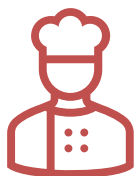




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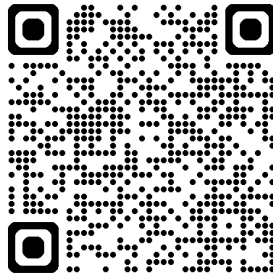
## Parent and Teen CIA Favorites

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# PRODUCTION ASSIGNMENTS

## TEAM ONE

French Lentil Salad  
Berbere Grilled Leg of Lamb  
Couscous with Almonds and Raisins

## TEAM TWO

Corn Chowder with Green Chiles and Monterey Jack Cheese  
Grilled Chicken Bulgogi Style  
Scallion Salad

## TEAM THREE

Meatballs Stewed with Hot Tomatoes  
Zucchini Pancakes  
Tzatziki Sauce

## TEAM FOUR

Panzanella  
Swordfish with Tomato-Olive Ragù  
Red Pepper Orzo

## OPTIONAL

Tiramisu

# FRENCH LENTIL SALAD

*Yield: 8 portions*

| Ingredients                    | Amounts           |
|--------------------------------|-------------------|
| Lentils, French                | 2 cups            |
| Water                          | 4 cups            |
| Carrot, small diced            | $\frac{3}{4}$ cup |
| Celery, small diced            | $\frac{1}{2}$ cup |
| Onion, red, small diced        | 1 cup             |
| Mushroom, white, thinly sliced | $\frac{1}{4}$ lb. |
| Mustard, Dijon                 | 2 tsp.            |
| Salt, kosher                   | 2 tsp.            |
| Vinegar, cider                 | $\frac{1}{4}$ cup |
| Oil, olive, pure               | $\frac{1}{2}$ cup |

## Method

1. Simmer the lentils in the water until they are tender, about 25 minutes.
2. Rinse the lentils in cold water until they are slightly chilled. Drain well.
3. Combine the lentils, carrots, celery, onion, and mushrooms.
4. For the dressing, combine the mustard, salt, and vinegar. Stream in the olive oil while whisking to fully combine.
5. Toss the dressing with the lentil mixture.

## BERBERE GRILLED LEG OF LAMB

*Yield: 8 portions*

| Ingredients                                           | Amounts   |
|-------------------------------------------------------|-----------|
| Lamb, leg, boneless roast, 3 lb.                      | 1 ea.     |
| Salt, kosher                                          | 1 ½ tsp.  |
| Pepper, black, ground                                 | ¾ tsp.    |
| Oil, olive                                            | ¼ cup     |
| Garlic, slivered                                      | ¼ cup     |
| Berberé Spice Paste (Recipe follows)                  | ½ cup     |
| Grilled Potato and Red Onion Fans<br>(Recipe follows) | 1x recipe |
| Grilled Leeks (Recipe follows)                        | 1x recipe |

### Method

1. Unroll the leg of lamb and make cuts as necessary to butterfly the leg. It should be an even thickness throughout, about 1 ½ to 1 ¾-inches.
2. Blot the meat dry with a paper towel and season with salt and pepper.
3. Brush the top with half of the olive oil, sprinkle with half of the garlic, and spread with half of the spice paste. Turn the lamb over and repeat with remaining ingredients.
4. Marinate the lamb, covered, in the refrigerator for at least 6 and up to 12 hours.
5. Preheat a gas grill to medium high; leave one burner off. If using a charcoal grill, build a fire then let it burn down until the coals are glowing red with a moderate layer of white ash. Push the coals to one side of the grill and clean the grate.
6. Grill the lamb over direct heat until marked, about 3 minute per side. Move the lamb to the cool side of the grill.
7. Continue to cook, turning every 15 minutes until desired doneness is reached, about 1 hour and 10 minutes for medium-rare.
8. Remove the lamb from the grill and allow it to rest at least 10 minutes before slicing.
9. Serve with the potatoes and leeks.

## BERBERE SPICE PASTE

*Yield: 2  $\frac{2}{3}$  cups*

| Ingredients                           | Amounts            |
|---------------------------------------|--------------------|
| Chile, pequin, seeds and stem removed | 4 ea.              |
| Cardamom seeds                        | 2 tsp.             |
| Coriander seeds                       | 1 tsp.             |
| Cumin seeds                           | 1 tsp.             |
| Fenugreek seeds                       | 1 tsp.             |
| Peppercorns, black                    | 1 tsp.             |
| Allspice berries                      | $\frac{1}{4}$ tsp. |
| Clove, whole                          | $\frac{1}{4}$ tsp. |
| Onion, yellow, coarsely chopped       | 1 cup              |
| Garlic, clove                         | 6 ea.              |
| Paprika, Hungarian, ground            | 2 Tbsp.            |
| Chile, cayenne, ground                | 1 Tbsp.            |
| Ginger, ground                        | $\frac{1}{2}$ tsp. |
| Cinnamon, ground                      | $\frac{1}{4}$ tsp. |
| Nutmeg, grated                        | $\frac{1}{4}$ tsp. |
| Vinegar, wine, red                    | $\frac{1}{4}$ cup  |
| Oil, vegetable                        | $\frac{1}{4}$ cup  |
| Water                                 | 1 cup              |

### Method

1. In a dry skillet over medium heat, place the chiles, cardamom seeds, coriander seeds, cumin seeds, fenugreek seeds, peppercorns, allspice berries, and cloves in an even layer. Toast until aromatic, about 4 minutes. Transfer to a bowl and let the spices cool to room temperature.
2. Grind the whole spices and chiles in a food processor until coarsely ground.
3. Add the onion, garlic, paprika, cayenne, ginger, cinnamon, and nutmeg. Process to a coarse, heavy paste.
4. Add the vinegar and oil with the machine running. Add the water gradually, stopping when you have a loose paste.
5. The mixture is ready to use now, or it can be transferred to a container and stored in the refrigerator for up to 3 weeks.

# GRILLED POTATO AND RED ONION FANS

*Yield: 8 portions*

| Ingredients           | Amounts  |
|-----------------------|----------|
| Potato, russet        | 8 ea.    |
| Onion, red, sliced    | 2 cups   |
| Oil, olive, pure      | 2 Tbsp.  |
| Thyme, fresh, chopped | 2 tsp.   |
| Salt, kosher          | 1 ½ tsp. |
| Pepper, black, ground | ¾ tsp.   |

## Method

1. Preheat a gas grill to medium high, leaving one burner off. If using a charcoal grill, build a fire then let it burn down until the coals are glowing red with a moderate layer of white ash. Push the coals to one side of the grill and clean the grate.
2. Peel the potatoes and keep them submerged in cold water so they do not discolor. Make parallel slices about ¼ -inch apart through the potato. Insert some of the red onion into each slice in the potato. This will open up the potato a little.
3. Cut a large sheet of foil and brush the dull side lightly with some oil. Arrange the potatoes on the foil (they can be quite close but not touching). Drizzle with the remaining oil, thyme, salt, and pepper. Close the foil around the potatoes.
4. Grill the potatoes over indirect medium heat, turning every 15 to 20 minutes, until the potatoes are very tender, about 1 ¼ hours.
5. Serve immediately.

# GRILLED LEEKS

*Yield: 8 portions*

| Ingredients              | Amounts |
|--------------------------|---------|
| Leek                     | 8 ea.   |
| Oil, olive, pure         | ¼ cup   |
| Lemon, juice, fresh      | 2 Tbsp. |
| Marjoram, fresh, chopped | 1 Tbsp. |
| Oregano, fresh, chopped  | 1 Tbsp. |
| Salt, kosher             | 1 tsp.  |
| Pepper, black, ground    | ¼ tsp.  |

## Method

1. Preheat a gas grill to medium high, leaving one burner off. If using a charcoal grill, build a fire then let it burn down until the coals are glowing red with a moderate layer of white ash. Push the coals to one side of the grill and clean the grate.
2. Trim the leeks to remove the roots and coarse green leaves: rinse thoroughly. (If you are using medium-sized leeks, cut them in half but leave the root end intact.) Let the leeks drain or blot them dry.
3. For the marinade, combine the oil, lemon juice, marjoram, oregano, salt, and pepper.
4. Place the leeks on the grill over indirect heat and brush lightly with some of the marinade. Grill, turning every 5 minutes and brushing with the additional marinade, until the leeks are tender, 20 to 25 minutes.
5. Move the leeks to the hottest part of the grill and cook until marked on each side, about 2 minutes per side.
6. Serve the leeks immediately on a heated platter, drizzled with any of the remaining marinade.

**Note:** For a Greek-style variation, top the grilled leeks with ¼ cup pitted black olives and ⅓ cup crumbled feta cheese.

## COUSCOUS WITH ALMONDS AND RAISINS

*Yield: 6 portions*

| Ingredients              | Amounts  |
|--------------------------|----------|
| Almonds, toasted         | 1 cup    |
| Raisins                  | 1 cup    |
| Water, boiling           | 2 cups   |
| Broth, chicken           | 3 cups   |
| Oil, olive               | 2 Tbsp.  |
| Salt, kosher             | 1 Tbsp.  |
| Pepper, black, ground    | 1 ½ tsp. |
| Couscous                 | 2 cups   |
| Parsley, fresh, chopped  | ¼ cup    |
| Oil, olive, extra-virgin | 3 Tbsp.  |

### 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.
2. Place the raisins in a small bowl and add enough boiling water to cover them. Let the raisins sit in the water until they plump and soften, 5 to 7 minutes.
3. Bring the chicken broth to a boil in a large saucepan. Add the olive oil, salt, and pepper.
4. Stir in the couscous, making sure that all of it is wet. Cover and set the saucepan aside in a warm place until the couscous is tender, 15 to 20 minutes.
5. Stir in the reserved toasted almonds, raisins, and parsley.
6. Drizzle the extra-virgin olive oil over the top.

**Note:** Toasted pine nuts can be substituted for the toasted almonds.

# CORN CHOWDER WITH GREEN CHILES AND MONTEREY JACK CHEESE

*Yield: 8 portions*

| Ingredients                                  | Amounts  |
|----------------------------------------------|----------|
| Corn, whole ear                              | 6 ea.    |
| Cream, heavy                                 | 1 cup    |
| Pork, bacon, slice, minced                   | 2 ea.    |
| Onion, yellow, minced                        | 1 ¼ cups |
| Pepper, bell, red, minced                    | 1 cup    |
| Celery, minced                               | ½ cup    |
| Garlic, minced                               | ½ tsp.   |
| Broth, chicken                               | 6 cups   |
| Potato, yellow, diced                        | 3 cups   |
| Tomato, plum (Roma), peeled, seeded, chopped | 3 cups   |
| Chile, green, 4-oz. can, drained, chopped    | 1 ea.    |
| Cheese, Monterey Jack, grated                | 1 cup    |
| Salt, kosher                                 | to taste |
| Pepper, black, ground                        | to taste |
| Tabasco sauce                                | to taste |
| Tortilla, corn strips, toasted (Optional)    | 1 cup    |
| Cilantro, leaves, chopped                    | 2 Tbsp.  |

## Method

1. Cut the corn kernels from the cobs with a sharp knife, capturing as much of the juice as possible. Reserve  $\frac{3}{4}$  cup of the corn kernels for later use.
2. Purée the remaining corn kernels with the heavy cream in a food processor or blender and set aside.
3. Cook the bacon in a soup pot over medium heat until crisp, about 8 minutes.
4. Add the onion, pepper, celery, and garlic. Reduce the heat to low and cover. Cook, stirring occasionally, until the vegetables are tender, 10 to 12 minutes.
5. Add the broth, potatoes, and tomatoes. Bring to a simmer and cook, covered, until the potatoes are tender, about 20 minutes. Skim any fat from the surface and discard.
6. Add the pureed corn and cream, the reserved corn kernels, chiles, and cheese. Cook on low heat just until the corn is warmed, about 5 minutes.
7. Season to taste with salt, pepper, and Tabasco. Serve garnished with the tortilla strips and cilantro.

**Note:** 4 cups of frozen corn kernels can be substituted for the fresh corn.

## GRILLED CHICKEN BULGOGI STYLE

*Yield: 8 portions*

| Ingredients                              | Amounts           |
|------------------------------------------|-------------------|
| Sesame seeds, toasted                    | 4 tsp.            |
| Garlic, clove, thinly sliced, blanched   | 3 ea.             |
| Scallion (Green onion), minced           | 1 cup             |
| Ginger, minced                           | 3 Tbsp.           |
| Garlic, minced                           | 1 Tbsp.           |
| Soy sauce, light                         | $\frac{1}{3}$ cup |
| Wine, rice, Japanese ( <i>Mirin</i> )    | 3 Tbsp.           |
| Oil, vegetable                           | 1 Tbsp.           |
| Sugar, granulated                        | 1 Tbsp.           |
| Korean chili powder ( <i>Gochugaru</i> ) | 2 tsp.            |
| Chicken, thigh, boneless, skinless       | 8 ea.             |
| Korean chili paste ( <i>Gochujang</i> )  | $\frac{1}{2}$ cup |
| Wine, rice, Japanese ( <i>Mirin</i> )    | 2 Tbsp.           |
| Sugar, granulated                        | 1 Tbsp.           |
| Cabbage, napa, leaves                    | 16 ea.            |
| Scallion Salad (Recipe follows)          | 1x recipe         |

### Method

1. 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.
2. To blanch the garlic, bring a small pan of water to a boil. Add the sliced garlic and simmer for 30 seconds. Drain the garlic, rinse with cool water. Drain and rinse again.
3. For the marinade, whisk together the toasted sesame seeds, scallions, ginger, garlic, soy sauce, mirin, oil, sugar, and red pepper powder.
4. Trim the chicken thighs to remove any pockets of fat. Pound them until they are an even  $\frac{1}{2}$ -inch thick. Cut each thigh in half.
5. Add the pounded chicken thighs to the marinade and turn to coat the chicken evenly. Let the chicken marinate in the refrigerator for at least 1 and up to 12 hours.
6. Smash the sesame seeds and whisk together with the red pepper paste, mirin, and sugar to make a sauce. Refrigerate in a covered container until ready to serve.
7. Preheat a gas grill to high.
8. Remove the chicken from the marinade, letting any excess marinade drain off. Grill the chicken until browned and cooked through, 4 to 5 minutes per side.

9. Arrange 2 cabbage leaves on each plate. Place a chicken thigh on top, spoon some of the Scallion Salad over it, and garnish with the garlic slices and the reserved sauce.

**Note:** Iceberg lettuce can be substituted for the napa cabbage.

# SCALLION SALAD

*Yield: 8 portions*

| Ingredients                              | Amounts |
|------------------------------------------|---------|
| Sesame seeds, toasted, smashed           | ½ tsp.  |
| Sugar, granulated                        | ½ tsp.  |
| Oil, sesame                              | ¼ tsp.  |
| Wine, rice, Japanese ( <i>Mirin</i> )    | 1 tsp.  |
| Korean chili powder ( <i>Gochugaru</i> ) | ½ tsp.  |
| Salt, kosher                             | 1 tsp.  |
| Scallion (Green onion), julienne         | 2 cups  |

## Method

1. 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 to cool.
2. In a bowl, place the toasted sesame seeds, sugar, sesame oil, mirin, red pepper powder, and salt. Mix to combine.
3. Add the scallions and toss together just before serving.

# MEATBALLS STEWED WITH HOT TOMATOES

## KEFTA

*Yield: 6 portions*

| Ingredients                                  | Amounts  |
|----------------------------------------------|----------|
| Beef, ground, 85% lean                       | ½ lb.    |
| Pork, ground                                 | ½ lb.    |
| Onion, yellow, coarsely grated               | ½ cup    |
| Breadcrumbs, dry                             | ¼ cup    |
| Parsley, flat-leaf, leaves, chopped          | ¼ cup    |
| Garlic, minced                               | 1 tsp.   |
| Cumin, ground                                | ¾ tsp.   |
| Paprika, ground                              | ¾ tsp.   |
| Ginger, minced                               | ½ tsp.   |
| Cardamom, ground                             | ¼ tsp.   |
| Water                                        | 3 Tbsp.  |
| Cilantro, leaves, chopped                    | 2 Tbsp.  |
| Salt, kosher                                 | 1 tsp.   |
| Pepper, black, ground                        | ¼ tsp.   |
| Oil, olive, pure                             | 2 Tbsp.  |
| Onion, yellow, chopped                       | ½ cup    |
| Harissa, ground                              | ¼ tsp.   |
| Cumin, ground                                | ¼ tsp.   |
| Cinnamon, ground                             | ¼ tsp.   |
| Saffron, thread, lightly crushed, (Optional) | 3 ea.    |
| Tomato Sauce (Recipe follows)                | 3 cups   |
| Cilantro, leaves, chopped                    | 2 Tbsp.  |
| Salt, kosher                                 | to taste |
| Pepper, black, ground                        | to taste |

### Method

1. For the meatballs, combine the beef, pork, onion, breadcrumbs, parsley, garlic, cumin, paprika, ginger root, cardamom, water, cilantro, salt, and pepper in a bowl. Mix by hand with a wooden spoon until slightly sticky.
2. Chill at least 1 and up to 8 hours before shaping into oval meatballs about 1 inch in diameter.
3. Heat the olive oil in a deep skillet or Dutch oven over medium-high heat until it shimmers. Add the meatballs to the oil and cook, turning as necessary, until they are

browned on all sides, about 8 minutes. Transfer the meatballs to a plate and set aside.

4. Add the onion, harissa, cumin, cinnamon, and saffron, if using, to the pan. Sauté, stirring frequently, until the onion is tender and translucent, 6 to 8 minutes.
5. Add the tomato sauce to the pan, stirring well to dissolve any browned bits in the pan. Bring the sauce to a simmer.
6. Return the meatballs to the sauce along with any juices they may have released. Simmer the meatballs over low heat until they are cooked through, and the sauce is very flavorful, about 15 minutes.
7. Stir in the cilantro and season to taste with salt and pepper.
8. Serve at once on heated plates.

# TOMATO SAUCE

*Yield: 2 cups*

| Ingredients                                   | Amounts   |
|-----------------------------------------------|-----------|
| Tomato, plum (Roma), whole,<br>peeled, seeded | 2 cups    |
| Tomato, purée                                 | 1 cup     |
| Butter, unsalted, sliced, chilled             | 2 Tbsp.   |
| Salt, kosher                                  | as needed |
| Pepper, black, ground                         | as needed |

## Method

1. Purée the whole tomatoes in a food processor until a coarse paste forms.
2. Transfer the tomatoes to a saucepan and bring to a simmer over low heat.
3. Add the tomato purée and simmer for 10 minutes.
4. Scatter the sliced butter over the sauce and swirl the pan until the butter is incorporated.
5. Season with salt and pepper to taste.

# ZUCCHINI PANCAKES

*Yield: 8 portions*

| Ingredients                        | Amounts   |
|------------------------------------|-----------|
| Zucchini, coarsely grated          | 3 cups    |
| Salt, kosher                       | as needed |
| Pepper, black, ground              | as needed |
| Scallion (Green onion), chopped    | 2 cups    |
| Egg, lightly beaten                | 4 ea.     |
| Flour, all-purpose                 | ½ cup     |
| Dill, fresh, chopped               | ⅓ cup     |
| Parsley, flat-leaf, fresh, chopped | ⅓ cup     |
| Tarragon, fresh, chopped           | 2 Tbsp.   |
| Cheese, feta, crumbled             | ½ cup     |
| Walnuts, chopped                   | ⅔ cup     |
| Oil, olive, pure                   | as needed |
| Tzatziki Sauce (Recipe follows)    | 1 cup     |

## Method

1. Place the grated zucchini in colander. Sprinkle with salt and let stand for 30 minutes. Squeeze the zucchini to remove as much liquid as possible. Dry the zucchini by pressing it between several layers of paper towels.
2. In a large bowl, combine the zucchini, scallions, eggs, flour, dill, parsley, tarragon, salt, and pepper until evenly blended.
3. Fold in the feta cheese. (The pancake mixture can be prepared to this point up to 3 hours ahead. Cover tightly and refrigerate. Stir to blend before continuing.)
4. Fold the walnuts into the zucchini mixture.
5. Preheat the oven to 300°F to keep the pancakes warm as you work. Place a baking sheet in the oven.
6. Add enough oil to a skillet to come to a depth of about ⅛ inch. Heat the oil over medium-high heat until the surface of the oil shimmers. Working in batches, drop heaping tablespoons of the zucchini mixture into the hot oil, leaving enough room for the pancakes to spread as they cook. Fry until the pancakes are golden brown and cooked through, about 3 minutes per side. Transfer the pancakes to the baking sheet in the oven to keep warm.
7. Serve immediately with the tzatziki sauce.

# TZATZIKI SAUCE

*Yield: 1 ½ cups*

| Ingredients                    | Amounts  |
|--------------------------------|----------|
| Yogurt, plain                  | ½ cup    |
| Sour cream                     | ½ cup    |
| Cucumber, grated, squeezed dry | ½ cup    |
| Garlic, minced                 | 1 tsp.   |
| Oil, olive, extra-virgin       | 1 Tbsp.  |
| Mint, fresh, minced            | 1 Tbsp.  |
| Lemon, juice, fresh            | 1 tsp.   |
| Lemon, zest, grated            | ½ tsp.   |
| Salt, kosher                   | to taste |
| Pepper, black, ground          | to taste |

## Method

1. In a food processor, combine the yogurt, sour cream, cucumber, and garlic. Purée until smooth.
2. Transfer to a bowl and fold in the olive oil, mint, lemon juice, and lemon zest. Stir until combined.
3. Season with salt and pepper to taste.
4. Keep refrigerated until ready to serve.

**Note:** Fresh dill can be substituted for the mint.

# PANZANELLA

## *BREAD SALAD WITH FRESH TOMATOES*

*Yield: 8 portions*

| Ingredients                               | Amounts  |
|-------------------------------------------|----------|
| Baguette, 24-in., 2 days old, 1-in. diced | 1 ea.    |
| Butter, unsalted                          | 1 Tbsp.  |
| Oil, olive, extra-virgin                  | 2 Tbsp.  |
| Garlic, chopped                           | 1/4 cup  |
| Tomato, plum (Roma), sliced               | 2 lb.    |
| Vinegar, balsamic                         | 1/2 cup  |
| Oil, olive, extra-virgin                  | 9 Tbsp.  |
| Salt, kosher                              | 2 tsp.   |
| Pepper, black, ground                     | 1 tsp.   |
| Basil, sweet, fresh, bunch                | 1 ea.    |
| Parsley, flat-leaf, roughly chopped       | 1/2 cup  |
| Salt, kosher                              | to taste |
| Pepper, black, ground                     | to taste |

### Method

1. Preheat oven to 350°F.
2. Toast the diced baguette in the preheated oven, stirring occasionally, until crisp and dry, 1 to 2 minutes.
3. In a 10-inch sauté pan over medium low heat, place the butter and olive oil. Allow the butter to melt.
4. Add the garlic. Sauté until translucent but not brown, 2 to 3 minutes.
5. Add the diced bread. Toss to evenly coat the bread in the mixture. Reserve.
6. In a large bowl, place the tomatoes. Add the vinegar, olive oil, salt, and pepper.
7. Layer one-quarter of the basil leaves on top of each other and roll into a tight bunch. Thinly slice the bunch of leaves crosswise to create long strips of basil approximately 1/8-inch thick.
8. Just before serving, toss the bread, basil, and parsley with the tomatoes.
9. Adjust the seasoning with salt and pepper to taste.

# SWORDFISH WITH A TOMATO-OLIVE RAGÙ

## *PESCE SPADA SICILIANA*

*Yield: 6 portions*

| Ingredients                      | Amounts           |
|----------------------------------|-------------------|
| Almonds, sliced, toasted         | $\frac{2}{3}$ cup |
| Oil, olive                       | $\frac{1}{3}$ cup |
| Onion, yellow, minced            | 1 cup             |
| Garlic, clove, minced to a paste | 3 ea.             |
| Capers, chopped                  | 3 Tbsp.           |
| Anchovy, fillet                  | 6 ea.             |
| Tomato, cherry, hulled, halved   | 3 pt.             |
| Olive, stuffed with chiles       | 1 cup             |
| Oregano, leaves, fresh, chopped  | 3 Tbsp.           |
| Salt, kosher                     | as needed         |
| Pepper, black, ground            | as needed         |
|                                  |                   |
| Fish, swordfish, steak, 6 oz.    | 6 ea.             |
| Lemon, juice, fresh              | 2 ea.             |

### 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.
2. Preheat oven to 400°F.
3. For the tomato-olive ragù, heat the oil in an oven-proof skillet over medium heat. Add the onion, garlic, capers, and anchovies to the pan and sauté, stirring frequently, until the onion is a very light golden brown, about 8 to 10 minutes.
4. Add the tomatoes and continue to sauté, stirring or tossing frequently, until the tomatoes are very soft, and all the ingredients are very hot.
5. Add the olives and oregano and sauté for 2 to 3 minutes. Season with salt and pepper to taste.
6. Cut 6 squares of foil large enough to hold the swordfish steaks. Place a spoonful of the tomato-olive ragù in the center of each piece of foil, top with a piece of swordfish, and then top with a little lemon juice and sliced almonds. Fold the foil around the fish to make a tight seal (the seams should be on the top of the packet).
7. Place the swordfish steaks in a shallow pan and bake until the fish is cooked through, about 12 minutes.
8. Serve the fish directly from the foil.

# RED PEPPER ORZO

*Yield: 8 portions*

| Ingredients                        | Amounts |
|------------------------------------|---------|
| Orzo, dry                          | ½ lb.   |
| Salt, kosher                       | 2 tsp.  |
| Oil, olive, pure                   | 3 Tbsp. |
| Onion, red, diced                  | 1 ea.   |
| Pepper, bell, red, diced           | 1 ea.   |
| Pepper, bell, green, diced         | 1 ea.   |
| Fennel, bulb, finely diced         | 1 ea.   |
| Oil, olive, pure                   | 1 Tbsp. |
| Garlic, chopped                    | 1 Tbsp. |
| Thyme, fresh, chopped              | 1 Tbsp. |
| Tomato, juice                      | ½ cup   |
| Parsley, flat-leaf, fresh, chopped | ¼ cup   |
| Pepper, black, ground              | 1 tsp.  |
| Cheese, feta, crumbled             | 1 cup   |
| Salt, kosher                       | 1 tsp.  |

## Method

1. In a medium saucepot filled with salted water, place the orzo. Bring to a boil and cook until tender, 8 to 10 minutes. Drain and rinse under cold water.
2. Toss the orzo with the olive oil, cover, and refrigerate.
3. In a large saucepan, sauté the onions, peppers, and fennel in the olive oil until just tender, about 4 minutes.
4. Add the garlic and thyme and cook an additional 2 minutes.
5. Toss the sautéed vegetables with the reserved orzo. Add the tomato juice and toss in the parsley, pepper, feta, and salt.

# TIRAMISU

*Yield: 8 portions*

| Ingredients        | Amounts  |
|--------------------|----------|
| Egg, whole         | 1 ea.    |
| Egg, yolk          | 6 ea.    |
| Sugar, granulated  | 1 cup    |
| Vanilla, extract   | 1 tsp.   |
| Cheese, mascarpone | 3 ¼ cups |
| Egg, white         | 3 ea.    |
| Sugar, granulated  | ½ cup    |
| Espresso           | 1 cup    |
| Kahlua (Optional)  | ½ cup    |
| Cookie, Ladyfinger | 48 ea.   |
| Cocoa powder       | ¼ cup    |
| Sugar, powdered    | 2 Tbsp.  |

## Method

1. Whip the egg, egg yolks, sugar, and vanilla together in a large stainless-steel bowl over simmering water until the volume nearly doubles and the mixture becomes a light lemon yellow, 3 to 4 minutes.
2. Transfer the egg and sugar mixture to the bowl of an electric mixer and beat on high speed until the mixture has cooled to room temperature, 8 to 10 minutes.
3. Add the mascarpone and blend on low speed until very smooth, about 2 to 3 minutes. Scrape the sides and bottom of the bowl to blend evenly.
4. Beat the egg whites with the sugar in a clean bowl to medium-stiff peaks, about 5 to 6 minutes. Fold the beaten egg whites into the mascarpone mixture in two additions. Refrigerate until needed.
5. Combine the espresso and Kahlua to make a syrup. Place a layer of ladyfingers in a 2 ½ -quart bowl. Moisten the ladyfingers well with the syrup and dust evenly with cocoa powder. Top with a 1-inch-thick layer of the mascarpone filling. Repeat layering in this sequence until the bowl is full, ending with a layer of filling.
6. Dust the entire surface of the cake with cocoa powder and powdered sugar. Chill thoroughly before serving.

# BASIC KNIFE CUTS



## Mince

<1/16-in.  
cube



## Brunoise

1/8-in. cube (fine dice)



## Chop

1/8-in. to 1/4-in. cube



## Small Dice

1/4-in. cube



## Medium Dice

1/2-in. cube



## Large Dice

3/4-in. cube



## Fine Julienne

1/16-in. sq. x 2-in.



## Rondelle

Varied diameter/ thickness  
Can be round or bias-round cut



## Julienne

1/8-in. sq. x 2-in.



## Chiffonade

rolled, sliced thin



## Batonnet

1/4-in. sq. x 2-in.

# 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

| <b>tsp.</b> | <b>Tbsp.</b> | <b>oz.</b> | <b>cup</b> | <b>lb.</b> | <b>grams</b> |
|-------------|--------------|------------|------------|------------|--------------|
| <b>3</b>    | 1            | ½          | 1/16       | ---        | 14           |
| <b>6</b>    | 2            | 1          | ⅛          | 1/16       | 28           |
| <b>12</b>   | 4            | 2          | ¼          | ⅛          | 57           |
| <b>24</b>   | 8            | 4          | ½          | ¼          | 113          |
| <b>36</b>   | 12           | 6          | ¾          | ⅜          | 170          |
| <b>48</b>   | 16           | 8          | 1          | ½          | 227          |
| <b>96</b>   | 32           | 16         | 2          | 1          | 454          |

## VOLUME MEASURE CONVERSIONS

| <b>US</b>                           | <b>Metric</b>      |
|-------------------------------------|--------------------|
| <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./ ¼ 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.

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