounts
Pasta, spaghetti, dried	1 ½ lb.
Oil, olive, pure	2 Tbsp.
Onion, yellow, small diced	1 cup
Carrot, small diced	1 cup
Celery, small diced	1 cup
Garlic, minced	2 Tbsp.
Beef, ground	3 lb.
Tomato, paste	3 Tbsp.
Tomato, plum (Roma), canned	28 oz.
Broth, beef	2 cups
Oregano, dried	2 tsp.
Basil, dried	1 tsp.
Thyme, dried	1 tsp.
Nutmeg, fresh, ground	½ tsp.
Salt, kosher	2 tsp.
Pepper, black, ground	½ tsp.
Milk, whole	1 cup
Cheese, Parmesan, shredded	½ cup
Basil, sweet, fresh, chopped	1 cup

Method

1. Bring a large pot of salted water to a boil over high heat. Add the spaghetti. Cook until tender but firm to the bite (*al dente*), about 10 minutes. Drain. and rinse in cold water. Reserve.
2. Heat the oil in a large saucepan over medium heat. Add the onion, carrot, celery, and garlic. Sweat until vegetables are softened, but not browned, 5 to 6 minutes.
3. Add the ground beef and cook while breaking up the meat with a spoon until browned, 6 to 8 minutes.
4. Stir in the tomato paste. Cook until it is slightly caramelized, 1 to 2 minutes.
5. Add the tomatoes, beef broth, oregano, basil, thyme, nutmeg, salt, and pepper. Bring it to a simmer over low heat.
6. Gradually stir in the milk in small additions as the sauce cooks down. Simmer the sauce, partially covered, until thickened and flavorful, about 30 minutes. Add a little broth or milk as needed if the sauce gets too thick.

7. Reheat the pre-cooked spaghetti. Just before serving, toss it with warm ragù in batches or portion ragù directly over plated spaghetti.
8. Garnish each portion with cheese and basil. Serve hot.

JERK CHICKEN AND ROASTED CAULIFLOWER WITH TURMERIC

Yield 10 portions

Ingredients	Amounts
Chicken, thigh, large diced	2 lb.
Caribbean Jerk Seasoning (Recipe follows)	as needed
Oil, canola	2 Tbsp.
Lime, juice, fresh	4 Tbsp.
Salt, kosher	1 tsp.
Roasted Cauliflower with Turmeric (Recipe follows)	1x recipe

Method

1. Preheat oven to 400°F.
2. In a small bowl, place the chicken, oil, Caribbean Jerk Seasoning, lime juice, and salt. Toss to combine. Transfer the chicken to a sheet tray lined with parchment.
3. Bake in the preheated oven until the internal temperature of the chicken reaches 165°F, 20 to 25 minutes.
4. Serve the chicken alongside the Roasted Cauliflower with Turmeric.

CARIBBEAN JERK SEASONING

Yield: 1 cup

Ingredients	Amounts
Onion, powder	2 Tbsp.
Garlic, powder	2 Tbsp.
Paprika, smoked	2 Tbsp.
Allspice, ground	1 Tbsp.
Thyme, dried	1 Tbsp.
Ginger, ground	1 Tbsp.
Cinnamon, ground	½ Tbsp.
Pepper, black, ground	1 tsp.
Salt, kosher	1 tsp.

Method

1. In a small bowl, place the onion powder, garlic powder, smoked paprika, allspice, thyme, ginger, cinnamon, pepper, and salt. Mix well to combine.
2. Store in an airtight container.

ROASTED CAULIFLOWER WITH TURMERIC

Yield: 4 cups

Ingredients	Amounts
Cauliflower, head	2 ea.
Oil, olive, pure	2 Tbsp.
Oil, sesame	2 Tbsp.
Turmeric, ground	2 tsp.
Salt, kosher	1 tsp.

Method

1. Core the cauliflower and cut into small florets.
2. Preheat oven to 400°F. Line 2 sheet pans with parchment paper.
3. In a large bowl, whisk to combine the olive oil, sesame oil, turmeric, and salt. Add the cauliflower and toss to coat.
4. Divide the cauliflower among the prepared sheet pans and spread in a single layer.
5. Roast in the preheated oven until golden, 18 to 20 minutes.

SHREDDED BROCCOLI, PINEAPPLE, AND CABBAGE SLAW

Yield: 10 cups

Ingredients	Amounts
Cabbage, green, shredded	2 cups
Broccoli, shredded	2 cups
Pineapple, canned, drained, small diced	1 cup
Carrot, peeled, shredded	1 cup
Scallion (Green onion), thinly sliced	1 ½ cups
Parsley, flat-leaf, fresh, chopped	2 cups
Cilantro, fresh, chopped	2 cups
Vinegar, cider, apple	½ cup
Lime, juice	4 Tbsp.
Lime, zest	2 Tbsp.
Salt, kosher	1 tsp.
Honey	2 tsp.
Ginger, fresh, grated	2 Tbsp.

Method

1. In a large bowl, combine the cabbage, broccoli, pineapple, carrot, scallion, parsley, and cilantro.
2. For the dressing, in a small bowl, whisk together the apple cider vinegar, lime juice, lime zest, salt, honey, and grated ginger.
3. Pour dressing over slaw mixture and toss well to coat.
4. Cover and chill for at least 30 minutes before serving.

BUTTERNUT SQUASH MAC AND CHEESE

Yield: 10 portions

Ingredients	Amounts
Pasta, elbow, dried	1 ½ lb.
Salt, kosher	as needed
Squash, butternut, peeled, cubed	3 cups
Milk, whole	5 cups
Garlic, minced	2 Tbsp.
Onion, yellow, small diced	1 cup
Butter, unsalted	2 Tbsp.
Mustard, Dijon	1 tsp.
Salt, kosher	2 tsp.
Pepper, black, ground	½ tsp.
Nutmeg, fresh, ground	1 tsp.
Cheese, Cheddar, sharp, shredded	8 oz.
Cheese, Parmesan, grated	½ cup
Breadcrumbs	1 cup
Oil, olive, pure	2 Tbsp.
Cheese, Parmesan, grated	¼ cup
Garlic, powder	½ tsp.
Paprika, ground	¼ tsp.

Method

1. Preheat oven to 375°F.
2. Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but firm to the bite (*al dente*), about 8 minutes. Drain and rinse in cold water. Reserve.
3. In a large saucepan, combine the squash, milk, onion, and garlic. Bring it to a simmer and cook, stirring occasionally, until the squash is fork-tender, about 15 minutes.
4. Transfer the squash mixture to a blender and blend until smooth and creamy.
5. Add the butter, Dijon mustard, salt, pepper, and nutmeg. Blend to combine.
6. Return the sauce to the pot over low heat. Stir in the Cheddar and Parmesan. Adjust the seasonings to taste.
7. Add the cooked pasta to the sauce and stir. Transfer to a greased baking dish.
8. For the topping, in a small bowl, combine the breadcrumbs, olive oil, cheese, garlic powder, and paprika.
9. Sprinkle the topping evenly over the surface of the mac and cheese.
10. Bake in the preheated oven until the top is golden brown and crispy, 10 to 15 minutes.
11. For extra color, broil for the final 1 to 2 minutes. Be sure to watch closely to avoid burning.

MISO-GLAZED SALMON WITH OVEN-BAKED “FRIED” RICE

Yield: 12 portions

Ingredients	Amounts
Vinegar, wine, rice	1 ½ cups
Water	½ cup
Wine, rice, sweet, Japanese (<i>Mirin</i>)	2 cups
Miso, white (<i>Shiromiso</i>)	8 oz.
Soy sauce	3 Tbsp.
Sugar, brown, light	8 oz.
Salmon, fillet, boneless, skinless	4 lb.
Oil, vegetable	as needed
Scallion (Green onion), bunch, thinly sliced	2 ea.
Sesame seeds, toasted	2 Tbsp.
Oven-Baked “Fried” Rice (Recipe follows)	1x recipe

Method

1. For the marinade, in a medium pot, combine the rice wine vinegar, water and mirin. Bring it to a simmer and cook for 10 minutes.
2. Whisk in the miso, soy sauce, and brown sugar. Simmer, stirring occasionally, for 5 minutes. Allow it to cool over an ice bath until cold.
3. Cut the salmon fillets into 5-ounce portions.
4. In large hotel pans, coat the salmon evenly with the marinade. Cover and refrigerate overnight.
5. Remove the salmon from marinade. Wipe off any excess marinade with a paper towel. Do not rinse the salmon. Place on lightly oiled sheet pans.
6. Preheat the broiler to low. Place the pans of salmon in the broiler and cook, rotating occasionally for even browning, until the internal temperature reaches 145°F, 15 to 20 minutes. Halfway through the cooking, brush with the marinade to create a glaze.
7. Preheat the oven to 400°F.
8. Place the sesame seeds in a sauté pan. Place the pan in the preheated oven until the seeds are aromatic, 5 to 10 minutes. Remove the seeds from the oven and toss gently. Let them cool slightly in the pan and toss again. Remove the toasted seeds from the pan and reserve.
9. Top with the scallions and toasted sesame seeds. Serve with the Oven Baked “Fried Rice”.

Note: The salmon can also be grilled or sautéed.

OVEN-BAKED "FRIED" RICE

Yield: 10 portions

Ingredients	Amounts
Water	6 cups
Rice, brown, long-grain	2 ¼ cups
Pepper, bell, red, small diced	1 cup
Pineapple, small diced	1 ½ cups
Peas, frozen, thawed	1 cup
Carrot, small diced	¾ cup
Oil, sesame	⅓ cup
Soy sauce	½ cup
Scallion (Green onion), thinly sliced on bias	1 cup

Method

1. Preheat oven to 400°F.
2. In a large pot, bring the water to a boil. Add the brown rice. Turn down the heat to low, cover, and simmer until rice is tender, about 35 minutes.
3. Drain any excess water. Let the rice cool completely. (Spread on a tray for faster cooling.)
4. In a large bowl, combine the cooled rice, bell peppers, pineapple, peas, and carrots. Drizzle with the sesame oil and soy sauce. Mix well to evenly coat. Reserve.
5. Line a full-size baking sheet with parchment paper. Spread the rice mixture into a thin, even layer. Bake in the preheated oven for 45 minutes, stirring and rotating every 15 to 20 minutes to prevent the edges from burning.
6. Remove from the oven and toss in the sliced green onions. Serve hot.

Note: Fresh or canned pineapple can be used.

SPINACH WITH SESAME DRESSING

Yield: 12 portions

Ingredients	Amounts
Sesame seeds	1 cup
Soy sauce, light	½ cup
Sugar, granulated	¼ cup
Spinach, fresh	4 lb.

Method

1. Preheat oven to 400°F.
2. Place the sesame seeds in a sauté pan. Place the pan in the preheated oven until the seeds are aromatic, 5 to 10 minutes. Remove the seeds from the oven and toss gently. Let them cool slightly in the pan and toss again. Remove the toasted seeds from the pan and reserve.
3. In a small saucepan, bring the soy sauce to a boil. Add the sugar and stir to dissolve. Reserve.
4. Remove all stems from the spinach and wash thoroughly.
5. Bring a large pot of water to a rapid boil over high heat. Add the spinach and blanch, about 20 seconds. Drain and transfer to an ice water bath to halt the cooking process. Drain and squeeze out all excess moisture. Reserve.
6. Using a mortar and pestle, crush the reserved toasted sesame seeds to a coarse paste. Combine the paste with the soy sauce.
7. Add the soy sauce-sesame mixture to the spinach. Toss well to coat.

ARRABBIATA SPAGHETTI SQUASH BAKE

Yield: 10 portions

Ingredients	Amounts
Squash, spaghetti	2 ea.
Oil, olive, pure	¼ cup
Garlic, minced	2 Tbsp.
Salt, kosher	2 tsp.
Pepper, black, ground	½ tsp.
Nutmeg, fresh, ground	½ tsp.
Italian seasoning blend, dried	2 tsp.
Oil, olive, pure	2 Tbsp.
Garlic, minced	1 Tbsp.
Red pepper flakes	½ tsp.
Tomato, plum (Roma) crushed, canned	4 cups
Tomato, paste	2 Tbsp.
Oregano, dried	2 tsp.
Salt, kosher	1 ½ tsp.
Pepper, black, ground	¼ tsp.
Basil, sweet, fresh, chopped	¼ cup
Cheese, mozzarella, shredded	2 cups
Cheese, Parmesan, grated	½ cup

Method

1. Preheat oven to 400°F. Line two sheet pans with parchment paper.
2. Cut each squash in half lengthwise and scoop out the seeds.
3. In a small bowl, combine the olive oil, garlic, salt, pepper, nutmeg, and Italian herbs. Brush the cut sides of each squash half with the seasoned oil.
4. Place the squash halves cut-side down on the prepared sheet pans. Roast in the preheated oven until the flesh is tender and easily pierced with a fork, 35 to 45 minutes.
5. For the sauce, heat the olive oil in a saucepan over medium heat. Add garlic and red pepper flakes. Sauté until fragrant, about 1 minute.
6. Stir in the tomatoes, tomato paste, oregano, salt, and pepper. Simmer until slightly thickened, 10 to 15 minutes.
7. Stir in the basil. Adjust the seasonings to taste. Reserve.
8. Remove the squash from the oven and cool slightly. Using a fork, scrape the flesh into spaghetti-like strands. They should yield about 6 to 7 cups.
9. Lower the oven temperature to 375°F.

10. In a large bowl, place the squash strands and 2 to 2½ cups of the reserved sauce. Spread the mixture into a greased 9-inch by 13-inch baking dish. Top evenly with shredded mozzarella and grated Parmesan.
11. Bake uncovered in the preheated oven until the top is bubbling, 20 to 25 minutes.
12. For a golden, crispy finish, broil for an additional 2 to 3 minutes, watching carefully to avoid burning.
13. Remove from the oven and let it rest for 5 minutes before serving.

Note: For added creaminess, add 1 cup of ricotta or cottage cheese to the squash mixture before baking.

GRILLED LEMON AND HERB CHICKEN WITH ROASTED RATATOUILLE

Yield: 10 portions

Ingredients	Amounts
Oil, olive, pure	¼ cup
Lemon, juice, fresh	¼ cup
Lemon, zest	1 Tbsp.
Garlic, minced	2 Tbsp.
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Rosemary, fresh, chopped	1 Tbsp.
Thyme, fresh, chopped	2 tsp.
Oregano, dried	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Chicken, breast, boneless, skinless	3 lb.
Oil, vegetable	as needed
Roasted Ratatouille (Recipe follows)	1x recipe

Method

1. For the marinade, in a large bowl, whisk together the oil, lemon juice, lemon zest, garlic, parsley, rosemary, thyme, oregano, salt, and pepper.
2. Add the chicken breasts. Mix well, making sure all the chicken pieces are well coated on all sides. Cover and marinate in the refrigerator for at least 30 minutes, preferably 2 to 4 hours. Do not exceed 12 hours.
3. Heat a grill to medium-high heat. Lightly oil the grates.
4. Remove the chicken from marinade, wiping off any excess. Place the chicken on the grill. Cook until grill marks are achieved and the internal temperature reaches 165°F, 5 to 6 minutes per side.
5. Let the chicken rest for 5 minutes. The chicken may be served whole or sliced. Serve with the Roasted Ratatouille.

ROASTED RATATOUILLE

Yield: 10 portions

Ingredients	Amounts
Squash, zucchini, green	12 oz.
Squash, zucchini, yellow	12 oz.
Onion, red, thinly sliced	2 oz.
Peppers, bell, green, thinly sliced	2 oz.
Peppers, bell, red, thinly sliced	2 oz.
Tomato, cherry	2 ½ oz.
Oil, canola	2 Tbsp.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Garlic, granulated	1 tsp.
Italian seasoning blend, dried	1 tsp.
Red pepper flakes (Optional)	¼ tsp.

Method

1. Preheat convection oven to 375°F or conventional oven to 400°F.
2. Slice the zucchini into ¼-inch-thick half-moons.
3. In a large bowl, combine the zucchini, onion, bell peppers, and tomatoes. Reserve.
4. In a small bowl, place the oil, salt, pepper, garlic, Italian seasoning, and red pepper flakes. Mix to combine. Pour the oil mixture over the vegetables. Toss until evenly coated.
5. Place the vegetables on parchment paper lined sheet trays. Spread evenly in a single layer. Do not overcrowd the sheet pans.
6. Roast in the preheated oven until tomatoes pop and other vegetables start to caramelize, about 15 minutes. Stir and continue roasting until the vegetables are tender, 5 to 10 minutes.
7. Serve immediately or hot hold in a steam table until ready for service.

TABBOULEH WITH YOGURT TZATZIKI

Yield: 10 portions

Ingredients	Amounts
Water	2 cups
Salt, kosher	1 tsp.
Bulgur, no. 3	2 cups
Tomato, plum, (Roma), finely diced	2 cups
Cucumber, peeled, seeded, finely diced	1 cup
Parsley, flat-leaf, fresh, chopped	¼ cup
Mint, fresh, chopped	2 Tbsp.
Scallion (Green onion), finely chopped	1 cup
Garlic, finely chopped	1 tsp.
Cumin, ground	¼ tsp.
Lemon, juice, fresh	¼ cup
Oil, olive, pure	1 ½ Tbsp.
Yogurt Tzatziki (Recipe follows)	1x recipe

Method

1. In a medium saucepot, combine the water and salt. Bring to a boil over high heat.
2. In a large bowl, place the bulgur. Add the boiling water. Cover and let it stand until the water is absorbed, about 30 minutes. Do not drain.
3. Add the tomatoes, cucumbers, parsley, mint, scallion, garlic, and cumin. Toss to combine.
4. Stir in the lemon juice and oil.
5. Refrigerate until ready to serve. Serve with the Yogurt Tzatziki.

YOGURT TZATZIKI

Yield: 10 portions

Ingredients	Amounts
Cucumber, peeled, grated	½ cup
Yogurt, plain, low-fat	1 ¼ cups
Garlic, minced	1 tsp.
Lemon, juice, fresh	1 Tbsp.
Oil, olive, pure	1 Tbsp.
Salt, kosher	½ tsp.
Pepper, black, ground	⅛ tsp.
Dill, fresh, chopped	2 Tbsp.
Mint, fresh, chopped	2 Tbsp.

Method

1. Place the grated cucumber in a clean kitchen towel or paper towel and gently squeeze out any excess liquid.
2. In a medium bowl, combine the yogurt, cucumber, garlic, lemon juice, olive oil, salt, pepper, dill, and mint. Mix well.
3. Chill for at least 20 minutes before serving.

PUMPKIN SEED PESTO PASTA

Yield: 10 portions

Ingredients	Amounts
Pumpkin, seeds, toasted	¾ cup
Oil, olive, pure	as needed
Pasta, penne, dry	1 lb.
Garlic, minced	1 Tbsp.
Basil, sweet, fresh, chopped	1 cup
Parsley, flat-leaf, fresh, chopped	1 cup
Cheese, Parmesan, grated	¼ cup
Lemon, juice, fresh	4 Tbsp.
Lemon, zest	1 tsp.
Oil, olive, pure	½ cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	1 Tbsp.
Tomato, cherry, halved	1 ½ cups
Cheese, Parmesan, grated	¼ cup

Method

1. Preheat oven to 325°F. Line a baking sheet with parchment paper.
2. Spread the pumpkin seeds in an even layer on the baking sheet. Drizzle lightly with oil. Bake in the preheated oven, stirring halfway through, until the seeds are golden and aromatic, 10 to 12 minutes. Remove from the oven, cool, and reserve.
3. Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite (*al dente*), about 10 minutes. Reserve ½ cup of the pasta water. Drain and rinse the pasta in cold water. Reserve.
4. For the pesto, in a food processor, place the reserved pumpkin seeds, garlic, basil, parsley, parmesan, lemon juice, lemon zest, oil, salt, and pepper. Blend until smooth, scraping down the sides as needed. Adjust the seasoning and consistency, as needed. Reserve.
5. Heat the oil in a large sauté pan over medium-high heat. Add the cherry tomatoes and sauté until they blister.
6. Reheat the cooked pasta. Add the warm pasta and the pesto to the sauté pan. Add a little reserved pasta water to help coat the noodles and loosen the sauce, as needed.
7. Adjust the seasoning to taste. Garnish with the Parmesan.

Note: Rotini or fusilli can be substituted for the penne. Grilled or roasted vegetables can also be added.

OVEN-BAKED CHICKEN WINGS WITH ESQUITES

Yield: 10 portions

Ingredients	Amounts
Chicken, wings	5 lb.
<i>Ranch Seasoning</i>	
Garlic, granulated	1 Tbsp.
Onion, granulated	1 Tbsp.
Dill, dried	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	1 ½ tsp.
<i>Rosemary Seasoning</i>	
Rosemary, dried	1 ½ Tbsp.
Garlic, granulated	1 Tbsp.
Onion, granulated	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	1 ½ tsp.
<i>BBQ Seasoning</i>	
Cumin, ground	1 Tbsp.
Paprika, smoked	1 Tbsp.
Garlic, granulated	1 Tbsp.
Onion, granulated	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	1 ½ tsp.
Esquites (Recipe follows)	1x recipe

Method

1. Thaw the chicken under refrigeration overnight. For best results, place in a perforated pan to drain any excess liquid.
2. Preheat oven to 400°F.
3. In a large bowl, place the ingredients of the desired seasoning. Mix well to combine.
4. Add the chicken and toss well to coat.
5. Lay the coated chicken in a single layer on parchment lined sheet pans. Bake until the chicken reaches an internal temperature of 165°F, 45 to 55 minutes.
6. Serve with the Esquites.

ESQUITES

Yield: 8 portions

Ingredients	Amounts
Corn, sweet, cob, whole	8 ea.
Oil, vegetable	2 Tbsp.
Broth, chicken	4 cups
Oregano, dried	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Lime, juice, fresh	5 Tbsp.
Mayonnaise, low fat	½ cup
Cheese, cotija, fresh, crumbled	½ cup
Lime, sliced	6 ea.
Chili powder	1 Tbsp.

Method

1. Remove the kernels from the cob using a sharp knife.
2. In a large skillet, heat the oil over medium heat. Add the corn and sauté, stirring occasionally, until lightly golden and aromatic, about 10 minutes.
3. Add the broth and oregano. Bring to a boil, then reduce to a simmer. Cook, uncovered, stirring occasionally, until the corn is tender, about 30 minutes.
4. Add the salt, pepper, and lime juice to taste.
5. To serve, ladle the corn and broth into cups or small bowls.
6. Garnish with dollops of mayonnaise, cotija, lime slices, and chili powder.

Note: Frozen corn can be used instead of fresh.

SOUTHWEST QUINOA SALAD

Yield: 10 portions

Ingredients	Amounts
Water, boiling	3 cups
Quinoa	1 ½ cups
Beans, black, canned, drained, rinsed	15 ½ oz.
Cilantro, fresh, chopped	¼ cup
Corn, kernels, frozen, thawed	1 cup
Vinegar, wine, red	3 Tbsp.
Oil, olive, pure	1 Tbsp.
Cumin, ground	⅓ tsp.
Chili powder	1 tsp.
Red pepper flakes	⅓ tsp.
Salt, kosher	¾ tsp.

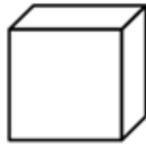
Method

1. In a large pot, bring the water to a boil. Add the quinoa and turn down the heat to low. Cover and simmer until the water is absorbed and the quinoa is tender, 12 to 15 minutes.
2. Remove the pot from heat. Fluff the quinoa with a fork and let it cool completely. (For faster cooling, spread on a tray.) Reserve.
3. For the dressing, in a small bowl, whisk together the red wine vinegar, olive oil, cumin, chili powder, crushed red pepper, and salt. Reserve.
4. In a large bowl, place the black beans, corn, and cilantro.
5. Add the cooled quinoa.
6. Drizzle with the dressing and toss well to combine.
7. Chill for at least 30 minutes before serving.

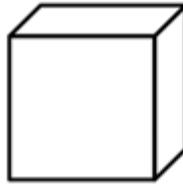
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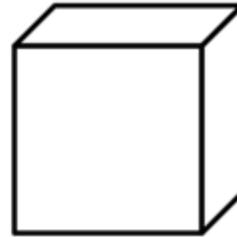
BASIC KNIFE CUTS



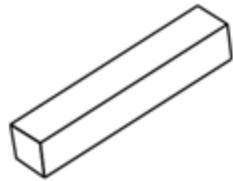
Small Dice
1/4" cube



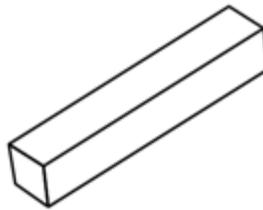
Medium Dice
1/2" cube



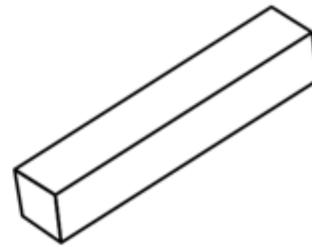
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



Julienne
1/8" sq x 2 inch



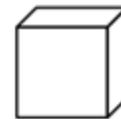
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



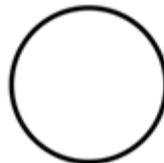
Chop
1/8"-1/4" cube



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

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

METRIC CONVERSION TABLE

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

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

TEMPERATURE EQUIVALENCIES

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

US CUSTOMARY LIQUID VOLUME CONVERSIONS

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

US TO METRIC DRY MEASURES CONVERSIONS

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

VOLUME MEASURE CONVERSIONS

US	Metric
1 tsp.	5 milliliters (ml)
1 Tbsp.	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ 1/4 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)

These materials were developed at the Culinary Institute of America.

Alameda USD Culinary Training 2 Day Course Guide v.100.docx

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