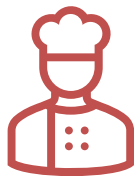




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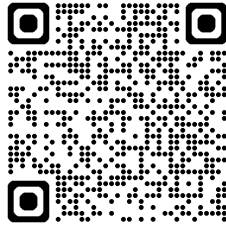
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TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

French Lentil Salad
Berbere Grilled Leg of Lamb
Couscous with Almonds and Raisins

TEAM TWO

Corn Chowder with Green Chiles and Monterey Jack Cheese
Grilled Chicken Bulgogi Style
Scallion Salad

TEAM THREE

Meatballs Stewed with Hot Tomatoes
Zucchini Pancakes
Tzatziki Sauce

TEAM FOUR

Panzanella
Swordfish with Tomato-Olive Ragù
Red Pepper Orzo

OPTIONAL

Tiramisu

FRENCH LENTIL SALAD

Yield: 8 portions

Ingredients	Amounts
Lentils, French	2 cups
Water	4 cups
Carrot, small diced	$\frac{3}{4}$ cup
Celery, small diced	$\frac{1}{2}$ cup
Onion, red, small diced	1 cup
Mushroom, white, thinly sliced	$\frac{1}{4}$ lb.
Mustard, Dijon	2 tsp.
Salt, kosher	2 tsp.
Vinegar, apple cider	$\frac{1}{4}$ cup
Oil, olive, pure	$\frac{1}{2}$ cup

Method

1. In a large pot, place the lentils and water. Simmer over medium low heat until the lentils are tender, about 25 minutes.
2. Rinse the cooked lentils in cold water until they are slightly chilled. Drain well.
3. In a large bowl, combine the lentils, carrots, celery, onion, and mushrooms.
4. For the dressing, in a small bowl, place the mustard, salt, and vinegar. Mix well to combine.
5. In a slow stream, whisk in the olive oil.
6. Add the dressing to the lentil mixture. Toss to combine.

BERBERE GRILLED LEG OF LAMB

Yield: 8 portions

Ingredients	Amounts
Lamb, leg, boneless roast, 3 lb.	1 ea.
Salt, kosher	1 ½ tsp.
Pepper, black, ground	¾ tsp.
Oil, olive, pure	¼ cup
Garlic, slivered	¼ cup
Berberé Spice Paste (Recipe follows)	½ cup
Grilled Potato and Red Onion Fans (Recipe follows)	1x recipe
Grilled Leeks (Recipe follows)	1x recipe

Method

1. Unroll the leg of lamb and make cuts as necessary to butterfly the leg. It should be an even thickness throughout, about 1 ½ to 1 ¾-inches. (See chef demo.)
2. Blot the lamb dry with a paper towel. Season with the salt and pepper.
3. Brush the top of the lamb with ½ of the olive oil. Sprinkle ½ of the garlic and spread ½ of the Berberé Spice Paste over the top of the lamb. Turn the lamb over and repeat with the remaining oil, garlic, and spice paste.
4. Marinate the lamb, covered, in the refrigerator for at least 6 and up to 12 hours.
5. Preheat a gas grill to medium high. Leave one burner off. If using a charcoal grill, build a fire then let it burn down until the coals are glowing red with a moderate layer of white ash. Push the coals to one side of the grill and clean the grate.
6. Grill the lamb over direct heat until marked, about 3 minutes per side.
7. Move the lamb to the cool side of the grill. Cook, turning every 15 minutes, until the desired doneness is reached (about 70 minutes for medium rare).
8. Remove the lamb from the grill. Allow it to rest for at least 10 minutes. Slice.
9. Serve with the potatoes and leeks.

BERBERE SPICE PASTE

Yield: 2 2/3 cups

Ingredients	Amounts
Chile, pequin, seeds and stem removed	4 ea.
Cardamom, seeds	2 tsp.
Coriander, seeds	1 tsp.
Cumin, seeds	1 tsp.
Fenugreek, seeds	1 tsp.
Peppercorns, black, whole	1 tsp.
Allspice, berries	1/4 tsp.
Clove, whole	1/4 tsp.
Onion, yellow, coarsely chopped	1 cup
Garlic, clove	6 ea.
Paprika, Hungarian, ground	2 Tbsp.
Chile, cayenne, ground	1 Tbsp.
Ginger, ground	1/2 tsp.
Cinnamon, ground	1/4 tsp.
Nutmeg, fresh, grated	1/4 tsp.
Vinegar, wine, red	1/4 cup
Oil, vegetable	1/4 cup
Water	1 cup

Method

1. In a dry skillet, place the chiles, cardamom seeds, coriander seeds, cumin seeds, fenugreek seeds, peppercorns, allspice berries, and cloves. Toast over medium heat until aromatic, about 4 minutes.
2. Transfer the spices to a small bowl. Allow them to cool to room temperature.
3. In a food processor, grind the whole spices and chiles until coarsely ground.
4. Add the onion, garlic, paprika, cayenne, ginger, cinnamon, and nutmeg. Process to a coarse, heavy paste.
5. With the food processor running, add the vinegar and oil. Add water gradually, stopping when you have a loose paste.
6. The mixture is ready to use now, or it can be transferred to a container and stored in the refrigerator for up to 3 weeks.

GRILLED POTATO AND RED ONION FANS

Yield: 8 portions

Ingredients	Amounts
Potato, russet	8 ea.
Onion, red, sliced	2 cups
Oil, olive, pure	2 Tbsp.
Thyme, fresh, chopped	2 tsp.
Salt, kosher	1 ½ tsp.
Pepper, black, ground	¾ tsp.

Method

1. Preheat a gas grill to medium high, leaving one burner off. If using a charcoal grill, build a fire then let it burn down until the coals are glowing red with a moderate layer of white ash. Push the coals to one side of the grill and clean the grate.
2. Peel the potatoes. Make parallel slices about ¼-inch apart through the potato. Insert some of the red onion into each slice in the potato. This will open up the potato a little.
3. Cut a large sheet of foil and brush the dull side lightly with some oil. Arrange the potatoes on the foil (they can be quite close but not touching). Drizzle with the remaining oil, thyme, salt, and pepper. Close the foil around the potatoes.
4. Grill the potatoes over indirect medium heat, turning every 20 minutes, until the potatoes are very tender, about 1 ¼ hours.
5. Serve immediately.

GRILLED LEEKS

Yield: 8 portions

Ingredients	Amounts
Leek, whole	8 ea.
Oil, olive, pure	¼ cup
Lemon, juice, fresh	2 Tbsp.
Marjoram, fresh, chopped	1 Tbsp.
Oregano, fresh, chopped	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.

Method

1. Preheat a gas grill to medium high, leaving one burner off. If using a charcoal grill, build a fire then let it burn down until the coals are glowing red with a moderate layer of white ash. Push the coals to one side of the grill and clean the grate.
2. Trim the leeks to remove the roots and coarse green leaves. Rinse thoroughly. (If using medium-sized leeks, cut them in half but leave the root end intact.) Let the leeks drain or blot them dry.
3. For the marinade, in a small bowl, place the oil, lemon juice, marjoram, oregano, salt, and pepper. Mix to combine.
4. Place the leeks on the grill over indirect heat and brush lightly with some of the marinade. Grill, turning every 5 minutes and brushing with the additional marinade, until the leeks are tender, 20 to 25 minutes.
5. Move the leeks to the hottest part of the grill. Cook until marked on each side, about 2 minutes per side.
6. Serve the leeks immediately on a heated platter, drizzled with any of the remaining marinade.

Note: For a Greek-style variation, top the grilled leeks with ¼ cup pitted black olives and 1/3 cup crumbled feta cheese.

COUSCOUS WITH ALMONDS AND RAISINS

Yield: 6 portions

Ingredients	Amounts
Almonds, toasted	1 cup
Raisins	1 cup
Water, boiling	2 cups
Broth, chicken	3 cups
Oil, olive, pure	2 Tbsp.
Salt, kosher	1 Tbsp.
Pepper, black, ground	1 ½ tsp.
Couscous	2 cups
Parsley, flat-leaf, fresh, chopped	¼ cup
Oil, olive, extra virgin	3 Tbsp.

Method

1. Heat a medium, dry skillet over medium-low heat. Add the almonds in a single layer. Toast, stirring often, until golden brown and aromatic, 5 to 7 minutes. Transfer to a plate. Cool and reserve.
2. In a small bowl, place the raisins and enough boiling water to cover them. Let the raisins sit in the water until they plump and soften, 5 to 7 minutes.
3. In a large saucepan, bring the chicken broth to a boil. Add the olive oil, salt, and pepper.
4. Stir in the couscous, making sure that all of it is wet. Cover and set the saucepan aside in a warm place until the couscous is tender, 15 to 20 minutes.
5. Stir in the reserved almonds, raisins, and parsley.
6. Drizzle the extra virgin olive oil over the top.

Note: Toasted pine nuts can be substituted for the toasted almonds.

CORN CHOWDER WITH GREEN CHILES AND MONTEREY JACK CHEESE

Yield: 8 portions

Ingredients	Amounts
Corn, whole ear	6 ea.
Cream, heavy	1 cup
Pork, bacon, slice, minced	2 ea.
Onion, yellow, minced	1 ¼ cups
Pepper, bell, red, minced	1 cup
Celery, minced	½ cup
Garlic, minced	½ tsp.
Broth, chicken	6 cups
Potato, yellow, diced	3 cups
Tomato, plum (Roma), peeled, seeded, chopped	3 cups
Chile, green, 4-oz. can, drained, chopped	1 ea.
Cheese, Monterey Jack, grated	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Tabasco sauce	to taste
Tortilla, corn, strips, toasted (Optional)	1 cup
Cilantro, fresh, chopped	2 Tbsp.

Method

1. Cut the corn kernels from the cobs with a sharp knife, capturing as much of the juice as possible. Reserve $\frac{3}{4}$ cup of the corn kernels for later use.
2. In a food processor or blender, purée the corn kernels and heavy cream. Reserve.
3. In a soup pot over medium heat, cook the bacon until crisp, about 8 minutes.
4. Add the onion, pepper, celery, and garlic. Turn down the heat to low and cover. Cook, stirring occasionally, until the vegetables are tender, 10 to 12 minutes.
5. Add the broth, potatoes, and tomatoes. Bring to a simmer. Cook, covered, until the potatoes are tender, about 20 minutes. Skim any fat from the surface and discard.
6. Add the corn and cream purée, the reserved corn kernels, chiles, and cheese. Cook on low heat just until the corn is warmed, about 5 minutes.
7. Season with salt, pepper, and Tabasco to taste.
8. Garnish with the tortilla strips and cilantro.

Note: 4 cups of frozen corn kernels can be substituted for the fresh corn.

GRILLED CHICKEN BULGOGI STYLE

Yield: 8 portions

Ingredients	Amounts
Garlic, clove, thinly sliced, blanched	3 ea.
Sesame seeds	4 tsp.
Scallion (Green onion), minced	1 cup
Ginger, fresh, minced	3 Tbsp.
Garlic, minced	1 Tbsp.
Soy sauce, light	1/3 cup
Wine, rice, sweet (<i>Mirin</i>)	3 Tbsp.
Oil, vegetable	1 Tbsp.
Sugar, granulated	1 Tbsp.
Red pepper powder, Korean (<i>Gochugaru</i>)	2 tsp.
Chicken, thigh, boneless, skinless	8 ea.
Red pepper paste, Korean (<i>Gochujang</i>)	1/2 cup
Wine, rice, sweet (<i>Mirin</i>)	2 Tbsp.
Sugar, granulated	1 Tbsp.
Cabbage, napa, leaves	16 ea.
Scallion Salad (Recipe follows)	

Method

1. To blanch the garlic, bring a small pan of water to a boil. Add the sliced garlic and simmer for 30 seconds. Drain the garlic, rinse with cool water. Drain and rinse again.
2. Heat a small, dry skillet over medium heat. Add the sesame seeds in an even layer. Toast, stirring often, until golden brown and fragrant, 3 to 6 minutes. Transfer to a plate. Cool and reserve.
3. For the marinade, in a large bowl, whisk together the scallions, ginger, garlic, soy sauce, mirin, oil, 3 teaspoons of the sesame seeds, sugar, and red pepper powder.
4. Trim the chicken thighs to remove any pockets of fat. Pound them until they are an even 1/2-inch thick. Cut each thigh in half.
5. Add the pounded chicken thighs to the marinade. Turn to coat the chicken evenly. Let the chicken marinate in the refrigerator for at least 1 and up to 12 hours.
6. Smash the remaining 1 teaspoon of sesame seeds. In a small bowl, whisk together the crushed sesame seeds, red pepper paste, mirin, and sugar until it forms a sauce. Refrigerate in a covered container until ready to serve.
7. Preheat a gas grill to high. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed. Clean the cooking grate.

8. Remove the chicken from the marinade, letting any excess marinade drain off. Grill the chicken until browned and cooked through, 4 to 5 minutes per side.
9. Arrange 2 cabbage leaves on each serving plate. Place a chicken thigh on top and spoon some of the Scallion Salad over it. Garnish with the garlic slices and the reserved sauce.

Note: Iceberg lettuce can be substituted for the napa cabbage.

SCALLION SALAD

Yield: 8 portions

Ingredients	Amounts
Sesame seeds	½ tsp.
Sugar, granulated	½ tsp.
Oil, sesame	¼ tsp.
Wine, rice, sweet (<i>Mirin</i>)	1 tsp.
Red pepper powder, Korean (<i>Gochugaru</i>)	½ tsp.
Salt, kosher	1 tsp.
Scallion (Green onion), julienne	2 cups

Method

1. Heat a small, dry skillet over medium heat. Add the sesame seeds in an even layer. Toast, stirring often, until golden brown and fragrant, 3 to 6 minutes. Transfer to a plate. Cool and smash. Reserve.
2. In a large bowl, combine the sesame seeds, sugar, sesame oil, mirin, red pepper powder, and salt.
3. Just before serving, add the scallions toss to combine.

MEATBALLS STEWED WITH HOT TOMATOES

KEFTA

Yield: 6 portions

Ingredients	Amounts
Beef, ground, 85% lean	½ lb.
Pork, ground	½ lb.
Onion, yellow, coarsely grated	½ cup
Breadcrumbs, dry	¼ cup
Parsley, flat-leaf, fresh, chopped	¼ cup
Garlic, minced	1 tsp.
Cumin, ground	¾ tsp.
Paprika, ground	¾ tsp.
Ginger, fresh, minced	½ tsp.
Cardamom, ground	¼ tsp.
Water	3 Tbsp.
Cilantro, fresh, chopped	2 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Oil, olive, pure	2 Tbsp.
Onion, yellow, chopped	½ cup
Harissa	¼ tsp.
Cumin, ground	¼ tsp.
Cinnamon, ground	¼ tsp.
Saffron, thread, lightly crushed (Optional)	3 ea.
Tomato Sauce (Recipe follows)	3 cups
Cilantro, fresh, chopped	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. For the meatballs, in a large bowl, combine the beef, pork, onion, breadcrumbs, parsley, garlic, cumin, paprika, ginger root, cardamom, water, cilantro, salt, and pepper. Mix by hand with a wooden spoon until slightly sticky. Chill for at least 1 and up to 8 hours.
2. Shape the mixture into oval meatballs about 1 inch in diameter.
3. Heat the olive oil in a deep skillet or Dutch oven over medium-high heat until it shimmers. Add the meatballs. Cook, turning as necessary, until they are browned on all sides, about 8 minutes. Transfer the meatballs to a plate and reserve.

4. Add the onion, harissa, cumin, cinnamon, and saffron (if using). Sauté, stirring frequently, until the onion is tender and translucent, 6 to 8 minutes.
5. Add the tomato sauce, stirring well to dissolve any browned bits in the pan. Bring the sauce to a simmer.
6. Return the meatballs to the sauce along with any juices they may have released. Simmer the meatballs over low heat until they are cooked through, and the sauce is very flavorful, about 15 minutes.
7. Stir in the cilantro. Season with salt and pepper to taste.
8. Serve at once on heated plates.

TOMATO SAUCE

Yield: 2 cups

Ingredients	Amounts
Tomato, plum (Roma), whole, peeled, seeded	2 cups
Tomato, purée	1 cup
Butter, unsalted, sliced, chilled	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a food processor, purée the tomatoes until a coarse paste forms.
2. Transfer the tomatoes to a saucepan. Bring them to a simmer over low heat.
3. Add the tomato purée. Simmer for 10 minutes.
4. Scatter the sliced butter over the sauce. Swirl the pan until the butter is incorporated.
5. Season with salt and pepper to taste.

ZUCCHINI PANCAKES

Yield: 8 portions

Ingredients	Amounts
Zucchini, coarsely grated	3 cups
Salt, kosher	as needed
Pepper, black, ground	as needed
Scallion (Green onion), chopped	2 cups
Egg, whole, lightly beaten	4 ea.
Flour, all-purpose	1/2 cup
Dill, fresh, chopped	1/3 cup
Parsley, flat-leaf, leaves, fresh, chopped	1/3 cup
Tarragon, fresh, chopped	2 Tbsp.
Cheese, feta, crumbled	1/2 cup
Walnuts, chopped	2/3 cup
Oil, olive, pure	as needed
Tzatziki Sauce (Recipe follows)	1 cup

Method

1. Preheat the oven to 300°F. Place a baking sheet on the middle rack.
2. Place the grated zucchini in a colander. Sprinkle with salt. Let it stand for 30 minutes. Squeeze the zucchini to remove as much liquid as possible. Dry the zucchini by pressing it between several layers of paper towels.
3. In a large bowl, place the zucchini, scallions, eggs, flour, dill, parsley, tarragon, salt, and pepper. Mix until it is evenly blended.
4. Fold in the feta cheese.
5. Fold the walnuts into the zucchini mixture.
6. Add enough oil to a skillet to come to a depth of about 1/8 inch. Heat the oil over medium-high heat until the surface of the oil shimmers. Working in batches, drop heaping tablespoons of the zucchini mixture into the hot oil, leaving enough room for the pancakes to spread as they cook. Fry until the pancakes are golden brown and cooked through, about 3 minutes per side. Transfer each pancake to the baking sheet in the preheated oven to keep warm.
7. Serve immediately with the tzatziki sauce.

TZATZIKI SAUCE

Yield: 1 ½ cups

Ingredients	Amounts
Yogurt, Greek, plain	½ cup
Sour cream	½ cup
Cucumber, grated, squeezed dry	½ cup
Garlic, minced	1 tsp.
Oil, olive, extra virgin	1 Tbsp.
Mint, leaves, fresh, minced	1 Tbsp.
Lemon, juice, fresh	1 tsp.
Lemon, zest, grated	½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a food processor, place the yogurt, sour cream, cucumber, and garlic. Purée until smooth.
2. Transfer the mixture to a bowl. Fold in the olive oil, mint, lemon juice, and lemon zest. Stir until combined.
3. Season with salt and pepper to taste.
4. Keep refrigerated until ready to serve.

Note: Fresh dill can be substituted for the mint.

PANZANELLA

BREAD SALAD WITH FRESH TOMATOES

Yield: 8 portions

Ingredients	Amounts
Bread, baguette, 2 days old, 1-in. diced	1 ea.
Butter, unsalted	1 Tbsp.
Oil, olive, extra virgin	2 Tbsp.
Garlic, chopped	¼ cup
Tomato, plum (Roma), sliced	2 lb.
Vinegar, balsamic	½ cup
Oil, olive, extra virgin	9 Tbsp.
Salt, kosher	2 tsp.
Pepper, black, ground	1 tsp.
Basil, sweet, bunch, fresh	1 ea.
Parsley, flat-leaf, fresh, roughly chopped	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. Toast the diced baguette in the preheated oven, stirring occasionally, until crisp and dry, 1 to 2 minutes. Transfer to a large bowl. Reserve.
3. In a 10-inch sauté pan over medium low heat, place the butter and olive oil. Allow the butter to melt. Add the garlic. Sauté until translucent but not brown, 2 to 3 minutes.
4. Toss the cooked garlic, butter, and oil with the diced bread.
5. In a large bowl, place the tomatoes, vinegar, olive oil, salt, and pepper. Toss to combine.
6. Layer one-quarter of the basil leaves on top of each other and roll into a tight bunch. Thinly slice the bunch of leaves crosswise to create long strips of basil approximately ⅛-inch thick.
7. Just before serving, toss the bread, basil, and parsley with the tomatoes.
8. Adjust the seasoning with salt and pepper to taste.

SWORDFISH WITH TOMATO-OLIVE RAGÙ

PESCE SPADA SICILIANA

Yield: 6 portions

Ingredients	Amounts
Almonds, sliced	2/3 cup
Oil, olive, pure	1/3 cup
Onion, yellow, minced	1 cup
Garlic, clove, minced to a paste	3 ea.
Capers, chopped	3 Tbsp.
Anchovy, fillet	6 ea.
Tomato, cherry, hulled, halved	3 pt.
Olive, stuffed with chiles	1 cup
Oregano, leaves, fresh, chopped	3 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Swordfish, steak, 6 oz.	6 ea.
Lemon, juice, fresh	4 Tbsp.

Method

1. Preheat oven to 400°F.
2. Heat a medium, dry skillet over medium-low heat. Add the almonds in a single layer. Toast, stirring often, until golden brown and aromatic, 5 to 7 minutes. Transfer to a plate. Cool and reserve.
3. For the ragù, heat the oil in an oven-proof skillet over medium heat. Add the onion, garlic, capers, and anchovies. Sauté, stirring frequently, until the onion is a very light golden brown, 8 to 10 minutes.
4. Add the tomatoes. Sauté, stirring frequently, until the tomatoes are very soft, and all the ingredients are very hot.
5. Add the olives and oregano. Sauté for 2 to 3 minutes. Season with salt and pepper to taste.
6. Cut 6 squares of foil large enough to hold the swordfish steaks. Place a spoonful of the tomato-olive ragù in the center of each piece of foil, top with a piece of swordfish, and then top with a little lemon juice and sliced almonds. Fold the foil around the fish to make a tight seal (the seams should be on the top of the packet).
7. Carefully transfer the swordfish steaks to a shallow pan. Bake until the fish is cooked through, about 12 minutes.
8. Serve the fish directly from the foil.

RED PEPPER ORZO

Yield: 8 portions

Ingredients	Amounts
Pasta, orzo, dried	½ lb.
Salt, kosher	2 tsp.
Oil, olive, pure	3 Tbsp.
Onion, red, diced	1 ea.
Pepper, bell, red, diced	1 ea.
Pepper, bell, green, diced	1 ea.
Fennel, bulb, finely diced	1 ea.
Oil, olive, pure	1 Tbsp.
Garlic, chopped	1 Tbsp.
Thyme, fresh, chopped	1 Tbsp.
Tomato, juice	½ cup
Parsley, fresh, chopped	¼ cup
Pepper, black, ground	1 tsp.
Cheese, feta, crumbled	1 cup
Salt, kosher	1 tsp.

Method

1. In a large pot, boil the orzo in salted water until tender, 8 to 10 minutes. Drain and rinse under cold water.
2. Transfer the orzo to a large bowl. Add the olive oil. Toss to combine. Cover and refrigerate until ready to use.
3. Heat the olive oil a large saucepan over medium heat. Add the onions, peppers, and fennel. Sauté until just tender, about 4 minutes.
4. Add the garlic and thyme. Cook for 2 minutes.
5. Toss the sautéed vegetables with the reserved orzo.
6. Add the tomato juice, parsley, pepper, feta, and salt. Toss to combine.

TIRAMISU

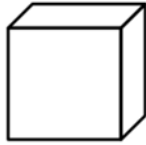
Yield: 8 portions

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
Liqueur, coffee, Kahlúa	½ cup
Cookie, ladyfinger	48 ea.
Cocoa powder	¼ cup
Sugar, powdered	2 Tbsp.

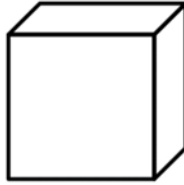
Method

1. Place a large stainless-steel bowl over simmering water. Add the egg, egg yolks, sugar, and vanilla. Whip them together until the volume nearly doubles and the mixture becomes a light lemon yellow, 3 to 4 minutes.
2. Transfer the egg and sugar mixture to the bowl of an electric mixer. Beat it on high speed until the mixture has cooled to room temperature, 8 to 10 minutes.
3. Add the mascarpone. Blend on low speed, scraping the sides and bottom of the bowl to blend evenly, until very smooth, 2 to 3 minutes.
4. In a clean small bowl, beat the egg whites with the sugar until it forms medium-stiff peaks, 5 to 6 minutes. Fold the beaten egg whites into the mascarpone mixture in two additions. Refrigerate until needed.
5. In a small bowl, place the espresso and Kahlúa. Mix to make a syrup.
6. In a 2 ½-quart bowl, arrange a layer of ladyfingers. Moisten the ladyfingers well with the syrup. Dust evenly with cocoa powder. Top with a 1-inch-thick layer of the mascarpone filling. Repeat layering in this sequence until the bowl is full, ending with a layer of filling.
7. Dust the entire surface of the cake with cocoa powder and powdered sugar. Chill thoroughly before serving.

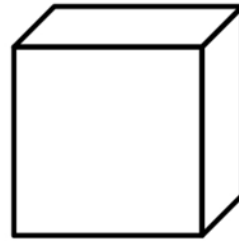
BASIC KNIFE CUTS



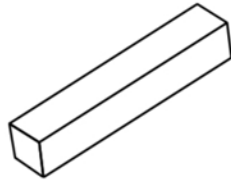
Small Dice
1/4" cube



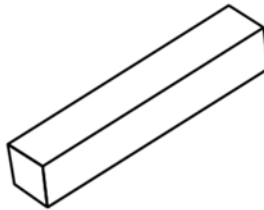
Medium Dice
1/2" cube



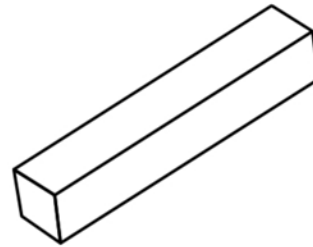
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



Julienne
1/8" sq x 2 inch



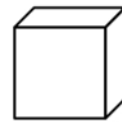
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



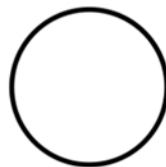
Chop
1/8"-1/4" cube



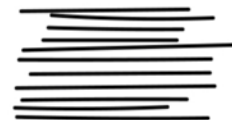
Brunoise
1/8" cube (fine dice)



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.
Recipes sourced from *The CIA Cookbook*

CIA Favorites Sauber Course Guide v.250

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