

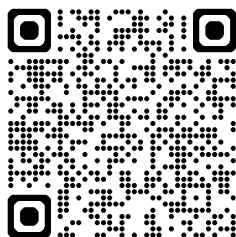


Culinary Institute
of America

INFLIGHT SERVICE CULINARY TRAINING



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The Culinary Institute of America

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CIA Consulting
The Culinary Institute of America

Welcome to the CIA!

Education is a gift. And those of us in the foodservice industry have a chance to “pay it forward” by sharing our gifts with others. For over 70 years, The Culinary Institute of America has provided students with unparalleled training, setting the gold standard for culinary excellence.

Whether you are here to learn new skills and techniques, develop an appreciation for a global cuisine, or are in pursuit of ProChef Certification, our continuing education courses provide the training you need to achieve your personal and professional development goals.

While on campus, we want you to have the best experience possible. If you have any questions along the way, please ask your chef-instructor or anyone on the Continuing Education staff. Once your training is complete, please feel free to stay in touch - we always enjoy hearing your success stories.

And, because so many of our students ask how they can keep in touch with each other after class is over, we’ve made it easy to do through our Facebook page. Just log in and search for “CIA ProChef.”

Wishing you all the best,

A handwritten signature in blue ink that reads 'David Kamen'. The signature is fluid and cursive.

David Kamen '88 MBA PC^{III}
Director CIA Consulting
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P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world’s best professional culinary education. If you’d like to further support the future of food with the gift of education, please visit www.ciagiving.org.

EXPECTATIONS FOR PARTICIPANTS

- ☑ Silence and put away phones during class.
- ☑ Actively participate.
- ☑ Return promptly from breaks.
- ☑ Remain in attendance for the class duration.
- ☑ Complete the course evaluation.
- ☑ Follow all established health and safety regulations.
 - In addition to the precautions necessary to guard against food-borne illness, care must also be taken to avoid accidents. The following safety measures should be practiced.
 - Wash hands before beginning work in the kitchen.
 - Keep all perishable items refrigerated until needed.
 - NYS law – when handling “ready-to-eat” food items, if you don’t cook it, glove it!
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables.
- ☑ Maintain CIA uniform standards.
- ☑ Act within the guidelines of the CIA’s policy on harassment.
 - The Culinary Institute of America (CIA) is committed to providing a working and learning environment free from harassment. Members of the CIA community, guests, and visitors have the right to be free from any form of harassment (which includes sexual misconduct and sexual harassment) or discrimination; all are expected to conduct themselves in a manner that does not infringe upon the rights of others.

CIA UNIFORM POLICY

To foster a professional working environment and to maintain the highest standards of safety and sanitation, the CIA has adopted the following uniform code. Each item has been designed with a practical function in mind. These items must be worn in all production classes unless otherwise stated.

- ☑ Chef's jacket
 - Double-breasted structure creates a two-layer cloth barrier to help prevent steam burns, splashes, and spills
 - Can be re-buttoned on the opposite side to cover spills
 - Sleeves are long to cover as much arm as possible to reduce burns
- ☑ Pants
 - Hounds-tooth helps camouflage stains
 - Best without cuffs, which can trap hot liquids and debris
- ☑ Shoes and Socks
 - Shoes
 - Should be made of hard leather, with low heels, slip-resistant soles, and no open toes
 - Prevent slips and falls in the kitchen
 - Offer support
 - Protect feet from falling pots
 - Socks
 - Must be worn for hygienic purposes and to prevent burns
- ☑ Neckerchief (optional)
 - Helps to absorb sweat
- ☑ Toque (provided in class)
 - Contains hair
 - Absorbs sweat
- ☑ Apron (provided in class)
 - Protects jacket and pants from excessive staining
- ☑ Side towel (provided in class)
 - Protects hands when working with hot pans, dishes, and equipment
- ☑ Jewelry
 - Not permitted except for one plain ring to minimize exposure to potential hazards
- ☑ Hair
 - Should be neatly maintained, clean, and under control at all times

COURSE SYLLABUS

DAY ONE

- Lecture
 - Course Overview
 - Food Safety
 - Mise en Place
 - Knife Skills
 - Explanation of Market Basket Challenge
- Demo and Hands-on Production
 - Knife Skills
 - Breakfast
 - Baked Eggs
 - Parfaits
 - Avocado Toast
 - Platters and Presentation
 - Fruit Platter
 - Crudité Platter
 - Cheese and Charcuterie Platter

DAY TWO

- Lecture
 - Soups and Sauces
- Demo and Hands-on Production
 - Soups
 - Clear
 - Cream
 - Purée
 - Sauces
 - Starch-based Thickeners
 - Contemporary Sauces
 - Chutney and Coulis

DAY THREE

- Lecture
 - Salads and Sandwiches
- Demo and Hands-on Production
 - Salads
 - Dressings
 - Sandwiches
 - Accompaniments

DAY FOUR

- Lecture
 - Cooking Methods
- Demo and Hands-on Production
 - Grilling/ Searing
 - Baking/ Broiling
 - Roasting
 - Frying
 - Steaming
 - Sous Vide
 - Sautéing
 - Braising
- Market Basket Challenge Menu Planning

DAY FIVE

- Lecture
 - Food Presentation Principles/ The Well-Balanced Plate
- Market Basket Challenge

DAY ONE: BREAKFAST

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Potato Frittata
Ham and Cheddar Scones
Mango Blueberry Parfait

TEAM TWO

Shirred Eggs
Lyonnais Potatoes
Cheese Blintzes with Mixed Berry Sauce

TEAM THREE

Huevos Rancheros with Pico de Gallo
Poached Eggs and Avocado Mash on Sourdough Toast
Apple-Filled Turnovers

TEAM FOUR

Eggs en Cocotte with Sautéed Mushrooms
Potato Crêpes with Smoked Salmon and Caviar
Best Blueberry Muffins

ALL TEAMS

Platter Innovation Exercise

Create a Fruit, Cheese, Crudit , or Charcuterie Platter

POTATO FRITTATA

Yield: 6 portions

Ingredients	Amounts
Pork, bacon, med. diced	5 wt. oz.
Onion, yellow, minced	3 wt. oz.
Potato, Yukon Gold, med. diced	4 ½ wt. oz.
Egg, whole	6 ea.
Salt, Kosher	as needed
Pepper, black, ground	as needed

Method

1. Preheat oven to 450°F.
2. In a large, cold skillet, place the diced bacon. Turn the heat to medium. Render until the fat melts and the bacon is crisp, 10 to 15 minutes. Discard all but 2 tablespoons of fat from the skillet.
3. Add the minced onions. Sauté for 1 minute.
4. Add the diced potatoes. Sauté until lightly browned, 12 to 15 minutes.
5. In a mixing bowl, place the eggs. Season with salt and pepper. Whisk to combine. Pour the egg mixture over the onion-potato mixture. Stir gently to combine.
6. Turn the heat down to low. Cover the skillet. Cook until the eggs are nearly set, about 5 minutes.
7. Uncover and bake in the preheated oven until the eggs are lightly browned, 1 to 2 minutes.
8. Cut the frittata into wedges. Serve on a heated platter.

HAM AND CHEDDAR SCONES

Yield: 10 scones

Ingredients	Amounts
Flour, all-purpose	14 wt. oz.
Sugar, granulated	3 ½ wt. oz.
Baking powder	2 Tbsp.
Salt, kosher	½ tsp.
Pork, ham, medium diced	4 ½ wt. oz.
Cheese, Cheddar, medium diced	2 wt. oz.
Scallion (Green onion), sliced	1 wt. oz.
Cream, heavy	16 fl. oz.

Method

1. Cut two 10-inch circles of parchment paper. Use one to line a 10-inch round cake pan. Reserve the second piece.
2. Into a large bowl, sift together the flour, sugar, baking powder, and salt.
3. Add the ham, cheese, and green onions. Toss until evenly incorporated.
4. Make a well in the center of the flour mixture. Add the cream in the well and stir by hand just until the batter is evenly moistened.
5. Transfer the dough into the lined cake pan and press into an even layer. Cover the dough with the second parchment paper circle. Freeze until very firm.
6. Preheat the oven to 350°F.
7. Thaw the dough for 5 minutes at room temperature. Turn out the dough onto a cutting board. Cut into 10 equal wedges. Arrange the wedges about 2 inches apart on a parchment-lined sheet tray.
8. Bake in the preheated oven until golden brown, 30 to 40 minutes. Remove the pan from the oven. Cool the scones on the pans for 2 minutes. Transfer to cooling racks.
9. Serve the scones warm or at room temperature. Scones can be frozen and stored for up to 4 weeks.

MANGO BLUEBERRY PARFAIT

Yield: 6 portions

Ingredients

Amounts

Yogurt, Greek, plain	3 cups
Lemon, juice, fresh	6 tsp.
Honey	6 tsp.
Mango, medium diced	2 cups
Blueberries, fresh	2 cups
Lemon, zest	as needed

Method

1. In a bowl, place the yogurt, lemon juice, and honey. Mix to combine.
2. In 6 glass ramekins, layer a tablespoon of yogurt, blueberries, then mangoes. Repeat.
3. Garnish with lemon zest.

SHIRRED EGGS

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	3 Tbsp.
Egg, whole	6 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Choose 6 shallow, 4-inch-diameter, fireproof baking-and-serving dishes. Working in small batches, place a dish in a pan of simmering water. Place ½ teaspoon of the butter to each dish. Heat until melted.
2. Add 1 egg to each dish. Cook until the bottom of the egg coagulated in the dish. Remove the dishes from the heat, tilt, and baste the top of each egg with the butter in the dish.
3. Heat broiler to high. Place the dishes on a sheet tray. One minute before service, place the surface of the egg about 1 inch from the broiler element. Slide the dish out every few seconds, tilt, and baste the top of egg with the butter in the dish. Cook until the white is set and the yolk is filmed and glistening.
4. Remove the sheet pan from oven. Season with salt and pepper. Serve immediately.

Source: *The French Chef Cookbook* by Julia Child

LYONNAISE POTATOES

Yield: 8 portions

Ingredients	Amounts
Potato, red, large, thinly sliced	6 ea.
Salt, kosher	1 tsp.
Oil, vegetable	3 Tbsp.
Onion, yellow, sliced	3 cups
Salt, kosher	½ tsp.
Pepper, black, ground	⅛ tsp.
Parsley, flat-leaf, fresh, chopped	2 Tbsp.

Method

1. In a large pot, place the potatoes, salt, and enough cold water to cover by 2 inches. Bring it to a simmer over medium-high heat. Blanch until the potatoes are partially cooked, 6 to 8 minutes. Drain.
2. Return the potatoes to the pot. Cook them over low heat until they stop giving off steam, about 5 minutes. Reserve.
3. Heat the oil in a large skillet over medium-high heat. Add the onions. Sauté, stirring frequently, until very tender and lightly browned, 12 to 15 minutes.
4. Add the blanched potatoes. Season with the salt and pepper. Cook, turning occasionally, until browned and very tender, 5 to 7 minutes.
5. Stir in the chopped parsley. Adjust the seasoning with salt and pepper to taste.
6. Serve very hot.

CHEESE BLINTZES WITH MIXED BERRY SAUCE

Yield: 8 portions

Ingredients	Amounts
Crêpes (Recipe follows)	24 ea.
Mixed Berry Sauce (Recipe follows)	2 cups
Cheese, farmer's	1 cup
Cheese, ricotta, whole milk	1 cup
Cheese, cream, softened	1 cup
Sugar, granulated	¼ cup
Egg, whole	3 ea.
Vanilla, extract	¼ tsp.
Salt, kosher	¼ tsp.
Butter, unsalted	4 Tbsp.

Method

1. Make the Crêpes and the Mixed Berry Sauce. These can be made ahead. Let the crêpes return to room temperature while you make the filling if they have been refrigerated or frozen. Warm the sauce.
2. For the filling, in a medium bowl, place all the cheese and sugar. With a wooden spoon, beat until well blended.
3. Add the eggs, vanilla, and salt. Stir until smooth.
4. To assemble the blintzes, spoon 3 tablespoons of filling on the lower third of each crêpe. Fold the bottom of the crepe over the filling, then fold each of the remaining sides over to make a little package. Repeat for the remaining blintzes.
5. Melt 1 tablespoon butter in a large skillet over medium-low heat. Working in batches of 6, place the blintzes seam side down in the skillet. Sauté until lightly browned and crisp on both sides, about 2 minutes per side. Repeat with the remaining blintzes, adding another tablespoon of butter for each batch.
6. Serve with the warm Mixed Berry Sauce.

CRÊPES

Yield: 8 portions

Ingredients	Amounts
Flour, all-purpose	2 cups
Sugar, granulated	¼ cup
Salt, kosher	½ tsp.
Milk, whole	2 cups
Egg, whole	2 ea.
Butter, unsalted, melted	1 Tbsp.
Vanilla, extract	½ tsp.
Butter, unsalted, melted	as needed

Method

1. In a large bowl, sift together the flour, sugar, and salt. Make a well in the center of the flour mixture.
2. In a small bowl, place the milk, eggs, butter, and vanilla. Stir to combine. Add the milk mixture to the flour mixture. Stir until the batter is just smooth, being careful not to overmix.
3. Let the batter rest in the refrigerator for at least 1 and up to 12 hours. If necessary, strain to remove lumps.
4. Heat a crêpe pan or small skillet over medium-high heat. Brush with melted butter. Add ¼ cup of the batter, swirling and tilting the pan to coat the bottom. Cook until the first side is set and has a little color, about 2 minutes. Adjust the temperature as needed.
5. With a thin metal or heatproof rubber spatula, lift the crêpe and turn it over. Cook on the other side until the crêpe is cooked through, about 1 minute.

MIXED BERRY SAUCE

Yield: 2 cups

Ingredients	Amounts
Raspberries (Divided)	1 ½ cups
Strawberries (Divided)	1 ½ cups
Blueberries (Divided)	1 cup
Sugar, granulated	¾ cup
Lemon, juice, fresh	1 ½ Tbsp.

Method

1. In a medium saucepan, place 1 cup of the raspberries, 1 cup of the strawberries, ¾ cup blueberries, ¾ cup of the sugar, and 1 tablespoon of the lemon juice. Bring to a simmer over medium heat. Simmer until the sugar has dissolved, about 10 minutes.
2. Adjust the sweetness with more sugar to taste. Heat until any added sugar dissolves.
3. With an immersion blender, purée the sauce. Return it to a simmer. Adjust the flavor with lemon juice to taste.
4. Add the remaining ½ cup raspberries, ½ strawberries, and ¼ cup blueberries. Simmer until the sauce is very hot.
5. Serve hot or cold. The sauce will keep, refrigerated, for up to 10 days.

Note: Fresh or frozen berries can be used.

HUEVOS RANCHEROS WITH PICO DE GALLO

Yield: 6 portions

Ingredients	Amounts
Tortilla, corn, 6-inch	6 ea.
Refried Beans (Recipe follows)	20 wt. oz.
Avocado	2 ea.
Lime, juice, fresh	1 Tbsp.
Egg, whole	12 ea.
Butter, unsalted	2 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cheese, Monterey Jack, grated	3 wt. oz.
Pico de Gallo (Recipe follows)	1 pt.
Sour cream	3 wt. oz.
Cilantro, fresh, sprigs	6 ea.

Method

1. Preheat broiler.
2. In a dry, cast-iron skillet, place the tortillas. Toast until lightly browned. Transfer to a sheet pan. Spread each tortilla with $\frac{1}{4}$ cup refried beans. Cover with foil to keep warm. Reserve.
3. Dice the avocados. Transfer to a small bowl. Add the lime juice. Gently toss to prevent the avocados from discoloring. Reserve.
4. Break each egg into a clean cup. In a small pan over medium heat, place the butter. Heat until hot but not smoking. Working in batches, slide the eggs into the pan. Turn down the heat to low. Season with salt and pepper to taste. Cook until the whites are set.
5. Top each prepared tortilla with 2 fried eggs and $\frac{1}{2}$ wt. oz. of the grated Monterey Jack. Heat the tortillas under the broiler to melt the cheese.
6. Serve on a heated platter topped with the avocado, Pico de Gallo, and sour cream. Garnish with the cilantro sprigs.

REFRIED BEANS

Yield: 20 ounces

Ingredients	Amounts
Pork, bacon, med. diced	3 wt. oz.
Onion, yellow, minced	4 ½ wt. oz.
Garlic, minced	1 tsp.
Tomato, plum (Roma), concassé	4 ½ wt. oz.
Beans, pinto, canned, drained	8 wt. oz.
Chili powder	½ tsp.
Cumin, ground	½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Stock, chicken	as needed

Method

1. In a large skillet, place the diced bacon. Render over medium-low heat until crispy.
2. Add the onions. Sauté until translucent, 5 to 7 minutes.
3. Add the garlic. Sauté until aromatic, about 2 minutes.
4. Add the tomatoes. Sauté until softened, 20 to 30 minutes.
5. Add the drained pinto beans. Stir and smash with the back of a wooden spoon. If desired leave some beans whole for additional texture.
6. Add the chili powder and cumin. Stir to combine. Season with salt and pepper to taste. Adjust the consistency with chicken stock as needed.
7. Reserve the beans hot until ready to serve.

PICO DE GALLO

Yield: 1 pint

Ingredients	Amounts
Tomato, plum (Roma), seeded, med. diced	5 ea.
Onion, yellow, small diced	4 wt. oz.
Chile, serrano, seeded, minced	1 ea.
Lime, juice, fresh	1 ½ fl. oz.
Cilantro, fresh, chiffonade	½ wt. oz.
Salt, kosher	to taste

Method

1. In a medium bowl, place all the ingredients. Mix to combine.
2. Adjust the seasoning with salt and additional lime juice to taste.
3. The salsa is ready to serve now, or it may be refrigerated for later use.
4. Serve in a chilled bowl.

POACHED EGGS AND AVOCADO MASH ON SOURDOUGH TOAST

Yield: 6 portions

Ingredients	Amounts
Lemon, juice, fresh	1 tsp.
Onion, red, small diced	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, pure	2 Tbsp.
Avocado, ripe	2 ea.
Bread, sourdough, loaf, ¼-in. sliced	½ ea.
Salt, kosher	as needed
Vinegar, white	¼ cup
Egg, whole	6 ea.
Scallion (Green onion), green only, julienne	2 ea.
Radish, red, julienne	2 ea.

Method

1. Preheat broiler to high.
2. In a medium bowl, place the lemon juice, red onion, salt, and pepper. Macerate until the onion is softened, about 10 minutes.
3. Add the olive oil and avocado. With a fork, mash them together. Reserve.
4. Place the bread slices on a parchment-lined sheet pan. Toast in the preheated broiler until lightly browned. Reserve.
5. In a medium pot, bring 1 gallon of water to a boil. Add the salt and vinegar. Lower the heat to a simmer. Break the eggs into a small cup. Working in batches, gently slide the eggs into the simmering water. Poach, turning occasionally with a slotted spoon, until the whites are firm but the yolks are still soft, 2 to 3 minutes. Remove from the water and drain. Transfer the eggs to a warm plate.
6. Spoon the mashed avocado onto the toasted bread. Top each slice with a poached egg. Garnish with the scallion and radish.

APPLE-FILLED TURNOVERS

Yield: 6 turnovers

Ingredients	Amounts
Puff pastry	$\frac{3}{4}$ lb.
Flour, all-purpose	as needed
Egg, whole	1 ea.
Milk, whole	2 Tbsp.
Apple Filling (Recipe follows)	1 cup
Apricot Glaze (Recipe follows)	4 fl. oz.

Method

1. Preheat oven to 425°F.
2. Dust the puff pastry and a rolling pin lightly with flour. Roll the pastry into a 12 x 8-inch rectangle. Cut it into six 4-inch squares. Place the squares on a parchment-lined sheet pan. Chill in the refrigerator until firm, about 10 minutes.
3. For the egg wash, in a small bowl, whisk together the egg and milk.
4. To assemble the turnovers, remove the puff pastry from the refrigerator. Brush lightly with the egg wash. Place 2 tablespoons of the filling at the center of each square. Fold one corner of the dough over the filling and line it up with the opposite corner of the dough to make a triangle. Press the edges firmly together to seal in the filling. Chill in the refrigerator for 10 minutes.
5. Brush the turnovers lightly with egg wash. Cut a small opening in the center of each turnover to allow steam to vent.
6. Bake in the preheated oven until golden brown, about 20 minutes. Brush with Apricot Glaze. Transfer to cooling racks. Cool completely before plating and serving.

APPLE FILLING

Yield: 1 cup

Ingredients	Amounts
Applejack	½ Tbsp.
Apple, juice	1 fl. oz.
Apple, Granny Smith, peeled, cored, sliced	8 wt. oz.
Sugar, granulated	1 ¼ wt. oz.
Oil, canola	1 ½ Tbsp.
Currants	1 ½ Tbsp.
Orange, zest	½ tsp.
Vanilla, extract	¼ tsp.
Cinnamon, ground	⅛ tsp.
Nutmeg, fresh, grated	1/8 tsp.

Method

1. In a small bowl, combine the applejack and apple juice. Reserve.
2. In a large bowl, place the sliced apples and sugar. Toss to combine. Reserve.
3. Heat the oil in a large sauté pan over medium-high heat. Add the sugared apples in a single layer. Sauté until the apples are golden on both sides, about 2 minutes per side. Return the apples to the large bowl. Reserve.
4. Add the reserved apple juice mixture to the pan, stirring to release the sugar. Add the currants, orange zest, vanilla, cinnamon, and nutmeg. Bring it to a simmer and let it reduce slightly.
5. The filling is ready now or it may cooled for later use.

Note: Apple-flavored brandy can be substituted for the applejack.

APRICOT GLAZE

Yield: ½ cup

Ingredients

Amounts

Apricot, jam	1 ½ fl. oz.
Water	1 ½ fl. oz.
Corn syrup	1 ½ fl. oz.
Brandy	¾ fl. oz.

Method

1. In a saucepan, place all the ingredients. Bring it to a boil over high heat, stirring until the jam is completely melted.
2. Strain the glaze through a wire-mesh sieve into a bowl.
3. Cool to room temperature.
4. The glaze can be stored in a covered container in the refrigerator for up to 3 weeks. If preparing in advance, warm the glaze over low heat until it is thin enough to brush easily.

EGGS EN COCOTTE WITH SAUTÉED MUSHROOMS

Yield: 8 portions

Ingredients	Amounts
Butter, unsalted	2 Tbsp.
Mushroom, white, sliced	6 cups
Salt, kosher	1 ½ tsp.
Pepper, black, ground	½ tsp.
Butter, unsalted, room temp.	as needed
Egg, large	16 ea.
Butter, unsalted	4 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.

Method

1. Preheat oven to 350°F.
2. Bring a large pot of water to a boil.
3. Heat the butter in a large, heavy-bottom skillet over medium-high heat. Add the mushrooms. Season with salt and pepper. Sauté until the mushrooms are golden and aromatic and most of the liquid released by the mushrooms has cooked away, 12 to 15 minutes.
4. Butter the inside of eight, 4-ounce, ceramic ramekins. Set them in a large baking pan. Place the sautéed mushrooms into the ramekins in an even layer.
5. Break 2 eggs into each ramekin. Season with salt and pepper. Top each ramekin with ½ teaspoon of the butter.
6. Add about ½ inch of boiling water to the pan. Cover loosely with aluminum foil. Bake in the preheated oven until the egg whites are opaque and firm and the yolks are set, about 20 minutes. Serve in the ramekins.

POTATO CRÊPES WITH SMOKED SALMON AND CAVIAR

Yield: 8 portions

Ingredients	Amounts
Potato, Yukon Gold	3 ea.
Flour, all-purpose	1/3 cup
Egg, whole	3 ea.
Egg, white	4 ea.
Cream, heavy	1/4 cup
Salt, kosher	1/2 tsp.
Pepper, white, ground	1/8 tsp.
Nutmeg, fresh, grated	1 pinch
Oil, canola	2 Tbsp.
Salmon, smoked, thinly sliced	5 wt. oz.
Crème fraîche	1/2 cup
Caviar	4 Tbsp.
Dill, sprig, fresh	24 ea.

Method

1. Peel the potatoes and cut them into quarters. In a large pot, place the potatoes and enough cold water to cover by 2 inches. Bring it to a boil. Turn down the heat to medium low. Simmer until fork tender, 15 to 20 minutes. Drain in a colander. Return the potatoes to the hot pot. Let them sit until no steam rises from the potatoes. Transfer to a bowl. Mash.
2. Transfer the mashed potatoes to the bowl of a stand mixer fitted with a paddle attachment. Mix on low speed, adding the flour gradually.
3. Add the whole eggs one at a time, mixing thoroughly between each addition.
4. Add the egg whites one at a time, mixing thoroughly between each addition.
5. Adjust the consistency of the potato mixture with the heavy cream until it has a pancake batter consistency.
6. Season with the salt, pepper, and nutmeg.
7. Coat a large sauté pan lightly with oil. Place over medium heat. For each crêpe, place about 2 tablespoons of batter into the pan. Cook until bubbles appear on the surface and the underside is golden brown, about 2 minutes. Turn the crêpe over and cook until the other side is golden brown, about 2 minutes. Hold the finished crêpes in a 150°F oven until service.
8. Serve topped with smoked salmon and crème fraîche. Garnish with caviar and dill.

Note: Sour cream can be substituted for the crème fraîche.

BLUEBERRY MUFFINS

Yield: 24 muffins

Ingredients	Amounts
Cooking spray	as needed
Butter, unsalted	4 Tbsp.
Flour, all-purpose	2 cups
Baking powder	1 Tbsp.
Salt, kosher	½ tsp.
Egg, whole	1 ea.
Sugar, granulated	1 cup
Sour cream	1 ¼ cup
Blueberries, frozen	1 ½ cup

Method

1. Adjust the oven rack to the middle position. Preheat oven to 350°F. Spray a standard muffin tin with nonstick vegetable cooking spray.
2. In a small saucepan, melt the butter. Transfer to a small dish. Cool slightly. Reserve.
3. In a medium bowl, place the flour, baking powder, and salt. Whisk until combined. Reserve.
4. In a separate medium bowl, place the egg. Mix until well combined and lightly colored, about 20 seconds.
5. Add the sugar. Whisk vigorously until thick and homogeneous, about 30 seconds.
6. Add the reserved melted butter in 2 steps, whisking to combine after each addition.
7. Add the sour cream in 2 steps, whisking just to combine. Reserve.
8. Add the frozen blueberries to the bowl with the reserved flour mixture. Gently toss to combine.
9. With a rubber spatula, fold in the sour cream mixture until the batter comes together and berries are evenly distributed, 25 to 30 seconds. There should be no large pockets of flour in the finished batter, but small occasional sprays can remain. Do not over mix.
10. Use a large spoon to drop the batter into the greased muffin tin. Bake in the preheated oven until light golden brown and a toothpick inserted into the center of a muffin comes out clean, 25 to 30 minutes. Rotate the pan from front to back halfway through the baking time.
11. Remove the tin from the oven. Invert the muffins onto a wire rack, stand the muffins upright, and cool for 5 minutes.

DAY TWO: SOUPS AND SAUCES

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Onion Gratinée Soup
Purée of Split Pea Soup
Red Pepper Coulis

TEAM TWO

Black Bean Soup
Egg Drop Soup
Spicy Mango Chutney

TEAM THREE

Minestrone Genovese Soup
Pacific Seafood Chowder
Cranberry-Orange Compote

TEAM FOUR

New England Clam Chowder
Wild Mushroom and Barley Soup
Fresh Tomato Sauce

ONION GRATINÉE SOUP

Yield: 2 quarts

Ingredients	Amounts
Parsley, flat-leaf, stem, fresh	2 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, dried	¼ tsp.
Butter, clarified	1 wt. oz.
Onion, yellow, thinly sliced	2 ½ lb.
Stock, beef, white	2 qt.
Brandy, Calvados	2 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Bread, French, slice	10 ea.
Cheese, Gruyère, sliced	5 wt. oz.

Method

1. For the sachet d'épices, in the middle of a square of cheesecloth, place the parsley, bay leaf, peppercorns, and thyme. Gather the sides together to form a pouch and tie it closed with cooking twine. Reserve.
2. Heat the clarified butter in a large soup pot over moderate heat. Add the onions. Sauté, stirring occasionally, until deep golden brown, 40 to 45 minutes. Add a little stock, if necessary, to prevent the onions from burning.
3. Add the calvados. Stir to deglaze the pot. Reduce until the liquid has a syrupy consistency.
4. Add the remaining stock and the sachet.
5. Simmer until the soup is properly flavored, 20 to 25 minutes. The soup is ready to serve now, or it may be rapidly cooled and stored.
6. Adjust the seasoning with salt and pepper to taste. Portion into heated bowls or cups.
7. Garnish each portion with a slice of French bread. Top with grated Gruyère. Place the bowls under a broiler until the tops are lightly browned.

PURÉE OF SPLIT PEA SOUP

Yield: 2 quarts

Ingredients	Amounts
Oil, vegetable	1 fl. oz.
Pork, bacon, minced	1 wt. oz.
Onion, yellow, small diced	4 wt. oz.
Celery, small diced	2 wt. oz.
Carrot, small diced	2 wt. oz.
Garlic, minced	1 tsp.
Stock, chicken	2 qt.
Potato, chef's, peeled, large diced	8 wt. oz.
Peas, split, green	1 lb.
Pork, ham hock	½ ea.
Bay leaf, dried	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Croutons	8 wt. oz.

Method

1. Heat the oil in a small skillet over medium heat. Add the minced bacon. Render until crispy. Remove the bacon and reserve.
2. In the same pan with the oil, add the onion, celery, and carrot. Cook until the onions become transparent, 10 to 12 minutes.
3. Add the garlic. Cook for 1 minute. Do not brown.
4. Add the stock, potatoes, split peas, ham hock, and bay leaf. Bring it to a simmer. Cook until the peas are tender, about 45 minutes. Discard the bay leaf. Remove the ham hock, small dice, and reserve.
5. With an immersion blender, purée until smooth.
6. Return the diced ham hock to the pan. Season with salt and pepper to taste.
7. Return the soup to a boil. Garnish with the bacon bits and croutons.

RED PEPPER COULIS

Yield: 1 pint

Ingredients	Amounts
Oil, olive, extra virgin	½ fl. oz.
Shallot, minced	¼ wt. oz.
Pepper, bell, red, peeled, seeded, chopped	¾ lb.
Salt, kosher	to taste
Pepper, black, ground	to taste
Wine, white, dry	2 fl. oz.
Stock, chicken	4 fl. oz.
Cream, heavy (Optional)	1 ½ fl. oz.

Method

1. Heat the olive oil in a small saucepot over medium-low heat. Add the shallots. Sweat, stirring frequently, until tender, about 2 minutes.
2. Add the peppers. Sweat until very tender, about 12 minutes. Season with salt and pepper to taste.
3. Add the wine. Deglaze the pan, scraping up any browned bits, until the wine reduces until nearly evaporated (*à sec*).
4. Add the stock. Simmer until it reduces by half.
5. With an immersion blender, purée until very smooth.
6. Add the cream, if desired. Adjust the seasoning with salt and pepper to taste.

BLACK BEAN SOUP

Yield: 2 quarts

Ingredients	Amounts
Cumin, seeds	1 tsp.
Ginger, fresh, 1-in. sliced	1 ea.
Chile, hot, dried	1 ea.
Parsley, flat-leaf, stem, fresh	5 ea.
Beans, black, dried, sorted	1 lb.
Oil, olive, extra virgin	3 fl. oz.
Garlic, minced	4 tsp.
Leek, whites and greens, finely diced	8 wt. oz.
Onion, yellow, finely diced	5 ½ wt. oz.
Stock, vegetable	2 qt.
Lemon, zest, grated	1 ea.
Lemon, juice, fresh	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Sour cream	8 fl. oz.
Tomato, plum (Roma), med. diced	2 ¾ wt. oz.
Scallion (Green onion), green only, sliced	⅔ wt. oz.

Method

1. For the sachet d'épices, in the middle of a square of cheesecloth, place the cumin, ginger, chile, and parsley. Gather the sides together to form a pouch and tie it closed with cooking twine. Reserve.
2. In a large pot, place the beans. Add enough water to cover them by 3 inches. Bring it to a boil, then remove the pot from the heat.
3. Cover the pot and let the beans soak for 1 hour. Drain, rinse in cold water, and reserve.
4. Heat the olive oil in a large soup pot over medium heat. Add the garlic, leeks, and onions. Cover the pot and cook, stirring occasionally, until the vegetables are translucent, about 10 minutes.
5. Add the soaked beans, stock, and sachet. Bring it to a simmer. Cover the pot and simmer until the beans are tender, 1 to 1 ½ hours. With a wooden spoon, stir occasionally to prevent the beans from sticking to the bottom of the pot.
6. Remove and discard the sachet. Strain the solids, reserving the liquid. In a blender, purée the solids, adding some of the reserved liquid as needed to help the beans move. Return the

puréed solids to the pot, adjusting its consistency with the reserved cooking liquid. Bring it back to a simmer. If the soup is too thick, add a little broth and stir well.

7. Just before serving, stir in the lemon juice and grated lemon zest. Season with salt and pepper to taste. Serve in heated bowls, garnished with sour cream, tomato, and green onions.

Note: Plain yogurt can be substituted for the sour cream.

EGG DROP SOUP

Yield: 2 quarts

Ingredients	Amounts
Oil, vegetable	1 Tbsp.
Scallion (Green onion), green only, thinly sliced (Divided)	$\frac{2}{3}$ wt. oz.
Ginger, fresh, minced	1 $\frac{1}{2}$ tsp.
Stock, chicken	2 qt.
Salt, kosher	to taste
Pepper, white, ground	to taste
Cornstarch	1 $\frac{1}{4}$ wt. oz.
Water, cold	2 Tbsp.
Egg, whole, beaten	2 ea.

Method

1. Heat the oil in a large soup pot over medium-high heat. Add 1 tablespoon of the scallions and the ginger. Sauté until softened, about 1 minute.
2. Add the stock. Bring to a boil. Season with the salt and pepper to taste.
3. For the slurry, in a small bowl, whisk together the cornstarch and water. Stir in about half of the slurry to the soup, stirring constantly. Continue to stir the soup until it returns to a simmer and thickens. Continue to add small amounts of the slurry, allowing the soup to return to a simmer between each addition until the proper consistency is reached.
4. While slowly stirring, add the beaten eggs, breaking the eggs into pieces as they coagulate.
5. Garnish with the remaining scallions.

SPICY MANGO CHUTNEY

Yield: 1 pint

Ingredients	Amounts
Mango, chopped	1 lb.
Raisins, Thompson	3 wt. oz.
Chile, jalapeño, minced	¼ wt. oz.
Garlic, minced	½ wt. oz.
Ginger, fresh, minced	1 Tbsp.
Sugar, brown, dark	5 wt. oz.
Vinegar, wine, white	1 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Turmeric, ground	1 tsp.

Method

1. In a medium bowl, place the chopped mango, raisins, jalapeños, garlic, ginger, and brown sugar. Gently mix to combine. Refrigerate for 24 hours.
2. In a large saucepan, place the chilled mango mixture and vinegar. Bring it to a simmer. Cook, stirring occasionally, for 15 minutes.
3. Season with salt and pepper to taste. Simmer for 10 minutes.
4. Add the turmeric. Simmer for 5 minutes.
5. The chutney is ready to serve now, or it may be transferred to a storage container and refrigerated for up to 2 weeks.

MINISTRONE GENOVESE SOUP

Yield: 2 quarts

Ingredients	Amounts
Pork, salt pork	1 wt. oz.
Oil, olive, extra virgin	1 fl. oz.
Onion, yellow, paysanne cut	8 wt. oz.
Celery, paysanne cut	4 wt. oz.
Carrot, paysanne cut	4 wt. oz.
Pepper, bell, green, paysanne cut	4 wt. oz.
Cabbage, green, paysanne cut	4 wt. oz.
Garlic, minced	¼ wt. oz.
Tomato, plum (Roma), concassé	8 wt. oz.
Stock, chicken	2 qt.
Salt, kosher	to taste
Pepper, black, ground	to taste
Chickpeas, cooked	2 wt. oz.
Peas, black-eyed, cooked	3 wt. oz.
Pasta, ditalini, dried	3 wt. oz.
Cheese, Parmesan, grated	2 ½ wt. oz.
Pesto (Recipe follows)	8 wt. oz.

Method

1. Heat in the oil in a large soup pot over medium heat. Add the salt pork. Render until the fat melts, about 15 minutes. Do not brown.
2. Add the paysanne cut onions, celery, carrots, peppers, cabbage, and garlic. Sweat until the onions are translucent.
3. Add the tomato concassé and stock. Season with salt and pepper to taste. Simmer until the vegetables are tender, 25 to 30 minutes. Do not overcook.
4. Bring a large pot of salted water to a boil. Add the ditalini. Cook until tender but still firm to the bite (*al dente*), 8 to 10 minutes. Drain. Add to the soup.
5. Add the chickpeas and black-eyed peas. Simmer for 10 minutes.
6. Adjust the seasoning with salt and pepper to taste. Garnish with the Parmesan and Pesto.

PESTO

Yield: 8 ounces

Ingredients	Amounts
Pine nuts (Pignoli), toasted	3 Tbsp.
Basil, sweet, leaves, fresh	2 wt. oz.
Garlic, paste	¼ wt. oz.
Salt, kosher	¼ Tbsp.
Oil, olive, extra virgin	4 fl. oz.
Cheese, Parmesan, grated	2 wt. oz.
Salt, kosher	to taste

Method

1. 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.
2. Rinse the basil well, dry thoroughly, and chop coarsely.
3. Transfer the basil to a food processor. Add the basil, pine nuts, garlic, and salt. Process for 30 seconds.
4. Processes, gradually adding the olive oil, until it forms a thick paste with a sauce-like consistency. (You may not need all the oil.)
5. Just before serving, stir in the Parmesan cheese. Adjust the seasoning with salt to taste.

PACIFIC SEAFOOD CHOWDER

Yield: 2 quarts

Ingredients	Amounts
Garlic, clove, crushed	1 ½ ea.
Ginger, fresh, peeled	½ wt. oz.
Lemongrass, stalk, 1-in. pieces	2 ½ ea.
Lime, makrut, leaf	6 ea.
Wine, white, dry	6 fl. oz.
Clam, juice	32 fl. oz.
Coconut, milk	24 fl. oz.
Cream, heavy, hot	4 fl. oz.
Red curry paste	1 wt. oz.
Cornstarch	½ wt. oz.
Snapper, fillet, skinned, med. diced	8 wt. oz.
Shrimp, peeled, deveined, med. diced	8 wt. oz.
Lemon, juice, fresh	1 ½ ea.
Salt, kosher	to taste
Basil, sweet, fresh, chiffonade	½ wt. oz.

Method

1. For the sachet d'épices, in the middle of a square of cheesecloth, place the garlic, ginger, lemongrass, and lime leaves. Gather the sides together to form a pouch and tie it closed with cooking twine.
2. In a large non-reactive pot, place the wine and the sachet. Bring it to a boil, then lower the heat and simmer for 10 minutes.
3. Add the clam juice, coconut milk, and cream. Return it to a simmer.
4. Stir in the curry paste.
5. For the slurry, in a small bowl, whisk together the cornstarch and enough cold water to achieve the consistency of heavy cream. Gradually stir in just enough slurry to produce a light body. Cook for 5 minutes until the soup thickens.
6. Remove and discard the sachet. Bring the chowder to a boil. Add the snapper and the shrimp. Cook until the seafood is cooked through, 5 to 7 minutes.
7. Season with lemon juice and salt to taste. Garnish with the basil. Serve in heated bowls.

CRANBERRY-ORANGE COMPOTE

Yield: 1 pint

Ingredients	Amounts
Orange, zest	2 wt. oz.
Cranberries	1 lb.
Orange, juice, concentrate	6 fl. oz.
Water	as needed
Sugar, granulated	to taste

Method

1. In a small saucepan, place enough water to cover the zest. Bring it to a rolling boil. Add the orange zest. Boil for 30 seconds. (This brief heat shock loosens bitter compounds and softens the zest.) With a strainer, transfer the zest to an ice water bath to stop the cooking process. Drain and dry on paper towels. Reserve.
2. In a small saucepan, place the cranberries, orange juice, and enough water to just cover the berries. Stir to combine.
3. Add sugar to taste. Simmer over medium heat until the cranberries soften and the liquid thickens.
4. Stir in the reserved, blanched orange zest. Serve hot.

NEW ENGLAND CLAM CHOWDER

Yield: 2 quarts

Ingredients	Amounts
Clam, chowder	36 ea.
Wine, white, dry	1 pt.
Water	1 pt.
Pork, bacon, slice, minced	2 ea.
Onion, yellow, diced	1 ea.
Celery, diced	2 wt. oz.
Flour, all-purpose	2 Tbsp.
Potato, yellow, peeled, small diced	4 ea.
Cream, heavy	1 ½ pt.
Sherry, dry	3 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Tabasco sauce	to taste
Worcestershire sauce	to taste
Crackers, oyster	as needed

Method

1. Scrub the clams well under running water. In a large pot, place the clams, wine, and water. Cover the pot tightly and steam over medium heat until the clams open, 7 to 10 minutes. Discard any clams that do not open. Reserve the cooking liquid. Cut the larger clams in half. Reserve.
2. In a large soup pot, place the bacon. Turn the heat to medium. Render until lightly crisp and the fat melts, about 7 minutes.
3. Add the onion and celery. Cook, stirring occasionally, until the onion is translucent, 4 to 6 minutes.
4. Add the flour. Turn down the heat to low. Cook, stirring occasionally, for 3 minutes.
5. Whisk in 1 ½ pints of the reserved cooking liquid. Bring it to a simmer. Cook, stirring occasionally, until it thickens to the consistency of heavy cream, about 5 minutes. If too thick, add more cooking liquid.
6. Add the potatoes. Simmer until they are tender and can easily be pierced with a fork, about 20 minutes.
7. Add the clams and cream. Simmer for 5 minutes.
8. Stir in the sherry. Season to taste with salt, pepper, Tabasco, and Worcestershire sauce. Serve in heated bowls with the crackers on the side.

WILD MUSHROOM AND BARLEY SOUP

Yield: 6 portions

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

Method

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

Note: For richer flavor, add heavy cream or chicken stock when thinning the soup in step 5.

FRESH TOMATO SAUCE

Yield: 1 quart

Ingredients	Amounts
Oil, olive, extra virgin	1 fl. oz.
Onion, yellow, diced	2 wt. oz.
Garlic, thinly sliced	½ wt. oz.
Tomato, plum (Roma), cored, chopped	3 lb.
Basil, sweet, leaves, fresh, torn	¾ wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the olive oil in a rondeau over medium heat. Add the onions and sauté, stirring occasionally, until they take on a light golden color, about 12 to 15 minutes.
2. Add the garlic. Sauté, stirring often, until aromatic, about 1 minute.
3. Add the tomatoes. Bring it to a simmer and turn down the heat to low. Cook, stirring occasionally, until a sauce-like consistency develops, about 45 minutes.
4. Add the basil. Simmer until the basil flavor infuses the sauce, 2 to 3 minutes. Season with salt and pepper to taste.
5. The sauce is ready to finish now. It may be puréed through a food mill fitted with a coarse disk or broken up with a whisk to make a rough purée, or left chunky.

DAY THREE: SALADS, SANDWICHES, AND ACCOMPANIMENTS

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Seasonal Greens with Thousand Island Dressing

Reuben Sandwich

French Fries with Tomato Ketchup

TEAM TWO

Grilled Vegetable and Cheese Sandwich

Warm Bulgur Salad

Baked Steak Fries

TEAM THREE

Seasonal Greens with Warm Apple Cider-Bacon Vinaigrette

Southwestern Grilled Chicken Wrap

Southwestern Slaw

TEAM FOUR

Caesar Salad

Club Sandwich

Onion Rings

SEASONAL GREENS WITH THOUSAND ISLAND DRESSING

Yield: 1 pint

Ingredients	Amounts
Egg, whole	2 ea.
Mayonnaise	12 fl. oz.
Chili sauce	3 fl. oz.
Ketchup	1 fl. oz.
Worcestershire sauce	$\frac{3}{4}$ tsp.
Tabasco sauce	$\frac{3}{4}$ tsp.
Onion, yellow, minced	2 wt. oz.
Garlic, minced	1 tsp.
Relish, sweet pickle	1 $\frac{1}{2}$ wt. oz.
Lemon, juice, fresh	to taste
Salt, kosher	to taste
Pepper, black, ground	to taste
Salad greens	1 $\frac{1}{2}$ lb.

Method

1. In a small saucepan, place the eggs. Add enough cold water to cover by 1 inch. Bring it to a boil. Remove the pan from the heat. Let it sit, covered, for 12 minutes. Transfer to an ice water bath and cool for 10 minutes. Peel. Finely chop.
2. For the dressing, in a small bowl, place the chopped eggs, the mayonnaise, chili sauce, ketchup, Worcestershire sauce, Tabasco sauce, onions, garlic, relish, salt, lemon juice, and pepper. Mix well. Adjust the seasoning to taste.
3. In a large bowl, place the greens and enough dressing to lightly coat the leaves. Toss to combine.
4. Serve in a chilled bowl.

REUBEN SANDWICH

Yield: 10 portions

Ingredients	Amounts
Onion, yellow, minced	2 wt. oz.
Mayonnaise	18 wt. oz.
Chili sauce	6 fl. oz.
Horseradish	1 ½ wt. oz.
Worcestershire sauce	1 ½ tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Bread, rye, slice	20 ea.
Butter, unsalted	6 wt. oz.
Cheese, Swiss, thinly sliced	15 wt. oz.
Beef, corned, brisket, thinly sliced	2 lb.
Sauerkraut	20 wt. oz.

Method

1. Preheat broiler to high.
2. Bring a small pot of salted water to a boil. Add the minced onion. Blanch until softened but still firm, 1 to 2 minutes. Transfer to an ice water bath to stop the cooking process. Drain well.
3. For the dressing, in a small bowl, place the blanched, minced onion, mayonnaise, chili sauce, horseradish, and Worcestershire sauce. Mix well. Season with salt and pepper to taste. Reserve.
4. For each sandwich, butter the slices of bread. On a sheet pan, place the slices butter side down. Layer the cheese, Russian dressing, a thin layer of corned beef, and the sauerkraut on 1 slice of bread. Top with another layer of Russian dressing and a second slice of cheese. Cover the sandwich with a second slice of bread.
5. Grill the sandwich until golden brown on both sides. Finish in the broiler until the cheese melts, the crust is crisp, and the filling is heated through, 2 to 3 minutes. Serve immediately.

Note: Blanching is a cooking technique that involves briefly immersing vegetables in boiling water or steam, followed by an immediate plunge into ice water. This process softens the texture, mellows strong flavors, brightens the color, and halts enzyme activity that can lead to deterioration during storage.

FRENCH FRIES

Yield: 10 portions

Ingredients

Potato, russet
Oil, vegetable
Salt, kosher

Amounts

4 lb.
as needed
as needed

Method

1. Heat the oil to 325°F.
2. Peel the potatoes, cut into the desired shape, and hold in cold water until ready to fry. Rinse, drain, and dry thoroughly.
3. Working in batches, add the potatoes. Blanch until just tender but not browned. The time will vary according to the size of the cuts. Drain well.
4. Preheat the oil to 375°F.
5. Just before service, return the potatoes to the oil. Fry until golden brown and cooked through. Drain well.
6. Season with salt to taste. Serve immediately.

TOMATO KETCHUP

Yield: 1 quart

Ingredients	Amounts
Sugar, granulated	3 ½ wt. oz.
Onion, yellow, minced	3 wt. oz.
Garlic, minced	1 Tbsp.
Tomato, plum (Roma), crushed, canned	3 qt.
Pepper, bell, red, roasted, chopped	2 ea.
Vinegar, balsamic	4 fl. oz.
Vinegar, wine, red	8 fl. oz.
Chile, cayenne, ground	as needed

Method

1. In a heavy-bottomed saucepan over medium heat, place the sugar. Cook until it turns an amber color.
2. Add the onions, garlic, tomatoes, and roasted red peppers. Cook until the onions are translucent, 5 to 10 minutes.
3. Add the balsamic and red wine vinegar. Reduce until thickened, about 20 minutes. Season with cayenne to taste. (The heat from the cayenne should be mild.)
4. Strain the mixture through a fine sieve. Transfer to a clean storage container.

Note: Ketchup can be refrigerated up to 2 weeks.

GRILLED VEGETABLE AND CHEESE SANDWICH

Yield: 10 portions

Ingredients	Amounts
Mayonnaise	5 wt. oz.
Chive, fresh, chopped	1/8 wt. oz.
Dill, fresh, chopped	1/8 wt. oz.
Parsley, flat-leaf, fresh, chopped	1/8 wt. oz.
Basil, sweet, fresh, chopped	1/8 wt. oz.
Salt, kosher	as needed
Pepper, black, ground	as needed
Bread, whole wheat, slice	20 ea.
Eggplant, sliced, grilled	10 wt. oz.
Pepper, bell, green, roasted, julienned	3 wt. oz.
Pepper, bell, red, roasted, julienned	3 wt. oz.
Tomato, beefsteak, slice	20 ea.
Cheese, Monterey Jack, thinly sliced	10 wt. oz.
Butter, unsalted, room temp.	4 wt. oz.

Method

1. Preheat oven to 350°F.
2. For the herb mayonnaise, in a small bowl, place the mayonnaise, chives, dill, parsley, and basil. Season with salt and pepper to taste. Reserve.
3. For each sandwich, spread 2 slices of bread with the mayonnaise mixture. Top one slice with eggplant, peppers, tomatoes, and cheese. Top with a second slice of bread. Brush the outside of the sandwich with butter.
4. Lightly butter a griddle and place over medium heat. Cook the sandwiches until golden brown and crisp.
5. Transfer the sandwiches to the preheated oven. Bake until the cheese melts.
6. Slice the sandwiches in half. Serve immediately.

WARM BULGUR SALAD

Yield: 6 portions

Ingredients	Amounts
Bulgur	½ lb.
Water, boiling	1 ½ pt.
Lentils, green	½ lb.
Water	1 ½ pt.
Pearled couscous	3 wt. oz.
Salt, kosher	¼ tsp.
Vinegar, wine, red	2 Tbsp.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Oil, olive, extra virgin	2 fl. oz.
Parsley, flat-leaf, fresh, minced	1 wt. oz.
Chickpeas, canned, drained, rinsed	½ lb.
Tomato, sun-dried, minced	4 ea.

Method

1. In a large bowl, place the bulgur. Add the boiling water. Let it stand until softened, about 45 minutes. Drain well. Reserve.
2. In a medium pot, place the lentils and enough cold water to cover. Bring it to a simmer. Cook until tender, about 20 minutes. Drain and reserve.
3. Bring the water to a boil. Add the pearled couscous and salt. Cook until tender, 10 to 12 minutes. Drain and reserve.
4. For the dressing, in a small bowl, place the vinegar, salt, and pepper. Mix to combine. Gradually add the olive oil, whisking constantly until incorporated. Add the parsley. Reserve.
5. In a large bowl, combine the bulgur, lentils, couscous, chickpeas, and sun-dried tomatoes. Add the dressing. Toss to combine. Season with salt and pepper to taste.
6. Serve warm in a heated bowl.

BAKED STEAK FRIES

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	1 fl. oz.
Garlic, powder	½ tsp.
Onion, powder	½ tsp.
Paprika, ground	¼ tsp.
Salt, kosher	2 tsp.
Pepper, black, ground	¼ tsp.
Potato, russet, cut into wedges	2 ½ lb.

Method

1. Preheat oven to 375°F.
2. For the seasoning, in a large bowl, place the olive oil, garlic powder, onion powder, paprika, salt, and pepper. Mix well to combine.
3. Add the potato wedges. Toss to coat the potatoes evenly with the seasoning.
4. Arrange the seasoned potatoes on a parchment-lined sheet tray. Bake in the preheated oven until cooked through and golden brown, 30 to 45 minutes.
5. Serve on a heated platter.

SEASONAL GREENS WITH WARM APPLE CIDER-BACON VINAIGRETTE

Yield: 6 portions

Ingredients	Amounts
Pork, bacon	¼ lb.
Apple, cider	4 fl. oz.
Vinegar, cider, apple	1 ½ fl. oz.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Oil, vegetable	4 fl. oz.
Tarragon, fresh, minced	1 ½ tsp.
Honey	2 tsp.
Salad greens	1 ½ lb.

Method

1. For the dressing, in a medium sauté pan, place the bacon. Render over medium heat until crisp on both sides. Remove the bacon and drain on a wire rack. Mince and reserve. Reserve 6 fl. oz. of the bacon fat from the pan. (If necessary, add enough vegetable oil to make up the difference.)
2. In a small saucepan, place the cider. Bring it to a simmer. Cook until the cider reduces by ½.
3. Add the reserved, minced bacon, vinegar, salt, pepper.
4. Slowly whisk the reserved bacon fat into the cider reduction.
5. Stir in the tarragon and honey. Adjust the seasoning with salt and pepper to taste.
6. In a large bowl, place the salad greens. Add the dressing. Toss to lightly coat the greens.
7. Serve in a chilled bowl.

SOUTHWESTERN GRILLED CHICKEN WRAP

Yield: 6 portions

Ingredients	Amounts
Cumin, ground	1 tsp.
Garlic, powder	1 tsp.
Onion, powder	1 tsp.
Salt, kosher	2 tsp.
Pepper, black, ground	2 tsp.
Chicken, breast, boneless, skinless	1 ½ lb.
Avocado	2 ea.
Lime, juice, fresh	2 Tbsp.
Tortilla, flour, 10-in. diameter	6 ea.
Black Bean Spread (Recipe follows)	1 ½ lb.
Pepper, bell, red, seeded, stemmed, julienne	1 ea.
Onion, red, thinly sliced	½ ea.
Tomato, plum (Roma), med. diced	1 ea.
Olive, black, pitted, sliced	3 wt. oz.
Cilantro, bunch, fresh, chopped	1 ea.
Cheese, Cheddar, grated	¾ lb.
Chile, jalapeño, minced	1 ea.

Method

1. Preheat gas grill to high.
2. For the seasoning, in a large bowl, place the cumin, garlic powder, onion powder, salt, and pepper. Mix well to combine.
3. Add the chicken breast. Toss to evenly coat the chicken in the seasoning.
4. Grill the seasoned chicken, turning once, until cooked through with an internal temperature of 165°F. Chill in the refrigerator for 30 minutes. Cut into strips. Reserve.
5. Peel the avocados and cut each into 12 slices. Transfer to a small bowl. Add the lime juice. Toss gently. (This will help prevent discoloration.)
6. To prepare the wraps, spread each tortilla with 4 wt. oz. of the Black Bean Spread. Divide the bell pepper, red onion, tomato, black olive, cilantro, cheddar cheese, jalapeño, chicken, and avocados evenly between the tortillas. Roll the tortilla around the ingredients tightly enough so that the wrap will hold its shape.
7. Cut each wrap in half on the bias. Serve on a chilled platter.

Note: If using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed. Clean the cooking grate.

BLACK BEAN SPREAD

Yield: 6 portions

Ingredients	Amounts
Beans, black, canned, drained	¾ lb.
Onion, yellow, diced	2 wt. oz.
Tomato, plum (Roma), med. diced	3 wt. oz.
Cilantro, fresh, chopped	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cumin, ground	1 tsp.
Chili powder	1 tsp.

Method

1. In a medium soup pot, place the drained beans. Add just enough water to cover. Bring it to a boil and then lower to a simmer.
2. Add the remaining ingredients. Simmer for 10 minutes.
3. Drain the beans, reserving the cooking liquid. Chill the beans and the liquid in the refrigerator.
4. In a food processor, purée the beans, adding just enough of the cooking liquid to make a soft, spreadable purée.
5. Adjust the seasoning with salt and pepper to taste.
6. Reserve, refrigerated, until ready to use.

SOUTHWESTERN SLAW

Yield: 6 portions

Ingredients	Amounts
Cabbage, green, finely shredded	2 cups
Lime, juice, fresh	2 tsp.
Honey	2 tsp.
Onion, red, minced	2 Tbsp.
Chile, jalapeño, minced	2 tsp.
Cilantro, fresh, chopped	2 tsp.
Salt, kosher	to taste

Method

1. In a medium bowl, place all the ingredients. Toss to combine.
2. Marinate for at least 30 minutes and up to 8 hours before serving.

CAESAR SALAD

Yield: 6 portions

Ingredients	Amounts
Garlic, paste	½ wt. oz.
Anchovy, fillet	10 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Egg, whole, pasteurized	4 wt. oz.
Lemon, juice, fresh	4 fl. oz.
Oil, olive, extra virgin	20 fl. oz.
Bread, multigrain, medium diced	3 wt. oz.
Oil, olive, pure	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lettuce, Romaine, chopped	1 ½ lb.
Cheese, Parmesan, grated	6 wt. oz.

Method

1. For the dressing, in a small bowl, place the garlic, anchovy fillet, salt, and pepper. With a fork, mash to form a paste.
2. Add the egg and lemon juice. Mix well to blend.
3. Gradually add the olive oil, whisking constantly until a thick dressing forms.
4. Refrigerate until ready to use.
5. Preheat oven to 325°F.
6. For the croutons, in a medium bowl, place the diced bread, olive oil, salt, and pepper. Toss to lightly coat the bread. Arrange the seasoned croutons in a single layer on a sheet pan. Toast in the preheated oven, turning the croutons once, until golden brown, 10 to 15 minutes. Reserve.
7. To assemble, in a large bowl, place the lettuce and parmesan cheese. Add enough dressing to lightly coat the lettuce. Toss to combine.
8. Serve in a chilled bowl, garnished with the croutons.

CLUB SANDWICH

Yield: 10 sandwiches

Ingredients	Amounts
Bread, Pullman, slice, ¼-in. thick	30 ea.
Mayonnaise	6 wt. oz.
Lettuce, red leaf, leaf	20 ea.
Turkey, thinly sliced	20 wt. oz.
Ham, thinly sliced	20 wt. oz.
Tomato, beefsteak, slice	20 ea.
Pork, bacon, strip, cooked, cut in half	20 ea.

Method

1. Toast the slices of bread.
2. For each sandwich, spread 1 tsp. of mayonnaise on 1 piece of toast. Layer a lettuce leaf and 2 oz. each of turkey and ham on the toast.
3. Spread 1 tsp. of mayonnaise on both sides of another slice of toast and place on top of the ham. Top with another lettuce leaf, 2 tomato slices, and 2 bacon slices (4 halves).
4. Spread 1 tsp. mayonnaise on 1 more slice of toast, and place it on the bacon, mayonnaise side down. Place it on top of the bacon.
5. Secure the sandwich with sandwich picks. Cut the sandwich into quarters.

ONION RINGS

Yield: 10 portions

Ingredients	Amounts
Onion, yellow	5 ea.
Buttermilk	1 pt.
Flour, all-purpose	1/2 lb.
Salt, kosher	1 1/2 tsp.
Chile, cayenne, ground	3/4 tsp.
Cumin, ground	3/4 tsp.
Pepper, white, ground	1/4 tsp.

Method

1. Heat fryer to 350°F.
2. Using an electric slicer, cut the onions into 1/8-inch-thick slices. Transfer the onions to a medium bowl.
3. Add the buttermilk. Soak for 15 minutes. Drain.
4. For the seasoned flour, in a medium bowl, combine the flour, salt, cayenne, cumin, and white pepper.
5. Dredge the onions in the seasoned flour.
6. Working in batches, using a spider, carefully place the onion rings into the hot oil. As the onion rings heat, they will sink to the bottom and then float to the surface. Once at the surface, gently flip to promote even browning and crispness. (This is called the *Swimming Method*.) Deep fry until golden brown. Drain well.
7. Serve immediately.

DAY FOUR: COOKING METHODS

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Roast Chicken with Pan Gravy
Gaufrette Potatoes
Cranberry Relish
Sautéed Sugar Snap Peas

TEAM TWO

Braised Short Ribs
Polenta
Steamed Broccoli
Sautéed Mushrooms

TEAM THREE

Sautéed Beef with Marsala Sauce
Broccoli and Cheddar Fritters
Fresh Egg Pasta
Glazed Root Vegetables

TEAM FOUR

Stir-Fried Beef with Green Beans and Carrots
Sautéed Red and Yellow Peppers
Steamed Long-Grain Rice
Grilled Zucchini

ROAST CHICKEN WITH PAN GRAVY

Yield: 6 portions

Ingredients	Amounts
Chicken, whole, 3 ½ lb.	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	1 Tbsp.
Onion, yellow, diced	1 wt. oz.
Carrot, diced	½ wt. oz.
Celery, diced	½ wt. oz.
Flour, all-purpose	½ wt. oz.
Stock, chicken	1 ¼ pt.
Garlic, clove, crushed	1 ea.
Thyme, fresh, chopped	1 ½ tsp.
Rosemary, fresh, chopped	1 tsp.
Bay leaf, dried	1 ea.
Chervil, fresh, sprigs	4 ea.

Method

1. Preheat oven to 450°F.
2. Season chicken with salt and pepper. Rub skin with oil and truss with twine. Transfer to a rack in a roasting pan. Roast in the preheated oven for 20 minutes.
3. Lower the oven temperature to 325°F. Add the onion, carrots, and celery. Roast until the thigh meat registers an internal temperature of 160°F.
4. Remove the pan from the oven. Transfer the chicken to a platter. Reserve.
5. Place the roasting pan on the stovetop over medium-low heat. Cook until the mirepoix caramelizes and the fat is clear. Discard all but 1 ounce of fat from the pan.
6. Add the flour. Cook, stirring constantly, until the mixture turns a light golden color but does not darken further, 5 to 7 minutes (*blond roux*).
7. Add the stock, garlic, thyme, rosemary, bay leaf, and chervil. Whisk until smooth. Simmer until it develops a sauce-like consistency and full flavor.
8. Degrease thoroughly. Strain through a fine chinois. Adjust the seasonings to taste.

GAUFRETTE POTATOES

Yield: 6 portions

Ingredients	Amounts
Potato, russet, peeled	2 lb.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat fryer to 375°F.
2. Slice the potatoes with a thin waffle cut on a mandoline. (See Chef demo.) Hold in cold water until ready to fry.
3. Drain the potatoes and blot dry.
4. Working in batches, using a spider, carefully place the potato slices into the hot oil. As the slices heat, they will sink to the bottom and then float to the surface. Once at the surface, gently flip to promote even browning and crispness. (This is called the Swimming Method.) Deep fry until golden brown. Drain well on absorbent paper.
5. Serve immediately.
6. Season with salt and pepper to taste.

CRANBERRY RELISH

Yield: 6 portions

Ingredients	Amounts
Cranberries, fresh	12 wt. oz.
Apple, Granny Smith, peeled, fine diced	1 ea.
Orange, juiced	1 ea.
Orange, zested	1/2 ea.
Sugar, granulated	5 1/2 wt. oz.
Apple, cider	2 1/2 fl. oz.
Cinnamon, stick	1/2 ea.

Method

1. In a heavy saucepan, place all the ingredients. Cover and simmer until the cranberries pop.
2. Remove and discard the cinnamon stick.
3. Carefully drain off any excess liquid. Simmer until the liquid reduces to a syrup.
4. Transfer the cooked cranberries to a hotel pan.
5. Pour the reduced syrup over the cranberries. Mix to combine.
6. Chill in the refrigerator until needed.

SAUTÉED SUGAR SNAP PEAS

Yield: 6 portions

Ingredients

Amounts

Peas, sugar snap, strings removed	1 lb.
Oil, olive, pure	1 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Bring a medium pot of salted water to a boil. Add the peas. Blanch until they turn bright green and are slightly tender, about 1 minute. Drain. Transfer to an ice water bath. Drain well.
2. Heat the oil in a medium sauté pan over medium heat. Add the blanched peas. Sauté until hot.
3. Season with salt and pepper to taste.
4. Serve immediately.

BRAISED SHORT RIBS

Yield: 6 portions

Ingredients	Amounts
Beef, short ribs, 1 lb.	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	as needed
Carrot, large diced	1 ½ wt. oz
Celery, large diced	1 ½ wt. oz
Onion, large diced	1 ½ wt. oz
Tomato, paste	2 ½ Tbsp.
Wine, dry, red	2 ½ fl. oz.
Stock, veal, brown	5 fl. oz.
Demi-glace, jus de veau lie	12 fl. oz.
Bay leaf, dried	1 ea.
Thyme, dried	1 tsp.
Wine, Madeira	2 fl. oz.

Method

1. Preheat oven to 275°F
2. Trim the short ribs. Season with salt and pepper.
3. Heat the oil in a rondeau over medium-high heat until it starts to shimmer. Carefully place the ribs in the oil. Sear until deep brown on all sides. Remove and reserve.
4. Add the diced carrot, celery, and onion (*mirepoix*). Sauté, stirring occasionally, until golden brown, 7 to 8 minutes.
5. Add the tomato paste. Cook until deep red and aromatic, about 1 minute.
6. Add the wine, stirring to release any browned bits from the pan. Reduce the liquid by half.
7. Return the ribs to the pan along with any juices they may have released. Add just enough stock and demi-glace to cover the ribs by two-thirds.
8. Bring it to a gentle simmer over low to medium heat. Cover the pot and transfer it to the preheated oven. Braise the ribs for 45 minutes.
9. Add the bay leaf and thyme. Degrease if necessary. Finish braising the short ribs, turning occasionally to keep them well moistened, until fork-tender, about 45 minutes.
10. Transfer the ribs to a hotel pan. Moisten with some of the cooking liquid. Keep warm.
11. Simmer the cooking liquid on the stovetop over medium heat until it reaches the desired flavor and consistency. Skim thoroughly to degrease the sauce. Adjust the seasoning with salt and pepper to taste. Strain.
12. Add the Madeira. Serve the short ribs with the sauce on heated plates.

Note: Sherry can be substituted for the Madeira wine.

POLENTA

Yield: 6 portions

Ingredients	Amounts
Water	60 fl. oz.
Salt, kosher	as needed
Cornmeal, yellow, coarse	9 ½ wt. oz.
Butter, unsalted	1 ½ wt. oz.
Cheese, Parmesan, grated	1 ½ wt. oz.
Pepper, black, ground	as needed

Method

1. In a medium pot, bring the water to a boil. Season with salt.
2. Add the cornmeal in a stream, stirring constantly until it has all been added. Simmer, stirring often, until the polenta pulls away from the sides of the pan, about 30 minutes.
3. Remove the pot from the heat. Stir in the butter and parmesan.
4. Adjust seasoning with salt and pepper to taste.
5. Serve immediately.

STEAMED BROCCOLI

Yield: 6 portions

Ingredients	Amounts
Broccoli	2 lb.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Trim the broccoli, peel the stems, and cut into spears. Arrange the broccoli on a steamer rack or insert. Season with salt and pepper.
2. Bring the water to a full boil in the bottom of a tightly covered steamer. Add the broccoli, replace the cover, and steam until tender, 5 to 7 minutes.
3. Remove the broccoli from the steamer. Adjust the seasoning with salt and pepper to taste. Serve immediately.

SAUTÉED MUSHROOMS

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	2 wt. oz.
Shallot, minced	2 Tbsp.
Garlic, minced	1 ½ Tbsp.
Mushroom, white, quartered	1 ½ lb.
Wine, white, dry	2 fl. oz.
Thyme, fresh, chopped	¼ tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.

Method

1. Heat a large sauté pan over medium-high heat until very hot. Add the butter. Heat until melted.
2. Add the shallots. Sauté until translucent.
3. Add the garlic. Sauté until aromatic.
4. Working in batches, add the mushrooms in one layer. Do not overcrowd or the mushrooms will steam. Sauté until tender.
5. Add the white wine. Deglaze, scraping up any browned bits from the bottom of the pan. Cook until the liquid reduces slightly.
6. Add the thyme. Season with salt and pepper to taste.

SAUTÉED BEEF WITH MARSALA SAUCE

Yield: 6 portions

Ingredients	Amounts
Beef, strip loin, steak, 6 oz.	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Butter, clarified	2 ½ fl. oz.
Marsala Sauce (Recipe follows)	1 pint

Method

1. Blot the beef dry. Season with salt and pepper.
2. Heat the clarified butter in a sauté pan over medium-high heat. Add the beef. Sauté to the desired degree of doneness and an internal temperature of at least 145°F.
3. Remove the pan from the heat and keep warm.
4. Serve with the Marsala Sauce.

MARSALA SAUCE

Yield: 1 pint

Ingredients	Amounts
Shallot, minced	½ wt. oz.
Thyme, fresh, sprig	1 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, dried	¼ tsp.
Wine, red, dry	4 fl. oz.
Demi-glacé	16 fl. oz.
Wine, Marsala	4 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted, diced	2 wt. oz.

Method

1. In a small saucepan over medium-high heat, place the shallots, thyme, bay leaf, peppercorns, and wine. Bring it to a simmer. Reduce by half.
2. Add the demi-glacé. Simmer until the sauce develops a good flavor and it is thick enough to coat the back of a spoon (*nappé*).
3. Add the Marsala wine. Return it to a simmer. Season with salt and pepper to taste.
4. Strain the sauce into a clean saucepan.
5. Swirl in the butter.
6. The sauce is ready to serve now, or it may be rapidly cooled and refrigerated for later use.

BROCCOLI AND CHEDDAR FRITTERS

Yield: 6 portions

Ingredients	Amounts
Broccoli, florets	10 wt. oz.
Egg, whole	3 ea.
Milk, whole	7 fl. oz.
Worcestershire sauce	¼ tsp.
Tabasco sauce	¼ tsp.
Flour, all-purpose, sifted	7 wt. oz.
Baking powder	1 Tbsp.
Salt, kosher	⅔ tsp.
Pepper, black, ground	½ tsp.
Cheese, Cheddar, sharp, grated	5 wt. oz.
Oil, vegetable	as needed

Method

1. Preheat fryer to 350°F.
2. Bring a large pot of salted water to a boil. Add the broccoli. Blanch until slightly softened, 1 to 4 minutes. Transfer to an ice water bath to stop the cooking process. Cool for 3 minutes. Drain and pat dry. Reserve.
3. In a large bowl, place the flour, baking powder, salt, and pepper. Mix to combine. Make a well in the center.
4. In a small bowl, place the eggs, milk, Worcestershire sauce, and Tabasco. Mix to combine. Add the wet ingredients to the well. Mix just enough to form a smooth batter.
5. Fold in the blanched broccoli and cheese.
6. Drop spoonfuls of the mixture into hot oil. Deep-fry until uniformly brown, turning as necessary during frying.
7. With a spider, carefully remove the fritters. Drain briefly on wire racks.
8. Serve immediately.

Note: Blanching is a cooking technique that involves briefly immersing vegetables in boiling water or steam, followed by an immediate plunge into ice water. This process softens the texture, mellows strong flavors, brightens the color, and halts enzyme activity that can lead to deterioration during storage.

FRESH EGG PASTA

Yield: 1 ½ pounds

Ingredients	Amounts
Flour, durum	1 lb.
Salt, kosher	¼ tsp.
Egg, whole	4 ea.
Water	1 fl. oz.
Oil, vegetable (Optional)	1 fl. oz.
Water, cold	1 ½ gal.
Salt, kosher	1 wt. oz.

Method

1. In a large bowl, place the flour and salt. Mix to combine. Make a well in the center.
2. Add the eggs, water, and oil, if using, in the center of the well. With a fork, gradually pull the dry ingredients into the egg mixture. Stir until a loose mass forms. As the dough is mixed, adjust the consistency with more flour or water as needed. When pressed, dough should form a cohesive mass.
3. Turn the dough out onto a floured work surface. Knead until the texture is smooth and elastic, 4 to 5 minutes. Gather and smooth the dough into a ball. Cover and let it relax at room temperature for at least 1 hour.
4. Roll out the pasta dough into thin sheets. Cut into desired shapes by hand or with a pasta machine. The pasta is ready to cook now or it may be covered and refrigerated for up to 2 days.
5. In a medium pot, bring the water to a rolling boil. Add the salt and the pasta, stirring to separate the strands or shapes. Cook until tender but still firm to the bite (*al dente*). Drain in a colander.

GLAZED ROOT VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	1 wt. oz.
Sugar, granulated	2 wt. oz.
Stock, chicken, hot	6 fl. oz.
Carrots, bâtonnet	½ lb.
Parsnip, bâtonnet	½ lb.
Turnip, bâtonnet	½ lb.
Salt, kosher	to taste
Pepper, white, ground	to taste
Parsley, flat-leaf, fresh, chopped	¼ Tbsp.
Chive, fresh, chopped	¼ Tbsp.
Thyme, fresh, chopped	¼ Tbsp.
Tarragon, fresh, chopped	¼ Tbsp.

Method

1. Bring a large pot of salted water to a boil. Add the bâtonnet carrots. Blanch until slightly softened, 2 to 3 minutes. Transfer to an ice water bath to stop the cooking process. Cool for 3 minutes. Drain. Pat dry. Reserve.
2. Follow the same process to blanch the parsnips and turnips. Reserve.
3. For the glaze, in a large sauté pan, place the butter, sugar, and chicken stock. Bring it to a simmer over medium heat. Cook until it has the consistency of a light syrup, about 15 minutes.
4. When ready to serve, add the blanched vegetables. Toss to coat them with the glaze and heat through.
5. Adjust the seasoning with salt and pepper to taste. Garnish with the parsley, chive, thyme, and tarragon. Serve immediately.

Note: Blanching is a cooking technique that involves briefly immersing vegetables in boiling water or steam, followed by an immediate plunge into ice water. This process softens the texture, mellows strong flavors, brightens the color, and halts enzyme activity that can lead to deterioration during storage.

STIR-FRIED BEEF WITH GREEN BEANS AND CARROTS

Yield: 6 portions

Ingredients	Amounts
Beef, flank steak	1 lb.
Soy sauce	2 Tbsp.
Sugar, brown	1 tsp.
Cornstarch	1 Tbsp.
Oil, vegetable	1 Tbsp.
Beans, green, cut to 1-in. lengths	1 lb.
Carrot, julienne	1 lb.
Vinegar, wine, rice	2 Tbsp.
Sugar, brown	1 Tbsp.
Soy sauce	1 Tbsp.
Hoisin sauce	1 Tbsp.
Oil, sesame	1 tsp.
Oil, vegetable	3 fl. oz.
Ginger, fresh, minced	1 Tbsp.
Chile, red, flakes	1 Tbsp.
Cornstarch	as needed
Water	as needed
Oil, sesame (Optional)	2 tsp.

Method

1. Slice the beef against the grain into strips $\frac{1}{8}$ -inch thick, $\frac{1}{2}$ -inch wide, and $1\frac{1}{2}$ -inches long.
2. For the marinade, in a large bowl, place the soy sauce, brown sugar, cornstarch, and oil. Mix until smooth.
3. Add the beef. Toss until well coated. Cover and marinate, refrigerated, for at least 1 hour.
4. Bring a medium pot of salted water to a boil. Add the julienne cut carrots. Blanch until slightly softened, 2 to 3 minutes. Transfer to an ice water bath to stop the cooking process. Cool for 3 minutes. Drain. Pat dry. Reserve.
5. Repeat the same process to blanch the green beans. Reserve.
6. For the sauce, in a small bowl, place the rice wine vinegar, brown sugar, soy sauce, hoisin sauce, and sesame oil. Mix until smooth. Reserve.
7. Heat a wok over high heat. Carefully add the oil and heat until very faint wisps of smoke arise. Add the ginger and red chile flakes. Stir fry, stirring constantly, for 30 seconds.
8. Add the beef. Stir fry until the beef is cooked. Push the beef to the side of the wok.
9. Add the reserved sauce.

10. If the sauce is too thin, prepare a slurry: In a small bowl, whisk together the cornstarch and water. Gradually add it to the sauce and stir until it thickens.
11. Add the carrots and beans. Toss until evenly heated. Finish with the sesame oil, if desired.

SAUTÉED RED AND YELLOW PEPPERS

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	1 fl. oz.
Pepper, bell, red, bâtonnet	3 ea.
Pepper, bell, yellow, bâtonnet	3 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the oil in a medium sauté pan over medium-high heat until it shimmers.
2. Add the bell peppers in a single layer. Sauté, undisturbed, until the bottom becomes a little browned, 2 to 3 minutes.
3. Stir. Sauté, stirring often, until tender but still crisp, 5 to 8 minutes.
4. Season with salt and pepper to taste.

STEAMED LONG-GRAIN RICE

Yield: 6 portions

Ingredients

Amounts

Rice, long-grain
Water

19 wt. oz.
29 fl. oz.

Method

1. Rinse the rice under cold water in a strainer until the water runs clear. Drain well.
2. Transfer the rice to a half hotel pan. Add enough water to cover by $\frac{1}{4}$ -inch.
3. Cover and cook in a steamer until the grains are tender and fluffy, and all the water is absorbed, about 45 minutes.
4. Let the rice rest, covered, for 5 minutes.
5. Uncover and fluff the rice with a fork.
6. Serve immediately or hold it hot for service.

GRILLED ZUCCHINI

Yield: 6 portions

Ingredients	Amounts
Squash, zucchini, trimmed, bias cut	1 ½ lb.
Oil, olive, extra virgin	3 Tbsp.
Garlic, minced	2 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat grill to medium-high. Clean and oil the grates lightly to avoid sticking.
2. In a medium bowl, place the zucchini, oil, garlic, salt, and pepper. Marinate for 10 minutes.
3. Place the marinated zucchini on the hot grill. Grill, turning once, until tender and lightly charred, 3 to 5 minutes per side.
4. Remove from the grill. Serve hot.

DAY FIVE: MARKET BASKET PROJECT

MENU DEVELOPMENT ASSIGNMENT GUIDELINES

OVERVIEW

Your chef instructor has assembled a market basket for each team. Your mission today is to develop a two-course menu using items from this basket.

GUIDELINES

Using the items included in your market basket, each team will prepare:

- **First Course** (Choice of Soup, Salad, Hot Appetizer, **or** Cold Appetizer)
- **Entrée with Sauce and Accompaniments** (Starch **and** Vegetable)

You will have three hours to produce and plate your menu items. All recipes should yield six portions; one for the show plate and the remaining five displayed on platters or chafing dishes for the family meal.

Use the worksheets and templates on the following pages to help design your menu and sketch your plate compositions.

MENU DEVELOPMENT WORKSHEET

Flavor Combinations

Number of Components on Plate - variety of complementary items

Proper Cooking Technique - basics executed well

Colors - vibrant vs. earth tones

Height of Food - varied but not drastic

Texture Variations

Plate Layout - traditional vs. non-traditional

Plating, Balance & Composition - slice, whole, loose, molded & special cuts

Practicality - not too much handling; can it be done consistently?

Trends – based on common sense

MENU FOR TEAM # _____

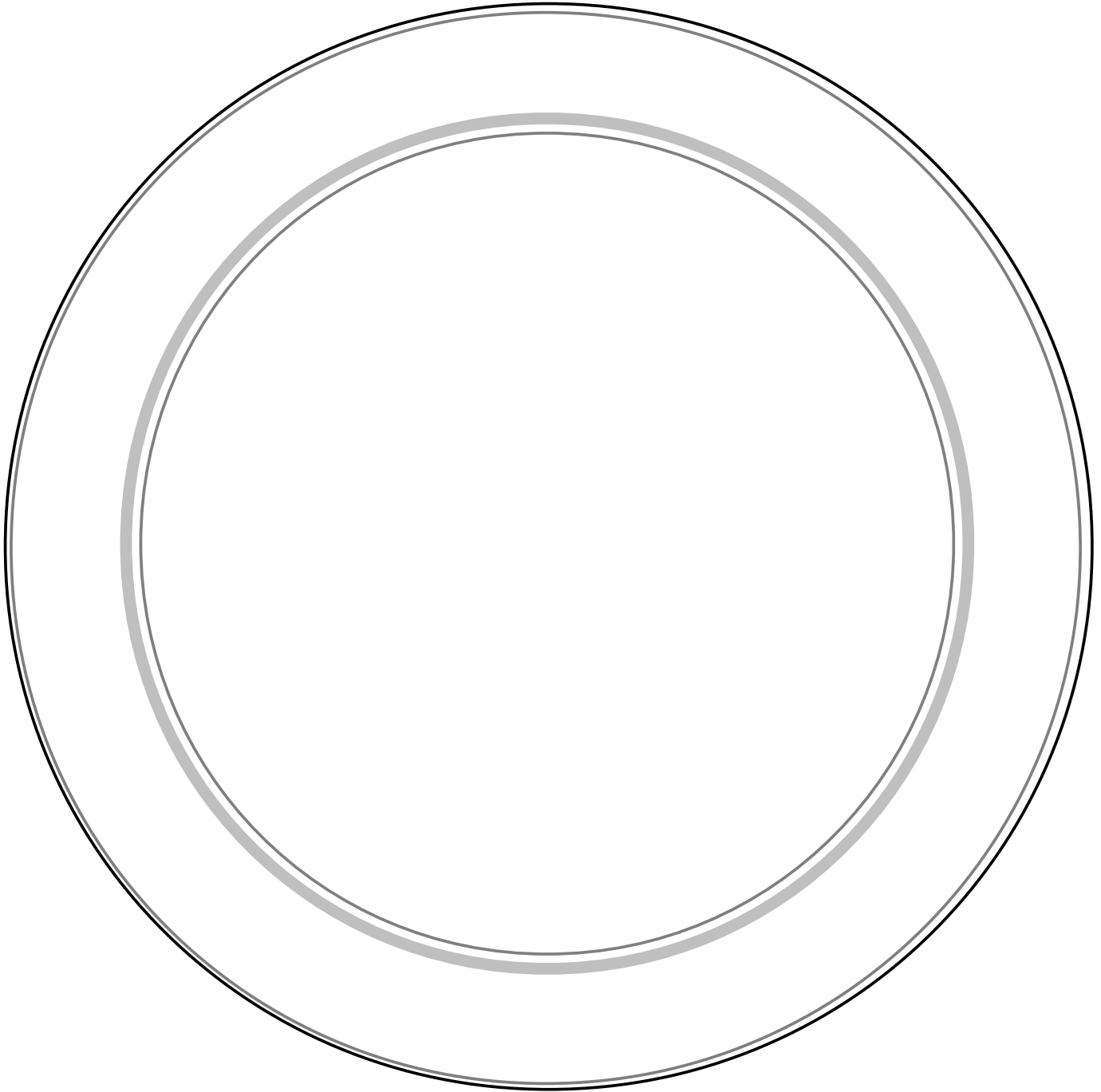
First Course (Soup, Salad, Hot Appetizer, or Cold Appetizer)

Entrée with Sauce

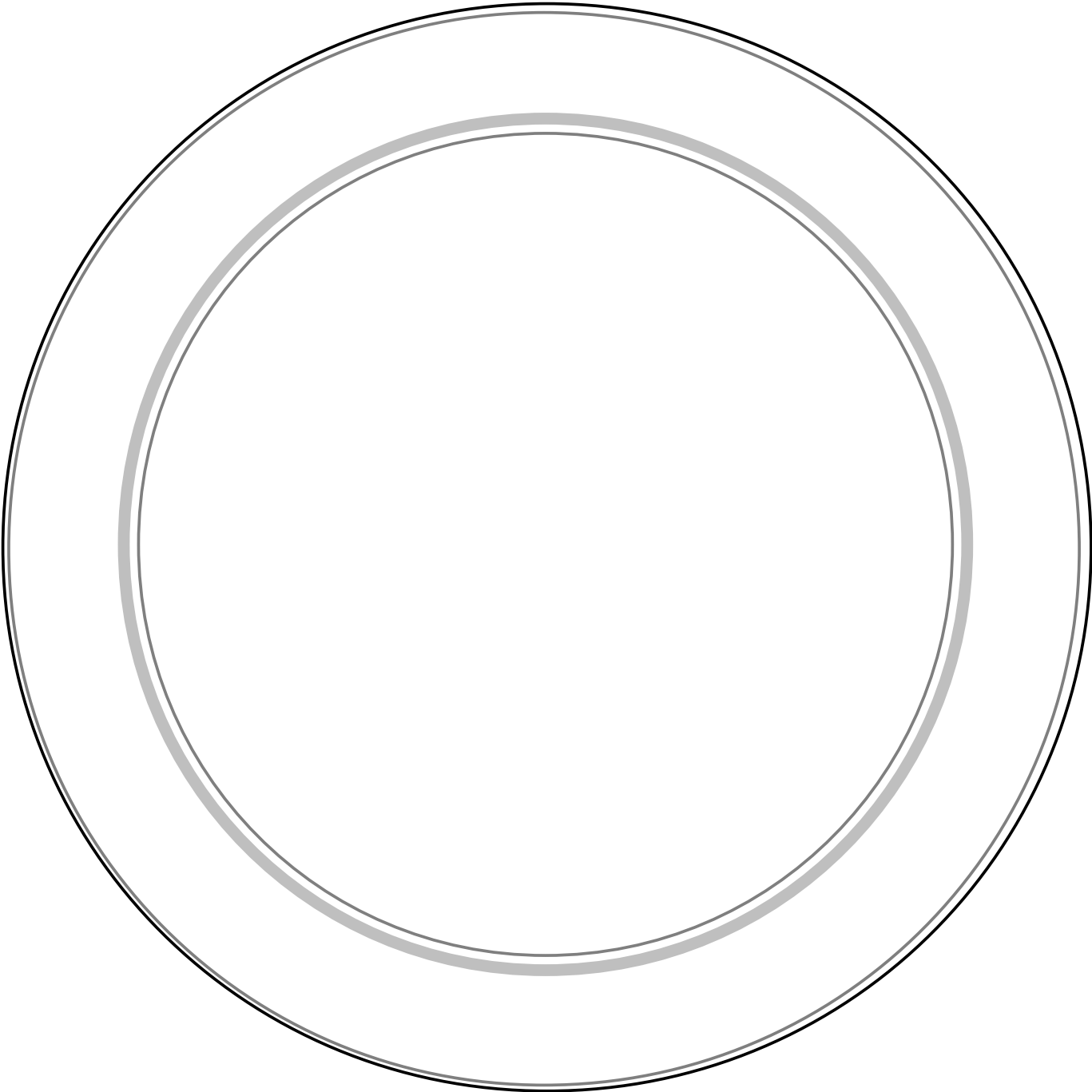
Starch

Vegetable

ITEM: _____



ITEM: _____



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Grilled Zucchini	74	Steamed Broccoli	63
Ham and Cheddar Scones	9	Steamed Long-Grain Rice.....	73
Huevos Rancheros with Pico de Gallo.....	16	Stir-Fried Beef with Green Beans and Carrots	70
Lyonnaise Potatoes.....	12	Tomato Ketchup	45
Mango Blueberry Parfait	10	Warm Bulgur Salad.....	47
Marsala Sauce.....	66	Wild Mushroom and Barley Soup.....	39
Minestrone Genovese Soup.....	34		
Mixed Berry Sauce	15		
New England Clam Chowder.....	38		
Onion Gratinée Soup.....	27		

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

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

1. **The right to inspect and review your education record within a reasonable time after the CIA receives a request for access.** If you want to review your record, contact the Registrar's Office to make appropriate arrangements.
2. **The right to request an amendment of your education record if you believe it is inaccurate or misleading.** If you feel there is an error in your record, you should submit a statement to the Registrar's Office, clearly identifying the part of the record you want changed and why you believe it is inaccurate or misleading. The Registrar will notify you of the decision and advise you regarding appropriate steps if you do not agree with the decision.
3. **The right to consent to disclosure of personally identifiable information contained in your education records, except to the extent that FERPA authorizes disclosure without consent.** One exception which permits disclosure without consent is disclosure to school officials with "legitimate educational interests." A school official has a legitimate educational interest if the official has a need to know information from your education record in order to fulfill his or her official responsibilities. Examples of people who may have access, depending on their official duties, and only within the context of those duties, include: CIA faculty and staff, agents of the institution, students employed by the institution or who serve on official institutional committees, and representatives of agencies under contract with the CIA.
4. **The right to file a complaint with the U.S. Department of Education concerning alleged failures by the CIA to comply with the requirements of FERPA.**

Release of student record information is generally not done at the CIA without the expressed, written consent of the student. There are, however, some exceptions. For example, directory information includes the following, and may be released without the student's consent: name, permanent address, campus box number, CIA email address, photographs, program of study, dates of attendance, and degrees or certificates awarded with dates. Please note that you have the right to withhold the release of directory information. To do so, you must complete a "Request for Non-Disclosure of Directory Information" form, which is available from the CIA Consulting Department at 845-905-4417. Please note two important details regarding placing a "No Release" on your record:

1. The CIA receives many inquiries for directory information from a variety of sources outside the institution, including friends, parents, relatives, prospective employers, the news media, and others. Having a "No Release" on your record will preclude release of such information, even to those people.
2. A "No Release" applies to all elements of directory information on your record. The CIA does not apply "No Release" differently to the various directory information data elements.

A copy of the *Act*, more details about your rights, and any CIA policies related to the *Act* are available at <http://www.ciachef.edu/consumer-information/#psr>.

Questions concerning FERPA should be referred to the Office of the Registrar, The Culinary Institute of America, 1946 Campus Drive, Hyde Park, NY, 12538.

CIA INSTRUCTOR POLICY ON PROPRIETARY INTERESTS DISCLOSURE AND REPRESENTATION

The instructor does not have a proprietary interest in any product, instrument, device, service, or material to be discussed during the learning event, nor does the instructor receive third-party compensation related to the presentation.

These Materials Were Developed at the Culinary Institute of America.

Inflight 5 day Course Guide v.110.docx

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