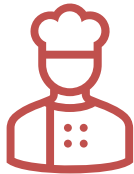




Culinary Institute
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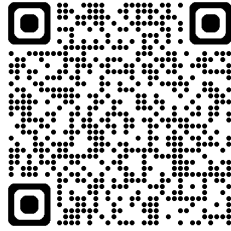
WELCOME!

Culinary Basic Training
Boot Camp



CIAFOODIES.COM

Scan the QR code to download a PDF file of the course guide and 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

Welcome, recruits, to The Culinary Institute of America! Over the next five days, your mission is to become well-versed in the fundamentals of cooking. Each day, you will be drilled on knife skills, kitchen terminology, cooking methods, and more. You will be placed in charge of preparing your own meals using the techniques you have discussed, so it is imperative that you follow through and carry out your orders. On the last day of the program, your skills and knowledge will be put to the ultimate test as you must prepare a meal that encompasses and demonstrates all the training you have received. Good luck, inductees!

LEARNING OBJECTIVES

Throughout this course, you will...

- learn to speak like a chef, using appropriate terms for kitchen equipment and culinary techniques.
- practice essential kitchen skills related to mis en place, knife handling, and cooking methods.
- learn how to work efficiently and ergonomically in the kitchen.
- explore and practice an array of cooking methods.
- examine stocks, thickeners, sauces, and soups, discussing their characteristics and functions.

COURSE SYLLABUS

DAY ONE

- ☑ Lecture
 - Safety and Sanitation
 - Mise en Place
 - Basic Culinary Preparations
 - Knife Skills
 - Stocks
- ☑ Kitchen Exercise
 - Group Demonstrations
 - Workstation Set-up
 - Knife Cuts
 - Chicken Fabrication
 - Vinaigrettes
 - Hollandaise
 - Sauté
 - Roasted Potatoes
 - Review and Critique

DAY TWO

- ☑ Lecture
 - Dry-Heat Cooking Methods: Cooking without Fats and Oils
 - Grilling
 - Broiling
 - Roasting
 - Baking
- ☑ Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Grilling and Marking Method
 - Making a Compound Butter
 - Trussing Poultry
 - Tying a Roast
 - Pan Gravy/Jus Lie

- Cleaning and Portioning Strip Steak
- Review and Critique

DAY THREE

- ☑ Lecture
 - Dry-Heat Cooking Methods: Cooking with Fats and Oils
 - Stir Frying
 - Shallow Frying
 - Deep Frying
 - Thickening Agents
 - Classic and Contemporary Sauces
- ☑ Kitchen Production Exercise
 - Group/ Station Demonstrations
 - Pan Frying
 - Deep Frying
 - Creamy Dressing
 - Fish Fabrication
 - Review and Critique

DAY FOUR

- ☑ Lecture
 - Moist-Heat and Combination Cooking Methods
 - Shallow Poaching
 - Deep Poaching
 - Steaming
 - en Papillote
 - Braising
 - Stewing
- ☑ Kitchen Production Exercise

- Group and/or Station Demonstrations
 - Poaching Method-Fish and Chicken
 - Making Velouté
 - Risotto/Arancini
 - Pasta-Tortellini/Garganelli
- Review and Critique

DAY FIVE

- Lecture

- Global Cuisine
 - Mediterranean
 - Latin America
 - Asia
 - Plant Forward
- Kitchen Production Exercise
 - Group and/or Station Demonstrations
 - Bechamel
 - Segmenting Citrus
 - Forming Tamales
 - Forming Gyoza
 - Review and Critique

DAY ONE: TEAM PRODUCTION ASSIGNMENTS

EACH STUDENT

Knife Cuts

Onions: Slice, Dice

Carrots: Bâtonnet, Oblique Cut

Potatoes: Dice

Garlic: Mince

Herbs: Chop, Slice

Fabricate a Whole Chicken

CHEF DEMO

Garlic Roasted Potatoes with Parsley and Oregano

Hollandaise Sauce

Simple Vinaigrette

Emulsified Vinaigrette

Salsa Verde with Parsley and Capers

Chicken Stock

Pan Seared Chicken/ Salmon

Teams will prepare today's meal with ingredients prepared in the knife cuts assignment.

GARLIC ROASTED POTATOES WITH PARSLEY AND OREGANO

Yield: 6 portions

Ingredients	Amounts
Potato, Yukon Gold, quartered	2 ¼ lb.
Oil, olive, extra virgin	6 Tbsp.
Bay leaf, dried	3 ea.
Oregano, dried	1 ½ Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Garlic, minced	2 Tbsp.
Oregano, fresh, chopped	1 ½ Tbsp.
Parsley, flat leaf, leaves, fresh, chopped	3 Tbsp.

Method

1. Preheat oven to 425°F. Place a cast-iron skillet inside to preheat.
2. In a large mixing bowl, place the potatoes. Add the olive oil, bay leaves, dried oregano, salt, and pepper. Toss to evenly coat.
3. Transfer the potatoes to a hot cast-iron skillet.
4. Place the skillet into the oven and roast, stirring occasionally to ensure even browning, about 20 minutes.
5. Turn down the heat to 375°F. Continue to cook the potatoes for an additional 15 to 20 minutes, stirring occasionally.
6. When there is 10 minutes of cooking time remaining, add the garlic to prevent it from burning and turning bitter.
7. Remove the skillet from the oven and transfer the potatoes to a warm serving bowl. Garnish with the chopped oregano and parsley.

HOLLANDAISE SAUCE

Yield: 2 ½ cups

Ingredients	Amounts
Shallot, minced	1 Tbsp.
Peppercorns, whole	½ tsp.
Vinegar, wine, white	¼ cup
Water	¼ cup
Egg, yolk	6 ea.
Butter, unsalted, melted, warm	1 ½ cups
Lemon, juice, fresh, strained	2 tsp.
Salt, kosher	to taste
Pepper, white, ground	to taste
Chile, cayenne (Optional)	⅛ tsp.

Method

1. In a small sautoir over medium heat, place the shallots, peppercorns, and vinegar. Reduce the liquid until nearly dry (*au sec*).
2. Add the water to the reduction, stir to mix. Transfer to a strainer and strain into a stainless-steel bowl.
3. Add the egg yolks and set the bowl over simmering water. Cook, whisking constantly, until the yolks triple in volume and fall in ribbons from the whisk.
4. Remove the cooked egg yolks from the simmering water and set them in a bowl. Place the bowl on a clean side towel to keep it from slipping.
5. Gradually ladle the hot melted butter in a thin stream, whisking constantly. As the butter is blended into the egg yolks, the sauce will thicken. If it becomes too tight and the butter is not blending in easily, you may need to add a little water to loosen the yolks enough to absorb the remaining butter.
6. Add the lemon juice, salt, and pepper to taste. Add the cayenne, if desired.
7. The sauce is ready to serve now, or it may be finished as desired. The sauce can be held for up to 2 hours at 145°F. This can be accomplished by holding the sauce in hot (not simmering or boiling) water or in an insulated bottle.

VINAIGRETTE DRESSING

Yield: 1 cup

Ingredients	Amounts
Vinegar, wine, red	¼ cup
Shallot, minced	2 Tbsp.
Honey	to taste
Mustard, Dijon	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Oil, olive, extra virgin	¾ cup

Method

1. In a small bowl, place the vinegar, shallots, honey, salt, and pepper. Whisk to combine.
2. Slowly whisk in the oil.
3. Adjust the seasoning with salt and pepper to taste.

SALSA VERDE WITH PARSLEY AND CAPERS

Yield: 1 cup

Ingredients	Amounts
Parsley, flat-leaf, leaves, fresh	1 cup
Capers	2 Tbsp.
Anchovy, fillet, in oil (Optional)	2 ea.
Garlic, minced	2 Tbsp.
Lemon, juice, fresh	¼ cup
Lemon, zest, grated	2 Tbsp.
Oil, olive, extra virgin	½ cup
Salt, kosher	to taste

Method

1. Finely chop the parsley, capers, anchovies, and garlic. Transfer to a small bowl. Mix well to combine.
2. Add the lemon juice and lemon zest. Mix to incorporate.
3. Add the olive oil. Mix to incorporate.
4. Season with salt to taste.

CHICKEN STOCK

Yield: 1 gallon

Ingredients	Amounts
Chicken, bones, meaty, cut into 3-inch lengths	8 lb.
Water, cold	6 qt.
Parsley, flat-leaf, stems, fresh	3 ea.
Bay leaf, dried	1 ea.
Garlic, clove, medium	1 ea.
Thyme, dried	½ tsp.
Peppercorns, black, cracked	½ tsp.
Onion, yellow, medium diced	8 wt. oz.
Carrot, medium diced	4 wt. oz.
Celery, medium diced	4 wt. oz.

Method

1. Rinse the chicken bones under cold running water. Transfer to a large stockpot. Add enough cold water to cover the bones by about 2-inches.
2. Over medium heat, slowly bring the stock to a simmer. Simmer for 3 to 4 hours, skimming the surface with mesh spider as necessary.
3. For the sachet d'épices, in the middle of a square of cheesecloth, place the parsley, bay leaf, thyme, and peppercorns. Gather the sides together to form a pouch and tie it closed with cooking twine.
4. Add sachet, onion, carrot, and celery to the pot. Simmer, skimming as necessary and tasting occasionally, for 1 hour.
5. Strain the stock through a fine mesh sieve.
6. The stock can be used now, or it may be properly cooled, labeled, and stored.

DAY TWO

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE/TEAM TWO

French Onion Soup

Roast Pork Loin with Apricot-Bread Stuffing



Pommes Duchesse



Grilled Flat Iron Steak with Roasted Shallot Compound Butter

Roasted Baby Beets with Arugula, Walnuts & Goat Cheese

TEAM THREE/ TEAM FOUR

Potage au Pistou

Roasted Chicken with Pan Gravy

Sour Cream and Chive Whipped Potato

Grilled Swordfish with Orange-Thyme Compound Butter

Grilled Ratatouille

FRENCH ONION SOUP

Yield: 6 portions

Ingredients	Amounts
Bread, baguette, sliced	½ ea.
Butter, unsalted	6 Tbsp.
Onion, yellow, thinly sliced	6 cups
Garlic, minced	4 tsp.
Brandy	½ cup
Flour, all-purpose	2 Tbsp.
Stock, beef, cold	2 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, leaves, fresh, chopped	1 Tbsp.

Method

1. Preheat oven to 350°F.
2. On a parchment-lined sheet pan, arrange the slices of baguette in a single layer. Bake in the preheated oven until golden brown and crisp, 5 to 10 minutes. Reserve.
3. Turn up the oven temperature to 450°F.
4. In a large, thick-bottomed pan over medium heat, melt the butter. Add the onions. Sauté until lightly caramelized and softened, 20 to 25 minutes.
5. Add the garlic. Cook until aromatic, 2 minutes.
6. Add the brandy. Reduce the liquid until it is nearly dry (*au sec*).
7. Add the flour. Stir to combine. Cook for 2 minutes.
8. Remove the pan from the heat. Add the cold stock, stirring thoroughly to distribute the flour evenly throughout the soup.
9. Add the bay leaf and thyme. Bring to a boil. Turn down the heat to low and simmer for 30 minutes.
10. Season with salt, black pepper, and cayenne to taste.
11. Ladle the soup into oven-safe bowls. Top each bowl with the toasted baguette slices and ½ cup of the grated Gruyère.
12. Bake in the preheated oven until golden brown and bubbly, about 10 minutes.
13. Garnish with the parsley. Serve immediately.

ROAST PORK LOIN WITH APRICOT-BREAD STUFFING

Yield: 6 portions

Ingredients	Amounts
Pork, loin	3 lbs.
Salt, kosher	1 tsp.
Pepper, black, ground	1 tsp.
Oil, olive, pure	2 Tbsp.
Onion, yellow, minced	1/4 cup
Garlic, minced	1 tsp.
Apricot, dried, small diced	1/2 cup
Bread, French, small diced	1 cup
Stock, chicken	1 cup
Sage, leaves, fresh, minced	2 Tbsp.
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Onion, yellow, small diced	1/2 cup
Carrot, small diced	1/4 cup
Celery, small diced	1/4 cup
Wine, white, dry	1/2 cup
Stock, veal	4 cups

Method

1. Preheat oven to 400°F.
2. Starting at one end of the pork loin, insert a long boning knife into the center of the cut to create a pocket. Carefully work the knife toward the middle without cutting through the sides. Repeat this process from the opposite end to meet in the center, forming one continuous pocket through the middle of the loin. Season the pork with salt and pepper. Reserve.
3. For the stuffing, heat the olive oil in a large sauté pan over medium heat. Add the onions. Sauté for 2 minutes, stirring occasionally.
4. Add the garlic. Mix to combine. Sauté for 1 minute.
5. Add the apricots, bread, and chicken stock. Mix to moisten the bread.
6. Add the sage and parsley. Season with salt and pepper to taste. Remove the pan from the heat, allowing the stuffing to cool to room temperature.
7. Transfer the stuffing to a pastry bag. Pipe it into the center of the pork on both ends.

8. Tie the pork loin with butcher's twine (see Chef demo). Transfer to a roasting pan. Roast in the preheated oven until it begins to brown, about 15 minutes.
9. Lower the oven temperature to 325°F. Roast the pork until it reaches an internal temperature of 135°F.
10. Transfer the pork to a cutting board. Allow it to rest for 20 minutes before carving.
11. For the sauce, place the roasting pan on the stovetop and set over medium heat. Add the onions, carrot and celery (*mirepoix*). Cook until the vegetables start to caramelize, 10 to 20 minutes.
12. Deglaze the pan with the white wine and reduce by the liquid half.
13. Add the stock. Simmer until the sauce thickens enough to coat the back of a spoon evenly and smoothly (*nappé*).
14. Serve the sauce alongside the sliced pork.

POMMES DUCHESSE

Yield: 6 portions

Ingredients	Amounts
Potato, russet, peeled, quartered	2 ¼ lb.
Egg, yolk	3 ea.
Butter, unsalted, softened	¼ lb.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Nutmeg, fresh, grated	⅛ tsp.

Method

1. Preheat oven to 400°F.
2. In a small stockpot, place the potatoes and cold, salted water. Bring it to a boil over high heat. Reduce the heat to a medium-low. Cook until the potatoes are just tender, about 15 to 20 minutes.
3. Drain the potatoes and return them to the pot over very low heat until no more steam rises from the potatoes. Be careful not to brown them.
4. Using a food mill, purée the hot potatoes into a large bowl.
5. Mix the egg yolks and butter into the purée. Season with the salt, pepper, and nutmeg.
6. Transfer the mixture to a piping bag fitted with a star tip. Pipe the purée onto a parchment paper-lined sheet pan (See Chef demo). Bake in the preheated oven until the potatoes are heated through and golden brown, 15 to 20 minutes.
7. Serve immediately on a warm platter.

GRILLED FLAT-IRON STEAK WITH WHITE WINE AND ROASTED SHALLOT COMPOUND BUTTER

Yield: 6 portions

Ingredients	Amounts
Beef, strip loin, steak, 1 ¼ lb.	2 ea.
Salt, kosher	1 Tbsp.
Pepper, black, ground	1 ½ tsp.
Oil, vegetable	2 Tbsp.

White Wine and Roasted Shallot Compound Butter
(Recipe follows)

Method

1. Preheat a gas grill to medium. Clean the cooking grate.
2. Season the steaks with the salt and pepper. Brush them lightly with oil.
3. Grill the steaks, undisturbed for about 2 minutes, then rotate the steaks a quarter turn, and cook another 2 minutes. Turn over and cook to the desired doneness (rare 135°F, medium rare 145°F, medium 160°F, medium well 165°F, and well done 170°F).
4. Transfer the steaks to a cutting board. Slice into strips against the grain. Arrange on a platter.
5. Slice the compound butter into coins, ¼ inch thick. Place butter on top of sliced steak while still warm. Serve.

WHITE WINE AND ROASTED SHALLOT COMPOUND BUTTER

Yield: ½ pound

Ingredients	Amounts
Wine, white, dry	750 mL
Garlic, head, unpeeled	½ ea.
Oil, olive, pure	as needed
Shallot, whole, unpeeled	3 ea.
Butter, unsalted, room temp.	½ lb.
Lemon, zest, grated	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Preheat oven to 400°F.
2. In a medium saucepan over medium to high heat, place the wine. Stir constantly, reducing the liquid to a syrup. Reserve.
3. Place the garlic and shallots separately on a square of aluminum foil. Drizzle with the olive oil and seal to make a pouch.
4. Transfer to the preheated oven. Roast until tender, 30 to 50 minutes. Cool, reserve.
5. In the bowl of a stand mixer fitted with a paddle attachment, place the butter. Mix at low speed until soft. Squeeze the reserved, roasted garlic cloves from their skins into the butter.
6. Add the lemon zest. Mix to combine.
7. Trim the end off the shallots. Squeeze out the shallots onto a cutting board, and roughly chop. Transfer to the butter mixture.
8. Add the reduced wine. Blend well to combine.
9. Adjust the seasoning with salt and pepper to taste.
10. The compound butter is ready to use, or it may be shaped and chilled for later use.
11. To shape the butter, pack it into a container or pipe into rosettes, about 1 tablespoon each, onto a lined plate or baking sheet. Refrigerate or frozen until firm. Alternately, shape the butter into a long cylinder on top of a large sheet of plastic wrap. Mound the butter about 3 inches from the edge of the long side of the wrap. Fold the plastic wrap over the mound and then tighten the wrap around the butter, forming a long log. Once rolled, twist the ends of the wrap to seal. Chill, then slice to serve.

Note: Flavored butter keeps for 3 or 4 days in the refrigerator or frozen for up to 3 weeks.

ROASTED BABY BEETS WITH ARUGULA, WALNUTS, AND GOAT CHEESE

Yield: 8 portions

Ingredients	Amounts
Beets, baby, scrubbed	1 lb.
Oil, vegetable	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Lemon, juice, fresh	½ cup
Shallot, minced	½ Tbsp.
Sugar, granulated	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Oil, olive, extra virgin	1 ½ cups
Arugula	1 ½ lb.
Walnuts, whole	1 cup
Cheese, goat, crumbled	½ cup

Method

1. Preheat oven to 375°F. Position a wire rack in the center of the oven.
2. In a large bowl, add the beets and oil. Season with salt and pepper. Toss to coat.
3. Wrap the beets in a foil pouch. Roast in the preheated oven until they are tender when pierced with a knife, about 1 hour. Rest until cool enough to handle.
4. Peel the beets by rubbing the outside with a paper towel. Discard the skins.
5. Cut them into ½-inch-thick wedges. Reserve.
6. For the vinaigrette, in a small bowl, place the lemon juice, shallots, sugar, salt, and pepper. Whisk to combine. Gradually whisk in the oil. Adjust the seasoning with salt and pepper to taste.
7. In a medium bowl, toss the reserved beet wedges with enough vinaigrette to coat.
8. In a large bowl, toss the arugula with enough of the vinaigrette to lightly coat.
9. Heat a dry, medium skillet over medium heat. Place the walnuts in a single layer. Toast, stirring often, until golden brown and aromatic, 3 to 8 minutes. Transfer to a plate. Cool and reserve. Roughly chop.
10. Arrange the arugula on a serving platter. Top with the beets, toasted walnuts, and goat cheese. Serve with the remaining vinaigrette.

POTAGE AU PISTOU

Yield: 6 portions

Ingredients	Amounts
Beans, navy, dried	½ cup
Oil, olive, pure	2 Tbsp.
Carrot, med. diced	2 ea.
Leek, white and green parts, med. diced	1 ea.
Onion, yellow, med. diced	1 ea.
Broth, chicken	2 ½ qt.
Saffron, threads (Optional)	⅛ tsp.
Beans, green, cut into 1-in. lengths	6 wt. oz.
Potato, white, peeled, med. diced	1 ea.
Squash, zucchini, med. diced	1 ea.
Pasta, vermicelli, broken into 2-in lengths	2 wt. oz.
Tomato, plum (Roma), peeled, seeded, med. diced	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Pistou (Recipe follows)	to taste

Method

1. In a small bowl, soak the beans overnight in water. Drain.
2. In a large saucepan, place the beans. Add enough water to cover them completely. Bring to a simmer. Cook until tender, about 1 hour. Add more water if necessary to keep the beans covered. Drain and reserve.
3. In a soup pot over medium heat, heat the oil. Add the carrots, leeks, and onions. Cook, until the onions are translucent, about 10 minutes.
4. Add the broth and saffron, if desired. Lower the heat to a simmer. Cook for 10 minutes.
5. Add the green beans, potato, and zucchini. Simmer for 10 minutes.
6. Add the vermicelli. Simmer until the pasta is tender but still firm to the bite (al dente), about 8 minutes.
7. Add the reserved beans and the tomatoes. Season with salt and pepper to taste. Simmer for 1 minute.
8. Just before serving, add the Pistou to taste.
9. Serve in heated bowls.

PISTOU

Yield: ¾ cup

Ingredients	Amounts
Pine nuts (<i>Pignoli</i>)	2 Tbsp.
Basil, sweet, leaves, fresh, chopped	½ cup
Cheese, Parmesan, grated	½ cup
Garlic, clove, chopped	2 tsp.
Oil, olive, extra virgin	⅓ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. Heat a small, dry skillet over medium-low heat. Add the pine nuts in an even layer. Toast, stirring often, until golden brown and aromatic, 2 to 4 minutes. Transfer to a plate. Cool and reserve.
3. In a food processor, place the pine nuts, basil, parmesan, and garlic. Purée to a fine paste.
4. With the machine running, add the olive oil in a thin stream. Scrape the sides as necessary. Purée until the oil is completely incorporated.
5. Season with salt and pepper to taste.

ROASTED CHICKEN WITH PAN GRAVY

Yield: 6 portions

Ingredients	Amounts
Chicken, whole, 2 ½ lb.	2 ea.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Oil, vegetable	2 Tbsp.
Onion, yellow, large diced	½ cup
Carrot, large diced	¼ cup
Celery, med. diced	¼ cup
Flour, all-purpose	¼ cup
Wine, white, dry	½ cup
Stock, chicken	4 cups
Garlic, clove, crushed	2 ea.
Chervil, sprig, fresh, chopped	6 ea.
Bay leaf, dried	2 ea.
Thyme, leaf, fresh, chopped	1 Tbsp.
Rosemary, leaf, fresh, chopped	2 tsp.

Method

1. Preheat oven to 450°F.
2. Season the chicken, inside and out, with the salt and pepper. Rub the skin with the oil and truss with twine (see Chef demo).
3. Place the chicken on a wire rack in a roasting pan. Roast in the preheated oven, about 20 minutes. Reduce the oven temperature to 325°F. Continue roasting the chicken until the thigh meat reaches an internal temperature of 160°F.
4. Transfer the chicken to a serving platter. Rest, tented with foil. Keep warm.
5. For the gravy, place the roasting pan on the stovetop. Cook over medium heat until the fat is clear. Discard all but 3 tablespoons of fat from the roasting pan.
6. Add the onion, carrot, and celery and sweat until translucent.
7. Add the flour. Stir to combine. Cook until a light golden paste forms (blond roux).
8. Add the wine and reduce it by three quarters.
9. Gradually incorporate the stock, whisking to eliminate any lumps.
10. Add the garlic, chervil, bay leaves, thyme, and rosemary and whisk until smooth.
11. Simmer the gravy until the proper consistency and flavor are achieved, skimming all the grease from the top, as necessary.
12. Strain the gravy through a fine-meshed sieve. Season with salt and pepper to taste.
13. Carve the chicken and serve on a heated platter with the gravy.

SOUR CREAM AND CHIVE WHIPPED POTATOES

Yield: 6 portions

Ingredients	Amounts
Potato, Yukon Gold, peeled, large diced	2 ¼ lb.
Salt, kosher	as needed
Butter, unsalted, softened	6 Tbsp.
Sour cream, room temp.	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Chive, fresh, chopped	4 Tbsp.

Method

1. Place the potatoes in a large pot and add enough cold water to cover by 2 inches. Salt the water and bring it to a boil. Reduce the heat to medium and simmer until the potatoes are easily pierced with a fork, 25 to 30 minutes.
2. Drain the potatoes and return them to the pot. Place the pot over low heat until no more steam rises from the potatoes, 2 to 3 minutes. Do not brown the potatoes.
3. Using a food mill or ricer, purée the hot potatoes into the bowl of an electric mixer.
4. Add the butter. Using a stand mixer with the whip attachment, mix the butter into the potatoes until just incorporated.
5. Add the sour cream and stir to combine. Season with salt and pepper to taste.
6. Whip the potatoes on medium speed until smooth and light.
7. Fold in the chives.
8. Serve in a heated bowl.

GRILLED SWORDFISH WITH ORANGE-THYME COMPOUND BUTTER

Yield: 6 portions

Ingredients	Amounts
Swordfish, 6 wt. oz. steak	6 ea.
Oil, olive, pure	2 Tbsp.
Salt, kosher	1/2 tsp.
Pepper, black, ground	1/4 tsp.
Orange-Thyme Compound Butter (Recipe follows)	as needed

Method

1. Preheat the grill to very hot.
2. Brush the swordfish steaks with the olive oil. Season with the salt and pepper.
3. Grill each swordfish steak for 3 to 4 minutes per side. Transfer to a warm platter.
4. Place a slice of the compound butter on top of each piece of fish.
5. Serve on a heated serving platter.

Note: Mahi-mahi can be substituted for the swordfish.

ORANGE-THYME COMPOUND BUTTER

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted, softened	½ cup
Almonds, slivered, finely chopped	4 Tbsp.
Orange, zest, grated	1 tsp.
Orange, juice, fresh	2 Tbsp.
Thyme, leaves, fresh	2 tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	½ tsp.

Method

1. In a small bowl, place the butter with the almonds, orange zest, thyme, orange juice, salt, and pepper. Mix to combine.
2. To shape the butter, pack it into a container or pipe into rosettes, about 1 tablespoon each, onto a lined plate or baking sheet. Refrigerate or frozen until firm. Alternately, shape the butter into a long cylinder on top of a large sheet of plastic wrap. Mound the butter about 3 inches from the edge of the long side of the wrap. Fold the plastic wrap over the mound and then tighten the wrap around the butter, forming a long log. Once rolled, twist the ends of the wrap to seal. Chill, then slice to serve.

GRILLED RATATOUILLE

Yield: 8 portions

Ingredients	Amounts
Pepper, bell, green, quartered	1 ea.
Eggplant, ½-in. sliced	1 ea.
Squash, zucchini, quartered lengthwise	2 ea.
Mushroom, button, stems removed	2 cups
Tomato, plum (Roma), halved	4 ea.
Oil, olive, extra virgin	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, extra virgin	¼ cup
Onion, red, med. diced	1 ea.
Garlic, minced	1 Tbsp.
Tomato, paste	1 Tbsp.
Stock, chicken	½ cup
Oregano, fresh, chopped	1 Tbsp.
Thyme, fresh, chopped	1 Tbsp.
Rosemary, fresh, chopped	2 tsp.

Method

1. Preheat a gas grill to medium heat. Clean the cooking grate.
2. Lightly brush the pepper, eggplant, zucchini, mushrooms, and tomatoes with the oil. Season with salt and pepper to taste.
3. Grill the vegetables until they have marks and are slightly charred and tender, 5 to 10 minutes, depending on the vegetable. Remove from the grill and cool. Largely dice the vegetables once they are cool enough to handle. Reserve.
4. Heat the oil in a large pan over medium heat. Add the onions. Cook until they are translucent and just start to color, about 5 minutes.
5. Add the garlic and sweat until fragrant, about 1 minute.
6. Stir in the tomato paste. Cook until aromatic and the color deepens, 1 to 2 minutes.
7. Add the reserved grilled green pepper, zucchini, mushrooms, eggplant, and tomatoes in that order, allowing each to begin to soften before adding the next.
8. Add the stock. Cover and stew until the vegetables are tender, about 15 minutes.
9. Add the oregano, thyme, and rosemary. Season with salt and pepper to taste. Serve on a heated platter.

DAY THREE

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE/TEAM TWO

Weiner Schnitzel with Lemon Caper Beurre Blanc

Wedge Salad with Green Goddess Dressing

Beer Battered Fish and Chips with Tartar Sauce

Glazed Carrots

Chocolate Cake Caprese

TEAM THREE/ TEAM FOUR

Pan-Fried Jonah Crab Cakes with Celery Root Remoulade

Grilled Radicchio and Romaine Salad with Blue Cheese Dressing

Buttermilk Fried Chicken

Braised Collard Greens

Sticky Toffee Pudding with Chantilly Cream

WIENER SCHNITZEL WITH LEMON-CAPER BEURRE BLANC

Yield: 6 portions

Ingredients	Amounts
Veal, cutlet, 3 wt. oz.	8 ea.
Salt, kosher	$\frac{3}{4}$ tsp.
Pepper, black, ground	$\frac{1}{4}$ tsp.
Egg, whole, beaten	$\frac{1}{4}$ cup
Milk, whole	$\frac{1}{4}$ cup
Flour, all-purpose	$\frac{3}{4}$ cup
Breadcrumbs, dried	2 cups
Oil, vegetable	1 $\frac{3}{4}$ cups
Butter, unsalted	4 Tbsp.
Parsley, flat-leaf, fresh, chopped	4 Tbsp.
Lemon, cut into wedges	6 ea.
Lemon-Caper Beurre Blanc	2 cups
(Recipe follows)	

Method

1. Pound each portion of veal between sheets of parchment or plastic wrap to a thickness of $\frac{1}{4}$ -inch (see Chef demo). Blot the veal dry. Season each piece with salt and pepper. Reserve.
2. In a small bowl, mix the egg and milk to create an egg wash.
3. To bread each cutlet, dredge (coat) the veal in flour and shake off any excess. Dip the cutlet in the egg wash and coat in the breadcrumbs. Repeat this process for the remaining cutlets.
4. In a large skillet, heat about $\frac{1}{8}$ -inch of oil to about 350°F over medium heat. Working in batches, add the breaded veal to the hot oil and fry on the first side until golden brown and crisp, about 2 minutes. Turn once, and finish frying on the second side until it reaches an internal temperature of 160°F, about 1 or 2 minutes more.
5. Transfer the cutlets to a wire rack set in a sheet tray to drain.
6. When ready to serve, heat the butter in a large skillet over medium heat until it sizzles, about 2 minutes. Add the veal and turn to coat on both sides with butter.
7. Garnish with the chopped parsley.
8. Serve with lemon wedges and Lemon-Caper Beurre Blanc on the side.

LEMON-CAPER BEURRE BLANC

Yield: 2 cups

Ingredients	Amounts
Cream, heavy	1 cup
Shallot, minced	1 Tbsp.
Peppercorns, black, whole	4 ea.
Wine, white, dry	½ cup
Lemon, juice, fresh	½ cup
Butter, cold, cubed	¾ lb.
Salt, kosher	to taste
Pepper, white, ground	to taste
Lemon, zest, grated	1 Tbsp.
Capers, drained, rinsed	3 ½ Tbsp.

Method

1. In a small saucepan over medium heat, bring the heavy cream to a simmer and reduce the liquid by ½. Reserve.
2. In a separate small saucepan, place the shallots, peppercorns, wine, and 2 tablespoons lemon juice. Whisk to combine. Reduce the liquid over medium-high heat until nearly dry (*au sec*).
3. Add the reserved, reduced heavy cream. Simmer the sauce for 2 to 3 minutes to reduce slightly.
4. Turn down the heat to very low. Add the butter a few pieces at a time, whisking constantly to blend the butter into the reduction. Do not boil the sauce as it will separate. Continue adding the butter until the full amount has been incorporated.
5. Season with salt and pepper to taste.
6. Finish the sauce by adding the remaining lemon juice, lemon zest, and capers.
7. Place the sauce in a hot water bath to keep warm until needed.

WEDGE SALAD WITH GREEN GODDESS DRESSING

Yield: 6 portions

Ingredients	Amounts
Egg, whole	6 ea.
Lettuce, iceberg, head	2 ea.
Tomato, cherry, halved	24 ea.
Onion, red, thin sliced	1 ea.
Chive, bunch, finely chopped	2 Tbsp.
Croutons (Recipe follows)	1 cup
Green Goddess Dressing (Recipe follows)	2 cups

Method

1. In a medium saucepan, place the eggs and enough cold water to cover by 1 inch. Bring to a boil. Turn off the heat, cover, and let the eggs sit, 10 to 12 minutes.
2. Remove the eggs from the hot water and place in an ice bath to cool. Peel and discard the shells. Quarter the eggs. Reserve.
3. Cut the lettuce into wedges (quartered or sixths, depending on size).
4. On each chilled plate, place a wedge of lettuce, 4 tomato halves, 4 wedges of hard-boiled eggs, 1 tablespoon of onion, and a sprinkling of the chives and croutons.
5. Drizzle the Green Goddess Dressing on top of each salad.
6. Serve immediately.

CROUTONS

Yield: 1 cup

Ingredients

Amounts

Butter, unsalted	3 Tbsp.
Bread, French, med. diced	1 cup
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. In a large skillet over medium heat, melt the butter.
2. Add the bread pieces. Toss to lightly coat in the butter.
3. Season with salt and pepper as needed.
4. Arrange the bread in a single layer in the skillet and toast until golden, 5 to 8 minutes. Stir once or twice so they brown evenly.
5. Transfer to a wire rack to drain and cool.
6. Reserve until ready for service.

GREEN GODDESS DRESSING

Yield: 2 cups

Ingredients	Amounts
Chervil, leaves, fresh	1/2 cup
Parsley, flat-leaf, leaves, fresh	1/2 cup
Tarragon, leaves, fresh	1/4 cup
Dill, leaves, fresh	1/4 cup
Basil, sweet, leaves, fresh	1/4 cup
Garlic, mashed to a paste	1 Tbsp.
Anchovies, mashed to a paste	2 ea.
Mustard, Dijon	1 Tbsp.
Lemon, juice, fresh	1 Tbsp.
Olive, oil, extra virgin	1/4 cup
Yogurt, Greek, plain	1 cup
Mayonnaise (homemade preferred)	1/2 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Water	as needed

Method

1. In a food processor, place the chervil, parsley, tarragon, dill, basil, garlic, anchovies, mustard, lemon juice and olive oil. Purée until combined.
2. Add the yogurt and mayonnaise. Purée until evenly combined. Season to taste.
3. Adjust consistency with water as needed.

BEER-BATTERED FISH AND CHIPS WITH TARTAR SAUCE

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	as needed
Hake, fillet, cut into six 4-oz. portions	1 ½ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Lemon, juice, fresh	as needed
Flour, all-purpose	as needed
Beer Batter (Recipe follows)	22 wt. oz.
Chips (Recipe follows)	1x recipe
Tartar Sauce (Recipe follows)	1 cup
Lemon, cut into wedges	1 ea.

Method

1. Preheat deep fryer with the oil to 350°F.
2. Blot the fish fillets dry with paper towels. Season with the salt, pepper, and lemon juice as needed.
3. In a shallow bowl, place the flour. Dredge (coat) the fish in the flour, shaking off any excess. Add more flour as needed.
4. Dip the fish in the Beer Batter, coat completely.
5. Transfer the fish to the preheated deep fryer. Fry the fillets until lightly browned and cooked through, 3 to 5 minutes.
6. Transfer to drain on a wire rack.
7. Serve hot with the chips, tartar sauce, and lemon wedges.

Note: Any firm white fish can be substituted for the hake.

BEER BATTER

Yield: 22 fluid ounces

Ingredients	Amounts
Flour, all-purpose	2 cups
Baking powder	½ tsp.
Salt, kosher	1 tsp.
Egg, yolk and white separated	1 ea.
Beer	2 cups

Method

1. In a large mixing bowl, place the flour, baking powder, and salt. Mix to combine.
2. In a separate small mixing bowl, place the egg yolk and beer. Whisk to combine.
3. Add the egg mixture to the flour, all at once, and whisk until very smooth.
4. In a small bowl, whip the egg white until it forms soft peaks. Fold into the batter.
5. Use immediately.

CHIPS

Yield: 6 portions

Ingredients

Oil, vegetable
Potato, russet
Salt, kosher

Amounts

as needed
2 ½ lb.
to taste

Method

1. Preheat deep fryer to 250°F.
2. Peel and cut the potatoes into ¼-inch by ¼-inch by 2 ½-inch sticks (*bâtonnet*).
3. Working in batches, blanch the potatoes in the fryer until they are tender but not browned, about 3 minutes.
4. Drain and transfer the potatoes to baking sheets lined with paper towels.
5. Increase the oil temperature to 375°F.
6. Working in batches, fry the potatoes until they are golden brown and crispy, 2 to 3 minutes. Drain well.
7. Season with salt to taste. Serve immediately.

TARTAR SAUCE

Yield: 1 cup

Ingredients	Amounts
Egg, whole	1 ea.
Mayonnaise	1 cup
Capers, chopped	2 Tbsp.
Cornichons, chopped	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Worcestershire sauce	to taste
Tabasco sauce	to taste

Method

1. In a small pot, place the egg and enough water to cover it. Bring to a boil over high heat, then cover, turn off the heat, and allow it to gently cook in the hot water for 10 minutes. Immediately transfer to an ice water bath to stop the cooking process. When cool enough to handle, peel and discard the shell, and finely chop.
2. In a mixing bowl, combine the cooked egg, mayonnaise, capers and cornichons.
3. Season with salt, pepper, Worcestershire sauce, and Tabasco sauce to taste.
4. Chill until ready to use.

GLAZED CARROTS

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	4 Tbsp.
Carrot, oblique cut	1 ½ lb.
Sugar, granulated	2 ¼ Tbsp.
Stock, chicken, hot	1 cup
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. In a large sauté pan over medium-low heat, melt the butter.
2. Add the carrots. Cover the pan and sweat for 2 to 3 minutes.
3. Add the sugar and chicken stock. Season with salt and pepper to taste. Bring to a simmer over medium heat.
4. Cover the pan and turn down the heat to low. Cook the carrots until almost tender, about 5 minutes.
5. Remove the cover and simmer, until the cooking liquid is reduced to a glaze and the carrots are tender, 2 to 3 minutes.
6. Adjust the seasoning with salt and pepper to taste.
7. Serve immediately.

CHOCOLATE CAKE CAPRESE

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	as needed
Flour, almond	as needed
Butter, unsalted	½ cup
Chocolate, dark	1 cup
Flour, almond	1 ¼ cups
Cocoa, powder	3 Tbsp.
Liqueur, coffee, Kahlúa	2 Tbsp.
Egg, whole	5 ea.
Sugar, granulated	½ cup
Crème fraiche	as needed
Raspberries	1 pt.

Method

1. Preheat oven to 350°F.
2. Butter and flour an 8-inch cake pan. Cut a parchment circle to fit into the bottom of the pan. Butter the parchment circle. Reserve.
3. In a large bowl, melt the butter and chocolate over a hot water bath. Stir to combine.
4. Add the almond flour, cocoa powder, and Kahlúa. Mix to incorporate.
5. In the bowl of a stand mixer fitted with the paddle attachment, place the eggs and sugar. Mix at medium-low speed until very light and fluffy, 5 to 7 minutes.
6. Add the Kahlúa mixture to the stand mixer. Transfer to the reserved, prepared cake pan. Bake in the preheated oven until the cake is fully cooked, 30 to 40 minutes.
7. Let it cool to room temperature for at least 1 hour before cutting.
8. Serve with the crème fraiche and raspberries.

PAN FRIED JONAH CRAB CAKES WITH CELERY ROOT REMOULADE

Yield: 12 crab cakes

Ingredients	Amounts
Crabmeat, Jonah, picked clean	1 lb.
Breadcrumbs, white, fresh	½ cup
Celery, small diced	½ cup
Scallion (Green onion), minced	3 ea.
Garlic, minced	3 tsp.
Mustard, Dijon	1 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Chile, cayenne, ground	as needed
Mayonnaise	½ cup
Egg, whole	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Breadcrumbs, panko	2 ½ cups
Oil, vegetable	as needed
Celery Root Remoulade (Recipe follows)	1 cup

Method

1. For the crab cakes, in a large mixing bowl, place the crabmeat, breadcrumbs, celery, scallions, garlic, mustard, lemon juice, cayenne, mayonnaise, and egg. Mix until homogenous. Use just enough mayonnaise to hold the mixture together. Season with salt and pepper as needed.
2. Portion the crab cakes into balls weighing 4 ounces each. Flatten the balls slightly by pressing down on them with the palm of your hand. Coat the crab cakes on all sides with the panko breadcrumbs.
3. In a large skillet over medium heat, add ¼-inch of oil to coat the bottom of the pan. When the oil is hot, pan fry the crab cakes until golden brown and cooked through, about 3 minutes per side. Drain on a wire rack.
4. Serve immediately with the Celery Root Remoulade.

Note: After breading the crab cakes, they may be refrigerated or frozen for later use.

CELERY ROOT REMOULADE

Yield: 1 cup

Ingredients	Amounts
Mayonnaise	½ cup
Scallion (Green onion), minced	2 ea.
Celery, root, fine julienne	1 lb.
Parsley, flat-leaf, leaves, fresh, minced	2 Tbsp.
Relish, dill pickle	2 Tbsp.
Vinegar, wine, red	2 Tbsp.
Mustard, Dijon	1 Tbsp.
Capers, drained, minced	1 Tbsp.
Worcestershire sauce	2 tsp.
Hot sauce (Optional)	½ tsp.

Method

1. In a small bowl, place the mayonnaise, scallion, celery root, parsley, relish, vinegar, mustard, capers, Worcestershire sauce, and hot sauce (if using). Mix to combine.
2. Cover and refrigerate until ready to use.

GRILLED RADICCHIO AND ROMAINE SALAD WITH BLUE CHEESE DRESSING

Yield: 8 portions

Ingredients	Amounts
Walnuts, halved	2 Tbsp.
Radicchio, head	2 ea.
Lettuce, Romaine, hearts	2 ea.
Oil, olive, extra virgin	2 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Tarragon, fresh, chopped	1 Tbsp.
Blue Cheese Dressing (Recipe Follows)	8 fl. oz.

Method

1. Heat a dry, medium skillet over medium heat. Place the walnuts in a single layer. Toast, stirring often, until golden brown and aromatic, 3 to 8 minutes. Transfer to a plate. Cool and reserve.
2. Cut the radicchio and romaine into 8 wedges each.
3. Drizzle the greens lightly with olive oil. Season with salt and pepper to taste.
4. Preheat grill to high heat.
5. Just before service, grill each wedge on the cut sides to mark the wedges. Transfer to a platter.
6. Dress each wedge with the Blue Cheese Dressing. Top with the chopped tarragon and reserved walnuts.
7. Serve warm.

BLUE CHEESE DRESSING

Yield: 2 cups

Ingredients	Amounts
Mayonnaise (homemade preferred)	½ cup
Sour cream	½ cup
Buttermilk	1 cup
Worcestershire sauce	¾ tsp.
Tabasco sauce	¾ tsp.
Scallion (Green onion), sliced	¼ cup
Garlic, minced	½ tsp.
Lemon, juice, fresh	1 Tbsp.
Cheese, blue, crumbled	½ lb.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a large mixing bowl place all the ingredients. Mix to combine.
2. Refrigerate until needed for service.

BUTTERMILK FRIED CHICKEN

Yield: 6 portions

Ingredients	Amounts
Buttermilk	1 pt.
Tarragon, fresh, minced	2 Tbsp.
Mustard, Dijon	2 fl. oz.
Salt, kosher	2 Tbsp.
Poultry seasoning mix	1 tsp.
Chicken, thigh	6 ea.
Oil, vegetable	as needed
Flour, all-purpose	2 lb.
Chile, cayenne, ground	1/2 tsp.
Salt, kosher	1/2 Tbsp.
Old Bay seasoning	1/2 tsp.

Method

1. Preheat oven to 350°F.
2. In a large bowl, place the buttermilk, tarragon, mustard, salt, and poultry spice. Whisk to combine.
3. Add the chicken. Toss to coat. Cover and marinate in the refrigerator for 1 hour.
4. In a large stock pot, place enough oil to cover the chicken. Heat the oil to 350°F. Reserve.
5. In a large, shallow bowl, place the flour, cayenne, salt, and Old Bay. Mix well.
6. Dredge (coat) the chicken in the spice mixture. Let it sit for 3 minutes. Dredge the chicken in the flour again.
7. Add the chicken to the oil and pan fry until golden brown, 5 to 8 minutes on both sides. Transfer to a roasting rack placed on top of a sheet pan.
8. Finish the chicken in the preheated oven, 5 to 10 minutes.

BRAISED COLLARD GREENS

Yield: 6 portions

Ingredients	Amounts
Greens, collard	2 ½ lb.
Pork, bacon, slice, diced	3 ea.
Onion, yellow, med. diced	1 ¼ cups
Garlic, minced	2 tsp.
Pork, ham, hock (Optional)	1 ea.
Chicken, stock	1 ¼ cups
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. Remove the stems from the collard greens and discard. Wash the greens thoroughly.
3. Bring a large pot of salted water to a boil. Add the collards and blanch (par-cook) for about 1 minute. Remove from the water and transfer to an ice water bath to halt the cooking process. Drain, then chop, and reserve.
4. In a large, cold skillet, place the bacon. Turn the heat to medium and render the bacon until it is light golden brown and crispy, 8 to 12 minutes.
5. Add the onions. Cook until translucent, 5 to 10 minutes.
6. Add the garlic. Cook until aromatic, about 1 minute.
7. Add the ham hock (if desired), blanched greens, and stock. Season with salt and pepper to taste.
8. Place the skillet in the preheated oven. Braise the greens until they are tender, 30 to 45 minutes.
9. Remove the skillet from the oven. Transfer the greens to a hotel pan and reserve.
10. Place the skillet on the stovetop over medium-high heat. Reduce the cooking liquid by ½.
11. Return the greens to the skillet. Toss with the cooking liquid. Adjust the seasoning with salt and pepper to taste.
12. Serve the greens hot on a warm serving platter.

Note: Kale can be substituted for the collard greens. Vegetable stock can be substituted for the chicken stock.

STICKY TOFFEE PUDDING WITH CHANTILLY CREAM

Yield: 24 portions

Ingredients	Amounts
Nonstick cooking spray	as needed
Dates, pitted, chopped	14 wt. oz.
Water, hot	1 ½ cups
Vanilla, extract	1 Tbsp.
Coffee, extract	1 ½ tsp.
Baking soda	¼ tsp.
Butter, unsalted	1 cup
Sugar, brown, dark	1 ½ cups
Egg, whole	4 ea.
Egg, yolk	1 ea.
Flour, cake	3 cups
Baking powder	2 tsp.
Sugar, brown, packed	1 ½ cups
Butter, unsalted	1 cup
Cream, heavy	¾ cup
Salt, kosher	¾ tsp.
Corn syrup	¼ cup
Vanilla, extract	1 ½ tsp.
Chantilly Cream (Recipe follows)	2 cups

Method

1. Preheat oven to 350°F. Spray two muffin pans with nonstick spray. Reserve.
2. Place the dates into a large mixing bowl. Add the hot water, vanilla extract, coffee extract, and baking soda. Stir to combine. Soak the dates until softened, about 15 minutes.
3. In the bowl of a stand mixer fitted with a paddle attachment, cream the butter and sugar on medium speed, until the mixture is light in color and fluffy, scraping the bowl as necessary.
4. Add the eggs and egg yolk, one at a time, mixing thoroughly between each addition, and scraping the bowl as necessary.
5. Add the flour, baking powder, the soaked dates and the soaking liquid. Mix on low speed until just combined, as overmixing will make the cake tough.
6. Portion the batter into the prepared muffin pans using a 2-ounce ladle or scoop.
7. Bake in the preheated oven until set, 10 to 12 minutes. Remove the pans from the oven and allow the cakes to cool in the pan.

8. Preheat broiler to low.
9. For the toffee sauce, in a saucepot over medium-low heat, combine the sugar, butter, heavy cream, salt, corn syrup, and vanilla. Simmer, stirring gently, for 1 minute.
10. Poke several holes in the tops of the cakes with a skewer or fork. Pour a couple of tablespoons of the toffee sauce onto each cake. Place the muffin pan under the broiler just until the sauce begins to bubble, about 1 minute.
11. Un-mold the cakes and serve warm on a heated platter topped with additional toffee sauce and Chantilly Cream.

CHANTILLY CREAM

Yield: about 2 cups

Ingredients	Amounts
Cream, heavy, chilled	1 cup
Vanilla, extract	½ tsp.
Sugar, confectioners'	¼ cup

Method

1. Chill the bowl of a stand mixer and the whisk attachment in the fridge for 20 minutes.
2. Pour the cream and vanilla into the chilled bowl. Whip on medium speed until thickened, about 3 minutes.
3. Increase the speed to high. Gradually add the confectioners' sugar while whipping. Whip until the cream forms soft peaks, about 3 minutes.

Note: If your cream starts to turn slightly yellow while you are whipping, it is close to being over-whipped and turning into butter. It may be rescued by folding in a small amount of un-whipped cream.

DAY FOUR

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE/TEAM TWO

Poached Chicken Breast with Fines Herbs Sauce

Green beans "Grand-Mere"

Saffron-Scented Risotto

Pasta with Ragu Bolognese

Lemon Olive Oil Cake with Seasonal Fruit

TEAM THREE/ TEAM FOUR

Sea Bass with Vegetables

Sauteed Broccolini

Rice Croquettes with Fontina

Tortellini with Sage Brown Butter Sauce

Zinfandel Poached Pears

POACHED CHICKEN BREAST WITH FINE HERBE SAUCE

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	2 Tbsp.
Shallot, minced	2 ea.
Chicken, breast, skinless, boneless	6 ea.
Stock, chicken	1/2 cup
Wine, white, dry	3/4 cup
Chicken Velouté (Recipe follows)	1 pt.
Chive, fresh, thin sliced	1 Tbsp.
Tarragon, fresh, finely chopped	1 Tbsp.
Parsley, flat-leaf, leaves, fresh, finely chopped	1 Tbsp.
Chervil, fresh, finely chopped	1 Tbsp.
Cream, heavy	1/4 cup
Salt, kosher	1 tsp.
Pepper, black, ground	1/4 tsp.

Method

1. Preheat oven to 325°F.
2. Grease a shallow sauté pan or small rondeau with butter.
3. Sprinkle the shallots on the bottom of the pan and place the chicken on top.
4. Add the stock and wine. Bring to a simmer over medium-low heat.
5. Cover with a parchment paper lid (*cartouche*). Transfer the pan to the preheated oven until the internal temperature of the chicken reaches 165°F, about 20 to 25 minutes.
6. Transfer the chicken to a serving platter covered with plastic wrap.
7. Place the pan with the poaching liquid over medium heat and reduce by 1/2.
8. Add the velouté, chives, tarragon, parsley, and chervil. Stir to combine. Bring to a simmer.
9. Add the cream. Whisk to combine. Cook for 1 minute.
10. Transfer the sauce to a fine mesh sieve. Season with the salt and pepper.
11. Serve the sauce over the chicken breast on a warm platter.

CHICKEN VELOUTÉ

Yield: 1 pint

Ingredients	Amounts
Butter, unsalted	1 ½ Tbsp.
Onion, yellow, small diced	1 ½ Tbsp.
Celery, small diced	1 ½ Tbsp.
Parsnips, small diced	1 ½ Tbsp.
Flour, all-purpose	3 Tbsp.
Stock, chicken	2 ¼ cups
Parsley, flat-leaf, stems, fresh	1 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, leaf, fresh	¼ tsp.
Garlic, clove, peeled	1 ea.
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. Heat the butter in a saucepan over medium heat. Add the onion, celery, and parsnips. Sweat, stirring occasionally, until the onions are translucent and have released their juices into the pan, about 15 minutes. Do not brown.
2. Add the flour. Stir well to combine. Turn the heat to medium-low, stirring frequently, until a pale paste (*blond roux*) forms, about 12 minutes.
3. Add the stock, gradually whisking to work out any lumps. Bring to a simmer.
4. For the sachet d'épices, in the middle of a square of cheesecloth, place the garlic, peppercorns, thyme, and parsley. Gather the sides together to form a pouch and tie it closed with cooking twine.
5. Add the sachet to the simmering sauce. Continue cooking, skimming as necessary with a mesh spider, until the sauce thickens enough to coat the back of a spoon evenly and smoothly (*nappé*), and the starchy feel and taste of the flour has cooked away, 20 to 30 minutes.
6. Strain the sauce through a fine mesh sieve. Return the sauce to a simmer.
7. Season with salt and pepper to taste. The sauce can now be finished, or it may be cooled and stored for later use.

Note: For a richer sauce and to fortify the flavor, simmer the stock with 2 pounds of chicken trim, wing tips, or backs per gallon batch.

GREEN BEANS “GRAND-MERE”

Yield: 6 portions

Ingredients	Amount
Beans, green, trimmed, bias cut	1 lb.
Pork, bacon, lardons, small diced	6 wt. oz.
Onion, pearl, peeled and halved	6 wt. oz.
Mushroom, cremini, sliced	6 wt. oz.
Salt, kosher	1 tsp.
Water	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, leaves, fresh, chopped	to taste

Method

1. Bring a large pot of salted water to a boil. Add the beans. Simmer for 5 min.
2. Transfer the beans to an ice water bath to halt the cooking process. Transfer to a paper towel-lined sheet tray and reserve.
3. In a large, cold sauté pan, place the lardons. Turn the heat to medium-low, cooking off the fat, 6 to 12 minutes.
4. Add the onions. Cook, stirring occasionally, until lightly browned, 10 to 15 minutes.
5. Add the mushrooms. Cook, adding more fat if necessary until mushrooms are lightly browned, 8 to 10 minutes.
6. Add the reserved green beans. Season with salt and pepper to taste.
7. Garnish with the parsley.

SAFFRON-SCENTED RISOTTO

Yield: 6 portions



Ingredients	Amounts
Saffron, threads	1/8 tsp.
Stock, chicken	6 cups
Oil, olive, pure	1 1/2 Tbsp.
Onion, yellow, minced	1/2 ea.
Garlic, minced	1 1/2 tsp.
Rice, arborio	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Wine, white, dry	1/4 cup
Cheese, parmesan, grated	1 cup

Method

1. Place the chicken stock in a large saucepot. Bring to a simmer. Add the saffron. Keep warm and reserve.
2. In a large saucepot, place the olive oil over medium heat. Add the onions. Cook until they are translucent but without color, 3 to 5 minutes.
3. Add the garlic. Cook until aromatic, about 1 minute.
4. Add the rice, salt, and pepper. Stir well to coat the rice the oil.
5. Add the wine. Reduce the liquid until nearly dry (*au sec*), stirring constantly.
6. Add 2-3 cups of the reserved saffron stock. Bring to a simmer, stir well to incorporate.
7. Stir and continue to add the remaining stock in two more stages, cooking until the rice is almost tender.
8. Just before serving, add any remaining stock and parmesan stirring well to combine and heat through. The consistency should be loose like porridge.

PASTA WITH RAGU BOLOGNESE

Yield: 6-8 servings

Ingredients	Amounts
Cream, heavy	$\frac{3}{4}$ cup
Pork, pancetta or unsalted fatback	12 wt. oz.
Carrot, medium diced	$\frac{3}{4}$ cup
Onion, yellow, med. diced	$\frac{3}{4}$ cup
Celery, medium diced	1 cup
Beef, coarsely ground	1 lb.
Tomato, paste	3 Tbsp.
Wine, red	$\frac{3}{4}$ cup
Stock, veal, brown	1 cup
Milk, whole	1 $\frac{1}{2}$ cups
Salt, kosher	to taste
Pepper, black, ground	to taste
Fresh Egg Pasta (Recipe follows)	1 lb.
Cheese, Parmigiano-Reggiano, grated	as needed

Method

1. For the ragu bolognese, in a small saucepan over medium heat, simmer the cream until reduced by $\frac{1}{3}$. Reserve.
2. In a cold saucepan over medium-low heat, place the pancetta. Sauté, until most of the fat has rendered.
3. Increase the heat to medium-high. Add the carrots, onions, and celery. Stir to combine. Sauté until the onions are translucent, 5 to 10 minutes.
4. Add the beef. Cook, breaking up the meat, until it is just browned, 5 to 10 minutes. Stir in the tomato paste and cook until it begins to take on a darker color.
5. Deglaze the pan with the wine, scraping the bottom of the pan with a wooden spoon to release any pieces that are stuck (*fond*). Cook until the liquid has reduced by $\frac{2}{3}$.
6. Add the stock. Simmer, partially covered, for 1 hour. Occasionally stir in the milk, 1 tablespoon at a time, throughout the cooking process. By the end of the hour, all the milk should be used and the ragu should be mostly dry.
7. Stir in the reserved, reduced cream. Season with salt and pepper to taste. Reserve.
8. To form garganelli shape, cut the Fresh Egg Pasta into small squares, and pinch the corners together (see Chef demo).
9. Bring a large pot of salted water to a boil. Add the pasta. Cook until the pasta is tender but still firm to the bite (*al dente*). Drain, reserving some of the pasta water.
10. Toss the pasta with the reserved sauce. Adjust the consistency with pasta water, as needed.
11. Serve in a heated bowl, garnished with the Parmigiano-Reggiano.

FRESH EGG PASTA

Yield: 1 ½ pounds

Ingredients	Amounts
Flour, all-purpose	1 lb.
Salt, kosher	1/8 tsp.
Eggs, whole	4 ea.
Water	1 fl. oz.
Oil (optional)	1 fl. oz.

Method

1. In a large bowl, place the flour and salt. Mix to combine. Make a well in the center.
2. Place the eggs, water, and oil, if using, in the well. Working as rapidly as possible, gradually pull the flour into the liquid ingredients and stir until a loose mass forms. As the dough is mixed, adjust the consistency with additional flour or water. (The dough may also be mixed in a food processor or electric mixer.)
3. Turn the dough out onto a floured work surface and knead until the texture becomes smooth and elastic. Gather and smooth the kneaded dough into a ball, cover, and let the dough relax at room temperature for at least 1 hour.
4. Roll the pasta dough into thin sheets and cut into desired shape by hand or using a pasta machine. The pasta is ready to be cooked now, or it may be held under refrigeration for up to 2 days.

LEMON OLIVE OIL CAKE WITH SEASONAL FRUIT

Yield: 8 portions

Ingredients	Amounts
Sugar, granulated	1 ½ cups
Lemon, zested	2 ea.
Egg, whole	3 ea.
Oil, olive, extra-virgin, fruity	1 cup
Lemon, juice, fresh	½ cup
Lemon, zest, grated	3 Tbsp.
Flour, all-purpose	2 cups
Baking powder	½ tsp.
Baking soda	½ tsp.
Salt, kosher	1 tsp.
Milk, whole	1 cup
Oil, vegetable	as needed
Sugar, granulated	2 Tbsp.
Sugar, powdered	as needed
Cream, heavy	1 cup
Sugar, powdered	¼ cup
Strawberries	1 ½ lb.
Sugar, granulated	¼-½ cup

Method

1. Preheat oven to 350°F with a rack in the middle of the oven.
2. For the cake, in the bowl of a stand mixer fitted with a paddle attachment, add the sugar and lemon zest. Mix on low speed. Add the egg. Add olive oil and lemon juice.
3. In a separate small bowl, mix the lemon zest, flour, baking powder, baking soda, and salt. Add to the mixing bowl.
4. Add milk. Mix until just combined.
5. Prepare a 9-inch cake pan, or a ½ sheet pan, by cutting out a parchment round to fit on the bottom. Coat the bottom and sides of the pan with oil. Flour the pan lightly and place the parchment round on the bottom.
6. Pour the cake batter into the prepared pan and sift with the granulated and powdered sugar.

7. Bake in the preheated oven until the cake is golden and barely springs back when touched (about 20 minutes for half sheet pan or 35 to 45 minutes for a springform pan). Allow to cool on a rack for 10 to 15 minutes.
8. For the Chantilly cream, whip the heavy cream and powdered sugar together until light and fluffy. Set aside, covered.
9. For the macerated fruit, mix the fruit and sugar and allow to sit for 30 minutes.
10. When cool, cut the cake as desired. Serve sprinkled with powdered sugar, Chantilly cream, and macerated fruit.

SEA BASS WITH VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	2 Tbsp.
Onion, red, 2-in. julienne	1 cup
Garlic, clove, mashed to a paste	1 ea.
Tomato, skinned, seeded, 2-in. julienne	1 cup
Squash, zucchini, julienne	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	2 Tbsp.
Sea bass, fillet, 6 oz.	6 ea.
Wine, white, dry	1 cup
Oregano, fresh, finely chopped	½ tsp.
Parsley, flat-leaf, fresh, finely chopped	½ tsp.
Basil, sweet, fresh, finely chopped	½ tsp.

Method

1. Preheat oven to 350°F.
2. For the vegetable topping, heat the oil in a medium sauté pan over medium heat. Add the onions and sauté until translucent, 5 to 7 minutes.
3. Add the garlic and sauté until aromatic, about 1 minute.
4. Add the tomatoes and zucchini. Sauté just until tender, 4 to 7 minutes. Season with salt and pepper to taste. Remove the pan from the heat to cool. Reserve.
5. Butter a straight-sided sauté pan. Add the fish. Top each fillet with ¼ cup of the vegetable topping.
6. Add the wine and bring to a simmer over medium heat.
7. Cover with a paper cover and poach in the preheated oven until done, 5 to 8 minutes. Transfer the fish to a serving platter, cover, and keep warm.
8. Cook the poaching liquid until it has reduced to about ¾ cup. Adjust the seasoning with salt and pepper to taste.
9. Pour the poaching liquid around the fish. Garnish with the oregano, parsley, and basil.

SAUTÉED BROCCOLINI

Yield: 6 portions

Ingredients	Amounts
Pine nuts (<i>Pignoli</i>)	1 Tbsp.
Oil, olive, pure	1 Tbsp.
Pork, pancetta, small diced	½ wt. oz.
Onion, yellow, minced	⅓ cup
Anchovy, fillet, chopped	1 ea.
Garlic, minced	1 Tbsp.
Broccolini	18 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Pepper, red, dried, flakes (Optional)	as needed
Raisins	2 Tbsp.

Method

1. Heat a dry, non-stick frying pan over medium-low heat. Add the pine nuts in a single layer. Toast, stirring frequently, until lightly golden and aromatic, 2 to 4 minutes. Transfer to a plate to cool completely. Reserve.
2. Bring a large pot of salted water to a boil. Add the broccolini. Blanch until tender, 2 to 4 minutes. Transfer to an ice water bath to stop the cooking process. Drain. Cut into 2-inch pieces. Reserve.
3. Heat the oil in a medium sauté pan over medium heat. Add the pancetta. Cook until the fat is rendered, and the pancetta is crisp.
4. Increase the heat to medium-high. Add the onion and sweat until the onion is translucent, but without color.
5. Add the anchovy and garlic. Sweat until the garlic is aromatic and the anchovy has dissolved into the oil, about 1 minute.
6. Add the broccolini and cook until heated through.
7. Season to taste with salt, pepper and red pepper flakes (if using). Remove from heat.
8. Stir in the reserved pine nuts and the raisins.
9. Serve in a heated bowl.

RICE CROQUETTES WITH FONTINA

ARANCINI DI RISO CON FONTINA

Yield: 15 croquettes

Ingredients	Amounts
Butter, unsalted	¼ cup
Onion, yellow, fine diced	2 Tbsp.
Rice, arborio	1 cups
Wine, white, dry	1 cup
Stock, chicken, hot	1 qt.
Cheese, Parmesan, grated	1 ⅓ cups
Salt, kosher	to taste
Cheese, fontina, small diced	8 wt. oz.
Flour, all-purpose	1 cup
Egg, whole, beaten	4 ea.
Milk, whole	2 Tbsp.
Breadcrumbs, dried	2 cup
Oil, vegetable	as needed

Method

1. For the risotto, heat the butter in a sauté pan over medium heat. Add the onions. Sauté until translucent, 5 to 7 minutes.
2. Add the rice and toss to coat with the butter.
3. Add the white wine, turn down the heat to low, and simmer until all the liquid has been absorbed.
4. Add the chicken stock in three increments. Stir constantly until all the stock has been absorbed and the rice is tender but still firm to the bite (*al dente*), about 18 minutes.
5. Add the grated Parmesan cheese. Season with salt to taste.
6. Transfer the risotto to a sheet pan and spread in an even layer. Allow the rice to cool completely.
7. Preheat deep fryer to 350°F.
8. Divide the chilled risotto into 30 portions and shape into balls. Make an indent in each portion and place a small cube of the fontina into the indent. Mold the risotto around the cheese.
9. Dredge the croquettes in flour, shaking off any excess.
10. For the egg wash, in a small bowl, whisk together the milk and egg.
11. Dip the dredged croquettes in the egg wash, then roll in the breadcrumbs.

12. Fry the risotto croquettes in the preheated fryer until golden brown. Repeat this process until all the croquettes have been fried.
13. Remove from the oil and drain on a wire rack.

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

TORTELLINI WITH SAGE BROWN BUTTER SAUCE

Yield: 10 portions

Ingredients	Amounts
Flour, durum	8 wt. oz.
Salt, kosher	½ tsp.
Egg, whole	2 ea.
Oil, olive, pure	1 Tbsp.
Cheese, ricotta	8 wt. oz.
Cheese, Romano, grated	2 wt. oz.
Parsley, flat-leaf, leaves, fresh, chopped	3 Tbsp.
Oregano, leaves, fresh, chopped	1 tsp.
Breadcrumbs, dried	4 Tbsp.
Egg, yolk	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Sage Brown Butter Sauce	1x recipe
(Recipe follows)	

Method

1. For the pasta, in a large bowl, combine the flour and salt. Add the eggs and oil. Mix to incorporate.
2. Knead the dough until firm and elastic, about 5 minutes. Allow the dough to rest for 20 minutes. Roll out the dough on a flat, floured work surface (see Chef demo).
3. For the filling, in a large bowl, place the ricotta, Romano cheese, parsley, oregano, breadcrumbs, and egg yolk. Mix well to combine. Season with salt and pepper to taste.
4. Transfer the filling to a piping bag and pipe it onto the rolled dough. Fill and shape the tortellini (see Chef demo).
5. Gently simmer the tortellini in a large pot of boiling, salted water until cooked through. Drain and add to the Sage Brown Butter Sauce.

SAGE BROWN BUTTER SAUCE

Yield: 4 portions

Ingredients	Amounts
Butter, cut into small cubes	6 Tbsp.
Sage, leaves, fresh, whole	8 ea.
Garlic, chopped	2 Tbsp.
Salt, kosher	to taste

Method

1. Melt the butter in a skillet or small saucepan over medium heat and bring to a simmer. Simmer for one minute.
2. After one minute, add the sage and garlic. Once it starts to foam, stir frequently and continue simmering until the butter browns. You'll know the difference when it changes consistency to a thin liquid and the milk solids start separating and turning a rich golden brown.
3. Quickly remove the pan from the heat and pour into a cooled dish or bowl to stop the cooking process. Serve warm.

ZINFANDEL POACHED PEARS

Yield: 12 portions

Ingredients	Amounts
Pears, Bosc	5 ea.
Wine, Zinfandel	1 bottle
Water, cold	3 cups
Vanilla, extract	1 tsp
Cinnamon, stick	2 ea.
Bay leaf	2 ea.
Sugar, granulated	2 cups
Cheese, mascarpone	1 lb.
Cream, heavy	½ cup
Cinnamon, ground	¼ tsp.
Sugar, powdered	½ cup
Butter, unsalted, room temp.	2 Tbsp
Chocolate, dark, coins	1 cup

Method

1. Peel the pears and discard the skin. Slice in ½.
2. Core the pears with a melon baller. Reserve.
3. In a large stock pot, place the wine and water. Add the vanilla extract, cinnamon, bay leaves, and sugar. Bring to a boil.
4. Add the reserved pears. Simmer until tender, about 20-30 minutes.
5. Remove and discard the spices. Cool the pears in the liquid.
6. In a small mixing bowl, place the mascarpone, cream, cinnamon and sugar. Whisk to combine. Transfer to a pastry bag.
7. Remove the pears from liquid, keeping the liquid in the pot. Transfer the pears to the refrigerator to chill.
8. Bring the cooking liquid to a simmer and reduce by ½ until syrupy. Add the butter. Whisk to incorporate.
9. Fill a small saucepan with water ¼ of the way up. Place a small mixing bowl on top. Place the chocolate in the bowl, and melt, constantly stirring over low heat.
10. On a parchment lined sheet pan, drizzle the melted chocolate quickly to create a decorative garnish. Chill in the refrigerator and break into pieces.
11. To serve, pipe the mascarpone mixture into the plate and lean a pear half onto the mixture. Drizzle with the syrup and garnish with chocolate.

DAY FIVE

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE-MEDITERRANEAN

Tunisian Salad

Lamb and Eggplant Casserole

Potatoes Rioja-Style with Chorizo and Allioli

TEAM TWO-ASIA

Thai Green Papaya Salad

Vietnamese Chicken Curry with Sweet Potatoes

Pork Gyoza with Ginger Soy Dipping Sauce

TEAM THREE-LATIN AMERICA

Mole Poblano

Puebla-Style Plain Tamales

Sauteed Huitlacoche

Mexican Vanilla Flan

TEAM FOUR-PLANT FORWARD

Navel Orange Salad with Dates and Feta

Grilled Vegetable Jambalaya

Whole Wheat Pasta with Sharp Pesto

TUNISIAN SALAD

Yield: 6 portions

Ingredients	Amounts
Oil, olive, extra virgin	½ cup
Lime, juice, fresh	2 Tbsp.
Vinegar, wine, red	1 Tbsp.
Tomato, plum (Roma), diced	3 cups
Pepper, bell, red, de-seeded, sliced	3 cups
Onion, yellow, diced	1 ea.
Mint, leaves, fresh, chopped	2 tsp.
Salt, kosher	1 tsp.
Coriander, ground	¼ tsp.
Cheese, ricotta	¼ lb.
Olive, black	⅓ cup
Olive, green	⅓ cup
Capers	2 ½ Tbsp.

Method

1. In a large bowl, whisk together the olive oil, lime juice, and vinegar.
2. Add the tomatoes, peppers, and onions. Toss to combine.
3. Season with the mint, salt, and coriander.
4. Mound onto a serving platter.
5. Garnish with the ricotta, olives, and capers.

LAMB AND EGGPLANT CASSEROLE

MOUSSAKA

Yield: 12 portions

Ingredients	Amounts
Eggplant, peeled, sliced into ¼-in. rounds	3 lb.
Salt, kosher	as needed
Oil, olive, pure (Divided)	⅓ cup
Onion, yellow, diced	2 cups
Lamb, ground	1 ¼ lb.
Garlic, minced	2 tsp.
Tomato, paste	2 Tbsp.
Tomato, plum (Roma), chopped	1 ¾ cups
Clove, whole	2 ea.
Cinnamon, stick, 1-inch	1 ea.
Bay leaf, dried	1 ea.
Allspice, ground	⅛ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Water	½ cup
Wine, red, dry	¼ cup
Breadcrumbs, plain	⅓ cup
 Cheese Sauce (Recipe follows)	 2 cups

Method

1. Place the eggplant in a colander and sprinkle with the salt. Let it sit for about 1 hour to drain away any extra liquid. Squeeze out any excess water and pat dry. Reserve.
2. In a skillet over medium-high heat, place 1 tablespoon of the olive oil. Add the eggplant to the hot oil, a few slices at a time, and sauté, turning as necessary, until the eggplant is tender and lightly colored, 2 to 3 minutes on each side. Transfer to a wire rack set in a baking sheet to drain while sautéing the remaining eggplant. Add more oil to the skillet as necessary.
3. For the meat sauce, heat 1 tablespoon of olive oil in a skillet over medium-high heat. Add the onion. Cook, stirring frequently, until tender, 10 to 12 minutes.
4. Add the lamb. Cook for about 5 minutes.
5. Add the garlic. Sauté until the garlic becomes aromatic, 1 to 2 minutes.
6. Add the tomato paste. Stir to incorporate. Cook for 1 minute.

7. Add the tomatoes, cloves, cinnamon, bay leaf, allspice, salt, pepper, and water. Simmer until thick and flavorful, about 30 minutes.
8. Preheat oven to 350°F.
9. Add the wine. Continue simmering until a sweet aroma develops, about 10 minutes.
10. To assemble the moussaka, scatter the breadcrumbs in a deep, rectangular baking dish. Place a layer of ½ of the eggplant slices over the breadcrumbs. Add the meat sauce and spread it into an even layer. Add the remaining eggplant. Pour the Cheese Sauce over the eggplant.
11. Bake in the preheated oven, uncovered, until the cheese sauce is thick and golden brown and the eggplant is very tender, about 45 minutes.
12. Let the moussaka rest for about 20 minutes before cutting and serving.

Note: Beef, turkey, pork, or a combination can be substituted for the lamb.

CHEESE SAUCE

Yield: 1 pint

Ingredients	Amounts
Butter, unsalted	5 Tbsp.
Flour, all-purpose	5 Tbsp.
Milk, whole	2 ½ cups
Nutmeg, fresh, grated	⅛ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Egg, yolk	2 ea.
Cheese, Parmigiano Reggiano, grated	½ cup

Method

1. Heat the butter in a saucepan over medium heat until the bubbles begin to subside.
2. Stir in the flour and cook to form a white roux, about 5 minutes.
3. Gradually whisk in the milk, working out any lumps. Bring to a full boil. Lower the heat and gently simmer, stirring frequently, until thickened, about 30 minutes.
4. Remove the sauce from the heat. Add the nutmeg. Season with salt and pepper to taste.
5. In a small bowl, whisk the egg yolks. Whisk in a small amount of the hot milk mixture to temper the yolks. Blend well, then return the yolk mixture to the rest of the milk mixture.
6. Stir in the cheese and blend well. Keep warm until needed.

POTATOES RIOJA-STYLE WITH CHORIZO AND ALLIOLI

PATATAS A LA RIOJANA

Yield: 8 portions

Ingredients	Amounts
Oil, olive, extra virgin	1/3 cup
Onion, yellow, peeled, finely chopped	2 ea.
Garlic, clove, peeled, chopped	4 ea.
Pork, sausage, chorizo, casings removed, sliced 1/2-in.	1 lb.
Potato, Idaho, peeled, 1-in. diced	1 lb.
Paprika, Spanish, (<i>Pimentón</i>), sweet	2 tsp.
Salt, kosher	1 Tbsp.
Allioli (Recipe follows)	1x recipe

Method

1. Heat the olive oil in a sauté pan over low heat. Add the onions. Caramelize, stirring occasionally, until they are soft and tender and have a light brown color, about 20 minutes. If the onions start to get too dark, add 1 tablespoon of water to keep them from burning.
2. Add the garlic. Cook until lightly browned, about 1 minute.
3. Add the chorizo. Cook until browned, about 2 minutes.
4. Place the potatoes in the pan and stir to coat them in the oil. Cook for 10 minutes.
5. Add the pimentón and the salt. Pour in enough water to cover and bring to a boil. Turn down the heat to a simmer until the potatoes have cooked through and the water has reduced by 1/2, about 20 minutes. It should resemble a thick stew.
6. Transfer to a bowl and serve with Allioli.

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

MODERN GARLIC AND OIL SAUCE

ALLIOLI A LA MODERNA

Yield: 1 cup

Ingredients	Amounts
Garlic, clove, peeled	4 ea.
Salt, kosher	½ tsp.
Egg, whole	1 ea.
Egg, yolk	1 ea.
Lemon, juice, fresh	1 tsp.
Oil, olive, pure	¼ cup
Oil, olive, extra virgin	¾ cup

Method

1. Cut the garlic cloves in half. Remove and discard any green centers as these will cause the sauce to taste bitter. Finely chop.
2. Using the side of a knife, smash the garlic and salt together until it resembles a thick paste.
3. Add the egg, egg yolk, and lemon juice.
4. Gradually add the oils in a slow steady stream, whisking constantly until emulsified.

Note: Sherry vinegar can be substituted for the lemon juice. This recipe can also be prepared in a blender. Combine all ingredients except the oil. Add the oil in a fine stream with the blender set at low speed.

THAI GREEN PAPAYA SALAD

Yield: 6 portions

Ingredients	Amounts
Peanuts, raw	1 cup
Garlic, roughly chopped	3 Tbsp.
Chile, Thai Bird's Eye, stems removed roughly chopped	3 ea.
Shrimp, dried, chopped	3 Tbsp.
Tamarind, juice	¼ cup
Lime, juice, fresh	¼ cup
Fish sauce, Thai (<i>Nam Pla</i>)	6 Tbsp.
Sugar, palm	3 Tbsp.
Beans, long, cut into 1 ½ in. pieces	2 cups
Papaya, green, grated	1 ea.
Carrot, grated	2 ea.
Tomato, cherry, halved	12 ea.

Method

1. Preheat oven to 325°F.
2. Spread the peanuts in an even layer on a large baking sheet. Bake in the preheated oven, stirring occasionally, until browned and fragrant, 8 to 12 minutes. Roughly chop and reserve.
3. For the dressing, in a large stainless-steel bowl, place the garlic, Thai chilies, dried shrimp, tamarind, lime juice, fish sauce, and palm sugar. Mix to combine. Reserve.
4. Bring a medium pot with 1 inch of water to a boil. Add a steamer basket with the long beans. Steam until tender but still crisp, 5 to 7 minutes.
5. Bruise the cooked beans with your hands. Add them to the dressing.
6. Add the grated green papaya and carrots. Toss until well combined.
7. Add the tomato pieces and bruise them lightly. Toss to incorporate.
8. Stir in the reserved, toasted peanuts.
9. Adjust the flavorings with more fish sauce, lime juice, or palm sugar to taste.

VIETNAMESE CHICKEN CURRY WITH SWEET POTATOES

Yield: 10 portions

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Shallot, minced	$\frac{3}{4}$ cup.
Garlic, minced	1 tsp.
Curry, powder	3 Tbsp.
Onion, yellow, medium, thin wedges	1 ea.
Chili, paste	1 Tbsp.
Red pepper flakes	2 tsp.
Chicken, skinless, boneless, large diced	2 lb.
Fish sauce	5 Tbsp.
Sugar, granulated	2 Tbsp.
Stock, chicken	1 cup
Lemongrass, stalk, minced	1 ea.
Ginger, 1-in. piece, minced	1 ea.
Carrot, oblique cut	2 ea.
Milk, coconut	2 $\frac{1}{2}$ cups
Potato, sweet, 1-in. diced	2 ea.
Lime, makrut, leaf, fresh, chiffonade	2 ea.
Lime, fresh, cut into wedges	2 ea.

Method

1. Heat the oil in a large skillet over moderate heat. Add the shallots, garlic, and curry powder. Stir until fragrant, about 20 seconds.
2. Add the onions, chili paste, red pepper flakes, chicken, fish sauce, and sugar. Stir until chicken turns white on the edges.
3. Add the chicken stock, lemongrass, ginger, and carrots. Bring to a boil. Lower the heat and simmer for 10 minutes.
4. Add the coconut milk and sweet potatoes. Cook until the chicken is cooked through and the vegetables are soft, about 15 minutes.
5. Stir in the lime leaves. Transfer to a serving dish.
6. Adjust the flavoring with lime juice to taste.
7. Garnish with the lime wedges. Serve piping hot.

PORK GYOZA WITH GINGER-SOY DIPPING SAUCE

Yield: 50 Pot Stickers

Ingredients	Amounts
Pork, ground	1 lb.
Cabbage, napa, finely chopped	1 cup
Chive, garlic	2 Tbsp.
Ginger, fresh, minced	1 Tbsp.
Egg, whole, well beaten	1 ea.
Oil, sesame	to taste
Salt, sea	to taste
Pepper, black, cracked	to taste
Gyoza wraps	50 ea.
Oil, vegetable	2 Tbsp.
Ginger Soy Dipping Sauce (Recipe follows)	8 fl. oz.

Method

1. In a medium bowl, place the ground pork, cabbage, garlic chives, ginger, egg, sesame oil, sea salt, and cracked pepper. Mix until well combined.
2. Heat the oil in a large non-stick pan over medium heat. To test the seasoning, add a small spoonful of the filling and sauté until golden brown. Adjust seasoning to taste.
3. Scoop a teaspoon of filling onto the center of each gyoza wrap. Wet the top of each wrap with a pastry brush dipped in water. Fold the gyoza to make a moon shape and pinch shut with 4 to 5 pleats along the side to seal in the filling. (See Chef demo.)
4. Working in batches, pan fry the gyoza until the bottoms are golden brown, 5 to 10 minutes.
5. Add $\frac{1}{3}$ cup of water and cover the pan with a lid. Cook until the gyoza is cooked through and the water has evaporated, 4 to 5 minutes.
6. Remove the lid and cook until they become a little crisp, about 1 minute.
7. Serve immediately with the Ginger Soy Dipping Sauce.

GINGER-SOY DIPPING SAUCE

Yield: 8 fluid ounces

Ingredients	Amounts
Ginger, fresh, minced	¼ cup
Soy sauce, light	¼ cup
Vinegar, rice, black	½ cup
Water	¼ cup
Oil, sesame	1 Tbsp.
Sugar, granulated	½ tsp.

Method

1. In a small bowl, place all the ingredients. Whisk together until the sugar dissolves.
2. Transfer the sauce into 1-fluid ounce ramekins for service.

MOLE POBLANO

PUEBLA-STYLE MOLE

Yield: 16 portions

Ingredients	Amounts
Sesame seeds, lightly toasted	¼ cup
Turkey, breast, cut into serving pieces, rinsed, patted dry	3 lb.
Lard	4 wt. oz.
Onion, white, halved	1 ea.
Garlic, clove, peeled, whole	5 ea.
Chile, mulato	8 ea.
Chile, ancho	5 ea.
Chile, pasilla	6 ea.
Chile, chipotle	2 ea.
Tomato, plum (Roma), quartered	4 ea.
Tomatillo, quartered	6 ea.
Peppercorns, black, whole	10 ea.
Clove, whole	3 ea.
Cinnamon, Mexican (Canela), 3-in. stick	1 ea.
Coriander, seeds	½ tsp.
Anise, seeds	½ tsp.
Raisins, black	2 tsp.
Almonds, whole	20 ea.
Pumpkin, seeds	2 wt. oz.
Tortilla, corn, stale	2 ea.
Bread, baguette, stale, 1-in. slice	3 ea.
Onion, white, halved	1 ea.
Garlic, clove, unpeeled	3 ea.
Sesame seeds, brown	½ cup
Chocolate, Mexican	4 wt. oz.
Sugar, granulated	8 Tbsp.
Salt, kosher	to taste

Method

1. Heat a small, dry skillet over medium heat. Add the sesame seeds in an even layer. Toast, stirring often, until golden brown and fragrant, 3 to 6 minutes. Transfer to a plate. Cool and reserve.

2. Season the turkey with salt. Heat the lard in a large sauté pan. Working in batches, brown the turkey pieces on all sides. Remove and transfer to a large stockpot. Reserve the lard to fry the chiles.
3. Add the onion, garlic and enough water to the pot to cover completely. Simmer until the turkey pieces are cooked through, about 45 minutes. Strain the broth, reserve the turkey in the warm broth.
4. For the mole, wipe the chiles clean. Remove and discard the seeds and veins.
5. Fry the chiles on both sides in the reserved lard over medium heat until the chiles begin to blister and change color, 5 to 8 minutes.
6. Remove the chiles and soak in hot water for 15 minutes. Drain and transfer to a blender. Add water, as needed, to form a smooth purée. Pass through a small mesh sieve. Reserve.
7. Fry the tomatoes and tomatillos in the remaining lard, until roasted, about 3 to 5 minutes.
8. Using 4 tablespoons of the lard from the chiles, sauté the raisins until plump and change color. Drain the raisins in a colander and repeat the process with the almonds, pumpkin seeds, tortillas, bread, reserved chile seeds, and sesame seeds. Add lard as needed, to sauté the remaining ingredients.
9. Dry roast the onion and garlic in a comal or dry skillet over medium heat. Remove the garlic when the papery skin begins to brown and discard the skin. Keep turning the vegetables until soft and blackened on all sides. Remove from heat and set aside.
10. In a small skillet fry in lard the black pepper, cloves, cinnamon, coriander and anise seeds until fragrant over medium low heat. Remove from heat and set aside.
11. Blend the roasted vegetables, spices and sautéed ingredients in batches, adding fresh water, as needed, to form a smooth purée. Strain through a small mesh sieve and set aside.
12. Heat 3 tablespoons of oil in a Dutch oven over medium heat. Fry the chile purée, stirring frequently, until it changes color, and you can see the bottom of the pan when scraped with a wooden spoon, about 15-20 minutes. Add the strained vegetable-spice mixture. Reduce heat to a simmer and stir occasionally until the mole thickens, from ½ -1 hour.
13. Add approximately 2 cups of turkey broth and continue cooking for 30 minutes. The mole should coat the back of a spoon. Add the chocolate pieces and cook for about 30 minutes. Season again to taste with salt and chocolate.
14. Remove the skin from the browned turkey pieces.
15. Serve the turkey and with a generous amount of Mole Poblano. Garnish with toasted sesame seeds and serve with warm corn tortillas and the tamales blancos.

Note: Mole poblano will keep for up to two weeks, refrigerated, but must be re-heated and diluted with water (to prevent saltiness) every three days. Mole poblano will keep for up to two months frozen.

PUEBLA-STYLE PLAIN TAMALES TAMALES BLANCOS ESTILO

TAMALES BLANCOS ESTILO PUEBLA

Yield: 12 tamales

Ingredients	Amounts
Masa, corn, white, fresh	1 lb.
Lard	5 wt. oz.
Baking powder	1 tsp.
Anise, seeds	3 Tbsp.
Salt, kosher	1 tsp.
Cornhusk, soaked in hot water	6 ea.

Method

1. In the bowl of a stand mixer fitted with the paddle attachment, place the lard. Beat at a medium speed until the lard is fluffy and creamy, about 5 minutes.
2. Bring the anise seeds and ½ cup of water to a boil, cover and remove from the heat. Cool the anise water.
3. Add the baking powder and salt to the whipped lard and slowly add pieces of the fresh masa. Add 6 tablespoons of the anise water, including the seeds to the tamal mixture. Add more of the anise infusion if the masa feels dry.
4. Drop a spoonful of the tamal mixture into a glass of water to see if it floats. If not keep kneading the masa.
5. Place 1 ½ ounces of masa in the center of each cornhusk. Bring the sides together, close, and fold the ends to the center.
6. Fill the tamal steamer (“tamalera”) with water. Bring it to a boil. Place a thick layer of soaked cornhusks on the bottom of the steamer. Place the tamales in a crisscross pattern to allow the steam to circulate inside the steamer. Cover with more husks and a thick kitchen towel to ensure a tight seal.
7. Cover with a tight-fitting lid and steam for 35 to 45 minutes over medium high heat, or until the tamales are cooked through.
8. Remove from heat and let the tamales stand for 10 minutes in the hot steamer.
9. Serve the tamales warm with a generous amount of mole poblano.

Note: If fresh masa is unavailable, substitute 2 ½ cups masa flour for tamales. Mix the masa flour with 3 cups of water and 1 ⅓ cups of lard.

Source: Adapted from *Cocina Poblana* by Josefina Velazquez de León

SAUTEÈD HUITLACOCHÉ

HUITLACOCHÉ GUISADO

Yield: 6 portions

Ingredients	Amounts
Oil, canola	3 Tbsp.
Onion, white, finely diced	½ ea.
Chile, serrano, finely diced	3 ea.
Garlic, clove, finely diced	2 ea.
Tomato, plum (Roma), med. diced	4 ea.
Mushroom, corn (Huitlacoche) canned, roughly chopped	1 lb.
Epazote, leaf, fresh, chopped	10 ea.
Salt, kosher	to taste
Tortilla, corn, white	12 ea.

Method

1. Heat the oil in a frying pan over medium high heat. Add the onion and serrano chiles. Sauté until soft, 5 to 10 minutes.
2. Add the garlic. Sauté for 1 minute.
3. Add the tomatoes. Cook until they change color, 3 to 5 minutes.
4. Add the huitlacoche. Turn down the heat to a low simmer. Cook until the huitlacoche is cooked through, about 10 minutes.
5. Add the epazote. Season with salt to taste. Serve warm with the tortillas.

MEXICAN VANILLA FLAN

FLAN DE VAINILLA

Yield: 12 portions

Ingredients	Amounts
Milk, whole	8 cups
Sugar, granulated (Divided)	3 cups
Egg, whole	6 ea.
Egg, yolk	6 ea.
Vanilla, extract, pure, Mexican	2 tsp.

Method

1. Preheat oven to 350°F. Set a rack in the middle of the oven.
2. In a heavy, non-enamel saucepan set over medium-low heat, place 2 cups of the sugar. Swirl the pan until the sugar dissolves and forms a deep golden caramel. Pour the caramel immediately into individual ramekins. Swirl to coat the sides. Reserve.
3. In a large saucepan over medium heat, place the milk and the remaining cup of sugar. Stir frequently to dissolve the sugar. Do not let the mixture boil. Gently simmer for 30 minutes or, until the mixture has reduced by ½.
4. In a medium mixing bowl, place the eggs, yolks and vanilla. Whisk to combine.
5. Slowly add the reduced milk, whisking constantly to prevent the eggs from cooking. Pass through a fine sieve, pour into the prepared ramekin molds, and cover with aluminum foil.
6. Bake the flans in a hot water bath for 30 minutes, or until set. Remove from the oven and place on a rack to cool, about 1 hour.
7. Run a knife around the edge of each mold to loosen. Place a flat dish on top of each mold and invert.
8. Serve each flan with a generous amount of syrup.

Note: A single vanilla bean, split open, can be substituted for the Mexican vanilla extract

NAVEL ORANGE SALAD WITH DATES AND FETA

Yield: 10 portions

Ingredients	Amounts
Orange, navel	5 ea.
Lettuce, Boston, leaves	1 lb.
Date, Medjool, pitted, julienned	10 ea.
Mint, fresh, chiffonade	¼ cup
Cheese, feta, small diced	5 wt. oz.

Method

1. Peel the oranges, removing the skin and white pith. Cut the oranges crosswise into ½-inch thick, round slices.
2. Separate and wash the lettuce leaves. Pat dry with paper towels.
3. Layer the lettuce leaves on a platter.
4. Arrange the orange slices on top of the lettuce.
5. Garnish with the dates, mint, and feta.

Note: Cara Cara oranges can be substituted for the navel oranges.

GRILLED VEGETABLE JAMBALAYA

Yield: 10 portions

Ingredients	Amounts
Oil, olive, pure	¼ cup
Onion, yellow, diced	1 lb.
Pepper, bell, green, seeded, diced	2 ea.
Celery, stalk, diced	3 ea.
Garlic, minced	1 Tbsp.
Pepper, black, ground	½ tsp.
Pepper, white, ground	½ tsp.
Chile, cayenne, ground	1 tsp.
Paprika	1 Tbsp.
Tomato, plum (Roma), diced	3 lb.
Stock, vegetable	1 ½ qt.
Bay leaf, dried	1 ea.
Salt, kosher	2 tsp.
Oregano, dried, ground	1 Tbsp.
Thyme, fresh, chopped	1 Tbsp.
Basil, sweet, fresh, chiffonade	2 Tbsp.
Tabasco sauce	1 Tbsp.
Worcestershire sauce	1 Tbsp.
Water	1 gal.
Rice, brown, long-grain	1 lb.
Salt, kosher	1 tsp.
Zucchini, cut on bias into 20 ea. ¼-in. slices	10 wt. oz.
Yellow squash, cut on bias into 20 ea. ¼-in. slices	10 wt. oz.
Pepper, bell, red, seeded cut into 20 same-sized pieces	10 wt. oz.
Onion, red, cut into 10 ea. ¼-in. slices	10 wt. oz.
Eggplant, peeled, cut into ¼-in. rounds	20 wt. oz.
Oil, olive, pure	¼ cup
BBQ Spice Rub (Recipe follows)	2 oz.

Method

1. For the jambalaya base, in a large pot, heat the oil over medium heat. Add the onions, bell pepper, celery and garlic. Stir to coat with the hot oil. Cover with a lid and sweat the vegetables until tender, about 5 minutes.
2. Add the black pepper, white pepper, cayenne, and paprika. Cook until aromatic, about 10 minutes.
3. Add the tomatoes, stock, bay leaf, salt, oregano, thyme, basil, Tabasco, and Worcestershire sauce. Lower the heat to medium-low. Bring the mixture to a simmer.
4. In a large pot, add the water and bring it to a boil. Add the brown rice and salt. Stir. Reduce the heat to a simmer, cover, and cook until the rice is firm to the bite (*al dente*), 30 to 35 minutes.
5. Drain the rice in a colander. Transfer to a sheet pan and spread in an even layer to cool.
6. Lightly brush the prepared zucchini, squash, bell pepper, onion, and eggplant with oil. Season with the spice rub. Grill the vegetables until they are tender.
7. Remove and discard the bay leaf from the jambalaya base. Add the cooked rice to the base. Heat it thoroughly.
8. Portion the jambalaya rice into large bowls. Top with the grilled vegetables.

BBQ SPICE RUB

Yield: 2 ounces

Ingredients	Amounts
Salt, kosher	2 Tbsp.
Chile, cayenne, ground	½ tsp.
Pepper, black, ground	½ tsp.
Pepper, white, ground	¼ tsp.
Paprika, Spanish, smoked	2 Tbsp.
Onion, powder	2 tsp.
Garlic, powder	2 tsp.
Thyme, dried, ground	½ tsp.
Sugar, maple	1 Tbsp.

Method

1. In a large mixing bowl, combine all the ingredients. Mix well.
2. Store in an airtight container.

WHOLE WHEAT PASTA WITH SHARP PESTO

Yield: 8 portions

Ingredients	Amounts
Walnuts, shelled	¼ cup
Flour, durum	2 cups
Flour, durum, whole wheat	2 cups
Oil, olive, extra virgin	2 Tbsp.
Salt, kosher	to taste
Egg, whole	4 ea.
Basil, sweet, leaves, fresh, bunch	1 ea.
Cheese, Pecorino-Romano, grated	2 Tbsp.
Oil, olive, extra virgin	3 Tbsp.
Stock, vegetable	2 Tbsp.
Garlic, clove	2 ea.
Salt, kosher	to taste
Green beans, halved	1 lb.

Method

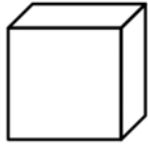
1. Heat a dry, medium skillet over medium heat. Place the walnuts in a single layer. Toast, stirring often, until golden brown and aromatic, 3 to 8 minutes. Transfer to a plate. Cool and reserve.
2. For the pasta, in a food processor, place the flours, oil, and salt. Pulse to combine.
3. Add the eggs. Process until it resembles coarse meal. When pressed, the dough should form a cohesive mass. Adjust the consistency with water or flour, as needed.
4. Transfer the dough to a work surface. Knead the dough until it is very firm but still pliable. Wrap in plastic. Rest at room temperature for at least 30 minutes.
5. For the pesto, in a food processor, place the basil, walnuts, cheese, olive oil, stock, and garlic. Pulse into a slightly coarse paste. Adjust the consistency with stock, as needed. Season with salt to taste. Reserve.
6. Roll the reserved dough into 1/8-inch-thick sheets. Cut them into long, thin linguine strips. Reserve uncovered.
7. Bring a medium pot of salted water to a rapid boil. Add the beans. Cook until fork-tender, 3 to 5 minutes. Transfer the beans to a colander, reserving the cooking liquid.
8. Return the bean cooking liquid to a boil. Add the pasta. Cook until tender but still firm to the bite (*al dente*), 1 to 2 minutes. Drain the pasta.
9. In a large bowl, place the pasta, pesto, and green beans. Toss to combine.

RECIPE INDEX

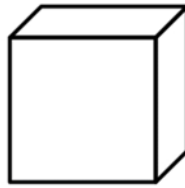
BBQ Spice Rub.....	84	Lemon-Caper Beurre Blanc	30
Beer Batter	35	Mexican Vanilla Flan	80
Beer-Battered Fish and Chips with Tartar Sauce.....	34	Modern Garlic and Oil Sauce.....	71
Blue Cheese Dressing	43	Mole Poblano.....	76
Braised Greens.....	45	Navel Orange Salad with Dates and Feta	81
Buttermilk Fried Chicken.....	44	Orange-Thyme Compound Butter .	26
Celery Root Remoulade	41	Pan-Fried Jonah Crab Cake with Celery Root Remoulade.....	40
Chantilly Cream.....	48	Pistou	22
Cheese Sauce	69	Poached Chicken Breast with Fine Herbe Sauce.....	50
Chicken Stock	12	Pommes Duchesse	17
Chicken Velouté.....	51	Pork Dumplings with Ginger-Soy Dipping Sauce.....	74
Chips	36	Potage au Pistou.....	21
Chocolate Cake Caprese.....	39	Potatoes Rioja-Style with Chorizo and Allioli.....	70
Croutons	32	Puebla-Style Plain Tamales Tamales Blancos Estilo.....	78
French Onion Soup.....	14	Rice Croquettes with Fontina	60
Fresh Egg Pasta.....	55	Roast Pork Loin with Apricot-Bread Stuffing.....	15
Garlic Roasted Potatoes with Parsley and Oregano	8	Roasted Baby Beets with Arugula, Walnuts, and Goat Cheese	20
Ginger-Soy Dipping Sauce.....	75	Roasted Chicken with Pan Gravy	23
Glazed Carrots.....	38	Saffron-Scented Risotto	53
Green Beans "Grand-Mere"	52	Sage Brown Butter Sauce.....	63
Green Goddess Dressing	33	Salsa Verde with Parsley and Capers	11
Grilled Flat-Iron Steak with White Wine and Roasted Shallot Compound Butter	18	Sautéed Broccolini.....	59
Grilled Radicchio and Romaine Salad with Blue Cheese Dressing.....	42	Sauteèd Huitlacoche.....	79
Grilled Ratatouille.....	27	Sea Bass with Vegetables	58
Grilled Swordfish with Orange- Thyme Compound Butter.....	25	Sour Cream and Chive Mashed Potatoes	24
Grilled Vegetable Jambalaya.....	82	Sticky Toffee Pudding with Chantilly Cream.....	46
Hollandaise Sauce	9		
Lamb and Eggplant Casserole	67		
Lemon Olive Oil Cake with Seasonal Fruit	56		

Tartar Sauce.....	37	Wedge Salad with Green Goddess Dressing	31
Thai Green Papaya Salad	72	White Wine and Roasted Shallot Compound Butter.....	19
Tortellini with Sage Brown Butter Sauce.....	62	Whole Wheat Pasta with Sharp Pesto	85
Tunisian Salad.....	66	Wiener Schnitzel with Lemon-Caper Beurre Blanc.....	29
Vietnamese Chicken Curry with Sweet Potatoes.....	73	Zinfandel Poached Pears.....	64
Vinaigrette Dressing.....	10		

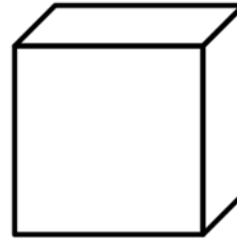
BASIC KNIFE CUTS



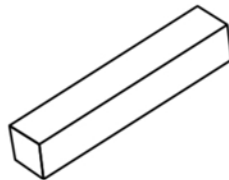
Small Dice
1/4" cube



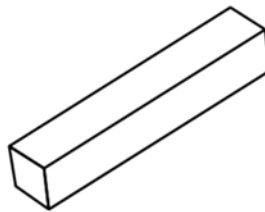
Medium Dice
1/2" cube



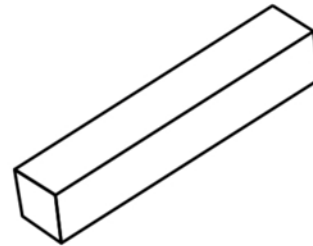
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



Julienne
1/8" sq x 2 inch



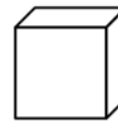
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



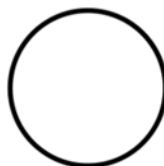
Chop
1/8"-1/4" cube



Brunoise
1/8" cube (fine dice)



Bias
diagonal cut



Rondelle
1-8"-1/2" round



Chiffonade
rolled, sliced thin

CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

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

METRIC CONVERSION TABLE

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

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

TEMPERATURE EQUIVALENCIES

Fahrenheit (°F)	Celsius (°C)	Classification
250	130	very cool
300	150	low
325	165	moderate-low

350	180	moderate
400	200	moderate-hot
425	220	hot
450	230	very hot

US CUSTOMARY LIQUID VOLUME CONVERSIONS

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

US TO METRIC DRY MEASURES CONVERSIONS

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

VOLUME MEASURE CONVERSIONS

US	Metric
1 tsp.	5 milliliters (ml)
1 Tbsp.	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ 1/4 cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint (pt.)	480 ml
32 fl. oz./ 1 quart (qt.)	960 ml
128 fl. oz./ 1 gallon (gal.)	3.84 liters (L)

These Materials Were Developed at the Culinary Institute of America.

Culinary Basic Training Boot Camp Course Guide v.276.docx

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