



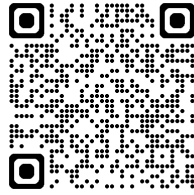
**CIA ProChef**  
Culinary Institute of America

**U.S. AIR FORCE  
PRO CHEF CERTIFICATION PROGRAM  
LEVEL I EXAM PREP CLASS**



**CIA Consulting**  
The Culinary Institute of America

Scan the QR code for downloadable course content and a brief class survey:



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**The Culinary Institute of America**  
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Welcome to the CIA!

Education is a gift. And those of us in the foodservice industry have a chance to “pay it forward” by sharing our gifts with others. For over 70 years, The Culinary Institute of America has provided students with unparalleled training, setting the gold standard for culinary excellence.

Whether you are here to learn new skills and techniques, develop an appreciation for a global cuisine, or are in pursuit of ProChef Certification, our continuing education courses provide the training you need to achieve your personal and professional development goals.

While on campus, we want you to have the best experience possible. If you have any questions along the way, please ask your chef-instructor or anyone on the Continuing Education staff. Once your training is complete, please feel free to stay in touch - we always enjoy hearing your success stories.

And, because so many of our students ask how they can keep in touch with each other after class is over, we’ve made it easy to do through our Facebook page. Just log in and search for “CIA ProChef.”

Wishing you all the best,

A handwritten signature in black ink that reads 'David Kamen'.

David Kamen '88 MBA PC<sup>III</sup>  
Director CIA Consulting  
845-451-1386 david.kamen@culinary.edu

P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world’s best professional culinary education. If you’d like to further support the future of food with the gift of education, please visit [www.ciagiving.org](http://www.ciagiving.org).

## EXPECTATIONS FOR PARTICIPANTS

- ☑ Silence and put away phones during class.
- ☑ Actively participate.
- ☑ Return promptly from breaks.
- ☑ Remain in attendance for the class duration.
- ☑ Complete the course evaluation.
- ☑ Follow all established health and safety regulations.
  - In addition to the precautions necessary to guard against food-borne illness, care must also be taken to avoid accidents. The following safety measures should be practiced.
    - Wash hands before beginning work in the kitchen.
    - Keep all perishable items refrigerated until needed.
    - NYS law – when handling “ready-to-eat” food items, if you don’t cook it, glove it!
    - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables.
- ☑ Maintain CIA uniform standards.
- ☑ Act within the guidelines of the CIA’s policy on harassment.
  - The Culinary Institute of America (CIA) is committed to providing a working and learning environment free from harassment. Members of the CIA community, guests, and visitors have the right to be free from any form of harassment (which includes sexual misconduct and sexual harassment) or discrimination; all are expected to conduct themselves in a manner that does not infringe upon the rights of others.

# CIA UNIFORM POLICY

To foster a professional working environment and to maintain the highest standards of safety and sanitation, the CIA has adopted the following uniform code. Each item has been designed with a practical function in mind. These items must be worn in all \*production classes unless otherwise stated.

- ☑ Chef's jacket
  - Double-breasted structure creates a two-layer cloth barrier to help prevent steam burns, splashes, and spills
  - Can be re-buttoned on the opposite side to cover spills
  - Sleeves are long to cover as much arm as possible to reduce burns
- ☑ Pants
  - Hounds-tooth helps camouflage stains
  - Best without cuffs, which can trap hot liquids and debris
- ☑ Shoes and Socks
  - Shoes
    - Should be made of hard leather, with low heels, slip-resistant soles, and no open toes
    - Prevent slips and falls in the kitchen
    - Offer support
    - Protect feet from falling pots
  - Socks
    - Must be worn for hygienic purposes and to prevent burns
- ☑ Neckerchief (optional)
  - Helps to absorb sweat
- ☑ Toque (provided in class)
  - Contains hair
  - Absorbs sweat
- ☑ Apron (provided in class)
  - Protects jacket and pants from excessive staining
- ☑ Side towel (provided in class)
  - Protects hands when working with hot pans, dishes, and equipment
- ☑ Jewelry
  - Not permitted except for one plain ring to minimize exposure to potential hazards
- ☑ Hair
  - Should be neatly maintained, clean, and under control at all times
  - Long hair should be pinned up and worn under a hair net

# COURSE SYLLABUS

## DAY ONE

- ☑ Lecture
  - Overview of the Week
  - Mise en Place
  - Knife Skills
  - Stocks
  - Soups
  - Eggs
  - Salads
  - Dressings
  - Quiz
- ☑ Kitchen Production Exercise (Individual Work)
  - Knife Skills
  - Stock Production
  - Egg Cookery
  - Salads and Dressings
  - Review and Critique

## DAY TWO

- ☑ Lecture
  - Review of Cooking Principles
    - Dry-Heat Cooking Techniques
  - Quiz
- ☑ Kitchen Production Exercise (Students will Work in Teams)
  - Two-Course Menu Execution
  - Four Portions Each of Soup and Entrée with Accompaniments
  - 3 Hour Timeframe with Additional 15 Minutes for Service
  - Review and Critique

## DAY THREE

- ☑ Lecture
  - Moist-Heat Cooking Techniques
  - Combination Cooking Techniques
  - Quiz
- ☑ Kitchen Production Exercise (Students will Work in Teams)
  - Two-Course Menu Execution
  - Four Portions Each of Soup and Entrée with Accompaniments

- 3 Hour Timeframe with Additional 15 Minutes for Service
- Review and Critique

## **DAY FOUR**

- ☑ Lecture
  - Key Term Review
- ☑ Kitchen Production Exercise (Students will Work in Teams)
  - Two-Course Menu Execution
  - Four Portions Each of Soup and Entrée with Accompaniments
  - 3 Hour Timeframe with Additional 15 Minutes for Service
  - Review and Critique

## **DAY FIVE**

- ☑ Kitchen Production Exercise (Individual Work)
  - Three-Course Menu Execution
  - Four Portions Each of Soup, Salad, and Entrée with Accompaniments
  - 3 Hour Timeframe with Additional 15 Minutes for Service
  - Review and Critique

# DAILY PRODUCTION ASSIGNMENTS

## DAY ONE: INDIVIDUAL WORK

- Knife Cuts
  - From 3 each 100 ct. Russet Potatoes, Produce
    - Minimum of 4 Tourné
    - 2 oz. Julienne
    - 2 oz. Brunoise
    - 2 oz. Bâtonnete
    - 2 oz. Small Dice
  - From 2 lb. Cello Carrots, Produce:
    - Minimum of 4 Tourné
    - 1 Cup Oblique-Cut
    - 1 Cup Rondelles
  - From 1 Large Spanish Onion, Produce:
    - ½ Cup Julienne
    - ½ Cup Small Dice
  - Concassé 3 Tomatoes
  - Mince 5 Garlic Cloves
  - Mince 3 Shallots
  - Suprême 1 Orange and 1 Grapefruit each
  - Finely Chop ¼ Cup Parsley
- Produce 2 Quarts Fish Stock
- Egg Cookery
  - Produce one French-Style Omelet and 2 portions of the following egg dishes:
    - 4 Poached Eggs
    - 4 Soft-Cooked Eggs
    - 4 Over-Easy Eggs
- Produce a simple and emulsified Vinaigrette

## DAY TWO: GROUP WORK

<b>Team #</b>	<b>Soup</b>	<b>Entrée and Sauces</b>	<b>Accompaniments</b>
1	Cream of Cauliflower Soup with Garnish	Roast Chicken with Pan Gravy and Minced Herbs	Rondelle Glazed Carrots Sautéed Broccolini Whipped Potatoes
2	Cream of Broccoli Soup with Garnish	Roast Strip Loin of Beef with Port Wine Jus Lié, Garnished with Minced Herbs	Steamed Broccoli Tourne Glazed Carrots Duchesse Potatoes
3	Cream of Tomato Soup with Garnish with Small Dice Croutons	Roast Chicken with Pan Gravy Garnished with Minced Herbs	Sautéed Haricots Verts Batonette Glazed Turnips Tournéed Parslied New Potatoes
4	Cream of Chicken Soup with Garnish Small Dice Vegetable	Roast Strip Loin of Beef with Port Wine Jus Lié and Minced Herbs	Sautéed Sugar Snap Peas Twice-Baked Potatoes Sautéed Mushrooms
5	Cream of Mushroom Soup with Garnish	Roast Chicken with Pan Gravy Garnished with Minced Herbs	Sautéed Spinach Steamed Cauliflower Potato Gratin

## DAY THREE: GROUP WORK

<b>Team #</b>	<b>Soup</b>	<b>Entrée and Sauces</b>	<b>Accompaniments</b>
1	Senate Bean Soup with Garnish Small Dice Vegetable	Sautéed Chicken with Fines Herbs Sauce Battered Deep-Fried Cod with Rémoulade Sauce	Braised Fennel with Parmesan Cheese Batonette French Fried Potatoes
2	Purée of Green Split Pea Soup with Garnish Small Dice Vegetable	Pan-Fried Veal or Pork Scaloppini with Sauce Robert Deep-Fried Chicken with Country Gravy	Braised Collard Greens Rice Pilaf
3	Purée of Lentil Soup with Garnish Small Dice Vegetable	Pan-Fried Chicken Breast with Herb Sauce Grilled Salmon Fillet with Herb Compound Butter	Sautéed Batonette Red and Yellow Peppers Barley Pilaf, Garnished with Small Dice Vegetable
4	Purée of Black Bean Soup with Garnish Small Dice Vegetable	Sautéed Turkey Breast with Minced Herb Sauce Pan-Fried Scallops with Rémoulade Sauce	Sautéed Asparagus or Green Beans (seasonal) Garnished with Tomato Concasse Croquette Potatoes
5	Purée of Yellow Spilt Pea Soup with Garnish Small Dice Vegetable	Pan-Fried Pork Scaloppini with Herb Sauce Battered Deep-Fried Flounder with Rémoulade Sauce	Sautéed Brussels Sprouts with Brunoise Bacon Tourne Parslied New Potatoes

## DAY FOUR: GROUP WORK

Team #	Soup	Entrée and Sauces	Accompaniments
1	Onion Soup with Garnish	Beef Stew with Batonette Cut Vegetables Deep-Poached Salmon with Hollandaise <b>Variation</b> Shallow-Poached Sole with Pan Sauce (using cuisson)	Grilled Red Peppers Buttered Fresh Egg Pasta with Minced Herbs
2	Chicken Noodle Soup with Garnish	Beef Stew with Classical-Cut Vegetables Deep-Poached Salmon with Hollandaise <b>Variation</b> Shallow-Poached Flounder with Pan Sauce (using cuisson)	Grilled Vegetables Pearl Couscous Pilaf Garnished with Minced Herbs
3	Vegetable Soup with Garnish of Small Dice Vegetable	Beef Stew with Tourne Cut Vegetables Deep-Poached Salmon with Hollandaise <b>Variation</b> Shallow-Poached Scallops with Pan Sauce (using cuisson)	Grilled Zucchini Quinoa Pilaf Garnish with Minced Herbs
4	Consommé with Garnish of Julienne Vegetable	Beef Stew with Batonette Cut Vegetables Deep-Poached Salmon with Hollandaise <b>Variation</b> Shallow-Poached Bass with Pan Sauce (using cuisson)	Sautéed Bok Choy Buttered Fresh Egg Pasta with Minced Herb
5	Beef Barley Soup with Garnish of Small Dice Vegetable	Beef Stew with Tourne Cut Vegetables Deep-Poached Salmon with Hollandaise <b>Variation</b> Shallow-Poached Cod with Pan Sauce (using cuisson)	Grilled Eggplant Brown Rice Pilaf

# DAY FIVE: INDIVIDUAL WORK, TAKING THE EXAM

## OVERVIEW

The ProChef Level I Exam evaluates the competency of candidates interested in achieving Pro Chef Level I Certification through The Culinary Institute of America. The certification process is divided into two segments: written testing, and practical testing. Additional details pertaining to the written exams can be found in the study guide. To achieve certification, the candidate must successfully demonstrate proficiency in the following areas:

- Culinary Math
  - Recipe Conversion, Yield, and Ratios
  - Weights and Measures
  - Food Costing
- Fundamental Nutrition Principles
- Food Safety and Sanitation
- Product Identification
- Mise en Place
- Classical Knife Skills
- Stock Production
- Soup Production
- Egg Cookery
- Salad and Salad Dressing Production
- Cooking Techniques for Proteins, Vegetables, Starches, Grains, and Sauces

## **PROCHEF LEVEL I CERTIFICATION COMPETENCIES**

The ProChef Certification Program divides each certification level into three competency categories – culinary, leadership, and financial. The descriptions that follow are general skills and knowledge that a candidate must possess in order to achieve ProChef Level I Certification.

### **CULINARY SKILLS**

- Prepare stocks, soups, and sauces
- Prepare basic cold food preparations such as green salads and salad dressings
- Apply fundamental culinary techniques such as sauté, braise, roast, fry, and poach
- Prepare basic vegetable and starch accompaniments such as green vegetables, potatoes, rice, and pasta
- Demonstrate principles of food safety and sanitation
- Demonstrate appropriate principles of plate presentation

### **LEADERSHIP SKILLS**

- Demonstrate the ability to listen and follow instructions
- Demonstrate effective organization of personal work areas for efficient production
- Demonstrate effective time management during production

### **FINANCIAL SKILLS**

- Discuss the value of food and labor in a foodservice setting
- Demonstrate the application of weights and measures in a foodservice setting
- Calculate a recipe to the desired number of portions
- Explain yield concept and yield percentage
- Calculate the cost of a recipe

## DISTRIBUTION OF WEEKLY MENU ASSIGNMENTS

Candidates will receive their menu assignments prior to the start of the kitchen exam. Menu assignments will be randomly distributed. Check with your advisor for more information regarding the distribution of assignments.

### SAMPLE SCHEDULES FOR WEEK

The exam days are extended and will fluctuate based on the practical testing site.

Sample schedule sheets follow. ***Please note that all times are subject to change depending on the number of candidates.***

#### DAY ONE - SAMPLE SCHEDULE

Start Time	Topic	Faculty / Staff	Location
<p>Because floor evaluators look for the candidates' ability to transition between production and service, times have been separated into two segments. On day 1, each candidate is given 2 hours and 45 minutes to produce their assigned 3 course menu, and 15 minutes for service. All 3 courses must be presented to the tasting evaluators within the service window or the candidate will lose points. Candidates are not allowed to serve early. Below is a sample schedule for one candidate.</p> <p><b><i>Prior to cooking, please present your menus to the floor Evaluator</i></b></p>			
6:45am  Candidate 1	<b>Practical Exam:</b> Production                      Service window 6:45 – 9:30                      9:30 – 9:45	Chef Instructor	Testing Kitchen
9:30 am	<b>First Service Window Open</b> <i>(15 minutes staggered presentations)</i> <b>Evaluation and scoring</b>  <b>Group Feedback</b>	Chef Instructor	Lecture Hall
	<b>Evaluation and scoring</b>  <b>Group Feedback after the last candidate has finished presenting</b>	Chef Instructor	Lecture Hall

## DAY TWO- SAMPLE SCHEDULE

Start Time	Topic	Faculty / Staff	Location
<p>Because floor evaluators look for the candidates' ability to transition between production and service, times have been separated into two segments. Each candidate is given 2 hours and 30 minutes to produce their assigned menu. Additionally, each candidate will be given 15 minutes to serve their 3 courses. All 3 courses must be presented to the tasting evaluators within the service window, or the candidate will lose points. Candidates are not allowed to serve early. Below is a sample schedule for 1 candidate.</p> <p><b><i>Prior to cooking, please present your menus to the floor Evaluator</i></b></p>			
6:45am  Candidate 1	<b>Practical Exam:</b> Production                      Service window 6:45-9:15                      9:15-9:30	Chef Instructor	Testing Kitchen
9:15 am	<b>First Service Window Open</b> <i>(15 minutes staggered presentations)</i>	Chef Instructor	Lecture Hall
	<b>Evaluation and scoring</b>  <b>Group Feedback after the last candidate has finished presenting</b>	Chef Instructor	Lecture Hall

### DAY THREE- SAMPLE SCHEDULE

Start Time	Topic	Faculty / Staff	Location				
<p>Because floor evaluators look for the candidates' ability to transition between production and service, times have been separated into two segments. Each candidate is given 2 hours and 30 minutes to produce their assigned menu. Additionally, each candidate will be given 15 minutes to serve their 3 courses. All 3 courses must be presented to the tasting evaluators within the service window, or the candidate will lose points. Candidates are not allowed to serve early. Below is a sample schedule for 1 candidate.</p> <p><b><i>Prior to cooking, please present your menus to the floor evaluator</i></b></p>							
6:45am  Candidate 1	<p><b>Practical Exam:</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Production</td> <td style="width: 50%;">Service window</td> </tr> <tr> <td>6:45-9:15</td> <td>9:15-9:30</td> </tr> </table>	Production	Service window	6:45-9:15	9:15-9:30	Chef Instructor	Testing Kitchen
Production	Service window						
6:45-9:15	9:15-9:30						
10:00 am	<p><b>First Service Window Open</b> <i>(20 minutes staggered presentations)</i></p>	Chef Instructor	Lecture Hall				
	<p><b>Evaluation and scoring</b></p> <p><b>Group Feedback after the last candidate has finished production</b></p>	Chef Instructor	Lecture Hall				

## DAY FIVE: INDIVIDUAL WORK

Candidate #	Soup	Salad and Dressing	Entrée and Sauce	Accompaniments	Assigned Knife Cuts	Assigned Egg Dish
1	Cream Soup with Garnish	Tossed Salad with Simple Vinaigrette and Garnish	Roast Strip Loin of Beef with Port Wine Jus Lié	Sautéed Green Bean with Tomato Pommes Duchesse	Concasse Small Dice Minces Herbs Citrus Supeme	4 Poached Eggs 2 French Omelet
2	Clear Soup with Garnish	Tossed Salad with Creamy Dressing with Garnish	Roast Chicken with Pan Gravy	Glazed Carrots Whipped Potatoes	Minced Herbs Small Dice Tourne Julienne	4 Soft-Cooked Eggs 2 French Omelet
3	Purée Soup with Croutons	Tossed Salad with Simple Vinaigrette with Garnish	Pan-Fried Veal or Pork with Sauce Robert	Glazed Beets Buttered Fresh Egg Pasta	Small Dice Batonette Mince Concasse	4 Over-Easy Eggs 2 French Omelet
4	Cream Soup with Garnish	Tossed Salad with Simple Vinaigrette	Braised Chicken (fricasee or cacciatore)	Sautéed Mushrooms Rice Pilaf Medley (white, wild, brown)	Med Dice Julienne Mince Citrus Supreme	4 Poached Eggs 2 French Omelet
5	Clear Soup with Garnish	Tossed Salad with Creamy Dressing	Beef Stew with Classical-Cut Vegetables	Potato Purée	Tourne Small Dice Concasse Julienne	4 Soft-Cooked Eggs 2 French Omelet

<b>Candidate #</b>	<b>Soup</b>	<b>Salad and Dressing</b>	<b>Entrée and Sauce</b>	<b>Accompaniments</b>	<b>Assigned Knife Cuts</b>	<b>Assigned Egg Dish</b>
6	Purée Soup with Garnish	Tossed Salad with Emulsified Vinaigrette	Grilled Strip Loin with Compound Butter	Steamed Broccoli French Fried Potatoes	Botonette Small dice Mince Citrus Supreme	4 Over-Easy Eggs 2 French Omelet
7	Cream Soup with Garnish	Tossed Salad with Simple Vinaigrette	Shallow-Poached Sole with Pan Sauce	Sautéed Green Beans Tourner Parslied Potatoes	Tourne Julienne Mince Citrus Supreme	4 Poached Eggs 2 French Omelet
8	Clear Soup with Garnish	Tossed Salad with Creamy Dressing	Sautéed Chicken Breast aux Fines Herbes	Sautéed Spinach Buttered Fresh Egg Pasta	Mince Brunoise Concasse Small Dice	4 Soft-Cooked Eggs 2 French Omelet
9	Purée Soup with Garnish	Tossed Salad with Emulsified Vinaigrette	Deep-Poached Salmon with Hollandaise Variation	Sautéed Zucchini with Red Peppers Parslied New Potatoes	Botonette Tourne Small Dice Mince	4 Over-Easy Eggs 2 French Omelet
10	Cream Soup with Garnish	Tossed Salad with Creamy Dressing	Deep-Fried Battered Cod with Rémoulade Sauce	Steamed Broccoli Parslied New Potatoes	Tourne Small Dice Concasse	4 Poached Eggs 2 French Omelet

# KITCHEN PREPARATION AND ORGANIZATION

Setting yourself up properly at each stage of cooking is the key to great success. Preparing the ingredients correctly, gathering the tools necessary to do the work, and setting up your station not only reduces waste and loss, but it also improves the quality of work and enhances the end results. In this section, we will discuss the various facets of mise en place and look at some general guidelines to facilitate your production.

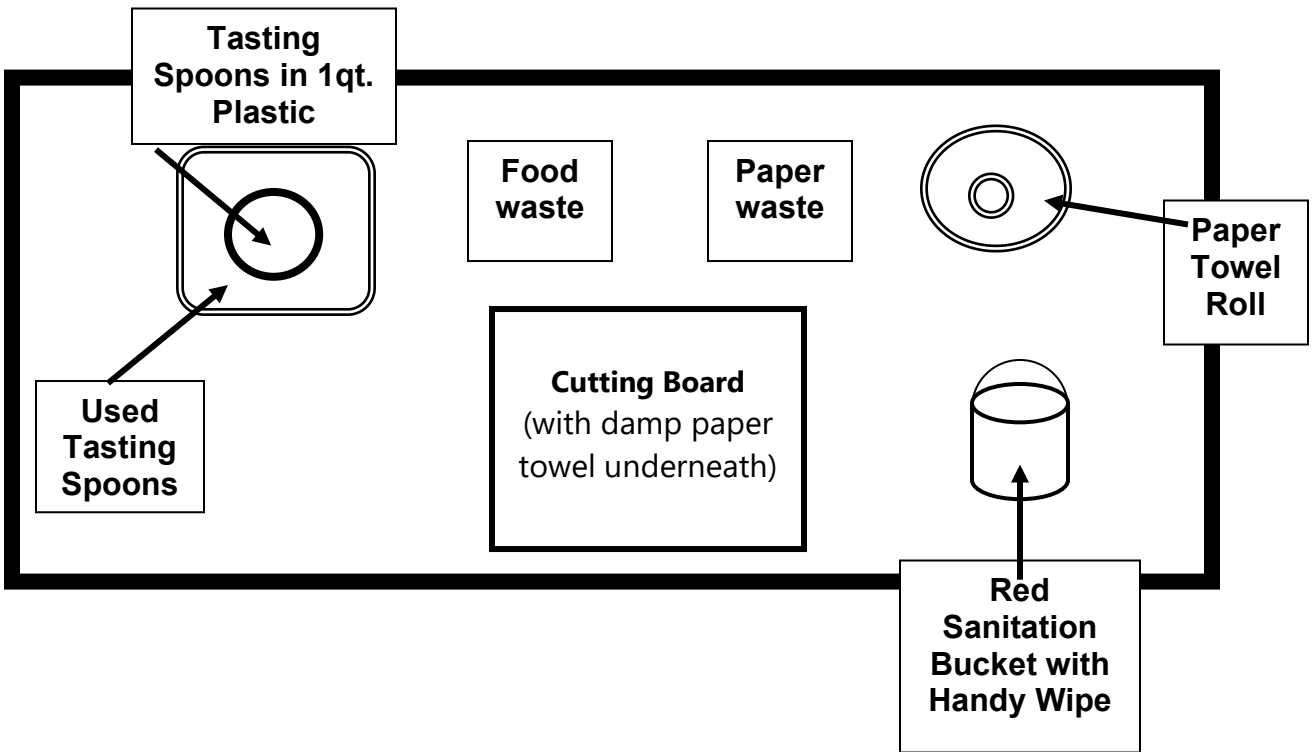
## MISE EN PLACE

**Mise en place** is a French term referring to the organization and completion of all the preliminary tasks involved in the preparation of a meal. By utilizing mise en place, the cooking process is then simplified. Today, the general term mise en place means everything from arranging the utensils and linen, to preparing a meal in the preparation kitchen, and finishing a meal in the finishing kitchen (or finishing area). Each mise en place should be adapted to the needs of each individual kitchen.

## WORKSTATION MANAGEMENT

- Set up efficient work stations.
- Set table and cutting board at correct height for individual.
- Use bain maries with hot water for tools.
- Set cutting board on sheet pan for messy jobs.
- Use raised cutting boards for drop delivery system for end products and refuse.
- Have a written daily plan. Start with the end in mind.
- Use standardized recipes.
- Use timers, if necessary.
- Use stem thermometers to ensure products maintain appropriate temperatures.

## STANDARD WORKSTATION SET-UP



### Consider the following questions when setting up a workstation:

- What recipe(s) and ingredients will be needed to complete the task?
- What precautions must I take to maintain good sanitation and nutritional conditions for the foodstuff?
- What equipment will be needed to complete the task (consider equipment needs throughout the entire process, including the final container which will hold the product)?
- What time should the product be completed, and how does this impact the sequence in which I will approach the task?
- When working in teams, how will the tasks be divided among the team members?

### For greatest kitchen efficiency, always keep your workstation clean and well organized! Here are a few general rules to help you accomplish this...

- If you don't need it, get rid of it.
- If you are not currently using it, put it away.
- Wipe down and clean up as you go.

## RECIPE MANAGEMENT AND MISE EN PLACE

Learning to read recipes carefully and to use them to be more productive is an important step in developing your professional skills. Before starting to cook from any recipe, the first step is always to ***read through the recipe in its entirety*** to gain an understanding of exactly what is required and how to organize your work. As you read the recipe, look carefully for steps that might affect your own timing.

### ***It is important to...***

- Understand all the terms and definitions. Ask questions if you're not sure!
- Check the yield, temperature, and cooking time.
- Assemble, in order of use, all the ingredients needed before preparation time. Ingredients that require advance preparation (stocks, basic sauces, or a marinade, for example) or that must be either heated or chilled should be considered first.
- Complete necessary "pre" steps such as: greasing or conditioning pans, washing and cutting vegetables, assembling equipment such as food processors or meat grinders, and preheating the grill or oven.
- Accurately measure or weigh each ingredient.
- Follow the steps listed in the recipe exactly and never leave out a step.
- Time the cooking period for all cooked foods accurately. A resting period or an overnight cooling period (letting yeast doughs proof or allowing gelatin-thickened foods to thicken completely, marinating, etc.) will all affect timing.

### **CONSTRUCTING A WRITTEN "MISE EN PLACE PLAN"**

- Review what you must prepare - including ALL group work.
- List all the ingredients.
- Check if you need to order any additional ingredients.
- Determine cooking times and preparation procedures.
- Determine equipment and utensils you will need.
- Write the "mise en place plan" in sequential order.
- Reprioritize your mise en place plan every so often throughout the day.

# ORGANIZING YOUR TEAM GAME PLAN

## **Pots and Pans, other equipment, communication**

- Select the proper pan and size for the job intended.
- Have serving pans for the finished product.
- Utensils, spoons, ladles, spatulas, etc. and sanitizing bucket on the station.
- Preheat ovens, deep-fryer, broiler, etc.
- Communicate with your group on stocks or other preparations.

## **Food**

- Gather the produce and dry goods needed in the correct amounts to produce the recipe. Use up any product that is the oldest – First In, First Out (FIFO).
- Keep perishable items refrigerated.
- Prevent cross contamination with proper sanitation practice.

## **Cooking**

- Pre-preparation
- Washing
- Slicing, dicing
- Trussing, and seasoning

## **Preparation**

- Start items with longest cooking times first.
- Clean as you go.

## **Finishing**

- Finish items as close to service time as possible.
- Set up line for service.
- Hot plates, serving spoons, forks, etc.
- Actual service (Plates or other serving dishes neat and clean, food hot)

## **STRATEGIES FOR MANAGING TIME**

The role of a chef today encompasses many areas besides cooking. The chef must be an effective administrator and manager, must manage physical assets, information, and human resources. Information gathering on current restaurant trends and products can become a full time task on its own. If the chef cannot manage his or her time properly, there will not be enough time each day to successfully manage the operation.

### **Invest time in reviewing daily operations**

- Observe how the fellow chef team members manage their time.
- Determine what can be done and what changes need to be made in the kitchen to make the work flow quickly and smoothly.

### **Invest time in training others**

- Walk yourself and your team members through the jobs that must be done.
- Be sure that everyone understands how to do the work.
- Where to find the necessary items.
- How far each person's responsibility extends, and what to do in case a question or emergency comes up.

### **Learn to communicate clearly.**

- Give direction in the most concise language possible; be brief but thorough.
- Write down the directions, especially if work is performed by multiple people.
- Encourage questions.

### **Take steps to create an orderly work environment**

- Plan work areas carefully.
- Think about all tools, ingredients, and equipment needed.
- Group like activities together.

### **Purchase, replace, and maintain all necessary tools**

- A well-equipped kitchen will have enough of all tools necessary to prepare every item on the menu.
- If the staff has to share or wait for the appropriate tool, it is wasting time.
- Improperly maintained equipment leads to accidents and waste.

## SAMPLE MISE EN PLACE AND TIMELINE WORKSHEETS

Using the following recipes (Grilled Pork Chops with Pommery Mustard Beurre Blanc and Glazed Sweet Potatoes), let's walk through an example of how to use these sheets. First, we'll review the recipes to determine what ingredients and tools are necessary for each dish. We'll then combine these items into the tally sheet to create a list which will help you quickly and efficiently gather everything you need for the day. Finally, we'll look at how all these recipes come together in creating a timeline for the tasks at hand.

### GRILLED PORK CHOPS WITH POMMERY MUSTARD BEURRE BLANC

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, vegetable	1 Tbsp.
Worcestershire	1 Tbsp.
Garlic, chopped	1 tsp.
Pork, chop	6 ea.
Salt, kosher	1 Tbsp.
Pepper, black, ground	1 tsp.
Pommery Mustard Beurre Blanc	1 pt.
(Recipe follows)	

#### **Method**

1. To prepare the marinade, combine the oil, Worcestershire sauce, and garlic.
2. Season the pork chops with salt and pepper and cover with the marinade.
3. Grill over medium heat to mark the pork chops. If desired, rotate chops at a 45-degree angle before turning to achieve crosshatch grill marks.
4. Place into an oven and cook until the pork chops reach an internal temperature of 155°F.
5. Serve with the Pommery Mustard Beurre Blanc.

# POMMERY MUSTARD BEURRE BLANC

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Wine, white, dry	6 fl. oz.
Vinegar, cider	2 fl. oz.
Peppercorns, black, whole, crushed	6 ea.
Shallot, minced	1 wt. oz.
Thyme, stem, fresh	6 ea.
Bay leaf, dried	1 ea.
Cream, heavy	2 fl. oz.
Butter, unsalted, small diced	12 wt. oz.
Pommery mustard	2 Tbsp.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.

## **Method**

1. Combine the wine, vinegar, peppercorns, shallots, thyme, and bay leaf in a saucepan. Cook over medium heat and reduce until almost dry.
2. Add the heavy cream and reduce until sauce is thick enough to coat the back of a spoon (nappé).
3. Add the butter one piece at a time, using a whisking motion until emulsified.
4. Finish by stirring in the Pommery mustard.
5. Strain the sauce, then season with salt and pepper to taste. Serve immediately or keep warm in a double boiler.

# GLAZED SWEET POTATOES

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	3 wt. oz.
Potato, sweet, med. diced	2 lb.
Orange, juice, fresh	12 fl. oz.
Sugar, brown	1 Tbsp.
Salt, kosher	½ tsp.
Pepper, white, ground	¼ tsp.

## **Method**

1. Melt the butter over medium-high heat in a large pan with a lid. Add the sweet potatoes and toss to coat. Lower heat to medium.
2. Cover the pan and lightly sweat the potatoes, shaking the pan occasionally, until they start to become tender but have not yet browned.
3. Add the orange juice, sugar, salt, and pepper.
4. Cook, covered, at low heat until the sweet potatoes are almost done, about 20 minutes.
5. Remove the cover and allow the liquid to reduce to a glaze.

<b>Date:</b> _____			
<b>Recipe:</b> <u>Grilled Pork Chops</u>			
<b>Ingredient</b>	<b>Amount</b>	<b>Tool</b>	<b>Amount</b>
Oil, vegetable	1 Tbsp.	½ hotel pan	1
Worcestershire	1 Tbsp.	Tongs	1
Garlic, chopped	1 tsp.	½ sheet pan	1
Pork chops	6 ea.	Presentation plates	6
Salt, kosher	1 Tbsp.		
Pepper, black, ground	1 tsp.		

<b>Date:</b> _____			
<b>Recipe:</b> <u>Pommery Mustard Beurre Blanc</u>			
<b>Ingredient</b>	<b>Amount</b>	<b>Tool</b>	<b>Amount</b>
Wine, white, dry	6 fl. oz.	Saucepan	1
Cider vinegar	2 fl. oz.	Whisk	1
Peppercorns, crushed	6 ea.	Spoon	1
Shallots, minced	1 wt. oz.	Chinois	1
Thyme stems	6 ea.	Cheesecloth	1 square
Cream, heavy	2 fl. oz.	Bain Marie	1
Bay leaf	1 ea.		
Butter, diced	12 wt. oz.		
Pommery mustard	2 Tbsp.		
Salt, kosher	½ tsp.		
Pepper, black, ground	¼ tsp.		

**Date:** \_\_\_\_\_

**Recipe:** Glazed Sweet Potatoes

<b>Ingredient</b>	<b>Amount</b>	<b>Tool</b>	<b>Amount</b>
Butter	3 wt. oz.	Large sautoir, with lid	1
Sweet potato, peeled, diced or sliced	2 lb.	Wooden spoon	1
Orange juice	12 fl. oz.	Presentation plates	6
Brown sugar	1 Tbsp.		
Salt, kosher	½ tsp.		
Ground white pepper	¼ tsp.		

Date: \_\_\_\_\_

**Tally Sheet**  
***Combines ALL Items from Day***

<b>Ingredient</b>	<b>Amount</b>	<b>Tool</b>	<b>Amount</b>
Oil, vegetable	1 Tbsp.	½ hotel pan	1
Worcestershire	1 Tbsp.	Tongs	1
Garlic, chopped	1 tsp.	½ sheet pan	1
Pork chops	6 ea.	Sauce pan	1
Salt, kosher	2 Tbsp.	Whisk	1
Pepper, black, ground	2 tsp.	Chinois	1
Wine, white, dry	6 fl. oz.	Cheese cloth	1 square
Cider vinegar	2 fl. oz.	Bain Marie	1
Peppercorns, crushed	6 ea.	Large sautoir, with lid	1
Shallots, minced	1 wt. oz.	Wooden spoon	2
Thyme stems	6 ea.	Presentation plates	6
Cream, heavy	2 fl. oz.		
Bay leaf	1 ea.		
Butter, diced	16 wt. oz.		
Pommery mustard	2 Tbsp.		
Sweet potato, peeled, diced or sliced	2 lb.		
Orange juice	12 fl. oz.		
Brown sugar	1 Tbsp.		
Ground white pepper	¼ tsp.		

<b>Date: _____</b>		<b>Timeline: <u>Service at 12:15pm</u></b>	
<b>Step #/ Start Time</b>	<b>Recipe</b>	<b>Action</b>	<b>Time Due</b>
<b>1. 9:00am</b>	<b>Pork</b>	Pre-heat grill	<b>9:05am</b>
<b>2. 9:10am</b>	<b>All</b>	Gather utensils and ingredients	<b>9:25am</b>
<b>3. 9:30am</b>	<b>All</b>	Set up standard work station	<b>9:45am</b>
<b>4. 9:50am</b>	<b>Pork</b>	Marinate pork	<b>10:10am</b>
<b>5. 10:15am</b>	<b>Sauce</b>	Start sauce – Continue through end of step 2, reduce cream	<b>10:40am</b>
<b>6. 10:45am</b>	<b>Pork</b>	Grill pork – Finish in oven	<b>11:00am</b>
<b>7. 11:00am</b>	<b>Sweet Potatoes</b>	Cook until done – Set aside, reheat at service	<b>11:25am</b>
<b>8. 11:30am</b>	<b>All</b>	Clean station, prepare for plating	<b>11:45am</b>
<b>9. 11:45am</b>	<b>Sauce</b>	Finish sauce – add butter, strain, season, keep warm	<b>12:00pm</b>
<b>10. 12:00pm</b>	<b>All</b>	Plate and present	<b>12:15pm</b>

Here are some blank pages you can use when planning your mise en place.

### MISE EN PLACE WORKSHEET (RECIPES)

<b>Date:</b> _____			
<b>Recipe:</b> _____			
<b>Ingredient</b>	<b>Amount</b>	<b>Tool</b>	<b>Amount</b>

<b>Date:</b> _____			
<b>Recipe:</b> _____			
<b>Ingredient</b>	<b>Amount</b>	<b>Tool</b>	<b>Amount</b>





## SAMPLE ACTION PLAN WORKSHEET (USEFUL FOR GROUP PROJECTS)

SAMPLE ACTION PLAN WORKSHEET (USEFUL FOR GROUP PROJECTS)							
ACTION PLAN	Project	Goals	Tasks	Responsibility	Timeline	Evaluation	Check
	What is the theme of your project?	What are the goals of your project?	What are the steps that need to be taken to accomplish your goals?	Who in your team is responsible for each task?	When does each task need to be completed? (How many minutes or hours?)	Were you successful in accomplishing your goals and tasks on time?	√
Sample	Knife Skills	Learn how to julienne a potato	1. Make sure the work station is set up.	Peter	Today (in 5 minutes) Starting Time: 12:45 PM	No, I took way too long to finish Task # 1.	X
			2. Make sure the knives are sharp and honed.	Peter and Jennifer	Today (in 5 minutes) Starting Time: 12:55 PM	Yes, I finished on time, but I would like to improve my knife cuts. They were too thick.	√
<b>1</b>							
<b>2</b>							
<b>3</b>							
<b>4</b>							
<b>5</b>							
<b>6</b>							

# ROAST CHICKEN WITH PAN GRAVY

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, whole, wing tips removed	3 ea.
Salt, kosher	as needed
Pepper, white, ground	as needed
Thyme, sprig, fresh	3 ea.
Rosemary, sprig, fresh	3 ea.
Bay leaf, dried	3 ea.
Butter, clarified	3 fl. oz.
Carrot, medium diced	2 1/3 wt. oz.
Celery, medium diced	2 1/3 wt. oz.
Onion, medium diced	2 1/3 wt. oz.
Flour, all-purpose	1 1/4 wt. oz.
Stock, chicken	24 fl. oz.

## **Method**

1. Season the cavity of each chicken with salt and pepper. Place 1 sprig each of thyme and rosemary, and 1 bay leaf in each cavity.
2. Rub the skin with butter or oil and truss each chicken with twine.
3. Place the chickens, breast-side up, on a rack in a roasting pan. Scatter the wing tips in the pan.
4. Roast at 400°F for 40 minutes, basting from time to time. Scatter the diced carrot, celery, and onion (*mirepoix*) around the chicken and continue to roast another 30 to 40 minutes, until the thigh meat registers an internal temperature of 165°F in the thickest part.
5. Remove the chickens from the roasting pan and allow them to rest, tented with foil.
6. Place the roasting pan on the stovetop and cook until the mirepoix is browned and the fat is clear. Pour off all but 1 1/2 fl. oz. of the fat.
7. Add the flour and cook out the roux for 4 to 5 minutes. Whisk in the stock until completely smooth.
8. Simmer the gravy for 20 to 30 minutes, or until it reaches the proper consistency and flavor. Degrease season with salt and pepper. Strain through a fine-mesh sieve.
9. Carve the chickens and serve with the pan gravy.

# TOURNÉED GLAZED CARROTS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter	2 wt. oz.
Carrots, tournéed	1 ½ lb.
Sugar	1 wt. oz.
Stock, chicken, hot	7 fl. oz.
Salt, kosher	to taste
Ground white pepper	to taste

## **Method**

1. Melt the butter in a large sauté pan, then add the carrots.
2. Cover the pan and lightly sweat the carrots over medium-low heat for 2 to 3 minutes.
3. Add the sugar and stock. Season with salt and pepper. Bring to a simmer over medium heat.
4. Cover the pan and cook over low heat until the carrots are almost tender, about 5 minutes.
5. Remove the cover and continue to simmer until the cooking liquid reduces to a glaze and the carrots are tender, 2 to 3 minutes.
6. Season with salt and pepper to taste. Serve immediately.

# WHIPPED POTATOES

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Russet potatoes	2 ½ lb.
Butter, at room temperature	5 wt. oz.
Milk, hot	5 fl. oz.
Cream, heavy, hot	2 ½ fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Preheat oven to 300°F.
2. Scrub, peel, and cut the potatoes into large pieces. Boil them in salted water or steam until tender enough to mash easily. Drain and dry them over low heat or on a sheet pan in the preheated oven until no more steam rises from them.
3. While the potatoes are still hot, purée them through a food mill or potato ricer into a heated bowl.
4. Add the butter and mix into the potatoes by hand or with the paddle or whip attachment of an electric mixer until just incorporated.
5. Add the milk and cream and combine thoroughly.
6. Season with salt and pepper to taste.
7. Whip by hand or mixer just until smooth and light.
8. Serve hot.

# CREAM OF CAULIFLOWER SOUP

*Yield: 1 quart*

<b>Ingredients</b>	<b>Amounts</b>
Cauliflower	12 oz.
Butter, unsalted	1 Tbsp.
Onion, yellow, chopped	2 oz.
Leek, chopped	1 oz.
Flour, all-purpose	1 ¼ oz.
Stock, chicken	1 cup
Cream, heavy, hot	1 cup
Nutmeg, ground	⅛ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Cut the florets into bite-sized pieces, reserving the stems. Bring a medium pot of salted water to a boil. Add the cauliflower florets. Blanch until tender, about 3 minutes. Transfer to an ice water bath to stop the cooking process. Drain and reserve.
2. Roughly chop the cauliflower stems. Reserve.
3. Heat the butter in a large sauté pan over medium low heat. Add the onion and leek. Sweat until softened, 6 to 8 minutes.
4. Add the cauliflower stems. Sweat until slightly tender, about 5 minutes.
5. Add the flour, whisking well to incorporate with the butter. Cook, whisking often, until it turns light brown and fragrant (*blond roux*), about 12 minutes.
6. Gradually add the stock, whisking to work out any lumps.
7. With an immersion blender, purée until smooth.
8. Bring the soup to a boil. Turn down the heat to low. Simmer until the soup thickens, about 30 minutes.
9. Add the hot cream and nutmeg. Stir to incorporate.
10. Season with salt and pepper to taste.
11. Garnish with the blanched florets.

# CREAM OF BROCCOLI SOUP

*Yield: 2 quarts*

<b>Ingredients</b>	<b>Amounts</b>
Broccoli	2 lb.
Butter, clarified	1 fl. oz.
Onion, yellow, small diced	4 wt. oz.
Celery, small diced	2 wt. oz.
Leek, small diced	2 wt. oz.
Flour, all-purpose	2 ½ wt. oz.
Stock, chicken, hot	2 qt.
 <b>Sachet d'épices</b>	
Parsley, flat-leaf, stem	2 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, dried	¼ tsp.
Cream, heavy	8 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Remove the broccoli stems, reserving 6 ounces of florets. Peel and dice the stems.
2. Heat the butter in a soup pot over medium heat and sweat the onions, celery, and leeks for 6 to 8 minutes. Add the broccoli stems and sweat until slightly tender.
3. Add the flour and stir well to combine. Continue to cook, stirring frequently, until a blond roux forms, about 12 minutes.
4. Add the stock to the pot gradually, whisking or stirring to work out any lumps. Bring the soup to a full boil, then reduce the heat and simmer until the soup is smooth and thickened, about 30 minutes.
5. For the sachet, place the parsley, bay leaf, peppercorns, and thyme on a square of cheesecloth. Tie it into a bundle with cooking twine. Add it to the pot. Simmer for 25 minutes. Stir frequently and skim as needed.
6. Cut the florets into bite-size pieces, keeping their shape, and blanch in boiling, salted water until tender. Shock the florets in an ice bath and reserve for service.
7. Remove the sachet. Strain the solids from the soup and purée them until smooth. Add the strained soup back to the purée. Strain again using a fine-mesh sieve or cheesecloth.
8. Return the soup to a simmer. Add cream as necessary to achieve the correct flavor and consistency and adjust seasoning with salt and pepper to taste.
9. Heat the broccoli florets in simmering stock. Garnish with the florets.

# ROAST STRIP LOIN OF BEEF WITH PORT WINE JUS LIÉ

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Beef, strip loin	2 ¼ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	as needed
Carrot, medium diced	1 ⅓ wt. oz.
Celery, medium diced	1 ⅓ wt. oz.
Onion, medium diced	1 ⅓ wt. oz.
Tomato, paste	2 tsp.
Wine, port	2 fl. oz.
Stock, veal, brown	1 pt.
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	1 ea.
Peppercorns, black, whole, crushed	1 tsp.
Cornstarch	1 Tbsp.
Water, cold	2 Tbsp.

## **Method**

1. Preheat oven to 300°F.
2. Rub the strip loin generously with salt and pepper. Heat the oil in a large, heavy gauge pan to almost smoking. Add the beef. Sear to a deep brown on all sides.
3. Transfer the beef to a rack set in a roasting pan. Roast in the preheated oven until the internal temperature reaches 125°F.
4. Transfer the meat to a cutting board. Tent it loosely with foil. Let it rest for at least 20 minutes.
5. For the jus lié, in the roasting pan, add the diced carrot, celery, and onion (*mirepoix*). Bring it to a simmer on the stovetop over medium low heat until the vegetables are caramelized.
6. Add the tomato paste to the pan and caramelize (*pincé*).
7. Add the port wine. Deglaze, scraping up any browned bits from the bottom of the pan. Reduce until nearly all the liquid has evaporated (*au sec*).
8. Add the brown veal stock, bay leaf, thyme sprig, and peppercorns. Transfer to a saucepan and simmer for 10 to 15 minutes. Strain.
9. For the slurry, in a small bowl, whisk together the cornstarch and water. Gradually stir the slurry into the sauce until it thickens enough to coat the back of a spoon (*nappé*). Season with salt and pepper to taste.
10. Slice the beef. Serve with the sauce.

# STEAMED BROCCOLI

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Broccoli	2 lb.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Trim the broccoli, peel the stems, and cut into spears. Arrange it on a steamer rack or insert.
2. Season with salt and pepper.
3. Bring the water to a full boil in the bottom of a tightly covered steamer. Add the broccoli, replace the cover, and steam the broccoli until tender, about 5 to 7 minutes.
4. Remove the broccoli from the steamer. Adjust the seasoning with salt and pepper to taste. Serve immediately, or cool and store for later service.

# DUCHESSÉ POTATOES

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potatoes, russet, quartered	2 lb.
Salt, kosher	1 Tbsp.
Butter, unsalted, room temp	4 wt. oz.
Egg, yolk, beaten	4 ea.
Nutmeg, fresh, grated	to taste
Salt, kosher	to taste
Pepper, black, ground	to taste
Egg, whole, beaten	1 ea.
Milk, whole	1 Tbsp.

## **Method**

1. Preheat oven to 375°F.
2. In a large pot, place the potatoes, salt, and enough water to cover by two inches. Bring it to a boil. Cook until tender enough to mash easily. Drain. Return them to the pot. Heat over low heat until no more steam rises from them.
3. While the potatoes are still hot, purée them through a food mill or potato ricer into a heated bowl.
4. Add the butter, egg yolks, and nutmeg. Season with salt and pepper to taste. Mash until smooth with no lumps.
5. Transfer the mixture to a piping bag. Pipe the mixture into the desired shapes on a sheet pan lined with parchment paper.
6. For the egg wash, in a small bowl, whisk together the egg and milk. Brush the potatoes lightly with the egg wash.
7. Bake in the preheated oven until golden brown and heated through, 10 to 12 minutes. Serve immediately.

# CREAM OF TOMATO SOUP

*Yield: 2 quarts*

<b>Ingredients</b>	<b>Amounts</b>
Pork, bacon, small diced (Optional)	1 wt. oz.
Butter, unsalted	1 ½ wt. oz.
Carrot, small diced	4 wt. oz.
Celery, small diced	2 wt. oz.
Onion, yellow, small diced	2 wt. oz.
Garlic, minced	1 tsp.
Flour, all-purpose	2 wt. oz.
Stock, chicken	1 qt.
Tomato, plum (Roma), chopped	1 lb.
Tomato, purée	12 fl. oz.
Salt, kosher	to taste
Pepper, white, ground	to taste
 <b>Sachet d'épices</b>	
Parsley, flat-leaf, stem	2 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, dried	¼ tsp.
Garlic, clove, crushed	1 ea.
Clove	1 ea.
Cream, heavy, hot	8 fl. oz.
Croutons	8 wt. oz.

## **Method**

1. Heat the butter in a soup pot over medium heat. If desired, add the bacon. Render until the fat melts off. Do not brown.
2. Add the carrots, celery, onions, and garlic. Sweat until tender, 8 to 10 minutes.
3. Add the flour and mix well. Cook out to make a blond roux, about 12 minutes.
4. Add the stock and blend well. Add the chopped tomatoes, tomato purée, salt, and pepper. Simmer for 25 minutes.
5. For the sachet, place the parsley, bay leaf, peppercorns, thyme, garlic, and clove on a square of cheesecloth. Tie it into a bundle with cooking twine. Add it to the pot. Simmer for 25 minutes.
6. Remove and discard the sachet. Strain the solids out of the soup and purée them until they are completely smooth. Return the purée to the liquid. Simmer slowly over medium-low heat for 10 minutes. Strain the soup through a fine-mesh sieve or

cheesecloth. The soup is ready to finish now, or it may be rapidly cooled and refrigerated for later service.

7. For service, return the soup base to a simmer. Add the cream. Adjust the seasoning with salt and pepper to taste. Garnish individual portions with croutons.

# SAUTÉED HARICOTS VERTS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Beans, haricots verts	1 ½ lb.
Butter, unsalted	1 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Wash and trim the haricots verts.
2. Bring a large pot of salted water to a full boil. Add the haricots vert. Cook until tender but still firm to the bite (*al dente*). Transfer to an ice bath to stop the cooking process. Drain well.
3. Heat the butter in a large sauté pan over medium heat. Add the haricots verts. Season with salt and pepper to taste. Toss to coat. Cook until heated through.
4. Serve immediately.

# GLAZED TURNIPS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	1 wt. oz.
Sugar, granulated	2 wt. oz.
Stock, chicken, hot	6 fl. oz.
Turnips, bâtonnet	1 ½ lb.
Salt, kosher	to taste
Pepper, white, ground	to taste
Parsley, flat-leaf, fresh, chopped	1 tsp.
Chive, fresh, chopped	1 tsp.
Thyme, fresh, chopped	1 tsp.
Tarragon, fresh, chopped	1 tsp.

## **Method**

1. Bring a large pot of salted water to a boil. Add the turnips. Blanch until slightly tender but still firm, about 3 minutes. Transfer to an ice water bath to stop the cooking process. Drain. Reserve.
2. For the glaze, in a large sauté pan over medium heat, place the butter, sugar, and chicken stock. Bring it to a simmer. Cook gently until it has the consistency of a light syrup, about 15 minutes.
3. Add the blanched turnips. Toss to coat in the glaze. Cook until the turnips are heated through.
4. Season with salt and pepper to taste.
5. Transfer to a serving bowl. Garnish with the chopped parsley, chive, thyme, and tarragon.
6. Serve immediately.

# TOURNÉED PARSLIED NEW POTATOES

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, new, tournée	18 ea.
Water	as needed
Salt, kosher	as needed
Butter, unsalted	1 wt. oz.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.

## **Method**

1. Place the potatoes into a saucepan. Cover with cold water and season generously with salt.
2. Bring to a boil, then reduce the heat to a simmer.
3. Once the potatoes are cooked, carefully drain the water.
4. Add the butter and parsley to the potatoes. Season to taste with salt and toss very carefully away from the heat. Serve immediately.

# SAUTÉED SUGAR SNAP PEAS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Peas, sugar snap, trimmed	1 ½ lb.
Butter, unsalted	2 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Blanch the peas in boiling salted water until bright green and tender, but with some snap remaining. Remove from water, shock in an ice bath, then drain.
2. When ready to serve, melt the butter in a sauté pan over medium heat and sauté the peas until they are heated through.
3. Season with salt and pepper to taste.

## SAUTÉED MUSHROOMS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	2 wt. oz.
Shallot, minced	2 Tbsp.
Garlic, minced	1 ½ Tbsp.
Mushrooms, white, quartered	1 ½ lb.
Wine, white, dry	2 fl. oz.
Thyme, fresh, chopped	¼ tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.

### **Method**

1. Heat a large sauté pan over medium-high heat until very hot. Melt the butter, then add the shallots and sauté until translucent. Add the garlic and sauté until aromatic.
2. Add the mushrooms in one layer (cook in batches if necessary) and sauté until tender. Do not overcrowd or the mushrooms will steam.
3. Deglaze with the white wine and reduce slightly. Add the thyme and season to taste with salt and pepper.

# CREAM OF MUSHROOM SOUP

*Yield: 2 quarts*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	2 Tbsp.
Mushrooms, white, sliced	3 wt. oz.
Butter, unsalted	3 wt. oz.
Mushroom, white, sliced	2 lb.
Onion, yellow, finely diced	4 wt. oz.
Celery, finely diced	3 wt. oz.
Flour, all-purpose	5 wt. oz.
Stock, vegetable	2 ½ qt.
<b>Sachet d'épices</b>	
Parsley, flat-leaf, stem, fresh	2 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, whole	2 ea.
Clove, whole	2 ea.
Cream, heavy	1 pt.
Salt, kosher	½ tsp.
Pepper, white, ground	¼ tsp.

## **Method**

1. Heat the butter in a large sauté pan over medium heat. Add the mushrooms in a single layer. Sauté, without stirring, until they brown on the bottom, about 3 minutes. Turn and sauté until golden on all sides, about 2 minutes. Reserve.
2. In a saucepot, heat the butter over medium-low heat. Add the mushrooms, onions, and celery. Sweat until the onions are translucent, 5 to 7 minutes. Do not brown.
3. Stir in the flour. Cook, stirring often, until the flour is incorporated into the butter and it turns a pale gold, 5 to 10 minutes (*blond roux*).
4. Gradually add the stock, stirring constantly, until it is all incorporated.
5. For the sachet, place the parsley, bay leaf, peppercorns, and clove on a square of cheesecloth. Tie it into a bundle with cooking twine. Add it to the pot. Simmer the mixture until the vegetables are soft.
6. In a separate small saucepan over low heat, place the cream. Reduce by half. Reserve.
7. Remove and discard the sachet from the soup. With an immersion blender, purée the soup. Strain it into a clean saucepot.
8. Add the reduced cream to the puréed soup. Season with salt and pepper to taste.
9. Garnish the soup with the reserved, sautéed mushrooms.

# SAUTÉED SPINACH

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, extra virgin	3 Tbsp.
Shallot, julienned	3 wt. oz.
Garlic, minced	2 tsp.
Spinach, leaves	1 ½ lb.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Heat the oil in a large sauté pan; add the shallots and sauté until translucent. Add the garlic and sauté until aromatic.
2. Add the spinach leaves, along with any water still clinging to them. Stir to coat evenly with the oil and garlic.
3. Cover tightly and steam until leaves are barely wilted. Uncover and reduce any excess liquid.
4. Season with salt and pepper. Toss and serve while hot.

# POTATO GRATIN

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, yellow, thinly sliced	3 lb.
Milk, whole	1 qt.
Butter, unsalted (Divided)	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Nutmeg, fresh, grated	as needed
Cream, heavy (Divided)	1 cup
Cheese, Gruyère, grated (Divided)	2 cups
Garlic, clove, halved lengthwise	1 ea.

## **Method**

1. Preheat the oven to 375°F.
2. In a large saucepan, combine the potatoes, milk, and 1 tablespoon of the butter. Season with salt, pepper, and nutmeg as needed. Bring to a boil over medium-high heat. Stir occasionally to prevent the potatoes from sticking to the bottom of the saucepan. Lower the heat to a simmer and cook until the potatoes are almost tender, about 5 minutes.
3. Rub the bottom of a baking dish with the garlic and the remaining 1 tablespoon butter. With a slotted spoon, transfer half the potatoes to the baking dish. Sprinkle with ½ cup of cream and 1 cup of cheese. Season with pepper, and nutmeg as needed. Cover with the remaining potatoes. Spread the remaining ½ cup of cream and 1 cup of cheese over top. Season with pepper and nutmeg as needed.
4. Place the baking dish in the center of the preheated oven and bake until the potatoes are crisp and golden on top, about 1 hour.
5. Serve immediately.

# SENATE BEAN SOUP

*Yield: 2 quarts*

<b>Ingredients</b>	<b>Amounts</b>
Beans, navy, dried	$\frac{3}{4}$ lb.
Stock, chicken	2 qt.
Ham hock, smoked	1 ea.
Oil, vegetable	1 fl. oz.
Onion, yellow, small diced	3 wt. oz.
Carrot, small diced	3 wt. oz.
Celery, small diced	3 wt. oz.
Garlic, minced	$\frac{1}{2}$ wt. oz.
<b><i>Oignon pique (Optional)</i></b>	
Onion, yellow, halved	$\frac{1}{2}$ ea.
Bay leaf, dried	1 ea.
Clove, whole, peeled	2 ea.
<b><i>Sachet d'épices</i></b>	
Parsley, flat-leaf, stem	2 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	$\frac{1}{4}$ tsp.
Thyme, dried	$\frac{1}{4}$ tsp.
Garlic, clove	1 ea.
Potato, chef's, large diced	$\frac{1}{2}$ lb.
Tabasco sauce	$\frac{1}{2}$ tsp.
Salt, kosher	1 $\frac{1}{2}$ tsp.
Pepper, white, ground	$\frac{1}{2}$ tsp.
Croutons	8 wt. oz.

## **Method**

1. Soak the beans overnight in enough cold water to cover. Drain and rinse the beans.
2. Combine the beans, stock, and ham hock in a stockpot. Simmer, skimming and stirring occasionally, for 2 hours.
3. Strain, reserving the broth and beans. Remove the ham hock, dice the meat, and reserve.
4. Heat the oil in the same stockpot. Add the onions, carrots, and celery and sweat until the onions are translucent, 4 to 5 minutes. Add the garlic and sauté until aromatic.
5. If desired, for the oignon pique, peel and cut the onion in half through the root, leaving the layers intact. Attach the bay leaf to one of the onion halves with whole cloves. Add it to the stockpot.

6. For the sachet, place the parsley, bay leaf, peppercorns, thyme, and garlic on a square of cheesecloth. Tie it into a bundle with cooking twine. Add it to the pot.
7. Add the beans, broth, and potatoes. Simmer until the beans and potatoes are tender, about 1 to 1 ½ hours.
8. Remove and discard the oignon pique and sachet.
9. Purée half of the soup. Recombine the purée and reserved ham with the remaining soup. Adjust the consistency with additional broth if necessary.
10. Return the soup to a simmer and adjust the seasoning with Tabasco, salt, and pepper to taste. Garnish individual portions at service time with croutons.

# LENTIL PURÉE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lentils, red	8 wt. oz.
Oil, vegetable	1 fl. oz.
Garlic, minced	2 tsp.
Onion, sliced thin	1 ea.
Ginger, root, fresh, grated	1 tsp.
Turmeric, dried, ground	½ tsp.
Water, hot	24 fl. oz.
Garam masala (Recipe follows)	½ tsp.
Salt, kosher	to taste
Onion, sliced thin, fried (Optional)	1 ea.

## **Method**

1. Pick through the lentils and wash well. Remove any that float. Drain well.
2. Heat the oil in a medium soup pot over medium heat. Add the garlic, onion, and ginger and sauté until golden brown.
3. Add the turmeric, stir well, and sauté until aromatic.
4. Add the drained lentils and stir for 1 to 2 minutes.
5. Add the hot water and bring to a boil. Reduce the heat and simmer until lentils are half cooked.
6. Add the garam masala and season with salt to taste. Continue cooking until lentils are very soft.
7. Garnish with crisp fried onions if desired.
8. Serve in a heated bowl.

Source: Adapted from *The Complete Asian Cookbook* by Charmaine Solomon

# BEEF BARLEY SOUP

*Yield: 1 quart*

<b>Ingredients</b>	<b>Amounts</b>
Beef, shank	3 oz.
Stock, beef	as needed
Butter, clarified	1 oz.
Onion, yellow, med. diced	2 oz.
Celery, peeled, med. diced	1 oz.
Carrot, med. diced	1 oz.
Parsnip, med. diced	1 oz.
Leek, med. diced	1 oz.
Turnip, yellow (Rutabaga), med. diced	1 oz.
Turnip, white, med. diced	1 oz.
Garlic, minced	1 tsp.
<b>Sachet d'épices</b>	
Parsley, flat-leaf, stem, fresh	2 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, dried	¼ tsp.
Garlic, clove, crushed	1 ea.
Clove, whole	1 ea.
Broth, beef	1 qt.
Potato, new, med. diced	2 oz.
Cabbage, green, med. diced	1 oz.
Tomato Concassé (Recipe follows)	1 oz.
Peas, frozen, thawed	1 oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. In a large soup pot, place the beef and enough stock to cover by 2 inches. Bring it to a boil, then lower the heat to a simmer. Simmer until partially done (internal temperature 155°F). Transfer to a cutting board. Cool. Medium dice. Reserve.
2. Heat the clarified butter in a large soup pot over medium-low heat. Add the onion, celery, carrot, parsnip, leek, rutabaga, and turnip. Cover and sweat until softened but not colored, 5 to 6 minutes.
3. Add the garlic. Cook until aromatic, 30 seconds.

4. For the sachet d'épices, place the parsley, bay leaf, peppercorns, thyme, garlic, and clove on a square of cheesecloth. Tie into a bundle with cooking twine.
5. Add the reserved beef broth, sachet, and reserved diced beef. Simmer for 10 minutes.
6. Add the potatoes and cabbage. Simmer until tender, about 10 minutes.
7. Add the tomato concassé and peas. Cook until warmed, 3 to 5 minutes.
8. Remove and discard the sachet. Season with salt and pepper to taste.

# TOMATO CONCASSÉ

*Yield: 2 cups*

## **Ingredients**

## **Amounts**

Tomato, plum (Roma)  
Salt, kosher

1 lb.  
½ Tbsp.

## **Method**

1. Score an X at the tip of the tomato, making sure not to cut too deeply. Trim out the stem core, leaving the tomato whole.
2. In a large pot of boiling water, place the salt and tomatoes. Blanch the tomatoes for 30 seconds.
3. Remove the tomatoes and transfer them immediately into an ice bath.
4. After the tomatoes are cool, remove them from the ice bath and peel away the skin with a paring knife. The skin should come away easily from the flesh.
5. Halve each tomato crosswise at its widest point. Gently squeeze out the seeds or quarter the tomatoes and cut away the seeds.
6. Dice the tomatoes.

# SAUTÉED CHICKEN WITH FINES HERBES SAUCE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, boneless, suprême, 7 oz.	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose (Optional)	2 wt. oz.
Butter, clarified	1 ½ fl. oz.
Shallot, minced	½ wt. oz.
Wine, white, dry	3 fl. oz.
Fines Herbes Sauce (Recipe follows)	12 fl. oz.

## **Method**

1. Blot the chicken dry and season with salt and pepper. Dredge in flour, if desired.
2. Heat the butter or oil in a large sauté pan over medium high heat until it is almost smoking. Sauté the chicken on the first side until golden brown, about 3 minutes. Turn the chicken and continue to sauté until cooked through. Remove the chicken from the pan and keep warm while completing the sauce.
3. Degrease the pan. Add the shallots and sauté them until they are translucent, about 1 minute.
4. Deglaze the pan with the wine; reduce until it is almost dry, about 3 minutes. Add the Fines Herbes Sauce, simmer briefly, then strain into a clean saucepan.
5. Adjust seasoning with salt and pepper and stir in the Fines Herbes.
6. Serve the chicken immediately with the sauce or hold hot for service.

**Note:** Vegetable oil can be substituted for the clarified butter.

# FINES HERBES SAUCE

*Yield: 12 fluid ounces*

<b>Ingredients</b>	<b>Amounts</b>
Chervil, stems, fresh	$\frac{3}{4}$ wt. oz.
Chive, fresh	$\frac{3}{4}$ wt. oz.
Parsley, flat-leaf, stems, fresh	$\frac{3}{4}$ wt. oz.
Tarragon, stems, fresh	$\frac{3}{4}$ wt. oz.
Stock, chicken	36 fl. oz.
Butter, clarified	$\frac{1}{2}$ fl. oz.
Shallot, minced	$\frac{1}{4}$ wt. oz.
Wine, white, dry	4 fl. oz.
Cream, heavy	4 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Chop the chervil, parsley, and tarragon stems. Chop the chives. In a small bowl, place all the chopped herbs (*fines herbes*). Mix to combine. Reserve
2. Simmer the chicken stock over medium heat and reduce by two-thirds to 12 fl. oz., skimming as necessary. Reserve.
3. Heat the butter in a medium saucepan over medium-high heat. Add the shallots. Sweat until translucent, 2 to 3 minutes.
4. Add the wine and chopped fines herbes. Simmer until nearly dry (*au sec*).
5. Add the reduced chicken stock. Simmer until it reduces slightly.
6. Add the cream. Simmer, skimming as needed, until good flavor and consistency.
7. Season with salt and pepper to taste, then strain the sauce.

# BATTERED DEEP-FRIED COD WITH RÈMOULADE SAUCE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Cod, fillet, cut into 4-oz. portions	1 ½ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Lemon, juice, fresh	as needed
Flour, all-purpose	as needed
Beer Batter (Recipe follows)	22 fl. oz.
Oil, vegetable	as needed
Rèmolade Sauce (Recipe follows)	to taste
Lemon, cut into wedges	6 ea.

## **Method**

1. Blot the fish fillets dry and season with salt, pepper, and lemon juice.
2. Dredge the fish in flour, shaking off any excess.
3. Dip the fish in the beer batter to coat.
4. Deep-fry in 350°F oil using the swimming method until lightly browned and cooked through.
5. Remove and drain on a wire rack.
6. Serve hot, accompanied by Rèmolade Sauce and lemon wedges.

**Note:** Other fish such as flounder, haddock, hake, catfish, pollock, and tilapia can be substituted for the cod. These fish are well-suited for frying due to their light and flaky textures, which complement the batter and frying process.

## BEER BATTER

*Yield: 22 fluid ounces*

<b>Ingredients</b>	<b>Amounts</b>
Flour, all-purpose	10 wt. oz.
Baking powder	½ tsp.
Salt, kosher	1 tsp.
Egg, separated	1 ea.
Beer	16 fl. oz.

### **Method**

1. Whisk together the flour, baking powder, and salt. Add the egg yolk and the beer all at once and whisk until very smooth. Keep chilled until service.
2. At the time of service, whip the reserved egg white to soft peaks. Fold the whites into the batter and use at once.

# RÉMOULADE SAUCE

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Mayonnaise	14 fl. oz.
Capers, chopped	1 wt. oz.
Chive, fresh, chopped	1 ½ Tbsp.
Tarragon, fresh, chopped	1 ½ Tbsp.
Mustard, Dijon	1 ½ tsp.
Anchovy, paste	½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Worcestershire sauce	to taste
Tabasco sauce	to taste

## **Method**

1. Combine all ingredients and mix well. Adjust seasoning with salt, pepper, Worcestershire, and Tabasco.
2. The sauce is ready to serve now, or it may be refrigerated for later use.

# PAN-FRIED PORK CUTLETS WITH DRIED BREADCRUMBS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pork, loin, trimmed, six 3-oz. portions	1 ¼ lb.
Egg, whole	1 ea.
Water	1 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	as needed
Breadcrumbs, dried	4 wt. oz.
Oil, vegetable	10 fl. oz.
Lemon, cut into wedges	6 ea.

## **Method**

1. Pound each portion of pork between sheets of parchment or plastic wrap to a thickness of ¼-inch.
2. For the egg wash, in a small bowl, whisk together the egg and water.
3. At the time of service or up to 3 hours in advance, apply a standard breading to the pork: Blot dry, season with salt and pepper, dredge the pork in flour, dip in egg wash, and dredge in breadcrumbs. (Refrigerate if breaded in advance.)
4. Heat about ⅛-inch of oil to about 350°F over medium heat. Working in batches, add the breaded pork to the hot oil and pan fry on the first side for about 2 minutes, or until golden brown and crisp. Turn once and finish pan frying on the second side, 1 or 2 minutes more or until it reaches an internal temperature of 160°F.
5. Drain briefly on absorbent paper towels and serve immediately or hold it hot for service.
6. Serve accompanied by lemon wedges.

# SAUCE ROBERT

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Butter, clarified	1 fl. oz.
Shallot, fine diced	1 wt. oz.
Wine, white, dry	4 fl. oz.
Peppercorns, black, cracked	½ tsp.
Demi-Glace	16 fl. oz.
Mustard, Dijon	1 Tbsp.
Juice, lemon, fresh	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted, diced	2 wt. oz.

## **Method**

1. Heat the clarified butter in a medium-sized saucepan over medium-low heat. Add the shallots and sauté until translucent, 2 to 3 minutes.
2. Add the wine and peppercorns, bring to a simmer, and reduce by half.
3. Stir in the demi-glace, return to a simmer, and cook for 20 minutes, stirring frequently, until the sauce has thickened. Strain the sauce into a clean pan and return to a simmer.
4. Add the mustard and lemon juice. Season with salt and pepper.
5. Finish the sauce by swirling in the butter. The sauce is ready to serve now, or it may be rapidly cooled and refrigerated for later use.

# PAN FRIED JONAH CRAB CAKES WITH CELERY ROOT REMOULADE

*Yield: 12 crab cakes*

Ingredients	Amounts
Crabmeat, Jonah, picked clean	1 ½ lb.
Breadcrumbs, white, fresh	1 cup
Celery, small diced	1 cup
Scallion (Green onion), minced	3 ea.
Garlic, minced	1 Tbsp.
Mustard, Dijon	1 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Chile, cayenne, ground	as needed
Mayonnaise	½ cup
Egg, whole	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Breadcrumbs, panko	2 ½ cups
Oil, vegetable	as needed
Celery Root Remoulade (Recipe follows)	1 cup

## Method

1. For the crab cakes, in a large bowl, combine the crabmeat, breadcrumbs, celery, scallions, garlic, mustard, lemon juice, cayenne, mayonnaise, and egg. Mix until homogenous. Use just enough mayonnaise to hold the mixture together. Season with salt and pepper as needed.
2. Portion the crab cakes into balls weighing 4 ounces each. Flatten the balls slightly by pressing down on them with the palm of your hand. Coat the crab cakes on all sides with the panko.
3. In a large skillet over medium heat, add enough oil to coat the bottom of the pan with ¼-inch of oil. When the oil is hot, pan fry the crab cakes until golden brown and cooked through, about 3 minutes per side. Drain on a wire rack.
4. Serve immediately with the Celery Root Remoulade.

**Note:** After breading the crab cakes, they may be refrigerated or frozen for later use.

# CELERY ROOT REMOULADE

*Yield: 1 cup*

<b>Ingredients</b>	<b>Amounts</b>
Mayonnaise	½ cup
Scallion (Green onion), minced	2 ea.
Celery root, fine julienned	1 lb.
Parsley, flat-leaf, fresh, minced	2 Tbsp.
Relish, dill pickle	2 Tbsp.
Vinegar, wine, red	2 Tbsp.
Mustard, Dijon	4 tsp.
Capers, drained, minced	4 tsp.
Worcestershire sauce	2 tsp.
Hot sauce (Optional)	½ tsp.

## **Method**

1. In a small bowl, combine the mayonnaise, scallion, celery root, parsley, relish, vinegar, mustard, capers, Worcestershire sauce, and hot sauce (if using).
2. Cover and refrigerate until ready to use.

# BRAISED FENNEL WITH PARMESAN

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Fennel, bulb, cut into sixths	3 ea.
Onion, yellow, sliced	3 wt. oz.
Celery, diced	2 wt. oz.
Garlic, chopped	1 tsp.
Lemon, juice, fresh	2 Tbsp.
Stock, chicken	8 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cheese, Parmesan, grated	1 wt. oz.

## **Method**

1. Preheat oven to 350°F.
2. Combine the fennel, onions, celery, garlic, lemon juice, and chicken stock in a hotel pan. Season with salt and pepper. Cover and braise in the preheated oven until the fennel is tender. Remove and discard the core from the fennel.
3. Increase the oven temperature to 425°F.
4. Place the fennel in a new hotel pan with a little of the braising liquid. Sprinkle with the parmesan cheese and bake in the preheated oven until the cheese is golden brown.
5. Serve immediately or hold hot for service.

# POMMES DUCHESSE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
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. Place the potatoes in a pot of cold salted water. Bring it to a boil over high heat. Reduce heat to a simmer and cook until the potatoes are just tender.
3. Drain the potatoes and return them to the pot. Heat over very low heat until no more steam rises from the potatoes. Be careful not to brown the potatoes.
4. Using a food mill, purée the hot potatoes into a large bowl.
5. Mix the egg yolks and butter into the hot potato purée. Season with the salt, pepper, and nutmeg.
6. Transfer the mixture to a piping bag fitted with a star tip. Pipe the purée onto a parchment paper-lined sheet pan (See Chef demo). Bake in the preheated oven until the potatoes are heated through and golden brown.
7. Serve immediately on a warm platter.

# FRENCH FRIED POTATOES

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, russet	2 ½ lb.
Oil, vegetable	as needed
Salt, kosher	to taste

## **Method**

1. Scrub, peel, and cut the potatoes into the desired shape (hold in cold water until ready to cook to prevent discoloration). When ready to cook, rinse, drain, and dry thoroughly.
2. Heat the oil to 300°F. Add the potatoes, in batches, and blanch until they are tender but not browned (time varies according to the size of the cuts).
3. Drain and transfer to sheet pans lined with paper towels.
4. Just before service, reheat oil to 375°F and, working in batches, finish the potatoes, frying until they are golden brown and crispy. Drain well.
5. Season with salt to taste (away from the fryer). Serve immediately.

## PURÉE OF GREEN SPLIT PEA SOUP

*Yield: 2 quarts*

<b>Ingredients</b>	<b>Amounts</b>
Pork, bacon, minced	1 wt. oz.
Oil, vegetable	1 fl. oz.
Onion, yellow, small diced	4 wt. oz.
Celery, small diced	2 wt. oz.
Carrot, small diced	2 wt. oz.
Garlic, minced	1 tsp.
Stock, chicken	2 qt.
Potato, chef's, peeled, large diced	8 wt. oz.
Peas, split, green	1 lb.
Pork, ham hock	½ ea.
Bay leaf, dried	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Croutons	8 wt. oz.

### **Method**

1. Render the bacon in the oil over medium heat. Remove the bits of bacon and reserve for garnish.
2. Sauté the onion, celery, and carrot until the onions become transparent, 10 to 12 minutes.
3. Add the garlic and sauté for another minute. Do not brown the garlic.
4. Add the stock, potatoes, split peas, ham hock, and bay leaf and bring to a simmer. Simmer the soup until the peas are tender, about 45 minutes. Remove the bay leaf and the ham hock and dice and reserve the lean meat, if desired.
5. Purée the soup using a food mill, blender, or food processor until it is smooth.
6. Return the ham hock meat if desired. Taste and season with salt and pepper. The soup is ready to finish now, or it may be rapidly cooled and refrigerated for later service.
7. To finish the soup for service, return it to a boil. Serve hot garnished with croutons.

# BUTTERMILK FRIED CHICKEN

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, whole	4 ea.
Buttermilk	1 qt.
Tarragon, fresh, minced	1/4 cup
Mustard, Dijon	1 cup
Salt, kosher	2 Tbsp.
Poultry spice	1 Tbsp.
Flour, all-purpose	3 lb.
Chile, cayenne, ground	1 Tbsp.
Salt, kosher	3 Tbsp.
Oil, canola	1 gal.

## **Method**

1. Fabricate the whole chickens into 10 pieces. (See Chef demo.)
2. For the marinade, in a medium bowl, combine the buttermilk, tarragon, mustard, salt, and poultry spice. Mix well. Transfer to a deep hotel pan.
3. Add the chicken pieces. Toss well with the marinade. Let it marinate for 4 to 12 hours.
4. In a full hotel pan, combine the flour, cayenne, and salt. Mix well.
5. Dredge the chicken in the flour and let it sit for 15 minutes. Place the dredged chicken on roasting racks on sheet trays. Dredge the chicken in the flour again.
6. Add the oil to a straight-sided sauté pan (sautoir) to a depth of 1/2 inch. Working in batches, add the chicken. Pan-fry slowly until golden brown on both sides and an internal temperature of 165°F is achieved.
7. Drain on a wire rack over a baking sheet.

# COUNTRY GRAVY

*Yield: 4 cups*

<b>Ingredients</b>	<b>Amounts</b>
Butter, clarified	1 ½ Tbsp.
Pork, bacon, minced	¾ cup
Onion, yellow, minced	⅓ cup
Celery, minced	¼ cup
Garlic, minced	¾ cup
Flour, all-purpose	1 ¼ Tbsp.
Stock, chicken	2 cups
Chicken, wings, browned	4 ½ oz.
Bay leaf, dried	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Milk, whole	3 Tbsp.
Cream, heavy	3 Tbsp.

## **Method**

1. Heat the butter in a medium sauce pot over medium-low heat. Add the bacon. Cook until the fat has rendered and the meat is crispy, about 8 minutes.
2. Increase the heat to medium. Add the onions, celery, and garlic. Sweat until the onions are translucent, 4 to 6 minutes.
3. Stir in the flour. Cook, stirring constantly, until a pale paste forms (*pale roux*).
4. Gradually add the stock, stirring to work out any lumps.
5. Add the wings and bay leaf. Stir to combine. Season with salt and pepper to taste. Simmer, skimming as necessary, for 1 ½ to 2 hours.
6. Add the milk and cream. Return the gravy to a simmer.
7. Strain the gravy, discarding any solids. Adjust the seasoning with salt and pepper.
8. Serve in a heated bowl.

# GRILLED SALMON WITH ORANGE-THYME BUTTER

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted, softened	½ cup
Almonds, blanched, ground	4 Tbsp.
Orange, juice, fresh	2 Tbsp.
Orange, zest	1 tsp.
Thyme, leaves, fresh, minced	2 tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	½ tsp.
Salmon, fillet, 6 oz., skin removed	6 ea.
Salt, sea	as needed
Pepper, black, ground	as needed
Lemon, juice, fresh	2 Tbsp.
Oil, vegetable	as needed

## **Method**

1. In a medium bowl, place the butter, almonds, orange juice and zest, thyme, salt, and pepper. Mix until blended.
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; leave one burner off. If you are 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 on one side of the grill. Clean the cooking grate.
4. Season the fish with salt, pepper, and lemon juice. Brush the fish evenly with the oil.
5. Grill each salmon fillet to the desired doneness (usually medium).
6. Top each fillet with a slice of the orange-thyme butter. Pass it under a broiler just long enough to begin melting the butter.
7. Serve immediately on a warm platter.

# BRAISED COLLARD GREENS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Collard greens	2 ½ lb.
Pork, bacon, med. diced	3 ea.
Onion, yellow, med. diced	5 ½ wt. oz.
Garlic, minced	2 tsp.
Pork, ham hock (Optional)	1 ea.
Stock, chicken	10 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Preheat oven to 350°F.
2. Remove the stems from the collard greens and discard. Wash thoroughly.
3. Bring a large pot of salted water to a boil. Add the collards and blanch for about 1 minute. Shock the greens in ice water. Drain, then chop and set aside.
4. In a large skillet, render the bacon and cook until it is crispy. When the bacon is light golden brown, add the onions and garlic and cook until translucent.
5. Add the ham hock, if desired, along with the blanched greens and stock. Season with salt and pepper to taste.
6. Braise in the preheated oven until the greens are tender, 30 to 45 minutes.
7. Remove the greens from the pan and reduce the liquid. Add the greens back to the liquid and adjust seasoning with salt and pepper to taste.
8. Serve hot on a warm serving platter.

**Note:** Kale can be substituted for the collard greens.

# RICE PILAF

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Rice, long-grain, white	1 $\frac{1}{3}$ cups
Butter, clarified	1 fl. oz.
Onion, yellow, minced	$\frac{1}{2}$ wt. oz.
Stock, chicken, hot	2 cups
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed

## **Method**

1. Rinse the rice under cold water in a strainer until the water runs clear, if desired. Drain the rice well before using.
2. Heat the butter or oil in a heavy-gauge pot over medium heat. Add the onion and sweat, stirring frequently, until translucent, 5 to 6 minutes.
3. Add the rice and sauté, stirring frequently, until coated with butter or oil and heated through, 2 to 3 minutes.
4. Add the heated stock to the rice. Bring to a simmer, stirring the rice once or twice to prevent it from clumping together or sticking to the bottom of the pot.
5. Add the bay leaf, thyme, salt, and pepper. Cover the pot and place it in a 350°F oven or leave it over low heat on the stovetop.
6. Cook until the grains are tender to the bite and have absorbed all liquid, about 15 to 20 minutes.
7. Allow the rice to rest for 5 minutes, fluff with a fork, and serve immediately or hold it hot for service.

**Note:** Vegetable oil can be substituted for the clarified butter.

# SAUTÉED RED AND YELLOW PEPPERS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pepper, bell, red, bâtonnet	3 ea.
Yellow bell peppers, bâtonnet	3 ea.
Oil, olive, pure	2 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Cut the peppers into desired shapes.
2. Sauté in olive oil over medium-high heat until cooked to the desired tenderness.
3. Season with salt and pepper to taste.

# BARLEY PILAF

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pearled barley	8 ½ wt. oz.
Butter, clarified	1 fl. oz.
Onion, yellow, minced	½ wt. oz.
Stock, chicken, hot	17 fl. oz.
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed

## **Method**

1. Rinse the barley under cold water in a strainer until the water runs clear, if desired. Drain the barley well before using.
2. Heat the butter or oil in a heavy-gauge pot over medium heat. Add the onion and sweat, stirring frequently, until translucent, 5 to 6 minutes.
3. Add the barley and sauté, stirring frequently, until coated with butter or oil and heated through, 2 to 3 minutes.
4. Add the heated stock to the barley. Bring to a simmer, stirring the barley once or twice to prevent it from clumping together or sticking to the bottom of the pot.
5. Add the bay leaf, thyme, salt, and pepper. Cover the pot and place it over low heat on the stovetop. Cook until the grains are tender to the bite and have absorbed all liquid, about 35 to 40 minutes.
6. Allow the barley to rest for 5 minutes, fluff with a fork, and serve immediately or hold it hot for service.

**Note:** Vegetable oil can be substituted for the clarified butter.

## PURÉE OF BLACK BEAN SOUP

*Yield: 2 quarts*

<b>Ingredients</b>	<b>Amounts</b>
Beans, black, dry	1 lb.
Oil, olive, extra-virgin	3 fl. oz.
Garlic, minced	4 tsp.
Leek, whites and greens, finely diced	8 wt. oz.
Onion, yellow, finely diced	5 ½ wt. oz.
Stock, vegetable	2 qt.
Cumin, seeds	1 tsp.
Ginger, fresh, 1-in. piece	1 ea.
Chile, hot, dried	1 ea.
Parsley, flat-leaf, stem, fresh	5 ea.
Lemon, zest, grated	1 ea.
Lemon, juice, fresh	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Sour cream	8 fl. oz.
Tomato, plum (Roma), med. diced	2 ¾ wt. oz.
Scallion (Green onion), green part only, sliced	⅔ wt. oz.

### **Method**

1. Sort through the beans, discarding any stones or bad beans. Place the beans in a large pot and pour in enough water to cover by at least 3 inches. Bring to a boil, then remove from the heat. Cover and soak for 1 hour. Drain the beans, rinse in cold water, and set aside.
2. Heat the olive oil in a soup pot over medium heat. Add the garlic, leeks, and onions. Cover the pot and cook, stirring occasionally, until the vegetables are translucent, about 10 minutes.
3. For the sachet d'épices, place the cumin seeds, ginger slice, chile, and parsley stem on a square of cheesecloth. Tie into a bundle using cooking twine.
4. Add the soaked beans, stock, and sachet. Bring to a simmer and cook, covered, until the beans are tender, 1 to 1 ½ hours. From time to time, stir down to the bottom of the pot with a wooden spoon, scraping the bottom of the pot, to prevent the beans from sticking.
5. Remove the sachet and discard. Strain the solids, reserving the liquid. Purée the solids, adding some of the reserved liquid as necessary to help the beans move. Return the

puréed solids to the pot, adjusting its consistency with the reserved cooking liquid. Bring back to a simmer. If the soup is too thick, add additional broth and stir well.

6. Just before serving, stir in the lemon juice and grated lemon zest, and season with salt and pepper to taste. Serve in heated bowls, garnished with sour cream, tomato, and green onions.

**Note:** Plain yogurt can be substituted for the sour cream.

# SAUTÉED BRUSSELS SPROUTS WITH BRUNOISE BACON

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Brussels sprouts, trimmed	1 lb.
Oil, olive, extra-virgin	1 ½ fl. oz.
Pork, bacon, brunoise	2 wt. oz.
Onion, yellow, chopped	1 ½ wt. oz.
Butter, unsalted	½ wt. oz.
Water	1 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Slice each Brussels sprout in half. Gently pull the layers of leaves apart.
2. Heat a large sauté pan and add the olive oil and bacon. Render the fat from the bacon, until it is lightly crispy. Remove the bacon and reserve.
3. Add the onions and cook until translucent, about 5 minutes.
4. Add the butter and swirl to melt.
5. Add the Brussels sprouts and 2 tablespoons of water.
6. Sauté over medium heat, tossing to coat. Cook until the leaves are tender and bright green, 6 to 8 minutes.
7. Season with salt and pepper to taste.
8. Toss with the reserved bacon. Serve immediately.

# ONION SOUP

*Yield: 2 quarts*

<b>Ingredients</b>	<b>Amounts</b>
Onion, yellow, sliced thin	2 ½ lb.
Butter, clarified	1 wt. oz.
Stock, white, beef	2 qt.
Brandy, Calvados	2 fl. oz.
Parsley, flat-leaf, stem, fresh	2 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, dried	¼ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. In a soup pot, sauté the onions in clarified butter over moderate heat, stirring occasionally, until deep golden brown, about 40 to 45 minutes. Add a little stock, if necessary, to prevent the onions from burning.
2. For the sachet d'épices, place the parsley stem, bay leaf, peppercorns, and thyme on a square of cheesecloth. Tie into a bundle using cooking twine.
3. Add the calvados and stir to deglaze the pot. Cook down until the liquid is syrupy. Add the remaining stock and the sachet.
4. Simmer until the soup is properly flavored, 20 to 25 minutes. The soup is ready to serve now, or it may be rapidly cooled and stored.
5. Adjust the seasoning with salt and pepper to taste. Portion into heated bowls or cups.

# BEEF STEW WITH CLASSICAL-CUT VEGETABLES

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Carrots, tournéed	12 ea.
Celery, tournéed	12 ea.
Turnips, tournéed	12 ea.
Pearl onions	6 ea.
Beef, shank, cut into cubes	2 ½ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	2 fl. oz.
Carrot, medium diced	2 ⅓ wt. oz.
Celery, medium diced	2 ⅓ wt. oz.
Onion, medium diced	2 ⅓ wt. oz.
Tomato, paste	1 ¼ wt. oz.
Flour, all-purpose	1 ½ wt. oz.
Stock, veal, brown	20 fl. oz.
<b><i>Sachet d'épices</i></b>	
Parsley, flat-leaf, stem, fresh	2 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, dried	¼ tsp.
Garlic, clove, crushed	1 ea.
Clove, whole	1 ea.
Peas	2 ½ wt. oz.

## **Method**

1. Preheat oven to 350°F.
2. Bring a large pot of salted water to a boil. Add the tournéed carrots. Blanch until tender but still crisp, 3 to 5 minutes. Transfer to an ice water bath to stop the cooking process. Drain and reserve.
3. Using the same method, separately blanch the celery, and turnips. Reserve.
4. Trim the root ends of each pearl onion carefully, leaving the stem end intact to hold onto while peeling. (This prevents the layers from separating during blanching and makes peeling easier.) Blanch for 2-3 minutes, using the method above. Once cooled, pinch the root end, gently squeeze the onion, and slide off the skin. Discard the skins and reserve the peeled onions. Reserve.

5. Season the beef with the salt and pepper. Heat the oil in a soup pot over high heat. Add the beef. Sear on all sides. Remove the beef and reserve.
6. Add the onions and let them brown. Add the celery and carrot. Cook for 5 minutes.
7. Add the tomato paste. Cook until it turns a deep rust color.
8. Stir in the flour to form a roux. Cook for 3 to 4 minutes.
9. Add one-third of the stock, stirring to work out any lumps. Bring to a simmer. Add the remaining stock and return it to a simmer.
10. Add the beef along with any juices it may have released. Return it to a simmer.
9. For the sachet d'épices, place the parsley, bay leaf, peppercorns, thyme, garlic, and clove on a square of cheesecloth. Tie into a bundle with cooking twine. Add it to the pot.
11. Cover and braise in the preheated oven until the beef is fork tender.
12. Degrease the stew and discard the sachet.
13. Adjust the seasoning with salt and pepper to taste.
14. Reheat the blanched vegetables. Serve the stew garnished with the vegetables.

**Note:** Beef chuck can be substituted for the beef shank

# DEEP-POACHED SALMON WITH HOLLANDAISE VARIATION

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Court bouillon (Recipe follows)	1 qt.
Salmon, steak, 5 oz.	6 ea.
Béarnaise Sauce (Recipe follows)	12 fl. oz.

## **Method**

1. In a sautoir, heat the court bouillon to poaching temperature, a bare simmer, (155°F - 165°F). Add the salmon and poach until the salmon is cooked through (internal temperature of 140°F).
2. Remove the salmon and keep moist with a little of the court bouillon.
3. When ready to serve, blot the fish dry and serve topped with the Béarnaise Sauce.

# COURT BOUILLON

*Yield: 1 quart*

<b>Ingredients</b>	<b>Amounts</b>
Water, cold	40 fl. oz.
Vinegar, wine, white	2 fl. oz.
Salt, kosher	½ Tbsp.
Carrot, sliced	4 wt. oz.
Onion, yellow, sliced	8 wt. oz.
Celery, sliced	4 wt. oz.
Thyme, dried	⅛ ea.
Bay leaf, dried	1 ea.
Parsley, flat-leaf, stems, fresh	3 ea.
Peppercorns, black, whole	¼ tsp.

## **Method**

1. Combine the water, vinegar, salt, carrots, onions, celery, and herbs in a saucepot and simmer for 50 minutes.
2. Add the peppercorns and simmer for 10 minutes more.
3. Strain before using.

# BÉARNAISE SAUCE

*Yield: 12 fluid ounces*

<b>Ingredients</b>	<b>Amounts</b>
Peppercorns, black, cracked	¼ tsp.
Tarragon, dried	1 tsp.
Tarragon, stems, fresh, chopped	1 ea.
Vinegar, tarragon	2 ¼ Tbsp.
Wine, white, dry	1 Tbsp.
Water	2 ¼ Tbsp.
Egg, yolk	3 ea.
Butter, clarified, warm (165°F)	9 fl. oz.
Tarragon, fresh, chopped	1 ¼ Tbsp.
Chervil, fresh, chopped	1 ½ tsp.
Salt, kosher	to taste

## **Method**

1. Combine the peppercorns, dried tarragon, tarragon stems, and vinegar in a small pan and reduce over medium heat until nearly dry.
2. Add the wine and water to the reduction and strain into a stainless-steel bowl.
3. Whisk the egg yolks with the reduction and place over simmering water. Cook, whisking constantly, until the eggs are thickened and form ribbons when they fall from the whisk.
4. Gradually add the butter in a thin stream, whisking constantly, until all the butter is added, and the sauce is thickened.
5. Add the chopped tarragon and chervil and season with salt.
6. The sauce is ready to serve, or it may be held warm for up to 2 hours.

# FLOUNDER VIN BLANC

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Flounder, fillet	6 ea.
Salt, kosher	as needed
Pepper, white, ground	as needed
Butter, unsalted	$\frac{3}{4}$ wt. oz.
Shallot, minced	2 ea.
Parsley, flat-leaf, stem, fresh	3 ea.
Chive, stem, fresh	3 ea.
Peppercorns, white, cracked	$\frac{1}{8}$ tsp.
Wine, white, dry	5 fl. oz.
Stock, fish	15 fl. oz.
Cream, heavy	5 fl. oz.
Lemon, juice, fresh	1 Tbsp.
Chive, fresh, minced	2 $\frac{1}{2}$ Tbsp.
Parsley, flat-leaf, fresh, finely chopped	2 $\frac{1}{2}$ Tbsp.

## **Method**

1. Season the flounder fillets with salt and pepper.
2. Roll the fillets from tail to head.
3. Butter a large sautoir and sprinkle with shallots. Place the parsley stems, chive stems, and peppercorns on top of the shallots. Arrange the flounder fillets over the shallots. Add the wine and stock to submerge the fish by half.
4. Bring the liquid to a bare simmer.
5. Cover the flounder fillets with a buttered cartouche and finish cooking in a 300°F to 325°F oven. Poach for 10 to 12 minutes, or until the fish is opaque and gives under slight pressure.
6. Remove the flounder fillets from the pan, cover and keep warm.
7. Reduce the cooking liquid (*cuisson*) by half. Stir in the heavy cream and reduce to desired sauce consistency (*nappé*). Strain through a fine mesh sieve.
8. Stir in the lemon juice, chives, and parsley.
9. Serve the fish accompanied with the sauce.

# GRILLED VEGETABLES

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Seasonal vegetables, trimmed	1 ½ lb.
Oil, vegetable	5 fl. oz.
Soy sauce	1 ¼ fl. oz.
Lemon, juice, fresh	1 ½ Tbsp.
Garlic, minced	⅛ wt. oz.
Fennel seeds	¼ tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

## **Method**

1. Slice vegetables into pieces thick enough to withstand the heat of the grill. If necessary, par-cook or blanch the vegetables prior to grilling them.
2. For the marinade, in a large bowl, place the oil, soy sauce, lemon juice, garlic, fennel, salt, and pepper. Mix to combine. Add the vegetables. Marinate for 1 hour.
3. Remove the vegetables from the marinade, letting any excess drain completely. Place the vegetables on a hot grill and grill them on both sides. Rotate each piece 90° to create crosshatch marks, if desired. Turn the vegetables once and complete the cooking on the second side.
4. Serve immediately or hold hot for later service.

**Note:** Popular grilled vegetables include bell peppers, zucchini, eggplant, corn, mushrooms, and asparagus due to flavor, texture, and ability to withstand high heat.

# QUINOA PILAF

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Shallot, minced	1 Tbsp.
Oil, vegetable	2 tsp.
Garlic, minced	1 tsp.
Quinoa, rinsed well	4 wt. oz.
Chicken, stock, hot	16 fl. oz.
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Heat the oil in a medium saucepot over medium heat. Add the shallots and sauté until translucent.
2. Add the garlic and continue to sauté until aromatic.
3. Add the quinoa and stir to coat with the oil. Add the stock, bay leaf, and thyme. Season with salt and pepper to taste. Stir well and bring to a simmer.
4. Simmer, covered, over low heat until tender, about 15 minutes.
5. Remove and discard the bay leaf and thyme sprig. Fluff the grains with a fork.
6. Season with salt and pepper to taste.
7. Serve in a heated bowl.

# SAUTÉED BOK CHOY WITH TOFU AND HOISIN SAUCE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Bok choy, baby	1 ½ lb.
Oil, vegetable	2 Tbsp.
Onion, yellow, sliced	½ ea.
Garlic, clove, sliced	4 ea.
Tofu, firm, 1-in. diced	1 lb.
Oil, vegetable	2 Tbsp.
Hoisin sauce	¼ cup
Salt, kosher	to taste

## **Method**

1. Separate the bok choy into individual leaves. Remove the tough core. Wash, dry, and reserve.
2. In a large skillet, heat the oil over medium heat. Add the onions. Sweat until translucent, about 5 minutes.
3. Add the garlic. Cook until aromatic, 1 to 2 minutes.
4. Increase the heat to medium high. Add the tofu, stir fry until heated through. Remove the ingredients from the heat. Reserve warm.
5. Reheat the pan to medium heat. Add the oil and bok choy. Stir fry until it starts to wilt.
6. Return the reserved tofu mixture to the pan. Add the hoisin sauce. Toss gently to coat.
7. Adjust the seasonings with salt to taste.
8. Serve warm.

# BUTTERED FRESH EGG PASTA

*Yield: 1 ½ lb.*

<b>Ingredients</b>	<b>Amounts</b>
Flour, durum	1 lb.
Salt, kosher	1/8 tsp.
Egg, whole	4 ea.
Water	1 fl. oz.
Oil, vegetable (Optional)	1 fl. oz.
Butter, unsalted	4 Tbsp.

## **Method**

1. Combine the flour and salt in a large bowl, making a well in the center. Place the eggs, water, and oil, if using, in the center of the well. With a fork, gradually pull the dry ingredients into the egg mixture. Stir until a loose mass forms. As the dough is mixed, adjust the consistency with additional flour or water. **Or** - combine the flour and salt in a food processor. Add the eggs and oil, if using. Process mixture until it resembles coarse meal. When pressed, dough will form a cohesive mass.
2. Turn the dough out onto a floured work surface and knead until the texture has become smooth and elastic, 4 to 5 minutes. Gather and smooth the dough into a ball, cover, and let the dough relax at room temperature for at least 1 hour.
3. Roll the pasta dough into thin sheets and cut into desired shapes by hand or by using a pasta machine. The pasta is ready to cook now, or it may be covered and refrigerated for up to 2 days.
4. To cook, bring 1 ½ gallons of water to a rolling boil in a medium-sized saucepot. Generously salt the water using about 1 oz. of salt - the water should be noticeably salty, but not unpleasant. Add the pasta and stir to separate the strands or shapes. Cook the pasta until it is al dente, then drain in a colander. Reserve a small amount of pasta water.
5. For buttered pasta, heat the butter in a medium saucepan over medium heat until melted. Add the finished pasta, along with some pasta water to emulsify the sauce. Season to taste and serve.

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

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

**Saffron Pasta:** Steep 2 to 4 tsp. pulverized saffron threads in 1 fl. oz. hot water and add to the eggs.

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

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

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

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

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

**Tomato Pasta:** Sauté 3 oz. tomato purée until reduced and dry. Cool and add to the eggs.

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

# CHICKEN CONSOMMÉ

*Yield: 2 quarts*

<b>Ingredients</b>	<b>Amounts</b>
Parsley, flat-leaf, stem, fresh	2 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Onion, yellow, minced	4 wt. oz.
Carrot, minced	2 wt. oz.
Celery, minced	2 wt. oz.
Chicken, lean ground	1 ½ lb.
Egg, whites, beaten to a froth	6 ea.
Tomato, plum (Roma), chopped	3 wt. oz.
Stock, chicken	3 qt.
Salt, kosher	to taste

## **Method**

1. For the sachet d'épices, place the parsley stem, bay leaf, and peppercorns in the middle of a square of cheesecloth. Tie into a bundle with cooking twine.
2. For the clarification, in a large bowl, place the sachet, onion, carrot, celery, chicken, egg whites, and tomato. Mix to combine. Add the stock. Stir thoroughly to combine.
3. Place in a pot and bring the mixture to a slow simmer, stirring frequently, until the raft forms. Season with salt. Stop stirring when the raft begins to form (120°F). Simmer slowly for 1 to 1 ½ hours, or until the desired flavor and clarity are achieved. Baste the raft occasionally. Adjust the seasoning with salt to taste.
4. Strain the consommé through a paper filter or rinsed doubled cheesecloth. The consommé is ready to finish now, or it may be properly cooled and stored for later service. Degrease hot consommé by skimming or degrease cold consommé by lifting the hardened fat from the surface.
5. To finish the consommé for service, return it to a simmer, place a portion in a heated consommé cup, garnish, and serve at once.

# BROWN RICE PILAF

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Rice, long-grain, brown	1 ⅓ cups
Oil, vegetable	1 wt. oz.
Onion, yellow, minced	1 wt. oz.
Stock, chicken, hot	3 ⅓ cups
<b><i>Bouquet garni</i></b>	
Parsley, flat-leaf, dried	¼ cup
Thyme, dried	2 Tbsp.
Bay leaf, dried	2 ea.
Rosemary, dried	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Rinse the rice under cold water in a strainer until the water runs clear, if desired. Drain the rice well before using.
2. Heat the oil in a heavy-gauge pot over medium heat. Add the onions and cook, stirring frequently, until tender and translucent, 5 to 6 minutes.
3. Add the rice and sauté, stirring frequently, until coated with butter or oil and heated through, 2 to 3 minutes.
4. Add the stock to the rice and bring to a simmer, stirring to prevent the rice from clumping together or sticking to the bottom of the pot.
5. For the bouquet garni, in a small bowl, place the parsley, thyme, bay leaf, and rosemary. Mix to combine. Place the mixture on a double-layered square of cheesecloth. Tie into a bundle with cooking twine. Add it to the pot.
6. Season with salt and pepper to taste. Cover the pot and place it over low heat on the stovetop). Cook until the grains are tender to the bite, 40 to 45 minutes.
7. Allow the rice to rest for 5 minutes. Uncover and use a fork to separate the grains and release the steam.
8. Serve immediately or keep warm for service.

# GLAZED BABY BEETS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Baby beets, tops trimmed, skin on	1 ½ lb.
Sugar, granulated	2 wt. oz.
Vinegar, wine, red	1 Tbsp.
Orange, juice, fresh	1 fl. oz.
Stock, chicken	5 fl. oz.
Butter, unsalted	1 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, fresh, chopped	1 Tbsp.

## **Method**

1. Place the beets in a large pot and cover with water. Bring to a boil, reduce to a simmer, and cook the beets until they are soft when pierced with a fork 30 to 40 minutes, depending on size.
2. Drain and cool slightly. Remove the skin from the beets. Depending on size they may be served whole, halved, or quartered, or if larger sliced into appropriate sizes.
3. In a sauté pan, combine the sugar, vinegar, juice, stock, and butter and bring to a simmer. Cook gently until the glaze has the consistency of a light syrup, about 15 minutes.
4. When ready to serve, toss the cut beets in the glaze over medium heat and heat through.
5. Season with salt and pepper to taste. Garnish with the parsley and serve immediately.

# CHICKEN FRICASSÉE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Carrot, small diced	10 wt. oz.
Leek, small diced	10 wt. oz.
Chicken, whole, 2½ lb., cut into 8 pieces	3 ea.
Salt, kosher	as needed
Pepper, white, ground	as needed
Butter, clarified	2 ½ fl. oz.
Onion, yellow, diced	10 wt. oz.
Garlic, minced	1 ½ tsp.
Flour, all-purpose	1 ½ wt. oz.
Wine, white, dry	5 fl. oz.
Stock, chicken	10 fl. oz.
Bay leaf, dried	1 ea.
Thyme, leaves, fresh	2 tsp.
Cream, heavy	5 fl. oz.
Parsley, flat-leaf, fresh, chopped	⅓ wt. oz.

## **Method**

1. Bring a large pot of salted water to a boil. Add the diced carrots. Blanch until tender but still crisp, 2 to 3 minutes. Transfer to an ice water bath to stop the cooking process. Drain and reserve.
2. Using the same process, blanch the leeks. Reserve.
3. Season the chicken pieces well with salt and pepper.
4. Heat the butter over medium heat in a rondeau or brasier. Place the chicken pieces carefully in the pan and sauté until the chicken has stiffened slightly but not browned. Transfer the chicken to a hotel pan and reserve.
5. Degrease the pan, if necessary. Add the onions and garlic to the pan and cook, stirring from time to time, until the onions are translucent, about 5 minutes. Do not brown.
6. Add the flour to the pan and cook, stirring frequently, for about 5 minutes.
7. Add the wine to the pan, stirring to release any dripping. Add the chicken stock, bay leaf, and thyme and bring to a simmer. Return the chicken pieces to the pan along with any juices they may have released.
8. Cover the pan and braise the chicken over low to medium heat, until it is fork tender, and cooked through, 30 to 40 minutes.
9. Transfer the chicken to a hotel pan or other holding container and moisten with some of the cooking liquid. Keep it warm while finishing the sauce.

10. Add the heavy cream to the remaining cooking liquid and simmer until the sauce has thickened slightly, 5 to 7 minutes. Skim and degrease the sauce. Adjust the seasoning with salt and pepper and strain.
11. Return the chicken to the sauce, along with the blanched carrots and leeks. Simmer until the chicken, carrots and leeks are heated through, about 2 minutes. Garnish with the parsley.

# CHICKEN CACCIATORE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, whole, 2 ½ lb., cut into 8 pieces	3 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	5 wt. oz.
Oil, olive, pure	3 Tbsp.
Onion, yellow, medium diced	7 wt. oz.
Garlic, minced	2 tsp.
Wine, white, dry	4 fl. oz.
Demi-Glace	10 fl. oz.
Stock, chicken	10 fl. oz.
Mushrooms, white, sliced	10 wt. oz.
Tomato Concassé (Recipe follows)	7 wt. oz.
Olives, green, pitted, sliced	3 wt. oz.
Lemon, zest	1 ¼ tsp.

## **Method**

1. Preheat oven to 300°F.
2. Season the chicken with salt and pepper. Dredge the chicken in the flour.
3. In a large rondeau, over medium-high heat, heat the olive oil and brown the chicken on all sides. Remove and reserve the chicken.
4. Sauté the onions in the same pan until translucent and starting to brown, 5 to 7 minutes. Add the garlic and sauté until aromatic, about 1 minute.
5. Deglaze the pan with the wine and reduce by at least half.
6. Add the demi-glace, chicken stock, mushrooms, tomato concassé, green olives, and lemon zest. Bring it to a simmer.
7. Return the chicken, along with any juices it may have released. Season with salt and pepper to taste. Return to a simmer, cover, and braise in the preheated oven until the chicken is fork-tender, 1 to 1 ½ hours.
8. Adjust the seasoning with salt and pepper if necessary.
9. Serve the chicken accompanied by its braising liquid.

# TOMATO CONCASSÉ

*Yield: 2 cups*

## **Ingredients**

## **Amounts**

Tomato, plum (Roma)  
Salt, kosher

1 lb.  
½ Tbsp.

## **Method**

1. Score an X at the tip of the tomato, making sure not to cut too deeply. Trim out the stem core, leaving the tomato whole.
2. In a large pot of boiling water, place the salt and tomatoes. Blanch the tomatoes for 30 seconds.
3. Remove the tomatoes and transfer them immediately into an ice bath.
4. After the tomatoes are cool, remove them from the ice bath and peel away the skin with a paring knife. The skin should come away easily from the flesh.
5. Halve each tomato crosswise at its widest point. Gently squeeze out the seeds or quarter the tomatoes and cut away the seeds.
6. Dice the tomatoes.

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# CULINARY FOUNDATIONS: FORMULAS AND RATIOS

## STOCKS

### STANDARD MIREPOIX

*Yield: 1 pound*

<b>Ingredients</b>	<b>Amounts</b>
Onions	½ lb.
Celery	¼ lb.
Carrot	¼ lb.

### WHITE MIREPOIX

*Yield: 1 pound*

<b>Ingredients</b>	<b>Amounts</b>
Onions	¼ lb.
Celery or celeriac	¼ lb.
Parsnip	¼ lb.
Leeks	¼ lb.

### CHICKEN, WHITE BEEF, VEAL, PORK, LAMB STOCK BASIC FORMULA

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Bones	8 lb.
Water (varies with bone type)	5 - 6 qt.
Mirepoix (or white mirepoix)	1 lb.
Standard sachet	1 ea.

## **BASIC BROTH FORMULA USING WATER**

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Meat	10 lb.
Water	5 qt.
Mirepoix	1 lb.
Standard sachet	1 ea.

## **BASIC BROTH FORMULA USING STOCK**

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Meat	3 lb.
Water	5 qt.
Mirepoix	1 lb.
Standard sachet	1 ea.

## **VEGETABLE STOCK BASIC FORMULA**

*Yield: 1 Gallon*

<b>Ingredients</b>	<b>Amounts</b>
Assorted non-starchy vegetables	5 lb.
Water	5 qt.

## **FISH STOCK BASIC FORMULA**

*Yield 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Fish bones (non-oily)	11 lb.
White mirepoix	1 lb.
Water	4 ½ qt.
Sachet	1 ea.

## FISH FUMET BASIC FORMULA

*Yield 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Fish bones (non-oily); cut in 2" pieces	11 lb.
White mirepoix	1 lb.
Water	3 ½ qt.
White wine	1 qt.
Sachet	1 ea.
Mushrooms, sliced	10 oz.
Salt, kosher (optional)	2 Tbsp.

1. Sweat mirepoix followed by the fish bones in formula above prior to adding water.

## COOKING TIMES FOR BASIC STOCKS

<b>Vegetable:</b>	45 minutes to 1 hour
<b>Fish stock and fumet:</b>	35 to 45 minutes
<b>Chicken stock:</b>	3 to 4 hours
<b>Brown veal stock:</b>	6 to 8 hours
<b>White beef stock:</b>	8 to 10 hours

## THICKENERS

### PALE ROUX PER GALLON STOCK (BY WEIGHT)

<b>Ingredient</b>	<b>Amount</b>
Light consistency	12 oz. (weight)
Medium consistency	16 oz. (weight)
Heavy consistency	18 oz. (weight)

### CORNSTARCH (OR ARROWROOT) PLUS COLD SLURRY LIQUID TO THICKEN 1 QUART OF STOCK OR JUS

Approx. 1 oz. (weight) cornstarch (or arrowroot) with just enough of a cold flavorful liquid to bring **slurry mixture** to the consistency of heavy cream:

# SOUPS

## ONION SOUP BASIC FORMULA

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Onions	5 lb.
Stock	1 gal.

## CLEAR VEGETABLE SOUP BASIC FORMULA

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Vegetables	4 lb.
Vegetable stock or broth if for non-vegetarian soup	1 gal.

## CREAM SOUP BASIC FORMULA

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Vegetable (main flavoring product)	4 lb.
White mirepoix	1 lb.
Velouté, thin nappé	1 gal.
Cream	1 pt.

## PURÉE SOUP BASIC FORMULA

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Stock or broth	5 qt.
Mirepoix	1 lb.
Legumes	2 lb.
or	
Non-starchy vegetables	4 lb.

## BASIC CONSOMMÉ FORMULA

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Lean ground meat	3 lb.
Stock	6 qt.
Egg whites	10 ea.
Mirepoix	1 lb.
Tomato product (NO paste)	10 oz.
Salt, kosher	2 Tbsp.
Onion brûlé (optional)	2 each

# SAUCES

## HOLLANDAISE SAUCE BASIC FORMULA

*Yield: 1 pint*

### **Ingredients**

Shallot, minced  
Cider/White wine vinegar  
Mignonette  
Water  
Egg yolks  
Butter, clarified  
Salt, cayenne, and lemon juice

### **Amounts**

1 Tbsp.  
2 oz.  
½ tsp.  
2 oz.  
4 ea.  
12 fl. oz. (3 oz. per yolk)  
to taste

## OTHER WARM EGG EMULSION SAUCES

### **PALOISE SAUCE**

**Hollandaise Sauce** garnished with fresh mint (mint can be infused into reduction).

### **MOUSSELINE SAUCE**

**Hollandaise Sauce** with addition of whipped cream (equal parts).

### **BÉARNAISE SAUCE**

Tarragon vinegar and unused tarragon stems in reduction (instead of cider vinegar) and garnished with **fresh tarragon** and chervil, using above Hollandaise formula.

### **CHORON SAUCE**

**Béarnaise Sauce** with addition of tomato product (1 - 2 Tbsp. purée per 4 yolks). The tomato product should be cooked before adding to the egg yolks.

### **FOYOT SAUCE**

**Béarnaise Sauce** with addition of Glace de Viande (2 Tbsp. per 3 yolks).

## OTHER SAUCES

### BÉCHAMEL

*Yield 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Milk	5 qt.
Onion	2 oz.
White roux	1 lb.
Sachet	1 ea.
Nutmeg, optional	1 pinch
Onion piqué (to replace onion)	1 ea.

### VELOUTÉ

*Yield 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
White chicken, veal, or fish stock	5 qt.
White mirepoix	8 wt. oz.
Blond roux	16 wt. oz.
Sachet	1 ea.

### SAUCE ESPAGNOLE (BROWN SAUCE)

*Yield 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Mirepoix	1 lb.
Tomato paste	6 oz.
Brown veal stock	5 qt.
Brown roux	18 oz.
Sachet	1 ea.

### DEMI-GLACE BASIC FORMULA

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Espagnole sauce	1 gal.
Brown veal stock	1 gal.

## FORTIFIED JUS DE VEAU LIÉ BASIC FORMULA

*Yield 1 gallon*

### Ingredients

Brown veal stock  
Veal trim  
Mirepoix, caramelized  
Tomato paste  
Cornstarch (or arrowroot)  
Liquid (for slurry)

### Amounts

1 ¼ gal.  
2 lb.  
1 lb.  
2 oz. (weight)  
3 - 4 oz.  
as needed to make above starch  
heavy cream consistency

## TOMATO SAUCE BASIC FORMULA

*Yield: 1 gallon*

### Ingredients

Oil  
Onions, minced  
Garlic, minced  
Italian plum tomatoes  
(#10 can w/liquid)  
Fresh basil

### Amounts

2 fl. oz.  
12 oz.  
2 Tbsp. (4 cloves)  
5 qt. with liquid  
3 oz.

## BEURRE BLANC

*Yield: 2 oz.*

### Ingredients

Shallots, minced  
Peppercorns  
Wine  
Vinegar  
Cream, heavy  
Unsalted butter  
Salt, pepper, lemon juice

### Amounts

¼ cup  
1 tsp.  
8 fl. oz.  
2 oz. (depending on strength)  
8 fl. oz.  
1 ½ lb.  
to taste

# GRAINS

## PAR-BOILED RICE BASIC FORMULA (BY VOLUME)

Ingredients	Amounts
Stock, seasoned	2 parts
Par-boiled/converted rice	1 part

## CAROLINA RICE BASIC FORMULA (BY VOLUME)

Ingredients	Amounts
Stock, seasoned	1.5 parts
Par-boiled/converted rice	1 part

## JASMINE, BASMATI, TEXMATI RICE BASIC FORMULA (BY VOLUME)

Ingredients	Amounts
Stock, seasoned	1.5 parts
Rice	1 part

## BROWN RICE BASIC FORMULA (BY VOLUME!)

Stock, seasoned	2.5 parts
Brown rice	1 part

## WILD RICE BASIC FORMULA (BY VOLUME)

Ingredients	Amounts
Stock, seasoned	4 parts
Rice	1 part

## RISOTTO (BY VOLUME)

Ingredients	Amounts
Stock, seasoned	3+ parts
Arborio rice	1 part

1. Added in stages

## COUSCOUS (BY VOLUME)

Stock	1.25 - 1.5 parts
Couscous	1 part
Olive oil	to coat grains

1. \*Coat grains with oil. Pour hot stock over grains, cover, let sit 5 minutes. Fork through to separate grains.

**FIRM POLENTA OR FARINA GRITS (CREAM OF WHEAT) (BY VOLUME) - TO HOLD  
SHAPE**

<b>Ingredients</b>	<b>Amounts</b>
Stock	4 parts
Cornmeal	1 part

**SOFT POLENTA OR FARINA GRITS (CREAM OF WHEAT) (BY VOLUME) - FLOWS  
SLIGHTLY**

<b>Ingredients</b>	<b>Amounts</b>
Stock or water	5 parts
Cornmeal	1 part

# POTATOES

## WHIPPED POTATOES/ POMME PURÉE

*Yield: 1 lb. 4 - 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Idaho potatoes (Russet)	1 lb.
Milk, hot	2 oz.
Heavy cream, hot	1 oz.
Butter, cubed	2 oz.

## APPAREIL DUCHESSE

*Yield: 1 lb. 4 - 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Idaho potatoes (Russet)	1 lb.
Egg yolks	2 ea.
Unsalted butter	2 oz.
Nutmeg	to taste
Salt and ground white pepper	to taste

## POMME CROQUETTE

*Yield: 1 lb. 4 - 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Idaho potatoes (Russet)	1 lb.
Egg yolks	1 ea.
Unsalted butter	1 oz.
Salt and ground white pepper	to taste.

# PASTA

## PASTA DOUGH BASIC FORMULA

### Ingredients

"OO" pasta flour  
Eggs, whole  
Water  
Salt, kosher

### Amounts

1 lb.  
4 ea.  
1-2 Tbsp.  
1 pinch

## BOILING FRESH OR DRY PASTA FORMULA

### Ingredients

Pasta  
Water  
Salt, kosher

### Amounts

1 lb.  
1 gallon  
1.5 oz. or 1/3 cup

# COOKING COMPETENCY FORMULAS

## BRAISING BASIC FORMULA

<b>Ingredients</b>	<b>Amounts</b>
Meat	1 lb.
Mirepoix	1 oz.
Liquid	1 pt.

## ROASTING BASIC FORMULA

<b>Ingredients</b>	<b>Amounts</b>
Meat	1 lb.
Mirepoix	1 oz.

## SHALLOW POACHING FORMULA

<b>Ingredients</b>	<b>Amounts</b>
Protein	1 portion
Whole butter	as needed
Salt and pepper	to taste

<b>Poaching Liquid</b>	
Shallots	1 tsp.
Stock	1 oz.
White wine	1 oz.

<b>Sauce</b>	
Velouté	1 oz.
Cream, heavy	1 oz.
Salt and pepper	to taste

Note: If more poaching liquid is needed the stock amount can be adjusted as needed.

# MISCELLANEOUS CULINARY FUNDAMENTAL INFORMATION

## POACHED EGG FORMULA

5 ounces of vinegar to 1 gallon of water

## GREEN VEGETABLE COOKERY

Six parts water to 1 part green vegetable  
1/3 cup of salt per gallon of water

## WHITE VEGETABLE COOKERY (ARTICHOKES, SALSIFY, CELERIAC, ETC.)

4 ounces of lemon juice per gallon of water

## VINAIGRETTE

3 parts oil to 1 part vinegar

## EMULSIFIED VINAIGRETTE

Vinaigrette with the addition of an emulsifier  
– Eggs, mustard, garlic, fruit or vegetable purée

## CREAMY DRESSING

Mayonnaise and/or dairy based  
– Additional flavoring ingredients, i.e., aromatics, vegetables, herbs, spices, etc.

### CREAMY BLACK PEPPER DRESSING

Ingredients	Amounts
Mayonnaise	8 fl. oz.
Parmesan cheese, grated	1/2 - 1 wt. oz.
Anchovy paste	1/2 wt. oz.
Garlic, mashed to a paste	1/4 wt. oz.
Salt, kosher	1/4 tsp.
Black peppercorns, coarse-ground	1 1/2 tsp.

### Method

1. Place the mayonnaise, parmesan, anchovy paste, garlic, salt, and peppercorns in a mixing bowl and whisk to combine. Refrigerate until ready for service.
2. Adjust seasonings before serving, if necessary.

## **FIVE GRAND SAUCES**

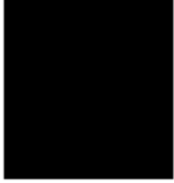
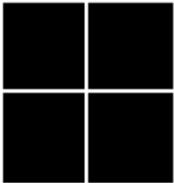
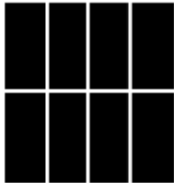
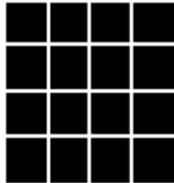
Velouté, Béchamel, Espagnole, Tomato, and Hollandaise

## **INTERNAL TEMPERATURES OF COOKED PROTEINS**





<b><i>Poultry</i></b>	<b><i>Pork</i></b>	<b><i>Seafood</i></b>	<b><i>Red Meats</i></b>
165°F	145°F	145°F	<b>Rare:</b> 125°F <b>Medium rare:</b> 130°F <b>Medium:</b> 135°F <b>Medium well:</b> 145°F <b>Well done:</b> 150°F

# WEIGHTS AND MEASURES

**Weights and Measures**

	=		=		=	
1 gallon		4 quarts		8 pints		16 cups

			
1 gal. = 128 oz.	1 qt. = 32 oz.	1 pt. = 16 oz.	1 cup = 8 oz.

## WEIGHTS AND MEASURES EQUIVALENCIES

dash	=	less than 1/8 teaspoon
3 teaspoons (tsp.)	=	1 Tablespoon (1/2 fl. oz.)
2 Tablespoons (Tbsp.)	=	1/8 cup (1 fl. oz.)
4 Tablespoons	=	1/4 cup (2 fl. oz.)
8 Tablespoons	=	1/2 cup (4 fl. oz.)
16 Tablespoons	=	1 cup (8 fl. oz.)
2 cups	=	1 pint
2 pints	=	1 quart (approximately 1 liter)
4 quarts	=	1 gal.

## 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.)	=	450 g
1 kilogram (kg)	=	2.21 lb.
1 liter (L)	=	33.92 fl. oz.

## TEMPERATURE EQUIVALENCIES

250°F	very cool	130°C
300°F	low	150°C
350°F	moderate	180°C
400°F	hot	200°C
450°F	very hot	230°C

# TEMPERATURE CONVERSION TABLE

$$C = 5/9 (F - 32) \quad F = (9/5C) + 32$$

°C	°F	°C	°F	°C	°F	°C	°F	°C	°F	°C	°F	°C	°F
-40	-40	-10	14	20	68	50	122	80	176	110	230	140	284
-39	-38.2	-9	15.8	21	69.8	51	123.8	81	177.8	111	231.8	141	285.8
-38	-36.4	-8	17.6	22	71.6	52	125.6	82	179.6	112	233.6	142	287.6
-37	-34.6	-7	19.4	23	73.4	53	127.4	83	181.4	113	235.4	143	289.4
-36	-32.8	-6	21.2	24	75.2	54	129.2	84	183.2	114	237.2	144	291.2
-35	-31	-5	23	25	77	55	131	85	185	115	239	145	293
-34	-29.2	-4	24.8	26	78.8	56	132.8	86	186.8	116	240.8	146	294.8
-33	-27.4	-3	26.6	27	80.6	57	134.6	87	188.6	117	242.6	147	296.6
-32	-25.6	-2	28.4	28	82.4	58	136.4	88	190.4	118	244.4	148	298.4
-31	-23.8	-1	30.2	29	84.2	59	138.2	89	192.2	119	246.2	149	300.2
-30	-22	0	32	30	86	60	140	90	194	120	248	150	302
-29	-20.2	1	33.8	31	87.8	61	141.8	91	195.8	121	249.8	151	303.8
-28	-18.4	2	35.6	32	89.6	62	143.6	92	197.6	122	251.6	152	305.6
-27	-16.6	3	37.4	33	91.4	63	145.4	93	199.4	123	253.4	153	307.4
-26	-14.8	4	39.2	34	93.2	64	147.2	94	201.2	124	255.2	154	309.2
-25	-13	5	41	35	95	65	149	95	203	125	257	155	311
-24	-11.2	6	42.8	36	96.8	66	150.8	96	204.8	126	258.8	156	312.8
-23	-9.4	7	44.6	37	98.6	67	152.6	97	206.6	127	260.6	157	314.6
-22	-7.6	8	46.4	38	100.4	68	154.4	98	208.4	128	262.4	158	316.4
-21	-5.8	9	48.2	39	102.2	69	156.2	99	210.2	129	264.2	159	318.2
-20	-4	10	50	40	104	70	158	100	212	130	266	160	320
-19	-2.2	11	51.8	41	105.8	71	159.8	101	213.8	131	267.8	161	321.8
-18	-0.4	12	53.6	42	107.6	72	161.6	102	215.6	132	269.6	162	323.6
-17	1.4	13	55.4	43	109.4	73	163.4	103	217.4	133	271.4	163	325.4
-16	3.2	14	57.2	44	111.2	74	165.2	104	219.2	134	273.2	164	327.2
-15	5	15	59	45	113	75	167	105	221	135	275	165	329
-14	6.8	16	60.8	46	114.8	76	168.8	106	222.8	136	276.8	166	330.8
-13	8.6	17	62.6	47	116.6	77	170.6	107	224.6	137	278.6	167	332.6
-12	10.4	18	64.4	48	118.4	78	172.4	108	226.4	138	280.4	168	334.4
-11	12.2	19	66.2	49	120.2	79	174.2	109	228.2	139	282.2	169	336.2

## METRIC CONVERSION TABLE

<b>To Change</b>	<b>To</b>	<b>Multiply by</b>
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
Celsius (Centigrade)	Fahrenheit	1. multiply by 9 2. divide by 5 3. add 32°
Fahrenheit	Celsius (Centigrade)	1. subtract 32° 2. multiply by 5 3. divide by 9

These materials were developed at the Culinary Institute of America.

ProChef I Prep Class (5-day) Course Guide v.300.docx

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