



Culinary Institute of America

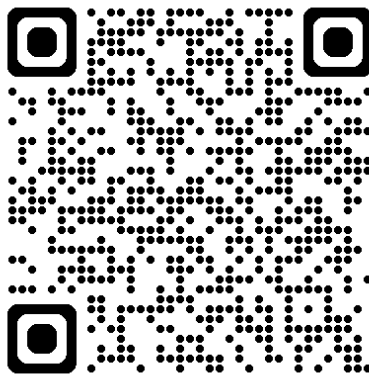
CULINARY INSTITUTE OF THE PACIFIC

CULINARY FOUNDATIONS: SKILLS, FLAVOR, & CREATIVITY



Culinary Institute of the Pacific, Diamond Head campus, Oahu, Hawai'i

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The Culinary Institute of America
1946 Campus Drive
Hyde Park, NY 12538-1499
Tel: 845-452-9600
www.ciachef.edu



Welcome to the CIA!

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

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

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

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

Wishing you all the best,

A handwritten signature in blue ink that reads 'David Kamen'.

David Kamen '88 MBA PC^{III}
Director CIA Consulting
845-451-1386 david.kamen@culinary.edu

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

EXPECTATIONS FOR PARTICIPANTS

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

CIA UNIFORM POLICY

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

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

COURSE DESCRIPTION

CULINARY FOUNDATIONS

Interested in pursuing a career in the cuisine? Launch your culinary journey by building a strong foundation in essential cooking techniques with this hands-on course designed especially for young adults in high school culinary programs. Learn everything from knife skills and timing to plating and kitchen organization. Through preparing a variety of dishes — soups, sauces, entrées and sides — you'll learn the "why" behind each step, engage in tastings to develop a more refined palate, and deepen your understanding of flavor.

LEARNING OBJECTIVES

Throughout this course, you will...

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

DAY ONE:

BASIC CULINARY PREPARATIONS, KNIFE SKILLS, AND STOCKS

LEARNING OBJECTIVES

By the end of this day, you should be able to ...

- Perform basic culinary preparations that serve as the foundation for a wide range of professional cooking techniques.
- Demonstrate proper knife handling and safety, including grip, motion, and care.
- Execute a range of fundamental knife cuts with accuracy and consistency.
- Fabricate a whole chicken, identifying and separating its primary parts.
- Prepare a foundational stock, understanding the function of ingredients such as bones, mirepoix, and aromatics.
- Explain the role of stocks in classical and modern kitchen applications, including their use in sauces and soups.
- Apply mise en place principles to organize ingredients, tools, and timing prior to production.
- Participate in group kitchen exercises and demonstrations, reinforcing technique, efficiency, and teamwork.
- Apply essential safety and sanitation practices to maintain a clean, hazard-free, and food-safe kitchen environment.

LEARNING ACTIVITIES

- Lecture and discussion
- Demonstrations
- Hands-on production
- Product evaluation

CHEF DEMONSTRATIONS

- Simple Vinaigrette
- Chicken Stock
- Tomato Sauce
- Pizza Dough Biga

DAY ONE: TEAM PRODUCTION ASSIGNMENTS

EACH STUDENT

Proper Kitchen Set-Up

Work Station

Pot Sink

Kitchen Cleaning at Close

Knife Cuts

Onions: Slice, Dice

Carrots: Dice, Batonnet, Oblique Cut

Celery: Dice

Garlic: Mince

Parsley: Chop, Slice

Oranges: Suprême

Tomatoes: Concassé, Dice

Fabricate a Chicken

BEVERAGE

Green Tea Yuzu Sour

Teams will prepare today's meal using knife cuts and Chef's prep.

DAY ONE: TEAM PREP ASSIGNMENTS

TEAM ONE

*Scale Pizza Dough Biga Ingredients
(Chef will Mise en Place and Demo Biga Production)*

TEAM TWO

- *Make Cantonese Roast Pork for Glutinous Rice – Day Two*
- *Make Basic Pie Dough for Kaneohe Bakery Custard Pie – Day Two*
- *Make Custard for Kaneohe Bakery Custard Pie – Day Two*

TEAM THREE

- *Marinate Chicken for Buttermilk Fried Chicken – Day Two*

TEAM FOUR

- *Marinate Chicken for Japanese Fried Chicken – Day Two*

TOMATO SAUCE

Yield: 1 gallon

Ingredients	Amounts
Oil, olive, 100%	2 cups
Onion, yellow, small diced	4 ea.
Garlic, clove, minced	16 ea.
Tomato, Roma, San Manzano, #10 can (Divided)	2 ea.
Basil, bunch, fresh, leaves and stems separated	4 ea.
Salt, kosher	to taste

Method

1. Heat the oil in a medium non-reactive rondeau over medium-low heat. Add the onions. Cook, stirring occasionally until they take on a light golden color, 12 to 15 minutes.
2. Add the garlic. Sauté, stirring frequently until soft and fragrant, about 1 minute.
3. Turn up the heat to high. Add about ¼ of the tomatoes. Reduce the tomatoes until the juices evaporate, 25 to 30 minutes. Add the basil stems.
4. Add the remaining tomatoes in ¼ increments. Repeat this process until all of the tomatoes have been incorporated.
5. Cook until the sauce is thick and condensed, 30 to 45 minutes. Remove the rondeau from the heat.
6. Purée the sauce through a food mill and into a bowl. Season with salt to taste.
7. Chiffonade the basil leaves and garnish the sauce.

PIZZA DOUGH BIGA

Yield: enough for 6 pounds of dough

Ingredients

Amounts

Flour, bread	3.6 oz.
Flour, bread, whole wheat	2.4 oz.
Water	7.2 oz.
Yeast, instant	2 pinches

Method

1. In a bowl, mix the bread flour, whole wheat bread flour, water, and yeast until fully combined.
2. Cover and ferment at 70°F for 16 to 24 hours.

CANTONESE ROAST PORK

CHAR SIU

Yield: 6 portions

Ingredients	Amounts
Hoisin sauce	1 pt.
Oyster sauce	1 pt.
Soy sauce, Kikkoman (<i>Shoyu</i>)	1 pt.
Ginger, fresh, 2-in. piece, minced	1 ea.
Garlic, minced	2 tsp.
 Pork, butt	 8 lb.

Method

1. For the marinade, in a ½ hotel pan, combine the hoisin sauce, oyster sauce, soy sauce, ginger, and garlic.
2. Add the pork. Turn to coat on all sides. Refrigerate overnight.
3. Preheat oven to 375°F.
4. Remove the pork from the marinade. Add ½ cup water to the marinade in the hotel pan. Stir to combine.
5. Place a roasting rack over the marinade. Place the pork on the rack.
6. Roast in the preheated oven, basting with the sauce every 15 minutes, until glazed and cooked through, about 1 hour. Be sure to turn the pork after 30 minutes.
7. Allow to cool.

BASIC PIE DOUGH (3-2-1)

Yield: about 5 pounds

Ingredients	Amounts
Flour, all-purpose	3 lb.
Salt, kosher	1 oz.
Butter, unsalted, cubed, cold	2 lb.
Water, cold	1 lb.
Flour, all-purpose	as needed

Method

1. In a large bowl, combine the flour and salt. Using your fingertips, gently rub the butter into the flour until the mixture resembles a coarse meal. This will give the crust a finer, more delicate crumb.
2. Add the water. Mix until the dough just comes together. The dough should be moist enough to hold its shape when pressed.
3. Turn out the dough onto a floured work surface. Shape into an even rectangle. Wrap the dough with plastic wrap. Chill for 20 minutes.
4. The dough is ready to roll out now or can be held for up to 3 days.

GREEN TEA YUZU SOUR

Yield: 2 ½ gallons

Ingredients	Amounts
Water	4 ½ qt.
Tea, green, with citron and ginko, leaves, bags	9 ea.
Sugar, granulated	2 cups
Ginger, fresh, 6-in. piece	1 ea.
Orange, mandarin	6 ea.
Yuzu, juice	3 cups
Water, sparkling	5 cups
Ice	5 qt.

Method

1. Place the water in a large pot. Bring the water to simmer (85°C) over medium heat. Remove and discard the tags from the tea bags. Add the tea bags to the pot.
2. Turn up the heat to medium-high. Bring to a boil. Turn the heat off. Steep for 20 minutes.
3. Remove the tea bags from pot. Add the sugar and stir to dissolve. Cool the tea.
4. Peel and finely grate the ginger.
5. Cut the mandarin oranges into wheels about ¼-inch thick.
6. Combine the sweetened tea, ginger, yuzu juice, sparkling water, and ice. Taste and adjust the seasoning. Garnish with a mandarin wheel. Serve cold.

DAY TWO:

DRY-HEAT COOKING METHODS: COOKING WITH FATS AND OILS

LEARNING OBJECTIVES

By the end of this day, you should be able to ...

- Identify and describe key dry-heat cooking methods that use fats and oils, including sautéing, stir frying, pan frying, and deep frying.
- Demonstrate correct technique for each dry-heat cooking method, focusing on heat management, timing, and product handling.
- Select suitable fats and oils based on smoke point, flavor, and intended cooking method.
- Explain the function of common thickening agents, such as roux, slurry, and reduction, in various culinary applications.
- Incorporate appropriate thickening agents during cooking to achieve desired consistency and texture.
- Recognize the foundational role of sauces in supporting flavor and presentation, while applying basic preparation techniques as needed.

LEARNING ACTIVITIES

- Lecture and discussion
- Demonstrations
- Hands-on production
- Product evaluation

CHEF DEMONSTRATIONS

- Sauté method
- Baked custard method
- Pizza Dough

DAY TWO: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE: SAUTÉ

Sautéed Chicken Breast with Prosciutto, Basil, Provolone, and Roasted Red Pepper Coulis

Fresh Pasta with Oyster Mushrooms and Pipikaula

Glazed Carrots

Fudge Chocolate Cookies

TEAM TWO: STIR FRY

Kung Pao Chicken

Glutinous Rice

Spicy Snap Peas

Kaneohe Bakery Custard Pie

**Brine Pork for Roast Pork Loin with Tomato-Bacon Jam– Day Three*

TEAM THREE: PAN FRY

Southern Fried Chicken Dinner, comprised of:

Buttermilk Fried Chicken

Whipped Potatoes

Braised Taro Leaves

Country Gravy

Biscuits with Bacon, Chives, and Cheese

TEAM FOUR: DEEP FRY

Japanese Fried Chicken

Cabbage Salad

Steamed Rice

Soy Sauce and Vinegar Pickled Cucumbers

Butter Taro Mochi

BEVERAGE

Mango Lassi

**Make Mexican Horchata Base – Day Three*

PIZZA DOUGH

Yield: 6 pounds

Ingredients	Amounts
Flour, bread	21.4 oz.
Flour, durum	24 oz.
Water	34 oz.
Pizza Dough Biga (From day prior)	1x recipe
Salt, kosher	1.32 oz.
Yeast, instant	4 tsp.
Oil, olive, extra virgin	3 oz.

Method

1. In the bowl of a stand mixer fitted with a hook attachment, mix the bread flour, durum flour, water, and Pizza Dough Biga on speed one for 1 minute. Cover and allow the mixture to rest (*autolyse*) for 15 minutes.
2. Add the salt and yeast. Mix on speed two for 5 minutes. Slowly stream in the oil over the next 2 minutes of mixing.
3. Bench proof the dough for 45 minutes.
4. Scale the dough into equal portions (see Chef). Round each piece.
5. Place each round on a sheet tray. Spray each round with pan release and refrigerate immediately.
6. Proof in refrigerator a minimum of 12 hours or maximum of 30 hours.

SAUTÉED CHICKEN BREAST WITH PROSCIUTTO, BASIL, PROVOLONE, AND ROASTED RED PEPPER COULIS

Yield: 6 portions

Ingredients	Amounts
Chicken, breast, boneless, skinless	6 ea.
Oil, olive, pure	2 Tbsp.
Basil, bunch, fresh, chiffonade	1/2 ea.
Marjoram, bunch, fresh, finely chopped	1/2 ea.
Thyme, bunch, fresh, finely chopped	1/4 ea.
Parsley, flat-leaf, bunch, fresh, finely chopped	1/2 ea.
Garlic, clove, minced	5 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	as needed
Oil, olive, pure	as needed
Pork, prosciutto, thin sliced	6 ea.
Cheese, provolone, thin sliced	6 ea.
Roasted Red Pepper Coulis (Recipe follows)	1x recipe

Method

1. Preheat broiler to high heat.
2. Place the chicken breasts in between two pieces of parchment paper. Using a mallet, pound the chicken to a 1/4-inch thickness.
3. For the marinade, in a small bowl, combine the oil, basil, marjoram, thyme, parsley, and garlic.
4. Add the chicken. Coat thoroughly on all sides with the marinade. Remove the chicken from the marinade. Season with salt and pepper as needed.
5. Place enough flour for dredging into a bowl, adding more as needed. Dredge each piece of chicken. Shake off any excess flour.
6. Heat enough oil to cover the bottom of a large sauté pan over medium heat until shimmering. Add the chicken breasts and sear on each side, 3 to 4 minutes per side. Top each chicken breast with 1 slice of prosciutto and 1 slice of provolone.
7. Transfer the pan to the preheated broiler. Broil until the prosciutto is crispy and the cheese is melted, about 2 minutes. Be sure the cheese does not burn.
8. Transfer the chicken to a serving platter. Serve alongside the Roasted Red Pepper Coulis.

ROASTED RED PEPPER COULIS

Yield: 1 pint

Ingredients	Amounts
Oil, vegetable	as needed
Pepper, bell, red, cut in half, stems, seeds, and ribs removed	2 lb.
Butter, unsalted	3 Tbsp.
Shallot, minced	3 Tbsp.
Wine, white, dry	1 cup
Stock, chicken	as needed
Salt, kosher	to taste
Chile, cayenne, ground	to taste

Method

1. Preheat broiler to high heat. Lightly oil a sheet pan.
2. Place the peppers, cut side down on the prepared pan. Place the peppers under the preheated broiler until the skin is evenly charred, 3 to 5 minutes.
3. Remove the pan from the broiler. Cover immediately using an inverted sheet pan. Let the peppers steam for 30 minutes.
4. When the peppers are cool enough to handle, using a paring knife, scrape off and discard the charred skin. Dice the innards. Reserve.
5. Heat the butter in a pan over medium-high heat. Add the shallots. Sweat until golden brown, about 2 minutes.
6. Add the reserved roasted peppers. Stir to combine.
7. Add the wine. Reduce the liquid by $\frac{1}{2}$, 3 to 5 minutes.
8. Transfer the mixture to a bowl of a food processor fitted with a steel blade. Purée the mixture until smooth. Adjust the consistency by adding stock, as needed.
9. Season with salt and cayenne to taste.

FRESH PASTA WITH OYSTER MUSHROOMS AND PIPIKAULA

Yield: 6 portions

Ingredients	Amounts
Mushroom, oyster, Hamakua	1 ½ lb.
Oil, olive, pure	2 Tbsp.
Shallot, thin sliced	1 Tbsp.
Stock, chicken	1 qt.
Cornstarch	as needed
Water	as needed
Oil, olive, extra-virgin	¼ cup
Beef, pipikaula, diced	½ lb.
Onion, yellow, brunoise	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Butter, unsalted	3 Tbsp.
Chive, bunch, fresh, thin sliced	½ ea.
Fresh Pasta (Recipe follows)	1x recipe
Cheese, Asiago, grated	½ cup

Method

1. Remove the stems and trims from the mushrooms. Cut the mushroom caps in ½. Reserve the caps and the stems and trims separately.
2. For the broth, heat the oil in a medium sauce pot over low heat. Add the shallots and the reserved mushroom stems and trims. Cook until tender but not brown in color, 5 to 7 minutes.
3. Cover the mushroom mixture with just enough chicken stock to fully cover. Simmer over low heat until thickened, about 1 hour.
4. Mix the cornstarch with equal parts water to form a cornstarch slurry. Whisk in the slurry until the broth lightly coats the back of the spoon (*nappé*), about 2 minutes. Strain the broth through a fine mesh strainer and into a clean pot. Reserve. Discard the solids.
5. Heat the oil in a medium saucepan over medium heat. Add the pipikaula. Sauté until golden brown and crisp, about 10 minutes. Transfer to paper towels to drain any excess oil. Reserve. Leave the pipikaula fat in the pan.
6. Add the onions to the pan with the pipikaula fat. Sauté until golden, about 4 minutes.
7. Add the reserved mushroom caps. Toss to coat in the fat. Sauté until brown, 5 to 7 minutes. Season with salt and pepper to taste.
8. Add the reserved broth. Reduce the liquid by ¼, 3 to 5 minutes.

9. Add the butter. Stir until fully incorporated.
10. Add the chives. Stir to combine. Reserve warm.
11. Bring a large pot of salted water to boil. Add the Fresh Pasta and cook, stirring gently and continuously with a wooden spoon, until they rise to the surface of the water, 1 ½ to 2 minutes.
12. Remove the pasta from the boiling water with a mesh strainer (*spider*) and add to the broth mixture. Add the reserved pipikaula. Toss to coat in the broth mixture.
13. Transfer to a large serving bowl. Top with the Asiago cheese.

FRESH PASTA

Yield: 2 pounds

Ingredients	Amounts
Flour, semolina	60 g
Flour, 00	520 g
Egg, whole, Golden Farms	3 ea.
Egg, yolk, pasteurized	280 g
Oil, olive, pure	1 tsp.
Salt, kosher	to taste
Salt, kosher	as needed
Flour, semolina	as needed

Method

1. In a large bowl, combine the semolina flour and 00 flour. Make a well in the center of the flour.
2. Add the eggs, egg yolks, oil, and salt to the well. Using a fork, lightly whisk until combined.
3. Drag the flour into the egg mixture until the mixture becomes too stiff to mix with the fork.
4. Use your hands to fully combine the flour and egg mixture until a dough is formed. Wrap the dough in plastic. Rest at room temperature for 30 minutes.
5. Adjust the pasta machine to the widest setting. Lightly flour the dough with semolina flour if it is sticky. Flatten the dough using your hand and feed it through the pasta machine. Fold the dough in $\frac{1}{2}$ and place the folded dough through the pasta machine again. Repeat this process 8 to 10 times.
6. Wrap the dough in plastic and let it rest for 15 to 20 minutes.
7. Portion dough into 3 to 4 equal portions.
8. Roll each portion through the pasta machine on the widest setting twice. Incrementally decrease the wideness setting, repeating the rolling on each setting twice before decreasing the wideness further.
9. Continue until desired thickness is achieved.
10. Cut into desired shape by hand or using the pasta machine. Once cut, dust well with semolina flour to keep pasta from sticking together.
11. Place the pasta in portions on a parchment paper lined sheet pan. Reserve until ready to use.
12. Bring a large pot of salted water to a boil. Add the pasta and cook until tender to the bite (*al dente*), 3 to 4 minutes. Drain, toss with the chosen sauce, and serve immediately.

GLAZED CARROTS

Yield: 6 portions

Ingredients

Amounts

Butter, unsalted	4 Tbsp.
Carrot, batonnet	1 ½ lb.
Sugar, granulated	2 ¼ Tbsp.
Stock, chicken, hot	1 cup
Salt, kosher	as needed
Pepper, white, ground	as needed

Method

1. Melt the butter in a large sauté pan over medium-low heat.
2. Add the carrots. Cover the pan and sweat the carrots until just softened, 2 to 3 minutes.
3. Add the sugar and stock. Season with salt and pepper as needed. Turn the heat up to medium. Bring the stock to a simmer, uncovered.
4. Turn the heat down to low. Cover the pan. Cook until the carrots are almost tender, about 5 minutes.
5. Remove the cover. Simmer until the cooking liquid reduces to a glaze and the carrots are fully tender, 2 to 3 minutes.
6. Season with salt and pepper as needed.
7. Serve immediately.

FUDGE CHOCOLATE COOKIES

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	as needed
Flour, all-purpose	3 cups
Cocoa, powder	$\frac{2}{3}$ cup
Salt, kosher	1 tsp.
Baking soda	$\frac{1}{2}$ tsp.
Butter, unsalted	11 wt. oz.
Sugar, brown	3 cups
Water	1 Tbsp.
Vanilla, extract	1 tsp.
Egg, whole, Golden Farms	2 ea.
Chocolate, baking chips, local, Big Island or Kauai	4 cups

Method

1. Preheat oven to 350°F.
2. Lightly grease the cookie sheets with butter. Reserve.
3. In a small bowl, combine the flour, cocoa powder, salt, and baking soda. Reserve.
4. In the bowl of a stand mixer fitted with the paddle attachment, cream together the butter and brown sugar on medium speed until combined.
5. Turn down the speed to low. Gradually add the water, vanilla, and eggs to the butter mixture.
6. Add the reserved flour mixture. Mix until just combined. Stir in the chocolate chips.
7. Drop teaspoonfuls of batter onto the prepared cookie sheets. Chill in the refrigerator for 15 minutes.
8. Bake in the preheated oven until the cookies are cooked through, 10 to 12 minutes.

KUNG PAO CHICKEN

Yield: 8 to 10 portions

Ingredients	Amounts
Cornstarch	2 Tbsp.
Soy sauce, Kikkoman (<i>Shoyu</i>)	¼ cup
Chicken, breast, boneless, skinless, cubed	2 lb.
Soy sauce, Kikkoman (<i>Shoyu</i>)	¼ cup
Wine, rice, Chinese (<i>Shaoxing</i>)	6 Tbsp.
Sugar, granulated	4 Tbsp.
Stock, chicken	6 Tbsp.
Vinegar, Chinkiang	3 Tbsp.
Oil, sesame	2 Tbsp.
Soy sauce, dark, Kikkoman (<i>Shoyu</i>)	4 tsp.
Oil, peanut	6 Tbsp.
Chile, red, Arbol, dried, stemmed	24 ea.
Garlic, clove, minced	2 ea.
Ginger, fresh, 1-in. piece, peeled, minced	1 ea.
Scallion (Green onion), Aloun Farms whites only, bias cut (Divided)	10 ea.
Peanuts, skinless, roasted	1 cup

Method

1. For the velvet, in large bowl, combine the cornstarch and soy sauce.
2. Add the chicken. Turn to coat on all sides with the velvet. Marinate for 30 minutes.
3. In a separate bowl, combine the shoyu, rice wine, sugar, stock, vinegar, sesame oil, and dark soy sauce. Reserve.
4. Heat the peanut oil in a wok over high heat just to the point of smoking. Add the chilies, garlic, ginger, ½ of the scallions, and the chicken. Stir fry until golden, about 2 minutes.
5. Add reserved shoyu mixture. Stir fry until the sauce thickens, about 2 minutes. Stir in the peanuts.
6. Garnish with remaining scallions. Serve.

Note: Velvetting is a technique commonly used in Chinese cuisine to tenderize meat. It involves marinating meat in a slurry of starch which creates a soft and smooth texture when cooked. If the sauce is too thick, about 1 ½ cups of chicken stock can be added to thin out it out.

GLUTINOUS RICE

MOCHI RICE

Yield: 12 portions

Ingredients	Amounts
Rice, mochi	4 cups
Stock, chicken	3 ½ cups
Oil, olive, pure	2 Tbsp.
Shrimp, dried, finely minced	2 Tbsp.
Chicken, thighs, boneless, skinless, finely diced	¼ lb.
Cantonese Roast Pork, finely brunoised (From day prior)	1 cup
Oyster sauce	1 ½ Tbsp.
Five spice powder	½ tsp.
Soy sauce (<i>Shoyu</i>)	1 Tbsp.
Scallion (Green onion), Aloun Farms, thinly sliced	½ cup
Oil, sesame	as needed

Method

1. Place the rice in a colander set over a large bowl. Rinse the rice under cold running water. Using your hand, mix the rice around in the water until it runs clear. Drain.
2. In a rice cooker, combine the washed rice and the stock. Steam until tender, about 15 minutes. Reserve.
3. For the filling, heat the oil in a hot wok. Add the dried shrimp. Cook until aromatic, about 30 seconds.
4. Add the chicken thighs. Cook until browned, about 3 minutes per side.
5. Add the Cantonese Roast Pork. Season with the oyster sauce, five spice powder, and soy sauce.
6. Fold the filling into the reserved cooked rice. Portion the rice into 12 serving bowls. Top each portion with the scallions and a drizzle of sesame oil.

Note: Lup Cheong can be substituted for the Cantonese Roast Pork.

SPICY SNAP PEAS

Yield: 20 portions

Ingredients	Amounts
Peas, sugar snap, cleaned	3 lb.
Mushroom, shitake, dried	16 ea.
Stock, chicken	½ cup
Soy sauce, Kikkoman (<i>Shoyu</i>)	4 Tbsp.
Oyster sauce	2 Tbsp.
Oil, sesame	4 tsp.
Sugar, granulated	3 tsp.
Chile garlic sauce	2 tsp.
Oil, olive, pure	2 Tbsp.
Chile, red, dried, small	12 ea.
Ginger, fresh, sliced, fine julienne	4 ea.
Onion, yellow, small, thinly sliced	2 ea.
Mushroom, best locally available, Hamakua, thinly sliced	8 oz.
Stock, chicken	½ cup
Cornstarch	2 tsp.
Water	2 tsp.

Method

1. In a hot wok over high heat, char the snap peas on both sides until they achieve the distinct, smoky flavor from wok cooking (*wok hei*), about 2 minutes. Work in batches as necessary. Transfer the snap peas to a sheet pan to cool. Reserve.
2. In a bowl, place the dried shitakes and enough warm water to cover. Soak until softened, about 20 minutes. Drain. Remove and discard the stems. Thinly slice the caps and reserve.
3. For the sauce, in a bowl, combine the chicken stock, soy sauce, oyster sauce, sesame oil, sugar, and chile garlic sauce. Reserve.
4. Heat a wok over high heat. Add the oil and swirl to coat the sides of the wok. Add the dried red chiles and ginger. Cook, while stirring, until fragrant, about 30 seconds.
5. Add the onions and reserved shitake caps. Stir-fry the vegetables until coated with oil and warmed through, about 1 minute.
6. Add the local mushrooms and stock. Cover and cook until soft, about 2 minutes.
7. Add the reserved snap peas. Cover and cook until peas are tender-crisp, about 1 minute.
8. Add the reserved sauce. Bring to a boil.
9. Mix the cornstarch with the water to form a cornstarch slurry. Add it to the wok. Cook, while stirring, until sauce boils and thickens, about 2 minutes.

KANEOHE BAKERY CUSTARD PIE

Yield: one, 9-inch pie

Ingredients	Amounts
Egg, whole	3 ea.
Egg, yolk	2 ea.
Milk, evaporated, canned	1 ea.
Sugar, granulated	1/2 cup
Vanilla, extract	1 tsp.
Salt, kosher	1/8 tsp.
Basic Pie Dough (From day prior)	1 ea.
Nutmeg, ground	as needed

Method

1. For the custard, in a bowl, place the whole eggs and egg yolks. Using a whisk, mix until just combined. (Do not aerate.)
2. Add the evaporated milk, sugar, vanilla extract, and salt. Mix until just combined. Cover and chill overnight.
3. Preheat oven to 375°F.
4. For the pie shell, using a rolling pin, roll the Basic Pie Dough to a 1/8-inch thickness. Line a deep dish, 9-inch pie pan with the dough. Refrigerate for 30 minutes.
5. Top the pie dough with parchment paper. Place pie weights on top of the parchment paper.
6. Blind bake in the preheated oven until the sides are set and hold their shape, 10 to 12 minutes. Remove the pie weights and parchment paper from the pie shell. Return the pie shell to the oven. Bake until lightly golden, 3 to 5 minutes. Cool at room temperature. Transfer to refrigerator to chill.
7. Preheat oven to 325°F.
8. Place the chilled pie shell on a sheet pan. Strain the chilled custard through a fine mesh sieve and into the pie shell.
9. Wrap the edge of the pie shell in foil to prevent it from burning.
10. Lightly sprinkle ground nutmeg overtop of the custard.
11. Bake in the preheated oven until the custard has set with a slight jiggle in the middle, 50 to 60 minutes. Cool at room temperature.
12. Place in the refrigerator. Chill overnight before serving.

SOUTHERN FRIED CHICKEN DINNER

Yield: 20 portions

Ingredients

Amounts

Buttermilk Fried Chicken (Recipe follows)	1x	recipe
Braised Taro Leaves (Recipe follows)	1x	recipe
Whipped Potatoes (Recipe follows)	1x	recipe
Country Gravy (Recipe follows)	1x	recipe
Biscuits with Bacon, Chives, and Cheese (Recipe follows)	1x	recipe
Chive, bunch, fresh, minced	2	ea.

Method

1. Make the Buttermilk Fried Chicken, Braised Taro Leaves, Whipped Potatoes, Country Gravy, and Biscuits with Bacon, Chives, and Cheese according to the directions in the following recipes.
2. On each serving plate, swipe 4-ounces of the Whipped Potatoes from the 10 o'clock to 4 o'clock position. Place a 3-ounce mound of the Braised Taro Leaves in center of the potatoes. Place a 3-ounce pool of the Country Gravy at the 7 o'clock position and a Biscuit at the 2 o'clock position. Place 1 drumstick and 2 to 3 slices of the fried breast at the 6 o'clock position.
3. Garnish each plate with the chopped chives.

BUTTERMILK FRIED CHICKEN

Yield: 20 portions

Ingredients	Amounts
Buttermilk	3 qt.
Tarragon, leaves, fresh, minced	1 ½ cups
Mustard, Dijon	2 cups
Poultry spice, Bell's	3 Tbsp.
Chicken, whole, butchered into 10 pieces ea.	5 ea.
Flour, all-purpose	4 lb.
Chile, cayenne, ground	1 Tbsp.
Old Bay seasoning	½ cup
Garlic, powder	4 Tbsp.
Onion, powder	4 Tbsp.
Crisco	1 gal.

Method

1. In a large bowl, combine the buttermilk, tarragon, mustard, and poultry spice. Add the chicken pieces. Turn to coat on all sides. Marinate overnight.
2. Preheat oven to 350°F.
3. In a large bowl, combine the flour, cayenne, Old Bay seasoning, garlic powder, and onion powder.
4. Dredge the chicken pieces in the seasoned flour. Shake off any excess. Let the coated chicken pieces sit for 15 minutes.
5. Dredge the chicken in the seasoned flour again. Shake off any excess.
6. Melt the Crisco in a large frying pan over medium-high heat. Add the chicken pieces. Fry until crispy and golden brown, 7 minutes per side.
7. Place a roasting rack on top of a sheet pan. Place the fried chicken pieces on top of the roasting rack. Finish the chicken in the preheated oven until cooked through, 10 to 12 minutes.

WHIPPED POTATOES

Yield: 20 portions

Ingredients

Amounts

Potato, russet	12 lb.
Salt, kosher	as needed
Butter, unsalted, room temperature	1 lb.
Milk, whole	1 pt.
Cream, heavy	1 pt.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Scrub, peel, and cut the potatoes into sixths.
2. Place the potatoes in a large pot with enough salted water to cover. Bring to a boil over high heat. Turn down the heat to medium.
3. Simmer the potatoes until they are tender and mash easily, about 15 minutes. Drain the potatoes and return them to the pot. Place the pot on the stove over low heat. Dry the potatoes until no more steam rises from them.
4. Purée the potatoes through a food mill and into a heated pot while they are still hot.
5. In a separate pot, combine the butter, milk, and cream. Heat until the milk and cream are hot and the butter is melted. Stir to combine.
6. Add the milk, cream, and butter mixture into the potatoes. Using an electric mixer with a whip attachment, mix until just incorporated. Season with salt and pepper to taste.
7. If desired, transfer the whipped potatoes into a piping bag and pipe into the desired shape.

BRAISED TARO LEAVES

Yield: 20 portions

Ingredients

Amounts

Taro, leaves, stems removed	5 lb.
Pork, bacon, rind removed, small diced	$\frac{3}{4}$ lb.
Onion, yellow, minced	1 lb.
Garlic, clove, minced	3 ea.
Stock, chicken	1 pt.
Salt, kosher	as needed
Pepper, black, ground	as needed
Vinegar, cider	1 oz.
Sugar, brown	1 oz.

Method

1. Preheat oven to 350°F.
2. Roughly cut the taro leaves.
3. Bring a pot of salted water to a boil. Add the taro leaves. Blanch until lightly softened, about 2 minutes. Drain, shock in an ice bath, and drain again. Reserve.
4. Place the bacon in a sauté pan over medium heat. Render until crisp, 8 to 10 minutes. Add the onions and garlic. Sauté until lightly brown, 3 to 5 minutes.
5. Add the reserved blanched taro leaves and the stock. Season with salt and pepper as needed.
6. Add the vinegar and brown sugar, if using (see Chef).
7. Bring the taro leave mixture to a simmer over medium-high heat. Tightly cover the pan and transfer it to the preheated oven. Cook until the taro leaves are tender, 1 ½ to 2 hours. Serve hot.

COUNTRY GRAVY

Yield: 1 quart

Ingredients	Amounts
Oil, olive, pure	½ cup
Chicken, wings, browned	½ lb.
Pork, bacon, slab, small batons	1 wt. oz.
Onion, yellow, minced	1 ea.
Celery, rib, minced	1 ea.
Garlic, clove, minced	1 ea.
Flour, all-purpose	1 ½ wt. oz.
Stock, chicken	1 qt.
Bay leaf, dried	1 ea.
Milk, whole	2 fl. oz.
Cream, heavy	2 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 400°F.
2. Heat the oil in a sauté pan over medium-high heat. Add the chicken wings. Sauté until lightly browned, about 3 minutes.
3. Transfer the pan to the preheated oven. Brown the chicken wings until golden, 10 to 12 minutes. Reserve.
4. In a medium-sized saucepan over low heat, sweat the bacon, onions, celery, and garlic until the vegetables are soft, 5 to 7 minutes.
5. Stir in the flour to form a roux. Cook the flour until pale in color and the raw flour smell dissipates, 3 to 5 minutes.
6. Add the stock, reserved browned wings, and bay leaf. Simmer until the flavor has infused into the stock, about 45 minutes. Skim any impurities that rise to the top, as necessary.
7. Add the milk and cream. Bring the mixture to a simmer over medium heat.
8. Strain the sauce through a fine-mesh sieve and into a bain marie. Season with salt and pepper to taste.

BISCUITS WITH BACON, CHIVES, AND CHEESE

Yield: 12 biscuits

Ingredients	Amounts
Pork, bacon, medium diced	3 oz.
Flour, all-purpose	12 oz.
Flour, pastry	12 oz.
Salt, kosher	½ oz.
Baking powder	2 oz.
Cheese, cheddar, aged, grated	2 oz.
Chive, fresh, minced	½ oz.
Sugar, granulated	3 oz.
Butter, unsalted	3 oz.
Bacon fat	1 oz.
Egg, whole, Golden Farms	2 ea.
Buttermilk	10 oz.
Cream, heavy	6 oz.

Method

1. Preheat oven to 450°F.
2. Place the bacon in a sauté pan over medium heat. Render the bacon until crisp, 8 to 10 minutes.
3. In the bowl of a stand mixer fitted with a paddle attachment, combine the all-purpose flour, pastry flour, salt, baking powder, cheese, chives, sugar, butter, bacon fat, and the cooked bacon on medium speed.
4. Add the eggs and buttermilk on speed #1. Mix until combined. Increase the speed to #2. Mix until a dough has formed, about 4 minutes.
5. Turn out the dough onto a clean work surface. Using a rolling pin, roll the dough to a ½-inch thickness. Let it rest for 10 minutes.
6. Using a 2-inch round cutter, cut biscuits from the dough.
7. Transfer the cut biscuits to a parchment lined sheet pan. Brush the tops of the biscuits with the heavy cream.
8. Bake the biscuits in the preheated oven until golden brown, 15 to 20 minutes.

JAPANESE FRIED CHICKEN

KARAAGE

Yield: 6 portions

Ingredients	Amounts
Ginger, fresh, grated	1 Tbsp.
Garlic, clove	1 ea.
Soy sauce, Kikkoman (<i>Shoyu</i>)	2 Tbsp.
Sake	1 Tbsp.
Sugar, granulated	2 tsp.
Chicken, thighs, boneless, skinless	450 g (about 1 lb.)
Oil, vegetable	as needed
Potato starch	1/3 cup
Lemon, cut into 6 wedges	1 ea.

Method

1. In a medium bowl, whisk together the ginger, garlic, soy sauce, sake, and sugar.
2. Add the chicken. Turn to coat the chicken evenly on all sides. Cover and refrigerate for at least 1 hour.
3. Heat 1-inch of vegetable oil in a heavy bottomed pot to 360°F. Line a wire rack with 2 sheets of paper towels.
4. Place the potato starch in a bowl. Add a few chicken thighs at a time and toss to coat each piece evenly. Repeat until all of the chicken thighs are coated.
5. Working in batches as necessary, fry the coated chicken in the preheated oil until the exterior is a medium brown color and the chicken is cooked through, 12 to 15 minutes. Transfer the fried chicken to the paper towel lined rack to drain any excess oil.
6. Serve with the lemon wedges.

Note: For an even crispier fried chicken, after the chicken has cooled off, the chicken can be fried a second time until it is darker in color.

CABBAGE SALAD

Yield 20 portions

Ingredients

Amounts

Cabbage, Napa
Vinegar, rice
Salt, kosher

2 lb.
½ cup
to taste

Method

1. Chiffonade the cabbage. Transfer to a large bowl.
2. Add the vinegar and salt.
3. Toss to combine.

STEAMED RICE

Yield: 15 cups

Ingredients

Amounts

Rice, Japanese, medium-grain

8 cups

Water

8 cups

Method

1. Place the rice in a colander set over a large bowl. Rinse under cold running water, gently stirring the rice with your hand until the water runs clear.
2. Refill the bowl with fresh water. Let the rice in the colander soak in the water for 20 minutes. Remove the colander from the bowl and drain.
3. Set the colander of rice over a sheet pan. Allow the rice to completely drain all excess water, about 15 minutes.
4. Add hot water to a bain marie. Place a wooden rice paddle in the warm water to presoak.
5. Place the rinsed rice and the water in a rice cooker. Cover, plug in, and turn on the cooker. The rice cooker will bring the water to a boil and simmer the rice until done. Once the rice is done, the rice cooker will shift to "warming mode" to keep the cooked rice warm.
6. Open the rice cooker. Using the moist wooden rice paddle, mix the rice, gently taking caution not to break the grains.

SOY SAUCE AND VINEGAR PICKLED CUCUMBERS

KYURI SU SHOYUZUKE

Yield: 1 quart

Ingredients	Amounts
Water	¼ cup
Soy sauce, Kikkoman (<i>Shoyu</i>)	¼ cup
Vinegar, sushi	¼ cup
Sugar, granulated	¼ cup
Kombu, Nishime, finely julienned	10 g
Cucumbers, Japanese	4 ea.

Method

1. For the marinade, in a small pot over medium heat, combine the water, soy sauce, vinegar, and sugar. Heat until the sugar is melted and flavors have blended, about 5 minutes. (Be sure not to reduce the sauce.)
2. Remove the pot from the heat and cool.
3. Add the kombu. Stir to combine.
4. Cut the cucumbers into ⅛-inch thick rounds. Place them in a large bowl.
5. Cover the cucumbers with the cooled marinade. Stir to coat the cucumbers on all sides. Stir occasionally throughout the pickling process to ensure the cucumbers stay evenly coated in the marinade.
6. Cover and store overnight before using.

BUTTER TARO MOCHI

Yield: 6 squares

Ingredients	Amounts
Taro, peeled, cut into 2-in. cubes	2 cups
Butter, unsalted	½ cup
Flour, mochiko	1 lb.
Sugar, granulated	1 ½ cups
Sugar, brown	1 cup
Baking soda	1 tsp.
Coconut, milk	3 cups
Egg, whole, Golden Farms, beaten	5 ea.
Vanilla, extract	1 tsp.
Butter, unsalted	as needed

Method

1. Place the taro in a pot of cold salted water. Bring the water to a boil over medium-high heat. Cook until the taro is fork tender, about 15 minutes. Drain and cool slightly. Using a box grater, grate the cooled taro. Reserve.
2. Preheat oven to 350°F.
3. Melt butter in a small saucepan over medium heat. Remove from the heat and cool.
4. In large bowl, combine the mochiko flour, granulated sugar, and brown sugar.
5. In a separate smaller bowl, combine the baking soda, coconut milk, eggs, vanilla extract, reserved grated taro, and melted butter.
6. Add to the bowl with the mochiko flour-sugar mixture. Mix well.
7. Grease a 10-inch cake pan with butter. Pour the batter into the greased pan. Bake in the preheated oven until golden and set, 1 hour.
8. Remove from the oven and cool. Cut into 6 portions and serve.

MANGO LASSI

Yield: ½ gallon

Ingredients	Amounts
Mango, purée, frozen	2 cups
Yogurt, plain	4 cups
Milk, whole	1 cup
Sugar, granulated	¼ cup
Cardamom, powder	½ tsp.
Sugar, granulated	as needed
Cinnamon, ground	as needed

Method

1. In a blender, blend the mango purée and yogurt on high speed until combined.
2. Add enough of the milk to create a thick, milkshake-like consistency.
3. Add the sugar and cardamom. Blend on high speed until thoroughly combined.
4. Season with additional sugar as needed. Top with a sprinkle of cinnamon.
5. Serve cold.

DAY THREE:

DRY-HEAT COOKING METHODS: COOKING WITHOUT FATS AND OILS

LEARNING OBJECTIVES

By the end of this day, you should be able to ...

- Identify and describe key dry-heat cooking methods without fats and oils, including grilling, broiling, and roasting.
- Distinguish among grilling, broiling, and roasting based on heat source, equipment, and typical applications.
- Demonstrate proper technique for dry-heat methods without added fats, with attention to temperature control, product placement, and doneness.
- Select appropriate ingredients and equipment for each cooking method, understanding how different foods respond to direct and indirect heat.
- Evaluate the effects of dry-heat cooking without fats on texture, flavor, and moisture retention.

LEARNING ACTIVITIES

- Lecture and discussion
- Demonstrations
- Hands-on production
- Product evaluation

CHEF DEMONSTRATIONS

- Utilizing leftovers
- Grilling and marking method
- Trussing poultry
- Tying a roast
- Cleaning and portioning strip steak
- Fish fabrication

DAY THREE: TEAM PRODUCTION ASSIGNMENTS

TEAM WORKSHOP

Grilled Pizza Workshop

TEAM ONE

Grilled Tamari Glazed Steak with Chimichurri Sauce

Garlic-Roasted Smashed Potatoes with Parsley and Oregano

Sautéed Chinese Broccoli with Pipikaula and Macadamia Nuts

TEAM TWO

Roasted Chicken with Pan Gravy

Whipped Potatoes with Horseradish, Bacon, and Chives

Grilled Local Zucchini

TEAM THREE

Roast Pork Loin with Tomato-Bacon Jam

Potato Gratin with Gruyère Cheese

Eggplant, Tomato, and Zucchini Stew

**Soak Beans for Vegetarian Refried Beans – Day Four*

TEAM FOUR

Grilled Mahi-mahi with Pineapple-Jicama Salsa and Lemon Beurre Blanc

Fried Sweet Potatoes

Edamame Succotash

BEVERAGE

Mexican Horchata

GRILLED TAMARI GLAZED STEAK WITH CHIMICHURRI SAUCE

Yield: 8 portions

Ingredients	Amounts
Salt, kosher	1 Tbsp.
Soy sauce, dehydrated	2 Tbsp.
Pepper, black, ground	3 tsp.
Oil, vegetable	4 Tbsp.
Beef, skirt steak, local, 4 oz., Doc Lum's	16 ea.
Tamari	2 cups
Chimichurri Sauce (Recipe follows)	1x recipe

Method

1. For the seasoning mix, in a bowl, combine the salt, soy sauce, pepper, and oil. Season the steaks on both sides with the seasoning blend. Marinate for 2 hours. Leave the steaks uncovered to allow a pellicle to form.
2. Preheat a gas grill to medium. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
3. Place the steaks on the preheated grill. Brush the tops of each with the some of the tamari. Grill the steaks, undisturbed, until grill marks form, about 2 minutes.
4. Rotate the steaks a quarter turn. Cook until crosshatch marks form, about 2 minutes. Brush the tops of each steak with the remaining tamari. Turn the steaks over and cook to the desired doneness (rare 135°F, medium rare 145°F, medium 160°F, medium well 165°F, and well done 170°F).
5. Serve with the Chimichurri sauce.

Note: Any skirt steak that is local to Oahu can be substituted for the skirt steak from Doc Lum's.

CHIMICHURRI SAUCE

Yield: 1 pint

Ingredients	Amounts
Parsley, flat-leaf, bunch, fresh	2 ea.
Thyme, sprig, fresh	10 ea.
Garlic, clove	8 ea.
Vinegar, wine, sherry	1 cup
Oil, olive, extra-virgin	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a blender, combine the parsley, thyme, garlic, and vinegar. Purée on high speed until smooth.
2. With the blender running, slowly drizzle in the oil to create an emulsification.
3. Season with salt and pepper to taste.
4. Serve at room temperature.

Note: The chimichurri should be spicy from the garlic. The consistency can be adjusted by reducing or increasing the liquids.

GARLIC-ROASTED SMASHED POTATOES WITH PARSLEY AND OREGANO

Yield: 6 portions

Ingredients	Amounts
Potato, yellow creamer, scrubbed	2 ¼ lb.
Oil, olive, extra-virgin	⅓ cup
Bay leaf, dried	3 ea.
Oregano, ground	1 ½ Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Garlic, clove, minced	6 ea.
Oregano, leaves, fresh, chopped	1 ½ Tbsp.
Parsley, flat-leaf, leaves, fresh, chopped	3 Tbsp.

Method

1. Preheat oven to 400°F. Place a cast-iron skillet in the oven to preheat.
2. Place the potatoes and enough cold water to cover in a large sauté pan. Bring to a boil over medium heat. Cook until tender, 10 to 15 minutes. Drain the potatoes and cool slightly.
3. Flatten the potatoes by pressing straight down on each with the backside of a metal spatula. Transfer to a large mixing bowl.
4. Add the oil, bay leaves, and oregano. Season with salt and pepper as needed. Toss to thoroughly coat the potatoes.
5. Remove the preheated skillet from the oven. Place the oiled, seasoned potatoes in the skillet. Return the skillet to the preheated oven. Roast, stirring occasionally, until browned, 15 to 20 minutes.
6. When there are 5 minutes remaining in the cooking time, top the potatoes with the garlic.
7. Transfer the roasted potatoes to a warm serving bowl. Garnish with the oregano and parsley.

SAUTÉED CHINESE BROCCOLI WITH PIPIKAULA AND MACADAMIA NUTS

Yield: 6 portions

Ingredients	Amounts
Macadamia nuts	1 Tbsp.
Broccoli, Chinese (<i>Gai lan</i>), 12 oz. bag	1 ea.
Oil, olive, pure	1 Tbsp.
Beef, pipikaula, small diced	½ wt. oz.
Onion, yellow, minced	⅓ cup
Anchovy, fillet, chopped	1 ea.
Garlic, clove, minced	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 325°F.
2. Place the macadamia nuts on a parchment sheet lined baking sheet. Toast in the preheated oven until lightly browned, 10 to 12 minutes. Cool and coarsely chop. Reserve.
3. Bring a pot of salted water to a boil. Add the broccoli. Blanch until tender, 2 minutes. Drain, shock in an ice bath, and drain again. Reserve.
4. Heat the oil in a medium sauté pan over medium heat. Add the pipikaula. Cook until the fat has rendered and the meat is crisp, about 10 minutes.
5. Turn up the heat to medium-high. Add the onion. Sauté until translucent, but without color, about 5 minutes.
6. Add the anchovy and garlic. Sauté until the garlic is aromatic and the anchovy has dissolved into the oil, about 1 minute.
7. Add the reserved blanched broccoli. Cook until heated through. Season with salt and pepper to taste.
8. Remove the pan from heat. Stir in the reserved toasted macadamia nuts.
9. Serve in a heated bowl.

ROASTED CHICKEN WITH PAN GRAVY

Yield: 6 portions

Ingredients	Amounts
Lemon Brine (Recipe follows)	½ gal.
Chicken, whole, 2 ½ lb. ea.	3 ea.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Oil, vegetable	2 Tbsp.
Onion, yellow, large diced	½ cup
Carrot, large diced	¼ cup
Celery, rib, diced	¼ cup
Flour, all-purpose	¼ cup
Wine, white, dry	½ cup
Stock, chicken	4 cups
Garlic, clove, crushed	2 ea.
Chervil, sprig, fresh, chopped	6 ea.
Bay leaf, dried	2 ea.
Thyme, leaves, fresh, chopped	1 Tbsp.
Rosemary, leaves, fresh, chopped	2 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Make the Lemon Brine according to the directions in the following recipe.
2. Add the chicken to the brine. Turn to coat on all sides. Marinate for 1 hour.
3. Preheat oven to 450°F.
4. Remove the chicken from the brine. Season the chicken, inside and out, with the salt and pepper. Rub the skin with the oil. Truss the chicken with twine (see Chef demo).
5. Place the chicken on a rack in a roasting pan. Roast in the preheated oven for 20 minutes.
6. Turn down the oven temperature to 325°F. Roast the chicken until the thigh meat reaches an internal temperature of 160°F.
7. Transfer the chicken to a serving platter. Tent it with foil and rest. Reserve warm.
8. For the gravy, place the roasting pan on the stovetop over medium heat. Cook until the fat is clear, 2 to 3 minutes. Discard all but 3 tablespoons of fat.
9. Add the onion, carrot, and celery. Sweat until translucent, about 8 minutes.
10. Add the flour. Stir to combine. Cook until a light golden paste forms (*blond roux*) and the raw flour smell dissipates, 3 to 5 minutes.
11. Add the wine. Reduce it by ¾, about 3 minutes.
12. Gradually stream in the stock, while constantly whisking to eliminate any lumps.
13. Add the garlic, chervil, bay leaves, thyme, and rosemary. Whisk until smooth.

14. Simmer the gravy until it lightly coats the back of a spoon (*nappé*). Skim all grease from the top of the gravy. Strain the gravy through a fine-mesh sieve. Season with salt and pepper to taste. Transfer the gravy to a gooseneck kettle.
15. Carve the chicken. Serve on a heated serving platter accompanied by the gravy.

LEMON BRINE

Yield: ½ gallon

Ingredients	Amounts
Water	1 pt.
Salt, kosher	73 g
Sugar, granulated	73 g
Bay leaf, dried	6 ea.
Garlic, clove, smashed	6 ea.
Peppercorns, black	2 tsp.
Rosemary, sprig, fresh	3 ea.
Thyme, sprig, fresh	4 ea.
Parsley, flat-leaf, bunch, fresh	½ ea.
Lemon, zested, juiced	2 ea.
Water, iced	3 pt.

Method

1. In a large pot, combine the water, salt, sugar, bay leaves, garlic, peppercorns, rosemary, thyme, parsley, lemon zest, and lemon juice. Bring to a simmer over medium-high heat.
2. Turn off the heat. Let the brine sit at room temperature for 30 minutes.
3. After 30 minutes, stir in the ice water to lower the temperature of the brine.
4. Cool the brine in a cold water bath until it reaches a temperature of 41°F or lower before using.

WHIPPED POTATOES WITH HORSERADISH, BACON, AND CHIVES

Yield: 10 portions

Ingredients	Amounts
Pork, bacon, medium diced	½ lb.
Potato, russet	3 lb.
Salt, kosher	as needed
Butter, unsalted	4 oz.
Milk, whole	½ cup
Cream, heavy	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Horseradish, prepared	½ Tbsp.
Chive, fresh, sliced	1 oz.

Method

1. Place the bacon in a pan over medium heat. Render the bacon until crisp, 8 to 10 minutes. Reserve.
2. Scrub, peel, and cut the potatoes into sixths.
3. Place the potatoes in a large pot with enough salted water to cover. Bring to a boil over high heat. Turn down the heat to medium.
4. Simmer the potatoes until they are tender and mash easily, 15 to 20 minutes. Drain the potatoes and return them to the pot. Place the pot on the stove over low heat. Dry the potatoes until no more steam rises from them.
5. Purée the potatoes through a food mill and into a heated pot while they are still hot.
6. In a separate pot, combine the butter, milk, and cream. Heat until the milk and cream are hot and the butter is melted. Stir to combine.
7. Add the milk, cream, and butter mixture into the potatoes. Using an electric mixer with a whip attachment, mix until just incorporated. Season with salt and pepper to taste.
8. Stir in the horseradish, chives, and reserved bacon.

GRILLED LOCAL ZUCCHINI

Yield: 6 portions

Ingredients

Amounts

Squash, zucchini, local	1 ½ lb.
Oil, olive, extra virgin	3 Tbsp.
Garlic, clove, minced	2 ea.
Vinegar, wine, red	2 Tbsp.
Oregano, leaves, fresh, minced	1 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Preheat a gas grill to medium-high. Leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
2. Trim the ends from the zucchini. Slice the zucchini on a bias into ½-inch rounds.
3. Place the zucchini slices in a large mixing bowl. Add the oil, garlic, vinegar, and oregano. Toss to fully coat the zucchini. Season with salt and pepper as needed. Marinate for 10 minutes.
4. Place the zucchini slices on the hot grill. Grill the zucchini, undisturbed, until grill marks form, 2 to 3 minutes.
5. Rotate the zucchinis a quarter turn. Grill until crosshatch marks form, 2 to 3 minutes.
6. Flip the zucchini slices over. Grill on the opposite side until marked, 2 to 3 minutes.
7. Transfer to a heated serving platter.

ROAST PORK LOIN WITH TOMATO-BACON JAM

Yield: 6 portions

Ingredients	Amounts
Basic Brine (Recipe follows)	1 gal.
Pork, loin	3 lb.
Salt, kosher	1 tsp.
Pepper, black, ground	1 tsp.
Onion, yellow, small diced	½ cup
Carrot, small diced	¼ cup
Celery, rib, small diced	¼ cup
Wine, white, dry	½ cup
Stock, veal, brown	4 cups
Salt, kosher	as needed
Pepper, black, ground	as needed
Cornstarch	as needed
Water	as needed
Tomato-Bacon Jam (Recipe follows)	1x recipe

Method

1. Make the Basic Brine according to the directions in the following recipe.
2. Add the pork to the brine, turning to coat on all sides. Marinate overnight.
3. Preheat oven to 400°F.
4. Tie the pork loin (see Chef demo). Season with the salt and pepper. Place it in a roasting pan. Roast in the preheated oven until it begins to brown, about 15 minutes.
5. Turn down the oven temperature to 300°F. Roast the pork until it reaches an internal temperature of 135°F, 25 to 30 minutes.
6. Transfer the pork to a cutting board. Rest for 20 minutes before carving.
7. For the sauce, place the roasting pan on the stovetop over medium heat. Add the onion, carrot, and celery. Cook until the vegetables start to caramelize, 7 to 10 minutes.
8. Add the wine. Deglaze the roasting pan by scraping up any brown bits stuck to the bottom of the pan (*fond*). Reduce the wine by ½, 3 to 5 minutes.
9. Add the stock. Bring to a simmer. Season with salt and pepper as needed.
10. In a small bowl, mix together small, equal parts of cornstarch and water to form a slurry. Add the slurry to the sauce. Cook until the sauce thickens to lightly coat the back of a spoon (*nappé*), about 2 minutes.
11. Carve the pork loin. Serve accompanied by the sauce.

BASIC BRINE

Yield: 1 gallon

Ingredients	Amounts
Water	1 gal.
Salt, kosher	145 g
Sugar, granulated	145 g
Bay leaf, dried	8 ea.
Garlic, clove	8 ea.
Peppercorns, black	32 ea.
Rosemary, sprig, fresh	4 ea.
Thyme, sprig, fresh	4 ea.

Method

1. In a large pot, combine the water, salt, sugar, bay leaves, garlic, peppercorns, rosemary, and thyme. Bring to a simmer over medium heat.
2. Turn off the heat. Let the brine sit at room temperature for 30 minutes.
3. After 30 minutes, stir in the ice water to lower the temperature of the brine.
4. Cool the brine in a cold water bath until it reaches a temperature of 41°F or lower before using.

TOMATO-BACON JAM

Yield: 1 quart

Ingredients	Amounts
Pork, bacon, fine julienne	1 lb.
Tomato, concassé	2 lb.
Onion, yellow, brunoise	1 ea.
Sugar, granulated	1 cup
Vinegar, cider	2 ½ Tbsp.
Salt, kosher	1 ½ tsp.
Pepper, black, ground	¼ tsp.
Hawaiian Chili Pepper Water	to taste
(Recipe follows)	
Salt, kosher	to taste

Method

1. Place the bacon in a medium saucepan over medium heat. Cook until brown, 8 to 10 minutes. Reserve the bacon. Drain and reserve the fat.
2. In a saucepan over medium heat, combine the tomatoes, onion, sugar, vinegar, salt, and pepper. Simmer, stirring constantly, until the sugar is dissolved, 5 to 7 minutes.
3. Add the reserved bacon. Cook over medium heat until thickened, 10 to 12 minutes.
4. Season with the Hawaiian Chili Pepper Water and salt to taste.
5. Serve at room temperature.

HAWAIIAN CHILI PEPPER WATER

Yield: 1 cup

Ingredients	Amounts
Vinegar, white	1 ½ tsp.
Garlic, clove, minced	¼ tsp.
Ginger, fresh, peeled, minced	¾ tsp.
Chile, Hawaiian Bird, stems removed	1 Tbsp.
Salt, Hawaiian Alae	⅓ tsp.
Water	¼ cup
Water, with ice	¾ cup

Method

1. In a blender, combine the vinegar, garlic, ginger, Hawaiian Bird chile, and Hawaiian Alae salt. Purée on low speed until the mixture is chunky.
2. In a saucepan, bring the water to a boil over medium-high heat. Add the purée and stir until incorporated, about 30 seconds.
3. Place the ice water in a large bowl. Add the boiling purée mixture to the ice water.
4. Store covered and refrigerated.

Note: Hawaiian Chili Pepper Water is a condiment used in place of ground pepper. Thai Chili peppers can be substituted for the Hawaiian Chili pepper.

POTATO GRATIN WITH GRUYÈRE CHEESE

Yield: 10 to 12 portions

Ingredients	Amounts
Garlic, clove	8 ea.
Milk, whole	1 ½ pt.
Cream, heavy	1 ½ pt.
Salt, kosher	to taste
Pepper, black, ground	to taste
Nutmeg, ground	to taste
Butter, unsalted	as needed
Potato, russet, sliced ¼-in. thick	3 ½ lb.
Cheese, Gruyère, grated (Divided)	10 oz.
Butter, unsalted, small diced	6 oz.

Method

1. Preheat the oven to 375°F.
2. In a sauce pot, combine the garlic, milk, and heavy cream. Bring to a gentle simmer over low heat. Steep the garlic to infuse the flavor into the milk mixture, about 15 minutes. Remove the garlic from the milk mixture and discard. Season with salt, pepper, and nutmeg to taste.
3. Butter the bottom and sides of a 4-inch deep, ½ hotel pan.
4. Add the sliced potatoes to the milk mixture. Gently simmer until the potatoes are partially cooked, about 5 minutes.
5. Using a slotted spoon, remove about half of the potato slices from the milk mixture. Shingle them in an even layer in the bottom of the prepared hotel pan.
6. Sprinkle half of grated Gruyère cheese evenly over the first layer of potatoes.
7. Remove the remaining potatoes from the milk mixture. Shingle the second layer of potatoes over the cheese layer.
8. Pour the milk mixture over the layered potatoes until just covered.
9. Evenly distribute the diced butter over the top layer of potatoes. Sprinkle the remaining Gruyère cheese over top.
10. Cover the pan tightly with foil. Bake in the preheated oven until the potatoes are tender, about 30 minutes.
11. Remove the foil. Bake until the top is golden brown and bubbling, 15 to 20 minutes.
12. Remove the gratin from the oven. Rest until the starches have set, 15 to 20 minutes.

EGGPLANT, TOMATO, AND ZUCCHINI STEW

RATATOUILLE

Yield: 6 to 8 portions

Ingredients	Amounts
Oil, olive, pure	1 tsp.
Onion, red, diced	$\frac{2}{3}$ cup
Garlic, clove, minced	1 $\frac{1}{2}$ Tbsp.
Shallot, minced	1 Tbsp.
Tomato, paste	1 Tbsp.
Tomato, plum (Roma), seeded, sliced ¼-in. thick	5 ea.
Squash, zucchini, local, diced	1 cup
Pepper, bell, red, diced	1 cup
Eggplant, Japanese (<i>Nasubi</i>), diced	1 $\frac{1}{2}$ cups
Squash, yellow, diced	1 cup
Stock, vegetable	1 cup
Basil, leaves, fresh, chiffonade	to taste
Oregano, dried	to taste
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the oil in a medium saucepot over medium-high heat. Add the onions, garlic, and shallots. Sauté until the onions are translucent, 5 to 7 minutes.
2. Add the tomato paste. Sauté until it becomes brown, 3 to 4 minutes.
3. Add the tomatoes, zucchini, bell pepper, eggplant, squash, and stock. Bring to a gentle simmer over low heat. Stew, stirring occasionally, until the vegetables are tender, about 15 minutes.
4. Season with the basil, oregano, salt, and pepper to taste.

GRILLED MAHI-MAHI WITH PINEAPPLE-JICAMA SALSA AND LEMON BEURRE BLANC

Yield: 8 portions

Ingredients	Amounts
Fish, mahi-mahi, 2 ½ oz. fillets, tranche cut	16 ea.
Soy sauce, Kikkoman (<i>Shoyu</i>)	1 cup
Yuzu, juice	2 Tbsp.
Oil, olive, pure	as needed
Lemon Beurre Blanc (Recipe follows)	1x recipe
Pineapple-Jicama Salsa (Recipe follows)	1x recipe

Method

1. Portion the mahi-mahi into fillets (see Chef demo).
2. In a large bowl, combine the soy sauce and yuzu juice. Add the fillets. Turn to coat on all sides. Marinate for 20 minutes to 1 hour.
3. Preheat a grill to medium heat. Lightly oil the grill to prevent sticking.
4. Remove the fillets from the marinade. Blot until well dried. Brush each side of the fillets with a light coating of oil.
5. Place the presentation side of the fillets down on the grill. Grill the fillets, undisturbed, until grill marks have formed, about 3 minutes. Rotate the fillets a quarter turn. Grill until crosshatch marks have formed, about 3 minutes. Flip and grill on the opposite side until the fish is opaque and the desired level of doneness is achieved, about 3 minutes.
6. Transfer to a serving platter. Top with the Lemon Beurre Blanc. Serve with the Pineapple Jicama Salsa.

Note: Lime juice can be substituted for the yuzu juice.

PINEAPPLE-JICAMA SALSA

Yield: 1 ½ cups

Ingredients	Amounts
Oil, olive, pure	1 Tbsp.
Lime, juice, fresh	3 Tbsp.
Cilantro, leaves, fresh, chopped	1 Tbsp.
Jicama, brunoise	6 oz.
Pineapple, Del Monte Golden, brunoise	8 oz.
Onion, red, brunoise	4 oz.
Pepper, bell, red	3 oz.
Salt, kosher	to taste
Hawaiian Chili Pepper Water	to taste
(Recipe follows)	

Method

1. In a mixing bowl, combine the oil, lime juice, cilantro, jicama, pineapple, onion, and bell pepper.
2. Season with salt and the Hawaiian Chili Pepper Water to taste.

HAWAIIAN CHILI PEPPER WATER

Yield: 1 cup

Ingredients	Amounts
Vinegar, white	1 ½ tsp.
Garlic, clove, minced	¼ tsp.
Ginger, fresh, peeled, minced	¾ tsp.
Chile, Hawaiian Bird, stems removed	1 Tbsp.
Salt, Hawaiian Alae	⅓ tsp.
Water, boiling	¼ cup
Water, with ice	¾ cup

Method

1. In a blender, combine the vinegar, garlic, ginger, Hawaiian Bird chile, and Hawaiian Alae salt. Purée on low speed until the mixture is chunky.
2. In a saucepan, bring the water to a boil over medium-high heat. Add the purée and stir until incorporated, about 30 seconds.
3. Place the ice water in a large bowl. Add the boiling purée mixture to the ice water.
4. Store covered and refrigerated.

Note: Hawaiian Chili Pepper Water is a condiment used in place of ground pepper. Thai Chili peppers can be substituted for the Hawaiian Chili pepper.

LEMON BEURRE BLANC

Yield: 1 ½ pints

Ingredients	Amounts
Shallot, brunoise	1 ¼ oz.
Peppercorns, black	6 ea.
Wine, white, dry	8 fl. oz.
Lemon, juice, fresh	2 fl. oz.
Vinegar, wine, white	3 fl. oz.
Cream, heavy	8 fl. oz.
Butter, unsalted	1 ½ lb.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lemon, juice, fresh	to taste
Lemon, zest	1 Tbsp.

Method

1. In a saucepan over medium-low heat, combine the shallots, peppercorns, wine, lemon juice, and vinegar. Reduce until nearly dry (*au sec*), 8 to 10 minutes.
2. Add the heavy cream. Reduce the sauce until it heavily coats the back of a spoon (*nappé*), 5 to 8 minutes.
3. Turn down the heat to low. Add the butter, a few pieces at a time, while whisking constantly to blend the butter into sauce. (Be sure it does not boil as the sauce will separate.) Repeat this process until all of the butter has been incorporated.
4. Season with salt, pepper, and lemon juice to taste.
5. Finish with lemon zest.

FRIED SWEET POTATOES

Yield: 6 portions

Ingredients

Amounts

Oil, fryer	as needed
Stock, chicken	2 qt.
Sugar, brown	1 Tbsp.
Salt, kosher	1 tsp.
Potato, sweet, Purple Okinawan, peeled, batonnet	3 lb.
Lime, zest	4 ea.
Cilantro, bunch, fresh, chopped	½ ea.
Salt, kosher	1 tsp.

Method

1. Preheat oven to 200°F. Preheat oil in the deep fryer to 350°F.
2. Place the stock, sugar, and salt in a large pot. Add the potatoes. Bring the stock to a boil over high heat.
3. Turn the heat down to medium. Simmer the potatoes until slightly softened, about 15 minutes. Drain, shock in cold water, and drain again. Pat the potatoes dry.
4. Spread the lime zest and cilantro in an even layer on a parchment paper lined sheet pan.
5. Dry lime zest and cilantro in the preheated oven for 10 minutes. Remove from the oven and cool.
6. Transfer the dried zest and cilantro in a mortar. Grind to a fine power. Reserve.
7. Place the sweet potatoes in the preheated fryer. Fry until golden brown, 3 to 5 minutes.
8. Remove the potatoes from the fryer. Transfer to paper towels to drain any excess oil.
9. Sprinkle with the reserved lime-cilantro powder and salt.

EDAMAME SUCCOTASH

Yield: 15 portions

Ingredients	Amounts
Corn, sweet, ears	3 ea.
Oil, olive, pure	as needed
Mushroom, best locally available, Hamakua	½ lb.
Shallot, minced	3 oz.
Salt, kosher	as needed
Pepper, black, ground	as needed
Squash, zucchini, local, seed pocket removed, small diced	2 ea.
Edamame, shelled	8 oz.
Tomato, concasse, brunoise	2 ea.
Butter, unsalted	3 oz.
Cilantro, leaves, fresh, chopped	1 tsp.

Method

1. Preheat a grill to medium-high heat.
2. Remove and discard the husk and silks from the corn. Remove any remaining silks using a brush.
3. Lightly coat the corn with the oil.
4. Grill the corn on the preheated grill, turning occasionally, until lightly charred, 8 to 10 minutes. Using a chef's knife, remove the kernels from the cob. Reserve.
5. Heat enough oil to lightly coat the bottom of a sauté pan over medium heat. Add the mushrooms and shallots. Sauté until mushrooms are browned and shallots are translucent, 5 to 6 minutes. Season with salt and pepper as needed. Reserve.
6. Heat enough oil to lightly coat the bottom of a separate sauté pan over medium heat. Add the zucchini. Cook until slightly softened, 3 to 4 minutes.
7. Add the edamame and reserved corn kernels. Cook, stirring occasionally, until heated through, 3 to 4 minutes.
8. Add the reserved mushroom and shallot mixture, and the tomato concassé. Cook until well combined and heated through, 2 to 3 minutes.
9. Stir in the butter until melted. Toss to coat the vegetables. Fold in the chopped cilantro. Season with salt and pepper as needed.
10. Serve warm.

Note: White Alba mushrooms can be substituted for the Hamakua mushrooms.

MEXICAN HORCHATA

Yield: 1 gallon

Ingredients	Amounts
Water	4 cups
Cinnamon, stick, broken	4 ea.
Rice, white, long grain	3 cups
Almonds, chopped	1 ½ cups
Milk, evaporated, canned	3 ea. (12 fl. oz.)
Sugar, granulated	3 cups
Vanilla, extract	3 Tbsp.
Milk, whole	4 ½ cups
Water	3 qt.
Ice	as needed
Cinnamon, ground	as needed

Method

1. Place the water in a saucepan over medium heat. Heat the water until warm.
2. Place the cinnamon sticks in a heatproof container. Cover with the warm water. Steep for 30 minutes.
3. Place the rice in a fine mesh strainer. Rinse rice under cold running water until the water runs mostly clear. Drain well.
4. In a large bowl, place the rice, almonds, cinnamon sticks, and soaking water. Cover and refrigerate overnight.
5. Strain the soaked rice mixture through a fine mesh strainer. Discard the soaking liquid. Transfer the drained rice, almonds, and cinnamon sticks to a blender.
6. Add the evaporated milk. Blend on high speed until smooth.
7. Strain the blended rice mixture through a cheesecloth-lined fine-mesh strainer into a large bowl. Squeeze the cheesecloth to extract as much liquid as possible. Discard the solids.
8. Add sugar, vanilla extract, milk, and water. Mix to combine.
9. Serve over ice, sprinkled with cinnamon.

DAY FOUR:

COMBINATION AND MOIST-HEAT COOKING METHODS

LEARNING OBJECTIVES

By the end of this day, you should be able to ...

- Define and differentiate moist-heat and combination cooking methods, including shallow poaching, deep poaching, steaming, en papillote, braising, and stewing.
- Demonstrate proper techniques for moist-heat methods, focusing on liquid temperature, cooking times, and flavor development.
- Execute combination cooking methods, such as braising and stewing, with attention to searing, deglazing, and controlled simmering.
- Select appropriate ingredients for each cooking method, understanding how moisture and heat interact to affect texture and flavor.
- Apply professional standards for timing, seasoning, and presentation when using moist-heat and combination techniques.

LEARNING ACTIVITIES

- Lecture and discussion
- Demonstrations
- Hands-on production
- Product evaluation

CHEF DEMONSTRATIONS

- Poaching method
- Making velouté
- Roasting poblano chile pepper
- Working with puff pastry dough
- Poached Chicken Breast with Fines Herbes Sauce
- Korean Army Stew

DAY FOUR: TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Spicy Pork and Potato Stew

Steamed Rice

Kimchi Pancakes

Rice Cake Skewers

TEAM TWO

Local Mushroom and Goat Cheese Tart

Royal Lamb with Creamy Almond Sauce

Fried Indian Flatbread

Crispy Fried Okra Salad

TEAM THREE

Red Chicken Mole

Annatto Rice

Vegetarian Refried Beans

Poblano and Queso Fresco Quesadillas

TEAM FOUR

Braised Beef Short Ribs

Parmesan Cheese Polenta

Sautéed Chinese Broccoli

Seasonal Fruit Crisp

BEVERAGE

Taro and Tapioca Chilled Soup

POACHED CHICKEN BREAST WITH FINES HERBES SAUCE

Yield: 6 portions

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

Method

1. Preheat the oven to 325°F.
2. Grease the bottom and sides of a small rondeau with butter. Sprinkle the shallots on the bottom of the rondeau and place the chicken on top. Add the stock and wine. Bring the poaching liquid to a simmer over medium-low heat.
3. Cover the rondeau with a parchment paper lid. Cook in the preheated oven until the internal temperature of the chicken reaches 165°F, 20 to 25 minutes.
4. Remove the chicken from the pan and transfer to a serving platter. Cover with plastic wrap and keep warm.
5. For the sauce, place the rondeau over medium heat. Reduce the poaching liquid by 1/2, about 10 minutes.
6. Add the Chicken Velouté, chives, tarragon, parsley, and chervil. Bring to a simmer.
7. Whisk in the cream. Cook for 1 minute.
8. Strain the sauce through a fine-mesh sieve. Season with salt and pepper to taste.
9. Place the sauce over the chicken on the warm serving platter.

CHICKEN VELOUTÉ

Yield: 1 pint

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

Method

1. Heat the butter in a saucepan over medium heat. Add the onion, celery, and parsnips. Sweat, stirring occasionally, until the onions are translucent and have begun to release their juices into the pan, about 15 minutes. (The onions may take on a light golden color, but do not allow them to brown.)
2. Add the flour and stir well to combine. Turn down the heat to medium-low. Cook, stirring frequently, until a pale blond paste (*roux*) forms, about 12 minutes.
3. Gradually add the stock to the pan, whisking constantly to work out any lumps. Bring to a simmer.
4. For the sachet d'épices, cut a 5-inch square of cheesecloth. Place the parsley stem, bay leaf, peppercorns, thyme, and garlic in the center of the cloth. Gather the corners of the square and tie them together with kitchen twine.
5. Add the sachet. Simmer, skimming as necessary, until a good flavor and consistency develop, and the starchy feel and taste of the flour has cooked away, 20 to 30 minutes.
6. Remove and discard the sachet. Strain the sauce through a fine sieve. For the finest texture, strain a second time through a double thickness of rinsed cheesecloth, if desired.
7. Season with salt and white pepper to taste.

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

KOREAN ARMY STEW

BUDAE JJIGAE

Yield: 1 quart

Ingredients	Amounts
Scallion (Green onion), Aloun Farms	1 ½ ea.
Onion, yellow	¼ ea.
Hot dog	2 ea.
SPAM, 200 gram can	1 ea.
Garlic, clove, minced	1 Tbsp.
Korean red chili powder (<i>Gochugaru</i>)	2 Tbsp.
Korean red chili paste (<i>Gochujang</i>)	½ Tbsp.
Korean fermented soybean paste (<i>Doenjang</i>)	¼ Tbsp.
Soy sauce, Kikkoman (<i>Shoyu</i>)	1 Tbsp.
Sugar, granulated	½ Tbsp.
Pepper, black, ground	a pinch
Kimchi, Kohala	⅓ cup
Beans, baked	1 ½ Tbsp.
Stock, chicken	3 cups
Soy sauce, Kikkoman (<i>Shoyu</i>)	as needed
Sugar, granulated	as needed
Noodles, ramen, Korean, Buldak Spicy	1 ea.
Korean sweet potato noodles (<i>Dangmyun</i>)	50 g

Method

1. Slice the scallions lengthwise. Slice each half into 4-centimeter long pieces. Reserve. Julienne the onion. Reserve.
2. Slice the hot dogs on a bias into ½-centimeter pieces. Reserve.
3. Remove half of the SPAM from the can. Thinly slice into ½-centimeter pieces.
4. Place the remaining SPAM in a plastic bag. Crush it with the palm of your hand. Reserve.
5. For the seasoning paste, in a small bowl, combine the garlic, red chili powder, red chili paste, fermented soybean paste, soy sauce, sugar, and pepper. Reserve.
6. In the bottom of a large pot, place the reserved scallions and onions. Place the reserved hot dog and all of the SPAM ontop.

7. Place the kimchi overtop over the hot dog and SPAM. Top with the baked beans. Add the stock and reserved seasoning paste.
8. Simmer the soup over medium-high heat until a sufficient amount of salt comes out of the SPAM to season the soup, about 5 minutes. Season with soy sauce and sugar as needed.
9. When the soup is just about finished, add the ramen and sweet potato noodles. Simmer until tender, about 3 minutes. Serve.

SPICY PORK AND POTATO STEW

GAMJATANG

Yield: 1 gallon

Ingredients	Amounts
Oil, vegetable	as needed
Pork, neck, bones	6 lb.
Soy sauce, Kikkoman (<i>Shoyu</i>)	½ cup
Horseradish, fresh, grated	1 Tbsp.
Sugar, granulated	1 Tbsp.
Mustard, hot	1 Tbsp.
Vinegar, rice	3 Tbsp.
Korean red chili powder (<i>Gochugaru</i>)	3 Tbsp.
Korean fermented soybean paste (<i>Doenjang</i>)	3 Tbsp.
Korean red chili paste (<i>Gochujang</i>)	3 Tbsp.
Soy sauce, Kikkoman (<i>Shoyu</i>)	6 Tbsp.
Garlic, clove, minced	6 ea.
Wine, rice, Mirin	3 Tbsp.
Sesame seeds	1 cup
Pepper, black, ground	1 Tbsp.
Stock, pork	3 qt.
Chile, Hawaiian Bird, split, deseeded	3 ea.
Scallion (Green onion), bunch, cut into 1-in. pieces	2 ea.
Potato, Yukon, A's	8 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Shiso, leaves, fresh, chiffonade	12-18 ea.
Steamed Rice	1x recipe

Method

1. Preheat oven to 450°F.
2. Coat a roasting pan lightly with oil. Add the pork neck bones. Roast in the preheated oven, turning halfway through, until golden brown, 20 to 25 minutes.

3. For the dipping sauce, in a small bowl, combine the soy sauce, horseradish, sugar, mustard, and vinegar. Reserve.
4. For the seasoning mixture, in a bowl, combine the red chili powder, fermented soybean paste, red chili paste, soy sauce, garlic, mirin, sesame seeds, and pepper.
5. In a stockpot over medium heat, combine the roasted pork neck bones, stock, seasoning mixture, Hawaiian Bird chile, and scallions. Simmer until the pork is tender, about 30 minutes.
6. Add the potatoes. Cook gently until the pork neck bones are fork tender and the potatoes are cooked through, about 20 minutes. Season with salt and pepper as needed. Garnish with the shiso leaves.
7. Serve with the reserved dipping sauce and Steamed Rice on the side.

Note: Chicken stock can be substituted for the pork stock. Bone-in pork shank can be substituted for the pork neck bones.

Source: *Koreatown* by Deuki Hong and Matt Rodbard

STEAMED RICE

Yield: 15 cups

Ingredients

Amounts

Rice, Japanese, medium-grain

8 cups

Water

8 cups

Method

1. Place the rice in a colander set over a large bowl. Rinse under cold running water, gently stirring the rice with your hand until the water runs clear.
2. Refill the bowl with fresh water. Let the rice in the colander soak in the water for 20 minutes. Remove the colander from the bowl and drain.
3. Set the colander of rice over a sheet pan. Allow the rice to completely drain all excess water, about 15 minutes.
4. Add hot water to a bain marie. Place a wooden rice paddle in the warm water to presoak.
5. Place the rinsed rice and the water in a rice cooker. Cover, plug in, and turn on the cooker. The rice cooker will bring the water to a boil and simmer the rice until done. Once the rice is done, the rice cooker will shift to "warming mode" to keep the cooked rice warm.
6. Open the rice cooker. Using the moist wooden rice paddle, mix the rice, gently taking caution not to break the grains.

KIMCHI PANCAKES

Yield: 12 pancakes

Ingredients	Amounts
Kimchi, Kohala, chiffonade	2 cups
Pork, ground	8 oz.
Scallion (Green onion), bunch, Aloun Farms, thinly sliced	1 ea.
Flour, all-purpose	2 cups
Egg, whole, Golden Farms, whipped	2 ea.
Water, ice cold	2 cups
Oil, vegetable	½ cup
Parsley, flat-leaf, leaves, fresh, chopped	as needed
Vinegar Soy Sauce (Recipe follows)	1x recipe

Method

1. In a large bowl, combine the kimchi, pork, scallions, flour, eggs, and ice water. Mix until just incorporated. (Be sure not to over mix.)
2. Heat the oil in a large sauté pan over medium-high heat. Working in batches, add enough batter to the pan to form a pancake that is about ½-inch thick.
3. Sauté until golden brown, 3 to 4 minutes. Flip and sauté until cooked through, 3 to 4 minutes. Transfer to a serving platter. Repeat with the remaining batter.
4. Garnish with the parsley. Serve with the Vinegar Soy Sauce.

VINEGAR SOY SAUCE

Yield: 1 cup

Ingredients	Amounts
Sesame seeds	2 Tbsp.
Soy sauce, Kikkoman (<i>Shoyu</i>)	4 Tbsp.
Wine, rice	4 Tbsp.
Vinegar, rice	4 Tbsp.
Oil, sesame	2 Tbsp.
Lemon, juice, fresh	4 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a dry skillet over medium-low heat, place the sesame seeds in a single layer. Toast the seeds, shaking frequently, until they are golden and have a nutty aroma, 3 to 5 minutes. Remove from the pan and cool.
2. In a medium bowl, combine the soy sauce, rice wine, vinegar, oil, lemon juice, and toasted sesame seeds. Season with salt and pepper to taste.
3. Serve at room temperature.

RICE CAKE SKEWERS

TTEOK-KKOCHI

Yield: 12 skewers

Ingredients	Amounts
Bamboo skewers	12 ea.
Rice cakes, cut into 3-in. long pieces	48 ea.
Korean red chili paste (<i>Gochujang</i>)	2 Tbsp.
Sugar, granulated	4 Tbsp.
Ketchup	3 Tbsp.
Oil, sesame	3 Tbsp.
Oil, canola	3 Tbsp.

Method

1. Thread 4 rice cakes onto each skewer.
2. For the sauce, in a small bowl, combine the red chili paste, sugar, ketchup, and sesame oil.
3. Pour the sauce into a small skillet. Bring to a boil over high heat. Heat until slightly thickened, about 1 minute. Reserve.
4. Heat the canola oil in a skillet over medium heat. Fry the rice cake skewers until crisp and bubbly on the surface, 2 to 3 minutes per side. Transfer to paper towels to drain any excess oil. Brush the fried rice cake skewers with the reserved sauce.
5. Serve warm or at room temperature.

Note: If using frozen rice cakes, blanch the cakes in hot water until they soften. Wipe off the moisture with paper towel, then insert the skewers.

Source: Adapted from *Korean Cooking Favorites* by Hye-Gyoung Ford

LOCAL MUSHROOM AND GOAT CHEESE TART

Yield: 8 portions (1 tart)

Ingredients	Amounts
Oil, olive, pure	2 Tbsp.
Mushroom, best locally available, Hamakua, quartered	1 lb.
Shallot, minced	3 ea.
Garlic, clove, minced	2 ½ Tbsp.
Thyme, leaves, fresh, chopped	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Wine, white, dry	½ cup
Puff pastry, sheet	1 ea.
Egg, whole, Golden Farms, beaten	1 ea.
Water	1 Tbsp.
Salt, kosher	1 pinch
Cheese, goat, crumbled, fresh, Big Island	6 wt. oz.

Method

1. Preheat oven to 400°F.
2. Heat the oil in a large sauté pan over medium heat. Add the mushrooms. Sauté until the mushrooms are browned and the juices have reduced, 5 to 7 minutes.
3. Add the shallots, garlic, and thyme. Season with salt and pepper to taste. Cook until the shallots are translucent, about 3 minutes.
4. Add the wine. Deglaze by scraping any browned bits from the bottom of the pan (*fond*). Cook until nearly all the liquid has evaporated (*au sec*), about 2 minutes.
5. Remove the pan from the heat. Spread the vegetable mixture in an even layer on a sheet pan to cool.
6. Place the sheet of puff pastry on a parchment-lined sheet pan. Cut it in ½. One half will be used as the base of the tart. From the other half, cut ½-inch wide strips. These will be used to form a raised border around the tart.
7. For the egg wash, whisk together the beaten egg, water, and salt. Brush the egg wash along the borders of the base of the tart. Place the pastry strips on top of the egg wash to create a border. This helps the edges puff up around the filling as it bakes.
8. Spread the mushroom mixture evenly inside the bordered area of the tart base. Crumble the goat cheese over the top of the mushrooms.
9. Place in the preheated oven. Bake until golden brown, about 15 minutes.

ROYAL LAMB WITH CREAMY ALMOND SAUCE

SHAHI KORMA

Yield: 8 portions

Ingredients	Amounts
Lamb, shoulder, boneless, local, Waimea	6 lb.
cut into 1-in. cubes	
Salt, kosher	as needed
Pepper, black, ground	as needed
Garlic, clove, peeled	10 ea.
Ginger, fresh, peeled, coarsely chopped, 2-in. pieces	1 ea.
Almonds, blanched, slivered	4 oz.
Water	$\frac{3}{4}$ cup
Oil, vegetable	$\frac{3}{4}$ cup
Cardamom, black, pods	20 ea.
Clove, whole	12 ea.
Cinnamon, stick, cut into 2-in. pieces	1 ea.
Onion, yellow, finely chopped	14 oz.
Coriander, ground	2 tsp.
Cumin, ground	4 tsp.
Chile, cayenne, ground	1 tsp.
Salt, kosher	1 $\frac{1}{2}$ tsp.
Cream, light	20 oz.
Water	8 oz.
Garam Masala (Recipe follows)	$\frac{1}{2}$ tsp.

Method

1. Season both sides of the lamb with salt and pepper as needed.
2. In a blender, purée the garlic, ginger, almonds, and water on high speed until a paste is formed. Reserve.
3. Heat the oil in a wide, heavy, nonstick pan over medium-high heat. Add enough of the lamb pieces to coat the bottom of the pan in a single layer. Brown the lamb pieces on all sides, turning occasionally, 7 to 10 minutes. Remove the lamb with a slotted spoon and transfer to a bowl. Repeat with the remaining lamb. Reserve.
4. Place the cardamom, cloves, and cinnamon stick into the hot oil used for the lamb. Once the cloves expand, within a few seconds, add the onions. Stir to combine. Fry the onions until browned, about 3 minutes.

5. Turn down the heat to medium. Add the reserved paste, coriander, cumin, and cayenne. Stir to combine. Fry the mixture until slightly browned in color, 3 to 4 minutes.
6. Add the reserved lamb pieces and their juices, salt, cream, and water. Bring to a boil over high heat.
7. Cover and turn down the heat to low. Simmer the lamb, stirring frequently, until tender, about 1 hour. Skim off any fat that floats to the top.
8. Remove the cardamom, clove, and cinnamon stick. Sprinkle in the Garam Masala. Stir to combine.

Source: *An Invitation to Indian Cooking* by Madhur Jaffrey

GARAM MASALA

Yield: 1/3 cup

Ingredients

Amounts

Peppercorns, black	1 tsp.
Clove, ground	1/2 Tbsp.
Cardamom, black, pods	6 ea.
Cardamom, green, pods	12 ea.
Cinnamon, stick, cut into 2-in. pieces	2 ea.
Cumin, seeds	1 Tbsp.
Chile, red, dried	4 ea.

Method

1. In a spice grinder, process the peppercorns, cloves, black cardamom, green cardamom, cinnamon stick, cumin, and chiles until pulverized.
2. Store in an airtight jar.

Note: The garam masala will keep for up to 2 months.

Source: *Bombay Café Cookbook* by Neela Paniz

FRIED INDIAN FLATBREAD

POORI

Yield: 6 flatbreads

Ingredients

Amounts

Flour, whole wheat	2 cups
Salt, kosher	as needed
Milk, whole OR Yogurt, Greek	as needed
Ghee	2 Tbsp.
Flour, whole wheat	as needed
Ghee	as needed

Method

1. In a large mixing bowl, place the whole wheat flour. Make a well in the center. Add salt as needed.
2. Add the milk or yogurt, a little bit at a time, to the well. Mix after each addition to start dough formation. Add just enough as needed to get a smooth, medium-soft dough. As you continue to knead the dough, you may add small additions of flour if the dough is too soft, or add small additions of milk or yogurt if the dough is too hard.
3. Once the dough reaches the correct consistency, add the ghee. Knead until the dough becomes silky in texture.
4. Place the dough in a bowl and cover it with a damp cloth. Place the bowl in the refrigerator for 20 minutes.
5. Remove the dough from the refrigerator. Divide it into golf ball-sized portions. Using your hands, roll each portion into balls that are smooth and without cracks.
6. Very lightly flour a clean work surface. Roll out each ball into a 5-inch circle that is about 4 to 5 millimeters thick. As each poori is rolled out, they may be stacked with parchment paper in between them.
7. Heat enough ghee to cover the bottom of a thick-bottomed pan on medium heat. Deep fry each poori, one at a time, pressing very gently on each side with a slotted spoon. (This will help the poori to puff up.)
8. Fry on the first side until golden, 3 to 5 minutes. Flip and fry on the opposite side until golden, 3 to 5 minutes. Transfer to paper towels to drain any excess ghee. Repeat with the remaining poori. Serve hot.

Note: Use a tortilla press to shape the Poori. Clarified butter can be substituted for the ghee.

CRISPY FRIED OKRA SALAD

Yield: 8 portions

Ingredients	Amounts
Oil, canola	as needed
Okra, stemmed, julienned lengthwise	2 lb.
Onion, red, thinly sliced	1 ea.
Tomato, plum (Roma), cored, seeded, julienne	2 ea.
Cilantro, leaves, fresh, chopped	½ cup
Lemon, juiced	1 ea.
Salt, kosher	to taste
Chaat masala	to taste
Chile, cayenne, ground	to taste

Method

1. Preheat 2-inches of oil in a pan over medium-high heat to 350°F.
2. Fry the okra until crisp, 5 to 7 minutes. The seeds will swell and the okra will be deeply colored at the edges. Be sure to let the oil return to temperature between batches. Transfer to paper towels to drain any excess oil.
3. In a bowl, toss together the fried okra, onion, tomato, cilantro, and lemon juice. Season with salt, chaat masala, and cayenne to taste.

Source: Suvir Saran and Hemant Mathur, 2005 Worlds of Flavor International Conference and Festival.
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RED CHICKEN MOLE

Yield: 6 portions

Ingredients	Amounts
Chicken, leg and thigh	10 ea.
Chile, ancho, wiped clean, seeds and veins removed	½ lb.
Chile, mulato, wiped clean, seeds and veins removed	4 ea.
Chile, Guajillo, wiped clean, seeds and veins removed	¼ lb.
Tomato, plum (Roma)	½ lb.
Onion, white	½ ea.
Garlic, clove, unpeeled	3 ea.
Oil, canola	2 Tbsp.
Peanuts	1 wt. oz.
Macadamia nuts	1 wt. oz.
Sesame seeds	2 Tbsp.
Raisins	2 Tbsp.
Peppercorns, black	6 ea.
Clove, whole	2 ea.
Cinnamon, Mexican (<i>Canela</i>), 2-in. stick	1 ea.
Oregano, Mexican, dried	½ tsp.
Oil, canola	3 Tbsp.
Stock, chicken	2 cups
Salt, kosher	to taste
Chocolate, bitter, local, Big Island or Kauai	3 wt. oz.

Method

1. In a large roasting pan on the stovetop, place the chicken legs and thighs in a single, tight layer. Add just enough water to cover the chicken. Simmer over medium heat until cooked through, 10 to 15 minutes. Remove the chicken from the water. Remove and discard the skin. Reserve the chicken.
2. On a comal griddle over medium heat, gently dry roast the chiles until pliable and lightly toasted, 5 to 7 minutes. Fill a bowl with hot water. Add the chiles. Soak until softened, about 15 minutes. Drain and reserve.
3. On a comal griddle over medium heat, dry roast the tomatoes and onion. Roast, turning occasionally, until blistered and soft, about 15 minutes. Reserve.

4. In a sauté pan, dry roast the garlic until the papery skin begins to brown. Remove from the heat and discard the skin. Reserve the cloves.
5. Heat the oil in a frying pan over medium-high heat. Sauté the peanuts, macadamia nuts, sesame seeds, and raisins until toasted, about 2 minutes.
6. Add the peppercorns, cloves, cinnamon, and Mexican oregano. Stir until fragrant, about 1 minute. Remove from the heat and reserve.
7. In a blender, purée the reserved chiles, adding water as needed, until a smooth paste has formed. Remove and reserve.
8. In the same blender, add the reserved dry roasted vegetables, dry roasted garlic, fried nuts, and fried spices. Blend, adding water as needed, until a smooth purée has formed. Pass the mixture through a fine mesh-sieve. Reserve.
9. Heat the oil in a Dutch oven over medium heat. Turn down the heat to medium-low. Add the reserved chile purée. Fry until most of the liquid has evaporated, about 5 minutes.
10. Add the reserved puréed vegetable mixture when the sauce is thick enough to reveal the bottom of the pan as you scrape, and you see oil beginning to separate and rise to the surface.
11. Turn down the heat to low. Simmer until the mole coats the back of a spoon (*nappé*) and you can see the bottom of the pan when scraped, about 15 minutes.
12. Add the stock. Season with salt to taste. Stir in the chocolate until it is fully incorporated. Stir the mole until it coats the back of a spoon (*nappé*), about 10 minutes.
13. Add the reserved chicken. Cook until heated through, about 3 minutes.
14. Serve on a heated platter.

Note: Ancho is a poblano chile that ripens to a deep red. The mulato is a poblano chile that ripens to brown and is then dried. Guajillo is a dried marisol chile.

ANNATTO RICE

Yield: 12 portions

Ingredients	Amounts
Rice, white, long grain	4 cups
Butter, unsalted	2 oz.
Annatto, paste	1 ½ oz.
Onion, yellow, brunoise	⅔ lb.
Celery, rib, brunoise	⅔ lb.
Carrot, brunoise	⅔ lb.
Chile, Hawaiian Bird	2 ea.
Garlic, minced	2 Tbsp.
Bay leaf, dried	2 ea.
Stock, chicken	7 cups
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Place the rice in a fine mesh strainer. Rinse rice under cold running water until the water runs mostly clear. Drain for 20 minutes.
2. Preheat oven to 350°F.
3. Heat the butter in a heavy-gauge medium pot over low heat. Add the annatto paste. Stir to dissolve the paste.
4. Add the onion, celery, carrot, Hawaiian bird chile, garlic, and bay leaf. Turn up the heat to medium. Cook until the onions are translucent, about 10 minutes.
5. Add the rinsed rice and stock. Season with salt and pepper as needed. Bring to a simmer.
6. Cover and cook the preheated oven until tender, 15 to 18 minutes.
7. Remove from the oven and rest, covered for 5 minutes.
8. Fluff it with a fork and serve.

VEGETARIAN REFRIED BEANS

Yield: 6 portions

Ingredients	Amounts
Beans, pinto, dried, soaked overnight	1 ½ cups
Stock, vegetable	2 ½ cups
Oil, vegetable	2 tsp.
Onion, yellow, diced	2 cups
Garlic, clove, minced	2 Tbsp.
Tomato, plum, (Roma), diced	1 ea.
Chile, chipotle, diced	2 ea.
Salt, kosher	½ tsp.
Cumin, seeds, toasted, cracked	1 ⅓ tsp.
Chili powder	1 ⅓ tsp.
Tabasco sauce	to taste

Method

1. Drain the soaked beans. Rinse thoroughly with cold water.
2. Place the beans in a medium soup pot. Add enough of the stock to cover the beans by 1-inch. Simmer over low heat until the beans are tender, about 45 minutes. More of the stock may be added throughout cooking to ensure the beans stay fully submerged.
3. Drain the beans, reserving the beans and stock separately.
4. Heat the oil in a large sauté pan over medium heat. Add the onions. Sweat until translucent, 5 to 7 minutes.
5. Add the garlic. Sauté until aromatic, about 2 minutes.
6. Add the cooked beans. Mash until they start to turn creamy. Gradually incorporate enough of the reserved cooking liquid to achieve a smooth consistency.
7. Add the tomato, chiles, and salt. Stir to combine. Add enough of the remaining reserved cooking liquid to keep the beans moist. Cook over low heat, stirring constantly, until the flavor is well developed, 12 to 15 minutes.
8. Add the cumin and chili powder. Season with Tabasco sauce to taste.
9. Serve the beans in a heated bowl.

POBLANO AND QUESO FRESCO QUESADILLAS

Yield: 6 portions

Ingredients	Amounts
Pepper, poblano	3 ea.
Oil, vegetable	as needed
Tortilla, flour, white	12 ea.
Cheese, queso fresco, crumbled	1 ½ cups
Cheese, queso Chihuahua, shredded	1 ½ cups
Scallion (Green onion), Aloun Farms thinly sliced	6 ea.
Cilantro, leaves, fresh, chopped	6 Tbsp.
Pico de Gallo (Recipe follows)	1x recipe
Simmered Tomato-Habanero Salsa (Recipe follows)	1x recipe

Method

1. Preheat a broiler to high heat.
2. Place the peppers on a sheet pan. Roast the peppers under the preheated broiler, turning occasionally, until the skin is charred and blistered completely, 5 to 7 minutes.
3. Transfer the peppers to a stainless-steel bowl and cover with plastic wrap. Steam the peppers for 20 minutes. Once cool enough to handle, wipe off the charred skin with a paper towel.
4. Cut open the peppers. Remove and discard the seeds and veins. Slice into ¼-inch strips.
5. Brush a large sauté pan to lightly coat with oil. Place a tortilla in the pan over medium heat.
6. Fill the tortilla with ½ of a poblano pepper, equal amounts of queso fresco and queso chihuahua, 1 scallion, and 1 tablespoon of cilantro. Cover with another tortilla.
7. Cook until the bottom tortilla is golden brown and crisp, about 5 minutes. Flip and cook until the cheese is melted and the bottom of the tortilla is crisp, about 5 minutes.
8. Serve on a heated platter alongside the Pico de Gallo and Simmered Tomato-Habanero Salsa.

PICO DE GALLO

Yield: 2 cups

Ingredients	Amounts
Tomato, plum (Roma), vine ripe, small diced	1 lb.
Chile, serrano, seeded, minced	2 ea.
Onion, yellow, small diced	1 cup
Cilantro, bunch, fresh, chopped	½ ea.
Lime, juice, fresh	4 Tbsp.
Oil, olive, pure	2 Tbsp.
Salt, kosher	1 ½ tsp.

Method

1. In a mixing bowl, place the tomatoes, chiles, onions, cilantro, lime juice, oil, and salt. Toss well to combine.
2. Let it sit until the flavors have blended, at least 30 minutes.
3. Serve in a chilled bowl.

SIMMERED TOMATO-HABANERO SALSA

TOMATE FRITO

Yield: 2 cups

Ingredients	Amounts
Tomato, plum (Roma), ripe	1 ½ lb.
Lard, rich	1 ½ Tbsp.
Onion, white, small, thinly sliced	1 ea.
Chile, jalapeño, halved	2 ea.
Salt, kosher	to taste

Method

1. Preheat a broiler to high heat.
2. Place the tomatoes on a sheet tray. Roast under the preheated broiler until blistered and blackened on one side, about 6 minutes. Flip the tomatoes and roast on the opposite side until blistered and blackened, 3 to 4 minutes. Cool until they are able to be handled.
3. Peel and discard the tomato skins. Be sure to collect any juices that come from the tomatoes during this process.
4. Place the tomatoes and their juices in a blender. Blend on medium speed until coarsely puréed.
5. Heat the lard in a 2 to 3-quart saucepan over medium heat. Add the onion. Fry until they are deep golden color, about 8 minutes.
6. Add the puréed tomatoes and jalapeños. Simmer, stirring often, until reduced to a spoonable consistency, but not dry, about 15 minutes. Remove the jalapeños. Season with salt as needed.

Note: The tomatoes can also be roasted using the griddle method. Line a griddle or heavy skillet with aluminum foil and heat over medium. Lay the tomatoes on the foil and roast, turning several times, until blistered, blackened and softened, about 10 minutes. Don't worry if some of the skin sticks to the foil. Covered and refrigerated, the sauce will keep for several days. It also freezes well.

Source: *Mexican Kitchen* by Rick Bayless

BRAISED BEEF SHORT RIBS

Yield: 10 portions

Ingredients	Amounts
Beef, short ribs	10 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	2 fl. oz.
Onion, white, large diced	4 oz.
Carrot, large diced	2 oz.
Celery, rib, large diced	2 oz.
Tomato, paste	2 fl. oz.
Wine, red, dry	1 pt.
Stock, veal, brown	8 fl. oz.
Demi-glace	1 qt.
Salt, kosher	as needed
Pepper, black, ground	as needed
Bay leaf, dried	2 ea.
Thyme, sprig, fresh	2 ea.

Method

1. Preheat oven to 350°F.
2. Season the short ribs with salt and pepper on all sides as needed.
3. Heat the oil in a large pot over medium-high heat. Sear short ribs on all sides until deep brown in color, about 3 minutes per side. Remove and reserve.
4. Turn down the heat to medium. Add the onions, carrots, and celery. Cook, constantly stirring, until golden brown, about 4 minutes.
5. Add the tomato paste. Cook until it turns a deep red color and gives off a sweet aroma, 7 to 8 minutes.
6. Add the wine. Deglaze by scraping up any brown bits stuck to the bottom of the pan. Reduce the liquid by $\frac{1}{2}$, about 10 minutes.
7. Add the stock and demi-glace. Bring to a simmer over medium heat. Season with salt and pepper as needed.
8. Return the reserved short ribs to pot. Cover and place in the preheated oven until halfway cooked, about 45 minutes.
9. Remove the pot from the oven and turn each piece over. Add the bay leaf and thyme. Cover and return the pot to the oven. Braise until the short ribs are fork tender, about 45 minutes.
10. Transfer the ribs to a hotel pan. Cover with aluminum foil.
11. Place the pot on the stove. Simmer the braising liquid over medium heat until it develops a rich flavor and coats the back of a spoon (*nappé*), 12 to 15 minutes. Skim thoroughly to degrease.

12. Season with salt and pepper as needed. Return the short ribs to the pot. Baste to reheat, if needed.

Note: Espagnole can be substituted for the demi-glace.

PARMESAN CHEESE POLENTA

Yield: 12 portions

Ingredients	Amounts
Butter, unsalted, whole	1 oz.
Shallot, fine brunoise	½ oz.
Garlic, clove, minced	1 Tbsp.
Stock, chicken	5 pt.
Salt, kosher	as needed
Cornmeal, yellow, coarse	1 pt.
Egg, yolks, Golden Farms	3 ea.
Cheese, Parmesan, grated	2 oz.

Method

1. Melt the butter in a Dutch oven over medium heat. Add the shallots and garlic. Gently sweat until aromatic but not browned, about 2 minutes.
2. Add the stock. Turn up the heat to high and bring to a simmer. Season with salt as needed.
3. While constantly stirring, pour the cornmeal into the simmering stock in a steady stream.
4. Turn down the heat to low. Cook, stirring often, until the polenta pulls away from the sides of the pot, about 45 minutes. (The polenta should not have a starchy taste or gritty mouthfeel.)
5. Remove the polenta from the heat. Just prior to service, stir in the egg yolks and grated Parmesan cheese.

SAUTÉED CHINESE BROCCOLI

Yield: 4 portions

Ingredients

Amounts

Salt, kosher	as needed
Broccoli, Chinese, trimmed (<i>Gai lan</i>)	3 lb.
Oil, olive, pure	6 Tbsp.
Garlic, clove, chopped	3 tsp.
Red pepper flakes	1 tsp.
Pepper, black, ground	as needed
Lemon, juice, fresh	as needed

Method

1. Bring a pot of salted water to a boil. Add the broccoli. Cook until bright green and crisp-tender, about 3 minutes. Drain and run under cold running water. Drain again.
2. Heat the oil in a large sauté pan over medium heat. Add the garlic. Cook until aromatic, about 30 seconds.
3. Add the broccoli. Cook until tender, 3 to 4 minutes. Add the red pepper flakes. Toss to coat.
4. Remove the pan from the heat. Season with salt, pepper, and lemon juice as needed.

Source: Adapted from *Matthew Kenney's Mediterranean Cooking* by Matthew Kenney and Sam Gugino

SEASONAL FRUIT CRISP

Yield: 10 portions

Ingredients	Amounts
Flour, all-purpose	$\frac{3}{4}$ cup
Sugar, granulated	$\frac{1}{2}$ cup
Sugar, brown	$\frac{1}{2}$ cup
Cinnamon, ground	$\frac{1}{2}$ tsp.
Nutmeg, ground	$\frac{1}{2}$ tsp.
Salt, kosher	$\frac{1}{2}$ tsp.
Butter, unsalted, chilled, cut $\frac{1}{2}$ -in. pieces	10 Tbsp.
Almonds	1 $\frac{1}{2}$ cups
Mango, fresh, large diced	$\frac{3}{4}$ lb.
Pineapple, fresh, large diced	$\frac{1}{2}$ lb.
Poha berries, fresh, large diced	$\frac{1}{2}$ lb.
Apples, golden delicious, large diced	$\frac{3}{4}$ lb.
Sugar, granulated	$\frac{1}{2}$ cup
Lemon, juice, fresh	1 $\frac{1}{2}$ Tbsp.
Lemon, zest	1 tsp.

Method

1. Preheat oven to 375°F.
2. For the topping, into the bowl of a food processor, place the flour, sugar, brown sugar, cinnamon, nutmeg, salt, and butter. Process until the mixture reaches the consistency of coarse cornmeal.
3. Add the almonds. Pulse until the mixture resembles crumbly sand. Refrigerate for at least 15 minutes.
4. For the filling, in a large mixing bowl, toss together the mango, pineapple, poha berries, apples, sugar, lemon juice, and lemon zest.
5. Transfer the fruit mixture to a large casserole dish. Distribute the chilled topping evenly over the fruit mixture.
6. Bake in the preheated oven until the fruit is bubbling and the topping is a deep golden brown color, about 55 minutes.
7. Serve warm or at room temperature.

Source: Adapted from a recipe in *Cook's Illustrated*

TARO AND TAPIOCA CHILLED SOUP

Yield: 15 portions

Ingredients	Amounts
Taro	1200 g
Tapioca, pearls	400 g
Water (Divided)	3400 mL
Coconut, milk	800 mL
Sugar, rock	300 g
Sugar, granulated	1 ½ cup

Method

1. Peel and cut the taro into 2-inch pieces.
2. Bring a pot of water to a boil over medium heat. Place the taro in a steamer basket in a single layer.
3. Place the steamer basket over the boiling water. Cover and steam until tender, 25 to 30 minutes. Cool slightly until able to be handled. Pass through a food mill and into a bowl. Reserve.
4. Place 400 milliliters of water in a bowl. Add the tapioca pearls. Soak until rehydrated, 10 to 15 minutes.
5. Bring 1000 milliliters of the water to a boil over medium-high heat. Stir in rehydrated tapioca pearls. Cook, stirring frequently to prevent sticking, until the pearls become mostly translucent, 10 to 15 minutes.
6. Turn the heat off. Cover and let stand until fully translucent and tender-chewy, about 10 minutes. Drain and shock in ice water.
7. Bring the remaining 2000 milliliters of the water to a boil over medium-high heat. Add coconut milk. Stir to combine.
8. Add the reserved taro gradually while stirring to avoid lumps.
9. Add rock sugar and granulated sugar. Stir to combine. Remove from the heat.
10. Drain the tapioca pearls and add to the taro-coconut milk mixture. (Do not heat again.)
11. Serve over ice. Garnish with milk, heavy cream, or dairy of your choice, if desired.

DAY FIVE:

MARKET BASKET CHALLENGE

MENU DEVELOPMENT ASSIGNMENT GUIDELINES

OVERVIEW

Each team's mission is to develop a two-course menu using any ingredients found in the kitchen. Each dish must reflect the tastes and techniques that have been learned throughout this course.

GUIDELINES

Using any ingredients found in the kitchen, each team will need to prepare the following menu:

First Course:

- Choice of hot or cold soup, salad, **or** appetizer

Complete Main Course:

- Featured component
- Two accompaniments (starch and vegetable)
- Sauce

After a discussion in the classroom, you will have **three hours** to produce and plate your menu items. All recipes should yield **six portions** - one for the show plate and the remaining five displayed family style on platters in bowls or hot holding devices for family meal.

MENU DEVELOPMENT WORKSHEET

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

Flavor Combinations

Number of Components on Plate - variety of complementary items

Proper Cooking Technique - basics executed well

Colors - vibrant vs. earth tones

Height of Food - varied but not drastic

Texture Variations

Plate Layout - traditional vs. non-traditional

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

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

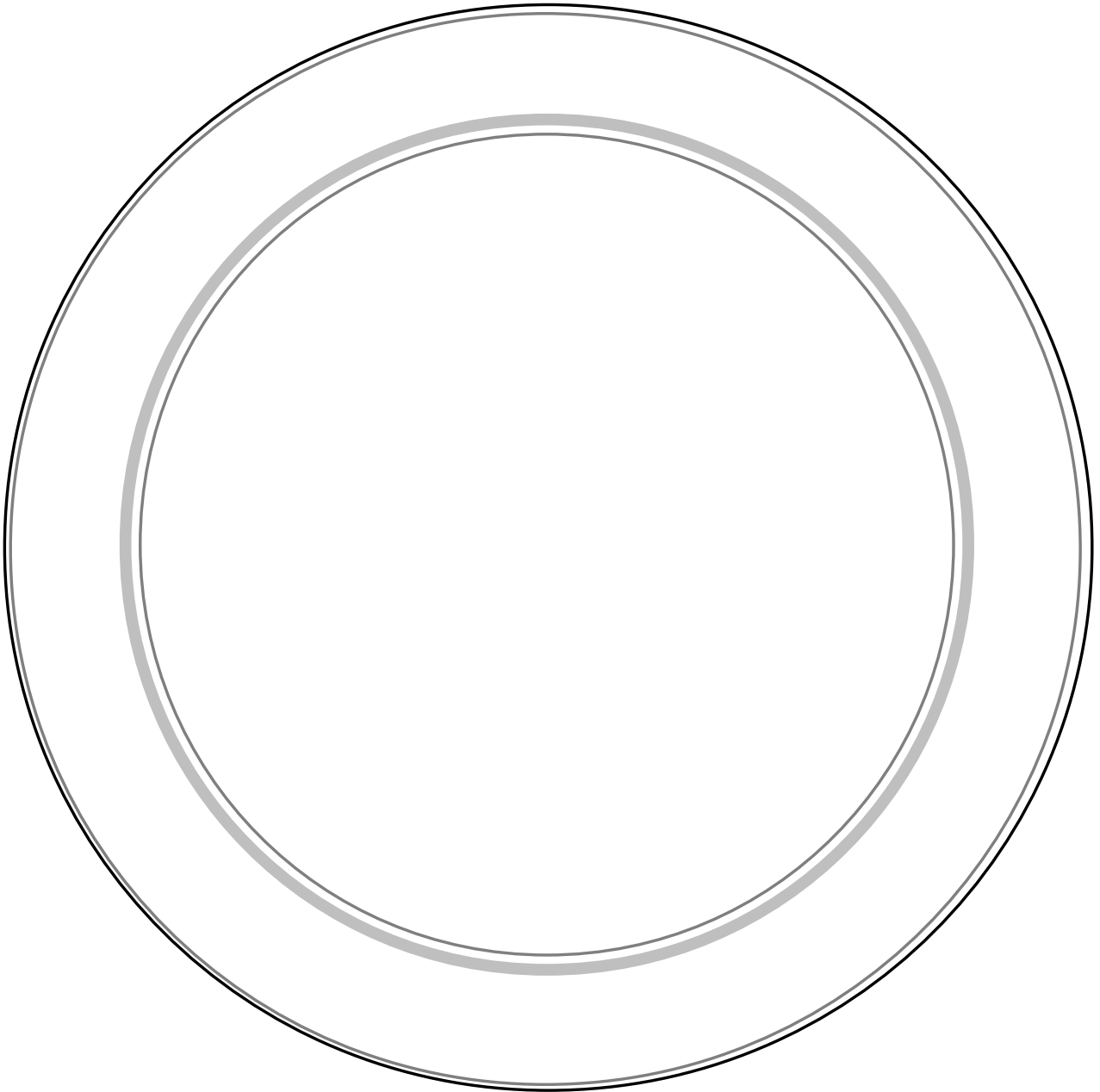
Trends - based on common sense

MENU FOR TEAM # _____

First Course

Second Course

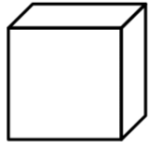
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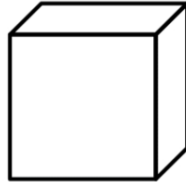
RECIPE INDEX

Annatto Rice.....	85	Local Mushroom and Goat Cheese Tart	77
Basic Brine.....	53	Mango Lassi	40
Basic Pie Dough (3-2-1).....	13	Mexican Horchata.....	64
Biscuits with Bacon, Chives, and Cheese	34	Parmesan Cheese Polenta.....	92
Braised Beef Short Ribs.....	90	Pico de Gallo.....	88
Braised Taro Leaves	32	Pineapple-Jicama Salsa.....	59
Butter Taro Mochi.....	39	Pizza Dough	17
Buttermilk Fried Chicken	30	Pizza Dough Biga	11
Cabbage Salad	36	Poached Chicken Breast with Fines Herbes Sauce.....	67
Cantonese Roast Pork.....	12	Poblano and Queso Fresco Quesadillas	87
Chicken Velouté.....	68	Potato Gratin with Gruyère Cheese.....	56
Chimichurri Sauce.....	44	Red Chicken Mole.....	83
Country Gravy.....	33	Rice Cake Skewers	76
Crispy Fried Okra Salad.....	82	Roast Pork Loin with Tomato-Bacon Jam... 52	
Edamame Succotash.....	63	Roasted Chicken with Pan Gravy.....	47
Eggplant, Tomato, and Zucchini Stew	57	Roasted Red Pepper Coulis	19
Fresh Pasta.....	22	Royal Lamb with Creamy Almond Sauce ... 78	
Fresh Pasta with Oyster Mushrooms and Pipikaula	20	Sautéed Chicken Breast with Prosciutto, Basil, Provolone, and Roasted Red Pepper Coulis	18
Fried Indian Flatbread	81	Sautéed Chinese Broccoli.....	93
Fried Sweet Potatoes	62	Sautéed Chinese Broccoli with Pipikaula and Macadamia Nuts	46
Fudge Chocolate Cookies.....	24	Seasonal Fruit Crisp.....	94
Garam Masala.....	80	Simmered Tomato-Habanero Salsa	89
Garlic-Roasted Smashed Potatoes with Parsley and Oregano.....	45	Southern Fried Chicken Dinner.....	29
Glazed Carrots.....	23	Soy Sauce and Vinegar Pickled Cucumbers	38
Glutinous Rice.....	26	Spicy Pork and Potato Stew.....	71
Green Tea Yuzu Sour.....	14	Spicy Snap Peas	27
Grilled Local Zucchini.....	51	Steamed Rice	37, 73
Grilled Mahi-mahi with Pineapple-Jicama Salsa and Lemon Beurre Blanc.....	58	Taro and Tapioca Chilled Soup.....	95
Grilled Tamari Glazed Steak with Chimichurri Sauce.....	43	Tomato Sauce	10
Hawaiian Chili Pepper Water	55, 60	Tomato-Bacon Jam.....	54
Japanese Fried Chicken.....	35	Vegetarian Refried Beans	86
Kaneohe Bakery Custard Pie	28	Vinegar Soy Sauce	75
Kimchi Pancakes	74	Whipped Potatoes	31
Korean Army Stew.....	69	Whipped Potatoes with Horseradish, Bacon, and Chives.....	50
Kung Pao Chicken	25		
Lemon Beurre Blanc	61		
Lemon Brine	49		

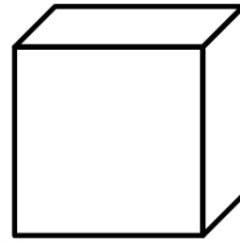
BASIC KNIFE CUTS



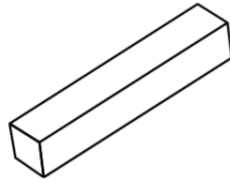
Small Dice
1/4" cube



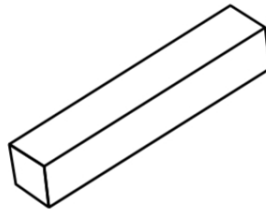
Medium Dice
1/2" cube



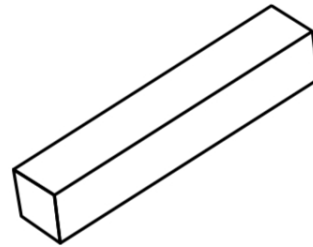
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



Julienne
1/8" sq x 2 inch



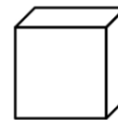
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



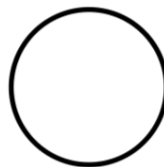
Chop
1/8"-1/4" cube



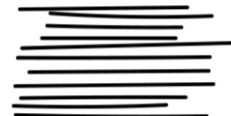
Brunoise
1/8" cube (fine dice)



Bias
diagonal cut



Rondelle
1-8"-1/2" round



Chiffonade
rolled, sliced thin

CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

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

METRIC CONVERSION TABLE

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

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

TEMPERATURE EQUIVALENCIES

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

US CUSTOMARY LIQUID VOLUME CONVERSIONS

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

US TO METRIC DRY MEASURES CONVERSIONS

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

VOLUME MEASURE CONVERSIONS

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

These materials were developed at The Culinary Institute of America

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