



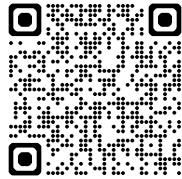
Culinary Institute of America

U.S. NAVY CULINARY TRAINING



CIA Consulting
The Culinary Institute of America

Scan the QR code for the class survey and PDF files of the Course Guide and Chef Lectures.



Copyright © 2026
Culinary Institute of America
All Rights Reserved

This manual is published and copyrighted by the Culinary Institute of America.
Copying, duplicating, selling, or otherwise distributing this product is hereby expressly
forbidden except by prior written consent of the Culinary Institute of America.

The Culinary Institute of America
1946 Campus Drive
Hyde Park, NY 12538-1499
Tel: 845-452-9600
www.ciachef.edu



Welcome to the CIA!

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

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

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

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

Wishing you all the best,

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

David Kamen '88 MBA PC^{III}
Director CIA Consulting
845-451-1386 david.kamen@culinary.edu

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

EXPECTATIONS FOR PARTICIPANTS

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

DAY ONE:

AN INTRODUCTION TO FLAVOR AND TASTE

Flavor-*n* 1. the quality of something that affects the sense of taste, 2. the blend of taste and smell sensations evoked by a substance in the mouth, 3. characteristic or predominant quality.

Taste-*n* 1. the one of the special senses which perceives and distinguishes the sweet, sour, bitter or salty quality of a dissolved substance and is mediated by taste buds on the tongue, 2. the objective sweet, sour, bitter or salty quality of a dissolved substance as perceived by the sense of taste, 3. a sensation produced by the stimulation of the sense of taste, in conjunction with that of touch and smell.

Source: Webster's New Collegiate Dictionary

FLAVOR-PRINCIPLE

"The taste that results from a mixture of several flavoring ingredients that are used frequently and consistently within a cuisine."

"a taste that can be abstracted and described apart from the basic foodstuffs the ingredients interact with"

"certain conjunctions of flavoring ingredients are used over and over again within a cuisine"

"...may be varied in characteristic ways and applied to different kinds of food, but no matter how or where they are employed, they will almost invariably result in a dish which tastes... and which, in some meaningful way, is..."

"There are basic ethnic flavor principles which are characteristic which can be recognized and described by the reasonably experienced taster, and when mastered, used by the ingenious cook for novelty, variety and authenticity."

Source: *The Wine Primer* by Karen MacNeil

THE FIVE SENSES

- Hearing
- Sight
- Touch
- Smell
- Taste

THE “TASTES”

- Sweet
- Sour (Acid)
- Salty
- Bitter (Alkaline)
- Umami

PEOPLE RESPOND TO FOOD IN THIS ORDER:

1. Temperature
2. Texture
3. Taste

FLAVOR IN COOKING IS DEVELOPED THROUGH ...

- proper execution of cooking techniques
- selection of quality ingredients
- application of processes that capture flavor
- appropriate use of seasonings and flavorings

EXAMPLES OF ETHNIC FLAVOR PRINCIPLES

MEDITERRANEAN

- Lemon - Parsley
- Lemon - Oregano (Greece)
- Olive oil + tomato +
 - Garlic (Southern Italy)
 - Saffron (Spain)
 - Mixed herbs (Southern France/Italy)
 - Cinnamon and/or lemon (Greece, Middle East, Balkans)

FRANCE

- Wine + Herb
- Wine vinegar
- Garlic

MEXICO

- Lime + Chili + Cilantro + Cumin
- Chocolate

CHINA

- Soy Sauce +Ginger, Garlic and Scallion

VIETNAM

- Nouc Mam + Lime + Chili + Cilantro (Mint, Basil) + (Salad)

THAILAND

- Nam Pla/Shrimp Paste + Ginger/Galangal + Cilantro + Chili + Kaffir Lime +
Coconut

SELECTED SPICE MIXTURES

Mixture	Country of Origin	Traditional Use	Form	Characteristic Spices
Bumbu	Indonesia	Used to flavor rendangs and gulais, spicy dishes served with sauce	Dry spice mixture is combined with coconut milk prior to use	Ginger, turmeric, chiles, cinnamon, cloves, coriander, black peppercorns
Ras al Hanout	Morocco	All-purpose flavoring powder	Whole spices ground together	10 to 15 ingredients, usually including allspice, cloves, cumin, cardamom, chiles, ginger, peppercorns, mace, turmeric, and caraway seeds
Berberé	Ethiopia	Cure for meats, added to condiments and stews	Ingredients are mixed together, then simmered prior to use	Chiles, cardamom, cumin, black pepper, fenugreek, allspice, ginger, cloves, coriander
Harissa	Tunisia, Morocco, Algeria	All-purpose condiment, also used to flavor stews and sauces	Whole spices are ground together, then mixed with olive oil to moisten	Chiles, caraway, cumin, coriander, garlic
Baharat	Middle East (Lebanon, Syria, Gulf States, Saudi Arabia)	Whole spices ground together	Widely used to flavor all types of dishes, particularly soups and stews	Cloves, nutmeg, cinnamon, coriander, black pepper, paprika
Curry Powder	Southern India	Used to flavor thin, soupy sauces	Freshly ground spices are sautéed in oil at beginning of cooking process	Curry leaves, turmeric, chiles, coriander, black pepper, and sometimes cumin, ginger, fenugreek, cinnamon, cloves, nutmeg, and fennel seed
Garam Masala	Northern India	Usually added at end of cooking to complete seasoning	Spices are roasted whole, then ground into a powder	Cinnamon, cardamom, cloves, cumin seeds, coriander, black peppercorns, nutmeg, mace

Mixture	Country of Origin	Traditional Use	Form	Characteristic Spices
Panch Phoron(Indian 5-spice Mix)	Eastern India— Bengal	All-purpose flavoring for vegetable dishes	Sautéed in hot oil prior to cooking	Whole cumin seeds, fennel seeds, fenugreek, parsley seeds, black mustard seeds
Gaeng Wan (Green Curry Paste)	Thailand	All-purpose flavoring, widely used in soups and sauces	Ingredients are ground together in mortar and pestle to form a wet paste	Green chiles, turmeric, lemongrass, ginger, coriander, cumin, white peppercorns
Massaman Paste	Thailand	All-purpose flavoring, widely used in soups and sauces	Ingredients are ground together in mortar and pestle to form a wet paste	Chiles, coriander, cumin, cinnamon, cloves, star anise, cardamom, white peppercorns
Recado	Yucatán Peninsula of Mexico	Rubbed on food prior to cooking, also used as all-purpose flavoring for sauces and stews	Spices are pounded to a paste in combination with vinegar, garlic, and herbs	Achiote, cloves, black pepper, chiles, allspice, cinnamon
Five-Spice Powder	China	Used as flavoring in wide variety of Chinese dishes; frequently used in marinades	Whole spices are ground into a raw powder	Anise, fennel seeds, cloves, cinnamon, peppercorns
Quatre Spices	France	Most often used in pâtés	Spices are combined and then ground into a powder	Pepper, nutmeg, cloves, ginger, sometimes cinnamon
Pickling Spices	Europe	Used to add flavor to pickles and certain liquids	Raw whole spices	Mustard seeds, cloves, coriander seeds, mace, black peppercorns, allspice, ginger, chiles
Cajun Blackening Spices	Louisiana, U.S.A.	Used to coat fish prior to cooking	Ground raw spices	Mustard seeds, cumin, paprika, cayenne pepper, black pepper
Crab or Shrimp Boil	Chesapeake Bay, U.S.A.	Thrown in water used for boiling crab or shrimp	Ground raw spices	Peppercorns, mustard seeds, coriander, salt, cloves, ginger, ground bay leaves

DAY ONE: TEAM PRODUCTION ASSIGNMENTS

CHEF DEMO

Basic Knife Cuts
Chiffonade Parsley and Greens
Cooking Comparisons – with Help of the Culinary Specialists
Spice Blends and Techniques
Garam Masala
Curry Powder

EACH STUDENT

Knife Cuts:

Onions: Slice, Medium Dice
Carrots: Oblique Cut
Potatoes: Large Dice
Peppers: Large Dice (Tile)
Pineapple or Melon: Large Dice (Production Cuts)

*Press Tofu for next day.
Teams will eat off the Galley Line today.*

DAY TWO: WHITE SAUCE EXERCISE

GENERAL EXERCISE DESCRIPTION

This exercise is designed to observe the impact of specific aromatic combinations on the flavor of a basic white sauce. Each team will receive 1 pint of béchamel sauce and a predetermined aromatic mixture. After each team has added their aromatic mixture to the sauce, we will taste and compare the flavor impact.

SPECIFIC EXERCISE INFORMATION

1. Obtain 1 pint of béchamel sauce.
2. Gather the assigned aromatics or use the mixture from the previous day's demonstration.
3. Follow the processing instructions for each group of aromatics.
4. Label the sauce with your Team number and deliver it to the tasting table.

TEAM ASSIGNMENTS: AROMATIC MIXTURES

Team 1: Garam Masala (**toasted**)

- 1 ½ tsp. Whole cardamom
- 1 ¼ tsp. Whole coriander
- 1 tsp. Whole cumin
- ½ tsp. Whole black peppercorns
- ¼ tsp. Whole cloves
- ¼ tsp. Ground cinnamon
- ¼ tsp. Ground nutmeg

Method: Sauté the cardamom, coriander, cumin, pepper, and cloves in a dry sauté pan to develop a toasted aroma. Remove spices from heat to cool. Grind using a coffee grinder or mortar and pestle. Combine ground spices with the cinnamon and nutmeg. Add to the béchamel and simmer for 5 minutes.

Team 2: Curry Powder (**toasted**)

- 1 tsp. Whole coriander
- 1 tsp. Whole cumin
- 1 tsp. Red chile seeds
- 1 tsp. Ground turmeric
- 1 tsp. Ground ginger

Method: Sauté the coriander, cumin, and chile seeds in a dry sauté pan to develop a toasted aroma. Remove spices from heat to cool. Grind using a coffee grinder or mortar and pestle. Combine ground spices with the turmeric and ginger. Add to the Béchamel and simmer for 5 minutes.

Team 3: Garam Masala (not toasted)

- 1 ½ tsp. Ground cardamom
- 1 ¼ tsp. Ground coriander
- 1 tsp. Ground cumin
- 1 tsp. Ground black pepper
- ¼ tsp. Ground cloves
- ¼ tsp. Ground cinnamon
- ¼ tsp. Ground nutmeg

Method: Add to the Béchamel and simmer for 5 minutes.

Team 4: Curry Powder (not toasted)

- 1 tsp. Ground coriander
- 1 tsp. Ground cumin
- 1 tsp. Ground turmeric
- 1 tsp. Ground ginger
- 1 tsp. Dried red chile

Method: Add to the Béchamel and simmer for 5 minutes.

DAY TWO: TEAM PRODUCTION ASSIGNMENTS

CHEF DEMO

Hollandaise

Bechamel

Batch Cooking

Cooking Techniques – Scrambled Egg Batch cooking

Green Vegetable Cooking – Blanching/Sauté/Roasting

Crispy Tofu

TEAM ONE

Sweet and Tangy Tofu – Exact Recipe, make and hold

Chicken Philly – Exact Recipe (F/D Peppers)

Bechamel Exercise

TEAM TWO

Orzo with Lemon and Herbs – Cook all at once and hold

Grilled Salmon - Griddle/Tilt Skillet Method

Bechamel Exercise

TEAM THREE

Sweet and Tangy Tofu – Batch Cooking and sheet pan tofu

Chicken Philly – Fresh Peppers and Onions, a 'la minute cooking

Bechamel Exercise

TEAM FOUR

Orzo with Lemon and Herbs – Prep, hold, finish in batches at service

Grilled Salmon – Combi-Oven Method

Bechamel Exercise

Steam Potatoes for Day Three

HOLLANDAISE SAUCE

Yield: 24 fluid ounces

Ingredients	Amounts
Peppercorns, black, cracked	1/2 tsp.
Vinegar, cider	4 1/2 Tbsp.
Water	4 1/2 Tbsp.
Egg, yolk	5 wt. oz.
Butter, clarified, warm (165°F)	13 1/2 fl. oz.
Lemon, juice	3 tsp.
Salt, kosher	to taste
Pepper, white, ground	to taste
Chile, cayenne, ground (Optional)	to taste

Method

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

NOTE: The clarified butter can be substituted with one pound of melted whole butter (not clarified), skimming any foam off the top before using. The water at the bottom of the container can be used to thin the sauce. Chef will demonstrate this technique.

BÉCHAMEL SAUCE

Yield: 2 quarts

Ingredients	Amounts
Milk, whole	2 cups
Cream	2 cups
<i>Onion piqué</i>	
Onion, yellow, peeled	½ ea.
Clove, whole	1 ea.
Bay leaf, dried	1 ea.
Flour, all-purpose	2.4 wt. oz.
Butter, clarified	1.6 wt. oz.
Salt, kosher	¼ tsp.
Pepper, white, ground	⅛ tsp.

Method

1. For the onion piqué, attach the bay leaf to the onion using the clove as a tack.
2. Scald the milk and cream in a saucepan. Remove the pan from the heat.
3. Add the onion piqué. Cover and steep for 15 to 20 minutes.
4. For the white roux, heat the clarified butter in a rondeau over moderate heat. Add the flour all at once. Stirring constantly, cook over low heat until the roux is pale ivory, 8 to 10 minutes.
5. Remove the onion piqué from the milk. Add the roux to the milk, whisking constantly to work out any lumps. Bring the sauce to a full boil, then reduce the heat and simmer until the sauce is smooth and thickened, 30 to 60 minutes.
6. Season with salt and white pepper to taste.
7. Strain and use immediately, or cool and refrigerate until ready to serve.

SCRAMBLED EGGS

Yield: approx. 20 portion

Ingredients	Amounts
Eggs, whole	40 ea.
Oil, canola	¼ cup
Salt	2 Tbsp.
Sour cream	1 cup

Method

1. Crack, whisk and strain eggs thorough a strainer.
2. Heat the tilt skillet to 300° F.
3. Spread the oil across the surface, add eggs stirring to a soft set. Turn off the tilt skillet and raise to a 45 degree angle to collet the eggs towards the front and slow the cooking process.
4. Fold in the sour cream with the spatula, check seasoning, pan and cover until served.

STEAMED BROCCOLI WITH ROASTED GARLIC BUTTER

Yield: 10 portions

Ingredients	Amounts
Lemon, juice	2 fl. oz.
Garlic, clove, roasted, mashed	3 ea.
Butter, unsalted, softened	4 wt. oz.
Broccoli, cut into florets	2 lb.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a small pan over medium-high heat, reduce the lemon juice by half. Mix the reduced lemon juice, roasted mashed garlic, and softened butter until thoroughly combined. Reserve at room temperature.
2. Arrange the broccoli in a perforated pan so that the pieces are not crowded. Place the pan in the steamer and steam for 5 to 7 minutes, or until the broccoli is al dente.
3. In a large bowl, toss together the broccoli and lemon butter. Season to taste with salt and pepper.
4. Serve on a heated platter.

NOTE: Chef will also demonstrate and blanch and chill method.

CRISPY TOFU

Yield: 10 servings

Ingredients	Amounts
Tofu, extra firm, drained, pressed, cubed	1 ½ lb.
Cornstarch	2 Tbsp.
Salt, kosher	¾ tsp.
Oil, canola	2 Tbsp.

Method

1. Toss the tofu with the cornstarch and salt and 1 Tbsp. canola oil.
2. Spray sheet pan with pan spray, place parchment, lightly spray parchment.
3. Place tofu on parchment and bake 10 minutes, toss and bake an additional 8 minutes until golden brown. Set side and warm before service.

SCRAMBLED EGGS (Y/L)

Yield 25 Portions
Each Portion 2 EGGS

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
144 kcal	1 gm	11 gm	10 gm	62.5 %	392 mg	121 mg		54 mg

Ingredients	Weight	Measure	Issue
WHOLE EGGS (CO)	5 lbs	2 qt 1 c 6 tbsp 1 3/8 tsp	
SALAD OIL (CO)	0 lbs 1 oz	2 tbsp	

Method	
1.	Beat eggs thoroughly.
2.	Pour about 1 quart eggs on 325 F. lightly greased griddle. Cook slowly until firm, until there is no visible liquid egg, stirring occasionally. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs. Hold for service at 140 F. or higher.

Notes	
2.	OVEN METHOD: Using a convection oven, bake at 350 F. 18 to 25 minutes on high fan, closed vent. After 12 minutes, stir every 5 minutes.

SWEET & TANGY TOFU POKE BOWL (V) (G/H)Yield 10 Portions
Each Portion 1 BOWL

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
391 kcal	44 gm	22 gm	15 gm	34.5 %	0 mg	1084 mg		252 mg

Ingredients	Weight	Measure	Issue
BROWN RICE & QUINOA BLD (CO/BX)	14 3/8 oz		
WATER 1	1 lb 10 3/4 oz	1 pt 1 c 3 tbsp 3/8 tsp	
SALT (CO)	0 lbs 1/4 oz	1 1/8 tsp	
SALAD OIL (CO)	2 3/8 oz	4 tbsp 2 tsp	
TOFU (CO)	4 lbs 8 oz		
CORN STARCH (CO)	1 5/8 oz	5 tbsp 2 tsp	
BLACK PEPPER (CO)	0 lbs	1/8 tsp	
MANGO CHUNKS (FZN)	1 lb 2 3/8 oz		
RED PEPPERS (FRESH)	15 5/8 oz		
EDAMAME (FZN)	6 3/4 oz		
CILANTRO (FRESH)	1 1/2 oz		
SWEET CHILI SAUCE (CO)	13 5/8 oz	1 c 5 tbsp 2 1/8 tsp	

Method	
1.	Prepare Quinoa and Brown Rice Blend: In a steam jacketed kettle or stockpot, combine brown rice and quinoa blend, water, 3 tbsp salt, and 3 tbsp of oil; stir well. Cover and bring to a boil.
2.	Reduce heat and simmer covered for 20 to 25 minutes or until water is absorbed. CCP: Internal temperature must reach 135°F (57°C). CP: Hold hot at 135°F (57°C).
3.	Prepare Seared Tofu: Preheat griddle to 375°F (191°C).
4.	Drain tofu.
5.	Press Tofu: Line two sheet pans with wire racks. Place tofu blocks in a single layer on racks; place additional sheet pans on top of tofu. Press tofu for at least 1 hour.
6.	Pat tofu dry with paper towels.
7.	Cut tofu in 1-inch pieces.
8.	In a large mixing bowl, toss tofu with cornstarch, 1 tbsp salt and pepper. Toss gently to evenly distribute dry ingredients.
9.	Batch prepare tofu per 25 portions according to the following instructions: Add about 1 1/4 cup oil to preheated griddle. Place about 1/4 of the dredged tofu, about 9 lb 12 oz, onto griddle. Sear, undisturbed, for 4 to 5 minutes, until tofu is golden brown. Flip tofu and sear on other side for 4 to 5 minutes. Tofu will be golden brown on both sides. CCP: Internal temperature must reach 135°F (57°C). Remove from heat and CP: Hold hot at 135°F (57°C) for use in Step 10.
10.	Assembly: Place 3/4 cup quinoa brown rice blend on bottom of bowl. Top 1/4 cup diced/chopped bell pepper, 1/4 cup edamame, 1/4 cup mango, 1 cup tofu, 2 tbsp sweet chili sauce and 1 tbsp cilantro. Serve immediately or CP: Hold under refrigeration at 41°F (5°C) for Grab & Go.

Notes	
1.	Edible portion (EP) weight for red peppers is 7 pounds 12 ounces per 100 portions.
2.	Edible portion (EP) weight for cilantro is 14-1/2 ounces per 100 portions.

CHICKEN PHILLY HOAGIE(FD CHICKEN & ONIONS) (Y/H)

Yield 10 Portions
 Each Portion 1 SANDWICH

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
525 kcal	28 gm	40 gm	22 gm	37.7 %	106 mg	1067 mg		329 mg

Ingredients	Weight	Measure	Issue
CHICKEN (F/D) (CN)	10 3/4 oz		
ONIONS (F/D) (CN)	1 1/4 oz		
RED PEPPERS (F/D) (CN)	1 1/4 oz		
SALAD OIL (CO)	1 1/2 oz	3 tbsp	
SALT (CO)	0 lbs 1/8 oz	1/4 tsp	
BLACK PEPPER (CO)	0 lbs	1/4 tsp	
PIZZA CHEESE (CO)	13 5/8 oz	1 pt 1 c 6 tbsp 1 1/8 tsp	
HOAGIE/SWICH ROLLS (FRESH)	2 lbs 8 oz		

Method	
1.	Rehydrate chicken, onion, and bell pepper according to manufacturer's instructions, drain thoroughly.
2.	Preheat griddle to 350°F (177°C).
3.	Heat oil on griddle. Add chicken, salt, and pepper. Toss and cook for 1 minute.
4.	Add onions and peppers to chicken. Cook for 2 to 3 minutes, tossing often.
5.	Add cheese, toss, and heat until melted. Scrape griddle while tossing to keep cheese from burning on. CCP: Internal temperature must reach 165°F (74°C) for 15 seconds.
6.	Remove from heat and serve immediately, placing ¼ cup filling into each bun or CP: Hold hot at 135°F (57°F).

Notes	
1.	In Step 1, use 6 No.10 cans of chicken, ½ No. 10 can onion, and about ½ No. 10 can bell pepper.

ORZO W/LEMON AND HERBS (Y/H)

Yield 10 Portions
 Each Portion 3/4 CUP

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
94 kcal	11.9 gm	2 gm	4.5 gm	43.1 %	8 mg	367 mg		0 mg

Ingredients	Weight	Measure	Issue
NONSTICK SPRAY (CO)	0 lbs 1/8 oz		
OLIVE OIL (CO)	1 1/8 oz	2 tbsp 3/8 tsp	
YELLOW ONIONS (FRESH)	8 1/2 oz		
SALT (CO)	0 lbs 1/4 oz	1 1/4 tsp	
DIJON/SPICY MUSTARD (CO)	0 lbs	1/8 tsp	
GARLIC (CO)	0 lbs	1/8 tsp	
SWEET BASIL (CO)	0 lbs	2 tsp	
OREGANO (CO)	0 lbs	1 1/8 tsp	
BLACK PEPPER (CO)	0 lbs	1/8 tsp	
ONION (GRAN/PDR)(CO)	0 lbs	1/8 tsp	
LEMON JUICE (CO)	2 1/8 oz	3 tbsp 2 1/8 tsp	
SALAD OIL (CO)	0 lbs	1/8 tsp	
ORZO PASTA (CO)	13 3/8 oz		

	Method
1.	Combine salt, mustard, garlic powder, basil, oregano, pepper, and onion powder. Add lemon juice and olive oil. Stir to blend. Cover, set aside for use in Step 6.
2.	Add salt and canola oil to water; heat to a rolling boil.
3.	Add pasta slowly while stirring constantly until water boils again. Cook about 9 minutes or until al dente; stirring occasionally. DO NOT OVERCOOK.
4.	Drain. Rinse with cold water; drain thoroughly.
5.	Stir-cook onions in a lightly sprayed steam jacketed kettle or stockpot 8 to 10 minutes or until tender, stirring constantly.
6.	Add the reserved lemon and herb dressing to cooked onions. Stir to blend well. Bring to a boil; reduce heat to a simmer.
7.	Add the orzo to the onion and lemon mixture. Heat to a simmer while gently stirring for 1 minute to coat the orzo with the sauce. CCP: Temperature must register 145 F. or higher for 15 seconds.
8.	Place 2-1/3 gallon pasta mixture in each pan. CCP: Hold for service at 140 F. or higher.

GRILLED SALMON (G/L)

Yield 10 Portions
 Each Portion 7 OUNCES

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
318 kcal	3 gm	40.3 gm	15 gm	42.5 %	110 mg	94 mg		47 mg

Ingredients	Weight	Measure	Issue
GARLIC (CO)	0 lbs 1/2 oz	1 tbsp 1/4 tsp	
BLACK PEPPER (CO)	0 lbs 3/8 oz	1 tbsp 1 3/8 tsp	
SALAD OIL (CO)	0 lbs 3/4 oz	1 tbsp 1 3/8 tsp	
SALMON FILLETS (LB)	3 lbs 12 oz		
PARSLEY (CO)	0 lbs 3/8 oz	9 tbsp 1 3/8 tsp	

Method	
1.	Mix garlic powder and black pepper in a shaker. Apply seasoning mixture to fish.
2.	Heat griddle to 350 F. Apply oil to griddle to prevent sticking. Place fillets on griddle and cook about 3 minutes per side. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold at 135 F. or higher.
3.	Garnish with parsley.

SWEET & TANGY TOFU POKE BOWL (V) (G/H)

Yield 10 Portions
 Each Portion 1 BOWL

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
391 kcal	44 gm	22 gm	15 gm	34.5 %	0 mg	1084 mg		252 mg

Ingredients	Weight	Measure	Issue
BROWN RICE & QUINOA BLD (CO/BX)	14 3/8 oz		
WATER 1	1 lb 10 3/4 oz	1 pt 1 c 3 tbsp 3/8 tsp	
SALT (CO)	0 lbs 1/4 oz	1 1/8 tsp	
SALAD OIL (CO)	2 3/8 oz	4 tbsp 2 tsp	
TOFU (CO)	4 lbs 8 oz		
CORN STARCH (CO)	1 5/8 oz	5 tbsp 2 tsp	
BLACK PEPPER (CO)	0 lbs	1/8 tsp	
MANGO CHUNKS (FZN)	1 lb 2 3/8 oz		
RED PEPPERS (FRESH)	15 5/8 oz		
EDAMAME (FZN)	6 3/4 oz		
CILANTRO (FRESH)	1 1/2 oz		
SWEET CHILI SAUCE (CO)	13 5/8 oz	1 c 5 tbsp 2 1/8 tsp	

Method	
1.	Prepare Quinoa and Brown Rice Blend: In a steam jacketed kettle or stockpot, combine brown rice and quinoa blend, water, 3 tbsp salt, and 3 tbsp of oil; stir well. Cover and bring to a boil.
2.	Reduce heat and simmer covered for 20 to 25 minutes or until water is absorbed. CCP: Internal temperature must reach 135°F (57°C). CP: Hold hot at 135°F (57°C).
3.	Prepare Seared Tofu: Preheat griddle to 375°F (191°C).
4.	Drain tofu.
5.	Press Tofu: Line two sheet pans with wire racks. Place tofu blocks in a single layer on racks; place additional sheet pans on top of tofu. Press tofu for at least 1 hour.
6.	Pat tofu dry with paper towels.
7.	Cut tofu in 1-inch pieces.
8.	In a large mixing bowl, toss tofu with cornstarch, 1 tbsp salt and pepper. Toss gently to evenly distribute dry ingredients.
9.	Batch prepare tofu per 25 portions according to the following instructions: Add about 1¼ cup oil to preheated griddle. Place about ¼ of the dredged tofu, about 9 lb 12 oz, onto griddle. Sear, undisturbed, for 4 to 5 minutes, until tofu is golden brown. Flip tofu and sear on other side for 4 to 5 minutes. Tofu will be golden brown on both sides. CCP: Internal temperature must reach 135°F (57°C). Remove from heat and CP: Hold hot at 135°F (57°C) for use in Step 10.
10.	Assembly: Place ¾ cup quinoa brown rice blend on bottom of bowl. Top ¼ cup diced/chopped bell pepper, ¼ cup edamame, ¼ cup mango, 1 cup tofu, 2 tbsp sweet chili sauce and 1 tbsp cilantro. Serve immediately or CP: Hold under refrigeration at 41°F (5°C) for Grab & Go.

Notes	
1.	Edible portion (EP) weight for red peppers is 7 pounds 12 ounces per 100 portions.
2.	Edible portion (EP) weight for cilantro is 14-1/2 ounces per 100 portions.

CHICKEN PHILLY HOAGIE(FD CHICKEN & ONIONS) (Y/H)

Yield 10 Portions
Each Portion 1 SANDWICH

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
525 kcal	28 gm	40 gm	22 gm	37.7 %	106 mg	1067 mg		329 mg

Ingredients	Weight	Measure	Issue
CHICKEN (F/D) (CN)	10 3/4 oz		
ONIONS (F/D) (CN)	1 1/4 oz		
RED PEPPERS (F/D) (CN)	1 1/4 oz		
SALAD OIL (CO)	1 1/2 oz	3 tbsp	
SALT (CO)	0 lbs 1/8 oz	1/4 tsp	
BLACK PEPPER (CO)	0 lbs	1/4 tsp	
PIZZA CHEESE (CO)	13 5/8 oz	1 pt 1 c 6 tbsp 1 1/8 tsp	
HOAGIE/SWICH ROLLS (FRESH)	2 lbs 8 oz		

Method	
1.	Rehydrate chicken, onion, and bell pepper according to manufacturer's instructions, drain thoroughly.
2.	Preheat griddle to 350°F (177°C).
3.	Heat oil on griddle. Add chicken, salt, and pepper. Toss and cook for 1 minute.
4.	Add onions and peppers to chicken. Cook for 2 to 3 minutes, tossing often.
5.	Add cheese, toss, and heat until melted. Scrape griddle while tossing to keep cheese from burning on. CCP: Internal temperature must reach 165°F (74°C) for 15 seconds.
6.	Remove from heat and serve immediately, placing 3/4 cup filling into each bun or CP: Hold hot at 135°F (57°F).

Notes	
1.	In Step 1, use 6 No.10 cans of chicken, 1/2 No. 10 can onion, and about 1/2 No. 10 can bell pepper.

ORZO W/LEMON AND HERBS (Y/H)

Yield 10 Portions
 Each Portion 3/4 CUP

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
94 kcal	11.9 gm	2 gm	4.5 gm	43.1 %	8 mg	367 mg		0 mg

Ingredients	Weight	Measure	Issue
NONSTICK SPRAY (CO)	0 lbs 1/8 oz		
OLIVE OIL (CO)	1 1/8 oz	2 tbsp 3/8 tsp	
YELLOW ONIONS (FRESH)	8 1/2 oz		
SALT (CO)	0 lbs 1/4 oz	1 1/4 tsp	
DIJON/SPICY MUSTARD (CO)	0 lbs	1/8 tsp	
GARLIC (CO)	0 lbs	1/8 tsp	
SWEET BASIL (CO)	0 lbs	2 tsp	
OREGANO (CO)	0 lbs	1 1/8 tsp	
BLACK PEPPER (CO)	0 lbs	1/8 tsp	
ONION (GRAN/PDR)(CO)	0 lbs	1/8 tsp	
LEMON JUICE (CO)	2 1/8 oz	3 tbsp 2 1/8 tsp	
SALAD OIL (CO)	0 lbs	1/8 tsp	
ORZO PASTA (CO)	13 3/8 oz		

Method	
1.	Combine salt, mustard, garlic powder, basil, oregano, pepper, and onion powder. Add lemon juice and olive oil. Stir to blend. Cover, set aside for use in Step 6.
2.	Add salt and canola oil to water; heat to a rolling boil.
3.	Add pasta slowly while stirring constantly until water boils again. Cook about 9 minutes or until al dente; stirring occasionally. DO NOT OVERCOOK.
4.	Drain. Rinse with cold water; drain thoroughly.
5.	Stir-cook onions in a lightly sprayed steam jacketed kettle or stockpot 8 to 10 minutes or until tender, stirring constantly.
6.	Add the reserved lemon and herb dressing to cooked onions. Stir to blend well. Bring to a boil; reduce heat to a simmer.
7.	Add the orzo to the onion and lemon mixture. Heat to a simmer while gently stirring for 1 minute to coat the orzo with the sauce. CCP: Temperature must register 145 F. or higher for 15 seconds.
8.	Place 2-1/3 gallon pasta mixture in each pan. CCP: Hold for service at 140 F. or higher.

GRILLED SALMON (G/L)

Yield 10 Portions
 Each Portion 7 OUNCES

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
318 kcal	3 gm	40.3 gm	15 gm	42.5 %	110 mg	94 mg		47 mg

Ingredients	Weight	Measure	Issue
GARLIC (CO)	0 lbs 1/2 oz	1 tbsp 1/4 tsp	
BLACK PEPPER (CO)	0 lbs 3/8 oz	1 tbsp 1 3/8 tsp	
SALAD OIL (CO)	0 lbs 3/4 oz	1 tbsp 1 3/8 tsp	
SALMON FILLETS (LB)	3 lbs 12 oz		
PARSLEY (CO)	0 lbs 3/8 oz	9 tbsp 1 3/8 tsp	

	Method
1.	Mix garlic powder and black pepper in a shaker. Apply seasoning mixture to fish.
2.	Heat griddle to 350 F. Apply oil to griddle to prevent sticking. Place filets on griddle and cook about 3 minutes per side. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold at 135 F. or higher.
3.	Garnish with parsley.

BATCH-COOKING TECHNIQUES

BATCH COOKING

Batch cooking in a commercial kitchen refers to preparing food in measured quantities at scheduled intervals rather than all at once. Instead of cooking a full day's production in advance, smaller batches are cooked throughout the service period to maintain factors such as:

- Food quality
- Temperature control
- Freshness

Items are prepped or partially cooked ahead of time. Later they are finished or fully cooked in multiple rounds based on demand. Batch cooking helps reduce food waste, overproduction, and holding time, while ensuring guests receive freshly prepared food during service.



BULK COOKING

Bulk cooking in a commercial kitchen means preparing a large quantity of a food item all at once, usually ahead of service, and then holding, storing, or reheating portions as needed.

Bulk cooking is often used to:

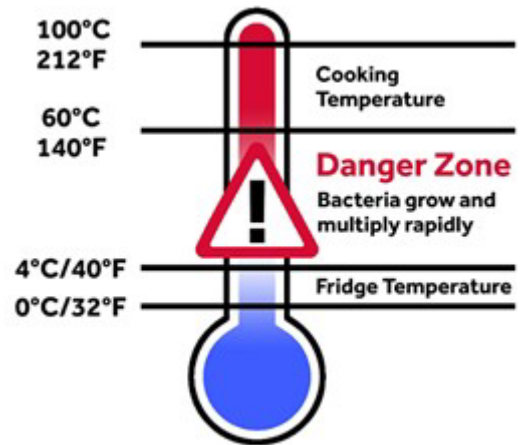
- Save labor time
- Improve efficiency
- Standardize production
- Allow food to be portion-controlled and stored



Why Bulk Cooking Can Be Unsafe

When large quantities of food are cooked all at once and then held:

- Food may sit in hot holding units for several hours.
- Temperatures may drop below 135°F during service.
- Staff may stir, add new food to old food, or leave pans out, increasing contamination risk.
- Large containers of food may cool too slowly if they are saved and refrigerated later.



Why Batch Cooking is Better than Bulk Cooking

Time/temperature abuse occurs when food remains in the temperature danger zone (41°F to 135°F) for too long, allowing bacteria to grow. Batch cooking helps prevent this because:

- Smaller quantities of food are cooked and held at one time.
- Food spends less time sitting in hot holding units.
- Fresh batches replace food before it has been held too long.
- The kitchen avoids cooking large volumes that would otherwise sit in the danger zone or be held for extended periods.

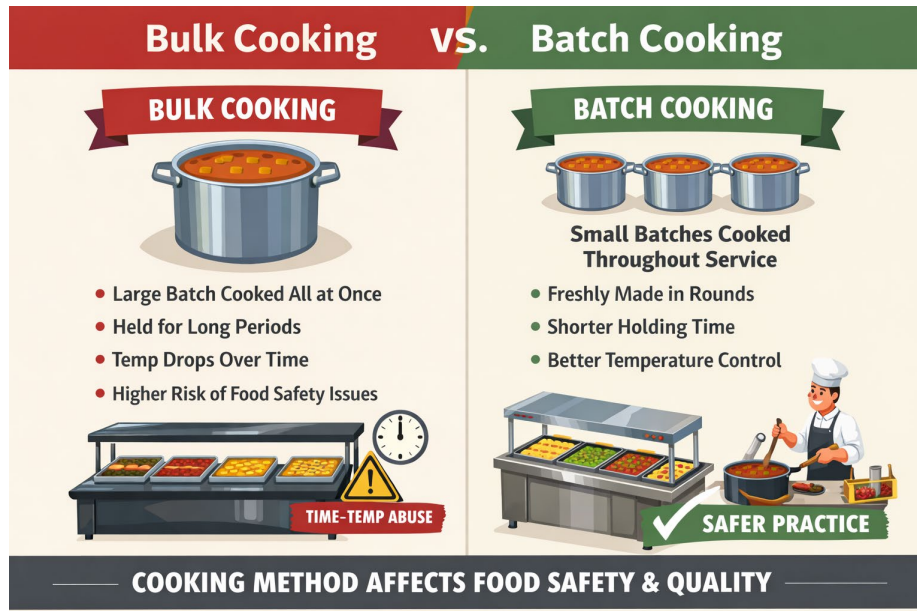
For Example:

Instead of:

- Cooking 20 gallons of soup at 8:00 AM and holding it until 2:00 PM

A safer **batch cooking approach** would be:

- Cook 5 gallons at a time, replenish the line as needed, and discard or replace food after safe holding limits.



BASIC PRINCIPLES OF BATCH COOKING

Cook in Small Quantities: Prepare smaller batches of food instead of the full production volume at once. This reduces the amount of food sitting in hot holding and allows kitchens to replenish items as needed.

Cook Closer to Service Time: Food should be prepared as close to the time it will be served as possible. This helps maintain better texture, flavor, and appearance.

Control Holding Time: Only a limited amount of food is placed on the service line at one time. As food is used, a fresh batch replaces it, reducing the time food spends in hot holding.

Maintain Safe Temperatures: Batch cooking supports food safety by helping kitchens keep hot food hot and cold food cold: Hot foods $\geq 135^{\circ}\text{F}$, Cold foods $\leq 41^{\circ}\text{F}$. Since food is not held for long periods, there is less risk of time–temperature abuse.

Monitor Demand: Production is adjusted based on how quickly food is being served. Staff watch the line and cook more batches only when needed, avoiding overproduction.

Maintain Food Quality: Because food is cooked more frequently and held for shorter periods, batch cooking helps preserve:

- Texture
- Moisture
- Flavor
- Appearance

DAY THREE: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Chickpea Curry & Basmati Rice Bowl
Cuban Hoagie (Prep, build, griddle, and hold)
Roasted Potatoes – Raw, Oven Roasted

TEAM TWO

Beef and Broccoli Bowl
Smashburgers & Garnishes – Plate on own, done first
Roasted Potatoes – Raw, Tilt Skillet

TEAM THREE

Pesto Quinoa Bowl
Cuban Hoagie (Prep ingredients, griddle a 'la minute)
Roasted Potatoes – Par Cooked, Oven Roasted

TEAM FOUR

Shrimp Poke Bowl
Smashburgers & Garnishes – Plate with Chef
Roasted Potatoes – Par Cooked, Tilt Skillet

Q: Vegetables and Meatless Entree Alternatives No. Q30900C

CHICKPEA CURRY & BASMATI RICE BOWL (G/H)

Yield 10 Portions
 Each Portion 1 BL+3/4 C RICE

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
619 kcal	95 gm	18 gm	21 gm	30.5 %	1 mg	1688 mg		160 mg

Ingredients	Weight	Measure	Issue
SALAD OIL (CO)	2 1/4 oz	4 tbsp 1 3/8 tsp	
YELLOW ONIONS (FRESH)	1 lb 3 1/4 oz		
SALT (CO)	0 lbs 3/4 oz	1 tbsp 1/4 tsp	
GARLIC (CO)	0 lbs 3/4 oz	2 tbsp	
CURRY POWDER (CO)	0 lbs 3/4 oz	3 tbsp 1 1/8 tsp	
BLACK PEPPER (DISP)	0 lbs 1/8 oz	1 tsp	
PAPRIKA (CO)	0 lbs 1/8 oz	1 1/4 tsp	
GINGER (CO)	0 lbs 1/8 oz	2 tsp	
CUMIN (CO)	0 lbs 1/8 oz	1 1/4 tsp	
THYME (CO)	0 lbs	1 tsp	
CAYENNE PEPPER (CO)	0 lbs	1/8 tsp	
WATER 1	3 lbs 12 oz	1 qt 1 pt 1 c 3 tbsp 1/8 tsp	
VEGETARIAN SOUP & GRAVY BASE (CO)	0 lbs 3/4 oz	1 tbsp 1/4 tsp	
GARBANZO/CHICK PEAS (CN)	1 lb 15 1/4 oz	1 pt 1 c 6 tbsp 1/4 tsp	
DICED TOMATOES (CN)	1 lb 5 oz	1 pt 7 tbsp 1 1/4 tsp	
CAULIFLOWER (FZN)(CO)	9 5/8 oz		
RED PEPPERS (FRESH)	0 lbs 9 oz		
PARSLEY (FRESH)	0 lbs 1/4 oz		
LONG GRAIN PAR/BL RICE (CO)	14 1/4 oz	1 pt 3 tbsp 1/4 tsp	
WATER 2	2 lbs 4 3/4 oz	1 qt 6 tbsp 1 1/8 tsp	
SWEET POTATOES (CN)	1 lb 14 3/8 oz	1 pt 1 c 7 tbsp 1 tsp	

Method	
1.	Prepare Chickpea Cauliflower Curry: Wash, rinse and sanitize all fruits and vegetables. Dice onion and bell peppers to a 1/4" dice. Mince parsley.
2.	Preheat tilt skillet to 350°F (177°C). Add canola oil to tilt skillet.
3.	Add onions and first salt measure; cook for 8 to 10 minutes, stirring occasionally, or until translucent and slightly browned.
4.	Add garlic, curry powder, white pepper, paprika, ginger, cumin, thyme, cayenne, and allspice, cook for 2 to 3 minutes or until spices are fragrant.
5.	Combine warm water and vegetable base; whisk until fully incorporated.
6.	Add reconstituted vegetable broth, chickpeas, crushed tomatoes, cauliflower, and bell peppers. Bring to a simmer.
7.	Reduce tilt skillet to 300°F (149°C), simmer 20 to 25 minutes, stirring occasionally, or until vegetables are cooked and sauce has thickened.
8.	Add parsley; stir to combine. CCP: Internal temperature must reach 135°F (57°C).
9.	CP: Hold for hot service at 135°F (57°F).
10.	Basmati Rice: Preheat steamer.
11.	Combine 3 qt boiling water, 2 qt rice, 3 tbsp salt and 1 tbsp oil in each pan; stir well.
12.	Steam rice for 20 minutes until the rice is tender and most of the water is absorbed. CCP: Internal temperature must reach 135°F (57°C). CP: Hold hot at 135°F (57°C) until service.
13.	Roasted Sweet Potato Wedges: Wash, rinse and sanitize fruits and vegetables. Peel sweet potatoes and cut in 1/2-inch thick wedges.
14.	In a large mixing bowl, combine sweet potatoes, oil, 2 Tbsp and 1 tsp salt and pepper. Toss thoroughly to evenly distribute spices.
15.	Lightly spray sheet pans with nonstick cooking spray.
16.	Place about 1 gal + 1 cup bell peppers on each sheet pan in a single layer.
17.	Roast peppers on convection mode at 425°F (218°C) low fan, open vent for 10 to 12 minutes or until tender and edges have browned slightly. CCP: Internal temperature must reach 135°F (57°C) or higher for 15 seconds. CP: Hold hot for service at 135°F (57°C).
18.	Bowl Assembly: To assemble grain bowl, place 3/4 cup basmati rice into a bowl. Top with about 1 cup + 2 tbsp chickpea and cauliflower curry. Layer 1/2 cup roasted bell peppers and 4 to 8 wedges of roasted sweet potatoes. Garnish with 1 tbsp of Greek yogurt. Serve immediately.

Notes	
1.	Chickpea Cauliflower Curry: Refer to manufacturer's instructions for reconstitution rates.

CLASSIC CUBAN HOAGIE (Y/H)

Yield 10 Portions
Each Portion 1 SANDWICH

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
671 kcal	26 gm	47 gm	36 gm	48.3 %	144 mg	1841 mg		314 mg

Ingredients	Weight	Measure	Issue
PULLED PORK (CO)	1 lb 4 oz		
HOAGIE/SUB ROLLS (FZN)(CO)	2 lbs 1 oz		
MUSTARD (CO)	3 3/8 oz	6 tbsp 1 1/8 tsp	
DELI HAM (CKD)(LB)	2 lbs 8 oz		
SL SWISS CHEESE (CU)	8 1/4 oz		
SLICED DILL PICKLES (CO)	0 lbs 10 oz		
SALAD OIL (CO)	0 lbs 1/4 oz	1 1/8 tsp	

Method	
1.	Preheat griddle to 350°F.
2.	Follow manufacturer's instructions to heat pulled pork. CCP: Internal temperature must reach 165°F (57°C) for 15 seconds. CP: Hold hot at 135°F (57°F).
3.	Assemble each sandwich: Spread 2 tsp mustard on each hoagie roll. Add 2 oz pulled pork, 2 slices ham, 1 slice cheese and 4 pickles.
4.	Heat oil on griddle.
5.	Place sandwiches on griddle. Using a grill press or metal spatula, press down to smash sandwich. Cook for 3 to 5 minutes on each or until cheese is melted and bread is golden brown and firm. Serve immediately or CP: Hold hot at 135°F (57°F).

O'BRIEN POTATOES (R/L)

Yield 10 Portions
Each Portion 2/3CP (3 1/2OZ)

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
124 kcal	25.8 gm	2.7 gm	1.3 gm	9.4 %	0 mg	248 mg		16 mg

Ingredients	Weight	Measure	Issue
GREEN PEPPERS (FRESH)	4 3/4 oz		
SALAD OIL (CO)	0 lbs 3/8 oz	2 1/4 tsp	
PIMIENTOS (CN)	2 1/8 oz	6 tbsp 2 1/4 tsp	
WHITE POTATOES (FRESH)	3 lbs 7 1/2 oz		
SALT (CO)	0 lbs 1/4 oz	1 tsp	
BLACK PEPPER (CO)	0 lbs	0 gal	

Method	
1.	In steam jacketed kettle or stock pot saute diced peppers in oil 5 minutes or until tender. Add pimientos; saute until heated through.
2.	Fry potatoes in 365 F. deep fat in 25-portion batches 7 minutes or until lightly browned and tender.
3.	Drain well in basket or on absorbent paper.
4.	Combine 2-1/3 cups of sauteed vegetables with each pan of potatoes. Distribute evenly in steam table pans.
5.	Using a convection oven, bake at 350 F. for 8 to 10 minutes until thoroughly heated on high fan, open vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 135 F. or higher for service.

BEEF AND BROCCOLI BOWL (G/M)

Yield 10 Portions
 Each Portion 6 OUNCE + 3/4 C RICE

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
404 kcal	38 gm	39 gm	10 gm	22.3 %	93 mg	794 mg		67 mg

Ingredients	Weight	Measure	Issue
BEEF KNUCKLE (OVEN RST)(LB)	3 lbs 8 oz		
SOY SAUCE (GAL)	0 lbs 5 oz	8 tbsp 2 1/4 tsp	
SALAD OIL (CO)	0 lbs 1/2 oz	1 tbsp 1/8 tsp	
GINGER (CO)	0 lbs	1/8 tsp	
GARLIC (CO)	0 lbs 1/8 oz	1/4 tsp	
BROCCOLI (FZN)(CO)	1 lb 3 1/4 oz		
CORN STARCH (CO)	0 lbs 3/4 oz	2 tbsp 2 1/4 tsp	
WATER	0 lbs 7/8 oz	1 tbsp 1 3/8 tsp	
WATER 2	2 lbs 4 3/4 oz	1 qt 6 tbsp 1 1/8 tsp	
LONG GRAIN PAR/BL RICE (CO)	14 1/4 oz	1 pt 3 tbsp 1/4 tsp	
SALT (CO)	0 lbs 1/4 oz	1 tsp	

Method	
1.	Drain beef from marinade, reserve for step 3, place beef in steam jacketed kettle and brown meat. Add ginger and garlic, cook until beef is tender. CCP: Internal temperature must reach 145 F or higher for 15 seconds.
2.	Remove from kettle, place into serving pans, cover and hold hot for service. CCP: Hold for service at 135 F. or higher.
3.	Add marinade back to beef, bring to a boil, reduce to a simmer. Add broccoli about 15 minutes prior to serving to prevent over cooking. Combine corn starch and water to make a smooth paste. Add paste to beef and broccoli, heat until slightly thickened.
4.	Slice beef into 1/8" thick slices. Cut slices into strips 2" long and 1/2" wide. Marinate strips in soy sauce and oil.
5.	Prepare Rice E00500: Combine rice, water, salt, and canola oil; bring to a boil. Stir occasionally.
6.	Cover tightly; simmer 20 to 25 minutes. DO NOT STIR.
7.	Remove from heat; transfer to shallow serving pans. CP: Hold for service at 135 F. or higher.
8.	Assembly: Combine 3/4 cup rice with 6 ounces of beef and broccoli mixture.

SMASH BURGERS (Y/L)

Yield 10 Portions
Each Portion 1 BURGER

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
416 kcal	34 gm	35 gm	14 gm	30.3 %	87 mg	571 mg		115 mg

Ingredients	Weight	Measure	Issue
GROUND BEEF (LB)	3 lbs 2 oz		
WORCESTERSHIRE SAUCE (CO)	0 lbs 3/8 oz	2 1/4 tsp	
SALT (CO)	0 lbs 1/8 oz	1/4 tsp	
GARLIC (CO)	0 lbs	1/8 tsp	
BLACK PEPPER (GO)	0 lbs	1/8 tsp	
HAMBURGER ROLLS (FRESH)	1 lb 8 oz		
AMERICAN CHEESE (CO)	8 1/4 oz		

	Method
1.	Thaw CP: If frozen, thaw beef under refrigeration at 41°F (5°C).
2.	Preheat griddle to 350°F (177°C).
3.	In a large bowl, combine beef, Worcestershire sauce, salt, garlic, and pepper.
4.	Using a No. 6 scoop, portion patties. CP: Hold cold at 41°F (5°C) until ready to cook.
5.	Using a grill press or metal spatula, smash burgers until they are about 1/2-inch thick or the diameter of a hamburger bun. Cook for 2 to 3 minutes. Flip burger, place one piece of cheese on each burger and continue to cook for 2 to 3 minutes. CCP: Internal temperature must reach 155°F (68°C) for 15 seconds. CP: Hold hot at 135°F (57°C).
6.	Batch prepare per 25 portions according to the following instructions: On a preheated griddle, add 25 patties.
7.	Place 1 burger on each bun for service.

NOTE: We will prepare some garnishes to go with the burgers working on presentation methods.

O'BRIEN POTATOES (R/L)

Yield 10 Portions
 Each Portion 2/3CP (3 1/2OZ)

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
124 kcal	25.8 gm	2.7 gm	1.3 gm	9.4 %	0 mg	248 mg		16 mg

Ingredients	Weight	Measure	Issue
GREEN PEPPERS (FRESH)	4 3/4 oz		
SALAD OIL (CO)	0 lbs 3/8 oz	2 1/4 tsp	
PIMIENTOS (CN)	2 1/8 oz	6 tbsp 2 1/4 tsp	
WHITE POTATOES (FRESH)	3 lbs 7 1/2 oz		
SALT (CO)	0 lbs 1/4 oz	1 tsp	
BLACK PEPPER (CO)	0 lbs	0 gal	

Method	
1.	In steam jacketed kettle or stock pot saute diced peppers in oil 5 minutes or until tender. Add pimientos; saute until heated through.
2.	Fry potatoes in 365 F. deep fat in 25-portion batches 7 minutes or until lightly browned and tender.
3.	Drain well in basket or on absorbent paper.
4.	Combine 2-1/3 cups of sauteed vegetables with each pan of potatoes. Distribute evenly in steam table pans.
5.	Using a convection oven, bake at 350 F. for 8 to 10 minutes until thoroughly heated on high fan, open vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 135 F. or higher for service.

PESTO QUINOA BOWL (G/H)

Yield 10 Portions
 Each Portion 1 BOWL

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
562 kcal	54 gm	20 gm	30 gm	48 %	371 mg	1133 mg		160 mg

Ingredients	Weight	Measure	Issue
SWEET POTATOES/YAMS (FRESH)	3 lbs		
SALAD OIL (CO)	0 lbs 1 oz	1 tbsp 2 3/8 tsp	
SALT (CO)	0 lbs 1/2 oz	2 1/4 tsp	
BLACK PEPPER (CO)	0 lbs	1/4 tsp	
NONSTICK SPRAY (CO)	0 lbs 1/4 oz		
BROWN RICE & QUINOA BLD (CO/BX)	12 3/4 oz		
WATER 1	1 lb 10 3/4 oz	1 pt 1 c 3 tbsp 3/8 tsp	
PESTO SAUCE (FZN)(CO)	9 5/8 oz	1 c 1 tbsp 2 1/4 tsp	
FRESH EGGS (DZ/CO)	2 lbs 3 1/4 oz		
SPINACH (FRESH)	7 1/4 oz		
ITALIAN DRESSING (CO)	5 5/8 oz	10 tbsp 1 1/4 tsp	

	Method
1.	Wash, rinse and sanitize fruits and vegetables.
2.	Roasted Sweet Potatoes: Preheat oven to 425°F (218°C).
3.	In a large mixing bowl, toss potatoes with 1 tbsp and 1 tsp of salt, black pepper and 1/4 cup canola oil to evenly distribute spices.
4.	Lightly coat each sheet pan with nonstick cooking spray.
5.	Place about 1 gal potatoes on each sheet pan.
6.	Using a convection mode, roast potatoes at 425°F (218°C) for 14 to 16 minutes. CCP: Internal temperature must reach 135°F (57°C). CP: Hold hot at 135°F (57°C).
7.	Quinoa and Brown Rice: In a steam jacketed kettle or stockpot, combine brown rice and quinoa blend, water, 2 tsp salt, and 2 tsp oil; stir well. Cover and bring to a boil.
8.	Reduce heat and simmer covered for 20 to 25 minutes or until water is absorbed. CCP: Internal temperature must reach 135°F (57°C).
9.	Combine pesto and quinoa, mix thoroughly. CP: Hold hot at 135°F (57°C).
10.	Fried Eggs (Griddle): Preheat griddle to 325°F (163°C).
11.	Break 1 egg individually into a small bowl.
12.	Fry egg on the lightly greased griddle using 1/4 cup oil. Cook until whites are firm, about 2 minutes. Break yolk and turn eggs over; cook 1½ minutes longer or until yolks are set and dry.
13.	Serve immediately.
14.	Bowl Assembly for 1 Portion: To assemble each bowl, toss 1 cup spinach with 1 tbsp dressing; place on bottom of the bowl. Top with ¾ cup pesto quinoa brown rice blend, ¼ cup roasted potatoes and 2 fried eggs.

CLASSIC CUBAN HOAGIE (Y/H)

Yield 10 Portions
Each Portion 1 SANDWICH

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
671 kcal	26 gm	47 gm	36 gm	48.3 %	144 mg	1841 mg		314 mg

Ingredients	Weight	Measure	Issue
PULLED PORK (CO)	1 lb 4 oz		
HOAGIE/SUB ROLLS (FZN)(CO)	2 lbs 1 oz		
MUSTARD (CO)	3 3/8 oz	6 tbsp 1 1/8 tsp	
DELI HAM (CKD)(LB)	2 lbs 8 oz		
SL SWISS CHEESE (CO)	8 1/4 oz		
SLICED DILL PICKLES (CO)	0 lbs 10 oz		
SALAD OIL (CO)	0 lbs 1/4 oz	1 1/8 tsp	

	Method
1.	Preheat griddle to 350°F.
2.	Follow manufacturer's instructions to heat pulled pork. CCP: Internal temperature must reach 165°F (57°C) for 15 seconds. CP: Hold hot at 135°F (57°F).
3.	Assemble each sandwich: Spread 2 tsp mustard on each hoagie roll. Add 2 oz pulled pork, 2 slices ham, 1 slice cheese and 4 pickles.
4.	Heat oil on griddle.
5.	Place sandwiches on griddle. Using a grill press or metal spatula, press down to smash sandwich. Cook for 3 to 5 minutes on each or until cheese is melted and bread is golden brown and firm. Serve immediately or CP: Hold hot at 135°F (57°F).

O'BRIEN POTATOES (R/L)

Yield 10 Portions
Each Portion 2/3CP (3 1/2OZ)

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
124 kcal	25.8 gm	2.7 gm	1.3 gm	9.4 %	0 mg	248 mg		16 mg

Ingredients	Weight	Measure	Issue
GREEN PEPPERS (FRESH)	4 3/4 oz		
SALAD OIL (CO)	0 lbs 3/8 oz	2 1/4 tsp	
PIMIENTOS (CN)	2 1/8 oz	6 tbsp 2 1/4 tsp	
WHITE POTATOES (FRESH)	3 lbs 7 1/2 oz		
SALT (CO)	0 lbs 1/4 oz	1 tsp	
BLACK PEPPER (CO)	0 lbs	0 gal	

Method	
1.	In steam jacketed kettle or stock pot saute diced peppers in oil 5 minutes or until tender. Add pimientos; saute until heated through.
2.	Fry potatoes in 365 F. deep fat in 25-portion batches 7 minutes or until lightly browned and tender.
3.	Drain well in basket or on absorbent paper.
4.	Combine 2-1/3 cups of sauteed vegetables with each pan of potatoes. Distribute evenly in steam table pans.
5.	Using a convection oven, bake at 350 F. for 8 to 10 minutes until thoroughly heated on high fan, open vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 135 F. or higher for service.

SHRIMP POKE BOWL (Y/H)

Yield 10 Portions
 Each Portion 1 BOWL

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
395 kcal	59 gm	26 gm	6 gm	13.7 %	207 mg	1573 mg		112 mg

Ingredients	Weight	Measure	Issue
WATER 1	2 lbs 6 3/8 oz	1 qt 9 tbsp 2 tsp	
PAR/BL BROWN RICE (CO)	1 lb	1 pt 7 tbsp 1 1/8 tsp	
SALT (CO)	0 lbs 1/4 oz	1 tsp	
OLIVE OIL (CO)	1 3/4 oz	3 tbsp 1 1/4 tsp	
P & D SHRIMP (TAIL OFF)(LB)	3 lbs 3 1/2 oz		
GARLIC (CO)	1 7/8 oz	5 tbsp 1/8 tsp	
CARROTS (FRESH)	6 3/8 oz		
RED PEPPERS (FRESH)	12 1/4 oz		
ASST. FRUIT (CN/FZN) (NON-MLL)	15 1/4 oz		
SWEET CHILI SAUCE (CO)	13 5/8 oz	1 c 5 tbsp 2 1/8 tsp	

	Method
1.	Prepare Brown Rice (Parboiled, Oven) : Preheat oven to 350 °F (177°C).
2.	Combine water, rice, salt and first measure of oil.
3.	Using an oven on convection mode, bake at 350°F (177°C) for 60 to 65 minutes until the rice is tender and most of the water is absorbed. CCP: Internal temperature must reach 135°F (57°C). CP: hold hot at 135°F (57°C) for use in Step 10.
4.	Prepare Garlic Shrimp : CP: Thaw shrimp under refrigeration at 41°F (5°C).
5.	Preheat griddle to 350°F (177°C).
6.	Use second measure of oil. Add shrimp and garlic and spread into an even layer.
7.	Cook shrimp for 2 to 2½ minutes on each side. CCP: Internal temperature must reach 145°F (63°C). Remove from heat and CP: Hold hot at 135°F (57°C) for use in Step 10.
8.	Garnishes: CP: Thaw pineapple under refrigeration at 41°F (5°C).
9.	Wash, rinse and sanitize fruits and vegetables.
10.	Chop the carrots and red peppers into 1/4 inch pieces.
11.	Assembly: Place ¼ cup rice on bottom of bowl. Top with ¼ cup bell pepper, ¼ cup carrots, ¼ cup pineapple, 4 oz (9 to 10 pieces) shrimp and 2 tbsp Sweet Thai chili sauce. Serve immediately or CP: Hold under refrigeration at 41°F (5°C) for Grab & Go service.

SMASH BURGERS (Y/L)

Yield 10 Portions
Each Portion 1 BURGER

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
416 kcal	34 gm	35 gm	14 gm	30.3 %	87 mg	571 mg		115 mg

Ingredients	Weight	Measure	Issue
GROUND BEEF (LB)	3 lbs 2 oz		
WORCESTERSHIRE SAUCE (CO)	0 lbs 3/8 oz	2 1/4 tsp	
SALT (CO)	0 lbs 1/8 oz	1/4 tsp	
GARLIC (CO)	0 lbs	1/8 tsp	
BLACK PEPPER (CO)	0 lbs	1/8 tsp	
HAMBURGER ROLLS (FRESH)	1 lb 8 oz		
AMERICAN CHEESE (CO)	8 1/4 oz		

	Method
1.	Thaw CP: If frozen, thaw beef under refrigeration at 41°F (5°C).
2.	Preheat griddle to 350°F (177°C).
3.	In a large bowl, combine beef, Worcestershire sauce, salt, garlic, and pepper.
4.	Using a No. 6 scoop, portion patties. CP: Hold cold at 41°F (5°C) until ready to cook.
5.	Using a grill press or metal spatula, smash burgers until they are about 1/2-inch thick or the diameter of a hamburger bun. Cook for 2 to 3 minutes. Flip burger, place one piece of cheese on each burger and continue to cook for 2 to 3 minutes. CCP: Internal temperature must reach 155°F (68°C) for 15 seconds. CP: Hold hot at 135°F (57°C).
6.	Batch prepare per 25 portions according to the following instructions: On a preheated griddle, add 25 patties.
7.	Place 1 burger on each bun for service.

NOTE: We will prepare some garnishes to go with the burgers working on presentation methods.

O'BRIEN POTATOES (R/L)

Yield 10 Portions
 Each Portion 2/3CP (3 1/2OZ)

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
124 kcal	25.8 gm	2.7 gm	1.3 gm	9.4 %	0 mg	248 mg		16 mg

Ingredients	Weight	Measure	Issue
GREEN PEPPERS (FRESH)	4 3/4 oz		
SALAD OIL (CO)	0 lbs 3/8 oz	2 1/4 tsp	
PIMIENTOS (CN)	2 1/8 oz	6 tbs 2 1/4 tsp	
WHITE POTATOES (FRESH)	3 lbs 7 1/2 oz		
SALT (CO)	0 lbs 1/4 oz	1 tsp	
BLACK PEPPER (CO)	0 lbs	0 gal	

Method	
1.	In steam jacketed kettle or stock pot saute diced peppers in oil 5 minutes or until tender. Add pimientos; saute until heated through.
2.	Fry potatoes in 365 F. deep fat in 25-portion batches 7 minutes or until lightly browned and tender.
3.	Drain well in basket or on absorbent paper.
4.	Combine 2-1/3 cups of sauteed vegetables with each pan of potatoes. Distribute evenly in steam table pans.
5.	Using a convection oven, bake at 350 F. for 8 to 10 minutes until thoroughly heated on high fan, open vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 135 F. or higher for service.

Memo To: CIA Continuing Education Students
From: Office of the Registrar
Re: Privacy of Student Records

The *Family Educational Rights and Privacy Act* (FERPA) is the federal law that governs release of and access to student education records. These rights include:

1. **The right to inspect and review your education record within a reasonable time after the CIA receives a request for access.** If you want to review your record, contact the Registrar's Office to make appropriate arrangements.
2. **The right to request an amendment of your education record if you believe it is inaccurate or misleading.** If you feel there is an error in your record, you should submit a statement to the Registrar's Office, clearly identifying the part of the record you want changed and why you believe it is inaccurate or misleading. The Registrar will notify you of the decision and advise you regarding appropriate steps if you do not agree with the decision.
3. **The right to consent to disclosure of personally identifiable information contained in your education records, except to the extent that FERPA authorizes disclosure without consent.** One exception which permits disclosure without consent is disclosure to school officials with "legitimate educational interests." A school official has a legitimate educational interest if the official has a need to know information from your education record in order to fulfill his or her official responsibilities. Examples of people who may have access, depending on their official duties, and only within the context of those duties, include: CIA faculty and staff, agents of the institution, students employed by the institution or who serve on official institutional committees, and representatives of agencies under contract with the CIA.
4. **The right to file a complaint with the U.S. Department of Education concerning alleged failures by the CIA to comply with the requirements of FERPA.**

Release of student record information is generally not done at the CIA without the expressed, written consent of the student. There are, however, some exceptions. For example, directory information includes the following, and may be released without the student's consent: name, permanent address, campus box number, CIA email address, photographs, program of study, dates of attendance, and degrees or certificates awarded with dates. Please note that you have the right to withhold the release of directory information. To do so, you must complete a "Request for Non-Disclosure of Directory Information" form, which is available from the CIA Consulting Department at 845-905-4417. Please note two important details regarding placing a "No Release" on your record:

1. The CIA receives many inquiries for directory information from a variety of sources outside the institution, including friends, parents, relatives, prospective employers, the news media, and others. Having a "No Release" on your record will preclude release of such information, even to those people.
2. A "No Release" applies to all elements of directory information on your record. The CIA does not apply "No Release" differently to the various directory information data elements.

A copy of the *Act*, more details about your rights, and any CIA policies related to the *Act* are available at <http://www.ciachef.edu/consumer-information/#psr>.

Questions concerning FERPA should be referred to the Office of the Registrar, The Culinary Institute of America, 1946 Campus Drive, Hyde Park, NY, 12538.

CIA INSTRUCTOR POLICY ON PROPRIETARY INTERESTS DISCLOSURE AND REPRESENTATION

The instructor does not have a proprietary interest in any product, instrument, device, service, or material to be discussed during the learning event, nor does the instructor receive third-party compensation related to the presentation.

These Materials Were Developed at the Culinary Institute of America.

US Navy Culinary Training Course Guide v.100.docx

Copyright © 2026
The Culinary Institute of America

All Rights Reserved

This manual is published and copyrighted by the Culinary Institute of America.
Copying, duplicating, selling, or otherwise distributing this product is hereby expressly
forbidden except by prior written consent of the Culinary Institute of America.