



Culinary Institute of America

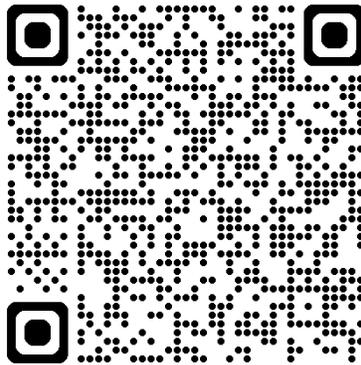
CULINARY INSTITUTE OF THE PACIFIC

**CULINARY ESSENTIALS
FOR INDUSTRY PROFESSIONALS**



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

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The Culinary Institute of America

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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 immersive, hands-on experience is designed to strengthen the essential techniques that form the foundation of professional cooking. Created for working chefs looking to refresh, reinforce, or refine their core skills, this course emphasizes fundamental cooking methods, knife skills, flavor development, ingredient handling, and kitchen organization — grounded in precision, consistency and efficiency.

The curriculum highlights Hawai'i-based ingredients and culinary culture while thoughtfully integrating global cooking traditions. Participants will explore how local Hawaiian ingredients can be applied within international culinary frameworks. This approach strengthens cultural grounding while expanding technical versatility and professional adaptability.

Through guided instruction and hands-on practice, chefs will deepen their understanding of flavor building, technique execution, and ingredient utilization across cuisines. Whether addressing gaps from earlier training or refining long-standing practices, this course provides structured mentorship and professional insight that supports creativity, leadership, and excellence in today's kitchens. Ideal for chefs at any stage of their career, Culinary Essentials for Industry Professionals equips participants with the skills and cultural awareness needed to thrive in Hawai'i's evolving culinary workforce.

LEARNING OBJECTIVES

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

- Demonstrate professional behavior.
- Manage time, space, and resources effectively in the kitchen.
- Organize a station and perform multiple tasks effectively and on a daily basis.
- Communicate and work effectively, and cooperatively within a group.
- Demonstrate principles of food safety and sanitation through professional work habits.
- Properly identify and use small and large kitchen equipment, including hand tools.
- Perform basic knife cuts accurately and safely.
- Prepare and assess the flavor and quality of white stocks, clear and thick soups, grand sauces, and cold emulsion sauces.
- Define and explain basic cooking methods used in the preparation of meat, poultry, fish, vegetables, starches, and legumes.
- Prepare, taste, and evaluate the flavor and quality of cooked meat, poultry, fish, vegetables, starches, and legumes, as well as specialty soups.
- Define and explain terminology specific to this course.

DAY ONE:

STOCKS & BROTHS

DRY HEAT PROTEIN & VEGETABLE COOKERY

GRAIN COOKERY

LEARNING OBJECTIVES

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

- Identify and evaluate the characteristics and quality indicators of white and brown stocks.
- Select and prepare ingredients, aromatics, and equipment for white and brown stock production.
- Prepare, properly cool, hold, and reheat brown stock and basic broth to maintain flavor, body, clarity, and color.
- Define classical stocks and related preparations.
- Prepare a clear chicken consommé with a brunoise garnish and evaluate quality using established standards.
- Describe and apply the sauté method using proper heat control and pan management.
- Prepare a sautéed protein or vegetable with appropriate seasoning and garnish.
- Broil or grill an appropriate vegetable or cut of meat using correct technique.
- Apply standard culinary guidelines to determine doneness in meats, poultry, and vegetables.
- Explain differences among common grains and appropriate cooking methods.
- Identify quality indicators of properly prepared pilaf and risotto.
- Prepare a rice or grain using the pilaf or risotto method to proper doneness and texture.

INSTRUCTOR DEMONSTRATIONS

- Chicken Consommé
- Sautéed Fish
- Grilled Steak
- Rice Pilaf
- Parmesan Risotto

DAY ONE: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Poultry Broth
Chicken Consommé Brunoise
Chicken Marsala
Grilled Vegetables Provençale
Jasmine Rice Pilaf
Risotto with Morel Mushrooms and Fresh Pohole Ferns

TEAM TWO

Brown Veal Stock
Chicken Consommé Brunoise
Sautéed Fish a la Meunière
Grilled Pork Chops with Honey and Thyme
Converted Rice Pilaf
Sushi Rice Risotto with Shiitake Mushrooms and Peas

TEAM THREE

Poultry Broth
Chicken Consommé Brunoise
Fish Picatta
Grilled Summer Squash with Chimichurri Sauce
Brown Rice Pilaf with Pecans and Green Onions
Parmesan Farro Risotto

**Marinate Pork Tenderloins for Caraway-Herb Roasted Pork Tenderloins – Day Two*

TEAM FOUR

Fish Fumet
Chicken Consommé Brunoise
Pork a la Normande
Grilled Corn Elotes

Quinoa Pilaf

Barley Risotto with Gruyère Cheese

**Marinate Chicken for Buttermilk Fried Chicken – Day Two*

POULTRY BROTH

Yield: 1 gallon

Ingredients	Amounts
Chicken, bones	10 lb.
Water	5 qt.
Salt, kosher	as needed
Onion, yellow, large diced	½ lb.
Carrot, large diced	¼ lb.
Celery, rib, large diced	¼ lb.
Parsley, flat-leaf, stem, fresh	3 ea.
Bay leaf, dried	2 ea.
Garlic, clove	2 ea.
Thyme, dried	½ tsp.
Peppercorns, black, cracked	½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a stockpot over medium-high heat, combine the chicken bones, water, and salt. Simmer gently, skimming as needed to remove any impurities from the surface, for 2 hours.
2. Add the onions, carrots, and celery. Simmer gently, skimming as needed to remove any impurities from the surface, for 30 minutes.
3. 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.
4. Add the sachet to the stockpot. Simmer for 30 minutes.
5. Remove the vegetables, sachet, and chicken bones from the broth. Reserve any remaining chicken meat.
6. Using a ladle, degrease the broth by skimming off any congealing fat. (See Chef demo.) Strain the broth through a cheesecloth lined chinois.
7. Season with salt and pepper to taste.
8. The broth is ready to be used now, or may be cooled rapidly and stored for later use.

CHICKEN CONSOMMÉ BRUNOISE

Yield: 2 quarts

Ingredients	Amounts
Stock, chicken	2 ½ qt.
Egg, whites	6 ea.
Salt, kosher	2 Tbsp.
Tomato, purée	6 wt. oz.
Chicken, lean, ground	20 wt. oz.
Onion, yellow, thinly sliced	2 ⅔ wt. oz.
Celery, rib, thinly sliced	2 ⅔ wt. oz.
Carrot, thinly sliced	2 ⅔ wt. oz.
Thyme, sprig, fresh	2 ea.
Peppercorns, black, cracked	12 ea.
Garlic, crushed	1 tsp.
Onion, yellow, cut in ½ orbitally	1 ea.
Salt, kosher	as needed
Carrot, brunoise	2 wt. oz.
Radish, daikon, brunoise	2 wt. oz.
Gobo, brunoise	2 wt. oz.

Method

1. Heat the stock in a tall, narrow pot over medium-high heat until it reaches 110°F.
2. For the raft, in a medium bowl, place the egg whites and salt. Using a whisk, whip until foamy, 3 to 4 minutes.
3. Add the tomato purée and ground chicken. Mix to combine.
4. Add the onion, celery, carrot, thyme, peppercorns, and garlic. Mix to combine.
5. Add the raft to the pot with the stock.
6. Turn up the heat to high. Stir, while scraping bottom of the pot constantly, until the stock reaches 145°F.
7. Turn down the heat to low and bring to a very low simmer, basting the raft every 2 to 3 minutes until fully solid.
8. For the onion brulé, heat a dry pan over high heat. Place the onion cut side down and cook until charred, about 5 minutes.
9. Add the onion brulé to consommé. Simmer over low heat until clarified, 45 minutes to 1 hour.
10. Bring a small pot of salted water to a boil. Add the carrots and blanch until tender, 2 to 3 minutes. Drain, shock in an ice bath, and drain again.
11. Bring a separate small pot of salted water to a boil. Add the daikon and blanch until tender, 3 to 4 minutes. Drain, shock in an ice bath, and drain again.

12. Bring a separate small pot of salted water to a boil. Add the gobo and blanch until tender, 3 to 4 minutes. Drain, shock in an ice bath, and drain again.
13. Remove the consommé from the heat and strain through a chinois lined with a coffee filter.
14. The consommé is ready to be served now, garnished with the blanched carrot, daikon, and gobo, or may be cooled and stored for later use.

CHICKEN MARSALA

Yield: 10 portions

Ingredients	Amounts
Wine, marsala, dry	16 fl. oz.
Stock, chicken, concentrated (<i>Glace de volaille</i>)	6 fl. oz.
Chicken, breast, 6-oz. ea.	10 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	as needed
Oil, canola	2 fl. oz.
Butter, unsalted, clarified	2 fl. oz.
Butter, unsalted	1 ½ wt. oz.
Mushroom, cremini, sliced	4 wt. oz.
Shallot, minced	1 wt. oz.
Tomato, sauce, canned	1 ½ pt.
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, fresh, chopped	2 Tbsp.

Method

1. In a saucepot over medium-high heat, combine the wine and glace de volaille. Reduce to 10 ounces, about 15 minutes. Reserve.
2. Season the chicken on both sides with salt and pepper as needed. Place enough flour for dredging in a bowl. Place the chicken in the flour and coat on all sides, shaking off any excess.
3. Heat the oil and clarified butter in a large sauté pan over medium-high heat. Sear dredged chicken until golden brown, 4 to 5 minutes per side. Remove chicken from the pan and transfer to a rack set over a ½ sheet tray to drain any excess oil. Reserve.
4. For the sauce, heat the butter in the same pan over medium-high heat. Add the mushrooms and cook until browned, about 4 minutes. Add the shallots and sweat until translucent, about 1 minute.
5. Add the tomato sauce and stir to combine. Add the reserved wine-stock reduction and stir to combine. Season with salt and pepper to taste.
6. Add the reserved chicken to pan. Coat well with the sauce.
7. Transfer the chicken to a serving platter. Top with the remaining sauce, if desired. Garnish with the parsley.

GRILLED VEGETABLES PROVENÇALE

Yield: 10 portions

Ingredients	Amounts
Oil, olive, pure	8 fl. oz.
Garlic, clove, sliced	1 ½ wt. oz.
Rosemary, sprig, fresh	3 ea.
Oregano, sprig, fresh	3 ea.
Vinegar, balsamic, white	2 Tbsp.
Squash, zucchini, thickly sliced on bias	9 wt. oz.
Squash, yellow, thickly sliced on bias	9 wt. oz.
Eggplant, Japanese, thickly sliced	9 wt. oz.
Onion, red, cut into ½-in. slices	2 ea.
Mushroom, portobello, quartered	2 ea.
Pepper, bell, red, cut into sixths	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. For the marinade, in a large sauté pan, place the oil, garlic, rosemary, and oregano. Heat over medium heat until the oil is warmed and bubbles form on the garlic and herbs. Remove the pan from the heat, stir in the vinegar, and cool.
2. Toss the zucchini, yellow squash, eggplant, onion, mushroom, and bell pepper in the cooled marinade and marinate for 30 minutes.
3. Preheat the grill over high heat.
4. Grill the marinated vegetables on the preheated grill until grill marks are well-defined and the vegetables are tender, 3 to 4 minutes. (See Chef demo.)
5. Season with salt and pepper to taste.

JASMINE RICE PILAF

Yield: 6 portions

Ingredients	Amounts
Stock, chicken	2 cups
Rice, jasmine	1 ⅓ cups
Ghee	2 Tbsp.
Onion, yellow, minced	½ wt. oz.
Shallot, minced	2 Tbsp.
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Preheat oven to 350°F.
2. Heat the stock in a small saucepan over high heat until simmering. Reserve hot.
3. Place the rice in a strainer and rinse under cold water until the water runs clear. Drain well.
4. Heat the ghee in a heavy-gauge pot over medium heat. Add the onion and shallot. Sweat, stirring frequently, until translucent, 5 to 6 minutes.
5. Add the rice and stir to coat the grains. Add the reserved hot stock and stir to combine.
6. Bring the stock to a simmer over medium-high heat, stirring the once or twice to prevent the rice from clumping together or sticking to the bottom of the pot.
7. Add the bay leaf and thyme sprig. Season with salt and pepper as needed.
8. Cover the pot with a lid and place it in the preheated oven. Cook until all of the stock has been absorbed, 30 to 40 minutes.
9. Remove the pot from the oven and rest, while covered, for 20 minutes. Remove the bay leaf and thyme sprig. Fluff the grains using a fork.

RISOTTO WITH MOREL MUSHROOMS AND FRESH POHOLE FERNS

Yield: 6 portions

Ingredients	Amounts
Salt, kosher	as needed
Ferns, pohole, fresh, trimmed	2 wt. oz.
Oil, olive, pure	2 fl. oz.
Onion, yellow, minced	6 wt. oz.
Rice, Arborio	16 wt. oz.
Stock, chicken (Divided)	2 qt.
Oil, olive, pure	as needed
Mushroom, morel	12 wt. oz.
Cheese, Parmesan, grated	3 wt. oz.
Butter, unsalted	2 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Bring a large pot of salted water to a boil. Add the pohole ferns and blanch for 30 seconds. Drain, shock in an ice bath, and drain again. Reserve.
2. Heat the oil in a pan over medium heat. Add the onions and sauté until translucent, about 2 minutes.
3. Add the rice and toss to coat the grains.
4. Add the stock in three additions, stirring in between each until the stock has been completely absorbed by the rice.
5. Spread the rice on a sheet pan in a thin, even layer. Cool and reserve.
6. Heat enough oil to lightly coat the bottom of a sauté pan over medium heat. Add the mushrooms and reserved pohole ferns. Sauté until just tender, about 5 minutes.
7. Add the reserved cooked risotto and any remaining chicken stock. Cook, while constantly stirring, until the rice is tender but still firm to the bite (*al dente*), 5 to 7 minutes.
8. Add the Parmesan and butter. Stir until just combined. Season with salt and pepper to taste.
9. Adjust the consistency by adding additional stock, if necessary. The risotto should be wave-like and creamy like porridge (*all'onda*), not firm and stiff.

Note: Make sure the ferns are fully cooked before beginning risotto. Other mushrooms can be substituted for the morels.

BROWN VEAL STOCK

Yield: 1 gallon

Ingredients	Amounts
Oil, vegetable	2 fl. oz.
Veal, bones, knuckles, trim, rinsed, dried	8 lb.
Water, cold	6 qt.
Oil, olive, pure	as needed
Onion, yellow, large diced	8 wt. oz.
Carrot, large diced	4 wt. oz.
Celery, rib, large diced	4 wt. oz.
Tomato, paste	6 wt. oz.
Parsley, flat-leaf, stem, fresh	3 ea.
Bay leaf, dried	2 ea.
Garlic, clove	2 ea.
Thyme, dried	½ tsp.
Peppercorns, black, cracked	½ tsp.

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 add the cold water. Deglaze by scraping up any brown bits from the bottom of the roasting pan with a wooden spoon. 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 a deep golden brown, 15 to 20 minutes.
7. Add the tomato paste and cook, stirring frequently, until the paste turns a rusty brown color and has sweet aroma, 1 to 2 minutes. Add a few ladles of the stock and stir to release any drippings.

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.

CHICKEN CONSOMMÉ BRUNOISE

Yield: 2 quarts

Ingredients	Amounts
Stock, chicken	2 ½ qt.
Egg, whites	6 ea.
Salt, kosher	2 Tbsp.
Tomato, purée	6 wt. oz.
Chicken, lean, ground	20 wt. oz.
Onion, yellow, thinly sliced	2 ⅔ wt. oz.
Celery, rib, thinly sliced	2 ⅔ wt. oz.
Carrot, thinly sliced	2 ⅔ wt. oz.
Thyme, sprig, fresh	2 ea.
Peppercorns, black, cracked	12 ea.
Garlic, crushed	1 tsp.
Onion, yellow, cut in ½ orbitally	1 ea.
Salt, kosher	as needed
Carrot, brunoise	2 wt. oz.
Radish, daikon, brunoise	2 wt. oz.
Gobo, brunoise	2 wt. oz.

Method

1. Heat the stock in a tall, narrow pot over medium-high heat until it reaches 110°F.
2. For the raft, in a medium bowl, place the egg whites and salt. Using a whisk, whip until foamy, 3 to 4 minutes.
3. Add the tomato purée and ground chicken. Mix to combine.
4. Add the onion, celery, carrot, thyme, peppercorns, and garlic. Mix to combine.
5. Add the raft to the pot with the stock.
6. Turn up the heat to high. Stir, while scraping bottom of the pot constantly, until the stock reaches 145°F.
7. Turn down the heat to low and bring to a very low simmer, basting the raft every 2 to 3 minutes until fully solid.
8. For the onion brulé, heat a dry pan over high heat. Place the onion cut side down and cook until charred, about 5 minutes.
9. Add the onion brulé to consommé. Simmer over low heat until clarified, 45 minutes to 1 hour.
10. Bring a small pot of salted water to a boil. Add the carrots and blanch until tender, 2 to 3 minutes. Drain, shock in an ice bath, and drain again.
11. Bring a separate small pot of salted water to a boil. Add the daikon and blanch until tender, 3 to 4 minutes. Drain, shock in an ice bath, and drain again.

12. Bring a separate small pot of salted water to a boil. Add the gobo and blanch until tender, 3 to 4 minutes. Drain, shock in an ice bath, and drain again.
13. Remove the consommé from the heat and strain through a chinois lined with a coffee filter.
14. The consommé is ready to be served now, garnished with the blanched carrot, daikon, and gobo, or may be cooled and stored for later use.

SAUTÉED FISH A LA MEUNIÈRE

Yield: 6 portions

Ingredients	Amounts
Flounder, fillet	1 ½ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	as needed
Butter, unsalted, clarified	½ cup
Butter, unsalted, diced	6 wt. oz.
Lemon, juice, fresh	3 Tbsp.
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Lemon, skinless, seedless, cut into 6 wedges	2 ea.

Method

1. Blot the flounder dry. Season the fish on both sides with salt and pepper as needed.
2. Place enough flour for dredging in a bowl. Place the fish in the flour and coat on all sides, shaking off any excess.
3. Heat the clarified butter in a sauté pan over medium-high heat. Working in batches, sauté the fish until lightly browned, about 3 minutes. Transfer the fish to a serving platter and reserve warm.
4. For the sauce, in the same pan, heat the diced butter until lightly browned with a nutty aroma, 3 to 4 minutes.
5. Add the lemon juice to the pan. Swirl to release any brown bits stuck to the bottom of the pan. Add the chopped parsley.
6. Pour the sauce over the fish. Garnish with the lemon slices.

GRILLED PORK CHOPS WITH HONEY AND THYME

Yield: 10 portions

Ingredients	Amounts
Pork, chops, 6-oz. ea.	10 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	1 fl. oz.
Shallot, minced	2 Tbsp.
Garlic, minced	1 tsp.
Tomato, paste	1 ⅓ Tbsp.
Mustard, Dijon	1 ⅓ Tbsp.
Vinegar, wine, red	½ cup
Honey	½ cup
Thyme, leaves, fresh, minced	2 tsp.
Peppercorns, black, cracked	1 ¼ tsp.
Stock, veal, brown	1 pt.
Cornstarch	as needed

Method

1. Season the pork on both sides with salt and pepper as needed.
2. For the glaze, heat the oil in a saucepan over medium-high heat. Add the shallots and garlic. Cook until translucent, about 2 minutes.
3. Add the tomato paste and cook, stirring frequently, until the paste turns a rusty brown color and has sweet aroma, 1 to 2 minutes.
4. Add the mustard and stir to combine. Add the red wine vinegar and deglaze by scraping up any brown bits from the bottom of the saucepan with a wooden spoon.
5. Add the honey, thyme, and peppercorns. Stir to combine. Reduce the glaze to a syrup-like consistency, 5 to 7 minutes.
6. Preheat the grill over medium-high heat.
7. Grill the pork chops undisturbed for 2 to 3 minutes, brushing lightly with glaze as they cook. Be sure to check for grill marks before rotating. Rotate the pork chops a quarter turn and grill for 2 to 3 minutes to create crosshatch marks. Be sure to check for grill marks before flipping. Flip the pork chops over and brush lightly with the glaze. Grill until the internal temperature reaches 145°F, 2 to 3 minutes. Remove pork from the grill and rest tented.
8. For the sauce, in a pot over medium heat, combine the remaining glaze with the brown veal stock. Reduce the sauce until it lightly coats the back of a spoon (*nappé*), about 10 minutes. The sauce may be thickened with a cornstarch slurry, if needed.
9. Transfer the pork chops to a serving platter and top with the sauce.

CONVERTED RICE PILAF

Yield: 6 portions

Ingredients	Amounts
Stock, chicken	2 cups
Butter, unsalted	1 Tbsp.
Onion, yellow, diced	3 Tbsp.
Garlic, minced	1 tsp.
Rice, converted, parboiled	1 cup
Salt, sea	1 tsp.
Pepper, white, ground	¼ tsp.
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	1 ea.

Method

1. Preheat the oven to 325°F.
2. Bring the stock to a simmer in a heavy saucepan over medium-high heat.
3. Heat the butter medium, heavy saucepan over medium heat. Add the onions and cook until translucent, 3 to 5 minutes.
4. Add the rice and stir to coat the grains. Toast lightly for about 1 minute.
5. Add the hot stock, salt, pepper, bay leaf, and thyme. Bring the stock to a boil over medium-high heat, stirring the once or twice to prevent the rice from clumping together or sticking to the bottom of the pot. Turn off the heat and cover tightly with a lid.
6. Place the covered pot in the preheated oven. Cook until the rice is tender and all the liquid has been absorbed, 15 to 20 minutes. Remove from the oven and let it stand undisturbed for 10 minutes.
7. Remove the lid and cover the pot with a clean dish towel. Replace the lid and let it stand for 5 minutes. Uncover and gently fluff the grains of rice using a fork. Remove the bay leaf and thyme sprig.
8. Serve immediately in a heated bowl.

SUSHI RICE RISOTTO WITH SHIITAKE MUSHROOMS AND PEAS

Yield: 6 portions

Ingredients	Amounts
Mushroom, shiitake, dried	1 ½ cups
Stock, chicken	3 ¼ cups
Salt, sea	to taste
Pepper, black, ground	to taste
Peas, fresh	¾ cup
Butter, unsalted (Divided)	½ cup
Onion, yellow, minced	½ cup
Garlic, minced	2 tsp.
Rice, sushi	8 ½ wt. oz.
Sake	¼ cup
Cheese, Parmesan, grated	1 cup

Method

1. Place about 2 cups of water in a small saucepan. Bring to a boil over high heat.
2. Place the dried mushrooms in a heatproof bowl. Add enough boiling water to cover. Allow the mushrooms to soak until softened, 15 to 30 minutes. Strain and reserve the mushrooms.
3. In a small sauce pot over low heat, heat the stock. Season with salt and pepper to taste. Reserve warm.
4. Bring a small pot of salted water to a boil. Add the peas and blanch until tender, about 2 minutes. Drain, shock in an ice bath, and drain again.
5. Heat 2 tablespoons of the butter in a small sauté pan over medium heat. Add the mushrooms and sauté until tender, about 5 minutes. Add the peas and cook until heated through, about 1 minute. Remove from the heat and reserve.
6. Heat 2 tablespoons of the butter in a sautoir over medium heat. Add the onions and sauté until translucent but without color, 3 to 4 minutes. Add the garlic and sauté until aromatic but without color, about 1 minute.
7. Add the rice and cook, stirring constantly, until the grains are evenly coated with butter and turn slightly translucent without browning, about 2 minutes.
8. Turn down the heat to medium-low. Add the sake and simmer while constantly stirring until the wine has almost completely absorbed, about 3 minutes.
9. Add the reserved warm stock in three additions, stirring in between each until the stock has been completely absorbed by the rice. Add the reserved mushroom and pea mixture, the remaining ¼ cup of butter, and the cheese. Stir until just combined.
10. The rice should still be just tender, and the grains separate, but creamy. Adjust the consistency by adding additional stock, if necessary. The risotto should be wave-like and creamy like porridge (*all'onda*), not firm and stiff.
11. Season with salt and pepper to taste. Serve in a heated bowl.

POULTRY BROTH

Yield: 1 gallon

Ingredients	Amounts
Chicken, bones	10 lb.
Water	5 qt.
Salt, kosher	as needed
Onion, yellow, large diced	½ lb.
Carrot, large diced	¼ lb.
Celery, rib, large diced	¼ lb.
Parsley, flat-leaf, stem, fresh	3 ea.
Bay leaf, dried	2 ea.
Garlic, clove	2 ea.
Thyme, dried	½ tsp.
Peppercorns, black, cracked	½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a stockpot over medium-high heat, combine the chicken bones, water, and salt. Simmer gently, skimming as needed to remove any impurities from the surface, for 2 hours.
2. Add the onions, carrots, and celery. Simmer gently, skimming as needed to remove any impurities from the surface, for 30 minutes.
3. 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.
4. Add the sachet to the stockpot. Simmer for 30 minutes.
5. Remove the vegetables, sachet, and chicken bones from the broth. Reserve any remaining chicken meat.
6. Using a ladle, degrease the broth by skimming off any congealing fat. (See Chef demo.) Strain the broth through a cheesecloth lined chinois.
7. Season with salt and pepper to taste.
8. The broth is ready to be used now, or may be cooled rapidly and stored for later use.

CHICKEN CONSOMMÉ BRUNOISE

Yield: 2 quarts

Ingredients	Amounts
Stock, chicken	2 ½ qt.
Egg, whites	6 ea.
Salt, kosher	2 Tbsp.
Tomato, purée	6 wt. oz.
Chicken, lean, ground	20 wt. oz.
Onion, yellow, thinly sliced	2 ⅔ wt. oz.
Celery, rib, thinly sliced	2 ⅔ wt. oz.
Carrot, thinly sliced	2 ⅔ wt. oz.
Thyme, sprig, fresh	2 ea.
Peppercorns, black, cracked	12 ea.
Garlic, crushed	1 tsp.
Onion, yellow, cut in ½ orbitally	1 ea.
Salt, kosher	as needed
Carrot, brunoise	2 wt. oz.
Radish, daikon, brunoise	2 wt. oz.
Gobo, brunoise	2 wt. oz.

Method

1. Heat the stock in a tall, narrow pot over medium-high heat until it reaches 110°F.
2. For the raft, in a medium bowl, place the egg whites and salt. Using a whisk, whip until foamy, 3 to 4 minutes.
3. Add the tomato purée and ground chicken. Mix to combine.
4. Add the onion, celery, carrot, thyme, peppercorns, and garlic. Mix to combine.
5. Add the raft to the pot with the stock.
6. Turn up the heat to high. Stir, while scraping bottom of the pot constantly, until the stock reaches 145°F.
7. Turn down the heat to low and bring to a very low simmer, basting the raft every 2 to 3 minutes until fully solid.
8. For the onion brulé, heat a dry pan over high heat. Place the onion cut side down and cook until charred, about 5 minutes.
9. Add the onion brulé to consommé. Simmer over low heat until clarified, 45 minutes to 1 hour.
10. Bring a small pot of salted water to a boil. Add the carrots and blanch until tender, 2 to 3 minutes. Drain, shock in an ice bath, and drain again.
11. Bring a separate small pot of salted water to a boil. Add the daikon and blanch until tender, 3 to 4 minutes. Drain, shock in an ice bath, and drain again.

12. Bring a separate small pot of salted water to a boil. Add the gobo and blanch until tender, 3 to 4 minutes. Drain, shock in an ice bath, and drain again.
13. Remove the consommé from the heat and strain through a chinois lined with a coffee filter.
14. The consommé is ready to be served now, garnished with the blanched carrot, daikon, and gobo, or may be cooled and stored for later use.

FISH PICCATA

Yield: 10 portions

Ingredients	Amounts
Fish, white, fillet, thin, boneless	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	1 cup
Oil, vegetable	4 fl. oz.
Butter, unsalted	1 Tbsp.
Flour, all-purpose	½ tsp.
Wine, white	½ cup
Capers, drained, rinsed	3 Tbsp.
Butter, unsalted, cubed	3 wt. oz.
Lemon, juice, fresh	2 Tbsp.
Parsley, flat-leaf, fresh, chopped	2 Tbsp.

Method

1. Preheat oven to 200°F. Line a 2 sheet pans with parchment paper.
2. Season the fish on both sides with salt and pepper as needed. Place enough flour for dredging in a bowl. Place the fish in the flour and coat on all sides, shaking off any excess. Place the dredged fillets in a single layer on one of the prepared sheet pans.
3. Heat the oil in a large sauté pan over medium-high heat.
4. Cook the fish in the oil until browned and just flaky, 1 to 2 minutes per side. Transfer the fish to the second prepared sheet pan. Reserve warm in the preheated oven. Wipe out the pan and reserve on the stove.
5. Knead the butter and flour together until a paste is formed. Reserve.
6. Add the wine to the reserved pan. Bring to a boil over medium-high heat and cook until the alcohol has evaporated, about 1 minute.
7. Add the capers, butter, and the reserved butter-flour paste. Cook until slightly thickened, 3 to 4 minutes. Whisk in lemon juice and parsley until combined.
8. Remove the fish from the oven and transfer to a serving platter. Spoon sauce over top of the fish.

GRILLED SUMMER SQUASH WITH CHIMICHURRI SAUCE

Yield: 10 portions

Ingredients	Amounts
Oil, olive, extra-virgin	4 fl. oz.
Squash, zucchini, small, cut horizontally into ¼-in. slices	4 ea.
Squash, yellow, small, cut horizontally into ¼-in. slices	4 ea.
Pepper, bell, red, large, stemmed, deseeded, cut into quarters	3 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Chimichurri Sauce (Recipe follows)	1x recipe

Method

1. Spray an indoor griddle with nonstick cooking spray. Preheat to medium-high heat.
2. Brush the squash and pepper slices lightly with the oil. Season with salt and pepper as needed.
3. Grill the squash and pepper slices on the preheated griddle, flipping halfway through, until tender, 5 to 7 minutes per side.

CHIMICHURRI SAUCE

Yield: 2 cups

Ingredients	Amounts
Oil, vegetable	¾ cup
Garlic, minced	½ cup
Onion, yellow, minced	¾ cup
Salt, kosher	2 tsp.
Lime, juiced	1 ea.
Scallion (Green onion), thinly sliced on bias	3 Tbsp.
Parsley, flat-leaf, bunch, fresh, chopped	1 ea.

Method

1. Place the oil, garlic, onion, salt, and lime juice in a small saucepot over low heat. Gently warm the mixture just until fragrant and the oil is infused, 7 to 8 minutes. Be sure the ingredients do not brown.
2. Remove the pot from the heat and cool completely. Stir in the green onion and parsley.

BROWN RICE PILAF WITH PECANS AND GREEN ONIONS

Yield: 6 portions

Ingredients	Amounts
Stock, vegetable, hot	3 1/3 cups
Butter, unsalted	1 wt. oz.
Onion, yellow, minced	1 wt. oz.
Rice, long grain, brown, rinsed	1 1/3 cups
Leek	1 ea.
Thyme, sprig, fresh	3 ea.
Parsley, flat-leaf, sprig, fresh	3 ea.
Garlic, clove	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Pecans	1 wt. oz.
Scallion (Green onion), sliced	1 wt. oz.

Method

1. Preheat oven to 350°F.
2. Bring the stock to a simmer in a heavy saucepan over medium-high heat.
3. Heat the butter in a heavy-gauge pot over medium heat. Add the onions and cook, stirring frequently, until tender and translucent, 5 to 6 minutes.
4. Add the rice and stir to coat the grains. Toast lightly for about 1 minute.
5. Add the hot stock. Bring the stock to a boil over medium-high heat, stirring the once or twice to prevent the rice from clumping together or sticking to the bottom of the pot.
6. For the bouquet garni, wrap the thyme, parsley, and garlic in the leek and secure with butcher's twine.
7. Add the bouquet garni. Season with salt and pepper as needed. Stir to combine.
8. Cover the pot tightly with a lid and place it the preheated oven. Cook until the grains are tender to the bite, 40 to 45 minutes. Remove the pot from the oven and rest for 5 minutes with the lid on. Leave the oven preheated to 350°F.
9. Place the pecans in a sauté pan and place in the preheated oven. Toast, stirring halfway through, until brown and aromatic, 7 to 10 minutes. Cool slightly and chop.
10. Uncover the rice and fluff with a fork to separate the grains and release steam. Remove the bouquet garni. Fold in the pecans and green onions. Serve immediately or keep warm for service.

PARMESAN FARRO RISOTTO

Yield: 6 portions

Ingredients	Amounts
Stock, chicken	6 cups
Wine, white, dry	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted (Divided)	5 wt. oz.
Onion, yellow, minced	2 wt. oz.
Garlic, minced	2 tsp.
Farro, pearled	10 wt. oz.
Cheese, Parmesan, grated	3 wt. oz.

Method

1. In a pot, heat the stock and wine over low heat. Season with salt and pepper to taste.
2. Heat 3-ounces of the butter in a large sauté pan over medium heat. Add the onions and sauté until translucent but without color, 2 to 3 minutes.
3. Add the garlic and sauté until aromatic, about 1 minute.
4. Add the farro and cook, stirring constantly, until the grains are evenly coated with butter and smell nutty, 4 to 5 minutes.
5. Add the stock in three additions, stirring in between each until the stock has been completely absorbed by the rice. Add the remaining 2-ounces of butter and the cheese. Stir until just combined. Season with salt and pepper to taste.
6. The farro should be creamy and slightly chewy. Adjust the consistency by adding additional stock, if necessary. The risotto should be wave-like and creamy like porridge (*all'onda*), not firm and stiff.
7. Serve the risotto in a heated bowl.

FISH FUMET

Yield: 1 gallon

Ingredients	Amounts
Oil, olive, pure	as needed
Onion, white, large diced	¼ lb.
Celery, rib, large diced	¼ lb.
Parsnip, large diced	¼ lb.
Leek, large diced	¼ lb.
Fish, bones, non-oily, cut into 2-in. pieces	11 lb.
Wine, white	1 qt.
Peppercorns, black, whole	10 ea.
Garlic, clove	2 ea.
Thyme, sprig, fresh	3 ea.
Bay leaf, dried	1 ea.
Water	3 ½ qt.
Mushroom, button, sliced	10 wt. oz.
Salt, kosher	2 Tbsp.

Method

1. Heat enough oil to lightly coat the bottom of a large stockpot over medium-low heat. Add the onion, celery, parsnip, and leek. Sweat until softened and aromatic without browning, 5 to 7 minutes.
2. Add the fish bones. Cook until just opaque and fragrant, 2 to 3 minutes.
3. Add the white wine. Deglaze by scraping up any brown bits from the bottom of the stockpot with a wooden spoon. Reduce slightly until the alcohol has evaporated, 2 to 3 minutes.
4. For the sachet d'épices, in the middle of a square of cheesecloth, place the peppercorns, garlic, thyme, and bay leaf. Gather the sides together to form a pouch and tie it closed with cooking twine.
5. Add the water, sachet, mushrooms, and salt. Simmer while uncovered, skimming any impurities from the surface for 30 to 40 minutes. Be sure the fumet does not boil.
6. Remove from heat and strain through a chinois or fine strainer lined with cheesecloth. Discard the solids.
7. The fumet is ready to be used now, or may be cooled and stored for later use.

CHICKEN CONSOMMÉ BRUNOISE

Yield: 2 quarts

Ingredients	Amounts
Stock, chicken	2 ½ qt.
Egg, whites	6 ea.
Salt, kosher	2 Tbsp.
Tomato, purée	6 wt. oz.
Chicken, lean, ground	20 wt. oz.
Onion, yellow, thinly sliced	2 ⅔ wt. oz.
Celery, rib, thinly sliced	2 ⅔ wt. oz.
Carrot, thinly sliced	2 ⅔ wt. oz.
Thyme, sprig, fresh	2 ea.
Peppercorns, black, cracked	12 ea.
Garlic, crushed	1 tsp.
Onion, yellow, cut in ½ orbitally	1 ea.
Salt, kosher	as needed
Carrot, brunoise	2 wt. oz.
Radish, daikon, brunoise	2 wt. oz.
Gobo, brunoise	2 wt. oz.

Method

1. Heat the stock in a tall, narrow pot over medium-high heat until it reaches 110°F.
2. For the raft, in a medium bowl, place the egg whites and salt. Using a whisk, whip until foamy, 3 to 4 minutes.
3. Add the tomato purée and ground chicken. Mix to combine.
4. Add the onion, celery, carrot, thyme, peppercorns, and garlic. Mix to combine.
5. Add the raft to the pot with the stock.
6. Turn up the heat to high. Stir, while scraping bottom of the pot constantly, until the stock reaches 145°F.
7. Turn down the heat to low and bring to a very low simmer, basting the raft every 2 to 3 minutes until fully solid.
8. For the onion brulé, heat a dry pan over high heat. Place the onion cut side down and cook until charred, about 5 minutes.
9. Add the onion brulé to consommé. Simmer over low heat until clarified, 45 minutes to 1 hour.
10. Bring a small pot of salted water to a boil. Add the carrots and blanch until tender, 2 to 3 minutes. Drain, shock in an ice bath, and drain again.
11. Bring a separate small pot of salted water to a boil. Add the daikon and blanch until tender, 3 to 4 minutes. Drain, shock in an ice bath, and drain again.

12. Bring a separate small pot of salted water to a boil. Add the gobo and blanch until tender, 3 to 4 minutes. Drain, shock in an ice bath, and drain again.
13. Remove the consommé from the heat and strain through a chinois lined with a coffee filter.
14. The consommé is ready to be served now, garnished with the blanched carrot, daikon, and gobo, or may be cooled and stored for later use.

PORK A LA NORMANDE

Yield: 10 portions

Ingredients	Amounts
Pork, loin, scallops, thinly pounded	4 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	6 wt. oz.
Butter, unsalted, clarified	4 wt. oz.
Apple, Granny Smith, medium diced	1 lb.
Brandy, Calvados	4 fl. oz.
Stock, chicken	10 fl. oz.
Cider, apple	10 fl. oz.
Cream, heavy	2 cups
Nutmeg, ground	to taste
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, fresh, chopped	2 Tbsp.

Method

1. Season the pork loin on both sides with salt and pepper as needed. Place enough flour for dredging in a bowl. Place the pork loin in the flour and coat on all sides, shaking off any excess.
2. Heat the clarified butter in large sauté pan over medium-high heat.
3. Working in batches as necessary, cook the pork until lightly browned on both sides, 2 minutes per side. Remove and reserve.
4. For the sauce, add the apple to the pan. Sauté until softened but not brown, about 1 minute.
5. Add the calvados. Deglaze by scraping up any brown bits from the bottom of the pan with a wooden spoon.
6. Add the stock and cider. Reduce until nearly dry, 5 to 6 minutes.
7. Add the cream and season with nutmeg to taste. Reduce until the sauce lightly coats the back of a spoon (*nappé*) consistency. Season with salt and pepper to taste.
8. Return the pork to pan along with any juices. Gently warm the pork through.
9. Transfer the pork to a serving platter. Spoon the sauce and apples over top of the pork.

GRILLED CORN ELOTES

Yield: 6 portions

Ingredients	Amounts
Water	as needed
Salt, kosher	2 Tbsp.
Corn, Kahuku, ear, husk attached	6 ea.
Popsicle stick, heavy duty	6 ea.
Mayonnaise	½ cup
Sour cream	½ cup
Lime, cut in half	6 ea.
Cheese, cotija, grated	1 cup
Chile, pequin, finely ground	to taste

Method

1. Preheat gas grill to medium-high. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
2. Bring the water to a boil in a medium stockpot over medium-high heat. Add the salt and ears of corn. Boil until the corn is halfway cooked, 5 to 7 minutes.
3. Transfer the ears with the husks still attached to the preheated grill. Grill until the ears are fully cooked and the husks are slightly charred, 3 to 5 minutes.
4. Remove the ears from the heat, one at a time, and spear each with a popsicle stick. Remove and discard any corn silk and leaves.
5. In a small bowl, whisk together the mayonnaise and sour cream until combined.
6. Squeeze the lime halves over the corn. Spread with the mayonnaise-sour cream mixture. Sprinkle with the cheese and pequin chile.
7. Serve hot.

QUINOA PILAF

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	2 tsp.
Shallot, minced	1 Tbsp.
Garlic, minced	1 tsp.
Quinoa, rinsed	4 wt. oz.
Stock, chicken, hot	2 cups
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the oil in a medium sauce pot over medium heat.
2. Add the shallots and sauté until translucent, 1 to 2 minutes.
3. Add the garlic and sauté until aromatic, about 1 minute.
4. Add the quinoa and stir to coat the grains. Add the stock, bay leaf, and thyme. Season to taste with salt and pepper. Stir to combine.
5. Turn down the heat to low. Cover the pot and simmer until tender, about 15 minutes.
6. Remove the pot from the heat and rest, while covered, for about 10 minutes.
7. Remove and discard the bay leaf and thyme sprig. Fluff the grains using a fork.
8. Season with salt and pepper to taste.

BARLEY RISOTTO WITH GRUYÈRE CHEESE

Yield: 6 portions

Ingredients	Amounts
Stock, chicken	6 cups
Wine, white, dry	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	5 wt. oz.
Onion, yellow, minced	2 wt. oz.
Garlic, minced	2 tsp.
Barley, pearl	10 wt. oz.
Cheese, Gruyère, grated	3 wt. oz.
Cheese, Parmesan, grated	2 wt. oz.

Method

1. In a pot, heat the stock and wine over low heat. Season with salt and pepper to taste.
2. Heat 3-ounces of the butter in a large sauté pan over medium heat. Add the onions and sauté until translucent but without color, 1 to 2 minutes.
3. Add the garlic and sauté until aromatic, about 1 minute.
4. Add the barley and cook, stirring constantly, until the grains are evenly coated with butter and smell nutty, about 5 minutes.
5. Add the stock in three additions, stirring in between each until the stock has been completely absorbed by the rice. Add the remaining 2-ounces of butter and the cheeses. Stir until just combined. Season with salt and pepper to taste.
6. The barley should be creamy and slightly chewy. Adjust the consistency by adding additional stock, if necessary. The risotto should be wave-like and creamy like porridge (*all'onda*), not firm and stiff.
7. Serve the risotto in a heated bowl.

DAY TWO:

PURÉE & CREAM SOUPS

DRY HEAT PROTEIN & VEGETABLE COOKERY

POTATO COOKERY

LEARNING OBJECTIVES

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

- Identify and describe the characteristics and standard ingredient formulas for purée and cream soups.
- Prepare a purée and/or cream soup and evaluate quality using established culinary criteria.
- Define preliminary preparation techniques for meats intended for roasting.
- Identify proper pan selection, size, and roasting setup.
- Describe methods for determining doneness of roasted items.
- Explain carryover cooking and resting, and their importance in the roasting process.
- Describe the pan-frying method and identify standard coatings used.
- Identify appropriate proteins, cuts, and vegetables suitable for pan-frying.
- Execute the standard breading procedure and pan-fry a pork cutlet or similar item.
- Prepare a variety of potato preparations and evaluate quality based on established standards.

INSTRUCTOR DEMONSTRATIONS

- Cream of Broccoli Soup
- Truss & Roast a Chicken
- Pork Schnitzel
- Mashed Potatoes

DAY TWO: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Purée of Kabocha Soup with Cashew Cream
Roasted Chicken with Pan Gravy
Arancini with Fontina
Pommes Rosti

TEAM TWO

Cream of Wild Mushroom Soup
Roast Sirloin of Beef with Jus Lié
Crab Cakes with Celery Root Rémoulade
Pommes Duchesse

TEAM THREE

Purée of Black Bean Soup
Caraway Herb-Roasted Pork Tenderloins
Chicken Katsu with Tonkatsu Sauce
Pommes Dauphinoise

TEAM FOUR

Cream of Celery Root Soup
Roast Pork Loin with Pear Mostarda
Buttermilk Fried Chicken
Roasted Carrots and Parsnips with Herbs
Pommes Frites

PURÉE OF KABOCHA SOUP WITH CASHEW CREAM

Yield: 8 portions

Ingredients	Amounts
Squash, kabocha	2 ea.
Butter, unsalted, melted	¼ cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Butter, unsalted	¼ cup
Onion, sweet, sliced	⅔ cup
Ginger, fresh, minced	1 ⅓ Tbsp.
Allspice, ground	1 ⅓ tsp.
Cashews, roughly chopped	⅔ cup
Cream, heavy	⅔ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 325°F. Line a sheet pan with parchment paper.
2. Split the squash in ½ and remove the seeds. Brush with the melted butter over the cut side. Season with salt and pepper as needed.
3. Place cut side down on the prepared sheet pan. Bake in the preheated oven until tender, about 1 hour.
4. Heat the butter in a pot over low heat. Add the onion, ginger, and allspice. Cook until the onion is tender, 3 to 5 minutes.
5. Remove and discard the skin of squash. Transfer the squash to the pot. Cover with 1 quart of water. Simmer until tender about 30 minutes.
6. Using an immersion blender, blend until smooth. Adjust the thickness with water as needed. Season with salt and pepper to taste.
7. In a saucepan over medium heat, combine the cashews and cream. Simmer until reduced by ½, about 3 to 4 minutes.
8. Ladle the soup into serving bowls and drizzle with the cashew cream.

ROASTED CHICKEN WITH PAN GRAVY

Yield: 10 portions

Ingredients	Amounts
Chicken, whole, wing tips removed	5 ea.
Salt, kosher	as needed
Pepper, white, ground	as needed
Thyme, sprig, fresh (Divided)	5 ea.
Rosemary, sprig, fresh (Divided)	5 ea.
Bay leaf, dried (Divided)	5 ea.
Butter, unsalted, clarified	5 fl. oz.
Onion, yellow, medium diced	3 ¾ wt. oz.
Carrot, medium diced	3 ¾ wt. oz.
Celery, rib, medium diced	3 ¾ wt. oz.
Flour, all-purpose	2 wt. oz.
Stock, chicken	5 cups
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. Preheat oven to 400°F.
2. Season the cavity of each chicken with salt and white pepper as needed. Place 1 sprig of the thyme, 1 sprig of the rosemary, and 1 of the bay leaves in each cavity.
3. Rub the skin of the chickens with the clarified butter. Truss each chicken with twine. (See Chef demo.)
4. Place the chickens, breast-side up, on a rack in a roasting pan. Place the wing tips in the pan.
5. Roast in the preheated oven, basting occasionally, for 40 minutes.
6. Remove from the oven and add the onions, carrots, and celery to the bottom of the pan. Return the pan to the oven and roast until the thigh meat registers an internal temperature of 165°F in the thickest part, 30 to 40 minutes.
7. Remove the chickens from the roasting pan and allow them to rest, tented with foil, for 25 to 30 minutes.
8. For the gravy, place the roasting pan on the stovetop over medium-high heat. Cook until the vegetables are browned and the fat is clear, 7 to 8 minutes. Pour off all but 1 ½-ounces of the fat.
9. Add the flour and whisk to combine until a roux is formed, 4 to 5 minutes. Whisk in the stock until it is completely smooth.
10. Simmer the gravy until it lightly coats the back of a spoon (*nappé*), 20 to 30 minutes. Use a ladle to remove any pools of grease on the surface. Season with salt and white pepper to taste. Strain through a fine-mesh sieve.
11. Carve the chickens and serve with the gravy.

ARANCINI WITH FONTINA

Yield: 30 each

Ingredients	Amounts
Butter, unsalted	¼ cup
Onion, yellow, finely diced	2 Tbsp.
Rice, Arborio	2 ½ cups
Wine, white, dry	1 cup
Stock, chicken, hot	4 cups
Cheese, Parmigiano-Reggiano, grated	1 ⅓ cups
Salt, kosher	to taste
Cheese, Fontina, cut into thirty, ¼-in. cubes	1 lb.
Oil, vegetable	as needed
Flour, all-purpose	1 cup
Breadcrumbs	1 cup
Egg, whole	2 ea.
Water	2 Tbsp.
Tomato, plum (Roma), diced	1 ½ cups
Oil, olive, extra virgin	as needed
Thyme, leaves, fresh, finely chopped	as needed
Basil, sweet, leaves, fresh, finely chopped	as needed

Method

1. For the risotto, heat the butter in a pan over medium heat. Add the onions and sauté until translucent, about 3 minutes. Add the rice and toss to coat the grains.
2. Add the white wine and turn down the heat to low. Simmer until all of the liquid has been absorbed, 3 to 5 minutes.
3. Add the stock in three additions, stirring in between each until the stock has been completely absorbed. Cook until the rice is tender but still firm to the bite (*al dente*), about 18 minutes.
4. Add the grated Parmesan cheese and stir until just combined. Season with salt to taste.
5. Transfer the risotto to a sheet pan and spread in an even layer. Allow the risotto to cool completely.
6. Divide the cooled risotto into 30 equal portions. Using your hands, roll them into a ball shape. Make an indent with your thumb in each ball and place one cube of the Fontina cheese into the indent. Mold the risotto around the cheese cube.
7. Preheat 3-inches of oil to 350°F in a heavy pot over medium-high heat.
8. For the egg wash, in a small bowl, whisk together the eggs and water. Place the flour and breadcrumbs into two additional separate bowls.

9. Dredge the arancini in flour to coat on all sides and shake off the excess. Dip in the egg wash until fully coated. Roll in the breadcrumbs, pressing gently to adhere.
10. Deep-fry the arancini in the preheated oil until golden brown, 7 to 8 minutes. Remove from the oil and place onto a wire rack set over a sheet pan to drain any excess oil.
11. Transfer the arancini to a serving dish. Garnish with the tomatoes, oil, thyme, and basil.

POMMES ROSTI

Yield: 6 portions

Ingredients	Amounts
Potato, russet	6 ½ lb.
Shallot, very thinly sliced	4 ⅓ cups
Chive, fresh, chopped	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Butter, unsalted, melted	1 cup
Butter, unsalted, clarified	6 ⅓ Tbsp.

Method

1. Peel the potatoes. Using a mandolin, cut the potatoes into matchsticks about 2-inches long.
2. In a large bowl, combine the potatoes, shallots, and chives. Season with salt and pepper as needed. Add the melted butter and mix to combine.
3. Heat the clarified butter in a large sauté pan over medium heat. Add the potato mixture and using the back of a spatula, press it into an even layer. Cook until the edges start to turn golden in color, about 15 minutes.
4. Using a large spatula, carefully flip the galette over and continue cooking on the opposite side until golden, about 15 minutes.
5. Turn the finished galette out onto a cutting board and cut into 6 portions. Serve immediately while hot and crisp.

CREAM OF WILD MUSHROOM SOUP

Yield: 2 quarts

Ingredients	Amounts
Clove, whole	2 ea.
Parsley, flat-leaf, stem, fresh	2 ea.
Peppercorns, white, whole	2 ea.
Bay leaf, dried	1 ea.
Butter, unsalted	3 wt. oz.
Mushroom, wild, cut into 1-in. pieces	2 lb.
Onion, yellow, finely diced	4 wt. oz.
Celery, rib, medium diced	3 wt. oz.
Flour, all-purpose	5 wt. oz.
Stock, vegetable	10 cups
Cream, heavy	1 pt.
Salt, kosher	½ tsp.
Pepper, white, ground	¼ tsp.
Oil, olive, pure	as needed
Mushroom, wild, sliced	3 wt. oz.

Method

1. For the sachet d'épices, in the middle of a square of cheesecloth, place the clove, parsley, peppercorns, and bay leaf. Gather the sides together to form a pouch and tie it closed with cooking twine. Reserve.
2. In a saucepot, heat the butter over medium-low heat. Cook the mushrooms, onions, and celery until the onions are translucent, 10 to 12 minutes.
3. Add the flour and cook, stirring constantly, until a blond roux is formed, about 3 minutes.
4. Gradually add the stock, stirring constantly, until incorporated. Add the reserved sachet.
5. Simmer the soup until the vegetables are soft, about 15 minutes.
6. In a separate small saucepan over low heat, reduce the cream by ½ and reserve.
7. Remove the sachet from the soup and discard.
8. Using an immersion blender, purée the soup until smooth. Strain through a fine-mesh sieve and into a clean saucepot.
9. Add the reserved reduced cream and stir to combine. Season with salt and white pepper to taste.
10. Heat enough oil to lightly coat the bottom of a sauté pan over medium-high heat. Sauté the sliced mushrooms until deep golden brown in color, 3 to 4 minutes.
11. Ladle the soup into serving bowls and garnish with the mushrooms.

ROAST SIRLOIN OF BEEF WITH JUS LIÉ

Yield: 9 portions

Ingredients	Amounts
Beef, sirloin, boneless, tied at 1-in. intervals	4 ½ lb.
Salt, sea	as needed
Pepper, black, ground	as needed
Oil, vegetable	2 Tbsp.
Onion, yellow, diced	½ cup
Carrot, diced	⅓ cup
Celery, rib, diced	⅓ cup
Tomato, paste	3 Tbsp.
Stock, brown, veal	3 ¼ cups
Cornstarch	½ Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat the oven to 350°F. Place a rack in a roasting pan.
2. Season the beef generously on all sides with salt and pepper.
3. Heat the oil in a large sauté pan over medium-high heat. Add the beef, fat side down, and cook until browned, 4 to 5 minutes. Turn the beef over and cook on the opposite side until browned, 4 to 5 minutes. Transfer to the roasting pan. Add the onions, carrots, and celery to the bottom of the pan.
4. Roast the beef in the preheated oven until it reaches an internal temperature of 125°F (medium-rare), about 1 hour. Transfer to a serving platter and tent with foil. Rest for 20 minutes.
5. For the jus, pour off all but 1 tablespoon the fat from the roasting pan. Add the tomato paste.
6. Place the pan on the stovetop over medium heat. Cook the vegetables and tomato paste, stirring until caramelized, 3 to 5 minutes.
7. Add the stock. Deglaze by scraping up any brown bits from the bottom of the pan with a wooden spoon.
8. In a small bowl, blend the cornstarch with 1 tablespoon of water to form a slurry. Whisk into the jus.
9. Bring the jus to a boil over medium heat. As soon as the jus thickens, remove from the heat and strain through a fine-mesh sieve. Season with salt and pepper to taste.
10. Remove the string from the meat, slice, and serve on a heated platter topped with the jus.

CRAB CAKES WITH CELERY ROOT RÉMOULADE

Yield: 12 portions

Ingredients	Amounts
Crab, meat, picked clean	1 ½ lb.
Breadcrumbs, white, fresh	1 cup
Celery, rib, small diced	1 cup
Scallion (Green onion), minced	3 ea.
Garlic, minced	1 Tbsp.
Mustard, Dijon	1 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Mayonnaise	½ cup
Egg, whole	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Pepper, cayenne, ground	as needed
Breadcrumbs, panko	2 ½ cups
Oil, vegetable	as needed
Celery Root Ré moulade (Recipe follows)	1x recipe

Method

1. In a large mixing bowl, mix the crabmeat, white breadcrumbs, celery, scallions, garlic, mustard, lemon juice, mayonnaise, and egg until thoroughly combined. (Use just enough mayonnaise to hold the mixture together.) Season with the salt, pepper, and cayenne as needed.
2. Portion the crabmeat mixture into 4-ounce balls. Flatten each gently to form cakes. Coat evenly on all sides in panko breadcrumbs.
3. Heat about ½-inch of oil to 350°F in a large skillet over medium heat.
4. Pan fry the crab cakes in the preheated oil until golden brown, about 3 minutes per side. Transfer to paper towels to drain any excess oil.
5. Serve immediately with the Celery Root Ré moulade.

Note: The crab cakes may be refrigerated or frozen for later use after step 2.

CELERY ROOT RÉMOULADE

Yield: 1 cup

Ingredients	Amounts
Mayonnaise	½ cup
Scallion (Green onion), minced	2 ea.
Celery, root, peeled, julienned	1 lb.
Parsley, flat-leaf, fresh, minced	2 Tbsp.
Relish, pickle, dill	2 Tbsp.
Vinegar, wine, red	2 Tbsp.
Mustard, Dijon	4 tsp.
Capers, non-pareil, drained, rinsed	4 tsp.
Worcestershire sauce	2 tsp.
Hot sauce (Optional)	½ tsp.

Method

1. In a small mixing bowl, combine the mayonnaise, scallions, celery root, parsley, relish, vinegar, mustard, capers, Worcestershire sauce, and hot sauce (if using).
2. Cover and refrigerate until ready to use.

POMMES DUCHESSE

Yield: 10 portions

Ingredients	Amounts
Potato, russet, peeled, quartered	3 $\frac{3}{4}$ lb.
Salt, kosher	as needed
Egg, yolk	5 ea.
Butter, unsalted, softened	6 $\frac{2}{3}$ wt. oz.
Salt, sea	1 $\frac{2}{3}$ tsp.
Pepper, black, ground	$\frac{1}{2}$ tsp.
Nutmeg, ground	$\frac{1}{4}$ tsp.

Method

1. Preheat the oven to 400°F. Line a sheet pan with parchment paper.
2. Place the potatoes in a large pot. Add enough cold water to cover and salt as needed. Bring to a boil over high heat.
3. Turn down the heat to medium-low. Simmer until the potatoes are just tender, 15 to 20 minutes.
4. Drain the potatoes and return them to the pot. Place the pot on the stovetop and heat the potatoes over very low heat until no more steam rises from the potatoes. Be sure not to brown the potatoes.
5. While still very hot, purée the potatoes through a food mill and into a bowl.
6. Add the egg yolks and butter to the hot potato purée. Mix to combine. Season with the salt, pepper, and nutmeg.
7. Transfer the mixture to a piping bag fitted with a star tip.
8. On the prepared baking sheet, hold the piping bag at an 80° angle. Apply even pressure and pipe in a tight circular motion to form a cone-shaped rosette about 2 to 3 inches wide and high. Lift the bag straight up to finish with a pointed peak. Repeat with the remaining mixture, spacing the rosettes about 2-inches apart to ensure even browning. (See Chef demo.)
9. Bake in the preheated oven, rotating the pan halfway through, until the potatoes are golden brown, 5 to 7 minutes.
10. Serve immediately on a warm platter.

PURÉE OF BLACK BEAN SOUP

Yield: 2 quarts

Ingredients	Amounts
Beans, black, dried	1 lb.
Cumin, seeds	1 tsp.
Ginger, fresh, 1-in. piece, sliced	1 ea.
Chile, red, hot, dried	1 ea.
Parsley, flat-leaf, stem, fresh	4 ea.
Oil, olive, extra virgin	3 fl. oz.
Garlic, minced	4 tsp.
Leek, finely diced	8 wt. oz.
Onion, yellow, finely diced	5 ½ wt. oz.
Stock, vegetable	8 cups
Lemon, zested, juiced	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Sour cream	1 cup
Tomato, plum (Roma) diced	2 ¾ wt. oz.
Scallion (Green onion), green parts only	⅔ wt. oz.

Method

1. Sort through the beans, discarding any stones or bad beans. Place the beans in a large pot and add enough water to cover by at least 3-inches. Bring to a boil over high heat. Remove from the heat, cover with a lid, and soak for 1 hour. Drain the beans, rinse under cold water, and reserve.
2. For the sachet d'épices, in the middle of a square of cheesecloth, place the cumin seeds, ginger, chile, and parsley. Gather the sides together to form a pouch and tie it closed with cooking twine. Reserve.
3. Heat the oil in a soup pot over medium heat. Add the garlic, leeks, and onions. Cover the pot and cook, stirring occasionally, until the vegetables are translucent, about 10 minutes.
4. Add the stock, soaked beans, and reserved sachet. Bring to a simmer and cook, covered, until the beans are tender, 1 to 1 ½ hours. Occasionally stir with a wooden spoon, scraping the bottom of the pot to prevent the beans from sticking.
5. Remove the sachet and discard. Strain the solids from the stock, reserving both separately.

6. Using an immersion blender, purée the solids until smooth, adding some of the reserved stock as necessary to facilitate blending. Return the puréed solids to the pot, adjusting the consistency with the reserved stock as needed. Bring to a simmer over medium heat. If the soup is too thick, additional reserved stock may be added to adjust the consistency.
7. Just before serving, stir in the lemon juice and lemon zest. Season with salt and pepper to taste.
8. Serve in heated bowls, garnished with the sour cream, tomato, and scallions.

CARAWAY-HERB ROASTED PORK TENDERLOINS

Yield: 10 portions

Ingredients	Amounts
Vinegar, balsamic	2 ½ Tbsp.
Oil, olive, pure	2 ½ Tbsp.
Thyme, dried	2 ½ tsp.
Oregano, dried	2 ½ tsp.
Caraway, seeds	2 ½ Tbsp.
Shallot, finely minced	7 ½ ea.
Garlic, minced	5 tsp.
Salt, sea, coarse	1 ¼ tsp.
Pork, tenderloin	2 ½ ea.

Method

1. In a small bowl, combine the vinegar, oil, thyme, oregano, caraway seeds, shallots, garlic, and salt.
2. Spread the mixture evenly to coat both sides of the pork tenderloins. Wrap the tenderloins tightly in plastic wrap. Chill for at least 2 hours or overnight in the refrigerator.
3. Preheat the oven to 350°F.
4. Remove the pork from the plastic wrap and place on a ½ sheet pan.
5. Roast the pork in the preheated oven until it registers 145°F on a meat thermometer, about 45 minutes. After 30 minutes, turn up the oven temperature to 450°F for the remaining cooking time.
6. Remove from the oven and rest the tenderloins tented with foil for 10 minutes.
7. Thinly slice and transfer to a serving platter.

CHICKEN KATSU WITH TONKATSU SAUCE

Yield: 8 portions

Ingredients	Amounts
Chicken, breast, 3-oz. ea.	8 ea.
Salt, kosher	1 tsp.
Pepper, black, ground	1/3 tsp.
Egg, whole	3 ea.
Flour, all-purpose	1 cup
Breadcrumbs	2 2/3 cups
Oil, vegetable	2 1/3 cups
Ketchup	8 Tbsp.
Worcestershire sauce	4 Tbsp.
Soy sauce (<i>Shoyu</i>)	2 Tbsp.
Wine, rice, Japanese (<i>Mirin</i>)	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Pound each portion of chicken between sheets of plastic wrap to a thickness of 1/4-inch. (See Chef demo.)
2. Blot the chicken dry. Season with the salt and pepper.
3. For the egg wash, in a small bowl, whisk the eggs with 2 tablespoons of water. Place the flour and breadcrumbs into two additional separate bowls.
4. Dredge the chicken in the flour to coat on all sides and shake off the excess. Dip in the egg wash until fully coated. Coat on both sides in the breadcrumbs, pressing gently to adhere.
5. Preheat 1/8-inch of oil to 350°F in a large skillet over medium heat.
6. Working in batches, pan fry the chicken until golden brown and crisp, about 2 minutes. Turn over and pan fry on the opposite side until the chicken reaches an internal temperature of 160°F, 1 to 2 minutes.
7. Transfer to a wire rack set over a baking sheet to drain any excess oil.
8. For the sauce, in a small bowl, whisk the ketchup, Worcestershire sauce, soy sauce, and rice wine until combined. Season with salt and pepper to taste.
9. Serve the chicken accompanied by the sauce.

POMMES DAUPHINOISE

Yield: 10 portions

Ingredients	Amounts
Butter, unsalted	as needed
Potato, russet	3 1/3 lb.
Garlic, crushed	1 2/3 Tbsp.
Milk, whole	1 2/3 cups
Cream, heavy	1 2/3 cups
Nutmeg, whole, freshly grated	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Butter, unsalted, diced	5 wt. oz.
Cheese, Gruyere, shredded	6 2/3 wt. oz.

Method

1. Preheat oven to 375°F. Grease a hotel pan and reserve.
2. Peel the potatoes. Using a mandolin, thinly slice the potatoes.
3. In a saucepan, place the garlic, milk, and heavy cream. Bring to a boil over medium-high heat. Season with nutmeg, salt, and pepper as needed.
4. Add the sliced potatoes and toss to combine.
5. Transfer the potato mixture to the prepared hotel pan. Dot the top of the potato mixture with the butter. Sprinkle with the shredded cheese.
6. Bake in the preheated oven until the potatoes are tender and there is no resistance when pierced with a knife, 35 to 40 minutes. Remove from the oven and allow the potatoes to rest for 10 to 15 minutes.
7. Slice and serve.

CREAM OF CELERY ROOT SOUP

Yield: 2 quarts

Ingredients	Amounts
Butter, unsalted, clarified	2 fl. oz.
Onion, yellow, small diced	1 wt. oz.
Celery, rib, small diced	4 wt. oz.
Leek, small diced	2 wt. oz.
Celery, root, peeled, large diced	1 ½ lb.
Flour, all-purpose	2 wt. oz.
Stock, chicken, hot	2 ½ qt.
Parsley, flat-leaf, stem, fresh	2 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, sprig, fresh	¼ tsp.
Salt, kosher	as needed
Celery, root, peeled, small diced	8 wt. oz.
Cream, heavy	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the butter in a soup pot over medium heat. Add the onions, celery, and leeks and sweat until softened, 6 to 8 minutes. Add the celery root and sweat until slightly tender, 6 to 8 minutes.
2. Add the flour and stir well to combine. Continue to cook, stirring frequently, until a blond roux forms, about 12 minutes.
3. Gradually add the stock to the pot, while constantly stirring to work out any lumps.
4. Turn up the heat to high and bring the soup to a full boil. Turn down the heat to medium-low and simmer until the soup is smooth and thickened, about 30 minutes.
5. For the sachet d'épices, in the middle of a square of cheesecloth, place the parsley, bay leaf, peppercorns, and thyme. Gather the sides together to form a pouch and tie it closed with cooking twine.
6. Add the sachet and simmer for 25 minutes. Stir frequently, skimming any impurities as needed.
7. Bring a small pot of salted water to a boil. Add the celery root and blanch until tender, 3 to 5 minutes. Drain, shock in an ice bath, and drain again. Reserve.

8. Remove the sachet from the soup pot. Strain the solids from the stock, reserving both separately.
9. Using an immersion blender, purée the solids until smooth. Add the reserved stock. Strain again using a fine-mesh sieve or cheesecloth and discard the solids. Return the strained soup to the pot.
10. Return the soup to a simmer over medium-low heat. Add the cream as necessary to achieve a smooth consistency that lightly coats the back of a spoon (*nappé*). Season with salt and pepper to taste.
11. Ladle the soup into serving bowls and garnish with the reserved celery root.

ROAST PORK LOIN WITH PEAR MOSTARDA

Yield: 10 portions

Ingredients	Amounts
Pork, loin, boneless	4 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	2 Tbsp.
Butter, unsalted	2 Tbsp.
Rosemary, sprig, fresh	1 ea.
Sage, sprig, fresh	1 ea.
Bay leaf, dried	2 ea.
Pear Mostarda (Recipe follows)	1x recipe

Method

1. Preheat oven to 400°F.
2. Trim the pork loin and secure it at 1-inch intervals with butcher's twine. Season on all sides with salt and pepper as needed.
3. Heat the oil and butter in a sauté pan over medium-high heat. Sear the pork until browned on all sides, 10 to 12 minutes. Add the rosemary, sage, and bay leaf to the fat in the pan. Baste the pork with the fat.
4. Place the pan in the preheated oven and roast, basting occasionally, until the internal temperature of the pork reaches 135°F, 20 to 25 minutes.
5. Remove the pork from the oven. Rest for 20 minutes and drain off any excess fat.
6. Thinly slice and transfer to a serving platter. Serve with the Pear Mostarda.

PEAR MOSTARDA

Yield: 1 quart

Ingredients	Amounts
Pear, Bartlett, medium diced	2 cups
Water	2 cups
Wine, red, dry	½ cup
Wine, white	½ cup
Sugar, granulated	½ cup
Raisins	½ cup
Apricot, dried	½ cup
Currant, dried	½ cup
Fig, dried	½ cup
Prune, dried	½ cup
Honey	¼ cup
Mustard, dry	1 Tbsp.
Mustard, seeds	2 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a large pot, place the pear, water, red wine, white wine, sugar, raisins, apricots, currants, figs, prunes, honey, dry mustard, and mustard seeds. Stir to combine.
2. Bring to a boil over high heat. Turn down the heat to medium-low and simmer until the fruit is very soft and the sauce reduces to a syrup-like consistency, about 1 hour.
3. Transfer ½ of the fruit mixture to a food processor. Purée until smooth. Stir the purée into the remaining fruit mixture.
4. Season with salt and pepper to taste.

BUTTERMILK FRIED CHICKEN

Yield: 6 portions

Ingredients	Amounts
Chicken, breast, boneless	1 lb.
Buttermilk	12 fl. oz.
Mustard, yellow	2 Tbsp.
Tarragon, fresh, chopped	1 ¼ Tbsp.
Flour, all-purpose	as needed
Oil, vegetable	as needed

Method

1. For the marinade, in a large bowl, add the buttermilk, mustard, and tarragon. Whisk to combine.
2. Place the chicken in a large, non-reactive bowl. Pour the marinade over the chicken and marinate for 4 to 12 hours.
3. Preheat ½-inch of oil to 350°F in a skillet over medium-high heat.
4. Remove the chicken from the marinade. Place the flour in a bowl. Dredge the chicken in flour to coat on all sides, shaking off any excess.
5. Pan-fry the chicken in the preheated oil until golden brown and an internal temperature of 165°F is reached, 12 to 15 minutes.
6. Remove from the oil and place onto a wire rack set over a sheet pan to drain any excess oil.

ROASTED CARROTS AND PARSNIPS WITH HERBS

Yield: 8 portions

Ingredients	Amounts
Carrot, peeled, oblique cut	6 ea.
Parsnip, peeled, oblique cut	6 ea.
Oil, olive, pure	3 Tbsp.
Rosemary, leaves, fresh, chopped	2 tsp.
Sage, leaves, fresh, chopped	2 tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Preheat oven to 350°F.
2. In a large bowl, place the carrots, parsnips, oil, rosemary, and sage. Toss to combine. Season with salt and pepper as needed.
3. Spread the vegetables in an even layer on a sheet pan. Roast in the lower third of the preheated oven, stirring occasionally, until tender, 30 to 35 minutes.

POMMES FRITES

Yield: 12 portions

Ingredients

Potato, russet
Oil, peanut
Salt, kosher

Amounts

7 lb.
as needed
to taste

Method

1. Peel the potatoes. Using a mandolin, cut them into ¼-inch by ¼-inch sticks. Transfer the potatoes to a bowl filled with cold water and hold until ready to blanch.
2. Preheat 2 to 3-inches of oil to 300°F in a deep pot over medium-high heat.
3. Remove the potatoes from the water and pat dry.
4. Working in batches, blanch the potatoes in the preheated oil until cooked through with no color, 3 to 4 minutes. Be sure to maintain the oil temperature throughout the blanching process. Remove the fries from the oil with a slotted spoon and drain any excess oil on paper towels.
5. Increase the temperature of the oil to 360°F.
6. Working in batches, cook the fries in the preheated oil until crisp and golden, 3 to 5 minutes.
7. Remove the fries with a slotted spoon. Sprinkle with salt to taste.
8. Serve immediately.

Note: Canola oil can be substituted for the peanut oil.

DAY THREE:

CLASSIC & DERIVATIVE SAUCES

MOIST HEAT PROTEIN & VEGETABLE COOKERY

FRESH PASTA COOKERY

BOUND SALADS

LEARNING OBJECTIVES

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

- Explain classical, contemporary, and derivative sauces.
- Prepare a classical grand sauce and a derivative sauce and evaluate quality using established standards.
- Describe the similarities, differences, and temperature ranges for poaching and simmering.
- Identify appropriate proteins, cuts, and vegetables for poaching, simmering, steaming, and boiling.
- Describe correct methods for determining doneness of foods cooked using moist-heat techniques.
- Identify the key components of bound salads.
- Demonstrate proper techniques for combining and binding ingredients using appropriate dressings or binding agents.
- Describe the characteristics and quality indicators of properly prepared fresh pasta.
- Describe the correct method for producing fresh pasta.
- Prepare fresh pasta and evaluate quality based on established standards.

INSTRUCTOR DEMONSTRATIONS

- Sauce Hollandaise
- Poached Salmon
- German Potato Salad
- Kabocha Agnolotti

DAY THREE: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Eggs Benedict

Sauce Choron

Three Grain Salad with Vegetables and Lemon Vinaigrette

Cheese Tortellini with Brown Butter Sauce

TEAM TWO

Croque Madame Sandwiches

Sauce Mornay

Warm Bulgur Salad

Cheese Ravioli with Brown Butter Sauce

TEAM THREE

Poached Swordfish with Lemon Brown Butter

Chickpea, Split Pea, and Pearl Barley Salad with Cider Vinaigrette

Cheese Agnolotti

Sauce Tomate

TEAM FOUR

Shallow-Poached Chicken Breast with Sauce Fines Herbs

Sauce Velouté

Red and Yellow Beet Salad with Cider Vinegar

Ragù alla Contadina with Fresh Fettucine

EGGS BENEDICT

Yield: 8 portions

Ingredients	Amounts
Pork, bacon, Canadian, slices	16 ea.
Poached Eggs (Recipe follows)	16 ea.
Bread, English muffin	8 ea.
Butter, unsalted	as needed
Sauce Choron (Recipe follows)	2 cups

Method

1. Preheat oven to 350°F.
2. Heat a sauté pan over medium-low heat. Add the bacon and sauté on both sides until heated through, 1 to 2 minutes per side.
3. Bring a pot of water to a simmer over medium heat. Add the Poached Eggs and reheat until warmed through, 30 to 60 seconds.
4. Remove the eggs from the water with a slotted spoon and transfer to absorbent paper towels. Blot dry and trim the edges to reshape, if necessary.
5. Split the English muffins in ½. Transfer the halves to a ½ sheet pan and toast in the preheated oven until lightly crisp, 10 to 12 minutes. Spread butter over the tops of the English muffins.
6. To assemble, top each English muffin half with a slice of bacon and one Poached Egg.
7. Spoon 2 to 3 tablespoons of the warm Sauce Choron over each egg.
8. Serve immediately on a warm platter.

POACHED EGGS

Yield: 6 portions

Ingredients	Amounts
Water	3 qt.
Salt, kosher	2 tsp.
Vinegar, white, distilled	4 tsp.
Egg, whole	16 ea.

Method

1. In a deep pan, combine the water, salt, and vinegar. Bring to a bare simmer over medium-high heat.
2. Break each egg into a clean cup, reserving any with broken yolks for another use.
3. Carefully slide each egg into the simmering water. Cook until the whites are set and opaque, about 3 minutes.
4. Remove the eggs from the water with a slotted spoon and transfer to absorbent paper towels. Blot dry and trim the edges to reshape, if necessary.
5. The eggs are ready to serve now, or they may be properly chilled and held for later service.

SAUCE CHORON

Yield: 1 pint

Ingredients	Amounts
Butter, unsalted, clarified	1 $\frac{3}{4}$ cups
Shallot, chopped	1 Tbsp.
Peppercorns, black, whole	6 ea.
Tarragon, dried	1 $\frac{1}{2}$ Tbsp.
Tarragon, stem, fresh, chopped	1 ea.
Vinegar, cider	3 fl. oz.
Wine, white, dry	1 Tbsp.
Water	1 fl. oz.
Egg, yolk	4 wt. oz.
Lemon, juice, fresh	as needed
Tomato, purée	1 $\frac{1}{2}$ Tbsp.
Lemon, juice, fresh	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste
Pepper, cayenne, ground	to taste

Method

1. Place 1 to 2 inches of water in the pot. Heat over medium-low heat until simmering.
2. Heat the clarified butter to 145°F in a small saucepan over medium heat. Reserve hot.
3. In a small pan over medium heat, combine the shallots, peppercorns, dried tarragon, fresh tarragon, and vinegar until nearly dry, 2 to 3 minutes.
4. Add the wine and water. Stir to combine. Strain through a fine-mesh sieve and into a stainless-steel bowl that will fit snugly over the pot with the simmering water.
5. Add the egg yolks to the bowl with the reduction. Using a whisk, whip the egg yolks with the reduction until combined. Place the bowl over the simmering water, making sure that the bottom of the bowl does not touch the water. Cook, whisking constantly, until the yolks triple in volume and form ribbons when they fall from the whisk, about 165°F.
6. Remove the bowl from the simmering water and set on a clean side towel to keep the bowl from slipping. Gradually ladle in the reserved hot clarified butter in a thin stream while whisking constantly. As the butter is blended into the egg yolks, the sauce will thicken. If the sauce becomes too tight, a small amount of lemon juice may be added to loosen the egg yolks and absorb the remaining butter.
7. Stir in the tomato purée. Season with lemon juice, salt, pepper, and cayenne as needed.
8. The sauce is ready to serve, or it may be held warm at 145°F for up to 2 hours.

THREE GRAIN SALAD WITH VEGETABLES AND LEMON VINAIGRETTE

Yield: 9 portions

Ingredients	Amounts
Quinoa, rinsed	$\frac{3}{4}$ cup
Wheat berries	$\frac{3}{4}$ cup
Rice, short grain, brown	$\frac{3}{4}$ cup
Salt, kosher (Divided)	1 $\frac{1}{2}$ Tbsp.
Corn, kernels, fresh	6 $\frac{1}{2}$ wt. oz.
Scallion (Green onion), small diced	1 $\frac{1}{2}$ ea.
Pepper, bell, red, small diced	1 $\frac{1}{2}$ ea.
Pepper, bell, yellow, small diced	1 $\frac{1}{2}$ ea.
Parsley, flat-leaf, fresh, chopped	$\frac{1}{2}$ wt. oz.
Chive, fresh, thinly sliced	$\frac{1}{2}$ wt. oz.
Lemon, juice, fresh	6 Tbsp.
Shallot, minced	1 $\frac{1}{2}$ ea.
Sugar, granulated	$\frac{1}{2}$ Tbsp.
Salt, kosher	$\frac{1}{2}$ Tbsp.
Pepper, black, ground	$\frac{1}{3}$ tsp.
Oil, grapeseed	1 $\frac{1}{2}$ cups
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Bring a small saucepot of water to a boil. Add 1 teaspoon of the salt and stir to combine. Add the quinoa and cook until tender, about 7 minutes. Drain and reserve.
2. Bring a separate small saucepot of water to a boil. Add 1 teaspoon of the salt and stir to combine. Add the wheat berries and cook until tender, 12 to 15 minutes. Drain and reserve.
3. Bring a small saucepot of water to a boil. Add 1 teaspoon of the salt and stir to combine. Add the rice and cook until tender, about 15 minutes. Drain and reserve.
4. Bring a pot of water to a boil. Add the corn and simmer until tender, 2 to 3 minutes. Drain well.
5. In a large bowl, combine the quinoa, wheat berries, rice, corn, scallions, peppers, parsley, and chives.
6. For the vinaigrette, in a mixing bowl, place the lemon juice, shallots, sugar, salt, and pepper. Gradually stream in the oil while constantly whisking until combined.
7. Combine the grain mixture with the vinaigrette. Season with salt and pepper to taste.

CHEESE TORTELLINI WITH BROWN BUTTER SAUCE

Yield: 12 portions

Ingredients	Amounts
Flour, durum	9 ½ wt. oz.
Salt, kosher	½ tsp.
Egg, whole	2 ½ ea.
Oil, olive, pure	1 ¼ Tbsp.
Cheese, ricotta	9 ½ wt. oz.
Cheese, Romano, grated	2 ½ wt. oz.
Parsley, flat-leaf, fresh, chopped	3 ½ Tbsp.
Oregano, sprig, fresh, chopped	1 ¼ tsp.
Breadcrumbs	4 ¾ Tbsp.
Egg, yolk	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Brown Butter Sauce (Recipe follows)	1x recipe

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. 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.
5. Roll the dough to a thickness of 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.)
6. 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.
7. Toss with the Brown Butter Sauce. Serve.

BROWN BUTTER SAUCE

Yield: 6 portions

Ingredients	Amounts
Stock, chicken	1 cup
Lemon, zest	2 Tbsp.
Lemon, juice, fresh	¼ cup
Butter, unsalted	1 cup
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Salt, sea, fine	to taste
Pepper, black, ground	to taste

Method

1. In a small saucepot over medium heat, reduce the chicken stock to ¼ cup, 5 to 6 minutes. Stir in the lemon juice and zest.
2. In a separate saucepot over medium heat, brown the butter, stirring constantly to break up the butter solids until golden brown, 7 to 8 minutes.
3. Stir brown butter into the chicken stock. Add the parsley and stir to combine. Season with salt and pepper to taste.

CROQUE MADAME SANDWICHES

Yield: 6 portions

Ingredients	Amounts
Bread, white, sliced ¼-in. thick	12 ea.
Mustard, Dijon	¾ cup
Sauce Mornay (Recipe follows)	3 cups
Pork, ham, slices	6 ea.
Cheese, Muenster, slices	6 ea.
Butter, unsalted, melted	6 Tbsp.
Butter, unsalted	as needed
Butter, unsalted, clarified	1 Tbsp.
Egg, whole	12 ea.

Method

1. Preheat griddle to 325°F.
2. Spread each of the bread slices with mustard.
3. On 6 of the bread slices, layer 2 tablespoons of the Sauce Mornay, 1 slice of the ham, and 1 slice of the Muenster cheese over the mustard.
4. Top the sandwiches with the remaining slices of bread.
5. Brush the sandwiches on both sides with the melted butter.
6. Lightly butter the preheated griddle. Place the sandwiches on the griddle and toast until the bread is golden, the cheese is melted, and the sandwich is heated through, 4 to 5 minutes per side.
7. Heat the clarified butter in a nonstick pan over medium heat. Place the eggs in the pan and cook until white is set with a small trace of uncooked white remaining, 3 to 5 minutes. Flip the eggs and cook for 20 seconds.
8. Cut the sandwiches in ½ on the diagonal. Top each half with 2 tablespoons of the Sauce Mornay and a fried egg. Serve immediately.

SAUCE MORNAY

Yield: 1 pint

Ingredients

Amounts

Béchamel Sauce (Recipe follows)	4 cups
Cheese, Gruyère, grated	4 wt. oz.
Cheese, Parmesan, grated	1 wt. oz.
Butter, unsalted	2 wt. oz.
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. In a small saucepot over low heat, bring the Béchamel Sauce to a low simmer.
2. Add the Gruyère and Parmesan cheeses. Stir to incorporate. Remove the pan from the heat.
3. Swirl the butter into the sauce. Season with salt and pepper to taste.

BÉCHAMEL SAUCE

Yield: 1 pint

Ingredients	Amounts
Butter, unsalted	$\frac{3}{4}$ wt. oz.
Flour, all-purpose	1 $\frac{1}{4}$ wt. oz.
Butter, unsalted, clarified	1 $\frac{1}{2}$ tsp.
Onion, yellow, minced	1 Tbsp.
Milk, whole	2 $\frac{1}{2}$ cups
Nutmeg, ground	to taste
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

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

WARM BULGUR SALAD

Yield: 9 portions

Ingredients	Amounts
Wheat, bulgur	12 wt. oz.
Lentil, green	12 wt. oz.
Couscous, Israeli	4 ½ wt. oz.
Salt, kosher (Divided)	1 ¼ tsp.
Chickpeas, canned	12 wt. oz.
Tomato, sun-dried, minced	6 ea.
Vinegar, wine, red	3 Tbsp.
Pepper, black, ground	¼ tsp.
Oil, olive, pure	3 fl. oz.
Parsley, flat-leaf, fresh, minced	1 ½ wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Bring about 1 ½ pints of water to a boil over high heat. Place the bulgur in a large, heat-proof bowl and pour the boiling water over it. Let stand until softened, about 45 minutes. Drain and reserve.
2. In a medium pot, place the lentils and enough water to cover. Bring to a simmer over medium heat. Cook the lentils until tender, about 20 minutes. Drain and reserve.
3. In a separate medium pot, bring about 1 ½ pints of water to a boil over high heat. Add the couscous and ¼ teaspoon of the salt. Cook the couscous until tender, 10 to 12 minutes. Drain and reserve.
4. Drain and rinse the chickpeas under cold running water. Drain well and transfer to a large bowl.
5. Add the reserved bulgur, lentils, couscous, and the sun-dried tomatoes.
6. For the dressing, in a separate bowl, combine the vinegar, pepper, and remaining salt. Gradually stream in the oil while whisking until combined. Add the parsley and stir to combine.
7. Add the dressing to the salad and toss to combine. Season with salt and pepper to taste.
8. Serve warm in a heated bowl.

CHEESE RAVIOLI WITH BROWN BUTTER SAUCE

Yield: 12 portions

Ingredients	Amounts
Flour, durum	9 ½ wt. oz.
Salt, kosher	½ tsp.
Egg, whole	2 ½ ea.
Oil, olive, pure	1 ¼ Tbsp.
Cheese, ricotta	9 ½ wt. .oz.
Cheese, Romano, grated	2 ½ wt. oz.
Parsley, flat-leaf, fresh, chopped	3 ½ Tbsp.
Oregano, sprig, fresh, chopped	1 ¼ tsp.
Breadcrumbs	4 ¾ Tbsp.
Egg, yolk	1 ¼ ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Brown Butter Sauce (Recipe follows)	1x recipe

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. Let it rest at room temperature for at least 30 minutes.
4. 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.
5. Divide the dough into quarters. Using a pasta machine or a rolling pin on a flour-dusted surface, roll the pasta out into 4 very thin (less than ⅛-inch) rectangles.
6. On 2 of the pasta sheets, place 1 ½ teaspoons of filling in rows about 2 ½-inches apart. Cover with the 2 remaining pasta sheets, draping them to evenly cover and fall between fillings.
7. Using a 3 to 4-inch pasta cutter, cut the ravioli rounds. Press and seal the edges with a fork. (See Chef demo.)
8. Bring a large pot of salted water to a boil. Boil the ravioli until tender but still firm to the bite (*al dente*), 2 to 4 minutes.
9. Toss with the Brown Butter Sauce. Serve.

BROWN BUTTER SAUCE

Yield: 6 portions

Ingredients	Amounts
Stock, chicken	1 cup
Lemon, zest	2 Tbsp.
Lemon, juice, fresh	¼ cup
Butter, unsalted	1 cup
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Salt, sea, fine	to taste
Pepper, black, ground	to taste

Method

1. For the sauce, in a small saucepot over medium heat, reduce the chicken stock to ¼ cup, 5 to 6 minutes. Stir in the lemon juice and zest.
2. In a separate saucepot over medium heat, brown the butter, stirring constantly to break up the butter solids until golden brown, 7 to 8 minutes.
3. Stir brown butter into the chicken stock. Add the parsley and stir to combine. Season with salt and pepper to taste.

POACHED SWORDFISH WITH LEMON BROWN BUTTER

Yield: 8 portions

Ingredients	Amounts
Court Bouillon (Recipe follows)	1x recipe
Stock, chicken	1 cup
Lemon, zested, juiced	2 ea.
Butter, unsalted	1 cup
Capers, drained, rinsed	1 Tbsp.
Parsley, flat-leaf, fresh, minced	1 Tbsp.
Swordfish, fillet, 3-oz. ea.	8 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Prepare the Court Bouillon according to the directions in the following recipe.
2. For the sauce, in a small saucepot over medium heat, reduce the chicken stock to $\frac{1}{4}$ cup, 5 to 6 minutes. Stir in the lemon juice and zest.
3. In a separate saucepot over medium heat, brown the butter, stirring constantly to break up the butter solids until golden brown, 7 to 8 minutes.
4. Stir brown butter into the chicken stock. Add the capers and parsley. Stir to combine. Season with salt and pepper as needed. Reserve warm.
5. Bring court bouillon to a simmer over medium heat. Season swordfish with salt and pepper on both sides as needed. Place the swordfish in the court bouillon and lightly poach until white and opaque, 5 to 6 minutes. Drain well.
6. Transfer the swordfish to a serving platter and spoon the sauce over top.

COURT BOUILLON

Yield: 1 gallon

Ingredients	Amounts
Water	1 ¼ gal.
Vinegar, white	to taste
Salt, kosher	to taste
Carrot, sliced	3 cups
Onion, yellow, sliced	5 ⅓ cups
Thyme, leaves, fresh	1 pinch
Bay leaf, dried	3 ea.
Parsley, flat-leaf, bunch, fresh	1 ea.
Peppercorns, black, whole	3 Tbsp.

Method

1. In a saucepot over medium-high heat, place the water, vinegar, salt, carrots, onions, thyme, bay leaf, and parsley. Stir to combine. Simmer for 50 minutes.
2. Add the peppercorns. Stir to combine. Simmer for 10 minutes.
3. Strain through a fine mesh sieve before using.

CHICKPEA, SPLIT PEA, AND PEARL BARLEY SALAD WITH CIDER VINAIGRETTE

Yield: 9 portions

Ingredients	Amounts
Peas, split, green	1 ½ cups
Barley, pearl	1 ½ cups
Salt, kosher	as needed
Chickpeas, canned, drained	1 ½ cups
Pepper, bell, red, chopped	1 ½ cups
Cranberries, dried	½ cup
Chive, fresh, thinly sliced	4 ½ Tbsp.
Arugula, baby	4 ½ cups
Vinegar, cider	½ cup
Mustard, whole grain	1 Tbsp.
Thyme, leaves, fresh	1 Tbsp.
Turmeric, ground	¾ tsp.
Oil, olive, pure	6 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Place the peas in a pot and cover with cold water by 2-inches. Bring to a boil over high heat. Turn down the heat to medium and simmer until tender, 12 to 15 minutes. Drain and cool.
2. Place the barley in a fine mesh sieve. Rinse the barley under cold running water until the water runs clear.
3. Bring a pot of salted water to a boil over medium heat. Add the rinsed barley and simmer until the grains are tender 25 to 30 minutes. Drain and cool.
4. In a large bowl, place the peas, pearl barley, pepper, cranberries, chives, and arugula. Toss to combine.
5. For the vinaigrette, in a blender, place the vinegar, mustard, thyme, turmeric, and oil. Process on high speed until smooth, about 30 seconds. Season to taste with salt and pepper.
6. Add the vinaigrette to the bowl with the salad. Toss to coat.

CHEESE AGNOLOTTI

Yield: 12 portions

Ingredients	Amounts
Flour, durum	9 ½ wt. oz.
Salt, kosher	½ tsp.
Egg, whole	2 ½ ea.
Oil, olive, pure	1 ¼ Tbsp.
Cheese, ricotta	9 ½ wt. oz.
Cheese, Romano, grated	2 ½ wt. oz.
Parsley, flat-leaf, fresh, chopped	3 ½ Tbsp.
Oregano, sprig, fresh, chopped	1 ¼ tsp.
Breadcrumbs	4 ¾ Tbsp.
Egg, yolk	1 ¼ ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	as needed
Sauce Tomate (Recipe follows)	1x recipe

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. Let it rest at room temperature for at least 30 minutes.
4. 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. Place the filling into a piping bag fitted with a round, ½-inch tip. Reserve.
5. Divide the rested dough into 4 equal portions. Flatten one portion into a rectangle about ½-inch thick. Roll the dough until it is 1/16-inch thick and is 6 to 7-inches wide by 14 to 16-inches long. Repeat with remaining dough, stacking sheets with light flour between layers and covering with a towel to prevent the dough from drying out.
6. Place one sheet on a lightly floured surface. Pipe a line of filling about ½-inch wide lengthwise along the sheet, leaving 1 ½-inches of dough along one long edge.
7. Fold the dough over the filling and press firmly to seal and remove any air. Lightly moisten the seam with water, if necessary.

8. Pinch the filled tube at 1 to 1 ¼-inch intervals to form pockets. Cut between pinches using a knife or pasta cutter. (See Chef demo.)
9. Bring a large pot of salted water to a boil over high heat. Add the agnolotti and boil until tender but still firm to the bite (*al dente*), about 2 minutes. Drain well.
10. Toss in the Sauce Tomate. Serve.

SAUCE TOMATE

Yield: 1 ½ quarts

Ingredients	Amounts
Oil, olive, extra virgin	¼ cup
Onion, yellow, diced	¾ cup
Garlic, minced	2 ½ Tbsp.
Tomato, plum (Roma), canned, crushed	3 ½ lb.
Basil, sweet, leaves, fresh, torn	¾ cup
Salt, sea	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 and 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 and 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.

SHALLOW-POACHED CHICKEN BREAST WITH SAUCE FINES

HERBS

Yield: 9 portions

Ingredients	Amounts
Butter, unsalted	3 Tbsp.
Shallot, minced	3 ea.
Chicken, breast, skinless, boneless	9 ea.
Stock, chicken	$\frac{3}{4}$ cup
Wine, white, dry	1 $\frac{1}{4}$ cups
Sauce Velouté (Recipe follows)	1 $\frac{1}{2}$ pt.
Chive, fresh, thinly sliced	1 $\frac{1}{2}$ Tbsp.
Tarragon, fresh, finely chopped	1 $\frac{1}{2}$ Tbsp.
Parsley, flat-leaf, fresh, finely chopped	1 $\frac{1}{2}$ Tbsp.
Parsley, French, fresh, finely chopped	1 $\frac{1}{2}$ Tbsp.
Cream, heavy	6 Tbsp.
Salt, kosher	$\frac{1}{2}$ Tbsp.
Pepper, black, ground	$\frac{1}{4}$ tsp.

Method

1. Preheat oven to 325°F.
2. Coat the bottom and sides of a shallow sauté pan lightly with butter. Sprinkle the shallots on the bottom of the pan and place the chicken over top. Add the stock and wine.
3. Bring to a simmer over medium-low heat. Cover with a parchment paper lid. Transfer to the preheated oven and poach until the internal temperature of the chicken reaches 165°F, 20 to 25 minutes.
4. Remove the pan from the oven and transfer the chicken to a serving platter. Reserve warm.
5. Place the pan over medium heat. Reduce the poaching liquid to $\frac{1}{2}$ cup, 3 to 5 minutes.
6. Add the Sauce Velouté, chives, tarragon, flat-leaf parsley, and French parsley. Bring to a simmer.
7. Whisk in the cream and simmer for 1 minute. Strain the sauce through a fine mesh sieve. Season with the salt and pepper.
8. Spoon the sauce over the chicken on the serving platter.

SAUCE VELOUTÉ

Yield: 2 pints

Ingredients	Amounts
Butter, unsalted, clarified	3 Tbsp.
Onion, yellow, small diced	3 Tbsp.
Celery, rib, small diced	3 Tbsp.
Parsnip, small diced	3 Tbsp.
Flour, all-purpose	6 Tbsp.
Stock, chicken	4 ½ cups
Parsley, flat-leaf, stem, fresh	2 ea.
Bay leaf, dried	2 ea.
Peppercorns, black, cracked	½ tsp.
Thyme, leaves, fresh	½ tsp.
Garlic, clove	2 ea.
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. Heat the butter in a saucepan over medium heat. Add the onion, celery, and parsnip. Cook, stirring occasionally, until the onions are limp and have begun to release their juices into the pan, about 15 minutes. Do not allow the vegetables to brown.
2. Add the flour and stir well to combine. Turn down the heat to medium-low. Stir frequently until a pale or blond roux forms, about 12 minutes.
3. Gradually add the stock to the pan, stirring to work out any lumps. Bring it to a simmer over medium heat.
4. For the sachet d'épices, cut a 5-inch square of cheesecloth. Place the parsley stem, bay leaf, peppercorns, thyme, and garlic in the center of the cloth. Gather the corners of the square and tie them together with kitchen twine.
5. Add the sachet to the pan. Simmer, skimming as necessary, until the sauce coats the back of a spoon (*nappé*) and the starch of the flour has cooked away, 45 minutes to 1 hour.
6. Remove and discard the sachet. Strain the sauce through a fine mesh sieve. For an even finer texture, strain a second time through a double thickness of rinsed cheesecloth, if desired.
7. Return the sauce to a simmer. Season with salt and pepper to taste.

RED AND YELLOW BEET SALAD WITH CIDER VINEGAR

Yield: 9 portions

Ingredients	Amounts
Beet, red, medium	4 ½ ea.
Beet, yellow, medium	4 ½ ea.
Vinegar, cider (Divided)	1 cup
Salt, kosher	as needed
Ginger, powder	½ Tbsp.
Honey	1 ½ Tbsp.
Oil, olive, extra virgin	6 Tbsp.
Vinegar, cider	4 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Mesclun greens	4 ½ cups
Almonds, slivered	6 Tbsp.

Method

1. In a medium pot, place the red beets and ½ cup of the vinegar. Add enough water to cover the beets by 1-inch and a pinch of salt. Bring to a boil over medium high heat. Cook until fork tender, about 1 hour. Drain and cool.
2. In a separate medium pot, place the yellow beets and the remaining ½ cup of the vinegar. Add enough water to cover the beets by 1-inch and a pinch of salt. Bring to a boil over medium high heat. Cook until fork tender, about 1 hour. Drain and cool.
3. Using a paring knife, peel the beets. Slice into ¼-inch thick round slices.
4. For the vinaigrette, in a small bowl, combine the ginger, honey, oil, and vinegar. Season with salt and pepper to taste.
5. Shingle the beets in alternating colors around the rim of a serving platter, leaving the center of the platter open.
6. In a mixing bowl, toss the mesclun greens with ½ of the vinaigrette. Place the dressed greens in the center of the platter. Sprinkle the almonds over top of the greens. Drizzle the remaining vinaigrette over the beets.

RAGÙ ALLA CONTADINA WITH FRESH FETTUCCINE

Yield: 2 pounds

Ingredients	Amounts
Beef, ground	16 wt. oz.
Veal, ground	8 wt. oz.
Pork, ground	16 wt. oz.
Pork, prosciutto, chopped	4 wt. oz.
Oil, olive, extra virgin	3 fl. oz.
Pork, pancetta, finely chopped	4 wt. oz.
Onion, yellow, minced	2 ea.
Celery, rib, with leaves, minced	2 ea.
Carrot, small, minced	2 ea.
Wine, red, dry	1 cup
Stock, chicken, white (Divided)	3 cups
Milk, whole	2 pt.
Tomato, plum (Roma), canned, whole, drained	16 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Fresh Fettuccine (Recipe follows)	1x recipe
Cheese, Parmigiano-Reggiano, grated	as needed

Method

1. In a large bowl, combine the beef, pork, veal, and prosciutto. Reserve.
2. Heat the oil in a saucepot over medium-high heat. Add the pancetta, onion, celery, and carrots. Sauté until the onions just begin to caramelize, about 5 minutes.
3. Add the reserved ground meat mixture. Turn down the heat to medium and cook gently until the meats turn deep brown in color, about 12 minutes. Drain any excess fat.
4. Add the wine. Deglaze by scraping up any brown bits from the bottom of the saucepot with a wooden spoon. Simmer until the wine has reduced by $\frac{1}{2}$, about 3 minutes.
5. Stir in 4-ounces of the stock. Simmer until it has completely evaporated, about 10 minutes. Repeat with another 4-ounces of the stock. Stir in the remaining 4-ounces of the stock and the milk. Partially cover with a lid and simmer, stirring frequently, until the stock has evaporated, about 1 hour.
6. Add the tomatoes, crushing them as they are placed in the saucepot. Turn down the heat to medium-low. Simmer, uncovered, until the sauce thickens to a stew-like consistency, about 45 minutes. Season with salt and pepper to taste.
7. Toss with the Fresh Fettuccine. Top with the Parmigiano-Reggiano cheese.

FRESH FETTUCCINE

Yield: 1 ½ pounds

Ingredients

Flour, durum
Salt, kosher
Egg, whole
Oil, vegetable (Optional)
Salt, kosher

Amounts

3 ¼ cups
1 pinch
4 ea.
2 Tbsp.
as needed

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. Let it rest at room temperature for at least 30 minutes.
4. Roll the pasta dough into thin sheets about ⅛-inch thick. Using a pasta cutter, cut the dough into ¼-inch thick strips.
5. Bring a large pot of salted water to a boil. Add the fettuccine and boil until it is tender yet still firm to the bite (*al dente*), 2 to 4 minutes.
6. Drain well and toss with the sauce of your choice.

DAY FOUR:

CONTEMPORARY & DERIVATIVES SAUCES

COMBINATION HEAT PROTEIN & VEGETABLE COOKERY

TOSSED & COMPOSED SALADS

LEARNING OBJECTIVES

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

- Explain contemporary sauces and their derivatives.
- Prepare a contemporary sauce and evaluate quality using established standards.
- Define and describe the braising and stewing methods of cooking.
- Identify appropriate proteins, specific cuts, and vegetables suitable for braising and stewing.
- Describe correct methods for determining doneness of foods cooked using combination-heat techniques.
- Identify the key components of and demonstrate proper techniques for preparing tossed and composed salads.

INSTRUCTOR DEMONSTRATIONS

- Sauce Jus De Veau Lie
- Coq Au Vin
- Panzanella Salad

DAY FOUR: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Sautéed Scallops with Almonds
Sauce Beurre Blanc
Braised Beef with Beer and Onions
Salad Niçoise

TEAM TWO

Grilled Artichokes
Romesco Sauce
Shanghai-Style Braised Pork Belly
Endive Salad with Bleu Cheese and Walnuts

TEAM THREE

Beef Saté
Peanut Sauce
Spicy Pork Kimchi Stew
Fennel and Watercress Salad with Green Olives and Anchovies

TEAM FOUR

Roasted Asparagus
Sauce Béarnaise
Rabbit Stew
Navel Orange Salad with Dates and Feta Cheese

SAUTÉED SCALLOPS WITH ALMONDS

Yield: 9 portions

Ingredients	Amounts
Flour, all-purpose	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Scallop, sea	2 ¼ lb.
Oil, olive, pure	3 fl. oz.
Butter, unsalted	1 Tbsp.
Garlic, clove, unpeeled, smashed	4 ea.
Almonds, sliced	1 ½ Tbsp.
Parsley, flat-leaf, fresh, chopped	½ Tbsp.
Sauce Beurre Blanc (Recipe follows)	1x recipe

Method

1. Place the flour in a bowl. Season it with salt and pepper as needed.
2. Pat the scallops dry. Place in the seasoned flour and coat on all sides, shaking off any excess.
3. Heat the oil in a sauté pan over medium-high heat. Add the scallops and sear until lightly browned on both sides, 1 ½ to 2 minutes per side (See Chef demo).
4. Turn down the heat to medium. Add the butter and melt until it becomes foamy. Add the garlic. Baste the scallops with the garlic butter until fragrant, 30 to 45 seconds. Transfer the scallops to a serving platter. Reserve warm.
5. In a separate sauté pan over medium heat, toast the almonds until golden, 3 to 5 minutes.
6. Transfer the scallops to a serving dish. Garnish with the toasted almonds and parsley. Serve with the Sauce Beurre Blanc.

SAUCE BEURRE BLANC

Yield: 1 quart

Ingredients	Amounts
Shallot, minced	¼ cup
Peppercorns, black, whole	1 tsp.
Wine, white, dry	1 cup
Vinegar, wine, white	¼ cup
Cream, heavy	1 cup
Butter, unsalted, cubed	1 ½ lb.
Salt, kosher	to taste
Pepper, white, ground	to taste
Lemon, juice, fresh	to taste

Method

1. In a medium saucepan over medium-high heat, combine the shallots, peppercorns, wine, and vinegar. Reduce until nearly dry, 5 to 7 minutes.
2. In a separate small saucepan, reduce the heavy cream by ½, 8 to 10 minutes.
3. Add the reduced heavy cream to the medium saucepan. Stir to combine. Simmer the sauce until it has reduced slightly, 2 to 3 minutes.
4. Turn down the heat to low. Add the butter a few pieces at a time, while whisking constantly until the butter is blended into the sauce. Repeat this process until all of the butter had been incorporated.
5. Season with salt, pepper, and lemon juice to taste.

BRAISED BEEF WITH BEER AND ONIONS

Yield: 9 portions

Ingredients	Amounts
Beef, chuck	4 ½ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure (Divided)	9 Tbsp.
Onion, yellow, thinly sliced	3 lb.
Garlic, minced	3 tsp.
Flour, all-purpose	1 ½ Tbsp.
Beer, dark	2 ¼ cups
Thyme, sprig, fresh	3 ea.
Bay leaf, dried	3 ea.
Vinegar, malt	1 ½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Cut the beef into 1-inch thick slices. Season the beef on all sides with salt and pepper as needed.
2. Heat 2 tablespoons of the oil in a large sauté pan over medium-high heat. Add the beef and brown on both sides, about 3 minutes per side. Remove and reserve warm. Repeat with the remaining beef, adding more of the oil, as necessary.
3. Heat 2 tablespoons of the oil in a Dutch oven over medium heat. Add the onions. Sauté until softened and lightly caramelized, 3 to 5 minutes.
4. Add the garlic and sauté until aromatic, 1 to 2 minutes.
5. Gradually add the flour, while constantly stirring, until incorporated. Cook until the raw flour smell dissipates, 5 to 7 minutes.
6. Add the beer, thyme, and bay leaf. Stir to combine.
7. Return the beef and its juices to the pot. Stir to combine. Turn down the heat to medium-low. Simmer, partially covered, until fork tender, about 3 hours. Remove and reserve warm the beef and onions.
8. For the sauce, remove and discard the herbs from the braising liquid. Return the pot to the stove. Simmer over medium-high heat until the sauce has reduced to a syrup-like consistency, about 5 minutes.
9. Return the beef and onions to the pot. Heat until warmed through. Stir in the vinegar. Season with salt and pepper to taste.
10. Serve on a heated platter.

SALAD NIÇOISE

Yield: 8 portions

Ingredients	Amounts
Potato, fingerling, washed, skin on, cut in ½	2 ¼ lb.
Oil, olive, pure	¼ cup
Garlic, clove	8 ea.
Thyme, bunch, fresh	¼ ea.
Bay leaf, dried	2 ea.
Salt, kosher	1 ½ tsp.
Pepper, black, ground	1 tsp.
Salt, kosher	as needed
Bean, green, ends trimmed	1 lb.
Egg, whole	4 ea.
Onion, red, julienned	1 cup
Parsley, flat-leaf, fresh, chopped	4 Tbsp.
Capers, drained, rinsed, chopped	3 Tbsp.
Red Wine Vinaigrette (Recipe follows)	4 cups
Mixed greens	½ lb.
Tomato, plum (Roma), peeled, quartered	4 ea.
Anchovy, fillet, oil-packed, drained	16 ea.
Olive, Niçoise, halved, pitted	32 ea.

Method

1. Preheat oven to 375°F.
2. In a large bowl, combine the potatoes, oil, garlic, thyme, bay leaves, salt, and pepper.
3. On a hotel pan, distribute the potatoes evenly in a single layer.
4. Roast the potatoes in the preheated oven until fork-tender, 12 to 15 minutes. Shake the pan occasionally to evenly roast the potatoes. Remove and reserve.
5. Bring a large pot of salted water to a boil. Add the green beans and cook until tender but still firm to the bite, 2 to 3 minutes. Drain, shock in an ice bath, and drain again. Reserve.
6. In a medium saucepan, place the eggs and enough cold water to cover by 1-inch. Bring to a boil over high heat. Turn off the heat, cover, and let sit for 10 to 12 minutes.
7. Remove the eggs from the hot water and place in an ice bath until cool. Peel and quarter the eggs. Reserve.
8. Transfer the reserved potatoes and green beans to a large bowl. Add the onion, parsley, and capers. Toss to combine. Add 1 cup of the Red Wine vinaigrette. Toss to coat.
9. To serve, arrange the greens on a serving platter. Arrange the potato and green bean mixture on top of the greens. Serve the remaining red wine vinaigrette on the side.

10. Garnish the plate with the tomatoes, anchovies, olives, and reserved eggs.

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.

GRILLED ARTICHOKEs

Yield: 10 portions

Ingredients	Amounts
Water	8 cups
Bay leaf, dried	2 ea.
Lemon, halved	1 ea.
Salt, kosher	½ tsp.
Pepper, black, ground	½ tsp.
Artichoke, whole, fresh	10 ea.
Oil, olive, extra-virgin	¼ cup
Garlic, clove, sliced	3 ea.
Romesco Sauce (Recipe follows)	1 ¼ cups

Method

1. Place the water in a large stockpot. Add the bay leaf and 1 lemon half. Season with the salt and pepper. Bring to a simmer over medium-low heat.
2. Slice 1-inch off the top of each artichoke. Trim the stems and peel back to expose the tender flesh. Remove the tough outer petals to expose the soft, light green petals toward the center (See Chef demo.)
3. Add the artichokes to the simmering water. Cover the pot and simmer until tender, about 20 minutes. Remove the artichokes from the water and cool.
4. Quarter each artichoke. Remove the hairy choke from the center of each and discard. Place the artichoke quarters in a resealable plastic bag. Add the oil, garlic, and the juice of the remaining lemon half. Marinate in the refrigerator for at least 30 minutes, or for up to 4 hours.
5. Preheat a gas grill to medium heat.
6. Remove the artichokes from the marinade. Grill uncovered over direct heat until golden, about 10 minutes.
7. Transfer the artichokes to a serving platter. Serve with the Romesco Sauce.

ROMESCO SAUCE

Yield: 4 cups

Ingredients	Amounts
Hazelnuts, skinned	48 ea.
Almonds, skinned	40 ea.
Oil, olive, pure	as needed
Pepper, bell, red	6 ea.
Tomato, plum (Roma)	4 ea.
Bread, focaccia, slices	4 ea.
Garlic, clove, peeled	4 ea.
Oil, olive, extra virgin, Spanish	½ cup
Parsley, flat-leaf, sprig, fresh, chopped	4 ea.
Vinegar, wine, sherry	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. Place the hazelnuts and almonds in a sauté pan. Toast in the preheated oven, shaking occasionally, until golden brown and aromatic, 7 to 10 minutes. Cool and reserve.
3. Increase the oven temperature to 400°F. Brush a baking sheet lightly with oil.
4. Halve the peppers. Remove and discard the stems and seeds. Place them cut-side down on the prepared baking sheet.
5. Cut the tomatoes in ½ length wise. Place them cut-side down on the prepared baking sheet.
6. Roast the peppers and tomatoes in the preheated oven until evenly charred, 12 to 15 minutes.
7. Transfer to a heat proof bowl and cover with plastic wrap. Steam the peppers and tomatoes for 20 minutes. Using a paring knife, remove and discard the skins. Cool and reserve the innards.
8. Heat enough oil to lightly coat the bottom of a large sauté pan over medium-high heat. Add the focaccia slices and pan fry until crisp and golden brown, 3 to 4 minutes per side. Cool.
9. Transfer the hazelnuts, almonds, peppers, tomatoes, and focaccia slices to a blender. Add the garlic, oil, parsley, and vinegar. Blend on medium speed until smooth, about 45 seconds. Season with salt and pepper to taste.

SHANGHAI-STYLE BRAISED PORK BELLY

Yield: 10 portions

Ingredients	Amounts
Pork, belly, cut across grain, 1-in. slices	4 lb.
Water	8 cups
Ginger, fresh, thinly sliced	1 $\frac{1}{3}$ cups
Oil, vegetable	$\frac{1}{4}$ cup
Sugar, rock, Chinese (Divided)	$\frac{3}{4}$ cup
Garlic, clove, peeled	$\frac{1}{2}$ cup
Star anise, whole	16 ea.
Soy sauce, mushroom, dark	1 $\frac{1}{2}$ Tbsp.
Wine, Shaoxing	1 cup

Method

1. In a large pot over medium-high heat, place the pork, water, and ginger. Simmer, skimming any impurities, until opaque and cooked through, about 15 minutes.
2. Strain the liquid from the solids, reserving both separately.
3. Cut the pork into 1 by $\frac{1}{2}$ -inch strips.
4. Heat the oil and $\frac{1}{2}$ of the sugar in a clean pot over medium heat until the sugar begins to caramelize, 7 to 8 minutes.
5. Add the pork strips and brown on all sides, about 2 minutes.
6. Add the reserved ginger and cooking liquid. Stir to combine.
7. Add the remaining sugar and the garlic, star anise, soy sauce, and wine. Cover and simmer until the pork belly is tender, about 45 minutes.
8. Remove the pork from the braising liquid and reserve. Turn up the heat to medium-high.
9. For the sauce, reduce the braising liquid until reduced to a syrup-like consistency, 15 to 20 minutes. Allow the sauce to settle, skimming any excess fat from the top. Remove and discard the star anise.
10. Return the pork to the sauce and warm through.

ENDIVE SALAD WITH BLEU CHEESE AND WALNUTS

Yield: 6 portions

Ingredients	Amounts
Lemon, juice, fresh	4 ½ Tbsp.
Oil, hazelnut	4 ½ Tbsp.
Tarragon, fresh, chopped	1 ½ Tbsp.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Walnuts, halved	1 cup
Endive, Belgian	2 ¼ lb.
Cheese, bleu, crumbled	4 ½ wt. oz.

Method

1. Preheat oven to 350°F
2. For the dressing, in a small bowl, whisk the lemon juice, hazelnut oil, tarragon, salt, and pepper until combined. Let it stand for 30 minutes.
3. Place the walnuts in a sauté pan. Roast in the preheated oven until lightly browned, 5 to 7 minutes.
4. Separate the endive heads into individual leaves.
5. Place the endive leaves in a large bowl. Add the toasted walnuts, bleu cheese, and the dressing. Toss to coat.
6. Serve immediately.

BEEF SATÉ

Yield: 30 pieces

Ingredients	Amounts
Skewers, wooden, 6-in.	30 ea.
Beef, tenderloin	2 lb.
Soy sauce	¼ cup
Cilantro, fresh, coarsely chopped	2 Tbsp.
Oil, sesame	2 Tbsp.
Garlic, chopped	1 ⅓ Tbsp.
Ginger, fresh, minced	2 tsp.
Curry powder	2 tsp.
Pepper, Hawaiian chili, seeded, crushed	5 ea.
Lemongrass, stalk, minced	1 Tbsp.
Peanut Sauce (Recipe follows)	1x recipe

Method

1. Soak the skewers in water for 30 minutes to prevent them from burning when cooking.
2. Slice the beef into strips about ½ inch wide by 2-inches long.
3. For the marinade, in a large bowl, combine the soy sauce, cilantro, sesame oil, garlic, ginger, curry powder, Hawaiian chili pepper, and lemongrass. Stir to combine.
4. Add the beef and coat with the marinade on all sides. Cover and refrigerate for at least 1 hour.
5. Preheat a grill over medium-high heat.
6. Remove the beef from the marinade and wipe off any excess. Weave the slices of meat onto the soaked skewers.
7. Sear on the preheated grill until grill marks have formed, about 1 minute per side.
8. Serve with the Peanut Sauce.

PEANUT SAUCE

Yield: 1 pint

Ingredients	Amounts
Peanuts	1 cup
Peanut, butter	1 cup
Garlic, minced	2 Tbsp.
Pepper, Hawaiian chili, seeded, minced	4 ea.
Sugar, granulated	1 Tbsp.
Chile, cayenne, ground	1 pinch
Lime, juice, fresh	½ cup
Soy sauce	½ cup
Oil, peanut	½ cup
Water	½ cup
Cilantro, fresh, chopped	2 ½ Tbsp.

Method

1. In a dry skillet over medium heat, toast the peanuts until lightly browned and aromatic, about 5 minutes. Cool until able to be handled. Roughly chop the peanuts. Reserve.
2. In a small saucepan over medium heat, combine the peanut butter, garlic, Hawaiian chili pepper, sugar, cayenne, lime juice, soy sauce, peanut oil, and water. Bring it to a boil while stirring frequently.
3. Turn down the heat to medium-low. Simmer until thickened slightly, 2 to 3 minutes. A small amount of water may be added to adjust the consistency, if needed.
4. Remove the pan from the heat. Stir in the cilantro.
5. Garnish with the reserved peanuts. Serve warm.

SPICY PORK KIMCHI STEW

Yield: 9 portions

Ingredients	Amounts
Oil, vegetable	3 Tbsp.
Onion, yellow, sliced	1 ½ ea.
Garlic, clove, sliced	3 ea.
Pork, shoulder, thinly sliced	1 ½ lb.
Korean red chili paste (<i>Gochujang</i>)	1 ½ Tbsp.
Korean red chili powder (<i>Gochugaru</i>)	½ Tbsp.
Kimchi, cut into bite size pieces	1 ½ lb.
Stock, beef, white	9 cups
Salt, kosher	as needed
Tofu, silken, ¾-in. diced	1 ½ lb.
Scallion (Green onion)	3 ea.
Chile, jalapeño, green, fresh, thinly sliced	1 ½ ea.

Method

1. Heat the oil in a saucepot over medium heat. Add the onions and cook until softened, about 5 minutes.
2. Add the garlic. Sweat until softened, about 1 minute.
3. Add the pork. Cook until the meat turns opaque, 5 to 7 minutes.
4. Stir in the Korean red chili paste and powder. Cook until aromatic, about 30 seconds.
5. Add the kimchi and just enough of the stock to cover the ingredients. Bring to a boil.
6. Turn down the heat to medium. Simmer until the pork is tender, about 20 minutes. Season with salt as needed.
7. Place the tofu into serving bowls. Ladle the stew over the tofu. Garnish with the scallions and jalapeños.

FENNEL AND WATERCRESS SALAD WITH GREEN OLIVES AND ANCHOVIES

Yield: 6 portions

Ingredients	Amounts
Fennel, bulb	4 ½ ea.
Olive, green	27 ea.
Watercress, local, bunch, fresh	1 ea.
Oil, olive, extra-virgin	4 ½ Tbsp.
Vinegar, wine, red	1 ½ Tbsp.
Garlic, crushed	⅓ tsp.
Red pepper flakes	⅓ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Celery, rib, minced	3 Tbsp.
Parsley, flat-leaf, fresh, chopped (Divided)	1 ½ Tbsp.
Anchovy, fillet, oil-packed, drained	3 wt. oz.
Lemon, cut into 6 wedges	1 ea.

Method

1. Cut the fennel lengthwise in ½. Remove the stalks and leaves. Trim any remnants of the root and brown parts from the base.
2. Cut each bulb piece crosswise into thin slices. Discard the tough center core. Soak in cold water for about 5 minutes.
3. Drain the olives and rinse under cold running water. Loosely wrap the olives in a kitchen towel. Using a mallet, gently crush the olives to press out the pits. Soak the olives in cold water until the briny flavor has muted, about 10 minutes. Drain and coarsely chop.
4. Drain the fennel and transfer to a bowl. Add the watercress, olives, oil, vinegar, garlic, and red pepper flakes. Toss and chill for 1 to 2 hours.
5. Season with salt and pepper to taste. Add the celery and 1 tablespoon of the parsley. Toss to combine.
6. Mound the salad loosely in the middle of a flat serving plate. Place the anchovies around the salad. Garnish with the lemon wedges and sprinkle with the remaining parsley.

ROASTED ASPARAGUS

Yield: 6 portions

Ingredients	Amounts
Asparagus, spears	5 lb.
Oil, olive, extra-virgin	8 fl. oz.
Pepper, Espelette, powder	15 g
Salt, kosher	20 g
Sauce Béarnaise (Recipe follows)	1x recipe

Method

1. In a large bowl, combine the asparagus, oil, Espelette powder, and salt. Let it stand for at least 1 hour.
2. Preheat oven to 500°F.
3. Brush a baking sheet with enough oil to lightly coat. Transfer the asparagus to the baking sheet and arrange in an even layer.
4. Roast in the preheated oven, turning frequently, until golden, about 5 minutes.
5. Serve with the Sauce Béarnaise.

SAUCE BÉARNAISE

Yield: 20 fluid ounces

Ingredients	Amounts
Butter, unsalted, clarified	1 pt.
Shallot, chopped	1 Tbsp.
Peppercorns, black, cracked	½ tsp.
Tarragon, dried	1 Tbsp.
Tarragon, stem, fresh, chopped	2 ea.
Vinegar, tarragon	¼ cup
Wine, white, dry	1 fl. oz.
Water	¼ cup
Egg, yolk	6 ea.
Tarragon, leaves, fresh, chopped	2 Tbsp.
Chervil, fresh, chopped	1 Tbsp.
Salt, kosher	to taste

Method

1. Place 1 to 2 inches of water in the pot. Heat over medium-low heat until simmering.
2. Heat the clarified butter to 145°F in a small saucepan over medium heat. Reserve hot.
3. In a small saucepan over medium-high heat, combine the shallots, peppercorns, dried tarragon, tarragon stems, and vinegar. Reduce until nearly dry, 2 to 3 minutes.
4. Add the wine and water. Stir to combine. Strain through a fine mesh sieve and into a stainless-steel bowl that will fit snugly over the pot with the simmering water.
5. Add the egg yolks. Using a whisk, whip the egg yolks and reduction until combined. Place the bowl over the simmering water, making sure that the bottom of the bowl does not touch the water.
6. Cook, whisking constantly, until the eggs are thickened and form ribbons when they fall from the whisk, about 165°F.
7. Remove the bowl from the simmering water and set on a clean side towel to keep the bowl from slipping.
8. Gradually ladle in the reserved clarified butter in a thin stream while whisking constantly. As the butter is blended into the egg yolks, the sauce will thicken. If the sauce becomes too tight, a small amount of water or lemon juice may be added to loosen the egg yolks and absorb the remaining butter.
9. Add the tarragon and chervil. Season with salt to taste.
10. The sauce is now ready to serve, or may be held warm at 145°F for up to 2 hours.

RABBIT STEW

Yield: 4 portions

Ingredients	Amounts
Rabbit, whole	3 lb.
Bay leaf, dried	2 ea.
Clove, whole	2 ea.
Thyme, dried	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Oil, olive, extra-virgin	2 Tbsp.
Garlic, crushed	2 Tbsp.
Onion, yellow, large, finely sliced	1 ea.
Wine, red, dry	1 ½ pt.
Flour, all-purpose	4 ½ wt. oz.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Oil, olive, pure	2 fl. oz.
Garlic, clove, unpeeled	10 ea.
Leek	1 ea.
Thyme, sprig, fresh	2 ea.
Bay leaf, dried	1 ea.
Orange, peel, dried	1 ea.

Method

1. Cut the rabbit into 8 pieces, removing the legs, fore shanks, and saddle. Reserve the liver.
2. In a large bowl, combine the bay leaves, cloves, thyme, salt, and pepper. Add the rabbit pieces and toss to coat.
3. Coat the rabbit with the oil. Add the garlic and onions. Pour the red wine over the rabbit to fully submerge. Cover and marinate for 1 hour, turning the rabbit two or three times. Remove the rabbit from the marinade, drain well, and pat dry. Reserve the marinade.
4. In a bowl, combine the flour, salt, and pepper. Place the rabbit in the flour and coat on all sides, shaking off any excess.
5. Heat the oil in a sauté pan over medium heat. Add the rabbit and garlic cloves. Sauté until the rabbit is golden brown on all sides, 3 to 5 minutes.
6. In a saucepan over high heat, bring the reserved marinade to a boil. Pour it over the rabbit. Deglaze by scraping up the brown bits from the bottom of the pan with a wooden spoon.
7. For the bouquet garni, wrap the thyme, bay leaf, and orange peel in the leek and secure with butcher's twine.

8. Add the bouquet garni. Turn down the heat to medium. Simmer the rabbit for 30 minutes.
9. Turn the rabbit over and simmer until tender, about 15 minutes. Remove the pan from the heat. Remove the garlic cloves. Peel and discard the skin.
10. In a food processor, place the reserved rabbit liver and peeled garlic. Blend until smooth, about 45 seconds. Strain through a fine mesh strainer and into small bowl. Add a ladle of sauce from the sauté pan with the rabbit. Stir to combine.
11. Pour the mixture into the sauté pan with the rabbit. Stir to combine with the sauce. Turn down the heat to low. Simmer, constantly stirring, until the sauce has thickened and is a rich chocolate color, 3 to 4 minutes.
12. Remove the pan from the heat. Remove the bouquet garni. Serve immediately.

NAVEL ORANGE SALAD WITH DATES AND FETA CHEESE

Yield: 10 portions

Ingredients	Amounts
Orange, navel	5 ea.
Lettuce, Boston, leaf	1 lb.
Date, Medjool, pitted, julienned	10 ea.
Mint, leaves, fresh, chiffonade	¼ cup
Cheese, feta, small diced	5 wt. oz.

Method

1. Using a sharp knife, peel the oranges, making sure to remove the skin and white pith. Cut the oranges crosswise into round slices ½-inch thick.
2. Separate and wash the lettuce leaves. Pat dry with paper towels.
3. To serve, layer the lettuce leaves on a platter or individual salad plates. Arrange the orange slices on top of the lettuce. Garnish with the dates, mint, and feta

DAY FIVE:

MARKET BASKET PROJECT GUIDELINES

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.

MENU FORMAT

Your menu will be formatted as follows:

First Course: Soup – Cream, Purée, or Consommé

Second Course: Salad – Bound, Tossed, or Composed

Third Course: Pasta – Flat or Filled, with Sauce

Fourth Course: Entrée – Roasted, Sautéed, Pan Fried, Braised, or Stewed with Classic or Contemporary Sauce

PRODUCTION REQUIREMENTS

- Each course must yield 10 portions.
- One cooking method listed for each course must be showcased as the primary technique used.
- All assigned market basket ingredients must be incorporated into the menu.

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, including technique selection, flavor balance, and overall concept.

MENU DEVELOPMENT WORKSHEET

Use the following worksheets and templates to help design your menu and sketch your presentation 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 # _____

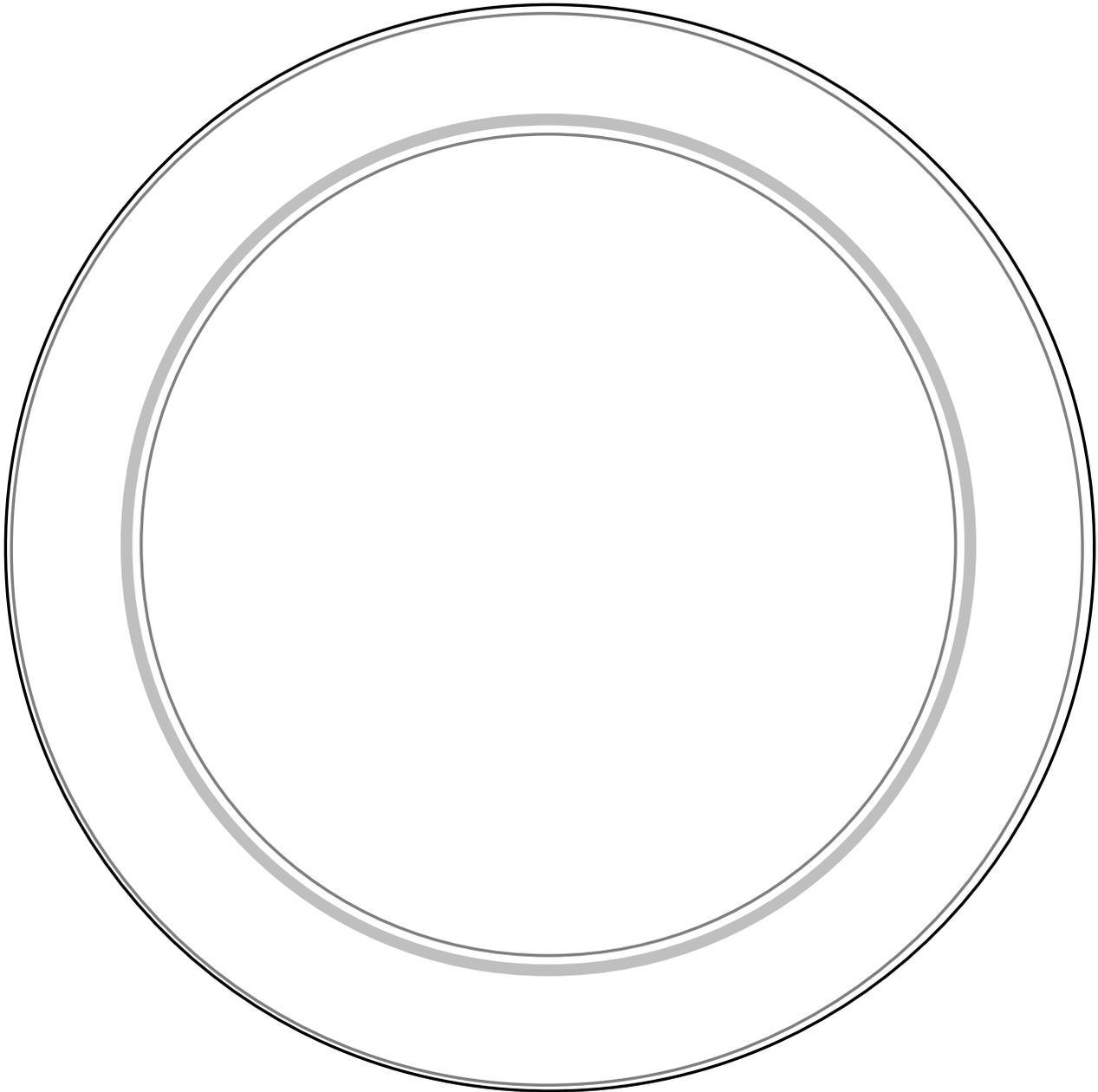
First Course

Second Course

Third Course

Fourth Course

Item: _____

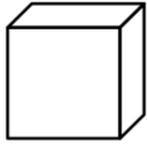


RECIPE INDEX

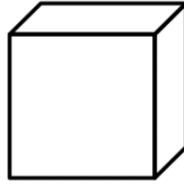
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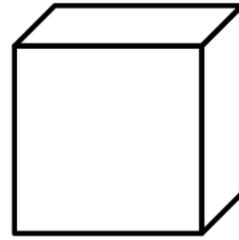
BASIC KNIFE CUTS



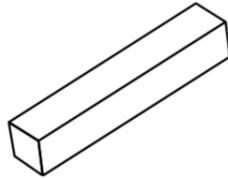
Small Dice
1/4" cube



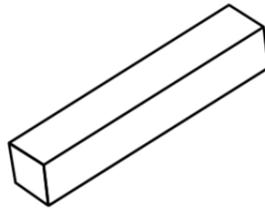
Medium Dice
1/2" cube



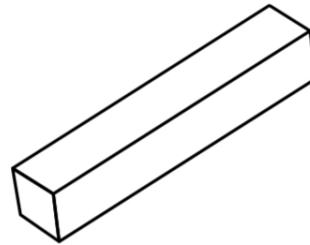
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



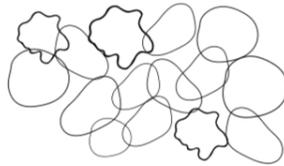
Julienne
1/8" sq x 2 inch



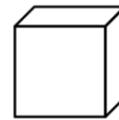
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



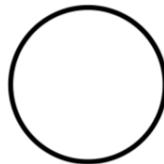
Chop
1/8"-1/4" cube



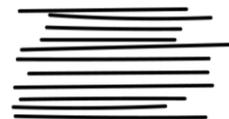
Brunoise
1/8" cube (fine dice)



Bias
diagonal cut



Rondelle
1-8"-1/2" round



Chiffonade
rolled, sliced thin

CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

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

METRIC CONVERSION TABLE

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

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

TEMPERATURE EQUIVALENCIES

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

US CUSTOMARY LIQUID VOLUME CONVERSIONS

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

US TO METRIC DRY MEASURES CONVERSIONS

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

VOLUME MEASURE CONVERSIONS

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

APPENDIX

FORMULAS FOR STOCKS

Standard Mirepoix

Yield: 1 pound

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

White Mirepoix

Yield: 1 pound

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

Chicken, White Beef, Veal, Pork, Lamb Basic Stock Formula

Yield: 1 gallon

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

Brown Veal, Estouffade, Pork, Lamb, or Game stocks (1 gallon):

Caramelize the mirepoix starting with the carrots first. Once the carrots have begun to brown on the edges add the onions. When the onions are browned add the celery and cook until softened and pincer 6 oz. (weight) Tomato Paste and add to above formula.

Basic Broth Formula using Water

Yield: 1 gallon

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

Basic Broth Formula using Stock

Yield: 1 gallon

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

Vegetable Stock Basic Formula

Yield: 1 gallon

Ingredients	Amounts
Assorted non-starchy vegetables	3 lb.
Water	5 qt.

Fish Fumet Basic Formula

Yield 1 gallon

Ingredients	Amounts
Fish bones (non-oily); cut in 2" pieces	11 lb.
White mirepoix	1 lb.
Water	3 ½ qt.
White wine	1 qt.
Standard sachet	1 ea.
Mushrooms, sliced	10 wt. oz.
Salt (optional)	2 Tbsp.

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

Cooking Times for Basic Stocks

Vegetable:	<i>45 minutes to 1 hour</i>
Fish stock and fumet:	<i>35 to 45 minutes</i>
Chicken stock:	<i>3 to 4 hours</i>
Brown veal stock:	<i>6 to 8 hours</i>
White beef stock:	<i>8 to 10 hours</i>
Meat Broth:	<i>Simmered until meat is tender</i>

These materials were developed at the Culinary Institute of America.

Culinary Essentials for Industry Professionals Course Guide v.100.docx

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