



Culinary Institute
of America

INNOVATION FOR SCHOOL KITCHENS
2 DAYS TO SCRATCH



The Culinary Institute of America, Copia, CA

Scan the QR code for the class survey and PDF files of the course guide, Chef lecture, and supplemental materials:



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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 dark ink, appearing to read 'David Kamen', with a stylized flourish at the end.

David Kamen '88 MBA PC^{III}
Director CIA Consulting
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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.

LEARNING OBJECTIVES

By the end of this course, you will be able to...

- Demonstrate safe knife skills and consistent cuts.
- Demonstrate batch cooking techniques.
- Organize production using mise en place.
- Operate commercial kitchen equipment safely and efficiently.
- Maintain food quality throughout production and service.

USDA Key Area 2: 2110, 2120, and 2130

DAY ONE: TEAM PRODUCTION ASSIGNMENTS

CHEF DEMO

Dinner Rolls, Red and Green Salsa Base, Dried Pasta Cookery
Bulk Cooking Chicken/ Cooling for next day production

EACH STUDENT

Prepare the following knife cuts to be used for production:

1 yellow onion: julienne and small dice	1 bell pepper: julienne, small dice
2 stalks celery: sliced	2 carrots: matchsticks, oblique cut
1 orange: suprême	½ chicken butchery

ALL TEAMS

Dinner Rolls

TEAM ONE

Quesabirria Beef Tacos
Southern Peach and Smoked Chili Salsa

TEAM TWO

Chilled Sesame Noodle Salad
Southwest Fire-Roasted Corn and Poblano Verde

TEAM THREE

Yum Yum Crunch Salad with Toasted Ramen and Sesame-Soy Dressing
Charred Corn and Butternut Squash Salsa Verde

TEAM FOUR

Roasted Red Pepper and Sun-Dried Tomato Pasta Salad
Lentil Aguachile Verde

OPTIONAL RECIPES

Winter Green Salad with Roasted Squash, Pomegranate, and Pepitas
Fruit Salads with Seasonal Variations
Apple-Carrot Salad with Caesar Dressing and Croutons
Italian Pasta Salad with Chickpeas and Vegetables
Cilantro Lime Pasta Salad

DINNER ROLLS

Yield: 50 portions

Ingredients

Amounts

Flour, all-purpose	3 ³ / ₄ lb.
Milk, dry	3 ¹ / ₄ wt. oz.
Yeast, active dry	2 ³ / ₄ wt. oz.
Sugar, granulated	5 ³ / ₄ wt. oz.
Salt, kosher	1 ¹ / ₄ wt. oz.
Oil, vegetable	1 cup
Water (110°F)	1 qt.

Method

1. In the bowl of a stand mixer fitted with the dough hook, place the flour, dry milk, yeast, sugar, and salt. Blend on low speed for 2 minutes.
2. Add the oil. Blend on low speed for 2 minutes.
3. Gradually add the water, mixing on low speed until a shaggy ball forms. Adjust the amount of water as needed.
4. Knead the dough on medium speed, scraping down the sides, until it is smooth and elastic and no longer sticking to the sides of the bowl, about 8 minutes. Do not overbeat as it will toughen the dough.
5. Let the dough rest in a warm area (90°F) until it doubles in size, about 60 minutes.
6. With your palms, press down on the dough gently to release any gas. Pinch out 2 ounces of dough. Press it into a disk, then shape into a ball. Repeat for each portion.
7. Transfer the dough to a lightly coated 5 x 10 sheet pan. Let it rest in a warm area (90°F) until it doubles in size, 30 to 50 minutes.
8. Preheat convection oven to 350°F.
9. Bake the rolls in the preheated oven until lightly browned, 12 to 14 minutes.

Source: Nettleton Schools

QUESABIRRIA BEEF TACOS

Yield: 12 portions

Ingredients	Amounts
Oil, olive, pure	1 Tbsp.
Onion, white, small diced	½ cup
Beef, ground, 90% lean	1 lb.
Garlic, powder	½ tsp.
Chili, powder	2 tsp.
Paprika, smoked	1 tsp.
Cumin, ground	1 tsp.
Oregano, dried	1 tsp.
Salt, kosher	½ tsp.
Pepper, black, ground	½ tsp.
Tomato, paste	1 Tbsp.
Stock, beef, low sodium	½ cup
Stock, beef, low sodium	2 ½ cups
Chili, powder (Optional)	⅛ tsp.
Tomato, paste (Optional)	1 ½ tsp.
Tortilla, corn, whole grain, 6-in.	24 ea.
Cheese, mozzarella, shredded	3 cups
Onion, white, minced	½ cup
Cilantro, fresh, chopped	2 Tbsp.
Lime, cut into wedges	4 ea.

Method

1. For the filling, heat the oil in a large skillet over medium heat. Add the diced onion. Sauté until soft.
2. Add the ground beef. Brown, breaking the beef into small pieces. Season with garlic powder, chili powder, smoked paprika, cumin, oregano, salt, and pepper. Stir to incorporate.
3. Add the tomato paste and beef stock. Simmer until slightly saucy, about 5 minutes. Cook to an internal temperature of at least 155°F for 15 seconds. Hold hot at 135°F.
4. For the quesabirria broth, strain the pan juices to create the base. Add low-sodium beef stock to make 3 cups total. Adjust the seasoning with chili powder and tomato paste, if desired. Hold hot at 135°F.
5. Heat a griddle over medium-high heat. Briefly dip each tortilla into the hot broth. Lay two tortillas on griddle. Sprinkle each with 2 tablespoons of shredded cheese and 3 tablespoons beef filling total. Fold. Cook until tortillas are crisp and cheese is melted, flipping once. Repeat for each taco.
6. For each portion, serve 2 tacos with ¼ cup hot broth for dipping. Garnish with minced onion, cilantro, and lime wedges.

Source: Jamie Hartz & Jason Hull, in collaboration with Healthy Kids Collaborative.

SOUTHERN PEACH AND SMOKED CHILI SALSA

Yield: 3 cups

Ingredients	Amounts
Tomato Salsa Base (Recipe follows)	2 cups
Peach, peeled, small diced	½ cup
Chili, powder, smoked	1 Tbsp.
Pepper, bell, red, roasted, finely chopped	2 Tbsp.
Sugar, brown	1 tsp.

Method

1. Prepare the Tomato Salsa Base.
2. In a large mixing bowl, place the peaches, smoked chili, roasted red peppers, and brown sugar. Mix well to combine. Let it sit for 15 minutes to allow flavors to marry.
3. Chill and hold at or below 40°F. Use within 48 hours.

Source: Kevin Jenkins in collaboration with Healthy Kids Collaborative.

TOMATO SALSA BASE

Yield: 3 quarts

Ingredients	Amounts
Lime, juice, fresh	8 fl. oz.
Tomato, plum (Roma), crushed, unsalted, canned	4 $\frac{3}{4}$ lb.
Cilantro, fresh, chopped	2 $\frac{1}{2}$ wt. oz.
Onion, yellow, diced	12 wt. oz.
Chile, jalapeño, sliced, canned, drained, chopped	3 wt. oz.
Salt, kosher	1 $\frac{1}{2}$ tsp.
Cumin, ground	$\frac{3}{4}$ tsp.
Sugar, granulated	$\frac{3}{4}$ tsp.

Method

1. In a large bowl, place all the ingredients. Mix until well combined.
2. The salsa can be stored in the refrigerator for 24 to 48 hours.

Source: Lisa Feldman, in collaboration with Healthy Kids Collaborative.

CHILLED SESAME NOODLE SALAD

Yield: 10 portions

Ingredients	Amounts
Sesame seeds	3 Tbsp.
Noodles, soba, dry	8 wt. oz.
Oil, vegetable	as needed
Soy sauce, low sodium	3 Tbsp.
Vinegar, rice	2 Tbsp.
Oil, sesame, toasted	2 Tbsp.
Oil, olive, pure	1 Tbsp.
Honey	1 Tbsp.
Garlic, powder	½ tsp.
Ginger, fresh, ground	½ tsp.
Lime, juice, fresh	1 Tbsp.
Carrot, julienne	1 cup
Pepper, bell, red, thinly sliced	1 cup
Cucumber, seeded, sliced into ½ moons	1 cup
Edamame, shelled, frozen, thawed	1 cup
Scallion (Green onion), sliced	½ cup

Method

1. Preheat oven to 400°F.
2. In an oven-safe sauté pan, place the sesame seeds. Toast in the preheated oven until aromatic, 5 to 10 minutes. Remove the seeds from the oven and toss gently. Let them cool slightly in the pan and toss again. Remove the toasted seeds from the pan and reserve.
3. Cook the noodles according to the package directions. Drain and rinse with cold water. Transfer to a bowl and toss with oil to lightly coat the noodles. Cover and chill in the refrigerator.
4. For the dressing, in a small bowl, place the soy sauce, rice vinegar, sesame oil, olive oil, honey, garlic, ginger, and lime juice. Whisk to combine. Reserve.
5. In a large bowl, place the cooled noodles, carrots, bell pepper, cucumbers, and edamame. Toss to combine. Add the reserved dressing. Toss to coat.
6. Chill for at least 30 minutes before serving. Garnish with the toasted sesame seeds and scallions.

SOUTHWEST FIRE-ROASTED CORN AND POBLANO VERDE

Yield: 3 cups

Ingredients

Amounts

Salsa Verde Cruda (Recipe follows)	2 cups
Corn, kernels, fire-roasted, frozen	¼ cup
Chile, poblano, roasted, finely chopped	3 Tbsp.
Lime, juice, fresh	1 Tbsp.
Oil, olive, pure	½ Tbsp.

Method

1. Prepare the Salsa Verde Cruda.
2. Fold in the corn, roasted poblano chile, lime juice, and olive oil. Stir gently until evenly mixed.
3. Chill in the refrigerator for 30 minutes to allow the flavors to develop.
4. Hold at 40°F or below. Use within 24 hours.

Source: Kevin Jenkins in collaboration with Healthy Kids Collaborative.

SALSA VERDE CRUDA

Yield: 2 quarts

Ingredients	Amounts
Tomatillo, husks removed, small diced	4 lb.
Chile, jalapeño, stems removed, chopped	4 ½ wt. oz
Garlic, clove, peeled	1 wt. oz
Onion, yellow, peeled, chopped	2 wt. oz
Cilantro, fresh, coarse chopped	3 wt. oz
Salt, kosher	1 ½ tsp.
Lime, juice, fresh (Optional)	as needed

Method

1. Working in batches, in a blender, place all the ingredients. Blend at low speed until smooth.
2. The salsa can be refrigerated at internal temperature of 40°F or below for use within 24 hours.

Note: For large batches, combine all ingredients from lightest to heaviest in a clean 5-gallon bucket. Using a high powered beure mixer, carefully purée until smooth.

Source: Lisa Feldman, in collaboration with Healthy Kids Collaborative.

YUM YUM CRUNCH SALAD WITH TOASTED RAMEN AND SESAME-SOY DRESSING

Yield: 10 portions

Ingredients	Amounts
Noodles, ramen, packaged	2 ea.
Sunflower seeds	2 Tbsp.
Oil, olive, pure	1 Tbsp.
Sesame seeds	1 tsp.
Cabbage, green, shredded	2 cups
Cabbage, red, shredded	2 cups
Carrot, peeled, shredded	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	3 Tbsp.
Soy sauce, low sodium	2 Tbsp.
Oil, sesame	1 Tbsp.
Oil, olive, pure	3 Tbsp.
Honey	2 tsp.
Garlic, fresh, finely grated	1 tsp.
Pepper, black, ground	¼ tsp.

Method

1. Preheat oven to 375°F. Line a sheet tray with parchment paper.
2. For the crunch topping, in a medium bowl, crumble the ramen noodles. Add the sunflower seeds and oil. Toss to coat.
3. Spread the mixture evenly on the prepared sheet tray. Bake in the preheated oven, stirring halfway through, until golden brown and crisp, about 7 minutes. Reserve.
4. Increase the oven temperature to 400°F.
5. Place the sesame seeds in an oven-safe sauté pan. Toast in the preheated oven until aromatic, 5 to 10 minutes. Remove the seeds from the oven and toss gently. Let them cool slightly in the pan and toss again. Remove the toasted seeds from the pan and reserve.
6. In a large bowl, place the green and red cabbage, carrots, bell pepper, edamame, and green onions. Mix well to combine. Reserve.
7. For the dressing, in a small bowl, place the vinegar, soy sauce, sesame oil, olive oil, honey, garlic, pepper, and sesame seeds. Mix until well combined. Reserve.
8. Just before serving, pour the dressing over the salad base and toss to coat. Add the crunch topping and toss again lightly. Serve immediately for maximum crunch.

CHARRED CORN AND BUTTERNUT SQUASH SALSA VERDE

Yield: 3 cups

Ingredients	Amounts
Salsa Verde Cruda (Recipe follows)	2 cups
Corn, ear, fresh, shucked	1 ea.
Squash, butternut, peeled, small diced	½ cup
Oil, olive, pure	as needed
Salt, kosher	as needed
Maple syrup	½ tsp.
Vinegar, cider, apple	½ tsp.

Method

1. Preheat oven to 400°F. Line a sheet tray with parchment paper.
2. Prepare the Salsa Verde Cruda. Reserve.
3. Use an open flame to lightly char the corn. Cut the kernels off the cob. Reserve.
4. In a small bowl, place the butternut squash, olive oil, and salt. Toss to coat the squash evenly.
5. Transfer the squash to the prepared sheet tray. Roast the butternut squash in the preheated oven with low fan, stirring halfway, just until tender and caramelized, 20 to 25 minutes. In the last 5 minutes of roasting, add the reserved corn kernels to the tray to soften them.
6. Fold the roasted corn and butternut squash into the Salsa Verde Cruda.
7. Add the maple syrup and apple cider vinegar. Stir to incorporate. Adjust the seasoning with salt or vinegar to taste.
8. Serve warm or chilled.

Note: Serve with grilled meats, roasted vegetables, or whole-grain chips.

Source: Jason Tepper in collaboration with Healthy Kids Collaborative.

SALSA VERDE CRUDA

Yield: 2 quarts

Ingredients	Amounts
Tomatillo, husks removed, small diced	4 lb.
Chile, jalapeño, stems removed, chopped	4 ½ wt. oz
Garlic, clove, peeled	1 wt. oz
Onion, yellow, peeled, chopped	2 wt. oz
Cilantro, fresh, coarse chopped	3 wt. oz
Salt, kosher	1 ½ tsp.
Lime, juice, fresh (Optional)	as needed

Method

1. Working in batches, in a blender, place all the ingredients. Blend at low speed until smooth.
2. The salsa can be refrigerated at internal temperature of 40°F or below for use within 24 hours.

Note: For large batches, combine all ingredients from lightest to heaviest in a clean 5-gallon bucket. Using a high powered beure mixer, carefully purée until smooth.

Source: Lisa Feldman, in collaboration with Healthy Kids Collaborative.

ROASTED RED PEPPER AND SUN-DRIED TOMATO PASTA SALAD

Yield: 10 portions

Ingredients	Amounts
Pasta, penne, dried	1 lb.
Pepper, bell, red, cut in half, stems, seeds, and ribs removed	2 ea.
Tomato, sun-dried	¼ cup
Yogurt, Greek, non-fat	½ cup
Oil, olive, pure	3 Tbsp.
Garlic, minced	1 tsp.
Lemon, juice, fresh	2 Tbsp.
Vinegar, wine, red	1 Tbsp.
Mustard, Dijon	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Tomato, cherry, halved	1 cup
Spinach, baby	2 cups
Basil, sweet, fresh, chopped	½ cup
Cheese, Parmesan, shaved	½ cup
Pepper, bell, green, thinly sliced	½ cup

Method

1. Bring a large pot of salted water to a boil over high heat. Add the pasta. Cook until tender but still firm to the bite (*al dente*), about 10 minutes. Drain and rinse in cold water. Reserve.
2. Preheat broiler to high. Lightly oil a sheet tray.
3. Place the peppers cut side down on the prepared tray. Roast in the preheated broiler until the skin is evenly charred, 3 to 5 minutes. Transfer the charred peppers to a small bowl and cover with plastic wrap. Let the peppers steam for 30 minutes. When cool enough to handle, scrape off and discard the skin.
4. For the dressing, in a blender, place the roasted red peppers, sun-dried tomatoes, yogurt, olive oil, garlic, lemon juice, vinegar, mustard, salt, and pepper. Blend until smooth and creamy. Adjust the seasoning to taste. Reserve.
5. In a large bowl, place the reserved pasta, tomatoes, and spinach. Toss gently to combine.
6. Add 1½ cups of the creamy dressing. Toss to coat well.
7. Fold in the basil. Top with the cheese and bell pepper. Serve at room temperature or chilled.

Note: Arugula can be substituted for the spinach. Rotini or fusilli can be substituted for the penne. Chopped olives, chickpeas, or marinated artichokes can also be added.

LENTIL AGUACHILE VERDE

Yield: 8 portions

Ingredients	Amounts
Lentils, green, cooked	1 cup
Water	2 cups
Salt, kosher	1 tsp.
Salsa Verde Cruda (Recipe follows)	2 cups
Avocado (Optional)	½ ea.
Onion, red, diced	¼ cup
Cucumber, diced	¼ cup
Apple, green, diced	⅓ ea.
Tomatillo, diced	2 ea.
Corn, kernels	¼ cup
Cilantro, leaves, fresh	as needed
Tortilla, chips	as needed

Method

1. Rinse the lentils under cool running water until clear. In a medium saucepan, place the lentils and water. Bring it to a gentle boil, then turn down the heat and simmer gently until just tender, 20 to 25 minutes. Drain and cool. Reserve.
2. For the marinade, in a large bowl, prepare the Salsa Verde Cruda. Add the avocado, if using. Blend until creamy.
3. Add the cooked lentils, sliced red onion, cucumber, tomatillos, corn and green apple. Toss gently to combine. Chill in the refrigerator for 30 minutes to allow the flavors to combine.
4. Spoon onto a plate or shallow bowl. Garnish with cilantro. Serve with tortilla chips.

Source: Aaron Smith in collaboration with Healthy Kids Collaborative.

SALSA VERDE CRUDA

Yield: 2 quarts

Ingredients	Amounts
Tomatillo, husks removed, small diced	4 lb.
Chile, jalapeño, stems removed, chopped	4 ½ wt. oz
Garlic, clove, peeled	1 wt. oz
Onion, yellow, peeled, chopped	2 wt. oz
Cilantro, fresh, coarse chopped	3 wt. oz
Salt, kosher	1 ½ tsp.
Lime, juice, fresh (Optional)	as needed

Method

1. Working in batches, in a blender, place all the ingredients. Blend at low speed until smooth.
2. The salsa can be refrigerated at internal temperature of 40°F or below for use within 24 hours.

Note: For large batches, combine all ingredients from lightest to heaviest in a clean 5-gallon bucket. Using a high powered beure mixer, carefully purée until smooth.

Source: Lisa Feldman, in collaboration with Healthy Kids Collaborative.

WINTER GREEN SALAD WITH ROASTED SQUASH, POMEGRANATE, AND PEPITAS

Yield: 8 portions

Ingredients	Amounts
Pepita seeds	$\frac{3}{4}$ cup
Squash, acorn	1 lb.
Oil, olive, extra-virgin	as needed
Chile, Aleppo	as needed
Molasses, pomegranate	2 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Oil, olive, extra virgin	4 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Escarole	1 ea.
Radicchio, thinly sliced	1 ea.
Arugula	4 cups
Parsley, flat-leaf, leaves, fresh	1 cup
Pomegranate, arils	$\frac{1}{2}$ cup

Method

1. Preheat oven to 400°F.
2. Heat a dry 10-inch skillet over medium heat. Add the pepita seeds in an even layer. Toast, stirring occasionally, until evenly golden brown and slightly fragrant, 3 to 5 minutes. Reserve.
3. Seed the squash. Cut into $\frac{1}{2}$ -inch by $1\frac{1}{2}$ -inch-long pieces. Transfer to a large bowl. Add the olive oil, salt, and pepper. Toss to evenly coat the squash. Arrange in a single layer on a sheet tray. Roast the preheated oven until the squash is golden brown and tender but still holds its shape, 10 to 15 minutes. Sprinkle with Aleppo pepper. Reserve.
4. For the dressing, in a small bowl, place the pomegranate molasses, lemon juice, and olive oil. Whisk to combine. Season with salt and pepper to taste. Reserve.
5. In a large bowl, place the escarole, radicchio, arugula, and parsley. Toss to combine. Add the roasted squash, pomegranate arils, and $\frac{1}{2}$ cup of the toasted pepita seeds.
6. Add the dressing. Toss to evenly coat the greens.
7. Serve on a platter. Top with the remaining toasted pepita seeds.

Note: Other squash such as delicata can be substituted for the acorn squash.

SPRING FRUIT SALAD WITH HONEY DRESSING

Yield: 10 portions

Ingredients	Amounts
Strawberries, hulled, halved	2 cups
Peach, diced	2 cups
Blueberries	1 cup
Orange, segmented	1 cup
Kiwi, peeled, sliced	1 cup
Lemon, juice, fresh	3 Tbsp.
Honey	2 Tbsp.
Oil, avocado	1 Tbsp.
Lemon, zest	½ tsp.
Salt, kosher	½ tsp.

Method

1. In a large bowl, place the strawberries, peaches, blueberries, oranges, and kiwi. Toss gently, being careful not to bruise the fruit. Reserve.
2. For the dressing, in a small bowl, place the lemon juice, honey, avocado oil, lemon zest, and salt. Whisk to combine.
3. Just before serving, drizzle the dressing over the fruit salad. Gently toss to coat.

SUMMER FRUIT SALAD WITH CITRUS-MINT DRESSING

Yield: 10 portions

Ingredients

Amounts

Orange, juice, fresh	$\frac{3}{4}$ cup
Lemon, juice, fresh	$\frac{1}{4}$ cup
Lime, zest	1 tsp.
Honey	$\frac{1}{2}$ Tbsp.
Mint, fresh, finely chopped	4 Tbsp.
Salt, kosher	$\frac{1}{4}$ tsp.
Cantaloupe, large diced	2 $\frac{1}{2}$ cups
Watermelon, medium diced	2 cups
Nectarine, sliced	1 cup

Method

1. For the dressing, in a small bowl, place the orange juice, lemon juice, lime zest, honey, mint, and salt. Whisk to combine. Reserve.
2. In a large bowl, place the cantaloupe, watermelon, and nectarines. Toss gently to combine, being careful not to bruise the fruit.
3. Add the dressing. Gently toss to evenly coat.
4. Chill for at least 30 minutes before serving.

FALL FRUIT SALAD WITH VANILLA YOGURT DRESSING

Yield: 10 portions

Ingredients	Amounts
Yogurt, plain	2 cups
Oil, olive, pure	¼ cup
Honey	2 ½ Tbsp.
Vanilla, extract	1 ½ tsp.
Cinnamon, ground	¼ tsp.
Salt, kosher	½ tsp.
Apple, Granny Smith, diced	1 cup
Lemon, juice, fresh	1 Tbsp.
Pear, Bartlett, medium diced	2 cups
Grapes, halved	1 ½ cups
Pomegranate, seeded	2 ea.
Banana, sliced	1 ½ cups

Method

1. For the dressing, in a medium bowl, place the yogurt, oil, honey, vanilla, cinnamon, and salt. Whisk to combine. Chill in the refrigerator until ready to use.
2. In a medium bowl, place the apples and lemon juice. Gently toss to coat. (Adding the lemon juice will help prevent the apples from browning.)
3. In a large bowl, place the apples, pears, grapes, and pomegranate seeds. Mix gently to combine.
4. Just before serving, gently fold in sliced bananas. Drizzle with the dressing. Toss lightly to coat.
5. Chill at least 30 minutes before serving.

WINTER FRUIT SALAD WITH GINGER-LIME DRESSING

Yield: 10 portions

Ingredients

Amounts

Lime, juice, fresh	3 Tbsp.
Honey	2 Tbsp.
Oil, olive, extra virgin	1 Tbsp.
Ginger, fresh, finely grated	2 tsp.
Lime, zest	½ tsp.
Salt, kosher	½ tsp.
Pineapple, diced	2 cups
Orange, suprême	2 cups
Kiwi, sliced	1 cup
Grapes, halved	1 cup
Mint, fresh, chopped	¼ cup

Method

1. For the dressing, in a small bowl, place the lime juice, honey, oil, ginger, lime zest, and salt. Whisk to combine. Reserve.
2. In a large bowl, the pineapple, oranges, kiwi, grapes, and mint. Gently toss to combine.
3. Drizzle the dressing over the fruit salad. Gently toss to coat. Chill in the refrigerator for up to 30 minutes.

Note: Fresh or canned pineapple can be used. Three tablespoons of toasted unsweetened coconut flakes can be added on top of the salad as a garnish.

APPLE-CARROT SALAD WITH CAESAR DRESSING AND CROUTONS

Yield: 10 portions

Ingredients

Amounts

Caesar Dressing (Recipe follows)	1 ¼ cups
Croutons (Recipe follows)	1x recipe
Apple, Granny Smith, thinly sliced	2 cups
Lemon, juice, fresh	1 Tbsp.
Salt, kosher	⅛ tsp.
Carrot, shredded	2 cups
Lettuce, romaine, head, sliced	3 ea.
Scallion (Green onion), thinly sliced	¾ cup
Celery, thinly sliced	1 cup
Sunflower seeds	½ cup
Cranberries, dried	½ cup
Parsley, flat-leaf, fresh, chopped	¼ cup

Method

1. Prepare the Caesar Dressing and Croutons. Reserve.
2. In a large bowl, place the sliced apples, lemon juice, and salt. Gently toss to combine. (The lemon juice will help prevent the apples from browning.)
3. Add the carrots, lettuce, scallions, celery, sunflower seeds, cranberries, and parsley. Gently toss to combine.
4. Just before serving, drizzle the salad with the Caesar Dressing. Gently toss to coat. Top with the Croutons.
5. Serve immediately.

Note: Raisins can be substituted for cranberries. Any red or green apple can be substituted for the Granny Smith apples.

CAESAR DRESSING

Yield: 10 portions

Ingredients	Amounts
Mayonnaise, low-fat	1 $\frac{1}{8}$ cups
Mustard, yellow	1 Tbsp.
Garlic, powder	$\frac{1}{2}$ tsp.
Worcestershire sauce	$\frac{1}{2}$ tsp.
Vinegar, cider, apple	$\frac{1}{2}$ tsp.
Milk, low-fat	2 Tbsp.
Hot sauce	$\frac{1}{8}$ tsp.
Salt, kosher	$\frac{1}{2}$ tsp.
Pepper, black, ground	$\frac{1}{2}$ tsp.

Method

1. In a large bowl, place all the ingredients. Whisk until smooth.
2. Chill in the refrigerator for 30 minutes before using.

Note: Lemon juice can be substituted for the cider vinegar.

CROUTONS

Yield: 10 portions

Ingredients

Amounts

Bread, Pullman, medium diced	12 wt. oz.
Oil, olive, pure	3 Tbsp.
Garlic, powder	¼ tsp.
Parsley, dried	1 tsp.
Thyme, dried	½ tsp.
Salt, kosher	⅛ tsp.
Pepper, black, ground	⅛ tsp.

Method

1. Preheat oven to 350°F. Line a sheet pan with parchment paper.
2. In a large bowl, place the diced bread. Drizzle with the oil.
3. In a small bowl, place the garlic powder, parsley, thyme, salt, and pepper. Mix to combine. Sprinkle over the bread cubes. Toss well to coat the bread evenly.
4. Spread the bread cubes in a single layer on the prepared sheet pan.
5. Bake in the preheated oven, stirring halfway through, until golden brown and crunchy, 15 to 20 minutes.
6. Cool completely before serving.

Note: If preparing in advance, store in an airtight container, or the croutons will stale.

Seasoning Variations: Choose 1 to 2 teaspoons of seasoning total depending on desired intensity.

Zesty Italian: Italian seasoning blend, onion powder, crushed red pepper flakes

Smoky Paprika: Smoked paprika, cumin, black pepper, sea salt

Lemon Pepper: Lemon zest or lemon pepper seasoning, black pepper, parsley

Cheesy Herb: Nutritional yeast or finely grated Parmesan, oregano, garlic powder

ITALIAN PASTA SALAD WITH CHICKPEAS AND VEGETABLES

Yield: 25 portions

Ingredients	Amounts
Pasta, penne, dried	1 ½ lb.
Vinegar, wine, red	¼ cup
Mustard, Dijon	1 tsp.
Garlic, minced	1 tsp.
Oregano, dried	1 tsp.
Basil, dried	1 tsp.
Honey	½ tsp.
Oil, olive, extra virgin	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Chickpeas, canned, drained, rinsed	29 wt. oz.
Tomato, cherry, halved	2 cups
Cucumber, seeded, diced	1 ½ cups
Pepper, bell, yellow, diced	1 cup
Onion, red, thinly sliced	½ cup
Olive, black, sliced	½ cup
Parsley, flat-leaf, fresh, chopped	½ cup
Basil, sweet, fresh, chopped	½ cup
Cheese, mozzarella, pearls	1 cup

Method

1. Bring a large pot of salted water to a boil over high heat. Add the pasta. Cook until tender but still firm to the bite (*al dente*), about 10 minutes. Drain and rinse in cold water. Reserve.
2. For the vinaigrette, in a small bowl, place the vinegar, mustard, garlic, oregano, basil, and honey. Whisk to combine. Gradually add the olive oil, whisking constantly, until incorporated. Season with salt and pepper to taste. Reserve.
3. In a large bowl, place the reserved pasta, chickpeas, tomatoes, cucumber, bell pepper, onion, olives, parsley, and basil. Mix to combine.
4. Add the mozzarella. Drizzle the vinaigrette over the salad. Toss to evenly coat.
5. Cover and chill in the refrigerator for at least 30 minutes. Toss before serving. Adjust the seasoning to taste.

Note: Fusilli or rotini pasta can be substituted for the penne.

CILANTRO-LIME PASTA SALAD

Yield: 20 portions

Ingredients	Amounts
Pasta, penne, dried	1 ½ lb.
Lime, juice, fresh	¼ cup
Lime, zest	1 Tbsp.
Mayonnaise	½ cup
Oil, olive, pure	2 Tbsp.
Garlic, minced	1 tsp.
Honey	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Corn, kernels, frozen or canned	2 cups
Pepper, bell, red, small diced	1 ½ cups
Beans, black, canned, drained, rinsed	15 wt. oz.
Scallion (Green onion), finely sliced	½ cup
Cilantro, fresh, chopped	1 ½ cups

Method

1. Bring a large pot of salted water to a boil over high heat. Add the pasta. Cook until tender but still firm to the bite (*al dente*), about 10 minutes. Drain and rinse in cold water. Reserve.
2. For the dressing, in a small bowl, place the lime juice, lime zest, mayonnaise, oil, garlic, honey, salt, and pepper. Whisk until smooth and creamy.
3. In a large bowl, combine the reserved pasta, corn, bell pepper, black beans, scallions, and cilantro. Toss to combine.
4. Add the dressing. Toss to coat. Chill in the refrigerator for at least 30 minutes before serving.
5. Adjust the seasoning to taste.

Note: Rotini or shells can be substituted for the penne.

DAY TWO: TEAM PRODUCTION ASSIGNMENTS

CHEF DEMO

Pourable Pizza Crust

Brown Rice Pilaf

Chicken Preparations

TEAM ONE

Spaghetti with Classic Beef Ragù

Miso Baked Chicken with Oven Baked "Fried" Rice

Rainbow Veggie Pizza

TEAM TWO

Arrabbiata Spaghetti Squash Bake

Harissa Garlic Chicken with Lemon "Stir-Fried" Vegetables

Charred Corn and Pepper Pizza

TEAM THREE

Chicken Churrasco Rice Bowl

Pepperoni Pizza

Pumpkin Chocolate Chip Muffins

TEAM FOUR

Pumpkin Seed Pesto Pasta

Mediterranean Chicken Rice Bowl

Margarita Pizza

OPTIONAL RECIPES

Baked Chicken Wings

Spinach With Sesame Dressing

POURABLE PIZZA CRUST

Yield: 50 portions

Ingredients

Amounts

Yeast, active dry	3 Tbsp.
Flour, all-purpose	3 ½ lb.
Milk, dry	9 ¼ wt. oz.
Sugar, granulated	5 ¼ wt. oz.
Salt, kosher	1 ¼ tsp.
Oil, vegetable	2 Tbsp.
Water, warm	2 qt.
Cornmeal	2 ½ wt. oz.

Method

1. In the bowl of a stand mixer fitted with the dough hook, place the dry yeast, flour, dry milk, sugar, and salt. Mix on low speed to combine.
2. Add the oil. Blend for 4 minutes on low speed.
3. Add the water. Blend for 10 minutes on medium speed. (The batter will be lumpy.)
4. Lightly coat 2 sheet pans (18" x 26" x 1") and 1 half-sheet pan (13" x 18" x 1") with pan release spray. Sprinkle each full sheet pan with 1 ounce of cornmeal and the half-sheet pan with ½ ounce.
5. Pour or spread 3 pound 7 ounces (2 quart 1 cup) of batter into each sheet pan and 1 pound 11 ½ ounces (1 quart ½ cup) into each half-sheet pan. Let it stand for 20 minutes.
6. Preheat oven to 475°F (425°F convection oven).
7. Prebake until the crust is set, about 10 minutes (7 minutes convection oven).
8. Top each crust with the desired topping.
9. Bake until heated through, 10 to 15 minutes (5 minutes convection oven)
10. Cut each sheet pan into twenty 4 x 5 pieces and the half sheet pan into ten 2 x 5 pieces.

Source: Healthy School Recipes

SPAGHETTI WITH CLASSIC BEEF RAGÙ

Yield: 10 portions

Ingredients	Amounts
Pasta, spaghetti, dried	1 ½ lb.
Oil, olive, pure	2 Tbsp.
Onion, yellow, small diced	1 cup
Carrot, small diced	1 cup
Celery, small diced	1 cup
Garlic, minced	2 Tbsp.
Beef, ground	3 lb.
Tomato, paste	3 Tbsp.
Tomato, plum (Roma), canned	28 oz.
Broth, beef	2 cups
Oregano, dried	2 tsp.
Basil, dried	1 tsp.
Thyme, dried	1 tsp.
Nutmeg, fresh, grated	½ tsp.
Salt, kosher	2 tsp.
Pepper, black, ground	½ tsp.
Milk, whole	1 cup
Cheese, Parmesan, shredded	½ cup
Basil, sweet, fresh, chopped	1 cup

Method

1. Bring a large pot of salted water to a boil over high heat. Add the spaghetti. Cook until tender but firm to the bite (*al dente*), about 10 minutes. Drain. and rinse in cold water. Reserve.
2. Heat the oil in a large saucepan over medium heat. Add the onion, carrot, celery, and garlic. Sweat until vegetables are softened, but not browned, 5 to 6 minutes.
3. Add the ground beef and cook while breaking up the meat with a spoon until browned, 6 to 8 minutes.
4. Stir in the tomato paste. Cook until it is slightly caramelized, 1 to 2 minutes.
5. Add the tomatoes, beef broth, oregano, basil, thyme, nutmeg, salt, and pepper. Bring it to a simmer over low heat.
6. Gradually stir in the milk in small additions as the sauce cooks down. Simmer the sauce, partially covered, until thickened and flavorful, about 30 minutes. Add a little broth or milk as needed if the sauce gets too thick.
7. Reheat the pre-cooked spaghetti. Just before serving, toss it with warm ragù in batches or portion ragù directly over plated spaghetti.
8. Garnish each portion with cheese and basil. Serve hot.

MISO BAKED CHICKEN

Yield: 12 portions

Ingredients	Amounts
Sesame seeds	2 Tbsp.
Vinegar, wine, rice	1 ½ cups
Water	¼ cup
Wine, rice, sweet, Japanese (<i>Mirin</i>)	2 cups
Miso, white (<i>Shiromiso</i>)	8 fl. oz.
Soy sauce	3 Tbsp.
Sugar, brown, light	8 oz.
Chicken, thighs	6 lb.
Oil, vegetable	as needed
Scallion (Green Onion), bunch, thinly sliced	2 ea.

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. For the marinade, in a medium pot, place the rice wine vinegar, water and mirin. Bring it to a simmer and cook for 10 minutes.
3. Add the miso, soy sauce, and brown sugar. Whisk to incorporate. Simmer, stirring occasionally, for 5 minutes. Cool over an ice bath until cold. Reserve ½ cup of the marinade for brushing.
4. In large hotel pans, place the chicken. Add the marinade, turning to coat the chicken evenly. Cover and refrigerate overnight.
5. Preheat oven to 400°F.
6. Remove chicken from marinade, allowing excess to drip off. Do not rinse. Arrange the chicken skin-side up on lightly oiled sheet pans with a rack.
7. Bake in the preheated oven until the internal temperature reaches 165°F at the thickest point, 30 to 35 minutes. Rotate the pans after 15 minutes for even cooking. Brush chicken with additional marinade during the last 10 minutes to build a glossy glaze.
8. Transfer the chicken to a serving platter. Garnish with the scallions and toasted sesame seeds.

OVEN-BAKED “FRIED” RICE

Yield: 10 portions

Ingredients	Amounts
Water	6 cups
Rice, brown, long-grain	2 ¼ 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 on bias	1 cup

Method

1. Preheat oven to 400°F.
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 rice is tender, about 35 minutes. Drain any excess water. Let the rice cool completely. (Spread on a tray for faster cooling.)
3. In a large bowl, combine the cooled rice, bell peppers, pineapple, peas, and carrots. Drizzle with the sesame oil and soy sauce. Mix well to evenly coat. Reserve.
4. Line a full-size baking sheet with parchment paper. Spread the rice mixture into a thin, even layer. Bake in the preheated oven for 45 minutes, stirring and rotating every 15 to 20 minutes to prevent the edges from burning.
5. Remove from the oven. Garnish with the sliced scallions. Serve hot.

ARRABBIATA SPAGHETTI SQUASH BAKE

Yield: 10 portions

Ingredients	Amounts
Squash, spaghetti	2 ea.
Oil, olive, pure	¼ cup
Garlic, minced	2 Tbsp.
Salt, kosher	2 tsp.
Pepper, black, ground	½ tsp.
Nutmeg, fresh, grated	½ tsp.
Italian seasoning blend, dried	2 tsp.
Oil, olive, pure	2 Tbsp.
Garlic, minced	1 Tbsp.
Red pepper flakes	½ tsp.
Tomato, plum (Roma) crushed, canned	6 cups
Tomato, paste	2 Tbsp.
Oregano, dried	2 tsp.
Salt, kosher	1 ½ tsp.
Pepper, black, ground	¼ tsp.
Basil, sweet, fresh, chopped	¼ cup
Cheese, mozzarella, shredded	2 cups
Cheese, Parmesan, grated	½ cup

Method

1. Preheat oven to 400°F. Line two sheet pans with parchment paper.
2. Cut each squash in half lengthwise and scoop out the seeds.
3. In a small bowl, place the olive oil, garlic, salt, pepper, nutmeg, and Italian seasoning. Mix to combine. Brush the cut sides of each squash half with the seasoned oil.
4. Place the squash halves cut side down on the prepared sheet pans. Roast in the preheated oven until the flesh is tender and easily pierced with a fork, 35 to 45 minutes.
5. For the sauce, heat the olive oil in a saucepan over medium heat. Add garlic and red pepper flakes. Sauté until fragrant, about 1 minute.
6. Add the tomatoes, tomato paste, oregano, salt, and pepper. Stir to combine. Simmer until slightly thickened, 10 to 15 minutes.
7. Add the basil. Adjust the seasonings to taste. Reserve.
8. Remove the squash from the oven and cool slightly. Using a fork, scrape the flesh into spaghetti-like strands. They should yield about 6 to 7 cups.
9. Lower the oven temperature to 375°F.
10. In a large bowl, place the squash strands and 2 to 2½ cups of the reserved sauce. Spread the mixture into a greased 9-inch by 13-inch baking dish. Top evenly with shredded mozzarella and grated Parmesan.

11. Bake uncovered in the preheated oven until the top is bubbling, 20 to 25 minutes.
12. For a golden, crispy finish, broil for an additional 2 to 3 minutes, watching carefully to avoid burning.
13. Remove from the oven and let it rest for 5 minutes before serving.

Note: For added creaminess, add 1 cup of ricotta or cottage cheese to the squash mixture before baking.

HARISSA GARLIC CHICKEN WITH LEMON “STIR-FRIED” VEGETABLES

Yield: 16 portions

Ingredients	Amounts
Oil, olive, pure	½ cup
Garlic, minced	4 Tbsp.
Coriander, ground	2 tsp.
Cumin, ground	2 tsp.
Paprika, smoked	2 tsp.
Harissa, paste	½ cup
Salt, sea	1 tsp.
Pepper, black, ground	½ tsp.
Chicken, thighs, cut into thin strips	5 lb.
Oil, olive, pure	½ cup
Garlic, powder	2 tsp.
Salt, kosher	1 tsp.
Pepper, bell, red, thinly sliced	3 lb.
Broccoli, florets	2 lb.
Carrot, julienne	1 ½ lb.
Onion, red, thinly sliced	1 ½ lb.
Lemon, juice, fresh	¼ cup
Scallion (Green onion), thinly sliced	1 cup

Method

1. In a large bowl, place the olive oil, garlic, coriander, cumin, smoked paprika, harissa paste, sea salt, and pepper. Mix to combine.
2. Add the chicken thighs. Toss to coat evenly.
3. Cover and marinate in the refrigerator for at least 30 minutes or up to 24 hours.
4. Preheat oven to 425°F. Line 2 sheet trays with parchment paper.
5. Arrange the marinated chicken thighs on lined or lightly oiled sheet pans, spaced evenly. Roast, rotating pans halfway, until the internal temperature reaches 165°F, 25 to 30 minutes. Hold hot.
6. In a large bowl, place the olive oil, garlic powder, and salt. Mix to combine. Add the bell pepper, broccoli, carrot, and onion. Toss to evenly coat the vegetables.
7. Spread the vegetables in a single layer on the prepared sheet trays. Roast in the preheated oven, tossing once halfway, until tender-crisp with a light char, 15 to 20 minutes.
8. Transfer the vegetables to a large bowl. Add the lemon juice. Gently toss to coat.
9. Garnish with the sliced scallions.

CHICKEN CHURRASCO RICE BOWL

Yield: 25 portions

Ingredients

Amounts

Carne Asada Spice Blend (Recipe follows)	½ cup
Oil, vegetable	⅓ cup
Lemon, juice, fresh	1 cup
Sugar, brown	⅓ cup
Chicken, thigh, boneless, skinless, raw	7 lb.
Chimichurri (Recipe follows)	1x recipe
Latin Rice Pilaf (Recipe follows)	1x recipe
Scallion (Green onion), thinly sliced	6 wt. oz.
Lime, cut into wedges	4 ea.

Method

1. Prepare the Carne Asada Spice blend.
2. For the marinade, in a large bowl, place the Carne Asada Spice Blend, oil, lemon juice, and brown sugar. Whisk to combine.
3. Add the chicken. Toss to coat. Cover with plastic wrap. Marinate in the refrigerator overnight.
4. Preheat oven to 400°F.
5. Spray 2 full sheet pans with pan spray. Arrange the marinated chicken thighs in a single layer. Pour any remaining marinade over the chicken.
6. Roast the chicken in the preheated oven until it reaches an internal temperature of 165°F and is caramelized, 20 to 25 minutes.
7. Dice the chicken. Transfer to a hotel pan, cover in plastic, and hold hot until assembly.
8. To serve, portion 1 cup Latin Rice Pilaf. Top with 3-ounces of chicken and 1-ounce Chimichurri into serving containers or directly onto trays. Sprinkle with 1 tablespoon scallions and 1 lime wedge.

Notes: All components of this entree hold well and do not need to be batch cooked. Do assemble the Churrasco Rice Bowls in batches for quality.

Source: Fueling Georgia's Future, Georgia Department of Education School Nutrition

CARNE ASADA SPICE BLEND

Yield: 50 portions

Ingredients	Amounts
Chili powder	1 ³ / ₄ cups
Paprika, smoked	³ / ₄ cup
Pepper, black, ground	³ / ₄ cup
Garlic, granulated	³ / ₄ cup
Onion, powder	³ / ₄ cup
Cumin, ground	³ / ₄ cup
Oregano, dried, ground	³ / ₄ cup
Chile, cayenne, ground	¹ / ₄ cup

Method

1. In a large bowl, place all the ingredients.
2. Mix thoroughly.

Note: Before using, stir or shake, as the spices may settle during storage.

Source: Fueling Georgia's Future, Georgia Department of Education School Nutrition

CHIMICHURRI

Yield: 25 portions

Ingredients

Amounts

Garlic, clove	1 wt. oz.
Oil, olive, pure	2 cups
Vinegar, wine, red	1 cup
Paprika, ground	¼ cup
Oregano, dried	1 Tbsp.
Pepper, black, ground	1 Tbsp.
Salt, kosher	1 Tbsp.
Chile, cayenne, ground	1 Tbsp.
Tomato, plum (Roma), diced	2 lb.
Parsley, flat-leaf, fresh, chopped	5 oz.

Method

1. In a food processor, place the garlic cloves. Pulse until finely minced.
2. In a medium bowl, place the oil, vinegar, paprika, oregano, black pepper, salt, and cayenne pepper. Whisk well to combine.
3. Add the tomatoes, parsley, and garlic. Stir to incorporate.
4. Store the Chimichurri, wrapped, labeled, and dated in the cooler until needed.

Source: *Fueling Georgia's Future*, Georgia Department of Education School Nutrition

LATIN RICE MIX

Yield: 20 portions

Ingredients	Amounts
Brown Rice Pilaf (Recipe follows)	5 qt.
Carne Asada Spice Blend (Recipe follows)	$\frac{3}{4}$ cup
Oil, vegetable	3 fl. oz.
Pepper, bell, red, diced	1 lb.
Onion, yellow, small diced	$\frac{1}{2}$ lb.

Method

1. Prepare the Brown Rice Pilaf and the Carne Asada Spice Blend. Reserve.
2. Heat the vegetable oil in a large skillet over medium heat. Add the bell peppers and onions. Sauté, stirring occasionally, until softened and lightly translucent, 5 to 7 minutes.
3. Add the Carne Asada Spice Blend. Stir to incorporate. Cook until fragrant, 30 to 60 seconds.
4. Transfer to the hotel pan with the rice. Mix thoroughly until the vegetables and seasoning are evenly distributed.
5. Heat gently, stirring occasionally to prevent sticking, until the rice reaches 165°F.
6. Cover and hot hold at 135°F or higher until service.

BROWN RICE PILAF

Yield: 50 portions

Ingredients

Amounts

Water	8 cups
Salt, kosher	as needed
Rice, long-grain, brown, parboiled	7 ½ lb.
Vegetable broth, low sodium	6 qt.
Salt, kosher	4 tsp.
Garlic, minced	½ cup

Method

1. Preheat oven to 350°F. Spray two 4-inch hotel pans with pan spray.
2. In a large pot, bring 8 cups of salted water to a boil. Add the rice. Parboil, stirring occasionally, for 15 minutes. Drain. Reserve.
3. In a large stock pot, place the broth, salt, and garlic. Bring it to a boil.
4. Evenly distribute the rice between the prepared hotel pans.
5. Pour the hot broth mixture over the rice, dividing it between the two pans.
6. Cover the pans tightly. Bake in the preheated oven until the grains separate, the rice is tender, and the liquid has been absorbed, 35 to 40 minutes.
7. Remove the pans from the oven. Let the rice sit, covered, for 10 minutes.
8. Fluff with a fork.

Variation: Pilaf can also be made using the steamer method.

Source: *Fueling Georgia's Future*, Georgia Department of Education School Nutrition

CARNE ASADA SPICE BLEND

Yield: 50 portions

Ingredients	Amounts
Chili powder	1 ³ / ₄ cups
Paprika, smoked	³ / ₄ cup
Pepper, black, ground	³ / ₄ cup
Garlic, granulated	³ / ₄ cup
Onion, powder	³ / ₄ cup
Cumin, ground	³ / ₄ cup
Oregano, dried, ground	³ / ₄ cup
Chile, cayenne, ground	¹ / ₄ cup

Method

1. In a large bowl, place all the ingredients. Mix thoroughly.
2. Store, labeled and dated, in an airtight container.

Note: Before using, stir or shake, as the spices may settle during storage.

Source: Fueling Georgia's Future, Georgia Department of Education School Nutrition

PUMPKIN CHOCOLATE CHIP MUFFINS

Yield: 20 muffins

Ingredients	Amounts
Flour, gluten free	225 g
Baking powder	1 ½ tsp.
Baking soda	½ tsp.
Cinnamon, ground	5 tsp.
Clove, ground	¼ tsp.
Nutmeg, fresh, grated	½ tsp.
Pumpkin, purée	255 g
Flax egg	3 ea.
Yogurt, coconut	56 g
Oil, canola	170 g
Sugar, granulated	255 g
Salt, kosher	¾ tsp.
Chocolate, dark, vegan, fine chopped	125 g

Method

1. Preheat oven to 325°F.
2. Line muffin tins with muffin liners and spray with pan spray.
3. In a large bowl, sift together the flour, baking powder, baking soda, cinnamon, clove, and nutmeg.
4. In a medium bowl, place the pumpkin purée, flax eggs, coconut yogurt, oil, sugar, and salt. Whisk until well combined. Add to the bowl of dry ingredients. Stir until smooth.
5. Fold in 85 grams of the chopped vegan chocolate.
6. Transfer the batter to the prepared pans. Top with the remaining chocolate.
7. Bake until a cake tester comes out dry, 10 to 15 minutes.

Note: When preparing muffin batter, adding wet ingredients into dry ingredients ensures better control over mixing and prevents overworking the flour, resulting in a tender crumb. Mixing dry into wet can lead to uneven hydration and lumps, compromising the muffin's texture. Proper technique optimizes batter consistency, promoting even baking and a moist, fluffy muffin.

Source: Elizabeth Prueitt

PUMPKIN SEED PESTO PASTA

Yield: 10 portions

Ingredients

Amounts

Pumpkin, seeds	¾ cup
Oil, olive, pure	as needed
Pasta, penne, dry	1 lb.
Garlic, minced	1 Tbsp.
Basil, sweet, fresh, chopped	1 cup
Parsley, flat-leaf, fresh, chopped	1 cup
Cheese, Parmesan, grated	¼ cup
Lemon, juice, fresh	4 Tbsp.
Lemon, zest	1 tsp.
Oil, olive, pure	½ cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	1 Tbsp.
Tomato, cherry, halved	1 ½ cups
Cheese, Parmesan, grated	¼ cup

Method

1. Preheat oven to 325°F. Line a sheet tray with parchment paper.
2. Spread the pumpkin seeds in an even layer on the baking sheet. Drizzle lightly with oil. Bake in the preheated oven, stirring halfway through, until the seeds are golden and aromatic, 10 to 12 minutes. Remove from the oven, cool, and reserve.
3. Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite (*al dente*), about 10 minutes. Reserve ½ cup of the pasta water. Drain and rinse the pasta in cold water. Reserve.
4. For the pesto, in a food processor, place the reserved pumpkin seeds, garlic, basil, parsley, parmesan, lemon juice, lemon zest, oil, salt, and pepper. Blend until smooth, scraping down the sides as needed. Adjust the seasoning and consistency, as needed. Reserve.
5. Heat the oil in a large sauté pan over medium-high heat. Add the cherry tomatoes. Sauté until they blister, 3 to 5 minutes.
6. Reheat the cooked pasta. Add the warm pasta and the pesto to the sauté pan. Add a little reserved pasta water to help coat the noodles and loosen the sauce, as needed.
7. Adjust the seasoning to taste. Garnish with the grated Parmesan.

Note: Rotini or fusilli can be substituted for the penne. Grilled or roasted vegetables can be added.

MEDITERRANEAN CHICKEN RICE BOWL

Yield: 25 portions

Ingredients	Amounts
Oil, vegetable	½ cup
Lemon, juice, fresh	1 ¼ cup
Sugar, brown	½ cup
Greek Spice Blend (Recipe follows)	½ cup
Chicken, drumsticks	7 lb.
Greek Rice Pilaf, (Recipe follows)	1x recipe
Tzatziki Sauce (Recipe follows)	1x recipe
Parsley, flat-leaf, fresh, chopped	3 wt. oz.
Mint, fresh, chopped	2 wt. oz.
Lemon, cut into wedges	4 ea.

Method

1. For the marinade, in a large bowl, place the vegetable oil, lemon juice, brown sugar, and Greek spice blend. Whisk to combine.
2. Add the chicken. Toss to coat. Cover with plastic wrap and let it sit overnight.
3. Preheat oven to 425°F. Spray full sheet pans with pan spray and set with a roasting rack.
4. Add the marinated chicken, in a single layer, to the rack on the sheet pan. Pour any remaining marinade over the chicken.
5. Bake in the preheated oven until the chicken is caramelized and reaches an internal temperature of 165°F, 20 to 25 minutes. Cover the chicken with foil and hold warm.
6. To serve, portion 1 cup Greek Rice Pilaf. Top with 3-ounces of chicken and drizzle with 1 ½-ounces of Tzatziki Sauce. Garnish with 1 tablespoon of parsley and mint and 1 lemon wedge.

Note: Multigrain pita chips can be substituted for half of the Greek Rice Pilaf.

GREEK SPICE BLEND

Yield: 4 cups

Ingredients	Amounts
Paprika, ground	1 cup
Rosemary, dried	½ cup
Thyme, dried	½ cup
Oregano, dried	½ cup
Curry, ground	½ cup
Cumin, ground	½ cup
Onion, powder	½ cup
Garlic, powder	¼ cup
Pepper, black, coarsely ground	¼ cup

Method

1. Combine all ingredients.
2. Mix well.

Source: *Fueling Georgia's Future*, Georgia Department of Education School Nutrition

GREEK RICE PILAF

Yield: 25 portions

Ingredients

Amounts

Brown Rice Pilaf (Recipe follows)	4 qt.
Greek Spice Blend (Recipe follows)	5 Tbsp.
Onion, yellow, small diced	2 cups.
Tomato, plum (Roma), diced	3 cups

Method

1. Preheat oven to 350°F.
2. Place the cooked brown rice pilaf in a large hotel pan.
3. Sprinkle the Greek Spice Blend evenly over the rice.
4. Add the onions. Mix until well incorporated.
5. Cover the pan. Heat in the preheated oven, stirring once, until the rice reaches an internal temperature of 165°F.
6. Just before service, gently fold in the diced tomatoes. (Adding them at the end helps to maintain freshness and prevent excess moisture.)
7. Cover and hold hot at 135°F or above until service.

Note: Rice holds well and does not need to be prepared in batches for service.

BROWN RICE PILAF

Yield: 50 portions

Ingredients

Amounts

Water	8 cups
Salt, kosher	as needed
Rice, long-grain, brown, parboiled	7 ½ lb.
Vegetable broth, low sodium	6 qt.
Salt, kosher	4 tsp.
Garlic, minced	½ cup

Method

9. Preheat oven to 350°F. Spray two 4-inch hotel pans with pan spray.
10. In a large pot, bring 8 cups of salted water to a boil. Add the rice. Parboil, stirring occasionally, for 15 minutes. Drain. Reserve.
11. In a large stock pot, place the broth, salt, and garlic. Bring it to a boil.
12. Evenly distribute the rice between the prepared hotel pans.
13. Pour the hot broth mixture over the rice, dividing it between the two pans.
14. Cover the pans tightly. Bake in the preheated oven until the grains separate, the rice is tender, and the liquid has been absorbed, 35 to 40 minutes.
15. Remove the pans from the oven. Let the rice sit, covered, for 10 minutes.
16. Fluff with a fork.

Variation: Pilaf can also be made using the steamer method.

Source: *Fueling Georgia's Future*, Georgia Department of Education School Nutrition

TZATZIKI SAUCE

Yield: 20 portions

Ingredients

Amounts

Cucumber, English	$\frac{3}{4}$ lb.
Yogurt, Greek, plain	2 cups
Lemon, juice, fresh	2 Tbsp.
Oil, olive, pure	1 Tbsp.
Garlic, minced	1 Tbsp.
Salt, kosher	$\frac{3}{4}$ tsp

Method

1. Grate the cucumbers. Squeeze and strain any water from the cucumbers (This step is crucial to ensure the sauce is creamy and full of flavor.)
2. In a medium bowl, place the yogurt, lemon juice, olive oil, garlic, and salt. Whisk to combine.
3. Stir in the shredded cucumber.

Note: This sauce is best prepared the day before service to allow the flavors time to develop.

BAKED CHICKEN WINGS

Yield: 10 portions

Ingredients

Amounts

Chicken, wings	5 lb.
Ranch Seasoning (Recipe follows)	½ cup
Rosemary Seasoning (Recipe follows)	½ cup
BBQ Seasoning (Recipe follows)	½ cup

Method

1. Place the chicken in a perforated pan to drain excess liquid. Thaw in the refrigerator overnight.
2. Preheat oven to 400°F (convection oven: 350°F). Line 2 sheet trays with parchment paper.
3. In a large bowl, place the desired Seasoning and the chicken. Toss well to coat.
4. Arrange the thawed chicken in a single layer on the prepared sheet trays.
5. Bake in the preheated oven until the chicken reaches an internal temperature of 165°F, 45 to 55 minutes (convection oven: 30 to 35 minutes).

RANCH SEASONING

Yield: ½ cup

Ingredients

Amounts

Garlic, granulated	1 Tbsp.
Onion, granulated	1 Tbsp.
Dill, dried	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	1 ½ tsp.

Method

1. In a small bowl, place all the ingredients.
2. Mix well to combine.

ROSEMARY SEASONING

Yield: ½ cup

Ingredients

Amounts

Rosemary, dried	1 ½ Tbsp.
Garic, granulated	1 Tbsp.
Onion, granulated	1 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	1 ½ tsp.

Method

1. In a small bowl, place all the ingredients.
2. Mix well to combine.

BARBECUE SEASONING

Yield: ½ cup

Ingredients

Amounts

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. In a small bowl, place all the ingredients.
2. Mix well to combine.

SPINACH WITH SESAME DRESSING

Yield: 12 portions

Ingredients

Amounts

Sesame seeds	1 cup
Soy sauce, light	½ cup
Sugar, granulated	¼ cup
Spinach, fresh, stems removed	4 lb.

Method

1. Preheat oven to 400°F.
2. In a small, oven-safe sauté pan, place the sesame seeds. Toast in the preheated oven until aromatic, 5 to 10 minutes. Remove the seeds from the oven and toss gently. Let them cool slightly in the pan and toss again. Transfer the toasted seeds to a small bowl and reserve.
3. In a small saucepan, place the soy sauce. Bring it to a boil.
4. Add the sugar. Stir to dissolve. Reserve.
5. Bring a large pot of water to a rapid boil over high heat. Add the spinach. Blanch for 20 seconds. Drain. Transfer to an ice water bath to stop the cooking process. Drain and squeeze out all excess moisture. Reserve.
6. Using a mortar and pestle, crush the reserved, toasted sesame seeds to a coarse paste.
7. Add the soy sauce. Mix to combine. Add the mixture to the spinach. Toss well to coat.

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Memo To: CIA Continuing Education Students

From: Office of the Registrar
Re: Privacy of Student Records

The *Family Educational Rights and Privacy Act* (FERPA) is the federal law that governs release of and access to student education records. These rights include:

1. **The right to inspect and review your education record within a reasonable time after the CIA receives a request for access.** If you want to review your record, contact the Registrar's Office to make appropriate arrangements.
2. **The right to request an amendment of your education record if you believe it is inaccurate or misleading.** If you feel there is an error in your record, you should submit a statement to the Registrar's Office, clearly identifying the part of the record you want changed and why you believe it is inaccurate or misleading. The Registrar will notify you of the decision and advise you regarding appropriate steps if you do not agree with the decision.
3. **The right to consent to disclosure of personally identifiable information contained in your education records, except to the extent that FERPA authorizes disclosure without consent.** One exception which permits disclosure without consent is disclosure to school officials with "legitimate educational interests." A school official has a legitimate educational interest if the official has a need to know information from your education record in order to fulfill his or her official responsibilities. Examples of people who may have access, depending on their official duties, and only within the context of those duties, include: CIA faculty and staff, agents of the institution, students employed by the institution or who serve on official institutional committees, and representatives of agencies under contract with the CIA.
4. **The right to file a complaint with the U.S. Department of Education concerning alleged failures by the CIA to comply with the requirements of FERPA.**

Release of student record information is generally not done at the CIA without the expressed, written consent of the student. There are, however, some exceptions. For example, directory information includes the following, and may be released without the student's consent: name, permanent address, campus box number, CIA email address, photographs, program of study, dates of attendance, and degrees or certificates awarded with dates. Please note that you have the right to withhold the release of directory information. To do so, you must complete a "Request for Non-Disclosure of Directory Information" form, which is available from the CIA Consulting Department at 845-905-4417. Please note two important details regarding placing a "No Release" on your record:

1. The CIA receives many inquiries for directory information from a variety of sources outside the institution, including friends, parents, relatives, prospective employers, the news media, and others. Having a "No Release" on your record will preclude release of such information, even to those people.
2. A "No Release" applies to all elements of directory information on your record. The CIA does not apply "No Release" differently to the various directory information data elements.

A copy of the *Act*, more details about your rights, and any CIA policies related to the *Act* are available at <http://www.ciachef.edu/consumer-information/#psr>.

Questions concerning FERPA should be referred to the Office of the Registrar, The Culinary Institute of America, 1946 Campus Drive, Hyde Park, NY, 12538.

CIA INSTRUCTOR POLICY ON PROPRIETARY INTERESTS DISCLOSURE AND REPRESENTATION

The instructor does not have a proprietary interest in any product, instrument, device, service, or material to be discussed during the learning event, nor does the instructor receive third-party compensation related to the presentation.

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

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

METRIC CONVERSION TABLE

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

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

TEMPERATURE EQUIVALENCIES

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

US CUSTOMARY LIQUID VOLUME CONVERSIONS

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

US TO METRIC DRY MEASURES CONVERSIONS

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

VOLUME MEASURE CONVERSIONS

US	Metric
1 tsp.	5 milliliters (ml)
1 Tbsp.	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ ¼ cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint (pt.)	480 ml
32 fl. oz./ 1 quart (qt.)	960 ml
128 fl. oz./ 1 gallon (gal.)	3.84 liters (L)

These materials were developed at the Culinary Institute of America.

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