



# Culinary Institute of America

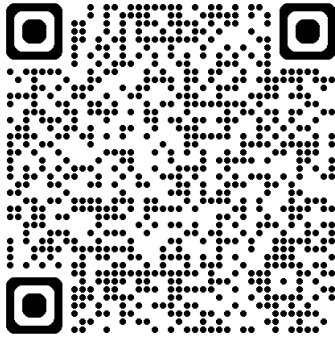
**CULINARY INSTITUTE OF THE PACIFIC**

**GLOBAL EXPLORATIONS OF TASTE AND  
TECHNIQUE**



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

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**The Culinary Institute of America**

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Welcome to the CIA!

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

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

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

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

Wishing you all the best,

A handwritten signature in black ink that reads "David Kamen".

David Kamen '88 MBA PC<sup>III</sup>  
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](http://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 to conduct themselves in a manner that does not infringe upon the rights expected 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**

## **GLOBAL EXPLORATIONS OF TASTE AND TECHNIQUE**

Reignite your passion for cooking by immersing yourself in the world of salt, fat, acid, and heat. Explore the physiology of taste, while building a foundation for smarter, more intentional flavor development in dishes. Learn how to master healthy cooking techniques and crafting innovative menus inspired by global cuisines. Bolster your knowledge of wine and food pairings, and experiment with elevated ingredients like caviar, game, and specialty oils to push your creativity to new heights.

### **LEARNING OBJECTIVES**

*Throughout this course, you will...*

- Explain the physiology of taste and how it influences flavor perception and culinary decision-making.
- Apply healthy cooking techniques to develop nutritionally balanced and flavorful dishes.
- Design innovative menus that reflect the influence of global culinary traditions and contemporary dining trends.
- Demonstrate foundational knowledge of wine and food pairing, with a focus on practical applications for chefs.
- Utilize specialty ingredients, such as caviar and game meats, in advanced culinary preparations.
- Synthesize course concepts by participating in a capstone market basket challenge to create a menu and cook dishes that showcase creativity, technical skill, and a holistic understanding of course material.

# DAY ONE: FATS AND OILS

## LEARNING OBJECTIVES

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

- Define "lipids."
- List the most-used culinary fats/oils according to the smoke points (lowest to highest).
- Describe how fats/oils become rancid.
- Explain the importance of "smoke point" when choosing a fat/oil.
- Explain the differences between extra virgin olive oil, virgin olive oil, pure olive oil, and lampante oil.

## LEARNING ACTIVITIES

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

## INSTRUCTOR DEMONSTRATIONS

- Lemon and Oil Sorbet Tasting

## KEY TERMS

Smoke point

"Mother"

Orleans process

Oleic acid

Lipids

Vinaigrette

# DAY ONE: TEAM PRODUCTION ASSIGNMENTS

## TEAM ONE

Hollandaise (Canola Oil) and French Fries  
Warm Goat Cheese Salad with Pistachios and Beets  
Southern Fried Chicken with Country-Style Gravy (Lard)  
Risotto with Mushrooms, Asparagus, Roasted Garlic, and Lemon (Arborio)  
*\*Soak Peppercorns in Oil for Sichuan Chili Oil – Day Two*

## TEAM TWO

Hollandaise (Clarified Butter) and French Fries  
Warm Mushroom and Chicken Salad  
Southern Fried Chicken with Country-Style Gravy (Canola Oil)  
Risotto with Mushrooms, Asparagus, Roasted Garlic, and Lemon (Arroz)  
*\*Soak Chickpeas for Couscous – Day Two*

## TEAM THREE

Hollandaise (EVOO) and French Fries  
Fresh Linguini with Oven-Roasted Tomato and Olive Oil Sauce  
Roasted Kabocha Squash Soup with Exotic Mushrooms, Roasted Beets, and Pumpkin Seed Oil  
Tossed Mustard Greens with Pumpkin Seed Oil and Pumpkin Chips  
Lamb Shanks Baked in a Clay Jar

## TEAM FOUR

Hollandaise (Duck Fat) and French Fries  
Dried Linguini with Oven-Roasted Tomato and Olive Oil Sauce  
Roasted Kabocha Squash Soup with Assorted Local Mushrooms, Boiled Beets, and Pumpkin Seed Oil  
Tossed Baby Greens with Pumpkin Seed Oil and Pumpkin Chips  
Lamb Sirloin Baked in a Clay Jar  
*\*Marinate Pork Loin for Pork Loin with Sage, Leeks, and Poha Berries – Day Two*

## TASTING RECIPE

Lemon and Oil Sorbet

# HOLLANDAISE

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Shallot, chopped	1 Tbsp.
Vinegar, cider, apple	1 oz.
Salt, kosher	½ tsp.
Peppercorns, black, crushed	8 ea.
Egg, yolks	3 ea.
Water, warm	2 oz.
Oil, canola	8 oz.
Lemon, juice, fresh	1 tsp.
Salt, kosher	as needed

## **Method**

1. In a saucepan over medium-high heat, combine the shallots, vinegar, salt, and peppercorns. Reduce the liquid by ½, 5 to 7 minutes. Reserve.
2. In a separate saucepan over medium heat, bring about 2-inches of water to a simmer. Place the egg yolks in a stainless-steel bowl. Place the bowl over the simmering water, making sure that the bowl does not touch the water. Add the reserved reduction and water to the egg yolks. Whisk until airy and soft peaks form.
3. Remove the bowl from the heat. While constantly whisking, gradually stream in the oil until combined. The sauce should be thick and velvety.
4. Add the lemon juice. Mix gently to combine. Season with salt as needed. Strain, if desired.

# FRENCH FRIES

*Yield: 10 portions*

## Ingredients

Potato, Kennebeck  
Oil, fry max  
Salt, kosher

## Amounts

4 lb.  
1 gal.  
to taste

## Method

1. Scrub, peel, and cut the potatoes into  $\frac{3}{8}$ -inch by  $\frac{3}{8}$ -inch by 2-inch to 3-inch-long sticks. Hold in water. Rinse, drain, and dry thoroughly.
2. In a heavy, deep pot, preheat the oil to 275°F to 300°F.
3. Add the potatoes in batches. Blanch until tender but not browned, 4 to 5 minutes.
4. Remove the potatoes from the oil. Drain any excess oil on paper towels. Transfer the blanched potatoes to sheet pans. Allow to cool.
5. Preheat the oil in the pot to 375°F. Add the blanched potatoes. Fry until golden brown and cooked through, 3 to 5 minutes.
6. Remove the potatoes from the oil. Drain any excess oil on paper towels.
7. Season with salt to taste. Serve immediately.

# WARM GOAT CHEESE SALAD WITH PISTACHIOS AND BEETS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Beet, yellow	½ lb.
Beet, red ½	lb.
Vinegar, sherry	1 tsp.
Vinegar, balsamic	2 tsp.
Oil, olive, extra virgin	½ cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Pistachios, shelled	1 cup
Cheese, goat, log, fresh, Big Island	8 oz.
Mixed greens	1 lb.

## **Method**

1. Preheat oven to 350°F.
2. Remove the tops and roots from the beets. Wrap the beets in aluminum foil.
3. Cook in the preheated oven until tender, about 1 hour. Remove the beets from the oven and cool. Leave the oven preheated to 350°F.
4. Once cool enough to handle, using a paper towel, gently rub the outside of the beets to remove the skin. A paring knife can also be used, if needed. Slice the beets into ¼-inch thick rounds and reserve.
5. For the dressing, in a mixing bowl, combine the balsamic vinegar and sherry vinegar. While whisking, slowly stream in the oil until fully combined. Season with salt and pepper as needed. Reserve.
6. Place the pistachios on a sheet pan. Toast in the preheated oven until they gain a little coloration (blond), 5 to 10 minutes. Remove from the oven and cool. Chop coarsely. Leave the oven preheated to 350°F.
7. Cut the goat cheese log into 6 even slices. Coat each goat cheese slice with the chopped pistachios, lightly pressing the pistachios onto cheese so they stick on all sides.
8. Place the coated goat cheese and the reserved beets on two separate sheet pans. Place both sheet pans in the preheated oven. Warm for 5 minutes.
9. In a bowl, place the mixed greens and ½ of the reserved dressing. Toss to coat.
10. In a separate bowl, place the warm beets and the remaining reserved dressing. Toss to coat.
11. Place one warm goat cheese wheel in the center of each serving plate. Place the dressed beets around the goat cheese. Top the goat cheese with the dressed mixed greens.

# SOUTHERN FRIED CHICKEN WITH COUNTRY-STYLE GRAVY

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, fryer	4 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Buttermilk	1 qt.
Mustard, Dijon	4 oz.
Tarragon, leaves, fresh, chopped	1 Tbsp.
Flour, all-purpose	as needed
Lard (Divided)	2 cups
Flour, all-purpose	2 oz.
Milk, whole	24 oz.

## **Method**

1. Cut the chicken into eighths. Trim the chicken pieces of any fat. Season with salt and pepper as needed.
2. In a large bowl, combine the buttermilk, mustard, and tarragon. Add the chicken pieces and turn to evenly coat on all sides. Marinate for 2 to 4 hours.
3. Remove the chicken from the buttermilk and let any excess drain. Add enough flour for dredging to a bowl. Dredge the marinated chicken in the flour until coated on all sides.
4. Heat  $\frac{1}{2}$  of the lard in a pan over medium heat to 350°F. Pan fry the chicken on the first side until golden brown and crisp, 5 to 6 minutes. Turn and pan fry on the opposite side until the chicken reaches temperature, 7 to 8 minutes (an internal temperature of 170°F for breast portions, 180°F for thigh and leg portions). Transfer the chicken to paper towels to drain any excess fat. Add the remaining lard and repeat the process for the remaining chicken. Reserve warm.
5. For the gravy, pour off all but 2 ounces of the lard from the pan. To form a roux, add the flour and cook, stirring frequently, until golden in color and the raw flour smell dissipates, 5 to 6 minutes.
6. Add the milk to the roux. Stir well to remove any lumps. Simmer, stirring and skimming as necessary, for 15 to 20 minutes. Season with salt and pepper as needed. Strain the gravy through a fine mesh sieve.
7. Serve the chicken accompanied by the gravy.

# RISOTTO WITH MUSHROOMS, ASPARAGUS, ROASTED GARLIC, AND LEMON

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Stock, chicken	10-12 cups
Garlic, chopped	1 ½ cups
Oil, olive, pure	as needed
Butter, unsalted (Divided)	4 Tbsp.
Shallot, sliced	¼ cup
Rice, arborio	1 ½ cups
Mushroom, Trumpet Royale, Hamakua, sliced	¾ cup
Wine, white, dry	½ cup
Cheese, Parmesan, freshly grated	¼ cup
Lemon, zest	2 tsp.
Asparagus, young, stalks, trimmed, thinly sliced on bias	¾ cup
Chive, fresh, minced	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, vegetable	as needed
Basil, leaves, fresh	½ cup
Chive, fresh, chopped	¼ cup
Cheese, Vella Jack, Sonoma, shaved	1 cup

## **Method**

1. Preheat oven to 350°F.
2. Place the chicken stock in a large pot set over medium heat. Reduce the chicken stock by ½, skimming any impurities that rise to the surface, 10 to 12 minutes. Reserve.
3. In a small bowl, toss the garlic with just enough oil to lightly coat. Spread the garlic in an even layer on a parchment paper lined sheet pan. Roast the garlic in the preheated oven, occasionally stirring to avoid burning, until a light golden color is achieved, 10 to 15 minutes. Cool and reserve.
4. Melt 3 tablespoons of the butter in a medium saucepan over medium heat. Add the shallots. Cook until soft, but not brown, 3 to 5 minutes.
5. Add the rice and mushrooms. Stir to coat the grains with the butter. Cook until the rice is translucent, about 3 minutes.
6. Add the reserved roasted garlic, wine, and 4 ounces of the stock. Cook, stirring constantly, until the stock is absorbed. Add another 4 ounces of the stock and cook, stirring constantly,

until the stock is absorbed. Repeat this process until the rice is creamy, but the center is firm, about 15 minutes.

7. Stir in the Parmesan, lemon zest, asparagus, chives, and remaining 1 tablespoon of butter. Season with salt and pepper to taste.
8. Just before serving, heat about 2-inches of oil in a small pan to 350°F. Fry the basil leaves, a few at a time until crisp, 5 to 10 seconds. Remove using a slotted spoon. Drain any excess oil on paper towels. Repeat with the remaining basil leaves.
9. Serve the risotto in warm bowls garnished with the chives, Vella Jack, and fried basil.

**Note:** White or brown alba mushrooms can be substituted for the Hamakua Trumpet Royale mushrooms.

# HOLLANDAISE

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Shallot, chopped	1 Tbsp.
Vinegar, cider, apple	1 oz.
Salt, kosher	½ tsp.
Peppercorns, black, crushed	8 ea.
Water 2	oz.
Egg, yolks	3 ea.
Butter, unsalted, clarified, melted	8 oz.
Lemon, juice, fresh	1 tsp.
Salt, kosher	as needed

## **Method**

1. In a saucepan over medium-high heat, combine the shallots, vinegar, salt, and peppercorns. Reduce the liquid by ½, 5 to 7 minutes. Reserve.
2. In a separate saucepan over medium heat, bring about 2-inches of water to a simmer. Place the egg yolks in a stainless-steel bowl. Place the bowl over the simmering water, making sure that the bowl does not touch the water. Add the reserved reduction and water to the egg yolks. Whisk until airy and soft peaks form.
3. Remove the bowl from the heat. While constantly whisking, gradually stream in the clarified butter until combined. The sauce should be thick and velvety.
4. Add the lemon juice. Mix gently to combine. Season with salt as needed. Strain, if desired.

# FRENCH FRIES

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, Kennebeck	4 lb.
Oil, fry max	1 gal.
Salt, kosher	to taste

## **Method**

1. Scrub, peel, and cut the potatoes into  $\frac{3}{8}$ -inch by  $\frac{3}{8}$ -inch by 2-inch to 3-inch-long sticks. Hold in water. Rinse, drain, and dry thoroughly.
2. In a heavy, deep pot, preheat the oil to 275°F to 300°F.
3. Add the potatoes in batches. Blanch until tender but not browned, 4 to 5 minutes.
4. Remove the potatoes from the oil. Drain any excess oil on paper towels. Transfer the blanched potatoes to sheet pans. Allow to cool.
5. Preheat the oil in the pot to 375°F. Add the blanched potatoes. Fry until golden brown and cooked through, 3 to 5 minutes.
6. Remove the potatoes from the oil. Drain any excess oil on paper towels.
7. Season with salt to taste. Serve immediately.

# WARM MUSHROOM AND CHICKEN SALAD

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, breast, skinned	400 g
Oil, walnut	½ cup
Walnuts, coarsely chopped	½ cup
Lemon, juiced, zested	1 ea.
Garlic, crushed	2 tsp.
Thyme, leaves, fresh, finely chopped	1 Tbsp.
Soy sauce	1 Tbsp.
Mushroom, assorted, Hamakua, halved	400 g
Watercress, Sumida Farms	4 cups
Tomato, cherry, halved	1 cup

## **Method**

1. Preheat oven to 250°F.
2. Remove any fat from the chicken breasts. Pound the chicken with a cooking mallet until they are very thin. Cut the chicken breasts into about 2-centimeter strips.
3. Heat the walnut oil in a large frying pan over medium-high heat. Add the chicken strips and fry until browned and opaque, about 2 minutes. Transfer the chicken to paper towels to drain any excess oil. Transfer the chicken to a shallow dish and cover with aluminum foil. Keep warm in the preheated oven until needed.
4. Add the chopped walnuts, lemon zest, garlic, thyme, soy sauce, and mushrooms to the oil and juices remaining in the frying pan,. Cook until the mushrooms are tender, about 4 minutes.
5. In a salad bowl, place the watercress and top with the cherry tomatoes. Add the warm mushrooms, walnuts, any remaining cooking juices, and the lemon juice. Toss to combine. Place the warm chicken strips on top of the salad. Serve.

# SOUTHERN FRIED CHICKEN WITH COUNTRY-STYLE GRAVY

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken, fryer	4 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Mustard, Dijon	4 oz.
Tarragon, leaves, fresh, chopped	1 Tbsp.
Buttermilk	1 qt.
Flour, all-purpose	as needed
Oil, canola	2 cups
Flour, all-purpose	2 oz.
Milk, whole	24 oz.

## **Method**

1. Cut the chicken into eighths. Trim the chicken pieces of any fat. Season with salt and pepper as needed.
2. In a large bowl, combine the buttermilk, mustard, and tarragon. Add the chicken pieces and turn to evenly coat on all sides. Refrigerate and marinate the chicken pieces for 2 to 4 hours.
3. Remove the chicken from the buttermilk and let it drain. Add enough flour for dredging to a bowl. Dredge the marinated chicken in the flour until it is well coated.
4. Heat  $\frac{1}{2}$  the oil in a pan to 350°F over medium heat. Add the chicken to the hot oil. Pan fry on the first side until golden brown and crisp, 5 to 6 minutes. Turn once, and finish pan frying on the second side until the chicken reaches temperature, 7 to 8 minutes (an internal temperature of 170°F for breast portions, 180°F for thigh and leg portions). Transfer to paper towels to drain any excess oil. Add the remaining oil and repeat the process for the remaining chicken. Reserve warm.
5. For the gravy, pour off all but 2 ounces of the oil from the pan. To form a roux, add the flour and cook stirring frequently, until golden in color and the raw flour smell dissipates, 5 to 6 minutes.
6. Add the milk to the roux, stirring well to remove any lumps. Simmer, stirring and skimming as necessary, for 15 to 20 minutes. Season with salt and pepper as needed. Strain the gravy through a fine mesh sieve.
7. Serve the chicken accompanied by the gravy.

# RISOTTO WITH MUSHROOMS, ASPARAGUS, ROASTED GARLIC, AND LEMON

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Stock, chicken	10-12 cups
Oil, olive, pure	as needed
Garlic, chopped	1 ½ cups
Butter, unsalted (Divided)	4 Tbsp.
Shallot, sliced	¼ cup
Rice, arroz	1 ½ cups
Mushroom, shiitake, Hamakua, sliced	¾ cup
Wine, white, dry	½ cup
Cheese, Parmesan, freshly grated	¼ cup
Lemon, zest	2 tsp.
Asparagus, young, stalks, trimmed, thinly sliced on bias	¾ cup
Chive, fresh, minced	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, vegetable	as needed
Basil, leaves, fresh	½ cup
Chive, fresh, chopped	¼ cup
Cheese, Vella Jack, shaved	1 cup

## **Method**

1. Preheat oven to 350°F.
2. Place the chicken stock in a large pot set over medium heat. Reduce the chicken stock by ½, skimming any impurities that rise to the surface. Reserve.
3. In a small bowl, toss the garlic with just enough oil to lightly coat. Spread the garlic in an even layer on a parchment paper lined sheet pan. Roast the garlic in the preheated oven, occasionally stirring to avoid burning, until a light golden color is achieved, 10 to 15 minutes. Allow to cool and reserve.
4. Melt 3 tablespoons of the butter in a medium saucepan over medium heat. Add the shallots and cook until soft, but not brown. Add the rice and mushrooms. Stir to ensure that the grains are evenly coated with the butter. Cook until the rice is translucent, about 3 minutes.
5. Add the reserved roasted garlic, wine, and 4 ounces of the stock. Cook, stirring constantly, until the stock is absorbed. Add another 4 ounces of the stock and cook, stirring constantly,

until the stock is absorbed. Repeat this process until the rice is creamy, but center is firm, about 15 minutes.

6. Once the rice is done, stir in the Parmesan, lemon zest, asparagus, chives, and remaining 1 tablespoon of butter. Season with salt and pepper to taste.
7. Just before serving, heat about 2-inches of oil in a small pan to 350°F. Drop the basil leaves, a few at a time, into the hot oil and fry until crisp, 5 to 10 seconds. Remove using a slotted spoon and drain on paper towels. Repeat with the remaining basil leaves.
8. Serve the risotto in warm bowls garnished with the chives, shaved Vella Jack, and fried basil.

# HOLLANDAISE

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Shallot, chopped	1 Tbsp.
Vinegar, cider, apple	1 oz.
Salt, kosher	½ tsp.
Peppercorns, black, crushed	8 ea.
Egg, yolks	3 ea.
Water 2	oz.
Oil, olive, extra virgin	8 oz.
Lemon, juice, fresh	1 tsp.
Salt, kosher	as needed

## **Method**

1. In a saucepan over medium-high heat, combine the shallots, vinegar, salt, and peppercorns. Reduce the liquid by ½, 5 to 7 minutes. Reserve.
2. In a separate saucepan over medium heat, bring about 2-inches of water to a simmer. Place the egg yolks in a stainless-steel bowl. Place the bowl over the simmering water, making sure that the bowl does not touch the water. Add the reserved reduction and water to the egg yolks. Whisk until airy and soft peaks form.
3. Remove the bowl from the heat. While constantly whisking, gradually stream in the oil until combined. The sauce should be thick and velvety.
4. Add the lemon juice. Mix gently to combine. Season with salt as needed. Strain, if desired.

# FRENCH FRIES

*Yield: 10 portions*

## Ingredients

Potato, Kennebeck  
Oil, fry max  
Salt, kosher

## Amounts

4 lb.  
1 gal.  
to taste

## Method

1. Scrub, peel, and cut the potatoes into  $\frac{3}{8}$ -inch by  $\frac{3}{8}$ -inch by 2-inch to 3-inch-long sticks. Hold in water. Rinse, drain, and dry thoroughly.
2. In a heavy, deep pot, preheat the oil to 275°F to 300°F.
3. Add the potatoes in batches. Blanch until tender but not browned, 4 to 5 minutes.
4. Remove the potatoes from the oil. Drain any excess oil on paper towels. Transfer the blanched potatoes to sheet pans. Allow to cool.
5. Preheat the oil in the pot to 375°F. Add the blanched potatoes. Fry until golden brown and cooked through, 3 to 5 minutes.
6. Remove the potatoes from the oil. Drain any excess oil on paper towels.
7. Season with salt to taste. Serve immediately.

# FRESH LINGUINI WITH OVEN-ROASTED TOMATO AND OLIVE OIL SAUCE

*Yield: 1 quart*

<b>Ingredients</b>	<b>Amounts</b>
Tomato, plum (Roma), sliced	3 lb.
Oil, olive, pure	½ oz.
Shallot, minced	1 oz.
Garlic, minced	1 Tbsp.
Wine, white	6 oz.
Stock, chicken	1 cup
Basil, leaves, fresh, chopped	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	4 oz.
Lemon, juice, fresh	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Fresh Linguini (Recipe follows)	1 lb.

## **Method**

1. Preheat oven to 350°F.
2. Place the sliced tomatoes on a parchment paper lined sheet pan. Roast in the preheated oven for 1 hour. Remove the tomatoes from the oven and cool. Chop and reserve.
3. Heat the oil in a sauté pan over medium heat. Sauté the shallots until softened, 3 to 4 minutes.
4. Add the minced garlic. Sauté until fragrant, 30 seconds to 1 minute.
5. Add the wine. Reduce by ½, 3 to 5 minutes.
6. Add the stock and basil. Simmer for 10 minutes.
7. Place the reserved tomatoes and stock mixture into a blender. Purée on high speed until combined. With the blender running, slowly pour the oil and lemon juice into the tomato purée.
8. Strain the tomato purée through a fine mesh sieve. Season with salt and pepper to taste.
9. Toss with the Fresh Linguini and serve.

# FRESH LINGUINI

*Yield: 1 pound*

<b>Ingredients</b>	<b>Amounts</b>
Flour, semolina	30 g
Flour, 00	260 g
Egg, whole	1 ½ ea.
Egg, yolks, pasteurized	280 g
Oil, olive, pure	½ tsp.
Flour, semolina	as needed
Salt, kosher	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 ½ 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. Linguini is typically 1 ½ millimeters thick.
10. Cut into desired shape by hand or using the pasta machine. Linguini is typically 4 millimeters wide. 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.

# ROASTED KABOCHA SQUASH SOUP WITH EXOTIC MUSHROOMS, ROASTED BEETS, AND PUMPKIN SEED OIL

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Squash, kabocha, local	2 ea.
Oil, vegetable (Divided)	9 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Onion, yellow, large, julienne	2 ea.
Garlic, minced	1 1/3 Tbsp.
Stock, chicken	3-5 qt.
Cumin, ground	1 1/2 tsp.
Coriander, ground	1 Tbsp.
Bay leaf, dried	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Beet, Chioggia	1/2 lb.
Oil, olive, pure	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Mushroom, Trumpet Royale, Hamakua	1 ea.
Butter, unsalted	1 Tbsp.
Pumpkin, seeds	1/2 cup
Sugar, granulated	1/2 tsp.
Oil, pumpkin seed	3/4 cup

## **Method**

1. Preheat oven to 425°F.
2. Trim the skins and remove the seeds from the squash. Cut the squash into 2-inch chunks. In a large bowl, toss the squash with 4 tablespoons of the oil. Season with salt and pepper as needed.
3. Place the squash chunks in a single layer on a parchment paper lined sheet pan.
4. Bake in the preheated oven until just brown around the edges, about 15 minutes. Remove and reserve.
5. Heat 4 tablespoons of the remaining oil in a large pot over medium heat. Add the onions. Cook until lightly browned, about 3 minutes.
6. Add the garlic. Cook until aromatic, about 5 minutes.

7. Add the reserved roasted squash, stock, cumin, coriander, and bay leaves. Simmer until the squash is very soft, 30 to 40 minutes.
8. Place the soup in a food processor. Purée until smooth. Adjust the consistency using any remaining stock. Season with salt and pepper to taste.
9. Preheat oven to 350°F.
10. In a bowl, toss the beets with enough oil to lightly coat. Season with salt and pepper as needed.
11. Place the coated beets in a single layer on a ½ sheet pan. Roast in the preheated oven until softened, about 25 minutes. Remove from the oven and cool. Using a mandolin, peel and slice the beets into rounds. Reserve.
12. Cut the mushroom into ½-inch by ½-inch dice.
13. Heat enough oil to coat the bottom of a sauté pan over high heat. Add the mushroom. Cook until softened, about 1 minute.
14. Add the butter. Cook until the mushrooms are browned, 4 to 6 minutes. Transfer to paper towels to drain any excess oil. Season with salt and pepper as needed. Reserve.
15. Preheat oven to 425°F.
16. For the garnish, in a mixing bowl combine the pumpkin seeds, sugar, and the remaining tablespoon of oil. Season with salt and pepper to taste. Spread the seeds in an even layer on a parchment lined sheet pan. Toast in the preheated oven until the seeds are golden, 5 to 7 minutes.
17. Ladle the soup into 6 soup bowls. Top with a portion of the mushrooms and the roasted beets. Garnish with the toasted pumpkin seeds. Drizzle with the pumpkin seed oil before serving.

**Note:** To make your own pumpkin seed oil, place ¾ cup of canola oil and ½ cup of toasted, chopped pumpkin seeds in a small pot. Heat the oil to 120°F and let it steep for 1 hour. Allow the oil to cool. Reserve in the refrigerator for 12 hours. Remove it from refrigerator and strain the oil through fine mesh strainer. Place the oil in an airtight container and store in the refrigerator. The oil will hold for up to 5 days.

Source: Adapted from *The Gardener's Cookbook* by Kathleen DeVanna Fish

# TOSSED MUSTARD GREENS WITH PUMPKIN SEED OIL AND PUMPKIN CHIPS

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pumpkin, fresh, no rind, 6-in piece	1 ea.
Oil, olive, pure	as needed
Flour, rice	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Mustard greens, Japanese, Hirabara Farms	3 ½ oz.
Tomato, local, vine ripe, medium diced	1 cup
Salt, kosher	to taste
Pepper, black, freshly ground	to taste
Oil, pumpkin seed (Divided)	1 ½ cups

## **Method**

1. For the pumpkin chips, cut the piece of pumpkin length wise into about ¼-inch thick slices.
2. In a large pot, heat about 2-inches of oil to 300°F.
3. Place enough rice flour for dredging in a bowl. Season with salt and pepper as needed.
4. Lightly dredge the sliced pumpkin pieces in the seasoned rice flour, shaking off any excess.
5. Fry the pumpkin slices until golden brown, 3 to 4 minutes per side. Transfer to paper towels to drain any excess oil. Season with salt and pepper as needed. Place the chips in an airtight container. Reserve.
6. For the salad, in a mixing bowl, toss the mustard greens with 2 ounces of the pumpkin seed oil. Season with salt and pepper to taste.
7. Divide the tossed greens between four chilled plates. Place equal amounts of diced tomatoes on top of the greens. Drizzle 1 ounce of the remaining pumpkin seed oil around the mustard greens. Top the mustard greens with ¼ ounce of the reserved pumpkin chips. Serve immediately.

**Note:** Baby arugula or rocket greens can be substituted for the Japanese mustard greens. To make your own pumpkin seed oil, place 1 ½ cup of canola oil and 1 cup of toasted, chopped pumpkin seeds in a small pot. Heat the oil to 120°F and let it steep for 1 hour. Allow the oil to cool. Reserve in the refrigerator for 12 hours. Remove it from refrigerator and strain the oil through fine mesh strainer. Place the oil in an airtight container and store in the refrigerator. The oil will hold for up to 5 days.

# LAMB SHANKS BAKED IN A CLAY JAR

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lamb, shanks, Big Island, trimmed of excess fat, cut into 12 chunks	3 lb.
Garlic, finely chopped	2 Tbsp.
Rosemary, sprig, fresh	1 ea.
Bay leaf, dried	1 ea.
Saffron, threads	1 pinch
Onion, yellow, finely chopped (Divided)	1 ea.
Tomato, local, vine ripe	1 ea.
Pepper, bell, red, small	1 ea.
Potato, Yukon gold	4 ea.
Oil, olive, extra virgin	¼ cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Lemon, juiced	1 ea.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.

## **Method**

1. Rinse the lamb chunks and drain well.
2. In a bowl, combine the lamb, garlic, rosemary, bay leaf, saffron, and all but 2 tablespoons of the chopped onion. (Be sure the lamb chunks are fully coated in the marinade.) Marinate in the refrigerator for 5 hours.
3. Core the tomato, cut in ½ crosswise, and gently squeeze out the seeds. Cut the tomato into thin slices. Place in a bowl.
4. Core, seed, and thinly slice the bell pepper. Place in the bowl with the tomato.
5. Peel and halve the potatoes. Place in the bowl with the tomato and pepper.
6. Add the oil to the bowl. Toss to coat.
7. Add the lamb to the bowl. Mix to combine. Transfer the mixture to a 3-quart clay pot. Cover with foil and set the lid on top. Place the pot in a cold oven. Turn the temperature of the oven to 450°F.
8. Bake until tender, 1 ½ hours. Turn off the oven and leave the door shut. Leave the pot in the hot oven to continue baking for 30 minutes.
9. Pour the lamb and vegetables into a deep serving dish. Season with salt and pepper as needed. Sprinkle the lemon juice over top of the lamb. Garnish with the reserved 2 tablespoons of chopped onion and the parsley.

# HOLLANDAISE

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Shallot, chopped	1 Tbsp.
Vinegar, cider, apple	1 oz.
Salt, kosher	½ tsp.
Peppercorns, black, crushed	8 ea.
Egg, yolks	3 ea.
Water 2	oz.
Duck fat, rendered	8 oz.
Lemon, juice, fresh	1 tsp.
Salt, kosher	as needed

## **Method**

1. In a saucepan over medium-high heat, combine the shallots, vinegar, salt, and peppercorns. Reduce the liquid by ½, 5 to 7 minutes. Reserve.
2. In a separate saucepan over medium heat, bring about 2-inches of water to a simmer. Place the egg yolks in a stainless-steel bowl. Place the bowl over the simmering water, making sure that the bowl does not touch the water. Add the reserved reduction and water to the egg yolks. Whisk until airy and soft peaks form.
3. Remove the bowl from the heat. While constantly whisking, gradually stream in the duck fat until combined. The sauce should be thick and velvety.
4. Add the lemon juice. Mix gently to combine. Season with salt as needed. Strain, if desired.

# FRENCH FRIES

*Yield: 10 portions*

## Ingredients

Potato, Kennebeck  
Oil, fry max  
Salt, kosher

## Amounts

4 lb.  
1 gal.  
to taste

## Method

1. Scrub, peel, and cut the potatoes into  $\frac{3}{8}$ -inch by  $\frac{3}{8}$ -inch by 2-inch to 3-inch-long sticks. Hold in water. Rinse, drain, and dry thoroughly.
2. In a heavy, deep pot, preheat the oil to 275°F to 300°F.
3. Add the potatoes in batches. Blanch until tender but not browned, 4 to 5 minutes.
4. Remove the potatoes from the oil. Drain any excess oil on paper towels. Transfer the blanched potatoes to sheet pans. Allow to cool.
5. Preheat the oil in the pot to 375°F. Add the blanched potatoes. Fry until golden brown and cooked through, 3 to 5 minutes.
6. Remove the potatoes from the oil. Drain any excess oil on paper towels.
7. Season with salt to taste. Serve immediately.

# DRIED LINGUINI WITH OVEN-ROASTED TOMATO AND OLIVE OIL SAUCE

*Yield: 1 quart*

<b>Ingredients</b>	<b>Amounts</b>
Tomato, plum (Roma), sliced	3 lb.
Shallot, minced	1 oz.
Garlic, minced	1 Tbsp.
Wine, white	6 oz.
Stock, chicken	1 cup
Basil, leaves, fresh, chopped	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, pure	4 oz.
Lemon, juice, fresh	1 Tbsp.
Pasta, linguini, dried	1 lb.

## **Method**

1. Preheat oven to 350°F.
2. Place the sliced tomatoes on a parchment paper lined sheet pan. Roast in the preheated oven until softened, about 1 hour. Remove the tomatoes from the oven and cool. Chop and reserve.
3. Heat the oil in a sauté pan over medium heat. Sauté the shallots until softened, 3 to 4 minutes.
4. Add the minced garlic. Sauté until fragrant, 30 seconds to 1 minute.
5. Add the wine. Reduce by ½, 3 to 4 minutes.
6. Add the stock and basil. Simmer for 10 minutes.
7. Place the reserved tomatoes and stock mixture into a blender. Purée on high speed until combined. With the blender running, slowly pour the oil and lemon juice into the tomato purée.
8. Strain the tomato purée through a fine mesh sieve. Season with salt and pepper to taste.
9. Bring a large pot of salted water to a boil. Add the linguini and boil until tender to the bite (*al dente*), 8 to 10 minutes. Drain, toss with the sauce, and serve.

# ROASTED KABOCHA SQUASH SOUP WITH ASSORTED LOCAL MUSHROOMS, BOILED BEETS, AND PUMPKIN SEED OIL

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Squash, kabocha, local	2 ea.
Oil, vegetable (Divided)	9 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Onion, yellow, julienne	2 ea.
Garlic, minced	1 $\frac{2}{3}$ Tbsp.
Stock, chicken	3-5 qt.
Cumin, ground	1 $\frac{1}{2}$ tsp.
Coriander, ground	1 Tbsp.
Bay leaf, dried	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Salt, kosher	as needed
Beet, Chioggia	$\frac{1}{2}$ lb.
Pepper, black, ground	as needed
Mushroom, assorted, Hamakua	$\frac{1}{4}$ lb.
Oil, olive, pure	as needed
Butter, unsalted	1 Tbsp.
Pumpkin, seeds	$\frac{1}{2}$ cup
Sugar, granulated	$\frac{1}{2}$ tsp.
Oil, pumpkin seed	$\frac{3}{4}$ cup

## **Method**

1. Preheat oven to 425°F.
2. Trim the skins from the squash and remove the seeds. Cut the squash into 2-inch chunks. In a large bowl, toss the squash with 4 tablespoons of the oil. Season with salt and pepper as needed.
3. Place the squash chunks in a single layer on a parchment paper lined sheet pan.
4. Bake in the preheated oven until just brown around the edges, about 15 minutes. Remove and reserve.
5. Heat 4 tablespoons of the remaining oil in a large pot over medium heat. Add the onions and cook until lightly browned, about 3 minutes.
6. Add the garlic. Cook until fragrant, about 5 minutes.

7. Add the reserved roasted squash, stock, cumin, coriander, and bay leaves. Simmer until the squash is very soft, 30 to 40 minutes.
8. Place the soup in a food processor and purée until smooth. Adjust the consistency using any remaining stock. Season with salt and pepper to taste.
9. Place the beets in a large pot and cover with enough cold salted water to cover the by 2-inches. Bring the water to a boil over high heat. Turn down the heat to low. Simmer until soft enough to be easily pierced with a knife, 15 to 20 minutes. (Be sure the beets remain covered by 2-inches of water at all times.) Drain and cool until able to be handled. Using a mandolin, peel and slice the beets into rounds. Season with salt and pepper as needed. Reserve.
10. Cut the mushroom into ½-inch by ½-inch dice.
11. Heat enough oil to coat the bottom of a sauté pan over high heat. Add the mushroom. Cook until softened, about 1 minute.
12. Add the butter. Cook the mushrooms until browned, 4 to 6 minutes. Transfer to paper towels to drain any excess oil. Season with salt and pepper as needed. Reserve.
13. Preheat oven to 425°F.
14. For the garnish, in a mixing bowl combine the pumpkin seeds, sugar, and the remaining tablespoon of oil. Season with salt and pepper to taste. Spread the seeds in an even layer on a parchment lined sheet pan. Toast in the preheated oven until the seeds are golden, 5 to 7 minutes.
15. Ladle the soup into 6 soup bowls. Top with a portion of the mushrooms and the boiled beets. Garnish with the toasted pumpkin seeds. Drizzle with the pumpkin seed oil before serving.

**Note:** To make your own pumpkin seed oil, place ¾ cup of canola oil and ½ cup of toasted, chopped pumpkin seeds in a small pot. Heat the oil to 120°F and let it steep for 1 hour. Allow the oil to cool. Reserve in the refrigerator for 12 hours. Remove it from refrigerator and strain the oil through fine mesh strainer. Place the oil in an airtight container and store in the refrigerator. The oil will hold for up to 5 days.

Source: Adapted from *The Gardener's Cookbook* by Kathleen DeVanna Fish

# TOSSED BABY GREENS WITH PUMPKIN SEED OIL AND PUMPKIN CHIPS

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pumpkin, fresh, no rind, 6-in piece	1 ea.
Oil, olive, pure	as needed
Flour, rice	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Mixed greens, baby, Hirabara Farms	3 ½ oz.
Tomato, local, vine ripe, medium diced	1 cup
Salt, kosher	to taste
Pepper, black, freshly ground	to taste
Oil, pumpkin seed	1 ½ cups

## **Method**

1. For the pumpkin chips, cut the piece of pumpkin length wise into about ¼-inch thick slices.
2. In a large pot, heat about 2-inches of oil to 300°F.
3. Place enough rice flour for dredging in a bowl. Season with salt and pepper as needed.
4. Lightly dredge the sliced pumpkin pieces in the seasoned rice flour, shaking off any excess.
5. Fry the pumpkin slices until golden brown, 3 to 4 minutes per side. Transfer to paper towels to drain any excess oil. Season with salt and pepper as needed. Place the chips in an airtight container. Reserve.
6. For the salad, in a mixing bowl, toss the baby greens with 2 ounces of the pumpkin seed oil. Season with salt and pepper to taste.
7. Divide the tossed greens between four chilled plates. Place equal amounts of diced tomatoes on top of the greens. Drizzle 1 ounce of the remaining pumpkin seed oil around the baby greens. Top the mustard greens with ¼ ounce of the reserved pumpkin chips. Serve immediately.

**Note:** To make your own pumpkin seed oil, place 1 ½ cup of canola oil and 1 cup of toasted, chopped pumpkin seeds in a small pot. Heat the oil to 120°F and let it steep for 1 hour. Allow the oil to cool. Reserve in the refrigerator for 12 hours. Remove it from refrigerator and strain the oil through fine mesh strainer. Place the oil in an airtight container and store in the refrigerator. The oil will hold for up to 5 days.

# LAMB SIRLOIN BAKED IN A CLAY JAR

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lamb, sirloin, Big Island, trimmed of excess fat, cut into 12 chunks	2 lb.
Garlic, finely chopped	2 Tbsp.
Rosemary, sprig, fresh	1 ea.
Bay leaf, dried	1 ea.
Saffron, threads	1 pinch
Onion, yellow, finely chopped	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Tomato, local, vine ripe	1 ea.
Pepper, bell, red, small	1 ea.
Potato, Yukon gold	4 ea.
Oil, olive, extra virgin	¼ cup
Lemon, juiced	1 ea.
Parsley, flat-leaf, leaves, fresh, chopped	1 Tbsp.

## **Method**

1. Rinse the lamb chunks and drain well.
2. In a bowl, combine the lamb, garlic, rosemary, bay leaf, saffron, and all but 2 tablespoons of the chopped onion. (Be sure the lamb chunks are fully coated in the marinade.) Marinate in the refrigerator for 5 hours.
3. Core the tomato, cut in ½ crosswise, and gently squeeze out the seeds. Cut the tomato into thin slices. Place in a bowl.
4. Core, seed, and thinly slice the bell pepper. Place in the bowl with the tomato.
5. Peel and halve the potatoes. Place in the bowl with the tomato and pepper.
6. Add the oil to the bowl. Toss to coat.
7. Add the lamb to the bowl. Mix to combine. Transfer the mixture to a 3-quart clay pot. Cover with foil and set the lid on top. Place the pot in a cold oven. Turn the temperature of the oven to 450°F.
8. Bake until tender, 1 ½ hours. Turn off the oven and leave the door shut. Leave the pot in the hot oven to continue baking for 30 minutes.
9. Pour the lamb and vegetables into a deep serving dish. Season with salt and pepper as needed. Sprinkle the lemon juice over top of the lamb. Garnish with the reserved 2 tablespoons of chopped onion and the parsley.

# LEMON AND OIL SORBET

*Yield: 1 ½ quarts*

<b>Ingredients</b>	<b>Amounts</b>
Water	1 ¾ cups
Sugar, granulated	1 ½ cups
Lemon, juice, fresh	1 ¾ cups
Oil, olive, extra virgin, Laudemio Frescobaldi, Tuscany	1 ¼ cups
Egg, whites	1 ea.
Lemon, zest	1 tsp.

## **Method**

1. In a large saucepan over high heat, bring the water and sugar to a boil.. Remove from the heat. Cool the resulting syrup.
2. Add the lemon juice, oil, egg white, and lemon zest to the cool syrup. Whisk to combine.
3. Reserve overnight in the refrigerator.
4. Place the reserved refrigerated sorbet base into an ice-cream freezer and churn according to the manufacturer's instructions.

# DAY TWO:

## INTRODUCTION TO TASTE, FLAVOR, AND GLOBAL FLAVOR PROFILES

### LEARNING OBJECTIVES

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

- Define "flavor profile."
- List ingredients commonly used in various ethnic cuisines.
- Identify a cuisine when presented with a list of the most commonly used ingredients in that cuisine.
- Successfully prepare a dish that fully reflects an ethnic profile.
- Describe the flavor profile of the item you prepared.

### LEARNING ACTIVITIES

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

### INSTRUCTOR DEMONSTRATIONS

- Balancing taste exercise
- Making fresh queso fresco

### KEY TERMS

Flavor principle	Balance	Taste
Umami	Brine	
Cure	Sense	

# DAY TWO: SELECTED GROUP TASTING

## BALANCING EXERCISE:

### EACH PERSON, PRESET AT SEAT

Napkins / Water

2 Jelly Belly jellybeans

1 plate with:

2 slices of cantaloupe

1 piece of radicchio (Treviso)

one, 1 teaspoon piece of Parmesan Cheese

1 oz container with:

1 teaspoon of sugar

1 oz container with:

1 teaspoon of salt, kosher

2 wedges of lime

1 oz container with:

¼ teaspoon of cayenne

# DAY TWO: TEAM PRODUCTION ASSIGNMENTS

## CHEF DEMO

Fresh Queso Fresco

## TEAM ONE

Miso Soup with Kabocha Squash  
Seared Snapper with Spiced Lemon Grass Crust  
Dan-Dan Noodles

## TEAM TWO

Oven-Baked Lasagna, Bologna-Style  
Cioppino with Crostini and Aioli  
Couscous in the Style of Tangier, Morocco  
*\*Marinate Lamb for Brochettes – Day Three*

## TEAM THREE

Cuban Beef Hash  
Rice Pilaf  
Cuban Style Black Beans  
Caribbean Carpaccio  
*\*Prepare the Roasted Eggplant and Pepper Terrine – Day Three*

## TEAM FOUR

Quesadillas with Potatoes and Chorizo  
Avocado Salsa  
Pork Loin with Sage, Leeks, and Poha Berries  
*\*Make Mango Curry Sauce for Tabbouleh – Day Three*

# FRESH QUESO FRESCO

*Yield: 1 pound*

<b>Ingredients</b>	<b>Amounts</b>
Milk, whole	½ gal.
Vinegar, white, distilled	⅔ cup
Vinegar, cider, apple	1 Tbsp.
Salt, kosher	1 ½ tsp.

## **Method**

1. Place a cheesecloth lined colander over a large bowl.
2. Heat the milk to 170°F over medium heat, stirring constantly to avoid uneven heating.
3. Remove the milk from the heat. Add the white vinegar and cider vinegar. Stir until just combined. Allow the milk and vinegar mixture to sit untouched on the stove top until curds form, 30 to 45 minutes.
4. Using a knife, gently break up the curds. Using a slotted spoon, transfer them to the cheesecloth lined colander.
5. Allow the curds to drain untouched for about 30 minutes. Add the salt and stir lightly.
6. Gather the edges of the cheesecloth and tie them together with kitchen twine. Hang the cheesecloth from the sink faucet and allow it to drip for about 30 minutes.
7. Remove the cheese from the cloth. Using your hands, gently mold the cheese into a flat disc, about 1-inch tall.
8. Return the shaped cheese to the colander and let it sit for about 30 minutes.
9. Transfer the cheese to a bowl and place in the refrigerator until ready to use.

# MISO SOUP WITH KABOCHA SQUASH

## *MIRSOSHIRU*

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Miso, red	1 Tbsp.
Dashi, tepid (Recipe follows) (Divided)	1x recipe
Squash, kabocha, local	½ lb.
Wine, rice, Mirin	1 Tbsp.
Soy sauce, light	1 Tbsp.
Seaweed, wakame, dried	1 ¼ oz.
Scallion (Green onion), stalk, green parts only, thinly sliced	2 ea.

### **Method**

1. For the miso broth, in a small bowl, combine the miso and just enough of the Dashi to soften the miso.
2. In a small pot, bring the remaining Dashi to a boil over medium high heat. Turn down the heat to medium. Stir in the softened miso until combined. (Be sure that the broth does not come to a boil as this will cause the miso to lose its flavor.) Reserve warm.
3. Cut the squash in ½. Scoop out and discard the seeds and fibrous pulp. Cut the flesh and rind into quarters. Cut the quarters into wedges about 2-inches long by 1-inch wide. Peel away all but a few strips and bits of the green peel to create a camouflage-like pattern. (The slight peel will keep the squash from disintegrating as it simmers.)
4. In a medium saucepan, place the squash, mirin, soy sauce, and 2 cups of the reserved miso broth. Simmer until the squash is tender but still firm enough to hold its shape, 15 to 20 minutes.
5. In a bowl, place the dried wakame and enough warm water to cover. Soak until the wakame is rehydrated, about 5 minutes. Drain.
6. Add the scallions, rehydrated wakame, and any remaining reserved miso broth to the saucepan. Simmer until heated through, 1 to 2 minutes.
7. Transfer the miso soup to serving bowls.

Source: Chef Drew Spangler

# DASHI

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Water, cold	1 qt.
Mushroom, shiitake, dried	4 ea.
Kelp, giant ( <i>Konbu</i> )	1 oz.
Dried bonito flakes ( <i>Katsuobushi</i> )	4 oz.

## **Method**

1. Place the water in a medium-sized soup pot. Add the mushrooms and kelp. Heat over medium-high heat, uncovered, to 140°F. Remove the pot from the heat and steep for 30 minutes.
2. Return the pot to the stove and bring the temperature back to 140°F.
3. Add the bonito flakes. Using the back of a ladle, gently press down on the bonito flakes so they fully submerge in the water.
4. Remove the pot from the heat. Steep for 30 seconds.
5. Strain the liquid through a cheesecloth lined chinois. Discard the solids.
6. Use the dashi as desired.

## SEARED SNAPPER WITH SPICED LEMON GRASS CRUST

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lemongrass, stalk, finely chopped	¼ cup
Red pepper flakes	1 Tbsp.
Garlic, finely chopped	1 Tbsp.
Turmeric, ground	½ tsp.
Salt, kosher	1 ½ tsp.
Sugar, granulated	2 tsp.
Water	2 Tbsp.
Snapper, Onaga, fillets, 6 oz. ea.	4 ea.
Oil, vegetable	2-3 Tbsp.
Yellow Curry Sauce (Recipe follows)	1 cup

### **Method**

1. In a bowl, combine the lemongrass, chile flakes, garlic, turmeric, salt, sugar, and water. Add the snapper, turning it to fully coat on all sides. Marinate for about 20 minutes.
2. Heat the oil in a large non-stick frying pan over medium-high heat. Add the marinated fillets and cook until slightly flakey, 5 to 6 minutes per side. Transfer to paper towels to drain any excess oil.
3. To serve, pool the Yellow Curry Sauce in the bottom of the serving dish. Arrange the fish over the sauce.

**Note:** Ehu, Kalekale, and Lehi can be substituted for the Onaga.

*Source: The Best of Vietnamese & Thai Cooking by Mai Pham*

# YELLOW CURRY SAUCE

*Yield: 2 cups*

Ingredients	Amounts
Oil, vegetable	1 Tbsp.
Shallot, minced	1 ea.
Garlic, minced	1 tsp.
Yellow Curry Paste (Recipe follows)	1 Tbsp.
Coconut, milk, unsweetened (Divided)	1 cup
Stock, chicken	1 cup
Fish sauce	2 Tbsp.
Sugar, granulated	2 Tbsp.
Turmeric, ground	1 pinch

## Method

1. Heat the oil in a small saucepan over medium heat. Add the shallot, garlic, and Yellow Curry Paste. Stir to combine. Allow the mixture to sizzle for 15 to 20 seconds.
2. Stir in about 3 tablespoons of the coconut milk. Allow the mixture to bubble for 1 minute.
3. Add the stock, fish sauce, sugar, turmeric, and remaining coconut milk. Stir and let the sauce simmer for about 5 minutes.
4. Remove the sauce from heat. Reserve until ready to use.

**Note:** This recipe is compatible with both Thai and Indian-style curry pastes. Red, green, and yellow varieties all yield excellent results, though yellow and green are often preferred for their ability to complement a wide range of meats, particularly seafood and chicken. The sauce serves well as a base for curry stews or as a flavorful topping for grilled dishes.

If the sauce is too thick, add water a little at a time until the desired consistency is reached. If the sauce is too thin, make a cornstarch slurry. To prepare this thickener, mix 2 tablespoons of cornstarch to  $\frac{1}{3}$  cup of water. Add the slurry in small increments, stirring between each addition, until the desired thickness is reached.

Source: *The Best of Vietnamese & Thai Cooking* by Mai Pham

# YELLOW CURRY PASTE

*Yield: 1 cup*

<b>Ingredients</b>	<b>Amounts</b>
Cumin, seeds	1 tsp.
Coriander, seeds	1 Tbsp.
Peppercorns, white	1 tsp.
Chile, red, dried, small, split, seeded	¼ cup
Garlic, sliced	4 tsp.
Shallot, sliced	4 ea.
Turmeric, ground	1 Tbsp.
Galanga, fresh, thinly sliced	1 Tbsp.
Lemongrass, stalk, minced	¼ cup
Lime, zest	1 tsp.
Shrimp paste	1 tsp.
Salt, kosher	2 tsp.
Oil, vegetable	1 Tbsp.

## **Method**

1. Place a small sauté pan over low heat. Add the cumin and coriander seeds. Toast, stirring constantly, until lightly browned, 2 to 4 minutes. Transfer to a small bowl and reserve.
2. In the same pan, add the peppercorns. Toast, stirring constantly, until lightly browned, 3 to 5 minutes. Remove, add to the bowl with the seeds, and reserve.
3. In the same pan, place the red chiles. Roast very lightly until dark spots just begin to appear, 2 to 3 minutes. (Be sure not to let them blacken.) Remove from the heat and reserve.
4. In the same pan, place the garlic. Roast until golden in color, 3 to 5 minutes. Remove from the heat and reserve.
5. In the same pan, place the shallots. Roast until wilted, 3 to 5 minutes. Remove from the heat and reserve.
6. Using a mortar and pestle, grind the reserved roasted cumin, coriander, and peppercorns until a fine powder is formed. Remove and reserve.
7. In the same mortar and pestle, place the roasted chiles and finely grind. Add the turmeric, galanga, lemongrass, lime zest, shrimp paste, salt, and the reserved roasted garlic and shallots. Pound until a fine paste is formed.
8. In a small bowl, combine the paste, reserved ground spices, and oil. Blend until smooth. The paste is now ready to use.

**Note:** In this recipe, almost every ingredient is the same as in the green curry paste, but roasted red chiles are substituted for green. To store, divide into 2-tablespoon portions and place inside sealable plastic bags and freeze. The paste will last for 3 months.

# DAN-DAN NOODLES

*Yield: 10 to 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, vegetable	as needed
Pork, ground	1 lb.
Sweet bean sauce	4 tsp.
Wine, Shaoxing	4 tsp.
Soy sauce, dark	2 tsp.
Five spice, powder	1 tsp.
Peppercorns, Sichuan	½ tsp.
Tahini 4	Tbsp.
Oil, sesame	1 Tbsp.
Soy sauce	6 Tbsp.
Sugar, granulated	4 tsp.
Five spice, powder	½ tsp.
Sichuan Chile Oil (Recipe follows)	to taste
Garlic, minced	⅔ Tbsp.
Stock, chicken	1 cup
Noodles, Chinese, wheat, thin	1 lb.
Bok choy, baby	1 lb.
Pickled vegetables	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Scallion (Green onion), sliced	as needed

## **Method**

1. Heat a wok over medium-high heat. Lightly coat the inside of the wok with oil.
2. Add the pork. Cook until browned, 6 to 7 minutes.
3. Add the sweet bean sauce, Shaoxing wine, dark soy sauce, and five spice. Stir to combine.
4. Cook until the liquid has reduced by ½, 1 to 2 minutes. Remove from the wok and reserve.
5. For the sauce, in a spice grinder, process the Sichuan peppercorns to a powder. Transfer to a mixing bowl.
6. To the bowl, add the tahini, sesame oil, soy sauce, sugar, five spice, Sichuan Chile Oil, and garlic. Stir to combine. Adjust the consistency of the sauce with the chicken stock. Reserve.
7. For the noodles, bring a large pot of salted water to a boil over medium-high heat. Add the noodles. Cook until just tender, 2 to 3 minutes. Using tongs, transfer the noodles an ice bath. (Reserve the cooking water.) Shock, drain, and reserve.

8. Bring a separate large pot of salted water to a boil over medium-high heat. Add the bok choy. Blanch until tender, 4 to 6 minutes. Drain, shock in an ice bath, and drain again. Reserve.
9. Heat a wok over medium-high heat. Add the reserved pork mixture and sauce. Stir fry until heated through.
10. Add reserved noodles, bok choy, and the pickled vegetables. Stir fry until heated through. Adjust the consistency with the reserved cooking water.
11. Season with salt and pepper to taste.
12. Serve garnished with the scallions.

# SICHUAN CHILE OIL

*Yield: 4 ½ cups*

<b>Ingredients</b>	<b>Amounts</b>
Peppercorns, Sichuan	½ cup
Oil, vegetable	4 cups
Chile, arbol, whole	2 cups
Red pepper flakes	¼ cup
Ginger, fresh, 1-in. piece, roughly chopped	1 ea.
Scallion (Green onion), stalk	2 ea.
Clove, whole	2 Tbsp.
Cassia, bark, 1-in. piece	1 ea.
Star anise, whole	4 ea.
Cardamom, pods, black	2 ea.
Chili powder	2 Tbsp.

## **Method**

1. Place the Sichuan peppercorns and oil in a bowl. Soak the peppercorns for at least 8 hours.
2. In a large saucepan over low heat, add the peppercorns, oil, arbol chilis, and red pepper flakes. Heat to about 200°F for 5 minutes. Turn off the heat and leave pot on the stove.
3. Add the ginger, scallions, cloves, cassia bark, star anise, black cardamom, and chili powder. Steep at room temperature for 1 ½ to 2 hours.
4. Heat over low heat until the temperature reaches 180°F. Strain immediately through a coffee filter to remove all sediment and particles.
5. Store in sealed jar at room temperature.

## OVEN-BAKED LASAGNA, BOLOGNA-STYLE

*Yield: 9 portions*

<b>Ingredients</b>	<b>Amounts</b>
Fresh Spinach Pasta Dough (Recipe follows)	1 lb.
Salt, kosher	as needed
Oil, olive, pure	¼ cup
Pork, sausage, Italian	9 oz.
Onion, yellow, diced	1 ½ cups
Garlic, minced	1 Tbsp.
Beef, chuck, coarsely ground	9 oz.
Pork, shoulder, coarsely ground	9 oz.
Wine, red, dry	1 cup
Fennel, seeds	½ tsp.
Tomato, paste	3-4 Tbsp.
Tomato, local, vine ripe, peeled seeded, chopped	4 ea.
Chile, red, chopped	1 ea.
Carrot, finely diced	½ cup
Celery, rib, finely diced	½ cup
Pepper, black, ground	to taste
Cheese, ricotta	1 pt.
Egg, yolks	2 ea.
Cheese, Parmesan, freshly grated	2 oz.
Cheese, mozzarella, coarsely grated	2 oz.
Parsley, flat-leaf, leaves, fresh, chopped	2 Tbsp.
Basil, leaves, fresh, chopped	2 Tbsp.
Pepper, black, ground	¼ tsp.
Butter, unsalted	2 wt. oz.
Flour, all-purpose	1 wt. oz.
Milk, whole	1 ½ pt.
Salt, kosher	to taste
Pepper, black, ground	to taste
Nutmeg, whole, grated	to taste
Cheese, Parmesan, freshly grated	3 oz.
Cheese, mozzarella, coarsely grated	6 oz.
Basil, sprig, fresh	9 ea.

## Method

1. To shape the lasagna noodles, roll out the Fresh Spinach Pasta Dough into a fairly thick sheet. Using a pasta cutter, cut 9 strips, 3-inches wide by 12-inches long.
2. Bring a large pot of salted water to a boil. Cook the lasagna until firm to the bite (*al dente*), 3 to 4 minutes. Drain, shock in cold water, and drain again. Reserve the pasta in a single layer on a sheet pan. If stacking is necessary, place a sheet of plastic wrap between each layer to prevent the pasta from sticking.
3. For the meat sauce, heat the oil in a heavy-bottomed casserole dish over medium-high heat. Sauté the sausages on all sides until browned, about 10 minutes. Remove, cut into thin slices, and reserve.
4. Add the onions and garlic to the casserole dish. Sauté until the garlic is aromatic and the onions start to turn translucent, about 5 minutes.
5. Add the ground beef and pork. Cook over medium heat until browned, about 10 minutes.
6. Stir in the wine, fennel seed, tomato paste, and chopped tomatoes. Cook until thick and chunky, about 45 minutes.
7. Add the chile pepper, carrots, and celery. Season with pepper to taste. Cook for 5 minutes. Remove the casserole dish from the heat. Mix in the reserved sliced sausage. Reserve.
8. For the filling, in a large mixing bowl, combine the ricotta, egg yolks, Parmesan, mozzarella, parsley, basil, and pepper. Reserve.
9. For the béchamel, melt the butter in a 4-quart saucepan over medium-low heat. Sprinkle in the flour and whisk until smooth. Stir continuously for about 3 minutes.
10. Gradually whisk in the milk to prevent lumps from forming. Bring to a slow simmer, stirring frequently. Cook until the sauce has thickened and the raw flour taste has dissipated, about 10 minutes. Season with salt, pepper, and nutmeg to taste.
11. Preheat oven to 350°F.
12. In the bottom of a 9-inch by 12-inch ovenproof baking dish, spread 2 tablespoons of the reserved meat sauce. Arrange 3 of the reserved lasagna noodles over the sauce. Spread ½ of the reserved filling over the lasagna noodle layer. Spread ½ of the remaining reserved sauce over the filling layer. Repeat this process with 3 more lasagna noodles, the remaining filling, and the remaining sauce. Top with the remaining 3 lasagna noodles. Cover the top lasagna noodle layer with the béchamel, Parmesan, and mozzarella.
13. Bake in a preheated oven until lightly browned on top, about 30 minutes. (Be sure that the cheese topping does not form too much of a crust or get too dry.)
14. Remove the lasagna from the oven and rest for at least 15 minutes.
15. To serve, slice the lasagna into 9 portions. Garnish each portion with a basil sprig.

Source: *Italian Cooking* by B.H. Ellmer

# FRESH SPINACH PASTA DOUGH

*Yield: 1 ½ pounds*

<b>Ingredients</b>	<b>Amounts</b>
Spinach, leaves, fresh	6 oz.
Egg, whole	4 ea.
Oil, vegetable	1 fl. oz.
Flour, durum	1 lb.
Salt, kosher	1 pinch

## **Method**

1. Bring a pot of water to a boil over medium-high heat. Add the spinach leaves. Blanch until bright green and wilted, about 45 seconds. Drain, soak in an ice bath, and drain again. Squeeze the leaves dry using a clean side towel.
2. In a food processor, purée the blanched spinach leaves. Add the eggs and oil. Purée until the mixture is smooth.
3. Add the flour and salt. Process until the mixture resembles a coarse meal. When pressed, the dough should form a cohesive mass.
4. Turn the dough out onto a clean work surface. Knead until the dough is very firm, yet pliable. Cover and let the dough relax at room temperature for at least 1 hour.

# CIOPPINO WITH CROSTINI AND AIOLI

*Yield: 20 portions*

<b>Ingredients</b>	<b>Amounts</b>
Tomato Sauce (Recipe follows)	1 qt.
Oil, olive, extra virgin	½ cup
Onion, yellow, minced	1 ½ lb.
Scallion (Green onion), bunch, sliced on bias	4 ea.
Pepper, bell, green, small diced	1 ½ lb.
Fennel, bulb, small diced, core removed	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Garlic, minced	2 Tbsp.
Tomato, local, vine ripe, concassé, medium diced	8 lb.
Wine, white, dry	16 fl. oz.
Stock, chicken	2 qt.
Bay leaf, dried	3 ea.
Thyme, leaves, fresh, chopped	1 Tbsp.
Red pepper flakes	½ tsp.
Salt, kosher	to taste
Clams, Manila, scrubbed	5 lb.
Mussels, debearded, scrubbed	5 lb.
Shrimp, peeled, deveined	60 ea.
Snapper, Ehu, white fleshed, 3 oz. portion, tranche	20 ea.
Scallops, cartilage removed, cleaned	3 lb.
Crostini (Recipe follows)	1x recipe
Aioli (Recipe follows)	1x recipe

## **Method**

1. Make the Tomato Sauce according to the directions in the following recipe. Reserve.
2. For the dish base, heat the oil in a small rondeau over medium-high heat. Add the onions, scallions, peppers, and fennel. Season with salt and pepper as needed. Sauté until the onions are translucent, 7 to 8 minutes.
3. Add the garlic. Sauté until aromatic, about 1 minute.

4. Add the tomato concassé, wine, reserved Tomato Sauce, stock, bay leaves, thyme, and chili flakes.
5. Turn the heat down to medium. Cover the pot. Simmer slowly until the flavors are incorporated, about 20 minutes. Season with salt to taste. Remove and discard the bay leaves.
6. Add the clams, mussels, shrimp, and snapper to the sauce base. Poach until the shrimp and snapper are cooked through and the clams and mussels are open, 6 to 7 minutes. Discard any unopened clams or mussels.
7. Ladle the cioppino into heated bowls, ensuring even distribution of the seafood. Drizzle the Aioli over top of the cioppino. Garnish each bowl with two Crostini.

**Note:** Onaga, Kalekale, and Lehi can be substituted for the Ehu.

# TOMATO SAUCE

*Yield: 1 gallon*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, extra virgin	3 oz.
Onion, yellow, minced	1 lb.
Garlic, minced	2 Tbsp.
Tomato, purée, canned	30 oz.
Basil, dried	1 tsp.
Oregano, dried	1 tsp.
Tomato, canned	26 oz.
Salt, kosher	as needed
Pepper, black, ground	as needed

## **Method**

1. Heat the olive oil in a large rondeau over medium heat. Sweat the onions and garlic until the garlic is aromatic and the onions start to become translucent, about 7 minutes.
2. Add the tomato purée, basil, oregano, and the tomatoes with their juices. Season with salt and pepper as needed.
3. Simmer, stirring frequently, until the flavor is fully developed, 45 minutes to 1 hour. (Be sure to skim the top of the sauce of any impurities and taste the sauce occasionally throughout the cooking time.)
4. Using a blending stick, purée the sauce until smooth. Season with salt and pepper as needed.
5. Reserve hot.

# CROSTINI

*Yield: 20 portions*

## Ingredients

## Amounts

Bread, French, loaf	2 ea.
Garlic, clove, peeled	4 ea.
Oil, olive, extra virgin	½ cup
Salt, kosher	as needed
Pepper, black, ground	as needed

## Method

1. Preheat grill over medium-high heat.
2. Cut the loaves of bread on a diagonal into ½-inch slices.
3. Grill the bread slices on the preheated grill until golden brown on both sides, 2 to 3 minutes per side.
4. Rub the garlic clove on one side of each of the toasted bread slices. Top each with a drizzle of the oil.
5. Season with salt and pepper as needed.
6. Reserve until ready to serve.

# AIOLI

*Yield: 2 cups*

<b>Ingredients</b>	<b>Amounts</b>
Garlic, clove	6–8 ea.
Salt, kosher	$\frac{3}{4}$ tsp.
Egg, yolks	2 ea.
Lemon, juice, fresh	1 tsp.
Oil, olive, pure	2 cups
Water, hot	2 Tbsp.

## **Method**

1. Using a mortar and pestle, mash the garlic cloves and salt together until a paste is formed. Transfer the garlic paste to the bowl of a stand mixer.
2. Using a stand mixer fitted with a whisk attachment, whip the garlic paste, egg yolks, and  $\frac{1}{2}$  of the lemon juice on medium speed until smooth.
3. With the mixer running, slowly add the oil into the yolk mixture drop by drop. Allow each addition of oil to be incorporated before adding more. As soon as an emulsion begins to form, the remaining oil can be added slightly faster.
4. As the mayonnaise thickens, gradually add the remaining lemon juice and the hot water to achieve a rich, creamy consistency. If the sauce becomes too thick, add small amounts of additional hot water as needed. The mixture should remain smooth and cohesive, never oily or separated.
5. Refrigerate if made in advance and bring to room temperature before serving.

**Note:** All ingredients should be at room temperature before beginning. You may want to reserve some of the garlic paste until the sauce is finished, as it is easier to add more than to remove it once mixed in. Mayonnaise made by hand or with a kitchen mixer tends to have superior flavor and texture compared to that made in a food processor. Avoid using an assertive extra virgin olive oil, as it can result in a bitter sauce.

# COUSCOUS IN THE STYLE OF TANGIER, MOROCCO

## SEKSU TANJAoui

*Yield: 8 to 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Chickpeas, dried	1 cup
Baking soda	½ tsp.
Salt, kosher	as needed
Couscous, medium	1 ½ lb.
Lamb, shank, Big Island	1 ½ lb.
Salt, kosher	2 Tbsp.
Pepper, black, ground	2 Tbsp.
Ginger, ground	1 tsp.
Saffron, pulverized	⅛ tsp.
Onion, yellow, quartered, thinly sliced lengthwise	3 ea.
Butter, unsalted (Divided)	8 Tbsp.
Parsley, flat-leaf, sprig, fresh	2 ea.
Coriander, sprig, fresh	2 ea.
Salt, kosher	1 tsp.
Onion, Spanish	1 ea.
Cinnamon, ground	½ tsp.
Raisins, black	½ cup
Sugar, granulated	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Carrot, small, scraped, quartered	6 ea.
Turnip, small, scraped, quartered	6 ea.
Squash, kabocha, local, peeled, cored, cut into 2- in. chunks	1 ½ lb.
Zucchini, small, halved	3-4 ea.
Oil, olive, pure	as needed
Almonds, whole, blanched	1 cup

### **Method**

1. Pick over the chickpeas for any debris. Place the chickpeas in a medium bowl. Toss with baking soda. Add with just enough water to cover. Soak overnight.

2. Drain the chickpeas. Place in a medium saucepot with enough cold salted water to cover. Cover and cook until tender, about 1 hour. Drain and cool.
3. Place the cooled chickpeas in a bowl of cold water. Remove the skins with your hands by gently rubbing them between your fingers. Discard the skins that rise to the top of the water. Drain and reserve.
4. Place couscous in a fine strainer and rinse under cool running water. Place the rinsed couscous into a large bowl and let it stand until the grains swell, 10 to 20 minutes. Break up any lumps that form using your fingertips. Reserve.
5. For the broth, in a deep pot, place the lamb, salt, pepper, ginger, saffron, onions, and 3 tablespoons of the butter. Tie the parsley and coriander springs together with twine and add them to the pot.
6. Heat over low heat, swirling the pan once or twice to gently mix the spices and meat. When the butter is melted, cover the lamb with 3 quarts of water and bring to a boil over medium-high heat. Add the reserved chickpeas. Turn down the heat to medium-low, cover, and simmer until tender, about for 1 hour.
7. Using a perforated steamer, cook the reserved couscous, uncovered, over the simmering broth until tender to the bite (*al dente*), about 15 minutes. Place the couscous in a hotel pan and sprinkle it with 1 ½ cups cold water. Use a long-pronged fork to break up any lumps. Sprinkle with the salt, toss, and reserve.
8. Remove the broth from the heat and cool quickly. Skim off any fat that rises to the top.
9. Remove the bone from the lamb, discard, and return the meat to the broth. Reserve warm.
10. For the glazed topping, transfer 2 cups of the simmering lamb broth to a saucepan. Add the Spanish onion, cinnamon, raisins, sugar, and 3 tablespoons of the butter. Season with salt and pepper to taste.
11. Cook, covered, until reduced by ½, about 1 hour. Remove the cover and cook until all of the liquid has evaporated and the onions have a dark, glazed appearance, about 30 minutes. Reserve uncovered.
12. Add the carrots, turnips, kabocha, and zucchini to the lamb broth.
13. With wet hands, break up any lumps that have formed in the reserved couscous by working the grains lightly between your fingers. Add the couscous back to the perforated steamer.
14. Bring the lamb broth to a boil over medium-high heat. Place the perforated steamer back over the broth, and cover with a lid. Steam the couscous until warmed through, about 20 minutes.
15. Reheat the glazed onions and raisins over low heat until just warmed through.
16. Heat the oil in a skillet over medium-high heat. Add the almonds and fry until golden brown, 2 to 3 minutes. Drain the oil from the almonds and blot any excess oil using paper towels. Reserve.
17. Place the couscous onto a very wide serving dish. Toss with the remaining 2 tablespoons of butter, using a fork to smooth out any lumps.
18. Season the lamb broth with salt and pepper to taste. Strain 3 cups of the broth over the couscous. Cover and let stand for 10 minutes.
19. Using a perforated spoon, lift the meat from the remaining broth and place it on top of the couscous. Scatter the carrots, turnips, kabocha, and zucchini over top of the couscous. Top with the glazed onions, raisins, and a sprinkle of the fried almonds.

# CUBAN BEEF HASH

## *PICADILLO*

*Yield: 4 to 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, Spanish	¼ cup
Onion, yellow, chopped	1 ea.
Pepper, bell, green, seeded, chopped	1 ea.
Garlic, finely chopped	1 Tbsp.
Beef, chuck, coarsely ground	1 lb.
Wine, sherry, dry	¼ cup
Tomato, canned, crushed	½ cup
Salt, kosher	1 Tbsp.
Worcestershire sauce	1 Tbsp.
Tabasco sauce	½ tsp.
Oil, vegetable	¼ cup
Potato, sweet, Molokai purple, small, peeled, cut into ¼-in. cubes	1 ea.
Lime, juice, fresh	as needed
Raisins, black	¼ cup
Olive, green, pimiento-stuffed drained, halved	½ cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Egg, whole	1 ea.
Peas, English, local, fresh	2 lb.
Cheese, pimiento, chopped	1 ea.

### **Method**

1. Heat the oil in a casserole dish over low heat until fragrant. Add the onion, bell pepper, and garlic. Cook, stirring occasionally, until softened, about 10 minutes.
2. Add the beef. Cook, while stirring and breaking up any large chunks of meat using a wooden spoon, until brown, 10 to 15 minutes. Drain off any excess fat.
3. Add the sherry, tomatoes, salt, Worcestershire sauce, and Tabasco sauce. Cook, uncovered, over medium heat for 15 to 20 minutes.
4. Heat the oil in a small skillet over medium-high heat until fragrant. Add the potato and a small amount of lime juice. Toss to coat. (This helps to preserve the color of the potato.) Fry until golden, about 10 minutes.

5. Add the potato, raisins, and olives to the casserole dish with the meat. Season with salt and pepper as needed. Cook until most of the liquid is absorbed, 10 to 15 minutes.
6. In a small saucepan, place the egg with enough cold water to cover by 1-inch. Bring to a boil over high heat and turn down medium heat. Simmer the egg for 4 minutes. Turn off the heat, cover, and let sit for 10 to 12 minutes.
7. Remove the egg from the water and gently crack on a wooden cutting board. Place the cracked egg in ice water until cool, about 15 minutes. Peel and finely chop the egg. Reserve.
8. Split the pea pods lengthwise, remove the peas, and discard the pods.
9. Bring a pot of salted water to a boil. Add the peas. Blanch until tender, about 1 minute. Drain, shock in an ice bath, and drain again.
10. Transfer the hash to a large serving platter. Place the chopped egg in the center of the hash. Outline the border of the hash with the peas. Sprinkle the pimento over the entire dish.

**Note:** Russet potatoes can be substituted for the Molokai purple sweet potatoes.

½ a cup of sweet peas can be substituted for the local fresh English peas.

If you prefer not to fry the potato, peel and cut each potato in ½. Then, boil over medium-high heat in salted water to cover until tender, about 20 minutes. Omit the vegetable oil.

# RICE PILAF

*Yield: 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted, clarified	2 Tbsp.
Onion, Sweet Maui, minced	$\frac{3}{4}$ oz.
Rice, white, long-grain, rinsed, drained	2 cups
Stock, chicken	24 fl. oz.
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste
Cuban Style Black Beans (Recipe follows)	1x recipe

## **Method**

1. Heat the butter in a heavy-gauge pot over medium heat. Add the onions. Sweat over low heat until translucent, stirring frequently, 5 to 6 minutes.
2. Add the rice. Sauté, stirring frequently, until coated with the butter and heated through.
3. In a separate pot, heat the stock over medium-high heat until warm.
4. Add the warm stock to the rice and bring to a simmer. Stir the rice once or twice to prevent it from clumping together or sticking to the bottom of the pot.
5. Add the bay leaves and thyme. Season with the salt and pepper as needed.
6. Cover the pot. Cook over low heat until the grains are tender to the bite and have absorbed all the liquid, 15 to 20 minutes. Remove the pot from the heat and let it stand for 5 minutes. Uncover the rice and using a fork, separate the grains to release the steam.
7. Season with salt and pepper to taste.
8. Serve immediately with the Cuban Style Black Beans.

# CUBAN STYLE BLACK BEANS

*Yield: 8 to 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Beans, black, dried, picked through, rinsed	1 lb.
Bay leaf, dried	1 ea.
Onion, yellow, brunoise	¼ cup
Pepper, bell, green, seeded, ribs removed, brunoise	¼ cup
Garlic, minced	1 Tbsp.
Oregano, Mexican, dried	½ tsp.
Salt, kosher	2 Tbsp.
Salt, kosher	as needed
Oil, olive, extra virgin	¼ cup
Onion, yellow, brunoise	¾ cup
Pepper, bell, green, seeded, ribs removed, brunoise	¾ cup
Garlic, minced	2 Tbsp.
Oregano, Mexican, dried	½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cilantro, leaves, fresh, chopped	2 Tbsp.

## **Method**

1. In a large pot, place the black beans, bay leaf, onion, bell pepper, garlic, Mexican oregano, salt, and 5 quarts of water. Bring to a boil over high heat and turn down the heat to medium.
2. Cook, stirring occasionally, until the beans are tender, 2 ½ to 3 hours. Add more hot water throughout cooking, as needed, to ensure the beans stay covered by ¼-inch. Discard the bay leaf. Season with salt as needed.
3. Heat the oil in a medium skillet over medium heat. Add the onion, bell pepper, garlic, and Mexican oregano. Season with salt and pepper to taste.
4. Cook, stirring occasionally, until the onion mixture is very soft and begins to brown, 15 to 20 minutes. Stir into the cooked beans.
5. Top with cilantro leaves.

# CARIBBEAN CARPACCIO

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Grouper, Hapu'upu'u, fresh, fillet	8 oz.
Lime, juice, fresh	2-3 Tbsp.
Fire Oil (Recipe follows)	1-2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Shallot, minced	1 ea.
Chive, fresh, minced	2 Tbsp.
Parsley, flat-leaf, leaves, fresh, minced	2 Tbsp.
Cilantro, leaves, fresh, minced	1 Tbsp.
Tarragon, leaves, fresh, minced	1 Tbsp.
Lime, cut into 4 wedges	1 ea.

## **Method**

1. Slice the fish as thin as possible on a diagonal.
2. Place the slices between 2 sheets of plastic wrap. Using a meat cleaver, gently flatten the slices until they are paper thin.
3. Transfer the fish slices to 4 dinner plates. Peel one sheet of plastic wrap from one side of the fish. Invert the fish to place the side of the fish with no plastic wrap onto the plate. Peel off the top sheet of plastic wrap.
4. Drizzle the lime juice and Fire Oil over the fish on each plate. Season with salt and pepper as needed. Sprinkle the shallots, chives, parsley, cilantro, and tarragon over top of each fish slice. Gently pat the fish with your fingertips to work in the flavorings.
5. Garnish each plate with a lime wedge. Serve.

**Note:** Fresh snapper or tuna can be substituted for the fresh grouper.

Source: Chef Steven Raichlen

# FIRE OIL

*Yield: 2 cups*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, extra virgin	2 cups
Shallot, minced	1 ea.
Scallion (Green onion), stalk, thinly sliced	1 cup
Garlic, minced	2 Tbsp.
Chive, fresh, minced	2 Tbsp.
Thyme, sprig, fresh, rough chopped	2 ea.
Parsley, Italian, leaves, fresh, chopped	1 Tbsp.
Pepper, habanero, seeded, chopped	1 ea.
Chile, Hawaiian bird, chopped	3 ea.

## **Method**

1. Heat the oil in a saucepan to 160°F.
2. Add the shallot, scallions, garlic, chives, thyme, parsley, habanero pepper, and Hawaiian Bird chile.
3. Turn off the heat. Steep at room temperature for 30 minutes.
4. Transfer to a mason jar and store refrigerated.

# QUESADILLAS WITH POTATOES AND CHORIZO

## QUESADILLAS CON PAPAS Y CHORIZO

*Yield: 8 to 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Flour, all-purpose	1 ¼ cup
Salt, kosher	¼ tsp.
Lard, melted	¼ cup
Water, warm	4 fl. oz.
Potato, Idaho, peeled, medium diced	8 oz.
Salt, kosher	as needed
Oil, olive, extra virgin	1 Tbsp.
Pork, chorizo, skinned, chopped	2 ea.
Onion, yellow, chopped	6 oz.
Garlic, chopped	2 tsp.
Chile, jalapeño, seeded, chopped	1 ea.
Cilantro, leaves, fresh, chopped	1 ½ tsp.
Cheese, queso fresco, fresh crumbled (From Chef demo)	4 oz.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Flour, all-purpose	as needed
Oil, corn 8	oz.

### Method

1. For the tortilla dough, using a stand mixer fitted with a paddle attachment, combine the flour, salt, and lard until crumbly, 3 to 5 minutes. With the mixer running, gradually add the water and mix until a smooth dough forms.
2. Remove the dough from the mixer and divide it into 4 equal pieces. Roll each piece into a ball shape, cover with a towel, and rest for at least 15 minutes.
3. Place the potatoes in a pot of cold salted water. Bring the water to a boil and cook the potatoes until tender, 12 to 15 minutes. Drain and reserve.
4. Heat the oil in a sauté pan over medium-high heat. Add the chorizo. Sauté until browned, about 5 minutes.
5. Add the onion, garlic, and jalapeños. Cook until the vegetables are soft, 3 to 5 minutes. Remove from the heat and cool.
6. For the filling, in a bowl, combine the cooled chorizo mixture, cilantro, fresh queso fresco and the reserved potatoes. Season with the salt and pepper to taste. Reserve.

7. On a lightly floured surface, roll each reserved dough ball into a 10-inch circle. As each tortilla is shaped, transfer it to a piece parchment paper to prevent sticking. Repeat this process until all of the tortillas are shaped. When ready to fill, spread a spoonful of the reserved filling on each tortilla, leaving a ½-inch border around the edges. Fold each tortilla in ½ and press the edges to seal.
8. Heat the oil in a large pan to 350°F. Add the quesadillas and fry until lightly brown on both sides, 3 to 5 minutes per side. Slice and serve.

# AVOCADO SALSA

*Yield: 6 to 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Avocado, ripe	2 ea.
Chile, Hawaiian bird	1 ½ ea.
Onion, Sweet Maui, minced	½ ea.
Scallion (Green onion), stalk, white and 2-in. of green, minced	3 ea.
Cilantro, leaves, fresh, roughly chopped	3 Tbsp.
Vinegar, rice	2 Tbsp.
Oil, olive, pure	6 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Preheat broiler to high heat.
2. Place the chiles on a sheet pan. Roast the chiles under the preheated broiler, turning as needed, until blistered and blackened, 5 to 7 minutes.
3. Remove the chiles from the broiler and transfer to a metal bowl. Cover the bowl with plastic wrap. Steam the chiles until they are cool enough to handle.
4. Using a paring knife, scrape down the exterior of the chile to remove the charred skin. Remove and discard the stem and seeds. Dice the chile and reserve.
5. Cut each avocado in ½ and remove the seed. Using a knife, make dice-sized criss-crosses in the avocado flesh. Scoop out the dice using a spoon.
6. In a mixing bowl, place the avocado, reserved diced chile, onion, scallions, and cilantro.
7. In a separate small bowl, whisk together the vinegar and oil. Season with salt and pepper to taste.
8. Pour the oil and vinegar mixture over the avocado mixture. Mix gently to combine. (Be careful not to mash the avocado or the salsa will look like guacamole and taste "muddy.")

**Note:** This salsa also goes well with quesadillas, burgers, or chips.

Source: Chef Cindy Pawlcyn

# PORK LOIN WITH SAGE, LEEKS, AND POHA BERRIES

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Pork, loin roast, tied	3 lb.
Garlic, slivered	4 tsp.
Salt, sea 2	Tbsp.
Sage, leaves, fresh, torn (Divided)	¼ cup
Thyme, sprig, fresh (Divided)	1 ea.
Leek, baby	24 ea.
Oil, peanut	2 Tbsp.
Pork, bones	1-2 lb.
Onion, yellow, halved	6 ea.
Tomato, local, vine ripe, cored, seeded, chopped	3 ea.
Sugar, granulated	2 Tbsp.
Vinegar, wine, red	1 Tbsp.
Wine, white	1 cup
Pepper, white, ground	1 tsp.
Poha berries	5-6 ea.
Butter, unsalted	2 Tbsp.

## **Method**

1. To stud the pork, using a sharp paring knife, insert the tip of the knife into the pork to create a small slit that is big enough to fit the garlic sliver. Leaving the blade in place, carefully slide a sliver of garlic down the flat side of the blade and guide it into the slit. Repeat this process every 1 ½ to 2-inches around the entire pork loin.
2. Rub the entire surface of the pork with the salt, ½ the sage, and ½ the thyme. Wrap the work securely in plastic wrap and refrigerate overnight.
3. Remove the pork from the refrigerator. Rinse thoroughly and pat dry. Reserve to bring to room temperature.
4. Bring a pot of salted water to just below a boil. Trim the leeks at the root and cut the white sections to be about 6-inches long. Cut the greens into 4 sections. Place the leek whites and greens into the hot salted water. Allow them to soak for 10 minutes. Remove the leeks, dry, and reserve.
5. Heat the oil in a casserole dish over medium-high heat. Add the pork and cook, turning frequently, until the meat is thoroughly browned on all sides. Add the onion and tomatoes. Cook for 3 to 4 minutes.
6. In a small bowl, dissolve the sugar in the vinegar. Add the mixture to the casserole dish.
7. Add the wine and stir to blend. Cook until the liquid reduces slightly, about 5 minutes.

8. Place the reserved leek whites around the pork. Lay the reserved leek greens over top of the pork and push down for a snug fit. Add the pepper, poha berries, butter, and the remaining sage and thyme around the pork.
9. Cover and turn down the heat to low. Simmer, stirring occasionally to ensure that the leeks are equally distributed in the cooking liquid, for 1 ½ hours.
10. To serve, discard the leek greens, untie the pork, and slice it thinly. Place the pork slices on a warmed serving platter. Arrange the leek whites and onions around the meat. Strain the cooking liquid through a fine-mesh sieve and into a sauceboat. Serve immediately.

**Note:** Salting the meat ahead will cure it briefly and will heighten the intensity of the herbs and garlic. The pork can also be cooked in a 325°F oven.

Source: *Simply French* by Patricia Wells and Joel Robuchon

# DAY THREE A:

## PAIRING WHITE WINES WITH FOOD: SAUVIGNON BLANC, AND CHARDONNAY

### LEARNING OBJECTIVES

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

- Identify and distinguish between the various flavors and aromas used to describing Sauvignon Blanc and Chardonnay.
- Describe the effects varied cooking techniques have on food and by association, food, and wine pairing.
- Define the concept of bridge flavors/ ingredients in wine pairing and explain why it is important.
- Explain the role of acidity in the production of white wines and its significance in wine and food pairing.
- Identify the qualities and flavors in white wine associated with malolactic fermentation.
- Describe a dish that would be a good match for either a Sauvignon Blanc or a Chardonnay we have tasted.
- List three qualities that make Sauvignon Blanc a “good food wine.”
- Give examples of contrasting and complementary food matches with white wines.
- Explain the functions of a “bridge” ingredient.

### LEARNING ACTIVITIES

- Lecture and discussion of flavor
- Demonstrations and component tasting
- Hands-on production
- Wine and food analysis and evaluation

### KEY TERMS

Varietal character  
White flowers  
Aromatic  
Firm/crisp acidity  
Thin  
Melon

Oak, American vs. French  
Musky  
Vanillin  
Lean  
Butterscotch  
Grassy/herbaceous

Vinification  
Barrel Fermented  
Toasty oak  
Buttery

# DAY THREE A: TEAM PRODUCTION ASSIGNMENTS

## TEAM ONE

Brie Quesadillas with Fresh Pear Salsa  
Grilled Prawns Wrapped in Pancetta with Lime and Cilantro  
*\*Dry Cure Duck Legs for Duck Confit – Day Four*

## TEAM TWO

Grilled Lamb Brochettes with Lemon and Dill  
Linguini with Fennel, Dungeness Crab, and Meyer Lemon Cream

## TEAM THREE

Warm Salad of Watercress with Braised Artichokes and Goat Cheese  
Thai Green Curry with Prawns, Kabocha Squash, and Thai Eggplant

## TEAM FOUR

Brandade of Celeriac and Fennel  
Prawn Tabbouleh with Mango Curry Sauce  
*\*Prepare the Oxtail Roulade - Day Four*

## BRIE QUESADILLAS WITH FRESH PEAR SALSA

*Yield: four, 8-inch quesadillas*

<b>Ingredients</b>	<b>Amounts</b>
Cheese, Brie, creamy	½ lb.
Tortillas, flour, 8-in.	8 ea.
Oil, vegetable	2 Tbsp.
Fresh Pear Salsa (Recipe follows)	1x recipe
Honey as	needed

### **Method**

1. Place the cheese in the freezer until very firm but not frozen, about 1 hour.
2. Preheat oven to 500°F.
3. Brush one side of each of the 4 tortillas lightly with some of the oil. Place the tortillas, oil-side down, on a sheet pan, ensuring that they do not overlap.
4. Remove the cheese from the freezer. Cut the cheese into ½-inch cubes. Distribute about ½ cup over each tortilla.
5. Using a slotted spoon, spread 2 to 3 tablespoons of the Fresh Pear Salsa over the cheese. Top the salsa with remaining tortillas. Brush the tops of the tortillas lightly with some of the oil.
6. Bake the quesadillas in the preheated oven until the cheese is melted and the tortillas are lightly browned, 5 to 7 minutes.
7. Using a large spatula, transfer the quesadillas to a cutting board. Use a pizza wheel or a large sharp knife to cut each quesadilla into pie-shaped wedges.
8. Drizzle the tops of the quesadillas with the honey. Serve with additional Fresh Pear Salsa.

# FRESH PEAR SALSA

*Yield: 2 ½ cups*

<b>Ingredients</b>	<b>Amounts</b>
Pear, Asian	1 lb.
Pear, dried, halved, chopped	2 ea.
Onion, red, chopped	½ cup
Mint, leaves, fresh, chopped	¼ cup
Lime, juiced, zested	1 ea.
Ginger, fresh, minced	1 Tbsp.
Chile, jalapeño, seeded, minced	1 ea.
Salt, kosher	¾ tsp.
Red pepper flakes	¼ tsp.
Pepper, bell, red, brunoise	1 ea.
Pepper, bell, yellow, brunoise	1 ea.

## **Method**

1. Core the pears and cut them into ½-inch cubes.
2. In a medium bowl, combine the fresh pears, dried pears, onion, mint, lime juice, lime zest, ginger, jalapeño, salt, red pepper flakes, red bell pepper, and yellow bell pepper until well mixed.
3. Cover and refrigerate until needed.

**Note:** Korean pears can be substituted for the Asian pears.

# GRILLED PRAWNS WRAPPED IN PANCETTA WITH LIME AND CILANTRO

*Yield: 20 portions*

<b>Ingredients</b>	<b>Amounts</b>
Prawns, Kahuku, 16/20	2 lb.
Pork, pancetta, very thinly sliced	1 lb.
Bamboo skewers, soaked	40 ea.
Lime, juiced	2 ea.
Oil, olive, fruity	2 tsp.
Garlic, minced	2 tsp.
Cilantro, leaves, fresh, chopped	¼ cup
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.

## **Method**

1. Remove all but the last section of the shell at the tail from each prawn. Devein and clean the prawns.
2. Wrap each prawn with one slice of pancetta. With each turn, overlap the pancetta slightly, by about ⅛-inch. It is only necessary to wrap the center of the prawn.
3. Skewer the prawns, leaving a small space between each to allow the heat of the grill to penetrate and cook them. Refrigerate and reserve.
4. For the vinaigrette, in a bowl, combine the lime juice, garlic, oil, and cilantro. Reserve.
5. Preheat grill over medium-high heat.
6. Grill the skewered prawns until they are pink and opaque, 2 to 3 minutes per side. The pancetta will not be completely browned.
7. Remove the prawns from the skewers and transfer to a bowl. Add enough of the reserved vinaigrette to lightly coat. Add the salt and pepper. Toss to coat.
8. Place the prawns on a plate and top with the remaining vinaigrette. Serve warm.

**Note:** Kauai prawns can be substituted for the Kahuku prawns.

The high acidity of this sauce cuts the richness of the pancetta nicely. The prawns may be wrapped a day in advance and refrigerated. The vinaigrette may be prepared a day in advance as well, but the cilantro must be added just before serving to preserve the color and fresh flavor. Metal skewers are preferred, but if using bamboo skewers, make sure to soak them for an hour prior to using. This technique also works well with radicchio; cooking reduces the bitterness and makes the flavors of the grill and the pancetta come out.

# GRILLED LAMB BROCHETTES WITH LEMON AND DILL

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lamb, leg, boneless, Big Island	2 ½ lb.
Bamboo skewers, soaked	8 ea.
Oil, olive, pure	½ cup
Garlic, minced	2 Tbsp.
Dill, fresh, finely chopped (Divided)	5 Tbsp.
Lemon, juiced, zested	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed

## **Method**

1. Cut the lamb into 1-inch cubes. Divide the cubes into eight portions. Thread each portion onto one of the eight skewers. Place the skewers in a container large enough for them to lay down flat.
2. In a bowl, combine the oil, garlic, lemon zest, and 4 tablespoons of the dill. Season with salt and pepper as needed. Pour the marinade over the skewered lamb. Refrigerate overnight.
3. Preheat grill over medium heat.
4. Grill the brochettes on the preheated grill until the lamb is cooked medium rare (internal temperature of 135°F) to medium (internal temperature of 140°F), 4 to 5 minutes per side.
5. Place the lamb brochettes on a serving platter. Season with the lemon zest. Garnish with the remaining dill. Serve warm.

# LINGUINI WITH FENNEL, DUNGENESS CRAB, AND MEYER LEMON CREAM

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Shallot, minced	1 Tbsp.
Wine, white	1 cup
Fennel, seeds	1 Tbsp.
Peppercorns, white	1 tsp.
Cream, heavy	2 cups
Lemon, Meyer, finely zested	¼ cup
Salt, kosher	to taste
Pepper, white, ground	to taste
Fennel, bulb	2 ea.
Oil, olive, pure	2 Tbsp.
Leek, julienne	1 cup
Pasta, linguini, dried	1 lb.
Crabmeat, Dungeness	1 lb.
Lemon, Meyer, peeled, segmented	4 ea.
Chive, fresh, sliced	1 Tbsp.

## **Method**

1. For the Meyer lemon cream, in a non-reactive saucepan, bring the shallot, wine, fennel seeds, and peppercorns to a simmer over medium heat. Turn down the heat to low to keep the mixture at a bare simmer. Reduce the liquid until there is about 1 tablespoon remaining, 5 to 7 minutes.
2. Add the cream and return the mixture to a simmer. Cook at a low simmer for about 30 minutes. Strain the mixture through a fine mesh sieve. Add the lemon zest. Season with salt and white pepper to taste. Reserve warm.
3. Cut the fennel bulbs in ½ from the root to the top. Remove and discard the core. Remove and reserve the fennel tops. Using a mandolin, slice the bulbs thinly with the grain.
4. Heat the oil in a large sauté pan over medium heat. Add the fennel and leeks. Cook until translucent, about 10 minutes. Remove from the heat and reserve in the pan.
5. Bring a large pot of salted water to a boil. Add the linguini to the boiling water and cook until tender to the bite (*al dente*), 8 to 10 minutes. When the linguini is almost done, add the reserved lemon cream to the pan with the reserved fennel and leek mixture. Gently warm them together over low heat.
6. Drain the cooked pasta and add it to the warmed cream mixture. Add the crabmeat and lemon segments. Toss to combine. Season with salt and white pepper to taste.

7. Portion the linguini, crabmeat, and fennel among serving plates. Top each with any remaining lemon cream from the pan. Garnish with the chives and reserved fennel tops.

# WARM SALAD OF WATERCRESS WITH BRAISED ARTICHOKE AND GOAT CHEESE

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Onion, yellow, julienned	1 ea.
Garlic, thinly sliced	4 tsp.
Celery, rib, sliced 1/16-in. thick	1 ea.
Fennel, bulb, cut 1/4-in. by 2-in.	1/3 cup
Carrot, small, peeled, sliced 1/16-in. thick	1 ea.
Oil, olive, extra virgin	1/2 cup
Artichoke, hearts, large cut into 1/8-in. pieces	4 ea.
Orange, juiced, zested	1 ea.
Wine, white, dry	3/4 cup
Thyme, branch	4 ea.
Bay leaf, dried	2 ea.
Pepper, black, ground	1/4 tsp.
Salt, kosher	as needed
Lemon, juice, fresh	as needed
Pepper, black, ground	as needed
Vinegar, wine, red	2 Tbsp.
Thyme, leaves, fresh	1 tsp.
Cheese, goat, log, fresh, Big Island	3 oz.
Pepper, black, ground	1/4 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Asparagus, tips	32 ea.
Watercress, Sumida Farms, cleaned, cut into bite sized pieces	8 cups
Celery, leaves	2/3 cup
Fennel, tops	1/4 cup
Parsley, Italian, leaves, fresh	1/2 cup
Radish, thinly sliced	6 ea.
Cheese, goat, log, fresh, Big Island	3 oz.
Salt, kosher	to taste
Pepper, black, ground	1/2 tsp.

## Method

1. For the braised artichokes, in a 3-quart sauce pot, combine the onions, garlic, celery, fennel, carrot, and olive oil. Sweat the vegetables until the onions are translucent, 7 to 8 minutes.
2. Add the artichoke hearts, orange juice, orange zest, wine, thyme branches, bay leaves, and pepper. Season with salt as needed. Bring to a simmer over medium heat. Cook gently until the artichoke hearts are tender, about 20 minutes.
3. Remove the pot from the heat and allow the artichoke hearts to cool in the liquid. Season with salt, pepper, and lemon juice as needed. Remove the artichoke hearts from the braising liquid. Reserve the artichoke hearts and braising liquid separately.
4. Remove and discard the thyme branches, orange zest, and bay leaves from the braising liquid. Reduce the braising liquid, if necessary, until the liquid remaining equals  $\frac{2}{3}$  cup.
5. For the dressing, in a small saucepan, combine the  $\frac{2}{3}$  cup of braising liquid, vinegar, thyme, goat cheese, and pepper. Heat until the cheese is melted. Remove the pan from the heat and allow the dressing to sit until the thyme flavor is infused into the dressing, about 5 minutes. Season with salt and pepper to taste. Reserve in the saucepan.
6. Bring a pot of salted water to a boil. Add the asparagus tips and blanch until tender. Drain, shock in an ice bath, and drain again.
7. For the salad, in a large mixing bowl, combine the watercress, celery leaves, fennel tops, parsley, blanched asparagus tips, and radishes. Break the goat cheese into small chickpea-sized pieces and add to the salad.
8. Preheat oven to 350°F.
9. Place a rack on a  $\frac{1}{2}$  sheet pan. Place the reserved artichokes on the rack. Heat in the preheated oven until warmed through, 7 to 10 minutes. Warm the reserved dressing over low heat on the stove top until barely warm.
10. In a large mixing bowl, place the artichoke hearts and salad. Add the dressing and toss to coat. The pieces of cheese should soften slightly, and the greens should just begin to wilt. Serve immediately.

# THAI GREEN CURRY WITH PRAWNS, KABOCHA SQUASH, AND THAI EGGPLANT

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Salt, kosher	as needed
Prawns, Kauai, 16/20, raw, cleaned	½ lb.
Peas, fresh	½ cup
Coconut, milk, unsweetened	3 cups
Green Curry Paste (Recipe follows)	2 Tbsp.
Lemongrass, stalk, 2-in. pieces, bruised	3 ea.
Fish sauce	2 Tbsp.
Salt, kosher	½ tsp.
Sugar, granulated	3 Tbsp.
Eggplant, Thai, quartered	½ lb.
Squash, kabocha, local, peeled, wedges	¾ lb.
Mussels, Mediterranean, debearded	1 lb.
Lime, Makrut, leaves, shredded	3 ea.
Basil, Thai, leaves, fresh, halved	½ cup
Steamed Jasmine Rice (Recipe follows)	1x recipe

## **Method**

1. Bring a pot of salted water to a boil. Blanch the prawns until the color is about to turn, about 15 seconds. Drain and reserve.
2. Bring a separate small pot of salted water to a boil. Blanch the peas for 30 seconds. Drain, shock in an ice bath, and drain again. Reserve.
3. Place the top, creamy part of the coconut milk in a saucepan. This should amount to about ½ cup. Heat over medium heat until oil droplets start to form on the coconut milk.
4. Add the Green Curry Paste and stir to combine. Sizzle until aromatic, 2 to 3 minutes.
5. Add the remaining coconut milk, lemongrass, fish sauce, salt, and sugar. Bring to a boil over high heat. Turn down the heat to medium-low.
6. Add the Thai eggplant. Simmer until tender, about 5 minutes.
7. Add the squash and mussels. Cook until the mussels start to open and the squash is slightly soft, 4 to 5 minutes. Discard any unopened mussels.
8. Add the reserved blanched prawns. Cook until done, 2 to 3 minutes. Add the Makrut lime leaves and reserved blanched peas.
9. Bring the curry to a simmer. Remove it from heat. Stir in the Thai basil leaves. Serve with the Steamed Jasmine Rice.

**Note:** Kahuku prawns can be substituted for the Kauai prawns.

## GREEN CURRY PASTE

*Yield: 1 cup*

<b>Ingredients</b>	<b>Amounts</b>
Cumin, seeds	1 tsp.
Coriander, seeds	1 Tbsp.
Peppercorns, white	10 ea.
Chile, serrano, minced	5 ea.
Chile, Hawaiian Bird, minced	10 ea.
Garlic, sliced	4 tsp.
Shallot, sliced	3 ea.
Lemongrass, stalk, minced	3 Tbsp.
Galanga, fresh, 1-in. piece, thinly sliced	1 ea.
Cilantro, stems, roots and leaves, fresh, chopped	½ cup
Lime, Makrut, leaves, cut in slivers	7 ea.
Shrimp paste (Optional)	1 Tbsp.
Curry powder	1 Tbsp.
Salt, kosher	2 tsp.

### **Method**

1. Place a small sauté pan over low heat. Add the cumin, coriander, and peppercorns. Brown the seeds, while constantly shaking to prevent burning, until lightly toasted, 2 to 3 minutes.
2. Transfer the toasted seeds to a mortar. Grind the toasted spices into a fine powder. Remove and reserve the ground spices.
3. In the mortar, pound, grind, and scrape the Green Thai Bird and serrano chiles until a moist, fragrant paste forms. Remove and reserve the chili paste.
4. In the mortar, pound, grind, and scrape the garlic, shallots, lemongrass, galanga, cilantro, and Makrut lime leaves until a moist, fragrant paste forms. Remove and reserve the herb paste.
5. In the mortar, pound the shrimp paste, curry powder, salt, and reserved ground spices together until a paste forms.
6. In a food processor, place the chili paste, herb paste, and ground spice paste. Pulse until thoroughly combined, scraping down the sides of the bowl as needed.
7. The paste will last for 2 weeks in the refrigerator.

*Source: The Best of Vietnamese & Thai Cooking by Mai Pham*

# STEAMED JASMINE RICE

*Yield: 4 portions*

## Ingredients

Rice, jasmine  
Cold water

## Amounts

1 cup  
1 ¼ cups

## Method

1. Place the dry rice in a large bowl and cover generously with cold water. Using your hand, stir the rice in circles until the water turns a milky white color, 10 to 15 seconds. Drain the rice and return it to the bowl. Repeat the process 5 to 6 times, until the rinsing water is nearly clear.
2. Place the rinsed rice in a pot and add the water. Do not stir.
3. Bring the rice and water to a boil over high heat. When large starchy bubbles reach the rim of the pot, after about 30 seconds, cover the pot and turn down the heat to low. Do not uncover the pot.
4. Simmer the rice for 15 minutes. Remove from the heat and let the rice sit for 15 to 20 minutes. Do not uncover the pot.
5. Fluff rice with a fork to separate the grains.

**Note:** 1 cup raw rice yields about 3 ½ cups of cooked rice. Hold the cooked rice in a covered bowl in a steamer over low heat.

Source: Chef Barbara Tropp

# BRANDADE OF CELERIAC AND FENNEL

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Salt, kosher	as needed
Celeriac, peeled, quartered	3 lb.
Fennel, bulb, cored, quartered	3 lb.
Potato, russet, peeled, quartered	2 lb.
Oil, olive, pure	$\frac{2}{3}$ cup
Garlic, minced	2 $\frac{2}{3}$ Tbsp.
Star anise, ground	$\frac{1}{2}$ tsp.
Cream, heavy	1 $\frac{1}{3}$ cups
Parsley, flat-leaf, leaves, fresh, chopped	$\frac{1}{2}$ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Lemon, juice, fresh	to taste

## **Method**

1. Bring a large pot of salted water to a boil. Add the celeriac and boil until fork tender, about 15 minutes. Drain and reserve.
2. Bring a separate large pot of salted water to a boil. Add the fennel and boil until tender, about 10 minutes. Drain and reserve.
3. Place the potatoes in a pot of cold salted water. Bring the water to a boil and cook until tender, 10 to 15 minutes. Drain and reserve.
4. Heat the oil in a sauté pan over medium-high heat. Add the garlic and sauté until aromatic, about 30 seconds. Add the star anise and cream. Bring to a boil.
5. In a food processor, purée the reserved fennel, celeriac, and potatoes until smooth.
6. Add the hot cream mixture. Pulse to combine.
7. Add the parsley. Pulse to combine. Season with salt, pepper, and lemon juice to taste.
8. Transfer to a serving dish.

Source: Adapted from *The Natural Cuisine of Georges Blanc* by George Blanc

# PRAWN TABBOULEH WITH MANGO CURRY SAUCE

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Wheat, bulgur, finely cracked	2 cups
Salt, kosher	as needed
Prawns, Kahuku, 16/20, peeled, deveined	½ lb.
Cucumbers, small diced	½ cup
Mint, leaves, fresh, chiffonade	2 Tbsp.
Parsley, flat-leaf, leaves, fresh, chopped	3 Tbsp.
Tomato, local, vine ripe, diced	½ cup
Apple, Granny Smith, small diced	¼ cup
Mango, Haden, dried, diced	¼ cup
Oil, olive, pure	3 Tbsp.
Orange, juice, fresh	3 Tbsp.
Togarashi spice	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Mango Curry Sauce (Recipe follows)	1x recipe
Pepper, black, freshly ground	as needed

## **Method**

1. Place the bulgar in a large bowl. Bring 2 cups of water to a boil over high heat. Pour the hot water over the bulgar. Cover the bowl with a lid. Let it sit until all of the water is absorbed, 15 to 20 minutes. Fluff with a fork and allow it to cool. Reserve.
2. Bring a pot of salted water to a boil. Once the water reaches a rolling boil, remove the pot from the heat and add the prawns, ensuring that they are fully submerged. Allow them to cook in the water until pink and opaque, about 4 minutes.
3. Remove the prawns from the hot water using a slotted spoon. Submerge in an ice bath to prevent over cooking. Drain and allow to cool. Brunoise the prawns and reserve.
4. In a large bowl, combine the cucumbers, mint, parsley, tomatoes, apple, mango, oil, orange juice, Togarashi, and reserved bulgur wheat. Add the poached prawns and toss to combine. Season with the salt and pepper.
5. To assemble, place a large spoonful of the tabbouleh in the center of each serving plate. Spoon the Mango Curry Sauce around the tabbouleh. Top with freshly ground black pepper.

**Note:** Kauai prawns can be substituted for the Kahuku prawns.

*Source: The Kitchen Sessions with Charlie Trotter by Charlie Trotter*

## MANGO CURRY SAUCE

*Yield: 2 ½ cups*

### Ingredients

### Amounts

Mango, Haden, dried, diced	¾ cup
Curry powder, hot	1 ½ tsp.
Vinegar, wine, rice	½ cup
Water 1	cup
Salt, kosher	to taste

### Method

1. In a food processor, purée the mango, curry powder, vinegar, and water until smooth, about 3 minutes. Season with salt to taste. Refrigerate overnight.
2. Strain through a fine-mesh sieve. Refrigerate until ready to use or for up to one week.

**Note:** The sauce may need additional water added to adjust the consistency.

*Source: The Kitchen Sessions with Charlie Trotter by Charlie Trotter*

# DAY THREE B:

## PAIRING RED WINES WITH FOOD:

### PINOT NOIR AND CABERNET SAUVIGNON

#### LEARNING OBJECTIVES

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

- Identify and distinguish between three styles of each of the following varietals:
- Cabernet Sauvignon – fruity and light, medium body/weight with depth, full/complex and deep.
- Pinot Noir – fruity and light, medium body/depth, complex and rich
- Define the difference between herbs and spices.
- Alter a dish so that it could complement Pinot Noir or Cabernet Sauvignon
- Explain umami and its effects on food and wine.
- Define the concept “briary” as it applies to wine and food matching.

#### LEARNING ACTIVITIES

- Lecture and discussion of flavor
- Demonstrations and component tasting
- Hands-on production
- Wine and food analysis and evaluation

#### KEY TERMS

Cassis	Hummus	Leathery
Briary	Forest floor	Rose
Meritage	Green bean	Supple
Fleshy	Duff	Mushroom
Violet	Pomegranate	Tobacco
Unctuous	Earthy	Barnyard
Distinguished	Vegetal	

# DAY THREE B: TEAM PRODUCTION ASSIGNMENTS

## TEAM ONE

Gnocchi with Classic Pesto  
Chicken with Saffron and Garlic

## TEAM TWO

Couscous Risotto with Wild Mushrooms and Pecorino Cheese  
Chicken Liver Mousse with Port and Tomato Sauce Scented with Bay Leaves

## TEAM THREE

Pan-Roasted Gray Snapper with Porcini Crust and Mushroom-Leek Ragout  
Roasted Eggplant and Pepper Terrine

## TEAM FOUR

Roasted Beef Filet with Caramelized Onions and Schloss Cheese Demi-Glace  
Savory Lentil and Fresh Tomato Coulis

# GNOCCHI WITH CLASSIC PESTO

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Salt, kosher	as needed
Potato, russet	6 ea.
Egg, whole, beaten	2 ea.
Salt, kosher	1 tsp.
Pepper, white, ground	½ tsp.
Nutmeg, ground	a pinch
Flour, unbleached	3 cups
Cheese, Grana Padana, grated	½ cup
Flour, unbleached	as needed
Water 6	qt.
Salt, kosher	2 Tbsp.
Classic Pesto (Recipe follows)	1x recipe
Salt, kosher	to taste
Pepper, white, ground	to taste
Cheese, Grana Padana, grated	as needed

## **Method**

1. Place the potatoes in a large pot with enough salted water to cover. Boil the potatoes in their skins until they are easily pierced with a fork, about 40 minutes. Drain the potatoes and cool. Peel once cool enough to be handled.
2. Press the peeled potatoes through a ricer or a food mill fitted with a fine blade.
3. Spread the riced potatoes on a clean work surface and allow them to cool completely.
4. Gather the cold riced potatoes into a mound and form a well in the center.
5. In a bowl, beat the eggs. Add the salt and white pepper. Place the egg mixture into the well. Top the egg mixture with the nutmeg.
6. Using both hands, work the potatoes and eggs together while gradually adding a total of 3 cups of the flour. (Be sure to scrape the dough up from the work surface with a knife as often as necessary to prevent sticking.)
7. Add the Grana Padana cheese and work it into the dough until just combined. The incorporation of the ingredients should take no longer than 10 minutes. (Be sure not to overwork the dough.)
8. Dust the dough, your hands, and the work surface with enough flour to lightly coat. Cut the dough into six equal parts. Work with one piece of dough at a time, dusting the dough, your hands, and the work surface with a little flour as long as the dough feels sticky.
9. Lightly flour a sheet pan.
10. Using both hands, roll one piece of the dough into a rope about ½-inch thick. Slice the rope at ½-inch intervals. Sprinkle a little flour on the work surface and roll each piece into a ball.

11. Holding a fork at a 45-degree angle to the table, with your thumb on the tines of the fork, indent each gnocchi to produce a ribbed indentation where your thumb was. Set the shaped gnocchi on the floured sheet pan. Repeat this process with the remaining dough.
12. Bring a large pot of salted water to a rolling boil. Working in batches, place the gnocchi in the boiling water. Cook, while stirring gently and continuously with a wooden spoon, until the gnocchi rise to the surface of the water, 2 to 3 minutes.
13. Using a slotted spoon, remove the gnocchi from the water and transfer them to a warm serving platter. Top with a little bit of the Classic Pesto to ensure they do not stick together. Repeat this process with the remaining gnocchi.
14. Top the gnocchi with the Classic Pesto. Season with salt and white pepper to taste. Garnish with grated Grana Padana cheese. Serve immediately.

# CLASSIC PESTO

*Yield: 1 cup*

<b>Ingredients</b>	<b>Amounts</b>
Basil, leaves, fresh, small	60 ea.
Salt, sea 1	pinch
Garlic, peeled	2 tsp.
Macadamia nuts, lightly toasted	3 Tbsp.
Oil, olive, extra virgin	3-4 Tbsp.
Cheese, Pecorino Romano, grated	2 Tbsp.
Cheese, Grana Padana, grated	2 Tbsp.

## **Method**

1. In a blender, add the basil, salt, and garlic. Blend until a smooth paste is formed. Add the macadamia nuts and blend to combine.
2. With the blender running, gradually stream in  $\frac{1}{2}$  of the oil. Blend until combined.
3. Add the Pecorino Romano, Grana Padana, and the remaining oil.
4. Blend until it becomes a homogenous, creamy paste.

# CHICKEN WITH SAFFRON AND GARLIC

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Saffron, threads	1 pinch
Oil, olive, extra virgin (Divided)	5 Tbsp.
Onion, yellow, finely chopped	1 ea.
Garlic, finely chopped	1 Tbsp.
Chicken, pieces, dried	3 lb.
Egg, whole	2 ea.
Pine nuts <sup>2-3</sup>	Tbsp.
Chicken, liver, trimmed	1 ea.
Bread, country style, slice, crusts removed	1 slice
Parsley, flat-leaf, leaves, fresh, chopped	2 Tbsp.

## **Method**

1. Heat a sauté pan over high heat. Wrap the saffron threads in a piece of parchment paper and place the paper in the hot pan. Toast the saffron until the paper begins to brown and the saffron threads are dry and slightly crisp, 2 to 3 minutes. Remove the saffron from the paper. In a mortar, crush the saffron threads until a powder is formed. Reserve.
2. In a casserole dish large enough to hold all of the chicken, heat 3 tablespoons of the oil over medium heat. Add the onions and garlic. Sauté until soft but not brown, about 2 minutes.
3. Push the onions and garlic to the sides of the pan and add the dried chicken pieces in the middle. Raise the heat to high and brown the chicken on all sides. Remove from the heat and reserve in the casserole dish.
4. In a small saucepan, place the eggs with enough cold water to cover by 1-inch. Bring to a boil over high heat and turn down to a medium-low. Simmer the eggs for 4 minutes. Turn off the heat, cover, and let sit for 10 to 12 minutes.
5. Remove the eggs from the water and gently crack each on a wooden cutting board. Place the cracked eggs in ice water until cool, about 15 minutes.
6. Peel and remove the hard-boiled yolks from the whites. Reserve the yolks and discard the whites.
7. For the sauce, in a separate smaller pan, heat the remaining 2 tablespoons of oil. Sauté the pine nuts, transferring them to a blender as they brown. Add the chicken liver to the pan and fry, flipping once, until brown and cooked through, 3 to 5 minutes total.
8. Transfer the cooked liver to the blender. Add the bread to the pan and fry until it is golden brown on both sides, 3 to 4 minutes. Transfer the toasted bread to the blender.
9. Add the reserved toasted saffron, reserved egg yolks, and parsley to the blender. Blend the mixture until a paste is formed. Add 1 tablespoon of water to reduce the sauce.

10. In a large pot, bring about 1 quart of water to a boil. Place the casserole dish with the reserved chicken back on the stove. Pour the sauce over the browned chicken. Add the boiling water until the chicken is fully covered.
11. Cover with a lid and turn the heat to medium. Finish cooking the chicken in the sauce, about 30 minutes. Remove the cooked chicken from the sauce and transfer it to a serving platter. Reduce the sauce until it has slightly thickened, 4 to 5 minutes.
12. Serve the chicken accompanied by the saffron-garlic sauce.

Source: *Flavors of Puglia* by Nancy Harmon Jenkins

# COUSCOUS RISOTTO WITH WILD MUSHROOMS AND PECORINO CHEESE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Mushroom, Trumpet Royale, Hamakua, cleaned, ends trimmed, cut into rounds	2 cups
Oil, olive, pure	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	2 Tbsp.
Shallot, chopped	1/3 cup
Garlic, slivered	1 Tbsp.
Mushroom, shiitake, Hamakua, stems removed, sliced	2 cups
Couscous, Israeli, large	2 cups
Wine, white	1/2 cup
Stock, chicken (Divided)	4 cups
Lemon, zest	1 Tbsp.
Tomato, local, vine ripe, seeded, diced	1/2 cup
Chive, fresh, chopped	1/4 cup
Cheese, Pecorino Romano, grated	1/2 cup
Salt, kosher	1 tsp.
Pepper, black, ground	1/4 tsp.
Basil, sprig, fresh	6 ea.
Oil, truffle	as needed

## **Method**

1. Preheat grill over medium-high heat.
2. In a bowl, toss the Trumpet Royale mushrooms with enough oil to lightly coat. Season with salt and pepper as needed.
3. Place the mushroom slices on the preheated grill. Grill the mushrooms, turning occasionally until tender and lightly charred, about 5 minutes. Reserve.
4. Heat the oil in a sauté pan over medium-high heat. Sauté the shallots, garlic, and shiitake mushrooms until lightly colored, 4 to 5 minutes.
5. Add the couscous and sauté for 1 to 2 minutes. Add the wine and 1 cup of the stock. Stir occasionally until all the liquid is absorbed, 10 to 12 minutes.

6. Add the remaining stock. Cook, stirring occasionally, until the stock is nearly absorbed, about 10 minutes.
7. Stir in lemon zest, tomatoes, chives, and cheese. Season with the salt and pepper. Garnish with the reserved grilled mushrooms, basil sprigs, and a drizzle of truffle oil. Serve immediately.

**Note:** Brown or white alba mushrooms can be substituted for the shiitake mushrooms.

Source: Chef John Ash

# CHICKEN LIVER MOUSSE WITH PORT AND TOMATO SAUCE SCENTED WITH BAY LEAVES

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	2 tsp.
Onion, yellow, finely chopped	½ ea.
Tomato, local, vine ripe, seeded, finely chopped	8 ea.
Garlic, finely chopped	½ tsp.
Thyme, sprig, fresh	1 ea.
Bay leaf, fresh	2 ea.
Chicken, liver	9 oz.
Foie gras, raw	2 oz.
Egg, whole	3 ea.
Egg, yolks	3 ea.
Milk, whole	½ pt.
Cream, heavy	½ pt.
Salt, kosher	as needed
Pepper, black, ground	as needed
Butter, unsalted, melted	as needed
Wine, Madeira	3 Tbsp.
Wine, port, ruby	6 Tbsp.
Stock, chicken, brown	10 oz.
Butter, unsalted, chilled, diced	3 oz.
Tomato, local, vine ripe, peeled, seeded, diced	2 ea.
Butter, unsalted	1 Tbsp.
Sugar, granulated	as needed
Chervil, sprig, fresh	4 ea.

## **Method**

1. Preheat oven to 400°F.
2. For the fondue de tomates, heat the butter in a large pan over medium-high heat. Add the onion and sweat without coloring, about 5 minutes.
3. Add the tomatoes, garlic, thyme, and bay leaves. Bring to a boil and transfer to the preheated oven. Cook, uncovered, for 20 minutes. Reserve.

4. Preheat oven to 325°F.
5. For the chicken liver mousse, rinse the chicken livers under cold water. Place them in a bowl and add just enough cold water to cover. Allow them to soak for 15 minutes. Drain the livers and remove any connective tissue. Rinse, pat dry, and roughly chop.
6. In a blender, purée the chicken livers, foie gras, whole eggs, egg yolks, and milk. Add the heavy cream. Season with salt and pepper as needed. Blend until smooth, 1 to 2 minutes. Using a ladle, force the mixture through a fine sieve and into a small bowl. Refrigerate for 30 minutes.
7. Brush the insides of 8 ramekins with melted butter. Refrigerate the ramekins for a few minutes to harden the butter. Fill with the refrigerated mousse.
8. Line a roasting pan with parchment paper. Place the filled ramekins in the roasting pan. Fill the roasting pan with hot water until it reaches  $\frac{3}{4}$  of the way up the sides of the ramekins. Cover the ramekins with a sheet of buttered, pierced, parchment paper. Cook in the preheated oven until firm, 20 to 25 minutes.
9. Remove the roasting pan from the oven. Leave the ramekins covered with the paper and in the warm water to prevent the mousse from drying out.
10. For the sauce, in a medium saucepan, bring the Maderia and port wines to a boil over medium-high heat. Reduce by  $\frac{1}{2}$ , 2 to 3 minutes.
11. Add the chicken stock and stir to combine. Add the reserved fondue de tomates and simmer for 5 minutes. Pass the mixture through a fine sieve and return to the pan.
12. Simmer, while skimming any impurities that rise to the surface, until reduced by  $\frac{1}{3}$ , 3 to 5 minutes. Whisk in the cold, diced butter. Season with salt and pepper as needed. Reserve warm.
13. For the garnish, in a sauté pan, heat the butter over medium heat. Add the tomatoes and warm through. Add a pinch of sugar as needed. Wash and remove the stalks from the chervil.
14. To serve, turn out the mousses onto the center of 8 warm serving dishes. To do this, take hold of each ramekin and shake it sideways. This should free the mousse. If not, slide a knife blade down to the bottom of each ramekin. Pressing the knife firmly against the side of the ramekin, make one continuous circle and lift the ramekin off the mousse. Arrange a portion of warm tomato on top of each mousse. Top with a sprig of the chervil. Ladle the sauce around the edge of the serving dishes. Serve immediately.

Source: *Recipes from Le Manoir aux Quat' Saisons* by Raymond Blanc

# PAN ROASTED GRAY SNAPPER WITH PORCINI CRUST AND MUSHROOM-LEEK RAGOUT

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, pure	2 Tbsp.
Mushroom, portobello, stems and gills removed, sliced	1 lb.
Leek, white part only, sliced	2 ea.
Celery, rib, finely diced	1 Tbsp.
Carrot, finely diced	1 Tbsp.
Thyme, sprig, fresh	2 ea.
Tarragon, sprig, fresh	1 ea.
Stock, veal, brown	2 cups
Salt, kosher	as needed
Pepper, black, ground	as needed
Mushroom, porcini, dried	½ oz.
Snapper, gray, skinless, 5 oz. fillets	4 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	2 Tbsp.

## **Method**

1. For the ragout, heat the oil in a sauté pan over medium-high heat. Add the portobellos. Sauté, stirring often, until golden brown, 7 to 8 minutes.
2. Add the leeks, celery, and carrots. Turn down the heat to low. Cook until the vegetables have softened, 8 to 10 minutes. Tie the thyme and tarragon together in a cheesecloth bag. Add the stock and the cheesecloth bag to the pan. Simmer until the liquid has reduced by ½, 12 to 15 minutes. Season with salt and pepper as needed. Reserve.
3. Preheat oven to 500°F.
4. Using a spice grinder, grind the porcini mushrooms to a very fine powder.
5. In a bowl, place the snapper fillets. Coat both sides of the fillets with the ground porcini mushrooms. Season with salt and pepper as needed.
6. Heat the oil in an ovenproof pan over medium-high heat. Add the snapper fillets, skin side down, and cook until brown, 3 to 4 minutes. Flip the fillets over and place them in the preheated oven. Roast until the internal temperature of the fish reaches 140°F, about 10 minutes.

7. To serve, reheat the ragout on the stovetop over low heat, if necessary. Remove and discard the cheesecloth bag. Divide the ragout among 4 serving dishes. Serve the snapper over top of the ragout.

# ROASTED EGGPLANT AND PEPPER TERRINE

*Yield: 3 cups*

<b>Ingredients</b>	<b>Amounts</b>
Eggplant, local, sliced lengthwise into ¼-in. thick slices	1 lb.
Salt, kosher	as needed
Pepper, bell, red	3 lb.
Pepper, bell, yellow	3 lb.
Pepper, poblano	3 lb.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cabbage, Napa, bunch, leaves trimmed	1 ea.
Gelatin ½	oz.
Roasted Tomato and Saffron Vinaigrette (Recipe follows)	12 oz.

## **Method**

1. Preheat grill over medium-high heat.
2. Place the sliced eggplant in a bowl. Coat liberally with salt on both sides. Transfer the salted eggplant to a colander and set the colander over the bowl. Allow the eggplant to drain for 30 minutes. Rinse the salt from the eggplant slices and pat dry.
3. Place the whole peppers on the preheated grill. Grill, turning several times, until the outside skin is blistered and charred, about 15 minutes. Place the peppers in a stainless-steel bowl and cover with plastic wrap to steam the skin loose. When the peppers are cool enough to handle, remove the charred skin, using a paring knife if necessary. Remove the seeds and cut the peppers into strips. Season with salt and pepper to taste. Reserve.
4. Place the sliced eggplant on the preheated grill. Grill until tender and golden, about 6 minutes per side. Season with salt and pepper to taste. Reserve.
5. Bring a pot of salted water to a boil. Add the cabbage leaves and blanch until tender, 3 to 4 minutes. Drain, shock in an ice bath, and drain again. Trim to fit the terrine mold.
6. Line a 3-pound terrine mold with plastic wrap. Line the bottom of the mold with a single layer of cabbage leaves, overlapping each leaf with the other by about 1-inch. (Be sure that the plastic wrap and leaves are large enough to fold over and fully cover the top of the terrine once it has been layered.)
7. Place the Tomato and Saffron Vinaigrette in a bowl. Add the gelatin and stir until fully dissolved.
8. Place a layer of the reserved peppers over the cabbage leaves. Coat with some of the vinaigrette mixture. Layer the reserved eggplant over the peppers. Coat with some of the vinaigrette mixture. Repeat this layering process until the mold is filled. Fold the cabbage leaves and plastic wrap over the top of the layered peppers and eggplant.

9. Cover the terrine with another sheet of plastic wrap. Place a 2-pound weight on top of the terrine. Refrigerate overnight.
10. Remove the terrain from the refrigerator and allow it to rest at room temperature for 30 minutes before slicing.

**Note:** The terrine will hold under refrigeration for up to 7 days.

# ROASTED TOMATO AND SAFFRON VINAIGRETTE

*Yield: 3 cups*

<b>Ingredients</b>	<b>Amounts</b>
Tomato, plum (Roma)	4 ea.
Shallot, minced	2 Tbsp.
Garlic, minced	2 tsp.
Mustard, Dijon	1 Tbsp.
Vinegar, wine, red	¼ cup
Orange, juiced, zested	1 ea.
Saffron, threads, dissolved in 1 oz. water	¼-½ tsp.
Liquor, Pernod	1 Tbsp.
Oil, olive, extra virgin	¾ cup
Thyme, leaves, fresh, chopped	1 tsp.
Capers, drained, chopped	1 Tbsp.
Salt, kosher, coarse	to taste
Pepper, black, cracked	to taste
Red pepper flakes	to taste

## **Method**

1. Preheat broiler to high heat.
2. Place the tomatoes on a sheet pan. Roast the tomatoes under the broiler until collapsed and charred, turning as needed to assure even cooking, 3 to 4 minutes.
3. Peel away the worst of the black skin. Chop the tomatoes until they are puréed, being sure to retain all the juices. Reserve.
4. In a mixing bowl, combine the shallots, garlic, mustard, and vinegar. Let the mixture sit until the shallots are macerated, about 15 minutes.
5. Stir in the reserved roasted tomatoes, orange juice, orange zest, saffron water, and Pernod. Gradually stream in the oil while whisking to form a loose emulsion.
6. Add the thyme and capers. Stir to combine. Season with salt, cracked pepper, and red pepper flakes to taste.

# ROASTED BEEF FILET WITH CARAMELIZED ONIONS AND SCHLOSS CHEESE DEMI-GLACE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Onion, red, ¼-in. slices	2 ea.
Oil, olive, pure	2–3 Tbsp.
Vinegar, balsamic	1 Tbsp.
Salt, kosher	as needed
Wine, red	2 cups
Shallot, minced	3 Tbsp.
Garlic, minced	2 tsp.
Demi-glace, beef	1 cup
Beef, filet, local, Doc Lum’s or Kamuela Ranch	36 oz.
Salt, kosher	as needed
Pepper, black, ground	as needed
Cheese, California Schloss	4 oz.

## **Method**

1. Preheat oven to 375°F.
2. In a roasting pan, combine the onions, oil, and vinegar. Season with salt as needed. Roast in the preheated oven until just caramelized, 12 to 15 minutes. Reserve warm.
3. For the sauce, in a saucepan, add the wine, shallots, and garlic over medium heat. Reduce the wine to ½ cup, 8 to 10 minutes.
4. Add the demi-glace. Simmer for 30 minutes. Strain through a fine mesh sieve and back into the saucepan. Reserve.
5. Preheat oven to 450°F.
6. Season the filet on both sides with salt and pepper as needed. Place the beef on a wire rack in a roasting pan. Roast the filet in the preheated oven until it reaches the desired degree of doneness (140°F to 145°F for medium).
7. Reheat the reserved sauce in the saucepan. Stir in the cheese. (Be sure that the sauce does not boil after the cheese is added.)
8. Place the cooked beef filet on a serving platter. Top with the caramelized onions and the sauce.

Source: Chef Catherine Brandel

# SAVORY LENTIL AND FRESH TOMATO COULIS

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lentils, French, green, boxed	10 oz.
Stock, chicken	1 qt.
Onion, yellow, cut in ½	½ ea.
Bay leaf, dried	2 ea.
Celery, rib, cut in ½	1 ea.
Thyme, leaves, fresh	1 tsp.
Butter, unsalted	2 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Parsley, flat-leaf, leaves, fresh, chopped	⅓ cup
Tomato, local, vine ripe	5 ea.
Garlic, clove	2 ea.
Thyme, leaves, fresh	1 tsp.
Butter, unsalted	⅓ cup
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.

## **Method**

1. In a large pot, combine the lentils, stock, onion, bay leaf, celery, and thyme. Simmer over medium heat until the lentils are tender, about 35 minutes. Drain the lentils of any excess moisture. Stir in the butter. Season with the salt and pepper. Stir in the parsley. Reserve warm.
2. For the coulis, remove the seeds from the tomatoes and large dice.
3. In a blender, purée the tomatoes, garlic, and thyme. Pass the purée through a fine strainer and into a non-reactive saucepan.
4. Heat the tomatoes over low heat until warm. Stir in the butter until melted and emulsified. Do not allow the sauce to boil or it will separate.
5. Portion the reserved lentils into 8 serving bowls. Top with the coulis.
6. Season with the salt and pepper. Serve hot.

**Note:** This sauce has a fresh taste that is lost if allowed to boil. It relies heavily on the quality of the tomatoes used so it's easier to make from mid-summer to early fall. Often a pinch of sugar or a dash of vinegar will help balance the flavors in the sauce. Consider using fresh herbs such as parsley, chervil, cilantro, basil, mint, thyme, rosemary, chives, tarragon, oregano, or marjoram.

# DAY FOUR:

## CAVIAR AND GAME

### LEARNING OBJECTIVES

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

- Describe the taste and flavor of caviar.
- List quality indicators for caviar.
- Explain how caviar is obtained and treated.
- Understand different packaging methods of caviar.
- List the different grades of caviar.
- Understand how caviar can be incorporated into today's progressive menus.
- Identify and classify a variety of game meats by species and characteristics.
- Evaluate game meats for freshness, quality, and appropriate usage.
- Apply proper handling, butchery, and fabrication techniques specific to game meats.
- Demonstrate a range of cooking methods suited to different types of game meat.
- Analyze the flavor profiles and textural differences of various game meats.
- Understand complementary flavor pairings and ingredients that best enhance specific game meats.

### LEARNING ACTIVITIES

- Lecture and discussion
- Demonstrations
- Hands-On Production
- Product Evaluation

### KEY TERMS

Sturgeon

Malossol

Roe/ Coral

Beluga Sturgeon Caviar

Osetra Caviar

Farm-raised game

Ranch-raised game

Wild game

Sinew/ silver-skin

# DAY FOUR: TEAM PRODUCTION ASSIGNMENTS

## CHEF DEMO

Seared Oxtail Roulade with Beet and Parsley Root Salad

## TEAM ONE

Truffle Caviar Nigiri

Barley Risotto with Root Vegetable Confetti

Roasted Baby Carrots with Lemon-Dill Pesto

Broccolini with Black Garlic, Poppy Seed, and Olive Dressing

Amaranth with Duck Confit, Sweet Corn, and Truffle Sauce

## TEAM TWO

Butter Poached Prawns and Caviar Pani Puri

Curried Cauliflower Over Lentil Salad with Oven-Dried Tomatoes and Feta

Green Pancakes with Lime Butter

Pan-Roasted Squab with Cabernet-Cassis, Roasted Shallots, and Edamame Pancakes

## TEAM THREE

Chawan Mushi, Caviar, and Asparagus

Mushroom-Boursin Cheese Strudel with Spinach, Thyme Infused Cream Sauce, and Red Wine Reduction

Mixed Greens with Citrus Vinaigrette

Roulade of Pekin Duck Breast with Creamed Sweet White Corn and Morel Mushroom Sauce

## TEAM FOUR

Deviled Eggs with Caviar and Potatoes

Roasted Acorn Squash Over Burnt Eggplant Purée, Topped with Lentil Salad, Whipped Goat Cheese, and Maple-Cider Vinaigrette

Spice-Seared Venison with Mountain Apple-Turnip Conserve, Marinated Leeks, and Caramel Jus

# SEARED OXTAIL ROULADE WITH BEET AND PARSLEY ROOT SALAD

*Yield: 15 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oxtail, cut into 2-in. pieces	10 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Stock, veal, brown, cold (Divided)	2 gal.
Salt, kosher	1 ½ Tbsp.
Tomato, local, vine ripe, cut in ½	½ lb.
Leek 1	ea.
Bay leaf, dried	1 ea.
Parsley, flat-leaf, bunch, fresh	½ ea.
Thyme, bunch, fresh	½ ea.
Rosemary, sprig, fresh	1 ea.
Onion, yellow, peeled, whole	¾ lb.
Leek, trimmed, split, washed, tied together	½ lb.
Carrots, whole, peeled, tied together	½ lb.
Mustard, grain	1 Tbsp.
Shallot, small, minced	1 ea.
Parsley, flat-leaf, leaves, fresh, minced	2 tsp.
Vinegar, white	2 Tbsp.
Oil, olive, pure	⅓ cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Egg, whole	1 ea.
Shallot, minced	¼ cup
Cornichons, minced	1 Tbsp.
Capers, drained, minced	2 Tbsp.
Mustard, grain	2 tsp.
Vinegar, tarragon	¼ cup
Oil, olive, extra virgin	1 cup
Parsley, flat-leaf, leaves, fresh, chiffonade	¼ cup
Tarragon, leaves, fresh, chopped	¼ cup

Beet, red 15	oz.
Oil, olive, pure	as needed
Mustard, grain	1 Tbsp.
Shallot, small, minced	1 ea.
Parsley, flat-leaf, leaves, fresh, minced	2 tsp.
Vinegar, white	2 Tbsp.
Oil, olive, pure	1/3 cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Parsley, root, peeled, 1/2-in. julienne	3/4 cup
Parsley, stems, finely sliced	3/4 cup
Sugar, granulated	as needed
Fennel, bulb, thinly shaved	7 cups
Fennel, fronds, finely cut	1 cup
Parsley, flat-leaf, leaves, fresh	2 cups
Sugar, granulated	as needed
Egg, whole, beaten	4 ea.
Flour, all-purpose	2 cups
Breadcrumbs, panko	4 cups
Oil, canola	as needed
Beet greens, micro	1 cup

## Method

1. Preheat oven to 375°F.
2. Rinse the oxtail in under cold running water, ensuring all the blood runs out. Pat dry. Season with salt and pepper as needed. Place the oxtail in a roasting pan and roast in the preheated oven until brown, 25 minutes.
3. Transfer the oxtail to a pot. On the stovetop, deglaze the roasting pan with two cups of the veal stock, scraping up any brown bits stuck to the bottom of the pan (*fond*). Add it to the pot with the oxtail.
4. Add the remaining stock, salt, and tomatoes. Bring to a simmer.
5. For the bouquet garni, wrap the leek around the bay leaf, parsley bunch, thyme bunch, and rosemary sprig.
6. Add the bouquet garni, whole onions, tied leeks, and tied carrots to the pot with the oxtail. Simmer while continuously skimming. Remove the vegetables as they become tender and allow them to cool. Dice the vegetables as they become cool enough to handle. Reserve.
7. Simmer the oxtail until the meat is tender, 2 to 3 hours.

8. Remove the meat from the bones of the oxtail while it is still warm. Discard the fat. Reserve the bones and cooking liquid for another use elsewhere.
9. For the mustard vinaigrette, in a bowl, combine the mustard grain, shallot, parsley, vinegar, and oil. Season with salt and pepper as needed. Whisk until fully combined.
10. In a bowl, combine the oxtail meat, reserved diced vegetables, and the mustard vinaigrette. Season with salt and pepper as needed.
11. Cut a large piece of plastic wrap and lay it horizontally across a clean work surface. Place the oxtail mixture lengthwise along the bottom edge of the plastic wrap. Ensure that the mixture is centered along the bottom edge, leaving some excess plastic wrap at both ends. Roll up the oxtail mixture in the plastic, while holding it in the center and rolling as tightly as possible.
12. Holding the wrapped roulade, twist one end of the plastic wrap several times. This will secure the shape of the roulade. Repeat on the other side, twisting in the opposite direction. You should have a perfectly shaped cylinder. Bring both ends of the wrap over to the center of the roulade and tie them in a knot pulled just tight enough to rest against the roulade.
13. Refrigerate the roulade overnight to set.
14. The next day, for the gribiche sauce, in a small saucepan, place the egg with enough cold water to cover by 1-inch. Bring to a boil and turn down to a simmer. Simmer the egg for 4 minutes. Turn off the heat, cover, and let sit for 10 to 12 minutes.
15. Remove the egg from the water and gently crack each on a wooden cutting board. Place the cracked egg in ice water until cool, about 15 minutes.
16. Peel and slice the eggs in  $\frac{1}{2}$ . Remove the yolks from the whites. Push the egg yolks through a tamis and reserve. Push the whites through the tamis and reserve separately from the yolk.
17. In a bowl, combine the shallots, cornichons, capers, mustard, vinegar, and oil. Whisk to combine. Transfer  $\frac{1}{2}$  of the sauce to a blender and purée until smooth. Add the purée back to the bowl. Whisk to emulsify. Add the parsley, tarragon, and the reserved egg yolks and whites. Stir to combine. Reserve.
18. Preheat oven to 350°F.
19. In a bowl, toss the beets with enough oil to lightly coat. Season with salt and pepper as needed. Place the beets on a parchment paper lined sheet tray and roast in the preheated oven until they are met with little resistance when pierced with a knife, about 40 minutes. Remove from the oven and cool. Once cool enough to be handled, peel and quarter the beets.
20. For the mustard vinaigrette, in a bowl, combine the mustard grain, shallot, parsley, vinegar, and oil. Season with salt and pepper as needed. Whisk until fully combined.
21. To prepare the beet salad, a bowl, combine the roasted beets, parsley root, and parsley stems. Dress the salad with enough of the mustard vinaigrette to coat, reserving 2 tablespoons. Season with salt, pepper, and sugar as needed. Reserve.
22. To prepare the fennel salad, in a separate bowl, combine the shaved fennel, fennel fronds, and parsley leaves. Season with salt, pepper, and a pinch of sugar as needed. Dress the salad with 5 tablespoons of the reserved gribiche sauce. Reserve.
23. Remove the roulade from the refrigerator. Unwrap the roulade and slice it into  $\frac{3}{4}$ -inch slices.
24. In a bowl, beat the eggs. In two separate bowls, place the flour and breadcrumbs. Dip an oxtail roulade slice in the flour, shaking off any excess. Dip the slice in the beaten eggs,

shaking off any excess. Coat the slice on all sides in the breadcrumbs, shaking off any excess. Repeat this process for the remaining roulade slices.

25. Heat  $\frac{3}{4}$ -inch of canola oil in a frying pan over medium heat. Add the breaded oxtail roulade slices and fry, flipping once, until heated through and golden on both sides, about 5 minutes.
26. Place a ring mold in the center of each serving plate. Fill the mold with the reserved fennel salad. Place the reserved beet salad in the center of the fennel salad. Place one oxtail roulade slice on top of the beet salad. In a small bowl, toss the micro beet greens with the reserved 2 tablespoons of mustard vinaigrette. Pile the dressed micro greens loosely on top of the roulade slice. Drizzle the remaining gribiche sauce around the outside of the salads.

# TRUFFLE CAVIAR NIGIRI

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Potato, russet	2 ea.
Oil, fryer as	needed
Salt, kosher	as needed
Potato, Yukon gold	½ lb.
Cream, heavy	4 fl. oz.
Milk, whole	3 fl. oz.
Miso, Saikyo	1 tsp.
Oil, truffle	to taste
Salt, kosher	to taste
Rice, Japanese, short grain	as needed
Caviar, salmon, smoked	1 oz.

## **Method**

1. For the potato chips, wash and peel the russet potatoes. Cut the potatoes into rectangle blocks. Using a mandolin, thinly slice the potatoes. As the potatoes are sliced, place the slices into a bowl of cold water to prevent discoloration.
2. Preheat oil in the fryer to 300°F.
3. Drain the potato slices and pat dry. Working in batches, add the potato slices to the fryer and fry until crisp and golden brown, 3 to 5 minutes. Remove the chips from the fryer and drain any excess oil on paper towels. Immediately salt the chips lightly. Store in an airtight, dry container and reserve.
4. For the miso truffle foam, wash, peel, and dice the Yukon potatoes.
5. Place the diced potatoes into a pot of cold salted water. Bring the water to a boil over high heat. Cook the potatoes until fork tender, 12 to 15 minutes. Drain the potatoes and return them to the pot. Place the pot on the stove to allow any excess moisture to evaporate.
6. Pass the potatoes through a ricer and into a stainless-steel bowl. Pass the potatoes through a second time to ensure they are completely smooth and free of lumps.
7. In a saucepan, combine the heavy cream, milk, and miso. Heat until warmed through. Gradually, while stirring, add the cream mixture to the bowl with the potatoes. Stir until a smooth, thick, sauce like consistency is achieved. There may be some of the cream mixture left over. Season with truffle oil and salt to taste.
8. Strain the potato mixture through a fine mesh sieve. Pour the mixture into a preheated ISI canister (espuma gun). Charge the canister with 2 N2O charges. Store in a hot water bath (120° to 130°F) to keep warm.

9. Place the rice in a bowl and add cold water. Stir the rice with your hand until the water becomes milky. Drain the rice and repeat this process until the water runs clear.
10. Place the washed rice in a pot large enough for the depth of the rice to be about 1-inch. Add enough water to cover the rice by 1-inch. Bring the water to a boil and reduce to a simmer. Cover and cook the rice until no water remains in the pot, 12 to 15 minutes. Allow the rice to cool until it is able to be handled.
11. To shape the nigiri, moisten both of your hands thoroughly. Pick up a small ball of rice, about 3 tablespoons, in your right hand. Squeeze it until the grains stick together and form into a rough oblong shape. Transfer it to your left hand. While tightly cupping your left hand, press down on top of the rice with two fingers. Your cupped hand and fingers should act as a sort of mold. Pick up the rice ball with two fingers, rotate it 180 degrees, and repeat the cupping and pressing steps. Flip it over to the other side and repeat the process. Repeat the process on both sides twice or until completely satisfied with the shape. Repeat this process until all of the nigiri are formed.
12. To serve, top each nigiri with a reserved potato chip. Discharge the reserved foam into a bain marie. Using a spoon, take a small scoop of the foam. Use two spoons in opposite hands to form the foam into a small football shape (*quenelle*). Place each quenelle on top of each potato chip. Top the foam with a serving of the caviar.

# BARLEY RISOTTO WITH ROOT VEGETABLE CONFETTI

*Yield: 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Barley, pearl	1 lb.
Carrot, brunoise	½ cup
Rutabaga, brunoise	½ cup
Leek, brunoise	½ cup
Stock, vegetable	2 qt.
Oil, olive, pure	as needed
Onion, yellow, small diced	1 cup
Garlic, chopped	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cheese, Parmesan, grated	1 cup
Parsley, flat-leaf, fresh, chiffonade	¼ cup
Chive, fresh, thinly sliced	as needed
Roasted Baby Carrots with Lemon-Dill Pesto (Recipe follows)	1x recipe
Broccoli with Black Garlic, Poppy Seed, and Olive Dressing	1x recipe

## **Method**

1. In a large, dry sauté pan over medium heat, lightly toast the barley, shaking occasionally, until golden, 6 to 8 minutes.
2. Bring a small saucepan of salted water to a boil over medium-high heat. Add the carrots and blanch until tender, about 1 minute. Drain, shock in an ice bath, and drain again. Reserve.
3. Bring a separate small saucepan of salted water to a boil over medium-high heat. Add the rutabaga and blanch until tender, about 1 minute. Drain, shock in an ice bath, and drain again. Reserve.
4. Bring a separate small saucepan of salted water to a boil over medium-high heat. Add the leek and blanch until tender, about 1 minute. Drain, shock in an ice bath, and drain again. Reserve.
5. Heat the stock in a pot over medium-high heat. Reserve hot.
6. Heat enough oil to lightly coat a sauté pan over medium-high heat. Add the onion and sweat until translucent, about 2 minutes. Add garlic and sweat without browning for 2 to 3 minutes.

7. Add the barley. Stir to coat the grains with the oil. Cook until heated through, about 3 minutes.
8. Add  $\frac{1}{4}$  of the reserved hot stock. Using a wooden spoon, stir until completely absorbed by the barley. Add the remaining stock in  $\frac{1}{4}$  increments, stirring in between each until fully absorbed. The risotto should be wave-like and creamy like porridge (*all'onda*), not firm and stiff. Season with salt and pepper to taste.
9. Fold in the Parmesan cheese and reserved blanched carrots, rutabaga, and leeks. Add the parsley just before serving. Garnish with the chives.
10. Serve with the Roasted Baby Carrots with Lemon-Dill Pesto and Broccolini with Black Garlic, Poppy Seed, and Olive Dressing.

# ROASTED BABY CARROTS WITH LEMON-DILL PESTO

*Yield: 8 portions*

<b>Ingredients</b>	<b>Amounts</b>
Carrot, baby	24 ea.
Butter, unsalted, clarified	2 Tbsp.
Salt, kosher	as needed
Pumpkin, seeds	3 Tbsp.
Dill, bunch, fresh, tops only	2 ea.
Garlic, chopped	2 Tbsp.
Oil, olive, extra virgin	¼ cup
Salt, kosher	½ tsp.
Lemon, juiced	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Preheat oven to 450°F.
2. Wash, trim, and peel the carrots, leaving a little of the green tops on.
3. In a bowl, toss the carrots with the clarified butter. Season with salt as needed. Place on a parchment lined sheet pan.
4. Roast in the preheated oven, turning halfway through, until the carrots are tender, 20 to 25 minutes.
5. For the pesto, heat a small, dry skillet over medium heat. Add the pumpkin seeds in a single layer. Toast, stirring often, until they turn golden brown and aromatic and start to pop open, about 10 minutes. Transfer to a plate. Cool and transfer to a blender. Reserve a few pumpkin seeds for garnish.
6. Add the dill, garlic, oil, salt, and lemon juice to the blender. Purée until smooth. Season with salt and pepper to taste.
7. Transfer the roasted carrots to a serving platter. Top with the pesto. Garnish with the reserved pumpkin seeds.

# BROCCOLINI WITH BLACK GARLIC, POPPY SEED, AND OLIVE DRESSING

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Almonds 4	oz.
Poppy seeds	2 Tbsp.
Olive, Kalamata, pitted, finely minced	9 oz.
Garlic, black, finely sliced	1 ¼ oz.
Molasses, pomegranate	1 Tbsp.
Vinegar, Champagne	1 Tbsp.
Oil, olive, extra virgin	1 Tbsp.
Salt, kosher	as needed
Broccolini, bunch	2 ea.
Endive, Belgium, leaves separated	4 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, extra virgin	as needed

## **Method**

1. Heat a medium, dry skillet over medium-low heat. Add the almonds in a single layer. Toast, stirring often, until golden brown and aromatic, 5 to 7 minutes. Transfer to a plate. Cool and reserve. Chop coarsely and reserve.
2. For the dressing, in a dry sauté pan over medium-low heat, toast the poppy seeds until aromatic, 2 to 3 minutes. Transfer to a mortar and pestle. Lightly crush.
3. In a stainless-steel bowl, combine the poppy seeds, kalamata olives, garlic, pomegranate molasses, vinegar, and olive oil. Whisk well to form a whipped, thick dressing.
4. Bring a pot of salted water to a boil over medium-high heat. Add the broccolini and blanch until tender, 3 to 5 minutes.
5. In a large bowl, combine the broccolini, endive, and dressing. Season with salt and pepper to taste.
6. Transfer to a serving plate. Garnish with the reserved almonds. Drizzle with oil.

# AMARANTH WITH DUCK CONFIT, SWEET CORN, AND TRUFFLE SAUCE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Amaranth	3 cups
Bacon fat	1 Tbsp.
Corn, sweet, kernels	1 cup
Butter, unsalted	2 Tbsp.
Stock, chicken	2 Tbsp.
Spinach, local, leaves, Aloun Farms, stemmed, loosely packed	2 cups
Oil, grapeseed	4 Tbsp.
Duck Confit, legs, bones removed (Recipe follows)	3 ea.
Foie Gras Butter (Recipe follows)	3 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Bacon fat	2 tsp.
Onion, yellow, chopped	½ cup
Celery, rib, chopped	½ cup
Garlic, chopped	2 tsp.
Wine, red	¾ cup
Stock, chicken	1 qt.
Truffle, black, chopped	2 Tbsp.

## **Method**

1. Place the amaranth in a pot with enough water to cover by 2-inches. Simmer over medium-high heat until tender, 15 to 20 minutes. Reserve.
2. Heat the bacon fat in a sauté pan over medium heat. Add the corn and lightly sauté until just cooked, about 3 minutes. Remove the corn from the pan and drain any excess fat on paper towels. Reserve.
3. In a medium sauté pan over medium-high heat, melt the butter into the chicken stock. Add the spinach and toss to coat in the stock. Cook until thoroughly wilted, about 1 minute. Transfer the wilted spinach to a cutting board and chop finely. Reserve.
4. Heat the grapeseed oil in a small nonstick sauté pan until very hot but not smoking. Place the Duck Confit legs skin side down in the hot oil. Turn down the heat to medium. Cook until the skin is crispy, about 1 ½ minutes. Turn the duck legs over and cook until warmed through, about 45 seconds. Drain any excess oil on paper towels. Reserve warm.

5. To warm the amaranth, bring a pot of water to a boil. Place the reserved amaranth in a stainless-steel bowl and set it over the boiling water. (Be sure that the bowl does not touch the water.) Heat, stirring occasionally with a wooden spoon, until warm. Remove the bowl from the heat.
6. Fold the reserved corn, spinach, and the Foie Gras Butter into the warmed amaranth. Season with salt and pepper as needed. Reserve warm.
7. For the truffle sauce, heat the bacon fat in a medium saucepan over medium heat. Sweat the onion, celery, and garlic until thoroughly softened but not quite golden, 5 to 7 minutes. Deglaze with the wine and reduce until a glaze consistency is achieved.
8. Add the stock. Slowly reduce by  $\frac{1}{2}$ , skimming away any impurities that rise to the surface, 12 to 15 minutes. Pass the sauce through a strainer and into a saucepan. Slowly reduce the remaining liquid to about  $\frac{1}{2}$  cup. Season with salt and pepper as needed. Just before serving, add the chopped truffles and simmer for 30 seconds.
9. To serve, slice the duck legs in  $\frac{1}{2}$ . Spoon a portion of the warm amaranth into the center of 6 warm serving dishes. A timbale mold may also be used to attain a more precise shape. Place a piece of duck on top of the amaranth. Drizzle 1 to 2 tablespoons of the truffle sauce around the duck.

Source: *Charlie Trotter's* by Charlie Trotter

# DUCK CONFIT

*Yield: 6 legs*

<b>Ingredients</b>	<b>Amounts</b>
Duck, legs	6 ea.
Salt, kosher	1 cup
Garlic, chopped	½ cup
Thyme, bunch, fresh	1 ea.
Bay leaf, dried, crushed	10 ea.
Peppercorns, black	1 Tbsp.

## **Method**

1. To cure the duck legs, remove the thigh bones, leaving the thigh meat attached to the legs. Trim the skin and excess fat from around the legs. Reserve the skin for rendering.
2. For the dry cure, in a bowl, combine the salt, garlic, thyme, bay leaves, and peppercorns. Sprinkle ½ of the mix onto the bottom of a non-reactive pan. Lay the duck legs on top of the cure and cover them with the remainder of the cure. Place in the refrigerator to cure overnight.
3. To render the fat from the reserved duck skins, place them in a large, heavy pot with ¼ cup of water. Simmer over medium heat until the skin is browned and crisp (*cracklings*), about 1 hour and 15 minutes.
4. Strain the fat into a storage bowl to cool. Store in the refrigerator overnight.
5. The next day, scrape the excess cure from the legs and wash them well under cold running water.
6. For the confit, place the cured duck legs into a large, thick-bottomed saucepan. Pour enough reserved duck fat over the legs to submerge them. Cook the legs over a very low heat for until the duck is fork tender, about 1 ½ hours.
7. When the duck begins to brown slightly, remove it from the heat. Store the cooked duck in a crock or bowl, covered with the duck fat, in the refrigerator for up to 3 weeks.
8. When you are ready to finish your duck legs, pull them from the fat and scrape the excess back into the dish. The excess can be used to make confit again.

# FOIE GRAS BUTTER

*Yield: 1/3 cup*

## **Ingredients**

Foie gras 3  
Butter, unsalted

## **Amounts**

Tbsp.  
3 Tbsp.

## **Method**

1. In a food processor, purée the foie gras and butter until thoroughly combined and smooth. Chill until ready to use.

Source: *Charlie Trotter's* by Charlie Trotter

# BUTTER POACHED PRAWNS AND CAVIAR PANI PURI

*Yield: 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, fryer as	needed
Pani Puri 24	ea.
Butter, unsalted, clarified	2 Tbsp.
Potato, Yukon gold, brunoise	2 ea.
Salt, kosher	as needed
Butter, unsalted, cubed	½ lb.
Flour, all-purpose	¼ cup
Stock, chicken	3 cups
Prawns, Kauai, 26/30 peeled, deveined	24 ea.
Wine, sparkling	2 cups
Shallot, brunoise	1 Tbsp.
Bay leaf, dried	1 ea.
Peppercorns, black	6-8 ea.
Thyme, sprig, fresh	1 ea.
Salt, kosher	to taste
Lemon, rind 1-in. by 2-in., excess pith removed	1 ea.
Crème Fraiche	3 Tbsp.
Caviar, paddlefish	1 oz.
Chive, fresh, minced	as needed

## **Method**

1. Preheat fryer to 350°F.
2. Fry the pani puri in the preheated fryer until golden brown, 4 to 6 minutes. Remove them from the fryer, drain any excess oil on paper towels, and cool. Create a thumb sized hole at the top of each pani puri using the back of a spoon or your thumb. Reserve.
3. Heat the clarified butter a sauté pan over medium-high heat. Add the potatoes. Sauté until golden and cooked through, about 2 minutes. Remove the potatoes from the pan and season with salt as needed. Reserve warm.
4. For the beurre monte, roll the cubes of butter in the flour to lightly coat. Heat the stock a heavy bottomed saucepan over medium heat until simmering. Turn down the heat to low. While constantly whisking, gradually add the coated cubed butter. Whisk until thoroughly combined.

5. Add the prawns to the beurre monte. Poach until pink and opaque, 5 to 7 minutes. Do not let the temperature of beurre monte exceed 140°F. Reserve.
6. For the sauce, in a saucepan over medium-high heat, combine the wine, shallots, bay leaf, peppercorns, thyme, and lemon rind. Bring to a simmer and reduce the liquid by ½, 4 to 6 minutes.
7. Add the crème fraiche and stir to incorporate. Strain and portion into serving glasses, ideally narrow shot glasses.
8. Portion the reserved diced potatoes into each of the reserved pani puri. Place the filled pani puri on top of each shot glass. Top each pani puri with the reserved poached prawns, a portion of the caviar, and the chives.

**Note:** Kahuku prawns can be substituted for the Kauai prawns.

# CURRIED CAULIFLOWER OVER LENTIL SALAD WITH OVEN-DRIED TOMATOES AND FETA

*Yield: 16 ounces*

<b>Ingredients</b>	<b>Amounts</b>
Coriander, ground	1 tsp.
Cumin, ground	1 tsp.
Garam masala, powder	1 tsp.
Turmeric, ground	1 tsp.
Chili powder	½ tsp.
Ginger, ground	½ tsp.
Cardamom, ground	½ tsp.
Pepper, black, ground	½ tsp.
Oil, olive, pure	as needed
Cauliflower, florets, bite size	18 oz.
Salt, kosher	as needed
Onion, red, fine julienne	¼ ea.
Vinegar, wine, red	¼ cup
Lentils, green (de puy)	1 ⅓ cup
Stock, vegetable	as needed
Oil, olive, extra virgin	½ cup
Garlic, minced	1 Tbsp.
Pepper, black, ground	as needed
Parsley, flat-leaf, fresh, minced	1 ½ Tbsp.
Chive, fresh, minced	1 ½ Tbsp.
Dill, fresh, minced	2 Tbsp.
Oven Dried Tomatoes (Recipe follows)	1x recipe
Cheese, feta	3 oz.
Green Pancakes with Lime Butter (Recipe follows)	1x recipe

## **Method**

1. Preheat oven to 350°F, with the fan on.

2. In a bowl, combine the coriander, cumin, garam masala, turmeric, chili powder, ginger, cardamom, and black pepper. Add the oil and stir until the spices have dissolved into the oil.
3. Add the cauliflower and toss to coat. Season with salt as needed. (Start with less and add more as needed. Too much can make it bitter and unpleasant.)
4. Transfer the cauliflower to parchment lined  $\frac{1}{2}$  sheet pan. Roast in the preheated oven until almost fully tender and lightly browned, 5 to 10 minutes. Reserve.
5. Place the onions in a bowl. Cover with the vinegar. Sprinkle with salt. Marinate until lentils are cooked.
6. Place the lentils in a pot. Cover with vegetable stock by 3-inches. Bring to a gentle boil over medium-high heat.
7. Turn down the heat to medium. Simmer until tender but not mushy, 20 to 25 minutes. Season with salt as needed. Turn off the heat and sit for a few minutes. Drain any remaining stock.
8. Add the lentils to the bowl with the onions. Add the oil, garlic, and black pepper. Stir to combine. Cool to room temperature.
9. Stir in the parsley, chives, and dill.
10. Fold in the Oven Dried Tomatoes and feta cheese.
11. Allow the salad to marinate in the refrigerator for at least one hour.
12. Serve the Green Pancakes with Lime Butter alongside.

# OVEN-DRIED TOMATOES

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Tomato, plum (Roma)	4 ½ lb.
Oil, olive, extra virgin	3 fl. oz.
Garlic, minced	2 Tbsp.
Shallot, minced	1 ea.
Basil, leaves, fresh, chiffonade	2 Tbsp.
Oregano, fresh, chopped	2 tsp.
Thyme, leaves, fresh, chopped	2 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Preheat oven to 275°F.
2. Remove the cores from the tomatoes and cut into wedges. Arrange in a single layer with the skin side down on a rack set over a sheet pan.
3. In a bowl, combine the oil, garlic, shallots, basil, oregano, and thyme. Season with salt and pepper to taste.
4. Brush mixture over the tomatoes and turn carefully to coat them. Make sure that the skin is placed facing down before roasting.
5. Roast in the preheated oven until tomatoes are dried and lightly browned, about 1 to 1 ½ hours.

# GREEN PANCAKES WITH LIME BUTTER

*Yield: eight, 2 ½-inch fritters*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted, soft	8 oz.
Lime, zested	2 ea.
Lime, juice, fresh	3 Tbsp.
Cilantro, fresh, fine chiffonade	2 Tbsp.
Garlic, minced	1 tsp.
Red pepper flakes	½ Tbsp.
Salt, kosher	as needed
Pepper, white, ground	as needed
Spinach, leaves, picked through	1 lb.
Flour, all-purpose	1 ½ cups
Baking powder	1 ½ Tbsp.
Egg, whole	2 ea.
Butter, unsalted, melted	8 Tbsp.
Salt, kosher	1 Tbsp.
Cumin, ground	1 ½ tsp.
Milk, whole	1 ⅓ cup
Scallion (Green onion), thinly sliced on bias	10 ea.
Chile, jalapeno, seeded, brunoise	1 ea.
Egg, whites	2 ea.
Oil, vegetable	as needed

## **Method**

1. For the lime compound butter, in the bowl of a kitchen aid mixer fitted with a whisk attachment, combine the butter, lime zest, lime juice, cilantro, garlic, and red pepper flakes. Season with salt and pepper as needed.
2. Turn the butter out onto a piece of parchment paper. Using the parchment paper, roll the butter into a log. (See Chef demo.) Chill in the refrigerator. Cut into ¼-inch slices.
3. For the pancake batter, in a sauté pan over medium heat, place the spinach and a splash of water. Heat until wilted, about 1 minute. Transfer to a sieve to drain, using your hands to squeeze out any excess water. Roughly chop and reserve.
4. In a medium bowl, mix the flour, baking powder, egg, melted butter, salt, cumin, and milk. Mix until just combined and smooth.
5. Add the scallion, jalapeno, and reserved spinach. Mix with a fork to combine.
6. In a small bowl, whisk egg whites to soft peaks. Fold into the batter.

7. Lightly brush a sauté pan with vegetable oil. Heat over medium heat. Place about 2 tablespoons of batter in the pan to make a 2 ½-inch pancake.
8. Cook until bubbles form on the surface and the edges begin to set, 1 to 2 minutes. Flip and cook on the opposite side until golden brown and cooked through, about 1 minute.
9. Transfer to paper towels to drain any excess oil. Repeat with the remaining batter.
10. Store the cooked pancakes on parchment paper.
11. For each portion, place two pancakes on a serving dish. Top with 1 tablespoon of the lime butter.

# PAN-ROASTED SQUAB WITH CABERNET-CASSIS, ROASTED SHALLOTS, AND EDAMAME PANCAKES

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, pure (Divided)	6 Tbsp.
Onion, yellow, large diced	1 cup
Carrot, large diced	½ cup
Celery, rib, large diced	½ cup
Garlic, clove, peeled	3 ea.
Wine, red, Cabernet sauvignon	3 cups
Thyme, sprigs, fresh, large	6 ea.
Stock, veal, brown	4 ½ cups
Shallot, large	12 ea.
Squab, 1 lb. ea.	6 ea.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Parsley, flat-leaf, leaves, fresh, chopped	2 Tbsp.
Poha berries	2 cups
Salt, kosher	as needed
Pepper, black, ground	as needed
Edamame Pancakes (Recipe follows)	1x recipe

## **Method**

1. Cut the squabs into 6 full breasts with wing handles and 12 legs with boneless thighs. Reserve the carcass pieces. Trim off any fat, cartilage, and membrane from the breasts, legs, and thighs. Pat dry and reserve.
2. Preheat oven to 375°F. Place a roasting pan in the oven to preheat.
3. Remove the preheated roasting pan from the oven. Add 2 tablespoons of the oil and the reserved carcass pieces. Roast in the preheated oven, turning the pieces occasionally, for 15 minutes.
4. Add the onion, carrots, celery, and garlic. Roast until the bones are well browned, about 25 minutes. Remove the roasting pan from the oven and place it on the stovetop over medium heat. Add the wine to deglaze the pan, scraping up any brown bits stuck to the bottom of the pan (*fond*).
5. For the sauce, transfer the contents of the roasting pan to a large saucepan. Add the thyme and set over medium-high heat. Cook until the pan is almost dry, about 20 minutes. Add the stock and bring to a simmer over medium heat. Turn down the heat to low. Simmer until reduced by ½, about 40 minutes.

6. Remove the pan from the heat. Strain the sauce through a fine sieve and into a medium saucepan. Discard the solids and reserve the sauce in the saucepan.
7. Preheat oven to 350°F.
8. In a small baking pan, toss the shallots with 2 tablespoons of the oil until well coated. Spread the coated shallots into a single layer. Roast in the preheated oven until the shallots are very soft, about 20 minutes. Remove the shallots from the oven and cool until able to be handled. Using kitchen shears or a very sharp knife, snip off the top end of each shallot. Peel back, remove, and discard the skin, leaving the tender, whole shallot intact. Place the whole shallots in a small pan and cover with a lid. Reserve warm.
9. Lower the oven temperature to 300°F. Line a sheet pan with paper towels.
10. Heat the remaining 2 tablespoons of oil in a large sauté pan over high heat. Season the squab pieces with the salt and pepper. Place the legs, skin-side down, in the hot pan and sear until golden, about 4 minutes. Turn over and cook for 4 minutes. Transfer the squab legs to an ovenproof pan and place in preheated oven.
11. Place breast pieces, skin-side down, in the sauté pan and sear until golden, about 6 minutes. Turn over and cook until blush red in the center and slightly tight to the touch, about 2 minutes. Remove and drain on the prepared sheet pan. Remove leg pieces from the oven and place them on the prepared sheet pan to drain.
12. Place the reserved saucepan with the sauce over medium heat. Add the parsley and poha berries. Bring to a boil over medium-high heat. Season with salt and pepper as needed. Remove the sauce from the heat.
13. To serve, on 6 serving dishes, shingle 2 Edamame Pancakes at the 2 o'clock position. Interlock the boneless thigh and leg pieces and place at the 11 o'clock position. Slice the breast in ½ lengthwise and alternate each piece with a reserved roasted shallot from the 9 to 6 o'clock position. Drizzle the meat with the sauce and garnish with the poha berries.

Source: *Great American Food* by Charlie Palmer and Judith Choate

# EDAMAME PANCAKES

*Yield: 10 pancakes*

<b>Ingredients</b>	<b>Amounts</b>
Edamame, fresh	8 oz.
Egg, whole	1 ea.
Flour, all-purpose	1 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, canola (Divided)	2 Tbsp.

## **Method**

1. Bring a small pot of water to a boil. Add the edamame and blanch until bright green, about 3 minutes. Drain and shock under cold running water until cool. Shell the edamame and reserve  $\frac{1}{3}$  cup.
2. In a blender, purée the egg, 2 tablespoons of water, and the remaining edamame until smooth.
3. Transfer the purée to a bowl. Beat in the flour. Season with salt and pepper as needed. Stir in the reserved whole edamame.
4. Heat 1 tablespoon of the oil in a large skillet over medium. Pour out most of it, leaving just enough to lightly coat the bottom of the pan.
5. Using a tablespoon, spoon the batter into the skillet, making pancakes that are about 2-inches across. Cook gently, making sure that the pancakes are cooked through without browning too much, about 3 minutes per side.
6. Add the remaining oil as necessary and repeat this process until no batter remains.
7. Serve hot.

Source: *Great American Food* by Charlie Palmer and Judith Choate

# CHAWAN MUSHI, CAVIAR, AND ASPARAGUS

*Yield: thirty-four, 2-ounce portions*

<b>Ingredients</b>	<b>Amounts</b>
Wine, rice, Mirin	½ cup
Soy sauce	½ cup
Sugar, granulated	2 tsp.
Stock, vegetable	½ cup
Water ½	cup
Mushrooms, shiitake, Hamakua, fine julienne	4 ea.
Egg, whole	8 ea.
Stock, vegetable	5 cups
Wine, rice, Mirin	2 Tbsp.
Soy sauce, light	2 Tbsp.
Sugar, granulated	1 Tbsp.
Salt, kosher	as needed
Asparagus, stems, bias cut, shaved	½ cup
Scallion (Green onion), stalk, fine julienne, on a bias	3 ea.
Asparagus, pencil, tips, sliced in ½ lengthwise	34 ea.
Caviar, trout, farm-raised	1 oz.
Nori, sheet, shredded	1 ea.

## **Method**

1. In a saucepan, combine the mirin, soy sauce, sugar, stock, and water. Bring to a simmer over medium heat. Add the shiitake mushrooms. Cook until tender, 3 to 5 minutes. Drain. Reserve the mushrooms and simmering liquid separately.
2. For the custard, in a medium bowl, beat the eggs. In a large, separate bowl, combine the stock, mirin, light soy sauce, sugar, and 2 tablespoons of the reserved shiitake simmering liquid. Season with salt as needed. Pour the stock mixture in a thin stream into the bowl with the eggs. Do not beat or whip. Strain through a fine mesh sieve. The mixture should be free from bubbles or foam.
3. For the filling, in a bowl, combine the asparagus stems and the reserved shiitake mushrooms. Season with salt as needed.
4. Preheat oven to 300°F.
5. Place 1 teaspoon of the filling in the bottom of each 3-ounce ramekin. Pour in 2 ounces of the custard overtop of the filling. Top the custard with a few pieces of the julienned scallions.

6. Place the ramekins in a hotel pan. Add enough hot water to the hotel pan to rise  $\frac{3}{4}$  way up the sides of the ramekins. Cover the hotel pan with foil.
7. Steam in the preheated oven for 8 to 12 minutes. Remove the hotel pan from the oven and let the ramekins sit in the water, uncovered for 10 minutes.
8. Bring a large pot of water to a boil. Add the halved asparagus tips and blanch until tender, 2 to 3 minutes. Drain, shock in an ice bath, and drain again.
9. Garnish each ramekin with 2 halved asparagus tips, a serving of the caviar, and a portion of the shredded nori. Serve immediately.

# MUSHROOM-BOURSIN CHEESE STRUDEL WITH SPINACH, THYME INFUSED CREAM SAUCE, AND RED WINE REDUCTION

*Yield: 10 portions*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, pure	4 oz.
Mushroom, button, quartered	8 lb.
Shallot, minced	½ cup
Garlic, chopped	¼ cup
Wine, sherry, dry	8 oz.
Cheese, Boursin, soft	12 oz.
Chive, bunch, fresh	1 ea.
Thyme, leaves, fresh	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Phyllo dough, box	1 ea.
Butter, salted, melted	8 oz.
Oil, olive, extra virgin	2 Tbsp.
Spinach, cello, bagged	5 ea.
Garlic, chopped	2 Tbsp.
Thyme Infused Cream Sauce (Recipe follows)	1x recipe
Red Wine Reduction (Recipe follows)	1x recipe
Mixed Greens with Citrus Vinaigrette (Recipe follows)	1x recipe

## **Method**

1. Preheat oven to 375°F.
2. Heat the oil in a sauté pan over medium heat. Add the mushrooms. Sauté in single-layer batches until golden brown, 5 to 7 minutes. (Work in batches, as necessary.) Reserve.
3. Add the shallots and garlic. Cook, stirring often, until all liquid reduces to dry, 3 to 5 minutes.
4. Add the sherry wine. Using a wooden spoon, deglaze by scraping up any brown bits from the bottom of the pan. Reduce to a syrupy consistency, 4 to 6 minutes. Cool to room temperature.

5. Add the Boursin cheese, chives, and thyme Mix to combine. Season with salt and pepper to taste.
6. Lay 1 sheet of phyllo dough on a clean work surface. Brush with some of the melted butter. Top with another sheet of phyllo dough. Brush with some of the melted butter. Repeat this process until there are 4 stacked layers of phyllo dough.
7. Place the filling along the long side of the stacked dough. Roll to encase. (See Chef demo.)
8. Place on a parchment lined sheet pan. Bake in the preheated oven until golden, 20 to 25 minutes. Remove from the oven and cool slightly. Slice into 3-inch pieces.
9. In a sauté pan over medium-high heat, sweat the garlic until aromatic, about 1 minute.
10. Add the spinach. Cover with lid. Cook, stirring occasionally, until the spinach has wilted. Season with salt and pepper to taste. (Only cook the amount of spinach that is going to be plated!)
11. Pool the Thyme Infused Cream Sauce at the 7 o'clock position on a serving dish. Spread it toward the 10 o'clock position with the back of a spoon. Drizzle the Red Wine Reduction in the thyme cream sauce. Place the Mixed Greens with Citrus Vinaigrette in the middle of the dish. Place a portion of the spinach in front of the mixed greens and place a slice of the strudel overtop.

# THYME INFUSED CREAM SAUCE

*Yield: 1 pint*

<b>Ingredients</b>	<b>Amounts</b>
Butter, unsalted	1 Tbsp.
Shallot, fine brunoise	1 ea.
Garlic, minced	1 Tbsp.
Stock, vegetable	1 cup
Cream, heavy	1 qt.
Thyme, leaves, fresh, minced	2 tsp.
Salt, kosher	to taste

## **Method**

1. Melt the butter in a sauté pan over medium heat. Add the shallot and sweat until translucent, 1 to 2 minutes.
2. Add the garlic and sweat until soft, about 1 minute.
3. Add the stock. Using a wooden spoon, deglaze by scraping up any brown bits stuck to the bottom of the pan. Reduce the stock by  $\frac{1}{2}$ , 2 to 3 minutes.
4. Add cream and thyme. Reduce the cream until slightly nappe, 7 to 9 minutes.
5. Season with salt to taste.

## RED WINE REDUCTION

*Yield: ¾ cups*

<b>Ingredients</b>	<b>Amounts</b>
Oil, olive, 100%	1 Tbsp.
Shallot, small, minced	1 ea.
Thyme, sprig, fresh	4 ea.
Wine, red, dry	16 fl. oz.
Bay leaf, dried	2 ea.
Peppercorns, black, crushed	2 tsp.
Vinegar, balsamic	8 fl. oz.
Sugar, granulated	3 tsp.
Salt, kosher	to taste

### **Method**

1. Heat the oil in a sauté pan over medium heat. Add the shallot and cook until soft, about 2 minutes.
2. Add the thyme. Sweat until fragrant, about 1 minute.
3. Add the wine, bay leaves, peppercorns, vinegar, and sugar. Simmer until reduced by ½, 10 to 12 minutes. Season with salt to taste.
4. Strain through a fine mesh sieve.

**Note:** If the reduction is too thin, it can be thickened with a pure starch, if necessary.

## MIXED GREENS WITH CITRUS VINAIGRETTE

*Yield: 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lettuce, red leaf	6 ea.
Lettuce, frisee, baby	8 ea.
Mizuna greens, baby	6 oz.
Orange, supreme	2 ea.
Lime, supreme	2 ea.
Shallot, brunoise	1 ea.
Salt, kosher	1 tsp.
Oil, olive, extra virgin	12 fl. oz.
Vinegar, Champagne	6 fl. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Chive, fresh, finely sliced	2 Tbsp.

### **Method**

1. For the salad mix, crisp the red leaf lettuce, frisee lettuce, and mizuna greens in ice cold water, 10 to 15 minutes.
2. Drain and spin gently to remove any excess water. Place in a bowl.
3. For the vinaigrette, in a blender, place the orange, lime, shallot, and salt. Purée until smooth.
4. With the blender running, alternate between slowly streaming in the olive oil and the vinegar until the dressing has emulsified.
5. Season with salt and pepper to taste.
6. Drizzle the dressing over the greens in the bowl. Toss to coat.
7. Garnish with the chives.

**Note:** Cut citrus day of. Over time, bitterness will come out due to enzymatic bittering.

# ROULADE OF PEKIN DUCK BREAST WITH CREAMED SWEET WHITE CORN AND MOREL MUSHROOM SAUCE

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Duck, breast, whole, boneless	1 ea.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Allspice berries, cut into small slivers	2-3 ea.
Salt, kosher	as needed
Cabbage, savoy, outer leaves, large	2 ea.
Corn, white, ears, local, large, shucked	5 ea.
Salt, kosher	as needed
Butter, unsalted	4 ½ Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Mushroom, morels, stems removed	4 oz.
Stock, chicken	1 ½ cups
Butter, unsalted (Divided)	3 Tbsp.
Shallot, finely minced	1 tsp.
Chive, fresh, finely minced	1 tsp.
Parsley, flat-leaf, leaves, fresh, finely minced	1 tsp.
Carrot, brunoise, ¼ <sub>16</sub> -in. diced	1 Tbsp.
Leek, brunoise, ¼ <sub>16</sub> -in. diced	1 Tbsp.
Onion, yellow, brunoise, ¼ <sub>16</sub> -in. diced	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.

## **Method**

1. For the roulade of duck, remove and discard the skin from the duck breast. Cut the duck breast in ½. Remove the tenderloin from the underside and reserve it for use elsewhere. Trim away any membranes, veins, and cartilage and trim the ends of the duck breast halves to form a rectangular shape. Season the underside with the salt and pepper. Grind 5 to 6 small slivers of the allspice over the duck breast halves.
2. Bring a pot of salted water to a boil. Add the cabbage leaves and boil gently until tender, 3 to 4 minutes. Gently place the leaves in an ice-water bath until chilled. Transfer to paper towels to dry.

3. Tear off a piece of plastic wrap about 20-inches long and lay it horizontally across a clean work surface.
4. Place a cabbage leaf on a cutting board, with the inside of the leaf facing upward and the core end toward the bottom. Carefully cut the large rib from the leaf.
5. Roll one of the duck breasts lengthwise to form a cylinder (*roulade*). Place the roulade in the center of the widest part of the cabbage leaf. Trim the leaf so that it is the length of the roulade and so that the leaf will easily wrap around the roulade once.
6. Roll up the roulade in the leaf. Place the roulade lengthwise along the bottom edge of the plastic wrap. Ensure that the roulade is centered along the bottom edge, leaving some excess plastic wrap at both ends. Roll up the roulade in the plastic, while holding it in the center and rolling as tightly as possible.
7. Holding the roulade, twist one end of the plastic wrap several times. This will secure the shape of the roulade. Repeat on the other side, twisting in the opposite direction. You should have a perfectly shaped cylinder. Bring both ends of the wrap over to the center of the roulade and tie them in a knot pulled just tight enough to rest against the roulade.
8. Repeat with the remaining duck breast halve and leaf. Place in the refrigerator to chill until needed.
9. For the creamed corn, cut the kernels from 3 ears of the corn and place them in a blender. Purée, adding just enough water to allow them to blend. Strain through a chinois set over a container. Allow all the corn juice to drain, lightly pressing on the corn but not forcing the purée through the strainer. You should have about ½ cup of corn juice. Reserve.
10. Cut the kernels from the remaining 2 ears of corn. Bring a pot of salted water to a boil. Add the kernels and blanch for about 1 minute, skimming off any impurities that float to the surface. Drain, run under cold water until cool, drain again, and dry on paper towels. Reserve.
11. In a heavy saucepan, whisk the reserved corn juice over medium heat until it thickens. The starch from the corn will cause this to happen quickly. Do not allow it to boil or it may curdle. Once the corn juice thickens, turn down the heat and whisk in the butter. Add the reserved blanched corn kernels. Season with the salt and pepper. Reserve the creamed corn in the saucepan.
12. For the morel mushroom sauce, soak the mushrooms in warm water, changing the water two or three times. If the mushrooms are small, they can be cooked whole. Larger morels should be cut into uniform pieces. Reserve.
13. Place the chicken stock in a large pot set over medium heat. Reduce the chicken stock by ½, skimming any impurities that rise to the surface. Reserve.
14. Melt the 1 tablespoon of butter in a medium skillet over medium heat. Shake any excess water from the reserved mushrooms. Add the reserved mushrooms and sauté until the liquid has evaporated and the mushrooms are tender, 5 to 7 minutes. If the liquid evaporates before the mushrooms are cooked, add a tablespoon of water to the pan. Add ⅓ cup of the reduced chicken stock to the mushrooms and heat through. Reserve the sauce in the skillet.
15. Heat a large saucepan of water to 190°F. Place the cold duck roulades in the water, adjusting the heat to maintain the water temperature. Poach the duck for 6 to 7 minutes for medium rare or 7 to 8 minutes for medium. Remove the duck and allow it to rest for 2 to 3 minutes before slicing. Using a serrated knife, cut off each end of the wrapping. Gently push the roulade out of the wrap. Slice each roulade into three equal sections.

16. Just before serving, place the skillet with the reserved morel mushroom sauce over low heat. Add the shallots, chives, parsley, carrot, leeks, and onions. Cook for a few seconds until warmed through. Remove the sauce from the heat and swirl in the remaining 2 tablespoons of butter. Season with the salt and pepper.
17. Warm the reserved cream corn in the saucepan, stirring occasionally over low heat.
18. Place a spoonful of the morel mushroom sauce in the center of six plates. Top the sauce with the creamed corn. Stand the pieces of duck roulade on the creamed corn and garnish the top of each with a spoonful of morels from the sauce.

Source: *The French Laundry Cookbook* by Thomas Keller

# DEVEILED EGGS WITH CAVIAR AND POTATOES

*Yield: 20 deviled eggs*

<b>Ingredients</b>	<b>Amounts</b>
Potato, russet, ¾-in. long fine julienne	1 ea.
Oil, vegetable	as needed
Salt, kosher	as needed
Egg, whole, Peterson Farm of Wahiawa	10 ea.
Mayonnaise	6 fl. oz.
Mustard, Dijon	½ oz.
Worcestershire Sauce	as needed
Tabasco sauce	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Caviar, sturgeon, white	1 oz.
Chive, fresh, very finely minced	2 Tbsp.

## **Method**

1. Wash and peel the potato. Cut it into a very fine ¾-inch long julienne.
2. Preheat 3-inches of oil in a small sauce pot to 300°F. Add the potatoes and fry until crisp, 3 to 5 minutes. Drain well and season with salt as needed. Reserve.
3. In a large saucepan, place the eggs with enough cold water to cover by 1-inch. Bring to a boil over high heat and turn down to medium-low. Simmer the eggs for 4 minutes. Turn off the heat, cover, and let sit for 10 to 12 minutes.
4. Remove the eggs from the water and gently crack each on a wooden cutting board. Place the cracked eggs in ice water until cool, about 15 minutes.
5. Peel and slice the eggs in ½. Remove the yolks from the whites.
6. Pass the yolks through a fine mesh sieve and into a bowl. Add the mayonnaise and mustard. Season with the Worcestershire sauce, Tabasco sauce, salt, and pepper as needed. Stir until a smooth paste is formed.
7. Place the yolk mixture into a piping bag fitted with a star tip. Holding the bag perpendicular to the egg white, pipe a rosette, making small circles into the cavity until the filling is about ½-inch above the egg.
8. Top with the reserved crispy fried potatoes, a serving of the caviar, and chives.

# ROASTED ACORN SQUASH OVER BURNT EGGPLANT PURÉE, TOPPED WITH LENTIL SALAD, WHIPPED GOAT CHEESE, AND MAPLE CIDER VINAIGRETTE

*Yield: 1 portion*

<b>Ingredients</b>	<b>Amounts</b>
Pumpkin, seeds, crushed	as needed
Arugula	½ oz.
Lemon, juice, fresh	½ tsp.
Oil, olive, extra virgin	1 tsp.
Roasted Acorn Squash (Recipe follows)	1 slice
Burnt Eggplant Purée (Recipe follows)	2 oz.
Lentil Salad (Recipe follows)	1 ½ oz.
Whipped Goat Cheese (Recipe follows)	½ oz.
Maple-Cider Vinaigrette (Recipe follows)	as needed

## **Method**

1. Heat a small, dry skillet over medium heat. Add the pumpkin seeds in a single layer. Toast, stirring often, until they turn golden brown and aromatic and start to pop open, about 10 minutes. Transfer to a plate. Cool and reserve.
2. Place the arugula in a small mixing bowl. Drizzle with lemon juice and oil. Toss to coat.
3. For each portion, spread a spoonful of Burnt Eggplant Purée in the middle of the plate with the back of a spoon.
4. Place a wedge of Roasted Acorn Squash on top of the Burnt Eggplant Purée.
5. Spoon the Lentil Salad over top of the Roasted Acorn Squash.
6. Place a quenelle of Whipped Goat Cheese over top of the Lentil Salad.
7. Place a handful of dressed arugula to the side of the Roasted Acorn Squash.
8. Drizzle the Maple-Cider Vinaigrette over the top of the dish. Garnish with the reserved pumpkin seeds.

# ROASTED ACORN SQUASH

*Yield: 12 portions*

<b>Ingredients</b>	<b>Amounts</b>
Squash, acorn, small	2 ea.
Cumin, seeds, crushed	1 ½ tsp.
Coriander, ground	1 tsp.
Oil, olive, pure	3 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

## **Method**

1. Preheat oven to 400°F.
2. Halve and seed the acorn squash. With skin on, cut the squash into 2-inch wide wedges.
3. Place the wedges in a bowl. Sprinkle with the cumin, coriander, and oil. Season with the salt and pepper as needed. Toss to fully coat.
4. Transfer the squash wedges to a parchment lined sheet pan. arrange in a single, even layer.
5. Roast in the preheated oven for 15 minutes. Flip the squash wedges over. Roast until tender and golden brown, 15 minutes.

**Note:** Kabocha squash can be substituted for the acorn squash.

# BURNT EGGPLANT PURÉE

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Eggplant	1 ea.
Yogurt, Greek	150 g
Molasses, pomegranate	1 ½ tsp.
Lemon, juice, fresh	3 Tbsp.
Garlic, crushed	2 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

## **Method**

1. Turn the flame of a gas burner on to medium-high heat. Place the whole eggplant directly onto the burner. Char the eggplant, turning occasionally, until the skin turns black and cracks, 10 to 15 minutes. (The flavor of the purée depends almost entirely on a very well charred eggplant. Take your time!)
2. Remove the eggplant from the flame and cool slightly. Cut in ½ and scoop out the flesh. Discard the skins.
3. Transfer the eggplant flesh to a colander. Drain for 10 minutes. Coarsely chop and transfer to a mixing bowl.
4. Add the yogurt, molasses, lemon juice, and garlic. Mix to combine. Season with salt and pepper to taste. (The flavor should be sweetly sharp and highly flavorful.)

# LENTIL SALAD

*Yield: 20 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lentils, green (de puy)	1 ½ cups
Onion, Spanish, halved	1 ea.
Carrot, peeled, halved	1 ea.
Celery, rib, halved	1 ea.
Salt, kosher	as needed
Lemon, juice, fresh	½ cup
Honey 2	Tbsp.
Garlic, finely minced	2 Tbsp.
Paprika, ground	1 tsp.
Cayenne, pepper, ground	¼ tsp.
Cumin, ground	1 tsp.
Parsley, flat-leaf, fresh, chopped	½ cup
Mint, leaves, fresh, chopped	½ cup
Oil, olive, extra virgin	1 cup
Salt, kosher	1 tsp.
Pepper, black, freshly ground	½ tsp.
Lemon, preserved, finely minced	1 tsp.

## **Method**

1. For the lentils, in a medium saucepan, place the lentils, onion, carrot, and celery. Cover with water by 2-inches.
2. Bring to a boil over medium-high heat. Turn down the heat to medium. Simmer until tender, but still firm, 25 to 30 minutes. Salt the remaining water and let stand for a few minutes to season the lentils. Remove the saucepan from the heat. Remove and discard the vegetables.
3. For the vinaigrette, in a mixing bowl, mix the lemon juice, honey, garlic, paprika, cayenne, and cumin until smooth.
4. Whisk in the parsley, mint, and olive oil. Taste and add more lemon juice, if needed.
5. Season with the salt and pepper. Add the preserved lemon and stir to combine.
6. Drain the lentils of any remaining water. Toss with the warm with vinaigrette. Refrigerate for 1 hour.

# WHIPPED GOAT CHEESE

*Yield: 8 portions*

## Ingredients

Cheese, goat  
Cream, heavy  
Lemon, zested  
Salt, kosher  
Pepper, black, ground

## Amounts

8 oz.  
2 fl. oz.  
½ ea.  
to taste  
to taste

## Method

1. In the bowl of a stand mixer fitted with a whisk attachment, place the goat cheese, heavy cream, and lemon zest. Whip until medium peaks form. Season with salt and pepper to taste.
2. To form a quenelle, scoop the mixture with one spoon and shape it by passing it back and forth between two spoons until a smooth, oval shape has formed (*quenelle*).

# MAPLE-CIDER VINAIGRETTE

*Yield: 2 ¾ cups*

## Ingredients

## Amounts

Maple syrup	½ cup
Cider, apple	1 cup
Mustard, Dijon	2 Tbsp.
Vinegar, balsamic, golden	¼ cup
Oil, olive, pure	1 cup
Salt kosher	to taste
Pepper, black, ground	to taste

## Method

1. In a blender, place the syrup, cider, mustard, and vinegar. Blend to combine.
2. With the blender running on high speed, slowly stream the oil in until fully combined. (The favor should be sweet-tart.)
3. Season with salt and pepper to taste.

# SPICE-SEARED VENISON WITH MOUNTAIN APPLE-TURNIP CONSERVE, MARINATED LEEKS, AND CARAMEL JUS

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Mesclun greens	¼ lb.
Leek, medium, white parts only	3 ea.
Stock, chicken	1 ½ cups
Carrot, medium	1 ea.
Garlic, clove, peeled	8 ea.
Oil, olive, pure	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	2 Tbsp.
Vinegar, wine, red	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Pepper, black, cracked	1 tsp.
Coriander, ground	½ tsp.
Allspice, ground	½ tsp.
Salt, kosher, coarse	as needed
Venison, leg meat, Lanai, 3 oz. pieces cut into 2 by 2-in. squares	6 ea.
Oil, vegetable	1 Tbsp.
Mountain Apple-Turnip Conserve (Recipe follows)	1x recipe
Caramel Jus (Recipe follows)	1x recipe

## **Method**

1. Wash the mesclun greens and dry well. Wrap the greens in damp paper towels and refrigerate until ready to use.
2. Split the leeks in ½ lengthwise and wash well to remove all the grit. Pat dry. Heat the stock in a small saucepan over medium-high heat. Gently simmer the leeks and stock until the leeks are tender, about 10 minutes. Remove the leeks from the heat and drain well. Place the leeks in a shallow container and reserve.
3. Trim and peel the carrot. Cut it crosswise into ¼-inch thick discs. In a small saucepan over medium-high heat, add the carrot discs and enough water to cover. Simmer gently until

crisp-tender, about 3 minutes. Remove the carrot discs from the heat. Drain well and pat dry. Add the carrot discs to the container with the leeks.

4. Preheat oven to 350°F.
5. Place the peeled garlic in a square of aluminum foil. Drizzle with oil and season with salt and pepper as needed. Roast in the preheated oven until softened, about 15 minutes.
6. For the vinaigrette, in a small bowl, whisk together the oil, vinegar, salt, and pepper. Push the roasted garlic from its skin and into the bowl with the vinaigrette. Beat until well combined. Pour the vinaigrette over the carrots and leeks. Gently toss to combine. Reserve.
7. In a large bowl, combine the cracked pepper, coriander, and allspice. Add coarse salt as needed. Add the venison and coat on all sides with the spice mixture.
8. Heat the oil in a medium sauté pan over high heat until hot but not smoking. Add the seasoned venison and sear until all sides are browned, but the interior remains rare, about 4 minutes. Remove the venison from the heat and let it rest for 5 minutes.
9. Remove greens from refrigerator and equally portion them between 6 serving dishes. Place equal portions of dressed leeks and carrot discs on top of the greens. Place a small mound of the Mountain Apple-Turnip Conserve at the top of each plate.
10. Slice the venison cubes against the grain into 4 or 5 slices each. Fan the slices out on top of the greens. Drizzle a bit of the Caramel Jus across the top of the venison. Serve warm.

Source: *Great American Food* by Charlie Palmer and Judith Choate

# MOUNTAIN APPLE-TURNIP CONSERVE

*Yield: 2 cups*

<b>Ingredients</b>	<b>Amounts</b>
Mustard, seeds	2 Tbsp.
Apple, mountain	1 lb.
Turnip, white	1 Tbsp.
Oil, grapeseed (Divided)	3 Tbsp.
Honey, lehua blossom	3 Tbsp.
Parsley, flat-leaf, leaves, fresh, chopped	1 Tbsp.
Salt, kosher, coarse	as needed
Pepper, black, ground	as needed

## **Method**

1. Place the mustard seeds in a small sauté pan over medium high heat. Cook, shaking the pan frequently, until seeds are aromatic and are lightly toasted, about 3 minutes. Remove the seeds from the heat and reserve.
2. Peel and core the apples. Cut them into ¼-inch dice. Peel and trim the turnips. Cut them into ¼-inch dice. Ensure that there is an equal amount of apples to turnips. There should be about 4 cups of each.
3. Heat 1 ½ tablespoons of the oil in a medium nonstick saucepan over medium heat. Add the diced apples and sauté until lightly caramelized, about 5 minutes. Scrape the apples from the pan and reserve.
4. Heat the remaining 1 ½ tablespoons of oil over medium heat. Add the turnips and cook, stirring frequently, until just tender, about 5 minutes. Stir in the honey and cook for 2 minutes. Add the parsley and reserved caramelized apples. Season with salt and pepper as needed. Stir to combine. Remove the conserve from the heat and scrape into a non-reactive container.
5. Cover and place in the refrigerator until well chilled.

Source: *Great American Food* by Charlie Palmer and Judith Choate

# CARAMEL JUS

*Yield: 1/3 cup*

## Ingredients

## Amounts

Sugar, granulated	3 Tbsp.
Stock, chicken	1/2 cup
Worcestershire sauce	1/4 cup
Peppercorns, black	4 ea.
Oil, olive, extra virgin	1/4 cup

## Method

1. Place the sugar in a small, nonstick saucepan over medium heat. Cook, stirring frequently, until well caramelized and medium dark brown in color, about 4 minutes.
2. Add the stock, Worcestershire sauce, and peppercorns. Cook, stirring occasionally, until reduced by 2/3, about 7 minutes.
3. Whisk in the oil until fully incorporated. Remove the pan from the heat and strain through a fine sieve. Pour the jus into a squirt bottle.
4. Store, covered, at room temperature until ready to use. Shake well before using.

Source: *Great American Food* by Charlie Palmer and Judith Choate

# DAY FIVE:

## MARKET BASKET PROJECT

### 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

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## Number of Components on Plate - variety of complementary items

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## Proper Cooking Technique - basics executed well

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## Colors - vibrant vs. earth tones

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## Height of Food - varied but not drastic

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## Texture Variations

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**Plate Layout - traditional vs. non-traditional**

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

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

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**Trends - based on common sense**

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**MENU FOR TEAM # \_\_\_\_\_**

**First Course**

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**Second Course**

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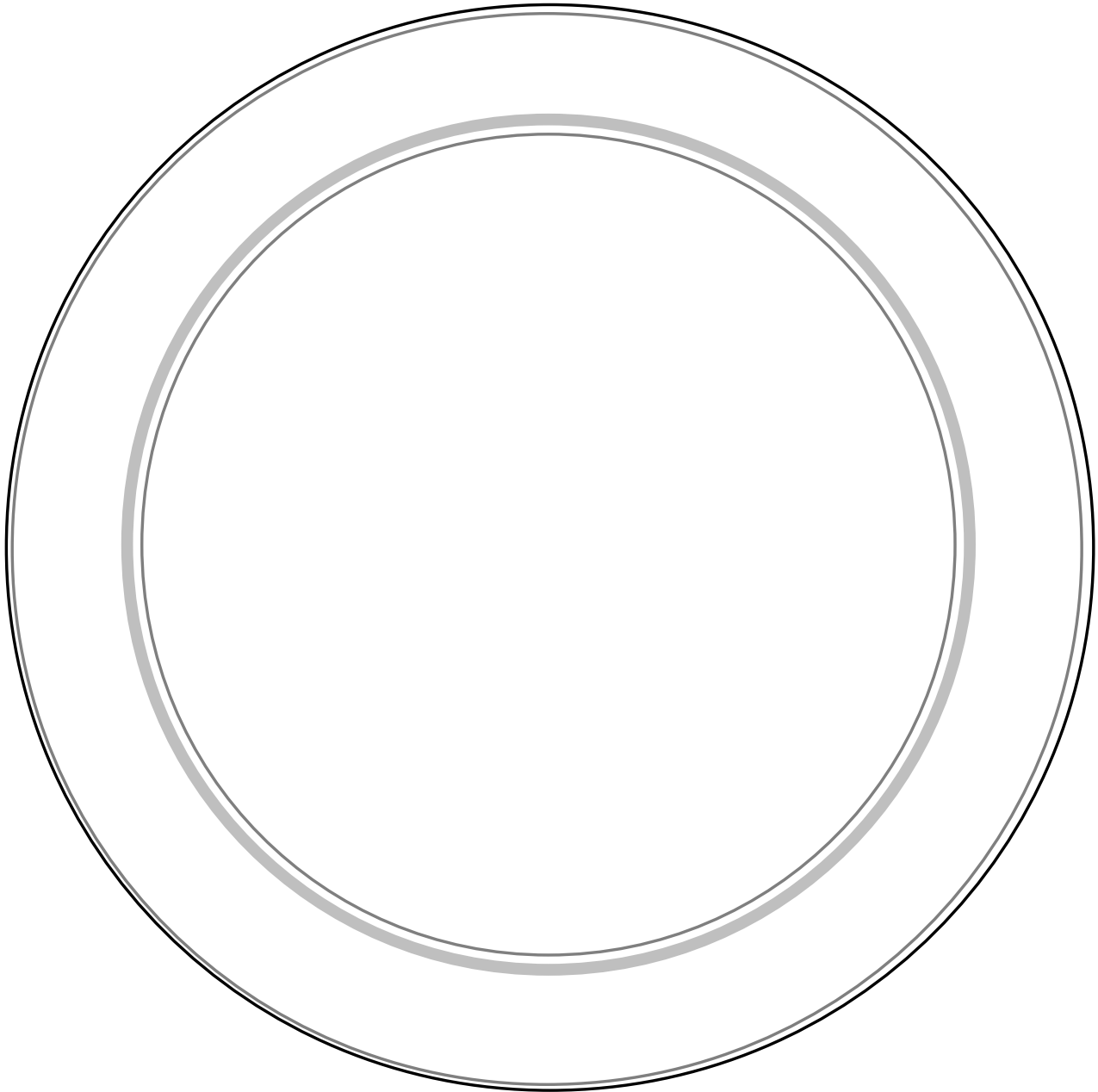
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**Item:** \_\_\_\_\_

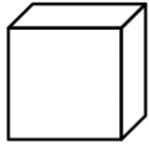


# RECIPE INDEX

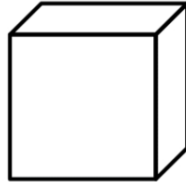
Aioli.....	56	French Fries .....	30
Amaranth with Duck Confit, Sweet Corn, and Truffle Sauce .....	116	Fresh Linguini.....	24
Avocado Salsa .....	67	Fresh Linguini with Oven-Roasted Tomato and Olive Oil Sauce .....	23
Barley Risotto with Root Vegetable Confetti .....	112	Fresh Pear Salsa .....	73
Brandade of Celeriac and Fennel .....	83	Fresh Queso Fresco .....	40
Brie Quesadillas with Fresh Pear Salsa .....	72	Fresh Spinach Pasta Dough.....	51
Broccoli with Black Garlic, Poppy Seed and Olive Dressing.....	115	Gnocchi with Classic Pesto .....	88
Burnt Eggplant Purée.....	143	Green Curry Paste .....	81
Butter Poached Prawns and Caviar Pani Puri .....	120	Green Pancakes with Lime Butter .....	125
Caramel Jus.....	150	Grilled Lamb Brochettes with Lemon and Dill .....	75
Caribbean Carpaccio.....	63	Grilled Prawns Wrapped in Pancetta with Lime and Cilantro.....	74
Chawan Mushi, Caviar, and Asparagus.....	130	Hollandaise (Canola Oil).....	9
Chicken Liver Mousse with Port and Tomato Sauce Scented with Bay Leaves .....	95	Hollandaise (Clarified Butter).....	15
Chicken with Saffron and Garlic .....	91	Hollandaise (Duck Fat) .....	29
Cioppino with Crostini and Aioli .....	52	Hollandaise (EVOO).....	21
Classic Pesto.....	90	Lamb Shanks Baked in a Clay Jar .....	28
Couscous in the Style of Tangier, Morocco .....	57	Lamb Sirloin Baked in a Clay Jar.....	35
Couscous Risotto with Wild Mushrooms and Pecorino Cheese.....	93	Lemon and Oil Sorbet .....	36
Crostini .....	55	Lentil Salad .....	144
Cuban Beef Hash.....	59	Linguini with Fennel, Dungeness Crab, and Meyer Lemon Cream .....	76
Cuban Style Black Beans.....	62	Mango Curry Sauce.....	85
Curried Cauliflower Over Lentil Salad with Oven-Dried Tomatoes and Feta .....	122	Maple-Cider Vinaigrette.....	146
Dan-Dan Noodles .....	46	Miso Soup with Kabocha Squash.....	41
Dashi .....	42	Mixed Greens with Citrus Vinaigrette.....	136
Deviled Eggs with Caviar and Potatoes....	140	Mountain Apple-Turnip Conserve .....	149
Dried Linguini with Oven-Roasted Tomato and Olive Oil Sauce .....	31	Mushroom-Boursin Cheese Strudel with Spinach, Thyme Infused Cream Sauce, and Red Wine Reduction .....	132
Duck Confit.....	118	Oven-Baked Lasagna, Bologna-Style.....	49
Edamame Pancakes.....	129	Oven-Dried Tomatoes.....	124
Fire Oil .....	64	Pan Roasted Gray Snapper with Porcini Crust and Mushroom-Leek Ragout.....	97
Foie Gras Butter .....	119	Pan-Roasted Squab with Cabernet-Cassis, Roasted Shallots, and Edamame Pancakes .....	127
French Fries .....	10, 16, 22		

Pork Loin with Sage, Leeks, and Poha Berries .....	68	Savory Lentil and Fresh Tomato Coulis.....	103
Prawn Tabbouleh with Mango Curry Sauce .....	84	Seared Oxtail Roulade with Beet and Parsley Root Salad.....	106
Quesadillas with Potatoes and Chorizo .....	65	Seared Snapper with Spiced Lemon Grass Crust .....	43
Red Wine Reduction .....	135	Sichuan Chile Oil.....	48
Rice Pilaf .....	61	Southern Fried Chicken with Country-Style Gravy (Canola Oil) .....	18
Risotto with Mushrooms, Asparagus, Roasted Garlic, and Lemon (Arborio) .....	13	Southern Fried Chicken with Country-Style Gravy (Lard) .....	12
Risotto with Mushrooms, Asparagus, Roasted Garlic, and Lemon (Arroz).....	19	Spice-Seared Venison with Mountain Apple-Turnip Conserve, Marinated Leeks, and Caramel Jus.....	147
Roasted Acorn Squash .....	142	Steamed Jasmine Rice.....	82
Roasted Acorn Squash Over Burnt Eggplant Purée, Topped with Lentil Salad, Whipped Goat Cheese, and Maple Cider Vinaigrette .....	141	Thai Green Curry with Prawns, Kabocha Squash, and Thai Eggplant .....	80
Roasted Baby Carrots with Lemon-Dill Pesto .....	114	Thyme Infused Cream Sauce .....	134
Roasted Beef Filet with Caramelized Onions and Schloss Cheese Demi-Glace .....	102	Tomato Sauce.....	54
Roasted Eggplant and Pepper Terrine .....	99	Tossed Baby Greens with Pumpkin Seed Oil and Pumpkin Chips .....	34
Roasted Kabocha Squash Soup with Assorted Local Mushrooms, Boiled Beets, and Pumpkin Seed Oil.....	32	Tossed Mustard Greens with Pumpkin Seed Oil and Pumpkin Chips .....	27
Roasted Kabocha Squash Soup with Exotic Mushrooms, Roasted Beets, and Pumpkin Seed Oil.....	25	Truffle Caviar Nigiri.....	110
Roasted Tomato and Saffron Vinaigrette	101	Warm Goat Cheese Salad with Pistachios and Beets.....	11
Roulade of Pekin Duck Breast with Creamed Sweet White Corn and Morel Mushroom Sauce.....	137	Warm Mushroom and Chicken Salad.....	17
		Warm Salad of Watercress with Braised Artichokes and Goat Cheese.....	78
		Whipped Goat Cheese .....	145
		Yellow Curry Paste .....	45
		Yellow Curry Sauce .....	44

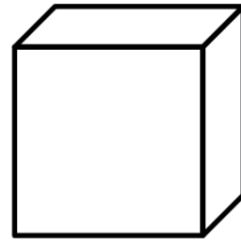
# BASIC KNIFE CUTS



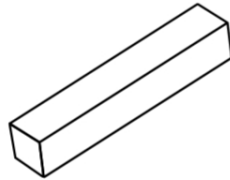
**Small Dice**  
1/4" cube



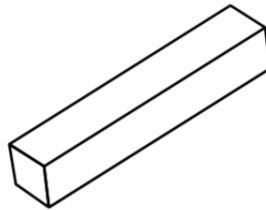
**Medium Dice**  
1/2" cube



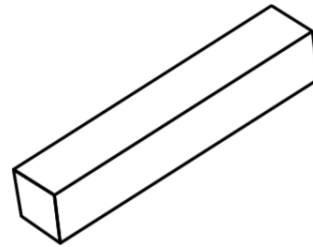
**Large Dice**  
3/4" cube



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



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



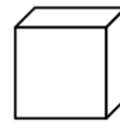
**Batonnet**  
1/4" sq x 2 inch



**Mince**  
<1/16" cube



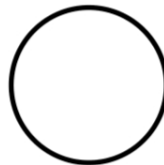
**Chop**  
1/8"-1/4" cube



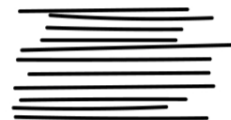
**Brunoise**  
1/8" cube (fine dice)



**Bias**  
diagonal cut



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



**Chiffonade**  
rolled, sliced thin

# CONVERSION TABLES

## METRIC WEIGHTS AND MEASURES EQUIVALENCIES

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

## METRIC CONVERSION TABLE

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

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

## TEMPERATURE EQUIVALENCIES

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

## US CUSTOMARY LIQUID VOLUME CONVERSIONS

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

## US TO METRIC DRY MEASURES CONVERSIONS

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

## VOLUME MEASURE CONVERSIONS

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

These materials were developed at the Culinary Institute of America.

Global Explorations of Taste and Technique Course Guide v.110.docx

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