



Culinary Institute  
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# WELCOME!

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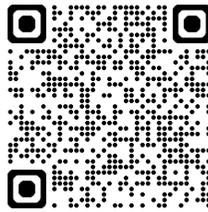
Best of Boot Camp

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# Expectations for Participants

To maintain safety/ sanitation standards and ensure you have the best experience possible...

## KITCHEN RESPONSIBILITIES

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



## RECIPE MISE EN PLACE

- Read the entire recipe before starting.
- Review yield, temp., and cook times.
- Ask questions if anything is unclear.
- Visualize the cooking process from start to finish.
- Complete any pre-steps (soak, marinade, etc.).
- Gather, measure/ weigh all ingredients.
- Complete all basic prep (wash, trim, dice, etc.).

## FOOD SAFETY

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

## KNIFE SAFETY

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



# COURSE INFORMATION

The *Best of Boot Camp* is an intensive, four-day, hands-on, fantasy culinary vacation! This program features all the best that CIA Boot Camp programs have to offer. Each day will highlight the fundamentals of cooking and baking while introducing you to new and exciting tastes. You will get a look into the hallowed halls of The Culinary Institute of America and work with our esteemed chefs, who will share step-by-step demonstrations and instruction.

## LEARNING OBJECTIVES

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

- learn to speak like a chef, using appropriate terms for kitchen equipment and culinary techniques.
- practice essential kitchen skills related to mis en place, knife handling, and cooking methods.
- learn the fundamentals of Italian cuisine encompassing the northern, central, and southern regions.
- explore the uncomplicated yet sophisticated world of the French bistro through classic dishes.
- study the fundamentals of baking and pastry, from basic bread baking to simple, yet elegant plated desserts.

# COURSE SYLLABUS

## DAY ONE: SHARPENING YOUR KNIFE SKILLS AND CULINARY FUNDAMENTALS

- Lecture
  - Safety and Sanitation
  - Mise en Place
  - Basic Culinary Preparations
  - Dry-Heat Cooking Methods
  - Moist-Heat Cooking Methods
  - Combination Cooking Methods
- Kitchen Production Exercise
  - Group and/or Station Demonstrations
    - Knife Skills
    - Pounding Meat
    - Preparing Beurre Blanc Sauce
    - Pan-Frying
    - Grilling
    - Pilaf Method
    - Piping Pommés Duchesse
  - Review and Critique

## DAY TWO: THE ITALIAN TABLE

- Lecture
  - Regional Italian Cuisine
    - Northern
    - Central
    - Southern
  - Pasta
- Kitchen Production Exercise
  - Group and/or Station Demonstrations
    - Preparing Risotto
    - Preparing and Shaping Fresh Egg Pasta
    - Preparing and Shaping Gnocchi
    - Butterflying and Rolling Pork Loin
    - Preparing and Shaping Fresh Mozzarella Cheese
  - Review and Critique

## **DAY THREE: BISTROS AND BRASSERIES**

- Lecture
  - Bistros and Brasseries
    - Quick Breads, Pastries, Crepes and Other Griddled Items
    - Specialty Egg Dishes
    - Soups
    - Salads and Dressings
    - Sandwiches, Quiche, and Pizza
- Kitchen Production Exercise
  - Group and/or Station Demonstrations
    - Rolling and Blind-Baking Pie Dough
    - Preparing chocolate mousse
    - Preparing French Fries
    - Preparing Crêpes
    - Cleaning Mussels
    - Poaching Eggs
    - Preparing Hollandaise Sauce
    - Preparing Poolish for Ciabatta- Day Four
  - Review and Critique

## **DAY FOUR: BAKING AND PASTRY**

- Lecture
  - Baking and Pastry
    - Basic Ingredients
    - Basic Mixing Methods
    - Ratios
- Kitchen Production Exercise (note: class will not prepare their own meal today)
  - Group and/or Station Demonstrations
    - Pie Dough
    - Challah
    - Ciabatta
  - Review and Critique

# DAY ONE: TEAM PRODUCTION ASSIGNMENTS

## KNIFE SKILLS AND CULINARY FUNDAMENTALS

### EACH STUDENT WILL...

Slice onions, dice onions, mince garlic

### TEAM ONE

Wiener Schnitzel with Lemon-Caper Beurre Blanc

Garlic-Roasted Potatoes with Parsley and Oregano

Braised Greens

### TEAM TWO

Grilled Salmon with Orange-Thyme Butter

Rice Pilaf

Green Beans with Toasted Walnuts

### TEAM THREE

40-Clove Chicken

Whipped Potatoes

Oven-Roasted Vegetables

### TEAM FOUR

Roast Sirloin of Beef with Jus Lié

Pommes Duchesse

Grilled Zucchini

### ALL TEAMS

*Prep Vanilla Sugar for Chocolate Mousse on Day Three*

# WIENER SCHNITZEL WITH LEMON-CAPER BEURRE BLANC

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Veal, cutlet, 3 oz.	12 ea.
Salt, kosher	$\frac{3}{4}$ tsp.
Pepper, black, ground	$\frac{1}{4}$ tsp.
Egg, whole, beaten	$\frac{1}{4}$ cup
Milk, whole	$\frac{1}{4}$ cup
Flour, all-purpose	$\frac{3}{4}$ cup
Breadcrumbs, dried	2 cups
Oil, vegetable	1 $\frac{3}{4}$ cups
Butter, unsalted	4 Tbsp.
Parsley, flat-leaf, fresh, chopped	4 Tbsp.
Lemon, cut into wedges	6 ea.
Lemon-Caper Beurre Blanc	2 cups

(Recipe follows)

## **Method**

1. Pound each portion of veal between sheets of parchment or plastic wrap to a thickness of  $\frac{1}{4}$ -inch (see chef demo). Blot the veal dry. Season each piece with salt and pepper.
2. Mix the egg and milk to create an egg wash.
3. To bread each cutlet, dredge (coat) the veal in flour and shake off any excess, dip in egg wash, and dredge in breadcrumbs.
4. Heat about  $\frac{1}{8}$ -inch of oil in a large skillet to about 350°F over medium heat. Working in batches, add the breaded veal to the hot oil and pan fry on the first side until golden brown and crisp, about 2 minutes. Turn once and finish pan frying on the second side until it reaches an internal temperature of 160°F, about 1 or 2 minutes more.
5. Drain on paper towels or on a wire rack set over a baking sheet.
6. When ready to serve, heat the butter in a large skillet until it sizzles, about 2 minutes. Add the pan-fried veal to the hot butter and turn to coat on both sides.
7. Garnish with chopped parsley.
8. Serve with lemon wedges and Lemon-Caper Beurre Blanc on the side.

# LEMON-CAPER BEURRE BLANC

*Yield: 2 cups*

<b>Ingredients</b>	<b>Amounts</b>
Cream, heavy	1 cup
Shallot, minced	1 Tbsp.
Peppercorns, black	4 ea.
Wine, white, dry	½ cup
Lemon, juice, fresh	½ cup
Butter, cold, cubed	¾ lb.
Salt, kosher	to taste
Pepper, white, ground	to taste
Lemon, zest, grated	1 Tbsp.
Capers, drained, rinsed	3 ½ Tbsp.

## **Method**

1. In a small saucepan set over medium heat, bring the heavy cream to a simmer and reduce by half.
2. Combine the shallots, peppercorns, wine, and 2 tablespoons lemon juice in a separate saucepan. Reduce over medium-high heat until nearly dry (au sec).
3. Add the reduced heavy cream and simmer the sauce for 2 to 3 minutes to reduce slightly.
4. Over very low heat, add the butter a few pieces at a time, whisking constantly to blend the butter into the reduction. (Do not boil the sauce as it will separate.) Continue adding butter until the full amount has been incorporated.
5. Season to taste with salt and pepper.
6. Finish the sauce by adding the remaining lemon juice, lemon zest, and capers.
7. Place the sauce in a hot water bath and keep warm until needed.

# GARLIC-ROASTED POTATOES WITH PARSLEY AND OREGANO

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, red bliss, trimmed, washed	2 ¼ lb.
Oil, olive, extra virgin	⅓ cup
Bay leaf, dried	3 ea.
Oregano, dried	1 ½ Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	to taste
Garlic, clove, minced	6 ea.
Parsley, flat-leaf, fresh, chopped	3 Tbsp.
Oregano, fresh, chopped	1 ½ Tbsp.

## **Method**

1. Preheat oven to 425°F.
2. In a large mixing bowl, place the potatoes, olive oil, bay leaves, dried oregano, salt, and pepper. Toss well to combine.
3. Heat a large, cast-iron skillet. Transfer the oiled seasoned potatoes to the hot skillet.
4. Place the skillet in the preheated oven. Roast for 20 minutes, stirring occasionally to ensure even browning.
5. Lower the oven temperature to 375°F. Cook, stirring occasionally, until the potatoes are golden brown and crispy, 15 to 20 minutes.
6. When there is 5 to 10 minutes remaining in the cooking time, add the garlic. (This is to prevent it from burning and creating a bitter flavor.)
7. Remove the skillet from the oven and transfer the potatoes to a warm serving bowl. Sprinkle with the parsley and oregano.
8. Serve immediately.

# BRAISED GREENS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Greens, collard	2 ½ lb.
Pork, bacon, slice, diced	3 ea.
Onion, yellow, diced	1 ¼ cups
Garlic, minced	2 tsp.
Pork, ham, hock (Optional)	1 ea.
Chicken, stock	1 ¼ cups
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Preheat oven to 350°F.
2. Remove the stems from the greens and discard. Wash the greens thoroughly.
3. Bring a large pot of salted water to a boil. Add the collards and blanch (par-cook) for about 1 minute. Remove from the water and transfer to an ice bath to “shock” the greens and stop the cooking process. Drain, then chop and set aside.
4. In a large skillet over medium heat, cook the bacon until it is light golden brown, crispy, and the fat has melted out (rendered).
5. Add the onions and cook until translucent.
6. Add the garlic and cook until aromatic, about 1 minute.
7. Add the ham hock (if desired), blanched greens, and stock. Season with salt and pepper to taste.
8. Place the skillet in the preheated oven and braise the greens until they are tender, 30 to 45 minutes.
9. Remove the skillet from the oven. Remove the greens and reserve.
10. Place the skillet on the stovetop over medium-high heat. Reduce the cooking liquid by half.
11. Return the greens to the skillet. Toss with the cooking liquid. Adjust the seasoning with salt and pepper to taste.
12. Serve the greens hot on a warm serving platter.

**Note:** Kale can be substituted for the collard greens. Vegetable stock can be substituted for the chicken stock.

# GRILLED SALMON WITH ORANGE-THYME BUTTER

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted, softened	½ cup
Almonds, blanched, ground	4 Tbsp.
Orange, juice, fresh	2 Tbsp.
Thyme, leaves, fresh	2 tsp.
Orange, zest	1 tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	½ tsp.
Salmon, fillet, 6 oz., skin removed	6 ea.
Salt, sea	as needed
Pepper, black, ground	as needed
Lemon, juice, fresh	2 Tbsp.
Oil, vegetable	as needed

## **Method**

1. For the orange-thyme butter, in a medium bowl, place the butter, ground almonds, orange juice, thyme, orange zest, salt, and pepper. Mix until blended.
2. Place the mixture on a piece of plastic wrap. Roll it into a 1-inch-diameter cylinder and secure the ends by twisting. Chill in the refrigerator until firm, about 2 hours.
3. Preheat a gas grill to medium; leave 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.
4. Season the fish with salt, pepper, and lemon juice. Brush the fish evenly with the oil.
5. Grill each salmon fillet to the desired doneness (usually medium).
6. Top each fillet with a slice of the orange-thyme butter. Place into a hot oven or pass under a broiler just long enough to begin melting the butter.
7. Serve immediately on a warm platter.

# RICE PILAF

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, stock	2 cups
Butter, unsalted	1 Tbsp.
Onion, yellow, diced	3 Tbsp.
Garlic, minced	1 tsp.
Rice, white, long-grain	1 cup
Salt, kosher	1 tsp.
Pepper, white, ground	¼ tsp.
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	1 ea.

## **Method**

1. In a heavy saucepan, place the stock. Bring it to a simmer.
2. Meanwhile, heat the butter in a medium-sized, heavy saucepan over medium heat. Add the onions and cook until they are translucent, 3 to 5 minutes.
3. Add the rice, stirring to coat it with the butter. Toast the rice lightly for 1 minute.
4. Add the hot stock, salt, pepper, bay leaf, and thyme. Bring it to a boil, stirring once or twice to make sure the rice is not sticking to the bottom of the pan.
5. Cover the pan tightly and lower the heat to very low. Cook the rice until it is tender, and all the liquid has been absorbed, 15 to 20 minutes.
6. Remove the pan from the heat and let it stand undisturbed for 10 minutes.
7. Remove the lid and cover the pot with a clean dish towel. Replace the lid and let it sit for another 5 minutes. Uncover the pan and gently fluff the grains of rice with a fork.
8. Serve immediately in a heated bowl.

**Note:** Vegetable oil can be substituted for the butter. The rice can also be cooked in a 325°F oven instead of the stovetop.

## GREEN BEANS WITH TOASTED WALNUTS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Walnuts, halved	2 Tbsp.
Beans, green, trimmed	1 ½ lb.
Oil, walnut	1 ½ tsp.
Shallot, minced	2 tsp.
Garlic, minced	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Chive, fresh, sliced	2 tsp.

### **Method**

1. Heat a large frying pan over medium-high heat. Add the walnuts in a shallow layer. Toast the walnuts, shaking the pan to prevent scorching, until the walnuts are golden brown and aromatic, about 5 minutes. Transfer the walnuts to a small bowl and reserve.
2. Bring a large pot of salted water to a boil. Add the green beans and blanch until bright green, about 2 minutes. Remove the beans from the water and transfer to an ice bath to shock the beans and stop the cooking process. Drain and reserve.
3. Heat the walnut oil in a large sauté pan over medium heat. Add shallots and garlic. Sauté until the shallots just start to brown, about 1 minute.
4. Add the green beans. Season with salt and pepper to taste.
5. Add the toasted walnuts and chives. Toss to combine.
6. Serve on a heated platter.

## 40-CLOVE CHICKEN

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, breast, frenched	4 ea.
Chicken, thigh	4 ea.
Chicken, leg	4 ea.
Wine, white, dry	4 <sup>3</sup> / <sub>4</sub> cups
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	1 <sup>1</sup> / <sub>4</sub> cup
Oil, olive, pure	3 Tbsp.
Garlic, clove, peeled	40 ea.
Thyme, sprig, fresh	6 ea.
Rosemary, sprig, fresh	2 ea.
Parsley, flat-leaf, fresh, chopped	3 Tbsp.

### **Method**

1. In a large pan or sealable bag, place the chicken pieces and the wine. Allow it to marinate in the refrigerator for 1 to 2 hours.
2. Preheat oven to 325°F.
3. Remove the chicken and pat it dry. Reserve the marinade. Season the chicken with salt and pepper, then dredge (coat) the chicken in flour.
4. Heat the oil in a large sautoir (straight-sided sauté pan) over medium-high heat. Working in batches, add the chicken to the pan and brown on all sides. Remove the chicken from the pan and reserve.
5. Add the garlic and sauté until it begins to brown. Place the chicken on top of the garlic in a single layer. Add the reserved wine marinade. Season with the thyme and rosemary.
6. Cover the pan and braise in the preheated oven until tender, about 45 minutes.
7. Remove the chicken and the garlic and reserve. Remove and discard the herbs. Place the pan on the stovetop and reduce the sauce until it is thick enough to coat the back of a spoon (nappé). Adjust the seasoning with salt and pepper.
8. Serve the chicken on a warm platter with the sauce and garlic cloves. Garnish with the parsley.

Source: Adapted from *On Cooking* by Sarah Labensky and Alan Hause

# WHIPPED POTATOES

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, russet, peeled, quartered	2 lb.
Salt, kosher	½ tsp.
Butter, unsalted, softened	2 Tbsp.
Milk, whole, warm	¼ cup
Salt, kosher	to taste
Pepper, white, ground	to taste

## **Method**

1. In a large pot, place the potatoes, salt, and enough cold water to cover the potatoes by 2 inches. Bring the pot to a simmer over high heat.
2. Lower the heat to medium, cover the pot, and simmer until the potatoes are easily pierced with a fork, 25 to 30 minutes.
3. Drain the potatoes and return them to the pan. Place the pan over low heat until no more steam rises from the potatoes (be careful not to brown them).
4. While they are still hot, purée the potatoes with a food mill or potato ricer into a heated bowl.
5. Add the butter and mix into the potatoes by hand or with the whip attachment of an electric mixer, just until incorporated.
6. Add the warm milk and stir to combine. Taste and season with salt and pepper. Whip the potatoes on medium speed until smooth and light.
7. Serve immediately in a heated bowl.

## **Variations:**

**Buttermilk Whipped Potatoes:** Replace milk with buttermilk; add 1 to 2 tablespoons minced fresh chives along with the salt and pepper.

**Whipped Sweet Potatoes:** Replace the russet potatoes with sweet potatoes. Use the cooking liquid to replace half of the milk when whipping the purée. Season with ¼ teaspoon of cinnamon, a few grains of nutmeg, and a few drops of fresh lemon juice.

# OVEN-ROASTED VEGETABLES

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Onion, red, quartered	2 ea.
Carrot, oblique cut	2 cups
Cauliflower, florets	2 cups
Pepper, bell, red, cut into 1-in. pieces	2 cups
Pepper, bell, green, cut into 1-in. pieces	2 cups
Garlic, clove, whole, peeled	6 ea.
Shallot, whole, peeled	3 ea.
Oil, olive, extra virgin	2 Tbsp.
Thyme, fresh, chopped	1 Tbsp.
Salt, kosher	1 Tbsp.
Pepper, black, ground	1 tsp.
Butter, unsalted, cut into bits	4 Tbsp.

## **Method**

1. Preheat oven to 375°F.
2. In a large, stainless-steel bowl, place the onions, carrots, cauliflower, peppers, garlic, and shallots. Toss to combine.
3. Add the olive oil and toss well to coat the vegetables with the oil.
4. Season with thyme, salt, and pepper. Mix thoroughly.
5. Butter a roasting pan. Transfer the vegetables to the pan. Dot the vegetables with the butter.
6. Place the pan in the preheated oven. Roast the vegetables until they are lightly caramelized and tender. Gently stir the vegetables periodically to ensure even roasting.
7. Serve the vegetables immediately on a heated platter.

## ROAST SIRLOIN OF BEEF WITH JUS LIÉ

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Beef, sirloin, boneless tied at 1-in. intervals	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	as needed
Onion, yellow, diced	1/3 cup
Carrot, diced	1/4 cup
Celery, diced	1/4 cup
Tomato, paste	2 Tbsp.
Veal, stock, brown	2 1/2 cups
Cornstarch	1 tsp.
Water	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

### **Method**

1. Preheat oven to 350°F.
2. Season the beef generously with salt and pepper.
3. Heat enough oil to create a film in a large sauté pan over medium-high heat. Add the beef and brown it on all sides.
4. Transfer the beef to a rack placed above a roasting pan. Add the onions, carrots, and celery to the bottom of the pan.
5. Roast the meat in the preheated oven until it is medium-rare (125°F internal temperature), about 1 hour.
6. Remove the beef from the pan and place it on a platter, cover it loosely with foil, and let it stand for 20 minutes.
7. For the jus, pour off the fat from the roasting pan, leaving 1 tablespoon. Add the tomato paste. Place the pan over medium heat on the stove top and cook, stirring often, until the vegetables and tomato paste are caramelized, 3 to 5 minutes.
8. Add the stock. Stir and scrape the bottom of the pan with a wooden spoon to deglaze.
9. In a small bowl, whisk together the cornstarch and water to form a slurry. Whisk it into the sauce.
10. Bring the pan to a boil over medium heat. As soon as the sauce thickens, remove the pan from the heat and strain. Season with salt and pepper to taste.
11. Remove the string from the meat, slice, and serve on a heated platter with the jus.

# POMMES DUCHESSE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, russet, peeled, quartered	2 ¼ lb.
Egg, yolk	3 ea.
Butter, unsalted, softened	¼ lb.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Nutmeg, fresh, grated	⅛ tsp.

## **Method**

1. Preheat oven to 400°F.
2. In a large pot of cold, salted water, place the potatoes. Bring it to a boil over high heat. Lower the heat to a simmer and cook until the potatoes are just tender.
3. Drain the potatoes and return them to the pot. Heat the pot over very low heat until no more steam rises from the potatoes (be careful not to brown them).
4. Purée the potatoes while they are still very hot.
5. Stir the egg yolks and butter into the hot potato purée. Season with the salt, pepper, and nutmeg.
6. Transfer the mixture to a piping bag fitted with a star tip. Pipe the potatoes onto a parchment paper-lined sheet pan (See Chef demo).
7. Bake in the preheated oven until the potatoes are heated through and golden brown.
8. Serve immediately on a warm platter.

# GRILLED ZUCCHINI

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, pure	½ cup
Vinegar, wine, red	½ cup
Garlic, minced	2 tsp.
Thyme, fresh, chopped	1 ½ tsp.
Oregano, fresh, chopped	1 ½ tsp.
Sugar, granulated	1 tsp.
Squash, zucchini, ½-in. sliced on bias	1 ½ lb.
Salt, kosher	½ tsp.

## **Method**

1. Preheat a gas grill to medium-high; leave 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 light coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
2. In a medium bowl, place the oil, vinegar, garlic, thyme, oregano, and sugar. Stir until the sugar dissolves.
3. Pat the zucchini slices dry with paper towels and season generously with salt.
4. Toss the zucchini with the marinade, making sure that it is coated on both sides.
5. Place the zucchini on the grill and cook on each side until it is tender and marked with grill marks.
6. Transfer to a warm platter, drizzle with some of the marinade, and serve hot.

# DAY TWO: TEAM PRODUCTION ASSIGNMENTS

## THE ITALIAN TABLE

### TEAM ONE

Risotto with Porcini Mushrooms and Peas  
Prosciutto with Roasted Peppers and Anchovies  
Garganelli with Ragù Bolognese  
*Soak Navy Beans for Potage au Pistou for Day Three*

### TEAM TWO

Gnocchetti with Peas and Pancetta  
Roast Stuffed Pork Loin Genoa-Style with Garlic Jus  
Stuffed Zucchini

### TEAM THREE

Fresh Mozzarella Salad  
Sea Bass with Vegetables  
Baked Rolled Pasta

### TEAM FOUR

Caponata with Toast  
Spinach and Ricotta Ravioli  
Onions in Sweet and Sour Sauce

### CHEF DEMO AND GROUP PRODUCTION

Zabaglione  
Tiramisu

# RISOTTO WITH PORCINI MUSHROOMS AND PEAS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Mushrooms, porcini, dried	1 ½ cups
Water, boiling	2 cups
Chicken, stock	3 ¼ cups
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	2 Tbsp.
Peas, frozen, thawed	¾ cup
Butter, unsalted	¼ cup
Onion, yellow, minced	½ cup
Garlic, clove, minced	2 ea.
Rice, Arborio	1 ¼ cups
Wine, white, dry	¼ cup
Butter, unsalted	¼ cup
Cheese, Parmesan, grated	1 cup

## **Method**

1. In a large bowl, place the dried mushrooms and enough boiling water to cover them. Allow them to soak until softened, 15 to 30 minutes. Place a strainer lined with cheesecloth over a bowl and drain the mushrooms. Reserve the mushrooms.
2. In a small saucepot, heat the stock over low heat. Season with salt and pepper. Reserve.
3. In a small sauté pan over medium heat, melt the butter. Add the reserved mushrooms and sauté until tender.
4. Add the peas and cook until the peas are heated through. Remove the pan from the heat. Reserve the peas and mushrooms.
5. Melt the butter in a sautoir (a straight sided sauté pan) over medium heat. Add the onions and sauté until translucent but without color.
6. Add the garlic and sauté until aromatic, but without color, about 1 minute.
7. Add the rice and cook, stirring constantly, until the rice grains are coated with butter and have changed from completely white to somewhat translucent, but without browning. (The center will still be white.)
8. Lower the heat to medium-low. Add the wine and simmer, stirring often, until the wine is almost completely absorbed.
9. Add the reserved stock in three additions, stirring and allowing the stock to be absorbed between additions. The rice should still be just tender, and the grains separate, but creamy.
10. Add the mushroom and pea mixture, butter, and cheese. Adjust the consistency, if necessary, with more stock. It should be wavy and creamy like porridge (*all'onda*), not firm and stiff. Season with salt and pepper to taste. Serve in a heated bowl.

**Note:** Fresh, blanched peas can be substituted for frozen peas.

# PROSCIUTTO WITH ROASTED PEPPERS AND ANCHOVIES

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pepper, bell, red	3 ea.
Pepper, bell, yellow	3 ea.
Oil, olive, extra virgin	½ cup
Lemon, juice, fresh	¼ cup
Anchovy, fillet, minced	2 ea.
Garlic, minced	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lettuce, leaf	6 ea.
Pork, prosciutto, slice, very thin	6 ea.
Anchovy, fillet	6 ea.

## **Method**

1. Using tongs, hold the peppers over the flame of a gas burner. Turn the peppers and roast them until the surface is evenly charred.
2. Place the roasted peppers in a paper bag and steam until the skin loosens, about 15 minutes.
3. When cool enough to handle, remove the charred skin and seeds. Cut the peppers into strips. Transfer to a stainless-steel bowl. Reserve.
4. For the marinade, add the oil, lemon juice, anchovies, garlic, salt, and pepper. Mix to combine. Marinate for 1 hour.
5. Arrange the lettuce leaves on a chilled platter. Top with reserved pepper strips, prosciutto, and anchovy fillets.
6. Serve at room temperature.

# GARGANELLI WITH RAGÙ BOLOGNESE

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pork, pancetta, finely diced	2 ½ wt. oz.
Oil, olive, extra virgin	1 ¼ Tbsp.
Butter, unsalted	⅔ wt. oz.
Onion, yellow, finely diced	6 ¼ wt. oz.
Carrot, finely diced	2 ½ wt. oz.
Celery, finely diced	2 wt. oz.
Beef, ground, lean	10 wt. oz.
Pork, ground, lean	10 wt. oz.
Tomato, paste	2 wt. oz.
Wine, white, dry	10 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Nutmeg, fresh, grated	to taste
Chicken, stock	20 fl. oz.
Cream, heavy, heated	10 fl. oz.
Fresh Egg Pasta (Recipe follows)	1 ½ lb.
Cheese, Parmesan, grated	4 wt. oz.

## **Method**

1. In a medium, non-reactive stockpot, place the pancetta, oil, and butter. Cook over medium-low heat, stirring frequently, until the pancetta is golden brown, and the fat is rendered, about 15 minutes.
2. Add the onions, carrots, and celery. Cook over medium-high heat, stirring frequently, until the vegetables are softened, and the onions are translucent, 5 to 7 minutes.
3. Add the beef and pork. Cook, stirring continuously, until the meat is browned, 3 to 4 minutes. Drain the fat, if necessary.
4. Stir in the tomato paste and cook until lightly caramelized, 2 to 3 minutes.
5. Stir in the wine and reduce the mixture until nearly dry.
6. Season with salt, pepper, and nutmeg to taste.
7. Add the stock, bring the sauce to a boil, reduce the heat to low, and simmer uncovered until the mixture has reduced and the flavors have concentrated. Add additional stock if necessary to avoid scorching.
8. Just prior to service, stir in the cream and return the sauce to a simmer. Do not allow it to boil. Adjust the seasoning with salt and pepper to taste. Reserve. Keep warm.
9. Bring a large pot of salted water to a boil. Add the pasta. Cook, stirring frequently, until it is tender but firm to the bite (*al dente*). Drain, reserving some of the cooking liquid.
10. Toss the pasta with the sauce. Adjust the consistency with some of the cooking liquid, as needed. Serve in a heated bowl, garnished with Parmesan cheese.

# FRESH EGG PASTA

*Yield: 1 ½ lb.*

<b>Ingredients</b>	<b>Amounts</b>
Flour, durum	1 lb.
Salt, kosher	1 pinch
Egg, whole	4 ea.
Oil, olive, pure (Optional)	2 Tbsp.

## **Method**

1. In a food processor, combine the flour and salt.
2. Add the eggs and oil, if using. Process mixture until it resembles coarse meal. (When pressed, dough will form a cohesive mass.)
3. Turn the dough out onto a work surface and knead until the dough is very firm, yet pliable.
4. Cover and let the dough relax at room temperature for at least 1 hour.
5. Roll the dough by machine or by hand. To form a garganelli shape, cut pasta into small squares and pinch the corners together (See chef demo).
6. The pasta is ready to cook now, or it can be covered and refrigerated for up to 2 days.

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

**Spinach Pasta:** Purée 6 ounces spinach leaves, squeeze dry in cheesecloth, and add to the eggs.

**Red Pepper Pasta:** Sauté 6 ounces puréed roasted red pepper until reduced and dry. Cool and add to the eggs.

**Tomato Pasta:** Sauté 6 tablespoons tomato purée until reduced and dry. Cool and add to the eggs.

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

**Citrus Pasta:** Add 4 teaspoons finely grated lemon or orange zest to the eggs. Substitute 2 tablespoons citrus for the water.

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

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

**Saffron Pasta:** Steep 2 to 4 teaspoons pulverized saffron threads in 2 tablespoons hot water and add to the eggs.

**Curried Pasta:** Add 2 to 4 teaspoons curry powder to the flour.

# GNOCCHETTI WITH PEAS AND PANCETTA

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, chef's, peeled, quartered	1 ½ lb.
Butter, unsalted	2 Tbsp.
Egg, whole, beaten	1 ea.
Egg, yolk, beaten	1 ea.
Flour, bread	1 cup
Salt, kosher	to taste
Pepper, white, ground	to taste
Pork, pancetta, small diced	½ lb.
Chicken, stock	1 cup
Butter, unsalted, cubed	1 cup
Peas, frozen, thawed	1 ½ cups
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. In a large pot, cook the potatoes in salted, simmering water until tender. Drain, dry, and pass them through a food mill into a large stainless-steel bowl. Cool completely.
2. Add the butter, egg, and egg yolk. Mix well.
3. Add just enough of the flour to bind the mixture into a dough (the more flour added the heavier the result). Season with salt and pepper to taste.
4. Roll the dough into long, ¼-inch diameter cylinders. Cut into segments ¼-inch long.
5. Shape the gnocchetti by pressing and rolling each segment off the back of a fork (see Chef demo). Reserve.
6. In a small sauté pan over medium heat, cook the pancetta until it browns and most of the fat has melted (rendered). Reserve.
7. Bring a large pot of salted water to a boil. Add the gnocchetti and cook until done, 5 to 6 minutes. Drain and reserve.
8. In a large, straight-sided sauté pan, over medium heat, bring the stock to a simmer. Reduce the heat to low and add the butter a few pieces at a time, whisking until each addition is incorporated. Repeat until all the butter has been added. Do not allow it to boil, as the sauce could separate.
9. Add the gnocchetti. Toss to coat and reheat.
10. Add the peas and reserved pancetta, toss to combine, and heat through. Season to taste with salt and pepper. Serve on a heated platter.

# ROAST STUFFED PORK LOIN GENOA-STYLE WITH GARLIC JUS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pine nuts ( <i>Pignoli</i> )	½ cup
Garlic, minced	4 tsp.
Parsley, flat-leaf, fresh, chopped	3 ½ Tbsp.
Basil, fresh, chopped	2 ½ Tbsp.
Cheese, Pecorino-Romano, grated	¼ cup
Pork, ground	¼ lb.
Pork, sausage, Italian, casing removed	¼ lb.
Breadcrumbs, dried	½ cup
Cream, heavy	3 Tbsp.
Egg, whole, beaten	1 ea.
Pork, loin, boneless, well-trimmed	2 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Onion, yellow, diced	½ cup
Carrot, diced	¼ cup
Celery, diced	¼ cup
Tomato, paste	4 Tbsp.
Garlic, clove, minced	1 ea.
Bay leaf, dried	1 ea.
Veal, stock, brown	2 ¼ cups
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Preheat the oven to 350°F.
2. In a dry skillet over medium heat, place the pine nuts. Heat, shaking the pan and stirring often with a wooden spoon, until the nuts are fragrant and golden brown, about 3 minutes. Crush.
3. For the dry pesto, in a medium bowl, place the garlic, parsley, basil, nuts, and cheese. Mix well to combine. Reserve.
4. For the stuffing, in a large bowl, place the ground pork, sausage, breadcrumbs, heavy cream, and egg. Mix well. Reserve.
5. Butterfly the pork loin (See chef demo). Pound it lightly with a meat mallet. Season with salt and pepper.
6. Spread the pesto mixture over the pork, leaving a ½-border on all sides. Spread the stuffing over the pesto.

7. Roll up the pork loin, jelly roll fashion, and secure it with butcher's twine (See Chef demo).
8. Place a rack in a roasting pan and place the pork on the rack. Roast the pork in the preheated oven until the internal temperature reaches 150°F. Remove the pan from the oven and place the pork on a cutting board, tent with foil, and allow it to rest.
9. For the jus, drain the fat from the roasting pan, leaving 1 tablespoon in the pan. Add the onions, carrots, celery, and tomato paste to the pan. Place the pan over medium-high heat on the stovetop and caramelize the vegetables lightly.
10. Add the garlic and sauté until aromatic, about 1 minute.
11. Add the bay leaf and stock. Simmer to reduce the jus to approximately 1 ½ cups. Strain the jus through a fine mesh sieve. Season with salt and pepper to taste. Reserve and keep hot.
12. Remove the string from the pork loin and cut ¼- to ½- inch slices. Serve on a warm platter with the jus.

# STUFFED ZUCCHINI

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amount</b>
Squash, zucchini, halved lengthwise, seeded	3 ea.
Oil, olive, pure	2 Tbsp.
Mushroom, white, diced	1 cup
Egg, whole, beaten	1 ea.
Breadcrumbs, fresh	½ cup
Cheese, Parmesan, grated	¼ cup
Milk, whole	2 Tbsp.
Oregano, dried	¼ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	2 Tbsp.
Breadcrumbs, fresh	½ cup
Cheese, Parmesan, grated	¼ cup

## **Method**

1. Preheat oven to 375°F.
2. Bring a pot of salted water to a boil. Par cook (blanch) the zucchini, 1 to 2 minutes. Remove the zucchini from the boiling water and shock in ice water to set the color and stop the cooking. Drain well. Place them in a hotel pan and set aside.
3. For the filling, heat the oil in a medium sauté pan over medium-high heat. Add the mushrooms and sauté until the mushrooms have browned and all the juices they released have evaporated. Set aside to cool.
4. In a mixing bowl, place the egg, breadcrumbs, cheese, and milk. Mix to combine.
5. Gently stir in the reserved mushrooms and oregano. Season with salt and pepper to taste. Divide the filling evenly between the zucchini halves.
6. For the topping, in a small mixing bowl, place the butter, breadcrumbs, and Parmesan. Mix to combine. Divide evenly over the zucchini.
7. Bake the zucchini in the preheated oven until the topping is golden brown and the stuffing is heated through.
8. Serve hot on a heated platter.

# FRESH MOZZARELLA SALAD

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, extra virgin	6 Tbsp.
Vinegar, wine, red	2 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Wine, white, Soave	2 Tbsp.
Tomato, sun-dried, jarred	1 Tbsp.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Basil, fresh, chopped	1 Tbsp.
Oregano, fresh, chopped	1 Tbsp.
Garlic, mashed	1 tsp.
Peperoncini, jarred, minced	½ tsp.
Mozzarella Cheese (Recipe follows)	1 ½ lb.
Vinegar, balsamic, aged	to taste

## **Method**

1. For the dressing, in a medium bowl, place the oil, vinegar, lemon juice, and wine. Whisk until combined.
2. Add the sun-dried tomatoes, herbs, garlic, and peperoncini. Mix well.
3. Add the mozzarella and gently toss to coat.
4. Arrange on a decorative platter. Drizzle with balsamic vinegar. Serve.

# MOZZARELLA CHEESE

*Yield: 2 pounds*

<b>Ingredients</b>	<b>Amounts</b>
Salt, kosher	6 wt. oz.
Water	1 gal.
Cheese, curd, medium diced	2 lb.

## **Method**

1. In a large pot, place the salt and water. Bring it to a boil. Remove the pot from the heat.
2. In a large bowl, place the cheese curd. Add enough hot water to cover the curd.
3. Wearing 2 pairs of gloves, work the curd with wooden spoons, stretching it until it becomes a smooth, yet stringy mass. Maintain the water temperature at a constant 160°F throughout this process.
4. Remove the cheese from the water and continue stretching it until the curd is smooth. Be careful not to overwork it or the cheese will become tough.
5. Shape the cheese into small balls (bocconcini) (see Chef demo).
6. Hold the cheese in water until ready for service.

## SEA BASS WITH VEGETABLES

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, pure	2 Tbsp.
Onion, red, 2-in. julienne	1 cup
Garlic, clove, mashed to a paste	1 ea.
Tomato, skinned, seeded, 2-in. julienne	1 cup
Squash, zucchini, julienne	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	2 Tbsp.
Sea bass, fillet, 6 oz.	6 ea.
Wine, white, dry	1 cup
Oregano, fresh, finely chopped	½ tsp.
Parsley, flat-leaf, fresh, finely chopped	½ tsp.
Basil, fresh, finely chopped	½ tsp.

### **Method**

1. Preheat oven to 350°F.
2. For the topping, heat the oil in a medium sauté pan over medium heat. Add the onions and sauté until translucent.
3. Add the garlic and sauté until aromatic.
4. Add the tomatoes and zucchini and sauté just until tender. Season with salt and pepper to taste. Set aside to cool.
5. Butter a straight-sided sauté pan. Add the fish. Top each fillet with ¼ cup of the vegetable topping. Add the wine and bring to a simmer over medium heat.
6. Cover with a paper cover and poach in the preheated oven until done, 5 to 8 minutes. Transfer the fish to a serving platter, cover, and keep warm.
7. Cook the poaching liquid until it has reduced to about ¾ cup. Adjust the seasoning with salt and pepper to taste.
8. Pour the poaching liquid around the fish. Garnish with the oregano, parsley, and basil.

# BAKED ROLLED PASTA

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amount</b>
Fresh Egg Pasta (Recipe follows)	1 lb.
Cheese, ricotta	1 lb.
Cheese, Parmesan, grated	3 wt. oz.
Pork, prosciutto, thinly sliced	¼ lb.
Cheese, fontina, shredded	2 ¼ cups
Butter, unsalted	as needed
Tomato Sauce (Recipe follows) (Divided)	5 cups
Oil, olive, pure	2 Tbsp.
Onion, yellow, small, diced	1 cup
Brandy	½ cup
Veal, stock, brown	2 cups
Cream, heavy	2 cups
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Preheat oven to 475°F.
2. Roll the pasta dough into paper-thin sheets. Spread the rolled dough with a thin layer of ricotta. Sprinkle with grated parmesan cheese and cover with the prosciutto slices.
3. Mound the Fontina cheese in the center, then roll into a tight cylinder. Cut the rolls into one-inch pieces.
4. Pour 2 cups of the Tomato Sauce into the bottom of a casserole dish. Arrange the pasta roll slices over the sauce and slightly flatten each piece. Top each roll with a small sliver of butter and 1 tablespoon of the Tomato Sauce.
5. Place the dish in the oven and bake until the butter melts and cheese in the center softens.
6. For the creamy tomato sauce, heat the oil in a medium sauté pan over medium heat. Add the onions and sauté until translucent.
7. Remove the sauté pan from the flame and carefully add the brandy. Return the pan to the heat and allow the brandy to flame and then go out.
8. Stir in 2 cups of the reserved Tomato Sauce, stock, and heavy cream. Season with salt and pepper to taste. Continue cooking until the sauce is heated through and obtains the desired consistency.
9. Ladle the creamy tomato sauce onto a heated serving platter and arrange the baked pasta slices on top.

# FRESH EGG PASTA

*Yield: 1 ½ lb.*

Ingredients	Amounts
Flour, durum	1 lb.
Salt, kosher	1 pinch
Egg, whole	4 ea.
Oil, olive, pure (Optional)	2 Tbsp.

## Method

1. In a food processor, place the flour and salt. Mix to combine.
2. Add the eggs and oil, if using. Process the mixture until it resembles coarse meal. When pressed, the dough will form a cohesive mass.
3. Turn the dough out onto a work surface and knead until the dough is very firm, yet pliable.
4. Cover and let the dough relax at room temperature for at least 1 hour.
5. The pasta dough is ready to use now, or it may be refrigerated for up to 2 days.

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

**Spinach Pasta:** Purée 6 ounces spinach leaves, squeeze dry in cheesecloth, and add to the eggs.

**Red Pepper Pasta:** Sauté 6 ounces puréed roasted red pepper until reduced and dry. Cool and add to the eggs.

**Tomato Pasta:** Sauté 6 tablespoons tomato purée until reduced and dry. Cool and add to the eggs.

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

**Citrus Pasta:** Add 4 teaspoons finely grated lemon or orange zest to the eggs. Substitute 2 tablespoons citrus for the water.

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

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

**Saffron Pasta:** Steep 2 to 4 teaspoons pulverized saffron threads in 2 tablespoons hot water and add to the eggs.

**Curried Pasta:** Add 2 to 4 teaspoons curry powder to the flour.

# TOMATO SAUCE

*Yield: 1 ½ quarts*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, extra virgin	¼ cup
Onion, yellow, diced	⅔ cup
Garlic, minced	2 ½ Tbsp.
Tomato, plum (Roma), canned, crushed by hand	3 ½ lb.
Basil, leaves, fresh, chopped	¾ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Heat the olive oil in a saucepot over medium heat. Add the onions and cook, stirring occasionally, until they turn a light golden color, 12 to 15 minutes.
2. Add the garlic and sauté, stirring frequently, until aromatic, about 1 minute.
3. Add the tomatoes and stir to combine. Bring the sauce to a simmer and cook over low heat, stirring occasionally, for about 45 minutes (exact cooking time depends on the quality of the tomatoes and their natural moisture content) until a good sauce-like consistency develops.
4. Add the basil and simmer until the sauce is infused with the aroma of basil, 2 to 3 minutes. Season with salt and pepper to taste.
5. The sauce is ready to finish now. It may be puréed through a food mill fitted with a coarse disk, broken up with a whisk to make a rough purée, or left chunky.

## CAPONATA WITH TOAST

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Eggplant, peeled, med. diced	1 ½ lb.
Salt, kosher	as needed
Oil, olive, extra virgin	¼ cup
Onion, yellow, coarsely chopped	½ cup
Celery, rib, small diced	3 ea.
Tomato, purée	½ cup
Olive, green, pitted, chopped	⅓ cup
Capers, rinsed, drained	2 Tbsp.
Sugar, granulated	2 Tbsp.
Vinegar, wine, red	2 ½ Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, pure	as needed
Bread, sliced thick, toasted	as needed

### **Method**

1. Salt the diced eggplant, place in a colander, and top with a weight. Set it aside and allow it to drain.
2. For the sauce, heat the olive oil in a large, straight-sided sauté pan over medium heat. Add the onions and celery and sauté until tender.
3. Add the tomato purée and simmer until the sauce thickens slightly.
4. Add the olives, capers, sugar, and vinegar. Season with salt and pepper to taste. Keep warm.
5. Squeeze the eggplant cubes to remove the excess water. Rinse and pat dry with paper towels.
6. In a large, straight-sided sauté pan, heat a ¼-inch of olive oil over high heat. Add half of the eggplant and sauté until soft and golden brown. Remove and drain on paper towels. Repeat with remaining eggplant.
7. Combine the cooked eggplant with the tomato sauce. Adjust the seasoning with salt and pepper to taste.
8. Serve at room temperature with the bread.

*Source: Red, White, and Greens: The Italian Way with Vegetables by Faith Willinger*

# SPINACH AND RICOTTA RAVIOLI

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Flour, all-purpose	1 lb.
Salt, kosher	¼ tsp.
Egg, whole	4 ea.
Spinach, tough stems removed	¾ lb.
Cheese, ricotta	2/3 cup
Cheese, Parmesan, grated	2/3 cup
Egg, whole	1 ea.
Nutmeg, fresh, grated	1 pinch
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	½ cup
Sage, leaf, fresh	8 ea.

## **Method**

1. For the pasta dough, in a food processor, place the flour and salt. Mix to combine. Add the eggs and process the mixture until it resembles coarse meal. When pressed, the dough will form a cohesive mass.
2. Turn the dough out onto a work surface and knead until it is very firm, yet pliable. Wrap the dough in plastic wrap and allow it to relax at room temperature for at least 30 minutes.
3. For the stuffing, in a large sauté pan over medium heat, place the spinach. Cook the spinach until it wilts. Set it aside to cool. When cool enough to handle, squeeze out any excess water. Finely chop the spinach. Transfer it to a large bowl.
4. Add the ricotta, Parmesan, and eggs. Season with nutmeg, salt, and pepper to taste. Stir to combine well.
5. Divide the dough into quarters. Using a pasta machine or a rolling pin on a flour-dusted surface, roll the pasta out into very thin (less than 1/8-inch) rectangles.
6. Place 1 ½ to 2 teaspoon scoops of filling in rows, about 2 ½ inches apart, on two of the pasta sheets. Cover with the remaining pasta sheets, draping to evenly cover and fall between mounds of filling. Using a 3- to 4-inch pastry cutter, cut out ravioli rounds. Use a fork to press and seal the edges.
7. Bring a large pot of salted water to a boil. Add the ravioli and cook until *al dente*.
8. For the sage sauce, heat the butter and sage in a medium-sized sauté pan over medium heat. Cook until the sage begins to crisp.
9. Serve the ravioli on a heated platter topped with the sage sauce.

# ONIONS IN SWEET AND SOUR SAUCE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Onion, cipollini	1 ½ lb.
Oil, olive, pure	⅓ cup
Celery, rib, small diced	3 ea.
Garlic, clove, minced	3 ea.
Onion, red, small, sliced	1 ea.
Tomato, paste	1 ½ Tbsp.
Chicken, stock	¾ cup
Vinegar, wine, red	⅓ cup
Sugar, granulated	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Basil, fresh, chiffonade	1 ½ Tbsp.
Parsley, flat-leaf, fresh, chopped	1 ½ Tbsp.
Capers	1 ½ Tbsp.

## **Method**

1. Trim the top end of the cipollini onion, leaving the root on. Bring a large pot of salted water to a boil. Add the onions and blanch until just tender, 2 to 3 minutes. Transfer to an ice water bath to stop the cooking process. Remove and drain. Squeeze the blanched cipollini to remove the outer skins. Reserve.
2. Heat the olive oil in a sauce pot over medium heat. Add the celery, garlic, and red onion. Sauté over medium heat until the onions have softened.
3. Add the tomato paste and cook until lightly browned.
4. Add the stock and red wine vinegar. Deglaze the pan. Add the sugar. Season with salt and pepper to taste.
5. Add the blanched cipollini. Cook until they are cooked through, and the sauce has reduced to the desired consistency.
6. Stir in the basil, parsley, and capers.
7. Serve hot in a heated bowl.

**Note:** Other types of small onions can be substituted for the cipollini. If preferred, the onions can also be baked in the oven until tender instead of boiling.

Source: Chef Arthur Schwartz

# ZABAGLIONE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Egg, yolk	6 ea.
Sugar, granulated	1/3 cup
Wine, Marsala	3/4 cup
Raspberries, fresh	1 1/2 cups

## **Method**

1. In a bowl set over barely simmering water, whisk together the egg yolks, sugar, and Marsala. Whisk constantly until thickened and glossy, 5 to 7 minutes. Be careful not to overcook it or it will scramble.
2. Serve warm, garnished with the raspberries.

**Note:** Other seasonal berries can be substituted for the raspberries.

# TIRAMISU

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Egg, whole	1 ea.
Egg, yolk	6 ea.
Sugar, granulated	1 cup
Vanilla, extract	1 tsp.
Cheese, mascarpone	3 ¼ cups
Egg, white	3 ea.
Sugar, granulated	½ cup
Espresso	2 cups
Liqueur, coffee, Kahlúa	1 cup
Ladyfinger	48 ea.
Cocoa powder	¼ cup
Sugar, powdered	2 Tbsp.

## **Method**

1. In a large stainless-steel bowl set over simmering water, place the egg, egg yolks, sugar, and vanilla. Whip together until the volume nearly doubles and the mixture becomes a light lemon yellow, 3 to 4 minutes.
2. Transfer the egg and sugar mixture to the bowl of an electric mixer. Beat on high speed until the mixture has cooled to room temperature, 8 to 10 minutes.
3. Add the mascarpone and blend on low speed until very smooth, 2 to 3 minutes. Scrape the sides and bottom of the bowl to blend evenly.
4. In a small bowl, place the egg whites and sugar. Beat until medium-stiff peaks form, 5 to 6 minutes.
5. Fold the beaten egg whites into the mascarpone mixture in two additions. Refrigerate until needed.
6. In a small bowl, place the espresso and Kahlua. Stir to make a syrup.
7. In a 2 ½ -quart bowl, assemble a layer of ladyfingers. Moisten the ladyfingers well with the syrup and dust evenly with cocoa powder. Top with a 1-inch-thick layer of the mascarpone filling. Repeat the process in this sequence until the bowl is full, ending with a layer of filling.
8. Dust the entire surface of the cake with cocoa powder and powdered sugar. Chill thoroughly before serving.

# DAY THREE PRODUCTION ASSIGNMENTS: BISTROS AND BRASSERIES

## TEAM ONE

Potage au Pistou  
Frisée aux Lardons  
Caramelized Onion Quiche with Brie and Smoked Salmon

## TEAM TWO

French Onion Soup  
Margherita Pizza  
Coq au Vin with Fresh Egg Pasta

## TEAM THREE

Camembert Crisp with Apple-Pear Conserve  
Steak Frites  
Mushroom, Leek, and Brie Turnovers

## TEAM FOUR

Provençal Salad with Red Wine Vinaigrette  
Mussels in Saffron and White Wine Broth  
Eggs Benedict

## CHEF DEMO AND GROUP PRODUCTION

Crêpes with Mixed Berry Filling  
Chocolate Mousse

## ALL TEAMS

*Prep Ciabatta Poolish for Day Four*

# POTAGE AU PISTOU

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Beans, navy, dry	1/2 cup
Water	3 cups
Oil, olive, pure	2 Tbsp.
Carrot, diced	2 ea.
Leek, white and green parts, diced	2 ea.
Onion, yellow, diced	1 ea.
Chicken, broth	2 ½ qt.
Saffron, threads (Optional)	1 pinch
Beans, green, cut into 1-in. lengths	6 wt. oz.
Potato, white, peeled, diced	1 ea.
Squash, zucchini, diced	1 ea.
Pasta, vermicelli, broken into 2-in lengths	2 wt. oz.
Tomato, peeled, seeded, diced	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Pistou (Recipe follows)	to taste

## **Method**

1. Soak the beans overnight in the water. Drain.
2. In a large saucepan, place the beans. Add enough water to cover. Bring to a simmer and cook the beans until tender, about 1 hour. Add more water if necessary to keep the beans covered. Drain and reserve.
3. Heat the oil in a soup pot over medium heat. Add the carrots, leeks, and onions. Cook until the onions are translucent, about 10 minutes.
4. Add the broth and the saffron, if desired. Bring to a simmer and cook for 10 minutes.
5. Add the green beans, potato, and zucchini. Simmer for 10 minutes.
6. Add the vermicelli and simmer until tender, about 8 minutes.
7. Add the reserved beans and the tomatoes. Season with salt and pepper to taste. Simmer for 1 minute.
8. Just before serving, add the pistou to taste.
9. Serve in heated bowls.

# PISTOU

*Yield: ¾ cup*

<b>Ingredients</b>	<b>Amounts</b>
Pine nuts ( <i>Pignoli</i> )	2 Tbsp.
Basil, leaves, fresh, chopped	½ cup
Cheese, Parmesan, grated	½ cup
Garlic, chopped	2 tsp.
Oil, olive, pure	⅓ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Preheat oven to 350°F.
2. On a baking sheet, spread the pine nuts in an even layer. Toast the nuts in the preheated oven, stirring frequently, until they are golden, 7 to 10 minutes. Watch the nuts carefully, as they can burn quickly. Allow the nuts to cool.
3. In a food processor or blender, place the toasted pine nuts, basil, parmesan, and garlic. Purée to a fine paste.
4. With the machine running, add the olive oil in a thin stream. Scrape the sides of the bowl or blender jar as necessary. Purée until the oil is completely incorporated.
5. Season with salt and pepper to taste.

**Note:** You can also toast the nuts in a heavy, dry skillet over medium-low heat. Toss them often. Remove them from the skillet as soon as they are golden brown.

# FRISÉE AUX LARDONS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lettuce, frisée, head	3 ea.
Pork, bacon, slab, medium diced	$\frac{3}{4}$ lb.
Salt, kosher	to taste
Pepper, black, ground	to taste
Sugar, brown, light	1 Tbsp.
Vinegar, wine, white	$\frac{1}{3}$ cup

## **Method**

1. In a sauté pan over medium heat, place the bacon. Cook until golden and crispy and the fat renders. Stir frequently for even cooking and coloring. Remove the bacon with a slotted spoon, drain on paper towels, and reserve.
2. For the dressing, leave the bacon fat in the pan and let it cool for 1 minute.
3. In a small saucepan over medium heat, place the sugar and vinegar. Reduce by half until it is syrupy.
4. Pour the sugar-vinegar reduction into the bacon fat. Stir thoroughly to mix. Season with salt and pepper to taste.
5. Arrange the frisée on a platter. Spoon the dressing over the salad. Sprinkle with the reserved bacon.
6. Serve immediately.

# CARAMELIZED ONION QUICHE WITH BRIE AND SMOKED SALMON

*Yield: one 9-inch quiche*

Ingredients	Amounts
Pie Dough, single crust, blind baked (Recipe follows)	1 ea.
Oil, olive, extra virgin	2 Tbsp.
Onion, yellow, thinly sliced	1 ½ cups
Cream, heavy	1 ½ cups
Egg, whole	3 ea.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Cheese, brie, room temp., rind removed	1 ¼ cup
Salmon, smoked, small diced	8 wt. oz.

## Method

1. Prepare the Pie Dough and reserve.
2. Preheat oven to 350°F.
3. Heat the olive oil in a sauté pan over medium heat. Add the onions and sauté, stirring frequently, until golden brown and very soft, about 20 minutes. Remove the onions from the pan and reserve.
4. In a small bowl, whisk together the cream and eggs. Season with the salt and pepper.
5. Scatter the caramelized onions, brie, and smoked salmon or gravlax evenly over the bottom of the crust. Pour the egg mixture over the top.
6. Set the quiche on a baking sheet. Bake in the preheated oven until a knife blade inserted in the center comes out clean, 40 to 45 minutes. If the pie crust begins to over-brown, cover the edges with strips of aluminum foil or a pie shield.
7. Remove the quiche from the oven and cool on a wire rack.
8. Let the quiche rest at least 20 minutes before cutting it into pieces. Serve hot.

**Note:** Quiche may also be baked without a pastry crust. Butter a shallow casserole or baking dish. Sprinkle it with grated parmesan, if desired. Spread the filling ingredients over the casserole bottom. Bake the quiche in a hot water bath (*bain marie*) until a knife inserted near the center comes out clean. Half and half and or milk can be substituted for the heavy cream.

# PIE DOUGH

*Yield: one single-crust, 9-inch pie*

<b>Ingredients</b>	<b>Amounts</b>
Flour, pastry	1 ¼ cups
Salt, kosher	½ tsp.
Butter, unsalted, cubed	7 Tbsp.
Water, cold	3 ½ Tbsp.

## **Method**

1. In a medium bowl, place the flour and salt. Mix to combine.
2. For flaky pie dough, rub the butter into the flour to form large nuggets. For mealy pie dough, work the butter into the flour to resemble crumb topping.
3. Add the water, 1 tablespoon at a time, until the dough just holds together when you press a handful of it into a ball. It should be evenly moist (not wet), and shaggy or rough in appearance.
4. Turn the dough out onto a lightly floured work surface. Gather and press the dough into a ball. Pat the ball into an even disk. Wrap well with plastic wrap. Chill for 20 minutes.
5. Preheat oven to 400°F.
6. Unwrap the dough, place it on a lightly floured work surface, and scatter a little flour over the top. Roll out the dough into an even round about 13 inches in diameter. It should be about ⅛-inch thick.
7. Fold the dough in half or roll it loosely around the rolling pin and gently lift and position it over the pan. Unfold or unroll the dough, easing it into the pan without stretching it. Make sure that the sides of the pan and the rim are evenly covered. Press the dough gently against the sides and bottom. Trim the overhang to 1 inch.
8. Tuck the dough overhang under itself and flute the edges.
9. To prebake the crust, prick the dough evenly over the bottom and sides with a fork. Line the dough with a piece of parchment paper and fill it ½ full with pie weights, dried beans, or rice. Bake in the preheated oven until the crust is dry, 12 to 15 minutes.
10. Remove the pan from the oven and remove the paper and pie weights. Return the crust to the oven and bake until the crust is completely dry and lightly golden brown, 5 to 6 minutes. Cool to room temperature before filling.

# FRENCH ONION SOUP

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	6 Tbsp.
Onion, thinly sliced	8 ½ cups
Garlic, clove, minced	4 ea.
Brandy	½ cup
Flour, all-purpose	2 Tbsp.
Beef, stock, cold	2 qt.
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Chile, cayenne, ground	to taste
Bread, baguette, slice, toasted	12 ea.
Cheese, Gruyère, grated	3 cups
Parsley, flat-leaf, fresh, chopped	1 Tbsp.

## **Method**

1. Preheat oven to 450°F.
2. Heat the butter in a large, thick-bottomed pan over medium heat. Add the onions and sauté until they soften and develop a light caramel color, 20 to 25 minutes.
3. Add the garlic and cook until aromatic, 2 minutes.
4. Add the brandy. Reduce until the brandy is cooked dry.
5. Stir in the flour and cook for 2 minutes.
6. Remove the pan from the heat. Add the cold stock, stirring thoroughly to distribute the flour throughout the soup.
7. Add the bay leaf and thyme sprig. Return the pan to the heat and bring it to a boil. Lower the heat and simmer for 30 minutes.
8. Season with salt, black pepper, and cayenne pepper to taste.
9. Ladle the soup into oven-safe bowls. Top with slices of toasted baguette covered with plenty of Gruyère. Place in the preheated oven and cook until golden brown and bubbly, about 10 minutes.
10. Garnish with parsley. Serve immediately.

# MARGHERITA PIZZA

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Water, warm (110°F)	1 cup
Yeast, active dry	2 tsp.
Honey	¼ tsp.
Flour, all-purpose	2 ½ cups
Salt, kosher	1 tsp.
Tomato, plum, canned	2 lb.
Oil, olive, extra virgin	2 Tbsp.
Basil, coarsely chopped	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Cheese, mozzarella, fresh	1 ½ lb.
Cornmeal	as needed

## **Method**

1. Place a pizza stone in a cold oven. Preheat oven to 500°F.
2. For the dough, in a small bowl, place the warm water, yeast, and honey. Stir until blended. Let the mixture sit until it becomes foamy, about 10 minutes.
3. In the bowl of an electric mixer fitted with the dough hook attachment, place the flour, salt, and the yeast mixture. Mix on low speed until a dough forms, about 4 minutes. Mix on medium speed for an additional 3 minutes.
4. Transfer the dough to a lightly oiled bowl large enough for it to double in size and cover with plastic wrap. Set the bowl in a warm place and let the dough rise until it doubled in bulk, about 30 minutes.
5. For the topping, drain the tomatoes of their juices. Transfer the tomatoes to a large bowl and crush them by hand.
6. Stir in the olive oil and chopped basil. Season with salt and pepper to taste. Reserve.
7. Slice the mozzarella into ¼-inch thick slices. Drain on paper towels for 10 minutes.
8. Divide the dough into 2 equal sized pieces. Make each into a smooth ball by stretching the outer surface and pinching it together at the bottom of the ball. Return the dough balls to the bowl, cover with plastic wrap, and rest until they have relaxed enough to stretch out to make the crust, about 20 minutes.
9. Scatter a little cornmeal on a pizza peel or a flat pan that has no rim and is large enough to accommodate the pizza (a cookie sheet turned upside down works well).
10. Working with one ball of dough at a time, flatten the dough into a ¼-inch thick round disk. Place the dough onto the prepared pizza peel. Top the dough with half of the tomato-basil sauce, leaving a half inch rim with no sauce. Top the sauce with half of the cheese.

11. Slide the pizza onto the preheated baking stone and bake until the crust is crisp, and the outer edges are golden brown, 10 to 12 minutes.
12. Use the pizza peel to remove the pizza from the oven. Garnish with the remaining basil. Cut into wedges.

# COQ AU VIN WITH FRESH EGG PASTA

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pork, bacon, slab, medium diced	5 wt. oz.
Butter, unsalted	1 tsp.
Chicken, breast, frenched	4 ea.
Chicken, thigh	4 ea.
Chicken, leg	4 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Onion, pearl, peeled	24 ea.
Mushroom, white, small, whole	12 ea.
Onion, yellow, large diced	1 ea.
Carrot, large diced	2 ea.
Celery, rib, large diced	1 ea.
Garlic, clove, crushed	3 ea.
Flour, all-purpose, toasted	2 Tbsp.
Brandy	2 Tbsp.
Wine, red, full-bodied	750 mL
Thyme, sprig, fresh	3 ea.
Bay leaf, dried	2 ea.
Chicken, stock	1 qt.
Butter, unsalted	1 Tbsp.
Fresh Egg Pasta with Herb Butter (Recipe follows)	1x recipe

## **Method**

1. In a 5½-quart, cast-iron casserole, place the bacon and butter. Cook gently over medium-low heat until the fat is rendered, and the bacon is medium brown but not yet crispy, about 6 minutes. Remove the bacon with a slotted spoon and drain on a paper towel.
2. Season the chicken with salt and pepper.
3. Heat the same casserole with the rendered pork fat over medium heat. Working in batches, add the chicken and brown on each side, about 4 minutes per side. Avoid overcrowding the pan or scorching the fond, as it will be the basis of the sauce. Remove and reserve the chicken. Remove all but 2 tablespoons of the fat in the pan, reserving what you removed.
4. In the same casserole, add the pearl onions. Sear until lightly browned. Remove and reserve.
5. If the mushrooms are large, cut into quarters. If small, leave whole. In the same casserole, add the mushrooms. Sear until lightly browned. Remove and reserve.

6. Add the yellow onion, carrots, and celery. Cook until the onion is deep brown, 10 to 12 minutes.
7. Add the garlic and cook until fragrant, about 3 minutes.
8. Sift the flour into the vegetables. Cook until evenly combined, 1 to 3 minutes. Remove from the heat and let it cool for about 5 minutes.
9. Add the brandy and wine to deglaze the pan, stirring to loosen any drippings that have begun to stick to the pan, and evenly blend in the flour.
10. Add the thyme and bay leaves. Return the chicken (with its juices) and bacon to the pan. Add enough stock to the casserole so it just covers the chicken pieces. Bring the stock to a boil, then lower the heat to establish a simmer. Cook, partially covered, for 1 hour.
11. Add the pearl onions and cook until the chicken is tender, but not falling off the bone, about 45 minutes. Remove and reserve the chicken and keep warm.
12. Reduce the sauce to a slightly syrupy consistency, about 10 minutes.
13. Swirl in the butter. Add the mushrooms. Return the chicken to the sauce and cook until it is heated through. Season with salt and pepper to taste.
14. Transfer the chicken to a serving platter and coat with the sauce. Serve with the Fresh Egg Pasta.

**Note:** Rooster or stewing hens are traditional choices for coq au vin, but chicken and other poultry options can be substituted. Unsmoked bacon is preferable to give the final dish a cleaner flavor, but smoked bacon will suffice.

# FRESH EGG PASTA WITH HERB BUTTER

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Flour, durum	1 lb.
Salt, kosher	1 pinch
Egg, whole	4 ea.
Oil, vegetable	2 Tbsp.
Water	1 ½ gal.
Salt, kosher	1 ½ Tbsp.
Herb Butter (Recipe follows)	1 ¼ cups

## **Method**

1. For the pasta, in a food processor, place the flour and salt. Mix to combine. Add the eggs and oil. Process until it resembles coarse meal. When pressed, the dough should form a cohesive mass.
2. Turn the dough out onto a work surface and knead until the dough is very firm, yet pliable. Cover and let the dough relax at room temperature for at least 1 hour.
3. Roll the pasta dough into thin sheets and cut into desired shapes by hand or using a pasta machine.
4. In a large saucepot, bring the water to a rolling boil. Add the salt (the water should be noticeably salty, but not unpleasant).
5. Add the pasta and stir to separate the strands or shapes. Cook the pasta until it is tender but firm to the bite (*al dente*). Drain immediately in a colander.
6. Toss the pasta with enough Herb Butter to coat the strands and flavor the pasta.
7. Serve hot.

# HERB BUTTER

*Yield: 1 ¼ cups*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted, room temp.	1 cup
Parsley, flat-leaf, fresh, minced	3 ½ Tbsp.
Lemon, juice, fresh	2 ¼ tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

## **Method**

1. In the bowl of an electric mixer fitted with the paddle attachment, mix the butter until it softens.
2. Add the parsley and lemon juice. Blend well.
3. Season with salt and pepper to taste.
4. The compound butter is ready to use, or it may be rolled into a log or piped into shapes and chilled for later use.

**Note:** Tarragon, basil, dill, or other herbs can be substituted for the parsley.

## CAMEMBERT CRISP WITH APPLE-PEAR CONSERVE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Flour, all-purpose	1/3 cup
Egg, whole	2 ea.
Pecans, finely ground	1/3 cup
Breadcrumbs, dried	1/3 cup
Cheese, Camembert, 6 oz. wheels	3 ea.
Oil, olive, pure	1/3 cup
Vinegar, wine, red	1/3 cup
Mustard, Dijon	1 1/2 tsp.
Garlic, minced	1 1/2 tsp.
Oil, olive, pure	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Mixed greens	6 cups
Apple-Pear Conserve (Recipe follows)	2 1/2 cups

### **Method**

1. In a small bowl, place the flour.
2. In another small bowl, place the eggs. Beat them lightly.
3. In a third small bowl, place the pecans and breadcrumbs. Mix to combine.
4. Cut the camembert in half crosswise. Dredge (coat) the cheese in the flour, shaking off any excess. Then dip the cheese in the egg. Dredge it in the pecan-breadcrumb mixture. Reserve.
5. In a large, straight-sided sauté pan (*sautoir*), heat the olive oil over medium heat until hot, but not smoking. Add the cheese and fry, turning once, until the cheese becomes golden brown on both sides, about 2 minutes. Drain on paper towels. Reserve.
6. For the vinaigrette, in a small bowl, place the vinegar, mustard, and garlic. Whisk to combine. Add the oil in a thin stream while whisking constantly. Season with salt and pepper to taste.
7. Place the mesclun mix in a large bowl. Add enough vinaigrette to evenly coat the lettuce and toss well.
8. Serve the dressed greens on a chilled platter, topped with the conserve and the fried Camembert.

Source: *An American Place* by Larry Forgione

# APPLE-PEAR CONSERVE

*Yield: 2 ½ cups*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	2 Tbsp.
Apple, Granny Smith, peeled, cored, diced	2 ea.
Pear, Bartlett, cored, diced	2 ea.
Vinegar, cider	2 Tbsp.
Sugar, brown	2 tsp.
Cherries, sour, halved	2 Tbsp.
Allspice, ground	1/8 tsp.
Cumin, ground	1/8 tsp.
Nutmeg, fresh, grated	1/8 tsp.

## **Method**

1. Heat the butter in a heavy skillet over medium heat until it begins to foam.
2. Add the apples and pears. Cook, stirring often, until the apples are tender, 2 to 3 minutes.
3. Stir in the vinegar, brown sugar, cherries, and spices. Cook, stirring continuously, 1 to 2 minutes.
4. Transfer to a small bowl. Cool to room temperature.

# STEAK FRÎTES

Yield: 6 portions

Ingredients	Amounts
Oil, peanut	as needed
Potato, russet	3 lb.
Beef, strip steak, ½ lb., ½-in. thick	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Butter, unsalted (Divided)	4 Tbsp.
Oil, olive	1 ½ tsp.
Beef, stock	½ cup

## Method

1. Preheat a pot of oil or a deep fryer to 300°F.
2. Peel the potatoes. Cut them into ¼-inch x ¼-inch sticks using a knife or mandolin. Hold the potatoes in cold water until ready to blanch.
3. Drain the potatoes and pat dry. In 2 batches, blanch the potatoes until they are tender but have not colored, 3 to 4 minutes. Remove them from the oil with a slotted spoon and drain on paper towels. Reserve.
4. Remove all the fat from the sides of the steaks. Generously season the steaks on both sides with salt and pepper.
5. Heat a large, well-seasoned cast iron pan over high heat until hot but not smoking. Place the steaks in the pan with no added fat. (There will be quite a bit of smoke.) Brown the first side, about 1 minute.
6. Turn the steaks and reduce the heat to medium. Add 2 tablespoons of the butter and olive oil to the pan. Cook until the juice seeps to the surface of the steaks and it is close to medium-rare (*à point*), 1 to 2 minutes. Transfer the steaks to a warm plate and keep covered.
7. Reduce the heat to low. Add the stock and deglaze the pan, scraping up the browned bits (fond). Reduce the liquid by half, about 4 minutes. Add any accumulated juices from the steaks. Reduce the heat to low.
8. Increase the temperature of the oil in the fryer to 360°F. Working in batches, fry the blanched potatoes until they are crisp and golden. Drain on fresh paper towels. Season liberally with salt and pepper. Keep warm.
9. To finish the sauce, whisk in the remaining butter. Season with salt and pepper to taste.
10. Arrange the fries on a warm platter. Place the steaks on the fries and top with the butter sauce.

**Note:** It's the interior marbling of the fat that gives the steaks their juiciness, so removing the fat from the sides will not diminish the flavor.

# MUSHROOM, LEEK, AND BRIE TURNOVERS

*Yield: 12 turnovers*

<b>Ingredients</b>	<b>Amounts</b>
Olive, oil, extra virgin	1 Tbsp.
Mushroom, white, coarsely chopped	2 cup
Leek, sliced	1 cup
Garlic, minced	1 tsp.
Wine, Madeira	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Puff pastry sheet, thawed	1 ea.
Egg, whole, beaten	1 ea.
Milk, whole	1 Tbsp.
Cheese, brie	3 wt. oz.

## **Method**

1. Preheat oven to 425°F. Line a baking sheet with parchment paper.
2. For the filling, heat the olive oil in a medium sauté pan over medium-high heat until it shimmers. Add the mushrooms and sauté until lightly caramelized, 2 to 3 minutes.
3. Lower the heat to medium. Add the leeks and sauté until they are light golden brown, 3 to 4 minutes.
4. Add the garlic and sauté for 1 minute.
5. Add the Madeira wine and deglaze the pan. Reduce until nearly dry, about 1 minute. Season with salt and pepper to taste. Cool to room temperature.
6. Roll the puff pastry dough into a rectangle measuring 12- x 16- inches. Cut it into twelve 4-inch squares. Place the squares onto the prepared baking sheet and let them chill in the refrigerator until firm, about 10 minutes.
7. In a small bowl, place the egg and milk. Whisk together to create an egg wash. Brush each square lightly with the wash.
8. Place 1 tablespoon of the mushroom filling in the center of each square. Top the filling with 1 ½ teaspoons of the brie.
9. Fold one corner of the dough over the filling and line it up with the opposite corner of the dough. Press the edges firmly together to seal the filling inside the puff pastry dough. Chill the turnovers for about 10 minutes before baking.
10. Brush the turnovers lightly with egg wash. Cut a small opening in the center of each turnover to allow steam to vent.
11. Bake in the preheated oven until golden brown, about 20 minutes. Transfer to a cooling rack. Arrange on a platter and serve.

# PROVENÇAL SALAD WITH RED WINE VINAIGRETTE

*Yield: 6 portions*

<b>Ingredient</b>	<b>Amount</b>
Potato, fingerling, washed, skin on	1 <sup>3</sup> / <sub>4</sub> lb.
Oil, olive, pure	3 Tbsp.
Garlic, clove	6 ea.
Thyme, sprig, fresh	3 ea.
Bay leaf, dried	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Beans, green, trimmed	<sup>3</sup> / <sub>4</sub> lb.
Onion, red, julienne	<sup>3</sup> / <sub>4</sub> cup
Parsley, flat-leaf, fresh, chopped	3 Tbsp.
Capers, rinsed, chopped	2 Tbsp.
Red Wine Vinaigrette (Recipe follows)	<sup>3</sup> / <sub>4</sub> cup
Mixed greens	12 cups
Tomato, peeled, quartered	3 ea.
Egg, hard-cooked, peeled, quartered	3 ea.
Anchovy, fillet	12 ea.
Olive, Niçoise	24 ea.

## **Method**

1. Preheat oven to 400°F.
2. In a large bowl, place the potatoes, olive oil, garlic, thyme, bay leaves, salt, and pepper. Toss to combine.
3. Distribute the mixture evenly in a roasting pan. Place the pan in the preheated oven and bake until the potatoes are fork tender, shaking the pan occasionally to ensure even roasting. Remove the potatoes and reserve.
4. Par-cook (blanch) the green beans in a pot of salted boiling water until bright green and just barely tender. Drain and shock in ice water. Drain and reserve.
5. In a large bowl, place the roasted potatoes, green beans, onions, parsley, and capers. Toss to combine.
6. Add the Red Wine Vinaigrette and toss to coat.
7. Arrange the greens on a chilled platter. Top with the beans and potato mixture. Garnish with the tomatoes, eggs, anchovies, and olives.

**Note:** Kalamata olives can be substituted for the niçoise olives.

## RED WINE VINAIGRETTE

*Yield: 1 cup*

<b>Ingredient</b>	<b>Amount</b>
Vinegar, wine, red	¼ cup
Mustard, Dijon	½ tsp.
Shallot, minced	½ ea.
Oil, olive, pure	¾ cup
Chive, fresh, minced	1 tsp.
Parsley, flat-leaf, fresh, minced	1 tsp.
Tarragon, fresh, minced	1 tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	⅛ tsp.
Sugar, granulated (Optional)	½ tsp.

### **Method**

1. In a small bowl, place the vinegar, mustard, and shallots. Whisk to combine.
2. Slowly add the oil in a slow steady stream, whisking constantly to blend.
3. Add the chive, parsley, and tarragon.
4. Season with the salt, pepper, and sugar, if desired.

# MUSSELS IN SAFFRON AND WHITE WINE BROTH

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	1 Tbsp.
Garlic, chopped	2 tsp.
Wine, white, dry	½ cup
Half and half	1 Tbsp.
Saffron, threads	1 tsp.
Clam, juice	½ cup
Scallion (Green onion), thinly sliced	2 ea.
Tomato, seeded, chopped	1 ea.
Lemon, juice, fresh	1 Tbsp.
Mussels, scrubbed, debearded	2 lb.
Chive, fresh, snipped	1 Tbsp.

## **Method**

1. In a large pot over medium heat, melt the butter. Add the garlic. Sauté until the garlic is fragrant, about 1 minute.
2. Add the wine, half and half, and saffron. Simmer for 5 minutes.
3. Add the clam juice, scallions, tomatoes, and lemon juice. Simmer for 5 minutes.
4. Add the mussels. Cover the pot and steam until they open, 5 to 7 minutes. Shake the pot, holding down the lid with a kitchen towel, to redistribute the mussels. Discard any mussels that do not open.
5. Serve in a large bowl topped with the chives.

# EGGS BENEDICT

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pork, bacon, Canadian, slice	12 ea.
Poached Eggs (Recipe follows)	12 ea.
Muffin, English, split, toasted, buttered	6 ea.
Hollandaise Sauce, warm (Recipe follows)	1 ½ cups

## **Method**

1. Heat a sauté pan over medium-low heat. Add the bacon. Cook on both sides until heated through, 1 to 2 minutes per side.
2. If necessary, reheat the poached eggs in simmering water until warmed through. Blot on clean towels and shape if necessary.
3. To assemble, top each English muffin half with a slice of Canadian bacon and a poached egg. Spoon 2 to 3 tablespoons of warm hollandaise over each egg.
4. Serve immediately on a warm platter.

# POACHED EGGS

*Yield: 12 eggs*

<b>Ingredients</b>	<b>Amounts</b>
Water	3 qt.
Salt, kosher	2 tsp.
Vinegar, white, distilled	4 tsp.
Egg, whole	12 ea.

## **Method**

1. In a deep pan, place the water, salt, and vinegar. Bring to a bare simmer over medium-high heat.
2. Break each egg into a clean cup, reserving any with broken yolks for another use.
3. Carefully slide each egg into the poaching water. Cook until the whites are set and opaque, about 3 minutes.
4. Remove the eggs from the water with a slotted spoon, blot them dry, and trim the edges, if desired.
5. The eggs are ready to serve now, or they may be properly chilled and held for later service. To reheat chilled eggs, lower them into a pot of simmering water for 30 to 60 seconds.

# HOLLANDAISE SAUCE

*Yield: 2 ½ cups*

<b>Ingredients</b>	<b>Amounts</b>
Shallot, minced	1 Tbsp.
Peppercorns, cracked	½ tsp.
Wine, white, dry	¼ cup
Water	¼ cup
Egg, yolk	6 ea.
Butter, melted, warm	1 ½ cups
Lemon, juice, fresh, strained	2 tsp.
Salt, kosher	to taste
Pepper, white, ground	to taste
Chile, cayenne, ground (Optional)	1 pinch

## **Method**

1. In a small saucepan over medium heat, place the shallots, peppercorns, and vinegar. Stir to combine. Reduce until nearly dry (*à sec*).
2. Add the water and strain into a stainless-steel bowl.
3. Add the egg yolks and set the bowl over simmering water. Cook, whisking constantly, until the yolks triple in volume and fall in ribbons from the whisk.
4. Remove the cooked egg yolks from the simmering water and set on a clean side towel to keep the bowl from slipping.
5. Gradually add the hot melted butter in a thin stream, whisking constantly. As the butter is blended into the egg yolks, the sauce will thicken. If it becomes too tight and the butter is not blending in easily, add a little water or lemon juice to loosen the yolks enough to absorb the remaining butter (see chef demo).
6. Add the lemon juice and cayenne, if desired. Season with salt and pepper to taste.
7. The sauce can be held for up to 2 hours at 145°F in hot (not simmering or boiling) water or in an insulated bottle.

**Note:** Cider vinegar can be substituted for the white wine.

# CRÊPES WITH MIXED BERRY FILLING

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Milk, whole	2 cups
Egg, whole	2 ea.
Butter, unsalted, melted	1 Tbsp.
Vanilla, extract	1 tsp.
Flour, all-purpose	2 cups
Sugar, granulated	¼ cup
Salt, kosher	½ tsp.
Butter, unsalted, melted	as needed
Mixed Berry Filling (Recipe follows)	2 cups
Sugar, powdered	as needed

## **Method**

1. In a medium bowl, place the milk, eggs, butter, and vanilla. Whisk to combine.
2. Sift together the flour, sugar, and salt into a large bowl.
3. Make a well in the center of the flour mixture. Add the milk mixture into the well of the flour mixture. Whisk just until the batter is smooth. Let the batter rest in the refrigerator for at least 1 hour before preparing the crêpes.
4. Heat a crêpe pan or small, non-stick skillet over medium heat. Brush with the melted butter.
5. Pour about ¼ cup batter into the pan; immediately swirl and tilt the pan to evenly coat the bottom with batter. Cook until the first side is set and has a little color, about 2 minutes. Adjust the temperature if necessary.
6. Use a heat-proof rubber spatula to lift and turn the crêpe. Cook on the other side until the crêpe is cooked through, about 1 minute.
7. Remove and place onto a plate. Repeat the process with the remaining batter.
8. Fill each crêpe with a few tablespoons of the mixed berry filling. Roll or fold as desired.
9. Serve the filled crêpes on a heated platter. Top with a dusting of powdered sugar.

**Note:** To prepare a crêpe with a savory filling, omit the sugar and vanilla.

## MIXED BERRY FILLING

*Yield: 2 cups*

<b>Ingredients</b>	<b>Amounts</b>
Raspberries, fresh or frozen (Divided)	1 ½ cups
Strawberries, fresh or frozen, sliced (Divided)	1 ½ cups
Blueberries, fresh or frozen (Divided)	1 cup
Sugar, granulated	1 cup
Lemon, juice, fresh	1 Tbsp.

### **Method**

1. In a saucepan, place 1 cup of the raspberries, 1 cup of the strawberries,  $\frac{3}{4}$  cup of the blueberries, the sugar, and 1 tablespoon of the lemon juice. Gently mix to combine.
2. Bring to a simmer over medium heat. Simmer until the sugar has dissolved, about 10 minutes.
3. Taste and add more sugar, if desired. Continue to heat until any additional sugar is dissolved.
4. Purée the sauce with a blender or push it through a wire-meshed sieve.
5. Return the sauce to a simmer. Taste and adjust the flavor by adding the additional lemon juice if necessary.
6. Add the remaining raspberries, strawberries, and blueberries. Simmer until the sauce is very hot.
7. Serve the sauce hot or cold. Stored in the refrigerator (it will thicken slightly) for up to 10 days.

# CHOCOLATE MOUSSE

*Yield: 24 portions*

<b>Ingredients</b>	<b>Amounts</b>
Cream, heavy	1 qt.
Chocolate, bittersweet, melted	15 oz.
Egg, whole	6 oz.
Egg, yolk	3 oz.
Sugar, granulated	6 oz.
Gelatin, leaf	5 ea.
Liquor, Gran Marnier	1 oz.

## **Method**

1. In the cold bowl of a stand mixer fitted with the whisk attachment, place the heavy cream. Whisk until it forms soft peaks. Refrigerate until needed.
2. In a stainless-steel mixing bowl set over a pot of simmering water, place the chopped chocolate. Heat, stirring frequently, until the chocolate has fully melted. Be careful to not allow any water to come in contact with the chocolate as it will cause the chocolate to seize up. Reserve and keep the chocolate warmed to 120°F.
3. For the sabayon, in the bowl of an electric mixer fitted with the whisk attachment, place the eggs, egg yolks, sugar, and liquor. Set the bowl over a pot of simmering water. Whisking constantly, heat the mixture until it reaches 160°F. Remove from the heat and whip in the stand mixer until the mixture is cool.
4. Quickly add the melted chocolate and mix to combine.
5. Carefully fold in the whipped cream all at once.
6. Immediately portion the mousse into the desired molds or containers.

# DAY FOUR: TEAM PRODUCTION ASSIGNMENTS

## BAKING AND PASTRY

### CHEF DEMO

Pie Dough

Challah

Ciabatta

### TEAM ONE

Apple Pie

Almond Crescent Cookies

### TEAM TWO

Crème Brûlée

Ciabatta

### TEAM THREE

Cheddar and Thyme Muffins

Challah

### TEAM FOUR

Three-Berry Cobbler

Chocolate Chip Cookies

# APPLE PIE

*Yield: one double-crust, 9-inch pie*

<b>Ingredients</b>	<b>Amounts</b>
Pie Dough (Recipe follows)	1x recipe
Sugar, brown, light, tightly packed	¾ cup
Flour, all-purpose	¼ cup
Cinnamon, ground	¾ tsp.
Nutmeg, fresh, grated	¼ tsp.
Apple, peeled, cored, sliced ¼-in. thick	7 cups
Lemon, juice, fresh	2 Tbsp.
Butter, unsalted, small diced	3 Tbsp.
Egg, whole, beaten	1 ea.
Milk, whole	2 Tbsp.

## **Method**

1. Prepare the pie dough. Use one round to line a 9-inch pie pan and reserve the other for the top crust. Keep the dough-lined pan and other round chilled until needed.
2. Preheat oven to 425°F.
3. For the filling, in a small bowl, place the brown sugar, flour, cinnamon, and nutmeg. Mix to combine.
4. In a large bowl, place the apples. Sprinkle with the lemon juice. Scatter the sugar mixture evenly over the apples. Toss evenly to coat all the slices.
5. Assemble the apples even layer in the dough-lined pan. Dot the top evenly with the diced butter.
6. For the egg wash, in a small bowl, whisk together the egg and milk. Brush the rim of the pie shell with the egg wash.
7. Cut vents in the top dough round and place the round over the filling. Press together the top and bottom edges to seal. Trim the excess dough so that the edges of the dough are almost even with the edges of the pan. Crimp or flute the edges. Brush the top lightly with egg wash.
8. Transfer the pie to a baking sheet. Bake in the preheated oven for 15 minutes. Lower the temperature to 350°F and bake, rotating the pan as necessary for even browning, until the top crust is golden brown and the apples feel tender when pierced through the steam vents with a knife, 40 to 45 minutes.
9. Remove the pie from the oven and cool on a wire rack. Let the pie rest before slicing to allow the filling to set up.
10. Serve warm or at room temperature.

# PIE DOUGH

*Yield: one double-crust, 9-inch pie*

<b>Ingredients</b>	<b>Amounts</b>
Flour, pastry	2 ½ cups
Salt, kosher	1 tsp.
Butter, unsalted, cubed	14 Tbsp.
Water, cold	3 ½ fl. oz.

## **Method**

1. In a large bowl, place the flour and salt. Mix to combine.
2. For flaky pie dough, rub the butter into the flour to form large nuggets. For mealy pie dough, work the butter into the flour so that it resembles crumb topping.
3. Add the water, 1 tablespoon at a time, until it just holds together when you press a handful into a ball. The dough should be evenly moist (not wet), and shaggy in appearance.
4. Turn the dough out onto a lightly floured work surface. Gather and press the dough into a ball. Pat the ball into an even disk, wrap well, and allow it to chill in the refrigerator for 20 minutes.
5. Unwrap the dough, place it on a lightly floured work surface, and scatter a little flour over the top. Alternatively, place the dough between 2 sheets of parchment or waxed paper. Roll out the dough into an even round about 10 inches in diameter.
6. The dough is now ready for use.

# ALMOND CRESCENT COOKIES

*Yield: 30 cookies*

<b>Ingredients</b>	<b>Amounts</b>
Almond, paste	4 cups
Sugar, granulated	2 ¼ cups
Lemon, zest	to taste
Egg, white	7 wt. oz.
Almonds, sliced, crushed	9 wt. oz.
Sugar, granulated	½ cup
Water	½ cup
Honey	to taste
Chocolate, coating, melted	as needed

## **Method**

1. Preheat oven to 350°F.
2. In the bowl of a stand mixer fitted with the paddle attachment, place the almond paste, sugar, and lemon zest. Mix until the ingredients are the size of small peas.
3. Add the egg whites in 5 additions, mixing and scraping down the sides of the bowl before adding the next portion. Transfer the dough to a piping bag fitted with a #6 tip.
4. On a sheet tray, place the crushed almonds. Pipe 2-inch pieces of the dough onto the almonds.
5. Line several double sheet pans with parchment paper. Transfer the cookies to the pans. Bake in the preheated oven until light brown.
6. For the simple syrup, place the sugar and water in a medium saucepan over medium heat. Bring it to a boil, stirring constantly, until the sugar has dissolved. Cool.
7. In a small bowl, place the simple syrup and honey. Mix well to combine.
8. Remove the cookies from the oven and glaze with the simple syrup-honey mixture. Allow them to cool completely.
9. Dip each end in the melted chocolate coating. Allow the coating to cool.

# CRÈME BRÛLÉE

Yield: 12 ramekins

Ingredients	Amounts
Cream, heavy	30 wt. oz.
Sugar, granulated (Divided)	7 ½ wt. oz.
Vanilla, bean	1 ea.
Egg, yolk	9 ea.
Sugar, granulated	5 wt. oz.

## Method

1. Preheat oven to 325°F.
2. In a medium saucepan, place the cream, ½ of the sugar, and vanilla bean. Bring it to a simmer over medium heat, stirring gently with a wooden spoon.
3. In a large mixing bowl, place the egg yolks and the remaining sugar. Mix to combine.
4. Temper the egg mixture by gradually adding ⅓ of the hot cream. Stir constantly with a wire whip. Add the remaining hot cream.
5. Strain the mixture through a fine mesh strainer (*chinois*), and ladle into ramekins, filling them ¾ full.
6. Place the ramekins into a baking pan. Add enough water to come halfway up the sides of the ramekins. Bake in the water bath in the preheated oven until just set, 20 to 25 minutes.
7. Remove the custards from the water bath and wipe the ramekins dry. Refrigerate until fully chilled.
8. To finish, evenly coat each custard surface with a thin layer of brûlée sugar. Use a propane torch or place the ramekins under a broiler/ salamander to melt and caramelize the sugar.

# CIABATTA

*Yield: 1 loaf*

<b>Ingredients</b>	<b>Amounts</b>
Flour, bread	9 oz.
Water, warm	9 oz.
Yeast, dry, instant (red)	1 pinch
Flour, bread	1 lb. 7 ½ oz.
Yeast, dry, instant (red)	1 ¼ tsp.
Water, warm	1 lb. 1 oz.
Salt, kosher	¾ oz.

## **Method**

1. For the poolish, in the bowl of an electric mixer fitted with the dough hook, place the flour, water, and yeast. Mix on low speed until thoroughly combined, about 3 minutes. Transfer to a container, cover, and let it ferment until it has risen and begun to recede, 18 to 24 hours. It should still be bubbly and airy.
2. For the final dough, in the bowl of a stand mixer fitted with the dough hook attachment, combine the flour and yeast. Add 1 pound of the poolish, water, and salt. Mix on low speed for 4 minutes. Mix on medium speed for 1 minute. The dough should be blended but not too elastic.
3. Transfer the dough to a bowl. Let it bulk ferment until it has nearly doubled in size, about 30 minutes.
4. Fold in half 4 times. (The dough should feel like jelly.).
5. Ferment for 30 minutes.
6. Gently fold in half 2 times. Let the dough ferment for 15 minutes.
7. Place the dough on a work surface and dust with flour. Using the palms of your hands, gently stretch the dough into a 32-inch long, 1 ½-inch thick rectangle. Be careful not to tear the dough. Using a floured bench scraper, divide the dough into 4 rectangles (see Chef demo).
8. Flip the dough over onto floured sheet pans. Gently stretch each piece into a rough rectangle. Stretch the dough slightly to place it onto the pan.
9. Proof, covered, until the dough springs back slowly to the touch but does not collapse, 30 to 40 minutes.
10. Preheat oven to 475°F
11. Lightly flour the top of the dough.
12. Bake in the preheated oven until the crust is golden brown and the loaf sounds hollow when thumped on the bottom, 20 to 30 minutes.
13. Cool completely on wire racks.

# CHEDDAR AND THYME MUFFINS

*Yield: 12 muffins*

<b>Ingredients</b>	<b>Amounts</b>
Flour, all-purpose	2 cups
Mustard, dry	2 Tbsp.
Baking powder	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Chile, cayenne, ground	1 pinch
Cheese, Cheddar, sharp	1 cup
Thyme, fresh, chopped	1 Tbsp.
Milk, whole	1 ½ cups
Egg, whole	1 ea.
Butter, unsalted, melted	¼ cup
Hot sauce	¼ tsp.

## **Method**

1. Preheat oven to 350°F.
2. Spray a muffin tin lightly with cooking spray.
3. In a large bowl, sift together the flour, mustard, baking powder, salt, pepper.
4. Add the Cheddar and thyme. Toss until evenly distributed. Make a well in the center of the flour mixture.
5. In a medium bowl, blend the milk, egg, butter, and hot sauce. Add the milk mixture to the flour mixture. Stir just until the batter is evenly moistened.
6. Fill the prepared muffin tins about  $\frac{3}{4}$  full. Gently tap the filled tins to release any air bubbles. Bake in the preheated oven until a skewer inserted into the center of a muffin comes out clean, 20 to 25 minutes.
7. Cool the muffins in the pan for 10 minutes. Serve the muffins warm or transfer to a cooling rack to finish cooling. Store in an airtight container.

# CHALLAH

*Yield: 2 loaves*

<b>Ingredients</b>	<b>Amounts</b>
Yeast, instant, dry (gold)	¾ oz.
Flour, bread	66 oz.
Water	24 oz.
Egg, yolk	12 oz.
Oil, vegetable	6 oz.
Sugar, granulated	6 oz.
Salt, kosher	1 oz.
Flour, bread	as needed
Egg, whole, beaten	2 ea.
Milk, whole	4 Tbsp.

## **Method**

1. In the bowl of an electric mixer fitted with the paddle attachment, combine the yeast and flour. Add the water, egg yolk, oil, sugar, and salt. Mix on low speed for 4 minutes, then on medium speed for 4 minutes. The dough should be slightly firm and smooth, not sticky.
2. Let the dough bulk ferment until nearly doubled, about 1 hour.
3. Fold the dough gently.
4. Divide the dough into six, 4 ½-ounce pieces. Pre-shape the dough into oblongs. Let the dough rest, covered, for 20 minutes.
5. On a lightly floured work surface, roll out each piece of shaped dough. Starting at the center of the dough, roll the piece outward, applying gentle pressure with your palms. Apply very little pressure at the center of the dough but increase the pressure as you roll toward the end of the dough. Roll each piece into an evenly tapered, 12-inch strand. (It is important that all the strands be the same length, or the finished braid will be uneven.)
6. Dust the top of each strand lightly with flour. This will help keep the dough dry and help maintain the overall definition of the braid.
7. Lay three strands of the dough vertically. Begin braiding in the center of the strands. Place the left strand over the center strand, then place the right strand over the center strand. Repeat to the end of the dough. Pinch the ends together tightly. Flip the braid around and finish braiding the other side. Carefully transfer the braided dough to a parchment-lined baking sheet.
8. In a small bowl, whisk together the egg and milk to create an egg wash. Brush the dough lightly with the egg wash.
9. Proof the dough, covered, until the dough springs back lightly to the touch but does not collapse, about 1 hour. There should be a small indentation left in the dough.
10. Preheat oven to 380°F

11. Gently brush a second coat of egg wash over the dough.
12. Bake in the preheated oven until the loaves are a dark golden brown and shiny, 20 to 25 minutes.
13. Cool completely on wire racks.

# THREE-BERRY COBBLER

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	as needed
Flour, all-purpose	1 ½ cups
Baking soda	2 tsp.
Cream of tartar	1 tsp.
Salt, kosher	1 tsp.
Butter, unsalted, softened	½ cup
Sugar, granulated (Divided)	1 cup
Egg, whole, lightly beaten	1 ea.
Buttermilk	½ cup
Raspberries, fresh	½ qt.
Blueberries, fresh	½ qt.
Strawberries, fresh	½ qt.

## **Method**

1. Preheat a convection oven to 350°F (375°F for a conventional oven). Butter a 9-inch baking dish or 6 individual molds.
2. In a medium bowl, sift together the flour, baking soda, cream of tartar, and salt. Reserve.
3. In a stand mixer fitted with a paddle attachment, place the butter and ¾ cup of the sugar. Cream on low speed until the mixture is light in texture, about 2 minutes.
4. Beat in the egg, mixing until smooth, about 2 minutes.
5. Incorporate the flour mixture into the butter mixture by adding the flour alternately with the buttermilk, beginning and ending with the flour mixture.
6. In a medium bowl, place the remaining ¼ cup of sugar and the berries. Mix gently to combine. Arrange the berries in the prepared baking dish.
7. Spoon the batter over the berries.
8. Bake in the preheated oven until the crust is golden brown, and a toothpick inserted in the center comes out clean, 40 to 50 minutes.
9. Remove the cobbler from the oven and let it cool on a wire rack for 10 minutes. Serve warm.

# CHOCOLATE CHIP COOKIES

*Yield: 50 cookies*

<b>Ingredients</b>	<b>Amount</b>
Oats, rolled	10 cups
Butter, unsalted, room temp.	2 lb.
Sugar, granulated	4 cups
Sugar, brown, light	4 cups
Egg, whole, room temp.	8 ea.
Vanilla, extract	4 tsp.
Flour, all-purpose	8 cups
Salt, kosher	2 tsp.
Baking powder	4 tsp.
Baking soda	4 tsp.
Chocolate, chips	9 cups
Chocolate, white, chunks	2 ¼ cups

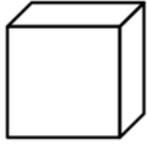
## **Method**

1. Preheat oven to 375°F. Prepare parchment-lined baking sheets.
2. In a blender or food processor, place the rolled oats. Process into a fine powder. Reserve.
3. In the bowl of a stand mixer fitted with the paddle attachment, place the butter, granulated sugar, and brown sugar. Cream at low speed until the sugars melt and the mixture is light in color, about 10 minutes.
4. Gradually add the eggs, scraping down the bowl after each addition. Add the vanilla.
5. In a large bowl, sift the flour, salt, baking powder, and baking soda.
6. Add the sifted flour mixture and ground oatmeal to the butter-egg mixture all at once. Mix on low speed until just combined. Scrape down the bowl as needed. Do not over mix.
7. Using a rubber spatula, fold in the chocolate until it is just combined.
8. Scoop the dough onto the parchment-lined baking sheets using a #40 scoop (1 ½ tablespoons), placing them about 1 ½ inches apart. Chill the dough in the refrigerator for 20 minutes.
9. Place the sheets in the preheated oven and bake until the edges are golden brown, about 10 minutes. Rotate and switch the baking sheets as necessary for even baking.
10. Allow the cookies to cool on the baking sheets for 1 minute. Using a rubber spatula, transfer the cookies to a cooling rack and allow them to cool completely.

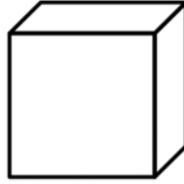
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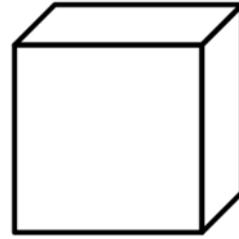
# BASIC KNIFE CUTS



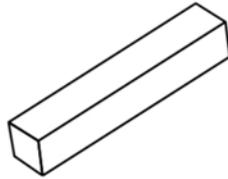
**Small Dice**  
1/4" cube



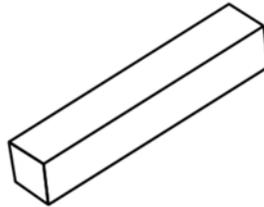
**Medium Dice**  
1/2" cube



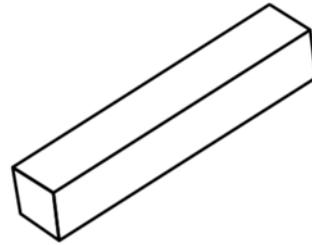
**Large Dice**  
3/4" cube



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



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



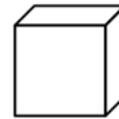
**Batonnet**  
1/4" sq x 2 inch



**Mince**  
<1/16" cube



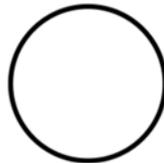
**Chop**  
1/8"-1/4" cube



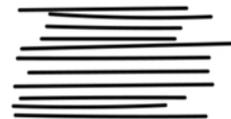
**Brunoise**  
1/8" cube (fine dice)



**Bias**  
diagonal cut



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



**Chiffonade**  
rolled, sliced thin

# CONVERSION TABLES

## METRIC WEIGHTS AND MEASURES EQUIVALENCIES

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

## METRIC CONVERSION TABLE

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

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

## TEMPERATURE EQUIVALENCIES

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

## US CUSTOMARY LIQUID VOLUME CONVERSIONS

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

## US TO METRIC DRY MEASURES CONVERSIONS

tsp.	Tbsp.	oz.	cup	lb.	grams
<b>3</b>	1	½	1/16	---	14
<b>6</b>	2	1	⅛	1/16	28
<b>12</b>	4	2	¼	⅛	57
<b>24</b>	8	4	½	¼	113
<b>36</b>	12	6	¾	⅜	170
<b>48</b>	16	8	1	½	227
<b>96</b>	32	16	2	1	454

## VOLUME MEASURE CONVERSIONS

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

These Materials Were Developed at the Culinary Institute of America.

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