



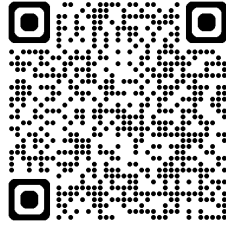
# Culinary Institute of America

## **ARAMARK PROCHEF LEVEL III ASSESSMENT**



**CIA Consulting**  
The Culinary Institute of America

Scan the QR code for the class survey and PDF files of the course guide and Chef Lectures:



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**The Culinary Institute of America**

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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 black ink that reads "David Kamen". The signature is fluid and cursive, with the first letter of "David" being a large, stylized "D".

David Kamen '88 MBA PC<sup>III</sup>  
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P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world’s best professional culinary education. If you’d like to further support the future of food with the gift of education, please visit [www.ciagiving.org](http://www.ciagiving.org).

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# 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.
  - 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
  - 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 OVERVIEW

This course is designed to prepare you for the ProChef Level III Exam with lectures, demonstrations, discussions, practice sessions, and evaluation of student production. There will be review and practice of the culinary portions of the exam as well as discussion of the business aspects of the exam, including Personnel and Financial Management. Each day will encompass various portions of the exam, including the plated dessert and the global cuisines portion, and will provide a more in-depth review of the materials and feedback on the daily production.

## LEARNING OBJECTIVES

- Review, demonstration, production, and evaluation of various components of the plated dessert, including:
  - Italian meringue (used in a mousse, meringue, macaroon, or other application)
  - Tempered chocolate garnish/ deco component
  - Genoise (see below)
  - Tuille or other thin, crispy element
  - Mousse, custard, or gelatin-based "cream"
  - Finishing glaze

## DAILY OBJECTIVES

- **Day 1:** Exam orientation, discussion of PCIII components, plated dessert components – meringue and genoise, beverage discussion, human resources and financial discussions
- **Day 2:** Global product identification, plated dessert components – cream, custards, gelatin, beverage discussion for the daily production, discussion of personnel management/ human resources material.
- **Day 3:** Global product identification, plated dessert components tempered chocolate, tuilles, crisps, beverage discussion for the daily production, discussion of financial material.
- **Day 4:** Elective discussion: food and beverage, plated dessert components: pastry cream and mousse, beverage tasting and discussion.
- **Day 5:** Plated dessert practice and review, beverage discussion: dessert wines

# DAY ONE: PROCHEF LEVEL III ASSESSMENT

## BAKING & PASTRY: MERINGUE

Meringue can be loosely defined as a mixture of beaten egg whites and granulated sugar. While the name is French, the origin is not documented, although history tells us that meringue may have been named for either the Swiss town of *Meringen* or the German city of *Mehrinighen*. In the early sixteenth century, European cooks discovered that beating egg whites with a whisk made of birch twigs made the eggs foam. The chefs added cream to the foamed eggs to make a dish called Snow. By the 17<sup>th</sup> century, chefs made the first meringue and called it Sugar Puff. At first chefs made only smaller-sized meringues called *meringuettes* or *croquignoles* because small meringues bake through the center more easily than large meringues. In the 18<sup>th</sup> century, this problem was solved by the invention of the *vacherin*, a large meringue case made to contain fruit and cream.

Meringue is made of egg whites and sugar whipped together to incorporate air and form soft or stiff peaks. Egg whites whipped without sugar are not meringue; they are simply egg whites whipped to a dry consistency. In the recipes that follow, egg whites are measured by volume rather than by number. This measurement is not only more precise, but it is also easier in professional kitchens where a supply of egg whites is usually on hand. There are 7 to 8 egg whites in 1 cup/ 240 ml. Using the even number makes it easier to divide when measuring fractions of a cup and is simple to remember along with 4 whole eggs and 12 egg yolks per cup.

### HOW EGG WHITES EXPAND

Eggs have excellent foaming ability. When egg yolks, which contain a fatty substance that destroys the albumen's ability to foam, are removed, egg whites alone can increase in volume by up to eight times. This is possible through close teamwork by the two proteins albumen and ovalbumin. When the egg whites are beaten, the albumen protein forms a very stable mass of tiny air bubbles while part of the protein molecules bond together and form a fragile network that holds the moisture in place (an egg white contains about 85 percent water). This alone

would suffice if the beaten egg whites were not to be cooked, but because air expands when it is heated, the network of denatured proteins on the surface would be destroyed and immediately collapse if it were not for the ovalbumin protein. While the ovalbumin does not play such an important role when the egg whites are beaten, it coagulates when heated, forming its own network in the meringue, and making it resistant to collapse as the water evaporates. In other words, the ovalbumin protein is what makes it possible to change a liquid foam into a solid dry mass with heat.

### **THE EFFECTS OF SUGAR**

Meringue would be very bland without the addition of sugar, and sugar also helps to stabilize the foam, especially in the oven. Its addition, however, is something of a mixed blessing since sugar also delays the foaming process and decreases the volume and lightness of the meringue. This is especially noticeable when meringue is whipped by hand. Even when using an electric mixer, the granulated sugar must be introduced gradually, and in most cases, not before the whipped egg whites have increased approximately four times in volume. Following these precautions prevents the sugar from inhibiting the albumen to stiffen the foam.

As an example of what it means to add the sugar gradually, when making the recipe for French meringue, which uses 2 pounds of sugar, it should take approximately 3 minutes to add this amount of sugar to the egg whites (a little longer if the egg whites are cold). The amount of sugar used in a meringue will vary in accordance with the desired texture and intended use of the finished product. Soft meringues, which are typically used for toppings on tarts and pies, can be made with equal quantities of sugar and egg white by weight. Hard meringues, which are baked dry, usually have some sugar to egg white ratio of two to one.

### **THE EFFECTS OF SALT**

Just like sugar, salt has a mixed effect. While it acts as a flavor enhancer, it increases the amount of time needed to whip the whites and decreases the foam's stability, although both occur only to very small degree.

## **THE ADDITION OF ACID**

Citric acid (lemon juice), tartaric acid solution, and cream of tartar (which is the solid salt of the tartaric acid mixed with cornstarch) do not affect the volume of the meringue. They help to stabilize the foam by decreasing the pH level in the albumen, making the foam less apt to collapse. Only a small amount of any of these acids should be used, as too much, in addition to adversely changing the taste of the meringue, will impede coagulation during baking.

It has been commonly accepted that a copper mixing bowl produces a superior and more rapidly whipped egg white foam. However, current research indicates that the degree to which a copper mixing bowl is preferable to a stainless bowl is questionable. You should certainly avoid plastic or wood because both are very hard to clean of fat. Aluminum is corrosive and tends to impart a grayish color; glass is not really suited for use in the kitchen. Although there is certainly no proof of any disadvantage to using a copper bowl, the addition of any of the acids previously mentioned will generate the same result.

## **WHIPPING**

Meringue whipped to a soft peak will not hold its shape; it will slowly settle, or fall, instead. Meringue properly whipped to a stiff peak will not change shape as you pipe it from a pastry bag or work with it; you should be able to turn the bowl of meringue upside down after it is finished whipping with no problem (or mess). Be observant: there is a fine line between stiff peaks and overwhipped, dry, peaks. Meringue that is overwhipped and dry is hard to pipe out into precise shapes and is impossible to fold into a batter without getting small lumps of meringue throughout. Meringue whipped to stiff peaks should still appear shiny, not dry or broken.

## **PRECAUTIONS**

For perfect meringue, follow these guidelines:

1. Although it is not critical, try to use egg whites at room temperature.
2. Be sure the egg whites are not so old that they have started to deteriorate. The substance becomes thinner and clearer as the protein starts to diminish.

3. Because fat prevents the albumen in egg whites from expanding, make certain they are clean and free of any egg yolk particles. The mixing bowl and whip or whisk must also be perfectly clean.
4. Make sure there are no foreign particles (such as flour) in the sugar.
5. Using a copper bowl and/or a balloon whisk can be helpful when making meringue, but they are not absolutely necessary.

## **USES**

Meringue is a key ingredient in the pastry kitchen. Baked layers of meringue are used in cakes and pastries, such as the famous Marjolaine; it is piped into ornate shapes for Vacherin and Dacquoise; it is made into cookies, added to buttercream, and used to top desserts such as Baked Alaska and Lemon Meringue Pie. In Europe today, many pastry shops do not make their own meringue. To save time and money they buy it from companies that specialize in baked meringue products. This makes sense, since the meringue formulas are basically generic, and it is what you create with them that makes the difference.

## **MERINGUE VARIETIES**

There are three basic types of meringue: French, Swiss, and Italian. The ingredients for each of the three types are essentially the same, but the methods of preparation and the end results are different. A fourth type, Japonaise, is a hybrid of French meringue with the addition of almond meal and a small amount of cornstarch.

## **FRENCH MERINGUE**

French meringue is best for baking *au naturel*, for mixing with nuts, and for use as a cake base. If it is made and baked correctly, French meringue is very tender, light, and fragile. It should be piped or spread out immediately after whipping, or the egg whites may start to separate from the sugar. This type of meringue should not be added to fillings that will not be baked, or otherwise eaten raw, unless the meringue is made with pasteurized egg whites to guard against salmonella.

## **ITALIAN MERINGUE**

Italian meringue is a better choice if the meringue must stand for some time. It is denser because the egg whites are partially cooked, and therefore it holds up longer before starting to deflate. Italian meringue is also preferable for dessert in which the meringue is eaten raw, or with only partial further cooking, such as when it is added to a filling or when only the outside is browned as in Baked Alaska. When Italian meringue is baked all the way through, it is harder than French meringue and not very pleasant to eat.

## **SWISS MERINGUE**

A mixture of the French and Italian meringues, Swiss meringue can be eaten raw since the egg whites have been pasteurized by being heated to 140°F/ 60°C with the sugar. Swiss meringue is quicker and easier to produce than its Italian counterpart, but it is not as stable and should be used quickly. It is typically used in buttercream and fillings, but it can also be piped out into cookies or made into other shapes, then baked or dried in the same way as French meringue. However, for this use, Swiss meringue should be made with less sugar to ensure a better volume and a stiff peak.

## **FLAVORING AND COLORING**

Nuts, flavorings such as cocoa powder, and coloring can be added to meringue. These are added just before the whipped meringue reaches the proper stiffness. To add color, use regular water-soluble food coloring, adding just a small amount at a time.

## **BAKING**

Meringue should be baked at a low temperature. For most types of meringue this is between 210 and 220°F/ 99-104°C. In the case of a meringue containing ground nuts, such as Japonaise, the nuts will absorb some of the moisture in the egg whites and allow the meringue to dry more quickly. You do not bake meringue so much as you dry it out. Meringue should not color as it is baked but should remain white. However, a slight hint of color (off-white) is acceptable.

## **STORAGE**

While meringue batter is never prepared in advance as a *mise en place* item, the more sugar that has been whipped into the whites, the longer the batter will maintain its volume and stiffness without deflating as it is shaped. French and Japonaise meringues should be piped out or spread into the desired shape immediately after whipping, even if the batter cannot be baked right away as it should be. The meringue will have less stability and will deflate to a greater degree as it is agitated (through spreading and/or being placed in a piping bag) after sitting for even as short a time as 10 minutes. Italian and (to a lesser degree) Swiss meringues will hold their shapes for a much longer time. The Italian variety has greater stability because it is partially cooked during preparation. If made properly, it will keep for several hours. However, if too much sugar ends up sticking to the side of the bowl or the whip, the keeping time will decrease accordingly. All cooked (dried) meringue is susceptible to becoming soft from absorbing moisture in the air and should always be stored airtight in a warm, dry place. Plain baked meringue will keep fresh this way for many weeks. Japonaise, or other meringues that contain nuts, can become rancid if stored too long.

## **BUTTERCREAM**

Buttercream is a necessary, basic preparation in the pastry shop. Although buttercream has a negative image with some consumers, when it is made using fresh sweet butter, natural flavorings, and other top-quality ingredients, it is excellent as either a filling or icing for cakes and pastries.

**Italian buttercream** is made using meringue, sweet butter, and flavorings. It is referred to as Italian buttercream regardless of whether it is made using an Italian meringue or not. If buttercream is made using meringue of any type, it is an Italian buttercream. Italian buttercream is relatively white in color and has a light mouth feel. It is ideal for wedding cakes iced with buttercream, or pastries where a white appearance is desired.

**Swiss buttercream** is made using fondant or cooked sugar, butter, and flavorings. Swiss buttercream is simpler to make than Italian buttercream. It also has a relatively white appearance

but has a somewhat less light mouthfeel than the Italian does because it does not contain meringue.

**German buttercream** combines pastry cream with sweet butter and flavorings. German buttercream has a smooth melt in the mouth texture that is desirable. The major disadvantages to this style of buttercream are that it has a short shelf-life and therefore cannot be made in large quantities and stored, and that it is not white, which makes it unsuitable for some purposes such as wedding cakes.

**French buttercream** is made with either whole eggs or egg yolks, cooked sugar, flavorings, and sweet butter. It is similar in characteristics to Italian buttercream, but the addition of yolks makes it richer and gives it a yellow color. Whatever style of buttercream you make it is important to remember that it is very rich, and should not be used in excess, and to always use the best ingredients available to make and flavor it.

# DAY TWO: PROCHEF LEVEL III ASSESSMENT

## ASIAN CUISINES: STUDY GUIDE

### COMPETENCIES

For the Asian Cuisine competency assessment of the ProChef Certification Program Level III, you must exhibit an understanding of the flavor, cooking methods, ingredients and techniques involved in the cuisines of Asia. Due to the vast size of this continent, Asian cuisine is here limited to the cuisines of Japan, Korea, China, India and the countries of Southeast Asia.

### SUCCESSFUL CANDIDATES ARE ABLE TO...

- explain the importance of presentation in a Japanese meal.
- list and explain key ingredients used in Japanese cuisine.
- apply key methods in the preparation of a Japanese dish.
- explain and prepare sushi.
- list and explain key ingredients of Chinese cuisine.
- explain and produce Chinese dumplings.
- identify specialized cooking tools used in Chinese cooking.
- identify the steps to stir-frying.
- list and explain key ingredients of Korean cuisine.
- identify specialized cooking tools used in Korean cooking.
- explain and prepare a Korean noodle dish.
- list and explain the herbs and spices common to Indian cuisine.
- list and explain traditional ingredients common to India's cuisine.
- describe the use of whole and ground spices in India's cuisine.
- identify special equipment used in the preparation of Indian foods.
- explain and prepare an Indian flatbread.
- list the and explain basic characteristic of Southeast Asian cuisines.
- identify and describe primary flavor components of Southeast Asian cuisines.
- explain and prepare a Thai curry.

# ASIAN CUISINES: FLAVOR PROFILES

Ideas to provide inspiration for global menu planning

## CHINA

Region	Dominant Profile	Key Ingredients
Lu (Shandong)	salty, fresh	sea salt, scallions, vinegar
Chuan (Sichuan)	numbing, spicy	Sichuan peppercorn, chili bean paste ( <i>doubanjiang</i> )
Yue (Cantonese)	natural, sweet	oyster sauce, ginger, light soy
Su (Huaiyang)	sweet, delicate	Chinking vinegar, rock sugar, river fish

## JAPAN

Region	Dominant Profile	Key Ingredients
Kanto (East)	bold, salty	dark soy sauce ( <i>koikuchi</i> ), strong dashi (bonito-forward)
Kansai (West)	delicate, light	light soy sauce ( <i>usukuchi</i> ), kombu-heavy dashi
Hokkaido (North)	rich, savory	butter, corn, miso, high-fat seafood
Kyushu (South)	earthy, pungent	pork bone broth, sweet soy sauce, yuzu kosho
Okinawa	sweet, fatty	bitter melon ( <i>goya</i> ), pork belly, brown sugar

## KOREA

Region	Dominant Profile	Key Ingredients
Seoul, Gyeonggi (Northeast)	balanced, elegant	moderate seasoning, royal court cuisine ( <i>hanjeongsik</i> )
Jeolla (Southwest)	rich, funky, spicy	fermented fish paste ( <i>jeotgal</i> ), wide variety of side dishes ( <i>banchan</i> )
Gyeongsang (Southeast)	extra spicy, salty	aggressive heat, heavy garlic, fresh seafood
Gangwon (East)	rustic, natural, cleaner profiles	potatoes, corn, buckwheat
Pyongan (North)	mild, subtle	cold noodles ( <i>naengmyeon</i> ), very light seasoning

## THAILAND

Region	Dominant Profile	Key Ingredients
Central	balanced, refined	coconut milk, palm sugar, jasmine rice
Isan (Northeast)	funky, spicy, dry	fermented fish ( <i>pla ra</i> ), toasted rice powder
Southern	intense, turmeric	searing heat, turmeric, thick coconut curries
Northern (Lanna)	earthy, bitter	forest herbs, bitter botanicals, fatty pork

## INDIA

Region	Dominant Profile	Key Ingredients
North	rich, creamy	ghee, cream, tomatoes, dried fenugreek
South	sharp, tart	coconut milk, curry leaves, mustard seeds, tamarind
East	pungent, bittersweet	mustard oil, poppy seeds, 5 spice blend ( <i>panch phoron</i> )
West	sweet, tangy	jaggery, chickpea flour ( <i>besan</i> ), yogurt gravies
Coast	acidic, fiery	vinegar, dried red chilies, coconut

## ASIAN CUISINES: KEY TERMS

### JAPANESE

Sushi	Aji-no-moto	Mushrooms: Nameko,
Sashimi	Goma	Matsutake, Shiitakes,
Dashi	Kona Sansho	Enoki
Bamboo rolling mats	Shichimi togarashi	Napa cabbage
Hangiri	Wasabi	Pickled yellow radish,
Oroshigane	Yuzu	gari
Hijiki	Abura-age	Abalone
Konbu	Kinugoshi tofu	Edamame
Nori sheets	Koyodo-fu	Tamago
Wakame	Shinshu-miso	Tataki
Goma-Abura	Soba	Teriyaki
Mirin	Somen	Yakitori
Sake	Udon	Tempura
Shoyu	Daikon	Tonkatsu
Tamarhoyui	Gobo	Shabu shabu
Su	Japanese eggplant	Sukiyaki

## CHINESE

Cantonese  
Peking  
Hunan  
Shanghai  
Szechwan  
Dim sum  
Red-Cooking  
Sandpot cooking  
Steaming  
Stir-frying  
Tea smoking  
Velveting  
Cleaver  
Wok  
Chinese wok spatula  
Black Vinegar  
Chili oil  
Cornstarch  
Dried red chiles  
Rice vinegar – dark  
Sesame oil  
Sesame paste  
Shaoxing wine  
Black bean sauce  
Chili sauce  
Garlic chili sauce  
Hoisin sauce  
Hot bean paste  
Oyster sauce  
Plum sauce  
Soy sauce: dark, light  
Sweet bean paste  
Chinese chives  
Cilantro  
Dry tangerine peel  
Five spice mix  
Scallions  
Sesame seeds  
Sichuan peppercorns  
Star anise  
Doufu  
Fuzhu

Noodles: Bean Threads,  
Egg, Chow mein, Rice,  
Wheat  
Glutinous  
Rice: Long grain, Short  
grain  
Tapioca starch  
Water chestnut flour  
Wheat starch  
Wrappers: Eggroll, Shu  
mai, Spring roll, Wonton  
Mu shu  
Har gau  
Pearl balls  
Pot stickers  
Scallion cakes  
Shao mai  
Spring roll  
Steamed buns  
Taro Dumplings  
Turnip Cakes  
Bean sprouts  
Black mushrooms  
Bok choy  
Chinese long beans  
Chinese spinach  
Lotus root  
Lotus stems  
Mustard greens  
Napa cabbage  
Pea shoots  
Tree ear mushrooms  
Water chestnuts  
Winter melon  
Black fungus  
Black mushrooms  
Dried shrimp  
Lily buds  
Lotus leaves  
Lotus seeds  
Pickled mustard greens  
Preserved vegetables

Salted black beans  
Shrimp paste  
Straw mushrooms  
Chinese sausage  
Hundred-year-old eggs  
Egg-drop soup  
Winter melon soup  
Congee

## **KOREAN**

Air drying  
Grilling  
Steaming  
Stir-frying  
Deep frying  
Shallow frying  
Boiling  
Lettuce wraps  
Soy sauce  
Toenjang  
Rice wine  
Gochujang  
Rice Vinegar  
Sesame oil  
Chinese chives  
Cilantro  
Curry powder  
Five spice mix  
Gingko nuts  
Chestnuts  
Koch'u karu  
Hoch'ujang  
Ginger  
Ginseng  
Scallions  
Sesame seeds  
Tofu

Black rice  
Noodles: Mung Bean,  
Sweet potato starch,  
Buckwheat, Rice, Wheat  
Rice flour  
Scallion bread  
Water chestnut flour  
Wheat starch  
Wrappers: Spring roll,  
Wonton  
Acorn curd  
Asian pear  
Bamboo shoots  
Bean sprouts  
Bitter melon  
Chinese Eggplant  
Chinese long beans  
Daikon  
Chinese spinach  
Chrysanthemum leaves  
Cucumber  
Daikon  
Fernbracken  
Ginkgo nuts  
Green onions  
Kkoari koch'u  
Koch'u

Korean chives  
Korean radish  
Lotus root  
Mustard greens  
Napa cabbage  
Oyster mushrooms  
Persimmons  
Shiitake mushrooms  
Snow peas  
Tree ear mushrooms  
Water chestnuts  
Yam  
Black fungus  
Black mushrooms  
Dried anchovy  
Dried shrimp  
Dried squid  
Lily buds  
Salted shrimp  
Seaweed  
Kim chi  
Naengmyön  
Pajon  
Pibimbap  
Bulkogi  
Kalbi jim  
Namul

## **INDIAN**

Dry masala  
Wet masala  
Garam masala  
Sambar masala  
Kabob  
Kofta  
Korma Karchi  
Kardhai  
Tandoori Oven  
Tava  
Thali  
Coconut milk  
Ghee

Gingelly oil  
Jaggery  
Mustard Oil  
Rose water  
Chutney  
Raita  
Curry leaves  
Amchur  
Anardana  
Asafoetida  
Black cardamom  
Elaichi  
Fennel seed

Fenugreek  
Black mustard seeds  
Nigella  
Nutmeg  
Panch phoran  
Tamarind  
Turmeric  
Arhar dal  
Channa dal  
Lentils  
Lombia dal  
Masoor  
Mung beans

Rajma  
Toor dal  
Urad dal  
Basmati rice  
Besan flour  
Lhassi  
Paneer  
Eggplant- Indian  
Lotus seeds

Achar  
Bharta  
Bhel puri  
Bhujija  
Bondas  
Chat  
Pakorras  
Samosas  
Chapati

Naan  
Pappadum  
Phulka  
Roti  
Biryani  
Dosas  
Vindaloo  
Raitas

## **SOUTHEAST ASIAN**

Rempah  
Rice noodle steamer  
Sandpot cooking  
Wok  
Candlenuts  
Coconut cream  
Coconut milk  
Coconut sugar  
Coconut vinegar  
Dried shrimp  
Nam pla  
Nuoc Mam  
Palm sugar  
Tamarind  
Thai bird chiles  
Toasted rice powder  
Bean paste – hot  
Bean paste - soy  
Bean paste – sweet  
Black bean sauce  
Black vinegar  
Garlic chili sauce  
Hoisin sauce  
Oyster sauce  
Roasted chili paste  
Soy sauce  
Thai oyster sauce  
Yellow soybean sauce  
Cilantro leaves  
Cilantro roots  
Galangal  
Holy basil  
Kaffir lime leaves

Kaffir limes  
Lemon grass  
Pandan leaf  
Rau ram  
Sawleaf herb  
Ferment bean paste  
Bean thread noodles  
Glutinous rice powder  
Rice: Black sticky,  
Glutinous, Jasmine, Thai  
sticky  
Rice noodles  
Rice papers  
Rice powder  
Tapioca  
Banana blossoms, leaves  
Bean sprouts  
Coconut  
Durian  
Green mango  
Green papaya  
Lotus root  
Lotus rootlets  
Mustard greens  
Napa cabbage  
Pea eggplant  
Sago  
Water chestnuts  
Thai eggplants  
Gula melakka  
Fried shallots or garlic  
Preserved salted fish  
Salted black beans

Salted preserved  
vegetables  
Salted radish  
Tempeh  
Goi cuốn  
Pho: beef or chicken  
Vietnamese sandwich  
Nuoc cham  
Tôm khàa kài  
Tôm yam kung  
Mussaman curry  
Phánaeng curry  
Red curry  
Kaeng sôm  
Yellow curry  
Black sticky rice pudding  
Mee grop  
Phàt thai  
Crispy shallots/ garlic  
Peanut sauce  
Satay  
Gado gado  
Lumpia  
Poh piah  
Laksa lemak  
Mee goreng  
Nasi goreng  
Acar  
Rempah  
Sambal  
Roti chanai

## ASIAN CUISINES: PRACTICAL EXAM GUIDELINES

### SAMPLE MENUS

This is a choice of possible menu items. Based on your assigned ingredient tray and competency, you will design and prepare three dishes. In rare cases it is possible that certain items you wish to utilize in your menu may not be available due to seasonality or other reasons. Be prepared to substitute if necessary.

Country	First Dish	Second Dish	Third Dish
<b>Japan</b>	assorted sashimi/ sushi	miso soup	chicken yakitori with soba noodle salad and pickled vegetables
<b>Korea</b>	pan-fried scallion pancakes	jap chae <i>stir fried glass noodles</i>	kalbi tshim <i>Korean braised short ribs with steamed rice</i>
<b>China</b>	won ton soup	Chinese spring rolls with dipping sauce	sweet and tangy braised spareribs with stir-fried bok choy and steamed rice
<b>Thailand</b>	tom yam kung	pad thai	green chicken curry with steamed jasmine rice
<b>Vietnam</b>	rice paper wrapped salad rolls	sour and spicy bean threads with crab and shrimp	grilled shrimp paste with table salad
<b>India</b>	Samosas	Saag Paneer <i>Home-made Cheese in Spinach Sauce</i>	Lamb Korma with poori bread, yellow rice and lentil tamarind chutney

# ASIAN CUISINES: PRACTICAL EXAM

## STANDARDS OF QUALITY

### OVERALL QUALITY:

- Authenticity and integrity of the dishes and preparations
- Seasoning
- Flavor profile
- Knowledge and execution of techniques
- Temperature
- Doneness

### RICE AND NOODLE DISHES:

- Appropriate ingredients for region
- Proper cooking techniques
- Ratio of ingredients

### SOUPS:

- Viscosity (if applicable)
- Clarity (if applicable)
- Ratio of ingredients

### STIR-FRIED DISHES:

- Appropriate spices and aromatics
- Doneness
- Knife cuts

### DIPPING SAUCES:

- Appropriate ingredients for region

- Flavor profile

### ALL FISH AND MEAT DISHES:

- Fabrication techniques
- Appropriate cooking methods
- Appropriate accompaniments

### FLATBREADS:

- Doneness
- Color and crumb
- Texture

### DUMPLINGS:

- Stuffing
- Wrapper or skin
- Doneness
- Wrapping technique

### SUSHI:

- Rice
- Garnish
- Rolling/ shaping techniques

### STEWES:

- Doneness
- Ratio of ingredients
- Seasoning/ Flavor
- Sauce

## ASIAN CUISINES: RESOURCES

Listed is a collection of noteworthy works for the serious student of Asian cooking. Titles marked with an asterisk (\*) include substantial photography. Within categories, titles are listed in alphabetical order by the author's name.

### CHINA

*Chinese Cuisine*, Susanna Foo, Boston: Chapters/Houghton Mifflin, 1995

(\*) *Chinese Technique: An Illustrated Guide to the Fundamental Techniques of Chinese Cooking*, Ken Hom with Harvey Steiman, Simon & Schuster, 1981

*The Taste of China*, Ken Hom, Simon & Schuster, 1990

*The Complete Chinese Cookbook*, Jacki Passmore and Daniel Reid, Charles E. Tuttle Company, Inc., 1998

*The Dim Sum Dumpling Book*, Eileen Yin-Fei Lo, Macmillan, 1995

*Classic Chinese Cuisine*, Nina Simonds, Houghton Mifflin, 1996

### INDIA

*Rotis and Naans of India*, Purobi Babbar, Feffer and Simons, 1988

(\*) *A Taste of India*, Madhur Jaffrey, Atheneum, 1986

(\*) *Madhur Jaffrey's Indian Cooking*, Madhur Jaffrey, Barron's, 1982

(\*) *Daksin: Vegetarian Cuisine from South India*, Chandra Padmanabhan, Thorsons, 1994

*The Bombay Café*, Neela Paniz, Ten Speed Press, 1998

### JAPAN

*A Dictionary of Japanese Food: Ingredients and Culture*, Richard Hosking, Charles E. Tuttle Co., 1997

*The Book of Soba*, James Udesky, Tokyo, New York, Kodansha International, 1995

*Japanese Cooking*, Emi Kazuko and Yasuko Fukouka

## **KOREA**

*Flavors of Korea*, Marc and Kim Millon, André Deutsch, 1991

## **THAILAND**

*It Rains Fishes: Legends, Traditions and the Joys of Thai Cooking*, Kasma Loha-Unchit, Pomegranate, 1995

*Thailand: the Beautiful Cookbook: Authentic Recipes from the Regions of Thailand*, Panurat Poladitmontri and Judy Lew, Collins, 1992

## **Vietnam**

*The Classic Cuisine of Vietnam*, Bach Ngo and Gloria Zimmerman, Barron's, 1979

*The Best of Vietnamese and Thai Cooking*, Mai Pham

## **Other References**

*Asian Vegetables: The Complete Guide for the Gardening Cook*, Joy Larkcom, Kodansha International, 1991

*The Rice Book*, Sri Owen, Griffin, 1996

(\*) *Beyond Bok Choy: A Cook's Guide to Asian Vegetables*, Rosa Lo San Ross, Artisan, 1996

# BAKING & PASTRY: CUSTARDS

Custards generally contain eggs, liquid, sugar, and other flavorings and sometimes a starch.

Custards can be cooked on the stovetop or baked/poached.

## COOKED CUSTARDS

**Nappé:** for custards without the presence of a starch

**Boiled:** for custards containing starch

## EXAMPLES OF COOKED CUSTARDS

- Vanilla Sauce
- Ice Cream
- Gelato
- Sabayon
- Rice Pudding
- Pastry Cream
- Cream Puddings

## BAKED/POACHED CUSTARDS

Baked/Poached custards steam in an oven. Baked custards may or may not contain a starch.

## EXAMPLES OF BAKED/POACHED CUSTARDS

- Cheesecake
- Crème Brûlée
- Crème Caramel
- Clafoutis
- Bread Pudding
- Petit Pôt de Crème

## Custard: Boiled Method

Blend starch with small amount of liquid; set aside (slurry)



Combine liquid with half of the sugar and flavorings. Bring to a boil; leave heat on.



Mix slurry, egg yolks, and remaining sugar; warm with liquid (tempering)



Pour all into pot and cook the starch (boil)



Stir in butter, pour out into pan, cover surface with plastic, and cool.

## CUSTARD: NAPPÉ METHOD

Mise en place:  
Ice bath, fine chinois, ladle,  
wooden spoon, bain marie

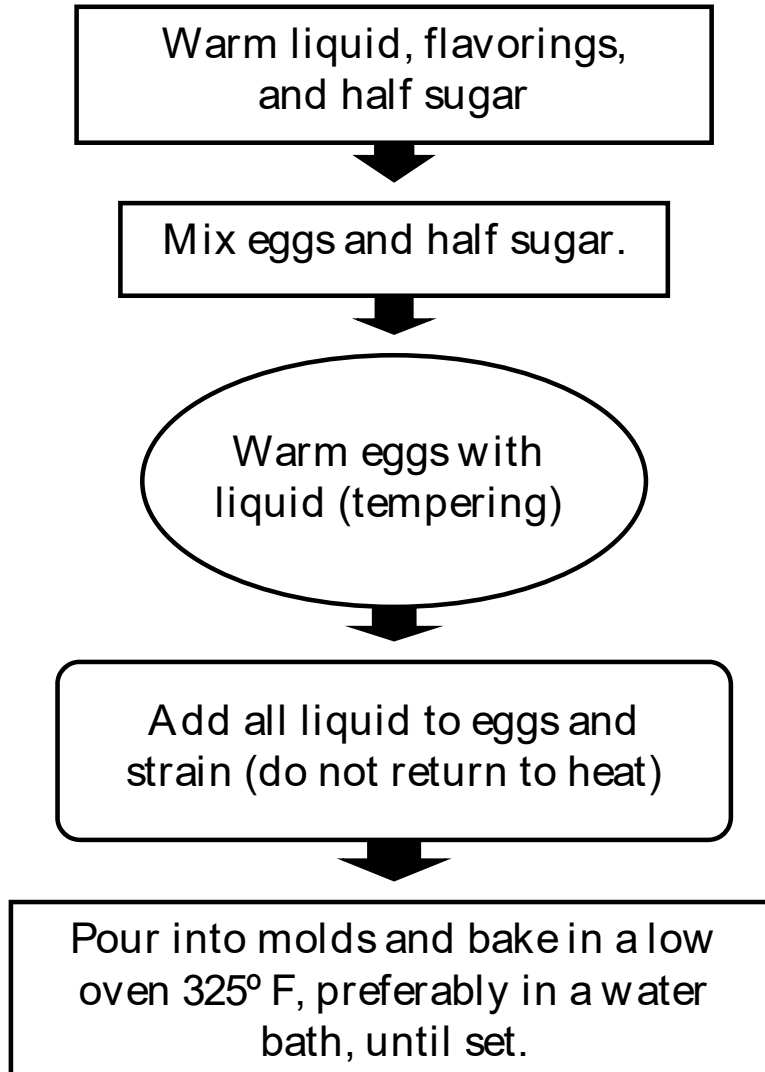
Combine liquid with half of  
the sugar and flavorings.  
Bring to a boil, then, turn off  
heat.

Warm egg yolks and  
other half of sugar  
with liquid  
(tempering)

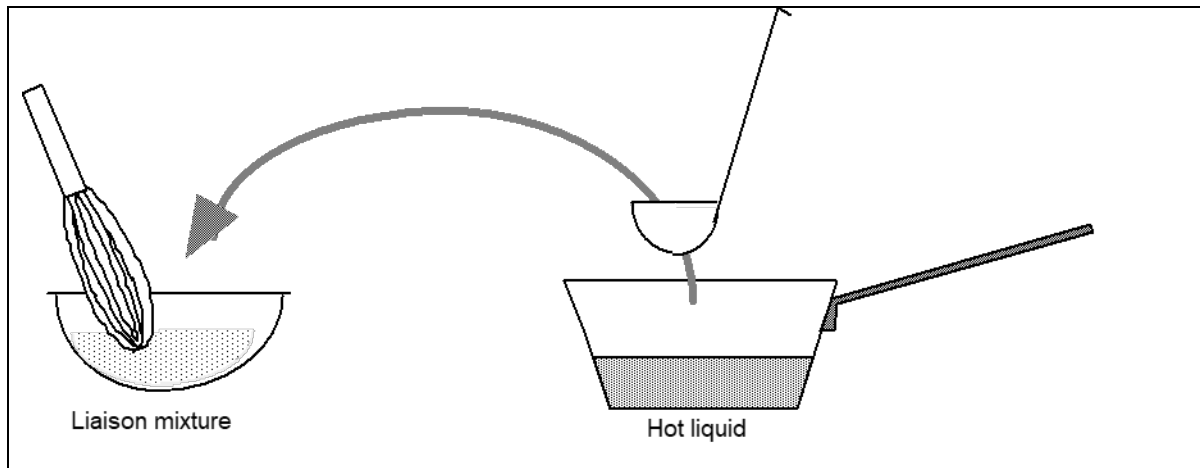
Pour all into pot and cook  
until coats the back of a  
spoon (nappé)

Strain immediately into a bain marie  
in an ice bath

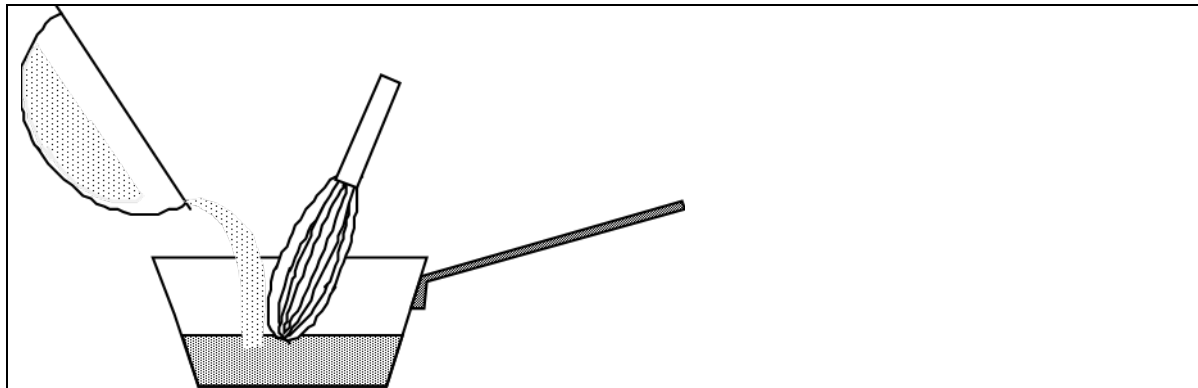
### CUSTARD: BAKED/POACHED METHOD



## TEMPERING METHOD FOR CUSTARDS



**Step One:** add some of the hot liquid to the liaison, whisking or stirring constantly to prevent scrambling or curdling.



**Step Two:** Add the liaison back to the hot liquid, whisking or stirring constantly to prevent scrambling or curdling. Cook until you reach the desired temperature and consistency. Remove from heat and cool.

## BAKING & PASTRY: VANILLA SAUCE

Vanilla sauce (also known as Crème Anglaise, Sauce Anglaise, or Custard Sauce) is a fundamental preparation. Aside from its use as a dessert sauce, crème Anglaise can be used as the basis for other dessert items including Bavarian cream, parfait, or even baked custards. Vanilla sauce can be made using either milk, heavy cream, or a combination of the two. Either egg yolks or whole eggs may be used to thicken the sauce. The sauce is commonly made using milk and egg yolks.

The most important step in making a vanilla sauce is to cook it to the proper consistency; the sauce must be cooked until it coats the back of a spoon (nappé consistency). A vanilla sauce that is undercooked will be too thin to effectively use as a sauce and may present a hazard of foodborne illness. An overcooked sauce will curdle as the eggs coagulate, leaving a sauce that is not smooth.

Straining the sauce immediately after removing it from the heat not only removes any overcooked egg, but it also stops the cooking process preventing any carryover cooking. It is crucial to have the strainer, bain-marie, and ice bath ready before you begin to cook the sauce, so that it can be strained as soon as it reaches nappé consistency. As with any dairy product, it is important to cool the sauce as quickly as possible, preferably in an ice bath, and refrigerate it after it is cooled. Vanilla sauce is a highly perishable food item, and scrupulous sanitation procedures must be maintained.

## **BAKING & PASTRY: PASTRY CREAM**

The preparation of pastry cream is a fundamental skill in any pastry shop. It is used as a filling either by itself or mixed with another ingredient such as whipped cream. Pastry cream is very similar in ingredients to vanilla sauce, but it has a starch added to it. The purpose of the starch is to further thicken the mixture so that it has a pudding-like consistency rather than the sauce consistency that vanilla sauce has. The addition of starch makes it necessary to bring the pastry cream to a full boil once all the ingredients are combined, unlike vanilla sauce, which must never be boiled, or it will curdle. The most common starch to use in making pastry cream is cornstarch, although flour, arrowroot, or tapioca may also be used.

Pastry cream is also a highly perishable product and must be cooled quickly and stored properly to prevent spoilage. To cool pastry cream, pour the cooked cream into a hotel pan, cover the surface with plastic wrap, and cool on an ice bath to below 45°F before refrigerating.

## **BAKING & PASTRY: MOUSSE**

A French term meaning “foam,” a mousse is an aerated filling frequently used in the production of cakes, pastries, and desserts. It is made light by the addition of whipped eggs or egg whites and whipped cream. A mousse may be made either with or without the addition of gelatin to stabilize them. However, if a mousse is to be molded or sliced, the addition of a stabilizer such as gelatin is mandatory. The exception to this rule is chocolate mousse, which is stabilized by the cocoa butter in the chocolate. Mousses may be made by several methods. Two of the more common are the sabayon and the cooked sugar method.

### **SABAYON METHOD**

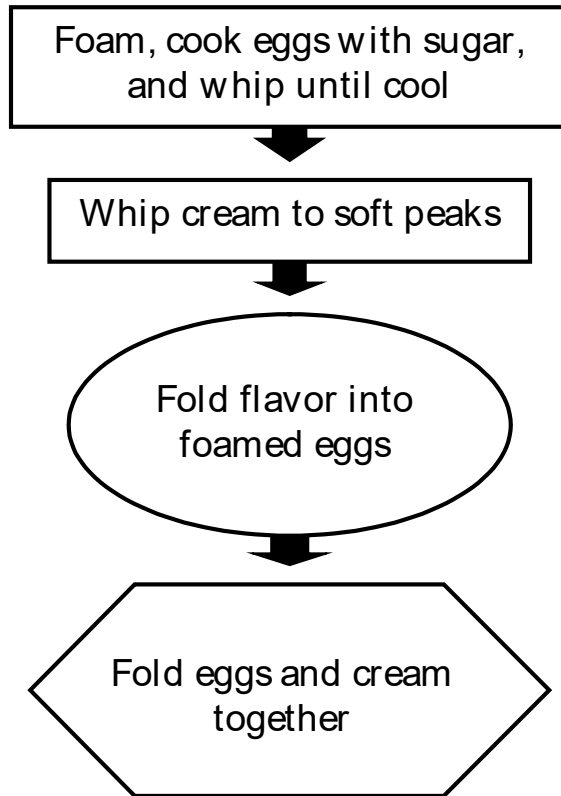
Combine the sugar with the egg yolks and liquid flavoring. Whip over a hot water bath to incorporate air and cook the yolks. It is important to cook the yolks to a sufficient temperature to stabilize them so that they hold the air that is incorporated during whipping, as well as to pasteurize them. Transfer the yolks to a mixer and whip until they cool to room temperature. Fold any gelatin, additional flavorings, and under-whipped cream into the mixture.

### **COOKED SUGAR METHOD**

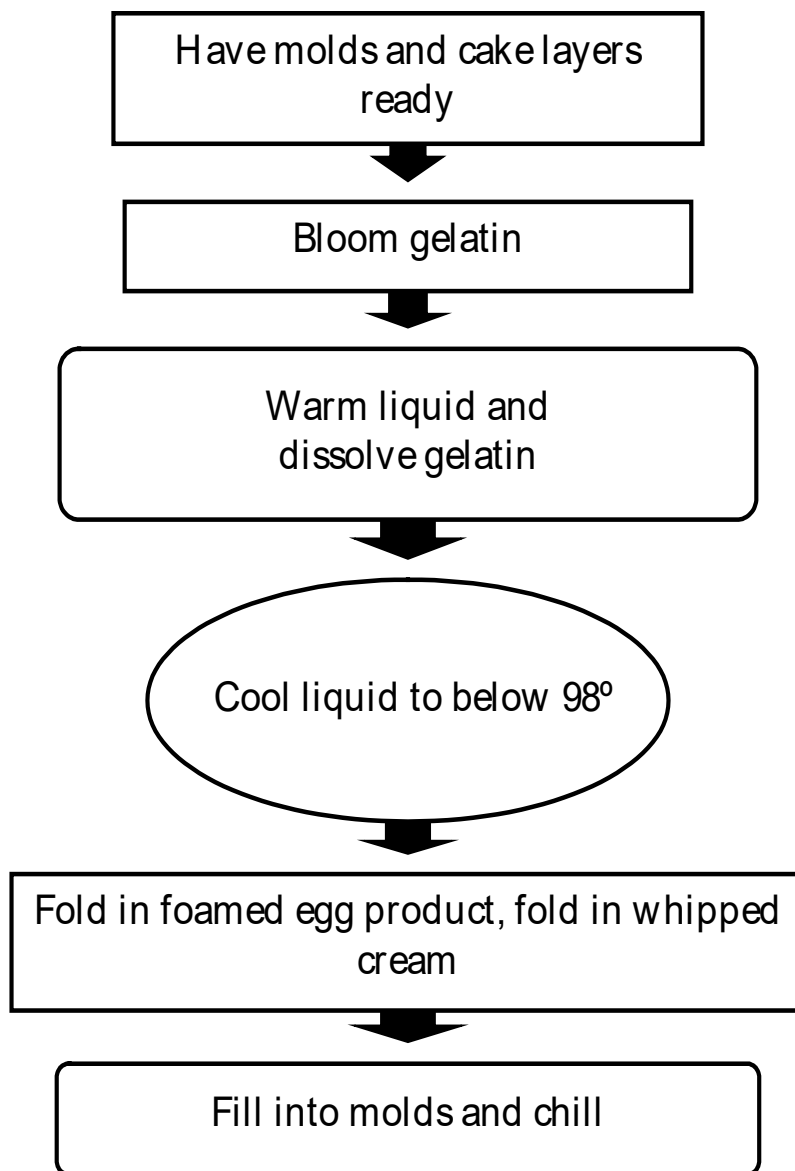
Whip the yolks in a mixing machine until very light. Mix the sugar with water and cook to the soft ball stage (118° C or 240° F). Stream the hot sugar syrup into the yolks while whipping. Continue whipping until cooled. Fold any flavorings, gelatin, and under-whipped cream into the mousse. Below are some key points regarding the production of mousses:

- Eggs must be pasteurized either in the production of the mousse or when purchased to reduce the risk of food-borne illness.
- When adding gelatin, liaison the bloomed and dissolved gelatin into the egg mixture to ensure that it is incorporated completely.
- The last ingredient to be incorporated into a mousse is always the under-whipped cream so that it does not get over-worked in the process.
- When using gelatin in a mousse, have all molds, cake layers, etc. ready before mixing the mousse so that the gelatin does not set before you are ready to use the mousse.

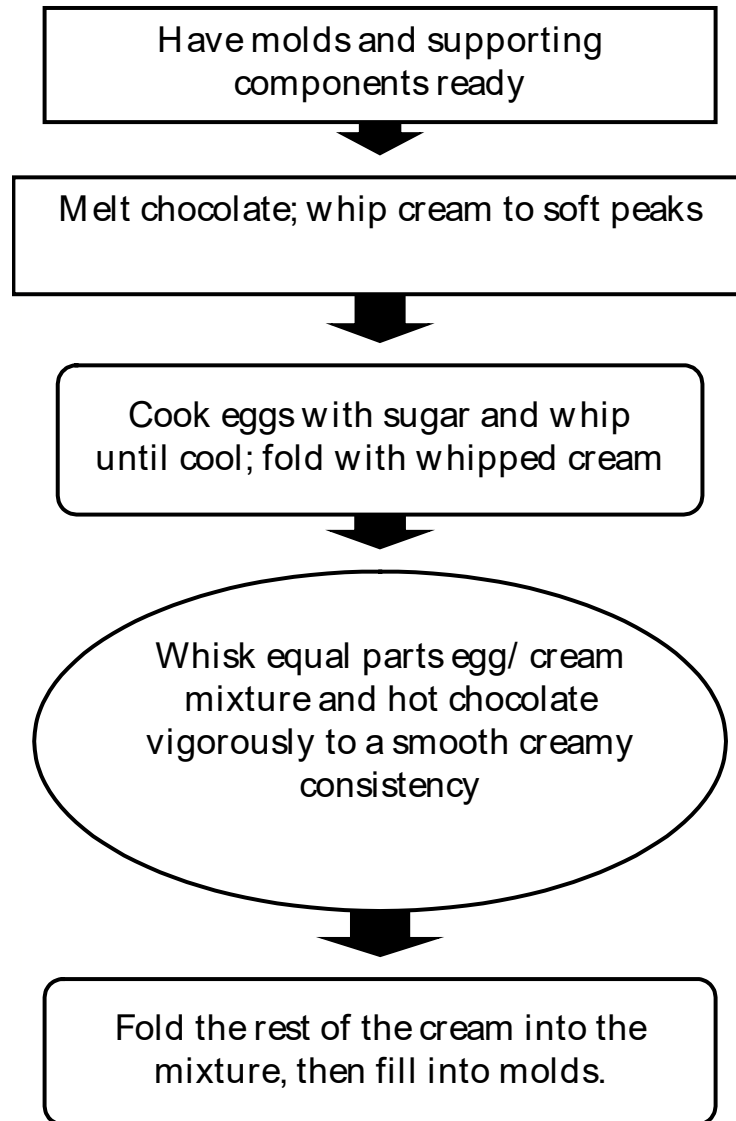
## MOUSSE: BASIC METHOD



## MOUSSE: GELATIN METHOD



## Mousse: Chocolate Method



## BAKING & PASTRY: GELATIN

Gelatin consists of proteins derived from the collagen and hides of animals. When properly used, gelatin delicately binds liquids or foams to provide structure and stability. If used in too large a quantity gelatin makes mousses tough and elastic. It is critical then to use just the minimum amount of gelatin required to bind the product without toughening it.

Gelatin is available in two forms; granulated and sheets. Although some chefs have a marked preference for one or the other, they are chemically identical, and when used in corresponding amounts they yield identical results. Each sheet of gelatin is equivalent to 2 grams of granulated gelatin, so for each ounce of granulated gelatin called for in a recipe you can substitute 14 sheets.

Regardless of the form of gelatin you are using, the same two steps are required to use it - blooming and dissolving. **Blooming** is the process of allowing the gelatin to soak up cold water. When using granulated gelatin, you bloom each ounce of product in 8 ounces of cold water, or a ratio of 8:1. It is possible to bloom gelatin in liquid other than water, but it blooms and dissolves best in water. Any small flavor difference can be compensated for elsewhere in the recipe. The procedure to bloom granulated gelatin is to measure out the required amount of cold water, sprinkle the gelatin on the surface of the water, and let sit undisturbed for approximately 10 minutes. At the end of that time, the gelatin will have soaked up the water, leaving no excess water or gelatin. The consistency should resemble applesauce. Blooming sheet gelatin is similar, except that there is no scaling involved. The desired number of sheets are simply immersed in a large container of cold water and allowed to sit for several minutes. At the end of that time the sheets will no longer be brittle but will be very soft.

**Dissolving** is the process of heating the bloomed gelatin until it is transparent and liquid. Dissolve bloomed, granulated gelatin by placing the bowl over a hot water bath until the product is entirely liquid. Dissolve bloomed sheet gelatin by removing the sheets from the cold water and blotting them with a towel to remove the excess moisture. Place the sheets in a bowl

over a hot water bath until dissolved. Care should be taken when dissolving gelatin not to overheat it. The strength of gelatin that is brought to a boil will be reduced. After dissolving the gelatin is ready to be used in the recipe.

When incorporating gelatin into a liquid or mousse it is a good idea to liaison the mixtures together, that is to add a small amount of the liquid to the bloomed and dissolved gelatin and mix well, then to add that mixture to the remaining liquid. This will help to ensure that the gelatin is evenly dispersed throughout the mix and doesn't set up or lump while you are adding it. Some key points about using gelatin are listed below.

- Gelatin is an animal product and therefore is not suitable for vegetarians.
- Whenever using gelatin, it must be bloomed and dissolved.
- Always have the molds you will use ready before making a mousse containing gelatin, as it sets quickly, and cannot be re-melted.
- Use the minimum amount of gelatin possible to achieve the best texture.
- Products using gelatin should be made several hours in advance of use to allow the gelatin to completely set.
- Many fruits, particularly tropical fruits contain enzymes that prevent gelatin from setting. These enzymes can be de-activated by boiling the fruit puree before adding the gelatin.
- Products bound with gelatin freeze well without adversely affecting the texture of the product.

# DAY THREE: PROCHEF LEVEL III ASSESSMENT

## LATIN CUISINES: STUDY GUIDE

### SUCCESSFUL CANDIDATES ARE ABLE TO...

- Compare and contrast festival foods with what is typically eaten every day in Mexican, Latin, and Caribbean countries.
- Explain the importance of the “three sisters”; corn, beans and squash.
- Describe the typical daily eating pattern in Mexico or other Latin countries.
- Identify by name, taste and appearance a selection of traditional Mexican, Latin and Caribbean ingredients and explain their use.
- Identify the ingredients that are used in the Latin kitchen to provide the four basic tastes: Sweet, Sour, Salty, Bitter.
- Identify the culinary techniques that are basic to the Latin kitchen and how they are used to develop flavor.
- Explain how Latin broths differs from the stock used in American kitchens
- Describe the role of garnishes in Latin foods and list 5 typical garnishes that support your understanding
- List the ingredients which are used in Mexican and Latin cooking to act a “vehicle” for the flavor of chilies.

# LATIN CUISINES: FLAVOR PROFILES

Ideas to provide inspiration for global menu planning

## MEXICO

Region	Dominant Profile	Key Ingredients
Central (Oaxaca/Puebla)	complex, earthy	dried chilies, cacao, nuts ( <i>moles</i> ), corn masa, epazote
Northern	savory, smoked	flour tortillas, grilled meats ( <i>asada</i> ), dried beef ( <i>machaca</i> )
Yucatán	citrusy, robust	annatto (achiote), sour orange, habanero chiles, banana leaves
Coastal (Baja/Veracruz)	bright, fresh	fresh lime, tomatoes, capers, olives, cilantro

## GREATER ANTILLES (CUBA, DOMINICAN REPUBLIC, PUERTO RICO, JAMAICA)

Region / Style	Dominant Profile	Key Ingredients
Spanish Caribbean	savory, aromatic	peppers, onions, garlic, culantro ( <i>sofrito</i> ) oregano, adobo
Jamaica	fiery, pungent	Scotch bonnet chiles, allspice ( <i>pimento</i> ), ginger, thyme
Hispaniola/ Puerto Rico	starchy, garlicky	plantains ( <i>mofongo/ mangú</i> ), garlic, pork fat, yuca

## LESSER ANTILLES (FRENCH, SOUTHERN CARIBBEAN)

Region / Style	Dominant Profile	Key Ingredients
French Antilles (Martinique)	spiced, refined	Colombo powder, lime, garlic, chives
Trinidad, Grenada	bold, earthy	turmeric, cumin, chickpeas, hot pepper sauces
Barbados	herby, peppery	green onions, thyme, cloves, marjoram ( <i>Bajan seasoning</i> )

## SOUTH AMERICA (PACIFIC COAST, ANDEAN)

Region	Dominant Profile	Key Ingredients
Peru (Coast)	acidic, umami	aji amarillo chiles, lime, red onion, soy sauce
Peru/Bolivia (Andean)	earthy, starchy	potatoes, oca, quinoa, alpaca, dried chilies
Colombia/Ecuador	mild, fruity	cumin, coriander, tropical fruits, coconut

## SOUTH AMERICA (ATLANTIC, SOUTHERN CONE)

Region	Dominant Profile	Key Ingredients
Brazil (Bahia/NE)	rich, tropical	palm oil ( <i>dendê</i> ), coconut milk, salt cod, okra
Brazil (South)	smoked, meaty	salt-rubbed grilled meats ( <i>churrasco</i> ), manioc flour ( <i>farofa</i> )
Argentina/Uruguay	herbal, robust	parsley, garlic, vinegar sauce ( <i>chimichurri</i> ), beef, malbec reductions

## CENTRAL AMERICA

Region	Dominant Profile	Key Ingredients, Specialties
Northern (Guatemala/El Salvador)	earthy, toasted	pumpkin seeds ( <i>pepitas</i> ), sesame seeds, dried chilies ( <i>guaque/pasa</i> ), corn masa, thick griddle cakes ( <i>pupusas</i> )
Honduras, Nicaragua	savory, creamy	red beans, Honduran-style crema ( <i>mantequilla</i> ), pickled onions, meat-filled tamales ( <i>nacatamales</i> ).
Costa Rica, Panama	mild, fresh, herbaceous	tangy, vegetable-based sauce ( <i>salsa lizano</i> ), cilantro, black beans, and coconut-infused rice.
Belize	spicy, afro-caribbean	habanero chiles, coconut milk, annatto paste ( <i>recado</i> ), fry jacks

# LATIN CUISINES: MEXICAN KITCHEN

## KEY TERMS

Antojitos

Cilantro

Escabeche

Enchilada  
Efrijolada  
Enjimatadas

Frijoles  
Molcajetes  
Metates

Tomatillo

## **EQUIPMENT**

Metate  
Molcajete

Comal  
Molinillo

Tortilla Press

## **KEY INGREDIENTS: FRUITS AND VEGETABLES**

Sour Orange  
Limes / Limon  
Nopales  
Pomegranate  
Avocado  
Jicama

Squash Blossoms  
Banana Leaves  
Banana Leaves  
Chayote  
Tomatillos  
White Onions

Plantains  
Squash Blossoms  
Pumpkin Seeds  
Sesame Seeds  
Tomatoes  
Lima Agria

## **KEY INGREDIENTS: HERBS**

Epazote  
Cilantro  
Hoja Santa  
Avocado Leaves

Thyme  
Hierba Buena  
Hierba de Olor  
Mexican Oregano

Marjoram  
Mint

## **KEY INGREDIENTS: CHEESE**

Queso Anejo  
Queso Oaxaca  
Queso Anejo  
Queso Freso

Queso Asado  
Queso Menonito  
Queso Cotija  
Queso Panela

Mexican Crema  
Queso Relleno

## **KEY INGREDIENTS: MEAT**

Cecina  
Liguicia  
Chorizo  
Picadillo  
Carne Asada  
Carnitas  
Lard

Chicharron  
Mexican Chicken  
Broth  
Albondigas  
Goat / Kid  
Turkey  
Quail

Pheasant  
Squab  
Pork  
Chicken  
Machaca

## **KEY INGREDIENTS: FISH**

Dried Shrimp  
Escabeche

Ceviche  
Minilla

## KEY INGREDIENTS: CORN

Sweet Corn	Chimichangas	Huilacoche
Field Corn	Tostata	Corn Husks
Cal	Gorditas	Sopes
Tamales	Nixtamal	Quesadillas
Tortillas	Masa	Empanadas
Sopes	Masa Harina	Panuchos
Chalupas	Nixtamalization	Chilaquiles
Flautas	Hominy	Molotes
Enchiladas	Pozole	

## KEY INGREDIENTS: MOLES AND SAUCES

Coloradito	Amarillo	Pico de Gallo
Manchamanteles	Pipian	Guacamole
Verde	Adobo	Salsa Verde
Negro	Ranchero	Poblano

## KEY INGREDIENTS: CHILES

Bell Pepper	Seco del Norte	Ancho
Sweet Red Pepper	Fresno	Mulato
Poblano	Pasilla Oaxaca	Pasilla Negro
Jalepeño	Chilaca	Chipotle
Serrano	Chiles Escabechado	Piquin/ Tepin
Manzano	Guajillo	Chipotle Mora
Guero	New Mexico	Chipotle Colorado
Habanero	Cascabel	Chipotle Meco
Anaheim/ Verde del Norte	Japones	Chipotle en Adobo
	Arbol	

## KEY INGREDIENTS: GRAINS AND LEGUMES

Amaranth	Fideo	Rice
Quinoa	Black Beans	
Alegria	Pinto Beans	

## KEY INGREDIENTS: CONDIMENTS AND PRODUCTS

Piloncillo	Chiles en Escabeche	Corn husks
Achiote Paste	Chipotle chiles	Mexican Chocolate
Tamarind paste	Capers	Cajeta

## KEY INGREDIENTS: SPICES

Achiote	Aniseed	Cloves
Allspice	Canela	Coriander

Cumin  
Peppercorns  
Paprika

Vanilla  
Avocado leaves  
Bay leaves

Recado

### **KEY INGREDIENTS: BEVERAGES**

Tequila  
Agua Fresca  
Horchata

Atole  
Beer  
Sangria

Wine

### **TRADITIONAL MEXICAN MEAL**

Antojitos (Snacks)

Sopa (Soup)

Sopa Seca (Rice/ Noodles)

Entrada (First course)

Platillo Fuerte (Main Course)

Frijoles (Beans)

Postre (Dessert)

Café (Coffee)

# LATIN CUISINES: CARIBBEAN KITCHEN

## KEY TERMS

Bahamas	Lesser Antilles	Creole
Turks and Caicos	Barbacoa	Mestizo
Greater Antilles	Jerk	

## EQUIPMENT AND COOKING TECHNIQUE

Jerk	Frying	Pit Barbecue
Barbecue	One Pot Stews	Smoking

## KEY INGREDIENTS: FRUITS AND VEGETABLES

Cassava	Guava	Scotch Bonnet Chilies:
Taro	Guanábana (Soursop)	Hot, Sweet
Avocado	Bananas	Ginger
Watermelon	Bread Fruit	Garlic
Papaya	Mango	Sour Oranges
Coconut	Callaloo	Tamarind
Cherimoya	Spinach	Long Beans
Lemons and Limes	Banana Leaves	Grapefruit
Passion Fruit	Pumpkin	Sapodilla
Pineapple	Okra	Sugar Cane
Star Fruit	Chayote Squash	Plantains: Ripe, Green

## KEY INGREDIENTS: HERBS AND SPICES

Achiote	Cilantro	Thyme
Allspice (Pimento)	Oregano	Basil
Bay Rum Berries	Nutmeg	Coriander
Curry	Black Pepper	Mace

## KEY INGREDIENTS: MEAT

Goat / Kid	Alligator	Chicken
Mutton	Pigeon	Turkey
Duck	Turtle	
Salted Meats	Pork	

## KEY INGREDIENTS: FISH

Snapper	Marlin	Jack
Grouper	Tuna	Makerel
Bacalao	Crab	Sturgeon
Flying Fish	Mahi Mahi	Spiny Lobster
Shark	Shrimp	Cutlass

Conch  
Smoked Fish

Crab  
Tuna

### **KEY INGREDIENTS: TUBERS AND ROOT VEGETABLES**

Yams  
Boniato  
Taro

Peanuts  
Cassava (Yuca,  
Manioc, Tapioca)

Potatoes

### **KEY INGREDIENTS: SAUCES**

Mojo  
Taumalin

Chutneys  
Aji-li-mojili

Hot Chile Sauces

### **KEY INGREDIENTS: BREADS, DESSERTS, AND PASTRIES**

Roti  
Baugettes  
Pastries  
Bread Puddings

Flan  
Bananas and Rum  
Pasty  
Fried Flat Breads

Rum Cake  
Fruit Breads

### **KEY INGREDIENTS: GRAINS AND LEGUMES**

Black Beans  
Corn

Rice  
Pigeon Peas

Peanuts  
Cashews

### **KEY INGREDIENTS: CONDIMENTS AND PRODUCTS**

Sofrito  
Adobo  
Jerk Marinade

Jerk rub  
Pickapeppa Sauce  
Anatto Oil

Guava Paste  
Mollasas

### **KEY INGREDIENTS: BEVERAGES**

Rum  
Beer  
Coffee  
Mojito

Daiquiri  
Ginger Beer  
Coconut Water  
Coconut Milk

Hibiscus Flower Tea  
Cocktails  
Pina Colada  
Planter's Punch

# LATIN CUISINES: CENTRAL & SOUTH AMERICAN KITCHEN

## EQUIPMENT

Olla de Barro	Churasco
Steamer	Churrascarias

## KEY INGREDIENTS: FRUITS AND VEGETABLES

Aguaymanto	Coconut	Squash
Key Limes	Ginger	Tomato
Banana Leaves	Garlic	Tomatillo
Corn Husks	Pumpkin	

## KEY INGREDIENTS: HERBS

Cilantro	Thyme	Mexican Oregano
Hoja Santa	Hierba Buena	Marjoram
Avocado Leaves	Hierba de Olor	Mint

## KEY INGREDIENTS: CHEESE

Queso Freso

## KEY INGREDIENTS: MEAT

Lard	Pork	Bacon/ bacon fat
Chicharron	Chorizo	Beef
Duck	Morcilla	
Chicken	Ham Hocks	

## KEY INGREDIENTS: FISH

Tuna	Crayfish	Scallops
Escabeche	Squid	Salt Cod
Ceviche	Mussels	

## KEY INGREDIENTS: TUBERS AND STARCHY VEGETABLES

Chuño	Taro (Dasheen)	Potatoes
Papa Seca	Peanuts	Jerusalem Artichoke
Yam	Cassava (Yuca,	Squash
Sweet Potato	Manioc, Tapioca)	

## KEY INGREDIENTS: SAUCES

Chimicurri	Peanut Sauce
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## KEY INGREDIENTS: CHILES

Aji Mirasol  
Aji Panca  
Aji Limo

Rocoto  
Aji Amarillo  
Jalapeno

Serrano

### **KEY INGREDIENTS: GRAINS AND LEGUMES**

Amaranth  
Quinoa  
Wheat  
Lima Beans

Chulpe  
Puffed Amaranth  
Peanuts  
Corn

Masa Harina  
Masa  
Hominy/ Pozole  
Black Beans

### **KEY INGREDIENTS: CONDIMENTS AND PRODUCTS**

Coconut Milk

Achiote Oil

Toasted Manioc Flour

### **KEY INGREDIENTS: SPICES**

Achiote  
Allspice  
Aniseed  
Cinnamon

Cloves  
Coriander  
Cumin  
Peppercorns

Paprika  
Vanilla  
Avocado leaves  
Bay leaves

### **KEY INGREDIENTS: BEVERAGES**

Aguardiente de Pisco  
Mattè

Chicha  
Beer

## **LATIN CUISINES: RESOURCES**

Cantina: Best of Casual Mexican Cooking, Mary Sue Millikin, Susan Feriger; Sunset Publishing Co., 1996

El Norte: The Cuisine of Northern Mexico, Peyton, James. Red Crane Books, 1995

El Sabor De Mexico: Quintana, Particia. Stewart, Tabori & Chang, 1999

Essential Cuisines of Mexico, Kennedy, Diane. Clarkson N. Potter, 2000

Food and Life of Oaxaca, Martinez, Zarela, Wiley, 1997

Meatless Mexican Home Cooking, Zaslavsky, Nancy, Griffin, 1999

Modern Mexican Flavors, Sandoval, Richard, Stewart, Tabouri & Chang, 2002

The New Complete Book of Mexican Cooking, Lamber-Ortiz, Elizabeth. Ecco; 2000

New Cooking from Old Mexico, Peyton, James, Red Crane Books, 1999

Rancho Cooking, Mexican and California Recipes, Higuera-McMahon, Jacqueli Sasquatch Books, 2001

Tamales 101, A Beginner's Guide to Making Traditional Tamales, Guadalupe-Tapp, Alice Berkeley, Ten Speed Press, 2002

The Food of Oaxaca, Martinez, Zarela, Wiley, 1997

Too Hot Tamales, Susan Feniger and Mary Sue Milliken, Morrow, 1997

Tortillas, Pat Sparks and Barbara Swanson, St. Martin's Press, 2003

Art of Peruvian Cuisine, Cluster, Tom, Ediciones Ganesha, 2003

Brazil, A Cooks Tour, Idone, Christopher, Clarkson N. Potter 1995

Caribbean Pantry, Raichlen, Steven. Artisan Sales, 1995;

Ofelia- A Taste of Brazil, Melo, Josimar & Anunciato Rames Konemann, 2001

Potato: Treasures of the Andes, Christine Graves Miranda

Taste of Columbia Villages, Benjamin, St. Martin's Press, 2001

Viva La Vida, Palomino, Rafael, Chronicle Books, 2002

### **BOOKS FEATURING CARIBBEAN FOOD:**

Caribbean Cooking, Blunt, Richard, Backwoods Home Magazine, 2001

Caribbean Pantry Cookbook, Raichlen, Steven; Artisan Sales, 1995

Culinaria The Caribbean: A Culinary Discovery, Parkinson, Rosemary Kaneman, 1999

Lonely Planet World Food Caribbean, Geddes, Bruce; Lonely Planet, 2001

A Taste of Puerto Rico: Traditional and New Dishes from the Puerto Rican Community,  
Ortiz, Yvonne. Plume; 1997

Traveling Jamaica with Knife, Fork and Spoon: A Righteous Guide to Jamaican Cookery,  
Walsh, Robb and Jay McCarthy. Crossing Press, 1995

# **BAKING & PASTRY:**

## **TEMPERING CHOCOLATE, TUILES, AND CRISPS**

### **CHOCOLATE**

Chocolate is a direct derivative from the cacao bean that was first brought to Spain by Christopher Columbus in the late 1400's. Early experiments with chocolate usually combined it with various spices, spirits, and other flavorings. This mixture was usually served as a drink. It was not until the late 17<sup>th</sup> century that chocolate, as we know it today, was produced.

### **GROWING OF THE COCOA BEAN**

Cocoa beans are grown in tropical regions approximately 20° North and South of the equator. The beans thrive in areas with a temperate climate (around 80°F/ 25°C, high soil, moderate humidity, and an elevation of 600 meters above sea level. These areas include Central America, Northern South America, East and West Africa, Indonesia, and New Guinea. As with most fruit trees that are grown in tropical regions, the cocoa tree bears blossoms, buds, and fruits. It follows the same growing cycle as most fruit trees in the area. The cocoa fruit is oblong and cucumber shaped and hangs directly from the trunk of the tree. Each cocoa fruit contains up to 50 cocoa beans which are enclosed by a sugary, soft pulp.

### **HARVEST**

Cocoa fruits are harvested twice a year. The fruit is carefully cut from the tree with a sickle-shaped knife. It is then greened, and the pulp and kernels are scraped out.

### **FERMENTATION**

After the cocoa beans are harvested, they are then dried and fermented. The fermentation process accomplishes two things:

1. It breaks up the bitter substances present in the bean, which allows the flavor and deep rich color of the cocoa to develop.
2. It kills the ability for the cocoa bean to germinate. Once sufficiently dried, the beans are stored in sacks and are ready for exportation.

## **STORAGE**

Cocoa beans are usually stored in large silos until they are needed.

## **CLEANING OF THE BEANS**

Once the beans have left storage, they must be carefully cleaned to remove any foreign materials such as stones, glass, wood, etc. Sometimes, special metal detectors and magnets are also used. The cleaned beans are ready to be either roasted and cracked or cracked and roasted.

## **ROASTING**

The roasting of the beans takes place at about 248°F/ 120°C. During this time, the moisture content is reduced to about 2%. At the same time, starches are converted to dextrin which begins to intensify the flavor.

## **CRACKING**

When the beans are first roasted, the shells are then broken open to separate the kernels from the germ and the shell fragments.

## **GRINDING**

The roasted split kernels of the bean are pulverized. The heat and friction that are generated through this process melt the cocoa fat (cocoa butter) and this results in the cocoa mass. It is from this mass that various cocoa and chocolate products are produced.

## **CHOCOLATE PRODUCTS**

**Couverture:** This consists of cocoa mass, sugar, and cocoa butter. It can be made with varying ratios and percentages of these three ingredients, though it is usually composed of 30%-40% cocoa butter. The more cocoa butter a couverture contains, the thinner its viscosity and the greater the cost. The ingredients are worked together in a mixing machine to create a smooth homogeneous mass that is ready to be milled. This milling or "conching" disperses the solid components among the fat crystals and eventually gives the couverture its characteristic smoothness and delicate melting ability. This conching process usually takes up to 72 hours of continuous kneading and rolling before the couverture achieves the desired finish. Couverture

must be tempered when using to obtain the best results. It has many uses, such as production in pralines, fillings, creams and tortes, and garnishing, decorating, and molding.

**Chocolate Liquor:** This finely ground, unsweetened, conched cocoa mass is also referred to as unsweetened chocolate. This is used to flavor and color various types of confections, creams, fillings, etc.

**Cocoa Powder:** Finely ground pressed cake, which is the result of all the cocoa butter being pressed out of the cocoa mass. This can be purchased sweetened or unsweetened. It is utilized for garnishing and in cake and baking production.

**Cocoa Butter:** This is derived from the resulting fat which is extruded from the pressed block cocoa. Cocoa butter is used to adjust the consistency of couverture, various confection fillings, coating marzipan, etc.

**Milk Chocolate:** This is composed of cocoa mass, cocoa butter, sugar, and at least 14% of added milk solids. The uses are the same as for couverture.

**White Chocolate:** This consists of cocoa butter, sugar, and milk solids, but contains no cocoa powder. The uses are the same as couverture and milk chocolate.

**Coating Chocolate:** Sometimes referred to as "compound chocolate" or "chocolate glaze," it is similar to couverture except that the cocoa butter has been removed and is replaced with another type of fat (usually vegetable oil). It is simpler to use than couverture as it does not require tempering. The uses are the same as for couverture, but it should be noted that the coating chocolate is not as flavorful.

## **STORAGE AND HANDLING OF CHOCOLATE PRODUCTS**

Chocolate or couverture should be stored in a cool, dry, dark place, free of any strong odors. When well wrapped and stored under optimal conditions (65°F to 68°F/ 18°C to 20°C) and at 55-60% humidity, it has an average shelf life of 6 to 8 months.

## **HANDLING MELTED CHOCOLATE**

To achieve an end product with a high-gloss finish and an appetizing appeal, it is necessary to adhere to the following basic rules:

- Chocolate or couverture should always be cut into small pieces before it is melted so that a larger surface area is exposed to the heat source. This helps speed and facilitate the melting process. A firm serrated knife should be used for this purpose.
- Before beginning to melt the chocolate, make sure that the stainless-steel bowl being used is very clean and dry.
- A water bath works best to melt the chocolate. Choose a bowl that will form a tight seal on the double boiler. The water temperature should be about (120°F to 130°F/ 48°C to 55°C). No moisture of any kind (steam, water, condensation) should ever come in contact with chocolate, since it would cause the chocolate to thicken and render it useless for tempering.
- Chocolate should not be left unattended while on the heat source. It should be stirred gently as it begins to melt. Vigorous mixing or stirring should be avoided since it generates undesirable air pockets in the chocolate. Continue to gently stir or "massage" the chocolate until it all has melted, then remove it from the heat source.

## **TEMPERING CHOCOLATE**

The main reason chocolate is tempered is so that it retains the smooth beautiful gloss, crisp "snap" feel and creamy texture to which we are so accustomed. The cocoa butter is totally melted once the couverture is heated above (91°F/ 32°C). In this form, the cocoa butter fat crystals have the properties of setting upon cooling into either stable or unstable crystal shapes. For couverture to maintain the fine gloss and familiar "snap", stable crystals must form. This is done by a gradual reduction in temperature which will induce the formation of the stable  $\beta$ ("Beta") crystals to form, and also through constant steady agitation. By doing this, not only will the stable beta crystals begin to develop forming a homogeneous mixture of fat, cocoa mass, and sugar, but also the liquid mixture will develop a homogeneous temperature as well. Further cooling promotes the formation of even more stable crystals until the couverture eventually sets completely.

## **BLOCK METHOD**

In the block method of chocolate tempering, the warm melted chocolate is seeded and cooled by adding a single block of chocolate, then stirring. The block of chocolate not only brings the temperature of the melted chocolate down but provides the seed crystals necessary to temper the chocolate.

## **RAPÉ METHOD**

Finely rapéd or chopped (*rapé*) chocolate is added to the warm melted liquid couverture when it reaches about (100°F/ 37°C). The rapé has stable crystals which act as seeds to help the formation of the stable beta crystals. This can also be done by adding a solid block of couverture instead of finely grated pieces. The whole mass is then cooled to the best working temperature and maintained.

Be sure to keep the rapé well covered after use. Since the finely chopped chocolate has more surface area exposed, it tends to be more moisture sensitive. Excessive moisture could adversely affect the crystallization process.

## **TABLE METHOD**

Approximately  $\frac{1}{3}$  of the melted couverture (100°F to 104°F/ 37°C to 40°C) is poured on a marble table and spread back and forth with a spatula and scraper until it begins to set. As it sets, Beta crystals begin to form, beginning the crystallization process. This resulting mass, or "mush" as it is referred to, is then added back to the other  $\frac{2}{3}$  melted couverture and is gently stirred to seed the warm couverture with the stable beta crystals. The whole is then gradually brought down to the best working temperature.

## **TEMPERING MACHINE**

The couverture is heated in a tempering machine until it reaches about 104°F/ 40°C. It is then brought down to around 80°F/ 27°C to begin the formation of the beta crystals, and then gradually brought up to the best working temperature (see below).

## **BEST WORKING TEMPERATURES**

Dark Couverture: 86°- 89°F/ 32°C

Milk Couverture: 87°- 89°F/ 31°C

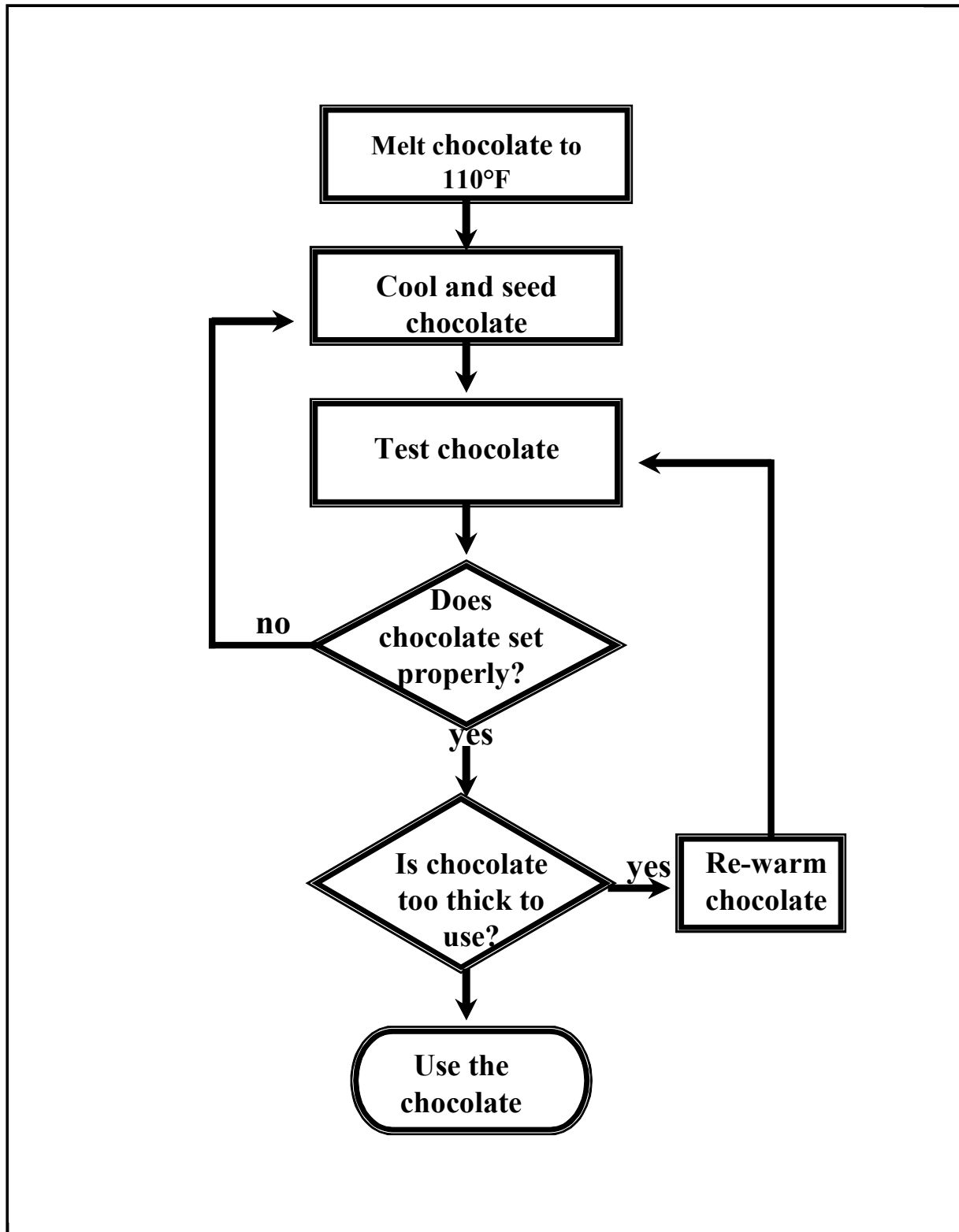
White Couverture: 85°- 88°F/ 30°C -31°C

The above temperatures are ranges. Each chocolate manufacturer has their specific recommended best working temperatures for the couvertures they produce.

## **OTHER FACTORS AFFECTING COUVERTURE**

The temperature of the workplace as well as the temperature of the items to be coated plays an important role when trying to ensure that the tempered chocolate retains its smooth glossy appearance when set. When coating or dipping items in couverture, it is important that crystallization takes place within a specific period of time. To achieve this, it is necessary to maintain a certain difference between room temperature and couverture. Ideally, this temperature difference is about 18°F to 20°F/ 10°C). If the couverture temperature is 89°F/ 32°C, the room temperature should be between 68°F and 72°F/ 20° to 23°C. Also, the centers or interiors of the item to be coated should be the same temperature as the room. If the centers are too warm, this may prevent or delay proper crystallization of the couverture. On the other hand, centers that are too cold cause the couverture to be "shocked", and the result is a rather dull unattractive finish.

# CHOCOLATE TEMPERING FLOWCHART



## **BAKING & PASTRY: PLATING DESSERTS**

A large part of the dessert's appeal is in the artful arrangement of colors, shapes, textures, and temperatures on a plate.

### **1. Chilling or heating plates**

Refrigerate dishes for cold or frozen desserts for 20 minutes or so. Warm or hot desserts stay at their ideal temperature longer if your warm plates in a low (200°F) oven for 10 minutes before plating. You can also rinse or soak plates in very hot water; dry them completely before using them.

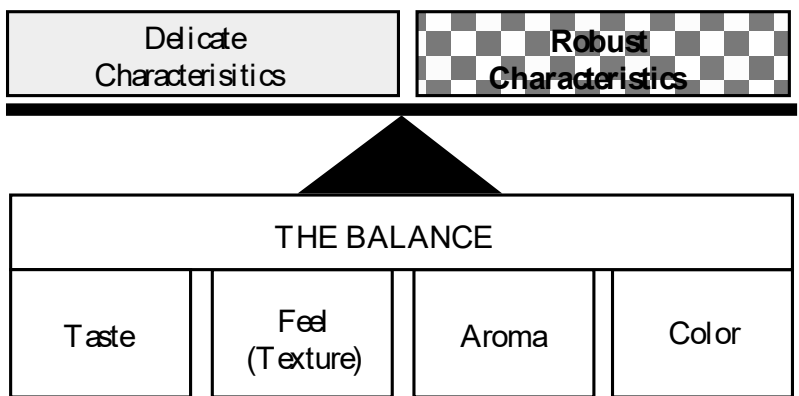
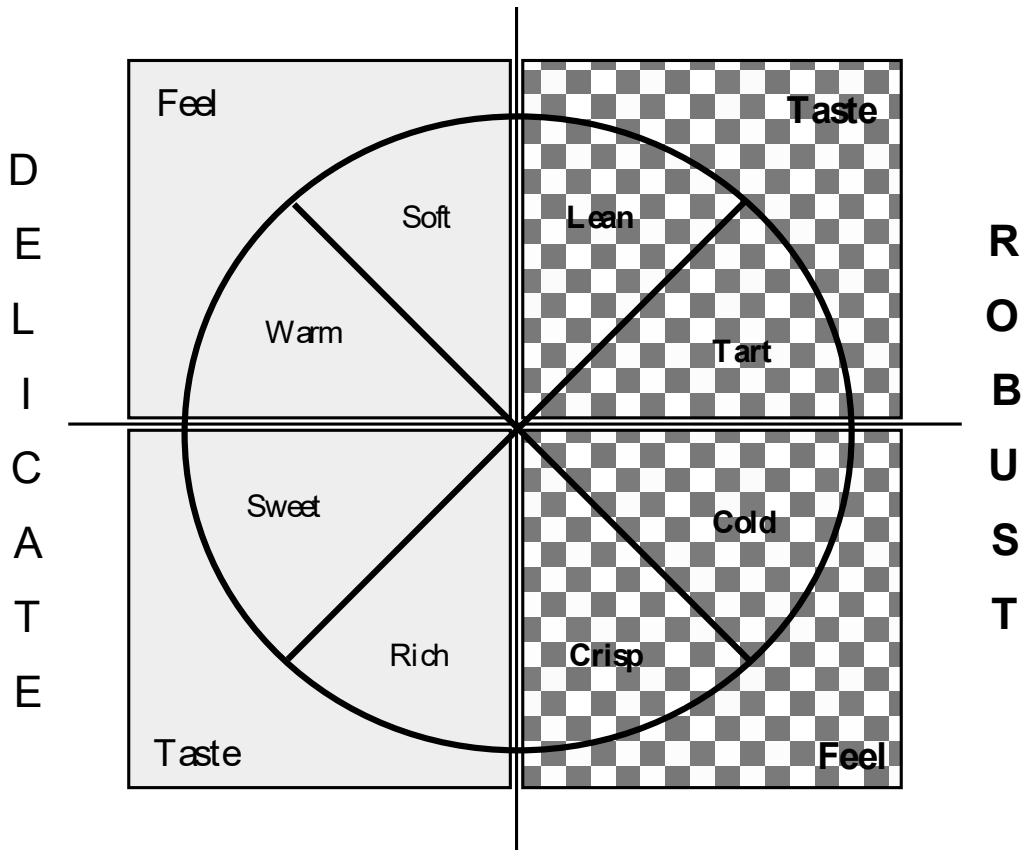
### **2. Adding a sauce**

The color of a sauce and its placement on the plate can change the look of a dessert. You can make a pool of sauce, setting a slice of cake, torte, tart, or pie on top. Alternately, drizzle the sauce over the top of the dessert. If you have two sauces with flavors and colors that work well together, such as a custard sauce and a raspberry coulis, use a spoon to deposit a few droplets of one sauce over the surface of the other. Dragging a toothpick or skewer through drops creates heart or paisley shapes.

### **3. Adding a garnish**

A scattering or dusting of finely chopped nuts, confectioner's sugar, cocoa powder, or chocolate shavings is a lovely finishing touch. You can use a stencil to create a pattern or simply sift or sprinkle these garnishes over the dessert or the entire plate. A sprig of a fresh herb or an edible flower is an appealing element as long as the flavor complements the dish.

## MODERN DESSERT COMPOSITIONS



# BAKING & PASTRY: RESOURCES

## RECOMMENDED READING

The Professional Chef 10<sup>th</sup> Edition, Culinary Institute of America, Wiley, October 2024

Baking and Pastry: Mastering the Art and Craft 4th Edition, Culinary Institute of America, Wiley, 2026

Chocolates and Confections 3<sup>rd</sup> Edition, Peter P. Greweling, CMB, Culinary Institute of America, Wiley, 2026

Frozen Desserts, Francisco J. Migoya, Culinary Institute of America, Wiley, 2008

The Elements of Dessert, Francisco J. Migoya, Culinary Institute of America, Wiley, 2012

## RECOMMENDED VIDEOS

LobsterInk ProChef Video Series: Baking and Pastry

# DAY FOUR: PROCHEF LEVEL III ASSESSMENT

## FOOD AND BEVERAGE PAIRING

### SUCCESSFUL CANDIDATES ARE ABLE TO...

- create a three-course menu based on available ingredients and beverages.
- evaluate the combinations of wine, beer, sakè or NA beverages with dishes.
- execute the menu created in the allotted time.
- successfully complete a written test on wine, beer, sakè and food.

### RECOMMENDED READING

Windows on the World Complete Wine Course 35th Edition, Kevin Zraly, Union Square & Co., 2020

WineWise: Your Complete Guide to Understanding, Enjoying, and Selecting Wine, Steven Kolpan, Brian H. Smith, and Michael A. Weiss, Culinary Institute of America, Wiley, 2024

Tasting Beer, An Insider's Guide to the World's Greatest Drink, Randy Mosher, Storey Publishing, 2017

The Sake Handbook: All the Information You Need to Become a Sake Expert!, John Gauntner, Tuttle Publishing, 2002

### DIVING DEEPER

Understanding Wine Technology : A book for the non-scientist that explains the science of winemaking 4th edition, David Bird and Nicolas Quille, DBQA Publishing, 2021

The Oxford Companion to Wine, Julia Harding and Jancis Robinson, Oxford University Press, 2023

The Brewmaster's Table: Discovering the Pleasures of Real Beer with Real Food, Garrett Oliver, Ecco, 2005

Nihonshu: Japanese sake, Gautier Roussille, 2018

### RECOMMENDED VIDEOS

[Wine with Food: Wine with Jimmy 14 min.](#)

[Beer & Food Pairing: Brewers Association & CIA 3 min.](#)

## FOOD AND BEVERAGE PAIRING: PRODUCTION

Candidates will be given a basket of ingredients with which they will use to create a three-course menu for 4 people. A community basket of common items will be available as well (an example of the community basket is included here). The menu shall include an entrée, and two other courses which could be soup, salad, appetizer, fish, or dessert with appropriate accompaniments. The candidates will have 3 hours to cook, and 15 minutes to plate and serve. The Market Basket will include 2 beverages that can be wine, beer, or sake selections that are to be served with the menu. The candidate must consider these beverages when planning their menu. The beverages may be paired with a particular course or served with the meal. A list of the selections from each beverage group will be provided to you in advance. The beverages requested will be available for tasting the morning of the exam. A written exam on beverage information will be provided in the Written tests section of the Moodle for this course.

### SAMPLE MARKET BASKET

Ingredients	Amounts
Lamb, Leg	1 ea.
Snapper, whole	4 lb.
Bay Scallops	1 lb.
Russet Potatoes	1 lb.
Green Beans	.5 lb.
Eggplant	1 ea.
Lola Rosa Lettuce	2 ea.
Broccoli Rabe	2 ea.
Walnuts	4 oz.
Apples, Golden Delicious	2 ea.
Jicama	1 ea.
Radicchio	2 hd.
Ginger, fresh	1 root
Plantains	2 ea.
Yellow Bell Peppers	2 ea.

## SAMPLE COMMUNITY BASKET

<b>Produce</b>	Carrots Celery Garlic Baking potatoes Spanish Onions Bermuda Onions Red Bliss Potatoes Root Vegetable Shallots
<b>Fruit</b>	Minimum Five Seasonal
<b>Staples</b>	Cornstarch Barley Breadcrumbs Cornmeal Bread
<b>Mushrooms</b>	Minimum Two Species
<b>Rice</b>	Rice (short & long grain) White Brown
<b>Groceries</b>	Dijon Style Mustard Gelatin (power and sheet) Three Essential Oils Sugar Soy Sauce Tabasco Style Sauce Teriyaki Sauce Tomato Paste or Puree' Worcestershire
<b>Spice and Seasoning</b>	Selection
<b>Flour</b>	All Purpose Flour Bread Flour Cornmeal Flour Whole Wheat Flour
<b>Dairy</b>	Butter Cream Cream Cheese Milk Sour Cream Yogurt Eggs Margarine

<b>Fresh Herbs</b>	Minimum Five
<b>Stock</b>	White Brown
<b>Pastry Items</b>	Brown Sugar Confectioner's Sugar Vanilla Beans Cocoa Powder Almonds Corn Syrup High Gluten Flour Milk Chocolate Dark Chocolate Shortening

## MARKET BASKET EXERCISE: JUDGING CRITERIA

Overall impression of the presentation plays a major role in evaluation. Using this single, subjective criterion, however, can offer little in the way of objective evaluation feedback. It is therefore necessary to identify those factors which are responsible for imparting positive or negative impressions and evaluate each on an individual basis. The following factors comprise the four areas of judging criteria:

### PRESENTATION

#### Acceptable Containers for Hot Food:

- ✓ Copper dishes
- ✓ Stainless Steel Platters
- ✓ Earthenware Dishes
- ✓ Dinner Plates
- ✓ Imitation Pewter
- ✓ Silver Platter
- ✓ Pyrex

#### China Selection Criteria:

##### Design

- ✓ Shape of china
- ✓ Depth of eating surface to rim

##### Color

- ✓ Color or pattern should reflect food concept
- ✓ Generally light and neutral
- ✓ Must complement the food

### Size

- ✓ Compatible with portion size
- ✓ Ability to use with a variety of courses

### Practicality

- ✓ Delicacy of china, especially the rim
- ✓ Size of rim and eating surface
- ✓ Quality of decals

### Trends

- ✓ Using mixed china
- ✓ Variety of shapes

## **CREATIVITY**

The degree of innovation and originality exhibited:

- ✓ New food combination
- ✓ New shapes
- ✓ New layout ideas
- ✓ New garnishes (functional)
- ✓ Reworking or modernizing traditional techniques and presentation

## **WORKMANSHIP**

The degree of workmanship or skill exhibited in terms of:

### **Proper handling of ingredients**

- ✓ Cleaning (squid eyes, shrimp veins)
- ✓ Peeling (avocado, tomatoes, kiwi, etc.)
- ✓ Scaling fish
- ✓ Trimming meat (proper deboning, correct thickness of fat layer, etc.)
- ✓ Proper preparation of forcemeats (smooth texture, moist, good color)

### **Exactness and consistency in knife skills**

- ✓ Carving (complete, even slices, clean edges)
- ✓ Slicing (thin slices are more desirable than thick slices; Bias, Bevel, Straight, Wedge)
- ✓ Shaping (tourné, basic knife cuts, etc.)

### **Exact assembly of garnishes**

It is commonly felt that inlays, if attempted, must be exact. If an inlay is even slightly "off" the highly structured configuration of this type of garnish is magnified. In most instances, a random garnish is preferred over an exact inlay garnish, particularly in hot food.

### **Skillful assembly of:**

- ✓ Hot terrines (No air pockets, Size, Position of inlay, if any)
- ✓ Hot galantines and ballotines (Size, Meeting of skin, color of skin after cooking)
- ✓ Hot mousseline (Consistency, Smoothness of forcemeat)
- ✓ Tarts and Pies (Thickness of crust)

### **Proper Cooking Techniques**

- ✓ Braising: not stringy when sliced
- ✓ Poaching: moist, not overcooked
- ✓ Roasting: proper color, pink and not bloody
- ✓ Smoking: rich color, proper cure
- ✓ Sautéing: evenly browned, moist
- ✓ Steaming: proper color
- ✓ Baking: proper crust thickness and color
- ✓ Deep-fat frying: no greasiness

## **COMPOSITION**

The compatibility and relationship of the food items in terms of:

### **Flavor**

This aspect of composition is considered first because foods that work well together in flavor lend themselves to easy and natural presentation in all other aspects. Flavors should be complementary:

- ✓ Rich with lean
- ✓ Spicy with bland
- ✓ Smoky with sweet
- ✓ Sweet with sour
- ✓ Sweet with spicy

## **Texture**

This aspect works closely with flavor in determining the success of food combinations.

- ✓ Physical Texture: Smooth, coarse, Solid, Soft
- ✓ Visual Texture: Smooth, Specked, Patchy
- ✓ A variety in textures, both physical and visual, should be exhibited in a single offering.

## **Cooking Techniques**

A variety of cooking techniques will automatically add a variety of textures to a dish.

- ✓ Roasted whole meat with poached sausage
- ✓ Baked crust with braised meats
- ✓ Deep-fried fish with boiled vegetable

## **Color**

Especially important, as it suggests freshness, naturalness, moisture, and proper cooking.

### Variety

- ✓ Show a variety in color without giving a circus effect.
- ✓ Use of pastel colors with one strong color is often successful.
- ✓ Choose foods that taste good together; they will naturally harmonize in color.

### Appropriate color

- ✓ Color should highlight the cooking techniques used.

### Natural color

- ✓ Smooth, homogenous colors may at times appear to be artificial, even when obtained from natural means. One remedy to this problem may be the addition of visual texture (i.e., chopped herbs to a smooth green forcemeat; or saffron threads to a smooth yellow fish mousseline)
- ✓ Textured colors, mentioned above, tend to be more appetizing than pure colors.

## **Nutritional Balance**

- ✓ Dishes should display an understanding of current nutritional balance.

## GENERAL PRESENTATION GUIDELINES

- Unnecessary ingredients should be avoided, and practical, acceptable cooking methods should be implemented.
- Dressing the rims of plates results in an unacceptable appearance.
- Meat should be carved properly and cleanly. Roast beef should be done medium.
- Meat and vegetable juices should not make a dish look unappetizing.
- Vegetables must be cut or turned uniformly.
- Plate arrangement and decoration should be practical yet appealing and should comply with daily standards.
- Avoid all non-edible items, such as bases. (Croutons, however, are permitted.)
- Food prepared hot should not be placed on mirrors.
- Plated portions must be proportional to the dish itself and the number of persons specified.
- Sauce boats should be only half full.
- In general, portion weight should be in keeping with the norms of accepted practice and nutritional balance.
- Meat slices should be served with the carved surface upwards and not left as when carved.
- If fruit is used to garnish meat it should be cut into small pieces or sliced thinly.
- Cleanliness to the degree possible is of utmost importance.

### CANDIDATES SHOULD CONCENTRATE ON:

- ✓ Originality and new ideas
- ✓ Presenting a natural, appetizing look
- ✓ Numerical harmonizing of meat portions
- ✓ Properly cooked meats (not too rare) and garnishes
- ✓ Sliced meats presented properly (arranged in order and size)
- ✓ Practical portion size (cost and nutritional considerations)
- ✓ Precisely cut vegetables
- ✓ Nutritional quality, variety, balance, moderation.
- ✓ Proper color, presentation, and flavor combination

# CREATION CATALYSTS FOR HOT FOOD

An Idea Stimulating Checklist for Menu Item Development

## ITEM

Finfish	Shellfish	Vegetables
Pork	Beef	Veal
Poultry	Game	

## MODIFY

- **Texture:** leave whole, chop, grind, mince, puree, add egg or cream
- **Shape:** molded, rolled diced, sliced and shingled, stacked, filets or whole
- **Form:** cut in ½ lengthwise, crosswise, diagonally, wrap it in something (forcemeat, pastry, leaf vegetables, meat)
- **Temperature:** serve it hot, cold or in between
- **Flavor:** seasoning herbs, spices, marinades
- **Cooking method:** sauté, deep-fry, smoke roast, broil, bake, poach, stew

## REVERSE

- What's opposite?
- Turn inside out
- Turn upside down

## REARRANGE

- Place on top
- Place underneath
- Place inside
- Place around
- Place on the sides

## MAGNIFY

- What can you add? (Vegetables, fruit, cream, fat, cheese, forcemeat, salpicon, duxelles, pastry, meat, fish, poultry)
- Enrich

- Enlarge

## MINIMIZE

- Cut it in half
- Make it lighter, smaller

## COMBINE

- Make it a blend
- Make it an assortment

## SUBSTITUTE

- What else could be used instead?

## PUT IT TO OTHER USES

- Appetizer, entree, salad, soup, dessert etc.

## FOOD & BEVERAGE PAIRING: COMPETENCIES

For the beverage competency assessment of the Level III exam, you must be able to exhibit an understanding of wine, beer, and sakè and the principles of pairing food with these beverages. To demonstrate your beverage knowledge, you must pass a written examination. Use the following list of competencies and key terms to prepare for the written examination. The written examination will take place during the PM session and will consist of twenty-five questions. You will have one hour to complete this examination.

### SUCCESSFUL CANDIDATES ARE ABLE TO...

- ✓ describe the processes of wine making, beer brewing and sakè brewing.
- ✓ identify and discuss the flavors of various well-known wines.
- ✓ identify and discuss the flavors of important beer and sakè styles.
- ✓ identify and discuss the six factors that influence the final characteristics of a wine.
- ✓ pair various dishes with appropriate beverages that best complement the major flavor elements.
- ✓ discuss the effects different cooking methods have on beverage selections.
- ✓ describe how to open and serve still & sparkling wines, beers and sakè.

## BEVERAGES: KEY TERMS

### WHITE GRAPES

Chardonnay  
Sauvignon Blanc  
Riesling  
Moscato/Muscat  
Pinot Blanc

Chenin Blanc  
Muscadet  
Semillon  
Gewürztraminer  
Marsanne

Roussanne  
Trebbiano  
Albariño  
Palomino

### PINK GRAPES

Pinot Grigio/Gris

### BLACK GRAPES

Cabernet Sauvignon  
Merlot  
Cabernet Franc  
Pinot Noir  
Zinfandel

Sangiovese/Brunello  
Nebbiolo  
Barbera  
Syrah  
Grenache

Mourvèdre  
Dolcetto  
Cinsault  
Malbec

## **WHITE SPARKLING WINES**

Champagne  
Prosecco  
Cava

USA Sparkling  
Crémant (Alsace,  
Bordeaux, Burgundy)

Sekt (Germany)

## **ROSÉ SPARKLING WINES**

Rosé Champagne  
Rosé Crémant (Alsace, Bordeaux, Burgundy)  
USA Sparkling Rosé

## **RED SPARKLING WINES**

Lambrusco (Off-dry, Dry)

## **WHITE WINES**

USA/New World  
Chardonnay  
USA/New World  
Sauvignon Blanc  
Pinot Grigio (Italy, USA)

Riesling (Germany, Austria,  
Alsace, Finger Lakes NY,  
Australia)  
Moscato  
White Blends

Bordeaux Blanc  
Bourgogne Blanc  
Vouvray  
Orvieto

## **RED WINES**

USA Cabernet Sauvignon  
USA Merlot  
USA Pinot Noir  
Chianti  
Bordeaux Rouge  
Bourgogne Rouge  
Red Blends  
Zinfandel

USA Syrah  
GSM (Grenache, Syrah,  
Mourvedre)  
Barolo  
Barbaresco  
Barbera  
Northern Rhône –  
Hermitage, Crozes-

Hermitage, Cornas, Côtes  
Rotie  
Southern Rhône –  
Châteauneuf-du-Pape,  
Côtes du Rhône Village  
Beaujolais – Cru Beaujolais,  
Beaujolais Nouveau

## **MAJOR WINE PRODUCING COUNTRIES**

France  
Italy  
Spain  
USA

Chile  
Australia  
Argentina  
South Africa

Germany  
Portugal  
Greece

## THE SIX FACTORS

1. Grape
2. Weather/Climate
3. Topography/Aspect
4. Soil
5. Viticulture (grape growing)
6. Viniculture (wine making)

## WINE TERMS

Dry, Off-dry, Semi-sweet,  
Sweet

Residual Sugar

Acidity/Brightness

Tannin/Astringency

Body (Light, Medium, Full)

Color, white wines – Water  
white, Straw, Pale Yellow,  
Yellow, Pale Gold, Gold,  
Deep Gold

Color, rosé wines –

Pale/medium/deep,

Pink/salmon/orange

Color, red wines –

Pale/medium/deep,

Purple/ruby/garnet/tawny/  
brown

Alcoholic/primary

fermentation

Malolactic fermentation

Pressing, racking, filtration,  
fining

Aromas (primary,  
secondary, tertiary)

Méthode

Champenoise/Traditional

Method/Metodo

Tradizionale

Charmat process/Tank  
method

## **DAY FIVE: PLATED DESSERT EXECUTION**

Three Course Integration challenge using the following Market Basket with an emphasis on Spanish cuisine:

### **STANDARDIZED RECIPES**

The following pastry recipes have been provided to assist in the planning and execution of the plated dessert component of the exam. Feel free to use other sources for additional ideas, these are meant to provide a starting place.

# FRENCH MERINGUE

*Yield: 2 ½ quarts*

<b>Ingredients</b>	<b>Amounts</b>
Egg whites	1 cup
Lemon juice	2 drops
Sugar, granulated	1 lb.

## **Method**

1. In the bowl of a stand mixer fitted with a whisk attachment, place the egg whites and lemon juice. Whip until the egg whites have quadrupled in volume and has the consistency of a thick foam, about 1 to 2 minutes.
2. Still whipping at high speed, gradually add the sugar; this should take about 3 minutes. Continue to whip the meringue at high speed until stiff peaks form. Do not overwhip.
3. Immediately pipe or spread the meringue into desired shape (see note).
4. Bake at 210-220 °F until dry or follow the instructions given in recipes that call for a French meringue.

**NOTE:** Ideally, French Meringue should not only be piped or shaped right away after it is prepared, it should also be baked immediately after forming.

*Source: The Professional Pastry Chef, Bo Friberg*

# ITALIAN MERINGUE

*Yield: 2 ½ quarts*

<b>Ingredients</b>	<b>Amounts</b>
Egg whites	1 cup
Sugar, granulated	$\frac{3}{4}$ lb.
Corn syrup, light	1 cup
Water	$\frac{1}{2}$ cup

## **Method**

1. Place the egg whites in a mixing bowl so you will be ready to start whipping them when the sugar is ready.
2. Boil the sugar, corn syrup and water. When the syrup reaches 230 °F, begin whipping the egg whites on high speed. Continue boiling the syrup until it reaches 240 °F.
3. Remove the syrup from the heat and lower the mixer speed to medium. Pour the syrup into the egg whites in a thin, steady stream between the whip and the side of the bowl (if the syrup hits the whip, it will splatter and cause lumps). Turn the mixer back to high speed and continue to whip the meringue until it has cooled completely and has formed stiff peaks.

**NOTE:** If you do not have a sugar thermometer, boil the sugar to the soft ball stage, determined by putting your index finger in ice-cold water, dip it very quickly into the hot syrup, and immediately plunge it back into the ice water. The sugar will fall off your finger and you will be able to roll it into a ball.

*Source: The Professional Pastry Chef, Bo Friberg*

# SWISS MERINGUE

*Yield: 1 1/2 quarts*

## Ingredients

Egg whites  
Sugar, granulated

## Amounts

1 cup  
 $\frac{3}{4}$  to 1 lb.

## Method

1. Combine the egg whites and sugar in a mixing bowl. Place the bowl over simmering water and heat to 140 °F, whipping constantly to avoid cooking the egg whites.
2. Remove from the heat and whip the mixture at high speed until it has cooled completely.

**NOTE:** If the meringue is to be dried in the oven, or piped or spread on top of a dessert, less sugar should be used to ensure a stiffer and lighter meringue.

Source: *The Professional Pastry Chef*, Bo Friberg

# ITALIAN BUTTERCREAM

*Yield: 1 1/2 pounds*

<b>Ingredients</b>	<b>Amounts</b>
Sugar, granulated	1/2 lb.
Water	as needed
Egg, white	1/4 lb.
Butter, unsalted, softened, cut into bits	3/4 lb.

## **Method**

1. For the Italian meringue, in a heavy saucepan, place the sugar. Add enough water to achieve the consistency of wet sand. Cook over medium heat, without stirring, until the mixture reaches 235°F, carefully brushing the sides of the pan with a wet brush as necessary. Reserve.
2. In the bowl of a stand mixer fitted with a whisk attachment, place the egg whites. Whip until the egg whites form soft peaks.
3. Continue to cook the sugar until the temperature reaches 240°F (the soft ball stage).
4. In a slow, steady stream, add the cooked sugar to the egg whites and whip on low speed.
5. Increase the speed to high. Whip until the mixture has cooled to room temperature. (If you were to stop at this point, you would have prepared Italian meringue.)
6. Add the soft butter, a few pieces at a time, until all the butter is incorporated. Continue to whip until buttercream is smooth and light.
7. Flavor as desired.

# GENOISE SPONGE CAKE

*Yield: two 8-inch cakes*

<b>Ingredients</b>	<b>Amounts</b>
Egg, whole	9 ea.
Sugar, granulated	9 oz.
Flour, cake	9 oz.
Oil, vegetable	3 oz.
Vanilla, extract	¼ oz.

## **Method**

1. Preheat deck oven to 375°F (325°F in the convection oven.)
2. In a large bowl, place the eggs and sugar. Mix to combine. Place over a hot water bath. Heat, stirring constantly, until the sugar dissolves and mixture reaches 120°F.
3. Transfer to the bowl of a stand mixer fitted with the whip attachment. Whip on high speed until the eggs reach maximum volume and start to recede slightly.
4. Whip on second speed for 15 minutes to stabilize the foam.
5. Sift the cake flour into a large bowl. Gradually fold it into the egg foam.
6. In a small bowl, place the oil and vanilla. Add some of the foam mixture to temper. Mix until homogenous. Add the contents of the bowl into the foam mixture.
7. Bake in the preheated oven until the top is golden and springs back when lightly pressed, 25 to 30 minutes. A toothpick inserted in the center should come out clean. Avoid opening the oven door early to prevent collapse.

# VANILLA CHIFFON SPONGE

*Yield: four 8-inch cakes*

<b>Ingredients</b>	<b>Amounts</b>
Egg, yolk	11 ea.
Oil, vegetable	1 ½ oz.
Vanilla, extract	1 tsp.
Flour, cake	1 lb. 1 oz.
Sugar, granulated	14 ½ oz.
Baking powder	¾ oz.
Salt, kosher	½ tsp.
Water, warm (Divided)	8 oz.
Egg, white	11 ea.
Sugar, granulated	4 oz.
Cream of tartar	½ tsp.

## **Method**

1. Preheat oven to 350°F.
2. In the bowl of a stand mixer fitted with a paddle attachment, place the egg yolks, oil and vanilla. Stir to combine.
3. Sift the cake flour, sugar, baking powder, and salt into the bowl.
4. Add ½ of the water. Mix to a paste. Add the remaining water slowly in three stages to thin out the paste. Scrape down the sides of the bowl and the paddle after each addition.
5. Beat on medium speed for 2 minutes. Reserve.
6. For the meringue, in the clean bowl of a stand mixer fitted with the whisk attachment, place the egg whites and cream of tartar. Whip, gradually adding the sugar, first on low speed, then slowly progressing to high speed, until soft peaks form, about 1 1/2 minutes.
7. Carefully fold 1/3 of the meringue into the reserved paste to lighten it. Fold in the remaining 2/3 of the meringue until just incorporated.
8. Grease two 8-inch pans. Fill each with the mixture slightly above halfway.
9. Bake in the preheated oven until cake springs back, 20 to 30 minutes. Do not overbake.

**Note:** For sheets, bake at 425°F for 10 to 12 minutes until cake springs back. Do Not Over Bake. Mix the cream of tartar with the sugar to make the meringue.

# PASTRY CREAM

*Yield: 1  $\frac{3}{4}$  quarts (3  $\frac{1}{2}$  lb.)*

<b>Ingredients</b>	<b>Amounts</b>
Cornstarch	3 oz.
Sugar, granulated (Divided)	8 oz.
Milk, whole (Divided)	1 qt.
Egg, whole	6 ea.
Salt, kosher	$\frac{1}{8}$ tsp.
Butter, unsalted	3 oz.
Vanilla, extract	1 tsp.

## **Method**

1. In a large bowl, place the cornstarch and  $\frac{1}{2}$  of the sugar. Mix to combine. Add 10% of the milk. Mix until dissolved.
2. Add the eggs. Mix to combine. Reserve.
3. In a large saucepan, place the salt and the remaining milk and sugar. Bring it to a boil.
4. Add a portion of the boiling milk mixture to the egg mixture. Whisk well to blend. This process, known as tempering, will help slowly increase the temperature of the egg mixture so that the eggs do not coagulate and curdle when added to the boiling mixture.
5. Return the entire tempered egg mixture to the pan. Bring it to a boil. Cook, whisking constantly, for 1 minute.
6. Remove the pan from the heat. Whisk in the butter and vanilla. Place in a hotel pan over an ice bath to cool. Cover the surface with plastic wrap. Store in the refrigerator for up to three days.

**Note:** Half of a vanilla bean can be substituted for the vanilla extract.

# DIPLOMAT CREAM

*Yield: 2 ½ pounds*

<b>Ingredients</b>	<b>Amounts</b>
Pastry cream	1 lb.
Cream, heavy	1 cup
Gelatin, powdered	1 ½ tsp.
Water, cold	2 oz.

## **Method**

1. In a large, cold bowl, place the heavy cream. Whip until it holds medium peaks. Reserve.
2. To bloom the gelatin, in a small bowl, place the cold water. Sprinkle in the gelatin and stir to break up any lumps. Let the gelatin soften in the water.
3. Heat the softened gelatin over simmering water or briefly in the microwave until the granules have melted and the mixture is clear. Reserve.
4. In a large bowl, place the pastry cream. Whip it has warmed to room temperature and become smooth.
5. Drizzle the gelatin solution into the pastry cream. Whisk vigorously until evenly blended.
6. Vigorously whisk  $\frac{1}{3}$  of the whipped cream into the pastry cream mixture.
7. Fold in the remaining  $\frac{2}{3}$  of the whipped cream until just evenly blended.
8. Use immediately.

**Variation:** Other flavors could be achieved by adding liqueurs or spices. Some flavors may also be incorporated into the pastry cream itself by steeping the milk with them.

# CHOCOLATE MOUSSE

*Yield: 24 portions*

<b>Ingredients</b>	<b>Amounts</b>
Cream, heavy	1 qt.
Chocolate, bittersweet, melted	15 oz.
Egg, whole	6 oz.
Egg, yolk	3 oz.
Sugar, granulated	6 oz.
Gelatin, leaf	5 ea.
Liquor, Gran Marnier	1 oz.

## **Method**

1. In the cold bowl of a stand mixer fitted with the whip attachment, place the heavy cream. Whip until it forms soft peaks. Refrigerate and reserve.
2. In a small stainless-steel bowl, place the chopped chocolate. Set it over a pot of simmering water. Heat, stirring frequently, until the chocolate has fully melted. Do not allow any water to come in contact with the chocolate as it will cause the chocolate to seize up. Reserve and keep warm at 120°F.
3. For the sabayon, in the bowl of a stand mixer, place the eggs, egg yolks, sugar, and liquor. Set it over a pot of simmering water. Heat, whisking constantly, until the mixture reaches 160°F. Place the bowl in a stand mixer fitted with a whip attachment. Whip until the mixture is cool.
4. Quickly mix in the melted chocolate.
5. Carefully fold in the reserved whipped cream all at once.
6. Immediately portion the mousse into the desired molds or containers.

# FRUIT MOUSSE

*Yield: 1 pound*

<b>Ingredients</b>	<b>Amounts</b>
Cream, heavy	8 ½ oz.
Water, cold	as needed
Gelatin, leaf	6 ea.
Fruit, purée	14 ½ oz.
Sugar, granulated	5 ½ oz.
Egg, white	3 oz.

## **Method**

1. In a chilled mixing bowl, place the heavy cream. Whip until it holds soft peaks. Reserve.
2. In a small bowl, place the cold water. Sprinkle the gelatin evenly over the water. Stir to break up any lumps. Allow the gelatin to soften in the water. Squeeze the gelatin to drain the excess liquid.
3. In a medium saucepan, place half of the fruit purée. Warm over medium low heat. Add the bloomed gelatin. Mix until the gelatin melts and dissolves.
4. Add the remaining purée. Whisk well to blend. Reserve.
5. For the Swiss meringue, in the bowl of a stand mixer, place the egg whites and sugar. Stir until well combined. Set the bowl over a pot of barely simmering water. Slowly stir the mixture until it reaches 115°F.
6. Transfer the bowl to a stand mixer fitted with a whip attachment. Whip on high speed until the meringue obtains the desired consistency.
7. Cool the fruit purée to 60°F, Add ⅓ of the purée to the meringue. Mix well to combine. Fold the remaining ⅔ purée into the meringue.
8. Fold in the reserved whipped cream.
9. Immediately pipe or ladle into molds or decorative containers.

# BANANA MOUSSE

*Yield: 1  $\frac{2}{3}$  pounds*

<b>Ingredients</b>	<b>Amounts</b>
Gelatin, granulated	$\frac{2}{3}$ wt. oz.
Water, cold	5 fl. oz.
Cream, heavy	7 fl. oz.
Banana, purée	12 wt. oz.
Egg, whites	2 $\frac{1}{2}$ wt. oz.
Sugar, granulated	4 $\frac{1}{2}$ wt. oz.

## **Method**

1. Prepare the 2-inch round x 1-inch-high white PVC molds with mold grease. Reserve.
2. In a small bowl, place the water. Sprinkle the gelatin evenly over the water. Let it bloom, undisturbed, until it absorbs the water and swells, forming a thick, gel-like consistency. Transfer the water and gelatin to a small saucepot. Heat until the gelatin is melted.
3. In a small, chilled bowl, whip the heavy cream to medium peaks. Cover and reserve in the refrigerator.
4. In a saucepan, place 6 weight ounces of the banana purée. Heat until warm. Remove from the heat. Add the melted gelatin. Stir to incorporate. Add the remaining 6 wt. oz. of purée. Stir to incorporate. Cool the mixture to 70°F.
5. For the meringue, in the bowl of a stand mixer, place the egg whites and sugar. Set the bowl over a pot of simmering water. Heat, whisking constantly by hand, until the mixture reaches 145°F.
6. Transfer the bowl to a stand mixer fitted with a whip attachment. Whip on high speed until stiff peaks form and it has completely cooled.
7. Gently fold  $\frac{1}{3}$  of the meringue into the purée mixture to lighten it. Fold in the remaining meringue until thoroughly incorporated.
8. Fold in the reserved whipped cream.
9. Fill the molds, flatten, and smooth the tops. Refrigerate until completely set.

# LEMON PANNA COTTA

*Yield: 9 portions*

<b>Ingredients</b>	<b>Amounts</b>
Gelatin, powdered	¼ wt. oz.
Water, cold	2 fl. oz.
Cream, heavy	16 fl. oz.
Lemon, zest, finely grated	½ tsp.
Sugar, granulated	6 wt. oz.
Salt, kosher	¼ tsp.
Buttermilk	15 fl. oz.

## **Method**

1. In a small bowl, place the water. Sprinkle the gelatin evenly over the water. Let it bloom, undisturbed, until it absorbs the water and swells, forming a thick, gel-like consistency. Transfer the water and gelatin to a small saucepot. Heat until melted. Reserve.
2. In a large, nonreactive saucepan, place the cream, lemon zest, sugar, and salt. Heat over medium heat, stirring continuously, until the sugar dissolves. Do not allow the mixture to simmer. Remove the pan from the heat.
3. Add the bloomed gelatin to the cream mixture, stirring until incorporated. Let the mixture cool to 100°F.
4. Stir in the buttermilk.
5. Transfer the mixture to 4-ounce ramekins. Cover tightly and refrigerate until set, 1 to 2 hours.

# ANGLAISE SAUCE

*Yield: 1 ½ quarts*

<b>Ingredients</b>	<b>Amounts</b>
Milk, whole	1 qt.
Vanilla, bean	½ ea.
Sugar, granulated (Divided)	8 oz.
Egg, yolk	15 ea.

## **Method**

1. In a medium saucepan, place the milk, vanilla bean, and half of the sugar. Bring it to a boil.
2. For the liaison, in a small bowl, whisk together the egg yolks and the remaining sugar.
3. Temper the liaison by adding a portion of the boiling milk. Combine the liaison with the remaining milk.
4. Heat the mixture slowly, stirring constantly, until it coats the back of the spoon (nappé) and reaches 180°F.
5. Remove the pan from the stove. Strain sauce through a chinois into a clean container. Cool immediately in an ice bath.

**Note:** The sauce can be made over a water bath for more control of the heat source. Vanilla extract may be substituted for vanilla bean in the amount of 1 Tbsp. per vanilla bean. Milk may be replaced with 1 pint milk and 1 pint cream. If preparing with both milk and cream, use only 12 egg yolks.

# CARAMEL SAUCE

*Yield: 24 fluid ounces*

<b>Ingredients</b>	<b>Amounts</b>
Cream, heavy	1 pt.
Sugar, granulated	9 oz.
Glucose syrup	6 ½ oz.
Butter, unsalted, cubed, softened	1 ½ oz.

## **Method**

1. In a medium saucepan, place the cream. Bring it to a boil over medium heat. Turn down the heat to very low. Keep warm and reserve.
2. In a saucepan, place the sugar and glucose syrup. Stir to combine. Cook over medium-low heat, stirring constantly, until all the sugar dissolves. Cook without stirring until the mixture turns golden caramel (Caramelizes).
3. Remove the pan from the heat. Immediately set over an ice bath to stop the cooking process.
4. Remove the pan from the ice bath. Stir in the butter.
5. Stir in the heated cream, a little at a time, mixing continuously until fully blended.
6. Serve immediately or refrigerate for up to 2 weeks.

**Note:** The addition of glucose syrup helps prevent the sugar from crystallizing. If glucose syrup is not available, an equal amount of corn syrup can be substituted.

# CHOCOLATE SAUCE

*Yield: 1 quart*

<b>Ingredients</b>	<b>Amounts</b>
Sugar, granulated	10 oz.
Water	16 oz.
Corn syrup, light	4 ½ oz.
Cocoa, powder, sifted	4 oz.
Chocolate, bittersweet, melted	1 lb.

## **Method**

1. In a heavy-bottomed saucepan, place the sugar, water, and corn syrup. Bring it to a boil over medium-high heat. Remove the saucepan from the heat.
2. In a medium bowl, place the cocoa powder. Add just enough of the hot sugar to make a paste, stirring until smooth. Gradually add the remaining syrup, mixing until fully incorporated.
3. Add the melted chocolate. Mic until fully incorporated.
4. Strain the sauce through a fine-mesh sieve.
5. Serve warm or chilled.

# RASPBERRY SAUCE

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Raspberry, purée, 10% sugar	8 oz.
Water	4 oz.
Sugar, granulated	4 oz.
Tapioca, starch	¼ oz.
Water, cold	½ oz.

## **Method**

1. In a medium saucepan, place the raspberry purée, water, and sugar. Stir to combine. Bring it to a boil. Cook over medium heat until the sugar dissolves.
2. Adjust the sweetness with more sugar to taste. Heat until all of the sugar dissolves.
3. For the slurry, in a small bowl, place the tapioca starch and cold water. Whisk to combine. Whisking constantly, stream the slurry into the simmering liquid. Return the mixture to a boil.
4. Strain the sauce through a chinois and chill.

# ORANGE SAUCE

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Apricot, marmalade	8 oz.
Sugar, granulated	3 oz.
Orange, zest	2 ea.
Orange, juice, fresh	4 oz.
Liquor, Grand Marnier	1 oz.

## **Method**

1. In a saucepan, place the apricot marmalade, sugar, zest, and juice. Stir to combine. Bring it to a simmer and cook for 2 minutes.
2. Remove the pan from the heat. Strain into a small bowl.
3. Add the Grand Marnier. Let it cool.
4. Serve immediately or refrigerate until needed.

**Note:** Apricot liquor can be substituted for the Grand Marnier.

# CHOCOLATE TUILES

*Yield: 15 oz. (425 g)*

<b>Ingredients</b>	<b>Amounts</b>
Flour, cake	2 1/3 oz. 67 g
Cocoa powder, Dutch-process	1 1/4 oz. 35 g
Butter, unsalted	2 1/4 oz. 64 g
Sugar, confectioners'	4 1/4 oz. 128 g
Egg, whites, room temp.	3 1/2 oz. 99 g
Vanilla, extract	1 tsp. 5 mL
Sugar, confectioners'	as needed

## **Method**

1. Preheat oven to 325°F.
2. In a medium bowl, sift together the cake flour and cocoa powder. Reserve.
3. In the bowl of a stand mixer fitted with the paddle attachment, place the butter and confectioners' sugar. Starting on low speed and increasing to medium speed, cream until smooth, about 5 minutes. Scrape down the bowl as needed.
4. Add the egg whites and vanilla. Mix on medium speed until fully incorporated. Scrape down the bowl as needed.
5. Turn off the mixer. Add the sifted flour and cocoa. Mix on low speed until just incorporated. Do not overmix.
6. With a small offset spatula, thinly spread the batter over a stencil on a silicone baking mat-lined sheet pan.
7. Bake in the preheated oven until golden brown but still soft, 8 to 10 minutes.
8. Remove the pan from the oven. Using a rolling pin, shape a curve in the tuile while they are still hot. Reheat as necessary to shape. (See Chef demo.)
9. Dust with confectioner's sugar.

# COCONUT DACQUOISE

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Coconut, unsweetened	1/2 cup 40 g
Macadamia nuts, blanched	1/3 cup 45 g
Sugar, confectioners'	3/4 cup 75 g
Egg whites, room temp.	3 ea.
Sugar, granulated, white	1/3 cup 70 g

## **Method**

1. Preheat oven to 325°F. Line a 1/4 sheet pan with parchment paper with square stencils on the back.
2. In a food processor, place the coconut, almonds, and confectioners' sugar. Pulse until fine. Sift. Reserve.
3. In the bowl of a stand mixer fitted with the whip attachment, place the egg whites. Whip until opaque, adding the sugar in a slow stream to incorporate. Beat until the whites are firm and glossy.
4. Remove bowl from mixer. Fold in the reserved coconut almond mixture in 3 to 4 additions.
5. Transfer to a pastry bag. Pipe to desired shape.
6. Bake in the preheated oven until dry and lightly browned.

# PÂTE À CHOUX

*Yield: 3 ¼ pounds*

<b>Ingredients</b>	<b>Amounts</b>
Water	8 oz.
Milk, whole	8 oz.
Butter, unsalted, cubed	8 oz.
Salt, kosher	¼ oz.
Flour, bread	8 oz.
Egg, whole	16 oz.

## **Method**

1. Preheat oven to 380°F
2. In a medium saucepan, place the water, milk, butter, and salt. Stir to combine. Bring it to a rolling boil.
3. Remove the pan from heat. Add the flour all at once. Cook, stirring constantly, until the mixture forms a ball, pulls away from the sides of the pan, and leaves a film on the bottom of the pan, 30 to 45 seconds.
4. Transfer the mixture to the bowl of stand mixer fitted with the paddle attachment. Mix on 2<sup>nd</sup> speed for 2 minutes to cool the mixture slightly.
5. Slowly add the eggs in 3 or 4 additions, mixing well between each addition, to form a medium stiff paste.
6. Transfer the mixture to a pastry bag. Pipe into the desired shapes using a #6 straight tip onto a parchment-lined sheet pan.
7. Bake in the preheated oven until the structure has been formed with a little color.
8. Lower the oven temperature to 250°F. Bake until the moisture has evaporated from the interior and the exterior is golden brown.

**Note:** As with many basic formulas, the types of ingredients (butter vs. shortening, etc.) can be varied depending on its intended use. Be aware that these changes will provide different results, such as the quicker browning caused when milk is used rather than water.

**Variation:** For French crullers, use 2 ounces fewer eggs to produce a thicker batter.

# CHOCOLATE FONDANT FOR ÉCLAIRS

*Yield: coats 48 eclairs*

## **Ingredients**

## **Amounts**

Fondant	1 lb.
Chocolate, melted	4 oz.
Simple syrup	1 ½ oz.
Corn syrup	1 ½ oz.

## **Method**

Combine all the ingredients.

# GLAZING GANACHE

*Yield: 2 lb. 2 ½ oz.*

<b>Ingredients</b>	<b>Amounts</b>
Chocolate, bittersweet, coins, finely chopped	1 ½ lb.
Cream, heavy	1 lb.
Corn syrup	2 oz.

## **Method**

1. In a large, stainless-steel bowl, place the chopped chocolate.
2. In a saucepan, place the heavy cream and corn syrup. Bring it to a boil.
3. Pour the boiling heavy cream mixture over the chocolate.
4. Gently stir the mixture until all the chocolate has melted and the mixture is completely smooth. Strain and cool. Store in the refrigerator.
5. To use the glazing ganache, melt in a stainless-steel bowl over a hot water bath until easily pourable.

**Note:** Adjust the amount of chocolate to achieve the desired consistency. Sugar and cocoa contents of chocolate may vary from brand name to brand name. Glucose can be substituted for the corn syrup.

# MENDIANT

*Yield: 25 pieces*

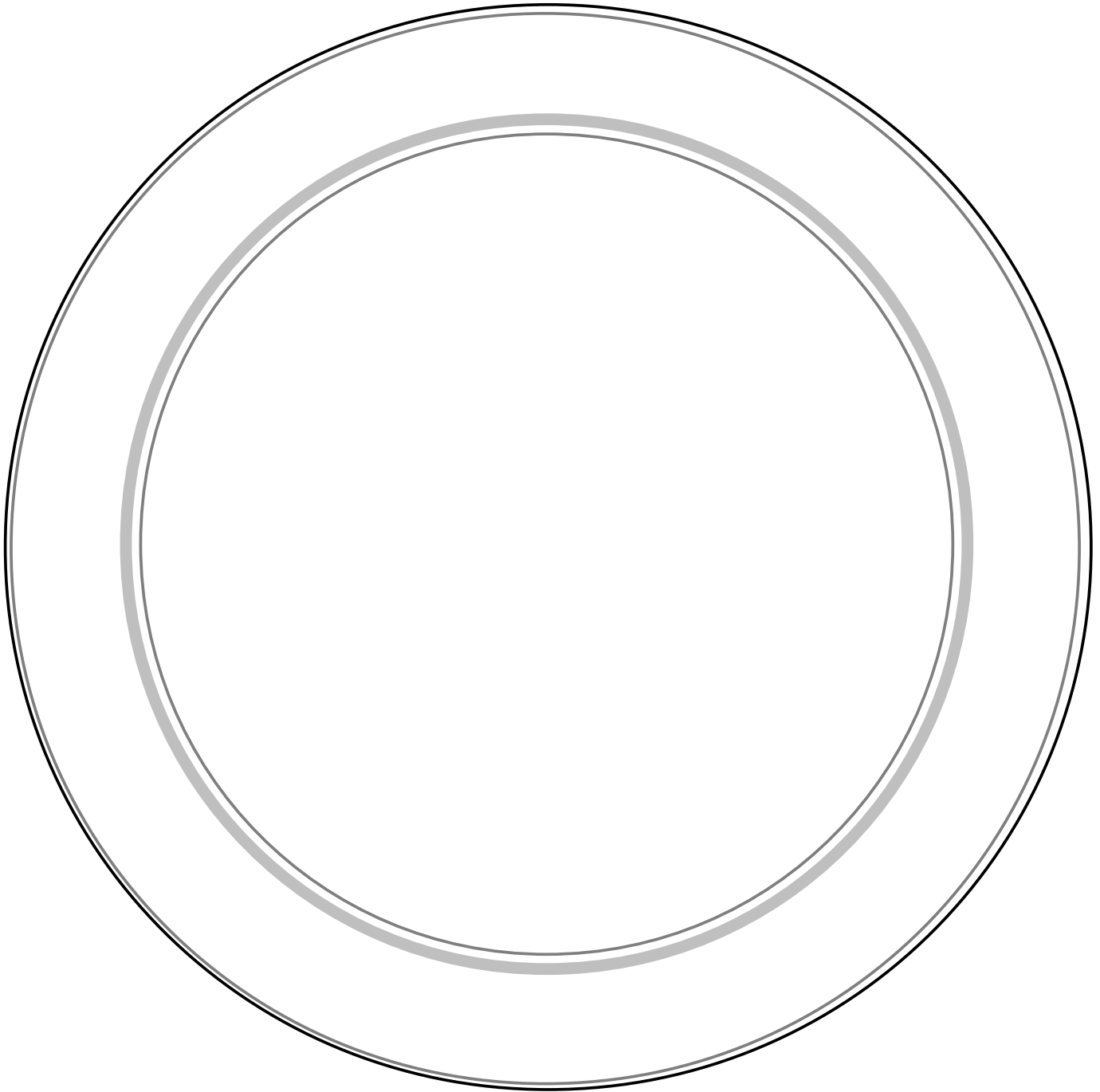
<b>Ingredients</b>	<b>Amounts</b>
Chocolate, milk, tempered	4 oz.
Nuts, chopped	1 oz.

## **Method**

1. Line a sheet pan with parchment paper.
2. Drop the tempered chocolate in half dollar-size pieces onto the sheet pan.
3. Place the chopped nuts on the pools of chocolate before they begin to set.
4. Allow the mendant to set fully before releasing it from the paper.

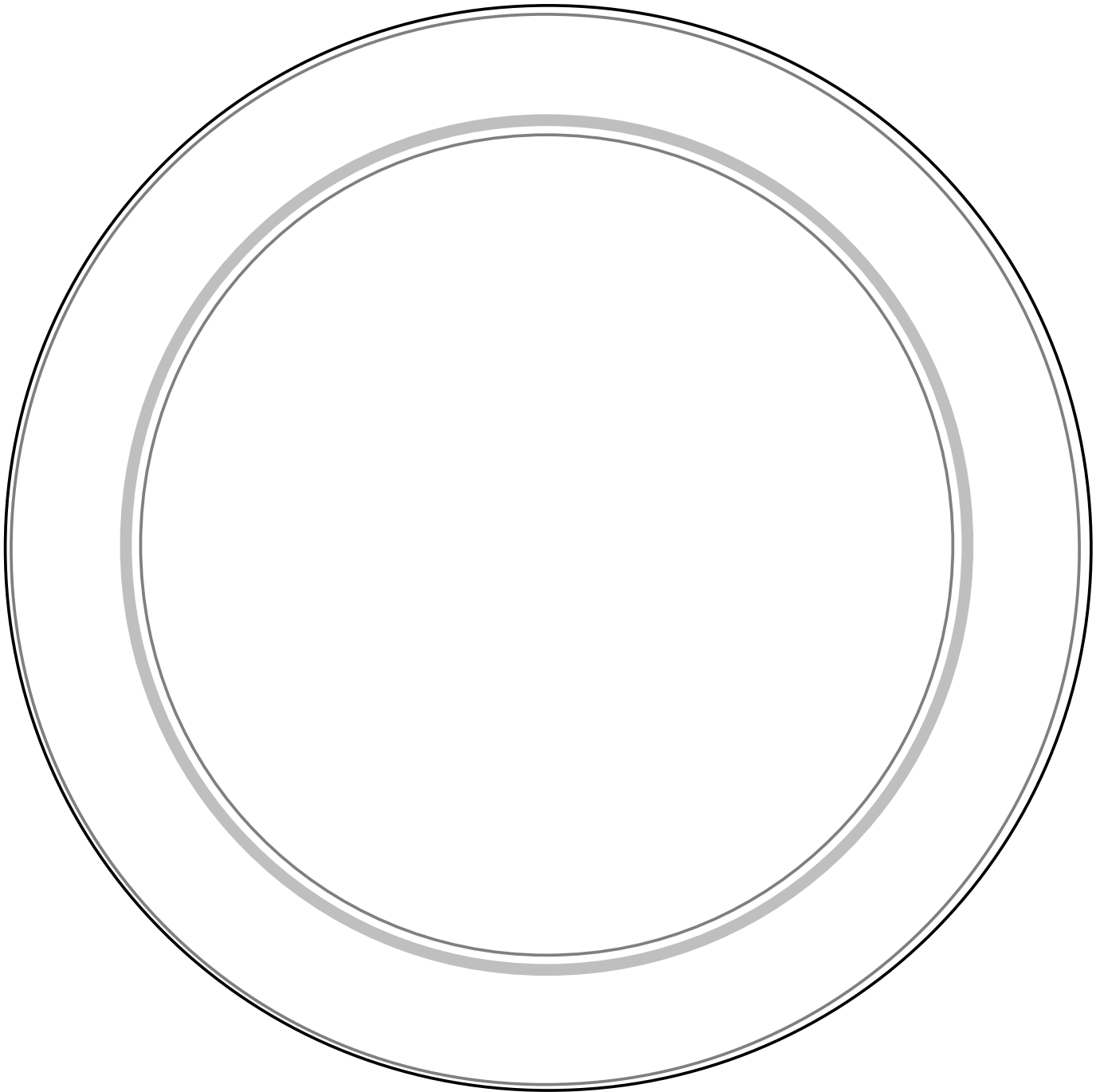
**Variations:** Dark or white chocolate or melted compound coating can be substituted for the milk chocolate. Dried or candied fruit can be substituted for the nuts.

ITEM: \_\_\_\_\_





ITEM: \_\_\_\_\_







## MISE EN PLACE WORKSHEET (RECIPES)

<b>Date:</b> _____			
<b>Recipe:</b> _____			
Ingredient	Amount	Tool	Amount

<b>Date:</b> _____			
<b>Recipe:</b> _____			
Ingredient	Amount	Tool	Amount





# MEDITERRANEAN CUISINE STUDY GUIDE

Use the following list of competencies, key terms, and recommended reading materials to prepare for both the Mediterranean Cuisine Written and Practical Examinations. You must exhibit an understanding of the flavor, cooking methods, ingredients, and techniques involved in the various regional and ethnic cuisines of the Mediterranean. Successful completion of the Mediterranean Cuisine segment is based on a combination of scores received during the written examination, kitchen practical, and product evaluation.

The written examination consists of 25 questions. You will have 1 hour to complete the written examination. You will have 3 hours to complete the practical examination. Refer to the guidelines and quality standards outlined in the following pages for more detailed information.

## COMPETENCIES

### Successful candidates are able to...

- list the countries of the Mediterranean.
- define the Mediterranean diet.
- describe the role and use of olive oil in the Mediterranean diet.
- describe the role of mezze in the northern and eastern Mediterranean.
- list the Arab influences on the cuisines of Spain and Southern Italy.
- describe some of the characteristics of the food from Provence.
- explain the role of harissa in the foods of North Africa.
- list three basic Spanish sauces and their application in the cuisine.
- demonstrate the use and application of rice and rice dishes of the region.
- demonstrate proper execution and production of mezze.
- execute proper production of paella.
- execute proper production of tagines.
- execute proper production of couscous.
- demonstrate proper execution and production of various spreads, dips, and sauces of the region.
- demonstrate proper execution and production of various fish dishes of the region.
- execute proper production of pasta and grain dishes typical of the region.
- demonstrate proper execution and production of various vegetable preparation of the region.

- demonstrate proper execution and production of various braises and stews of the region.

## KEY TERMS

Agrodolce	Feta	Pistou
Aïoli	Harissa	Preserved lemons
Antipasti	Hors d'oeuvre	Ratatouille
Avgolemono	Hummus	Saffron
Baba ganouj	Jamón serrano	Saganaki
Basil	Kebab	Semolina
Bastilla	Kefta	Sofrito
Borek	Manchego	Tābil
Bouillabaisse	Mezze	Tagine
Brik	Olive oil	Tapas
Bulgur	Orzo	Tapenade
Couscous	Paella	Tzatzik
Couscoussièrè	Phyllo	
Dolma	Pilaf	

## RECOMMENDED READING

Couscous and Other Good Food from Morocco, Paula Wolfert, Ecco, 2013

The Essential Mediterranean: How Regional Cooks Transform Key Ingredients into the World's Favorite Cuisines, Nancy Harmon Jenkins, William Morrow, 2003

Flavors of the Riviera: Discovering Real Mediterranean Cooking, Colman Andrews, Bantam, 1996

Mediterranean Cooking, Paula Wolfert, William Morrow, 1994

A Mediterranean Feast: The Story of the Birth of the Celebrated Cuisines of the Mediterranean from the Merchants of Venice to the Barbary Corsairs, Clifford A. Wright, William Morrow, 1999

Mediterranean the Beautiful Cookbook: Authentic Recipes from the Mediterranean Lands, Joyce Goldstein, Ayla Algar, Peter Johnson, Collins, 1994

## **MEDITERRANEAN CUISINE: PRACTICAL EXAMINATION GUIDELINES**

You will be assigned one of the following five regions: Spain, Italy, Greece and Turkey, North Africa, or French Provence. Along with the specific region, you will be assigned a cooking method such as grilling or stewing, and a piece of equipment such as a tagine or paella pan. In addition to the cooking method and equipment, you will be assigned selected dishes along with accompanying meats, seafood, and grocery items to support these dishes. Examples might include a lamb tagine, assorted salads, and brik pastry for North Africa, or an onion tart, stuffed vegetables, and bouillabaisse for France. It is your responsibility to develop these dishes into three items that showcase the assigned region's cooking methods, equipment, and style.

In addition, you must submit a typed menu and food order list for ANY additional products needed to support your menu (except proteins and other items which have been assigned). You should consider using seasonal items as you build your menu, realizing that substitutions may be necessary. You will have three hours for production and 15 minutes for service.

Platters and serving utensils are provided; however, you must provide your own knives and hand tools. Additionally, you may provide any serving ware you desire at your own discretion. We are not responsible for any service needs that you decide to provide.

# **MEDITERRANEAN CUISINE PRACTICAL EXAM: STANDARDS OF QUALITY**

## **OVERALL QUALITY**

- Knowledge of culinary skills and fundamentals
- Proper use of ingredients and application of cooking techniques

## **RICE AND PASTA DISHES**

- Flavor
- Consistency
- Proper cooking techniques

## **MEZZE**

- Flavor
- Use of spices
- Proper cooking techniques

## **TAGINE AND COUSCOUS DISHES**

- Flavor
- Use of spices
- Authenticity
- Cooking techniques

## **SPREADS, DIPS, AND SAUCES**

- Flavor
- Consistency
- Appropriate use

## **ALL FISH AND MEAT DISHES**

- Flavor
- Butchery skills
- Cooking methods
- Appropriate accompaniments

# BAKING AND PASTRY GLOSSARY

**Ash:** The powdery, incombustible residue left after burning matter.

**Average flour value:** Value composed of four factors: color of flour, loaves per barrel, size of loaf, and quality of bread as applied to any given shipment of flour.

**Bake:** To cook by dry heat in a closed place, such as in an oven.

**Bakers Percentages:** Baker's use percentages based off the Flour. Flour is the largest ingredient used for bread making. Flour is always 100%. Other ingredients are based off this percentage.

**Biga:** a pre-ferment that is more flour than water with yeast. Mix 10 to 15 hours prior to the final mixing.

**Bench Scraper:** Small metal tool that is straight and sharp at one end. Used to divide/cut the dough.

**Bleeding:** Term applied to dough that has been cut and left unsealed at the cut, thus permitting the escape of air and gas.

**Bolting:** Sifting of ground grain to remove the bran.

**Bowl scraper:** A spatula or flexible dull-edged knife used to scrape batter or dough from bowl sides.

**Bran:** Skin or outer covering of the wheat berry removed during milling.

**Bread dough:** The uncooked mass of ingredients used to make bread.

**Bread:** The accepted term for food of flour, sugar, shortening, salt, and liquid made light by the action of yeast.

**Brioche:** A light sweet dough, baked in large or small molds.

**Buns:** Small cakes of bread dough, sometimes slightly sweetened or flavored.

**Carbon dioxide:** A colorless, tasteless, edible gas obtained during fermentation or from the combination of soda and acid.

**Cardamon:** Angular, aromatic seeds of herb grown in India and Ceylon, and having anise-like taste. Used whole or ground in pickling, breads, cookies, and many Scandinavian desserts.

**Clear flour:** Flour made from middlings after patent flour is taken.

**Couche:** A flax linen that is used to help the dough to hold its shape during proofing.

**Croissant:** Rich crescent-shaped French roll usually served at breakfast.

**Danish pastry:** A flaky yeast dough having butter rolled into it and filled with almond, cheese, jam or other filling.

**Divider:** A machine to cut dough automatically into a required size.

**Dough Temperature:** Temperature of dough at different stages.

**Doughnut:** A round cake, usually with a center hole, made of yeast or baking powder dough and cooked in a deep fat fryer.

**Dry milk:** Milk from which water has been removed by drying.

**Dry yeast:** A dehydrated form of yeast.

**Dusting:** Distributing a film of flour on pans or a workbench.

**Egg wash:** A mixture of eggs and water (or milk) in equal parts applied to an unbaked product by brush to produce a glazed effect and to give the product a rich brown color.

**Enriched bread:** Bread made from enriched flour or containing federally prescribed amounts of thiamin, riboflavin, iron, and niacin.

**Enzyme:** A minute substance produced by living organisms, which has the power to bring about changes in organic materials.

**Fermentation:** The chemical changes of an organic compound due to the action of living organisms as yeast, producing the formation of the leavening gas, carbon dioxide.

**Fillings:** Sweet creams, jams, etc. spread between baked layers in cakes, rolls or shaped into yeast-raised items.

**Firing:** Process of heating an oven with fuel.

**Flour:** Finely ground meal of grain (wheat, rye, etc.)

**Fold:** The method of lapping dough over on itself after it reaches right fermentation. This helps to expel CO<sub>2</sub> gases, build structure, redistribute food for yeast, and equalize the temperature of the dough.

**Formula:** In baking, a recipe that provides ingredients, amounts to be used, and the method of combining them.

**French doughnuts:** Doughnuts made of Pâte à Choux.

**Fritters:** Doughnuts made from cream puff paste and fried in hot deep fat fryer. Fruit-filled drops of heavy cake batter fried in deep fat.

**Germ:** That part of seed (such as in grain) from which the new plant grows.

**Gliadin:** The part of gluten that gives it elasticity.

**Gluten:** The protein part of flour which gives structure to bakery products by enabling flour to expand around air or gas and to hold the texture so formed, the determining quality factor.

**Glutenin:** The part of gluten which gives it strength.

**Graham flour:** Unbolted wheat meal.

**Greasing:** Spreading a film of fat on a surface.

**Hardness of water:** An indication of mineral salts in greater amount than is found in soft water.

**Hearth:** The heated baking surface or floor of an oven.

**Honey:** A sweet syrup substance made by bees from flower nectar.

**Hot-cross buns:** Sweet, yeast-raised buns with raisins added, marked on top with a cross in dough or a frosted cross. Lenten favorite.

**Humidity:** Amount of moisture in the air.

**Hydrogenated oil:** Oil treated with hydrogen to give a type of shortening.

**Hygrometer:** An instrument to determine the degree of humidity.

**Leavening:** Raising or lightening by air, steam, or gas (carbon dioxide).

**Makeup:** Method of mixing ingredients or handling of dough.

**Malt extract:** A syrupy liquid obtained from malt mash.

**Meal:** Coarsely ground grain; unbolted wheat flour.

**Middlings:** Coarse particles of ground wheat made during rolling of the grain in flour mills.

**Milk bread:** White bread in which all liquid is milk, or which contains not less than 8.8 parts (by weight) of milk solids for each 100 parts of flour (by weight). This is a federal standard that is rigidly enforced.

**Mix:** The combined ingredients of batter or dough.

**Mixing bowl:** A concave, hemispherical container for mixing.

**Molder:** A machine that shapes dough pieces for various shapes.

**Oatmeal:** A meal made by grinding oats.

**Pate Ferment:** Old dough

**Poolish:** Equal parts of flour and water with yeast. Mixed 10 to 15 hours ahead of final mixing.

**Pre-Ferments:** This is used to start the fermentation of dough ahead of the mixing time. Common pre-ferments are: poolish, biga, sponge, white sour, and pate ferment.

**Proof box:** Box or cabinet equipped with shelves; it also permits the introduction of heat and steam; used for fermenting dough.

**Proofing period/ Final Fermentation:** The time during which dough rises.

**Pumpernickel:** Coarse, somewhat acid rye bread.

**Roundng:** Shaping of dough pieces to seal ends and prevent bleeding.

**Salt:** Sodium chloride; used for flavor and dough control.

**Scale:** An instrument for weighing.

**Scaling:** Apportioning batter or dough according to weight.

**Score:** To score is to make incisions forming a pattern on cakes or pies.

**Shrink:** To shrink is to roll out paste and allow it to rest before baking to prevent shrinkage.

**Sifting:** Passing through fine sieve for perfect blending and to remove foreign or oversize particles.

**Sponge:** Mixture of flour, water and yeast that is made the same day as the final dough. Made at least 30 minutes prior to mixing.

**Straight flour:** Flour containing all the wheat berry except the bran and seeds; termed 100% extraction flour.

**Thermometer:** An instrument for measuring temperature.

**Wash:** A liquid brushed on the surface of an unbaked product (may be water, milk, starch solution, thin syrup or egg).

**Whole wheat:** Unbolted wheat meal.

**White Sour:** Also known as the following: Liquid Levain, Starter, Madre, Baby. It is a ratio of 1:1:1 or baker's preference. Ratio is flour: water: starter and no yeast added.

**Yeast:** A microscopic fungus (plant) which reproduces by budding and causes fermentation and the release of carbon dioxide. There is Fresh, Instant, and Active Dry forms of yeast.

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**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.

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