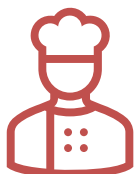




Culinary Institute
of America

Plant-Forward 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.).



KNIFE SAFETY

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

FOOD SAFETY

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



TEAM PRODUCTION ASSIGNMENTS

CHEF DEMOS

Farm Fresh Risotto
Fresh Mozzarella Cheese
Pita

TEAM ONE

Shakshuka
Turkish Bulgur Pilaf with Spiced Almonds, Dates, and Sultanas
Endive, Orange, and Almond Salad
Eggplant Dip (Baba Ghanoush)

TEAM TWO

Baja-Style Fish Tacos with Southwestern Slaw
Cuban Black Beans with Avocado and Pickled Onions
Mexican-Style Rice

TEAM THREE

Bulgogi-Style Grilled Chicken Lettuce Wraps
Scallion Salad
Korean Soft Tofu and Kimchi Stew
Brown Rice

TEAM FOUR

Shrimp with Tomatoes Oregano, and Feta
Yogurt and Cucumber Salad
Chickpea Fritters (Falafel) and Tahini Yogurt Sauce
Chickpea Dip (Hummus) with Pita

FARM FRESH RISOTTO

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	3 oz.
Garlic, minced	2 tsp.
Onion, yellow, minced	4 wt. oz.
Rice, Arborio	2 cups
Wine, white, dry	1/2 cup
Vegetable, stock, hot	1 1/2 qt.
Cheese, Parmigiano-Reggiano, grated	2 wt. oz.
Butter, unsalted	2 wt. oz.
Vegetable garnish	1 lb.
Garnish toppings	as needed
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. Melt the butter in a large sauce pot or rondeau over medium heat. Add the garlic and onions. Cook until soft, 5 to 10 minutes.
2. Add the rice. Stir until the grains are evenly coated with butter.
3. Add the wine. Cook, stirring occasionally, until the wine is absorbed by the rice, 2 to 3 minutes.
4. Add enough of the stock to just barely cover the rice. Stir until the rice absorbs the liquid. Add more stock to just cover the rice, and cook, stirring often. Repeat this process until the rice is tender but still firm to the bite (*al dente*).
5. Add the cheese, butter, and the garnishes. Adjust the consistency by adding additional stock, if necessary. The risotto should be creamy, not stiff, and should spread out on a plate. Stir the rice only long enough to mix the ingredients.
6. Season with salt and white pepper to taste.

Market Basket Options:

- **Vegetable garnishes:** sautéed or roasted carrots, roasted red bell peppers, grilled radicchio, roasted or sautéed mushrooms, corn, peas, asparagus, tomatoes, herbs, citrus zest
- **Garnish toppings:** shaved or crumbled cheeses (goat, feta, Parmigiano pecorino), chopped or picked herbs, toasted nuts, roasted mushrooms, herb- or truffle-infused oils, sun-dried tomatoes, citrus zest

Note: If serving risotto with fish, it does not traditionally include cheese.

FRESH MOZZARELLA CHEESE

Yield: 2 pounds

Ingredients

Salt, kosher
Water
Cheese curd, cut in ½-in. cubes

Amounts

5 ½ wt. oz.
1 gal.
2 lb.

Method

1. In a sterilized pot, place the salt and water. Bring it to 160°F. Remove the pot from the heat.
2. In a colander, place the cheese curd. Lower it into the hot water. The curds must be completely submerged.
3. With wooden spoons, work the curd in a circular motion, stretching it until it becomes a smooth but stringy mass. Maintain the water temperature at a constant 155°F during this process, rewarming the pot as needed.
4. Remove the cheese from the water. Continue stretching until the curd is smooth.
5. Shape the cheese into 4-ounce balls or logs. Let the cheese cool slowly in the liquid in which it was melted.
6. Store the cheese wrapped in plastic wrap or in brine. Cover and refrigerate for up to 5 days.

SHAKSHUKA

Yield: 6 portions

Ingredients	Amounts
Oil, olive, extra virgin	2 Tbsp.
Onion, yellow, thinly sliced	1 ea.
Pepper, bell, red, thinly sliced	1 ea.
Salt, kosher	1/8 tsp.
Garlic, clove, peeled, smashed	3 ea.
Paprika, Spanish (<i>Pimentón</i>)	1 Tbsp.
Cumin, seeds	1 Tbsp.
Harissa	1 Tbsp.
Chile, cayenne, ground	1 tsp.
Tomato, plum (Roma), whole, peeled, canned, chopped	28 wt. oz.
Lemon, preserved, rind, minced	2 Tbsp.
Pepper, black, ground	to taste.
Egg, whole, large	6 ea.
Parsley, flat-leaf, leaves, fresh, chopped	6 cups
Mint, leaves, fresh, chopped	1/2 cup
Bread, pita, cut into wedges	4 ea.

Method

1. Heat the olive oil in a sauté pan over high heat until it shimmers. Add the onion, bell pepper, and salt. Sweat, stirring occasionally, until the vegetables are soft, about 10 minutes.
2. Add the garlic. Cook until fragrant, about 30 seconds.
3. Add the paprika, cumin seeds, harissa, and cayenne. Cook until fragrant, about 30 seconds.
4. Add the tomatoes. Turn down the heat to low. Simmer, covered, for 10 minutes. If needed, add water to achieve a sauce-like consistency.
5. Stir in the preserved lemon rind. Season with salt and pepper to taste.
6. Use a spoon to make a well in the sauce near the edge of the pan. Crack one egg directly into the well. Continue around the pan, repeating the process for the remaining eggs, leaving about an inch between each egg.
7. Cover the pan. Cook over low heat until the egg whites are set but the yolks are still runny, about 5 minutes.
8. Garnish with the parsley and mint. Serve immediately with wedges of warm pita.

Note: For a plant-based variation, substitute cooked chickpeas for the eggs.

Source: *Spicebox Kitchen*, Linda Shiue

TURKISH BULGUR PILAF WITH SPICED ALMONDS, DATES, AND SULTANAS

Yield: 6 portions

Ingredients	Amounts
Almonds, whole, skin on	1/4 cup
Water	1 3/4 cups
Bulgur, raw	1 cup
Salt, kosher	3/4 tsp.
Butter, unsalted	2 Tbsp.
Carrot, julienned	2 ea.
Onion, yellow, thinly sliced	1/2 ea.
Sultanas	1/4 cup
Date, pitted, sliced into 1/4-in. slivers	3 ea.
Salt, kosher	1/4 tsp.
Cinnamon, ground	1/4 cup
Chile, cayenne, ground	1/8 tsp.
Parsley, flat-leaf, fresh, chopped	as needed

Method

1. Heat a small, dry skillet over medium heat. Place the almonds in an even layer. Toast, stirring frequently, until aromatic, 7 to 10 minutes. Transfer the almonds to a dish. Cool and reserve.
2. In a small saucepan, bring the water to a boil. Add the bulgur and salt. Stir. Bring it back to a boil. Lower the heat to a simmer and cover the pan. Cook until all the water is absorbed, checking after 10 minutes. Fluff with a spoon. Let it sit, covered, until all the moisture has been absorbed, about 5 minutes. Keep covered and reserve.
3. Melt the butter in a large skillet over low heat. Add the carrots, onion, sultanas, dates, and salt. Cook, stirring occasionally, until softened, about 3 minutes.
4. Stir in the almonds, cinnamon, and cayenne. Cook until fragrant, 1 to 2 minutes.
5. Add the reserved bulgur. Stir to combine. Adjust the seasoning with salt to taste.
6. Garnish with parsley. Serve immediately.

Source: Spicebox Kitchen, Linda Shiue

ENDIVE, ORANGE, AND ALMOND SALAD

Yield: 18 portions

Ingredients	Amount
Orange, navel, medium	9 ea.
Bread, rustic, artisan, slice	6 ea.
Almonds, Marcona, coarsely chopped	1 ½ cup
Garlic, clove	6 ea.
Anchovy, fillet (Optional)	12 ea.
Vinegar, balsamic	3 Tbsp.
Lemon, juice, fresh	3 Tbsp.
Oil, olive, pure	9 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cheese, Manchego	9 oz.
Endive, large	24 ea.
Chive, cut into ½-in. lengths	1 ½ ea.
Oil, olive, extra virgin	¾ cup

Method

1. Preheat oven to 350°F.
2. Zest 1 tablespoon from 1 orange. Juice the zested orange and mix the juice with the zest. Reserve. Peel the remaining oranges, slice very thinly, then slice in ½ to create half-moons. Refrigerate and reserve.
3. For the croutons, tear the bread into small but uneven pieces. Spread the bread pieces in a single layer on a baking sheet. Toast in the preheated oven until golden and crispy, 15 to 25 minutes. Transfer to a bowl. Add the almonds. Mix to combine. Reserve.
4. For the dressing, in a mortar and pestle, pound the garlic to a paste. Add anchovies, if using.
5. Add the balsamic and lemon juice. Gradually add the olive oil as needed, pounding and stirring with the pestle. Season with salt and pepper to taste.
6. In a large bowl, place the reserved croutons and almonds. Add the dressing. Toss lightly.
7. Using a vegetable peeler, shave the Manchego cheese into the bowl. Toss lightly.
8. Peel the leaves from the endives and slice crosswise into halves. Add the endives. Add the chives and reserved orange slices.
9. Drizzle with the reserved orange juice and zest. Add the olive oil. Toss gently to combine.
10. Adjust the seasoning with salt and pepper to taste. Serve immediately.

Note: Marcona almonds are sweeter and softer than standard almonds, they have a delicate aroma and taste. Sheep's milk cheeses can be substituted for the Manchego

Source: Barbara Alexander, as presented at the 2023 *Healthy Kitchens, Healthy Lives* conference

EGGPLANT DIP

BABA GHANOUSH

Yield: 10 portions

Ingredient	Amount
Eggplant	3 lb.
Tahini	1/3 cup
Garlic, clove, crushed	3 ea.
Lemon, juice, fresh	2 ea.
Water, cold	as needed
Pepper, black, ground	to taste
Salt, kosher	to taste

Method

1. Preheat oven to 350°F.
2. Place the eggplant in a roasting pan. Roast in preheated oven, turning occasionally, until the skin has charred and the interior is fully cooked, 30 to 50 minutes.
3. Remove the eggplant from the oven. Cool.
4. Peel the eggplant, discarding the charred skin. Drain any excess juices.
5. Transfer the eggplant pulp to a large bowl. Using a fork, mash the eggplant pulp to a puréed consistency. Reserve.
6. In a food processor, place the tahini, garlic, lemon juice, and a little cold water. Season with pepper as needed. Blend until thoroughly combined.
7. Add the reserved eggplant pulp. Pulse until the mixture is just combined. If needed, thin the mixture with a little water. The dip should be chunky and creamy, not smooth or paste-like.
8. Season with salt and pepper to taste. It should be slightly smoky and nutty, with a rich flavor.

BAJA-STYLE FISH TACOS WITH SOUTHWESTERN SLAW

Yield: 8 portions

Ingredients	Amounts
Mahi-mahi	2 lb.
Oil, vegetable	½ cup
Lime, juice, fresh	3 Tbsp.
Chili, powder	5 tsp.
Cumin, ground	1 ½ tsp.
Coriander, ground	1 ½ tsp.
Garlic, minced	1 ½ tsp.
Salt, kosher	to taste
Bread, tortilla, flour, 8-in.	8 ea.
Southwestern Slaw (Recipe follows)	4 ½ cups
Chipotle Pico de Gallo (Recipe follows)	4 cups
Mexican Crema (Recipe follows)	½ cup

Method

1. Preheat a gas grill to medium high.
2. Cut the mahi-mahi into 16 equal slices.
3. For the marinade, in a large bowl, place the oil, lime juice, chili powder, cumin, coriander, and garlic. Mix to combine. Season with salt to taste.
4. Add the mahi-mahi slices. Gently coat with the marinade.
5. Place the fish on the preheated grill. Grill on one side over direct heat until the flesh is firm and well-marked, about 2 minutes. Turn and grill until cooked through, 1 ½ to 2 minutes. Remove the fish from the grill and reserve. Keep warm.
6. Place the tortillas on the preheated grill. Grill until light marks form and they are heated through, about 15 seconds. Turn and grill until they start to bubble, about 15 seconds.
7. To serve, arrange 2 grilled tortillas on each serving plate. Center 2 pieces of grilled fish on each tortilla. Top with the Southwestern Slaw and Chipotle Pico de Gallo. Add a dollop of Mexican Crema. Fold each filled tortilla in half.
8. Serve immediately.

Note: If using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed. Clean the cooking grate.

SOUTHWESTERN SLAW

Yield: 4 ½ cups

Ingredients	Amounts
Cabbage, green, finely shredded	4 cups
Lime, juice, fresh	2 Tbsp.
Honey	2 Tbsp.
Onion, red, minced	¼ cup
Chile, jalapeño, minced	4 tsp.
Cilantro, fresh, chopped	4 tsp.
Salt, kosher	to taste

Method

1. In a large bowl, place the cabbage, lime juice, honey, red onion, jalapeño, and cilantro. Mix to combine.
2. Season with salt to taste.
3. Marinate for at least 30 minutes before serving.

CHIPOTLE PICO DE GALLO

Yield: 4 cups

Ingredients	Amounts
Tomato, plum (Roma), seeded, diced	4 cups
Onion, red, minced	1/3 cup
Vinegar, wine, red	2 tsp.
Chile, chipotle, canned, minced	2 ea.
Cilantro, fresh, chopped	4 Tbsp.
Salt, kosher	to taste

Method

1. In a large bowl, place the tomato, onion, vinegar, chiles, and cilantro. Mix well to combine.
2. Season with salt to taste.

Note: The pico de gallo can be stored in a covered container, refrigerated, for up to 2 days.

MEXICAN CREMA

Yield: ½ cup

Ingredients

Amounts

Sour cream, Mexican	½ cup
Lime, zest, finely grated	½ tsp.
Lime, juice, fresh	2 tsp.

Method

1. In a small bowl, combine the sour cream, lime zest, and lemon juice.
2. Mix well to combine.

Note: The crema can be stored in a covered container in the refrigerator for up to 2 days.

CUBAN BLACK BEANS WITH AVOCADO AND PICKLED ONIONS

FRIJOLE NEGROS

Yield: 6 portions

Ingredients	Amounts
Onion, red, small, thinly sliced	1 cup
Vinegar, wine, red	1 cup
Beans, black, dried, rinsed	1 lb.
Onion, yellow, halved	1 ea.
Pepper, bell, green, quartered, seeded	1 ea.
Bay leaf, dried	4 ea.
Water	8 cups
Garlic, minced	4 tsp.
Oil, olive, pure	2 Tbsp.
Pepper, bell, red, seeded, finely chopped	1 ea.
Onion, red, finely chopped	1 cup
Salt, kosher	1 tsp.
Cumin, ground	1 ½ tsp.
Oregano, dried	2 tsp.
Tomato, paste	1 tsp.
Wine, white, dry	¼ cup
Pepper, black, ground	as needed
Avocado, chopped	as needed
Oil, olive, pure	2 Tbsp.

Method

1. For the pickled onions, in a resealable bag, place the red onion and vinegar. Expel as much air as possible. Let it sit at room temperature for at least 1 hour.
2. For the Cuban black beans, in a large saucepan over medium-high heat, place the beans, onion, bell pepper, bay leaves, and water. Bring it to a boil. Turn down the heat to low and partially cover the pan. Simmer, stirring often, until the beans are tender, about 2 ½ hours.
3. Remove and discard the onion, green pepper, and bay leaves. Reserve the beans.
4. For the sauce, in a large skillet over medium-high heat, place the garlic and olive oil. Sauté until the garlic is golden brown, 1 to 2 minutes.
5. Add the red pepper and onion. Lower the heat to medium. Sauté until they soften, 10 to 15 minutes. Stir in the salt, cumin, oregano, and tomato paste. Sauté for 2 minutes.
6. Add the reserved beans and wine. Deglaze the pan until the liquid is reduced by ½. Adjust the seasoning to taste. Transfer to a serving bowl.
7. Top with the avocado and reserved pickled onions. Drizzle with the olive oil.

MEXICAN-STYLE RICE

Yield: 8 portions

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Onion, yellow, minced	½ cup
Garlic, minced	2 tsp.
Rice, white, long-grain	1 cup
Tomato, purée	6 Tbsp.
Water	2 cups
Chile, serrano, seeded, minced	1 ea.
Carrot, diced	½ cup
Peas, green	½ cup
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Preheat oven to 325°F.
2. Heat the oil in a small pot over medium heat. Add the onion and garlic. Sauté until fragrant, about 2 minutes.
3. Add the rice. Sauté, stirring frequently, until the onions are translucent and the rice grains separate.
4. Stir in the tomato purée. Cook for 1 minute.
5. Add the water, chile, carrots, and peas. Season with salt and pepper. Bring the mixture to a boil and cover the pot.
6. Place the pot in the preheated oven. Cook until the rice is tender and all the liquid has been absorbed, 10 to 12 minutes. Serve immediately.

BULGOGI-STYLE GRILLED CHICKEN LETTUCE WRAPS

Yield: 9 portions

Ingredients	Amounts
Sesame seeds	2 Tbsp.
Scallion (Green onion), minced	1 ½ cups
Ginger, fresh, minced	4 ½ Tbsp.
Garlic, minced	1 ½ Tbsp.
Soy sauce, light	½ cup
Soy sauce, Japanese (<i>Mirin</i>)	3 ½ Tbsp.
Oil, canola	1 ½ Tbsp.
Sugar, granulated	1 ½ Tbsp.
Korean chili powder (<i>Gochugaru</i>)	1 Tbsp.
Chicken, thighs, boneless, skinless	12 ea.
Korean chili paste (<i>Gochujang</i>)	¾ cup
Wine, rice, Japanese (<i>Mirin</i>)	3 ½ Tbsp.
Sugar, granulated	1 ½ Tbsp.
Garlic, cloves, thinly sliced	1 ea.
Cabbage, napa, leaf	22 ea.
Scallion Salad (Recipe follows)	4 ½ cups

Method

1. In a small, dry pan over medium heat, add the sesame seeds. Cook, stirring constantly, until golden and aromatic, 3 to 5 minutes. Transfer the seeds to a small bowl. Reserve.
2. For the marinade, in a large bowl, place 1 ½ tablespoons of the toasted sesame seeds, scallions, ginger, garlic, soy sauce, mirin, oil, sugar, and gochugaru. Whisk to combine. Reserve.
3. Trim the chicken thighs to remove any pockets of fat. Pound them to an even ½-inch thickness. Cut each in half. Add them to the marinade. Toss to coat evenly. Marinate in the refrigerator for at least 1 hour.
4. For the sauce, using a mortar and pestle, smash the remaining ½ tablespoon of sesame seeds. Transfer to a small bowl. Add the gochujang, mirin, and sugar. Whisk to combine. Transfer to a covered container, refrigerate, and reserve.
5. Preheat a gas grill to high.
6. Remove the chicken from the marinade, draining any excess liquid. Grill the chicken on the preheated grill until browned and cooked through, 4 to 5 minutes per side.
7. Transfer the chicken to a cutting board. Let it rest for 5 minutes. Cut into bite-size pieces.
8. Bring a small pot of water to a boil. Add the sliced garlic. Blanch for 30 seconds. Drain, rinse with cool water, and drain again.
9. To serve, arrange the cabbage on serving plates. Top with a portion of the chicken, Scallion Salad, and reserved sauce. Garnish with the blanched garlic.

SCALLION SALAD

Yield: 4 ½ cups

Ingredients	Amounts
Sesame seeds, smashed	1 Tbsp.
Sugar, granulated	1 Tbsp.
Oil, sesame	½ Tbsp.
Wine, rice, Japanese (<i>Mirin</i>)	2 Tbsp.
Korean chili powder (<i>Gochugaru</i>)	1 Tbsp.
Salt, kosher	2 tsp.
Scallion (Green onion), julienned	4 cups

Method

1. Heat a small, dry pan over medium heat. Add the sesame seeds in an even layer. Toast, stirring constantly, until golden and aromatic, 3 to 5 minutes. Do not let them burn. Remove the seeds from the pan.
2. In a large bowl, combine the toasted sesame seeds, sugar, oil, mirin, Korean chili powder, and salt.
3. Just before serving, add the scallions.
4. Toss to combine.

KOREAN SOFT TOFU AND KIMCHI STEW

KIMCHI JJIGAE

Yield: 9 portions

Ingredients	Amounts
Stock, vegetable, low sodium	½ gal.
Korean chili paste (Gochujang)	3 Tbsp.
Oil, canola	2 Tbsp.
Garlic, cloves, smashed	10 ea.
Kimchi, chopped	16 wt. oz.
Tofu, silken, 14 oz., sliced into 10 slabs	2 ea.
Mushrooms, enoki	½ lb.
Scallion, Green onion whites and greens, thinly sliced	12 ea.
Egg, whole (Optional)	2 ea.
Brown Rice (Recipe follows)	9 cups

Method

1. In a medium bowl, place the stock and gochujang. Whisk until smooth. Reserve.
2. Heat the oil in a 3-quart saucepan over medium heat. Add the garlic and kimchi. Cook for 1 minute.
3. Add the reserved gochujang mixture. Bring it to a boil. Cook until the kimchi is tender and slightly translucent, 5 to 10 minutes.
4. Add the tofu in a single layer. Do not stir, as the tofu is delicate and breaks easily.
5. Add the mushrooms. Turn down the heat to low. Simmer, covered, until the flavors fully develop, 15 to 30 minutes.
6. Add the scallions. Return the stew to a vigorous boil. Remove the pan from the heat. Stir in the raw eggs, if desired.
7. Serve immediately in small soup bowls with the Brown Rice on the side.

Note: Other small mushrooms can be substituted for the enoki.

Source: *Spicebox Kitchen* by Linda Shiue

BROWN RICE

Yield: 9 cups

Ingredients

Amounts

Rice, brown, medium grain	3 cups
Water	6 cups

Method

1. In a large bowl, place the rice and just enough water to cover it. Stir the rice with your hands and pour out the water. Repeat this process until the water runs clear. Drain well.
2. Add the water. Let it soak for 30 to 40 minutes.
3. Transfer the rice and soaking water to a 3-quart pot. Bring it to a simmer, cover tightly, and turn down the heat to low. Cook until the rice is tender and all the liquid has been absorbed, about 30 minutes.
4. Let the rice sit, covered, for 5 minutes.
5. Fluff the rice with a fork and serve.

SHRIMP WITH TOMATOES, OREGANO, AND FETA

Yield: 4 portions

Ingredients	Amounts
Shrimp, 31/35, shelled, deveined	1 ½ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	2 Tbsp.
Oil, olive, pure	2 Tbsp.
Scallion, (Green onion), chopped	½ cup
Garlic, minced	4 ea.
Oregano, dried	2 Tbsp.
Chile, cayenne, ground	¼ tsp.
Tomato, plum (Roma), peeled, seeded, diced	1 cup
Pepper, black, ground	to taste
Cheese, feta, crumbled	½ lb.
Parsley, flat-leaf, fresh, chopped	4 Tbsp.
Bread, sourdough, loaf, sliced	½ ea.

Method

1. Preheat oven to 500°F.
2. In a large bowl, place the shrimp. Season with salt and pepper.
3. Heat the olive oil in a sauté pan over medium-high heat. Add the seasoned shrimp. Sauté until pink, 2 to 3 minutes.
4. Place four 4-ounce gratin dishes on a sheet pan. Transfer the shrimp to the gratin dishes. Reserve.
5. For the sauce, heat the olive oil in the same sauté pan over medium heat. Add the scallions. Sauté until tender, 2 to 5 minutes.
6. Add the garlic, oregano, and cayenne. Sauté for 2 minutes.
7. Add the tomatoes. Simmer for 5 minutes. Season with pepper to taste. Pour the sauce over the shrimp in the reserved gratin dishes.
8. Sprinkle the crumbled feta over the sauce.
9. Bake in the preheated oven until the cheese melts, 8 to 10 minutes.
10. Sprinkle with the parsley. Serve with the sliced bread.

YOGURT AND CUCUMBER SALAD

ÇAÇIK

Yield: 8 portions

Ingredients	Amounts
Cucumber, English, peeled	2 ea.
Salt, kosher	as needed
Garlic, chopped	2 tsp.
Salt, kosher	1 tsp.
Vinegar, wine, white	1 ½ Tbsp.
Oil, olive, extra virgin	3 Tbsp.
Yogurt, plain, non-fat	3 cups
Mint, leaf, dried	2 Tbsp.
Mint, leaf, fresh	2 Tbsp.
Bread, pita, cut into wedges	4 ea.

Method

1. Slice the cucumbers in half lengthwise and remove the seeds. Using a box grater, shred the cucumbers. Transfer to a bowl. Add a little salt and toss to combine.
2. Transfer the cucumbers to a colander. Stack the colander on top of the bowl. Let it drain until some of the liquid is drawn out, at least 15 minutes. Reserve the cucumbers.
3. On a cutting board, using the broad side of a chef's knife, mash the garlic and salt into a paste. Transfer to a serving bowl.
4. Add the vinegar. Stir until combined. Add the oil, yogurt, and dried mint. Mix well.
5. Rinse the salt from the shredded cucumber. Pat it dry with a kitchen towel. Fold it into the yogurt mixture.
6. Garnish with the fresh mint. Serve with wedges of warm pita.

Note: Çaçik is called *tzatziki* in Greece. Dried mint has a sweeter, less wild taste than fresh mint and it is preferred for this dish, Fresh mint is an appropriate garnish.

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

CHICKPEA FRITTERS

FALAFEL

Yield: 10 portions

Ingredients	Amounts
Chickpeas, dried	2 ½ cups
Garlic, head, minced	½ ea.
Parsley, flat-leaf, bunch, fresh	2 ea.
Chile, cayenne, ground	to taste
Salt, kosher	1 Tbsp.
Cumin, seed, whole, ground	1 ½ tsp.
Coriander seed, whole, ground	1 ½ tsp.
Baking soda	⅛ tsp.
Oil, vegetable	as needed
Lettuce, Romaine, shredded	1 cup
Tomato, beefsteak, chopped	1 cup
Bread, pita, halved	10 ea.
Tahini Yogurt Sauce (Recipe follows)	2 ½ cups

Method

1. In a colander, place the chickpeas. Rinse under cool water. Drain. Transfer to a pot. Add enough water to cover by 2 inches. Bring it to a boil. Cook for 2 minutes. Remove the pot from the heat, cover, and let the chickpeas soak for 1 hour. Drain well.
2. Using a meat grinder with a ¼-inch die, grind the chickpeas in a bowl.
3. Add the garlic, parsley, cayenne, salt, cumin, coriander, and baking soda. Mix until combined. Let the mixture rest for 1 hour.
4. Preheat oven to 350°F.
5. Form the reserved chickpea mixture into small patties, about 1 ½-inches in diameter by ½-inch thick.
6. Heat ⅛-inch of oil in a sauté pan over medium-high heat. Working in batches, gently place the patties into the hot oil. Fry until golden brown, about 2 minutes per side. Transfer the patties to a plate lined with paper towels to drain any excess oil.
7. Heat the pita in the preheated oven until lightly warmed, about 5 minutes.
8. Serve the falafel on a platter with the lettuce, tomato, pita, and Tahini Yogurt Sauce.

TAHINI YOGURT SAUCE

Yield: 2 ½ cups

Ingredients	Amount
Tahini	½ cup
Yogurt, Greek, drained	1 cup
Lemon, juice, fresh	¼ cup
Cilantro, fresh, chopped	¼ cup
Mint, fresh, chopped	¼ cup
Garlic, minced	2 Tbsp.
Honey	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Chile, cayenne, ground	to taste

Method

1. In a small bowl, place the tahini, yogurt, lemon juice, cilantro, mint, garlic, and honey.
2. Mix well to combine.
3. Season with salt, pepper, and cayenne to taste.

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

CHICKPEA DIP

HUMMUS

Yield: 8 portions

Ingredients	Amounts
Chickpeas, canned, drained, rinsed	2 cups
Tahini	3 Tbsp.
Oil, olive, pure	2 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Garlic, clove	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, pure	2 Tbsp.
Pita (Recipe follows)	6 ea.

Method

1. In a food processor, place the chickpeas, tahini, olive oil, lemon juice, and garlic. Purée until smooth. Add a little water to thin the mixture, if necessary.
2. Season with salt and pepper to taste. Adjust the flavor by adding more lemon juice, garlic, salt, or pepper to taste.
3. Transfer the hummus to a serving bowl, cover, and refrigerate until ready to serve.
4. Just before serving, drizzle with the olive oil. Serve with the Pita.

PITA

Yield: 6 large pitas

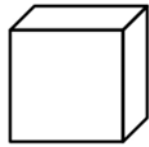
Ingredients	Amounts
Flour, all-purpose	12 ½ wt. oz.
Salt, kosher	2 tsp.
Water, warm (90°-100°F)	8 fl. oz.
Yeast, instant dry	2 ¼ tsp.
Sugar, granulated	½ tsp.
Flour, all-purpose	as needed

Method

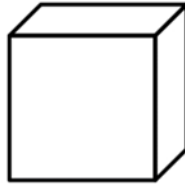
1. In a large bowl, place the salt and flour. Mix to combine. Reserve.
2. In a separate bowl, place the water. Sprinkle in the yeast and sugar. Stir to dissolve. Add the mixture to the bowl with the flour.
3. Work the flour mixture into a dough. Knead until smooth and elastic, about 5 minutes.
4. Shape the dough into an even rectangle and cut in half lengthwise. Divide it into equal portions. Shape each into a smooth ball. Place the dough balls on a floured surface and cover with slightly damp towels.
5. Roll each ball out to a ¼-inch-thick round shape, about 5 inches in diameter. Carefully flip the circles over to smooth out any creases that might prevent the pocket from forming.
6. Carefully place each pita on a floured surface and cover with a clean, dry towel. Do not let the surface dry out. Let the loaves rise in a warm, draft-free area for 30 minutes.
7. Preheat oven to 500°F. Place a baking sheet into the oven to preheat.
8. Place 1 large pita on the preheated baking sheet. Bake in the preheated oven until it puffs up and is lightly browned on the bottom and almost white on top, about 4 minutes.
9. Remove the pita from the oven. Wrap it immediately in clean, dry towels to ensure that it does not become too crisp. Repeat this process for the remaining pitas.
10. Serve warm or at room temperature.

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

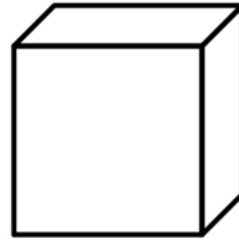
BASIC KNIFE CUTS



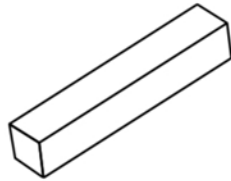
Small Dice
1/4" cube



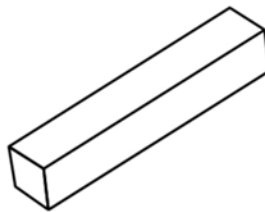
Medium Dice
1/2" cube



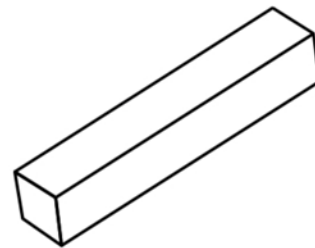
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



Julienne
1/8" sq x 2 inch



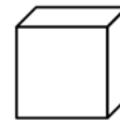
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



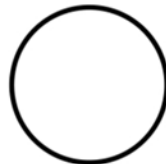
Chop
1/8"-1/4" cube



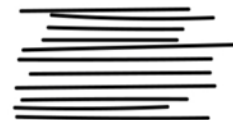
Brunoise
1/8" cube (fine dice)



Bias
diagonal cut



Rondelle
1-8"-1-1/2" round



Chiffonade
rolled, sliced thin

CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

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

METRIC CONVERSION TABLE

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

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

TEMPERATURE EQUIVALENCIES

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

US CUSTOMARY LIQUID VOLUME CONVERSIONS

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

US TO METRIC DRY MEASURES CONVERSIONS

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

VOLUME MEASURE CONVERSIONS

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

These materials were developed at the Culinary Institute of America.

Plant Forward Kitchen Sat Course Guide Swartz v.230.docx

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