



Culinary Institute of America

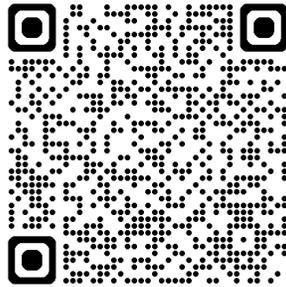
CULINARY INSTITUTE OF THE PACIFIC

CULINARY APPLICATIONS IN GLOBAL CUISINE: TRAIN-THE-TRAINER



Culinary Institute of the Pacific, Diamond Head campus, Oahu, Hawai'i

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Welcome to the CIA!

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

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

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

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

Wishing you all the best,

A handwritten signature in black ink that reads "David Kamen".

David Kamen '88 MBA PC^{III}
Director CIA Consulting
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P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world’s best professional culinary education. If you’d like to further support the future of food with the gift of education, please visit www.ciagiving.org.

EXPECTATIONS FOR PARTICIPANTS

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

CIA UNIFORM POLICY

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

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

COURSE DESCRIPTION

This advanced course positions experienced chefs and culinary leaders as educators, focusing on how professional technique is taught, demonstrated, and effectively transferred in real-world settings. Participants will engage with global cuisines as instructional tools, using international culinary traditions to reinforce core techniques while strengthening cultural literacy and instructional clarity.

Designed in collaboration with the Culinary Institute of the Pacific (CIP), the program is rooted in Hawai'i's food systems and cultural context. Locally sourced ingredients and traditional canoe crops are integrated into international culinary applications. This approach allows participants to explore how regional ingredients can be meaningfully adapted within global frameworks while honoring place-based knowledge and culinary heritage.

A strong emphasis is placed on train-the-trainer practice. Participants develop skills in lesson sequencing, live demonstrations, technique articulation, and feedback delivery, with focused attention on mentorship dynamics and learner engagement. Hands-on teaching scenarios and reflective exercises support the development of confident instructional presence across kitchens, classrooms, and workforce training environments.

Intended for seasoned industry professionals and culinary educators, *Culinary Applications in Global Cuisine: Train-the-Trainer* strengthens leadership capacity and teaching effectiveness, empowering participants to guide others while preserving culinary traditions and advancing globally informed, Hawai'i-grounded practice.

LEARNING OBJECTIVES

By the end of this course, you should be able to...

- Examine key ingredients, cooking methods, and regional variations in global cuisines, and identify the unique cultural and technical characteristics of each.
- Design and execute clear, engaging, and effective cooking demonstrations for various audiences, incorporating global techniques and methods.
- Use strategies to teach, provide feedback, and adapt instruction based on the diverse needs and learning styles of culinary students or team members.
- Critically assess leadership styles and mentorship techniques, and refine them to inspire growth and collaboration in a professional culinary environment.
- Develop and deliver engaging presentations that effectively communicate cooking techniques, global flavors, and cultural insights to culinary professionals and students.

- Apply traditional and contemporary cooking methods from various global cuisines into a modern professional kitchen, adapting them for efficiency and creativity.
- Analyze the cultural and historical context of global cuisines and assess how this understanding can be communicated to enhance culinary education and appreciation.
- Analyze learners' progress and adjust instructional methods to address their specific needs, ensuring optimal engagement and retention of culinary skills.
- Design and produce effective culinary training materials, such as recipe guides, visual aids, and lesson plans, that support learning and skill development for all experience levels.
- Implement teaching techniques that encourage teamwork, collaboration, and shared responsibility in culinary settings, fostering a productive and positive learning environment.
- Evaluate challenges in the kitchen or classroom and develop innovative, solutions-based approaches by using critical thinking, leveraging global culinary knowledge to find effective solutions.

DAY ONE:

INTRODUCTION TO TRAINING & MENTORSHIP

GLOBAL CULINARY LEGACY CUISINE

LEARNING OBJECTIVES

By the end of this day, you should be able to...

- Define effective mentorship.
- Clearly distinguish the roles and objectives of mentorship versus training.
- Identify tools and strategies for effectively presenting a global, cuisine-driven menu to employees.
- Explore methods to foster understanding, enthusiasm, and efficiency within a mentorship framework.
- Prepare a variety of culturally iconic dishes from assigned global regions using standardized recipes.
- Deliver a descriptive presentation detailing the ingredients, flavor profiles, and cooking methods used for each dish.

ASSIGNMENT

- Become familiar with your classmates and station partners.
- Develop a clear and organized production plan.
- Prepare your assigned dishes.

DAY ONE: TEAM PRODUCTION ASSIGNMENTS

CHEF DEMO

Brown Veal Stock

TEAM ONE: SPAIN

Spanish 'Ulu Omelet

Kalua Pork and Macadamia Nut Croquettes

Spanish Oxtail Stew in Red Wine

Chicken Braised with Piquillo Peppers

Seafood Paella

TEAM TWO: SOUTHERN ITALY

Duck Leg Ragoût with Gnocchi di Semolino

Eggplant alla Parmigiana

Ricotta Tortelli with Pohole Ferns

Braised Veal Shanks

TEAM THREE: FRANCE

Beef Stew with Red Wine and Olives

Roasted Leg of Lamb with Green Beans

Cassoulet

Onion, Cheese, and Bacon Quiche

Provençal-Style Salad

TEAM FOUR: EASTERN MEDITERRANEAN

Lamb Manti

Bulgur Wheat Salad

Hummus Bi Tahini

Greek Rabbit Stew

North African–Style Poached Eggs in Spicy Tomato Sauce

**Soak Black Beans for Brazilian Black Bean Stew – Day 2*

BROWN VEAL STOCK

Yield: 2 gallons

Ingredients	Amounts
Oil, vegetable	6 fl. oz.
Veal, bones, knuckles, and trim, rinsed, dried	20 lb.
Water, cold	3 gal.
Oil, olive, pure	as needed
Onion, yellow, large diced	1 lb.
Carrot, large diced	½ lb.
Celery, rib, large diced	½ lb.
Tomato, paste	12 wt. oz.
Parsley, flat-leaf, stem, fresh	4 ea.
Bay leaf, dried	2 ea.
Garlic, clove	4 ea.
Thyme, leaves, dried	1 tsp.
Peppercorns, black, cracked	1 Tbsp.

Method

1. Preheat oven to 450°F.
2. Brush a roasting pan with just enough oil to lightly coat the bottom and sides. Place in the preheated oven until the pan and oil are hot.
3. Remove the pan from the oven, add the veal bones, and return the pan to the oven. Roast the bones, stirring and turning occasionally, until the bones are a deep brown, 30 to 45 minutes.
4. Transfer the bones to a stockpot and cover with the cold water. Deglaze the roasting pan by scraping up any brown bits stuck to the bottom. Add the released drippings to the stockpot.
5. Slowly bring the stock to a gentle simmer over low heat. Cook, skimming the surface as necessary, for about 5 hours.
6. Heat enough oil to lightly coat a rondeau over medium-high heat. Add the onion, carrot, and celery. Cook, stirring occasionally, until the onions are deep golden brown in color, 15 to 20 minutes.
7. Add the tomato paste and cook, stirring frequently, until the paste turns a rusty brown color and has a sweet aroma, 1 to 2 minutes. Add a few ladles of the stock and deglaze by scraping up any brown bits stuck to the bottom of the rondeau.

8. For the sachet d'épices, in the middle of a square of cheesecloth, place the parsley, bay leaf, garlic, thyme, and peppercorns. Gather the sides together to form a pouch and tie it closed with cooking twine.
9. Add the vegetable mixture and sachet to the stockpot.
10. Simmer the stock, skimming as necessary and tasting occasionally, until a rich flavor and noticeable body have developed, about 1 hour.
11. Using a ladle, degrease the broth by skimming off any congealing fat. (See Chef demo.) Strain the broth through a cheesecloth lined chinois.
12. The stock is ready to be used now, or may be cooled rapidly and stored for later use.

SPANISH 'ULU OMELET

TORTILLA ESPAÑOLA

Yield: 12 portions

Ingredients	Amounts
'Ulu, sliced 1/8-in thick	2 lb.
Onion, Spanish, large, thinly sliced	1 ea.
Salt, kosher	1 tsp.
Oil, olive, extra virgin	3 cups
Egg, whole	8 ea.
Salt, kosher	1 pinch
Oil, olive, extra virgin	1 Tbsp.

Method

1. In a large saucepan, place the 'ulu and onions. Season with the salt. Add enough of the oil to just cover the ingredients. Heat over medium-high heat until the oil begins to bubble.
2. Cover the pan and cook slowly over medium heat, turning occasionally, until the 'ulu are tender, but not brown, about 5 minutes.
3. Set a large colander over a bowl. Drain the 'ulu mixture, reserving the oil. Cool for 10 minutes.
4. In a large bowl, beat the eggs with the salt. Add the 'ulu mixture and submerge completely in the eggs. Stand for 10 minutes.
5. Heat 2 tablespoons of the reserved oil in a sauté pan over medium-high heat. Working in batches, add enough of the 'ulu-egg mixture to come about 1/3 of the way up the sides of the pan. Turn down the heat to medium-low. Cook, shaking the pan occasionally to prevent sticking, until the bottom of the omelet is lightly browned, 3 to 5 minutes.
6. Place a large plate over the pan and turn the omelet over onto the plate.
7. Add the oil to coat the bottom and sides of the pan. Slide the uncooked side of the omelet back into the pan. Round the sides of the omelet with a spatula. Cook until the underside is lightly browned, 2 to 3 minutes.
8. Transfer to a plate and rest for 5 minutes before serving. Repeat the process with the remaining ingredients.
9. Cut into individual portions. Serve immediately.

KALUA PORK AND MACADAMIA NUT CROQUETTES

Yield: 12 portions

Ingredients	Amounts
Butter, unsalted	1 ½ wt. oz.
Flour, all-purpose	2 ½ wt. oz.
Butter, unsalted, clarified	3 tsp.
Onion, yellow, minced	2 Tbsp.
Milk, whole	5 cups
Salt, kosher	to taste
Pepper, white, ground	to taste
Nutmeg, ground	to taste
Macadamia nuts	1 cup
Oil, olive, pure	as needed
Onion, yellow, diced	1 cup
Kalua Pork, coarsely chopped (Recipe follows)	2 cups
Oil, canola	as needed
Egg, whole	4 ea.
Breadcrumbs, panko	4 cups

Method

1. For the béchamel, melt the butter in a small sauté pan over medium heat. Add the flour and stir to combine. Cook just until a white roux forms, 3 to 5 minutes. Reserve.
2. Heat the clarified butter in a small saucepot over medium heat. Add the onions. Sweat until tender and translucent but with no color, 6 to 8 minutes.
3. Add the reserved roux. Cook until the roux is very hot, about 2 minutes.
4. Gradually add the milk in a thin stream while whisking to work out any lumps. Simmer the sauce until it is smooth and thickened, about 30 minutes. Stir frequently and skim as necessary to remove any impurities.
5. Season with salt, pepper, and nutmeg to taste. Strain through a rinsed, double lined cheesecloth and back into the pot.
6. Heat a dry pan over medium-high heat. Add the macadamia nuts. Toast, shaking occasionally, until golden and fragrant, 10 to 12 minutes. Reserve.
7. In a separate pan, heat the oil over medium-high heat. Add the onions. Sauté until translucent, 3 to 5 minutes.
8. Add the macadamia nuts, onions, and Kalua Pork to the saucepot with the béchamel. Stir to combine. Cook until incorporated, about 1 minute.

9. Remove from the heat and chill.
10. Line a sheet pan with parchment paper. Transfer the béchamel base to a piping bag fitted with a ½-inch round tip. Pipe into cylinder shapes about 3-inches long. Chill for 25 minutes.
11. Preheat 2-inches of oil in a 3-quart pot to 375°F.
12. Beat the eggs in a small bowl. Place the panko in a separate small bowl.
13. Dip each croquet into the beaten egg and coat on all sides. Transfer to the panko and roll, pressing gently to adhere.
14. Working in batches, fry the croquettes in the preheated oil until golden brown and heated through, 4 to 5 minutes. Remove the croquettes using a slotted spoon and transfer to absorbent paper towels to drain any excess oil.

KALUA PORK

Yield: 6 portions

Ingredients

Pork, Boston butt
Salt, kosher
Banana, leaf, rinsed

Amounts

4 lb.
2 Tbsp.
5 ea.

Method

1. Preheat the smoker to 215°F.
2. Massage the pork butt well with the salt.
3. Lay the banana leaves flat. Place the salted pork on top. Fold the banana leaves around the pork. Secure with butcher's twine.
4. Transfer the wrapped pork to the smoker. Smoke until the pork is tender and falling apart, about 1 ½ hours per pound.
5. Remove the pork and rest for 20 to 30 minutes. "Pull" the pork by shredding into small pieces using two forks.

SPANISH OXTAIL STEW IN RED WINE

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	2 fl. oz.
Oxtail, cut into segments	3 lb.
Onion, yellow, coarsely chopped	2 ea.
Leek, stalk, white part, coarsely chopped	2 ea.
Garlic, minced	1 tsp.
Tomato, concassé	3 ea.
Wine, red	1 qt.
Brown Veal Stock (See prior recipe)	1 qt.
Honey	1 Tbsp.
Vinegar, sherry	1 fl. oz.
Parsley, flat-leaf, stem, fresh	6 ea.
Bay leaf, dried	1 ea.
Thyme, leaves, dried	½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the oil in a sauté pan over medium-high heat. Sauté the oxtail until browned, 7 to 8 minutes. Remove and reserve warm.
2. Add onion, leek, and garlic to the pan. Sauté until golden, 5 to 6 minutes.
3. Add tomato concassé. Cook until soft, about 3 minutes.
4. Return the oxtail to the pan. Stir with a wooden spoon until the oxtail begins to release gelatin, about 10 minutes.
5. Gradually add the wine and stock in thin streams while stirring to combine. Add the honey, vinegar, parsley, bay leaf, and thyme. Stir to combine.
6. Turn down the heat to medium-low. Cover and simmer the oxtail, skimming any impurities, until it is very tender, 2 to 3 hours. Remove the oxtail and transfer to a serving platter. Reserve warm. Spoon off the fat from the top of the stew and discard.
7. Transfer the stew to a blender. Blend on high speed until smooth, about 45 seconds. Season with salt and pepper to taste.
8. Strain the stew over the oxtail on the serving platter.

CHICKEN BRAISED WITH PIQUILLO PEPPERS

Yield: 8 portions

Ingredients	Amounts
Chicken, whole, 3 lb. ea., skin removed	2 ea.
Salt, kosher	2 Tbsp.
Oil, olive, pure	4 Tbsp.
Onion, yellow, chopped	1 ea.
Garlic, minced	2 Tbsp.
Beef, pipikaula, small diced	4 Tbsp.
Paprika, ground	1 tsp.
Tomato, plum (Roma), skinned, seeded, chopped	16 wt. oz.
Chile, piquillo, fresh, cut in ½-in. strips	16 ea.
Pepper, Hawaiian chili	4 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Detach the wings and legs from the body of the chicken. Separate the thigh and drumstick pieces. Remove the chicken breast from the body of the chicken. Divide the breast into 4 pieces. Season the chicken with the salt.
2. Heat the oil in a shallow casserole dish over medium-high heat. Add the chicken and brown on all sides, 3 to 5 minutes.
3. Add the onion and garlic. Cook until the onion has wilted, 8 to 10 minutes.
4. Add the pipikaula. Cook until aromatic, about 1 minute. Stir in the paprika.
5. Add tomatoes and stir to incorporate. Stir in the piquillo and Hawaiian chili peppers. Season with salt and pepper as needed.
6. Cover and simmer until the chicken is tender, about 45 minutes.
7. Arrange the chicken on a platter. Spoon the braising liquid over top.

SEAFOOD PAELLA

Yield: 6 portions

Ingredients	Amounts
Stock, chicken	6 cups
Saffron, threads	1 pinch
Salt, kosher	to taste
Oil, olive, pure	1/3 cup
Pork, sausage, Portuguese, fresh, diced	1/2 lb.
Pepper, bell, red, small diced	3/4 cup
Pepper, bell, green, med. diced	3/4 cup
Onion, Spanish, med. diced	1/2 cup
Carrot, med. diced	2/3 cup
Garlic, minced	1 Tbsp.
Rice, Spanish, short-grain	3 cups
Stock, chicken	as needed
Mussels, cleaned, de-bearded	12 ea.
Clams, Manila, cleaned	12 ea.
Shrimp, 16/20, peeled, deveined	12 ea.
Peas, green, fresh	1 cup
Lemon, juice, fresh	2 Tbsp.
Lemon, cut into 6 wedges	1 ea.

Method

1. In a saucepot over high heat, bring the stock to a boil. Add the saffron. Turn down the heat and simmer until the stock has reduced to 1 1/4-quarts, 8 to 10 minutes. Season with salt to taste. Reserve.
2. Heat the oil in a paella pan over medium-high heat. Add the sausage and sauté until golden brown, about 4 minutes.
3. Add the peppers, onions, carrots, and garlic. Sauté until softened, about 3 minutes.
4. Stir in the rice to coat the grains with the oil. Toast the rice until it becomes translucent, but not brown, about 3 minutes.
5. Add the reserved reduced stock and bring it to a boil. Turn down the heat to low. Simmer until the rice is tender but still firm to the bite (*al dente*), about 10 minutes. Add additional stock, if necessary.
6. When the rice has about 5 minutes of cooking time remaining, arrange the mussels, clams, shrimp, and peas on top of the rice and cover.
7. Remove the paella from the heat. Sprinkle with the lemon juice. Cover the pan and rest for 5 minutes.
8. Serve the paella in the paella pan. Garnish with the lemon wedges.

DUCK LEG RAGOÛT WITH GNOCCHI DI SEMOLINO

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure (Divided)	as needed
Duck, legs	3 ea.
Wine, white	¼ cup
Pork, pancetta, minced	4 Tbsp.
Onion, red, small diced	½ cup
Celery, rib, small diced	¼ cup
Carrot, small diced	¼ cup
Tomato, paste	2 Tbsp.
Brandy	¼ cup
Stock, chicken	as needed
Rosemary, sprig, fresh	3 ea.
Thyme, sprig, fresh	3 ea.
Bay leaf, dried	3 ea.
Parsley, flat-leaf, fresh, chopped	3 Tbsp.
Garlic, minced	1 Tbsp.
Juniper berries, crushed	12 ea.
Peppercorns, black, cracked	4 ea.
Salt, kosher	to taste
Cheese, Parmesan, grated	½ cup
Gnocchi di Semolino (Recipe follows)	1x recipe

Method

1. Preheat oven to 450°F. Place a half sheet pan in the oven to preheat.
2. Remove the sheet pan from the oven and lightly coat with oil. Place the duck legs skin-side down on the sheet pan and return it to the oven. Cook the duck legs until they have browned, 10 to 12 minutes. Remove and reserve.
3. Place the sheet pan on the stove top over medium heat. Add the wine and deglaze by scraping any brown bits stock to the bottom of the pan. Cook until the wine begins to reduce, 1 to 2 minutes. Reserve.
4. Heat enough oil to lightly coat a small rondeau over medium heat. Add the pancetta and cook until crispy, 5 to 7 minutes.
5. Add the onions, celery, and carrots. Sauté until well browned, about 10 minutes.
6. Add the tomato paste and cook until a rusty brown color is achieved, 8 to 10 minutes.
7. Add the brandy. Cook until the alcohol evaporates, about 1 minute.

8. Add the reserved duck legs and pan juices. Add enough chicken stock to cover the duck legs by 1-inch. Add the rosemary, thyme, bay leaf, parsley, garlic, juniper berries, and peppercorns. Season with salt to taste.
9. Cover with a tight-fitting lid and cook, skimming occasionally, until the duck legs are tender 1 ½ to 2 hours.
10. Scrape the duck meat from the bone and return it to the sauce. Be sure not to shred the duck too finely. Reduce the sauce until it lightly coats the back of a spoon (*nappé*).
11. Top the ragout with the Parmesan cheese. Serve with the Gnocchi di Semolino.

GNOCCHI DI SEMOLINO

Yield: 6 portions

Ingredients	Amounts
Milk, whole	4 ½ cups
Butter, unsalted (Divided)	15 Tbsp.
Salt, kosher	1 pinch
Flour, semolina	2 cups
Cheese, Parmigiano-Reggiano, grated	¾ cup
Egg, yolk	3 ea.

Method

1. Preheat oven to 400°F.
2. In a medium saucepan over medium heat, bring the milk to a low boil.
3. Add 3 tablespoons of the butter and the salt. Slowly add the semolina flour while stirring constantly. Cook until thickened, about 30 minutes.
4. Remove the saucepan from the heat. Stir in the cheese and egg yolks until blended.
5. Pour the mixture onto a marble surface and spread it to an even thickness of about ½-inch.
6. With a 1 ½ inch round cutter, cut the dough into discs. Lay the discs flat in a baking dish, overlapping each slightly.
7. Dot the top of the gnocchi with the remaining butter.
8. Bake in the preheated oven until the top is golden and crisp, about 30 minutes.
9. Serve hot.

EGGPLANT ALLA PARMIGIANA

Yield: 6 portions

Ingredients	Amounts
Eggplant	4 ½ lb.
Salt, kosher	2 Tbsp.
Oil, vegetable	2 cups
Egg, whole	4 ea.
Milk, whole	½ cup
Oregano, leaves, dried	½ Tbsp.
Thyme, leaves, dried	½ Tbsp.
Flour, all-purpose	1 cup
Breadcrumbs, panko	2 cups
Pepper, black, ground	2 tsp.
Tomato Sauce (Recipe follows)	26 ½ fl. oz.
Cheese, mozzarella, grated	½ lb.
Cheese, Parmesan, grated	2 cups

Method

1. Line a sheet tray with parchment paper.
2. Peel the eggplant and cut into ½-inch slices. Lay the eggplant on the prepared sheet tray in an even layer and lightly sprinkle with the salt. Stand for 30 minutes to release moisture. Pat dry with paper towels.
3. Preheat the oil in a 3-quart pot to 375°F.
4. In a small bowl, combine the eggs, milk, oregano, and thyme to form an egg wash. Place the flour and breadcrumbs in two separate small bowls.
5. Season the eggplant with the pepper. Dredge the eggplant slices in the flour to coat on all sides and shake off any excess. Dip in the egg wash until fully coated and drain any excess. Coat in the breadcrumbs, pressing gently to adhere.
6. Pan-fry the eggplant slices in the preheated oil until golden brown, 3 to 4 minutes. Drain on paper towels and transfer to a wire rack.
7. Preheat oven to 350°F.
8. In each of 6 casserole dishes, spread about 2-ounces of the Tomato Sauce in the bottom and lay the slices of the fried eggplant over top in an even layer. Top each dish with about 2-ounces more of the Tomato Sauce. Evenly spread the cheeses over top of each dish.
9. Bake in the preheated oven until the cheese is golden brown and the sauce is bubbling. Serve 3 to 4 slices per portion, depending on their size.

TOMATO SAUCE

Yield: 2 quarts

Ingredients	Amounts
Oil, olive, extra virgin	½ fl. oz.
Onion, yellow, diced	3 wt. oz.
Garlic, minced	½ Tbsp.
Tomato, plum (Roma), whole, canned with liquid	3 cups
Basil, sweet, leaves, fresh, chopped	½ wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the oil in a saucepot over medium heat. Add the onions and cook, stirring occasionally, until they take on a light golden color, 12 to 15 minutes.
2. Add the garlic. Sauté, stirring frequently, until aromatic, about 1 minute.
3. Add the tomatoes, crushing them as they are added to the pot. Stir to combine. Bring the sauce to a simmer. Cook over low heat, stirring occasionally, until reduced by ¼, about 45 minutes.
4. Add the basil. Simmer until the aroma is infused into the sauce, 2 to 3 minutes. Season with salt and pepper to taste.
5. The sauce 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.

RICOTTA TORTELLINI WITH POHOLE FERNS

Yield: 10 portions

Ingredients	Amounts
Flour, durum	8 wt. oz.
Salt, kosher	½ tsp.
Egg, whole	2 ea.
Oil, olive, pure	1 Tbsp.
Cheese, ricotta	8 wt. oz.
Cheese, Romano, grated	2 wt. oz.
Parsley, flat-leaf, leaves, fresh, chopped	3 Tbsp.
Oregano, leaves, fresh, chopped	1 tsp.
Breadcrumbs, dried	4 Tbsp.
Egg, yolk	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Ferns, pohole, fresh, trimmed	1 lb.
Salt, kosher	as needed
Oil, olive, pure	1 fl. oz.
Stock, chicken	2 fl. oz.
Butter, unsalted	3 wt. oz.

Method

1. For the dough, in a bowl, combine the flour and salt. Mound the flour on a clean work surface and create a well in the center. Place the eggs and oil in the well and whisk gently with a fork. Slowly start dragging the flour into the egg mixture until a dough consistency begins to form.
2. Knead the dough by hand until the ingredients are well combined and the dough is smooth and elastic, about 10 minutes.
3. Place the dough in a bowl and cover with plastic wrap. Rest at room temperature for at least 30 minutes.
4. For the filling, in a bowl, combine the ricotta cheese, Romano cheese, parsley, oregano, breadcrumbs, and egg yolk. Season with salt and pepper as needed.
5. Roll the dough to a thickness of $\frac{1}{16}$ -inch. Using a pasta cutter, cut the dough into 1 to 1½-inch squares. Place the filling into a piping bag and pipe about 1 teaspoon of filling into the center of each square. Lightly moisten one corner of the dough. Fold corner to corner to form a triangle, pressing out all air before sealing the seams. Hold the triangle with the long edge facing you and place it over the tip of your index finger. Bring the two corners around your finger, overlap, and press firmly to seal. (See Chef demo.) Reserve.

6. Bring a pot of salted water to a boil. Add the pohole ferns and blanch until tender, about 45 seconds. Drain, shock in an ice bath, and drain again.
7. Heat the oil in a large sauté pan over medium-high heat. Add the pohole ferns and sauté until heated through, about 30 seconds. Remove and reserve warm.
8. For the sauce, add the chicken stock to the pan. Deglaze by scraping up any brown bits from the bottom of the pan. Reduce to 1 tablespoon, about 2 minutes.
9. Remove the pan from the heat. Swirl in the butter until melted and creamy. Season with salt and pepper to taste.
10. Bring a pot of salted water to a boil. Add the tortellini and boil until tender but still firm to the bite (*al dente*), 3 to 5 minutes. Drain well.
11. Toss the tortellini in the butter sauce. Serve with the reserved pohole ferns.

BRAISED VEAL SHANKS

Osso Bucco

Yield: 6 portions

Ingredients	Amounts
Veal, shank, bone-in, cross cut	8 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	2 cups
Oil, olive, extra virgin	6 Tbsp.
Butter, unsalted	2 Tbsp.
Onion, yellow, minced	2 ea.
Carrot, minced	4 ea.
Celery, rib, minced	2 ea.
Garlic, minced	2 $\frac{2}{3}$ Tbsp.
Wine, white, dry	1 $\frac{1}{2}$ cups
Tomato, plum (Roma), crushed, peeled, canned	32 wt. oz.
Stock, chicken	1 $\frac{1}{2}$ cups
Thyme, sprig, fresh	6 ea.
Bay leaf, dried	2 ea.
Clove, ground	1 pinch
Parsley, flat-leaf, fresh, minced	$\frac{1}{2}$ cup
Lemon, zested	2 ea.
Garlic, minced	2 Tbsp.

Method

1. Preheat oven to 325°F.
2. Pat the veal shanks dry. Season with salt and pepper as needed.
3. Place the flour in a medium bowl. Dredge the veal in the flour to coat on all sides and shake off any excess.
4. Heat the oil in large rondeau over medium-high heat until just before smoking. Add the veal and sear until golden brown, 7 to 8 minutes per side. Remove and reserve warm.
5. Add the butter to the rondeau. Add the onions, carrots, celery, and garlic. Sweat until softened and translucent, 5 to 7 minutes.
6. Add the wine. Deglaze by scraping up any brown bits stuck to the bottom of the rondeau.
7. Return the reserved veal to the rondeau. Add the tomatoes, stock, thyme, bay leaves, and ground clove. Season with salt and pepper as needed. Bring to a simmer.

8. Cover the ingredients with parchment paper and top with a lid. Place in the preheated oven and cook until reduced by $\frac{1}{4}$, about 2 hours. Remove from the oven.
9. Remove the lid and parchment paper and return the rondeau to the oven. Cook until tender, about 1 hour. Additional stock may be added during the cooking process to keep the veal shanks moist.
10. For the gremolata, in a small bowl, combine the parsley, lemon zest, and garlic. Stir 2 to 3 tablespoons of the gremolata into the rondeau.
11. Remove the veal from the braising liquid. Transfer to a serving platter and cover with foil.
12. Skim the fat from the top of the braising liquid. Adjust the consistency by adding additional stock, if necessary.
13. Pour the braising liquid over the veal on the serving platter. Top the marrow bones with the gremolata.

BEEF STEW WITH RED WINE AND OLIVES

DAUBE DU BOEUF AUX OLIVES

Yield: 8 portions

Ingredients	Amounts
Onion, yellow	1 ea.
Bay leaf, dried	1 ea.
Clove, whole	1 ea.
Thyme, sprig, fresh	2 ea.
Parsley, flat-leaf, stem, fresh	2 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, whole	4 ea.
Oil, olive, pure	$\frac{2}{3}$ cup
Pork, salt pork, fresh, cut into cubes	$\frac{1}{2}$ lb.
Onion, yellow, quartered	$\frac{3}{4}$ lb.
Carrot, cut into thick rounds	2 ea.
Beef, shank, cubed	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Wine, red, Zinfandel	1 qt.
Garlic, clove	6 ea.
Peppercorns, black, whole	12 ea.
Orange, peel, 3-in. piece	1 ea.
Tomato, paste	1 Tbsp.
Stock, beef	2 qt.
Olive, Niçoise, pitted	1 $\frac{1}{4}$ cups
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, fresh, chopped	as needed

Method

1. Preheat oven to 350°F.
2. For the onion piqué, attach the bay leaf to the onion using the clove as an anchor. Reserve.
3. For the sachet d'épices, in the middle of a square of cheesecloth, place the thyme sprig, parsley stems, bay leaf, and peppercorns. Gather the sides together to form a pouch and tie it closed with cooking twine. Reserve.
4. Heat the oil in a 6-quart stainless steel pot over medium heat. Add the salt pork and sauté until the fat is rendered, about 5 minutes.

5. Turn up the heat to medium-high. Add the onions and carrots. Sauté until browned, about 5 minutes. Remove and reserve the salt pork, onions, and carrots. Reserve the pot with the oil on the stove.
6. Pat the beef shank dry. Season with salt and pepper as needed.
7. Turn the heat under the reserved pot to high. Add the beef and sear until browned on all sides, 3 to 4 minutes. Remove and reserve.
8. Remove the grease from the pot. Add the wine. Deglaze by scraping up any brown bits stuck to the bottom of the pot. Simmer the wine until reduced by ½, 5 to 7 minutes.
9. Add the reserved onion piqué, sachet d'épices, salt pork, onions, carrots, and beef to the pot.
10. Add the garlic, peppercorns, orange peel, and tomato paste. Add enough of the beef stock to fully cover the ingredients.
11. Return the pot to a simmer. Cover and cook the preheated oven until the beef is tender but not falling apart, about 2 hours. Be sure to turn the beef pieces once or twice throughout cooking.
12. Transfer the beef to a serving dish. Cover with aluminum foil and reserve warm.
13. Strain the braising liquid through a chinois and into a saucepan. Discard the onion piqué and sachet d'épices. Transfer the salt pork to the serving dish with the beef. Transfer the vegetables to the bowl of a food processor.
14. Purée the vegetables until very smooth, about 45 seconds. Reserve.
15. For the sauce, remove the fat from the top of the braising liquid. Bring to a simmer over medium heat. Reduce the braising liquid to 1 pint, 10 to 12 minutes.
16. Whisk in the reserved puréed vegetables. Add the olives. Season with salt and pepper to taste.
17. Pour the sauce over the beef and salt pork. Garnish with the parsley.

Note: This can be made ahead and stored for several days refrigerated. To reheat, bring to room temperature, simmer on top of stove, then heat in moderate oven for 10 to 15 minutes. If sauce is too thick, thin it slightly using a little water or broth.

Source: *New Menus from Simca's Cuisine* by Simone Beck

ROASTED LEG OF LAMB WITH GREEN BEANS

GIGOT D'AGNEAU ET HARICOTS VERTS

Yield: 6 portions

Ingredients	Amounts
Wine, white	1 qt.
Vinegar, wine, red	½ cup
Onion, yellow, sliced	2 ea.
Garlic, crushed	2 tsp.
Thyme, leaves, fresh, chopped	1 Tbsp.
Marjoram, leaves, fresh, chopped	1 Tbsp.
Rosemary, leaves, fresh, chopped	2 tsp.
Bay leaf, dried	1 ea.
Clove, whole	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Lamb, leg, boneless, 3-4 lb.	1 ea.
Beans, green, fresh, trimmed	2 lb.
Garlic, clove, cut into slivers	2 ea.
Oil, vegetable	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Capers, canned, drained, rinsed	½ cup
Oil, olive, pure	2 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a large bowl, combine the wine, vinegar, onion, garlic, thyme, marjoram, rosemary, bay leaf, and clove. Season with salt and pepper as needed. Add the leg of lamb and turn to coat on all sides. Cover and refrigerate for at least 3 hours.
2. Preheat oven to 425°F.
3. Bring a pot of salted water to a boil. Add the green beans and blanch until tender, 2 to 3 minutes. Drain, shock in an ice bath, and drain again. Reserve.
4. Remove the lamb from the marinade and pat dry. Strain the marinade into a bowl and reserve. Discard the solids.

5. Make slits in the lamb that are about 1 ½-inches long and ½-inch deep. Place a garlic sliver in each of the slits. Rub the lamb with oil to fully coat. Season with salt and pepper as needed. Place the lamb on a roasting rack set in a roasting pan.
6. Roast in the preheated oven, basting occasionally, until golden brown, about 1 hour. Remove the roasting pan from the oven and add 1 cup of the reserved marinade into the bottom. Return the lamb to the oven. Roast, basting occasionally, until the lamb reaches the desired temperature (145°F for medium), about 30 minutes.
7. Transfer the lamb to a cutting board. Rest, tented with foil, for 15 minutes.
8. For the sauce, place the roasting pan with the marinade onto the stovetop over medium-high heat. Add the capers and stir to combine. Heat until warmed through, about 2 minutes.
9. Heat the oil in a sauté pan over medium-high heat. Add the reserved green beans and sauté until warmed through, 1 to 2 minutes. Season with salt and pepper to taste.
10. To serve, arrange a bed of green beans on a serving platter. Carve the lamb and place over the green beans. Top with the sauce.

Source: Adapted from *The French Country Kitchen*, by James Villas

CASSOULET

Yield: 8 portions

Ingredients	Amounts
Beans, Great Northern, dried	2 lb.
Duck Confit (Recipe follows)	1x recipe
Duck, fat, rendered	¼ cup
Pork, pancetta (one piece)	½ lb.
Pork, belly, cut into 1-in. x 2-in. pieces	1 lb.
Pork, butt, cut into 2-in. cubes	1 lb.
Carrot, large diced	3 ea.
Onion, yellow, small diced	2 ea.
Shallot, small diced	1 ea.
Garlic, clove	5 ea.
Tomato, plum (Roma), whole, canned	10 wt. oz.
Stock, chicken	2 qt.
Parsley, flat-leaf, sprig, fresh	3 ea.
Thyme, sprig, fresh	3 ea.
Celery, rib, cut into 3 pieces	1 ea.
Bay leaf, dried	2 ea.
Pepper, black, ground	¼ tsp.
Garlic, minced	2 tsp.
Oil, canola	2 fl. oz.
Pork, sausage, garlic	1 lb.
Breadcrumbs, dried	½ cup

Method

1. Place the beans in a ½ gallon pot. Cover with water by 4-inches. Bring the water to a boil over high heat. Turn off the heat and let the beans sit for 1 hour. Drain and reserve.
2. Cure the duck legs for the Duck Confit according to steps 1 and 2 in the following recipe.
3. For the cassoulet base, heat the duck fat in a straight-sided pot over medium heat. Add the pancetta. Sauté until lightly browned, about 3 minutes. Remove, drain on a paper towels, and reserve. Leave the fat in the pot. Repeat with the pork belly and pork butt pieces, cooking for 8 to 10 minutes each.
4. Add the carrots, onions, and shallots. Sauté until lightly caramelized, about 5 minutes.
5. Add the garlic. Sauté until aromatic, about 1 minute.
6. Add the tomatoes and bring to a simmer. Cook until slightly reduced, 10 to 12 minutes.
7. Add the stock, parsley, thyme, celery, bay leaves, and pepper. Stir to combine.

8. Return the pancetta, pork belly, pork butt, and their juices to the pot. Bring to a boil and reduce the heat to a medium-low. Simmer for 1 hour.
9. Add the reserved beans. Simmer until the beans are tender, about 2 hours. Remove the pot from the stove.
10. Finish the Duck Confit according to steps 3 through 6 in the following recipe.
11. Preheat the oven to 350°F. Place a 5½-quart enameled cast-iron casserole dish into the oven to preheat.
12. Remove and discard the parsley, thyme, celery, and bay leaves from the cassoulet base.
13. Pull out the pancetta. Cut off the excess fat and cut it into 1 ½-inch chunks. Return it to the pot.
14. From the Duck Confit, pull the duck meat from the bones and add it to the pot. Add the garlic. Stir to combine.
15. Place the cassoulet base into the preheated casserole dish. Cook in the preheated oven until it is heated to an internal temperature of 165°F, about 25 minutes.
16. Heat the oil in a large sauté pan over medium heat. Add the sausage and brown on all sides, 8 to 10 minutes. Cut the sausage into 1-inch pieces.
17. Remove the casserole from the oven and stir well. Top with the sausage and breadcrumbs.
18. Turn down the oven temperature to 275°F.
19. Return the uncovered cassoulet to the oven. Bake until the crust is lightly browned, 18 to 20 minutes. Lightly break up the crust and push it just below the surface of the liquid. If desired, repeat several times until a thick crust forms and the casserole is well browned on top.
20. Remove the casserole from the oven and rest for about 30 minutes.
21. Be sure that each portion contains crust, beans, and one piece of each kind of meat when serving.

DUCK CONFIT

Yield: 6 legs

Ingredients	Amounts
Duck, legs	6 ea.
Salt, kosher	1 cup
Garlic, chopped	½ cup
Thyme, bunch, fresh	1 ea.
Bay leaf, dried, crushed	10 ea.
Peppercorns, black, whole	1 Tbsp.
Duck, fat	½ gal.

Method

1. To cure the duck legs, remove the thigh bones, leaving the thigh meat attached to the legs. Trim and discard the skin and excess fat from around the legs.
2. In a bowl, combine the salt, garlic, thyme, bay leaf, and peppercorns. Sprinkle half of the mix onto the bottom of a non-reactive pan. Lay the duck legs on top of the cure and cover them with the remainder of the cure. Place in the refrigerator to cure for 1 to 2 hours.
3. Preheat oven to 400°F.
4. Scrape the excess cure from the legs and wash them well under cold running water.
5. To make the confit, place the cured duck legs into a deep ½ hotel pan. Pour enough duck fat over the legs to submerge them. Cook the legs over medium heat and bring to a simmer. Turn off the heat and cover with foil. Place in the preheated oven and cook until tender, about 1 hour.
6. Store the cooked duck in a crock or bowl, covered with the duck fat. When you're ready use the duck legs, pull them from the fat and scrape the excess back into the dish. The excess can be used to make confit again.

ONION, CHEESE, AND BACON QUICHE

QUICHE LORRAINE

Yield: 6 portions

Ingredients	Amounts
Pork, bacon, sliced	5 ea.
Onion, yellow, small diced	½ cup
Cream, heavy	1 cup
Egg, whole	4 ea.
Salt, kosher	as needed
Pepper, white, ground	as needed
Pâte Brisée, blind baked (Recipe follows)	1x recipe
Cheese, Gruyère, shredded	½ cup

Method

1. Preheat oven to 325°F.
2. In a medium sauté pan over medium heat, cook the bacon until brown and crispy, 5 to 7 minutes. Remove and drain on paper towels. Crumble and reserve.
3. Reserve 1 tablespoon of the bacon fat in the pan. Add the onions. Sauté the onions until tender, 6 to 8 minutes. Remove and cool to room temperature.
4. Heat the cream in a small saucepan over low heat until it is just under boiling.
5. In a medium bowl, whisk the eggs until combined. Add ½ of the hot cream while whisking constantly so the eggs do not curdle. Add the remaining cream and whisk until blended. Strain the custard through a chinois, if necessary. Season with salt and pepper as needed.
6. In the cooked Pâte Brisée, scatter the reserved bacon and onions. Top evenly with the cheese. Pour the custard mixture over the contents.
7. Transfer the quiche onto a baking sheet. Place onto the middle rack of the preheated oven. Cook until the center is barely set, about 30 minutes. A 2-inch circle in the center of the quiche should wiggle when you jiggle the quiche.
8. Remove the quiche from the oven and cool on a wire rack. Serve warm or at room temperature.

PÂTE BRISÉE

Yield: ¾ pound

Ingredients	Amounts
Butter, unsalted, cubed, cold	½ cup
Flour, all-purpose	1 ⅓ cups
Egg, yolk	1 ea.
Water, ice cold	3 Tbsp.
Beans, any, dried	as needed

Method

1. Preheat oven to 375°F.
2. In a large bowl, place the butter and flour. Rub the butter into the flour until a light, sandy texture is achieved. Small pieces of butter should remain within the mixture.
3. In a small bowl, whisk the egg yolk and water to combine. Add to the flour mixture.
4. Thoroughly combine the flour and egg mixtures by hand. Push together to form a uniform dough ball. Rest the dough in the refrigerator for at least 1 hour.
5. On a clean surface, roll the pastry dough out to ⅛-inch thickness. Line a 9-inch tart mold with the dough. Make sure there are no pleats or breaks in the pastry. Pierce the dough with a fork to prevent bubbling.
6. Line the tart with parchment paper and fill it with the dried beans to prevent the pastry from puffing.
7. Blind bake in the preheated oven until golden brown, 8 to 10 minutes.
8. Remove the tart from the oven. Discard the parchment paper and beans. Return the tart to the oven until the dough is evenly browned, about 5 minutes.
9. Remove from the oven and cool. The shell is now ready to fill.

Note: Pastry weights or uncooked rice can be substituted for the dried beans.

PROVENÇAL-STYLE SALAD

SALADE NIÇOISE

Yield: 8 portions

Ingredients	Amounts
'Ulu, peeled, med. diced	2 lb.
Oil, olive, pure	¼ cup
Garlic, clove	8 ea.
Thyme, bunch, fresh, sprigs picked	¼ ea.
Bay leaf, dried	2 ea.
Salt, kosher	1 ½ tsp.
Pepper, black, ground	1 tsp.
Salt, kosher	as needed
Beans, green, ends trimmed	1 lb.
Egg, whole	4 ea.
Oil, olive, pure	as needed
Hamachi, fillet, sushi block	1 lb.
Onion, red, julienne	1 cup
Parsley, flat-leaf, fresh, chopped	4 Tbsp.
Capers, canned, drained, rinsed, chopped	3 Tbsp.
Red Wine Vinaigrette	4 cups
(Recipe follows)	
Mixed greens	½ lb.
Tomato, plum (Roma), peeled, quartered	4 ea.
Olive, Niçoise, halved, pitted	32 ea.

Method

1. Preheat oven to 375°F.
2. In a large bowl, combine the 'ulu, oil, garlic, thyme, bay leaves, salt, and pepper.
3. On a hotel pan, evenly distribute the 'ulu mixture in a single layer.
4. Roast the 'ulu in the preheated oven until fork-tender, 15 to 20 minutes. Shake the pan occasionally to ensure even roasting. Remove and reserve.
5. Bring a large pot of salted water to a boil. Add the green beans and blanch until tender, 2 to 3 minutes. Drain, shock in an ice bath, and drain again. Reserve.
6. In a medium saucepan, cover the eggs with enough cold water to cover by 1-inch. Bring the water to a boil over high heat. Turn off the heat, cover, and sit for 10 to 12 minutes.
7. Transfer the eggs to an ice bath until cool to the touch. Peel and quarter the eggs. Reserve.
8. Season the Hamachi with salt and pepper as needed.
9. Heat enough oil to lightly coat the bottom of a nonstick skillet over medium-high heat.

10. Sear the Hamachi until the internal temperature reaches 105°F (rare), about 2 minutes per side. Transfer to the refrigerator to cool. Slice into ¼-inch slices. Reserve.
11. In a large bowl, place the reserved 'ulu and green beans. Add the onion, parsley, and capers. Toss to combine. Add 1 cup of the Red Wine Vinaigrette. Toss to coat.
12. To serve, arrange the mixed greens on a serving platter. Place the 'ulu and green bean mixture on top of the mixed greens. Garnish the plate with the tomatoes, olives, reserved eggs, and reserved Hamachi. Serve the remaining Red Wine Vinaigrette on the side.

Note: Kalamata olives can be substituted for the Niçoise olives.

RED WINE VINAIGRETTE

Yield: 1 quart

Ingredients	Amounts
Vinegar, wine, red	1 cup
Mustard, Dijon	2 tsp.
Shallot, minced	2 ea.
Oil, olive, pure	3 cups
Sugar, granulated (Optional)	2 tsp.
Salt, kosher	2 tsp.
Pepper, black, ground	½ tsp.
Parsley, flat-leaf, fresh, minced	3 Tbsp.

Method

1. In a medium bowl, whisk to combine the vinegar, mustard, and shallots.
2. Gradually add the oil in a thin stream while constantly whisking until fully incorporated.
3. Season with the sugar, salt, and pepper.
4. Add the parsley. Mix to combine.

Note: Chives or tarragon can be substituted for the parsley.

LAMB MANTI

Yield: 10 portions

Ingredients	Amounts
Egg, whole	2 ea.
Water	2 Tbsp.
Oil, olive, pure	2 tsp.
Salt, kosher	½ tsp.
Flour, all-purpose	3 cups
Lamb, ground	1 lb.
Baharat, ground	1 tsp.
Onion, yellow, grated	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Demiglace, veal	4 cups
Yogurt, Greek	10 Tbsp.
Butter, unsalted	¼ lb.
Marinara Sauce (Recipe follows)	2 cups
Mint, dried	1 Tbsp.
Pepper, Aleppo, ground	1 ½ tsp.
Sumac, ground	1 Tbsp.

Method

1. In a large bowl, whisk the egg, water, oil, and salt to combine. Add the flour. Knead a smooth dough is formed, about 10 minutes. Rest, covered with plastic wrap, for 1 hour.
2. For the filling, in a separate large bowl, combine the lamb, baharat, and onion. Season with salt and pepper as needed.
3. Preheat oven to 350°F. Line a sheet tray with parchment paper.
4. Roll out the pasta dough to a ⅛-inch thickness.
5. Using a pizza cutter, cut 1-inch vertical strips in the dough. Leaving the dough strips where they are, cut 1-inch horizontal strips in the dough to create 1-inch squares.
6. Roll the filling into balls about ½-inch in diameter. Place one ball in the center of each dough square. Fold one corner of the dough over the filling to the opposite corner to form a triangle.
7. Transfer the manti to the prepared sheet tray. Toast in the preheated oven until light and golden, 7 to 10 minutes.

8. Bring pot of salted water to a boil. Add the manti. Boil until tender but still firm to the bite (*al dente*), about 8 minutes.
9. Bring the veal demiglace to a simmer in a saucepot over medium heat. Add the manti and coat with the demiglace. Simmer until warmed through, about 3 minutes. Remove the manti and reserve warm. Reserve the demiglace warm on the stove.
10. Place the yogurt in a large mixing bowl. Stir in ½ cup of reserved demiglace to warm and thin the yogurt. Reserve.
11. In a saucepot over medium heat, brown the butter, stirring constantly to break up the solids, until golden brown, 7 to 8 minutes.
12. To serve, spoon a portion of manti into a serving bowl. Top with 1 tablespoon of the yogurt, 1 teaspoon of the brown butter, and a dollop of warm Marinara Sauce on top. Garnish with the mint, Aleppo pepper, and sumac.

Source: Ana Sortun, as presented at the 2012 Worlds of Healthy Flavors conference.
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MARINARA SAUCE

Yield: 6 portions

Ingredients	Amounts
Oil, olive, extra virgin	2 Tbsp.
Garlic, clove, sliced	8 ea.
Onion, yellow, diced	½ ea.
Salt, sea	1 pinch
Tomato, San Marzano, canned	56 wt. oz.
Salt, kosher	to taste
Basil, sweet, leaves, fresh, torn	⅓ cup
Oil, olive, extra virgin	as needed

Method

1. Heat the oil in a large, heavy-bottomed saucepot over medium-low heat. Add the garlic. Sauté until golden, 1 to 2 minutes.
2. Add the onion and sea salt. Cook until the onion is translucent but not browned, about 10 minutes.
3. Add the tomatoes, crushing them as they are placed into the pot.
4. Partially cover the pot with a lid. Simmer, stirring occasionally, until the has reduced by ½, about 1 hour.
5. Season with salt to taste.
6. Finish with the basil and a drizzle of oil.

BULGUR WHEAT SALAD

TABOULEH

Yield: 6 portions

Ingredients	Amounts
Water	1 cup
Wheat, bulgur, fine	½ cup
Salt, kosher	1 tsp.
Parsley, flat-leaf, fresh, chopped	2 cups
Mint, leaves, fresh, chopped	½ cup
Tomato, plum (Roma), small diced	2 ea.
Cucumber, peeled, seeded, small diced	½ ea.
Scallion (Green onion), stalk, chopped	2 ea.
Oil, olive, extra virgin	3 Tbsp.
Lemon, juice, fresh	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Place the water in a saucepan. Bring it to a boil over high heat.
2. Place the bulgur in a chinois. Rinse under cold running water until the water runs clear. Transfer to a heat proof bowl.
3. Add the boiling water and the salt to the bulgur. Cover and steam until tender, about 20 minutes. Drain any excess water, if necessary. Fluff the bulgur grains using a fork. Cover and refrigerate until cool.
4. In a large bowl, combine the bulgur, parsley, mint, tomatoes, cucumbers, scallions, oil, and lemon juice. Mix gently, being careful not to mash the ingredients together.
5. Season with salt and pepper to taste.
6. Cover and refrigerate until ready to serve.

HUMMUS BI TAHINI

Yield: 8 portions

Ingredients	Amounts
Chickpeas, canned	2 cups
Tahini	3 Tbsp.
Oil, olive, pure	2 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Garlic, clove	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Bread, pita, rounds	8 ea.
Oil, olive, pure	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Preheat oven to 350°F.
2. Drain the chickpeas, reserving the liquid.
3. In a food processor, purée the chickpeas, tahini, oil, lemon juice, and garlic. Add a small amount of the reserved chickpea liquid to facilitate blending, as necessary.
4. Season with salt and pepper to taste.
5. Transfer the hummus to a serving bowl. Cover and refrigerate until ready to serve.
6. Split the pitas and cut into triangles. Transfer to a large bowl. Drizzle with the oil and toss to coat. Season with salt and pepper as needed.
7. Transfer the pitas to baking sheet and arrange in an even layer. Toast in the preheated oven until golden and crispy, 10 to 12 minutes.
8. Serve alongside the hummus.

GREEK RABBIT STEW

KOUNELI STIFADO

Yield: 12 portions

Ingredients	Amounts
Rabbit, whole	4 ea.
Wine, red	2 qt.
Bay leaf, dried	4 ea.
Allspice, berries	16 ea.
Cinnamon, stick	2 ea.
Salt, kosher	as needed
Onion, cipollini	3 lb.
Oil, olive, extra virgin	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	as needed
Wine, red	1 qt.
Orange, juiced, fresh	2 ea.
Tomato, plum (Roma), chopped	1 qt.
Bay leaf, dried	4 ea.
Cinnamon, stick	2 ea.

Method

1. Cut the rabbits into 8 pieces, removing the legs, fore shanks, and saddle. (See Chef demo.)
2. For the marinade, in a large bowl, combine the wine, bay leaves, allspice berries, and cinnamon sticks. Add the rabbit and turn to fully coat in the marinade. Marinate in the refrigerator for 2 hours.
3. Bring a pot of salted water to a boil. Add the onions. Blanch until the onions are tender and the skin has softened, 1 to 2 minutes. Drain, shock in an ice bath, and drain again. Peel the onions.
4. Heat enough oil to lightly coat the bottom of a rondeau over medium-high heat. Add the onions. Sauté until lightly caramelized, about 12 minutes. Remove and reserve the onions. Reserve the rondeau on the stovetop.
5. Remove the rabbit from the marinade and pat dry. Discard the marinade. Season with salt and pepper as needed.
6. Place enough flour in a bowl for dredging. Coat the rabbit in the flour, shaking off any excess.

7. Heat enough oil to lightly coat the bottom of the reserved rondeau over medium-high heat. Working in batches, add the rabbit and cook until browned, about 3 minutes. Remove and reserve.
8. Add the wine. Deglaze by scraping up any brown bits stuck to the bottom of the rondeau. Reduce the wine by $\frac{3}{4}$, 2 to 3 minutes.
9. Add the orange juice, tomatoes, bay leaves, and cinnamon sticks. Add the reserved onions and rabbit.
10. Bring to a boil. Turn down the heat to medium-low. Cover and simmer until the rabbit is tender, about 1 hour and 15 minutes.
11. Remove the bay leaves and serve.

NORTH AFRICAN–STYLE POACHED EGGS IN SPICY TOMATO SAUCE

SHAKSHUKA

Yield: 8 portions

Ingredients	Amounts
Cumin, seeds	1 tsp.
Coriander, seeds	1 tsp.
Oil, vegetable	¼ cup
Onion, yellow, thinly sliced	2 cups
Pepper, bell, yellow, thinly sliced	2 cups
Pepper, Hawaiian chili	4 ea.
Bay leaf, dried	2 ea.
Thyme, leaves, dried	1 Tbsp.
Sugar, granulated	1 Tbsp.
Tomato, plum (Roma), whole, canned, chopped	28 wt. oz.
Tomato, juice	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Egg, whole	4 ea.
Salt, kosher	as needed
Scallion (Green onion), stalk, finely minced	2 tsp.
Parsley, flat-leaf, fresh, finely chopped	2 tsp.
Cilantro, fresh, finely chopped	2 tsp.

Method

1. For the sauce, in a skillet over medium-high heat, toss the cumin and coriander seeds until fragrant, about 1 minute. Transfer to a spice grinder and crush to a powder.
2. Add the oil to the skillet and return the powdered spices. Add the onions and peppers. Sauté until they begin to change color, 2 to 3 minutes.
3. Add the Hawaiian chili, bay leaves, thyme, and sugar. Cook until aromatic, about 3 minutes.
4. Turn down the heat to medium. Add the tomatoes and tomato juice. Cook, stirring occasionally, until the sauce has thickened, 10 to 12 minutes. Season with salt and pepper to taste.
5. To serve, heat ¾ cup of the sauce in a small, nonstick skillet over medium-low heat until simmering. Carefully break the eggs into the sauce. Season with salt as needed.

6. Poach the eggs in the sauce until the whites are set and the yolks are runny, 5 to 7 minutes. The can may be covered with a lid to assist the cooking process, if needed.
7. Sprinkle the scallions, parsley, and cilantro over top. Serve in the skillet.

DAY TWO:

RESEARCH, COLLABORATION, & PRESENTATION

LEARNING OBJECTIVES

By the end of this day, you should be able to...

- Apply tools and strategies to effectively present a global, cuisine-driven menu to employees.
- Foster understanding, enthusiasm, and efficiency in the execution of global cuisine concepts within foodservice operations.
- Prepare a variety of culturally iconic dishes from assigned global regions using standardized recipes.
- Present the historical, cultural, and global significance of these dishes using effective presentation methods.

ASSIGNMENT

- Research your assigned global dishes.
- Work with your station team to develop a production plan.
- Prepare your assigned dishes.
- Create and deliver a 3 to 5 minute presentation examining the regional and global cultural impact of the assigned dishes, from their origins to the present day.

DAY TWO: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE: SINGAPORE

Hainanese Chicken Rice

Curry Laksa

TEAM TWO: MOROCCO

Chicken Tagine with Apricots and Golden Raisins

Moroccan Shrimp Bastilla

TEAM THREE: SOUTH AFRICA

South African Beef Casserole

South African-Style Lamb Curry

TEAM FOUR: BRAZIL

Brazilian Black Bean Stew with Rice

Brazilian Seafood Stew with Rice

HAINANESE CHICKEN RICE

Yield: 8 portions

Ingredients	Amounts
Water	2 gal.
Garlic, crushed	1 1/3 Tbsp.
Ginger, fresh, peeled, bruised	4 wt. oz.
Leek, stalk	2 ea.
Salt, kosher	4 Tbsp.
Chicken, whole, 3 lb. ea.	2 ea.
Oil, vegetable	2 fl. oz.
Shallot, peeled, finely chopped	10 ea.
Garlic, finely chopped	1 1/3 Tbsp.
Rice, white, long-grain	26 wt. oz.
Salt, kosher	to taste
Cucumber, peeled, sliced	2 ea.
Tomato, plum (Roma), sliced	6 ea.
Cilantro, bunch, fresh, leaves picked	2 ea.
Hainanese Dipping Sauces (Recipe follows)	1x recipe

Method

1. Preheat oven to 325°F.
2. Place the water in a large pot. Bring to a boil over high heat. Add the garlic, ginger, leek, and salt. Stir to combine. Place the chickens, breast side down, into the water and submerge completely.
3. Return the water to a boil. Turn down the heat to medium. Simmer, turning the chickens once to ensure even cooking, until opaque and the fat has rendered on top, about 30 minutes. Skim the fat from the top of the stock and reserve.
4. Remove the chickens from the stock and rub with the oil. Cool to room temperature. Reserve the stock.
5. Debone the chicken and cut the meat into bite-sized pieces. Reserve warm.
6. For the rice, heat 3 tablespoons of the reserved chicken fat in a large pot over medium-high heat. Add the shallots and garlic. Sweat until fragrant, 2 to 3 minutes.
7. Add the rice grains and toss to coat. Sweat for 1 minute.
8. Stir in 1 1/2 quarts of the reserved chicken stock. Season with salt to taste.

9. Bring to boil over high heat, stirring frequently. Turn down the heat to low and simmer. Cover tightly with a lid and transfer to the preheated oven. Cook until the rice is tender, about 20 minutes.
10. Serve the chicken over the rice. Garnish with the cucumbers, tomatoes, and cilantro leaves. Serve with the Hainanese Dipping Sauces.

HAINANESE DIPPING SAUCES

Yield: 4 portions

Ingredients	Amounts
Stock, chicken	4 fl. oz.
Pepper, Hawaiian chili	2 wt. oz.
Shallot	2 wt. oz.
Garlic, clove	2 wt. oz.
Ginger, fresh, peeled	1 ½ wt. oz.
Lime, juice, fresh	4 tsp.
Sugar, granulated	2 tsp.
Vinegar, rice	1 tsp.
Salt, kosher	1 tsp.
Soy sauce	4 fl. oz.
Scallion (Green onion), stalk, finely chopped	2 ea.
Ginger, fresh, ½-inch piece, peeled, finely chopped	1 ea.
Vinegar, rice, dark	1 Tbsp.
Oil, sesame	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a small pot over high heat, bring the chicken stock to a boil. Reserve hot.
2. For the chili sauce, in a food processor, purée the Hawaiian chiles, shallots, garlic, and ginger.
3. Add the reserved hot stock, lime juice, sugar, vinegar, and salt. Purée until smooth, 2 to 3 minutes.
4. For the soy dipping sauce, in a small bowl, combine the soy sauce, scallions, ginger, dark rice vinegar, and oil.
5. Season with salt and pepper to taste.

CURRY LAKSA

Yield: 8 portions

Ingredients	Amounts
Noodles, rice, vermicelli	12 wt. oz.
Shrimp, dried	4 ea.
Chile, New Mexico, dried, broken, seeds removed	6 ea.
Oil, vegetable	¼ cup
Bean, curd, extra firm, cut in 1-in. cubes	4 wt. oz.
Lemongrass, stalk	2 ea.
Macadamia nuts	6 ea.
Onion, yellow, large diced	2 ea.
Galangal, fresh, peeled, thinly sliced across grain	1 wt. oz.
Garlic, clove	2 ea.
Oil, vegetable	2 fl. oz.
Coriander, ground	1 Tbsp.
Turmeric, ground	1 tsp.
Stock, chicken, light	1 qt.
Coconut, milk	40 fl. oz.
Salt, kosher	to taste
Pepper, white, ground	to taste
Shrimp, 16/20, peeled, deveined	½ lb.
Crab meat, lump, picked	8 wt. oz.
Bean, sprouts	8 wt. oz.
Cucumber, peeled, seeded, julienne	1 ea.
Mint, bunch, fresh, leaves picked, thinly sliced	½ ea.
Chile sambal	¼ cup
Lime, halved	4 ea.

Method

1. Place the rice vermicelli noodles in a bowl and cover with hot water. Soak for 10 minutes. Drain and reserve.
2. Place the dried shrimp in a separate bowl and cover with hot water. Soak for 10 minutes. Drain and reserve.

3. Place the dried New Mexico chiles in a separate bowl and cover with hot water. Soak for 10 minutes. Drain and reserve.
4. Heat the oil in a small pan over medium-high heat.
5. Fry the bean curd in the preheated oil until golden brown, about 3 minutes. Drain and reserve.
6. Remove the tough outer layer and top of the lemongrass stalks. Slice it thinly across the grain.
7. In a blender on high speed, purée the reserved rehydrated chiles and shrimp, and the lemongrass, macadamia nuts, onions, galangal, and garlic until smooth, about 45 seconds.
8. Heat the oil in a saucepan over medium-high heat. Turn down the heat to low. Add the purée. Fry in until fragrant and light brown, 5 to 7 minutes.
9. Add coriander and turmeric. Fry until aromatic, about 30 seconds.
10. Add the stock. Simmer, until reduced by $\frac{1}{3}$, about 30 minutes.
11. Add the coconut milk. Stir to combine. Season with salt and pepper to taste.
12. Add the shrimp and crab meat. Add the reserved rice vermicelli noodles and bean curd. Stir to combine. Return the soup to a simmer.
13. Ladle the soup into serving bowls. Top each bowl with the bean sprouts, cucumber, and mint. Serve with chile sambal and halved limes.

Source: *The Cuisines of Asia* by Robert and Esther Danhi-Leong

CHICKEN TAGINE WITH APRICOTS AND GOLDEN RAISINS

Yield: 6 portions

Ingredients	Amounts
Lime, dried	2 ea.
Broth, chicken (Divided)	6 ½ cups
Onion, cipollini	12 ea.
Cumin, seeds	2 tsp.
Chicken, thigh	12 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, extra virgin	3 Tbsp.
Ginger, fresh, peeled, sliced	3 Tbsp.
Garlic, clove, thinly sliced	6 ea.
Saffron, threads, crushed	⅛ tsp.
Lemon, preserved, cut into wedges pith removed, rind thinly sliced	8 ea.
Olive, picholine, pitted	20 ea.
Raisins, golden	1 ½ cups
Apricot, dried, diced	8 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, fresh, chopped	¼ cup
Cilantro, fresh, chopped	¼ cup
Couscous (Recipe follows)	3 cups

Method

1. Place the dried limes in a bowl and cover with hot water. Soak for 1 hour. Drain and reserve.
2. In a pot over high heat, bring the chicken broth to a boil. Reserve hot.
3. Bring a pot of water to a rolling boil over high heat. Add the onions and blanch for 10 seconds. Using a slotted spoon or strainer, transfer the onions to a cold-water bath. Drain and peel the onions.
4. Heat a sauté pan over medium heat for 1 minute. Turn off the heat and add the cumin seeds. Toast, while stirring constantly, until aromatic, about 1 minute. Transfer to a mortar and pestle. Grind the cumin seeds to a fine powder. Reserve.
5. Season the chicken thighs with salt and pepper as needed. Heat the oil in a large, oven-safe sauté pan over high heat. Add the chicken thighs, skin side down, and cook until brown on each side, about 10 minutes.
6. Add the onions and cook until browned, about 4 minutes. Drain the grease from the pan. Return the chicken to the pan.

7. Add the ginger and garlic. Cook until tender, about 2 minutes.
8. Add the cumin, saffron, preserved lemons, olives, raisins, apricots, and reserved rehydrated limes. Stir in 1 cup of the reserved hot broth to help combine the ingredients.
9. Add the remaining 5 ½ cups of reserved hot broth and cover the pan. Turn down the heat to medium. Braise until the chicken is fork tender and the broth has reduced to a consistency thick enough to coat the back of a wooden spoon (*nappè*), about 50 minutes. Season with salt and pepper to taste.
10. Garnish with the parsley and cilantro. Serve with the couscous.

Note: Preserved limes can be substituted for the dried limes. Green olives can be substituted for the picholine olives.

COUSCOUS

Yield: 1 ½ cups

Ingredients	Amounts
Water, cold	½ cup
Salt, kosher	1 tsp.
Couscous	½ cup
Oil, olive, pure	1 ½ Tbsp.
Turmeric, ground	⅛ tsp.
Chili powder	⅛ tsp.
Cumin, ground	⅛ tsp.
Cinnamon, ground	⅛ tsp.
Salt, kosher	¼ tsp.
Pepper, black, ground	⅛ tsp.

Method

1. In a medium bowl, combine the water and salt. Stir until the salt dissolves. Add the couscous and soak for 1 hour. Drain.
2. Place the stockpot portion of a couscoussière over medium-high heat. Place water in the stockpot portion of a couscoussière. Transfer the couscous to the steam basket portion of the couscoussière and place over the stockpot. Cover the steam basket with a lid and steam for 15 minutes.
3. Transfer the couscous to a glass baking dish. Stir with a fork to separate the pasta.
4. Add 1 ½ teaspoons of the water to the couscous and mix by hand. Let it rest for 15 minutes.
5. Return the couscous to the couscoussière and steam for 15 minutes.
6. Transfer the couscous to a glass baking dish. Stir with a fork to separate the pasta.
7. Add 1 ½ teaspoons of the water to the couscous and mix by hand. Let it rest for 15 minutes.
8. Return the couscous to the couscoussière and steam for 10 minutes.
9. Transfer the couscous to a glass baking dish. Stir with a fork to separate the pasta.
10. Add 1 ½ teaspoons of the water to the couscous and mix by hand. Let it rest for 15 minutes.
11. Stir in the oil, turmeric, chili powder, cumin, cinnamon, salt, and pepper.

Note: If you don't have a couscoussière, you can improvise one by lining a strainer basket that fits inside the top of your stew pot with cheesecloth. Soak the couscous and then steam it over the stew in the lined strainer for the second half of the cooking process. The steam from the stew will finish the couscous.

MOROCCAN SHRIMP BASTILLA

Yield: 12 portions

Ingredients	Amounts
Wine, white	2 cups
Water	2 cups
Shrimp, 16/20, shelled, deveined, shells reserved	1 ½ lb.
Oil, olive, pure	2 Tbsp.
Onion, yellow, chopped	1 ea.
Bay leaf, dried	1 ea.
Lemon, sliced	1 ea.
Coriander, seeds	6 ea.
Cilantro, sprig, fresh	2 ea.
Pepper, Hawaiian chili	1 ea.
Butter, unsalted (Divided)	3 Tbsp.
Onion, yellow, chopped	1 ½ cups
Garlic, minced	1 Tbsp.
Ginger, ground	1 Tbsp.
Cumin, ground	2 tsp.
Pepper, cayenne, ground	½ tsp.
Saffron, threads, crumbled	½ tsp.
Lemon, zested	1 ea.
Cilantro, fresh, chopped	4 Tbsp.
Mint, leaves, fresh, chopped	4 Tbsp.
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Egg, whole, beaten	6 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted, clarified, melted	8 Tbsp.
Phyllo dough, sheets	20 ea.

Method

1. Preheat oven to 350°F.
2. Place the water and wine in a medium saucepan. Bring to a simmer over medium heat. Add the shrimp and poach until opaque, about 5 minutes. Remove from the poaching liquid and reserve in the refrigerator. Reserve the poaching liquid separately.

3. Heat the oil in a large saucepan over medium-high heat. Add the shrimp shells. Sauté, stirring often, until opaque and changed in color, about 5 minutes.
4. Add the reserved poaching liquid, onions, bay leaf, lemon slices, coriander, cilantro sprigs, and hot pepper pod. Simmer until fragrant and flavorful, about 1 hour. Strain the stock through a chinois and into a small saucepan. Reduce by $\frac{1}{2}$, about 7 minutes. Reserve 1 cup of stock. The remaining stock can be frozen for future use.
5. For the filling, melt 2 tablespoons of the butter in a large sauté pan over medium heat. Add the onions. Cook until translucent, about 10 minutes.
6. Add the garlic, ginger, cumin, cayenne, and saffron. Cook until aromatic, about 5 minutes.
7. Add the lemon zest, cilantro, mint, parsley, and the reserved stock. Simmer until most of the liquid has been absorbed, about 15 minutes.
8. Turn down the heat to low. Add the lemon juice and the beaten eggs. Cook, stirring constantly, until soft curds are formed and the eggs have a very soft texture, 4 to 6 minutes. Season with salt and pepper to taste. Remove from the heat and transfer to a bowl. If there is excess moisture, place the filling in a strainer and drain. Cool.
9. Chop the reserved shrimp into bite sized chunks. Sprinkle lightly with salt.
10. Brush a 15-inch round pizza pan with some of the melted clarified butter. Working with one sheet at a time, brush 10 pieces of the phyllo sheets with some of the melted clarified butter. Arrange them in an overlapping, circular pattern in the pizza pan, letting the extra hang over the edge.
11. Spoon half of the filling onto the phyllo sheets in a circle about 12-inches in diameter. Top with the chopped shrimp and the remaining filling.
12. Brush the remaining phyllo sheets with the remaining melted clarified butter and arrange in the same way over top of the filling. Tuck the overhanging edges under the pie. Loosely cover the pie with a foil tent and refrigerate for 20 minutes. Be sure the foil does not touch the phyllo sheets, or they will tear when you remove it.
13. Bake in the preheated oven until the top of the phyllo sheets are pale golden in color, about 20 minutes. Carefully tilt the pan to drain any excess butter. Place a second pizza pan on top of the pie and invert it onto the second pan. Place it back in the oven. Bake until golden brown, about 20 minutes.
14. Remove from the oven and invert again back to its original position. Cool slightly and cut into wedges.

SOUTH AFRICAN BEEF CASSEROLE

BOBOTIE

Yield: 8 portions

Ingredients	Amounts
Bread, brioche, slices	2 ea.
Milk, whole	1 ¼ cup
Oil, canola	4 Tbsp.
Onion, yellow, minced	2 ea.
Pepper, Hawaiian chili	6 ea.
Ginger, fresh, peeled, minced	½ tsp.
Salt, kosher	1 pinch
Garlic, minced	2 Tbsp.
Turmeric, ground	1 tsp.
Cumin, ground	1 tsp.
Coriander, ground	1 tsp.
Paprika, smoked, ground	1 tsp.
Pepper, cayenne, ground	½ tsp.
Garam masala, ground	½ tsp.
Pepper, black, ground	1 tsp.
Beef, ground	24 wt. oz.
Pork, ground	12 wt. oz.
Lilikoi, preserves or jelly	8 Tbsp.
Vinegar, malt	4 Tbsp.
Tomato, concassé	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Egg, whole	8 ea.
Cream, heavy	1 ½ cups
Salt, kosher	2 ½ tsp.
Chive, bunch, fresh, shaved	1 ea.

Method

1. Preheat oven to 350°F.
2. Place the bread slices in a bowl and cover with the milk. Soak for 15 minutes.
3. Heat the oil in a medium rondeau over medium heat. Add the onions, Hawaiian chile, ginger, and salt. Cook until tender, about 5 minutes. Add the garlic, turmeric, cumin, coriander, paprika, cayenne, garam masala, and pepper. Cook for 1 minute. Remove and reserve the vegetables.

4. Turn up the heat to high. Add the ground beef and pork. Cook until browned, about 10 minutes.
5. Turn off the heat. Add the reserved vegetables. Mix to combine. Stir in the lilikoi preserves, malt vinegar, and tomato concassé. Season with salt and pepper to taste.
6. Drain any excess oil from meat mixture. Add the milk-soaked bread. Mix thoroughly.
7. Divide the mixture into eight, 10-ounce ramekins, filling them $\frac{3}{4}$ of the way full.
8. In a mixing bowl, combine the eggs, cream, and salt. Pour over the meat mixture to fill ramekins almost to top.
9. Transfer the ramekins to a roasting pan. Add enough hot water to come $\frac{1}{2}$ way up the sides of the ramekins.
10. Bake in the preheated oven until center of custard is just set and jiggly, 5 to 7 minutes.
11. Remove the roasting pan from the oven. Allow the boboties to rest in water bath for at least 20 minutes.
12. Garnish with the chives.

SOUTH AFRICAN-STYLE LAMB CURRY

BUNNY CHOW

Yield: 8 portions

Ingredients	Amounts
Lamb, shoulder, large diced	2 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Butter, unsalted, clarified	4 Tbsp.
Cumin, seeds	2 tsp.
Cinnamon, stick	1 ea.
Curry, leaves, fresh	20 ea.
Onion, yellow, small diced	2 ea.
Garlic, minced	1 Tbsp.
Ginger, fresh, peeled, minced	1 Tbsp.
Pepper, Hawaiian chili	6 ea.
Cumin, ground	1 Tbsp.
Coriander, ground	1 Tbsp.
Pepper, cayenne, ground	1 tsp.
Chili powder	1 Tbsp.
Tomato, concasse	3 ea.
Tomato, purée, canned	2 Tbsp.
'Ulu, peeled, large diced	1 lb.
Turnip, yellow, peeled, large diced	1 lb.
Brown Veal Stock (See prior recipe)	4 cups
Salt, kosher	to taste
Pepper, black, ground	to taste
Bread, loaves, crusty, small	8 ea.
Garam masala, ground	1 tsp.
Cilantro, bunch, fresh, leaves picked	1 ea.

Method

1. Preheat oven to 350°F.
2. Season lamb with salt and pepper as needed.
3. Heat the clarified butter in a rondeau over medium-high heat. Add the lamb. Working in batches, sear until browned on all sides, 5 to 6 minutes. Remove and reserve.
4. Add the cumin seeds, cinnamon stick, and curry leaves. Toast until aromatic, about 30 seconds.
5. Turn heat down to medium. Add the onions. Sweat until tender, scraping the fond from the bottom of the pan as necessary, 4 to 5 minutes.

6. Add garlic, ginger, Hawaiian chili, cumin, coriander, cayenne, and chili powder. Cook until fragrant, 2 to 3 minutes. Add the tomatoes and tomato concasse. Cook for 30 seconds.
7. Add the 'ulu and turnips. Add enough of the stock to just cover the ingredients. Bring to a simmer. Cook until the turnip is tender, about 15 minutes.
8. Return the reserved lamb to the rondeau. Top with the remaining veal stock.
9. Place the uncovered rondeau into the preheated oven. Cook until the lamb is tender and the curry has reduced by $\frac{1}{2}$, about 45 minutes. Season with salt and pepper to taste.
10. Hollow out the bread loaves. Ladle the curry into the bread loaves. Sprinkle the tops with the garam masala and cilantro.

BRAZILIAN BLACK BEAN STEW WITH RICE

FEIJOADA COMPLETA

Yield: 6 portions

Ingredients	Amounts
Pork, spare ribs, smoked	2 lb.
Beef, shoulder clod, tied	1 ½ lb.
Pork, bacon, chunk slab	¼ lb.
Pork, ham hock	1 ea.
Bay leaf, dried	1 ea.
Stock, chicken	2 qt.
Beans, black, dried, soaked overnight	1 ½ lb.
Salt, kosher	to taste
Oil, vegetable	1 fl. oz.
Onion, yellow, minced	½ lb.
Pork, chorizo, ¼-in. sliced	½ lb.
Garlic, minced	2 tsp.
Scallion (Green onion), bunch, ¼-in. sliced on a bias	1 ea.
Chile, Malagueta, fresh, seeded, minced	3 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Brazilian Rice (Recipe follows)	1x recipe

Method

1. In a large rondeau, place the smoked spare ribs, beef shoulder clod, bacon, ham hock, and bay leaf and cover with the chicken stock. Bring to a simmer over medium heat. Cover and cook the meats, removing and reserving them as they become tender, 45 minutes. Strain the stock through a chinois and into a clean pot.
2. Drain the soaked black beans. Add them to the pot with the stock. Simmer the black beans until tender, about 20 minutes. Season with the salt to taste. Reserve in the pot.
3. Heat the oil in a sauteuse over medium-high heat. Add the onions and cook until soft and golden, 3 to 5 minutes.
4. Add the chorizo, garlic, scallions, and Malagueta chile. Cook until the chorizo is rendered and the garlic is aromatic, about 3 minutes.
5. Add the chorizo mixture to the pot with the beans. Simmer until the flavors are blended, about 10 minutes. Lightly mash some of the beans with the back of a spoon for a thicker consistency. Season with salt and pepper to taste.

6. From the reserved meat, remove the ham from the ham hocks and the rind from the bacon. Medium dice and add to the beans. Simmer until tender, about 15 minutes.
7. One hour before service, add the reserved smoked spare ribs and beef shoulder clod to the beans. Heat until warmed through.
8. To serve, remove all the meats from the beans and slice. Spoon the beans onto a serving platter. Arrange the meats over the beans. Serve with the Brazilian Rice.

Source: *The Art of South American Cooking* by Felipe Rojas-Lobardi

BRAZILIAN RICE

Yield: 6 portions

Ingredients	Amounts
Rice, white, long-grain	2 cups
Water	3 cups
Butter, unsalted	2 wt. oz.
Onion, yellow, minced	1/4 lb.
Garlic, minced	2 tsp.
Clove, whole	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. Place the rice in a China cap and rinse under cold running water until it runs clear. Drain well. Reserve.
3. Bring the water to a boil in a small saucepan over high heat. Reserve hot.
4. Melt the butter in a medium saucepan over medium heat. Add the onions and garlic. Sauté until the onion is translucent, about 5 minutes.
5. Add the reserved rice. Cook, stirring constantly, until the rice has absorbed the butter and the grains are translucent, 3 to 4 minutes.
6. Add the cloves and reserved hot water. Season with salt and pepper as needed. Bring to a simmer.
7. Cover and bake in the preheated oven until the rice is tender, about 15 minutes.
8. Remove from the oven. Let it stand while covered until all the moisture is absorbed, about 20 minutes.

BRAZILIAN SEAFOOD STEW WITH RICE

MOQUECA DO FRUTOS DEL MAR

Yield: 8 portions

Ingredients	Amounts
Lobster, tails, 4-oz. ea.	4 ea.
Water	1 cup
Oil, dendê	3 Tbsp.
Onion, yellow, finely chopped	2 cups
Pepper, bell, green, seeded, finely chopped	1 ea.
Pepper, bell, red, seeded, finely chopped	1 ea.
Garlic, minced	2 tsp.
Tomato, plum (Roma), peeled, seeded, finely chopped	1 lb.
Parsley, flat-leaf, leaves, fresh, minced	¼ cup
Coconut, milk, stirred	1 cup
Malagueta pepper sauce	to taste
Flour, manioc	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	¼ tsp.
Oil, olive, pure	3 Tbsp.
Shrimp, 16/20, peeled, deveined	16 ea.
Flour, all-purpose	as needed
Cod, fillet, firm, cut into 1-inch pieces	1 ½ lb.
Crab meat, lump, picked	12 wt. oz.
Squid, cleaned, sliced ½-thick,	1 lb.
Scallion (Green onion), stalk, white and 1-inch green, chopped	½ cup
Watercress, local, fresh, chopped	2 cups
Brazilian Rice (Recipe follows)	1x recipe

Method

1. Cut each lobster tail into 4 slices. Using a small knife, loosen the flesh so it can be easily removed from the shell.
2. Bring the water to a boil in a small saucepan over medium-high heat. Add the lobster. Poach until opaque and tender, 5 to 7 minutes. Remove and reserve the lobster. Strain and reserve the liquid.

3. For the sauce, heat the oil in a large skillet over medium heat. Add the onions, bell peppers, and garlic. Cook, stirring occasionally until softened and aromatic, about 5 minutes.
4. Add the tomatoes, parsley, and coconut milk. Season with the Malagueta pepper sauce to taste. Stir in manioc flour to thicken the sauce. Cover and simmer until thickened, about 15 minutes. Season with salt to taste. Stir in the pepper. Reserve.
5. Heat the oil in a separate large skillet over medium heat. Add the shrimp. Cook, while stirring, until the shrimp just turns pink, 3 to 4 minutes. Remove with a slotted spoon and reserve. Reserve the skillet on the stovetop.
6. Place enough flour in a bowl for dredging, replenishing as needed. Lightly coat the cod in flour on all sides, shaking off any excess.
7. Place the cod in the reserved skillet. Cook until lightly golden in color, about 3 minutes per side.
8. Add the reserved sauce and bring it to a boil. Turn down the heat to medium-low. Simmer until aromatic and opaque, about 5 minutes.
9. Add the crab meat, squid and the reserved lobster and shrimp. Cook until heated through, 1 to 2 minutes. If the sauce is too thick, some of the reserved lobster cooking liquid may be added. Season with salt to taste.
10. Ladle the stew into heated bowls. Garnish with the scallions and watercress. Serve with the Brazilian Rice.

Note: Tabasco sauce can be substituted for the malagueta pepper sauce. Any other firm white fish can be substituted for the cod. Frozen lobster and squid rings can be substituted for the fresh lobster and squid rings.

Source: Almir Da Fonseca, as presented at the 2014 Latin Flavors, American Kitchens conference.
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BRAZILIAN RICE

Yield: 6 portions

Ingredients	Amounts
Rice, white, long-grain	2 cups
Water	3 cups
Butter, unsalted	2 wt. oz.
Onion, yellow, minced	1/4 lb.
Garlic, minced	2 tsp.
Clove, whole	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. Place the rice in a China cap and rinse under cold running water until it runs clear. Drain well. Reserve.
3. Bring the water to a boil in a small saucepan over high heat. Reserve hot.
4. Melt the butter in a medium saucepan over medium heat. Add the onions and garlic. Sauté until the onion is translucent, about 5 minutes.
5. Add the reserved rice. Cook, stirring constantly, until the rice has absorbed the butter and the grains are translucent, 3 to 4 minutes.
6. Add the cloves and reserved hot water. Season with salt and pepper as needed. Bring to a simmer.
7. Cover and bake in the preheated oven until the rice is tender, about 15 minutes.
8. Remove from the oven. Let it stand while covered until all the moisture is absorbed, about 20 minutes.

DAY THREE:

EFFECTIVE DEMONSTRATIONS

LEARNING OBJECTIVES

By the end of this day, you should be able to...

- Identify and discuss the steps in preparing and planning effective demonstrations.
- Discuss the advantages and disadvantages of DEMOS.
- Apply D.E.M.O.S. to mentorship responsibilities.
- Execute a 5-minute demonstration related to the assigned cuisine.
- Understand the importance of codified processes, the language of cooking, and leadership in the culinary team.
- Prepare a variety of culturally iconic dishes from assigned global regions using standardized recipes.

ASSIGNMENT

- During the production period, each student will complete a 5-minute demonstration that showcases one component of their assigned dish to their group.
- This demonstration may focus on a knife skill, a basic cooking technique, or a technique of cultural relevance related to the assigned dish.
- The demonstration can be set up ahead of time, and will be performed at the demonstrator's production station.

DAY THREE: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE: KOREA

Spicy Stir-Fried Pork
Korean Stir-Fried Glass Noodles with Vegetables
Braised Korean Beef Short Ribs
Korean Fried Chicken

TEAM TWO: VIETNAM/ THAILAND

Vietnamese Rice Noodle Soup with Chicken
Saigon Crepes with Cilantro-Lime Soy Sauce
Green Chicken Curry
Thai-Style Fried Noodles
**Marinate Chicken for Buttermilk Fried Chicken – Day 4*

TEAM THREE: INDIA

Vegetable Samosas
Tandoori Chicken
Indian Cheese and Red Peppers in Kalo Lau Sauce
'Uala Pancakes with Lemon and Cilantro
**Soak Beans for Oaxacan Mole - Day 4*
**Soak Pinto Beans for Cheese and Bean Croutons – Day 4*

TEAM FOUR: CHINA

Szechwan-Style Double Cooked Pork
Wonton Soup with Pork Wontons
Spicy Eggplant
Chinese Fried Pancakes

SPICY STIR-FRIED PORK

JAERYUK BOKKEUM

Yield: 6 portions

Ingredients	Amounts
Soy sauce	1 cup
Water	2 cups
Oil, vegetable	4 fl. oz.
Oil, sesame	4 Tbsp.
Garlic, minced	4 Tbsp.
Ginger, fresh, peeled, minced	2 Tbsp.
Korean chili paste (<i>Gochujang</i>)	120 g
Korean chili powder (<i>Gochugaru</i>)	100 g
Sugar, brown	120 g
Pepper, black, ground	1 tsp.
Scallion (Green onion), bunch, cut into 2-in. pieces	2 ea.
Pork, belly, sliced thin	3 lb.
Sesame seeds	¼ cup
Mushroom, shiitake, thinly sliced	1 ½ cups
Onion, yellow, thinly julienne	3 ea.
Pepper, bell, red, thinly julienne	2 ea.
Carrot, large, thinly julienne	1 ea.
Oil, vegetable	as needed
Stock, chicken	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Scallion (Green onion), bunch, thinly sliced on bias	1 ea.

Method

1. In a bowl, combine the soy sauce, water, vegetable oil, sesame oil, garlic, ginger, Korean chili paste, Korean chili powder, brown sugar, pepper, and scallion.
2. Add the pork. Turn to coat with the marinade on all sides. Marinate for at least 1 hour.
3. Heat a small, dry skillet over medium heat. Add the sesame seeds. Toast until golden and aromatic, 3 to 5 minutes. Reserve.
4. Remove the pork from the marinade and pat dry. Transfer the marinade to a small saucepot.

5. Reduce the marinade over medium-high heat to a syrup-like consistency, 3 to 5 minutes. Season with salt and pepper as needed. Reserve.
6. Evenly divide the mushrooms, onions, peppers, carrots, and marinated pork into 3 batches.
7. Heat enough oil to lightly coat a wok over medium heat. Add one batch of vegetables and pork. Stir-fry until browned, 3 to 4 minutes. Toss with $\frac{1}{3}$ of the reserved reduced marinade. A bit of stock may be added after each batch to deglaze the wok. Repeat with the remaining batches.
8. Transfer the pork and vegetables to a serving platter. Garnish with the reserved sesame seeds and the scallions.

Note: Pork shoulder can be substituted for the pork belly.

KOREAN STIR-FRIED GLASS NOODLES WITH VEGETABLES

JAPCHAE

Yield: 6 portions

Ingredients	Amounts
Mushroom, shiitake	10 ea.
Mushroom, wood ear, dried	1 wt. oz.
Noodles, potato, sweet	1 lb.
Soy sauce, light	½ cup
Scallion (Green onion), stalk, thinly sliced	3 ea.
Sugar, granulated	2 Tbsp.
Oil, sesame	1 Tbsp.
Oil, vegetable	½ cup
Onion, yellow, thinly sliced	2 cups
Garlic, minced	2 ⅔ Tbsp.
Cabbage, green, chiffonade	3 cups
Carrot, julienne	2 cups
Pepper, bell, red, julienne	2 cups
Salt, kosher	as needed
Pepper, black, ground	as needed
Butter, unsalted	1 Tbsp.
Egg, whole, lightly beaten	5 ea.

Method

1. Remove and discard the entire stem of the shiitake mushrooms. Cut the caps into ⅛-inch wide strips. Reserve.
2. Place the wood ear mushrooms in a bowl and cover with warm water. Soak until rehydrated, 8 to 10 minutes. Drain, remove the hard parts, and cut into ⅛-inch-wide strips.
3. Bring large pot of water to a boil over high heat. Remove from the heat.
4. Place the noodles in a heatproof bowl. Pour enough of the boiling water over the noodles to cover by 2-inches. Soak until elastic, 5 to 6 minutes. Drain, rinse with cold water, and reserve.
5. In a mixing bowl, whisk the soy sauce, scallions, sugar, and oil until combined. Reserve.
6. Heat the oil in a wok over medium-high heat. Add the onions and garlic. Stir-fry until aromatic, 3 to 5 minutes.
7. Add the reserved shiitake and wood ear mushrooms, and the cabbage, carrots, and peppers. Stir-fry until vegetables are almost cooked through, 3 to 4 minutes.
8. Add the reserved noodles. Stir-fry until heated through, 1 to 2 minutes.

9. Add the reserved soy sauce mixture. Season with salt and pepper as needed. Toss well to coat. A small amount of water may be added to moisten if the mixture appears dry. Reserve warm,
10. Heat the butter in a non-stick pan over medium heat. Add the beaten eggs. Cook on the first side until set, about 5 minutes. Flip and cook on the opposite side until set and pliable, about 2 minutes. Turn the omelet out onto a cutting board and julienne.
11. Transfer the reserved stir-fried noodles and vegetables to a serving platter. Garnish with the omelet julienne.

BRAISED KOREAN BEEF SHORT RIBS

GAL BIJ'IM

Yield: 6 portions

Ingredients	Amounts
Mushroom, shiitake, dried	10 ea.
Beef, short ribs, bone-in, 3-in. lengths	4 lb.
Wine, rice (<i>Mirin</i>)	1 cup
Soy sauce, light	½ cup
Onion, yellow, cut into 2-in. pieces	1 ea.
Ginger, fresh, peeled, crushed lightly	1 wt. oz.
Garlic, chopped	1 Tbsp.
Date, red, Chinese (<i>Jujube</i>)	½ cup
Radish, daikon, white, oblique cut	½ lb.
Carrot, oblique cut	½ lb.
Sugar, granulated	as needed
Pine nuts	½ cup
Butter, unsalted (Divided)	2 Tbsp.
Egg, whole, separated	4 ea.
Oil, sesame, dark	1 Tbsp.

Method

1. Place the dried shiitake mushrooms in a bowl and cover with warm water. Soak until rehydrated, 10 to 12 minutes. Remove the mushrooms from the soaking liquid.
2. Slowly transfer the soaking liquid to a different bowl, leaving behind any debris that settled at the bottom during the soaking process. Reserve the soaking liquid.
3. Remove and discard the stems from the mushrooms. Cut the caps in ½. Reserve.
4. Bring a large pot of water to a boil. Add the short ribs. Blanch until cooked through, 5 to 7 minutes. Drain well and rinse.
5. Place the short ribs into a clean stockpot. Add just enough water to cover. Add the mirin, soy sauce, onions, ginger, garlic, dates, and reserved soaking liquid. Bring to a boil over medium-high heat.
6. Turn down the heat to low. Simmer, stirring occasionally to moisten the meat, until the meat starts to soften, about 1 hour. Skim off any impurities that rise to the surface.
7. Add the daikon, carrots, and reserved mushrooms. Simmer until the short ribs are fork tender and the liquid has reduced to a glaze-like consistency, about 1 hour.
8. Remove and discard the crushed ginger. Season with sugar as needed. Reserve warm.
9. Heat a small, dry skillet over medium heat. Add the pine nuts. Toast, shaking frequently, until golden and aromatic, 3 to 5 minutes. Remove and reserve.
10. In a small bowl, beat the egg whites until combined. In a separate small bowl, beat the egg yolks until combined.

11. Heat 1 tablespoon of the butter in a non-stick pan over medium heat. Add the beaten egg whites. Cook on the first side until set, about 2 to 3 minutes. Flip and cook on the opposite side until set, about 1 minute. Turn the egg white omelet out onto a cutting board and cut into bite size diamonds. Repeat this process with the beaten egg yolks.
12. Garnish with the oil, omelet diamonds, and the reserved pine nuts.

KOREAN FRIED CHICKEN

YANGNYEUM

Yield: 6 portions

Ingredients	Amounts
Chicken, breast, boneless, skinless	6 ea.
Buttermilk	1960 g
Flour, tempura	42 g
Starch, potato	42 g
Cornstarch	42 g
BBQ red powder (Divided)	1 cup
Salt, kosher	12 g
Pepper, black, ground	12 g
Oil, canola	1 gal.

Method

1. Place the chicken breasts in a plastic bag. Using a mallet, pound the chicken to a thickness of ½-inch.
2. In a ½ hotel pan, place the buttermilk. Place the chicken in the buttermilk and fully submerge. Marinate for 25 minutes.
3. Preheat oven to 350°F. Preheat the oil in a large sautoir over medium-high heat to 375°F.
4. In a ½ hotel pan, combine the tempura flour, potato starch, and cornstarch. Add 1 tablespoon of the BBQ red powder. Season the flours with the salt and pepper. Mix to combine. Place the Remaining BBQ red powder in a small bowl.
5. Remove the chicken from buttermilk and drain any excess.
6. Place the chicken in the flour mixture. Coat on all sides, shaking off any excess. Transfer to the BBQ red powder and coat on all sides.
7. Fry the chicken in the preheated oil until golden brown, 5 to 6 minutes. Transfer the chicken to a rack set over a sheet pan. Bake in the preheated oven until the internal temperature of the chicken reaches 165°F, 7 to 8 minutes.

VIETNAMESE RICE NOODLE SOUP WITH CHICKEN

PHO GA

Yield: 10 portions

Ingredients	Amounts
Ginger, fresh, 3-in. piece, cut in half	2 ea.
Onion, yellow, cut in half	2 ea.
Star anise, pod	8 ea.
Clove, whole	5 ea.
Noodles, rice, vermicelli	1 lb.
Chicken, bones	3 lb.
Chicken, whole, cut into pieces	1 ea.
Peppercorns, black, whole	2 tsp.
Fish sauce	2 cups
Sugar, granulated	3 Tbsp.
Salt, kosher	2 Tbsp.
Onion, yellow, thinly sliced	½ ea.
Scallion (Green onion), stalk, cut into thin rings	5 ea.
Cilantro, fresh, chopped	½ cup
Bean, sprouts	1 lb.
Basil, Thai, sprig, fresh	15 ea.
Chile, Thai bird's eye, thinly sliced	5 ea.
Lime, cut into 6 wedges	2 ea.

Method

1. In a dry pan over medium heat, place the ginger and onion halves cut side down. Add the star anise and cloves. Cook until the ginger and onion are charred, and the spices are lightly toasted, 3 to 5 minutes. Remove and reserve.
2. Place the noodles in a heatproof bowl. Bring a pot of water to a simmer over medium-high heat. Pour the simmering water over the noodles and soak until softened, 15 to 20 minutes. Drain, rinse under cold water, and drain again. Reserve.
3. For the broth, place the chicken bones and pieces in a soup pot. Add enough cold water to cover. Bring to a boil over high heat. Turn down the heat to medium-low. Simmer, skimming any impurities on the surface, for 25 to 30 minutes.
4. Add the reserved ginger, onion, star anise and cloves, and the peppercorns, fish sauce, sugar, and salt. Cook until the chicken is tender, about 30 minutes.
5. Remove the chicken from the broth. Cool to room temperature.

6. Simmer the broth until aromatic and flavorful, about 1 ½ hours. Strain it through a chinois and into a clean pot. Place the broth over low heat to keep warm.
7. Remove the skin from chicken and discard. Using two forks, shred the meat into bite-size strips.
8. Place the reserved noodles into warm serving bowls. Top with the shredded chicken.
9. Bring the broth back to a boil over high heat. Ladle 2 cups into each serving bowl. Top with the onions, scallions, and cilantro. Arrange the bean sprouts, basil, chiles, and lime wedges on a plate to serve with the soup.

SAIGON CREPES WITH CILANTRO-LIME SOY SAUCE

BAHN XEO

Yield: 10 portions

Ingredients	Amounts
Beans, mung, yellow, split	¼ cup
Coconut, milk	1 ½ cups
Water	½ cup
Flour, rice	1 cup
Sugar, granulated	½ tsp.
Salt, sea	½ tsp.
Turmeric, ground	¼ tsp.
Oil, vegetable	as needed
Bean, sprouts	3 cups
Cilantro, dried, ground	1 cup
Scallion (Green onion), stalk, minced	5 ea.
Cilantro-Lime Soy Sauce (Recipe follows)	1x recipe

Method

1. Heat a dry pan over medium heat. Add the mung beans. Toast until lightly golden and fragrant, about 5 minutes.
2. Transfer the mung beans into a bowl. Add enough water to cover. Soak the mung beans until softened, about 1 hour.
3. For the batter, drain the mung beans and transfer to a blender. Add the coconut milk, water, rice flour, sugar, salt, and turmeric. Purée on high speed until smooth, about 2 minutes. Strain through a China cap and into a clean bowl.
4. Heat enough oil to lightly coat a pan over medium-high heat. Pour a thin layer of batter into the pan. Cook until lightly browned, 2 to 3 minutes per side.
5. For the filling, in a small bowl, combine the bean sprouts, cilantro, and scallions.
6. Place a portion of filling in the center of each crepe and fold into a crescent.
7. Serve with the Cilantro-Lime Soy Sauce.

CILANTRO-LIME SOY SAUCE

Yield: 10 portions

Ingredients	Amounts
Garlic, clove	4 ea.
Ginger, fresh, peeled, thinly sliced	2 wt. oz.
Vietnamese chili paste	3 Tbsp.
Cilantro, fresh, chopped	½ cup
Soy sauce, light	1 cup
Lime, juice, with pulp, fresh	½ cup
Water	½ cup
Sugar, granulated	½ cup

Method

1. Place the garlic and ginger in a mortar. Using a pestle, grind until a smooth paste is formed.
2. Transfer the garlic-ginger paste to a mixing bowl. Add the Vietnamese chili paste, cilantro, soy sauce, lime juice, water, and sugar. Whisk until the sugar has dissolved.
3. Let it stand for 10 minutes.

GREEN CHICKEN CURRY

Yield: 10 portions

Ingredients	Amounts
Oil, vegetable	as needed
Eggplant, Japanese, ½-in. slices	2 wt. oz.
Oil, vegetable	1 Tbsp.
Galangal, fresh, peeled, finely minced	1 Tbsp.
Lemongrass, stalk, finely minced	½ ea.
Garlic, clove, sliced	2 ea.
Green Curry Paste (Recipe follows)	2 Tbsp.
Coconut, milk	1 pt.
Fish sauce	3 ½ Tbsp.
Sugar, coconut	2 Tbsp.
Lime, leaves, makrut, fresh, torn into 3 pieces	3 ea.
Chicken, breast, boneless, skinless, sliced	1 lb.
Chile, jalapeño, cut into long slivers	2 ea.
Basil, Thai, sweet, leaves and flowers	1 ½ wt. oz.
Salt, kosher	to taste
Steamed Rice (Recipe follows)	1x recipe

Method

1. Preheat 1-inch of oil in a sautoir to 375°F.
2. Fry the eggplant in the preheated oil until softened and golden brown, 1 to 2 minutes per side. Transfer absorbent paper towels to drain any excess oil. Reserve.
3. For the sauce, heat the oil in a saucepan over medium heat. Add the galangal, lemongrass, and garlic. Sweat until softened, about 1 minute.
4. Add Green Curry Paste and fry until aromatic, 1 to 2 minutes. Add coconut milk and bring to a boil. Season with the fish sauce and coconut sugar.
5. Add the reserved eggplant. Turn up the heat to medium-high. Simmer uncovered until tender, 2 to 3 minutes.
6. Add makrut lime leaves. Stir to incorporate.
7. Add the chicken and return to a boil. Add the jalapeños and stir to incorporate.
8. Cook until the chicken is opaque and has reached an internal temperature of 165°F, 7 to 8 minutes. Stir in basil until it wilts.
9. Remove from the heat. Serve with the Steamed Rice.

GREEN CURRY PASTE

Yield: 1 cup

Ingredients	Amounts
Chile, red, dried, small	½ cup
Coriander, seeds	1 Tbsp.
Cumin, seeds	1 tsp.
Peppercorns, white, whole	½ tsp.
Garlic, clove	6 ea.
Shallot, sliced thinly	3 ea.
Lemongrass, stalk, sliced thinly	2 Tbsp.
Galangal, fresh, peeled, cut into ⅛-in. slices	1 Tbsp.
Lime, zest	1 tsp.
Lime, leaves, makrut, fresh, chopped	3 ea.
Cilantro, bunch, fresh	1 ea.
Mint, leaves, fresh	1 cup
Cilantro, root, fresh, finely chopped	1 Tbsp.
Salt, kosher	1 tsp.

Method

1. Bring a small saucepan of water to a simmer over medium-high heat. Place the dried red and New Mexico chiles in a heatproof bowl. Pour the hot water over the dried chiles. Soak until rehydrated, about 15 minutes. Drain and reserve.
2. Heat a small, dry skillet over medium heat. Add the coriander, cumin, and peppercorns. Toast, tossing frequently, until fragrant, about 5 minutes. Remove from the heat and cool.
3. Transfer the toasted spices to a spice grinder. Process to a fine powder. Reserve.
4. In a blender, place the garlic, shallot, lemongrass, galangal, lime zest, makrut lime leaves, cilantro bunch, mint, cilantro root, and salt.
5. Add the reserved rehydrated chiles and spice powder. Purée on high speed until a smooth paste is formed, 3 to 5 minutes. A small amount of water may be added to facilitate blending, if necessary.

STEAMED RICE

Yield: 5 cups

Ingredients

Amounts

Rice, white, medium-grain

2 cups

Water

2 ½ cups

Method

1. Place the rice in a 2-quart saucepot and cover with the water. Bring to a boil over medium high heat, stirring briefly to ensure the rice is not sticking to the bottom of the pot.
2. Cover the pot tightly with a lid and turn down the heat to low. Cook until the rice has absorbed all the liquid, about 20 minutes. Remove the pot from the heat, lift the lid to release the steam, and replace it immediately.
3. Rest until the starches in the rice are firm, about 10 minutes.
4. Using a wet, wooden rice paddle or shallow spoon, turn rice over gently.
5. Transfer to a serving bowl.

THAI-STYLE FRIED NOODLES

PAD THAI

Yield: 6 portions

Ingredients	Amounts
Thai roasted chili paste (<i>Nahm prik POW</i>)	2 Tbsp.
Thai fish sauce	¼ cup
Vinegar, rice	2 Tbsp.
Sugar, palm	2 Tbsp.
Noodles, rice, ¼-in. wide	1 ½ lb.
Shrimp, dried	1 Tbsp.
Peanuts, chopped coarsely	½ cup
Oil, vegetable	¼ cup
Bean, curd, extra firm, sliced in bite-sized cubes	1 lb.
Oil, vegetable	as needed
Garlic, chopped	2 Tbsp.
Leek, stalk, with green, julienne	1 ea.
Egg, whole, beaten lightly	3 ea.
Scallion (Green onion), stalk, cut into 1-in. strips	2 ea.
Bean, sprouts	½ lb.
Cilantro, fresh, roughly chopped	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. For the seasoning, in a mixing bowl, whisk the chili paste, fish sauce, vinegar, and palm sugar until combined. Reserve.
2. Place the noodles in a heatproof bowl. Bring a pot of water to a simmer over medium-high heat. Pour the simmering water over the noodles and soak until softened, about 30 minutes. Drain, rinse under cold water, and drain again. Reserve.
3. Place the dried shrimp in a bowl and cover with cool water. Soak until rehydrated, about 30 minutes. Drain, finely chop, and reserve.
4. Heat a dry pan over medium-high heat. Add the peanuts. Toast, stirring constantly, until golden and aromatic, about 10 minutes. Remove and reserve.
5. Heat the oil in a sautoir over medium-high heat.

6. Fry the bean curd until golden brown, 5 to 6 minutes. Transfer to absorbent paper towels to drain any excess oil. Reserve.
7. Heat the oil in a wok over medium-high heat. Add the garlic, leeks, and reserved shrimp. Stir-fry until the leeks soften and garlic turns golden, 1 to 2 minutes.
8. Add the reserved noodles. Toss to coat with the oil. Stir-fry for about 30 seconds. Push the noodles to the upper edge of one side of the wok.
9. Add a drizzle of oil. Add the beaten eggs to the empty space created in the wok. Spread into a thin, even layer. Fold the noodles over the eggs to accelerate cooking. Let the eggs set for 10 seconds without tossing. Stir-fry the noodles and eggs to combine.
10. Add the reserved seasoning, bean curd, and the scallions. Stir-fry until the noodles are fully softened, adding water as necessary.
11. Fold in the bean sprouts and cilantro. Season with salt and pepper to taste.
12. Transfer to a serving bowl. Garnish with the reserved peanuts.

VEGETABLE SAMOSAS

Yield: 24 samosas

Ingredients	Amounts
Carom, seeds (<i>Ajwain</i>)	1 Tbsp.
Ghee	2 wt. oz.
Flour, all-purpose	11 wt. oz.
Salt, kosher	1 tsp.
Water	1 cup
Oil, vegetable	3 Tbsp.
Coriander, seeds	½ tsp.
Cumin, seeds	1 tsp.
Onion, yellow, minced	1 ea.
Ginger, fresh, 1-in. piece, peeled, minced	1 ea.
Chile, jalapeño, minced	1 ea.
Chile, cayenne, ground	1 tsp.
Salt, kosher	as needed
'Ulu, large diced	2 lb.
Peas, green, fresh	½ cup
Salt, kosher	to taste
Cilantro, fresh, chopped	1 Tbsp.
Flour, all-purpose	¼ cup
Water	2 Tbsp.
Oil, vegetable	as needed

Method

1. Heat a small, dry pan over medium heat. Add the carom seeds. Toast, stirring frequently, until aromatic, 1 to 2 minutes. Remove and reserve.
2. For the dough, melt the ghee in a small pan over medium-high heat. Transfer to a large bowl. Add the flour. Mix until a coarse meal is formed.
3. Add the salt and reserved carom seeds. Mix to incorporate. Add the water and mix until a pliable dough is formed. Cover the dough with plastic and rest for 30 minutes. Shape the dough into 1 ½-inch balls. (See Chef demo.) Reserve.
4. For the spice mixture, heat the oil in a medium-sized saucepan over medium heat. Add the coriander and cumin seeds. Cook until very aromatic, 1 to 2 minutes.
5. Add the onions, ginger, and jalapeño. Sauté until the onions have browned, about 10 minutes.
6. Stir in the cayenne and cook for 1 minute. Cool and reserve.

7. Place the 'ulu in a large pot with enough water to cover. Add a pinch of salt. Bring to a boil over high heat. Cook until tender, 15 to 20 minutes. Drain and cool.
8. Bring a medium pot of salted water to a boil. Add the peas. Boil until just tender, 2 to 3 minutes. Drain.
9. Crumble the 'ulu into a mixing bowl. Stir in the peas and reserved spice mixture. Add the cilantro. Mix to combine. Season with salt to taste. The filling should be lumpy.
10. Preheat 3-inches of oil in a sautoir to 375°F.
11. In a small bowl, combine the flour and water to form a paste.
12. To assemble the samosas, roll each reserved dough ball to a thickness of $\frac{1}{16}$ -inch. Cut into 3-inch squares.
13. Place 1 $\frac{1}{2}$ teaspoons of the filling in the middle of each square of dough. Fold the dough into a pyramid around the filling. Seal the edges with the flour-water paste and pinch together.
14. Deep-fry the samosas in the preheated oil until golden brown, 3 to 5 minutes. Remove and drain any excess oil on a wire rack.
15. Serve hot.

TANDOORI CHICKEN

Yield: 8 portions

Ingredients	Amounts
Chicken, whole, 3 lb. ea.	2 ea.
Salt, kosher	as needed
Lemon, juice, fresh	2 Tbsp.
Garam masala, ground	1 Tbsp.
Korean chili powder (<i>Gochugaru</i>)	2 tsp.
Turmeric, ground	1 tsp.
Cumin, ground	1 Tbsp.
Coriander, ground	2 tsp.
Ginger, ground	½ Tbsp.
Garlic, finely chopped	2 tsp.
Yogurt, plain, strained through cheesecloth	3 cups
Lettuce, head	½ ea.
Oil, vegetable	2 Tbsp.
Onion, yellow, diced	2 ea.
Tomato, plum (Roma), diced	3 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cilantro, fresh, coarsely chopped	½ cup
Lemon, cut into wedges	1 ea.

Method

1. Fabricate the chicken into 10 pieces. (See Chef demo.) Rinse and pat dry. Using a paring knife, make 2 slits into the flesh of each piece.
2. In a mixing bowl, whisk the salt, lemon juice, garam masala, Korean chili powder, turmeric, cumin, coriander, ginger, and garlic until combined.
3. Add the strained yogurt. Mix well to combine.
4. Add the chicken. Turn to fully coat on all sides. Marinate for at least 2 hours.
5. Preheat oven to 450°F.
6. Place the chicken on a wire rack set over a sheet pan. Bake in the preheated oven until tender, 30 to 45 minutes. Remove and reserve warm.
7. Arrange the lettuce leaves on a serving platter. Reserve.
8. Heat the oil in large skillet over medium-high heat. Add the onions. Sauté until lightly browned, 3 to 5 minutes.

9. Add the tomatoes. Sauté until warmed through, about 1 minute. Stir in the chopped cilantro. Season with salt and pepper to taste.
10. Place the hot onion-tomato mix over the lettuce leaves. Top with the reserved chicken. Garnish with lemon wedges.

INDIAN CHEESE AND RED PEPPERS IN KALO LAU SAUCE

Yield: 6 portions

Ingredients	Amounts
Paneer (Recipe follows)	8 wt. oz.
Luau leaves	16 wt. oz.
Pepper, bell, green, cored, seeded	1 ea.
Oil, canola (Divided)	8 Tbsp.
Flour, all-purpose	1 ½ wt. oz.
Onion, yellow, finely chopped	6 wt. oz.
Ginger, fresh, peeled, grated	2 Tbsp.
Turmeric, ground	½ tsp.
Chile, green, hot	4 ea.
Water	4 fl. oz.
Salt, kosher	1 tsp.
Pepper, bell, red, cut into 1-in. strips	2 ea.
Garam masala, ground	2 tsp.

Method

1. Line a sheet pan with paper towels. Lay the Paneer in a single, even layer on paper towels. Dry for 10 minutes.
2. Bring a pot of salted water to a boil over medium-high heat. Add the luau leaves. Blanch until softened, about 10 minutes. Drain.
3. Transfer the luau leaves to a blender. Add the pepper. Purée on high speed until smooth, 60 seconds. Reserve.
4. Preheat 4 tablespoons of the oil in large, heavy, nonstick pan over medium heat.
5. Dust the Paneer lightly with the flour. Working in batches, fry the Paneer in the preheated oil until light golden brown in color, 3 to 4 minutes per side. Remove and reserve.
6. Add 2 tablespoons of the oil to the pan. Add the onion. Fry, stirring constantly, until browned, 5 to 6 minutes.
7. Add the ginger. Fry until fragrant, about 2 minutes.
8. Stir in the turmeric and green chiles. Add the reserved luau leaf purée, and the water, salt, and peppers. Mix well.
9. Turn up the heat to high and bring to a boil. Turn down the heat to medium-low and cook, covered, until thickened, about 2 minutes.
10. Add the reserved Paneer. Stir to incorporate. Cook until warmed through, about 2 minutes. Stir in the garam masala.
11. When ready to serve, heat thoroughly and fold in the remaining 2 tablespoons of oil to glaze and mellow the sauce.

Source: Adapted from *Classic Indian Vegetarian and Grain Cooking* by Julie Sahni

PANEER

Yield: ¾ pound

Ingredients

Milk
Buttermilk

Amounts

½ gal.
1 qt.

Method

1. Rinse a 4-quart saucepan with water. Do not dry. (Using a wet pan helps prevent the formation of a skin during cooking.)
2. Add the milk. Bring it to a boil over medium-high heat.
3. Remove the saucepan from the heat. Gradually stream in the buttermilk while stirring continuously. The solids will separate from the liquid.
4. Line a colander with a fine, clean muslin cloth so that the ends hang over (not cheesecloth, because it is too porous).
5. Pour mixture into cloth. Gather up ends and twist together firmly to force out any excess whey.
6. Place the tightly wrapped package on an upside-down plate, bowl or pan and top with weighted plate or flat pan. Let it sit for about 30 minutes.
7. The resulting paneer will have a texture similar to firm farmer's cheese. It can be diced or sliced, as needed.

Source: Adapted from *The Bombay Café Cookbook* by Neela Paniz

'UALA PANCAKES WITH LEMON AND CILANTRO

Yield: 18 portions

Ingredients	Amounts
'Uala	¾ lb.
Salt, kosher	as needed
Bread, white, slices, firm, crusts removed	3 ea.
Chile, serrano, green, minced	½ ea.
Cilantro, fresh, minced	½ Tbsp.
Lemon, juice, fresh	½ tsp.
Salt, kosher	½ tsp.
Oil, vegetable	as needed
Sour cream	16 wt. oz.

Method

1. Preheat oven to 250°F.
2. Place the 'uala in a large pot with enough water to cover. Add a pinch of salt. Bring to a boil over high heat. Cook until fork-tender, 20 to 25 minutes. Drain and cool until they are easy to handle. Remove the skins and discard. Reserve the flesh.
3. Place the bread slices on a sheet pan in an even layer. Place the bread in the preheated oven until dried, about 10 minutes.
4. Break the dried bread into the bowl of a food processor. Pulse to process into crumbs.
5. In a large bowl, place the reserved 'uala. Using a large fork or your fingers, gently mash the 'uala until they are mostly broken down but still slightly chunky.
6. Add the chilies, cilantro, lemon juice, and salt. Mix to combine.
7. Preheat 1 ½-inches of oil in a Dutch oven over medium-high heat.
8. Form the 'uala mixture into balls about 1 ½ to 2-inches in diameter. Flatten them into ½-inch thick patties.
9. Working in batches, fry the pancakes in the preheated oil until golden brown, 2 to 3 minutes. transfer to absorbent paper towels to absorb any excess oil. Repeat with the remaining pancakes.
10. Serve plain or with a dollop of sour cream.

Note: If you are not serving the pancakes immediately, allow to cool completely before refrigerating. To reheat, place them on a cookie sheet in a 350°F oven for about 5 minutes.

Source: The Bombay Café by Neela Paniz

SZECHWAN-STYLE DOUBLE COOKED PORK

Hui Guo Ro

Yield: 6 portions

Ingredients	Amounts
Salt, kosher	as needed
Pork, belly	2 lb.
Oil, vegetable	2 Tbsp.
Chile bean paste (<i>Toban Djan</i>)	1 Tbsp.
Onion, yellow, chopped	1 ea.
Ginger, fresh, peeled, finely chopped	1 tsp.
Soy sauce, light	1 ½ Tbsp.
Vinegar, dark	2 Tbsp.
Sugar, granulated	2 tsp.
Pepper, bell, green, chopped	1 ea.
Pepper, bell, red, chopped	1 ea.
Pepper, bell, yellow, chopped	1 ea.
Garlic, finely chopped	2 tsp.
Scallion (Green onion), bunch, chopped	1 ea.

Method

1. Place the pork belly in a large pot and add enough water to cover. Add a pinch of salt. Bring to a boil over high heat. Cook until tenderized, 45 minutes to 1 hour. Drain and cool.
2. Cut the pork into slices about ⅛-inch thick.
3. Heat the oil in a pan over medium-high heat. Add the chile bean paste. Sweat for five seconds. Add the sliced pork belly and sweat until the fat of the pork belly appears shiny, about 1 minute.
4. Add the onions and ginger. Stir-fry until aromatic, about 30 seconds.
5. Add the soy sauce, vinegar, and sugar. Cook until the liquids are absorbed by the pork, 2 to 3 minutes.
6. Add the peppers. Stir-fry until softened, about 1 minute.
7. Garnish with the garlic and green onions.

WONTON SOUP WITH PORK WONTONS

Yield: 50 wontons

Ingredients	Amounts
Salt, kosher	as needed
Taro, leaves, stems removed, washed	4 wt. oz.
Pork, boneless, no fat	6 wt. oz.
Garlic, finely chopped	1 tsp.
Ginger, fresh, peeled, finely chopped	$\frac{3}{4}$ tsp.
Soy sauce	4 tsp.
Oil, sesame, dark	$\frac{3}{4}$ tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	$\frac{3}{4}$ tsp.
Wonton skins	50 ea.
Egg, whole, slightly beaten	1 ea.
Oil, vegetable	1 Tbsp.
Scallion (Green onion), stalk, sliced	1 Tbsp.
Ginger, fresh, peeled, minced	1 tsp.
Stock, chicken	2 qt.
Soy sauce, dark	1 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Watercress, local, fresh, roughly cut	4 wt. oz.
Oil, peanut	2 tsp.
Egg, whole, slightly beaten	2 ea.
Oil, peanut	1 Tbsp.
Pork, ham, finely julienne	3 wt. oz.

Method

1. Bring a large pot of salted water to a boil. Add the taro leaves. Blanch until tender, about 3 minutes. Drain, shock in an ice bath, and drain again. Squeeze the leaves to remove any excess moisture.
2. For the filling, in a food processor, place the taro leaves, pork, garlic, ginger, soy sauce, and oil. Process until combined but still with texture, about 30 seconds. Season with the salt and pepper.

3. To stuff the wontons, coat the surface of the wrapper with the beaten egg. Place a teaspoon of the filling in the middle of each wrapper. Fold the wonton in half around the filling to encase it. Press firmly around the outside of the wrapper to seal it.
4. Take the 2 corners nearest to you and bring them together. Moisten the corners with a bit of beaten egg and pinch together. Dry for 20 minutes.
5. For the soup, heat the oil in a sauté pan over medium-high heat. Add the green onion and ginger. Sauté until fragrant, 1 to 2 minutes.
6. Add the chicken stock. Heat until simmering. Season with the soy sauce, salt, and pepper. Reserve hot.
7. Bring a pot of salted water to a boil. Add the watercress and blanch until tender, 4 to 5 minutes. Drain, shock in an ice bath, and drain again. Reserve.
8. Heat the oil in a non-stick pan over medium heat. Add the beaten eggs. Cook on the first side until just barely set with a bit of liquid remaining, 3 to 4 minutes. Flip and cook on the opposite side until set and no liquid remains, 1 to 2 minutes. Turn the omelet out onto a cutting board and finely julienne. Reserve.
9. Fill a large pot $\frac{3}{4}$ of the way with water. Add the oil and a pinch of salt. Bring to a boil over high heat. Add the wontons and cook until crispy, 2 to 3 minutes.
10. To serve, place four to seven wontons in each soup bowl. Garnish with the reserved watercress and eggs, and the ham. Cover with the hot soup.

Source: Adapted from *Splendid Soups* by James Peterson

SPICY EGGPLANT

YU XIANG QIAN ZE

Yield: 8 portions

Ingredients	Amounts
Eggplant, Japanese	2 lb.
Salt, kosher	as needed
Oil, peanut	2 fl. oz.
Ginger, fresh, peeled, minced	1 Tbsp.
Garlic, minced	1 Tbsp.
Chile bean paste (<i>Toban Djan</i>)	2 Tbsp.
Pepper, bell, green, small diced	3 wt. oz.
Pepper, bell, red, small diced	3 wt. oz.
Sugar, granulated	2 Tbsp.
Soy sauce, light	1 ½ fl. oz.
Vinegar, rice, dark	1 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Scallion (Green onion), stalk, chopped	1 Tbsp.

Method

1. Cut the eggplant into oblique pieces and sprinkle with salt. Transfer to a colander set over a bowl. Stand for 30 minutes.
2. Squeeze the eggplant to remove excess moisture.
3. Heat the oil in a wok over medium heat. Add the ginger and garlic. Sweat until softened, about 1 minute. Stir in the chili bean paste. Cook until fragrant, about 1 minute.
4. Turn up the heat to high. Add the eggplant and peppers. Stir-fry until nearly tender, 2 to 3 minutes.
5. Add the sugar. Stir-fry until the ingredients begin to caramelize. Add the soy sauce. Deglaze by scraping up any brown bits stuck to the bottom of the wok. Season with salt and pepper to taste.
6. Stir in the scallions immediately before service.

CHINESE FRIED PANCAKES

CHAO BING

Yield: 4 portions

Ingredients	Amounts
Flour, all-purpose	1 lb.
Water, cold	10 fl. oz.
Flour, all-purpose	as needed
Oil, vegetable	1 Tbsp.
Salt, kosher	to taste
Oil, peanut	as needed
Cabbage, bok choy, shredded	2 wt. oz.
Carrot, julienne	2 wt. oz.
Leek, stalk, julienne	2 wt. oz.
Bean, sprouts	2 wt. oz.
Cabbage, green, julienne	2 wt. oz.
Salt, kosher	to taste
Soy sauce	to taste

Method

1. For the dough, in a large bowl, combine the flour and water. Knead until the dough is elastic, adding more water as necessary, 5 to 10 minutes. Rest for 30 minutes to 1 hour.
2. On a lightly floured surface, roll the dough into a disc about ¼-inch thick. Brush lightly with the oil. Sprinkle with salt as needed.
3. Roll the dough tightly into a cylinder. Coil both ends inward toward the center to form a spiral. Flatten the dough and roll to ¼-inch thick.
4. Heat enough oil to lightly coat a pan over medium-high heat. Fry the pancake until barely brown, 2 to 3 minutes per side. Season with salt to taste. Remove from the pan and cool. Cut into fine strips and reserve.
5. Heat enough oil to lightly coat a skillet over medium-high heat. Add the bok choy, carrots, leeks, bean sprouts, and cabbage. Stir-fry until slightly softened, but still have a crunchy texture, 2 to 3 minutes. Season with salt and soy sauce to taste.
6. Add the reserved pancake. Toss to combine.

DAY FOUR:

EFFECTIVE FEEDBACK

LEARNING OBJECTIVES

By the end of this day, you should be able to...

- Define the SEASIDE methodology.
- Describe how each step of SEASIDE contributes to generating effective feedback.
- Prepare a variety of culturally iconic dishes from assigned global regions using standardized recipes.
- Execute a 5-minute presentation related to assigned cuisine, followed by 2-minute feedback session from group members.
- Give effective feedback to group members using the SEASIDE methodology.

ASSIGNMENT

- During the production period, each student will complete a 5-minute demonstration that showcases one component of their assigned dish to their group.
- This demonstration may focus on a knife skill, a basic cooking technique, or a technique of cultural relevance related to the assigned dish.
- The demonstration can be set up ahead of time, and will be performed at the demonstrator's production station.
- Following each demonstration, team members will provide 1 to 2 minutes of critique and feedback using the SEASIDE acronym as a guide.

DAY FOUR: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE: NORTHERN ITALY

Risotto with Saffron, Milanese-Style
Tortellini in Broth
Veal Saltimbocca
Genoa-Style Roast Stuffed Pork Loin with Garlic Jus

TEAM TWO: THE U.S. SOUTH & SOUTHWEST

Stuffed Poblano Chiles
Buttermilk Fried Chicken with Whipped Okinawan Potatoes and Country Gravy
'Uala Soup
Texas-Style Chili Soup

TEAM THREE: MEXICO

Green Oaxacan Mole
Veracruz-Style Fish
Pork and Hominy Soup
Tamales Wrapped in Ti Leaves

TEAM FOUR: CENTRAL AMERICA

Pork in Chile Sauce
Fried Chicken Turnovers
Kanpachi in Coconut, Ginger, and Lime Sauce
Belizean Fry Jacks with Refried Beans

RISOTTO WITH SAFFRON, MILANESE-STYLE

RISOTTO ALLA MILANESE

Yield: 6 portions

Ingredients	Amounts
Broth, beef	1 qt.
Saffron, powder	1 tsp.
Pork, prosciutto, diced	1 ½ wt. oz.
Oil, olive, pure	4 fl. oz.
Butter, unsalted (Divided)	3 wt. oz.
Onion, yellow, finely chopped	2 wt. oz.
Rice, Arborio	13 wt. oz.
Pepper, black, ground	1 tsp.
Cheese, Parmigiano-Reggiano, freshly grated	3 wt. oz.
Salt, kosher	to taste

Method

1. In a medium saucepot over low heat, bring the broth to a very slow simmer. Add the saffron and stir until it has dissolved into the broth. Reserve hot.
2. In a large saucepan over medium heat, combine the prosciutto, oil, and 1 tablespoon of the butter. Add the onions and sweat until translucent, about 2 minutes. Add the rice and toss to coat the grains.
3. Add 4-ounces of the reserved saffron broth. Cook, stirring constantly to prevent the rice from sticking, until the rice has absorbed nearly all of the broth, 2 to 3 minutes. Repeat this process until the rice has cooked for about 15 minutes.
4. Turn down the heat to medium-low. Add ½ of the remaining saffron broth. Cook, stirring constantly, until the broth is fully absorbed, 7 to 8 minutes. Add the remaining saffron broth. Cook, stirring constantly, until no liquid remains and the rice is tender but firm to the bite (*al dente*), 3 to 4 minutes.
5. Remove the saucepan from the heat. Season with the pepper.
6. Add the grated cheese and the remaining butter. Stir to combine. Adjust the consistency by adding additional beef broth, if necessary. The risotto should be wave-like and creamy like porridge (*all'onda*), not firm and stiff.
7. Season with salt to taste.

TORTELLINI IN BROTH

TORTELLINI IN BRODO

Yield: 10 portions

Ingredients	Amounts
Beef Consommé (Recipe follows)	2 ½ qt.
Flour, durum	8 wt. oz.
Salt, kosher	½ tsp.
Egg, whole	2 ea.
Oil, olive, pure	1 Tbsp.
Cheese, ricotta	8 wt. oz.
Cheese, Romano, grated	2 wt. oz.
Parsley, flat-leaf, leaves, fresh, chopped	3 Tbsp.
Oregano, leaves, fresh, chopped	1 tsp.
Breadcrumbs, dried	4 Tbsp.
Egg, yolk	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Prepare the Beef Consommé according to the steps in the following recipe.
2. For the dough, in a bowl, combine the flour and salt. Mound the flour on a clean work surface and create a well in the center. Place the eggs and oil in the well and whisk gently with a fork. Slowly start dragging the flour into the egg mixture until a dough consistency begins to form.
3. Knead the dough by hand until the ingredients are well combined and the dough is smooth and elastic, about 10 minutes.
4. Place the dough in a bowl and cover with plastic wrap. Rest at room temperature for at least 30 minutes.
5. To prepare the filling, in a bowl, combine the ricotta cheese, Romano cheese, parsley, oregano, breadcrumbs, and egg yolk. Season with salt and pepper as needed.
6. Roll the dough to a thickness of $\frac{1}{16}$ -inch. Using a pasta cutter, cut the dough into 1 to 1½-inch squares. Place the filling into a piping bag and pipe about 1 teaspoon of filling into the center of each square. Lightly moisten one corner of the dough. Fold corner to corner to form a triangle, pressing out all air before sealing the seams. Hold the triangle with the long edge facing you and place it over the tip of your index finger. Bring the two corners around your finger, overlap, and press firmly to seal. (See Chef demo.)
7. Bring the Beef Consommé to a simmer over medium heat. Add the tortellini and cook until tender but still firm to the bite (*al dente*), 5 to 6 minutes. Serve in the broth.

BEEF CONSOMMÉ

Yield: 1 gallon

Ingredients	Amounts
Onion, yellow	2 ea.
Parsley, flat-leaf, stem, fresh	3 ea.
Thyme, leaves, dried	½ tsp.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	½ tsp.
Clove, whole	1 ea.
Allspice, berries	2 ea.
Onion, yellow, minced	8 wt. oz.
Carrot, minced	8 wt. oz.
Celery, rib, minced	4 wt. oz.
Beef, lean, ground	3 lb.
Egg, whites, beaten	10 ea.
Tomato, plum (Roma), chopped	12 wt. oz.
Stock, beef, white, cold	5 qt.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. For the onion brûlé, peel the onions, leaving the root end intact. Heat a dry pan over high heat. Add the onions and char, turning occasionally, until the outer layer is completely blackened, 7 to 8 minutes.
2. For the sachet d'épices, cut a 5-inch square of cheesecloth. Place the parsley, thyme, bay leaf, peppercorns, clove, and allspice berries in the center of the cloth. Gather the corners of the square and tie them together with kitchen twine.
3. For the clarification, in a stock pot, combine the onions, carrots, celery, beef, egg whites, tomatoes, stock, onion brûlé, and sachet d'épices. Bring the mixture to a slow simmer over low heat, stirring frequently until a raft forms, 15 to 20 minutes.
4. Slowly simmer, basting the raft occasionally, until a deep, rich, roasted flavor and golden brown color is achieved, 1 to 1 ½ hours.
5. Strain the consommé through a chinois lined with a doubled cheesecloth and into a clean stockpot.
6. Using a ladle, degrease the broth by skimming off any congealing fat. (See Chef demo.)
7. Season with salt and pepper to taste.

VEAL SALTIMBOCCA

Yield: 6 portions

Ingredients	Amounts
Veal, top round, boneless	2 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Sage, leaf, fresh	18 ea.
Pork, prosciutto, sliced	18 ea.
Flour, all-purpose	as needed
Oil, olive, pure	$\frac{3}{4}$ cup
Wine, white, dry	$\frac{1}{2}$ cup
Stock, chicken	2 cups
Butter, unsalted, cubed, cold (Divided)	$\frac{1}{2}$ cup

Method

1. Cut the veal $\frac{1}{4}$ -inch thick slices. Cut each slice into 2 or 3 smaller pieces, depending on the size.
2. Using a mallet, pound the meat to a slightly thinner, even thickness. Season with salt and pepper as needed.
3. Press a sage leaf and a slice of prosciutto onto each piece of veal. Place enough flour for dredging in a bowl, replenishing as needed. Coat the veal in the flour on all sides, shaking off any excess.
4. Heat the oil in a large sauté pan over medium-high heat. Working in batches, place the veal in the pan with the prosciutto side down. Sauté until golden brown, 2 minutes. Flip the veal over and sauté on the opposite side until golden brown, about 2 minutes. Reserve.
5. Remove any excess oil from the pan. Add the wine. Deglaze by scraping up any brown bits stuck to the bottom of the pan. Reduce to a syrup-like consistency, 2 to 3 minutes.
6. Add the stock and reduce until it coats the back of a spoon (*nappé*), 4 to 5 minutes.
7. Remove the pan from the heat. Whisk in $\frac{1}{4}$ cup the cold butter until fully incorporated. Whisk in the remaining $\frac{1}{4}$ cup of butter until fully incorporated.
8. To serve, arrange the veal on a serving platter and spoon the sauce over top.

GENOA-STYLE ROAST STUFFED PORK LOIN WITH GARLIC JUS

ARISTA DI MAIALE ALLA GENOVESE

Yield: 6 portions

Ingredients	Amounts
Macadamia nuts, crushed	2 wt. oz.
Garlic, minced	1 ⅓ Tbsp.
Parsley, flat-leaf, leaves, fresh, chopped	3 ½ Tbsp.
Basil, sweet, leaves, fresh, chopped	2 ½ Tbsp.
Cheese, Pecorino Romano, grated	1 wt. oz.
Pork, ground	4 wt. oz.
Pork, sausage, Italian, casing removed	4 wt. oz.
Breadcrumbs, dried	2 wt. oz.
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
Caul fat, 12-in. x 12-in.	1 ea.
Onion, yellow, med. diced	2 wt. oz.
Carrot, med. diced	1 wt. oz.
Celery, rib, with leaves, med. diced	1 wt. oz.
Tomato, paste	2 wt. oz.
Garlic, minced	1 tsp.
Bay leaf, dried	1 ea.
Brown Veal Stock (See prior recipe)	18 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. Place the macadamia nuts in an even layer on a sheet tray. Toast in the preheated oven, stirring halfway through, until lightly golden brown, 10 to 12 minutes. Remove from the pan.
3. For the dry pesto, in a bowl, combine the macadamia nuts, garlic, parsley, basil, and cheese. Reserve.

4. For the stuffing, in a separate bowl, combine the ground pork, sausage, breadcrumbs, heavy cream, and egg. Reserve.
5. Butterfly the pork loin. Using a mallet, lightly pound the pork to a ½-inch thickness. Season with salt and pepper as needed.
6. Spread the reserved dry pesto over the pork. Spread the stuffing over the pesto.
7. Roll the pork loin tightly from one long edge to the other to form a compact cylinder. Wrap the rolled pork tightly in the caul fat, making sure it is fully covered with no gaps. Secure with butcher's twine at 1 ½ inch intervals.
8. Place the pork on a rack in a roasting pan. Roast in the preheated oven until the internal temperature reaches 150°F, 30 to 35 minutes. Transfer to a cutting board. Rest, tented with foil, for about 15 minutes before slicing. Drain off any excess fat.
9. For the garlic jus, place the roasting pan on the stovetop over medium-high heat. Add the onions, carrots, celery, and tomato paste. Cook until lightly caramelized, 5 to 6 minutes.
10. Add the garlic, bay leaf, and Brown Veal Stock. Simmer until reduced to 12-ounces, 8 to 10 minutes.
11. Strain the jus through a chinois and into a bowl. Discard the solids. Season with salt and pepper to taste.
12. Single the sliced pork on a serving platter. Top with the garlic jus.

STUFFED POBLANO CHILES

CHILES RELLENOS

Yield: 8 portions

Ingredients	Amounts
Chile, poblano	8 ea.
Oaxacan-Style Pork Filling (Recipe follows)	8 cups
Flour, all-purpose (Divided)	$\frac{3}{4}$ cup
Egg, whole, separated	5 ea.
Salt, kosher	to taste
Oil, canola	3 cups
Tomato Sauce (Recipe follows)	1x recipe

Method

1. Over direct flame on the stovetop, roast the chiles, turning occasionally, until charred and blistered. Place in a heatproof bowl and cover with plastic wrap. Steam for 20 minutes. Using a paper towel, wipe away the charred skin.
2. Starting at the stem, make a 2-inch cut down the side of the chile. Remove the seeds. Studd the chiles with the Oaxacan-Style Pork Filling, taking care not to overstuff. Close the seam of the chiles around the filling.
3. Place $\frac{1}{2}$ cup of the flour on a small plate. Lightly coat the chiles on all sides with the flour, shaking off any excess.
4. Place the egg whites in the bowl of a stand mixer. Beat the egg whites on high speed until they form stiff peaks, 3 to 5 minutes. Fold in 2 $\frac{1}{2}$ tablespoons of the remaining flour and the egg yolks. Mix until just combined. Season with salt to taste.
5. Dip each chile in the egg mixture to fully coat.
6. Heat the oil in a medium sauté pan over medium-high heat.
7. Fry the chiles, one at a time, while using a slotted spatula to spoon hot oil over the top of the chile. Remove once the egg batter is cooked through and golden brown, 7 to 8 minutes. Transfer to absorbent paper towels to drain any excess oil. Repeat with the remaining chiles.
8. Transfer the chiles to a serving platter. Top each chile with the Tomato Sauce.

OAXACAN-STYLE PORK FILLING

PICADILLO OAXAQUEÑO

Yield: 8 portions

Ingredients	Amounts
Pork, shoulder, 2-in. diced	2 lb.
Onion, white	½ ea.
Garlic, clove, peeled	3 ea.
Salt, kosher	as needed
Oil, canola	4 Tbsp.
Onion, white, diced	1 ea.
Garlic, minced	2 Tbsp.
Tomato, plum (Roma) diced	2 lb.
Raisins, black, chopped	2 Tbsp.
Capers, canned, drained, rinsed, chopped	2 tsp.
Olive, Manzanilla, green, pitted coarsely chopped	10 ea.
Almonds, blanched, coarsely chopped	2 Tbsp.
Parsley, flat-leaf, fresh, finely chopped	½ cup
Clove, whole	4 ea.
Peppercorns, black, whole	10 ea.
Cinnamon, Mexican (<i>Canela</i>), 1-in. stick	1 ea.
Vinegar, white, distilled	2 tsp.
Sugar, granulated	2 tsp.
Salt, kosher	to taste

Method

1. In a stockpot, place the pork, onion, and garlic cloves. Season with salt as needed. Add just enough water to cover the pork. Bring it to a boil over high heat, then turn down the heat to medium-low. Simmer until the meat is tender and easy to shred, about 1 ½ hours.
2. Drain the pork and let it cool. Using the backside of the fork, shred it into pea-size pieces. Reserve.
3. Heat the oil in a medium Dutch oven over medium-high heat. Add the onion. Sauté until translucent, about 2 minutes.
4. Add the garlic. Sauté until aromatic, about 1 minute.
5. Add the tomatoes. Sauté, stirring occasionally, until they are cooked through, about 10 minutes. Add the raisins, capers, olives, almonds, and parsley. Stir to incorporate.
6. Place the cloves, pepper, and cinnamon in a spice grinder. Process to a fine powder. Add to the Dutch oven. Stir to combine.
7. Turn down the heat to medium-low. Cook until thickened, about 10 minutes.

8. Add the reserved pork. Mix to combine. Add the vinegar and sugar. Season with salt to taste. Cook until incorporated and reduced, about 10 minutes.
9. Spread out the filling in a single layer on a parchment-lined sheet tray. Refrigerate until cool, about 20 minutes.

TOMATO SAUCE

CALDILLO

Yield: 8 portions

Ingredients	Amounts
Tomato, plum (Roma)	3 lb.
Water	2 cups
Onion, white	1/2 ea.
Garlic, clove, peeled	2 ea.
Oil, canola	1 1/2 Tbsp.
Bay leaf, dried	2 ea.
Salt, kosher	to taste

Method

1. In a medium stockpot, place the tomatoes and water. Bring it to a boil over high heat. Turn down the heat to medium-low. Cover and simmer until the tomatoes are fully cooked and begin to burst, 10 to 12 minutes. Remove the pot from the heat. Cool slightly.
2. Drain the tomatoes, reserving the liquid. Transfer the tomatoes to a blender. Add the onion and garlic. Blend on high speed until smooth, 1 to 2 minutes. Pass the sauce through a chinois.
3. Heat the oil in a large Dutch oven over medium-high heat. Add the tomato sauce. Fry until it deepens to a rust color, 4 to 5 minutes.
4. Add the bay leaves and 1/2 of the reserved liquid. Simmer over low heat until slightly thickened, about 30 minutes.
5. Remove the bay leaves. Season with salt to taste. Keep warm until ready to serve.

BUTTERMILK FRIED CHICKEN WITH WHIPPED OKINAWAN POTATOES AND COUNTRY GRAVY

Yield: 20 portions

Ingredients	Amounts
Chicken, whole, butchered into 10 pieces ea.	8 ea.
Buttermilk	1 qt.
Tarragon, leaves, fresh, minced	½ cup
Mustard, Dijon	1 cup
Poultry spice, Bell's	1 Tbsp.
Flour, all-purpose	4 lb.
Chile, cayenne, ground	1 Tbsp.
Old Bay seasoning	½ cup
Crisco	1 gal.
Salt, kosher	as needed
Potato, purple, Okinawan	8 lb.
Butter, unsalted, room temp.	1 lb.
Milk, whole	1 pt.
Cream, heavy	1 pt.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, pure	½ cup
Chicken, wings, browned	½ lb.
Pork, bacon, slab, cut into small batons	1 wt. oz.
Onion, yellow, minced	1 ea.
Celery, rib, minced	1 ea.
Garlic, minced	1 tsp.
Flour, all-purpose	1 ½ wt. oz.
Stock, chicken	1 qt.
Bay leaf, dried	1 ea.
Milk, whole	2 fl. oz.
Cream, heavy	2 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. For the chicken, in a large bowl, combine the buttermilk, tarragon, mustard, and poultry spice. Add the chicken piece and turn to coat on all sides. Marinate overnight.
2. Preheat oven to 350°F.
3. In a large bowl, combine the flour, cayenne, and Old Bay seasoning.
4. Dredge the chicken pieces in the flour, shaking off any excess. Let the coated chicken pieces sit for 15 minutes. Dredge the chicken in the flour a second time, shaking off any excess.
5. Melt the Crisco in a large frying pan over medium-high heat. Add the chicken pieces. Fry until crispy and golden brown, 7 minutes per side.
6. Place a roasting rack on top of a sheet pan. Place the fried chicken pieces on top of the roasting rack. Finish the chicken in the preheated oven until golden brown and the internal temperature reaches 165°F, 10 to 12 minutes.
7. For the whipped potatoes, scrub, peel, and cut the potatoes into sixths.
8. Place the potatoes in a large pot with enough salted water to cover. Bring to a boil over high heat. Turn down the heat to medium-low. Simmer the potatoes until they are fork-tender, about 15 minutes. Drain the potatoes and return them to the pot. Place the pot on the stove over low heat. Dry the potatoes, turning frequently, until no more steam rises from them, 4 to 5 minutes. Be sure that they do not brown.
9. Purée the potatoes through a food mill and into a clean, heated pot while they are still hot.
10. In a separate pot over medium heat, combine the butter, milk, and cream. Heat until the milk and cream are hot, and the butter is melted. Stir to combine.
11. Add the milk, cream, and butter mixture to the potatoes. Using an electric mixer with a whip attachment, mix the ingredients until just incorporated. Season with salt and pepper to taste.
12. If desired, transfer the whipped potatoes into a piping bag and pipe into the desired shape.
13. For the gravy, preheat oven to 400°F.
14. Heat the oil in a sauté pan over medium-high heat. Add the chicken wings. Sauté until the skin has rendered some of the fat, about 3 minutes. Transfer the pan to the preheated oven. Brown the chicken wings until golden, 10 to 12 minutes. Reserve.
15. In a medium-sized saucepan over low heat, sweat the bacon, onions, celery, and garlic until the vegetables are soft, 5 to 7 minutes.
16. Stir in the flour to form a pale roux. Cook until pale in color and the raw flour smell dissipates, 3 to 4 minutes.
17. Add the stock, reserved browned wings, and bay leaf. Simmer, skimming any impurities from the surface, until reduced by $\frac{1}{4}$, about 45 minutes.
18. Add the milk and cream. Bring the mixture to a simmer over medium heat.
19. Strain the sauce through a chinois and into a bain marie. Season with salt and pepper to taste.

'UALA SOUP

Yield: 1 gallon

Ingredients	Amounts
'Uala, peeled, small diced	1 lb.
Oil, olive, pure	2 fl. oz.
Butter, unsalted	3 wt. oz.
Celery, rib, coarsely chopped	5 wt. oz.
Leek, stalk, coarsely chopped	5 wt. oz.
Onion, yellow, Maui coarsely chopped	5 wt. oz.
Carrot, coarsely chopped	5 wt. oz.
Garlic, minced	1 Tbsp.
'Uala, 1/3-in. slices	4 lb.
Stock, chicken	3 qt.
Coconut, milk (Divided)	14 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Molasses	1 wt. oz.
Salt, kosher	to taste
Chive, fresh, sliced 1-in. on the bias	1/2 cup

Method

1. Preheat oven to 375°F.
2. Place the 'uala in a bowl. Toss with the oil. Spread the diced 'uala in an even layer on a baking sheet. Bake in the preheated oven until softened, 8 to 10 minutes. Remove and reserve for garnish.
3. Melt the butter in a stockpot over medium-low heat. Add the celery, onion, leek, and carrot. Sweat until translucent, 3 to 4 minutes. Add the garlic and cook until aromatic, about 2 minutes.
4. Add the sliced 'uala and stock. Simmer until the 'uala are completely tender, 12 to 15 minutes. Using an immersion blender, purée the soup until smooth.
5. Separate the heavy layer of coconut milk from the thin layer of coconut milk. Reserve the heavy layer. Add the thin coconut milk (about 8-ounces) to the soup. Season with salt and pepper to taste. Bring back to a simmer.
6. In a small bowl, combine the heavy layer of coconut milk (about 6-ounces) and molasses. Season with salt to taste. Using a whisk, whip to form medium peaks.
7. Place the soup in serving cups. Top with the whipped coconut milk, roasted 'uala, and chives.

TEXAS-STYLE CHILI SOUP

Yield: 1 gallon

Ingredients	Amounts
Beef, shoulder, trimmed, med. diced	3 ½ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	½ cup
Onion, yellow, Maui, minced	¾ lb.
Garlic, minced	1 ⅓ Tbsp.
Cumin, ground	3 Tbsp.
Chili powder	3 Tbsp.
Brown Veal Stock (See prior recipe)	½ gal.
Stock, chicken	1 qt.
Tomato, purée, canned	15 wt. oz.
Pepper, cayenne, ground	1 pinch
Salt, kosher	as needed
Tomato, plum (Roma), peeled, med. diced	1 lb.
Tabasco sauce	1 tsp.
Worcestershire Sauce	½ Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cheese and Bean Croutons (Recipe follows)	1x recipe

Method

1. Season the beef with salt and pepper as needed.
2. Heat the oil in a large stockpot over medium-high heat. Add the beef. Sear until deep brown in color, 5 to 6 minutes. Remove and reserve.
3. Add the onions to the stockpot. Cook until caramelized, 5 to 6 minutes. Add the garlic and cook until aromatic, about 2 minutes.
4. In a small sauté pan over medium heat, toast the ground cumin and chili powder until aromatic, 2 to 3 minutes.
5. Add the Brown Veal Stock, chicken stock, tomato purée, toasted spices, and reserved beef to the stockpot. Add the cayenne. Season with salt as needed. Simmer until the beef is tender, 1 to 1 ½ hours.
6. Add the tomato. Simmer until broken down and thickened, about 15 minutes. Add the Worcestershire and Tabasco sauces. Season with salt and pepper to taste.
7. Ladle the soup into serving bowls. Top with the Cheese and Bean Croutons.

CHEESE AND BEAN CROUTONS

Yield: 10 portions

Ingredients	Amounts
Beans, pinto, dried, soaked overnight	¼ lb.
Lard	2 wt. oz.
Onion, yellow, chopped	4 wt. oz.
Chile, serrano, chopped	½ ea.
Garlic, minced	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Bread, French, loaf, cut into ¼-in. rounds	½ ea.
Cheese, pepper jack, grated	1 cup

Method

1. Preheat oven 350°F.
2. Place the beans in a pot with enough water to cover by 2-inches. Simmer over medium heat until tender, about 25 minutes. Drain and cool.
3. Heat the lard in a sauté pan over medium-high heat. Add the onions, chile, and garlic. Cook until translucent, 2 to 3 minutes.
4. Add the reserved beans and the onion mixture to a food processor. Purée until smooth, about 2 minutes. Season with salt and pepper to taste.
5. Place the bread rounds in an even layer on a parchment paper lined sheet pan. Toast in the preheated oven until lightly golden, 5 minutes.
6. Spread the bean-onion purée on top of the croutons. Top with the grated cheese. Transfer to a parchment paper lined sheet pan.
7. Bake in the preheated oven until the cheese is melted and golden brown, about 5 minutes.

GREEN OAXACAN MOLE

MOLE VERDE OAXAQUEÑO

Yield: 6 portions

Ingredients	Amounts
Beans, navy, dried	¼ lb.
Salt, kosher	to taste
Tomatillo, husks removed, quartered	¾ lb.
Tomato, green, quartered	1 lb.
Onion, white, quartered	1 ea.
Garlic, clove, peeled	6 ea.
Chile, jalapeño, stem removed, chopped	4 ea.
Peppercorns, black, whole	6 ea.
Oil, canola	3 Tbsp.
Broth, pork (Divided)	4 cups
Masa harina	½ cup
Salt, kosher	to taste
Pork, tenderloin, sliced ½-in. thick	3 lb.
Stock, chicken	1 qt.
Parsley, flat-leaf, fresh, tops only	½ cup
Epazote, leaves, fresh	½ cup
Hoja santa, leaves, fresh, torn in pieces	½ cup
Beans, green, fresh, trimmed	1 cup
Chayote, skinned	1 cup

Method

1. Place the beans in a pot with enough water to cover by 2-inches. Bring to a boil over high heat. Turn down the heat to medium-low. Cover and simmer until the beans are cooked and slightly tender, about 1 ½ hours. Season with salt to taste. Reserve.
2. For the mole, place the tomatillos, tomatoes, onion, garlic, jalapeños, and peppercorns in a blender. Purée on high speed until smooth, 3 to 4 minutes.
3. Heat the oil in a Dutch oven over medium heat. Turn down the heat to low. Fry the vegetable purée until it changes color and thickens, about 15 minutes.
4. Add 2 ½ cups of the broth. Simmer until reduced and thickened, about 30 minutes.
5. In a blender, blend the masa with 1 cup of the broth until combined. Gradually stream into the mole while constantly whisking until combined. Simmer until the masa is cooked through, about 10 minutes. Season with salt to taste.

6. In a large sauce pot, place the sliced pork in a single layer. Add enough chicken stock to cover the pork. Bring it to a simmer over medium heat. Poach until the pork is firm and opaque, 3 to 5 minutes.
7. Add the pork and reserved beans to the mole. Cook until heated through, 3 to 4 minutes.
8. Place the parsley, epazote leaves, and hoja santa leaves in a blender. Add enough water to facilitate blending. Purée on high speed until smooth, 4 to 5 minutes. Pass through a chinois and into the mole.
9. Bring a medium pot of salted water to a boil. Add the green beans and chayote. Blanch until tender, about 3 minutes. Drain, shock in an ice bath, and drain again. Cut into bâtonnets.
10. Garnish the mole with the green beans and chayote.

VERACRUZ-STYLE FISH

PESCADO A LA VERACRUZANA

Yield: 10 portions

Ingredients	Amounts
Pepper, bell, red	1 ea.
Mahi-mahi, fillet, 5-oz. ea.	10 ea.
Oil, olive, extra virgin	2 fl. oz.
Onion, white, minced	3 wt. oz.
Garlic, minced	1 Tbsp.
Tomato, plum (Roma), peeled, med. diced, unseeded	3 lb.
Water	2 cups
Olive, green, pitted, chopped	10 ea.
Capers, canned, drained, rinsed	1 Tbsp.
Cinnamon, Mexican, ground	¼ tsp.
Almonds, coarsely chopped	1/4 cup
Bay leaf, dried	2 ea.
Raisins, golden	1 wt. oz
Salt, kosher	to taste
Pepper, black, ground	to taste
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	as needed
Oil, olive, extra virgin	as needed
Arroz Blanco (Recipe follows)	1x recipe
Parsley, flat-leaf, fresh, chopped	¼ cup
Chile, jalapeño, seeded, julienne	3 ea.
Cilantro, sprig, fresh	3 ea.
Capers, canned, rinsed	¼ cup
Fried Plantains (Recipe follows)	1x recipe

Method

1. Preheat oven to 325°F.
2. Over direct flame on the stovetop, roast the pepper, turning occasionally, until charred and blistered. Place in a heatproof bowl and cover with plastic wrap. Steam for 20 minutes. Using a paper towel, wipe away the charred skin. Remove the seeds and julienne into 1-inch lengths. Reserve.

3. Remove the skin, bloodline, and any cartilage from the fish. Cut into portion sizes. (See Chef demo.)
4. For the sauce, heat the oil in a sauce pan over medium-high heat. Add the onions and garlic. Sweat until golden in color, 4 to 5 minutes.
5. Add the tomato, water, olives, capers, cinnamon, almonds, bay leaves, and raisins. Simmer until the water evaporates and the sauce thickens, about 10 minutes. Season with salt and pepper to taste.
6. Season the fish on both sides with salt and pepper as needed. Place enough flour in a bowl for dredging. Coat the fish on all sides in the flour, shaking off any excess.
7. Heat enough oil to lightly coat a sauté pan over medium-high heat. Sauté the fish on both sides until golden, 3 to 4 minutes. Ladle 4-ounces of sauce on top of each fish portion. Place the sauté pan in the preheated oven. Bake the fish until the sauce is chunky and the fish is cooked through, 5 to 7 minutes.
8. Place a portion of the Arroz Blanco in the middle of the serving plate. Place 1 fillet of fish leaning on the rice. Spoon the sauce over top. Garnish with the parsley, jalapeños, cilantro sprigs, and capers. Serve with the Fried Plantains and the remaining sauce.

ARROZ BLANCO

Yield: 10 portions

Ingredients	Amounts
Oil, vegetable	½ cup
Rice, white, long-grain	½ qt.
Onion, white, minced	¾ lb.
Garlic, minced	1 Tbsp.
Water	24 fl. oz.
Corn, kernels, fresh	¼ lb.
Salt, kosher	as needed

Method

1. Preheat oven to 350°F.
2. Heat the oil in a small rondeau over medium heat. Add the rice and stir to coat the grains evenly.
3. Cook the rice, stirring often, until it starts to turn a pale white color, about 3 minutes. Be sure the grains do not brown.
4. Add the onions and garlic. Cook until the onions start to brown, 5 to 6 minutes.
5. Add the water and corn. Season with salt as needed. Bring the water to a simmer. Cover the rondeau tightly with a lid.
6. Transfer the rondeau to the preheated oven. Cook until the rice has absorbed all the water, 10 to 12 minutes.
7. Remove the rondeau from the oven. Rest for 15 minutes before serving.

FRIED PLANTAINS

Yield: 20 portions

Ingredients

Amounts

Oil, vegetable

½ gal.

Plantain, yellow, ripe

6 ea.

Method

1. Preheat the oil in a Dutch oven to 350°F.
2. Peel the plantains and slice ½-inch-thick on a diagonal.
3. Working in batches, deep-fry the plantain slices in the preheated oil until golden brown, 7 to 8 minutes.
4. Transfer to absorbent paper towels to drain any excess oil

Note: If the plantains are not ripe, soak them in water for 10 minutes.

PORK AND HOMINY SOUP

POZOLE MICHOACAN

Yield: 6 portions

Ingredients	Amounts
Chicken, whole	1 ea.
Stock, chicken (Divided)	3 qt.
Onion, yellow, chopped	4 wt. oz.
Garlic, chopped	1 Tbsp.
Cilantro, fresh, chopped	1 Tbsp.
Epazote, fresh, chopped	2 tsp.
Red pepper flakes	1 ½ tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Pork, butt, boneless, med. diced	2 lb.
Hominy, drained	1 lb.
Onion, yellow, chopped	2 wt. oz.
Oregano, leaves, dried	1 ½ tsp.
Lime, juice, fresh	4 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a large pot, place the chicken, 2 quarts of the stock, onions, garlic, cilantro, epazote, red pepper flakes, salt, and pepper. Bring to a boil over high heat. Turn down the heat to medium. Cover and simmer until chicken is tender, about 30 minutes. Remove the chicken from the stock. Remove and discard the skin and bones. Using two forks, shred the chicken and reserve.
2. Strain stock through a sieve and into a clean pot. Add the remaining stock.
3. Add the diced pork, hominy, onions, and oregano. Bring to a boil over high heat. Turn down the heat to medium. Simmer until the pork and hominy are tender, about 1 hour.
4. Return the shredded chicken to the pot. Add the lime juice. Season with salt and pepper to taste.

TAMALES WRAPPED IN TI LEAVES

TAMALES EN HOJAS DE PLATANO

Yield: 6 portions

Ingredients	Amounts
Chile, ancho, dried, seeded	1 ½ ea.
Chile, Guajillo, dried, seeded	1 ½ ea.
Oil, corn	1 Tbsp.
Cilantro, bunch, fresh, chopped	⅓ ea.
Pepper, black, ground	¾ tsp.
Clove, ground	1 pinch
Oil, corn	2 ½ Tbsp.
Onion, yellow, chopped	3 wt. oz.
Garlic, chopped	3 Tbsp.
Beef, ground	12 wt. oz.
Tomato, plum (Roma), chopped	6 wt. oz.
Lard	10 wt. oz.
Masa harina	1 lb.
Stock, chicken, room temp.	14 fl. oz.
Baking powder	½ tsp
Ti leaf	3 ea.
Lard	3 Tbsp.

Method

1. Heat a dry comal over medium heat. Add the chiles. Toast, turning frequently, until pliable and the color darkens slightly, 1 to 2 minutes. Remove the seeds and membranes.
2. Place the chiles in a bowl and cover with warm water. Soak until softened, about 10 minutes.
3. Drain the chiles and transfer to a blender. Add the oil. Purée on high speed until smooth, 1 to 2 minutes.
4. Add the cilantro, pepper, and clove. Pulse until combined, about 1 minute. Reserve.
5. For the filling, heat the oil in a sauté pan over medium-high heat. Add the onions and garlic. Sauté until soft, 2 to 3 minutes.
6. Add the ground beef. Cook until browned thoroughly, about 5 minutes.
7. Add the tomatoes. Simmer until the liquid has evaporated, about 10 minutes.
8. Add the reserved purée. Simmer until darkened in color and any water has evaporated, about 10 minutes. Reserve.
9. For the dough, in a stand mixer fitted with the dough hook, beat the lard on medium speed until light and aerated, about 5 minutes. With the mixer running, alternate adding the masa

harina and warm stock in several additions, mixing until fully incorporated between each addition.

10. Mix, scraping the sides of the bowl occasionally, until the dough is smooth, light, and spreadable, about 3 minutes. To check the consistency, drop a small portion of dough into cold water. If it sinks, continue mixing to further aerate the dough.
11. Add the baking powder and mix until well blended.
12. Grease 1 side of each ti leaf using 1 tablespoon of lard per leaf. Spread a 3-inch square of the dough on the lard. Top the dough with 1 ½ tablespoons of the filling.
13. Fold the opposite edges of the leaf toward the center. Repeat with the other edges to form a closed rectangle. To secure, tie the tamales with narrow strips of leaf. Repeat this process for the remaining tamales.
14. Fill a deep hotel pan with 2 to 3-inches of warm water. Bring to a steady simmer over medium-low heat on the stovetop.
15. Place a perforated hotel pan over the water, ensuring the water does not touch the bottom of the pan.
16. Arrange the tamales upright in the perforated pan. Cover the pan tightly with aluminum foil. Steam until the dough is firm and set, about 1 hour. More water may be added to maintain the water level, as needed.
17. Remove the pan from the heat. Rest, covered, for 10 minutes.

PORK IN CHILE SAUCE

CARNE CON CHILE

Yield: 6 portions

Ingredients	Amounts
Chile, ancho, dried	5 ea.
Water, hot	½ qt.
Flour, all-purpose	2 Tbsp.
Lard	2 wt. oz.
Pork, boneless, large diced	2 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Garlic, minced	1 Tbsp.
Oregano, leaves, dried	2 tsp.
Vinegar, white	1 fl. oz.
Cumin, ground	2 tsp.
Sugar, brown	2 tsp.

Method

1. Preheat oven to 350°F.
2. Heat a dry comal over medium heat. Add the chiles. Toast, turning frequently, until pliable and the color darkens slightly, 1 to 2 minutes. Remove the seeds and membranes.
3. Place the chiles in a bowl and cover with the hot water. Soak until softened, about 15 minutes.
4. Transfer the chiles and soaking water to a blender. Add the flour. Purée on high speed until smooth, about 2 minutes.
5. Season the pork with salt and pepper as needed.
6. Melt the lard in a rondeau over medium heat. Add the pork. Sear on both sides until browned, 5 to 7 minutes. Add the garlic and cook until lightly browned, about 2 minutes.
7. Pour the puréed chiles mixture over the pork. Add the oregano, vinegar, cumin, and brown sugar. Season with salt as needed.
8. Cover the pan and place in the preheated oven. Cook, stirring constantly, until the pork is tender, about 1 ½ hours.

Source: *Mexico, The Beautiful Cookbook* by Marilyn Tausend

FRIED CHICKEN TURNOVERS

Yield: 6 portions

Ingredients	Amounts
Flour, all-purpose	14 wt. oz.
Salt, kosher	½ tsp.
Butter, unsalted	3 Tbsp.
Egg, whole, beaten	3 ea.
Water	as needed
Butter, unsalted	3 Tbsp.
Mushroom, button, diced	1 ½ wt. oz.
Kalua Pork (Recipe follows)	8 wt. oz.
Béchamel Sauce (Recipe follows)	8 fl. oz.
Scallion (Green onion), stalk, minced	4 ea.
Cheese, Parmesan, grated	1 Tbsp.
Oil, vegetable	as needed

Method

1. For the dough, sift the flour and salt into a bowl. Add the butter and mix to form a coarse meal.
2. Add the eggs and ¼ cup of water. A small amount of additional water may be added, as needed. Knead the dough until elastic, about 10 minutes. Cover and rest for 15 minutes.
3. For the filling, melt the butter in a sauté pan over medium-high heat. Add the mushrooms in a single layer. Sauté until well caramelized, 4 to 5 minutes. Add the Kalua Pork, Béchamel Sauce, scallions, and cheese. Remove from the heat. Cool and reserve.
4. Preheat 3-inches of oil in a Dutch oven to 375°F.
5. Roll the dough out to ¼-inch thickness. Using a pastry cutter, cut into 4 to 6-inch rounds.
6. Place about 1 ½-ounces of filling in the center of each round. Fold the dough over the filling and pinch the sides together to seal.
7. Deep-fry the turnovers in the preheated oil until golden brown, 2 to 3 minutes per side. Transfer to a wire rack to drain any excess oil.

KALUA PORK

Yield: 6 portions

Ingredients

Amounts

Pork, Boston butt	2 lb.
Salt, kosher	1 Tbsp.
Banana, leaf, rinsed	3 ea.

Method

1. Preheat smoker or grill to 215°F.
2. Massage the pork butt well with the salt.
3. Lay the banana leaves flat. Place the salted pork on top. Fold the banana leaves around the pork. Secure with butcher's twine.
4. Transfer the wrapped pork to the smoker. Smoke until the pork is tender and falling apart, about 1 ½ hours per pound.
5. Remove the pork and allow to rest for 20 to 30 minutes. "Pull" the pork by shredding into small pieces using two forks.

BÉCHAMEL SAUCE

Yield: 2 cups

Ingredients	Amounts
Butter, unsalted, clarified	2 fl. oz.
Flour, all-purpose	3 wt. oz.
Milk, whole, hot	1 pt.
Butter, unsalted	2 Tbsp.
Onion, yellow, minced	1 wt. oz.
Clove, whole	2 ea.
Bay leaf, dried	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Nutmeg, fresh, grated (Optional)	to taste

Method

1. For the roux, melt the clarified butter in a small sauté pan over medium heat. Add the flour and stir to combine. Cook just until a white roux forms, 3 to 5 minutes. Reserve.
2. Heat the milk in a small saucepan over medium high heat. Reserve hot.
3. Heat the clarified butter in a small saucepot over medium heat. Add the onions and sweat until tender and translucent but with no color, 6 to 8 minutes.
4. Add the reserved roux to the onions. Cook until the roux is very hot, about 2 minutes.
5. Gradually add the reserved hot milk to the pan, whisking to work out any lumps. Add the clove and bay leaf. Simmer the sauce until it is smooth and thickened, about 30 minutes. Stir frequently and skim as necessary to remove impurities.
6. Season with salt, pepper, and nutmeg to taste.
7. Strain through a rinsed, double lined cheesecloth.
8. The sauce is ready to use now, or it may be cooled and stored for later use.

KANPACHI IN COCONUT, GINGER, AND LIME SAUCE

KANPACHI COCINADO EN LECHE DE COCO, LIMA Y JENJIBRE

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	1 wt. oz.
Tomato, concassé, julienne	8 wt. oz.
Onion, yellow, julienne	6 wt. oz.
Chile, jalapeño, seeded, julienne	3 ea.
Kanpachi, cut into 6 portions	3 lb.
Salt, kosher	2 tsp.
Pepper, white, ground	½ tsp.
Coconut, milk	1 ½ pt.
Lime, juiced	2 ea.
Cilantro, bunch, fresh, chopped	¼ ea.
Ginger, fresh, peeled, chopped	1 Tbsp.

Method

1. Butter the bottom of a pan. Add the tomatoes, onions, and jalapeños.
2. Arrange the fish pieces over the vegetables. Season with the salt and pepper.
3. Add the coconut milk. Bring to a slow simmer over medium heat. Cook until the fish is firm, about 10 minutes. Remove the fish from the pan. Cover and reserve.
4. Simmer the vegetables in the coconut milk until reduced to about 1 cup, 20 to 25 minutes.
5. Add the lime juice, cilantro, and ginger. Simmer until incorporated, about 3 minutes.
6. Return the fish to the pan. Reheat in the sauce.
7. Arrange the fish on a serving platter. Cover with the sauce and vegetables.

BELIZEAN FRY JACKS WITH REFRIED BEANS

Yield: 12 fry jacks

Ingredients	Amounts
Flour, all-purpose	13 ¼ wt. oz.
Baking powder	1 tsp.
Salt, kosher	1 tsp.
Milk, evaporated	8 fl. oz.
Water, cold	2 fl. oz.
Butter, unsalted	1 Tbsp.
Oil, vegetable	as needed
Refried Beans (Recipe follows)	2 lb.
Tomato, plum (Roma), chopped	1 lb.
Cheese, Monterey Jack, grated	½ lb.

Method

1. In a mixing bowl, combine the flour, baking powder, and salt.
2. Add the evaporated milk, water, and butter. Mix until a dough starts to form. Knead until smooth, 5 to 10 minutes.
3. Divide the dough into 12 evenly sized balls. Rest for 20 minutes.
4. Preheat 3-inches of oil in a Dutch oven to 375°F.
5. Roll the dough out to ¼-inch thickness.
6. Fry the fry jacks in the preheated oil until golden brown, 1 to 2 minutes per side. Transfer to absorbent paper towels to drain any excess oil.
7. Serve with the Refried Beans, tomatoes, and grated cheese.

Note: Traditionally, the fry jacks and beans are assembled like tacos.

REFRIED BEANS

Yield: 2 pounds

Ingredients	Amounts
Lard	3 Tbsp.
Onion, yellow, chopped	10 wt. oz.
Garlic, chopped	1 wt. oz.
Beans, pinto, canned, rinsed, drained	1 ½ lb.
Water	as needed
Salt, kosher	1 tsp.

Method

1. Heat the lard in a sauté pan over medium-high heat. Add the onions. Sauté until lightly browned, 5 to 6 minutes.
2. Add the garlic. Cook until soft and aromatic, about 2 minutes.
3. Gradually mash in the beans, a spoonful at a time, to form a paste that is thick but still spreadable. Small amounts of water may be added to adjust the consistency.
4. Season with the salt.

Note: Vegetable oil can be substituted for the lard.

DAY FIVE:

MARKET BASKET WITH FEEDBACK

OVERVIEW

Each team's mission is to develop and produce a four-course family style menu using all of the market basket ingredients assigned on Day Four.

PRODUCTION REQUIREMENTS

- Each course must yield 10 portions.
- All assigned market basket ingredients must be incorporated into the menu.
- Teams may use any cooking technique, but are encouraged to include global techniques practiced this week.

ADDITIONAL INGREDIENTS & RESOURCES

- In addition to the market basket, teams may use any ingredients available in the pantry and common area.
- A selection of garnishes will be available for accompaniment and presentation.

PREPARATION

- A short prep period (for marination, soaking, curing, etc.) will be provided the day prior to execution.

PRESENTATION

- Each team is required to deliver a brief presentation explaining their approach to menu development.

MENU DEVELOPMENT WORKSHEET

Use the following worksheets and templates to help design your menu and sketch your plate compositions.

Flavor Combinations

Number of Components on Plate - variety of complementary items

Proper Cooking Technique - basics executed well

Colors - vibrant vs. earth tones

Height of Food - varied but not drastic

Texture Variations

Plate Layout - traditional vs. non-traditional

Plating, Balance & Composition - slice, whole, loose, molded & special cuts

Practicality - not too much handling; can it be done consistently?

Trends - based on common sense

MENU FOR TEAM # _____

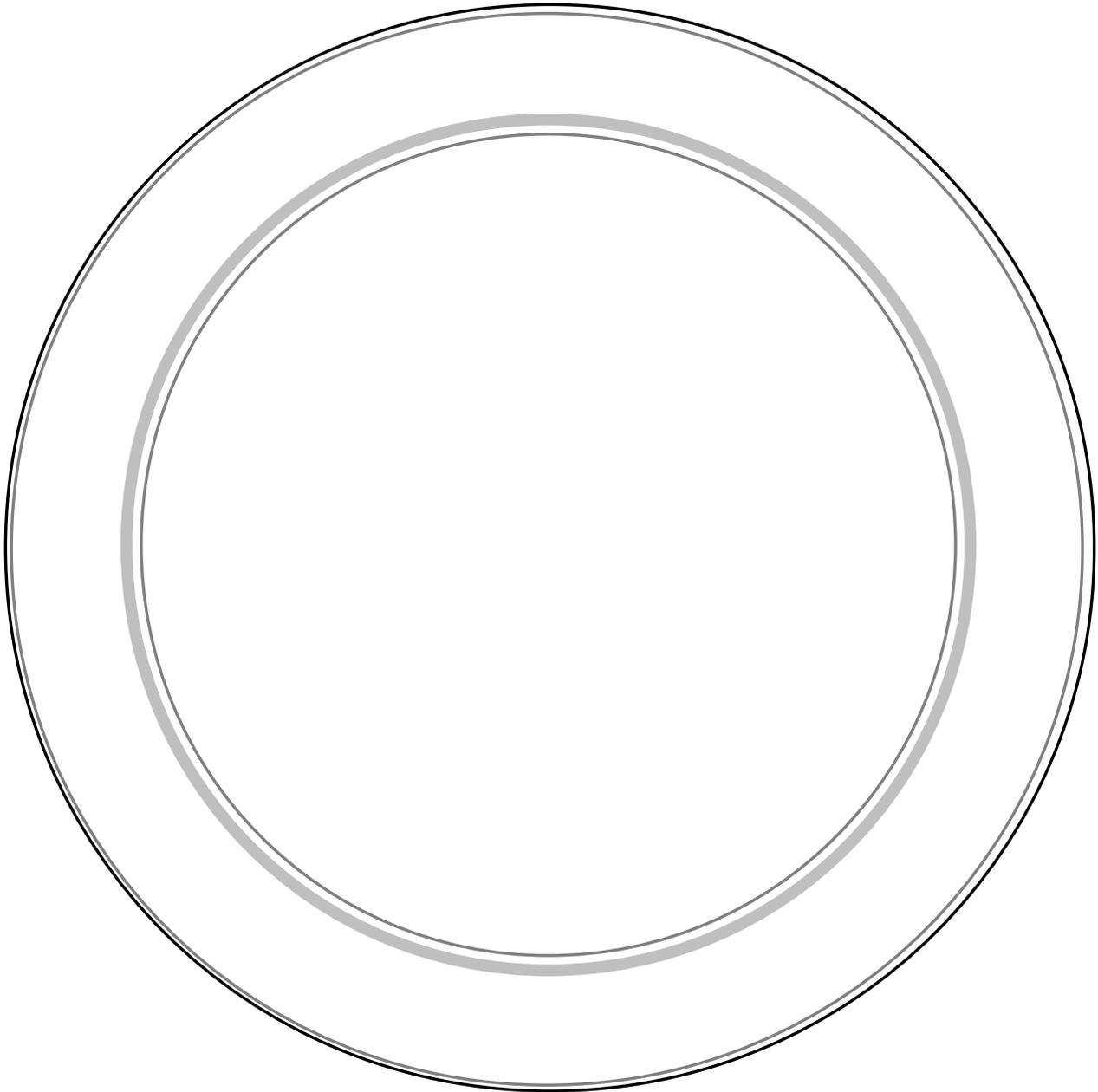
First Course

Second Course

Third Course

Fourth Course

Item: _____

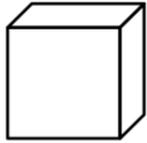


RECIPE INDEX

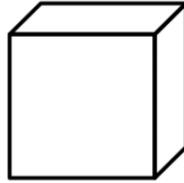
'Uala Pancakes with Lemon and Cilantro ...	95	Hummus Bi Tahini	44
'Uala Soup.....	115	Indian Cheese and Red Peppers in Kalo Lau Sauce.....	93
Arroz Blanco.....	122	Kalua Pork.....	15, 129
Béchamel Sauce.....	130	Kalua Pork and Macadamia Nut Croquettes	13
Beef Consommé	105	Kanpachi in Coconut, Ginger, and Lime Sauce.....	131
Beef Stew with Red Wine and Olives.....	28	Korean Fried Chicken.....	79
Belizean Fry Jacks with Refried Beans.....	132	Korean Stir-Fried Glass Noodles with Vegetables	75
Braised Korean Beef Short Ribs	77	Lamb Manti	40
Braised Veal Shanks.....	26	Marinara Sauce	42
Brazilian Black Bean Stew with Rice	65	Moroccan Shrimp Bastilla	59
Brazilian Rice.....	67, 70	North African-Style Poached Eggs in Spicy Tomato Sauce	47
Brazilian Seafood Stew with Rice	68	Oaxacan-Style Pork Filling	110
Brown Veal Stock.....	10	Onion, Cheese, and Bacon Quiche	35
Bulgur Wheat Salad.....	43	Paneer.....	94
Buttermilk Fried Chicken with Whipped Okinawan Potatoes and Country Gravy	113	Pâte Brisée.....	36
Cassoulet.....	32	Pork and Hominy Soup.....	124
Cheese and Bean Croutons.....	117	Pork in Chile Sauce	127
Chicken Braised with Piquillo Peppers	17	Provençal-Style Salad	37
Chicken Tagine with Apricots and Golden Raisins.....	56	Red Wine Vinaigrette.....	39
Chinese Fried Pancakes.....	100	Refried Beans	133
Cilantro-Lime Soy Sauce.....	83	Ricotta Tortellini with Pohole Ferns.....	24
Couscous.....	58	Risotto with Saffron, Milanese-Style.....	103
Curry Laksa	54	Roasted Leg of Lamb with Green Beans.....	30
Duck Confit.....	34	Saigon Crepes with Cilantro-Lime Soy Sauce	82
Duck Leg Ragoût with Gnocchi di Semolino	19	Seafood Paella.....	18
Eggplant alla Parmigiana.....	22	South African Beef Casserole.....	61
Fried Chicken Turnovers.....	128	South African-Style Lamb Curry	63
Fried Plantains.....	123	Spanish 'Ulu Omelet.....	12
Genoa-Style Roast Stuffed Pork Loin with Garlic Jus.....	107	Spanish Oxtail Stew in Red Wine.....	16
Gnocchi di Semolino.....	21	Spicy Eggplant.....	99
Greek Rabbit Stew.....	45	Spicy Stir-Fried Pork.....	73
Green Chicken Curry	84	Steamed Rice	86
Green Curry Paste	85	Stuffed Poblano Chiles	109
Green Oaxacan Mole	118	Szechwan-Style Double Cooked Pork	96
Hainanese Chicken Rice.....	51	Tamales Wrapped in Ti Leaves	125
Hainanese Dipping Sauces	53		

Tandoori Chicken.....	91	Vegetable Samosas.....	89
Texas-Style Chili Soup.....	116	Veracruz-Style Fish.....	120
Thai-Style Fried Noodles.....	87	Vietnamese Rice Noodle Soup with Chicken	
Tomato Sauce.....	23, 112	80
Tortellini in Broth.....	104	Wonton Soup with Pork Wontons.....	97
Veal Saltimbocca.....	106		

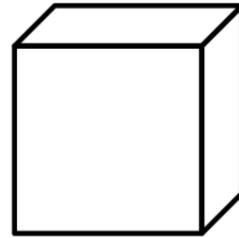
BASIC KNIFE CUTS



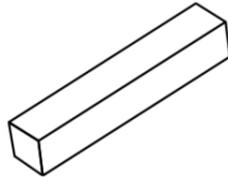
Small Dice
1/4" cube



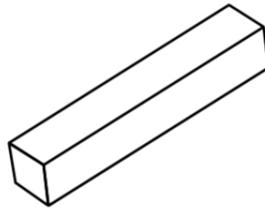
Medium Dice
1/2" cube



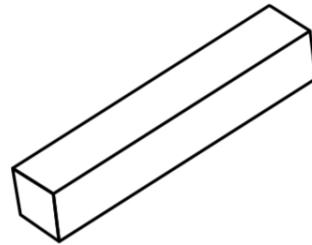
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



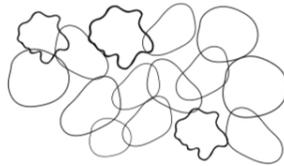
Julienne
1/8" sq x 2 inch



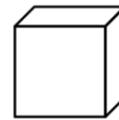
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



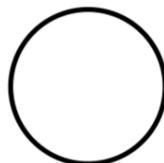
Chop
1/8"-1/4" cube



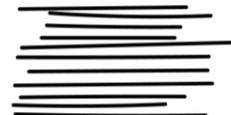
Brunoise
1/8" cube (fine dice)



Bias
diagonal cut



Rondelle
1-8"-1/2" round



Chiffonade
rolled, sliced thin

CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

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

METRIC CONVERSION TABLE

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

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

TEMPERATURE EQUIVALENCIES

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

US CUSTOMARY LIQUID VOLUME CONVERSIONS

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

US TO METRIC DRY MEASURES CONVERSIONS

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

VOLUME MEASURE CONVERSIONS

US	Metric
1 tsp.	5 milliliters (ml)
1 Tbsp.	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ 1/4 cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint (pt.)	480 ml
32 fl. oz./ 1 quart (qt.)	960 ml
128 fl. oz./ 1 gallon (gal.)	3.84 liters (L)

These materials were developed at the Culinary Institute of America.

Culinary Applications in Global Cuisine: Train-the-Trainer CG v.100.docx

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