



Culinary Institute
of America

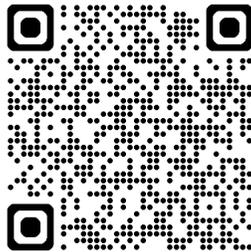
Best of Boot Camp World Tour

WELCOME!



CIAFOODIES.COM

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Expectations for Participants

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

KITCHEN RESPONSIBILITIES

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



RECIPE MISE EN PLACE

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

FOOD SAFETY

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

KNIFE SAFETY

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



COURSE INFORMATION

Get ready for a hands-on, intercontinental culinary tour featuring some of the very best of our Boot Camp programs! Around the world you will go, having fun while learning to cook the fresh, vibrant flavors of Asia; the diverse, iconic cuisines of the Americas; the finest, most delectable dishes of Europe; and the exotic, aromatic flavors found throughout the Mediterranean. All along the way, you'll be guided by our seasoned, globe-trotting chef, who will share insights into and knowledge of world cuisines and the fundamentals of cooking.

LEARNING OBJECTIVES

Throughout this course, you will...

- Become acquainted with culinary terms and jargon.
- Practice a variety of knife cuts.
- Explore world cuisine of the continents of Asia, North America, South America, Europe, and Africa.
- Prepare a variety of inter-continental dishes representative of nations and regional cuisines.
- Identify special equipment (such as woks and tagines) used in the preparation of various cuisines.
- Apply appropriate cooking methods when creating featured dishes.
- Discuss the ingredients and flavor profiles of select cuisines.

SYLLABUS

DAY ONE: ASIA

- Lecture
 - Safety and Sanitation
 - Mise en Place
 - Basic Culinary Preparations
 - Basic Knife Skills
 - Asian Cuisine
 - Ingredients, Equipment, and Techniques
- Kitchen Production Exercise
 - Asian Cuisine
 - China
 - Thailand
 - Vietnam
 - India
 - Korea
 - Group/ Station Demonstrations
 - Review and Critique

DAY TWO: THE AMERICAS

- Lecture
 - North America
 - South America
 - Caribbean
 - Ingredients, Equipment, and Techniques
- Kitchen Production Exercise
 - Cuisine of the Americas
 - Regional US
 - Mexico
 - South America
 - Caribbean
 - Group/ Station Demonstrations
 - Review and Critique

DAY THREE: EUROPE AND THE BRITISH ISLES

- Lecture
 - European Cuisine
 - Ingredients, Equipment, and Techniques
- Kitchen Production Exercise
 - European Cuisine
 - Eastern Europe
 - Central Europe
 - Western Europe
 - Northern Europe
 - British Isles
 - Group/ Station Demonstrations
 - Review and Critique

DAY FOUR: THE MEDITERRANEAN: EUROPE, AFRICA, & ASIA

- Lecture
 - Mediterranean Cuisine
 - Ingredients, Equipment, and Techniques
- Kitchen Production Exercise
 - Mediterranean Cuisine
 - Southern Europe
 - Northern Africa
 - Western Asia
 - Group/ Station Demonstrations
 - Review and Critique

DAY ONE: ASIA

LEARNING OBJECTIVES

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

- list the culinary regions within China, Thailand, Vietnam, South Korea, Japan, and India.
- explain the elements of taste in each Asian country.
- list the key ingredients used in each Asian country.
- explain the common cooking techniques used in each Asian country.
- describe the popular dishes representative of each Asian country.
- prepare a variety of dishes representative of these Asian countries using standardized recipes.

INSTRUCTOR DEMONSTRATIONS

- Forming a spring roll
- Slicing beef for bulgogi

DAY ONE: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE: CHINA

Spring Rolls
Stir-Fried Shanghai Bok Choy
Grandmother's Tofu
Shanghai-Style Braised Pork Belly Steamed Buns

TEAM TWO: SOUTHEAST ASIA

Cucumber Salad
Thai Hot-and-Sour Soup
Stir-Fried Rice Noodles with Pork and Turmeric
Vietnamese Pork Patties with Cool Rice Noodles
Fried Rice with Sausage
**Prepare Dulce de Leche for Day Two*

TEAM THREE: INDIA

Roasted Garlic Naan with Cucumber Raitha and Mango Chutney with Pistachios
Spicy Lentils
Bengal Fragrant Fish Curry with Basmati Rice Pilaf
Pork Vindaloo with Yellow Rice
**Prepare Chimichurri for Grilled Flank Steak for Day Two*

TEAM FOUR: KOREA

Instant Cucumber Kim Chi
Soybean Sprout Salad
Bulgogi with Scallion Salad
Seafood Porridge
**Soak the Salt Cod for Salt Cod Fish Fritters for Day Two
(Soak at beginning of class, change water at end of class)*

SPRING ROLLS

Yield: 25 rolls

Ingredients	Amounts
Mushroom, black fungus, dried	1 cup
Pork, ground	9 wt. oz.
Salt, kosher	as needed
Shrimp, 36/40	1 lb.
Cabbage, napa, chiffonade	3 ½ cups
Carrot, julienne	2 ¼ cups
Bean sprouts	3 cups
Scallion (Green onion), thinly sliced	6 ea.
Ginger, 2-inch piece, minced	1 ea.
Oyster sauce	¼ cup
Hot bean paste	¼ cup
Hoisin sauce	¼ cup
Vinegar, rice	2 Tbsp.
Spring roll wrappers	25 ea.
Egg, whole, beaten	2 ea.
Oil, vegetable	as needed
Ginger-Soy Dipping Sauce (Recipe follows)	8 fl. oz.
Spicy Mustard (Recipe follows)	1 cup

Method

1. In a small bowl, place the black fungus and enough boiling water to cover. Cover the bowl with plastic wrap. Let it rehydrate for 30 minutes. Julienne. Reserve.
2. Heat a large wok over medium-high heat. Add the pork. Stir fry until the pork is opaque, 4 to 5 minutes. Reserve.
3. Bring a pot of salted water to a boil. Lower the heat to a simmer. Add the shrimp. Poach until it is pink and opaque, about 4 minutes. Drain. Transfer the shrimp to an ice water bath until cool enough to handle. Drain. Peel and devein the shrimp. Chop into chunks.
4. For the filling, in a large bowl, place the chopped shrimp, reserved black fungus, pork, cabbage, carrot, bean sprouts, scallion, and ginger. Mix to combine. Reserve.
5. For the seasoning, in a small bowl, combine the oyster sauce, hot bean paste, hoisin sauce, and rice vinegar. Transfer the seasoning mixture to the bowl with the filling. Mix to combine.

6. Wrap the spring roll wrappers in a damp paper towel. As they are used, keep the remainder wrapped in the towel to prevent them from drying out.
7. Lay a spring roll wrapper flat on a clean, dry surface, with one corner facing you. Lightly brush the edges with the beaten egg. Place about 3 tablespoons of filling in a cylinder shape slightly below the center of the wrapper, leaving space between the filling and the corner and edges.
8. Fold the bottom corner of the wrapper over the filling. Slightly roll it back to make sure the wrapper is snug around the filling. Using your thumb, tuck the edge closest to the filling upwards, then fold in the two side corners over the roll. Continue rolling tightly until the spring roll is fully sealed (see Chef demo).
9. Preheat deep fryer to 350°F.
10. Working in batches, gently place the spring rolls in the hot oil. Fry, turning occasionally, until golden brown and crisp, 2 to 3 minutes. Drain on paper towels.
11. Serve with the Ginger Soy Dipping Sauce and Spicy Mustard.

Source: Chef Michael Pardus

GINGER-SOY DIPPING SAUCE

Yield: 8 fluid ounces

Ingredients	Amounts
Ginger, fresh, minced	¼ cup
Soy sauce, light	¼ cup
Vinegar, rice, black	½ cup
Water	¼ cup
Oil, sesame	1 Tbsp.
Sugar, granulated	½ tsp.

Method

1. In a large bowl, place all the ingredients. Whisk until the sugar dissolves.
2. Transfer to small ramekins.

SPICY MUSTARD

Yield: 1 cup

Ingredients

Amounts

Mustard, powder	1 cup
Salt, kosher	a pinch
Sugar, granulated	a pinch
Water, cold	½ cup

Method

1. In a small bowl, combine the mustard powder, salt, and sugar.
2. Gradually whisk in the water until it has a smooth, thick, creamy consistency.
3. Cover the bowl with plastic wrap. Rehydrate (bloom) for 15 minutes.

STIR-FRIED SHANGHAI BOK CHOY

QINCHAO SHANGHAI BAICAI

Yield: 6 portions

Ingredients	Amounts
Bok choy, baby	1 ½ lb.
Oil, vegetable	2 Tbsp.
Garlic, clove, thinly sliced	8 ea.
Salt, kosher	as needed
Sugar, granulated	as needed

Method

1. Separate the bok choy into individual leaves.
2. Heat the oil in a wok over medium heat. Add the garlic. Stir fry until aromatic, about 1 minute.
3. Add the bok choy. Stir fry until tender. Add a splash of water to keep the garlic from burning, if needed.
4. Season with salt and sugar to taste.
5. Serve on a warm platter.

GRANDMOTHER'S TOFU

SU MA PO DOFU

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Peppercorn, Sichuan, whole	1 ½ tsp.
Chile bean paste (<i>doubanjiang</i>)	1 Tbsp.
Scallion (Green onion), minced	1 ea.
Ginger, fresh, minced	1 tsp.
Garlic, minced	2 tsp.
Pork, ground	¾ lb.
Wine, rice, Shaoxing	1 ½ Tbsp.
Soy sauce, light	as needed
Tofu, silken, medium diced	1 ½ lb.
Salt, kosher	1 tsp.
Cornstarch	1 Tbsp.
Water	1 Tbsp.
Scallion (Green onion), sliced	1 ea.

Method

1. Heat the oil in a wok over medium heat. Add the Sichuan pepper. Cook until the pepper starts to brown and aromatic, about 1 minute. Using a skimmer, remove and discard the peppercorns.
2. Add the chile bean paste, scallion, ginger, and garlic. Cook until aromatic, about 1 minute.
3. Add the pork. Stir fry until cooked through.
4. Add the Shaoxing. Season with soy sauce to taste.
5. Carefully add the diced tofu. Sprinkle the salt evenly over the tofu. Turn down the heat to low, cover, and cook for 3 minutes.
6. Gently mix the tofu with the ground meat.
7. For the slurry, in a small bowl, whisk together the cornstarch and water. Stir it into the sauce.
8. Adjust seasonings to taste. Garnish with the scallions.

SHANGHAI-STYLE BRAISED PORK BELLY STEAMED BUNS

Yield: 8 portions

Ingredients	Amounts
Shanghai Style Braised Pork Belly (Recipe follows)	1x recipe
Oyster sauce	1 Tbsp.
Hoisin sauce	1 Tbsp.
Soy sauce, dark	1 Tbsp.
Sugar, granulated	2 Tbsp.
Water	$\frac{3}{4}$ cup
Lotus bun, prepared	20 ea.
Radish, daikon, shaved	2 cups
Carrot, shaved	2 cups
Scallion (Green onion), thinly sliced on a long bias	6 ea.
Cilantro, leaves, fresh	2 cups

Method

1. Prepare the Shanghai Style Braised Pork Belly.
2. For the sauce, in a small bowl, place the oyster sauce, hoisin, soy sauce, sugar, and water. Mix to combine. Reserve.
3. For the lotus buns, set up the steamer in the wok (see Chef demo). Steam the buns until the dough is cooked through, about 15 minutes. Remove and reserve.
4. To assemble, spread a teaspoon of the reserved sauce inside each bun. Add a piece of the reserved pork belly. Top with a small portion of the daikon, carrot, scallion, and cilantro.
5. Serve on a warm platter.

Note: A combi oven or steamer can also be used to steam the buns.

SHANGHAI-STYLE BRAISED PORK BELLY

Yield: 10 portions

Ingredients	Amounts
Pork, belly, sliced 1-in. thick across grain	4 lb.
Water	2 qt.
Ginger, fresh, thinly sliced	2 ½ wt. oz.
Oil, vegetable	¼ cup
Sugar, rock, Chinese, crushed (Divided)	5 ½ wt. oz.
Garlic, cloves, peeled	½ cup
Star anise	16 ea.
Soy sauce, dark, mushroom	1 ½ Tbsp.
Wine, rice, Shaoxing	1 cup

Method

1. In a large wok over medium heat, place the pork, water, and ginger. Heat until simmering. Turn down the heat to low. Blanch for 15 minutes, skimming any impurities from the surface.
2. Strain the liquids from solids. Reserve both separately.
3. Cut the pork into 1 x ½-inch pieces. Reserve.
4. In a clean wok over medium heat, add the oil and ½ of the sugar. Cook until the sugar caramelizes to a light golden color, 3 to 5 minutes.
5. Add the blanched pork. Brown on all sides.
6. Add the reserved ginger and cooking liquid, garlic, star anise, soy sauce, Shaoxing wine, and the remaining sugar. Cover and turn down the heat to low. Simmer gently until the pork is tender, about 45 minutes. Remove the pork and reserve.
7. For the sauce, increase the heat to medium-high. Reduce the sauce until it thickens enough to coat the back of a spoon (*nappé*). Turn down the heat to low. Skim and discard any excess fat.
8. Return the pork to the sauce. Cook until it is heated through. Serve immediately.

Note: Dark soy sauce comes in a mushroom flavored variety, which adds a higher level of natural umami to this dish. Dry sherry wine may be substituted for the Shaoxing wine.

CUCUMBER SALAD

Yield: 8 portions

Ingredients	Amounts
Vinegar, rice	½ cup
Sugar, granulated	4 Tbsp.
Salt, kosher	1 Tbsp.
Cucumber, European, halved lengthwise, ⅛-inch slices	1 ea.
Onion, red, quartered lengthwise, ⅛-inch sliced against the grain	1 ea.
Chile, jalapeño, red, halved, ⅛-in. sliced	2 ea.
Mint, leaves, fresh, torn	¼ cup
Cilantro, leaves, fresh	½ cup

Method

1. In a saucepan over low heat, whisk together the vinegar, sugar, and salt. Heat until the sugar is dissolved. Remove the pan from the heat and let it cool.
2. In a medium bowl, place the cucumbers, onions, and jalapeños. Cover the vegetables with the cooled vinegar mixture. Marinate for 30 minutes.
3. Add the mint and cilantro. Toss to combine.
4. Serve with a perforated spoon to remove any excess dressing.

THAI HOT-AND-SOUR SOUP

TOM YUM KUNG

Yield: 8-10 portions

Ingredients	Amounts
Shrimp, 21/25	1 ½ lb.
Lemongrass, stalks	2 ea.
Oil, vegetable	1 Tbsp.
Red curry paste	2 Tbsp.
Galangal, minced	1 Tbsp.
Lime, makrut, leaf	6 ea.
Stock, chicken	2 qt.
Chile, Thai bird's eye, thinly sliced	6 ea.
Tomato, plum (Roma), cut into eighths	4 ea.
Mushroom, straw, canned, cut in half	15 oz.
Fish sauce	⅓ cup
Sugar, granulated	1 Tbsp.
Lime, juice, fresh	1 cup
Fish sauce	to taste
Lime, juice, fresh	to taste
Cilantro, fresh, coarsely chopped	½ cup

Method

1. Peel and devein the shrimp, reserving the shells. Rinse. Slice in half. Reserve.
2. Trim the lemongrass at its root end. Trim the top ½ inch and discard. Slice the remaining stalk in ½ lengthwise and cut into 1-inch lengths. Reserve.
3. Heat the oil in a saucepot over medium heat. Add the curry paste. Toast until aromatic but not browned, about 1 minute.
4. Add the reserved shrimp shells and lemongrass, galangal, lime leaves, and chicken stock. Bring it to a boil. Lower the heat and simmer until the flavors are infused, about 10 minutes. Strain the soup into a new pot, discarding the solids.
5. Add the chiles, tomatoes, mushrooms, fish sauce, and sugar. Return the soup to a boil, then lower the heat to a simmer.
6. Add the shrimp. Simmer until the shrimp are just cooked through, 1 to 2 minutes.
7. Stir in the lime juice. Adjust the seasoning with fish sauce and lime juice to taste.
8. Garnish with the cilantro.

STIR-FRIED RICE NOODLES WITH PORK AND TURMERIC

Yield: 8 portions

Ingredients	Amounts
Noodles, rice, thin, dried	1 lb.
Pork, shoulder, cut into ¼-in. strips	24 wt. oz.
Shallots, minced	6 ea.
Scallion (Green onion), slivered	4 ea.
Fish sauce (Divided)	6 Tbsp.
Pepper, black, ground	1 Tbsp.
Sugar, granulated	1 Tbsp.
Turmeric, fresh, grated	¼ cup
Oil, vegetable	2 Tbsp.
Stock, vegetable	as needed
Chive, garlic, cut into 1 ½-in. lengths	1 cup

Method

1. In a large bowl, place the rice noodles and enough water to cover. Rehydrate the rice noodles for 30 minutes. Be sure not to oversoak.
2. Bring a large pot of water to a boil. Add the rehydrated noodles. Boil until tender, about 1 minute. Be sure not to overcook. Drain. Immediately rinse in cold water to stop the cooking process. Reserve.
3. In a large bowl, combine the pork, shallots, scallions, 2 tablespoons of the fish sauce, black pepper, sugar, and turmeric. Marinate for 30 minutes.
4. Heat the oil in a wok over high heat until it begins to smoke. Add the marinated pork. Stir fry until all pieces are well seared, 3 to 4 minutes. If the pork is sticking, lower the heat and add a small amount of oil.
5. Add the cooked noodles and the remaining 2 tablespoons of fish sauce. Stir gently to coat the noodles. Cook until heated through, 3 to 4 minutes. If more moisture is needed, add a little stock.
6. Add the garlic chives. Toss to incorporate.
7. Serve on a warm platter.

VIETNAMESE PORK PATTIES WITH COOL RICE NOODLES

Yield: 8 portions

Ingredients	Amounts
Peppercorns, black, whole	1 tsp.
Oyster sauce	2 Tbsp.
Fish sauce	1 Tbsp.
Sugar, palm	2 Tbsp.
Lemongrass, minced	2 Tbsp.
Shallot, minced	2 Tbsp.
Garlic, minced	1 tsp.
Pork, shoulder, ground	2 lb.
Noodles, rice, thin, dried	1 lb.
Lettuce, red leaf, head, shredded	1 ea.
Cucumber, julienne	1 ea.
Carrot, julienne	1 ea.
Perilla (<i>Shiso</i>), leaf, fresh, chiffonade	10 ea.
Mint, leaves, fresh, torn	10 ea.
Cilantro, bunch, fresh, roughly chopped	1 ea.
Peanuts, dry roasted, chopped	1 cup
Vietnamese Dipping Sauce (Recipe follows)	2 cups

Method

1. In a dry sauté pan over medium-high heat, place the peppercorns in a single layer. Toast until aromatic, about 2 minutes. Grind in a spice grinder.
2. In a large bowl, combine the toasted, ground pepper, oyster sauce, fish sauce, palm sugar, lemongrass, shallot, and garlic. Add the ground pork. Knead until a cohesive, sticky mass is formed. Refrigerate until chilled, about 45 minutes.
3. In a separate large bowl of room temperature water, place the rice noodles. Soak until partially rehydrated, about 20 minutes. Drain.
4. Preheat grill over medium-high heat.
5. With moistened hands, form 2-ounce patties of the pork mixture. The patties should have the texture and appearance of raw sausage. Cover the patties, refrigerate, and reserve.
6. Bring a large pot of water to a boil. Add the partially rehydrated rice noodles. Boil until tender and supple, about 1 minute. Drain and rinse in cool water.
7. Divide the noodles into 8 portions while they are still slippery. (They will stick together as they sit but will separate once they are coated with sauce.)

8. In the bottom of 8 serving bowls, arrange the shredded lettuce. Place a portion of the noodles over the lettuce. Top with a portion of the cucumber, carrot, shiso leaves, mint, and cilantro. Reserve.
9. Cook the reserved pork patties on the preheated grill until browned on both sides and cooked through, about 3 minutes per side. Divide the patties among the bowls.
10. Sprinkle with chopped peanuts. Serve with a small ramekin of the Vietnamese Dipping Sauce on the side, to be poured over the noodles before eating.

Note: Light brown sugar can be substituted for the palm sugar.

VIETNAMESE DIPPING SAUCE

NUOC CHAM

Yield: 2 cups

Ingredients	Amounts
Chiles, Thai bird's eye	3 ea.
Garlic, minced	2 tsp.
Sugar, granulated	4 ½ Tbsp.
Water, warm	1 cup
Lime, juice, fresh	4 Tbsp.
Fish sauce	½ cup
Carrot, finely shredded	2 Tbsp.

Method

1. Stem and seed the chiles. Cut 2 of them into thin rings. Finely mince the remaining chile. Reserve.
2. In a small bowl, place the garlic, sugar, water, lime juice and fish sauce. Whisk until the sugar is dissolved.
3. Add the reserved chiles and shredded carrot. Macerate for 10 minutes.
4. Adjust the seasoning to taste.

Note: To increase the level of heat, add some or all the chile seeds in the dish. If expanding this recipe do not automatically increase the chiles in proportion to everything else. Add extra chiles "to taste."

FRIED RICE WITH SAUSAGE

Yield: 6 portions

Ingredients	Amounts
Steamed Jasmine Rice (Recipe follows)	6 cups
Salt, kosher	as needed
Carrot, medium diced	¼ lb.
Oil, vegetable	3 Tbsp.
Egg, whole, beaten	3 ea.
Sausage, Chinese, small diced	½ lb.
Onion, yellow, small diced	1 ea.
Garlic, minced	¼ cup
Scallion (Green onion), sliced	4 ea.
Mushroom, shiitake, medium diced	¼ lb.
Pepper, bell, green, small diced	1 ea.
Salt, kosher	1 Tbsp.
Pepper, black, ground	1 tsp.

Method

1. Prepare the Steamed Jasmine Rice (Recipe follows). Allow it to cool.
2. Bring a pot of salted water to a boil. Add the carrots and blanch for 1 minute. Immediately transfer the carrots to an ice water bath to halt the cooking process. Drain and reserve.
3. Heat the oil in a wok over medium heat. Add the beaten eggs. Cook, constantly breaking the eggs apart with the wok spatula, until scrambled, about 2 minutes. Remove the eggs from the wok and reserve.
4. Add the sausage. Cook until the fat renders, 3 to 4 minutes.
5. Add the onions, garlic, and scallions. Stir fry in the rendered fat until aromatic, about 2 minutes.
6. Add the mushrooms and peppers. Stir fry until tender, 2 to 3 minutes.
7. Add the blanched carrots and cooked rice. Season with the salt and pepper. Stir fry until the rice begins to turn golden brown, about 5 minutes.
8. Return the reserved scrambled eggs to the pan. Toss to combine.
9. Serve immediately.

STEAMED JASMINE RICE

Yield: 9 cups

Ingredients

Amounts

Rice, Jasmine

3 cups

Water

6 cups

Method

1. In a large saucepan, add the rice and water. Bring it to a boil over high heat.
2. Stir once, cover, and turn down the heat to low. Simmer until the rice is tender and all the water is absorbed, about 20 minutes.
3. Remove the saucepan from the heat. Let the rice steam, covered, for 10 minutes.
4. Fluff gently with a fork.

ROASTED GARLIC NAAN

Yield: 20 small pieces

Ingredients	Amounts
Garlic, whole head	10 ea.
Ghee, melted	as needed
Water, warm	1 ½ cups
Yogurt, whole	¾ cup
Flour, all-purpose	2 lb.
Salt, kosher	2 tsp.
Nigella seeds	2 tsp.
Baking powder	1 Tbsp.
Yeast, dry, instant	¼ wt. oz.
Oil, vegetable	as needed
Salt, kosher	as needed

Method

1. Preheat oven to 350°F.
2. Split the garlic heads in half around their widest part. Place them in a shallow roasting pan. Drizzle ghee over the garlic to lightly coat. Cover the pan with foil.
3. Roast in the preheated oven until the garlic is very soft and slightly caramelized, 25 to 30 minutes.
4. Squeeze the roasted garlic pulp from the skins into a small bowl. Cool. Add 2 tablespoons of ghee. Mix well to form a paste.
5. Add the water and yogurt. Mix well. Reserve.
6. In the bowl of a stand mixer fitted with the paddle attachment, place the flour, salt, onion seeds, baking powder and yeast. Mix at low speed, gradually adding the reserved yogurt mixture, until combined.
7. Change to a hook attachment. Knead the dough on low speed for 5 minutes.
8. Transfer the dough to a clean bowl and cover with plastic wrap. Let it sit in a warm (not hot) place until it doubles in size, 30 to 60 minutes.
9. Turn out the dough onto a workstation. Divide it into 20 equal pieces. Shape each piece into a ball. Transfer the balls to a lightly oiled, parchment-lined sheet tray.
10. Lightly coat each dough ball with ghee. Cover the tray with plastic and let it sit until it doubles in size, about 20 minutes.
11. Preheat a griddle pan to medium-high heat.
12. Flatten the dough pieces to a ¼-inch thickness.
13. Lightly grease the griddle pan with ghee. Carefully place the dough onto the hot griddle. Cook until golden brown and puffed on both sides, about 5 minutes per side.

14. Brush the hot naan with ghee and sprinkle with salt.
15. Serve immediately with the Cucumber Raitha and Mango Chutney with Pistachios.

Note: Butter can be substituted for the ghee. The naan can also be baked in the oven on a pizza stone, preheated to 500°F. Traditionally, naan is baked using a tandoori oven. The dough is firmly slapped onto the wall of the very hot oven using a protective glove.

Source: Chef Michael Pardus

CUCUMBER RAITHA

Yield: 1 quart

Ingredients

Amounts

Yogurt, Greek	1 qt.
Cucumber, peeled, seeded, small diced	2 ea.
Salt, kosher	to taste

Method

1. In a large bowl, place the yogurt and diced cucumbers. Mix to thoroughly combine.
2. Season with salt to taste.

Note: Raitha is a cooling agent served with very hot Indian food.

MANGO CHUTNEY WITH PISTACHIOS

Yield: 2 cups

Ingredients	Amounts
Sugar, granulated	1 cup
Vinegar, white, distilled	¼ cup
Chile, jalapeño, red	2 ea.
Clove, crushed	3 ea.
Bay leaf, dried	2 ea.
Cinnamon, stick	1 ea.
Cardamom, pod, crushed	1 ea.
Ginger, 2-in. piece, fresh, thinly sliced	1 ea.
Mango, firm, ripe, med. diced	3 ea.
Pistachios	¼ cup
Currants, red, dried	½ cup

Method

1. In a saucepan over medium-high heat, place the sugar and vinegar. Cook until the sugar is lightly caramelized, about 5 minutes.
2. Add the chiles, cloves, bay leaves, cinnamon, cardamom, and ginger. Cook, stirring continually, for 15 seconds.
3. Add the mangoes. Mix well. Simmer until they release their juices. Increase the heat slightly. Cook until the liquid reduces and thickens, about 5 minutes.
4. Add the pistachios and currants. Stir to combine. Remove and discard the bay leaves and cinnamon stick.
5. Serve immediately.

SPICY LENTILS

DAL SAMBAR

Yield: 8 portions

Ingredients	Amounts
Asafoetida, whole	½ tsp.
Fenugreek (<i>methi</i>), whole	½ tsp.
Cumin, seeds	1 tsp.
Chickpeas, split, dried (<i>Channa dal</i>)	1 Tbsp.
Lentil, black, split, dried (<i>Urad dal</i>)	1 Tbsp.
Peppercorn, black, whole	½ tsp.
Coriander, seeds	2 Tbsp.
Turmeric, ground	1 tsp.
Chile, red, dried, crushed	1 Tbsp.
Coconut, desiccated, unsweetened	½ cup
Curry, leaf	1 ea.
Oil, vegetable	as needed
Peas, pigeon, split, yellow (<i>Toor dal</i>), rinsed	1 ½ lb.
Water	1 qt.
Oil, vegetable	2 tsp.
Mustard, seeds	½ tsp.
Fenugreek (<i>methi</i>), whole	½ tsp.
Cumin, ground	½ tsp.
Chile, red, dried, halved	3 ea.
Onion, yellow, med. diced	2 cups
Tamarind, pulp	2 Tbsp.
Tomato, plum (Roma), peeled, seeded, chopped	4 ea.
Salt, kosher	to taste
Cilantro, leaves, fresh	¼ cup

Method

1. In a dry pan over medium-high heat, add the asafoetida, fenugreek, cumin, *channa dal*, *urad dal*, peppercorn, coriander seeds, turmeric and dried red chiles. Toast until aromatic, about 1 minute.
2. Add the coconut and curry leaf. Toast until golden brown, 2 to 3 minutes.
3. In a spice grinder, finely grind the toasted spice mixture.

4. In a medium pot over low heat, add enough oil to lightly coat the bottom. Add the ground toasted spices and heat until aromatic, about 2 minutes.
5. Add the *dal* and water. Simmer until the *dal* are very tender, 30 to 40 minutes. Add more water, if needed, to keep the pot from scorching on the bottom. Remove the pot from the heat. Keep covered and reserve warm.
6. Heat the oil in a small, heavy frying pan over medium heat. Add the mustard, seeds, fenugreek, cumin, and dried red chile. Fry (temper) until the mustard seeds begin to pop, about 2 minutes.
7. Add the onions. Fry until tender and lightly browned, 3 to 5 minutes. Reserve.
8. Into a separate pan over medium heat, add the tamarind and tomato. Cook until the tart flavor of the tamarind mellows, about 3 minutes.
9. Add the tamarind, tomatoes, and the reserved tadka to the reserved *dal*. If the *dal* are too wet, Simmer briefly to reduce the liquid.
10. Season with salt to taste. Garnish with the cilantro.

Note: *Channa dal* can be substituted for the *toor dal*. Tempering (or *tadka* in Hindi) is an Indian cooking technique where whole spices are briefly fried in hot oil or ghee to release their essential oils and add depth and complexity to the flavor profile.

BENGAL FRAGRANT FISH CURRY WITH BASMATI RICE PILAF

MAACH BHAJA

Yield: 6 portions

Ingredients	Amounts
Mackerel, fillet	1 ½ lb.
Mustard, powder	1 tsp.
Cumin, ground	1 tsp.
Turmeric, ground	½ tsp.
Chile, cayenne, ground	½ tsp.
Oil, mustard (Divided)	2 ½ Tbsp.
Onion, yellow, thinly sliced	1 cup
Garlic, sliced	1 Tbsp.
Chile, green, minced	1 Tbsp.
Tomato, plum (Roma), peeled, chopped	2 cups
Salt, kosher	to taste
Lemon, juice, fresh	1 Tbsp.
Cilantro, leaves, stems, fresh, chopped	¼ cup
Basmati Rice Pilaf (Recipe follows)	3 cups

Method

1. Place the fillets on a plate. Sprinkle with the mustard, cumin, turmeric, and cayenne. Rub the spices over both sides of the fish.
2. Heat 1 tablespoon of the mustard oil in a large, heavy nonstick sauté pan over high heat. Let the oil smoke for a minute to rid it of its pungency. Add the fish and sear on both sides, about 1 minute per side. Transfer to a plate. Reserve.
3. Lower the heat to medium. Add the remaining oil, onions, garlic, and chiles. Cook, stirring occasionally, until the onions begin to brown.
4. Add the tomatoes and any accumulated juices. Season with salt to taste. Cook until the sauce thickens slightly, about 5 minutes.
5. Add the reserved fish fillets. Cook until the sauce bubbles and the fish is heated through, about 4 minutes.
6. Transfer the fish and the sauce to a heated platter. Sprinkle with lemon juice and cilantro. Serve with the Basmati Rice Pilaf.

Note: Vegetable oil can be substituted for the mustard oil.

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

BASMATI RICE PILAF

Yield: 3 cups

Ingredients

Amounts

Rice, basmati	1 ⅓ cups
Ghee	2 Tbsp.
Shallots, minced	2 Tbsp.
Water, hot	2 cups
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a strainer, rinse the rice under cold water until the water runs clear. Drain well.
2. Heat the ghee in a heavy-bottom pot over medium heat. Add the shallots. Sweat, stirring frequently, until translucent, 5 to 6 minutes.
3. Add the rice. Cook, stirring frequently, until coated with the ghee and heated through, 2 to 3 minutes.
4. Add the hot water. Bring it to a simmer, stirring to prevent the rice from clumping together or sticking to the bottom of the pot.
5. Season with salt and pepper to taste. Cover and simmer until the grains are tender but still firm to the bite and have absorbed all liquid, 15 to 20 minutes. Let the rice rest for 10 minutes.
6. Fluff the rice with a fork. Serve in a heated bowl.

Note: Rice pilaf can also be baked in a 350°F oven. Butter can be substituted for the ghee.

PORK VINDALOO WITH YELLOW RICE

Yield: 6 portions

Ingredients	Amounts
Clove, ground	½ tsp.
Cardamom, ground	½ tsp.
Cinnamon, ground	1 ½ tsp.
Cumin, seed	1 ½ Tbsp.
Garlic, clove	10 ea.
Ginger, fresh, peeled, sliced	¼ cup
Turmeric, ground	1 Tbsp.
Coriander, seeds	3 Tbsp.
Fenugreek (<i>Methi</i>), seeds	¾ Tbsp.
Chile, red, dried, whole	4 wt. oz.
Vinegar, palm	1 ⅛ cups
Sugar, granulated	¼ cup
Tamarind, pulp, strained	½ cup
Salt, kosher	¼ cup
Turmeric, ground	1 tsp.
Red chile powder	2 tsp.
Sugar, granulated	2 Tbsp.
Vinegar, palm	⅓ cup
Pork, butt, cut into 1-in. cubes	3 lb.
Oil, vegetable	2 Tbsp.
Onion, yellow, large diced	1 ea.
Tomato, paste	2 Tbsp.
Water	3 Tbsp.
Salt, kosher	to taste
Vinegar, palm	to taste
Yellow Rice (Recipe follows)	1x recipe

Method

1. For the spice paste, in a medium bowl, combine the clove, cardamom, cinnamon, cumin, garlic, ginger, turmeric, coriander, fenugreek, dried red chiles, palm vinegar, sugar tamarind pulp, and salt. Cover with plastic wrap and refrigerate for 1 day.
2. In a blender, purée the mixture into a coarse paste. Reserve.

3. For the marinade, in a large bowl, place the turmeric, red chili powder, sugar, and palm vinegar. Mix to combine. Add the cubed pork. Toss to coat. Marinate in the refrigerator for 1 hour.
4. Heat the oil in a heavy-bottom pot over medium-high heat. Add the onions. Fry until golden brown, 4 to 5 minutes.
5. Add 1 cup of the reserved spice paste. Fry until aromatic, about 2 minutes.
6. In a small bowl, place the tomato paste and water. Mix to combine. Transfer to the pot. Cook until most of the water is evaporated and the paste begins to fry again.
7. Add the reserved, marinated pork cubes. Stir to coat evenly with the paste.
8. Turn down the heat to low. Cover and simmer, stirring occasionally, until the meat is fork tender. Add a little water as needed.
9. Skim any excess fat from the surface. Season with salt, the reserved spice paste, and vinegar to taste. (You will not need to use all the spice paste.)
10. Serve hot with the Yellow Rice.

Source: Chef Shirley Cheng

YELLOW RICE

Yield: 6 portions

Ingredients	Amounts
Water	6 cups
Sugar, granulated	1 Tbsp.
Turmeric, ground	1/2 tsp.
Salt, kosher	1 Tbsp.
Butter, unsalted	1 Tbsp.
Cinnamon, stick	1 ea.
Raisins	1 cup
Lemon, rind, cut into large pieces	1 ea.
Rice, basmati	4 cups

Method

1. In a large pot, bring the water to a boil.
2. Add the sugar, turmeric, salt, butter, cinnamon stick, raisins, and lemon rind. Stir until the sugar dissolves.
3. Add the rice. Cover and simmer until the rice is tender, about 20 minutes.
4. Remove and discard the cinnamon stick and lemon rind.
5. Fluff the rice with a fork before serving.

INSTANT CUCUMBER KIM CHI

Yield: 6 portions

Ingredients	Amounts
Sesame seeds	1 Tbsp.
Cucumber, European	2 ea.
Salt, kosher (Divided)	2 ½ tsp.
Radish, daikon, julienne	1 cup
Garlic, clove, mashed	1 ea.
Scallion (Green onion), finely sliced	2 ea.
Ginger, fresh, grated	½ Tbsp.
Korean chili powder (<i>Gochugaru</i>)	1 ½ tsp.

Method

1. In a small pan over medium heat, place the sesame seeds in an even layer. Toast until lightly golden and aromatic, 3 to 4 minutes. Transfer to a small bowl and reserve.
2. Cut the cucumbers in half lengthwise. Scoop out and discard the seeds. Cut them into thin slices. Transfer to a colander.
3. Add 1 ½ teaspoons of the salt. Let the cucumbers drain for 2 hours.
4. In a small bowl, place the daikon and the remaining 1 teaspoon of salt. Mix to combine. Let it sit for 30 minutes.
5. Gently squeeze out the excess moisture from the cucumbers and daikon.
6. Transfer the cucumber and daikon to a large bowl. Add the garlic, scallion, ginger, gochugaru, and sesame seeds. Toss to combine.
7. Refrigerate until ready to serve.

SOYBEAN SPROUT SALAD

CONG NAMUL

Yield: 8 portions

Ingredients	Amounts
Sesame seeds	2 tsp.
Soybean sprouts, rinsed, tails trimmed	1 lb.
Salt, kosher	1 tsp.
Garlic, minced	2 tsp.
Scallion (Green onion), trimmed, chopped	2 ea.
Oil, sesame	2 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a small pan over medium heat, place the sesame seeds in an even layer. Toast until lightly golden and aromatic, 3 to 4 minutes. Reserve.
2. In a medium bowl, place the soybean sprouts and salt. Mix to combine.
3. In a heavy-bottomed pot, place 1 inch of water. Bring it to a boil. Add the salted soybean sprouts. Cover and cook, shaking the pot 3 to 4 times, until steam shoots out from under the lid, about 2 minutes. Drain. Transfer the sprouts to a medium bowl.
4. Add the toasted sesame seeds, garlic, scallion, and sesame oil. Season with salt and pepper to taste. Mix well. Cover and refrigerate until chilled.
5. Serve on a chilled platter.

BULGOGI WITH SCALLION SALAD

Yield: 8 portions

Ingredients	Amounts
Beef, skirt steak	3 lb.
Sesame seeds	1 ½ Tbsp.
Garlic, minced	1 Tbsp.
Ginger, fresh, minced	3 Tbsp.
Scallion (Green onion), minced	½ cup
Soy sauce, light	½ cup
Sake	¼ cup
Oil, vegetable	1 Tbsp.
Sugar, granulated	1 Tbsp.
Korean chili powder (<i>Gochugaru</i>)	1 Tbsp.
Korean chili paste (<i>Gochujang</i>)	½ cup
Vinegar, rice	2 Tbsp.
Sugar, granulated	1 Tbsp.
Garlic, clove, sliced ⅛- inch thick	4 ea.
Cabbage, napa, leaf tips, trimmed	24 ea.
Perilla (<i>Shiso</i>), leaf	24 ea.
Scallion Salad (Recipe follows)	1x recipe

Method

1. Cut the beef into very thin slices. (See Chef demo.)
2. In a small pan over medium heat, place the sesame seeds. Toast until lightly golden and aromatic, 3 to 4 minutes.
3. Using a spice grinder, grind the seeds into a powder.
4. For the marinade, in a large bowl, combine 1 tablespoon of the toasted, ground sesame seeds, garlic, ginger, scallion, soy sauce, sake, vegetable oil, sugar, and gochugaru. Coat the thin beef slices evenly with the marinade. Marinate for 1 hour.
5. Preheat the grill to medium.
6. For the sauce, in a small bowl, place the remaining teaspoon of toasted sesame seed powder, gochujang, rice vinegar, and sugar. Mix to combine. Reserve.
7. Bring a small pot of water to a boil. Add the garlic slices. Blanch for 30 seconds. Drain. Reserve.
8. Place the beef on the preheated grill. Grill until cooked through, about 1 minute per side. Reserve warm.
9. To assemble Bulgogi, lay out the cabbage leaves. Place a tablespoon of the reserved sauce on each of the cabbage leaves. Place a shiso leaf on top of the sauce. Place 2

ounces of beef on top of the shiso leaf. Top with the Scallion Salad and a blanched garlic slice. Wrap each lettuce leaf around the ingredients. Continue until 24 pieces are assembled.

10. Serve immediately on a platter.

Note: Sesame leaf can be substituted for the shiso leaf.

SCALLION SALAD

Yield: 8-10 portions

Ingredients	Amounts
Sake	2 Tbsp.
Sesame seeds	1 Tbsp.
Sugar, granulated	1 tsp.
Korean chili powder (<i>Gochugaru</i>)	2 tsp.
Salt, kosher	1 tsp.
Oil, sesame	1 Tbsp.
Oil, peanut	2 Tbsp.
Scallion, (Green onion), cut on bias into 2-inch strips	16 ea.

Method

1. In a small pot, place the sake. Bring it to a boil. Remove the pot from the heat and let it cool.
2. In a small pan over medium heat, place the sesame seeds. Toast until lightly golden and aromatic, 3 to 4 minutes.
3. Using a mortar and pestle, lightly crush the toasted seeds.
4. For the dressing, in a large bowl, place the crushed sesame seeds, cooled sake, sugar, *gochugaru*, and salt. Whisk to combine.
5. In a small bowl, combine the peanut oil and sesame oil. Slowly drizzle the oil mixture into the sake mixture while whisking constantly.
6. Just before serving, add the scallions. Toss to combine.

SEAFOOD PORRIDGE

Yield: 8 portions

Ingredients	Amounts
Rice, white, medium-grain	1 lb.
Salt, kosher	as needed
Bok choy	1 lb.
Oil, sesame, dark	3 Tbsp.
Onion, yellow, small diced	1 ½ cups
Carrot, small diced	¼ cup
Stock, fish	1 qt.
Shrimp, small, peeled, deveined, cut into thirds	9 wt. oz.
Scallops, cut into quarters	9 wt. oz.
Squid, cut into bite-sized pieces	9 wt. oz.
Fish sauce	¼ cup
Salt, kosher	to taste
Scallions (Green onion), thinly sliced on bias	6 ea.
Oil, sesame, dark	1 Tbsp.

Method

1. Using a fine mesh strainer, rinse the rice until the water runs clear. Transfer the rinsed rice to a large bowl. Cover with fresh water. Soak for 1 hour. Drain using a sieve. Reserve.
2. Bring a pot of salted water to a boil. Add the bok choy. Blanch for 1 minute. Drain and transfer to an ice water bath to halt the cooking process. Drain. Cut into bite size pieces. Squeeze to remove any excess water. Reserve.
3. Heat the sesame oil in a large, stainless-steel pot, over medium-high heat. Add the onions and carrots. Cook until tender, about 3 minutes.
4. Add the rice. Stir to combine. Add the fish stock. Stir to combine. Bring the liquid to a boil, then lower the heat to a simmer. Cook until the rice is very soft, about 30 minutes.
5. Add the reserved bok choy, shrimp, scallops, and squid. Simmer until the fish is cooked but not rubbery, about 1 minute.
6. Add the fish sauce. Adjust the seasoning with salt and more fish sauce to taste.
7. Serve in warm, large, deep ceramic bowls. Garnish with scallions and a drizzle of sesame oil.

Source: Chef Michael Pardus

DAY TWO: THE AMERICAS

LEARNING OBJECTIVES

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

- list the culinary regions within the US, Mexico, Central America, South America, and the Caribbean.
- explain the flavors and spices commonly used in each culinary region.
- list the key ingredients used in each culinary region.
- explain the common cooking techniques used in each culinary region.
- describe the popular dishes representative of each culinary region.
- prepare a variety of dishes representative of these culinary regions using standardized recipes.

INSTRUCTOR DEMONSTRATIONS

- Cooking lobster using the boiling method
- Folding pasteles

DAY TWO: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE: THE UNITED STATES

Lobster Rolls

Shrimp and White Cheddar Grits

Yankee Pot Roast with Potatoes and Root Vegetables

Pork and Sausage Jambalaya

TEAM TWO: MEXICO

Tortilla Chips with Pico de Gallo and Guacamole

Chicken with Green Pumpkin Seed Mole

Salmon with Yellow Mole

Churros with Dulce de Leche

TEAM THREE: SOUTH AMERICA

Tapioca Cheese Bread

Bori Bori

Brazilian Seafood Stew with Farofa and Brazilian Rice

Grilled Flank Steak with Chimichurri Sauce

TEAM FOUR: THE CARIBBEAN

Salt Cod Fish Fritters

Puerto Rican Pasteles

Jamaican Jerk Chicken

Lamb Curry with Dominican Sun Rice and Braised Collard Greens

BONUS RECIPE

Tea Smoked Salmon with Apricot Compote

LOBSTER ROLLS

Yield: 6 portions

Ingredients	Amounts
Court Bouillon (Recipe follows)	1 gal.
Lobster, whole, 1 ½ lb.	4 ea.
Mayonnaise	⅓ cup
Lemon, zest, packed	¼ tsp.
Dill, fresh, minced, packed	¼ tsp.
Paprika, ground	⅛ tsp.
Celery, small diced	⅓ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted, melted	6 Tbsp.
Bread, hot dog buns, split top	6 ea.

Method

1. Make the Court Bouillon (Recipe follows).
2. In large stock pot, bring the Court Bouillon to a simmer over medium-high heat. Working in batches of two lobsters, add the lobster and simmer until the shells turn bright red, 11 to 12 minutes. Transfer the lobsters to an ice bath to halt the cooking process. Cool.
3. Shell the lobsters (see Chef demo). Dice the meat. It should be tender and flake easily. Transfer to a medium bowl. Reserve.
4. In a large bowl, combine the mayonnaise, lemon zest, dill, paprika, and celery. Mix well.
5. Gently fold in the reserved lobster meat. Season with salt and pepper to taste.
6. Heat a cast iron skillet over medium heat. Brush the melted butter on the outside of each bun. Open the bun and place the exterior side down on the skillet. If necessary, weigh down the buns with another pan to keep them pressed against the skillet. Toast until golden brown, about 1 minute.
7. Divide the lobster mixture evenly between the six buns.

COURT BOUILLON

Yield: 1 gallon

Ingredients	Amounts
Water, cold	1 gal.
Onion, yellow	2 ea.
Carrot	2 ea.
Celery, stalk	2 ea.
Parsley, flat-leaf, stem, fresh	8 ea.
Peppercorns, black	12 ea.
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	7 ea.
Mushroom, button, trimmed (Optional)	4 oz.
Parsnip, trimmed (Optional)	6 oz.
Salt, kosher	to taste
Wine, white, dry	½ gal.

Method

1. In a large stockpot over high heat, combine all ingredients. Bring to a boil, then lower the heat to a simmer. Cook until the vegetables are tender, about 30 minutes.
2. Strain and return the pot to a simmer.

SHRIMP AND WHITE CHEDDAR GRITS

Yield: 8 portions

Ingredients	Amounts
Butter, unsalted	2 Tbsp.
Onion, yellow, minced	½ cup
Milk, whole	3 cups
Water	3 cups
Grits, hominy, slow cooking	1 ½ cup
Old Bay seasoning	to taste
Cheese, Cheddar, white, grated	1 cup
Stock, chicken	as needed
Shrimp, 26/30, peeled, deveined	1 ½ lb.
Old Bay seasoning	as needed
Butter, unsalted (Divided)	8 Tbsp.
Beer, amber	⅔ cup
Stock, chicken	1 cup
Worcestershire sauce	1 Tbsp.
Tabasco sauce	2 Tbsp.
Scallion (Green onion), thinly sliced	4 ea.

Method

1. Preheat the oven to 350°F.
2. For the grits, in a large saucepan over medium-high heat, melt the butter. Add the onions and sweat until they are soft and translucent, about 3 minutes.
3. Add the milk and water. Bring the liquid to a low simmer. Gradually add the grits in a thin stream, whisking constantly to prevent lumps. Season to taste with Old Bay.
4. Simmer, stirring often, until the grits become thick and creamy, 30 to 45 minutes. Add a little water to thin the grits, if necessary.
5. Fold in the Cheddar cheese. Reserve and keep warm.
6. Blot the shrimp dry. Season both sides with Old Bay seasoning.
7. Heat 2 tablespoons of the butter in a large sauté pan over medium high heat. Add the shrimp and sauté until cooked through, about 2 minutes per side. Remove from the pan and reserve warm.
8. Add the beer and chicken stock to the hot pan and deglaze, making sure to pick up the brown bits (*fond*) off the bottom of the pan.
9. Add the Worcestershire and Tabasco sauce. Reduce the liquid by ¾.
10. Add the remaining 6 tablespoons of butter and the scallions. Cook for 1 minute.
11. To serve, mound the grits in a warm, large, shallow serving bowl. Arrange the shrimp on top of the grits and spoon the sauce over the top.

YANKEE POT ROAST WITH POTATOES AND ROOT VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Beef, bottom round, trimmed	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	3 Tbsp.
Onion, yellow, coarsely chopped	1 ½ ea.
Carrot, coarsely chopped	¾ ea.
Celery, stalk, coarsely chopped	½ ea.
Tomato paste	¼ cup
Wine, red	1 cup
Bay leaf, dried	1 ea.
Parsley, flat-leaf, fresh, sprigs	4 ea.
Thyme, dried	½ tsp.
Peppercorns, black, cracked	½ tsp.
Stock, veal, brown	4 ½ cups
Onion, pearl	36 ea.
Potato, new	6 ea.
Turnip, baby	6 ea.
Carrot, baby	12 ea.
Cornstarch	¾ Tbsp.
Water	1 Tbsp.

Method

1. Preheat oven to 350°F.
2. Blot the beef dry. Season with salt and pepper.
3. Heat the oil over medium-high heat in a large Dutch oven. Add the beef and sear until it is deep brown on all sides, including the ends. Transfer the beef to a small sheet pan. Reserve and keep warm.
4. Lower the heat slightly. Add the onions, carrots, and celery. Sauté, stirring occasionally, until golden brown, 6 to 8 minutes.
5. Add the tomato paste. Cook until it turns a deep rust color and gives off a sweet aroma, about 1 minute.
6. Add the wine. Stir and scrape the bottom to deglaze the pan and release any drippings. Simmer until the liquid has reduced to ¼ cup.

7. Stir in the bay leaf, parsley, thyme, and peppercorns. Return the beef to the Dutch oven along with any juices it may have released. Add enough stock to come $\frac{2}{3}$ up the height of the meat. Bring it to a gentle simmer over medium-low heat.
8. Cover the pot and braise the beef in the preheated oven, turning occasionally to keep it evenly moistened, for 1 $\frac{1}{2}$ hours.
9. Bring a medium pot of salted water to a boil. Add the pearl onions and blanch for 1 minute. Drain the onions and rinse them in cool water. Peel.
10. Remove the Dutch oven from the oven. Add the blanched pearl onions, potatoes, turnips, and carrots. Braise in the oven until the beef is fork tender and the vegetables are fully cooked, 30 to 40 minutes.
11. Transfer the beef, potatoes, turnips, baby carrots, and pearl onions to a hotel pan. Moisten with some of the cooking liquid. Reserve and keep warm.
12. For the sauce, strain the cooking liquid into a saucepan. Simmer over medium heat until it has reduced by about half. Season with salt and pepper to taste.
13. In a small bowl, whisk together the cornstarch and water to form a slurry. Stir the cornstarch slurry into the sauce. Simmer until the sauce forms a smooth, thick gravy, about 15 minutes.
14. Slice the beef across the grain. Serve on a heated platter with the sauce and vegetables.

PORK AND SAUSAGE JAMBALAYA

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	3 Tbsp.
Sausage, andouille, sliced	$\frac{3}{4}$ lb.
Pork, loin, 1-in. diced	1 $\frac{1}{4}$ lb.
Onion, yellow, diced	1 $\frac{1}{2}$ cups
Celery, diced	$\frac{3}{4}$ cup
Pepper, bell, green, diced	$\frac{3}{4}$ cup
Garlic, clove, minced	$\frac{1}{4}$ cup
Paprika, ground	2 tsp.
Bay leaf, dried	1 ea.
Chile, cayenne, ground	$\frac{1}{8}$ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Stock, chicken	4 cups
Mushroom, button, sliced	$\frac{3}{4}$ cup
Scallion (Green onion), sliced	$\frac{3}{4}$ cup
Parsley, flat-leaf, leaves, fresh, chopped	2 Tbsp.
Tabasco sauce	to taste
Rice, white, long-grain	2 $\frac{1}{2}$ cups

Method

1. Heat the oil in a large soup pot over medium heat. Add the sausage and cook until it browns and the fat renders, 4 to 5 minutes. Using a slotted spoon, remove the sausage, leaving the fat in the pot. Reserve the sausage.
2. In the same pot, over high heat, add the pork. Sear to a dark brown color on all sides, about 30 minutes.
3. Add the onions, celery, and bell pepper. Cook until lightly browned, about 5 minutes.
4. Add the garlic. Cook, stirring frequently to prevent scorching, until the vegetables are well caramelized, 10 to 15 minutes.
5. Add the paprika, bay leaf, and cayenne. Season with salt and pepper to taste. Cook, stirring constantly, for 1 minute.
6. Add the stock. Bring it to a rolling boil, then lower the heat. Simmer for 15 minutes.
7. Add the mushrooms, scallions, and parsley. Season with salt, pepper, and Tabasco sauce to taste.
8. Add the rice and stir to prevent the rice from clumping or sticking to the bottom of the pot. Cook over low heat, stirring occasionally, until the rice is translucent and the liquid has been absorbed by the rice, 30 to 45 minutes. Serve hot.

Source: Adapted from *The Evolution of Cajun & Creole Cuisine*, by Chef John D. Folse

TORTILLA CHIPS WITH PICO DE GALLO AND GUACAMOLE

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	as needed
Tortilla, corn	8 ea.
Salt, kosher	as needed
Pico de Gallo (Recipe follows)	2 cups
Guacamole (Recipe follows)	2 cups

Method

1. Preheat deep fryer to 350°F.
2. Cut the tortillas into sixths.
3. Working in batches, add the tortilla chips to the fryer. Fry, stirring continuously, until crisp, about 3 minutes.
4. Remove the chips from the oil and drain well on paper towels. Season lightly with salt.
5. Serve the chips with the Pico de Gallo and Guacamole.

PICO DE GALLO

Yield: 2 cups

Ingredients	Amounts
Tomato, plum (Roma), small diced	1 lb.
Chile, serrano, seeded, minced	2 ea.
Onion, red, small diced	1 cup
Cilantro, bunch, fresh, chopped	½ ea.
Lime, juice, fresh	¼ cup
Oil, olive, pure	2 Tbsp.
Salt, kosher	1 ½ tsp.

Method

1. In a large bowl, place the tomatoes, serrano chiles, red onion, cilantro, lime juice, oil, and salt. Mix well.
2. Macerate for at least 30 minutes to allow the flavors to blend.
3. Serve in a chilled bowl.

GUACAMOLE

Yield: 2 cups

Ingredients	Amounts
Onion, red, small diced	¼ cup
Avocado, peeled, roughly chopped	3 ea.
Tomato, plum (Roma), small diced	⅓ cup
Chile, jalapeño, minced	1 Tbsp.
Cilantro, fresh, chopped	2 Tbsp.
Lime, juice, fresh	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Tabasco sauce	to taste

Method

1. In a small bowl, soak the diced red onion in cold water for 20 minutes. Drain and rinse. Reserve.
2. In a large bowl, smash the avocados with a fork to form a rough paste.
3. Add the red onion, tomatoes, jalapeño, cilantro, and lime juice. Mix well.
4. Season with salt, pepper, and Tabasco sauce to taste. Mix to combine.
5. Place plastic wrap directly onto the surface of the guacamole (this will help to prevent browning). Refrigerate until ready to use.
6. Serve in a chilled bowl.

Note: Guacamole can be stored for up to 8 hours before it turns brown (oxidizes).

CHICKEN WITH GREEN PUMPKIN SEED MOLE

POLLO EN PIPIÁN VERDE

Yield: 6 portions

Ingredients	Amounts
Broth, chicken	as needed
Chicken, breast, skinless	6 ea.
Sesame seeds	1/3 cup
Peanuts, raw, skinned	1/2 cup
Pumpkin seeds	1 cup
Tomatillo, hulled	3/4 lb.
Onion, yellow, cut in 1/2	1/2 ea.
Garlic, clove, unpeeled	3 ea.
Chile, jalapeño	4 ea.
Lettuce, green, leaves, torn into pieces	12 ea.
Radish, leaves, torn into pieces	10 ea.
Hoja santa, leaf, large, torn into pieces	3 ea.
Oil, vegetable	1/4 cup
Stock, chicken	1 1/2 cups
Salt, kosher	to taste

Method

1. In a large pot, place the chicken breasts and enough broth to cover by 1 inch. Bring it to a boil, then lower the heat to a simmer. Cover and simmer for 5 minutes. Remove the pot from the heat and let the chicken sit in the broth to finish cooking for 10 to 15 minutes. Reserve.
2. For the pipián sauce, in a large skillet over medium heat, dry toast the sesame seeds until golden, about 3 minutes. Transfer to a small bowl. Reserve.
3. Using the same method, toast the peanuts and the pumpkin seeds. Transfer them to the bowl with the sesame seeds.
4. In a blender, purée the toasted sesame seeds, peanuts, and pumpkin seeds. Add water as needed to achieve a smooth consistency. Reserve.
5. In a small saucepan, place the tomatillos and enough water to cover. Bring it to a boil over medium-high heat, then turn down the heat to low. Simmer until the tomatillos are tender, about 10 minutes. Reserve.
6. In a large skillet over medium-high heat, dry-roast the onion, garlic, and jalapeños. Remove the skillet from the heat once the garlic skin begins to brown. Peel the garlic, discard the skin, and add the peeled garlic back to the pan. Remove and reserve 2 of the jalapeños.

7. In a blender, place the cooked tomatillos, dry-roasted vegetables, lettuce, radish leaves, and hoja santa. Purée, adding a little water as needed to achieve a smooth consistency.
8. Heat 2 tablespoons of the oil in a skillet. Add the vegetable purée and fry until the color darkens, about 10 minutes.
9. Add the reserved seed and nut purée. Mix to incorporate.
10. Adjust the seasoning to taste. There should be a mellow heat. If the sauce is not spicy enough, purée the reserved, roasted jalapeño chiles. Fry the purée in 2 tablespoons oil and add to the sauce.
11. Add the chicken stock and stir to combine. Simmer until the sauce coats the back of a spoon (*nappé*), about 30 minutes. Season with salt to taste. Adjust the consistency with additional stock if necessary.
12. Serve the chicken and *pipián* on a heated platter.

SALMON WITH YELLOW MOLE

MOLE AMARILLO

Yield: 8 portions

Ingredients	Amounts
Chile, ancho, wiped clean, seeds and veins removed	2 ea.
Chile, guajillo, wiped clean, seeds and veins removed	12 ea.
Tomato, green	2 ea.
Tomatillo	10 ea.
Onion, white	1 ea.
Garlic, clove, unpeeled	4 ea.
Peppercorns, black	8 ea.
Clove, whole	4 ea.
Cumin, seeds	1 tsp.
Lard	1 fl. oz.
Stock, chicken (Divided)	16 fl. oz.
Flour, masa harina	½ cup
Cilantro, bunch, fresh	½ ea.
Salt, kosher	to taste
Salt, kosher	as needed
Squash, chayote, peeled, julienne	2 ea.
Beans, green	½ lb.
Oil, olive, pure	as needed
Pepper, black, ground	to taste
Salmon, fillet, skin on, 6 oz.	8 ea.

Method

1. Preheat grill over medium heat.
2. In a dry comal over medium heat, toast the ancho and guajillo chiles, turning frequently, until warmed through, 1 to 2 minutes.
3. Bring a saucepan of water to a boil and remove from the heat. Soak the chiles in the hot water for 15 minutes. Drain and reserve.
4. In the same comal over medium heat, place the green tomatoes, tomatillos, and onion. Dry roast until they blister, about 15 minutes. Remove and reserve.
5. In a small pan over medium heat, dry roast the garlic until browned. Remove the garlic from the heat and peel, discarding the skin. Reserve.

6. In a small skillet, toast the peppercorns, cloves, and cumin until fragrant, about 2 minutes. Transfer to a spice grinder and process to a powder. Reserve.
7. In a blender, purée the reserved chiles with enough water to form a smooth paste. Pass the purée through fine mesh sieve. Reserve.
8. In a blender, purée the reserved roasted vegetables with enough water to form a smooth paste. Pass the purée through a fine mesh sieve. Reserve.
9. In a Dutch oven or heavy pot over medium heat, melt the lard. Add the reserved chile purée and cook until thickened, about 15 minutes.
10. Add the reserved vegetable purée and the reserved ground spices and cook until thickened, 10 to 15 minutes.
11. Add 2 cups of the stock and bring it to a simmer.
12. In a small bowl, place the masa and 1 cup of water. Mix well until it is very smooth with no lumps. Add the masa mixture to the Dutch oven in a steady stream, stirring constantly while pouring. Simmer the mole for 5 minutes. Season with salt to taste.
13. Place the cilantro in the center of a square of cheesecloth. Gather the corners together to make a small pouch and tie it tightly with kitchen twine. Add it to the Dutch oven.
14. Bring a large pot of salted water to a boil. Blanch the chayote squash for about 1 minute. Remove with a strainer and transfer to an ice bath. Drain again. Reserve.
15. Using the same pot of boiling water, blanch the green beans for about 2 minutes. Drain, then immediately shock in an ice bath. Drain and reserve.
16. Season the grill with a layer of oil. Lightly coat the salmon in oil. Season with salt and pepper as needed. Place the salmon on the grill, skin side up. Grill until it is well marked, about 1 minute. Rotate the salmon 90° and grill, undisturbed, until cross-hatch marks have been created, about 1 minute. Flip the salmon skin side down and grill to the desired doneness (140°F internal temperature for medium).
17. Add the chayote and green beans to the mole. Simmer until heated through. Remove and discard the cilantro pouch.
18. Serve the salmon with the mole on a heated platter.

CHURROS WITH DULCE DE LECHE

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	as needed
Water	1 ½ cups
Butter, unsalted	12 Tbsp.
Salt, kosher	1 tsp.
Flour, all-purpose flour	1 ½ cups
Egg, whole	6 ea.
Sugar, granulated	½ cup
Cinnamon, ground	1 ½ tsp.
Dulce de Leche (Recipe follows)	10 ½ fl. oz.

Method

1. Preheat deep fryer to 360°F.
2. In a large saucepan, combine the water, butter, and salt. Bring it to a rolling boil. Turn down the heat to low. Add the flour and stir vigorously until the mixture forms a ball, about 1 minute. Immediately remove the pan from the heat and reserve.
3. In a medium bowl, place the eggs and beat until they are homogeneous. Stir the eggs into the flour mixture until well incorporated.
4. Transfer the mixture into a piping bag fitted with a large star tip.
5. Working in batches, pipe 4-inch strips of dough into the hot oil. Fry the churros until they are golden brown on both sides, about 2 minutes per side. Remove the churros from the oil and drain on paper towels.
6. In a shallow bowl, combine the sugar and cinnamon. While they are still very hot, roll the churros in the cinnamon-sugar mixture to coat.
7. Serve on a heated platter with the Dulce de Leche.

Note: Churros are a popular treat throughout Latin America. They are often served with dips or stuffed with fillings such as cajeta (a thickened syrup confection).

DULCE DE LECHE

Yield: 10 ½ fluid ounces

Ingredients	Amounts
Milk, condensed, sweetened, can	14 oz.
Rum, light	1 Tbsp.
Vanilla, extract	½ tsp.
Salt, kosher	a pinch

Method

1. Peel the label off the can of sweetened condensed milk. Open the can, leaving the tops of the can resting on the milk.
2. Put a 6-inch heavy aluminum foil square over the top of the can, pushing down on the center of the foil and running your fingers around the inner and outer rim, so the can is sealed as tightly as possible.
3. Put the can into a large saucepan and fill it with hot tap water, leaving ½-inch of the can above the waterline. Cover the saucepan with a lid. Bring the water to a boil over high heat, then turn the heat to medium-low. Simmer until the condensed milk forms a thick, deep golden-brown pudding, 3 to 3 ½ hours. Add hot water as needed to the pot to maintain the water level.
4. Carefully remove the can from the pot and cool until it can be handled, but it is still hot.
5. Transfer the Dulce de Leche to the bowl of a food processor. Add the rum, vanilla, and salt. Process, scraping down the bowl once, until smooth, about 20 seconds.
6. Transfer the mixture to a bowl and cool to room temperature. Cover and refrigerate until it thickens, about 4 hours.

Source: Modern Buffet Presentation, by Carol Murphy Clyne

TAPIOCA CHEESE BREAD

PÃO DE QUEIJO

Yield: 40 small rolls

Ingredients	Amounts
Tapioca starch (<i>Polvilho azedo</i>)	1 lb.
Milk, whole	1 cup
Butter, unsalted	1 Tbsp.
Salt, kosher	1 tsp.
Egg, whole	1 ea.
Cheese, Parmesan, grated	1 lb.
Oil, olive, pure	as needed

Method

1. Preheat oven to 400°F.
2. In a large bowl, place the tapioca starch.
3. In a saucepan, place the milk, butter and salt. Heat until boiling. Pour the boiling mixture over the tapioca starch. Stir to combine. Cool for about 5 minutes.
4. Rub the mixture together with your fingertips until it resembles a coarse meal.
5. Add the egg. Knead the mixture into a smooth dough, adding more milk as needed.
6. Add the cheese and mix until incorporated.
7. With oiled hands, form the dough into 1-ounce balls. Arrange the balls on an oiled sheet pan, spaced about 3 inches apart.
8. Bake the rolls in the preheated oven until puffed, about 5 minutes.
9. Lower the oven temperature to 350°F. Bake until crisp and golden, about 15 minutes.

Note: This popular and inexpensive bread (known as *Pão de Queijo* in Brazil or as *Chipa*, *Cuñapé* or *Pan de Yuca* in Spanish-speaking countries) can be found at street vendors across South America. Its unique chewy texture results from the use of tapioca or manioc starch.

Manioc starch, also known as tapioca, is the refined starch made from the tuberous root of a shrub known as manioc, cassava or yucca. In Brazilian cuisine it is used in two forms: sweet manioc starch from the fresh manioc juice and sour manioc starch as a by-product of fermented manioc juice.

Source: *Street Foods*, by Hinnerk Von Bargaen and the CIA

BORI BORI

Yield: 2 quarts

Ingredients	Amounts
Cornmeal, yellow	1/3 cup
Cheese, Parmesan, grated	1/3 cup
Flour, all-purpose	1/3 cup
Baking powder	1 1/2 tsp.
Salt, kosher	1/2 tsp.
Pepper, black, ground	1/8 tsp.
Egg, whole, lightly beaten	1 ea.
Scallion (Green onion), white part only minced	2 Tbsp.
Oil, canola (Divided)	3 Tbsp.
Milk, whole	3 Tbsp.
Oil, canola	2 Tbsp.
Beef, shoulder, medium diced	1 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Stock, chicken	2 qt.
Onion, yellow, minced	1 1/2 cups
Carrot, small diced	3/4 cup
Celery, small diced	3/4 cup
Garlic, minced	2 tsp.
Stock, chicken	as needed
Bay leaf, dried	1 ea.
Clove, whole	1 ea.
Saffron, threads	3 ea.
Parsley, flat-leaf, leaves, fresh, chopped	3 Tbsp.
Cheese, Parmesan, grated	1/4 cup

Method

1. For the dumplings, in a large bowl, combine the cornmeal, Parmesan, flour, baking powder, salt, and pepper.
2. In a small bowl, whisk together the egg, scallions, oil, and milk. Transfer to the bowl of dry ingredients. Mix until smooth. Cover the batter and let it rest for at least 45 minutes.
3. In a soup pot over medium-high heat, add 1 tablespoon of the oil. Season the beef with salt and pepper as needed. Add the seasoned beef to the hot oil and sear until well browned on all sides, 7 to 8 minutes.

4. Add the chicken stock and turn down the heat to low. Simmer until the beef is tender, about 1 hour. Transfer the beef to a plate and reserve. Strain the stock through a fine sieve and reserve.
5. Return the soup pot to medium-high heat. Add the remaining oil. Add the onion, carrot, and celery. Sweat, stirring frequently, until the onion is tender and translucent, 8 to 10 minutes.
6. Add the garlic and sweat until aromatic, about 1 minute.
7. Add the reserved strained stock and additional chicken stock, if needed, to make 8 cups. Bring the stock to a simmer.
8. Add the bay leaf, clove, and saffron threads. Simmer until the vegetables are tender and the broth is flavorful, about 30 minutes. Remove and discard the bay leaf and clove. Return the reserved beef to the soup.
9. To form each dumpling, pinch off 1 teaspoon of the reserved dough and roll it into a ball. Add the dumplings to the soup and simmer until the dumplings are cooked through, 20 to 25 minutes.
10. Stir in the parsley. Season with salt and pepper to taste.
11. Serve immediately in a warm bowl with the Parmesan cheese.

BRAZILIAN SEAFOOD STEW WITH FAROFA AND BRAZILIAN RICE

MOQUECA DO FRUTOS DEL MAR

Yield: 8 portions

Ingredients	Amounts
Lobster, tail, 4 oz.	4 ea.
Water	1 cup
Oil, dendê	3 Tbsp.
Onion, yellow, finely chopped	2 cups
Pepper, bell, green, finely chopped	1 ea.
Pepper, bell, red, finely chopped	1 ea.
Garlic, minced	2 tsp.
Tomato, plum (Roma), peeled, seeded, finely chopped	1 lb.
Parsley, flat-leaf, leaves, fresh, minced	¼ cup
Coconut, milk, unsweetened	1 cup
Flour, manioc	2 Tbsp.
Malagueta pepper sauce	as needed
Pepper, black, ground	¼ tsp.
Salt, kosher	as needed
Oil, olive, pure	3 Tbsp.
Shrimp, 21/25, peeled, deveined	16 ea.
Cod, fillets, firm, cut into 1-in. pieces	1 ½ lb.
Flour, all-purpose	as needed
Crab meat, lump, picked over for shells and cartilage	12 wt. oz.
Squid, sliced ½-in. thick	1 lb.
Scallion (Green onion), white and 1-in. of the green, chopped	½ cup
Cilantro, leaves, fresh	¾ cup
Farofa (Recipe follows)	as needed
Brazilian Rice (Recipe follows)	5 cups

Method

1. Cut each lobster tail into 4 slices. With a small knife, loosen the flesh so it is easier to remove from the shell when eating.
2. Bring a small saucepan of water to a boil. Add the lobster and cook for 3 minutes. Drain, reserving the liquid. Strain the liquid and reserve.

3. For the sauce, heat the dendê oil in a large skillet over medium heat. Add the onions, bell peppers, and garlic. Sweat, stirring occasionally, for about 5 minutes.
4. Add the tomatoes, parsley, and coconut milk. Stir in manioc flour to thicken the sauce. Season with Malagueta pepper sauce to taste. Cover and simmer for 15 minutes. Stir in the black pepper. Season with salt to taste. Reserve.
5. In another large skillet, heat the oil over medium heat. Add the shrimp and cook, while stirring, until the shrimp just turns pink, 2 to 3 minutes. Remove with a slotted spoon and reserve.
6. In a shallow bowl, place enough flour for dredging. Lightly dredge the cod in the flour, shaking off any excess.
7. Place the dredged cod in the hot skillet. Cook until lightly colored, about 3 minutes per side.
8. Add the sauce and bring it to a boil. Turn down the heat to medium-low. Simmer until the fish is almost fully cooked, about 5 minutes.
9. Add the reserved lobster and shrimp, crab meat, and squid. Simmer until just heated through, 2 to 3 minutes. If the sauce is too thick, add some of the reserved broth from cooking the lobster. There should be just enough sauce to coat the seafood (it is not meant to be a soupy stew). Season with salt and Malagueta pepper sauce to taste.
10. Ladle into heated bowls or soup plates, garnished with scallions and cilantro. Serve with the Brazilian Rice and Farofa on the side.

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

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

FAROFA

Yield: 8-10 portions

Ingredients

Oil, dendê
Flour, manioc, coarse

Amounts

2 Tbsp.
1 cup

Method

1. Heat the dendê oil in a large skillet over low heat.
2. Add the manioc flour. Toast until lightly browned, about 5 minutes.
3. Serve immediately.

BRAZILIAN RICE

Yield: 5 cups

Ingredients	Amounts
Rice, white, long-grain	2 cups
Butter, unsalted	4 Tbsp.
Onion, yellow, minced	¼ lb.
Garlic, minced	2 tsp.
Clove, whole	2 ea.
Water, hot	3 cups
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Preheat oven to 350°F.
2. Place the rice in a fine mesh strainer and rinse under cold water until the water runs clear. Drain well. Reserve.
3. In a medium saucepan, melt the butter over medium heat. Add the onions and garlic. Sweat until the onion is translucent, about 5 minutes.
4. Add the rice, stirring constantly, until it has absorbed the butter and the grains are translucent, about 3 minutes.
5. Add the whole cloves and hot water. Season with salt and pepper as needed. Heat until simmering.
6. Cover the pan and bake in the preheated oven until the rice is tender, about 15 minutes.
7. Let it stand, covered, until all the moisture is absorbed, about 5 minutes. Fluff the rice with a fork.

GRILLED FLANK STEAK WITH CHIMICHURRI SAUCE

Yield: 6 portions

Ingredients	Amounts
Garlic, minced	2 Tbsp.
Salt, kosher	2 Tbsp.
Vinegar, wine, red	¼ cup
Oil, olive, extra virgin	2 Tbsp.
Shallot, finely chopped	¼ cup
Scallion (Green onion), finely chopped	¼ cup
Chile, aji, seeds and veins removed, minced	½ ea.
Oregano, leaves, fresh, chopped	1 cup
Parsley, flat-leaf, leaves, fresh, chopped	1 cup
Beef, flank steak, trimmed	2 ¼ lb.
Oil, olive, pure	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. For the chimichurri sauce, on a cutting board, mash the garlic and salt into a paste using the flat side of a chef knife. Transfer the garlic paste to a large stainless-steel bowl.
2. Add the vinegar, olive oil, shallot, scallion, chile, oregano, and parsley. Stir to combine. Refrigerate for at least 24 hours, to allow the flavors to blend.
3. Preheat a gas grill to medium-high, leaving one burner off. Clean the cooking grate.
4. Lightly brush the flank steak with the oil. Season with salt and pepper as needed.
5. Grill the steaks until the meat is well marked by the grill. Rotate the meat 90° and let it cook, undisturbed, until crosshatch marks have been created. Turn over the steaks and grill to the desired doneness (internal temperature of 130°F for medium rare).
6. Remove the steaks from the grill, cover with foil, and let them rest for 10 minutes. Slice the steaks thinly across the grain.
7. Serve on a heated platter, topped with the chimichurri sauce.

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

SALT COD FISH FRITTERS

Yield: 6 portions

Ingredients	Amounts
Salt cod, boneless	1 lb.
Oil, vegetable	2 Tbsp.
Garlic, clove, chopped	4 ea.
Pepper, bell, red, small diced	1 ea.
Pepper, bell, green, small diced	1 ea.
Onion, yellow, small diced	½ cup
Flour, all-purpose	1 ½ cups
Baking powder	2 tsp.
Water	1 cup
Chive, bunch, chopped	¼ ea.
Scallion (Green onions), green only, sliced on bias	¼ cup
Pepper, black, ground	2 tsp.

Method

1. Soak the salt cod in cold water, refrigerated, for at least 24 hours, changing the water 3 times during that period.
2. Taste the salt cod. If it is very salty, place it in a saucepan and add enough water to cover. Bring it to a bare simmer for about 1 minute. Change the water and repeat as necessary until the saltiness is acceptable. Flake the cod finely and reserve.
3. Preheat deep fryer to 350°F.
4. For the sofrito, heat the oil in a skillet over medium heat. Add the garlic, peppers, and onion. Cook until they are soft and golden, 5 to 7 minutes. Remove from the heat and cool.
5. In a mixing bowl, sift together the flour and baking powder. Add the water and mix thoroughly, breaking up any lumps.
6. Fold in the reserved flaked cod, chives, scallions, black pepper, and sofrito.
7. Working in small batches, carefully place 1-tablespoon amounts the batter into the hot oil. Fry, turning as needed, until golden brown, 2 to 3 minutes per side. Drain on paper towels.
8. Serve on a heated platter.

PUERTO RICAN PASTELES

Yield: 6 portions

Ingredients	Amounts
Lard	½ lb.
Achiote paste	2 wt. oz.
Pork, shoulder, boneless, med. diced	1 lb.
Orange, Seville, juice, fresh	½ cup
Garlic, minced	1 tsp.
Oregano, dried	1 tsp.
Chile, aji dulce, minced	2 ea.
Culantro, leaf, fresh, minced	2 ea.
Salt, kosher	1 tsp.
Pork, Virginia ham, small diced	½ lb.
Pepper, bell, green, small diced	½ ea.
Onion, white, minced	½ ea.
Raisins, black	⅔ cup
Chickpeas, canned	½ lb.
Olive, green, pimento stuffed, sliced	½ cup
Capers, chopped	1 Tbsp.
Malanga, white (<i>yautia blanca</i>)	1 lb.
Malanga, yellow (<i>yautia amarilla</i>)	1 lb.
Banana, green (<i>guineos verdes</i>)	3 ½ ea.
Milk, whole, warm	½ cup
Salt, kosher	½ Tbsp.
Banana, leaf	6 ea.
Salt, kosher	as needed

Method

1. In a large saucepan over medium-low heat, melt the lard. Add the achiote and infuse for 30 minutes. Blend and strain. Reserve.
2. For the stuffing, in a medium bowl, combine the diced pork and orange juice. Marinate for 30 minutes.
3. In a food processor, place 3 tablespoons of the reserved infused lard, garlic, oregano, aji dulce, culantro, and salt. Pulse until it forms a paste. Transfer to the bowl with the marinated pork.
4. Add the Virginia ham, bell pepper, onion, raisins, chickpeas, olives, and capers. Mix to combine. Reserve.
5. For the masa, peel and grate the white and yellow malangas and the bananas.

6. In a food processor, purée the grated malangas and bananas. With the food processor running, slowly stream in the warm milk. Add all the remaining reserved infused lard and the salt. Pulse to combine. Reserve.
7. Cut the banana leaves into 12-inch squares. Pass them over fire to soften.
8. To assemble the pasteles, place 4 ounces of the reserved masa in a thin, even layer towards the bottom of each banana leaf. Top with 3 ounces of stuffing and spread lightly. Fold and tie tight with butcher's twine (see Chef demo).
9. Bring a large pot of salted water to boil. Add the pasteles and cook for 1 hour.
10. Serve on a warm platter.

Note: Culantro is an herb that has a similar aroma and flavor to cilantro, but they are not the same plant. Culantro has long, serrated leaves and looks like long-leafed lettuce. Culantro has a stronger flavor than cilantro and is therefore used in smaller amounts. 1 to 2 tablespoons of cilantro can be substituted for the 2 culantro leaves.

JAMAICAN JERK CHICKEN

Yield: 6 portions

Ingredients	Amounts
Garlic, cloves, peeled	3 ea.
Chile, Scotch bonnet, seeded	1/2 ea.
Scallion (Green onion), chopped	1 cup
Vinegar, malt	3/4 cup
Rum	1 Tbsp.
Salt, kosher	1 1/4 Tbsp.
Thyme, fresh, leaves, chopped	1 Tbsp.
Allspice, ground	1 Tbsp.
Nutmeg, fresh, ground	3/4 tsp.
Cinnamon, ground	3/4 tsp.
Clove, ground	1/4 tsp.
Chicken, thighs, bone in, skin on	12 ea.

Method

1. Preheat the grill over medium-high heat. Preheat the oven to 350°F.
2. In a food processor, purée the garlic, Scotch Bonnet pepper, scallions, vinegar, rum, salt, thyme, allspice, nutmeg, cinnamon, and cloves.
3. Brush the purée thickly over the chicken thighs. Marinate for 1 to 2 hours.
4. Place the chicken, skin-side down, on the preheated grill. Grill until the fat renders and the skin starts to brown, 3 to 4 minutes. Flip the thighs over and sear on the other side, about 3 minutes.
5. Place the chicken thighs skin-side up on a sheet pan or baking dish. Bake in the preheated oven until cooked through (internal temperature of 160°F), basting as needed, 7 to 10 minutes.

Note: Scotch bonnets are the traditional choice for chiles in jerk seasoning. Use the whole chile for a spicier dish.

LAMB CURRY WITH DOMINICAN SUN RICE AND BRAISED COLLARD GREENS

Yield: 6 portions

Ingredients	Amounts
Lamb, top round, boneless, 2-in. diced	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure (Divided)	3 Tbsp.
Onion, yellow, small diced	1 cup
Garlic, clove, minced	5 ea.
Curry powder	1 ½ Tbsp.
Tamarind, paste	1 Tbsp.
Wine, white, dry	2 cups
Stock, veal, brown	2 cups
Potato, yellow, peeled, med. diced	3 cups
Squash, acorn, peeled, med. diced	1 cup
Squash, chayote, med. diced	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lemon, juice, fresh	2 Tbsp.
Dominican Sun Rice	6 cups
Braised Collard Greens	1x recipe

Method

1. Season the lamb with salt and pepper.
2. In a Dutch oven over medium-high heat, add 2 tablespoons of the oil. Working in batches, sear the lamb until well browned on all sides, about 10 minutes. Remove and reserve.
3. Add the remaining tablespoon of oil. Lower the heat to medium. Add the onions and sweat until soft, about 3 minutes.
4. Add the garlic and sweat until soft, about 1 minute.
5. Add the curry powder and cook, stirring often, for 3 minutes.
6. In a small bowl, combine the tamarind and wine. Add this mixture to the pan and deglaze (scrape up any brown bits that are stuck to the bottom of the pan).
7. Return the lamb to the pan. Add the stock, potatoes, acorn squash, and chayote. Season with salt and pepper to taste. Simmer until the lamb is tender, about 1 hour.
8. Stir in the lemon juice just before serving. Simmer for 2 minutes.
9. Serve in a heated bowl with the Dominican Sun Rice and Braised Collard Greens.

DOMINICAN SUN RICE

Yield: 6 cups

Ingredients	Amounts
Oil, corn	2 Tbsp.
Carrot, grated	1 ea.
Salt, kosher	1 tsp.
Water	1 ½ cups
Stock, chicken	¾ cup
Rice, long-grain, white, rinsed	1 ½ cups
Corn, kernels, frozen, thawed	1 ½ cups
Butter, unsalted	1 Tbsp.

Method

1. In a medium saucepan over medium heat, add the oil. Add the carrots and salt. Sweat until the carrots begin to soften, about 2 minutes.
2. Add the water and stock. Bring it to a boil and add the rice. Stir to combine. Cover and simmer for about 10 minutes.
3. Add the corn and stir to combine. Cover and simmer until the rice is cooked through, about 10 minutes. Use a fork to fluff the rice. Gently mix in the butter.
4. Serve the rice in a heated bowl.

BRAISED COLLARD GREENS

Yield: 6 portions

Ingredients	Amounts
Oil, olive, extra-virgin	2 Tbsp.
Pork, bacon, minced	¼ lb.
Onion, yellow, minced	1 cup
Garlic, clove, minced	2 ea.
Collard greens, stems removed, roughly chopped	2 ¼ lb.
Stock, chicken	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat the oven to 350°F.
2. In a large saucepot over medium heat, add the oil. Add the bacon and cook until lightly browned and crisp, 4 to 5 minutes.
3. Add the onions and sweat until softened, about 3 minutes. Add the garlic and sweat until aromatic, about 1 minute.
4. Add the collard greens and chicken stock. Season with salt and pepper to taste. Cover with a lid and braise in the preheated oven until the greens are tender, about 45 minutes.
5. Remove the greens from the pan. Place the pan on the stovetop over medium-high heat, and reduce the liquid by about half, until thickened and flavorful. Season with salt and pepper to taste. Return the greens to the pan with the liquid.
6. Serve the greens in a heated bowl.

TEA-SMOKED SALMON WITH APRICOT COMPOTE

Yield: 6 portions

Ingredients	Amounts
Salmon, fillet	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Rice, uncooked	1/3 cup
Tea leaves, black	1/4 cup
Sugar, brown	1/2 cup
Star anise	3 ea.
Cinnamon, sticks, broken into small bits	2 ea.
Peppercorns, Szechwan, brown	1 Tbsp.
Apricot Compote (Recipe follows)	1x recipe

Method

1. Preheat the oven to 375°F.
2. Pat the salmon fillets dry. Season with salt and pepper as needed.
3. In a bowl, combine the rice, tea leaves, sugar, anise, cinnamon sticks, and peppercorns. Spread the mixture evenly in the bottom of a disposable aluminum pan. Set a rack over the mixture and top with a second disposable aluminum pan, inverting it to make a domed lid. Put this assembly over direct heat on a burner until you can smell the smoke.
4. Remove the lid and place the salmon on the rack, working in batches as necessary to avoid overcrowding.
5. Replace the lid and pan-smoke the salmon for 5 minutes.
6. Transfer the salmon to a baking sheet and finish cooking in the preheated oven to the desired doneness (130°F for medium), 10 to 12 minutes.
7. Serve the salmon on a heated platter, accompanied by the Apricot Compote.

APRICOT COMPOTE

Yield: 6 portions

Ingredients	Amounts
Apricots, dried, small diced	5 Tbsp.
Brandy	¼ cup
Butter, unsalted	1 ½ Tbsp.
Shallot, minced	1 ½ Tbsp.
Ginger, fresh, minced	1 ½ Tbsp.
Vinegar, wine, rice	3 Tbsp.
Wine, white	¼ cup
Jam, apricot	⅓ cup

Method

1. In a small bowl, combine the apricots and the brandy. Soak for 30 minutes. Drain and reserve the brandy and apricots separately.
2. In a small saucepan over medium-high heat, melt the butter. Add the shallots and ginger. Sweat until translucent, about 2 minutes.
3. Add the apricots and cook for 2 minutes.
4. Remove the pan from the flame. Add 2 tablespoons of the reserved brandy. Tilt the pan by the flame to ignite the brandy. Cook until the alcohol burns off. Reduce until almost dry (*au sec*).
5. Add the vinegar and simmer until almost dry. Add the wine and simmer until reduced by half. Add the apricot jam and simmer until the compote reaches the desired consistency, 10 to 15 minutes.
6. Reserve warm.

DAY THREE: EUROPE AND THE BRITISH ISLES

LEARNING OBJECTIVES

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

- list the countries who have the main culinary influence within Western Europe, Central Europe, Eastern Europe, Northern Europe, and the British Isles.
- explain the flavors and spices commonly used in each country.
- list the key ingredients used in each country.
- explain the common cooking techniques used in each country.
- describe the popular dishes representative of each country.
- prepare a variety of dishes representative of these countries using standardized recipes.

INSTRUCTOR DEMONSTRATIONS

- Using a spätzle maker

DAY THREE: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE – EASTERN EUROPE

Potato Latkes

Potato and Cheddar Pierogi

Hungarian Goulash

Polish Stuffed Cabbage

TEAM TWO – CENTRAL EUROPE

Classic Cheese Fondue

Braised Red Cabbage

German Egg Noodles

Swiss-Style Veal in Cream Sauce

**Soak Gigante Beans for Greek Pork and Orange Flavored Beans for Day Four*

TEAM THREE – WESTERN EUROPE

Endive and Mesclun with French Vinaigrette

Sautéed Chicken Breast with Spinach and Mornay Sauce

Potato and Cauliflower Duchesse

Trout in Green Sauce

TEAM FOUR – BRITISH ISLES

Oven-Roasted Root Vegetables

Shepherd's Pie

Beer-Battered Fish and Chips

Sticky Toffee Pudding with Chantilly Cream

POTATO LATKES

Yield: about 20 latkes

Ingredients	Amounts
Potato, russet, large, peeled	4 ea.
Onion, yellow, small	1 ea.
Egg, whole, beaten	2 ea.
Matzo, meal	¼ cup
Flour, all-purpose	2 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Oil, vegetable	as needed
Sour cream	1 cup
Applesauce, prepared	1 cup

Method

1. Preheat the oven to 200°F.
2. Using a box grater or a mandolin, coarsely grate the potatoes and onion. Squeeze the excess moisture from the potato and onion mixture and place it into a large bowl.
3. Add the beaten eggs, matzo meal, and flour. Mix to combine. Allow this mixture to rest for 10 minutes. Season with salt and pepper. Stir to combine.
4. In a large skillet over medium-high heat, add about ¼ inch of oil. Heat to 350°F.
5. Form the latkes into cakes about 2 ½ inches in diameter.
6. Working in batches, gently add the latkes to the hot oil. Fry until golden brown and crisp, 2 to 3 minutes on each side. Drain on paper towels. Transfer to parchment-lined sheet pans and keep warm in the preheated oven. Repeat until all the latkes are cooked.
7. Serve the latkes on a heated platter, accompanied by the sour cream and applesauce.

POTATO AND CHEDDAR PIEROGI

Yield: 6 portions

Ingredients	Amounts
Water	½ cup
Flour, semolina	1 ⅔ cups
Flour, all-purpose	2 cups
Eggs, whole	4 ea.
Salt, kosher	1 Tbsp.
Salt, kosher	as needed
Potato, russet, peeled, quartered	3 lb.
Egg, yolk	3 ea.
Cheese, Cheddar, grated	2 cups
Scallion, (Green onion), thinly sliced	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Nutmeg, fresh, grated	to taste
Egg, whole	1 ea.
Milk, whole	2 Tbsp.
Butter, unsalted, clarified	⅓ cup
Butter, unsalted	⅔ cup
Salt, kosher	to taste
Pepper, white, ground	to taste
Sage, fresh, chiffonade	1 Tbsp.
Sour cream	1 cup

Method

1. For the dough, in a stand mixer fitted with a dough hook, place the water, semolina flour, all-purpose flour, eggs, and salt. Mix at medium speed until the dough forms a smooth ball, 3 to 4 minutes. Divide the dough into 4 sections. Knead each section on a floured surface until the dough is barely tacky. Cover with plastic wrap and allow it to rest for at least 20 minutes.
2. For the filling, place the potatoes in a large pot. Cover with water, add salt, and bring to a boil over high heat. Lower the heat to a simmer, and cook until the potatoes are tender, 15 to 20 minutes. Drain and return to the pot over low heat. Dry out the potatoes, stirring frequently, until no more steam rises from the pot, about 2 minutes.

3. Using a food mill, purée the potatoes into a large mixing bowl. Add the egg yolks, cheese, and scallions. Season with salt, pepper, and nutmeg to taste. Chill and reserve.
4. For the egg wash, in a small bowl, whisk together the egg and milk.
5. To assemble, roll out the dough using a pasta machine to slightly thinner than 1/8-inch thickness. Cut the dough into 2 1/2-inch circles. Lightly brush the edges of the dough with the egg wash.
6. Spoon about 1 tablespoon of filling onto the center of each circle. Fold in half to form a half-moon. Pinch the edges to seal (see chef demo).
7. Bring a pot of salted water to a boil. Simmer the pierogi until the dough along the sealed edges is fully cooked, 4 to 5 minutes. Drain.
8. Heat the clarified butter in a large sauté pan over medium heat. Add the pierogi and sauté until golden brown on both sides, about 2 minutes per side. Place the pierogi on a heated platter.
9. Pour off the clarified butter and increase the heat to medium-high. Add the whole butter and cook until it reaches a golden-brown color, about 2 minutes. Season with salt and white pepper to taste.
10. Drizzle the butter over the pierogi. Garnish with the sage. Serve immediately with sour cream on the side.

Note: For frying the pierogis, vegetable oil can be substituted for clarified butter.

HUNGARIAN GOULASH

Yield: 2 quarts

Ingredients	Amounts
Pork, bacon, minced	½ cup
Beef, shoulder, med. diced	1 lb.
Onion, yellow, finely diced	2 ea.
Flour, all-purpose	2 Tbsp.
Vinegar, wine, red	2 Tbsp.
Paprika, hot	1 Tbsp.
Tomato, purée	⅔ cup
Stock, brown, veal	1 qt.
Caraway, seeds	1 tsp.
Marjoram, dried	1 tsp.
Thyme, dried	1 tsp.
Parsley, flat-leaf, stems, fresh	4 ea.
Garlic, clove, peeled	2 ea.
Bay leaf, dried	1 ea.
Potato, russet, med. diced	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Scallion (Green onion), green part only, thinly sliced	3 Tbsp.

Method

1. Preheat the oven to 350°F.
2. In a soup pot over medium heat, render the bacon and continue to cook until crispy, 4 to 5 minutes. Remove and reserve the bacon, leaving the rendered fat in the pan.
3. Add the beef to the bacon fat. Sear until evenly browned on all sides, about 10 minutes. Remove and reserve the beef.
4. Turn the heat down to medium-low. Add the onions and cook until caramelized, about 45 minutes. Add small amounts of water, when necessary, to prevent the onions from sticking and burning.
5. Add the flour. Stir to combine and form a roux.
6. Add the vinegar. Mix until fully blended with the roux.
7. Stir in the paprika and the tomato purée. Mix thoroughly. Simmer for 2 to 3 more minutes. Return the reserved meat to the pan. Add the stock.

8. To make a *sachet d'épices*, place the caraway, marjoram, thyme, parsley, garlic and bay leaf into a small piece of cheesecloth. Fold up the edges and tie together with twine, forming a bundle. Add to the simmering stew.
9. Simmer until the meat is almost tender, about 1 hour, skimming impurities from the surface, as needed.
10. Add the potatoes. Simmer until tender, skimming off any fat that rises to the surface, about 20 minutes. Season to taste with salt and pepper.
11. Serve in a heated bowl, garnished with the scallions.

POLISH STUFFED CABBAGE

Yield: 6 portions

Ingredients	Amounts
Salt, kosher	as needed
Cabbage, savoy, leaves, large	12 ea.
Oil, vegetable	1 ½ Tbsp.
Onion, small diced	2 ¼ cups
Veal, ground	½ lb.
Pork, ground	½ lb.
Beef, ground	½ lb.
Cream, heavy	½ cup
Egg, whole	2 ea.
Breadcrumbs, dried	1 ¼ cups
Salt, kosher	as needed
Pepper, black, ground	as needed
Nutmeg, fresh, grated	as needed
Onion, yellow, thinly sliced	1 cup
Carrot, peeled, thinly sliced	½ cup
Celery, thinly sliced	½ cup
Bay leaf, dried	1 ea.
Stock, chicken, hot	3 cups
Tomato Sauce, hot (Recipe follows)	1x recipe

Method

1. Preheat the oven to 350°F.
2. Bring a large pot of salted water to a boil. Add the cabbage and blanch for 1 to 2 minutes to soften the leaves and set the bright green color. Drain and rinse in cold water. Remove and discard the large vein from each cabbage leaf. Reserve.
3. Heat the oil in a large sauté pan over medium-high heat. Add the onions and sweat until soft and translucent, 4 to 5 minutes. Remove from the heat. Cool and reserve.
4. In a mixing bowl, place the ground veal, pork, and beef. Set the bowl over a bowl of ice water. Fold the reserved cooled onions into the ground meat.
5. Add the heavy cream and eggs. Mix by hand until evenly blended. Fold in the breadcrumbs. Season with salt, pepper, and nutmeg as needed.
6. To test the seasoning, make a small patty and pan-fry. Taste and adjust the seasoning of the meat mixture as necessary. Keep the meat mixture chilled until ready to use.
7. For each cabbage roll, dampen a 12-inch square of cheesecloth. Place the cheesecloth in an 8 fl. oz. round cup. Place 2 cabbage leaves in the cheesecloth-lined

cup, overlapping the leaves so that there are no open spaces. Place $\frac{1}{6}$ of the meat in the center of each set of leaves and wrap them around to enclose the filling. Twist the excess cheesecloth to form each roll into a ball. Do not twist too hard or the cabbage leaves will rip. Remove the cheesecloth from the cabbage rolls.

8. Place the onions, carrots, celery, and bay leaf in the bottom of a Dutch oven. Place the cabbage rolls, seam side down, on top of the vegetables. Add enough hot stock to cover the rolls about halfway. Bring to a gentle simmer over medium heat. Cover the pot and transfer to the preheated oven. Cook the cabbage rolls to an internal temperature of 160°F, 45 to 60 minutes.
9. Transfer the cabbage rolls to a heated platter. Serve accompanied by the Tomato Sauce.

TOMATO SAUCE

Yield: 1 quart

Ingredients	Amounts
Oil, olive, extra virgin	2 Tbsp.
Onion, yellow, diced	1 cup
Garlic, minced	4 Tbsp.
Tomato, plum (Roma), whole, canned crushed by hand	2 ½ lb.
Basil, leaves, fresh, chopped	6 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the olive oil in a rondeau over medium heat. Add the onions and sweat, stirring occasionally, until they take on a light golden color, 12 to 15 minutes.
2. Add the garlic and sweat, stirring frequently, until aromatic, about 1 minute.
3. Add the tomatoes. Bring to a simmer and cook over low heat, stirring occasionally, until a sauce-like consistency develops, about 45 minutes.
4. Add the basil. Simmer for 2 to 3 minutes to infuse the sauce with the aroma of the basil. Season with salt and pepper to taste.
5. The sauce can be served as is or puréed through a food mill fitted with a coarse disk, or broken up with a whisk to make a rough purée.

CLASSIC CHEESE FONDUE

Yield: 6 portions

Ingredients	Amounts
Salt, kosher	as needed
Broccoli, head, cut into florets	½ ea.
Cauliflower, head, cut into florets	½ ea.
Cheese, Emmentaler, grated	½ lb.
Cheese, Gruyère, grated	1 lb.
Cornstarch	2 Tbsp.
Garlic, clove, cut in half	1 ea.
Wine, white, dry	1 cup
Brandy, Kirsch	¼ cup
Salt, kosher	to taste
Pepper, white, ground	to taste
Nutmeg, fresh, grated	to taste
Bread, baguette, cubed	1 ea.
Tomato, cherry	1 pt.

Method

1. Bring a large pot of salted water to a boil. Blanch the broccoli and cauliflower florets for about 1 minute. Drain, shock in ice water, and drain again. Reserve.
2. In a mixing bowl, combine the Emmentaler, Gruyère, and cornstarch. Toss to coat.
3. Rub the inside of a fondue pot with the halved garlic clove.
4. Over medium heat, add the wine and bring to a bare simmer.
5. When bubbles rise to the wine's surface, gradually add the cheese mixture, stirring constantly with a wooden spoon, until the cheese melts and the mixture is smooth.
6. Stir the Kirsch. Season with salt, pepper, and nutmeg to taste.
7. To serve, place the pot over a flame just high enough to keep the fondue bubbling gently. Using long-handled fondue forks, dip the bread, reserved blanched vegetables, and tomatoes into the fondue.

BRAISED RED CABBAGE

Yield: 6-8 portions

Ingredients	Amount
Pork, bacon, rind removed, med. diced	¼ lb.
Onion, yellow, thinly sliced	1 ½ cups
Juniper berries	2 ea.
Clove, whole	1 ea.
Bay leaf, dried	1 ea.
Cinnamon, stick	½ ea.
Apple, Fuji, peeled, sliced	1 ea.
Cabbage, red, finely shredded	2 lb.
Wine, red	⅓ cup
Vinegar, wine, red	⅓ cup
Sugar, brown	⅓ cup
Jelly, currant, red	2 ¼ Tbsp.
Cornstarch	1 Tbsp.
Water	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a medium-size, heavy-bottomed pot over medium heat, cook the bacon to render the fat and crisp the meat, 4 to 5 minutes.
2. Add the onions and sweat until translucent, about 5 minutes.
3. To make a *sachet d'épices*, place the juniper berries, clove, bay leaf and cinnamon stick onto a small piece of cheesecloth. Fold up the edges, and tie together with twine, forming a bundle. Add it to the pot with the onions.
4. Add the apples, cabbage, wine, vinegar, sugar and jelly. Season with salt and pepper to taste. Mix to combine thoroughly. Bring the mixture to a simmer, then turn the heat to low. Cover and braise for 45 minutes to 1 hour.
5. If the sauce is not thick enough, in a small bowl, whisk together the cornstarch and water. Stir the cornstarch slurry into the pot until the desired consistency is achieved.
6. Adjust the seasonings with salt and pepper to taste.
7. Serve on a heated platter.

GERMAN EGG NOODLES

SPÄTZLE

Yield: 6 portions

Ingredients	Amounts
Egg, whole	4 ea.
Milk, whole	1/3 cup
Water	2/3 cup
Salt, kosher	1/2 tsp.
Pepper, white, ground	1/8 tsp.
Nutmeg, fresh, grated	1 pinch
Flour, all-purpose	2 cups
Salt, kosher	as needed
Butter, unsalted	3 Tbsp.
Thyme, leaves, fresh	1 Tbsp.

Method

1. In a mixing bowl, combine the eggs, milk, and water. Season with the salt, pepper, and nutmeg. Work in the flour and beat until smooth. Allow the mixture to rest for 1 hour.
2. Bring a large pot of salted water to a boil. Work the batter through a *spätzle* maker into the simmering water (see chef demo). When the *spätzle* floats to the top of the pot, remove it with a spider.
3. To serve, heat the butter in a large sauté pan over medium-high heat. Add the *spätzle* and thyme. Sauté until very hot.
4. Serve on a heated platter.

SWISS-STYLE VEAL IN CREAM SAUCE

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Veal, cutlet, cut into strips	2 ¼ lb.
Butter, unsalted	4 Tbsp.
Onion, yellow diced	1 ½ ea.
Mushrooms, button, sliced	1 lb.
Thyme, leaves, fresh	½ tsp.
Wine, white, dry	1 ½ cups
Cream, heavy	1 ½ cups
Flour, all-purpose	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, leaves, fresh, chopped	1 Tbsp.

Method

1. Heat the oil in a large sauté pan over high heat. Working in batches, add the veal and sauté until well browned on both sides, but not overcooked, 2 to 3 minutes per side. Remove and reserve.
2. In the same sauté pan, heat 2 tablespoons of the butter over medium heat. Add the onions and sweat until soft and translucent, about 3 minutes. Add the mushrooms and sweat until the moisture has evaporated, 4 to 5 minutes. Add the thyme and cook until aromatic, about 1 minute.
3. Add the wine and deglaze (bring to a simmer, scraping any browned bits (*fond*) off the bottom of the pan). Simmer for about 10 minutes to cook off the alcohol and reduce slightly. Add the heavy cream and bring it to a simmer.
4. In a small bowl, combine the remaining 2 tablespoons of the butter and the flour. Whisk into the sauce. Simmer, stirring occasionally, until thickened, about 5 minutes.
5. Return the veal, along with any accumulated juices, to the pan. Simmer until the veal is heated through, about 5 minutes. Season with salt and pepper to taste.
6. Serve the veal in a heated bowl, garnished with the parsley.

ENDIVE AND MESCLUN WITH FRENCH VINAIGRETTE

Yield: 6 portions

Ingredients	Amounts
Vinegar, wine, white	2 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Salt, kosher	1/3 tsp.
Mustard, dry	1/3 tsp.
Oil, olive, pure	1 cup
Pepper, black, ground	a pinch
Parsley, flat-leaf, leaves, minced	2 tsp.
Chive, fresh, snipped	2 tsp.
Tarragon, fresh, minced	2 tsp.
Endive, Belgian	3 ea.
Mesclun greens	1/2 lb.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a medium mixing bowl, combine the vinegar, lemon juice, salt and dry mustard. Stir to blend thoroughly.
2. Slowly whisk in the olive oil to form an emulsion.
3. Add the black pepper, parsley, chive, and tarragon. Reserve.
4. Place the endive and mesclun greens in large bowl. Add a little of the vinaigrette, tossing gently to coat the greens. Taste and add more dressing as needed.
5. Season with salt and pepper to taste.
6. Serve on chilled platter.

SAUTÉED CHICKEN BREAST WITH SPINACH AND MORNAY SAUCE

SUPRÊME DE VOLAILLE À LA FLORENTINE

Yield: 8 portions

Ingredients	Amounts
Chicken, suprêmes	8 ea.
Salt, kosher	as needed
Pepper, white, ground	as needed
Butter, unsalted	as needed
Butter, unsalted	2 Tbsp.
Spinach, roughly chopped	2 lbs.
Salt, kosher	to taste
Pepper, black, ground	to taste
Nutmeg, fresh, grated	to taste
Mornay Sauce with Glace de Volaille (Recipe follows)	1x recipe

Method

1. Season the chicken with salt and ground white pepper. In a large sauté pan over medium-high heat, add enough butter to coat the bottom of the pan. Add the chicken and sauté to cook through, but without color, about 3 minutes per side. Reserve warm.
2. In a large sauté pan over medium-high heat, melt the butter. Add the spinach and sauté until wilted, about 2 minutes. Season with salt, pepper and nutmeg to taste.
3. Place spinach on a serving dish. Arrange chicken *suprêmes* over the spinach.
4. Coat the *suprêmes* with Mornay Sauce with *Glace de Volaille*.

Note: A *suprême* is a semiboneless poultry breast half, usually from a chicken, pheasant, partridge, or duck, so named because it is the best (*suprême*) portion. One wing joint, often frenched, is left attached to the breast meat. If the skin is removed from the *suprême*, it may be referred to as a *côtelette*. *Suprêmes* may be sautéed, poached, or grilled.

MORNAY SAUCE WITH GLACE DE VOLAILLE

Yield: 8-10 portions

Ingredients	Amounts
Stock, chicken	1 gal.
Butter, unsalted	6 Tbsp.
Flour, all-purpose	6 Tbsp.
Milk, whole	6 cups
Cheese, Parmesan, grated	4 Tbsp.
Cheese, Gruyère, grated	4 Tbsp.
Salt, kosher	to taste
Pepper, white, ground	to taste
Butter, unsalted	½ cup

Method

1. For the *glace de volaille*, place the chicken stock in a large pot. Simmer the stock until it reduces to a syrup-like consistency that coats the back of a spoon, about 1 ½ hours.
2. For the bechamel, melt the butter in a small saucepan over medium heat. Add the flour and whisk to combine. Cook the flour over medium heat until a pale paste (roux) forms, about 2 minutes.
3. Gradually whisk in the milk. Cook, while stirring, over low heat, until the sauce has thickened, about 5 minutes.
4. Simmer the béchamel to remove the raw flour flavor and achieve the desired consistency, 20 to 30 minutes. Strain through a fine mesh strainer.
5. Add the Parmesan and Gruyère. Mix to incorporate. Season with salt and white pepper to taste.
6. Add the butter and mix to combine.
7. Add the *glace de volaille* to taste.

Note: 1 gallon of chicken stock should reduce to about 1 cup of *glace de volaille*.

POTATO AND CAULIFLOWER DUCHESSE

Yield: 6 portions

Ingredients	Amounts
Cauliflower, head	1 ea.
Oil, olive, pure	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Potato, russet, peeled, quartered	1 ¼ lb.
Egg, yolk	3 ea.
Butter, unsalted, softened	¼ lb.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Nutmeg, fresh, grated	a pinch

Method

1. Preheat oven to 400°F.
2. Remove the cauliflower florets from the head. Cut the florets into 2-inch pieces. Trim and large dice the core to match the size of the quartered potatoes.
3. Toss the florets in oil until evenly coated. Season with salt and pepper as needed.
4. Place the florets on a parchment-lined sheet tray. Roast in the preheated oven until golden brown, about 15 minutes. Reserve and keep warm.
5. In a large pot, place the potatoes and the reserved cauliflower core pieces. Add salt and enough water to cover. Bring to a boil, then lower the heat to a simmer. Cook until the potatoes are just tender, 15 to 20 minutes.
6. Drain the potatoes and cauliflower pieces. Return them to the pot over low heat. Cook, stirring constantly, until no more steam rises from the vegetables. Be sure not to brown the potatoes.
7. Using a food mill, purée the hot potato and cauliflower into a mixing bowl.
8. Mix the egg yolks and butter into the hot purée. Season with the salt, pepper, and nutmeg.
9. Transfer the mixture to a piping bag fitted with a star tip. Pipe the purée onto a parchment paper-lined sheet pan (see chef demo). Bake in the preheated oven until the potatoes are heated through and golden brown, 10 to 15 minutes.
10. Serve immediately on a warm platter alongside the roasted cauliflower florets.

TROUT IN GREEN SAUCE

TRUCHA EN SALSA VERDE

Yield: 6 portions

Ingredients	Amounts
Trout, fillet, 6 oz.	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	as needed
Oil, olive, extra virgin	as needed
Garlic, clove, thinly sliced	3 ea.
Red pepper flakes	as needed
Flour, all-purpose	1/2 Tbsp.
Wine, white, dry	2 1/2 cups
Stock, chicken	3/4 cups
Parsley, flat-leaf, leaves, fresh, chopped	1/3 cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Season the trout with salt and pepper. In a shallow bowl, add enough flour for dredging. Dredge each fillet in the flour and shake off excess. Replenish the bowl with more flour, as necessary.
2. In a large sauté pan over medium high heat, add enough oil to just coat the bottom of the pan. Gently place the fillets, skin side down, into the hot oil. Sauté until browned, 2 to 3 minutes. Turn and finish cooking on the flesh side, about 1 minute. Remove and reserve warm.
3. Return the pan to the heat. Add the garlic and cook to a light golden color, about 2 minutes.
4. Add the red pepper flakes. Sprinkle the flour evenly over the pan to prevent lumps.
5. Add the white wine and deglaze (using a wooden spoon, scrape up any brown bits on bottom of the pan (*fond*)).
6. Add the stock and simmer until the sauce coats the back of the spoon (*nappé*).
7. Add the parsley. Season with salt and pepper to taste.
8. Place the fish on a warm platter and top with the sauce. Serve immediately.

OVEN-ROASTED ROOT VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	2 Tbsp.
Carrot, peeled, large diced	1 cup
Turnip, peeled, large diced	1 cup
Rutabaga, peeled, large diced	1 cup
Parsnip, peeled, large diced	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, leaves, chopped	2 Tbsp.

Method

1. Preheat the oven to 425°F.
2. Melt the butter in a large sauté pan over medium-high heat. Add the carrots, turnips, rutabagas, and parsnips. Toss to coat with the butter. Sauté until they begin to take on color, 4 to 5 minutes.
3. Roast in the preheated oven, stirring occasionally, until the vegetables are tender and evenly golden browned, about 15 minutes.
4. Season with salt and pepper to taste. Add the parsley. Toss to combine.
5. Serve on a heated platter.

SHEPHERD'S PIE

Yield: 6 portions

Ingredients	Amounts
Potato, russet, peeled, quartered	2 ¼ lb.
Butter, unsalted, softened	4 Tbsp.
Egg, yolk	4 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable (Divided)	3 Tbsp.
Beef, ground	1 ¼ lb.
Onion, yellow, finely chopped	1 ea.
Mushroom, button, chopped	¾ lb.
Garlic, minced	1 Tbsp.
Thyme, leaves, fresh	1 tsp.
Marjoram, dried	1 tsp.
Tomato, paste	2 Tbsp.
Flour, all-purpose	4 Tbsp.
Stock, chicken	2 cups
Worcestershire sauce	2 tsp.
Corn, kernels, frozen, thawed	2 ½ cups
Breadcrumbs, dried	3 Tbsp.
Paprika, ground	1 tsp.

Method

1. Place the potatoes in a large pot and add enough cold water to cover by 2 inches. Salt the water, bring to a boil, then lower the heat to medium. Simmer until the potatoes are easily pierced with a fork, 25 to 30 minutes. Drain the potatoes and return them to the pot. Place the pot over low heat and cook, stirring constantly, until no more steam rises from the potatoes. Be sure that the potatoes do not brown.
2. Using a food mill, immediately purée the potatoes into a heated bowl. Add the butter and mix into the potatoes until incorporated. Add the egg yolks and stir to combine. Season with salt and pepper to taste. Transfer the potato mixture to the bowl of an electric mixer fitted with a paddle attachment. Whip the potatoes on medium speed until smooth and light, about 2 minutes. Reserve.
3. Preheat the oven to 375°F. Spray one large baking dish or 6 individual baking dishes with cooking spray and reserve.

4. Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Add the beef and sauté, using a wooden spoon to break up any clumps, until cooked through, about 5 minutes. Using a slotted spoon, transfer the beef to a bowl. Reserve.
5. Heat the remaining vegetable oil in the pan over medium-high heat. Add the onions and sauté until tender and golden brown, 4 to 5 minutes. Add the mushrooms and sauté until cooked through and any juice they release has cooked away, about 4 minutes. Add the garlic, thyme, and marjoram. Cook until aromatic, about 1 minute. Lower the heat to medium, add the tomato paste, and cook until it has deepened in color and become aromatic, 4 to 5 minutes.
6. Add the flour and stir to combine. Add the stock and Worcestershire sauce and stir to combine. Bring the mixture to a simmer, cover, and cook until slightly thickened, about 8 minutes. Add the corn and stir to combine. Season with salt and pepper to taste.
7. Spread the ground beef mixture in an even layer in the prepared baking dish or dishes. Spread the reserved whipped potatoes in an even layer on top of the beef. Top with the breadcrumbs and paprika.
8. Bake in the preheated oven until the filling is bubbly and the top is golden brown, 25 to 30 minutes.
9. Serve hot.

BEER-BATTERED FISH AND CHIPS

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	as needed
Hake, fillets, cut into six 4-oz. portions	1 ½ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Lemon, juice	as needed
Flour, all-purpose	as needed
Beer Batter (Recipe follows)	1x recipe
Chips (Recipe follows)	1x recipe
Tartar Sauce (Recipe follows)	1x recipe
Lemon, cut into wedges	1 ea.

Method

1. Preheat a deep-fryer or large pot filled halfway with oil to 350°F.
2. Blot the fish fillets dry. Season with salt, pepper, and lemon juice as needed.
3. Place enough flour for dredging in a shallow bowl. Dredge the fish in the flour, shaking off any excess. Replenish with more flour as necessary.
4. Dip the fish in the beer batter to coat.
5. Deep-fry the fish fillets in the preheated oil until lightly browned and cooked through, 3 to 5 minutes.
6. Remove and drain on a wire rack.
7. Serve hot, accompanied by the chips, tartar sauce, and lemon wedges.

Note: Any firm white fish can be substituted for the hake.

BEER BATTER

Yield: 22 fluid ounces

Ingredients	Amounts
Flour, all-purpose	2 cups
Baking powder	½ tsp.
Salt, kosher	1 tsp.
Egg, separated	1 ea.
Beer	2 cups

Method

1. In a mixing bowl, whisk together the flour, baking powder, and salt. Reserve.
2. In a separate small bowl, whisk the egg yolk and beer to combine.
3. Add the egg mixture to the flour, all at once, and whisk until very smooth.
4. In a small bowl, whip the reserved egg white until it forms soft peaks. Fold into the batter and use immediately.

CHIPS

Yield: 6 portions

Ingredients

Potato, russet
Oil, vegetable
Salt, kosher

Amounts

2 ½ lb.
as needed
to taste

Method

1. Heat the oil to 250°F.
2. Peel, and cut the potatoes into small sticks, about ¼ -inch by ¼ inch by 2 ½-inches (*bâtonnet*).
3. Add the potatoes, in batches, and blanch until they are tender but not browned, about 3 minutes.
4. Drain and transfer to baking sheets lined with paper towels.
5. Increase the oil temperature to 375°F.
6. Working in batches, fry the potatoes until they are golden brown and crispy, 2 to 3 minutes. Drain well.
7. Season with salt to taste. Serve immediately.

TARTAR SAUCE

Yield: 1 cup

Ingredients	Amounts
Egg, whole	1 ea.
Mayonnaise	1 cup
Capers, chopped	2 Tbsp.
Cornichons, chopped	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Worcestershire sauce	to taste
Tabasco sauce	to taste

Method

1. Place the egg in a small pot and add enough water to cover. Bring to a boil over high heat, then cover, turn off the heat, and allow it to gently cook in the hot water for 10 minutes. Immediately transfer to an ice bath to stop the cooking. When cool enough to handle, peel and finely chop.
2. In a mixing bowl, combine the cooked egg, mayonnaise, capers and cornichons.
3. Season with salt, pepper, Worcestershire sauce, and Tabasco sauce to taste.
4. Chill until ready to use.

STICKY TOFFEE PUDDING WITH CHANTILLY CREAM

Yield: 24 portions

Ingredients	Amounts
Date, pitted, chopped	14 wt. oz.
Water, hot	1 ½ cups
Vanilla, extract	1 Tbsp.
Coffee, extract	1 ½ tsp.
Baking soda	¼ tsp.
Butter, unsalted	1 cup
Sugar, brown, dark	1 ½ cups
Egg, whole	4 ea.
Egg, yolk	1 ea.
Flour, cake	3 cups
Baking powder	2 tsp.
Sugar, brown, packed	1 ½ cups
Butter, unsalted	1 cup
Cream, heavy	¾ cup
Salt, kosher	¾ tsp.
Vanilla, extract	1 ½ tsp.
Corn syrup	¼ cup
Chantilly Cream (Recipe follows)	1x recipe

Method

1. Preheat the oven to 350°F. Spray two muffin pans with nonstick spray and reserve.
2. Place the dates into a mixing bowl. Add the hot water, vanilla extract, coffee extract, and baking soda. Stir to combine. Soak the dates until softened, about 15 minutes.
3. Into the bowl of a stand mixer fitted with a paddle attachment, cream the butter and sugar on medium speed until the mixture is light in color and fluffy, scraping the bowl as necessary.
4. Add the eggs and egg yolk, one at a time, mixing thoroughly between each addition, and scraping the bowl as necessary. Add the flour, baking powder, the soaked dates and the soaking liquid. Mix on low speed until just combined, as overmixing will make the cake tough.
5. Portion the batter into the prepared muffin pans using a 2-ounce ladle or scoop.
6. Bake in the preheated oven until set, 10 to 12 minutes. Remove the pans from the oven and allow the cakes to cool in the muffin pans.
7. Preheat the broiler to low.

8. For the toffee sauce, in a medium saucepot over medium-low heat, combine the sugar, butter, heavy cream, salt, and vanilla. Simmer, stirring gently, for 1 minute.
9. Poke several holes in the tops of the cakes with a skewer or fork. Pour a couple of tablespoons of the toffee sauce onto each cake. Place the muffin pan under the broiler just until the sauce begins to bubble, about 1 minute.
10. Un-mold the cakes and serve warm on a heated platter topped with additional toffee sauce and Chantilly Cream.

CHANTILLY CREAM

Yield: 2 cups

Ingredients	Amounts
Cream, heavy, chilled	1 cup
Vanilla, extract	½ tsp.
Sugar, confectioners'	¼ cup

Method

1. Chill the bowl of a stand mixer and the whisk attachment.
2. Pour the cream and vanilla into the chilled bowl and whip on medium speed until thickened, about 3 minutes.
3. Increase the speed to high and gradually add the confectioners' sugar while whipping. Whip until the cream forms soft peaks, about 3 minutes.

Note: If your cream starts to turn slightly yellow while you are whipping, it is close to being over-whipped and turning into butter. It may be rescued by folding in a small amount of un-whipped cream.

DAY FOUR: THE MEDITERRANEAN

LEARNING OBJECTIVES

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

- list the countries who have the main culinary influence within Southern Europe, Northern Africa, and Western Asia.
- explain the flavors and spices commonly used in each country.
- list the key ingredients used in each country.
- explain the common cooking techniques used in each country.
- describe the popular dishes representative of each country.
- prepare a variety of dishes representative of these countries using standardized recipes.

INSTRUCTOR DEMONSTRATIONS

- Fabricating a leg of lamb
- Shaping cavatelli

DAY FOUR: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE – EUROPE (SOUTHERN SPAIN & SOUTHERN FRANCE)

Fried Fish, Sanlucar Style

Fideuà

Monkfish and Scallop Bouillabaisse

Roast Leg of Lamb with Potato Gratin

TEAM TWO – EUROPE (CENTRAL AND SOUTHERN ITALY AND GREECE)

Spanakopita

Greek Pork and Orange-Flavored Beans

Ricotta Cavatelli with Duck Leg Ragout

Sea Bass with Vegetables

TEAM THREE – NORTH AFRICA

Spiced Carrot Salad

Maghrebi Veal Meatballs with Spinach and Chickpeas

Tunisian Poached Halibut with Olives, Preserved Lemons, and Capers

Chicken Tagine with Squash Couscous

TEAM FOUR – EASTERN MEDITERRANEAN

Red Lentil Soup with Caramelized Onions

Turkish Orange and Onion Salad

Syrian Wheat Salad with Pomegranate Dressing

Turkish Grilled Lamb Köfte Kebabs with Yogurt and Cucumber Sauce

FRIED FISH, SANLUCAR STYLE

PESCADO FRITO, A LA SANLUQUENA

Yield: 6 portions

Ingredients	Amounts
Smelt, very small, cleaned, heads off	1 lb.
Lemon, juice, fresh	as needed
Salt, kosher	as needed
Flour, all-purpose	¼ cup
Cornmeal	¼ cup
Oil, olive, pure	as needed
Salt, kosher	as needed
Parsley, flat-leaf, bunch	½ ea.
Lemon, cut into 6 wedges	1 ea.
Romesco Sauce (Recipe follows)	1x recipe

Method

1. Wet the fish thoroughly with water. Sprinkle with lemon juice and salt as needed.
2. In a shallow bowl, combine the flour and cornmeal. Dredge the fish in the mixture and shake off any excess.
3. In a straight sided large saucepan, add the olive oil to a depth of 2-inches and heat until just smoking, about 375°F. Gently place a few pieces of fish at a time in the hot oil. Fry until lightly golden brown and very crisp on both sides, about 1 minute per side. Drain on paper towels. Continue, in batches as necessary, until all the fish has been fried.
4. Place the parsley into the oil and fry until just crisp, only a few seconds. Drain on paper towels.
5. Garnish the fried fish with the fried parsley. Serve with the lemon wedges, and Romesco Sauce on the side.

Source: Adapted from *Delicioso! Regional Cooking of Spain*, by Penelope Casas

ROMESCO SAUCE

Yield: 1 cup

Ingredients	Amounts
Hazelnuts, whole, blanched	12 ea.
Almonds, whole, blanched	10 ea.
Garlic, clove, peeled	1 ea.
Bread, baguette, slice	1 ea.
Pepper, bell, red, halved, cleaned	1 ½ ea.
Tomato, plum (Roma), halved	1 ea.
Oil, olive, extra-virgin olive	2 Tbsp.
Parsley, flat-leaf, sprig, chopped	1 ea.
Vinegar, sherry	2 Tbsp.
Pepper, cayenne	to taste
Paprika, Spanish (<i>Pimentón</i>)	to taste

Method

1. Preheat the oven to 350°F.
2. Place the hazelnuts, almonds, garlic, and bread on a sheet pan and roast in the preheated oven until lightly browned, 10 to 15 minutes. Cool and reserve.
3. Increase the oven to 475°F.
4. Place the peppers and tomatoes on a sheet pan and roast in the oven until evenly charred, about 15 minutes. Remove from the oven, place them in a bowl and cover with plastic wrap. When cool enough to handle, remove and discard the skin.
5. In a food processor, combine the reserved roasted nuts, bread, peppers and tomatoes. Add the oil, parsley, and vinegar. Blend until the mixture forms a smooth purée.
6. Season with the cayenne pepper and Spanish paprika to taste.

FIDEUÀ

Yield: 6 portions

Ingredients	Amounts
Pasta, vermicelli, dry (<i>Fideos</i>)	12 wt. oz.
Oil, olive, extra-virgin (Divided)	as needed
Onion, yellow, ½-inch dice	¾ cup
Tomato, plum (Roma), canned, peeled, chopped	6 ea.
Garlic, cloves, sliced thin	1 ea.
Broth, chicken	1 qt.
Salt, kosher	to taste
Paprika, Spanish, hot (<i>Pimentón picante</i>)	to taste
Mussels	2 lb.
Monkfish, fillets, skinless	2 lb.
Basil, leaves, chiffonade	¼ cup
Parsley, flat-leaf, leaves, chopped	2 Tbsp

Method

1. Break the pasta into 2-inch pieces. Heat enough oil to coat the bottom of a large sauté pan over medium high heat. Add the pasta pieces and sauté until they turn golden brown, 2 to 3 minutes. Be careful not to burn. Remove and reserve.
2. Heat enough oil to coat the bottom of a large sauté pan over medium high heat. Add the onions, tomato, and garlic. Cook until it becomes jam-like, 10 to 15 minutes.
3. Add 1 pint of the chicken broth. Season with salt and Spanish paprika to taste.
4. Add the mussels, monkfish, and reserved pasta. Cover and cook until the pasta is tender to the bite (*al dente*) and the mussels have opened. Be sure to discard any unopened mussels. The broth is meant to be slightly soupy. Adjust the consistency with the remaining chicken broth, if necessary.
5. Season with salt and Spanish paprika to taste. Finish with the fresh basil.
6. Serve in a large bowl and garnish with parsley.

MONKFISH AND SCALLOP BOUILLABAISSE

Yield: 4-6 portions

Ingredients	Amounts
Monkfish, fillets, skinless	1 lb.
Scallops, large	1 lb.
Oil, olive, pure	1 Tbsp.
Onion, yellow, small diced	½ cup
Leek, white only, thinly sliced	¼ cup
Fennel, small diced	½ cup
Celery, small diced	¼ cup
Tomato, plum (Roma), peeled, seeded, chopped	4 cups
Saffron, threads	½ tsp.
Clam juice	2 ½ cup
Wine, white	¼ cup
Bay leaf, dried	1 ea.
Thyme, fresh, sprigs	2 ea.
Tabasco sauce	1 dash
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, leaves, chopped	4 Tbsp.
Rouille (Recipe follows)	1x recipe

Method

1. Cut the monkfish into 1 ½ ounce medallions. Season the monkfish and scallops generously with salt and pepper.
2. Heat the oil in a sauté pan over very high heat. Sear the monkfish medallions and scallops until golden brown but still raw in the center, about 1 minute per side. Remove from the pan and reserve.
3. Lower the heat to medium. Sweat the onions, leeks, fennel, and celery until tender, but not brown, 3 to 4 minutes. Add the tomatoes, saffron, clam juice, wine, bay leaf, thyme, and Tabasco sauce. Season with salt and pepper as needed. Simmer for about 10 minutes.
4. Lower the heat and add the seared monkfish and scallops. Shallow poach until the monkfish and scallops are cooked though, about 2 minutes. Remove the bay leaf.
5. Sprinkle with parsley and serve immediately, accompanied by the Rouille.

Source: Adapted from *Pierre Franey Cooks with his Friends*, by Pierre Franey

ROUILLE

Yield: 1 cup

Ingredients	Amounts
Chile, cayenne, dried	2 ea.
Garlic, clove	3 ea.
Salt, kosher	¼ tsp.
Saffron, powdered, dissolved in 1 Tbsp. boiling water	½ tsp.
Breadcrumbs, fresh	1 tsp.
Egg, yolk, room temperature	1 ea.
Lemon, juice	1 tsp.
Oil, olive, pure, room temperature	1 cup

Method

1. Using a mortar and pestle, pound the dried chiles to a powder. Add the garlic and salt. Pound into a paste.
2. Mix in the dissolved saffron and breadcrumbs. Pound into a paste. Transfer to a small bowl.
3. Add the egg yolk and lemon juice. Stir to combine.
4. Add the oil in a slow steady stream, whisking vigorously, until the sauce emulsifies and thickens.
5. Use immediately or refrigerate until needed.

Note: Usually made in a large mortar and pestle, this rouille can also be made with a whisk or an electric hand mixer.

ROAST LEG OF LAMB WITH POTATO GRATIN

Yield: 6-8 portions

Ingredients	Amounts
Lamb, leg, boneless	1 ea.
Garlic, cloves, slivered	½ cup
Rosemary, fresh, sprig	2 ea.
Thyme, fresh, sprig	3 ea.
Oregano, fresh, sprig	2 ea.
Lavender, fresh, sprig	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Garlic, clove, coarsely cut	2 ea.
Olives, Niçoise, pitted, chopped	1 cup
Anchovies, fillets, minced	3 ea.
Capers	7 Tbsp.
Stock, veal, brown	1 pt.
Cornstarch	as needed
Potato Gratin (Recipe follows)	1x recipe

Method

1. Preheat the oven to 350°F.
2. Butterfly the leg of lamb (see chef demo).
3. In the cavity where the bone used to be, place the garlic and the rosemary, thyme, oregano, and lavender sprigs. Season the inside generously with salt and black pepper.
4. Roll the leg of lamb tightly and secure with butcher's twine (see chef demo). Season the outside with salt and pepper as needed. Place the lamb on a roasting rack and then into a roasting pan.
5. Roast in the preheated oven to an internal temperature of 130°F. Allow it to rest in a warm place for at least 30 minutes.
6. For the sauce, place the roasting pan on the stovetop over low heat. Add the garlic and sweat in the pan drippings until soft, about 1 minute. Add the olives, anchovies, and capers. Add the brown veal stock and simmer until slightly reduced, about 5 minutes. Thicken the sauce with a cornstarch slurry, if necessary.
7. Carve the leg of lamb and place onto a serving platter. Serve the sauce and the Potato Gratin on the side.

POTATO GRATIN

Yield: 6-8 portions

Ingredients	Amounts
Potato, yellow, thinly sliced	3 lb.
Milk, whole	1 qt.
Butter, unsalted (Divided)	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Nutmeg, fresh, grated	as needed
Cream, heavy (Divided)	1 cup
Cheese, Gruyère, grated (Divided)	2 cups
Garlic, clove, halved lengthwise	1 ea.

Method

1. Preheat the oven to 375°F.
2. In a large saucepan, combine the potatoes, milk, and 1 tablespoon of the butter. Season with salt, pepper, and nutmeg as needed. Bring to a boil over medium-high heat. Stir occasionally to prevent the potatoes from sticking to the bottom of the saucepan. Lower the heat to a simmer and cook until the potatoes are almost tender, about 5 minutes.
3. Rub the bottom of a baking dish with the garlic and the remaining 1 tablespoon butter. With a slotted spoon, transfer half the potatoes to the baking dish. Sprinkle with ½ cup of cream and 1 cup of cheese. Season with pepper, and nutmeg as needed. Cover with the remaining potatoes. Spread the remaining ½ cup of cream and 1 cup of cheese over top. Season with pepper and nutmeg as needed.
4. Place the baking dish in the center of the preheated oven and bake until the potatoes are crisp and golden on top, about 1 hour.
5. Serve immediately.

Source: *Simply French*, by Patricia Wells and Joel Robuchon

SPANAKOPITA

Yield: 12 portions

Ingredients	Amounts
Butter, unsalted	2 Tbsp.
Shallots, minced	½ cup
Garlic, minced	2 Tbsp.
Spinach, stems removed chopped	1 ½ lb.
Nutmeg, fresh, grated	2 tsp.
Dill, chopped	2 Tbsp.
Egg, whole, beaten	2 ea.
Cheese, feta, crumbled	2 cups
Cheese, mozzarella, grated	1 cup
Salt, kosher	2 tsp.
Pepper, black, ground	1 tsp.
Phyllo dough, frozen, 1-lb. box, thawed	1 ea.
Butter, melted	as needed

Method

1. Preheat the oven to 400°F.
2. For the filling, melt the butter in a sauté pan over medium heat until it starts to bubble. Add the shallots and cook until translucent, about 1 minute. Add the spinach, nutmeg, and dill. Cook gently until the spinach is wilted, 1 to 2 minutes. Transfer the spinach mixture to a stainless-steel bowl and cool to room temperature.
3. Add the egg, feta, and mozzarella. Season with salt and pepper to taste. The filling should be moist. Add more egg, if needed. Cover, refrigerate, and reserve the filling until needed.
4. Lay 1 sheet of phyllo dough on a buttered sheet tray. Brush the top evenly with melted butter, making sure to cover from end to end. Repeat this process for the next layer, stacking it on top of the first. Repeat this process for a total of 9 bottom layers.
5. Divide the filling into thirds. Evenly spread the first ⅓ of the filling on top of the bottom 9 layers.
6. Layer 2 sheets of phyllo on top of the first layer of filling, brushing each sheet of phyllo with melted butter.
7. Evenly spread the second ⅓ of the filling on top of the 2 layers of phyllo.
8. Layer 2 sheets of phyllo on top of the second layer of filling, brushing each sheet of phyllo with melted butter.
9. Evenly spread the third ⅓ of the filling on top of the 2 layers of phyllo.

10. Finish by laying down 9 top layers of phyllo on top of the third layer, buttering each layer of phyllo. When working with the top layers, use the buttered bristles of the pastry brush and push the edges of the phyllo down around the sides of the pan to enclose the filling completely.
11. With a sharp knife, score the top phyllo layer into 12 rectangles, being careful not to cut all the way through to the filling. Brush a light layer of butter on top and around the edges to keep the phyllo from flaking up along the edges of the squares.
12. Bake in the preheated oven until golden brown, 35 to 45 minutes. Let it cool until it is just warm. Cut out the squares carefully along the score marks.
13. Serve on a warm platter.

Note: This dish can also be made in individual portions. The filling can be placed onto strips of buttered phyllo and folded into small triangles. They can be made in advance and frozen and take only 15 to 20 minutes to bake.

GREEK PORK AND ORANGE-FLAVORED BEANS

Yield: 4-6 portions

Ingredients	Amounts
Beans, gigante, dried	2 cups
Bay leaf, dried	2 ea.
Pork, shoulder, boneless, large chunks	$\frac{3}{4}$ lb.
Orange, zest, cut into long, wide strips	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, extra-virgin	$\frac{1}{2}$ cup
Onion, coarsely chopped	2 cups
Pepper, Aleppo	1 tsp.
Mustard, dry	1 tsp.
Wine, red, Madeira	1 cup
Orange, juice	$\frac{2}{3}$ cup
Salt, kosher	1 tsp.
Tomato, canned, chopped	$\frac{2}{3}$ cup
Celery, rib with leaves	1 ea.
Parsley, flat-leaf, sprigs	as needed

Method

1. Soak the beans overnight in enough water to cover by at least 2-inches.
2. The following day, drain the beans and put them into a deep pot. Cover the beans with 6 cups fresh water. Slowly bring the water to a boil, skimming the impurities. Add 1 of the bay leaves. Lower the heat, cover, and simmer until the beans are tender but not mushy, 45 minutes to 1 hour. Drain the beans. Reserve 1 cup of the liquid.
3. In a separate pot, place the pork and cover with cold water. Add the remaining bay leaf and bring to a boil. Skim, lower the heat to the medium, and simmer for 30 minutes.
4. To remove the bitterness from the orange zest, bring a small saucepot of water to a boil. Blanch the orange zest for about 1 minute. Drain, shock in an ice bath, and drain again. Repeat this process twice more. Let the zest dry on parchment paper. Cut into fine strips. Reserve.
5. Preheat the oven to 400°F.
6. Remove the meat from the cooking liquid and cut it into $\frac{1}{2}$ -inch cubes. Season with salt and pepper as needed. Reserve.
7. Strain the cooking liquid through a sieve and measure it. If it is more than $\frac{1}{2}$ cup, boil over high heat to reduce to $\frac{1}{2}$ cup. Reserve.
8. In a large straight sided skillet over medium-high heat, add the olive oil. Add the onion and sauté until lightly browned, about 5 minutes. Add the reserved pork and

- sauté until lightly browned, about 3 minutes. Add the reserved beans and cook, while stirring, for 1 more minute. Stir in the Aleppo pepper, dry mustard, wine, orange juice, salt, tomato, celery, reserved orange zest and reserved pork broth. Bring to a boil. Turn the heat down to low and simmer, covered, for 30 minutes. If more liquid is needed, add some of the reserved bean broth. Season with salt and pepper to taste.
9. Transfer to a 1 ½ quart baking dish. Bake in the preheated oven until the beans are very tender and most of the liquid has evaporated, 30 to 40 minutes.
 10. Serve warm, garnished with sprigs of parsley.

Note: Large lima beans can be substituted for the gigante beans. Any sweet red wine can be substituted for the Maderia wine. Turkish red pepper flakes or hot red pepper can be substituted for the Aleppo pepper.

Source: *The Slow Mediterranean Kitchen: Recipes for the Passionate Cook*, by Paula Wolfert

RICOTTA CAVATELLI WITH DUCK LEG RAGOUT

CAVATELLI CON SPEZZATINO DI ANITRA

Yield: 6-8 portions

Ingredients	Amounts
Oil, olive, pure	as needed
Duck, legs	5 ea.
Wine, white	¼ cup
Pork, pancetta, minced	2 wt. oz.
Onion, red, small diced	1 cup
Celery, small diced	½ cup
Carrots, small diced	½ cup
Tomato, paste	2 Tbsp.
Brandy	¼ cup
Stock, chicken	as needed
Rosemary, sprigs	3 ea.
Thyme, fresh, sprigs	3 ea.
Bay leaf, dried	3 ea.
Parsley, flat-leaf, leaf, chopped	3 Tbsp.
Garlic, clove, minced	1 Tbsp.
Juniper berries, crushed	12 ea.
Peppercorns, black, crushed	4 ea.
Salt, kosher	as needed
Butter, unsalted	4 Tbsp.
Ricotta Cheese Cavatelli (Recipe follows)	1x recipe
Cheese, Parmigiano-Reggiano, grated	½ cup

Method

1. Preheat the oven to 400°F.
2. For the ragout, place the duck legs on a half sheet pan. Roast in the preheated oven until evenly browned, about 20 minutes. Remove the duck legs from the sheet pan and reserve. Deglaze the pan drippings with the white wine and reserve.
3. Heat the olive oil in a rondeau over medium heat. Add the pancetta and cook until crispy, 4 to 5 minutes.
4. Add onion, celery, and carrots. Cook until lightly caramelized. Add the tomato paste and cook to a deep red-brown color. Add the brandy and cook to remove the strong alcohol flavor, about 2 minutes.

5. Add the reserved pan drippings. Return the reserved duck legs to the pan. Add enough chicken stock to cover the duck by 1-inch. Add the rosemary, thyme, bay leaf, garlic, juniper berries, and peppercorns. Season with salt to taste. Braise over medium-low heat until the duck legs are tender, about 1 hour. Cool and skim the fat.
6. Scrape the meat off the bone and return it to the sauce. Make sure not to shred the duck meat too fine. The sauce should lightly coat the back of a spoon (*nappé*).
7. Add the butter and stir to combine. Add the cooked cavatelli and toss in the sauce.
8. Serve with the grated Parmesan cheese.

RICOTTA CHEESE CAVATELLI

Yield: 1 pound

Ingredients	Amounts
Flour, durum	3 cups
Eggs, whole	1 ea.
Cheese, ricotta, impastata	1 cup
Salt, kosher	1 tsp.
Salt, kosher	as needed

Method

1. Place the flour, eggs, ricotta, and salt into the bowl of a stand mixer. Using a dough hook, mix on medium speed until a smooth dough forms, 3 to 4 minutes.
2. Shape the cavatelli (see chef demo)
3. Place the shaped cavatelli on a baking sheet. Let them dry for 1 hour.
4. Bring a pot of salted water to a boil. Add the cavatelli and boil until they float to the top, 3 to 5 minutes.
5. Strain and toss in the pan with the sauce.

SEA BASS WITH VEGETABLES

BRANZINO ALLA VERDURE

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	1 fl. oz.
Onion, red, 2-inch julienne	3 wt. oz.
Garlic, clove, mashed to a paste	1 ea.
Tomato, plum (Roma), skinned, seeded, 2-in. julienne	6 wt. oz.
Squash, zucchini, julienne	8 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	1 wt. oz.
Sea bass, fillet, 6 oz. each	6 ea.
Wine, white	8 fl. oz.
Salt, kosher	as needed
Lemon, juice	as needed
Squid, thinly sliced	2 ea.
Oregano, leaves, fresh, finely chopped	½ tsp.
Parsley, flat-leaf, leaves, fresh, finely chopped	½ tsp.
Basil, leaves, fresh, finely chopped	½ tsp.

Method

1. Preheat the oven to 350°F.
2. For the topping, heat the oil over medium heat. Add the onions and garlic. Sweat until the onion is translucent, 2 to 3 minutes. Add the tomatoes and zucchini. Cook until the vegetables are slightly softened, about 2 minutes. Season with salt and pepper to taste. Cool and reserve.
3. Grease a sautoir with the butter. Add the fish fillets and top each portion with ¼ cup of the reserved vegetable topping. Add the wine and place the pan on the stovetop. Bring to a simmer over medium-high heat.
4. Cover the pan with a parchment paper cover (*cartouche*). Transfer to the preheated oven. Poach until the fish is fully cooked, 5 to 8 minutes.
5. Transfer the fish to a serving platter, cover, and keep warm.
6. Return the pan to the stove top over medium-high heat. Simmer the poaching liquid until it is reduced to about ¾ cup. Season with salt and pepper to taste. Reserve warm.

7. Bring a medium pot of salted water to a simmer. Add lemon juice as needed. Turn the heat off and add the squid slices. Cook the squid in the hot water until opaque, 60 to 90 seconds. Drain, shock in an ice bath, and drain again.
8. When ready to serve, place the squid in the warm reserved poaching liquid until heated through, about 3 minutes.
9. Pour the poaching liquid around the fish on the serving platter. Arrange a few slices of the squid on top of each portion. Garnish with the oregano, parsley, and basil.

SPICED CARROT SALAD

SALADE HOURIA

Yield: 6 portions

Ingredients	Amounts
Salt, kosher	as needed
Water	2 qt.
Carrot, grated	4 ½ cups
Oil, olive, extra-virgin	3 Tbsp.
Vinegar, wine, red	2 tsp.
Garlic, cloves, minced	4 ea.
Harissa (Recipe follows)	1 Tbsp.
Caraway, seeds	1 tsp.
Salt, kosher	to taste

Method

1. In a stock pot, bring 2 quarts of salted water to a boil. Add the carrots and cook until they are tender but firm to the bite (*al dente*), about 1 minute. Drain, shock in an ice bath until completely cooled, and drain again. Transfer to a large mixing bowl and reserve.
2. For the vinaigrette, in a bowl, whisk together the oil, vinegar, garlic, harissa, and caraway seeds. Season with salt to taste.
3. Add the vinaigrette to the bowl of reserved carrots. Toss to coat.
4. Serve at room temperature.

HARISSA

Yield: about 1 cup

Ingredients	Amounts
Coriander, seeds	1 tsp.
Caraway, seeds	1 ½ tsp.
Cumin, seeds	¼ tsp.
Pepper, guajillo	6 wt. oz.
Garlic, clove	2 ea.
Salt, kosher	¼ tsp.
Oil, olive, extra virgin	1 cup

Method

1. In a dry sauté pan over medium heat, toast the coriander seeds, caraway seeds, and cumin seeds. Transfer to a spice grinder. Pulse the seeds until finely ground. Reserve.
2. Stem, seed and break the guajillo peppers into small pieces. Toast in a dry sauté pan over medium heat. Bring a small pot of water to a boil and remove it from the heat. Add the peppers to the hot water and soak until tender, about 10 minutes. Drain and reserve.
3. In a mortar and pestle, crush the garlic cloves and salt into a paste.
4. In a blender, add the garlic paste, the reserved peppers, and the reserved ground spices. Process until smooth. While the blender is running, stream in the oil until a thick, spreadable paste forms.
5. Transfer the paste to a bowl. Cover tightly and keep refrigerated until needed.

Note: Described as Tunisia's main condiment, harissa is a Maghrebi hot chili pepper paste.

Source: CIA Flavor Affinities

MAGHREBI VEAL MEATBALLS WITH SPINACH AND CHICKPEAS

Yield: 4-6 portions

Ingredients	Amounts
Bread, white, crust removed, diced	1 cup
Soda water	¼ cup
Garlic, clove	5 ea.
Le Tabil Spice Mix (Recipe Follows)	1 Tbsp
Paprika, sweet, ground	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Water	2 Tbsp.
Veal, ground, lean	¾ lb.
Parsley, flat-leaf, bunch, fresh	1 ea.
Egg, whole	1 ea.
Oil, olive, pure	4 oz.
Onion, yellow, chopped	1 ¼ cup
Water	¼ cup
Tomato, paste	2 Tbsp.
Chickpeas, canned, rinsed, drained	1 ½ cup
Stock, chicken	2 cups
Saffron, crumbled	a pinch
Spinach, leaves	2 lb.
Parsley, flat-leaf, leaves, fresh, chopped	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Place the bread in small mixing a bowl and add the soda water. Soak the bread for 10 minutes, then squeeze out any excess. Reserve.
2. In a food processor, place the garlic, Le Tabil Spice Mix, paprika, salt, pepper, and water. Grind into a smooth paste.
3. Add the veal and pulse until well combined, about 20 seconds. Add the reserved squeezed bread, parsley, and egg. Pulse to combine.
4. With oiled palms, roll the veal mixture into 20 balls, each about the size of a walnut. Refrigerate for at least 20 minutes.
5. Heat 2 tablespoons of the oil in a 10–inch nonstick skillet over medium high heat. Add the meatballs and fry in small batches, turning several times, until golden brown

on all sides, about 3 minutes. Transfer the meatballs to paper towels, or wire rack, to drain any excess oil. Reserve warm.

6. Heat the remaining 4 tablespoons of olive oil in 5-quart heavy casserole dish over medium heat. Add the onions and water. Sweat until the onions are soft but not brown, about 5 minutes. Add the tomato paste. Cook until it sizzles and the water has evaporated, 3 to 5 minutes.
7. Add the chickpeas, stock and reserved meatballs to the casserole dish. Add the crumbled saffron. Cover and cook over medium heat for 30 minutes.
8. Trim any stems from the spinach. Wash thoroughly, drain, and gently squeeze to remove most of the water. Coarsely chop the spinach. Gently fold the spinach into the meatballs and cook, uncovered, for about 15 minutes. Stir in the parsley. Season with salt and pepper to taste.
9. Serve on warm platter.

LE TABIL SPICE MIX

Yield: 3 tablespoons

Ingredients	Amounts
Coriander, seeds, whole	2 Tbsp.
Caraway, seeds, whole	½ tsp.
Chile, cayenne, ground	½ tsp.
Anise, seeds, whole	½ tsp.
Cumin, seeds, whole	½ tsp.
Peppercorns, black	½ tsp.
Turmeric, ground	½ tsp.
Cloves, whole	½ tsp.

Method

1. In a spice grinder, combine the coriander, caraway, cayenne, anise, cumin, black pepper, turmeric, and cloves. Pulse until finely ground.
2. Store covered in an airtight container.

Note: This recipe will be used for both the meatballs and the poached halibut.

Source: The Slow Mediterranean Kitchen: Recipes for the Passionate Cook, by Paula Wolfert

TUNISIAN POACHED HALIBUT WITH OLIVES, PRESERVED LEMONS, AND CAPERS

KABABKOU

Yield: 6 portions

Ingredients	Amounts
Halibut, fillets	1 $\frac{3}{4}$ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Cumin, ground	as needed
Pepper, serrano, small	1 ea.
Onion, cipollini, red	5 ea.
Oil, olive, pure (Divided)	3 $\frac{1}{2}$ Tbsp.
Onion, red, finely minced	1 ea.
Tomato, plum (Roma) halved, seeded, grated	2 ea.
Garlic, cloves, minced	1 Tbsp.
Tomato, paste	1 Tbsp.
Le Tabil Spice Mix (from prior recipe)	1 tsp.
Olives, green, brine-cured, drained, rinsed	1 cup
Water	1 cup
Flour, all-purpose	as needed
Tomato, cherry	4 ea.
Capers, drained, rinsed	$\frac{1}{4}$ cup
Lemon, peel, preserved, julienne	$\frac{1}{2}$ ea.
Celery, leaves, chopped	1 Tbsp.

Method

1. Rinse the fish, pat dry with paper towels, and divide the fillets into 6 equal pieces. Season each piece with salt, pepper, and cumin as needed. Cover and refrigerate for at least 1 hour.
2. Place about 1-inch of water in a large pot and bring to a boil. Add the whole serrano pepper and cipollini onions. Cover the pot, lower the heat, and steam the vegetables until almost tender, about 10 minutes. Stem, seed, and coarsely chop the serrano pepper. Peel the cipollini onions. Reserve.
3. In a deep-sided medium skillet over medium heat, heat 2 tablespoons of the olive oil. Add the red onion and sweat, stirring frequently, until softened, 3 to 4 minutes. Add the tomatoes and cook until most of the moisture evaporates, about 7 minutes. Add the garlic, tomato paste, Le Tabil Spice Mix, olives, water, and the reserved steamed

hot peppers and onions. Cover and cook over medium heat for 10 minutes. The sauce should be thin, light, and very hot. Reserve.

4. Heat the remaining 1 ½ tablespoons of oil in a large sauté pan over medium heat. In a shallow bowl, add enough flour for dredging. Dredge the reserved fish in the flour, replenishing with more flour as needed. Fry, skin side down, until the skin is crisp and browned, about 2 minutes. Flip and fry until the other side is lightly browned, about 1 minute.
5. Pour the reserved hot sauce over the fish. Add the cherry tomatoes, capers, and preserved lemon peel. Simmer over low heat for 1 minute. Remove from the heat, cover, and let stand for 15 minutes before serving to let the fish gently finish cooking.
6. Serve immediately, garnished with chopped celery leaves.

Note: In this dish, known as *kababkou* in Tunisia, a light, spicy tomato sauce is brought to a boil, then poured over the fish. The fish is slowly cooked as the sauce cools. It can be gently reheated before serving. This method can be applied to any meaty, white-fleshed fish. The flesh will be juicy and perfectly cooked. The dish can served warm, tepid or cool.

Source: *The Slow Mediterranean Kitchen: Recipes for the Passionate Cook*, by Paula Wolfert

CHICKEN TAGINE WITH SQUASH COUSCOUS

Yield: 6 portions

Ingredients	Amounts
Chickens, whole, 2 ½ lb. ea., each cut into 6 pieces	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, extra-virgin	¼ cup
Onion, cipolini, peeled	15 ea.
Ginger, ¼-inch piece, peeled, thinly sliced	1 ea.
Garlic, cloves, thinly sliced	3 ea.
Cumin, seed, ground	½ tsp.
Saffron, ground	¼ tsp.
Stock, chicken	1 ½ cups
Olives, green	25 ea.
Parsley, flat-leaf, leaves, chopped	2 Tbsp.
Squash Couscous (Recipe follows)	1x recipe

Method

1. Season the chicken with salt and pepper as needed.
2. Heat the oil in a Dutch oven over medium-high heat. Sauté the chicken pieces until golden brown on all sides. Transfer the chicken to a hotel pan and reserve.
3. Add the onions to the pan and sauté, stirring occasionally, until golden brown, 7 to 8 minutes.
4. Add the ginger and garlic and sauté until aromatic, about 1 minute.
5. Add the cumin and saffron. Cook until the mixture turns a deeper color and gives off a sweet aroma, about 1 minute.
6. Return the chicken to the pan and add the stock. Season with salt and pepper as needed. Bring to a gentle simmer. Cover and braise until the chicken is cooked through, turning the pieces occasionally to keep them evenly moistened, 30 to 40 minutes.
7. In the last 15 minutes of cooking, add the olives and parsley. Simmer the mixture until the olives are tender, about 10 minutes.
8. Serve the tagine on a heated platter, accompanied by the Squash Couscous.

SQUASH COUSCOUS

Yield: 6 portions

Ingredients	Amounts
Squash, butternut, peeled, medium diced	2 lb.
Oil, olive, pure	as needed
Salt, kosher	as needed
Couscous	2 cups
Stock, chicken	2 cups
Cinnamon, stick	½ ea.
Chili flakes	¼ tsp.
Turmeric, ground	⅛ tsp.

Method

1. Preheat the oven to 400°F.
2. In a large bowl, toss the squash with enough oil to coat. Season with salt as needed. Transfer to a parchment-lined sheet pan and spread in a single layer. Roast in the preheated oven until tender, about 45 minutes. Reserve.
3. Preheat the oven to 350°F.
4. Place the dry couscous on a sheet pan. Toast the couscous in the preheated oven until golden brown, about 15 minutes. Reserve.
5. In a medium saucepan over high heat, place the chicken stock, cinnamon stick, chili flakes, and turmeric. Bring it to a simmer.
6. Place the toasted couscous in a shallow pan. Pour the simmering chicken stock over the couscous. Cover immediately with plastic wrap. Let steam for 10 minutes.
7. Remove the plastic wrap and fluff the couscous with a fork. Remove and discard the cinnamon stick.
8. Transfer couscous to a large serving bowl. Gently fold in the reserved roasted squash. Season with salt as needed.
9. Serve on a heated platter.

RED LENTIL SOUP WITH CARAMELIZED ONIONS

Yield ½ gallon

Ingredients	Amounts
Lentils, red	1 lb.
Bulgur, fine-grain	4 wt. oz.
Stock, chicken	3 qt.
Cumin, ground	2 Tbsp.
Salt, kosher	as needed
Coriander, ground	2 Tbsp.
Chile, cayenne, ground	½ tsp.
Lemon, juice, fresh	½ cup
Oil, olive, extra virgin	¼ cup
Onion, yellow, thinly sliced	2 lb.

Method

1. Rinse the lentils and bulgur in cold water. Drain.
2. In a large pot, add the chicken stock, cumin, lentils, and bulgur. Season with salt as needed. Bring to a boil over medium-high heat, then lower the heat to a simmer. Cover and cook until the lentils and bulgur are tender, about 15 minutes.
3. Stir in the coriander, cayenne, and lemon juice. Season with salt as needed.
4. Heat the oil in a saucepan over medium high heat. Add the onions and cook, stirring frequently, until the onions begin to turn golden brown, 3 to 5 minutes. Lower the heat and cook, stirring frequently, until they are caramelized to a deep brown, 35 to 45 minutes. During this process, add small amounts of water to pick up any brown bits that start to stick to the bottom of the pan.
5. Garnish each portion of soup with a generous amount of the caramelized onions.

TURKISH ORANGE AND ONION SALAD

PORTOKAL SALATASI

Yield: 8 portions

Ingredients	Amounts
Orange	5 ea.
Onion, red	1 ea.
Olive, Kalamata, pitted	1 ½ cups
Oil, olive, extra virgin	as needed
Chile, cayenne, ground	a pinch
Cilantro, leaves, fresh, chopped	1 Tbsp.

Method

1. Peel the oranges, making sure to remove all the white pith. Slice the oranges crosswise into eights. Reserve.
2. Slice the red onions into thin paper strips.
3. On a large shallow platter, arrange the oranges, onions, and olives.
4. Drizzle the oil over the salad. Season with the cayenne.
5. Garnish with the cilantro.

SYRIAN WHEAT SALAD WITH POMEGRANATE DRESSING

BAZERGAN

Yield: 6-8 portions

Ingredients	Amounts
Bulgur wheat, fine	2 cups
Walnuts	1 cup
Pine nuts (<i>Pignoli</i>)	¼ cup
Cumin, seed	1 Tbsp.
Coriander, ground	2 tsp.
Allspice, ground	½ tsp.
Chile, cayenne, ground	¼ tsp.
Tomato, paste	3 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Pomegranate Dressing (Recipe follows)	½ cup
Onion, red, finely chopped (Optional)	¾ cup
Parsley, flat-leaf, leaves, chopped	½ cup
Pomegranate, seeds	2 Tbsp.
Salt, kosher	to taste

Method

1. Bring a small pot of water to a boil. Place the bulgur in a bowl and cover with the boiling water. Let it soak until the grains are tender, about 30 minutes. Drain well and transfer to a clean bowl. Reserve.
2. In a large skillet over medium heat, dry toast the walnuts and pine nuts until lightly browned and aromatic, about 5 minutes. Coarsely chop the walnuts. Reserve.
3. In a small pan over medium heat, dry toast the cumin seeds until lightly brown and aromatic, about 2 minutes. Grind in a spice grinder.
4. In a small bowl, whisk together the toasted, ground cumin, coriander, allspice, cayenne, tomato paste, and lemon juice. Whisk in the Pomegranate Dressing.
5. Add the dressing to the reserved drained grains. Toss gently to coat. Fold in the reserved walnuts and pine nuts. Mix well. Add the red onion, if desired. Fold in the parsley and pomegranate seeds. Season with salt and lemon juice to taste.
6. Serve at room temperature.

Source: Joyce Goldstein, as presented at the 2008 World of Flavors Conference.

POMEGRANATE DRESSING

Yield: 1 cup

Ingredients

Amounts

Molasses, pomegranate	6 Tbsp.
Lemon, juice, fresh	3 Tbsp.
Oil, olive, pure	½ cup
Salt, kosher	to taste

Method

1. In a small bowl, whisk together the pomegranate molasses, lemon juice, and oil.
2. Season with salt to taste.
3. Serve immediately or refrigerate until ready to use.

Source: Joyce Goldstein, as presented at the 2008 World of Flavors Conference.

TURKISH GRILLED LAMB KÖFTE KEBABS WITH YOGURT AND CUCUMBER SAUCE

Yield: 6 portions

Ingredients	Amounts
Skewer, wood, 8-inch	12 ea.
Bulgur, finest grind	½ cup
Molasses, pomegranate	1 Tbsp.
Soy sauce, light	1 Tbsp.
Oil, olive, pure	1 Tbsp.
Lamb, lean, ground	1 lb.
Onion, yellow, minced	1 cup
Chile, jalapeño, minced	1 ea.
Yogurt, whole	1 Tbsp.
Oil, olive, pure	2 Tbsp.
Parsley, flat-leaf, leaves, chopped	2 Tbsp.
Cilantro, leaves, fresh	2 Tbsp.
Mint, leaves, fresh, chopped	1 Tbsp.
Cumin, ground	2 tsp.
Allspice, ground	1 tsp.
Cinnamon, ground	¼ tsp.
Pepper, black, ground	½ tsp.
Chile, cayenne, ground	¼ tsp.
Onion, red, thinly sliced	1 ea.
Cilantro, sprig, fresh	as needed
Lemon, cut into wedges	2 ea.
Yogurt and Cucumber Sauce (Recipe follows)	1x recipe

Method

1. Soak the wooden skewers in water for 1 hour.
2. Thoroughly rinse the bulgur. Place the bulgur in a bowl and cover with water. Soak for 10 minutes and drain in a strainer. Allow it to sit for 20 minutes in the strainer. If it still seems wet, squeeze the rest of the moisture out.
3. Preheat the grill over medium heat.

4. For the glaze, in a small bowl, combine the pomegranate molasses, soy sauce, and oil. Reserve.
5. Into a food processor, add the ground lamb, onion, jalapeno, yogurt, oil, parsley, cilantro, mint, cumin, allspice, cinnamon, black pepper, and cayenne. Pulse until combined. Mold the mixture onto the soaked skewers.
6. Grill the kebabs on the preheated grill until evenly browned on both sides and fully cooked in the center, 3 to 4 minutes per side. During the last minute of grilling, brush the reserved glaze on the kebabs. Be sure not to overcook the kababs as they will become dry.
7. Place the cooked kebabs on a serving platter. Garnish with the red onion, cilantro sprigs, and lemon wedges. Serve with the Yogurt and Cucumber Sauce.

Note: The kebabs can also be served with savory rice or with warm pita bread.

YOGURT AND CUCUMBER SAUCE

CAÇIK

Yield: 8 portions

Ingredients	Amounts
Cucumber, English, peeled, deseeded	2 ea.
Salt, kosher	as needed
Garlic, chopped	3 tsp.
Salt, kosher	1 tsp.
Vinegar, wine, red (Optional)	1 Tbsp.
Oil, olive, extra virgin	3 Tbsp.
Yogurt, Greek	1 ½ pt.
Mint, dried (Optional)	2 Tbsp.
Mint, leaves, fresh, chiffonade	2 Tbsp.

Method

1. Using a box grater, grate the cucumbers into a colander. Toss with salt. Let it sit for at least 15 minutes to draw out some of the liquid from the cucumbers. Rinse the salt from the cucumber and pat dry with a kitchen towel. Reserve.
2. On a cutting board, using the flat side of a knife, mash the garlic and salt into a paste. Transfer to a medium bowl.
3. Stir in the vinegar until incorporated.
4. Stir in the oil until incorporated.
5. Add the yogurt and dried mint. Mix well.
6. Fold in the reserved cucumber. Refrigerate for at least 30 minutes to develop the flavor.
7. Serve garnished with mint.

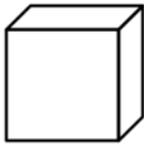
Source: Adapted from *The Mediterranean Diet*, by Nancy Harmon Jenkins

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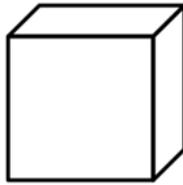
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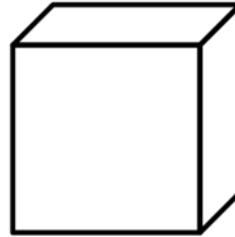
BASIC KNIFE CUTS



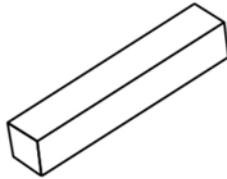
Small Dice
1/4" cube



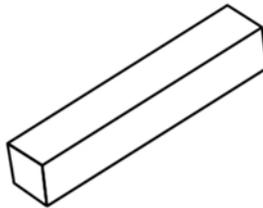
Medium Dice
1/2" cube



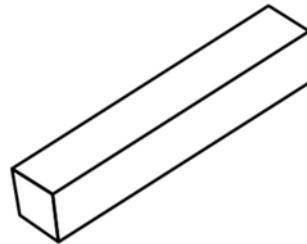
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



Julienne
1/8" sq x 2 inch



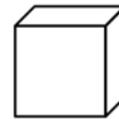
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



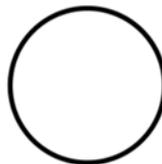
Chop
1/8"-1/4" cube



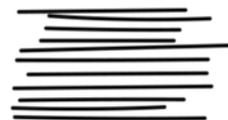
Brunoise
1/8" cube (fine dice)



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	½	1/16	---	14
6	2	1	1/8	1/16	28
12	4	2	¼	1/8	57
24	8	4	½	¼	113
36	12	6	¾	⅜	170
48	16	8	1	½	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./ ¼ cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint (pt.)	480 ml
32 fl. oz./ 1 quart (qt.)	960 ml
128 fl. oz./ 1 gallon (gal.)	3.84 liters (L)

These Materials Were Developed at the Culinary Institute of America.

Best of Boot Camp-World Tour v.120.docx

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