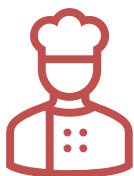




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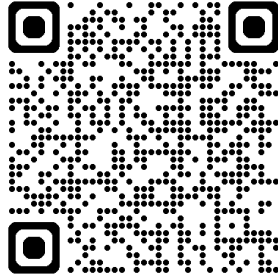
Parent and Teen CIA Favorites

WELCOME!



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PRODUCTION ASSIGNMENTS

TEAM ONE

French Lentil Salad
Chicken Tagine
Couscous with Almonds and Raisins

TEAM TWO

Vietnamese Salad Rolls
Grilled Chicken Bulgogi Style
Scallion Salad

TEAM THREE

Meatballs Stewed with Hot Tomatoes
Zucchini Pancakes
Tzatziki Sauce

TEAM FOUR

Panzanella
Risotto with Butternut Squash and Sage
Fresh Mozzarella with Prosciutto and Tomato Jam Chutney

OPTIONAL

Fudge Chocolate Cookies

FRENCH LENTIL SALAD

Yield: 8 portions

Ingredients	Amounts
Oil, olive, pure	2 Tbsp.
Onion, red, small diced	1 cup
Carrot, small diced	$\frac{3}{4}$ cup
Celery, small diced	$\frac{3}{4}$ cup
Lentils, French	2 cups
Water	4 cups
Vinegar, sherry	2 Tbsp.
Oil, olive, pure	as needed
Mushroom, button, thinly sliced	1 cup
Mustard, Dijon	1 Tbsp.
Salt, kosher	2 tsp.
Pepper, black, ground	1 tsp.
Vinegar, cider	$\frac{1}{4}$ cup
Shallot, minced	1 $\frac{1}{2}$ Tbsp.
Oil, olive, pure	$\frac{1}{2}$ cup
Spinach, baby, stemmed	4 cups
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a medium pot, heat the olive oil over medium heat. Add the onion. Sweat until translucent, about 1 minute.
2. Add the carrot and celery. Cook until softened, about 3 minutes.
3. Add the lentils. Cook, about 1 minute.
4. Add the water. Bring to a boil, then turn down the heat to medium-low. Simmer, partly covered, until the lentils are tender and all the liquid has been absorbed, about 25 minutes.
5. Transfer the lentils to a wide sheet tray. Spread in an even layer. Drizzle with the sherry vinegar. Mix to coat. Cool completely and reserve.
6. Heat the oil in a large skillet over high heat. Add the mushrooms. Sauté until golden brown and cooked through, about 3 minutes. Reserve.

7. For the dressing, in a large bowl, place the mustard, salt, pepper, vinegar, and shallot. Whisk to combine. Slowly stream in the olive oil, whisking constantly until emulsified.
8. In a large bowl, place the cooked lentils and mushrooms. Mix to combine.
9. Gradually add the dressing (you may not use all of it), tossing to evenly coat the salad.
10. Fold in the spinach, making sure the leaves are evenly coated with the dressing.
11. Season with salt and pepper to taste.

CHICKEN TAGINE

Yield: 10 portions

Ingredients	Amounts
Onion, cipollini, blanched, peeled	30 ea.
Chicken, whole, 2 ½ lb., cut into 6 pieces	2 ea.
Salt, kosher	1 Tbsp.
Pepper, black, ground	1 ½ tsp.
Oil, olive, extra virgin	¼ cup
Ginger, ½-in piece, peeled, sliced thin	1 ea.
Garlic, clove, thinly sliced	5 ea.
Cumin, ground	1 tsp.
Saffron, threads	¼ tsp.
Stock, chicken	1 ½ cups
Olive, green, picholine	50 ea.
Parsley, flat-leaf, leaves, fresh, chopped	4 Tbsp.

Method

1. Bring a large pot of salted water to a boil. Add the cipollini onions. Blanch until slightly softened but not mushy, 30 to 60 minutes. Transfer to an ice water bath to stop the cooking process. Cool for 3 minutes. Drain. Pat dry. Remove and discard the skin. Reserve.
2. Season the chicken pieces with salt and pepper.
3. Heat the oil in a tagine, rondeau, or brasier over medium-high heat. Carefully place the chicken pieces in the oil. Sauté until golden brown on all sides. Transfer the chicken to a hotel pan and reserve.
4. Add the reserved onions and cook, stirring occasionally, until golden brown, 7 to 8 minutes.
5. Add the ginger and garlic and toast until aromatic, 1 minute.
6. Add the cumin and saffron. Cook until the mixture turns a deeper color and gives off a sweet aroma, about 1 minute.
7. Return the chicken to the pan. Add the stock. Adjust the seasoning with salt and pepper to taste. Bring it to a gentle simmer. Cover and braise until the chicken is cooked through, turning the pieces occasionally to keep them evenly moistened, 30 to 40 minutes. (Maintain only a small amount of stock so the braising liquid will become concentrated.)
8. In the last 15 minutes, add the olives and parsley. Simmer until the olives are tender.
9. Serve with the Couscous with Almonds and Raisins.

COUSCOUS WITH ALMONDS AND RAISINS

Yield: 6 portions

Ingredients	Amounts
Almonds	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, flat-leaf, 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. Add enough boiling water to cover them. Let the raisins sit in the water until they plump and soften, 5 to 7 minutes.
3. In a large saucepan, place the chicken broth. Bring to a boil.
4. Add the olive oil, salt, and pepper. Stir to incorporate.
5. 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.
6. Stir in the raisins, toasted almonds, and parsley.
7. Drizzle the olive oil over the top.

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

VIETNAMESE SALAD ROLLS

Yield: 8 portions

Ingredients	Amounts
Shrimp, 30-35, peeled, deveined	16 ea.
Fish sauce	¼ cup
Sugar, granulated	¼ cup
Water	¼ cup
Vinegar, rice, light	3 Tbsp.
Chili sauce (<i>Sambal</i>)	4 tsp.
Garlic, minced	2 tsp.
Lime, juice, fresh	1 ea.
Noodles, rice, thin	4 wt. oz.
Carrot, peeled, fine julienne	2 cups
Salt, kosher	as needed
Lettuce, green leaf, head, cut into strips	½ ea.
Mint, Vietnamese (<i>Rau ram</i>), fresh, bunch, chiffonade	¼ ea.
Water, warm	4 cups
Sugar, granulated	2 Tbsp.
Rice paper, round, 12-inch	8 ea.
Cilantro, bunch, leaves, fresh	¼ ea.

Method

1. Bring a large saucepan of water to a boil. Turn down the heat to low. Add the shrimp. Simmer, until the shrimp are just cooked through, 2 to 3 minutes. Transfer to an ice water bath to stop the cooking process. Cool for 3 minutes. Drain and pat dry.
2. Transfer the shrimp to a cutting board. Slice the shrimp in half lengthwise. Reserve.
3. For the dipping sauce, in a medium bowl, place the fish sauce, sugar, water, vinegar, chili sauce, garlic, and lime juice. Mix well.
4. Bring a large pot of salted water to a boil. Add the rice noodles. Stir once or twice, cooking until tender, about 3 minutes. Drain the noodles and rinse with cool water to stop cooking. Drain well and reserve.
5. In a medium bowl, place the carrots and 2 teaspoons of salt. Marinate for 10 minutes. Rinse the carrots in cool water to remove the salt and squeeze out the juice.

6. For the noodle filling, in a large bowl, place the cooked rice noodles, marinated carrots, lettuce, and mint. Toss to combine. Reserve.
7. In a large bowl, combine the warm water and sugar. Stir to dissolve the sugar.
8. One at a time, soak the rice paper rounds. Let it sit in the water until softened, about 10 seconds. Blot on paper towels and transfer to a work surface.
9. Spoon ½ cup of the filling in the center of each rice paper round. Roll the rice paper around the filling halfway (see Chef demo). Put two pieces of the reserved cooked shrimp and two or three cilantro leaves on the inside of the unrolled part of the wrapper. Finish rolling.
10. Cut each roll in half. Serve on a chilled platter with the dipping sauce.

Note: Standard mint can be substituted for the Vietnamese mint (*rau ram*).

GRILLED CHICKEN BULGOGI STYLE

Yield: 8 portions

Ingredients	Amounts
Sesame seeds, toasted	3 tsp.
Garlic, clove, thinly sliced	3 ea.
Scallion (Green onion), minced	1 cup
Ginger, fresh, minced	3 Tbsp.
Garlic, minced	1 Tbsp.
Soy sauce, light	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.
Sesame seeds, toasted	1 tsp.
Korean chili paste (<i>Gochujang</i>)	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 scallions, ginger, garlic, soy sauce, mirin, oil, sesame seeds, sugar, and red pepper powder.
4. Trim the chicken thighs to remove any pockets of fat. Pound them until they are an even 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. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed. Clean the cooking grate.

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. Cool and reserve.
2. In a mixing bowl, combine the sugar, sesame oil, mirin, sesame seeds, red pepper powder, and salt.
3. Add the scallions. 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, fresh, 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, fresh, chopped	2 Tbsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Oil, olive, pure	2 Tbsp.
Onion, yellow, chopped	½ cup
Harissa	¼ tsp.
Cumin, ground	¼ tsp.
Cinnamon, ground	¼ tsp.
Saffron, threads, lightly crushed	3 ea.
(Optional)	
Tomato Sauce (Recipe follows)	2 cups
Cilantro, leaves, fresh, chopped	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. For the meatballs, place the beef, pork, onion, breadcrumbs, parsley, garlic, cumin, paprika, ginger, cardamom, water, cilantro, salt, and pepper in a bowl. Mix by hand with a wooden spoon to thoroughly combine until it is slightly sticky.
2. Chill in the refrigerator, at least 1 and up to 8 hours.
3. Shape the chilled mixture into oval meatballs about 1 inch in diameter.

4. Heat the olive oil in a deep skillet or Dutch oven over medium-high heat until it shimmers. Add the meatballs. Cook, turning as necessary, until they are browned on all sides, about 8 minutes. Transfer the meatballs to a plate and set aside.
5. Add the onion, harissa, cumin, cinnamon, and saffron, if using, to the hot oil. Sauté, stirring frequently, until the onion is tender and translucent, 6 to 8 minutes.
6. Add the tomato sauce, stirring well to dissolve any browned bits in the pan. Bring to a simmer.
7. 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.
8. Add the cilantro. Season to taste with salt and pepper. Serve at once on heated plates.

TOMATO SAUCE

Yield: 2 cups

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

Method

1. In a food processor, place the whole tomatoes. Blend until a coarse paste forms.
2. Transfer the tomatoes to a saucepan. Bring to a simmer over low heat.
3. Add the tomato purée. Simmer for 10 minutes.
4. Add the butter slices to the sauce. Mix slowly 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
Scallion (Green onion), chopped	2 cups
Egg, lightly beaten	4 ea.
Flour, all-purpose	½ cup
Dill, fresh, chopped	⅓ cup
Parsley, flat-leaf, leaves, fresh, chopped	⅓ cup
Tarragon, fresh, chopped	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
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 it 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, leaves, 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, place the yogurt, sour cream, cucumber, and garlic. Purée until smooth.
2. Transfer the mixture to a bowl. 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	¼ cup
Tomato, plum (Roma), sliced	2 lb.
Vinegar, balsamic	½ cup
Oil, olive, extra virgin	9 Tbsp.
Salt, kosher	2 tsp.
Pepper, black, ground	1 tsp.
Basil, sweet, bunch, fresh	1 ea.
Parsley, flat leaf, leaves, fresh, roughly chopped	½ 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. Toss the cooked garlic, butter, and oil with the diced bread. Reserve.
6. Place the tomatoes in a large bowl. Add the vinegar, olive oil, salt, and pepper. Toss to coat.
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 ⅛-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.

RISOTTO WITH ZUCCHINI AND THYME

Yield: 8 portions

Ingredients	Amounts
Squash, zucchini, peeled, small diced	4 cups
Oil, olive, pure	½ cup
Oil, olive, pure	2 Tbsp.
Onion, yellow, finely chopped	1 cup
Thyme, fresh, finely chopped	1 Tbsp.
Rice, Carnaroli	2 ¾ cups
Wine, white, dry	½ cup
Stock, vegetable, hot	8 cups
Butter, unsalted, cold, cubed	1 ½ Tbsp.
Cheese, Parmesan, grated	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. In a large bowl, place the squash and the olive oil. Mix to coat.
3. Transfer the squash to a parchment-lined sheet pan. Roast in the preheated oven until tender, 7 to 10 minutes. Reserve.
4. In another large saucepan over medium low heat, add the olive oil and onions. Sweat until the onions are translucent, 2 to 3 minutes. Do not allow the onions to brown.
5. Add the fresh thyme.
6. Add the rice. Stir to coat. Cook for 2 minutes.
7. Add the wine. Stir until the liquid is absorbed.
8. Add ⅓ of the stock, stirring constantly, until most of the liquid is absorbed, 6 to 8 minutes.
9. Add the next ⅓ of stock, stirring constantly until most of liquid is absorbed. Repeat with the remaining liquid. Simmer and stir until the risotto has a creamy consistency. Cook until tender but firm to the bite (*al dente*).
10. Before all the liquid is absorbed, add the roasted zucchini.
11. Stir in the butter and Parmesan.
12. Season with salt and pepper to taste. Adjust the consistency with more stock as needed.
13. Pour into a warmed serving platter and garnish with more grated parmesan.

Note: Arborio rice can be substituted for the Carnaroli rice.

FRESH MOZZARELLA WITH PROSCIUTTO AND TOMATO JAM CHUTNEY

Yield: 2 pounds

Ingredients	Amounts
Salt, kosher	5 ½ wt. oz.
Water	1 gal.
Cheese, curd, medium diced	2 lb.
Pork, prosciutto, thinly sliced	as needed
Tomato Jam Chutney (Recipe follows)	1 pt.

Method

1. For the brine, in a sterilized pot, place the salt and water. Heat to 160°F. Remove the pot from the heat.
2. Place the cheese curd in a colander and lower the colander into the hot water so that the curds are completely submerged. Work the curd in a circular motion with wooden spoons, stretching it until it becomes a smooth but stringy mass. Maintain the water temperature at a constant 155°F during this process, rewarming the pot as needed.
3. Remove the cheese from the water and continue stretching until the curd is smooth.
4. Shape the cheese into 4-ounce balls or logs and allow the cheese to cool slowly in the brine.
5. Thinly slice the mozzarella. Shingle the mozzarella and prosciutto on a serving platter. Drizzle the Tomato Jam Chutney down the middle. Serve with the remaining chutney on the side.

TOMATO JAM CHUTNEY

Yield: 1 pint

Ingredients	Amounts
Ginger, fresh, minced	4 Tbsp.
Shallot, minced	4 Tbsp.
Garlic, minced	3 Tbsp.
Oil, olive, extra virgin	½ cup
Vinegar, wine, red	3 Tbsp.
Tomato, plum (Roma), peeled, seeded, diced	12 ea.
Basil, sweet, fresh, minced	2 Tbsp.
Parsley, flat-leaf, fresh, minced	3 Tbsp.
Chive, fresh, minced	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a large, deep skillet over high heat, place the ginger, shallots, garlic, oil, and vinegar. Bring to a boil.
2. Lower the heat to medium. Add the tomatoes and cook until soft and pastey, 12 to 15 minutes. Transfer the mixture to a bowl. Cool.
3. Fold in the basil, parsley and chives. Season with salt and pepper to taste.
4. The chutney can be served immediately or can be stored in the refrigerator for up to one week.

FUDGE CHOCOLATE COOKIES

Yield: 6 portions

Ingredients

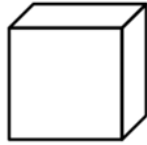
Amounts

Flour, all-purpose	3 cups
Cocoa	$\frac{2}{3}$ cup
Salt, kosher	1 tsp.
Baking soda	$\frac{1}{2}$ tsp.
Butter, unsalted	11 wt. oz.
Sugar, brown	3 cups
Water	1 Tbsp.
Vanilla, extract	1 tsp.
Egg, whole	2 ea.
Chocolate, baking chips	4 cups

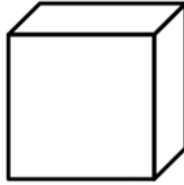
Method

1. Preheat oven to 350°F.
2. Grease cookie sheets and reserve.
3. Combine the flour, cocoa, salt, and baking soda in a small bowl. Reserve.
4. In the bowl of a stand mixer fitted with the paddle attachment, cream together the butter and brown sugar until combined.
5. Gradually add the water, vanilla, and eggs to the butter mixture, on a low speed.
6. Add the flour mixture. Mix until just combined.
7. Stir in the chocolate chips.
8. Drop teaspoonfuls of batter onto the cookie sheets. Chill for 15 minutes.
9. Bake in the preheated oven until the cookies are cooked through, 10 to 12 minutes.

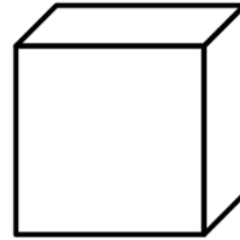
BASIC KNIFE CUTS



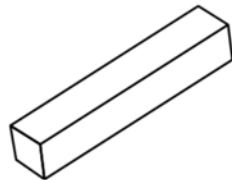
Small Dice
1/4" cube



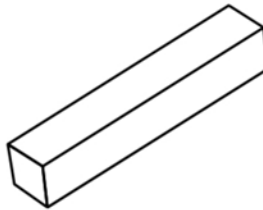
Medium Dice
1/2" cube



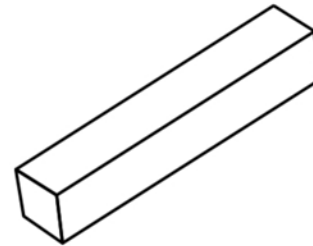
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



Julienne
1/8" sq x 2 inch



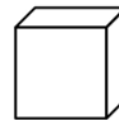
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



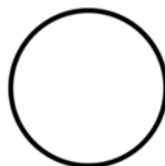
Chop
1/8"-1/4" cube



Brunoise
1/8" cube (fine dice)



Bias
diagonal cut



Rondelle
1-8"-1/2" round



Chiffonade
rolled, sliced thin

CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

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	1/2	1/16	---	14
6	2	1	1/8	1/16	28
12	4	2	1/4	1/8	57
24	8	4	1/2	1/4	113
36	12	6	3/4	3/8	170
48	16	8	1	1/2	227
96	32	16	2	1	454

VOLUME MEASURE CONVERSIONS

US	Metric
1 tsp.	5 milliliters (ml)
1 Tbsp.	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ 1/4 cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint (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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