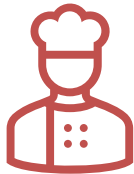




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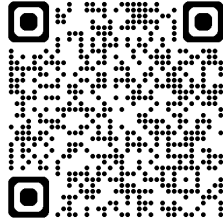
WELCOME!

Mediterranean Boot Camp



CIAFOODIES.COM

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Expectations for Participants

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

KITCHEN RESPONSIBILITIES

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



RECIPE MISE EN PLACE

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



FOOD SAFETY

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

KNIFE SAFETY

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



COURSE INFORMATION

With its emphasis on healthful ingredients and vivid flavors, Mediterranean cooking has become a favorite among Americans. In this Boot Camp, you'll utilize the unique pantries and flavor profiles of Provence, Southern Italy, Spain, Greece, Turkey, and North Africa, and discover the four ingredients that unify the dishes from these diverse regions. You'll also get an introduction to the specific cooking methods and equipment commonly used in the region. You'll prepare and savor the best of the Mediterranean table—and bring your newfound skills to your own kitchen.

DAY ONE: PROVENCE



THE PROVENÇAL PANTRY

Grains	Wheat	Bread, Pasta
	Rice	
Vegetables	Fresh	Tomatoes, Eggplant, Peppers, Zucchini Artichokes, Wild Greens, Asparagus, and Bitter Greens, The Original Mesclun, Capers
Fruits	Fresh	Citrus Fruit, Apricots, Cherries, Plums, Grapes, Strawberries, Figs, Melons, Peaches
	Dried	
Seasonings	Herbs	Basil, Bay, Fennel, Lavender, Marjoram, Mint, Rosemary, Sage, Tarragon, Thyme
	Spices	Saffron
	Aromatics	Garlic, Onions, Fennel
Sauces/ Condiments		Olive Sauces, Pesto-Pistou, Tapenade
Legumes	Fresh/Dried	White Kidney Beans, Broad Beans, Lentils, Chickpeas
Nuts		
Dairy	Cheese	Goat Cheese
Fats		Olives and Olive Oil
Wine		White, Rosé, and Red
Meat	Fresh	Lamb, Poultry, Rabbit
	Preserved	
Seafood	Fresh	Finfish: Anchovies, Red Mullet, Bass, Sardines, Sea Bream, Sea Bass, Monkfish, Cod
		Shellfish
		Crustacean
	Preserved	Cod, Anchovies

DAY ONE

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Olive Spread I with Toast
Beef Stew with Red Wine and Olives
Macaroni in Braising Liquid

TEAM TWO

Vegetable Soup with Pesto
Zucchini Gratin
Leg of Lamb with Olive Sauce

TEAM THREE

Olive Spread II with Toast
Niçoise Salad
Rabbit Stew

TEAM FOUR

Vegetable Stew
Potato, Onion, and Tomato Gratin
Sea Bass with Olive Spread and Tomato Confit

OLIVE SPREAD I

TAPENADE I

Yield: 1 ½ pints

Ingredients	Amounts
Olive, black, cured, pitted	2 ½ cups
Capers	½ cup
Anchovy, fillet, salted	½ cup
Oil, olive, extra virgin	½ cup
Lemon, juice, fresh	¼ cup
Parsley, flat-leaf, fresh	1 Tbsp.
Cognac (Optional)	¼ cup
Mustard, Dijon (Optional)	1 tsp.
Pepper, black, ground	to taste
Toast (Recipe follows)	1x recipe

Method

1. In a large bowl, soak the olives, capers, and anchovies in water to remove any excess salt. Drain and pat dry.
2. In a food processor, combine the olives, capers, anchovies, olive oil, lemon juice, and parsley. Add the cognac and mustard, if desired. Blend until a course paste is formed.
3. Season with pepper to taste.
4. Let the tapenade sit for at least 1 hour to allow the flavors to blend.
5. Serve with the Toast.

Note: Dark rum can be substituted for the cognac.

TOAST

CROÛTES

Yield: 16 portions

Ingredients	Amounts
Bread, baguette, sliced	1 ea.
Oil, olive, pure	2 tsp.
Garlic, clove, cut in half lengthwise	1 ea.

Method

1. Preheat oven to 325°F.
2. Spread the baguette slices in a single layer on a baking sheet. Brush both sides of the bread with olive oil.
3. Bake in the preheated oven for 15 minutes.
4. Remove from oven, turn the slices over, and bake until the bread is completely dry and lightly browned, about 15 minutes.
5. Rub each slice with the cut garlic clove.
6. Arrange on a platter and serve with the Tapenade.

BEEF STEW WITH RED WINE AND OLIVES

DAUBE DE BOEUF AUX OLIVES

Yield: 8 portions

Ingredients	Amounts
Oil, olive, pure	2/3 cup
Pork, salt pork, fresh, diced	1/2 lb.
Onion, yellow, peeled, quartered	3/4 lb.
Carrot, peeled, cut in thick rounds	2 ea.
Beef, shank, diced	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Wine, Burgundy	1 qt.
Onion, yellow, peeled, halved	1/2 ea.
Bay leaf, dried	1 ea.
Clove, whole	2 ea.
Thyme, sprig, fresh	2 ea.
Parsley, flat-leaf, stem, fresh	2 ea.
Bay leaf, dried	1 ea.
Peppercorn, black, whole	12 ea.
Orange, peel	1 ea.
Garlic, clove	6 ea.
Tomato, paste	1 Tbsp.
Stock, veal	2 qt.
Olive, Niçoise, pitted	1 1/4 cups
Salt, kosher	as needed
Pepper, black, ground	as needed
Parsley, flat-leaf, fresh, chopped	3 Tbsp.

Method

1. Preheat oven to 350°F.
2. Heat the oil in a 6-quart stainless steel pot over medium heat. Add the salt pork and render the fat out of the pork, about 5 minutes.
3. Increase the heat to medium-high. Add the onions and carrots. Sauté until browned, about 5 minutes. Remove and reserve.
4. Dry the beef and season it with salt and pepper. Add the beef to the pot with the hot oil. Increase the heat to high. When all sides of the beef are browned, remove it from the pan and reserve.

5. Remove the grease from the pan. Add the wine, and deglaze, scraping any brown bits off of the bottom of the pan. Simmer the wine.
6. For the onion *piqué*, anchor the bay leaf to the onion by piercing it with both whole cloves.
7. For the *bouquet garni*, place the thyme, parsley, bay leaf and peppercorns into a piece of cheesecloth. Fold up the edges of the cheesecloth and tie them together with kitchen twine to form a bundle.
8. Return the salt pork, vegetables, and beef to the pan. Add the garlic, onion *piqué*, *bouquet garni*, orange peel and tomato paste. Fill the pot with stock to cover the ingredients. Return the pot to a simmer.
9. Cover and cook in the preheated oven until the meat is tender but not falling apart, about 2 hours. Turn the pieces of meat once or twice as they cook.
10. Transfer the cooked meat to a serving dish, cover, and keep warm.
11. Strain the braising liquid into a saucepan, reserving the vegetables and the salt pork. Discard the *bouquet garni*, orange peel and onion *piqué*. Add the salt pork to the beef on the platter.
12. In a food processor, purée the vegetables until very smooth, then set aside.
13. Remove the fat from the top of the braising liquid, heat over medium heat, and reduce the liquid to 1 pint.
14. Whisk in the puréed vegetables and add the olives. Adjust the seasoning with salt and pepper.
15. Pour the sauce over the meat and garnish with the parsley. Serve with the Macaroni in Braising Liquid.

Source: Adapted from *New Menus from Simca's Cuisine* by Simone Beck, Michael James

MACARONI IN BRAISING LIQUID

MACARONI

Yield: 8 portions

Ingredients	Amounts
Pasta, elbow macaroni, dry	1 lb.
Cooking liquid (from Beef Stew daube)	as needed
Cheese, Parmesan, grated	1/2 cup
Pepper, black, ground	1/4 tsp.

Method

1. Preheat oven to 350°F.
2. Bring a large pot of salted water to a boil. Cook the macaroni until tender but firm to the bite (*al dente*). Drain well.
3. Grease a gratin dish with olive oil. Layer the cooked macaroni with the cheese. Season with the pepper.
4. Ladle the daube juices, lifting from the surface of the daube to pick up any remaining fat. Lightly cover the macaroni with the juices and sprinkle the surface with cheese. Cover with foil.
5. Bake in the preheated oven until the juices boil and the cheese melts but does not color, 8 to 10 minutes.

Source: Adapted from *New Menus from Simca's Cuisine* by Simone Beck, Michael James

VEGETABLE SOUP WITH PESTO

POTAGE AU PISTOU

Yield: 8 portions

Ingredients	Amounts
Beans, navy, soaked overnight, drained	¾ cup
Water	1 qt.
Oil, olive, pure	2 Tbsp.
Carrot, diced	3 ea.
Leek, white and green parts, diced	2 ea.
Onion, yellow, diced	1 ea.
Broth, chicken	2 ½ qt.
Saffron, threads (Optional)	1 pinch
Beans, green, cut into 1-in. lengths	1 ½ cups
Potato, yellow, peeled, diced	1 ea.
Zucchini, diced	1 ea.
Pasta, vermicelli, cut into 2-in. lengths	2 wt. oz.
Water	1 qt.
Tomato, plum (Roma)	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Pesto (Recipe follows)	as needed

Method

1. In a large saucepan, place the soaked beans and water. Bring it to a simmer. Cook until the beans are tender, about 1 hour. Add more water, if necessary, to keep the beans covered.
2. Heat the oil in a soup pot over medium heat. Add the carrots, leeks, and onion. Cook until the onion is translucent, about 10 minutes.
3. Add the broth and the saffron, if using. Bring it to a simmer and cook for 10 minutes.
4. Cook the vermicelli separately in boiling water until tender, about 8 minutes. Reserve and add to the soup just before serving.
5. In a small sauce pot, bring the water to a boil. Put an "X" in the bottom of the tomatoes and take the core out of the top. Gently place them in the boiling water and cook for 30 seconds. Transfer the tomatoes to an ice bath to cool completely.
6. Peel off the tomato skin, cut them into quarters, and remove the seeds. Small dice. Reserve.
7. Drain the beans of their cooking liquid. Add the beans and reserved tomatoes to the soup. Season with salt and pepper to taste. Cook for 1 minute.

8. Just before serving, add the pesto to taste. Serve in heated bowls.

PESTO

PISTOU

Yield: ¾ cup

Ingredients	Amounts
Pine nuts	2 Tbsp.
Basil, leaves, fresh, chopped	1 cup
Cheese, Parmesan, grated	½ cup
Garlic, clove, chopped	2 ea.
Oil, olive, pure	⅓ cup

Method

1. Preheat oven to 350°F.
2. Spread the pine nuts in a single layer on a baking sheet and roast in the preheated oven until golden, 5 to 7 minutes. Stir the nuts frequently and watch carefully, as they can burn quickly. Cool and reserve.
3. Purée the basil, parmesan, toasted pine nuts, and garlic to a fine paste in a food processor or blender.
4. With the machine running, add the olive oil in a thin stream. Scrape the sides of the bowl or blender jar as necessary. Purée until the oil is completely incorporated.

Note: You can also toast the nuts in a heavy, dry skillet over medium-low heat. Toss them often. Remove them from the skillet as soon as they are golden brown.

ZUCCHINI GRATIN

GRATIN DE COURGETTES

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	6 Tbsp.
Onion, sweet, large, finely sliced	1 ea.
Zucchini, small, quartered lengthwise, cut into ½-in. lengths	2 lb.
Flour, all-purpose	1 Tbsp.
Milk, whole	1 cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Cheese, Parmesan, grated	⅓ cup
Breadcrumbs, dried	⅓ cup
Butter, unsalted, shaved into thin slices	2 oz.

Method

1. Preheat oven to 400°F.
2. In a sauté pan over medium heat, melt the butter.
3. Add the onion and sweat until soft, without browning, about 3 minutes.
4. Add the zucchini and cook until tender, but not mushy, about 7 minutes.
5. Sprinkle the flour over the onion and zucchini. Stir gently.
6. Raise the heat and slowly add the milk, stirring until the sauce boils. Simmer gently for 10 minutes. Season with salt and pepper.
7. Pour the mixture into a buttered dish.
8. In a small bowl, combine the cheese and breadcrumbs. Sprinkle over the surface. Distribute the butter shavings on top of the gratin.
9. Bake until golden, about 20 minutes.
10. Serve hot or room temperature.

Source: Adapted from *Lulu's Provençal Table*, Richard Olney

LEG OF LAMB WITH OLIVE SAUCE

GIGOT D'AGNEAU AVEC SAUCE AUX OLIVES

Yield: 6 portions

Ingredients	Amounts
Parsley, flat-leaf, stem, fresh	4 ea.
Celery, leaves	3 ea.
Thyme, sprig, fresh	1 ea.
Bay leaf, dried	1 ea.
Lamb, bones	1 lb.
Carrot, diced	3 ea.
Onion, yellow, diced	2 cups
Water	1 ½ pt.
Salt, kosher	1 tsp.
Pepper, black, ground, cracked	½ tsp.
Lamb, leg, deboned	3 lb.
Oil, olive, pure	⅓ cup
Rosemary, sprig, fresh	2 ea.
Thyme, sprig, fresh	3 ea.
Garlic, clove, slivered	4 Tbsp.
Salt, kosher	as needed
Pepper, black, cracked	as needed
Olive, Niçoise, rinsed, pitted, chopped	½ lb.
Anchovy, fillet, rinsed, mashed	½ cup
Parsley, flat-leaf, fresh, chopped	4 Tbsp.
Lemon, juice, fresh	¼ cup
Garlic, chopped	2 tsp.
Chile, cayenne, ground	½ tsp.

Method

1. Preheat oven to 350°F.
2. For the *bouquet garni*, assemble the parsley stems, celery leaves, thyme sprigs and bay leaf into a bundle and tie together with kitchen twine.
3. In a stockpot, combine the lamb bones, carrots, onions, water, and *bouquet garni*. Season with salt and pepper. Bring to a boil over high heat, lower the heat, and simmer, covered, for 1 hour.
4. Make a few incisions on the inside of the lamb (see Chef demo), rub with oil and stuff with the rosemary, thyme, garlic, salt, and pepper.

5. Roll the leg of lamb and truss with butcher's twine (see Chef demo).
6. Rub the outside of the meat with salt, pepper, and olive oil on all sides.
7. Place the lamb on a rack in a roasting pan and cook in the preheated oven until the lamb reaches the desired internal temperature. (Pink lamb registers 130°F, about 1 to 1 ½ hours.) Remove the lamb and keep it warm.
8. Remove the rack from the roasting pan. Place the roasting pan with the pan juices (jus) on the stove over medium heat.
9. Degrease and strain the lamb stock. Add 1 pint of the stock to the jus. Stir to incorporate the residual particles (*fond*) from the pan. Stir in the remaining stock and cook until liquid is reduced to 1 pint. Strain the sauce into a small saucepan.
10. Add the olives, anchovies, parsley, lemon juice, garlic, and cayenne to the sauce. Over low heat, stir until well combined. Adjust the seasonings with salt and pepper to taste.
11. Carve the lamb. Serve accompanied with the sauce.

Source: Adapted from *Mediterranean Cooking* by Paula Wolfert

OLIVE SPREAD II

TAPENADE II

Yield: 1 ½ cups

Ingredients	Amounts
Olive, black, pitted	1 ² / ₃ cups
Oil, olive, extra virgin	½ cup
Capers, drained	⅓ cup
Tuna, canned, in oil, drained	1 ½ wt. oz.
Brandy	2 Tbsp.
Garlic, chopped	1 tsp.
Lemon, juice, fresh	¼ tsp.
<i>Croûtes</i> (Recipe follows)	1x recipe

Method

1. In a blender or food processor, combine the olives, olive oil, capers, tuna, brandy, garlic, and lemon juice. Process briefly, until the mixture is evenly blended but still coarse in texture, not puréed.
2. Serve in a bowl with a platter of *croûtes*.

TOAST

CROÛTES

Yield: 16 portions

Ingredients	Amounts
Bread, baguette, sliced	1 ea.
Oil, olive, pure	2 tsp.
Garlic, clove, cut lengthwise	1 ea.

Method

1. Preheat oven to 325°F.
2. Spread the baguette slices in a single layer on a parchment-lined baking sheet. Brush both sides of the bread with olive oil and bake for 15 minutes.
3. Turn the slices over and bake until the bread is completely dry and lightly browned, about 15 minutes.
4. Rub each slice with the cut garlic clove.
5. Arrange on a platter and serve with the condiment of your choice.

NIÇOISE SALAD

SALADE NIÇOISE

Yield: 8 portions

Ingredient	Amount
Egg, whole	4 ea.
Potato, fingerling, skin on	2 ¼ lb.
Oil, olive, pure	¼ cup
Garlic, clove	8 ea.
Bay leaf, dried	2 ea.
Thyme, bunch, sprig, fresh	¼ ea.
Salt, kosher	1 ½ tsp.
Pepper, black, ground	1 tsp.
Beans, green, trimmed	1 lb.
Tuna, fillet, 3 oz.	8 ea.
Oil, olive, pure	as needed
Onion, red, julienned	1 cup
Parsley, flat-leaf, fresh, chopped	4 Tbsp.
Capers, rinsed, chopped	3 Tbsp.
Red Wine Vinaigrette (Recipe follows) (Divided)	4 cups
Mixed greens	½ lb.
Salt, kosher	to taste
Pepper, black, ground	to taste
Tomato, plum (Roma), peeled, quartered	4 ea.
Anchovy, fillet	16 ea.
Olive, Niçoise	32 ea.

Method

1. Preheat oven to 375°F.
2. Place the eggs in a small pot and add enough water to cover. Bring to a boil over high heat, then cover and simmer over low heat for 10 minutes. Immediately transfer the eggs to an ice water bath to stop the cooking. Once cool enough to handle, peel and slice the eggs into quarters. Reserve.
3. Place the potatoes in a large bowl and toss with the olive oil, garlic, thyme, bay leaves, thyme, salt, and pepper.
4. Distribute the mixture evenly in a single layer in a hotel pan. Cover tightly with foil and roast in the preheated oven until fork tender, 20 to 25 minutes. Shake the pan occasionally to evenly roast the potatoes. Remove and set aside.

5. Bring a large pot of salted water to a boil over high heat. Add the green beans, lower the heat to medium, and simmer until they are bright green and just barely tender, about 2 minutes. Drain and rinse under cold running water. Set aside.
6. Preheat a grill or grill pan to medium-high heat. Lightly brush the tuna fillets with oil and season with salt and pepper as needed. Grill the tuna until it is medium-rare, about 2 minutes per side. The fish will still appear translucent in the center. Reserve warm.
7. In a large bowl, toss together the roasted potatoes, green beans, onions, parsley, and capers. Add 1 cup of the red wine vinaigrette and toss to coat. Adjust seasoning with salt and pepper to taste.
8. Arrange the greens on a platter. Place the cooked tuna in the center. Arrange the beans and potato mixture around the tuna.
9. Garnish the plate with the tomatoes, eggs, anchovies, and olives.
10. Serve with the remaining 3 cups of red wine vinaigrette on the side.

RED WINE VINAIGRETTE

Yield: 1 quart

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

Method

1. In a medium bowl, combine the vinegar, mustard, and shallots.
2. Gradually whisk in the oil, to emulsify.
3. Season with salt and pepper.
4. Add the sugar, chives, parsley, and tarragon, if desired.

RABBIT STEW

CIVET DE LAPIN

Yield: 4 portions

Ingredients	Amounts
Bay leaf, dried	2 ea.
Clove	2 ea.
Thyme, ground	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Rabbit, cut into pieces (see Chef demo)	2 ea.
liver reserved	
Flour, all-purpose	as needed
Oil, olive, extra virgin	2 Tbsp.
Garlic, clove, crushed	6 ea.
Onion, large, finely sliced	1 ea.
Wine, red, dry	3 cups
Flour, all-purpose	1 cup
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Oil, olive, pure	¼ cup
Garlic, head, cloves peeled	1 ea.
Thyme, leaves, fresh	2 ea.
Bay leaf, dried	1 ea.
Orange, peel, dried	1 ea.

Method

1. For the marinade, in a large bowl, combine the bay leaves, cloves, thyme, salt, and pepper. Add the rabbit and toss to coat. Sprinkle the rabbit with extra virgin olive oil. Add the garlic and onions and pour the red wine over the rabbit.
2. Cover and marinate for several hours or overnight, turning the rabbit two or three times.
3. Drain well, reserving the marinade, and pat dry. Dredge the rabbit in flour.
4. In a heavy, wide bottomed pot, heat the olive oil over medium-high heat. Sauté the rabbit and whole garlic cloves. Sprinkle the rabbit with another tablespoon of flour, then turn it over. Repeat until the rabbit is golden brown on all sides.
5. In a saucepan, bring the reserved marinade to a boil. Pour it over the rabbit and scrape the bottom and sides of the pan with a wooden spoon to dissolve any caramelized bits (*fond*) stuck to the pan.

6. To assemble the *bouquet garni*, place the thyme, bay leaf and orange peel into a bundle and tie them together with kitchen twine. Add to the cooking rabbit.
7. Lower the heat to a simmer and allow the rabbit to cook for 30 minutes. Turn the rabbit and simmer until tender, about 15 minutes. Remove the pan from the heat. Reserve the garlic cloves.
8. In a food processor, purée the rabbit liver with the garlic. Strain the mixture into a small bowl. Add a ladle of the rabbit sauce and ground pepper. Bring it up to temperature, then pour the mixture back into the sauté pan, stirring constantly.
9. Stir the sauce constantly over low heat until it has noticeably thickened, and the color has turned from red to a rich chocolate brown. Do not boil or the sauce will become grainy.
10. Remove from heat and serve immediately.

Source: Adapted from *Lulu's Provençal Table* by Richard Olney

VEGETABLE STEW

RATATOUILLE

Yield: 8 portions

Ingredients	Amounts
Oil, olive, pure	1 tsp.
Onion, red, diced	$\frac{2}{3}$ cup
Garlic, minced	1 $\frac{1}{2}$ Tbsp.
Shallot, minced	1 Tbsp.
Tomato, paste	1 Tbsp.
Tomato, plum (Roma), seeded, sliced $\frac{1}{4}$ -in.	5 ea.
Squash, zucchini, diced	1 cup
Pepper, bell, red, diced	1 cup
Eggplant, diced	1 $\frac{1}{2}$ cups
Squash, yellow, diced	1 cup
Stock, vegetable	1 cup
Basil, fresh, chiffonade	1 Tbsp.
Oregano, dried	as needed
Salt, kosher	$\frac{1}{2}$ tsp.
Pepper, black, ground	$\frac{1}{4}$ tsp.

Method

1. Heat the oil in a medium saucepot over medium heat. Add the onions, garlic, and shallots. Cook until the onions are translucent, 5 to 7 minutes.
2. Add the tomato paste and cook until it becomes brown, about 3 to 4 minutes.
3. Add the tomatoes, zucchini, bell pepper, eggplant, yellow squash, and stock. Bring to a gentle simmer and stew, stirring occasionally, until the vegetables are tender, about 15 minutes.
4. Season with the basil, oregano, salt, and pepper.

POTATO, ONION, AND TOMATO GRATIN

POMMES DE TERRE, OIGNON, ET TOMATE GRATINÉES

Yield: 10 portions

Ingredients	Amounts
Garlic, clove, split	1 ea.
Potato, russet, peeled, thinly sliced	2 lb.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Thyme, ground	1 Tbsp.
Garlic, clove, chopped	5 ea.
Onion, yellow, thinly sliced	1 cup
Tomato, plum (Roma) cored, thinly sliced	1 lb.
Wine, white, dry	¾ cup
Oil, olive, extra virgin	⅓ cup
Breadcrumbs, dried	⅔ cup

Method

1. Preheat the oven to 400°F.
2. Rub the bottom of a large oval porcelain gratin dish or hotel pan with the split garlic clove.
3. Arrange the potatoes in a single layer and season generously with salt, pepper, and a portion of the thyme and chopped garlic. Layer the sliced onions on top, seasoning again with salt, pepper, thyme, and garlic. Repeat the process with the tomatoes. Alternate layers until all the vegetables have been used.
4. Pour the white wine and oil over the vegetables. Cover the gratin with foil and roast in the preheated oven until the potatoes are tender, 45 to 60 minutes.
5. Preheat the broiler to low. Sprinkle the breadcrumbs over the gratin dish. Broil until evenly golden brown.
6. Serve hot.

Source: Adapted from *Bistro Cooking* by Patricia Wells

SEA BASS WITH OLIVE SPREAD AND TOMATO CONFIT

LOUP DE MER BRAISÉS, TAPENADE, ET TOMATES CONFITES

Yield: 8 portions

Ingredients	Amounts
Oil, olive, extra virgin	1/3 cup
Onion, yellow, chopped	2 cups
Garlic, crushed	8 ea.
Tomato, plum (Roma), peeled, seeded, chopped	3 lb.
Anchovy, fillet	6 ea.
Salt, kosher	2 tsp.
Pepper, black, ground	1/2 tsp.
Fennel, seeds, ground	1 tsp.
Sea bass, fillet, 5 oz.	8 ea.
Oil, vegetable	as needed
Salt, kosher	2 Tbsp.
Pepper, black, ground	1 Tbsp.
Olive Spread II (Recipe follows)	1x recipe

Method

1. To prepare the tomato confit, in a sauté pan set over medium-low heat, heat the olive oil. Add the onions and garlic and sweat until the onions soften, about 2 minutes.
2. Add the tomatoes and anchovies and cook until a sauce consistency is achieved, about 20 minutes.
3. Season with the salt, pepper, and ground fennel seeds. Keep warm.
4. Brush the fish fillets with oil and season with salt and pepper.
5. Heat a large non-stick sauté pan over medium-high heat. Place the fish presentation side down and sear, undisturbed, for about 3 to 4 minutes per side. Turn only once during cooking to prevent the fillets from breaking apart.
6. Serve the fish accompanied by the tomato confit and tapenade.

OLIVE SPREAD II

TAPENADE II

Yield: 1 ½ cups

Ingredients	Amounts
Olive, black, cured, pitted	1 ¼ cups
Capers	4 Tbsp.
Anchovy, fillet, salted	2 wt. oz.
Oil, olive, extra virgin	¼ cup
Lemon, juice, fresh	2 Tbsp.
Cognac (Optional)	1 ½ Tbsp.
Mustard, Dijon (Optional)	½ tsp.
Pepper, black, ground	as needed

Method

1. In a bowl, soak the olives, capers, and anchovies in water to remove any excess salt. Drain and pat dry.
2. In a food processor, combine the olives, capers, anchovies, olive oil, lemon juice, cognac, mustard, and parsley. Blend until a course paste is formed.
3. Adjust the seasoning with pepper to taste.
4. Allow the tapenade to sit for at least 1 hour before serving so that the flavors have a chance to blend.

Note: Dark rum can be substituted for the cognac.

DAY TWO: SOUTHERN ITALY



THE SOUTHERN ITALIAN PANTRY

Grains	Wheat	Bread, Pasta, Couscous
Vegetables	Fresh	Seasonal, Eggplant, Tomato, Sweet Peppers, Hot Peppers, Zucchini
	Dried	Tomatoes
Fruits	Fresh	Seasonal, Figs, Apricots, Olives
	Dried	Raisins, Figs, Apricots
Flavorings/ Sauces	Herbs	Basil, Oregano, Marjoram, and Rosemary
	Aromatics	Garlic, Onion, Hot Peppers, Fennel
	Condiments	Pesto, Salsa Verde, Olive Sauces, Sun Dried Tomato Paste
Legumes	Fresh/Dried	Chickpeas, Fava
Nuts		Pine Nuts, Chestnuts
Dairy	Cheese	Mozzarella, Caciocavallo, Ricotta, Parmesan, Pecorino
Fats		Olive Oil, Olives, Rendered Pork Fat
Wine		Red, White, Rosé
Meat	Fresh	Lamb, Poultry, Pork, Beef
	Preserved	Pork, Beef
Seafood	Fresh	Finfish: Anchovies, Sardines, Tuna, Mullet, Dorade, Rascasse (Scorpion Fish)
		Crustaceans
		Shellfish
	Preserved	Anchovies, Sardines, Cod

DAY TWO

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Caponata with Toast
Orecchiette with White Beans and Spinach
Rice Croquettes with Fontina

TEAM TWO

Deep-Fried Mozzarella Sandwiches
Onions in Sweet and Sour Sauce
Pizza Neapolitan Style

TEAM THREE

Mozzarella, Prosciutto, and Sun-Dried Tomato Roulade
Eggplant Rolls
Sardinian Flatbread

TEAM FOUR

Broccoli Rabe with Pancetta
Swordfish in Savory Sauce
Linguini with "Strumpet-Style" Sauce

CAPONATA WITH TOAST

CAPONATA CON BRUSCHETTA

Yield: 12 portions

Ingredients	Amounts
Eggplant, peeled, 1-in. diced	3 lb.
Salt, kosher	as needed
Oil, olive, extra virgin	2 fl. oz.
Onion, yellow, coarsely chopped	1 ea.
Celery, bunch, small diced	½ ea.
Tomato, purée	15 oz.
Olive, green, pitted, cut into pieces	⅔ cup
Capers, rinsed, drained	¼ cup
Sugar, granulated	¼ cup
Vinegar, wine	⅓ cup
Oil, olive, extra virgin (Divided)	2 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Bread, baguette, sliced, toasted	1 ea.

Method

1. Spread the diced eggplant onto a sheet pan and sprinkle evenly with salt. Top with three more sheet pans to weigh it down so the moisture releases. Set aside for about 20 minutes.
2. In a large sauté pan, heat the olive oil over medium-high heat and sauté the onions and celery until tender.
3. Add the tomato purée, reduce the heat to medium, and simmer until the sauce thickens slightly, 20 to 25 minutes. Add the olives, capers, sugar, and vinegar. Season with salt and pepper. Keep warm.
4. Squeeze the eggplant to remove excess water. Rinse and pat dry with paper towels.
5. In a large skillet over high heat, heat 1 fl. oz. olive oil. Add half of the eggplant and sauté until soft and golden brown. Remove and drain on paper towels. Repeat with the remaining olive oil and eggplant.
6. Combine the cooked eggplant with the tomato sauce. Adjust the seasoning with salt and pepper to taste.
7. Serve at room temperature with thick slices of toasted bread.

Source: Red, White, and Greens: The Italian Way with Vegetables by Faith Willinger

ORECCHIETTE WITH WHITE BEANS AND SPINACH

ORECCHIETTE CON FAGIOLI BIANCHI E SPINACI

Yield: 8 portions

Ingredients	Amounts
Oil, olive, extra virgin	1 Tbsp.
Onion, yellow, thinly sliced	2 ½ cups
Garlic, clove, chopped	3 ea.
Red pepper flakes	¼ tsp.
Beans, cannellini, can, rinsed, drained	30 oz.
Broth, vegetable	1 cup
Salt, kosher	½ tsp.
Pasta, orecchiette, dried	1 lb.
Spinach, stems removed	1 ¼ lb.
Cheese, Parmesan, grated	½ cup

Method

1. In a large, nonstick skillet over medium-high heat, heat the olive oil. Add the onion and sauté over medium-high heat until golden brown, about 10 to 12 minutes, stirring occasionally.
2. Add the garlic and red pepper flakes and cook an additional 2 minutes.
3. Add the beans, broth, and salt to the pan. Simmer over medium-high heat until the sauce thickens slightly, about 15 minutes.
4. Bring a large pot of salted water to a boil. Add the pasta and cook until it is tender, but firm to the bite (*al dente*), 8 to 10 minutes.
5. Just before draining the pasta, stir the spinach into the pasta pot and cook until it wilts, about 1 minute. Drain the pasta and spinach and return them to the pot.
6. Add the cannellini bean mixture and mix well.
7. Serve on a large, heated platter. Garnish with grated parmesan cheese, and extra virgin olive oil.

Source: Adapted from *Gourmet Meals in Minutes*

RICE CROQUETTES WITH FONTINA

ARANCINI DI RISO CON FONTINA

Yield: 30 pieces

Ingredients	Amounts
Butter, unsalted	¼ cup
Onion, yellow, small 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	as needed
Cheese, fontina, small diced	1 lb.
Flour, all-purpose	1 cup
Egg, beaten	2 ea.
Milk, whole	2 Tbsp.
Breadcrumbs, dried	1 cup
Oil, vegetable	as needed
Tomato, sun-dried, diced	1 ½ cups
Oil, olive, pure	as needed
Thyme, fresh, finely chopped	1 Tbsp.
Basil, fresh, finely chopped	3 Tbsp.
Marjoram, fresh, finely chopped	1 Tbsp.

Method

1. To prepare the risotto, heat the butter in a pan over medium heat and sweat the onions until translucent. Add the rice and toss to coat with the butter.
2. Add the wine, reduce 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 firm to the bite (*al dente*), about 18 minutes.
4. Add the Parmesan cheese. Season with salt to taste.
5. Transfer the risotto to a sheet pan and spread it in an even layer. Allow the rice to cool completely.
6. Divide the chilled risotto into 30 portions and shape into balls. Make an indent with your thumb in each portion, then place a cube of the Fontina cheese into the indent. Mold the risotto around the cheese.
7. Preheat a large pot of oil or deep fryer to 350°F
8. For the breading, coat (dredge) the croquettes in flour, shaking off the excess.

9. Whisk the egg with the milk to form an egg wash. Dip the dredged croquettes in the egg wash, then roll in the breadcrumbs.
10. Deep-fry the risotto croquettes until golden brown. Remove from the oil and place onto a wire rack to drain.
11. Garnish with the sun-dried tomatoes, olive oil, and chopped thyme, basil and marjoram.

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

DEEP-FRIED MOZZARELLA SANDWICHES

MOZZARELLA IN CARROZZA

Yield: 6 portions

Ingredients	Amounts
Bread, Pullman, crust removed, slice	12 ea.
Cheese, mozzarella, 1/4-in. sliced (Recipe follows)	3/4 lb.
Egg, whole, beaten	3 ea.
Oil, olive, pure	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Prepare the sandwiches using the bread and mozzarella.
2. Dip the sandwiches into the beaten eggs.
3. In a large sauté pan over medium-high heat, heat enough olive oil to coat the bottom of the pan.
4. Fry each sandwich until golden brown, 2 to 3 minutes per side. Drain on paper towels.
5. Season with salt and pepper.
6. Cut into desired shapes.

Note: The sandwiches may also contain other fillings such as thin slices of prosciutto, sun-dried tomatoes in oil, roasted pepper slices, and pesto spread.

MOZZARELLA CHEESE

Yield: 2 pounds

Ingredients	Amounts
Salt, kosher	$\frac{3}{4}$ cup
Water	1 gal.
Cheese, curd, med. diced	2 lb.

Method

1. Bring a large pot of salted water to a boil. Remove the pot from the heat.
2. In a large bowl, place the cheese curd. Add enough hot water to cover.
3. Wearing 2 pairs of gloves, work the curd with wooden spoons, stretching it until it becomes a smooth, yet stringy mass. Maintain a constant 160°F water temperature throughout the process.
4. Remove the cheese from the water. Continue stretching until the curd is smooth. Be sure to avoid overworking the cheese or it will become tough.
5. Shape the cheese into appropriate form (see Chef demo).
6. Hold in water until ready for service.

ONIONS IN SWEET AND SOUR SAUCE

CIPOLLINI IN CASSERUOLA

Yield: 10 portions

Ingredients	Amounts
Onion, cipollini	2 lb.
Oil, olive, pure	½ cup
Celery, stalk, small diced	4 ea.
Garlic, clove, minced	4 ea.
Onion, red, sliced	1 ea.
Tomato, paste	2 Tbsp.
Stock, chicken	1 cup
Vinegar, wine, red	½ cup
Sugar, granulated	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Basil, fresh, chiffonade	2 Tbsp.
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Capers	2 Tbsp.

Method

1. Blanch the cipollini onions in boiling, salted water. Drain and set aside.
2. Heat the olive oil in a saucepot over medium heat. Add the celery, garlic, and red onion and cook over medium heat until the onions have softened.
3. Add the tomato paste and cook until it is lightly browned.
4. Deglaze the pan with the chicken stock and red wine vinegar. Season with sugar, salt, and pepper.
5. Add the blanched cipollini and continue to cook until the cipollini are cooked through and the sauce has reduced to the desired consistency.
6. Finish by stirring in the basil, parsley, and capers.

Note: If preferred, the onions can also be baked in the oven until tender instead of boiling.

Source: Chef Arthur Schwartz

PIZZA NEAPOLITAN STYLE

PIZZETTA NAPOLETANA

Yield: 6 portions

Ingredients	Amounts
Flour, bread	2 cups
Flour, 00	3 cups
Yeast, instant, dry	3 tsp.
Water, warm	1 ½ cups
Oil, olive, pure	3 Tbsp.
Salt, kosher	1 ½ tsp.
Cornmeal	as needed
Tomato concassé	2 ⅓ cups
Anchovy, fillet, chopped (Optional)	6 ea.
Oregano, fresh, chopped	1 ½ tsp.
Basil, fresh, chopped	1 ½ tsp.
Mozzarella Cheese (Recipe follows)	½ lb.
Oil, olive, pure	2 Tbsp.

Method

1. Preheat oven to 400°F.
2. For the dough, a large bowl, combine both flours and yeast. Make a well in the center, and add the water, oil, and salt. Incorporate until a smooth dough forms. Place the dough on a floured surface and knead until smooth and elastic, about 10 minutes.
3. Cover the dough and place in a warm area to rise until doubles in volume, about 1 hour.
4. Gently press on the dough to remove any air bubbles. Divide it into 6 equal pieces and shape it into rounds. Set aside to proof (see Chef demo).
5. Roll the dough into flat circles, about 6-inches in diameter. Place them onto cake circles that have been dusted with cornmeal or semolina flour.
6. Spread the tomato concassé over the dough, then top with the anchovy fillets, oregano, and basil.
7. Slice the mozzarella. Arrange on top of the pizza and sprinkle with olive oil.
8. Bake in oven until the crust has browned and cheese has melted, 12 to 15 minutes.

Note: Tomato concassé is tomatoes that have been peeled, seeded, and chopped. Remove the core of the tomatoes and score the bottom with an "X". Cook for 30 seconds in boiling, salted water. Remove and place in an ice bath until completely cooled. Peel, remove the seeds, and dice.

MOZZARELLA CHEESE

Yield: 2 pounds

Ingredients	Amounts
Salt, kosher	$\frac{3}{4}$ cup
Water	1 gal.
Cheese, curd, medium diced	2 lb.

Method

1. Bring a large pot of salted water to a boil. Remove the pot from the heat.
2. In a large bowl, place the cheese curd. Add enough hot water to cover.
3. Wearing 2 pairs of gloves, work the curd with wooden spoons, stretching it until it becomes a smooth, yet stringy mass. Maintain a constant 160°F water temperature throughout the process.
4. Remove the cheese from the water. Continue stretching until the curd is smooth. Be sure to avoid overworking the cheese or it will become tough.
5. Shape the cheese into the appropriate form (see Chef demo).
6. Hold in water until ready for service.

MOZZARELLA, PROSCIUTTO, AND SUN-DRIED TOMATO ROULADE

Yield: 30 slices, 1-oz. each

Ingredients	Amounts
Salt, kosher	$\frac{3}{4}$ cup
Water	1 gal.
Cheese, curd, med. diced	2 lb.
Pork, prosciutto, sliced paper-thin	1 oz.
Tomato, sun-dried, in oil, chopped	3 oz.

Method

1. In a large pot, bring the salt and water to a boil. Remove the pot from the heat.
2. Place the cheese curd in a bowl and pour enough water around the curd to cover.
3. Wearing two pairs of gloves, work the curd with wooden spoons, stretching it until it becomes a smooth, yet stringy mass. Maintain the water temperature at a constant 160°F throughout this process.
4. Working on a plastic tray or plastic wrap, stretch the curd into a rectangle about 12 x 14 inches and $\frac{1}{4}$ -inch thick.
5. While the cheese is still warm, lay the prosciutto slices over the mozzarella in an even layer. Spread the sun-dried tomatoes over prosciutto.
6. Roll into a roulade with plastic wrap and secure the ends tightly with string. Return to the hot water for 2 to 3 minutes to seal the garnish. Remove from the water and retie the ends to secure.
7. Thoroughly chill the roulade in a water bath and refrigerate for at least 1 hour before slicing. The wrapped roulade can be refrigerated for up to 5 days.

EGGPLANT ROLLS

INVOLTINI DI MELANZANE

Yield: 6 portions

Ingredients	Amounts
Skewer, wooden, soaked	24 ea.
Eggplant, medium, peeled, sliced 1/3-in. thick	2 ea.
Salt, kosher	as needed
Oil, olive, extra virgin	1/4 cup
Onion, yellow, diced	1 cup
Garlic, mashed	3/4 tsp.
Red pepper flakes	to taste
Tomato, paste	6 Tbsp.
Tomato, plum, canned	1 lb.
Tomato concassé	1 1/3 cups
Bay leaf, dried	1/2 ea.
Basil, fresh, chopped	3 Tbsp.
Oregano, fresh, chopped	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, pure	as needed
Garlic, clove, finely minced	5 ea.
Breadcrumbs, dried	1 cup
Cheese, Pecorino-Romano, grated	1 cup
Parsley, fresh, chopped	2 Tbsp.
Egg, whole	2 ea.
Pepper, black, ground	1/4 tsp.

Method

1. Sprinkle the eggplant with salt and drain in a colander for 1 hour. Rinse and pat dry.
2. For the sauce, heat the oil in a medium sauce pot over medium-high heat. Add the onions and sweat until transparent, about 2 minutes.
3. Add the garlic and red pepper flakes, and sweat until the garlic becomes aromatic, about one minute.
4. Add the tomato paste and cook for another 3 minutes.
5. Add the tomatoes, tomato concassé, and bay leaf and simmer until the sauce has thickened, 30 to 40 minutes.
6. Add the basil and oregano and season with salt and pepper to taste.

7. In a large skillet over medium heat, heat enough olive oil to coat the bottom of the pan by about ¼ inch. Once hot, fry the reserved eggplant slices until cooked through, but not browned, about 2 minutes per side. Drain on towels.
8. Preheat oven to 375°F.
9. In a sauté pan over medium heat, sweat the garlic in olive oil until it becomes aromatic, about 2 minutes. Cool to room temperature.
10. Combine the garlic and oil with the breadcrumbs, cheese, parsley, eggs, and pepper.
11. Spread the breadcrumb mixture onto eggplant slices. Roll up and then thread onto wooden skewers. Arrange the eggplant skewers in a greased baking dish.
12. Bake the eggplant rolls in the preheated oven for 10 to 15 minutes, or until golden.
13. Serve the eggplant rolls accompanied with the tomato sauce.

Note: Tomato concassé is tomatoes that have been peeled, seeded, and chopped. To do this, remove the core of the tomatoes and score the bottom with an "X". Cook the tomatoes for 30 seconds in boiling salted water. Remove and place in an ice bath until completely cooled. Peel, remove the seeds and dice.

Variations: Sauté the eggplant, stuff, roll, and arrange in a gratin dish. Spoon tomato sauce over the top and bake at 350°F until heated through and bubbly. Sprinkle with additional chopped parsley. Other variations could include the addition of chopped salami or mortadella to the filling.

SARDINIAN FLATBREAD

PANE SARDO

Yield: 10 flatbreads

Ingredients	Amounts
Flour, bread	2 1/3 cups
Flour, pastry	2 2/3 cups
Flour, semolina	4 3/4 cups
Salt, kosher	2 tsp.
Water	2 2/3 cups
Oil, olive, pure	3/4 cup
Oil, olive, pure	as needed
Salt, sea, Maldon	as needed

Method

1. Preheat oven to 350°F.
2. In the bowl of an electric mixer with a paddle attachment, combine the three flours and kosher salt.
3. Add the water and olive oil. Mix on low speed until a homogenous mass forms, about 4 minutes.
4. Scale the dough into 8-oz. portions.
5. Let the dough rest, covered, for 30 minutes. This gives the gluten a chance to relax, making it easier to roll out.
6. Roll the dough through a pasta machine, working down to the thinnest setting. Be sure to keep dusting with flour.
7. Place the rolled dough in single layers on parchment-lined sheet trays. Lightly brush with olive oil. Sprinkle with the Maldon sea salt.
8. Working in batches, bake in the preheated oven until lightly brown and crisp, 10 to 15 minutes. Note that when the dough starts to take on color it will bake quickly.
9. Remove the flatbread from the oven and let it cool.

BROCCOLI RABE WITH PANCETTA

BROCCOLI DI RAPE CON PANCETTA

Yield: 8 portions

Ingredients	Amounts
Oil, olive, extra virgin	2 Tbsp.
Pork, pancetta, diced	½ lb.
Broccoli rabe, trimmed	2 lb.
Garlic, clove, minced	6 ea.
Red pepper flakes	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, extra virgin	as needed
Red pepper flakes	as needed

Method

1. Heat a large, wide pot over medium heat. Add the olive oil and diced pancetta. Cook slowly, until the fat is rendered from the pancetta and it browns. Turn off the heat and reserve the pot with the oil and pancetta.
2. Cook the broccoli rabe in boiling, salted water until it is tender but still bright green, about 8 minutes. Drain and immediately immerse it in ice water to stop it from cooking and to retain the bright green color.
3. Heat the oil and pancetta in the same pot it was originally cooked in over medium heat. Sauté the garlic in the olive oil and pancetta fat. Allow the garlic to brown slightly, but do not burn as it will become bitter.
4. Add the red pepper flakes to the mixture. Add the broccoli rabe and mix to combine and re-heat the broccoli rabe.
5. Arrange on a serving platter and garnish with olive oil and red pepper flakes.

SWORDFISH IN SAVORY SAUCE

AGGHIOTTA DI PESCE SPADA

Yield: 6 portions

Ingredients	Amounts
Raisins, black	¼ cup
Swordfish, fillet, 8 oz.	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	2 ⅔ cups
Oil, olive, pure	½ cup
Onion, yellow, chopped	1 ea.
Garlic, clove, minced	3 ea.
Tomato, plum (Roma) concassé	2 cups
Olive, green, pitted, coarsely chopped	⅔ cup
Celery, rib, chopped	2 ea.
Basil, leaf, fresh, chopped	2 ea.
Pine nuts	⅓ cup
Capers, rinsed	¼ cup
Stock, fish	1 cup
Oil, olive, pure	1 Tbsp.

Method

1. Preheat oven to 400°F.
2. In a small bowl, soak the raisins in hot water until plump, about 15 minutes. Reserve.
3. Season the fish with salt and pepper and dredge in flour.
4. In a heavy bottomed sauté pan, heat the olive oil over medium-high heat and sauté the fish until it is lightly colored on both sides. Transfer the fish to a baking dish.
5. Add the onions to the pan and cook until tender, about 3 minutes.
6. Add the garlic to the pan and cook until it becomes aromatic, about 1 minute.
7. Add the tomatoes and simmer for 5 minutes.
8. Add the olives, celery, basil, pine nuts, plumped raisins, capers and fish stock. Simmer for 5 minutes. Adjust the seasonings with salt and pepper.
9. Ladle the sauce over the fish and bake for about 10 minutes.

Note: Tomato concassé is tomatoes that have been peeled, seeded, and chopped. To do this, remove the core of the tomatoes and score the bottom with an "X". Cook the tomatoes for 30 seconds in boiling salted water. Remove and place in an ice bath until completely cooled. Peel, remove the seeds and dice.

LINGUINI WITH “STRUMPET-STYLE” SAUCE

LINGUINI ALLA PUTANESCA

Yield: 6 portions

Ingredients	Amounts
Pork, pancetta, diced	¼ lb.
Oil, olive, pure	⅓ cup
Garlic, clove, minced	4 ea.
Red pepper flakes	3 tsp.
Onion, yellow, small diced	1 ¼ cups
Tomato, plum, canned, diced, with juice	1 lb.
Olive, black, pitted	16 ea.
Anchovy, fillet, chopped	¼ lb.
Capers	5 Tbsp.
Basil, fresh, shredded	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Pasta Dough (Recipe follows)	1 lb.
Oil, olive, extra virgin	¼ cup
Parsley, flat-leaf, fresh, chopped	3 Tbsp.

Method

1. To prepare the sauce, in a large sauté pan, cook the pancetta over medium-high heat until the fat has been rendered, and the meat is lightly browned and crisp.
2. Add the olive oil. Then add the garlic and red pepper flakes and cook until the garlic becomes aromatic, about 1 minute.
3. Add the onions and cook until they are translucent.
4. Stir in tomatoes, olives, anchovies, and capers. Bring to a boil, then reduce heat and simmer for 5 minutes.
5. Add the basil and adjust the seasoning with salt and pepper to taste. Keep warm.
6. Roll the pasta dough out for linguini. Cook the linguini in boiling, salted water until it is tender but firm to the bite (*al dente*).
7. Place it in a heated bowl and toss with olive oil and chopped parsley. Arrange on a warm platter. Pour a third of the sauce over the linguine. Serve immediately with the remaining sauce on the side and crusty bread.

PASTA DOUGH

Yield: 1 ½ lb.

Ingredients	Amounts
Flour, durum	1 lb.
Egg, whole	5 ea.
Salt, kosher	1 tsp.
Oil, olive, pure (Optional)	½ tsp.

Method

1. In a large bowl, place the flour and salt. Make a well in the center and add the eggs and oil (if using) into the well. Stir with a fork, gradually breaking down the sides of the well, until all the flour is incorporated and a smooth dough is formed.
2. Cover the dough and let it rest for 30 minutes.
3. Roll out the dough into the desired shapes.

Note: Semolina or bread flour can be substituted for the durum flour.

Variations

- Spinach: Replace 1 egg with 3 oz. of raw, puréed spinach.
- Tomato herb: Replace 1 egg with 3 oz. of tomato paste and herbs.
- Saffron: Add ¼ tsp. of saffron to 1 oz. of 180°F water; allow to cool, then add to egg mixture.
- Buckwheat: Use ½ bread flour and ½ buckwheat flour.

DAY THREE: GREECE AND TURKEY



THE PANTRIES OF GREECE AND TURKEY

THE GREEK PANTRY

Grains	Wheat	Flatbreads, Phyllo, Orzo
	Rice	
	Bulghur	<i>Tabouleh, Tarhana</i>
Vegetables	Fresh	Spinach, Bell Peppers, Zucchini, Cucumbers, Tomatoes, Eggplant, Vine Leaves, Artichokes
Fruits	Fresh	Lemons, Figs, Currants, Raisins
	Dried	
Seasonings	Herbs	Mint, Thyme, Oregano, Rosemary, Coriander, Dill, Marjoram, Parsley
	Spices	Cinnamon
	Aromatics	Garlic, Onion, yellow, Red Onion, yellow
Sauces/ Condiments		Bean Spreads, Garlic Sauces, Nut Sauces
Legumes	Fresh/Dried	Lentils, Chickpeas, White Beans, Fava Beans
Nuts		Pistachios, Hazelnuts, Almonds
Dairy	Cheese	Goat
	Yogurt	Goat
Fats		Olives and Olive Oil
Wine		<i>Retsina, Mbrodaphne</i>
Meat	Fresh	Lamb, Poultry
	Preserved	
Seafood	Fresh	Finfish
		Shellfish
	Preserved	Salt Cod - <i>Bakaliaros</i>
Sweetener		Honey

THE TURKISH PANTRY

Grains	Wheat	Flatbreads, Phyllo, Pide
	Rice	Pilav
	Bulghur	Tabouleh
Vegetables	Fresh	Bell Peppers, Zucchini, Cucumbers, Tomatoes, Eggplant, Vine Leaves, Pumpkins
Fruits	Fresh	Olives, Quince, Pomegranates, Apricots, Sour Cherries, Lemons
	Dried	
Seasonings	Herbs	Basil, Dill, Mint, Parsley, Rosemary, Sage, Thyme
	Spices	Allspice, Cumin, Sumac, Paprikia, Cinnamon, Cayenne, Cloves, Nutmeg, Saffron
	Aromatics	Garlic, Onion, yellow
Sauces/ Condiments		Bean Spreads, Garlic Sauces, Nut Sauces, Honey
Legumes	Fresh/Dried	Red Lentils, Chickpeas, Beans
Nuts		Almonds, Walnuts, Pine Nuts, Pistachios, Hazelnuts
Dairy	Cheese	Sheep
	Yogurt	Sheep
Fats		Olives and Olive Oil
Wine		
Meat	Fresh	Lamb, Poultry, Beef
	Preserved	
Seafood	Fresh	Finfish
		Shellfish: Mussels
	Preserved	Dried Fish Roe
Sweetener		Honey

DAY THREE

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Yogurt and Cucumber Salad

Stuffed Grape Leaves

Pita

Falafel

TEAM TWO

Hummus

Chicken Kofte Kebab Adana Style

Bulgur Wheat Salad

Greek Spinach Pie

TEAM THREE

Greek Garlic Potato Dip

Cheese Flambé

Lamb and Eggplant Casserole

Phyllo, Honey, and Walnut Pastry

TEAM FOUR

Eggplant Dip

Turkish Water Borek

Tomato and Cucumber Salad with Feta Cheese

Shrimp with Tomatoes, Oregano, and Feta

YOGURT AND CUCUMBER SALAD

CAÇIK

Yield: 8 portions

Ingredients	Amounts
Cucumber, English	2 ea.
Salt, kosher	as needed
Garlic, chopped	2 tsp.
Salt, kosher	1 tsp.
Vinegar, wine, white	1½ Tbsp.
Oil, olive, extra virgin	3 Tbsp.
Yogurt, plain, non-fat	3 cups
Mint, dried	2 Tbsp.
Mint, fresh	2 Tbsp.

Method

1. Peel and shred the cucumbers. If there are many seeds, slice lengthwise and remove the seeds before shredding.
2. Place the shredded cucumbers in a bowl and toss with a little salt. Set aside for 15 minutes or longer to draw some of the liquid out of the cucumbers.
3. On a cutting board, combine the chopped garlic and salt. Using the flat side of a knife, mash it to a paste. Transfer to a serving bowl.
4. Stir in the vinegar. Add the oil and mix well.
5. Add the yogurt and dried mint. Mix well.
6. In a colander, rinse the salt from the cucumbers. Pat them dry with a kitchen towel. Fold them into the yogurt mixture.
7. Garnish with fresh mint. Serve with wedges of pita bread.

Note: Caçik is called *tzatziki* in Greece. Dried mint has a sweeter, less wild taste than fresh mint and is preferable for this dish, although fresh mint is an appropriate garnish.

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

STUFFED GRAPE LEAVES

DOLMATHES

Yield: 30 portions

Ingredients	Amounts
Grape leaves, jarred	36 ea.
Oil, olive, pure	1/8 cup
Onion, yellow, small diced	1 ea.
Garlic, minced	1/2 tsp.
Scallion (Green onion), bias cut into 1/8-in. slices	1 cup
Parsley, flat-leaf, fresh, coarsely chopped	1 cup
Dill, fresh, coarsely chopped	1 cup
Mint, fresh, coarsely chopped	1 tsp.
Lemon, juice, fresh	1 1/2 Tbsp.
Oregano, dried	1/2 tsp.
Cumin, ground	1/2 tsp.
Coriander, ground	1/2 tsp.
Fennel seed, ground	1/2 tsp.
Pine nuts	1/4 cup
Ginger, fresh, grated	1/4 cup
Currants	1/4 cup
Cinnamon, ground	1/8 tsp.
Stock, vegetable	1 1/2 cup
Rice, long-grain	1/2 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Egg, whole	1 ea.
Stock, vegetable	1 cup
Oil, olive, pure	1/4 cup
Mint, fresh, coarsely chopped	2 tsp.
Oregano, fresh, coarsely chopped	1 tsp.
Lemon, juice, fresh	2 Tbsp.
Lemon, zest	1 Tbsp.

Method

1. Preheat oven to 350°F.
2. Soak the grape leaves in water for 20 minutes. Drain and reserve.

3. For the filling, heat the oil in a sauté pan over medium heat. Add the onions and garlic. Sauté until golden brown, about 2 minutes.
4. Add the scallions, parsley, dill, and mint. Sauté until the scallions wilt, 1 to 2 minutes. Remove from heat and allow the mixture to cool to room temperature.
5. In a large bowl, combine the lemon juice, oregano, cumin, coriander, fennel seed, pine nuts, ginger, currants and cinnamon. Add the cooled onion-garlic mixture. Mix to combine. Reserve.
6. In a medium saucepot, bring the stock to a boil. Stir in the rice. Bring the mixture to a simmer, cover, and place the pan in the preheated oven. Cook until the rice grains are fluffy and fully cooked, 18 to 20 minutes.
7. Spread the rice on a sheet pan and cool to room temperature. Add the rice to the onion-spice mixture. Season with salt and pepper to taste.
8. Add the egg and stir until fully combined.
9. To form the dolmas, place 1½ teaspoon of filling toward the bottom edge of one of the grape leaves. Roll the bottom of the grape leaf over the filling to encase it and fold the sides in toward the middle. Continue rolling the grape leaf until you reach the end. Repeat with the remaining leaves and filling. The rolls should be about 2 inches long and ½-inch thick.
10. Pack the rolls tightly in a 2-inch-deep perforated pan and cover with aluminum foil. Place the stock in a 4-inch-deep pan of the same size. Place the perforated pan inside the deeper hotel pan. Place the pan onto the stovetop over medium-high heat and steam the leaves until the filling ingredients are thoroughly heated through, about 20 minutes.
11. In a small bowl, combine the olive oil, mint, oregano, lemon juice, and lemon zest.
12. After the leaves have cooled for a few minutes, brush them with the olive oil mixture. Serve immediately.

PITA

Yield: 12 small or 6 large pitas

Ingredients	Amounts
Flour, all-purpose	12½ wt. oz.
Salt, kosher	2 tsp.
Water, warm (90° to 100°F)	8 fl. oz.
Yeast, dry, instant	2¼ tsp.
Sugar, granulated	½ tsp.

Method

1. In a large bowl, place the salt and flour. Mix to combine.
2. In a separate bowl, place the water. Sprinkle in the yeast and sugar, stirring to dissolve.
3. Add the yeast mixture to the flour and work into a dough. On a lightly floured surface, knead the dough until smooth and elastic, about 5 minutes.
4. Shape the dough into an even rectangle and cut in half lengthwise. Divide the dough into equal portions and shape each into a smooth ball. Place the dough balls on a floured surface and cover with slightly damp towels.
5. Roll each round ¼-inch thick (about 3 ½ inches in diameter for small pitas or 5 to 5 ½ inches for larger ones). Carefully flip the circles over to smooth out any creases that might prevent the pocket from forming.
6. As each loaf is rolled, place it carefully on a floured surface and cover with a clean, dry towel. Do not allow the surface of the loaves to dry out. Allow the loaves to rise in a warm, draft-free area for 30 to 45 minutes.
7. Pre-heat oven to 500°F.
8. Place 4 small pitas or 1 large pita on a preheated baking sheet. Bake in the preheated oven on the bottom rack until puffed and lightly browned on the bottom and almost white on top, about 3 ½ minutes for small pitas and about 4 minutes for large.
9. If desired, flip the loaves over after they have puffed and bake up to 1 minute longer to brown the tops. Be careful not to let the pita get crisp and brittle. Repeat as necessary with the remaining dough.
10. Remove the pitas from the oven and wrap immediately in clean, dry towels or they will become too crisp to cut.

Note: Contrary to the standard method of allowing bread dough to rise before shaping, these loaves are first shaped and rolled, then allowed to rise before baking. This simplified version, which cuts preparation time by about 1 ½ to 2 hours, lets the yeast do its best work in the oven, thus assuring a better pocket and resulting in a chewy, yet tender texture.

FALAFEL

Yield: 10 portions

Ingredients	Amounts
Chickpeas (Garbanzo), dried	2½ cups
Garlic, head, minced	½ ea.
Onion, yellow, medium, diced	1 ea.
Parsley, flat-leaf, bunch, fresh	2 ea.
Chile, cayenne, ground	as needed
Salt, kosher	1 Tbsp.
Cumin, freshly ground	1½ tsp.
Coriander, freshly ground	1½ tsp.
Baking soda	⅛ tsp.
Oil, vegetable	as needed
Bread, pita, halved	10 ea.
Lettuce, iceberg, shredded	1 cup
Tomato, plum (Roma), chopped	1 cup

Method

1. Soak the chickpeas overnight. Drain.
2. In a food processor, pulse the chickpeas to a coarse texture.
3. Add the garlic, onion, parsley, cayenne, salt, cumin, coriander, and baking soda. Mix until well blended. Allow it to rest for 1 hour.
4. Form the mixture into small patties.
5. Preheat a deep fryer to 350°F.
6. Working in batches, gently place a few patties at a time into the hot oil. Fry until they are evenly golden brown, turning as needed, 4 to 5 minutes.
7. Remove the falafel with a slotted spoon. Transfer to a plate lined with paper towels.
8. Heat the pita bread until lightly warmed.
9. Serve the falafel on a platter with the lettuce, tomato, *caçik*, and pita.

HUMMUS

Yield: 8 portions

Ingredients	Amounts
Chickpeas (Garbanzo), canned	2 cups
Tahini	3 Tbsp.
Oil, olive, pure	2 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Garlic, clove	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, pure	2 Tbsp.

Method

1. Drain the chickpeas, reserving the liquid.
2. In a food processor, purée the chickpeas, tahini, olive oil, lemon juice, and garlic. Add some of the reserved chickpea liquid to thin the mixture as necessary.
3. Adjust the seasoning with additional lemon juice, garlic, salt, and pepper to taste.
4. Transfer to a serving bowl, cover, and refrigerate until ready to serve.
5. Garnish with the remaining olive oil.

ADANA-STYLE CHICKEN KOFTE KEBAB

PILIÇ ADANA KEBAB

Yield: 10 portions

Ingredients	Amounts
Chicken, ground	2½ lb.
Breadcrumbs, fresh	6 wt. oz.
Garlic, clove, chopped	5 ea.
Sour cream	⅓ cup
Parsley, flat-leaf, fresh, chopped	1 cup
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Red pepper flakes	as needed
Skewer, metal, flat	20 ea.
Lemon, cut into wedges	2 ea.

Method

1. In a large bowl, combine the ground chicken, breadcrumbs, garlic, sour cream, parsley, salt, pepper, and red pepper flakes. Allow it to rest for 15 minutes.
2. Form the ground chicken mixture into cylinders. Place on oiled skewers.
3. Preheat a grill or grill pan to medium-high heat. Grill the skewers until the meat is fully cooked, about 3 minutes per side.
4. Serve with the lemon wedges.

BULGUR WHEAT SALAD

TABOULEH

Yield: 6 portions

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

Method

1. Rinse the bulgur in cold water. Place it in a bowl.
2. Add the boiling water and salt. Cover and allow it to steam until tender, about 20 minutes. Drain any excess water if necessary. Fluff the bulgur grains with a fork. Cover and refrigerate until cool.
3. Combine the cooled bulgur, parsley, mint, tomatoes, cucumbers, scallions, olive oil, and lemon juice in a bowl. Lightly mix, being careful not to mash the ingredients together.
4. Adjust the seasoning with additional lemon juice, salt, and black pepper to taste.
5. Cover and refrigerate until ready to serve.

GREEK SPINACH PIE

SPANAKOPITA

Yield: 24 portions

Ingredients	Amounts
Butter, unsalted	2 Tbsp.
Shallot, minced	½ cup
Garlic, minced	2 Tbsp.
Spinach, stems removed, chopped	¾ lb.
Nutmeg, fresh, grated	1 tsp.
Dill, fresh, chopped	1 Tbsp.
Egg, whole, beaten	1 ea.
Cheese, feta, crumbled	1 cup
Cheese, mozzarella, grated	½ cup
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Phyllo dough, sheet	24 ea.
Butter, unsalted, melted	1 ½ cups

Method

1. Preheat oven to 400°F.
2. In a sauté pan over medium heat, melt the butter until it starts to bubble. Add the shallots and garlic and sweat until translucent.
3. Add the spinach, nutmeg, and dill. Cook until the spinach is wilted, 1 to 2 minutes.
4. Transfer the spinach mixture to a stainless-steel bowl. Cool to room temperature.
5. Add the egg, feta, mozzarella, salt, and pepper. Cover and refrigerate until needed.
6. Lay 1 sheet of phyllo dough on a cutting board. Brush it lightly with melted butter. Place another sheet of phyllo dough directly onto the buttered sheet and brush it lightly with butter. Repeat for a third time to form a stack. Repeat the process with the remaining sheets to form individual, 3-sheet stacks.
7. Cut each stack lengthwise into 6 even strips. Spoon 1 teaspoon of filling onto the bottom right corner of each strip. Fold the bottom right corner of a strip diagonally to the left side of the strip to create a triangle of dough encasing the filling. Fold the bottom left point of the dough along the left side of the dough to seal in the filling.
8. Fold the bottom left corner of the dough diagonally to the right side of the dough to form a triangle. Fold the bottom right point up along the right edge of the dough. Repeat until you reach the end of the strip and you have a triangle of layered phyllo dough with the filling wrapped inside. Repeat with each strip.
9. Place the phyllo triangles on parchment-lined sheet pans. Brush with melted butter.
10. Bake in the preheated oven until golden brown, 15 to 20 minutes. Serve immediately.

GREEK GARLIC POTATO DIP

SKORDALIA

Yield: 8 portions

Ingredients	Amounts
Potato, russet	3 ea.
Garlic, minced	3 Tbsp.
Salt, kosher	as needed
Oil, olive, pure	1 cup
Lemon, juice, fresh	1/4 cup
Egg, yolk	1 ea.
Olive, kalamata, pitted, chopped (Optional)	1/3 cup
Almonds, toasted, ground (Optional)	1/2 cup
Pepper, black, ground	1/4 tsp.

Method

1. Preheat oven to 350°F.
2. Bake the potatoes in the oven until tender, about 1 hour. Allow them to cool.
3. Using the flat side of a knife or in a mortar and pestle, crush the garlic into a fine paste with a little salt.
4. Cut the cooled potatoes in half, scoop out the pulp, and run them through a ricer or food mill.
5. Add the crushed garlic to the riced potatoes and mix well.
6. In a small bowl, whisk in the olive oil, lemon juice, and egg yolk, until the consistency is of a fine purée.
7. Fold in the olives and almonds, if desired. Season with salt and pepper to taste.

CHEESE FLAMBÉ

SAGANAKI

Yield: 4 portions

Ingredients	Amounts
Cheese, kefalotyri	½ lb.
Flour, all-purpose	as needed
Pepper, black, ground	as needed
Oil, olive, pure	¼ cup
Brandy	3 Tbsp.
Lemon, juice, fresh, strained (Optional)	2 ½ Tbsp.
Capers (Optional)	1 Tbsp.

Method

1. Cut the cheese into wedges about 3-inches long and ½- to ¾- inches thick.
2. In a small bowl, combine the flour and pepper. Dredge the cheese lightly in flour - pepper mix.
3. In a medium sauté pan, heat the olive oil almost to the smoking point. Working in batches, pan fry the cheese wedges. Turn to cook them on both sides, 2 to 3 minutes. Transfer to a heated serving platter.
4. Remove the pan from the heat. Add the brandy. Return the pan to the stove and carefully tilt the pan just enough so the brandy ignites (*flambé*).
5. When the flames go out, add the lemon juice and capers, if desired.
6. Pour the sauce over the cheese. Serve hot.

Note: Kefalograviera cheese can be substituted for the kefalotyri. Cognac can be substituted for the brandy.

LAMB AND EGGPLANT CASSEROLE

MOUSSAKA

Yield: 12 portions

Ingredients	Amounts
Eggplant, peeled, sliced into ¼-in. rounds	3 lb.
Salt, kosher	as needed
Oil, olive, pure (Divided)	⅓ cup
Onion, yellow, diced	2 cups
Lamb, ground	1 ¼ lb.
Garlic, minced	2 tsp.
Tomato, paste	2 Tbsp.
Tomato, plum (Roma), chopped	1 ¾ cups
Clove, whole	2 ea.
Cinnamon, stick, 1-inch	1 ea.
Bay leaf, dried	1 ea.
Allspice, ground	1 pinch
Salt, kosher	to taste
Pepper, black, ground	to taste
Water	½ cup
Wine, red, dry	¼ cup
Breadcrumbs, plain	⅓ cup
 Cheese Sauce (Recipe follows)	 2 cups

Method

1. Place the eggplant in a colander, salt, and allow it to sit for about 1 hour to drain away any extra liquid. Squeeze out any excess water and pat dry. Reserve.
2. Heat 1 tablespoon of the olive oil in a skillet over medium-high heat. Add the eggplant to the hot oil, a few slices at a time, and sauté, turning as necessary, until the eggplant is tender and lightly colored, 2 to 3 minutes on each side. Transfer to a rack set in a baking sheet to drain while you sauté the remaining eggplant. Add more oil to the skillet as necessary.
3. For the meat sauce, heat 1 tablespoon of olive oil in a skillet over medium-high heat. Add the onion and cook, stirring frequently, until tender, 10 to 12 minutes.
4. Add the lamb and cook for about 5 minutes.
5. Add the garlic and sauté until the garlic becomes aromatic.
6. Add the tomato paste and cook for 1 minute.

7. Add the tomatoes, cloves, cinnamon, bay leaf, allspice, salt, pepper, and water. Simmer until thick and flavorful, about 30 minutes.
8. Preheat oven to 350°F.
9. Add the wine and continue simmering until it develops a sweet aroma, about 10 minutes.
10. To assemble the moussaka, scatter the breadcrumbs in a deep, rectangular baking dish. Place a layer of half of the eggplant slices over the breadcrumbs. Add the meat sauce and spread it into an even layer. Add the remaining eggplant in an even layer over the meat sauce. Pour the cheese sauce over the eggplant.
11. Bake in the preheated oven, uncovered, until the cheese sauce is thick and golden brown and the eggplant is very tender, about 45 minutes.
12. Let the moussaka rest for about 20 minutes before cutting and serving.

Note: Beef, turkey, pork, or a combination can be substituted for the lamb.

CHEESE SAUCE

Yield: 1 pint

Ingredients	Amounts
Butter, unsalted	5 Tbsp.
Flour, all-purpose	5 Tbsp.
Milk, whole	2 ½ cups
Nutmeg, fresh, grated	1 pinch
Salt, kosher	to taste
Pepper, black, ground	to taste
Egg, yolk	2 ea.
Cheese, Parmesan, grated	½ cup

Method

1. Heat the butter in a saucepan over medium heat until the bubbles begin to subside.
2. Stir in the flour and cook to form a white roux, about 5 minutes.
3. Gradually whisk in the milk, working out any lumps. Bring to a full boil. Lower the heat and gently simmer, stirring frequently, until thickened, about 30 minutes.
4. Remove the sauce from the heat. Add the nutmeg. Season with salt and pepper to taste.
5. In a small bowl, whisk the egg yolks. Whisk in a small amount of the hot milk mixture to temper the yolks. Blend well, then return the yolk mixture to the rest of the milk mixture.
6. Stir in the cheese and blend well. Keep warm until needed.

PHYLLO, HONEY, AND WALNUT PASTRY

BAKLAVA

Yield: 48 pieces (2-inch x 2-inch each)

Ingredients	Amounts
Walnuts, chopped	3 ½ cups
Sugar, granulated	½ cup
Cinnamon, ground	1 tsp.
Cardamom, ground	½ tsp.
Clove, ground	¼ tsp.
Phyllo dough, sheets, thawed	1 lb.
Butter, unsalted, melted	1½ cups
Sugar, granulated	2 ¼ cups
Water	1 ½ cups
Honey	½ cups
Lemon, peel	¼ ea.
Clove, whole	1 ea.

Method

1. Preheat oven to 375°F.
2. In a small bowl, place the walnuts, sugar, cinnamon, cardamom, and cloves. Mix to combine. Reserve.
3. To assemble, place 1 sheet of phyllo on the bottom of a lightly buttered 12-inch x 16-inch jelly roll pan. Brush the dough lightly with melted butter. Repeat this process until there are 8 sheets of phyllo in the pan. As you work, keep the sheets of phyllo covered with plastic wrap to keep them from drying out.
4. Sprinkle ⅓ of the nut mixture onto the phyllo sheets.
5. Place 4 more sheets of phyllo on top of the nuts, brushing melted butter between each sheet.
6. Place another ⅓ of the nut mixture on the dough.
7. Layer the remaining sheets of phyllo on top of the nuts, brushing melted butter between each sheet and on the top sheet.
8. Trim the edges so that they do not extend past the edge of the pan.
9. Cut the pastry into 2-inch squares, making sure not to slice through the bottom layer of the phyllo dough. (Leaving the bottom layer uncut will allow the syrup to soak in more efficiently.)
10. Bake in the preheated oven until the top layer of the phyllo takes on a light golden-brown color, 25 to 30 minutes.

11. For the syrup, in a small saucepan place the sugar, water, honey, lemon peel, and clove. Bring it to a boil. Discard the clove and lemon peel.
12. Remove the baklava from the oven and immediately pour the hot syrup over the top.
13. Allow the baklava to stand at room temperature until cooled.
14. Slice through the bottom layer of phyllo dough and serve.

EGGPLANT DIP

BABA GHANOUSH

Yield: 10 portions

Ingredient	Amount
Eggplant	3 lb.
Tahini	1/3 cup
Garlic, clove, crushed	3 ea.
Lemon, juice, fresh	4 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. Place the eggplant in a roasting pan and roast in the center of the oven until the skin has charred and the interior is fully cooked.
3. Peel the eggplant and discard the charred skin. Drain any excess juices.
4. Transfer the eggplant to a bowl and, using a fork, mash the eggplant pulp to a puréed consistency.
5. In a food processor, mix the tahini, garlic, lemon juice, pepper, and a little cold water until thoroughly blended.
6. Pulse in the eggplant, being careful not to over mix. Thin the mixture with a little water if necessary.
7. Season with salt and pepper to taste.

TURKISH WATER BOREK

SU BÖREĞİ

Yield: 10 portions

Ingredients	Amounts
Flour, all-purpose	3 ½ cups
Wheat starch	⅔ cup
Egg, whole	5 ea.
Lemon, juice, fresh	1 Tbsp.
Salt, kosher	1 ½ tsp.
Milk, whole, warm	1 cup
Egg, whole	4 ea.
Oil, olive, pure	½ cup
Cheese, feta	¾ lb.
Dill, fresh, chopped	2 Tbsp.
Parsley, flat-leaf, fresh, chopped	2 Tbsp.

Method

1. For the dough, in a mixing bowl, combine the flour, wheat starch, eggs, lemon juice, and salt.
2. On a floured surface, knead the dough for 10 minutes. Cover and allow it to rest for 20 minutes.
3. Knead the dough for 10 minutes. Pass it through a pasta machine at setting number 1.
4. Cut the dough into rectangles, trimming the dough to fit into a gratin dish. Repeat until all the dough has been rolled and trimmed.
5. Preheat oven to 375°F. Bring a large pot of salted water to a boil.
6. Boil each piece of rolled dough for 3 minutes. Remove and place it in an ice water bath to cool. Remove the dough from the water bath and dry.
7. In a separate bowl, whisk together the milk, eggs, and oil.
8. Place a layer of the dough in the baking dish. Then place a layer of the feta, dill, and parsley. Repeat as necessary, ending on a layer of the cheese, dill, and parsley. Pour the egg mixture over the top.
9. Bake in the preheated oven until the mixture is set, about 35 minutes.

TOMATO AND CUCUMBER SALAD WITH FETA CHEESE

SALAD NTOMATAS KAI AGOURIO ME FETA

Yield: 6 portions

Ingredients	Amounts
Tomato, plum (Roma), sliced	8 ea.
Cucumber, peeled, seeded, sliced	2 ea.
Pepper, bell, green, seeded, sliced	1 ea.
Cheese, feta, crumbled	½ lb.
Olive, kalamata	12 ea.
Oil, olive, extra virgin	¼ cup
Lemon, juice, fresh	1 Tbsp.
Vinegar, wine, red	2 Tbsp.
Garlic, clove, minced	1 ea.
Mint, fresh, finely chopped	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a large bowl, place the tomatoes, cucumbers, green pepper, feta, and olives. Mix to combine.
2. For the dressing, in a small bowl, whisk together the olive oil, lemon juice, vinegar, garlic, and mint.
3. Add the dressing to the salad. Toss to coat evenly.
4. Season with salt and pepper to taste. Toss to combine.
5. Serve at room temperature.

Source: Adapted from *A Mediterranean Feast* by Clifford Wright

SHRIMP WITH TOMATOES, OREGANO, AND FETA

GARIDES ME FETA

Yield: 4 portions

Ingredients	Amounts
Shrimp, 21/25, shelled, deveined	1 ½ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	2 Tbsp.
Oil, olive, pure	2 Tbsp.
Onion, yellow, chopped	½ cup
Garlic, clove, minced	4 ea.
Oregano, ground	2 Tbsp.
Chile, cayenne, ground	¼ tsp.
Tomato, plum (Roma) peeled, seeded, diced	1 cup
Pepper, black, ground	as needed
Cheese, feta, crumbled	½ lb.
Parsley, flat-leaf, fresh, chopped	4 Tbsp.
Bread, sourdough, loaf	1 ea.

Method

1. Pre-heat a broiler.
2. Season the shrimp with salt and pepper.
3. Heat the oil in a sauté pan over medium-high heat. Add the shrimp and sauté until pink, 2 to 3 minutes. Transfer the shrimp into small gratin dishes.
4. Heat the oil in the sauté pan over medium-low heat. Add the onions and sweat until tender, about 2 minutes.
5. Add the garlic, oregano, and cayenne, and cook for 2 minutes.
6. Add the tomatoes and simmer for 5 minutes. Season with pepper to taste.
7. Pour the sauce over the shrimp. Sprinkle the feta over the sauce.
8. Place the pan under the preheated broiler and bake until the cheese melts.
9. Sprinkle with chopped parsley. Serve with crusty bread.

DAY FOUR: NORTH AFRICA, MOROCCO, & TUNISIA



NORTH AFRICAN PANTRY

M = MOROCCO T = TUNISIA G = GENERAL NORTH AFRICAN

Grains	Wheat	G: Bread, Flatbreads, Phyllo Dough, & Couscous T: Brik M: Warkha (flaky pastry)
Vegetables	Fresh	G: Beets, Eggplant, Tomatoes, Hot Peppers, Yams, Carrots, Cucumbers, Cauliflower, Okra T: Red Onion, Turnip, Bell Pepper, Pumpkin, Okra, Capers M: Squash
Fruits	Fresh	G: Dates, Lemons, Oranges, Pomegranates, Figs, Grapes, Watermelon
	Dried	G: Dates, Raisins M: Prunes
Seasonings	Herbs	G: Mint, Parsley, Cilantro, Dill T: Basil, Bay Leaf
	Spices	G: Caraway, Coriander, Cumin, Paprika M: Cloves, Turmeric
	Aromatics	G: Garlic, Fennel T: Hot Chilies M: Onion, yellow
	Flavorings	G: Orange Flower & Rose Water, Preserved Lemons M: Sweet Tomato Purée, Rose Petals
Condiments		G: Tabil, Za'atar, Ras el Hanout, Charmoula, Tarator, & Harissa
Legumes	Dried	G: Lentils, Chickpeas, Fava beans
Nuts		NA: Almonds & Almond Paste, Walnuts, Hazelnuts, T: Pine Nuts
Dairy	Sheep/ Goat	G: Milk, Yogurt, Cheese
	Eggs	G
Fats		G: Olives & Olive Oil, Clarified Butter
Meat	Fresh	G: Poultry, Lamb, Sheep T: Goat
Seafood	Fresh	G: Finfish T: Tuna, Anchovies, Rouget
		G: Shellfish
Sweetener		G: Honey

DAY FOUR

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Fennel Salad with Green Olives and Sardines

Chicken-Filled Pastry

Djerba-style Fish Couscous

TEAM TWO

Tunisian Tuna Pastry

Spiced Carrot Salad

Chicken Tagine with Couscous

TEAM THREE

Cucumber Salad

Tunisian Cheese and Egg Tagine

Lamb Couscous with Dried Fruits

TEAM FOUR

Tunisian Salad

Chicken Smothered in Green Olives

Moroccan Couscous-Style Barley

FENNEL SALAD WITH GREEN OLIVES AND SARDINES

SLATIT BISBAS

Yield: 4 portions

Ingredients	Amounts
Fennel, bulb	3 ea.
Olive, green	18 ea.
Oil, olive, extra virgin	3 Tbsp.
Vinegar, wine, red	1 Tbsp.
Garlic, crushed	¼ tsp.
Red pepper flakes	¼ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Celery, minced	2 Tbsp.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Anchovy, fillet, in oil, drained	2 wt. oz.
Lemon, cut into wedges	2 ea.

Method

1. Cut the fennel lengthwise in half, remove the stalks and leaves, and trim the base. Cut each half bulb crosswise into thin slices. Discard the tough center core. Soak in cold water for 5 minutes. Drain and reserve.
2. Wash the olives and drain. Loosely wrap them in a kitchen towel, gently crush with a mallet, and press out the pits. Soak the olives in water to mute the excessive briny flavor for 10 minutes. Drain and chop coarsely.
3. In a bowl, place the fennel, olives, oil, vinegar, garlic, and red pepper flakes. Toss to combine. Chill for 2 to 3 hours.
4. To serve, season with salt and pepper to taste. Add the celery and parsley. Toss once.
5. Mound the salad loosely in the middle of a flat serving plate. Carefully place the anchovies around the mounded salad. Garnish with lemon wedges.

Source: Adapted from *Mediterranean Cooking* by Paula Wolfert

CHICKEN-FILLED PASTRY

BISTEEYA

Yield: 10 portions

Ingredients	Amounts
Oil, olive, extra virgin	¼ cup
Chicken, thigh meat	2 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, extra virgin	¼ cup
Onion, yellow, small diced	2 cups
Ginger, minced	2 tsp.
Mace, ground	½ tsp.
Nutmeg, fresh, grated	½ tsp.
Clove, ground	¼ tsp.
Cinnamon, ground	1 ½ tsp.
Stock, chicken	as needed
Butter, unsalted	¼ cup
Cilantro, fresh, chopped	⅓ cup
Parsley, flat-leaf, fresh, chopped	⅓ cup
Saffron	½ tsp.
Sugar, brown	¼ cup
Egg, whole, lightly beaten	8 ea.
Almonds, toasted, coarsely chopped	½ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	as needed
Phyllo dough	2 lb.
Sugar, powdered	as needed
Cinnamon, ground	as needed

Method

1. Preheat oven to 400°F.
2. In a wide shallow pot, heat the oil over medium-high heat. Season the chicken thighs with salt and pepper. Add the chicken to the hot oil and brown on both sides. Remove the chicken and reserve.
3. Add the oil to the hot pan. Add the onions and sauté until softened and lightly golden.

4. Add the ginger, mace, nutmeg, clove, and cinnamon. Cook until the spices become aromatic, about 2 minutes.
5. Add the chicken stock and scrape up any brown pieces (*fond*) sticking to the bottom of the pan.
6. Return the chicken to the pot, along with any juices that may have accumulated. Braise the chicken until tender and the liquid has reduced, about 1 hour.
7. Remove the chicken and let it cool slightly, reserve the braising liquid. Shred the chicken into bite-size pieces. Reserve.
8. Add the butter, cilantro, parsley, saffron, and brown sugar to the remaining braising liquid. Reduce it to a light glaze.
9. Stir in the eggs and cook until scrambled and stiff. Adjust the seasoning with salt and pepper to taste. Reserve.
10. To assemble the bisteeya, brush a paella pan with olive oil. Lay out, one by one, 10 sheets of phyllo dough onto the pan, brushing each one with a little olive oil as you set it in place and overlapping each sheet to create a solid base.
11. Place the shredded chicken in a layer in the center of the phyllo, leaving enough space for the edges to fold up. Cover the chicken with the egg mixture and top with the almonds.
12. Place the remaining phyllo on top of the filling, overlapping and brushing each with a little olive oil. Fold up the overhanging phyllo and seal the pastry.
13. Bake in the preheated oven until the top is golden brown, about 10 minutes. Remove from the oven and, using another oiled pan, invert the bisteeya so the browned side is down. Continue to bake until the top is golden brown.
14. Cut the bisteeya into wedges and top with powdered sugar and cinnamon. Serve hot.

DJERBA-STYLE FISH COUSCOUS

COUSCOUS AU POISSON DE DJERBA

Yield: 10 portions

Ingredients	Amounts
Sea bass, filets	3 lb.
Oil, olive, extra virgin	$\frac{2}{3}$ cup
Harissa, paste	2 tsp.
Swiss chard, bunch, chiffonade	1 ea.
Parsley, flat-leaf, fresh, bunch, chopped	1 ea.
Cilantro, fresh, bunch, chopped	1 ea.
Garlic, clove, chopped	4 ea.
Lemon	2 ea.
Cumin, toasted	2 tsp.
Oil, olive, extra virgin	$\frac{1}{4}$ cup
Onion, yellow, chopped	1 cup
Celery, chopped	2 cups
Carrot, peeled, chopped	$\frac{3}{4}$ cup
Garlic, clove	5 ea.
Harissa, paste	3 Tbsp.
Tomato, paste	$\frac{1}{2}$ cup
Tomato, plum (Roma), crushed	2 $\frac{3}{4}$ cups
Fish, bones and scraps	3 lb.
Water	3 qt.
Cumin, seed, toasted	$\frac{1}{2}$ Tbsp.
Turnip, small diced	2 ea.
Fennel, bulb, small diced	1 ea.
Squash, zucchini, julienned	4 ea.
Squash, yellow, julienned	4 ea.
Carrot, julienned	3 ea.
Couscous (Recipe follows)	2 lb.

Method

1. Cut the fish into 4-to-5-ounce pieces.
2. In a large bowl, whisk together the olive oil and harissa paste. Add the fish and toss gently to combine.
3. Add the Swiss chard, parsley, cilantro, garlic, lemons, and cumin. Toss gently to combine. Marinate in the refrigerator for about 30 minutes.

4. For the fish broth, heat the olive oil over medium heat in a large stock pot. Add the onions, celery, and carrot. Sweat until the onion becomes translucent with browning.
5. Add the garlic and cook until it becomes aromatic, about one minute.
6. Add the harissa and tomato paste. Cook until the harissa becomes aromatic.
7. Add the crushed tomato, bones, water, and cumin seed. Bring to a boil, then lower the heat and simmer for 30 to 45 minutes. Strain.
8. Return the strained broth to the heat. Add the turnips and fennel. Boil until almost fully tender, about 5 minutes. Add the zucchini, squash and carrot. Boil until just barely tender, about 3 minutes. Reserve warm.
9. Place the marinated fish in a deep skillet. Add enough fish broth to nearly cover. Cover the skillet and gently poach the fish until moist and fully cooked. There should be a few small bubbles rising through the broth, but it should not be boiling or simmering.
10. Add the cooked vegetables.
11. Serve over couscous with harissa and extra broth.

Note: Another white fish can be substituted for the sea bass.

COUSCOUS

Yield: 2 pounds

Ingredients	Amounts
Stock, vegetable (Divided)	1 pt.
Onion, yellow, diced	2 wt. oz.
Garlic, minced	1 Tbsp.
Couscous	1 lb.

Method

1. In a medium saucepan over medium-low heat, place ½ cup of the vegetable stock. Add the onions and garlic and sweat until the onions are translucent.
2. Add the remaining stock and bring it to a boil.
3. Pour the contents of the saucepan into a 2-inch-deep half hotel pan. Add the couscous and stir to combine.
4. Cover the pan with foil. Allow it to stand until the couscous absorbs all the stock, about 3 minutes.

Note: Couscous is a traditional North African dish of small, steamed granules of rolled semolina. It is a nice accompaniment to dishes of Middle Eastern inspiration, such as kebabs, spicy lamb stews, and braised rabbit.

TUNISIAN TUNA PASTRY

BRIK AU THON

Yield: 8 portions

Ingredients	Amounts
Butter, unsalted	2 Tbsp.
Onion, yellow, finely chopped	2 ea.
Capers, drained, rinsed, mashed	10 ea.
Tuna, canned, drained, mashed	½ lb.
Cheese, Parmesan, grated	3 Tbsp.
Parsley, flat-leaf, fresh, chopped	3 Tbsp.
Salt, kosher	2 tsp.
Pepper, black, ground	½ tsp.
Spring roll wrapper	8 ea.
Egg, whole	8 ea.
Egg, white, lightly beaten	2 ea.
Oil, olive, pure	2 cups
Lemon, cut into wedges	4 ea.

Method

1. In a small skillet over medium-low heat, melt the butter. Add the onions and sweat until they are soft and translucent, about 3 minutes. Remove from the heat and cool.
2. Add the capers, tuna, Parmesan, and parsley. Season with salt and pepper to taste.
3. Spread the spring roll wrappers out onto a work surface. Place 1 rounded spoonful of filling on one half of each wrapper. Break an egg over each portion of the filling.
4. Fold each spring roll over to form a half circle or triangle. Glue the edges together with beaten egg white. Fold each rim over ½-inch for a firmer rim, being careful not to break the egg yolk.
5. In a large skillet over medium-high heat, pour 1 inch of oil. Heat until hot (but not smoking). Slide the briks, one at a time, into the skillet. Spoon hot oil over the tops while frying. When the underside has browned, turn and continue frying. Remove and drain.
6. Serve immediately with the lemon wedges.

SPICED CARROT SALAD

OMEK HOURIA

Yield: 6 portions

Ingredients	Amounts
Water	½ gal.
Salt, kosher	as needed
Carrot, grated	4½ cups
Oil, olive, extra virgin	3 Tbsp.
Vinegar, wine, red	2 tsp.
Garlic, clove, minced	4 ea.
Harissa (Recipe follows)	1 Tbsp.
Caraway seeds	1 tsp.
Salt, kosher	to taste

Method

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

Source: Adapted from The International Olive Oil Council

TUNISIAN HOT CHILI PASTE

HARISSA

Yield: 1 cup

Ingredients	Amounts
Chile, ancho, stemmed, seeded	3 wt. oz.
Garlic, clove	2 ea.
Salt, kosher	as needed
Coriander, ground	¼ tsp.
Caraway seed, ground	¾ tsp.
Oil, olive, pure	as needed

Method

1. Soak the chiles in cold water for 15 minutes. Drain well, wrap in cheesecloth, and press out any excess moisture.
2. With the flat side of a knife or a mortar and pestle, crush the garlic with salt to form a paste.
3. In a food processor, grind together the chiles, garlic paste, coriander and caraway. Add just enough oil to make a thick paste.
4. For storage, place the harissa in a glass jar and add enough oil to just thinly cover the top. Cover tightly and keep refrigerated. Harissa will keep for 2 to 3 weeks in the refrigerator. After each use, add a thin layer of oil to the jar.

Note: In Tunisia, fiery hot red peppers play a role in almost every dish, usually in the form of this famous harissa paste.

Source: *Mediterranean Cooking* by Paula Wolfert

CHICKEN TAGINE WITH COUSCOUS

Yield: 10 portions

Ingredients	Amounts
Chicken, whole, 2 ½ lb., cut into 6 pieces	2 ea.
Salt, kosher	1 Tbsp.
Pepper, black, ground	1½ tsp.
Oil, olive, extra virgin	¼ cup
Onion, cipollini, blanched, peeled	30 ea.
Ginger, ½-in piece, peeled, sliced thin	1 ea.
Garlic, clove, thinly sliced	5 ea.
Cumin, seed, toasted, ground	1 tsp.
Saffron	¼ tsp.
Stock, chicken	1½ cups
Olive, green, picholine	50 ea.
Parsley, flat-leaf, fresh, chopped	4 Tbsp.
Couscous (Recipe follows)	2 lb.

Method

1. Season the chicken pieces with salt and pepper.
2. Heat the oil in a tagine, rondeau, or brasier, over medium-high heat. Carefully place the chicken pieces in the oil. Sauté until golden brown on all sides. Transfer the chicken to a hotel pan and reserve.
3. Add the onions and cook, stirring occasionally, until golden brown, 7 to 8 minutes.
4. Add the ginger and garlic and toast until aromatic, 1 minute.
5. Add the cumin and saffron and cook until the mixture turns a deeper color and gives off a sweet aroma, about 1 minute.
6. Return the chicken to the pan. Add the stock. Adjust the seasoning with salt and pepper. Bring it to a gentle simmer. Cover and braise until the chicken is cooked through, turning the pieces occasionally to keep them evenly moistened, 30 to 40 minutes. (Maintain only a small amount of stock so the braising liquid will become concentrated.)
7. In the last 15 minutes, add the olives and parsley. Simmer until the olives are tender.
8. Serve with the Couscous.

COUSCOUS

Yield: 2 pounds

Ingredients	Amounts
Stock, vegetable (Divided)	1 pt.
Onion, yellow, diced	2 wt. oz.
Garlic, minced	1 Tbsp.
Couscous	1 lb.

Method

1. In a medium saucepan over medium-low heat, place ½ cup of the vegetable stock. Add the onions and garlic and sweat until the onions are translucent, about 3 minutes.
2. Add the remaining stock and bring it to a boil.
3. Pour the contents of the saucepan into a 2-inch-deep half hotel pan. Add the couscous and stir to combine.
4. Cover the pan with foil. Allow it to stand until the couscous absorbs all the stock, about 3 minutes.

Note: Couscous is a traditional North African dish of small, steamed granules of rolled semolina. It is a nice accompaniment to dishes of Middle Eastern inspiration, such as kebabs, spicy lamb stews, and braised rabbit.

CUCUMBER SALAD

SALADE DE CONCOMBRE

Yield: 6 portions

Ingredients	Amounts
Cucumber	1 ¼ lb.
Mint, fresh, chopped	1 Tbsp.
Salt, kosher	as needed
Capers, chopped	2 Tbsp.
Lemon, preserved, finely chopped	¼ ea.
Oil, olive, extra virgin	¼ cup
Vinegar, wine, white	2 Tbsp.

Method

1. Peel the cucumbers, unless using the European variety. Cut into fine slices or disks.
2. In a medium bowl, place the cucumber. Season with the mint and salt.
3. Add the capers and preserved lemon.
4. In a small bowl, whisk together the olive oil and vinegar. Add to the salad and toss to combine.

Source: The International Olive Oil Council

TUNISIAN CHEESE AND EGG TAGINE

TAGINE RICOTTA

Yield: 6 portions

Ingredients	Amounts
Egg, whole	2 ea.
Cardamom, seeds, removed from pods	4 ea.
Clove, whole	4 ea.
Ginger, ground	1 tsp.
Cumin, seeds	1 tsp.
Cinnamon, ground	1 tsp.
Coriander, seeds	1 tsp.
Peppercorns, black, whole	½ tsp.
Garlic, clove, finely minced	3 ea.
Lamb, ground	¾ lb.
Oil, olive, extra virgin	¼ cup
Onion, yellow, minced	½ cup
Cumin, ground	3½ Tbsp.
Saffron	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Egg, whole, beaten	6 ea.
Cheese, Gruyère, grated	¼ lb.
Cheese, ricotta	1 lb.

Method

1. Preheat oven to 375°F.
2. Place the eggs in a small saucepot and add enough water to just cover. Bring to a boil over high heat, then cover, lower the heat, and gently simmer for 10 minutes. Immediately transfer the eggs to an ice water bath to stop the cooking. Once cool enough to handle, peel and finely chop. Reserve.
3. Using a mortar and pestle, grind together the cardamom, cloves, ginger, cumin, cinnamon, coriander, and peppercorns.
4. In a large bowl, combine the spice mixture with the garlic and lamb.
5. Heat the oil in skillet over medium-high heat. Add the onions, cumin, saffron, salt, and pepper. Cook until the onions are tender, but not brown.
6. Add the lamb mixture and cook until lightly browned. Remove the skillet from the heat and allow it to cool slightly.

7. In a separate bowl, beat the eggs. Add the Gruyère. Mix to combine.
8. Butter a medium gratin dish. Place the egg and cheese mixture on the bottom of the dish. Add the cooled lamb, reserved hard-cooked eggs, ricotta cheese, and additional lamb. Top with more of the egg/cheese mixture.
9. Bake the tagine in the preheated oven until fully set, about 30 minutes.

LAMB COUSCOUS WITH DRIED FRUITS

COUSCOUS À L'AGNEAU ET AUX FRUITS SECS

Yield: 6 portions

Ingredients	Amounts
Couscous	2 $\frac{2}{3}$ cups
Butter, unsalted	1 Tbsp.
Cinnamon, ground	as needed
Lamb, shoulder, cut into 3 pieces	2 lb.
Salt, kosher	1 tsp.
Pepper, black, ground	$\frac{1}{4}$ tsp.
Oil, olive, extra virgin	$\frac{1}{2}$ cup
Onion, yellow, chopped	1 ea.
Garlic, clove	4 ea.
Water	$\frac{1}{2}$ gal.
Butter, unsalted (Divided)	3 Tbsp.
Milk, whole	1 pt.
Apricots, dried, chopped	$\frac{1}{4}$ lb.
Almonds, sliced, toasted	$\frac{1}{2}$ cup
Pistachios, chopped	$\frac{1}{2}$ cup
Pine nuts, toasted	$\frac{1}{2}$ cup

Method

1. To steam the couscous, fill the bottom part of a couscous pot (*couscoussière*) with water and bring it to a boil. Pile the couscous into the perforated top, cover it tightly, and steam until the grains becomes tender, about 15 minutes
2. Transfer the couscous to a bowl and add the butter and cinnamon. Reserve.
3. Season the lamb with salt and pepper. In a skillet over medium-high heat, sear the lamb in the olive oil. Remove from pan and reserve.
4. Add the onion and cook until tender, about 3 minutes.
5. Add the garlic and cook until aromatic, about one minute. Return the lamb to the pan along with any juices that may have accumulated.
6. Add the water and 1 Tbsp of butter. Braise the lamb, covered, until fork tender, 30 to 40 minutes. Uncover and continue to cook so the juices reduce and thicken. Reserve for service.
7. Preheat oven to 350°F.
8. In a medium saucepan, bring the milk to a boil and remove it from the heat.
9. Place the apricots in a single layer on a parchment-lined baking sheet and lightly roast in the preheated oven. Transfer to a small bowl and toss in the remaining butter.

10. Moisten the couscous with the milk and some of the reduced juices from the lamb (1 part milk to 2 parts sauce). Add half of the dried apricots and nuts to the couscous.
11. To serve, arrange the couscous on plate and place the lamb and the remaining apricots and nuts decoratively around the couscous.

Note: A deep kettle and a snug-fitting vegetable steamer or colander can be substituted for the couscous pot. If the steamer or colander does not fit perfectly, use padding: dampen a cheesecloth, twist it into a strip the length of the circumference of the kettle top, and tuck it between the two parts (to make sure the steam rises only through the perforated holes). Lightly oil the inside of the steamer. Do not let the perforated top touch the boiling water below.

Source: Adapted from The International Olive Oil Council

TUNISIAN SALAD

Yield: 6 portions

Ingredients	Amounts
Oil, olive, extra virgin	1/2 cup
Lime, juice, fresh	2 Tbsp.
Vinegar, wine, red	1 Tbsp.
Tomato, plum (Roma), diced	3 cups
Pepper, bell, red, de-seeded, sliced	3 cups
Onion, yellow, diced	1 ea.
Mint, fresh, chopped	2 tsp.
Salt, kosher	1 tsp.
Coriander, ground	1/4 tsp.
Cheese, ricotta	1/4 lb.
Olive, black	1/3 cup
Olive, green	1/3 cup
Capers	2 1/2 Tbsp.

Method

1. In a large bowl, whisk together the olive oil, lime juice, and vinegar.
2. Add the tomatoes, peppers, and onions. Toss to combine.
3. Season with the mint, salt, and coriander.
4. Mound onto a serving platter.
5. Garnish with the ricotta, olives, and capers.

CHICKEN SMOTHERED IN GREEN OLIVES

DJEJ BIL ZEITOUN MESLALLA

Yield: 8 portions

Ingredients	Amounts
Chicken, legs and thighs, trimmed	4 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, extra virgin	2 Tbsp.
Onion, yellow, large	2 ea.
Garlic, finely chopped	1 Tbsp.
Ginger, ground	1 tsp.
Pepper, black, ground	1 tsp.
Cumin, ground	½ tsp.
Paprika	½ tsp.
Saffron, pulverized	¼ tsp.
Parsley, flat-leaf, fresh, chopped	½ cup
Cilantro, fresh, chopped	3 Tbsp.
Stock, chicken	3 cups
Olive, green, cracked	6 ½ cups
Lemon, juice, fresh	5 Tbsp.
Salt, kosher	1 tsp.
Bread, pita	10 ea.

Method

1. Season the chicken with the salt and pepper.
2. Heat the olive oil in a large skillet over medium-high heat and sear the chicken so it is golden brown on all sides. Remove the chicken from the pan.
3. Reduce the heat to medium and add the onions. Cook until tender. Do not allow the onions to color.
4. Add the garlic, ginger, pepper, cumin, paprika, and saffron. Cook over low heat until all become aromatic, 2 to 3 minutes.
5. Return the chicken pieces, along with any accumulated juices, back to the pan. Add the parsley, cilantro, stock, olives, lemon juice, and salt.
6. Braise, covered, on medium-low heat until fork tender, 30 to 45 minutes.
7. Serve with pita.

MOROCCAN COUSCOUS-STYLE BARLEY

Yield: 6 portions

Ingredients	Amounts
Barley, grits	2 ½ cups
Water, hot	as needed
Salt, kosher	as needed
Oil, olive, extra virgin	1 ½ Tbsp.
Water, cold	1 cup
Oil, olive, extra virgin	2 Tbsp.
Garlic, minced	1 ½ tsp.
Scallion (Green onion), thinly sliced	½ cup
Cilantro, fresh, chopped (Divided)	⅔ cup
Beans, fava, fresh, shelled	2 cups
Sugar, granulated	1 tsp.
Butter, unsalted	3 Tbsp.
Water	2 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Cumin, ground	¼ tsp.
Buttermilk	¼ cup
Yogurt, plain	2 Tbsp.

Method

1. In a large bowl, place the barley grits and just enough salted hot water to cover. Allow it to sit for 15 minutes.
2. Under water, knead the grains with your hands to soften them.
3. Fill the bottom part of a couscous pot with water and bring it to a boil.
4. Drain the barley and toss it with the olive oil. Pile it into the perforated top, cover it tightly, and steam until the barley becomes tender, about 15 minutes.
5. Tip the barley into a wide dish and sprinkle the cold water over it. Fluff with a fork. Pile the barley back into the perforated top, cover, and steam for 15 minutes.
6. For the sauce, heat the olive oil in a medium skillet over medium heat. Add the garlic, scallions, and half the cilantro. Sauté for 2 minutes.
7. Add the fava beans, sugar, butter, and water. Cook over medium-low heat for 2 to 3 minutes. Season with the salt, pepper, and cumin.
8. Remove from the heat and add the buttermilk and yogurt.
9. Scoop out 2 tablespoons of favas and toss with the remaining chopped cilantro. Set aside for the garnish.

10. Pour the steamed barley into a large serving dish. Fluff it up with a fork and then fold in the sauce. Top with the reserved garnish.

Note: Medium-cracked barley or Scotch barley can be substituted for the barley grits. If you do not have a couscous pot, a deep kettle and a snug-fitting vegetable steamer or colander will do. If the latter does not fit perfectly, use padding: dampen a cheesecloth, twist it into a strip the length of the circumference of the kettle top, and tuck it between the two parts, to make sure the steam rises only through the perforated holes. Lightly oil the inside of the steamer. Do not let the perforated top touch the boiling water below.

Source: Adapted from *The Slow Mediterranean Kitchen* by Paula Wolfert

DAY FIVE: MEDITERRANEAN SPAIN



THE SPANISH PANTRY

Grains	Wheat	Bread
	Rice	Paella
Vegetables	Fresh	Potatoes, Spinach, Artichoke, Eggplant, Tomatoes
Fruits	Fresh	Figs, Citrus, Grapes, Olives
	Dried	Figs, Dates
Seasonings	Herbs	Parsley, Oregano
	Spices	Paprika, Saffron, Cinnamon, Cumin
	Aromatics	Garlic, Onion, Hot Peppers, Sweet Peppers
Sauces/ Condiments		Romesco - nut and pepper based sauce Allioli - garlic, olive oil and egg (sometimes) emulsion Sofrito - onions, peppers, tomato and herbs
Legumes	Fresh/Dried	Chickpeas, Fava
Nuts		Almonds, Hazelnuts, Pine Nuts
Dairy	Cheese	Manchego, Cabrales
Fats		Olive Oil, Olives, Pork Fat
Wine		Sherry - fortified wine from the Jerez region (south), ranges from very dry to very sweet.
Meat	Fresh	Game, Pork, Quail, Poultry, Rabbit
	Preserved	Pork
Seafood	Fresh	Finfish
		Crustaceans, Shellfish
		Octopus
	Preserved	Cod

DAY FIVE

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Valencian Pasta "Paella"

Garlic Prawns

Moorish-Style Kebabs

Spanish Potato Omelet

TEAM TWO

Paella Valenciana

Mushrooms in Garlic Sauce

Lamb Brochettes with Pimiento Butter

Rustic Bread with Dark Chocolate, Olive Oil, and Salt

TEAM THREE

Fisherman's Rice with Almond and Hazelnut Sauce

Potatoes Rioja-Style with Chorizo

Salt Cod Fish Fritters with Garlic and Olive Oil Sauce

Spinach with Raisins and Pine Nuts

TEAM FOUR

Paella with Vegetables

Chickpea and Pimiento Toasts

Deep-Fried Squid

Grilled Scallions with Romesco Sauce

VALENCIAN PASTA "PAELLA"

FIDEUÀ

Yield: 6 portions

Ingredients	Amounts
Oil, olive, extra virgin	1 Tbsp.
Shrimp, large, heads and shells left on	1 ½ lb.
Monkfish, cut into 4-8 pieces	1 lb.
Garlic, minced	2 tsp.
Paprika	1 tsp.
Salt, kosher	as needed
Tomato, plum (Roma), peeled, seeded, chopped	2 ea.
Stock, fish	2 qt.
Saffron, thread, lightly toasted	7 ea.
Noodles, fideus, dried	1 lb.

Method

1. Heat a paella pan or other wide, flat-bottomed pan over medium-high heat. Add the oil and sauté the shrimp and monkfish until golden brown.
2. Add the garlic, paprika and salt, and cook until the garlic becomes aromatic, 1 to 2 minutes.
3. Stir in the tomatoes and simmer on low heat for about 5 minutes.
4. In another pot, bring the stock to a boil. Add the saffron, cover the pot, and simmer for 5 to 10 minutes.
5. Add the noodles to the pan with the shrimp and monkfish. Stir well so that each noodle is coated with sauce.
6. Add the stock and stir once. Cook over medium-high heat, uncovered, without stirring, until the noodles are tender, and the liquid has evaporated, 15 to 20 minutes.
7. Pre-heat a broiler or an oven to 500°F.
8. Carefully remove the shrimp and monkfish using tongs. Level the surface of the noodles and arrange the fish on top.
9. Brown the top of the dish briefly in the preheated broiler or oven.
10. Let it stand 5 to 10 minutes before serving.

Note: Egg noodles or fettuccini can be substituted for the fideus noodles.

GARLIC PRAWNS

GAMBAS AL AJILLO

Yield: 8 portions

Ingredients	Amounts
Prawn	2 lb.
Garlic, clove, peeled, sliced	6 ea.
Salt, kosher	4 tsp.
Paprika, smoked, hot	1 ½ tsp.
Oil, olive, extra virgin	2 ½ Tbsp.
Parsley, flat-leaf, fresh, finely chopped	2 tsp.

Method

1. Peel the prawns, leaving the tails intact.
2. In a mixing bowl, toss the prawns with the garlic, salt, and paprika.
3. Heat enough oil to coat the bottom of a sauté pan. Working in batches, add the seasoned prawns. Cook until they are pink and just cooked through, 2 to 3 minutes. Add more oil, as necessary.
4. Adjust the seasonings to taste.
5. Garnish with the parsley.
6. Serve sizzling.

Note: 16-20-size shrimp can be substituted for the prawns.

MOORISH-STYLE KEBABS

PINCHITOS MORUNOS

Yield: 8 portions

Ingredients	Amounts
Cumin, seeds	2 tsp.
Coriander, seeds	2 tsp.
Garlic, clove, peeled, finely chopped	8 ea.
Salt, kosher	1 pinch
Paprika, Spanish (Pimentón)	4 tsp.
Oregano, dried	2 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Lemon, juice, fresh	¼ cup
Lemon, zest	2 tsp.
Oil, olive, extra virgin	⅔ cup
Pork, lean, large diced	2 ½ lb.

Method

1. For the marinade, using a mortar and pestle, grind the cumin and coriander seeds. Work in the garlic with a pinch of salt. Transfer to a shallow bowl.
2. Add the paprika, oregano, salt, pepper, lemon juice, and zest. Mix to combine.
3. Gradually stir in the oil. Adjust the seasonings to taste.
4. Thread 3 or 4 pieces of the diced pork on each skewer. Place the skewers in the dish with the marinade. Allow them to marinate in the refrigerator for 2 hours, turning occasionally.
5. Preheat grill to high.
6. Transfer the marinade to a small pot. Bring it to a boil.
7. Spread the kebabs out onto the grill and cook until cooked through, about 3 minutes per side, basting frequently with the marinade. For medium doneness, an instant read thermometer will register 140°F.
8. Sprinkle with salt and pepper. Serve immediately.

Source: Adapted from *Tapas: Authentic Appetizers and Finger Foods* by Pepita Aris

SPANISH POTATO OMELET

TORTILLA ESPAÑOLA

Yield: 12 portions

Ingredients	Amounts
Potato, russet, sliced 1/8-in. thick	4 ea.
Onion, Spanish, large, thinly sliced	1 ea.
Salt, kosher	1 tsp.
Oil, olive, extra virgin	3 cups
Egg, whole	8 ea.
Salt, kosher	1 pinch
Oil, olive, extra virgin	1 Tbsp.

Method

1. In a large saucepan, place the potatoes and onions. Season lightly with salt. Add enough olive oil to the pan to cover the ingredients. Heat over medium-high heat until the oil begins to bubble.
2. Cover the pan and cook slowly over medium heat, turning occasionally, until potatoes are tender, but not brown. Drain the mixture in a large colander set over a bowl. Allow it to cool for 10 minutes. Reserve the oil.
3. In a large bowl, beat the eggs with a pinch of salt. Add the potato mixture to the eggs, submerging them completely. Allow them to stand for 10 minutes.
4. Heat 2 tablespoons of the reserved oil in a sauté pan until hot. Working in batches, add the potato-egg mixture to come about 1/3 of the way up the sides of the pan. Lower the heat to medium low. Cook, shaking the pan occasionally to prevent sticking, until the bottom of the tortilla is lightly browned.
5. Place a large plate over the pan and flip the tortilla upside down onto the plate.
6. Add the oil to the sides of the pan. Slide the uncooked side of the tortilla back into the pan. Round the sides with a spatula. Cook until the underside is lightly browned.
7. Transfer to a plate. Let it rest 5 minutes before serving. Repeat the process with the remaining ingredients.
8. Cut into individual portions. Serve immediately.

Note: Leftover oil can be stored in the refrigerator for 1 week.

PAELLA VALENCIANA

Yield: 6 portions

Ingredients	Amounts
Stock, chicken	6 cups
Saffron	1 pinch
Salt, kosher	as needed
Oil, olive, pure	1/3 cup
Pork, sausage, chorizo, Spanish, diced	1/2 lb.
Chicken, breast, diced	1 lb.
Pepper, bell, red, small diced	3/4 cup
Pepper, bell, green, med. diced	3/4 cup
Onion, Spanish, medium diced	1/2 cup
Carrot, medium diced	2/3 cup
Garlic, minced	1 Tbsp.
Rice, Spanish, short-grain	3 cups
Mussel	6 ea.
Clam	6 ea.
Shrimp	6 ea.
Peas, green, frozen, thawed	1 cup
Lemon, juice, fresh	2 Tbsp.
Lemon, cut into wedges	1 ea.

Method

1. In a sauce pot, bring the stock to a boil. Add the saffron. Lower the temperature and simmer until the stock has reduced by about 20%. Season with salt to taste. Reserve.
2. Heat the oil in a paella pan over medium-high heat. Add the chorizo and sauté until it is golden brown, about 4 minutes.
3. Add the chicken and sauté until it is golden brown, about 4 minutes.
4. Add the peppers, onions, carrots, and garlic. Sauté for 3 minutes.
5. Stir in the rice, coating each grain with the oil. Toast the rice until it becomes translucent, but not brown.
6. Add the reserved stock and bring it to a boil. Lower the heat and simmer for about 10 minutes. Add additional stock, if necessary. The rice should be tender but firm to the bite (*al dente*).
7. When the rice has about 5 minutes of cooking time remaining, arrange the mussels, clams, shrimp, and peas on top of the rice and cover.
8. Remove the paella from the heat. Sprinkle with the lemon juice. Cover the pan and let it rest for 5 minutes.
9. Serve the paella in the paella pan, garnished with lemon wedges.

MUSHROOMS IN GARLIC SAUCE

CHAMPIÑONES AL AJILLO

Yield: 12 portions

Ingredients	Amounts
Oil, olive, extra virgin	1/3 cup
Mushroom, stems trimmed, sliced 1/4-in.	1 lb.
Garlic, clove, peeled, thinly sliced	8 ea.
Lemon, juice, fresh	4 tsp.
Sherry, Spanish, dry	1/4 cup
Broth, chicken	1/2 cup
Paprika, Spanish (Pimentón)	1 tsp.
Red pepper flakes, crushed	1/2 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, fresh, minced	2 Tbsp.

Method

1. Heat the oil in a skillet over high heat until very hot. Add the mushrooms and garlic and sauté until all the liquid has evaporated, about 5 minutes.
2. Lower the heat. Stir in the lemon juice, sherry, broth, paprika, crushed pepper, salt, and pepper. Stir to combine. Simmer until it has reduced to a sauce consistency, 10 to 15 minutes.
3. Adjust the seasonings to taste. Garnish with the parsley.

Source: Tapas: The Little Dishes of Spain by Penelope Casas

LAMB BROCHETTES WITH PIMIENTO BUTTER

PINCHOS DE CORDERO CON MANTEQUILLA PIMIENTOS

Yield: 10 portions

Ingredients	Amounts
Skewer, wood, soaked	10 ea.
Lemon, juice, fresh	2 Tbsp.
Garlic, clove, peeled, crushed	4 ea.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Oil, olive, extra virgin	¼ cup
Mint, fresh, chopped	2 Tbsp.
Lamb, leg, boneless, large diced	2 ½ lb.
Pork, belly, cured (<i>Tocino</i>), thinly sliced	½ lb.
Pimiento Butter (Recipe follows)	1 cup

Method

1. Soak the wooden skewers in warm water for 30 minutes, to prevent them from burning on the grill.
2. In a large bowl, whisk together the lemon juice, garlic, salt, and pepper.
3. Gradually whisk in the oil. Add the mint.
4. Add the lamb and toss to coat. Cover and marinate in the refrigerator, tossing occasionally, for at least 2 hours.
5. Set the grill to medium-high.
6. Thread 2 pieces of lamb and ½ slice of Tocino onto each skewer.
7. Grill the brochettes, turning occasionally, until the lamb is browned on the outside, yet still pink and juicy inside. For medium doneness, an instant read thermometer will register 140°F when placed halfway into the thickest piece of lamb.
8. Top each brochette with a dollop of the pimiento butter and allow it to melt.

Note: Bacon can be substituted for the Tocino.

PIMIENTO BUTTER

MANTEQUILLA PIMIENTOS

Yield: 1 cup

Ingredients	Amounts
Butter, unsalted, room temp.	1 cup
Chile, pimiento, fresh, minced	¼ cup
Lemon, juice, fresh	2 ¼ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Using a stand mixer with a paddle attachment, cream the butter on medium speed until it is soft, about 2 minutes.
2. Add the pimientos and lemon juice. Season with salt and pepper to taste. Mix until well blended.
3. The compound butter is ready to use, or it may be rolled into a log or piped into shapes and chilled for later use.

RUSTIC BREAD WITH DARK CHOCOLATE, OLIVE OIL, AND SALT

PAN CON CHOCOLATE, ACEITE, Y SAL

Yield: 8 portions

Ingredients	Amounts
Bread, sourdough, loaf, sliced ¼-in. thick on bias	1 ea.
Chocolate, dark	½ lb.
Oil, olive, extra virgin	8 Tbsp.
Salt, sea, coarse	as needed

Method

1. Preheat oven to 375°F.
2. On a baking sheet, arrange the bread slices in a single layer. Place it in the preheated oven and toast the slices until brown, 5 to 7 minutes.
3. Lower the oven temperature to 200°F.
4. Using a knife, break the chocolate into small pieces and scatter them over the slices. Bake in the preheated oven until the chocolate melts, about 5 minutes.
5. Drizzle with the olive oil, sprinkle with salt, and serve.

Source: *Tapas: A Taste of Spain in America* by José Andrés

FISHERMAN'S RICE WITH ALMOND AND HAZELNUT SAUCE

ARROZ A LA MARINERA CON PICADA

Yield: 6 portions

Ingredients	Amounts
Oil, olive, extra virgin	½ cup
Lobster, tails and claws, cracked	8 wt. oz.
Rice, Spanish	3 cups
Tomato, plum (Roma), chopped	1½ cups
Garlic, clove	2 ea.
Paprika	1 tsp.
Saffron	1 tsp.
Stock, fish	5 cups
Mussel, in shell, de-bearded	1 lb.
Shrimp, 21/25	½ lb.
Monkfish, cut into small pieces	¾ lb.
Salt, kosher	1 tsp.
Picada (Recipe follows)	4 oz.

Method

1. Heat the oil in a paella pan over medium-high heat. Add the lobster and sauté until the shells turn bright red. Remove the lobster and reserve.
2. Lower the heat to medium. In the same pan and oil, stir in the rice. Toast until the rice becomes translucent, but does not take on color, about 2 minutes.
3. Add the tomatoes, garlic, paprika, and saffron. Cook until it becomes aromatic.
4. Increase the heat to high. Add the stock. Cook for 10 minutes. Adjust the seasoning with salt.
5. Place the lobster and the mussels on top of the rice, cover, and cook for 2 minutes.
6. Add the shrimp, cover, and cook for 2 minutes.
7. Add the monkfish, cover, and cook for 2 minutes.
8. Turn down the heat to low. Cook until the rice becomes dry and separates, 5 to 10 minutes. The rice should be firm to the bite (*al dente*).
9. Remove the paella from the heat. Allow it to rest, covered, for 5 to 10 minutes.
10. Serve in the paella pan, garnished with the Picada sauce.

PICADA

Yield: 4 ounces

Ingredients	Amounts
Almonds, blanched	15 ea.
Hazelnuts, blanched	15 ea.
Oil, olive, pure	2 Tbsp.
Bread, baguette, slice	1 ea.
Garlic, clove, minced	2 ea.
Salt, kosher	¼ tsp.
Parsley, flat-leaf, fresh, minced	1 Tbsp.
Oil, olive, extra virgin	as needed

Method

1. Preheat oven to 325°F.
2. On a parchment-lined sheet pan, place the almonds and hazelnuts. Roast in the preheated oven until evenly golden brown and fragrant, 15 to 20 minutes. Reserve.
3. Heat the oil in a sauté pan over medium heat. Fry the slice of bread until golden brown on both sides. Remove the bread and let it cool for 5 minutes.
4. Using a mortar and pestle, grind together the fried bread, roasted almonds and hazelnuts, garlic, and salt.
5. Add the parsley and mash it into the mixture.
6. Add enough oil to barely cover the picada. Work it into the mixture slowly and thoroughly to form a thick paste.

Note: The picada may be finished in a food processor or blender, but it must be started in a mortar so that the nuts and bread are pulverized together and not just finely ground. The constituent elements of a good picada should not be recognizable in the finished dish. If the grainy texture of ground nuts or breadcrumbs is discernible, the picada has not been made properly.

Source: Adapted from *Catalan Cuisine* by Colman Andrews

POTATOES RIOJA-STYLE WITH CHORIZO

PATATAS A LA RIOJANA

Yield: 8 portions

Ingredients	Amounts
Oil, olive, extra virgin	1/3 cup
Onion, yellow, peeled, finely chopped	2 ea.
Garlic, clove, peeled, chopped	4 ea.
Pork, sausage, chorizo, casings removed, sliced 1/2-in.	1 lb.
Potato, Idaho, peeled, 1-in. diced	1 lb.
Paprika, Spanish, (<i>Pimentón</i>), sweet	2 tsp.
Salt, kosher	1 Tbsp.

Method

1. Heat the olive oil in a sauté pan over low heat. Add the onions. Caramelize, stirring occasionally, until they are soft and tender and have a light brown color, about 20 minutes.
2. If the onions start to get too dark, add 1 tablespoon of water to keep them from burning.
3. Add the garlic and cook until lightly browned, about 1 minute.
4. Add the chorizo and cook until browned, about 2 minutes.
5. Place the potatoes in the pan and stir to coat them in the oil. Cook for 10 minutes.
6. Add the pimentón and the salt. Pour in enough water to cover and bring to a boil. Simmer over low heat until the potatoes have cooked through and the water has reduced by half, about 20 minutes. It should resemble a thick stew.
7. Transfer to a bowl and serve.

Source: *Tapas: A Taste of Spain in America* by José Andrés

SALT COD FISH FRITTERS WITH GARLIC AND OLIVE OIL SAUCE

BUÑUELOS DE BACALAO CON ALLIOLI

Yield: 6 portions

Ingredients	Amounts
Fish, salt cod	1 lb.
Oil, vegetable	2 Tbsp.
Garlic, clove, chopped	4 ea.
Onion, yellow, small diced	½ cup
Pepper, bell, red, small diced	1 ea.
Pepper, bell, green, small diced	1 ea.
Flour, all-purpose	1 ⅓ cups
Baking powder	2 tsp.
Water	1 cup
Chive, bunch, chopped	¼ ea.
Scallion (Green onion), bunch, green only, sliced on bias	¼ ea.
Pepper, black, ground	2 tsp.
Oil, vegetable	as needed
<i>Allioli</i> , traditional or modern (Recipes follow)	½ cup

Method

1. In a saucepan, place the salt cod. Cover it with cold water. Bring it to a boil and cook for about 30 seconds. Drain the water. Repeat this process 3 times, changing the water each time.
2. Let the cod cool slightly. Flake it finely into a bowl. Reserve in the refrigerator.
3. For the sofrito, heat the vegetable oil in a skillet over medium-low heat. Add the garlic, onions, and peppers. Sweat them until soft but not browned. Cool and reserve.
4. In a medium bowl, combine the flour and baking powder. Sift.
5. Add the water. Mix thoroughly with a wire whisk to smooth any lumps.
6. Fold in the chives, scallions, pepper, reserved flaked cod, and reserved sofrito.
7. Heat a large pan with 3 inches of oil to 350°F. Drop the cod mixture by tablespoons into the hot oil and fry until golden brown. Drain on paper towels.
8. Place the hot fritters on a platter. Serve with *Allioli*.

TRADITIONAL GARLIC AND OIL SAUCE

ALLIOLI A LA CATALAN

Yield: 1 cup

Ingredients	Amounts
Garlic, clove, peeled	8 ea.
Salt, kosher	¼ tsp.
Lemon, juice, fresh	1 tsp.
Oil, olive, extra virgin	3 cups

Method

1. In a mortar and pestle, smash the garlic cloves and salt to form a smooth paste. (The salt stops the garlic from slipping at the bottom of the mortar as you pound it down).
2. Add the lemon juice.
3. Drop by drop, add the olive oil as you continue to crush the paste with the pestle. Keep turning the pestle with a slow continuous circular motion around the mortar as you drip the oil in slowly and steadily. Make sure the paste soaks up the olive oil as you go.
4. Continue adding the oil drop by drop until the sauce has the consistency of a very thick mayonnaise.
5. If the *alloli* gets too dense, add 1 teaspoon of water to thin it out.

Note: This slow process takes around 20 minutes to create a dense, rich sauce. In the beginning, you will be skeptical that it will ever become as dense and smooth as *alloli*, but don't give up!

Source: *Tapas: A Taste of Spain in America* by José Andrés

MODERN GARLIC AND OIL SAUCE

ALLIOLI A LA MODERNA

Yield: 1 cup

Ingredients	Amounts
Garlic, clove, peeled	4 ea.
Salt, kosher	½ tsp.
Egg, whole	1 ea.
Egg, yolk	1 ea.
Lemon, juice, fresh	1 tsp.
Oil, olive, pure	¼ cup
Oil, olive, extra virgin	¾ cup

Method

1. Cut the garlic cloves in half. Remove and discard any green centers as these will cause the sauce to taste bitter. Finely chop.
2. Using a mortar and pestle or the side of a knife, crush the garlic and salt together until it resembles a thick paste.
3. Add the egg, egg yolk, and lemon juice.
4. Gradually add the oils in a slow steady stream, whisking constantly until emulsified.

Note: Sherry vinegar can be substituted for the lemon juice. This recipe can also be prepared in a blender. Combine all ingredients except the oil. Add the oil in a fine stream with the blender set at low speed.

SPINACH WITH RAISINS AND PINE NUTS

ESPINACAS CON PASAS Y PIÑONES

Yield: 10 portions

Ingredients	Amounts
Pine nuts	2 Tbsp.
Oil, olive, extra virgin	2 Tbsp.
Pork, bacon, diced	4 Tbsp.
Anchovy, fillet (Optional)	2 ea.
Onion, yellow, peeled, minced	½ cup
Garlic, peeled, minced	2 Tbsp.
Spinach, leaves, squeezed dry	2 ½ lb.
Salt, kosher	to taste
Pepper, black, ground	to taste
Raisins	4 Tbsp.

Method

1. In a dry sauté pan or skillet over medium heat, place the pine nuts. Toast, stirring occasionally, until the pine nuts are evenly browned and aromatic, 4 to 5 minutes. Reserve.
2. Heat the olive oil in a large sauté pan over medium heat. Add the bacon and cook until the fat renders and the bacon is translucent, about 1 minute.
3. Increase the heat to high and add the anchovy, onion, and garlic. Sauté until the garlic is aromatic and the anchovy has dissolved into the oil, about 1 minute.
4. Add the spinach and sauté until deep green and tender, 3 to 4 minutes.
5. Drain the mixture, if necessary. Season generously with salt and pepper.
6. Remove the pan from the heat. Stir in the raisins and pine nuts.
7. Serve immediately.

PAELLA WITH VEGETABLES

Yield: 8 portions

Ingredients	Amounts
Oil, olive, extra virgin	2 Tbsp.
Onion, yellow, small diced	2 ½ cups
Leek, white only, thinly sliced	1 ½ cups
Salt, kosher	as needed
Tomato, plum, canned, diced	4 ¼ cups
Oil, olive, extra virgin	3 Tbsp.
Artichoke, hearts, cut into eighths	4 ½ cups
Cauliflower, head, cut into florets	5 cups
Rice, Calasparra	1 cup
Garlic, minced	1 Tbsp.
Stock, vegetable (Divided)	3 ½ cups
Peas, frozen	1 ⅓ cups
Salt, kosher (Divided)	1 tsp.
Pepper, black, ground (Divided)	1 tsp.
Pepper, bell, red, roasted, peeled, cut into strips	3 ea.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.

Method

1. For the sofrito, heat the oil in a large sauté pan or skillet over low heat. Add the onions and leeks. Season with salt. Sweat, stirring frequently, until the vegetables are soft, about 8 minutes. Reserve.
2. Add the tomatoes. Raise the heat to medium-low. Cook, stirring occasionally, until all the vegetables are tender and the liquid in the pan has almost evaporated, about 30 minutes. Remove the pan from the heat. Reserve.
3. For the paella, in a large paella pan, heat the oil over medium-high heat. Add the artichoke hearts. Sauté until they are golden, about 6 minutes.
4. Add the cauliflower and cook until slightly colored, about 3 minutes.
5. Add the rice and garlic. Cook, stirring continuously, until the rice is toasted and the garlic is lightly brown, 2 to 3 minutes.
6. Stir in the reserved sofrito. Add just enough vegetable stock to cover the rice. Add ½ tsp. of the salt and ½ tsp. of the black pepper to the pan. Bring the mixture to a boil, then lower the heat to medium-low. Simmer uncovered, until the rice has absorbed most of the stock, about 15 minutes.
7. Add 2 more cups of the stock and cook until the rice has absorbed all the liquid, about 12 minutes.

8. Add the peas during the last 6 minutes of cooking.
9. The rice should be tender but firm to the bite (*al dente*). If it is too firm when the liquid is absorbed, add more stock, ½ cup at a time, and continue cooking until the rice is done. During this period, keep the heat at a level that allows the liquid to simmer gently.
10. Adjust the seasoning with salt and pepper to taste.
11. Serve the paella in the paella pan, garnished with the roasted red pepper strips and parsley.

Note: If in season, fresh tomatoes can be substituted for the canned tomatoes. Fresh peas can be substituted for the frozen peas. They will need a little more time to cook, so add them to the pan when stirring in the reserved sofrito.

Source: Adapted from *Spain and the World Table*

CHICKPEA AND PIMIENTO TOASTS

TOSTAS CON GARBANZOS Y PIMIENTOS

Yield: 12 portions

Ingredients	Amounts
Bread, baguette	1 ea.
Oil, vegetable	as needed
Oil, olive, extra virgin	2 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Garlic, clove, crushed	2 ea.
Paprika, smoked, hot	2 tsp.
Parsley, flat-leaf, fresh, chopped (Divided)	4 Tbsp.
Chickpeas, canned, drained, rinsed	14 oz.
Chile, piquillo, cut into strips	4 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. Slice the baguette into rounds about ½-inch thick. Brush them with a little vegetable oil. Place them on a baking sheet and bake in the preheated oven until golden brown, 5 to 10 minutes. Reserve.
3. In a medium bowl, whisk together the olive oil, lemon juice, and crushed garlic.
4. Stir in the paprika and 2 tablespoons of the parsley. Whisk to combine.
5. Add the chickpeas and piquillo strips. Stir vigorously, crushing the chickpeas lightly so that they hold together.
6. Adjust the seasonings to taste.
7. Place a spoonful of the chickpea mixture onto each toast. Garnish with the remaining parsley. Serve immediately.

Source: *Tapas Made Easy* by Tomas Garcia

DEEP-FRIED SQUID

CALAMARI FRITTI

Yield: 10 portions

Ingredients	Amounts
Squid, cut into ½-in. rings	2 lb.
Salt, kosher	1 pinch
Oil, vegetable	1 ½ qt.
Egg, whole, beaten	8 ea.
Flour, all-purpose	4 cups
Salt, kosher	to taste
Romesco Sauce (Recipe Follows)	1 cup
Allioli (From Team 3)	½ cup
Lemon, cut into wedges	3 ea.

Method

1. In a large bowl of salted, cold water, soak the squid for 10 minutes. Drain and pat dry.
2. In a small bowl, whisk together the eggs and salt.
3. Preheat deep fryer to 375°F.
4. Dip the squid in the beaten egg. Dust the squid with flour, shaking off any excess. The squid should be fully, but lightly, covered.
5. Fry the squid in the hot oil until golden brown, 2 to 3 minutes. Drain on paper towels.
6. Season with salt to taste.
7. Serve with the Romesco Sauce, *Allioli*, and lemon wedges.

Note: The squid is cut into thin rings to avoid lengthy cooking, which will cause it to toughen.

ROMESCO SAUCE

Yield: 2 cups

Ingredients	Amounts
Hazelnuts	24 ea.
Almonds	20 ea.
Garlic, clove, peeled	2 ea.
Bread, baguette, slice	2 ea.
Pepper, bell, red	3 ea.
Tomato, plum (Roma)	2 ea.
Oil, olive, extra virgin	¼ cup
Parsley, flat-leaf, sprig, fresh, chopped	2 ea.
Vinegar, sherry	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. Bring a small pot of water to a boil. Add the hazelnuts and almonds and blanch until the skin starts to wrinkle and crack, 3 to 4 minutes. Remove the nuts and transfer to an ice bath to stop the cooking process. Once cooled, peel and discard the skins. Pat dry.
3. Arrange the hazelnuts, almonds, garlic, and bread in a single layer on a baking sheet. Roast in the preheated oven until lightly browned. Cool and reserve.
4. Increase the oven temperature to 475°F.
5. Halve the peppers and remove the stems and seeds. Place them cut side down onto an oiled baking sheet.
6. Cut the tomatoes in half lengthwise and add them to the baking sheet. Roast or broil until the peppers are evenly charred and the tomatoes are browned and have a rich "roasted" aroma.
7. Add the roasted tomatoes and peppers to a bowl and immediately wrap the bowl in plastic. Let it steam for 5 minutes. Remove and discard the skins. Allow the tomatoes to cool completely.
8. Transfer all the cooled ingredients to a blender. Add the oil, parsley, and vinegar. Blend to form a smooth purée.
9. Season with salt and pepper to taste.

GRILLED SCALLIONS WITH ROMESCO SAUCE

CEBOLLETAS A LA PLANCHA CON ROMESCO

Yield: 8 portions

Ingredients	Amounts
Scallion (Green onion), untrimmed	2 lb.
Oil, olive, extra virgin	¼ cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Romesco Sauce (See prior recipe)	1 cup

Method

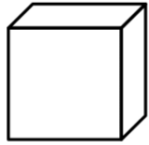
1. Preheat a gas grill to high. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
2. Wash the scallions but do not trim the roots as they will hold the onion together while grilling. Toss the scallions with the oil to coat.
3. Season with salt and pepper to taste.
4. Grill the onions, turning as necessary, until they take on color and are cooked through. They should be tender when done, but not mushy. They should not be severely burnt, but a little char is OK. Do not walk away from the grill as they can burn easily. The time will depend on the size of the onion.
5. Place the grilled scallions on a platter and serve with the Romesco Sauce.

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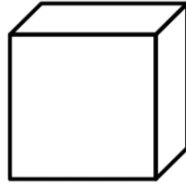
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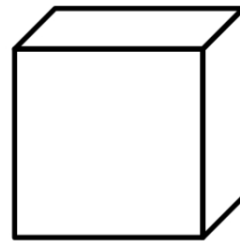
BASIC KNIFE CUTS



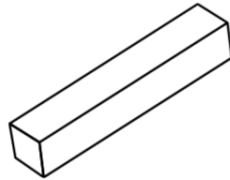
Small Dice
1/4" cube



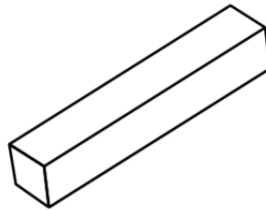
Medium Dice
1/2" cube



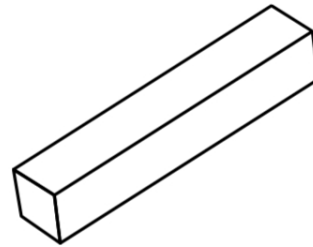
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



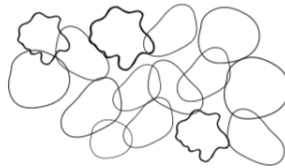
Julienne
1/8" sq x 2 inch



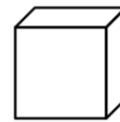
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



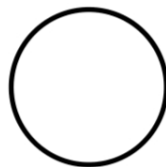
Chop
1/8" - 1/4" cube



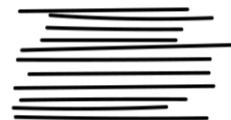
Brunoise
1/8" cube (fine dice)



Bias
diagonal cut



Rondelle
1 - 1 1/2" round



Chiffonade
rolled, sliced thin

CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

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

METRIC CONVERSION TABLE

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

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

TEMPERATURE EQUIVALENCIES

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

US CUSTOMARY LIQUID VOLUME CONVERSIONS

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

US TO METRIC DRY MEASURES CONVERSIONS

tsp.	Tbsp.	oz.	cup	lb.	grams
3	1	½	1/16	---	14
6	2	1	⅛	1/16	28
12	4	2	¼	⅛	57
24	8	4	½	¼	113
36	12	6	¾	⅜	170
48	16	8	1	½	227
96	32	16	2	1	454

VOLUME MEASURE CONVERSIONS

US	Metric
1 tsp.	5 milliliters (ml)
1 Tbsp.	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ ¼ cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint (pt.)	480 ml
32 fl. oz./ 1 quart (qt.)	960 ml
128 fl. oz./ 1 gallon (gal.)	3.84 liters (L)

RECIPE YIELD

Original	Cut in Half	Cut in Third
1 cup	½ cup	⅓ cup
¾ cup	6 Tbsp.	¼ cup
⅔ cup	⅓ cup	3 Tbsp. + 1 ½ tsp.
½ cup	¼ cup	2 Tbsp. + 2 tsp.
⅓ cup	2 Tbsp. + 2 tsp.	1 Tbsp. + 1 ¼ tsp.
¼ cup	2 Tbsp.	1 Tbsp. + 1 tsp.
1 Tbsp.	1 + ½ tsp.	1 tsp.
1 tsp.	½ tsp.	⅓ tsp.
½ tsp.	¼ tsp.	⅛ tsp.
¼ tsp.	⅛ tsp.	dash

These materials were developed at the Culinary Institute of America.

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