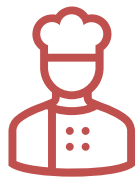




Culinary Institute  
of America

## Bistro Boot Camp

# WELCOME!



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Scan the QR code to downloadable PDF files of this course guide and the Chef lectures:



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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.).



## 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.

## 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."



## COURSE INFORMATION

Simple, sophisticated, casual, elegant...the word "bistro" evokes so many pleasantly alluring images and experiences, many of them related to classic French cuisine - and *all* of them satisfying. With aromatic soups and stews, rustic omelets, robust gratins, savory tarts, and fresh-from-the-oven breads and pastries topping the menu, bistro cuisine is something that is sure to please even the most discriminating of palates. Featuring the best of casual American and French bistro-style cooking, this four-day boot camp will show you how to prepare this irresistible food with ease.

### LEARNING OBJECTIVES

#### **Throughout this course, you will...**

- examine the defining elements and characteristics of American and French-style bistro cuisine.
- discuss and prepare classic and contemporary bistro-style dishes.
- discover traditional and innovative recipes to add to your repertoire.
- study cooking fundamentals and techniques common to bistro cuisine, from roasting to braising to baking.

# COURSE SYLLABUS

## DAY ONE

- ☑ Lecture: Classic and Contemporary Bistro Lunch Fare
  - Safety and Sanitation
  - Mise en Place
  - Soups
  - Green Salads and Salad Dressings
  - Non-Green Salads
  - Sandwiches and Accompaniments
- ☑ Kitchen Production Exercise
  - Group and/or Station Demonstrations
    - Preparing Emulsified Vinaigrette
    - Preparing Smoked Salmon and/or Gravlax (for day three)
  - Production
    - Soups
    - Salads
    - Sandwiches

## DAY TWO

- ☑ Lecture: Classic and Contemporary Bistro Dinner Fare
  - Cooking Fundamentals
    - Dry-Heat Cooking Methods
    - Moist-Heat Cooking Methods
    - Combination Cooking Methods
    - Pasta and Grain Cookery
- ☑ Kitchen Production Exercise
  - Group and/or Station Demonstrations
    - Preparing and Shaping Fresh Egg Pasta
    - Forming Ravioli
    - Preparing Rice Pilaf
    - Fabricating Chicken
  - Production
    - Appetizers and Hors d'oeuvre
    - Main Dishes and Accompaniments

## **DAY THREE**

- ☑ Lecture: Classic and Contemporary Bistro Breakfast Fare
  - Egg Cookery
  - Quick Breads, Breakfast Pastries, and Griddled Items
- ☑ Kitchen Production Exercise
  - Group and/or Station Demonstrations
    - Working with Puff Pastry
    - Poaching Eggs
    - Preparing French Rolled Omelets
    - Preparing Hollandaise Sauce
    - Cutting Citrus into Suprêmes
  - Production
    - Pastry Items
    - French Rolled Omelets
    - Eggs Benedict Variations
    - Bistro Breakfast Classics

## **DAY FOUR**

- ☑ Lecture: Classic and Contemporary Bistro Baked Goods and Desserts
  - Bakeshop Equipment
  - Basic Baking Ingredients
  - Mixing Methods
  - Soufflés
  - Quiche
  - Pizza
- ☑ Kitchen Production Exercise
  - Group and/or Station Demonstrations
    - Preparing Savory Soufflés
    - Rolling Pie Dough
    - Preparing Pâte a Choux
  - Production
    - Savory Soufflés
    - Quiche
    - Bistro Desserts

# DAY ONE: TEAM PRODUCTION ASSIGNMENTS

## CHEF DEMO

Country Pâté, Smoked Salmon, Gravlax

## TEAM ONE

Charred Tomato and Cheddar Bisque

Chicken Paillard, Arugula, and Olives

Croque Monsieur and Grilled Ham and Cheese

Peas Française

## TEAM TWO

Wild Mushroom and Barley Soup

Wilted Spinach with Bacon-Cider Vinaigrette

Roasted Portobello, Eggplant, and Goat Cheese Sliders

Poached Asparagus with Béarnaise Sauce

## TEAM THREE

Carrot-Ginger Coconut Milk Soup

Charred Shrimp Salad with Citrus Emulsion

Roasted Pork Shoulder with Rosemary and Saffron Aioli on Sourdough Baguette

Cauliflower Gratin

## TEAM FOUR

Five Onion Soup with Sherry Wine

Salad Niçoise

Fresh and Smoked Salmon Rilette

Yukon Gold Potatoes Lyonnaise

# COUNTRY PÂTÉ

*Yield: 1 pâté*

<b>Ingredients</b>	<b>Amounts</b>
Pork, butt, large diced	2 lb.
Pork, bacon, large diced	½ lb.
Chicken, liver, small diced	¼ lb.
Shallot, small diced	¼ cup
Garlic, minced	1 tsp.
Brandy	¼ cup
Cream, heavy	¼ cup
Egg, whole	1 ea.
Breadcrumbs, fresh	½ cup
Salt, kosher	2 Tbsp.
Pepper, black, ground	2 tsp.
Clove, ground	¼ tsp.
Ginger, fresh, ground	¼ tsp.
Nutmeg, fresh, grated	¼ tsp.
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Insta Cure #2 (T.C.M.)	⅛ tsp.
Allspice, ground	¼ tsp.
Pistachios, whole	½ cup
Mustard, Dijon	as needed
Cornichons	as needed

## **Method**

1. In a large bowl, place the pork, bacon, chicken liver, shallot, garlic, brandy, heavy cream, egg, breadcrumbs, salt, pepper, clove, ginger, nutmeg, parsley, T.C.M., and allspice. Mix well. Marinate overnight in the refrigerator.
2. Preheat oven to 300°F.
3. Grind the mixture through a medium die grinder, keeping it very cold.
4. Add the pistachios. Mix well over an ice bath.
5. To test the seasoning, bake a small amount of pâté in the preheated oven until cooked. Adjust the seasoning to taste. If too bland, add salt and spices to taste. If too salty, add a little more pork.
6. Lower the oven temperature to 275°F.
7. Line a loaf pan with 2 layers of plastic wrap. Spoon in the pâté, trying not to make any air holes. Place the loaf pan inside a baking pan. Pour boiling water into the baking pan to come halfway up sides of the loaf pan. Bake until the pâté reaches an internal temperature of 165°F, about 1 hour. Cool overnight.
8. Slice the pâté. Serve with the mustard and cornichons.

# SMOKED SALMON

*Yield: 1 fillet*

<b>Ingredients</b>	<b>Amounts</b>
Salmon, fillet, 3 lb., skin on	1 ea.
Salt, kosher	$\frac{2}{3}$ cup
Sugar, granulated	$\frac{1}{2}$ cup
Onion, powder	2 tsp.
Clove, ground	$\frac{3}{4}$ tsp.
Bay leaf, ground	$\frac{3}{4}$ tsp.
Mace, ground	$\frac{3}{4}$ tsp.
Allspice, ground	$\frac{3}{4}$ tsp.
T.C.M. (Tinted Curing Mix) (Optional)	$\frac{1}{8}$ tsp.

## **Method**

1. Remove the pin bones from the salmon. Place it skin side down in the middle of a large piece of cheesecloth. Reserve.
2. For the dry cure, in a small bowl, place the salt, sugar, onion powder, cloves, bay leaf, mace, allspice, and T.C.M., if using. Mix to combine.
3. Pack the cure ingredients evenly over the salmon, leaving the layer slightly thinner where the fillet tapers to the tail. Wrap the salmon loosely in the cheesecloth and transfer to a baking dish. Cure, refrigerated, for 12 to 24 hours.
4. Gently rinse off the cure with cool water and blot dry.
5. Place the salmon onto a rack set over a baking sheet. Refrigerate, uncovered, overnight. As the salmon dries, it will form a sticky surface (a pellicle), which will help the smoke adhere.
6. Cold smoke the salmon at 100°F or less for 4 to 6 hours (refer to manufacturer's instructions).
7. The smoked salmon is now ready for service, or it may be wrapped and stored for up to 1 week.

# GRAVLAX

*Yield: 1 fillet*

<b>Ingredients</b>	<b>Amounts</b>
Salmon, fillet, 3 lb., skin on	1 ea.
Lemon, juice, fresh	4 Tbsp.
Vodka (Optional)	2 Tbsp.
Salt, kosher	½ cup
Sugar, granulated	⅓ cup
Pepper, black, cracked	1 Tbsp.
Dill, bunch, fresh, chopped	1 ea.
Juniper berry, cracked	1 Tbsp.

## **Method**

1. Remove the pin bones from the salmon. Score the skin, cutting it ⅛-inch deep (See Chef demo). Place it skin side down on a large piece of cheesecloth.
2. Brush the lemon juice and vodka, if desired, over the salmon.
3. For the dry cure, in a small bowl, place the salt, sugar, and pepper. Mix to combine.
4. Pack the cure ingredients evenly over the salmon, leaving the layer slightly thinner where the fillet tapers to the tail.
5. Cover with the chopped dill and juniper berry.
6. Wrap the salmon in the cheesecloth. Transfer to a pan. Top with a second pan and press with a 2-pound weight. Cure, refrigerated, for 3 days.
7. Gently scrape off the cure. Slice the salmon. Serve immediately.
8. The salmon can be wrapped and stored in the refrigerator for up to 5 days.

**Note:** For a sweeter cure, increase the amount of sugar from ⅓ to ¾ cup. Ratios of salt to sugar may range from two parts salt to one part sugar, to equal parts of each. Relatively sweet cures may even range up to one part of salt to 2 parts of sugar. Adding more sugar to any dry cure lends a moister texture and sweeter flavor. Gin or aquavit can be substituted for the vodka.

# CHARRED TOMATO AND CHEDDAR BISQUE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Tomato, plum (Roma), peeled, halved, seeded	6 ea.
Oil, olive, pure	1/4 cup
Thyme, fresh, chopped	1 tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Garlic, minced	2 Tbsp.
Onion, yellow, small diced	1/2 cup
Water	2 cups
Tomato, purée	1/2 cup
Sugar, granulated	1 Tbsp.
Rice, white, long grain, uncooked	1 Tbsp.
Cream, heavy (Optional)	1/2 cup
Cheese, Cheddar, grated	3/4 cup
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Preheat broiler to high.
2. In a large bowl, place the tomatoes, olive oil and thyme. Mix gently to combine. Season with salt and pepper. Transfer the tomatoes to a lightly oiled baking sheet.
3. Broil until lightly charred, 10 to 12 minutes.
4. In a 1-gallon pot over low heat, place the charred tomatoes, garlic, and onion. Cook until the onions and garlic are soft, about 10 minutes.
5. Add the water, tomato purée, and sugar. Stir to combine. Cook for 20 minutes.
6. Add the rice and stir to combine. Cook for 20 minutes. If soup gets too thick, add more water.
7. Using an immersion blender, purée the bisque until very smooth. Bring it a boil.
8. Add the cream (if desired) and cheese. Season with salt and pepper to taste.

**Note:** For a stronger tomato flavor, omit the heavy cream.

# CHICKEN PAILLARD, ARUGULA, AND OLIVES

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, breast, halves, boneless	6 ea.
Thyme, fresh, chopped	1 Tbsp.
Lemon, zest	1 Tbsp.
Garlic, minced	1 Tbsp.
Oil, olive, extra virgin	½ cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Vinaigrette (Recipe follows)	¾ cup
Onion, red, julienned	¼ cup
Arugula, baby	3 cups
Fennel, julienned	½ cup
Olive, black, cut in half	¼ cup
Olive, green, cut in half	¼ cup
Cheese, Parmesan, shaved	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Pound the chicken breast halves to an even thickness.
2. For the marinade, in a large bowl, place the thyme, lemon zest, garlic, olive oil, salt, and pepper. Mix to combine.
3. Add the pounded chicken breast. Marinate for 1 hour.
4. Preheat grill to high. Lightly grill the chicken until just cooked through, 3 to 4 minutes per side.
5. In a small bowl, place the Vinaigrette and red onion. Mix to combine. Macerate until the onions are softened, about 5 minutes.
6. For the salad, in a large bowl, add ½ the onion vinaigrette, arugula, and fennel. Toss lightly to combine. Season lightly with salt and pepper to taste.
7. Place the chicken in the center of a serving plate. Top the chicken with the salad, olives, and cheese shavings. Sprinkle the remaining vinaigrette around the chicken.

**Note:** When seasoning, use salt sparingly, because the olives and cheese add a salty element to the dish.

# VINAIGRETTE

*Yield: 1 cup*

<b>Ingredients</b>	<b>Amounts</b>
Vinegar, wine, red	¼ cup
Vinegar, sherry	1 Tbsp.
Vinegar, balsamic	1 Tbsp.
Garlic, minced	¼ tsp.
Italian seasoning	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Mustard, Dijon	1 Tbsp.
Oil, olive, pure	¼ cup
Oil, olive, extra virgin	¼ cup

## **Method**

1. In a medium bowl, place the red wine vinegar, sherry vinegar, and balsamic vinegar, garlic, and Italian seasoning. Season with salt and pepper to taste. Macerate for 5 minutes.
2. Slowly whisk in the mustard.
3. In a steady stream, slowly add the olive oils, whisking continuously until emulsified.

**Note:** The blending of different oils and vinegars creates a more complex vinaigrette.

# CROQUE MONSIEUR

*Yield: 6 sandwiches*

<b>Ingredients</b>	<b>Amounts</b>
Béchamel (Recipe follows)	2 cups
Cheese, Gruyère, shredded	½ cup
Bread, Pullman, white, ¼-in. slice	12 ea.
Mustard, Dijon	¾ cup
Cheese, Gruyère, sliced	6 ea.
Ham, sliced	6 ea.
Cheese, Muenster, sliced	6 ea.
Butter, unsalted, melted	6 Tbsp.

## **Method**

1. Preheat oven to 375°F.
2. Prepare the béchamel. Add the shredded cheese. (This will turn the béchamel into a cheese sauce.) Reserve.
3. Spread each of the bread slices with mustard.
4. On 6 of the bread slices, layer 1 slice of Gruyère, 1 slice of ham, and 1 slice of Muenster over the mustard.
5. Top the sandwiches with the remaining slices of bread.
6. Spoon ½ cup of the béchamel on top of the sandwich, covering the entire top.
7. Bake in the preheated oven until lightly brown, 7 to 12 minutes.
8. Cut the sandwiches on the diagonal. Serve immediately.

## **Variations:**

**Croque Madame:** Some recipes simply add a fried egg to the croque monsieur. In the United States and England, the ham is usually replaced with sliced chicken breast and Emmenthaler cheese is substituted for the Gruyère.

**Monte Cristo:** Dip either the croque monsieur or croque madame in beaten egg and griddle as you would French toast.

1. butter and folding in the marrow.

# BÉCHAMEL SAUCE

*Yield: 1 quart*

<b>Ingredients</b>	<b>Amounts</b>
Butter, clarified	1 Tbsp.
Onion, yellow, minced	½ wt. oz.
Roux, white	4 wt. oz.
Milk, whole	40 fl. oz.
Salt, kosher	to taste
Pepper, white, ground	to taste
Nutmeg, freshly grated (Optional)	to taste

## **Method**

1. In a saucepot, heat the butter and add the onions. Sauté over low to moderate heat, stirring frequently, until the onions are tender and translucent with no color, 6 to 8 minutes.
2. Add the roux to the onions and cook until the roux is very hot, about 2 minutes.
3. Add the milk to the pan gradually, whisking or stirring to work out any lumps. Simmer the sauce until it is smooth and thickened, about 30 minutes. Stir frequently and skim as necessary throughout cooking time.
4. Adjust the seasoning with salt, pepper, and nutmeg to taste.
5. Strain through a double thickness of rinsed cheesecloth.
6. The sauce is ready to use now, or it may be cooled and stored for later use.

## GRILLED HAM AND CHEESE

*Yield: 6 sandwiches*

<b>Ingredients</b>	<b>Amounts</b>
Cheese, Gruyère, shredded	½ cup
Bread, Pullman, white, ¼-in. slice	12 ea.
Mustard, Dijon	¾ cup
Cheese, Gruyère, sliced	6 ea.
Ham, sliced	6 ea.
Cheese, Muenster, sliced	6 ea.
Butter, unsalted, melted	6 Tbsp.

### **Method**

1. Preheat griddle to 325°F.
2. Spread each of the bread slices with mustard.
3. On 6 of the bread slices, layer 1 slice of Gruyère, 1 slice of ham, and 1 slice of Muenster over the mustard.
4. Top the sandwiches with the remaining slices of bread.
5. Brush the sandwiches on both sides with the melted butter.
6. Lightly butter the preheated griddle. Cook both sides of the sandwiches until the bread is golden, the cheese is melted, and the sandwich is heated through.
7. Cut the sandwiches on the diagonal. Serve immediately.

# PEAS FRANÇAISE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pork, bacon, small diced	½ cup
Onion, sweet, small diced	½ cup
Flour, all-purpose	1 Tbsp.
Stock, chicken, light	½ cup
Butter, unsalted	½ cup
Peas, fresh, blanched	3 cups
Lettuce, iceberg, chiffonade	1 cup
Mint, fresh, chopped	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. In a medium sauté pan over medium-high heat, place the bacon. Cook until crispy, 5 to 7 minutes. Remove half of the rendered fat.
2. Add the onion. Turn down the heat to low. Cook for 2 to 3 minutes.
3. Add the flour all at once, whisking continuously. Cook until the mixture forms a smooth paste that leaves the sides and base of pan cleanly (*white roux*).
4. Add the stock. Bring it to a boil.
5. Add the butter and peas. Cook until the flavors blend, 2 to 3 minutes.
6. Stir in the lettuce and mint. Season with salt and pepper to taste.

**Note:** Frozen peas can be substituted for fresh peas. To add more dimension to the dish, add small-diced carrots, celery root, parsnips, and mushrooms along with the onion.

# WILD MUSHROOM AND BARLEY SOUP

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Water	2 qt.
Barley	½ cup
Butter, unsalted	¼ cup
Thyme, fresh, chopped	1 Tbsp.
Garlic, minced	1 Tbsp.
Celery, small diced	¼ cup
Carrot, small diced	¼ cup
Onion, yellow, small diced	¼ cup
Mushroom, wild, dried	½ cup
Mushroom, shiitake, fresh, small diced	½ cup
Mushroom, button, fresh, small diced	½ cup
Wine, sherry	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Cream, heavy	½ cup
Scallion (Green onion), sliced into rings	¼ cup

## **Method**

1. In a large pot, bring the water to a boil. Add the barley and cook until tender, about 45 minutes.
2. Remove half the cooked barley and reserve.
3. Add the butter, thyme, garlic, celery, carrot, onion, and dried wild mushrooms. Lower the heat and simmer for 30 minutes.
4. With an immersion blender, lightly purée the soup.
5. Add the fresh shiitake and button mushrooms. Cook over low heat for 5 minutes. If the soup gets too thick, add a little water.
6. Add the sherry and reserved barley. Bring it to a boil. Season with salt and pepper to taste.
7. Ladle the soup into a serving bowl. Garnish with the cream and sliced scallion.

**Note:** For a richer flavor, heavy cream or chicken stock can be substituted for the water when thinning the soup.

# WILTED SPINACH WITH BACON-CIDER VINAIGRETTE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pork, bacon, small diced	½ cup
Onion, red, julienned	½ cup
Flour, all-purpose	1 tsp.
Apple, Granny Smith, peeled, small diced	1 cup
Cider, apple	½ cup
Mustard, Dijon	1 Tbsp.
Vinegar, cider	¼ cup
Oil, canola	¼ cup
Honey (Optional)	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Spinach, baby	6 cups

## **Method**

1. In a medium sauté pan, place the diced bacon. Turn the heat to medium. Render until crispy.
2. Remove the pan from the heat. Add the onion and flour, stirring continuously for 1 minute.
3. Place the pan over low heat. Add the apple and apple cider. Cook for 1 minute.
4. Remove the pan from the heat. Whisk in the mustard, vinegar, oil, and honey, if desired. Season with salt and pepper to taste. Reserve.
5. In a large bowl, place the spinach. Drizzle the warm vinaigrette over the spinach. Toss lightly. (This will wilt the spinach.)
6. Serve warm.

# ROASTED PORTOBELLO, EGGPLANT, AND GOAT CHEESE SLIDERS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Mushroom, portobello, large	6 ea.
Eggplant, peeled, sliced, 1-in. thick	1 ea.
Garlic, sliced	1/4 cup
Shallot, sliced	1/2 cup
Thyme, fresh, chopped	1 Tbsp.
Rosemary, fresh, chopped	1 Tbsp.
Oil, olive, pure	1/2 cup
Vinegar, balsamic	1/4 cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Bread, bun, slider, whole-wheat, split	6 ea.
Cheese, goat, sliced	1 cup

## **Method**

1. Preheat oven to 375°F.
2. On a parchment-lined sheet pan, arrange the mushrooms and eggplant. Sprinkle them evenly with garlic, shallot, thyme, rosemary, olive oil, vinegar, salt, and pepper.
3. Roast the mushrooms and eggplant in the preheated oven until tender, 5 to 7 minutes. Reserve any cooking liquid to use as a little sauce.
4. Toast the buns in the preheated oven until golden brown.
5. To assemble each slider, place some mushrooms and eggplant on the bottom bun. Top with goat cheese. Drizzle with reserved cooking liquid. Add the top bun.
6. Serve immediately.

# POACHED ASPARAGUS WITH BÉARNAISE SAUCE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Shallot, small diced	¼ cup
Peppercorns, black, cracked	1 tsp.
Tarragon, fresh, chopped	2 Tbsp.
Vinegar, tarragon	2 Tbsp
Wine, white, dry	1 Tbsp.
Water	2 Tbsp.
Egg, yolk	2 ea.
Butter, unsalted, melted	1 cup
Chervil, fresh, chopped	½ Tbsp.
Salt, kosher	to taste
Asparagus, stalk, peeled, trimmed	24 ea.
Salt, kosher	as needed

## **Method**

1. For the béarnaise sauce, in a small saucepan over medium heat, place the shallots, peppercorns, tarragon, vinegar, wine, and water. Stir to combine. Cook until the liquid reduces by half.
2. Transfer to a medium stainless-steel bowl. Add the egg yolks. Whisk to combine.
3. Place the bowl over simmering water. Cook, whisking constantly, until the eggs are thickened and form ribbons when they fall from the whisk.
4. Gradually add the butter in a thin stream, whisking constantly, until all the butter is added and the sauce thickens.
5. Add the chopped chervil. Season with salt to taste.
6. Fill a large saucepan with enough salted water to cover the asparagus. Bring it to a gentle simmer, avoiding a full boil. Add the asparagus in a single layer. Poach until tender but still crisp, 3 to 5 minutes.
7. Using tongs, arrange the asparagus in a line on a serving platter.
8. Spoon the béarnaise sauce across the middle of the asparagus. Serve immediately.

# CARROT GINGER COCONUT MILK SOUP

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Carrot, peeled, halved	4 cups
Celery, small diced	¼ cup
Onion, yellow, small diced	¼ cup
Ginger, fresh, minced	2 Tbsp.
Garlic, minced	1 tsp.
Water	6 cups
Rice, white, raw	1 Tbsp.
Butter, unsalted	¼ cup
Curry powder	½ tsp.
Coconut, milk	½ cup
Cilantro, fresh, chopped	½ cup
Scallion (Green onion), sliced	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. In a large soup pot over medium-low heat, place the carrots, celery, onion, ginger, garlic, water, rice, butter, and curry powder. Simmer, stirring occasionally, until the carrots are tender, about 30 minutes.
2. Remove ½ of the carrots and transfer to a small bowl. Mash them with a fork. Reserve.
3. Add the coconut milk to the soup pot. Bring the pot to a boil. With an immersion blender, purée the soup until very smooth.
4. Add the reserved carrots, cilantro, and scallions. Stir to combine. Season with salt and pepper to taste.

# CHARRED SHRIMP SALAD WITH CITRUS EMULSION

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Orange, juice, fresh	½ cup
Lemon, juice, fresh	¼ cup
Lime, juice, fresh	¼ cup
Garlic, minced	½ tsp.
Ginger, fresh, minced	1 tsp.
Sriracha sauce	1 Tbsp.
Soy sauce	1 Tbsp.
Oil, sesame	1 tsp.
Oil, canola	½ cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Shrimp, large, peeled, deveined	30 ea.
Mesclun	3 cups
Bean sprouts	½ cup
Mint, fresh, chopped	1 Tbsp.
Cilantro, fresh, chopped	1 Tbsp.
Carrot, shredded	½ cup
Scallion (Green onion), sliced	¼ cup

## **Method**

1. For the citrus emulsion, in a small saucepan over medium-low heat, place the orange juice, lemon juice, lime juice, garlic, and ginger. Stir to combine. Bring it to a simmer and reduce by half.
2. Add the sriracha and soy sauce. Gradually add the sesame and canola oil in a thin stream, stirring continuously. Blend until smooth with an immersion blender. Season with salt and pepper to taste.
3. In a large bowl, place the shrimp and ⅓ of the citrus emulsion. Refrigerate and marinate for 30 minutes.
4. Place the shrimp on skewers. (This will allow them to grill more evenly.)
5. Heat a grill to high. Grill the shrimp until charred on the outside and just cooked, 1 to 2 minutes per side.
6. In a large bowl, place ⅓ of the citrus emulsion, the mesclun, bean sprouts, mint, cilantro, carrot, and scallion. Toss to lightly coat with the emulsion.
7. Place the salad in the center of a serving plate. Surround it with shrimp. Drizzle the remaining emulsion around the plate.

# ROASTED PORK SHOULDER WITH ROSEMARY AND SAFFRON AIOLI ON A SOURDOUGH BAGUETTE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pork, shoulder	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Garlic, sliced	¼ cup
Shallot, sliced	1 cup
Thyme, fresh, chopped	1 Tbsp.
Oregano, fresh, chopped	1 Tbsp.
Rosemary, fresh, chopped	1 Tbsp.
Oil, olive, pure	¼ cup
Mayonnaise	1 cup
Garlic, minced	1 tsp.
Saffron, minced	¼ tsp.
Lemon, juice, fresh	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Bread, baguette, sourdough	2 ea.

## **Method**

1. Preheat oven to 425°F.
2. Remove and discard all visible fat from the pork shoulder. Season with salt and pepper. Transfer to a parchment-lined sheet pan. Roast in the preheated oven for 10 minutes.
3. In a small bowl, place the garlic, shallot, thyme, oregano, rosemary, and olive oil. Mix to combine. Brush the mixture over all sides of the pork.
4. Lower the oven temperature to 300°F. Roast the pork until the internal temperature is 160°F, about 1 hour.
5. Remove the pork from the oven and let it rest for 30 minutes. Reserve any cooking juices that have collected on the parchment paper.
6. For the aioli, in a small bowl, mix the mayonnaise, garlic, saffron, and lemon juice. Season with salt and pepper to taste. Let it stand for 10 minutes.
7. Preheat the broiler to low. Cut the baguette in half and then into 3 pieces. Arrange on a sheet tray. Toast under the broiler until lightly browned.
8. Slice the pork thinly. Portion the slices of pork, cooked shallot, and garlic on the 6 baguette pieces. Drizzle with reserved cooking juices. Top each with a dollop of aioli.

# CAULIFLOWER GRATIN

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	1 Tbsp.
Flour, all-purpose	2 Tbsp.
Milk, whole	1 cup
Cheese, Cheddar, shredded	¼ cup
Cheese, Swiss, shredded	¼ cup
Cauliflower, floret	6 cups
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Cheese, goat, crumbled	½ cup
Salt, kosher	as needed
Pepper, black, ground	as needed

## **Method**

1. Preheat oven to 350°F.
2. For the cheese sauce, in a small saucepan over medium-low heat, melt the butter. Add the flour all at once. Cook, whisking continuously, for 3 minutes.
3. Add the milk. Bring it to a boil and simmer, whisking continuously, for 6 minutes.
4. Remove the pan from the heat. Stir in the Cheddar and Swiss cheese. Stir until smooth.
5. Bring a large pot of water to a boil. Add the cauliflower. Blanch until tender but still firm (*al dente*), about 3 minutes. Drain and pat dry.
6. In a large bowl, place the blanched cauliflower, cheese sauce, and parsley. Toss to combine. Transfer to a baking dish. Sprinkle with the goat cheese.
7. Bake in the preheated oven until the top is lightly browned, 5 to 7 minutes.

**Note:** For a crunchy top, add torn sourdough bread to the top of the gratin before baking.

## FIVE ONION SOUP WITH SHERRY WINE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Shallot, sliced	½ cup
Onion, red, sliced	½ cup
Garlic, sliced	¼ cup
Leek, sliced	1 cup
Onion, sweet, sliced	2 cups
Butter, unsalted	½ cup
Thyme, fresh, chopped	1 tsp.
Stock, chicken, light	1 qt.
Rice, white, long grain, raw	2 Tbsp.
Cream, heavy	¼ cup
Wine, sherry, dry	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Scallion (Green onion), sliced thinly	½ cup
Rye Bread Croutons (Recipe follows)	1 cup

### **Method**

1. In a large soup pot over low heat, melt the butter. Add the shallot, onion, garlic, leeks, and thyme. Stir to combine. Cook for 5 minutes.
2. Add the chicken stock and rice. Cook for 30 minutes.
3. Remove the pot from the heat. With an immersion blender, purée until very smooth.
4. Return the pot to the heat and bring it to a boil. Add the cream and sherry. If the soup is too thick, add a little water. Cook for 1 minute.
5. Season with salt and pepper to taste.
6. Ladle the soup into serving bowls. Garnish with the scallions and croutons.

**Note:** Only cooking the cream and sherry for a minute gives the soup a light, fresh cream flavor. For a more acidic soup, replace the sherry with white wine.

# RYE BREAD CROUTONS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Bread, rye, 1-in. slice, large diced	3 ea.
Oil, canola	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed

## **Method**

1. In a medium bowl, place the diced bread and canola oil. Toss to coat.
2. Season with salt and pepper to taste.
3. In a sauté pan, place enough oil to coat the bottom of the pan. Heat the oil over medium heat. Add the bread and fry until evenly browned. The croutons should be light in color and greaseless with a crisp, crunchy texture.
4. Drain well on paper towels.

**Note:** Clarified butter can be substituted for the canola oil. For more flavor, add herbs or grated cheese while the croutons are still hot.

# SALAD NIÇOISE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, fingerling, small	18 ea.
Egg, whole	3 ea.
Vinegar, wine, red	½ cup
Mustard, Dijon	1 Tbsp.
Garlic, minced	½ tsp.
Onion, red, julienne	½ cup
Capers, chopped	1 Tbsp.
Lemon, juice, fresh	1 Tbsp.
Herbes de Provence	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, extra virgin	½ cup
Mesclun greens	6 cups
Tomato, cherry, cut in ½	18 ea.
Bean, green, haricot vert, blanched	30 ea.
Olive, Niçoise	½ cup
Tuna, albacore, canned, drained	1 cup

## **Method**

1. In a medium saucepot, place the potatoes and enough water to cover. Bring it to a boil, lower the heat to medium, and simmer until the potatoes are fork tender, 10 to 15 minutes. Cool slightly, slice in half, and reserve.
2. In a medium saucepot, place the eggs and enough water to cover. Bring to a boil, cover, and turn off the heat. Let the eggs sit in the hot water for 10 minutes.
3. Transfer the eggs to an ice water bath and cool for 5 minutes. Peel off the shells, cut the hard-cooked eggs into wedges, and reserve.
4. For the vinaigrette, in a small bowl, place the vinegar, mustard, garlic, onion, capers, lemon juice, herbes de Provence, salt, and pepper. Mix to combine. Macerate for 15 minutes. Slowly whisk in the oil until emulsified.
5. In a large bowl, place the greens. Add ½ the vinaigrette. Toss to coat lightly. Adjust the seasoning with salt and pepper to taste.
6. Arrange the greens in the bottom of a serving platter.
7. In a large bowl, place the remaining vinaigrette, potatoes, tomatoes, green beans, and olives. Toss to combine. Sprinkle it evenly over the greens on the serving platter.
8. Top the salad with the eggs and tuna.

# FRESH AND SMOKED SALMON RILLETTE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Salmon, boneless, skinless, cut into 2-in. strips	1 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Water	1 cup
Wine, white, dry	1 cup
Shallot, minced	1 Tbsp.
Salmon, smoked, small diced	½ cup
Chive, sliced	2 Tbsp.
Lemon, zest	1 Tbsp.
Lemon, juice, fresh	¼ cup
Mayonnaise	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Bread, French, loaf, ¼-in. sliced	1 ea.

## **Method**

1. Preheat oven to 350°F.
2. Season the salmon with salt and pepper.
3. In a large pot, place the water, wine, and shallot. Bring it to a boil.
4. Lower the heat to a bare simmer. Add the salmon. Poach until medium rare, about 3 minutes. Drain. Transfer to a large bowl. Let it cool.
5. Add the smoked salmon, chive, lemon zest, lemon juice, and mayonnaise. Gently fold the ingredients together. Adjust the seasoning with salt and pepper to taste.
6. Arrange the bread slices on a sheet pan. Toast in the preheated oven until lightly browned.
7. Place 2 tablespoons of the spread on each toast slice. Serve immediately.

# YUKON GOLD POTATOES LYONNAISE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, Yukon Gold, medium	8 ea.
Butter, unsalted	1/4 cup
Onion, sweet, julienned	1/2 cup
Stock, chicken	1/2 cup
Thyme, fresh, chopped	1 tsp.
Garlic, minced	1/2 tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

## **Method**

1. Preheat oven to 350°F.
2. Cut the potatoes into 1/4-inch slices. Bring a large pot of salted water to a boil. Add the sliced potatoes and blanch until softened but still very firm, 3 to 4 minutes. Transfer to a sheet pan. Cool.
3. In a sauté pan over medium-low heat, melt the butter. Add the onion. Cook until lightly caramelized, 20 to 25 minutes.
4. Add the thyme, garlic, and chicken stock. Bring it to a boil. Remove the pan from the heat.
5. Lightly butter a round pie dish. Arrange the potatoes in the dish, shingling them in a circular pattern. Pour the onion mixture over the potatoes. Season with salt and pepper.
6. Bake in the preheated oven until the potatoes are tender but not mushy, 20 to 30 minutes.

**Note:** Although not Lyonnaise style, cream and/or bacon can be added to the recipe for extra flavor.

# DAY TWO: TEAM PRODUCTION ASSIGNMENTS

## CHEF DEMO

Pasta, Braising, Roasting, Pan Sauces

## TEAM ONE

Sautéed Halibut-Lentil Du Puy Ragù

Tarte Flambée

Parsnip and Potato Purée

## TEAM TWO

Steak au Poivre with Cognac Sauce

Spicy Shrimp Provençal

Root Vegetable and Herb Rice Pilaf

## TEAM THREE

Roast Chicken with Savory Brioche Stuffing

Champignon de Paris Ravioli à la Crème

Romaine Hearts and Shaved Parmesan with Sherry Wine Vinaigrette

## TEAM FOUR

Beef Bourguignon Classique

Red and Yellow Pepper Ratatouille Gratin

Escargots and Mushrooms with Brie Cheese

# SAUTÉED HALIBUT-LENTIL DU PUY RAGÙ

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	¼ cup
Garlic, minced	1 Tbsp.
Onion, yellow, small diced	½ cup
Celery, small diced	½ cup
Parsnip, small diced	½ cup
Carrot, small diced	½ cup
Lentils, French, dried	2 cups
Bay leaf, dried	1 ea.
Tomato, purée, canned	½ cup
Spinach, baby, chiffonade	1 cup
Cream, heavy	½ cup
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, canola	as needed
Halibut, fillet, boneless, skinless, 4 oz	6 ea.
Butter, unsalted	½ cup
Thyme, sprig, fresh	6 ea.

## **Method**

1. For the ragù, in a medium sauté pan over medium heat, melt the butter. Add the garlic, onion, celery, parsnip, and carrot. Stir to combine. Gently cook the vegetables until tender, about 5 minutes. Reserve.
2. In a large pot of boiling, salted water, place the lentils, bay leaf, and tomato purée. Cook until the lentils are tender, about 45 minutes. Drain. Discard the bay leaf.
3. In a large sauce pot, place the reserved vegetables, cooked lentils, spinach, heavy cream, and parsley. Bring it to a boil. The ragù should have a nice sauce consistency. If too thick, add a little more cream. If too thin, reduce and add a little butter.
4. Season with salt and pepper to taste. Reserve.
5. In a large sauté pan, heat the oil over low heat. Add the halibut. Sauté until lightly browned on both sides, about 2 minutes per side.
6. Add the butter and thyme sprigs. Baste the halibut with the melted butter and thyme.
7. Transfer the ragù to a serving bowl. Top with the halibut.

**Note:** Puy lentils (also called French or Black Lentils) are traditionally used for this classic dish. They hold their shape better than other types and have a deeper, nuttier flavor.

# TARTE FLAMBÉE

*Yield: 1 tart*

<b>Ingredients</b>	<b>Amounts</b>
Pork, bacon, smoked, ¼-in. sliced	½ cup
Butter, unsalted	¼ cup
Onion, sweet, ¼-in. sliced	1 cup
Tarte Flambée Dough (Recipe follows)	1x recipe
Crème fraîche	¾ cup
Pepper, black, cracked	½ tsp.
Nutmeg, fresh, grated	¼ tsp.
Lemon, juice, fresh	1 tsp.
Thyme, fresh, chopped	1 tsp.
Scallion (Green onion), sliced thinly	1 Tbsp.

## **Method**

1. Preheat oven to 500°F.
2. In a sauté pan, place the bacon slices. Turn the heat to low. Render until crispy. Drain the bacon on a wire rack. Reserve.
3. Add the butter and onions to the bacon fat in the sauté pan. Cook for 2 minutes, leaving the onions firm. Remove and reserve the onions.
4. Roll out the dough into a thin rectangle. Place it on a parchment-lined sheet pan.
5. In a small bowl, place the creme fraiche, pepper, nutmeg, lemon juice, and thyme. Mix well. Spread the mixture over the dough, going out to the edges.
6. Sprinkle the reserved bacon and onions over the dough.
7. Bake in the preheated oven until the sides of dough are brown and crispy, 10 to 12 minutes. Remove the tart from the oven and let it rest for 5 minutes.
8. Sprinkle the scallions on top. Cut the tart into rectangles or triangles.

**Note:** The tarte flambée can also be cooked on a pizza stone.

# TARTE FLAMBÉE DOUGH

*Yield: 1 tart*

<b>Ingredients</b>	<b>Amounts</b>
Water, warm	1 cup
Yeast, dry, instant	2 tsp.
Oil, canola	2 Tbsp.
Salt, kosher	½ tsp.
Honey	2 Tbsp.
Flour, bread (Divided)	3 cups

## **Method**

1. In a large bowl, place the water, yeast, oil, salt, honey, and ½ cup of the bread flour. Whisk well to create a batter.
2. Let the batter rest until the yeast activates and it becomes bubbly, about 10 minutes.
3. Add the remaining flour. Mix to incorporate.
4. Knead the dough for 6 to 8 minutes.
5. Shape the dough into a ball.
6. Transfer the dough to a lightly oiled bowl. Cover. Let the dough rise for 1 hour.
7. Punch down the dough. Let it rise for 30 minutes.

**Note:** For a yeastier flavor, substitute 00 grind, soft wheat flour for the bread flour. Allow it to slowly rise in the refrigerator overnight.

# PARSNIP AND POTATO PURÉE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Parsnip, peeled, halved	4 cups
Potato, russet, peeled, halved	6 cups
Salt, kosher	½ Tbsp.
Milk, whole	1 cup
Butter, unsalted	½ cup
Nutmeg, fresh, grated	¼ tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

## **Method**

1. Bring a large pot of salted water to a boil over high heat. Add the parsnips. Lower the heat to a simmer. Cook until tender, 6 to 10 minutes. Drain. Cool for 5 minutes.
2. In a blender, purée the parsnips until smooth. Transfer to a large bowl. Reserve.
3. In a large pot of water, place the potatoes. Add enough water to cover them by 2 inches. Add the salt. Bring it to a boil, then lower the heat to a simmer. Cook until tender, 6 to 10 minutes. Drain.
4. Using a ricer, rice the potatoes into the bowl with the parsnip purée. Reserve.
5. In a small saucepan over medium-high heat, bring the milk and butter to a boil. Add the mixture to the bowl with the riced potatoes and parsnip purée. Mix to combine.
6. Add the nutmeg. Season with salt and pepper to taste.

**Note:** Do not purée the potatoes in a blender as this will overwork the starch and make them heavy and gummy.

# STEAK AU POIVRE WITH COGNAC SAUCE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Beef, New York strip steak, 8 oz.	6 ea.
Salt, kosher	as needed
Pepper, black, cracked	1 Tbsp.
Oil, canola	as needed
Butter, unsalted	¼ cup
Garlic, minced	1 Tbsp.
Shallot, small diced	¼ cup
Peppercorns, green	2 Tbsp.
Demi-glace	½ cup
Cream, heavy	½ cup
Mustard, Dijon	1 Tbsp.
Cognac	½ cup

## **Method**

1. Season the steaks with salt and pepper.
2. Heat the oil in a large sauté pan over medium heat. Working in batches, add the steaks. Sauté until the desired doneness, 2 to 3 minutes per side. Transfer the steaks to a warm platter and reserve.
3. Add the butter, garlic, shallot, and peppercorn to the sauté pan. Turn down the heat to low. Cook for 3 to 4 minutes.
4. Add the demi-glace, cream, mustard, and cognac. Reduce to a sauce consistency.
5. Add the reserved steaks. Reheat until warm.
6. Serve each steak with 1 to 2 tablespoons of cognac sauce poured over the top.

**Note:** Beef tenderloin, ribeye steaks, pork chops, and chicken can be substituted for the NY strip steak.

# SPICY SHRIMP PROVENÇAL

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, pure	¼ cup
Shrimp, 21/25, peeled, deveined	24 ea.
Shallot, small diced	¼ cup
Garlic, minced	1 Tbsp.
Herbes de Provence	1 tsp.
Red pepper flakes	1 tsp.
Tomato Concassé (Recipe follows)	2 cups
Wine, white, dry	½ cup
Artichoke, heart, quartered	6 ea.
Butter, unsalted	¼ cup
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. In a large sauté pan, heat the oil over medium heat. Add the shrimp. Lightly sauté on both sides. Do not fully cook. Transfer the shrimp to a plate and reserve.
2. Add the shallots, garlic, herbes de Provence, and red pepper flakes to the pan. Decrease the heat to low. Cook for 3 minutes.
3. Add the Tomato Concassé and wine. Simmer for 15 minutes.
4. Return the reserved shrimp to the pan. Add the artichokes, butter, and parsley. Simmer for 3 minutes.
5. Season with salt and pepper to taste.

# TOMATO CONCASSÉ

*Yield: 2 cups*

## **Ingredients**

## **Amounts**

Tomato, plum (Roma)

1 lb.

Salt, kosher

½ Tbsp.

## **Method**

1. Score an X at the tip of the tomato, making sure not to cut too deeply. Trim out the stem core, leaving the tomato whole.
2. In a large pot of boiling water, place the salt and tomatoes. Blanch the tomatoes for 30 seconds.
3. Remove the tomatoes and transfer them immediately into an ice bath.
4. After the tomatoes are cool, remove them from the ice bath and peel away the skin with a paring knife. The skin should come away easily from the flesh.
5. Halve each tomato crosswise at its widest point. Gently squeeze out the seeds or quarter the tomatoes and cut away the seeds.
6. Dice the tomatoes.

# ROOT VEGETABLE AND HERB RICE PILAF

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	1/2 cup
Onion, yellow, small diced	1/2 cup
Carrot, small diced	1/2 cup
Celery, small diced	1/2 cup
Parsnip, small diced	1/2 cup
Celery root, small diced	1/2 cup
Mushroom, button, small diced	1/2 cup
Rice, white, long-grain	2 cups
Salt, kosher	as needed
Pepper, black, ground	as needed
Stock, chicken	3 cups
Parsley, flat-leaf, fresh, chopped	2 Tbsp.

## **Method**

1. Preheat oven to 350°F.
2. In a large pot over low heat, melt the butter. Add the onion, carrot, celery, parsnip, celery root, and mushrooms. Cook until the vegetables are tender, 5 to 7 minutes.
3. Add the rice. Season with salt and pepper. Stir, coating the rice with the vegetables.
4. Add the stock. Bring it to a simmer. Cover and place in the preheated oven for 15 minutes.
5. Remove the pot from the oven and uncover. Let it rest for 10 minutes. Fluff the rice with a fork.
6. Serve the pilaf on a warm platter, garnished with the parsley.

**Note:** Be sure to use a high-quality, long-grain rice that will stand up to the bold flavors of the vegetables.

# ROAST CHICKEN WITH SAVORY BRIOCHE STUFFING

*Yield: 1 chicken*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	½ cup
Onion, yellow, small diced	¼ cup
Celery, small diced	¼ cup
Mushroom, white, small diced	1 cup
Chicken, liver, small diced	¼ cup
Savory, dried	1 tsp.
Stock, chicken	½ cup
Bread, brioche, cubed	2 cups
Truffle, black, chopped	1 Tbsp.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Egg, whole	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Chicken, whole, 3 ½ lb.	1 ea.
Butter, unsalted, melted	¼ cup
Thyme, sprig, fresh	5 ea.
Rosemary, sprig, fresh	2 ea.
Garlic, sliced	1 Tbsp.
Shallot, sliced	2 Tbsp.
Flour, all-purpose	2 Tbsp.
Wine, white, dry	½ cup
Stock, chicken	2 cups

## **Method**

1. Preheat oven to 375°F.
2. For the stuffing, in a large saucepan over low heat, melt the butter. Add the onion, celery, mushroom, chicken liver, and savory. Cook until the vegetables are tender, about 5 minutes.
3. Add the stock. Bring it to a boil. Remove the pan from the heat.
4. Add the brioche, truffle, parsley, and egg. Mix well. Season with salt and pepper.
5. Wash the chicken inside and out in cold water. Dry.
6. Season the chicken cavity with salt and pepper. Add the stuffing and tie the legs together.
7. Transfer the chicken to a roasting pan. Season the chicken skin with salt and pepper. Brush it with the melted butter.
8. Roast in the preheated oven for 15 minutes.

9. Lower the oven temperature to 300°F.
10. Remove the pan from the oven. Add the thyme, rosemary, garlic, and shallots. Return the pan to the oven. Roast, basting the chicken every 15 minutes, until the stuffing reaches 165°F, about 1 hour. Remove the chicken from the pan.
11. For the gravy, place the pan on the stovetop over medium low heat. Add the flour. Cook, whisking often until incorporated, about 5 minutes.
12. Gradually add the white wine and chicken stock, whisking continuously to remove any lumps. Simmer until it reduces to a gravy consistency, about 15 minutes. Strain.
13. Carve the chicken. Serve with the sauce.

**Note:** For a different flavor, add ½ cup of sliced mushrooms or ¼ cup of dried fruits to the filling.

# CHAMPIGNON DE PARIS RAVIOLI À LA CRÈME

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	¼ cup
Garlic, minced	1 Tbsp.
Shallot, small diced	¼ cup
Mushroom, button, roughly chopped	3 cups
Thyme, fresh, chopped	1 tsp.
Cheese, ricotta	½ cup
Cheese, mozzarella, shredded	¼ cup
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Butter, unsalted	½ cup
Garlic, minced	1 tsp.
Wine, white	¼ cup
Stock, chicken	1 cup
Cream, heavy	1 cup
Cheese, Parmesan, grated	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Semolina Egg Pasta Dough (Recipe follows)	1 ½ lb.
Basil, sweet, leaf, fresh, torn	12 ea.
Oil, white truffle	1 Tbsp.

## **Method**

1. For the filling, in a medium sauté pan over low heat, melt the butter. Add the garlic and shallot. Sweat until softened but not browned, about 2 minutes.
2. Add the mushrooms and thyme. Increase the heat to medium. Cook until dry, about 6 minutes.
3. Add the ricotta, mozzarella, and parsley. Mix well. Remove from the heat. Let it cool.
4. Form the mixture into eighteen 1-ounce balls. Refrigerate.
5. For the sauce, in a sauce pot over medium heat, melt the butter. Add the garlic. Cook until aromatic, about 1 minute.
6. Add the wine and chicken stock. Cook until the liquid reduces by half.
7. Add the cream. Bring it to a boil. Add the Parmesan. With an immersion blender, blend until smooth. Season with salt and pepper to taste.

8. For the ravioli, roll the pasta dough out using a pasta machine, taking care not to make it too thin. Cut the dough into 2-inch circles using a circular ring mold cutter.
9. Place the 1-ounce balls of filling onto the pasta. Fold the pasta over the ball. Pinch the ends together tightly, creating a half moon.
10. Bring a large pot of salted water to a boil over high heat. Add the ravioli and cook until they float and the filling is heated through, 3 to 4 minutes. Drain. Transfer to a serving bowl.
11. Add the sauce. Toss gently to coat the ravioli. Garnish with the torn basil leaves and a drizzle of white truffle oil.

# SEMOLINA EGG PASTA DOUGH

*Yield: 1 ½ pounds.*

<b>Ingredients</b>	<b>Amounts</b>
Flour, 00, soft wheat	2 cups
Flour, semolina, fine ground	2 cups
Salt, kosher	1 tsp.
Egg, whole	6 ea.
Egg, yolk	6 ea.
Water	1 Tbsp.

## **Method**

1. In the bowl of a stand mixer with the dough hook attachment, place the 00 flour, semolina flour, and salt.
2. In a small bowl, mix the eggs, egg yolks, and water. Add the egg mixture to the flour.
3. Mix on low speed until the dough just comes together, 3 to 4 minutes.
4. Transfer the dough to a workstation. Knead it until it forms into a ball, about 1 minute. If the pasta is too dry to form a ball, add more water. If too wet, add more 00 flour.
5. Wrap the dough in plastic wrap. Let it relax for 1 hour.
6. Use at room temperature.

# ROMAINE HEARTS AND SHAVED PARMESAN WITH SHERRY WINE VINAIGRETTE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Bread, French, loaf	1/2 ea.
Oil, olive, pure	1/2 cup
Lettuce, romaine, head	3 ea.
Salt, kosher	as needed
Pepper, black, cracked	1 tsp.
Chive, sliced	1 Tbsp.
Sherry Wine Vinaigrette (Recipe follows) (Divided)	1 cup
Cheese, Parmesan, shaved (Divided)	1 cup

## **Method**

1. Preheat oven to 325°F.
2. For the croutons, cut the bread in half lengthwise and then into 1/4-inch slices. Transfer to a large bowl.
3. Add the olive oil. Toss to coat. Transfer the bread to a baking sheet. Bake in the preheated oven until light brown, 3 to 4 minutes. Reserve.
4. Remove the outer leaves of the romaine lettuce. Separate the inner leaves, wash in cold water, and spin dry.
5. In a large bowl, place the romaine, salt, pepper, chives, half the vinaigrette, and half the cheese. Toss lightly to combine.
6. Plate the salad. Garnish with the reserved croutons and the remaining cheese. Drizzle the remaining vinaigrette around the salad.

**Note:** Arugula and endive greens can be substituted for the romaine.

# SHERRY WINE VINAIGRETTE

*Yield: 1 cup*

<b>Ingredients</b>	<b>Amounts</b>
Vinegar, sherry	¼ cup
Vinegar, balsamic	1 Tbsp.
Garlic, minced	¼ tsp.
Shallot, minced	1 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Mustard, Dijon	1 tsp.
Oil, olive, pure	¼ cup
Oil, olive, extra virgin	¼ cup

## **Method**

1. In a small bowl, place the sherry vinegar, balsamic vinegar, garlic, shallot, salt, and pepper. Macerate for 5 minutes.
2. Add the mustard. Whisk until incorporated.
3. In a slow stream, add the pure and extra virgin olive oil, whisking continuously until incorporated.

**Note:** The blending of oils and vinegars in this recipe creates a more complex vinaigrette.

# BEEF BOURGUIGNON CLASSIQUE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pork, bacon, ¼-in. sliced	½ cup
Beef, chuck	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	¼ cup
Butter, unsalted	½ cup
Garlic, minced	1 Tbsp.
Onion, yellow, medium diced	½ cup
Tomato, paste	2 Tbsp.
Thyme, fresh, chopped	1 Tbsp.
Flour, all-purpose	2 Tbsp.
Brandy	½ cup
Wine, red	2 cups
Demi-glacé	1 cup
Oil, vegetable	as needed
Mushroom, button	24 ea.
Onion, pearl, peeled	18 ea.
Parsley, flat-leaf, fresh, chopped	2 Tbsp.

## **Method**

1. In a large heavy-bottomed pot over medium heat, render the bacon until crispy. Drain the bacon on a paper towel. Reserve the bacon. Leave the bacon fat in the pan.
2. Season the beef with salt and pepper. Dredge it in the flour, shaking off any excess.
3. Increase the heat to medium-high. Add the beef to the bacon fat and sear it on all sides. Remove and reserve the beef.
4. For the sauce, in the same pan, add the butter, garlic, onion, tomato paste, and thyme. Cook for 4 minutes.
5. Add the flour. Cook, stirring continuously, for 3 minutes.
6. Return the reserved beef to the pan. Add the brandy, wine, and demi-glacé. Decrease the heat to low. Simmer until the beef is fork tender, about 1 ½ hours. If the sauce is too thick, add a little water. If too thin, simmer until it reduces to a sauce consistency.
7. In a small sauté pan over medium heat, add enough oil to coat the bottom of the pan. When hot, add the mushrooms. Sauté until tender, about 3 minutes. Reserve.

8. In a separate sauté pan, add enough oil to coat the bottom. Heat the oil over medium heat. Add the pearl onions. Sauté until tender, about 5 minutes. Reserve.
9. Garnish with the reserved bacon, onions, mushrooms, and parsley.

# RED AND YELLOW PEPPER RATATOUILLE GRATIN

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, pure	as needed
Onion, yellow, large diced	1 cup
Garlic, sliced	¼ cup
Pepper, bell, red, large diced	½ cup
Pepper, bell, yellow, large diced	½ cup
Chile, jalapeño, minced	1 Tbsp.
Eggplant, peeled, large diced	3 cups
Zucchini, large diced	1 cup
Tomato Concassé (Recipe follows)	3 cups
Tomato, purée	½ cup
Basil, sweet, fresh, chopped	1 Tbsp.
Oregano, fresh, chopped	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cheese, provolone, shredded	½ cup

## **Method**

1. Heat the olive oil in a large, heavy-bottomed pot over medium heat. Add the onion, garlic, and peppers. Cook until the vegetables soften, about 5 minutes.
2. Add the eggplant and zucchini. Cook for 5 minutes.
3. Add the tomato concassé, tomato purée, basil, and oregano. Season with salt and pepper to taste. Cook over low heat until all vegetables are tender, about 45 minutes.
4. Preheat oven to 350°F.
5. Transfer the contents of the pot to an oven-proof dish. Top with the shredded provolone. Bake in the preheated oven until the top is lightly browned, 15 to 20 minutes.
6. Remove the pan from the oven. Let it rest for 5 minutes before serving.

# TOMATO CONCASSÉ

*Yield: 3 cups*

## Ingredients

## Amounts

Tomato, plum (Roma)

1 ½ lb.

Salt, kosher

½ Tbsp.

## Method

1. Score an X at the tip of the tomato, making sure not to cut too deeply. Trim out the stem core, leaving the tomato whole.
2. In a large pot of boiling water, place the salt and tomatoes. Blanch the tomatoes for 30 seconds.
3. Remove the tomatoes and transfer them immediately into an ice bath.
4. After the tomatoes are cool, remove them from the ice bath and peel away the skin with a paring knife. The skin should come away easily from the flesh.
5. Halve each tomato crosswise at its widest point. Gently squeeze out the seeds or quarter the tomatoes and cut away the seeds.
6. Dice the tomatoes.

## ESCARGOTS AND MUSHROOMS WITH BRIE CHEESE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	¼ cup
Garlic, minced	1 tsp.
Shallot, minced	2 Tbsp.
Mushroom, button, large	6 ea.
Escargot	12 ea.
Wine, white, dry	¼ cup
Parsley, flat-leaf, fresh, chopped	1 tsp.
Lemon, juice, fresh	1 Tbsp.
Lemon, zest	1 tsp.
Cheese, Brie, small slice	6 ea.
Breadcrumbs, dried	2 Tbsp.

### **Method**

1. Preheat oven to 350°F.
2. In a sauté pan over low heat, melt the butter. Add the garlic and shallot. Sauté until tender, 1 to 2 minutes.
3. Add the mushrooms. Cook on each side for 1 minute. Transfer the mushrooms to a baking dish and reserve.
4. Add the escargots, wine, parsley, lemon juice and zest. Cook for 2 to 3 minutes.
5. Place two escargots inside each mushroom cap. Add a slice of Brie on top of the escargots. Sprinkle with the breadcrumbs.
6. Bake in the preheated oven for 10 minutes.

**Note:** For a heartier dish, substitute red wine for the white wine and add ¼ cup demi-glace.

# DAY THREE: TEAM PRODUCTION ASSIGNMENTS

## CHEF DEMO

French Omelet, Poached Eggs, Crêpes, Puff Pastry

## TEAM ONE

Poached Eggs Benedict with Fines Herb Hollandaise

Potato Boulangère

Crêpes Suzette

Chicken Veronique Vol-au-Vent

## TEAM TWO

Poached Eggs and Avocado Mash on Sourdough Toast

Mushroom Galette

Tomato Provençale

Classic French Onion Soup

## TEAM THREE

Coq au Vin

Citrus Crème Brûlée

Brie and Ham Turnovers

Red and Yellow Beet Salad with Cider Vinegar

## TEAM FOUR

Brioche French Toast with Raspberry Compote

Stuffed Oysters Bienille

Candied Applewood Bacon

Yellow and Green Beans with Walnuts and Blue Cheese

Three Cheese French Rolled Omelet

# POACHED EGGS BENEDICT WITH FINES HERB HOLLANDAISE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Egg, yolk	4 ea.
Water	1 Tbsp.
Butter, unsalted, melted	1 cup
Lemon, juice, fresh	1 Tbsp.
Parsley, flat-leaf, fresh, chopped	1 tsp.
Chive, fresh, chopped	1 tsp.
Tarragon, fresh, chopped	1 tsp.
Chervil, fresh, chopped	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Vinegar, white	1/4 cup
Egg, whole, room temp.	6 ea.
Bread, English muffin	3 ea.
Pork, bacon, Canadian, sliced	6 ea.

## **Method**

1. For the hollandaise sauce, fill a medium pot 1/4 full of water. Bring it to a gentle simmer over medium heat. In a medium stainless-steel bowl, add the egg yolks and water. Place the bowl on top of the simmering pot. Cook, whisking continuously, until the yolks turn pale yellow and start to thicken, 3 to 4 minutes.
2. Slowly add the melted butter, whisking constantly until fully incorporated and the mixture is thick and creamy.
3. Add the lemon juice, parsley, chives, tarragon, and chervil. Stir to combine. Season with salt and pepper to taste.
4. Bring 1 gallon of salted water to a boil. Add the vinegar. Lower to a simmer. Gently add the room temperature eggs. Poach for 3 minutes. With a skimmer, gently remove the eggs from the poaching water. Transfer to a warm plate.
5. Preheat broiler to high. Cut the muffins in half and butter. Toast under the broiler.
6. Top the muffins with bacon and then egg. Place in a 350°F oven for 3 to 4 minutes to warm. Sauce with the hollandaise.

**Note:** Using a double boiler creates a controlled temperature that allows the egg yolks to thicken without scrambling and the butter to emulsify into the yolks. This method prevents the sauce from curdling or scorching, ensuring a smooth and creamy texture. The gentle heat from the steam also helps maintain the sauce's silky consistency, making it ideal for delicate foods like sauces and chocolates.

# POTATO BOULANGÈRE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, Yukon Gold, peeled	6 ea.
Thyme, fresh, chopped	1 tsp.
Garlic, minced	1 tsp.
Onion, yellow, sliced	1 cup
Butter, unsalted, melted	½ cup
Stock, chicken	1 cup
Cream, heavy	¼ cup
Cheese, Swiss, grated	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Preheat oven to 325°F.
2. Thinly slice the potatoes. Shingle the slices in a 2-inch baking dish.
3. In a large bowl, combine the thyme, garlic, onion, butter, stock, heavy cream, and Swiss cheese. Season with salt and pepper to taste.
4. Pour the liquid over the top of the potatoes. Cover with parchment paper and then foil.
5. Bake in the preheated oven for 2 hours. Remove the foil and parchment paper.
6. Bake until the potatoes are tender and the top is golden and crispy, about 30 minutes.
7. Remove the dish from the oven. Let it rest for 5 minutes before serving.

# CRÊPES SUZETTE

*Yield: 6 crêpes*

<b>Ingredients</b>	<b>Amounts</b>
Flour, all-purpose	1 ½ cups
Butter, unsalted, melted	¼ cup
Milk, whole	1 cup
Water	½ cup
Salt, kosher	½ tsp.
Sugar, granulated	2 Tbsp.
Orange, zest	1 Tbsp.
Egg, whole	3 ea.
Vanilla, extract	1 tsp.
Orange, juice, fresh, strained	1 cup
Sugar, granulated	½ cup
Lemon, juice, fresh	1 Tbsp.
Butter, unsalted	¼ cup
Liqueur, Grand Marnier	¼ cup
Orange, peel, cut into thin, short strips	1 Tbsp.
Butter, unsalted	as needed

## **Method**

1. For the crêpes, in a large bowl, place the flour, butter, milk, water, salt, sugar, orange zest, egg, and vanilla. Blend with immersion blender until very smooth, about 1 minute. Let it rest for 30 minutes.
2. For the sauce, in a medium saucepan over medium heat, place the orange juice, sugar, lemon juice, butter, Grand Marnier, and orange peel. Simmer, stirring occasionally, until it reduces to a thick, syrupy sauce, 5 to 7 minutes. Cover and reserve.
3. Heat an 8-inch crêpe pan or a small, nonstick sauté pan over medium heat. Add a little butter and 2 ounces of crêpe batter to the pan. Cook until golden brown, about 1 minute per side. Make 6 crêpes.
4. Brush the sauce onto each crêpe, fold it into a triangle, and dip each triangle into the warm sauce.

# CHICKEN VERONIQUE VOL-AU-VENT

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Puff pastry, sheet	1 ea.
Egg, whole, beaten	1 ea.
Water	1 Tbsp.
Chicken, breast, boneless, quartered	2 ea.
Wine, white, dry	½ cup
Stock, chicken	2 cups
Shallot, sliced	¼ cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Celery, brunoised	¼ cup
Grapes, white, seedless, sliced	¾ cup
Mayonnaise	¾ cup
Celery seed	1 tsp.
Lemon, zest	1 tsp.
Lemon, juice, fresh	2 Tbsp.
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Sugar, granulated	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Preheat oven to 375°F.
2. For the vol-au-vent, fold the puff pastry in half creating 2 layers. Cut 6 each 3-inch circles. Score the inside of the 3-inch circles with another 2 ¾-inch circle mold.
3. In a small bowl, whisk together the egg and water. Brush the pastry with the beaten egg wash. Avoid getting egg wash on the sides or they won't rise evenly.
4. Bake in the preheated oven until brown, 5 to 7 minutes.
5. In a medium stockpot, place the chicken, wine, chicken stock, shallots, salt, and pepper. Turn the heat to medium high. When the water just starts to bubble, lower the heat to a simmer. Poach until the internal temperature reaches 160°F, about 20 minutes. Remove the pan from the heat. Let the chicken cool in the broth.
6. In a large bowl, place the celery, grapes, mayonnaise, celery seed, lemon zest and juice, parsley, sugar, salt and pepper. Mix to combine. Let it stand for 10 minutes.
7. Pull the chicken into ½ inch pieces. Add it to the salad ingredients.
8. Fill the vol-au-vent with salad.

# POACHED EGGS AND AVOCADO MASH ON SOURDOUGH TOAST

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lemon, juice, fresh	1 tsp.
Onion, red, brunoised	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	2 Tbsp.
Avocado	2 ea.
Bread, sourdough, boule, ¼-in. sliced	½ ea.
Water	1 gal.
Salt, kosher	as needed
Vinegar, white	¼ cup
Egg, whole	6 ea.
Scallion (Green onion), julienned	2 ea.
Radish, red, julienned	2 ea.

## **Method**

1. In a small bowl, place the lemon juice, red onion, salt, and pepper. Macerate until the onion is softened, about 10 minutes.
2. Add the olive oil and avocado. Mash with a fork. Reserve.
3. Preheat broiler to high.
4. Bring the water to a boil. Add the salt and vinegar. Lower the heat to a gentle simmer (water temperature of 160-180°F).
5. Working in batches of 3, crack the eggs into a small bowl. Slide the eggs into the simmering water. Poach for 2 to 3 minutes. To check for doneness, gently poke the egg white with a spoon. It should be firm to the touch.
6. With a slotted spoon, gently remove the eggs from the water. Drain. Transfer to a plate and keep warm.
7. Place the bread slices on a sheet pan. Toast in the preheated broiler.
8. Spoon the reserved avocado on the bread. Top with the egg. Garnish with the scallion and radish.

**Note:** When poaching eggs, maintaining a gentle simmer, not a rolling boil, is crucial. If too hot, the egg whites will cook too quickly and become tough. If too cool, the egg will spread out and never properly set. To help ripen avocados, place them in a brown bag with a ripe banana. Fold down the opening, loosely sealing it, and let it sit at room temperature for at least 12 hours.

# MUSHROOM GALETTE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pizza Dough (Recipe follows)	1x recipe
Butter, unsalted	1 Tbsp.
Shallot, brunoised	¼ cup
Garlic, minced	1 tsp.
Mushroom, shiitake, sliced	1 cup
Mushroom, cremini, sliced	1 cup
Mushroom, chanterelle, sliced	1 cup
Wine, sherry	¼ cup
Thyme, fresh, chopped	1 Tbsp.
Parsley, flat-leaf, fresh, chopped	1 tsp.
Sour cream	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cheese, Brie, torn into small pieces	¼ cup
Egg, whole, beaten	1 ea.

## **Method**

1. Preheat oven to 350°F.
2. Prepare the Galette Dough. Roll it out to a round shape. Fold the edges over by ½ inch to create a rim. Transfer to a parchment-lined sheet pan.
3. For the filling, in a large sauté pan over low heat, melt the butter. Add the shallot and garlic. Sweat until softened, about 2 minutes.
4. Add the mushrooms. Increase the heat to medium. Sauté until the mushrooms are lightly caramelized, 5 to 7 minutes.
5. Add the sherry. Toss to combine. Remove the pan from the heat.
6. Add the thyme, parsley, and sour cream. Season with salt and pepper to taste. Cool thoroughly.
7. Evenly spoon the cooled filling onto the galette dough. Top with the Brie. Brush the edges of the crust with beaten egg.
8. Bake in the preheated oven on the lowest rack until the crust is golden brown and the filling is hot, 20 to 30 minutes.

**Note:** For a crispier galette, prebake the pizza dough.

# GALETTE DOUGH

*Yield: 1 galette*

<b>Ingredients</b>	<b>Amounts</b>
Water, warm	1 cup
Yeast, dry, instant	2 tsp.
Oil, olive, pure	2 Tbsp.
Honey	1 Tbsp.
Salt, kosher	1 tsp.
Flour, 00 (Divided)	3 cups

## **Method**

1. In the bowl of an electric standing mixer fitted with a paddle attachment, place the water, yeast, olive oil, honey, salt, and 1 cup of the flour. Mix well to form a batter. Let it stand for 15 minutes.
2. Add the remaining 2 cups of flour. Mix with a dough hook for 10 minutes.
3. Turn out the dough onto a table. Knead for 3 minutes. Shape the dough into a ball.
4. Transfer to an oiled bowl. Let it rise for 45 minutes.
5. Punch down the dough. Let it rise and relax for 20 minutes.

**Note:** All-purpose or bread flour can be substituted for the 00 flour.

# TOMATO PROVENÇALE

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Tomato, plum (Roma), large	4 ea.
Garlic, minced	1 Tbsp.
Breadcrumbs, dried	¼ cup
Cheese, Parmesan, grated	¼ cup
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Basil, sweet, fresh, chopped	2 Tbsp.
Thyme, fresh, chopped	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, pure	¼ cup

## **Method**

1. Preheat oven to 375°F.
2. Cut the tomatoes in half horizontally. Scoop out the seeds and pulp with a spoon.
3. In a small bowl, place the garlic, breadcrumbs, Parmesan, parsley, basil, and thyme. Mix to combine. Season with salt and pepper to taste.
4. Spoon the breadcrumb mixture into each tomato half, pressing down gently to ensure the mixture sticks to the tomato.
5. Drizzle each tomato with olive oil. Transfer to a baking dish.
6. Bake in the preheated oven until the breadcrumb mixture is golden brown and the tomatoes are soft and cooked through, 20 to 25 minutes.

# CLASSIC FRENCH ONION SOUP

Yield: 6 portions

Ingredients	Amounts
Bread, baguette, sliced	1 ea.
Butter, unsalted	6 Tbsp.
Onion, yellow, sliced thinly	8 ½ cups
Garlic, minced	4 tsp.
Wine, Chablis	1 ½ cups
Flour, all-purpose	2 Tbsp.
Stock, beef, cold	1 qt.
Stock, chicken	1 qt.
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Chile, cayenne, ground	to taste
Cheese, Gruyère, grated	3 cups
Parsley, flat-leaf, fresh, chopped	1 Tbsp.

## Method

1. Preheat oven to 450°F.
2. Arrange the slices of baguette on a sheet pan. Toast in the preheated oven until crisp and lightly golden brown, 5 to 7 minutes. Reserve.
3. Melt the butter in a large, thick-bottomed pan over medium heat. Add the onions. Sauté until softened and lightly caramelized, 20 to 25 minutes.
4. Add the garlic. Cook until aromatic, about 2 minutes.
5. Add the wine. Reduce until nearly dry (*au sec*), 18 to 20 minutes.
6. Stir in the flour. Cook, stirring continuously, for 2 minutes.
7. Remove the pan from the heat. Add the cold beef and chicken stock, stirring thoroughly to distribute the flour throughout the soup. Add the bay leaf and thyme.
8. Bring it to a boil. Turn down the heat to low. Simmer for 30 minutes.
9. Preheat broiler to high.
10. Season with salt, black pepper, and cayenne pepper to taste. Ladle the soup into oven-safe bowls. Top with slices of toasted baguette covered with Gruyère.
11. Place the soup under the preheated broiler until golden brown and bubbly, about 10 minutes.
12. Sprinkle each bowl of soup with parsley. Serve immediately.

# COQ AU VIN

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pork, bacon, 1/2-in. sliced, diced	1/2 cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Chicken, thigh, trimmed, skin on	12 ea.
Shallot, brunoised	1/4 cup
Celery, brunoised	1/4 cup
Mushroom, button, brunoised	1/2 cup
Carrot, brunoised	1/4 cup
Garlic, minced	1 Tbsp.
Tomato, concassé	1/2 cup
Butter, unsalted	1/4 cup
Flour, all-purpose	2 Tbsp.
Brandy	1/4 cup
Wine, red	2 cups
Stock, chicken	1 cup
Thyme, fresh, chopped	1 Tbsp.
Bay leaf, dried	1 ea.
Parsley, flat-leaf, fresh, chiffonade	1 Tbsp.

## **Method**

1. Preheat oven to 325°F.
2. In a large, heavy-bottom rondeau, place the diced bacon. Turn the heat to low. Render the bacon until crispy. Drain the bacon on paper towels and reserve.
3. Season the chicken with salt and pepper. Add it to the rondeau. Increase the heat to medium low. Brown it lightly on both sides. Remove and reserve the chicken.
4. Add the shallot, celery, mushroom, carrot, garlic, tomato and butter. Cook until the vegetables are lightly browned, 2 to 4 minutes.
5. Add the flour. Cook until evenly combined, 1 to 3 minutes.
6. Add the brandy, wine, stock, thyme, bay leaf, and chicken. Bring it to a simmer.
7. Braise in the preheated oven until the meat is fall-off-the-bone tender, about 1 hour. Reserve any cooking liquid.
8. Transfer the chicken to a serving plate. Garnish with the reserved bacon and parsley. Drizzle the reserved cooking liquid over the chicken as a sauce.

**Note:** Marinating the chicken, wine, and vegetables for two days will give the chicken a stronger wine flavor.

# CITRUS CRÈME BRÛLÉE

*Yield: 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Cream, heavy	1 qt.
Lemon, zest	1 Tbsp.
Orange, zest	1 tsp.
Lime, zest	1 Tbsp.
Sugar, granulated	1 cup
Egg, whole	3 ea.
Egg, yolk	7 ea.
Salt, kosher	½ tsp.
Vanilla, extract	1 Tbsp.
Sugar, granulated	1 Tbsp.

## **Method**

1. In a small saucepan, place the cream. Bring it to a simmer. Remove the pan from the heat. Add the lemon and orange zest. Let it infuse for 1 hour.
2. Preheat oven to 300°F.
3. In a large bowl, place the sugar, eggs, salt, and vanilla. Whisk until the sugar and egg are blended, about 2 minutes.
4. Add the cream, whisking well to incorporate. Let it infuse for 15 minutes.
5. Fill 12 small, oval ramekins almost to the top. Place them in a roasting pan. Add enough water to the pan to reach 2/3 the height of the ramekins.
6. Bake in the preheated oven until the brûlées are just set, about 20 minutes.
7. Remove the pan from the oven. Cool overnight.
8. Sprinkle the brûlées with sugar. Caramelize the sugar using a torch. To avoid a burnt taste, avoid over caramelizing the sugar. It should be light brown, not black.

# BRIE AND HAM TURNOVERS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	1 Tbsp.
Shallot, sliced	¼ cup
Potato, new, small diced	½ cup
Salt, kosher	as needed
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Ham, shaved	½ cup
Pepper, black, ground	as needed
Puff pastry, sheet	1 ea.
Cheese, Brie, sliced 2-in.	6 ea.
Egg, whole, beaten	1 ea.
Water	1 Tbsp.

## **Method**

1. Pre-heat oven to 375°F.
2. In a small sauce pot, place the butter, shallot, and diced potato. Cover with water and add salt. Boil until the potatoes are tender, 10 to 15 minutes. Drain and mash.
3. Add the parsley and ham. Season with salt and pepper to taste.
4. Cut the puff pastry into 4-inch squares.
5. Spoon 2 tablespoons of the potato mixture into the center of the pastry. Top with one slice of Brie cheese. Fold over, forming a triangle. Press the edges together to seal.
6. Transfer to a parchment-lined sheet pan.
7. For the egg wash, in a small bowl, whisk together the egg and water. Brush the pastry with the egg wash.
8. Bake in the preheated oven until golden brown, 10 to 12 minutes.

**Note:** Store-bought puff pastry should not be rolled out, as this will destroy the layers and it will fail to rise.

# RED AND YELLOW BEET SALAD WITH CIDER VINEGAR

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Beet, red, medium	3 ea.
Beet, yellow, medium	3 ea.
Vinegar, cider (Divided)	1 cup
Salt, kosher	as needed
Ginger, powder	1 tsp.
Honey	1 Tbsp.
Oil, olive, extra virgin	¼ cup
Vinegar, cider	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Mesclun	3 cups
Almonds, slivered	¼ cup

## **Method**

1. In separate medium saucepots, place the red and yellow beets, each with ½ cup of the vinegar. Add salt to taste and enough water to cover. Bring them to a boil over high heat, then lower the heat to medium. Simmer until fork tender, about 1 hour. Drain and cool.
2. When the beets are cool enough to handle, peel them by rubbing the outside with paper towels or a kitchen towel. Slice into ¼-inch circles.
3. For the vinaigrette, place the ginger, honey, olive oil, and vinegar. Whisk to combine. Season with salt and pepper to taste.
4. Arrange the beets on a platter so that they slightly overlap. Alternate colors, leaving the center of the platter open.
5. Toss the mesclun greens with ½ the vinaigrette. Place them in the center of the platter. Sprinkle almonds over the top. Drizzle the remaining vinaigrette on the beets.

**Note:** Cooking the beets separately preserves the color of the yellow beets.

# BRIOCHE FRENCH TOAST WITH RASPBERRY COMPOTE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Raspberries	1 cup
Sugar, granulated	½ cup
Water	¼ cup
Egg, whole	4 ea.
Half and half	2 cups
Vanilla, extract	1 Tbsp.
Sugar, granulated	2 Tbsp.
Oil, vegetable	as needed
Bread, brioche, loaf, ½-in. sliced	1 ea.
Butter, unsalted	as needed

## **Method**

1. For the compote, in a medium saucepot, place the raspberries, sugar, and water. Simmer over low heat until a syrup forms, 3 to 4 minutes. Reserve.
2. In a medium bowl, place the eggs, half and half, vanilla, and sugar. Mix well to combine.
3. Preheat the griddle to medium-low. Brush it with oil.
4. Add a little butter to the griddle. Dip a brioche slice in the egg mixture, allowing any excess to drip off. Cook the brioche until brown on both sides. Transfer to a serving platter. Repeat for each slice.
5. Top the French toast with the reserved compote.

# STUFFED OYSTERS BIENILLE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oyster, East Coast	24 ea.
Butter, unsalted	4 wt. oz.
Garlic, minced	1 Tbsp.
Shallot, brunoise	¼ cup
Celery, brunoise	¼ cup
Pepper, bell, red, brunoise	¼ cup
Flour, all-purpose	1 Tbsp.
Wine, white, dry	¼ cup
Cream, heavy	½ cup
Breadcrumbs, fresh	½ cup
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Cheese, Parmesan, grated	¼ cup
Salt, sea	to taste
Pepper, black, ground	to taste
Tabasco sauce (Optional)	to taste

## **Method**

1. For the stuffing, melt the butter in a large sauté pan over low heat. Add the garlic, shallot, celery, and bell pepper. Sweat until the vegetables are soft, 7 to 10 minutes. Do not let them brown.
2. Stir in the flour. Cook for 3 minutes.
3. Add the wine and cream. Bring it to a boil.
4. Remove the pan from the heat. Add the parsley, lemon juice, breadcrumbs, and cheese. Mix to combine. Let it cool for 4 minutes. Reserve.
5. Preheat broiler to high.
6. Remove the oysters from the shells, reserving the oyster juice.
7. In a large bowl, place the reserved stuffing mixture, oysters, and oyster juice. Mix to combine. Season with salt and pepper to taste.
8. Place 2 tablespoons of the oyster stuffing into each shell.
9. Cook under the preheated broiler until light brown and warm, 3 to 4 minutes.
10. Serve with tabasco sauce on the side, if desired.

# CANDIED APPLEWOOD BACON

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Sugar, brown	1 cup
Molasses	½ cup
Honey	¼ cup
Pepper, black, cracked	2 Tbsp.
Red pepper flakes	2 Tbsp.
Worcestershire sauce	¼ cup
Pork, bacon, applewood, strips	18 ea.

## **Method**

1. Preheat oven to 350°F.
2. In a small bowl, place the sugar, molasses, honey, pepper, red pepper flakes, and Worcestershire sauce. Mix thoroughly. (It will be sticky.)
3. Arrange the bacon strips so they are not touching on a parchment-lined sheet pan. Bake in the preheated oven until half cooked, about 10 minutes.
4. Flip the bacon and return it to the oven. Cook the bacon until it is  $\frac{3}{4}$  done, about 5 minutes.
5. Evenly brush each strip of bacon with the sugar mixture.
6. Return the bacon to the oven and cook until crispy. Drain on a rack. Serve warm.

**Note:** For less spicy bacon, use less pepper. For less sweet bacon, use less sugar.

# YELLOW AND GREEN BEANS WITH WALNUTS AND BLUE CHEESE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Beans, yellow, trimmed, halved	2 cups
Beans, green, trimmed, halved	2 cups
Onion, red, julienne	½ cup
Vinegar, sherry	¼ cup
Oil, olive, extra virgin	½ cup
Walnuts, chopped (Divided)	¼ cup
Cheese, blue, crumbled (Divided)	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Bring a small saucepot of salted water to a boil. Add the yellow beans. Blanch until just tender but still crisp, 3 to 5 minutes. Drain and reserve.
2. Repeat the process with the green beans. Reserve.
3. In a large bowl, combine the red onion and sherry vinegar. Macerate until softened, about 10 minutes.
4. Add the reserved beans, olive oil, ½ the walnuts, and ½ the cheese. Season with salt and pepper to taste.
5. Arrange the mixture on an oval platter. Garnish with the remaining cheese and walnuts.
6. Serve hot or cold.

# THREE CHEESE FRENCH ROLLED OMELET

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Cheese, Gruyère, grated	¾ cup
Cheese, Monterey Jack, grated	¾ cup
Cheese, Cheddar, grated	¾ cup
Egg, whole	18 ea.
Oil, canola	as needed
Salt, kosher (Optional)	to taste
Pepper, black, ground (Optional)	to taste

## **Method**

1. In a small bowl, place the Gruyère, Monterey Jack, and Cheddar cheese. Mix to combine. Reserve.
2. For each portion, in a small bowl, beat 3 eggs well.
3. Heat an omelet pan over high heat. Add the oil, tilting the pan to coat the entire surface.
4. Pour the egg mixture into the pan and scramble it with a heat-proof rubber spatula. Move the pan and utensil at the same time until the egg mixture has coagulated slightly.
5. Add ⅓ of the grated cheese mixture. Let the egg mixture finish cooking without stirring.
6. Tilt the pan and slide the spatula around the lip of the pan, under the omelet, to be sure it is not sticking. Slide the omelet to the front of the pan and use the spatula to fold it inside to the center. Turn the pan upside down, rolling the omelet onto a heated plate. The finished omelet should be oval shaped.
7. Season with salt and pepper to taste. Serve immediately. Repeat the process for the remaining portions.

**Note:** Clarified butter can be substituted for the oil.

# DAY FOUR: TEAM PRODUCTION ASSIGNMENTS

## CHEF DEMO

Soufflé, Pâte à Choux, Quiche

## TEAM ONE

Smoked Salmon and Crème Fraîche Pizza

Rosemary and Garlic Roasted Lamb

Greek Couscous Salad

Dried Cranberry and Apricot Scones

## TEAM TWO

Flatbread with Prosciutto, Artichokes, and Fontina

Apple and Almond Tart

Red and Yellow Potatoes in Herbed Vinaigrette

Gingered Carrots

## TEAM THREE

Asparagus and Gravlax Quiche

Ragout de Champignons

Chocolate Cake Caprese

Pâté Chaud

## TEAM FOUR

Bacon and Sweet Onion Quiche with Potato Crust

Seafood Beignets with Whole Grain Mustard

Peach and Blueberry Clafoutis

Arugula and Roasted Red Pepper Salad

# CHEESE SOUFFLÉ

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	as needed
Flour, all-purpose	as needed
Egg, yolk	6 ea.
Milk, whole	1 $\frac{3}{4}$ cups
Butter, unsalted	$\frac{1}{2}$ cup
Flour, all-purpose	$\frac{1}{4}$ cup
Cheese, Gruyère, grated	$\frac{1}{4}$ cup
Cheese, Parmesan, finely grated	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Nutmeg, fresh, grated	$\frac{1}{8}$ tsp.
Worcestershire sauce	$\frac{1}{4}$ tsp.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Egg, white	8 ea.
Salt, kosher	$\frac{1}{8}$ tsp.
Cheese, Cheddar, grated	4 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

## **Method**

1. Preheat oven to 400°F.
2. Butter eight 3  $\frac{1}{2}$ -inch-diameter, 4-ounce ramekins with butter. Dust lightly with flour. Reserve.
3. In a small saucepan over medium-high heat, place the milk. Bring it to a boil and immediately remove it from the heat. Reserve.
4. Melt the butter in a medium saucepan over medium-high heat. Add the flour, one tablespoon at a time, whisking continuously until incorporated.
5. Gradually whisk in the reserved hot milk. Bring the mixture to a boil. Cook, whisking continuously, until the mixture is smooth and has thickened. Remove the pan from the heat.
6. Add the egg yolks, one at a time, whisking after each addition, to create a mixture that looks like pastry cream.
7. Whisk in the Gruyère and Parmesan cheese, salt, pepper, nutmeg, Worcestershire sauce, and parsley. Reserve.
8. In the bowl of a stand mixer fitted with the whisk attachment, place the egg whites and salt. Beat on medium speed until the whites hold a soft peak, 3 to 4 minutes.

9. Vigorously stir  $\frac{1}{4}$  of the egg whites into the cheese mixture. Gently fold the remaining egg whites into the mixture.
10. Distribute the batter equally among the prepared ramekins, filling each mold to the rim. Sprinkle each with  $1\frac{1}{2}$  teaspoons of the grated Cheddar. Season with salt and pepper.
11. Bake until the top is golden brown and the soufflé has doubled in size, 10 to 12 minutes.

Source: Chef Dieter Schorner

# PÂTE À CHOUX

*Yield: 1 pound*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	1/4 cup
Water, cold	2/3 cup
Flour, all-purpose, sifted	3/4 cup
Egg, whole, lightly beaten	3 ea.

## **Method**

1. Melt the butter in a medium saucepan over low heat. Add the water and bring it to a boil.
2. Remove the pan from the heat. Add the sifted flour all at once. Beat with a wooden spoon until smooth, 30 to 60 seconds.
3. Heat the pan over low heat, stirring constantly, until the mixture is dry, about 1 minute.
4. Remove the pan from the heat. Cool for 5 minutes.
5. Gradually add the beaten eggs a little at a time, beating thoroughly between additions, until you have a shiny paste that can hold its shape when piped or spooned. You may not need to use all the egg.
6. Store the paste, covered, in the refrigerator until needed.

**Note:** Flavorings can be added to the pâte à choux. For example, add 1 pinch of citrus zest, 1 teaspoon vanilla extract, or 1 tablespoon flavored liqueur just before the beaten eggs.

# SMOKED SALMON AND CRÈME FRÂICHE PIZZA

*Yield: 1 pizza*

<b>Ingredients</b>	<b>Amounts</b>
Pizza Dough (Recipe follows)	1 ea.
Oil, olive, extra virgin	2 Tbsp.
Garlic, minced	1 Tbsp.
Cheese, Parmesan, grated	2 Tbsp.
Salmon, smoked, thinly sliced	1 cup
Crème fraîche	½ cup
Dill, fresh, chopped	1 Tbsp.

## **Method**

1. Preheat oven to 500°F. Place the pizza stone on the floor of the oven.
2. Roll out the pizza dough. Brush it with the olive oil. Sprinkle with garlic and Parmesan cheese.
3. Bake the pizza in the preheated oven until the crust is golden brown and cheese is bubbling but not brown, 6 to 8 minutes.
4. Cool for 4 minutes.
5. Evenly place the smoked salmon on top of the crust. Sprinkle with crème fraîche and dill.

# PIZZA DOUGH

*Yield: 1 pizza*

<b>Ingredients</b>	<b>Amounts</b>
Water, warm	1 cup
Yeast, dry, instant	2 tsp.
Oil, olive, pure	2 Tbsp.
Honey	1 Tbsp.
Salt, kosher	1 tsp.
Flour, 00 (Divided)	3 cups

## **Method**

1. In the bowl of a stand mixer fitted with a paddle attachment, place the water, yeast, olive oil, honey, salt, and 1 cup of the flour. Mix on medium-low speed until a batter forms, 5 to 7 minutes.
2. Let it stand for 15 minutes.
3. Add the remaining 2 cups of flour. Mix with a dough hook for 10 minutes.
4. Turn the dough out onto a table. Knead it for 3 minutes. Shape it into a ball.
5. Place the dough in an oiled bowl. Let it rise for 45 minutes.
6. Punch the dough down. Let it rise and relax for 20 minutes.

**Note:** All-purpose or bread flour can be substituted for the 00 flour.

# ROSEMARY AND GARLIC ROASTED LAMB

*Yield: 1 lamb top round*

<b>Ingredients</b>	<b>Amounts</b>
Lamb, shoulder, boneless, 2 ½ lb.	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	2 Tbsp.
Garlic, sliced	¼ cup
Shallot, sliced	¼ cup
Rosemary, sprig, fresh	4 ea.
Oregano, sprig, fresh	4 ea.
Thyme, sprig, fresh	4 ea.
Lemon, juice, fresh	2 Tbsp.
Lemon, zest	1 Tbsp.
Oil, olive, pure	¼ cup

## **Method**

1. Preheat oven to 425°F.
2. To butterfly the lamb, lay the lamb shoulder flat. Cut horizontally from the thickest part towards the edge, creating a butterfly effect. (see Chef demo.) Season the lamb with salt and pepper.
3. For the rub, in a small bowl, place the olive oil, garlic, shallot, rosemary, oregano and thyme. Mix to combine. Rub the lamb with the mixture.
4. Transfer the lamb to a parchment-lined sheet pan. Roast in the preheated oven for 10 minutes. Lower the oven temperature to 300°F. Roast until the lamb has an internal temperature of 125°F, about 20 minutes.
5. Transfer the lamb to a cutting board. Let it rest for 15 minutes. Thinly slice the lamb.
6. For the small sauce, transfer any liquid released during cooking to a small bowl. Add the lemon juice, zest, and olive oil. Mix to combine. Pour it over the lamb before serving.

# GREEK COUSCOUS SALAD

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Water	2 ½ cups
Garlic, minced	1 Tbsp.
Shallot, small diced	¼ cup
Oregano, fresh, chopped	¼ cup
Oil, olive, extra virgin	¼ cup
Couscous, dry	2 cups
Onion, red, small diced	¼ cup
Lemon, zest	2 Tbsp.
Lemon, juice, fresh	¼ cup
Oil, olive, extra virgin	¼ cup
Tomato, cherry, red, halved	¼ cup
Tomato, cherry, yellow, halved	¼ cup
Pepper, bell, green, small diced	¼ cup
Pepper, bell, red, small diced	¼ cup
Cucumber, English, small diced	1 cup
Dill, fresh, chopped	¼ cup
Parsley, flat-leaf, fresh, chopped	¼ cup
Olive, Niçoise, chopped	½ cup
Cheese, feta, crumbled	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. In a medium saucepot, bring the water to a boil. Add the garlic, shallot, oregano, and olive oil. Season with salt and pepper. Stir in the couscous, remove the pot from the heat, and cover the pan. Let it sit for 10 minutes.
2. Transfer the mixture to a parchment-lined sheet pan and gently spread it out with a fork, being careful not to mash it. Cool and reserve.
3. In a large bowl, combine the red onion, lemon zest, and lemon juice. Macerate until the onion is softened, about 10 minutes.
4. Add the olive oil, tomatoes, bell peppers, cucumber, dill, parsley and olives. Mix thoroughly. Gently fold in the cooked couscous and feta cheese.
5. Season with salt and pepper to taste.

**Note:** For a more acidic salad, add a little red wine vinegar or sherry vinegar.

## DRIED CRANBERRY AND APRICOT SCONES

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Flour, all-purpose	3 cups
Sugar, granulated	½ cup
Baking powder	2 Tbsp.
Salt, kosher	½ tsp.
Cranberry, dried, finely chopped	½ cup
Apricot, dried, finely chopped	½ cup
Raisin, golden, finely chopped	½ cup
Cream, heavy	2 cups

### **Method**

1. Line a 10-inch, round cake pan with parchment paper.
2. In a large bowl, place the flour, sugar, baking powder, salt, cranberries, apricots, and raisins. Mix to combine.
3. Add the cream. Gently mix for 1 minute.
4. Transfer the dough to the prepared cake pan. Freeze for 30 minutes.
5. Preheat oven to 350°F.
6. Turn out the dough onto a cutting board. Cut it into 10 triangles. Transfer to a parchment-lined sheet pan.
7. Bake in the preheated oven until golden brown, about 30 minutes.

**Note:** The fruit can be replaced with savory items such as ham, bacon, or cheese.

# FLATBREAD WITH PROSCIUTTO, ARTICHOKE, AND FONTINA

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Flatbread Dough (Recipe follows)	1 ea.
Oil, olive, pure	2 Tbsp.
Garlic, minced	1 tsp.
Pork, prosciutto, thinly sliced	6 ea.
Artichoke, marinated, quarters, prepared	12 ea.
Cheese, Parmesan, shaved	¼ cup
Cheese, Fontina, ¼-in. sliced	12 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Basil, sweet, fresh, chopped	2 Tbsp.

## **Method**

1. Preheat grill to medium. Preheat oven to 350°F.
2. Prepare the Flatbread Dough. Roll out the dough into a long rectangle. Grill on both sides until crisp, 1 to 2 minutes.
3. Brush the dough with olive oil and sprinkle with minced garlic.
4. Add the prosciutto, artichokes, Parmesan, and Fontina. Season with salt and pepper. Transfer to a parchment-lined sheet pan.
5. Bake in the preheated oven until golden brown and baked through, 5 to 7 minutes.
6. Sprinkle with the chopped basil.
7. Cut the flatbread into squares.

# FLATBREAD DOUGH

*Yield: 1 flatbread*

<b>Ingredients</b>	<b>Amounts</b>
Water, warm	1 cup
Yeast, dry, instant	2 tsp.
Oil, olive, pure	2 Tbsp.
Honey	1 Tbsp.
Salt, kosher	1 tsp.
Flour, 00, soft wheat (Divided)	3 cups

## **Method**

1. In the bowl of a stand mixer fitted with a paddle attachment, place the water, yeast, olive oil, honey, salt, and 1 cup of the 00 flour. Mix on low speed to combine and form a batter, about 1 minute.
2. Let it stand for 15 minutes.
3. Add the remaining 2 cups of flour. Mix on low speed with a dough hook attachment until smooth and elastic, 8 to 10 minutes.
4. Turn out the dough onto a work surface. Knead for 3 minutes. Shape into a ball.
5. Transfer the ball of dough into an oiled bowl. Let it rise for 45 minutes.
6. Punch the dough down. Let it rise for 20 minutes.

**Note:** All-purpose or bread flour can be substituted for the 00 flour.

# APPLE AND ALMOND TART

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Tart Dough (Recipe follows)	1 ea.
Butter, unsalted, softened	½ cup
Sugar, brown	½ cup
Egg, whole	2 ea.
Flour, almond	¼ cup
Almonds, whole, ground	½ cup
Salt, kosher	¼ tsp.
Apple, Granny Smith, peeled, sliced	4 ea.
Vanilla, extract	1 tsp.
Cinnamon, ground	1 tsp.
Sugar, sanding	¼ cup
Almonds, slivered	¼ cup
Apricot, glaze	½ cup

## **Method**

1. Preheat oven to 375°F.
2. Make the Tart Dough. Reserve.
3. For the almond paste, in a large bowl, place the butter and brown sugar. Whisk to combine.
4. Add the eggs one at a time, whisking until smooth.
5. Add the almond flour, ground almonds, and salt. Mix well until very light and creamy. Reserve.
6. In a large bowl, place the apples, vanilla, cinnamon, and sanding sugar. Toss gently to combine. Macerate for 10 minutes.
7. Spread the almond paste on bottom of the tart crust. Evenly arrange the apples in a shingled, circular pattern. Sprinkle slivered almond on top.
8. Bake in the preheated oven until the apples are tender, 30 to 40 minutes.
9. Brush with the apricot glaze.

**Note:** Any firm, tart, cooking apple such as Honeycrisp, Braeburn, or Jonagold can be substituted for the Granny Smith apples.

# TART DOUGH

*Yield: one 10-inch tart*

<b>Ingredients</b>	<b>Amounts</b>
Flour, pastry	1 ¼ cups
Salt, kosher	½ tsp.
Butter, unsalted, cubed	7 Tbsp.
Water, cold	3 ½ Tbsp.
Beans, dried	as needed

## **Method**

1. In a medium bowl, place the flour and salt. Mix to combine. Add the butter. Mix until it resembles a crumb topping.
2. Add the water, 1 tablespoon at a time, until it just holds together when you press a handful of it into a ball. The dough should be evenly moist (not wet), and shaggy or rough in appearance.
3. Turn the dough out onto a lightly floured work surface. Gather and press the dough into a ball. Pat the ball into an even disk. Wrap well in plastic and chill in the refrigerator for 20 minutes.
4. Preheat oven to 375°F.
5. Unwrap the dough. Place it on a lightly floured work surface. Scatter a little flour over the top. Roll out the dough into an even round about 13 inches in diameter and ⅛-inch thick.
6. Fold the dough in half or roll it loosely around the rolling pin and gently lift and position it over a tart pan. Unfold or unroll the dough, easing it into the pan without stretching it. Make sure that the sides of the pan and the rim are evenly covered.
7. Press the dough gently against the sides and bottom. Trim the overhang to 1 inch. Tuck the dough overhang under itself and flute the edges.
8. To prebake the pie crust, prick the dough evenly over the bottom and sides with the tines of a fork. Line the dough with a piece of parchment paper and fill ½ full with the dried beans. Bake until the crust is dry, 12 to 15 minutes.
9. Remove the pan from the oven and remove the paper and dried beans. Return the crust to the preheated oven. Bake until the crust is completely dry and lightly golden brown, 5 to 6 minutes.
10. Cool to room temperature before filling.

**Note:** Pie weights or uncooked rice can be substituted for the dried beans.

# RED AND YELLOW POTATOES IN HERBED VINAIGRETTE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pepper, bell, red	1 ea.
Potato, red, mini, cut in half	18 ea.
Potato, yellow, mini, cut in half	18 ea.
Vinegar, wine, red	¼ cup
Vinegar, cider	¼ cup
Onion, red, short julienned	½ cup
Garlic, minced	½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, extra virgin	½ cup
Mustard, Dijon	1 Tbsp.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Chive, sliced	1 Tbsp.
Tarragon, fresh, chopped	1 Tbsp.
Basil, sweet, fresh, chopped	1 Tbsp.
Olive, Niçoise, chopped	¼ cup
Capers	1 Tbsp.

## **Method**

1. Roast the pepper over open flame until charred black all around. Transfer to a small bowl and cover tightly with plastic wrap. Steam for 10 minutes. When cool enough to handle, peel off the skin and remove the seeds. Chop. Reserve
2. In 2 separate medium pots, place the red and yellow potatoes and cover with water. Bring to a boil over high heat, then reduce the heat to medium and simmer until tender, 10 to 15 minutes. (The two kinds of potatoes will cook differently.) Drain and reserve.
3. In a large bowl, place the red wine and cider vinegar, onion, garlic, salt, and pepper. Mix to combine. Macerate for 10 minutes.
4. Add the oil and mustard. Mix to combine.
5. Add the reserved chopped peppers, reserved potatoes, parsley, chives, tarragon, basil, olives, and capers. Mix to combine.
6. Add the potatoes. Toss to coat. Let it sit for 10 minutes to allow the flavors to blend. Season with salt and pepper to taste.
7. Serve at room temperature.

# GINGERED CARROTS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Carrot, medium, peeled, halved	10 ea.
Garlic, minced	1 tsp.
Ginger, fresh, minced	1 Tbsp.
Butter, unsalted	½ cup
Honey	1 Tbsp.
Soy sauce	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Scallion (Green onion), thinly sliced on bias	2 Tbsp.
Sesame seed	1 Tbsp.

## **Method**

1. In a medium saucepot over medium heat, place the carrots, garlic, ginger, butter, honey, and just enough water to cover. Cook, covered, until tender, about 20 minutes. Remove and reserve the carrots.
2. Simmer until the cooking liquid reduces to ½ cup. This will concentrate the carrot-ginger flavor.
3. Return the carrots to the pot. Add the soy sauce. Mash the mixture until the carrots are coarse chunks. Season with salt and pepper to taste.
4. Transfer the mixture to a serving bowl. Sprinkle with scallions and sesame seeds.

# ASPARAGUS AND GRAVLAX QUICHE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pie Dough (Recipe follows)	1 ea.
Asparagus, trimmed, cut ½-in. on bias	2 cups
Gravlax, small diced	1 cup
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Chive, sliced	1 Tbsp.
Egg, whole	6 ea.
Half and half	1 cup
Cheese, goat (Divided)	1 cup
Salt, kosher	as needed
Pepper, black, ground	as needed

## **Method**

1. Prepare the Pie Dough and pre-bake the crust.
2. Preheat oven to 325°F.
3. Bring a large pot of salted water to a boil. Add the asparagus. Blanch until tender, 1 to 2 minutes. Drain. Place the asparagus in a clean cloth and squeeze out the water. Reserve.
4. In a large bowl, place the gravlax, parsley, chives, eggs, half and half, and ½ cup of the goat cheese. Mix gently to combine. Season with salt and pepper.
5. Place the asparagus on the pie crust. Add the egg mixture and the remaining ½ cup of the goat cheese.
6. Bake in the preheated oven until firm but not brown, 30 to 45 minutes.

# PIE DOUGH

*Yield: one single-crust, 9-inch pie*

<b>Ingredients</b>	<b>Amounts</b>
Flour, pastry	1 ¼ cups
Salt, kosher	½ tsp.
Butter, unsalted, cubed	7 Tbsp.
Water, cold	3 ½ Tbsp.
Beans, dried	as needed

## **Method**

1. In a medium bowl, combine the flour and salt. For a mealy pie dough, work the butter into the flour to resemble crumb topping.
2. Add the water, 1 tablespoon at a time, until the dough just holds together when you press a handful of it into a ball. It should be evenly moist (not wet), and shaggy or rough in appearance.
3. Turn the dough out onto a lightly floured work surface. Gather and press the dough into a ball. Pat the ball into an even disk, wrap well, and chill in the refrigerator for 20 minutes.
4. Preheat oven to 375°F.
5. Unwrap the dough and place it on a lightly floured work surface. Scatter a little flour over the top. Roll out the dough into an even round about 13 inches in diameter and about ⅛-inch thick.
6. Fold the dough in half or roll it loosely around the rolling pin and gently lift and position it over the pan. Unfold or unroll the dough, easing it into the pan without stretching it. Make sure that the sides of the pan and the rim are evenly covered.
7. Press the dough gently against the sides and bottom. Trim the overhang to 1 inch. Tuck the dough overhang under itself and flute the edges.
8. Prick the dough evenly over the bottom and sides with a fork. Line the dough with a piece of parchment paper and fill ½ full with the dried beans. Bake in the preheated oven until the crust is dry, 12 to 15 minutes.
9. Remove the pan from the oven and remove the paper and dried beans. Return the crust to the oven. Bake until the crust is completely dry and light golden brown, 5 to 6 minutes.
10. Cool to room temperature before filling.

**Note:** Pie weights or uncooked rice can be substituted for the dried beans.

# RAGOUT DE CHAMPIGNONS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Mushroom, porcini, dried	$\frac{3}{4}$ wt. oz.
Mushroom, porcini, fresh	5 cups
Butter, unsalted	3 Tbsp.
Oil, olive, extra virgin	1 Tbsp.
Shallot, large, minced	1 ea.
Garlic, finely minced	2 tsp.
Wine, white, dry	1 cup
Salt, kosher	$\frac{1}{2}$ tsp.
Pepper, black, ground	$\frac{1}{4}$ tsp.
Stock, chicken	1 cup

## **Method**

1. In a small bowl, soak the dried mushrooms in hot water until they are reconstituted, about 10 minutes. Reserve the soaking liquid. Medium dice. Reserve.
2. Trim the stems of the fresh mushrooms and wipe them clean with a soft cloth. Cut large mushrooms into quarters, medium-sized ones in  $\frac{1}{2}$ , and leave small ones whole.
3. Melt the butter in a large sauté pan over medium heat. Increase the heat to high. Add the fresh mushrooms. Sauté, without stirring, until the cut edges start to brown, about 4 minutes.
4. Stir the mushrooms. Sauté until they have absorbed all the butter but have not browned, about 2 minutes.
5. Add the olive oil and shallots. Cook until translucent, about 2 minutes.
6. Add the garlic. Cook until fragrant, 1 to 2 minutes. Stir.
7. Lower the heat to medium. Add the soaked dried mushrooms. Cook until the fresh mushrooms are lightly browned.
8. Add the wine. Reduce until the liquid just covers the bottom of the pan, about 7 minutes.
9. Add  $\frac{1}{4}$  cup of the reserved mushroom soaking liquid. Reduce by  $\frac{1}{2}$ , about 4 minutes.
10. Add the chicken stock. Reduce until the liquid is the consistency of half and half, about 4 minutes. Season with salt and pepper to taste.

# CHOCOLATE CAKE CAPRESE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Cooking spray	as needed
Chocolate, bittersweet, chopped	6 wt. oz.
Flour, almond	1 ¼ cups
Coco powder	3 Tbsp.
Liqueur, coffee, Kahlúa	2 Tbsp.
Egg, whole	5 ea.
Sugar, granulated	½ cup
Ice cream, vanilla, scoop	6 ea.

## **Method**

1. Preheat oven to 350°F.
2. Spray an 8-inch cake pan with cooking spray. Cut a parchment circle to fit the bottom of the pan. Spray the parchment circle with cooking spray. Reserve.
3. Fill an 8-inch sauce pot  $\frac{3}{4}$  full of water. Bring it to a simmer. Place the butter and chocolate in a stainless-steel bowl. Set it over the simmering pot to create a double boiler. Heat until the chocolate melts.
4. Add the almond flour, coco powder, and Kahlúa. Remove the bowl from the heat. Reserve.
5. In the bowl of a stand mixer fitted with a whip attachment, place the eggs and sugar. Whip on medium-high speed until very light and fluffy, 5 to 7 minutes.
6. In 3 additions, gently fold the whipped eggs and sugar into the chocolate mixture.
7. Transfer the batter to the prepared cake pan. Bake in the preheated oven until the cake is fully cooked and has a fudgy, brownie-like consistency, 30 to 40 minutes.
8. Cool to room temperature. Cut into 6 portions. Serve with a scoop of vanilla ice cream on the side.

# PÂTÉ CHAUD

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Country Pâté, uncooked (from Day 1)	2 cups
Puff pastry, sheet	4 ea.
Egg, whole, beaten	1 ea.
Shallot, minced	1 Tbsp.
Garlic, minced	1 tsp.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Thyme, fresh, chopped	½ tsp.
Peppercorns, black, cracked	½ tsp.
Apricots, dried, brunoise	½ cup

## **Method**

1. Preheat oven to 375°F.
2. Cut the puff pastry into 3-inch circles.
3. In a small bowl, place the shallot, garlic, parsley, thyme, pepper, and apricots. Mix to combine.
4. Add the pâté. Mix to combine.
5. Spoon 2 tablespoons of the pâté into the center of 1 pastry. Place another pastry circle on top. Pinch the edges to seal. Brush with the beaten egg.
6. Place the pastry on a parchment-lined sheet tray.
7. Repeat the process for each pastry.
8. Bake in the preheated oven until golden brown, 8 to 10 minutes.

# BACON AND SWEET ONION QUICHE WITH POTATO CRUST

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, Yukon Gold, peeled, thinly sliced	3 ea.
Butter, unsalted, melted	¼ cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Pork, bacon, roughly chopped	1 cup
Onion, sweet, sliced ¼ inch	1 cup
Onion, red, sliced ¼ inch	½ cup
Egg, whole	6 ea.
Half and half	1 cup
Parsley, flat-leaf, fresh, chopped	½ cup
Cheese, Swiss, grated (Divided)	½ cup
Cheese, Cheddar, white, grated (Divided)	½ cup

## **Method**

1. Preheat oven to 325°F.
2. In a large bowl, place the potato slices. Pour the melted butter over the slices. Season with salt and pepper.
3. In the bottom of a 9-inch round pie dish, arrange the potato slices, forming a crust. Par-bake in the preheated oven for 10 minutes.
4. In a large sauté pan over medium heat, place the sliced bacon. Render until crispy, about 6 minutes. Drain most of the fat.
5. Decrease the heat to medium low. Add the onions. Sweat until soft, about 3 minutes. Turn off the heat and reserve.
6. In a large bowl, add the eggs, half and half, and parsley. Season with salt and pepper.
7. Add the reserved bacon-onion mixture and ½ of the Swiss and Cheddar cheese.
8. Pour the egg mixture into the potato crust.
9. Top with the remaining cheese.
10. Bake until the eggs are firm, 30 to 40 minutes.

# SEAFOOD BEIGNETS WITH WHOLE GRAIN MUSTARD

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Savory Beignet Dough (Recipe follows)	3 cups
Mustard, Dijon	1/4 cup
Mustard, whole grain	1/2 cup
Sour cream	1/2 cup
Mayonnaise	1/4 cup
Wine, white, dry	1/2 cup
Water	1/2 cup
Salt, sea	1/8 tsp.
Pepper, black, ground	1/8 tsp.
Shrimp, U26/30, peeled, deveined	1 cup
Lobster, meat, cooked	1 cup
Crab, meat, picked for shells	1 cup
Scallion (Green onion), sliced	1/2 cup
Parsley, flat-leaf, fresh, chopped	1/4 cup
Lemon, juice, fresh	2 Tbsp.
Lemon, zest	2 Tbsp.
Tabasco sauce	2 Tbsp.
Pepper, bell, green, brunoised	1/2 cup
Salt, kosher	as needed
Pepper, black, ground	as needed

## **Method**

1. Prepare the Savory Beignet Dough. Preheat fryer to 350°F.
2. For the sauce, in a small bowl, place the Dijon and whole grain mustard, sour cream, and mayonnaise. Mix well. Reserve.
3. In a large sauté pan, place the wine, water, salt, and pepper. Bring it to a simmer over low heat. Add the shrimp. Cook until translucent, about 2 minutes. Remove the shrimp and cool. Small dice.
4. For the filling, in a large bowl, gently combine the diced shrimp, lobster, crab, scallion, parsley, lemon juice, lemon zest, tabasco, and bell pepper. Season with salt and pepper to taste. Add the filling to the Savory Beignet Dough. Mix to combine.
5. As a test, scoop 1 ounce of the mixture and place in the deep fryer. Brown and remove. If not cooked in the middle, adjust the temperature of the oil. Adjust the acidity and salt to taste.
6. Fry the remaining beignets until golden brown. Drain. Serve with the sauce.

## SAVORY BEIGNET DOUGH

*Yield: 3 cups*

<b>Ingredients</b>	<b>Amounts</b>
Milk, whole	½ cup
Yeast, dry, instant	1 tsp.
Water	½ cup
Sugar, granulated	1 tsp.
Flour, all-purpose	½ cup
Egg, whole	2 ea.
Salt, kosher	½ tsp.
Pepper, black, ground	⅛ tsp.
Flour, all-purpose	1 ½ cups

### **Method**

1. In a large bowl, place the milk, yeast, water, sugar, and flour. Mix to make a batter. Let it stand for 10 minutes to activate the yeast.
2. Add the eggs, salt, and pepper. Mix well to combine.
3. Add the remaining flour. Mix until it forms a stiff batter.
4. Cover and let it rise for 1 hour.

# PEACH AND BLUEBERRY CLAFOUTIS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Blueberries	1 ½ cups
Peach, peeled, ¼-in. sliced	2 cups
Sugar, granulated	¼ cup
Sugar, granulated	½ cup
Vanilla, extract	1 Tbsp.
Egg, whole	5 ea.
Flour, all-purpose	1 cup
Milk, whole	1 ¾ cups
Salt, kosher	½ tsp.
Butter, unsalted	as needed
Cream, heavy, whipped	1 cup

## **Method**

1. Preheat oven to 350°F.
2. In a large bowl, place the blueberries, peaches, and sugar. Gently mix to combine. Macerate for 10 minutes. Reserve.
3. For the batter, in a medium bowl, place the sugar, vanilla, egg, flour, milk, and salt. Mix well until it has the consistency of crêpe batter. Let it rest for 10 minutes.
4. Grease a pie dish with butter. Add ½ cup of the batter and swirl to make a bottom layer. Bake in the preheated oven until cooked but not brown, 3 to 4 minutes.
5. Arrange the fruit evenly in the pie dish. Pour the remaining batter on top.
6. Bake in the preheated oven until the egg is set and light brown, 30 to 45 minutes.
7. Serve with the whipped cream.

# ARUGULA AND ROASTED RED PEPPER SALAD

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pepper, bell, red	1 ea.
Pepper, bell, yellow	1 ea.
Pepper, bell, orange	1 ea.
Mustard, Dijon	1 Tbsp.
Vinegar, wine, red	¼ cup
Vinegar, balsamic	¼ cup
Shallot, sliced thinly	½ cup
Garlic, minced	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, extra virgin	½ cup
Arugula, baby	3 cups
Cheese, Parmesan, shaved	1 cup
Fennel, shaved	1 cup

## **Method**

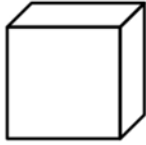
1. Preheat oven to 350°F.
2. Roast the peppers over open flame until charred black all around. Place them in a pan and cover tightly with foil.
3. Place the pan in the preheated oven for 5 minutes. Remove from the oven and let the peppers cool. Clean the peppers and cut into ¼-inch julienne. Reserve.
4. For the vinaigrette, in a small bowl, place the mustard, red wine and balsamic vinegar, shallot, and garlic. Mix to combine. Season with salt and pepper to taste. Macerate until the shallots are softened, about 10 minutes. Gradually add the oil, whisking until incorporated. Add.
5. In a large bowl, place ½ the vinaigrette and the cooled, roasted peppers. Add the arugula, Parmesan, and fennel. Toss to coat lightly.
6. Adjust with more vinaigrette to taste.

# RECIPE INDEX

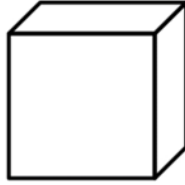
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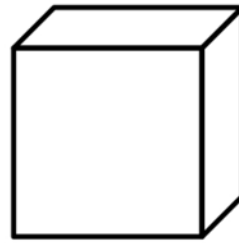
# BASIC KNIFE CUTS



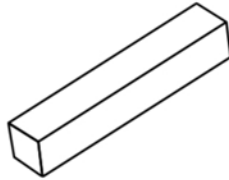
**Small Dice**  
1/4" cube



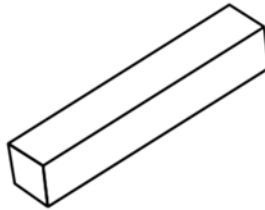
**Medium Dice**  
1/2" cube



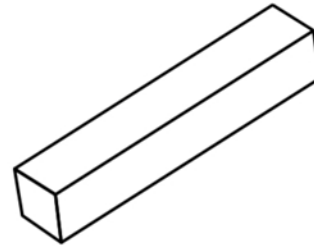
**Large Dice**  
3/4" cube



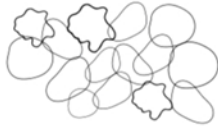
**Fine Julienne**  
1/16" sq x 2 inch



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



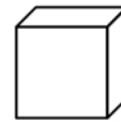
**Batonnet**  
1/4" sq x 2 inch



**Mince**  
<1/16" cube



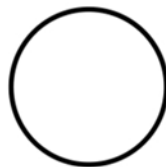
**Chop**  
1/8"-1/4" cube



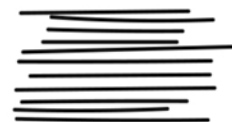
**Brunoise**  
1/8" cube (fine dice)



**Bias**  
diagonal cut



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



**Chiffonade**  
rolled, sliced thin

# CONVERSION TABLES

## METRIC WEIGHTS AND MEASURES EQUIVALENCIES

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

## METRIC CONVERSION TABLE

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

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

## TEMPERATURE EQUIVALENCIES

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

## US CUSTOMARY LIQUID VOLUME CONVERSIONS

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

## US TO METRIC DRY MEASURES CONVERSIONS

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

## VOLUME MEASURE CONVERSIONS

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

## RECIPE YIELD

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

These Materials Were Developed at the Culinary Institute of America.

Bistro Boot Camp Muller Course Guide v.295.docx

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