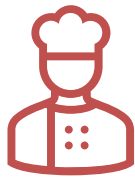




Culinary Institute
of America

Spain and the World Table

WELCOME!



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Expectations for Participants

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

KITCHEN RESPONSIBILITIES

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



RECIPE MISE EN PLACE

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



KNIFE SAFETY

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

FOOD SAFETY

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



TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Jamón and Arugula Salad with Cabrales and Hazelnut Vinaigrette

Grilled Lamb Chops with Salsa de Pasitas Rojas and Fennel Salad

Manchego Croquettes with Quince Sauce (Optional)

TEAM TWO

Hazelnut-Crusted Halibut with Spicy Romesco Sauce

Paella with Vegetables

Vegetable Broth

Chorizo-Stuffed Mushrooms (Optional)

TEAM THREE

Shrimp in Garlic

Piquillo Peppers Stuffed with Dungeness Crab

Minted Lamb Meatballs with Almond Sherry Sauce (Optional)

TEAM FOUR

Chicken Chilindrón

Catalan Salmon

Tortilla Española (Optional)

JAMÓN AND ARUGULA SALAD WITH CABRALES AND HAZELNUT VINAIGRETTE

Yield: 8 portions

Ingredients	Amounts
Hazelnuts, whole	1/2 cup
Hazelnut, paste	1/4 cup
Vinegar, Champagne	2 Tbsp.
Shallot, minced	1/2 tsp.
Oil, grapeseed	1/2 cup
Salt, kosher	1/2 tsp.
Pepper, black, ground	1/8 tsp.
Arugula	8 cups
Pork, ham, serrano, slice	8 ea.
Cheese, Cabrales, crumbled	1/2 cup

Method

1. In a dry skillet over medium heat, place the hazelnuts in a single layer. Toast, stirring occasionally, until golden brown, 5 to 10 minutes. Finely chop. Reserve.
2. For the dressing, in a small bowl place the hazelnut paste, vinegar, and shallots. Whisk to combine.
3. Slowly whisk in the grapeseed oil until incorporated.
4. Season with the salt and pepper.
5. In a large bowl, place the arugula and 1/4 cup of the dressing. Toss to combine. Add more dressing to taste.
6. Place the ham slices on a serving platter. Top with the arugula. Garnish with the cheese and reserved, toasted hazelnuts.

GRILLED LAMB CHOPS WITH SALSA DE PASITAS ROJAS AND FENNEL SALAD

Yield: 8 portions

Ingredients	Amounts
Fennel, bulb, large, green tops removed	4 ea.
Olive, black, pitted, slivered	1/2 cup
Oil, olive, extra virgin	1/4 cup
Lemon, juice, fresh	4 tsp.
Salt, kosher	1/8 tsp.
Pepper, black, ground	1/8 tsp.
Lamb, loin chop, 1-inch thick	16 ea.
Oil, olive, extra virgin	7 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	1/4 tsp.
Salsa de Pasitas Rojas (Recipe follows)	2 cups
Oil, olive, extra virgin	8 tsp.

Method

1. For the fennel salad, cut the fennel bulbs in quarters lengthwise. Remove the core and any tough outer leaves. Slice the bulbs vertically into 1/4-inch shards by hand or on a mandoline.
2. In a large bowl, place the olives, olive oil, and lemon juice. Add the salt and pepper.
3. Add the fennel shards. Toss to coat lightly. Adjust the seasoning to taste. Reserve.
4. Preheat grill to medium-high heat.
5. Rub the lamb chops with the oil. Season with the salt and pepper. Grill until medium rare, about 5 minutes per side.
6. To serve, arrange the grilled lamb chops on a serving platter. Add the fennel salad and 2 teaspoons of the Salsa de Pasitas Rojas over each lamb chop. Drizzle the oil over the platter.
7. Serve with extra salsa in a separate bowl.

SALSA DE PASITAS ROJAS

Yield: 2 cups

Ingredients	Amounts
Chile, pasilla, dried, seeded	2 ea.
Garlic, clove, halved	1 cup
Almonds, raw, whole	½ cup
Raisins	½ cup
Olive, black, pitted	¼ cup
Lemon, zest, fresh	¼ cup
Oil, olive, extra virgin	1 cup
Anchovy, white	2 ea.
Broth, chicken	⅔ cup
Vinegar, balsamic	4 tsp.
Salt, kosher	2 tsp.

Method

1. In a small bowl of hot water, place the dried chiles. Soak until softened, 20 to 30 minutes.
2. In a large sauté pan over low heat, place the soaked chiles, garlic, almonds, raisins, olives, lemon zest, and oil. Stir to combine. Cook until the garlic cloves are lightly browned and the raisins begin to puff, 10 to 15 minutes.
3. Add the anchovies. Remove the pan from the heat. Cool to room temperature.
4. Transfer the mixture to a food processor. Process until nearly smooth, about 1 minute. With the food processor running, add the chicken broth, vinegar, and salt. Process until nearly smooth, about 1 minute.
5. Adjust the seasoning to taste. Refrigerate until needed.

Note: Ancho chiles can be substituted for pasilla chiles.

MANCHEGO CROQUETTES WITH QUINCE SAUCE

Yield: 8 portions

Ingredients	Amounts
Potato, russet	1 lb.
Salt, kosher	¼ tsp.
Oil, olive, extra virgin	2 tsp.
Cheese, Manchego, grated	1 ⅔ cups
Scallion (Green onion), minced	2 tsp.
Parsley, flat-leaf, fresh, finely chopped	3 Tbsp.
Salt, kosher	½ tsp.
Thyme, ground	⅛ tsp.
Paprika, Spanish, hot (<i>Pimentón picante</i>), ground	⅛ tsp.
Egg, whole (Divided)	5 ea.
Vinegar, wine, red	¾ tsp.
Breadcrumbs, dried	⅔ cup
Oil, olive, pure	1 qt.
Quince Sauce (Recipe follows)	1 ⅓ cups

Method

1. In a medium saucepan, place the unpeeled potatoes and salt. Add just enough water to cover the potatoes. Bring it to a boil over medium-high heat. Cover partially and cook until tender, about 30 minutes.
2. Remove the pot from the heat. Drain the water, return the potatoes to the pot, cover tightly, and let it sit for 5 minutes.
3. Transfer the potatoes to a cutting board and cut in half. Place the potatoes flesh side down into a potato ricer. Press the flesh through the ricer and into a large bowl. Discard the skins.
4. Add the olive oil. Stir until smooth.
5. Stir in the cheese, scallions, parsley, salt, thyme, and pimentón. Adjust the seasoning to taste. (The seasoning flattens out when fried so it should be a little more aggressive than usual.)
6. Separate 2 of the eggs. Place the whites in a medium bowl. Stir the yolks into the potato mixture.
7. In a small bowl, using an electric mixer, beat the egg whites to stiff peaks at medium-high speed, about 2 minutes.
8. Add the vinegar. Beat until just combined.

9. Fold $\frac{1}{2}$ of the beaten whites into the potato mixture until thoroughly combined, then fold in the remaining half. Adjust the seasoning to taste.
10. In a separate, shallow bowl, beat the remaining 3 eggs. Reserve.
11. Spread the breadcrumbs on a baking sheet. Reserve.
12. Shape tablespoons of the potato mixture into bite-sized balls. Place them on a separate baking sheet.
13. Drop the balls one at a time into the reserved egg mixture, coat completely. Remove with a fork, allowing the excess egg to drain off.
14. Transfer the balls to the reserved breadcrumb tray. Roll the balls in the tray, covering them completely with breadcrumbs. Transfer to a parchment-lined baking sheet. Repeat this process with the remaining potato mixture.
15. Heat the oil in a wide, deep skillet to 360°F. Working in batches, fry the croquettes, turning once, until golden brown, 1 to 2 minutes.
16. Remove the croquettes from the oil with a slotted spoon. Drain on a baking sheet lined with paper towels. Keep warm.
17. Serve with the Quince Sauce.

QUINCE SAUCE

Yield: 1 1/3 cups

Ingredients	Amounts
Quince, paste (<i>Membrillo</i>)	3/4 cup
Vinegar, sherry	4 tsp.
Water, hot	2 Tbsp.

Method

1. In a blender, place the quince paste, vinegar, and hot water. Blend on low speed until smooth, 5 to 10 seconds. Adjust the consistency with more water, as needed.
2. Serve at room temperature or slightly warmed.
3. Store in the refrigerator for up to 1 week.

HAZELNUT-CRUSTED HALIBUT WITH SPICY ROMESCO SAUCE

Yield 4 portions

Ingredients	Amounts
Hazelnuts, ground	½ cup
Water	6 qt.
Kale, red, bunch, stemmed	1 ea.
Salt, kosher	1 Tbsp.
Pepper, black, ground	⅛ tsp
Halibut, fillet, 6 oz.	3 ea.
Salt, kosher	1 tsp.
Pepper, white, ground	⅛ tsp.
Soft Allioli (Recipe follows)	¼ cup
Butter, unsalted, clarified	¼ cup
Spicy Romesco Sauce (Recipe follows)	1x recipe

Method

1. Preheat oven to 400°F.
7. In a dry skillet over medium heat, spread the ground hazelnuts in a single layer. Toast, stirring occasionally, until golden brown, 5 to 10 minutes. Reserve.
2. In a large saucepan, bring 6 quarts of salted water to a boil over high heat. Add the kale. Cook until wilted and tender, 4 to 5 minutes.
3. Transfer the kale to an ice water bath to halt the cooking process. Drain. Squeeze the kale dry. Coarsely chop. Season with the salt and pepper. Reserve.
4. Oil an extra-large baking dish. Place the halibut in a single layer. Season with the salt and white pepper. Brush the tops with the soft allioli. Add the toasted, ground hazelnuts.
5. Melt the clarified butter in a large nonstick sauté pan over medium heat. Add the halibut crusted side down in the pan. Immediately lower the heat to medium low.
6. Cook until the crust is golden, about 3 minutes. Turn the fillets and cook until light brown, about 2 minutes.
7. Transfer the halibut back to the baking dish, crusted side up. Bake in the preheated oven until the fish is tender and opaque, about 5 minutes.
8. Warm the reserved kale in a small skillet with olive oil before serving. Arrange the kale on a serving dish. Top with the halibut. Drizzle with the Spicy Romesco Sauce.

Note: Olive oil can be substituted for the clarified butter.

SPICY ROMESCO SAUCE

Yield: 4 portions

Ingredients	Amounts
Chile, ancho, dried	2 ea.
Water, hot	as needed
Oil, olive, extra virgin	as needed
Bread, focaccia, herb, slice	4 ea.
Tomato, plum (Roma), halved	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, extra virgin	4 Tbsp.
Chile, jalapeño, small, stemmed, seeded	1 ea.
Garlic, minced	4 tsp.
Hazelnut, skinned	5 Tbsp.
Parsley, flat-leaf, sprig, leaves only, fresh	2 ea.
Vinegar, wine, red	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	1 tsp.
Oil, olive, extra virgin	1 Tbsp.

Method

1. Preheat oven to 375°F.
2. In a small bowl of hot water, soak the ancho chiles for 30 minutes. Drain and pat dry. Remove the stems and seeds. Reserve.
3. In a small dry skillet over medium heat, place the hazelnuts. Toast, stirring frequently to avoid burning, for about 5 to 10 minutes. Remove from the pan. Reserve.
4. Heat the olive oil in a large skillet over medium-low heat. Add the focaccia. Pan fry until light browned but not crispy, 2 to 3 minutes. Reserve.
5. In a small bowl, place the tomatoes, salt, pepper, and olive oil. Toss to combine. Transfer to a sheet pan, flesh side up. Roast in the preheated oven until tender, about 30 minutes. Reserve.
6. Heat the oil in a small sauté pan over medium-high heat. Add the reserved ancho chile and the jalapeño. Sauté until lightly browned, about 3 minutes.
7. Transfer to a food processor. Add the garlic. Process until the garlic and chiles stick to the sides, about 20 seconds. Scrape down the bowl. Add the hazelnuts, parsley, and reserved focaccia. Process to a paste, about 1 minute. Scrape down the bowl.
8. Add the reserved tomato, vinegar, salt, and pepper. Process until smooth, about 1 minute. If necessary, adjust the consistency of the sauce with more tomato juice, olive oil, or water. Adjust the seasoning with salt, pepper, and vinegar to taste.

Note: Slices of French baguette can be substituted for the herb focaccia.

SOFT ALLIOLI

Yield: 4 cups

Ingredients	Amounts
Garlic, coarsely chopped	5 tsp.
Salt, kosher	1 tsp.
Egg, whole	2 ea.
Lemon, juice, fresh	2 tsp.
Oil, canola	2 cups
Oil, olive, extra virgin	2 cups
Water	as needed

Method

1. Using a mortar and pestle, mash the garlic and salt into a paste.
2. Transfer the garlic paste to a food processor. Add the eggs and lemon juice. Blend for 30 seconds.
3. With the machine running, slowly drizzle the canola oil into the egg mixture. Slowly drizzle in the olive oil until it has a thick mayonnaise consistency, 3 to 4 minutes. If necessary, adjust the consistency with a little water.
4. Serve immediately or store in the refrigerator for up to 1 week.

Note: Sunflower or pure olive oil can be substituted for the canola oil.

PAELLA WITH VEGETABLES

Yield: 8 portions

Ingredients	Amounts
Chile, piquillo, roasted, peeled, cut into strips	3 ea.
Oil, olive, extra virgin	2 Tbsp.
Onion, yellow, small diced	2 ½ cups
Leek, whites only, thinly sliced	1 ½ cups
Salt, kosher	⅛ tsp.
Tomato, plum (Roma), chopped	4 ¼ cups
Artichoke, heart	4 ½ cups
Oil, olive, extra virgin	¼ cup
Cauliflower, florets	5 cups
Rice, Calasparra	18 Tbsp.
Garlic, minced	1 Tbsp.
Stock, vegetable, seasoned (Divided)	4 cups
Salt, kosher	½ tsp.
Pepper, black, ground	½ tsp.
Peas, frozen	1 ⅓ cups
Parsley, flat-leaf, fresh, coarsely chopped	1 Tbsp.

Method

1. For the cooking base (*sofrito*), heat the oil in a large sauté pan over low heat. Add the onions, leeks, and salt. Cook, stirring occasionally, until soft, about 8 minutes.
2. Add the tomato. Raise the heat to medium low. Cook until the vegetables are tender, about 30 minutes. Remove and reserve.
3. For the paella, cut the artichoke hearts into eighths. Heat the oil in a large, wide, steel pan over medium-high heat. Add the artichokes. Sauté until golden, 6 minutes.
4. Add the cauliflower. Cook until slightly colored, 3 minutes.
5. Add the rice and garlic. Cook, stirring continuously, until the garlic is lightly browned, 2 to 3 minutes.
6. Stir in the reserved sofrito. Add enough stock to cover the rice. Add the salt and pepper. Bring it to a boil. Lower the heat to medium low and simmer, uncovered, until the rice absorbs most of the stock, about 15 minutes.
7. Add 2 more cups of stock and cook until the rice has absorbed all the liquid, about 12 minutes. Add the frozen peas during the last 6 minutes of cooking.
8. The rice should be tender but still firm to the bite (*al dente*). Add more water ½ cup at a time if still tender. Simmer until absorbed.
9. Adjust the seasoning with salt and pepper to taste. Garnish with the roasted piquillo strips and parsley.

VEGETABLE BROTH

Yield: 2 quarts

Ingredients	Amounts
Oil, olive, pure	2 tsp.
Garlic, finely minced	2 tsp.
Shallot, minced	2 tsp.
Water	3 qt.
Onion, yellow, thinly sliced	1 ¼ cups
Leek, white, light and dark green parts, trimmed, thinly sliced	3 cups
Celery, stalk, thinly sliced	½ cup
Carrot, thinly sliced	⅓ cup
Parsnip, thinly sliced	⅓ cup
Broccoli, stems, thinly sliced	1 cup
Fennel, with some tops, thinly sliced	1 cup
Wine, white, dry (Optional)	½ cup
Salt, kosher	to taste
Peppercorns, black, whole	5 ea.
Juniper, berries	½ tsp.
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	1 ea.

Method

1. Heat the oil in a soup pot over medium heat. Add the garlic and shallots. Cook, stirring frequently, until translucent, 3 to 4 minutes.
2. Add all the remaining ingredients. Slowly bring it to a simmer. Cook until the broth develops flavor, about 1 hour.
3. Remove and discard any large vegetable pieces.
4. Strain the broth through a sieve.
5. Let the broth cool completely. Store in an airtight container in the refrigerator.

CHORIZO-STUFFED MUSHROOMS

Yield: 8 portions

Ingredients	Amounts
Butter, unsalted	2 Tbsp.
Breadcrumbs, dry	½ cup
Mushroom, white, button, large	24 ea.
Oil, olive, extra virgin	6 Tbsp.
Butter, unsalted	6 Tbsp.
Onion, yellow, finely chopped	¾ cup
Garlic, minced	2 Tbsp.
Pork, ham, serrano, minced	½ cup
Pork, sausage, chorizo, dry cured, chopped	½ cup
Parsley, flat-leaf, fresh, chopped	¼ cup
Pepper, black, ground	⅛ tsp.
Oil, olive, extra virgin	1 tsp.
Butter, unsalted, melted (Optional)	as needed
Cheese, Manchego, grated (Optional)	2 Tbsp.

Method

1. Preheat oven to 400°F. Oil a 13 by 9-inch baking dish.
2. In a nonstick skillet over medium low heat, melt the butter. Add the breadcrumbs. Toast, stirring constantly, until they have turned a deep brown color, 3 to 4 minutes. Transfer to a plate and reserve.
3. Wipe the mushrooms clean with a damp towel or brush. Remove the stems and finely chop. Reserve the caps and 1 cup of the chopped stems separately.
4. Heat the olive oil in a large sauté pan over medium-high heat. Add the mushroom caps. Cook both sides until browned, about 8 minutes. Remove and reserve.
5. Melt the butter in a small sauté pan over medium heat. Add the onions. Cook until soft, about 5 minutes.
6. Add the garlic and reserved mushroom stems. Cook until the stems wilt, 3 minutes.
7. Add the ham and chorizo. Cook until lightly browned, 2 to 3 minutes.
8. Stir in the parsley and reserved breadcrumbs. Season with the pepper. Spoon a tablespoon of the mixture into each of the mushroom caps.
9. Place the filled caps in the oiled baking dish. Bake in the preheated oven until golden brown, 15 minutes. Baste with a little melted butter, if desired.
10. Sprinkle each cap with ¼ teaspoon of the grated cheese, if using. Serve hot or warm.

Note: Cremini or portabella mushrooms can be substituted for the white button mushrooms. Parmesan cheese can be substituted for the Manchego cheese. Thyme or marjoram can be substituted for the parsley (or a combination of the three).

SHRIMP IN GARLIC

Yield: 8 portions

Ingredients	Amounts
Oil, olive, extra virgin	6 Tbsp.
Red pepper flakes	¼ tsp.
Garlic, clove, sliced very thin	10 ea.
Shrimp, 26/30 count, peeled, deveined	16 ea.
Salt, kosher (Divided)	2 tsp.
Pepper, black, ground	⅛ tsp.
Wine, white, dry	10 Tbsp.
Butter, unsalted (Optional)	2 Tbsp.
Parsley, flat-leaf, fresh, roughly chopped	¼ cup

Method

1. Heat the oil in a small saucepot over low heat. Add the red pepper flakes and garlic. Fry until the garlic is golden brown, 2 to 5 minutes. Transfer the garlic to a medium bowl. Reserve the infused garlic-chile oil separately.
2. Heat 2 tablespoons of the reserved oil in a large sauté pan over medium-high heat. Working in batches, add the shrimp. Season lightly with salt and pepper. Sauté the shrimp until just cooked through, 1 to 2 minutes. Add more oil to the pan in between batches as needed.
3. Transfer the shrimp to the bowl with the reserved garlic. Toss to combine. Adjust the seasoning with salt and pepper to taste. Reserve.
4. For the sauce, add the wine to the sauté pan and oil used to cook the shrimp. Cook over medium-high heat, shaking the pan frequently to emulsify the sauce, until the liquid reduces by $\frac{3}{4}$, 4 to 5 minutes.
5. Turn the heat off. If desired, add the butter. Swirl the pan to incorporate.
6. Garnish with the chopped parsley.
7. To serve, arrange the shrimp and garlic on a platter. Spoon the sauce over the top.

Note: Lemon juice can be substituted for the white wine.

PIQUILLO PEPPERS STUFFED WITH DUNGENESS CRAB

Yield: 8 portions

Ingredients	Amounts
Breadcrumbs, dry	$\frac{2}{3}$ cup
Egg, whole, beaten	3 ea.
Mustard, Dijon	3 Tbsp.
Honey, raw	3 Tbsp.
Paprika, Spanish (<i>Pimentón</i>), ground	2 tsp.
Crabmeat, lump, jumbo, fresh	21 wt. oz.
Salt, kosher	$\frac{1}{2}$ tsp.
Pepper, black, ground	$\frac{1}{4}$ tsp.
Lemon, fresh, zested, juiced (Optional)	1 ea.
Chile, piquillo, roasted, peeled, seeded, canned	2 $\frac{1}{4}$ cups
Butter, unsalted	5 $\frac{1}{2}$ Tbsp.
Oil, olive, extra virgin	1 $\frac{1}{2}$ tsp.
Onion, yellow, minced	1 $\frac{1}{2}$ cups
Pepper, bell, red, cored, seeded, minced	$\frac{1}{4}$ ea.
Tomato, plum (Roma), peeled, seeded, chopped	$\frac{1}{2}$ ea.
Cream, heavy	$\frac{1}{2}$ cup
Stock, fish	2 $\frac{2}{3}$ cups
Paprika, Spanish (<i>Pimentón</i>), ground	2 tsp.
Salt, kosher	1 tsp.
Parsley, flat-leaf, fresh, chopped	1 cup

Method

1. In a large bowl, place the breadcrumbs, eggs, mustard, honey, and pimentón. Mix to combine.
2. Gently fold in the crabmeat so the lumps remain intact. Add the salt, pepper, lemon juice, and lemon zest. Stuff each piquillo chile with 2 tablespoons of the crabmeat mixture. Refrigerate and reserve.
3. For the cooking base (*sofrito*), heat the butter and oil in a skillet over medium heat. Add the onion and pepper. Turn down the heat to low. Cook, stirring frequently, until the onions are golden brown and almost caramelized, 40 to 45 minutes. Add a small amount of water to keep the mixture from burning, as needed.
4. Add the tomato. Cook over low heat until the juices have evaporated, 10 to 15 minutes.

5. Add the cream and stock. Whisk to combine. Bring the sauce to a boil over high heat and reduce the liquid by half, about 4 minutes.
6. Add the pimentón and salt. Gently add the reserved stuffed peppers to the sauce, keeping them intact. Cover, turn the heat to low, and cook gently until the filling feels firm, about 5 minutes. Stir the sauce occasionally and turn the peppers over halfway through cooking.
7. To serve, arrange 4 peppers on each plate. Spoon some of the sauce over the peppers. Garnish each plate with 2 tablespoons of the parsley.

Note: Standard paprika can be substituted for the pimentón. Micro-greens such as alfalfa sprouts can be substituted for the parsley. Shrimp stock can be substituted for the fish stock.

MINTED LAMB MEATBALLS WITH ALMOND SHERRY SAUCE

Yield: 8 portions

Ingredients	Amounts
Almonds, sliced	1 $\frac{1}{3}$ cups
Bread, baguette, medium diced	1 cup
Sherry, dry	3 Tbsp.
Lamb, ground	1 $\frac{3}{4}$ lb.
Egg, whole, beaten	2 ea.
Garlic, minced	1 $\frac{1}{2}$ Tbsp.
Onion, yellow, minced	$\frac{1}{2}$ cup
Mint, leaves, fresh, chopped	1 $\frac{1}{2}$ Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	$\frac{1}{2}$ tsp.
Flour, all-purpose	$\frac{1}{4}$ cup
Oil, olive, extra virgin	1 Tbsp.
Garlic, minced	2 Tbsp.
Onion, yellow, diced	2 $\frac{1}{3}$ cups
Sherry, dry	1 $\frac{1}{3}$ cups
Stock, lamb	1 $\frac{1}{3}$ cups
Lemon, zest, fresh	1 Tbsp.
Lemon, juice, fresh	3 Tbsp.
Oil, olive, extra virgin	$\frac{1}{3}$ cup
Mint, leaves, fresh, chopped	$\frac{1}{3}$ cup
Butter, unsalted, cut into chunks	6 Tbsp.

Method

1. Preheat oven to 350°F.
2. Place the sliced almonds on a baking sheet. Toast in the preheated oven until golden, about 7 minutes. Cool and reserve.
3. For the meatballs, place the bread pieces on a baking sheet in a single layer. Let them dry at room temperature for 2 hours. Transfer to a small bowl.
4. Add the sherry. Let it soak until the liquid is absorbed. Transfer to a food processor. Pulse until the mixture is fine crumbs, about 1 minute. Transfer to a large bowl.
5. Add the lamb, eggs, garlic, onions, mint, salt, and pepper. Mix to combine.
6. Form the mixture into 1 $\frac{1}{2}$ -inch diameter meatballs. Dust with the flour.

7. Heat the oil in a large skillet over medium-high heat. Add half of the meatballs and brown on all sides, about 5 minutes. Transfer to a medium baking dish. Repeat the process with 1 more tablespoon of oil and the remaining meatballs.
8. For the sauce, combine the garlic, onions, sherry, and stock in a medium saucepan. Bring it to a boil over high heat and remove the baking dish from the stove.
9. Pour the sauce over the meatballs. Place the baking dish in the preheated oven. Bake until the meat registers 170°F on a meat thermometer, about 30 minutes. Transfer the meatballs to a serving dish, cover with foil. Keep warm and reserve.
10. Pour the sauce from the meatballs into a medium saucepan. Reserve.
11. In a food processor, place the almonds, lemon zest, lemon juice, oil, and mint. Process to a paste, about 2 minutes. Whisk the paste into the reserved sauce.
12. Reheat the sauce over medium-high heat for 2 minutes. Slowly add the butter and whisk to incorporate. Pour the sauce over the meatballs.

Note: Chicken stock can be substituted for lamb stock.

CHICKEN CHILINDRÓN

Yield: 8 portions

Ingredients	Amounts
Bread, slice	16 ea.
Oil, olive, extra virgin	as needed
Oil, olive, extra virgin	2 Tbsp.
Chicken, thigh, boneless, skinless large diced	18 wt. oz.
Salt, kosher (Divided)	2 tsp.
Brandy	¼ cup
Oil, olive, extra virgin	2 Tbsp.
Onion, Spanish, minced	1 cup
Pepper, bell, green, small diced	¾ cup
Pepper, bell, red, small diced	1 cup
Ham, serrano, julienne	¼ cup
Garlic, minced	2 Tbsp.
Tomato, plum (Roma), peeled, seeded, small diced	4 ea.
Paprika, Spanish, hot (<i>Pimentón picante</i>), ground	1 tsp.
Stock, chicken	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, fresh, chopped	1 tsp.

Method

1. Preheat oven to 350°F.
2. Brush the bread slices with oil. Lightly season with salt and pepper. Transfer to a parchment-lined sheet tray. Toast in the preheated oven until golden brown, 5 to 7 minutes. Reserve.
3. Heat the oil in a medium sauté pan over medium-high heat. Add the chicken and season with ½ the salt. Working in batches, brown the chicken on both sides until golden brown, about 2 minutes.
4. Carefully add the brandy. Ignite the brandy (*flambé*), stand back, and allow the flames to burn off the alcohol. This usually lasts for about a minute. The flames will subside as the alcohol burns off, leaving behind a rich flavor. (See Chef demo). Remove the pan from the stove. Reserve the chicken.

5. Return the pan to the stove. Heat the oil over medium heat. Add the onions, peppers, and ham. Cook, stirring frequently, until browned, 5 to 7 minutes.
6. Add the garlic. Cook until browned, about 2 minutes.
7. Stir in the reserved chicken, tomatoes, pimentón, and chicken stock. Turn down the heat to low. Cover and stew until the sauce is syrupy, about 20 minutes. Adjust the seasoning with salt and pepper to taste.
8. Garnish with the parsley. Serve with the toasted bread slices.

CATALAN SALMON

Yield: 8 portions

Ingredients	Amounts
Almonds, Marcona, chopped	1 1/3 cups
Oil, olive, extra virgin	1 cup
Vinegar, sherry	1/3 cup
Orange, juice, fresh	2/3 cup
Orange, zest, fresh, grated	1/4 cup
Capers, drained, rinsed, finely chopped	3 Tbsp.
Anchovy, fillet, finely chopped	1/4 cup
Salt, kosher	1/2 tsp.
Pepper, black, ground	1/4 tsp.
Fish, salmon, fillet, 6-oz., 3/4-in. thick	8 ea.
Avocado, halved, pitted (Optional)	3 ea.

Method

1. Preheat oven to 350°F.
2. Place the chopped almonds on a baking sheet. Toast in the preheated oven until golden, about 7 minutes. Cool, chop coarsely, and reserve.
3. For the sauce, in a small bowl whisk the oil, vinegar, orange juice and zest, capers, and anchovies. Season with the salt and pepper to taste. Reserve.
4. Preheat a gas grill to medium-high heat. Brush the grill grate with oil. Place it on the regular grate and preheat for 5 minutes.
5. Brush the salmon fillets with 2 tablespoons of oil. Generously season with salt and pepper. Place the fillets flesh side down on the grill grate and cook for 3 minutes.
6. Gently turn the fish with a spatula. Cook until the fish is firm but not hard and the center is still slightly translucent, 4 to 5 minutes.
7. Remove the skin from the fish. Transfer the fillets to serving plates (they will continue to cook as they rest).
8. Spoon 1/4 cup of the sauce over each fillet.
9. Slice the avocados thin, if using. Place the slices around the salmon.
10. Drizzle the sauce over the platter. Sprinkle with the reserved, toasted almonds.

TORTILLA ESPAÑOLA

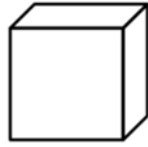
Yield: 8 portions

Ingredients	Amounts
Potato, Yukon Gold, peeled, 1/8-in. sliced	2 lb.
Salt, kosher	1 tsp.
Oil, olive, extra virgin	2 cups
Onion, yellow, chopped	1 cup
Pepper, bell, red, chopped	1/3 cup
Pepper, bell, green, chopped	1/3 cup
Pork, sausage, chorizo, diced	1/2 cup
Pork, ham, serrano, diced	1 cup
Egg, whole	10 ea.
Salt, kosher	to taste

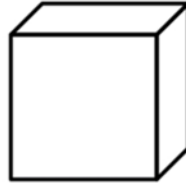
Method

1. In a medium bowl, place the potatoes and salt. Toss to combine. Reserve.
2. Heat the oil in a large heavy nonstick pan over medium heat. Add the potatoes. Add more oil, if needed, to just cover the potatoes. Cook, stirring often, until the potatoes are soft and fully cooked, but not brown, 5 to 10 minutes.
3. In a colander placed over a large bowl, carefully drain the oil from the potatoes. Reserve and refrigerate the oil. Return the pan to the stove.
4. Add the onions, peppers, chorizo, and ham. Cook, stirring often, until the chorizo is cooked through, 5 to 10 minutes. Transfer to the colander with the reserved potatoes.
5. In a large bowl, beat the eggs until smooth. Stir in the potato mixture. Season with salt to taste.
6. In a large nonstick pan over medium heat, place 2 tablespoons of the reserved olive oil. When the oil is very hot, add enough of the egg mixture to fill the pan about halfway. Tilt so that the eggs are one even layer. Turn down the heat to low. Cook, shaking the pan gradually, until the omelet has set, about 8 minutes.
7. Use a second graduated non-stick pan (See Chef demo) or cover the pan with a flat-bottom pot lid and flip the omelet onto the lid. Carefully slide the inverted omelet back into the pan.
8. Return to the heat and cook on the other side until lightly browned, about 5 minutes. Slide the omelet onto a plate. Repeat with the remaining egg mixture.
9. Allow the omelets to cool to room temperature. Cut into wedges.

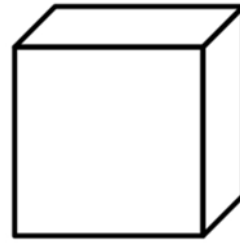
BASIC KNIFE CUTS



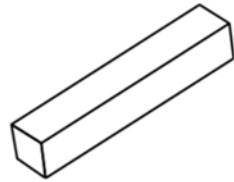
Small Dice
1/4" cube



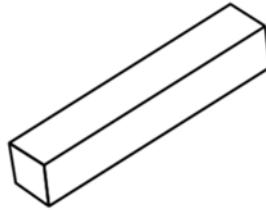
Medium Dice
1/2" cube



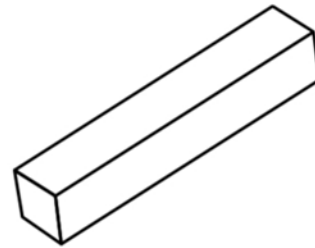
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



Julienne
1/8" sq x 2 inch



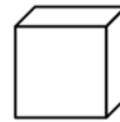
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



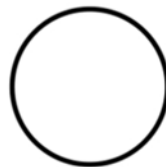
Chop
1/8"-1/4" cube



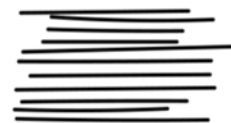
Brunoise
1/8" cube (fine dice)



Bias
diagonal cut



Rondelle
1-8"-1/2" round



Chiffonade
rolled, sliced thin

CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

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

METRIC CONVERSION TABLE

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

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

TEMPERATURE EQUIVALENCIES

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

US CUSTOMARY LIQUID VOLUME CONVERSIONS

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

US TO METRIC DRY MEASURES CONVERSIONS

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

VOLUME MEASURE CONVERSIONS

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

These materials were developed at the Culinary Institute of America.
Recipes sourced from the CIA publication Source: *Spain and The World Table*

Spain and the World Table Sauber v.130.docx

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