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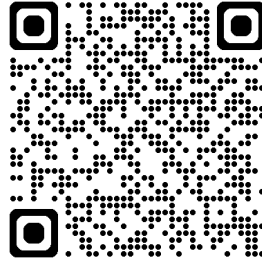
Hors d'Oeuvre Boot Camp

WELCOME!



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COURSE INFORMATION

Hors d'oeuvres – bite-sized treats packed with flavor – prove the statement, “Good things come in little packages.” Literally translated, the term hors d'oeuvre means “outside the meal,” as they are most often served casually with drinks prior to dining. Passed or plated, hors d'oeuvre lend beautifully to parties and social gatherings. Presented in a variety of textures, colors and flavors, they stimulate the senses and whet the appetite.

Stuffed or skewered, filled or topped, hors d'oeuvre come in seemingly endless varieties. In this two-day boot camp, you'll explore some of the most popular cultural forms of hors d'oeuvre and will learn the basic principles necessary to prepare both hot and cold variations. Armed with this knowledge and a few other trade secrets and tidbits, you'll be able to confidently prepare an impressive assortment of small bites, befitting any social occasion.

LEARNING OBJECTIVES

Throughout this course, you will...

- learn how to work efficiently and ergonomically in the kitchen.
- discuss a variety of hors d'oeuvre including canapés, hot and cold hors d'oeuvre, and international small dishes.
- examine the principles of proper platter presentation.
- learn the guidelines for selecting hors d'oeuvre, including variety, quantity, and style of service.
- examine the principles for setting a visually stimulating hors d'oeuvre table.
- prepare and present of a variety of hors d'oeuvre using standardized recipes.

COURSE SYLLABUS

DAY ONE

- Lecture
 - Overview of the Week
 - Safety and Sanitation
 - Mise en place
 - Hors d'oeuvre Overview
 - Canapés and Crostini
 - Cold Hors d'oeuvre
 - Hot Hors d'oeuvre
 - Platter Presentation
- Kitchen Production
 - Canapés
 - Cold Hors d'oeuvre
 - Crudités
 - Dips
 - Hot Hors d'oeuvre
 - Group and/or Station Demonstrations
 - Mixing and Piping Pâte à Choux
 - Deveining Shrimp
 - Making Tomato Concassé
 - Preparing and Shaping Mozzarella Cheese
- Review and Critique

DAY TWO

- Lecture
 - International Small Dishes
 - Menu Planning
 - Balancing the Table
- Kitchen Production Exercise
 - Dim Sum
 - Tapas
 - Antipasti
 - Mezze
 - Group and/or Station Demonstrations
 - Shaping Chinese Dumplings
 - Assembling Empanadas
 - Shaping Corn Tortilla Cups
 - Filling and Rolling California Rolls
 - Rolling Scallion Pancakes
- Review and Critique

DAY ONE: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Asparagus and Prosciutto Canapés
Crab Cakes with Rémoulade Sauce
Creamed Wild Mushroom Tartlets
Crudités Platter
Roasted Eggplant Dip with Mint

TEAM TWO

Smoked Trout Canapé
Gougères
Mozzarella, Prosciutto, and Sun-Dried Tomato Roulade
Crabmeat and Camembert Dip

TEAM THREE

Sautéed Shrimp Canapés
Yorkshire Puffs with Roast Beef, Horseradish, and Mustard
Herb Salad in Parmesan Crisps
Caramelized Onion Dip

TEAM FOUR

Potato Crêpes with Crème Fraîche and Caviar
Southwest Chicken Salad in Profiteroles
Roast Beef and Stilton Tea Sandwiches
Spinach and Artichoke Dip

ASPARAGUS AND PROSCIUTTO CANAPÉS

Yield: 20 canapés

Ingredients	Amounts
Asparagus, spear, trimmed,	20 ea.
Pork, prosciutto di Parma, thin slice	6 ea.
Mustard, Dijon	2 Tbsp.
Bread, Pullman, ¼-in. slice	10 ea.
Cream cheese, softened, whipped	½ cup
Pepper, black, ground	¼ tsp.

Method

1. Bring a large pot of salted water to a rolling boil. Add the asparagus. Cook until the stems are tender to the bite (*al dente*) but the tips still hold together, 3 to 4 minutes.
2. Drain immediately and transfer the asparagus to an ice bath to halt the cooking process. Cool and drain. Cut the asparagus tips to a length of ¾-inch. Reserve.
3. Cut the prosciutto into strips ½-inch wide and 2 to 3 inches long.
4. Spread about ¼ teaspoon of the mustard onto each strip.
5. Wrap each asparagus spear with the prosciutto, overlapping to cover the entire piece, except for the tip.
6. Trim the crusts from the bread. Spread each slice with a little less than a tablespoon of cream cheese. Season with black pepper.
7. Lay two wrapped asparagus spears on each slice of bread. Cut each slice of bread in half, creating two canapés.
8. Serve immediately.

Note: Green beans can be substituted for the asparagus.

CRAB CAKES WITH RÉMOULADE SAUCE

Yield: 30 cakes

Ingredients	Amounts
Pork, bacon, strip	2 ea.
Crabmeat, lump, picked through for shells and bits of cartilage	1 lb.
Breadcrumbs, white, fresh	1 cup
Celery, small diced	1/4 cup
Scallion (Green onion), minced	2 ea.
Garlic, minced	2 tsp.
Mustard, Dijon	2 tsp.
Mustard, dry	2 tsp.
Lemon, juice, fresh	2 Tbsp.
Salt, kosher	to taste
Chile, cayenne, ground	to taste
Mayonnaise	as needed
Breadcrumbs, panko	2 cups
Oil, vegetable	as needed
Rémoulade Sauce (Recipe follows)	1 cup

Method

1. In a skillet over medium-low heat, cook the bacon until evenly brown and crispy, 5 to 6 minutes. Drain on paper towels. Crumble.
2. Transfer the crumbled bacon to a large bowl. Add the crabmeat, breadcrumbs, celery, scallions, garlic, Dijon mustard, dry mustard, and lemon juice. Mix to combine. Season with salt and cayenne to taste. Add just enough mayonnaise to hold the mixture together.
3. In a large sauté pan over medium heat, add enough oil to coat the bottom of the pan by about 1/2 inch.
4. Make a small test patty by taking about 1/2 ounce of the crab mixture and forming it into a ball. Flatten it slightly and bread it with the panko. Fry until golden brown on both sides, about 2 minutes per side. Drain on paper towels. Adjust the seasoning of the crab cake mixture to taste.
5. Working in batches, fry the remaining crab cakes until golden brown on both sides, 2 to 3 minutes per side. Drain on paper towels.
6. Serve immediately with the Rémoulade Sauce.

RÉMOULADE SAUCE

Yield: 1 cup

Ingredients	Amounts
Mayonnaise	1 cup
Capers, chopped	2 Tbsp.
Cornichons, chopped	2 Tbsp.
Chive, fresh, chopped	1 Tbsp.
Chervil, fresh, chopped	½ Tbsp.
Tarragon, fresh, chopped	½ Tbsp.
Mustard, Dijon	1 tsp.
Anchovy, paste	½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Worcestershire sauce	to taste
Tabasco sauce	to taste

Method

1. In a medium bowl, combine all the ingredients. Mix well.
2. Refrigerate until ready to serve. Adjust the seasoning just before serving, if necessary.

CREAMED WILD MUSHROOM TARTLETS

Yield: 30 tartlets

Ingredients	Amounts
Tart Dough (Recipe follows)	1 ½ lb.
Butter, unsalted	4 Tbsp.
Mushroom, wild, small diced	1 lb.
Shallot, minced	½ cup
Brandy	1 Tbsp.
Sherry	1 Tbsp.
Cream, heavy	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Cheese, Jack, dry, finely grated	½ cup
Parsley, flat-leaf, leaves, fresh, chopped	½ cup
Pepper, black, ground	2 tsp.

Method

1. Preheat oven to 425°F.
2. Roll the dough to an ⅛-inch thickness. Prick the dough with a fork.
3. Using a 2-inch round cutter, cut 30 rounds from the dough. Press the dough gently into 30, 1 ¾-inch tart molds by sandwiching between two molds (see Chef demo).
4. Place the molds on a sheet pan. Cover the dough with foil and fill with pie weights or uncooked dried beans. Bake in the preheated oven until the dough is evenly dried out but not brown, about 5 minutes.
5. Lower the oven temperature to 350°F. Bake until the edges are golden, about 5 minutes.
6. Remove from the oven. Let the tartlets cool completely. Remove the foil and beans.
7. For the duxelles, heat the butter in a medium-sized saucepan over medium-high heat. Add the mushrooms and shallots and sauté until they are tender, 5 to 6 minutes.
8. Add the brandy, sherry, and cream. Simmer to cook off the alcohol, about 3 minutes. Season with salt and pepper to taste. Keep warm.
9. For the garnish, in a small bowl, combine the cheese, parsley, and pepper.
10. To assemble the tartlets, fill each tartlet shell with a tablespoon of duxelles and top with a sprinkle of the garnish mixture. Serve warm.

TART DOUGH

Yield: 1 ½ pound

Ingredients	Amounts
Flour, bread	3 ⅓ cups
Baking powder	2 tsp.
Salt, kosher	2 tsp.
Sugar, granulated	1 tsp.
Butter, unsalted, cold, diced	½ cup
Egg, whole	1 ea.
Vinegar, cider	2 tsp.
Milk, whole	1 cup

Method

1. In a large bowl, place the bread flour, baking powder, salt, and sugar. Mix well.
2. With two knives or a pastry cutter, cut the butter into the dry ingredients. Work the butter into the flour until the mixture resembles coarse crumbs.
3. Add the egg, vinegar, and milk. Mix until fully incorporated. Knead the dough until smooth, not sticky, 1 to 2 minutes.
4. Shape the dough into a 10-inch disk. Wrap and refrigerate for at least 1 hour. The dough can also be made the day before.

Note: Working with chilled butter helps to keep the pastry flaky as it bakes.

CRUDITÉS PLATTER

Yield: 16 portions

Ingredients	Amounts
Broccoli, head, broken into florets	1 ea.
Cauliflower, head, broken into florets	1 ea.
Celery, stalk, 2 ½-in. sticks	3 ea.
Carrot, 2 ½-in. sticks	3 ea.
Tomato, cherry, whole	1 pt.
Pepperoncini, jarred	1 cup
Pepper, bell, green, ¼-in. strips	1 ea.
Pepper, bell, red, ¼-in. strips	1 ea.
Pepper, bell, yellow, ¼-in. strips	1 ea.
Squash, zucchini, ¼-in. half moons	1 ea.
Squash, yellow, ¼-in. half moons	1 ea.

Method

1. Arrange all the ingredients neatly on a platter.
2. Wrap and refrigerate until ready to serve.

Note: Crudité can be served with any type of dip.

ROASTED EGGPLANT DIP WITH MINT

BABA GANOUSH

Yield: 2 cups

Ingredients	Amounts
Eggplant, halved lengthwise	2 lb.
Salt, kosher	½ tsp.
Pepper, black, ground	½ tsp.
Oil, olive, extra virgin	2 Tbsp.
Shallot, minced	1 ½ ea.
Lemon, juice, fresh	3 Tbsp.
Salt, kosher	¼ tsp.
Oil, olive, extra virgin	2 Tbsp.
Tahini	¼ cup
Parsley, flat-leaf, leaves, fresh, chopped	2 Tbsp.
Mint, leaves, fresh, chopped	3 Tbsp.
Garlic, minced	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 375°F.
2. Season the eggplant with the salt and pepper. Lightly coat the cut faces with olive oil.
3. Place the eggplant cut-side down on a sheet pan. Roast in the preheated oven until soft, 30 to 40 minutes.
4. Cool to room temperature. Scoop out the flesh and discard the skins. Reserve.
5. In a medium bowl, place the shallots, lemon juice, and salt. Macerate for 30 minutes.
6. In a large bowl, combine the reserved eggplant, macerated shallots, olive oil, tahini, parsley, mint, and garlic. Adjust the seasoning with salt and pepper to taste.
7. Purée in a food processor until smooth.
8. Serve at room temperature or chilled.

SMOKED TROUT CANAPÉ

Yield: 30 canapés

Ingredients	Amounts
Bread, rye, loaf, sliced	1 ea.
Horseradish Butter (Recipe follows)	1 cup
Trout, hot-smoked, flaked into 1-in. pieces	15 wt. oz.
Olive, pimiento-stuffed, sliced	10 ea.

Method

1. Preheat oven to 350°F.
2. Using a 2-inch round cutter, cut the rye bread.
3. Arrange the bread rounds onto a parchment-lined sheet pan. Toast in the preheated oven until lightly browned and crisp, 5 to 8 minutes. Cool to room temperature.
4. Spread each round with about 1 teaspoon of the Softened Horseradish Butter.
5. Top each with a piece of trout.
6. Garnish each piece with a slice of olive.
7. Arrange the canapés neatly on a platter.

HORSERADISH BUTTER

Yield: 1 cup

Ingredients	Amounts
Horseradish, prepared	3 Tbsp.
Butter, unsalted, softened	1 cup
Mustard, dry	2 tsp.
Worcestershire sauce	1 tsp.
Sugar, granulated	1 ½ tsp.
Lemon, juice, fresh	½ tsp.

Method

1. Place the horseradish in a colander. Squeeze out the excess liquid.
2. In the bowl of a stand mixer fitted with the paddle attachment, place the horseradish, butter, mustard, Worcestershire sauce, sugar and lemon juice. Mix at a medium speed until thoroughly combined, about 2 minutes.
3. Transfer the mixture onto a piece of plastic wrap. Roll into a 1-inch cylinder and secure the ends by twisting.
4. Refrigerate until needed. Soften at room temperature.

GOUGÈRES

Yield: 20 gougères

Ingredients	Amounts
Water	½ cup
Butter, unsalted	¼ cup
Salt, kosher	½ tsp.
Flour, all-purpose, sifted	½ cup
Egg, white	1 ea.
Egg, whole	2 ea.
Cheese, Gruyère, grated	⅓ cup
Cheese, Parmigiano-Reggiano, grated	1 ½ tsp.

Method

1. Preheat oven to 400°F.
2. In a medium saucepot, place the water, butter, and salt. Bring it to a boil.
3. Add the flour all at once. Stir until well blended. Cook, stirring constantly, until the mass pulls away from the sides of the pot, about 2 minutes.
4. Transfer to the bowl of a stand mixer fitted with the paddle attachment. Mix on medium speed to slightly cool, about 1 minute.
5. Add the egg white and eggs one at a time, mixing well after each addition.
6. Add the grated Gruyère and Parmesan. Mix until blended, about 1 minute.
7. Transfer the dough to a pastry bag fitted with a No. 5 plain tip. Pipe the desired shape onto parchment-paper lined sheet pans.
8. Bake in the preheated oven until golden brown, 10 to 12 minutes.
9. Lower the oven temperature to 325°F. Bake until the gougères are firm and hollow in the center, 12 to 15 minutes. Serve warm.

MOZZARELLA, PROSCIUTTO, AND SUN-DRIED TOMATO ROULADE

Yield: 30 slices, 1-oz. each

Ingredients	Amounts
Mozzarella Cheese (Recipe follows)	2 lb.
Pork, prosciutto di Parma, sliced paper-thin	2 wt. oz.
Tomato, sun-dried, in oil, chopped	½ cup

Method

1. Working on a plastic tray or plastic wrap, prepare the mozzarella by stretching it into a rectangle about 12 x 14 inches and ¼-inch thick.
2. While the cheese is still warm, lay the prosciutto slices over the mozzarella in an even layer. Spread the chopped sun-dried tomatoes over the prosciutto.
3. Roll into a roulade with plastic wrap. Secure the ends tightly with string. Return the roulade to the hot water for 2 to 3 minutes to seal the garnish. Remove from the water and retie the ends to secure. (See Chef demo.)
4. Thoroughly chill the roulade in an ice bath and refrigerate for at least 1 hour before slicing. The wrapped roulade can be refrigerated for up to 5 days.

MOZZARELLA CHEESE

Yield: 2 pounds

Ingredients	Amounts
Water	1 gal.
Salt, kosher	$\frac{3}{4}$ cup
Cheese, curd, medium diced	2 lb.

Method

1. In a large saucepan, place the water and salt. Bring it to a boil. Remove the pot from the heat.
2. In a large bowl, place the cheese curd. Add enough of the salted water to cover the curd completely.
3. Wearing 2 pairs of gloves, work the curd with wooden spoons, stretching it until it becomes a smooth, yet stringy mass. Maintain the water temperature at a constant 160°F throughout this process.
4. Remove the cheese from the water. Continue stretching until the curd is smooth, being careful not to overwork it or the cheese will become tough.

CRABMEAT AND CAMEMBERT DIP

Yield: 2 cups

Ingredients	Amounts
Oil, olive, extra virgin	2 Tbsp.
Shallot, minced	½ ea.
Cream, heavy	½ cup
Milk, whole	½ cup
Cheese, Camembert, rind trimmed	4 wt. oz.
Salt, kosher	½ tsp.
Pepper, white, ground	¼ tsp.
Crabmeat, lump, picked through to remove shells and cartilage	½ lb.
Parsley, flat-leaf, leaves, fresh, chopped	½ Tbsp.
Tomato Marmalade (Recipe follows)	1 ½ Tbsp.
Bread, French, loaf, ¼-in. sliced	½ ea.

Method

1. Heat the olive oil in a saucepan over medium heat. Add the shallots. Sweat, stirring occasionally, until soft and translucent, about 3 minutes.
2. Add the heavy cream and milk. Bring it to a simmer. Cook until the cream is slightly reduced, about 10 minutes.
3. Add the Camembert, salt, and pepper. Whisk until the cheese melts into the cream.
4. Add the crabmeat. Cook to heat through, 2 to 3 minutes.
5. Remove the pan from the heat. Add the parsley. Stir to combine.
6. Transfer the dip to a fondue pot. Stir in the Tomato Marmalade.
7. Serve warm with the sliced French bread.

Note: Reserve the leftover Tomato Marmalade for Team Four to use on Day Two.

TOMATO MARMALADE

Yield: ¾ cup

Ingredients	Amounts
Tomato, plum (Roma), halved, seeded	1 lb.
Oil, olive, extra virgin	½ cup
Salt, kosher	1 ½ tsp.
Pepper, black, coarse	1 tsp
Garlic, clove, thinly sliced	1 ea.
Oregano, fresh, picked	1 tsp.
Thyme, fresh, picked	1 Tbsp.

Method

1. Preheat oven to 400°F.
2. In a large bowl, place the tomatoes, olive oil, salt, pepper, garlic, oregano, and thyme. Toss to combine.
3. Place the tomatoes cut-side down on a parchment-lined sheet tray. Bake in the preheated oven until the tomatoes are soft, 15 to 20 minutes.
4. Remove from the oven. Cool completely. Remove and discard the skins.
5. Transfer the tomatoes to a food processor. Pulse until smooth.
6. Use immediately or cover and refrigerate for up to 1 week.

SAUTÉED SHRIMP CANAPÉS

Yield: 24 canapés

Ingredients	Amounts
Shrimp, 26-30, peeled	1 ½ lb.
Bread, baguette, ¼-in. slice	24 ea.
Butter, unsalted	½ cup
Garlic, minced	4 tsp.
Wine, white, dry	1 cup
Parsley, flat-leaf, leaves, fresh, chopped	2 ½ Tbsp.
Mayonnaise	½ cup
Dill, fresh, chopped	1 Tbsp.
Chive, fresh, chopped	1 Tbsp.
Parsley, flat-leaf, leaves, fresh, chopped	1 Tbsp.
Radish, thinly sliced	28 ea.
Mâche, leaves	48 ea.

Method

1. Preheat oven to 400°F.
2. To de-vein the shrimp, lay the shelled shrimp on a work surface. With the curved outer edge on the same side as your cutting hand, slice into the shrimp, making a shallow cut. Use the knife tip to remove the vein or intestinal tract. Reserve.
3. Toast the baguette slices in the preheated oven until the outside edges are golden brown, 5 to 7 minutes. Reserve.
4. Heat the butter in a large sauté pan over medium low heat until bubbly. Add the garlic and shrimp. Sauté until cooked through, about 2 minutes on each side. Transfer to a bowl. Reserve.
5. Add the wine to the pan. Simmer until it has reduced, 5 to 8 minutes.
6. Add the chopped parsley. Pour the reduced wine over the shrimp. Reserve.
7. For the green mayonnaise, in a bowl combine the mayonnaise, dill, chives, and parsley. Mix to combine.
8. Spread 1 tsp. of the green mayonnaise on each piece of toast.
9. Top each toasted baguette slice with 2 whole cooked shrimp and 2 radish slices.
10. Garnish with mâche leaves.

YORKSHIRE PUFFS WITH ROAST BEEF, HORSERADISH, AND MUSTARD

Yield: 20 puffs

Ingredients	Amounts
Beef, tenderloin	¾ lb.
Oil, olive, pure	as needed
Sour cream	½ cup
Horseradish, fresh, grated	1 ½ Tbsp.
Vinegar, wine, white	½ tsp.
Salt, kosher	½ tsp.
Pepper, white, ground	¼ tsp.
Flour, all-purpose	1 ½ cups
Salt, kosher	1 tsp.
Milk, whole	1 ½ cups
Water	2 Tbsp.
Egg, whole	4 ea.
Mustard, whole-grain, Pommery	¼ cup
Chive, bunch, finely chopped	1 ea.

Method

1. Preheat oven to 425°F.
2. In an oven-safe skillet over high heat, place enough oil to coat the bottom of the pan. Add the beef. Sear the beef until evenly browned on all sides, 4 to 5 minutes.
3. Transfer the pan into the preheated oven. Roast the beef until medium rare, about 10 minutes. Rest the meat for at least 10 minutes before thinly slicing. Reserve.
4. For the horseradish sauce, in a mixing bowl, whisk the sour cream until it is smooth.
5. Add the horseradish. Whisk to combine. Season with the vinegar, salt, and pepper. Reserve.
6. For the Yorkshire batter, sift together the flour and salt into a large bowl. Make a well in the center, add the milk and water. Mix until smooth.
7. In a separate bowl, beat the eggs until they are frothy. Combine with the flour mixture. Beat until the batter is foamy. Refrigerate for 30 minutes.
8. Preheat oven to 450°F.
9. Grease the muffin tins. Heat the tray in the preheated oven. Pour in the batter. Bake until the puffs are well browned and golden, 15 to 25 minutes.
10. Slice open the puffs. Fill them with the sliced beef, mustard, and horseradish sauce.
11. Garnish with the chives. Serve immediately.

HERB SALAD IN PARMESAN CRISPS

Yield: 30 portions

Ingredients	Amounts
Oil, olive, pure	$\frac{3}{4}$ cup
Oil, truffle	2 Tbsp.
Vinegar, wine, white	$\frac{1}{4}$ cup
Sugar, granulated	$\frac{1}{2}$ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Mesclun mix	8 cups
Radicchio, chiffonade	1 cup
Parsley, flat-leaf, leaves, fresh, chopped	1 cup
Dill, fresh, chopped	1 cup
Chive, fresh, $\frac{1}{2}$ -in. sliced	$\frac{1}{2}$ cup
Parmesan Crisps (Recipe follows)	30 ea.

Method

1. For the truffle vinaigrette, in a small bowl, whisk together the olive oil, truffle oil, white wine vinegar, and sugar. Season with salt and pepper to taste. Reserve.
2. For the salad, in a large bowl, combine the mesclun, radicchio, parsley, dill, and chive. Toss thoroughly.
3. Just before serving, whisk the vinaigrette vigorously. Adjust the seasoning with salt and pepper to taste. Toss the salad with the vinaigrette.
4. Divide the salad mixture among the Parmesan crisp bowls. Serve immediately.

PARMESAN CRISPS

Yield: about 30 crisps

Ingredients

Amounts

Cheese, Parmigiano-Reggiano, shredded	1 lb.
Paprika, smoked (Optional)	to taste

Method

1. Preheat oven to 350°F.
2. Line a sheet pan with parchment paper. Using a 3-inch ring mold, sprinkle about 2 tablespoons of grated cheese into the mold, spreading the cheese into an even layer. Repeat until all the cheese is used. Allow about ½ inch of room in between each circle, as the cheese will spread as it bakes.
3. Sprinkle with paprika for extra flavor, if desired.
4. Place the pan in the oven. Bake the cheese until it is melted, bubbly, and looks like lace, about 10 minutes. Rotate the pan as necessary for even browning.
5. Remove from the oven. Drape each cheese crisp inside a small ramekin to create containers. This must be done while the cheese is still very warm.

CARAMELIZED ONION DIP

Yield: 2 cups

Ingredients	Amounts
Oil, olive, extra virgin	4 tsp.
Onion, yellow, diced	1 cup
Salt, kosher	1/8 tsp.
Sour cream	1 cup
Mayonnaise	1/2 cup
Pepper, black, ground	to taste
Garlic, powder	1/4 tsp.

Method

1. Heat the oil in a sauté pan over medium heat. Add the onions. Season with the salt. Cook, stirring frequently, until the onions are caramelized to a deep, rich brown, about 20 minutes. Cool and reserve.
2. In a mixing bowl, combine the sour cream, mayonnaise, pepper and garlic powder. Mix to combine.
3. Add the cooled onions. Stir to combine.
4. Refrigerate for 1 hour.
5. Before serving, adjust the seasoning with salt and pepper to taste.

POTATO CRÊPES WITH CRÈME FRAÎCHE AND CAVIAR

Yield: 30 crêpes

Ingredients	Amounts
Potato, russet, peeled, quartered	8 wt. oz.
Salt, kosher	½ tsp.
Flour, all-purpose	¼ cup
Egg, whole	2 ea.
Egg, white	3 ea.
Cream, heavy	¼ cup
Nutmeg, grated, fresh	⅛ tsp.
Salt, kosher	to taste
Pepper, white, ground	to taste
Oil, vegetable	as needed
Salmon, smoked, sliced	6 wt. oz.
Crème fraîche	½ cup
Caviar	1 wt. oz.

Method

1. In a large pot, place the potatoes. Cover with an inch of cold water. Add the salt. Bring it to a boil. Turn down the heat to medium low. Cover the pot and simmer until the potatoes are fork tender, about 10 to 15 minutes. Drain.
2. Transfer the potatoes to a blender. Purée until smooth.
3. In the bowl of a stand mixer fitted with the whisk attachment, place the puréed potatoes and flour. Mix to combine, being careful not to overmix.
4. With the mixer running, add the eggs one at a time. Add the egg whites.
5. Add just enough of the cream to achieve a pancake batter consistency. Add the nutmeg. Season with salt and pepper to taste.
6. Coat a nonstick griddle lightly with oil. Heat the pan over medium heat. Pour the batter into silver-dollar-size portions. Cook until golden brown on both sides, about 1 minute per side.
7. Top each crêpe with a slice of smoked salmon. Garnish with a dollop of crème fraîche and caviar.

SOUTHWEST CHICKEN SALAD IN PROFITEROLES

Yield: 30 profiteroles

Ingredients	Amounts
Chicken, legs and thighs	4 ea.
Pepper, bell, red	1 ea.
Tomato Concassé (Recipe follows)	1/3 cup
Lime, suprêmed, small diced	1 ea.
Chile, jalapeño, fresh, minced	1 tsp.
Shallot, minced	3 Tbsp.
Garlic, minced	1 tsp.
Cilantro, leaves, fresh, chopped	2 Tbsp.
Marjoram, leaves, fresh, chopped	2 tsp.
Chive, minced	2 tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Profiteroles (Recipe follows)	30 ea.

Method

1. In a large saucepan, place the chicken. Add enough water to cover it completely. Poach over medium heat until the chicken is cooked through, about 10 minutes. When cool enough to handle, small dice the meat. Reserve.
2. Using tongs, hold the pepper over the flame of a gas burner. Char the skin, turning as needed, until the surface is evenly blackened, 5 to 10 minutes.
3. Place the charred pepper in a mixing bowl. Cover with plastic wrap to steam for about 5 minutes.
4. When the pepper is cool enough to handle, remove the charred skin with a paring knife and discard. Small dice.
5. In a large bowl, combine the reserved chicken, diced pepper, tomato, lime, jalapeño, shallots, garlic, cilantro, marjoram and chive. Season with salt and pepper to taste. Marinate in the refrigerator for 2 hours.
6. To serve, split the puffs and fill them with the chicken salad.

TOMATO CONCASSÉ

Yield: 1/3 cup

Ingredients

Amounts

Tomato, plum (Roma), whole	5 wt. oz.
Salt, kosher	1/2 Tbsp.

Method

1. Cut an X into the bottom of the tomato.
2. Bring a pot of water to a rolling boil. Drop a tomato into the water. Cook for 10 to 15 seconds, depending on the ripeness of the tomato.
3. Remove the tomato with a slotted spoon. Immediately transfer to an ice water bath to halt the cooking process. Repeat the process with the remaining tomatoes.
4. When cool enough to handle, peel and discard the skin.
5. Halve each tomato lengthwise.
6. Gently squeeze or scoop out and discard the seeds.
7. Small dice the flesh.

PROFITEROLES

Yield: 30 profiteroles

Ingredients	Amounts
Water	1 cup
Butter, unsalted	½ cup
Salt, kosher	1 tsp.
Flour, all-purpose, sifted	1 cup
Egg, whole	4 ea.

Method

1. Preheat oven to 400°F.
2. In a small saucepan, combine the water, butter, and salt. Bring it to a boil.
3. Add the flour all at once. Cook over low heat, stirring constantly, until well blended and the mass comes away from the pot, about 2 minutes.
4. Transfer the mass to the bowl of a stand mixer standing fitted with the paddle attachment. Mix on medium speed for about 1 minute, cooling the mixture slightly.
5. Add the eggs one at a time, mixing well after each addition.
6. Transfer the dough to a pastry bag fitted with a No. 5 plain tip. Pipe 1-inch balls onto parchment-lined sheet pans.
7. Bake in the preheated oven until golden brown, about 10 minutes. Lower the oven temperature to 325°F. Bake until the profiteroles are firm and hollow in the center, 12 to 15 minutes.
8. Slice off the tops of each profiterole with a sharp knife. Add the filling and replace the top.

ROAST BEEF AND STILTON TEA SANDWICHES

Yield: 20 sandwiches

Ingredients	Amounts
Oil, olive, pure	as needed
Beef, tenderloin	1 lb.
Cheese, Stilton, crumbled	1 cup
Mayonnaise	½ cup
Chive, fresh, minced	1 Tbsp.
Lemon, juice, fresh	1 Tbsp.
Bread, Pullman, slice, crusts trimmed	40 ea.
Watercress, bunch, trimmed, leaves and tender stems only	½ ea.
Pepper, black, ground	¼ tsp.

Method

1. Preheat oven to 425°F.
2. In an oven-safe skillet over high heat, place enough oil to coat the bottom of the pan. Add the beef. Sear, until evenly browned on all sides, 4 to 5 minutes. Transfer the pan into the preheated oven. Roast the beef to medium rare, about 10 minutes. Rest the meat for at least 10 minutes before thinly slicing. Reserve.
3. In a small bowl, combine the Stilton cheese, mayonnaise, chives, and lemon juice. Stir gently to mix. Reserve.
4. Lay out the slices of bread on a work surface. Spread the top side of each slice with a thin layer of the Stilton mixture. Top half of the slices with enough watercress leaves to completely cover the bread.
5. Add one slice of roast beef. Season lightly with pepper. Close the sandwich with a second slice of bread.
6. Serve immediately.

Note: Other blue cheeses can be substituted for the Stilton.

SPINACH AND ARTICHOKE DIP

Yield: 2 ½ cups

Ingredients	Amounts
Butter, unsalted	2 Tbsp.
Flour, all-purpose	2 Tbsp.
Milk, whole	1 cup
Cheese, Parmigiano-Reggiano, grated	¼ cup
Cheese, Monterey Jack, grated	¼ cup
Salt, kosher	½ tsp.
Nutmeg, fresh, grated	⅛ tsp.
Chile, cayenne, ground	⅛ tsp.
Oil, vegetable	1 Tbsp.
Onion, yellow, finely diced	½ cup
Garlic, chopped	1 Tbsp.
Spinach, stemmed, chopped	5 wt. oz.
Artichoke, hearts, canned, drained, chopped	15 wt. oz.
Cheese, Parmigiano-Reggiano, grated	¼ cup

Method

1. Preheat oven to 400°F.
2. In a saucepan over medium heat, place the butter and flour. Mix to combine. Cook, stirring constantly, until a blond roux forms, about 5 minutes.
3. Gradually whisk in the milk. Bring to a boil. Lower the heat, and simmer until the sauce is thick enough to coat the back of a spoon (*nappé*), 5 to 6 minutes.
4. Remove the sauce from the heat. Stir in the Parmesan and Monterey Jack cheese. Add the salt, nutmeg, and cayenne. Reserve.
5. Heat the vegetable oil in a sauté pan over medium heat. Add the onion. Sweat until softened, about 2 minutes. Add the garlic, cook for 1 minute.
6. Add the spinach. Cook until wilted, about 2 minutes. If the pan gets watery, carefully pour out the water.
7. Add the artichoke hearts. Cook until heated through, about 2 minutes. Transfer to a mixing bowl. Fold in the cheese mixture.
8. Pour the mixture into a casserole dish. Sprinkle with the Parmesan cheese.
9. Bake in the preheated oven until the top is golden brown, 10 to 15 minutes.
10. Serve hot.

DAY TWO: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Stuffed Grape Leaves
Steamed Chinese Dumplings
Skewered Ground Lamb Sausages with Yogurt Sauce
Tapenade

TEAM TWO

Thai Meatballs with Green Curry Sauce
Spanakopita
Bacon-Wrapped Shrimp with Asian Barbecue Sauce
Breaded Green Olives Stuffed with Sausage

TEAM THREE

Beef Saté with Peanut Sauce
Shrimp Empanadas
Manchego Cheese and Catalan Tomato Bread
California Rolls

TEAM FOUR

Crispy Scallion Pancakes with Dipping Sauce
Risotto Croquettes with Fontina
Grilled Vegetable Antipasti
Fish and Shellfish Ceviche

STUFFED GRAPE LEAVES

Yield: 30 grape leaves

Ingredients	Amounts
Oil, olive, pure	¼ cup
Onion, yellow, small diced	1 ea.
Garlic, minced	1 tsp.
Scallion (Green onion), thinly sliced on bias	2 cups
Parsley, leaves, flat-leaf, fresh, chopped	2 ¼ cups
Dill, fresh, coarsely chopped	2 ⅓ cups
Mint, leaves, fresh, coarsely chopped	2 tsp.
Lemon, juice, fresh	3 Tbsp.
Turmeric, ground	1 ½ tsp.
Oregano, dried, ground	½ tsp.
Cumin, ground	1 Tbsp.
Coriander, ground	1 tsp.
Fennel seeds	1 tsp.
Pine nuts (<i>Pignoli</i>)	½ cup
Ginger, fresh, grated	1 wt. oz.
Currants	½ cup
Cinnamon, ground	⅛ tsp.
Stock, vegetable	2 ½ cups
Rice, long-grain	1 ¼ cups
Egg, whole	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Grape leaves, jarred, rinsed	36 ea.
Stock, vegetable, hot	3 ¼ pt.
Oil, olive, pure	¼ cup
Mint, leaves, fresh, coarsely chopped	2 tsp.
Oregano, fresh, coarsely chopped	1 tsp.
Lemon, juice, fresh	2 Tbsp.
Lemon, zest, freshly grated	1 Tbsp.

Method

1. Preheat oven to 350°F.
2. For the filling, heat the olive oil in a sauté pan over medium heat. Add the onions and garlic. Sauté until golden brown, about 2 minutes.

3. Add the green onions, parsley, dill, and mint. Sauté until the green onions wilt, 1 to 2 minutes. Remove from the heat and cool to room temperature.
4. In a large bowl, place the cooked onion mixture, lemon juice, turmeric, oregano, cumin, coriander, fennel seed, pine nuts, ginger, currants, and cinnamon. Mix to combine. Reserve.
5. In a medium sauce pot, add the stock. Bring it to a boil and stir in the rice. Turn down the heat to a simmer, cover it, and place the pan in the preheated oven. Cook until the rice grains are fully cooked, 18 to 20 minutes.
6. Spread the rice out on a sheet pan. Cool to room temperature.
7. In a large bowl, combine the rice with the reserved onion-spice mixture. Season with salt and pepper to taste.
8. Add the eggs. Stir until fully combined.
9. Place 1 ½ teaspoons of filling on the bottom edge of one of the grape leaves. Roll the bottom of the leaf over the filling to encase it. Fold the sides toward the middle. Continue rolling the leaf until you reach the end. Repeat with the remaining leaves and filling. The rolls should be about 2 inches long and ½-inch thick. (See Chef demo).
10. Pack the rolls tightly in a 2-inch-deep perforated pan and cover with aluminum foil. Place the stock in a 4-inch-deep hotel pan of the same size. Place the perforated pan inside the deeper hotel pan.
11. Place in the preheated oven. Steam until the filling ingredients are heated through, about 20 minutes. Cool for about 5 minutes.
12. In a small bowl, combine the olive oil, mint, oregano, lemon juice, and lemon zest. Brush the grape leaves with the olive oil mixture. Serve immediately.

STEAMED CHINESE DUMPLINGS

Yield: 8 portions

Ingredients	Amounts
Pork, ground	1 lb.
Cabbage, Napa, head, finely chopped	½ ea.
Egg, whole	1 ea.
Ginger, minced	1 Tbsp.
Scallion (Green onion), minced	1 ea.
Soy sauce, light	¼ cup
Sugar, granulated	1 Tbsp.
Wine, rice, Chinese	1 Tbsp.
Oil, sesame	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, white, ground	1 tsp.
Wonton wrappers, round, frozen, thawed	as needed
Cabbage, leaves	as needed
Vinegar, rice	3 Tbsp.
Stock, chicken	1 Tbsp.
Soy sauce, light	2 tsp.
Sugar, granulated	2 tsp.
Ginger, fresh, minced	1 tsp.
Oil, sesame	1 tsp.

Method

1. For the filling, in a large bowl, place the pork, cabbage, egg, ginger, green onion, soy sauce, sugar, rice wine, sesame oil, salt, and pepper. Mix well to combine.
2. Place 1 tablespoon of filling in the center of each wrapper. Fold the wrapper over the filling, forming a half circle. Pinch the edges to seal.
3. Overlap the cabbage leaves to cover a steamer tray. Place the dumplings on top. Cover and steam over boiling water until cooked through, about 15 minutes.
4. For the dipping sauce, in a small bowl, whisk together the vinegar, stock, soy sauce, sugar, ginger, and oil.
5. Serve the steamed dumplings with the dipping sauce.

Note: Dry sherry can be substituted for the Chinese rice wine.

TOMATO CONCASSÉ

Yield: 12 ounces

Ingredients	Amounts
Tomato, plum (Roma), whole	6 ea.
Salt, kosher	½ Tbsp.

Method

1. Cut an X into the bottom of each tomato.
2. Bring a pot of water to a rolling boil. Place a tomato into the water. Cook for 10 to 15 seconds, depending on ripeness.
3. Remove the tomato with a slotted spoon. Immediately transfer to an ice water bath to halt the cooking process. Repeat this process for the remaining tomatoes.
4. When the tomatoes have fully cooled, peel and discard the skin.
5. Halve each tomato lengthwise.
6. Gently squeeze or scoop out and discard the seeds.
7. Small dice the flesh.

SKEWERED GROUND LAMB SAUSAGES WITH YOGURT SAUCE

Yield: 24 skewers

Ingredients	Amounts
Skewer, bamboo	24 ea.
Garlic, clove	2 ea.
Onion, yellow, large	1 ea.
Lamb, ground, 25% fat	2 lb.
Egg, whole	2 ea.
Parsley, flat-leaf, leaves fresh, minced	1 ½ Tbsp.
Cilantro, leaves, fresh, minced	1 ½ Tbsp.
Mustard, Dijon	1 Tbsp.
Lemon, zest, chopped	2 Tbsp.
Salt, kosher	2 tsp.
Pepper, black, ground	to taste
Mint, leaves, fresh, minced	to taste
Butter, unsalted, melted	2 Tbsp.
Paprika, ground	1 Tbsp.
Yogurt Sauce (Recipe follows)	2 ½ cups

Method

1. Preheat oven to 350°F.
2. Soak the bamboo skewers in water for at least 30 minutes to prevent them from burning during cooking.
3. For the lamb sausages, in a food processor, chop the garlic and onion.
4. Add the lamb, eggs, parsley, cilantro, mustard, lemon zest, salt, pepper, and mint. Pulse until well blended.
5. Shape the mixture into 1 ½-inch sausages and place onto a sheet pan.
6. Bake in the preheated oven until cooked through but not browned, about 5 minutes.
7. Skewer the sausages.
8. In a small sauté pan, melt the butter. Add the paprika and stir. Brush the butter onto the sausages. Transfer them to a sheet pan.
9. Preheat the broiler to high.
10. Broil the sausages until the exterior is evenly caramelized, about 2 minutes per side.
11. Serve with the Yogurt Sauce.

Note: The sausages can also be finished on the grill instead of the broiler.

YOGURT SAUCE

Yield: 2 ½ cups

Ingredients	Amounts
Yogurt, Greek, plain	2 cups
Garlic, clove, peeled	2 ea.
Mint, leaves, fresh, minced	2 Tbsp.
Scallion (Green onion), minced	3 ea.
Parsley, flat-leaf, leaves, fresh, minced	1 ½ Tbsp.
Fenugreek, ground	½ tsp.
Salt, kosher	to taste
Pepper, white, ground	to taste
Lemon, juice, fresh	to taste

Method

Combine all the ingredients in a food processor and blend until well mixed.

TAPENADE

Yield: 2 cups

Ingredients	Amounts
Olive, kalamata, pitted	2 cups
Anchovy, fillet, drained	3 ea.
Capers, rinsed	2 Tbsp.
Garlic, minced	2 tsp.
Oil, olive, extra virgin	¼ cup
Lemon, juice, fresh	2 Tbsp.
Parsley, flat-leaf, leaves, fresh, chopped	1 Tbsp.

Method

1. In the bowl of a food processor, place the olives, anchovy fillets, capers, and garlic. Pulse until a coarse paste forms. There should still be distinct pieces of olive in the mixture.
2. With the machine running, drizzle in the olive oil until the paste is smooth enough to spread but is still slightly chunky.
3. Transfer the mixture to a bowl. Stir in the lemon juice and fresh parsley. Serve at room temperature.

Note: Other cured black olives can be substituted for the kalamata olives. Tapenade can be stored for up to 1 week in the refrigerator.

THAI MEATBALLS WITH GREEN CURRY SAUCE

Yield: 20 meatballs

Ingredients	Amounts
Thai green curry paste, prepared	1 ½ tsp.
Coconut, milk	1 ½ cups
Salt, kosher	to taste
Pepper, black, ground	to taste
Pork, ground	1 lb.
Beef, ground	1 lb.
Scallion (Green onion), finely minced	4 ea.
Oyster sauce	3 ½ Tbsp.
Cilantro, leaves, fresh, chopped	½ cup
Garlic, clove, finely minced	4 ea.
Orange, zest, finely grated	1 tsp.
Asian chili sauce	2 tsp.
Nutmeg, fresh, grated	1 ½ tsp.
Egg, whole	2 ea.
Cornstarch	1 cup
Oil, vegetable	½ cup

Method

1. For the curry sauce, in a saucepan over medium heat, combine the curry paste and coconut milk. Bring it to a simmer. Season with salt and pepper to taste. Keep warm.
2. For the meatballs, in a mixing bowl, place the ground pork, ground beef, green onions, oyster sauce, cilantro, garlic, orange zest, chili sauce, nutmeg, and eggs. Mix until thoroughly combined.
3. Divide the mixture into 20 portions, then shape into balls. Refrigerate until chilled, about 30 minutes.
4. Lightly coat (dredge) the meatballs in the cornstarch. Shake off any excess.
5. Heat the oil in a sauté pan over medium-high heat until almost smoking.
6. Add the meatballs. Sauté, turning occasionally, until evenly golden brown and cooked through, about 4 minutes.
7. Serve the meatballs with the warm curry sauce.

SPANAKOPITA

Yield: 48 pieces

Ingredients	Amounts
Butter, unsalted	2 Tbsp.
Shallot, minced	½ cup
Garlic, minced	2 Tbsp.
Spinach, stems removed, chopped	12 wt. oz.
Nutmeg, fresh, grated	1 tsp.
Dill, fresh, chopped	1 Tbsp.
Egg, whole, beaten	1 ea.
Cheese, feta, crumbled	1 cup
Cheese, mozzarella, grated	½ cup
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Phyllo dough, sheet	24 ea.
Butter, unsalted, melted	1 ½ cups

Method

1. Preheat oven to 400°F.
2. Melt the butter in a sauté pan over medium heat until it starts to bubble. Add the shallots and garlic. Sweat until translucent, 4 to 5 minutes.
3. Add the spinach, nutmeg, and dill. Sauté until the spinach is wilted, 1 to 2 minutes. Transfer the mixture to a stainless-steel bowl. Cool to room temperature.
4. Add the egg, feta, and mozzarella cheese. Season with salt and pepper to taste. Mix to combine. Cover and refrigerate until needed.
5. Lay 1 sheet of phyllo dough on a cutting board. Brush it lightly with melted butter. Place another sheet directly onto the buttered sheet and brush it lightly with butter. Repeat to form a stack of 3. Repeat the process until there are 8 stacks of phyllo dough, each 3 layers thick.
6. Cut each stack of dough lengthwise into 6 even strips. Spoon 1 teaspoon of spinach filling onto the bottom right corner of each strip. Fold the bottom right corner of a strip diagonally to the left side of the strip to create a triangle of dough encasing the filling. Fold the bottom left point of the dough up along the left side to seal the filling. (see Chef demo)
7. Fold the bottom left corner of the dough diagonally to the right side of the dough to form a triangle. Fold the bottom right point up along the right edge of the dough. Repeat until the end of the strip is reached. It will be a triangle of layered phyllo dough with the filling wrapped inside. Repeat with each strip.
8. Put the triangles on parchment-lined sheet pans. Brush each with melted butter.
9. Bake in the preheated oven until golden brown, 15 to 20 minutes. Serve immediately.

BACON-WRAPPED SHRIMP WITH ASIAN BARBECUE SAUCE

Yield: 20 skewers

Ingredients	Amounts
Skewer, bamboo, small	20 ea.
Coconut, unsweetened, desiccated	3 Tbsp.
Shrimp, U-15, peeled	20 ea.
Salt, kosher	$\frac{2}{3}$ tsp.
Pepper, black, ground	$\frac{1}{4}$ tsp.
Pineapple, chunks	20 wt. oz.
Pork, bacon, blanched, halved	2 lb.
Barbecue Sauce (Recipe follows)	3 cups
Scallion (Green onion), sliced	$\frac{3}{4}$ cup

Method

1. Soak the skewers in water for 30 minutes to prevent them from burning during cooking.
2. Preheat oven to 400°F.
3. In a dry skillet over medium heat, toast the coconut until evenly browned, about 5 minutes. Reserve.
4. To de-vein the shrimp, lay the shelled shrimp on a work surface, with the curved outer edge on the same side as your cutting hand. Slice into the shrimp, making a shallow cut. Use the tip of the knife to scrape out the vein, discard.
5. Season the shrimp with salt and pepper.
6. To assemble the skewers, place a piece of pineapple onto each shrimp and wrap with one piece of bacon. Place the skewer through the shrimp to keep the bacon and pineapple attached (see Chef demo). Arrange on a sheet pan in a single layer and reserve.
7. Chop the remaining pineapple into small pieces and reserve it for the sauce.
8. Brush about 1 teaspoon of the Asian Barbecue Sauce over each skewer.
9. Bake the shrimp in the preheated oven until fully cooked, 8 to 10 minutes.
10. Remove from the oven and neatly arrange on serving platters. Ladle the sauce over top. Garnish with the reserved toasted coconut and sliced green onions.

Note: Do not prepare the skewers too far in advance as the pineapple will cook (denature) the shrimp.

ASIAN BARBECUE SAUCE

Yield: 3 cups

Ingredients	Amounts
Oil, olive, pure	2 tsp.
Onion, yellow, diced	$\frac{2}{3}$ cup
Celery, diced	$\frac{2}{3}$ cup
Garlic, clove, chopped	1 ea.
Pineapple, small diced	$\frac{2}{3}$ cup
Vinegar, rice	4 tsp.
Ketchup	3 fl. oz.
Chili sauce	3 fl. oz.
Plum sauce	3 Tbsp.
Soy sauce, tamari	4 tsp.
Worcestershire sauce	1 $\frac{1}{2}$ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the oil in a saucepan over medium-low heat. Add the onions, celery, and garlic. Sweat until softened, but not browned, 3 to 4 minutes.
2. Add the pineapple, vinegar, ketchup, chili sauce, plum sauce, soy sauce, and Worcestershire sauce. Bring to a simmer and cook until the sauce thickens to the desired consistency, about 15 minutes. Add water, if necessary, to thin the sauce.
3. Adjust the seasoning with salt and pepper to taste.

BREADED GREEN OLIVES STUFFED WITH SAUSAGE

Yield: 30 pieces

Ingredients	Amounts
Olive, green, pitted, in brine	30 ea.
Sausage, Italian, casing removed	½ lb.
Egg, yolk	1 ea.
Cheese, Parmigiano-Reggiano, grated	1 wt. oz.
Nutmeg, fresh, grated	⅛ tsp.
Flour, all-purpose	1 ½ cups
Egg, whole, beaten	6 ea.
Breadcrumbs, fresh	1 ½ cups
Oil, vegetable	as needed

Method

1. In a medium bowl of water, place the olives. Soak for 15 minutes. Strain in a colander. Pat dry with paper towels. Reserve.
2. In a food processor, combine the sausage, egg yolk, Parmigiano-Reggiano, and nutmeg. Blend to form a paste-like consistency.
3. Transfer the mixture to a pastry bag fitted with a large tip. Fill each olive with the sausage paste.
4. Dredge the olives in flour, then place in the beaten egg, and the breadcrumbs. Refrigerate the coated olives for at least 2 hours or overnight.
5. Preheat the deep fryer or a large pot filled halfway with oil to 350°F.
6. Fry 10 olives at a time until golden. Drain on paper towels. Serve immediately.

Note: Fresh chorizo can be substituted for the Italian sausage.

Adapted from: *Italy Anywhere* by Lori De Mori, Jean-Louis De Mori, and Antonio Tommasi

BEEF SATÉ WITH PEANUT SAUCE

Yield: 30 skewers

Ingredients	Amounts
Skewer, bamboo, 6-inch length	30 ea.
Beef, tenderloin, very thinly sliced	2 lb.
Soy sauce	1/4 cup
Cilantro, leaves, fresh, coarsely chopped	2 Tbsp.
Oil, sesame	2 Tbsp.
Garlic, chopped	4 tsp.
Ginger, fresh, minced	2 tsp.
Curry powder	2 tsp.
Chile, Thai bird's eye, small, crushed	1 ea.
Lemongrass, fresh, minced (Optional)	1 Tbsp.
Peanut Sauce (Recipe follows)	1 pt.

Method

1. Soak the skewers in water for 30 minutes to prevent them from burning when cooking.
2. For the marinade, in a large bowl, combine the soy sauce, cilantro, sesame oil, garlic, ginger, curry powder, chile, and lemongrass.
3. Add the beef to the marinade. Toss to coat. Cover and refrigerate for at least 1 hour.
4. Remove the meat from the marinade and wipe off any excess. Weave the slices of meat onto the skewers (see Chef demo).
5. Sear on a hot grill, or broil until medium-rare, about 1 minute per side.
6. Serve with the warm Peanut Sauce.

Note: Sirloin tips can be substituted for the beef tenderloin.

PEANUT SAUCE

Yield: 1 pint

Ingredients	Amounts
Peanuts, raw, whole	1 cup
Peanut, butter	1 cup
Garlic, minced	2 Tbsp.
Chile, jalapeño, fresh, minced	4 tsp.
Sugar, granulated	1 Tbsp.
Chile, cayenne, ground	1/8 tsp.
Lime, juice, fresh	1/2 cup
Soy sauce	1/2 cup
Oil, peanut	1/2 cup
Water	1/2 cup
Cilantro, leaves, fresh, chopped	2 1/2 Tbsp.

Method

1. In a small, dry, skillet over medium heat, place the peanuts in an even layer. Toast, until lightly browned and aromatic, about 5 minutes. When cool enough to handle, roughly chop the peanuts. Reserve.
2. In a small saucepan over medium heat, combine the peanut butter, garlic, jalapeño, sugar, cayenne, lime juice, soy sauce, peanut oil, and water. Bring it to a boil, stirring frequently.
3. Lower the heat and simmer for 2 to 3 minutes. Adjust the consistency with water, if needed.
4. Remove the pan from the heat. Add the cilantro. Stir to incorporate.
5. Garnish with the reserved chopped, toasted peanuts. Serve warm.

SHRIMP EMPANADAS

Yield: 12 portions

Ingredients	Amounts
Flour, all-purpose	3 cups
Salt, kosher	1 tsp.
Sugar, granulated	1 tsp.
Butter, unsalted, cold, cubed	1 cup
Beer, cold	½ cup
Butter, unsalted	1 ½ Tbsp.
Onion, yellow, minced	1 cup
Garlic, minced	2 tsp.
Tomato, plum (Roma), chopped	½ cup
Parsley, leaves, flat-leaf, fresh, chopped	1 Tbsp.
Paprika, smoked	¼ tsp.
Cumin, ground	¼ tsp.
Clove, ground	⅛ tsp.
Pepper, black, ground	¼ tsp.
Shrimp, 26-30, finely chopped	½ lb.
Egg, whole, beaten	1 ea.
Oil, vegetable	as needed

Method

1. For the dough, in a large bowl, place the flour, salt, and sugar. Mix to combine. Work in the butter until the mixture resembles coarse crumbs.
2. Add the beer. Mix until a smooth dough forms. Transfer the dough to the refrigerator. Reserve.
3. For the filling, in a medium skillet, melt the butter over medium-low heat. Add the onions and garlic. Sweat until soft, about 10 minutes.
4. Add the tomatoes, parsley, paprika, cumin, cloves, and pepper. Cook until the tomatoes are soft and the liquid has evaporated, about 15 minutes.
5. Add the shrimp. Cook until they are pink, 1 to 2 minutes. Adjust the seasonings to taste. Cool to room temperature.
6. To form the empanadas, roll the reserved dough out on a floured surface. Cut it into twelve 4-inch rounds. Brush the edges with the beaten egg. Fill with the cooled shrimp mixture, fold, and seal the edges (See Chef demo).
7. Preheat the deep fryer to 350°F.
Working in batches, fry the empanadas until golden brown, 3 to 4 minutes. Serve hot.

Note: Lard can be substituted for the butter. Instead of frying, the empanadas can be baked in a 375°F oven for 12 to 15 minutes.

TOMATO CONCASSÉ

Yield: 8 ounces

Ingredients	Amounts
Tomato, plum (Roma), whole	4 ea.
Salt, kosher	½ Tbsp.

Method

1. Cut an X into the bottom of the tomato.
2. Bring a pot of water to a rolling boil. Drop a tomato into the water. Cook for 10 to 15 seconds, depending on the ripeness of the tomato.
3. Remove the tomato with a slotted spoon. Immediately plunge it into an ice water bath to halt the cooking process. Repeat the process with each tomato.
4. When the tomatoes have cooled, peel and discard the skin.
5. Halve each tomato lengthwise.
6. Gently squeeze or scoop out seeds and discard.
7. Small dice the flesh.

MANCHEGO CHEESE WITH CATALAN TOMATO BREAD

Yield: 24 pieces

Ingredients	Amounts
Bread, sourdough, rustic, slice	24 ea.
Tomato , plum (Roma), large	1 ½ lb.
Oil, olive, extra virgin, Spanish	to taste
Salt, kosher	to taste
Cheese, Manchego, sliced	12 oz.

Method

1. Preheat oven to 350°F.
2. Arrange the bread slices on parchment-lined sheet pans. Toast, in the preheated oven, until lightly browned and crisp, 5 to 10 minutes. Reserve.
3. Cut the tomatoes in half. Place a grater over a large mixing bowl. Rub the open face of the tomatoes onto the grater until all the flesh is grated. Discard the skin.
4. Add a liberal amount of olive oil to the grated tomato. Season with salt to taste.
5. Spoon the tomato-oil mixture onto the toast.
6. Place a slice of cheese on top, drizzle with a little more oil, and serve.

Note: Traditionally, the open face of the halved tomatoes are rubbed into the toast until the flesh is absorbed.

Source: Tapas: A Taste of Spain in America by José Andrés

CALIFORNIA ROLLS

Yield: 10 rolls

Ingredients	Amounts
Rice, short-grain	5 $\frac{2}{3}$ cups
Water	6 $\frac{1}{3}$ cups
Vinegar, rice	$\frac{2}{3}$ cup
Sugar, granulated	4 $\frac{1}{2}$ Tbsp.
Salt, kosher	1 $\frac{1}{2}$ Tbsp.
Seaweed (<i>Nori</i>), sheet	10 ea.
Vinegar, rice	2 Tbsp.
Water	2 cups
Avocado, julienned	1 ea.
Cucumber, English, seeded, julienned	1 ea.
Crab stick (<i>Surimi</i>), cut into thin strips	$\frac{1}{2}$ lb.
Ginger, pickled	as needed
Wasabi	as needed
Soy sauce	as needed

Method

1. Place the rice in a large pot. Rinse the rice at least three times, until the water is mostly clear. Drain completely.
2. Add the water. Bring it to a boil over medium heat. Cover the pot, lower the heat, and simmer until the rice is tender but still firm to the bite (*al dente*), about 35 minutes.
3. Transfer the cooked rice onto a sheet pan, spread in an even layer. Cover with plastic wrap, and cool to room temperature. Reserve.
4. In a small sauté pan, place the vinegar, sugar, and salt. Whisk to combine. Bring it to a simmer over medium heat. Do not allow it to boil. Cook, until the salt and sugar have completely dissolved, about 4 minutes. Cool to room temperature.
5. Pour the vinegar mixture over the reserved rice. Toss with a wooden spoon until the vinegar is thoroughly dispersed and the rice takes on a glossy sheen.
6. Place a bamboo sushi-rolling mat on a cutting board. Place 1 sheet of nori on top.
7. In a medium bowl, combine the rice vinegar and water. Dip your hands in the mixture and scoop out a portion of the rice, this will help prevent the rice from sticking.
8. Spread the rice evenly over the nori sheet, leaving a $\frac{1}{2}$ -inch band along one of the long sides of the sheet. (See Chef demo)
9. Place a portion of the avocado, cucumber, and crabmeat on the rice across the long edge of the nori sheet. Roll it up carefully. Brush the exposed strip of nori with rice vinegar and press to seal. Repeat this process with the remaining ingredients.
10. Cut each roll crosswise into 8 even pieces. Serve with the pickled ginger and wasabi paste mixed with soy sauce.

CRISPY SCALLION PANCAKES WITH DIPPING SAUCE

Yield: 30 portions

Ingredients	Amounts
Flour, all-purpose	5 $\frac{2}{3}$ cups
Water, boiling	1 $\frac{1}{2}$ pt.
Soy sauce	1 cup
Scallion (Green onion), thinly sliced	1 cup
Vinegar, Chinese	1 cup
Ginger, fresh, minced	2 Tbsp.
Garlic, minced	1 tsp.
Sugar, granulated	4 tsp.
Oil, sesame, dark	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Scallion (Green onion), sliced	1 $\frac{1}{2}$ cups
Oil, peanut	1 $\frac{1}{2}$ cups

Method

1. For the dough, sift the flour into a large bowl. Add the water. Mix to form a dough like consistency. Knead until smooth, about 5 minutes. Cover and set aside at room temperature for 20 minutes.
2. For the dipping sauce, in a small bowl, combine the soy sauce, scallions, vinegar, ginger, garlic, and sugar. Mix well. Reserve.
3. Divide the dough into 15 parts, then roll each into a thin rectangle. Brush each rectangle with a small amount of the sesame oil. Season with salt and pepper to taste.
4. Cover each rectangle with a layer of sliced green onions. Take one end and roll into a spiral coil. Roll this spiral shape flat into a pancake. This rolling technique gives the dough design and lightness. (See Chef demo.)
5. Heat the peanut oil in a non-stick skillet over medium heat. Add the dough. Pan-fry each pancake until evenly brown and crispy on both sides, about 3 minutes per side. Drain well on paper towels.
6. Cut each pancake into quarters. Serve with the reserved dipping sauce.

RISOTTO CROQUETTES WITH FONTINA

Yield: 30 croquettes

Ingredients	Amounts
Butter, unsalted	¼ cup
Onion, yellow, diced	2 Tbsp.
Rice, arborio	2 ½ cups
Wine, white, dry	1 cup
Stock, chicken, hot	1 qt.
Cheese, Parmigiano-Reggiano, grated	1 ⅓ cups
Salt, kosher	to taste
Cheese, fontina, small diced	1 lb.
Flour, all-purpose	1 cup
Egg, whole, beaten	2 ea.
Milk, whole	4 Tbsp.
Breadcrumbs	1 cup
Oil, vegetable	as needed
Tomato, plum (Roma), med. diced	1 ½ cups
Thyme, fresh, finely chopped	as needed
Basil, sweet, leaves fresh, finelychopped	as needed

Method

1. Heat the butter in a sauté pan over medium heat. Add the onions. Sweat, until translucent, 3 to 4 minutes.
2. Add the rice. Stir to coat evenly with the butter.
3. Add the wine. Lower the heat, and simmer until all the liquid is absorbed by the rice, 3 to 4 minutes.
4. Add the chicken stock in three increments, making sure the rice absorbs nearly all the liquid before adding more. Stir constantly until all the stock has been absorbed, and rice is tender but still firm to the bite (*al dente*), about 18 minutes.
5. Add the Parmesan cheese. Season with salt to taste.
6. Transfer the risotto to a sheet pan, spread it out in an even layer. Cool completely.
7. Divide the risotto into 30 portions and shape into balls. Make an indent in the center of each ball. Place a cube of the Fontina cheese into the indent. Mold the risotto around the cheese.
8. For the egg wash, whisk together the egg and milk.
9. Coat (dredge) the croquettes in flour, shaking off any excess. Dip the dredged croquettes in the egg wash, then roll them in the breadcrumbs.

10. Preheat a large pot filled halfway with oil, or a deep fryer to 350°F.
11. Working in batches, deep-fry the croquettes until golden brown, 3 to 4 minutes.
Remove from the oil. Place on a wire rack to drain.
12. Garnish with the diced tomatoes, thyme, and basil.

Note: This recipe works best when the risotto is prepared a day in advance. Other fillings can be used in place of Fontina, such as cooked sausage, seafood, vegetables, or toasted almonds.

GRILLED VEGETABLE ANTIPASTI

Yield: 10 portions

Ingredients	Amounts
Bread, baguette, ¼-in. sliced	1 ea.
Oil, olive, pure	½ cup
Vinegar, balsamic	¼ cup
Lemon, juice, fresh	2 Tbsp.
Garlic, minced	2 Tbsp.
Basil, sweet, leaves, fresh, minced	2 Tbsp.
Parsley, leaves, flat-leaf, fresh, minced	2 Tbsp.
Oregano, fresh, minced	2 Tbsp.
Thyme, fresh, minced	½ tsp.
Salt, kosher	½ tsp.
Red pepper flakes	½ tsp.
Eggplant, sliced lengthwise ½ in.	8 wt. oz.
Zucchini, sliced lengthwise ½ in.	8 wt. oz.
Squash, yellow, sliced lengthwise ½ in.	8 wt. oz.
Onion, red, peeled, ½-in. rings	1 ea.
Pepper, bell, yellow, halved	1 ea.
Tomato Marmalade (from Day One)	as needed

Method

1. Preheat the grill to medium-high heat. Place the bread slices on top. Grill until lightly charred with marks, about 1 minute per side. Remove and reserve.
2. For the marinade, in a large bowl, place the oil, vinegar, lemon juice, garlic, basil, parsley, oregano, thyme, salt, and red pepper flakes. Whisk to combine.
3. Add the eggplant, zucchini, squash, onions, and pepper. Toss to coat the vegetables with the marinade. Marinate for 1 hour.
4. Working in batches, grill the vegetables until marked and tender, about 3 minutes per side. Remove with tongs and place on a platter to cool slightly.
5. Drizzle the vegetables with the Tomato Marmalade.
6. Serve with the reserved grilled bread slices.

FISH AND SHELLFISH CEVICHE

Yield: 10 portions

Ingredients	Amounts
Corn, kernels	1 cup
Shrimp, 16-20, peeled	½ lb.
Scallop, sea, small diced	½ lb.
Bass, sea, fillet, small diced	½ lb.
Chile, Fresno, minced	1 ea.
Onion, red, minced	½ ea.
Lime, juice, fresh	½ cup
Salt, kosher	as needed
Pepper, black, ground	to taste
Cilantro, leaves, fresh, chopped	3 Tbsp.
Tortilla Chips (Recipe follows)	64 chips

Method

1. Preheat oven to 400°F.
2. On a parchment-lined half sheet pan, spread the corn in an even layer. Roast in the preheated oven until lightly browned, about 10 minutes. Cool and reserve.
3. To de-vein the shrimp, lay the shelled shrimp on a work surface, with the curved outer edge of the shrimp on the same side as your cutting hand. Slice into the shrimp, making a shallow cut. Use the tip of the knife to scrape out and discard the vein, or intestinal tract.
4. Small dice the shrimp.
5. In a large bowl, combine the shrimp, scallops, sea bass, corn, chile, onion, lime juice, salt, and pepper. Toss gently to combine. Macerate until the seafood becomes opaque, about 30 minutes.
6. Just before service, add the cilantro. Adjust seasonings with lime juice, salt, and pepper to taste.
7. Serve with the tortilla chips.

Note: A red jalapeño chile can be substituted for the Fresno chile.

TORTILLA CHIPS

Yield: 64 chips

Ingredients	Amounts
Oil, vegetable	as needed
Tortilla, corn	16 ea.
Salt, kosher	to taste

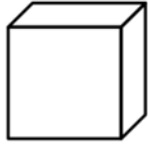
Method

1. Preheat the oil in a deep fryer to 350°F.
2. Cut the tortillas into quarters.
3. Working in batches, fry the tortilla pieces, stirring continuously, until crisp, about 3 minutes.
4. Remove the tortillas from the oil with a slotted spoon or spider. Drain well on paper towels.
5. Season lightly with salt to taste.

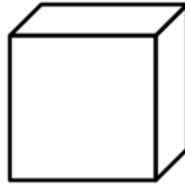
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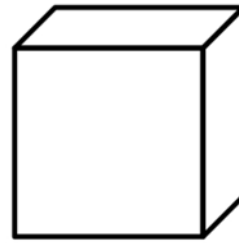
BASIC KNIFE CUTS



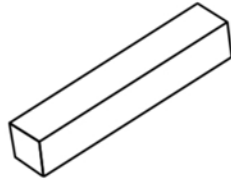
Small Dice
1/4" cube



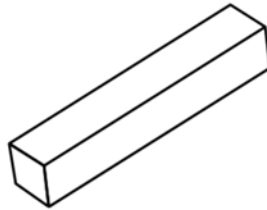
Medium Dice
1/2" cube



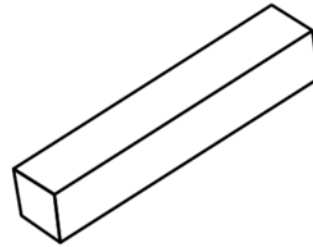
Large Dice
3/4" cube



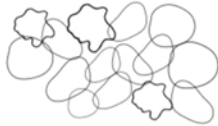
Fine Julienne
1/16" sq x 2 inch



Julienne
1/8" sq x 2 inch



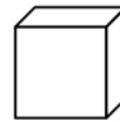
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



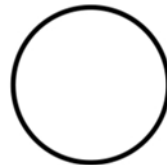
Chop
1/8"-1/4" cube



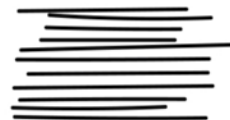
Brunoise
1/8" cube (fine dice)



Bias
diagonal cut



Rondelle
1-8"-1/2" round



Chiffonade
rolled, sliced thin

CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

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

METRIC CONVERSION TABLE

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

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

TEMPERATURE EQUIVALENCIES

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

US CUSTOMARY LIQUID VOLUME CONVERSIONS

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

US TO METRIC DRY MEASURES CONVERSIONS

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

VOLUME MEASURE CONVERSIONS

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

RECIPE YIELD

Original	Cut in Half	Cut in Third
1 cup	½ cup	⅓ cup
¾ cup	6 Tbsp.	¼ cup
⅔ cup	⅓ cup	3 Tbsp. + 1 ½ tsp.
½ cup	¼ cup	2 Tbsp. + 2 tsp.
⅓ cup	2 Tbsp. + 2 tsp.	1 Tbsp. + 1 ¼ tsp.
¼ cup	2 Tbsp.	1 Tbsp. + 1 tsp.
1 Tbsp.	1 + ½ tsp.	1 tsp.
1 tsp.	½ tsp.	⅓ tsp.
½ tsp.	¼ tsp.	⅛ tsp.
¼ tsp.	⅛ tsp.	dash

These materials were developed at the Culinary Institute of America.

Hors d'oeuvre Boot Camp Course Guide v.230.docx

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