



# Culinary Institute of America

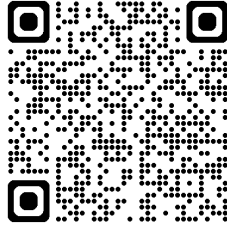
**CULINARY INSTITUTE OF THE PACIFIC**

**DESSERT DESIGN IN THE HOT KITCHEN**



Culinary Institute of the Pacific, Diamond Head campus, Oahu, Hawai'i

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**The Culinary Institute of America**

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**CIA Consulting**  
The Culinary Institute of America

Welcome to the CIA!

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

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

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

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

Wishing you all the best,

A handwritten signature in blue ink that reads 'David Kamen'. The signature is fluid and cursive.

David Kamen '88 MBA PC<sup>III</sup>  
Director CIA Consulting  
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P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world’s best professional culinary education. If you’d like to further support the future of food with the gift of education, please visit [www.ciagiving.org](http://www.ciagiving.org).

## EXPECTATIONS FOR PARTICIPANTS

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

# CIA UNIFORM POLICY

To foster a professional working environment and to maintain the highest standards of safety and sanitation, the CIA has adopted the following uniform code. Each item has been designed with a practical function in mind. These items must be worn in all production classes unless otherwise stated.

- ☑ Chef's jacket
  - Double-breasted structure creates a two-layer cloth barrier to help prevent steam burns, splashes, and spills
  - Can be re-buttoned on the opposite side to cover spills
  - Sleeves are long to cover as much arm as possible to reduce burns
- ☑ Pants
  - Hounds-tooth helps camouflage stains
  - Best without cuffs, which can trap hot liquids and debris
- ☑ Shoes and Socks
  - Shoes
    - Should be made of hard leather, with low heels, slip-resistant soles, and no open toes
    - Prevent slips and falls in the kitchen
    - Offer support
    - Protect feet from falling pots
  - Socks
    - Must be worn for hygienic purposes and to prevent burns
- ☑ Neckerchief (optional)
  - Helps to absorb sweat
- ☑ Toque (provided in class)
  - Contains hair
  - Absorbs sweat
- ☑ Apron (provided in class)
  - Protects jacket and pants from excessive staining
- ☑ Side towel (provided in class)
  - Protects hands when working with hot pans, dishes, and equipment
- ☑ Jewelry
  - Not permitted except for one plain ring to minimize exposure to potential hazards
- ☑ Hair
  - Should be neatly maintained, clean, and under control at all times

# COURSE DESCRIPTION

This course builds foundational baking and pastry techniques, focusing on crafting show-stopping desserts and pastries without the traditional bakery setup. Learn how to adapt to the unique challenges and limitations of a hot kitchen — where ovens, stoves, and grills dominate — and discover innovative ways to prepare, assemble, and plate exquisite sweets that are as visually stunning as they are delicious. Through hands-on practice and expert guidance, you'll develop strategies to work efficiently, manage timing, and creatively utilize heat-based equipment to deliver desserts worthy of any fine dining experience.

## LEARNING OBJECTIVES

*By the end of this course, students will...*

- Adapt pastry and dessert techniques for execution in a hot kitchen setting.
- Create elegant, plated desserts using stoves, grills, and other hot kitchen tools.
- Explore flavor and texture balance in heat-prepared sweets and pastries.
- Develop efficient workflows and timing strategies for high-volume service.
- Present visually striking, restaurant-ready desserts under real kitchen constraints.

# DAY ONE:

## FOUNDATIONS OF CUSTARDS & SUGAR

### LEARNING OBJECTIVES

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

- Explain the function and role of liquefiers and stabilizers in recipes.
- Analyze the creaming method and its effect on texture and structure.
- Identify and differentiate the three types of custards.
- Describe the common thickening agent used in custards.
- Compare methods for boiled, baked, and stirred custards.
- Explain the role of binding agents in culinary preparations.
- Describe proper sugar cooking techniques, including key dos and don'ts.
- Prepare a range of desserts using standardized recipes with accuracy and consistency.

### CHEF DEMONSTRATIONS

- Salted Caramel Sauce
- Vanilla Tart Dough
- Coffee-Chocolate Crèmeux
- Milk Chocolate-Coconut Whipped Ganache

# DAY ONE: TEAM PRODUCTION ASSIGNMENTS

## CHEF DEMONSTRATIONS

Salted Caramel Sauce  
Vanilla Tart Dough  
Coffee-Chocolate Crèmeux  
Milk Chocolate-Coconut Whipped Ganache

## TEAM 1

### **Guava-Goat Cheese Cheesecake**

Goat Cheese Cheesecake  
Mango-Guava Coulis  
Guava Gelee  
Coconut-Vanilla Whipped Ganache

**Bonus Recipe:** *Petite Four* – Coconut Financier

## TEAM 2

### **'Ulu Flan**

Caramel  
'Ulu Flan Custard (Make and Bake)  
'Ulu Shortbread Dough

**Bonus Recipe:** *Petite Four* – Miso-Passionfruit Chews

## TEAM 3

### **Vanilla Bean Rice Pudding**

Rice Pudding  
Passionfruit Curd  
Mango Compote  
Crumble Topping

**Bonus Recipe:** *Petite Four* – Vanilla Sable

## TEAM 4

### **Salted Caramel-Chocolate Tart**

Chocolate Tart Dough  
Milk Chocolate-Caramel Whipped Ganache  
Chocolate Creamy  
Chantilly Gelatin  
Salted Caramel Crèmeux

**Bonus Recipe:** *Petite Four* – Pate de Fruit

# SALTED CARAMEL SAUCE

## CHEF DEMO

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Cream, heavy	250 g
Sugar, granulated	225 g
Glucose, syrup	65 g
Salt, sea, fine	4 g

### **Method**

1. In a saucepan, bring the heavy cream to a boil over high heat. Reserve.
2. In a separate saucepan over medium heat, place the sugar in an even layer. Heat until it begins to melt. Whisk until the sugar turns to a dark amber color.
3. Stir in the glucose syrup.
4. Remove the saucepan from the heat. Slowly stream in ½ of the reserved hot heavy cream while whisking constantly until combined. Repeat for the remaining heavy cream.
5. Add the salt and stir, making sure to dissolve any thicker caramel bits.

# VANILLA TART DOUGH

## CHEF DEMO

*Yield: 1200 grams*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	238 g
Sugar, powdered, 10x	213 g
Sugar, invert, Trimoline	14 g
Vanilla, powder	2 g
Egg, yolk	132 g
Egg, whole	28 g
Flour, all-purpose	572 g
Salt, sea, fine	2 g

### **Method**

1. In the bowl of a Kitchen Aid stand mixer fitted with a paddle attachment, place the butter, 10x sugar, invert sugar, and vanilla powder. Cream on medium speed until smooth and light.
2. Add egg yolks and whole eggs in 3 equal parts, scraping down the bowl in between each addition. Stop the mixer, remove the bowl, and scrape the bowl thoroughly with a bowl scraper, ensuring the bottom and sides are fully incorporated.
3. Add flour and salt all at once. Mix until just combined. Stop the mixer, remove the bowl, and scrape the bowl thoroughly with a bowl scraper, ensuring the bottom and sides are fully incorporated. (Do not overmix.)
4. Form the dough into a 2-centimeter thick square block. Wrap and rest in the cooler overnight.
5. On day 2, preheat oven to 350°F.
6. Place the tart tings on a sheet pan.
7. Roll out to a 2 to 3-millimeter thickness (about 2 quarters thick). Cut the dough 1-inch bigger on all sides than the tart ring.
8. Line the tart rings. (See Chef demo.) Using a paring knife, dock the dough.
9. Place the tarts in the freezer until frozen.
10. Bake the tarts from frozen in the preheated oven until light golden brown, about 12 minutes for small tarts, and 20 to 22 minutes for large tarts.

# COFFEE-CHOCOLATE CRÉMEUX

## CHEF DEMO

Yield: 1 quart

Ingredients	Amounts
Gelatin, sheets, silver	4 g
Coffee, beans, crushed	38 g
Milk, whole	200 g
Cream, heavy	200 g
Egg, yolk	90 g
Sugar, invert, Trimoline	45 g
Chocolate, dark couverture, Lever du Soleil 61%, wafers, Guittard	140 g
Chocolate, milk couverture, Lactée, Supérieure 38%, pistoles, Cocoa Barry	80 g

### Method

1. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
2. In a medium-sized pot, place the coffee beans, milk, and cream. Bring to a simmer over medium heat. Turn off the heat, cover and steep until the coffee flavor has infused, about 5 minutes.
3. Strain the coffee-milk mixture and reweigh. Add more milk to reach 400 grams, if needed.
4. Return coffee-milk mixture to the pot. Bring it to a boil over high heat.
5. In a bowl, whisk the egg yolks and invert sugar until combined.
6. Remove the coffee-milk mixture from the heat. Gradually whisk a small amount of the hot coffee-milk mixture into the egg mixture to slowly raise its temperature and prevent curdling (*temper*).
7. Transfer the tempered egg mixture back to the pot with the remaining coffee-milk mixture. Heat gently over medium-low heat until the mixture reaches 82°C. Stir in the gelatin.
8. Place the dark and milk chocolates in a heatproof bowl. Strain the coffee-milk mixture over the chocolate. Using a hand blender, blend until emulsified.
9. Cover and rest in the fridge for 12 hours.

# MILK CHOCOLATE-COCONUT WHIPPED GANACHE

## CHEF DEMO

*Yield: 690 grams*

<b>Ingredients</b>	<b>Amounts</b>
Coconut, purée	126 g
Glucose, syrup	63 g
Sugar, invert, Trimoline	16 g
Chocolate, milk couverture, Lactée, Supérieure 38%, pistoles, Cocoa Barry	157 g
Liqueur, coconut	12 g
Cream, heavy, cold	315 g

### **Method**

1. In a saucepan over medium heat, heat the coconut purée, glucose, and invert sugar.
2. Place the chocolate and liqueur in a heatproof bowl.
3. Pour the coconut purée mixture over the melted chocolate and coconut liqueur. Using a hand blender, blend until emulsified.
4. Add the cold cream. Stir to combine.
5. Cover and refrigerate for at least 12 hours.
6. Place the mixture into the bowl of a Kitchen Aid mixer fitted with a paddle attachment. Whip on medium speed until creamy. (Do not over whip!)

# GOAT CHEESE CHEESECAKE

*Yield: 1.4 kilograms*

<b>Ingredients</b>	<b>Amounts</b>
Gelatin, sheets, silver	4 ea.
Cheese, goat	150 g
Cream cheese	303 g
Vanilla, bean	½ ea.
Sugar, granulated	240 g
Egg, whole	100 g (about 2 ea.)
Egg, yolk	20 g
Sour cream	567 g
Milk, whole	30 g

## **Method**

1. Preheat oven to 300°F.
2. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
3. In the bowl of a Kitchen Aid mixer fitted with a paddle attachment, cream the goat cheese, cream cheese, vanilla bean, and sugar on low speed to prevent any excess air from being incorporated.
4. Add the eggs and egg yolks a little at a time, scraping the bowl between each addition. Mix until combined
5. Add sour cream. Mix until smooth.
6. Add the milk. Scrape the sides of the bowl. Mix the mixture is homogenous.
7. Pour the mixture into a ½ hotel pan. Bake in the preheated oven until set, about 15 minutes. (It should jiggle like jello.)
8. While mixture is still hot, scrape it into a bain marie. Add the reserved bloomed gelatin. Using a burr mixer, blend until smooth.
9. Reserve as is or pipe into prepared molds. Freeze to set and unmold.

# MANGO-GUAVA COULIS

*Yield: 335 grams*

<b>Ingredients</b>	<b>Amounts</b>
Gelatin, sheets, silver	5.5 g
Mango, purée, frozen	65 g
Sugar, granulated	50 g
Guava, purée, frozen	200 g
Lime, juice, fresh	15 g

## **Method**

1. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
2. In a small saucepan over low heat, combine the mango purée and sugar. Heat until the sugar has dissolved. (Do not boil.)
3. Add the bloomed gelatin. Stir to dissolve.
4. Transfer the mango puree mixture to a heatproof bowl.
5. Add the cold guava purée. Mix to combine.
6. Add the lime juice. Mix to combine.
7. Cover and place in the refrigerator until fully gelled, 5 to 6 hours, or overnight.
8. Transfer to a blender. Purée on low speed until smooth.
9. Reserve in the refrigerator for at least 3 hours.

# GUAVA GELEE

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Gelatin, sheets, silver	5.5 g
Water	214 g
Sugar, granulated	145 g
Vanilla, bean, whole	$\frac{3}{4}$ ea.
Guava, purée, frozen	52 g

## **Method**

1. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
2. In a saucepan over medium heat, combine the water, sugar, and vanilla bean. Heat until the sugar has dissolved.
3. Add the bloomed gelatin. Stir until melted.
4. Add the guava purée. Stir until combined.
5. Strain the mixture through a chinois and into a bowl set over an ice water bath.
6. Cool, stirring frequently, to ensure that the vanilla seeds are suspended in the gelee and don't sink to the bottom.
7. Once the vanilla seeds remain suspended, transfer to a pint container for storage.

# COCONUT-VANILLA WHIPPED GANACHE

*Yield: 600 grams*

<b>Ingredients</b>	<b>Amounts</b>
Gelatin, sheets, silver	4 g
Coconut, purée	244 g
Vanilla, bean	1 ea.
Chocolate, white couverture, Zéphyr 34%, pistoles, Cacao Barry	108 g
Cream, heavy	244 g

## **Method**

1. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
2. In a saucepan, combine the coconut purée and vanilla bean. Bring to a boil over medium-high heat.
3. Remove the saucepan from the heat. Stir in the bloomed gelatin.
4. Place the chocolate in a heatproof bowl. Strain the coconut purée mixture through a chinois and over the chocolate.
5. Add cold cream. Using a hand blender, blend until emulsified.
6. Place the bowl over an ice bath. Cool without stirring.
7. Transfer to the cooler at 45°F. Let the ganache fully set before whipping.

# COCONUT FINANCIER

Yield: 750 grams

Ingredients	Amounts
Butter, unsalted	150 g
Sugar, powdered, 10x	187 g
Flour, almond	75 g
Coconut, unsweetened, finely shredded ( <i>rappe</i> )	112 g
Cornstarch	19 g
Egg, whole	112 g
Rum, dark	19 g
Cream, heavy	112 g
Chocolate, dark couverture, Lever du Soleil 61%, wafers, Guittard	200 g

## Method

1. In a stand mixer fitted with the paddle attachment place the butter and 10x sugar. Cream on medium speed until light and smooth. (Do not incorporate too much air.)
2. Add the almond flour, shredded coconut, and cornstarch. Mix until evenly combined.
3. Add the eggs slowly 3 parts, mixing well after each addition to maintain a smooth emulsion.
4. Add the rum and cream. Mix until fully incorporated.
5. Cover and refrigerate overnight.
6. On day 2, preheat convection oven to 325°F on fan speed 2. Place small oval fleximolds on a sheet pan.
7. Place the batter in the bowl of a Kitchen Aid mixer fitted with a paddle attachment. Reconstitute the batter on low speed.
8. Transfer to a pastry bag no tip. Pipe the batter into the prepared fleximolds. Garnish with one chocolate wafer each.
9. Bake in the preheated oven until golden brown, about 12 minutes.

# CARAMEL

*Yield: 400 grams*

## **Ingredients**

## **Amounts**

Butter, unsalted, softened	as needed
Sugar, granulated	300 g
Water	100 g

## **Method**

1. Brush the bottom and sides of twelve, 5-ounce ramekins with the softened butter. Set them in a full hotel pan.
2. In a saucepot over medium heat, combine the sugar and water. Cook, while stirring, until boiling. Stop stirring once boiling. You may swirl gently to even out the cooking, if needed. Cook until the sugar has dissolved and deep amber in color (338–347°F).
3. Immediately pour into the prepared ramekins. Swirl to coat bottom evenly. (This needs to be done with speed to prevent the caramel from getting too dark.)
4. Allow the caramel to set. Reserve to await the 'Ulu Flan Custard.

# 'ULU FLAN CUSTARD

*Yield: twelve, 5-ounce ramekins*

<b>Ingredients</b>	<b>Amounts</b>
'Ulu, boiled, mashed	480 g
Cream cheese, softened	225 g
Sugar, granulated	100 g
Egg, whole	5 ea.
Milk, evaporated	370 g
Vanilla, extract	5 mL
Caramel (Recipe prior)	1x recipe

## **Method**

1. Preheat oven to 300°F.
2. Peel and core the 'ulu. Cut into 1-inch cubes.
3. Place the 'ulu in a pot. Cover by 1-inch with cold, salted water. Bring to a boil over medium-high heat. Cook until fork tender, 12 to 20 minutes. Drain and cool.
4. Mash the 'ulu using a fork. Transfer to a food processor. Blend until smooth.
5. In the bowl of a Kitchen Aid mixer fitted with a paddle attachment, place the softened cream cheese and sugar. Mix on low speed until smooth with no lumps.
6. Add the 'ulu. Mix until incorporated.
7. Add the eggs one at a time, mixing gently to avoid aeration.
8. Add evaporated milk and vanilla extract. Blend until smooth.
9. Strain mixture through fine mesh strainer.
10. Place the hotel pan with the caramel-lined ramekins on a pulled-out oven rack. (Otherwise, on a counter as close to the oven as possible.)
11. Pour the custard into caramel-lined molds.
12. Add hot water halfway up the sides of the mold.
13. Bake in the preheated oven until the center reaches 175 to 180°F (79 to 82°C) and is just set with a slight jiggle, 10 to 20 minutes.
14. Remove from the oven to cool. Once cooled down, remove ramekins from the water bath.
15. Refrigerate overnight to allow the caramel to liquify.
16. When ready to serve, run a knife along edges of each ramekin and invert each flan onto a serving plate.

# 'ULU SHORTBREAD DOUGH

*Yield: 600 grams*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	227 g
Sugar, granulated	108 g
Vanilla, extract	5 g
Flour, all-purpose	205 g
Flour, 'ulu, sifted	50 g
Salt, sea, fine	3 g

## **Method**

1. In a stand mixer fitted with a paddle attachment, cream the butter, sugar, and vanilla extract until light and fluffy.
2. Add the sifted flour and salt in 3 parts, making sure to scrape the bowl in between.
3. Mix until the dough is homogeneous.
4. Shape into a rectangle and flatten to a 1-centimeter thickness.
5. Wrap in plastic wrap and store in the refrigerator.

# MISO-PASSIONFRUIT CHEWS

*Yield: 700 grams*

<b>Ingredients</b>	<b>Amounts</b>
Chocolate, white couverture, Zéphyr 34%, pistoles, Cacao Barry	240 g
Miso	23 g
Sugar, granulated	282 g
Passionfruit, purée, frozen	85 g
Butter, unsalted	71 g

## **Method**

1. Place a small square frame on a flat sheet tray lined with a Silpat. Spray lightly with non-stick spray.
2. Scale the chocolate and miso into a tall skinny bane.
3. Place the sugar, passionfruit purée, and butter in a small saucepan. Cook over medium heat until the mixture reaches 120°C and the sugar has dissolved.
4. Remove the pot from the heat. Wait for the puree mixture to stop bubbling.
5. Pour the purée mixture over the chocolate. Using an emersion blender, blend until emulsified.
6. Immediately pour the purée-chocolate mixture into the prepared frame in an even layer. Cool fully.
7. On day 2, using a chef's knife, cut the chews into 1-centimeter by 3-centimeter rectangles. Wrap in the provided candy wrappers.

# RICE PUDDING

*Yield: about 4 ½ pounds*

<b>Ingredients</b>	<b>Amounts</b>
Milk, whole	1035 g
Sugar, granulated	103 g
Salt, sea, fine	3 g
Rice, mochi	258 g
Cream, heavy, cold	103 g
Sugar, granulated	51 g
Milk, whole	310 g
Vanilla, bean	1 ½ ea.
Sugar, granulated	50 g
Egg, yolk	80 g

## **Method**

1. In a large saucepan over medium heat, bring the milk, sugar, and salt to a boil.
2. Add the rice. Stir to coat the grains. Turn down the heat to low.
3. Cook until the grains are tender and the consistency is thick and creamy, 40 minutes to 1 hour. More milk may be added, if needed.
4. For the whipped cream, place the heavy cream and sugar into the bowl of a stand mixer fitted with a whisk attachment. Whip on medium speed until the cream begins to thicken and forms soft bubbles.
5. Turn the speed up to medium-high. Whip until stiff peaks form. They should stand upright when the whisk is pulled away. Reserve refrigerated.
6. For the crème anglais, in a saucepan over medium heat, bring the milk and vanilla to a simmer.
7. In a bowl, whisk the egg yolks and sugar until combined.
8. Remove the milk mixture from the heat. Gradually whisk a small amount of the hot milk mixture into the egg mixture to slowly raise its temperature and prevent curdling (*temper*).
9. Transfer the tempered egg mixture to the saucepan with the remaining milk mixture set over medium heat. Stir continuously until the mixture coats the back of a spoon (*nappé*) and reaches 82°C.
10. Immediately strain the mixture through a chinois and into a bowl set over an ice water bath.
11. Using a rubber spatula, fold the rice into the crème anglais in 3 additions.
12. Gently fold in ⅓ of the whipped cream. Fold in the remaining ⅔ of the whipped cream until just combined.

# PASSIONFRUIT CURD

*Yield: 1 ½ pints*

<b>Ingredients</b>	<b>Amounts</b>
Gelatin, sheets, silver	1 ½ ea.
Passionfruit, purée, frozen	220 g
Sugar, granulated (Divided)	132 g
Egg, whole	123 g
Egg, yolk	140 g
Butter, unsalted, softened	132 g

## **Method**

1. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
2. In a saucepan over medium heat, bring the passionfruit purée and ½ of the sugar to a boil.
3. In a bowl, whisk to combine the eggs and egg yolks. Add the remaining sugar.
4. Remove the puree mixture from the heat. Gradually whisk a small amount of the puree mixture into the egg mixture to slowly raise its temperature and prevent curdling (*temper*).
5. Transfer the tempered egg mixture to the pot with the remaining puree mixture set over medium heat. Bring to a boil while whisking continuously. Boil for 2 minutes. (Set a timer!)
6. Add the bloomed gelatin. Stir to combine.
7. Pass the curd through a chinois and into a small bain marie set over an ice bath. Cool to 40°C. Be sure to stir occasionally during the cooling process.
8. Using a hand blender, gradually incorporate the softened butter in small pieces, blending fully after each addition.

# MANGO COMPOTE

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Mango, purée, frozen	168 g
Sugar, granulated	42 g
Rum, Malibu	63 g
Lime, juice, fresh	13 g
Sugar, granulated	29 g
Pectin, apple	8 g
Mango, 1-cm. diced	126 g

## **Method**

1. In a saucepan, combine the mango purée, sugar, rum, and lime juice. Bring to a boil over medium heat.
2. Combine the sugar and pectin. Blend well. Stream into the boiling purée. Simmer for 2 minutes.
3. Remove the puree mixture from the heat. Fold in the diced mango, leaving a chunky compote.
4. Transfer the compote to a bowl set over an ice bath. Cool to 45°F before placing in the cooler.

# CRUMBLE TOPPING

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	100 g
Sugar, granulated	100 g
Flour, all-purpose	100 g
Flour, almond	100 g

## **Method**

1. In the bowl of a stand mixer fitted with a paddle attachment place the butter, sugar, all-purpose flour, and almond flour. Mix on medium speed until a homogeneous dough is formed.
2. Pass the dough through a glazing screen and into a bowl; to break into small pieces.
3. Cover and refrigerate overnight.
4. On day 2, preheat the oven to 325°F.
5. Place the crumbled dough on a parchment paper lined sheet pan.
6. Bake in the preheated oven, mixing occasionally, until golden brown, 8 to 12 minutes.

# VANILLA SABLE

*Yield: two, 400 gram logs*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	320 g
Sugar, powdered, 10x	128 g
Salt, sea, fine	4 g
Egg, yolk	32 g
Vanilla, bean, scraped	1 ea.
Flour, all-purpose	359 g
Sugar, granulated	1 lb.

## **Method**

1. In the bowl of a Kitchen Aid stand mixer fitted with a paddle attachment, place the butter, sugar, and salt. Cream on medium speed until combined.
2. Add the egg yolks in 3 parts, mixing between each addition. Stop the mixer, remove the bowl, and scrape the bowl thoroughly with a bowl scraper, ensuring the bottom and sides are fully incorporated.
3. Add the vanilla seeds. Mix to combine.
4. Add the all-purpose flour. Mix until just combined. Stop the mixer, remove the bowl, and scrape the bowl thoroughly with a bowl scraper, ensuring the bottom and sides are fully incorporated.
5. Scale into 14-ounce logs. Chill overnight.
6. On day 2, preheat oven to 300°F.
7. Roll the logs of dough in the sugar. Cut the logs into ½-inch thick slices. Place the slices 2-centimeters apart on a parchment paper lined sheet pan.
8. Bake in the preheated oven until golden brown, about 5 minutes.

# CHOCOLATE TART DOUGH

*Yield: 3 pounds*

<b>Ingredients</b>	<b>Amounts</b>
Sugar, granulated	268 g
Butter, unsalted	268 g
Salt, sea, fine	4 g
Sugar, invert, Trimoline	10 g
Egg, whole	89 g
Flour, cake	516 g
Cocoa powder	134 g
Milk, whole	66 g

## **Method**

1. For the dough, in the bowl of a Kitchen Aid stand mixer fitted with a paddle attachment, place the sugar, butter, salt, and invert sugar. Cream on medium speed until smooth and light.
2. Add the eggs in 3 parts, mixing between each addition. Stop the mixer, remove the bowl, and scrape the bowl thoroughly with a bowl scraper, ensuring the bottom and sides are fully incorporated.
3. In a bowl, sift together the cake flour and cocoa powder.
4. Add the flour-cocoa powder mixture. Mix until just combined. Stop the mixer, remove the bowl, and scrape the bowl thoroughly with a bowl scraper, ensuring the bottom and sides are fully incorporated. (Do not overmix.)
5. Add the milk. Mix until incorporated.
6. Divide the dough into three, 16-ounce portions. Roll each dough portion into pucks about 2-centimeters thick.
7. Wrap and store in the refrigerator.
8. On day 2, preheat oven to 325°F.
9. Grease tart rings and place them on a sheet pan. Line each tart ring with the dough.
10. Bake in the preheated oven until golden brown, 12 to 14 minutes for small tarts, and 20 to 24 minutes for 9-inch tarts.

# MILK CHOCOLATE-CARAMEL WHIPPED GANACHE

*Yield: 500 grams*

<b>Ingredients</b>	<b>Amounts</b>
Gelatin, sheets, silver	2.5 g
Cream, heavy	335 g
Sugar, granulated	61 g
Chocolate, milk couverture, Lactée Supérieure 38%, pistoles, Cacao Barry	79 g
Salt, sea, fine	2 g

## **Method**

1. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
2. In a saucepan over medium heat, bring the heavy cream to a boil. Reserve.
3. In a saucepan over medium heat, cook the sugar, stirring constantly with a wooden spoon, until evenly melted. Continue to cook, stirring gently, until it turns a deep amber color, 338 to 347°F.
4. Deglaze with the reserved hot cream.
5. Add the bloomed gelatin. Stir to combine.
6. Place the chocolate in a heatproof bowl. Pour the caramel over the chocolate. Using a hand blender, blend until emulsified.
7. Place the bowl over an ice bath. Cool, without stirring, to 45°F.
8. Cover and place in a cooler overnight.

# CHOCOLATE CREAMY

*Yield: 1 quart*

<b>Ingredients</b>	<b>Amounts</b>
Gelatin, sheets, silver	4 g
Milk, whole	200 g
Cream, heavy	200 g
Vanilla, bean, scraped	1 ea.
Salt, sea	1 g
Egg, yolk	90 g
Sugar, invert, Trimoline	45 g
Chocolate, dark couverture, Lever du Soleil 61%, wafers, Guittard, melted	140 g
Chocolate, milk couverture, Lactée Supérieure 38%, pistoles, Cacao Barry	80 g

## **Method**

1. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
2. In a medium-sized pot over medium heat, bring the milk, heavy cream, vanilla bean, and salt to a boil.
3. In a bowl, whisk the egg yolks and invert sugar until combined.
4. Remove the milk mixture from the heat. Gradually whisk a small amount of the milk mixture into the egg mixture to slowly raise its temperature and prevent curdling (*temper*).
5. Transfer the tempered egg mixture to the pot with the milk mixture set over medium heat. Stir continuously until the mixture coats the back of a spoon (*nappé*) and reaches 82°C.
6. Place the chocolate in a heatproof bowl. Strain the mixture over the chocolate. Using a hand blender, blend until emulsified.
7. Cover and rest in the refrigerator for 12 hours.

# CHANTILLY GELATIN

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Gelatin, sheets, silver	2 ea.
Cream, heavy	500 g
Sugar, granulated	35 g
Vanilla, bean, scraped	1 ea.

## **Method**

1. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
2. In a saucepan over medium heat, bring the heavy cream, sugar, and vanilla bean to a boil.
3. Add the bloomed gelatin. Stir until melted.
4. Strain the mixture through a chinois and into a bowl set over an ice water bath.
5. Cool, stirring frequently, to ensure that the vanilla seeds are suspended and a skin does not form.
6. Once the vanilla seeds remain suspended, transfer to a pint container for storage.

# SALTED CARAMEL CRÉMEUX

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Gelatin, sheet, silver	5 g
Cream, heavy	200 g
Vanilla, bean	1 ea.
Sugar, granulated	190 g
Butter, unsalted	140 g
Salt, sea, fine	2 g

## **Method**

1. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
2. In a saucepan over medium heat, bring the heavy cream and vanilla to a boil.
3. Remove the saucepan from heat. Stir in the gelatin. Reserve.
4. In a saucepan over medium heat, cook the sugar, stirring constantly with a wooden spoon, until evenly melted. Continue to cook, stirring gently, until it turns a deep amber color, 338 to 347°F.
5. Deglaze with the reserved hot cream.
6. Strain the mixture through a chinois and into a bowl set over an ice water bath.
7. Cool, stirring occasionally, to 40°C.
8. Using an immersion blender, blend in the butter until incorporated.
9. Stir in the salt.
10. Cover with plastic wrap. Label and store in refrigerator.

# PATE DE FRUIT

*Yield: 1800 grams*

<b>Ingredients</b>	<b>Amounts</b>
Fruit, purée, frozen	350 g
Super pomme	200 g
Glucose, syrup	160 g
Sugar, granulated (1)	80 g
Pectin	20 g
Sugar, granulated (2)	660 g
Glucose, syrup	310 g
Lemon, juice, fresh	20 g
Sugar, granulated	as needed

## **Method**

1. In a saucepan, combine the fruit purée, super pomme, and glucose syrup.
2. In a bowl, combine the sugar (1) and pectin. Whisk the sugar mixture into the purée mixture.
3. Bring the purée-sugar mixture to a boil over medium heat while constantly stirring.
4. Add the sugar (2). Return to a boil while stirring.
5. Add the glucose syrup. Turn down the heat to low. Gently boil while stirring, until the batch reaches 106°C/223°F, or 75° Brix, about 8 minutes.
6. Add the lemon juice. Stir to combine.
7. Pour the mixture into a warm sauce gun (see Chef). With speed, deposit into molds.
8. Sprinkle sugar on top before they set. Allow the pate de fruit to set until firm, at least 1 hour. (Overnight is preferred.)
9. On day 2, unmold the pate de fruit. Roll in granulated sugar immediately.

# DAY TWO:

## FOAMS, PLATING, & DESSERT DESIGN

### LEARNING OBJECTIVES

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

- Identify the three types of meringues and describe their methods.
- Explain the concepts of sabayon and pâte à bombe.
- Describe the essential elements of a successful petit four.
- Explain design principles and techniques used in plated desserts.
- Analyze component selection in plated dessert construction.
- Evaluate key considerations when designing a dessert menu.
- Prepare a range of desserts using standardized recipes with accuracy and consistency.

### CHEF DEMONSTRATIONS

- Reconstituting Whipped Ganache
- Lining Tart Rings

# DAY TWO: TEAM PRODUCTION ASSIGNMENTS

## CHEF DEMONSTRATIONS

Reconstituting Whipped Ganache

Lining Tart Rings

## TEAM 1

### **Guava-Goat Cheese Cheesecake**

Graham Cracker Crumble (Make and Bake)

Reconstitute Coulis – Sauce Bottle

Paddle Whipped Ganache – Pastry Bag with 804 Tip

Reconstitute Cheesecake– Pastry Bag with 806 Tip

Cut Fresh, Local Fruit

**Bonus Task:** Bake Coconut Financier (See Day 1 Recipe)

## TEAM 2

### **'Ulu Flan**

'Ulu Shortbread (Roll, Cut, and Bake)

Cut Fresh, Local Fruit

**Bonus Task:** Cut and Wrap Miso-Passionfruit Chews (See Day 1 Recipe)

## TEAM 3

### **Vanilla Bean Rice Pudding**

Reconstitute Rice Pudding

Bake Crumble (See Day 1 Recipe)

Assemble Glasses

**Bonus Task:** Roll in Sugar, Slice, and Bake Vanilla Sable (See Day 1 Recipe)

## TEAM 4

### **Salted Caramel-Chocolate Tart**

Bake Chocolate Tart Dough (See Day 1 Recipe)

Dark Chocolate Ganache

Cocoa Soil

Paddle Milk Chocolate-Caramel Ganache

Paddle Chantilly

**Bonus Task:** Unmold and Sugar Pate de Fruit (See Day 1 Recipe)

# GRAHAM CRACKER CRUMBLE

*Yield: 1 quart*

<b>Ingredients</b>	<b>Amounts</b>
Flour, cake	10 g
Graham cracker, crumbs	85 g
Sugar, powdered	21 g
Butter, unsalted, melted	54 g

## **Method**

1. Preheat oven to 325°F.
2. In a bowl, combine the flour, graham cracker crumbs, and sugar.
3. Add the melted butter. Mix well.
4. Transfer the crumble to a parchment paper lined sheet tray. Spread into an even layer.
5. Bake in the preheated oven until golden brown, 6 to 8 minutes.
6. Once cool, break up the crumble by hand into small, pebble-sized pieces.

# 'ULU SHORTBREAD

*Yield: 600 grams*

## **Ingredients**

## **Amounts**

'Ulu Shortbread Dough (From  
prior day)  
Sugar, granulated

1x recipe  
as needed

## **Method**

1. Preheat oven to 325°F.
2. Cut the dough into 1 ½-inch by 1 ½-inch squares.
3. Place the cold dough squares on a parchment paper lined sheet pan about 1-inch apart.
4. Sprinkle the tops with sugar.
5. Bake from cold in the preheated oven for 8 minutes. Rotate the pan and bake until golden brown, 2 to 4 minutes.

# DARK CHOCOLATE GANACHE

*Yield: 600 grams*

<b>Ingredients</b>	<b>Amounts</b>
Cream, heavy	240 g
Sugar, invert, Trimoline	25 g
Butter, unsalted	125 g
Chocolate, dark couverture, Lever du Soleil 61%, wafers, Guittard, melted	187 g
Chocolate, milk couverture, Lactée Supérieure 38%, pistoles, Cacao Barry	50 g
Rum, Malibu	10 g
Chocolate Tart Shell (Dough from prior day, baked on Day 2)	1x recipe
Macadamia nuts	1 lb.

## **Method**

1. In a saucepan over medium heat, bring the heavy cream, invert sugar, and butter to a boil.
2. Place the dark and milk chocolates in a heatproof bowl.
3. Pour the heavy cream mixture over the chocolate. Let it sit for 2 minutes. Using a whisk, stir to emulsify.
4. Add the rum. Using a whisk, stir to emulsify.
5. Pour into the baked Dark Chocolate Tart Shell. Do not move until the ganache has set.

**Note:** Be sure to remember the macadamia nuts for tart assembly!

# COCOA SOIL

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Sugar, granulated	75 g
Cocoa, powder	25 g
Flour, almond	75 g
Flour, all-purpose	50 g
Salt, sea, fine	1/8 tsp.
Butter, unsalted, melted	75 g

## **Method**

1. Preheat oven to 325°F.
2. In a bowl, combine the sugar, cocoa powder, almond flour, all-purpose flour, and salt.
3. Slowly add the melted butter. Stir until combined and crumbly. (Do not overmix!)
4. Spread in an even layer on a parchment paper lined sheet pan.
5. Bake in the preheated oven, stirring occasionally, until set and crumbly, 10 to 15 minutes.

# DAY THREE:

## CAKES, DOUGHS, & KITCHEN ADAPTATION

### LEARNING OBJECTIVES

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

- Explain the foaming method used in cake production.
- Describe considerations for handling and incorporating nuts.
- Analyze challenges of working with frozen elements in a hot kitchen.
- Explain the role of yeast and gluten in bread making.
- Describe the pre-cooked method (pâte à choux).
- Prepare a range of desserts using standardized recipes with accuracy and consistency.

### CHEF DEMONSTRATIONS

- Coconut Dacquoise
- Lemon Curd

# DAY THREE: TEAM PRODUCTION ASSIGNMENTS

## CHEF DEMONSTRATIONS

Coconut Dacquoise

Lemon Curd

## TEAM 1

### **Yuzu Semifreddo**

Yuzu Semifreddo

Le Nage

Macadamia Praline Paste

Macadamia Crunch

Coconut Dacquoise

**Bonus Recipe:** *Petite Four* – Vanilla Caramels

## TEAM 2

### **Dulce de Leche Cheesecake**

Dulce de Leche Cheesecake (Make and Bake)

Milk Chocolate Sauce

Passionfruit Fluid Gel

Passionfruit Curd

Dulce de Leche Whipped Ganache

**Bonus Recipe:** *Petite Four* – Hazelnut Financier

## TEAM 3

### **Beignets**

Beignet Dough

Dark Chocolate Sauce

Salted Caramel Sauce

Crème Brulée

Lemon Flan

**Bonus Recipe:** *Petite Four* – Chocolate Truffles

## TEAM 4

### **Ube Panna Cotta**

Ube Panna Cotta

Calamansi Curd

Banana Jam

White Chocolate Whipped Ganache

Rice Crispy Deco

**Bonus Recipe:** *Petite Four* – Pâte à Choux and Crusissant for Mini Cream Puffs

# COCONUT DACQUOISE

## CHEF DEMO

Yield: ½ sheet pan

Ingredients	Amounts
Sugar, powdered, 10x	243 g
Coconut, unsweetened, shredded (rappe)	117 g
Flour, almond	153 g
Egg, whites	270 g
Sugar, granulated	90 g

### Method

1. Preheat oven to 375°F.
2. In a bowl, mix the 10x sugar, coconut, and almond flour until combined. Reserve.
3. For the French meringue, in the bowl of a stand mixer fitted with a whisk attachment, whip the egg whites on medium speed until foamy.
4. With the mixer running, sprinkle in the sugar, a little at a time, until incorporated. Turn up the speed to medium-high. Whip until medium peaks form.
5. Using a rubber spatula, fold the reserved dry ingredients into the meringue.
6. Spread the mixture in an even layer onto a Silpat lined flat ½ sheet pan.
7. Bake in the preheat oven golden and center springs back, 10 to 15 minutes. (Do not over bake.)

# LEMON CURD

## CHEF DEMO

*Yield: 600 grams*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	200 g
Sugar, granulated (Divided)	171 g
Lemon, juice, fresh	200 g
Lemon, zest	1 tsp.
Egg, yolk	183 g

### **Method**

1. In a saucepan over medium heat, bring the butter, ½ of the sugar, lemon juice, and lemon to a boil.
2. In a bowl, whisk the egg yolks and remaining sugar until combined.
3. Remove the butter mixture from the heat. Gradually whisk a small amount of the hot butter mixture into the egg mixture to slowly raise its temperature and prevent curdling (*temper*).
4. Transfer the tempered egg mixture to the saucepan with the hot butter mixture set over medium heat. While whisking constantly, bring to a rolling boil for 2 minutes.
5. Strain through a chinois and into a heatproof bowl set over an ice bath.
6. Cool completely. Store in a quart container with a label and date.

# YUZU SEMIFREDDO

*Yield: 1200 grams*

<b>Ingredients</b>	<b>Amounts</b>
Gelatin, sheets, silver	5 g
Yuzu, juice	250 g
Cream, heavy	562 g
<b>Sabayon</b>	450 g
Sugar, granulated	300 g
Egg, yolk	150 g

## **Method**

1. Line 12 ring molds with acetate. Place on a plastic-lined half sheet pan. Reserve.
2. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
3. Place the yuzu juice in a saucepan. Warm over medium heat. Remove the saucepan from the heat. Dissolve the bloomed gelatin into the yuzu juice. Reserve.
4. In a stand mixer fitted with a whisk attachment, whip the cold heavy cream on medium speed to soft peaks form. Reserve in the refrigerator.
5. For the sabayon, in a Kitchen Aid bowl, combine the sugar and egg yolks. Place the bowl over a pot of simmering water. Whisk constantly until the mixture reaches 140°F and is slightly thickened with no visible sugar granules.
6. Place the sabayon in a stand mixer fitted with a whisk attachment. Whip on medium-high speed until light, aerated, and slightly cooled but still warm, 3 to 5 minutes.
7. Fold the reserved yuzu-gelatin mixture into sabayon. Cool mixture at room temperature to 35 to 40°C.
8. Fold in the reserved whipped cream.
9. Immediately deposit into the prepared molds.
10. Freeze overnight or until frozen solid.

# LE NAGE

*Yield: 1300 grams*

<b>Ingredients</b>	<b>Amounts</b>
Water	1000 g
Sugar, granulated	200 g
Glucose, sheets, silver	100 g
Vanilla, bean	1 ea.,
Star anise, whole	2 ea.
Orange, zested	2 ea.
Lemon, zested	2 ea.
Lemongrass, stalks	2 ea.

## **Method**

1. In a pot over medium-high heat, bring the water, sugar, glucose sheets, vanilla bean, star anise, orange zest, and lemon zest to a boil.
2. Add the lemon grass.
3. Steep until the flavor has infused, about 10 minutes.
4. Strain through a chinois and into a bowl set over an ice bath.
5. Chill to 45°F.
6. Transfer to a plastic container. Store in the refrigerator.

# MACADAMIA NUT PRALINE PASTE

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Macadamia nuts	395 g
Sugar, granulated	100 g
Salt, sea, fine	6 g
Oil, vegetable	as needed

## **Method**

1. Preheat oven to 325°F
2. Place the macadamia nuts in an even layer on a parchment paper lined sheet pan. Toast in the preheated oven, stirring halfway through, until lightly golden, 8 to 12 minutes. Reserve.
3. In a saucepan over medium heat, cook the sugar, stirring constantly with a wooden spoon, until evenly melted. Continue to cook, stirring gently, until it turns a deep amber color, 338 to 347°F.
4. Pour the caramel over the macadamia nuts. Fully cool the caramel.
5. Transfer the macadamia nuts, caramel, and salt to the robot coup. Blend until a smooth paste forms. If needed, slowly stream in a little oil (depending on the fattiness of the type of nut). Store in a quart container in the refrigerator.

# MACADAMIA CRUNCH

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Chocolate, white couverture, Zéphyr 34%, pistoles, Cacao Barry	108 g
Coconut, fat	40 g
Feuilletine	146 g
Macadamia Nut Praline Paste (Recipe prior)	216 g
Coconut Dacquoise (Recipe follows)	1x recipe

## **Method**

1. Melt the chocolate in a double boiler over simmering water and reserve.
2. Melt coconut fat in a double boiler over simmering water or in the microwave. Combine with the chocolate.
3. By hand, combine the chocolate-coconut mixture, feuilletine, and Macadamia Nut Praline Paste. Mix until homogenous.
4. While feuilletine is warm and fluid, pour it onto the Coconut Dacquoise and spread with an offset spatula. Make sure to cover the entire sheet with the mixture.
5. Freeze and cut to fit the inside of mold.

# COCONUT DACQUOISE

*Yield: ½ sheet pan*

<b>Ingredients</b>	<b>Amounts</b>
Sugar, powdered, 10x	243 g
Coconut, unsweetened, shredded ( <i>rappe</i> )	117 g
Flour, almond	153 g
Egg, whites	270 g
Sugar, granulated	90 g

## **Method**

1. Preheat oven to 375°F.
2. In a bowl, mix the 10x sugar, coconut, and almond flour until combined. Reserve.
3. For the French meringue, in the bowl of a stand mixer fitted with a whisk attachment, whip the egg whites on medium speed until foamy.
4. With the mixer running, sprinkle in the sugar, a little at a time, until incorporated. Turn up the speed to medium-high. Whip until medium peaks form.
5. Using a rubber spatula, fold the reserved dry ingredients into the meringue.
6. Spread the mixture in an even layer onto a Silpat lined flat ½ sheet pan.
7. Bake in the preheat oven golden and center springs back, 10 to 15 minutes. (Do not over bake.)

# VANILLA CARAMELS

*Yield: 1100 grams*

<b>Ingredients</b>	<b>Amounts</b>
Milk, evaporated	336 g
Cream, heavy	138 g
Sugar, granulated	336 g
Glucose, syrup	281 g
Vanilla, bean, scraped	1 ea.
Butter, unsalted	20 g
Salt, sea, fine	2 g

## **Method**

1. Line a flat sheet with a Silpat. Set up a small square frame on top. Lightly grease with non-stick spray.
2. In a saucepan over medium heat, bring the evaporated milk, cream, sugar, glucose syrup, and scraped vanilla bean to a boil. Cook until the temperature reaches 110°C.
3. Add the butter and salt. Cook until the temperature reaches 115°C.
4. Pour the caramel into the prepared frame. Level if needed. Let it set at room temperature.
5. On day 4, using a chef's knife, cut the caramels into 1-centimeter by 3-centimeter rectangles. Wrap in the provided candy wrappers.

## **Variations:**

*Ginger:* Add 25g micro planned ginger, add with the butter. Skip infusion steps.

*Coffee:* Steep milk with crushed coffee beans and follow infusion steps.

*Tea:* Steep milk with tea and follow infusion steps.

*Vanilla:* 1 bean split and scraped to replace tea. Added at the beginning

*Lavender:* Add 5g dried lavender to replace and follow infusion steps.

*Pumpkin:* Add 100g pumpkin purée with the butter.

*Nuts:* 200 g nuts toasted and tossed with 5g salt.

*Infusion Steps:* Add aromatic to cold milk. Bring to a simmer, turn off heat, cover and steep 5-10 min. Strain and reweigh the milk. If some of the liquid has been lost, rescale to the original amount using whole milk. Proceed

# DULCE DE LECHE CHEESECAKE

*Yield: 1200 grams*

<b>Ingredients</b>	<b>Amounts</b>
Cream cheese	615 g
Sugar, granulated	130 g
Cornstarch	14 g
Vanilla, bean, paste	2 tsp.
Egg, whole	65 g
Cream, 35%	200 g
Dulce de leche	200 g

## **Method**

1. Preheat oven to 110°C.
2. In the bowl of a Kitchen Aid stand mixer fitted with a paddle attachment, place the cream cheese, sugar, and cornstarch. Beat on medium speed until combined.
3. Add the vanilla bean paste. Beat on medium speed for 1 minute.
4. Stop the mixer. Scrape down the paddle, sides, and bottom of the bowl. Mix for another 30 seconds.
5. Add the egg, cream, and dulce de leche. Mix until smooth and creamy, about 1 minute.
6. Bake in the preheated oven until the center of the cheesecake reaches a temperature of 60-70°C, about 15 minutes.
7. Cool to room temperature. Transfer to freezer to freeze.

# MILK CHOCOLATE SAUCE

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Chocolate, milk couverture, Lactée, Supérieure 38%, pistoles, Cocoa Barry	113 g
Milk, condensed, sweetened	368 g
Salt, sea, fine	3 g
Water	21 g
Vanilla, extract	4 g

## **Method**

1. Melt the milk chocolate in a double boiler over simmering water. Stir until smooth.
2. Add the sweetened condensed milk and salt. Stir until combined.
3. Remove from the heat. Gradually add warm water, stirring constantly, until medium thick.
4. Stir in the vanilla extract. Hold warm, or cool and store as needed.

# PASSIONFRUIT FLUID GEL

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Agar agar, powder	5 g
Sugar, granulated	150 g
Passionfruit, purée, cold	400 g

## **Method**

1. Place the cold passionfruit puree in a mixing bowl.
2. In a separate bowl, combine the agar and sugar.
3. While whisking, add the sugar mixture to the cold purée. Mix until combined.
4. Transfer the mixture to a saucepan set over medium heat. Bring to a boil while whisking. Boil for 1 minute.
5. Transfer to a storage container. Allow to set in the refrigerator overnight.
6. When ready to use, reconstitute with a burr mixer and pour into a sauce bottle.

# PASSIONFRUIT CURD

*Yield: 700 grams*

<b>Ingredients</b>	<b>Amounts</b>
Gelatin, sheet, silver	2 ea.
Butter, unsalted	218 g
Sugar, granulated	187 g
Passionfruit, purée, frozen	218 g
Egg, yolk	100 g

## **Method**

1. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
2. In a saucepan over medium heat, bring the butter, sugar, and passionfruit purée to a boil.
3. In a bowl, whisk to combine the egg yolks.
4. Remove the puree mixture from the heat. Gradually whisk a small amount of the puree mixture into the egg yolks to slowly raise its temperature and prevent curdling (*temper*).
5. Transfer the tempered egg mixture to the pot with the puree mixture set over medium heat. Bring to a rolling boil while whisking continuously. Boil for 2 minutes. (Set a timer!)
6. Add the bloomed gelatin. Stir to combine.
7. Pass the curd through a chinois and into a small bain marie set over an ice bath. Allow to cool to 45°F.
8. Label and date. Store in a quart container in the refrigerator.

## DULCE DE LECHE WHIPPED GANACHE

*Yield: 700 grams*

<b>Ingredients</b>	<b>Amounts</b>
Gelatin, sheet, silver	6.25 g
Cream, 35%	500 g
Dulce de leche	125 g
Sugar, invert, Trimoline	37 g
Chocolate, milk couverture, Lactée, Supérieure 38%, pistoles, Cocoa Barry	75 g

### **Method**

1. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
2. In a saucepan over medium heat, bring the heavy cream, dulce de leche, and invert sugar to a boil.
3. Add the bloomed gelatin. Mix to dissolve.
4. Place the chocolate in a heatproof bowl. Pour the mixture over the chocolate. Using a hand blender, blend until emulsified.
5. Refrigerate for at least 12 hours.
6. Before use, whip with a paddle in the Kitchen Aid stand mixer (Do not over whip).

# HAZELNUT FINANCIER

*Yield: 850 grams*

<b>Ingredients</b>	<b>Amounts</b>
Flour, hazelnut	75 g
Sugar, powdered, 10x	232 g
Egg, whites	250 g
Flour, all-purpose	132 g
Salt, sea, fine	1 g
Baking powder	5 g
Honey	5 g
Butter, brown (Beurre Noisette)	150 g

## **Method**

1. In the bowl of a Kitchen Aid mixer fitted with a paddle attachment, place the hazelnut flour, 10x and egg whites. Combine on medium speed.
2. In a bowl, sift the all-purpose flour, salt, and baking powder together. Add to the mixer.
3. Slowly add the honey to the mixer. Mix until fully incorporated.
4. Slowly add the Beurre Noisette. Mix until fully incorporated.
5. Transfer to a pastry bag with no tip. Rest overnight before using.
6. On day 4, preheat oven to 375°F.
7. Pipe into molds. Garnish with fruit, chocolate, or nuts.
8. Bake in the preheated oven until golden brown and center springs back, 10 to 15 minutes.

# BEIGNET DOUGH

*Yield: 3 ½ pounds*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted, softened	6 oz.
Milk, whole, 70 °F	1 lb. 4 oz.
Egg, whole 65-70°F	4 oz.
Flour, bread	1 lb. 4 oz.
Flour, pastry	12 oz.
Yeast, instant	.5 oz.
Salt, sea, fine	28 g
Sugar, granulated	2 oz.
Baking powder	23 g
Nutmeg, ground	¼ tsp.
Lemon, zested	1 ea.
Vanilla, extract	½ tsp.

## **Method**

1. Place the butter in a heatproof bowl and into the microwave. Soften the butter on low heat in 5 to 10 second bursts until almost melted.
2. In the bowl of a 5-quart stand mixer fitted with a hook attachment, place the milk and eggs.
3. In a separate bowl, mix to combine the bread flour, pastry flour, instant yeast, salt, sugar, and baking powder.
4. Place the dry ingredients on top of the wet. Reserve the butter.
5. Mix on low speed until homogenous, 4 to 5 minutes. Scrape down the sides of the bowl.
6. With the mixer running, gradually add the butter. Mix until all of the butter has been incorporated inside the dough and the dough pulls cleanly away from the bowl.
7. Transfer dough to an oiled bowl. Cover with plastic wrap. Ferment for 30 minutes.
8. Fold the dough. Place the dough on a sheet pan. Cover and refrigerate overnight.

# DARK CHOCOLATE SAUCE

*Yield: 16 ounces*

<b>Ingredients</b>	<b>Amounts</b>
Chocolate, dark couverture, Lever du Soleil 61%, wafers, Guittard, melted	191 g
Cocoa, powder	42 g
Water	165 g
Butter, unsalted	99 g
Sugar, granulated	184 g
Corn syrup	64 g
Salt, sea, fine	1 g
Vanilla, extract	7 g

## **Method**

1. Melt the milk chocolate in a double boiler over simmering water. Stir until smooth.
2. Place melted chocolate, cocoa powder, and water in a saucepan over low heat. Stir until fully combined.
3. Add the butter, sugar, corn syrup, and salt. Simmer until medium thick, about 5 minutes.
4. Remove the pan from the heat. Stir in the vanilla extract.
5. Pass through chinois and into a bowl.
6. Serve warm.

# SALTED CARAMEL SAUCE

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Cream, heavy	250 g
Sugar, granulated	225 g
Glucose, syrup	65 g
Salt, sea, fine	4 g

## **Method**

1. In a saucepan, bring the heavy cream to a boil over high heat. Reserve.
2. In a separate saucepan over medium heat, place the sugar in an even layer. Heat until it begins to melt. Whisk until the sugar turns to a dark amber color.
3. Stir in the glucose syrup.
4. Remove the saucepan from the heat. Slowly stream in  $\frac{1}{2}$  of the reserved hot heavy cream while whisking constantly until combined. Repeat for the remaining heavy cream.
5. Add the salt and stir, making sure to dissolve any thicker caramel bits.

# CRÈME BRULÉE

*Yield: 700 grams*

<b>Ingredients</b>	<b>Amounts</b>
Gelatin, sheets, silver	1 ea.
Cream, heavy	500 g
Vanilla, bean, scraped	2 ea.
Sugar, granulated (Divided)	90 g
Egg, yolk	105 g

## **Method**

1. Preheat oven to 300°F.
2. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
3. In a saucepan over medium heat, bring the heavy cream, vanilla bean, and ½ the sugar to a boil.
4. In a bowl, whisk the egg yolks and remaining sugar until combined.
5. Remove the cream mixture from the heat. Gradually whisk the hot cream mixture into the egg yolk mixture to slowly raise its temperature and prevent curdling (*temper*).
6. Strain the mixture through a chinois and into a ½ hotel pan.
7. Bake the mixture in the preheated oven until set, 10 to 20 minutes. (It should jiggle like jello.)
8. Transfer the mixture to a blender. Add the bloomed gelatin. Blend until smooth.

# LEMON FLAN

*Yield: 700 grams*

<b>Ingredients</b>	<b>Amounts</b>
Lemon, juice, fresh	150 g
Sugar, granulated	112 g
Egg, whole	450 g
Lemon, zested	1 ea.

## **Method**

1. In a large metal bowl, combine the lemon juice, sugar, eggs, and lemon zest.
2. Place the bowl over a bain-marie of simmering water. Cook until the temperature reaches 83°C.
3. Strain, cool, and reserve refrigerated.

# CHOCOLATE TRUFFLES

*Yield: 1700 grams*

<b>Ingredients</b>	<b>Amounts</b>
Cream, heavy	450 g
Corn syrup	140 g
Vanilla, bean, scraped	1 ea.
Chocolate, dark couverture, Lever du Soleil 61%, wafers, Guittard	450 g
Chocolate, milk couverture, Lactée, Supérieure 38%, pistoles, Cocoa Barry	450 g
Butter, pomme, softened	225 g
Cocoa, powder	as needed

## **Method**

1. In a saucepan over medium heat, bring the heavy cream, corn syrup, and scraped vanilla bean to a boil.
2. Place the dark and milk chocolates in heatproof bowl. Pour the cream mixture over the chocolates.
3. Let it sit for 2 minutes. Using a whisk, stir until emulsified.
4. Add the pomme butter. Using a whisk, stir until emulsified.
5. Transfer to a small green Cambro. Allow to crystalize overnight.
6. On day 4, using a hot melon baller, scoop the ganache onto a parchment paper lined sheet pan.
7. Round into balls using gloved hands.
8. Roll in tempered chocolate 3 times. Toss in cocoa powder on the last coat of chocolate (See Chef demo.)

# UBE PANNA COTTA

*Yield: 1700 grams*

<b>Ingredients</b>	<b>Amounts</b>
Gelatin, sheets, silver	14 g
Ube, peeled	450 g (about 2 ea.)
Milk, whole (Divided)	786 g
Coconut, milk	472 g
Sugar, granulated	226 g

## **Method**

1. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
2. Place a steamer insert into a saucepan. Fill the saucepan with water just below the bottom of the steamer. Bring water to a boil over medium-high heat.
3. Add the ube to the steamer insert. Cover, and steam until tender, about 20 minutes. Drain and cool until easily handled, about 10 minutes.
4. Transfer the cooled ube to a blender. Purée until smooth.
5. In the bowl of a food processor, combine 226 grams of the puréed ube,  $\frac{1}{2}$  of the milk, coconut milk, and sugar. Process until completely smooth.
6. Heat the remaining milk in a saucepan over medium-low heat. Add the bloomed gelatin. Stir to dissolve.
7. Add the ube mixture. Turn up the heat to medium. Heat until steam starts to rise from the mixture, stirring occasionally, 3 to 5 minutes.
8. Transfer the mixture to a sauce gun. Deposit mixture into individual serving glasses or molds (confirm with Chef how many grams per glass).
9. Transfer to the refrigerator and chill until set, about 3 hours.

# CALAMANSI CURD

*Yield: 700 grams*

<b>Ingredients</b>	<b>Amounts</b>
Gelatin, sheets, silver	1 ea.
Butter, unsalted	218 g
Sugar, granulated	187 g
Calamansi, purée, frozen	218 g
Egg, yolk	100 g

## **Method**

1. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
2. In a saucepan over medium heat, bring the butter, sugar, and calamansi purée to a boil.
3. In a bowl, whisk to combine the egg yolks.
4. Remove the puree mixture from the heat. Gradually whisk a small amount of the puree mixture into the egg yolks to slowly raise its temperature and prevent curdling (*temper*).
5. Transfer the tempered egg mixture to the pot with the puree mixture set over medium heat. Bring to a rolling boil while whisking continuously. Boil for 2 minutes. (Set a timer!)
6. Add the bloomed gelatin. Stir to combine.
7. Pass the curd through a chinois and into a small bain marie set over an ice bath. Allow to cool to 45°F.
8. Label and date. Store in a quart container in the refrigerator.

# BANANA JAM

*Yield: ½ pint*

<b>Ingredients</b>	<b>Amounts</b>
Banana	200 g
Sugar, brown	as needed
Mango, purée, frozen	54 g
Passionfruit, purée, frozen	32 g
Vanilla, bean, scraped	1 ea.
Sugar, granulated	50 g
Salt, sea, fine	1 g

## **Method**

1. Preheat oven to 325°F.
2. Peel and slice the bananas in ½ lengthwise. Place them in a ½ hotel pan in an even layer. Sprinkle with brown sugar.
3. Roast in the preheated oven until soft and slightly browned, about 30 minutes. (Check on these constantly.)
4. Place 200 grams of the roasted bananas in a small bain marie.
5. Add the brown sugar, mango puree, passionfruit puree, vanilla seeds, sugar, and salt. Using a burr mixer, mix until smooth.
6. Store in a pint container. Label and date.

# WHITE CHOCOLATE WHIPPED GANACHE

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Cream, heavy	225 g
Sugar, invert, Trimoline	25 g
Glucose, syrup	25 g
Salt, sea, fine	1 g
Vanilla, bean	½ ea.
Chocolate, white couverture, Zéphyr 34%, pistoles, Cacao Barry	187 g
Cream, heavy, cold	250 g

## **Method**

1. In a saucepan over medium heat, bring the heavy cream, invert sugar, glucose syrup, salt, and vanilla bean to a boil.
2. Place the white chocolate in a heatproof bowl.
3. Pour the hot heavy cream mixture over the chocolate. Using a burr mixer, mix until combined.
4. Add the cold heavy cream. Using a burr mixer, mix until combined.
5. Strain the mixture through a chinois and into a storage container.
6. Chill in the refrigerator overnight.
7. Before use, whip with a paddle in the Kitchen Aid stand mixer (Do not over whip).

# RICE CRISPY DECO

*Yield: 300 grams*

<b>Ingredients</b>	<b>Amounts</b>
Chocolate, white couverture, Zéphyr 34%, pistoles, Cacao Barry	100 g
Chocolate, milk couverture, Lactée, Supérieure 38%, pistoles, Cocoa Barry	100 g
Cereal, Rice Crispies	100 g

## **Method**

1. In a small bowl, place the chocolates. Melt in a double boiler set over simmering water. Cool to about 35°C.
2. In a small stainless-steel bowl, scale the rice crispies.
3. Stream the melted chocolate into the rice crispies. Stir to coat.
4. Working quickly, place the coated crispies into small clusters about 1 ½-centimeters wide on a parchment paper lined sheet pan.
5. Let the clusters fully set. Store at room temperature until ready to use.

# PÂTE À CHOUX

*Yield: 1 ½ pounds*

<b>Ingredients</b>	<b>Amounts</b>
Water	8 oz.
Butter, unsalted, cubed	4 oz.
Salt, sea, fine	2 g
Flour, bread	4 oz.
Egg, whole	8 oz.
Ganache, various	as needed

## **Method**

1. Preheat a deck oven to 375°F.
2. In a medium pot, place the water, butter, and salt. Bring to a rolling boil over medium-high heat.
3. Remove the pot from the heat.
4. Add the flour all at once. Stir with a wooden spoon until homogenous.
5. Return the pot to the heat. Stir until a film forms on the bottom of the pot.
6. Transfer the mixture to the bowl of a 5-quart stand mixer fitted with a paddle attachment. Mix on low speed for 30 seconds.
7. Add the eggs 25% at a time. Mix after each addition to incorporate. Do not over mix. The batter should drop off of the paddle and form a "V". You may not need to add all of the eggs. (See Chef demo.)
8. Check the consistency of the batter and adjust accordingly with any remaining eggs.
9. Transfer the mixture to a pastry bag fitted with an 806 tip.
10. Pipe the mixture onto a parchment paper lined sheet pan. (See Chef demo.)
11. Bake in the preheated oven, rotating the tray halfway through baking, until golden brown on all sides, 40 to 45 minutes.
12. On day 4, preheat oven to 325°F.
13. Re-crisp the pâte à choux in the preheated oven, 3 to 4 minutes.
14. Place the ganache into a piping bag(s) fitted with an 823 tip.
15. To fill the pâte à choux, pierce a small opening in the bottom using a thermometer (or similar tool), or slice the bottom open horizontally. Pipe the ganache into the opening. (See Chef demo.)

# CRUSTIANT

*Yield: 750 grams*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted, cold	250 g
Sugar, granulated	250 g
Flour, all-purpose, sifted	250 g
Salt, granulated	1.5 g
Vanilla, powder (ground, dried vanilla pods)	3 g

## **Method**

1. In a bowl if a stand mixer fitted with a paddle attachment, place the butter and sugar. Cream on medium speed until combined.
2. Add the sifted flour, salt, and vanilla powder. Mix until smooth and homogenous.
3. Separate the batter into two, 370-gram portions.
4. Place each portion of batter between 2 sheets of parchment paper on a sheet pan. Roll out evenly to fit the size of the parchment. The batter should be very thin and see through.
5. Freeze for at least 1 hour.
6. Keeping the sheets cold and frozen, cut out rounds. (The size of the round depends on the desired size of the cream puff.)
7. Keep the rounds in the freezer until ready to use (allows for easier handling).

# **DAY FOUR:**

## **CHOCOLATE, FRYING, & COMPETITION GUIDELINE**

### **PREVIEW**

#### **LEARNING OBJECTIVES**

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

- Explain the purpose and science of chocolate tempering and identify when it is required.
- Describe key principles of frying techniques.
- Analyze creative considerations in developing an amuse-bouche.
- Interpret guidelines for an amuse-bouche competition.
- Prepare a range of desserts using standardized recipes with accuracy and consistency.

#### **CHEF DEMONSTRATIONS**

- Italian Meringue
- Frying Technique

# DAY FOUR: TEAM PRODUCTION ASSIGNMENTS

## CHEF DEMONSTRATIONS

Italian Meringue  
Frying Technique

## TEAM 1

**Yuzu Semifreddo**  
Italian Meringue

**Bonus Task:** *Petite Four* – Cut and Wrap Caramels (See Day 3 Recipe)

## TEAM 2

**Dulce de Leche Cheesecake**  
Cheesecake Glaze  
Dip Cheesecakes  
Reconstitute Fluid Gel – Squeeze Bottle

**Bonus Task:** *Petite Four* – Bake Hazelnut Financier (See Day 3 Recipe)

## TEAM 3

**Beignets**  
Beignets (Proof and Fry)

**Bonus Task:** *Petite Four* – Temper Chocolate and Coat Truffles (See Day 3 Recipe)

## TEAM 4

**Ube Panna Cotta**  
Caramel Gelee  
Assemble Glasses  
Paddle the Whipped Ganache – Pastry Bag with 806 Tip

**Bonus Task:** *Petite Four* – Recrisp Pate Choux (See Day 3 Recipe)  
Fill Mini Cream Puffs

# ITALIAN MERINGUE

## CHEF DEMO

*Yield: 500 grams*

<b>Ingredients</b>	<b>Amounts</b>
Egg, whites	150 g
Sugar, granulated	300 g
Water	100 g

### **Method**

1. In the bowl of a stand mixer fitted with the whip attachment, place the egg whites.
2. In a saucepan over medium heat, cook the sugar and water until it reaches 240°F (soft-ball stage). At this stage, a small amount of syrup dropped into cold water forms a soft, malleable ball that flattens when removed.
3. When the syrup reaches 235°F, begin whipping the egg whites on high speed until soft peaks form.
4. With the mixer running, carefully pour the hot sugar syrup into the whipping egg whites in a thin, steady stream.
5. Whip until the meringue has cooled to room temperature and forms stiff, glossy peaks.
6. Use as needed.

# ITALIAN MERINGUE

*Yield: 500 grams*

<b>Ingredients</b>	<b>Amounts</b>
Egg, whites	150 g
Sugar, granulated	300 g
Water	100 g

## **Method**

1. In the bowl of a stand mixer fitted with the whip attachment, place the egg whites.
2. In a saucepan over medium heat, cook the sugar and water until it reaches 240°F (soft-ball stage). At this stage, a small amount of syrup dropped into cold water forms a soft, malleable ball that flattens when removed.
3. When the syrup reaches 235°F, begin whipping the egg whites on high speed until soft peaks form.
4. With the mixer running, carefully pour the hot sugar syrup into the whipping egg whites in a thin, steady stream.
5. Whip until the meringue has cooled to room temperature and forms stiff, glossy peaks.
6. Use as needed.

# CHEESECAKE GLAZE

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Chocolate, white couverture, Zéphyr 34%, pistoles, Cacao Barry	200 g
Chocolate, milk couverture, Lactée, Supérieure 38%, pistoles, Cocoa Barry	100 g
Cocoa, butter	150 g

## **Method**

1. Melt the white chocolate, milk chocolate, and cocoa butter in a double boiler over simmering water until the temperature reaches 35 °C.
2. Use directly on the frozen cheesecake, making sure the glaze remains at 35°C.

# BEIGNETS

*Yield: 20 beignets*

## Ingredients

## Amounts

Fryer, oil	as needed
Flour, all-purpose	as needed
Beignet Dough (From prior day)	1x recipe

## Method

1. Prepare the proof box and set it to 80°F with 80% humidity. Preheat fryer to 365°F.
2. On a floured bench, roll out the dough to a ½-inch thickness.
3. Using a 3-inch round cookie cutter, cut the beignet dough into pieces. Transfer to a flour dusted sheet pan. Ferment for 30 to 45 minutes the prepared proofer.
4. Fry in the preheated oil until golden brown, 1 minute per side.
5. Transfer to a wire rack to drain any excess oil. Dust heavily with powdered sugar.

# CARAMEL GELEE

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Gelatin, sheet, silver	3 g
Cream, heavy	182 g
Cornstarch	13 g
Water	182 g
Sugar, granulated	218 g
Salt, sea, fine	3 g

## **Method**

1. Place the gelatin in a bowl of cold water. Bloom until fully hydrated, 5 to 10 minutes. Remove and squeeze out any excess water.
2. In a saucepan over medium heat, bring the cream to a boil. Reserve.
3. In a small bowl, whisk to combine the cornstarch and water to make a slurry.
4. In a saucepan over medium heat, cook the sugar, stirring constantly with a wooden spoon, until evenly melted. Continue to cook, stirring gently, until it turns a deep amber color, 338 to 347°F.
5. Deglaze with the reserved hot cream.
6. Add the slurry to the caramel, whisking constantly.
7. Bring mixture to a boil. Boil for 2 minutes.
8. Remove the saucepan from the heat. Add the bloomed gelatin and salt.
9. Pass through a chinois and into a bowl. Cool to 35°C at room temperature.
10. Deposit into serving glasses.

# DAY FIVE:

## SOUFFLÉ AND AMUSE-BOUCHE COMPETITIONS

### LEARNING OBJECTIVES

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

- Explain the structure and key components of a soufflé.
- Describe the processes that affect rise, texture, and stability in soufflés.
- Analyze factors that contribute to successful soufflé outcomes.
- Make a souffle flavoring it with any remaining ingredients in the kitchen.
- Create and assemble an original amuse-bouche based on techniques learned in class.

### CHEF DEMONSTRATIONS

- Soufflé

# DAY FIVE: TEAM PRODUCTION ASSIGNMENTS

## CHEF DEMONSTRATIONS

Soufflé

## EACH TEAM

- Each team will prepare a soufflé, incorporating available ingredients from the kitchen to develop a cohesive and well-balanced flavor.
- Any unfinished petit fours must be completed.

## EACH STUDENT

- Each student (or pair) will create an amuse-bouche (pre-dessert) using the remaining ingredients and components available in the kitchen.
- Focus on creating a small, refined bite that demonstrates creativity, balance, and proper technique.

# SOUFFLÉ

*Yield: twelve to fourteen, 5-ounce ramekins*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted, softened	as needed
Sugar, granulated	as needed
<b><i>Bechamel</i></b>	
Butter, unsalted	4 oz.
Flour, bread	2 oz.
Milk, whole	12 oz.
Egg, yolk	6 ea.
Egg, whites	6 ea.
Sugar, granulated	4 oz.

## **Method**

1. Preheat convection oven to 400°F.
2. Prepare twelve to fourteen, 5-ounce souffle ramekins by brushing an even, thin, layer of soft butter on the inside of each mold. Coat each with sugar, tapping out any excess. Reserve at room temperature.
3. For the base, melt the butter in a saucepan over medium heat. Whisk in the flour. Cook for 30 seconds.
4. Gradually stream in the cold milk while constantly whisking to prevent any lumps. Bring to a boil and cook until thickened.
5. In a bowl, whisk to combine the egg yolks.
6. Remove the roux from the heat and transfer into a heatproof bowl.
7. Gradually whisk a small amount of the hot roux into the egg yolks to slowly raise its temperature and prevent curdling (*temper*).
8. Transfer the tempered egg mixture to the bowl with the remaining roux.
9. Add any desired flavorings. Stir to combine.
10. Cover with plastic wrap placed directly on the surface to prevent a skin from forming.
11. Cool at room temperature until just warm if using immediately, or refrigerate until needed. (If refrigerating, be sure the base is just warm before making the meringue.)
12. For the French meringue, in the bowl of a stand mixer fitted with a whisk attachment, whip the egg whites on medium speed until foamy.
13. With the mixer running, sprinkle in the sugar, a little at a time, until incorporated. Turn up the speed to medium-high. Whip until soft peaks form.
14. Using a rubber spatula, fold the meringue into the warm base.
15. Place the souffle batter into a pastry bag (no tip) with a 1 ½-inch hole in the end.

16. Pipe into the prepared ramekins, filling all the way to the top. Level off the tops using an offset spatula. Place the filled ramekins on a sheet tray.
17. Bake in the preheated oven until the souffle doubles in size (should be as tall as the ramekin), 8 to 9 minutes.

**Variations:**

*Nut paste:* 70-90 grams per recipe (brand dependent)

*Chocolate:* 7 ounces

*Liquor:* 2 ounces or to taste

*Cheese Souffle*

- Use 120g of grated cheese. Season well with salt and freshly ground pepper to taste.
- Chef recommends using 60 grams of grated parmesan cheese and 60 grams of grated gruyere cheese.
- Let the bechamel cool down before adding the cheese so it does not melt.
- When making cheese souffles, butter the ramekins and coat well with bread flour or finely grated parmesan instead of sugar.
- Also, when preparing cheese souffles, only use 1 ounce of sugar mixed with a pinch of xanthan gum. Add this to the meringue in the beginning of whipping to help stabilize it. Whip to soft peaks.

*Fruit Souffle*

<b>Ingredients</b>	<b>Amounts</b>	
Butter, unsalted, softened	as	needed
Sugar, granulated	as	needed
Bechamel: (Base from above)	17	oz.
Fruit purée**	5	oz.
Egg, whites	6	oz.
Sugar, granulated	4	oz.

\*\*Weight after reduction

**Method**

1. Preheat oven to 375°F.
2. Prepare ten, 4-ounce souffle ramekins by brushing an even, thin, layer of soft butter on the inside of each mold. Coat each with sugar, tapping out any excess. Reserve at room temperature.

3. In a medium stainless-steel bowl, warm up the béchamel over the stovetop flame. (Be sure not to burn the bottom).
4. Stir the purée into the béchamel. Warm the mixture a bit more.
5. Make a French meringue, whipped to soft peaks.
6. Fold  $\frac{1}{5}$  meringue into the béchamel to temper the meringue.
7. Gently fold the rest of the meringue into the béchamel. (Depending on the flavor of your soufflé, the batter may be more or less fluid.)
8. Place the soufflé batter into a pastry bag (no tip) with a 1  $\frac{1}{2}$ -inch hole in the end.
9. Evenly fill each mold to the top. Place the filled molds on a sheet tray.
10. Bake in the preheated oven for 8 to 10 minutes. Serve immediately.

**Note:**

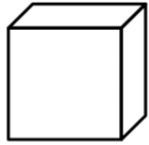
- For a fruit flavor, like passionfruit, lemon, lime, or cassis, you will need 100 grams of juice instead of purée.
- For lemon, lime, passion, or cassis use the large amount of sugar.
- If making a lemon/lime soufflé, add the zest of one fruit to the juice.
- If making a pear soufflé, replace 1  $\frac{1}{2}$ -ounces of pear brandy for the purée.

**Chef's Note:** Watch your time in the oven carefully. Check doneness after 11 minutes.

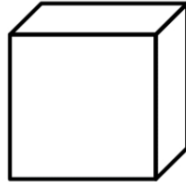
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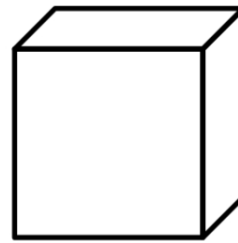
# BASIC KNIFE CUTS



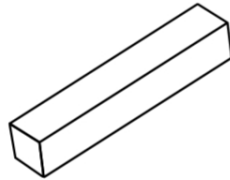
**Small Dice**  
1/4" cube



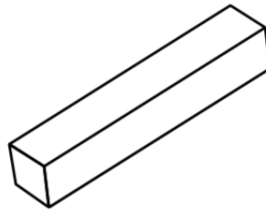
**Medium Dice**  
1/2" cube



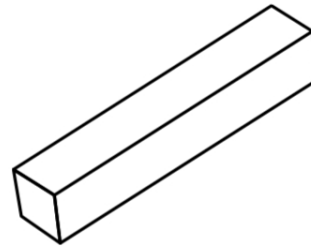
**Large Dice**  
3/4" cube



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



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



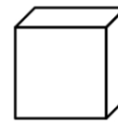
**Batonnet**  
1/4" sq x 2 inch



**Mince**  
<1/16" cube



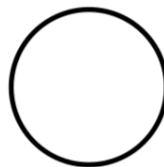
**Chop**  
1/8"-1/4" cube



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



**Bias**  
diagonal cut



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



**Chiffonade**  
rolled, sliced thin

# CONVERSION TABLES

## METRIC WEIGHTS AND MEASURES EQUIVALENCIES

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

## METRIC CONVERSION TABLE

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

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

## TEMPERATURE EQUIVALENCIES

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

## US CUSTOMARY LIQUID VOLUME CONVERSIONS

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

## US TO METRIC DRY MEASURES CONVERSIONS

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

## VOLUME MEASURE CONVERSIONS

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

These materials were developed at the Culinary Institute of America.

Dessert Design in the Hot Kitchen Course Guide v.120.docx

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