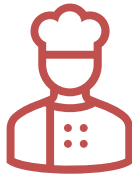




Culinary Institute
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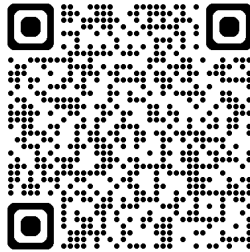
WELCOME!

Culinary Basic Training
Boot Camp



CIAFOODIES.COM

Scan the QR code to download a PDF file of the course guide and Chef lectures:



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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

Welcome, recruits, to The Culinary Institute of America! Over the next five days, your mission is to become well-versed in the fundamentals of cooking. Each day, you will be drilled on knife skills, kitchen terminology, cooking methods, and more. You will be placed in charge of preparing your own meals using the techniques you have discussed, so it is imperative that you follow through and carry out your orders. On the last day of the program, your skills and knowledge will be put to the ultimate test as you must prepare a meal that encompasses and demonstrates all the training you have received. Good luck, inductees!

LEARNING OBJECTIVES

Throughout this course, you will...

- learn to speak like a chef, using appropriate terms for kitchen equipment and culinary techniques.
- practice essential kitchen skills related to mis en place, knife handling, and cooking methods.
- learn how to work efficiently and ergonomically in the kitchen.
- explore and practice an array of cooking methods.
- examine stocks, thickeners, sauces, and soups, discussing their characteristics and functions.

COURSE SYLLABUS

DAY ONE

- ☑ Lecture
 - Safety and Sanitation
 - Mise en Place
 - Basic Culinary Preparations
 - Knife Skills
 - Stocks
- ☑ Kitchen Exercise
 - Group Demonstrations
 - Workstation Set-up
 - Knife Cuts
 - Chicken Fabrication
 - Vinaigrettes
 - Clarified Butter
 - Sauté
 - Roasted Potatoes
 - Review and Critique

DAY TWO

- ☑ Lecture
 - Dry-Heat Cooking Methods: Cooking with Fats and Oils
 - Sautéing
 - Stir Frying
 - Pan Frying
 - Deep Frying
 - Thickening Agents
 - Classic and Contemporary Sauces
- ☑ Kitchen Production Exercise
 - Group/ Station Demonstrations
 - Pan Frying
 - Deep Frying
 - Creamy Dressing
 - Fish Fabrication
 - Review and Critique

DAY THREE

- ☑ Lecture
 - Dry-Heat Cooking Methods: Cooking without Fats and Oils
 - Grilling
 - Broiling
 - Roasting
 - Baking
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Grilling and Marking Method
 - Making a Compound Butter
 - Trussing Poultry
 - Tying a Roast
 - Cleaning and Portioning Strip Steak
 - Review and Critique

DAY FOUR

- ☑ Lecture
 - Moist-Heat and Combination Cooking Methods
 - Shallow Poaching
 - Deep Poaching
 - Steaming
 - en Papillote
 - Braising
 - Stewing
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Poaching Method
 - Making Velouté
 - Reconstituting/ Toasting Dried Chiles
 - Ricotta Cheese Cavatelli
 - Risotto
 - Review and Critique

DAY FIVE

- ☑ Lecture
 - Asian Cuisine: China, Thailand, Vietnam, Korea, Japan, India
 - Culinary Regions
 - Elements of Taste
 - Key Ingredients
 - Cooking Techniques
 - Popular Dishes
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Forming Dumplings
 - Forming Spring Rolls
 - Tonkatsu
 - Mandarin Pancakes
 - Review and Critique

DAY ONE: TEAM PRODUCTION ASSIGNMENTS

EACH STUDENT

Knife Cuts

Onions: Slice, Dice

Carrots: Bâtonnet, Oblique Cut

Potatoes: Dice

Garlic: Mince

Herbs: Chop, Slice

Tomato: Concassé, Dice

Fabricate a Whole Chicken

CHEF DEMO

Garlic Roasted Potatoes with Parsley and Oregano

Hollandaise Sauce

Simple Vinaigrette

Emulsified Vinaigrette

Salsa Verde with Parsley and Capers

Clarified Butter

Pan Seared Chicken/ Salmon

Teams will prepare today's meal with ingredients prepared in the knife cuts assignment.

GARLIC ROASTED POTATOES WITH PARSLEY AND OREGANO

Yield: 6 portions

Ingredients	Amounts
Potato, Yukon Gold, quartered	2 ¼ lb.
Oil, olive, extra virgin	6 Tbsp.
Bay leaf, dried	3 ea.
Oregano, dried	1 ½ Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Garlic, minced	2 Tbsp.
Oregano, fresh, chopped	1 ½ Tbsp.
Parsley, flat leaf, fresh, chopped	3 Tbsp.

Method

1. Toss the potatoes with the olive oil, bay leaves, dried oregano, salt, and pepper in a large mixing bowl.
2. Transfer the oiled seasoned potatoes to a hot cast-iron skillet.
3. Place the skillet in a 425°F oven and roast for 20 minutes, stirring occasionally to ensure even browning.
4. Reduce the heat to 375°F and continue to cook for an additional 15 to 20 minutes, stirring occasionally.
5. Add the garlic when there are 10 minutes remaining in the cooking time to prevent it from burning and turning bitter.
6. Transfer to a warm serving bowl. Garnish with the chopped oregano and parsley.

HOLLANDAISE SAUCE

Yield: 2 ½ cups

Ingredients	Amounts
Shallot, minced	1 Tbsp.
Peppercorns	½ tsp.
Vinegar, wine, white	¼ cup
Water	¼ cup
Egg, yolk	6 ea.
Butter, unsalted, melted, warm	1 ½ cups
Lemon, juice, strained	2 tsp.
Salt, kosher	to taste
Pepper, white, ground	to taste
Chile, cayenne (Optional)	⅛ tsp.

Method

1. Combine the shallots, peppercorns, and vinegar in a small pan and reduce over medium heat until nearly dry (*à sec*).
2. Add the water to the reduction and strain into a stainless-steel bowl.
3. Add the egg yolks and set over simmering water. Cook, whisking constantly, until the yolks triple in volume and fall in ribbons from the whisk.
4. Remove the cooked egg yolks from the simmering water and set on a clean side towel to keep the bowl from slipping.
5. Gradually ladle the hot melted butter in a thin stream, whisking constantly. As the butter is blended into the egg yolks, the sauce will thicken. If it becomes too tight and the butter is not blending in easily, you may need to add a little water to loosen the yolks enough to absorb the remaining butter.
6. Taste the sauce and add the lemon juice, salt, and pepper. Add the cayenne, if desired.
7. The sauce is ready to serve now, or it may be finished as desired. The sauce can be held for up to 2 hours at 145°F. This can be accomplished by holding the sauce in hot (not simmering or boiling) water or in an insulated bottle.

VINAIGRETTE DRESSING

Yield: 1 cup

Ingredients	Amounts
Vinegar, wine, red	¼ cup
Shallot, minced	2 Tbsp.
Honey	to taste
Mustard, Dijon	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Oil, Olive, extra virgin	¾ cup

Method

1. In a small bowl, place the vinegar, shallots, honey, salt, and pepper. Whisk to combine.
2. Slowly whisk in the oil.
3. Adjust the seasoning with salt and pepper to taste.

SALSA VERDE WITH PARSLEY AND CAPERS

Yield: 1 cup

Ingredients	Amounts
Parsley, flat-leaf, fresh	1 cup
Capers	2 Tbsp.
Anchovy, fillet, in oil (Optional)	2 ea.
Garlic, minced	2 Tbsp.
Lemon, juice, fresh	¼ cup
Lemon, zest	2 Tbsp.
Oil, olive, extra virgin	½ cup
Salt, kosher	to taste

Method

1. Finely chop the parsley, capers, anchovies, and garlic. Transfer to a bowl. Mix well to combine.
2. Add the lemon juice and zest. Mix to incorporate.
3. Add the olive oil. Mix to incorporate
4. Season with salt to taste.

CLARIFIED BUTTER

Yield: 12 ounces

Ingredients

Amounts

Butter, unsalted

1 lb.

Method

1. Melt the butter in a heavy saucepan over moderate heat.
2. Continue to cook over low heat until the butterfat becomes very clear, and the milk solids drop to the bottom of the pot.
3. Skim the surface foam as the butter clarifies.
4. Pour or ladle off the butterfat into another container, being careful to leave all the liquid in the bottom of the pan. Discard the liquid.

DAY TWO: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Roasted Baby Beets with Arugula, Walnuts, and Goat Cheese

Pan Fried Jonah Crab Cakes with Celery Root Remoulade

Herbed Rice Pilaf

**Soak White Beans for Day Three*

TEAM TWO

Weiner Schnitzel with Lemon Caper Buerre Blanc

Pommes Duchesse

Sautéed Spinach

TEAM THREE

Buttermilk Fried Chicken

Braised Greens

Glazed Carrots

TEAM FOUR

Beer Battered Fish and Chips

Wedge Salad with Thousand Island Dressing

Sticky Toffee Pudding

ROASTED BABY BEETS WITH ARUGULA, WALNUTS, AND GOAT CHEESE

Yield: 8 portions

Ingredients	Amounts
Beet, baby, scrubbed	1 lb.
Oil, vegetable	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Lemon, juice, fresh	½ cup
Shallot, minced	½ Tbsp.
Sugar, granulated	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Oil, olive, extra virgin	1 ½ cups
Arugula	1 ½ lb.
Walnuts	1 cup
Cheese, goat, crumbled	½ cup

Method

1. Preheat oven to 375°F. Position a rack in the center of the oven.
2. In a large bowl, add the beets and oil. Season with salt and pepper. Toss to coat.
3. Wrap the beets in a foil pouch. Roast the beets in the preheated oven until they are tender when pierced with a knife, about 1 hour. Cool until they can be handled.
4. Peel the beets by rubbing the outside with a paper towel and cut them into ½-inch-thick wedges. Reserve.
5. For the vinaigrette, in a small bowl, combine the lemon juice, shallots, sugar, salt, and pepper. Whisk to combine. Gradually whisk in the oil. Adjust the seasoning with salt and pepper to taste.
6. In a medium bowl, toss the reserved beet wedges with enough vinaigrette to lightly coat.
7. In a large bowl, toss the arugula with enough of the vinaigrette to lightly coat.
8. Heat a dry skillet over medium heat. Add the walnuts in a single layer. Toast the walnuts, stirring frequently, until they darken and become aromatic. Transfer the toasted walnuts to a plate to cool completely. Roughly chop.
9. Arrange the arugula on a serving platter. Top with the beets, toasted walnuts, and goat cheese. Serve with the remaining vinaigrette.

PAN FRIED JONAH CRAB CAKES WITH CELERY ROOT REMOULADE

Yield: 12 crab cakes

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

Method

1. For the crab cakes, in a large bowl, combine the crabmeat, breadcrumbs, celery, scallions, garlic, mustard, lemon juice, cayenne, mayonnaise, and egg. Mix until homogenous. Use just enough mayonnaise to hold the mixture together. Season with salt and pepper as needed.
2. Portion the crab cakes into balls weighing 4 ounces each. Flatten the balls slightly by pressing down on them with the palm of your hand. Coat the crab cakes on all sides with the panko.
3. In a large skillet over medium heat, add enough oil to coat the bottom of the pan with ¼-inch of oil. When the oil is hot, pan fry the crab cakes until golden brown and cooked through, about 3 minutes per side. Drain on a wire rack.
4. Serve immediately with the Celery Root Remoulade.

Note: After breading the crab cakes, they may be refrigerated or frozen for later use.

CELERY ROOT REMOULADE

Yield: 1 cup

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

Method

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

HERBED RICE PILAF

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Onion, yellow, chopped	¼ cup
Carrot, small diced	½ cup
Rice, white, long grain	2 cups
Stock, vegetable	4 cups
Bay leaf, dried	1 ea.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Peas, frozen	1 lb.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 325°F.
2. In a medium sauce pot over low heat, heat the oil. Add onions and carrots. Cook until tender, 5 to 10 minutes.
3. Add the rice and stir to coat with the oil.
4. Add the stock, bay leaf, salt, and pepper. Bring to a boil, while stirring frequently.
5. Cover the pot and transfer to the preheated oven. Cook until the liquid has absorbed, and the rice is tender, 18 to 20 minutes.
6. Remove the pot from the oven and let it rest, covered, for 10 minutes. Fluff the rice with a fork.
7. Fold in the peas, replace the cover, and allow it to rest on the stovetop (off the heat) for 10 minutes.
8. Season with salt and pepper to taste.
9. Serve on a heated platter.

WIENER SCHNITZEL WITH LEMON-CAPER BEURRE BLANC

Yield: 6 portions

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

Method

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

LEMON-CAPER BEURRE BLANC

Yield: 2 cups

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

Method

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

POMMES DUCHESSE

Yield: 6 portions

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

Method

1. Preheat oven to 400°F.
2. Place the potatoes in a pot of cold salted water. Bring it to a boil over high heat. Reduce heat to a simmer and cook until the potatoes are just tender.
3. Drain the potatoes and return them to the pot. Heat over very low heat until no more steam rises from the potatoes. Be careful not to brown the potatoes.
4. Using a food mill, purée the hot potatoes into a large bowl.
5. Mix the egg yolks and butter into the hot potato purée. Season with the salt, pepper, and nutmeg.
6. Transfer the mixture to a piping bag fitted with a star tip. Pipe the 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.
7. Serve immediately on a warm platter.

SAUTÉED SPINACH

Yield: 6 portions

Ingredients	Amounts
Oil, olive, extra virgin	3 Tbsp.
Shallot, minced	$\frac{2}{3}$ cup
Garlic, minced	2 tsp.
Spinach, leaves	1 $\frac{1}{2}$ lb.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the oil in a large sauté pan over medium-high heat. Add the shallots and sauté until translucent.
2. Add the garlic and sauté until aromatic.
3. Reduce the heat to medium and add the spinach leaves. Stir to coat evenly with the oil and garlic.
4. Cover tightly and steam until the leaves are barely wilted, about 3 minutes. Remove the spinach from the pan and reserve. Reduce any excess liquid remaining in the pan.
5. Return the spinach to the pan. Season with salt and pepper to taste. Toss to coat.
6. Serve in a heated bowl.

BUTTERMILK FRIED CHICKEN

Yield: 6 portions

Ingredients	Amounts
Buttermilk	1 pt.
Tarragon, minced	2 Tbsp.
Mustard, Dijon	2 fl. oz.
Salt, kosher	2 Tbsp.
Poultry seasoning mix	1 tsp.
Chicken, thigh	6 ea.
Oil, vegetable	as needed
Flour, all-purpose	2 lb.
Chile, cayenne, ground	1/2 tsp.
Old Bay seasoning	1/2 tsp.
Salt, kosher	1/2 Tbsp.

Method

1. In a large bowl, place the buttermilk, tarragon, mustard, salt, and poultry spice. Mix well to combine.
2. Add the chicken. Toss to coat. Marinate for 1 hour.
3. In a large stock pot, place enough oil to cover the chicken. Heat the oil to 350°F. Preheat oven to 350°F.
4. In a large shallow bowl, place the flour, cayenne, salt, and Old Bay. Mix well.
5. Dredge the chicken in the flour and let it sit for 3 minutes. Dredge the chicken in the flour again.
6. Add the chicken to the oil and pan fry until golden brown on both sides. Transfer to a roasting rack placed on top of a sheet pan.
7. Finish the chicken in the preheated oven.

BRAISED GREENS

Yield: 6 portions

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

Method

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

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

GLAZED CARROTS

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	4 Tbsp.
Carrot, oblique cut	1 ½ lb.
Sugar, granulated	2 ¼ Tbsp.
Stock, chicken, hot	1 cup
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. Melt the butter in a large sauté pan over medium-low heat.
2. Add carrots. Cover the pan and sweat the carrots over medium-low heat for 2 to 3 minutes.
3. Add the sugar and stock. Season with salt and pepper to taste. Bring to a simmer over medium heat.
4. Cover the pan and cook over low heat until the carrots are almost tender, about 5 minutes.
5. Remove the cover and simmer until the cooking liquid reduces to a glaze and the carrots are tender, 2 to 3 minutes.
6. Adjust the seasoning with salt and pepper to taste.
7. Serve immediately.

BEER-BATTERED FISH AND CHIPS

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	as needed
Hake, fillet, 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)	22 fl. oz.
Chips (Recipe follows)	1x recipe
Tartar Sauce (Recipe follows)	1 cup
Lemon, cut into wedges	1 ea.

Method

1. Preheat deep fryer to 350°F.
2. Blot the fish fillets dry. Season with salt, pepper, and lemon juice as needed.
3. In a shallow bowl, place the flour. Dredge the fish in the flour, shaking off any excess. Add more flour as needed.
4. Dip the fish in the beer batter to coat.
5. Deep fry the fish fillets in the preheated fryer until lightly browned and cooked through, 3 to 5 minutes.
6. Remove and drain on a wire rack.
7. Serve hot with 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

Oil, vegetable
Potato, russet
Salt, kosher

Amounts

as needed
2 ½ lb.
to taste

Method

1. Heat a deep fryer to 250°F.
2. Peel and cut the potatoes into ¼-inch by ¼-inch by 2 ½-inch sticks (*bâtonnet*).
3. Working in batches, blanch the potatoes in the fryer 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.

WEDGE SALAD WITH THOUSAND ISLAND DRESSING

Yield: 6 portions

Ingredients	Amounts
Egg, whole	6 ea.
Lettuce, iceberg, head	2 ea.
Tomato, cherry, halved	24 ea.
Onion, red, thin sliced	1 ea.
Chive, finely chopped	2 Tbsp.
Croutons (Recipe follows)	1x recipe
Thousand Island Dressing (Recipe follows)	1x recipe

Method

1. In a medium saucepan, place the eggs and enough cold water to cover by 1 inch. Bring the water to a boil. Turn off the heat, cover, and let them sit for 10 to 12 minutes.
2. Remove the eggs from the hot water and place in an ice bath until cool. Peel and quarter the eggs.
3. Cut the lettuce into wedges (quartered or sixths, depending on size).
4. On each chilled plate, place a wedge of lettuce, 4 tomato halves, 4 wedges of hard-boiled eggs, 1 tablespoon of onion, and a sprinkling of the chives and croutons.
5. Drizzle the Thousand Island Dressing on top of each salad.
6. Serve immediately.

CROUTONS

Yield: 1 cup

Ingredients	Amounts
Butter, unsalted	3 Tbsp.
Bread, French, med. diced	1 cup
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Melt the butter in a large skillet over medium heat.
2. Add the bread. Toss to lightly coat it in the butter.
3. Season with salt and pepper as needed.
4. Arrange the bread in a single layer in the skillet and toast until golden, 5 to 8 minutes. Stir once or twice so they brown evenly.
5. Reserve until ready for service.

THOUSAND ISLAND DRESSING

Yield: 2 cups

Ingredients	Amounts
Mayonnaise	1 ½ cups
Chili sauce	3 fl. oz.
Ketchup	2 Tbsp.
Worcestershire sauce	¾ tsp.
Tabasco sauce	¾ tsp.
Onion, yellow, minced	¼ cup
Garlic, minced	1 tsp.
Relish, sweet pickle	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Lemon, juice, fresh	to taste

Method

1. In a small bowl, combine the mayonnaise, chili sauce, ketchup, Worcestershire sauce, Tabasco sauce, onion, garlic, and relish. Mix well.
2. Season with salt, pepper, and lemon juice to taste.
3. Refrigerate until needed.

STICKY TOFFEE PUDDING WITH CHANTILLY CREAM

Yield: 24 portions

Ingredients	Amounts
Nonstick cooking spray	as needed
Dates, 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)	2 cups

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: about 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 THREE: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Grilled Swordfish with White Wine and Roasted Shallot Compound Butter

White Bean Ragout with Kale and Sundried Tomatoes

Angel Food Cake with Berries

TEAM TWO

Roasted Chicken with Pan Gravy

Sour Cream and Chive Mashed Potatoes

Grilled Zucchini

**Soak Chickpeas for Day Four*

TEAM THREE

Roast Pork Loin with Apricot-Bread Stuffing

Garlic-Roasted Smashed Potatoes with Parsley and Oregano

Grilled Ratatouille

TEAM FOUR

Grilled Steak with Red Wine Mushroom Sauce

Sweet Cornbread with Jalapeños and Cheddar

Sautéed Broccolini

GRILLED SWORDFISH WITH WHITE WINE AND ROASTED SHALLOT COMPOUND BUTTER

Yield: 6 portions

Ingredients	Amounts
Fish, swordfish, 6 oz. steak	6 ea.
Oil, olive, pure	2 Tbsp.
Salt, kosher	1/2 tsp.
Pepper, black, ground	1/4 tsp.
White Wine and Roasted Shallot Compound Butter (Recipe follows)	1/2 lb. 2 Tbsp.

Method

1. Preheat the grill or grill pan to very hot.
2. Brush the swordfish steaks with the olive oil. Season with the salt and pepper.
3. Grill each swordfish steak for 3 to 4 minutes per side. Transfer to a warm platter.
4. Place a slice of the compound butter on each piece of fish.
5. Serve on a heated serving platter.

Note: Mahi-mahi can be substituted for the swordfish.

WHITE WINE AND ROASTED SHALLOT COMPOUND BUTTER

Yield: ½ pound

Ingredients	Amounts
Wine, white, dry	750 ml
Orange, juice, fresh	2 ea.
Garlic, head, unpeeled	½ ea.
Oil, olive, pure	as needed
Shallot, whole, unpeeled	3 ea.
Butter, unsalted, room temp.	½ lb.
Orange, zested	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Preheat oven to 400°F.
2. In a medium saucepan over medium to high heat, place the wine and orange juice. Reduce to a syrup. Reserve.
3. Separately, place the head of garlic and the shallots on a square of aluminum foil. Drizzle with olive oil and seal to make a pouch. Roast in the preheated oven until tender, 30 to 50 minutes. Cool and reserve.
4. In the bowl of an electric mixer with the paddle attachment, place the butter. Mix until soft. Squeeze the roasted garlic clove from their skins into the butter. Add the orange zest.
5. Trim the end off the shallots, squeeze out the shallots onto a cutting board, and roughly chop. Add them to the butter.
6. Add the reduced wine and orange juice mixture. Blend well.
7. Adjust the seasoning with salt and pepper to taste.
8. The compound butter is ready to use, or it may be shaped and chilled for later use.
9. To shape the butter, pack it into a container or pipe into rosettes, about 1 tablespoon each, onto a lined plate or baking sheet. Refrigerate or frozen until firm. Alternately, shape the butter into a long cylinder on top of a large sheet of plastic wrap. Mound the butter about 3 inches from the edge of the long side of the wrap. Fold the plastic wrap over the mound and then tighten the wrap around the butter, forming a long log. Once rolled, twist the ends of the wrap to seal. Chill, then slice to serve.

Note: Flavored butter keeps for 3 or 4 days in the refrigerator or frozen for up to 3 weeks.

WHITE BEAN RAGOUT WITH KALE AND SUNDRIED TOMATOES

Yield: 6 portions

Ingredients	Amounts
Oil, olive, extra virgin	3 Tbsp.
Garlic, minced	2 tsp.
Onion, yellow, minced	$\frac{3}{4}$ cup
Tomato, paste	1 Tbsp.
Beans, white, dried, soaked	1 $\frac{1}{2}$ cups
Stock, vegetable	as needed
Kale, chiffonade	4 cups
Tomato, sun-dried, thin sliced	$\frac{1}{3}$ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a small rondeau or medium saucepot over medium-low heat, heat the oil until it shimmers. Add the garlic and onions. Cook until tender and translucent, 3 to 5 minutes.
2. Add the tomato paste. Cook over low heat, stirring frequently to prevent burning, for 3 to 5 minutes.
3. Add the white beans and enough stock to just cover. Cook over low heat, stirring frequently, for about 1 hour.
4. Add the kale and tomatoes. Cook until the vegetables are wilted and tender, 10 to 15 minutes.
5. Season with salt and pepper to taste.
6. Serve on a heated platter.

ANGEL FOOD CAKE WITH BERRIES

Yield: 2 8-inch cakes

Ingredients	Amounts
Egg, white	1 lb.
Vanilla, extract	2 tsp.
Sugar, granulated	1 ¼ cup
Cream of tartar	1 tsp.
Salt, kosher	½ tsp.
Sugar, granulated	1 ¼ cup
Flour, cake	½ cup
Blackberries	¼ cup
Blueberries	¼ cup
Raspberries	¼ cup
Strawberries, sliced	¼ cup
Sugar, granulated	to taste
Liqueur, Gran Marnier	to taste

Method

1. Preheat oven to 375°F.
2. In the bowl of a standing mixer fitted with a whip attachment, whip the egg whites and vanilla on medium speed until frothy.
3. In a bowl, combine the sugar, cream of tartar, and salt. Add the mixture gradually to the egg whites and beat until soft-medium peaks form.
4. Into a bowl, sift the sugar and flour together. Carefully fold the mixture into the whites.
5. Portion the batter into two 8-inch tube pans. Do not grease or flour the pans.
6. Bake in the preheated oven until done, about 40 minutes.
7. Turn the pan over onto a sheet pan. Allow the cake to cool before removing it from the pan.
8. In a large bowl, place the berries. Add the sugar and Gran Marnier to taste.
9. Serve the cake with the berries.

Source: Chef Joe Utera

ROASTED CHICKEN WITH PAN GRAVY

Yield: 6 portions

Ingredients	Amounts
Chicken, whole, 2 ½ lb.	3 ea.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Oil, vegetable	2 Tbsp.
Onion, yellow, large diced	½ cup
Carrot, large diced	¼ cup
Celery, diced	¼ cup
Flour, all-purpose	¼ cup
Wine, white, dry	½ cup
Stock, chicken	4 cups
Garlic, clove, crushed	2 ea.
Chervil, sprig, fresh, chopped	6 ea.
Bay leaf, dried	2 ea.
Thyme, leaf, fresh, chopped	1 Tbsp.
Rosemary, leaf, fresh, chopped	2 tsp.

Method

1. Preheat oven to 450°F.
2. Season the chicken, inside and out, with the salt and pepper. Rub the skin with the oil and truss with twine (see Chef demo).
3. Place the chicken on a rack in a roasting pan. Roast in the preheated oven for about 20 minutes. Reduce the oven temperature to 325°F. Continue roasting the chicken until the thigh meat reaches an internal temperature of 160°F.
4. Transfer the chicken to a serving platter. Rest, tented with foil, and keep warm.
5. For the gravy, place the roasting pan on the stovetop. Cook over medium heat until the fat is clear. Discard all but 3 tablespoons of fat from the roasting pan.
6. Add the onion, carrot, and celery and sweat until translucent.
7. Add the flour. Stir to combine. Cook until a light golden paste forms (*blond roux*).
8. Add the wine and reduce it by three quarters.
9. Gradually incorporate the stock, whisking to eliminate any lumps.
10. Add the garlic, chervil, bay leaves, thyme, and rosemary and whisk until smooth.
11. Simmer the gravy until the proper consistency and flavor are achieved, skimming all the grease from the top, as necessary.
12. Strain the gravy through a fine-meshed sieve. Season with salt and pepper to taste.
13. Carve the chicken and serve on a heated platter with the gravy.

SOUR CREAM AND CHIVE MASHED POTATOES

Yield: 6 portions

Ingredients	Amounts
Potato, Yukon Gold, peeled, cut into large pieces	2 ¼ lb.
Salt, kosher	as needed
Butter, unsalted, softened	6 Tbsp.
Sour cream, room temp.	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Chive, fresh, chopped	4 Tbsp.

Method

1. Place the potatoes in a large pot and add enough cold water to cover by 2 inches. Salt the water and bring it to a boil. Reduce the heat to medium and simmer until the potatoes are easily pierced with a fork, 25 to 30 minutes.
2. Drain the potatoes and return them to the pot. Place the pot over low heat until no more steam rises from the potatoes, 2 to 3 minutes. Do not brown the potatoes.
3. Using a food mill or ricer, purée the hot potatoes into the bowl of an electric mixer.
4. Add the butter. Using an electric mixer with a whip attachment, mix the butter into the potatoes until just incorporated.
5. Add the sour cream and stir to combine. Season with salt and pepper to taste.
6. Whip the potatoes on medium speed until smooth and light.
7. Fold in the chives.
8. Serve in a heated bowl.

GRILLED ZUCCHINI

Yield: 6 portions

Ingredients	Amounts
Squash, zucchini, trimmed, bias cut	1 ½ lb.
Oil, olive, extra virgin	3 Tbsp.
Garlic, minced	2 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Vinegar, wine, red	2 Tbsp.
Oregano, fresh, minced	1 Tbsp.

Method

1. Preheat the gas grill to medium-high. Leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
2. In a bowl, toss the zucchini with the oil, garlic, salt, pepper, vinegar, and oregano. Allow it to marinate for 10 minutes.
3. Place the zucchini on the preheated grill. Grill the zucchini on both sides (the time will vary depending upon the thickness of the cut), turning once to create crosshatch marks, if desired.
4. Remove from the grill and serve on a heated platter.

ROAST PORK LOIN WITH APRICOT-BREAD STUFFING

Yield: 6 portions

Ingredients	Amounts
Pork, loin	3 lbs.
Salt, kosher	1 tsp.
Pepper, black, ground	1 tsp.
Oil, olive, pure	2 Tbsp.
Onion, yellow, minced	1/4 cup
Garlic, minced	1 tsp.
Apricot, dried, small diced	1/2 cup
Bread, French, small diced	1 cup
Stock, chicken	1 cup
Sage, fresh, minced	2 Tbsp.
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Onion, yellow, small diced	1/2 cup
Carrot, small diced	1/4 cup
Celery, small diced	1/4 cup
Wine, white, dry	1/2 cup
Stock, veal	4 cups

Method

1. Preheat oven to 400°F.
2. Starting at one end of the pork loin, insert a long boning knife into the center of the cut to create a pocket. Carefully work the knife toward the middle without cutting through the sides. Repeat this process from the opposite end to meet in the center, forming one continuous pocket through the middle of the loin. Season the pork with the salt and pepper. Reserve.
3. To make the stuffing, heat the olive oil in a sauté pan. Add the onions and sauté for 2 minutes. Add the garlic and sauté for 1 minute.
4. Add the apricots, bread, and chicken stock. Combine to moisten the bread. Add the sage and parsley. Season with salt and pepper to taste. Allow the stuffing to cool to room temperature.
5. Add the stuffing to a pastry bag. Pipe it into the center of the pork on both ends.
6. Tie the pork loin with butcher's twine. Place it in a roasting pan. Roast in the preheated oven until it begins to brown, about 15 minutes.

7. Lower the oven temperature to 325°F. Roast the pork until it reaches an internal temperature of 135°F.
8. Transfer the pork to a cutting board. Allow it to rest for 20 minutes before carving.
9. For the sauce, place the roasting pan on the stovetop and set over medium heat. Add the onions, carrot and celery (*mirepoix*). Cook until the vegetables start to caramelize.
10. Deglaze with the white wine and reduce by half.
11. Add the stock and reduce until it coats the back of a spoon (*nappé*).
12. Serve the sauce alongside the sliced pork.

GARLIC-ROASTED SMASHED POTATOES WITH PARSLEY AND OREGANO

Yield: 6 portions

Ingredients	Amounts
Potato, yellow creamer	2 ¼ lb.
Oil, olive, extra virgin	⅓ cup
Bay leaf, dried	3 ea.
Oregano, ground	1 ½ Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	to taste
Garlic, minced	2 Tbsp.
Oregano, fresh, chopped	1 ½ Tbsp.
Parsley, flat-leaf, fresh, chopped	3 Tbsp.

Method

1. Preheat oven to 400°F.
2. In a large pot over medium heat, add the potatoes and enough water to just cover. Cook until tender, 10 to 15 minutes. Drain the potatoes and allow them to cool slightly.
3. Flatten each potato by pressing straight down with the backside of a metal spatula.
4. In a large bowl, toss the smashed potatoes with the olive oil, bay leaves, ground oregano, salt, and pepper.
5. Transfer the oiled, seasoned potatoes to a hot skillet or sheet tray. Place the skillet in the preheated oven and roast for 15 to 20 minutes, stirring occasionally.
6. When there is 5 to 10 minutes remaining in the cooking time, add the garlic.
7. Place in a warm serving bowl. Garnish with chopped oregano and parsley.

GRILLED RATATOUILLE

Yield: 8 portions

Ingredients	Amounts
Pepper, bell, green, quartered	1 ea.
Eggplant, ½-in. sliced	1 ea.
Squash, zucchini, quartered lengthwise	2 ea.
Mushroom, button, stems removed	2 cups
Tomato, plum (Roma), halved	4 ea.
Oil, olive, extra virgin	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, extra virgin	¼ cup
Onion, red, med. diced	1 ea.
Garlic, minced	1 Tbsp.
Tomato, paste	1 Tbsp.
Stock, chicken	½ cup
Oregano, fresh, chopped	1 Tbsp.
Thyme, fresh, chopped	1 Tbsp.
Rosemary, fresh, chopped	2 tsp.

Method

1. Preheat the gas grill to medium heat. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
2. Lightly brush the pepper, eggplant, zucchini, mushrooms, and tomatoes with the oil. Season with salt and pepper to taste.
3. Grill the vegetables until they have grill marks and are slightly charred and tender, 5 to 10 minutes, depending on the vegetable. Remove from the grill and let them cool. Large dice the vegetables once they are cool enough to handle.
4. Heat the oil in a large pan over medium heat. Add the onions. Cook until they are translucent and just start to color, about 5 minutes.
5. Add the garlic and sweat until fragrant, about 1 minute.
6. Stir in the tomato paste. Cook until aromatic and the color deepens, 1 to 2 minutes.
7. Add the reserved grilled green pepper, zucchini, mushrooms, eggplant, and tomatoes in that order, allowing each to begin to soften before adding the next.
8. Add the stock. Cover and stew until the vegetables are tender, about 15 minutes.
9. Add the oregano, thyme, and rosemary. Season with salt and pepper to taste. Serve on a heated platter.

GRILLED STEAK WITH RED WINE MUSHROOM SAUCE

Yield: 6 portions

Ingredients	Amounts
Beef, strip loin, steak, 1 ¼ lb.	2 ea.
Salt, kosher	1 Tbsp.
Pepper, black, ground	1 ½ tsp.
Oil, vegetable	2 Tbsp.
Red Wine Mushroom Sauce (Recipe follows)	2 cups

Method

1. Preheat a gas grill to medium. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
2. Season the steaks with the salt and pepper. Brush them lightly with oil.
3. Grill the steaks undisturbed for about 2 minutes, then rotate the steaks a quarter turn, and cook another 2 minutes. Turn the steaks over and cook to the desired doneness (rare 135°F, medium rare 145°F, medium 160°F, medium well 165°F, and well done 170°F).
4. Serve with the Red Wine Mushroom Sauce.

RED WINE MUSHROOM SAUCE

Yield: 2 cups

Ingredients	Amounts
Butter, unsalted	1 Tbsp.
Shallot, minced	1 Tbsp.
Mushrooms, white, sliced	6 ½ cups
Wine, red	½ cup
Stock, veal	4 cups
Butter, unsalted, diced	4 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the butter in a medium saucepan over medium heat. Add the shallots and cook until translucent.
2. Add the mushrooms and cook over high heat until brown, about 5 minutes.
3. Lower the heat to medium. Add the wine. Using a wooden spoon, scrape the bottom of the pan to release any brown bits stuck to the bottom of the pan (*fond*). Cook until the wine is reduced by two-thirds.
4. Add the stock. Simmer until the sauce is thickened and develops good flavor, 5 to 10 minutes. Swirl the butter into the sauce.
5. Season with salt and pepper to taste.

SWEET CORNBREAD WITH JALAPEÑOS AND CHEDDAR

Yield: ½ hotel pan

Ingredients	Amounts
Nonstick cooking spray	as needed
Water	1 ¼ cups
Oil, vegetable	¾ cup
Egg, whole	5 ea.
Vanilla, extract	½ tsp.
Flour, bread	2 ½ cups
Sugar, granulated	9 wt. oz.
Cornmeal	1 cup
Milk, powdered	3 ½ Tbsp.
Baking powder	7 tsp.
Salt, kosher	1 Tbsp.
Chile, Jalapeño, minced	1 ea.
Cheese, Cheddar, grated	6 wt. oz.

Method

1. Preheat oven to 350°F. Grease a 2-inch deep, half-hotel pan.
2. In the bowl of an electric mixer, combine the water, oil, eggs, and vanilla. Using the paddle attachment, mix until thoroughly combined.
3. In a large bowl, sift the flour, sugar, cornmeal, milk powder, baking powder, and salt.
4. Add the dry ingredients to the wet ingredients in two increments, mixing thoroughly and scraping the sides and bottom of the bowl between additions.
5. Using a rubber spatula, fold in the jalapeño chiles and cheese.
6. Fill the prepared pan with batter.
7. Bake on the center rack of the preheated oven until golden brown, 30 to 45 minutes. Remove from the oven and cool slightly.
8. Once cool enough to handle, cut the cornbread and serve.

SAUTÉED BROCCOLINI

Yield: 6 portions

Ingredients	Amounts
Pine nuts (<i>Pignoli</i>)	1 Tbsp.
Oil, olive, pure	1 Tbsp.
Pork, pancetta, small diced	½ wt. oz.
Onion, yellow, minced	⅓ cup
Anchovy, fillet, chopped	1 ea.
Garlic, minced	1 Tbsp.
Broccolini, blanched until tender	18 oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Pepper, red, dried, flakes (Optional)	as needed
Raisins	2 Tbsp.

Method

1. Heat a dry, non-stick frying pan over medium-low heat. Add the pine nuts in a single layer. Toast, stirring frequently, until lightly golden and aromatic, 2 to 4 minutes. Transfer to a plate to cool completely. Reserve.
2. Heat the oil in a medium sauté pan over medium heat. Add the pancetta. Cook until the fat is rendered, and the pancetta is crisp.
3. Increase the heat to medium-high. Add the onion and sweat until the onion is translucent, but without color.
4. Add the anchovy and garlic. Sweat until the garlic is aromatic and the anchovy has dissolved into the oil, about 1 minute.
5. Add the broccolini and cook until heated through.
6. Season to taste with salt, pepper and red pepper flakes (if using). Remove from heat.
7. Stir in the reserved pine nuts and the raisins.
8. Serve in a heated bowl.

DAY FOUR: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Poached Chicken Breast with Fines Herbes Sauce
Whipped Sweet Potatoes
Roasted Cauliflower and Red Peppers

TEAM TWO

Moroccan-Style Lamb Stew
Stewed Chickpeas with Tomatoes, Carrots, and Saffron
Warm Spiced Couscous

TEAM THREE

Red Chicken Mole
Mexican Rice
Poblano and Queso Fresco Quesadillas

TEAM FOUR

Sea Bass with Vegetables
Ricotta Cheese Cavatelli
Arancini with Fontina

Soak rice for the Pearl Rice Balls on Day 5

POACHED CHICKEN BREAST WITH FINES HERBES SAUCE

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	2 Tbsp.
Shallot, minced	2 ea.
Chicken, breast, skinless, boneless	6 ea.
Stock, chicken	1/2 cup
Wine, white, dry	3/4 cup
Chicken Velouté (Recipe follows)	1 pt.
Chive, fresh, thin sliced	1 Tbsp.
Tarragon, fresh, finely chopped	1 Tbsp.
Parsley, fresh, finely chopped	1 Tbsp.
Chervil, fresh, finely chopped	1 Tbsp.
Cream, heavy	1/4 cup
Salt, kosher	1 tsp.
Pepper, black, ground	1/4 tsp.

Method

1. Preheat oven to 325°F.
2. Grease a shallow sauté pan or small rondeau with butter. Sprinkle the shallots on the bottom of the pan and place the chicken over top. Add the stock and wine. Bring to a simmer over medium-low heat.
3. Cover with a parchment paper lid (*cartouche*). Cook in the preheated oven until the internal temperature of the chicken reaches 165°F, 20 to 25 minutes.
4. Remove the chicken from the pan. Keep warm on a serving platter covered with plastic wrap.
5. Place the pan with the poaching liquid over medium heat and reduce.
6. Add the velouté, chives, tarragon, parsley, and chervil. Bring to a simmer.
7. Whisk in the cream. Cook for 1 minute.
8. Strain and season with the salt and pepper.
9. Serve the sauce over the chicken breast on a warm platter.

CHICKEN VELOUTÉ

Yield: 1 pint

Ingredients	Amounts
Butter, unsalted	1 ½ Tbsp.
Onion, yellow, small diced	1 ½ Tbsp.
Celery, small diced	1 ½ Tbsp.
Parsnips, small diced	1 ½ Tbsp.
Flour, all-purpose	3 Tbsp.
Stock, chicken	2 ¼ cups
Parsley, flat-leaf, stems, fresh	1 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, leaf, fresh	¼ tsp.
Garlic, clove, peeled	1 ea.
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. Heat the butter in a saucepan over medium heat. Add the onion, celery, and parsnips. Sweat, stirring occasionally, until the onions are translucent and have released their juices into the pan, about 15 minutes. Do not brown.
2. Add the flour and stir well to combine. Cook over low to medium heat, stirring frequently, until a pale paste (*blond roux*) forms, about 12 minutes.
3. Add the stock to the pan gradually, stirring or whisking to work out any lumps. Bring it to a simmer. (Use a heat diffuser, if desired, to avoid scorching.)
4. To make a sachet d'épices, place the parsley stems, bay leaf, peppercorns, thyme and garlic in a small piece of cheesecloth. Fold up the edges, forming a bundle, and tie it together with twine.
5. Add the sachet to the simmering sauce. Continue cooking, skimming as necessary, until a good flavor and consistency develop, and the starchy feel and taste of the flour has cooked away, 20 to 30 minutes.
6. Strain the sauce through a fine mesh sieve. The sauce can now be finished, or it may be cooled and stored for later use.
7. Return the sauce to a simmer. Season with salt and pepper to taste.

Note: For a richer sauce and to fortify the flavor, simmer the stock with 2 pounds of chicken trim, wing tips, or backs per gallon batch.

WHIPPED SWEET POTATOES

Yield: 6 portions

Ingredients	Amounts
Potato, sweet	2 ½ lb.
Butter, unsalted, room temp.	5 Tbsp.
Milk, hot	½ to ¾ cup
Cinnamon, ground	to taste
Nutmeg, fresh, grated	to taste
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 450°F.
2. Scrub but do not peel the potatoes. Place the potatoes on a wire rack set over a baking sheet. Bake in the preheated oven until tender, about 45 minutes.
3. While the potatoes are still hot, purée them through a food mill or potato ricer into a heated bowl. Cool completely.
4. Add the butter. Using an electric mixer with a paddle or whip attachment or by hand, mix the butter into the potatoes until just incorporated.
5. Add the milk and combine thoroughly.
6. Season with cinnamon, nutmeg, salt, and pepper to taste.
7. Whip by hand or with a mixer until just smooth and light.
8. Serve in a heated bowl.

Note: The sweet potatoes can also be prepared using the boiling method: Peel the potatoes and cut into large pieces. Cook the potatoes in a large pot of boiling, salted water or steam until tender enough to mash easily, 25 to 30 minutes. Drain and dry them over low heat or on a baking sheet in a 300°F oven until no more steam rises from them. While the potatoes are still hot, purée them through a food mill or potato ricer into a heated bowl.

ROASTED CAULIFLOWER AND RED PEPPERS

Yield: 6 portions

Ingredients	Amounts
Cauliflower, florets, cut into quarter-sized pieces	1 ½ lb.
Pepper, bell, red, large diced	½ lb.
Oil, vegetable	2 Tbsp.
Garlic, minced	1 ½ tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Parsley, flat-leaf, fresh, chopped (Divided)	1 ½ tsp.
Thyme, leaf, fresh, chopped (Divided)	1 ½ tsp.
Tarragon, leaf, fresh, chopped (Divided)	1 ½ tsp.

Method

1. Preheat oven to 350°F.
2. In a large bowl, combine the cauliflower, red pepper, oil, and garlic.
3. Add half of the parsley, thyme, and tarragon.
4. Season with salt and pepper.
5. Place the vegetables in a roasting pan. Roast in the oven until tender and golden brown, about 20 minutes.
6. Serve on a heated platter. Garnish with the remaining parsley, thyme, and tarragon.

MOROCCAN-STYLE LAMB STEW

Yield: 4-6 portions

Ingredients	Amounts
Lamb, shoulder, cubed	3 lb.
Salt, kosher	1 Tbsp.
Pepper, black, coarse	2 tsp.
Oil, canola	2 Tbsp.
Onion, Spanish, peeled, coarsely grated	2 ea.
Garlic, minced	2 tsp.
Oil, olive, pure	6 Tbsp.
Parsley, fresh, chopped	6 Tbsp.
Coriander, fresh, chopped	6 Tbsp.
Ginger, fresh, ground	1 tsp.
Cumin, ground	1 tsp.
Red pepper flakes	½ tsp.
Salt, kosher	to taste

Method

1. Pat the cubed lamb dry. Season with the salt and pepper.
2. Heat the oil in a Dutch oven. Add the lamb and sear, browning on all sides. Transfer the seared lamb to a bowl and reserve the pan for later use.
3. Add the onion, garlic, olive oil, parsley, coriander, ginger, cumin, and red pepper to the bowl with the lamb. Mix well and marinate for at least 2 hours.
4. Place seared marinated lamb and its marinating liquid into reserved Dutch oven. Add enough water to just cover meat. Cook over low heat for 1 ½ hours.
5. Arrange meat on a heated serving dish and keep warm.
6. Over high heat, reduce the sauce to thicken. Adjust the seasoning with salt to taste. Strain the sauce over the meat.

Source: adapted from *A Taste of Morocco* by Robert Carrier

STEWED CHICKPEAS WITH TOMATOES, CARROTS, AND SAFFRON

Yield: 6 portions

Ingredients	Amounts
Chickpeas, dried, soaked overnight	1 ½ cups
Oil, olive, pure	1 Tbsp.
Garlic, minced	3 Tbsp.
Carrot, small diced	3 cups
Tomato, plum (Roma), seeded, diced	1 cup
Saffron	⅛ tsp.
Broth, vegetable	½ cup
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Lime, juice, fresh	¼ cup
Parsley, flat-leaf, fresh, chopped	3 Tbsp.

Method

1. Drain and rinse the chickpeas. Place them in a large pot with enough water to cover by 2 inches. Bring to a boil, lower the heat, and simmer until tender, about 90 minutes. Drain and reserve.
2. Heat the olive oil in a large sauté pan over medium heat. Add the garlic and sweat until aromatic, about 1 minute.
3. Add the carrots and tomato. Cook until the carrots are tender.
4. Add the chickpeas, saffron and enough broth to keep them moist. Stew until heated through, 6 to 7 minutes.
5. Season with the salt, pepper, and lime juice.
6. Serve in a heated bowl. Garnish with parsley.

WARM SPICED COUSCOUS

Yield: 6 portions

Ingredients	Amounts
Couscous, dry	2 cups
Stock, chicken	2 cups
Cardamom, pod	5 ea.
Cinnamon, stick	1 ea.
Star anise	1 ea.
Turmeric, ground	¼ tsp.

Method

1. Preheat oven to 350°F.
2. Place the dry couscous on a sheet pan. Toast in the preheated oven to golden brown, about 8 minutes.
3. In a small pan over medium-low heat, place the stock. Add the cardamom, cinnamon stick, star anise, and turmeric. Bring it to a simmer. Strain.
4. Place the toasted couscous in a shallow pan. Pour the simmering stock over the couscous. Cover it immediately with plastic wrap and allow it to steam for 10 minutes.
5. Remove the plastic wrap and fluff the couscous with a fork.

RED CHICKEN MOLE

Yield: 6 portions

Ingredients	Amounts
Chile, ancho, wiped clean, seeds and veins removed	½ lb.
Chile, mulato, wiped clean, seeds and veins removed	4 ea.
Chile, Guajillo, wiped clean, seeds and veins removed	¼ lb.
Tomato, plum (Roma)	½ lb.
Onion, white	½ ea.
Garlic, clove, unpeeled	3 ea.
Oil, canola	2 Tbsp.
Peanuts	1 wt. oz.
Pecans	1 wt. oz.
Sesame seeds	2 Tbsp.
Raisins	2 Tbsp.
Peppercorns, black, whole	6 ea.
Clove, whole	2 ea.
Cinnamon, Mexican (<i>Canela</i>), 2-in. stick	1 ea.
Oregano, Mexican, dried	½ tsp.
Oil, canola	3 Tbsp.
Stock, chicken	2 cups
Salt, kosher	to taste
Chocolate, Mexican	3 wt. oz.
Chicken, legs and thigh, poached, skin removed, broth reserved	10 ea.

Method

1. Dry roast the chiles in a comal or cast-iron pan over medium heat. Soak in hot water for 15 minutes. Drain and reserve.
2. Dry roast the tomatoes and onion over medium heat. Keep turning until they are blistered and soft, about 15 minutes.
3. Dry roast the garlic in a separate pan until the papery skin begins to brown. Remove it from the heat and discard the papery skin.
4. Heat the oil in a frying pan. Sauté the peanuts, pecans, sesame seeds, and raisins for 2 minutes.

5. Add the peppercorns, cloves, cinnamon, and oregano. Stir until fragrant. Remove from the heat.
6. Purée the chiles in a blender, adding water, as needed, to form a smooth paste. Pass the chile paste through a small mesh strainer. Do not clean the blender as it will be used again.
7. Heat the oil in a Dutch oven over medium heat. Reduce the heat to medium low and fry the chile purée until most of the liquid is evaporated, about 5 minutes.
8. In the same blender, purée the dry roasted vegetables and spices, adding water, as needed, to form a smooth purée. Pass the mixture through a mesh sieve and reserve.
9. Add the puréed vegetable mixture to the pot with the cooking chile puree, and cook over medium-low heat, stirring occasionally, until you can see the bottom of the pan when scraped and the oil rises to the top of the sauce, about 15 minutes
10. Add the stock to the mole and season with salt to taste.
11. Stir the chocolate into the sauce and continue cooking until the mole coats the back of the spoon (*nappé*), about 10 minutes.
12. Add the chicken to the simmering mole. Cook until heated through.
13. Serve on a heated platter.

Note: Ancho is a poblano chile that ripens to a deep red. A mulato is a poblano chile that ripens to brown and is then dried. Guajillo is a dried marisol chile.

MEXICAN RICE

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	1 ½ Tbsp.
Onion, yellow, minced	½ ea.
Garlic, minced	1 ½ ea.
Rice, medium-grain	1 cup
Paprika	½ tsp.
Saffron	1 pinch
Salt, kosher	as needed
Pepper, black, ground	as needed
Stock, chicken	1 ½ cups
Peas, frozen	½ cup

Method

1. Preheat oven to 350°F.
2. Heat the olive oil in a saucepot over medium heat. Add onions and sweat until they are translucent but without color, about 3 minutes.
3. Add the garlic and cook until aromatic, about 1 minute.
4. Add the rice, paprika, saffron, salt, and pepper. Stir well to coat in the oil.
5. Add the stock and bring to a boil, stirring well to blend.
6. Cover and place it in the preheated oven for 10 minutes. Stir and continue to cook until tender, adding additional stock as necessary.
7. Remove from the oven and add the peas. Fluff the rice. Let it rest for 15 minutes.

Note: Fresh peas can also be used, added at the beginning of the cooking process.

POBLANO AND QUESO FRESCO QUESADILLAS

Yield: 6 portions

Ingredients	Amounts
Pepper, poblano, roasted, skin, seeds, and veins removed	3 ea.
Tortilla, white flour	12 ea.
Cheese, queso fresco, crumbled	1 ½ cups
Cheese, Monterey jack, shredded	1 ½ cups
Scallion (Green onion), thin sliced	6 ea.
Cilantro, fresh, chopped	6 Tbsp.
Oil, vegetable	as needed
Pico de Gallo (Recipe follows)	2 cups

Method

1. Slice the poblanos into ¼ inch strips.
2. Place a tortilla in a large sauté pan over medium heat. Fill the tortilla with ½ of a poblano pepper, ½ cup of queso fresco, ½ cup of queso chihuahua, 1 thin sliced scallion, and 1 tablespoon of chopped cilantro. Cover with another tortilla.
3. Cook until the bottom tortilla is golden brown and crisp.
4. Flip the quesadilla. Cook until the cheese is melted, and the bottom of the tortilla is crisp.
5. Serve on a heated platter alongside the Pico de Gallo.

PICO DE GALLO

Yield: 2 cups

Ingredients	Amounts
Tomato, plum (Roma), small diced	1 lb.
Chile, serrano, seeded, minced	2 ea.
Onion, yellow, small diced	1 cup
Cilantro, fresh, chopped	½ bu.
Lime, juice, fresh	4 Tbsp.
Oil, olive, pure	2 Tbsp.
Salt, kosher	1 ½ tsp.

Method

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

SEA BASS WITH VEGETABLES

Yield: 6 portions

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

Method

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

RICOTTA CHEESE CAVATELLI

Yield: 1 pound

Ingredients	Amounts
Flour, durum	3 cups
Egg, whole	1 ea.
Cheese, ricotta, impastata, drained overnight	1 cup
Salt, kosher	1 tsp.
Butter, unsalted	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, fresh, chopped	3 Tbsp.

Method

1. In the bowl of a stand mixer fitted with the dough hook attachment, place the flour, eggs, ricotta, and salt. Mix until a dough forms.
2. Shape the cavatelli. (see Chef demo.)
3. Transfer the shaped cavatelli to a baking sheet. Let it 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. Drain.
5. In a large sauté pan over medium heat, melt the butter. Add the drained pasta and toss to coat it in the butter. Season with salt and pepper to taste.
6. Serve on a warm platter. Garnish with the parsley.

RICE CROQUETTES WITH FONTINA

ARANCINI DI RISO CON FONTINA

Yield: 30 croquettes

Ingredients	Amounts
Butter, unsalted	¼ cup
Onion, yellow, fine diced	2 Tbsp.
Rice, Arborio	2 ½ cups
Wine, white, dry	1 cup
Stock, chicken, hot	1 qt.
Cheese, Parmesan, grated	1 ⅓ cups
Salt, kosher	to taste
Cheese, fontina, small diced	1 lb.
Flour, all-purpose	1 cup
Egg, whole, beaten	2 ea.
Milk, whole	2 Tbsp.
Breadcrumbs, dried	1 cup
Oil, vegetable	as needed

Method

1. For the risotto, heat the butter in a pan over medium heat. Add the onions. Sauté until translucent.
2. Add the rice and toss to coat it with the butter. Add the white wine, turn down the heat to low, and simmer until all the liquid has been absorbed.
3. Add the chicken stock in three increments. Stir constantly until all the stock has been absorbed and the rice is tender but still firm to the bite (*al dente*), about 18 minutes.
4. Add the grated Parmesan cheese. Season with salt to taste.
5. Transfer the risotto to a sheet pan and spread in an even layer. Allow the rice to cool completely.
6. Preheat deep fryer to 350°F.
7. Divide the chilled risotto into 30 portions and shape into balls. Make an indent in each portion and place a small cube of the Fontina into the indent. Mold the risotto around the cheese.
8. Dredge the croquettes in flour, shaking off any excess.
9. For the egg wash, in a small bowl, whisk together the milk and egg.
10. Dip the dredged croquettes in the egg wash, then roll in the breadcrumbs.
11. Fry the risotto croquettes in the preheated fryer until golden brown. Remove from the oil and drain on a wire rack.

Note: This recipe works best when the risotto is prepared a day in advance. Other fillings can be used in place of Fontina, such as cooked sausage, seafood, vegetables, or toasted almonds.

DAY FIVE: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Bulgogi-Style Grilled Chicken
Scallion Salad and Mandarin Pancakes
Thai Green Papaya Salad

TEAM TWO

Pork Dumplings with Ginger-Soy Dipping Sauce and Pearl Rice Balls
Vietnamese Salad Rolls with Peanut Sauce
Tonkatsu with Steamed Rice

TEAM THREE

Bulgogi-Style Grilled Mushrooms
Scallion Salad and Mandarin Pancakes
Pork Dumplings with Ginger-Soy Dipping Sauce and Pearl Rice Balls

TEAM FOUR

Crispy Spring Rolls
Red Cooked Pork Belly
Coconut Rice Pudding

BULGOGI-STYLE GRILLED CHICKEN

Yield: 8 portions

Ingredients	Amounts
Sesame seeds (Divided)	4 tsp.
Scallion (Green onion), minced	1 cup
Ginger, fresh, minced	3 Tbsp.
Garlic, minced	1 Tbsp.
Soy sauce, light	1/3 cup
Wine, rice, sweet (<i>Mirin</i>)	3 Tbsp.
Oil, vegetable	1 Tbsp.
Sugar, granulated	1 Tbsp.
Korean chili powder (<i>Gochugaru</i>)	2 tsp.
Chicken, thigh, boneless, skinless	8 ea.
Korean chili paste (<i>Gochujang</i>)	1/2 cup
Wine, rice, sweet (<i>Mirin</i>)	2 Tbsp.
Sugar, granulated	1 Tbsp.
Cabbage, napa, leaves	16 ea.
Scallion Salad (Recipe follows)	2x recipe

Method

1. Heat a dry skillet over medium heat. Add the sesame seeds in a single layer. Toast, stirring constantly, until the seeds turn light golden and emit a nutty aroma. Watch carefully as they can burn quickly. Immediately transfer the seeds to a plate to cool.
2. For the marinade, whisk together 3 teaspoons of the toasted sesame seeds, scallions, ginger, garlic, soy sauce, mirin, oil, sugar, and red chili powder.
3. Trim the chicken thighs to remove any pockets of fat and pound them until they are an even 1/2-inch thick. Cut each thigh in half.
4. Add the pounded chicken thighs to the marinade and turn to coat the chicken evenly. Let marinate in the refrigerator for at least 1 and up to 12 hours.
5. For the sauce, mash the remaining 1 teaspoon of toasted sesame seeds and whisk together with the red pepper paste, mirin, and sugar. Refrigerate it in a covered container until ready to serve.
6. Preheat a gas grill to high. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
7. Remove the chicken from the marinade, letting any excess marinade drain off. Grill the chicken until browned and cooked through, 4 to 5 minutes per side.
8. Arrange 2 cabbage or lettuce leaves on each plate. Place a chicken thigh on top, spoon some of the Scallion Salad over it, and garnish with the reserved sauce.

SCALLION SALAD

Yield: 8 portions

Ingredients	Amounts
Sugar, granulated	1 tsp.
Oil, sesame	1 Tbsp.
Wine, rice, sweet (<i>Mirin</i>)	1 Tbsp.
Sesame seeds	½ tsp.
Korean chili powder (<i>Gochugaru</i>)	1 tsp.
Salt, kosher	1 tsp.
Scallion (Green onion), julienne	2 cups

Method

1. In a medium bowl, place the sugar, sesame oil, mirin, sesame seeds, red pepper powder, and salt. Mix to combine.
2. Add the scallions.
3. Toss together just before serving.

MANDARIN PANCAKES

Yield: 12 pancakes

Ingredients	Amounts
Flour, all-purpose	2 cups
Water, boiling	1 cup
Oil, sesame	2 Tbsp.

Method

1. In a large bowl, add the flour. Gradually add the boiling water while stirring with a wooden spoon or chopsticks. Add just enough water to the mixture to form a shaggy dough.
2. Cover with plastic wrap for 5 minutes. Continue to mix until the dough comes together.
3. Cover the dough with a damp cloth and let it rest for 10 minutes.
4. Divide the dough into 12 equal pieces. Roll each piece into a ball. Flatten each ball into a small disk. Brush the top of one disk with sesame oil and place another disk on top. Roll the 2 disks together into a thin pancake about 6 inches in diameter.
5. Heat a non-stick skillet over medium heat. Cook each pancake for about 2 minutes on each side until light brown spots appear. Carefully separate the two layers while they are still warm.
6. Serve the pancakes warm with your favorite fillings.

THAI GREEN PAPAYA SALAD

Yield: 6 portions

Ingredients	Amounts
Peanuts, raw	1 cup
Garlic, roughly chopped	3 Tbsp.
Chile, Thai Bird's Eye, stems removed roughly chopped	3 ea.
Shrimp, dried, chopped	3 Tbsp.
Tamarind, juice	1/4 cup
Lime, juice	1/4 cup
Fish sauce, Thai (<i>Nam Pla</i>)	6 Tbsp.
Sugar, palm	3 Tbsp.
Beans, long, cut into 1 1/2 inch pieces	2 cups
Papaya, green, grated	1 ea.
Carrot, grated	2 ea.
Tomato, cherry, halved	12 ea.

Method

1. Preheat oven to 325°F.
2. Spread the peanuts in an even layer on a large baking sheet. Bake in the preheated oven, stirring occasionally, until browned and fragrant, 8 to 12 minutes. Roughly chop and reserve.
3. For the dressing, in a large stainless-steel bowl, place the garlic, Thai chilies, dried shrimp, tamarind, lime juice, fish sauce, and palm sugar. Mix to combine. Reserve.
4. Bring a medium pot with 1 inch of water to a boil. Add a steamer basket with the long beans. Steam until tender but still crisp, 5 to 7 minutes.
5. Bruise the cooked beans with your hands. Add them to the dressing.
6. Add the grated green papaya and carrots. Toss until well combined.
7. Add the tomato pieces and bruise them lightly. Toss to incorporate.
8. Stir in the reserved, toasted peanuts.
9. Adjust the flavorings with more fish sauce, lime juice, or palm sugar to taste.

PORK DUMPLINGS WITH GINGER-SOY DIPPING SAUCE

Yield: 50 Pot Stickers

Ingredients	Amounts
Pork, ground	1 lb.
Cabbage, napa, finely chopped	1 cup
Chive, garlic	2 Tbsp.
Ginger, fresh, minced	1 Tbsp.
Egg, whole, well beaten	1 ea.
Oil, sesame	to taste
Salt, sea	to taste
Pepper, black, cracked	to taste
Gyoza wraps	50 ea.
Oil, vegetable	2 Tbsp.
Ginger Soy Dipping Sauce (Recipe follows)	8 fl. oz.

Method

1. In a medium bowl, place the ground pork, cabbage, garlic chives, ginger, egg, sesame oil, sea salt, and cracked pepper. Mix until well combined.
2. Heat the oil in a large non-stick pan over medium heat. To test the seasoning, add a small spoonful of the filling and sauté until golden brown. Adjust the seasoning to taste.
3. Scoop a teaspoon of filling onto the center of each gyoza wrap. Wet the top of each wrap with a pastry brush dipped in water. Fold the gyoza to make a moon shape and pinch shut with 4 to 5 pleats along the side to seal in the filling. (See Chef demo.)
4. Working in batches, pan fry the gyoza until the bottoms are golden brown.
5. Add $\frac{1}{3}$ cup of water and cover the pan with a lid. Cook until the gyoza are cooked through and the water has evaporated, 4 to 5 minutes.
6. Remove the lid and cook until they become a little crisp, about 1 minute.
7. Serve immediately with the Ginger Soy Dipping Sauce.

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 small bowl, place all the ingredients. Whisk together until the sugar dissolves.
2. Transfer the sauce into 1-fluid ounce ramekins.

PEARL RICE BALLS

Yield:

Ingredients	Amounts
Rice, glutinous sweet	2 cups

Method

1. Soak the rice overnight. Drain.
2. Using the gyoza filling, portion 2 tablespoons of mixture into a ball and roll in the drained, soaked rice.
3. Line a bamboo steamer with parchment. Poke holes in the parchment to allow the steam to escape and spray with nonstick oil. Place the prepared rice balls in the bamboo steamer.
4. Fill a wok with water and bring it to a boil.
5. Place the bamboo steamer in the wok and steam the rice balls for 20 minutes
6. Turn off the heat and let it sit for 15 minutes.
7. Serve hot, presented in the bamboo steamer.

VIETNAMESE SALAD ROLLS WITH PEANUT SAUCE

Yield: 8 portions

Ingredients	Amounts
Noodles, rice, vermicelli	¼ lb.
Shrimp, 41/50, raw, with shells	12 ea.
Rice paper, 12-in rounds	as needed
Lettuce, red leaf, head	1 ea.
Bean Sprouts	1 cup
Mint, bunch, Leaves, fresh	1 ea.
Basil, bunch, Leaves, fresh	1 ea.
Hoisin Peanut Sauce (Recipe follows)	1 cup

Method

1. Bring a large pot of salted water to a boil over medium high heat. Add the noodles and cook, stirring occasionally, until they turn opaque white and are tender with a slight chewiness, 2 to 3 minutes.
2. Immediately drain and rinse thoroughly under cold water to stop the cooking process and remove excess starch. This will also help prevent them from sticking.
3. Cook the unpeeled shrimp in salted boiling water until pink. Chill in ice water. Shell, de-vein, and cut in half lengthwise.
4. Separate lettuce leaves and remove any bitter core. Wash and pat dry.
5. Set up a salad roll "station" by filling a large mixing bowl with very hot water. Keep some boiling water ready to add to bowl if temperature drops. Arrange the following items in the order used: rice paper, hot water, a damp cheesecloth, and platter holding all the filling ingredients.
6. Carefully bend the rice paper in half and dip into the hot water until completely softened. Lay the sheet down on cheesecloth and stretch slightly to remove wrinkles.
7. Arrange a line of 3 shrimp halves, cut side up, in a line across the bottom third of the circle. Leave an inch empty at the ends for rolling. Add a piece of lettuce folded into a thin rectangle about 5" long.
8. Distribute 1 tablespoon of vermicelli, 1 tablespoon of bean sprouts, and 4 to 5 mint and basil leaves evenly along the line. Use the fingertips of one hand to hold down the ingredients, while using the other hand to fold up one side of the rice paper and secure it under the fingertips holding down the ingredients. Repeat with the other side of the rice paper. Use the fingertips of both hands to hold down the filling as well as the folded over ends of the rice paper. Use the thumbs of both hands to fold the bottom edge of the rice paper over the filling, removing your fingertips in the same motion. The goal is to have a tight roll about 1 ½ inches wide and 5 inches long. Repeat the process with remaining ingredients. Cut the rolls in half on a bias. (See Chef demo.)

HOISIN PEANUT SAUCE

Yield: 2 cups

Ingredients	Amounts
Onion, yellow, chopped	3 Tbsp.
Hoisin sauce	1 cup
Water	½ cup
Vinegar, wine, rice	¼ cup
Chili paste, ground	1 Tbsp.
Peanuts, raw	1 Tbsp.

Method

1. Preheat the oven to 325°F.
2. Spread the peanuts in an even layer on a baking sheet. Bake in the preheated oven, stirring occasionally, until browned and fragrant, 8 to 12 minutes. Roughly chop and reserve.
3. In a blender, place the onion. Purée.
4. In a small saucepan, place the onion purée, hoisin sauce, water, and vinegar. Bring it to a boil. Lower the heat and simmer for 5 to 7 minutes. Add a little water if the sauce gets too thick. Let it cool.
5. Transfer the mixture to a small serving bowl. Garnish with chili paste and toasted, chopped peanuts.

TONKATSU

Yield: 8 portions

Ingredients	Amounts
Ketchup	8 oz
Worcestershire sauce	5 oz.
Soy sauce	4 Tbsp.
Garlic, powder	½ tsp.
Onion, powder	½ tsp.
Sugar, granulated	6 tsp.
Pork, loin	8 ea.
Salt	as needed
White Pepper, ground	as needed
Flour, all-purpose	2 cups
Egg, whole, beaten	4 ea.
Panko	4 cups
Oil, vegetable	as needed

Method

1. Preheat deep fryer to 340°F.
2. For the sauce, in a small bowl, place the ketchup, Worcestershire sauce, soy sauce, garlic powder, onion powder, and sugar. Whisk to combine. Adjust the sugar/seasonings to taste. Reserve.
3. Cut slits into the white connective tissue on the outer edge of each pork loin. (This prevents it from curling up as it cooks.) Flatten each slice out to ¾ inch thickness.
4. Season the pork with salt and pepper.
5. For the breading station, place the flour, egg, and panko in separate medium bowls.
6. For each pork loin, dredge it in flour, shaking off any excess. Dip it into the egg. Dredge the pork in the panko, firmly press it on both sides to make sure that there is a thick layer of breading.
7. Deep fry the breaded pork in the preheated fryer until the pork is fully cooked, golden brown, and crispy, 5 to 6 minutes per side.
8. Serve with the tonkatsu sauce.

Note: For a crispier tonkatsu, whisk 1 tablespoon of all-purpose flour into the eggs.

BULGOGI-STYLE GRILLED MUSHROOMS

Yield: 8 portions

Ingredients	Amounts
Sesame seed	4 tsp.
Soy sauce	1 cup
Sugar, brown, dark, packed	½ cup
Ginger, fresh, peeled, grated	2 Tbsp.
Korean chili paste (<i>Gochujang</i>)	1 ½ Tbsp.
Oil, sesame, toasted	¼ cup
Garlic, minced	3 Tbsp.
Pepper, black, ground	1 tsp.
Mushroom, portobello	8 ea.
Scallion Salad (Recipe follows)	1x recipe
Mandarin Pancakes (Recipe follows)	1x recipe

Method

1. Heat a dry skillet over medium heat. Add the sesame seeds in a single layer. Toast, stirring constantly, until the seeds turn light golden and emit a nutty aroma. Watch carefully as they can burn quickly. Immediately transfer the seeds to a plate to cool.
2. For the marinade, in a large bowl, place the toasted sesame seeds, soy sauce, brown sugar, ginger, gochujang, sesame oil, garlic, and black pepper. Whisk to combine.
3. Add the mushrooms and turn to coat the mushroom evenly. Marinate for at least 1 hour.
4. Preheat a gas grill to high. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
5. Remove the mushroom from the marinade, letting any excess marinade drain off. Grill the mushrooms until browned and cooked through, 2 to 4 minutes per side. Save marinade and add to a large sauté pan.
6. Cut grilled mushrooms into thick strips. Add them to the sauté pan with the sauce.
7. Cook over medium high heat until the marinade reduces and coats the mushrooms.

SCALLION SALAD

Yield: 8 portions

Ingredients	Amounts
Sugar, granulated	1 tsp.
Oil, sesame	1 Tbsp.
Wine, rice, sweet (<i>Mirin</i>)	1 Tbsp.
Sesame seeds	1/2 tsp.
Korean chili powder (<i>Gochugaru</i>)	1 tsp.
Salt, kosher	1 tsp.
Scallion (Green onion), julienne	2 cups

Method

1. For the dressing, in a medium bowl, place the sugar, sesame oil, mirin, sesame seeds, Korean chili powder, and salt. Mix to combine.
2. Add the scallions.
3. Just before serving, toss to coat the scallions with the dressing.

MANDARIN PANCAKES

Yield: 12 pancakes

Ingredients	Amounts
Flour, all-purpose	2 cups
Water, boiling	1 cup
Oil, sesame	2 Tbsp.

Method

1. In a large bowl, add the flour. Gradually add the boiling water while stirring with a wooden spoon or chopsticks. Add just enough water to the mixture to form a shaggy dough.
2. Cover with plastic wrap for 5 minutes. Continue to mix until the dough comes together.
3. Cover the dough with a damp cloth and let it rest for 10 minutes.
4. Divide the dough into 12 equal pieces. Roll each piece into a ball. Flatten each ball into a small disk. Brush the top of one disk with sesame oil and place another disk on top. Roll the 2 disks together into a thin pancake about 6 inches in diameter.
5. Heat a non-stick skillet over medium heat. Cook each pancake for about 2 minutes on each side until light brown spots appear. Carefully separate the two layers while they are still warm.
6. Serve the pancakes warm with your favorite fillings.

PORK DUMPLINGS WITH GINGER-SOY DIPPING SAUCE

Yield: 50 Pot Stickers

Ingredients	Amounts
Pork, ground	1 lb.
Cabbage, napa, finely chopped	1 cup
Chive, garlic	2 Tbsp.
Ginger, fresh, minced	1 Tbsp.
Egg, whole, well beaten	1 ea.
Oil, sesame	to taste
Salt, sea	to taste
Pepper, black, cracked	to taste
Gyoza wraps	50 ea.
Oil, vegetable	2 Tbsp.
Ginger Soy Dipping Sauce (Recipe follows)	8 fl. oz.

Method

1. In a medium bowl, place the ground pork, cabbage, garlic chives, ginger, egg, sesame oil, sea salt, and cracked pepper. Mix until well combined.
2. Heat the oil in a large non-stick pan over medium heat. To test the seasoning, add a small spoonful of the filling and sauté until golden brown. Adjust the seasoning to taste.
3. Scoop a teaspoon of filling onto the center of each gyoza wrap. Wet the top of each wrap with a pastry brush dipped in water. Fold the gyoza to make a moon shape and pinch shut with 4 to 5 pleats along the side to seal in the filling. (See Chef demo.)
4. Working in batches, pan fry the gyoza until the bottoms are golden brown.
5. Add $\frac{1}{3}$ cup of water and cover the pan with a lid. Cook until the gyoza are cooked through and the water has evaporated, 4 to 5 minutes.
6. Remove the lid and cook until they become a little crisp, about 1 minute.
7. Serve immediately with the Ginger Soy Dipping Sauce.

GINGER-SOY DIPPING SAUCE

Yield: 8 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 small bowl, whisk together all the ingredients until the sugar is dissolved.
2. Transfer into 1 fluid ounce ramekins.

PEARL RICE BALLS

Yield: 2 cups

Ingredients

Amounts

Rice, glutinous sweet

2 cups

Method

1. Soak the rice overnight. Drain.
2. Using the gyoza filling, portion 2 tablespoons of mixture into a ball and roll in the drained, soaked rice.
3. Line a bamboo steamer with parchment. Poke holes in the parchment to allow the steam to escape and spray with nonstick oil. Place the prepared rice balls in the bamboo steamer.
4. Fill a wok with water and bring it to a boil.
5. Place the bamboo steamer in the wok and steam the rice balls for 20 minutes
6. Turn off the heat and let it sit for 15 minutes.
7. Serve hot, presented in the bamboo steamer.

CRISPY SPRING ROLLS

Yield: 25 rolls

Ingredients	Amounts
Fungus, black	1 ½ cups
Pork, ground	1 cup
Shrimp, 26/30, coarsely chopped	1 cup
Cabbage, napa, chiffonade	3 ½ cups
Carrot, julienne	2 ¼ cups
Bean sprouts	3 cups
Scallion (Green onion), thinly sliced	6 ea.
Ginger, fresh, 2- inch piece, minced	1 ea.
Oyster sauce	¼ cup
Hot bean paste	¼ cup
Hoisin sauce	¼ cup
Vinegar, rice	2 Tbsp.
Cornstarch	2 Tbsp.
Water	1/3 cup
Spring roll wrappers, 1 pack of 25 ea.	1 ea.
Oil, vegetable	as needed

Method

1. In a bowl of lukewarm water, place the black fungus. Soak until it is fully expanded and soft, 1 to 2 hours. Julienne and reserve.
2. For the filling, in large bowl, place the black fungus, pork, shrimp, cabbage, carrot, bean sprouts, scallion, and ginger. Mix to combine. Reserve.
3. For the seasoning mix, in a small bowl, add the oyster sauce, hot bean paste, hoisin sauce, and rice vinegar. Mix well to combine. Add the mixture to the bowl with the filling. Mix to combine.
4. For the slurry, in a small bowl, whisk together the cornstarch and water. Reserve.
5. Place a wrapper in front of you with pointy side pointing towards you. Place about 2 tablespoons of filling on the lower area of the wrapper. Using your fingers, mold the filling into a cylinder 2 inches long and 1 inch wide. Fold the two sides of the wrapper in and roll to enclose. Dab a little cornstarch mixture along the edges (do not over glue) and seal the roll. Set aside while you finish making the remaining rolls. Do not stack them as they will stick together. (See Chef demo.)
6. In a pan deep enough to accommodate 2 to 3 times the volume of oil and cover the rolls by at least 1 inch, heat the oil to 350°F.

7. Drop several rolls at a time into the hot oil. Cook, turning to ensure even browning, until golden brown and crisp, 2 to 3 minutes. Drain briefly on a wire rack.
8. Serve immediately with the dipping sauce of your choice.

RED COOKED PORK BELLY

Yield: 6 portions

Ingredients	Amounts
Pork, belly, large diced	2 ½ lb.
Sugar, brown, packed	¼ cup
Ginger, fresh, cut into big slices	1 wt. oz.
Scallion (Green onion), cut into 1-in. pieces	2 ea.
Wine, rice (<i>Shaoxing</i>)	2 Tbsp.
Soy sauce, light	½ cup
Soy sauce, dark	3 Tbsp.
Star anise	3 ea.
Water	2 cups
Potato, yellow, peeled, 1 in. diced	1 lb.

Method

1. In a stock pot or small rondeau, cook the pork belly without oil over medium heat for 1 minute.
2. Add the sugar. Cook until the sugar is melted.
3. Add the ginger and scallions. Cook until aromatic.
4. Stir in the cooking wine, light and dark soy sauce, star anise, and enough water to just barely submerge the meat. Turn down the heat to very low, cover tightly, and simmer for 45 minutes.
5. Add the potatoes. Simmer until the pork and potatoes are tender, about 30 minutes. Add more liquid throughout the cooking process, as needed.

STEAMED RICE

Yield: 5 cups

Ingredients

Amounts

Rice, short-grain, white

2 cups

Water

2 ½ cups

Method

1. In a medium pot, place the rice and water. Bring it to a boil, stirring briefly to ensure rice is not sticking.
2. Cover the pot tightly and turn down the heat to very low. Cook, covered, for 20 minutes.
3. Remove the pot from the heat, lift the lid to release steam, and replace it immediately.
4. Let it stand for 10 minutes to allow the starches in the rice to firm.
5. Turn the rice over gently, using a wet, wooden rice paddle or shallow, wooden spoon.
6. To serve, transfer to a bowl or serve directly from the pot.

COCONUT RICE PUDDING

Yields: 10 portions

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Ginger, fresh, minced	1 Tbsp.
Rice, jasmine	2 cups
Water	3 cups
Coconut, milk	3 cups
Sugar, Coconut	2 Tbsp.
Salt, kosher	as needed

Method

1. Heat the oil in a saucepan over medium heat. Add the ginger and cook until fragrant.
2. Add the rice, water, coconut milk, coconut sugar, and salt. Bring it to a boil, stirring until the sugar dissolves, about 1 minute.
3. Turn down the heat to low. Season with salt as needed. Cover with a tight-fitting lid and simmer, undisturbed, for 18 minutes.
4. Remove the pan from the heat. Let the rice sit, covered, for 15 minutes.
5. Fluff the rice with a fork and serve.

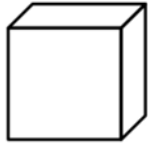
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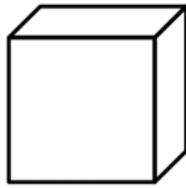
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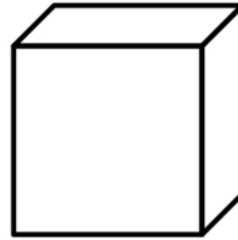
BASIC KNIFE CUTS



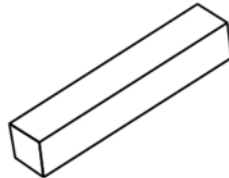
Small Dice
1/4" cube



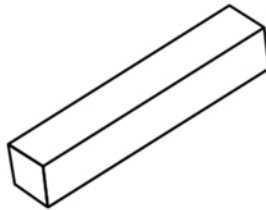
Medium Dice
1/2" cube



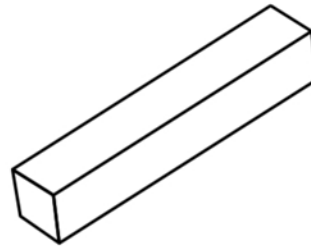
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



Julienne
1/8" sq x 2 inch



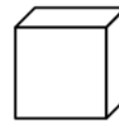
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



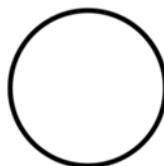
Chop
1/8"-1/4" cube



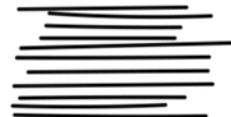
Brunoise
1/8" cube (fine dice)



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	1/2	1/16	---	14
6	2	1	1/8	1/16	28
12	4	2	1/4	1/8	57
24	8	4	1/2	1/4	113
36	12	6	3/4	3/8	170
48	16	8	1	1/2	227
96	32	16	2	1	454

VOLUME MEASURE CONVERSIONS

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

These Materials Were Developed at the Culinary Institute of America.

Culinary Basic Training Boot Camp Course Guide v.275.docx

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