



# Culinary Institute of America

## **MARINE HOTEL ASSOCIATION CULINARY PROFESSIONAL DEVELOPMENT PROGRAM**



Culinary Institute of America, Singapore

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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,

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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

# PRODUCTION MATRIX

Item	Monday	Tuesday	Wednesday	Thursday
BBQ Brisket	Rub	Smoke	Serve	
Kassler	Brine	Brine/ Dry	Smoke	Serve
Smoked Salmon	Cure	Rinse/ Dry	Cold Smoke/ Add Topping	Serve
Carolina Pork	Marinate	Smoke/ Serve		
Gravalax	Cure	Overhaul	Overhaul	Serve
Pastrami	Cure	Cure	Rub	Smoke/ Serve
Duck Confit	Cure	Cure	Cook	Serve
BBY Back Ribs	Marinate	Grill/ Serve		
Salmon Rillet	Cook	Serve		
Duck Bacon	Cure	Hot Smoke/ Serve		
KC Ribs	Marinate	Smoke/ Serve		
Pork Rillet	Cook	Serve		
Asian Pork Ribs	Cook/ Serve			
Corned Beef	Cure	Cure	Cure	Cook/ Serve
Greek Sausage	Grind/ Serve			
SW Green Chile	Grind/ Serve			
Breakfast		Grind/ Stuff	Serve	
Chorizo		Grind/ Stuff/ Dry	Smoke/ Serve	
Hot Italian		Grind/ Stuff	Serve	
Italian w/ Peppers		Grind/ Stuff	Serve	
Andouille		Grind/ Stuff/ Dry	Smoke	Serve
Duck Terrine		Marinate	Grind/ Bake	Serve
Duck Sausage		Grind / patty	Serve	
Lamb Sausage		Grind / patty	Serve	
Pate Grand Mere		Marinate	Grind/ bake	Serve
Low Fat Italian		Grind/ Cook/ Serve		
Pate Compagne			Grind / Bake	Serve
Italian w/ Cheese			Grind/ Stuff/ serve	
Garlic			Grind / Stuff	Smoke/ Serve
<b>Additional Meal Items</b>	Cornbread Salad	Pasta/ Salad	Rice/ Salad	Plant Forward Production

# DAYS 1-2: TEAM PRODUCTION ASSIGNMENTS

## TEAM ONE

Barbequed Brisket of Beef  
Pork Loin Kassler  
Cold Smoked Salmon  
Pork Ribs with Asian-Style Barbeque Sauce  
Cornbread

## TEAM TWO

Carolina Barbequed Pork  
Gravlax  
Pastrami  
Confit of Duck  
Greek Sausage

## TEAM THREE

Grilled Baby Back Pork Ribs with Mustard-Bourbon Sauce  
Dilled Salmon Rillettes Canapé  
Duck Breast Bacon  
Salad

## TEAM FOUR

Kansas City Spareribs  
Pork Rillettes with Toast Points  
Corned Beef  
Southwestern Green Chile Sausage

# BARBEQUED BRISKET OF BEEF

*Yield: 1 brisket*

<b>Ingredient</b>	<b>Amount</b>
Beef, brisket, trimmed	1 ea.
Sugar, brown, dark	4 wt. oz.
Paprika	4 wt. oz.
Sugar, granulated	3 ½ wt. oz.
Salt, kosher	2 ¼ wt. oz.
Cumin, ground	2 wt. oz.
Chili powder	2 wt. oz.
Pepper, black, ground	1 wt. oz.
Barbeque Sauce (Recipe follows)	28 oz.

## **Method**

1. For the dry rub, in a small bowl, combine the brown sugar, paprika, sugar, salt, cumin, chili powder, and pepper. Mix well.
2. Rub the dry rub over the entire surface of the brisket.
3. Slow cook the brisket in the smokehouse on a rack, 12 to 14 hours.
4. After smoking, wrap the brisket in plastic and rest for 30 minutes.
5. Remove the plastic, slice the brisket, and serve with the Barbeque Sauce.

# BARBEQUE SAUCE

*Yield: 28 ounces*

<b>Ingredient</b>	<b>Amount</b>
Butter, unsalted	1 Tbsp.
Chili powder	½ wt. oz.
Onion, yellow, minced	4 wt. oz.
Garlic, minced	1 Tbsp.
Chile, jalapeño, minced	1 Tbsp.
Tomato, purée	15 wt. oz.
Coffee	4 fl. oz.
Apple, cider	4 fl. oz.
Worcestershire sauce	2 wt. oz.
Vinegar, cider	2 fl. oz.
Sugar, brown	1 wt. oz.
Orange, juice, concentrate (Optional)	1 fl. oz.

## **Method**

1. Melt the butter in a sauté pan over medium heat. Add the chili powder. Sauté for 30 seconds.
2. Add the onions, garlic, and jalapeño. Cook for 3 minutes.
3. Add the tomato purée, coffee, apple cider, Worcestershire sauce, cider vinegar, brown sugar, and orange juice (if using). Simmer until slightly thickened, 20 to 30 minutes.

# PORK LOIN KASSLER

*Yield: 1 pork loin*

<b>Ingredients</b>	<b>Amounts</b>
Water	3 gal.
Salt, kosher	see note
Sugar, granulated	see note
T.C.M.	see note
Seasoning (Optional)	as needed
Pork, loin, bone in	1 ea.

## **Method**

1. For the brine, in a non-corrosive container, place the water, salt, sugar, T.C.M., and seasoning. Mix until dissolved.
2. Immerse the pork loin in the brine. Refrigerate. Soak for 2 days.
3. Remove the pork loin from the brine. Refrigerate overnight to form a pellicle.
4. Smoke the pork loin. Hot smoke at 300°F to 155°F internal temperature.

**Note:** Brine ingredient quantities are based on the following calculations:

- Salt = Water weight + pork loin weight x 3%
- Sugar = Water weight + pork loin weight x 1 ½%
- T.C.M. = Water weight + pork loin weight x ½%

# COLD SMOKED SALMON

*Yield: 1 fillet*

<b>Ingredients</b>	<b>Amounts</b>
Salt, kosher	8 wt. oz.
Sugar, granulated	4 wt. oz.
Onion, powder	1 1/2 tsp.
Clove, ground	3/4 tsp.
Bay leaf, ground	3/4 tsp.
Mace, ground	3/4 tsp.
Allspice, ground	3/4 tsp.
Salmon, pin bones removed, fillet	1 lb.

## **Method**

1. For the dry cure, in a small bowl, place the salt, sugar, onion powder, cloves, bay leaf, mace, and allspice. Mix well to combine.
2. In a hotel pan, place the salmon fillet. Sprinkle the cure over the entire surface of the fish.
3. Cure in the refrigerator for 8 hours.
4. Gently wash off the cure. Transfer the salmon to a rack. Air dry, uncovered, in the refrigerator overnight to form pellicle.
5. Cold smoke for 6 to 8 hours.

# PASTRAMI SALMON CURE

*Yield: 1 fillet*

<b>Ingredients</b>	<b>Amounts</b>
Cilantro, bunch, fresh	2 ea.
Parsley, flat-leaf, bunch, fresh	1 ea.
Shallot	8 wt. oz.
Onion, yellow	8 wt. oz.
Salmon, pin bones removed, fillet	1 lb.
Molasses	½ cup
Chile, cayenne, ground	2 Tbsp.
Bay leaf	5 ea.
Coriander seeds	4 Tbsp.
Paprika	4 Tbsp.
Pepper, black, cracked	4 Tbsp.

## **Method**

1. In a blender, place the cilantro, parsley, shallot, and onion. Purée. Apply the mixture liberally to the sides of the salmon. Wrap in cheesecloth and rest overnight.
2. Wipe off the herb mixture from the salmon. Blot dry with paper towels.
3. Lightly coat the salmon with the molasses.
4. For the spice mix, using a spice grinder, combine the cayenne, bay leaf, coriander, paprika, and cracked black pepper.
5. Season the salmon heavily with the ground spice mix.
6. Refrigerate uncovered for at least 12 hours.

# BEET AND HORSERADISH SALMON CURE

*Yield: 1 fillet*

<b>Ingredients</b>	<b>Amounts</b>
Salmon, pin bones removed, fillet	1 lb.
Horseradish	3 lb.
Beets, peeled, grated, juice included	2 lb.
Sugar, granulated	1 Tbsp.
Salt, kosher	2 Tbsp.

## **Method**

1. Score the skin of the salmon. Place it on a large piece of cheesecloth.
2. For the cure ingredients, in a large bowl, place the horseradish, beets, sugar, and salt. Mix well to combine.
3. Pack the cure evenly over the salmon fillet. The layer should be slightly thinner where the fillet tapers to the tail.
4. Wrap the salmon loosely in the cheesecloth. Transfer to a hotel pan.
5. Refrigerate for up to 3 days to cure.
6. Gently scrape off the cure, slice, and serve.

**Variation:** beet and orange salmon: Substitute the zest and pulp from 6 oranges for the horseradish.

# PORK RIBS WITH ASIAN-STYLE BARBECUE SAUCE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Garlic, clove, finely minced	15 ea.
Scallion (Green onion), minced	1 ½ wt. oz.
Cilantro, fresh, chopped	1 wt. oz.
Hoisin sauce	14 ¾ wt. oz.
Honey	9 wt. oz.
Plum sauce	7 ½ wt. oz.
Oyster sauce	5 ⅛ wt. oz.
Sesame seeds, toasted	4 Tbsp.
Soy sauce	3 Tbsp.
Sherry, dry	3 Tbsp.
Oil, sesame, dark	1 ½ Tbsp.
Asian chile sauce	1 ½ Tbsp.
Lemon, zest	1 ½ Tbsp.
Orange, zest	1 ½ Tbsp.
Ginger, fresh, finely minced	2 wt. oz.
Curry powder (Optional)	1 Tbsp.
5-spice powder (Optional)	¾ tsp.
Pork, baby back ribs, slab	4 ea.

## **Method**

1. For the sauce, in a large bowl, place the garlic, scallion, cilantro, hoisin sauce, honey, plum sauce, oyster sauce, sesame seeds, soy sauce, sherry, sesame oil, chile sauce, lemon zest, orange zest, and ginger. If using, add the curry powder and 5-spice powder.
2. Remove the white membrane from the underside of the ribs. Add the ribs to the bowl with the sauce. Marinate overnight. Remove the ribs. Reserve the sauce for basting.
3. Preheat grill on highest heat. Preheat oven to 350°F.
4. Grill the ribs. Remove the ribs from the grill and place on a rack on top of a sheet pan.
5. Roast the ribs in the preheated oven until tender, about 45 minutes. Brush with the reserved sauce every 10 minutes.

# CORNBREAD

*Yield: 1 half sheet pan*

<b>Ingredients</b>	<b>Amounts</b>
Sugar, granulated	20 oz.
Salt, kosher	$\frac{3}{4}$ oz.
Cornmeal	10 oz.
Flour, bread	1 $\frac{1}{2}$ lb.
Baking powder	2 oz.
Egg, whole	9 oz.
Milk, whole	20 oz.
Oil, corn	12 oz.

## **Method**

1. Preheat oven to 350°F.
2. In a large bowl, place the sugar, salt, cornmeal, bread flour, and baking powder. Mix to combine.
3. In a separate large bowl, place the egg, milk, and corn oil. Mix to combine.
4. Mix the liquid ingredients into the dry ingredients. Stir until just smooth, being careful not to overmix.
5. Pour into a greased and papered half sheet pan.
6. Bake in the preheated oven until golden brown and springy, about 15 minutes.

# CAROLINA BARBEQUED PORK

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Honey	2 wt. oz.
Molasses	1 $\frac{7}{8}$ wt. oz.
Garlic, head, broken, unpeeled	$\frac{1}{2}$ ea.
Cumin seeds	1 Tbsp.
Coriander seeds	1 $\frac{1}{2}$ Tbsp.
Peppercorns, black	1 $\frac{1}{2}$ tsp.
Chile, dried	4 ea.
Bay leaf	1 ea.
Tomato, paste	1 $\frac{1}{2}$ Tbsp.
Tomato, plum (Roma), whole, peeled, with juice	24 wt. oz.
Vinegar, white, distilled	1 pt.
Water	1 pt.
Salt, kosher	$\frac{1}{4}$ wt. oz.
Pork, butt, boneless, untrimmed, 3 lb.	1 ea.
Bread, sandwich roll	6 ea.

## **Method**

1. For the barbeque sauce, in a large sauce pot, place the honey, molasses, garlic, cumin seeds, coriander seeds, peppercorns, chiles, and bay leaves. Cook, stirring occasionally, over medium-low heat for 30 minutes.
2. Add the tomato paste and tomatoes. Cook, stirring frequently to break up the tomatoes, for 15 minutes.
3. Stir in the vinegar, water, and salt. Simmer, uncovered, stirring occasionally, for at least 2 hours and up to 4 hours. The sauce will be thin.
4. Place the pork in a large container. Add enough sauce to the container to cover the pork (about half the sauce). Cover the container and refrigerate for at least 1 day, but preferably for 2 days. Turn the pork halfway through the marinating time.
5. Cool the remaining sauce, discarding any large pieces of garlic peel. Purée the sauce in a blender or food processor. Some spices will still be whole, and the sauce will be watery. Reserve it for basting and saucing the pork.
6. Heat smoker, oven, or gas grill to 200°F.
7. Place the marinated pork, fat side up, in smoker and close the lid (or place on rack in roasting pan or on grill). Smoke the pork for about 2 hours, then baste occasionally for up to 6 hours. The internal temperature must reach 150°F to 160°F.

8. Remove the pork from the heat. Let it rest until it is cool enough to handle. Chop and shred the pork by slicing across the grain in ½-inch slices or pulling it apart with a fork (it will come apart in chunks). Pick out any unrendered fat.
9. Toss the chopped pork with the reserved sauce. Serve warm in sandwich rolls with more sauce on the side.

Source: Adapted from *Fine Cooking Magazine*

# GRAVLAX

*Yield: 1 fillet*

<b>Ingredients</b>	<b>Amounts</b>
Sugar, granulated	7 1/8 wt. oz.
Salt, kosher	7/8 wt. oz.
Pepper, black, cracked	1 Tbsp.
Dill, bunch, fresh, chopped	1 ea.
Lemon, juice, fresh	1 Tbsp.
Fish, salmon, fillet, with skin, 3 lb.	1 ea.

## **Method**

1. On day one, in a medium bowl, place the sugar, salt, pepper, dill, and lemon juice. Mix to combine. Reserve.
2. Slit the salmon skin to just score several times.
3. In a 2-inch deep hotel pan, place half of the cure mixture on the bottom. Add the scored salmon on top of the cure mixture, skin side down. Pack the remaining half of the cure mixture on the flesh side. Refrigerate overnight.
4. On day two, overhaul the salmon. If needed, mix more cure and pack onto the salmon. Refrigerate overnight.
5. On day three, remove the salmon from the cure. Rinse, slice, and serve.

# PASTRAMI

*Yield: 1 brisket*

<b>Ingredients</b>	<b>Amounts</b>
Coriander seeds	2 wt. oz.
Pepper, black, cracked	2 wt. oz.
Water	2 qt.
Ice	8 lb.
Salt, kosher	1 ¼ lb.
Sugar, granulated	5 wt. oz.
T.C.M.	3 ½ wt. oz.
Garlic, clove, mashed	3 ea.
Pickling spice, crushed	1 Tbsp.
Beef, brisket	1 ea.

## **Method**

1. On Day 1, for the spice rub, in a food processor or blender, grind the coriander seeds and pepper to a medium fine consistency. Hold until day 3.
2. For the brine, in a large pot, place the water, salt, sugar, T.C.M., garlic, and pickling spice. Bring it to a boil.
3. Add the ice. Chill. Mix until dissolved.
4. Trim the external fat of the brisket 1/16-inch thick. Pump the brisket with the brine, 10% of its weight. Cure for 3 days.
5. Rub the reserved spice rub over the external surface of the brisket. Cold smoke for 2 hours. Finish by hot smoking at 185°F until fork tender.

# CONFIT OF DUCK

*Yield: 3 pounds*

<b>Ingredients</b>	<b>Amounts</b>
Pepper, white, ground	4 wt. oz.
Ginger, ground	1 wt. oz.
Nutmeg, fresh, grated	1 wt. oz.
Clove, ground	2 tsp.
Salt, kosher	3 wt. oz.
T.C.M.	1 tsp.
Sugar, brown	2 wt. oz.
Garlic, clove, crushed	2 ea.
Peppercorns, black, crushed	10 ea.
Bay leaf, ground	½ tsp.
Thyme, leaf, fresh	1 tsp.
Duck, Long Island, legs	4 lb.
Duck, fat, rendered	2 qt.

## **Method**

1. For the 4-spice mix, in a small bowl, place the white pepper, ginger, nutmeg, and cloves. Mix to combine.
2. For the cure mix, in a medium bowl, place the 4-spice mix, salt, T.C.M., brown sugar, garlic, peppercorns, ground bay leaf, and thyme. Mix well to combine.
3. Rub the duck legs with the cure mix. Place the pieces in a container and place a weight on top. Allow them to sit overnight.
4. On day 2, turn the pieces over, return the weight, and allow them to sit again overnight.
5. On day 3, rinse the salt off and dry them with paper towels.
6. Heat the duck fat; add the duck pieces, and simmer slowly until the meat is cooked and tender, 2 ½ to 3 hours.
7. Remove the duck legs and chill. Store them immersed in cooking fat for up to several weeks.
8. When ready to use, remove the duck legs. Reserve fat for storage of the next confit.

**Note:** You may elect to cold smoke the meat between steps 3 and 4.

# GREEK SAUSAGE

*Yield: 4 pounds*

<b>Ingredients</b>	<b>Amounts</b>
Onion, yellow, finely chopped	6 wt. oz.
Garlic, finely chopped	½ tsp.
Bay leaf, ground	¼ tsp.
Oil, vegetable	as needed
Pork, butt, 20-30% fat, cubed	3 lb.
Salt, kosher	1 wt. oz.
Pepper, black, ground	⅛ wt. oz.
Oregano, dried	1 tsp.
Thyme, dried	½ tsp.
Allspice, ground	¼ tsp.
Chile, cayenne, ground	¼ tsp.
Red pepper flakes	¼ tsp.
Parsley, fresh, chopped	¼ wt. oz.
Water, very cold	3 fl. oz.
Caul fat (Optional)	¾ lb.

## **Method**

1. Heat the oil in a sauté pan over medium heat. Add the onions, garlic, and ground bay leaf. Cook until the onions are translucent. Chill thoroughly.
2. In a large bowl, place the chilled mixture, pork, salt, pepper, oregano, thyme, allspice, cayenne, red pepper flakes, parsley, and water. Mix well.
3. Grind the mixture through a ⅛-inch fine plate.
4. In the bowl of an electric mixer, place the meat mixture. Mix on low speed for 1 minute.
5. Mix on medium speed until the meat is sticky to the touch.
6. Portion the sausage meat into 3 oz. patties. If desired, wrap each patty in a piece of caul fat, folding the edges over the sausage.
7. Grill or sauté the sausage until it is browned and cooked through. Small pieces can also be baked on sheet pans.

**Note:** For links, stuff into casings.

# GRILLED BABY BACK PORK RIBS WITH MUSTARD-BOURBON SAUCE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Cumin, ground	2 Tbsp.
Chili powder	1 Tbsp.
Mustard, dry	1 Tbsp.
Salt, kosher	1 Tbsp.
Chile, cayenne, ground	1 ½ tsp.
Cardamom, ground	1 ½ tsp.
Cinnamon, ground	1 ½ tsp.
Oil, vegetable	1 Tbsp.
Scallion (Green onion), bunch, chopped	2 ea.
Onion, white, chopped	8 wt. oz.
Garlic, chopped	2 ½ Tbsp.
Sugar, brown, light	1 lb.
Ketchup	9 ½ wt. oz.
Mustard, Dijon, whole-grain	8 ½ wt. oz.
Tomato, paste	8 wt. oz.
Water	8 fl. oz.
Vinegar, cider	4 fl. oz.
Apple, juice	4 fl. oz.
Worcestershire sauce	4 wt. oz.
Chile, ancho, stemmed, seeded, chopped	1 ea.
Cumin, ground	1 Tbsp.
Bourbon	12 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Pork, baby back ribs	6 lb.

## **Method**

1. For the spice rub, in a small bowl, place the cumin, chili powder, mustard, salt, cayenne, cardamom, and cinnamon. Mix well to combine.
2. Rub the spice mixture over both sides of the ribs. Transfer to a sheet pan, cover, and refrigerate overnight.
3. For the mustard-bourbon sauce, heat the oil in heavy, large pot over medium-low heat. Add the scallions, onions, and garlic. Sauté until tender.

4. Add the sugar, ketchup, mustard, tomato paste, water, vinegar, apple juice, Worcestershire sauce, ancho, and cumin. Stir to combine.
5. Stir in the bourbon. Simmer, stirring occasionally, until thickened, about 1 hour. Season with salt and pepper to taste. Reserve 1 quart of the sauce to serve with the ribs. Use the remainder for brushing on the ribs while grilling.
6. Set the grill to medium.
7. Cut the rib racks into 4-rib sections. Grill, turning occasionally and brushing with sauce, until tender.
8. Transfer the ribs to a cutting board. Cut the rib sections between the bones into individual ribs.
9. Return the ribs to the grill. Cook until brown and crisp on the edges.
10. Serve with the mustard-bourbon sauce.

## DILLED SALMON RILLETTE CANAPÉ

*Yield: 2 pounds*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	8 wt. oz.
Fish, salmon, cut into 1-in. pieces	1 lb.
Wine, white, dry	6 fl. oz.
Shallot, minced	3 wt. oz.
Salt, kosher	1 ¼ wt. oz.
Pepper, white, ground	¼ tsp.
Dill, sprig, fresh, minced	3 ea.
Lemon, zest, finely chopped	1 tsp.

### **Method**

1. Melt the butter in a saucepan over low heat. Add the salmon, wine, shallots, salt, pepper, dill, and lemon zest. Turn down the heat to very low. Simmer slowly until the salmon is just cooked.
2. Remove the pan from the heat. Let it cool until the butter begins to firm.
3. Transfer the mixture to the chilled bowl of an electric mixer with the paddle attachment. Mix on medium speed until a smooth paste is formed.
4. Adjust the seasoning to taste.
5. Transfer the mixture to the desired molds. Refrigerate, covered, overnight.

# DUCK BREAST BACON

*Yield: 1 breast*

## Ingredients

Duck, breast  
Salt, kosher  
Sugar, brown  
T.C.M.

## Amounts

1 ea.  
2 wt. oz.  
1 <sup>3</sup>/<sub>4</sub> wt. oz.  
<sup>1</sup>/<sub>4</sub> tsp.

## Method

1. In a large container, place all the ingredients. Mix to combine. Cover.
2. Cure for 3 to 8 hours.
3. Rinse and dry the duck breast.
4. Hot smoke the duck breast to 165°F.

# KANSAS CITY SPARERIBS

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Sugar, brown, light	6 wt. oz.
Paprika	2 wt. oz.
Salt, kosher	2 ½ Tbsp.
Pepper, black, ground	2 ½ Tbsp.
Onion, powder	1 Tbsp.
Chile, cayenne, ground	½ tsp.
Butter, unsalted	2 wt. oz.
Celery, chopped	2 wt. oz.
Onion, yellow, chopped	2 wt. oz.
Ketchup	14 ½ wt. oz.
A-1 steak sauce	4 wt. oz.
Worcestershire sauce	3 ½ wt. oz.
Chili sauce	3 ½ wt. oz.
Honey	3 ½ wt. oz.
Vinegar, cider	2 fl. oz.
Worcestershire sauce	1 wt. oz.
Oil, vegetable	1 fl. oz.
Tabasco sauce	⅛ tsp.
Pork, spareribs	9 lb.
Charcoal, lump	8 lb.
Hickory chips, soaked in cold water	as needed

## **Method**

1. For the dry rub, in a small bowl, place the brown sugar, paprika, salt, pepper, onion powder, and cayenne. Mix to combine.
2. Spread  $\frac{3}{4}$  of the rub over the entire rib surface. Cover with plastic and refrigerate overnight. Store the remaining rub, covered, at room temperature.
3. For the barbeque sauce, heat the butter in a sauté pan over medium heat. Add the celery and onion. cook until the onion is translucent.
4. Add the ketchup, A1 Sauce, Escoffier sauce, chili sauce, honey, cider vinegar, Worcestershire sauce, vegetable oil, and Tabasco sauce. Simmer for 1 hour.
5. Use immediately or store in a non-corrosive container.
6. Unwrap the ribs and apply half of the remaining rub. Let it stand at room temperature for 30 minutes.

7. Prepare a smoker with some of the charcoal and wood chips, reserving the rest to add later as needed.
8. Sprinkle the remaining rub evenly over the ribs. Cover and cook in the smoker for 1 ¼ hours.
9. Brush the ribs generously with barbeque sauce. Cook until the meat is very tender and brown, about 30 minutes.
10. Transfer the ribs to a serving platter. Let them rest for 10 minutes. Cut the racks between the bones into individual ribs. Serve immediately.

# PORK RILLETTES WITH TOAST POINTS

*Yield: 2 ½ pounds*

<b>Ingredients</b>	<b>Amounts</b>
Parsley, stem, fresh	1 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, leaf, fresh	¼ tsp.
Garlic, clove	1 ea.
Pork, butt, very fatty, large diced	2 ½ lb.
Mirepoix, large diced	½ lb.
Stock, beef, white	as needed
Salt, kosher	⅔ wt. oz.
Pepper, black, ground	1 tsp.
Bread, white, slice, crust removed	8 ea.
Butter, salted, melted	2 Tbsp.
Pepper, black, ground	⅛ tsp.

## **Method**

1. For the sachet d'épices, on a square of cheesecloth, place the parsley stem, bay leaf, cracked peppercorns, thyme leaf, and garlic clove. Tie it into a bundle with cooking twine.
2. In a heavy saucepan, place the sachet, pork, and mirepoix. Add enough stock to almost cover. Simmer, covered, over low heat, until the meat is cooked and very tender, about 2 hours.
3. Remove the pork and transfer to a plate. Reserve the stock and rendered fat. Discard the mirepoix and sachet. Let the pork cool slightly.
4. Transfer the cooled pork to a chilled mixer bowl. Add the salt and pepper. Mix on low speed until the meat breaks into pieces and the mixture is spreadable, not runny or dry. Adjust the consistency by adding back some of the fat and stock. Adjust the seasoning to taste.
5. Divide the rillettes among earthenware molds no larger than 32 fl. oz. Ladle some of the reserved fat over them. Allow them to cool before serving. Score the fat for a decorative effect. The rillettes can be refrigerated for 2 to 3 weeks.
6. Preheat oven to 400°F.
7. For the toast points, brush one side of each bread slice with the butter. Season with pepper. Cut each slice into 4 triangles. Place the bread buttered side up on a baking sheet. Bake in the preheated oven until golden brown and toasted, 6 to 8 minutes.
8. Serve the rillettes with the toast points.

**Note:** Instead of simmering on the stovetop, the pork can be braised in a 350°F oven.

# CORNED BEEF

*Yield: 1 brisket*

<b>Ingredient</b>	<b>Amounts</b>
Water	2 qt.
Salt, kosher	1 lb.
Sugar, granulated	5 wt. oz.
T.C.M.	3 ½ oz.
Garlic, clove, mashed	3 ea.
Pickling spice, crushed	1 Tbsp.
Ice	8 lb.
Beef, brisket	1 ea.

## **Method**

1. In a large pot, place the water, salt, sugar, T.C.M., garlic, and pickling spice. Bring it to a boil.
2. Add the ice and chill. Mix until dissolved.
3. Trim the external fat of the brisket 1/16-inch thick. Pump the brisket with the brine, 10% of its weight. Cure for 3 days.
4. Drain. Transfer the brisket to a large pot. Add enough water to cover. Simmer until tender, about 3 hours.
5. Remove the brisket from the water. Split and trim any excess fat.

**Note:** To reduce the cooking time, split the brisket before cooking.

# SOUTHWESTERN GREEN CHILE SAUSAGE

*Yield: 3 ½ pounds*

<b>Ingredients</b>	<b>Amounts</b>
Pork, butt, cubed	2 ½ lb.
Chile, green	3 wt. oz.
Chili powder	1 wt. oz.
Water	1 fl. oz.
Salt, kosher	¾ wt. oz.
Pepper, white, ground	¼ wt. oz.
Oregano, dried	1 ½ tsp.
Cumin, ground	1 tsp.
Basil, ground	½ tsp.
Tabasco sauce	½ tsp.
Cornmeal	as needed

## **Method**

1. Preheat oven to 350°F.
2. In a large bowl, place the cubed pork butt, green chiles, chili powder, water, salt, pepper, oregano, cumin, basil, and Tabasco sauce. Mix well to combine.
3. Grind through a ⅛-inch fine plate.
4. Place the mixture in a mixer. Mix on low speed for 1 minute.
5. Mix on medium speed until the meat is sticky to the touch.
6. Form the mixture into patties.
7. Dredge the patties in cornmeal.
8. Fry them until they are golden brown.
9. Finish cooking in the preheated oven until the internal temperature reaches 155°F.

# DAYS 2-3: TEAM PRODUCTION ASSIGNMENTS

## TEAM ONE

*\*Complete Brisket for Class to Sample from Day One*

*\*Complete Pork Ribs for Class to Sample, from Day One*

Breakfast Sausage

Smoked Colombian Chorizo

Lamb and Pine Nut Sausage

*\*Form pellicle on Smoked Salmon from Day One*

## TEAM TWO

*\*Complete Carolina Barbeque for Class to Sample, from Day One*

Hot Italian Sausage

Marinade for Pâté Grand-Mère

*\*Turn Gravlax and Confit, from Day One*

## TEAM THREE

*\*Complete Baby Back Ribs for Class to Sample from Day One*

Italian Sausage with Roasted Peppers

Andouille Sausage

Marinade for Duck Terrine with Pistachios

## TEAM FOUR

*\*Complete Spareribs for Class to Sample, from Day One*

Duck Sausage with Fresh Sage and Roasted Garlic

Low-Fat Italian Sausage

## BREAKFAST SAUSAGE

*Yield: 4 ½ pounds*

<b>Ingredients</b>	<b>Amounts</b>
Pork, butt, trimmed, 75% lean, cubed	4 lb.
Salt, kosher	1 ⅛ wt. oz.
Pepper, white, ground	¼ wt. oz.
Poultry seasoning	⅛ wt. oz.
Water, ice cold	6 fl. oz.

### **Method**

1. In a large bowl, place the cubed pork, salt, pepper, and poultry seasoning. Combine.
2. Grind the meat mixture once through a ⅛-inch fine meat grinder plate.
3. In the bowl of an electric mixer with the paddle attachment, place the ground meat and cold water. Mix on low speed for 1 minute.
4. Mix on medium speed until the meat is sticky to the touch.
5. To test for flavor balance, form and poach a small trial patty. Adjust the seasoning to taste.
6. To stuff the sausage, place the sausage meat into stuffer. Be careful not to allow air pockets to form. Stuff the meat into prepared sheep casings. Measure and pinch the casings into 5-inch lengths, then twist into links. Cut the sausages apart at the twists.

**Note:** For bulk sausage, place 1 pound of sausage meat on plastic wrap, roll up in plastic wrap, twist ends tight, then tuck ends under. It is important that the diameter of the finished sausage roll measure 2 ½ inches.

# SMOKED COLOMBIAN CHORIZO

*Yield: 5 ¼ pounds*

<b>Ingredients</b>	<b>Amounts</b>
Milk, dry, non-fat	2 ¾ wt. oz.
Salt, kosher	1 ⅝ wt. oz.
Paprika, Spanish	½ wt. oz.
Cumin, ground	⅜ wt. oz.
Dextrose	¼ wt. oz.
Pepper, white, ground	⅛ wt. oz.
T.C.M.	1 tsp.
Pork, butt, cubed	2 ½ lb.
Beef, trim, no visible fat, cubed	1 lb.
Pork, fatback, skinned	1 lb.
Scallion (Green onion), small diced	3 wt. oz.
Water, ice cold	2 ½ fl. oz.

## **Method**

1. In a large bowl, combine the dry milk, salt, paprika, cumin, dextrose, pepper, and T.C.M. Mix well.
2. Add the pork butt and beef trim. Mix to combine.
3. Grind the pork and beef mixture through a ⅜-inch coarse plate.
4. Grind the fatback through a ¼-inch medium plate.
5. In the bowl of an electric mixer, combine the ground meat, fatback, scallions, and water. Mix on low speed for 1 minute.
6. Mix on medium speed until the meat is sticky to the touch.
7. To test for flavor balance, form and poach a small trial patty. Adjust the seasoning to taste.
8. To stuff the sausages, place the sausage meat into a stuffer. Do not allow air pockets to form. Stuff the meat into prepared hog casings. Measure and pinch the casings into 5-inch lengths. Tie with thin string. Do not cut.
9. Place the sausage on a tray lined with paper towels. Refrigerate overnight uncovered.
10. Place the sausage on smoke sticks. Let them dry and form a pellicle.
11. Cold smoke for 12 to 14 hours. Dry an additional 12 hours if necessary.

**Note:** For a fresh sausage variation, omit the T.C.M.

# LAMB AND PINE NUT SAUSAGE

*Yield: 3 pounds*

<b>Ingredients</b>	<b>Amounts</b>
Pine nuts, toasted	3 wt. oz.
Lamb, cubed	2 ½ lb.
Pork, fatty, cubed	6 wt. oz.
Garlic, clove, mashed	1 ea.
Salt, kosher	¾ wt. oz.
Pepper, white, ground	1 tsp.
Thyme, dried	1 tsp.
Oregano, ground	1 tsp.
Wine, red, dry	2 fl. oz.
Water	1 fl. oz.
Breadcrumbs, white, fresh	as needed

## **Method**

1. Preheat oven to 350°F.
2. Heat a small, dry skillet over medium-low heat. Add the pine nuts in an even layer. Toast, stirring often, until golden brown and aromatic, 2 to 4 minutes. Transfer to a small bowl. Cool.
3. In a large bowl, combine the toasted pine nuts, cubed lamb and pork, garlic, salt, pepper, thyme, and oregano. Mix well.
4. Grind the meat mixture through a ⅛-inch fine plate.
5. In the bowl of an electric mixer, place the meat mixture, wine, and water. Mix on low speed for 1 minute.
6. Mix on medium speed until meat is sticky to the touch.
7. Form the mixture into patties.
8. Dredge the patties in breadcrumbs. Fry them until golden brown.
9. Finish cooking in the preheated oven until the internal temperature reaches 155°F.

# HOT ITALIAN SAUSAGE

*Yield: 5 ½ pounds*

<b>Ingredients</b>	<b>Amounts</b>
Pork, butt, 75% lean, cubed	5 lb.
Salt, kosher	1 ½ wt. oz.
Dextrose	½ wt. oz.
Fennel seeds	¾ wt. oz.
Coriander, ground	¼ wt. oz.
Sugar, granulated	1 ⅝ wt. oz.
Paprika, Spanish	¾ wt. oz.
Paprika, Hungarian	¾ wt. oz.
Chile, cayenne, ground	⅛ wt. oz.
Red pepper flakes	⅝ wt. oz.
Pepper, black, ground	¼ wt. oz.
Water, ice cold	8 fl. oz.
Pepper, bell, red, small diced	8 wt. oz.
Pepper, bell, green, small diced	8 wt. oz.
Onion, yellow, small diced	6 wt. oz.
Basil, fresh, chopped	1 Tbsp.

## **Method**

1. In a large bowl, place the cubed pork butt, salt, dextrose, fennel seed, coriander, sugar, paprika, chile, red pepper flakes, and pepper.
2. Grind the meat mixture once through ¾-inch coarse plate on meat grinder.
3. In the bowl of an electric mixer, place the ground meat and cold water. Mix on low speed for 1 minute.
4. Add the bell pepper, onion, and basil. Mix on medium speed until the meat is sticky to the touch.
5. To test for flavor balance, form and poach a small trial patty. Adjust the seasoning to taste.
6. To stuff the sausages, place the sausage meat into stuffer. Do not allow air pockets to form. Stuff the mixture into prepared sheep casings. Measure and pinch the casings into 5-inch lengths, then twist them into links. Cut the sausages apart at the twists.

# PÂTÉ GRAND-MÈRE

*Yield: 3 pounds*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, liver, remove sinews	1 lb. 4 wt. oz.
Pork, butt, fatty	1 lb. 1 wt. oz.
Bay leaf	2 ea.
Thyme, sprig, fresh	1 ea.
Salt, kosher	$\frac{3}{4}$ wt. oz.
Wine, Madeira	$\frac{1}{2}$ fl. oz.
Sugar, granulated	1 tsp.
T.C.M.	$\frac{1}{2}$ tsp.
Oil, vegetable	1 fl. oz.
Shallot, minced	1 wt. oz.
Brandy	1 fl. oz.
Bread, white, crustless, small diced	2 $\frac{1}{2}$ wt. oz.
Milk, whole	5 fl. oz.
Parsley, fresh, chopped	$\frac{1}{2}$ wt. oz.
Egg, whole	2 ea.
Heavy cream	3 fl. oz.
Pepper, white, ground	$\frac{1}{4}$ tsp.
Nutmeg, grated	$\frac{1}{8}$ tsp.
Pork, fatback, sliced	as needed
Pepper, black, ground	1 tsp.

## **Method**

1. Preheat oven to 325°F.
2. In a large bowl, combine the chicken liver, pork butt, bay leaves, thyme, salt, wine, sugar, and T.C.M. Mix well. Marinate overnight.
3. Remove the chicken livers from the marinade. Discard the bay leaves. Dry the livers on paper towels.
4. Heat a sauté pan over high heat. Working in small batches, sear the livers, keeping the interior raw (the purpose is just to add color). Remove and chill.
5. Heat the oil in a sauté pan over medium heat. Add the shallots. Cook until softened and aromatic, 4 to 7 minutes. Reserve.
6. Add the brandy and deglaze the pan. Reserve.
7. In a medium bowl, soak the bread in milk. Reserve.
8. In a large bowl, combine the meats, reserved shallots, and parsley. Grind through a  $\frac{1}{8}$ -inch fine plate.

9. In the bowl of an electric mixer, place the milk-soaked bread, eggs, heavy cream, pepper, and nutmeg.
10. To test for flavor balance, form and poach a small trial patty. Adjust the seasoning to taste.
11. Transfer the mixture to an oiled terrine lined with plastic wrap. Cover with the sliced pork fatback. Sprinkle with black pepper.
12. Bake in a water bath in the preheated oven until the internal temperature reaches 150°F.
13. Let it cool slightly. Pour out the juices, fill with aspic, and chill overnight.

# ITALIAN SAUSAGE WITH ROASTED PEPPERS

*Yield: 5 ½ pounds*

<b>Ingredients</b>	<b>Amounts</b>
Pepper, bell, red	8 wt. oz.
Pepper, bell, green	8 wt. oz.
Onion, yellow, diced	6 wt. oz.
Oil, vegetable	1 Tbsp.
Pork, butt, 75% lean, cubed	5 lb.
Salt, kosher	1 ½ wt. oz.
Dextrose	½ wt. oz.
Pepper, black, ground	½ wt. oz.
Fennel seeds	½ wt. oz.
Paprika, Spanish	⅛ wt. oz.
Water, ice cold	8 fl. oz.
Basil, sweet, fresh, chopped	1 Tbsp.

## **Method**

1. Using tongs, roast the peppers over an open flame. Transfer the peppers to a bowl and cover with plastic wrap. When the peppers are cool enough to handle, peel off the loosened skin. Medium dice. Reserve.
2. Heat the oil in a sauté pan over high heat. Add the onions. Sauté until they brown slightly. Cool and reserve.
3. In a large bowl, combine the cubed pork butt, salt, dextrose, pepper, fennel, and paprika.
4. Grind the mixture once through a ¾-inch coarse plate.
5. In the bowl of an electric mixer, place the ground mixture and cold water. Mix on low speed for 1 minute.
6. Mix on medium speed until the mixture is sticky to the touch.
7. Fold in the reserved peppers, reserved onions, and basil by hand to prevent them from breaking.
8. To test for flavor balance, form and poach a small trial patty. Adjust the seasoning to taste.
9. To stuff the sausage, place the sausage meat into a stuffer. Do not allow air pockets to form. Stuff the mixture into prepared hog casings. Measure and pinch the casings into 5-inch lengths, then twist the links. Cut the sausages apart at the twists.

# ANDOUILLE SAUSAGE

*Yield: 8 pounds*

<b>Ingredients</b>	<b>Amounts</b>
Pork, butt, cubed	6 ¼ lb.
Onion, yellow, chopped	1 ¼ lb.
Garlic	1 ¼ wt. oz.
Milk, dry, nonfat	4 wt. oz.
Salt, kosher	2 ¼ wt. oz.
Dextrose	½ wt. oz.
T.C.M.	¼ wt. oz.
Chile, cayenne, ground	2 Tbsp.
Mace, ground	1 tsp.
Allspice, ground	1 tsp.
Marjoram, ground	1 tsp.
Thyme, ground	¾ tsp.
Cloves, ground	¼ tsp.

## **Method**

1. In a large bowl, place the cubed pork butt, onions, garlic, milk powder, and seasonings. Mix to combine.
2. Grind the mixture through a ⅛-inch fine plate.
3. In the bowl of an electric mixer, place the meat. Mix on low speed for 1 minute.
4. Mix on medium speed until the meat is sticky to the touch.
5. To stuff the sausage, place the sausage meat into a stuffer. Do not allow air pockets to form. Stuff the mixture into prepared sheep casings. Measure and pinch the casings into 10-inch lengths, then tie them with thin string. Do not cut them.
6. Place the sausage on a tray lined with paper towels. Refrigerate uncovered overnight.
7. Place the sausage on smoke sticks. Let them dry to form a pellicle.
8. Cold smoke for 12 to 14 hours. Dry an additional 12 hours if necessary.

**Note:** The meat can also be stuffed into hog casings tied in 8-inch lengths.

# DUCK TERRINE WITH PISTACHIOS

*Yield: 2 pounds*

<b>Ingredients</b>	<b>Amounts</b>
Duck, 3 ½ lb.	1 ea.
Water	1 qt.
Wine, red, dry	8 fl. oz.
Sachet d'épices, small	1 ea.
Mirepoix	4 wt. oz.
Orange, juice	2 fl. oz.
Brandy	2 fl. oz.
Oil, vegetable	as needed
Onion, yellow, minced	2 wt. oz.
Garlic, clove, minced	1 ea.
Pork, butt, fatty, cubed	1 ¼ lb.
Egg, whole	1 ea.
Orange, zest	1 ea.
Salt, kosher	½ wt. oz.
Pâté spice	1 tsp.
Thyme, ground	⅛ tsp.
Pistachios, blanched, peeled, roughly chopped	2 wt. oz.

## **Method**

1. Debone the duck. Fabricate it into breast and leg/ thigh portions. Reserve the bones and liver.
2. For the stock, in a large stock pot, place the duck bones, water, wine, sachet, and mirepoix. Simmer for 1 ½ hours. Strain and degrease. Reduce the stock to 8 oz. Remove the pot from the heat. Chill thoroughly. Reserve.
3. In a large bowl, place the duck breasts, orange juice, and brandy. Marinate overnight. Reserve the marinade.
4. Heat the oil in a sauté pan over medium-high heat. Add the duck breasts. Sear, keeping the interior raw. Remove the pan from the heat. Reserve the duck.
5. Add the onions and garlic. Cook until the onions are translucent.
6. Add the reserved marinade. Reduce to a syrup-like consistency. Let it cool. Add it to the leg/ thigh meat.

7. For the forcemeat, grind the pork butt, duck leg/ thigh meat, and liver through a 1/8-inch fine plate or meat grinder.
8. Add the egg, duck stock reduction, zest, salt, pâté spice, and thyme. Mix thoroughly.
9. Fold in the pistachios.
10. Pack half of the forcemeat into an oiled, plastic wrap-lined terrine. Place the duck breasts in center, top with the remaining mixture, and cover with slices of fatback.
11. Bake in a water bath at 325°F until the internal temperature reaches 150°F.
12. Pour off juice, fill with aspic, and refrigerate.

# DUCK SAUSAGE WITH FRESH SAGE AND ROASTED GARLIC

*Yield: 5 pounds*

<b>Ingredients</b>	<b>Amounts</b>
Duck, leg meat	3 lb.
Pork, fatback	1 lb.
Water, cold	4 fl. oz.
Wine, red, dry	4 fl. oz.
Salt, kosher	1 ¼ wt. oz.
Pepper, black, ground	⅓ wt. oz.
Sage, fresh, chopped fine	½ wt. oz.
Garlic, roasted, fine minced	2 Tbsp.

## **Method**

1. Cut the duck meat and pork fat into ½-inch pieces.
2. In a stainless-steel bowl, place the duck, pork, water, wine, salt, pepper, sage, and garlic. Mix well to combine.
3. Cover the bowl tightly. Refrigerate for 8 to 10 hours or overnight.
4. Grind through a ¼-inch medium grinding plate. Mix lightly.
5. Grind through a ⅛- fine grinding plate. Mix well.
6. Form the mixture into 2-ounce, ½-inch thick patties.
7. Pan-fry the patties in a heavy skillet.

## LOW-FAT ITALIAN SAUSAGE

*Yield: 5 ½ pounds*

<b>Ingredients</b>	<b>Amounts</b>
Rice, Carolina	22 wt. oz.
Pork, butt, cubed, 95% lean	5 lb.
Salt, kosher	1 ½ wt. oz.
Fennel seeds	¾ wt. oz.
Dextrose	½ wt. oz.
Pepper, black, ground	½ wt. oz.
Paprika	⅛ wt. oz.
Water, ice cold	8 fl. oz.

### **Method**

1. Cook the rice using the standard pilaf method. Refrigerate.
2. In a large bowl, combine the cooked rice, cubed pork butt, salt, fennel, dextrose, pepper, and paprika. Mix well.
3. Grind the meat mixture once through a ¾-inch coarse plate.
4. In the bowl of an electric mixer, place the ground meat and cold water. Mix on low speed for 1 minute.
5. Mix it on medium speed until the meat is sticky to the touch.
6. To test for flavor balance, form and poach a small trial patty. Adjust the seasoning to taste.
7. Stuff the meat mixture into hog casings. Pinch the casings into 5-inch links. Twist and cut the links apart.

# DAY 3: TEAM PRODUCTION ASSIGNMENTS

## TEAM ONE

Pâté de Campagne

*\*Smoke Chorizo from Day Two*

*\*Cold Smoked Salmon from Day One*

*\*Form Pellicle on Pork Loin from Day One*

## TEAM TWO

*\*Turn Gravlax and Confit from Day One*

*\*Spice and Smoke Pastrami from Day One*

*\*Continue Pâté Grand-Mère from Day Two*

## TEAM THREE

Italian Sausage with Cheese

*\*Form Pellicle on Duck Breast from Day One*

*\*Finish Duck Terrine from Day Two*

## TEAM FOUR

Garlic Sausage

## ALL TEAMS

Appropriate Condiments (See Appendix)

# PÂTÉ DE CAMPAGNE

*Yield: 3 pounds*

<b>Ingredients</b>	<b>Amounts</b>
Pork, butt, not too lean (Divided)	2 ½ lb.
Pork, liver	8 wt. oz.
Parsley, sprig, fresh, finely chopped	5 ea.
Onion, yellow, chopped fine	4 wt. oz.
Garlic, minced	3 Tbsp.
Flour, all-purpose	2 ½ wt. oz.
Egg, whole	2 ea.
Heavy cream	4 fl. oz.
Brandy	1 fl. oz.
Salt, kosher	1 ½ Tbsp.
T.C.M.	¾ tsp.
Pâté spice	½ tsp.
Pepper, white, ground	¼ tsp.
Pork, fatback, sliced paper thin	as needed
Aspic	as needed

## **Method**

1. Grind 1 pound of the pork butt, the pork liver, parsley, onion, and garlic through a 1/8-inch fine plate.
2. Grind the remaining pork through a 3/8-inch coarse plate.
3. In a small bowl, combine the flour, eggs, heavy cream, and brandy. Whisk together until smooth.
4. In the bowl of an electric mixer with the paddle attachment, combine the meats, flour mixture, salt, T.C.M., pâté spice, and pepper. Mix on low speed for 1 minute.
5. Mix on medium speed until the mixture is sticky to the touch.
6. To test for flavor balance, form and poach a small trial patty. Adjust the seasoning to taste.
7. Line the molds with fatback or plastic wrap. Place the mixture in the molds, smooth the top, and cover with fatback.
8. Bake in a water bath at 325°F until internal temperature reaches 150°F. Pour off the fat and fill in void with hot aspic.
9. Cool slightly. Refrigerate for 24 hours.

**Note:** Instead of fatback, the mold can be oiled and lined with plastic wrap. Chicken liver can be substituted for the pork liver.

# ITALIAN SAUSAGE WITH CHEESE

*Yield: 7 ¼ pounds*

<b>Ingredients</b>	<b>Amounts</b>
Pork, butt, cubed, 75% lean	5 lb.
Salt, kosher	1 ½ wt. oz.
Dextrose	½ wt. oz.
Pepper, black, ground	½ wt. oz.
Fennel seed	½ wt. oz.
Paprika, Spanish	⅛ wt. oz.
Cheese, provolone, grated	1 lb.
Water, ice cold	8 fl. oz.
Cheese, Parmesan, grated	8 wt. oz.
Parsley, flat-leaf, fresh, roughly chopped	½ wt. oz.

## **Method**

1. In a large bowl, place the cubed pork, salt, dextrose, pepper, fennel seed, and paprika. Mix well to combine.
2. Grind the meat mixture one time through a ¾-inch coarse plate.
3. In mixer, place the ground meat, cheese, water, and parsley. Mix on low speed for 1 minute.
4. Increase speed to medium and continue mixing until mixture is sticky to the touch.
5. Form and poach a small trial patty to test for flavor balance. Adjust the seasonings to taste.
6. Stuff the mixture into sheep casings and cut into 11-inch lengths. Curl in a spiral, secure with skewer, or stuff as traditional Italian sausage

**Variation:** Substitute half water and half red wine for the liquid in the recipe.

# GARLIC SAUSAGE

*Yield: 6 pounds*

<b>Ingredients</b>	<b>Amounts</b>
Pork, butt, cubed	3 lb.
Salt, kosher	1 wt. oz.
Dextrose	¼ wt. oz.
T.C.M.	⅛ wt. oz.
Beef, trim, cubed	1 lb.
Pork, jowl fat, cubed	1 lb.
Salt, kosher	1 wt. oz.
Dextrose	1 tsp.
T.C.M.	½ tsp.
Milk, nonfat dry	1 ½ wt. oz.
Pepper, white, ground	¼ wt. oz.
Mustard, ground	⅛ wt. oz.
Garlic, chopped	1 ½ tsp.

## **Method**

1. For the coarse meat garnish, in a large bowl, place the pork, salt, dextrose, and T.C.M. Mix to combine. Grind meat through a ¾-inch coarse plate. Chill in the refrigerator. Reserve.
2. For the emulsion, in a separate large bowl, place the beef, pork jowl fat, salt, dextrose, T.C.M., and nonfat dry milk. Mix to combine. Progressively grind to an ⅛-inch fine plate.
3. Place in mixer. Add the reserved coarse meat garnish. Mix on low speed until evenly distributed.
4. Form and poach a small trial patty to test for flavor balance. Adjust the seasonings to taste.
5. To stuff the sausage, fill sausage stuffer evenly; do not allow air pockets to form. Stuff into beef middle casing that has been cut into 14-inch lengths and tied on one end with heavy string. When casing is filled, tie other end. Tie both ends together to form a ring.
6. Place sausage on a tray with paper towels to rest overnight.
7. Hang on smoke stick and air dry. Hot smoke at 160°F until desired color is obtained.
8. Poach until internal temperature reaches 155°F. Shock in ice water until internal temperature reaches 60°F.

# **DAY 4: TEAM PRODUCTION ASSIGNMENTS**

## **BLUE ZONES CHALLENGE**

### **EACH TEAM**

Each Team will receive a basket of ingredients that is indicative of five Blue Zones. They will prepare at least 3 dishes of 6 to 8 portions that correlate with the Blue Zone they have been assigned to. All ingredients must be used and some additional staple items will be provided.

## **SUSHI SPEED ROUND**

### **ALL PARTICIPANTS**

Each participant will be assigned 2 to 3 sushi items to prepare within 2 hours.

# SUSHI

## WHAT IS SUSHI?

Sushi is a typical Japanese food consisting of seasonal seafood or fish, rice flavored with vinegar, and vegetables. At its inception, it began as a method to preserve fish without cooking it, as freshly caught fish contain parasites that must be killed before consumption. Cooks or fishermen placed the cleaned fish between layers of rice and allowed it to rest for up to a year. After the fermentation period, the rice was thrown away and the fish was eaten. Over the years, shorter methods of fermentation lasting only a few days were discovered so that the fish as well as the rice could be eaten. In the 1640s, vinegar was added to the rice to mimic the fermented flavor without the waiting period. Sometime in the 19<sup>th</sup> century or early 20<sup>th</sup> century, sushi makers discovered that freezing the fish also killed the deadly parasites and sushi as we know it today was born.

## VARIETIES OF SUSHI

There are many varieties and forms of sushi. The rice may be topped with sashimi (thin slices of raw fish), omelets or vegetables or rolled with several different fillings in sheets of dried seaweed (nori). Varieties of sushi include:

Maki-zushi	Thin sushi rolls usually with only one type of filling wrapped in nori seaweed
Futomaki-zushi	Thick sushi rolls with more than one type of filling wrapped in nori seaweed
Temaki-zushi	Hand-rolled cones of nori filled with sushi rice and a variety of ingredients
Nigiri-zushi	Nigiri means "squeeze." Bite-sized pieces of fish or other foods and small balls of sushi rice gently squeezed together
Inari-zushi	Cooked seasoned agé (deep-fried soybean cake (tofu) filled with flavored rice
Chirashi-zushi	Chirashi means "scattered." Sushi rice and other ingredients, usually sashimi, placed on top of the rice served in a lacquer bowl

**Note:** \*Sushi is pronounced "zushi" when it follows a vowel.

## SUSHI VOCABULARY

Agari	Japanese green tea served with sushi. Japanese green tea removes the oiliness after eating fish and prepares the palate for the next piece.
Gari	Light pink pickled ginger slices served with sushi to be eaten between sushi courses as a palate cleanser
Hashi	Chopsticks
Hashi oki	Small ceramic block to rest the chopsticks on
Nori	Sheets of dried seaweed used to make maki and futomaki
Sashimi	Means “raw” in Japanese. It refers to the raw seafood and slices of fresh fish served with soy sauce or other dipping sauces. It is usually eaten at the beginning of a meal as an appetizer.
Shiso	An herb used to decorate the plates of sushi. It is a member of the mint family and available in the West as perilla.
Shoyu	Japanese soy sauce used as a condiment for the sushi. Sushi is meant to be dipped fish-side down into the shoyu. Dipping it rice-side first will cause the sushi to fall apart.
Wasabi	Spicy Japanese green horseradish served as a condiment for sushi. It is either placed in a mound on the plate or shaped into a leaf.

## PRESENTATION

The Japanese adhere to the principle that food should satisfy all the senses, not just the sense of taste. Consequently, presentation is more important with sushi than with almost any other type of food. Sushi can be presented very intricately or very simply. In either case, there are several items that are always served alongside the sushi – wasabi, a small bowl of shoyu (soy sauce), gari (pickled ginger), and agari (green tea).

- To present the sushi, use a set of very flat plates. The rim should not be curved or ridged or the presentation will not be as attractive, and the sushi may fall over. A bento box is another alternative.
- It is Japanese custom to provide each guest with a warm, damp hand towel to wipe his/her hands on. Since it is acceptable to eat sushi with your hands, this is also a practical solution for those guests to keep their hands clean and provide an authentic dining experience.
- Sushi and sashimi are traditionally decorated with bamboo and aspidistra leaves. Camellia, ivy and cucumber leaves are also used as decorations. The use of bamboo leaves is practical as they contain a sulfurous acid that kills bacteria and have been used for wrapping and separating Japanese foods for hundreds of years. Shiso is another herb that is used on the plate as decoration. Many Western sushi makers

substitute the real herbs and leaves with pieces of green serrated plastic cut in the shape of leaves or herbs.

- Place dishes on a bamboo rolling mat in place of a linen tablecloth or mat.
- Traditionally, sushi is served with green tea. Today it is also acceptable to drink beer, wine or sake. Sake is the Japanese drink made from fermented rice that may be drunk cold or hot and comes in dry and sweet varieties. Choose a sake that is subtle in flavor that will not overpower the sushi. If your guest would like wine, suggest a delicately flavored white wine.
- Provide additional shoyu in a small, lidded jug or teapot.
- Provide reusable lacquer or bamboo chopsticks instead of disposable chopsticks.

# SUSHI RICE

*Yield: 10 rolls*

<b>Ingredients</b>	<b>Amounts</b>
Rice, short-grain, sushi	3 ½ cups
Water	4 cups
Kelp, dried ( <i>Kombu</i> ), 3-in. square	1 ea.
Sugar, granulated	5 Tbsp.
Salt, sea	4 tsp.
Vinegar, rice, Japanese, unseasoned	5 Tbsp.

## **Method**

1. Wash the rice gently until the water runs semi clear. Transfer the rice to a medium, heavy-bottom pot. Add the water.
2. Wipe the kombu clean with a damp cloth. Slash the kelp with a knife in a few places to enable the kombu flavors to be released more completely. Place the kelp on top of the rice in the water.
3. Cover and heat over medium heat just until the boiling point. Remove and discard the kelp. Increase the heat to high. Boil, covered, for 2 minutes. Turn down the heat to medium. Boil for 5 minutes. Turn down the heat to very low. Cook until all water has been absorbed, about 15 minutes. Turn off the heat. Wrap the pot lid in a kitchen towel. Let it stand for 10 minutes.
4. For the vinegar dressing, in a small pot over low heat, place the sugar, salt, and vinegar. Heat, stirring continuously, until the sugar and salt dissolve. Transfer the mixture to a metal bowl and place the bowl in an ice water bath. Cool to room temperature. Reserve.
5. Using a rice paddle or flat wooden spoon, spread the hot rice in a thin layer in a wide and shallow wooden or metal bowl. To keep the grains separate, toss the rice with horizontal, cutting strokes. (This lateral motion will also keep grains from being bruised or mashed.) While tossing, sprinkle vinegar dressing generously over the rice. You may not have to use all the vinegar dressing. Be careful not to add so much liquid that the rice becomes mushy.
6. While tossing the rice, cool the rice to room temperature with a fan.
7. To keep vinegared rice from drying out, transfer it to a container and cover with a damp cloth.

**Note:** The flavor of sushi rice varies somewhat with the seasons. In summer a little more vinegar is used. Adjust the flavor of the rice to taste.

# WASABI

*Yield: ¼ cup*

## Ingredients

Wasabi powder  
Water, warm (110°F)

## Amounts

¼ cup  
as needed

## Method

1. Place the powder in a small bowl. Add enough of the warm water until a smooth paste is achieved. (Stand back, as the fumes that rise will burn your eyes.)
2. Spread the mixture across the bottom of the bowl. Cover the bowl with plastic wrap.
3. Place the bowl upside down on a work surface for 10 minutes to develop the flavor.

**Note:** Because fresh wasabi can be expensive and difficult to source, most chefs use the dry powdered form.

# HAND-VINEGAR

## *TTEZU*

*Yield: 1 cup*

<b>Ingredients</b>	<b>Amounts</b>
Water, cold	1 cup
Vinegar, rice, Japanese, unseasoned	1 Tbsp.
Lemon, sliced	1 ea.

### **Method**

In a small bowl, place all the ingredients. Mix to combine.

**Note:** This mixture is used to prevent the rice from sticking to your hands. The hands are dipped in the water then slapped together— an effective and theatrical way to remove the excess water.

# PICKLED GINGER

## GARI SHOGA

*Yield: 2 cups*

<b>Ingredients</b>	<b>Amounts</b>
Ginger, young, fresh	1 lb.
Water, boiling	as needed
Vinegar, rice, Japanese, unseasoned	20 oz.
Vinegar, cider	3 oz.
Vinegar, white, distilled	1 oz.
Sugar, granulated	1 cup + 2 Tbsp.
Salt, kosher	2 Tbsp.

### **Method**

1. Peel the ginger. Cut it crosswise across the grain into paper-thin slices.
2. In a medium bowl, place the ginger slices and enough boiling water to cover. Let it stand for 2 minutes. Drain in a colander.
3. Transfer ginger to an impeccably clean plastic, glass or stainless-steel container. Reserve.
4. In a non-reactive pot over medium heat, place the rice vinegar, cider vinegar, white vinegar, sugar, and salt. Stir just until the sugar and salt dissolve. Pour it over the reserved ginger.
5. Let cool completely. Cover and refrigerate for at least 24 hours.

Source: Adapted from *China Moon Cookbook* by Barbara Tropp

# NORI-ROLL SUSHI

## MAKI SUSHI

### Method

1. Just before rolling the sushi, toast the nori seaweed by passing them over flame very briefly. Using whole sheets or half sheets will determine the size of the final roll.
2. Transfer the sheet of nori, shiny-side down, to a bamboo mat (*maki-su*). Wrapping the mat with plastic film is a common practice that makes clean-up a bit easier. The plastic also helps when you are preparing inside-out rolls.
3. Moisten hands with "hand-vinegar" and spread about 1-1½ cup of sushi rice over the ¾ of the sheet closest to you in a layer about 1/8 to ¼ inch (½ - ¾ cm) thick. Do not pack the rice down. The rice will be compressed when you roll it.
4. With an index finger, smear a thin line of wasabi paste across the rice.
5. Lay the fillings along the wasabi. Make sure that the distribution is even so that the roll will not be lumpy.
6. Roll the ingredients in the bamboo mat. (See Chef demo.)
7. To serve, cut the roll in half, aligning the cut halves parallel to each other. Cut those halves in half to yield four pieces. Cut those 2 groups of rolls in half to yield eight pieces. Eight pieces is the most common size; with smaller rolls the roll is only cut into six pieces.
8. Serve with soy sauce as dipping sauce.

**Note:** Use a sharp knife and wipe it clean with a damp cloth between slicing. Cut down with a sharp forward motion through the roll, then pull the knife towards you.

### CUCUMBER SUSHI ROLL

To explain the name of a highly popular, thin type of rolled sushi called kappa-maki, we have to turn to Japanese folklore. Kappas are water sprites with saucer-topped heads that always must be filled with water or the kappa loses his strength. The favorite food of kappas is cucumbers, so cucumber-filled rolled sushi has been dubbed kappa-maki. It is also called kyuri-maki ("cucumber roll").

With the recipe for kappa-maki as a model, you can expand on the theme of thin sushi rolls. For entertaining, make thin rolls filled with only a single ingredient, such as cucumber, gourd shavings (*kampyo*), omelet, raw tuna, coarsely chopped shiso leaves, or takuan pickles cut in strips. The method of rolling thin sushi rolls is identical to the method described in the recipe for nigiri sushi.

# NIGIRI SUSHI

## Method

1. Mix the "hand-vinegar" in a cup or small bowl. Use it to keep the rice from sticking to the hands. Dip your fingers into the "hand-vinegar" and rub your palms together.
2. Pick up about 1 ½ Tbsp. vinegared rice and shape into a roughly rectangular form (or "finger") about 1 ½ x ¾ inches (4 x 2 cm).
3. Place the rice across the first joint of the fingers of one hand (the right hand for right-handed people) and form roughly by clenching that hand. With index and middle fingers of right hand, press and form rice into a more defined and firm shape, turning rice over so that all sides receive equal pressure. Do not squash or mash the rice; the pressure should be firm but gentle.
4. Smear a dab of grated wasabi horseradish in the center of a slice of fish and press fish and rice "finger" together. The fish should cover the top of the "finger." (No wasabi is used for egg sushi.)
5. Put a small dish of soy sauce on the tray for dipping to offer along with the sushi. Guests should pick up sushi with their fingers. Sushi should be flipped over and lightly dipped in the soy sauce (fish side) then place in the mouth with the fish side to the tongue.

## SHRIMP NIGIRI-SUSHI

Shrimp must be parboiled. Use medium to large shrimp. To keep shrimp from curling during parboiling, skewer with a toothpick. (See Chef demo.) Drop the skewered shrimp into lightly salted, simmering water. Simmer over medium heat until the shrimp is just pink and firm, about 3 minutes. Transfer to an ice water bath. Remove the toothpicks and shell, but leave the tail attached. Trim the tail. (See Chef demo.) Devein. Cut the shrimp along the underside about ¾ of the way through and then gently flatten out. Apply pressure with the side of a knife to flatten even more.

## GUNKAN SUSHI

This "battleship" sushi is a variation of the nigiri. A finger of sushi is wrapped with a band of nori. The nori is slightly taller than the rice, creating a small "cup" on the top that is filled with a variety of foods. Sea urchin, salmon roe, flying fish roe, spicy scallops are some of the most common fillings.

## HAND-ROLLED SUSHI (TEMAKI-SUSHI)

Without using a bamboo mat, you can produce almost the same sort of sushi by hand rolling. Because hand-rolled sushi is not as firmly or evenly packed as the kind rolled in a mat, the hand-rolled type is eaten as is, without being cut into bite-sized rounds.

The procedure for hand-rolled sushi is similar to the mat-rolled kind. Roll gently, using the fingers and palms of both hands. Eat immediately, without cutting. Temaki really is not the sort of food that is brought around on a platter or served on a plate. In Japanese sushi shops, temaki are made to order between rounds of nigiri-sushi, and rolls are simply passed across the counter from master to patron without much ceremony. Use soy sauce as a dipping sauce, if desired.

## BATTERA SUSHI

This variety takes its name from the Portuguese word for ship (*bateira*). The pressed sushi itself was seen as a fanciful form of ship. Traditionally, gizzard shad (*konoshiro*) was used instead of mackerel, and this fish surmounted the rice with its tail intact. It was this tail that evoked the image of a galleon.

The three-piece cypress-wood "push-frame" (*oshiwaku*), used to make Battera Sushi, looks like a large oriental puzzle. How does this device work? While pushing the wooden lid down over the vinegared rice in the mold with your thumbs, with your fingertips lift the 4-sided body of the mold up and over the top. A rectangular block of packed, molded rice is left neatly on the tray-like bottom piece. In a sense, you have "pushed" the vinegared rice through the mold. An *oshiwaku* is useful if you make this sushi often, and it is a decorative item in the kitchen, but it is not essential. Instead of an *oshiwaku*, you can use a pan with a removable bottom, a stainless spring-form pan, or, if you have utensils for French cooking, you can even innovate with a stainless *forme sans fond*.

## CHIRASHI SUSHI

A very simple version of sushi that is translated as "Scattered Sushi". A bowl of vinegared rice is topped with a variety of fish and vegetables. Some items may be raw and others such as braised shiitake mushrooms and egg omelet.

# **DAY 5: PERSONAL PROJECT**

## **EACH PARTICIPANT**

Today is your day to show off your own personal style! Using whatever you find in the kitchen, you will work individually to prepare 6-8 tasting portions of an appetizer or entrée that represent your food philosophy as well as the story of your cruise line. Limited additional products are available for this assignment as we are to leave the refrigerators empty at the end of the day.

## **APPENDIX**

### **CONDIMENTS, MARINADES, RUBS, AND SPICE BLENDS**

# ROASTED CORN AND MUSHROOM SALSA

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Corn, on the cob	5 ea.
Oil, olive, pure	1 fl. oz.
Mushroom, wild, fresh	8 wt. oz.
Tomato, sun-dried, julienned	4 wt. oz.
Chile, poblano, large, roasted, peeled, seeded, diced	2 ea.
Marjoram, fresh, minced	1 Tbsp.
Adobo sauce (Recipe follows)	1 Tbsp.
Vinegar, sherry	1 Tbsp.
Vinegar, white	1 Tbsp.
Lime, juice, fresh	1 Tbsp.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.

## **Method**

1. Roast the whole, unpeeled corn at 400°F or over an open grill until cooked and smoky.
2. Remove the corn kernels from the cobs. Reserve.
3. Heat the oil in a medium sauté pan over medium heat. Add the mushrooms in a single layer. Sauté, stirring often, until the mushrooms are tender and they begin to release their juices, about 8 minutes.
4. Add the tomatoes, chiles, marjoram, adobo sauce, vinegars, lime juice, salt, and pepper. Sauté for 3 minutes to allow the flavors to develop.
5. Adjust seasoning with more vinegar, lime juice, salt, and pepper to taste.

**Note:** 1 ounce of dried wild mushrooms can be substituted for the fresh wild mushrooms.

## ADOBO SAUCE

*Yield: 8 ounces*

<b>Ingredients</b>	<b>Amounts</b>
Garlic, clove, unpeeled	8 ea.
Chile, ancho	2 wt. oz.
Chile, New Mexico	1 ½ wt. oz.
Peppercorn, black	10 ea.
Bay leaf, broken up	2 ea.
Cinnamon, stick, ½-in. piece	1 ea.
Cumin seeds	⅛ tsp.
Vinegar, cider	2 fl. oz.
Water	1 ½ fl. oz.
Salt, kosher	1 ½ tsp.
Oregano, dried	½ tsp.
Thyme, dried	½ tsp.

### **Method**

1. Roast the unpeeled garlic cloves on a griddle or heavy skillet over medium heat, turning frequently, until blackened in spots and very soft, about 15 minutes. Cool. Peel and roughly chop. Reserve.
2. Tear the chiles into flat pieces. In the same heavy skillet over medium heat, toast chile pieces a few at a time. Use a metal spatula to press them firmly against the hot surface for a few seconds, until they blister, crackle and change color. Then flip them over and press them flat to toast the other side.
3. Transfer the chiles to a medium bowl. Cover with boiling water. Cover chiles with a plate to keep them submerged. Soak for 30 minutes. Drain. Tear them into smaller pieces. Reserve.
4. In a mortar or spice grinder, pulverize the peppercorns, bay leaves, cinnamon, and cumin.
5. In a blender, place the spice blend, reserved garlic and chiles, vinegar, water, salt, oregano, and thyme. With a long series of blender pulses, reduce the mixture to a paste. Continue pulsing, scraping the sides of the blender and stirring, until smooth. Only add additional water if absolutely necessary.
6. Strain the paste through a medium-mesh sieve into a non-corrosive container with a tight-fitting lid. Cover and refrigerate.

## DRIED FRUIT CHUTNEY

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Coriander seeds	½ tsp.
Oil, vegetable	2 Tbsp.
Onion, yellow, small diced	8 wt. oz.
Fruit, dried, mixed	12 wt. oz.
Pepper, bell, red, small diced	1 ea.
Orange, juice	4 fl. oz.
Sugar, brown	2 wt. oz.
Sugar, granulated	1 ¾ wt. oz.
Raisins	1 ½ wt. oz.
Molasses	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Vinegar, white	4 fl. oz.
Lemon, juice, fresh	2 Tbsp.
Mint, fresh, chopped	1 tsp.

### **Method**

1. Heat a small, dry skillet over medium-low heat. Add the coriander seeds in an even layer. Toast, stirring often, until lightly browned and aromatic, 2 to 3 minutes. Transfer to a plate. Cool. Using a mortar and pestle, crush the seeds to break the husk. Reserve.
2. Heat the oil in a heavy sauté pan over medium heat. Add the onions. Sauté until transparent, 5 to 7 minutes.
3. Add the dried fruit. Cook, stirring often, for 3 minutes.
4. Add the toasted, cracked coriander, bell pepper, orange juice, brown sugar, granulated sugar, raisins, molasses, salt, and pepper. Turn down the heat to low. Simmer, stirring occasionally, until tender. If necessary, add a small amount of water to keep the mixture from sticking to the bottom of the pan.
5. Remove the pan from the heat. Cool.
6. Add the vinegar, lemon juice, and mint. Mix well.

# PEACH CATSUP

*Yield: 1 ½ pints*

<b>Ingredients</b>	<b>Amounts</b>
Oil, vegetable	1 Tbsp.
Onion, yellow, thinly sliced	1 ea.
Peaches, ripe, pitted, roughly chopped	5 ea.
Vinegar, white	2 fl. oz.
Sugar, brown, packed	2 wt. oz.
Molasses	3 Tbsp.
Sugar, raw	2 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Allspice, ground	¼ tsp.
Lemon, juice, fresh	2 Tbsp.

## **Method**

1. Heat the oil in a large saucepan over high heat until hot but not smoking. Add the onion slices. Sauté until transparent, about 5 minutes.
2. Add the peaches. Cook, stirring frequently, for 4 minutes.
3. Add the vinegar, brown sugar, molasses, raw sugar, salt, pepper, and allspice. Turn down the heat to low. Simmer, stirring occasionally, for 1 hour. If necessary, add a small amount of water to prevent the mixture from burning.
4. Remove the pan from the heat. Add the lemon juice.
5. Transfer the catsup to a blender or food processor. Purée until smooth.

**Note:** 1 oz. dried peaches can be substituted for fresh. Reconstitute dried peaches with a liquid to fruit ratio of 3:4. Frozen or canned peaches may also be substituted for fresh.

## MANGO, PAPAYA, ORANGE, AND LIME SALSA

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Mango, peeled, 1/3-inch diced	1 ea.
Papaya, peeled, seeded, 1/3-inch diced	1 ea.
Orange, zest	2 ea.
Orange, segmented	2 ea.
Lime, juice, fresh	1 ea.
Onion, red, 1/3-inch diced	2 wt. oz.
Pepper, bell, red, 1/3-inch diced	2 wt. oz.
Cilantro, fresh, chiffonade	2 Tbsp.
Mint, fresh, chiffonade	2 Tbsp.
Chile, New Mexico, toasted, ground	1 Tbsp.
Cumin, powder	1/2 tsp.
Pepper, black, ground	1/2 tsp.
Salt, kosher	to taste

### **Method**

In a large bowl, place all the ingredients. Mix well.

## BANANA, LEMON, GINGER CHUTNEY

*Yields: 1 ½ pints*

<b>Ingredients</b>	<b>Amounts</b>
Oil, peanut	1 Tbsp.
Onion, yellow, thinly sliced	1 ea.
Ginger, fresh, minced	1 Tbsp.
Banana, thinly sliced	4 ea.
Sugar, brown	4 wt. oz.
Orange, juice, fresh	2 fl. oz.
Lemon, juice, fresh	2 fl. oz.
Vinegar, wine, red	2 fl. oz.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Mace, ground	¼ tsp.
Nutmeg, fresh, grated	¼ tsp.
Cinnamon, ground	¼ tsp.
Clove, ground	⅛ tsp.

### **Method**

1. In a sauté pan, heat peanut oil over high heat until hot but not smoking. Add the onion slices. Sauté, stirring occasionally, until translucent, 5 to 6 minutes.
2. Turn down the heat to medium. Add the ginger. Sauté until aromatic, about 1 minute.
3. Add the bananas, brown sugar, juices, vinegar, salt, pepper, mace, nutmeg, cinnamon, and clove. Bring the mixture to a simmer. Turn down the heat to low. Cook until the liquid is as thick as catsup, 10 to 15 minutes.
4. The chutney will keep for 2 weeks, covered and refrigerated.

**Note:** This chutney features the bananas and aromatic spices central to the cooking of East Africa. Use bananas that are just slightly underripe as they keep their shape better. Avoid green bananas, or you will end up with a bitter, chalky chutney. This chutney is good with roasted or grilled game, such as rabbit, duck, or quail.

# GRILLED SHIITAKE MUSHROOM CATSUP

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Mushroom, shiitake	1 lb.
Onion, yellow, 1-in. sliced	1 ea.
Oil, olive, extra virgin	2 Tbsp.
Vinegar, balsamic	2 fl. oz.
Basil, fresh, chopped	2 Tbsp.
Molasses	1 Tbsp.
Garlic, minced	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Rub the mushrooms and onions with olive oil. Grill mushrooms over a hot fire until limp, about 2 to 3 minutes per side. Grill the onions.
2. In a food processor, place the grilled mushrooms and onions and all the remaining ingredients. Pulse to a chunky consistency.
3. Adjust the seasoning to taste.

# GRILLED VEGETABLE SALSA

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Coriander, seeds, toasted, ground	1 tsp.
Cumin, seeds, toasted, ground	1 tsp.
Chile, New Mexico, stemmed, seeded torn into flat pieces	1 ea.
Oil, olive, extra virgin	6 fl. oz.
Garlic, minced	2 Tbsp.
Salt, kosher	½ tsp.
Pepper, bell, yellow, cut into flat pieces	1 ea.
Pepper, bell, red, cut into flat pieces	1 ea.
Eggplant, Japanese, cut into flat pieces	1 ea.
Zucchini, cut into flat pieces	1 ea.
Mushroom, shiitake, stemmed	3 wt. oz.
Onion, red, ¼-in. sliced	1 ea.
Chile, poblano, seeded, quartered	1 ea.
Vinegar, balsamic	4 fl. oz.
Cilantro, fresh, chiffonade	4 Tbsp.
Chile, cayenne, ground	¼ tsp.

## **Method**

1. Heat a small, dry skillet over medium-low heat. Add the coriander seeds in an even layer. Toast, stirring often, until golden brown and aromatic, 3 to 5 minutes. Transfer to a plate. Cool. Grind in a spice mill. Reserve.
2. Following the same method, toast the cumin seeds until golden and aromatic, 2 to 4 minutes. Grind in a spice mill. Reserve.
3. Heat a small, dry skillet over medium heat. Add the New Mexico chile pieces, pressing them against the hot surface with a spatula for a few seconds until slightly browned and fragrant. Turn and toast the other side. Transfer to a plate. Cool. Grind in a spice mill.
4. In a large bowl, place the ground chile, cumin, and coriander. Stir in the oil, garlic, and salt. Mix well to combine.
5. Add the bell peppers, eggplant, shiitake, red onion, and poblano chile. Toss to coat the vegetables. Marinate for 20 minutes.
6. Grill the vegetables until tender and evenly browned. Medium dice. Transfer to a medium bowl.
7. Season with the vinegar, cilantro, and cayenne.

# CORIANDER AND CASHEW CHUTNEY

*Yield: 8 ounces*

<b>Ingredients</b>	<b>Amounts</b>
Cilantro, fresh	1 ½ wt. oz.
Chile, hot, with seeds, chopped	1 ea.
Lemon, juice, fresh	2 Tbsp.
Cashews, unsalted	2 wt. oz.
Cumin, ground	½ tsp.
Yogurt, whole, plain	4 wt. oz.
Salt, kosher	1 tsp.
Pepper, black, ground	1 tsp.

## **Method**

1. In a food processor, place the cilantro, chile, and lemon juice. Pulse to form a paste.
2. Gradually add in the cashews. Pulse to incorporate.
3. Add the cumin. Pulse to incorporate.
4. Add the yogurt, salt, and pepper. Pulse to incorporate.
5. Adjust the seasoning to taste.

# PAPAYA CATSUP

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Oil, vegetable	2 fl. oz.
Onion, yellow, small diced	2 wt. oz.
Pepper, bell, red, small diced	½ ea.
Pepper, bell, green, small diced	½ ea.
Garlic, minced	1 tsp.
Allspice, ground	1 tsp.
Curry powder	1 tsp.
Cumin, powder	1 tsp.
Papaya, peeled, seeded, diced	1 ea.
Pineapple, juice	4 fl. oz.
Vinegar, white	2 fl. oz.
Molasses	1 Tbsp.
Lemon, juice, fresh	½ ea.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.

## **Method**

1. Heat the vegetable oil in a sauté pan over medium heat until hot but not smoking. Add the onions. Sauté, stirring frequently, until they are translucent and begin to char slightly, 5 to 7 minutes.
2. Add the bell peppers. Cook, stirring frequently, for 2 minutes.
3. Add the garlic and spices. Cook, stirring constantly, for 2 minutes. The mixture will be quite dry.
4. Add the papaya, pineapple juice, vinegar, and molasses. Stir well. Bring it to a boil.
5. Turn down the heat to low. Simmer until mixture is slightly thinner than tomato ketchup. (It will thicken more as it cools.)
6. Add the lemon juice, salt, and pepper. Mix to combine.

# MEDITERRANEAN-STYLE BARBECUE SAUCE

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Garlic, clove, finely minced	6 ea.
Lemon, juice, fresh	4 fl. oz.
Wine, white, dry	3 fl. oz.
Oil, olive, extra virgin	3 fl. oz.
Soy sauce	2 fl. oz.
Mustard, Dijon	2 wt. oz.
Oregano, fresh, chopped	½ wt. oz.
Lemon, zest	2 Tbsp.
Ginger, fresh, finely minced	1 Tbsp.
Pepper, black, ground	1 tsp.

## **Method**

1. In a small bowl, place all the ingredients. Mix to combine.
2. Let it rest for at least 1 hour to allow flavors to develop.

**Note:** Basil or thyme can be substituted for the oregano.

# ROASTED TOMATO, GRILLED ONION, & RED PEPPER SALSA

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Tomato, plum, cored	12 wt. oz.
Pepper, bell, red	1 ea.
Onion, yellow, ¼-in sliced	4 wt. oz.
Oil, olive, extra virgin	as needed
Oil, olive, extra virgin	2 fl. oz.
Vinegar, wine, red	2 fl. oz.
Cilantro, fresh, chiffonade	4 Tbsp.
Garlic, roasted, minced	1 Tbsp.
Chili powder, toasted	1 Tbsp.
Cumin, seed, toasted, ground	½ tsp.
Coriander, seed, toasted, ground	½ tsp.
Salt, kosher	to taste

## **Method**

1. Preheat oven to 400°F.
2. Arrange the tomatoes and bell pepper in a single layer on a sheet pan. Roast in the preheated oven until tender and slightly charred. Turn over the tomatoes and peppers and roast on the other side. Transfer the tomatoes to a small bowl. Reserve.
3. Transfer the bell pepper to a separate small bowl. Cover with plastic wrap. Let it steam for 10 minutes. Remove and discard the skin and seeds. Add to the bowl with the tomatoes. Reserve.
4. Heat a grill to medium high.
5. Lightly brush the onions with olive oil. Grill until lightly caramelized and tender.
6. In a food processor, place the reserved tomatoes, bell pepper, and onions. Pulse until chunky. Transfer the mixture to a medium bowl.
7. Add the oil, vinegar, cilantro, garlic, chili powder, cumin, coriander, and salt. Mix to combine. Adjust the seasonings to taste.

# HONEY, TOMATO, ALMOND CHUTNEY

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive	1 Tbsp.
Garlic, chopped	2 Tbsp.
Ginger, fresh, coarsely chopped	1 wt. oz.
Tomato, concassé (Recipe follows)	2 lb.
Vinegar, wine	8 fl. oz.
Honey	6 wt. oz.
Almonds, toasted	3 wt. oz.
Raisins, mixed	2 wt. oz.
Salt, kosher	1 tsp.
Chile, cayenne, ground	½ tsp.

## **Method**

1. Heat the oil in a small sauté pan over low heat. Add the garlic and ginger. Sweat until the garlic is translucent and fragrant, but not browned, about 3 minutes.
2. Add the tomato concassé, vinegar, honey, almonds, raisins, salt, and cayenne.
3. Simmer for 5 minutes to allow the flavors to develop.

# TOMATO CONCASSÉ

*Yield: 2 pounds*

## **Ingredients**

Salt, kosher  
Tomato, plum

## **Amounts**

1 Tbsp.  
2 lb.

## **Method**

1. Score an X at the tip of the tomato. Trim out the core while leaving the tomato whole.
2. Bring a large pot of salted water to a boil. Add the tomatoes. Blanch for 30 seconds.
3. Transfer the tomatoes to an ice bath to stop the cooking process. When cool enough to handle, drain and pat dry.
4. Starting at the scored X, gently slip off the loosened skin.
5. The tomatoes may now be crushed or cut in half and seeded depending on the intended use.

# MUSTARD HONEY MAYONNAISE

*Yield: 1 ¼ quarts*

<b>Ingredients</b>	<b>Amounts</b>
Mayonnaise	1 qt.
Horseradish, grated	2 wt. oz.
Mustard, Dijon	5 wt. oz.
Honey	3 wt. oz.
Lemon, juice, fresh	2 fl. oz.
Parsley, fresh, chopped	2 Tbsp.

## **Method**

In a medium bowl, place all the ingredients. Mix well.

# MUSTARD HORSERADISH SAUCE

*Yield: 1 ½ pints*

<b>Ingredients</b>	<b>Amounts</b>
Mayonnaise	18 wt. oz.
Mustard, Dijon	4 wt. oz.
Horseradish	3 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Tabasco	to taste
Salt, kosher	to taste

## **Method**

In a medium bowl, place all the ingredients. Mix well to combine. Adjust the seasonings to taste.

# MEDITERRANEAN-STYLE WHITE BEAN SALSA

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Beans, white, cooked	6 ½ wt. oz.
Garlic, clove	6 ea.
Bay leaf	1 ea.
Tomato, sun-dried, ¼-in. diced	1 ½ wt. oz.
Olive, kalamata, pitted, sliced	2 wt. oz.
Fennel, small dice, blanched, shocked	1 wt. oz.
Pepper, bell, red, small diced	1 wt. oz.
Oil, olive, extra virgin	3 Tbsp.
Vinegar, balsamic	3 Tbsp.
Capers	2 Tbsp.
Lemon, zest	2 Tbsp.
Parsley, flat leaf, coarsely chopped	2 Tbsp.
Anchovy, minced	1 Tbsp.
Garlic, minced	1 Tbsp.
Thyme, fresh, minced	1 tsp.
Rosemary, fresh, minced	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.

## **Method**

1. In a medium saucepan over medium low heat, place the beans, garlic, and bay leaf. Simmer until the beans are tender. Remove and discard the garlic and bay leaf. Transfer the beans to a medium bowl. Cool.
2. Add all the remaining ingredients. Mix to combine.
3. Adjust the seasoning to taste.

# GREEN MANGO AND CARROT CHUTNEY WITH GINGER & CORIANDER

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Carrot, peeled	4 wt. oz.
Mango, green, peeled,	3 ea.
Vinegar, wine, red	4 fl. oz.
Molasses	3 Tbsp.
Lime, juice, fresh	2 Tbsp.
Ginger, fresh	1 Tbsp.
Coriander seeds, crushed	1 Tbsp.
Garlic, minced	1 tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.

## **Method**

1. Shred the carrots into a large bowl using large-holed grater.
2. Add all the remaining ingredients. Mix well.
3. Let it stand, covered, for 1 hour to allow the flavors to develop.

# SWEET AND SOUR SAUCE

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Oil, vegetable	1 Tbsp.
Ginger, minced	1 Tbsp.
Garlic, minced	1 Tbsp.
Scallion (Green onion), chopped	½ wt. oz.
Stock, chicken	1 pt.
Vinegar, rice	6 fl. oz.
Sugar, granulated	5 ¼ wt. oz.
Soy sauce, light	4 fl. oz.
Wine, sherry	2 fl. oz.
Oil, sesame	2 Tbsp.
Red food color, drop (Optional)	3 ea.
Cornstarch	1 Tbsp.
Water	2 fl. oz.

## **Method**

1. Heat the oil in a large sauté pan over medium heat. Add the ginger, garlic, and scallions. Cook, stirring constantly, until aromatic, 1 to 2 minutes.
2. Add the stock, vinegar, sugar, soy sauce, sherry, and sesame oil. Bring it to a boil.
3. Add the red coloring.
4. For the slurry, in a small bowl, place the cornstarch and water. Whisk to combine. Add the slurry to the pan. Return it to a boil.
5. Adjust the consistency with additional stock, as needed.

# APPLE BRANDY AND RAISIN SAUCE

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Raisins, plumped	3 wt. oz.
Apple, cider	1 pt.
Sugar, brown	2 wt. oz.
Brandy, apple	2 fl. oz.
Vanilla, bean, seeded	¼ ea.
Cinnamon, ground	¼ tsp.
Nutmeg, grated	⅛ tsp.
Arrowroot	1 Tbsp.
Water	2 fl. oz.

## **Method**

1. Place the raisins in a small bowl. Cover with hot water. Soak until the raisins absorb some of the water and plump up, 10 to 15 minutes. Drain.
2. In a medium saucepan, place the plumped raisins, cider, brown sugar, apple brandy, vanilla bean, cinnamon, and nutmeg. Stir to combine. Bring the mixture to a boil, then lower the heat and simmer for 1 minute.
3. For the slurry, in a small bowl, whisk together the arrowroot and water. Gradually stir the slurry into the pan until the sauce thickens to the desired consistency.
4. Bring the sauce back to a boil to cook out the starch flavor.
5. Cool.

# SOUTHWEST CHILI CORN MARINADE

*Yield: 20 ounces*

<b>Ingredients</b>	<b>Amounts</b>
Corn, white, kernels, fresh	6 wt. oz.
Molasses	2 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Tomato, paste	1 Tbsp.
Oil, corn	8 fl. oz.
Pepper, bell, green, chopped	1 $\frac{3}{4}$ wt. oz.
Chile, haba�ero, seeded, diced	1 ea.
Cilantro, fresh, chopped	2 Tbsp.
Scallion (Green onion), white part only	2 Tbsp.

## **Method**

1. In a food processor or blender, place the corn kernels, molasses, lemon juice, and tomato paste. Pur e to a smooth paste.
2. With the motor running, drizzle in the oil.
3. Fold in the bell pepper, haba ero chile, cilantro, and scallions.

# RED CURRY SAUCE

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Garlic, chopped	1 Tbsp.
Oil, vegetable	1 fl. oz.
Stock, chicken	8 fl. oz.
Sugar, brown	1 wt. oz.
Lemongrass, stalk, chopped	1 ea.
Coconut, milk	7 fl. oz.
Red curry paste	2 Tbsp.
Salt, kosher	1/2 tsp.
Pepper, white, ground	1/4 tsp.
Cornstarch	3/4 tsp.
Water	4 fl. oz.

## **Method**

1. Heat the oil in a small sauté pan over low heat. Add the garlic. Sweat until soft, slightly translucent, and fragrant, 5 to 7 minutes.
2. Add the stock, brown sugar, lemon grass, coconut milk, red curry paste, salt, and pepper. Bring the mixture to a simmer.
3. For the slurry, in a small bowl, whisk together the cornstarch and water. Gradually stir the slurry into the pan until it thickens to the desired consistency.
4. Bring the sauce back to a boil to cook out the starch flavor.
5. Cool.

# PEANUT SAUCE

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Oil, peanut	1 fl. oz.
Onion, yellow, finely diced	1 ¼ wt. oz.
Lime, leaf, makrut	¾ ea.
Garlic, finely diced	¾ tsp.
Lemongrass, sliced	¾ tsp.
Curry powder	¼ tsp.
Chile, ground	¼ tsp.
Peanut, butter	4 ¼ wt. oz.
Coconut, milk	2 fl. oz.
Milk, whole	2 fl. oz.
Sugar, brown, dark	1 ½ Tbsp.
Lemon, juice, fresh	1 Tbsp.
Fish sauce	1 ½ tsp.
Tamarind, finely chopped	¼ tsp.
Stock, chicken	as needed

## **Method**

1. Heat the oil in a medium saucepan over medium heat. Add the onion, lime leaves, garlic, lemon grass, curry powder, and chili pepper. Stir-fry until aromatic.
2. Add the peanut butter, coconut milk, milk, brown sugar, lemon juice, fish sauce, and tamarind. Simmer for 15 minutes.
3. Adjust the consistency with chicken stock, as needed.

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# 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	1/2	1/16	---	14
<b>6</b>	2	1	1/8	1/16	28
<b>12</b>	4	2	1/4	1/8	57
<b>24</b>	8	4	1/2	1/4	113
<b>36</b>	12	6	3/4	3/8	170
<b>48</b>	16	8	1	1/2	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./ 1/4 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)

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

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

1. **The right to inspect and review your education record within a reasonable time after the CIA receives a request for access.** If you want to review your record, contact the Registrar's Office to make appropriate arrangements.
2. **The right to request an amendment of your education record if you believe it is inaccurate or misleading.** If you feel there is an error in your record, you should submit a statement to the Registrar's Office, clearly identifying the part of the record you want changed and why you believe it is inaccurate or misleading. The Registrar will notify you of the decision and advise you regarding appropriate steps if you do not agree with the decision.
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2. A "No Release" applies to all elements of directory information on your record. The CIA does not apply "No Release" differently to the various directory information data elements.

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