



Culinary Institute
of America

**National Restaurant Association
Educational Foundation**

2022

CIA Consulting Department, Hyde Park, NY

Copyright © 2025

The Culinary Institute of America

All Rights Reserved

This manual is published and copyrighted by The Culinary Institute of America.

Copying, duplicating, selling or otherwise distributing this product is hereby expressly forbidden except by prior written consent of The Culinary Institute of America.

TABLE OF CONTENTS

COURSE INFORMATION	6
<i>Course Description</i>	<i>6</i>
COURSE SYLLABUS	7
DAILY PRODUCTION ASSIGNMENTS AND TASTINGS	9
DAY ONE: DEMO AND PARTICIPANTS PRODUCTION.....	9
DAY 2 TASTING EXERCISE THE EFFECT OF SALT ON FLAVOR DEVELOPMENT	10
DAY TWO: SALT EXERCISE TASTING NOTES	11
DAY TWO: GROUP WORK TEAMS OF 2.....	12
DAY 3 TASTING EXERCISE THE EFFECT OF SEARING ON FLAVOR DEVELOPMENT.....	13
DAY THREE TASTING EXERCISE NOTES	14
DAY THREE: GROUP WORK TEAMS OF 2	15
DAY FOUR: GROUP WORK TEAM OF 2	16
DAY FIVE: INDIVIDUAL WORK.....	17
MISE EN PLACE & TIME MANAGEMENT.....	19
MISE EN PLACE	19
<i>Work Station Management.....</i>	<i>19</i>
<i>Recipe Management and Mise en Place.....</i>	<i>21</i>
<i>Constructing a Written "Mise en Place Plan".....</i>	<i>21</i>
KEY STRATEGIES FOR MANAGING TIME	23
<i>Sample Mise en Place and Timeline Worksheets</i>	<i>24</i>
RECIPES.....	35
CULINARY FOUNDATIONS: FORMULAS AND RATIOS	136
STOCKS	136
THICKENERS.....	139
SOUPS	139
SAUCES.....	141
GRAINS.....	146
POTATOES.....	148

PASTA.....	150
COOKING COMPETENCY FORMULAS	151
MISCELLANEOUS CULINARY FUNDAMENTAL INFORMATION	152
WEIGHTS AND MEASURES.....	153
TEMPERATURE CONVERSION TABLE	155
GLOSSARY OF FRENCH CULINARY TERMS	157
RECIPE INDEX	170



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 PC^{III} MBA

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

- ☑ No cell phone use or text messaging 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

COURSE INFORMATION

COURSE DESCRIPTION

One of the toughest challenges in exceeding customers' expectations is perfecting the timing of service and mastering proper plating techniques. In this course, you will learn how to design and plan a well-balanced menu demonstrating multiple cooking techniques.

You will also take part in tastings and discussions on salt, olive oil, and umami.

LEARNING OBJECTIVES

By the end this course, you will be able to...

- Develop timelines and schedules to help you perform better in a multitask environment.
- Prepare multi-course menus within two and a half-hours while adhering to sanitation and safety guidelines.
- Execute techniques at a higher level by building upon previous experiences.
- Evaluate your work based on established guidelines such as timing, taste, and presentation.
- Taste and identify various items that contain umami

SUPPORTING CLASS MATERIALS

All materials are available in The CIA Hilton Library

Books

The Professional Chef®, 9th Edition

1-year Subscription included

[ProChef Video Series](#)

COURSE SYLLABUS

DAY ONE

- ☑ Lecture 1
 - Overview of the Week
 - Mise en Place
 - Knife Skills
 - Stocks
 - Soups
 - Eggs
 - Salads
 - Dressings
- ☑ Knife Skills Demo and Kitchen Production Exercise (Individual Work)
 - Knife Skills
 - Stock Production
 - Egg Cookery
 - Salad Dressings
 - Review and Critique
- ☑ Lecture 2
 - Physiology of Taste

DAY TWO

- ☑ Lecture
 - Dry-Heat Cooking Techniques
 - Plate and Platter Presentation
 - Tasting Exercise
 - Salt's effect on Flavor
- ☑ Kitchen Production Exercise (Students will Work in Teams)
 - Knife Skills Drill (individual assignment)
 - Two-Course Menu Execution
 - Four Portions Each of Soup and Entrée with Accompaniments
 - 2 ½ Hour Timeframe with Additional 15 Minutes for Service
 - Review and Critique

DAY THREE

- ☑ Lecture
 - Tasting Exercise
 - The effect of Searing on Flavor
 - Moist-Heat Cooking Techniques
 - Combination Cooking Techniques
- ☑ Kitchen Production Exercise (Students will Work in Teams)
 - Knife Skills Drill (individual assignment)
 - Two-Course Menu Execution
 - Four Portions Each of Soup and Entrée with Accompaniments
 - 2 ½ Hour Timeframe with Additional 15 Minutes for Service
 - Review and Critique

DAY FOUR

- Lecture
 - Key Term Review: Jeopardy Style
- Kitchen Production Exercise (Students will Work in Teams)
 - Knife Skills Drill (individual assignment)
 - Two-Course Menu Execution
 - Four Portions Each of Soup and Entrée with Accompaniments
 - 2 ½ Hour Timeframe with Additional 15 Minutes for Service
 - Review and Critique

DAY FIVE

- Final Assessment (Individual production assignments)
 - Three-Course Menu Execution
 - Four Portions Each of Soup, Salad, and Entrée with Accompaniments
 - 2 ½ Hour Timeframe with Additional 15 Minutes for Service
 - Review and Critique

DAILY PRODUCTION ASSIGNMENTS AND TASTINGS

DAY ONE: DEMO AND PARTICIPANTS PRODUCTION

- Knife Cuts
 - From 3 each 100 ct. Russet Potatoes, Produce
 - Minimum of 4 Tourné
 - 2 oz. Julienne
 - 2 oz. Brunoise
 - 2 oz. Batonette
 - 2 oz. Small Dice
 - From 2 lb. Cello Carrots, Produce:
 - Minimum of 4 Tourné
 - 1 Cup Oblique-Cut
 - 1 Cup Rondelles
 - From 1 Large Spanish Onion, Produce:
 - ½ Cup Julienne
 - ½ Cup Small Dice
 - Concassé 2 Tomatoes
 - Mince 3 Garlic Cloves
 - Mince 2 Shallots
 - Suprême 1 Orange and 1 Grapefruit each
 - Finely Chop ¼ Cup Parsley
- Produce 2 Quarts Fish Stock

DEMO ONLY

- Egg Cookery
 - Produce one French-Style Omelet and 2 portions of the following egg dishes:
 - 4 Poached Eggs
 - 4 Soft-Cooked Eggs
 - 4 Over-Easy Eggs
- Produce a simple and emulsified Vinaigrette

DAY 2 TASTING EXERCISE

THE EFFECT OF SALT ON FLAVOR DEVELOPMENT

OBJECTIVE:

To highlight and emphasize the effect of varying amounts of salt on flavor, aroma, taste and mouthfeel.

ACTIVITY

- Prepare a Carrot soup following the recipe below without any salt.
- Taste the soup and analyze the flavor
- Add $\frac{3}{4}$ teaspoon of kosher salt and taste again
- Repeat the previous step 8 times and evaluate the changes in flavor, aroma, taste and mouthfeel after each addition of salt

CREAM OF CARROTS

Yield: 1 Quart

Ingredients	Amounts
Carrots, peeled and diced	1 lb
Clarified butter or oil	1.5 wt. oz
Onions, sliced	3 wt. oz
Celery, diced	1 wt. oz
All-purpose flour	1 wt. oz
Chicken stock	3 cup
Heavy cream	4 fl. oz

Method

1. Heat the butter or oil and add the onions, celery, and carrots. Sweat, stirring frequently, until the onions are tender and translucent with no color, about 6 to 8 minutes.
2. Add the flour and stir well to combine. Continue to cook, stirring frequently, until a blond roux forms.
3. Add the stock to the pot gradually, whisking or stirring to work out any lumps.
4. Bring the soup to a boil, then reduce to simmer and cook slowly for 20 minutes
5. Puree the soup in a BLENDER until very smooth.
6. Add the heavy cream and chill rapidly if the soup is not used within 2 hours

DAY TWO: SALT EXERCISE TASTING NOTES

After each seasoning, please note you perceived changes in Flavor, Aroma, Taste and Mouthfeel

Item	Perceived Changes in Flavor, Aroma Taste and Mouth Feel	Remarks
No Salt		
1 st ¾ tsp addition of salt (¾ tsp total)		
2 nd ¾ tsp addition of salt (1.5 tsp total)		
3 rd ¾ tsp addition of salt (2.25 tsp total)		
4 th ¾ tsp addition of salt (3 tsp total)		
5 th ¾ tsp addition of salt (3.75 tsp total)		
6 th ¾ tsp addition of salt (4.5 tsp total)		
7 th ¾ tsp addition of salt (5.25 tsp total)		
8 th ¾ tsp addition of salt (6 tsp total)		

DAY TWO: GROUP WORK
TEAMS OF 2

Team #	Soup	Tossed Salad	Entrée and Sauces	Accompaniments
1	Cream of Cauliflower Soup with Garnish	Tossed Greens with simple Vinaigrette	Roast Chicken with Pan Gravy	Glazed Carrots Sautéed Broccoli Whipped Potatoes
2	Cream of Broccoli Soup with Garnish	Tossed Greens with emulsified Vinaigrette	Roast Strip Loin of Beef with Jus Lié	Sautéed Sugar Snap Peas Glazed Beets Duchesse Potatoes
3	Cream of Cauliflower Soup with Garnish	Tossed Greens with Creamy dressing	Roast Chicken with Pan Gravy	Glazed Carrots Sautéed Broccoli Whipped Potatoes
4	Cream of Broccoli Soup with Garnish	Tossed Greens with simple Vinaigrette	Roast Strip Loin of Beef with Jus Lié	Sautéed Sugar Snap Peas Glazed Beets Duchesse Potatoes
5	Cream of Cauliflower Soup with Garnish	Tossed Greens with emulsified Vinaigrette	Roast Chicken with Pan Gravy	Glazed Carrots Sautéed Broccoli Whipped Potatoes
6	Cream of Broccoli Soup with Garnish	Tossed Greens with Creamy dressing	Roast Strip Loin of Beef with Jus Lié	Sautéed Sugar Snap Peas Glazed Beets Duchesse Potatoes
7	Cream of Cauliflower Soup with Garnish	Tossed Greens with simple Vinaigrette	Roast Chicken with Pan Gravy	Glazed Carrots Sautéed Broccoli Whipped Potatoes
8	Cream of Broccoli Soup with Garnish	Tossed Greens with emulsified Vinaigrette	Roast Strip Loin of Beef with Jus Lié	Sautéed Sugar Snap Peas Glazed Beets Duchesse Potatoes
9	Cream of Cauliflower Soup with Garnish	Tossed Greens with Creamy dressing	Roast Chicken with Pan Gravy	Glazed Carrots Sautéed Broccoli Whipped Potatoes

DAY 3 TASTING EXERCISE

THE EFFECT OF SEARING ON FLAVOR DEVELOPMENT

OBJECTIVE:

To highlight and emphasize the impact on flavor, aroma, taste and mouthfeel of high heat vs low heat cooking

ACTIVITY

- Season 2 same size Beef Striploin steaks with salt amounting to 2% of its own weight
- Cook one steak on a pre-heated, very hot grill to an internal temperature of 125°F
- Poach the other steak in 1qt water at 160°F to an internal temperature of 125°F making sure not to exceed 160°F in the water temperature
- Allow both steaks to rest. Taste and compare the flavor, aroma, taste and mouthfeel

DAY THREE TASTING EXERCISE NOTES

As you compare both steaks, please record your sensory perception

Cooking Method	Sensory Perception
Poached Steak	Flavor:
	Mouthfeel:
	Taste:
	Aroma:
Poached Steak	Flavor:
	Mouthfeel:
	Taste:
	Aroma:

DAY THREE: GROUP WORK
TEAMS OF 2

Team #	Soup	Entrée and Sauces	Accompaniments
1	Puree of Split Pea Soup with Garnish	Sautéed Chicken Breast with Herb Sauce Deep-Fried Battered Cod with Remoulade Sauce	Braised Fennel French Fried Potatoes
2	Puree of Sweet Potato Soup with Garnish	Pan-Fried Pork Cutlets with Sauce Robert Grilled Salmon with Compound Butter	Braised Collard Greens Rice Pilaf
3	Puree of Split Pea Soup with Garnish	Sautéed Chicken Breast with Herb Sauce Deep-Fried Battered Cod with Remoulade Sauce	Sautéed Peppers Rice Pilaf
4	Puree of Sweet Potato Soup with Garnish	Pan-Fried Pork Cutlets with Sauce Robert Grilled Salmon with Compound Butter	Braised Fennel French Fried Potatoes
5	Puree of Split Pea Soup with Garnish	Sautéed Chicken Breast with Herb Sauce Deep-Fried Battered Cod with Remoulade Sauce	Braised Collard Greens Rice Pilaf
6	Puree of Sweet Potato Soup with Garnish	Pan-Fried Pork Cutlets with Sauce Robert Grilled Salmon with Compound Butter	Sautéed Peppers Rice Pilaf
7	Puree of Split Pea Soup with Garnish	Sautéed Chicken Breast with Herb Sauce Deep-Fried Battered Cod with Remoulade Sauce	Braised Fennel French Fried Potatoes
8	Puree of Sweet Potato Soup with Garnish	Pan-Fried Pork Cutlets with Sauce Robert Grilled Salmon with Compound Butter	Braised Collard Greens Rice Pilaf
9	Purée of Split Pea Soup with Garnish	Sautéed Chicken Breast with Herb Sauce Deep-Fried Battered Cod with Remoulade Sauce	Sautéed Peppers Rice Pilaf

DAY FOUR: GROUP WORK
TEAM OF 2

Team #	Soup	Entrée and Sauces	Accompaniments
1	Onion Soup with Garnish	Beef Stew with Vegetables Deep-Poached Salmon with Hollandaise	Grilled Zucchini Buttered Fresh Egg Pasta
2	Beef Barley Soup with Garnish	Chicken Fricassee Shallow-Poached Flounder with Pan Sauce (using cuisson)	Sautéed Bok Choy Brown Rice Pilaf
3	Onion Soup with Garnish	Beef Stew with Vegetables Deep-Poached Salmon with Hollandaise	Grilled Zucchini Buttered Fresh Egg Pasta
4	Beef Barley Soup with Garnish	Chicken Fricassee Shallow-Poached Flounder with Pan Sauce (using cuisson)	Sautéed Bok Choy Brown Rice Pilaf
5	Onion Soup with Garnish	Beef Stew with Vegetables Deep-Poached Salmon with Hollandaise	Grilled Zucchini Buttered Fresh Egg Pasta
6	Beef Barley Soup with Garnish	Chicken Fricassee Shallow-Poached Flounder with Pan Sauce (using cuisson)	Sautéed Bok Choy Brown Rice Pilaf
7	Onion Soup with Garnish	Beef Stew with Vegetables Deep-Poached Salmon with Hollandaise	Grilled Zucchini Buttered Fresh Egg Pasta
8	Beef Barley Soup with Garnish	Chicken Fricassee Shallow-Poached Flounder with Pan Sauce (using cuisson)	Sautéed Bok Choy Brown Rice Pilaf
9	Onion Soup with Garnish	Beef Stew with Vegetables Deep-Poached Salmon with Hollandaise	Grilled Zucchini Buttered Fresh Egg Pasta

DAY FIVE: INDIVIDUAL WORK

Candidate #	Soup	Salad and Dressing	Entrée and Sauce	Accompaniments
1	Cream Soup with Garnish	Tossed Salad with Simple Vinaigrette	Roast Beef with Jus Lié	Sautéed Green Beans Pommes Duchesse
2	Clear Soup with Garnish	Tossed Salad with Creamy Dressing	Roast Chicken with Pan Gravy	Glazed Carrots Whipped Potatoes
3	Purée Soup with Garnish	Tossed Salad with Simple Vinaigrette	Pan-Fried Pork Cutlets with Sauce Robert	Glazed Beets Buttered Fresh Egg Pasta
4	Cream Soup with Garnish	Tossed Salad with Simple Vinaigrette	Braised Chicken (fricassee or cacciatore)	Sautéed Mushrooms Rice Pilaf
5	Clear Soup with Garnish	Tossed Salad with Creamy Dressing	Beef Stew with Vegetables	Glazed Carrots Whipped Potatoes
6	Purée Soup with Garnish	Tossed Salad with Emulsified Vinaigrette	Grilled Strip Loin Steak with Compound Butter	Steamed Broccoli French Fried Potatoes
7	Cream Soup with Garnish	Tossed Salad with Simple Vinaigrette	Shallow-Poached Flounder with Pan Sauce	Sautéed Green Beans Parslied Potatoes
8	Clear Soup with Garnish	Tossed Salad with Creamy Dressing	Sautéed Chicken Breast with Herb Sauce	Sautéed Spinach Buttered Fresh Egg Pasta
9	Purée Soup with Garnish	Tossed Salad with Emulsified Vinaigrette	Deep-Poached Salmon with Hollandaise	Sautéed Peppers Parslied New Potatoes
10	Cream Soup with Garnish	Tossed Salad with Creamy Dressing	Deep-Fried Battered Cod with Rémooulade Sauce	Steamed Broccoli Parslied New Potatoes
11	Cream Soup with Garnish	Tossed Salad with Simple Vinaigrette	Roast Beef with Jus Lié	Sautéed Green Beans Pommes Duchesse
12	Clear Soup with Garnish	Tossed Salad with Creamy Dressing	Roast Chicken with Pan Gravy	Glazed Carrots Whipped Potatoes
13	Purée Soup with Garnish	Tossed Salad with Simple Vinaigrette	Pan-Fried Pork Cutlets with Sauce Robert	Glazed Beets Buttered Fresh Egg Pasta

Candidate #	Soup	Salad and Dressing	Entrée and Sauce	Accompaniments
14	Cream Soup with Garnish	Tossed Salad with Simple Vinaigrette	Braised Chicken (fricassee or cacciatore)	Sautéed Mushrooms Rice Pilaf
15	Clear Soup with Garnish	Tossed Salad with Creamy Dressing	Beef Stew with Vegetables	Whipped Potatoes
16	Purée Soup with Garnish	Tossed Salad with Emulsified Vinaigrette	Grilled Strip Loin Steak with Compound Butter	Steamed Broccoli French Fried Potatoes
17	Cream Soup with Garnish	Tossed Salad with Simple Vinaigrette	Shallow-Poached Sole with Pan Sauce	Sautéed Green Beans Parslied Potatoes
18	Clear Soup with Garnish	Tossed Salad with Creamy Dressing	Sautéed Chicken Breast with Herb Sauce	Sautéed Spinach Buttered Fresh Egg Pasta

MISE EN PLACE & TIME MANAGEMENT

Setting yourself up properly at each stage of cooking is the key to great success. Preparing the ingredients correctly, gathering the tools necessary to do the work, and setting up your station not only reduces waste and loss, but it also improves the quality of work and enhances the end results.

In this section, we will discuss the various facets of mise en place and look at some general guidelines to facilitate your production.

MISE EN PLACE

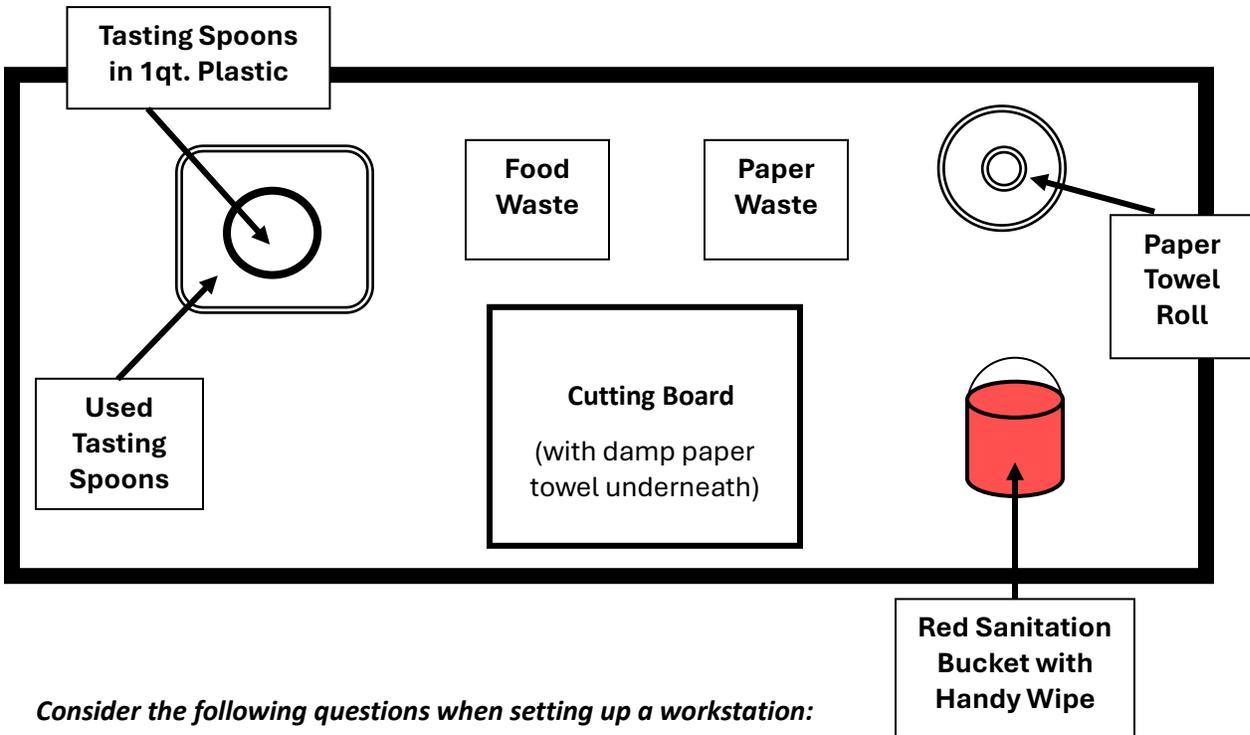
Mise en place is a French term referring to the organization and completion of all the preliminary tasks involved in the preparation of a meal. By utilizing mise en place, the cooking process is then simplified. Today, the general term mise en place means everything from arranging the utensils and linen, to preparing a meal in the preparation kitchen, and finishing a meal in the finishing kitchen (or finishing area). Keep in mind that each mise en place should be adapted to the needs of each individual kitchen.

WORK STATION MANAGEMENT

ORGANIZATION AND WORKFLOW

- Set up efficient work stations.
- Set table and cutting board at correct height for individual.
- Use bain-maries with hot water for tools.
- Set cutting board on sheet pan for messy jobs.
- Use raised cutting boards for drop delivery system for end products and refuse.
- Have a written daily plan. Start with the end in mind.
- Use standardized recipes.
- Consolidate tasks. Have one person cut all of the onions, garlic, etc.
- Use timers, if necessary.
- Use stem thermometers to ensure that products are maintained at appropriate temperatures.
- Be sure to use the right equipment for the job.

STANDARD WORKSTATION SET-UP



Consider the following questions when setting up a workstation:

- What recipe(s) and ingredients will be needed to complete the task?
- What precautions must I take in order to maintain good sanitation and nutritional conditions for the foodstuff?
- What equipment will be needed to complete the task (consider equipment needs throughout the entire process, including the final container which will hold the product)?
- What time should the product be completed, and how does this impact the sequence in which I will approach the task?
- When working in teams, how will the tasks be divided among the team members?

For greatest kitchen efficiency, always keep your workstation clean and well organized! Here are a few general rules to help you accomplish this...

1. If you don't need it, get rid of it.
2. If you are not currently using it, put it away.
3. Wipe down and clean up as you go.

RECIPE MANAGEMENT AND MISE EN PLACE

Learning to read recipes carefully and to use them to be more productive is an important step in developing your professional skills. Before starting to cook from any recipe, the first step is always to ***read through the recipe in its entirety*** to gain an understanding of exactly what is required and how to organize your work. As you read the recipe, look carefully for steps that might affect your own timing.

It is important to...

- Understand all the terms and definitions. Ask questions if you're not sure!
- Check the yield, temperature, and cooking time.
- Assemble, in order of use, all the ingredients needed before preparation time. Ingredients that require advance preparation (stocks, basic sauces, or a marinade, for example) or that must be either heated or chilled should be considered first.
- Complete necessary "pre" steps such as: greasing or conditioning pans, washing and cutting vegetables, assembling equipment such as food processors or meat grinders, and preheating the grill or oven.
- Accurately measure or weigh each ingredient.
- Follow the steps listed in the recipe exactly and never leave out a step.
- Time the cooking period for all cooked foods accurately. A resting period or an overnight cooling period (letting yeast doughs proof or allowing gelatin-thickened foods to thicken completely, marinating foods, etc.) will all affect timing.

CONSTRUCTING A WRITTEN "MISE EN PLACE PLAN"

- Review what you must prepare - including ALL group work.
- List all the ingredients.
- Check if you need to order any additional ingredients.
- Determine cooking times and preparation procedures.
- Determine equipment and utensils you will need.
- Write the "mise en place plan" in sequential order.
- Reprioritize your mise en place plan every so often throughout the day.
- Communicate with your team or partners regularly.

IMPORTANT POINTS FOR ORGANIZING YOUR TEAM GAME PLAN IN THE KITCHEN

- Pots and Pans, other equipment, communication
 - Select the proper pan and size for the job intended.
 - Have serving pans for the finished product.
 - Utensils, spoons, ladles, spatulas, etc. and sanitizing bucket on the station.
 - Preheat ovens, deep-fryer, broiler, etc.
 - Communicate with your group on stocks or other preparations.
- Food
 - Gather the produce and dry goods needed in the correct amounts to produce the recipe. Use up any product that is the oldest – First In, First Out (FIFO).
 - Keep perishable items refrigerated.
 - Prevent cross contamination with proper sanitation practice.
- Cooking
 - Pre-preparation
 - Washing
 - Slicing, dicing
 - Trussing, and seasoning
- Preparation
 - Start items with longest cooking times first.
 - Clean as you go.
- Finishing
 - Finish items as close to service time as possible.
 - Set up line for service.
 - Hot plates, serving spoons, forks, etc.
 - Actual service (Plates or other serving dishes neat and clean, food hot)

KEY STRATEGIES FOR MANAGING TIME

The role of a chef today encompasses many areas besides cooking. The chef must be an effective administrator and manager, must manage physical assets, information, and human resources. Information gathering on current restaurant trends and products can become a full time task on its own. If the chef cannot manage his or her time properly, there will not be enough time each day to successfully manage the operation.

Some strategies include:

1. Invest time in reviewing daily operations.

- Observe how the fellow chef team members manage their time.
- Determine what can be done and what changes need to be made in the kitchen to make the work flow quickly and smoothly.

2. Invest time in training others.

- Walk yourself and your fellow team members through the jobs that must be done.
- Be sure that everyone understands how to do the work.
- Where to find the necessary items.
- How far each person's responsibility extends, and
- What to do in case a question or emergency comes up.

3. Learn to communicate clearly.

- Give direction in the most concise language possible; be brief but thorough.
- Write the directions down, especially if the work will be performed by more than one person.
- Encourage questions.

4. Take steps to create an orderly work environment.

- Plan work areas carefully.
- Think about all tools, ingredients, and equipment needed for preparation and throughout service.
- Group like activities together.

5. Purchase, replace, and maintain all necessary tools.

- A well-equipped kitchen will have enough of all tools necessary to prepare every item on the menu.
- If the staff has to share or wait for the appropriate tool, it is wasting time.
- Improperly maintained equipment leads to accidents and can waste food and time.

SAMPLE MISE EN PLACE AND TIMELINE WORKSHEETS

Using the following recipes (Grilled Pork Chops with Pommery Mustard Beurre Blanc and Glazed Sweet Potatoes), let's walk through an example of how to use these sheets. First, we'll review the recipes to determine what ingredients and tools are necessary for each dish. We'll then combine these items into the tally sheet to create a list which will help you quickly and efficiently gather everything you need for the day. Finally, we'll look at how all of these recipes come together in creating a timeline for the tasks at hand.

GRILLED PORK CHOPS WITH POMMERY MUSTARD BEURRE BLANC

Yield: 6 Portions

Ingredients	Amounts
<i>Marinade</i>	
Vegetable oil	1 Tbsp.
Worcestershire	1 Tbsp.
Garlic, chopped	1 tsp.
Pork chops	6 ea.
Salt	1 Tbsp.
Ground black pepper	1 tsp.
Pommery Mustard Beurre Blanc (recipe follows)	

Method

1. To prepare the marinade, combine the oil, Worcestershire sauce, and garlic.
2. Season the pork chops with salt and pepper and cover with the marinade.
3. Grill over medium heat to mark the pork chops. If desired, rotate chops at a 45 degree angle before turning to achieve crosshatch grill marks.
4. Place into an oven and cook until the pork chops reach an internal temperature of 155°F.
5. Serve with the Pommery Mustard Beurre Blanc.

POMMERY MUSTARD BEURRE BLANC

Yield: 1 Pint

Ingredients	Amounts
Dry white wine	6 fl. oz.
Cider vinegar	2 fl. oz.
Peppercorns, crushed	6 ea.
Shallots, minced	1 wt. oz.
Thyme stems	6 ea.
Bay leaf	1 ea.
Heavy cream	2 fl. oz.
Butter, diced	12 wt. oz.
Pommery mustard	2 Tbsp.
Salt	½ tsp.
Ground black pepper	¼ tsp.

Method

1. Combine the wine, vinegar, peppercorns, shallots, thyme, and bay leaf in a saucepan. Cook over medium heat and reduce until almost dry.
2. Add the heavy cream and reduce until sauce is thick enough to coat the back of a spoon (nappé).
3. Add the butter, one piece at a time, using a whisking motion until emulsified.
4. Finish by stirring in the Pommery mustard.
5. Strain the sauce, then season with salt and pepper to taste. Serve immediately or keep warm in a double boiler.

GLAZED SWEET POTATOES

Yield: 6 Portions

Ingredients	Amounts
Butter	3 wt. oz.
Sweet potato, peeled, diced or sliced	2 lb.
Orange juice	12 fl. oz.
Brown sugar	1 Tbsp.
Salt	½ tsp.
Ground white pepper	¼ tsp.

Method

1. Melt the butter over medium-high heat in a large pan with a lid. Add the sweet potatoes and toss to coat. Lower heat to medium.
2. Cover the pan and lightly sweat the potatoes, shaking the pan occasionally, until they start to become tender but have not yet browned.
3. Add the orange juice, sugar, salt, and pepper.
4. Cook, covered, at low heat until the sweet potatoes are almost done, about 20 minutes.
5. Remove the cover and allow the liquid to reduce to a glaze.

Date: _____			
Recipe: <u>Grilled Pork Chops</u>			
Ingredient	Amount	Tool	Amount
Vegetable oil	1 Tbsp.	½ hotel pan	1
Worcestershire	1 Tbsp.	Tongs	1
Garlic, chopped	1 tsp.	½ sheet pan	1
Pork chops	6 ea.	Presentation plates	6
Salt	1 Tbsp.		
Ground black pepper	1 tsp.		

Date: _____			
Recipe: <u>Pommery Mustard Beurre Blanc</u>			
Ingredient	Amount	Tool	Amount
Dry white wine	6 fl. oz.	Saucepan	1
Cider vinegar	2 fl. oz.	Whisk	1
Peppercorns, crushed	6 ea.	Spoon	1
Shallots, minced	1 wt. oz.	Chinois	1
Thyme stems	6 ea.	Cheesecloth	1 square
Heavy cream	2 fl. oz.	Bain Marie	1
Bay leaf	1 ea.		
Butter, diced	12 wt. oz.		
Pommery mustard	2 Tbsp.		
Salt	½ tsp.		
Ground black pepper	¼ tsp.		

Date: _____

Recipe: Glazed Sweet Potatoes

Ingredient	Amount	Tool	Amount
Butter	3 wt. oz.	Large sautoir, with lid	1
Sweet potato, peeled, diced or sliced	2 lb.	Wooden spoon	1
Orange juice	12 fl. oz.	Presentation plates	6
Brown sugar	1 Tbsp.		
Salt	½ tsp.		
Ground white pepper	¼ tsp.		

Date: _____

Tally Sheet
Combines ALL Items from Day

Ingredient	Amount	Tool	Amount
Vegetable oil	1 Tbsp.	½ hotel pan	1
Worcestershire	1 Tbsp.	Tongs	1
Garlic, chopped	1 tsp.	½ sheet pan	1
Pork chops	6 ea.	Sauce pan	1
Salt	2 Tbsp.	Whisk	1
Ground black pepper	2 tsp.	Chinois	1
Dry white wine	6 fl. oz.	Cheese cloth	1 square
Cider vinegar	2 fl. oz.	Bain Marie	1
Peppercorns, crushed	6 ea.	Large sautoir, with lid	1
Shallots, minced	1 wt. oz.	Wooden spoon	2
Thyme stems	6 ea.	Presentation plates	6
Heavy cream	2 fl. oz.		
Bay leaf	1 ea.		
Butter, diced	16 wt. oz.		
Pommery mustard	2 Tbsp.		
Sweet potato, peeled, diced or sliced	2 lb.		
Orange juice	12 fl. oz.		
Brown sugar	1 Tbsp.		
Ground white pepper	¼ tsp.		

Date: _____		Timeline: <u>Service at 12:15pm</u>	
Step #/ Start Time	Recipe	Action	Time Due
1. 9:00am	Pork	Pre-heat grill	9:05am
2. 9:10am	All	Gather utensils and ingredients	9:25am
3. 9:30am	All	Set up standard work station	9:45am
4. 9:50am	Pork	Marinate pork	10:10am
5. 10:15am	Sauce	Start sauce – Continue through end of step 2, reduce cream	10:40am
6. 10:45am	Pork	Grill pork – Finish in oven	11:00am
7. 11:00am	Sweet Potatoes	Cook until done – Set aside, reheat at service	11:25am
8. 11:30am	All	Clean station, prepare for plating	11:45am
9. 11:45am	Sauce	Finish sauce – add butter, strain, season, keep warm	12:00pm
10. 12:00pm	All	Plate and present	12:15pm

Here are some blank pages you can use when planning your mise en place.

MISE EN PLACE WORKSHEET (RECIPES)

Date: _____			
Recipe: _____			
Ingredient	Amount	Tool	Amount

Date: _____			
Recipe: _____			
Ingredient	Amount	Tool	Amount

SAMPLE ACTION PLAN WORKSHEET (USEFUL FOR GROUP PROJECTS)

SAMPLE ACTION PLAN WORKSHEET (USEFUL FOR GROUP PROJECTS)							
ACTION PLAN	Project	Goals	Tasks	Responsibility	Timeline	Evaluation	Check
	What is the theme of your project?	What are the goals of your project?	What are the steps that need to be taken to accomplish your goals?	Who in your team is responsible for each task?	When does each task need to be completed? (How many minutes or hours?)	Were you successful in accomplishing your goals and tasks on time?	√
Sample	Knife Skills	Learn how to julienne a potato	1. Make sure the work station is set up.	Peter	Today (in 5 minutes) Starting Time: 12:45 PM	No, I took way too long to finish Task # 1.	X
			2. Make sure the knives are sharp and honed.	Peter and Jennifer	Today (in 5 minutes) Starting Time: 12:55 PM	Yes, I finished on time, but I would like to improve my knife cuts. They were too thick.	√
1							
2							
3							
4							
5							
6							

RECIPES

Cream of Cauliflower Soup

YIELD: 1 qt

STEP 1

2 oz • Onion • chop
1 oz • Leeks • chop
12 oz • Cauliflower stems • roughly chopped
1 tbsp • Butter
1 cup • Chicken stock

Sweat onions, leeks and cauliflower stems in butter.

Add stock and cook until tender.

STEP 2

2 cups • Chicken velouté
Kosher salt to taste
Ground black pepper to taste
1 cup • Cream
pinch • Ground nutmeg

Puree the mixture until it is completely smooth. Add to the velouté and simmer slowly for 10 minutes.

Adjust the seasoning with salt and pepper to taste.

Add hot cream and nutmeg.

STEP 3

Cauliflower florets as needed • blanched

Strain through cheesecloth or chinois.

Garnish to order with cauliflower florets (1 oz. per portion) before serving.

Cream of Broccoli Soup

YIELD: 1 qt

STEP 1

1 each • Parsley stems
1 each • Bay leaf
1 each • Black peppercorns • cracked
1 each • Thyme sprig

Prepare sachet d'epices and set aside.

STEP 2

1 lb • Broccoli • Peel and dice the stems

Remove the stems from the broccoli, reserving 6 ounces of florets for garnish.

STEP 3

1 fl oz • Clarified butter
2 fl oz • Onion
1 fl oz • Celery
1 fl oz • Leeks
1 1/4 oz • All-purpose flour
1 qt • Chicken stock • hot

Heat butter in a soup pot over medium heat and sweat the onions, celery, and leeks for 6 to 8 minutes.
Add the broccoli stems and sweat until slightly tender.
Add flour and stir well to combine. Continue to cook, stirring frequently, until a blond roux forms, about 12 minutes.
Add stock to the pot gradually, whisking or stirring to work out any lumps.
Bring the soup to a full boil, then reduce the heat and simmer until the soup is smooth and thickened, about 30 minutes.
Add the sachet and simmer for another 25 minutes. Stir frequently and skim as needed.

STEP 4

Cut the florets into bite-size pieces, keeping their shape, and blanch in boiling, salted water until tender. Shock the florets in an ice bath and reserve for service.

STEP 5

Heavy cream as needed
Kosher salt to taste
Ground black pepper to taste

Remove the sachet. Strain the solids from the soup and purée them until smooth. Add the strained soup back to the purée. Strain again using a fine-mesh sieve or cheesecloth.
Return soup to a simmer. Add cream as necessary to achieve the correct flavor and consistency and adjust seasoning with salt and pepper to taste.

STEP 6

Heat broccoli florets in simmering stock or water and garnish individual portions or the entire batch.

Puree of Split Pea Soup

YIELD: 1 qt

STEP 1

1/2 oz • Bacon • minced
1/2 oz • Vegetable oil
2 oz • Onions • small dice
1 oz • Celery • small dice
1 oz • Carrots • small dice
1/2 tsp • Garlic • minced

Render the bacon in oil. Remove the bits of bacon and reserve for garnish.

Sauté the onion, celery, and carrot until the onions become transparent, 10 to 12 minutes.

Add the garlic and sauté for another minute. Do not brown the garlic.

STEP 2

1 qt • Chicken stock
4 oz • Chef's potatoes • peeled, large dice
1/2 lb • Green split peas
1/4 each • Ham hock
1/2 each • Bay leaf

Add the stock, potatoes, split peas, ham hock, and bay leaf and bring to a simmer. Simmer the soup until the peas are tender, about 45 minutes.

Remove the bay leaf and the ham hock and dice and reserve the lean meat, if desired.

STEP 3

Salt to taste

Purée the soup using a food mill, blender, or food processor until it is smooth.

Ground black pepper to taste

Return the ham hock meat if desired. Taste and season with salt and pepper.

The soup is ready to finish now, or it may be rapidly cooled and refrigerated for later service.

STEP 4

4 oz • Croutons

To finish the soup for service, return it to a boil. Serve hot garnished with croutons.

Puree of Sweet Potato Soup

YIELD: 1 qt

STEP 1

1 1/2 oz • Bacon • small dice
2 oz • Onions • medium dice
1 lb • Sweet Potatoes, peeled and diced
1 qt • White beef, vegetable, or chicken stock
Salt to taste
Ground black pepper to taste

Render the bacon over low heat. Add the onions and cook until tender and lightly browned, about 15 minutes.
Add the Sweet Potatoes, stock, salt, and pepper. Bring to a simmer and skim as necessary.

STEP 2

1 each • Parsley stems
1/2 each • Bay leaf
1/8 tsp • Cracked black peppercorns
1/8 tsp • Thyme
1/2 each • Garlic clove

Add the sachet d'épices and simmer for 30 minutes or until tender enough to purée easily.. Remove and discard the sachet.
Puree the soup in a food processor

STEP 3

1/2 tbsp • Lemon juice
1 Tbsp Molasses

Add lemon juice and molasses and adjust seasoning with salt
The soup is ready to finish now, or it may be rapidly cooled and stored for later service.

STEP 4

4 oz • Croutons
3 1/2 oz • Chervil • chopped

For service, return the soup to a simmer. Adjust the seasoning with salt and pepper to taste.
Garnish individual portions with croutons and chervil and serve in heated bowls or cups.

Onion Soup Gratinee

YIELD: 1 qt

STEP 1

1 each • Parsley stems
1 each • Bay leaf
1/4 tsp • Black peppercorns • cracked
1/4 tsp • Thyme

Make satchet and reserve.

STEP 2

1 1/4 lb • Onion • sliced thin
1/2 oz • Butter - clarified
1 qt • White beef stock

In a soup pot, sauté onions in clarified butter stirring occasionally, until deep golden brown, about 40 to 45 minutes.
Add additional stock, if necessary, to prevent onions from burning.

STEP 3

1 fl oz • Calvados (apple brandy)

Add calvados and stir to deglaze pot.
Cook down until liquid is syrupy.
Add remaining stock and sachet.

STEP 4

Simmer until soup is properly flavored, about 20 to 25 minutes. The soup is ready to serve now or it may be rapidly cooled and stored.

STEP 5

Kosher salt to taste
Ground black pepper to taste
5 slice • French baguette
2 1/2 oz • Gruyère cheese

Adjust seasoning with salt and pepper to taste.

Portion into heated bowls or cups.

Garnish each portion with slice of baguette. Top with grated Gruyère and brown under salamander or broiler, or bake in a moderate oven until lightly browned.

Beef Barley Soup

YIELD: 1 qt

STEP 1

1 1/2 tsp • Vegetable oil
3 oz • Onions • small diced
2 oz • Carrots • small diced
2 oz • Celery • small diced
2 oz • Mushrooms • quartered
5 oz • Beef shoulder or similar • small diced

Heat oil in soup pot over medium heat. Add onion and cook, stirring frequently, until golden brown, about 10 minutes.

Add carrots, celery and mushrooms. Stir well to combine with the onion. Cover pot and cook over low heat for 3 to 4 minutes.

STEP 2

1 qt • Brown veal stock
2 1/2 oz • Pearl barley

Add stock and barley. Bring to simmer and cook until barley is tender, about 30 minutes.

STEP 3

Salt to taste
Ground black pepper to taste
1 1/2 Tbsp • Parsley • chopped
1 tbsp • Dry sherry • (optional)

Season soup with salt and pepper to taste. Stir in parsley. If using, stir in the sherry just before serving.

Serve in heated bowls.

Cream Soup with Garnish

Created by HBI User

YIELD: 1 qt

STEP 1

1 lb • Primary vegetable • divided use Clean and prep primary vegetable, reserving 3 ounces for garnish.

STEP 2

1 tbsp • Clarified butter
2 oz • Onions • small diced
1 oz • Celery • small diced
1 oz • Leeks • small diced
1 1/4 oz tsp • All-purpose flour
1 qt • Chicken stock • hot

Heat butter in soup pot over medium heat and sweat the onions, celery, and leeks for 6 to 8 minutes. Add the broccoli stems and sweat until slightly tender. Add flour and stir well to combine. Continue to cook, stirring frequently, until blond roux forms, about 12 minutes. Add stock to pot gradually, whisking or stirring to work out any lumps. Bring soup to full boil, then reduce heat and simmer until soup is smooth and thickened, about 30 minutes.

STEP 3

1 each • Parsley stems
1/2 each • Bay leaf
1/8 tsp • Black peppercorns •
cracked
1/8 tsp • Thyme

Add sachet and simmer for 25 minutes. Stir frequently and skim as needed. Cut garnish into bite-size pieces, keeping shape, and blanch in boiling, salted water until tender. Shock garnish in ice bath and reserve for service.

STEP 4

Remove sachet.

Strain solids from soup and purée until smooth. Add strained soup back to purée. Strain again using a fine-mesh sieve or cheesecloth.

The soup is ready to finish now.

STEP 5

4 fl oz • Heavy cream

Kosher salt to taste

Ground black pepper to taste

Return soup to simmer. Add cream as necessary to achieve correct flavor and consistency. Adjust seasoning with salt and pepper to taste.

Heat garnish in simmering stock or water, garnish individual portions or entire batch and serve in heated bowl.

Puree Soup with Garnish

YIELD: 1 qt

STEP 1

1/2 oz • Bacon • minced
1 tbsp • Vegetable oil

Render bacon in oil over medium heat. Remove bacon and reserve for garnish.

STEP 2

1/2 tsp • Garlic • minced
1 qt • Chicken stock
4 oz • Chef's potatoes • peeled, large dice
1/2 lb • Primary legume
1/4 each • Ham hock
1/2 each • Bay leaf

Add garlic and sauté for another minute. Do not brown the garlic.

Add stock, potatoes, primary legume, ham hock, and bay leaf.

Bring to simmer. Simmer soup until legumes are tender, about 45 minutes. Remove bay leaf and ham hock. Dice and reserve lean meat, if desired.

STEP 3

Kosher salt to taste
Ground black pepper to taste

Purée soup using food mill, blender, or food processor until smooth. Return ham hock meat, if desired. Season with salt and pepper.

The soup is ready to finish now, or it may be rapidly cooled and refrigerated for later service.

STEP 4

4 oz • Croutons - plain

To finish soup for service, return to a boil.

Serve hot garnished with croutons.

Roast Chicken with Pan Gravy

YIELD: 6 portions

STEP 1

2 each • Chickens • wing tips removed
Salt as needed
Ground white pepper as needed
3 each • Thyme sprigs
3 each • Rosemary sprigs
3 each • Bay leaves

Place 1 sprig each of thyme, rosemary, and bay leaf in each cavity and season with salt and pepper.

STEP 2

3 fl oz • Clarified butter or vegetable oil

Rub the skin with butter or oil and truss each chicken with twine.

STEP 3

Place the chickens, breast-side up, on a rack in a roasting pan. Scatter the wing tips in the pan.

STEP 4

6 oz • Mirepoix • medium dice

Roast at 400°F for 40 minutes, basting from time to time. Scatter the mirepoix around the chicken and continue to roast another 30 to 40 minutes, until the thigh meat registers an internal temperature of 165°F in the thickest part.

STEP 5

Remove the chickens from the roasting pan and allow them to rest, tented with foil.

STEP 6

1 1/4 oz • All-purpose flour
24 fl oz • Chicken stock

Place the roasting pan on the stovetop and cook until the mirepoix is browned and the fat is clear. Pour off all but 1 1/2 fl. oz. of the fat.

Add flour and cook out the roux for 4 to 5 minutes. Whisk in the stock until completely smooth.

Simmer gravy for 20 to 30 minutes, or until it reaches the proper consistency and flavor.

Degrease.

Season with salt and pepper. Strain through a fine-mesh sieve.

Carve the chickens and serve with the pan gravy.

Roast Beef Strip Loin with Jus Lie

YIELD: 6 portions

STEP 1

3 lb • Beef strip loin
Salt as needed
Ground black pepper as needed

Rub the strip loin generously with salt and pepper.

STEP 2

Vegetable oil as needed

Heat oil in a heavy-gauge pan to almost smoking. Sear the beef to a deep brown on all sides.

STEP 3

Place the beef on a rack and roast in a preheated 300°F oven until the internal temperature reaches 125°F.

STEP 4

4 oz Mire Poix
1 Tbsp Tomato Paste
1 Cup Red wine
2 tsp Pepper Corns
2 each Thyme Sprigs
1 each Bay leaf

1 qt • Brown Veal Stock
as needed corn starch slurry

Remove the meat from the roasting pan and allow the meat to rest for at least 20 minutes.
In the pan drippings sweat the mire poix until well caramelized.
Add the tomato paste and allow to caramelize
Deglaze with red wine and reduce au sec
Add the brown veal stock, pepper corns, bay leaf and thyme sprigs and reduce by half.
Strain and thicken with corn starch slurry

Sautéed Chicken Breast with Fines Herbes Sauce

YIELD: 4 portions

STEP 1

4 each • Boneless chicken suprêmes • 7-8 oz.
each
Salt as needed
Ground black pepper as needed
2 oz • All-purpose flour • optional

Blot the chicken dry and season with salt and pepper. Dredge in flour, if desired.

STEP 2

1 1/2 fl oz • Clarified butter or oil

Heat the butter or oil in a large sauté pan over medium high heat until it is almost smoking. Sauté the chicken on the first side until golden brown, about 3 minutes. Turn the chicken and continue to sauté until cooked through. Remove the chicken from the pan and keep warm while completing the sauce.

STEP 3

1/2 oz • Shallots • minced

Degrease the pan. Add the shallots and sauté them until they are translucent, about 1 minute.

STEP 4

3 fl oz • Dry white wine
12 fl oz • Fines Herbes Sauce

Deglaze the pan with the wine; reduce until it is almost dry, about 3 minutes. Add the Fines Herbes Sauce, simmer briefly, then strain into a clean saucepan.

STEP 5

Salt as needed
Ground black pepper as needed

Adjust seasoning with salt and pepper

STEP 6

Serve the chicken immediately with the sauce or hold hot for service.

Fines Herbes Sauce

YIELD: 12 fl oz

STEP 1

36 fl oz • Chicken stock Simmer the chicken stock over medium heat and reduce by two-thirds to 12 fl. oz., skimming as necessary.

STEP 2

1/2 fl oz • Clarified butter Heat butter.
1/4 oz • Shallots • minced Add the shallots and sweat until translucent, 2 to 3 minutes.
3-4 fl oz • Dry white wine Add the wine and Fines Herbes stems and simmer until nearly dry.
2-3 oz • Fines Herbes stems

STEP 3

3-4 fl oz • Heavy cream Add reduced chicken stock, bring to a simmer, and reduce slightly.

Add cream and continue to simmer the sauce to reach a good flavor and consistency, skimming as necessary.

STEP 4

Salt to taste Season with salt and pepper to taste, then strain the sauce. Finish sauce with fine herbs
Ground black pepper to taste
1 recipe • Fine herbs

Fines Herbes

YIELD: 1 tbsp

STEP 1

3/4 tsp • Parsley • minced
3/4 tsp • Chervil • minced
3/4 tsp • Chives • minced
3/4 tsp • Tarragon • minced
Kosher salt to taste
Ground black pepper to taste

Combine all ingredients. Season with salt and pepper.

Deep-Fried Battered Fish

YIELD: 6 portions

STEP 1

10 oz • All-purpose flour
1/2 tsp • Baking powder
1 tsp • Salt
1 each • Egg • separated
16 fl oz • Beer

To prepare the beer batter:

Whisk together the flour, baking powder, and salt. Add the egg yolk and the beer all at once and whisk until very smooth. Keep chilled until service.

At the time of service, whip the reserved egg white to soft peaks. Fold the whites into the batter and use at once.

STEP 2

1 1/2 lb • White-fleshed fish • cut into six 4-oz. portions
Salt as needed
Ground black pepper as needed
Lemon juice as needed

Blot the fish fillets dry and season with salt, pepper, and lemon juice.

Dredge the fish in flour, shaking off any excess.

Dip the fish in the beer batter to coat.

STEP 3

Vegetable oil, for deep frying as needed
6 each • Lemon wedges

Deep-fry in 350°F oil using the swimming method until lightly browned and cooked through. Remove and drain on a wire rack.

Serve hot, accompanied by lemon wedges.

Rémoulade Sauce

YIELD: 1 pt

STEP 1

14 fl oz • Mayonnaise
1 oz • Capers (non-perell) •
chopped
1 1/2 tbsp • Chives • chopped
1 1/2 tbsp • Tarragon • chopped
1 1/2 tsp • Dijon mustard
1/2 tsp • Anchovy paste
Salt to taste
Ground black pepper to taste
Worcestershire sauce to taste
Tabasco to taste

Combine all ingredients and mix well. Adjust seasoning with salt, pepper, Worcestershire, and Tabasco.

The sauce is ready to serve now, or it may be refrigerated for later use.

Pan-Fried Pork Cutlets

YIELD: 6 portions

STEP 1

1 1/4 lb • Pork loin • trimmed, cut into six 3-oz. portions
Salt as needed
Ground black pepper as needed
All-purpose flour as needed

Pound each portion of pork between sheets of parchment or plastic wrap to a thickness of 1/4-inch.

At the time of service, blot cutlets dry, season with salt and pepper and dredge the pork in flour.

STEP 2

10 fl oz • Vegetable oil
6 each • Lemon wedges

Heat about 1/8-inch of oil to about 350°F over medium heat. Working in batches, add the breaded pork to the hot oil and pan fry on the first side for about 2 minutes, or until golden brown and crisp. Turn once and finish pan frying on the second side, 1 or 2 minutes more or until it reaches an internal temperature of 160°F.

Drain briefly on absorbent paper towels and serve immediately or hold it hot for service.

Serve accompanied by lemon wedges.

Sauce Robert

YIELD: 1 pt

STEP 1

1 fl oz • Butter - clarified
1 oz • Shallots • fine dice

Heat clarified butter and saute the shallots and until translucent, 2 to 3 minutes.

STEP 2

4 fl oz • Dry white wine
1/2 tsp • Cracked black peppercorns

Add wine and peppercorns, bring to a simmer, and reduce by half.

STEP 3

16 fl oz • Demi-glace

Stir in the demi-glace, return to a simmer, and cook for 20 minutes, stirring frequently, until the sauce has thickened. Strain the sauce into a clean pan and return to a simmer.

STEP 4

1 tbsp • Dijon mustard
1 tsp • Lemon juice
Salt to taste
Ground black pepper to taste

Add mustard and lemon juice. Season with salt and pepper.

STEP 5

2 oz • butter • diced

Finish the sauce by swirling in the butter. The sauce is ready to serve now, or it may be rapidly cooled and refrigerated for later use.

Grilled Salmon with Herb Compound Butter

YIELD: 6 portions

STEP 1

Preheat a gas grill to medium, leaving one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.

STEP 2

6 each • Salmon fillets • skin removed, about 6 oz.
1 each • Lemon • juiced
Vegetable oil (for brushing) as needed

Season the fish with salt, pepper, and lemon juice. Brush evenly with oil. Place salmon on the hot grill, rotating 90° to create cross hatch marks, and turn once to finish cooking to the desired doneness (usually medium).

STEP 3

Top each fillet with a slice of the herb compound butter. Place into a hot oven or pass under a broiler just long enough to begin melting the butter.

Herb Compound Butter

YIELD: 454 g

STEP 1

454 g • Butter • softened

Combine butter with parsley, thyme, ½ tsp. salt, and ½ tsp. pepper.

57 g • Parsley • minced

25 g • Fresh thyme leaves

Place on a piece of plastic wrap. Roll into a 1-inch-diameter cylinder and secure the ends by twisting. Chill until firm, about 2 hours.

22 mL • Lemon juice

Salt to taste

Ground black pepper to taste

Beef Stew with Classical-Cut Vegetables

YIELD: 6 portions

STEP 1

2 lb Beef shoulder • trimmed
Kosher salt to taste
Ground black pepper to taste
All-purpose flour as needed

Cut beef into 1-2-inch cubes and season with salt and pepper.
Toss the beef in the flour until evenly coated with a thin layer of flour

STEP 2

4 fl oz • Vegetable oil • divided use

Heat 2 ounces oil in a rondeau over high heat.
Sear beef until deep brown on all sides.
Transfer beef to a pan and set aside.

STEP 3

1 each • Onion • diced
2 oz • Tomato paste

Add remaining oil to a Dutch oven and heat over medium-high heat.
Add onion and cook, stirring occasionally, until golden. Add tomato paste and cook until it darkens, about 1 minute.

STEP 4

1 qt • brown veal stock

Add stock to pot, whisking well to remove lumps.
Return beef to pot with any juices released.

STEP 5

1 each • Sachet
0.5 lb • red potato • peeled, diced
0.5 lb • White pearl onions • peeled
1 each • Celery stalks • diced
4 oz • Carrot • diced

Bring to gentle simmer over medium-low heat and add sachet. Cover pot and stew over very low heat or transfer to a 350°F oven. Stew beef for 1 hour, stirring occasionally.
Add potatoes, pearl onions, celery, and carrots. Stew until beef is tender and vegetables are fully cooked, about 20 minutes.

STEP 6

4 oz • Peas
2 tbsp • Parsley or chives

Remove and discard sachet.
Add peas and simmer 2 to 3 minutes more, or until all ingredients are hot.
Adjust seasoning, garnish with parsley and serve.

Deep-Poached Salmon with Hollandaise Sauce

YIELD: 6 portions

STEP 1

1 qt • Court bouillon
6 each • Salmon fillets • 5 oz. each

In a sauce pan or rondeau, heat court bouillon to poaching temperature, 155°F - 165°F.
Add salmon and poach until the salmon is cooked through (internal temperature of 140°F).

STEP 2

Remove salmon and keep moist with a little of the court bouillon.

STEP 3

1 recipe • Hollandaise Sauce

When ready to serve, blot the fish dry and serve topped with Hollandaise Sauce.

Court Bouillon

YIELD: 1 qt

STEP 1

40 fl oz • Water • cold
4 fl oz • White wine vinegar
1.5 oz • Salt
4 oz • Carrots • sliced
8 oz • Onions • sliced
4 oz • Celery • sliced
1 pinch • Dried thyme
1 each • Bay leaf
3 each • Parsley stems

Combine the water, vinegar, salt, carrots, onions, celery, and herbs in a saucepot and simmer for 20 minutes.

STEP 2

1/4 tsp • Black peppercorns

Add the peppercorns and simmer for 10 minutes more.

STEP 3

Strain before using.

Hollandaise Sauce

YIELD: 12 fl oz

STEP 1

1/4 tsp • Black peppercorns • cracked
2 1/4 tbsp • Cider or white wine vinegar

Combine peppercorns and vinegar in small pan and reduce over medium heat until nearly dry (sec).

STEP 2

2 1/4 tbsp • Water

Add water to reduction and strain into stainless-steel bowl.

STEP 3

3 • Egg yolks

Whisk egg yolks with reduction and place over simmering water. Cook, whisking constantly, until eggs are thickened and form ribbons when they fall from the whisk.

STEP 4

8 oz • Clarified butter • warm (165°F)

Gradually add butter in a thin stream, whisking constantly, until all butter is added and the sauce is thickened.

STEP 5

1 1/2 tsp • Lemon juice
Salt to taste
Ground pepper to taste
Tabasco to taste • optional

Add lemon juice, salt, pepper, and cayenne (if using) to taste.

STEP 6

The sauce is ready to serve, or it may be held warm for up to 2 hours.

Shallow-Poached Fish/Seafood with Pan Sauce

YIELD: 6 portions

DESCRIPTION:

Note: may use flounder, sole, bass, or scallops.

STEP 1

1.5 lb • Fish fillets • Sole/ Flounder/ Bass/ Cod
Kosher salt as needed
Ground pepper as needed

Cut the fish into 2 oz pieces, (2 per portion)
Season the fillets with salt and pepper.
If it is a flat fish, roll the fillets from tail to head

STEP 3

3/4 oz • Butter
2 each • Shallots • minced
3 each • Parsley stems
3 each • Chive stem
1/8 tsp • White peppercorns • cracked
10 fl oz • Dry white wine
10 fl oz • Fish stock

Butter large sautoir and sprinkle with shallots. Place parsley stems, chive stems, and peppercorns on top of the shallots. Arrange fish fillets over the shallots. Add the wine and stock to submerge the fish by half. Bring liquid to bare simmer. Cover fillets with a buttered cartouche and finish cooking in 300°F to 325°F oven. Poach 8 to 12 minutes, or until fish is opaque and gives under slight pressure.

STEP 3

10 fl oz • Heavy cream

Remove the fillets from the pan, cover and keep warm.
Reduce cuisson by half. Stir in heavy cream and reduce to desired sauce consistency (nappé).
Strain through a fine mesh sieve.

STEP 4

1 tbsp • Lemon juice
2 1/2 tbsp • Chives • minced
2 1/2 tbsp • Parsley • finely chopped

Stir in the lemon juice, chives and parsley.
Serve the fish accompanied with the sauce.

Chicken Fricassée

YIELD: 6 portions

STEP 1

2 each • Chickens, whole • cut into 8 pieces
Salt as needed
Ground white pepper as needed

Season the chicken pieces well with salt and pepper.

STEP 2

2 1/2 fl oz • butter

Heat the butter or oil over medium heat in a rondeau or brasier. Place the chicken pieces carefully in the pan and sweat gently until the chicken has stiffened slightly but not browned. Transfer the chicken to a hotel pan and reserve.

STEP 3

10 oz • Onions • diced
1 1/2 tsp • Garlic cloves • minced

Add the onions and garlic to the pan and cook, stirring from time to time, until the onions are translucent, about 5 minutes. Do not brown.

STEP 4

1 1/2 oz • All-purpose flour

Add the flour to the pan and cook, stirring frequently, for about 5 minutes.

STEP 5

5 fl oz • Dry white wine
10 fl oz • Chicken stock
1 each • Bay leaf
2 tsp • Thyme leaves

Add the wine to the pan, stirring to release any dripping. Add the chicken stock, bay leaf, and thyme and bring to a simmer. Return the chicken pieces to the pan along with any juices they may have released.

STEP 6

5 fl oz • Heavy cream
10 oz • Carrots • small dice, blanched
10 oz • Leeks • small dice, blanched
1/3 oz • Chives or parsley • chopped

Cover the pan and braise the chicken over low to medium heat, until it is fork tender, and cooked through (fork tender), about 30 to 40 minutes. Transfer the chicken to a hotel pan or other holding container and moisten with some of the cooking liquid. Keep it warm while finishing the sauce. Add the heavy cream to the remaining cooking liquid and simmer until the sauce has thickened slightly, 5 to 7 minutes. Skim and degrease the sauce. Adjust the seasoning with salt and pepper and strain. Return the chicken to the sauce, along with the carrots and leeks. Simmer for about 2 minutes, or until the chicken, carrots and leeks are heated through. Serve immediately or hold it hot for service. Garnish with the chives or parsley.

Grilled Strip Loin Steak with Herb Compound Butter

YIELD: 4 portions

STEP 1

454 g • Butter • softened
57 g • Parsley • minced
25 g • Fresh thyme leaves
22 mL • Lemon juice
Salt to taste
Ground black pepper to taste

Combine butter with parsley, thyme, ½ tsp. salt, and ½ tsp. pepper.

Place on a piece of plastic wrap. Roll into a 1-inch-diameter cylinder and secure the ends by twisting. Chill until firm, about 2 hours.

STEP 2

Preheat a gas grill to medium, leaving one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.

STEP 3

4 each 8 oz • Strip loin steaks • skin removed, about 6 oz.
1 each • Lemon • juiced
Vegetable oil (for brushing) as needed

Season the meat with salt, pepper. Brush evenly with oil. Place on the hot grill, rotating 90° to create cross hatch marks, and turn once to finish cooking to the desired doneness (usually medium).

STEP 4

Top with a slice of the herb compound butter. Place into a hot oven or pass under a broiler just long enough to begin melting the butter. Serve on a heated platter.

Glazed Carrots

YIELD: 6 portions

STEP 1

1 oz • Butter

2 oz • Sugar

6 fl oz • chicken stock • hot

Combine butter, sugar, and chicken stock and bring to a simmer. Cook until glaze has the consistency of a light syrup, about 15 minutes.

STEP 2

1 1/2 lb • Carrots • oblique, blanched

When ready to serve, toss blanched carrots in glaze to coat and heat through.

STEP 3

salt to taste

Adjust seasoning with salt and pepper. Garnish with fresh herbs and serve immediately.

Ground black pepper to taste

1 tbsp • fresh herbs • Parsley, chives, thyme, tarragon, etc., chopped

Sautéed Broccoli

YIELD: 6

STEP 1

1 1/2 lb • Broccoli • washed and trimmed

Blanch (par-cook) in boiling salted water until bright green, and drain.

Shock in an ice bath, drain, and reserve.

STEP 2

3 oz • Butter

Saute in butter. Add stock.

2 1/2 fl oz • Chicken or vegetable stock

Kosher salt to taste

Cook until heated through.

Ground black pepper to taste

Season with salt and pepper to taste.

Serve on a heated platter.

Whipped Potatoes

YIELD: 6 portions

STEP 1

2 1/2 lb • Russet potatoes • peeled, cut into large chunks

Boil potatoes in salted water or steam until tender enough to mash easily.

Drain and dry them over low heat or on a sheet pan in a 300°F oven until no more steam rises from them.

While the potatoes are still hot, purée them through a food mill or potato ricer into a heated bowl.

STEP 2

5 oz • Butter • at room temperature

Add butter and mix into the potatoes.

5 fl oz • Milk • hot

Add milk and cream. Combine.

2 1/2 fl oz • Heavy cream • hot

Season with salt and pepper to taste and whip by hand or mixer just until smooth and light.

Salt to taste

Ground black pepper to taste

Steamed Broccoli

PORTIONS: 6

STEP 1

1 1/2 lb • Broccoli florets

Arrange the broccoli in a perforated pan so that the pieces are not crowded.

STEP 2

Place the pan in the steamer and steam for 5 to 7 minutes, or until the broccoli is al dente.

Duchesse Potatoes

YIELD: 6 portions

STEP 1

2 lb • Russet potatoes • peeled, quartered

Boil or steam potatoes until tender enough to mash easily. Drain and dry, purée through a food mill or potato ricer into a heated bowl.

STEP 2

4 oz • Butter, at room temperature

4 each • Egg yolks • beaten

Nutmeg to taste • freshly ground

Salt to taste

Ground black pepper to taste

Egg wash as needed

Add the butter and egg yolks to the potatoes. Season with nutmeg, salt, and pepper and mix well by hand or with the whip attachment of an electric mixer.

STEP 3

Transfer the mixture to a piping bag and pipe the mixture into the desired shapes on a sheet pan lined with parchment paper. Brush lightly with egg wash.

STEP 4

Bake a 375°F until the potatoes are golden brown and heated through, 10 to 12 minutes. Serve immediately.

Sautéed green beans

YIELD: 6

STEP 1

1 1/2 lb • green beans • washed and trimmed

Blanch (par-cook) beans in boiling salted water until bright green, and drain.

Shock in an ice bath, drain, and reserve.

STEP 2

3 oz • Butter

Saute beans in butter. Add stock.

2 1/2 fl oz • Chicken or vegetable stock

Kosher salt to taste

Cook until the beans are heated through.

Ground black pepper to taste

Season with salt and pepper to taste.

Serve on a heated platter.

Glazed Turnips

YIELD: 6 portions

STEP 1

1 1/2 lb • Turnips • tops trimmed, skin on

Place in a large pot and cover with water. Bring to a boil, reduce to a simmer, and cook until they are soft when pierced with a fork 30 to 40 minutes, depending on size.

STEP 2

Drain and cool slightly. Depending on size they may be served whole, halved or quartered, or if larger sliced into appropriate sizes.

STEP 3

2 oz • Sugar
1 tbsp • Red or white wine vinegar
1 fl oz • Orange juice
5 fl oz • Chicken stock
1 oz • Butter

In a sauté pan, combine the sugar, vinegar, juice, stock, and butter and bring to a simmer. Cook gently until the glaze has the consistency of a light syrup, about 15 minutes.

STEP 4

Salt to taste

Ground black pepper to taste
1 tbsp • Parsley

When ready to serve, toss the cut beets in the glaze over medium heat and heat through. Season with salt and pepper to taste. Garnish with the parsley, and serve immediately.

Parslied New Potatoes

YIELD: 6 portions

STEP 1

2 1/4 lb • Red new potatoes

Scrub potatoes, but do not peel.

STEP 2

Place the potatoes in cold salted water, bring to boil, then reduce heat to a simmer.

Simmer potatoes until they are tender (can be easily pierced with a paring knife).

Drain the potatoes and return to the pot over low heat until no more steam rises. Be sure not to brown the potatoes.

STEP 3

2 1/4 fl oz • Butter • melted, hot

1 oz • Parsley • chopped

Salt to taste

Ground black pepper to taste

Toss potatoes in melted butter and parsley. Season to taste with salt and pepper.

Sautéed Sugar Snap Peas

YIELD: 6 portions

STEP 1

1 1/2 lb • Sugar snap peas • cleaned and trimmed

Blanch snow peas in boiling salted water until bright green, tender, but crisp. Remove from water, shock in an ice bath to stop the cooking process, then drain well.

STEP 2

2 oz • Butter

Kosher salt to taste

Ground black pepper to taste

When ready to serve, sauté sugar snap peas until they are heated through.

Season with salt and pepper to taste.

Sautéed Mushrooms

YIELD: 6 portions

STEP 1

2 oz • Butter

Melt the butter in saute pan.

2 tbsp • Shallots • minced

Add the shallots until translucent.

1 1/2 tbsp • Garlic cloves • minced

Add the garlic until aromatic.

STEP 2

1 1/2 lb • White mushrooms • quartered

Add mushrooms in one layer (cook in batches if necessary) and sauté until tender. Do not overcrowd or the mushrooms will steam.

STEP 3

2 fl oz • Dry white wine

Deglaze with white wine and reduce slightly.

1/4 tsp • Thyme • chopped

1/2 tsp • Salt

Add thyme and season to taste with salt and pepper.

1/4 tsp • Ground black pepper

Sautéed Spinach

YIELD: 6 portions

STEP 1

3 tbsp • Extra-virgin olive oil

3 oz • Shallots • julienned

2 tsp • Garlic • minced

Sauté shallots and garlic in oil until shallots are translucent and garlic is aromatic.

STEP 2

1 1/2 lb • Spinach leaves • rinsed and drained

Add spinach.

Stir to coat evenly with the oil and garlic.

STEP 3

Cover tightly and steam until leaves are barely wilted.

Uncover and reduce any excess liquid.

STEP 4

Salt to taste

Ground black pepper to taste

Season with salt and pepper. Toss and serve while hot.

Steamed Cauliflower

YIELD: 6 portions

STEP 1

2 lb • Cauliflower

Salt to taste

Ground black pepper to taste

Trim the broccoli, peel the stems, and cut into spears. Arrange the broccoli on a steamer rack or insert, and season with salt and pepper.

STEP 2

Bring the water to a full boil in the bottom of a tightly covered steamer. Add the broccoli, replace the cover, and steam the broccoli until tender, about 5 to 7 minutes.

STEP 3

Remove broccoli from the steamer, adjust the seasoning with salt and pepper to taste, and serve immediately, or cool and store for later service.

Braised Fennel

YIELD: 6 portions

STEP 1

3 each • Fennel bulbs • cut into sixths

3 oz • Onions • sliced

2 oz • Celery • diced

1 each • Garlic clove • chopped

1 each • Lemon • juiced

8 fl oz • Vegetable or chicken stock

Salt to taste

Ground black pepper to taste

Combine the fennel, onions, celery, garlic, lemon juice, and chicken stock in a hotel pan. Season with salt and pepper. Cover, and braise in a 350°F oven until the fennel is tender.

STEP 2

1 oz • Parmesan cheese

Remove and discard the core from the fennel. Place the fennel in a new hotel pan with a little of the braising liquid and parmesan cheese

Serve immediately or hold hot for service.

French Fried Potatoes

YIELD: 6 portions

STEP 1

2 1/2 lb • Russet potatoes

Vegetable oil as needed

Salt to taste

Scrub, peel, and cut the potatoes into the desired shape (hold in cold water until ready to cook to prevent discoloration). When ready to cook, rinse, drain, and dry thoroughly.

Heat the oil to 300°F. Add the potatoes, in batches, and blanch until they are tender but not browned (time varies according to the size of the cuts).

Drain and transfer to sheet pans lined with paper towels.

Just before service, reheat oil to 375°F and, working in batches, finish the potatoes, frying until they are golden brown and crispy.

Drain well, season with salt to taste (away from the fryer), and serve immediately.

Braised Collard Greens

PORTIONS: 6

STEP 1

Preheat an oven to 350°F.

STEP 2

2 lb • Collard greens or kale

Remove the stems from the greens and discard. Wash the greens thoroughly.

STEP 3

Bring a large pot of salted water to a boil. Add the collards and blanch (par-cook) for about 1 minute, and drain. Shock in an ice bath, and drain. Chop, and reserve.

STEP 4

2 oz • Bacon • diced
2 oz • Onion • diced
2 each • Garlic clove • minced

In a large skillet, cook the bacon over medium heat until it is crispy and the fat has been rendered. Add the onions and cook until translucent, stirring frequently. Add the garlic and cook until aromatic.

STEP 5

1/2 each • Ham hock • optional
8 fl oz • Chicken or vegetable stock
Salt as needed
Ground black pepper as needed

Add the ham hock, if desired, along with the blanched greens and stock. Season with salt and pepper to taste.

STEP 6

Braise in a 350°F oven until the greens are tender, about 30 to 45 minutes.

Remove the greens from the pan and reduce the liquid on the stove over medium-high heat. Add the liquid back to the greens and adjust seasoning with salt and pepper to taste.

Serve on a heated platter.

Rice Pilaf

YIELD: 6 portions

STEP 1

8 oz • Long-grain white rice • (1 ⅓ cups)

1 fl oz • Clarified butter or vegetable oil

1/2 oz • Onion • minced

Rinse the rice under cold water in a strainer until the water runs clear, if desired. Drain the rice well before using.

Heat the butter or oil in a heavy-gauge pot over medium heat. Add the onion and sweat, stirring frequently, until translucent, about 5 to 6 minutes.

Add the rice and sauté, stirring frequently, until coated with butter or oil and heated through, 2 to 3 minutes.

STEP 2

16 fl oz • Chicken stock • hot

1 each • Bay leaf

1 each • Thyme sprigs

Salt to taste

Ground black pepper to taste

Add the heated stock to the rice. Bring to a simmer, stirring the rice once or twice to prevent it from clumping together or sticking to the bottom of the pot.

Add the bay leaf, thyme, salt, and pepper. Cover the pot and place it in a 350°F oven or leave it over low heat on the stovetop.

Cook until the grains are tender to the bite and have absorbed all liquid, about 15 to 20 minutes.

Allow the rice to rest for 5 minutes, fluff with a fork, and serve immediately or hold it hot for service.

Sautéed Peppers

YIELD: 6 portions

STEP 1

3 each • Red bell peppers

Cut the peppers into desired shapes.

3 each • Yellow bell peppers

STEP 2

2 fl oz • Olive oil

Sauté in olive oil over medium-high heat until cooked to the desired tenderness.

STEP 3

Salt to taste

Season with salt and pepper to taste.

Ground black pepper to taste

Barley Pilaf

YIELD: 6 portions

STEP 1

8 1/2 oz • Pearled Barley

Rinse the barley under cold water in a strainer until the water runs clear, if desired. Drain the barley well before using.

STEP 2

1 fl oz • clarified butter or vegetable oil

Heat the butter or oil in a heavy-gauge pot over medium heat. Add the onion and sweat, stirring frequently, until translucent, about 5 to 6 minutes.

1/2 oz • Onion • minced

STEP 3

Add the barley and sauté, stirring frequently, until coated with butter or oil and heated through, 2 to 3 minutes.

STEP 4

14-17 fl oz • Chicken stock • hot

Add the heated stock to the barley. Bring to a simmer, stirring the barley once or twice to prevent it from clumping together or sticking to the bottom of the pot.

STEP 5

1 each • Bay leaf

1 each • Thyme sprigs

Salt as needed

Ground black pepper as needed

Add the bay leaf, thyme, salt, and pepper. Cover the pot and place it in a 350°F oven or leave it over low heat on the stovetop.

STEP 6

Cook until the grains are tender to the bite and have absorbed all liquid, about 35 to 40 minutes.

Allow the barley to rest for 5 minutes, fluff with a fork, and serve immediately or hold it hot for service.

Grilled Red Peppers

YIELD: 6 portions

STEP 1

Preheat gas grill to medium-high leaving one burner off.

If using charcoal grill, build fire and let burn down until coals are glowing red with moderate coating of white ash. Spread coals in even bed on one side of the grill.

Clean the cooking grate.

STEP 2

1 1/2 lb • Red bell peppers

Clean peppers and slice leaving whole sides.

1 1/2 fl oz • Extra-virgin olive oil

2 each • Garlic cloves • minced

Salt to taste

Ground black pepper to taste

Toss peppers with oil, garlic, salt, and pepper. Marinate 10 minutes.

STEP 3

Place peppers on hot grill. Cook until lightly charred and cooked through, turning once to cook on both sides.

STEP 4

Remove peppers from grill and serve on heated platter.

Fresh Egg Pasta

YIELD: 1.5 lb

STEP 1

1 lb • Bread flour
1 pinch • Salt
4 each • Eggs
1/2 - 1 fl oz • Water
1 fl oz • Vegetable or olive oil • optional

Combine flour and salt in large bowl, Place eggs, water, and oil (if using) in the center of well. With a fork, gradually pull dry ingredients into egg mixture. Stir until loose mass forms. As dough is mixed, adjust consistency with additional flour or water.

STEP 2

Turn dough out onto floured work surface and knead until texture is smooth and elastic, 4 to 5 minutes.

Gather and smooth dough into a ball, cover, and let relax at room temperature for 1 hour.

STEP 3

Roll dough into thin sheets and cut into desired shapes by hand or by using a pasta machine. Pasta is ready to cook, or it may be covered and refrigerated for up to 2 days.

STEP 4

To cook, bring 1 ½ gallons of water to a rolling boil in a medium-sized saucepot. Generously salt water using about 1 oz. of salt. Water should be noticeably salty, Add pasta and stir to separate strands or shapes. Cook pasta until al dente. Drain in colander.

Variations:

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

Spinach pasta: Purée 6 oz. spinach leaves, squeeze dry in cheesecloth, and add to eggs.

Saffron pasta: Steep 2 to 4 tsp. pulverized saffron threads in 1 fl. oz. hot water and add to eggs

Citrus pasta: Add 4 tsp. finely grated lemon or orange zest to eggs. Substitute 2 Tbsp. citrus for water.

Curried pasta: Add 2 to 4 tsp. curry powder to flour.

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

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

Red Pepper pasta: Sauté 6 oz. puréed roasted red pepper until reduced and dry. Cool and add to the eggs.

Tomato pasta: Sauté 3 oz. tomato purée until reduced and dry. Cool and add to eggs.

Pumpkin, carrot, or beet pasta: Sauté 6 oz. puréed cooked pumpkin, carrot, or beet until reduced and dry. Cool and add to eggs.

Grilled Zucchini

YIELD: 6 serving

STEP 1

2 lb • Zucchini
2 fl oz • olive oil
Salt as needed
Ground black pepper as needed

Slice in 3/8" slices on a drastic angle
Toss the vegetables in olive oil and season with salt and pepper

STEP 2

2 fl oz • Balsamic Vinegar
4 fl oz • Olive oil
¼ cup • Basil chiffonade

Grill the zucchini
Arrange neatly on a plate or platter
Drizzle with Olive oil and Balsamic Vinegar
Sprinkle with Basil chiffonade

Sautéed Bok Choy

YIELD: 6 portions

STEP 1

1 1/2 lb • Bok choy • baby

Cut bok choy in half lengthwise.

Blanch bok choy in boiling salted water, and drain. Shock in an ice bath, drain well, and reserve.

STEP 2

1 fl oz • Vegetable oil

Heat oil in wok over medium-high heat. Add garlic, and stir-fry until aromatic and lightly browned.

4 each • Garlic cloves • sliced thin

STEP 3

Add bok choy and stir-fry to heat through.

Add small amount of water to wok to keep garlic from burning, if necessary.

STEP 4

Kosher salt to taste

Season to taste with salt and sugar.

Sugar to taste

Serve on heated platter.

Brown Rice Pilaf

YIELD: 6 portions

STEP 1

1.5 cups • Long-grain brown rice
1 oz • Butter or oil
1 oz • Onions • minced

Heat butter or oil in heavy-gauge pot over medium heat. Add onions and cook, stirring frequently, until tender and translucent, 5 to 6 minutes.

STEP 2

Add rice and sauté, stirring frequently, until coated with butter or oil and heated through, 2 to 3 minutes.

STEP 3

3.5 cups • chicken stock

Heat stock, add to rice, and bring to simmer, stirring to prevent rice from clumping together or sticking to bottom of pot.

STEP 4

Salt to taste
Ground black pepper to taste

Add salt, and pepper. Cover pot and place in 350°F oven. Cook until grains are tender to the bite, 40 to 45 minutes.

STEP 5

Allow rice to rest 5 minutes. Uncover, and use fork to separate grains and release steam.

Serve immediately or keep warm for service.

Sautéed Brussels Sprouts

YIELD: 6-8 portions

STEP 1

1 1/2 lb • Brussels sprouts • trimmed

Slice each Brussels sprout in half through the stem and remove the core. Gently pull the layers of leaves apart.

STEP 2

2 fl oz • Extra virgin olive oil

Heat the olive oil and saute the pancetta until the fat has rendered and it is lightly crispy. Remove and reserve, leaving the fat in the pan.

2 1/2 oz • Pancetta • roughly chopped (optional)

STEP 3

2 1/4 oz • Onion • chopped

Add the onions and sauté until translucent, about 5 minutes.

1 tbsp • Butter

Add the butter and swirl to melt.

2 tbsp • Water

Add the Brussels sprouts and water to the pan.

Sauté over medium heat, tossing to coat. Cook until leaves are tender and bright green, about 6 to 8 minutes.

STEP 4

Salt to taste

Season to taste with salt and pepper. Fold in the reserved pancetta.

Ground black pepper to taste

Serve on a heated platter.

Glazed Beets

YIELD: 6 portions

STEP 1

1 1/2 lb • beets • tops trimmed, skin on

Place the beets in a large pot and cover with water. Bring to a boil, reduce to a simmer, and cook the beets until they are soft when pierced with a fork 30 to 40 minutes, depending on size.

STEP 2

Drain and cool slightly. Remove the skin from the beets. Depending on size they may be served whole, halved or quartered, or if larger sliced into appropriate sizes.

STEP 3

2 oz • Sugar

1 tbsp • Red or white wine vinegar

1 fl oz • Orange juice

5 fl oz • Chicken stock

1 oz • Butter

In a sauté pan, combine the sugar, vinegar, juice, stock, and butter and bring to a simmer. Cook gently until the glaze has the consistency of a light syrup, about 15 minutes.

STEP 4

Salt to taste

Ground black pepper to taste

1 tbsp • Parsley

When ready to serve, toss the cut beets in the glaze over medium heat and heat through. Season with salt and pepper to taste. Garnish with the parsley, and serve immediately.

Steamed Broccoli

PORTIONS: 6

STEP 1

1 1/2 lb • Broccoli florets

Arrange the broccoli in a perforated pan so that the pieces are not crowded.

STEP 2

Place the pan in the steamer and steam for 5 to 7 minutes, or until the broccoli is al dente.

CULINARY FOUNDATIONS:

FORMULAS AND RATIOS

STOCKS

STANDARD MIREPOIX

Yield: 1 pound

Ingredients	Amounts
Onions	½ lb.
Celery	¼ lb.
Carrot	¼ lb.

WHITE MIREPOIX

Yield: 1 pound

Ingredients	Amounts
Onions	¼ lb.
Celery or celeriac	¼ lb.
Parsnip	¼ lb.
Leeks	¼ lb.

CHICKEN, WHITE BEEF, VEAL, PORK, LAMB STOCK BASIC FORMULA

Yield: 1 gallon

Ingredients	Amounts
Bones	8 lb.
Water (varies with bone type)	5 - 6 qt.
Mirepoix (or white mirepoix)	1 lb.
Standard sachet	1 ea.

BASIC BROTH FORMULA USING WATER

Yield: 1 gallon

Ingredients	Amounts
Meat	10 lb.
Water	5 qt.
Mirepoix	1 lb.
Standard sachet	1 ea.

BASIC BROTH FORMULA USING STOCK

Yield: 1 gallon

Ingredients	Amounts
Meat	3 lb.
Water	5 qt.
Mirepoix	1 lb.
Standard sachet	1 ea.

VEGETABLE STOCK BASIC FORMULA

Yield: 1 Gallon

Ingredients	Amounts
Assorted non-starchy vegetables	5 lb.
Water	5 qt.

FISH STOCK BASIC FORMULA

Yield 1 gallon

Ingredients	Amounts
Fish bones (non-oily)	11 lb.
White mirepoix	1 lb.
Water	4 ½ qt.
Sachet	1 ea.

FISH FUMET BASIC FORMULA

Yield 1 gallon

Ingredients	Amounts
Fish bones (non-oily); cut in 2" pieces	11 lb.
White mirepoix	1 lb.
Water	3 ½ qt.
White wine	1 qt.
Sachet	1 ea.

Mushrooms, sliced	10 oz.
Salt (optional)	2 Tbsp.

1. Sweat mirepoix followed by the fish bones in formula above prior to adding water.

COOKING TIMES FOR BASIC STOCKS

Vegetable:	45 minutes to 1 hour
Fish stock and fumet:	35 to 45 minutes
Chicken stock:	3 to 4 hours
Brown veal stock:	6 to 8 hours
White beef stock:	8 to 10 hours

THICKENERS

PALE ROUX PER GALLON STOCK (BY WEIGHT)

Ingredient	Amount
Light consistency	12 oz. (weight)
Medium consistency	16 oz. (weight)
Heavy consistency	18 oz. (weight)

CORNSTARCH (OR ARROWROOT) PLUS COLD SLURRY LIQUID TO THICKEN 1 QUART OF STOCK OR JUS

Approx. 1 oz. (weight) cornstarch (or arrowroot) with just enough of a cold flavorful liquid to bring **slurry mixture** to the consistency of heavy cream:

SOUPS

ONION SOUP BASIC FORMULA

Yield: 1 gallon

Ingredients	Amounts
Onions	5 lb.
Stock	1 gal.

CLEAR VEGETABLE SOUP BASIC FORMULA

Yield: 1 gallon

Ingredients	Amounts
Vegetables	4 lb.
Vegetable stock or broth if for non-vegetarian soup	1 gal.

CREAM SOUP BASIC FORMULA

Yield: 1 gallon

Ingredients	Amounts
Vegetable (main flavoring product)	4 lb.
White mirepoix	1 lb.
Velouté, thin nappé	1 gal.
Cream	1 pt.

PURÉE SOUP BASIC FORMULA

Yield: 1 gallon

Ingredients	Amounts
Stock or broth	5 - 6 qt.
Mirepoix	1 lb.
Legumes	2 lb.
or	
Non-starchy vegetables	4 lb.

BASIC CONSOMMÉ FORMULA

Yield: 1 gallon

Ingredients	Amounts
Lean ground meat	3 lb.
Stock	6 qt.
Egg whites	10 ea.
Mirepoix	1 lb.
Tomato product (NO paste)	10 oz.
Salt	2 Tbsp.
Onion brûlé (optional)	2 each

SAUCES

HOLLANDAISE SAUCE BASIC FORMULA

Yield: 1 pint

Ingredients	Amounts
Shallot, minced	1 Tbsp.
Cider/White wine vinegar	2 oz.
Mignonette	½ tsp.

Water	2 oz.
Egg yolks	4 ea.
Clarified butter	12 fl. oz. (3 oz. per yolk)
Salt, cayenne, and lemon juice	to taste

OTHER WARM EGG EMULSION SAUCES

Paloise Sauce

Hollandaise Sauce garnished with fresh mint (mint can be infused into reduction)

Mousseline Sauce

Hollandaise Sauce with addition of whipped cream (equal parts)

Béarnaise Sauce

Tarragon vinegar and unused tarragon stems in reduction (instead of cider vinegar) and garnished with **fresh tarragon** and chervil, using above Hollandaise formula.

Choron Sauce

Béarnaise Sauce with addition of tomato product (1 - 2 Tbsp. purée per 4 yolks). The tomato product should be cooked before adding to the egg yolks.

Foyot Sauce

Béarnaise Sauce with addition of Glace de Viande (2 Tbsp. per 3 yolks)

BÉCHAMEL

Yield 1 gallon

Ingredients	Amounts
Milk	5 qt.
Onion	2 oz.
White roux	1 lb.
Sachet	1 ea.
Nutmeg, optional	1 pinch
Onion piqué (to replace onion)	1 ea.

VELOUTÉ

Yield 1 gallon

Ingredients	Amounts
White chicken, veal, or fish stock	5 qt.
White mirepoix	8 wt. oz.
Blond roux	16 wt. oz.
Sachet	1 ea.

SAUCE ESPAGNOLE (BROWN SAUCE)

Yield 1 gallon

Ingredients	Amounts
Mirepoix	1 lb.
Tomato paste	6 oz.
Brown veal stock	5 qt.
Brown roux	18 oz.
Sachet	1 ea.

DEMI-GLACE BASIC FORMULA

Yield: 1 gallon

Ingredients	Amounts
Espagnole sauce	1 gal.
Brown veal stock	1 gal.

FORTIFIED JUS DE VEAU LIÉ BASIC FORMULA

Yield 1 gallon

Ingredients	Amounts
Brown veal stock	1 ¼ gal.
Veal trim	2 lb.
Mirepoix, caramelized	1 lb.
Tomato paste	2 oz. (weight)
Cornstarch (or arrowroot)	3 - 4 oz.
Liquid (for slurry)	as needed to make above starch heavy cream consistency

TOMATO SAUCE BASIC FORMULA

Yield: 1 gallon

Ingredients	Amounts
Oil	2 fl.oz.
Onions, minced	12 oz.

Garlic, minced	2 Tbsp. (4 cloves)
Italian plum tomatoes (#10 can w/liquid)	5 qt. with liquid
Fresh basil	3 oz.

BEURRE BLANC

Yield: 2 oz.

Ingredients	Amounts
Shallots, minced	¼ cup
Peppercorns	1 tsp.
Wine	8 oz.
Vinegar	2 oz. (depending on strength)
Heavy cream	8 oz.
Unsalted butter	1 ½ lb.
Salt, pepper, lemon juice	to taste

GRAINS

PAR-BOILED RICE BASIC FORMULA (BY VOLUME)

Ingredients	Amounts
Stock, seasoned	2 parts
Par-boiled/converted rice	1 part

CAROLINA RICE BASIC FORMULA (BY VOLUME)

Ingredients	Amounts
Stock, seasoned	1.5 parts
Par-boiled/converted rice	1 part

JASMINE, BASMATI, TEXMATI RICE BASIC FORMULA (BY VOLUME)

Ingredients	Amounts
Stock, seasoned	1.5 parts
Rice	1 part

BROWN RICE BASIC FORMULA (BY VOLUME!)

Stock, seasoned	2.5 parts
-----------------	-----------

Brown rice 1 part

WILD RICE BASIC FORMULA (BY VOLUME)

Ingredients

Amounts

Stock, seasoned

4 parts

Rice

1 part

RISOTTO (BY VOLUME)

Ingredients	Amounts
Stock, seasoned	3+ parts
Arborio rice	1 part

COUSCOUS (BY VOLUME)

Stock	1.25 - 1.5 parts
Couscous	1 part
Olive oil	to coat grains

FIRM POLENTA OR FARINA GRITS (CREAM OF WHEAT) (BY VOLUME) - TO HOLD SHAPE

Ingredients	Amounts
Stock	4 parts
Cornmeal	1 part

SOFT POLENTA OR FARINA GRITS (CREAM OF WHEAT) (BY VOLUME) - FLOWS SLIGHTLY

Ingredients	Amounts
Stock or water	5 parts
Cornmeal	1 part

POTATOES

WHIPPED POTATOES/ POMME PUREE

Yield: 1 lb. 4 - 6 portions

Ingredients	Amounts
Idaho potatoes (Russet)	1 lb.
Milk, hot	2 oz.
Heavy cream, hot	1 oz.
Butter, cubed	2 oz.

APPAREIL DUCHESSE

Yield: 1 lb. 4 - 6 portions

Ingredients**Amounts**

Idaho potatoes (Russet)

1 lb.

Egg yolks

2 ea.

Unsalted butter

2 oz.

Nutmeg

to taste

Salt and ground white pepper

to taste

PASTA

PASTA DOUGH BASIC FORMULA

Ingredients	Amounts
"OO" pasta flour	1 lb.
Eggs, whole	4 ea.
Water	1-2 Tbsp.
Salt	1 pinch

BOILING FRESH OR DRY PASTA FORMULA

Ingredients	Amounts
Pasta	1 lb.
Water	1 gallon
Salt	1.5 oz. or $\frac{1}{3}$ cup

COOKING COMPETENCY FORMULAS

BRAISING BASIC FORMULA

Ingredients	Amounts
Meat	1 lb.
Mirepoix	1 oz.
Liquid	1 pt.

ROASTING BASIC FORMULA

Ingredients	Amounts
Meat	1 lb.
Mirepoix	1 oz.

SHALLOW POACHING FORMULA

Ingredients	Amounts
Protein	1 portion
Whole butter	as needed
Salt and pepper	to taste

Poaching Liquid

Shallots	1 tsp.
Stock	1 oz.
White wine	1 oz.

Sauce

Velouté	1 oz.
Heavy cream	1 oz.
Salt and pepper	to taste

Note: If more poaching liquid is needed the stock amount can be adjusted as needed.

MISCELLANEOUS CULINARY FUNDAMENTAL INFORMATION

POACHED EGG FORMULA

5 ounces of vinegar to 1 gallon of water

GREEN VEGETABLE COOKERY

Six parts water to 1 part green vegetable

1/3 cup of salt per gallon of water

WHITE VEGETABLE COOKERY (ARTICHOKES, SALSIFY, CELERIAC, ETC.)

4 ounces of lemon juice per gallon of water

VINAIGRETTE

3 parts oil to 1 part vinegar

FIVE GRAND SAUCES

Velouté, Béchamel, Espagnole, Tomato, and Hollandaise

INTERNAL TEMPERATURES OF COOKED PROTEINS

Poultry

165°F

Pork

145°F

Seafood

145°F

Red Meats

Rare: 125°F

Medium rare: 130°F

Medium: 135°F

Medium well: 145°F

Well done: 150°F

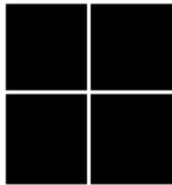
WEIGHTS AND MEASURES

Weights and Measures



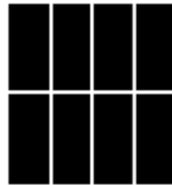
1 gallon

=



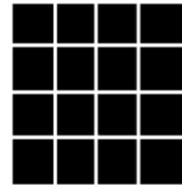
4 quarts

=



8 pints

=



16 cups



1 gal. = 128 oz.



1 qt. = 32 oz.



1 pt. = 16 oz.



1 cup = 8 oz.

WEIGHTS AND MEASURES EQUIVALENCIES

dash	=	less than $\frac{1}{8}$ teaspoon
3 teaspoons (tsp.)	=	1 Tablespoon ($\frac{1}{2}$ fl. oz.)
2 Tablespoons (Tbsp.)	=	$\frac{1}{8}$ cup (1 fl. oz.)
4 Tablespoons	=	$\frac{1}{4}$ cup (2 fl. oz.)
8 Tablespoons	=	$\frac{1}{2}$ cup (4 fl. oz.)
16 Tablespoons	=	1 cup (8 fl. oz.)
2 cups	=	1 pint
2 pints	=	1 quart (approximately 1 liter)
4 quarts	=	1 gal.

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

1 gram (g)	=	$\frac{1}{28}$ oz. (or 0.035 oz.)
$\frac{1}{2}$ 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.)	=	450 g
1 kilogram (kg)	=	2.21 lb.
1 liter (L)	=	33.92 fl. oz.

TEMPERATURE EQUIVALENCIES

250°F	very cool	130°C
300°F	low	150°C
350°F	moderate	180°C
400°F	hot	200°C
450°F	very hot	230°C

TEMPERATURE CONVERSION TABLE

$$C = \frac{5}{9}(F - 32) \quad F = \frac{9}{5}C + 32$$

°C	°F	°C	°F	°C	°F	°C	°F	°C	°F	°C	°F	°C	°F
-40	-40	-10	14	20	68	50	122	80	176	110	230	140	284
-39	-38.2	-9	15.8	21	69.8	51	123.8	81	177.8	111	231.8	141	285.8
-38	-36.4	-8	17.6	22	71.6	52	125.6	82	179.6	112	233.6	142	287.6
-37	-34.6	-7	19.4	23	73.4	53	127.4	83	181.4	113	235.4	143	289.4
-36	-32.8	-6	21.2	24	75.2	54	129.2	84	183.2	114	237.2	144	291.2
-35	-31	-5	23	25	77	55	131	85	185	115	239	145	293
-34	-29.2	-4	24.8	26	78.8	56	132.8	86	186.8	116	240.8	146	294.8
-33	-27.4	-3	26.6	27	80.6	57	134.6	87	188.6	117	242.6	147	296.6
-32	-25.6	-2	28.4	28	82.4	58	136.4	88	190.4	118	244.4	148	298.4
-31	-23.8	-1	30.2	29	84.2	59	138.2	89	192.2	119	246.2	149	300.2
-30	-22	0	32	30	86	60	140	90	194	120	248	150	302
-29	-20.2	1	33.8	31	87.8	61	141.8	91	195.8	121	249.8	151	303.8
-28	-18.4	2	35.6	32	89.6	62	143.6	92	197.6	122	251.6	152	305.6
-27	-16.6	3	37.4	33	91.4	63	145.4	93	199.4	123	253.4	153	307.4
-26	-14.8	4	39.2	34	93.2	64	147.2	94	201.2	124	255.2	154	309.2
-25	-13	5	41	35	95	65	149	95	203	125	257	155	311
-24	-11.2	6	42.8	36	96.8	66	150.8	96	204.8	126	258.8	156	312.8
-23	-9.4	7	44.6	37	98.6	67	152.6	97	206.6	127	260.6	157	314.6
-22	-7.6	8	46.4	38	100.4	68	154.4	98	208.4	128	262.4	158	316.4
-21	-5.8	9	48.2	39	102.2	69	156.2	99	210.2	129	264.2	159	318.2
-20	-4	10	50	40	104	70	158	100	212	130	266	160	320
-19	-2.2	11	51.8	41	105.8	71	159.8	101	213.8	131	267.8	161	321.8

°C	°F	°C	°F	°C	°F	°C	°F	°C	°F	°C	°F	°C	°F
-18	-0.4	12	53.6	42	107.6	72	161.6	102	215.6	132	269.6	162	323.6
-17	1.4	13	55.4	43	109.4	73	163.4	103	217.4	133	271.4	163	325.4
-16	3.2	14	57.2	44	111.2	74	165.2	104	219.2	134	273.2	164	327.2
-15	5	15	59	45	113	75	167	105	221	135	275	165	329
-14	6.8	16	60.8	46	114.8	76	168.8	106	222.8	136	276.8	166	330.8
-13	8.6	17	62.6	47	116.6	77	170.6	107	224.6	137	278.6	167	332.6
-12	10.4	18	64.4	48	118.4	78	172.4	108	226.4	138	280.4	168	334.4
-11	12.2	19	66.2	49	120.2	79	174.2	109	228.2	139	282.2	169	336.2

METRIC CONVERSION TABLE

To Change	To	Multiply by
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
Celsius (Centigrade)	Fahrenheit	1. multiply by 9 2. divide by 5 3. add 32°
Fahrenheit	Celsius (Centigrade)	1. subtract 32° 2. multiply by 5 3. divide by 9

GLOSSARY OF FRENCH CULINARY TERMS

A

Aboyeur: Expediter or announcer; a station in the brigade system. The aboyeur accepts orders from the dining room, relays them to the appropriate stations of the kitchen, and checks each plate before it leaves the kitchen.

Aïoli: Garlic mayonnaise. (Also, in Italian, *aglio e olio*; in Spanish, *allioli*.)

À l'anglaise: (1) Foods that have been breaded and fried; (2) foods that have been boiled.

À la meunière: Dishes prepared in the style of the miller's wife (dusted with flour, sautéed, served with hot butter, lemon and parsley).

Allumette: Vegetables, potatoes, or other items cut into pieces the size and shape of matchsticks, 1/8" x 1/8" x 1 to 2" is the standard.

Amandine: Garnished with almonds.

Amuse-gueule: French for "appetizer." Chef's tasting: a small portion (1 or 2 bites) of something exotic, unusual, or otherwise special, served when the guests in a restaurant are seated. The amuse is not listed on a menu and is included in the price of an entrée.

Apéritif: A light alcoholic beverage consumed before the meal to stimulate the appetite.

Appareil: A prepared mixture of ingredients used alone or as an ingredient in another preparation.
Aspic gelée A clear jelly made from stock (or occasionally from fruit or vegetable juices) thickened with gelatin. Used to coat foods or cubed and used as a garnish.

B

Bâton/Bâtonnet (Fr.) : Items cut into pieces somewhat larger than allumette or julienne; 1/4 inch x 1/4 inch x 2 to 2 inches is the standard. Translated to English as "stick" or "small stick."

Béarnaise: A classic emulsion sauce similar to hollandaise made with egg yolks; a reduction of white wine, shallots, and tarragon; and butter finished with tarragon and chervil.

Béchamel: A white sauce made of milk thickened with light roux and flavored with onion. It is one of the grand sauces.

Beurre blanc "White butter." A classic emulsified sauce made with a reduction of white wine and shallots thickened with whole butter and possibly finished with fresh herbs or other seasonings.

Beurre manié "Kneaded butter." A mixture of equal parts by weight of whole butter and flour, used to thicken gravies and sauces.

Beurre noir "Black butter." Butter that has been cooked to a very dark brown or nearly black; a sauce made with browned butter, vinegar, chopped parsley, and capers. It is usually served with fish.

Beurre noisette "Hazelnut butter" or "brown butter." Whole butter that has been heated until browned.

Bisque: A soup based on crustaceans or a vegetable purée. It is classically thickened with rice and usually finished with cream.

Blanc: A preparation containing water, flour, onion, cloves, a bouquet garni, salt, and lemon juice. Used to cook vegetables such as mushrooms, celeriac, salsify, or cauliflower to keep them white.

Blanquette: A white stew, usually of veal but sometimes of chicken or lamb with white onions and mushrooms. It is served with a sauce that has been thickened with a liaison.

Blini: A silver dollar-size yeast-raised buckwheat pancake originating in Russia.

Boucher: French for "butcher."

Bouillabaisse: A hearty fish and shellfish stew flavored with tomatoes, onions, garlic, white wine, and saffron. A traditional specialty of Marseilles, France.

Bouillon: French for "broth."

Boulangier: Baker, specifically of breads and other unsweetened doughs.

Bouquet garni: A small bundle of herbs tied with string. Used to flavor stocks, braises, and other preparations. Usually contains bay leaf, parsley, thyme, and possibly other aromatics wrapped in leek leaves.

Brasier/brazier: A pan designed specifically for braising that usually has two handles and a tight-fitting lid. Often round but may be square or rectangular. Also called a *rondeau*.

Brioche: A rich yeast dough, traditionally baked in a fluted pan, with a distinctive topknot of dough.

Brunoise Small dice; 1/8 inch square is the standard. For a brunoise cut, items are first cut in allumette, then cut crosswise. For a fine brunoise, 1/16 inch square, cut items first in julienne.

C

Canapé: An hors d'oeuvre consisting of a small piece of bread or toast, often cut in a decorative shape, garnished with a savory spread or topping.

Carte The general term for menu or listing.

Casserole/en casserole A lidded cooking vessel that is used in the oven; usually round with two handles. Also, foods cooked in a casserole.

Cassoulet: A stew of beans baked with pork or other meats, duck or goose confit, and seasonings.

Charcuterie The preparation of pork and other meat items, such as hams, terrines, sausages, pâtés, and other forcemeats.

Charcutière In the style of the butcher's wife. Items (usually grilled meat) are served with sauce Robert and finished with a julienne of gherkins.

Chasseur Hunter's style. A mushroom-tomato sauce made with a white wine reduction and demi-glace, and finished with butter and parsley.

Cocotte Casserole. A cooking dish with a tight-fitting lid for braising or stewing. Also, a small ramekin used for cooking eggs. (En cocotte is often interchangeable with en casserole).

Concasser To pound or chop coarsely. Usually refers to tomatoes that have been peeled, seeded, and chopped – tomato concassée.

Coquilles Saint-Jacques Scallops. Also, a dish of broiled scallops with any of several garnishes.

Court-bouillon "Short broth." An aromatic vegetable broth that usually includes an acidic ingredient, such as wine or vinegar; most commonly used for poaching fish.

Crème anglaise Custard.

Crème brûlée Custard topped with sugar and caramelized under the broiler before service.

Crème fraîche Heavy cream cultured to give it a thick consistency and a slightly tangy flavor; used in hot preparations since it is less likely to curdle when heated than sour cream or yogurt.

Crème pâtissière "Pastry cream." Custard made with eggs, flour or other starches, milk, sugar, and flavorings, used to fill and garnish pastries or as the base for puddings, soufflés, and creams.

Crêpe: A thin pancake made with egg batter; used in sweet and savory preparations.

Croûte, en Encased in a bread or pastry crust.

Croûton A bread or pastry garnish, usually toasted or sautéed until crisp.

Crumb: A term used to describe the texture of baked goods; for example, an item can be said to have a fine or coarse crumb.

Cuisson Poaching liquid, including stock, fumet, court bouillon, or other liquid, which may be reduced and used as a base for the poached item's sauce.

D

Daube: A classic French stew of meat, vegetables, and seasonings braised in red wine, traditionally cooked in a daubière, a specialized casserole with a tight-fitting lid and indentations to hold hot coals.

Deglaze/déglacer: To use a liquid such as wine, water, or stock to dissolve food particles and/or caramelized drippings left in a pan after roasting or sautéing. The resulting mix then becomes the base for the accompanying sauce.

Degrease/dégraisser: To skim the fat off the surface of a liquid such as a stock or sauce.

Demi-glace: Literally, "half-glaze." A mixture of equal proportions of brown stock and brown sauce that has been reduced by half. One of the "grand" sauces.

Dépouillage: Skimming the impurities from the surface of a cooking liquid such as a stock or sauce. This action is simplified by placing the pot off center on the burner (convection simmer) and removing impurities as they collect at one side of the pot.

Digestif: A spirit usually consumed after dining as an aid to digestion. Examples include brandy and cognac.

Doré: Coated with egg yolk or cooked to a golden brown.

E

Éclair: A long, thin baked shell of pâte à choux, filled with crème pâtissière and glazed with chocolate fondant or ganache.

Émincer: To cut an item, usually meat, into very thin slices.

Entrecôte: Literally, “between the ribs.” A very tender steak cut from between the ninth and eleventh ribs of beef.

Entremetier: Vegetable chef/station. The position responsible for hot appetizers and often soups, vegetables, starches, and pastas; may also be responsible for egg dishes.

Escalope: A scallop of meat; this cut of a small, boneless piece of meat or fish of uniform thickness is most often sautéed.

Espagnole sauce: Literally, “Spanish sauce.” Brown sauce made with brown stock, caramelized mirepoix, tomato purée, seasonings, and roux.

Estouffade: A French stew of wine-moistened pieces of meat. Also, a type of rich brown stock based on pork knuckle and veal and beef bones, often used in braises.

Étouffée: Literally, “smothered.” Refers to food cooked by a method similar to braising, except that items are cooked with little or no added liquid in a pan with a tight-fitting lid (also étuver, à l'étuvée). Also, a Cajun dish made with a dark roux, crayfish, vegetables, and seasonings, served over a bed of white rice.

F

Filé: A thickener made from ground dried sassafras leaves; used primarily in gumbo.

Filet mignon: The expensive boneless cut of beef from the small end of the tenderloin.

Fines herbes: A mixture of herbs, usually parsley, chervil, tarragon, and chives. Generally added to the dish just prior to serving, as they lose their flavor quickly.

Fleurons: Garnishes made from light puff pastry cut into oval, diamond, or crescent shapes and served with meat, fish, or soup.

Florentine, à la: Dishes prepared in the style of Florence, Italy; denotes the use of spinach and sometimes Mornay sauce or cheese.

Foie gras: The fattened liver of a duck or goose that has been force-fed over a four- to five-month period.

Fond: The French term for stock. Also, the pan drippings remaining after sautéing or roasting food, often deglazed and used as a base for sauces.

Fondant: A white paste made from liquid (usually water or corn syrup) and sugar, that has been dissolved, heated, and agitated during cooling. Used as a filling and glaze for pastries and confections.

Fricassée: A stew of poultry or other white meat with a white sauce.

Friturier: Fry chef/station. The position responsible for all fried foods; may be combined with the rôtiisseur position.

Fumet: A type of stock in which the main flavoring ingredient is allowed to cook in a lidded pot with wine and aromatics. Fish fumet is the most common type.

Galantine: Boned meat (usually poultry), stuffed with forcemeat, rolled, poached, and served cold, usually coated with aspic.

Ganache: A preparation of chocolate and heavy cream, and sometimes butter, sugar, and other flavorings. Among other things, it is used as a sauce, glaze, and filling, or to make confections. Can range from soft to hard, depending on the ratio of chocolate to cream.

Garbure: A thick vegetable soup, usually containing beans, cabbage, and/or potatoes.

Garde manger: Pantry chef/station. The position responsible for cold food preparation, including salads, appetizers, and pâtés.

Garni: Literally, “garnished.” Used to describe dishes accompanied by vegetables and potatoes.

Génoise: A light cake, made using the foaming mixing method, containing flour, sugar, eggs, butter, vanilla, and/or other flavorings.

Glace: Reduced stock. Also, ice cream.

Glacé: Literally, “glazed” or iced. Icing.
Gratiné Browned in an oven or under a salamander (au gratin, gratin de). Gratin can also refer to a forcemeat in which some portion of the dominant meat is sautéed and cooled before grinding.

Grillardin: Grill chef/station. The position responsible for all grilled foods; may be combined with the rôtiisseur position.

H

Haricot Bean. Haricots verts are green beans.

Hollandaise: A classic emulsion sauce made with a vinegar reduction, egg yolks, and melted butter, flavored with lemon juice. One of the "grand" sauces.

Hors d'oeuvre "Outside the work." An appetizer.

J

Jus Juice. Jus de viande is meat gravy. Meat served au jus is served with its own juice or jus lié.

Jus lié Meat juice thickened lightly with arrowroot or cornstarch.

L

Lardon/lardoon: a strip of fat used for larding; may be seasoned. Also, bacon that has been diced, blanched, and fried.

Liaison: a mixture of egg yolks and cream used to thicken and enrich sauces. Also loosely applied to any appareil used as a thickener.

Liqueur: a spirit flavored with fruit, spices, nuts, herbs, and/or seeds and usually sweetened. Also known as cordials, liqueurs often have a high alcohol content, a viscous body, and a slightly sticky feel.

Lozenge cut: a knife cut in which foods are cut into small diamond shapes 1/2 in by 1/2 in by 1/8 in/1 cm by 1 cm by 3 mm thick.

Lyonnaise (à la) Lyons style; with onions and usually butter, white wine, vinegar, and demi-glace.

M

Madeira/Madère A sauce made with demi-glace flavored with Madeira.

Maître d'hôtel: Dining room manager or food and beverage manager, informally called maître d'. This position oversees the dining room and/or the front-of-house staff. Also, a compound butter flavored with chopped parsley and lemon juice.

Marzipan: A paste of ground almonds, sugar, and sometimes egg whites used to fill, cover, and decorate pastries.

Matelote A fish stew traditionally made with eel.

Matignon An edible mirepoix that is often used in poêlées dishes and is usually served with the finished dish. Typically, matignon includes two parts carrot, one part celery, one part leek, one part onion, one part mushroom (optional), and one part ham or bacon.

Médaille/Medallion A small, round scallop of meat.

Meringue Egg whites beaten until they are stiff, then are sweetened and possibly baked until stiff. Three types are regular or common, Italian, and Swiss.

Meunière (à la): A cooking technique for fish.

Mie The soft part of bread (not the crust); mie de pain is fresh white bread crumbs.

Mise en place "Put in place." The preparation and assembly of ingredients, pans, utensils, and plates or serving pieces needed for a particular dish or service period.

Mode (à la) "In the style of" (usually followed by a descriptive phrase). Boeuf à la mode is braised beef; pie à la mode is served with ice cream.

Monté au beurre "To lift with butter." A technique used to enrich sauces, thicken them slightly, and give them a glossy appearance by whisking in whole butter.

Mousse A dish made with beaten egg whites and/or whipped cream folded into a flavored base appareil; may be sweet or savory.

Mousseline A mousse; a sauce made by folding whipped cream into hollandaise; or a very light forcemeat based on white meat or seafood lightened with cream and eggs.

N

Napoléon: A pastry made of layered puff pastry rectangles filled with pastry cream and glazed with fondant.

Napper/Nappé To coat with sauce; thickened.

Navarin A stew, traditionally of lamb, with potatoes, onions, and possibly other vegetables.

Noisette Hazelnut. Also, a small portion of meat cut from the rib. Pommes noisette are tournéed potatoes browned in butter. Beurre noisette is browned butter.

Nouvelle cuisine "New cooking." A culinary movement emphasizing freshness and lightness of ingredients, classical preparations, and innovative combinations and presentation.

O

Oignon brûlé "Burnt onion." A peeled, halved onion seared on a flat-top or in a skillet and used to enhance the color of stock and consommé.

Oignon piqué "Pricked onion." A whole, peeled onion to which a bay leaf is attached, using a whole clove as a tack. It is used to flavor béchamel sauce and some soups.

P

Paillard: A scallop of meat pounded until thin; usually grilled or sautéed.

Papillote, en: A moist-heat cooking method similar to steaming, in which items are enclosed in parchment and cooked in the oven.

Pâte: Noodles or pasta. Also, dough, paste, or batter (as in pâte brisée).

Pâté: A rich forcemeat of meat, game, poultry, seafood, and/or vegetables, baked in pastry or in a mold or dish and served hot or cold.

Pâte à choux: Cream puff batter, made by boiling water or milk, butter, and flour, then beating in whole eggs. When baked, pâte à choux puffs to form a hollowed pastry shell that can be filled.

Pâte brisée: A short pastry used to create crusts for pie crusts, tarts, and quiches.

Pâté de campagne: Country-style pâté with a coarse texture, made of pork butt, chicken livers, garlic, onion, and parsley, flavored with brandy.

Pâté en croûte: A pâté baked in a pastry crust.

Pâte feuilletée: Puff pastry.

Pâte sucrée: A sweet short pastry used for pies, tarts, and filled cookies.

Pâtissier: Pastry chef/station. This position is responsible for baked items, pastries, and desserts. Often a separate area of the kitchen.

Paupiette: A fillet or scallop of fish or meat, rolled up around a stuffing and poached or braised.

Paysanne/fermier cut: A knife cut in which the item is cut into flat, square pieces 1/2 in by 1/2 in by 1/8 in/ 1 cm by 1 cm by 3 mm.

Petit four: A fancy bite-size layered cake covered in fondant. Also, more generally can refer to bite-size pastries and cookies.

Pincé: Refers to an item, usually a tomato product, caramelized by sautéing.

Pluches: Whole herb leaves connected to a small bit of stem; often used as a garnish. Also called sprigs.

Poêlé: Refers to food cooked in its own juices (usually with the addition of a matignon, other aromatics, and melted butter) in a covered pot, usually in the oven. Also called butter roasting.

Poissonier: Fish chef/station. The position responsible for fish items and their sauces; may be combined with the saucier position.

Pot-au-feu: A classic French boiled dinner; typically includes poultry and beef, along with various root vegetables. The broth is often served as a first course, followed by the meats and vegetables.

Printanière: A garnish of spring vegetables.

Prix fixe: Literally, “fixed price.” A type of menu in which a complete meal is offered for a preset price. The menu may offer several choices for each course.

Provençal(e)/à la provençale: Dishes prepared in the style of Provence, France, often with garlic, tomatoes, and olive oil. May also contain anchovies, eggplant, mushrooms, olives, and onions.

Purée: To process food by mashing, straining, or chopping it very finely in order to make it a smooth paste. Also, a product produced using this technique.

Q

Quenelle A light, poached dumpling based on a forcemeat (usually chicken, veal, seafood, or game) bound with eggs that is shaped in an oval by using two spoons.

Quickbread: Bread made with chemical leaveners, which work more quickly than yeast. (Also called a batter bread.)

R

Quatre épices: Literally, “four spices.” A finely ground spice mixture containing black peppercorns, nutmeg, cinnamon, cloves, and sometimes ginger. Used to flavor soups, stews, and vegetables.

Quenelle: A light poached dumpling based on a forcemeat (usually chicken, veal, seafood, or game) bound with eggs, and shaped in an oval by using two spoons.

R

Ragoût: A stew of meat and/or vegetables.

Ramekin/ramequin: A small ovenproof dish, usually ceramic.

Remouillage: Literally, “rewetting.” A stock made from bones that have already been used for stock. Weaker than a first-quality stock, it is often reduced to make glaze.

Rillettes: Potted meat; meat cooked slowly in seasoned fat, then shredded or pounded into a paste with some of the fat. The mixture is packed in ramekins and covered with a thin layer of fat. Often used as a spread.

Rondeau: A shallow, wide, straight-sided pot with two loop handles.

Rondelle: A knife cut that produces flat, round or oval pieces; used on cylindrical vegetables or items trimmed into cylinders before cutting.

Rôti Roasted.

Rôtisseur Roast chef/station. The position is responsible for all roasted foods and related sauces.

Roulade A slice of meat or fish rolled around a stuffing; also, filled and rolled sponge cake.

Roux An appareil containing equal parts of flour and fat (usually butter) used to thicken liquids. Roux is cooked to varying degrees (white, pale/blond, or brown), depending on its intended use.

Royale A consommé garnish made of unsweetened custard cut into decorative shapes.

S

Sabayon: A custard of sweetened egg yolks flavored with Marsala or other wine or liqueur, beaten in a double boiler until frothy. In Italian, zabaglione.

Sachet d'épices: Literally, “bag of spices.” Aromatic ingredients encased in cheesecloth, used to flavor stocks and other liquids. A standard sachet contains parsley stems, cracked peppercorns, dried thyme, and a bay leaf.

Sauce vin blanc: Literally, “white wine sauce.” A sauce made by combining a reduced poaching liquid (typically containing wine) with prepared hollandaise, velouté, or diced butter.

Saucier: Sauté chef/station. The position responsible for all sautéed items and their sauces.

Sauté: To cook quickly in a small amount of fat in a pan on the stovetop.

Sauteuse: A shallow skillet with sloping sides and a single long handle. Used for sautéing. Referred to generically as a sauté pan.

Sautoir: A shallow skillet with straight sides and a single long handle. Used for sautéing. Referred to generically as a sauté pan.

Sommelier: Wine steward or waiter. Helps diners select wine and serves it. Responsible for the restaurant’s wine cellar.

Sorbet: A frozen dessert made with fruit juice or another base, a sweetener (usually sugar), and beaten egg whites, which prevent the formation of large ice crystals.

Soufflé: Literally, “puffed.” A preparation made with a sauce base (usually béchamel for savory soufflés, pastry cream for sweet ones), whipped egg whites, and flavorings. The egg whites cause the soufflé to puff during cooking.

Sous chef: Literally, “under chef.” The chef who is second in command in a kitchen; usually responsible for scheduling, filling in for the executive chef, and assisting the chefs de partie as necessary.

Suprême: The breast fillet and wing of chicken or other poultry. Sauce suprême is chicken velouté enriched with cream.

Swiss: To pound meat, usually beef, with flour and seasonings, breaking up the muscle fibers and tenderizing the meat.

T

Toque blanche “White hat.” A chef’s hat.

Table d’hôte: A fixed-price menu with a single price for an entire meal based on the entrée selection.

Tournant: Roundsman or swing cook; a kitchen staff member who works as needed throughout the kitchen.

Tourner: To cut items, usually vegetables, into a barrel, olive, or football shape. Tournéed foods should have five or seven sides or faces and blunt ends.

Tranche: A slice or cut of meat, fish, or poultry cut on a bias to visually increase the appearance of the cut.

Tuile: Literally, "tile." A thin wafer-like cookie or food cut to resemble this cookie. Tuiles are frequently shaped while still warm and pliable by pressing them into molds or draping them over rolling pins or dowels.

V

Velouté: A sauce of white stock (chicken, veal, seafood) thickened with white roux; one of the grand sauces.

Velouté soup: A cream soup made with a velouté sauce base and flavorings (usually pureed) that is usually finished with a liaison.

RECIPE INDEX

B

Barley Pilaf	93
Beef Barley Soup	43
Beef Stew with Classical-Cut Vegetables	59
Braised Collard Greens	89
Braised Fennel	86
Brown Rice Pilaf	101

C

Chicken Fricassée	66
Court Bouillon	62
Cream of Broccoli Soup	38
Cream of Cauliflower Soup	37
Cream Soup with Garnish	44

D

Deep-Fried Battered Fish	53
Deep-Poached Salmon with Hollandaise Sauce	61
Duchesse Potatoes	74

F

Fines Herbes	52
Fines Herbes Sauce	51
French Fried Potatoes	88
Fresh Egg Pasta	96

G

Glazed Beets	103
Glazed Carrots	70
Glazed Sweet Potatoes	27
Glazed Turnips	77
Grains	146
GRILLED PORK CHOPS WITH POMMERY MUSTARD BEURRE BLANC	24

Grilled Red Peppers	95
Grilled Salmon with Herb Compound Butter	57
Grilled Strip Loin Steak with Herb Compound Butter	68
Grilled Vegetables	98

H

Herb Compound Butter	58
Hollandaise Sauce	63

O

Onion Soup Gratinee	41
----------------------------------	----

P

Pan-Fried Pork Cutlets	55
Parslied New Potatoes	79
Pommery Mustard Beurre Blanc	26
Potatoes	148, 150
Puree of Split Pea Soup	39
Puree of Sweet Potato Soup	40
Puree Soup with Garnish	46

R

Ratios	136
Rémoulade Sauce	54
Rice Pilaf	91
Roast Beef Strip Loin with Jus Lie	49
Roast Chicken with Pan Gravy	47

S

Sauce Robert	56
Sauces:	141
Sautéed Bok Choy	99
Sautéed Broccoli	71
Sautéed Brussels Sprouts	102

Sautéed Chicken Breast with Fines	
Herbes Sauce	49
Sautéed Green Beans	76
Sautéed Mushrooms	82
Sautéed Peppers	92
Sautéed Spinach	83
Sautéed Sugar Snap Peas	81
Shallow-Poached Fish/Seafood with	
Pan Sauce	64
Steamed Broccoli	73, 105

Steamed Cauliflower	85
Stocks	136

T

Thickeners	139, 151
-------------------------	----------

W

Whipped Potatoes	72
-------------------------------	----

Memo To: CIA Continuing Education Students
From: Office of the Registrar
Re: Privacy of Student Records



The *Family Educational Rights and Privacy Act* (FERPA) is the federal law that governs release of and access to student education records. These rights include:

1. **The right to inspect and review your education record within a reasonable time after the CIA receives a request for access.** If you want to review your record, contact the Registrar's Office to make appropriate arrangements.
2. **The right to request an amendment of your education record if you believe it is inaccurate or misleading.** If you feel there is an error in your record, you should submit a statement to the Registrar's Office, clearly identifying the part of the record you want changed and why you believe it is inaccurate or misleading. The Registrar will notify you of the decision and advise you regarding appropriate steps if you do not agree with the decision.
3. **The right to consent to disclosure of personally identifiable information contained in your education records, except to the extent that FERPA authorizes disclosure without consent.** One exception which permits disclosure without consent is disclosure to school officials with "legitimate educational interests." A school official has a legitimate educational interest if the official has a need to know information from your education record in order to fulfill his or her official responsibilities. Examples of people who may have access, depending on their official duties, and only within the context of those duties, include: CIA faculty and staff, agents of the institution, students employed by the institution or who serve on official institutional committees, and representatives of agencies under contract with the CIA.
4. **The right to file a complaint with the U.S. Department of Education concerning alleged failures by the CIA to comply with the requirements of FERPA.**

Release of student record information is generally not done at the CIA without the expressed, written consent of the student. There are, however, some exceptions. For example, directory information includes the following, and may be released without the student's consent: name, permanent address, campus box number, CIA email address, photographs, program of study, dates of attendance, and degrees or certificates awarded with dates. Please note that you have the right to withhold the release of directory information. To do so, you must complete a "Request for Non-Disclosure of Directory Information" form, which is available from the CIA Consulting Department at 845-905-4417. Please note two important details regarding placing a "No Release" on your record:

1. The CIA receives many inquiries for directory information from a variety of sources

outside the institution, including friends, parents, relatives, prospective employers, the news media, and others. Having a “No Release” on your record will preclude release of such information, even to those people.

2. A “No Release” applies to all elements of directory information on your record. The CIA does not apply “No Release” differently to the various directory information data elements.

A copy of the *Act*, more details about your rights, and any CIA policies related to the *Act* are available at <http://www.ciachef.edu/consumer-information/#psr>.

Questions concerning FERPA should be referred to the Office of the Registrar, The Culinary Institute of America, 1946 Campus Drive, Hyde Park, NY, 12538.

CIA INSTRUCTOR POLICY ON PROPRIETARY INTERESTS DISCLOSURE AND REPRESENTATION

The instructor does not have a proprietary interest in any product, instrument, device, service, or material to be discussed during the learning event, nor does the instructor receive third-party compensation related to the presentation.

These materials were developed at the Culinary Institute of America.

Instructional Designers:

Veronica Arcoraci, M.S.

David Bruno

John DeShetler

Hinnerk von Bargaen

Andrew Moreo, M.S.

NRAEF Course Guide v.200.docx

Copyright © 2025

The Culinary Institute of America

All Rights Reserved

This manual is published and copyrighted by The Culinary Institute of America.

Copying, duplicating, selling or otherwise distributing this product is hereby expressly forbidden except by prior written consent of The Culinary Institute of America.