



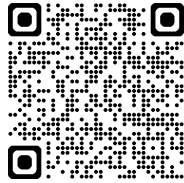
Culinary Institute  
of America

# **UNIVERSITY OF SAN DIEGO**

## **CULINARY TRAINING**



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Welcome to the CIA!

Education is a gift. And those of us in the foodservice industry have a chance to “pay it forward” by sharing our gifts with others. For over 70 years, The Culinary Institute of America has provided students with unparalleled training, setting the gold standard for culinary excellence.

Whether you are here to learn new skills and techniques, develop an appreciation for a global cuisine, or are in pursuit of ProChef Certification, our continuing education courses provide the training you need to achieve your personal and professional development goals.

While on campus, we want you to have the best experience possible. If you have any questions along the way, please ask your chef instructor or anyone on the Continuing Education staff. Once your training is complete, please feel free to stay in touch - we always enjoy hearing your success stories.

And, because so many of our students ask how they can keep in touch with each other after class is over, we’ve made it easy to do through our Facebook page. Just log in and search for “CIA ProChef.”

Wishing you all the best,

A handwritten signature in blue ink that reads 'David Kamen'.

David Kamen '88 MBA PC<sup>III</sup>  
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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](http://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.

# CIA UNIFORM POLICY

To foster a professional working environment and to maintain the highest standards of safety and sanitation, the CIA has adopted the following uniform code. Each item has been designed with a practical function in mind. These items must be worn in all production classes unless otherwise stated.

- ☑ Chef's jacket
  - Double-breasted structure creates a two-layer cloth barrier to help prevent steam burns, splashes, and spills
  - Can be re-buttoned on the opposite side to cover spills
  - Sleeves are long to cover as much arm as possible to reduce burns
- ☑ Pants
  - Hounds-tooth helps camouflage stains
  - Best without cuffs, which can trap hot liquids and debris
- ☑ Shoes and Socks
  - Shoes
    - Should be made of hard leather, with low heels, slip-resistant soles, and no open toes
    - Prevent slips and falls in the kitchen
    - Offer support
    - Protect feet from falling pots
  - Socks
    - Must be worn for hygienic purposes and to prevent burns
- ☑ Neckerchief (optional)
  - Helps to absorb sweat
- ☑ Toque (provided in class)
  - Contains hair
  - Absorbs sweat
- ☑ Apron (provided in class)
  - Protects jacket and pants from excessive staining
- ☑ Side towel (provided in class)
  - Protects hands when working with hot pans, dishes, and equipment
- ☑ Jewelry
  - Not permitted except for one plain ring to minimize exposure to potential hazards
- ☑ Hair
  - Should be neatly maintained, clean, and under control at all times

# COURSE OVERVIEW

## **DAY ONE: ANCHORING MEDITERRANEAN FLAVOR PROFILES**

- Lecture
  - Exploration of the Week Ahead
  - Daily Schedule
  - Blind Flavor Profiles
  - Kitchen Activities Overview, Day One Menu
- Kitchen Exercise
  - Two Finished Dishes: Traditional and Contemporary
  - Review and Critique
  - Preview Day Two

## **DAY TWO: SOUTHERN EUROPEAN AND NORTH AFRICAN MIGRATION**

- Lecture
  - The Phoenician & Moorish Footprint: How Trade Routes Distributed Technique (Not Only Ingredients)
  - Wine Pairing Thermodynamics: How Intense Elements, Bitter, Salty, and Heat Interact with Wines/ Beverages.
  - The Evolution of Grain & Earth: Exploring Technical Parallels
  - Kitchen Activities Overview, Day Two Menu
- Kitchen Exercise
  - Two Finished Dishes: Traditional and Contemporary
  - Review and Critique
  - Preview Day Three

## **DAY THREE: “THE ART OF BREAKING FAST” CRAFTING THE FUTURE OF MORNING CUISINE**

- Lecture
  - Mediterranean Breakfast Trends
  - Tasting: Mediterranean Breakfast of Unifying Ingredients
  - Discuss Breakfast Beverage Offerings
  - Kitchen Activities Overview, Day One Menu
- Kitchen Exercise

- Teams of 2: Prepare Assigned Mediterranean-Influenced Breakfast Menu in Various Styles (Plated, Hot/ Cold Buffet, Action Stations, Grab & Go, Etc.)
- Review and Critique
- Preview Day Four

## **DAY FOUR: ARCHITECTURE OF THE SANDWICH**

- Lecture
  - Bread as a Structural Conduit
  - Moisture-Barrier Engineering
  - Physics of the Stack and Symmetrical Shear
  - Kitchen Activities Overview, Day Four Menu
- Kitchen Exercise
  - Teams of Two: Create 2 Sandwiches that Represent the 5 Main Culinary Regions of The Mediterranean. One Sandwich Must Be Vegetarian or Vegan.
  - Review and Critique
  - Preview Day Five

## **DAY FIVE: MEDITERRANEAN MENU EXECUTION**

- Lecture
  - Market Basket Review and Recommendations
- Kitchen Exercise
  - Teams of Two: Create 1 of Each Item from the Class Experience, Including Beverages. Discuss in Detail the Thinking Behind the Dishes.
  - Review and Critique

# **DAY ONE: PRODUCTION ASSIGNMENTS**

## **ANCHORING MEDITERRANEAN FLAVOR PROFILES**

**EACH CHEF TO PRODUCE 1 RECIPE FROM ASSIGNED REGIONS:**

### **GREECE**

Pan-Seared Branzino with Ladolemono and Horta

### **FRANCE**

Classic Bouillabaisse with Rouille and Croûtons

### **CYPRUS**

Mint-Crusted Halloumi with Compressed Watermelon and Pomegranate

### **EGYPT**

Alexandrian Liver (*Kebda Iskandarani*) With Fresh Egyptian Flatbread

### **ITALY**

Hand-Rolled Lorighittas with Blue Crab and Bottarga

### **LEBANON**

Fire-Roasted Eggplant Baba Ganoush with Fresh Pita

### **TURKEY**

Manti-Spiced Lamb Dumplings with Garlic Yogurt and Aleppo Butter

### **MORROCCO**

Lamb Tagine with Prunes, Apricots, and Preserved Lemons

### **SPAIN**

Charred Octopus with Romesco Sauce

### **TUNISIA**

Merguez Shakshuka with House Harissa

# PAN-SEARED BRANZINO WITH LADOLEMONO AND HORTA

*Yield: 12 portions*

| Ingredients                                             | Amounts          |
|---------------------------------------------------------|------------------|
| Branzino, whole, fillet, skin on, scaled, ....pin-boned | 12 ea.           |
| Oil, olive, extra virgin, Greek                         | 60 mL (2 oz.)    |
| Salt, sea, fine                                         | to taste         |
| Pepper, white, cracked                                  | to taste         |
| Oregano, bunch, fresh                                   | 1 ea.            |
| Greens, wild, mixed                                     | 1.5 kg (3.3 lb.) |
| Onion, Spanish, shaved paper-thin                       | 2 ea.            |
| Garlic, cloves, sliced thin                             | 4 ea.            |
| Oil, olive, extra virgin                                | 80 mL (2.7 oz.)  |
| Salt, sea                                               | to taste         |
| Lemon, cut into wedges                                  | 2 ea.            |
| Oil, olive, extra virgin                                | 250 mL (8.5 oz.) |
| Lemon, juice, fresh                                     | 120 mL (4 oz.)   |
| Oregano, dried, wild, Greek                             | 1 Tbsp.          |
| Salt, sea                                               | 5 g (1 tsp.)     |
| Water, cold                                             | 1 Tbsp.          |
| Fennel, sea, fresh                                      | 12 ea.           |
| Salt, sea, flaky                                        | as needed        |
| Capers, wild, rinsed, dried                             | 3 ea.            |

## Method

1. For the branzino skin, score the fillet 3 to 4 times on a shallow bias. Pat the skin dry with a paper towel and leave uncovered on a rack in the walk-in to air-dry the skin for maximum crispness, 3 to 6 hours. Season with salt and pepper.
2. Heat a heavy cast iron pan until hot. Add a thin layer of oil. Lay the fillets skin-side down, pressing firmly with a spatula for the first 10 seconds. Add the oregano. Cook until the skin is golden and the flesh is opaque up the sides, 3 to 4 minutes.
3. Gently flip and cook for 30 seconds. Transfer immediately to a warm, parchment-lined sheet tray.
4. For the wild greens, bring a large pot of salted water to a boil. Add the tougher greens. Blanch for 2 minutes. Add the softer greens. Blanch until tender and vibrant green, about 2 minutes.

5. Transfer to an ice water bath to stop the cooking process. Cool for 3 minutes. Drain. Pat dry. Drain, squeezing out all excess water. Rough chop the greens into strands. Reserve.
6. In a wide rondeau over medium heat, heat the olive oil. Add the onions and garlic. Cook until translucent and sweet, 5 to 7 minutes.
7. Add the reserved greens. Season with salt and lemon juice to taste. Toss until thoroughly coated in oil. Reserve warm.
8. For the ladeolemono, in a deep stainless bowl, place the lemon juice, salt, oregano, and water. Mix to combine. Slowly stream in the oil, whisking until it becomes thick and creamy.
9. To serve, in a heated, shallow bowl, place a mound of the greens slightly off center. Add the Branzino fillet on top, skin side up. Spoon a generous amount of the ladeolemono on the fish, allowing it to pool around the base of the greens.
10. To garnish, top the fish with a few wild capers, micro greens and flaky sea salt. Serve immediately with a charred lemon half on the side.

**Note:** Centered around the concept of Psari Psito (grilled fish), this dish honors the ancient maritime heritage of the Greek islands, pairing Branzino—a highly prized Mediterranean Sea bass celebrated since antiquity—with Horta (wild, foraged greens), a bitter, mineral-rich staple of the longevity-boosting Cretan diet, all unified by Ladeolemono, a vigorous, emulsified whisk of early-harvest olive oil and sharp lemon juice that forms the structural backbone of Hellenic seafood cookery.

# CLASSIC BOUILLABAISSE WITH ROUILLE AND CROÛTONS

*Yield: 12 portions*

| Ingredients                                                | Amounts          |
|------------------------------------------------------------|------------------|
| Parsley, flat-leaf, fresh, stems                           | 3 ea.            |
| Thyme, fresh                                               | 2 ea.            |
| Bay leaf, dried                                            | 1 ea.            |
| Rosemary, sprig                                            | 1 ea.            |
| Oil, olive, extra virgin                                   | 150 mL (5 oz.)   |
| Onion, Spanish, sliced                                     | 2 ea.            |
| Leek, white/ light green parts only, sliced                | 2 ea.            |
| Garlic, head, crushed                                      | 1 ea.            |
| Rockfish, Mediterranean, assorted                          | 3 kg (6.6 lb.)   |
| Tomato, plum (Roma), large, chopped                        | 4 ea.            |
| Tomato, paste                                              | 1 Tbsp.          |
| Liqueur, anise                                             | 100 mL (3.4 oz)  |
| Saffron, threads                                           | 1/8 tsp.         |
| Orange, peel, dried                                        | 2 ea.            |
| Fennel, stalk                                              | 1 ea.            |
| Water, cold                                                | as needed        |
| Potato, Yukon gold, peeled, sliced into<br>....1-cm rounds | 600 g (1.32 lb.) |
| Monkfish, tail, medallion, boneless                        | 12 ea.           |
| Halibut, fillet                                            | 12 ea.           |
| Mullet, red, fillet, skin-on                               | 12 ea.           |
| Prawn, mediterranean, large, shell-on                      | 24 ea.           |
| Mussel, blue, scrubbed, debearded                          | 36 ea.           |
| Garlic, clove, fine paste                                  | 4 ea.            |
| Pepper, red, bell, roasted, peeled, seeded                 | 1 ea.            |
| Saffron threads                                            | 1/8 tsp.         |
| Chile, cayenne, ground                                     | 1 tsp.           |
| Potato, Yukon gold, boiled soft                            | 1 ea.            |
| Salt, sea                                                  | to taste         |
| Lemon, juice, fresh                                        | to taste         |
| Bread, baguette, sourdough, sliced thin<br>on a bias       | 1 ea.            |

|                          |                |
|--------------------------|----------------|
| Oil, olive, extra virgin | 50 mL (1.7 oz) |
| Garlic, clove, halved    | 2 ea.          |

## Method

1. For the bouquet garni, in the middle of a square of cheesecloth, place the parsley, thyme, bay leaf, and rosemary. Gather the sides together to form a pouch and tie it closed with cooking twine. Reserve.
2. In a large, heavy-bottomed stockpot, heat the olive oil over medium-high heat. Add the onions, leeks, and garlic. Cook until translucent and aromatic, without letting them color, 5 to 7 minutes.
3. Turn the heat up to high. Add the chopped rockfish and frames. Sear, breaking down the fish with a heavy spoon to extract maximum gelatin and flavor, 5 to 7 minutes.
4. Add the liqueur and flambé safely. Once the flames subside, stir in the chopped tomatoes, tomato paste, saffron, orange peel, and the bouquet garni.
5. Cover the mixture entirely with cold water. Bring to a rolling boil. Maintain a hard boil for a rich, opaque broth, 30 to 40 minutes.
6. Using a food mill with a fine disc, pass the entire mixture through to crush the fish bones and extract all pulp.
7. Using a fine chinois, pass through once more. Season heavily with sea salt. The broth should be full-bodied, golden-orange, and deeply savory.
8. Return the strained broth to a clean, wide shallow pan (sautoir). Bring to a gentle simmer.
9. Add the sliced potatoes. Cook, about 12 minutes. Stagger the seafood additions based on cooking times so nothing is overcooked.
10. Add the firm-fleshed Monkfish first. Cook for 5 minutes.
11. Add the halibut, mullet, and prawns. Cook for 4 minutes.
12. Add the mussels. Cook until they open. Remove the pan from the heat. Keep warm.
13. Preheat oven to 350°F.
14. For the rouille, in a food processor, process the garlic, roasted red pepper, saffron, cayenne, and boiled potato (or egg yolks) into a smooth paste. Slowly drizzle in the olive oil until a thick, mayonnaise-like emulsion forms. Season with salt and a splash of lemon juice.
15. For the croûtons, crush baguette slices with olive oil. Bake in the preheated oven until completely crisp and golden. While hot, aggressively rub the surface of each croûton with the cut side of a raw garlic clove.

**To serve:** Following the true Marseille progression, this dish can be presented in two distinct stages:

The Seafood Platter: Lift the fish, prawns, mussels, and potatoes carefully out of the broth using a slotted spatula. Arrange them elegantly on a large, heated service platter. Ladle a small amount of broth over the seafood to keep it moist, and finish with a dusting of fleur de sel.

The Soup Service: Serve the piping hot, highly concentrated saffron broth in deep bowls or rimmed soup plates alongside the seafood platter.

# MINT-CRUSTED HALLOUMI WITH COMPRESSED WATERMELON AND POMEGRANATE

*Yield: 12 portions*

| Ingredients                                | Amounts              |
|--------------------------------------------|----------------------|
| Sesame, seeds, white, toasted              | 30 g (1 oz.)         |
| Watermelon, seedless, large                | 1 ea.                |
| Lime, juice, fresh                         | 120 mL (4 oz.)       |
| Brandy, Zivania                            | 60 mL (2 oz.)        |
| Pomegranates, seeded                       | 2 ea.                |
| Mint, Cypriot, dried                       | 40 g (1.4 oz.)       |
| Breadcrumbs, panko, finely blitzed         | 60 g (4 Tbsp.)       |
| Pepper, white, ground                      | to taste             |
| Halloumi, Cypriot, blocks                  | 3 ea.                |
| Egg, white, lightly whisked                | 3 ea.                |
| Flour, all-purpose                         | as needed            |
| Oli, olive, extra virgin                   | as needed            |
| Molasses, carob, Cypriot, pure             | 200 mL (6.8 fl. oz.) |
| Pomegranate, juice, pure                   | 200 mL (6.8 fl. oz.) |
| Cinnamon, stick                            | 1 ea.                |
| Mint, micro, bunch, fresh                  | 1 ea.                |
| Pistachios, raw, toasted, coarsely crushed | 100 g (3.5 oz.)      |
| Salt, sea, flaky                           | to taste             |

## 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. Slice the watermelon into 12 uniform, rectangular blocks (approx. 8 cm long, 4 cm wide, and 2 cm thick).
3. In a vacuum sealer bag, place the watermelon blocks in a single layer. Pour the lime juice and Zivania directly into the bag over the melon.
4. Run the chamber sealer on maximum vacuum (99.9%). The pressure will crush the internal air pockets of the fruit, instantly turning it from a pale pink to a translucent, ruby-red meat-like texture. Seal and store in ice water until service. Reserve.
5. In a shallow pan, combine the reserved sesame seeds, mint, and breadcrumbs. Season lightly with white pepper. Reserve.
6. Slice each block of Halloumi into 12 uniform planks (approx. 1.5 cm thick). Pat completely dry with a towel.

7. Place the whisked egg whites and flour in two separate containers for the breading process.
8. Lightly dredge each Halloumi plank in flour, shaking any off excess. Dip completely into the whisked egg whites, then press firmly into the mint-panko-sesame mixture, ensuring the skin is perfectly and evenly coated. Place on a parchment-lined sheet tray and chill to set the crust, about 20 minutes.
9. In a small stainless-steel saucepan over medium heat, combine the molasses, pomegranate juice, and the cinnamon stick. Bring to a gentle boil. Reduce to a low simmer, cooking until the liquid reduces by half and becomes thick, syrup like glaze. Remove the cinnamon stick and transfer it to a squeeze bottle. Reserve at room temperature.
10. In a non-stick skillet over medium heat, add enough oil to coat the bottom of the pan. Place the Halloumi planks into the oil, sear for 1 to 2 minutes on the first side until the crust is golden brown and crispy. Flip gently and sear for an additional minute. Drain on paper towels.
11. For plating, remove the compressed watermelon blocks from the vacuum bag and pat dry. Place one vibrant rectangular block horizontally in the center of each of the plate.
12. Immediately place a hot Halloumi plank on top of the cold watermelon block. Scatter fresh pomegranate arils and crushed toasted pistachios around the plate, cascading over the cheese. Drizzle the pomegranate reduction around the plate and garnish with mint leaves, pistachios, and flaky salt.
13. Serve immediately while the cheese is hot.

**Note:** Celebrating the sun-drenched terroir of Cyprus, this dish modernizes the island's most famous culinary pairing—sweet watermelon and salty, squeaky Halloumi cheese, an ancient brined staple dating back to the Byzantine period; here, the cheese is encrusted with wild mint (traditionally used as a natural preservative wrapped in the cheese blocks) and balanced by the tart, ruby jewel-like acidity of pomegranates.

# ALEXANDRIAN LIVER (*KEBDA ISKANDARANI*) WITH FRESH EGYPTIAN FLATBREAD

*Yield: 12 portions*

| Ingredients                                     | Amounts             |
|-------------------------------------------------|---------------------|
| Liver, calf's, membrane, veins trimmed          | 2 kg (4.4 lb.)      |
| Flour, whole wheat, fine                        | 700 g (1.5 lb.)     |
| Flour, bread                                    | 300 g (10.6 oz.)    |
| Oil, vegetable                                  | 150 mL (5 oz.)      |
| Yeast, instant dry                              | 12 g (1 Tbsp.)      |
| Salt, sea, fine                                 | 20 g (1.5 Tbsp.)    |
| Honey                                           | x x                 |
| Water, lukewarm                                 | 650 mL (22 fl. oz.) |
| Bran, wheat, coarse                             | as needed           |
| Garlic, cloves, peeled                          | 24 ea.              |
| Chile, Bird's Eye, green, stemmed               | 6 ea.               |
| Cumin, ground                                   | x x                 |
| Coriander, ground                               | 3 Tbsp.             |
| Paprika, smoked                                 | 2 Tbsp.             |
| Pepper, black, cracked                          | 1 Tbsp.             |
| Salt, sea, flaky                                | to taste            |
| Lemon, juice, fresh                             | 120 mL (4 oz.)      |
| Vinegar, white                                  | 60 mL (2 oz.)       |
| Chile, long, green, sliced into thin rings      | 8 ea.               |
| Pepper, bell, red, thin julienne                | 4 ea.               |
| Tahini                                          | 300 mL (10 oz)      |
| Vegetables, pickled, Egyptian ( <i>Torshi</i> ) | as needed           |
| Lemon, halved, charred                          | 6 ea.               |

## Method

1. Preheat oven to 450°F.
2. Place the trimmed liver in the freezer for 30 minutes before prep to firm it up.
3. In a stand mixer fitted with a dough hook, combine the wheat flour, bread flour, yeast, salt, and honey. Slowly add the lukewarm water.
4. Mix on low speed for 2 minutes, then increase to medium-high for 6 to 8 minutes. The dough will be significantly wetter and stickier than standard pita dough.

5. Cover the bowl with a damp towel and allow it to proof at room temperature until it is doubled in size, 1 to 1 ½ hours,
6. Prepare a sheet pan heavily dusted with coarse wheat bran. Divide the wet dough into 12 uniform balls (about 130 g each). Place them on the bran, dust the tops with more bran, and let the dough rest while covered for 20 minutes.
7. Using your fingertips, gently flatten each ball into a disk about 12–15 cm wide directly over the wheat bran. Transfer onto a baker's peel and slide into the oven. Bake until it balloons and the bran toasts, 3 to 4 minutes. Remove and stack in a cloth towel to keep soft. Reserve.
8. Slice the liver into ultra-thin, matchstick-sized strips (approx. 4 cm long and 0.5 cm thick). Reserve.
9. In a food processor, add the garlic, bird's eye chilis, cumin, coriander, paprika, black pepper, and sea salt into a smooth, vibrant, green-tinged paste. Stir in the lemon juice and white vinegar.
10. In a stainless-steel bowl, toss the sliced liver with ½ of the marinade paste. Macerate at room temperature, 15 to 20 minutes. Reserve the remaining half of the paste for the pan.
11. In a heavy cast-iron skillet, over maximum heat, add the neutral oil. The oil should be shimmering and just under its smoking point.
12. Drop the remaining half of the garlic-spice paste into the hot oil. Stir rapidly to avoid burning the garlic, about 10 seconds.
13. Add the marinated liver to the pan in a single, flat layer. Do not stir for the first 45 seconds to allow a hard, caramelized sear to lock in the juices. Sauté aggressively for another 2 minutes.
14. Add the green chilis and red bell peppers. Toss to combine. Sauté for 1 minute. The peppers should soften slightly, retaining a bright, crisp texture. Remove from the heat immediately. Taste and finish with a sprinkle of flaky sea salt a squeeze of lemon juice over the liver.
15. Split the flatbreads open to create pockets. Smear a generous spoonful of the tahini sauce along the inside of the bread. Add the liver, peppers, and remaining liquid from the pan.
16. Arrange the stuffed flatbreads on individual artisanal plates.
17. Serve immediately accompanied by a side of pickled vegetables, extra tahini sauce, and a charred lemon half.

**Note:** Hailing from Egypt's historic Mediterranean port city, Kebda Iskandarani (Alexandrian Liver) represents the pinnacle of Egyptian street food gastronomy—a dish heavily defined by the city's cosmopolitan maritime history and its historic Greek and Italian communities, utilizing a rapid, high-heat flash-fry technique that leaves the liver incredibly tender, aggressively perfumed with garlic, cumin, and fiery hot peppers, and traditionally stuffed into freshly baked, pocketless Egyptian flatbread.

# HAND-ROLLED LORIGHITTAS WITH BLUE CRAB AND BOTTARGA

*Yield: 12 portions*

| Ingredients                                        | Amounts           |
|----------------------------------------------------|-------------------|
| Flour, semolina, fine                              | 800 g (1 ¾ lb.)   |
| Water, warm                                        | 400 mL (13.5 oz.) |
| Salt, sea, fine                                    | 10 g (2 tsp.)     |
| Oil, Olio Nuovo, cold pressed                      | 100 mL (3.4 oz.)  |
| Garlic, clove, sliced thin                         | 6 ea.             |
| Chile, bird's eye, red, minced, seeded             | 2 ea.             |
| Parsley, flat leaf, bunch, fresh, fine             | 1 ea.             |
| ....chiffonade, stems reserved                     |                   |
| Wine, white, dry                                   | 200 mL (6.8 oz.)  |
| Tomato, cherry, halved, lightly crushed            | 400 g (14.1 oz.)  |
| Crab, blue, meat, fresh                            | 1 kg (2.2 lb.)    |
| Salt, sea                                          | to taste          |
| Mullet, grey, whole ( <i>Bottarga di Muggine</i> ) | 60 g (4 Tbsp.)    |
| Lemon, zest                                        | 1 ea.             |
| Salt, sea                                          | to taste          |
| Pepper, white, freshly cracked                     | to taste          |

## Method

1. On a wooden pasta board, mound the semolina and create a wide well in the center. Dissolve the salt into the warm water. Pour ½ the water into the well.
2. Using a fork, gradually incorporate the flour and water. Add more water, as needed, until a shaggy dough forms. Knead until the dough is smooth, elastic, and feels like a firm clay, 10 to 12 minutes. Wrap tightly in plastic wrap and rest at room temperature for 1 hour.
3. Cut a small piece of dough, keeping the rest covered. Roll it out under your palms into a long, uniform strand no thicker than 2 mm (spaghetti thin).
4. Wrap the strand twice around your index and middle finger to form a double-loop. Break the dough from the main strand and pinch the two loose ends firmly together to fuse the ring.
5. Holding the fused end between your thumb and forefinger on one hand, use your other thumb and forefinger to rapidly roll and braid the two strands together into a tight, twisted rope ring.
6. Place the finished Lorighittas on a mesh rack dusted with semolina. Let them air-dry uncovered for at least 4 to 6 hours (or overnight) to allow the structure to lock so they hold their shape when boiled.

7. In a wide, heavy-bottomed rondeau, heat the olive oil over medium-low heat. Add the sliced garlic, minced chilis, and parsley stems. Sweat gently until the garlic is translucent and the oil is highly aromatic, 3 to 4 minutes. Do not let the garlic brown. Remove and discard the parsley stems.
8. Add the white wine and turn the heat to high. Reduce the alcohol by  $\frac{1}{2}$ . Turn down the heat to medium-high.
9. Add the halved tomatoes. Cook until they just begin to collapse and release juices into the wine-oil emulsion, 5 to 6 minutes
10. Reduce the heat to low. Fold in the blue crab meat gently, trying to preserve some of the larger lumps. Season lightly with white pepper and a pinch of salt. Keep warm and reserve.
11. In a large pot of salted boiling water, add the dried pasta. Cook, 5 to 7 minutes.
12. Transfer the pasta from the water into the crab sugo. Reserve 200 mL of the pasta water.
13. Toss the crab mixture over medium heat, drizzling in a small amount of pasta water and olive oil to create a glossy, tight emulsion that clings to the pasta.
14. Fold in the parsley.
15. To serve, place a generous portion of the pasta into the center of warmed, shallow bowls. Ensure the crab meat is evenly distributed over the top of each portion.
16. To garnish, grate a generous amount of Bottarga di Muggine over the pasta. Add fresh lemon zest, salt and pepper to taste. Serve immediately.

**Note:** Hailing from the isolated, volcanic village of Morgongiori in southwestern Sardinia, Lorighittas (named after the iron ring, or loriga, used to hitch horses) are a highly technical, hand-twisted pasta historically made by young, unmarried women for the Feast of All Saints; here, they are paired with sweet blue crab and the savory, sun-cured intensity of grated Bottarga di Muggine (grey mullet roe)—an ancient Phoenician-introduced delicacy known as the "gold of Sardinia."

# FIRE-ROASTED EGGPLANT BABA GANOUSH WITH FRESH PITA

*Yield: 12 portions*

| Ingredients                              | Amounts          |
|------------------------------------------|------------------|
| Flour, bread, high gluten                | 1 kg (2.2 lb.)   |
| Yeast, instant dry                       | 10 g (2 tsp.)    |
| Salt, sea, fine                          | 15 g (1 Tbsp.)   |
| Sugar, granulated                        | 20 g (1.5 Tbsp.) |
| Oil, olive, extra virgin                 | 40 mL (3 Tbsp.)  |
| Water, lukewarm                          | 600 mL (20 oz.)  |
| Eggplant, globe, large                   | 6 ea.            |
| Garlic, clove, paste                     | 4 ea.            |
| Lemon, juice, fresh                      | 100 mL (3.4 oz.) |
| Molasses, pomegranate Lebanese           | 3 Tbsp.          |
| Oil, olive, extra virgin                 | 120 mL (4 oz.)   |
| Parsley, flat leaf, bunch, finely minced | ½ ea.            |
| Mint, bunch, fresh, finely minced        | ½ ea.            |
| Pomegranate, seeded                      | 1 ea.            |
| Pine nuts, toasted, roughly chopped      | 60 g (4 Tbsp.)   |
| Salt, kosher                             | to taste         |

## Method

1. Preheat oven to 450°F.
2. In the bowl of a stand mixer fitted with the dough hook, combine the bread flour, instant yeast, salt, and sugar. Add the lukewarm water and olive oil.
3. Mix on low speed for 2 minutes until a shaggy dough forms, then increase to medium speed. Knead until the dough is smooth, highly elastic, and cleans the sides of the bowl, 8 to 10 minutes.
4. Form the dough into a ball, place in a lightly oiled bowl, cover with a damp towel, and proof at room temperature for 1 to 1 ½ hours, or until doubled in size.
5. Punch down the dough. Scale out into 12 uniform portions (approx. 130–140 g each). Roll each portion into a tight, seamless ball. Transfer to a flour-dusted sheet pan, cover loosely with plastic wrap, and rest to relax the gluten, 20 minutes.
6. On a floured surface, roll each dough ball into a flat circle roughly 15 to 18 cm in diameter and 3 to 4 mm thick. Ensure the thickness is completely uniform so it puffs evenly.
7. Transfer directly onto the blazing hot stone. Bake, 2 to 3 minutes. The pita will rapidly balloon up with steam. As soon as it puffs completely and takes on faint golden spots, flip for 30 seconds, then remove. Stack the hot pitas immediately in a clean, lint-free kitchen towel to keep them soft and pliable.

8. To prepare the eggplant, prick each eggplant 4 to 5 times with a fork to prevent exploding. Place the eggplants directly over an open gas burner flame. Char the eggplants aggressively, turning with tongs every few minutes, until the skin is completely blackened, calcified, and papery, and the interior is entirely collapsed and molten soft (approx. 15–20 minutes).
9. In a large bowl, place the charred eggplants and seal tightly with plastic wrap to steam, 10 minutes. Peel and discard skin.
10. Transfer the eggplant pulp to a large colander set over a bowl. Let it drain, undisturbed, 30 to 45 minutes. Press gently with a spoon to express the bitter, dark juice.
11. Transfer eggplant pulp to a cutting board. Chop the flesh into a coarse texture.
12. In a stainless-steel mixing bowl, add the eggplant and stir in the garlic paste, lemon juice, and pomegranate molasses. Season generously with kosher salt.
13. While stirring firmly with a wooden spoon, slowly stream in the oil. The eggplant will absorb the acid and oil, creating a loosely, textured emulsion.
14. Fold in the parsley and mint, reserving a small amount for final plating. Taste and adjust with salt and lemon juice to taste.
15. Spoon a generous mound of the eggplant into the center of a shallow mezze bowl.
16. Using the back of a spoon, create a deep, swirling well in the center of the dip, pushing the eggplant toward the edges of the bowl.
17. Drizzle a generous thread of oil and a few drops of the pomegranate molasses into the well.
18. Scatter a handful of fresh pomegranate seeds, the toasted pine nuts, and a final dusting of fresh herbs across the top.
19. Serve at room temperature with baked pita bread.

**Note:** Hailing from the heart of the Levant, Baba Ganoush (coined from an Arabic phrase translating to "pampered papa," referencing its melt-in-the-mouth, comforting texture) represents the mastery of open-flame cooking; unlike its creamier Israeli or general Mediterranean counterparts that heavily rely on tahini, a true Lebanese preparation celebrates the clean, smoky, and slightly sweet contrast of charred eggplant flesh gently folded with sharp garlic, tart pomegranate molasses, and fresh herbs, scooped with pillowy, fresh-baked pita bread.

# MANTI-SPICED LAMB DUMPLINGS WITH GARLIC YOGURT AND ALEPPO BUTTER

*Yield: 12 portions*

| Ingredients                              | Amounts            |
|------------------------------------------|--------------------|
| Flour, bread, high-gluten                | 800 g (1.8 lb.)    |
| Egg, large                               | 4 ea.              |
| Water, lukewarm                          | 240 mL (8 fl. oz.) |
| Salt, sea, fine                          | 15 g (½ oz.)       |
| Onion, Spanish, grated                   | 2 ea.              |
| Lamb, ground                             | 800 g (1.8 lb.)    |
| Parsley, flat leaf, bunch, fresh, minced | 1 ea.              |
| Allspice, ground                         | 8 g (1 ⅔ tsp.)     |
| Pepper, black, cracked                   | 5 g (1 tsp.)       |
| Cumin, ground                            | ⅛ tsp.             |
| Salt, kosher                             | 15 g (1 Tbsp.)     |
| Yogurt, plain, Greek                     | 1.2 kg (2.6 lb.)   |
| Garlic, clove, ground into paste         | 6 ea.              |
| Salt, sea                                | to taste           |
| Water, warm                              | as needed          |
| Butter, unsalted                         | 150 g (5.3 oz.)    |
| Oil, olive, extra virgin                 | 60 mL (2 oz.)      |
| Tomato, paste                            | 1 Tbsp.            |
| Pepper, flakes, Aleppo                   | 3 Tbsp.            |
| Paprika, Spanish, smoked                 | 1 Tbsp.            |
| Mint, dried, wild                        | 3 Tbsp.            |
| Sumac                                    | 2 Tbsp.            |

## Method

1. On a wooden work surface, mound the flour and create a deep well. In a metal bowl, whisk the eggs, water, and salt together, then pour into the well.
2. Incorporate the flour gradually until a stiff, tight dough forms.
3. Knead aggressively for 10–12 minutes. Wrap in plastic wrap and rest at room temperature for at least 1 hour.
4. In a cheesecloth over a medium bowl, wring out the grated onion until completely dry.

5. In a chilled stainless steel bowl, vigorously mix the ground lamb, dried onion pulp, parsley, allspice, black pepper, cumin, and salt by hand until a paste is made. Keep refrigerated until ready to fill.
6. Divide the dough into 4 even portions. Keep the remaining dough covered. Roll one portion out using a commercial pasta machine down to a thickness of approximately 1 mm.
7. Using a chef's knife, cut the sheet into uniform squares for traditional miniature style.
8. Place a pea-sized amount of the lamb filling in the center of each square. Bring the four corners of the dough square together upward to meet perfectly in the center, pinching the edges tightly to create a neat, four-cornered star packet shape.
9. Arrange the finished dumplings on a sheet pan heavily dusted with flour. Let them air-dry uncovered for 30 minutes to set.
10. To prepare the garlic yogurt, in a medium bowl, whisk the yogurt, grated garlic paste, and salt together until velvety smooth. Drizzle in a few drops of warm water if necessary to achieve a flowing, gloss-like. Reserve at room temperature.
11. To prepare the Aleppo pepper sauce, in a small saucepan, over medium-low heat, melt the butter and olive oil. Stir in the tomato paste, blooming it for 1 minute. Add the pepper flakes and paprika. Cook gently until the fat turns a translucent crimson red and intensely fragrant. Pull off the heat.
12. In a large pot of boiled salted water, add the dumplings. Cook for 4 to 5 minutes. The dumplings will float to the surface when the dough is cooked through. Using a spider strainer, drain well.
13. Divide the dumplings evenly among 12 wide, shallow bowls.
14. Immediately ladle the garlic yogurt directly over the center of the dumplings.
15. Drizzle the Aleppo pepper butter over and around the yogurt base, creating a marbling effect.
16. Finish each plate with a dusting of dried mint and bright red sumac. Serve immediately.

**Note:** Traceable to the nomadic Turkic horsemen who carried dried, meat-filled dough pockets across Central Asia in the 13th century, Manti evolved into a pinnacle of Ottoman court cuisine—traditionally crafted so minutely small that a single master chef's spoon could hold forty individual dumplings—here layered with the cooling contrast of garlic-infused yogurt and the warm, vibrant shimmer of an Aleppo pepper oil infusion.

# MOROCCAN LAMB TAGINE WITH PRUNES, APRICOTS, AND PRESERVED LEMONS

*Yield: 12 portions*

| Ingredients                              | Amounts          |
|------------------------------------------|------------------|
| Oil, olive, extra virgin                 | 60 mL (2 oz.)    |
| Ras el Hanout                            | 1 ½ Tbsp.        |
| Ginger, ground                           | 1 Tbsp.          |
| Cinnamon, Ceylon, ground                 | 1 Tbsp.          |
| Paprika, sweet                           | 1 Tbsp.          |
| Salt, kosher                             | 2 Tbsp.          |
| Pepper, black, cracked                   | 1 Tbsp.          |
| Saffron, threads                         | 1 ½ g (⅛ tsp.)   |
| Water, warm                              | 100 mL (3.4 oz)  |
| Lamb, shoulder, boneless, 5 cm cubes     | 3 kg (6.6 lb.)   |
| Onion, Spanish, minced                   | 4 ea.            |
| Garlic, clove, grated                    | 12 ea.           |
| Cinnamon, stick                          | 3 ea.            |
| Parsley, flat leaf, bunch, fresh         | 1 ea.            |
| Cilantro, bunch, fresh, tied with twine  | 1 ea.            |
| Stock, chicken, warm                     | 1 L (4 ¼ cups)   |
| Prune, dried, pitted                     | 300 g (10.6 oz.) |
| Apricot, dried, Turkish                  | 200 g (7 oz.)    |
| Honey, wild                              | 3 Tbsp.          |
| Water, orange blossom ( <i>Mazaher</i> ) | 2 Tbsp.          |
| Lemon, whole, preserved, julienne        | 2 ea.            |
| Oil, olive, pure                         | 2 Tbsp.          |
| Almonds, Marcona, skin off               | as needed        |
| Sesame, seeds                            | as needed        |

## Method

1. In a large stainless-steel bowl, place the olive oil, Ras el Hanout, ginger, cinnamon, paprika, salt, pepper, and the steeped saffron water. Whisk to combine.
2. Toss the lamb cubes into the spice paste, massaging it thoroughly. Cover tightly with plastic wrap and marinate in the walk-in refrigerator for a minimum of 4 hours, ideally overnight.
3. In a large, wide-bottomed rondeau, over medium heat, heat the olive oil. Add the marinated lamb in batches. Sear gently just to bloom the spices. Remove the lamb and reserve.

4. Lower the heat to medium. Add the minced onions and garlic. Sweat, scraping up any saffron-spiced browned bits from the bottom of the pan, until the onions are completely translucent, sweet, and beginning to melt, 10 to 12 minutes
5. Return the lamb to the pan. Add the cinnamon sticks and nestle the cilantro and parsley bundles directly into the center.
6. Pour enough warm stock to cover the lamb by  $\frac{3}{4}$ . Bring it to a boil, then immediately decrease the heat to low.
7. Cover tightly with a circle of parchment and a heavy pan lid. Braise, undisturbed for 1  $\frac{1}{2}$  to 2 hours, or until the lamb is meltingly tender and can be cut with a spoon.
8. While the lamb is cooking, ladle 300 mL of the highly aromatic cooking liquid out of the main braising pot and transfer it into a medium saucepan.
9. In the medium saucepan, add the prunes, apricots, honey, and an extra pinch of ground cinnamon.
10. Simmer gently over medium-low heat for 15 minutes. The dried fruits will absorb the juice while releasing their sugars to create a thick, mahogany glaze. Remove from heat and stir in the orange blossom water. Keep warm.
11. Once the lamb is completely tender, remove the lid and carefully discard the herb bundles and cinnamon sticks.
12. In the braising pot, stir the preserved lemon skins. Increase the heat slightly to reduce the remaining cooking liquid until it transforms into a rich, thick sauce that heavily coats the back of a spoon (*nappe*). Taste and adjust seasoning with salt.
13. In a wide, heated shallow bowl, spoon a generous portion of the lamb and the onion sauce into the center.
14. Ladle the glazed prunes and golden apricots over the top of the lamb, letting the syrup drizzle over the sides.
15. Heat the olive oil in a large skillet over medium heat. Add the almonds. Fry until golden brown.
16. 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.
17. Scatter a handful of golden fried almonds and sesame seeds across the top of the dish. Serve immediately with couscous infused with butter and orange zest.

**Note:** Seamlessly blending North African Maghrebi traditions, this classic dish represents the pinnacle of Moroccan hospitality through the Tagine—both a slow-simmered stew and the conical clay vessel designed to continuously return condensation to the base—where the savory depth of lamb is beautifully counterbalanced by the medieval Arab-Andalusian practice of incorporating dried fruits, all punctuated by the salty, fermented brightness of preserved lemons and the complex, warm aromatics of Ras el Hanout.

# CHARRED OCTOPUS WITH ROMESCO SAUCE

*Yield: 12 portions*

| Ingredients                 | Amounts         |
|-----------------------------|-----------------|
| Garlic, head, halved        | 1 ea.           |
| Onions, Spanish, quartered  | 2 ea.           |
| Thyme, bunch, fresh         | 1 ea.           |
| Bay leaf, dried             | 2 ea.           |
| Peppercorns, black, whole   | 1 Tbsp.         |
| Lemon, halved               | 1 ea.           |
| Octopus, Spanish, whole     | 2 ea.           |
| Oil, olive, extra virgin    | 100 mL (3.4 oz) |
| Pepper, bell, red           | 4 ea.           |
| Tomato, plum (Roma)         | 4 ea.           |
| Garlic, whole, head         | 1 ea.           |
| Oil, olive, extra virgin    | 2 Tbsp.         |
| Bread, sourdough, slice     | 1 ea.           |
| Almonds, Marcona, toasted   | 120 g (4.2 oz)  |
| Hazelnuts, toasted, skinned | 60 g (4 Tbsp.)  |
| Vinegar, sherry             | 15 mL (1 Tbsp.) |
| Paprika, Spanish, smoked    | 10 g (2 tsp.)   |
| Salt, kosher                | to taste        |
| Pepper, black, cracked      | to taste        |
| Oil, olive, extra virgin    | as needed       |
| Salt, sea, flaky            | to taste        |
| Capers, crispy              | as needed       |
| Lemon, wedge, charred       | as needed       |

## Method

1. In a large, deep stockpot of boiling water, add the garlic, onions, thyme, bay leaves, peppercorns, and lemon halves.
2. Holding the octopus by the head, dip the tentacles into the boiling water for 5 seconds, then lift it out. Repeat this 3 times until the tentacles curl tightly. This sets the shape and prevents the skin from gelatinizing and peeling off during cooking.
3. Submerge the octopus fully, reduce the heat to a gentle simmer, cover, and cook for 45 to 60 minutes. Check for doneness by piercing the thickest part of a tentacle with a paring knife; it should slide in with minimal resistance.
4. Remove the pot from the heat. Cool the octopus to completely in its own cooking liquid to preserve moisture and skin integrity, about 30 minutes

5. Drain, separate the tentacles, discard the head/beak, and pat completely dry. Chill uncovered on a parchment-lined sheet pan until ready for service.
6. Charr the red bell peppers and tomatoes over an open flame until blackened. Place them in a bowl covered with plastic wrap to steam for 10 minutes. Peel, seed, and core them. Reserve.
7. Wrap the whole head of garlic in foil with a drizzle of olive oil. Roast at 400°F until completely soft and caramelized, 30 to 40 minutes. Squeeze the cloves out of their skins.
8. Heat the olive oil in a large skillet over medium heat. Add the sourdough slice. Fry until golden.
9. In a blender, place the roasted peppers, tomatoes, roasted garlic cloves, almonds, hazelnuts, fried sourdough bread, sherry vinegar, and smoked paprika. Blend on high speed while slowly drizzling in the oil to form a thick, emulsified paste. Season heavily with salt and pepper to taste.
10. In a heavy cast-iron grill pan, over high heat, Add in the chilled, oil coated tentacles. Sear aggressively for 2-3 minutes per side. The tentacles will have deep, caramelized char marks and crisp edges. Slice the tentacles on a sharp bias.
11. In the center of each plate, spoon a generous amount of Romesco sauce. Splay the sliced tentacles on top of the sauce.
12. Finish with a drizzle of oil, a sprinkle of flaky sea salt directly on the charred suction cups, a scattering of micro-greens, and a charred lemon wedge on the side.

**Note:** Influenced by the rugged coastlines of Galicia and the vibrant markets of Catalonia, this dish pairs the Roman-introduced technique of tenderizing and charring coastal octopus with Romesco—a rich, smoky sauce originally crafted by 15th-century Tarragona fishermen using New World peppers, almonds, and stale bread to enrich their daily catch.

# TUNISIAN MERGUEZ SHAKSHUKA WITH HOUSE HARISSA

*Yield: 12 portions*

| Ingredients                               | Amounts          |
|-------------------------------------------|------------------|
| Chile, Baklouti, dried, stemmed, seeded   | 150 g (5.3 oz.)  |
| Caraway, seeds, toasted                   | 1 ½ Tbsp.        |
| Coriander, seeds, toasted                 | 1 Tbsp.          |
| Cumin, seeds, toasted                     | 1 Tbsp.          |
| Garlic, clove, peeled                     | 6 ea.            |
| Salt, kosher                              | 1 ½ Tbsp.        |
| Sausage, merguez, premium                 | 1.2 kg (2.6 lb.) |
| Oil, olive, pure                          | 15 mL (1 Tbsp.)  |
| Oil, olive, extra virgin                  | 100 mL (3.4 oz.) |
| Onion, Spanish, small diced               | 3 ea.            |
| Pepper, bell, red, julienne               | 4 ea.            |
| Chile, serrano, sliced thin into rings    | 6 ea.            |
| Garlic, clove, sliced thin                | 12 ea.           |
| Tomato, paste                             | 2 Tbsp.          |
| Harissa paste                             | 4 Tbsp.          |
| Tomato, San Marzano, whole, peeled        | 2.5 kg (5.5 lb.) |
| Caraway, ground                           | 1 Tbsp.          |
| Cumin, ground                             | 1 Tbsp.          |
| Pepper, black, cracked                    | to taste         |
| Salt, kosher                              | to taste         |
| Egg, large                                | 12 ea.           |
| Cheese, feta, fresh                       | 150 g (5.3 oz.)  |
| Cilantro, bunch, fresh, chopped           | 1 ea.            |
| Parsley, flat leaf, bunch, fresh, chopped | 1 ea.            |
| Bread, Levantine, crusty                  | as needed        |

## Method

1. In a bowl, place the dried chilis. Cover with boiling water. Steep and rehydrate until completely soft, 30 minutes. Drain well.
2. In a dry skillet over medium heat, toast the caraway, coriander, and cumin seeds until highly aromatic, about 2 minutes. Transfer immediately to a spice grinder and process into a fine powder.
3. In a food processor, combine the drained chilis, garlic cloves, ground spice mix, and salt. Pulse continuously while slowly streaming in oil until a thick paste forms. Reserve.

4. In an oiled heavy copper rondeau, over medium-high, add the Merguez sausages. Sear, 3 to 4 minutes per side until browned and caramelized but not completely cooked through.
5. Remove the sausages from the pan and slice them on a sharp bias into 3 cm bite-sized medallions. Keep the rendered red fat in the pan.
6. In the same pan, over medium heat, add the remaining 100 mL of extra virgin olive oil. Add the onions, red peppers, and green chilis. Sweat, stirring frequently, until the vegetables are completely soft, sweet, and collapsed, 12 to 15 minutes.
7. Stir in the garlic and tomato paste, and 4 tablespoons of house harissa. Cook, stirring constantly, to fry the paste and bloom the chili oils, 2 to 3 minutes.
8. Add the crushed tomatoes along with their juices. Season with the caraway, cumin, black pepper, and salt.
9. Bring to a boil, then reduce the heat to low. Simmer uncovered, stirring occasionally, until the tomatoes break down completely and the sauce transforms into a gloss-like ragu, 25 to 30 minutes.
10. Add the sliced Merguez into the sauce for the final 5 minutes of simmering.
11. Using the back of a ladle, make 12 distinct wells in the surface of the sauce. Crack an egg into a small ramekin first, then gently slide it directly into the well. Repeat for all eggs.
12. Cover the pan tightly with a lid. Maintain a very low heat for 5 to 6 minutes. The egg whites should be opaque, soft, cooked with the egg yolk completely fluid.
13. Remove the pan immediately from the heat. Scatter the crumbled feta if using.
14. Top the shakshuka with chopped cilantro and flat-leaf parsley. Finish with a final, light drizzle of oil over the egg yolks.
15. Present the skillets directly to the table with a basket of grilled bread.

**Note:** While popularized across the Maghreb and Levant, Shakshuka (meaning "all mixed up" in Tunisian Arabic) finds its most intensely spiced, red-hued expression in Tunisia, where it heavily relies on Harissa—the ubiquitous, sun-dried chili paste introduced via the Andalusian-Moroccan exchange—and is traditionally enriched here with Merguez, a heavily spiced, garlic-and-cumin-infused mutton or beef sausage reflecting the country's ancient nomadic Berber and Ottoman influences.

# DAY TWO: PRODUCTION ASSIGNMENTS

## SOUTHERN EUROPEAN/ NORTH AFRICAN MIGRATION

EACH CHEF TO PRODUCE 1 RECIPE FROM  ASSIGNED REGIONS

Saffron Infused Fregula Sardo with Clams

Harissa Glazed Lamb Sweetbreads

Sicilian Swordfish Caponata Agrodolce

Charred Mackerel with Charmoula Paste

Oxtail Al-Andalus with Fig and Oloroso

Algerian Beef Bourek with Preserved Lemons

Maltese Braised Rabbit (*Stuffat tal-Fenek*)

Spiced Lamb Soup (*Sharba Libiya*)

Corsican Pork and Chestnut Sausage

Pantelleria Red Shrimp Crudo

# SAFFRON INFUSED FREGULA SARDO WITH CLAMS

*Yield: 12 portions*

| Ingredients                                      | Amounts           |
|--------------------------------------------------|-------------------|
| Stock, fish                                      | 100 mL (3.38 oz.) |
| Saffron, threads                                 | 1 g (1 ½ tsp.)    |
| Oil, olive, extra virgin                         | 150 mL (5.1 oz.)  |
| Garlic, clove, sliced paper thin                 | 8 ea.             |
| Chile, Calabrian, fresh, minced                  | 2 ea.             |
| Pasta, fregola sarda, medium-course grain, dried | 1 kg (2.2 lb.)    |
| Wine, white, Vermentino di Sardegna              | 250 mL (8.45 oz.) |
| Tomato, plum (Roma), halved                      | 400 g (14.1 oz.)  |
| Stock, fish, rich ( <i>fumet</i> )               | 1.5 L (50.7 oz.)  |
| Clam, Manila, fresh, scrubbed                    | 2.5 kg (5 ½ lb.)  |
| Parsley, flat-leaf, bunch, fresh, minced         | 1 ea.             |
| Salt, sea                                        | to taste          |
| Pepper, white, ground                            | to taste          |

## Method

1. Place the fish stock in a small saucepan. Warm over medium heat. Remove from the heat and add the saffron threads. Steep until dissolved. Reserve.
2. For the base, in a large, wide-bottomed rondeau, heat the oil over medium-low heat.
3. Add the garlic and chiles. Sweat until fragrant and translucent, 5 to 8 minutes. (Do not let the garlic brown.)
4. Add the fregola sarda. Toss to coat the grains in the oil. Toast, stirring constantly, until the grains are lightly golden, 2 to 3 minutes.
5. Turn up the heat to high. Add the wine. Cook until the wine is almost completely absorbed by the grains, 3 to 5 minutes.
6. Add the tomatoes, reserved saffron-fish stock, and just enough of the rich fish stock to cover the grains.
7. Turn down the heat to medium. Simmer, stirring occasionally, until the rich fish stock has been absorbed. Add a ladle of the rich fish stock and cook until absorbed. Repeat this process until the grains are barely tender to the bite (*al dente*), about 12 minutes.
8. Add the clams. Cover tightly with a lid. Cook until the clams open, 4 to 5 minutes. Discard any unopened clams.
9. Remove the lid. Add the parsley. Turn up the heat to high. Cook, stirring vigorously, until the liquid forms a loose glossy sauce. Season with salt and white pepper to taste.

10. Divide the grains, sauce, and clams equally across 12 warm shallow serving bowls.

**Note:** Littleneck clams can be substituted for the Manila clams.

Showcasing the historic maritime trade networks between Sardinia and North Africa, *Fregula* consists of hand-rolled semolina pearls toasted in wood-fired ovens—a technique reminiscent of North African couscous—which are simmered risotto-style in a saffron-infused broth and paired with sweet coastal clams and the sharp, marine acidity of *Vermentino di Sardegna*.

**Wine Pairing:** Vermentino di Sardegna (Crisp, saline, and mineral-driven to mirror the marine elements)

# HARISSA GLAZED LAMB SWEETBREADS

*Yield: 12 portions*

| Ingredients                                         | Amounts           |
|-----------------------------------------------------|-------------------|
| Lamb, sweetbreads (thymus gland),<br>fresh, cleaned | 2 kg (4.41 lb.)   |
| Salt, kosher                                        | as needed         |
| Vinegar, wine, white                                | 60 mL (4 Tbsp.)   |
| Chickpeas, fresh                                    | 200 g (7.05 oz.)  |
| Harissa, paste, House Tunisian                      | 4 Tbsp.           |
| Honey, wild                                         | 3 Tbsp.           |
| Orange, juice, fresh                                | 50 mL (1 ⅓ Tbsp.) |
| Flour, all-purpose                                  | as needed         |
| Butter, unsalted, clarified                         | 100 g (3.5 oz.)   |
| Cilantro, micro, bunch                              | 1 ea.             |
| Salt, sea, flaky                                    | to taste          |

## Method

1. Place the lamb in a bowl. Add enough cold water to cover and a pinch of salt. Soak until all residual blood is removed, about 2 hours. Drain.
2. Bring a large pot of water to a boil over high heat. Add the vinegar and a handful of salt.
3. Add the sweetbreads. Poach until the proteins have set, 4 to 5 minutes.
4. Remove the sweetbreads from the boiling water and immediately shock in an ice bath until cool enough to handle.
5. Peel away the tough outer membranes and veins, taking care to keep the internal lobes intact. Transfer the cleaned sweetbreads to a parchment paper lined sheet pan. cover with another sheet of parchment paper and another sheet pan. Place heavy cans on top of the top sheet pan to flatten the sweetbreads. Refrigerate until flat and firm, about 2 hours.
6. Bring a medium pot of salted water to a boil over high heat. Add the chickpeas. Cook until tender, about 20 minutes. Drain and reserve.
7. For the glaze, in a small saucepan over medium low heat, whisk to combine the harissa paste, honey, and orange juice. Gently simmer until the glaze reaches a syrup-like consistency. Reserve warm.
8. Cut the sweetbreads into uniform, bite sized pieces. Season with salt.
9. Place enough flour as needed for dredging in a bowl. Add the sweetbreads pieces and coat in the flour, shaking off any excess.
10. Heat the clarified butter in a large skillet over high heat. Fry the sweetbreads pieces until golden brown and crisp, 2 to 3 minutes per side.
11. Drain any excess clarified butter from the skillet. Add the reserved glaze to the pan. Toss to coat the sweetbreads until caramelized, about 30 seconds.

12. Place a spoonful of the reserved chickpeas onto each of 12 serving plates. Arrange the glazed sweetbreads over top. Garnish with a pinch of micro cilantro and sea salt.

**Note:** Dried chickpeas can be substituted for the fresh chickpeas. This substitution will require overnight soaking and increased cooking time.

This dish highlights the culinary complexity of the Maghrebi-Mediterranean border, taking delicate lamb sweetbreads—a prized element of classic nose-to-tail gastronomy—and glazing them with fiery Tunisian Harissa and honey, a bold profile that demands the complex structure, wild aromatics, and phenolic grip of a skin-contact skin-contact Orange Wine.

**Wine Pairing:** Orange Wine/ Skin-Contact Malvazia or Ribolla Gialla (Tannic structure and oxidized notes cut through the rich offal and sweet chili glaze)

# SICILIAN SWORDFISH CAPONATA AGRODOLCE

*Yield: 12 portions*

| Ingredients                             | Amounts           |
|-----------------------------------------|-------------------|
| Raisins, golden                         | 50 g (1.8 oz.)    |
| Pine nuts                               | 50 g (1.8 oz.)    |
| Eggplant, Italian, large, 2-cm. diced   | 3 ea.             |
| Salt, kosher                            | as needed         |
| Oil, olive, extra virgin                | as needed         |
| Onion, Spanish, medium diced            | 2 ea.             |
| Celery, stalk, thinly sliced            | 4 ea.             |
| Tomato, San Marzano, canned, crushed    | 400 g (14.1 oz.)  |
| Olive, Sicilian, green, pitted, chopped | 100 g (3.5 oz.)   |
| Capers, salted, thoroughly rinsed       | 60 g (4 Tbsp.)    |
| Sugar, granulated                       | 50 g (1.8 oz.)    |
| Vinegar, wine, red                      | 100 mL (3.38 oz.) |
| Swordfish, loin, 150g steaks, skinned,  | 12 ea.            |
| Salt, sea                               | as needed         |
| Mint, leaves, fresh, torn               | as needed         |
| Oil, olive, extra virgin                | as needed         |

## Method

1. Place the raisins in a bowl of warm water. Soak until rehydrated and plump, 15 to 20 minutes. Drain and reserve.
2. Heat a small, dry skillet over medium-low heat. Add the pine nuts in an even layer. Toast, stirring often, until golden brown and aromatic, 2 to 4 minutes. Transfer to a plate. Cool and reserve.
3. Place the eggplant in a colander. Sprinkle generously with salt. Drain excess moisture for 30 minutes. Pat completely dry.
4. Heat 1-inch of oil in a wide pan over medium-high heat. Pan fry the eggplant until golden brown on all sides. Transfer to paper towels to drain any excess oil.
5. For the caponata, heat 4 tablespoons of oil in a separate large pan over medium heat. Add the onion and celery. Sweat until translucent and soft, 5 to 8 minutes.
6. Add the tomatoes, olives, and capers. Stir to combine. Simmer gently until the sauce reduces and thickens, about 10 minutes.
7. In a small bowl, stir to dissolve the sugar into the vinegar. Add to the tomato-onion sauce.
8. Add the reserved raisins and pine nuts. Simmer until the acidity of the vinegar has dissipated, about 3 minutes.

9. Fold in the reserved fried eggplant gently so it does not break apart. Reserve warm.
10. Pat the swordfish steaks dry. Season with sea salt as needed.
11. Heat enough oil to lightly coat a heavy cast iron skillet over high heat. Sear the swordfish steak on the first side until a crust forms, about 2 minutes. flip and sear on the opposite side until the center is moist and slightly translucent, 1 to 2 minutes.
12. Spoon a generous amount of the caponata into the center of 12 shallow bowls. Place a swordfish steak ontop. Garnish with the mint leaves and a drizzle of olive oil.

**Note:** Rooted in Sicily's Arabic heritage, this preparation utilizes the classic Agrodolce (sweet-and-sour) profile to preserve and elevate fresh swordfish, pairing it with Caponata—a complex eggplant-and-celery relish originally designed to mimic expensive game dishes for the working class, beautifully paired with the bright berry notes of a chilled Frappato di Vittoria.

**Wine Pairing:** Frappato di Vittoria (Light-bodied, high-acid Sicilian red that complements sweet-and-sour profiles without overwhelming delicate fish)

# CHARRED MACKEREL WITH CHARMOULA PASTE

*Yield: 12 portions*

| Ingredients                                       | Amounts          |
|---------------------------------------------------|------------------|
| Cumin, seeds                                      | 2 Tbsp.          |
| Coriander, seeds                                  | 1 ½ Tbsp.        |
| Cilantro, bunch, fresh                            | 2 ea.            |
| Parsley, flat-leaf, bunch, fresh                  | 1 ea.            |
| Garlic, clove                                     | 6 ea.            |
| Paprika, sweet ( <i>Pimentón</i> )                | 1 Tbsp.          |
| Chile, cayenne, ground                            | 1 tsp.           |
| Salt, sea, course                                 | as needed        |
| Oil, olive, extra virgin                          | 150 mL (5.1 oz.) |
| Lemon, juice, fresh                               | 80 mL (2.7 oz.)  |
| <br>Mackerel, fillet, skin-on, v-boned<br>trimmed | <br>12 ea.       |
| Oil, olive, pure                                  | as needed        |
| Lemon, cut into 6 wedges                          | 2 ea.            |

## Method

1. Heat a small, dry skillet over medium-low heat. Add the coriander seeds in an even layer. Toast, stirring often, until golden brown and aromatic, 3 to 5 minutes. Transfer to a plate. Cool and reserve.
2. Turn up the heat to medium. Add the cumin seeds in an even layer. Toast, stirring often, until lightly browned and aromatic, 1 to 3 minutes. Transfer to a plate. Cool and reserve.
3. For the charmoura paste, in the bowl of a food processor, add the cilantro, parsley, garlic cloves, paprika, cayenne, a large pinch of sea salt and the reserved toasted cumin and coriander seeds. Process to combine.
4. With the food processor running, gradually stream in the oil and lemon juice. Process until a paste forms.
5. Score the skin of each mackerel fillet 3 times on a shallow bias to prevent curling. Coat the flesh side generously with ½ of the charmoura paste. Reserve the remaining ½.
6. Marinate the mackerel at room temperature for a maximum of 15 minutes. (The acid from the lemon juice will cook the fish if left any longer.)
7. Heat a heavy carbon steel pan over medium to medium-high heat until smoking. Brush the pan with a light layer of oil.
8. Place the mackerel skin side down and press firmly with a spatula for 10 seconds to ensure full skin contact. Turn down the heat to medium. Cook, skin side down, until the skin is blistered, charred, and crisped, about 3 minutes. Flip and cook on the opposite side until flesh is firm, 30 to 45 seconds. Remove from the pan immediately.

9. Brush a streak of the reserved charmoula paste across 12 serving plates. Place the mackerel skin side up over the paste. Serve with a lemon wedge.

**Note:** An open flame charcoal grill can also be used to cook the mackerel.

This concept merges North African spice craft with the raw, high-acid viticulture of the Greek Aegean islands, contrasting the deep, rich oils of charred coastal mackerel with a vibrant Moroccan *Charmoula* marinade—a centuries-old preservation paste heavy with fresh herbs and toasted cumin—complemented by the razor-sharp structure of a volcanic *Assyrtiko*.

**Wine Pairing:** Assyrtiko (High acid and explosive volcanic minerality to slice through the intense oils of mackerel and the herbaceous punch of charmoula)

# OXTAIL AL-ANDALUS WITH FIG AND OLOROSO

*Yield: 12 portions*

| Ingredients                           | Amounts           |
|---------------------------------------|-------------------|
| Beef, oxtail, cut into thick discs    | 4 kg (8.82 lb.)   |
| Salt, kosher                          | as needed         |
| Pepper, black, cracked                | as needed         |
| Oil, vegetable                        | 100 mL (3.38 oz.) |
| Onion, Spanish, large, small diced    | 3 ea.             |
| Carrot, small diced                   | 3 ea.             |
| Garlic, head, cloves removed, crushed | 1 ea.             |
| Ginger, ground                        | 1 Tbsp.           |
| Clove, whole                          | 4 ea.             |
| Cinnamon, stick                       | 2 ea.             |
| Wine, fortified, sherry, dry, Oloroso | 500 mL (16.9 oz.) |
| Stock, veal, dark                     | 1.5 L (50.7 oz.)  |
| Fig, Black Mission, dried, halved     | 200 g (7.1 oz.)   |
| Microgreens                           | as needed         |
| Orange, zest, ribbons                 | as needed         |

## Method

1. Preheat oven to 350°F.
2. Heavily season the oxtail discs on all sides with the salt and pepper.
3. Heat the oil in a large rondeau over light heat. Working in batches, sear the oxtail until a brown, caramelized crust forms on all sides. Remove and reserve.
4. Turn down the heat to medium. Pour off all but 3 tablespoons of the oil.
5. Add the onions, carrots, and garlic. Sweat until caramelized, about 10 minutes.
6. Add the ginger, cloves, and cinnamon sticks. Bloom in the fat for 1 minute.
7. Add the wine. Deglaze by scraping up any browned bits stuck to the bottom of the pan (*fond*). Cook until the wine has reduced by ½.
8. Return the reserved oxtail and any accumulated juices to the rondeau. Add the stock and dried figs.
9. Bring to a boil. Cover tightly with a cartouche and a heavy lid.
10. Braise in the preheated oven until tender and sliding off the bone, 3 ½ to 4 hours.
11. Remove the oxtail from the braising liquid. Reserve warm on a platter.
12. For the glaze, strain the braising liquid through a chinois and into a saucepan. Skim any fat from the surface. Reduce over high heat until thick and glossy.
13. Pour enough of the glaze over the reserved oxtail to lightly coat.

14. Place one or two pieces of oxtail in the center of 12 wide, deep bowls. Spoon the remaining glaze over the oxtail. Garnish with the orange zest ribbon and the microgreens.

**Note:** Celebrating the sophisticated Moorish courts of medieval Al-Andalus, this slow-braised oxtail reflects the Islamic agricultural revolution in Spain through the introduction of sweet figs and warm spices, stewed down into an unctuous ragù and unified by the intense, nutty oxidation of Dry Oloroso Sherry.

**Wine Pairing:** Dry Oloroso Sherry (Oxidative depth, nutty complexity, and high alcohol to mirror the stew's fig notes and cut through oxtail gelatin)

# ALGERIAN BEEF BOUREK WITH PRESERVED LEMONS

*Yield: 12 portions*

| Ingredients                                                             | Amounts         |
|-------------------------------------------------------------------------|-----------------|
| Oil, olive, pure                                                        | 2 Tbsp.         |
| Onion, Spanish, large, finely minced                                    | 2 ea.           |
| Beef, steak, flank, finely minced                                       | ½ kg (1.10 lb.) |
| Garlic, grated                                                          | 4 tsp.          |
| Coriander, ground                                                       | 1 Tbsp.         |
| Cinnamon, ground                                                        | 1 tsp.          |
| Salt, kosher                                                            | as needed       |
| Pepper, black, cracked                                                  | as needed       |
| Lemon, whole, preserved, pulp<br>discarded, skins rinsed, finely minced | 2 ea.           |
| Parsley, flat-leaf, bunch, finely minced                                | 1 ea.           |
| Egg, whole, lightly beaten                                              | 6 ea.           |
| <br>Pastry sheets, Algerian ( <i>Dioul</i> )                            | <br>24 ea.      |
| Oil, vegetable                                                          | as needed       |

## Method

1. For the beef filling, heat the oil in a large skillet over medium-high heat. Add the onions. Sweat until soft add completely translucent, 3 to 5 minutes.
2. Add the ground beef and garlic. Cook, breaking up the beef with a wooden spoon, until browned and cooked through.
3. Stir in the coriander and cinnamon. Season with salt and pepper as needed. Cook until the spices are toasted, about 2 minutes. Remove the pan from the heat.
4. Fold in the preserved lemon skins and parsley. Let the mixture cool slightly.
5. Stir in the beaten eggs. (The residual heat will partially cook the egg to create a cohesive filling that will not leak during frying). Cool completely.
6. Lay out a pastry sheet. Place 2 large tablespoons of the beef filling along the lower third of the pastry sheet. Fold the sides inward to secure the filling. Roll tightly upward to form a neat cylinder. Use a dap of water to seal the final edge. Repeat with the remaining filling and dough.
7. Heat enough oil for frying in a large deep pot. Working in batches, fry the borek, until golden brown and crispy on all sides, 3 to 4 minutes. Place vertically on paper towels to drain any excess oil.
8. Arrange two boreks at an angle on 12 serving plates. Serve immediately.

**Note:** Chuck steak can be substituted for the flank steak. Greek pastry sheets (*phyllo*) can be substituted for the Algerian pastry sheets (*dioul*).

Reflecting Ottoman culinary expansion into North Africa, Bourek features razor-thin pastry wrappers packed with spiced minced meat; this Algerian expression accents the richness of the fried beef with the salty, fermented brightness of preserved lemons, calling for the structural power and vinous complexity of a Bandol Rosé.

**Wine Pairing:** Bandol Rosé (Structured, crisp, and robust enough to cut through deep-fried pastry while complementing the preserved citrus)

## MALTESE BRAISED RABBIT (STUFFAT TAL-FENEK)

*Yield: 12 portions*

| Ingredients                                                 | Amounts           |
|-------------------------------------------------------------|-------------------|
| Rabbit, whole, 1.2 kg ea.                                   | 3 ea.             |
| Salt, kosher                                                | as needed         |
| Pepper, black, cracked                                      | as needed         |
| Flour, all-purpose                                          | as needed         |
| Oil, olive, extra virgin                                    | 100 mL (3.38 oz.) |
| Onion, Spanish, large, diced                                | 3 ea.             |
| Garlic, clove, thinly sliced                                | 6 ea.             |
| Tomato, paste, double concentrated<br>( <i>Kunserve</i> )   | 4 Tbsp.           |
| Wine, red, Nero d'Avola                                     | 500 mL (16.9 oz.) |
| Stock, chicken, rich                                        | 1 L (33.8 oz.)    |
| Potato, Yukon gold, large, peeled, cut<br>into large chunks | 4 ea.             |
| Carrot, cut into thick rounds                               | 4 ea.             |
| Bay leaves, fresh                                           | 4 ea.             |
| Peas, sweet English, fresh                                  | 300 g (10.6 oz.)  |

### Method

1. Fabricate each rabbit into legs, loins, and shoulders. Season with salt and pepper as needed.
2. Place enough flour for dredging in a bowl. Add the rabbit pieces and coat on all sides, shaking off any excess.
3. Heat the oil in a large, heavy bottomed rondeau over medium-high heat. Working in batches, sear the rabbit pieces until browned on all sides. Remove and reserve.
4. Turn down the heat to medium. Add the onions and garlic. Sweat until soft and translucent, 5 to 8 minutes.
5. Add the tomato paste. Fry until it had caramelized and turned a deep rust color.
6. Add the wine. Deglaze by scraping up any browned bits stuck to the bottom of the pan (*fond*). Cook until the wine has reduced by ½.
7. Return the rabbit pieces to the rondeau. Add the stock, potatoes, carrots and bay leaves. (The liquid should almost completely cover the ingredients.)
8. Bring to a simmer and cover with a tight-fitting lid. Turn the heat down to low. Braise until the rabbit is completely tender and falling away from the bone, 1 ½ to 2 hours.
9. With 10 minutes left in the cooking time, stir in the peas. Simmer, uncovered, until the braising liquid reaches a thick, gravy consistency, about 10 minutes. Season with salt and pepper as needed.

10. Divide the rabbit, potatoes, carrots, peas, and gravy evenly among 12 serving bowls.

**Note:** Any robust red wine can be substituted for the Nero d'Avola. Frozen sweet English peas can be substituted for the fresh sweet English Peas.

Standing as Malta's undisputed national dish, Stuffat tal-Fenek was born as an act of resistance against hunting restrictions imposed by the Knights of St. John in the 18th century; it showcases a patient, slow-braised rabbit rich in red wine, sweet peas, and tomato paste, mirroring the flavor profiles of neighboring Sicily and finding its perfect soulmate in a robust Nero d'Avola.

**Wine Pairing:** Nero d'Avola (Deep, dark-fruited Sicilian red with soft tannins to cradle the lean, rich braised rabbit meat)

## SPICED LAMB SOUP (SHARBA LIBIYA)

*Yield: 12 portions*

| Ingredients                                       | Amounts           |
|---------------------------------------------------|-------------------|
| Oil, olive, extra virgin                          | 60 mL (4 Tbsp.)   |
| Lamb, shoulder, cut into 1-cm. cubes              | 1.2 kg (2.65 lb.) |
| Onion, Spanish, large, finely minced              | 2 ea.             |
| Tomato, paste                                     | 4 Tbsp.           |
| Tomato, canned, purée                             | 400 g (14.1 oz.)  |
| Turmeric, ground                                  | 1 ½ Tbsp.         |
| Cinnamon, ground                                  | 1 Tbsp.           |
| Chile, cayenne, ground                            | 1 Tbsp.           |
| Stock, beef, light                                | 2 L (67.6 oz.)    |
| Chickpeas, canned, rinsed, drained                | 200 g (7.1 oz.)   |
| Pasta, orzo, dried ( <i>Lisan al-Asfour</i> )     | 150 g (5.3 oz.)   |
| Cilantro, bunch, fresh, finely minced             | 1 ea.             |
| Mint, wild, dried, finely crushed ( <i>Nane</i> ) | 2 Tbsp.           |
| Salt, kosher                                      | as needed         |
| Pepper, black, ground                             | as needed         |
| Lemon, cut into wedges                            | 2 ea.             |

### Method

1. Heat the olive oil in a large stockpot over medium-high heat. Add the lamb and onions. Sauté until the onions have softened, the lamb begins to brown, and the fat begins to render, 8 to 10 minutes.
2. Add the tomato paste. Cook, stirring constantly until the metallic taste has dissipated, about 2 minutes.
3. Add the tomato puree, turmeric, cinnamon, and cayenne pepper. Stir until the aromatics have bloomed, about 1 minute.
4. Add the stock. Bring to a rolling boil. Turn down the heat to low and cover the pot, Simmer until the lamb is tender, about 45 minutes.
5. Add the chickpeas and orzo. Cook uncovered, stirring occasionally, until the orzo is tender to the bite (*al dente*), 10 to 12 minutes.
6. Turn the heat off. Stir in the cilantro and mint. Cover and steep until the herbs bloom, about 5 minutes. Season with salt and pepper as needed.
7. Ladle the soup into 12 heated soup bowls, evenly distributing the lamb, orzo, and chickpeas. Serve with the lemon wedges.

**Note:** Lamb stock can be substituted for the light beef stock.

Representing the aromatic heart of Libyan hospitality, particularly during Ramadan, Sharba Libiya is a highly complex, spiced lamb soup featuring tiny Lisan al-Asfour (orzo pasta) simmered with fresh mint, turmeric, and cinnamon—a comforting yet intensely fragrant bowl that benefits from the velvety richness of a Valpolicella Ripasso.

**Wine Pairing:** Valpolicella Ripasso (The dried-grape Passito method provides a velvety texture and soft spice notes that complement the soup's mint and cinnamon aromatics)

# CORSICAN PORK AND CHESTNUT SAUSAGE

*Yield: 12 portions*

| Ingredients                                                       | Amounts           |
|-------------------------------------------------------------------|-------------------|
| Pork, shoulder, min. 30% fat ratio                                | 2 kg (4.41 lb.)   |
| Pork, back fat, chilled                                           | 500 g (17.6 oz.)  |
| Flour, chestnut, Corsican<br>( <i>Farina di Castagna d'Arbe</i> ) | 150 g (5.3 oz.)   |
| Salt, sea, fine                                                   | 50 g (1.8 oz.)    |
| Peppercorns, black, coarsely ground                               | 10 g (.35 oz.)    |
| Garlic, microplaned into a paste                                  | 4 ea.             |
| Liquor, Grappa                                                    | 50 mL (1 ⅓ Tbsp.) |
| Hog casings, rinsed, presoaked                                    | as needed         |
| Lard, rendered                                                    | 4 Tbsp.           |

## Method

1. Line a sheet pan with parchment paper.
2. Cut the pork shoulder and back fat into 2-centimeter cubes. Place on the prepared sheet pan and freeze until crunchy and firm but not frozen solid, 20 minutes. (This prevents fat from smearing when the meat is ground).
3. Fit a meat grinder with a course 8-millimeter die. Pass the meat through the grinder into a stainless-steel bowl. Set the bowl over ice.
4. In the bowl of a stand mixer fitted with a paddle attachment, add the chestnut flour, salt, pepper, garlic paste, and Grappa. Add the meat. Mix on high speed until a sticky, cohesive, emulsified mass has formed, about 2 minutes.
5. Rinse the soaked hog casings with water. Fit them onto a sausage stuffer nozzle. Fill the casings with the meat-flour mixture, twisting the casing every 12 centimeters to form individual sausage links. Prick any visible air bubbles with a sterilized needle.
6. Place the sausage links on a parchment paper lined sheet pan. Chill in the refrigerator overnight to dry the sausage skins for a better snap.
7. Heat the lard in a wide skillet over medium-low heat. Cook the sausages, turning frequently, until the casing is golden brown and crisp, and the internal temperature reaches 145°F, 12 to 15 minutes.
8. For each portion, arrange a sausage over a bed of sautéed mushrooms or braised lentils.

**Note:** Pork butt can be substituted for the pork shoulder. Eau-de-Vie can be substituted for the Grappa. Butter can be substituted for the rendered lard.

Rooted in the rugged mountain terroir of Corsica, this recipe showcases the island's absolute dependence on the Châtaigne (chestnut) tree—historically termed the "bread tree"—utilizing

sweet chestnut flour folded directly into a coarse, wild-boar or heirloom pork sausage matrix, matching the rugged herbal intensity of a Corsican Niellucciu.

**Wine Pairing:** Corsican Niellucciu / Patrimonio Red (An indigenous Sangiovese clone loaded with wild scrubland *maquis* herbs and dark tannins to match the gamey pork and sweet chestnut flour)

# PANTELLERIA RED SHRIMP CRUDO

*Yield: 12 portions*

| Ingredients                                               | Amounts           |
|-----------------------------------------------------------|-------------------|
| Shrimp, Mediterranean, red,<br>sashimi grade, extra large | 36 ea.            |
| Tapioca maltodextrin                                      | 40 g (1.4 oz.)    |
| Oil, olive, extra virgin (Divided)                        | 100 mL (3.38 oz.) |
| Lime, fresh                                               | 2 ea.             |
| Sea grape, jarred                                         | 1 ea.             |
| Salt, sea, flaky, pyramid, Maldon                         | to taste          |
| Borage flowers (Optional)                                 | as needed         |

## Method

1. Working over an ice bath to keep the shrimp cold, peel the shrimp, removing the heads and shells but keeping the tails intact. Remove the intestinal tract along the spine.
2. Place 3 shrimp between 2 pieces of plastic wrap. Using the flat side of a meat mallet, gently pound the shrimp to flatten into a cohesive thin disc. Repeat with the remaining shrimp.
3. Transfer the plastic wrapped shrimp to a sheet tray. Refrigerate until service.
4. In a stainless-steel bowl, place the tapioca maltodextrin. While constantly whisking, slowly stream in 60 milliliters of the oil. The tapioca will absorb the oil to form a light and fluffy white dust. Pass through a fine mesh sieve to create a very delicate texture. Reserve in an airtight container.
5. Peel the top layer of plastic wrap away from 1 shrimp disc. Invert the shrimp onto the center of a chilled plate. Remove the top sheet of plastic. Repeat for the remaining shrimp.
6. Right before serving, zest the fresh lime overtop of the shrimp discs. Place 3 to 4 sea grapes on top of the shrimp. Top with a few flakes of the pyramid salt and a borage flower.
7. Mound a spoonful of the tapioca-oil dust next to the shrimp.
8. Instruct the guests to roll the shrimp in the tapioca-oil dust. The dust dissolves as it hits the tongue, releasing the oil flavor.

**Note:** Finger lime vesicles can be substituted for the sea grapes. Micro-sorrel can be substituted for the borage flowers.

Honoring the volcanic island of Pantelleria floating between Sicily and Tunisia, this preparation presents ultra-premium raw Mediterranean red shrimp in their purest state, accented by modern Olive Oil Dust—a technique transforming rich fat into a melting powder—perfectly paired with a dry, mineral-drenched Zibibbo.

**Wine Pairing:** Dry Zibibbo / Muscat of Pantelleria (Intensely aromatic, floral white with a bone-dry, saline finish that elevates the natural sweetness of raw shrimp)

# **DAY THREE: TEAM PRODUCTION ASSIGNMENTS**

## **CRAFTING THE FUTURE OF MORNING CUISINE**

**IN TEAMS OF TWO, PREPARE AND EXECUTE AN ASSIGNED MEDITERRANEAN INFLUENCED BREAKFAST MENU IN VARIOUS STYLES (PLATED, HOT/COLD BUFFET, ACTION STATIONS, GRAB & GO, ETC.)**

### **TEAM ONE: THE LEVANTINE COAST**

Deconstructed Shakshuka en Croûte

Labneh Torchon

Crystalline Mint and Sumac Shrub

### **TEAM TWO: THE AEGEAN/ GREEK ISLES**

Aegean Benedict

Wild Green and Mizithra Feuilleté

Clarified Mastiha and Wild Herb Elixir

### **TEAM THREE: MOORISH SPAIN & ANDALUSIA**

Torrija Andaluza, Romesco Glass

The Flamenco Egg

Smoked Pimentón and Bitter Orange Tonic

### **TEAM FOUR: NORTH AFRICAN MAGHREB**

Moroccan Lamb, Egg Tagine

Harissa Glazed Shakshuka Tarts

Toasted Coriander and Apricot Nectar

### **TEAM FIVE: ISLANDS OF THE REGION**

Pane Carasau Mille-Feuille, Slow-Roasted Pork and Eggs

Sicilian Caponata Benedict

Milk-Clarified Blood Orange and Myrtle Shrub

# DECONSTRUCTED SHAKSHUKA EN CROÛTE

*Yield: 12 portions*

| Ingredients                    | Amounts              |
|--------------------------------|----------------------|
| Pepper, red, bell, small diced | 3 ea.                |
| Tomato, San Marzano, crushed   | 53 wt. oz. (1 ½ kg)  |
| Garlic, minced                 | 2 Tbsp.              |
| Cumin, ground                  | 1 ½ Tbsp.            |
| Paprika, smoked                | 1 Tbsp.              |
| Oil, olive, extra virgin       | 3.4 fl. oz. (100 mL) |
| Puff pastry, all-butter, sheet | 24 ea.               |
| Egg, whole, large              | 1 ea.                |
| Water                          | 1 Tbsp.              |
| Egg, whole, large              | 12 ea.               |
| Salt, kosher                   | to taste             |
| Pepper, black, ground          | to taste             |

## Method

1. Heat a gas burner to medium-high heat. Place a small grate over the open burner. Roast the peppers, turning often, until evenly charred, about 3 minutes. Transfer to a large bowl, cover with plastic wrap, and let it steam for 15 minutes. Cool. Peel off the skin, slice in half, and remove seeds and membrane. Finely dice and reserve.
2. For the compote, in a sautoir, place the roasted red peppers, crushed tomatoes, garlic, cumin, paprika, and olive oil. Cook down over low heat for until all the moisture has evaporated, leaving a thick, jam-like paste, 1 ½ hours. Cool completely and reserve.
3. Lay out 12 squares of puff pastry. Score a smaller inner square on each without cutting all the way through. Blind bake at 375°F for 12 minutes with pie weights until golden. Carefully remove the weights and press down the center.
4. Fill the puff pastry with a generous layer of the tomato-pepper compote.
5. For the egg wash, in a small bowl, combine one egg and 1 tablespoon of water. Brush the borders of the puff pastry with egg wash. Bake until crisp, about 5 minutes.
6. Bring a large pot of salted water to 145°F. Place a round wire rack in the bottom of the pot. Add the eggs. Simmer until a perfectly uniform, custard-like yolk and soft white is achieved, about 45 minutes. Be sure to keep the water temperature at 145°F for the entire cooking time.
7. Carefully crack 1 egg directly into the center of each warm pastry shell over the tomato-pepper base. Season with salt and pepper to taste.

**Note:** This dish takes the rustic, communal Levant-wide archetype of Shakshuka (eggs poached in a spiced tomato-pepper ragù) and elevates it to haute cuisine by encasing a highly concentrated, sun-dried tomato and roasted pepper matbucha inside an architectural, buttery French puff pastry shell, topped with a sous-vide egg to mimic the original runny yolk experience.

# LABNEH TORCHON

*Yield: 12 portions*

## Ingredients

## Amounts

|                                |                        |
|--------------------------------|------------------------|
| Pistachios, crushed            | 1.8 wt. oz. (50 g)     |
| Yogurt, Greek, plain, high fat | 4 lb. 6 wt. oz. (2 kg) |
| Salt, sea                      | 0.7 wt. oz. (20 g)     |
| Honey, wildflower              | 3 ½ Tbsp. (50 mL)      |

## Method

1. Heat a small, dry skillet over medium heat. Add the pistachios in a single layer. Toast, stirring often, until light brown and aromatic, 5 to 8 minutes. Transfer to a plate. Cool. Chop. Reserve.
2. In a small, stainless-steel bowl, place the yogurt and salt. Whisk vigorously until fully incorporated.
3. Lay out three layers of cheesecloth. Spoon the salted yogurt into the center. Roll tightly into a uniform 5 cm-diameter cylinder. Tie one end securely with twine, twist the other end to compress the yogurt into a dense log, and tie tightly.
4. Transfer to a deep hotel pan. Refrigerate until it has the consistency of a soft goat cheese, 36 to 48 hours.
5. Slice the firm torchon into clean discs. Place onto plates, drizzle with wildflower honey, and crust the edges with the crushed fine pistachios.

**Note:** Labneh (strained, salted yogurt) is an ancient Levantine dairy preservation method dating back millennia; here, it is treated with the classical French torchon method—salted, rolled into a tight cylinder in cheesecloth, and hung to compress—yielding a dense, sliceable curd with a velvety texture.

## CRYSTALLINE MINT AND SUMAC SHRUB

*Yield: 2 cups*

### Ingredients

### Amounts

|                                 |                     |
|---------------------------------|---------------------|
| Sugar, granulated               | 1.1 lb. (500 g)     |
| Spearmint, bunch, leaves, fresh | 2 ea.               |
| Sumac, wild, ground             | 4 Tbsp.             |
| Vinegar, wine, white            | 300 mL (10 fl. oz.) |
| Water, carbonated               | as needed           |
| Mint, leaf, fresh               | 2 ea.               |

### Method

1. In a medium bowl, place the sugar, spearmint leaves, and sumac. Stir to combine. Cover and refrigerate for 24 hours until a thick syrup forms.
2. Strain the mixture through a fine chinois into a separate large bowl.
3. Add the white wine vinegar. Mix to combine. Chill in the refrigerator.
4. To serve, fill a cup with ice. Place 45 mL of the shrub base and top with the crystalline mint and sparkling water. Garnish with a fresh mint leaf.

**Note:** Shrubs (vinegar-based syrups) trace back to ancient Mediterranean methods of preserving seasonal crops. This iteration contrasts cooling Levantine mint with the sharp, astringent fruitiness of wild red sumac.

# AEGEAN BENEDICT

*Yield: 12 portions*

| Ingredients                           | Amounts            |
|---------------------------------------|--------------------|
| Biscuit, Paximadia, lightly moistened | 12 ea.             |
| Pork, loin, cured, sliced             | 24 ea.             |
| Egg, whole, large                     | 12 ea.             |
| Vinegar, white                        | 1 tsp.             |
| Egg, yolks                            | 3 ea.              |
| Lemon, juice, fresh                   | 4 Tbsp. (60 mL)    |
| Oil, fennel                           | ½ cup (100 mL)     |
| Yogurt, Greek, strained               | 10. wt. oz (300 g) |
| Salt, sea                             | to taste           |
| Pepper, white, ground                 | to taste           |

## Method

1. Place 1 Paximadia in the center of each plate. Top each plate with two folded slices of seared Lountza.
2. Bring a medium saucepan of water to a gentle simmer. Add the eggs and vinegar. Poach until the whites are set and the yolks remain completely fluid, 3 minutes. Drain on a clean cloth towel.
3. For the Greek yogurt-fennel emulsion, over a double boiler, whisk the 3 egg yolks and lemon juice until thickened.
4. Slowly stream in the wild fennel oil, whisking constantly, to create a loose emulsion.
5. Remove the pan from the heat. Gently fold in the Greek yogurt until a rich, glossy, pale sauce forms. Season with sea salt and pepper to taste.
6. Set a poached egg over the cured meat/rusk base. Dress generously with the warm Greek yogurt-fennel emulsion.

**Note:** A modern Greek island take on the breakfast classic, swapping traditional ham for cured Aegean seafood or Lountza (cured pork loin) over a traditional barley rusk (Dakos), blanketed in an emulsified Greek yogurt and lemon yolk sauce rather than a traditional heavy butter hollandaise.

Smoked sea bass can be substituted for the pork loin.

## WILD GREEN AND MIZITHRA FEUILLETÉ

*Yield: 12 portions*

### Ingredients

### Amounts

|                                       |                       |
|---------------------------------------|-----------------------|
| Mixed wild greens, finely chopped     | 2 lb. 10 oz. (1.2 kg) |
| Cheese, Mizithra, fresh               | 1.1 lb. (500 g)       |
| Dill, bunch, fresh, finely chopped    | 1 ea.                 |
| Scallion (Green onion), thinly sliced | 2 ea.                 |
| Puff pastry, sheet                    | 24 ea.                |
| Egg, whole                            | 1 ea.                 |
| Salt, sea                             | to taste              |
| Nutmeg, grated                        | to taste              |

### Method

1. Preheat oven to 375°F.
2. Bring a large pot of salted water to a boil. Add the mixed foraged greens. Blanch until slightly softened, 1 to 4 minutes. Transfer to an ice water bath to stop the cooking process. Cool for 3 minutes. Drain and pat dry.
3. For the filling, in a large stainless-steel bowl, place the chopped greens, Mizithra, dill, and scallions. Mix to combine. sea salt, and nutmeg to taste. Mix until combined.
4. Cut puff pastry sheets into rectangles. Place 2 tablespoons of the filling onto one half of the pastry, fold the other half over, and crimp the edges tightly with a fork to seal. Score the top skin with parallel lines for an elegant chevron pattern. Brush with egg wash.
5. Bake in the preheated oven until the pastry layers puff dramatically and display a deep, golden mahogany glaze, 18 to 20 minutes. Serve warm next to the Benedict.

**Note:** This pastry honors the Aegean tradition of Hortopita—foraged wild, bitter greens combined with local, unpasteurized whey cheeses like Mizithra—wrapped inside laminated puff pastry layers (feilleté) to demonstrate crisp pastry precision against mineral-heavy, wild greens.

Appropriate mixed wild greens include: dandelion, chicory, sorrel, and wild spinach.

## CLARIFIED MASTIHA AND WILD HERB ELIXIR

*Yield: 2 cups*

### Ingredients

### Amounts

|                         |                               |
|-------------------------|-------------------------------|
| Liqueur, Skinos Mastiha | $\frac{2}{3}$ cup (150 mL)    |
| Tea, Greek mountain     | 1 $\frac{3}{4}$ cups (400 mL) |
| Simple syrup, sage      | 3 $\frac{1}{2}$ Tbsp. (50 mL) |
| Simple syrup, thyme     | 3 $\frac{1}{2}$ Tbsp. (50 mL) |
| Lemon, juice, fresh     | 5 $\frac{1}{2}$ Tbsp. (80 mL) |
| Milk, whole, cold       | $\frac{1}{2}$ cup (100 mL)    |

### Method

1. In a mixing bowl, place the Skinos Mastiha, Greek mountain tea, simple syrups, and lemon juice. Mix to combine.
2. Pour the mixture slowly into the cold milk. (The acid will curdle the milk solids, trapping impurities.) Pass through a coffee filter until perfectly clear.
3. Serve chilled over a single ice cube.

**Note:** Sideritis tea can be substituted for the Greek mountain tea.

## ANDALUZA, ROMESCO GLASS

*Yield: 12 portions*

| Ingredients                               | Amounts              |
|-------------------------------------------|----------------------|
| Milk, goat                                | 2 ⅛ cups (500 mL)    |
| Cinnamon, stick                           | 2 ea.                |
| Orange, peel, strip                       | 1 ea.                |
| Bread, brioche, thick slices              | 12 ea.               |
| Egg, whole                                | 3 ea.                |
| Butter, clarified                         | 3.5 wt. oz (100 g)   |
| Romesco Sauce, Clarified (Recipe follows) | 6.8 fl. oz. (200 mL) |
| Agar agar                                 | ⅛ wt. oz. (4 g)      |

### Method

1. In a saucepot, place the goat's milk, cinnamon sticks, and orange peel. Simmer for 10 minutes. Remove from the heat and cool to lukewarm.
2. Submerge the brioche blocks in the milk until fully soaked, about 5 minutes.
3. In a medium bowl, place the eggs. Whisk lightly. Dip the soaked brioche blocks into the egg mixture.
4. Heat the clarified butter in a non-stick pan over medium-high heat. Add the brioche blocks. Sear until caramelized, golden, and custardy at the core, 2 to 3 minutes per side.
5. In a saucepan, place the clarified liquid from the traditional Romesco sauce and the agar agar. Stir to combine. Bring it to a boil, then pour thinly onto a silicone baking mat.
6. Turn the oven on to the dehydrate setting. Dehydrate at for 6 hours until brittle and glass-like. Break into shards.
7. Place the hot brioche on a plate and insert a sharp shard of the savory Romesco glass vertically into the top.

**Note:** Torrijas are an ancient Andalusian dessert staple dating back to the 15th century, traditionally consumed during Lent; here, brioche is soaked in spiced goat's milk and seared, then topped with a brittle, savory modern "glass" made from clarified, dehydrated Catalan Romesco sauce.

## ROMESCO SAUCE, CLARIFIED

*Yield: 2 cups*

| Ingredients                               | Amounts  |
|-------------------------------------------|----------|
| Hazelnuts                                 | 24 ea.   |
| Almonds                                   | 20 ea.   |
| Garlic, clove, peeled                     | 2 ea.    |
| Bread, baguette, slice                    | 2 ea.    |
| Pepper, bell, red                         | 3 ea.    |
| Tomato, plum (Roma)                       | 2 ea.    |
| Oil, olive, extra virgin                  | ¼ cup    |
| Parsley, flat-leaf, sprig, fresh, chopped | 2 ea.    |
| Vinegar, sherry                           | 2 Tbsp.  |
| Salt, kosher                              | to taste |
| Pepper, black, ground                     | to taste |

### Method

1. Preheat oven to 350°F.
2. Bring a small pot of water to a boil. Add the hazelnuts and almonds. Blanch until the skin starts to wrinkle and crack, 3 to 4 minutes. Remove the nuts and transfer to an ice water bath to halt the cooking process. Once cooled, peel and discard the skin. Pat dry.
3. Arrange the hazelnuts, almonds, garlic, and bread in a single layer on a sheet pan. Roast in the preheated oven until lightly browned. Cool and reserve.
4. Increase the oven temperature to 475°F.
5. Halve the peppers and remove the stems and seeds. Place them cut side down onto an oiled baking sheet.
6. Cut the tomatoes in half lengthwise and add them to the baking sheet. Roast until the peppers are evenly charred and the tomatoes are browned and have a rich "roasted" aroma, 15 to 30 minutes.
7. Add the roasted tomatoes and peppers to a bowl and immediately wrap the bowl in plastic. Let it steam for 5 minutes. Remove and discard the skins. Allow the tomatoes to cool completely.
8. Transfer all the cooled ingredients to a blender. Add the oil, parsley, and vinegar. Blend to form a smooth purée.
9. Season with salt and pepper to taste.
10. Transfer the sauce to a cheesecloth and tie it tight. Place over a bowl and let the juices drain overnight. Reserve the juices for the Romesco Glass.

# FLAMENCO EGG

*Yield: 12 portions*

| Ingredients                                           | Amounts           |
|-------------------------------------------------------|-------------------|
| Peas, English, fresh                                  | 7 wt. oz. (200 g) |
| Eggs, large, separated, yolks kept intact in ½ shells | 12 ea.            |
| Pork, ham, Jamón Ibérico, small brunoise              | 7 wt. oz. (200 g) |
| Tomato, plum (Roma), concentrated                     |                   |
| Sherry, Amontillado                                   | 2 fl. oz. (60 mL) |
| Salt, sea                                             | to taste          |
| Paprika, Pimentón, smoked                             | to taste          |

## Method

1. Bring a large pot of salted water to a boil. Add the peas. Blanch until slightly softened, 1 to 2 minutes. Transfer to an ice water bath to stop the cooking process. Cool for 3 minutes. Drain and pat dry. Reserve.
2. For the base, in a small sauté pan, place the Jamón Ibérico. Render over medium-high heat until the fat melts.
3. Add the sherry and cook off the alcohol.
4. Stir in the reserved peas and tomato paste. Divide the mixture evenly into 12 small, ceramic dishes.
5. Gently slide one raw egg yolk into the center of each dish over the base. Place the dishes into a combi-oven set to steam until the yolk sets to a rich, jammy consistency but remains glossy, 12 minutes.
6. Season with sea salt and smoked pimentón to taste. Serve with the Torrija.

**Note:** Huevos a la Flamenca is a classic Gitano-influenced Andalusian skillet dish; this refined version utilizes a slow-cooked egg yolk set over a concentrated brunoise of smoky Jamón Ibérico and sweet peas, mimicking the vibrant, layered colors of a flamenco dancer's skirt.

# SMOKED PIMENTÓN AND BITTER ORANGE TONIC

*Yield: 3 ½ cups*

## Ingredients

## Amounts

|                           |                    |
|---------------------------|--------------------|
| Juice, Seville bitters    | 1 ¾ cups (400 mL)  |
| Paprika, Pimentón, smoked | 1 tsp.             |
| Agave                     | 6 ¾ Tbsp. (100 mL) |
| Tonic water               | 1 ¼ cups (300 mL)  |

## Method

1. In a small bowl, place the bitter orange juice, smoked pimentón, and agave. Whisk until fully combined.
2. Fill 12 highball glasses with crushed ice. Pour 45 mL of the orange-pimentón base into each glass. Top with cold tonic water.
3. Garnish with a dehydrated orange wheel.

# MOROCCAN LAMB AND EGG TAGINE

*Yield: 12 portions*

| Ingredients                             | Amounts            |
|-----------------------------------------|--------------------|
| Saffron, threads                        | 1 tsp.             |
| Oil, olive, extra virgin                | 4 Tbsp. (60 mL)    |
| Onion, Spanish, large, finely grated    | 3 ea.              |
| Garlic, minced                          | 4 tsp.             |
| Lamb, shoulder, boneless, 2-cm cubes    | 4 lb. 6 oz. (2 kg) |
| Ras el Hanout spice blend               | 2 Tbsp.            |
| Stock, veal                             | 4 ¼ cups (1 L)     |
| Egg, whole, large                       | 12 ea.             |
| Cilantro, bunch, leaves, fresh, chopped | 1 ea.              |
| Salt, kosher                            | to taste           |

## Method

1. In a small bowl, steep the saffron threads in water. Reserve.
2. Heat the olive oil in a large heavy rondeau over medium-high heat. Add the grated onions and garlic. Sweat until sweet and completely soft, about 10 minutes.
3. Add the lamb cubes, Ras el Hanout, and saffron water. Sauté until the spices bloom, about 5 minutes.
4. Add the stock. Bring it to a boil. Decrease the heat to low. Cover tightly with a cartouche and lid. Braise until the lamb is tender and the onion-spice liquid has reduced to a thick sauce, about 2 hours.
5. Preheat oven to 350°F.
6. Divide the lamb into 12 individual cast-iron skillets or tagines over medium-low heat. Using a spoon, make a well in the center of the lamb stew in each dish. Crack 1 fresh egg directly into each well.
7. Cover the dishes, Cook on a sheet tray in the oven until the egg whites are opaque and set, but the yolk remains a fluid gold, about 5 minutes.
8. Garnish heavily with fresh chopped cilantro. Season with salt to taste.

# HARISSA GLAZED SHAKSHUKA TARTS

*Yield: 12 portions*

| Ingredients                             | Amounts        |
|-----------------------------------------|----------------|
| Caraway, seeds                          | 1 Tbsp.        |
| Tomato, San Marzano, crushed, canned    | 14 oz. (400 g) |
| Oil, olive, extra virgin                | 1 Tbsp.        |
| Pepper, bell, red, small brunoise       | 4 ea.          |
| Garlic, clove, microplaned              | 2 ea.          |
| Harissa, paste, Tunisian                | 4 Tbsp.        |
| Salt, kosher                            | to taste       |
| Tartlet shells, prebaked, 6-cm diameter | 12 ea.         |
| Parsley, flat-leaf, micro, leaf, fresh  | 12 ea.         |

## Method

1. Heat a small, dry skillet over medium heat. Add the caraway seeds in an even layer. Toast, stirring often, until lightly browned and aromatic, 1 to 3 minutes. Cool and transfer to a spice grinder. Ground the seeds to a fine powder. Reserve.
2. In a blender, place the tomatoes. Purée until smooth. Reserve.
3. Heat the olive oil in a small saucepan over medium-high heat. Add the red peppers and garlic. Cook until completely soft, 7 to 10 minutes.
4. Add the reserved, toasted caraway seeds, tomato purée, and harissa. Stir to incorporate.
5. Turn down the heat to low. Simmer uncovered, stirring continuously, until the mixture has reduced to a thick paste with no remaining water, 45 minutes. Season with salt to taste.
6. Spoon the harissa-shakshuka compote cleanly into the 12 pre-baked tartlet shells. Smooth the surface with an offset spatula.
7. Garnish with a single leaf of micro-parsley. Serve with the hot lamb tagine.

## TOASTED CORIANDER AND APRICOT NECTAR

*Yield: 3 ½ cups*

### Ingredients

### Amounts

|                     |                   |
|---------------------|-------------------|
| Coriander, seeds    | 2 Tbsp.           |
| Tea, jasmine, warm  | 1 cup (200 mL)    |
| Apricot, nectar     | 2 ½ cups (600 mL) |
| Lemon, juice, fresh | 3 ½ Tbsp. (50 mL) |

### Method

1. Heat a small, dry skillet over medium-low heat. Add the coriander seeds in an even layer. Toast, stirring often, until golden brown and aromatic, 3 to 5 minutes. Transfer to a plate. Cool.
2. In a mortar and pestle, lightly crush the toasted seeds.
3. In a small bowl, place the crushed seeds and warm jasmine tea. Steep for 30 minutes.
4. Strain and discard the caraway seeds.
5. Transfer the liquid to a blender. Add the apricot nectar and lemon juice. Blend until smooth.
6. Chill thoroughly.

# SLOW-ROASTED PORK AND EGGS

## *PANE CARASAU MILLE-FEUILLE*

*Yield: 12 portions*

| Ingredients                         | Amounts          |
|-------------------------------------|------------------|
| Pork, belly or loin, high quality   | 3 ⅓ lb. (1.5 kg) |
| Bread, flatbread, Sardinian, sheets | 24 ea.           |
| Oil, olive, pure                    | as needed        |
| Salt, sea                           | as needed        |
| Egg, large, whole                   | 12 ea.           |
| Salt, sea                           | as needed        |
| Pepper, white, ground               | as needed        |
| Butter, unsalted                    | 1.8 oz. (50 g)   |
| Chive, bunch, finely chopped        | 1 ea.            |

### Method

1. Preheat oven to 250°F.
2. Place the pork loin fat side up on a wire rack inside a roasting pan. Add a small amount of water under the rack to prevent drippings from burning, but avoid submerging the meat.
3. Roast in the preheated oven until pull-apart tender, about 6 hours. Remove the pork from the oven and let it rest for 15 minutes. Finely shred and reserve. Collect and reserve the pork roasting juices (*Jus*).
4. Increase the oven temperature to 450°F.
5. Cut the sheets of flatbread into uniform squares. Brush each piece lightly with olive oil and a sprinkle of sea salt. Bake in the preheated oven until crisp, about 2 minutes. You need 3 squares per portion (36 total).
6. In a large bowl, place the eggs, salt, and white pepper. Whisk to combine.
7. Melt the butter in a copper saucier over low heat. Add the egg mixture. Whisk continuously until the eggs form a smooth, thick, pourable custard-curd (*œufs brouillés* method), about 10 minutes. Stir in the chives.
8. On each plate, place one square of the crispy flatbread. Layer a spoonful of the hot shredded pork on top. Place a second sheet of bread, cover with a generous layer of the soft-scrambled egg custard. Top with the final third sheet of bread. Serve immediately.

**Note:** The French *œufs brouillés* method refers to cooking eggs gently and slowly over low heat while stirring constantly. Instead of the large, fluffy curds found in American-style scrambling, this technique produces incredibly rich and soft eggs with a fine, creamy texture

## SICILIAN CAPONATA BENEDICT

*Yield: 12 portions*

### Ingredients

### Amounts

|                                         |                      |
|-----------------------------------------|----------------------|
| Polenta, block                          | 12 ea.               |
| Caponata (Recipe follows)               | 1.1 lb. (500 g)      |
| Eggs, whole, large                      | 12 ea.               |
| White Wine Hollandaise (Recipe follows) | 6.8 fl. oz. (200 mL) |
| Salt, sea, flaky                        | to taste             |

### Method

1. Heat the oil in a large skillet. Add the polenta. Fry until an ultra-crisp, crunchy, golden exterior forms. Transfer 1 block to the center of each plate next to the Mille-Feuille.
2. Place a tablespoon of the Caponata directly over each crispy fritter cake.
3. Bring a large pot of water to a simmer. Add the eggs. Poach until soft, 3 minutes. Drain carefully. Arrange 1 egg cleanly over the caponata base.
4. Top the poached egg with the White Wine Hollandaise. Finish with a flake of sea salt.

# CAPONATA

*Yield: 12 portions*

| Ingredients                           | Amounts    |
|---------------------------------------|------------|
| Eggplant, peeled, medium diced        | 3 lb.      |
| Salt, kosher                          | as needed  |
| Oil, olive, extra virgin              | 2 fl. oz.  |
| Onion, yellow, small diced            | 1 ea.      |
| Celery, bunch, small diced            | 1/2 ea.    |
| Tomato, plum (Roma), purée            | 15 wt. oz. |
| Olive, green, pitted, cut into pieces | 2/3 cup    |
| Capers, rinsed, drained               | 1/4 cup    |
| Sugar, granulated                     | 1/4 cup    |
| Vinegar, balsamic                     | 1/3 cup    |
| Salt, kosher                          | to taste   |
| Pepper, black, ground                 | to taste   |
| Oil, olive, extra virgin (Divided)    | 2 fl. oz.  |

## Method

1. Spread the diced eggplant onto a sheet pan. Sprinkle evenly with salt. Top with 3 sheet pans to weigh it down so the moisture releases. Set aside for 20 minutes. Squeeze the eggplant to remove excess water. Rinse and pat dry with paper towels.
2. Heat the olive oil in a large sauté pan over medium-high heat. Add the onions and celery. Sauté, stirring occasionally, until tender, 5 to 7 minutes.
3. Add the tomato purée. Decrease the heat to medium. Simmer until the sauce thickens slightly, 20 to 25 minutes.
4. Add the olives, capers, sugar, and vinegar. Season with salt and pepper to taste. Keep warm.
5. Heat 1 fl. oz. of the olive oil in a large skillet over high heat. Add half of the eggplant. Sauté until soft and golden brown. Drain on paper towels. Repeat with the remaining eggplant.
6. In a large bowl, place the cooked eggplant and tomato sauce. Toss gently to combine. Adjust the seasoning with salt and pepper to taste.

# WHITE WINE HOLLANDAISE SAUCE

*Yield: 2 cups*

| Ingredients                       | Amounts  |
|-----------------------------------|----------|
| Peppercorns, black, cracked       | ½ tsp.   |
| Wine, white                       | ¼ cup    |
| Water                             | ¼ cup    |
| Egg, yolk                         | 4 ea.    |
| Butter, unsalted, melted          | 1 ½ cups |
| Lemon, juice, fresh, strained     | 1 tsp.   |
| Salt, kosher                      | to taste |
| Pepper, white, ground             | to taste |
| Chile, cayenne, ground (Optional) | to taste |

## Method

1. In a small saucepan over medium heat, place the peppercorns and vinegar. Reduce until nearly dry (*au sec*), about 5 minutes.
2. Add the water. Strain into a stainless-steel bowl set over a pot of simmering water.
3. Add the egg yolks. Cook, whisking constantly, until the yolks triple in volume and fall in ribbons from the whisk, 6 to 8 minutes.
4. Transfer the bowl to a workstation. To keep it stationary, set it on a clean kitchen towel. Gradually add the melted butter in this thin stream, whisking constantly, until the butter is blended into the egg yolks and the sauce thickens. If it becomes too tight and the butter is not blending in easily, add a little water to loosen the yolks enough to absorb the remaining butter.
5. Add the lemon juice. Season with salt and pepper, to taste. Add cayenne to taste, if desired.

# MILK-CLARIFIED BLOOD ORANGE AND MYRTLE SHRUB

*Yield: 3 cups*

## Ingredients

## Amounts

|                             |                               |
|-----------------------------|-------------------------------|
| Orange, blood, juice, fresh | 1 $\frac{3}{4}$ cups (400 mL) |
| Sugar, granulated           | 3.5 oz. (100 g)               |
| Vinegar, wine, red          | $\frac{1}{2}$ cup (100 mL)    |
| Liqueur, Mitro              | $\frac{1}{2}$ cup (100 mL)    |
| Milk, whole                 | $\frac{1}{2}$ cup (100 mL)    |

## Method

1. In a medium saucepan, place the blood orange juice, sugar, and vinegar. Simmer over medium-low heat until it reduces to a loose syrup. Cool completely.
2. Add the Mitro liqueur. Stir to combine.
3. Slowly pour the juice mix into the cold whole milk. Let it curdle for 20 minutes.
4. Pass it through a fine filter until a crystal-clear liquid is obtained.
5. Serve chilled.

**Note:** Blood oranges from the volcanic soils of Mt. Etna paired with Sardinian myrtle berries reflect the absolute agricultural identity of the Tyrrhenian islands.

# **DAY FOUR: TEAM PRODUCTION ASSIGNMENTS**

## **ARCHITECTURE OF THE SANDWICH**

**CREATE 2 SANDWICHES THAT REPRESENT THE 5 MAIN CULINARY REGIONS OF THE MEDITERRANEAN. ONE SANDWICH MUST BE VEGETARIAN OR VEGAN. EXAMPLES:**

### **THE LEVANTINE COAST**

Fire-Roasted Nightshade and Labneh Pita

### **THE AEGEAN/ GREEK ISLES**

Shattered Phyllo Tuna Souvlaki

### **MOORISH SPAIN & ANDALUSIA**

Andalusian Flank Steak Bocadillo with Romesco

### **NORTH AFRICAN MAGHREB**

Layered Lamb Msemmen Mille-Feuille Sandwich

### **ISLANDS OF THE REGION**

Pressed Caponata Panino

# FIRE-ROASTED NIGHTSHADE AND LABNEH PITA

*Yield: 6 portions*

| Ingredients                                                 | Amounts          |
|-------------------------------------------------------------|------------------|
| Eggplant, Italian, large                                    | 3 ea.            |
| Pepper, bell, red                                           | 3 ea.            |
| Lemon, juice, fresh (Divided)                               | 45 mL (3 Tbsp.)  |
| Oil, olive, extra virgin (Divided)                          | 60 mL (4 Tbsp.)  |
| Salt, kosher                                                | to taste         |
| Zucchini, large, sliced lengthwise into<br>....1-cm. planks | 3 ea.            |
| Labneh, high fat                                            | 300 g (10.6 oz.) |
| Garlic, clove, microplaned into a paste                     | 4 ea.            |
| Tahini, paste                                               | 60 mL (4 Tbsp.)  |
| Mint, dried, wild ( <i>Nane</i> )                           | 2 Tbsp.          |
| Bread, pita                                                 | 6 ea.            |
| Sumac, ground                                               | 1 Tbsp.          |

## Method

1. For the roasted eggplant and pepper compote, prick the eggplants and bell peppers with a fork. Place them directly over an open gas flame. Char the skin, turning constantly with tongs, until the skins are completely blackened and the interiors collapse.
2. Transfer to a metal bowl and cover with plastic wrap. Let it steam for 10 minutes. Peel away the skins. Roughly chop the eggplant and pepper flesh together. Add a splash of the lemon juice and oil. Season with salt to taste.
3. Preheat grill over high heat.
4. Brush the zucchini planks lightly with oil. Grill on the preheated grill until softened and deep char marks form, 3 to 4 minutes per side.
5. For the garlic labneh-tahini spread, in a small bowl, place the labneh, garlic, tahini paste, mint, and remaining lemon juice. Whisk vigorously until smooth and emulsified.
6. Warm the pita bread until pliable. Slice open the tops to create pockets.
7. To assemble, coat the interior of the pita generously with the garlic labneh-tahini spread. Layer in the grilled zucchini. Pack the remaining space in the pocket with the roasted eggplant and pepper compote. Dust with the sumac.

**Note:** Celebrating the smoke-driven vegetable cookery of the Eastern Mediterranean, this sandwich pairs fire-roasted nightshades—an ingredient family deeply embedded in the Levant via historic Silk Road trade—with a thick, tangy, ancient, strained yogurt (Labneh), packed into fresh pita bread to echo the communal, plant-forward street food heritage of Beirut and Damascus.

# SHATTERED PHYLLO TUNA SOUVLAKI

*Yield: 6 portions*

| Ingredients                                   | Amounts          |
|-----------------------------------------------|------------------|
| Yogurt, Greek, thick, 10% fat, strained       | 300 g (10.6 oz.) |
| Cucumber, English, grated                     | 1 ea.            |
| Garlic, clove, microplaned                    | 3 ea.            |
| Capers, wild, rinsed, chopped                 | 2 Tbsp.          |
| Fennel, wild, bunch, fresh, finely chopped    | 1 ea.            |
| Oil, olive, extra virgin                      | 60 mL (4 Tbsp.)  |
| Salt, sea                                     | to taste         |
| Pepper, white, ground                         | to taste         |
| <br>                                          |                  |
| Tuna, yellowfin, loin, sashimi                | 900 g (31.7 oz.) |
| ....cut into 6 rectangular blocks             |                  |
| Salt, kosher                                  | as needed        |
| Oregano, Greek, wild, dried ( <i>Rigani</i> ) | 2 Tbsp.          |
| Phyllo dough, sheet, thawed                   | 18 ea.           |
| Butter, unsalted, melted                      | 100 g (3.5 oz.)  |
| Oil, olive, pure                              | as needed        |

## Method

1. For the fennel-caper tzatziki, squeeze the grated cucumber dry with cheesecloth.
2. In a small, stainless-steel bowl, place the yogurt, cucumber pulp, garlic, capers, fennel, and oil. Mix to combine. Season with salt and pepper to taste. Reserve in the refrigerator for 30 minutes to allow the flavors to develop.
3. Season the tuna blocks lightly with salt and heavily with the oregano.
4. Lay out 1 sheet of phyllo dough on a clean work surface. Brush completely with some of the melted butter. Lay a second sheet directly on top, brush with the butter, and repeat with a third sheet. Cut the 3-layer sheet to match the width of the tuna loin block.
5. Place one seasoned tuna block at the edge of the layered phyllo sheet. Roll tightly, folding the edges inward to fully encase the fish. Repeat for each portion.
6. Lightly brush a large, non-stick skillet with oil. Heat over medium-high heat. Sear the phyllo-wrapped tuna parcels until they begin to puff and brown, 1 ½ to 2 minutes.
7. To assemble, slice the tuna in half on a sharp bias. Serve immediately over the fennel-caper tzatziki.

**Note:** This dish flips the classic street-vended souvlaki on its head, swapping traditional pork or chicken for pristine Aegean tuna, wrapped not in heavy pita, but encased in shattering, paper-thin layers of Phyllo pastry—a laminated technique perfected during the Byzantine and Ottoman eras—accompanied by a wild fennel and caper-infused tzatziki.

# ANDALUSIAN FLANK STEAK BOCADILLO WITH ROMESCO

*Yield: 6 portions*

| Ingredients                                                              | Amounts          |
|--------------------------------------------------------------------------|------------------|
| Steak, flank, trimmed of silver skin                                     | 900 g (31.7 oz.) |
| Vinegar, sherry                                                          | 60 mL (4 Tbsp.)  |
| Cumin, ground                                                            | 2 Tbsp.          |
| Paprika, Spanish, sweet ( <i>Pimentón dulce</i> )                        | 2 Tbsp           |
| Garlic, clove, smashed                                                   | 4 ea.            |
| Oil, olive, extra virgin                                                 | ½ cup            |
| Salt, kosher                                                             | as needed        |
| Pepper, black, coarse                                                    | as needed        |
| Baguette, Spanish, rustic, cut into 6<br>....uniform lengths, split in ½ | 2 ea.            |
| Romesco Sauce (Recipe follows)                                           | 250 g (8.8 oz.)  |
| Arugula, bunch, fresh                                                    | 1 ea.            |

## Method

1. For the marinade, in a vacuum bag, place the steak, sherry vinegar, cumin, paprika, garlic, and olive oil. Massage the marinade into the meat. Seal and refrigerate until tenderized, at least 2 hours.
2. Remove the steak from the marinade and wipe off any excess moisture. Season well with salt and pepper.
3. Heat a heavy, cast-iron pancha over medium heat. Sear the steak until a deep caramelized crust forms, 3 to 4 minutes per side.
4. Transfer the steak to a cutting board. Rest for 5 minutes. Slice the steak paper-thin against the grain on a sharp bias.
5. In the same plancha, toast the baguettes lightly in the rendered steak juices.
6. To assemble, spread a heavy layer of the Romesco Sauce across the top and bottom of the baguettes. Layer the steak over the sauce. Top with arugula leaves. Slice on a bias.

**Note:** Representing the tavern culture of Seville and the Moorish influence of Granada, this Bocadillo pairs flash-seared flank steak—marinated in sweet Sherry vinegar and warm cumin—with a rich, nutty Catalan Romesco sauce, served inside a crusty, rustic white baguette that echoes the historical introduction of wheat and almond cultivation across Islamic Spain.

# ROMESCO SAUCE

*Yield: 2 cups*

| Ingredients                               | Amounts  |
|-------------------------------------------|----------|
| Hazelnuts                                 | 24 ea.   |
| Almonds                                   | 20 ea.   |
| Garlic, clove, peeled                     | 2 ea.    |
| Bread, baguette, sliced                   | 2 ea.    |
| Pepper, bell, red                         | 3 ea.    |
| Tomato, plum (Roma)                       | 2 ea.    |
| Oil, olive, extra virgin                  | ¼ cup    |
| Parsley, flat-leaf, sprig, fresh, chopped | 2 ea.    |
| Vinegar, sherry                           | 2 Tbsp.  |
| Salt, kosher                              | to taste |
| Pepper, black, ground                     | to taste |

## Method

1. Preheat oven to 350°F.
2. Bring a small pot of water to a boil. Add the hazelnuts and almonds. Blanch until the skin starts to wrinkle and crack, 3 to 4 minutes. Remove the nuts and transfer to an ice water bath to halt the cooking process. Once cooled, peel and discard the skin. Pat dry.
3. Arrange the hazelnuts, almonds, garlic, and bread in a single layer on a sheet pan. Roast in the preheated oven until lightly browned. Cool and reserve.
4. Increase the oven temperature to 475°F.
5. Halve the peppers and remove the stems and seeds. Place them cut side down onto an oiled baking sheet. Cut the tomatoes in half lengthwise and add them to the baking sheet.
6. Roast in the preheated oven until the peppers are evenly charred and the tomatoes are browned and have a rich roasted aroma, 15 to 30 minutes.
7. Transfer the roasted tomatoes and peppers to a bowl and wrap the bowl in plastic. Let it steam for 5 minutes. Remove and discard the skins. Cool completely.
8. In a blender, place the cooled hazel nuts, almonds, garlic, bread, tomatoes, peppers, oil, parsley, and vinegar. Blend to form a smooth purée.
9. Season with salt and pepper to taste.

# LAYERED LAMB MSEMME MILLE-FEUILLE SANDWICH

*Yield: 6 portions*

| Ingredients                                            | Amounts             |
|--------------------------------------------------------|---------------------|
| Saffron, threads                                       | 1 tsp.              |
| Water                                                  | 50 mL (3 1/3 Tbsp.) |
| Oil, olive, extra virgin (Divided)                     | 60 mL (4 Tbsp.)     |
| Onion, Spanish, finely grated                          | 2 ea.               |
| Lamb, shoulder, boneless, cut into large<br>....blocks | 1 kg (2.2 lb.)      |
| Ras el hanout spice blend                              | 1 1/2 Tbsp.         |
| Stock, chicken, light                                  | 750 mL (25.4 oz.)   |
| Cilantro, bunch, fresh, finely minced                  | 1 ea.               |
| Flatbread, Moroccan, fresh ( <i>Msemme</i> )           | 12 ea.              |
| Salt, sea, flaky                                       | to taste            |

## Method

1. Place the saffron threads in a bowl and cover with the water. Steep until the threads are dissolved.
2. Add just enough of the oil to lightly coat the bottom of a heavy copper braising pot. Heat over medium heat. Add the onions. Sweat until sweet and softened, about 10 minutes.
3. Add the lamb shoulder blocks, ras el hanout, and saffron water. Toss to fully coat the lamb. Sauté until the spices bloom, about 5 minutes.
4. Add the stock. Bring it to a boil. Cover the pot tightly with a lid. Decrease the heat to low. Braise until the lamb is completely falling apart, 2 1/2 to 3 hours. Transfer the lamb to a cutting board. Using two forks, finely shred the meat and discard any large fat deposits.
5. Increase the heat to high. Reduce the remaining braising liquid until it is a thick, highly concentrated glaze. Fold the shredded lamb into the glaze. Add the cilantro. Reserve warm.
6. Preheat a griddle to medium high.
7. Brush the tops of the flatbread with the remaining oil. Fry on the preheated griddle until they begin to puff and crisp, about 1 minute per side. Cut into uniform squares.
8. To assemble, place one square of flatbread in the center of the plate. Add a layer of the lamb on top. Repeat with another layer of flatbread and lamb. Top with a third layer of flatbread. Dust with flaky sea salt.

**Note:** Msemme is a traditional Berber laminated flatbread made by repeatedly folding dough with oil and semolina to create dozens of flaky micro-layers; here, it replaces standard sandwich bread, stacked mille-feuille style with slow-braised, shredded Moroccan lamb shoulder and warm spices, presenting a rich, texture-driven tribute to Atlas Mountain cuisine.

# PRESSED CAPONATA PANINO

*Yield: 6 portions*

| Ingredients                                               | Amounts         |
|-----------------------------------------------------------|-----------------|
| Eggplant, Italian, diced                                  | 3 ea.           |
| Salt, kosher                                              | as needed       |
| Pine nuts                                                 | 30 g (1 oz.)    |
| Oil, olive, pure                                          | as needed       |
| Oil, olive, pure                                          | 3 Tbsp.         |
| Onion, Spanish, diced                                     | 1 ea.           |
| Celery, stalks, thinly sliced                             | 2 ea.           |
| Tomato, San-Marzano, canned, whole<br>....crushed by hand | 200 g (7.1 oz.) |
| Olive, green, Sicilian, pitted, chopped                   | 60 g            |
| Capers, wild, Salina                                      | 40 g            |
| Sugar, granulated                                         | 30 g            |
| Vinegar, wine, red                                        | 60 mL (4 Tbsp.) |
| Basil, sweet, leaves, fresh                               | as needed       |
| Salt, sea                                                 | as needed       |
| Bread, roll, ciabatta                                     | 6 ea.           |

## Method

1. In a colander, place the eggplant. Coat with a generous amount of salt. Let the eggplant drain for 20 minutes. Pat completely dry with paper towels.
2. Heat a small, dry skillet over medium-low heat. Add the pine nuts in an even layer. Toast, stirring often, until golden brown and aromatic, 2 to 4 minutes. Transfer to a plate. Cool and reserve.
3. Heat ¼-inch of oil in a wide pan over high heat. Add the diced eggplant. Pan fry until golden brown, 6 to 8 minutes. Drain any excess oil on paper towels.
4. For the tomato sauce, heat the oil in a large sauté pan over medium heat. Add the onions and celery. Sweat until soft and translucent, 5 to 8 minutes.
5. Add the tomatoes, olives, and capers. Stir to combine. Decrease the heat to medium-low. Simmer gently until the tomatoes thicken, about 8 minutes.
6. In a small metal bowl, place the sugar and red wine vinegar. Stir until the sugar dissolves. Add it to the tomato sauce.
7. Add the pine nuts. Stir to incorporate. Simmer to cook off the acidity from the vinegar, about 2 minutes.
8. Fold in the fried eggplant cubes and basil. Stir to combine. Simmer on low for 3 minutes. Remove from the heat and cool to room temperature

9. Heat a panini press over medium heat.
10. Cut open the ciabatta rolls. Pack the bottom half of each roll with a layer of the tomato sauce. Close the rolls firmly.
11. Place the sandwiches in the panini press. Press firmly and toast until the ciabatta exterior is flat and toasted, 3 to 4 minutes. Serve warm or cold.

**Note:** This recipe honors the sun-drenched, volcanic soil of Sicily and the Aeolian islands, taking Caponata—a sweet-and-sour (*Agrodolce*) eggplant, caper, and olive relish introduced during the island's 9th-century Arabic period—and pressing it inside a rustic Italian Ciabatta loaf, allowing the rich, sweet acids to fully saturate the crumb of the bread underweight.

# **DAY FIVE: TEAM PRODUCTION ASSIGNMENTS**

## **THE MEDITERRANEAN EXECUTION**

**IN TEAMS OF TWO, CREATE 1 OF EACH ITEM FROM THE COURSE EXPERIENCE, INCLUDING BEVERAGES. DISCUSS IN DETAIL THE THINKING BEHIND THE DISHES.**

### **REGIONS:**

The Levantine Coast

The Aegean /Greek Isles

Moorish Spain and Andalusia

North African Magreb

Islands of the Region

## STATION 1: THE LEVANTINE COAST

| Category                         | Ingredient                                                                                                                                                                                                                                 |
|----------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Protein/ Seafood</b>          | None                                                                                                                                                                                                                                       |
| <b>Produce/ Aromatics</b>        | 1.5 kg San Marzano tomatoes<br>6 large Italian globe eggplants<br>3 large zucchini<br>6 large red bell peppers<br>2 heads garlic<br>2 bunches fresh spearmint                                                                              |
| <b>Dairy/ Eggs</b>               | 2 kg high-fat plain Lebanese or Greek yogurt<br>14 large organic eggs                                                                                                                                                                      |
| <b>Bakery/ Pastry</b>            | 24 sheets high quality all-butter puff pastry<br>6 fresh thick pocket pita bread                                                                                                                                                           |
| <b>Oils/ Vinegars/ Pastes</b>    | 1 bottle extra virgin olive oil<br>60 mL premium tahini paste<br>300 mL white wine vinegar                                                                                                                                                 |
| <b>Dry Goods/ Spices/ Sweets</b> | 500 g white granulated sugar<br>200 g wildflower honey<br>50 g toasted pistachios<br>4 Tbsp. coarse wild sumac<br>2 Tbsp. wild dried mint ( <i>nane</i> )<br>2 Tbsp. ground cumin<br>1 Tbsp. smoked paprika<br>Kosher salt<br>Black pepper |

## STATION 2: THE AEGEAN / GREEK ISLES

| Category                                   | Ingredient                                                                                                                                                |
|--------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Protein/ Seafood</b>                    | 900 g sashimi grade yellowfin tuna loin<br>24 slices cured pork loin ( <i>hellenic lountza</i> )                                                          |
| <b>Produce/ Aromatics</b>                  | 1.2 kg mixed foraged wild greens<br>1 English cucumber<br>2 scallions<br>1 bunch fresh wild fennel fronds<br>1 bunch fresh sage and thyme<br>Fresh lemons |
| <b>Dairy/ Eggs</b>                         | 600 g thick Greek strained yogurt<br>500g fresh <i>Mizithra</i> cheese<br>16 large organic eggs                                                           |
| <b>Bakery/ Pastry</b>                      | 24 sheets commercial puff pastry<br>18 sheets high quality phyllo pastry<br>12 <i>Paximadia</i>                                                           |
| <b>Oils/ Condiments/ Specialty Liquids</b> | 100 mL wild fennel oil<br>2 Tbsp. wild capers<br>1 bottle <i>skins mastiha</i> liqueur<br>400 mL wild mountain tea<br>100 mL whole milk                   |
| <b>Spices/ Seasonings</b>                  | 2 Tbsp. wild Greek dried oregano ( <i>Rigani</i> )<br>ground nutmeg<br>sea salt<br>white pepper                                                           |

### STATION 3: MOORISH SPAIN & ANDALUSIA

| Category                               | Ingredient                                                                                                                                                                                                                                                  |
|----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Protein/ Seafood</b>                | 900 g flank steak (completely trimmed), 200 g Jamón Ibérico                                                                                                                                                                                                 |
| <b>Produce/ aromatics</b>              | 4 ripe tomatoes, 1 head garlic, 1 bunch fresh arugula (rocket greens), 400 mL freshly squeezed Seville bitter orange juice (or orange juice cut with grapefruit)                                                                                            |
| <b>Bakery &amp; Breads</b>             | 2 large rustic Spanish baguettes ( <i>Barra de Pan</i> ), 1 large loaf rich brioche (sliced thick)                                                                                                                                                          |
| <b>Dairy &amp; Eggs</b>                | 100 g clarified butter, 500 mL goat's milk, 15 large organic eggs (for custard soaking, washes, and slow-steamed yolks)                                                                                                                                     |
| <b>Oils, Vinegars &amp; Emulsions</b>  | 250 g classic Romesco sauce (almonds, hazelnuts, roasted red pepper base), 200 mL clarified Romesco sauce liquid (heavily filtered for glass matrix), 60 mL Pedro Ximénez or sherry vinegar ( <i>Vinagre de Jerez</i> ), 300 mL premium artisan tonic water |
| <b>Spices &amp; Modernist Elements</b> | 4 g isomalt or agar-agar (for Romesco glass structure), 2 cinnamon sticks, 1 strip of orange peel, 1 Tbsp. smoked Spanish paprika ( <i>Pimentón de la Vera</i> , Dulce), 2 Tbsp. ground cumin, flaky sea salt, kosher salt, coarse black pepper             |

## STATION 4: NORTH AFRICAN MAGHREB

| Category                     | Ingredient                                                                                                                                                                                                                                            |
|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Proteins/ Seafood</b>     | 3 kg boneless lamb shoulder (Total aggregated for Tagine cubes and <i>Msemmen</i> shred)                                                                                                                                                              |
| <b>Produce/ Aromatics</b>    | 5 large Spanish onions, 4 large red bell peppers (for tarts and compote micro-brunoise), 400 g San Marzano tomatoes (crushed), 6 cloves garlic, 1 bunch fresh cilantro, 1 bunch micro-parsley, 600 mL high-quality natural apricot nectar/puree       |
| <b>Bakery/ Pastry</b>        | 12 sheets fresh Moroccan <i>Msemmen</i> flatbreads (or high-quality flaky parathas), 12 pre-baked savory tartlet shells ( <i>Pâte Brisée</i> , 6 cm diameter)                                                                                         |
| <b>Oils/ Pastes/ Liquids</b> | 8 Tbsp. house Tunisian harissa paste (aggregated total), 1 bottle extra virgin olive oil, 60 mL argan oil (for finishing drizzle), 750 mL light chicken or vegetable stock                                                                            |
| <b>Spices/ Teas/ Sweets</b>  | 200 mL cold jasmine tea brew, 3.5 Tbsp. <i>Ras el Hanout</i> spice blend, 2 tsp. saffron threads (steeped), 1 Tbsp. caraway seeds (whole, to be freshly toasted), 2 Tbsp. coriander seeds (whole, to be freshly toasted), kosher salt, flaky sea salt |

## STATION 5: ISLANDS OF THE REGION

| Category                                 | Ingredient                                                                                                                                                                                                                                                                                                                                               |
|------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Proteins/ Seafood</b>                 | 1.5 kg high-quality pork belly or loin (slow-roasted and shredded fine)                                                                                                                                                                                                                                                                                  |
| <b>Produce/ Aromatics</b>                | 4 large Italian globe eggplants (for Caponata builds), 2 large Spanish onions, 2 stalks celery, 200 g canned San Marzano tomatoes (crushed), 4 cloves garlic, 1 bunch fresh basil leaves, 1 bunch fresh wild chives, 400 mL fresh Sicilian blood orange juice                                                                                            |
| <b>Bakery/ Breads</b>                    | 24 sheets authentic Sardinian <i>Pane Carasau</i> flatbread, 6 individual ciabatta rolls, 12 blocks crispy fried polenta or chickpea panelle cakes                                                                                                                                                                                                       |
| <b>Dairy/ Eggs</b>                       | 50 g unsalted butter, 24 large organic eggs (aggregated total for classical French soft scrambling and poaching)                                                                                                                                                                                                                                         |
| <b>Oils/ Vinegars/ Specialty Imports</b> | 500 g classic Sicilian Caponata (eggplant, celery, caper, and olive agrodolce relish), 200 mL white wine hollandaise base, 60 g green Sicilian olives ( <i>Castelvetrano</i> ), pitted, 40 g wild Salina capers (salted), 100 mL red wine vinegar, 1 bottle <i>Mirto</i> liqueur (Sardinian myrtle berry cordial), 100 mL whole milk (for clarification) |
| <b>Nuts/ Sugars/ Spices</b>              | 30 g toasted pine nuts, 130 g granulated sugar, sea salt, flaky sea salt, white pepper                                                                                                                                                                                                                                                                   |

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