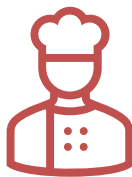




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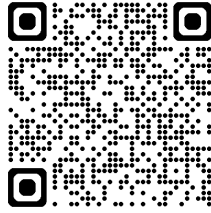
Best of Boot Camp (3 Day)

WELCOME!



CIAFOODIES.COM

Scan the QR code for digital PDF files of the course guide and chef lecture presentation:



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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.



COURSE INFORMATION

The *Best of Boot Camp* is an intensive, three-day, hands-on, fantasy culinary vacation! This program features all the best that CIA Boot Camp programs have to offer. Each day will highlight the fundamentals of cooking while introducing you to new and exciting tastes. You will get a look into the hallowed halls of The Culinary Institute of America and work with our esteemed chefs who will share step-by-step demonstrations and instruction.

LEARNING OBJECTIVES

By the end of this course, you will...

- learn to speak like a chef, using appropriate terms for kitchen equipment and culinary techniques.
- practice essential kitchen skills related to *mis en place*, knife handling, and cooking methods.
- discover the fundamentals of Italian cuisine encompassing the northern, central, and southern regions.
- explore the uncomplicated yet sophisticated world of the French bistro through classic dishes.

COURSE SYLLABUS

DAY ONE: SHARPENING YOUR KNIFE

SKILLS & CULINARY FUNDAMENTALS

- ☑ Lecture
 - Safety and Sanitation
 - Mise en Place
 - Basic Culinary Preparations
 - Dry-Heat Cooking Methods
 - Moist-Heat Cooking Methods
 - Combination Cooking Methods
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Knife Skills
 - Pounding Meat
 - Preparing Beurre Blanc Sauce
 - Pan-Frying
 - Grilling
 - Pilaf Method
 - Piping Pommes Duchesse
 - Review and Critique

DAY TWO: THE ITALIAN TABLE

- ☑ Lecture
 - Regional Italian Cuisine
 - Northern
 - Central
 - Southern
 - Pasta
- ☑ Kitchen Production Exercise

- Group and/or Station Demonstrations
 - Preparing Risotto
 - Preparing and Shaping Fresh Egg Pasta
 - Preparing and Shaping Gnocchi
 - Butterflying and Rolling Pork Loin
 - Preparing and Shaping Fresh Mozzarella Cheese
- Review and Critique

DAY THREE: BISTROS AND BRASSERIES

- ☑ Lecture
 - Bistros and Brasseries
 - Quick breads, Pastries, Crepes, and Other Griddled Items
 - Specialty Egg Dishes
 - Soups
 - Salads and Dressings
 - Sandwiches, Quiche, and Pizza
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Rolling and Blind-Baking Pie Dough
 - Preparing and Shaping Pâte à Choux

- Preparing French Fries
- Preparing Crêpes
- Cleaning Mussels
- Poaching Eggs
- Preparing Hollandaise Sauce
- Preparing Poolish for Ciabatta- Day Four
- Review and Critique

DAY ONE: TEAM PRODUCTION ASSIGNMENTS

KNIFE SKILLS, CULINARY FUNDAMENTALS

EACH STUDENT

Slice onions, dice onions, mince garlic

TEAM ONE

Wiener Schnitzel with Lemon-Caper Beurre Blanc
Garlic-Roasted Potatoes with Parsley and Oregano
Braised Collard Greens

TEAM TWO

Grilled Salmon with Orange-Thyme Butter
Rice Pilaf
Green Beans with Toasted Walnuts

TEAM THREE

40-Clove Chicken
Whipped Potatoes
Oven-Roasted Vegetables

TEAM FOUR

Roast Sirloin of Beef with Jus Lié
Pommes Duchesse
Grilled Zucchini

ALL TEAMS

**Make vanilla sugar for Chocolate Mousse on day three*

WIENER SCHNITZEL WITH LEMON-CAPER BEURRE BLANC

Yield: 6 portions

Ingredients	Amounts
Veal, cutlet, 3 wt. oz.	12 ea.
Salt, kosher	$\frac{3}{4}$ tsp.
Pepper, black, ground	$\frac{1}{4}$ tsp.
Oil, vegetable	as needed
Egg, whole, beaten	$\frac{1}{4}$ cup
Milk, whole	$\frac{1}{4}$ cup
Flour, all-purpose	$\frac{3}{4}$ cup
Breadcrumbs, dried	2 cups
Oil, vegetable	1 $\frac{3}{4}$ cups
Butter, unsalted	4 Tbsp.
Parsley, flat-leaf, fresh, chopped	4 Tbsp.
Lemon, cut into 6 wedges	1 ea.
Lemon-Caper Beurre Blanc	2 cups
(Recipe follows)	

Method

1. Pound each veal cutlet between sheets of parchment paper to a $\frac{1}{4}$ -inch thickness. (See Chef demo.) Blot dry with paper towels. Season with salt and pepper.
2. For the egg wash, in a small bowl, whisk together the egg and milk.
3. To bread each cutlet, dredge (coat) the veal in flour, shaking off any excess. Dip it in the egg wash, and dredge in the breadcrumbs.
4. Heat $\frac{1}{8}$ -inch of oil in a large skillet to 350°F over medium heat. Working in batches, add the veal. Pan fry the first side until golden brown and crisp, about 2 minutes. Turn over, and pan fry until it reaches an internal temperature of 160°F, 1 to 2 minutes.
5. Drain on paper towels or on a wire rack set over a baking sheet.
6. To serve, heat the butter in a large skillet over medium heat until it sizzles, about 2 minutes. Add the pan-fried veal to the hot butter, turn to coat on both sides.
7. Garnish with the chopped parsley. Serve with lemon wedges and Lemon-Caper Beurre Blanc on the side.

LEMON-CAPER BEURRE BLANC

Yield: 2 cups

Ingredients	Amounts
Cream, heavy	1 cup
Shallot, minced	1 Tbsp.
Peppercorns, black, whole	4 ea.
Wine, white, dry	½ cup
Lemon, juice, fresh (Divided)	½ cup
Butter, unsalted, cold, cubed	¾ lb.
Salt, kosher	to taste
Pepper, white, ground	to taste
Lemon, zest, grated	1 Tbsp.
Capers, drained, rinsed	4 Tbsp.

Method

1. In a small saucepan over medium heat, place the heavy cream. Bring it to a simmer, and reduce the liquid by half, 10 to 15 minutes. Reserve.
2. In a separate saucepan over medium-high heat, place the shallots, peppercorns, wine, and 2 tablespoons of the lemon juice. Reduce until nearly dry (*au sec*).
3. Add the reduced heavy cream. Simmer, until it reduces slightly, 2 to 3 minutes.
4. Turn down the heat to very low. Add the butter a few pieces at a time, whisking constantly, until incorporated. Do not allow the sauce to boil, as it will separate.
5. Season with salt and pepper to taste.
6. Add the remaining lemon juice, lemon zest, and capers.
7. Keep warm until needed.

GARLIC-ROASTED POTATOES WITH PARSLEY AND OREGANO

Yield: 6 portions

Ingredients	Amounts
Potato, red bliss, trimmed	2 ¼ lb.
Oil, olive, extra virgin	⅓ cup
Bay leaf, dried	3 ea.
Oregano, dried	1 ½ Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	as needed
Garlic, minced	2 Tbsp.
Parsley, flat-leaf, fresh, chopped	3 Tbsp.
Oregano, fresh, chopped	1 ½ Tbsp.

Method

1. Preheat oven to 425°F.
1. In a large bowl, place olive oil, bay leaves, oregano, salt, and pepper Mix to combine.
2. Add the potatoes. Toss to evenly coat.
3. Transfer the potatoes to a cast iron skillet over medium-high heat.
4. Place the skillet in the preheated oven. Roast, stirring occasionally to ensure even browning, for 20 minutes.
5. Lower the oven temperature to 375°F. Roast, stirring occasionally, until the potatoes are tender, golden brown, and crispy, 15 to 20 minutes. When there are 5 to 10 minutes remaining, add the garlic.
6. Transfer the potatoes to a warm serving bowl. Sprinkle with the parsley and oregano.
7. Serve immediately.

BRAISED COLLARD GREENS

Yield: 6 portions

Ingredients	Amounts
Collard greens, stems removed, roughly chopped	2 ½ lb.
Pork, bacon, slice, med. diced	3 ea.
Onion, yellow, med. diced	1 ¼ cups
Garlic, minced	2 tsp.
Pork, ham, hock (Optional)	1 ea.
Stock, chicken	1 ¼ cups
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. Remove and discard the stems from the collard greens.
3. Bring a large pot of salted water to a boil. Add the collards. Blanch (par-cook) for 1 minute. Transfer to an ice water bath to stop the cooking process. Drain and reserve.
4. In a large skillet over medium heat, place the bacon. Render until it is light golden brown, crispy, and the fat has melted out, 7 to 8 minutes.
5. Add the onions. Sweat until translucent, 3 to 4 minutes.
6. Add the garlic. Sweat until aromatic, about 1 minute.
7. Add the ham hock, if desired. Add the blanched greens and stock. Season with salt and pepper to taste. Braise in the preheated oven until the greens are tender, 30 to 45 minutes.
8. Using a slotted spoon, remove the greens from the liquid. Reserve. Place the skillet on the stovetop over medium-high heat. Reduce the cooking liquid by half.
9. Return the greens to the skillet. Toss with the cooking liquid. Season with salt and pepper to taste.
10. Serve hot on a warm serving platter.

Note: Kale can be substituted for collard greens. Vegetable stock can be substituted for chicken stock.

GRILLED SALMON WITH ORANGE-THYME BUTTER

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted, softened	½ cup
Almonds, slivered, finely chopped	4 Tbsp.
Orange, zest, grated	1 tsp.
Orange, juice, fresh	2 Tbsp.
Thyme, fresh, leaves	2 tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	½ tsp.
Salmon, fillet, skinless, 6 oz.	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Lemon, juice, fresh	2 Tbsp.
Oil, vegetable	as needed

Method

1. In a small bowl, place the butter with the almonds, orange zest, thyme, orange juice, salt, and pepper. Mix to combine.
2. Place the mixture on a piece of plastic wrap. Roll it into a 1-inch-diameter cylinder and secure the ends by twisting. Chill in the refrigerator until firm, about 2 hours.
3. Preheat a gas grill to medium, leaving one burner off.
4. Season the fish with salt, pepper, and lemon juice. Brush evenly with oil.
5. Grill the salmon fillets to the desired doneness (usually medium), 2 to 3 minutes per side. Transfer to an oven-safe pan.
6. Preheat broiler to low.
7. Top each fillet with a slice of the orange-thyme butter. Place into the broiler until the butter just starts to melt, about 2 minutes.
8. Serve immediately on a warm platter.

RICE PILAF

Yield: 6 portions

Ingredients	Amounts
Stock, chicken	2 cups
Oil, vegetable	1 Tbsp.
Onion, yellow, med. diced	3 Tbsp.
Garlic, minced	1 tsp.
Rice, white, long-grain	1 cup
Salt, kosher	1 tsp.
Pepper, white, ground	¼ tsp.
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	1 ea.

Method

1. Preheat oven to 325°F.
2. In a heavy saucepan over medium-high heat, place the stock. Bring it to a simmer. Reserve.
3. Heat the oil in another heavy saucepan over medium heat. Add the onions. Sweat until translucent, 3 to 5 minutes.
4. Add the garlic. Sweat until aromatic, about 1 minute.
5. Add the rice, stirring to coat the grains with the butter. Toast for 1 minute.
6. Add the reserved stock, salt, pepper, bay leaf, and thyme. Bring it to a boil, stirring occasionally to prevent the rice from sticking to the bottom of the pan.
7. Cover the pan tightly and place it in the preheated oven. Cook, until the rice is tender and all the liquid has been absorbed, 15 to 20 minutes.
8. Remove the pan from the oven. Let it stand undisturbed for 10 minutes.
9. Remove the lid and cover the pot with a clean dish towel. Stand for another 5 minutes.
10. Uncover and fluff the grains of rice with a fork. Serve immediately in a heated bowl.

Note: Instead of cooking the rice in the oven, it can continue cooking on the stovetop, tightly covered, over very low heat.

GREEN BEANS WITH TOASTED WALNUTS

Yield: 6 portions

Ingredients	Amounts
Walnuts, halved	2 Tbsp.
Beans, green, trimmed	1 ½ lb.
Oil, walnut	1 ½ tsp.
Shallot, minced	2 tsp.
Garlic, minced	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Chive, fresh, sliced	2 tsp.

Method

1. Heat a dry, medium skillet over medium heat. Place the walnuts in a single layer. Toast, stirring often, until golden brown and aromatic, 3 to 8 minutes. Transfer to a plate. Cool and reserve.
2. Bring a pot of salted water to a boil. Add the green beans. Blanch (par-cook) until they are bright green, 1 to 2 minutes. Transfer the beans to an ice bath to stop the cooking process. Drain and reserve.
3. Heat a large sauté pan over medium heat. Add the walnut oil, shallots, and garlic. Sweat until the shallots are softened, 2 to 3 minutes.
4. Add the green beans. Cook until heated through. Season with salt and pepper to taste.
5. Stir in the reserved walnuts and chives.
6. Serve on a heated platter.

40-CLOVE CHICKEN

Yield: 6 portions

Ingredients	Amounts
Chicken, breast, frenched	4 ea.
Chicken, thigh	4 ea.
Chicken, leg	4 ea.
Wine, white, dry	4 ³ / ₄ cups
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	1 ¹ / ₄ cups
Oil, olive, pure	3 Tbsp.
Garlic, clove, peeled	40 ea.
Thyme, fresh, sprig	6 ea.
Rosemary, sprig, fresh	2 ea.
Parsley, flat-leaf, fresh, chopped	3 Tbsp.

Method

1. In a large bowl, place the chicken and wine. Marinate in the refrigerator for 1 hour. Remove the chicken and pat dry. Reserve the marinade.
2. Preheat oven to 325°F.
3. Season the chicken with salt and pepper. Dredge the meat in the flour.
4. Heat the oil in a large, straight-sided sauté pan (*sautoir*) over medium-high heat. Working in batches, brown the chicken on all sides, about 5 minutes per side. Remove the chicken and reserve.
5. Add the garlic. Sauté until it begins to brown, 7 to 10 minutes.
6. Place the chicken on top of the garlic in a single layer. Add the reserved wine marinade, thyme, and rosemary. Bring it to a simmer.
7. Cover the pan. Braise in the preheated oven until the chicken is tender, about 45 minutes.
8. Remove the chicken and the garlic. Reserve.
9. Remove and discard the thyme and rosemary.
10. Place the pan on the stovetop over medium heat. Reduce the sauce until it is thick enough to coat the back of a spoon (*nappé*). Adjust the seasoning with salt and pepper to taste.
11. Serve the chicken with the sauce and garlic cloves. Garnish with parsley.

Source: Adapted from *On Cooking* by Sarah Labensky, Alan Hause

WHIPPED POTATOES

Yield: 6 portions

Ingredients	Amounts
Potato, russet, peeled, quartered	2 lb.
Salt, kosher	as needed
Butter, unsalted, softened	2 Tbsp.
Milk, whole, warmed	¼ cup
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. In a large pot, place the potatoes, salt, and enough cold water to cover by 2 inches. Bring it to a simmer over high heat.
2. Lower the heat to medium, cover, and simmer until the potatoes are fork tender, 25 to 30 minutes.
3. Drain the potatoes. Return them to the pan. Place the pan over low heat until no more steam rises from the potatoes, be careful not to brown them.
4. While hot, transfer the potatoes to a food mill. Purée into a heated bowl.
5. Add the butter. Mix until just incorporated.
6. Add the warm milk. Stir to combine. Season with salt and pepper to taste.
7. With an electric mixer, whip the potatoes on medium speed until smooth and light.
8. Serve immediately in a heated bowl.

Variations:

Buttermilk Whipped Potatoes: Substitute buttermilk for the half and half. Add 1 to 2 tablespoons of minced fresh chives along with the salt and pepper.

Whipped Sweet Potatoes: Substitute sweet potatoes for the russet potatoes. Use the cooking liquid to replace half of the half and half when whipping the purée. Season with ¼ teaspoon of cinnamon, a few grains of nutmeg, and a few drops of fresh lemon juice.

OVEN-ROASTED VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Onion, red, quartered	2 ea.
Carrot, oblique cut	2 cups
Cauliflower, cut into florets	2 cups
Pepper, bell, red, cut into 1-in. pieces	2 cups
Pepper, bell, green, cut into 1-in. pieces	2 cups
Garlic, clove, whole, peeled	6 ea.
Shallot, whole, peeled	3 ea.
Oil, olive, extra virgin	2 Tbsp.
Thyme, fresh, chopped	1 Tbsp.
Salt, kosher	1 Tbsp.
Pepper, black, ground	1 tsp.
Butter, unsalted, cut into small pieces	4 Tbsp.

Method

1. Preheat oven to 375°F.
2. In a large, stainless-steel bowl, place the onions, carrots, cauliflower, peppers, garlic, and shallots. Toss to combine.
3. Add the olive oil. Toss well to coat the vegetables with the oil.
4. Season with thyme, salt, and pepper. Mix thoroughly.
5. Butter a roasting pan. Transfer the vegetables to the pan. Dot the vegetables with the butter.
6. Roast in the preheated oven, stirring occasionally, until the vegetables are lightly caramelized and tender.
7. Serve immediately on a heated platter.

ROAST SIRLOIN OF BEEF WITH JUS LIÉ

Yield: 6 portions

Ingredients	Amounts
Beef, sirloin, boneless	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	as needed
Onion, yellow, diced	1/3 cup
Carrot, diced	1/4 cup
Celery, diced	1/4 cup
Tomato, paste	2 Tbsp.
Veal, stock, brown	2 1/2 cups
Cornstarch	1 tsp.
Water	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. Season the beef generously with salt and pepper.
3. Using butcher's twine, loop the twine around the center of the roast, pulling it tight. Create loops along the length of the roast, twisting the twine and maneuvering it under the meat before cinching to tighten each loop, spaced 1 inch apart. Weave the twine through the existing loops, alternating in and out to secure the roast uniformly. Flip the roast over and tie off the twine at your starting point, ensuring a snug and secure fit. (See Chef demo.)
4. In a large sauté pan over medium-high heat, add enough oil to create a film. Add the beef. Brown on all sides.
5. Transfer the beef to a rack set above a roasting pan. Add the onions, carrots, and celery to the bottom of the pan. Roast in the preheated oven until the beef is medium-rare (125°F internal temperature), about 1 hour.
6. Transfer the beef to a platter, cover it loosely with foil, and let it stand for 20 minutes.
7. For the jus lié, pour off the fat from the roasting pan, leaving 1 tablespoon. Add the tomato paste. Place the pan over medium heat on the stove top. Cook, stirring often, until the vegetables and tomato paste are caramelized, 3 to 5 minutes.
8. Add the stock. Deglaze, stirring to scrape up any food bits stuck to the bottom of the pan (*fond*).
9. In a small bowl, whisk together the cornstarch and water to form a slurry. Whisk it into the sauce. Bring the pan to a boil over medium heat. Cook until the sauce thickens.
10. Remove the pan from the heat. Strain. Season with salt and pepper to taste.
11. Remove the string from the meat and slice. Serve on a heated platter with the jus lié.

POMMES DUCHESSE

Yield: 6 portions

Ingredients	Amounts
Potato, russet, peeled, quartered	2 ¼ lb.
Egg, yolk	3 ea.
Butter, unsalted, softened	¼ lb.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Nutmeg, fresh, grated	⅛ tsp.

Method

1. Preheat oven to 400°F.
2. In a large pot, place the potatoes and enough cold, salted, water to cover by 2 inches. Add the potatoes. Bring it to a boil over high heat. Lower the heat to a simmer. Cook until the potatoes are just tender, 10 to 15 minutes.
3. Drain the potatoes and return them to the pot over low heat. Cook, stirring constantly, until no steam rises from the potatoes, 2 to 3 minutes. Do not brown.
4. Immediately transfer the potatoes to a food mill. Purée into a large, heated bowl.
5. Add the egg yolks and butter. Stir to combine. Season with the salt, pepper, and nutmeg.
6. Transfer the mixture to a piping bag fitted with a star tip. Pipe the potatoes onto a parchment paper-lined sheet pan (See Chef demo).
7. Bake in the preheated oven until the potatoes are heated through and golden brown, 35 to 40 minutes.
8. Serve immediately on a warm platter.

GRILLED ZUCCHINI

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	½ cup
Vinegar, wine, red	½ cup
Garlic, minced	2 tsp.
Thyme, fresh, chopped	1 ½ tsp.
Oregano, fresh, chopped	1 ½ tsp.
Sugar, granulated	1 tsp.
Squash, zucchini, ½-in. sliced on bias	1 ½ lb.
Salt, kosher	½ tsp.

Method

1. Preheat a gas grill to medium high. Clean the cooking grate.
2. For the marinade, in a large bowl, place the oil, vinegar, garlic, thyme, oregano, and sugar. Whisk until the sugar dissolves. Reserve.
3. Pat the zucchini slices dry with paper towels. Season generously with salt. Transfer to the bowl with the marinade. Toss well, coating the zucchini on both sides. Reserve any leftover marinade.
4. Place the zucchini on the preheated grill. Cook on each side until tender and marked with grill marks.
5. Transfer to a warm platter. Drizzle with some of the reserved marinade. Serve hot.

DAY TWO: TEAM PRODUCTION ASSIGNMENTS

THE ITALIAN TABLE

TEAM ONE

Risotto with Porcini Mushrooms and Peas
Prosciutto with Roasted Peppers and Anchovies
Garganelli with Ragù Bolognese
Soak navy beans for Potage au Pistou for day three

TEAM TWO

Gnocchetti with Peas and Pancetta
Roast Stuffed Pork Loin Genoa-Style with Garlic Jus
Stuffed Zucchini

TEAM THREE

Fresh Mozzarella Salad
Sea Bass with Vegetables
Baked Rolled Pasta

TEAM FOUR

Caponata with Toast
Spinach and Ricotta Ravioli
Onions in Sweet and Sour Sauce

CHEF DEMO AND GROUP PRODUCTION

Zabaglione
Tiramisu

RISOTTO WITH PORCINI MUSHROOMS AND PEAS

Yield: 6 portions

Ingredients	Amounts
Mushrooms, porcini, dried	1 ½ cups
Water, boiling	2 cups
Stock, chicken	3 ¼ cups
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	2 Tbsp.
Peas, frozen, thawed	¾ cup
Butter, unsalted	¼ cup
Onion, yellow, minced	½ cup
Garlic, minced	2 tsp.
Rice, Arborio	1 ¼ cups
Wine, white, dry	¼ cup
Butter, unsalted	¼ cup
Cheese, Parmesan, grated	1 cup

Method

1. In a large bowl, place the dried mushrooms and enough boiling water to cover them. Allow them to soak until softened, 15 to 30 minutes. Place a strainer lined with cheesecloth over a bowl and drain the mushrooms. Reserve the mushrooms.
2. In a small saucepot over low heat, add the stock. Season with salt and pepper. Reserve.
3. In a small sauté pan over medium heat, melt the butter. Add the reserved mushrooms. Sauté until tender.
4. Add the peas. Cook until the peas are heated through. Remove the pan from the heat. Reserve the peas and mushrooms.
5. Melt the butter in a straight sided sauté pan (*sautoir*) over medium heat. Add the onions. Sauté until translucent but without color, 3 to 5 minutes.
6. Add the garlic. Sauté until aromatic, but without color, about 1 minute.
7. Add the rice. Cook, stirring constantly, until the rice grains are coated with butter and have changed from completely white to somewhat translucent, but without browning. (The center will still be white.)
8. Lower the heat to medium-low. Add the wine. Simmer, stirring often, until the wine is almost completely absorbed.
9. Add the reserved stock in three additions, stirring and allowing the stock to be absorbed between additions. The rice should still be just tender, and the grains separate, but creamy.
10. Add the mushroom and pea mixture, butter, and cheese. Adjust the consistency, if necessary, with more stock. It should be wavy and creamy like porridge (*all'onda*), not firm and stiff. Season with salt and pepper to taste. Serve in a heated bowl.

PROSCIUTTO WITH ROASTED PEPPERS AND ANCHOVIES

Yield: 6 portions

Ingredients	Amounts
Pepper, bell, red	3 ea.
Pepper, bell, yellow	3 ea.
Oil, olive, extra virgin	1/2 cup
Lemon, juice, fresh	1/4 cup
Anchovy, fillet, minced	2 ea.
Garlic, minced	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lettuce, romaine, leaf	6 ea.
Pork, prosciutto, very thin slice	6 ea.
Anchovy, fillet	6 ea.

Method

1. Over the flame of a gas burner, hold the peppers over the flame with tongs, turning frequently, to roast them until the skin is evenly charred.
2. Place the roasted peppers in a paper bag. Steam until the skin loosens, about 15 minutes.
3. When cool enough to handle, remove the charred skin and seeds. Cut the peppers into strips. Transfer to a stainless-steel bowl. Reserve.
4. For the marinade, add the oil, lemon juice, anchovies, garlic, salt, and pepper. Mix to combine. Marinate for 1 hour.
5. Arrange the lettuce leaves on a chilled platter. Top with reserved pepper strips, prosciutto, and anchovy fillets.
6. Serve at room temperature.

GARGANELLI WITH RAGÙ BOLOGNESE

Yield: 8 portions

Ingredients	Amounts
Pork, pancetta, finely diced	2 ½ wt. oz.
Oil, olive, extra virgin	1 ¼ Tbsp.
Butter, unsalted	⅔ wt. oz.
Onion, yellow, finely diced	6 ¼ wt. oz.
Carrot, finely diced	2 ½ wt. oz.
Celery, finely diced	2 wt. oz.
Beef, ground, lean	10 wt. oz.
Pork, ground, lean	10 wt. oz.
Tomato, paste	2 wt. oz.
Wine, white, dry	10 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Nutmeg, fresh, grated	to taste
Chicken, stock	20 fl. oz.
Cream, heavy, heated	10 fl. oz.
Fresh Egg Pasta (Recipe follows)	1 ½ lb.
Cheese, Parmesan, grated	4 wt. oz.

Method

1. In a medium, non-reactive stockpot over medium-low heat, place the pancetta, oil, and butter. Cook, stirring frequently, until golden brown and the fat renders, about 15 minutes.
2. Increase the heat to medium-high, add the onions, carrots, and celery. Cook, stirring frequently, until the vegetables soften and the onions are translucent, 5 to 7 minutes.
3. Add the beef and pork. Cook, stirring continuously, until the meat browns, 3 to 4 minutes. Drain the fat, if necessary.
4. Stir in the tomato paste. Cook until lightly caramelized, 2 to 3 minutes.
5. Stir in the wine. Reduce until nearly dry (*au sec*).
6. Season with salt, pepper, and nutmeg to taste.
7. Add the stock. Bring the sauce to a boil, turn down the heat to low, and simmer uncovered until the sauce reduces and the flavors have concentrated. Add more stock if necessary to avoid scorching.
8. Just prior to service, stir in the cream and return the sauce to a simmer. Do not allow it to boil. Adjust the seasoning with salt and pepper to taste. Reserve. Keep warm.
9. Bring a large pot of salted water to a boil. Add the pasta. Cook, stirring frequently, until it is tender but firm to the bite (*al dente*). Drain, reserving some of the cooking liquid.
10. Toss the pasta with the sauce. Adjust the consistency with some of the cooking liquid, as needed. Serve in a heated bowl, garnished with Parmesan cheese.

FRESH EGG PASTA

Yield: 1 ½ pounds

Ingredients	Amounts
Flour, durum	1 lb.
Salt, kosher	1/8 tsp.
Egg, whole	4 ea.
Oil, olive, pure (Optional)	2 Tbsp.

Method

1. In a food processor, place the flour and salt. Mix to combine.
2. Add the eggs and oil, if using. Process until the dough resembles coarse meal, and when pressed it forms a cohesive mass.
3. Turn the dough out onto a work surface. Knead until the dough is very firm, yet pliable.
4. Cover and let the dough relax at room temperature for at least 1 hour.
5. Roll the dough by machine or by hand. To form a garganelli shape, cut the pasta into small squares and pinch the corners together (See Chef demo).
6. The pasta is ready to cook now, or it can be covered and refrigerated for up to 2 days.

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

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

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

Tomato Pasta: Sauté 6 tablespoons tomato purée until reduced and dry. Cool and add to the eggs.

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

Citrus Pasta: Add 4 teaspoons finely grated lemon or orange zest to the eggs. Substitute 2 tablespoons citrus juice for the water.

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

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

Saffron Pasta: Steep 2 to 4 teaspoons pulverized saffron threads in 2 tablespoons hot water and add to the eggs.

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

GNOCCHETTI WITH PEAS AND PANCETTA

Yield: 6 portions

Ingredients	Amounts
Potato, chef's, peeled, quartered	1 ½ lb.
Salt, kosher	1 tsp.
Butter, unsalted	2 Tbsp.
Egg, whole, beaten	1 ea.
Egg, yolk, beaten	1 ea.
Flour, bread	as needed
Salt, kosher	as needed
Pepper, white, ground	as needed
Pork, pancetta, small diced	½ lb.
Stock, chicken	1 cup
Butter, unsalted, cubed	1 cup
Peas, frozen, thawed	1 ½ cups
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a large pot, place the potatoes, salt, and enough water to cover. Bring it to a boil over high heat. Lower the heat to a simmer. Cook until the potatoes are fork tender, 10 to 15 minutes. Drain.
2. Return the potatoes to the pot. Over low heat, cook until no steam rises from them.
3. Pass the potatoes through a food mill into a large mixing bowl. Cool completely.
4. Add the butter, egg, and egg yolk. Mix well to incorporate.
5. Add just enough of the flour to bind the mixture into a dough (the more flour added, the heavier the end result). Season with salt and pepper as needed.
6. Roll the dough into long cylinders about ¼-inch in diameter. Cut into segments about ¼-inch long. Shape the gnocchetti by pressing and rolling each segment off the back of a fork. (See Chef demo.) Reserve.
7. In a small sauté pan over medium heat, place the pancetta. Render until it browns and most of the fat has melted, 4 to 5 minutes. Reserve.
8. Bring a large pot of salted water to a boil. Cook the gnocchetti until they float and the center is cooked through, 5 to 6 minutes. Drain and reserve.
9. In a large, straight-sided sauté pan over medium heat, bring the stock to a simmer. Turn down the heat down to low. Slowly add the butter, whisking until each addition is incorporated. Do not allow it to boil as the sauce could separate.
10. Add the gnocchetti. Toss to coat. Add the peas and pancetta. Toss to combine and heat through. Season with salt and pepper to taste. Serve on a heated platter.

ROAST STUFFED PORK LOIN GENOA-STYLE WITH GARLIC JUS

Yield: 6 portions

Ingredients	Amounts
Pine nuts (<i>Pignoli</i>)	½ cup
Garlic, minced	4 tsp.
Parsley, flat-leaf, fresh, chopped	3 ½ Tbsp.
Basil, sweet, fresh, chopped	2 ½ Tbsp.
Cheese, Pecorino-Romano, grated	¼ cup
Pork, ground	¼ lb.
Pork, sausage, Italian, casing removed	¼ lb.
Breadcrumbs, dried	½ cup
Cream, heavy	3 Tbsp.
Egg, whole, beaten	1 ea.
Pork, loin, boneless, well-trimmed	2 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Onion, yellow, diced	½ cup
Carrot, diced	¼ cup
Celery, diced	¼ cup
Tomato, paste	4 Tbsp.
Garlic, minced	1 tsp.
Bay leaf, dried	1 ea.
Stock, veal, brown	2 ¼ cups
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. Heat a small, dry skillet over medium-low heat. Add the pine nuts in an even layer. Toast, stirring often, until golden brown and aromatic, 2 to 4 minutes. Transfer to a plate. Cool and roughly chop.
3. For the dry pesto, in a small bowl, place the toasted pine nuts, garlic, parsley, basil, and pecorino. Mix well. Reserve.
4. For the stuffing, in a medium bowl, combine the pork, sausage, breadcrumbs, heavy cream, and egg. Mix well. Reserve.
5. Butterfly the pork loin. Pound lightly with a meat mallet. (See Chef demo.) Season with salt and pepper.

6. Spread the reserved pesto mixture over the pork loin, leaving a ½-inch border on all sides. Spread the stuffing over the pesto. Roll up the pork loin, jelly roll fashion, and secure with butcher's twine. (See Chef demo.)
7. Place the pork loin on a rack set into a roasting pan. Roast in the preheated oven until the internal temperature reaches 150°F, 30 to 40 minutes. Transfer the pork to a cutting board. Tent with foil. Let it rest for 10 minutes.
8. For the jus, drain the fat from the roasting pan, leaving 1 tablespoon. Add the onions, carrots, celery, and tomato paste. Place the pan on the stovetop over medium-high heat. Cook, stirring frequently, until the vegetables are lightly caramelized, 4 to 5 minutes.
9. Add the garlic. Sweat until aromatic, about 1 minute.
10. Add the bay leaf and stock. Simmer until the liquid reduces to about 1 ½ cups. Strain through a fine mesh sieve. Season with salt and pepper to taste. Reserve hot.
11. Remove the string from the pork loin. Carve into ¼-inch-thick slices. Serve on a warm platter with the jus.

STUFFED ZUCCHINI

Yield: 6 portions

Ingredients	Amount
Squash, zucchini, cut in half lengthwise, seeded	3 ea.
Oil, olive, pure	2 Tbsp.
Mushroom, white, diced	2 cups
Egg, whole, beaten	1 ea.
Breadcrumbs, fresh	$\frac{3}{4}$ cup
Cheese, Parmesan, grated	$\frac{1}{4}$ cup
Milk, whole	$\frac{1}{4}$ cup
Oregano, dried, ground	$\frac{1}{4}$ tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Butter, unsalted, melted	2 Tbsp.
Breadcrumbs, dried	$\frac{1}{2}$ cup
Cheese, Parmesan, grated	$\frac{1}{4}$ cup

Method

1. Preheat oven to 375°F.
2. Bring a large pot of salted water to a boil. Add the zucchini. Blanch until tender but still slightly crunchy, 1 to 2 minutes. Immediately transfer to an ice water bath to stop the cooking process. Drain well. Transfer to a hotel pan and reserve.
3. For the filling, heat the oil in a medium sauté pan over medium-high heat. Add the mushrooms. Sauté until browned and all the juices released by the mushrooms have evaporated, 4 to 5 minutes. Cool and reserve.
4. In a large bowl, place the egg, breadcrumbs, cheese, and milk. Mix to combine.
5. Gently stir in the sautéed mushrooms and oregano. Season with salt and pepper to taste.
6. Divide the filling evenly between the zucchini halves in the hotel pan.
7. For the topping, in a small mixing bowl, combine the butter, breadcrumbs, and cheese. Sprinkle the mixture evenly over the reserved zucchini.
8. Bake in the preheated oven until the topping is golden brown, and the stuffing is heated through, 20 to 25 minutes.
9. Serve hot on a heated platter.

FRESH MOZZARELLA SALAD

Yield: 6 portions

Ingredients	Amounts
Oil, olive, extra virgin	6 Tbsp.
Vinegar, wine, red	2 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Wine, white, Soave	2 Tbsp.
Tomato, sun-dried, jarred	1 Tbsp.
Parsley, flat-leaf, leaves, fresh, chopped	1 Tbsp.
Basil, sweet, leaves, fresh, chopped	1 Tbsp.
Oregano, fresh, chopped	1 Tbsp.
Garlic, mashed	1 tsp.
Pepperoncini, jarred, minced	½ tsp.
Mozzarella Cheese (Recipe follows)	1 ½ lb.
Vinegar, balsamic, aged	to taste

Method

1. For the dressing, in a medium bowl, place the oil, vinegar, lemon juice, and wine. Whisk to combined.
2. Add the sun-dried tomatoes, parsley, basil, oregano, garlic, and pepperoncini. Mix well.
3. Add the Mozzarella Cheese. Gently toss to coat.
4. Arrange on a decorative platter. Drizzle with balsamic vinegar.

MOZZARELLA CHEESE

Yield: 2 pounds

Ingredients	Amounts
Salt, kosher	6 wt. oz.
Water	1 gal.
Cheese, curd, medium diced	2 lb.

Method

1. In a large pot, bring the salt and water to a boil. Remove the pot from the heat.
2. In a large bowl, place the cheese curd. Add enough hot water to cover the curd completely.
3. Wearing 2 pairs of gloves, work the curd with wooden spoons, stretching it until it becomes a smooth, yet stringy mass. Maintain the water temperature at a constant 160°F throughout this process.
4. Remove the cheese from the water. Continue stretching it until the curd is smooth. Be careful not to overwork it or the cheese will become tough.
5. Shape the cheese into small balls (*bocconcini*). (See Chef demo.)
6. Hold the cheese in water until ready to serve.

SEA BASS WITH VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	2 Tbsp.
Onion, red, 2-in. julienne	1 cup
Garlic, clove, mashed to a paste	1 ea.
Tomato, plum (Roma), skinned, seeded, 2-in. julienne	1 cup
Squash, zucchini, julienne	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	2 Tbsp.
Sea bass, fillet, 6 oz.	6 ea.
Wine, white, dry	1 cup
Oregano, fresh, finely chopped	½ tsp.
Parsley, flat-leaf, leaves, fresh, finely chopped	½ tsp.
Basil, sweet, fresh, finely chopped	½ tsp.

Method

1. Preheat oven to 350°F.
2. For the topping, heat the oil in a medium sauté pan over medium heat. Add the onions. Sauté until translucent, about 3 to 5 minutes.
3. Add the garlic. Sauté until aromatic, about 1 to 2 minutes.
4. Add the tomatoes and zucchini. Sauté until just tender, 5 to 10 minutes. Season with salt and pepper to taste. Cool and reserve.
5. Butter a straight-sided sauté pan. Add the sea bass. Top each fillet with ¼ cup of the reserved vegetable topping.
6. Add the wine. Bring it to a simmer over medium heat. Cover with a paper cover.
7. Poach the sea bass in the preheated oven until the flesh turns from translucent to opaque and flakes easily when gently pressed with a fork, 5 to 8 minutes. Transfer the sea bass to a serving platter, cover, and keep warm.
8. Place the sauté pan with the poaching liquid on the stovetop over medium high heat. Reduce to about ¾ cup. Adjust the seasoning with salt and pepper to taste.
9. Pour the poaching liquid around the fish. Garnish with the oregano, parsley, and basil.

BAKED ROLLED PASTA

Yield: 6 portions

Ingredients	Amount
Fresh Egg Pasta Dough (Recipe follows)	1 lb.
Cheese, ricotta	1 lb.
Cheese, Parmesan, grated	3 wt. oz.
Pork, prosciutto, sliced thinly	¼ lb.
Cheese, fontina, shredded	2 ¼ cups
Tomato Sauce (Divided) (Recipe follows)	5 cups
Butter, unsalted	as needed
Oil, olive, extra virgin	2 Tbsp.
Onion, yellow, small diced	1 cup
Brandy	½ cup
Stock, veal, brown	2 cups
Cream, heavy	2 cups
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 475°F.
2. Roll the Fresh Egg Pasta dough into paper-thin sheets. Spread the rolled dough with a thin layer of ricotta. Sprinkle with grated Parmesan cheese. Cover with the prosciutto slices.
3. Mound the Fontina cheese in the center. Roll into a tight cylinder. Cut the rolls into one-inch pieces.
4. Pour 2 cups of the Tomato Sauce into the bottom of a casserole dish. Arrange the pasta slices over the sauce, slightly flattening each piece. Top each roll with a small sliver of butter and 1 tablespoon of the Tomato Sauce.
5. Bake in the preheated oven until the butter melts, and the cheese in the center softens, 20 to 25 minutes.
6. For the sauce, heat the oil in a medium sauté pan over medium heat. Add the onions. Sauté until translucent.
7. Remove the sauté pan from the heat. Carefully add the brandy. Return the pan to the heat. Let the brandy flame and then go out.
8. Stir in 2 cups of the reserved Tomato Sauce, stock, and heavy cream. Season with salt and pepper to taste. Cook until the sauce is heated through and achieves the desired consistency.
9. Ladle the creamy tomato sauce onto a heated serving platter. Arrange the baked pasta slices on top.

FRESH EGG PASTA

Yield: 1 ½ pounds

Ingredients	Amounts
Flour, durum	1 lb.
Salt, kosher	¼ tsp.
Egg, whole	4 ea.
Oil, vegetable (Optional)	2 Tbsp.

Method

1. In a food processor, place the flour and salt. Mix to combine.
2. Add the eggs and oil, if using. Process the mixture until it resembles coarse meal. When pressed, the dough will form a cohesive mass.
3. Turn the dough out onto a work surface. Knead until the dough is very firm, yet pliable.
4. Cover and let the dough relax at room temperature for at least 1 hour.
5. The pasta dough is ready to use now, or it may be refrigerated for up to 2 days.

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

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

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

Tomato Pasta: Sauté 6 tablespoons tomato purée until reduced and dry. Cool and add to the eggs.

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

Citrus Pasta: Add 4 teaspoons finely grated lemon or orange zest to the eggs. Substitute 2 tablespoons citrus juice for the water.

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

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

Saffron Pasta: Steep 2 to 4 teaspoons pulverized saffron threads in 2 tablespoons hot water and add to the eggs.

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

TOMATO SAUCE

Yield: 1 ½ quarts

Ingredients	Amounts
Oil, olive, extra virgin	¼ cup
Onion, yellow, med. diced	⅔ cup
Garlic, minced	2 ½ Tbsp.
Tomato, plum (Roma), whole, canned	3 ½ lb.
Basil, sweet, leaves, fresh, torn	¾ cup
Salt, kosher	to taste
Pepper, black, ground	to taste


Method

1. Heat the olive oil in a saucepot over medium heat. Add the onions. Cook, stirring occasionally, until lightly golden, 12 to 15 minutes.
2. Add the garlic. Sauté, stirring frequently, until aromatic, about 1 minute.
3. With clean hands, crush the tomatoes into the pot. Stir to combine. Bring the sauce to a gentle simmer. Cook over low heat, stirring occasionally, until a good sauce-like consistency develops, about 45 minutes.
4. Add the basil. Simmer until the sauce is infused with the aroma of basil, 2 to 3 minutes. Season with salt and pepper to taste.

Note: For a smoother sauce, purée through a food mill fitted with a coarse disk.

CAPONATA WITH TOAST

Yield: 6 portions

Ingredients	Amounts
Bread, baguette, thickly sliced	1 ea.
Eggplant, peeled, 1-in. diced 	½ lb.
Salt, kosher	as needed
Oil, olive, extra virgin	¼ cup
Onion, yellow, coarsely chopped	½ cup
Celery, bunch, small diced	¼ ea.
Tomato, purée	½ cup
Olive, green, pitted, chopped	⅓ cup
Capers, rinsed, drained	2 Tbsp.
Sugar, granulated	2 Tbsp.
Vinegar, wine, red	2 ½ Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, pure	as needed

Method

1. Preheat oven to 350°F.
2. On a parchment lined sheet pan, arrange the slices of baguette in a single layer. Bake in the preheated oven until golden brown and crisp, 5 to 10 minutes. Reserve.
3. Salt the eggplant. Place on a new sheet pan. Weigh it down by placing 3 more sheet pans on top of the eggplant. Let the eggplant release its moisture for at least 30 minutes.
4. For the sauce, heat the olive oil in a large straight-sided sauté pan over medium heat. Add the onions and celery. Cook until tender, 2 to 3 minutes.
5. Add the tomato purée. Simmer until the sauce thickens slightly, 15 to 20 minutes.
6. Add the olives, capers, sugar, and vinegar. Season with salt and pepper to taste. Keep warm.
7. Squeeze the eggplant cubes to remove the excess water. Rinse and pat dry.
8. Heat ¼-inch of olive oil in a large, straight-sided sauté pan over high heat. Working in batches, add the eggplant. Sauté until soft and golden brown. Drain on paper towels.
9. In a large bowl, place the cooked eggplant and the tomato sauce. Toss gently to combine. Adjust the seasoning to taste.
10. Serve at room temperature with the reserved toasted bread.

Source: *Red, White & Greens* by Faith Willinger

SPINACH AND RICOTTA RAVIOLI

Yield: 6 portions

Ingredients	Amounts
Flour, all-purpose	1 lb.
Salt, kosher	¼ tsp.
Egg, whole	4 ea.
Spinach, tough stems removed	¾ lb.
Cheese, ricotta	⅔ cup
Cheese, Parmesan, grated	⅔ cup
Egg, whole	1 ea.
Nutmeg, fresh, grated	⅛ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	½ cup
Sage, leaf, fresh	8 ea.

Method

1. For the pasta dough, in a food processor, sift together the flour and salt. Add the eggs. Process until it resembles coarse meal, and when pressed forms a cohesive mass.
2. Turn the dough out onto a work surface. Knead until it is very firm, yet pliable. Wrap the dough in plastic wrap. Let it sit at room temperature, 30 minutes.
3. For the filling, in a large sauté pan over medium heat, place the spinach. Cook the spinach until it wilts, about 1 to 3 minutes.
4. Transfer to a cutting board. When cool enough to handle, squeeze out any excess water. Finely chop. Transfer to a large bowl.
5. Add the ricotta, Parmesan, and eggs. Season with nutmeg, salt, and pepper to taste. Stir to combine.
6. Divide the dough into quarters. Using a pasta machine or a rolling pin on a flour-dusted surface, roll the pasta out into less than ⅛-inch thick rectangles.
7. Place 1 ½ teaspoon scoops of filling in rows, about 2 ½ inches apart, on two of the pasta sheets. Cover with the remaining pasta sheets, draping to evenly cover and fall between mounds of filling. Using a 3-inch pastry cutter, cut out ravioli rounds. Use a fork to press and seal the edges.
8. Bring a large pot of salted water to a boil. Add the ravioli. Cook until tender but still firm to the bite (*al dente*).
9. For the sage sauce, heat the butter in a medium-sized sauté pan over medium heat. Add the sage. Cook until it begins to crisp.
10. Serve the ravioli on a heated platter topped with the sage sauce.

ONIONS IN SWEET AND SOUR SAUCE

Yield: 6 portions

Ingredients	Amounts
Onion, cipolini	1 ½ lb.
Oil, olive, pure	½ cup
Celery, stalk, small diced	3 ea.
Garlic, minced	3 tsp.
Onion, red, small, sliced	1 ea.
Tomato, paste	1 ½ Tbsp.
Stock, chicken	¾ cup
Vinegar, wine, red	⅓ cup
Sugar, granulated	3 ½ Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Basil, sweet, leaves, fresh, chiffonade	1 ½ Tbsp.
Parsley, flat-leaf, leaves, fresh, chopped	1 ½ Tbsp.
Capers	1 ½ Tbsp.

Method

1. Trim the top end of the cipolini onions, leaving the root on.
2. Bring a large pot of salted water to a boil. Add the onions. Blanch until just tender, 2 to 3 minutes. Immediately transfer to an ice water bath to stop the cooking process. Remove and drain. Squeeze the blanched cippolinis to remove the outer skin. Reserve.
3. Heat the olive oil in a sauce pot over medium heat. Add the celery, garlic, and red onion. Sauté until softened, 5 to 10 minutes.
4. Add the tomato paste. Cook until lightly browned, 1 to 2 minutes.
5. Add the stock and red wine vinegar. Deglaze the pan. Add the sugar. Season with salt and pepper to taste.
6. Add the blanched cippolinis. Cook until they are cooked through and the sauce has reduced to the desired consistency.
7. Stir in the basil, parsley, and capers.
8. Serve hot in a heated bowl.

Note: Other types of small onions can be substituted for the cipollini. If preferred, the onions can also be baked in the oven until tender instead of boiling.

Source: Arthur Schwartz

ZABAGLIONE

Yield: 6 portions

Ingredients	Amounts
Egg, yolk	6 ea.
Sugar, granulated	1/3 cup
Wine, Marsala	3/4 cup
Strawberries	1/2 cup
Blueberries	1/2 cup

Method

1. In a bowl set over a small pot of barely simmering water, place the egg yolks, sugar, and Marsala wine. Whisk to combine.
2. Cook, whisking constantly, until the mixture is thickened, glossy, and heated to 160°F, 5 to 7 minutes. Make sure not to overcook or the eggs will scramble.
3. Serve immediately as a warm custard, garnished with the berries.

Note: Other seasonal berries can be substituted for the raspberries.

TIRAMISU

Yield: 12 portions

Ingredients	Amounts
Egg, whole	1 ea.
Egg, yolk	6 ea.
Sugar, granulated	1 cup
Vanilla, extract	1 tsp.
Cheese, mascarpone	3 ¼ cups
Egg, white	3 ea.
Sugar, granulated	½ cup
Espresso	1 cup
Liquor, coffee, Kahlua	½ cup
Cookie, ladyfinger	48 ea.
Cocoa, powder	¼ cup
Sugar, powdered	2 Tbsp.

Method

1. In a large stainless-steel bowl set over a pot of simmering water, place the egg, egg yolks, sugar, and vanilla. Cook, whisking constantly, until the mixture is light, glossy, thickened and the internal temperature reaches 160°F, 3 to 4 minutes.
2. Transfer the mixture to the bowl of an electric mixer fitted with the whip attachment. Whip on high speed until the mixture has cooled to room temperature, 8 to 10 minutes.
3. Add the mascarpone. Blend on low speed until very smooth, about 2 to 3 minutes. Scrape the sides and bottom of the bowl to blend evenly. Transfer to a large bowl and reserve.
4. In the clean bowl of an electric mixer fitted with the whip attachment, place the egg whites and sugar. Whip on high speed to medium-stiff peaks, 5 to 6 minutes.
5. Fold half of the beaten egg whites into the mascarpone mixture. Mix until well combined. Fold in the other half. Cover and refrigerate. Reserve.
6. In a shallow bowl, combine the espresso and Kahlua. Individually moisten each ladyfinger in the mixture. In twelve, 5-inch x 3-inch ramekins, arrange a single layer of moistened ladyfingers. If necessary, trim the ladyfingers to fit. Top with a 1-inch-thick layer of the mascarpone filling. Repeat layering in this sequence until the ramekins are full, ending with a layer of filling.
7. Dust the entire surface of the tiramisù with cocoa powder and confectioner's sugar. Chill thoroughly before serving.

DAY THREE: TEAM PRODUCTION ASSIGNMENTS

BISTROS AND BRASSERIES

TEAM ONE

Potage au Pistou
Frisée aux Lardons
Caramelized Onion Quiche with Brie and Smoked Salmon

TEAM TWO

French Onion Soup
Margherita Pizza
Coq au Vin with Fresh Egg Pasta

TEAM THREE

Camembert Crisp with Apple-Pear Conserve
Steak Frites
Mushroom, Leek, and Brie Turnovers

TEAM FOUR

Provençal Salad with Red Wine Vinaigrette
Mussels in Saffron and White Wine Broth
Eggs Benedict

CHEF DEMO AND GROUP PRODUCTION

Crêpes with Mixed Berry Filling
Chocolate Mousse

POTAGE AU PISTOU

Yield: 6 portions

Ingredients	Amounts
Beans, navy, dried	½ cup
Oil, olive, pure	2 Tbsp.
Carrot, med. diced	2 ea.
Leek, white and green parts, med. diced	1 ea.
Onion, yellow, med. diced	1 ea.
Broth, chicken	2 ½ qt.
Saffron, threads (Optional)	⅛ tsp.
Beans, green, cut into 1-in. lengths	6 wt. oz.
Potato, white, peeled, med. diced	1 ea.
Squash, zucchini, med. diced	1 ea.
Pasta, vermicelli, broken into 2-in lengths	2 wt. oz.
Tomato, plum (Roma), peeled, seeded, med. diced	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Pistou (Recipe follows)	to taste

Method

1. In a small bowl, soak the beans overnight in water. Drain.
2. In a large saucepan, place the beans. Add enough water to cover. Bring to a simmer. Cook until tender, about 1 hour. Add more water if necessary to keep the beans covered. Drain and reserve.
3. Heat the oil in a soup pot over medium heat. Add the carrots, leeks, and onions. Cook, until the onions are translucent, about 10 minutes.
4. Add the broth and the saffron, if desired. Lower the heat to a simmer. Cook for 10 minutes.
5. Add the green beans, potato, and zucchini. Simmer for 10 minutes.
6. Add the vermicelli. Simmer until the pasta is tender but still firm to the bite (*al dente*), about 8 minutes.
7. Add the reserved beans and tomatoes. Season with salt and pepper to taste. Simmer for 1 minute.
8. Just before serving, add the Pistou to taste.
9. Serve in heated bowls.

PISTOU

Yield: $\frac{3}{4}$ cup

Ingredients	Amounts
Pine nuts (<i>Pignoli</i>)	2 Tbsp.
Basil, sweet, leaves, fresh, chopped	$\frac{1}{2}$ cup
Cheese, Parmesan, grated	$\frac{1}{2}$ cup
Garlic, chopped	2 tsp.
Oil, olive, extra virgin	$\frac{1}{3}$ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. On a sheet pan, spread the pine nuts in an even layer. Toast in the preheated oven, stirring frequently, until golden, 7 to 10 minutes. Watch carefully, as they can burn quickly. Cool.
3. In a food processor or blender, place the toasted pine nuts, basil, parmesan, and garlic. Purée to a fine paste.
4. With the machine running, add the olive oil in a thin stream. Scrape the sides as necessary. Purée until the oil is completely incorporated.
5. Season with salt and pepper to taste.

FRISÉE AUX LARDONS

Yield: 6 portions

Ingredients	Amounts
Pork, bacon, slab, medium diced	$\frac{3}{4}$ lb.
Sugar, brown, light	1 Tbsp.
Vinegar, wine, white	$\frac{1}{3}$ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Lettuce, frisée, head	3 ea.

Method

1. In a sauté pan over medium heat, place the bacon. Render until golden and crispy, and the fat melts. Stir frequently. Drain on paper towels. Reserve.
2. For the dressing, leave the bacon fat in the pan. Let it cool for 1 minute.
3. In a small saucepan over medium heat, place the sugar and vinegar. Reduce by half, until syrupy, 5 to 10 minutes.
4. Pour the sugar-vinegar reduction into the bacon fat. Stir thoroughly to mix. Season with salt and pepper to taste.
5. Arrange the frisée on a platter. Spoon the dressing over the salad. Sprinkle with the reserved bacon.
6. Serve immediately.

CARAMELIZED ONION QUICHE WITH BRIE AND SMOKED SALMON

Yield: one 9-inch quiche

Ingredients	Amounts
Pie Dough, single crust, blind baked (Recipe follows)	1 ea.
Oil, olive, extra virgin	2 Tbsp.
Onion, yellow, thinly sliced	1 ½ cups
Cream, heavy	1 ½ cups
Egg, whole	3 ea.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Cheese, brie, room temp., rind removed	1 ¼ cup
Salmon, smoked, small diced	8 wt. oz.

Method

1. Prepare the Pie Dough. Reserve.
2. Preheat oven to 350°F.
3. Heat the olive oil in a sauté pan over medium heat. Add the onions. Sauté, stirring frequently, until golden brown and very soft, about 20 minutes. Transfer the onions to a small bowl. Reserve.
4. In a small bowl, whisk together the cream and eggs. Season with the salt and pepper.
5. Add the caramelized onions, brie, and smoked salmon evenly over the bottom of the crust. Pour the egg mixture over the top.
6. Set the quiche on a sheet pan. Bake in the preheated oven until a knife inserted in the center comes out clean, 40 to 45 minutes. If the pie crust begins to over-brown, cover the edges with strips of aluminum foil or a pie shield.
7. Cool on a wire rack. Let the quiche rest for at least 20 minutes.
8. Serve hot.

Note: Quiche may also be baked without a pastry crust. Butter a shallow casserole or baking dish. Sprinkle it with grated parmesan, if desired. Spread the filling ingredients over the casserole bottom. Bake the quiche in a hot water bath (*bain marie*) until a knife inserted near the center comes out clean. Half and half and or milk can be substituted for the heavy cream.

PIE DOUGH

Yield: 1 single-crust, 9-inch pie

Ingredients	Amounts
Flour, pastry	1 ¼ cups
Salt, kosher	½ tsp.
Butter, unsalted, small diced	7 Tbsp.
Water, cold	3 ½ Tbsp.

Method

1. In a medium bowl, place the flour and salt. Mix to combine.
2. For flaky pie dough, rub the butter into the flour to form large nuggets. For mealy pie dough, work the butter into the flour to resemble crumb topping.
3. Add the water, 1 tablespoon at a time, until the dough just holds together when you press a handful of it into a ball. It should be evenly moist (not wet), and shaggy or rough in appearance.
4. Turn the dough out onto a lightly floured work surface. Gather and press the dough into a ball. Pat the ball into an even disk. Wrap well with plastic wrap. Chill for 20 minutes.
5. Preheat oven to 400°F.
6. Unwrap the dough, place it on a lightly floured work surface, and scatter a little flour over the top. Roll out the dough into an even round about 13 inches in diameter and ⅛-inch thick.
7. Roll the loosely around the rolling pin and gently lift and position it over the pan. Unfold or unroll the dough, easing it into the pan without stretching it. Make sure that the sides of the pan and the rim are evenly covered. Press the dough gently against the sides and bottom. Trim the overhang to 1 inch. Tuck the dough overhang under itself and flute the edges.
8. To prebake the crust, prick the dough evenly over the bottom and sides with a fork. Line the dough with a piece of parchment paper and fill it ½ full with pie weights, dried beans, or rice. Bake in the preheated oven until the crust is dry, 12 to 15 minutes.
9. Remove the paper and pie weights. Bake until the crust is completely dry and lightly golden brown, 5 to 6 minutes. Cool to room temperature before filling.

FRENCH ONION SOUP

Yield: 6 portions

Ingredients	Amounts
Bread, baguette, sliced	½ ea.
Butter, unsalted	6 Tbsp.
Onion, yellow, thinly sliced	8 ½ cups
Garlic, minced	4 tsp.
Brandy	½ cup
Flour, all-purpose	2 Tbsp.
Stock, beef, cold	2 qt.
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Chile, cayenne, ground	to taste
Cheese, Gruyère, grated	3 cups
Parsley, flat-leaf, leaves, fresh, chopped	1 Tbsp.

Method

1. Preheat oven to 350°F.
2. On a parchment-lined sheet pan, arrange the slices of baguette in a single layer. Bake in the preheated oven until golden brown and crisp, 5 to 10 minutes. Reserve.
3. Preheat oven to 450°F.
4. In a large, thick-bottomed pan over medium heat, melt the butter. Add the onions. Sauté until lightly caramelized and softened, 20 to 25 minutes.
5. Add the garlic. Cook until aromatic, 2 minutes.
 1. Add the brandy. Reduce until nearly dry (*au sec*).
6. Stir in the flour. Cook for 2 minutes.
7. Remove the pan from the heat. Add the cold stock, stirring thoroughly to distribute the flour throughout the soup.
8. Add the bay leaf and thyme sprig. Bring it to a boil. Turn down the heat to low and simmer for 30 minutes.
9. Season with salt, black pepper, and cayenne to taste.
10. Ladle the soup into oven-safe bowls. Top each bowl with the toasted baguette slices and ½ cup of the grated Gruyère.
11. Bake in the preheated oven until golden brown and bubbly, about 10 minutes.
12. Garnish with the parsley. Serve immediately.

MARGHERITA PIZZA

Yield: 4 small pizzas

Ingredients	Amounts
Water, warm (110°F)	1 cup
Yeast, active dry	2 tsp.
Honey	¼ tsp.
Flour, all-purpose	2 ½ cups
Salt, kosher	1 tsp.
Tomato, plum (Roma), canned	2 lb.
Oil, olive, extra virgin	2 Tbsp.
Basil, sweet, fresh, coarsely chopped	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Cheese, mozzarella, fresh	1 ½ lb.
Cornmeal	as needed

Method

1. Place a pizza stone in a cold oven. Preheat oven to 500°F.
2. For the dough, in a small bowl, place the warm water, yeast, and honey. Stir until combined. Let the mixture sit until it becomes foamy, about 10 minutes.
3. In the bowl of an electric mixer fitted with the dough hook attachment, place the yeast mixture, flour, salt. Mix on low speed until a dough forms, about 4 minutes. Mix on medium speed for 3 minutes.
4. Transfer the dough to a lightly oiled bowl large enough for it to double in size. Cover with plastic wrap. Set the bowl in a warm place and let the dough rise until it doubles in bulk, about 30 minutes.
5. For the topping, drain the tomatoes of their juices. Transfer the tomatoes to a large bowl, crushing them by hand.
6. Stir in the olive oil and chopped basil. Season with salt and pepper to taste. Reserve.
7. Slice the mozzarella into ¼-inch thick slices. Drain on paper towels for 10 minutes.
8. Divide the dough into 2 equal sized pieces. Make each into a smooth ball by stretching the outer surface and pinching it together at the bottom of the ball. Return the dough balls to the bowl, cover with plastic wrap, and rest until they have relaxed enough to stretch out to make the crust, about 20 minutes.
9. Scatter a little cornmeal on a pizza peel or a flat pan that has no rim and is large enough to accommodate the pizza (a cookie sheet turned upside down works well).
10. Working with one ball of dough at a time, flatten the dough into a ¼-inch thick round disk. Place the dough onto the prepared pizza peel. Top the dough with half of the tomato-basil sauce, leaving a half inch rim with no sauce. Top the sauce with half of the cheese.

11. Slide the pizza onto the preheated baking stone and bake until the crust is crisp, and the outer edges are golden brown, 10 to 12 minutes.
12. Use the pizza peel to remove the pizza from the oven. Garnish with the remaining basil. Cut into wedges.

COQ AU VIN WITH FRESH EGG PASTA

Yield: 6 portions

Ingredients	Amounts
Pork, bacon, slab, medium diced	5 wt. oz.
Butter, unsalted	1 tsp.
Chicken, breast, frenched	4 ea.
Chicken, thigh	4 ea.
Chicken, leg	4 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Onion, pearl, peeled	24 ea.
Mushroom, white, small, whole	12 ea.
Onion, yellow, large diced	1 ea.
Carrot, large diced	2 ea.
Celery, rib, large diced	1 ea.
Garlic, clove, crushed	3 ea.
Flour, all-purpose, toasted	2 Tbsp.
Brandy	2 Tbsp.
Wine, red, full-bodied	750 mL
Thyme, sprig, fresh	3 ea.
Bay leaf, dried	2 ea.
Chicken, stock	1 qt.
Butter, unsalted	1 Tbsp.
Fresh Egg Pasta with Herb Butter (Recipe follows)	1x recipe

Method

1. In a 5 ½-quart, cast-iron casserole, place the bacon and butter. Cook gently over medium-low heat, until the fat is rendered and the bacon is medium brown but not yet crispy, about 6 minutes. Remove the bacon with a slotted spoon. Drain on paper towels. Reserve.
2. Season all the chicken with salt and pepper.
3. Heat the same casserole with the rendered pork fat over medium heat. Working in batches, add the chicken. Brown on each side, about 4 minutes per side. Avoid overcrowding the pan or scorching the fond, as it will be the basis of the sauce. Remove and reserve the chicken. Remove all but 2 tablespoons of the fat in the pan, reserving what you removed.
4. In the same casserole, add the pearl onions. Sear until lightly browned. Remove and reserve.
5. Add the mushrooms. If they are large, cut into quarters. If small, leave whole. Sear until lightly browned. Remove and reserve.
6. Add the yellow onion, carrots, and celery. Cook until the onion is deep brown, 10 to 12

minutes.

7. Add the garlic. Cook until fragrant, about 3 minutes.
8. Sift the flour into the vegetables. Cook, until evenly combined, 1 to 3 minutes. Remove from the heat, let it cool for about 5 minutes.
9. Add the brandy and wine to deglaze the pan, stirring to loosen any drippings that have begun to stick to the pan, and evenly blend in the flour.
10. Add the thyme and bay leaves. Return the chicken (with its juices) and bacon to the pan. Add enough stock to the casserole so it just covers the chicken pieces. Bring the stock to a boil, then lower the heat to establish a simmer. Cook, partially covered, for 1 hour.
11. Add the pearl onions and cook until the chicken is tender, but not falling off the bone, about 45 minutes. Remove and reserve the chicken and keep warm.
12. Reduce the sauce to a slightly syrupy consistency, about 10 minutes.
13. Swirl in the butter. Add the mushrooms. Return the chicken to the sauce and cook until it is heated through. Season with salt and pepper to taste.
14. Transfer the chicken to a serving platter and coat with the sauce. Serve with the Fresh Egg Pasta.

Note: Rooster or stewing hens are traditional choices for coq au vin, but chicken and other poultry options can be substituted. Unsmoked bacon is preferable to give the final dish a cleaner flavor, but smoked bacon will suffice.

FRESH EGG PASTA WITH HERB BUTTER

Yield: 6 portions

Ingredients	Amounts
Flour, durum	1 lb.
Salt, kosher	1/8 tsp.
Egg, whole	4 ea.
Oil, vegetable	2 Tbsp.
Water	1 1/2 gal.
Salt, kosher	1 1/2 Tbsp.
Herb Butter (Recipe follows)	1 1/4 cups

Method

1. For the pasta, in a food processor, place the flour and salt. Mix to combine.
2. Add the eggs and oil. Process until it resembles coarse meal. When pressed, the dough should form a cohesive mass.
3. Turn the dough out onto a work surface. Knead until the dough is very firm, yet pliable. Cover, and let the dough relax at room temperature for at least 1 hour.
4. Roll the dough into thin sheets. Cut into desired shapes by hand or using a pasta machine.
5. In a large saucepot, bring the water to a rolling boil. Add the salt. Add the pasta, stirring to separate. Cook until tender but still firm to the bite (*al dente*). Drain immediately in a colander.
6. In a large serving bowl, toss the pasta with enough Herb Butter to coat and flavor the pasta.
7. Serve hot.

HERB BUTTER

Yield: 1 ¼ cups

Ingredients	Amounts
Butter, unsalted, room temp.	1 cup
Parsley, flat-leaf, fresh, minced	3 ½ Tbsp.
Lemon, juice, fresh	2 ¼ tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. In the bowl of a stand mixer fitted with the paddle attachment, mix the butter until it softens.
2. Add the parsley and lemon juice. Blend well.
3. Season with salt and pepper to taste.
4. The compound butter is ready to use, or it may be rolled into a log or piped into shapes and chilled for later use.

Note: Tarragon, basil, dill, or other herbs can be substituted for the parsley.

CAMEMBERT CRISP WITH APPLE-PEAR CONSERVE

Yield: 6 portions

Ingredients	Amounts
Pecans	1/3 cup
Flour, all-purpose	1/3 cup
Egg, whole	2 ea.
Breadcrumbs, dried	1/3 cup
Cheese, Camembert, 6 oz. wheels	3 ea.
Oil, olive, pure	1/3 cup
Vinegar, wine, red	1/3 cup
Mustard, Dijon	1 1/2 tsp.
Garlic, minced	1 1/2 tsp.
Oil, olive, pure	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Mixed greens	6 cups
Apple-Pear Conserve (Recipe follows)	2 1/2 cups

Method

1. Using a mortar and pestle, pound the pecans until finely ground. Reserve.
2. In a small bowl, place the flour.
3. In another small bowl, place the eggs. Beat them lightly.
4. In a third small bowl, place the reserved ground pecans and breadcrumbs. Mix to combine.
5. Cut the camembert in half crosswise. Dredge the cheese in the flour, shaking off any excess. Dip the cheese in the egg. Dredge it in the pecan-breadcrumb mixture. Reserve.
6. In a large, straight-sided sauté pan (*sautoir*), heat the olive oil over medium heat until hot, but not smoking.
7. Add the cheese. Fry, turning once, until the cheese becomes golden brown on both sides, about 2 minutes. Drain on paper towels. Reserve.
8. For the vinaigrette, in a small bowl, place the vinegar, mustard, and garlic. Whisk to combine. Add the oil in a thin stream while whisking constantly. Season with salt and pepper to taste.
9. Place the mesclun mix in a large bowl. Add enough vinaigrette to evenly coat the lettuce. Toss well.
10. Serve the dressed greens on a chilled platter, topped with the conserve and fried Camembert.

Source: *An American Place* by Larry Forgione

APPLE-PEAR CONSERVE

Yield: 2 ½ cups

Ingredients	Amounts
Butter, unsalted	2 Tbsp.
Apple, Granny Smith, peeled, cored, diced	2 ea.
Pear, Bartlett, cored, diced	2 ea.
Cider, apple	1 cup
Stock, chicken	½ cup
Vinegar, apple cider	¼ cup
Sugar, brown	2 tsp.
Cherries, sour, halved	2 Tbsp.
Allspice, dried, ground	⅛ tsp.
Cumin, ground	⅛ tsp.
Nutmeg, fresh, grated	⅛ tsp.

Method

1. In a large, heavy skillet over medium heat, melt the butter until it begins to foam. Add the apples and pears. Cook, stirring continuously, until lightly browned, 2 to 3 minutes.
2. Add the apple cider and chicken stock. Simmer until the fruit is tender, 5 to 10 minutes.
3. Add the vinegar, brown sugar, cherries, allspice, cumin, and nutmeg. Cook, stirring continuously, until the liquid reaches a thick and syrupy consistency, 1 to 2 minutes.
4. Transfer the conserve to a serving bowl. Cool to room temperature.

Note: Bosc pears can be substituted for Bartlett pears.

STEAK FRÎTES

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	as needed
Potato, russet, peeled	3 lb.
Beef, strip steak, boneless, ½ lb., ½-in. thick	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Butter, unsalted (Divided)	4 Tbsp.
Oil, olive	1 ½ tsp.
Stock, beef	½ cup

Method

1. Preheat deep fryer to 300°F.
2. For the frites, cut the potatoes into ¼-inch x ¼-inch sticks using a knife or mandolin. Rinse, drain, and pat dry.
3. Working in 2 batches, blanch the potatoes in the hot oil until tender but not colored, 3 to 4 minutes. Remove from the oil with a slotted spoon and drain on paper towels. Reserve.
4. Remove the fat from the sides of the steaks. Season both sides with salt and pepper.
5. Heat a large, well-seasoned cast iron pan over high heat until hot but not smoking. Place the steaks in the pan with no added fat, there will be a lot of smoke. Brown one side, about 1 minute.
6. Turn the steaks and lower the heat to medium. Add 2 tablespoons of the butter and the olive oil to the pan. Cook, until the juice seeps to the surface of the steaks and it is close to medium-rare (*à point*), 1 to 2 minutes. Transfer the steaks to a warm plate. Cover.
7. For the sauce, turn down the heat to low. Add the stock. Deglaze the pan, scraping up any browned bits (*fond*). Reduce the liquid by half, about 4 minutes. Add any juices from the steaks.
8. Preheat deep fryer to 360°F.
9. Working in batches, fry the blanched potatoes until they are crisp and golden, 3 to 4 minutes. Drain on fresh paper towels. Season liberally with salt and pepper. Keep warm.
10. To finish the sauce, whisk in the remaining butter. Season with salt and pepper to taste.
11. Arrange the fries on a warm platter. Place the steaks on the fries and top with the butter sauce.

Note: It's the interior marbling of the fat that gives the steaks their juiciness, so removing the fat from the sides will not diminish the flavor.

MUSHROOM, LEEK, AND BRIE TURNOVERS

Yield: 12 turnovers

Ingredients	Amounts
Olive, oil, extra virgin	1 Tbsp.
Mushroom, white, coarsely chopped	2 cups
Leek, sliced	1 cup
Garlic, minced	1 tsp.
Wine, Madeira	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Puff pastry sheet, thawed	1 ea.
Egg, whole, beaten	1 ea.
Milk, whole	1 Tbsp.
Cheese, Brie	3 wt. oz.

Method

1. Preheat oven to 425°F. Line a sheet pan with parchment paper.
2. For the filling, heat the olive oil in a medium sauté pan over medium-high heat until it shimmers. Add the mushrooms. Sauté, until lightly caramelized, 2 to 3 minutes.
3. Lower the heat to medium. Add the leeks. Sauté until light golden brown, 3 to 4 minutes.
4. Add the garlic. Sauté for 1 minute.
5. Add the Madeira wine. Deglaze the pan, scraping up the browned bits (*fond*). Reduce until nearly dry (*au sec*), about 1 minute. Season with salt and pepper to taste. Cool to room temperature.
6. Roll the puff pastry dough into a 12 x 16-inch rectangle. Cut it into twelve 4-inch squares. Transfer the squares to the prepared sheet pan. Chill in the refrigerator until firm, about 10 minutes.
7. In a small bowl, place the egg and milk. Whisk together to create an egg wash. Brush each square lightly with the egg wash.
8. Place 1 tablespoon of the mushroom filling in the center of each square. Top with 1 ½ teaspoons of the Brie.
9. Fold one corner of the dough over the filling, lining it up with the opposite corner. Press the edges firmly together to seal the filling inside. Chill in the refrigerator for 10 minutes.
10. Brush the turnovers lightly with egg wash. Cut a small opening in the center of each turnover to allow steam to vent.
11. Bake in the preheated oven until golden brown, about 20 minutes. Cool on a wire rack.
12. Arrange on a serving platter.

PROVENÇAL SALAD WITH RED WINE VINAIGRETTE

Yield: 6 portions

Ingredient	Amount
Egg, whole	3 ea.
Potato, fingerling, skin on, halved lengthwise	1 ¾ lb.
Oil, olive, pure	3 Tbsp.
Garlic, clove	6 ea.
Thyme, sprig, fresh	3 ea.
Bay leaf, dried	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Beans, green, trimmed	¾ lb.
Onion, red, julienne	¾ cup
Parsley, flat-leaf, fresh, chopped	3 Tbsp.
Capers, rinsed, chopped	2 Tbsp.
Red Wine Vinaigrette (Recipe follows)	¾ cup
Mixed greens	12 cups
Tomato, cherry, halved	3 ea.
Anchovy, fillet	12 ea.
Olive, Niçoise	24 ea.

Method

1. Preheat oven to 400°F.
2. In a small saucepot, place the eggs. Cover completely with water. Bring it to a boil, then turn down the heat to low. Gently simmer, covered, for 10 minutes. Drain.
3. Transfer to an ice water bath to stop the cooking process. Once cool enough to handle, peel and slice the eggs into wedges. Reserve.
4. In a large bowl, place the potato wedges, olive oil, garlic, thyme, bay leaves, salt, and pepper. Toss to combine.
5. Transfer to a roasting pan. Bake in the preheated oven, shaking the pan occasionally to ensure even roasting, until the potatoes are fork tender. Transfer the potatoes to a large bowl. Reserve.
6. Bring a pot of salted boiling water to a boil. Add the green beans. Blanch until bright green and just barely tender, about 2 minutes. Drain. Transfer to an ice water bath to stop the cooking process. Drain again.
7. Add the blanched green beans, onions, parsley, and capers to the bowl with the potatoes. Toss to combine. Add the Red Wine Vinaigrette. Toss to coat.
8. Arrange the greens on a chilled platter. Top with the beans and potato mixture. Garnish with the tomatoes, egg wedges, anchovies, and olives.

RED WINE VINAIGRETTE

Yield: 1 ½ cups

Ingredient	Amount
Vinegar, wine, red	¼ cup
Mustard, Dijon	½ tsp.
Shallot, minced	½ ea.
Oil, olive, extra virgin	¾ cup
Chive, fresh, minced	1 tsp.
Parsley, flat-leaf, fresh, minced	1 tsp.
Tarragon, fresh, minced	1 tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	⅛ tsp.
Sugar, granulated (Optional)	½ tsp.

Method

1. In a medium bowl, place the vinegar, mustard, and shallots. Whisk to combine.
2. Slowly add the oil in a steady stream, whisking constantly, until incorporated.
3. Stir in the chives, parsley, and tarragon.
4. Season with salt and pepper. Add the sugar, if desired.
5. Serve immediately or refrigerate until ready to use.

MUSSELS IN SAFFRON AND WHITE WINE BROTH

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	1 Tbsp.
Garlic, chopped	2 tsp.
Wine, white, dry	½ cup
Cream, half and half	1 Tbsp.
Saffron, thread	1 tsp.
Clam, juice	½ cup
Scallion (Green onion), thinly sliced	2 ea.
Tomato, plum (Roma), seeded, chopped	1 ea.
Lemon, juice, fresh	1 Tbsp.
Mussels, scrubbed, debearded	2 lb.
Chive, fresh, snipped	1 Tbsp.

Method

1. In a large pot over medium heat, melt the butter. Add the garlic. Sweat, until fragrant, about 1 minute.
2. Add the wine, half and half, and saffron. Simmer for 5 minutes.
3. Add the clam juice, scallions, tomatoes, and lemon juice. Simmer for 5 minutes.
4. Add the mussels. Cover the pot and steam until they open, 5 to 7 minutes. Shake the pot to redistribute the mussels. Discard any mussels that do not open.
5. Serve in a large platter or serving bowl. Top with the chives.

EGGS BENEDICT

Yield: 6 portions

Ingredients	Amounts
Pork, bacon, Canadian, slice	12 ea.
Bread, English muffin	6 ea.
Butter, unsalted	as needed
Poached Eggs (Recipe follows)	12 ea.
Hollandaise Sauce, warm (Recipe follows)	1 ½ cups

Method

1. Heat a sauté pan over medium-low heat. Add the bacon. Render on both sides until heated through and browned, 1 to 2 minutes per side.
2. Split the English muffins in half. Toast and butter.
3. To assemble, top each muffin half with a slice of bacon and a poached egg.
4. Spoon 2 to 3 tablespoons of warm hollandaise over each egg.
5. Serve immediately on a warm platter.

Note: If the eggs have been poached in advance, reheat them in simmering water until warmed.

POACHED EGGS

Yield: 12 eggs

Ingredients	Amounts
Water	3 qt.
Salt, kosher	2 tsp.
Vinegar, white, distilled	4 tsp.
Egg, whole	12 ea.

Method

1. In a deep, straight-sided pan, place the water, salt, and vinegar. Bring it to a bare simmer over medium-high heat.
2. Break each egg into a clean cup, reserving any with broken yolks for another use.
3. Carefully slide each egg into the poaching water. Cook until the whites are set and opaque, about 3 minutes.
4. Remove the eggs from the water with a slotted spoon. Blot them dry, and trim the edges, if desired.
5. Serve immediately or chill and reserve for later use. To reheat, lower the eggs into a pot of simmering water for 30 to 60 seconds.

HOLLANDAISE SAUCE

Yield: 2 ½ cups

Ingredients	Amounts
Shallot, minced	1 Tbsp.
Peppercorns, whole, cracked	½ tsp.
Vinegar, wine, white	¼ cup
Water	¼ cup
Egg, yolk	6 ea.
Butter, melted, warm	1 ½ cups
Lemon, juice, fresh, strained	2 tsp.
Salt, kosher	to taste
Pepper, white, ground	to taste
Chile, cayenne, ground (Optional)	⅛ tsp.

Method

1. In a small saucepan over medium heat, place the shallots, peppercorns, and vinegar. Stir to combine. Reduce until nearly dry (*au sec*).
2. Add the water. Strain into a stainless-steel bowl.
3. Add the egg yolks. Set the bowl over simmering water. Cook, whisking constantly, until the yolks triple in volume and fall in ribbons from the whisk. Transfer the bowl to a workstation. Place the bowl on a clean towel to keep it from slipping.
4. Gradually add the hot melted butter in a thin stream, whisking constantly. As the butter is blended into the egg yolks, the sauce will thicken. If it becomes too tight and the butter is not blending in easily, add a little water or lemon juice to loosen the yolks enough to absorb the remaining butter. (See Chef demo.)
5. Add the lemon juice. Season with salt and pepper to taste. Add the cayenne, if desired.

Note: Cider vinegar can be substituted for the white wine vinegar. The sauce can be held for up to 2 hours at 145°F in hot (not simmering or boiling) water or in an insulated bottle.

CRÊPES WITH MIXED BERRY FILLING

Yield: 6 portions

Ingredients	Amounts
Milk, whole	2 cups
Egg, whole	2 ea.
Butter, unsalted, melted	1 Tbsp.
Vanilla, extract	1 tsp.
Flour, all-purpose	2 cups
Sugar, granulated	¼ cup
Salt, kosher	½ tsp.
Butter, unsalted, melted	as needed
Mixed Berry Filling (Recipe follows)	2 cups
Sugar, powdered	as needed

Method

1. In a medium bowl, place the milk, eggs, butter, and vanilla. Whisk to combine.
2. In a large mixing bowl, sift together the flour, sugar, and salt.
3. Make a well in the center of the flour mixture. Add the milk mixture into the well. Whisk just until the batter is smooth. Let the batter rest in the refrigerator for at least 1 hour before preparing the crêpes.
4. Heat a crêpe pan or small, non-stick skillet over medium heat. Brush with the melted butter.
5. Pour about ¼ cup batter into the pan. Immediately swirl and tilt the pan to evenly coat the entire bottom with batter. Cook until the first side is set and has a little color, about 2 minutes. Adjust the temperature as needed.
6. With a heat-proof rubber spatula, lift and turn the crêpe. Cook on the other side until cooked through, about 1 minute. Transfer to a plate. Repeat this process with the remaining batter.
7. Fill each crêpe with a few tablespoons of the mixed berry filling. Roll or fold as desired.
8. Serve the filled crêpes on a heated platter. Top with a dusting of powdered sugar.

Note: To prepare a crêpe with a savory filling, omit the sugar and vanilla.

MIXED BERRY FILLING

Yield: 2 cups

Ingredients	Amounts
Raspberries, fresh or frozen (Divided)	1 ½ cups
Strawberries, fresh or frozen, sliced (Divided)	1 ½ cups
Blueberries, fresh or frozen (Divided)	1 cup
Sugar, granulated	1 cup
Lemon, juice, fresh	1 Tbsp.

Method

1. In a medium saucepan, place 1 cup of the raspberries, 1 cup of the strawberries, $\frac{3}{4}$ cup of the blueberries, the sugar, and 1 tablespoon of the lemon juice. Gently mix to combine.
2. Bring to a simmer over medium heat. Simmer until the sugar has dissolved, about 10 minutes.
3. Taste and add more sugar, if desired. Continue to heat until the sugar is dissolved.
4. Using an immersion blender, purée the mixture.
5. Return the sauce to a simmer. Adjust the flavor with lemon juice to taste.
6. Add the remaining raspberries, strawberries, and blueberries. Simmer until the sauce is very hot.
7. Serve the sauce hot or cold.

Note: The sauce can be served hot or cold. It keeps for up to 10 days in the refrigerator but will thicken slightly. If fresh berries are not available, substitute frozen.

CHOCOLATE MOUSSE

Yield: 24 portions

Ingredients	Amounts
Cream, heavy	1 qt.
Chocolate, bittersweet, melted	15 wt. oz.
Egg, whole	6 wt. oz.
Egg, yolk	3 wt. oz.
Sugar, granulated	6 wt. oz.
Gelatin, leaf	5 wt. ea.
Liquor, Gran Marnier	1 fl. oz.

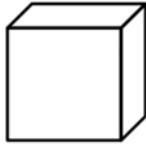
Method

1. In the cold bowl of a stand mixer fitted with the whisk attachment, place the heavy cream. Whisk on high speed until it forms medium peaks. Refrigerate until needed.
2. In a stainless-steel bowl set over a pot of simmering water, place the chopped chocolate. Heat, stirring frequently, until the chocolate has fully melted. Do not let any water to come in contact with the chocolate as it will cause the chocolate to seize up. Keep the chocolate warmed to 120°F. Reserve.
3. For the sabayon, in the bowl of an electric mixer fitted with the whisk attachment, place the eggs, egg yolks, sugar, and liquor. Set the bowl over a pot of simmering water. Stirring constantly, heat the mixture until it reaches 120°F. Remove from the heat. Set the bowl in the stand mixer. Whip on high speed until medium peaks form and the mixture is cool.
4. Quickly add the melted chocolate. Mix to combine.
5. Carefully fold in the whipped cream all at once.
6. Immediately portion the mousse into the desired molds or containers.

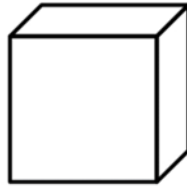
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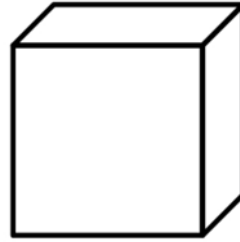
BASIC KNIFE CUTS



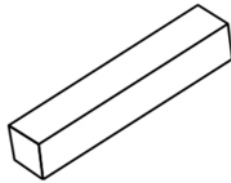
Small Dice
1/4" cube



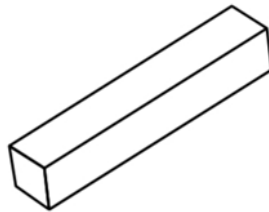
Medium Dice
1/2" cube



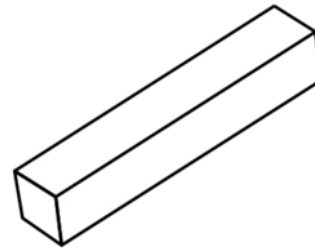
Large Dice
3/4" cube



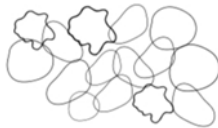
Fine Julienne
1/16" sq x 2 inch



Julienne
1/8" sq x 2 inch



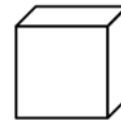
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



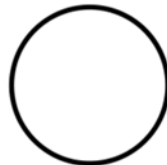
Chop
1/8"-1/4" cube



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

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	1/2	1/16	---	14
6	2	1	1/8	1/16	28
12	4	2	1/4	1/8	57
24	8	4	1/2	1/4	113
36	12	6	3/4	3/8	170
48	16	8	1	1/2	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./ 1/4 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.

Best of Boot Camp 3-Day Course Guide v.290.docx

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