



Culinary Institute
of America



Start Time	End Time	Topic	Faculty / Staff	Location
8:00 AM	8:30 AM	Lecture/Orientation	Chef Sky Hanka, MS, NBC-HWC, CHEP, 12' Chef Laura Jacobo, SNS Chef Patty Gardner	Napa Valley Vineyards Theater
8:30 AM	9:00 AM	Transition to <u>Hestan</u> Teaching Kitchen, <u>divide</u> into assigned pods and logistics overview	Chef Sky Hanka, MS, NBC-HWC, CHEP, 12' Chef Laura Jacobo, SNS Chef Patty Gardner	<u>Hestan</u> Teaching Kitchen, All Pods
9:00 AM	1:00 PM	Kitchen Production	Chef Sky Hanka, MS, NBC-HWC, CHEP, 12' Chef Laura Jacobo, SNS Chef Patty Gardner	<u>Hestan</u> Teaching Kitchen, All Pods
1:00 PM	1:45 PM	Lunch from Production Recipe Evaluation Feedback *Garden Tour	Chef Sky Hanka, MS, NBC-HWC, CHEP, 12' Chef Laura Jacobo, SNS Chef Patty Gardner	Mezze

*OPTIONAL SELF-GUIDED GARDEN TOUR

Globally Inspired Meatballs!

Each Team will prepare:

- 2 Meatball Varieties
- 1 Starch Side
- 1 Vegetable Side
- 1 Salad or Fruit Side



Team Structure

- Participants will first be divided into three color pods:
 Yellow Pod  Red Pod  Orange Pod
- Within each pod, participants will be assigned to Teams 1, 2, 3, or 4.
- Each Team Number across all pods will prepare the same menu.

Team	Theme
Team 1	Asian Inspired Flavor Systems
Team 2	European & Rustic Comfort Cuisine
Team 3	The Americas
Team 4	Middle East & North Africa



Mise en Place

“everything in its place”

Before Cooking Begins:

Chef Instructors will provide a pod tour, kitchen safety overview, review recipes and objectives with their assigned pod teams.

Each team should:

- Read through all recipes completely
- Discuss the menu and cooking strategy
- Assign team roles and responsibilities
- Gather ingredients from the Market Area
- Organize mise en place before cooking begins

Mise en Place

Ingredients organized in the Market Area

- ✓ Clearly labeled ingredient stations
- ✓ Teams responsible for collecting all ingredients
- ✓ Verify quantities before returning to your workstation

Key to Success

Read → Plan → Gather → Organize → Cook



Global Meatball Innovation

Base Meatball Formula

All meatballs begin with the same foundational formula:

- 3 lb. Ground Meat
- 8 oz. Liquid Egg
- 8 oz. Breadcrumbs

Think of this as a blank canvas for global flavor exploration.



Flavor differentiation from:

- Spice blends
- Fresh herbs
- Aromatics
- Regional ingredients
- Finishing sauces

Team	Theme	Meatball 1	Meatball 2
Team 1	Asian Inspired Flavor Systems	Teriyaki Meatball	Gochujang Meatball
Team 2	European/ Rustic Comfort	Albondigas	Swedish Meatball
Team 3	The Americas	Italian Meatball	Chipotle BBQ Meatball
Team 4	Middle East/ North Africa	Moroccan-Spiced Meatball	Falafel

