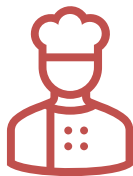




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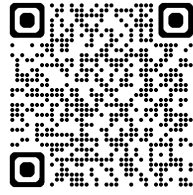
## Mediterranean Cooking

# WELCOME!



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# Expectations for Participants

To maintain safety/ sanitation standards and ensure you have the best experience possible...

## KITCHEN RESPONSIBILITIES

- Silence and put away phones.
- Clean your workstation as you go.
- Place waste in proper receptacle:
  - **Green:** food scraps for compost
  - **Blue:** recyclables
  - **Gray:** trash for landfill
- Use paper towels, cleaning cloths, red sanitation bucket for spills.
- Use side towel for handling hot objects, not cleaning.
- Place dirty utensils, tools on speed rack, not in sink.
- Place anything with an edge in "Sharps Only" pan.
- Place dirty linen in linen bag.



## RECIPE MISE EN PLACE

- Read the entire recipe before starting.
- Review yield, temp., and cook times.
- Ask questions if anything is unclear.
- Visualize the cooking process from start to finish.
- Complete any pre-steps (soak, marinade, etc.).
- Gather, measure/ weigh all ingredients.
- Complete all basic prep (wash, trim, dice, etc.).



## KNIFE SAFETY

- Use a sharp knife.
- Hold the knife firmly. Place your dominant hand on the handle with three fingers gripping it. Your thumb and index finger should pinch the blade, resting on either side of the bolster.
- Cut away from your body.
- Use a cutting board.
- Place knives on flat surface, away from table edge.
- Keep knives in clear sight, never covered.
- Never grab blindly for a knife.
- Pass knives using the handle, never the blade.
- Carry knives alongside body with the point down.
- Alert others by saying "Behind you with a knife."

## FOOD SAFETY

- Keep hair contained with toque, hair net/ tie.
- Wash hands before starting work.
- Wash hands after:
  - Touching hair, face, phone, pen, etc.
  - Coughing/ sneezing into tissue
- Wash and dry all produce.
- Wash cutting board, knives, tools after each use.
- Keep perishables refrigerated until needed.
- Per NY state law, wear gloves when handling ready-to-eat food.
- Keep raw meat, poultry, eggs, seafood separate from other foods.
- Cook food to the temperature safe zone.



# TEAM PRODUCTION ASSIGNMENTS

## TEAM ONE

Baba Ghanoush  
Zucchini Fritters  
Whole Wheat Pita  
Vinegar Chicken with Cabbage and Pancetta

## TEAM TWO

Couscous  
Piquillos Stuffed with Tuna  
Sautéed Spinach with Apples and Raisins  
Paella with Quail, Shrimp, and Chorizo

## TEAM THREE

Margherita Pizza  
Fresh Mozzarella Cheese  
Panna Cotta with Berries  
Linguini with Puttanesca Sauce

## TEAM FOUR

Chicken Tagine with Apricots and Golden Raisins  
Couscous  
Capellini with Clams, Caviar, and Preserved Meyer Lemons  
Tarte Tatin

# BABA GHANOUSH

*Yield: 1 quart*

<b>Ingredients</b>	<b>Amounts</b>
Garlic, clove, med., thinly sliced	4 ea.
Salt, kosher	1/8 tsp.
Eggplant, large	2 ea.
Tahini	1/2 cup
Lemon, juice, fresh	2 Tbsp.
Water, cold	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Preheat oven to 400°F.
2. Sprinkle the garlic with the salt. Finely chop. Using the side of your knife, press and drag the garlic against the cutting board several times until it forms a smooth, even paste. Reserve.
3. Puncture each eggplant several times with a fork. Transfer the eggplants to a sheet tray. Bake in the preheated oven until cooked through and soft in the middle, about 50 minutes. Turn the eggplants every 20 minutes. Cool.
4. Peel the eggplants and place them into a fine-mesh sieve (*tamis*). Allow any excess juice to drain for about 15 minutes. Purée the eggplants by pushing them through the sieve with a wooden spoon.
5. In a food processor, place the reserved garlic paste, tahini, lemon juice, and a little cold water. Purée until homogeneous. Season with salt and pepper to taste.
6. Add the puréed eggplant and pulse until smooth.
7. Adjust the seasoning to taste. Serve at room temperature or slightly warmer.

# ZUCCHINI FRITTERS

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Squash, zucchini, 1½ lb., coarsely grated	2 ea.
Salt, kosher	as needed
Cheese, feta, crumbled	¾ cup
Salt, kosher	½ tsp.
Parsley, flat-leaf, fresh, chopped	1 cup
Scallion (Green onion), chopped	½ cup
Dill, fresh, chopped	1 ½ Tbsp.
Egg, whole	1 ea.
Egg, yolk	1 ea.
Flour, all-purpose	½ cup
Pepper, black, ground	⅛ tsp.
Oil, olive, extra virgin	1 cup
Yogurt, Greek, plain	¾ cup

## **Method**

1. In a large bowl, place the zucchini and salt. Toss to coat. Let it stand for 15 minutes. Transfer the zucchini to a strainer and press out the excess moisture with a wooden spoon.
2. In a separate large bowl, combine the pressed zucchini, feta, salt, parsley, scallions, dill, egg, egg yolk, flour, and pepper. Mix well, adding more flour as needed to achieve a batter-like consistency. Reserve.
3. Preheat oven to 200°F.
4. Heat the oil in a large sauté pan to 350°F. Test the mixture by dropping a tablespoon of the reserved batter into the oil and fry until golden brown. If the fritter does not hold its shape, adjust the consistency of the batter by adding more flour.
5. Drop heaping tablespoons of batter into the hot oil and fry until golden brown on both sides, 2 to 3 minutes per side.
6. Drain the fritters on a wire rack. Reserve in the preheated oven until all the batches are fried.
7. Serve with the Greek yogurt.

# WHOLE WHEAT PITA

*Yield: 10 pitas*

<b>Ingredients</b>	<b>Amounts</b>
Yeast, active dry	¼ wt. oz.
Sugar, granulated	½ Tbsp.
Water, warm (about 100°F)	1 ½ cups
Sugar, granulated	1 ½ tsp.
Flour, bread	1 ⅔ cups
Flour, whole wheat	1 ¾ cups
Salt, kosher	1 Tbsp.
Oil, olive, pure	¼ cup
Oil, olive, pure	as needed
Flour, bread	as needed

## **Method**

1. In a small bowl, combine the yeast, sugar, and warm water. Mix well.
2. Transfer to the bowl of a stand mixer fitted with the dough hook. Add the sugar, bread flour, whole wheat flour, salt, and oil. Mix at medium speed until an elastic dough forms, about 3 minutes.
3. Transfer the dough to a large, oiled bowl. Lightly mist the dough with oil to add flavor and help release it from the bowl later. Cover the bowl with plastic wrap and keep warm. Let the dough proof until it has doubled in size, about 2 hours.
4. Brush oil on a sheet pan lined with parchment paper.
5. Punch down the dough. Turn out the dough onto a cutting board. Cut the dough into 3-ounce balls and place them on the prepared sheet pan. Dust the dough balls with bread flour and wrap the sheet pan with plastic wrap. Let it proof in a warm area until the balls have doubled in size, about 30 minutes.
6. Preheat oven and a pizza stone to 450°F.
7. On a floured surface, roll out each ball of dough into a 7-inch round. Dust heavily with bread flour. Store in between sheets of parchment paper.
8. Place a dough round onto the preheated pizza stone and shut the oven door. Bake until it puffs up and turns golden brown, 4 to 5 minutes.
9. Transfer to a wire rack to cool, then wrap in a towel to keep soft. Be careful as the steam will be very hot. The steam inside the bread will finish cooking it.
10. Repeat with the remaining pitas, baking one or two at a time.

# VINEGAR CHICKEN WITH PANCETTA AND CABBAGE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Garlic, clove, finely chopped	4 tsp.
Shallot, finely chopped	1 cup
Wine, Riesling, Alsatian	1 cup
Chicken, breast, skin on, bone in	6 ea.
Oil, olive, extra virgin	2 Tbsp.
Oil, olive, extra virgin	2 Tbsp.
Tomato, paste	¼ cup
Vinegar, apple cider	1 cup
Honey	2 Tbsp.
Broth, chicken	1 ½ cups
Parsley, flat-leaf, fresh, minced	½ Tbsp.
Chervil, fresh, minced	½ Tbsp.
Tarragon, fresh, minced	½ Tbsp.
Chive, fresh, minced	½ Tbsp.
Salt, kosher	as needed
Cabbage, savoy, head, thinly sliced	½ ea.
Oil, olive, pure	¼ cup
Pork, pancetta, finely chopped	½ cup
Shallot, thinly sliced	3 ea.
Broth, chicken	1 cup
Salt, kosher	1 tsp.
Pepper, black, ground	⅛ tsp.
Butter, unsalted, room temp.	2 Tbsp.

## **Method**

1. For the marinade, in a large, nonreactive bowl, combine the garlic, shallots, and wine. Add the chicken. Let it marinate in the refrigerator for 1 hour or overnight.
2. Remove the chicken and pat it dry with paper towels. Reserve.
3. Strain the garlic and shallots from the marinade, reserving the solids and liquids separately.
4. Heat the oil in a large skillet over medium heat. Working in small batches, add the marinated chicken. Cook until golden brown on both sides, about 10 minutes. If excess fat accumulates or solids in the bottom of the pan start to burn, drain and add new oil.
5. Heat the fresh oil in a large sauté pan over medium heat. Add the reserved garlic and shallots. Sauté until tender, about 4 minutes.
6. Stir in the tomato paste. Cook for 3 minutes.

7. Add  $\frac{1}{2}$  the reserved marinade and the vinegar. Deglaze the pan, scraping any browned bits (*fond*) stuck to the bottom.
8. Add the honey and broth. Simmer until the liquid has reduced by  $\frac{2}{3}$ .
9. Add the chicken and the remaining  $\frac{1}{2}$  of the marinade. Cook until the juices from the chicken run clear, about 10 minutes. Transfer the chicken to a plate, cover lightly with aluminum foil, and let it rest. Reserve.
10. For the vinegar sauce, strain the cooking liquid through a fine-mesh sieve and return it to the pan. Cook over medium heat until the liquid has reduced to a consistency that coats the back of a wooden spoon (*nappé*).
11. Stir in the parsley, tarragon, chervil, and chives. Reserve.
12. Bring a large pot of salted water to a boil. Add the sliced cabbage. Blanch for 2 minutes. Transfer the cabbage to an ice water bath. Drain and reserve.
13. Heat the oil in a sauté pan over medium heat. Add the pancetta. Cook until almost crispy, 8 to 10 minutes.
14. Add the shallots. Sauté until aromatic, about 2 minutes.
15. Add the blanched cabbage and broth. Increase the heat to medium-high. Season with the salt and pepper. Cook until the broth has almost completely evaporated, 10 to 12 minutes.
16. Just before serving, swirl in the butter.
17. Divide the cabbage evenly among the serving plates. Arrange a chicken breast next to the cabbage and add a thin layer (*nap*) of the reserved vinegar sauce.

**Note:** A nonreactive bowl is one made from materials like glass, ceramic, stainless steel, or food-grade plastic that won't chemically interact with acidic or alkaline foods. This prevents metallic tastes, discoloration, or potential safety issues, making them ideal for tomatoes, citrus, vinegar, or pickling. Materials like unlined copper, cast iron, or aluminum are reactive and should be avoided for such ingredients.

# COUSCOUS

*Yield: 1 ½ cups*

<b>Ingredients</b>	<b>Amounts</b>
Water, cold	½ cup
Salt, kosher	1 tsp.
Couscous	½ cup
Water (Divided)	4 ½ tsp.
Oil, olive, pure	1 ½ Tbsp.
Turmeric, ground	⅛ tsp.
Chili, powder	⅛ tsp.
Cumin, powder	⅛ tsp.
Cinnamon, ground	⅛ tsp.
Salt, kosher	¼ tsp.
Pepper, black, ground	⅛ tsp.

## **Method**

1. In a medium bowl, combine the water and salt. Stir until the salt dissolves. Add the couscous. Soak for 1 hour.
2. Place the couscous in the top chamber of the couscoussier. Steam for 15 minutes.
3. Transfer the couscous to a sheet pan. Stir to separate the pasta.
4. Add 1 ½ teaspoon of the water to the sheet pan. Mix by hand. Let it rest for 15 minutes.
5. Return the couscous to the couscoussier. Steam for 15 minutes.
6. Add 1 ½ teaspoon of the water. Mix by hand. Let it rest for 15 minutes.
7. Return the couscous to the couscoussier and steam for 10 minutes.
8. Add 1 ½ teaspoon of the water. Mix by hand. Let it rest for 15 minutes.
9. Stir in the olive oil, turmeric, chili powder, cumin, cinnamon, salt, and pepper.

**Note:** A couscoussier is a double-chamber pot with 3 parts: a stockpot, steaming basket, and lid. The steaming basket has holes that allow the liquid in the bottom chamber to cook the food above it. This allows you to steam couscous while simultaneously preparing a stew to serve on top of the couscous. It is most often associated with Moroccan cuisine.

A strainer basket that fits inside the top of a stew pot lined with cheesecloth can be substituted for the couscoussier. Soak the couscous and then steam it over the stew in the lined strainer for the second half of the cooking process. The steam from the stew will finish the couscous.

# PIQUILLOS STUFFED WITH TUNA

*Yield: 5 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, Yukon Gold, unpeeled	1 ea.
Egg, whole	1 ea.
Scallion (Green onion), thinly sliced	4 ea.
Tuna, canned, drained	1 cup
Olive, green, pitted, chopped	12 ea.
Anchovy, finely chopped	3 ea.
Aioli (Recipe follows)	1 qt.
Lemon, juice, fresh	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Chile, piquillo, canned	10 ea.

## **Method**

1. Place the unpeeled potato in a medium sauce pot with enough cold water to cover by 2 inches. Bring the water to a boil over medium heat. Turn down the heat and simmer until the potato is tender, about 10 minutes. Drain and cool. Peel and dice.
2. In a small saucepan, place the shelled egg in enough cold water to cover by 1-inch. Bring it to a boil and lower the heat. Simmer for 4 minutes. Turn off the heat, cover, and let it sit for 10 to 12 minutes.
3. Preheat oven to 350°F.
4. Remove the egg from the water and gently crack the shell. Transfer to an ice water bath and cool for 15 minutes. Peel and chop.
5. In a large bowl, place the potato, egg, scallions, and tuna. Mash until mostly creamy.
6. Fold in the olives and anchovies. Mix until combined.
7. Fold in the aioli and lemon juice. Season with salt and pepper to taste.
8. Transfer the mixture to a pastry bag. Pipe 2 tablespoons into each of the peppers.
9. Place the peppers on a parchment paper-lined sheet pan. Bake in the preheated oven until the filling is heated through, about 15 minutes.
10. Serve immediately.

# AIOLI

*Yield: 1 quart*

<b>Ingredients</b>	<b>Amounts</b>
Breadcrumbs, dry	1 Tbsp.
Vinegar, wine, white	1 Tbsp.
Garlic, clove, finely chopped	6 tsp.
Salt, kosher	½ tsp.
Pepper, white, ground	1/8 tsp.
Egg, yolk	3 ea.
Oil, olive, pure	1 ½ cups
Lemon, juice, fresh	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. In the bowl of a food processor, place the breadcrumbs, vinegar, garlic, salt, and pepper. Process until a fine paste is formed.
2. Add the egg yolks. Process until smooth.
3. With the food processor running, slowly drizzle in the oil. Process until emulsified.
4. Add the lemon juice. Process until combined.
5. Season with salt and pepper to taste.

# SAUTÉED SPINACH WITH APPLES AND RAISINS

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pine nuts ( <i>Pignoli</i> )	¼ cup
Oil, olive, extra virgin	¼ cup
Apple, Golden Delicious, peeled, cored, small diced	2 ea.
Shallot, finely chopped	½ cup.
Raisins	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Spinach, stemmed	8 wt. oz.

## **Method**

1. Preheat oven to 350°F.
2. In a small, dry skillet, place the pine nuts. Toast in the preheated oven until the pine nuts are golden brown, 3 to 4 minutes. Reserve.
3. Heat the oil in a large sauté pan over high heat. Add the apples and shallots. Sauté until lightly browned, 30 to 60 seconds.
4. Add the raisins. Stir to combine. Season with salt and pepper to taste.
5. Add the spinach. Stir to combine. Sauté until the spinach leaves start to wilt, 3 to 5 minutes. Remove the pan from the heat. (The spinach will continue to wilt.)
6. Just before serving, top with the toasted pine nuts.

# PAELLA WITH QUAIL, SHRIMP, AND CHORIZO

Yield: 6 portions

Ingredients	Amounts
Squid, cleaned	2 cups
Stock, chicken	6 cups
Saffron, ground	¼ tsp.
Quail, boneless	8 ea.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Flour, all-purpose (Optional)	2 cups
Oil, olive, extra virgin	⅓ cup
Pork, chorizo, medium diced	2 cups
Onion, yellow, diced	2 cups
Garlic, clove, finely chopped	1 ½ tsp.
Tomato, Plum (Roma), medium diced	1 cup
Paprika, Spanish ( <i>Pimentón</i> ), ground	1 ½ tsp.
Thyme, leaves, fresh	1 ½ tsp.
Rice, Calasparra	1 cup
Peas, frozen, thawed	2 cups
Shrimp, 16/20, peeled, deveined	12 ea.
Butter, unsalted, cubed	¼ cup

## Method

1. In a colander, rinse the squid under cold running water. Pat dry with paper towels. Transfer to a cutting board. Slice into rings lengthwise. (see Chef demo.) Reserve.
2. In a large sauce pot, place the stock and saffron. Bring it to a simmer over medium-high heat. Reserve.
3. Season the quail with the salt and pepper. Dredge the quail in the flour, if using, and shake off any excess. Reserve.
4. Heat the oil in a large, wide, heavy-bottomed pot over high heat. Working in small batches, add the quail and lightly brown, 1 to 2 minutes per side. Remove and reserve.
5. Lower the heat to medium-high. Add the chorizo. Cook until brown, about 4 minutes. Remove and reserve.
6. Add the squid. Sauté until brown and dry, about 2 minutes. Remove and reserve.
7. Reduce the heat to medium-low. Add the onions and garlic. Cook until the onions are transparent, about 5 minutes.
8. Add the tomatoes. Cook until they have softened and have the consistency of jam, 8 to 10 minutes.
9. Add the paprika and thyme. Cook for 1 minute. (This mixture is called a *sofrito*.)
10. Add the rice. Stir to fully coat the grains. Cook until lightly toasted, about 1 minute.

11. Add the reserved chorizo, squid, and 2 cups of the saffron-chicken broth. Place the quail on top. Cook over medium heat, covered, until most of the liquid has been absorbed, about 15 minutes. Do not stir.
12. Add the peas and 1 cup of the reserved saffron-chicken broth. Cook for about 5 minutes.
13. Add the shrimp and cook until the liquid has been absorbed, about 5 minutes.
14. For the sauce, in a saucepan, reduce the remaining 3 cups of reserved saffron-chicken stock by  $\frac{1}{2}$ . Stir in the butter and keep warm.
15. Portion the rice mixture into 6 serving bowls. Top each bowl with 2 pieces of quail and 2 shrimp. Spoon  $\frac{1}{4}$  cup of sauce around the rice mixture.

**Note** Adding the sauce to each bowl just before serving is optional. Although not traditional, it adds moisture and texture to the dish.

# MARGHERITA PIZZA

*Yield: Three 12-inch pizzas*

<b>Ingredients</b>	<b>Amounts</b>
Water, warm (100°F)	22 fl. oz.
Yeast, instant, dry	2 ½ tsp.
Salt, kosher	2 tsp.
Flour, all-purpose	24 wt. oz.
Flour, bread	11 wt. oz.
Oil, olive, pure	¼ cup
Onion, yellow, finely chopped	2 cups
Garlic, clove, whole	4 ea.
Tomato, plum (Roma), canned	4 cups
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	as needed
Cornmeal	as needed
Fresh Mozzarella Cheese (Recipe follows)	2 lb.
Basil, sweet, leaves, fresh, chiffonade	½ cup
Tomato, plum (Roma), thinly sliced	6 ea.
Oil, olive, extra virgin	¼ cup
Oregano, Mediterranean, dried	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. For the dough, in the bowl of a stand mixer fitted with the dough hook, place the water, yeast, oil, and salt. Mix to combine.
2. Add the all-purpose and bread flour. Mix on medium speed until an elastic, homogenous dough forms, about 10 minutes.
3. Transfer the dough to a large bowl. Cover with plastic wrap. Allow it to rest at room temperature until it has doubled in size, about 45 minutes. Fold the dough over on itself to release any gas that has built up. Reserve.
4. For the sauce, heat the oil in a medium sauce pot over medium heat. Add the onions and garlic. Sauté until aromatic, 6 to 8 minutes.
5. Add the tomatoes, crushing them with your fingers. Simmer gently over low heat until the sauce thickens, about 45 minutes. With an immersion blender, purée until smooth. Season with salt and pepper to taste.
6. Once the dough has doubled in size, fold the dough over on-itself to release any gas.

7. Cut the dough into 3 equal pieces. Cup each piece in your hands and roll the dough on a work surface in a circular motion to form even, round balls. Cover them with a clean towel. Let them rest for 10 minutes to relax the gluten.
8. On a floured work surface, flatten out a ball of dough with your hands. Using a rolling pin, roll out the dough piece into a 12-inch round about  $\frac{1}{4}$ -inch thick. Be sure to keep the bottom floured as you roll so that it does not stick to the surface.
9. Preheat oven and a pizza stone to 450°F.
10. Sprinkle a pizza peel or a parchment-lined sheet pan with cornmeal and slide the dough onto it. The cornmeal helps the dough slide off easily and adds crunch. Roll out the dough and place it on top.
11. Prebake the pizza crust in the preheated oven until the dough is set, about 2 minutes. Remove it from oven.
12. Ladle 4 ounces of the sauce over the dough. Spread the sauce out with the bottom of the ladle until it reaches the edges.
13. Cut the Mozzarella Cheese into  $\frac{1}{8}$ -in. slices Arrange  $\frac{1}{3}$  of the slices over the dough, leaving about  $\frac{1}{2}$ -inch between pieces. Sprinkle with some basil and top with  $\frac{1}{3}$  of the tomato slices. Drizzle lightly with oil. Season with the oregano, salt, and pepper.
14. Bake in the preheated oven until the crust is golden brown and the cheese is melted and bubbling, 5 to 10 minutes. Cool for 2 minutes before slicing.
15. Repeat the process with the remaining ingredients, making sure to keep the baked pizzas warm until serving.

# FRESH MOZZARELLA CHEESE

*Yield: 2 pounds.*

<b>Ingredients</b>	<b>Amounts</b>
Salt, kosher	5 ½ wt. oz.
Water	1 gal.
Cheese, curd, medium diced	2 lb.

## **Method**

1. Bring a pot of salted water to 160°F. Remove the pot from the heat.
2. Place the cheese curd in a colander and lower the colander into the hot water. The curds must be completely submerged.
3. Work the curd in a circular motion with wooden spoons, stretching it until it becomes a smooth but stringy mass. Maintain the water temperature at a constant 155°F during this process, rewarming the pot as needed.
4. Remove the colander from the water. Transfer the cheese to a work surface, stretching the curd until it is smooth.
5. Shape the cheese into 4-ounce balls or logs. Allow the cheese to cool slowly in the liquid in the pot.
6. Store the cheese wrapped in plastic wrap or brine. Cover and refrigerate for up to 5 days.

# PANNA COTTA WITH BERRIES

*Yield: 5 portions*

<b>Ingredients</b>	<b>Amounts</b>
Milk, whole	1 qt.
Sugar, granulated	½ cup
Vanilla, extract	2 tsp.
Water	6 Tbsp.
Gelatin, envelope	2 ea.
Raspberries, fresh	1 pt.

## **Method**

1. In a medium saucepan over low heat, place the milk and sugar. Heat, stirring occasionally, until the sugar has dissolved.
2. Add the vanilla. Stir to combine. Strain the mixture through a fine-mesh sieve and into a medium bowl. Reserve.
3. Place the water into a small, microwave-safe bowl. Sprinkle the gelatin envelopes into the water. Mix to combine. Let it bloom until gel-like, about 10 minutes.
4. Prepare an ice bath. Reserve.
5. Melt the bloomed gelatin in the microwave until it liquifies, about 20 seconds. Whisk the melted gelatin into the vanilla milk mixture.
6. Place the bowl with the milk mixture over the ice bath. Stir until it begins to thicken.
7. Pour the mixture into five, 5-ounce ramekins. Cool in the refrigerator until set, about 1 hour.
8. Top each ramekin with 3 raspberries.

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

# LINGUINI WITH PUTTANESCA SAUCE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pork, pancetta, diced	¼ lb.
Oil, olive, pure	⅓ cup
Garlic, minced	4 tsp.
Red pepper flakes	3 tsp.
Onion, yellow, small diced	1 ¼ cups
Tomato, plum (Roma), canned	1 lb.
Olive, black, pitted	16 ea.
Anchovy, fillet, chopped	¼ lb.
Capers	5 Tbsp.
Basil, sweet, leaves, fresh, shredded	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Pasta Dough (Recipe follows)	1 ½ lb.
Oil, olive, extra virgin	¼ cup
Parsley, flat-leaf, fresh, chopped	3 Tbsp.

## **Method**

1. For the sauce, in a large sauté pan over medium-high heat, place the pancetta. Render until it is lightly browned and crisp, 8 to 10 minutes.
2. Add the olive oil, garlic and red pepper flakes. Sauté until the garlic becomes aromatic, 1 to 2 minutes.
3. Add the onions. Cook until translucent, 3 to 5 minutes.
4. Stir in the tomatoes and their juice, olives, anchovies, and capers. Bring it to a bubble, then lower the heat and simmer for 5 minutes.
5. Add the basil. Adjust the seasoning with salt and pepper to taste. Keep warm. Reserve.
6. Roll the pasta dough out to 1/16<sup>th</sup> of an inch. Slice into ⅛-inch ribbons.
7. Bring a large pot of salted water to a boil. Add the linguini and cook until tender but still firm to the bite (*al dente*), about 2 minutes. Drain.
8. Transfer the linguini to a heated serving bowl. Add the olive oil and chopped parsley. Toss to combine. Pour ⅓ of the reserved sauce over the linguine.
9. Serve immediately with the remaining sauce on the side and crusty bread.

# PASTA DOUGH

*Yield: 1 ½ pound*

<b>Ingredients</b>	<b>Amounts</b>
Flour, durum	1 lb.
Egg, whole	5 ea.
Salt, kosher	1 tsp.
Oil, olive, pure (Optional)	½ tsp.

## **Method**

1. In a large bowl, place the flour, eggs, salt, and oil (if using). Mix by hand until a smooth dough is formed.
2. Cover the dough and let it rest for 30 minutes.
3. Roll out the dough into the desired shapes.

**Note:** Semolina or bread flour can be substituted for the durum flour.

## **Variations:**

**Spinach:** Replace 1 egg with 3 oz. of raw, puréed spinach.

**Tomato herb:** Replace 1 egg with 3 oz. of tomato paste and herbs.

**Saffron:** Add ¼ tsp. of saffron to 1 oz. of 180°F water; allow to cool, then add to egg mixture.

**Buckwheat:** Use ½ bread flour and ½ buckwheat flour.

# CHICKEN TAGINE WITH APRICOTS AND GOLDEN RAISINS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lime, dried	2 ea.
Cumin, seeds	2 tsp.
Onion, cipollini	12 ea.
Chicken, thigh	12 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, extra virgin	3 Tbsp.
Ginger, fresh, peeled, sliced	3 Tbsp.
Garlic, clove, thinly sliced	6 ea.
Saffron, threads, crushed	1/8 tsp.
Lemon, preserved, cut into wedges pith removed, rind thinly sliced	8 ea.
Olive, picholine, pitted	20 ea.
Raisins, golden	1 1/2 cups
Apricot, dried, diced	8 wt. oz.
Stock, chicken, hot	6 1/2 cups
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, fresh, chopped	1/4 cup
Cilantro, fresh, chopped	1/4 cup
Couscous (Recipe follows)	1 1/2 cups

## **Method**

1. In a small bowl, soak the dried limes in hot water for 1 hour.
2. Heat a small, dry skillet over medium heat. Add the cumin seeds in an even layer. Toast, stirring often, until lightly browned and aromatic, 1 to 3 minutes. Transfer to a plate. Cool. Transfer to a spice grinder. Grind the cumin seeds to a fine powder, reserve.
3. Bring a pot of water to a rolling boil over high heat. Add the onions. Blanch for 10 seconds. Transfer the onions to an ice water bath to halt the cooking process. Drain. Peel. Reserve.
4. Season the chicken thighs with salt and pepper. Heat the oil in a large, oven-safe sauté pan over high heat. Add the chicken thighs skin side down. Working in small batches, cook until brown on each side, about 10 minutes. Remove the chicken and reserve.
5. Add the reserved onions. Sauté until brown, about 4 minutes. Drain the fat and return the chicken to the pan.
6. Add the ginger and garlic. Cook until tender, about 2 minutes.

7. Add the reserved dried limes, cumin, saffron, preserved lemons, olives, raisins, and apricots. Stir in 1 cup of the stock to help combine all the ingredients. Add the remaining stock and cover the pan. Lower the heat to medium and bring it to a simmer. Braise until the chicken is fork tender and the stock has reduced to a consistency thick enough to coat the back of a spoon (*nappè*), about 50 minutes.
8. Season with salt and pepper to taste. Garnish with the parsley and cilantro. Serve with the Couscous.

**Note:** Preserved limes can be substituted for the dried limes. Green olives can be substituted for the picholine olives.

# COUSCOUS

*Yield: 1 ½ cups*

<b>Ingredients</b>	<b>Amounts</b>
Water, cold	½ cup
Salt, kosher	1 tsp.
Couscous, Moroccan	½ cup
Water (Divided)	4 ½ tsp.
Oil, olive, pure	1 ½ Tbsp.
Turmeric, ground	⅛ tsp.
Chili powder	⅛ tsp.
Cumin, powder	⅛ tsp.
Cinnamon, ground	⅛ tsp.
Salt, kosher	¼ tsp.
Pepper, black, ground	⅛ tsp.

## **Method**

1. In a medium bowl, combine the water and salt. Stir until the salt dissolves. Add the couscous. Soak for 1 hour.
2. Place the couscous in the top chamber of the couscoussier. Steam for 15 minutes.
3. Transfer the couscous to a sheet pan. Stir to separate the pasta.
4. Add 1 ½ teaspoon of the water to the sheet pan. Mix by hand. Let it rest for 15 minutes.
5. Return the couscous to the couscoussier. Steam for 15 minutes.
6. Add 1 ½ teaspoon of the water. Mix by hand. Let it rest for 15 minutes.
7. Return the couscous to the couscoussier and steam for 10 minutes.
8. Add 1 ½ teaspoon of the water. Mix by hand. Let it rest for 15 minutes.
9. Stir in the olive oil, turmeric, chili powder, cumin, cinnamon, salt, and pepper.

**Note:** A couscoussier is a double-chamber pot with 3 parts: a stockpot, steaming basket, and lid. The steaming basket has holes that allow the liquid in the bottom chamber to cook the food above it. This allows you to steam couscous while simultaneously preparing a stew to serve on top of the couscous. It is most often associated with Moroccan cuisine.

A strainer basket that fits inside the top of a stew pot lined with cheesecloth can be substituted for the couscoussier. Soak the couscous and then steam it over the stew in the lined strainer for the second half of the cooking process. The steam from the stew will finish the couscous.

# CAPELLINI WITH CLAMS, CAVIAR, AND PRESERVED MEYER LEMONS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lemon, Meyer	4 ea.
Salt, kosher	2 Tbsp.
Oil, olive, pure	2 Tbsp.
Shallot, halved, thinly sliced	2 ea.
Garlic, clove, finely chopped	1 tsp.
Clam, juice	2 cups
Wine, white, dry	1 cup
Lemon, juice, fresh	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Breadcrumbs, Panko (Optional)	1 cup
Butter, unsalted, melted (Optional)	2 Tbsp.
Clam, Manila	2 lb.
Water	1 gal.
Salt, kosher	6 Tbsp.
Pasta, capellini	1 lb.
Caviar, red tobiko	1 oz.
Parsley, flat-leaf, fresh, chopped	¼ cup

## **Method**

1. For the preserved lemons, using a vegetable peeler, peel the zest and julienne.
2. In a non-reactive bowl, place the zest, salt, and the juice of 2 lemons. Let it sit for 6 to 8 hours. Reserve. Rinse before using.
3. For the clam broth, heat the oil in a large sauté pan over medium heat. Add the shallots and garlic. Sauté until aromatic, about 2 minutes.
4. Add the clam juice. Bring it to a simmer and reduce by ½, 5 to 7 minutes.
5. Add the white wine. Return to a simmer and reduce by ½, 5 to 7 minutes.
6. Add the lemon juice. Season with salt and pepper to taste.
7. Add the clams. Increase the heat to medium. Cook until the steam opens the clam shells, 5 to 10 minutes. Remove ¾ of the clams from their shells and return the meat to the broth. Leave the remaining clams in their shells as a garnish. Discard any clams that do not open.
8. Bring a large pot of salted water to a boil. Add the capellini. Cook until tender but still firm to the bite (*al dente*), 3 to 5 minutes. Drain. Add the capellini to the broth.
9. Add the rinsed preserved lemons, caviar, and parsley to the broth.

10. If desired, in a small bowl, place the breadcrumbs and melted butter. Mix thoroughly to coat. In a small skillet over medium high heat, toast the coated breadcrumbs until golden brown. Drain on paper towels. Reserve.
11. Transfer the pasta to a serving bowl. Add the clam broth. Sprinkle with the buttered breadcrumbs, if desired.

# TARTE TATIN

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Vanilla, bean	1 ea.
Flour, all-purpose	1 ½ cups
Sugar, granulated	¼ cup
Lemon, zest	1 ea.
Butter, unsalted, cubed, chilled	1 ½ cups
Egg, yolk, large	1 ea.
Water, ice cold	½ cup
Sugar, granulated	1 cup
Lemon, juice, fresh	2 Tbsp.
Apple, Granny Smith, peeled, cored, cut in half	6 ea.
Butter, unsalted, room temp.	2 Tbsp.
Cream, heavy	2 cups
Vanilla, extract	1 tsp.
Sugar, granulated	2 Tbsp.

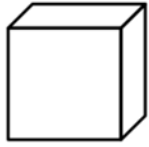
## **Method**

1. Split the vanilla bean in half widthwise. Slice down the length of each piece, leaving the end intact. Scrape out the tiny seeds using the back of the knife. Reserve the seeds and pods separately.
2. For the dough, in the bowl of a food processor, place the reserved vanilla seeds, flour, sugar, lemon zest, and butter. Pulse until it has the consistency of cornmeal.
3. Add the egg yolk and water. Pulse until it just forms a ball. Flatten the ball, wrap it in plastic wrap, and refrigerate for 35 minutes.
4. On a lightly floured work surface, roll out the chilled dough into a 10-inch round, ¼-inch thick. Cover and refrigerate. Reserve.
5. Preheat oven to 350°F.
6. For the caramelized apples, sprinkle the sugar into an 8-inch, nonstick sauté pan. Add the lemon juice. Turn the heat to medium. Add the vanilla pod. Cook until the sugar is a dark caramel, almost burned. Remove and discard the vanilla pod.
7. Place the apples cut side up. Add the butter. Press the apples into the caramelized syrup. Cook for 10 minutes.
8. Turn down the heat to medium low. Place the refrigerated dough round on top of the pan. With a rubber spatula, press the sides down, tucking it in so that it forms a small rim. (When the tart is flipped out of the pan, the little rim will catch any extra caramel.)

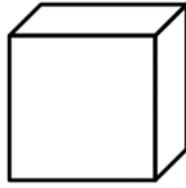
9. Prick the top of the dough several times with a paring knife to allow steam to escape. Bake in the preheated oven until the crust is golden brown, about 30 minutes. Remove and cool for 10 minutes.
10. Place a plate upside down on top of the pan and invert the sauté pan onto the plate. Flip over the pan and the tart will be upright.
11. In the bowl of a stand mixer fitted with the whip, place the cream, vanilla, and sugar. Whip on high speed until soft peaks form, 4 to 5 minutes.
12. Serve the tart warm or at room temperature with the whipped cream.

**Note:** Other tart apples, such as Honeycrisp, can be substituted for Granny Smith.

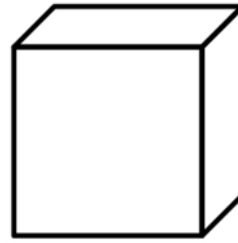
# BASIC KNIFE CUTS



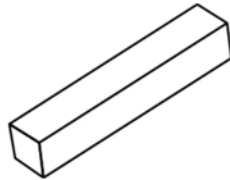
**Small Dice**  
1/4" cube



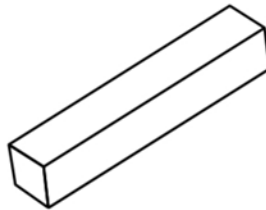
**Medium Dice**  
1/2" cube



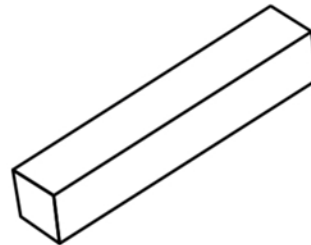
**Large Dice**  
3/4" cube



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



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



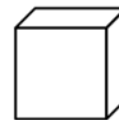
**Batonnet**  
1/4" sq x 2 inch



**Mince**  
<1/16" cube



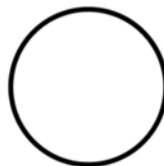
**Chop**  
1/8"-1/4" cube



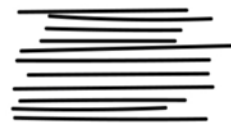
**Brunoise**  
1/8" cube (fine dice)



**Bias**  
diagonal cut



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



**Chiffonade**  
rolled, sliced thin

# CONVERSION TABLES

## METRIC WEIGHTS AND MEASURES EQUIVALENCIES

<b>1 gram (g)</b>	=	1/28 oz. (or 0.035 oz.)
<b>1/2 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 3/4 pt.)

## METRIC CONVERSION TABLE

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

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

## TEMPERATURE EQUIVALENCIES

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

## US CUSTOMARY LIQUID VOLUME CONVERSIONS

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

## US TO METRIC DRY MEASURES CONVERSIONS

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

## VOLUME MEASURE CONVERSIONS

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

These materials were developed at the Culinary Institute of America.

Adapted from *Mediterranean Cooking* by Lynne Gigliotti

Mediterranean Cooking Sat Course Guide v.590.docx

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