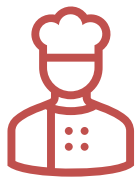




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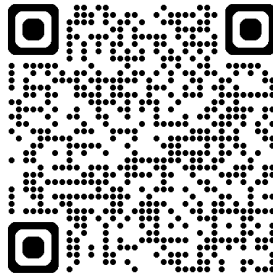
## Seafood Boot Camp

# WELCOME!



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# Expectations for Participants

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

## KITCHEN RESPONSIBILITIES

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



## RECIPE MISE EN PLACE

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



## FOOD SAFETY

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

## KNIFE SAFETY

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



# COURSE DESCRIPTION

This four-day boot camp class is designed for those who practice the art of cookery--as a professional or as an advanced food enthusiast. In this four-day course, you will gain knowledge and techniques that will elevate your culinary repertoire to the next level.

Discussion will include the identification of the different species of seafood, their habitats and life cycles, as well as determining freshness and buying tips. Butchering and portioning will be performed by each student daily.

Gently applied dry-and moist-heat cooking methods will be used to create dishes that are moist and flavorful. Dishes will feature a wide variety of sauces and garnishes inspired from around the world.

# COURSE SYLLABUS

## DAY ONE

- Welcome and Overview
- Kitchen Production Exercise
  - Menu and Recipe Review
  - Chef Demonstration
    - Lobster Butchering and Breakdown
    - Parts Identification
    - Male/ Female Identification
  - Cooking Techniques
    - Poach, Sauté, Fry, Steam, Broil, Bake
  - Other Cooking Preparations
    - Bisque
    - Beignet
    - Salads
    - Risotto
    - Ravioli
    - Stuffing
- Lunch from Production
- Critique, Feedback and Review

## DAY TWO

- Kitchen Production Exercise
  - Menu and Recipe Review
  - Chef Demonstration
    - Clams, Mussels, Oysters, Shrimp, Squid
    - Parts Identification
    - Butchering
  - Cooking Techniques
    - Poach, Sauté, Fry, Steam, Broil, Bake
  - Other Cooking Preparations
    - Chowders
    - Souffles
    - Grain Cookery
    - Blanching
    - Butter Sauces
    - Salsa
- Lunch from Production
- Critique, Feedback and Review

## DAY THREE

- Kitchen Production Exercise
  - Menu and Recipe Review
  - Chef Demonstration
    - Flat and Round Fish
    - Parts Identification
    - Butchering
    - Freshness and Buying Tips
  - Cooking Techniques
    - Poach, Sauté, Fry, Steam, Broil, Bake, Smoke, Grill, Curing, Maceration
  - Other Cooking Preparations
    - Purées
    - Browning Butter
    - Emulsified Vinaigrettes
    - Blanching
- Lunch from Production
- Critique, Feedback and Review

## DAY FOUR

- Kitchen Production Exercise
  - Menu and Recipe Review
  - Chef Demonstration
    - Global Fish and Shellfish Dishes
    - Portioning
    - Butchering
  - Cooking Techniques
    - Poach, Sauté, Fry, Steam, Broil, Bake, Smoke, Grill, Curing, Maceration
  - Other Cooking Preparations
    - Black Roux
    - Blackening
    - Gumbo
    - Dirty Rice
    - En Papillote
    - Tomato Sauce
    - Beer Batter
- Lunch from Production
- Critique, Feedback and Review

# DAY ONE: LOBSTER

## LEARNING OBJECTIVES

**By the end of this day, you should be able to...**

- Demonstrate an understanding of kitchen responsibilities, mise en place, and knife safety.
- Discuss seafood safety and sanitation practices, and how they differ for different kinds of seafood.
- Explain the difference between foodborne food poisoning and foodborne illness.
- Identify various knives and equipment used for fabricating seafood.
- Describe lobster anatomy, gender variations, and the difference between Maine and Boston lobster.
- Fabricate a lobster.
- Describe ideal cooking methods for lobsters.

# DAY ONE: TEAM PRODUCTION ASSIGNMENTS

## CHEF DEMO

Lobster Fabrication  
Lobster Stock Production

## TEAM ONE

Creamy Lobster Bisque with Cognac  
Lobster and Oyster Mushroom Ravioli with Lobster Cream

## TEAM TWO

Spicy Lobster Salad with Avocado and Mango Parfait  
Lobster Risotto with Snap Peas and Tomato Basil Butter

## TEAM THREE

Lobster and Corn Fritters with Lime Crème Fraîche  
Lobster Tail with Caribbean Salsa

## TEAM FOUR

Lobster with Beets in a Citrus-Miso Vinaigrette  
Baked Lobster with Brioche Truffle Stuffing

*\*\*Prep Smoked Salmon Pastrami Style and Ginger Cured Salmon for Day 4\*\**

# LOBSTER STOCK

*Yield: ½ gallon*

<b>Ingredients</b>	<b>Amounts</b>
Oil, canola	¼ cup
Lobster, body, cut into 1-in. pieces	4 ea.
Garlic, clove, sliced	1 ea.
Shallot, halved	1 ea.
Tomato, paste	½ cup
Water	3 qt.
Brandy	¼ cup
Salt, kosher	2 tsp.
Peppercorns, black, whole	5 ea.

## **Method**

1. Heat the oil in a medium stockpot over medium heat. Add the lobster. Cook, stirring occasionally, until the bodies develop a deep red color, 3 to 5 minutes.
2. Add the garlic and shallot. Cook until soft, 1 to 2 minutes.
3. Add the tomato paste. Cook over low heat for 5 minutes, stirring often to avoid browning the tomato paste.
4. Add the water, brandy, salt, and peppercorns. Cook for 20 minutes. Strain through a fine mesh strainer.
5. Reduce the stock to intensify flavor as needed. Use stronger stocks for sauces and lighter stocks for soups.

**Note:** Be careful not to overcook the stock with the lobster bodies as it will smell like ammonia.

# CREAMY LOBSTER BISQUE WITH COGNAC

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, canola	2 Tbsp.
Lobster, body, cleaned	2 ea.
Shallot, thinly sliced	1 ea.
Garlic, clove, thinly sliced	1 ea.
Mushroom, button, thinly sliced	1 ea.
Tomato, paste	2 Tbsp.
Stock, lobster (From chef demo)	2 qt.
Tarragon, sprig, fresh	2 ea.
Blonde Roux (Recipe follows)	¼ cup
Heavy cream	½ cup
Wine, sherry, dry	¼ cup
Brandy, Cognac	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Lobster, meat, cooked, small diced	1 cup

## **Method**

1. Heat the oil in a medium stockpot over medium heat. Add the lobster bodies. Cook, stirring occasionally, until the bodies develop a deep red color, about 5 minutes.
2. Add the shallot, garlic, and mushroom. Cook until softened, 2 to 3 minutes.
3. Add the tomato paste and turn the heat to low. Cook for 3 to 5 minutes, stirring often to avoid browning the tomato paste.
4. Add the lobster stock and tarragon. Simmer for 20 minutes. Strain through a fine mesh strainer and into a pot.
5. Bring the stock back to a boil. Add the Blonde Roux. Simmer on low heat, stirring often, for 15 to 20 minutes.
6. Add the heavy cream, sherry, and cognac. Cook for 3 minutes.
7. Blend with an immersion blender until the bisque is smooth, 3 to 4 minutes. Season with salt and pepper to taste.
8. Cut the lobster meat into ¾-inch pieces.
9. Ladle the soup into 6 soup bowls. Top each bowl of soup with the lobster meat.

**Note:** For a stronger lobster taste, use only ¼ cup of heavy cream.

Source: *The New Book of Soups*, p. 182

# BLONDE ROUX

*Yield: 4 ounces*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	2 wt. oz.
Flour, all-purpose	3 wt. oz.

## **Method**

1. For the clarified butter, heat the butter in a small saucepan over low heat until foam rises to the surface and some of the solids drop to the bottom of the pan, 2 to 3 minutes. Continue to heat until the butterfat becomes very clear, skimming off any foam.
2. Ladle the pure butterfat into another container, being careful not to disturb the milk solids in the bottom of the pan. Discard the milk solids.
3. Heat the clarified butter in a rondeau over moderate heat.
4. Add the flour all at once. Cook over low heat, stirring constantly, until the roux is pale ivory, 8 to 10 minutes.

**Note:** To create a white roux, use canola oil to maintain color. Cook as directed above for about 6 minutes.

# LOBSTER AND OYSTER MUSHROOM RAVIOLI WITH LOBSTER CREAM

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Semolina and Egg Pasta Dough (Recipe follows)	2 lb.
Butter, unsalted	¼ cup
Shallot, minced	1 ea.
Garlic, clove, minced	1 tsp.
Mushroom, oyster, small diced	1 cup
Stock, lobster (From chef demo)	¼ cup
Lobster, meat, cooked, small diced	2 cups
Cheese, ricotta	½ cup
Chive, fresh, sliced	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Chive, stem, fresh, batonnet	24 ea.
Chervil, sprig	24 ea.
Lobster Cream (Recipe follows)	1 qt.

## **Method**

1. Make the Semolina and Egg Pasta Dough. Roll out the pasta dough into thin sheets about ⅛-inch thick. Using a round cutter, cut the sheets into 2-inch circles. Reserve.
2. For the filling, in a small pot, place the butter, shallot, and garlic. Cook over low heat until soft, 2 to 3 minutes.
3. Add the mushrooms and lobster stock. Reduce until dry and cool.
4. Add the lobster meat, ricotta, and chives. Mix to combine. Season with salt and pepper to taste.
5. Roll the filling mixture into twenty-four 1-inch balls. Cool for 10 minutes.
6. Place one portion of filling in the center of a reserved pasta circle. Lightly moisten the edges of the circle with water. Place a second pasta circle on top and press gently around the edges to seal, making sure no air is trapped inside. Repeat with the remaining pasta and filling until all ravioli are formed. Reserve.
7. In a large pot, bring 2 gallons of salted water to a boil. Add the ravioli and gently cook until the filling is warm and the pasta is firm to the bite (*al dente*), 5 to 7 minutes. Drain well. Place the cooked ravioli in the pot with the Lobster Cream.
8. To serve, place 3 ravioli on each plate. Drizzle the reserved sauce over top of the ravioli and around the plate. Garnish with the chives and chervil.

# LOBSTER CREAM

*Yield: 1 quart*

<b>Ingredients</b>	<b>Amounts</b>
Oil, canola	¼ cup
Lobster, body, cut into 1-in. pieces	4 ea.
Garlic, clove, sliced	1 ea.
Shallot, halved	1 ea.
Tomato, paste	½ cup
Cream, heavy	1 qt.
Brandy	¼ cup
Sherry	¼ cup
Salt, kosher	2 tsp.
Peppercorns, black, whole	5 ea.

## **Method**

1. Heat the oil in a medium stockpot over medium heat. Add the lobster. Cook, stirring occasionally, until the bodies develop a deep red color, 3 to 5 minutes.
2. Add the garlic and shallot. Cook until soft, 1 to 2 minutes.
3. Turn down the heat to low. Add the tomato paste. Cook, stirring often, for 5 minutes. Do not allow the tomato paste to brown.
4. Add the cream, brandy, sherry, salt, and peppercorns. Cook for 20 minutes.
5. Strain through a fine mesh strainer. Reserve.

# SEMOLINA AND EGG PASTA DOUGH

*Yield: 2 pounds*

<b>Ingredients</b>	<b>Amounts</b>
Egg, whole	3 ea.
Egg, yolk	3 ea.
Water	1 tsp.
Salt, kosher	1 tsp.
Flour, semolina, finely ground	2 cups
Flour, 00, soft wheat, finely ground	1 cup

## **Method**

1. In a small mixing bowl, mix the eggs, egg yolks, and water until thoroughly combined.
2. In a separate small mixing bowl, mix the salt, semolina flour, and 00 flour until thoroughly combined.
3. Place the flour on a work surface. Form a well in the middle of the flour. Pour the egg mixture into the well. Gradually draw flour into the eggs from the inside edges of the well, mixing until the dough begins to come together. Knead for 3 minutes.
4. Wrap the dough in plastic wrap. Let it rest for 1 hour.

# SPICY LOBSTER SALAD WITH AVOCADO AND MANGO PARFAIT

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lobster, meat, cooked, small diced	3 cups
Lobster, roe, cooked, minced	1 Tbsp.
Mayonnaise	½ cup
Yogurt, plain, non-fat	¼ cup
Celery, seed	1 tsp.
Lemon, juice, fresh	1 Tbsp.
Cucumber, small diced	¼ cup
Chervil, fresh, chopped	2 Tbsp.
Chile, cayenne, ground	½ tsp.
Avocado	1 ea.
Cilantro, micro	½ cup
Oil, olive, extra-virgin	2 Tbsp.
Salt, sea	to taste
Pepper, black, ground	to taste
Lime, juice, fresh	2 Tbsp.
Onion, red, minced	2 Tbsp.
Lime, zest	2 tsp.
Avocado, minced	3 ea.
Cilantro, fresh, minced	3 Tbsp.
Chile, jalapeño, minced	1 tsp.
Salt, sea, fine	to taste
Pepper, black, ground	to taste
Mango, peeled	2 ea.
Lime, juice, fresh	1 Tbsp.
Oil, canola	¼ cup
Salt, sea, fine	to taste
Pepper, black, ground	to taste
Peppercress, thick stems removed	2 cups

## **Method**

1. In a large bowl, place the lobster meat, lobster roe, mayonnaise, yogurt, celery seed, lemon juice, cucumber, chervil, cayenne, avocado, microgreens, oil, salt, and pepper. Gently mix until combined. Chill for 1 hour.

2. For the avocado mixture, in a small bowl, place the lime juice and red onion. Macerate for 10 minutes.
3. Add the lime zest, avocado, cilantro, jalapeño. With a fork, gently mash into a chunky purée. Season with salt and pepper to taste.
4. For the mango sauce, in a blender, place the mango, lime juice, and oil. Purée until very smooth. Season with salt and pepper to taste.
5. For each portion, place the avocado mixture in the bottom of a parfait glass. Spoon the lobster mixture on top, spreading it evenly to form the second layer.
6. Top with the mango sauce and garnish with peppergrass.

# LOBSTER RISOTTO WITH SNAP PEAS AND TOMATO BASIL BUTTER

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	1/2 cup
Shallot, minced	1/4 cup
Garlic, clove, minced	2 tsp.
Rice, risotto	1 cup
Wine, white, dry	1 cup
Mushroom, porcini, dried, chopped	2 Tbsp.
Stock, chicken	4 cups
Tomato Concassé (Recipe follows)	2 cups
Butter, unsalted	1 cup
Stock, lobster (From chef demo)	1 cup
Peas, fresh	3/4 cup
Salt, kosher	as needed
Peas, snap, fresh	3/4 cup
Lobster, meat, tails and claws, cooked	2 cups
Cheese, Parmesan, grated	1/2 cup
Heavy cream	1/2 cup
Salt, sea, fine	to taste
Pepper, black, ground	to taste
Basil, leaves, fresh, roughly chopped	1/4 cup

## **Method**

1. For the risotto, place the butter, shallots, and garlic in a large pot. Cook over low heat until tender, about 3 minutes.
2. Add the rice and stir to coat the grains with the butter. Cook for 1 minute.
3. Add the wine and mushrooms while stirring continuously with a wooden spoon.
4. While stirring, add the chicken stock 1/2 cup at time. Continue stirring until the rice is tender to the bite (*al dente*), about 20 minutes. If more liquid is needed, add water instead of chicken stock to avoid giving the risotto a chicken flavor. Remove the pot from the heat and cool.
5. For the sauce, place the tomato concassé, butter, and lobster stock in a small pot. Simmer over low heat for 30 minutes, being careful not to evaporate all the liquid. The sauce should be a chunky butter sauce.

6. Shell the fresh peas. Bring a pot of salted water to a boil. Blanch the peas for 1 minute. Drain the peas and transfer to an ice bath. Drain once cool. Mash the peas using a fork or food processor, depending on the desired texture. Reserve.
7. Remove the strings and trim the ends from the snap peas. Bring a pot of salted water to a boil. Blanch the snap peas for 1 to 2 minutes. Drain the snap peas and transfer to an ice bath. Drain once cool. Julienne the snap peas. Reserve.
8. Cut the lobster tail and claw meat into small pieces.
9. Return the pot with the risotto to the stove and warm over low heat. When warm, fold in the mashed peas, snap peas, lobster meat, cheese, and cream. If the risotto gets too thick, a small amount of water may be added. Be careful not to overmix.
10. Adjust the seasoning with salt and pepper to taste. Add the basil to the sauce just before serving.
11. Place the risotto in the center of a shallow serving bowl. Spoon the sauce around the risotto.

# TOMATO CONCASSÉ

*Yield: ½ pound*

<b>Ingredients</b>	<b>Amounts</b>
Salt, kosher	½ Tbsp.
Tomato, plum	½ lb.

## **Method**

1. Score an X at the tip of the tomato. Trim out the core while leaving the tomato whole.
2. Bring a large pot of salted water to a boil. Add the tomatoes. Blanch for 30 seconds.
3. Transfer the tomatoes to an ice bath to stop the cooking process. When cool enough to handle, drain and pat dry.
4. Starting at the scored X, gently slip off the loosened skin.
5. The tomatoes may now be crushed or cut in half and seeded depending on the intended use.

# LOBSTER AND CORN FRITTERS WITH LIME CRÈME FRAÎCHE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Savory Beignet Dough (Recipe follows)	1 cup
Corn, ears	2 ea.
Oil, olive, pure	as needed
Salt, kosher	as needed
Lobster, meat, med. diced	2 cups
Garlic, clove, minced	½ tsp.
Scallion (Green onion), sliced	½ cup
Tabasco sauce	1 Tbsp.
Lemon, zest	1 Tbsp.
Lemon, juice, fresh	1 Tbsp.
Oil, fryer	as needed
Salt, sea, fine	to taste
Pepper, black, ground	to taste
Crème fraîche	1 cup
Lime, zest	2 tsp.
Lime, juice, fresh	2 Tbsp.

## **Method**

1. Make the Savory Beignet Dough. Cover and allow the dough to rise for 1 hour.
2. Preheat the oven to 450°F and the fryer to 325°F.
3. Cut the corn kernels from the cob. Transfer the kernels to a mixing bowl. Add just enough oil to lightly coat the kernels. Season with salt as needed.
4. Line a baking sheet with parchment paper. Transfer the coated corn to the lined baking sheet and spread in an even layer.
5. Roast the corn in the preheated oven until golden brown around the edge of the baking sheet, about 15 minutes. Watch closely to ensure that the corn does not burn. Remove from the oven. Lower the heat of the oven to 175°F.
6. In a large bowl, mix the lobster meat, corn, garlic, scallion, Tabasco, lemon zest, lemon juice, and Savory Beignet Dough until thoroughly combined.
7. Drop heaping tablespoons of batter into the preheated fryer. Fry until golden brown on one side, 2 to 3 minutes. Turn the fritters over and fry until golden brown on the other side, 2 to 3 minutes. Be sure the frying oil is not too hot, as the fritter will burn on the outside before cooking on the inside.

8. Remove the fritters and drain on paper towels. Reserve in the preheated oven to keep warm until all batches are fried. Season with salt and pepper to taste.
9. In a small bowl, combine the crème fraiche, lime zest, and lime juice.
10. Place the warm fritters on a serving platter. Top each fritter with a small spoon of lime crème fraîche. Serve immediately.

## SAVORY BEIGNET DOUGH

*Yield: 3 cups*

<b>Ingredients</b>	<b>Amounts</b>
Milk, whole	½ cup
Yeast	1 tsp.
Water	½ cup
Sugar, granulated	1 tsp.
Flour, all-purpose	½ cup
Egg, whole	2 ea.
Salt, kosher	½ tsp.
Pepper, black, ground	⅛ tsp.
Flour, all-purpose	1 ½ cups

### **Method**

1. In a large bowl, place the milk, yeast, water, sugar, and flour. Mix just until a batter is formed. Allow it to stand for 10 minutes to activate the yeast.
2. Add the eggs, salt, and pepper. Mix to combine.
3. Add the remaining flour. Mix until a stiff batter is formed.
4. Cover and allow the dough to rise for 1 hour.

# LOBSTER TAIL WITH CARIBBEAN SALSA

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Garlic, clove, minced	1 tsp.
Chile, jalapeño	2 Tbsp.
Onion, red, small diced	½ cup
Pepper, bell, red, small diced	½ cup
Pepper, bell, green, small diced	½ cup
Pineapple, small diced	1 cup
Mango, small diced	½ cup
Tomato Concassé (See prior recipe)	2 cups
Coriander, leaves, fresh, chopped	½ cup
Lime, juice, fresh	½ cup
Lime, zest	½ Tbsp.
Oil, canola	¼ cup
Salt, sea	to taste
Pepper, Jamaican long, ground	½ tsp.
Allspice, ground	½ tsp.
Lobster, tail, in shell, quartered	6 ea.
Salt, sea	as needed
Pepper, black, ground	as needed

## **Method**

1. Preheat oven to 350°F.
2. For the salsa, in a large bowl, place the garlic, jalapeno, red onion, bell peppers, pineapple, mango, tomato concassé, coriander, lime juice, lime zest, and canola oil. Season with sea salt to taste and the Jamaican pepper and allspice. Marinate for 30 minutes.
3. On a sheet tray, place the lobster quartered tails, shell side down. Season with salt and pepper.
4. Bake in the preheated oven until fully cooked, 5 to 7 minutes.
5. In a large bowl, place the salsa and cooked lobster meat. Toss to combine.
6. Serve in a large serving bowl.

# LOBSTER WITH BEETS IN A CITRUS-MISO VINAIGRETTE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lobster, tail, 4-oz., in shell, split in half lengthwise	3 ea.
Salt, sea	2 Tbsp.
Beet, red, large	2 ea.
Beet, yellow, large	2 ea.
Vinegar, wine, red (Divided)	½ cup
Salt, sea	1 Tbsp.
Lemon, juice, fresh	¼ cup
Lime, juice, fresh	¼ cup
Orange, juice, fresh	½ cup
Miso paste, white	¼ cup
Togarashi, ground	½ tsp.
Ginger, powdered	1 tsp.
Soy sauce	1 Tbsp.
Oil, canola	½ cup
Scallion (Green onion), slivered	¼ cup

## **Method**

1. In a large pot, bring 1 gallon of water to a low simmer. Add the lobster tails and salt. Poach until translucent, 3 to 4 minutes. Remove the lobster tails from the pot. Allow them to cool to room temperature in the shell.
2. Bring two separate pots of water to a boil. In one pot, add the red beets, ¼ cup of the vinegar and ½ tablespoon of the salt. In the other, add the yellow beets with the remaining vinegar and salt. Cook until tender, about 1 hour. Remove the beets from their pots and allow them to cool.
3. For the vinaigrette, in a saucepan, place the lemon, lime, and orange juice. Bring the juices to a boil and reduce by ½. Remove the saucepan from the heat and allow the reduced juices to cool.
4. Add the miso, pepper, ginger, soy, and oil. If the vinaigrette gets too thick, a little water can be added.
5. Cut the cooled beets into ½-inch thick, 1-inch circles. Transfer to a small bowl. Add 2 teaspoons of the vinaigrette. Marinate for 10 minutes.
6. To serve, arrange 2 yellow and 2 red beets per plate, shingling them in the center of the plate. Place the lobster over top of the beets. Garnish with scallion and finish with a drizzle of the vinaigrette.

# BAKED LOBSTER WITH BRIOCHE TRUFFLE STUFFING

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lobster, whole, 1 $\frac{3}{4}$ lb.	3 ea.
Salt, sea	as needed
Butter, unsalted	$\frac{1}{4}$ cup
Shallot, minced	1 ea.
Garlic, clove, minced	1 ea.
Mushroom, button, small diced	1 cup
Wine, white, dry	$\frac{1}{4}$ cup
Stock, lobster (From chef demo)	$\frac{1}{4}$ cup
Cream, heavy	$\frac{1}{4}$ cup
Bread, Brioche, small diced	1 $\frac{1}{2}$ cups
Truffle, black, small diced	1 Tbsp.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Egg, whole	1 ea.
Salt, sea, fine	to taste
Pepper, black, ground	to taste
Butter, unsalted, melted	$\frac{1}{2}$ Tbsp.
Brandy	$\frac{1}{4}$ cup

## **Method**

1. Preheat oven to 325°F.
2. To clean the lobster, split it in half and remove the claws and knuckles. Clean out the top body portion so the stuffing can be easily placed inside of the shell.
3. Bring a pot of salted water to a simmer. Add the lobster claws and simmer for 2 minutes. Add the lobster knuckles to the water. Cook the claws and knuckles together for 5 minutes. Remove the claws and knuckles from the water and transfer onto a plate. Cover and cool.
4. Remove the meat from the claws and knuckles according to the chef's demonstration. Dice the lobster meat. Reserve.
5. In a medium pot, cook the butter, shallot, and garlic over low heat until tender, about 5 minutes.
6. Add the mushrooms, wine, and lobster stock. Cook for 5 minutes. Remove from the heat. Strain the mushrooms from the cooking liquid. Reserve separately. Season the mushroom cooking liquid with salt and pepper to taste.

7. For the stuffing, combine the mushrooms, brioche, truffle, parsley, cream, egg, and reserved lobster meat. Season with salt and pepper to taste. If the stuffing is dry, add a little more lobster stock to moisten.
8. Spoon the stuffing into the lobster body. Brush the tail with the butter and brandy.
9. Arrange the stuffed lobster halves on a parchment-lined baking sheet or shallow roasting pan. Bake in the preheated oven for 10 to 15 minutes.
10. Transfer the baked stuffed lobster halves to a warm plate. Spoon the reserved mushroom cooking liquid over the lobster tail and around the plate.

# SMOKED SALMON PASTRAMI STYLE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Fish, salmon, side	1 ea.
Molasses	¼ cup
Salt, sea, fine	¾ cup
Sugar, brown, dark	½ cup
Pepper, black, coarsely ground	¼ cup
Coriander, seed, cracked	1 Tbsp.
Mustard, seed, cracked	1 Tbsp.
Fennel, seed, cracked	1 Tbsp.
Allspice, ground	1 tsp.
Garlic, powder	1 Tbsp.
Onion, powder	1 Tbsp.
Paprika, ground	1 tsp.
Clove, ground	½ tsp.

## **Method**

1. Remove the pin bones. Score the skin side of the fish ½-inch deep.
2. Place the fish skin side down on cheesecloth. Brush the fish with the molasses.
3. For the seasoning mix, in a small bowl, place the salt, sugar, pepper, coriander, mustard seed, fennel seed, allspice, garlic powder, onion powder, paprika, and clove. Mix to combine.
4. Season the fish with the salt mixture. Be sure to coat heavier at the top where the fish is thicker and coat lighter on the thinner areas of the fish. This will provide a more even cure.
5. Wrap the seasoned fish with cheese cloth and place a small weight on top. Refrigerate for 2 days, turning over every 12 hours.
6. After 2 days, remove the fish from the cheesecloth and place on a smoking rack.
7. Cold smoke at 100°F for 3 hours. Refrigerate overnight.
8. Starting at the tail, thinly slice on the bias.

**Note:** For a lighter pastrami flavor, rinse the salmon under cold water before smoking.

# GINGER CURED SALMON WITH CITRUS AND CORIANDER

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Fish, salmon, side	1 ea.
Ginger, fresh, minced	½ cup
Coriander, seed, cracked	¼ cup
Pepper, black, ground	¼ cup
Vodka	¼ cup
Cilantro, fresh, chopped	1 cup
Salt, sea, fine	½ cup
Sugar, granulated	½ cup
Pepper, black, ground	1 Tbsp.
Lemon, zest	1 Tbsp.
Lime, zest	1 Tbsp.
Orange, zest	½ Tbsp.

## **Method**

1. Remove the pin bones and score the skin side of the fish ¼-inch deep.
2. Place the fish skin side down on cheesecloth. Rub the fish with the ginger. Sprinkle with the coriander seed and black pepper. Sprinkle the vodka on top. Cover with the cilantro.
3. In a mixing bowl, combine the salt, sugar, pepper, and citrus zests.
4. Season the fish with the salt mixture. Be sure to coat heavier at the top where the fish is thicker and coat lighter on the thinner areas of the fish. This will provide a more even cure.
5. Wrap the seasoned fish with cheesecloth and place a small weight on top. Refrigerate for 3 days, turning over every 12 hours.
6. After 3 days, gently remove the curing mix from the fish and blot with a damp cloth.
7. Starting at the tail, thinly slice on the bias.

**Note:** The sugar to salt ratio can be adjusted. More sugar will give you a sweeter flavor and less sugar will give you a saltier flavor.

# DAY TWO: CLAMS, MUSSELS, OYSTERS, SHRIMP, SQUID

## LEARNING OBJECTIVES

**By the end of this day, you should be able to...**

- Identify common shellfish species and their anatomical features.
- Demonstrate proper techniques for cleaning and fabricating clams, oysters, mussels, shrimp, and squid.
- Recognize quality indicators and signs of spoilage in fresh shellfish.
- Describe flavor profiles and textures typical of each species.
- Explain appropriate cooking methods for various shellfish.

# DAY TWO: TEAM PRODUCTION ASSIGNMENTS

## CHEF DEMO

Squid, Octopus, Oyster, Clam, Shrimp Fabrication

## TEAM ONE

Crab and Cheese Soufflé

Rustic New England Clam Chowder

Mussels in Garlic-Tomato Broth

## TEAM TWO

Charred Octopus Carpaccio

Blue Point Oysters with Parmesan-Garlic Crust

Grilled Shrimp with Chorizo and Peppers

## TEAM THREE

Seared Scallops with Soy-Ginger Emulsion

Oyster and Clams on the Half Shell with Lemon and Cucumber Sauce Vierge

Fried Calamari with Lemon-Caper Remoulade

## TEAM FOUR

Shrimp and Couscous with Roasted Vegetables

Baked Clams with Smoked Bacon and Peppers

Dungeness Crab Wraps with Gem Lettuce and Cilantro

# CRAB AND CHEESE SOUFFLÉ

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	as needed
Flour, all-purpose	as needed
Milk, whole	3 cups
Blonde Roux (Recipe follows)	½ cup
Cheese, Gruyère, grated	½ cup
Cheese, Cheddar, grated	½ cup
Old Bay seasoning	1 Tbsp.
Salt, sea, fine	as needed
Pepper, black, ground	as needed
Crab, meat, picked	1 cup
Chive, fresh, sliced	2 Tbsp.
Cheese, Gruyère, grated	¾ cup
Egg, white, whipped	8 ea.
Cheese, Cheddar, grated	1 ½ tsp.
Salt, sea, fine	as needed
Pepper, black, ground	as needed
Old Bay hot sauce	as needed

## **Method**

1. Preheat the oven to 375°F. Grease eight 3 ½-inch diameter, 4-ounce ramekins with butter and dust lightly with flour. Place them on a baking sheet and reserve.
2. For the sauce, in a heavy-bottomed saucepot over medium heat, bring the milk to a simmer, taking care not to scorch.
3. Whisk the Blonde Roux into the milk. Simmer for 10 minutes over low heat.
4. Remove the saucepot from the heat. Add the Gruyère, Cheddar, and Old Bay seasoning. Season with salt and pepper as needed.
5. Fold in the crab meat, 1 cup of the sauce, chives, and Gruyère until combined. Gently fold the egg whites into the mixture.
6. Distribute the batter equally among the reserved prepared ramekins, filling each mold to the rim. Sprinkle the tops of each with the Cheddar. Season with salt and pepper as needed.
7. Bake in the preheated oven until golden brown and doubled in size, 8 to 10 minutes.
8. Serve with Old Bay hot sauce.

# BLONDE ROUX

*Yield: 4 ounces*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted, clarified	2 wt. oz.
Flour, all-purpose	3 wt. oz.

## **Method**

1. For the clarified butter, heat the butter in a small saucepan over low heat until foam rises to the surface and some of the solids drop to the bottom of the pan, 2 to 3 minutes. Continue to heat until the butterfat becomes very clear, skimming off any foam.
2. Ladle the pure butterfat into another container, being careful not to disturb the milk solids in the bottom of the pan. Discard the milk solids.
3. Heat the clarified butter in a rondeau over moderate heat.
4. Add the flour all at once. Cook over low heat, stirring constantly, until the roux is pale ivory, 8 to 10 minutes.

**Note:** To create a white roux, use canola oil to maintain color. Cook as directed above for about 6 minutes.

# RUSTIC NEW ENGLAND CLAM CHOWDER

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Clams, littleneck, cleaned	24 ea.
Wine, white, dry	1 cup
Pork, bacon, smoked, small diced	½ cup
Butter, unsalted	¼ cup
Onion, white, small diced	¾ cup
Celery, stalk, small diced	½ cup
Thyme, dried	1 tsp.
Peppercorns, black, cracked	1 tsp.
Bay leaf, dried	1 ea.
Flour, all-purpose	¼ cup
Potato, red, small diced	1 ½ cup
Milk, whole	¾ cup
Salt, sea, fine	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Crackers, oyster	as needed

## **Method**

1. In a large pot, place the clams and white wine. Cook for 5 minutes until the clams open. Remove the clams from the cooking liquid. Strain the cooking liquid and add water, as needed, to make 2 cups of liquid. Reserve.
2. Remove the clams from their shells. Chop the clams and reserve.
3. In a soup pot over medium heat, place the bacon. Cook until light brown and crispy, 7 to 9 minutes.
4. Remove half of the bacon fat from the pan. Add the butter, onion, celery, thyme, peppercorns, and bay leaf. Cook until tender, 2 to 3 minutes. Be careful not to brown.
5. Add the flour and cook for 1 minute.
6. Add the reserved clam cooking liquid and simmer for 5 minutes.
7. Add the potatoes and cook for 12 minutes.
8. Add the milk and simmer for 2 minutes.
9. Add the reserved chopped clams. Season with salt and pepper to taste.
10. Finish the chowder with the parsley and lemon juice. Serve with the oyster crackers.

**Note:** For the best flavor, use fresh clams, which taste brighter and more delicate than canned clams or clam juice.

# MUSSELS IN GARLIC-TOMATO BROTH

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Red pepper flakes	¼ tsp.
Oil, olive, pure	¼ cup
Garlic, clove, minced	1 tsp.
Shallot, minced	½ cup
Tomato Concassé (See prior recipe)	2 cups
Wine, white, dry	1 cup
Water	½ cup
Mussels, cleaned, de-bearded	2 lb.
Butter, unsalted	½ cup
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Oregano, leaves, fresh, chopped	1 Tbsp.
Salt, sea, fine	to taste
Pepper, black, ground	to taste
Bread, French, loaf, sliced	1 ea.

## **Method**

1. Heat the oil in a large pot over low heat. Add the red pepper flakes, garlic, and shallot. Lightly toast for 2 to 3 minutes.
2. Add the tomato concassé. Cook for 5 minutes.
3. Add the wine, water, and mussels. Cook, covered, until the mussels open, about 4 minutes. Remove the mussels, discarding any that have not opened. Reserve.
4. Add the butter, parsley, oregano, salt, and pepper. Stir until combined, about 1 minute.
5. Divide the mussels among warmed soup bowls. Spoon the broth over the mussels. Serve with the French bread.

# CHARRED OCTOPUS CARPACCIO

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Octopus, tentacles	6 ea.
Garlic, sliced	2 Tbsp.
Shallot, sliced	1 ea.
Herbes de Provence spice blend	2 Tbsp.
Vinegar, wine, red	½ cup
Water	1 gal.
Oil, olive, pure	3 Tbsp.
Olives, black, brunoised	2 Tbsp.
Olives, green, brunoised	2 Tbsp.
Capers, non-pareil	1 Tbsp.
Parsley, flat-leaf, fresh chopped	1 Tbsp.
Basil, fresh, chopped	1 Tbsp.
Paprika, Spanish, pimentón	1 tsp.
Salt, sea, fine	as needed
Pepper, black, ground	as needed
Lemon, juice, fresh	2 Tbsp.
Oil, olive, pure	3 Tbsp.

## **Method**

1. In a large pot, combine the octopus tentacles, garlic, shallot, herbes de Provence, vinegar, and water. Simmer gently for 1 to ½ hours until the octopus is tender.
2. Remove the octopus from the cooking liquid and let it cool for 1 hour.
3. Preheat a large cast iron pan for charring. Drizzle the olive oil on the octopus. Char each leg on both sides for 30 seconds, being careful not to burn them.
4. Slice the octopus into ½ inch rounds. Arrange them in the center of a round plate to create a flat circle
5. Garnish with olives, capers, parsley, basil, and paprika. Season with salt and pepper to taste.
6. In a small bowl, combine the lemon juice and olive oil. Drizzle over the octopus. Serve immediately.

**Note:** Herbes de Provence is a blend of dried herbs from the Provence region of France. Traditionally, it contains basil, fennel seed, lavender, marjoram, sage, thyme, savory, and rosemary.

# BLUE POINT OYSTERS WITH PARMESAN-GARLIC CRUST

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	1/2 cup
Shallot, sliced	1/4 cup
Garlic, clove, sliced	2 Tbsp.
Wine, white, dry	1/4 cup
Spinach, fresh, chopped	2 cups
Oregano, leaves, fresh, chopped	1 Tbsp.
Heavy cream	1/2 cup
Cheese, Romano, grated	1/2 cup
Lemon, zest	1 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Breadcrumbs	1/2 cup
Cheese, Parmesan, grated	1/2 cup
Salt, sea, fine	to taste
Pepper, black, cracked	to taste
Oysters, Blue Point, cleaned, shucked	24 ea.

## **Method**

1. Preheat the broiler to high.
2. For the spinach mixture, heat the butter in a saucepan over low heat. Add the shallot and garlic. Cook until tender, 3 to 4 minutes. Be careful not to brown.
3. Add the wine, spinach, oregano, and cream. Cook over medium heat until cream has thickened, 3 to 4 minutes.
4. Remove the saucepan from heat. Add the Romano cheese, lemon zest, and lemon juice. Mix well and allow it to cool.
5. In a bowl, combine the breadcrumbs and Parmesan cheese. Season with salt and pepper to taste. Mix well.
6. Place the oysters on a sheet pan. Add one tablespoon of spinach mixture on top of each oyster. Sprinkle the tops with the breadcrumb mixture.
7. Place in the preheated broiler until golden brown, about 4 minutes.

**Note:** If using large oysters, cut them in half before adding the topping to make them easier to eat.

# GRILLED SHRIMP WITH CHORIZO AND PEPPERS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Shrimp, U16, peeled, de-veined	18 ea.
Garlic, clove, sliced	1 Tbsp.
Lemon, zest	1 Tbsp.
Paprika, ground	1 Tbsp.
Peppercorns, black, cracked	1 Tbsp.
Oil, olive, pure	¼ cup
Skewer, wood, 6-in., soaked	6 ea.
Pork, sausage, chorizo, fresh, cut into ½-in. circles	½ lb.
Onion, red, large diced	½ cup
Pepper, bell, green, large diced	1 cup
Salt, sea, fine	as needed
Lemon, juice, fresh	½ cup
Mustard, Dijon	½ Tbsp.
Shallot, minced	1 Tbsp.
Lemon, zest	1 Tbsp.
Parsley, flat-leaf, fresh, julienned	1 Tbsp.
Oil, olive, extra virgin	¼ cup
Salt, sea	to taste
Pepper, black, ground	to taste

## **Method**

1. Preheat the grill to medium-high heat.
2. In a large bowl, combine the shrimp, garlic, lemon zest, paprika, pepper, and olive oil. Let the shrimp marinate for 1 hour.
3. To assemble, alternate threading the shrimp, sausage, red onion, and peppers onto the skewers. Season lightly with salt.
4. Coat the grill grate in a light layer of oil to prevent sticking. Grill the skewers on the preheated grill until the shrimp is opaque and the onion and sausage are crisp, 1 to 2 minutes on each side.
5. For the vinaigrette, in a small bowl, place the lemon juice, mustard, shallot, lemon zest, and parsley. Mix to combine. Gradually add the oil, whisking constantly, until incorporated. Season with salt and pepper to taste.
6. Arrange the skewers in a circle on a round plate. Sprinkle with the lemon vinaigrette.

**Note:** It's very important to use soft Portuguese sausage. Hard Portuguese sausage will be too tough and chewy and will not balance with the shrimp.

# SEARED SCALLOPS WITH SOY-GINGER EMULSION

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Ginger, fresh, minced	1 tsp.
Garlic, clove, minced	¼ tsp.
Vinegar, rice	¼ cup
Soy sauce	2 Tbsp.
Miso paste, white	¼ cup
Oyster sauce	¼ cup
Lime, zest	2 tsp.
Lime, juice, fresh	2 Tbsp.
Oil, canola	½ cup
Oil, canola (Divided)	½ cup
Scallop	18 ea.
Salt, sea, fine	as needed
Pepper, black, ground	as needed
Mixed greens	3 cups
Scallion (Green onion), thinly sliced	¼ cup
Carrot, grated	1 cup
Sesame seeds	1 Tbsp.

## **Method**

1. For the emulsion, in a small bowl, combine the ginger, garlic, rice vinegar, soy sauce, and oyster sauce. Macerate for 10 minutes.
2. Whisk in the miso, lime zest, lime juice, and canola oil. Reserve.
3. Coat the scallops with a thin layer of the oil. Season with salt and pepper as needed.
4. Heat the remaining canola oil in a large sauté pan over medium-high heat. Lightly sear the scallops until golden and medium rare, 1 to 2 minutes per side. Scallops cook very quickly so be careful not to overcook. The centers should remain slightly translucent. Transfer the scallops immediately to a rack to rest. Reserve warm.
5. In a medium bowl, toss the greens, scallions, carrot, and sesame seeds, Add enough of the reserved vinaigrette to lightly coat.
6. Place the greens in the center of a serving platter. Arrange the reserved scallops around the greens. Drizzle the remaining reserved vinaigrette over the scallops.

# OYSTERS AND CLAMS ON THE HALF SHELL WITH LEMON AND CUCUMBER SAUCE VIERGE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Tomato Concassé (See prior recipe)	½ cup
Lemon, zest	2 Tbsp.
Lemon, juice, fresh	¼ cup
Cucumber, small diced	1 cup
Chive, fresh, sliced	1 Tbsp.
Oil, olive, extra-virgin	¼ cup
Peppercorns, black, cracked	1 tsp.
Oysters, cleaned	18 ea.
Clams, littleneck, cleaned	18 ea.
Ice, crushed	as needed

## **Method**

1. For the sauce vierge, in a large bowl, combine the tomato concassé, lemon zest, lemon juice, cucumber, chive, oil, and peppercorns. Marinate for 1 hour.
2. Shuck the oysters and clams according to the chef's demonstration. Chill for 1 hour.
3. Arrange the oysters and clams on crushed ice.
4. Serve with 1 teaspoon of the sauce vierge per oyster or clam.

**Note:** Removing the bottom shell from clams and oysters makes them easier to eat.

# FRIED CALAMARI WITH LEMON-CAPER REMOULADE

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Milk, whole	1 ½ pt.
Squid, rinsed, sliced into ¼-in. rings, tentacles cut in half or quartered	2 lb.
Flour, all-purpose	as needed
Oil, vegetable	as needed
Salt, sea, fine	to taste
Lemon, cut into wedges	2 ea.
Lemon Caper Remoulade (Recipe follows)	1 ½ cups

## **Method**

1. Place the milk in a large bowl. Add the squid and soak until ready to fry.
2. In a separate large bowl, place the flour. Working in small batches, toss the squid in the flour.
3. Heat 3 to 4 inches of vegetable oil in a deep pot over medium-high heat. Fry the squid until light golden brown, 3 to 5 minutes. Remove the squid from the oil and drain on absorbent paper towels or a draining rack.
4. Lightly season with salt to taste.
5. Transfer the fried calamari to a serving platter. Garnish with the lemon wedges. Serve immediately with the Lemon Caper Remoulade on the side.

**Note:** Buttermilk can be substituted for the milk.

## LEMON-CAPER REMOULADE

*Yield: 1 ½ cups*

<b>Ingredients</b>	<b>Amounts</b>
Garlic, clove	¼ tsp.
Pickles, chopped	½ cup
Mayonnaise	1 cup
Lemon, zest	1 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Capers, roughly chopped	2 Tbsp.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Chive, fresh, minced	1 Tbsp.
Pepper, black, ground	to taste
Worcestershire sauce	1 tsp.
Tabasco sauce	⅛ tsp.
Salt, kosher	to taste

### **Method**

1. In a large bowl, place all the ingredients.
2. Mix well.

# SHRIMP AND COUSCOUS WITH ROASTED VEGETABLES

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, pure	¼ cup
Shallot, sliced	1 ea.
Garlic, clove, sliced	1 ea.
Wine, white, dry	½ cup
Lemon, zest	1 Tbsp.
Water	2 cups
Shrimp, 16/20, peeled, de-veined	24 ea.
Water	2 qt.
Couscous, Israeli, dried	1 ½ cups
Tomato Concassé (See prior recipe)	1 cup
Pepper, bell, red, quartered	1 ea.
Squash, zucchini, quartered	1 ea.
Eggplant, quartered	1 ea.
Onion, red, quartered	1 ea.
Chile, jalapeño	1 ea.
Oil, olive, pure	2 Tbsp.
Salt, sea, fine	as needed
Pepper, black, ground	as needed
Vinegar, sherry	¼ cup
Mint, leaves, fresh, chopped	½ cup
Lemon, zest	1 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Oil, olive, extra-virgin	¾ cup
Cilantro, fresh, chopped	¼ cup
Mint, leaves, fresh, chopped	1 Tbsp.

## **Method**

1. In a medium pot, combine the oil, shallot, garlic, wine, calamansi zest, and water. Bring to a boil.
2. Remove the pot from the heat and add the shrimp. Allow the shrimp to slowly cook until pink, 2 to 3 minutes. Remove the shrimp from the liquid and reserve.
3. In a medium pot over medium-high heat, bring the water to a boil. Stir in the couscous. Cook for 5 to 7 minutes. Drain. Let it cool.

4. Preheat the oven to 450°F.
5. In a large bowl, mix the bell pepper, zucchini, eggplant, onion, jalapeño, and oil. Season with salt and pepper as needed.
6. Place the vegetables on a sheet pan and bake in the preheated oven until the vegetables are cooked but still firm, about 7 minutes. Remove the vegetables from the oven and allow them to cool until just cool enough to handle.
7. Small dice the vegetables and add them to a large mixing bowl.
8. Fold in the vinegar, mint, lemon zest, lemon juice, oil, cilantro, reserved couscous, and reserved shrimp.
9. Transfer to a large serving bowl. Garnish with the chopped mint.

**Note:** For a more complex seafood dish, add crab, lobster, calamari, and/ or octopus.

# BAKED CLAMS WITH SMOKED BACON AND PEPPERS

Yield: 6 portions

Ingredients	Amounts
Wine, white, dry	1 cup
Clams, littleneck, cleaned	18 ea.
Pork, bacon, smoked, slices, small diced	2 ea.
Butter, unsalted	1 cup
Shallot, small diced	½ cup
Garlic, clove, minced	1 Tbsp.
Chile, jalapeño, minced	1 Tbsp.
Pepper, bell, green, small diced	½ cup
Pepper, bell, red, small diced	½ cup
Pork, bacon, smoked, sliced, cut in thirds	6 ea.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Lemon, zest	1 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Breadcrumbs	1 cup
Salt, sea, fine	to taste
Pepper, black, ground	to taste
Chive, fresh, sliced	1 Tbsp.
Tabasco sauce	1 Tbsp.

## Method

1. Place the wine in a medium pot over low heat. Add the clams and cover with a lid. Steam the clams until they open, about 6 minutes. Remove the clams from the pot and let them cool until they can be handled. Strain, cool, and reserve the cooking liquid.
2. Remove the clams from their shells, roughly chop, and reserve. Reserve the clam shells.
3. Preheat the oven to 325°F.
4. For the stuffing, in a large sauté pan, render the bacon over low heat until crispy, 10 to 12 minutes. Remove and reserve the bacon, leaving the fat in the pan.
5. Increase the heat to medium-low. Add the butter and heat until just melted. Add the shallot, garlic, jalapeño, and bell peppers. Cook until the vegetables are firm to the bite (*al dente*), about 3 minutes. Remove the vegetables from the heat, cool, and reserve.
6. Transfer the bacon to a sheet pan. Bake in the preheated oven until crispy, about 5 minutes. Drain on absorbent paper towels. Keep warm.

7. Increase the oven temperature to 375°F.
8. Transfer the reserved cooled vegetables to a large bowl. Gently fold in the parsley, lemon zest, lemon juice, Tabasco, breadcrumbs, reserved clams, ½ of the reserved clam cooking liquid, and the reserved bacon. Season with salt and pepper to taste.
9. Place the reserved clam shells on a baking sheet. Spoon the stuffing into the shells and bake in the preheated oven for 3 minutes. Serve topped with the reserved bacon chips and the chives.

**Note:** Cutting the clams into larger pieces will add more clam flavor but the texture will be chewier.

# DUNGENESS CRAB WRAPS WITH GEM LETTUCE AND CILANTRO

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Mayonnaise	¼ cup
Sour cream	¼ cup
Chili powder	1 Tbsp.
Lime, zest	2 tsp.
Lime, juice, fresh	2 Tbsp.
Crab, Dungeness, meat	2 cups
Cilantro, fresh	¼ cup
Chile, jalapeño, brunoised	1 tsp.
Pepper, bell, red, brunoised	¼ cup
Pepper, bell, yellow, brunoised	¼ cup
Cucumber, brunoised	¼ cup
Salt, sea, fine	to taste
Pepper, black, ground	to taste
Lettuce, gem, leaf	18 ea.
Tomato, cherry	10 ea.

## **Method**

1. For the crab salad, in a medium bowl, combine the mayonnaise, sour cream, chili powder, lime zest, and lime juice. Mix thoroughly. Refrigerate for 30 minutes to allow the flavors to blend.
2. Gently fold in the crab meat, cilantro, jalapeño, bell peppers, and cucumber. Season with salt and pepper to taste.
3. Lay the gem lettuce leaves on a platter. Spoon about 2 tablespoons of the crab salad into the center of each leaf.
4. Garnish with the cherry tomatoes.

**Note:** Any high-quality lump crab meat can be substituted for the Dungeness crab meat.

# DAY THREE: FLAT AND ROUND FISH

## LEARNING OBJECTIVES

**By the end of this day, you should be able to...**

- Identify key quality indicators when purchasing and receiving fresh and frozen fin fish.
- Explain how to properly gut and scale fin fish.
- Differentiate between round fish and flat fish based on anatomy and yield.
- Demonstrate fabrication techniques for both round and flat fish, including "straight" and "up and over" methods.
- Describe suitable cooking methods for lean and oily fish based on texture, fat content, and activity level.

# DAY THREE: TEAM PRODUCTION ASSIGNMENTS

## CHEF DEMO

Round and Flat Fish Fabrication

## TEAM ONE

Charred Tuna with Arugula, Sun-Dried Tomato, and Olive Salad

Grilled Swordfish with Saffron-Tomato Provençal

Crispy Black Bass with Sesame Thai Salad

## TEAM TWO

Poached Skate with Lemon Brown Butter

Slivers of Hamachi with Ponzu and Daikon Radish

Broiled Lemon Sole with Pink Peppercorns and Grilled Asparagus

## TEAM THREE

Seared Cod with Glazed Shiitake and Scallions

Roasted Monkfish with Roasted Pepper Polenta

Salmon Tartare with Dijon Mustard Emulsion

## TEAM FOUR

Red Snapper Tempura with Shredded Ginger Carrots

Baked Striped Bass with Olive Emulsion and Lemon Orzo

Pan-Fried Catfish with Farro Salad

# CHARRED TUNA WITH ARUGULA, SUN-DRIED TOMATO, AND OLIVE SALAD

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Fish, tuna, steak, 4 oz., 1-in. thick	3 ea.
Herbs de Provence spice blend	2 Tbsp.
Peppercorns, black, cracked	1 Tbsp.
Salt, kosher	as needed
Oil, olive, pure	¼ cup
Arugula	3 cups
Olives, green, quartered	¼ cup
Olives, black, quartered	¼ cup
Olives, purple, quartered	¼ cup
Tomatoes, sun-dried	½ cup
Pine nuts, minced	¼ cup
Lemon, zest	1 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Vinegar, balsamic	¼ cup
Oil, olive, extra-virgin	½ cup
Salt, sea, fine	to taste
Pepper, black, ground	to taste
Cheese, Parmesan, shaved	½ cup

## **Method**

1. Season the fish on all sides with herbs de Provence, peppercorns, and salt. Coat the fish lightly with the oil.
2. Heat a cast iron pan over medium-high heat. Once hot, sear the fish until it is very rare, about 30 seconds on each side. Remove the fish from the heat and allow them to cool. Thinly cut the fish into ¼-inch slices.
3. In a large bowl, place the arugula, olives, sun-dried tomatoes, pine nuts, lemon zest, lemon juice, balsamic vinegar, and olive oil. Toss to combine. Season with salt and pepper to taste.
4. Arrange the salad in the center of a serving platter. Top the salad with the Parmesan. Arrange the fish slices on and around the salad.

**Note:** For a sharper vinaigrette, minced garlic and Dijon mustard can be added.

# GRILLED SWORDFISH WITH SAFFRON TOMATO PROVENÇAL

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Wine, white, dry	¼ cup
Garlic, clove, minced	1 tsp.
Shallot, minced	1 Tbsp.
Saffron, threads, minced	½ tsp.
Oil, olive, pure	¼ cup
Fish, swordfish, steak, 4 oz., 1 ½-in. thick	6 ea.
Tomato, beefsteak, core removed, sliced horizontally into thirds	3 ea.
Salt, sea	as needed
Pepper, black, ground	as needed
Garlic, clove, minced	1 Tbsp.
Shallot, minced	1 Tbsp.
Oil, olive, pure	¼ cup
Breadcrumbs	½ cup
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Cheese, Parmesan, shaved	½ cup
Salt, kosher	as needed
Oil, olive, pure	as needed

## **Method**

1. For the marinade, in a large bowl, whisk the wine, garlic, shallot, saffron, and olive oil until thoroughly combined.
2. Add the fish, turning to coat it evenly on all sides. Marinate for 30 minutes.
3. Preheat the oven to 375°F. Preheat the grill to high heat.
4. Place the tomato slices on a baking sheet. Season with salt and pepper as needed. Sprinkle with the garlic, shallot, oil, breadcrumbs, parsley, and Parmesan.
5. Bake in the preheated oven for 30 minutes. Remove the tomato slices from the oven and let them cool.
6. Season the fish with salt as needed. Coat the grill grate in a light layer of oil to prevent sticking. Place the fish on the preheated grill and grill on one side for 3 minutes. Turn the fish and grill on the other side until medium rare, about 3 minutes.
7. Transfer the cooled tomato slices to a serving platter. Arrange the fish on top of the tomato slices. Drizzle with olive oil before serving.

# CRISPY BLACK BASS WITH SESAME THAI SALAD

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Vinegar, rice	¼ cup
Oil, rice	¼ cup
Fish sauce	1 Tbsp.
Oil, sesame	1 tsp.
Lime, zest	2 tsp.
Lime, juice, fresh	2 Tbsp.
Scallion (Green onion), cut on the bias	2 ea.
Thai chili paste	1 tsp.
Salt, sea, fine	to taste
Pepper, black, ground	to taste
Fish, bass, black, 4 oz. fillet	6 ea.
Salt, sea, fine	as needed
Pepper, black, ground	as needed
Flour, all-purpose	as needed
Oil, canola	as needed
Mesclun greens	3 cups
Coriander, leaves, fresh, split	¼ cup
Mint, leaves, fresh, split	¼ cup
Cashews, chopped	½ cup
Carrot, shredded	½ cup
Sesame seeds	1 Tbsp.
Papaya, green, shredded	½ cup

## **Method**

1. For the vinaigrette, in small bowl, place the rice vinegar, rice oil, fish sauce, sesame oil, lime zest, lime juice, scallion, and chili paste. Mix to combine. Season with salt and pepper to taste.
2. Blot the fish skin dry with paper towels to ensure a crispy skin. Season with salt and pepper. Dust with flour.
3. Heat the canola oil in a sauté pan over medium-high heat. Place the fish, skin side down and render the skin until crispy, 5 to 7 minutes. Turn the fish over and cook for 30 seconds. Remove the fish from the pan and rest with the skin side facing up.
4. In a serving bowl, combine the mesclun greens, coriander, mint, cashews, carrot, sesame seeds, and papaya. Add the vinaigrette. Toss gently to coat. Arrange the fish on top of the salad.

# POACHED SKATE WITH LEMON BROWN BUTTER

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Court Bouillon (Recipe follows)	½ gal.
Stock, chicken	1 cup
Lemon, juice, fresh	¼ cup
Lemon, zest	2 Tbsp.
Butter, unsalted	1 cup
Capers, non-pareil	1 Tbsp.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Fish, skate, wings, 2 oz., boneless	2 to 3 lb.
Salt, sea, fine	as needed
Pepper, black, ground	as needed

## **Method**

1. Prepare the Court Bouillon according to the directions in the following recipe.
2. For the sauce, in a pot over medium heat, reduce the chicken stock to ¼ cup. Add lemon juice and zest. Stir to combine.
3. In a separate pot over medium heat, brown the butter, stirring constantly to break up the butter solids, about 3 minutes.
4. Slowly add the brown butter into the lemon chicken stock while constantly stirring. Add the capers and parsley. Stir to incorporate.
5. Season the fish on all sides with salt and pepper as needed.
6. In a large pot over medium-high heat, bring the Court Bouillon to a simmer. Turn down the heat to medium-low. Add the fish and poach for 5 to 6 minutes. Remove the fish from the poaching liquid and drain well.
7. Transfer the fish to a serving platter. Spoon lemon butter sauce over the entire fish.

# COURT BOUILLON

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Water	5 qt.
Vinegar, wine, white	1 cup
Salt, sea, fine	4 Tbsp.
Carrot, sliced	3 cups
Onion, yellow, sliced	5 $\frac{1}{3}$ cups
Thyme, ground	$\frac{1}{8}$ tsp.
Bay leaf, dried	3 ea.
Parsley, flat-leaf, bunch, fresh	1 ea.
Peppercorns, black, whole	3 Tbsp.

## **Method**

1. In a large pot over medium-high heat, place the water, vinegar, salt, carrot, onion, thyme, bay leaf, and parsley. Simmer for 50 minutes.
2. Add the peppercorns. Simmer for 10 minutes.
3. Strain through a fine-mesh strainer.
4. The court bouillon is ready to use.

# SLIVERS OF HAMACHI WITH PONZU AND DAIKON RADISH

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Fish, hamachi, sashimi-grade	1 lb.
Radish, daikon	2 Tbsp.
Radish, red, thinly sliced	12 ea.
Scallion (Green onion), cut on the bias	2 ea.
Salt, sea, fine	as needed
Togarashi, ground	as needed
Soy sauce	¼ cup
Wasabi	1 tsp.
Ginger, pickled	1 Tbsp.
Lemon, juice, fresh	1 Tbsp.
Orange, juice, fresh	½ Tbsp.
Lime, juice, fresh	1 Tbsp.
Oil, canola	¼ cup
Crackers, rice	as needed

## **Method**

1. Using a very sharp, clean knife, thinly slice the fish on the bias into 1 to 1½-inch slivers, taking care not to tear the flesh.
2. Arrange the slices in a flat circle on a serving platter. Garnish each piece with daikon, red radish, and scallion. Season lightly with salt and togarashi as needed.
3. For the sauce, in a small bowl, place the soy sauce, wasabi, ginger, lemon juice, orange juice, lime juice, and canola oil. Whisk until slightly emulsified, about 1 minute.
4. Drizzle the sauce over and around the fish. Serve immediately with rice crackers.

**Note:** Nori chips can be substituted for the rice crackers.

# BROILED LEMON SOLE WITH PINK PEPPERCORNS AND GRILLED ASPARAGUS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Asparagus, stalk	18 ea.
Oil, olive, pure	¼ cup
Salt, sea, fine	1 Tbsp.
Pepper, black, ground	1 Tbsp.
Fish, sole, lemon, fillet	6 ea.
Garlic, clove, thinly sliced	2 Tbsp.
Shallot, thinly sliced	1 ea.
Oil, olive, pure	¼ cup
Wine, white, dry	½ cup
Lemon, zest	1 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Butter, unsalted, melted	½ cup
Chive, fresh, thinly sliced	1 Tbsp.
Salt, sea, fine	as needed
Peppercorns, pink, ground	as needed

## **Method**

1. In a large bowl, place the asparagus, oil, salt, and pepper. Mix to fully coat the asparagus. Marinate for 1 hour.
2. Arrange the fish in a large glass baking dish in a single layer, making sure the pieces do not overlap. Sprinkle evenly with the garlic and shallot.
3. In a small bowl, whisk the oil, wine, lemon zest, lemon juice, butter, and chives until combined. Pour the mixture over the fish. Season with salt and pink peppercorns as needed.
4. Preheat the grill to medium-high heat. Preheat the broiler to low heat.
5. Coat the grill grate in a light layer of oil to prevent sticking. Grill the asparagus for 3 to 5 minutes, turning every 30 seconds.
6. Place the fish under the preheated broiler and cook until done, about 3 minutes.
7. Arrange the asparagus on a serving platter. Place the fish on top. Spoon the pan juices from the fish over top of the fish and asparagus.

**Note:** For a stronger fish flavor, keep the skin on the fish.

# SEARED COD WITH GLAZED SHIITAKE AND SCALLIONS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Water	½ cup
Garlic, clove, minced	1 tsp.
Ginger, fresh, minced	1 Tbsp.
Shallot, minced	1 Tbsp.
Butter, unsalted	1 cup
Soy sauce	¼ cup
Salt, sea, fine	to taste
Pepper, black, ground	to taste
Mushroom, shiitake, cut in half	18 ea.
Butter, unsalted	¼ cup
Sugar, brown	1 Tbsp.
Water	¼ cup
Sriracha	2 Tbsp.
Soy sauce	2 Tbsp.
Scallion (Green onion)	3 ea.
Water, cool	as needed
Fish, cod, fillet, room temp.	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	as needed
Oil, canola	¼ cup

## **Method**

1. For the sauce, in a saucepot over medium heat, place the water, garlic, ginger, and shallot. Stir to combine. Cook for 5 minutes.
2. Add the butter and soy sauce. Stir to combine. Season with salt and pepper to taste. Reserve.
3. In a separate saucepot over medium heat, place the mushrooms, butter, brown sugar, and water. Simmer for 3 to 4 minutes.
4. Add the sriracha and soy sauce. Stir to combine. Reserve.
5. Cut the scallions very thinly on a very long bias. Transfer to a large bowl, cover with cool water, and reserve.
6. Season the fillets with salt and pepper as needed. Dust with the flour.

7. Heat the oil in a large sauté pan over medium heat. Cook the fish until golden brown and translucent in the middle, 3 to 4 minutes per side. Remove the fillets from pan and let them rest.
8. Arrange the reserved mushroom mixture in a neat circle on each serving plate. Place the fish in the center and top with the reserved scallions. Spoon the warm sauce over top to finish.

**Note:** Remove the fish from the refrigerator and allow it to come to room temperature before cooking. This provides a gentler cooking process.

# ROASTED MONKFISH WITH ROASTED PEPPER POLENTA

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pepper, bell, yellow	3 ea.
Oil, olive, pure	¼ cup
Garlic, clove, minced	1 tsp.
Shallot	1 ea.
Water	½ cup
Polenta, cooked	1 cup
Cheese, Parmesan, grated	¼ cup
Salt, sea, fine	to taste
Fish, monkfish, tails	3 lb.
Salt, sea, fine	as needed
Pepper, black, ground	as needed
Flour, all-purpose	as needed
Oil, canola	½ cup

## **Method**

1. Preheat the oven to 450°F.
2. Roast the yellow bell peppers over an open flame to char the skin and cook the pepper. Remove the skin and seeds. Reserve.
3. In a pot, place the oil, garlic, and shallot. Lightly cook for 1 minute.
4. Add the cooked yellow pepper and water. Cover and simmer for 5 minutes. Remove the pot from the heat and cool. Transfer the mixture to a blender. Add the polenta and Parmesan. Purée until completely smooth. Season with salt to taste. The purée should be light in texture. Add a splash of water to adjust the consistency, if needed.
5. Season the fish with salt and pepper as needed. Dust in the flour.
6. Heat the oil in an oven-safe pan over medium-high heat. Sear the fish on one side, about 3 minutes. Gently turn the fish over and place the pan in the preheated oven for 5 minutes. Remove the pan from oven and let the fish rest for 5 minutes.
7. Place the fish seared side down and cut into ½-inch slices. Spoon the yellow pepper purée onto the center of each plate and use the back of the spoon to gently spread it into a smooth circle. Arrange the fish slices, seared side down, on top of the purée.

**Note:** Placing the fish seared side down when cutting will make it less likely to tear apart.

# SALMON TARTARE WITH DIJON MUSTARD EMULSION

Yield: 6 portions

Ingredients	Amounts
Fish, salmon, fillet	16 oz.
Mustard, Dijon	¼ cup
Vinegar, wine, red	¼ cup
Mustard, whole-grain	1 Tbsp.
Mayonnaise	½ Tbsp.
Sour cream	¼ cup
Salt, sea, fine	to taste
Pepper, black, ground	to taste
Shallot, brunoised	¼ cup
Chive, fresh, sliced	¼ cup
Lemon, zest	1 tsp.
Capers, chopped	1 Tbsp.
Dill, fresh, chopped	1 Tbsp.
Oil, olive, pure	¼ cup
Salt, sea	to taste
Pepper, black, ground	to taste
Endive, leaf	18 ea.

## Method

1. Small dice the fish fillet. Refrigerate and reserve.
2. For the sauce, in a small bowl, place the Dijon mustard, vinegar, whole-grain mustard, mayonnaise, and sour cream. Using an immersion blender, blend the sauce until it is very smooth. Add a little water to adjust the consistency, if needed. Season with salt and pepper to taste.
3. For the tartare, in large mixing bowl, place the reserved fish, shallot, chives, lemon zest, capers, dill, and oil. Carefully mix to combine, being careful not to break up the fish. Season with salt and pepper to taste.
4. Season the endive leaves with salt and pepper as needed. Arrange 3 leaves per plate.
5. Using two spoons, form the tartare mixture into an egg-like shape (*quenelle*) and place it on top of an endive leaf. Repeat this process with the remaining tartare. Drizzle the sauce lightly over the tartare.

**Note:** When making tartare, always mix and serve immediately for a fresh taste.

# RED SNAPPER TEMPURA WITH SHREDDED GINGER CARROTS

*Yield: 6 portions*

Ingredients	Amounts
Carrot, shredded	3 cups
Vinegar, rice	¼ cup
Soy sauce	2 Tbsp.
Garlic, clove, minced	¼ tsp.
Ginger, pickled, minced	1 Tbsp.
Sriracha	1 Tbsp.
Oil, sesame	1 Tbsp.
Scallion (Green onion), thinly sliced	¼ cup
Sesame seeds	1 Tbsp.
Wine, rice, sweet, Japanese ( <i>Mirin</i> )	1 Tbsp.
Salt, sea, fine	to taste
Togarashi, ground	to taste
Fish, snapper, red, fillet	6 ea.
Oil, canola	as needed
Flour, rice	1 cup
Cornstarch	¼ cup
Baking powder	½ tsp.
Egg, yolk	1 ea.
Salt, sea, fine	as needed
Togarashi, ground	as needed
Seltzer	1 cup
Egg, white, lightly beaten	2 ea.

## Method

1. For the carrot salad, in a large bowl, place the carrot, vinegar, soy sauce, garlic, ginger, sriracha, oil, scallion, sesame seeds, and mirin. Season with salt and togarashi to taste. Marinate for 1 hour.
2. Cut the fish into 1-inch strips. Reserve.
3. Preheat the oil in a large pot to 375°F.
4. For the tempura batter, in a medium bowl, place the flour, cornstarch, baking powder, and egg yolk. Season with salt and togarashi as needed. Stir until just combined.
5. Add the seltzer and mix until the batter is smooth.
6. In a separate bowl, lightly beat the egg whites. Fold them into the batter.

7. Coat the reserved fish strips with the batter. Fry in the preheated oil until golden brown, 1 to 2 minutes. Drain any excess oil on absorbent paper towels. Repeat with the remaining fish strips.
8. Place a spoonful of the carrot salad in the center of each plate and arrange the fish tempura neatly on top.

**Note:** Tempura batter is delicate, so be sure to drain thoroughly to remove excess oil after frying.

# BAKED STRIPED BASS WITH OLIVE EMULSION AND LEMON ORZO

Yield: 6 portions

Ingredients	Amounts
Pasta, orzo	3 cups
Salt, kosher	as needed
Stock, chicken	½ gal.
Oil, olive, pure	¼ cup
Fennel, small diced	½ cup
Chive, fresh, sliced	1 Tbsp.
Oregano, leaves, fresh, chopped	1 tsp.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Lemon, zest	1 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Salt, sea, fine	to taste
Pepper, black, ground	to taste
Olives, kalamata	1 cup
Oil, olive, extra-virgin	1 cup
Vinegar, wine, red	¼ cup
Mustard, Dijon	1 Tbsp.
Fish, bass, striped, fillet	6 ea.
Lemon, zest	1 Tbsp.
Oil, olive, pure	¼ cup
Salt, sea, fine	1 Tbsp.
Pepper, black, ground	1 Tbsp.

## Method

1. Preheat the oven to 350°F.
2. Bring a pot of salted water to a boil. Add the orzo and boil until firm to the bite (*al dente*), 5 to 8 minutes.
3. In a bowl, place the cooked orzo, stock, oil, fennel, chives, oregano, parsley, lemon zest, and lemon juice. Stir to combine. Season with salt and pepper to taste. Reserve.
4. For the sauce, in a blender or food processor, place the olives, oil, vinegar, and mustard. Purée until smooth. Reserve.
5. Temper the fish by removing it from the refrigerator 30 minutes before cooking. Combine the fish, lemon zest, and oil. Season with the salt and pepper.

6. Place the fish on a baking sheet. Bake in the preheated oven until the fish is medium rare, 4 to 6 minutes. Remove the fish from the oven and rest until it is translucent in the middle, about 5 minutes.
7. Place the reserved orzo in the middle of a serving platter. Place the fish over top. Drizzle the reserved sauce over the fish and around the platter.

# PAN-FRIED CATFISH WITH FARRO SALAD

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Salt, sea, salt	as needed
Pepper, black, ground	as needed
Chili powder	2 Tbsp.
Garlic, powder	1 Tbsp.
Catfish, fillet	6 ea.
Flour, all-purpose	1/4 cup
Egg, whole, beaten	2 ea.
Cornmeal, fine	1/2 cup
Farro, raw	1/2 cup
Onion, red, small diced	1/2 cup
Chile, jalapeño, minced	1/4 cup
Lime, juice, fresh	1/4 cup
Pepper, bell, yellow, small diced	1/2 cup
Salt, sea, fine	as needed
Pepper, black, ground	as needed
Tomato Concassé (See prior recipe)	1/2 lb.
Oil, olive, pure	1/4 cup
Cilantro, fresh, chopped	1 Tbsp.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Lime, zest	4 tsp.
Oil, canola	as needed
Salt, sea, fine	as needed
Pepper, black, ground	as needed

## **Method**

1. In a small bowl, place the salt, pepper, chili powder, and garlic powder. Mix to combine.
2. Season the fish with the mixture. Dust them with flour, dip in the beaten egg, then the cornmeal. Reserve.
3. In a medium saucepot, bring 2 cups water to a simmer. Add the farro. Simmer for 15 minutes. Drain and cool.
4. For the salad, in a large bowl, place the red onion, jalapeño, lime juice, salt, and pepper. Marinate for 10 minutes.

5. Add the cooked farro, tomato concassé, oil, cilantro, parsley, and lime zest. Mix gently.
6. Heat a large frying pan over medium heat. Add enough oil to come halfway up the side of the pan. Add the reserved fish and fry until golden brown and cooked through, about 2 minutes. Drain on paper towels.
7. Season with salt and pepper to taste. Serve topped with salsa.

# DAY FOUR: GLOBAL FISH AND SHELLFISH DISHES

## LEARNING OBJECTIVES

**By the end of this day, you should be able to...**

- Identify key regional and global fish and seafood varieties used in professional kitchens.
- Describe common cooking techniques used in global seafood preparation.
- Recognize iconic seafood dishes and connect them to their cultural and geographic origins.
- Explain regional flavor profiles, including common herbs, spices, marinades, and sauces used in seafood dishes around the world.
- Apply global techniques and ingredients to create seafood dishes that reflect traditional flavor combinations and methods.

# DAY FOUR: TEAM PRODUCTION ASSIGNMENTS

## CHEF DEMO

Hot Smoking, En papillote, Blackening Methods

## TEAM ONE

Andouille, Okra, and Shrimp Gumbo  
Beer-Battered Cod with Red and Green Cabbage

## TEAM TWO

Charred Red Fish with Dirty Rice  
Maryland Blue Crab Cakes with Lemon-Cucumber Salad

## TEAM THREE

Striped Bass with Tomato Jam, Anchovy, and Olive Mignonette  
Smoked Sea Trout with Watercress and Yogurt

## TEAM FOUR

Halibut en Papillote with Button Mushrooms  
Yellowfin Tuna Carpaccio with Potato Crisps

# ANDOUILLE, OKRA, AND SHRIMP GUMBO

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, canola	¼ cup
Flour, all-purpose	¼ cup
Onion, yellow, small diced	½ cup
Pepper, bell, green, small diced	½ cup
Celery, stalk, small diced	½ cup
Scallion (Green onion), small diced	¼ cup
Salt, sea, fine	1 Tbsp.
Garlic, clove, minced	1 Tbsp.
Chile, cayenne, flakes	½ tsp.
Red pepper flakes	1 tsp.
Tomato, peeled, seeded, small diced	½ cup
Okra	½ cup
Stock, chicken	4 cups
Shrimp, 16/20, peeled, de-veined	24 ea.
Pork, sausage, andouille, small diced	1 cup
Gumbo filé powder	1 tsp.

## **Method**

1. In a medium pot over low heat, place the oil and flour. Cook until deep brown but not burnt, 12 to 15 minutes. Cool for 5 minutes.
2. Add the onion, bell pepper, celery, and scallions. Cook until the vegetables are tender, about 5 minutes.
3. Stir in the salt, garlic, cayenne, and red pepper flakes. Cook for 1 to 2 minutes.
4. Stir in the tomatoes, okra, and stock. Simmer over low heat for 30 minutes.
5. Add the shrimp, sausage, and filé powder. Cook at a low simmer just until the shrimp turns pink, 3 to 5 minutes.
6. Adjust the seasonings to taste.

**Note:** Gumbo should be a light consistency. Add more stock if it is too thick.

# BEER-BATTERED COD WITH RED AND GREEN CABBAGE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Cabbage, green, shredded	1 cup
Cabbage, red, shredded	1 cup
Carrot, shredded	½ cup
Mayonnaise	1 cup
Vinegar, cider	¼ cup
Apple, peeled, small diced	1 cup
Celery, seed	1 tsp.
Celery, stalk, small diced	¼ cup
Sugar, granulated	1 Tbsp.
Salt, sea	to taste
Pepper, black, ground	to taste
Flour, all-purpose	1 cup
Lemon, zest	½ Tbsp.
Lemon, juice, fresh	1 Tbsp.
Cornstarch	½ cup
Egg, whole	2 ea.
Garlic, powder	1 tsp.
Onion, powder	1 tsp.
Salt, sea, fine	1 Tbsp.
Pepper, white, ground	1 tsp.
Beer, light	½ cup
Fish, cod, fillet, 6 oz., boneless, skinless	6 ea.
Flour, all-purpose	as needed

## **Method**

1. Preheat the fryer to 350°F.
2. For the coleslaw, in a large bowl, place the green cabbage, red cabbage, carrot, mayonnaise, vinegar, apple, celery seed, celery, and sugar. Mix to combine. Season with salt and pepper to taste. Refrigerate for 1 hour.
3. For the beer batter, in a medium bowl, place the flour, lemon zest, lemon juice, cornstarch, egg, garlic powder, onion powder, salt, pepper, and beer. Whisk until smooth.
4. Lightly dredge the fish in flour, shaking off any excess. Dip each piece into the batter, making sure it is evenly coated on all sides.

5. Fry the fish in the preheated fryer until golden brown and cooked through, 3 to 4 minutes.
6. Serve with the coleslaw on the side.

**Note:** For a more acidic coleslaw, add more vinegar. For a less acidic coleslaw, add more mayonnaise.

# CHARRED RED FISH WITH DIRTY RICE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Chile, cayenne, ground	1 tsp.
Pepper, black, ground	1 tsp.
Garlic, powder	1 tsp.
Onion, powder	1 tsp.
Salt, sea, fine	2 Tbsp.
Paprika, ground	1 tsp.
Oregano, dried	1 tsp.
Parsley, dried	1 tsp.
Salt, sea, fine	to taste
Pepper, black, ground	to taste
Fish, red, fillet, 5 oz., boneless, skinless	6 ea.
Butter, unsalted, melted	1 cup
Dirty Rice (Recipe follows)	1x recipe
Lemon, cut into wedges	6 ea.

## **Method**

1. For the seasoning, in a small bowl, combine the cayenne, black pepper, garlic powder, onion powder, salt, paprika, oregano, and parsley. Season with salt and pepper as needed.
2. Coat the fish on all sides with the seasoning. Dip each piece into the melted butter and turn to coat completely.
3. Heat a large cast iron skillet over high heat. Place the fish in the skillet and char each side, about 1 minute per side.
4. Remove the fish from the skillet and rest for 3 to 5 minutes, allowing the carryover to cook the fish the rest of the way.
5. Serve the fish on top of the Dirty Rice. Garnish with the lemon wedges.

# DIRTY RICE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, gizzard	1/4 cup
Chicken, liver	1/2 cup
Butter, unsalted	1/4 cup
Water	1/4 cup
Pork, ground	1/2 cup
Onion, yellow, small diced	1 cup
Garlic, clove, minced	1 Tbsp.
Rice, long-grain, white	1 1/2 cups
Stock, chicken	3 cups
Salt, sea, fine	as needed
Pepper, black, ground	as needed
Hot sauce	1/4 cup

## **Method**

1. Preheat the oven to 350°F.
2. In a small pot, place the chicken parts, butter, and water. Cook for 5 minutes, remove the pot from the heat, and cool. Chop the chicken parts and reserve.
3. In a 2-quart pot, place the pork. Lightly cook for 5 minutes, stirring to break up any large chunks. Be careful not to brown.
4. Add the onion and garlic. Cook for 3 minutes.
5. Add the rice and chicken stock. Season with salt and pepper as needed.
6. Place the pot in the preheated oven and cook for 15 minutes. Remove from the oven and rest for 10 minutes.
7. Gently fluff the rice with a fork. Fold in the reserved chicken parts. Finish with the hot sauce.

**Note:** For meatier rice, add more chicken liver.

# MARYLAND BLUE CRAB CAKES WITH LEMON-CUCUMBER SALAD

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Mayonnaise	1/2 cup
Egg, whole	2 ea.
Breadcrumbs, fresh, ground	1 cup
Parsley, flat-leaf, fresh, chopped	1 tsp.
Lemon, zest	1/2 Tbsp.
Lemon, juice, fresh	1 Tbsp.
Tabasco sauce	1 tsp.
Salt, sea, fine	to taste
Pepper, black, ground	to taste
Crab, meat, picked	1 1/2 lb.
Onion, red, thinly sliced	1/2 cup
Lemon, zest	1/2 Tbsp.
Lemon, juice, fresh	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cucumber, mini	4 ea.
Sour cream	1 cup
Dill, fresh, chopped	2 Tbsp.
Flour, all-purpose	as needed
Oil, canola	as needed

## **Method**

1. In a bowl, combine the mayonnaise, egg, breadcrumbs, parsley, lemon zest and juice, Tabasco, salt, and pepper. Let it stand for 5 minutes.
2. Gently fold in the crab meat until thoroughly combined. Form 6 patties, 3 inches in diameter and 1-inch thick. Chill for 10 minutes.
3. For the salad, in separate bowl, combine the onion, lemon zest, and lemon juice. Season with salt and pepper as needed. Macerate for 10 minutes.
4. Add the cucumber, sour cream, and dill. Mix well. Chill in the refrigerator. Reserve.
5. Lightly flour crab patties, turning to coat on all sides. Heat the oil in a sauté pan over low heat. Cook until golden brown and heated through, 2 to 4 minutes per side.
6. Serve the crab cakes over the lemon cucumber salad.

# STRIPED BASS WITH TOMATO JAM, ANCHOVY, AND OLIVE MIGNONETTE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, pure	¼ cup
Garlic, clove, minced	1 Tbsp.
Shallot, minced	1 Tbsp.
Wine, red	½ cup
Tomato, purée	½ cup
Red pepper flakes	½ tsp.
Salt, kosher	to taste
Basil, leaves, fresh, chopped	1 Tbsp.
Olives, kalamata	½ cup
Olives, green	½ cup
Anchovy, fillet	2 Tbsp.
Capers, non-pareil	1 Tbsp.
Oil, olive, pure	¼ cup
Peppercorns, black, cracked	1 Tbsp.
Lemon, zest	½ Tbsp.
Lemon, juice, fresh	1 Tbsp.
Salt, sea, fine	as needed
Pepper, black, ground	as needed
Fish, bass, striped, fillet, 5 oz.	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	¼ cup
Wine, white, dry	½ cup
Tomato Concassé (See prior recipe)	1 cup

## **Method**

1. For the jam, heat the oil in a saucepan over low heat. Add the garlic and shallot. Cook for 2 minutes. Be careful not to brown.
2. Add the wine, tomato purée, and red pepper flakes. Season with salt to taste. Cook for 20 minutes.
3. Add the basil. Remove the pan from the heat and cool.
4. Preheat oven to 350°F.

5. For the mignonette, in a large bowl, combine the olives, anchovy, capers, oil, cracked pepper, lemon zest, and lemon juice. Season with salt and pepper as needed. Macerate for 10 minutes.
6. Season the fish with salt and pepper as needed. Lightly coat the fish in the oil, turning to coat evenly on all sides. Place the seasoned fish in a baking dish and add the wine. Bake in the preheated oven for 6 to 8 minutes, depending on fish thickness.
7. Spoon the jam onto a serving plate. Place the fish on top and drizzle with the mignonette. Garnish with the Tomato Concassé.

**Note:** This dish can be served with any white fish.

# SMOKED SEA TROUT WITH WATERCRESS AND YOGURT

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Yogurt	1 cup
Wasabi	1 Tbsp.
Ginger, pickled	1 Tbsp.
Togarashi, ground	½ tsp.
Watercress, micro	3 cups
Water	1 cup
Sugar, granulated	¼ cup
Salt, sea, fine	¼ cup
Pepper, white, ground	4 Tbsp.
Fish, sea trout, fillet	2 lb.
Wood chips	1 cup

## **Method**

1. For the salad, in a bowl, combine the yogurt, wasabi, pickled ginger, togarashi, and watercress. Refrigerate and reserve.
2. In a separate bowl, combine the water, sugar, salt, and pepper. Add the fish and brine for 2 minutes. Remove the fish from the brine and transfer to a rack.
3. To smoke, heat the wood chips in a cast iron pan over high heat until smoking. Transfer the smoking chips to a deep, ½ hotel pan. Place the rack with the fish over the smoking chips. Cover the hotel pan with foil.
4. Smoke the fish until the internal temperature reaches 145°F, 10 to 15 minutes.
5. Transfer the fish to a serving platter. Top each fillet with a portion of the reserved salad.

# HALIBUT EN PAPILOTE WITH BUTTON MUSHROOMS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lemon, juice, fresh	1 ea.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Salt, sea, fine	to taste
Pepper, black, ground	to taste
Fish, halibut, fillet, 5 oz.	6 ea.
Butter, unsalted	$\frac{3}{4}$ cup
Garlic, clove, thinly sliced	1 Tbsp.
Shallot, thinly sliced	2 Tbsp.
Leeks, whites only	1 cup
Mushroom, button	3 cups
Wine, white, dry	1 cup
Salt, sea, fine	to taste
Pepper, black, ground	to taste
Butter, unsalted, melted	$\frac{1}{4}$ cup

## **Method**

1. Preheat the oven to 375°F.
2. In a large bowl, combine the lemon juice and parsley. Season with salt and pepper to taste. Add the fish, turning to coat on all sides. Marinate for 5 minutes.
3. In a medium pot over low heat, melt the butter. Add the garlic, shallots, and leeks. Cook for 3 minutes. Add the mushrooms and white wine. Cook for 5 minutes. Season with salt and pepper to taste. Cool.
4. Cut each piece of parchment paper into a heart shape large enough to enclose a fillet. Brush with the melted butter.
5. Add the mushroom and leek mixture to the center of the parchment paper. Reserve the mushroom and leek broth that has formed for later use as the sauce. Lay the fish over the mixture.
6. To close the parchment, fold the parchment over to enclose the filling. Tightly crimp or pleat the edges to create a sealed half-moon-shaped packet (see chef demo). Be sure the packet is completely sealed so the steam cannot escape during cooking.
7. Transfer the fish en papillate onto a baking sheet. Cook the fish in the preheated oven for 10 minutes. Remove from the oven and rest for 5 minutes.
8. Cut the paper open with a small sharp knife or scissors. Carefully transfer the fish, mushrooms, and leeks to a serving plate. Drizzle with the reserved mushroom and leek broth.

# YELLOWFIN TUNA CARPACCIO WITH POTATO CRISPS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, yellow	3 ea.
Oil, vegetable	as needed
Salt, sea, fine	to taste
Togarashi, ground	1 Tbsp.
Ginger, fresh, minced	2 Tbsp.
Oil, canola	½ cup
Fish, tuna, yellowfin, thinly sliced	1 ½ lb.
Chile, jalapeño, minced	½ Tbsp.
Wasabi	1 Tbsp.
Sesame seeds	1 Tbsp.
Scallion (Green onion), chopped	¼ cup
Lime, zest	2 tsp.
Lime, juice, fresh	2 Tbsp.

## **Method**

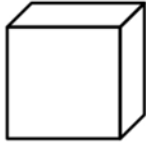
1. Preheat the fryer to 325°F.
2. For the potato crisps, cut the potatoes into 30 circles, about ⅛-inch thick. Rinse in cold water to remove the starch and pat dry.
3. Fry the potatoes in the preheated fryer until light brown, 2 to 3 minutes. Drain on absorbent paper towels. Season with the salt and togarashi. Keep warm and reserve.
4. In a small saucepan over low heat, combine the ginger and oil. Simmer for 5 minutes. Remove from the heat and cool. Transfer to a blender or food processor and blend until smooth.
5. Thinly slice the fish and lay the slices in one even layer on a sheet of plastic wrap. Cover the tops of the fish with another sheet of plastic wrap. Gently pound the fish into a very thin layer, being sure to keep the same thickness throughout. Place a 4-inch round on top of the fish. Keeping the plastic in place, cut out six circles. Chill until needed.
6. Remove the first layer of plastic wrap. Flip the fish onto a serving platter. Remove the second layer of plastic wrap. Brush the tops of the fish with the reserved ginger oil.
7. Garnish with jalapeno, wasabi, sesame seeds, scallion, lime zest and lime juice. Top with the potato crisps.

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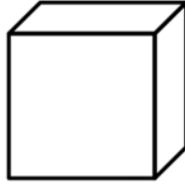
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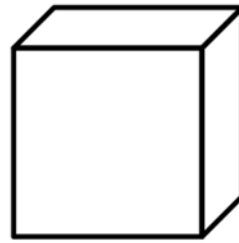
# BASIC KNIFE CUTS



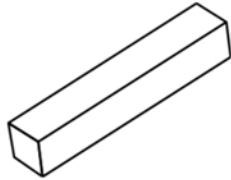
**Small Dice**  
1/4" cube



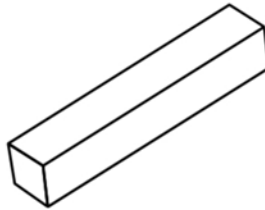
**Medium Dice**  
1/2" cube



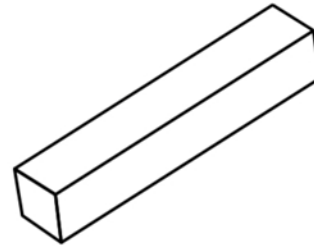
**Large Dice**  
3/4" cube



**Fine Julienne**  
1/16" sq x 2 inch



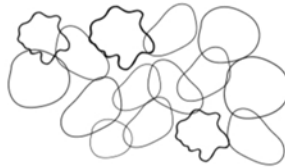
**Julienne**  
1/8" sq x 2 inch



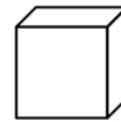
**Batonnet**  
1/4" sq x 2 inch



**Mince**  
<1/16" cube



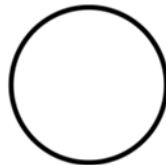
**Chop**  
1/8"-1/4" cube



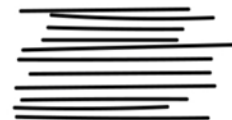
**Brunoise**  
1/8" cube (fine dice)



**Bias**  
diagonal cut



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



**Chiffonade**  
rolled, sliced thin

# CONVERSION TABLES

## METRIC WEIGHTS AND MEASURES EQUIVALENCIES

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

## METRIC CONVERSION TABLE

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

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

## TEMPERATURE EQUIVALENCIES

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

## US CUSTOMARY LIQUID VOLUME CONVERSIONS

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

## US TO METRIC DRY MEASURES CONVERSIONS

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

## VOLUME MEASURE CONVERSIONS

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

## RECIPE YIELD

Original	Cut in Half	Cut in Third
<b>1 cup</b>	½ cup	⅓ cup
<b>¾ cup</b>	6 Tbsp.	¼ cup
<b>⅔ cup</b>	⅓ cup	3 Tbsp. + 1 ½ tsp.
<b>½ cup</b>	¼ cup	2 Tbsp. + 2 tsp.
<b>⅓ cup</b>	2 Tbsp. + 2 tsp.	1 Tbsp. + 1 ¼ tsp.
<b>¼ cup</b>	2 Tbsp.	1 Tbsp. + 1 tsp.
<b>1 Tbsp.</b>	1 + ½ tsp.	1 tsp.
<b>1 tsp.</b>	½ tsp.	⅓ tsp.
<b>½ tsp.</b>	¼ tsp.	⅛ tsp.
<b>¼ tsp.</b>	⅛ tsp.	dash

These materials were developed at the Culinary Institute of America.

Seafood Boot Camp 4 Day Course Guide v.150.docx

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