



CIA ProChef
Culinary Institute of America

ProChef II Assessment



CIA Consulting
The Culinary Institute of America

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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^{III}
Director CIA Consulting
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P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world’s best professional culinary education. If you’d like to further support the future of food with the gift of education, please visit www.ciagiving.org.

EXPECTATIONS FOR PARTICIPANTS

- ☑ Silence and put away phones during class.
- ☑ Actively participate.
- ☑ Return promptly from breaks.
- ☑ Remain in attendance for the class duration.
- ☑ Complete the course evaluation.
- ☑ Follow all established health and safety regulations.
 - In addition to the precautions necessary to guard against food-borne illness, care must also be taken to avoid accidents. The following safety measures should be practiced.
 - Wash hands before beginning work in the kitchen.
 - Keep all perishable items refrigerated until needed.
 - NYS law – when handling “ready-to-eat” food items, if you don’t cook it, glove it!
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables.
- ☑ Maintain CIA uniform standards.
- ☑ Act within the guidelines of the CIA’s policy on harassment.
 - The Culinary Institute of America (CIA) is committed to providing a working and learning environment free from harassment. Members of the CIA community, guests, and visitors have the right to be free from any form of harassment (which includes sexual misconduct and sexual harassment) or discrimination; all are expected to conduct themselves in a manner that does not infringe upon the rights of others.

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

DAY ONE: TEAM PRODUCTION ASSIGNMENTS: BAKING AND PASTRY

DOUGH

Soft Roll Dough

Pie Dough

CUSTARD

Pastry Cream

BASIC PASTRY BATTER

Pâte à Choux

Ganache

Fondant

CAKE

Pound Cake

SOFT ROLL DOUGH

Yield: 12 dozen rolls

Ingredients	Amounts
Water	3 lb.
Yeast	6 oz.
Milk, powder	4 oz.
Egg, whole	8 oz.
Flour, bread	6 lb.
Salt, kosher	2 oz.
Sugar, granulated	8 oz.
Butter, unsalted	8 oz.
Total Amount	10 lb. 4 oz.

Method

1. In the bowl of a stand mixer fitted with the dough hook, place the water and yeast. Stir to dissolve.
2. Add the milk powder. Stir to dissolve.
3. Add the egg, bread flour, salt, sugar, and butter. Mix on low speed until proper gluten development.
4. Cover and place in a warm area to ferment.
5. Turn out onto a lightly floured table and punch down.
6. Scale into 2 lb. 8 oz. pieces for rolls. Bench rest for 15 to 30 minutes.
7. Preheat oven to 375°F.
8. Shape into desired shape (knots, pan rolls, etc...). Brush with egg wash. Pan proof until ready.
9. Bake in the preheated oven until rich golden brown on top, about 20 minutes.

Note: for loaves, scale into 1 lb., 2 oz. pieces.

PIE CRUST (3-2-1 DOUGH)

Yield: four 10-inch crust pies

Ingredient	Amount
Flour, pastry	1 lb. 8 oz.
Salt, kosher	½ oz.
Butter, unsalted, cold, med. diced	1 lb.
Water, cold	8 oz.

Method

1. In a large bowl, place the flour and salt.
2. Add the butter. Rub the fat into the flour and salt mixture. For flaky dough, the fat should be the size of a hazelnut. For mealy dough, the fat should be the size of a pea.
3. Gradually add the cold water. Mix until it is incorporated into the dough.
4. Wrap the bowl with plastic. Let the dough relax, refrigerated, for at least 30 minutes or until needed.

Note: Always work with and bake the dough when it is cold. Use 1 oz. of dough for each inch in diameter of the pie pan.

PASTRY CREAM

Yield: 24 ounces

Ingredient	Amount
Milk, whole (Divided)	16 oz.
Salt, kosher	1 pinch
Sugar, granulated (Divided)	4 oz.
Cornstarch	1 ½ oz.
Egg, whole	3 ea.
Butter, unsalted	1 ½ oz.
Vanilla, extract	¼ oz.

Method

1. For the boiled custard, in a small saucepan, boil 90% of the milk, the salt, and 50% of the sugar.
2. Make a slurry using the remaining milk and the cornstarch.
3. Add the eggs and remaining sugar to the slurry to create a liaison.
4. Temper the liaison with 3/4 of the boiling milk mixture.
5. Pour the liaison back into the pot.
6. Return it to a full boil over medium heat, whisking constantly.
7. Remove the pan from the heat.
8. Add the butter and vanilla extract.

Note: To store, pour onto a plastic lined sheet pan. Cover directly with plastic wrap and press out any trapped air. Cool as quickly as possible. The pastry cream will keep, refrigerated, for 2 to 3 days.

PÂTE À CHOUX

Yield: 24 eclairs

Ingredient	Amount
Milk, whole	8 oz.
Water	8 oz.
Butter, unsalted	8 oz.
Salt, kosher	1/8 tsp.
Flour, bread	8 oz.
Egg, whole	16 oz.

Method

- 1 Preheat deck oven to 375°F.
- 2 In a small saucepan, place the milk, water, butter, and salt. Bring it to a boil.
- 3 Remove the pan from the heat. Add the flour all at once, stirring to incorporate.
- 4 Return the pan to the heat. Cook, stirring constantly, until the mixture forms a mass and leaves a thin film behind on the bottom of the pan.
- 5 Transfer to a bowl of a stand mixer fitted with the paddle attachment. Mix on low speed.
- 6 Gradually add the eggs in 3 to 4 parts, scraping down the bowl after each addition.
- 7 To finish, pipe the pastry cream into the desired shape.
- 8 Bake in the preheated oven until it is even in color, with a very small band of lighter yellow running along the sides.

GLAZING GANACHE

Yield: 1 ½ quart.

Ingredients	Amounts
Bittersweet chocolate (Guittard chocolate coins)	12 oz.
Cream, heavy	8 oz.
Corn syrup	1 oz.

Method

1. Place chocolate in a stainless-steel bowl.
2. Combine the heavy cream and corn syrup or glucose in a saucepan and bring to a boil.
3. Pour the boiling heavy cream mixture over the chocolate.
4. Gently stir the mixture until all the chocolate has melted and the mixture is completely smooth.
5. Strain and cool. Store in the refrigerator.
6. To use the glazing ganache, melt in a stainless-steel bowl over a hot water bath until it is easily pourable.

Note: Adjust the amount of chocolate to achieve the desired consistency. Sugar and cocoa contents of chocolate may vary from brand name to brand name. Glucose can be substituted for the corn syrup.

CHOCOLATE FONDANT FOR ÉCLAIRS

Yield: coats 48 eclairs

Ingredients

Amounts

Fondant	1 lb.
Chocolate, melted	4 oz.
Simple syrup	1 ½ oz.
Corn syrup	1 ½ oz.

Method

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

POUND CAKE

Yield: Two 2-pound cakes or Four 1-pound cakes

Ingredient	Amount
Butter, unsalted	567 g
Sugar, granulated	595 g
Egg, whole	454 g
Vanilla, extract	14 g
Salt, kosher	7 g
Flour, cake	567 g
Baking powder	4 g
Sour cream	127 g

Method

1. Preheat deck oven to 375°F.
2. In the bowl of a stand mixer fitted with the paddle attachment, place the butter and sugar. On low speed, cream the butter and sugar. Make sure there are no lumps in the butter.
3. Scrape the bottom and sides of the bowl. Mix on medium speed and incorporate air.
4. In 3 to 4 additions, add the eggs and vanilla. Mix on medium speed, scraping down the bowl and paddle after each addition of eggs.
5. Sift the salt, flour, and baking powder together into a large bowl. Add to mixture all at once to the bowl of the stand mixer. Place the softened sour cream on top. Mix on low speed until incorporated. Scrape down the sides of the bowl well.
6. Fill the greased and lined cake pans $\frac{3}{4}$ full.
7. Bake in the preheated oven until done. The center should spring back when pressed and a thin skewer inserted into the center should come out clean

Variations:

Marble pound cake: combine 28 grams of cocoa, 14 grams of powdered sugar, and 70 grams of milk. Mix to form a paste. Fold the paste into $\frac{1}{4}$ of the batter to make chocolate. Lightly fold the two together.

Streusel pound cake: 250 grams light brown sugar, 85 grams chopped walnuts, 85 grams chocolate chips, 6 grams cinnamon, 4 grams cocoa powder. Place 250 grams of batter in the bottom of the mold and top with 25 grams of streusel mix. Place another 250 grams on top of the streusel mix and top the loaf with another 25 grams of streusel.

DAY TWO: TEAM PRODUCTION ASSIGNMENTS: MEDITERRANEAN

TEAM ONE: SOUTHERN ITALY

Neapolitan-Style Pizza
Fresh Pasta with Hot Sausage Ragù
Swordfish in Savory Sauce
Sautéed Broccoli Rabe with Pancetta

TEAM TWO: SPAIN

Tortilla Española
Paella Valenciana
Moorish-Style Kabobs
Grilled Vegetables with Romesco Sauce

TEAM THREE: GREECE/ TURKEY

Hummus, Tabbouleh, and Baba Ghanoush
Pita
Moussaka
Baklava

TEAM FOUR: NORTH AFRICA

Bisteeya
Tunisian Briks
Spiced Carrot Salad and Cucumber Salad
Chicken Tagine with Couscous

BONUS RECIPE

Focaccia

NEAPOLITAN-STYLE PIZZA

Yield: 6 portions

Ingredients	Amounts
Yeast, instant dry	1 Tbsp.
Water, warm	1 ½ cups
Flour, bread	5 cups
Oil, olive, pure	3 Tbsp.
Salt, kosher	1 ½ tsp.
Cornmeal	as needed
Tomato, concassé	2 ⅓ cups
Oregano, fresh, chopped	1 ½ tsp.
Basil, fresh, chopped	1 ½ tsp.
Mozzarella Cheese (Recipe follows)	1 lb.
Oil, olive, pure	2 Tbsp.

Method

1. Preheat oven with a pizza stone on the bottom rack to 500°F.
2. For the dough, in a large bowl, place the yeast and water. Stir to combine and let it stand until foamy.
3. In the bowl of a stand mixer fitting with the dough hook attachment, place the flour. Add the water mixture, olive oil, and salt. Mix on low speed until the dough is thoroughly combined and pulls away from the bowl. Knead until it is smooth and elastic.
4. Cover the dough and place it in a warm area to proof until it has doubled in volume, about 1 hour.
5. Gently press on the dough to remove any air bubbles. Divide it into 6 equal pieces and shape it into rounds. Set aside to proof (see Chef demo).
6. Roll the dough into flat circles, about 6-inches in diameter. Place them onto cake circles that have been dusted with cornmeal or semolina flour.
7. For the topping, spread the tomato concassé over the dough. Top with the oregano and basil. Arrange the mozzarella in an even layer on top of the pizza. Drizzle with the olive oil.
8. Bake on the preheated pizza stone until the crust has browned and cheese has melted, 12 to 15 minutes.

Note: Semolina flour can be substituted for the cornmeal. Tomato concassé is tomatoes that have been peeled, seeded, and chopped. Remove the core of the tomatoes and score the bottom with an "X". Cook the tomatoes for 30 seconds in boiling salted water. Remove and place in an ice bath until completely cooled. Peel, remove the seeds and dice.

MOZZARELLA CHEESE

Yield: 2 pounds

Ingredients

Amounts

Water	1 gal.
Salt, kosher	$\frac{2}{3}$ cup
Cheese, curd, medium diced	2 lb.

Method

1. In a large pot, place the water and salt. Bring it to a boil. Remove the pot from the heat.
2. In a large bowl, place the cheese curd. Add just enough water to cover the curds.
3. Wearing 2 pairs of gloves, work the curd with wooden spoons, stretching it until it becomes a smooth, yet stringy mass. Maintain the water temperature at a constant 160°F throughout this process.
4. Remove the cheese from the water. Continue stretching until the curd is smooth, being careful not to overwork it or the cheese will become tough.
5. Shape the mozzarella into 8-ounce tear-drop shaped balls. Allow the cheese to cool slowly in the liquid in which it was melted.
6. Store refrigerated in plastic wrap or brine. Cover and refrigerate up to 3 days.
7. Slice as needed.

FRESH PASTA WITH HOT SAUSAGE RAGÙ

Yield: 6 portions

Ingredients	Amounts
Oil, olive, extra virgin	2 Tbsp.
Onion, yellow, chopped	1 ea.
Sausage, Italian, hot, casings removed	½ lb.
Tomato, paste	2 Tbsp.
Celery, rib, chopped	1 ea.
Basil, sweet, sprig, fresh	2 ea.
Parsley, flat-leaf, sprig, fresh	4 ea.
Tomato, plum (Roma), canned	1 lb.
Salt, kosher	to taste
Pepper, black, ground	to taste
 Fresh Egg Pasta (Recipe follows)	 1 ½ lb.
Cheese, pecorino, grated	⅓ cup

Method

1. For the sauce, heat a large skillet over medium heat. Add the olive oil. Heat until shimmering. Add the onions. Sauté, stirring occasionally, until lightly golden, 5 to 7 minutes.
2. Crumble the sausage into the pan. Sauté, breaking up any lumps with a wooden spoon, until it is cooked through and lightly browned, 3 to 4 minutes.
3. Add the tomato paste. Stir to incorporate. Sauté until rust colored (*pincé*) and aromatic.
4. For the sachet, place the celery, basil, and parsley in the middle of a square of cheesecloth. Gather the sides together to form a pouch and tie it closed with cooking twine. Add the sachet to the skillet.
5. Add the tomatoes. Season with salt and pepper to taste. Bring the mixture to a simmer. Cook, adding water as necessary, until proper flavor and consistency are achieved.
6. Bring a large pot of salted water to a boil. Add the pasta. Stir to separate the strands or shapes. Cook until tender but still firm to the bite (*al dente*). Drain.
7. Place the pasta in a large, heated serving bowl. Add just enough sauce to coat the pasta. Add the grated pecorino. Toss to combine.
8. Serve the pasta with the remaining sauce and additional pecorino on the side.

FRESH EGG PASTA

Yield: 1 ½ pounds

Ingredients

Amounts

Flour, durum	3 ¼ cups
Salt, kosher	⅛ tsp.
Egg, whole	4 ea.
Oil, olive, pure (Optional)	2 Tbsp.

Method

1. In a food processor, place the flour and salt. Mix to combine. Add the eggs and oil, if using. Process until it resembles coarse meal. When pressed, the dough should form a cohesive mass.
2. Turn the dough out onto a work surface. Knead until the dough is very firm, yet pliable. Cover and let the dough relax at room temperature for at least 1 hour.
3. Roll the pasta dough into thin sheets. Cut into desired shapes by hand or using a pasta machine.
4. The pasta is ready to cook now, or it may be held under refrigeration for up to 2 days.

Variations: For each variation, the amount of flour may also need to be adjusted accordingly.

Spinach Pasta: Purée 6 ounces spinach leaves, squeeze dry in cheesecloth, and add to the eggs.

Red Pepper Pasta: Sauté 6 ounces puréed roasted red pepper until reduced and dry. Cool and add to the eggs.

Tomato Pasta: Sauté 6 tablespoons tomato purée until reduced and dry. Cool and add to the eggs.

Pumpkin, Carrot, or Beet Pasta: Sauté 6 ounces puréed cooked pumpkin, carrots, or beets until reduced and dry. Cool and add to the eggs.

Citrus Pasta: Add 4 teaspoons finely grated lemon or orange zest to the eggs. Substitute 2 tablespoons citrus for the water.

Herbed Pasta: Add 2 to 3 ounces chopped fresh herbs to the eggs.

Black Pepper Pasta: Add 2 teaspoons cracked black peppercorns to the flour.

Saffron Pasta: Steep 2 to 4 teaspoons pulverized saffron threads in 2 tablespoons hot water and add to the eggs.

Curried Pasta: Add 2 to 4 teaspoons curry powder to the flour.

SWORDFISH IN SAVORY SAUCE

Yield: 6 portions

Ingredients	Amounts
Raisins	¼ cup
Swordfish, fillet, 6 oz.	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	2 ⅔ cups
Oil, olive, pure	½ cup
Onion, yellow, chopped	1 ea.
Garlic, minced	1 Tbsp.
Tomato, plum (Roma), concassé	2 cups
Olive, green, pitted, coarsely chopped	⅔ cup
Celery, rib, chopped	2 ea.
Basil, sweet, leaf, fresh, chopped	2 ea.
Pine nuts (<i>Pignoli</i>)	⅓ cup
Capers, rinsed	¼ cup
Stock, fish	1 cup
Oil, olive, pure	1 Tbsp.

Method

1. Preheat oven to 400°F.
2. In a small bowl, place the raisins and enough hot water to cover. Let them soak until plumped, 10 to 15 minutes. Rinse with cold water. Drain and reserve.
3. Season the fish with salt and pepper. Dredge in the flour.
4. Heat a heavy bottomed sauté pan over medium-high heat. Add the olive oil. Heat until shimmering. Add the fish. Place the swordfish fillets in the skillet and cook, without moving them, until a light golden-brown crust forms, about 3 minutes. Turn the fillets and cook on the second side until the crust is lightly golden, about 3 minutes. Transfer the fish to a baking dish and reserve.
5. Add the onions to the pan. Sauté until tender and translucent, 5 to 7 minutes.
6. Add the garlic. Sauté until aromatic, about 1 minute.
7. Add the tomatoes. Simmer for 5 minutes.
8. Add the olives, celery, basil, pine nuts, raisins, capers, and fish stock. Simmer for 5 minutes. Adjust the seasoning with salt and pepper to taste.
9. Ladle the sauce over the fish. Bake in the preheated oven for 10 minutes.
10. Serve on a heated platter.

Note: Tomato concassé is tomatoes that have been peeled, seeded, and chopped. To do this, remove the core of the tomatoes and score the bottom with an "X." Cook the tomatoes for 30

seconds in boiling salted water. Remove and place in an ice bath until completely cooled. Peel, remove the seeds and dice.

SAUTÉED BROCCOLI RABE WITH PANCETTA

Yield: 6 portions

Ingredients	Amounts
Broccoli rabe	1 lb.
Salt, Kosher	1 Tbsp.
Oil, olive, pure	1 fl. oz.
Pork, pancetta, diced	¼ cup
Shallot, minced	2 tsp.
Garlic, minced	2 tsp.
Red pepper flakes	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Wash, but do not dry, the broccoli rabe. Remove and discard any tough, woody stems and leaves.
2. Bring a pot of salted water to a boil. Add the broccoli rabe. Blanch until just wilted, 1 to 3 minutes. Transfer to an ice bath to stop the cooking process. Drain and reserve.
3. Heat a large sauté pan over medium heat. Add the oil. Heat until shimmering but not smoking. Add the pancetta. Sauté until the fat has rendered and the meat is crispy.
4. Add the shallots. Sauté until translucent, 3 to 5 minutes.
5. Add the garlic and crushed red pepper. Sauté until aromatic, about 1 minute.
6. Increase the heat to medium high. Add the broccoli rabe. Sauté until heated through.
7. Season with salt and pepper to taste. Serve on a heated platter.

TORTILLA ESPAÑOLA

Yield: 6 portions

Ingredients

Amounts

Potato, russet, 1/8-in. sliced	2 ea.
Onion, yellow, large, thinly sliced	1/2 ea.
Salt, kosher	1 tsp.
Oil, olive, extra virgin	as needed
Egg, whole	4 ea.

Method

1. In a large saucepan, place the potatoes and onions. Season with the salt. Add just enough olive oil to cover the ingredients. Heat over medium-high heat until the oil begins to bubble.
2. Cover the pan. Decrease the heat to medium. Cook, turning the vegetables occasionally, until the potatoes are tender, but not brown. Drain in a large colander set over a large bowl. Let it cool for 10 minutes. Reserve the oil.
3. In a large bowl, beat the eggs with a pinch of salt. Add the potato mixture to the eggs, submerging them completely. Let it stand for 10 minutes.
4. Heat a large sauté pan over medium heat. Add 2 tablespoons of the reserved oil. Heat until it shimmers but does not smoke. Add the potato-egg mixture to the pan. Decrease the heat to medium low. Cook, shaking the pan occasionally, until lightly browned.
5. Place a large plate over the pan and flip the tortilla upside down onto the plate. Add 1 tablespoon of the reserved oil to the sides of the pan. Slide the uncooked side of the tortilla back into the pan. Round the sides with a spatula. Cook until browned.
6. Transfer to a heated plate. Let it rest for 5 minutes. Cut into individual portions.

Note: Leftover oil can be stored in the refrigerator for 1 week.

PAELLA VALENCIANA

Yield: 6 portions

Ingredients	Amounts
Stock, chicken	6 cups
Saffron, threads	1/8 tsp.
Salt, kosher	to taste
Oil, olive, pure	1/3 cup
Pork, chorizo, Spanish, diced	1/2 lb.
Chicken, breast, diced	1 lb.
Pepper, bell, red, small diced	3/4 cup
Pepper, bell, green, med. diced	3/4 cup
Onion, yellow, med. diced	1/2 cup
Carrot, med. diced	2/3 cup
Garlic, minced	1 Tbsp.
Rice, short-grain, Spanish	3 cups
Mussels	12 ea.
Clams	12 ea.
Shrimp	12 ea.
Peas, green	1 cup
Lemon, juice, fresh	1 ea.
Lemon, cut into wedges	1 ea.

Method

1. In a saucepot, place the stock. Bring it to a boil. Add the saffron. Simmer over medium-high heat until the stock reduces to 5 cups. Season with salt to taste. Reserve.
2. Heat a paella pan over medium-high heat. Add the oil. Heat until shimmering but not smoking. Add the chorizo. Sauté until golden brown, about 4 minutes.
3. Add the chicken. Sauté until golden brown, about 4 minutes.
4. Add the peppers, onions, carrots, and garlic. Sauté for 3 minutes.
5. Add the rice. Stir to coat the grains in the oil. Toast until the rice is translucent, but not brown.
6. Add the stock. Bring it to a boil. Decrease the heat to low. Simmer for 5 minutes.
7. Arrange the mussels, clams, shrimp, and peas on top of the rice. Cover the pan. Simmer until the rice is tender but still firm to the bite (*al dente*). Add more stock as needed if the pan gets too dry.
8. Remove the pan from the heat. Add the lemon juice. Let the paella rest, covered, for 5 minutes.
9. Serve the paella in the paella pan, garnished with lemon wedges.

MOORISH-STYLE KABOBS

Yield: 6 portions

Ingredients	Amounts
Cumin, seeds	2 tsp.
Coriander, seeds	2 tsp.
Garlic, clove, peeled, finely chopped	8 ea.
Salt, kosher	1 tsp.
Paprika	4 tsp.
Oregano, dried	2 tsp.
Pepper, black, ground	½ tsp.
Lemon, juice, fresh	¼ cup
Lemon, zest	2 tsp.
Oil, olive, extra virgin	⅔ cup
Pork, lean, diced	2 ½ lb.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a spice grinder, place the cumin, coriander seeds, garlic, salt, paprika, oregano, and pepper. Grind well. Transfer to a large bowl.
2. Add the lemon juice and zest. Whisk to incorporate. Gradually stream in the oil, whisking until incorporated. Adjust the seasonings to taste.
3. Thread 3 or 4 pieces of pork onto each skewer. Place the skewered meat into a shallow dish with the marinade. Marinate in the refrigerator, turning occasionally, for 2 hours.
4. Transfer the marinade to a small pot. Bring it to a boil.
5. Preheat a gas grill to medium high, leaving one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
6. Spread the kabobs on the grill. Grill, basting frequently with the marinade, until cooked through (an instant-read thermometer will register 140°F when placed halfway into the thickest piece of pork), about 3 minutes per side.
7. Transfer the kabobs to a heated platter. Season with salt and pepper to taste. Serve immediately.

Source: Adapted from *Tapas: Authentic Appetizers and Finger Foods from the Bars and Restaurants of Spain*
by Pepita Aris

GRILLED VEGETABLES WITH ROMESCO SAUCE

Yield: 6 portions

Ingredients	Amounts
Potatoes, new	6 ea.
Fennel, bulb, trimmed, quartered	1 ea.
Carrot, baby, peeled	9 ea.
Oil, olive, extra virgin	¼ cup
Garlic, minced	1 ½ Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Asparagus, stalk, trimmed	18 ea.
Squash, zucchini, trimmed, halved lengthwise	1 ea.
Onion, red, peeled, quartered	1 ea.
Mushrooms, trimmed	9 ea.
Pepper, bell, red, cored, quartered	1 ea.
Pepper, bell, yellow, cored, quartered	1 ea.
Lemon, juice, fresh	1 ea.
Romesco Sauce (Recipe follows)	2 cups

Method

1. Bring a large pot of salted water to a boil. Add the potatoes. Blanch until almost cooked through. Drain and reserve. Once cool, cut each potato in half.
2. Bring a large pot of salted water to a boil. Add the fennel and carrots. Blanch until partially tender, 3 to 4 minutes. Drain and cool slightly.
3. In a mixing bowl, place the olive oil and garlic. Whisk to combine. Season with salt and pepper to taste. Working in batches, add the blanched vegetables. Toss to coat evenly in the oil.
4. Preheat a gas grill to high. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed. Clean the cooking grate.
5. Grill the vegetables, turning as necessary, until they begin to take on color and are cooked through, 8 to 12 minutes. They should be tender when done, but not mushy.
6. Arrange the grilled vegetables on a heated platter. Drizzle with lemon juice. Serve with room temperature Romesco Sauce.

ROMESCO SAUCE

Yield: 2 cups

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

Method

1. Preheat oven to 350°F.
2. On a parchment-lined sheet tray, arrange the hazelnuts, almonds, garlic, and bread in a single layer. Roast in the preheated oven until lightly browned. Cool and reserve.
3. Preheat oven to 475°F.
4. Halve the peppers and remove the stems and seeds. Place cut side down onto an oiled baking sheet. Cut the tomatoes in ½ lengthwise and add to the baking sheet. Roast in the preheated oven until the peppers are evenly charred and the tomatoes are browned and have a rich "roasted" aroma.
5. Immediately wrap the vegetables in plastic to create steam to help loosen the skins. Remove the skins using a paring knife. Cool completely.
6. Transfer all cooled ingredients food processor. Add the oil, parsley, and vinegar. Blend to a smooth purée. Season with salt to taste.
7. Reserve until ready to serve.

HUMMUS

Yield: 6 portions

Ingredients

Amounts

Chickpeas, canned, drained, rinsed	2 cups
Tahini	3 Tbsp.
Oil, olive, pure	2 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Garlic, clove	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, pure	2 Tbsp.

Method

1. In a food processor, place the chickpeas, tahini, olive oil, lemon juice, and garlic. Purée until smooth. Adjust the consistency with a little water to thin the mixture, as needed.
2. Adjust the seasoning with lemon juice, garlic, salt, and pepper to taste.
3. Transfer a serving bowl, cover, and refrigerate until ready to serve.
4. To serve, garnish with the remaining olive oil.

TABBOULEH

Yield: 6 portions

Ingredients	Amounts
Bulgur wheat, fine	½ cup
Water, boiling	1 cup
Salt, kosher	1 tsp.
Parsley, flat-leaf, fresh, coarsely chopped	2 cups
Mint, fresh, coarsely chopped	½ cup
Tomato, plum (Roma), diced	2 ea.
Cucumber, peeled, seeded, diced	½ ea.
Scallion (Green onion), chopped	2 ea.
Oil, olive, extra virgin	3 Tbsp.
Lemon, juice, fresh	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Rinse the bulgur in a colander under cold running water. Transfer to a large bowl.
2. Add the boiling water and salt. Let it sit, covered, until tender, about 20 minutes. Drain any excess water if necessary. Use a fork to "fluff" the bulgur grains. Cover and refrigerate until cool.
3. Add the parsley, mint, tomatoes, cucumbers, scallions, olive oil, and lemon juice. Lightly mix, being careful not to mash the ingredients together.
4. Adjust the seasoning with lemon juice, salt, and black pepper to taste.
5. Transfer to a chilled serving bowl. Cover and refrigerate until ready to serve.

BABA GHANOUSH

Yield: 6 portions

Ingredients

Amounts

Eggplant	2 lb.
Tahini	3 Tbsp.
Garlic, clove, crushed	2 ea.
Lemon, juice, fresh	3 Tbsp.
Pepper, black, ground	to taste
Salt, kosher	to taste

Method

1. Preheat oven to 350°F.
2. In a large roasting pan, place the eggplant. Roast in the preheated oven until the skin has charred and the interior is fully cooked.
3. Peel the eggplant and discard the charred skin. Drain any excess juices.
4. Mash the eggplant pulp to a puréed consistency. Reserve.
5. In a food processor, place the tahini, garlic, lemon juice, pepper, and a little cold water until it is thoroughly blended.
6. Add the eggplant, pulsing until incorporated. Be careful not to overmix. Thin the mixture with a little water if needed.
7. Adjust the seasoning with salt and pepper to taste.
8. Transfer to a chilled bowl. Cover and refrigerate until ready to serve.

PITA

Yield: 24 small or 12 large pitas

Ingredients

Amounts

Water, warm (90° - 110°F)	2 cups
Yeast, instant dry	4 tsp.
Sugar, granulated	½ tsp.
Flour, all-purpose	5 ½ cups
Salt, kosher	2 tsp.

Method

1. In a small bowl, place the water, yeast, and sugar. Mix to combine. Let it sit until slightly foamy. Reserve.
2. In a large bowl, place the flour and salt. Mix to combine. Add the reserved yeast mixture to the flour and work it into a dough. Knead until smooth and elastic, about 5 minutes.
3. Shape the dough into an even rectangle and cut it in half, lengthwise. Divide the dough into equal portions and shape each into a smooth ball. Place the dough balls on a floured surface and cover with slightly damp towels.
4. Roll each round ¼-inch thick (3 to 4 inches in diameter for small pitas or 5 to 6 inches for larger ones). Carefully flip the circles over to smooth out any creases that might prevent the pocket from forming.
5. As each pita is rolled, carefully place it on a floured surface and cover with a clean, dry towel. Do not allow the surface of the loaves to dry out. Leave the loaves to rise in a warm draft-free area for 30 to 45 minutes.
6. Preheat oven to 500°F.
7. Place 4 small pitas or 1 large pita on a preheated baking sheet. Bake in the preheated oven on the bottom rack until puffed and lightly browned on the bottom and almost white on top, about 3 ½ minutes for small pitas and about 4 minutes for large pitas. If desired, flip the loaves over after they have puffed and bake up to 1 minute longer to brown the tops; be careful not to let the pita get crisp and brittle.
8. Remove the hot pitas from the oven and wrap immediately in clean, dry towels or the pitas will become too crisp to cut. Serve warm or at room temperature.

Variation: Poppy-Seed or Sesame Pita: After rolling each circle of dough in step 4, brush the tops lightly with water and sprinkle with poppy seeds or toasted sesame seeds. Let the loaves rise and bake as directed above.

Note: Contrary to the standard method of allowing bread dough to rise before shaping, these loaves are first shaped and rolled, then allowed to rise before baking. This cuts preparation time by about 2 hours and lets the yeast do its best work in the oven, thus assuring a better pocket. This results in a pita with a delightfully chewy, yet tender texture and a puff in every loaf.

MOUSSAKA

Yield: 6 portions

Ingredients	Amounts
Eggplant, peeled, sliced into ¼-in. rounds	1 ½ lb.
Salt, kosher	as needed
Oil, olive, pure	1 Tbsp.
Oil, olive, pure	1 Tbsp.
Onion, yellow, diced	1 cup
Lamb, ground	¾ lb.
Garlic, minced	1 tsp.
Tomato, paste	1 Tbsp.
Tomato, plum (Roma), chopped	1 cup
Clove, whole	1 ea.
Cinnamon, stick, ½-in. piece	1 ea.
Bay leaf	1 ea.
Allspice, ground	1 pinch
Water	¼ cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Wine, red, dry	2 Tbsp.
Breadcrumbs	⅓ cup
Cheese Sauce (Recipe follows)	1 cup

Method

1. Place the eggplant in a colander, sprinkle with salt, and let it sit for 1 hour to drain away extra water. Squeeze out the excess water and pat dry with a kitchen towel.
2. Heat a large skillet over medium-high heat. Add the oil. Heat until it shimmers but does not smoke. Working in batches, add the eggplant. Sauté, turning as necessary, until tender and lightly colored, 2 to 3 minutes per side. Add more oil to the skillet as necessary. Drain on a rack set in a baking sheet.
3. For the meat sauce, heat a large skillet over medium-high heat. Add the oil. Heat until shimmering but not smoking. Add the onion. Sauté, stirring frequently, until tender, 10 to 12 minutes.
4. Add the ground lamb. Cook for 5 minutes.
5. Add the garlic. Sauté until aromatic, about 1 minute.
6. Add the tomato paste. Cook for 1 minute.

7. Add the tomatoes, clove, cinnamon, bay leaf, allspice, and water. Season to taste with salt and pepper. Simmer until thick and flavorful, about 30 minutes.
8. Add the red wine. Simmer until the wine has developed a sweet aroma, about 10 minutes.
9. Preheat oven to 350°F.
10. To assemble the moussaka, scatter the breadcrumbs in a deep, rectangular baking dish. Place a layer of half of the eggplant slices over the breadcrumbs. Add the meat sauce and spread it into an even layer. Add the remaining eggplant in an even layer over the meat sauce. Pour the cheese sauce over the eggplant.
11. Bake in the preheated oven, uncovered, until the cheese sauce is thick and golden brown, and the eggplant is very tender, about 45 minutes.
12. Let the moussaka rest for about 20 minutes before cutting and serving.

Note: Beef, turkey, pork, or a combination of these meats can be substituted for the lamb.

CHEESE SAUCE

Yield: 1 cup

Ingredients

Amounts

Butter, unsalted	2 ½ Tbsp.
Flour, all-purpose	2 ½ Tbsp.
Milk, whole	1 ¼ cups
Nutmeg, fresh, grated	⅛ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Egg, yolk	1 ea.
Cheese, Parmesan, grated	¼ cup

Method

1. Heat a small saucepan over medium heat. Add the butter. Heat until it bubbles and the bubbles begin to subside.
2. Add the flour. Cook, stirring constantly, until a white roux forms, about 5 minutes.
3. Gradually add the milk, whisking constantly to work out any lumps. Bring it to a full boil, then decrease the heat and gently simmer, stirring frequently, until thickened, about 30 minutes.
4. Remove the sauce from the heat. Season with nutmeg, salt, and pepper to taste.
5. In a small bowl, place the egg yolks. Whisk until beaten. Add a small amount of the hot milk mixture, whisking constantly, to bring them up to temperature. Return the yolk mixture to the rest of the milk mixture.
6. Stir in the cheese. Whisk well to incorporate. Keep warm until needed.

BAKLAVA

Yield: 48 pieces

Ingredients	Amounts
Walnuts, chopped	3 ½ cups
Sugar, granulated	½ cup
Cinnamon, ground	1 tsp.
Cardamom, ground	½ tsp.
Clove, ground	¼ tsp.
Phyllo sheet, thawed	1 lb.
Butter, unsalted, melted	1 ½ cups
Sugar, granulated	2 ¼ cups
Water	1 ½ cups
Honey	½ cups
Lemon, peel	¼ ea.
Clove, whole	1 ea.

Method

1. Preheat oven to 375°F.
2. In a medium bowl, place the walnuts, sugar, and spices. Mix to combine. Reserve.
3. Place 1 sheet* of phyllo on the bottom of a lightly buttered 12x16-inch jelly roll pan. Brush the dough lightly with melted butter. Repeat until there are 8 sheets of phyllo in the pan. Sprinkle half of the nut mixture onto the phyllo sheets. As you work, keep the sheets of phyllo covered with plastic wrap to prevent them from drying out.
4. Place 4 more sheets of phyllo on top of the nuts, brushing melted butter between each sheet. Place the remaining nut mixture on the dough.
5. Layer the remaining sheets of phyllo on top of the nuts, brushing melted butter in between each sheet. Brush the top sheet with butter as well.
6. Trim the edges so that they do not stand above the level of the pan.
7. Cut the pastry into 2-inch squares, making sure not to slice through the bottom layer of the phyllo dough. Leaving the bottom layer uncut will allow the syrup to soak in.
8. Bake in the preheated oven until the top layer of the phyllo takes on a light golden-brown color, 25 to 30 minutes.
9. For the syrup, in a small saucepan, place the sugar, water, honey, lemon peel, and clove. Whisk to combine. Bring it to a boil. Remove and discard the clove and lemon peel.
10. Remove the baklava from the oven and immediately pour the hot syrup over top. Allow the baklava to stand at room temperature until cooled.
11. Cut into 2x2-inch squares, slicing through the bottom layer of phyllo dough.

BISTEEYA

Yield: 6 portions

Ingredients	Amounts
Oil, olive, extra virgin	2 Tbsp.
Chicken, thighs, boneless	1 ¼ lb.
Oil, olive, extra virgin	3 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Onion, yellow, small diced	1 ¼ cups
Ginger, fresh, minced	1 tsp.
Mace, ground	¼ tsp.
Nutmeg, fresh, grated	¼ tsp.
Clove, ground	⅛ tsp.
Cinnamon, ground	¾ tsp.
Stock, chicken	as needed
Butter, unsalted	2 Tbsp.
Cilantro, fresh, chopped	3 Tbsp.
Parsley, flat-leaf, fresh, chopped	3 Tbsp.
Saffron, threads	¼ tsp.
Sugar, brown	2 Tbsp.
Egg, whole, lightly beaten	5 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Phyllo dough	1 lb.
Almonds, toasted, coarsely chopped	¼ lb.
Sugar, confectioners'	as needed
Cinnamon, ground	as needed

Method

1. Preheat oven to 400°F.
2. Heat a large sauté pan over medium-high heat. Add the oil. Heat until shimmering but not smoking. Season the chicken thighs with the salt and pepper. Add the chicken to the oil. Brown on both sides. Remove the chicken and reserve.
3. Add the remaining oil to the hot pan. Add the onions. Sauté until soft and lightly golden, 5 to 7 minutes.
4. Add the ginger, mace, nutmeg, cloves, and cinnamon. Sauté until aromatic, about 1 minute.
5. Add the chicken stock. Scrape up any brown pieces sticking to the bottom of the pan. Return the chicken to the pan along with any juices it may have released. Bring it to a simmer and cook until the chicken is tender, and the liquid has reduced, about 1 hour.

6. Remove the cooked chicken and cool slightly. Reserve the braising liquid. Shred the chicken into small bite-size pieces. Reserve.
7. Add the butter, cilantro, parsley, saffron, and brown sugar to the remaining braising liquid. Let it reduce to a light glaze.
8. Stir in the eggs. Cook until scrambled and stiff. Adjust the seasoning with salt and pepper to taste. Reserve.
9. To assemble the bisteeya, brush a paella pan with olive oil. Lay out, one by one, 10 sheets of phyllo dough onto the pan, brushing each one with a little olive oil as you set it in place. Overlap each sheet to create a solid phyllo base.
10. Place the shredded chicken in a layer in the center of the phyllo, leaving plenty of space for the edges to fold up. Cover the chicken with the egg mixture and top with the almonds.
11. Place the remaining phyllo on top of the filling, again overlapping and brushing each with a little olive oil. Fold up the overhanging phyllo and seal the pastry.
12. Brush the outside of the phyllo with a little more olive oil. Bake in the preheated oven until the top is golden brown, about 10 minutes. Remove from the oven and, using another oiled pan, invert the bisteeya so the browned side is down. Bake until the top is golden brown.
13. Remove from the oven, top with powdered sugar and cinnamon, and cut into wedges. Serve hot on a heated platter.

TUNISIAN BRIKS

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	2 Tbsp.
Onion, yellow, finely chopped	2 ea.
Capers, drained, rinsed, mashed	10 ea.
Tuna, canned, drained, mashed	½ lb.
Cheese, Parmesan	3 Tbsp.
Parsley, flat-leaf, fresh, chopped	3 Tbsp.
Salt, kosher	2 tsp.
Pepper, black, ground	½ tsp.
Brik wrappers	6 ea.
Egg, whole	6 ea.
Egg, white, lightly beaten	2 ea.
Oil, olive, pure	2 cups
Lemon, cut into wedges	6 ea.

Method

1. Heat a small skillet over medium-low heat. Add the butter. Heat until melted. Add the onions. Sauté until soft and translucent, 5 to 7 minutes. Remove the pan from the heat and cool.
2. Add the capers, tuna, parmesan cheese, and parsley. Mix well. Season with salt and pepper to taste.
3. Working with one brik wrapper at a time (keep the remaining covered so they do not dry out), place 1 rounded spoonful of filling on one half of the wrapper and break an egg over the filling. Fold the wrapper over to form a half-circle or triangle. Glue the edges together with beaten egg whites or a paste made from flour and water. Fold each rim over ½ inch for a firmer rim, being careful not to break the egg yolk.
4. Repeat with the remaining ingredients
5. Heat a deep fryer to 350°F. Slide the briks, one at a time, into the oil. Spoon hot oil over the top while frying. When the underside is browned, turn and continue frying. Remove and drain.
6. Serve hot on a heated platter with the lemon wedges.

SPICED CARROT SALAD

Yield: 6 portions

Ingredients

Amounts

Carrot, grated	4 ½ cups
Salt, kosher	1 Tbsp.
Oil, olive, extra virgin	3 Tbsp.
Vinegar, wine, red	2 tsp.
Garlic, clove, minced	4 ea.
Harissa (Recipe follows)	1 Tbsp.
Caraway seeds	1 tsp.
Salt, kosher	to taste

Method

1. Bring a large pot of salted water to a boil. Add the carrots. Blanch until tender but still firm to the bite (*al dente*). Drain. Transfer to an ice bath until completely cooled. Drain and pat dry. Reserve.
2. For the vinaigrette, in a large bowl, place the vinegar, garlic, harissa, caraway seeds, and salt. Whisk to combine. Gradually add the oil, whisking constantly, until incorporated.
3. Add the blanched carrots. Toss to evenly coat in the vinaigrette. Season with salt to taste.
4. Transfer to a serving bowl and serve at room temperature.

Source: Adapted from The International Olive Oil Council

HARISSA

Yield: 1 cup

Ingredients

Amounts

Chile, ancho, stemmed, seeded	3 wt. oz
Garlic, clove	2 ea.
Salt, kosher	as needed
Coriander, ground	1/4 tsp.
Caraway seeds, ground	3/4 tsp.
Oil, olive, pure	to taste

Method

1. In a small bowl, place the chiles. Add just enough cold water to cover. Soak for 15 minutes. Drain well, wrap in cheesecloth, and press out any excess moisture.
2. Mash the garlic and salt together to form a paste.
3. In a food processor, place the garlic paste, coriander, and caraway. Blend until combined.
4. Transfer to a storage container. Add just enough oil to thinly cover the paste.
5. Cover tightly and keep refrigerated.

Note: In Tunisia, fiery hot red peppers play a role in almost every dish, usually in the form of the famous harissa paste, a mixture of sun-dried peppers pounded with spices and garlic and packed into jars under a coating of olive oil.

Source: *Mediterranean Cooking* by Paula Wolfert

CUCUMBER SALAD

Yield: 6 portions

Ingredients	Amounts
Cucumber, peeled, sliced into rounds	1 ¼ lb.
Mint, fresh, chopped	1 Tbsp.
Capers, chopped	2 Tbsp.
Lemon, preserved	¼ ea.
Oil, olive, extra virgin	¼ cup
Vinegar, wine, white	2 Tbsp.
Salt, kosher	to taste

Method

1. In a large bowl, place all the ingredients. Toss to combine.
2. Season with salt to taste.
3. Serve in a chilled bowl.

CHICKEN TAGINE WITH COUSCOUS

Yield: 6 portions

Ingredients	Amounts
Chicken, whole, 2 ½ lb., cut into 6 pieces	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, extra virgin	¼ cup
Onion, cipollini, blanched, peeled	15 ea.
Ginger, fresh, ¼-in. piece, peeled thinly sliced	1 ea.
Garlic, clove, thinly sliced	3 ea.
Cumin, seed, toasted, ground	½ tsp.
Saffron, threads	¼ tsp.
Stock, chicken	1 ½ cups
Olive, green	25 ea.
Parsley, flat-leaf, fresh, roughly chopped	2 Tbsp.
Couscous (Recipe follows)	1x recipe

Method

1. Season the chicken pieces with salt and pepper.
2. Heat a Dutch oven or tagine over medium-high heat. Add the oil. Heat until shimmering but not smoking. Add the chicken pieces. Sauté until golden brown. Transfer the chicken to a hotel pan and reserve.
3. Add the onions to the Dutch oven. Sauté, stirring occasionally, until golden brown, 7 to 8 minutes.
4. Add the ginger and garlic. Sauté until aromatic, about 1 minute.
5. Add the cumin and saffron. Cook until it gives off a sweet aroma and the color deepens, about 1 minute.
6. Return the chicken to the Dutch oven. Add the stock. Bring it to a gentle simmer. Cover and braise, turning the pieces occasionally to keep them evenly moistened until the chicken is cooked through, 30 to 40 minutes. (Maintain only a small amount of water or stock so the braising liquid will become concentrated.)
7. In the last 15 minutes, add the olives and parsley. Simmer the mixture until the olives are tender. Adjust the seasoning with salt and pepper.
8. Serve directly from the tagine with the Couscous.

COUSCOUS

Yield: 6 portions

Ingredients

Amounts

Couscous	2 cups
Stock, chicken	2 cups
Cinnamon, stick	½ ea.
Red pepper flakes	¼ tsp.
Turmeric, ground	⅛ tsp.

Method

1. Preheat oven to 350°F.
2. Place the dry couscous on a sheet pan. Toast the couscous in the preheated oven until golden brown, about 15 minutes. Transfer to a shallow pan. Reserve.
3. In a medium saucepan over medium heat, place the chicken stock, cinnamon stick, red pepper, and turmeric. Bring it to a simmer.
4. Pour the simmering chicken stock over the reserved couscous. Cover immediately with plastic wrap. Let it sit for 10 minutes.
5. Remove the plastic wrap and fluff the couscous with a fork.
6. Serve on a heated platter.

Note: The ratio for couscous is 1 part liquid to 1 part dry couscous.

FOCACCIA

Yield: five 1 pound loaves

Ingredients	Amounts
Flour, bread	328 g
Yeast, instant dry	1/8 tsp.
Water, 70°F	182 g
Water	793 g
Yeast, dry, instant	5 g
Flour, bread	1040 g
Salt, kosher	27 g
Malt syrup	11 g
Oil, olive, pure	82 g

Method

1. For the pre-ferment (biga), in a large bowl, place the flour and yeast. Mix to combine. Add the water. Mix until homogeneous. Let it sit, covered, at room temp for 12 to 15 hours.
2. For the final dough, in a large bowl, place the biga and the water. Mix by hand to break it up.
3. In a medium bowl, place the yeast and flour. Add on top of the biga.
4. Add the salt and malt. Mix by hand until homogenous and there is no dry flour. Cover and let it sit at room temperature for 10 minutes.
5. Fold the dough. Let it sit for 10 minutes.
6. Repeat the folding two more times for a total of three folds, letting the dough rest for the 10 minutes in between.
7. Let it sit, covered, at room temperature for 30 minutes and fold.
8. Let it sit for 15 to 20 minutes more or until the dough feels airy.
9. Scale into 1-pound pieces. Shape into a round. Place onto sheet pans lined with oiled parchment. Brush the tops of the dough with oil and let sit 10 minutes
10. Stipple the dough and let sit 10 minutes. Stipple the dough to its final shape. Let it proof for 20 minutes.
11. Preheat oven to 450°F.
12. Bake in the preheated oven until golden brown, 20 to 25 minutes.

DAY THREE: TEAM PRODUCTION ASSIGNMENTS: LATIN AMERICA

TEAM ONE: MEXICO

Tortilla Chips with Pico de Gallo and Guacamole

Pipián Verde

Refried Beans

Churros

TEAM TWO: YUCATAN PENINSULA

Small Tacos with Chicken

Pork Baked in Leaves

Black Rice

Orange and Jicama Salad

TEAM THREE: SOUTH AMERICA

Bass Fillet in Coconut Milk

Bori Bori

Fish and Shellfish Ceviche with Tostones

Grilled Flank Steak with Chimichurri Sauce

TEAM FOUR: CARIBBEAN

Salt Cod Fish Fritters

Lamb Curry

Dominican Sun Rice

Braised Collard Greens

BONUS RECIPES

Arepas with Cheese

Flour Tortillas

TORTILLA CHIPS WITH PICO DE GALLO AND GUACAMOLE

Yield: 6 portions

Ingredients

Amounts

Oil, vegetable	as needed
Tortilla, corn	8 ea.
Salt, kosher	to taste
Pico de Gallo (Recipe follows)	2 cups
Guacamole (Recipe follows)	2 cups

Method

1. Preheat the oil in a deep fryer or large pot to 350°F.
2. Cut the tortillas into sixths.
3. Working in batches, add the tortilla pieces. Fry, stirring continuously until crisp, about 3 minutes. Drain well on paper towels. Season lightly with salt to taste.
4. Serve the chips with the Pico de Gallo and Guacamole.

PICO DE GALLO

Yield: 2 cups

Ingredients	Amounts
Tomato, plum (Roma), small diced	1 lb.
Chile, serrano, seeded, minced	2 ea.
Onion, yellow, small diced	1 cup
Cilantro, bunch, fresh, chopped	½ ea.
Lime, juice, fresh	4 Tbsp.
Oil, olive, pure	2 Tbsp.
Salt, kosher	1 ½ tsp.

Method

1. In a large bowl, place all the ingredients. Toss well to combine.
2. Let it sit for at least 30 minutes to allow the flavors to blend.
3. Serve in a chilled bowl.

GUACAMOLE

Yield: 2 cups

Ingredients	Amounts
Onion, red, small diced	¼ cup
Avocado, peeled, diced roughly	3 ea.
Tomato, plum (Roma), small diced	⅓ cup
Chile, jalapeño, minced	1 Tbsp.
Cilantro, fresh, chopped	1 Tbsp.
Lime, juice, fresh	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Tabasco sauce	to taste

Method

1. In a small bowl, place the red onion and enough cold water to cover by 1 inch. Soak for 20 minutes. Drain and rinse.
2. In a large bowl, smash the avocados with a fork to form a rough paste.
3. Add the red onion, tomatoes, jalapeño, cilantro, and lime juice. Mix well.
4. Season with salt, pepper, and Tabasco to taste. Stir to combine.
5. Cover with plastic wrap so the plastic touches the surface of the guacamole (this will help to prevent browning). Refrigerate until ready to use.
6. Serve in a chilled bowl.

Note: Guacamole can only be stored for up to 8 hours or it will oxidize and turn brown.

PIPIÁN VERDE

Yield: 6 portions

Ingredients	Amounts
Sesame seeds	1/3 cup
Peanuts, raw, skinned	1/2 cup
Pumpkin, seeds	1 cup
Tomatillo, paper hull removed	3/4 lb.
Onion, yellow	1/2 ea.
Garlic, clove, unpeeled	3 ea.
Chile, jalapeños	4 ea.
Lettuce, green, leaf, torn into pieces	12 ea.
Radish, leaf, torn into pieces	10 ea.
Hoja santa, leaf, torn into pieces	3 ea.
Oil, canola	2 Tbsp.
Stock, chicken	1 1/2 cups
Salt, kosher	to taste
Chicken, breast, skin removed	6 ea.

Method

1. Heat a small, dry skillet over medium heat. Add the sesame seeds in an even layer. Toast, stirring often, until golden and fragrant, 3 to 6 minutes. Transfer to a plate. Cool and reserve.
2. Heat a small, dry skillet over medium-low heat. Place the chopped peanuts in an even layer. Roast, stirring frequently, until golden brown and aromatic, 15 to 20 minutes. Transfer to a plate. Cool and reserve.
3. Heat a small, dry skillet over medium heat. Add the pumpkin seeds in a single layer. Toast, stirring often, until they turn golden brown and aromatic and start to pop open, about 10 minutes. Transfer to a plate. Cool and reserve. (Be careful not to over-roast the pumpkin seeds or they will have a bitter taste).
4. In a blender, place the toasted sesame seeds, peanuts, and pumpkin seeds. Add a little water as needed. Purée until smooth. Reserve.
5. Place the tomatillos in a small saucepan and cover with water. Simmer until the tomatillos change color, about 10 minutes.
6. In a large, dry skillet over medium-high heat, place the onion, garlic, and jalapeños. Roast until the garlic skin begins to brown. Remove from heat, peel, and discard the skin.
7. In a blender, place the tomatillos, onion, garlic, 2 of the jalapeños, lettuce, radish leaves, and hoja santa. Purée until smooth. Add a little more water if needed to facilitate blending.
8. Heat a large skillet over medium heat. Add the oil. Heat until shimmering but not smoking. Add the puréed mixture. Fry until it changes color, about 10 minutes.
9. Add the reserved seed and nut purée. Adjust the seasoning for spiciness to taste (there should be a mellow heat). If the pipián is not spicy enough, purée the remaining roasted

jalapeño chiles, fry the purée in 2 tablespoons oil, and add to the pipián. Add the chicken stock and stir to combine.

10. Simmer until the pipián coats the back of a spoon, about 30 minutes. Season with salt to taste. Adjust the consistency with additional stock as needed.
11. In a medium bowl, place the chicken and enough water to cover by 1 inch. Bring it to a low boil, then decrease the heat to low. Cover the pot and gently simmer until a meat thermometer inserted into the thickest part of the breast reaches 165°F, 15 to 20 minutes.
12. Serve the chicken on a heated platter with the pipián sauce.

REFRIED BEANS

Yield: 6 portions

Ingredients	Amounts
Beans, pinto, soaked overnight	1 ¼ cups
Lard	3 Tbsp.
Onion, yellow, chopped	2 cups
Garlic, minced	2 Tbsp.
Salt, kosher	to taste

Method

1. In a small saucepot, place the beans and enough cold water to cover by 2 inches. Bring it to a boil over high heat. Decrease the heat to low. Simmer until tender, about 2 hours. Drain and reserve.
2. Heat the lard in a medium sauté pan over medium heat. Add the onions. Sauté until lightly browned, 5 to 10 minutes.
3. Add the garlic. Cook until soft and aromatic, about 1 minute.
4. Gradually mash in the beans, a spoonful at a time, to form a paste. Adjust the consistency with a little water as needed.
5. Season with salt to taste.
6. Serve in a heated bowl.

Note: vegetable oil can be substituted for the lard.

CHURROS

Yield: 6 portions

Ingredients

Amounts

Oil, vegetable	as needed
Water	1 ½ cups
Butter, unsalted	12 Tbsp.
Salt, kosher	1 tsp.
Flour, all-purpose	1 ½ cups
Egg, whole	6 ea.
Sugar, granulated	½ cup
Cinnamon, ground	1 ½ tsp.

Method

1. Preheat the oil in a deep fryer or large pot to 360°F.
2. In a large saucepan, place the water, butter, and salt. Bring it to a rolling boil.
3. Add the flour. Decrease the heat to low. Stir vigorously until the mixture forms a ball, about 1 minute. Immediately remove the pan from the heat and reserve.
4. In a medium bowl, place the eggs. Beat until smooth and homogeneous. Stir the eggs into the flour mixture and mix until well blended.
5. Spoon the mixture into a piping bag fitted with a large star tip. Working in batches, pipe 4-inch strips of dough into the hot oil. Fry for 2 minutes on the first side, then flip and fry until golden brown, about 2 minutes.
6. Drain briefly on paper towels.
7. On a large plate, place the sugar and cinnamon. Mix well to combine. While still very hot, roll the churros in the cinnamon-sugar mixture to coat.
8. Serve on a heated platter.

Note: Churros are a popular treat throughout Latin America. They are often served with dips or stuffed with fillings such as cajeta.

SMALL TACOS WITH CHICKEN

Yield: 6 portions

Ingredients	Amounts
Chicken, breast	3 ea.
Onion, yellow, chopped	½ cup
Garlic, clove, chopped	3 ea.
Salt, kosher	1 Tbsp.
Peppercorns, black	1 ½ tsp.
Epazote	1 ½ tsp.
Red pepper flakes	¼ tsp.
Water	1 qt.
Oil, vegetable	2 Tbsp.
Onion, yellow, small diced	1 cup
Garlic, clove, chopped	3 ea.
Chile, jalapeño, seeded, small diced	1 ea.
Tomato, plum (Roma), chopped	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Cilantro, fresh, chopped	⅓ cup
Corn Tortillas (Recipe follows)	15 ea.
Oil, vegetable	6 Tbsp.

Method

1. In a large saucepan, place the chicken, onions, garlic, salt, peppercorns, epazote, pepper flakes, and water. Simmer until the chicken is tender. Transfer the chicken to a cutting board. When cool enough to handle, shred and reserve.
2. Heat a large sauté pan over medium heat. Add the oil. Heat until shimmering but not smoking. Add the onions, garlic, and jalapeño. Sauté until soft, 3 to 5 minutes.
3. Add the tomatoes. Cook for 5 minutes.
4. Add the shredded chicken. Season with salt and black pepper to taste. Stir and cook for 5 minutes. Remove the pan from the heat. Add the cilantro.
5. Place a large spoonful of the chicken mixture in the center of each tortilla, roll up, and secure with two toothpicks. Slice each taco in half.
6. Heat a large skillet over medium heat. Add the oil. Heat until shimmering but not smoking. Add the taquitos and fry until golden brown. Remove from the pan and drain on paper towels.
7. Remove the toothpicks and serve on a heated platter.

CORN TORTILLAS

Yield: 15 tortillas

Ingredients

Amounts

Flour, corn (*Masa harina*)

2 cups

Water, warm

1 ½ cups

Method

1. In a large bowl, place the masa flour. Gradually add enough warm water to form a soft dough.
2. By hand, knead the masa for 5 to 8 minutes. The masa should be soft and pliable and slightly warmer than your body. Let it rest, covered with a moist towel, for 15 minutes.
3. To shape the tortillas, fold a piece of parchment paper in half and place in a tortilla press. Divide the rested dough into 15 equal-sized balls.
4. Preheat a well-seasoned comal or cast-iron skillet over medium high heat.
5. Place one ball at a time in the folded parchment, press slightly with the tortilla press, turn 180 degrees, and press again, to form a thin tortilla.
6. Remove the tortilla and place it directly into the heated comal or skillet.
7. Cook for a few seconds until the tortilla begins to cook on the outer edges. Flip and cook slightly longer on the other side, then flip again. The top layer of the tortilla should start separating from the bottom layer, making a large bubble in the middle of the tortilla. Do not overcook the tortillas or they will be dry and hard.
8. Immediately transfer the tortillas to a kitchen towel. Keep warm until ready to serve.

PORK BAKED IN LEAVES

Yield: 6 portions

Ingredients	Amounts
Achiote, paste	3 wt. oz.
Lime, juice, fresh	½ cup
Orange, juice, fresh	½ cup
Garlic, clove, chopped	4 ea.
Cilantro, bunch, fresh, chopped	½ ea.
Sugar, granulated	2 tsp.
Salt, kosher	1 ½ tsp.
Pepper, black, ground	¾ tsp.
Pork, shoulder	3 lb.
Banana, leaves	2 ea.
Lard, melted	½ cup

Method

1. For the marinade, in a large bowl, place the achiote paste, lime juice, orange juice, garlic, cilantro, sugar, salt, and pepper. Stir to combine and dissolve the achiote paste.
2. Add the pork and mix to coat in the marinade. Cover and marinate overnight.
3. Preheat oven to 350°F.
4. Lightly toast the banana leaves directly over a gas flame until softened, about 2 minutes.
5. Line a small rectangular roasting pan with the leaves, placing one lengthwise and the other widthwise with their ends overlapping the dish.
6. Place the pork and marinade on the leaves and baste with the lard. Fold the ends of the leaves over the pork. Lightly moisten the leaves with a little water so they do not burn. Cover the roasting pan with foil.
7. Bake in the preheated oven until fork-tender, about 3 hours. Remove from the oven and let it rest for 15 minutes.
8. Remove the pork from the leaves, slice or shred the pork, and serve on a heated platter.

BLACK RICE

Yield: 6 portions

Ingredients	Amounts
Beans, black, dried	3 cups
Stock, chicken	2 ½ qt.
Onion, yellow, medium diced	1 ea.
Chile, serrano, seeded, small diced	1 ea.
Pork, ham hock	1 ea.
Epazote	1 Tbsp.
Pepper, black, ground	1 ½ tsp.
Salt, kosher	1 Tbsp.
Tomato, plum (Roma), chopped	1½ cups
Onion, yellow, chopped	1 ½ cups
Garlic, clove, chopped	3 ea.
Salt, kosher	2 tsp.
Pepper, black, ground	1 tsp.
Butter, unsalted	2 Tbsp.
Rice, long-grain, white	2 cups

Method

1. In a medium bowl, place the beans and enough cold water to cover. Soak overnight. Drain.
2. In a large saucepan, place the soaked beans, stock, onions, serrano, ham hock, epazote, and pepper. Cook, covered, over medium heat for 1 ½ hours.
3. Remove the cover and cook for 20 minutes. Season with the salt. Remove the ham hock, dice the meat into small pieces, and reserve. Drain the beans and reserve the beans and liquid separately.
4. In a blender, purée the tomatoes, onions, garlic, salt, and pepper. Reserve.
5. Heat the butter in a saucepan over medium heat. Add the rice. Sauté, stirring to coat with the butter, for 1 minute.
6. Add the tomato mixture and diced ham hock. Cook, stirring occasionally, for 3 minutes.
7. Add 1 quart of the reserved bean liquid. Stir to combine. Bring it to a boil and decrease the heat to low. Cover and simmer until the rice is tender but still firm to the bite (*al dente*), about 18 minutes.
8. Serve the beans and rice on a heated platter.

ORANGE AND JICAMA SALAD

Yield: 6 portions

Ingredients	Amounts
Radish, thinly sliced	5 ea.
Orange, peeled, sùpremed	3 ea.
Jicama, peeled, julienned	1 lb.
Onion, red, julienned	$\frac{3}{4}$ cups
Cilantro, bunch, fresh, chopped	$\frac{1}{2}$ ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Tabasco sauce	to taste

Method

1. In a large bowl, place the radishes, oranges, jicama, onions, and cilantro. Season with salt, pepper, and Tabasco to taste. Toss to combine well.
2. Refrigerate for 30 minutes to allow the flavors to blend.
3. Serve in a chilled bowl.

BASS FILLET IN COCONUT MILK

Yield: 6 portions

Ingredients	Amounts
Bass, fillet, 4 wt. oz.	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	¼ cup
Onion, yellow, finely chopped	1 ea.
Pepper, bell, green, chopped	1 ea.
Chile, jalapeño, seeded, chopped	1 ea.
Tomato, plum (Roma), chopped	½ cup
Plantain, green, peeled, ½-inch sliced	2 ea.
Coconut, milk	2 cups
Cilantro, fresh, chopped	3 Tbsp.

Method

1. Season the fish with salt and pepper. Heat a large frying pan over medium-high heat. Add the oil. Heat until shimmering but not smoking. Sauté until golden on both sides. Transfer to a plate and reserve.
2. Add the onion, green pepper, jalapeño, and tomatoes. Decrease the heat to medium. Sauté until the vegetables are tender.
3. Add the plantains and coconut milk. Season with salt to taste. Decrease the heat to low. Simmer until the plantains are tender, about 15 minutes.
4. Return the fish to the pan. Simmer until it is cooked through. The flesh should be an opaque, solid white and have an internal temperature of 135°F to 145°F. Adjust the seasonings to taste.
5. To serve, place the vegetables and plantains on a heated platter. Top with the cooked fish and garnish with the cilantro.

Note: Other non-oily, firm white fish such as cod, halibut, mahi-mahi, and haddock can be substituted for the bass.

BORI BORI

Yield: 2 quarts

Ingredients	Amounts
Cornmeal, yellow	1/3 cup
Cheese, Parmesan, grated	1/3 cup
Flour, all-purpose	1/3 cup
Baking powder	1 1/2 tsp.
Salt, kosher	1/2 tsp.
Pepper, black, ground	1/8 tsp.
Egg, whole, lightly beaten	1 ea.
Scallion (Green onion), white part only, minced	2 Tbsp.
Oil, canola	3 Tbsp.
Milk, whole	3 Tbsp.
Oil, canola	1 Tbsp.
Beef, shoulder, medium diced	1 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Stock, chicken	2 qt.
Oil, canola	1 Tbsp.
Onion, yellow, minced	1 1/2 cups
Carrot, small diced	3/4 cup
Celery, small diced	3/4 cup
Garlic, minced	2 tsp.
Bay leaf, dried	1 ea.
Clove, whole	1 ea.
Saffron, threads	3 ea.
Parsley, flat-leaf, fresh, chopped	3 Tbsp.
Cheese, Parmesan, grated	1/4 cup

Method

1. For the dumplings, in a large bowl, place the cornmeal, parmesan, flour, baking powder, salt, pepper, egg, scallions, oil, and milk. Mix well to combine. Cover the bowl and let it rest for at least 45 minutes or up to 3 hours.
2. Heat the oil in a soup pot over medium-high heat. Season the beef with salt and pepper. Sear the beef in the hot oil until well browned, 7 to 8 minutes.

3. Add the chicken stock. Decrease the heat to low. Simmer until the beef is tender, about 1 hour. Transfer the beef to a plate and reserve. Strain the stock through a fine sieve and reserve.
4. Return the soup pot to medium-high heat. Add the oil. Heat until shimmering but not smoking. Add the onion, carrot, and celery. Sauté, stirring frequently, until the onion is tender and translucent, 8 to 10 minutes.
5. Add the garlic. Sauté until aromatic, about 1 minute.
6. Add the strained stock to the soup pot. Add more chicken stock, if needed, to make 8 cups. Bring it to a simmer. Add the bay leaf, clove, and saffron threads. Simmer until the vegetables are tender and the broth is flavorful, 30 minutes. Remove and discard the bay leaf and clove. Return the beef to the soup.
7. To form the dumplings, pinch off 1-teaspoons-pieces of dough and roll them into balls. Add the dumplings to the soup and simmer until the dumplings are cooked through, 20 to 25 minutes. Stir in the parsley and season to taste with salt and pepper.
8. Serve immediately in a warm bowl with the Parmesan.

FISH AND SHELLFISH CEVICHE WITH TOSTONES

Yield: 6 portions

Ingredients	Amounts
Shrimp, 41/50, peeled, deveined, small diced	½ lb.
Sea scallops, small diced	½ lb.
Sea bass, fillet, small diced	½ lb.
Chile, aji, minced	1 ea.
Onion, red, minced	½ ea.
Lime, juice, fresh	1 cup
Salt, kosher	as needed
Cilantro, fresh, chopped	3 Tbsp.
Corn, kernels, frozen, thawed, roasted, cooled	1 cup
Tostones (Recipe follows)	1x recipe

Method

1. in a medium, non-reactive bowl, place the shrimp, scallops, sea bass, chiles, onions, and lime juice. Season with salt. Toss to combine. Let it sit until the seafood becomes opaque, about 30 minutes.
2. Just before serving, add the cilantro and corn.
3. Adjust the seasoning with lime juice and salt to taste.
4. Serve in a chilled bowl with the Tostones.

TOSTONES

Yield: 6 portions

Ingredients

Amounts

Oil, vegetable	as needed
Plantain, not too ripe	2 ea.
Salt, kosher	to taste

Method

1. Heat the oil in a deep fryer or large pot to 350°F.
2. Peel the plantains and cut in ½-inch rounds.
3. Working in batches, deep-fry the plantains, turning often, until they are golden brown, 4 to 5 minutes. Remove from the fryer and drain on paper towels.
4. Fold a piece of parchment paper in half and, working one at a time, place the fried plantains in the middle and press with a sauté pan to a thickness of about ¼ inch.
5. Working in batches, deep-fry the plantains for a second time until golden brown and slightly crisp. Drain on paper towels and season with salt to taste.
6. Serve warm or at room temperature.

GRILLED FLANK STEAK WITH CHIMICHURRI SAUCE

Yield: 6 portions

Ingredients	Amounts
Garlic, minced	2 Tbsp.
Salt, kosher	2 Tbsp.
Vinegar, wine, red	¼ cup
Oil, olive, extra virgin	2 Tbsp.
Shallot, finely chopped	¼ cup
Scallion (Green onion), finely chopped	¼ cup
Chile, aji, seeds + veins removed, minced	½ ea.
Oregano, fresh, chopped	1 cup
Parsley, flat-leaf, fresh, chopped	1 cup
Beef, flank steak, trimmed	2 ¼ lb.
Oil, olive, pure	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. For the chimichurri sauce, place the garlic and salt on a cutting board. Mash it together into a paste using the broad side of a chef's knife.
2. Transfer to a non-reactive bowl. Add the vinegar, olive oil, shallot, scallion, chile, oregano, and parsley. Stir to combine. Let it sit for at least 24 hours and up to 48 hours to allow the flavors to combine.
3. Preheat a gas grill to medium-high, leaving one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
4. Lightly coat the flank steak with the oil. Season with salt and pepper.
5. Grill until the meat is well marked. Rotate the meat 90° and allow it to cook, undisturbed, until crosshatch marks have been created. Turn the meat over and finish grilling to the desired temperature.
6. Transfer to a cutting board. Let it rest, tented, for 10 minutes. Slice thinly across the grain.
7. Serve the sliced beef on a heated platter topped with the chimichurri sauce.

SALT COD FISH FRITTERS

Yield: 6 portions

Ingredients	Amounts
Salt cod, boneless	1 lb.
Oil, vegetable	2 Tbsp.
Garlic, chopped	4 tsp.
Pepper, bell, red, small diced	1 ea.
Pepper, bell, green, small diced	1 ea.
Onion, yellow, small diced	½ cup
Flour, all-purpose	1 ½ cups
Baking powder	2 tsp.
Water	1 cup
Chive, bunch, fresh, chopped	¼ ea.
Scallion (Green onion), bunch, green only, sliced on bias	¼ ea.
Pepper, black, ground	2 tsp.
Oil, vegetable	as needed

Method

1. Soak the salt cod in fresh cold water, refrigerated, for at least 24 hours, changing the water 3 times during that period. After 24 hours, taste the salt cod; if very salty, place it in a saucepan and add enough water to cover. Bring it to a bare simmer, changing the water often, until the saltiness is acceptable.
2. Flake the cod finely and reserve.
3. For the sofrito, heat a large skillet over medium heat. Add the oil. Heat until shimmering but not smoking. Add the garlic, peppers, and onion. Sauté until soft and golden brown, 5 to 10 minutes. Remove the pan from the heat and let it cool.
4. Sift together the flour and baking powder into a medium bowl. Add the water. Mix thoroughly, breaking up any lumps.
5. Fold in the reserved, flaked cod, sofrito, chives, scallions, and black pepper.
6. Heat the oil in a small pot or a deep fryer to 350°F. Carefully drop 1 tablespoon portions of the mixture into the oil. Fry the fritters, turning as necessary, until golden brown. Drain on paper towels.
7. Serve on a heated platter.

LAMB CURRY

Yield: 6 portions

Ingredients	Amounts
Lamb, boneless, cut into 2-in. cubes	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	2 Tbsp.
Oil, olive, pure	1 Tbsp.
Onion, yellow, small diced	1 cup
Garlic, minced	5 tsp.
Curry powder	1 ½ Tbsp.
Tamarind, paste	1 Tbsp.
Wine, white, dry	2 cups
Stock, brown, veal	2 cups
Potato, russet, peeled, medium diced	3 cups
Squash, corn, peeled, medium diced	1 cup
Chayote, pitted, medium diced	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lemon, juice, fresh	2 Tbsp.

Method

1. Season the lamb with salt and pepper.
2. Heat a Dutch oven or rondeau over medium-high heat. Add the oil. Heat until shimmering but not smoking. Working in batches, add the lamb cubes. Sear until well browned on all sides. Remove the lamb and reserve.
3. Add the oil. Decrease the heat to medium. Add the onions. Sauté until soft, 3 to 5 minutes.
4. Add the garlic. Sauté until aromatic, about 1 minute.
5. Add the curry powder. Cook, stirring often, for 3 minutes.
6. In a small bowl, place the tamarind and white wine. Whisk to combine. Add the mixture to the pan, scraping up any brown bits stuck to the bottom.
7. Return the lamb to the pan. Add the stock, potatoes, squash, and chayote. Season with salt and pepper to taste. Decrease the heat to low. Simmer until the lamb is tender, about 1 hour.
8. Before serving, stir in the lemon juice. Simmer for 2 minutes. Serve in a heated bowl.

DOMINICAN SUN RICE

Yield: 6 portions

Ingredients	Amounts
Oil, corn	2 Tbsp.
Carrot, grated	1 ea.
Salt, kosher	1 tsp.
Water	1 ½ cups
Stock, chicken	¾ cup
Rice, long-grain, white, rinsed	1 ½ cups
Corn, kernels, frozen, thawed	1 ½ cups
Butter, unsalted, cold	1 Tbsp.

Method

1. Heat a medium saucepan over medium heat. Add the oil. Heat until shimmering but not smoking. Add the carrots and salt. Sauté until the carrots begin to soften, 8 to 10 minutes.
2. Add the water and stock. Bring it to a boil.
3. Add the rice. Stir to incorporate. Cover and simmer for 10 minutes.
4. Add the corn. Stir to incorporate. Cover and simmer for 10 minutes.
5. Use a fork to fluff the rice. Gently mix in the butter.
6. Serve in a heated bowl.

BRAISED COLLARD GREENS

Yield: 6 portions

Ingredients	Amounts
Oil, olive, extra virgin	2 Tbsp.
Pork, bacon, minced	¼ lb.
Onion, yellow, minced	1 cup
Garlic, clove, minced	2 ea.
Collard greens, stems removed	2 ¼ lb.
Stock, chicken	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat oven to 350°F.
2. Heat a large saucepot over medium heat. Add the oil. Heat until shimmering but not smoking. Add the bacon. Sauté until lightly browned and crisp, 3 to 5 minutes.
3. Add the onions. Sauté until softened, 3 to 5 minutes
4. Add the garlic. Sauté until aromatic, about 1 minute.
5. Add the collards and chicken stock. Season with salt and pepper to taste. Cover and braise in the preheated oven for 45 minutes.
6. Transfer the greens to a bowl. On the stovetop over medium heat, reduce the cooking liquid.
7. Return the greens to the liquid. Adjust the seasoning with salt and pepper to taste.
8. Serve in a heated bowl.

CORN BREAD WITH CHEESE

AREPAS CON QUESO

Yield: 8 portions

Ingredients	Amounts
Flour, corn (<i>Masa harina</i>)	8 $\frac{1}{3}$ wt. oz.
Baking powder	1 tsp.
Salt, kosher	1 tsp.
Water	1 pt.
Cheese, queso fresco, shredded	4 wt. oz.

Method

1. In a small bowl, place the flour, baking powder, and salt. Mix well to combine.
2. Add just enough water to form a stiff dough.
3. Add the cheese. Mix to incorporate. Let the dough rest for 10 minutes.
4. Form the dough into 3-inch balls. Flatten each dough ball until it is $\frac{1}{2}$ -inch thick.
5. Heat a lightly greased sauté pan over medium heat. Cook the arepas until they are golden brown and cooked through.
6. Serve immediately or keep warm.

Note: Queso blanco can be substituted for the queso fresco.

FLOUR TORTILLAS

Yield: 4 ¼ pounds

Ingredients

Amounts

Flour, bread	19 ¼ oz.
Flour, pastry	19 ¼ oz.
Salt, kosher	1 oz.
Shortening	5 ½ oz.
Water	19 ¼ oz.

Method

1. Cut the shortening into the flour. Add the salt and hot water. Mix to form a homogenous mass.
2. Cover the dough and let it rest for 30 minutes.
3. Cut the dough using a 4-pound press in a Dutchess press. Each piece should be 1.75 oz.
4. To divide the dough, but a 4 lb. press in a Dutchess press.
5. Pre-shape the dough into rounds. Arrange them on a lightly floured plastic sheet tray.
6. Cover the dough and let it rest for 15 minutes.
7. To shape the dough, roll it out as thin as possible. Stack it onto a sheet tray with paper set between each tortilla.
8. Cook the tortillas on hot, flat surface.
9. Immediately place the tortillas into a sealed container or wrap in towels to help retain the moisture.

DAY FOUR: TEAM PRODUCTION ASSIGNMENTS: PLANT FORWARD

TEAM ONE

Tamarind Grilled Avocado with Gem Salad and Coriander Cashew Chutney
Jerked Hen of the Woods with Heart of Palm Salad and Fried Plantains

TEAM TWO

Walnut Chorizo and Black Bean Pupusa Mole Verde with Charred Corn
Wilted Kale Salad with Sunflower Tahini and Rye

TEAM THREE

Green Shakshuka with Popped Spices
Fainting Imam Eggplant with Muhammara and Bulgur Pilav

TEAM FOUR

Carrot and Beet Cavatelli with Cauliflower Miso Alfredo and Pistachio Pesto
Celeriac Schnitzel with Beet Stem Kraut, Smoked Carrots, Apples, and Whole Grain Mustard

BONUS RECIPE

Black Forest Lentil Chocolate Truffles

TAMARIND GRILLED AVOCADO WITH GEM SALAD AND CASHEW CHUTNEY

Yield: 10 portions

Ingredients	Amounts
Tamarind	½ cup
Water, hot	1 ½ cup
Jaggery, grated	¼ cup
Cumin, ground	1 tsp.
Red Chili Powder	1 tsp.
Chaat masala	1 tsp.
Ginger, fresh, ground	¼ tsp.
Salt, kosher	to taste
Oil, vegetable	as needed
Avocado, firm, peeled, pitted, halved	5 ea.
Gem Salad (Recipe follows)	1x recipe
Cashew Chutney (Recipe follows)	2 ½ cups
Mint Chutney (Recipe follows)	2 ½ cups

Method

1. In a small bowl, place the tamarind and enough hot water to cover. Soak for 30 minutes. Squeeze the pulp, reserving the water. Transfer the soaked tamarind to a blender. Process until smooth, adding the reserved water as needed.
2. Pass the tamarind through a mesh sieve. Transfer the pulp into a small saucepan. Add the jaggery, cumin, chili powder, chaat masala, and ginger. Stir to combine.
3. Bring it to a rolling boil over medium-high heat. Decrease the heat to low and simmer for 5 minutes. Adjust the seasoning with salt to taste.
4. Preheat grill on medium high and season with oil.
5. Brush oil on the avocados and place cut side down on the grill. Brush the tamarind mixture on the avocados and turn to make cross marks. Flip the avocados and brush the grilled side with more sauce. Transfer to a plate and cool.
6. Fill each avocado with cashew chutney.
7. Serve the salad on a platter topped with avocados, drizzled with mint chutney.

Note: Brown sugar can be substituted for the jaggery.

GEM SALAD

Yield: 6 portions

Ingredients	Amounts
Farro, pearled, dried	1 cup
Water	3 cups
Salt, kosher	½ tsp.
Cashews, roughly chopped	1 cup
Cumin, seeds	½ tsp.
Oil, olive, extra virgin	½ cup
Lemon, juice, fresh	⅓ cup
Garam masala	½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cilantro, leaves, fresh	1 cup
Mint, fresh, chopped	½ cup
Scallion (Green onion), sliced	1 cup
Beans, black, canned, rinsed	2 cups
Beans, garbanzo, canned, rinsed	2 cups
Pepper, bell, yellow, medium diced	1 ea.
Tomato, cherry, quartered	3 cups
Cucumber, English, medium diced	1 ea.

Method

1. Rinse the farro under cold water in a fine mesh strainer. In a large saucepan, place the farro, water, and salt. Bring it to a boil. Decrease the heat to low. Simmer, covered, until the grains are tender, 15 to 20 minutes. Drain any excess water.
2. Heat a small, dry skillet over medium-low heat. Add the cashews in a single layer. Toast, stirring often, until golden brown and aromatic, 3 to 5 minutes. Transfer to a cutting board. Roughly chop. Cool and reserve.
3. Heat a small, dry skillet over medium heat. 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.
4. For the dressing, in a medium bowl, place the olive oil, lemon juice, garam masala, salt, and pepper. Whisk to combine.
5. Add the cooked farro, cilantro, mint, scallion, black beans, garbanzo beans, yellow pepper, tomatoes, and cucumber. Toss to evenly coat with the dressing.

CASHEW CHUTNEY

Yield: 2 ½ cups

Ingredients	Amounts
Coconut, flakes, unsweetened	½ cup
Yogurt, plain, plant-based	1 cup
Cashew nuts, unsalted, roasted	1 cup
Shallot, chopped	1 ea.
Cumin, ground	½ tsp.
Lemon, juice, fresh	3 Tbsp.
Salt, kosher	2 tsp.
Pepper, black, ground	1 tsp.

Method

1. Heat a small, dry skillet over medium heat. Place the coconut flakes in an even layer. Toast, stirring often, until golden brown, 4 to 5 minutes. Transfer to a plate. Cool.
2. In a food processor, place all the ingredients. Process to a paste.
3. Adjust the flavor to taste.

MINT CHUTNEY

Yield: 2 ½ cups

Ingredients	Amounts
Cilantro, fresh, chopped	1 cup
Mint, fresh, chopped	1 cup
Chile, jalapeño, roughly chopped	2 ea.
Ginger root, 2-in. piece, peeled, chopped	1 ea.
Onion, red, quartered	½ ea.
Lemon, juice, fresh	2 Tbsp.
Sugar, granulated	1 Tbsp.
Salt, kosher	1 tsp.
Water	¼ cup

Method

1. In a blender, place all the ingredients. Blend until almost smooth.
2. Adjust the consistency with more water as needed.
3. Adjust the flavor with lemon juice, sugar, and salt to taste.

Note: For a milder flavor, remove and discard the seeds and veins from the jalapeño.

JERKED HEN OF THE WOODS WITH HEART OF PALM SALAD AND FRIED PLANTAINS

Yield: 10 portions

Ingredients	Amounts
Mushrooms, hen-of-the-woods	4 lb.
Jerk Seasoning (Recipe follows)	2 cups
Oil, olive, extra virgin	¼ cup
Coconut, milk, unsweetened	1 cup
lime, juice, fresh	2 tsp.
Mango, chopped	1 ea.
Chile, Scotch bonnet, seeded, chopped	1 ea.
Scallion (Green onion), green only	2 ea.
Cilantro, leaves, fresh	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Heart of palm, fresh, ¼-in. sliced	1 lb.
Kale, baby, leaves	4 cups
Onion, red, thinly sliced	1 cup
Pepper, black, ground	as needed
Fried Plantains (Recipe follows)	2 cups
Orange, navel, segmented	2 cups
Cilantro, leaves, fresh	½ cup
Lime, cut into wedges	8 ea.

Method

1. Brush off any dirt from the mushrooms with a damp paper towel. Trim, removing any tough, woody parts, but leaving the stems attached. Break into 2-ounce pieces. Transfer to a medium bowl. Add the Jerk Seasoning paste. Gently toss to evenly coat. Reserve.
2. For the dressing, in a blender, place the olive oil, coconut milk, lime juice, mango, chiles, scallion, and cilantro. Purée until smooth. Seasoning with salt and pepper to taste.
3. In a bowl, place the hearts of palm, kale, and onion. Gently mix to combine. Add the dressing. Toss gently to evenly coat. Adjust the seasoning to taste.
4. Heat a heavy cast iron pan or grill pan over medium-high heat. Grill the mushrooms on both sides until just done, 6 to 8 minutes per side.
5. For each portion, place several plantain slices on a serving plate. Generously pile on the salad. Top with the grilled mushrooms. Garnish with orange segments, cilantro, and lime.

JERK SEASONING

Yield: 2 cups

Ingredients	Amounts
Scallion (Green onion), chopped	5 ea.
Cilantro, fresh, chopped	1/3 cup
Ginger, 1-inch piece, peeled, chopped	1 ea.
Garlic, chopped	2 tsp.
Allspice, ground	1 tsp.
Thyme, dried	1 tsp.
Mustard, dry	1 tsp.
Cinnamon, ground	1/4 tsp.
Chile, jalapeño, seeded, chopped	1 ea.
Salt, kosher	1 tsp.
Worcestershire sauce	1 Tbsp.
Lime, juice, fresh	1 Tbsp.
Oil, canola	2 Tbsp.

Method

1. In a food processor, place all the ingredients.
2. Grind to a paste.

Note: Liquid aminos can be substituted for the Worcestershire sauce.

FRIED PLANTAINS

Yield: 2 cups

Ingredients

Amounts

Oil, vegetable	as needed
Plantain, peeled, 1/4-in. sliced on bias	2 ea.
Salt, kosher	to taste

Method

1. In a deep pot, place 2 inches of oil. Heat to 375°F.
2. Working in batches, fry the plantains until golden, about 5 minutes.
3. Drain on a wire rack set into a sheet tray.
4. Season with salt to taste.

WALNUT CHORIZO AND BLACK BEAN PUPUSA MOLE VERDE WITH CHARRED CORN

Yield: 20 pupusas

Ingredients	Amounts
Beans, black, canned, drained, rinsed	1 lb.
Walnut Chorizo (Recipe follows)	1 lb.
Masa For Pupusas (Recipe follows)	2 lb.
Oil, vegetable	1 qt.
Mole Verde (Recipe follows)	1x recipe
Corn, whole ear, husk on	2 ea.
Pickled Red Onions (Recipe follows)	2 cups
Radish, thinly sliced	1 cup

Method

1. In a medium bowl, place the black beans and chorizo. Mix well to combine. Reserve.
2. For the pupusas, press the masa balls flat in the palm of your hand. Spread a tablespoon of the chorizo and bean mixture down the center of the masa. Fold it over, pressing the edges of the dough together to seal. Lightly press into a round or oval shape. Repeat with remaining masa and filling.
3. Heat a large skillet over medium heat to 350°F. Add the oil. Heat until shimmering but not smoking. Working in batches, fry the pupusas until golden on both sides, 3 to 5 minutes per side. Drain on a wire rack set into a sheet tray.
4. Preheat grill to medium-high heat (375–450°F).
5. Pull back the outer leaves of the corn ears without removing the husks. Remove silk and discard the silk. Fold the husks back over the ear. Soak in cold water for 15 minutes to prevent burning.
6. Place ears on the grill over direct heat. Turn every 3 minutes to char all sides evenly. Grill until the husks are dry, blackened, and kernels are tender, 15 to 20 minutes. Cool. Remove the husks and cut off the kernels.
7. To serve, place the Mole Verde on a serving platter. Top with the pupusas. Garnish with charred corn, Pickled Red Onions, and radishes.

MASA FOR PUPUSAS

Yield: 2 pounds

Ingredients

Amounts

Flour, corn (<i>Masa harina</i>)	4 cups
Garlic, powder	1 tsp.
Water, warm	5 cups
Yogurt, plain	1 cup
Salt, kosher	1 Tbsp.

Method

1. In a bowl of stand mixer fitted with a paddle attachment, place the masa harina, garlic powder, and warm water. Stir to combine. Let it hydrate for 20 minutes.
2. Add the yogurt and salt. Mix on medium speed until firm and no longer very sticky. Adjust the consistency with more masa or water as needed. The dough should be pliable and not crack when pressed.
3. Shape into ¼ cup balls.

PICKLED RED ONIONS

Yield: 2 ¾ cups

Ingredients

Amounts

Onion, red, ¼-in. sliced	2 cups
Vinegar, wine, white	½ cup
Sugar, granulated	¼ cup
Salt, kosher	1 tsp.

Method

1. In a medium container, place the vinegar, sugar, and salt. Stir to dissolve the salt and sugar.
2. Add the red onions. Macerate for 30 minutes.
3. Drain.

MOLE VERDE

Yield: 2 quarts

Ingredients	Amounts
Oil, vegetable	1 Tbsp.
Pepitas	$\frac{3}{4}$ cup
Sesame seeds	$\frac{1}{4}$ cup
Peanuts	$\frac{1}{4}$ cup
Almonds	$\frac{1}{2}$ cup
Cumin, seeds	1 tsp.
Peppercorns, black, whole	1 tsp.
Lettuce, romaine, head, chopped	1 ea.
Scallion (Green onion), bunch	1 ea.
Radish, bunch, leaves only	1 ea.
Parsley, flat-leaf, bunch, fresh	1 ea.
Mint, bunch, fresh	1 ea.
Epazote, leaves, chopped	1 cup
Tomatillo, husked	$\frac{1}{2}$ lb.
Chile, poblano, seeded, chopped	2 ea.
Chile, jalapeño, seeded, chopped	2 ea.
Spinach, leaves, chopped	2 cups
Squash, zucchini, chopped	$\frac{1}{4}$ lb.
Celery, rib, trimmed	2 ea.
Onion, white, chopped	1 ea.
Garlic, peeled, smashed	$\frac{1}{4}$ cup
Stock, vegetable	1 $\frac{1}{2}$ qt.
Oil, vegetable	$\frac{1}{4}$ cup
Pecans, raw	$\frac{1}{4}$ cup
Cinnamon, Mexican	$\frac{1}{4}$ tsp.
Stock, vegetable	1 $\frac{1}{2}$ cups
Sugar, granulated	1 Tbsp.
Salt, kosher	as needed
Cilantro, fresh, bunch	1 ea.
Lime, juice, fresh	as needed

Method

1. Heat a large skillet over medium low heat. Add the oil. Heat until shimmering. Separately, fry the pepitas, sesame seeds, peanuts, and almonds. Cook until they start to turn golden brown, 4 to 5 minutes. Drain on paper towels. Reserve.
2. Heat a small, dry skillet over medium heat. 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. Heat a small, dry skillet over low heat. Add the peppercorns in a single layer. Toast until lightly browned and aromatic, 3 to 5 minutes. Transfer to a plate. Cool and reserve.
4. For the base, in a blender, place the romaine, scallion, radish leaves, parsley, mint, epazote, tomatillo, poblano and jalapeño chiles, spinach, zucchini, celery, white onion, garlic, and vegetable stock. Purée until smooth but still textured.
5. Heat a large skillet over medium heat. Add the oil. Heat until it shimmers. Add the base sauce. Fry, stirring occasionally, for 25 minutes. Reserve.
6. For the nut mixture, in a blender, place the pecans, toasted cumin and peppercorns, cinnamon, and vegetable stock. Blend until smooth. Add the mixture to the skillet with the sauce. Decrease the heat to low. Cook for 45 minutes.
7. Season with salt and sugar to taste.
8. In a blender, place the cilantro and 1 cup of the mole sauce. Blend until smooth. Add the mixture to the mole sauce. Bring it just to a boil.
9. Add the lime juice. Remove the skillet from the heat.

WILTED KALE SALAD WITH SUNFLOWER TAHINI AND RYE

Yield: 4 portions

Ingredients	Amounts
Sesame seeds	¼ cup
Sunflower seeds	¼ cup
Golden flax seeds	¼ cup
Pumpkin, seeds	¼ cup
Oil, grapeseed	4 tsp.
Kale, lacinato, bunch, stems removed, torn into small pieces	2 ea.
Salt, kosher	⅛ tsp.
Pepper, black, ground	⅛ tsp.
Bread, rye, torn into small chunks	½ cup
Yogurt, smoked (Recipe follows)	1 cup
Tahini (Recipe follows)	1 lb.
Oil, grapeseed	as needed
Pepper, black, ground	to taste

Method

1. In a medium skillet over medium heat, place the sesame, sunflower, flax, and pumpkin seeds. Toast, stirring occasionally, until golden brown and fragrant, 3 to 5 minutes. Transfer to a plate to cool. Reserve.
2. Heat a large sauce pot over medium-high heat. Add the grapeseed oil. Heat until shimmering but not smoking. Add the kale. Season with the salt and pepper. Sauté until the kale is just wilted, about 30 seconds.
3. Transfer the kale to a large bowl. Add the torn bread. Toss to combine. Adjust the seasoning to taste.
4. Divide the Tahini between 4 plates, spreading it on the bottom of each plate. Top with yogurt, and then the kale and bread mixture. Sprinkle the toasted seeds on top. Drizzle with the grapeseed oil. Season with pepper to taste.

Source: Adapted from Cortney Burns, as presented at the Worlds of Flavor International Conference.

TAHINI

Yield: 4 portions

Ingredients	Amounts
Oil, grapeseed, refined	$\frac{3}{4}$ cup
Garlic, clove, peeled	10 ea.
Sunflower seeds	1 lb.
Cumin seeds	1 tsp.
Fennel seeds	$\frac{1}{2}$ tsp.
Fenugreek seeds	$\frac{1}{2}$ tsp.
Caraway seeds	$\frac{1}{2}$ tsp.
Peppercorns, black, whole	2 tsp.
Water	$\frac{1}{2}$ cup
Paprika	1 tsp.
Lemon, juice, fresh	$\frac{1}{4}$ cup
Chile, serrano, Microplaned	$\frac{1}{2}$ ea.
Garlic, clove, peeled	2 ea.
Ginger, powder	$\frac{1}{2}$ tsp.
Sumac, ground	1 Tbsp.
Agave nectar	1 $\frac{1}{2}$ tsp.
Salt, kosher	1 $\frac{1}{2}$ Tbsp.

Method

1. Preheat oven to 350°F.
2. In a small sauce pot, place the garlic cloves and grapeseed oil. Over very low heat, cook the garlic until it softens but does not brown, about 5 minutes. Reserve the garlic and oil.
3. Arrange the sunflower seeds in a single layer on a sheet tray. Toast in the preheated oven until aromatic, about 10 minutes. Transfer to a plate to cool and reserve.
4. Arrange the cumin, fennel, fenugreek, caraway, and peppercorns on the same sheet tray. Toast in the preheated oven until warm and fragrant. Transfer to a spice grinder. Grind to a fine powder.
5. In a blender, place half the toasted sunflower, cumin, fennel, fenugreek, caraway seeds, peppercorns, and water. Purée into a paste.
6. Add the remaining toasted seeds, paprika, and lemon juice. Blend until smooth, scraping down the sides when necessary.
7. Add the cooked garlic cloves, serrano chile, 2 raw garlic cloves, ginger, and sumac. Blend until smooth. Slowly drizzle in the garlic-infused grapeseed oil, blending until incorporated.
8. Add the agave and salt. Mix to combine. Add more water if necessary to keep the mix moving. It should be thinner than peanut butter, but not watery.
9. Adjust the seasoning with salt, lemon juice, or more spices to taste.

Source: Adapted from Cortney Burns, as presented at the Worlds of Flavor International Conference.

SMOKED YOGURT

Yield: 1 quart

Ingredients	Amounts
Yogurt, plain, full fat	1 qt.
Wood chips, fine grain oak or hickory	as needed
Lemon, zest	to taste
Lemon, juice, fresh	to taste
Salt, kosher	to taste
Pepper, black, ground	to taste
Dill, fresh	to taste
Mint, fresh	to taste
Parsley, curly, fresh	to taste

Method

1. Smoke the yogurt for 5 minutes in a commercial smoker.
2. Transfer to a clean container.
3. Season with lemon zest and juice, salt, pepper, dill, mint, and parsley to taste. Whisk until well combined.
4. Cover and refrigerate for up to one week.

Note: If a commercial smoker is unavailable, create a stovetop smoker:

- Line a wok with a double layer of aluminum foil. Scatter a large handful of the woodchips in the middle, then place a wire rack on top. Make sure you have a lid, or a makeshift lid with a large stainless bowl or foil.
- Place the yogurt in a shallow baking pan or bowl that can fit into another larger pan or bowl full of ice. Make sure this set up fits below the lid in the wok set up.
- Ignite the woodchips with a blow torch or over high heat. When the woodchips are fully smoking, blow out any flames and place the bowl on the rack. Cover tightly. Allow yogurt to smoke for 5 minutes.

GREEN SHAKSHUKA WITH POPPED SPICES

Yield: 8 portions

Ingredients	Amounts
Chile, Anaheim	2 lb.
Oil, olive, extra virgin	½ cup
Scallion (Green onion), minced	2 cups
Garlic, minced	2 Tbsp.
Cumin, ground	2 Tbsp.
Red pepper flakes	1 tsp.
Spinach, leaves, fresh, chopped	2 lb.
Cilantro, fresh, minced	1 cup
Salt, kosher	3 tsp.
Stock, vegetable	2 cups
Tofu, silken	2 lb.
Oil, olive, extra virgin	½ cup
Cumin seeds	1 tsp.
Fennel seeds	1 tsp.
Mustard seeds, black	2 tsp.
Sesame seeds, white	2 Tbsp.
Chive, cut into 1-in. pieces	½ cup
Cilantro, leaves, fresh	½ cup
Bread, pita, cut into wedges, warmed	4 ea.

Method

1. Preheat broiler. Prepare a foil-lined sheet tray. Arrange the Anaheim chiles on the tray. Roast in the preheated oven until charred, about 8 minutes. Turn and char the other side, about 8 minutes. Transfer to a cutting board to cool. Chop and reserve.
2. Heat a large rondeau over medium heat. Add the oil. Heat until shimmering. Add the scallion, garlic, cumin, and red pepper flakes. Sauté until translucent and aromatic, 3 to 5 minutes.
3. Add the roasted Anaheim chiles, spinach, cilantro and salt. Cook until the spinach is wilted, 3 to 4 minutes.
4. With an immersion blender, blend ½ of the mixture. Stir to combine. Add just enough vegetable stock to create a thick stew like consistency.
5. With the back of a spoon, create four wells in the mixture. Scoop egg-sized portions of the tofu into each well. Decrease the heat to medium low. Cover and simmer until the tofu is heated through. Reserve.

6. Heat a medium skillet over medium heat. Add the oil. Heat until it shimmers. Add the cumin, fennel, mustard, and sesame seeds. Cook until they start to sizzle and pop.
7. Uncover the shakshuka. Garnish with popped spice oil, chives, and cilantro. Serve with warm pita wedges.

TURKISH FAINTING IMAM EGGPLANTS

Yield: 8 portions

Ingredients	Amounts
Oil, olive, pure	½ cup
Onion, yellow, finely chopped	2 cups
Garlic, finely chopped	5 Tbsp.
Baharat	2 tsp.
Tomato, plum (Roma), grated	2 cups
Turkish pepper paste	1 Tbsp.
Salt, kosher	1 tsp.
Water	5 cups
Farro, pearled	1 cup
Quinoa, red	1 cup
Kale, lacinato, bunch, stemmed, chopped	1 ea.
Parsley, flat-leaf, fresh, finely chopped	1 cup
Scallion (Green onion), thinly sliced	½ cup
Eggplant, Italian, medium	8 ea.
Oil, olive, pure	2 cups
Tomato, plum (Roma), sliced into thin half-moons	8 ea.
Muhammara (Recipe follows)	2 cups
Bulgar Pilav (Recipe follows)	1x recipe
Molasses, pomegranate	¼ cup
Oil, olive, extra virgin	¼ cup
Mint, leaves, fresh, chiffonade.	¼ cup
Scallion (Green onion), thinly sliced on bias	¼ cup

Method

1. Heat a large saucepan over medium heat. Add the oil. Heat until shimmering but not smoking. Add the onion. Sauté until lightly browned, 5 to 8 minutes.
2. Add the garlic. Cook, stirring often, for 3 minutes.
3. Add the baharat. Cook until fragrant, about 3 minutes.
4. Add the tomatoes. Cook until softened, 10 to 15 minutes.
5. Add the pepper paste and salt. Cook for 3 minutes.
6. Add the water. Simmer for 5 minutes.
7. Stir in the farro and quinoa. Simmer, partially covered, for 15 minutes.

8. Add the kale. Cook until the grains are fully cooked but not mushy and the kale is wilted, about 5 minutes. Remove the pan from the heat. Strain off any excess liquid into a bowl and reserve.
9. Stir in the chopped parsley and scallions. Reserve.
10. Cut off the green sepals from the eggplants, leaving the stalks attached. Peel 3 strips lengthwise, so that the eggplant looks striped. Sprinkle generously with salt. Let it sit for 30 minutes to allow the bitter juice to seep out. Rinse with cold water and pat dry.
11. Preheat oven to 350°F.
12. Heat a large skillet over medium heat. Add the olive oil. Heat until shimmering. Add the eggplant. Fry until lightly browned all over and fully softened, 15 to 20 minutes. Drain on a wire rack set into a sheet tray and cool.
13. With a spoon, make a split down the eggplant and press out a hollow with the back of the spoon. Fill each eggplant with the barley and quinoa mixture. Transfer to a baking dish.
14. Lay one slice of tomato over each filled eggplant. Pour any reserved cooking liquid over top. Bake in the preheated oven until heated through, about 15 minutes.
15. To serve, spoon Muhammara over a platter. Place mounds of bulgar pilav over the muhammara. Lean the eggplants over the top. Drizzle with olive oil and pomegranate molasses. Garnish with mint and scallions.

MUHAMMARA

Yield: 2 cups

Ingredients	Amounts
Pepper, bell, red	1 lb.
Walnuts, ground	½ cup
breadcrumbs, dried	2 Tbsp.
Lemon, juice, fresh	1
Molasses, pomegranate	4 tsp.
Turkish pepper paste	¼ cup.
Salt, kosher	¼ tsp.
Cumin, ground	¼ tsp.
Oil, olive, pure	¼ cup

Method

1. With metal tongs, roast the peppers over an open gas flame, turning until blackened and blistered on all sides.
2. Transfer to a paper bag. Let them steam for 10 minutes to loosen the skins. Transfer to a cutting board. Peel off and discard the skins. Slice the peppers in half. Remove and discard the membranes, stems, and seeds. Drain and reserve.
3. In a food processor, place the walnuts and breadcrumbs. Process until finely ground.
4. Add the roasted peppers, lemon juice, molasses, chili paste, salt, cumin, and oil. Blend until slightly creamy but still a little coarse.

Note: Cracker crumbs can be substituted for the breadcrumbs.

BULGHUR PILAV

Yield: 8 portions

Ingredients	Amounts
Oil, olive, pure	¼ cup
Noodles, vermicelli	¼ cup
Tomato, plum (Roma), grated	1 cup
Turkish pepper paste	2 Tbsp.
Bulgur, coarse	3 cups
Stock, vegetable, hot	6 cups
Salt, kosher	2 tsp.

Method

1. Rinse the bulgur in a fine sieve.
2. Heat a sautoir over medium heat. Add the oil. Heat until it shimmers. Add the vermicelli. Fry until golden brown.
3. Add the bulgur. Stir until it is evenly coated with oil.
4. Add the pepper paste and tomato. Sauté until hot.
5. Add the vegetable stock and salt. Bring it to a simmer, then decrease the heat to low and cover. Cook until all the liquid is absorbed, about 15 minutes.
6. Let it rest for 5 minutes, covered.
7. Uncover and fluff with a fork.

CARROT AND BEET CAVATELLI WITH CAULIFLOWER MISO ALFREDO AND PISTACHIO PESTO

Yield: 8 portions

Ingredients	Amounts
Carrot, peeled, cut into 1-in. pieces	1 cup
Water, warm	½ cup
Flour, semolina	2 cup
Flour, 00, soft wheat	1 cup
Oil, olive, pure	2 Tbsp.
Salt, kosher	2 tsp.
Beet	1 cup
Water, warm	½ cup
Flour, semolina	2 cup
Flour, 00, soft wheat	1 cup
Oil, olive, pure	2 Tbsp.
Salt, kosher	2 tsp.
Oil, olive, pure (Divided)	4 Tbsp.
Cauliflower Miso Alfredo Sauce (Recipe follows)	as needed
Pistachio Pesto (Recipe follows)	as needed
Parsley, flat-leaf, fresh, leaves	1 Tbsp.
Pepper, black, cracked	¼ tsp.

Method

1. For the carrot cavatelli, in a small pot, place the carrots and enough cold water to cover by 1 inch. Bring it to a boil, then lower the heat to medium low. Simmer until tender. Transfer to a blender. Purée until smooth.
2. In a large bowl, place the carrot purée, water, semolina and 00 flour, oil, and salt. Mix well to combine. Knead until smooth. Divide into 8 pieces. Reserve.
3. For the beet cavatelli, in a small pot, place the beets and enough cold water to cover by 1 inch. Bring it to a boil, then lower the heat to medium low. Simmer until tender and easily pierced with a fork. Transfer to an ice-water bath to stop the cooking process. Drain and peel off the skins. Transfer to a blender. Purée until smooth.
4. In a large bowl, place the beet purée, water, semolina and 00 flour, oil, and salt. Mix well to combine. Knead until smooth. Divide into 8 pieces.
5. For both types of cavatelli, roll each piece into a thin log about 1 inch in diameter and cut into ½ inch pieces. Roll each piece on a gnocchi board onto a semolina dusted tray.

6. Bring a large pot of salted water to a boil. Add the carrot cavatelli. When the water returns to a boil, decrease the heat to a gentle boil. Cook until the cavatelli floats to the surface and is cooked through, 3 to 5 minutes.
7. Drain and transfer to a serving bowl. Add 2 Tbsp. of the olive oil. Toss gently to coat evenly.
8. Repeat the process to cook the beet cavatelli.
9. Place the heated Cauliflower Miso Alfredo Sauce on a platter. Top with cavatelli. Drizzle with the Pistachio Pesto.
10. Served garnished with parsley leaves and cracked black pepper.

CAULIFLOWER MISO ALFREDO SAUCE

Yield: 3 quarts

Ingredients	Amounts
Oil, olive, pure	2 Tbsp.
Garlic, minced	4 tsp.
Onion, yellow, minced	¼ cup
Cauliflower, cut into 1-in. pieces	6 cups
Miso paste, white	¼ cup
Flour, rice	½ cup
Rice, milk	6 cups
Yeast, nutritional	2 Tbsp.
Salt, kosher	to taste

Method

1. Heat a medium pot over medium heat. Add the oil. Heat until shimmering. Add the garlic and onion. Sweat until aromatic, 1 to 2 minutes.
2. Add the cauliflower, miso paste, flour, rice milk, yeast, and salt. Bring it to a complete boil.
3. Cover and decrease the heat to low. Simmer, stirring occasionally, until the cauliflower is very tender, 10 to 15 minutes.
4. Transfer to a blender. Blend on high until very smooth.

PISTACHIO PESTO

Yield: 3 cups

Ingredients

Amounts

Carrot, top	$\frac{3}{4}$ cup
Basil, sweet, leaves, fresh	$\frac{1}{2}$ cup
Pistachios	$\frac{1}{2}$ cup
Garlic, smashed	1 Tbsp.
Oil, olive, extra virgin	1 $\frac{1}{2}$ cup
Salt, kosher	to taste

Method

1. Bring a small pot of water to a boil. Add the carrot tops. Blanch until just softened, 1 to 2 minutes. Transfer to an ice water bath to stop the cooking process. Drain and pat dry.
2. Following the same process, blanch the basil leaves for 15 seconds.
3. In a food processor, place the blanched carrot tops and basil, pistachios, garlic, oil, and salt. Purée until smooth.
4. Season with salt to taste. Adjust the consistency with more oil as needed.

CELERIAC SCHNITZEL WITH BEET STEM KRAUT, SMOKED CARROTS, APPLES, AND WHOLE GRAIN MUSTARD

Yield: 6 portions

Ingredients	Amounts
Celeriac	2 ½ lb.
Stock, vegetable	1 qt.
Onion, yellow, sliced	2 cups
Garlic, clove, smashed	2 ea.
Bay leaf, dried	2 ea.
Thyme, sprig, fresh	2 ea.
Salt, kosher	as needed
Peppercorns, black, whole	2 tsp.
Egg, whole	2 ea.
Yogurt, plain	¼ cup
Cornstarch	½ cup
Breadcrumbs, amaranth-rye	2 cups
Carrot, baby, peeled,	15 ea.
Butter, unsalted (Divided)	1 wt. oz.
Oil, olive, pure (Divided)	1 fl. oz.
Salt, kosher	as needed
Pepper, white, ground	as needed
Apple, peeled, cut into eighths	2 ea.
Oil, vegetable	1 tsp.
Shallot, minced	¼ cup
Ginger, fresh, minced	1 tsp.
Stock, vegetable	½ cup
Apricot, preserve	½ cup
Mustard, whole grain	1 Tbsp.
Vinegar, cider, apple	1 Tbsp.
Oil, olive, pure	as needed
Quick Beet Stem Kraut (Recipe follows)	6 cups

Method

1. In a large saucepan, place the celeriac, vegetable stock, onion, garlic, bay leaf, thyme, salt, and peppercorns. Bring it to a boil over high heat. Decrease the heat to low. Simmer,

covered, until tender, about 20 minutes. Remove and cool to room temperature. Reserve the celeriac.

2. For the breading, in a wide, shallow bowl, place the eggs and yogurt. Whisk to combine. Place the cornstarch and the breadcrumbs in 2 separate, shallow bowls.
3. Pat the celeriac dry. Season with salt and pepper. Dredge both sides of the celery root in cornstarch, dip in the egg-yogurt mixture, and then dredge in the breadcrumbs. Reserve.
4. Bring a large pot of salted water to a boil. Add the baby carrots. Blanch until tender but still firm to the bite, 2 to 3 minutes. Transfer to an ice water bath to stop the cooking process. Cool for 3 minutes. Drain. Pat dry.
5. Place the blanched carrots in a tabletop smoker. Smoke until the carrots are lightly smoked, about 5 minutes. Transfer to a small bowl. Add ½ ounce of oil and butter. Season with salt and white pepper. Toss to evenly coat. Reserve.
6. Heat a large sauté pan over medium heat. Add ½-ounce of butter and ½-ounce of olive oil. Heat until foaming. Add the apple slices. Sauté until lightly brown, about 5 minutes. Reserve.
7. For the mustard sauce, add the oil to the same pan. Heat until it shimmers. Add the shallot and ginger. Sauté until aromatic, 5 to 7 minutes.
8. Add the broth, preserves, mustard, and vinegar. Whisk to combine. Cook until it reduces slightly. Reserve.
9. Heat a large skillet over medium heat. Add the olive oil. Heat until it shimmers. Working in batches, add the slices of breaded celeriac. Pan fry until golden and crispy on both sides, about 5 minutes. Drain on a rack-lined sheet pan.
10. Serve with the smoked carrots, sautéed apple slices, and Quick Beet Stem Kraut, and mustard sauce.

Note: Whole-wheat or panko breadcrumbs can be substituted for the amaranth-rye breadcrumbs.

QUICK BEET STEM KRAUT

Yield: 6 cups

Ingredients	Amounts
Cabbage, red	1 qt.
Oil, vegetable	1 Tbsp.
Caraway seeds	1 tsp.
Mustard seeds	2 tsp.
Onion, yellow, thinly sliced	1 cup
Garlic, thinly sliced	1 Tbsp.
Beet, stems, trimmed, ¼-in. sliced	2 cups
Vinegar, cider	to taste
Sugar, granulated	2 Tbsp.
Dill, bunch, fresh, chopped	½ ea.

Method

1. With a Microplane grater, slice the cabbage very thinly. Reserve.
2. Heat a medium skillet over medium heat. Add the oil. Heat until it shimmers. Add the caraway and mustard seeds. Heat until the mustard seeds begin to pop, 10 to 20 seconds.
3. Add the onions and garlic. Cook until tender.
4. Add the shredded cabbage and beet stems. Sauté until hot, 3 to 5 minutes.
5. Add the vinegar and sugar. Decrease the heat to low. Cook until the mixture is wilted and tender but still crisp.
6. Just before serving, fold in the dill.

BLACK FOREST LENTIL CHOCOLATE TRUFFLES

Yield: 5 cups

Ingredients	Amounts
Coconut, flakes	4 cups
Lentils, brown	1 cup
Walnuts	1 cup
Cocoa powder, unsweetened	1 cup
Date, pitted, diced	1 cup
Oil, coconut, solid	1 cup
Maple syrup	½ Tbsp.
Vanilla, extract	1 Tbsp.
Cherries, dried	1 cup

Method

1. Heat a small, dry skillet over medium heat. Place the coconut flakes in an even layer. Toast, stirring often, until golden brown, 4 to 5 minutes. Transfer to a plate. Cool and reserve.
2. In a colander, rinse the lentils under running water. In a large pot, place the lentils and water. Bring it to a boil. Decrease the heat and simmer, covered, until half-way done, 8 to 15 minutes. Drain and chill.
3. In a food processor, place the lentils, walnuts, cocoa, dates, coconut oil, maple syrup, and vanilla. Purée until the mixture is crumbly but comes together when squeezed.
4. Scoop the mixture into 1-tablespoon balls. Stuff with cherries and roll with oiled hands.
5. Coat with the toasted coconut. Chill.

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Memo To: CIA Continuing Education Students
From: Office of the Registrar
Re: Privacy of Student Records

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

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

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

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

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

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

CIA INSTRUCTOR POLICY ON PROPRIETARY INTERESTS DISCLOSURE AND REPRESENTATION

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

BASIC KNIFE CUTS



Mince
< $\frac{1}{16}$ -in. cube



Brunoise
 $\frac{1}{8}$ -in. cube (fine dice)



Chop
 $\frac{1}{8}$ -in. to $\frac{1}{4}$ -in. cube



Small Dice
 $\frac{1}{4}$ -in. cube



Medium Dice
 $\frac{1}{2}$ -in. cube



Large Dice
 $\frac{3}{4}$ -in. cube



Fine Julienne
 $\frac{1}{16}$ -in. sq. x 2-in.



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



Julienne
 $\frac{1}{8}$ -in. sq. x 2-in.



Chiffonade
rolled, sliced thin



Batonnet
 $\frac{1}{4}$ -in. sq. x 2-in.

CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

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

METRIC CONVERSION TABLE

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

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

TEMPERATURE EQUIVALENCIES

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

US CUSTOMARY LIQUID VOLUME CONVERSIONS

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

US TO METRIC DRY MEASURES CONVERSIONS

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

VOLUME MEASURE CONVERSIONS

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

RECIPE YIELD

Original	Cut in Half	Cut in Third
1 cup	½ cup	⅓ cup
¾ cup	6 Tbsp.	¼ cup
⅔ cup	⅓ cup	3 Tbsp. + 1 ½ tsp.
½ cup	¼ cup	2 Tbsp. + 2 tsp.
⅓ cup	2 Tbsp. + 2 tsp.	1 Tbsp. + 1 ¼ tsp.
¼ cup	2 Tbsp.	1 Tbsp. + 1 tsp.
1 Tbsp.	1 + ½ tsp.	1 tsp.
1 tsp.	½ tsp.	⅓ tsp.
½ tsp.	¼ tsp.	⅛ tsp.
¼ tsp.	⅛ tsp.	dash

These Materials Were Developed at the Culinary Institute of America.

Runaway Bay Jamiaca ProChef II Assessment Course Guide v.100.docx

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