



Culinary Institute
of America

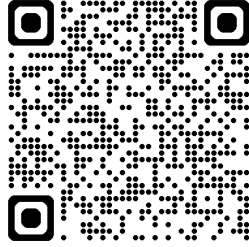
Best of Boot Camp (5 Day)

WELCOME!



CIAFOODIES.COM

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Expectations for Participants

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

KITCHEN RESPONSIBILITIES

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



RECIPE MISE EN PLACE

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



FOOD SAFETY

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

KNIFE SAFETY

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



COURSE INFORMATION

The *Best of Boot Camp* is an intensive five-day, hands-on, fantasy culinary vacation! This program features all the best that CIA Boot Camp programs have to offer. Each day will highlight the fundamentals of cooking and baking while introducing you to new and exciting tastes. You will get a look into the hallowed halls of The Culinary Institute of America and work with our esteemed chefs, who will share step-by-step demonstrations and instruction.

LEARNING OBJECTIVES

Throughout this course, you will...

- learn to speak like a chef, using appropriate terms for kitchen equipment and culinary techniques.
- practice essential kitchen skills related to mis en place, knife handling, and cooking methods.
- learn the fundamentals of Italian cuisine encompassing the northern, central, and southern regions.
- explore the uncomplicated yet sophisticated world of the French bistro through classic dishes.
- explore the culture and cuisines of Asia including Thailand, Vietnam, Korea, Japan, and China.
- study the fundamentals of baking and pastry, from basic bread baking to simple, yet elegant, plated desserts.

COURSE SYLLABUS

DAY ONE: SHARPENING YOUR KNIFE SKILLS AND CULINARY FUNDAMENTALS

- Lecture
 - Safety and Sanitation
 - Mise en Place
 - Basic Culinary Preparations
 - Dry-Heat Cooking Methods
 - Moist-Heat Cooking Methods
 - Combination Cooking Methods
- Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Knife Skills
 - Pounding Meat
 - Preparing Beurre Blanc Sauce
 - Pan-Frying
 - Grilling
 - Pilaf Method
 - Piping Pommes Duchesse
 - Review and Critique

DAY TWO: THE ITALIAN TABLE

- Lecture
 - Regional Italian Cuisine
 - Northern
 - Central
 - Southern
 - Pasta
- Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Preparing Risotto
 - Preparing and Shaping Fresh Egg Pasta
 - Preparing and Shaping Gnocchi
 - Butterflying and Rolling Pork Loin
 - Preparing and Shaping Fresh Mozzarella Cheese
 - Review and Critique

DAY THREE: BISTROS AND BRASSERIES

- Lecture
 - Bistros and Brasseries
 - Quickbreads, Pastries, Crepes and Other Griddled Items
 - Specialty Egg Dishes
 - Soups
 - Salads and Dressings
 - Sandwiches, Quiche, and Pizza
- Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Rolling and Blind-Baking Pie Dough
 - Preparing chocolate mousse
 - Preparing French Fries
 - Preparing Crêpes
 - Cleaning Mussels
 - Poaching Eggs
 - Preparing Hollandaise Sauce
 - Preparing Poolish for Ciabatta- Day Four
 - Review and Critique

DAY FOUR: FLAVORS OF ASIA

- Lecture
 - Asian Cuisine
 - Cooking Methods
 - Specialty Equipment
 - Asian Ingredients
 - National Cuisines
 - Thailand
 - Vietnam
 - Korea
 - Japan
 - China
- Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Review and Critique

DAY FIVE: BAKING AND PASTRY

- Lecture
 - Baking and Pastry
 - Basic Ingredients
 - Basic Mixing Methods
 - Ratios
- Kitchen Production Exercise (note: class will not prepare their own meal today)
 - Group and/or Station Demonstrations
 - Pie Dough
 - Challah
 - Ciabatta
 - Review and Critique

DAY ONE PRODUCTION ASSIGNMENTS: SHARPENING YOUR KNIFE SKILLS AND CULINARY FUNDAMENTALS

EACH STUDENT

Slice onions, dice onions, mince garlic

TEAM ONE:

Wiener Schnitzel with Lemon-Caper Beurre Blanc
Garlic-Roasted Potatoes with Parsley and Oregano
Braised Collard Greens

TEAM TWO:

Grilled Salmon with Orange-Thyme Butter
Rice Pilaf
Green Beans with Toasted Walnuts

TEAM THREE:

40-Clove Chicken
Whipped Potatoes
Oven-Roasted Vegetables

TEAM FOUR:

Roast Sirloin of Beef with Jus Lié
Pommes Duchesse
Grilled Zucchini

ALL TEAMS: PREP FOR DAY THREE:

Vanilla Sugar for Chocolate Mousse

WIENER SCHNITZEL WITH LEMON-CAPER BEURRE BLANC

Yield: 6 portions

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

Method

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

LEMON-CAPER BEURRE BLANC

Yield: 2 cups

Ingredients	Amounts
Cream, heavy	1 cup
Shallot, minced	1 Tbsp.
Peppercorns, black, whole	4 ea.
Wine, white, dry	½ cup
Lemon, juice, fresh (Divided)	2 Tbsp.
Butter, cold, cubed	¾ lb.
Salt, kosher	to taste
Pepper, white, ground	to taste
Lemon, zest, grated	1 Tbsp.
Capers, drained, rinsed	4 Tbsp.

Method

1. In a small saucepan over medium heat, place the heavy cream. Bring it to a simmer. Simmer until reduced by half, 10 to 15 minutes. Reserve.
2. In a separate saucepan over medium-high heat, place the shallots, peppercorns, wine, and 2 tablespoons of the lemon juice. Reduce until nearly dry (*au sec*).
3. Add the reduced heavy cream. Simmer until it reduces slightly, 2 to 3 minutes.
4. Turn down the heat to very low. Add the butter a few pieces at a time, whisking constantly, until it is incorporated. Do not allow the sauce to boil, as it will separate.
5. Season with salt and pepper to taste.
6. Add the remaining lemon juice, lemon zest, and capers.
7. Keep warm until needed.

GARLIC-ROASTED POTATOES WITH PARSLEY AND OREGANO

Yield: 6 portions

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

Method

1. Preheat oven to 425°F.
2. In a large bowl, place the olive oil, bay leaves, oregano, salt, and pepper. Mix to combine.
3. Add the potatoes. Toss to evenly coat.
4. Heat a large, cast-iron skillet over medium heat. Transfer the oiled seasoned potatoes to the skillet.
5. Place the skillet in the preheated oven. Roast, stirring occasionally to ensure even browning, for 20 minutes.
6. Lower the oven temperature to 375°F. Roast, stirring occasionally, until the potatoes are tender, golden brown, and crispy, 15 to 20 minutes. When there are 5 to 10 minutes remaining, add the garlic.
7. Transfer the potatoes to a warm serving bowl. Sprinkle with the parsley and oregano.
8. Serve immediately.

BRAISED COLLARD GREENS

Yield: 6 portions

Ingredients	Amounts
Collard greens, stems removed,roughly chopped	2 ½ lb.
Pork, bacon, slice, diced	3 ea.
Onion, yellow, diced	1 ¼ cups
Garlic, minced	2 tsp.
Pork, ham, hock (Optional)	1 ea.
Stock, chicken	1 ¼ cups
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. Remove the stems from the greens and discard.
3. Bring a large pot of salted water to a boil. Add the collards. Blanch (par-cook) for 1 minute. Transfer to an ice water bath to stop the cooking process. Drain and reserve.
4. In a large skillet over medium heat, place the bacon. Render until light golden brown, crispy, and the fat has melted out, 7 to 8 minutes.
5. Add the onions. Sweat until translucent, 3 to 4 minutes.
6. Add the garlic. Sweat until aromatic, about 1 minute.
7. Add the ham hock, if desired. Add the blanched greens and stock. Season with salt and pepper to taste. Braise in the preheated oven until the greens are tender, 30 to 45 minutes.
8. Using a slotted spoon, remove the greens from the liquid. Reserve. Place the skillet on the stovetop over medium-high heat. Reduce the cooking liquid by half.
9. Return the greens to the skillet. Toss with the cooking liquid. Season with salt and pepper to taste.
10. Serve hot on a warm serving platter.

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

GRILLED SALMON WITH ORANGE-THYME BUTTER

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted, softened	½ cup
Almonds, slivered, finely chopped	4 Tbsp.
Orange, zest	1 tsp.
Orange, juice, fresh	2 Tbsp.
Thyme, leaves, fresh	2 tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	½ tsp.
Salmon, fillet, skinless, 6 oz.	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Lemon, juice, fresh	2 Tbsp.
Oil, vegetable	as needed

Method

1. In a small bowl, place the butter with the almonds, orange zest, thyme, orange juice, salt, and pepper. Mix to combine.
2. Place the mixture on a piece of plastic wrap. Roll it into a 1-inch-diameter cylinder and secure the ends by twisting. Chill in the refrigerator until firm, about 2 hours.
3. Preheat a gas grill to medium, leaving one burner off.
4. Season the fish with salt, pepper, and lemon juice. Brush evenly with oil.
5. Grill the salmon fillet to the desired doneness (usually medium), 2 to 3 minutes per side. Transfer to an oven-safe pan.
6. Preheat broiler to low.
7. Top each fillet with a slice of the orange-thyme butter. Place into the broiler until the butter just starts to melt, about 2 minutes.
8. Serve immediately on a warm platter.

RICE PILAF

Yield: 6 portions

Ingredients	Amounts
Stock, chicken	2 cups
Oil, vegetable	1 Tbsp.
Onion, yellow, diced	3 Tbsp.
Garlic, minced	1 tsp.
Rice, white, long-grain	1 cup
Salt, kosher	1 tsp.
Pepper, white, ground	¼ tsp.
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	1 ea.

Method

1. Preheat oven to 325°F.
2. In a heavy saucepan over medium-high heat, place the stock. Bring it to a simmer. Reserve.
3. Heat the oil in another heavy saucepan over medium heat. Add the onions. Sweat until translucent, 3 to 5 minutes.
4. Add the garlic. Sweat until aromatic, about 1 minute.
5. Add the rice, stirring to coat the grains with the butter. Toast for 1 minute.
6. Add the reserved stock, salt, pepper, bay leaf, and thyme. Bring it to a boil, stirring occasionally to prevent the rice from sticking to the bottom of the pan.
7. Cover the pan tightly and place it in the preheated oven. Cook until the rice is tender and all the liquid has been absorbed, 15 to 20 minutes.
8. Remove the pan from the oven and let it stand undisturbed for 10 minutes.
9. Remove the lid and cover the pot with a clean dish towel. Replace the lid and let it sit for another 5 minutes.
10. Uncover and fluff the grains of rice with a fork. Serve immediately in a heated bowl.

Note: Instead of cooking the rice in the oven, it can continue cooking on the stovetop, tightly covered, over very low heat.

GREEN BEANS WITH TOASTED WALNUTS

Yield: 6 portions

Ingredients	Amounts
Walnuts, halved	2 Tbsp.
Beans, green, trimmed	1 ½ lb.
Oil, walnut	1 ½ tsp.
Shallot, minced	2 tsp.
Garlic, minced	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Chive, fresh, sliced	2 tsp.

Method

1. Heat a dry sauté pan over medium-high heat. Add the walnuts in an even layer. Toast, shaking the pan occasionally, until the walnuts are golden brown and aromatic, about 5 minutes. Immediately transfer to a bowl to prevent the nuts from scorching. Reserve.
2. Bring a pot of salted water to a boil. Add the green beans. Blanch (par-cook) until they are bright green, 1 to 2 minutes. Transfer the beans to an ice bath to stop the cooking process. Drain and reserve.
3. Heat a large sauté pan over medium heat. Add the walnut oil, shallots, and garlic. Sweat until the shallots are softened, 2 to 3 minutes.
4. Add the green beans. Cook until heated through. Season with salt and pepper to taste.
5. Stir in the reserved, toasted walnuts and chives.
6. Serve on a heated platter.

40-CLOVE CHICKEN

Yield: 6 portions

Ingredients	Amounts
Chicken, breast, frenched	4 ea.
Chicken, thigh	4 ea.
Chicken, leg	4 ea.
Wine, white, dry	4 ³ / ₄ cups
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	1 ¹ / ₄ cups
Oil, olive, pure	3 Tbsp.
Garlic, clove, peeled	40 ea.
Thyme, fresh, sprig,	6 ea.
Rosemary, fresh, sprig,	2 ea.
Parsley, flat-leaf, fresh, chopped	3 Tbsp.

Method

1. In a large bowl, place the chicken and wine. Marinate in the refrigerator for 1 hour. Remove the chicken and pat dry. Reserve the marinade.
2. Preheat oven to 325°F.
3. Season the chicken with salt and pepper. Dredge the chicken in flour.
4. Heat the oil in a large, straight-sided sauté pan (*sautoir*) over medium-high heat. Working in batches, brown the chicken on all sides, about 5 minutes per side. Remove the chicken and reserve.
5. Add the garlic. Sauté until it begins to brown, 7 to 10 minutes.
6. Place the chicken on top of the garlic in a single layer. Add the reserved wine marinade, thyme, and rosemary. Bring it to a simmer.
7. Cover the pan. Braise in the preheated oven until the chicken is tender, about 45 minutes.
8. Remove and reserve the chicken and the garlic. Remove and discard the thyme and rosemary.
9. Place the pan on the stovetop over medium heat. Reduce the sauce until it is thick enough to coat the back of a spoon (*nappé*). Adjust the seasoning with salt and pepper to taste.
10. Serve the chicken with the sauce and garlic cloves. Garnish with parsley.

Source: Adapted from *On Cooking* by Sarah Labensky and Alan Hause

WHIPPED POTATOES

Yield: 6 portions

Ingredients	Amounts
Potato, russet, peeled, quartered	2 lb.
Salt, kosher	½ tsp.
Butter, unsalted, softened	2 Tbsp.
Milk, whole, warmed	¼ cup
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. In a large pot, place the potatoes, salt, and enough cold water to cover by 2 inches. Bring it to a simmer over high heat.
2. Lower the heat to medium, cover, and simmer until the potatoes are fork tender, 25 to 30 minutes.
3. Drain the potatoes and return them to the pan. Place the pan over low heat until no more steam rises from the potatoes (be careful not to brown them).
4. While still hot, transfer the potatoes to a food mill. Purée into a heated bowl.
5. Add the butter. Mix until just incorporated.
6. Add the warm milk. Stir to combine. Season with salt and pepper to taste.
7. With an electric mixer, whip the potatoes on medium speed until smooth and light.
8. Serve immediately in a heated bowl.

Variations:

Buttermilk Whipped Potatoes: Substitute buttermilk for the half and half. Add 1 to 2 tablespoons of minced fresh chives along with the salt and pepper.

Whipped Sweet Potatoes: Substitute sweet potatoes for the russet potatoes. Use the cooking liquid to replace half of the half and half when whipping the purée. Season with ¼ teaspoon of cinnamon, a few grains of nutmeg, and a few drops of fresh lemon juice.

OVEN-ROASTED VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Onion, red, quartered	2 ea.
Carrot, oblique cut	2 cups
Cauliflower, cut into florets	2 cups
Pepper, bell, red, cut into 1-in. pieces	2 cups
Pepper, bell, green, cut into 1-in. pieces	2 cups
Garlic, clove, whole, peeled	6 ea.
Shallot, whole, peeled	3 ea.
Oil, olive, extra virgin	2 Tbsp.
Thyme, fresh, chopped	1 Tbsp.
Salt, kosher	1 Tbsp.
Pepper, black, ground	1 tsp.
Butter, unsalted, cut into bits	4 Tbsp.

Method

1. Preheat oven to 375°F.
2. In a large, stainless-steel bowl, place the onions, carrots, cauliflower, peppers, garlic, and shallots. Toss to combine.
3. Add the olive oil. Toss well to coat the vegetables with the oil.
4. Season with the thyme, salt, and pepper. Mix thoroughly.
5. Butter a roasting pan. Transfer the vegetables to the pan. Dot the vegetables with the butter.
6. Place the pan in the preheated oven, stirring occasionally, until the vegetables are lightly caramelized and tender, 30 to 40 minutes.
7. Serve immediately on a heated platter.

ROAST SIRLOIN OF BEEF WITH JUS LIÉ

Yield: 6 portions

Ingredients	Amounts
Beef, sirloin, boneless	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	as needed
Onion, yellow, diced	1/3 cup
Carrot, diced	1/4 cup
Celery, diced	1/4 cup
Tomato, paste	2 Tbsp.
Veal, stock, brown	2 1/2 cups
Cornstarch	1 tsp.
Water	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. Season the beef generously with salt and pepper.
3. Using butcher's twine, loop the twine around the center of the roast, pulling it tight. Create loops along the length of the roast, twisting the twine and maneuvering it under the meat before cinching to tighten each loop, spaced 1 inch apart. Weave the twine through the existing loops, alternating in and out to secure the roast uniformly. Flip the roast over and tie off the twine at your starting point, ensuring a snug and secure fit. (See Chef demo.)
4. Heat enough oil to create a film in a large sauté pan over medium-high heat. Add the beef. Brown it on all sides.
5. Transfer the beef to a rack set above a roasting pan. Add the onions, carrots, and celery to the bottom of the pan.
6. Roast in the preheated oven until the beef is medium-rare (125°F internal temperature), about 1 hour.
7. Transfer the beef to a platter, cover it loosely with foil, and let it stand for 20 minutes.
8. For the jus lié, pour off the fat from the roasting pan, leaving 1 tablespoon. Add the tomato paste. Place the pan over medium heat on the stove top. Cook, stirring often, until the vegetables and tomato paste are caramelized, 3 to 5 minutes.
9. Add the stock. Deglaze, stirring to scrape up any food bits stuck to the bottom of the pan.
10. In a small bowl, whisk together the cornstarch and water to form a slurry. Whisk it into the sauce. Bring the pan to a boil over medium heat. Cook until the sauce thickens.
11. Remove the pan from the heat. Strain. Season with salt and pepper to taste.
12. Remove the string from the meat and slice. Serve on a heated platter with the jus lié.

POMMES DUCHESSE

Yield: 6 portions

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

Method

1. Preheat oven to 400°F.
2. In a large pot, place the potatoes and enough cold water to cover by 2 inches. Salt the water. Bring it to a boil over high heat. Lower the heat to a simmer. Cook until the potatoes are just tender, 10 to 15 minutes.
3. Drain the potatoes and return them to the pot. Cook, stirring constantly, over low heat until no more steam rises from the potatoes, 2 to 3 minutes. (Do not allow the potatoes to brown.)
4. Immediately transfer the potatoes to a food mill. Purée into a large, heated bowl.
5. Add the egg yolks and butter. Stir to combine. Season with the salt, pepper, and nutmeg.
6. Transfer the mixture to a piping bag fitted with a star tip. Pipe the potatoes onto a parchment paper-lined sheet pan (See chef demo).
7. Bake in the preheated oven until the potatoes are heated through and golden brown, 35 to 40 minutes.
8. Serve immediately on a warm platter.

GRILLED ZUCCHINI

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	½ cup
Vinegar, wine, red	½ cup
Garlic, minced	2 tsp.
Thyme, fresh, chopped	1 ½ tsp.
Oregano, fresh, chopped	1 ½ tsp.
Sugar, granulated	1 tsp.
Squash, zucchini, ½-in. sliced on bias	1 ½ lb.
Salt, kosher	½ tsp.

Method

1. Preheat a gas grill to medium-high. Clean the cooking grate.
2. For the marinade, in a large bowl, place the oil, vinegar, garlic, thyme, oregano, and sugar. Whisk until the sugar dissolves. Reserve.
3. Pat the zucchini slices dry with paper towels. Season generously with salt. Transfer to the bowl with the marinade. Toss well, coating the zucchini on both sides. Reserve any leftover marinade.
4. Place the zucchini on the preheated grill. Cook on each side until tender and marked with grill marks.
5. Transfer to a warm platter. Drizzle with some of the reserved marinade.
6. Serve hot.

DAY TWO PRODUCTION ASSIGNMENTS: THE ITALIAN TABLE

TEAM ONE:

Risotto with Porcini Mushrooms and Peas
Prosciutto with Roasted Peppers and Anchovies
Garganelli with Ragù Bolognese

TEAM TWO:

Gnocchetti with Peas and Pancetta
Roast Stuffed Pork Loin Genoa-Style with Garlic Jus
Stuffed Zucchini

TEAM THREE:

Fresh Mozzarella Salad
Swordfish with Spicy Tomato Sauce
Baked Rolled Pasta

TEAM FOUR:

Caponata with Toast
Spinach and Ricotta Ravioli
Onions in Sweet and Sour Sauce

CHEF DEMO AND GROUP PRODUCTION:

Zabaglione
Tiramisu
Soak Navy Beans for Potage au Pistou

RISOTTO WITH PORCINI MUSHROOMS AND PEAS

Yield: 6 portions

Ingredients	Amounts
Mushrooms, porcini, dried	1 ½ cups
Water, boiling	2 cups
Stock, chicken	3 ¼ cups
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	2 Tbsp.
Peas, frozen, thawed	¾ cup
Butter, unsalted	¼ cup
Onion, yellow, minced	½ cup
Garlic, minced	2 tsp.
Rice, Arborio	1 ¼ cups
Wine, white, dry	¼ cup
Butter, unsalted	¼ cup
Cheese, Parmesan, grated	1 cup

Method

1. In a large bowl, place the dried mushrooms and enough boiling water to cover them. Allow them to soak until softened, 15 to 30 minutes. Place a strainer lined with cheesecloth over a bowl and drain the mushrooms. Reserve the mushrooms.
2. In a small saucepot, heat the stock over low heat. Season with salt and pepper to taste. Reserve.
3. In a small sauté pan over medium heat, melt the butter. Add the reserved mushrooms and sauté until tender, 15 to 20 minutes.
4. Add the peas. Cook until the peas are heated through. Remove the pan from the heat. Reserve the peas and mushrooms.
5. Melt the butter in a sautoir (a straight sided sauté pan) over medium heat. Add the onions and sauté until translucent but without color, 5 to 7 minutes.
6. Add the garlic and sauté until aromatic, but without color, about 1 minute.
7. Add the rice and cook, stirring constantly, until the rice grains are coated with butter and have changed from completely white to somewhat translucent, but without browning. (The center will still be white.)
8. Lower the heat to medium-low. Add the wine and simmer, stirring often, until the wine is almost completely absorbed.
9. Add the reserved stock in 3 additions, stirring and allowing the stock to be absorbed between additions. The rice should still be just tender, and the grains separate, but creamy.
10. Add the reserved mushroom and pea mixture, butter, and cheese. Adjust the consistency, if necessary, with more stock. It should be wavy and creamy like porridge

(all'onda), not firm and stiff. Season with salt and pepper to taste. Serve in heated bowls.

PROSCIUTTO WITH ROASTED PEPPERS AND ANCHOVIES

Yield: 6 portions

Ingredients	Amounts
Pepper, bell, red	3 ea.
Pepper, bell, yellow	3 ea.
Oil, olive, extra virgin	½ cup
Lemon, juice, fresh	¼ cup
Anchovy, fillet, minced	2 ea.
Garlic, minced	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lettuce, romaine, leaf	6 ea.
Pork, prosciutto, very thin slice	6 ea.
Anchovy, fillet	6 ea.

Method

1. Using tongs, hold the peppers over the flame of a gas burner. Turn the peppers and roast them until the surface is evenly charred.
2. Place the roasted peppers in a paper bag, and steam until the skin loosens, about 15 minutes.
3. When cool enough to handle, remove the charred skin and the seeds. Cut the peppers into strips. Transfer to a stainless-steel bowl. Reserve.
4. For the marinade, add the oil, lemon juice, anchovies, garlic, salt, and pepper to the peppers. Mix to combine. Marinate for 1 hour.
5. Arrange the lettuce leaves onto a chilled platter. Top with the reserved pepper strips, prosciutto, and anchovy fillets.
6. Serve at room temperature.

GARGANELLI WITH RAGÙ BOLOGNESE

Yield: 8 portions

Ingredients	Amounts
Pork, pancetta, finely diced	2 ½ wt. oz.
Oil, olive, extra virgin	1 ¼ Tbsp.
Butter, unsalted	⅔ wt. oz.
Onion, yellow, finely diced	6 ¼ wt. oz.
Carrot, finely diced	2 ½ wt. oz.
Celery, finely diced	2 wt. oz.
Beef, ground, lean	10 wt. oz.
Pork, ground, lean	10 wt. oz.
Tomato, paste	2 wt. oz.
Wine, red, dry	10 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Nutmeg, fresh, grated	to taste
Stock, chicken	32 fl. oz.
Cream, heavy, heated	10 fl. oz.
Fresh Egg Pasta (Recipe follows)	1 ½ lb.
Cheese, Parmesan, grated	4 wt. oz.
Tomato, canned, whole, peeled	2 lb.

Method

1. In a medium, non-reactive stockpot, place the pancetta, oil, and butter. Cook over medium-low heat, stirring frequently, until golden brown and the fat renders, about 15 minutes.
2. Add the onions, carrots, and celery (*mirepoix*). Cook over medium-high heat, stirring frequently, until the vegetables are softened, and the onions are translucent, 5 to 7 minutes.
3. Add the beef and pork. Cook, stirring continuously, until the meat browns, 3 to 4 minutes. Drain the fat, if necessary.
4. Stir in the tomato paste. Cook until lightly caramelized, 2 to 3 minutes.
5. Stir in the wine. Reduce until nearly dry (*au sec*).
6. Season with salt, pepper, and nutmeg to taste.
7. Add the stock. Bring the sauce to a boil, turn down the heat to low, and simmer uncovered until the sauce reduces and the flavors have concentrated. Add more stock if necessary to avoid scorching.
8. Just prior to service, stir in the cream and return the sauce to a simmer. Do not allow it to boil. Adjust the seasoning with salt and pepper to taste. Reserve. Keep warm.
9. Bring a large pot of salted water to a boil. Add the pasta. Cook, stirring frequently, until it is tender but firm to the bite (*al dente*). Drain, reserving some of the cooking liquid.

10. Toss the pasta with the sauce. Adjust the consistency with some of the cooking liquid, as needed. Serve in a heated bowl, garnished with Parmesan cheese.

FRESH EGG PASTA

Yield: 1 ½ lb.

Ingredients	Amounts
Flour, durum	3 ¼ cups
Salt, kosher	⅛ tsp.
Egg, whole	4 ea.
Oil, olive, pure (Optional)	2 Tbsp.

Method

1. In a food processor, combine the flour and salt. Mix to combine.
2. Add the eggs and oil, if using. Process until the dough resembles coarse meal and, when pressed, it forms a cohesive dough.
- 3.
4. Turn the dough out onto a work surface. Knead until the dough is very firm, yet pliable.
5. Cover and let the dough to relax at room temperature for at least 1 hour.
6. Roll the dough by machine or by hand. To form a garganelli shape, cut pasta into small squares and pinch the corners together (See Chef demo).
7. The pasta is ready to cook now, or it can be covered and refrigerated for up to 2 days.

Variations: *For each variation, the amount of flour may also need to be adjusted accordingly.*

Spinach Pasta: Purée 6 ounces spinach leaves, squeeze dry in cheesecloth, and add to the eggs.

Red Pepper Pasta: Sauté 6 ounces puréed roasted red pepper until reduced and dry. Cool and add to the eggs.

Tomato Pasta: Sauté 6 tablespoons tomato purée until reduced and dry. Cool and add to the eggs.

Pumpkin, Carrot, or Beet Pasta: Sauté 6 ounces puréed cooked pumpkin, carrots, or beets until reduced and dry. Cool and add to the eggs.

Citrus Pasta: Add 4 teaspoons finely grated lemon or orange zest to the eggs. Substitute 2 tablespoons citrus for the water.

Herbed Pasta: Add 2 to 3 ounces chopped fresh herbs to the eggs.

Black Pepper Pasta: Add 2 teaspoons cracked black peppercorns to the flour.

Saffron Pasta: Steep 2 to 4 teaspoons pulverized saffron threads in 2 tablespoons hot water and add to the eggs.

Curried Pasta: Add 2 to 4 teaspoons curry powder to the flour.

GNOCCHETTI WITH PEAS AND PANCETTA

Yield: 6 portions

Ingredients	Amounts
Potato, chef's, peeled, quartered	1 ½ lb.
Salt, kosher	1 tsp.
Butter, unsalted	2 Tbsp.
Egg, whole, beaten	1 ea.
Egg, yolk, beaten	1 ea.
Flour, bread	as needed
Salt, kosher	as needed
Pepper, white, ground	as needed
Pork, pancetta, small diced	½ lb.
Chicken, stock	1 cup
Butter, unsalted, cubed	1 cup
Peas, frozen, thawed	1 ½ cups
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a large pot, place the potatoes in enough salted water to cover by 2 inches. Bring to a boil over high heat. Lower the heat to a simmer. Cook until the potatoes are fork tender, 10 to 15 minutes. Drain.
2. Return the potatoes to the pot. Over low heat, cook until no steam rises from the potatoes.
3. Pass the potatoes through a food mill into a large bowl. Cool completely.
4. Add the butter, egg, and egg yolk. Mix well to incorporate.
5. Add just enough of the flour to bind the mixture into a dough (the more flour added the heavier the result). Season with salt and pepper as needed.
6. Roll the dough into long cylinders about ¼-inch diameter. Cut into segments about ¼-inch long. Shape the gnocchetti by pressing and rolling each segment off the back of a fork. (See Chef demo). Reserve.
7. In a small sauté pan over medium heat, place the pancetta. Render until it browns and most of the fat has melted, 4 to 5 minutes. Reserve.
8. Bring a large pot of salted water to a boil. Cook the gnocchetti until they float and the center is cooked through, 5 to 6 minutes. Drain and reserve.
9. In a large, straight-sided sauté pan over medium heat, bring the stock to a simmer. Turn down the heat to low. Slowly add the butter, whisking until each addition is incorporated. Do not allow it to boil as the sauce could separate.
10. Add the gnocchetti. Toss to coat. Add the peas and pancetta. Toss to combine and heat through. Season with salt and pepper to taste. Serve on a heated platter.

11. Add the peas and reserved pancetta, toss to combine, and heat through. Season with salt and pepper to taste. Serve on a heated platter.

ROAST STUFFED PORK LOIN GENOA-STYLE WITH GARLIC JUS

Yield: 6 portions

Ingredients	Amounts
Pine nuts (<i>Pignoli</i>)	½ cup
Garlic, minced	4 tsp.
Parsley, flat-leaf, fresh, chopped	3 ½ Tbsp.
Basil, sweet, fresh, chopped	2 ½ Tbsp.
Cheese, Pecorino-Romano, grated	¼ cup
Pork, ground	¼ lb.
Pork, sausage, Italian, casing removed	¼ lb.
Breadcrumbs, dried	½ cup
Cream, heavy	3 Tbsp.
Egg, whole, beaten	1 ea.
Pork, loin, boneless, well-trimmed	2 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Onion, yellow, diced	½ cup
Carrot, diced	¼ cup
Celery, diced	¼ cup
Tomato, paste	4 Tbsp.
Garlic, minced	1 tsp.
Bay leaf, dried	1 ea.
Stock, veal, brown	2 ¼ cups
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat the oven to 350°F.
2. In a small, dry skillet over medium heat, toast the pine nuts until lightly browned and aromatic, 2 to 3 minutes. Finely chop.
3. For the dry pesto, in a small bowl, place the toasted pine nuts, garlic, parsley, basil, and cheese. Mix well. Reserve.
4. For the stuffing, in a medium bowl, place the ground pork, sausage, breadcrumbs, heavy cream, and egg. Mix well to combine. Reserve.
5. Butterfly the pork loin. Pound lightly with a meat mallet. (See Chef demo). Season with salt and pepper.
6. Spread the pesto mixture over the pork, leaving a ½-border on all sides. Spread the stuffing over the pesto.

7. Roll up the pork loin, jelly roll fashion, and secure it with butcher's twine (See Chef demo).
8. Place the pork loin on a rack set into a roasting pan. Roast in the preheated oven until the internal temperature reaches 150°F, 30 to 40 minutes. Transfer the pork to a cutting board. Tent with foil and let it rest for 10 minutes.
9. For the jus, drain the fat from the roasting pan, leaving 1 tablespoon. Add the onions, carrots, celery, and tomato paste. Place the pan on the stovetop over medium-high heat. Cook, stirring frequently, until the vegetables are lightly caramelized, 4 to 5 minutes.
10. Add the bay leaf and stock. Simmer until the liquid reduces to about 1 ½ cups. Strain through a fine mesh sieve. Season with salt and pepper to taste. Reserve hot.
11. Remove the string from the pork loin. Carve into ¼-inch-thick slices. Serve on a warm platter with the jus.

STUFFED ZUCCHINI

Yield: 6 portions

Ingredients	Amount
Zucchini, cut in ½ lengthwise, seeded	3 ea.
Oil, olive, pure	2 Tbsp.
Mushroom, white, diced	1 cup
Egg, whole, beaten	1 ea.
Breadcrumbs, fresh	½ cup
Cheese, Parmesan, grated	¼ cup
Milk, whole	2 Tbsp.
Oregano, dried, ground	¼ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted, melted	2 Tbsp.
Breadcrumbs, dried	½ cup
Cheese, Parmesan, grated	¼ cup

Method

1. Preheat oven to 375°F.
2. Bring a pot of salted water to a boil. Add the zucchini. Blanch until tender but still slightly crunchy, 1 to 2 minutes. Immediately transfer to an ice water bath to stop the cooking process. Drain well. Transfer to a hotel pan and reserve.
3. For the filling, heat the oil in a medium sauté pan over medium-high heat. Add the mushrooms. Sauté until browned, and all the juices released by the mushrooms have evaporated, 4 to 5 minutes. Cool and reserve.
4. In a large bowl, place the egg, breadcrumbs, cheese, and milk. Mix to combine.
5. Gently stir in the reserved mushrooms and oregano. Season with salt and pepper to taste.
6. Divide the filling evenly between the zucchini halves in a hotel pan.
7. For the topping, in a small bowl, place the butter, breadcrumbs, and Parmesan. Mix to combine. Sprinkle the mixture evenly over the zucchini.
8. Bake in the preheated oven until the topping is golden brown and the stuffing is heated through, 20 to 25 minutes.
9. Serve hot on a heated platter.

FRESH MOZZARELLA SALAD

Yield: 6 portions

Ingredients	Amounts
Oil, olive, extra virgin	6 Tbsp.
Vinegar, wine, red	2 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Wine, white, Soave	2 Tbsp.
Tomato, sun-dried, jarred	1 Tbsp.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Basil, sweet, fresh, chopped	1 Tbsp.
Oregano, fresh, chopped	1 Tbsp.
Garlic, mashed	1 tsp.
Pepperoncini, jarred, minced	½ tsp.
Mozzarella Cheese (Recipe follows)	2 lb.
Vinegar, balsamic, aged	to taste

Method

1. For the dressing, in a medium bowl, place the oil, vinegar, lemon juice, and wine. Whisk until combined.
2. Add the sun-dried tomatoes, parsley, basil, oregano, garlic, and pepperoncini. Mix well.
3. Add the mozzarella. Gently toss to coat.
4. Arrange on a decorative platter. Drizzle with the balsamic vinegar.

MOZZARELLA CHEESE

Yield: 2 pounds

Ingredients	Amounts
Salt, kosher	6 wt. oz.
Water	1 gal.
Cheese, curd, medium diced	2 lb.

Method

1. In a large pot, place the salt and water. Bring to a boil. Remove the pot from the heat.
2. In a large bowl, place the cheese curd. Add enough hot water to cover the curd.
3. Wearing 2 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. Remove the cheese from the water. Continue stretching it until the curd is smooth. Be careful not to overwork it or the cheese will become tough.
5. Shape the cheese into small balls (*bocconcini*). (See Chef demo).
6. Hold the cheese in water until ready to serve.

SWORDFISH WITH SPICY TOMATO SAUCE

Yield: 6 portions

Ingredients	Amounts
Wine, white, dry	12 fl. oz.
Pepperoncini, jarred, chopped	2 ea.
Basil, sweet, leaf, fresh	3 ea.
Oregano, fresh, sprig	1 ea.
Bay leaf, dried	1 ea.
Parsley, flat-leaf, sprig, fresh	1 ea.
Oil, olive, pure	2 fl. oz.
Onion, yellow, finely diced	3 wt. oz.
Garlic, minced	3 tsp.
Tomato, plum (Roma), concassé	2 lb.
Salt, kosher	to taste
Pepper, black, ground	to taste
Red pepper flakes	to taste
Pepper, cayenne, ground	to taste
Butter, unsalted	1 wt. oz.
Mushrooms, porcini, sliced	8 wt. oz.
Parsley, flat-leaf, leaves, fresh, chopped	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, clarified	as needed
Fish, swordfish, fillet	2 lb.

Method

1. For the infusion, heat the wine until it is reduced by half. Add the pepperoncini, basil, oregano, bay leaf, and parsley. Allow it to steep for 30 minutes. Strain. Reserve.
2. For the sauce, heat the oil in a sauté pan over medium-low heat. Add the onions and garlic. Sauté until the onions are translucent.
3. Add the tomatoes. Simmer until the tomatoes reduce to a sauce-like consistency.
4. Add the strained infusion. Transfer the sauce to a food processor and purée until smooth. Adjust the consistency with a little water, if needed. Season with salt, pepper, pepper flakes, and cayenne.
5. Heat the butter in a sauté pan over medium-low heat. Add the mushrooms. Sauté until they are light brown and tender, 4 to 5 minutes. Add the parsley. Season with salt and pepper to taste.

6. For the fish, heat the butter in a new sauté pan over medium high heat. Add the swordfish fillet and sauté until brown on both sides, about 2-3 minutes per side (cooking time depends on the thickness of the fillet.)
7. Portion 2 ounces of sauce on a serving plate. Top with the swordfish. Garnish with the sautéed mushrooms.

BAKED ROLLED PASTA

Yield: 6 portions

Ingredients	Amount
Fresh Egg Pasta (Recipe follows)	1 ½ lb.
Cheese, ricotta	1 lb.
Cheese, Parmesan, grated	3 wt. oz.
Pork, prosciutto, thinly sliced	¼ lb.
Cheese, fontina, shredded	2 ¼ cups
Butter, unsalted	as needed
Tomato Sauce (Divided) (Recipe follows)	5 cups
Oil, olive, pure	2 Tbsp.
Onion, yellow, small, diced	1 cup
Brandy	½ cup
Stock, veal, brown	2 cups
Cream, heavy	2 cups
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 475°F.
2. Roll the Fresh Egg Pasta dough into paper-thin sheets. Spread the rolled dough with a thin layer of ricotta. Sprinkle with grated Parmesan cheese. Cover with the prosciutto slices.
3. Mound the fontina cheese in the center. Roll it into a tight cylinder. Cut the rolls into 1-inch pieces.
4. Pour 2 cups of the Tomato Sauce into the bottom of a casserole dish. Arrange the pasta roll slices over the sauce, slightly flatten each piece. Top each roll with a small sliver of butter and 1 tablespoon of the Tomato Sauce.
5. Bake in the preheated oven until the butter melts and cheese in the center softens, 5 to 8 minutes.
6. For the creamy tomato sauce, heat the oil in a medium sauté pan over medium heat. Add the onions. Sauté until translucent, 5 to 7 minutes.
7. Remove the pan from the heat. Carefully add the brandy. Return the pan to the heat. Let the brandy flame and then go out.
8. Stir in 2 cups of the reserved Tomato Sauce, stock, and heavy cream. Season with salt and pepper to taste. Cook until the sauce is heated through and achieves the desired consistency.
9. Ladle the creamy tomato sauce onto a heated serving platter. Arrange the baked pasta slices on top.

FRESH EGG PASTA

Yield: 1 ½ lb.

Ingredients	Amounts
Flour, durum	3 ¼ cups
Salt, kosher	⅛ tsp.
Egg, whole	4 ea.
Oil, vegetable (Optional)	2 Tbsp.

Method

1. In a food processor, place the flour and salt. Mix to combine.
2. Add the eggs and oil, if using. Process the mixture until it resembles coarse meal. When pressed, the dough will form a cohesive mass.
3. Turn the dough out onto a work surface. Knead until the dough is very firm, yet pliable.
4. Cover and let the dough relax at room temperature for at least 1 hour.
5. The pasta dough is ready to use now, or it may be refrigerated for up to 2 days.

Variations: For each variation, the amount of flour may also need to be adjusted accordingly.

Spinach Pasta: Purée 6 ounces spinach leaves, squeeze dry in cheesecloth, and add to the eggs.

Red Pepper Pasta: Sauté 6 ounces puréed roasted red pepper until reduced and dry. Cool and add to the eggs.

Tomato Pasta: Sauté 6 tablespoons tomato purée until reduced and dry. Cool and add to the eggs.

Pumpkin, Carrot, or Beet Pasta: Sauté 6 ounces puréed cooked pumpkin, carrots, or beets until reduced and dry. Cool and add to the eggs.

Citrus Pasta: Add 4 teaspoons finely grated lemon or orange zest to the eggs. Substitute 2 tablespoons citrus for the water.

Herbed Pasta: Add 2 to 3 ounces chopped fresh herbs to the eggs.

Black Pepper Pasta: Add 2 teaspoons cracked black peppercorns to the flour.

Saffron Pasta: Steep 2 to 4 teaspoons pulverized saffron threads in 2 tablespoons hot water and add to the eggs.

Curried Pasta: Add 2 to 4 teaspoons curry powder to the flour.

TOMATO SAUCE

Yield: 1 ½ quarts

Ingredients	Amounts
Oil, olive, extra virgin	¼ cup
Onion, yellow, diced	⅔ cup
Garlic, clove, minced	2 ½ Tbsp.
Tomato, plum, whole, canned	3 ½ lb.
Basil, sweet, leaves, fresh, torn	¾ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the olive oil in a saucepot over medium heat. Add the onions. Cook, stirring occasionally, until lightly golden, 12 to 15 minutes.
2. Add the garlic. Sauté, stirring frequently, until aromatic, about 1 minute.
3. With clean hands, crush the tomatoes into the pot. Stir to combine. Bring the sauce to a gentle simmer. Cook over low heat, stirring occasionally, until a good sauce-like consistency develops, about 45 minutes.
4. Add the basil. Simmer until the sauce is infused with the aroma of basil, 2 to 3 minutes. Season with salt and pepper to taste.

Note: For a smoother sauce, purée through a food mill fitted with a coarse disk.

CAPONATA WITH TOAST

Yield: 6 portions

Ingredients	Amounts
Bread, baguette, thickly sliced	1 ea.
Eggplant, peeled, 1-in. diced	1 ½ lb.
Salt, kosher	as needed
Oil, olive, extra virgin	¼ cup
Onion, yellow, coarsely chopped	½ cup
Celery, bunch, small diced	½ ea.
Tomato, purée	½ cup
Olives, green, pitted, chopped	⅓ cup
Capers, rinsed, drained	2 Tbsp.
Sugar, granulated	2 Tbsp.
Vinegar, wine, red	2 ½ Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, pure	as needed

Method

1. Preheat oven to 350°F.
2. Arrange the slices of baguette in a single layer on a parchment-lined sheet pan. Bake in the preheated oven until golden brown and crisp, 5 to 10 minutes. Reserve.
3. Salt the eggplant. Transfer to a sheet pan. Weigh it down by placing 3 more sheet pans on top of the eggplant. Let the eggplant release its moisture for at least 30 minutes.
4. For the sauce, heat the olive oil in a large straight-sided sauté pan over medium heat. Add the onions and celery. Cook until tender, 2 to 3 minutes.
5. Add the tomato purée. Simmer until the sauce thickens slightly, 15 to 20 minutes.
6. Add the olives, capers, sugar, and vinegar. Season with salt and pepper to taste. Keep warm.
7. Squeeze the eggplant cubes to remove the excess water. Rinse and pat dry.
8. Heat ¼-inch of olive oil in a large straight-sided sauté pan over high heat. Working in batches, add the eggplant. Sauté until soft and golden brown. Drain on paper towels.
9. In a large bowl, place the cooked eggplant and the tomato sauce. Toss gently to combine. Adjust the seasoning to taste.
10. Serve at room temperature with the reserved toasted bread.

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

SPINACH AND RICOTTA RAVIOLI

Yield: 6 portions

Ingredients	Amounts
Flour, all-purpose	1 lb.
Salt, kosher	¼ tsp.
Egg, whole	4 ea.
Spinach, tough stems removed	¾ lb.
Cheese, ricotta	⅔ cups
Cheese, Parmesan, grated	⅔ cups
Egg, whole	1 ea.
Nutmeg, fresh, grated	⅛ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	½ cup
Sage, leaf, fresh	8 ea.

Method

1. For the pasta dough, in a food processor, place the flour and salt. Mix to combine. Add the eggs. Process until it resembles coarse meal and, when pressed, forms a cohesive mass.
2. Turn the dough out onto a work surface. Knead until it is very firm, yet pliable. Wrap the dough in plastic wrap. Let it relax at room temperature for 30 minutes.
3. For the stuffing, in a large sauté pan over medium heat, place the spinach. Cook the spinach until it wilts. Transfer to a cutting board. When cool enough to handle, squeeze out any excess water. Finely chop the spinach. Transfer to a large bowl.
4. Add the ricotta, Parmesan, and eggs. Season with nutmeg, salt, and pepper to taste. Stir to combine well.
5. Divide the dough into quarters. Using a pasta machine or a rolling pin on a flour-dusted surface, roll the pasta out into less than ⅛-inch thick rectangles.
6. Place 1 ½ teaspoon scoops of filling in rows, about 2 ½ inches apart, on two of the pasta sheets. Cover with the remaining pasta sheets, draping to evenly cover and fall between mounds of filling. Using a 3-inch pastry cutter, cut out ravioli rounds. Use a fork to press and seal the edges.
7. Bring a large pot of salted water to a boil. Add the ravioli. Cook until tender but still firm to the bite (*al dente*).
8. For the sage sauce, heat the butter in a medium-sized sauté pan over medium heat. Add the sage. Cook until the sage begins to crisp.
9. Serve the ravioli on a heated platter topped with the sage sauce.

ONIONS IN SWEET AND SOUR SAUCE

Yield: 6 portions

Ingredients	Amounts
Onion, cipollini	1 ½ lb.
Oil, olive, pure	⅓ cup
Celery, stalk, small diced	3 ea.
Garlic, minced	3 tsp.
Onion, red, small, sliced	1 ea.
Tomato, paste	1 ½ Tbsp.
Stock, chicken	¾ cup
Vinegar, wine, red	⅓ cup
Sugar, granulated	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Basil, sweet, fresh, chiffonade	1 ½ Tbsp.
Parsley, flat-leaf, fresh, chopped	1 ½ Tbsp.
Capers	1 ½ Tbsp.

Method

1. Trim the top end of the cipollini onion, leaving the root on.
2. Bring a large pot of salted water to a boil. Add the onions. Blanch until just tender, 2 to 3 minutes. Immediately transfer to an ice water bath to stop the cooking process. Remove and drain. Squeeze the blanched cipollini to remove the outer skins. Reserve.
3. Heat the olive oil in a sauce pot over medium heat. Add the celery, garlic, and red onion. Sauté until softened, 5 to 10 minutes.
4. Add the tomato paste. Cook until lightly browned, 1 to 2 minutes.
5. Add the stock and red wine vinegar. Deglaze the pan. Add the sugar. Season with salt and pepper to taste.
6. Add the blanched cipollini. Cook until they are cooked through and the sauce has reduced to the desired consistency.
7. Stir in the basil, parsley, and capers.
8. Serve hot in a heated bowl.

Note: Other types of small onions can be substituted for the cipollini. If preferred, the onions can also be baked in the oven until tender instead of boiling.

Source: Chef Arthur Schwartz

ZABAGLIONE

Yield: 6 portions

Ingredients	Amounts
Egg, yolk	6 ea.
Sugar, granulated	1/3 cup
Wine, Marsala	3/4 cup
Strawberries	1/2 cup
Blueberries	1/2 cup

Method

1. In a bowl set over a small pot of barely simmering water, place the egg yolks, sugar, and Marsala wine. Whisk to combine.
2. Cook, whisking constantly, until the mixture is thickened, glossy, and heated to 160°F, 5 to 7 minutes. Make sure not to overcook it or the eggs will scramble.
3. Serve immediately as a warm custard, garnished with the berries.

Note: Other seasonal berries can be substituted.

TIRAMISU

Yield: 8 portions

Ingredients	Amounts
Egg, whole	1 ea.
Egg, yolk	6 ea.
Sugar, granulated	1 cup
Vanilla, extract	1 tsp.
Cheese, mascarpone	3 ¼ cups
Egg, white	3 ea.
Sugar, granulated	½ cup
Espresso	1 cup
Liquor, coffee, Kahlua	½ cup
Cookie, ladyfinger	48 ea.
Cocoa, powder	¼ cup
Sugar, powdered	2 Tbsp.

Method

1. In a large stainless-steel bowl set over a pot of simmering water, place the egg, egg yolks, sugar, and vanilla. Cook, whisking constantly, until the mixture is light, glossy, thickened, and the internal temperature reaches 160°F, 3 to 4 minutes.
2. Transfer the mixture to the bowl of an electric mixer fitted with the whip attachment. Whip on high speed until the mixture has cooled to room temperature, 8 to 10 minutes.
3. Add the mascarpone. Blend on low speed until very smooth, about 2 to 3 minutes. Scrape the sides and bottom of the bowl to blend evenly. Transfer to a large bowl and reserve.
4. In the clean bowl of an electric mixer fitted with the whip attachment, place the egg whites and sugar. Whip on high speed to medium-stiff peaks, 5 to 6 minutes.
5. Fold half of the beaten egg whites into the mascarpone mixture. Mix until well combined. Fold in the other half. Cover and refrigerate. Reserve.
6. In a shallow bowl, combine the espresso and Kahlua. Individually moisten each ladyfinger in the mixture. In twelve, 5-inch x 3-inch ramekins, arrange a single layer of moistened ladyfingers. If necessary, trim the ladyfingers to fit. Top with a 1-inch-thick layer of the mascarpone filling. Repeat layering in this sequence until the ramekins are full, ending with a layer of filling.
7. Dust the entire surface of the tiramisu with cocoa powder and confectioner's sugar. Chill thoroughly before serving.

Source: *The CIA Cookbook*, p. 273

DAY THREE PRODUCTION ASSIGNMENTS: BISTROS AND BRASSERIES

TEAM ONE:

Potage au Pistou
Frisée aux Lardons
Caramelized Onion Quiche with Brie and Smoked Salmon

TEAM TWO:

French Onion Soup
Margherita Pizza
Coq au Vin with Fresh Egg Pasta

TEAM THREE:

Camembert Crisp with Apple-Pear Conserve
Steak Frites
Mushroom, Leek, and Brie Turnovers

TEAM FOUR:

Provençal Salad with Red Wine Vinaigrette
Mussels in Saffron and White Wine Broth
Eggs Benedict

CHEF DEMO AND GROUP PRODUCTION:

Crêpes with Mixed Berry Filling
Chocolate Mousse

POTAGE AU PISTOU

Yield: 6 portions

Ingredients	Amounts
Beans, navy, dry	½ cup
Oil, olive, pure	2 Tbsp.
Carrot, med diced	3 ea.
Leek, white and green parts, med. diced	2 ea.
Onion, yellow, med. diced	1 ea.
Chicken, broth	2 ½ qt.
Saffron, threads (Optional)	⅛ tsp.
Beans, green, cut into 1-in. lengths	6 wt. oz.
Potato, white, peeled, diced	1 ea.
Zucchini, diced	1 ea.
Pasta, vermicelli, broken into 2-in lengths	2 wt. oz.
Tomato, plum (Roma), peeled, seeded, med. diced	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Pistou (Recipe follows)	to taste

Method

1. In a small bowl, soak the beans overnight in the water. Drain.
2. In a large saucepan, place the beans. Add enough water to cover. Bring to a simmer. Cook the beans until tender, about 1 hour. Add more water if necessary to keep the beans covered. Drain and reserve.
3. Heat the oil in a soup pot over medium heat. Add the carrots, leeks, and onions. Cook, until the onions are translucent, about 10 minutes.
4. Add the broth and saffron, if desired. Bring to a simmer. Cook for 10 minutes.
5. Add the green beans, potato, and zucchini. Simmer for 10 minutes.
6. Add the pasta. Simmer until the pasta is tender but still firm to the bite (*al dente*), about 8 minutes.
7. Add the reserved beans and the tomatoes. Season with salt and pepper to taste. Simmer for 1 minute.
8. Just before serving, add the Pistou to taste.
9. Serve in heated bowls.

PISTOU

Yield: ¾ cup

Ingredients	Amounts
Pine nuts (<i>Pignoli</i>)	2 Tbsp.
Basil, sweet, leaves, fresh, chopped	½ cup
Cheese, Parmesan, grated	½ cup
Garlic, chopped	2 tsp.
Oil, olive, extra virgin	⅓ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. On a baking sheet, spread the pine nuts in an even layer. Toast the nuts in the preheated oven, stirring frequently, until they are golden, 7 to 10 minutes. Watch the nuts carefully, as they can burn quickly. Allow the nuts to cool.
3. In a food processor or blender, place the toasted pine nuts, basil, parmesan, and garlic. Purée to a fine paste.
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.
5. Season with salt and pepper to taste.

FRISÉE AUX LARDONS

Yield: 6 portions

Ingredients	Amounts
Pork, bacon, slab, medium diced	$\frac{3}{4}$ lb.
Sugar, brown, light	1 Tbsp.
Vinegar, wine, white	$\frac{1}{3}$ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Lettuce, frisée, head	3 ea.

Method

1. In a sauté pan over medium heat, place the bacon. Render until it is golden and crispy and the fat has melted. Stir frequently for even cooking and coloring, 10 to 15 minutes. Remove the bacon with a slotted spoon, drain on paper towels, and reserve.
2. For the dressing, leave the bacon fat in the pan. Let it cool for 1 minute.
3. In a small saucepan over medium heat, place the sugar and vinegar. Reduce the liquid by $\frac{1}{2}$ until it is syrupy.
4. Pour the sugar-vinegar reduction into the bacon fat. Stir thoroughly to mix. Season with salt and pepper to taste.
5. Arrange the frisée on a platter. Spoon the dressing over the salad. Sprinkle with the reserved bacon.
6. Serve immediately.

CARAMELIZED ONION QUICHE WITH BRIE AND SMOKED SALMON

Yield: one 9-inch quiche

Ingredients	Amounts
Pie Dough, single crust, blind baked (Recipe follows)	1 ea.
Oil, olive, extra virgin	2 Tbsp.
Onion, yellow, thinly sliced	1 ½ cups
Cream, heavy	1 ½ cups
Egg, whole	3 ea.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Cheese, brie, room temp, rind removed	1 ¼ cup
Salmon, smoked, small diced	8 wt. oz.

Method

1. Prepare the Pie Dough. Reserve.
2. Preheat oven to 350°F.
3. Heat the olive oil in a sauté pan over medium heat. Add the onions. Sauté, stirring frequently, until the onions are golden brown and very soft, about 20 minutes. Transfer the onions to a small bowl.
4. In a small bowl, whisk together the cream and eggs. Season with the salt and pepper.
5. Add the caramelized onions, brie, and smoked salmon evenly over the bottom of the crust. Pour the egg mixture over the top.
6. Set the quiche on a baking sheet. Bake in the preheated oven until a knife blade inserted in the center comes out clean, 40 to 45 minutes. If the pie crust begins to over-brown, cover the edges with strips of aluminum foil or a pie shield.
7. Cool on a wire rack. Let the quiche rest for at least 20 minutes.
8. Serve hot.

Note: Quiche may also be baked without a pastry crust. Butter a shallow casserole or baking dish. Sprinkle it with grated parmesan, if desired. Spread the filling ingredients over the casserole bottom. Bake the quiche in a hot water bath (*bain marie*) until a knife inserted near the center comes out clean. Half and half or milk can be substituted for the heavy cream.

PIE DOUGH

Yield: 1 single-crust, 9-inch pie

Ingredients	Amounts
Flour, pastry	1 ¼ cups
Salt, kosher	½ tsp.
Butter, unsalted, small diced	7 Tbsp.
Water, cold	3 ½ Tbsp.

Method

1. In a medium bowl, place the flour and salt. Mix to combine.
2. For flaky pie dough, rub the butter into the flour to form large nuggets. For mealy pie dough, work the butter into the flour to resemble crumb topping.
3. Add the water, 1 tablespoon at a time, until the dough holds together when you press a handful of it into a ball. It should be evenly moist (not wet), and shaggy or rough in appearance.
4. Turn the dough out onto a lightly floured work surface. Gather and press the dough into a ball. Pat the ball into an even disk. Wrap well with plastic wrap. Chill in the refrigerator for 20 minutes.
5. Preheat oven to 400°F.
6. Unwrap the dough, place it on a lightly floured work surface, and scatter a little flour over the top. Roll out the dough into an even round about 13 inches in diameter and ⅛-inch thick.
7. Roll the dough loosely around the rolling pin and gently lift and position it over the pan. Unfold or unroll the dough, easing it into the pan without stretching it. Make sure that the sides of the pan and the rim are evenly covered. Press the dough gently against the sides and bottom. Trim the overhang to 1 inch. Tuck the dough overhang under itself and flute the edges.
8. To prebake the crust, prick the dough evenly over the bottom and sides with a fork. Line the dough with a piece of parchment paper and fill about ½ full with pie weights, dried beans, or rice. Bake in the preheated oven until the crust is dry, 12 to 15 minutes.
9. Remove the paper and pie weights. Bake until the crust is completely dry and lightly golden brown, 5 to 6 minutes. Cool to room temperature before filling.

FRENCH ONION SOUP

Yield: 6 portions

Ingredients	Amounts
Bread, baguette, sliced	½ ea.
Butter, unsalted	6 Tbsp.
Onion, yellow, thinly sliced	8 ½ cups
Garlic, minced	4 tsp.
Brandy	½ cup
Flour, all-purpose	2 Tbsp.
Beef, stock, cold	2 qt.
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Chile, cayenne, ground	to taste
Cheese, Gruyère, grated	3 cups
Parsley, flat-leaf, fresh, chopped	1 Tbsp.

Method

1. Preheat oven to 450°F.
2. Heat the butter in a large, thick-bottomed pan over medium heat. Add the onions. Sauté until they soften and develop a light caramel color, 20 to 25 minutes.
3. Add the garlic and cook until aromatic, 2 minutes.
4. Add the brandy and reduce until the brandy is cooked dry.
5. Stir in the flour and cook for 2 minutes.
6. Take the pan off the heat. Add the cold stock, stirring thoroughly to distribute the flour throughout the soup.
7. Add the bay leaf and thyme sprig. Return the pan to the heat and bring it to a boil. Lower the heat and simmer for 30 minutes.
8. Season with salt, pepper, and cayenne to taste.
9. Ladle the soup into oven-safe bowls. Top with slices of toasted baguette covered with plenty of Gruyère. Place in the preheated oven. Cook until the cheese is golden brown and bubbly, about 10 minutes.
10. Garnish with parsley. Serve immediately.

MARGHERITA PIZZA

Yield: 4 small pizzas

Ingredients	Amounts
Water, warm (110°F)	1 cup
Yeast, active dry	2 tsp.
Honey	¼ tsp.
Flour, all-purpose	2 ½ cups
Salt, kosher	1 tsp.
Tomato, plum (Roma), canned	2 lb.
Oil, olive, extra virgin	2 Tbsp.
Basil, sweet, coarsely chopped	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Cheese, mozzarella, fresh	1 ½ lb.
Cornmeal	as needed

Method

1. Place a pizza stone in a cold oven. Preheat oven to 500°F.
2. For the dough, in a small bowl, place the warm water, yeast, and honey. Stir until blended. Let the mixture sit until it becomes foamy, about 10 minutes.
3. In the bowl of an electric mixer fitted with the dough hook attachment, place the flour, salt, and the yeast mixture. Mix on low speed until a dough forms, about 4 minutes. Mix on medium speed for 3 minutes.
4. Transfer the dough to a lightly oiled bowl large enough for it to double in size and cover with plastic wrap. Set the bowl in a warm place and let the dough rise until it doubles in bulk, about 30 minutes.
5. For the topping, drain the tomatoes of their juices. Transfer the tomatoes to a large bowl and crush them by hand.
6. Stir in the olive oil and chopped basil. Season with salt and pepper to taste. Reserve.
7. Slice the mozzarella into ¼-inch thick slices. Drain on paper towels for 10 minutes.
8. Divide the dough into 2 equal sized pieces. Make each into a smooth ball by stretching the outer surface and pinching it together at the bottom of the ball. Return the dough balls to the bowl, cover with plastic wrap, and rest until they have relaxed enough to stretch out to make the crust, about 20 minutes.
9. Scatter a little cornmeal on a pizza peel or a flat pan that has no rim and is large enough to accommodate the pizza (a cookie sheet turned upside down works well).
10. Working one ball of dough at a time, flatten it into a ¼-inch thick round disk. Place the dough onto the prepared pizza peel. Top with half of the tomato-basil sauce, leaving a half inch rim with no sauce. Top the sauce with half of the cheese.
11. Slide the pizza onto the preheated baking stone and bake until the crust is crisp, and the outer edges are golden brown, 10 to 12 minutes.

12. Use the pizza peel to remove the pizza from the oven. Garnish with the remaining basil. Cut into wedges.

COQ AU VIN WITH FRESH EGG PASTA

Yield: 6 portions

Ingredients	Amounts
Pork, bacon, slab, med. diced	5 wt. oz.
Butter, unsalted	1 tsp.
Chicken, breast, frenched	4 ea.
Chicken, thigh	4 ea.
Chicken, leg	4 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Onion, pearl, peeled	24 ea.
Mushroom, white, small, whole	12 ea.
Onion, large diced	1 ea.
Carrot, large diced	2 ea.
Celery, rib, large diced	1 ea.
Garlic, clove, crushed	3 ea.
Flour, all-purpose, toasted	2 Tbsp.
Brandy	2 Tbsp.
Wine, red, full-bodied, 750 mL bottle	1 ea.
Thyme, sprig, fresh	3 ea.
Bay leaf, dried	2 ea.
Stock, chicken	1 qt.
Butter, unsalted	1 Tbsp.
Fresh Egg Pasta with Herb Butter (Recipe follows)	1x recipe

Method

1. In a 5½-quart, cast-iron casserole, place the bacon and butter. Cook gently over medium-low heat until the fat is rendered and the bacon is medium brown but not yet crispy, about 6 minutes. Remove the bacon with a slotted spoon and drain on a paper towel.
2. Season the chicken with salt and pepper.
3. Heat the same casserole with the rendered pork fat over medium heat. Working in batches, add the chicken and brown on each side, about 4 minutes per side. Avoid overcrowding the pan or scorching the fond, as it will be the basis of the sauce. Remove and reserve the chicken. Remove all but 2 tablespoons of the fat in the pan, reserving what you removed.
4. In the same casserole, add the pearl onions. Sear until lightly browned. Remove and reserve.
5. If the mushrooms are large, cut into quarters. If small, leave whole. In the same casserole, add the mushrooms. Sear until lightly browned. Remove and reserve.

6. Add the yellow onion, carrots, and celery. Cook until the onion is deep brown, 10 to 12 minutes.
7. Add the garlic and cook until fragrant, about 3 minutes.
8. Sift the flour into the vegetables. Cook until evenly combined, 1 to 3 minutes. Remove from the heat and let it cool for about 5 minutes.
9. Add the brandy and wine to deglaze the pan, stirring to loosen any drippings that have begun to stick to the pan, and evenly blend in the flour.
10. Add the thyme and bay leaves. Return the chicken (with its juices) and bacon to the pan. Add enough stock to the casserole so it just covers the chicken pieces. Bring the stock to a boil, then lower the heat to establish a simmer. Cook, partially covered, for 1 hour.
11. Add the pearl onions and cook until the chicken is tender, but not falling off the bone, about 45 minutes. Remove and reserve the chicken and keep warm.
12. Reduce the sauce to a slightly syrupy consistency, about 10 minutes.
13. Swirl in the butter. Add the mushrooms. Return the chicken to the sauce and cook until it is heated through. Season with salt and pepper to taste.
14. Transfer the chicken to a serving platter and coat with the sauce. Serve with the Fresh Egg Pasta.

Note: Rooster or stewing hens are traditional choices for coq au vin, but chicken and other poultry options can be substituted. Unsmoked bacon is preferable to give the final dish a cleaner flavor.

FRESH EGG PASTA WITH HERB BUTTER

Yield: 6 portions

Ingredients	Amounts
Flour, durum	1 lb.
Salt, kosher	1/8 tsp.
Egg, whole	4 ea.
Oil, vegetable	2 Tbsp.
Water	1 1/2 gal.
Salt, kosher	1 1/2 Tbsp.
Herb Butter (Recipe follows)	1 1/4 cups

Method

1. For the pasta, in a food processor, place the flour and salt. Mix to combine.
2. Add the eggs and oil. Process until it resembles coarse meal. When pressed, the dough should form a cohesive mass.
3. Turn the dough out onto a work surface. Knead until the dough is very firm, yet pliable. Cover and let the dough relax at room temperature for at least 1 hour.
4. Roll the pasta dough into thin sheets and cut into desired shapes by hand or using a pasta machine.
5. In a large saucepot, bring the water to a rolling boil. Add the salt. Add the pasta and stir to separate the strands or shapes. Cook until tender but still firm to the bite (al dente). Drain immediately in a colander.
6. In a large serving bowl, toss the pasta with enough Herb Butter to coat the strands and flavor the pasta.
7. Serve hot.

HERB BUTTER

Yield: 1 ¼ cups

Ingredients	Amounts
Butter, unsalted, room temp	1 cup
Parsley, flat-leaf, fresh, minced	3 ½ Tbsp.
Lemon, juice, fresh	2 ¼ tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. In the bowl of an electric mixer fitted with the paddle attachment, mix the butter until it softens.
2. Add the parsley and lemon juice. Blend well.
3. Season with salt and pepper to taste.
4. The compound butter is ready to use, or it may be rolled into a log or piped into shapes and chilled for later use.

Note: Tarragon, basil, dill, or other herbs can be substituted for the parsley.

CAMEMBERT CRISP WITH APPLE-PEAR CONSERVE

Yield: 6 portions

Ingredients	Amounts
Flour, all-purpose	1/3 cup
Egg, whole	2 ea.
Pecans, finely ground	1/3 cup
Breadcrumbs, dried	1/3 cup
Cheese, Camembert, 6 oz. wheels	3 ea.
Oil, olive, pure	1/3 cup
Vinegar, wine, red	1/3 cup
Mustard, Dijon	1 1/2 tsp.
Garlic, minced	1 1/2 tsp.
Oil, olive, pure	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Lettuce, mixed greens	6 cups
Apple-Pear Conserve (Recipe follows)	2 1/2 cups

Method

1. In a small bowl, place the flour.
2. In another small bowl, place the eggs. Beat them lightly.
3. In a third small bowl, place the pecans and breadcrumbs. Mix to combine.
4. Cut the camembert in half crosswise. Dredge the cheese in the flour, shaking off any excess. Dip the cheese in the egg. Dredge it in the pecan-breadcrumb mixture. Reserve.
5. In a large, straight-sided sauté pan (*sautoir*), heat the olive oil over medium heat until it is hot, but not smoking. Add the cheese and fry, turning once, until it is golden brown on both sides, about 2 minutes. Drain on paper towels. Reserve.
6. For the vinaigrette, in a small bowl, place the vinegar, mustard, and garlic. Whisk to combine. Add the oil in a thin stream while whisking constantly. Season with salt and pepper to taste.
7. Place the mesclun mix in a large bowl. Add enough vinaigrette to evenly coat the lettuce and toss well.
8. Serve the dressed greens on a chilled platter, topped with the conserve and the fried Camembert.

Source: *An American Place* by Larry Forgione

APPLE-PEAR CONSERVE

Yield: 2 ½ cups

Ingredients	Amounts
Butter, unsalted	2 Tbsp.
Apple, Granny Smith, peeled, cored, diced	2 ea.
Pear, Bartlett, cored, diced	2 ea.
Cider, apple	2 Tbsp.
Stock, chicken	½ cup
Vinegar, apple cider	¼ cup
Sugar, brown	2 tsp.
Cherries, sour, halved	2 Tbsp.
Allspice, ground	⅛ tsp.
Cumin, ground	⅛ tsp.
Nutmeg, fresh, grated	⅛ tsp.

Method

1. In a large, heavy skillet over medium heat, melt the butter until it begins to foam. Add the apples and pears. Cook, stirring continuously, until lightly browned, 2 to 3 minutes.
2. Add the apple cider and chicken stock. Simmer until the fruit is tender, 5 to 10 minutes.
3. Stir in the vinegar, brown sugar, cherries, allspice, cumin, and nutmeg. Cook, stirring continuously, until the liquid reaches the desired consistency, 1 to 2 minutes.
4. Transfer the conserve to a serving bowl. Cool to room temperature.

Note: Bosc pears can be substituted for Bartlett pears.

STEAK FRÎTES

Yield: 6 portions

Ingredients	Amounts
Oil, peanut	as needed
Potato, russet	3 lb.
Beef, strip steak, ½ lb., ½-inch thick	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Butter, unsalted (Divided)	4 Tbsp.
Oil, peanut	1 ½ tsp.
Beef, stock	½ cup

Method

1. Preheat deep fryer to 300°F.
2. Peel the potatoes. Cut them into ¼-inch x ¼-inch sticks using a knife or mandolin. Drain and pat dry.
3. Working in 2 batches, blanch the potatoes in the hot oil until tender but not colored, 3 to 4 minutes. Remove them from the oil with a slotted spoon and drain on paper towels. Reserve.
4. Remove all the fat from the sides of the steaks. Generously season on both sides with salt and pepper.
5. Heat a large, well-seasoned cast iron pan over high heat until hot but not smoking. Place the steaks in the pan with no added fat. (There will be a lot of smoke.) Brown the first side, about 1 minute.
6. Turn the steaks and lower the heat to medium. Add 2 tablespoons of the butter and the olive oil to the pan. Cook until the juice seeps to the surface of the steaks and it is close to medium-rare (*à point*), 1 to 2 minutes. Transfer the steaks to a warm plate and cover.
7. Turn down the heat to low. Add the stock. Deglaze the pan, scraping up the browned bits (*fond*). Reduce the liquid by half, about 4 minutes. Add any accumulated juices from the steaks.
8. Preheat deep fryer to 360°F. Working in batches, fry the blanched potatoes until they are crisp and golden. Drain on fresh paper towels. Season liberally with salt and pepper. Keep warm.
9. To finish the sauce, whisk in the remaining butter. Season with salt and pepper to taste.
10. Arrange the fries on a warm platter. Place the steaks on the fries and top with the butter sauce.

Note: It's the interior marbling of the fat that gives the steaks their juiciness, so removing the fat from the sides will not diminish the flavor.

MUSHROOM, LEEK, AND BRIE TURNOVERS

Yield: 12 turnovers

Ingredients	Amounts
Olive, oil, extra virgin	1 Tbsp.
Mushroom, white, coarsely chopped	$\frac{3}{4}$ cup
Leek, sliced	1 cup
Garlic, minced	1 tsp.
Wine, Madeira	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Puff pastry sheet, thawed	1 ea.
Egg, whole, beaten	1 ea.
Milk, whole	2 Tbsp.
Cheese, brie	3 wt. oz.

Method

1. Preheat oven to 425°F. Line a baking sheet with parchment paper.
2. For the filling, heat the olive oil in a medium sauté pan over medium-high heat until it shimmers. Add the mushrooms. Sauté until lightly caramelized, 2 to 3 minutes.
3. Lower the heat to medium. Add the leeks. Sauté until light golden brown, 3 to 4 minutes.
4. Add the garlic. Sauté for 1 minute.
5. Add the Madeira wine. Deglaze the pan, scraping up the browned bits (*fond*). Reduce until nearly dry (*au sec*), about 1 minute. Season with salt and pepper to taste. Cool to room temperature.
6. Roll the puff pastry dough into a rectangle measuring 12 x 16 inches. Cut it into twelve 4-inch squares. Transfer the squares to the prepared baking sheet. Chill in the refrigerator until firm, about 10 minutes.
7. In a small bowl, place the egg and milk. Whisk together to create an egg wash. Brush each square lightly with the egg wash.
8. Place 1 tablespoon of the mushroom filling in the center of each square. Top the filling with 1 $\frac{1}{2}$ teaspoons of the Brie.
9. Fold one corner of the dough over the filling and line it up with the opposite corner of the dough. Press the edges firmly together to seal the filling inside the puff pastry dough. Chill in the refrigerator for 10 minutes.
10. Brush the turnovers lightly with egg wash. Cut a small opening in the center of each turnover to allow steam to vent.
11. Bake in the preheated oven until golden brown, about 20 minutes. Cool on a wire rack.
12. Arrange on a serving platter.

PROVENÇAL SALAD WITH RED WINE VINAIGRETTE

Yield: 6 portions

Ingredient	Amount
Potato, fingerling, washed, skin on	1 ¾ lb.
Oil, olive, pure	3 Tbsp.
Garlic, clove	6 ea.
Thyme, sprig, fresh	3 ea.
Bay leaf, dried	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Beans, green, ends trimmed	¾ lb.
Onion, red, julienned	¾ cup
Parsley, flat-leaf, fresh, chopped	3 Tbsp.
Capers, rinsed, chopped	2 Tbsp.
Red Wine Vinaigrette (Recipe follows)	¾ cup
Lettuce, mixed greens	12 cups
Tomato, peeled, quartered	3 ea.
Egg, hard-boiled, peeled, quartered	3 ea.
Anchovy, fillet	12 ea.
Olive, Niçoise	24 ea.

Method

1. Preheat oven to 400°F.
2. Place the eggs in a small saucepot and cover with water. Bring to a boil over high heat. Turn down the heat to low. Gently simmer, covered, for 10 minutes. Drain.
3. Transfer to an ice water bath to stop the cooking process. Once cool enough to handle, peel and slice into wedges. Reserve.
4. In a large bowl, place the potato wedges, olive oil, garlic, thyme, bay leaves, salt, and pepper. Toss to combine.
5. Transfer to a roasting pan. Bake in the preheated oven, shaking the pan occasionally to ensure even roasting, until the potatoes are fork tender. Transfer the potatoes to a large bowl and reserve.
6. Bring a pot of salted boiling water to a boil. Add the green beans. Blanch until bright green and just barely tender, about 2 minutes. Drain. Transfer to an ice water bath to stop the cooking process. Drain.
7. Add the blanched green beans, onions, parsley, and capers to the bowl with the potatoes. Toss to combine. Add the Red Wine Vinaigrette. Toss to coat.
8. Arrange the greens on a chilled platter. Top with the beans and potato mixture. Garnish with the tomatoes, egg wedges, anchovies, and olives.

Note: Kalamata olives can be substituted for the niçoise olives.

RED WINE VINAIGRETTE

Yield: 1 cup

Ingredient	Amount
Vinegar, wine, red	¼ cup
Mustard, Dijon	½ tsp.
Shallot, minced	½ ea.
Oil, olive, pure	¾ cup
Chive, fresh, minced	1 tsp.
Parsley, fresh, minced	1 tsp.
Tarragon, fresh, minced	1 tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	⅛ tsp.
Sugar, granulated (Optional)	½ tsp.

Method

1. In a medium bowl, place the vinegar, mustard, and shallots. Whisk to combine.
2. Slowly add the oil in a steady stream, whisking constantly, until incorporated.
3. Stir in the chives, parsley, and tarragon.
4. Season with the salt and pepper. Add the sugar, if desired.
5. Serve immediately or refrigerate until ready to use.

MUSSELS IN SAFFRON AND WHITE WINE BROTH

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	1 Tbsp.
Garlic, clove, chopped	2 ea.
Wine, white, dry	½ cup
Half and half	1 Tbsp.
Saffron, threads	1 tsp.
Clam, juice	½ cup
Scallion (Green onion), thinly sliced	2 ea.
Tomato, seeded, chopped	1 ea.
Lemon, juice, fresh	1 Tbsp.
Mussels, scrubbed, debearded	3 lb.
Chive, snipped	1 Tbsp.

Method

1. In a large pot over medium heat, melt the butter. Add the garlic. Sweat until fragrant, about 1 minute.
2. Add the wine, half and half, and saffron. Simmer for 5 minutes.
3. Add the clam juice, scallions, tomatoes, and lemon juice. Simmer for 5 minutes.
4. Add the mussels, cover the pot, and steam until they open, 5 to 7 minutes. Shake the pot to redistribute the mussels. Discard any mussels that do not open.
5. Serve in a large platter or serving bowl. Top with the chives.

EGGS BENEDICT

Yield: 6 portions

Ingredients	Amounts
Pork, bacon, Canadian, slice	12 ea.
Poached Eggs (Recipe follows)	12 ea.
Muffin, English, split, toasted, buttered	6 ea.
Hollandaise Sauce, warm (Recipe follows)	1 ½ cups

Method

1. Heat a sauté pan over medium-low heat. Add the bacon. Render on both sides until heated through and browned, 1 to 2 minutes per side.
2. Split the English muffins in half. Toast and butter.
3. To assemble, top each English muffin half with a slice of bacon and a poached egg.
4. Spoon 2 to 3 tablespoons of warm hollandaise over each egg.
5. Serve immediately on a warm platter.

Note: If the eggs have been poached in advance, reheat them in simmering water until warmed.

POACHED EGGS

Yield: 12 eggs

Ingredients	Amounts
Water	3 qt.
Salt, kosher	2 tsp.
Vinegar, white, distilled	4 tsp.
Egg, whole	12 ea.

Method

1. In a deep, straight-sided pan, place the water, salt, and vinegar. Bring it to a bare simmer over medium-high heat.
2. Break each egg into a clean cup, reserving any with broken yolks for another use.
3. Carefully slide each egg into the poaching water. Cook until the whites are set and opaque, about 3 minutes.
4. Remove the eggs from the water with a slotted spoon, blot them dry and trim the edges, if desired.
5. Serve immediately or chill and reserve for later use. To reheat, lower the eggs into a pot of simmering water for 30 to 60 seconds.

HOLLANDAISE SAUCE

Yield: 2 ½ cups

Ingredients	Amounts
Shallot, minced	1 Tbsp.
Peppercorns, cracked	½ tsp.
Wine, white, dry	¼ cup
Water	¼ cup
Egg, yolk	6 ea.
Butter, melted, warm	1 ½ cups
Lemon, juice, fresh, strained	2 tsp.
Pepper, cayenne, ground (Optional)	1 pinch
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. In a small saucepan over medium heat, place the shallots, peppercorns, and vinegar. Stir to combine. Reduce until nearly dry (*au sec*).
2. Add the water. Strain into a stainless-steel bowl.
3. Add the egg yolks. Set the bowl over simmering water. Cook, whisking constantly, until the yolks triple in volume and fall in ribbons from the whisk. Transfer the bowl to a workstation. Place the bowl on a clean towel to keep it from slipping.
4. Gradually add the hot melted butter in a thin stream, whisking constantly. As the butter is blended into the egg yolks, the sauce will thicken. If it becomes too tight and the butter is not blending in easily, add a little water or lemon juice to loosen the yolks enough to absorb the remaining butter. (see Chef demo.)
5. Add the lemon juice. Season with salt and pepper to taste. Add the cayenne, if desired.

Note: Cider vinegar can be substituted for the white wine vinegar. The sauce can be held for up to 2 hours at 145°F in hot (not simmering or boiling) water or in an insulated bottle.

CRÊPES WITH MIXED BERRY FILLING

Yield: 6 portions

Ingredients	Amounts
Milk, whole	2 cups
Egg, whole	2 ea.
Butter, unsalted, melted	1 Tbsp.
Vanilla, extract	1 tsp.
Flour, all-purpose	2 cups
Sugar, granulated	¼ cup
Salt, kosher	½ tsp.
Butter, unsalted, melted	as needed
Mixed Berry Filling (Recipe follows)	2 cups

Method

1. In a medium bowl, place the milk, eggs, butter, and vanilla. Whisk to combine.
2. Sift together the flour, sugar, and salt into a large bowl.
3. Make a well in the center of the flour mixture. Add the milk mixture into the well of the flour mixture. Whisk just until the batter is smooth. Let the batter rest in the refrigerator for at least 1 hour before preparing the crêpes.
4. Heat a crêpe pan or small, non-stick skillet over medium heat. Brush with the melted butter.
5. Pour about ¼ cup batter into the pan. Immediately swirl and tilt the pan to evenly coat the bottom with batter. Cook until the first side is set and has a little color, about 2 minutes. Adjust the temperature as needed.
6. With a heat-proof rubber spatula, lift and turn the crêpe. Cook on the other side until cooked through, about 1 minute. Transfer to a plate. Repeat the process with the remaining batter.
7. Fill each crêpe with a few tablespoons of the mixed berry filling. Roll or fold as desired.
8. Serve the filled crêpes on a heated platter. Top with a dusting of powdered sugar.

Note: To prepare a crêpe with a savory filling, omit the sugar and vanilla.

MIXED BERRY FILLING

Yield: 2 cups

Ingredients	Amounts
Raspberries, fresh or frozen (Divided)	1 ½ cups
Strawberries, fresh or frozen, sliced (Divided)	1 ½ cups
Blueberries, fresh or frozen (Divided)	1 cup
Sugar, granulated	1 cup
Lemon, juice, fresh (Divided)	1 Tbsp.

Method

1. In a saucepan, place 1 cup of the raspberries, 1 cup of the strawberries, $\frac{3}{4}$ cup of the blueberries, the sugar, and 1 tablespoon of the lemon juice. Gently mix to combine.
2. Bring to a simmer over medium heat. Simmer until the sugar has dissolved, about 10 minutes.
3. Taste and add more sugar, if desired. Continue to heat until any additional sugar is dissolved.
4. Purée using an immersion blender.
5. Return the sauce to a simmer. Adjust the flavor with lemon juice to taste.
6. Add the remaining raspberries, strawberries, and blueberries. Simmer until the sauce is very hot.
7. Serve the sauce hot or cold.

Note: The sauce can be served hot or cold. It keeps for up to 10 days in the refrigerator but will thicken slightly. If fresh berries are not available, substitute frozen.

CHOCOLATE MOUSSE

Yield: 24 portions

Ingredients	Amounts
Cream, heavy	1 qt.
Chocolate, bittersweet, melted	15 oz.
Egg, whole	6 oz.
Egg, yolk	3 oz.
Sugar, granulated	6 oz.
Gelatin, leaf	5 ea.
Liquor, Gran Marnier	1 oz.

Method

1. In the cold bowl of a stand mixer fitted with the whisk attachment, place the heavy cream. Whisk on high speed until it forms medium peaks. Refrigerate until needed.
2. In a stainless-steel bowl set over a pot of simmering water, place the chopped chocolate. Heat, stirring frequently, until the chocolate has fully melted. Be careful to not allow any water to come in contact with the chocolate as it will cause the chocolate to seize up. Reserve and keep the chocolate warmed to 120°F.
3. For the sabayon, in the bowl of an electric mixer fitted with the whisk attachment, place the eggs, egg yolks, sugar, and liquor. Set the bowl over a pot of simmering water. Stirring constantly, heat the mixture until it reaches 120°F. Remove from the heat. Set the bowl in the stand mixer. Whip on high speed until medium peaks form and the mixture is cool.
4. Quickly add the melted chocolate and mix to combine.
5. Carefully fold in the whipped cream all at once.
6. Immediately portion the mousse into the desired molds or containers.

DAY FOUR PRODUCTION ASSIGNMENTS: FLAVORS OF ASIA

TEAM ONE: JAPAN AND KOREA

Instant Cucumber Kimchi

Vegetable Tempura

Beef Teriyaki

Korean Stir-Fried Glass Noodles

TEAM TWO: THAILAND

Thai Green Papaya Salad

Fish Cakes with Spicy Thai Cucumber Salad

Tofu with Red Curry Sauce

Thai-Style Fried Noodles (Pad Thai)

TEAM THREE: VIETNAM

Crispy Saigon Crepes with Cilantro-Lime Soy Sauce

Rice Paper-Wrapped Salad Rolls with Vietnamese Dipping Sauce

Vietnamese Chicken Curry with Sweet Potatoes

Coconut Rice

TEAM FOUR: CHINA

Spicy Napa Cabbage Salad

Red-Cooked Pork Belly

Spicy Grandmother's Tofu

Potstickers

ALL TEAMS: PREP FOR DAY FIVE

Ciabatta Poolish

INSTANT CUCUMBER KIMCHI

Yield: 6 portions

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

Method

1. Cut the cucumbers in half lengthwise. Scoop out the seeds. Discard.
2. Cut the cucumbers into thin slices. Place them in a colander.
3. Sprinkle evenly with the salt. Set aside for 2 hours.
4. In a small bowl, place the daikon. Mix with the salt. Set aside for 30 minutes.
5. Gently squeeze out the excess moisture from the cucumbers and daikon.
6. Transfer to a large bowl. Combine with the remaining ingredients. Toss well to blend.
Chill in the refrigerator until ready to serve.
7. Serve the kimchi in a chilled bowl.

VEGETABLE TEMPURA

Yield: 6 portions

Ingredients	Amounts
Primary Dashi (Recipe follows)	1 cup
Wine, rice, Japanese (<i>Mirin</i>)	1/3 cup
Soy sauce, light	1/3 cup
Radish, white (<i>Daikon</i>), grated	1 cup
Ginger, fresh, peeled, grated	2 tsp.
Eggplant, small, cut it into 1/4-in. slices	1 ea.
Peas, snow, trimmed	20 ea.
Mushroom, button, cut in half	6 ea.
Potato, sweet, medium, peeled, sliced into 1/4-in. thick rounds	1 ea.
Egg, yolk	1 ea.
Water, ice-cold	1 1/2 cups
Baking soda	1/8 tsp.
Flour, all-purpose	1/2 cup
Flour, rice	2/3 cup
Flour, all-purpose	1/2 cup
Oil, vegetable	as needed

Method

1. Preheat deep fryer to 375°F.
2. For the dipping sauce, in a small saucepan over medium heat, place the dashi, mirin, and soy sauce. Bring it to a simmer.
3. Remove the pan from heat. Stir in the grated daikon and ginger. Reserve.
4. For the batter, in a large bowl, combine the egg yolk, ice-cold water, and baking soda. Sift in the all-purpose and rice flour. Mix well with a wooden spoon. The batter should be thin, watery, and run easily off the spoon. Add additional water, if necessary.
5. Dip the vegetables in the flour, shake off the excess. Dip in the batter.
6. Transfer to the preheated deep-fryer. Fry until crispy and lightly browned, 1 to 4 minutes. Drain on a wire rack.
7. Serve immediately on a heated platter with the dipping sauce.

PRIMARY DASHI

Yield: 1 quart

Ingredients	Amounts
Water, cold	4 cups
Kelp, giant (<i>konbu</i>)	1 wt. oz.
Bonito, flakes, dried (<i>hana-katsuo</i>)	1 wt. oz.

Method

1. In a medium soup pot over medium heat, place the cold water and kelp. Heat, uncovered, until it almost reaches a boil. Do not allow it to boil.
2. Remove the pot from the heat. Allow the kelp to steep in the hot water for 10 minutes.
3. Return the pot to the heat. Add the bonito flakes. Bring it to a near simmer.
4. Remove the pot from the heat. Allow it to steep for 10 minutes.
5. Filter the dashi through a cheesecloth-lined sieve.
6. Reserve the bonito flakes and kelp for secondary dashi, if desired.

Note: Kelp emits a strong odor if it is boiled, so be sure to remove the pot from the heat just before the water boils.

BEEF TERIYAKI

Yield: 6 portions

Ingredients	Amounts
Soy sauce, light	1 cup
Sake	1 cup
Wine, rice, Japanese (<i>Mirin</i>)	$\frac{3}{4}$ cup
Sugar, granulated	$\frac{1}{2}$ cup
Apple, Fuji, grated	$\frac{1}{2}$ cup
Beef, skirt steak	2 lb.
Carrot, julienned	3 ea.
Broccoli, bunch, cut into small florets	1 ea.
Oil, vegetable	$\frac{1}{4}$ cup
Mushroom, shiitake, sliced	12 ea.
Bean, sprouts	1 lb.
Salt, kosher	to taste
Pepper, black, ground	to taste
Sugar, granulated	to taste

Method

1. For the marinade, in a medium saucepan, combine the soy sauce, sake, mirin, and sugar. Bring it to a boil over medium-high heat.
2. Add the grated apple. Cook until the flavor is sweet and salty, and the liquid is slightly reduced. Cool. Reserve.
3. Cut the steak into 2 to 3 oz. portions. Transfer to a large bowl. Add enough marinade to coat the meat well. Mix to combine. Reserve any remaining marinade.
4. Bring a large pot of salted water to a boil. Add the carrots and par-cook (blanch) until they become crisp-tender, about 3 minutes. Transfer the carrots to an ice-water bath to stop the cooking process. Drain. Transfer to a large bowl. Reserve.
5. Bring a large pot of salted water to a boil. Add the broccoli and blanch the florets until they are vibrant green in color. Transfer to an ice-water bath to stop the cooking process. Transfer to the bowl with the carrots. Mix to combine. Reserve.
6. Preheat oven to 400°F.
7. Preheat a gas grill to medium-high; leave one burner off. Clean the cooking grate.
8. Grill the marinated steaks until browned and lightly charred, 3 to 4 minutes per side. Use caution as the sugar in the marinade will burn.
9. Transfer the grilled steaks to a wire rack set in a baking sheet. Finish in the preheated oven until the meat is cooked to medium, about 5 minutes.
10. Heat the oil in a wok or skillet over medium-high heat. Add the mushrooms and stir-fry until tender, 5 to 10 minutes. Add the blanched carrots and broccoli. Continue to stir-fry until heated through. Add the bean sprouts and stir-fry. Season with salt, pepper, and sugar to taste.

11. Thinly slice the steaks across the grain. Serve them over the vegetables surrounded by some of the reserved teriyaki sauce.

KOREAN STIR-FRIED GLASS NOODLES

Yield: 6 portions

Ingredients	Amounts
Mushroom, shiitake	10 ea.
Mushroom, wood-ear, dried	1 wt. oz.
Noodles, sweet potato	1 lb.
Scallion (Green onion), thinly sliced	3 ea.
Soy sauce, light	½ cup
Sugar, granulated	2 Tbsp.
Oil, sesame	1 Tbsp.
Oil, vegetable	½ cup
Onion, thinly sliced "with the grain"	2 cups
Garlic, minced	8 tsp.
Cabbage, green, chiffonade	3 cups
Carrot, julienne	2 cups
Pepper, bell, red, julienne	2 cups
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter	1 Tbsp.
Egg, beaten lightly	5 ea.

Method

1. Remove and discard the stems from the shiitake mushrooms. Cut the caps into 1/8-inch wide strips. Reserve.
2. In a small bowl, soak the wood-ear mushrooms in hot water. Drain. Trim off any hard parts. Cut into 1/8-inch wide strips. Reserve.
3. In a large pot, place the noodles. Pour enough boiling water over noodles to cover by at least 2 inches. Soak until re-hydrated and elastic. Drain, rinse with cool water, and reserve.
4. In a small bowl, whisk together the scallions, soy sauce, sugar, and sesame oil. Set aside.
5. In a wok, heat the vegetable oil over medium-high heat. Add the onions and garlic. Stir-fry until aromatic, 1 to 2 minutes.
6. Add the mushrooms, cabbage, carrots, and peppers. Stir-fry until the vegetables are almost cooked through, 5 to 10 minutes.
7. Add the reserved noodles. Stir-fry until ingredients are heated through.
8. Add the soy sauce mixture. Season with salt and pepper to taste. Toss well to coat. If the mixture appears dry, add a little water.

9. Preheat a small nonstick skillet over medium-high heat. Add the butter, swirling the pan to distribute it as it melts. Heat the butter until it stops sizzling and the foam subsides.
10. Add the eggs. Allow them to heat slightly, then stir vigorously, making sure to include the sides of the egg mixture so it cooks evenly, until it is almost set but still custardy. Hold the skillet at a 45-degree angle to the stove and carefully fold the omelet. The underside should not have any browning on it. Transfer to a cutting board. Julienne.
11. Serve the noodles on heated plates, garnished with the julienned omelet.

THAI GREEN PAPAYA SALAD

Yield: 6 portions

Ingredients	Amounts
Peanuts, roughly chopped	1 cup
Beans, long, Thai, fresh	2 cups
Garlic, clove, roughly chopped	8 ea.
Chile, Thai bird's eye, de-stemmed, roughly chopped	3 ea.
Shrimp, dried, small, chopped	3 Tbsp.
Tamarind, juice	¼ cup
Lime, juice, fresh	¼ cup
Fish sauce, Thai	6 Tbsp.
Sugar, palm	3 Tbsp.
Papaya, green, grated	1 ea.
Carrot, grated	2 ea.
Tomato, cherry, cut in half	12 ea.

Method

1. Heat a small, dry skillet over medium-low heat. Place the chopped peanuts in an even layer. Roast, stirring frequently, until golden brown and aromatic, 15 to 20 minutes. Transfer to a small bowl. Cool and reserve.
2. Rinse the beans under cold running water to remove any dirt or debris. Trim the ends and remove any strings or fibers. Cut them into 1½-in. lengths.
3. In a steamer basket over boiling water, place the beans. Cover with a lid. Steam until the beans are tender but still crisp, 4 to 6 minutes.
4. For the dressing, in a large stainless-steel bowl, place the garlic, Thai chiles, and dried shrimp, tamarind, lime juice, fish sauce, and palm sugar. Whisk to combine.
5. Bruise the cooked beans with your hands. Add them to the dressing.
6. Add the grated papaya and carrots. Toss well to combine.
7. Add the tomatoes. Toss to combine.
8. Stir in the peanuts.
9. Adjust the flavorings with more fish sauce, lime juice, or palm sugar to taste.

FISH CAKES WITH SPICY THAI CUCUMBER SALAD

Yield: 6 portions

Ingredients	Amounts
Chile, Thai bird's eye	6 ea.
Shallot, peeled	1 ea.
Garlic, clove, peeled	2 ea.
Cilantro, leaves, fresh, coarsely chopped	2 Tbsp.
Galangal, fresh, peeled, minced	1 Tbsp.
Lime, makrut, leaf, fresh	3 ea.
Salt, kosher	1 Tbsp.
Fish, white-flesh, fillet, bones removed	1 lb.
Fish sauce	2 Tbsp.
Beans, long, sliced into paper-thin rounds	1 cup
Oil, peanut	as needed
Spicy Thai Cucumber Salad	1x recipe
(Recipe follows)	

Method

1. For the spice paste, using a mortar and pestle, grind the chiles, shallots, garlic, cilantro, galangal, lime leaves, and salt to a paste.
2. In a food processor, pulse the fish into a fine paste.
3. In a large bowl, place the spice paste, fish paste, fish sauce, and long beans. Stir to combine. The mixture should be slightly sticky.
4. Shape the mixture into 12 round, flat cakes. Refrigerate until needed.
5. Preheat the peanut oil in a deep fryer to 350°F.
6. Fry the fish cakes in a basket until they are golden on the outside and float to the top, 3 to 4 minutes per side.
7. Transfer to a wire rack. Drain.
8. Serve hot on a heated platter with the Spicy Thai Cucumber Salad.

SPICY THAI CUCUMBER SALAD

Yield: 6 portions

Ingredients	Amounts
Cucumber, European	3 ea.
Lime, juice, fresh	½ cup
Sugar, granulated	¼ cup
Salt, kosher	to taste
Thai bird's eye chiles, finely sliced	3 ea.
Onion, red, finely minced	1 ea.
Mint, bunch, cut coarsely ½	½ ea.
Cilantro, bunch, fresh, coarsely cut	½ ea.
Peanuts, roasted, chopped	5 Tbsp.

Method

1. Peel the cucumbers. Cut them in half lengthwise, remove the seeds, and cut into thin slices. Transfer to a large bowl.
2. Add the lime juice, sugar, salt, chiles, red onion, mint, and cilantro. Toss to combine. Allow it to sit for 15 minutes.
3. Adjust the seasoning to taste.
4. Garnish with the chopped peanuts.

TOFU WITH RED CURRY SAUCE

Yield: 6 portions

Ingredients	Amounts
Tofu, firm, large diced	1 ½ lb.
Oil, fryer	as needed
Oil, vegetable	¼ cup
Onion, yellow, small diced	1 cup
Garlic, minced	2 Tbsp.
Vegetarian Red Curry Paste (Recipe follows)	3 Tbsp.
Coconut, milk	2 ½ cups
Tomato, grape, halved	15 ea.
Peas, English, frozen	1 cup
Soy sauce, light	1 Tbsp.
Lime, juice, fresh	2 Tbsp.
Basil, Thai, leaves, fresh	15 ea.
Scallion (Green onion), thinly sliced	2 ea.
Lime, makrut, leaf, fine chiffonade	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Sesame seeds, black	1 Tbsp.
Cilantro, leaf, fresh	30 ea.

Method

1. Preheat deep fryer to 350°F
2. Add the tofu to the basket. Fry until lightly browned, 3 to 6 minutes Drain on paper towels. Reserve.
3. Heat the vegetable oil in a wok over medium heat. Add the onions. Sauté until translucent but no color, 3 to 7 minutes.
4. Stir in the garlic and curry paste. Cook until aromatic, 1 to 2 minutes.
5. Add the coconut milk. Lower the heat. Simmer until the sauce is thick enough to lightly coat the back of a spoon (*nappé*).
6. Add the tomatoes, fried tofu, and peas. Simmer for 1 minute.
7. Add the soy sauce, lime juice, Thai basil, scallion, and lime leaves. Toss to combine.
8. Season with salt and pepper to taste.
9. Serve in a heated bowl, garnished with the sesame seeds and cilantro leaves.

VEGETARIAN RED CURRY PASTE

Yield: 1 cup

Ingredients	Amounts
Chile, red, dried, small, de-stemmed	½ cup
Chile, New Mexico, dried, cut into pieces seeded, de-stemmed	8 ea.
Coriander seeds	1 Tbsp.
Cumin seeds	1 tsp.
Peppercorns, white	½ tsp.
Garlic, clove	6 ea.
Shallot, thinly sliced	3 ea.
Lemongrass, thinly sliced	2 Tbsp.
Galangal, ⅛-in. slices	1 Tbsp.
Lime, zest, fresh	1 tsp.
Lime, makrut, leaves, chopped	3 ea.
Cilantro, root, fresh, finely chopped	1 Tbsp.
Salt, kosher	1 tsp.

Method

1. Soak the dried chiles in hot water for 15 minutes. Drain and reserve.
2. In a small skillet, combine the coriander, cumin, and peppercorns. Cook, tossing frequently, over medium heat until fragrant, about 5 minutes. Allow it to cool.
3. Using a spice grinder, process the spice mixture to a fine powder.
4. In a blender, place the spice powder, garlic, shallot, lemongrass, galangal, lime zest, lime leaves, cilantro, and salt. Purée to form a smooth paste. Add a little water to facilitate blending, if necessary.
5. Cover and store it in the refrigerator until needed.

THAI-STYLE FRIED NOODLES (PAD THAI)

Yield: 6 portions

Ingredients	Amounts
Chile paste, Thai (<i>Nam Prik Pao</i>)	2 Tbsp.
Fish sauce, Thai	¼ cup
Vinegar, rice	2 Tbsp.
Sugar, palm	2 Tbsp.
Noodles, rice, ¼-in. wide	1 ½ lb.
Shrimp, dried	1 Tbsp.
Oil, fryer	as needed
Tofu, extra firm, medium diced	1 lb.
Oil, vegetable	¼ cup
Garlic, chopped	2 Tbsp.
Leek, with green, julienned	1 ea.
Oil, vegetable	1 Tbsp.
Egg, whole beaten lightly	3 ea.
Scallion (Green onion), 1-in. strips	2 ea.
Bean, sprouts	½ lb.
Cilantro, leaves, fresh, roughly chopped	¼ cup
Peanuts, roasted, coarsely chopped	½ cup
Lime, cut into 6 wedges	1 ea.

Method

1. Preheat deep fryer to 350°F.
2. In a small bowl, whisk together the chile paste, fish sauce, vinegar, and palm sugar. Reserve.
3. In a large bowl, soak the rice noodles in warm water for 30 minutes. Drain and reserve.
4. In a small bowl, soak the dried shrimp for 30 minutes in cool water. Drain, finely chop, and reserve.
5. Deep-fry the tofu in the preheated fryer until golden brown, 3 to 6 minutes. Drain and reserve.
6. Heat a wok over medium-high heat. Place the vegetable oil. Add the garlic, reserved shrimp, and leeks. Stir-fry until the leeks brighten in color, and the garlic begins to turn golden, but not brown, 3 to 5 minutes.
7. Add the soaked noodles. Toss to coat with the oil. Stir-fry for 30 seconds. Push the noodles to the upper edge of one side of the wok.
8. Add the oil and beaten eggs to the space created. Spread them with a spatula to begin cooking. Fold the noodles over the eggs to accelerate cooking. Allow it to set for 10 seconds without tossing. Stir-fry the noodle and egg mixture for 1 minute.

9. Add the reserved seasoning mixture, fried tofu, and scallions. Stir-fry until the noodles are soft. Add a little water, as necessary.
10. Fold in the bean sprouts and cilantro. Adjust the seasoning to taste.
11. Serve on a platter. Garnish with the chopped peanuts and lime wedges.

CRISPY SAIGON CREPES WITH CILANTRO-LIME SOY SAUCE

Yield: 8 portions

Ingredients	Amounts
Beans, mung, yellow split	¼ cup
Coconut, milk	1 ½ cups
Water	½ cup
Flour, rice	1 cup
Sugar, granulated	½ tsp.
Salt, kosher	½ tsp.
Turmeric, powder	¼ tsp.
Bean, sprouts	3 cups
Cilantro, leaves, fresh	1 cup
Scallion (Green onion), minced	5 ea.
Oil, vegetable	as needed
Cilantro-Lime Soy Sauce (Recipe follows)	1 ½ cups

Method

1. In a sauté pan over medium heat, toast the mung beans until they develop a nutty aroma. Transfer the toasted beans to a bowl. Cover the beans with water and allow them to soak until softened. Drain.
2. In a blender, place the soaked beans, coconut milk, water, rice flour, sugar, salt, and turmeric. Purée until smooth. Strain. Reserve.
3. In a mixing bowl, combine the bean sprouts. Reserve.
4. Heat a pan with a small amount of oil. Pour a thin layer of batter into the hot pan, cook until the crepe is cooked through, and the bottom is crisp.
5. Add the filling and fold the crepe into a crescent. Serve on a plate accompanied with Cilantro-Lime Soy Sauce.

Note: Sauces containing fish sauce or shrimp paste are not vegetarian.

CILANTRO-LIME SOY SAUCE

Yield: 1 ½ cups

Ingredients	Amounts
Garlic, clove	2 ea.
Ginger, peeled, thinly sliced	1 ½ wt. oz.
Chili paste, Vietnamese	1 ½ Tbsp.
Cilantro, leaves, stems, fresh, chopped	¼ cup
Soy sauce, light (not low sodium)	½ cup
Lime, juice, with pulp	¼ cup
Water	¼ cup
Sugar, granulated	¼ cup

Method

1. Using a mortar and pestle, grind the garlic and ginger into a paste.
2. Transfer the mixture to a bowl. Add the chili paste, cilantro, soy sauce, lime juice, water, and sugar. Whisk until the sugar has dissolved.
3. Allow the sauce to set for 10 minutes.
4. Adjust the seasoning to taste.

Note: As an alternative to whisking by hand, all the ingredients can be placed into a blender and puréed until smooth.

RICE PAPER-WRAPPED SALAD ROLLS WITH VIETNAMESE DIPPING SAUCE

Yield: 8 portions

Ingredients	Amounts
Pork, shoulder	½ lb.
Shrimp, medium, raw with shells	12 ea.
Lettuce, red leaf, head	1 ea.
Rice paper, 12-in. round	8 ea.
Noodles, rice vermicelli, cooked, rinsed, cooled	¼ lb.
Bean sprouts	1 cup
Mint, leaves, fresh	1 cup
Basil, leaves, fresh	1 cup
Peanuts, roasted, chopped	¼ cup
Vietnamese Dipping Sauce (Recipe follows)	1x recipe

Method

1. Place the pork in a pot and add enough salted water to cover by 3 inches. Simmer until the pork is just cooked, about 30 minutes.
2. Remove the pork and submerge it in ice water to cool down and prevent it from drying out. Once the pork is cold, cut it into thin slices and reserve.
3. In a pot of boiling salted water, cook the unpeeled shrimp until pink. Shell, de-vein, and cut in half lengthwise. Refresh in cold water and reserve.
4. Separate the lettuce leaves and remove any bitter core. Wash and pat them dry.
5. Fill a large bowl with very hot water. Keep some boiling water ready to add to the bowl if the temperature drops. Arrange the following items in the order used: rice paper, hot water, a damp cheesecloth, and a platter holding all the filling ingredients.
6. Carefully bend a rice paper in half. Dip it into the hot water until completely softened. Lay the sheet down on cheesecloth and stretch it slightly to remove any wrinkles.
7. Arrange a line of 3 shrimp halves, cut side up, in a line across the bottom third of the circle. Top with two slices of pork. Leave an inch empty at the ends for rolling. Add a piece of lettuce folded into a thin rectangle about 5-inches long.
8. Distribute 1 tablespoon of vermicelli, 1 tablespoon of bean sprouts, and 4 to 5 mint and basil leaves evenly along the line.
9. Use the fingertips of one hand to hold down the ingredients, while you use the other hand to fold up one side of the rice paper and secure it under the fingertips holding down the ingredients. Repeat with the other side of the rice paper.
10. Use the fingertips of both hands to hold down the filling as well as the folded over ends of the rice paper. Use the thumbs of both hands to fold the bottom edge of the rice paper over the filling, removing your fingertips in the same motion. You should

have a tight roll about 1 ½ inches wide and 5 inches long. Repeat the process with remaining ingredients.

11. Cut the rolls in half on a bias. Place cut rolls upright on an appetizer plate. Garnish with the peanuts. Serve with the dipping sauce on the side.

VIETNAMESE DIPPING SAUCE (NOUC CHAM)

Yield: 1 ½ cups

Ingredients	Amounts
Garlic, clove, sliced	2 ea.
Chili paste	1 tsp.
Chile, Thai bird's eye, chopped (Optional)	1 ea.
Fish sauce	¼ cup
Water, hot	⅔ cup
Lime, juice, fresh, with pulp	2 Tbsp.
Sugar, granulated	¼ cup
Carrot, very finely shredded	2 Tbsp.

Method

1. Using a mortar and pestle, pound the garlic, chili paste, and chile into a paste. If you do not have a mortar and pestle, finely mince the garlic and chile.
2. Combine the garlic mixture with the fish sauce, hot water, lime juice, and sugar in a small mixing bowl. Stir until the sugar has dissolved.
3. Ladle sauce into serving bowls and float the carrot slivers on top.

Note: If you don't have a mortar and pestle, the garlic, chili paste, and chile can be finely minced. Nuoc cham is the single most important table sauce in Vietnamese cuisine. Slightly sweet and sour, this fish dipping sauce is served with almost every dish. It will keep for 1 month if refrigerated.

VIETNAMESE CHICKEN CURRY WITH SWEET POTATOES

Yield: 8 portions

Ingredients	Amounts
Oil, vegetable	1 ½ Tbsp.
Shallot, minced	2 ½ ea.
Garlic, minced	1 tsp.
Curry powder	2 ¼ Tbsp.
Onion, small, cut into thin wedges	1 ea.
Chili paste	2 ¼ tsp.
Red pepper flakes	1 ½ tsp.
Chicken, skinless, boneless, large dice	1 ½ lb.
Fish sauce	3 ¾ Tbsp.
Sugar, granulated	1 ½ Tbsp.
Stock, chicken	¾ cup
Lemongrass, stalk, small, fresh, minced	1 ea.
Ginger, fresh, ¾-in. piece, minced	1 ea.
Carrot, oblique cut	1 ½ ea.
Coconut, milk	15 fl. oz.
Potato, sweet, 1-in. dice	1 ½ ea.
Lime, makrut, leaf, chiffonade	1 ½ ea.
Salt, kosher	to taste
Lime, juice, fresh	to taste
Lime, cut into wedges	1 ½ ea.

Method

1. Heat the oil in a large skillet over medium heat. Add the shallots, garlic, and curry powder and stir until fragrant, about 20 seconds.
2. Add the onions, chili paste, red pepper flakes, chicken, fish sauce, and sugar. Stir until the chicken turns white on the edges.
3. Add the chicken stock, lemongrass, ginger, and carrots. Bring it to a boil. Reduce the heat and simmer for 10 minutes.
4. Add the coconut milk and sweet potatoes. Simmer until the chicken is cooked through, and vegetables are soft, about 15 minutes.
5. Stir in the lime leaves. Season with salt and lime juice to taste.
6. Serve in a heated bowl. Garnish with lime wedges on the side.

COCONUT RICE

Yield: 8 portions

Ingredients	Amounts
Oil, vegetable	1 ½ Tbsp.
Ginger, fresh, minced	2 ¼ tsp.
Rice, jasmine	3 ¾ cups
Water	3 ¾ cups
Coconut, milk	3 cups
Sugar, granulated	2 ¼ Tbsp.
Salt, kosher	to taste

Method

1. Heat the oil in a medium saucepan over medium-low heat. Add the ginger. Cook until fragrant.
2. Add the rice. Stir to coat with oil.
3. Add the water, coconut milk, sugar, and salt. Bring it to a boil. Turn down the heat to very low. Adjust the seasonings to taste.
4. Cover with a tight-fitting lid. Cook over low heat until the rice is done, about 18 minutes.
5. Remove the pan from the heat. Allow it to rest for 15 minutes.
6. Serve in a heated bowl.

SPICY NAPA CABBAGE SALAD

Yield: 6 portions

Ingredients	Amounts
Cabbage, napa, chiffonade	10 cups
Salt, kosher	1 Tbsp.
Sugar, granulated	2 Tbsp.
Oil, vegetable	
Peppercorn, Sichuan, whole	¼ cup
Chile, dried, crushed	1 Tbsp.
Vinegar, rice, light	3 Tbsp.
Scallion (Green onion), thinly sliced	2 ea.
Garlic, sliced	1 tsp.

Method

1. In a mixing bowl, combine the cabbage, salt, and sugar. Allow it to sit for 15 minutes. Squeeze out the excess moisture. Reserve.
2. In a cold wok, add the vegetable oil. Add the Sichuan peppercorns and crushed chiles. Heat the wok over medium-high heat until the Sichuan pepper and chili starts to turn dark brown, and the oil begins to smoke.
3. Carefully strain the hot oil onto the cabbage. Mix to combine.
4. Add vinegar, scallions, and garlic. Adjust the seasoning as necessary.
5. Serve on a platter.

RED-COOKED PORK BELLY

Yield: 6 portions

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

Method

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

SPICY GRANDMOTHER'S TOFU

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Pepper, Sichuan	1 ½ tsp.
Chili bean paste	1 Tbsp.
Scallion (Green onion), minced	1 ea.
Ginger, minced	1 tsp.
Garlic, minced	2 tsp.
Pork, ground	¾ lb.
Wine, rice, Chinese, Shaoxing	2 Tbsp.
Soy sauce, light	2 Tbsp.
Tofu, silken, medium diced	1 ½ lb.
Salt, kosher	1 tsp.
Cornstarch	1 Tbsp.
Water	1 ½ Tbsp.
Scallion (Green onion), sliced	1 ea.

Method

1. In a wok, heat the oil and the Sichuan pepper until the pepper starts to brown and becomes fragrant. Using a skimmer, remove and discard the pepper.
2. Add the chili bean paste, scallions, ginger, and garlic. Cook until the mixture is fragrant.
3. Add the ground pork. Stir-fry until the meat is cooked through.
4. Add the Shaoxing wine and the soy sauce.
5. Carefully place the diced tofu over the ground meat in the wok. Sprinkle the salt evenly over the top. Cover with a lid and cook for 3 minutes.
6. Gently mix the tofu with the ground meat, being careful not to break the fragile tofu.
7. In a small bowl, whisk together the cornstarch and water to make a slurry. Add the slurry to the wok as needed to achieve the proper consistency.
8. Adjust the seasonings to taste.
9. Serve on a heated platter, garnished with the scallions.

POTSTICKERS

Yield: 6 portions

Ingredients	Amounts
Pork, ground	1 lb.
Cabbage, napa, finely minced	¼ lb.
Carrot, finely shredded	¼ cup
Ginger, minced	1 wt. oz.
Garlic, minced	1 tsp.
Cornstarch	1 tsp.
Soy sauce	1 Tbsp.
Sugar, granulated	1 tsp.
Salt, kosher	½ tsp.
Oil, sesame	½ tsp.
Pot sticker wrappers, package	1 ea.
Water	1 cup
Soy sauce	¼ cup
Chili garlic sauce	2 Tbsp.
Vinegar, rice	2 Tbsp.
Chili oil	2 tsp.

Method

1. For the filling, in a large bowl, combine the pork, cabbage, carrot, ginger, garlic, cornstarch, soy sauce, sugar, salt, and sesame oil. Blend well.
2. To assemble the pot stickers, place 1 tablespoon of the filling in the center of a wrapper. Wet the top half of the wrapper on the side facing you with water. Make 4 pleats on the side nearest you and press the two sides together. (See Chef demo). Repeat with the remaining wrappers. Reserve.
3. For the dipping sauce, in a small bowl, combine the soy sauce, chili garlic sauce, rice vinegar, and chili oil. Blend well. Reserve.
4. Heat an 8-inch, non-stick skillet over medium heat. Rub the surface with oil. Arrange the prepared pot stickers in a single layer in the skillet, flat side down. Add enough water to come halfway up the pot stickers. Cover and bring the liquid to a boil. Continue cooking until all the water has evaporated and the pot stickers begin browning on the bottom.
5. Transfer to a heated serving platter. Serve with the dipping sauce.

DAY FIVE PRODUCTION ASSIGNMENTS: BAKING AND PASTRY

CHEF DEMONSTRATION:

Pie Dough

Challah

Ciabatta

TEAM ONE:

Apple Pie

Almond Crescent Cookies

TEAM TWO:

Crème Brûlée

Ciabatta

TEAM THREE:

Cheddar and Thyme Muffins

Challah

TEAM FOUR:

Three-Berry Cobbler

Chocolate Chip Cookies

APPLE PIE

Yield: one double-crust, 9-inch pie

Ingredients	Amounts
Pie Dough (Recipe follows)	1x recipe
Sugar, brown, light, tightly packed	¾ cup (170 g)
Flour, all-purpose	¼ cup (32.5 g)
Cinnamon, ground	¾ tsp. (1.75 g)
Nutmeg, fresh, grated	¼ tsp. (1.67 g)
Apple, peeled, cored, sliced ¼-in. thick	7 cups (.85 kg)
Lemon, juice, fresh	2 Tbsp. (28.3 g)
Butter, unsalted, diced	3 Tbsp. (42.5 g)
Egg, whole, beaten	1 ea.
Milk, whole	2 Tbsp.

Method

1. Roll out the pie dough into two rounds. Use one round to line a 9-inch pie pan and reserve the other for the top crust. Keep the dough-lined pan and other round chilled while you prepare the filling.
2. Preheat oven to 425°F.
3. For the filling, in a small bowl, place the brown sugar, flour, cinnamon, and nutmeg. Mix to combine.
4. In a large bowl, place the apples. Sprinkle the lemon juice and sugar mixture over the apples. Toss to coat all the slices.
5. Assemble the apples in the dough-lined pan, in a dome or even layer. Dot the top evenly with the butter.
6. In a small bowl, whisk together the egg and milk to create an egg wash. Brush the rim of the pie shell with the wash.
7. Cut vents in the other dough round. Place it over the filling. Press together the top and bottom edges to seal. Trim any excess dough so that the edges of the dough are almost even with the edges of the pan. Crimp or flute the edges. Brush the top lightly with egg wash.
8. Place the pie on a baking sheet. Bake it in the preheated oven for 15 minutes. Lower the oven temperature to 350°F and bake, rotating the pan as necessary for even browning, until the top crust is golden brown, and the apples feel tender when pierced through the steam vents with a knife, 40 to 45 minutes.
9. Remove the pie from the oven and cool on a wire rack. Allow the pie to rest before slicing to allow the filling to set up.
10. Serve warm or at room temperature.

PIE DOUGH

Yield: one double-crust, 9-inch pie

Ingredients	Amounts
Flour, pastry	2 ½ cups (300 g)
Salt, kosher	1 tsp. (7 g)
Butter, unsalted, cubed	14 Tbsp. (200 g)
Water, cold	3 ½ fl. oz. (100 g)

Method

1. In a large bowl, place the flour and salt. Mix to combine.
2. For flaky pie dough, rub the butter into the flour to form large nuggets. For mealy pie dough, work the butter into the flour to resemble crumb topping.
3. Add the water, 1 tablespoon at a time, just until it holds together when you press a handful of it into a ball. The dough should be evenly moist (not wet), and shaggy or rough in appearance.
4. Turn the dough out onto a lightly floured work surface. Gather and press the dough into a ball. Pat the ball into an even disk, wrap well, and allow it to chill in the refrigerator for 20 minutes.
5. Unwrap the dough, place it on a lightly floured work surface, and scatter a little flour over the top. Alternatively, place the dough between 2 sheets of parchment or waxed paper. Roll out the dough into an even round about 10 inches in diameter.
6. The dough is now ready for use.

ALMOND CRESCENT COOKIES

Yield: 30 cookies

Ingredients	Amounts
Almond, paste	4 cups
Sugar, granulated	2 ¼ cups
Lemon, zest	to taste
Egg, white	7 wt. oz.
Almonds, sliced, crushed	9 wt. oz.
Sugar, granulated	½ cup
Water	½ cup
Honey	to taste
Chocolate, coating, melted	as needed

Method

1. Preheat oven to 350°F.
2. In the bowl of a stand mixer fitted with the paddle attachment, place the almond paste, sugar, and lemon zest. Mix until the ingredients are the size of small peas.
3. Add the egg whites in 5 additions, mixing and scraping down the sides of the bowl before adding the next portion.
4. On a sheet tray, place the crushed almonds.
5. Place the dough in a piping bag fitted with a #6 tip. Pipe 2-inch pieces of the dough onto the almonds.
6. Line several double sheet pans with parchment paper. Transfer the cookies to the pans. Bake in the preheated oven until light brown.
7. For the simple syrup, in a medium saucepan over medium heat, combine the sugar and water. Bring it to a boil, stirring, until the sugar has dissolved. Allow it to cool.
8. In a small bowl, place the simple syrup and honey. Mix well to combine.
9. Remove the cookies from the oven and glaze with the simple syrup-honey mixture. Allow them to cool completely.
10. Dip each end in the melted chocolate coating. Allow the coating to cool.

CRÈME BRÛLÉE

Yield: 12 ramekins

Ingredients	Amounts
Heavy cream	30 wt. oz.
Sugar, granulated (Divided)	7 ½ wt. oz.
Vanilla, bean	1 ea.
Egg, yolk	9 ea.
Sugar, granulated	5 wt. oz.

Method

1. Preheat oven to 325°F.
2. In a medium saucepan, place the cream, 1/2 of the sugar, and vanilla bean. Bring it to a simmer over medium heat, stirring gently with a wooden spoon.
3. In a large mixing bowl, place the egg yolks and the remaining sugar. Mix to combine.
4. Temper the egg mixture by gradually adding 1/3 of the hot cream. Stir constantly with a wire whip. Add the remaining hot cream.
5. Strain the mixture through a fine mesh strainer (*chinois*), and ladle into ramekins, filling them 3/4 full.
6. Place the ramekins into a baking pan. Add enough water to come halfway up the sides of the ramekins. Bake in the water bath in the preheated oven until the custards are just set, 20 to 25 minutes.
7. Remove the custards from the water bath and wipe the ramekins dry. Refrigerate until fully chilled.
8. To finish, evenly coat each custard surface with a thin layer of brûlée sugar. Use a propane torch or place the ramekins under a broiler/salamander to melt and caramelize the sugar.

CIABATTA

Yield: 4 loaves

Ingredients	Amounts
Flour, bread	9 oz.
Water	9 oz.
Yeast, dry, instant (red)	1 pinch
Flour, bread	1 lb. 7 ½ oz.
Water	1 lb. 1 oz.
Salt, kosher	¾ oz.
Yeast, dry, instant (red)	1 ¼ tsp.

Method

1. For the poolish, in a small bowl, place the flour, water, and yeast. Mix to combine. Cover and let it rest overnight.
2. For the final dough, in the bowl of a mixer, place 1 pound of the poolish, the flour, water, salt, and yeast. Mix on the 1st speed for 4 minutes.
3. Mix on the 2nd speed for 30 seconds.
4. Bulk ferment for 30 minutes.
5. Fold over. Bulk ferment for 30 minutes.
6. Fold over. Bulk ferment for 15 minutes.
7. Scale (see chef demo).
8. Pre-shape. Intermediate fermentation for 10 to 15 minutes. Shape.
9. Proof for 30 minutes.
10. Preheat oven to 475°F.
11. Bake in the preheated oven for 20 to 30 minutes.
12. Cool on wire racks.

CHEDDAR AND THYME MUFFINS

Yield: 12 muffins

Ingredients	Amounts
Flour, all-purpose	2 cups
Mustard, dry	2 Tbsp.
Baking powder	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Chile, cayenne, ground	1 pinch
Cheese, Cheddar, sharp	1 cup
Thyme, fresh, chopped	1 Tbsp.
Milk, whole	1 ½ cups
Egg, whole	1 ea.
Butter, unsalted, melted	¼ cup
Hot sauce	¼ tsp.

Method

1. Preheat oven to 350°F.
2. Spray the muffin tins lightly with cooking spray (or line them with muffin liners).
3. In a large bowl, sift together the flour, mustard, baking powder, salt, and pepper.
4. Add the Cheddar and thyme. Toss together until evenly distributed. Make a well in the center of the flour mixture.
5. In a separate bowl, blend the milk, egg, butter, and hot sauce. Add the milk mixture to the flour mixture and stir by hand just until the batter is evenly moistened.
6. Fill the prepared muffin tins ¾ full. Gently tap the filled tins to release any air bubbles. Bake in the preheated oven until a skewer inserted into the center of a muffin comes out clean, 20 to 25 minutes.
7. Cool the muffins in the pan for about 10 minutes. Serve the muffins warm or transfer to a cooling rack to finish cooling before storing in an airtight container.

CHALLAH

Yield: 6 loaves

Ingredients	Amounts
Water	1 lb. 8 oz.
Yeast, instant, dry (gold)	$\frac{3}{4}$ oz.
Flour, bread	4 lb. 2 oz.
Sugar, granulated	6 oz.
Salt, kosher	1 oz.
Egg, yolk	12 oz.
Oil, vegetable	6 oz.
Cornmeal	as needed
Egg, whole, beaten	1 ea.
Milk, whole	2 Tbsp.

Method

1. Using the straight dough mixing method, mix for 12 minutes total.
2. Bulk ferment for 1 hour.
3. Divide the dough. Ferment for 20 minutes.
4. In a small bowl, mix the egg and milk to create an egg wash.
5. Divide on press. Roll pieces into strips and do a six-braid.
6. Place on a sheet pan sprinkled with cornmeal and egg wash. Pan ferment for 30 minutes.
7. Preheat oven to 380°F.
8. Bake in the preheated oven until the loaves are a deep golden brown, about 30 minutes.
9. Cool on wire racks.

THREE-BERRY COBBLER

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	as needed
Flour, all-purpose	1 ½ cups
Baking soda	2 tsp.
Cream of tartar	1 tsp.
Salt, kosher	1 tsp.
Butter, unsalted, softened	½ cup
Sugar, granulated (Divided)	1 cup
Egg, whole, lightly beaten	1 ea.
Buttermilk	½ cup
Raspberries, fresh	½ qt.
Blueberries, fresh	½ qt.
Strawberries, fresh	½ qt.

Method

1. Preheat a convection oven to 350°F (375°F for a conventional oven). Butter a 9-inch baking dish or 6 individual molds.
2. In a medium bowl, sift together the flour, baking soda, cream of tartar, and salt. Reserve.
3. In a stand mixer fitted with a paddle attachment, cream the butter and ¾ cup of the sugar on low speed until the mixture is light in texture, about 2 minutes.
4. Beat in the egg, mixing until smooth, about 2 minutes.
5. Incorporate the flour mixture into the butter mixture by adding the flour alternately with the buttermilk, beginning and ending with the flour mixture.
6. In a medium bowl, place the remaining ¼ cup of sugar and the berries. Mix gently to combine. Arrange the berries in the prepared baking dish.
7. Spoon the batter over the berries.
8. Bake until the crust is golden brown, and a toothpick inserted in the center comes out clean, 40 to 50 minutes.
9. Remove the cobbler from the oven and let it cool on a wire rack for 10 minutes. Serve warm.

CHOCOLATE CHIP COOKIES

Yield: 30 cookies

Ingredients	Amount
Oats, rolled	5 cups
Butter, unsalted, room temp	1 lb.
Sugar, granulated	2 cups
Sugar, brown, light	2 cups
Egg, whole, room temp	4 ea.
Vanilla, extract	2 tsp.
Flour, all-purpose	4 cups
Salt, kosher	1 tsp.
Baking powder	2 tsp.
Baking soda	2 tsp.
Chocolate, chips	4 ½ cups
Chocolate, white, chunks	1 cup

Method

1. Preheat oven to 375°F. Line four baking sheets with parchment paper.
2. In a blender or food processor, place the rolled oats. Process into to a fine powder. Reserve.
3. In the bowl of a stand mixer fitted with the paddle attachment, cream the butter and sugars at low speed until the sugars melt and the mixture is light in color, about 10 minutes.
4. Gradually add the eggs, scraping down the bowl after each addition. Add the vanilla.
5. In a large bowl, sift the flour, salt, baking powder, and baking soda.
6. Add the sifted flour mixture and ground oatmeal to the butter-egg mixture all at once. Mix on low speed just until combined. Scrape down the bowl as needed. Do not over mix.
7. Using a rubber spatula, fold in the chocolate chips, mixing until just combined.
8. Scoop the dough onto the prepared baking sheets using a #40 scoop (1 ½ tablespoons), placing them about 1 ½ inches apart. Chill the dough in the refrigerator for 20 minutes.
9. Place the sheets in the preheated oven and bake until the edges are golden brown, about 10 minutes. Rotate and switch the baking sheets as necessary for even baking.
10. Allow the cookies to cool on the baking sheets for 1 minute. Using a rubber spatula, transfer the cookies to a cooling rack and allow it to cool completely.

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CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

1 gram (g)	=	1/28 oz. (or 0.035 oz.)
1/2 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 3/4 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

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