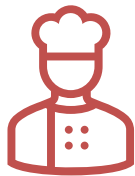




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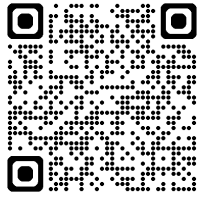
The Olive Oil Kitchen

WELCOME!



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Expectations for Participants

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

KITCHEN RESPONSIBILITIES

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



RECIPE MISE EN PLACE

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



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."



TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Garlic and Olive Oil Burst Cherry Tomatoes *(VG, GF)*
Whipped Ricotta, Smoked Black Pepper, and Garden Herb-Almond Pesto *(V, GF)*
Olive Oil Poached Cod with Grilled Serrano Salsa Verde *(GF)*
Olive Oil Ice Cream *(V, GF)*

TEAM TWO

Charred Radish with Herbed Sea Salt *(VG, GF)*
Smokey Eggplant Purée with Labneh, Olive Oil, and Poached Chiles *(V, GF)*
Chicken Confit with Lemon, Thyme, Olive Oil, and Calabrian Chiles *(GF)*
Dark Chocolate Mousse with Olive Oil *(V, GF)*

TEAM THREE

Chermoula *(VG, GF)*
Greens with White Beans, Fried Bread, and Shaved Pecorino *(V)*
Pita Bread *(VG)*
Mixed Greens Dressed with Olive Oil *(VG, GF)*
Sous Vide Beef Rib Eye in Olive Oil *(GF)*

TEAM FOUR

Mashed Potato Skordalia with Pine Nuts, Oregano, and Chives *(VG)*
Olive Oil Braised Leeks *(VG, GF)*
Slow Cooked Green Beans with Harissa and Cumin *(V, GF)*
Olive Oil Semolina Cake *(V)*

TAKE HOME RECIPES

Swiss Chard and Tahini Dip (*VG, GF*)

Marinated Beans with Celery and Manchego (*V, GF*)

Asparagus, Green Garlic, and Artichokes (*VG, GF*)

Chickpeas, Feta, Garlic Confit, and Capers (*V, GF*)

Olive Oil Confit with Cippolini Onions and Crushed Potatoes (*V, GF*)

Roasted Carrots, Turnips, and Fennel (*V, GF*)

KEY: *V (Vegetarian) | VG (Vegan) | GF (Gluten-Free)*

GARLIC AND OLIVE OIL BURST CHERRY TOMATOES

Yield: 5 cups

Ingredients	Amounts
Oil, olive, extra virgin	as needed
Oregano, Sicilian, dried	1 Tbsp.
Basil, leaf, fresh, torn	8 ea.
Parsley, flat-leaf, sprig, fresh	4 ea.
Red pepper flakes, crushed (Optional)	¼ tsp.
Tomato, cherry	10 cups
Salt, kosher	⅛ tsp.
Garlic, clove, skin on, gently crushed	10 tsp.

Method

1. Heat the olive oil in a large skillet over medium heat until it just begins to thin out and coat the pan. Add the oregano, basil, parsley, and red pepper flakes, if using. Sauté until fragrant, about 30 seconds.
2. Add the tomatoes and sea salt. Increase the heat to medium high. Cook, stirring occasionally with a wooden spoon, until the tomatoes develop a light golden-brown hue at their edges and burst open, 6 to 10 minutes.
3. Add the garlic. Cook until the garlic softens, 1 to 2 minutes. (Adding the garlic now prevents it from scorching and burning.)
4. Remove the skillet from the heat and let it cool slightly.

Note: Heirloom, standard, or grape tomatoes can be substituted for the cherry tomatoes. Ground Calabrian chile can be substituted for the red pepper flakes.

WHIPPED RICOTTA, SMOKED BLACK PEPPER, AND GARDEN HERB-ALMOND PESTO

Yield: 1 quart

Ingredients	Amounts
Cheese, ricotta	16 wt. oz.
Honey, wildflower	1 ½ Tbsp.
Oil, olive, extra virgin	1 ½ Tbsp.
Garlic, confit (Recipe follows)	3 tsp.
Lemon, zest	1 ½ Tbsp.
Lactic acid, powdered	1 tsp.
Pepper, black, ground	to taste
Garden Herb Almond Pesto (Recipe follows)	as needed

Method

1. In a robot coupe food processor, whip all the ingredients until smooth.
2. Store in piping bags for later use.

GARLIC CONFIT

Yield: 3 teaspoons.

Ingredients

Garlic, clove, peeled
Oil, olive, extra virgin

Amounts

3 ea.
as needed

Method

1. Preheat oven to 440°F.
2. In a medium pot of cold water, place the garlic. Bring it to a boil. Repeat twice, starting from cold water each time.
3. Transfer the garlic to an ice water bath to stop the cooking process. Drain. Blot dry.
4. Transfer the garlic to a hotel pan. Cover the garlic with oil and wrap tightly with tin foil.
5. Bake in the preheated oven for 2 hours.

GARDEN HERB-ALMOND PESTO

Yield: 1 cup

Ingredients	Amounts
Almonds, sliced	¼ cup
Coriander, seeds, whole	1 ½ tsp.
Salt, kosher	¼ tsp.
Garlic, clove, large, peeled	1 ea.
Lemon, zest	1 Tbsp.
Basil, bunch, leaves only, fresh	1 ea.
Arugula, leaf	2 cups
Oregano, leaf, fresh	1 Tbsp.
Chive, fresh, minced	½ cup
Cheese, Pecorino Romano, grated	¾ cup
Oil, olive, extra virgin	¼ cup

Method

1. Bring a medium pot of water to a rolling boil. Add the garlic. Blanch for 30 seconds. Transfer to an ice water bath to stop the cooking process. Drain. Reserve
2. Heat a small, dry skillet over medium heat. Add the almonds in a single layer. Toast until lightly browned and fragrant, 3 to 5 minutes. Transfer to a plate. Cool.
3. Wipe the skillet clean. Heat over medium heat. Add the coriander seeds in a single layer. Toast until lightly browned and fragrant, 3 to 5 minutes. Using a mortar and pestle, grind finely.
4. Add the salt and the garlic. Crush the mixture into a paste.
5. Add the almonds and lemon zest. Start working the basil in, a few leaves at a time, then the arugula and oregano. Blend until it is consistent.
6. With a fork, stir in the chives and cheese.
7. Gradually work in the olive oil until incorporated.

OLIVE OIL POACHED COD WITH GRILLED SERRANO SALSA VERDE

Yield: 40 portions

Ingredients	Amounts
Chile, serrano	12 ea.
Basil, bunch, leaves only, fresh	2 ea.
Cilantro, bunch, leaves only, fresh	2 ea.
Parsley, flat-leaf, bunch, leaves only, fresh	2 ea.
Oil, olive, extra virgin	3 cups
Vinegar, wine, sherry	½ cup
Vinegar, wine, red	½ cup
Salt, kosher	1 Tbsp.
Cod, 2 oz. portion	40 ea.
Oil, olive, extra virgin	as needed
Bay leaf, dried	3 ea.
Thyme, sprig, fresh	10 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Water	as needed

Method

1. Preheat oven to 275°F.
2. Using tongs, hold the serrano chiles over a gas burner until charred on all sides. Transfer to a medium bowl and cover with plastic wrap. Let it cool. Cut the chiles in half lengthwise. Remove and discard the seeds.
3. For the salsa verde, in a food processor, pulse the charred chilies, basil, cilantro, and parsley until finely chopped.
4. Add the olive oil, sherry and red vinegar, and salt. Reserve.
5. In a 2-inch hotel pan, place the cod, and enough oil to come up ½ way on the fillet.
6. Add the bay leaves, thyme, salt, pepper, and a little water (to create steam and help the fish cook more gently). Wrap the pan with foil and cook in the preheated oven for 10 to 12 minutes.
7. Serve the cod with the salsa verde.

OLIVE OIL ICE CREAM

Yield: 2011 grams

Ingredients	Amounts
Milk, whole	1375 g
Trimoline invert sugar	25 g
Sugar, granulated	240 g
Glucose, dry	120 g
Milk, dry	60 g
Stabilizer, ice cream	8 g
Salt, sea, fine, Baleine	3 g
Oil, olive, extra virgin	180 g

Method

1. In a medium pot over a double broiler, warm the milk and Trimoline to 190°F.
2. In a medium bowl, whisk together the sugar, glucose, dry milk, stabilizer, and sea salt. Blend it into the wet ingredients using an immersion blender.
3. Bring the mixture to 190°F.
4. Cool to 110°F.
5. Using an immersion blender, gradually add the oil until fully incorporated.
6. In a container, place the ice cream base. Refrigerate overnight to allow maturation. Place a container for the churned ice cream in the freezer.
7. The next day, process the base in an ice cream machine according to the manufacturer's instructions.
8. Transfer to the chilled container and chill overnight.
9. Scoop and serve as desired.

CHARRED RADISH WITH HERBED SEA SALT

Yield: 3 pints

Ingredients	Amounts
Garlic, minced	4 tsp.
Chive, bunch, fresh, thinly sliced	1 ea.
Parsley, flat-leaf, bunch, fresh, minced	1 ea.
Tarragon, sprig, fresh, minced	10 ea.
Oregano, Sicilian, dried	1 Tbsp.
Lemon, Meyer, zested	4 ea.
Pepper, black, ground	1 Tbsp.
Salt, sea	as needed
Oil, olive, extra virgin	$\frac{3}{4}$ cup
Radish, mixed, with tops, halved	3 $\frac{1}{2}$ lb.

Method

1. In a small bowl, combine the garlic, chive, parsley, tarragon, lemon zest, pepper, sea salt, and olive oil.
2. Heat a plancha or cast-iron pan over medium high heat. Add the radish cut side down. Char until blackened.
3. Serve at room temperature with the herb and olive oil mixture.

SMOKEY EGGPLANT PURÉE WITH LABNEH, OLIVE OIL, AND POACHED CHILES

Yield: 1 ½ quarts

Ingredients	Amounts
Eggplant, Japanese	10 ea.
Oil, olive, extra virgin	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Garlic, finely grated	3 tsp.
Labneh	3 cups
Mint, bunch, fresh, torn	½ ea.
Lemon, zest	3 ea.
Lemon, juice, fresh	2 Tbsp.
Peppercorns, pink, ground	1 tsp.
Oil, olive, extra virgin	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Vinegar, balsamic, aged	as needed
Date, Medjool, pitted, chopped	12 ea.
Orange, zested	3 ea.
Sesame seeds, black and white, mixed	1 tsp.
Oil, olive, extra virgin	as needed
Salt, kosher, flakey	as needed

Method

1. Heat a broiler. On a rimmed baking sheet, place the eggplants. Broil, turning often, until the skins are charred and the flesh is tender when pierced with a knife, 25 to 30 minutes.
2. Transfer the eggplants to a medium bowl. Cover with a plate to steam slightly.
3. When cool enough to handle, peel the eggplants. Pull the flesh into thin strips (like string cheese). Transfer the eggplants to a medium bowl.
4. Add the oil and toss to coat. Season with the salt and pepper.
5. Transfer to a blender. Purée to a smooth consistency.
6. In a separate medium bowl, place the garlic, labneh, mint, lemon zest, lemon juice, peppercorns, and oil. Whisk to combine. Season with the salt and pepper to taste.
7. Spread a thin layer of seasoned labneh on serving plates. Top with the eggplant and brush with the aged balsamic. Top the eggplant with the dates, orange zest, and sesame seeds. Drizzle with more oil. Sprinkle with flakey salt.

Note: 1 quart of whole milk Greek yogurt + 1 tablespoons kosher salt, strained in cheese cloth overnight and seasoned with salt can be substituted for the labneh.

CHICKEN CONFIT WITH LEMON, THYME, OLIVE OIL, AND CALABRIAN CHILES

Yield: 40 portions

Ingredients	Amounts
Poultry, chicken, leg, drum, and thigh, separated	20 ea.
Salt, kosher	$\frac{3}{4}$ cup
Sugar, brown, light	$\frac{1}{4}$ cup
Pepper, black, ground	as needed
Garlic, clove, crushed	10 ea.
Thyme, sprig, fresh, chopped	20 ea.
Bay leaf, dried	8 ea.
Lemon, Meyer, sliced into rounds, seeds removed	8 ea.
Oil, olive, extra virgin	1 qt.
Chile, Calabrian, whole	2 ea.
Pea, tendrils, fresh	as needed

Method

1. In a large bowl, place the salt, sugar, pepper, garlic, thyme and bay leaves. Mix to combine.
2. Add the chicken legs. Rub them with the mixture. Let them cure for 6 to 8 hours.
3. Rinse the cure off the legs and pat dry with a paper towel. Transfer to a rack and let them dry, uncovered, overnight.
4. Preheat combi oven to 169°F.
5. Place the chicken into a cryo-vac bag with the lemon rounds, olive oil, and Calabrian chiles. Vacuum seal and bake for 3 to 4 hours.
6. Preheat broiler to high.
7. Remove the chicken from the bag, reserve the liquid, and crisp the chicken under the broiler.
8. Dress the chicken with some of the reserved liquid.
9. Finish with the pea tendrils.

Note: Fava bean leaves can be substituted for the pea tendrils.

DARK CHOCOLATE MOUSSE WITH OLIVE OIL

Yield: 20 tasting portions

Ingredients	Amounts
Chocolate, Valrhona, 64%	455 g
Water	110 g
Sugar, granulated	25 g
Crème fraîche	30 g
Butter, unsalted	50 g
Egg, white and yolk, separated	10 ea.
Oil, olive, extra virgin	85 g
Sugar, granulated	100 g
Oil, olive, extra virgin	as needed

Method

1. In a medium pot over a double broiler, melt the chocolate, water, and sugar, stirring with a spatula until it emulsifies.
2. Add the crème fraîche and butter. Remove the pot from heat and place it on a wet towel.
3. Add the egg yolks and olive oil. Incorporate with a spatula until a smooth batter forms.
4. Whip the egg whites and sugar to a stiff peak. Fold it into the chocolate mixture.
5. Pipe the mousse into ramekins. Garnish with a generous drizzle of olive oil.

CHERMOULA

Yield: 3 cups

Ingredients	Amounts
Garlic, clove, peeled	12 ea.
Lemon, preserved, minced	1 ea.
Parsley, flat-leaf, bunch, fresh, minced	1 ½ ea.
Cilantro, bunch, fresh, minced	1 ½ ea.
Lemon, juice, fresh	2 Tbsp.
Oil, olive, extra virgin	2 ¼ cups
Cumin, ground	1 Tbsp.
Paprika, ground	1 Tbsp.
Salt, kosher	1 Tbsp.

Method

1. In a medium pot of cold water, place the garlic. Bring it to a boil. Repeat twice, starting from cold water each time. Transfer to an ice water bath to stop the cooking process. Drain. Mince.
2. In a medium bowl, place the minced garlic, preserved lemon, parsley, and cilantro. Mix to combine.
3. Add the lemon juice, olive oil, cumin, paprika, and salt. Mix well.

GREENS WITH WHITE BEANS, FRIED BREAD, AND SHAVED PECORINO

Yield: 2 quarts

Ingredients	Amounts
Beans, white, dried	1 lb.
Wine, white, dry	2 cups
Oregano, Sicilian, dried	1 Tbsp.
Water	1 cup
Chili flakes	1 tsp.
Kale, Tuscan, bunch, ribs removed, leaves torn into bite-sized pieces	3 ea.
Oil, olive, extra virgin	½ cup
Salt, kosher	to taste
Vinegar, wine, sherry	as needed
Oil, olive, extra virgin	2 Tbsp.
Bread, sourdough, loaf, crust removed torn into 1-in. pieces	1 ea.
Garlic, clove	4 ea.
Cheese, Pecorino Romano, shaved	as needed
Parsley, flat-leaf, fresh, roughly cut	as needed

Method

1. In a large bowl, soak the white beans in cold water overnight.
2. Preheat oven to 350°F.
3. Bring a large pot of water to a rolling boil. Add the beans. Cook until tender, 2 to 3 minutes. Remove the pot from the heat. Cool the beans in the liquid. Strain. Reserve.
4. In a large pan over medium heat, add the wine, oregano, water, and chili flakes. Bring it to a simmer and reduce by ½.
5. Add the kale and cover. Cook, stirring occasionally, for 4 minutes.
6. Add the reserved beans and olive oil. Cook until the beans are heated through, 3 to 4 minutes. Season with the salt and a splash of the vinegar.
7. In a separate large pan, heat the olive oil. Working in batches, add the bread and fry until golden brown. Drain and blot dry the bread on paper towels.
8. Just before serving, transfer the bread to a rack. Reheat in the preheated oven, about 5 minutes.
9. Rub the bread with the garlic cloves and discard the cloves. Transfer the bread to a serving bowl.
10. Spoon the hot beans and kale with some of the liquid over the bread. Top with the shaved Pecorino and parsley.

PITA BREAD

Yield: 15 pitas

Ingredients	Amounts
Yeast, active dry, packet	1 ea.
Sugar, granulated	½ Tbsp.
Water, warmed to 100°F	1 ½ cups
Flour, bread	1 ⅔ cups
Flour, whole wheat	1 ¾ cups
Salt, kosher	1 Tbsp.
Oil, olive, extra virgin	¼ cup

Method

1. Preheat oven to 450°F. Place a pizza stone or plain sheet pan in the oven.
2. In a small bowl, place the yeast, sugar, and water. Mix well to combine.
3. In the bowl of an electric mixer fitted with the dough hook, add the yeast mixture, flours, salt, and oil. Mix until an elastic dough forms, about 3 minutes.
4. Transfer the dough to a large, oiled bowl. Mist with additional oil. Cover the bowl with plastic wrap and place it in a warm area. Let the dough proof for 2 hours.
5. Line a sheet pan with parchment paper and lightly oil it. Punch down the dough and remove it from the bowl. Cut the dough into 3-ounce balls and place them on the prepared sheet pan. Dust the dough balls with flour and wrap the sheet pan with plastic wrap. Let the dough proof in a warm area until the balls have doubled in size.
6. On a floured surface, roll out each ball of dough into a 7-inch round. Dust each round heavily with flour and store between sheets of parchment paper.
7. Place a round of dough onto the stone or sheet pan. Let the dough puff up into a pillow. After it is fully inflated, bake for 1 minute, then remove from the oven. Cool slightly.

MIXED GREENS DRESSED WITH OLIVE OIL

Yield: 6 portions

Ingredients	Amounts
Mixed greens	1 lb.
Vinegar, balsamic, aged	2 fl. oz.
Salt, kosher	2 tsp.
Pepper, black, ground	¼ tsp.
Oil, olive, extra virgin	5 fl. oz.

Method

1. Remove and discard any excessive stems from the greens. Wash and spin dry. Reserve.
2. For the dressing, in a small bowl, place the balsamic vinegar, salt, and pepper. Whisk to combine.
3. Gradually whisk in the olive oil until incorporated.
4. Just prior to serving, in a large serving bowl, place the greens. Add the dressing. Toss to coat.

SOUS VIDE BEEF RIB EYE IN OLIVE OIL

Yield: 10 portions

Ingredients	Amounts
Beef, rib eye, cap on, 16 oz.	4 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Garlic, clove, crushed	12 ea.
Thyme, fresh, picked	1 Tbsp.
Oil, olive, extra virgin	¾ cup
Salt, Maldon	as needed
Oil, olive, extra virgin	as needed

Method

1. Preheat combi oven to 128°F.
2. Season the beef with the salt and pepper. In each cryo-vac bag, place 1 steak, 1 tablespoon of the crushed garlic, a few pinches of the thyme, and 3 tablespoons of the olive oil. Seal the bags.
3. Cook the steaks on steam for 1 ½ hours. Remove the steaks and allow them to rest. Transfer to an ice bath. Chill.
4. Remove and transfer to a wire rack to dry overnight. This can be reverse seared the day of, on pick up, to help achieve a crust on the exterior of the meat.
5. Season with Maldon salt and olive oil.

MASHED POTATO SKORDALIA WITH PINE NUTS, OREGANO, AND CHIVES

Yield: 1 quart

Ingredients	Amounts
Garlic, clove	12 ea.
Pine nuts (<i>Pignoli</i>) (Divided)	3 Tbsp.
Potato, Yukon Gold, whole, unpeeled	4 lb.
Salt, kosher	1 pinch
Lemon, juice, fresh	3 Tbsp.
Vinegar, wine, red	3 Tbsp.
Bread, white, 1-in. slice, crust removed	6 ea.
Salt, kosher	as needed
Pepper, black, ground	3 tsp.
Oil, olive, extra virgin	1 ½ cup
Chive, fresh, finely chopped	as needed
Oregano, fresh, finely chopped	as needed

Method

1. Bring a medium pot of water to a rolling boil. Add the garlic. Blanch for 30 seconds. Transfer to an ice water bath to stop the cooking process. Drain and reserve.
2. Heat a large, dry skillet over medium heat. Place the pine nuts in an even layer. Toast until lightly browned and fragrant, 2 to 5 minutes. Transfer to a small bowl. Cool and reserve.
3. In a large pot, place the potatoes and enough cold water to cover. Add the salt. Bring the water to a boil. Turn down the heat to low. Simmer until the potatoes are tender and can be easily be pierced with a fork, 15 to 20 minutes. Drain, return them to the pan, and let them sit until no steam rises. Peel the potatoes. While still hot, run them through a food mill. Transfer to a blender.
4. Add the blanched garlic, toasted pine nuts (reserve 1 tsp. for garnish), lemon juice, and vinegar. Purée to a smooth consistency. Transfer to a food processor.
5. In a medium bowl of water, dip the bread, one slice at a time. Squeeze dry and crumble into the food processor. Purée the mixture to a fine consistency. Do not overwork the mixture, as it will become gummy.
6. Transfer into a medium bowl. Season with salt and pepper. Cover and refrigerate overnight to allow the flavors to blend.
7. Garnish with the olive oil, chives, oregano, and the remaining toasted pine nuts. Serve at room temperature.

OLIVE OIL BRAISED LEEKS

Yield: 4 pounds

Ingredients	Amounts
Peppercorns, black, whole	15 ea.
Leek	8 lb.
Thyme, bunch, fresh, leaf only	1/2 ea.
Salt, kosher	1 pinch
Oil, olive, extra virgin	as needed

Method

1. Preheat combi oven to 190°F.
2. Heat a dry skillet over medium heat. Add the peppercorns in a single layer. Toast until fragrant, 3 to 5 minutes. Transfer to a plate. Cool and reserve.
3. Clean and wash the leeks. Cut them lengthwise with the root left on, but beard removed. Discard the dark green tops.
4. Place the leeks, thyme, and salt into sous vide bags flat side down with everything facing in the same direction.
5. Add the toasted peppercorns and 1/2 cup of the oil per bag. Seal the bags and bake in the preheated combi oven with full steam for 1 1/2 hours.
6. Remove the leeks from the bags. Transfer to an ice water bath to stop the cooking process. Drain and pat dry.
7. Just before serving, reheat the leeks. Char on a grill or in a cast iron pan.

SLOW COOKED GREEN BEANS WITH HARISSA AND CUMIN

Yield: 35 portions

Ingredients	Amounts
Cumin, seeds	1 tsp.
Oil, olive, extra virgin	$\frac{3}{4}$ cup
Vinegar, wine, sherry	2 Tbsp.
Harissa, paste	2 tsp.
Salt, kosher	as needed
Beans, haricot vert, stem end snipped	2 $\frac{1}{2}$ lb.
Beans, white, cooked, canned (Optional)	1 lb.
Garlic, clove, skin on	1 ea.
Salt, Maldon	as needed
Oil, olive, extra virgin	as needed

Method

1. Preheat oven to 275°F.
2. Heat a large, dry skillet over medium heat. Place the cumin seeds in an even layer. Toast until fragrant, 2 to 3 minutes. Finely grind using a mortar and pestle.
3. In a medium bowl, place the ground cumin, oil, vinegar, harissa, and salt. Whisk to combine.
4. Add the haricot vert, white beans, and garlic. Toss to coat the vegetables. Transfer them to a parchment-lined sheet pan.
5. Cook in the preheated oven until the haricot vert are very tender and slightly shriveled.
6. Finish with the Maldon salt and fresh olive oil.

OLIVE OIL SEMOLINA CAKE

Yield: One 8-inch cake

Ingredients	Amounts
Oil, olive, extra virgin	120 g
Egg, whole	65 g
Liquor, Cointreau	24 g
Orange, zest	3 g
Milk, whole	130 g
Flour, all-purpose	100 g
Flour, semolina	15 g
Sugar, granulated	170 g
Baking soda	2 g
Baking powder	2 g
Salt, kosher	5 g
Cardamom, ground	2 g

Method

1. Preheat oven to 325°F.
2. In a large bowl, place the oil, eggs, Cointreau, orange zest, and milk. Mix to combine.
3. In the bowl of stand mixer with a paddle attachment, place the all-purpose and semolina flours, sugar, baking soda, baking powder, salt, and cardamom.
4. Slowly add the wet mixture to the dry mixture, making a smooth batter.
5. Transfer the batter to a parchment-lined, 8-inch cake pan. Bake in the preheated oven until a cake tester can be inserted without being covered in raw batter, about 45 minutes.
6. Remove the pan from the oven and allow it to cool slightly. Invert the pan and transfer the cake to a rack. Cool to room temperature.

SWISS CHARD AND TAHINI DIP

Yield: 2 quarts

Ingredients	Amounts
Garlic, clove	10 ea.
Chard, Swiss	3 cups
Salt, kosher	as needed
Oil, olive, extra virgin	1 ½ cups
Tahini	1 cup
Lemon, Meyer, juice, fresh	⅔ cup
Salt, kosher	to taste
Oil, olive, extra virgin	as needed
Za'atar spice mix	as needed
Lemon, cut into wedges	2 ea.

Method

1. In a medium pot of cold water, place the garlic. Bring it to a boil. Repeat twice, starting from cold water each time. Transfer to an ice water bath to stop the cooking process. Drain. Chop. Reserve.
2. Remove the rib from the Swiss chard. If the stems are tender, peel and slice finely. Tear the leaves into small pieces. Reserve the rib, stems, and leaves separately.
3. Bring a medium pot of salted water to a rolling boil. Blanch the reserved Swiss chard leaves for 3 minutes. Shock in ice water to preserve the color and stop the cooking process. Reserve.
4. Heat the olive oil in a heavy-bottom pan over medium heat. Add the Swiss chard ribs and stems. Cook until just tender, 3 to 4 minutes.
5. Add the Swiss chard leaves and reserved blanched, chopped garlic. Sauté for 1 minute.
6. Transfer to a food processor. Add the tahini and lemon juice. Season with salt to taste. Blend until smooth.
7. Top with the olive oil and za'atar spice mix.
8. Serve warm with the lemon wedges on the side.

Note: Sumac can be substituted for the za'atar spice mix.

MARINATED BEANS WITH CELERY AND MANCHEGO

Yield: 1 ½ quarts

Ingredients	Amounts
Beans, cannellini, dried	½ lb.
Beans, navy, dried	½ lb.
Beans, borlotti, dried	½ lb.
Celery, stalk, peeled, diced	6 ea.
Chive, bunch, fresh, minced (Divided)	½ ea.
Parsley, flat-leaf, bunch, fresh, minced (Divided)	½ ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Vinegar, wine, red	4 Tbsp.
Vinegar, wine, white	4 Tbsp.
Oil, olive, extra virgin	½ cup
Cheese, Manchego, small diced	4 wt. oz.

Method

1. In separate large bowls, soak the beans in water overnight.
2. In separate large pots, place the beans and enough water to cover by 1 inch. Bring the pots to a boil, then reduce to a simmer. Cook until tender, about 90 minutes. Allow the beans to cool in the liquid. Drain.
3. In a large bowl, combine the beans. Add the celery, ½ the chives, and ½ the parsley. Season with salt and pepper.
4. For the dressing, in a small bowl, place the wine vinegars. Gradually whisk in the olive oil until combined. Add the dressing to the bowl with the beans. Toss to combine. Let it sit for 2 hours.
5. Just prior to serving, fold in the cheese. Add the chives and parsley.
6. Serve at room temperature.

ASPARAGUS, GREEN GARLIC, AND ARTICHOKES

Yield: 40 pieces

Ingredients	Amounts
Asparagus, jumbo	4 lb.
Salt, kosher	1/8 tsp.
Garlic, green	3 lb.
Artichoke, baby	30 ea.
Lemon, juice, fresh	3 Tbsp.
Oil, olive, extra virgin	as needed
Thyme, sprig, fresh	as needed
Wine, white, dry	as needed
Oil, olive, extra virgin	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Chive, bunch, fresh, finely sliced	1 ea.
Parsley, flat-leaf, bunch, fresh, finely cut	1 ea.

Method

1. Peel and collar the asparagus. Remove and discard the tough bottom end.
2. Bring a medium pot of water to a boil. Add the asparagus and salt. Cook until bright green and tender, 3 to 4 minutes. Transfer to an ice water bath to stop the cooking process. Drain and pat dry. Reserve.
3. Remove the tops of the green garlic, retaining just the light green and white parts. Thinly slice with the bulb. Reserve.
4. Remove and discard the exterior leaves and the top of the artichokes. Transfer the artichoke to a large bowl of water. Add the lemon juice.
5. Heat the olive oil in a large pan over medium heat. Add the artichoke and thyme. Sauté until the artichoke start to color, 3 to 5 minutes.
6. Add the reserved green garlic. Cook until fragrant, 3 to 5 minutes.
7. Add the wine. Deglaze, scraping any browned bits from the bottom of the pan, until the liquid reduces to nearly dry (*au sec*).
8. Heat the olive oil in a large pan over medium-low heat. Add the reserved asparagus. Season lightly with salt and pepper. Sauté until heated through, about 3 minutes.
9. Serve the asparagus, green garlic, and artichokes on a serving plate. Garnish with the chive and parsley.

CHICKPEAS, FETA, GARLIC CONFIT, AND CAPERS

Yield: 3 quarts

Ingredients	Amounts
Oil, olive, extra virgin	¾ cup
Onion, sweet, diced	½ ea.
Garlic confit (See prior recipe)	as needed
Chickpeas, canned, drained, rinsed	110 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Thyme, sprig, fresh	3 ea.
Rosemary, sprig, fresh	1 ea.
Marjoram, sprig, fresh	1 ea.
Chili flakes	1 tsp.
Olive, Castelvetrano, black, cured, pitted	25 ea.
Lemon, sliced into thin rounds, seeds removed	1 ea.
Oil, olive, extra virgin	¼ cup
Capers, drained	½ cup
Cheese, feta, crumbled	½ cup
Paprika, smoked	as needed

Method

1. Heat oven to 375°F.
2. In a small skillet over medium heat, add the extra virgin olive oil. Add the onions. Sauté until they soften and beginning to brown, about 5 minutes. Transfer to a roasting pan.
3. Add the garlic confit, chickpeas, salt, pepper, thyme, rosemary, marjoram, chili flakes, olives, and lemon slices. Stir to combine.
4. Cover the skillet tightly with foil. Roast until the mixture is bubbling and the chickpeas are soft, about 30 minutes.
5. In a small skillet over medium heat, add the olive oil and capers. Cook until golden brown and crisp, 2 to 3 minutes. Reserve.
6. Remove the foil from the skillet. Add the crumbled feta and paprika. Cool slightly. Garnish with the fried capers.

Note: Picholine olives can be substituted for the Castelvetrano olives.

OLIVE OIL CONFIT WITH CIPPOLINI ONIONS AND CRUSHED POTATOES

Yield: 40 portions

Ingredients	Amounts
Potato, Yukon Gold, cut into bite-sized pieces	3 lb.
Salt, kosher	1 tsp.
Onion, cipollini, peeled	40 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Rosemary, sprig, fresh, leaf only	2 ea.
Bay leaf, dried	2 ea.
Oil, olive, extra virgin	as needed
Parsley, flat-leaf, fresh, minced	as needed
Chive, fresh, minced	as needed

Method

1. In a large pot, place the potatoes, salt, and enough cold water to cover by 2 inches. Bring it to a boil. Turn down the heat to low. Simmer for 20 minutes. Transfer to an ice water bath to stop the cooking process. Drain. Cool to room temperature. Reserve.
2. Preheat oven to 225°F.
3. In a medium rondeau, place the onions in one layer. Top with the potatoes. Season with the salt and pepper. Add the rosemary and bay leaves. Cover the onions and potatoes with the olive oil. Bring it to a light simmer.
4. Cover the pot with parchment paper. Cook in the preheated oven for 75 minutes. Cool in the olive oil.
5. Remove the potatoes and gently crush them with your palm.
6. Heat the olive oil in a large, non-stick pan over medium-high heat. Add the crushed potatoes. Cook until crisped, 3 to 5 minutes.
7. Garnish with the parsley and chives.

ROASTED CARROTS, TURNIPS, AND FENNEL

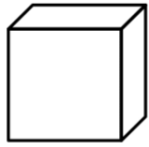
Yield: 40 portions

Ingredients	Amounts
Carrot, baby, bunch	8 ea.
Turnip, bunch, with tops	8 ea.
Fennel, baby, with tops	20 ea.
Oil, olive, extra virgin	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Fennel, pollen	as needed
Oil, olive, extra virgin	as needed

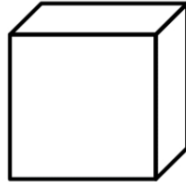
Method

1. Preheat oven to 350°F.
2. Scrub the carrots, leaving the external skin on but ensuring they are cleaned.
3. Peel the turnips and remove the tops leaving about ½ inch of green stem on each one. Cut in half or quarter, depending on the size. Reserve the leafy greens.
4. Cut the fennel tops and reserve. Split the fennel down the middle lengthwise.
5. In a large bowl, place the carrots, turnips, and fennel. Add enough olive oil to coat generously. Toss well.
6. Season with salt, pepper, and fennel pollen.
7. On a parchment-lined sheet tray, place the vegetables. Roast in the preheated oven until tender, 8 to 10 minutes.
8. Serve with the reserved turnip and fennel greens. Garnish with a drizzle of olive oil.

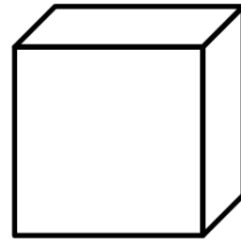
BASIC KNIFE CUTS



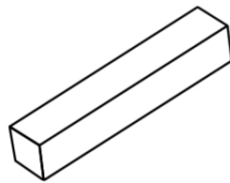
Small Dice
1/4" cube



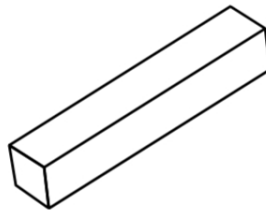
Medium Dice
1/2" cube



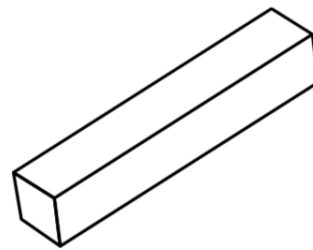
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



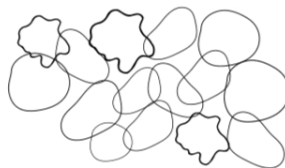
Julienne
1/8" sq x 2 inch



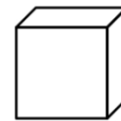
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



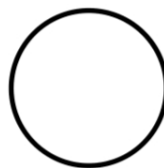
Chop
1/8"-1/4" cube



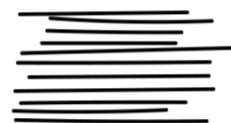
Brunoise
1/8" cube (fine dice)



Bias
diagonal cut



Rondelle
1-8"-1/2" round



Chiffonade
rolled, sliced thin

CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

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

METRIC CONVERSION TABLE

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

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

TEMPERATURE EQUIVALENCIES

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

US CUSTOMARY LIQUID VOLUME CONVERSIONS

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

US TO METRIC DRY MEASURES CONVERSIONS

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

VOLUME MEASURE CONVERSIONS

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

RECIPE YIELD

Original	Cut in Half	Cut in Third
1 cup	1/2 cup	1/3 cup
3/4 cup	6 Tbsp.	1/4 cup
2/3 cup	1/3 cup	3 Tbsp. + 1 1/2 tsp.
1/2 cup	1/4 cup	2 Tbsp. + 2 tsp.
1/3 cup	2 Tbsp. + 2 tsp.	1 Tbsp. + 1 1/4 tsp.
1/4 cup	2 Tbsp.	1 Tbsp. + 1 tsp.
1 Tbsp.	1 + 1/2 tsp.	1 tsp.
1 tsp.	1/2 tsp.	1/3 tsp.
1/2 tsp.	1/4 tsp.	1/8 tsp.
1/4 tsp.	1/8 tsp.	dash

These materials were developed at the Culinary Institute of America.

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Chef George Shannon

The Olive Oil Kitchen Sat Potanovich v.120.docx

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