



Culinary Institute
of America

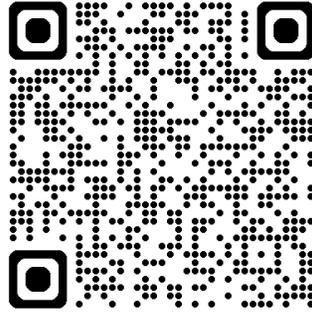
Hors d'Oeuvre At Home

WELCOME!



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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.



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 those around you by saying "Behind you with a knife."



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.



TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Pâte à Choux and Gougères
Papaya and Black Bean Salsa
Barbecued Shrimp and Bacon
Potato Crêpes with Crème Fraîche and Caviar

TEAM TWO

Spanakopita
Chipotle Pico de Gallo
Red Wine Plum Glazed Pork Skewers
Pork Picadillo Empanadas with Salsa Verde

TEAM THREE

Palmiers with Prosciutto or Smoked Salmon
Hummus
Lamb Brochettes with Mint Pesto
Seared Lobster and Vegetable Quesadillas

TEAM FOUR

Roasted Beet "Tartare" with Goat Cheese and Olive Oil Financiers
Bagna Cauda
Chicken Saté with Peanut Sauce
Fried Wontons with Mustard Sauce

PÂTE À CHOUX AND GOUGÈRES

Yield: 68 gougères

Ingredients	Amounts
Milk, whole	1 cup
Butter, unsalted	½ cup
Sugar, granulated	½ tsp.
Salt, kosher	½ tsp.
Flour, bread	1 cup
Egg, whole	4 ea.
Chile, cayenne, ground	⅛ tsp.
Cheese, Gruyère, grated	½ cup

Method

1. Preheat oven to 350°F.
2. In a sauté pan, place the milk, butter, sugar, and salt. Bring it to a boil over medium heat, stirring constantly.
3. Remove the pan from the heat. Add the flour all at once and stir to combine.
4. Return the pan to medium heat and cook, stirring constantly, until the mixture pulls away from the sides of the pan, about 2 minutes.
5. Transfer to the bowl of a stand mixer with a paddle attachment. Beat briefly on medium speed.
6. Add the eggs two at a time, beating until smooth after each addition.
7. Add the cayenne and Gruyère. Mix until blended.
8. Transfer the batter to a pastry bag fitted with a medium plain tip. Pipe ¾-inch domes of batter onto parchment-lined sheet pans.
9. Bake in the preheated oven until puffed and golden brown, about 35 minutes.

Note: For a drier and deeper blond pâte à choux, substitute an equal part of water for the milk. For a shiny finish, brush the pâte à choux with egg wash (1 egg whisked with 2 Tbsp water) prior to baking. To make plain pâte à choux, omit the cayenne and Gruyère.

Herb Tomato Gougères: Substitute ⅓ cup olive oil for the butter. Omit the cayenne and Gruyère. Substitute ⅛ teaspoon ground black pepper, 1 tablespoon finely chopped sun-dried tomatoes in oil, 1 teaspoon finely chopped basil, and 1 ¼ teaspoon finely chopped thyme.

Chocolate Pâte à Choux: Substitute sifted cocoa powder for 1 tablespoon of the flour. Increase the amount of sugar to 2 ¼ teaspoons.

PAPAYA AND BLACK BEAN SALSA

Yield: 16 portions

Ingredients	Amounts
Beans, black, canned, rinsed, drained	1 cup
Papaya, ripe, small diced	1 ea.
Pepper, bell, red, small diced	2 ea.
Onion, red, small diced	½ cup
Chile, jalapeño, fresh, minced	2 ea.
Cilantro, fresh, chopped	3 Tbsp.
Oregano, Mexican, dried	2 tsp.
Ginger, fresh, minced	3 Tbsp.
Oil, olive, pure	¼ cup
Lime, juice, fresh	4 Tbsp.
Pepper, black, ground	1 tsp.
Salt, kosher	2 tsp.

Method

1. In a large bowl, combine all the ingredients.
2. Adjust the seasoning to taste.
3. Cover and refrigerate until service.

BARBECUED SHRIMP AND BACON

Yield: 30 skewers

Ingredients	Amounts
Skewer, bamboo, 6-inch	15 ea.
Pork, bacon, smoked, strip,	15 ea.
Shrimp, 16/20, peeled, deveined	30 ea.
Apricot-Ancho Barbecue Sauce (Recipe follows)	4 cups

Method

1. Preheat broiler to high.
2. Soak the skewers in water for 30 minutes to prevent them from burning.
3. In a skillet over medium-low heat, add the bacon. Render until partially cooked. Drain on paper towels. Cut each strip in half, crosswise.
4. Wrap each shrimp with a strip of bacon. Thread two shrimp on each skewer.
5. Place the skewers on a wire rack set into a foil-lined baking pan.
6. Broil the shrimp in the preheated oven on the first side for 1 to 2 minutes.
7. Turn the shrimp. Broil until the bacon is crisp and the shrimp are just cooked through, 1 to 2 minutes.
8. Remove from the oven. Baste with the Apricot-Ancho Barbecue Sauce.

APRICOT-ANCHO BARBECUE SAUCE

Yield: 4 cups

Ingredients	Amounts
Pork, bacon, strip, chopped	6 ea.
Onion, yellow, small diced	1 ½ cups
Garlic, minced	1 Tbsp.
Ketchup	¾ cup
Orange, juice, fresh	¾ cup
Sugar, brown, dark, packed	¾ cup
Apricot, dried, chopped	⅓ cup
Vinegar, malt	¼ cup
Chile, ancho, dried, diced	2 ea.
Mustard, dry	1 tsp.
Tabasco sauce	1 tsp.
Chile, cayenne, ground	1 tsp.
Salt, kosher	2 tsp.
Pepper, black, ground	1 tsp.

Method

1. In a large sauté pan over medium heat, render the bacon until almost crisp, about 4 minutes.
2. Add the onions. Sauté until browned, about 5 minutes.
3. Add the garlic. Sauté until aromatic, about 1 minute.
4. Add all the remaining ingredients. Simmer until the apricots are very soft, about 10 minutes.
5. Adjust the seasoning with salt and pepper to taste.
6. Transfer to a blender. Purée until smooth.

Note: The sauce can be cooled and stored in a covered container in the refrigerator for up to 1 week.

POTATO CRÊPES WITH CRÈME FRAÎCHE AND CAVIAR

Yield: 30 crêpes

Ingredients	Amounts
Potato, russet, peeled, quartered	12 wt. oz.
Salt, kosher	½ tsp.
Flour, all-purpose	¼ cup
Egg, whole	2 ea.
Egg, white	3 ea.
Cream, heavy	¼ cup
Nutmeg, grated, fresh	⅛ tsp.
Salt, kosher	to taste
Pepper, white, ground	to taste
Oil, vegetable	as needed
Salmon, smoked, sliced	6 wt. oz.
Crème fraîche	½ cup
Caviar	1 wt. oz.

Method

1. In a large pot, place the potatoes. Cover with an inch of cold water. Add the salt. Bring it to a boil. Turn down the heat to medium low. Cover the pot and simmer until the potatoes are fork tender, about 10 to 15 minutes. Drain.
2. Transfer to a blender. Purée until smooth.
3. In the bowl of a stand mixer fitted with the whisk attachment, place the puréed potatoes and flour. Mix to combine, being careful not to overmix.
4. With the mixer running, add the eggs one at a time. Add the egg whites.
5. Add just enough of the cream to achieve a pancake batter consistency. Add the nutmeg. Season with salt and pepper to taste.
6. Coat a nonstick griddle lightly with oil. Heat the pan over medium heat. Pour the batter into silver-dollar-size portions. Cook until golden brown on both sides, about 1 minute per side.
7. Top each crêpe with a slice of smoked salmon. Garnish with a dollop of crème fraîche and caviar.

SPANAKOPITA

Yield: 12 spanakopita

Ingredients	Amounts
Butter, unsalted	1 Tbsp.
Shallot, minced	¼ cup
Garlic, minced	1 Tbsp.
Spinach, stems removed	6 wt. oz.
Nutmeg, fresh, grated	½ tsp.
Dill, fresh, chopped	1 ½ tsp.
Cheese, feta, crumbled	½ cup
Cheese, mozzarella, grated	¼ cup
Salt, kosher	½ tsp.
Pepper, black, ground	⅛ tsp.
Phyllo dough sheet, frozen, thawed	6 ea.
Butter, unsalted, melted	⅓ cup

Method

1. Preheat oven to 400°F.
2. In a sauté pan over medium heat, place the butter. Melt until it starts to bubble. Add the shallots and garlic. Sweat until translucent, 5 to 7 minutes.
3. Add the spinach, nutmeg, and dill. Sauté until the spinach wilts, 1 to 2 minutes. Transfer to a stainless-steel bowl. Cool to room temperature.
4. Add the feta and mozzarella cheese. Season with the salt and pepper. Cover and refrigerate until needed.
5. Lay 1 sheet of phyllo dough on a cutting board. Brush it lightly with melted butter. Place a second sheet directly onto the buttered sheet and brush it lightly with butter. Repeat with a third sheet.
6. Cut the phyllo dough lengthwise into 6 even strips. Spoon 2 tablespoons of spinach filling on the bottom right corner of each strip. Fold that corner diagonally to the left side to create a triangle. Fold the bottom left point of the dough up along the left side to seal in the filling.
7. Fold the bottom left corner of the dough diagonally to the right side to form a triangle. Fold the bottom right point up along the right edge of the dough. Repeat with the remaining dough until you have a triangle of layered phyllo dough. Repeat with each strip. Place the phyllo triangles on a parchment-lined sheet pan. Brush each with butter.
8. Bake in the preheated oven until golden brown, 15 to 20 minutes.

CHIPOTLE PICO DE GALLO

Yield: 16 portions

Ingredients	Amounts
Chile, chipotle, in adobo sauce	2 tsp.
Tomato, plum (Roma), seeded, chopped	18 wt. oz.
Onion, red, chopped	1 cup
Lime, juice, fresh	¼ cup
Garlic, minced	1 ½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cilantro, fresh, chopped	¼ cup

Method

1. Using a mortar and pestle, mash the chipotle in adobo sauce to a paste. Transfer to a medium bowl.
2. Add the tomatoes, onion, lime juice, and garlic.
3. Season with salt and pepper to taste.
4. Cover with plastic wrap. Refrigerate for at least 4 hours.
5. Just before serving, add the chopped cilantro. Mix to combine.

RED WINE PLUM GLAZED PORK SKEWERS

Yield: 30 skewers

Ingredients	Amounts
Skewer, bamboo, 6-in.	30 ea.
Wine, red, dry	1 qt.
Scallion (Green onion), minced	3 cups
Soy sauce	1/4 cup
Plum sauce	1 cup
Oil, sesame, dark	1/2 cup
Sesame seeds, toasted	1/4 cup
Garlic, finely minced	2 tsp.
Thyme, leaves, dried	1 tsp.
Pork, shoulder, cut into 3-in strips	1 lb.

Method

1. Soak the skewers in water for 30 minutes to prevent burning.
2. For the marinade, in a small saucepan over medium-high heat, place the wine, green onions, soy sauce, plum sauce, sesame oil, sesame seeds, garlic, and thyme. Boil for 5 minutes. Cool to room temperature.
3. In a shallow bowl, place the pork. Pour the marinade over the pork. Cover and refrigerate for at least 1 hour.
4. Thread the marinated pork onto the skewers.
5. Preheat grill to medium high.
6. In a small saucepan, place the remaining marinade. Bring it to a boil, then lower the heat to medium low. Simmer until it has thickened to a sauce-like consistency, about 15 minutes. Strain. Reserve half of the marinade for the dipping sauce.
7. Grill the meat, brushing often with the marinade sauce, until cooked through, 5 to 7 minutes.
8. Serve warm with the dipping sauce.

PORK PICADILLO EMPANADAS WITH SALSA VERDE

Yield: 30 empanadas

Ingredients	Amounts
Raisins, golden	¼ cup
Oil, vegetable	2 tsp.
Pork, loin, coarsely ground	12 wt. oz.
Chile, jalapeño, minced	1 Tbsp.
Chili, powder	2 tsp.
Cumin, ground	1 tsp.
Cinnamon, ground	1 tsp.
Allspice, ground	¼ tsp.
Almonds, blanched, toasted, chopped	¼ cup
Lime juice, fresh	3 ½ Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Sour cream	2 Tbsp.
Flour, all-purpose	1 ½ cups
Masa harina	½ cup
Baking powder	3 ½ tsp.
Salt, kosher	1 tsp.
Lard, melted, cooled	4 wt. oz.
Water	½ cup
Egg, whole (Divided)	2 ea.
Water	¼ cup
Oil, vegetable	as needed
Salsa Verde (Recipe follows)	3 ¾ cups

Method

1. In a small bowl of warm water, place the raisins. Soak until plumped, about 15 minutes. Reserve.
2. For the filling, heat the oil in a large sauté pan over medium heat. Add the pork. Sauté, stirring to break up the meat, until it is no longer pink, about 10 minutes.
3. Add the jalapeño, chili powder, cumin, cinnamon, and allspice. Stir to combine. Sauté until most of the liquid reduces, 5 to 6 minutes. Transfer to a large bowl.
4. Fold in the plumped raisins and almonds. Season with the lime juice, salt, and pepper.
5. Fold in the sour cream, adding just enough to gently bind the filling. Cool. Cover and refrigerate until needed.

6. For the dough, in a bowl of a stand mixer fitted with the dough hook attachment, place the flour, masa, baking powder, and salt. Mix on low speed to combine.
7. Add the lard. Mix until evenly moistened.
8. In a small bowl, whisk together the water and 1 of the eggs. Gradually add the mixture to the dough, blending as you work. Knead the dough until it is pliable, about 3 minutes.
9. To assemble the empanadas, roll out the dough to 1/16-inch thick. Cut into thirty 3-inch rounds.
10. For the egg wash, in a small bowl, whisk together the remaining egg and water.
11. Place 1 tablespoon filling on each round. Brush the edges with egg wash. Fold each in half and seal the seams. Transfer to parchment-lined sheet pans, cover, and refrigerate.
12. Heat the oil in a deep fryer to 350°F.
13. Add empanadas. Fry, turning occasionally to brown both sides evenly, until golden brown and crisp, 4 to 5 minutes. Drain and blot briefly with paper towels.
14. Serve very hot with the Salsa Verde.

SALSA VERDE

Yield: 3 ¾ cups

Ingredients	Amounts
Shallot, finely diced	½ cup
Vinegar, wine, red	¼ cup
Salt, kosher	to taste
Anchovy, fillet, salt-packed	4 ea.
Parsley, flat-leaf, fresh, chopped	1 cup
Chive, chopped	¼ cup
Chervil, fresh, chopped	2 Tbsp.
Thyme, fresh, chopped	2 Tbsp.
Capers, chopped	3 Tbsp.
Lemon, zest, finely chopped	1 Tbsp.
Oil, olive, extra virgin	1 ¼ cup

Method

1. In a small bowl, place the shallots and vinegar. Season with salt. Macerate for 20 minutes. Reserve.
2. Rinse the anchovies well. Remove and discard the fins and backbones. Finely chop. Transfer to a medium bowl.
3. Add the parsley, chive, chervil, thyme, capers, lemon zest, and olive oil. Stir to achieve a sauce-like consistency.
4. Add the reserved shallots and vinegar. Adjust the seasoning to taste.
5. Transfer to a clean storage container. Refrigerate immediately.

PALMIERS WITH PROSCIUTTO OR SMOKED SALMON

Yield: 80 palmiers

Ingredients	Amounts
Puff pastry, sheet, frozen, thawed	1 ea.
Tomato, paste	¼ cup
Pork, prosciutto, thin slice	12 ea.
Cheese, Parmesan, finely grated	½ cup
Puff pastry, sheet, frozen, thawed	1 ea.
Egg, whole	2 ea.
Water	4 Tbsp.
Salmon, smoked, thin slice	12 ea.
Poppy seeds	as needed

Method

1. Preheat oven to 400°F.
2. Roll out the puff pastry onto a work surface to a 10×10-inch square. Brush with a small amount of the tomato paste.
3. Lay the prosciutto over the puff pastry. Lightly dust with the Parmesan.
4. Roll each long side in toward the center until they meet. Fold one long side over the other. Slice the pastry crosswise into pieces ¼-inch thick. Place them cut side down on parchment-lined sheet pans.
5. For the smoked salmon variation, roll out the puff pastry on a work surface to a 10×10-inch square. Brush with a small amount of the egg wash.
6. Lay the smoked salmon over the puff pastry. Lightly dust with the poppy seeds.
7. Roll each long side in toward the center until they meet. Fold one long side over the other. Slice the pastry crosswise into pieces ¼-inch thick. (See Chef demo.)
8. Place the palmiers cut side down on parchment-lined sheet pans. Place another piece of parchment paper on top of the pastries to help the pieces stay flat as they bake.
9. Bake the palmiers in the preheated oven for 8 minutes. Remove the top piece of parchment paper. Bake until the palmiers are golden brown, about 2 minutes.

HUMMUS

Yield: 4 cups

Ingredients	Amounts
Chickpeas, cooked, canned, drained	24 wt. oz.
Tahini	½ cup
Lemon, juice, fresh	3 Tbsp.
Oil, olive, pure	¼ cup
Garlic, clove, minced	4 ea.
Salt, kosher	1 Tbsp.
Pepper, black, ground	to taste

Method

1. In the bowl of a food processor, combine all the ingredients. Purée until smooth. Add a little water to thin, as needed.
2. If desired, pass the hummus through a sieve for a smoother texture.
3. Adjust the seasoning with lemon juice and garlic to taste.

LAMB BROCHETTES WITH MINT PESTO

Yield: 30 brochettes

Ingredients	Amounts
Skewer, bamboo, 6-inch	30 ea.
Lamb, leg, boneless, large diced	2 ½ lb.
Lemon, juice, fresh	2 Tbsp.
Garlic, clove, large, crushed	3 ea.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Oil, olive, extra virgin	¼ cup
Mint, fresh, chopped	2 Tbsp.
Pork, pancetta, thinly sliced	8 wt. oz.
Mint Pesto (Recipe follows)	2 cups

Method

1. In a medium bowl of water, soak the skewers for 30 minutes. Reserve.
2. In a large bowl, place the lemon juice, garlic, salt, and pepper. Whisk to combine.
3. Add the oil and mint. Mix well to combine.
4. Add the lamb. Toss to evenly coat. Cover and marinate in the refrigerator, tossing occasionally, for at least 4 hours.
5. Preheat oven to 450°F.
6. Thread 2 pieces of lamb and ½ slice of pancetta onto each skewer. Transfer to a sheet pan.
7. Roast the brochettes in the preheated oven until the lamb is browned outside but still pink and juicy inside, 8 to 12 minutes.
8. Serve the brochettes with the Mint Pesto sauce on the side for dipping.

MINT PESTO

Yield: 2 cups

Ingredients	Amounts
Garlic, clove, peeled	2 ea.
Oil, olive, pure	1 cup
Mint, leaves, fresh	1 cup
Scallion (Green onion)	3 ea.
Parsley, flat-leaf, fresh	1 ½ Tbsp.
Fenugreek, ground	¼ tsp.
Salt, kosher	to taste
Pepper, white, ground	to taste
Lemon, juice, fresh	to taste

Method

1. In a food processor, purée the garlic, oil, mint, scallion, parsley, and fenugreek until creamy.
2. Season with salt, pepper, and lemon juice to taste.

SEARED LOBSTER AND VEGETABLE QUESADILLAS

Yield: 10 quesadillas

Ingredients	Amounts
Cumin seeds	½ tsp.
Chile, poblano, fresh	7 wt. oz.
Pepper, bell, red	3 wt. oz.
Lobster, live	3 ½ lb.
Chili, powder	¼ tsp.
Chile, cayenne, ground	⅛ tsp.
Oil, olive, pure (Divided)	6 Tbsp.
Onion, yellow, finely diced	½ cup
Garlic, chopped	1 ½ tsp.
Salt, kosher	⅛ tsp.
Cheese, queso blanco, grated	3 wt. oz.
Oil, vegetable	1 Tbsp.
Bread, tortilla, flour, 8-inch	8 ea.

Method

1. Heat a small, dry skillet over medium heat. Add the cumin seeds in an even layer. Toast, stirring often, until slightly darkened and aromatic, 1 to 3 minutes. Using a mortar and pestle, grind to a fine powder. Reserve.
2. Turn a gas grill to high. Using tongs, hold the poblanos over the flame, turning to char all sides. Transfer to a medium bowl. Repeat the process with the bell peppers. Cover with plastic wrap. Let it steam for 10 minutes. Remove and discard the charred skin. Transfer to a cutting board and small dice. Reserve.
3. Bring a pot of salted water to the brink of boiling. Place the lobsters headfirst into the pot, ensuring they are completely submerged. Cover and cook until the shells turn bright red, 10 to 12 minutes.
4. Shell the lobsters. Transfer the meat to a medium bowl. Add the cumin, chili powder, and cayenne. Toss to evenly coat.
5. Heat 4 tablespoons of the oil in a sauté pan over high heat. Add the seasoned lobster meat. Sear until opaque, 3 to 5 minutes. Transfer the lobster to a cutting board. Small dice. Transfer to a large bowl. Reserve.
6. In the same unwashed pan, heat the remaining 2 tablespoons of oil over medium heat. Add the onion and garlic. Sweat until soft, about 8 minutes. Transfer to the bowl with the lobster.
7. Add the reserved diced poblanos, bell peppers, salt, and queso blanco. Mix well to combine. Reserve.
8. Using a 2 ½-inch ring mold, cut 20 rounds from the tortillas.

9. Heat the oil in a sauté pan over medium-high heat. Working in batches, add the tortilla rounds. Lightly sauté on both sides.
10. Place 1 tablespoon of the filling on top of 10 tortilla rounds. Top with the remaining rounds.
11. Arrange the quesadillas on a parchment-lined baking sheet. Top with a half sheet of parchment paper. Weigh down with another baking sheet to flatten.
12. In a cast-iron pan over medium-high heat, place the quesadillas. Heat until the cheese filling melts. Serve immediately.

ROASTED BEET "TARTARE" WITH GOAT CHEESE AND OLIVE OIL FINANCIERS

Yield: 6 portions

Ingredients	Amounts
Beet, red	10 wt. oz.
Oil, olive, extra virgin (Divided)	5 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Vinegar, sherry	2 Tbsp.
Garlic, minced	1 tsp.
Capers, rinsed, minced	2 Tbsp.
Honey	1 ½ tsp.
Cheese, goat, crumbled	¼ cup
Olive Oil Financiers (Recipe follows)	24 ea.
Shallot, diced	2 Tbsp.
Chive, fresh, chopped	2 Tbsp.

Method

1. Preheat oven to 375°F.
2. Wash and dry the beets well. Rub them with 2 tablespoons of the oil. Season with salt and pepper. Transfer to a baking sheet.
3. Roast in the preheated oven until fork-tender, 45 to 60 minutes. Transfer to a cutting board. Cool. Peel off the skin. Small dice. Transfer to a medium bowl. Reserve.
4. For the dressing, in a small bowl, place the remaining oil, vinegar, garlic, capers, and honey. Whisk to combine. Pour the dressing over the beets and toss to coat.
5. Adjust the flavor with vinegar or honey to taste.
6. Slice the financiers in half. Spread the goat cheese on the base. Spoon tartare over the top. Garnish with shallots and chives. Serve immediately.

OLIVE OIL FINANCIERS

Yield: 24 financiers

Ingredients	Amounts
Oil, vegetable	as needed
Flour, all-purpose	½ cup
Flour, almond	¾ cup
Sugar, confectioners'	1 cup
Salt, kosher	¼ tsp.
Oil, olive, extra virgin	6 fl. oz.
Egg, white	2 ea.

Method

1. Preheat oven to 350°F. Lightly grease a mini muffin Silpat mat.
2. In a large bowl, sift together all-purpose and almond flour, sugar, and salt.
3. Make a well in the center. Add the olive oil in three additions, whisking continuously, until all the olive oil has been added and the batter is smooth.
4. In a small bowl, whisk the egg whites to a soft peak. Gently fold the egg whites into the batter ⅓ at a time.
5. Portion 2 tablespoons of the batter into each indentation of the prepared Silpat. Bake in the preheated oven until golden brown, 15 to 20 minutes.
6. Serve warm or at room temperature.

BAGNA CAUDA

Yield: 2 cups

Ingredients	Amounts
Potato, fingerling	½ lb.
Salt, kosher	as needed
Fennel	½ lb.
Onion, Cipolini	½ lb.
Oil, olive, extra virgin (Divided)	1 cup
Garlic, minced	5 Tbsp.
Butter, unsalted, cut into pieces	½ cup
Anchovy, fillet, chopped	10 ea.
Lemon, juice, fresh	½ tsp.
Lemon, zest, grated	½ tsp.
Salt, kosher	¼ tsp.
Pepper, black, ground	⅛ tsp.

Method

1. In a large pot, place the potatoes. Add enough cold water to cover by 1 inch. Season to taste with salt. Bring to a boil. Lower the heat to a simmer. Cook until fork tender, 10 to 15 minutes. Drain and reserve.
2. Cut off the top stem of the fennel. Reserve the tender fronds for garnish. Cut the bulb in half. Core and slice lengthwise into ¼-inch strips. Bring a large pot of salted water to a boil. Add the fennel strips. Blanch until tender, about 3 minutes. Transfer to an ice water bath to halt the cooking process. Remove and reserve the fennel. Reserve the blanching water for the onions.
3. Cut both ends of the cipolini onion, leaving the root intact. Leave the skin on. Return the fennel water to a boil. Add the onions. Blanch for 3 minutes. Transfer the onions to an ice water bath to halt the cooking process. Drain. Squeeze to remove the skin. Reserve.
4. Heat ¼ cup of the oil in a small sauce pot over medium heat. Add the garlic. Cook until fragrant and soft, about 1 minute.
5. Add the remaining ¾ cup of oil and butter. Cook, stirring, until the butter melts.
6. Lower the heat. Add the anchovies. Cook until they dissolve, about 3 minutes.
7. Remove the pan from the heat. Stir in the lemon juice and zest. Season with the salt and pepper.
8. Transfer the bagna cauda to an earthenware pot with a flame underneath. Place in the middle of a platter and surround with the reserved potatoes, fennel, and onion.

Note: This traditional fall recipe from Piedmonte, Italy is usually paired with seasonal vegetables like strips of peppers (raw or grilled), raw sticks of cardoons (a specialty of the area), boiled potatoes, and roasted onions (roasted whole, in their skins, then cut into wedges). It is also served with raw cabbage leaves, cauliflower, turnips, fennel, sunchokes, or celery sticks.

CHICKEN SATÉ WITH PEANUT SAUCE

Yield: 40 saté

Ingredients	Amounts
Skewer, bamboo, 6-in.	40 ea.
Chicken, thigh meat	2 ½ lb.
Oil, peanut	1 cup
Lemongrass, stalk, shredded	½ ea.
Garlic, minced	2 Tbsp.
Curry powder	2 ½ Tbsp.
Honey	1 ½ Tbsp.
Fish sauce	1 ½ tsp.
Red pepper flakes	½ tsp.
Peanut, butter	1 cup
Water	½ cup
Lime, juice, fresh	¼ cup
Soy sauce	¼ cup
Chile, jalapeño, with seeds, minced	2 Tbsp.
Garlic, minced	1 Tbsp.
Sugar, granulated	1 Tbsp.
Oil, peanut	1 Tbsp.
Chile, cayenne, ground	1 tsp.
Cilantro, fresh, chopped	¼ cup

Method

1. In a large bowl, soak the skewers for 30 minutes to prevent burning. Reserve.
2. Cut the chicken into finger-sized pieces. Reserve.
3. For the marinade, in a large bowl, place the peanut oil, lemongrass, garlic, curry powder, honey, fish sauce, and red pepper flakes. Mix well to combine.
4. Add the chicken. Toss to evenly coat. Cover with plastic wrap. Marinate in the refrigerator for at least 4 hours.
5. Preheat grill to high.
6. For the peanut sauce, in a medium saucepan, place the peanut butter, water, lime juice, soy sauce, jalapeno, garlic, sugar, peanut oil, cayenne, and cilantro. Stir to combine. Bring it to a boil, stirring until smooth. Turn down the heat to medium low. Simmer until the sauce thickens to desired consistency. Adjust the seasoning to taste.
7. Skewer the marinated chicken. Grill on the preheated grill until it is cooked through.
8. Serve with the peanut sauce. Garnish with cilantro leaves.

Note: For a beef saté, substitute 2 ½ pounds of top round trim for the chicken.

FRIED WONTONS WITH MUSTARD SAUCE

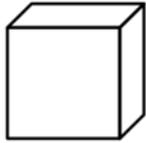
Yield: 20 wontons

Ingredients	Amounts
Mustard, Dijon	¾ cup
Water	¼ cup
Sugar, granulated	1 ½ tsp.
Soy sauce	1 ½ tsp.
Vinegar	1 ½ tsp.
Pork, ground	4 wt. oz.
Cabbage, napa, thinly sliced	2 wt. oz.
Scallion (Green onion), thinly sliced	2 ea.
Ginger, fresh, minced	1 tsp.
Soy sauce	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Oil, sesame, dark	½ tsp.
Egg, whole	1 ea.
Water, cold	2 Tbsp.
Wonton skins	20 ea.
Oil, vegetable	as needed

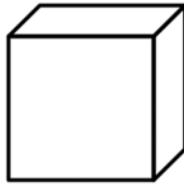
Method

1. Preheat deep fryer to 375°F.
2. For the mustard sauce, in a small bowl, place the mustard, water, sugar, soy sauce, and vinegar. Whisk to combine. Reserve.
3. For the filling, in a medium bowl, place the pork, cabbage, scallions, ginger, soy sauce, salt, pepper, sesame oil. Mix to combine.
4. For the egg wash, in a small bowl, whisk together the egg and water.
5. To assemble the wontons, brush the edges of each wrapper with the egg wash. Place 2 teaspoons of the filling into each wrapper. Fold the wonton in half to make a triangle. Press to seal the edges. Bring the two corners along the base of the triangle in toward each other, overlap them, and press to seal securely.
6. Transfer to a parchment-lined sheet pan. Refrigerate until needed.
7. Fry the wontons in the preheated fryer until golden brown and crispy, 3 to 5 minutes. Drain on a paper towel-lined sheet pan.
8. Serve with the mustard sauce.

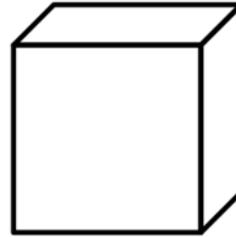
BASIC KNIFE CUTS



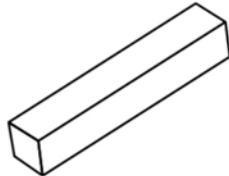
Small Dice
1/4" cube



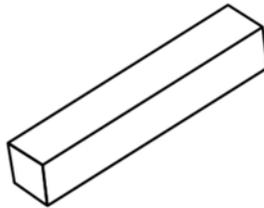
Medium Dice
1/2" cube



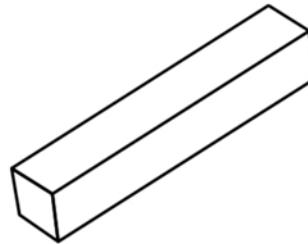
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



Julienne
1/8" sq x 2 inch



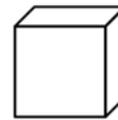
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



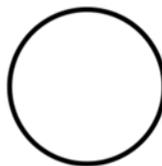
Chop
1/8"-1/4" cube



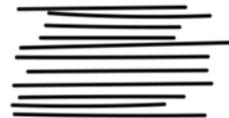
Brunoise
1/8" cube (fine dice)



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.
Recipes sourced from the CIA publications: *Vegetarian Cooking at Home*, *Hors d'Oeuvre at Home*

Hors doeuvre at Home Sat Course Guide v.220.docx

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