



Culinary Institute of America

SUPER SCRATCH



CIA Consulting
The Culinary Institute of America

The Culinary Institute of America at Copia, Napa, CA

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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 blue ink that reads 'David Kamen'.

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

EXPECTATIONS FOR PARTICIPANTS

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

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Teriyaki Meatballs
Gochujang Meatballs
Oven-Baked "Fried" Rice
Spinach with Sesame Dressing
Yum Yum Crunch Salad with Sesame Soy Dressing
Tropical Mango Salad with Toasted Coconut Crunch

TEAM TWO

Albondigas with Paprika Tomato Sauce
Swedish Meatballs with Light Cream Gravy
Brown Rice Pilaf
Roasted Ratatouille
French Lentil Salad with Green Goddess Dressing

TEAM THREE

Italian Meatballs with Classic Tomato Sauce
Chipotle BBQ Meatballs
Wedge Salad With Thousand Island Dressing
Mexican Street Corn Salad
Herb Roasted Potatoes
Grilled Pineapple Salsa

TEAM FOUR:

Moroccan-Spiced Meatballs with Bomby Tomato Sauce

Za'atar Lentil and Chickpea Falafel with Yogurt Tzatziki

Hummus and Fresh Vegetables

Harissa Roasted Carrots

Citrus Couscous Salad

TERIYAKI MEATBALLS

Yield: Thirty 1 ½ ounce meatballs

Ingredients

Amounts

Beef, ground	3 lb.
Egg, liquid	8 oz.
Breadcrumbs, plain, dried	8 wt. oz.
Scallion (Green onion), thinly sliced	½ cup
Garlic, minced	1 Tbsp.
Ginger, fresh, minced	1 Tbsp.
Soy sauce, low sodium	2 Tbsp.
Oil, sesame	1 tsp.
Pepper, black, ground	½ tsp.
Soy sauce, low sodium	½ cup
Sugar, brown	¼ cup
Vinegar, rice	2 Tbsp.
Garlic, minced	2 tsp.
Ginger, fresh, minced	2 tsp.
Oil, sesame	1 tsp.
Scallion (Green onion), thinly sliced	2 Tbsp.
Water	¼ cup
Cornstarch	1 Tbsp.
Water	1 Tbsp.

Method

1. Preheat oven to 350°F. Line sheet trays with parchment paper.
2. For the meatballs, in a large bowl, place the ground beef, beaten egg, breadcrumbs, scallions, garlic, ginger, soy sauce, sesame oil, and pepper. Mix gently until evenly combined. Do not overmix.
3. Using a scoop, portion the mixture into evenly sized meatballs. Arrange in an even layer on the prepared sheet trays. Bake in the preheated oven for 12 minutes. Reserve.
4. For the teriyaki glaze, in a small saucepan, place the soy sauce, brown sugar, rice vinegar, garlic, ginger, sesame oil, and water. Bring to a simmer.
5. In a small bowl, whisk together cornstarch and water to create a slurry. Slowly whisk the slurry into simmering sauce. Cooking until the glaze thickens and becomes glossy.
6. Take meatballs out of the oven. Brush lightly with a portion of the teriyaki glaze. Bake until the internal temperature reaches 165°F for 15 seconds, 5 to 7 minutes.
7. Hold hot above 135°F. Toss the meatballs with the remaining glaze just before serving.

Note: Fresh breadcrumbs can be prepared from leftover bread such as bagels, hamburger buns.

GOCHUJANG MEATBALLS

Yield: Thirty 1 ½ ounce meatballs

Ingredients

Amounts

Beef, ground	3 lb.
Egg, liquid	8 oz.
Breadcrumbs, plain, dried	8 wt. oz.
Scallion (Green onion), thinly sliced	½ cup
Garlic, minced	1 Tbsp.
Ginger, fresh, minced	1 Tbsp.
Soy sauce, low sodium	2 Tbsp.
Oil, sesame	1 tsp.
Pepper, black, ground	½ tsp.
Korean chili paste (<i>Gochujang</i>)	¼ cup
Soy sauce, low sodium	⅓ cup
Sugar, brown	3 Tbsp.
Vinegar, rice	2 Tbsp.
Garlic, minced	2 tsp.
Oil, sesame	1 tsp.
Water	¼ cup

Method

1. Preheat oven to 350°F. Line sheet trays with parchment paper.
2. For the meatballs, in a large bowl, place the ground beef, eggs, breadcrumbs, scallions, garlic, ginger, soy sauce, gochujang, sesame oil, and black pepper. Mix gently until evenly combined. Do not overmix.
3. Using a scoop, portion mixture into evenly sized meatballs and place onto prepared sheet trays in a single layer. Bake in the preheated oven for 12 minutes. Reserve.
4. For the gochujang glaze, in a small saucepot, place the gochujang, soy sauce, brown sugar, rice vinegar, garlic, ginger, sesame oil, and water. Stir to combine. Bring it to a simmer. Cook until slightly reduced and glossy.
5. Remove the meatballs from the oven. Brush lightly with a portion of the gochujang glaze. Bake until the internal temperature reaches 165°F for 15 seconds, 5 to 7 minutes.
6. Hold hot above 135°F until ready to serve. Drizzle the meatballs with the remaining glaze just before serving.

OVEN BAKED "FRIED" RICE

Yield: 10 portions

Ingredients	Amounts
Rice, long-grain, brown	2 ¼ cups
Water	6 cups
Pepper, bell, red, small diced	1 cup
Pineapple, small diced	1 ½ cups
Peas, frozen, thawed	1 cup
Carrot, small diced	¾ cup
Oil, sesame	⅓ cup
Soy sauce	½ cup
Scallion (Green onion), thinly sliced ona bias	1 cup

Method

1. Preheat oven to 400°F (200°C).
2. In a large pot, bring the water to a boil. Add the brown rice. Turn down the heat to low, cover, and simmer until tender, 35 to 40 minutes. Drain any excess water.
3. Spread the rice on a sheet tray and let it cool completely.
4. In a large bowl, place the cooled, cooked rice, bell peppers, pineapple, peas, and carrots. Drizzle with sesame oil and soy sauce. Mix well to evenly coat the rice.
5. Line a full-size sheet tray with parchment paper. Spread the rice mixture in a thin, even layer.
6. Bake in the preheated oven, stirring and rotating every 15 minutes, for 45 minutes.
7. Remove the sheet from oven. Sprinkle with the scallions. Serve hot.

SPINACH WITH SESAME DRESSING

Yield: 10 portions

Ingredients

Amounts

Sesame seeds	½ cup
Soy sauce, light	¼ cup
Sugar, granulated	¼ cup
Spinach, fresh	3 lb.

Method

1. In a small saucepan, place the soy sauce. Bring it to a boil. Add the sugar and stir to dissolve. Reserve.
2. Heat a small, dry skillet over medium heat. Add the sesame seeds in an even layer. Toast, stirring often, until golden and fragrant, 3 to 6 minutes. Transfer to a plate. Cool.
3. Using a mortar and pestle, crush the toasted sesame seeds to a coarse paste. Combine the paste with the soy sauce. Reserve.
4. Remove all stems from the spinach and wash thoroughly.
5. Bring a large pot of water to a rapid boil. Add the spinach. Blanch until bright green and tender, 1 to 2 minutes. Transfer to an ice water bath to stop the cooking process. Cool for 2 minutes. Drain in a colander. Press down with a paper towel to push water out from the bottom and absorb water on top. Reserve. Transfer to a large bowl.
6. Add the soy sauce-sesame mixture. Toss well to coat.

YUM YUM CRUNCH SALAD WITH SESAME SOY DRESSING

Yield: 10 portions

Ingredients	Amounts
Sesame seeds	2 tsp.
Noodles, ramen, packaged	2 ea.
Sunflower seeds	2 Tbsp.
Oil, olive, pure	1 Tbsp.
Cabbage, green, shredded thin	2 cups
Cabbage, red, shredded thin	2 cups
Carrot, peeled, shredded thin	1 cup
Pepper, bell, yellow, thinly sliced	1 cup
Edamame, shelled, frozen, thawed	1 cup
Scallion (Green onion), thinly sliced	½ cup
Vinegar, rice, unseasoned	6 Tbsp.
Soy sauce, low sodium	4 Tbsp.
Oil, sesame	2 Tbsp.
Oil, olive, pure	6 Tbsp.
Honey	4 tsp.
Garlic, fresh, finely grated	2 tsp.
Pepper, black, ground	½ tsp.

Method

1. Preheat oven to 375°F. Line a sheet tray with parchment paper.
2. Heat a small, dry skillet over medium heat. Add the sesame seeds in an even layer. Toast, stirring often, until golden and fragrant, 3 to 6 minutes. Transfer to a plate. Cool and reserve.
3. For the crunch topping, crumble the ramen noodles into a medium bowl. Add the sunflower seeds and olive oil. Toss to coat. Arrange in an even layer on the prepared sheet tray.
4. Bake in the preheated oven, stirring halfway through, until golden and crisp, about 7 minutes. Reserve.
5. In a large bowl, place the shredded green and red cabbage, carrots, bell pepper, edamame, and scallions. Mix to combine. Reserve.
6. For the dressing, in a small bowl, whisk together the toasted sesame seeds, vinegar, soy sauce, sesame oil, olive oil, honey, garlic, and pepper. Mix until well combined. Reserve.
7. Just before serving, pour half of dressing over the salad base and toss to coat. Add the toasted ramen crunch topping and toss again lightly. Add more dressing as needed.
8. Serve immediately for maximum crunch.

TROPICAL FRUIT SALAD WITH TOASTED COCONUT CRUNCH

Yield: 12 portions

Ingredients	Amounts
Coconut, flakes, unsweetened	1 cup
Sunflower seeds	$\frac{3}{4}$ cup
Lime, juice, fresh	$\frac{1}{4}$ cup
Honey	2 Tbsp.
Mint, fresh, chopped	$\frac{1}{4}$ cup
Salt, kosher	$\frac{1}{8}$ tsp.
Pineapple, medium diced	3 cups
Mango, medium diced	3 cups
Watermelon, medium diced	2 cups
Kiwi, peeled, sliced	2 cups
Chili lime seasoning	1 tsp.

Method

1. Heat a small, dry skillet over medium heat. Place the coconut flakes in an even layer. Toast, stirring often, until golden brown, 4 to 5 minutes. Transfer to a plate. Cool and reserve.
2. Heat the same skillet over medium heat. Add the sesame seeds in an even layer. Toast, stirring occasionally, until golden brown and aromatic, 5 to 8 minutes. Transfer to a plate. Cool and reserve.
3. In a large bowl, place the lime juice, honey, mint, and a small pinch of salt. Whisk to combine.
4. Add the pineapple, mango, watermelon, and kiwi. Toss gently until evenly combined. Reserve.
5. For the coconut crunch, in a small bowl, place the toasted coconut flakes, toasted sunflower seeds, and chili lime seasoning. Mix to combine.
6. Hold refrigerated at or below 40°F until ready to serve. Just before serving, sprinkle the coconut crunch mixture over the fruit salad.

Note: Suggested serving size $\frac{1}{2}$ cup. Toasted coconut and seeds provide texture and contrast while reinforcing the use of layered flavor and simple finishing elements to elevate fresh fruit presentations.

ALBONDIGAS WITH PAPRIKA TOMATO SAUCE

Yield: 12 portions

Ingredients	Amounts
Beef, ground	3 lb.
Egg, liquid	8 oz.
Breadcrumbs, plain, dried	8 wt. oz.
Garlic, minced	1 Tbsp.
Onion, yellow, finely minced	$\frac{3}{4}$ cup
Paprika, smoked	3 tsp.
Parsley, flat-leaf, fresh, chopped	4 Tbsp.
Salt, kosher	2 tsp.
Pepper, black, ground	$\frac{1}{2}$ tsp.
Oil, olive, extra virgin	2 Tbsp.
Garlic, minced	2 tsp.
Tomato, plum (Roma), canned, crushed	3 cups
Paprika, smoked	2 tsp.
Stock, chicken	4.8 fl. oz.
Pepper, red, flakes	as needed
Vinegar, wine, red	1 Tbsp.
Salt, kosher	to taste

Method

1. Preheat oven to 350°F. Line sheet trays with parchment paper.
2. In a large bowl, place the ground beef, beaten egg, breadcrumbs, garlic, onion, smoked paprika, parsley, salt, and pepper. Mix gently until evenly combined. Do not overmix.
3. Using a scoop, portion the mixture into evenly sized meatballs. Arrange in a single layer on the prepared sheet trays. Bake in the preheated oven until internal temperature reaches 165°F for 15 seconds, 15 to 18 minutes. Reserve.
4. For the smokey tomato sauce, heat the olive oil in a large sauté pan over medium heat. Add the garlic. Cook until fragrant, about 1 minute.
5. Stir in the tomatoes, smoked paprika, stock, and red pepper flakes. Simmer until slightly reduced and flavorful, 8 to 10 minutes.
6. Stir in the red wine vinegar. Adjust the seasoning with salt to taste.
7. Hold hot above 135°F until ready to serve. Toss baked meatballs in sauce or spoon sauce over meatballs before serving.

SWEDISH MEATBALLS WITH LIGHT CREAM GRAVY

Yield: 12 portions

Ingredients	Amounts
Beef, ground	3 lb.
Egg, whole, beaten	8 oz.
Breadcrumbs, plain, dried	8 wt. oz.
Yellow, onion, finely minced	$\frac{3}{4}$ cup
Garlic, minced	2 tsp.
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Allspice, ground	1 tsp.
Nutmeg, fresh, grated	$\frac{1}{4}$ tsp.
Salt, kosher	2 tsp.
Pepper, black, ground	$\frac{1}{2}$ tsp.
Butter, unsalted	3 Tbsp.
Flour, all-purpose	3 Tbsp.
Stock, beef	3 cups
Worcestershire sauce	1 Tbsp.
Mustard, Dijon	1 tsp.
Salt, kosher	$\frac{1}{2}$ tsp.
Pepper, black, ground	$\frac{1}{2}$ tsp.
Yogurt, Greek	$\frac{1}{2}$ cup

Method

1. Preheat oven to 350°F. Line sheet trays with parchment paper.
2. In a large bowl, place the beef, beaten egg, breadcrumbs, onion, garlic, parsley, allspice, nutmeg, salt, and pepper. Mix gently until evenly combined. Do not overmix.
3. Using a scoop, portion mixture into evenly sized meatballs and place onto prepared sheet trays in a single layer. Bake in the preheated oven until internal temperature reaches 165°F for 15 seconds, 15 to 18 minutes. Reserve.
4. For the gravy, melt the butter in a large saucepot over medium heat. Whisk in the flour. Cook, stirring constantly, until a roux forms, 1 to 2 minutes.
5. Slowly whisk in the beef stock until smooth.
6. Add the Worcestershire sauce, mustard, salt, and pepper. Simmer until slightly thickened.
7. Remove the pot from the heat. Add the Greek yogurt. Whisk until smooth.
8. Hold hot above 135°F until ready to serve. Spoon the gravy over the meatballs before serving.

BROWN RICE PILAF

Yield Twelve ¾-cup portions

Ingredients

Amounts

Rice, long-grain, brown	2 cups
Oil, vegetable	2 Tbsp.
Onion, yellow, small diced	1 cup
Garlic, minced	1 Tbsp.
Salt, kosher	½ tsp.
Stock, chicken	4 cups

Method

1. Preheat oven to 350°F.
2. In a hotel pan, place the brown rice, oil, onions, garlic, and salt. Stir to evenly distribute.
3. In a medium saucepot over high heat, bring the chicken stock to a simmer. Carefully pour the hot stock over the rice mixture. Stir gently to combine.
4. Cover the hotel pan tightly with aluminum foil. Bake in the preheated oven until the liquid is absorbed and the rice is tender, 35 to 45 minutes.
5. Remove the pan from the oven. Let the rice rest, covered, for 5 minutes. Fluff gently with a fork before serving.
6. Hold hot for service at 135°F or above.

Note: Vegetable stock may be substituted for chicken stock. Different herbs, citrus, or spice blends may be added to create different flavor profiles.

ROASTED RATATOUILLE

Yield: 10 portions

Ingredients	Amounts
Squash, zucchini, green	12 wt. oz.
Squash, zucchini, yellow	12 wt. oz.
Onion, red, thinly sliced	2 wt. oz.
Pepper, bell, green, thinly sliced	2 wt. oz.
Pepper, bell, red, thinly sliced	2 wt. oz.
Tomato, cherry	2 ½ wt. oz.
Oil, canola	2 Tbsp.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Garlic, granulated	1 tsp.
Italian Seasoning Blend (Recipe follows)	1 tsp.
Pepper, red, flakes (Optional)	¼ tsp.

Method

1. Preheat convection oven to 375°F (conventional oven to 400°F).
2. Cut the green and yellow zucchini into ½-inch-thick moons.
3. In a large bowl, place the sliced zucchini, onion, bell peppers, and tomatoes. Mix to combine. Reserve.
4. In a small bowl, place the oil, salt, pepper, garlic, Italian seasoning, and red pepper flakes. Mix to combine. Pour the oil mixture over the vegetables. Toss until evenly coated.
5. Arrange the vegetables in a single layer on parchment paper lined sheet trays. Do not overcrowd.
6. Roast in the preheated oven until the tomatoes pop and the vegetables start to caramelize, about 15 minutes. Stir. Continue roasting until the vegetables are tender, 5 to 10 minutes.
7. Serve immediately or hold hot in a steam table until ready for service.

ITALIAN SEASONING BLEND

Yield: 1 cup

Ingredients	Amounts
Oregano, dried	¼ cup
Basil, sweet, dried	¼ cup
Parsley, flat-leaf, dried	2 Tbsp.
Garlic, powder	2 Tbsp.
Onion, powder	2 Tbsp.
Pepper, red, flakes	1 Tbsp.
Pepper, black, ground	1 Tbsp.

Method

1. In a small bowl, place all the ingredients. Mix until evenly combined.
2. Store in an airtight container until ready to use.

Note: This seasoning blend may be used for meatballs, tomato sauces, roasted vegetables, marinades, pasta dishes, pizza applications, and other Italian-inspired menu concepts.

FRENCH LENTIL SALAD WITH GREEN GODDESS DRESSING

Yield: 10 portions

Ingredients	Amounts
Lentils, French, cooked	2 cups
Stock, vegetable	6 cups
Bay leaf, dried	1 ea.
Carrot, small diced	1 cup
Celery, small diced	1 cup
Tomato, cherry, halved	1 cup
Lettuce, bibb, torn	4 cups
Parsley, flat-leaf, fresh, chopped	½ cup
Chive, fresh, chopped	¼ cup
Yogurt, Greek	1 cup
Avocado	1 ea.
Oil, olive, extra virgin	¼ cup
Lemon, juice, fresh	3 Tbsp.
Garlic, minced	1 tsp.
Parsley, flat-leaf, fresh, chopped	¼ cup
Chive, fresh, chopped	3 Tbsp.
Dill, fresh, chopped	2 Tbsp.
Chervil, fresh, chopped	2 Tbsp.
Mustard, Dijon	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.

Method

1. Rinse lentils thoroughly under cold water and remove any debris.
2. In a large saucepot, place the lentils, water, and bay leaf. Bring it to a boil, then lower the heat to a simmer. Cook until the lentils are tender but still hold their shape, 20 to 25 minutes. Drain well and discard bay leaf. Cool slightly. Transfer to a large bowl.
3. Add the carrots, celery, tomatoes, lettuce, parsley, and chives. Mix to combine. Reserve.
4. For the dressing, in a blender, place the Greek yogurt, avocado, olive oil, lemon juice, garlic, parsley, chives, dill, chervil, mustard, salt, and pepper. Blend until smooth and creamy.
5. Pour the dressing over lentil mixture. Toss gently until evenly coated.
6. Adjust the seasoning to taste.
7. Serve chilled or room temperature. Hold refrigerated at or below 40°F until ready to serve.

ITALIAN MEATBALLS WITH CLASSIC TOMATO SAUCE

Yield: Thirty 1 ½ ounce meatballs

Ingredients

Amounts

Beef, ground	3 lb.
Egg, liquid	8 oz.
Breadcrumbs, plain, dried	8 wt. oz.
Scallion (Green onion), thinly sliced	½ cup
Garlic, minced	1 Tbsp.
Cheese, Parmesan, grated	½ cup
Parsley, flat-leaf, fresh, chopped	¼ cup
Italian Seasoning Blend (See recipe)	4 Tbsp.
Salt, kosher	2 tsp.
Pepper, black, ground	½ tsp.
Oil, olive, extra virgin	2 Tbsp.
Garlic, minced	3 tsp.
Tomato, plum (Roma), canned, crushed	3 cups
Italian Seasoning Blend (See recipe)	2 Tbsp.
Pepper red flakes	½ tsp.
Nutmeg, fresh, grated	½ tsp.
Cheese, Parmesan, grated	¼ cup
Parsley, flat-leaf, fresh, chopped	¼ cup

Method

1. Preheat oven to 350°F. Line sheet trays with parchment paper.
2. For the meatball base, in a large bowl, place the beef, egg, breadcrumbs, and scallion. Mix gently to combine.
3. For the Italian seasoning, in a small bowl, place the garlic, Parmesan, parsley, Italian seasoning blend, salt, and pepper. Mix to combine. Add the seasoning to the meatball base. Mix gently until evenly combined. Do not overmix.
4. Using a scoop, portion the mixture into evenly sized meatballs. Arrange on the prepared sheet trays in a single layer. Bake until the internal temperature reaches 165°F for 15 seconds, 15 to 18 minutes. Reserve.
5. For the tomato sauce, heat the olive oil in a saucepot over medium heat. Add the garlic. Cook until fragrant, about 1 minute.
6. Add the crushed tomatoes and Italian seasoning blend. Simmer for 10 to 15 minutes until sauce slightly thickens and flavors develop. Adjust the seasoning with salt and pepper to taste.

7. Spoon the sauce over meatballs just before serving. Garnish with Parmesan cheese and chopped parsley. Hold hot above 135°F until ready to serve.

CHIPOTLE BBQ MEATBALLS

Yield: Thirty 1 ½ ounce meatballs

Ingredients

Amounts

Beef, ground	3 lb.
Egg, liquid	8 oz.
Breadcrumbs, plain, dried	8 wt. oz.
Scallion (Green onion), thinly sliced	½ cup
Garlic, minced	1 Tbsp.
Onion, yellow, small diced	½ cup
Chipotle, powder	1 Tbsp.
Paprika, smoked	2 tsp.
Cumin, ground	1 tsp.
Salt, kosher	2 tsp.
Pepper, black, ground	½ tsp.
Cilantro, fresh, chopped	¼ cup
Ketchup	1 cup
Vinegar, cider, apple	¼ cup
Sugar, brown	¼ cup
Worcestershire sauce	2 Tbsp.
Chipotle in Adobo, minced	1 Tbsp.
Garlic, powder	1 tsp.
Onion, powder	1 tsp.
Paprika, smoked	2 tsp.
Mustard, dry	1 Tbsp.
Water	¼ cup

Method

1. Preheat oven to 350°F. Line sheet trays with parchment paper.
2. For the meatball base, in a large bowl, place the beef, egg, breadcrumbs, and scallion. Mix gently to combine.
3. For the chipotle BBQ seasoning, in a small bowl, place the garlic, onion, chipotle, smoked paprika, cumin, salt, black pepper, and cilantro. Mix to combine. Add the seasoning to the meatball base. Mix gently to combine. Do not overmix.
4. Using a scoop, portion the mixture into evenly sized meatballs. Arrange them in a single layer on the prepared sheet trays. Bake in the preheated oven for 12 minutes.
5. For the chipotle BBQ glaze, in a small saucepot, place the ketchup, cider vinegar, brown sugar, Worcestershire, chipotle, garlic powder, onion powder, smoked paprika, mustard, and water. Simmer until slightly thickened and glossy, 8 to 10 minutes.

6. Remove the meatballs from the oven. Brush lightly with a portion of the chipotle BBQ glaze. Return to the oven. Cook until the internal temperature reaches 165°F for 15 seconds, 5 to 7 minutes.
7. Toss the cooked meatballs with the remaining glaze just before serving. Hold hot above 135°F until ready to serve.

WEDGE SALAD WITH THOUSAND ISLAND DRESSING

Yield: 10 portions

Ingredients	Amounts
Egg, whole	10 ea.
Oil, olive, extra virgin	¼ cup
Garlic, powder	1 tsp.
Italian Seasoning Blend (See recipe)	1 tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Bread, day-old, medium diced	4 cups
Mayonnaise	2 ½ cups
Ketchup	3 Tbsp.
Worcestershire sauce	1 tsp.
Tabasco sauce	1 tsp.
Onion, yellow, minced	⅓ cup
Garlic, minced	1 ½ tsp.
Relish, sweet pickle	⅓ cup
Salt, kosher	¼ tsp.
Pepper, black, ground	¼ tsp.
Lemon, juice, fresh	2 Tbsp.
Lettuce, iceberg, head, cut into wedges	3 ea.
Tomato, cherry, halved	3 pt.
Onion, red, thinly sliced	1 ea.
Chive, fresh, finely chopped	¼ cup

Method

1. Preheat oven to 375°F.
2. In a medium saucepan, place the eggs in a single layer. Add enough cold water to cover by 1 inch. Bring it to a boil. Remove the pan from the heat. Let it sit, covered, for 12 minutes. Transfer to an ice water bath and cool for 10 minutes. Peel. Quarter. Reserve.
3. For the croutons, in a medium bowl, place the olive oil, garlic powder, Italian seasoning, salt, and pepper. Mix to combine. Add the diced bread. Toss until evenly coated.
4. Transfer the seasoned bread to a sheet tray in a single layer. Bake, stirring halfway through cooking, until golden brown and crisp, 10 to 15 minutes. Cool slightly.
5. For the thousand island dressing, in a medium bowl, place the mayonnaise, ketchup, Worcestershire, Tabasco, onion, garlic, relish, salt, pepper, and lemon juice. Mix until combined. Adjust the flavor to taste. Refrigerate and reserve.

6. Arrange the lettuce wedges onto chilled serving plates. Top each wedge with cherry tomatoes, hard cooked eggs, red onion, chives, and house croutons.
7. Drizzle Thousand Island dressing over salads immediately before serving.

MEXICAN STREET CORN SALAD

Yield: 10 portions

Ingredients	Amounts
Corn, whole, husk removed	9 ea.
Cabbage, purple, shredded	3 cups
Carrot, shredded	1 cup
Beans, black, canned, drained	1 ½ cups
Tomato, cherry, halved	1 cup
Scallion (Green Onion), sliced	½ cup
Cilantro, fresh, chopped	½ cup
Chile, jalapeño, minced	1 ea.
Cheese, Cotija, crumbled	1 ½ cups
Mayonnaise	1 cup
Yogurt, Greek	1 cup
Lime, juice, fresh	3 Tbsp.
Honey	1 Tbsp.
Garlic, powder	1 tsp.
Onion, powder	1 tsp.
Chili, powder	2 tsp.
Paprika, smoked	2 tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	½ tsp.
Lime, cut into wedges	2 ea.

Method

1. Preheat grill to high.
2. Grill the corn, turning occasionally, until lightly charred on all sides with even color and caramelization. Cool slightly.
3. Cut the kernels from the cob. Transfer to a large bowl.
4. Add the cabbage, carrots, black beans, cherry tomatoes, scallions, cilantro, jalapeño, and Cotija cheese. Reserve.
5. For the creamy chili-lime dressing, in a small bowl, place the mayonnaise, Greek yogurt, lime juice, honey, garlic powder, onion powder, chili powder, smoked paprika, salt, and pepper.
6. Pour dressing over salad and toss until evenly coated.
7. Garnish with lime wedges.
8. Hold refrigerated at or below 40°F until ready to serve.

HERB ROASTED POTATOES

Yield: 10 portions

Ingredients

Amounts

Potato, Yukon Gold	2 ½ lb.
Salt, kosher	1 tsp.
Oil, olive, extra virgin	1 ½ Tbsp.

Ranch Seasoning

Garlic, granulated	1 Tbsp.
Onion, granulated	1 Tbsp.
Dill, weed, fresh	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	1 ½ Tsp.

Rosemary Seasoning

Rosemary, fresh	1 ½ Tbsp.
Garlic, granulated	1 Tbsp.
Onion, granulated	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	1 ½ tsp.

BBQ Seasoning

Cumin, ground	1 Tbsp.
Paprika, smoked	1 Tbsp.
Garlic, granulated	1 Tbsp.
Onion, granulated	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	1 ½ tsp.

Method

1. Preheat oven to 375°F
2. Scrub the potatoes. Cut into wedges. Reserve.
3. In a large bowl, place the salt, oil, and the desired seasoning ingredients. Mix well to combine.
4. Add the potato wedges. Toss well to evenly season.
5. Transfer the seasoned potatoes to a parchment-lined sheet tray.
6. Roast in the preheated oven until browned and tender, about 40 minutes.
7. Hot hold at or about 140°F until ready to serve.

Note: Dried herbs can be substituted for the fresh herbs.

GRILLED PINEAPPLE SALSA

Yield: 3 cups

Ingredients

Amounts

Pineapple, sliced	1 ea.
Pepper, bell, red, small diced	½ cup
Onion, red, small diced	½ cup
Chile, jalapeño, minced	1 ea.
Cilantro, fresh, chopped	½ cup
Lime, juice, fresh	3 Tbsp.
Honey	1 Tbsp.
Garlic, minced	1 tsp.
Paprika, smoked	1 tsp.
Ginger, fresh, minced	2 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.

Method

1. Preheat grill to high.
2. Grill the pineapple pieces until lightly charred and caramelized on multiple sides. Remove from the heat and cool slightly. Small dice. Transfer to a small bowl.
3. Add the bell pepper, red onion, jalapeño, cilantro, lime juice, honey, garlic, salt, and pepper. Mix gently until evenly combined. Let it sit for 10 to 15 minutes before serving to allow the flavors to develop.
4. Adjust the seasoning to taste.
5. Hold refrigerated at or below 40°F until ready to serve

MOROCCAN SPICED MEATBALLS WITH BOMBAY TOMATO SAUCE

Yield: Thirty 1 ½ ounce meatballs

Ingredients	Amounts
Beef, ground	3 lb.
Egg, liquid	8 fl. oz.
Breadcrumbs, plain, dried	8 wt. oz.
Scallion (Green onion), thinly sliced	½ cup
Moroccan Spice Blend (Recipe follows)	3 Tbsp.
Parsley, flat-leaf, fresh, chopped	¼ cup
Garlic, minced	1 Tbsp.
Oil, vegetable	1 Tbsp.
Onion, yellow, small diced	½ cup
Tomato, paste	½ cup
Tomato, plum (Roma), diced, canned	3 cups
Water	¼ cup
Pepper, black, ground	¼ tsp.
Parsley, flat-leaf, dried	1 tsp.
Garlic, powder	1 tsp.
Oregano, dried	¼ tsp.
Thyme, dried	¼ tsp.
Milk, coconut	1 cup

Method

1. Preheat oven to 350°F. Line sheet trays with parchment paper.
2. In a large bowl, place the beef, egg, breadcrumbs, scallion, Moroccan seasoning blend, parsley, and garlic. Mix gently until evenly combined. Do not overmix.
3. Using a scoop, portion the mixture into evenly sized meatballs. Arrange on the prepared sheet trays in a single layer.
4. Bake in the preheated oven until internal temperature reaches 165°F for 15 seconds, 15 to 18 minutes. Reserve.
5. For the Bombay tomato sauce, heat the oil in a saucepot over medium heat. Add the onion. Cook until softened and translucent.
6. Stir in the tomato paste, diced tomatoes, water, pepper, parsley, garlic powder, oregano, and thyme. Bring it to a simmer. Cook until slightly reduced, 10 to 15 minutes.
7. Add the coconut milk, stirring to combine. Simmer until smooth and lightly creamy.
8. Hold hot above 135°F until ready to serve. Spoon the sauce over meatballs before serving.

MOROCCAN SPICE BLEND

Yield: 1 cup

Ingredients	Amounts
Cumin, ground	¼ cup
Ginger, ground	¼ cup
Salt, kosher	¼ cup
Cinnamon, ground	3 Tbsp.
Coriander, ground	3 Tbsp.
Allspice, ground	3 Tbsp.
Pepper, black, ground	2 Tbsp.
Clove, ground	1 Tbsp.
Chile, cayenne, ground (Optional)	1 tsp.

Method

1. In a small bowl, place all the ingredients. Include cayenne if desired. Mix until evenly combined.
2. Store in an airtight container until ready to use.

Note: This seasoning blend may be used for meatballs, roasted vegetables, grain bowls, marinades, rice dishes, soups, and globally inspired menu applications.

ZA'ATAR LENTIL AND CHICKPEA FALAFEL WITH YOGURT TZATZIKI

Yield: 20 small falafel

Ingredients	Amounts
Chickpeas, dried	4 cups
Lentils, red, dried	2 $\frac{2}{3}$ cups
Garlic, minced	5 Tbsp.
Parsley, flat-leaf, bunch, leaves, fresh	2 ea.
Za'atar spice blend	2 tsp.
Chile, cayenne, ground	$\frac{1}{4}$ tsp.
Cumin, ground	3 tsp.
Coriander, ground	3 tsp.
Salt, kosher	2 Tbsp.
Baking soda	$\frac{1}{4}$ tsp.
Cooking spray	as needed
Yogurt Tzatziki (Recipe follows)	3 $\frac{1}{2}$ cups

Method

1. In separate large bowls, place the chickpeas and lentils in enough cold water to cover by 2 inches. Soak overnight. Drain well.
2. Preheat oven to 375°F. Lightly oil parchment-lined sheet trays.
3. In a food processor, place the soaked chickpeas and lentils, garlic, parsley, za'atar, cayenne, cumin, coriander, salt, and baking soda. Pulse until finely chopped and but with some texture remaining. Do not purée completely. Let it rest for 15 minutes.
4. With a scoop, form the mixture into small balls and transfer to the prepared sheet trays. Lightly spray with oil.
5. Bake, turning halfway through cooking, until lightly browned and heated through, 18 to 22 minutes.
6. Serve the falafel with Yogurt Tzatziki spooned over top or on the side.

Note: The dried chickpeas can be substituted with 4 $\frac{2}{3}$ cups of canned chickpeas.

The falafel can also be fried instead of baked: Fill a large straight-sided pan with about $\frac{1}{4}$ inch of oil and place over medium heat. Carefully place the patties in the hot oil, a few at a time, and fry until they are golden brown, about 3 minutes per side. Do not overcrowd the pan. Remove the falafels with a slotted spatula and blot with paper towels. Drain on a rack.

YOGURT TZATZIKI

Yield: 3 ½ cups

Ingredients	Amounts
Yogurt, Greek	2 cups
Cucumber, grated, squeezed dry	1 cup
Garlic, minced	1 tsp.
Lemon, juice, fresh	2 Tbsp.
Dill, weed, fresh, chopped	2 Tbsp.
Mint, fresh, chopped	2 Tbsp.
Oil, olive, extra virgin	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.

Method

1. In a medium bowl, place all the ingredients. Mix to combine.
2. Refrigerate until ready to serve.

HUMMUS

Yield: 2 ½ cups

Ingredients	Amounts
Carrot	6 ea.
Cucumber	3 ea.
Pepper, bell, red	6 ea.
Chickpeas, canned	2 cups
Tahini	¼ cup
Oil, olive, extra virgin	2 Tbsp.
Lemon, juice, fresh (Divided)	4 Tbsp.
Garlic, minced (Divided)	2 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, extra virgin	2 Tbsp.

Method

1. Slice the vegetables into sticks. Reserve.
2. Drain the chickpeas, reserving the liquid. Rinse.
3. In a food processor, place the chickpeas, tahini, olive oil, ½ the lemon juice, and ½ the garlic. Process until mostly smooth.
4. With the machine running, add the reserved chickpea liquid 1 tablespoon at a time until the mixture becomes creamy, smooth, and light in texture. Scrape down the bowl as needed.
5. Season with salt and pepper to taste. Adjust the flavor with lemon juice and garlic to taste.
6. Transfer the hummus to a serving bowl. Using the back of a spoon, create a shallow well in the center. Drizzle with the olive oil just before serving.
7. Place the hummus in the center of a serving platter, surrounded by the sliced vegetables.

Note: For very smooth hummus, add 1-2 ice cubes while blending. The ice helps aerate the mixture and slightly emulsifies the tahini, resulting in a lighter texture. Variations:

Smoked Paprika and Cumin Oil: Bloom 2 tsp. cumin and 2 tsp. smoked paprika in warm olive oil and spoon over finished hummus.

Roasted Garlic Hummus: Replace raw garlic with 1 head roasted garlic for a sweeter, milder flavor.

Harissa Hummus: Blend in 1 ½ Tbsp. harissa paste for heat and North African character.

Herb Hummus: Fold in ½ cup finely chopped parsley, cilantro, or dill for a bright, green finish.

Beet Hummus: Blend in ½ cup roasted beets for vibrant color and subtle sweetness.

Preserved Lemon Hummus: Add 1 Tbsp. finely minced preserved lemon for acidity and depth.

Spiced Lamb Topping: Spoon warm, spiced ground lamb over hummus. Finish with pine nuts and parsley for a more substantial mezze variation.

HARISSA ROASTED CARROTS

Yield: 10 portions

Ingredients	Amounts
Pumpkin, seeds	1/2 cup
Carrot, peeled	3 lb.
Oil, olive, extra virgin	1/4 cup
Harissa, paste	4 Tbsp.
Honey	1 Tbsp.
Garlic, minced	1 Tbsp.
Cumin, ground	1 tsp.
Coriander, ground	1 tsp.
Paprika, ground	1 tsp.
Ginger, fresh, ground	1 tsp.
Yogurt, plain	1/4 cup
Parsley, flat-leaf, fresh, chopped	1/4 cup
Lemon, zest	2 tsp.

Method

1. Preheat oven to 425°F. Line sheet trays with parchment paper.
2. Heat a small, dry skillet over medium heat. Add the pumpkin seeds in a single layer. Toast, stirring often, until golden brown, aromatic, and they start to pop open, about 10 minutes. Transfer to a cutting board. Crush with the flat of a Chef's knife. Cool and reserve.
3. In a large bowl, place the olive oil, harissa paste, honey, garlic, cumin, coriander, salt, and pepper. Whisk to combine.
4. Add the carrots. Toss until evenly coated.
5. Arrange the carrots in a single layer on the prepared sheet trays. Roast in the preheated oven, rotating pans halfway through cooking, until tender and lightly caramelized, 25 to 35 minutes.
6. Transfer the roasted carrots to a serving dish. Garnish with the yogurt, parsley, lemon zest, and toasted, crushed pumpkin seeds.
7. Serve warm or room temperature.

CITRUS COUSCOUS SALAD

Yield: 10 portions

Ingredients	Amounts
Couscous, whole wheat, dry	2 cups
Turmeric, ground	2 tsp.
Cumin, ground	1 tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	½ tsp.
Water, boiling	2 ½ cups
Chickpeas, canned, drained	2 ½ cups
Orange, navel, sliced	1 ¼ cups
Onion, red, small diced	½ cup
Raisins	¾ cup
Carrot, shredded	1 cup
Parsley, flat-leaf, fresh, chopped	1 cup
Mint, fresh, chopped	½ cup
Almonds, chopped	½ cup
Orange, zest	1 Tbsp.
Orange, juice, fresh	¼ cup
Lemon, juice, fresh	3 Tbsp.
Oil, olive, extra virgin	¼ cup
Honey	1 Tbsp.
Mustard, Dijon	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.

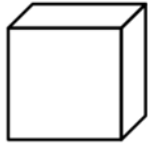
Method

1. In a large bowl, place the couscous, turmeric, cumin, pepper, and salt. Mix to combine.
2. Add the boiling water. Cover tightly and let it steam for 5 minutes.
3. Uncover and fluff the couscous with a fork. Cool slightly. Reserve.
4. In a large bowl, place the chickpeas, orange slices, red onion, raisins, carrots, parsley, mint, and almonds.
5. Add the steamed couscous. Toss gently to combine. Reserve.
6. For the citrus vinaigrette, in a small bowl, place the orange zest and juice, lemon juice, honey, mustard, salt, and pepper. Whisk to combine. Gradually add the olive oil, whisking constantly until incorporated.
7. Add the citrus vinaigrette to the salad. Toss gently until evenly coated.
8. Refrigerate for at least 30 minutes before serving to allow the flavors to develop.

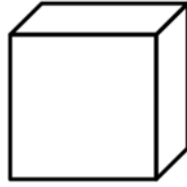
Favorites

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information
Meats/Meat Alternates	Beef and Beef Products BEEF, GROUND, fresh or frozen	Beef, Ground, fresh or frozen Market Style, no more than 30% fat, (Like IMPS #136)	Pound	11.20	1 oz cooked lean meat	1 lb AP = 0.70 lb cooked, drained, lean meat
Meats/Meat Alternates	Beef and Beef Products BEEF, GROUND, fresh or frozen	Beef, Ground, fresh or frozen no more than 26% fat, (Like IMPS #136)	Pound	11.50	1 oz cooked lean meat	1 lb AP = 0.72 lb cooked, drained, lean meat
Meats/Meat Alternates	Beef and Beef Products BEEF, GROUND, fresh or frozen	Beef, Ground, fresh or frozen no more than 24% fat, (Like IMPS #136)	Pound	11.60	1 oz cooked lean meat	1 lb AP = 0.73 lb cooked, drained, lean meat
Meats/Meat Alternates	Beef and Beef Products BEEF, GROUND, fresh or frozen	Beef, Ground, fresh or frozen no more than 20% fat, Includes USDA Foods, (Like IMPS #136)	Pound	11.80	1 oz cooked lean meat	1 lb AP = 0.74 lb cooked, drained, lean meat
Meats/Meat Alternates	Beef and Beef Products BEEF, GROUND, fresh or frozen	Beef, Ground, fresh or frozen no more than 15% fat, (Like IMPS #136)	Pound	12.00	1 oz cooked lean meat	1 lb AP = 0.75 lb cooked, drained, lean meat
Meats/Meat Alternates	Beef and Beef Products BEEF, GROUND, fresh or frozen	Beef, Ground, fresh or frozen no more than 10% fat, (Like IMPS #136)	Pound	12.10	1 oz cooked lean meat	1 lb AP = 0.76 lb cooked, drained, lean meat

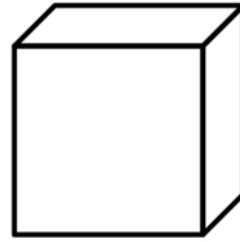
BASIC KNIFE CUTS



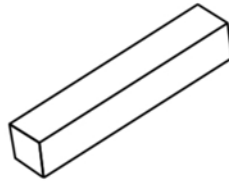
Small Dice
1/4" cube



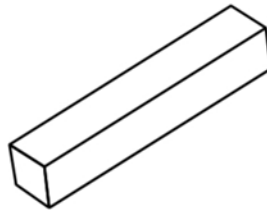
Medium Dice
1/2" cube



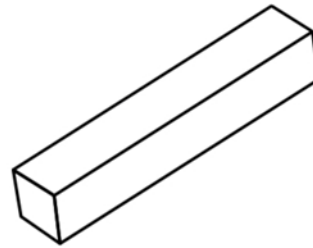
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



Julienne
1/8" sq x 2 inch



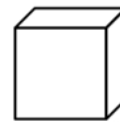
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



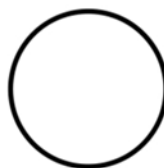
Chop
1/8"-1/4" cube



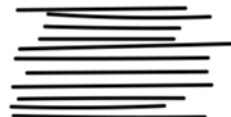
Brunoise
1/8" cube (fine dice)



Bias
diagonal cut



Rondelle
1-8"-1/2" round



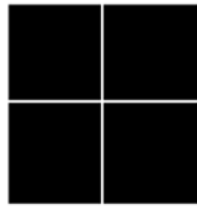
Chiffonade
rolled, sliced thin

CONVERSION TABLES



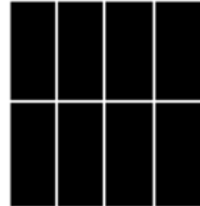
1 gallon

=



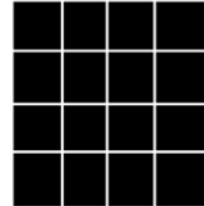
4 quarts

=



8 pints

=



16 cups



1 gallon=128 oz.



1 qt.=32 oz.



1 pt.=16 oz.



1 cup=8 oz.

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

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

METRIC CONVERSION TABLE

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

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

TEMPERATURE EQUIVALENCIES

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

US CUSTOMARY LIQUID VOLUME CONVERSIONS

1 tablespoon	=	3 teaspoons
1 fluid ounce	=	2 tablespoons
1 cup	=	8 fluid ounces
1 pint	=	2 cups
1 pint	=	16 fluid ounces
1 quart	=	2 pints
1 gallon	=	4 quarts
1 gallon	=	128 fluid ounces

US TO METRIC DRY MEASURES CONVERSIONS

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

VOLUME MEASURE CONVERSIONS

US	Metric
1 teaspoon	5 ml
1 tablespoon	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ 1/4 cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint	480 ml
32 fl. oz./ 1 quart	960 ml
128 fl. oz./ 1 gallon	3.84 L

HOTEL/ STEAMTABLE PAN CAPACITY

Pan Size		Full Pan Capacity		85% Pan Capacity	
		Quarts	Cups	Quarts	Cups
Full Size	12" x 20" x 2 1/2"	8 1/4	33	7	28
	4"	14	56	12	48
	6"	21	84	18	72
Half Pan	12" x 10" x 2 1/2"	4	16	3 1/2	14
	4"	6 1/2	26	5 1/2	22
	6"	9 1/2	38	8	32
Third size	12" x 6" x 2 1/2"	2 2/5	9 3/5	2	8
	4"	3 7/8	15 1/2	3 1/4	13
	6"	6	24	5	20 1/2
Fourth Size	10" x 6" x 2 1/2"	1 7/8	7 1/2	1 1/2	6 3/8
	4"	3	12	2 1/2	10
	6"	4 1/2	18 1/4	3 7/8	15 1/2
Sixth Size	6" x 6" x 2 1/2"	1 1/4	5	1	4 1/4
	4"	1 7/8	7 1/2	1 1/2	6 3/8
	6"	2 3/4	11	2 1/3	9 1/3

SCOOPS

The number on the scoop indicates how many level scoops make one quart.

Scoop #	Measure	Weight in fl. oz.	Scoops per Cup
4	1 cup	8	1
5	$\frac{3}{4}$ cup	6.4	$1\frac{1}{4}$
6	$\frac{2}{3}$ cup	5.3	$1\frac{1}{2}$
8	$\frac{1}{2}$ cup	4	2
10	$\frac{3}{8}$ cup	3.2	$2\frac{1}{2}$
12	$\frac{1}{3}$ cup	2.6	3
16	$\frac{1}{4}$ cup	2	4
20	$3\frac{1}{3}$ Tbsp.	1.6	5
24	8 tsp.	1.33	6
30	2 Tbsp.	1	$7\frac{1}{2}$
40	$1\frac{2}{3}$ Tbsp.	.75	10
50	$3\frac{3}{4}$ tsp.	.64	$12\frac{1}{2}$
60	1 Tbsp.	.5	15
70	$2\frac{3}{4}$ tsp.	.45	17.5
100	2 tsp.	.32	25

LADLES

Volume (fl. oz.)	Approx. Measure
1	$\frac{1}{8}$ cup
2	$\frac{1}{4}$ cup
3	$\frac{3}{8}$ cup
4	$\frac{1}{2}$ cup
6	$\frac{3}{4}$ cup
8	1 cup
12	$1\frac{1}{2}$ cups

These materials were developed at the Culinary Institute of America.

Super Scratch June 2026 Course Guide v.105.docx

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