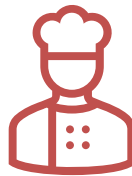




Culinary Institute
of America

SPAIN AND THE WORLD TABLE

WELCOME!



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Expectations for Participants

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

KITCHEN RESPONSIBILITIES

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



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.).



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."

FOOD SAFETY

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



TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Grilled Lamb Chops with Salsa de Pasitas Rojas and Fennel Salad
Manchego Croquettes with Quince Sauce
Chorizo-Stuffed Mushrooms

TEAM TWO

Hazelnut-Crusted Halibut with Spicy Romesco Sauce
Paella with Vegetables
Vegetable Broth
Jamón and Arugula Salad with Cabrales and Hazelnut Vinaigrette

TEAM THREE

Shrimp in Garlic Sauce
Piquillo Peppers Stuffed with Dungeness Crab
Minted Lamb Meatballs with Almond Sherry Sauce

TEAM FOUR

Chicken Chilindrón
Catalan Salmon
Tortilla Española

BONUS RECIPES

Churros and Xocopili Hot Chocolate
Spiced Almonds
Cordoban-Style Cold Gazpacho

GRILLED LAMB CHOPS WITH SALSA DE PASITAS ROJAS AND FENNEL SALAD

Yield: 8 portions

Ingredients	Amounts
Fennel, bulb, large, green top removed	4 ea.
Olive, black, pitted, slivered	1/2 cup
Oil, olive, extra virgin	1/4 cup
Lemon, juice, fresh	4 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lamb, loin chop, 1-inch thick	16 ea.
Oil, olive, extra virgin	7 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	1/4 tsp.
Salsa de Pasitas Rojas (Recipe follows)	2 cups
Oil, olive, extra virgin	8 tsp.

Method

1. Preheat the grill to medium-high heat.
2. For the fennel salad, cut the fennel bulbs into quarters lengthwise. Slice off the thick core of each bulb. Remove and discard any tough outer leaves. Using a mandolin, slice the bulbs vertically into 1/4-inch shards.
3. In a medium bowl, mix the olives, oil, and lemon juice. Add the fennel shards and toss to coat lightly. Season with salt and pepper to taste. Reserve.
4. Rub the lamb chops with the oil and season with the salt and pepper. Grill on the preheated grill until medium rare, about 5 minutes per side.
5. Arrange two grilled lamb chops on each dinner plate. Add 1/2 to 2/3 cup of the reserved fennel salad. Spoon 2 rounded teaspoons of the Salsa de Pasitas Rojas over each lamb chop. Drizzle 1 teaspoon of the oil over each plate.
6. Serve with extra Salsa de Pasitas Rojas on the side.

SALSA DE PASITAS ROJAS

Yield: 2 cups

Ingredients	Amounts
Chile, pasilla, dried, seeded	2 ea.
Garlic, clove, peeled, sliced in ½	1 cup
Almonds	½ cup
Raisins	½ cup
Olive, black, pitted	¼ cup
Lemon, zest	¼ cup
Oil, olive, extra virgin	1 cup
Anchovy, white	2 ea.
Broth, chicken	⅔ cup
Vinegar, balsamic	4 tsp.
Salt, kosher	as needed

Method

1. Bring a small saucepot of water to a boil, then remove from the heat. Add the chiles. Let them reconstitute.
2. In a large sauté pan over low heat, combine the reconstituted chiles, garlic, almonds, raisins, olives, lemon zest, and oil. Cook until the ingredients begin to fry lightly, 3 to 5 minutes. Continue to cook until the raisins begin to puff, and garlic cloves are lightly browned, about 10 minutes.
3. Add the anchovies. Mix to combine. Remove the pan from the heat and cool to room temperature.
4. Transfer the cooled mixture to a food processor. Process until nearly smooth, about 1 minute.
5. With the food processor running, add the chicken broth, and vinegar into the ground mixture. Season with salt as needed. Process until nearly smooth, about 1 minute.
6. Adjust the seasoning to taste and refrigerate.

Note: Ancho chiles can be substituted for the pasilla chiles.

MANCHEGO CROQUETTES WITH QUINCE SAUCE

Yield: 8 portions

Ingredients	Amounts
Potato, russet, scrubbed	1 lb.
Salt, kosher	¼ tsp.
Oil, olive, extra virgin	2 tsp.
Cheese, Manchego, grated	1 ⅔ cups
Scallion (Green onion), minced	2 tsp.
Parsley, flat-leaf, fresh, finely chopped	3 Tbsp.
Salt, kosher	½ tsp.
Thyme, ground	⅛ tsp.
Paprika, Spanish, hot (<i>Pimentón picante</i>), ground	⅛ tsp.
Egg, whole (Divided)	6 ea.
Vinegar, wine, red	¾ tsp.
Breadcrumbs, dry	⅔ cup
Oil, olive, pure	1 qt.
Quince Sauce (Recipe follows)	⅔ cup

Method

1. In a medium saucepan, place the potatoes and enough water to cover them completely.
2. Add the salt. Bring the water to a gentle boil over medium-high heat. Cover partially and cook until tender, about 30 minutes.
3. Remove the pot from the heat. Drain the potatoes and return them to the pot. Cover tightly with a lid. Cool for 5 minutes.
4. Cut the potatoes in half at the equator. Transfer the potatoes to a potato ricer flesh side down. Press the flesh through and into a bowl. Discard the skins. Repeat with the remaining potatoes.
5. Add the olive oil and cheese. Mix to combine.
6. Add the scallion, parsley, salt, thyme, and pimentón. Adjust the seasoning to taste. (The seasoning flattens out when fried so make sure it is a tad more aggressive than usual.)
7. Separate 2 of the eggs. Place the whites into a medium clean, dry bowl. Stir the yolks into the potato mixture.
8. Using a hand mixer at medium-high speed, beat the egg whites until they form stiff peaks, about 2 minutes. Beat in the vinegar until just combined. Add half of the

beaten whites into the potato mixture and fold until thoroughly combined. Fold in the remaining whites. Adjust the seasoning to taste.

9. Onto a baking sheet, scoop tablespoonfuls of the potato mixture. Use your hands to shape the croquettes into balls or ovals. The balls should be one or two bite sized.
10. In a shallow bowl, beat the remaining 3 eggs. Spread the breadcrumbs out on a 10-by 13-inch baking sheet. Line an 11 by 16-inch baking sheet with parchment paper.
11. Place the croquettes, one at a time, into the beaten egg. Be sure to roll the croquette to ensure all sides are coated. Using a spoon and fork, lift it out of the beaten egg, allowing the excess egg to drain off. Place the drained croquette on top of the breadcrumbs. When you've dipped 6 croquettes, roll them in the breadcrumbs to coat all sides. Place them on the parchment-covered baking sheet. Repeat this process with the remaining potato mixture until all the croquettes are dipped and breaded.
12. Line a 10 by 13-inch baking sheet with paper towels.
13. Heat the oil in an 8-inch-wide deep skillet to 360°F. Working in batches of six, fry the croquettes, turning them once, until golden brown, 1 ½ to 2 minutes. Remove from the oil with a slotted spoon and transfer to the baking sheet lined with paper towels to drain any excess oil.
14. Serve with the Quince Sauce.

QUINCE SAUCE

Yield: 1 ⅓ cups

Ingredients	Amounts
Quince, paste (<i>membrillo</i>)	¾ cup
Vinegar, sherry	4 tsp.
Water, hot	2 Tbsp.

Method

1. In a blender on low speed, place the quince paste, vinegar, and hot water. Blend until smooth, 5 to 10 seconds.
2. Adjust the consistency with more water, as needed.
3. Serve at room temperature or slightly warmed.

Note: The sauce will keep in the refrigerator for up to 1 week.

CHORIZO-STUFFED MUSHROOMS

Yield: 8 portions

Ingredients	Amounts
Breadcrumbs	½ cup
Butter, unsalted	1 Tbsp.
Mushroom, white, button, large	24 ea.
Oil, olive, extra virgin	6 Tbsp.
Butter, unsalted	6 Tbsp.
Onion, yellow, finely chopped	¾ cup
Garlic, minced	2 Tbsp.
Pork, ham, serrano, minced	½ cup
Pork, sausage, chorizo, dry-cured, chopped	½ cup
Parsley, flat-leaf, fresh, chopped	¼ cup
Pepper, black, ground	to taste
Butter, unsalted, melted (Optional)	as needed
Cheese, Manchego, grated (Optional)	2 Tbsp.

Method

1. Preheat oven to 400°F. Oil a 13 by 9 by 2-inch baking dish. Reserve.
2. In a small skillet over medium heat, melt the butter. Add the breadcrumbs in a single layer. Toast, stirring occasionally to avoid burning, 3 to 5 minutes. Reserve.
3. Wipe the mushrooms clean with a damp towel. Remove the caps from the stems. Chop the stems finely. Reserve the caps and ⅓ cup of the chopped stems separately.
4. Heat the olive oil in a large sauté pan over medium-high heat. Add the mushroom caps and brown, turning halfway through, about 8 minutes. Reserve.
5. For the stuffing, melt the butter in a large sauté pan over medium heat. Add the onions and cook until soft, about 5 minutes.
6. Add the reserved mushroom stems and garlic. Cook until the stems have wilted, about 3 minutes.
7. Add the ham and chorizo. Cook until lightly browned, 2 to 3 minutes. Stir in the reserved breadcrumbs and parsley. Season with pepper to taste. The ham will give off more salt as it heats. Spoon a tablespoon of the stuffing into each of the mushroom caps. Place the stuffed mushroom caps into the oiled baking dish.
8. Bake in the preheated oven until golden brown, about 15 minutes. Baste with a little melted butter, if desired.
9. Sprinkle each cap with ¼ teaspoon of the grated cheese, if desired. Serve hot.

Note: Cremini or portabella mushrooms can be substituted for the white button mushrooms. Parmesan cheese can be substituted for the Manchego cheese. Thyme or marjoram can be substituted for the parsley (or a combination of the three herbs).

HAZELNUT-CRUSTED HALIBUT WITH SPICY ROMESCO SAUCE

Yield: 4 portions

Ingredients	Amounts
Hazelnuts, chopped	1/2 cup
Water	6 qt.
Salt, kosher	as needed
Kale, red, bunch, stemmed	1 ea.
Salt, kosher	1/8 tsp.
Pepper, black, ground	1/8 tsp.
Oil, olive, pure	as needed
Fish, halibut, fillet, 6-oz.	3 ea.
Salt, kosher	1 tsp.
Pepper, white, ground	1/8 tsp.
Soft Allioli (Recipe follows)	1/4 cup
Butter, clarified	1/4 cup
Oil, olive, pure	as needed
Spicy Romesco Sauce (Recipe follows)	2 Tbsp.

Method

1. Preheat the oven to 400°F.
2. In a small dry skillet over medium heat, place the hazelnuts in a single layer. Toast, stirring frequently to avoid burning, 5 to 10 minutes or until aromatic.
3. For the kale, in a large saucepan over high heat, bring 6 quarts of salted water to a boil. Add the kale. Cook until wilted and tender to the bite, 4 to 5 minutes.
4. Transfer the kale to an ice water bath, drain, and squeeze dry. Chop coarsely and season with a small pinch of salt and pepper. Reserve.
5. For the fish, oil a baking dish large enough to accommodate all the fish in a single layer. Season the halibut with the salt and white pepper. Brush the tops with the Soft Allioli. Roll in the chopped hazelnuts.
6. Heat the clarified butter in a large nonstick heavy sauté pan over medium heat. Place the halibut, crusted side down, in the pan. Immediately reduce the heat to medium-low. Cook until the halibut crust is golden, about 3 minutes. Turn the fillets over and cook until the fillets are crusty and light brown, about 2 minutes.
7. Transfer the fish to an oiled baking dish, crusted side up. Bake in the preheated oven until the fish is almost firm, opaque, and pulls apart when gently prodded with a fork, about 5 minutes.
8. Heat enough oil to lightly coat the bottom of a small skillet. Add the kale and heat through.

9. To serve, place $\frac{1}{4}$ cup of the warm kale in the center of each plate. Place a piece of fish on top. Drizzle 2 tablespoons of the Spicy Romesco Sauce around the fish and kale.

Note: Olive oil can be substituted for the clarified butter.

SOFT ALLIOLI

Yield: 4 cups

Ingredients	Amounts
Garlic, minced	5 tsp.
Salt, kosher	1 tsp.
Egg, whole	2 ea.
Lemon, juice, fresh	2 tsp.
Oil, canola	2 cups
Oil, olive, extra virgin	2 cups
Water	as needed

Method

1. On a cutting board, coarsely chop the garlic. Combine the garlic and salt into a paste by mashing it using the broad side of a chef knife.
2. Transfer the paste to the bowl of a food processor. Add the eggs and lemon juice. Blend for 30 seconds.
3. With the machine running, slowly add the canola oil until fully incorporated.
4. Slowly add the olive oil and process until a thick mayonnaise forms, 3 to 4 minutes. If the mixture is too thick, thin the mixture by adding water in small amounts as needed.
5. Use immediately.

Note: Sunflower or pure olive oil can be substituted for the canola oil. The Soft Allioli can be refrigerated for up to 1 week.

SPICY ROMESCO SAUCE

Yield: 1 cup

Ingredients	Amounts
Chile, ancho	2 ea.
Oil, olive, extra virgin	as needed
Bread, focaccia, herb, slice	4 ea.
Oil, olive, extra virgin	4 Tbsp.
Chile, jalapeño, small, stemmed, seeded	1 ea.
Garlic, clove, small, peeled	4 ea.
Hazelnuts, toasted, skinned	5 Tbsp.
Parsley, flat-leaf, fresh, spring, leaf only	2 ea.
Tomato, plum (Roma), medium, roasted	2 ea.
Vinegar, wine, red	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	1 tsp.

Method

1. Bring a small saucepan of water to a boil and then remove from the heat. Place the ancho chiles into the hot water and allow them to soak for 30 minutes. Drain the ancho chiles, pat dry, and remove the stems and seeds. Reserve.
2. In a large sauté pan, place just enough oil to lightly coat the bottom. Add the focaccia slices. Pan fry until crisp and golden-brown, 3 to 5 minutes. Reserve.
3. Heat the oil in a small sauté pan over medium-high heat. Sauté the reserved chiles and jalapeño until lightly browned, about 3 minutes.
4. Transfer to a food processor fitted with the steel blade. Add the garlic. Process until the garlic and peppers adhere to the sides of the bowl, about 20 seconds.
5. Scrape down the bowl. Add the hazelnuts, parsley, and fried bread. Process to a paste, about 1 minute. Scrape down the bowl.
6. Add the tomato, vinegar, salt, and pepper. Process until smooth, about 1 minute.
7. Add additional water or oil as needed to achieve the proper consistency. Adjust the seasoning with vinegar, salt, and pepper to taste.

Note: Slices of French baguette can be substituted for the focaccia.

PAELLA WITH VEGETABLES

Yield: 8 portions

Ingredients	Amounts
Oil, olive, extra virgin	2 Tbsp.
Onion, yellow, small diced	2 ½ cups
Leek, whites only, thinly sliced	1 ½ cups
Salt, kosher	1 pinch
Tomato, plum, chopped	4 ¼ cups
Chile, piquillo, stem and seeds removed, halved	3 ea.
Salt, kosher	as needed
Lemon, juice, fresh	as needed
Artichoke, whole	4 ½ cups
Oil, olive, extra virgin	¼ cup
Cauliflower, cut into florets	5 cups
Rice, Calasparra	18 Tbsp.
Garlic, minced	1 Tbsp.
Stock, vegetable, seasoned (Divided)	4 cups
Salt, kosher	½ tsp.
Pepper, black, ground	½ tsp.
Peas, frozen	1 ⅓ cups
Parsley, flat-leaf, fresh, coarsely chopped	1 Tbsp.

Method

1. For the sofrito, heat the oil in a large sauté pan over low heat. Add the onions, leeks, and salt. Sauté, stirring frequently, until the vegetables are soft, about 8 minutes.
2. Add the tomatoes. Raise the heat to medium low. Cook, stirring occasionally, until the vegetables are tender, and their liquid has almost completely evaporated, about 30 minutes. Remove from the heat and reserve.
3. Preheat the oven to 475°F.
4. Place the chiles on a sheet pan and roast in the preheated oven until evenly charred, 20 to 40 minutes. Remove them from the oven.
5. Transfer to a bowl and cover with plastic wrap. When cool enough to handle, remove and discard the skin. Reserve the flesh to cool further. Cut the cooled chiles into thin strips. Reserve.
6. Bring a large pot of salted water to a boil. Add lemon juice.

7. Add the artichokes. Boil for 30 minutes.
8. Remove the artichokes. Rinse in cold water. Remove and reserve the fleshy hearts. Discard the leaves. Cut the hearts into eighths. Reserve.
9. For the paella, heat the oil in a large paella pan over medium-high heat. Add the artichoke hearts and sauté until golden, about 6 minutes.
10. Add the cauliflower. Cook until slightly colored, 3 minutes.
11. Add the rice and garlic. Stir continuously to toast the rice and lightly brown the garlic, 2 to 3 minutes.
12. Stir in the reserved sofrito. Add 2 cups of the stock to the rice, or just enough to cover it. Add the salt and pepper. Bring it to a boil, then reduce the heat to medium low. Simmer, uncovered, until the rice has absorbed most of the stock, about 15 minutes.
13. Add 2 more cups of stock and cook until the rice has absorbed all the liquid, about 12 minutes. Add the frozen peas during the last 6 minutes of cooking.
14. The rice should be firm to the bite (*al dente*) when it is done. If it is too firm when the liquid is absorbed, add water, $\frac{1}{2}$ cup at a time. Cook at a gentle simmer until the rice is done.
15. Adjust the seasoning with salt and pepper to taste. Garnish with the reserved roasted piquillo strips and the parsley.

Note: Red bell peppers can be substituted for the piquillo peppers. Fresh peas can be substituted for the frozen peas. Add them in step 6, after the stock is added.

VEGETABLE BROTH

Yield: 2 quarts

Ingredients	Amounts
Oil, olive, pure	2 tsp.
Garlic, minced	2 tsp.
Shallot, minced	2 tsp.
Water	3 qt.
Onion, yellow, thinly sliced	1 ¼ cups
Leek, white, light and dark green parts, trimmed, sliced	3 cups
Celery, stalk, thinly sliced	½ cup
Carrot, thinly sliced	⅓ cup
Parsnip, thinly sliced	⅓ cup
Broccoli, stems, thinly sliced	1 cup
Fennel, with some tops, thinly sliced	1 cup
Wine, white, dry (Optional)	½ cup
Peppercorns, black, whole	5 ea.
Juniper, berries	½ tsp.
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	1 ea.
Salt, kosher	as needed

Method

1. Heat the oil in a large soup pot over medium heat. Add the garlic and shallots. Cook, stirring frequently, until they are translucent, 3 to 4 minutes.
2. Add the water, onions, leeks, celery, carrots, parsnips, broccoli, fennel, wine, peppercorns, juniper berries, bay leaf and thyme. Season with salt as needed. Bring slowly to a simmer. Cook until the broth develops a rich, savory, and balanced flavor, about 1 hour.
3. Strain the broth through a sieve.
4. Allow the broth to cool completely before storing it in the refrigerator.

JAMÓN AND ARUGULA SALAD WITH CABRALES AND HAZELNUT VINAIGRETTE

Yield: 8 portions

Ingredients	Amounts
Hazelnuts, finely chopped	½ cup
Hazelnut, paste	¼ cup
Vinegar, Champagne	2 Tbsp.
Shallot, minced	½ tsp.
Oil, grapeseed	½ cup
Salt, kosher	½ tsp.
Pepper, black, ground	⅛ tsp.
Arugula, bunch, cleaned, washed, patted dry	8 cups
Pork, ham, serrano, slice	8 ea.
Cheese, Cabrales, crumbled (Divided)	½ cup

Method

1. In a small dry skillet over medium heat, place the chopped hazelnuts in a single layer. Toast, stirring frequently to avoid burning, 5 to 10 minutes. Remove from the heat and reserve.
2. For the dressing, in a small mixing bowl, whisk together the hazelnut paste, vinegar, and shallots.
3. Slowly whisk in the oil. Season with the salt and pepper.
4. For the salad, place the arugula in a large bowl. Add ¼ cup of the dressing and toss to coat.
5. To serve, place a slice of ham on each plate. Place about 1 cup of the dressed arugula on top. Garnish each plate with 1 tablespoon of the cheese and 1 tablespoon of the chopped toasted hazelnuts.

SHRIMP IN GARLIC SAUCE

Yield: 8 portions

Ingredients	Amounts
Oil, olive, extra virgin	6 Tbsp.
Red pepper flakes	¼ tsp.
Garlic, clove, sliced very thin	10 ea.
Shrimp, 26-30 count, peeled, deveined	16 ea.
Salt, kosher (Divided)	2 tsp.
Pepper, black, ground	⅛ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Wine, white	10 Tbsp.
Butter, unsalted (Optional)	2 Tbsp.
Parsley, flat-leaf, fresh, roughly chopped	¼ cup

Method

1. Heat the oil in a small saucepot over very low heat. Add the red pepper flakes and garlic. Fry until the garlic is golden brown, 1 to 3 minutes. Remove the garlic with a slotted spoon. Reserve in a medium bowl, leaving the oil in the saucepot.
2. In a large sauté pan over medium-high heat, place 2 tablespoons of the garlic-chili oil. Working in batches, add the shrimp and season lightly with the salt and pepper. Sauté the shrimp until just cooked through, 1 to 2 minutes. Remove and reserve the shrimp. Add more infused oil to the pan in between batches as necessary.
3. Transfer the shrimp to the bowl with the fried garlic. Mix to combine. Season with salt and pepper to taste. Reserve.
4. For the sauce, add the white wine to the pan used to cook the shrimp. Reduce by three-quarters, shaking the pan frequently to emulsify the sauce, 4 to 5 minutes.
5. Turn the heat off and add the butter, if desired. Swirl the pan to incorporate.
6. Finish the sauce with the chopped parsley.
7. To serve, place the reserved shrimp and garlic on a platter. Spoon the sauce over the top.

Note: Lemon juice can be substituted for the white wine.

PIQUILLO PEPPERS STUFFED WITH DUNGENESS CRAB

Yield: 8 portions

Ingredients	Amounts
Chile, piquillo, roasted	2 ¼ cups
Breadcrumbs, dry	⅔ cup
Egg, whole, beaten	3 ea.
Mustard, Dijon	3 Tbsp.
Honey	3 Tbsp.
Paprika, Spanish (Pimentón), ground	2 tsp.
Crabmeat, lump, jumbo, fresh	21 wt. oz.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Lemon, juice, fresh	2 Tbsp.
Lemon, zest, fresh	1 Tbsp.
Butter, unsalted	5 ½ Tbsp.
Oil, olive, extra virgin	1 ½ tsp.
Onion, yellow, minced	1 ½ cups
Pepper, bell, red, cored, seeded, minced	¼ ea.
Tomato, plum (Roma), peeled, seeded, chopped	½ ea.
Cream, heavy	½ cup
Stock, fish	2 ⅔ cups
Paprika, Spanish (Pimentón), ground	2 tsp.
Salt, kosher	1 tsp.
Parsley, flat-leaf, fresh, chopped	1 cup

Method

1. Cut a lengthwise slit down the center of each chile. Gently remove and discard the seeds. If the stems and seeds have already been removed and the chiles have not been sliced open, leave them intact. Reserve.
2. For the stuffing, in a large bowl, combine the breadcrumbs, eggs, mustard, honey, and pimentón. Gently fold in the crabmeat so the lumps remain intact. Season with the salt, pepper, lemon juice, and lemon zest.
3. Fill each pepper with about 2 tablespoons of the stuffing. Reserve refrigerated.
4. For the sofrito, heat the butter and oil in a skillet over medium heat. Add the onions and pepper. Reduce the heat to low. Cook, stirring frequently, until the onions are golden brown and almost caramelized, 40 to 45 minutes. If necessary, add a small amount of water to keep the mixture from burning.

5. Add the tomato. Continue to cook over low heat until the juices have evaporated, 10 to 15 minutes.
6. Add the heavy cream and stock. Stir until fully incorporated. Bring the sauce to a boil over high heat and reduce by $\frac{1}{2}$, about 4 minutes.
7. Add the pimentón and salt.
8. Add the reserved peppers to the sauce, taking care to keep them intact. Turn the heat to low and cover. Cook gently until the filling feels firm, about 5 minutes, stirring the sauce occasionally. Turn the peppers over halfway through cooking.
9. To serve, put 4 peppers on each plate. Spoon a portion of the sauce over the peppers. Garnish with 2 tablespoons of the parsley.

Note: Standard paprika can be substituted for the pimentón. Micro-greens such as alfalfa sprouts can be substituted for the parsley. Shrimp stock can be substituted for the fish stock.

MINTED LAMB MEATBALLS WITH ALMOND SHERRY SAUCE

Yield: 8 portions

Ingredients	Amounts
Bread, baguette, medium diced	1 cup
Almonds, sliced	1 ⅓ cups
Sherry, dry	3 Tbsp.
Lamb, ground	1 ¾ lb.
Egg, whole, beaten	2 ea.
Garlic, minced	1 ½ Tbsp.
Onion, yellow, minced	½ cup
Mint, fresh, chopped	1 ½ Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Flour, all-purpose	¼ cup
Oil, olive, extra virgin	2 Tbsp.
Garlic, minced	2 Tbsp.
Onion, yellow, diced	2 ⅓ cups
Sherry, dry	1 ⅓ cups
Stock, lamb	1 ⅓ cups
Lemon, zest, fresh	1 Tbsp.
Lemon, juice, fresh	3 Tbsp.
Oil, olive, extra virgin	⅓ cup
Mint, fresh, chopped	⅓ cup
Butter, unsalted, cut into chunks	6 Tbsp.

Method

1. For the meatballs, place the bread cubes on a baking sheet in a single layer. Allow them to dry at room temperature for 2 hours.
2. In a medium skillet over medium heat, place the sliced almonds in a single layer. Toast, stirring occasionally to avoid burning, 5 to 10 minutes. Remove from the heat. Reserve.
3. Place the dried bread cubes in a bowl and cover with the sherry. Allow the bread to soak until all the liquid is absorbed.
4. In a food processor fitted with a steel blade, pulse the soaked bread until it is processed into fine breadcrumbs, about 1 minute.

5. Transfer the breadcrumbs to a large bowl. Using a wooden spoon, combine with the lamb, eggs, garlic, onions, mint, salt, and pepper.
6. Form the lamb mixture into about 2 ½-tablespoon meatballs, approximately 1 ½ inches in diameter. Dust with the flour.
7. Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Add half of the meatballs and brown on all sides, about 5 minutes. Transfer to a medium baking dish. Repeat the process with the remaining tablespoon of oil and the remaining meatballs.
8. Preheat the oven to 350°F.
9. For the sauce, in a medium saucepan or pot, combine the garlic, onions, sherry, and lamb stock. Bring to a boil over high heat, then remove from the heat.
10. Pour the sauce over the meatballs in the baking dish. Bake in the preheated until the meat registers 170°F on a meat thermometer, about 30 minutes. Transfer the meatballs to a serving dish using a slotted spoon. Cover with foil and keep warm.
11. Pour the sauce from the baking dish into a medium saucepan. Reserve.
12. In a food processor fitted with a steel blade, process the almonds, lemon zest, lemon juice, oil, and mint until it forms a paste, about 2 minutes. Whisk the paste into the reserved sauce.
13. Heat the sauce over medium-high heat until heated through, about 2 minutes. Add the butter a tablespoon at a time, whisking to fully incorporate after each addition.
14. Pour the sauce over the meatballs and serve.

Note: Chicken stock can be substituted for the lamb stock.

CHICKEN CHILINDRÓN

Yield: 8 portions

Ingredients	Amounts
Oil, olive, extra virgin	2 Tbsp.
Chicken, thigh, boneless, skinless large diced	1 lb.
Salt, kosher	as needed
Brandy	¼ cup
Oil, olive, extra virgin	2 Tbsp.
Onion, Spanish, minced	1 cup
Pepper, bell, green, small diced	¾ cup
Pepper, bell, red, small diced	1 cup
Ham, serrano, julienne	¼ cup
Garlic, minced	2 Tbsp.
Tomato, plum (Roma), peeled, seeded, small diced	4 ea.
Paprika, Spanish, hot (Pimentón picante), ground	1 tsp.
Stock, chicken	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, fresh, chopped	1 tsp.
Bread, slice, toasted (Optional)	16 ea.

Method

1. Heat the oil in a medium sauté pan over medium-high heat. Add the chicken and season with salt as needed. Working in batches, brown the chicken until the outside is golden brown, about 2 minutes.
2. Add the brandy and flambé it (See Chef demo). Remove the chicken and reserve.
3. Put the pan back on the heat and add the oil. Add the onions, peppers, and ham. Cook, stirring frequently, until browned, 5 to 7 minutes.
4. Add the garlic. Cook until the garlic begins to brown, about 2 minutes.
5. Stir in the reserved chicken, tomatoes, pimentón, chicken stock. Cover and stew over low heat until the sauce is syrupy, about 20 minutes. Season with salt and pepper to taste.
6. Garnish with the parsley. Serve with slices of toasted bread, if desired.

CATALAN SALMON

Yield: 8 portions

Ingredients	Amounts
Almonds, Marcona, chopped	1 1/3 cups
Oil, olive, extra virgin	1 cup
Vinegar, sherry	1/3 cup
Orange, juice, fresh	2/3 cup
Orange, zest, grated	1/4 cup
Capers, drained, rinsed, finely chopped	3 Tbsp.
Anchovy, finely chopped	1/4 cup
Salt, kosher	1/2 tsp.
Pepper, black, ground	1/4 tsp.
Oil, olive, pure	as needed
Fish, salmon, fillet, 6-oz., 3/4-in. thick	8 ea.
Oil, olive, extra virgin	2 Tbsp.
Salt, Kosher	as needed
Pepper, black, ground	as needed
Avocado, halved, pitted (Optional)	3 ea.
Oil, olive, pure	as needed

Method

1. Preheat the oven to 350°F.
2. Place the sliced almonds on a baking sheet. Toast in the preheated oven until golden, about 7 minutes. Cool, chop coarsely, and reserve.
3. For the sauce, in a small bowl, whisk together the oil, vinegar, orange juice, orange zest, capers, and anchovies. Season with the salt and pepper. Reserve.
4. Preheat a gas or charcoal grill over medium-high heat. If you are using a charcoal grill, build a fire with coals and let it burn down until the coals are glowing red with a thin coating of white ash. Spread the coals out in a single layer.
5. Brush the grill grate with pure olive oil. Place the grill grate on the regular grate and preheat for 5 minutes.
6. Brush the salmon fillets with the extra virgin olive oil. Season with salt and pepper as needed. Place the fillets presentation side down on the hot grill grate and grill for 3 minutes.
7. Gently turn the fish with a spatula or tongs. Cook until the fish is firm but not hard, 4 to 5 minutes. To check if the fish is done, insert a knife into the thickest part of the fillet. The center should still be slightly translucent.

8. Remove the skin from the fish. Transfer the fillets to serving plates and allow them to rest. As they rest, they will finish cooking.
9. Slice the avocados into thin slices, if using. Heat a little oil in a large sauté pan over medium heat. Add the avocado slices and heat until warm, about 1 minute. This will help to prevent browning and loss of color.
10. Spoon $\frac{1}{4}$ to $\frac{1}{3}$ cup of the sauce over each piece of the grilled salmon. Place the avocado slices around the salmon. Garish with the chopped almonds.

Note: Sliced almonds can be substituted for the chopped Marcona almonds.

TORTILLA ESPAÑOLA

Yield: 8 portions

Ingredients	Amounts
Potato, Yukon Gold, peeled, 1/8-in. sliced	2 lb.
Salt, kosher	1 tsp.
Oil, olive, extra virgin	2 cups
Onion, yellow, chopped	1 cup
Pepper, bell, red, chopped	1/3 cup
Pepper, bell, green, chopped	1/3 cup
Pork, sausage, chorizo, diced	1/2 cup
Pork, ham, serrano, diced	1 cup
Egg, whole	10 ea.
Salt, kosher	to taste

Method

1. In a medium bowl, place the potatoes and salt. Toss to combine.
2. Heat the oil in a large, heavy nonstick over medium heat. Add the potatoes. Add more oil, if needed, to just cover the potatoes. Cook, stirring occasionally, until the potatoes are soft and fully cooked, but not brown, 5 to 10 minutes.
3. In a colander placed over a large bowl, carefully drain the oil from the potatoes. (See an assistant for help). Refrigerate the oil for later use.
4. In a large sauté pan, place the onions, peppers, chorizo, and ham. Sauté, stirring often, until the chorizo is cooked through, 5 to 10 minutes. Transfer to the colander with the potatoes.
5. In a large bowl, beat the eggs until smooth. Stir in the potato mixture. Season with salt to taste.
6. In a non-stick pan over medium heat, place 2 tablespoons of the reserved olive oil. When the oil is very hot, add enough of the egg and potato mixture to the pan to fill the pan about halfway. Tilt the pan so that the eggs run over the bottom of the pan in an even layer. Turn the heat to low. Cook, shaking the pan occasionally, until the omelet has set, about 8 minutes.
7. Cover the pan with an omelet turner or flat-bottom pot lid and flip the omelet onto it. This can also be done using a second graduated non-stick pan (see chef demo.)
8. Carefully slide the inverted omelet back into the pan. Return to the heat and cook on the other side until lightly browned, about 5 minutes. Slide the omelet onto a plate. Repeat with the remaining egg mixture.
9. Allow the omelets to cool to room temperature. Cut into wedges and serve.

CHURROS AND XOCOPILI HOT CHOCOLATE

Yield: 8 portions

Ingredients	Amounts
Heavy cream	1 ³ / ₄ cup
Chocolate, Xocopili	1 ³ / ₄ cups
Water	2 cups
Butter, unsalted	¹ / ₂ cup
Sugar, granulated	¹ / ₂ tsp.
Salt, kosher	¹ / ₂ tsp.
Flour, bread	2 cups
Egg, whole	6 ea.
Oil, olive, pure	10 cups
Cinnamon, ground	2 tsp.
Sugar, granulated	1 cup

Method

1. For the hot chocolate, in a medium saucepan, bring the cream to a simmer over low heat. Transfer to a stainless-steel bowl. Add the xocopili chocolate. Cover with plastic wrap and let it sit for 5 minutes. Whisk until combined. Reserve.
2. For the churros, in a medium pan, place the water, butter, sugar, and salt. Bring it to a boil over medium heat, while stirring constantly with a wooden spoon.
3. Remove the pan from the heat. Add the flour all at once. Stir vigorously to combine.
4. Return the pan to medium heat. Cook, stirring constantly, until the mixture starts to stick to the pan, about 3 minutes.
5. Transfer the mixture to the bowl of a 5-quart stand mixer with a paddle attachment. Beat on medium speed.
6. Add the eggs one at a time, beating until the mixture is smooth after each addition, 6 to 7 minutes.
7. Transfer the mixture to a piping bag fitted with a No. 6 star tip.
8. Heat the oil in a medium saucepan to 325°F. Pipe 2-inch lengths of dough into the oil, working in batches of 6 to 8 piped churros at a time. Fry until golden brown, about 6 minutes. Drain briefly on paper towels. Repeat with the remaining dough.
9. In a bowl, combine the cinnamon and sugar. While the churros are still hot, roll them in the cinnamon and sugar mixture.
10. Transfer the reserved chocolate mixture to a saucepan. Reheat over low heat until just simmering, 1 to 2 minutes. Serve ¹/₂ cup of the hot chocolate with 4 churros.

Note: Chopped dark chocolate can be substituted for the xocopili.

SPICED ALMONDS

Yield: 1 pound

Ingredients	Amounts
Almonds, blanched, toasted	1 lb.
Chile, cayenne, ground	¼ tsp.
Paprika, Spanish, sweet (<i>Pimentón dulce</i>)	2 ½ tsp.
Sugar, granulated	½ tsp.
Salt, kosher	1 ½ tsp.
Cinnamon, ground	½ tsp.
Cumin, ground	2 tsp.
Oil, pimentón	4 Tbsp.

Method

1. Preheat the oven to 340°F.
2. Arrange the almonds in a single layer on a ½ sheet tray. Toast in the preheated oven until light golden brown, 5 to 10 minutes.
3. Lower the oven temperature to 250°F.
4. Transfer the almonds to a stainless-steel bowl. Add the cayenne, pimentón, sugar, salt, cinnamon, cumin, and pimentón oil. Toss to coat.
5. Arrange the almonds in a single layer on the ½ sheet tray. Roast in the preheated oven until the spices dry onto the almonds, 5 to 10 minutes.
6. Allow the almonds to cool to room temperature.

CORDOBAN-STYLE COLD GAZPACHO

SALMOREJO

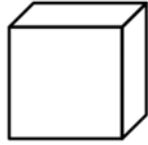
Yield: 3 quarts

Ingredients	Amounts
Tomato, plum (Roma) fresh, chopped	3 lb.
Tomato, plum (Roma) whole, canned	3 lb.
Garlic, head, chopped	1 ea.
Vinegar, sherry	$\frac{3}{4}$ cup
Oil, olive, extra virgin	2 $\frac{1}{2}$ cups
Bread, baguette, loaf, crust removed	$\frac{1}{2}$ ea.
Salt, kosher	to taste
Egg, whole	6 ea.
Oil, olive, pure	as needed
Ham, serrano, minced	3 wt. oz.
Parsley, Italian, fresh, chopped fine	$\frac{1}{3}$ cup

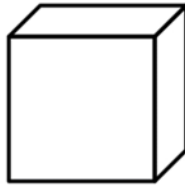
Method

1. In a large bowl, combine the tomatoes with their juices, garlic, vinegar, olive oil, and bread. Season with salt to taste. Mix well. Allow it to sit for 10 minutes.
2. Transfer the tomato mixture to a blender. Working in batches, process the mixture on high speed until very smooth. Season with salt to taste.
3. Transfer the gazpacho to a bain-marie. Cover and refrigerate for a minimum of 1 hour, or overnight.
4. In a medium saucepan, place the eggs and enough cold water to cover by 1 inch. Bring to a boil. Turn off the heat, cover, and let it rest for 10 to 12 minutes.
5. Remove the eggs from the hot water and place them in an ice bath until cool. Peel and finely chop the eggs. Reserve.
6. Heat a drizzle of oil in a frying pan over medium-high heat. Add the ham and cook until crisp. Drain on paper towels as needed.
7. Ladle the gazpacho into small soup bowls. Garnish with the hard-cooked egg, crispy serrano ham, and parsley.

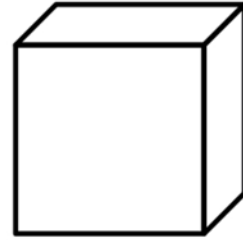
BASIC KNIFE CUTS



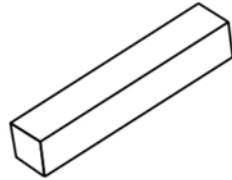
Small Dice
1/4" cube



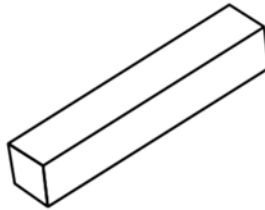
Medium Dice
1/2" cube



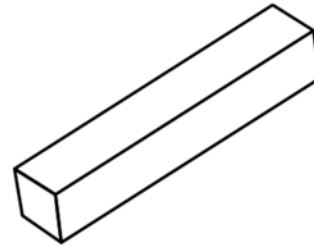
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



Julienne
1/8" sq x 2 inch



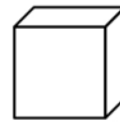
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



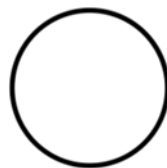
Chop
1/8"-1/4" cube



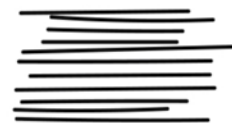
Brunoise
1/8" cube (fine dice)



Bias
diagonal cut



Rondelle
1-8"-1/2" round



Chiffonade
rolled, sliced thin

CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

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

METRIC CONVERSION TABLE

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

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

TEMPERATURE EQUIVALENCIES

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

US CUSTOMARY LIQUID VOLUME CONVERSIONS

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

US TO METRIC DRY MEASURES CONVERSIONS

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

VOLUME MEASURE CONVERSIONS

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

These materials were developed at the Culinary Institute of America.

Spain and the World Table Sat Course Guide Foglietta v.170.docx

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