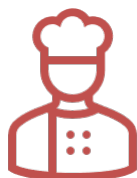




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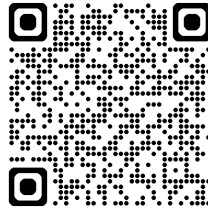
Under The Sea

WELCOME!



CIAFOODIES.COM

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Expectations for Participants

To maintain safety/ sanitation standards and ensure you have the best experience possible...

KITCHEN RESPONSIBILITIES

- Silence and put away phones.
- Clean your workstation as you go.
- Place waste in proper receptacle:
 - **Green:** food scraps for compost
 - **Blue:** recyclables
 - **Gray:** trash for landfill
- Use paper towels, cleaning cloths, red sanitation bucket for spills.
- Use side towel for handling hot objects, not cleaning.
- Place dirty utensils, tools on speed rack, not in sink.
- Place anything with an edge in "Sharps Only" pan.
- Place dirty linen in linen bag.



RECIPE MISE EN PLACE

- Read the entire recipe before starting.
- Review yield, temp., and cook times.
- Ask questions if anything is unclear.
- Visualize the cooking process from start to finish.
- Complete any pre-steps (soak, marinade, etc.).
- Gather, measure/ weigh all ingredients.
- Complete all basic prep (wash, trim, dice, etc.).



KNIFE SAFETY

- Use a sharp knife.
- Hold the knife firmly. Place your dominant hand on the handle with three fingers gripping it. Your thumb and index finger should pinch the blade, resting on either side of the bolster.
- Cut away from your body.
- Use a cutting board.
- Place knives on flat surface, away from table edge.
- Keep knives in clear sight, never covered.
- Never grab blindly for a knife.
- Pass knives using the handle, never the blade.
- Carry knives alongside body with the point down.
- Alert others by saying "Behind you with a knife."

FOOD SAFETY

- Keep hair contained with toque, hair net/ tie.
- Wash hands before starting work.
- Wash hands after:
 - Touching hair, face, phone, pen, etc.
 - Coughing/ sneezing into tissue
- Wash and dry all produce.
- Wash cutting board, knives, tools after each use.
- Keep perishables refrigerated until needed.
- Per NY state law, wear gloves when handling ready-to-eat food.
- Keep raw meat, poultry, eggs, seafood separate from other foods.
- Cook food to the temperature safe zone.



PRODUCTION ASSIGNMENTS

Crab Cakes

Dill Cured Salmon

New England Clam Chowder

Cold-Smoked Salmon

LUNCH RECIPES

Paella

Fillet of Flounder with White Wine Sauce

Caesar Salad

CRAB CAKES

Yield: 8 crab cakes

Ingredients	Amounts
Pork, bacon, strip (optional)	3 ea.
Crabmeat, lump, picked clean	1 lb.
Breadcrumbs, white, fresh	4 wt. oz.
Celery, small diced	4 wt. oz.
Scallion (Green onion), minced	3 ea.
Garlic, minced	3 tsp.
Mustard, Dijon	1 Tbsp.
Lemon, juice, fresh	2 Tbsp.
Salt, kosher	as needed
Chile, cayenne, ground	as needed
Mayonnaise	$\frac{3}{4}$ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Breadcrumbs, panko	8 wt. oz.
Oil, vegetable	as needed

Method

1. Place the bacon in a cold, heavy-bottomed skillet. Turn the heat to medium-low and cook, stirring occasionally, until the fat melts and the meat is crispy. Transfer to a wire rack to drain. Crumble and reserve.
2. In a large mixing bowl, combine the reserved bacon, crabmeat, breadcrumbs, celery, scallions, garlic, mustard, lemon juice, salt, and cayenne. Mix to thoroughly combine.
3. Add the mayonnaise in stages until the cake is just bound and holds together. Adjust the seasoning with salt and pepper to taste.
4. Portion the crab cakes into balls weighing 2 ounces each. Flatten them slightly. Roll in the breadcrumbs, coating evenly.
5. Heat the oil to 350°F in a large skillet. Pan fry the crab cakes until golden brown and cooked through, about 3 minutes per side. Drain briefly on paper towels.
6. Serve immediately.

DILL CURED SALMON

GRAVLAX

Yield: ½ side

Ingredients	Amounts
Salt, kosher	4 wt. oz.
Sugar, brown, dark	8 wt. oz.
Garlic, powder	2 tsp.
Pepper, black, ground	1 tsp.
Dill, fresh, sprigs, chopped	1 pt.
Onion, yellow, minced (Optional)	½ cup
Salmon, fillet, scaled, skin on, boneless, side	½ ea.
Dill, fresh, chopped	¼ cup

Method

1. Lay out a long sheet of plastic wrap over a baking dish and poke holes in it.
2. For the gravlax cure, in a small bowl, combine the salt, brown sugar, garlic powder, pepper, dill, and onion, if desired.
3. Sprinkle 4 ounces of the cure mixture on the plastic wrap. Place the fillet, skin side down, onto the cure. Sprinkle the chopped dill over the fish.
4. Sprinkle the remaining cure on the top of the fish, spreading the mixture slightly heavier where the fish is thicker. Wrap tightly in the plastic wrap.
5. Refrigerate for 2 to 3 days, turning over every 12 hours.
6. Gently scrape off the cure and rinse until it is completely removed. Blot the fish dry using paper towels. Sprinkle with additional chopped dill.

Note: To ensure a more uniform thickness, evenly distribute a 5-pound weight over the fillet during the cure time.

NEW ENGLAND CLAM CHOWDER

Yield: 2 quarts

Ingredients	Amounts
Clams, chowder	15 ea.
Stock, fish (or clam juice)	1 qt.
Pork, salt, minced to a paste	2 wt. oz.
Onion, yellow, minced	2 wt. oz.
Celery, small diced	2 wt. oz.
Flour, all-purpose	2 wt. oz.
Stock, fish	as needed
Potato, Chef, small diced	6 wt. oz.
Cream, heavy, scalded	1 pt.
Tabasco sauce	¼ tsp.
Worcestershire sauce	¼ tsp.
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. In a covered pot over medium heat, place the clams and fish stock. Steam the clams until the shells open. Discard any that do not open. Strain the broth through a cheesecloth and reserve.
2. Remove the clams from the shells. Roughly chop the clam meat. Reserve.
3. In a cold sauté pan place the salt pork. Turn the temperature to medium-low heat. Render until crisp.
4. Add the onions and celery. Sweat, until translucent, about 6 minutes.
5. Add the flour. Cook, stirring constantly, to make a blond roux, 5 to 6 minutes.
6. In a large pot, combine the reserved clam broth and enough additional stock to make 1 quart.
7. Gradually add to the roux, whisking to incorporate completely, working out any lumps. Simmer for 30 minutes, skimming the surface as necessary.
8. Add the potatoes. Simmer until tender, 10 to 15 minutes.
9. Add the reserved clams, heavy cream, Tabasco, and Worcestershire sauce. Adjust the seasoning with salt and pepper to taste.

COLD-SMOKED SALMON

Yield: ½ side

Ingredients	Amounts
Salt, kosher	12 wt. oz.
Sugar, brown, dark	6 wt. oz.
Pepper, black, ground	2 tsp.
Pickling spice, ground	2 Tbsp.
Onion, powder	2 Tbsp.
Garlic, powder	1 Tbsp.
 Salmon, fillet, scaled, skin on, boneless, side	 1 ea.

Method

1. Line a hotel pan with plastic wrap.
2. For the cure, in a small bowl, combine the salt, brown sugar, pepper, pickling spice, onion powder, and garlic powder. Mix well.
3. Place 4 ounces of the cure mixture on the bottom of the hotel pan. Place the salmon fillet, skin side down, on top.
4. Brush 8 ounces of the cure mixture onto the top of the fish, spreading the mixture slightly heavier where the fish is thicker.
5. Wrap the fillet tightly with the plastic wrap. Use more plastic wrap, if needed, to make a tight package.
6. Refrigerate for 20 hours, turning once halfway through the process.
7. Rinse under cold water to remove the cure. Blot the fish dry with paper towels.
8. Transfer the fish to a wire rack and place it in the refrigerator for 1 day.
9. Using a cold smoker, place the salmon. Smoke, 2 to 4 hours, depending on the smoke density of the unit and the desired degree of smokey flavor.
10. Cool the salmon for at least 1 hour.
11. Slice the salmon or wrap for storage.

Note: To ensure a more uniform thickness, evenly distribute a 5-pound weight over the fillet during the cure time.

PAELLA

Yield: 6 portions

Ingredients	Amounts
Stock, chicken, fortified	5 cups
Saffron, threads	1 Tbsp.
Salt, kosher	as needed
Oil, olive, pure	6 Tbsp.
Chicken, thighs, bone in	1 lb.
Pork, sausage, chorizo, cut into 1/2-moons	8 wt. oz.
Onion, yellow, med. diced	2 wt. oz.
Paprika, Spanish	1 Tbsp.
Garlic, minced	1 Tbsp.
Pepper, bell, red, med. diced	6 wt. oz.
Tomato, plum (Roma), canned	3 wt. oz.
Rice, short-grain, Spanish	2 1/2 cups
Mussels	12 ea.
Clams	6 ea.
Shrimp, 21/25 count	12 ea.
Lemon, halved	2 ea.
Peas, green, fresh, shelled, washed	3 wt. oz.

Method

1. In a large stock pot, place the chicken stock over medium-low heat. Add the saffron threads, warm for 5 minutes. Bring the stock to a boil. Season with salt. The stock should taste slightly over-seasoned. Reserve.
2. Bring a medium pot of water to a boil. Add the peas and return the water to a boil. Blanch the peas until they are just tender, not mushy, 1 1/2 to 2 minutes. Transfer to an ice water bath to halt the cooking process. Cool for 2 minutes. Drain and reserve.
3. Heat the olive oil in a paella pan over medium-high heat. Add the chicken and chorizo. Sauté until fully cooked, about 8 minutes. Remove them from the pan. Keep warm.
4. Add the onions, paprika, garlic, peppers, and tomatoes. Cook until soft, about 5 minutes.
5. Increase the heat to high. Add the rice. Cook, stirring frequently, 3 to 4 minutes.
6. Return the chicken and chorizo to the pan. Pour in the hot stock and bring it to a boil.
7. Lower the heat, cover the pan, and simmer for about 10 minutes.
8. Remove the lid. Arrange the mussels, clams, and shrimp over the rice. Top with the peas. Cook until the shellfish open and the shrimp is fully cooked, 5 to 8 minutes.
9. Remove the pan from the heat. Allow the paella to rest for 5 minutes.
10. Squeeze the lemon over the dish. Serve in the pan.

FILLET OF FLOUNDER WITH WHITE WINE SAUCE

Yield: 10 portions

Ingredients	Amounts
Flounder, fillet, 5 oz., trimmed	10 ea.
Salt, kosher	2 tsp.
Pepper, black, ground	½ tsp.
Butter, unsalted	¼ cup
Shallot, minced	5 Tbsp.
Wine, white, dry	1 pt.
Stock, fish	3 cups
Cream, heavy	1 pt.
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, leaves, fresh, chopped	¼ cup
Chervil, fresh, chopped	¼ cup

Method

1. Preheat oven to 350°F.
2. Season the flounder with salt and pepper. Roll it tail to head with the skin side in. Reserve.
3. Butter an ovenproof pan. Sprinkle in the shallots.
4. Place the seasoned flounder in the pan. Add the wine and stock.
5. Place the pan on the stovetop over medium heat. Bring the liquid to a simmer.
6. Cover the pan with a buttered parchment or waxed paper lid (*cartouche*). Place the pan in the preheated oven. Cook the flounder until the flesh turns opaque, 5 to 7 minutes.
7. Remove the flounder from the pan. Keep warm and reserve.
8. For the sauce, place the same pan on the stove over high heat. Reduce the poaching liquid by $\frac{2}{3}$.
9. Add the heavy cream. Simmer until the sauce thickens enough to coat the back of a spoon evenly and smoothly (*nappé*). For a smoother consistency, strain the sauce, if desired. Adjust the seasoning with salt and pepper to taste.
10. Place the flounder on a platter. Garnish with the parsley and chervil. Serve with the sauce.

CAESAR SALAD

Yield: 10 portions

Ingredients	Amounts
Garlic, paste	½ wt. oz.
Salt, kosher	⅛ tsp.
Anchovy, fillet	5 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Egg, whole	4 fl. oz.
Lemon, juice, fresh	½ cup
Oil, olive, extra virgin	2 ½ cups
Cheese, Parmesan, grated	½ cup
Lettuce, Romaine, hearts, washed, leaves torn	3 ea.

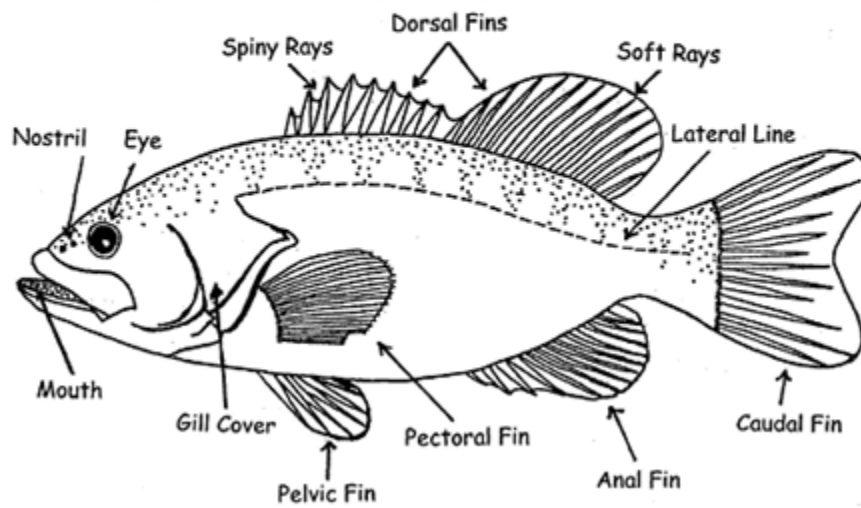
Method

1. Chop the garlic to a fine mince. Add the salt. Crush with the side of your chef's knife to a create a paste.
2. For the dressing, in a food processor, place the garlic, anchovy fillets, salt, and pepper. Pulse to form a paste. Transfer to a small bowl. (or continue in food processor)
3. Add the egg and lemon juice. Whisk to combine.
4. Slowly add the olive oil, whisking continuously to form a thick dressing.
5. Adjust the seasoning to taste.
6. In a mixing bowl, place the lettuce and Parmesan cheese.
7. Add enough dressing to lightly coat the lettuce. Toss well to combine.
8. Serve in a chilled bowl.

APPENDIX

FISH FABRICATION GUIDE

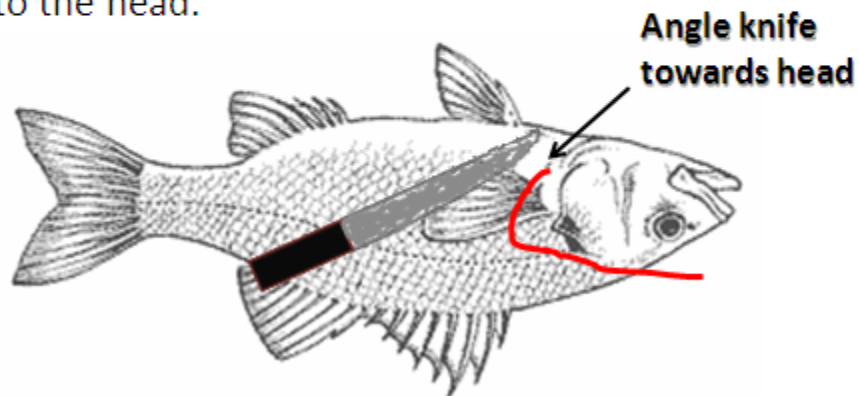
Fish Layout



Up & Over Filet Cut

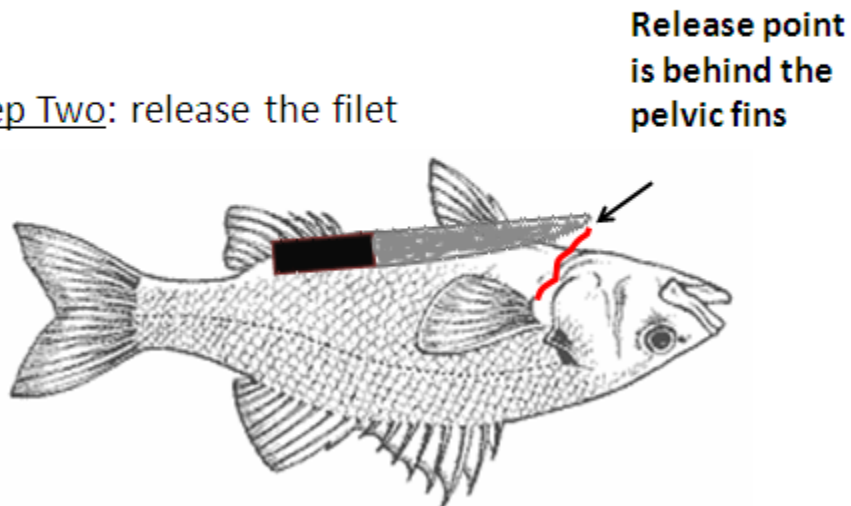
bass, snapper, grouper, & codd

Step One: lift pectoral fin, cut around the gill up into the head.



Up & Over Filet Cut

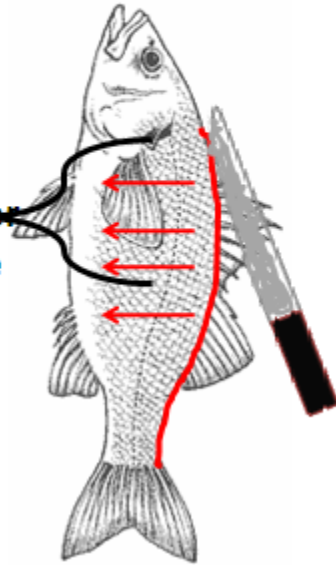
Step Two: release the filet



Up & Over Filet Cut

Step Three: cut down along spine from head to tail, then proceed to the stomach cutting from tail to the head (right to left) keeping the knife tight to the ribs.

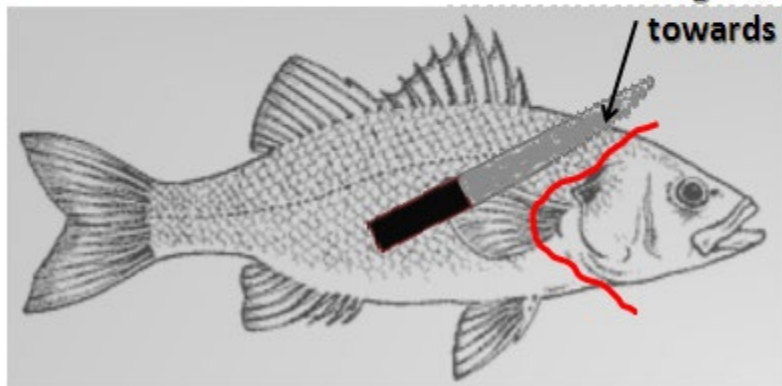
Go up and over rib cage area



Up & Over Filet Cut

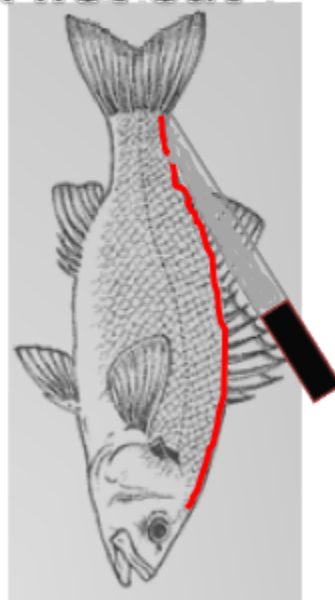
Step Four: cut from top of head around pectoral fin

Angle knife towards head



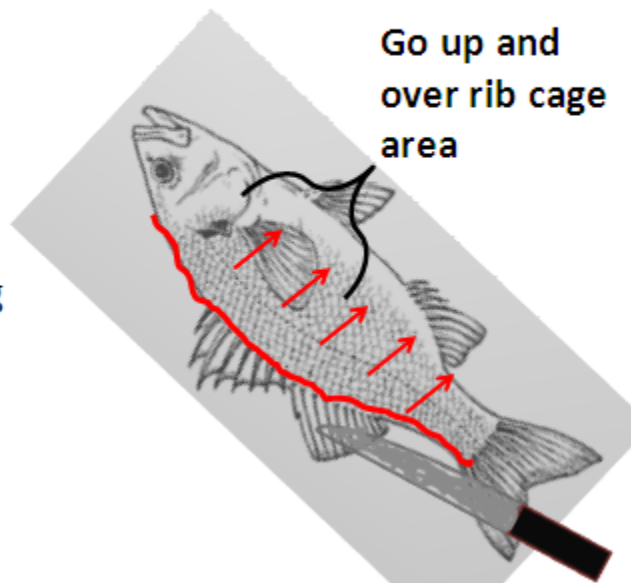
Up & Over Filet Cut

Step Five: cut from along the spine from tail to head removing the filet



Up & Over Filet Cut

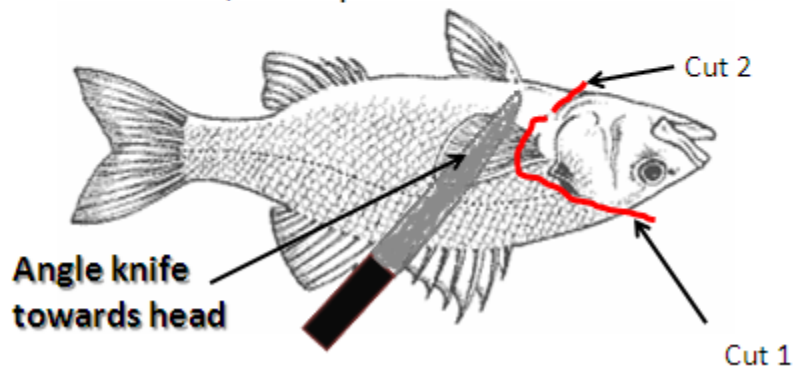
Step Six: cut from tail to head, left to right, removing the filet



Straight Filet Cut

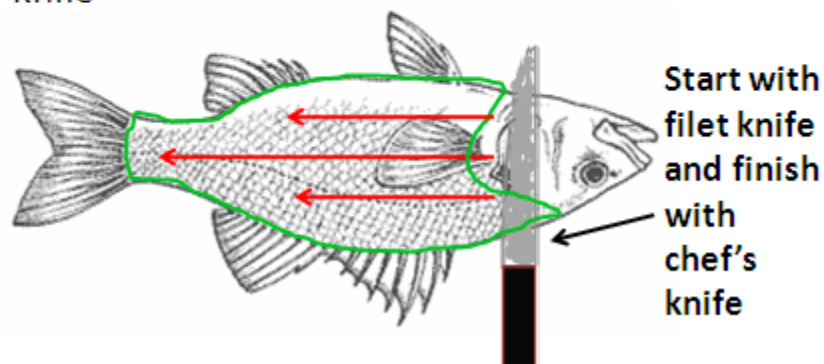
Salmon & Trout

Step One: lift pectoral fin, cut around the gill up into the head, then proceed to release the filet



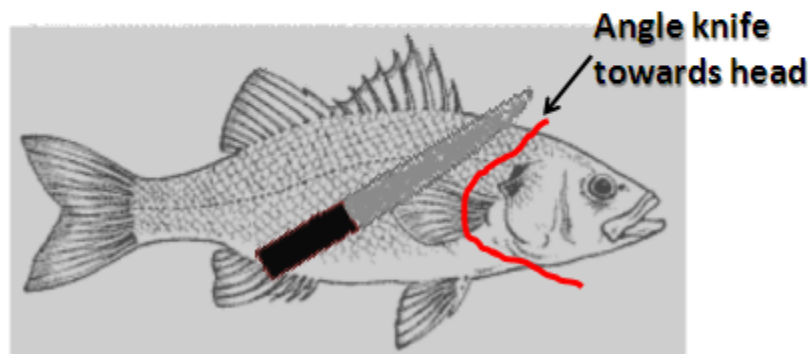
Straight Filet Cut

Step Two: Put knife under previous cut and cut along the spine toward the tail removing the filet using your left hand to hold the belly above the knife



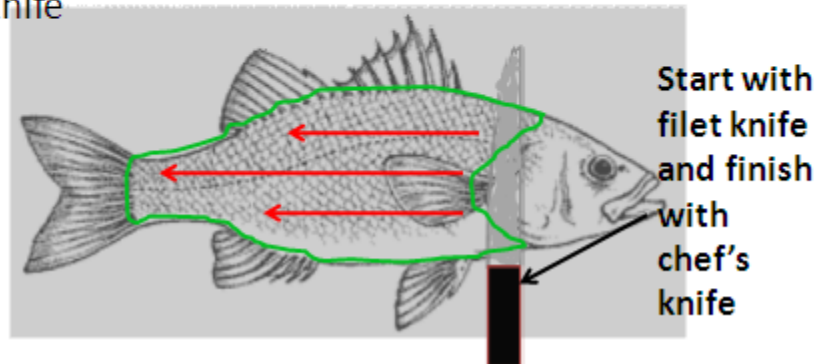
Straight Filet Cut

Step Three: cut from top of head, around pectoral fin and down to the gill



Straight Filet Cut

Step Four: Put knife under previous cut and cut along the spine toward the tail removing the filet using your left hand to hold the belly above the knife



Straight Filet Cut

Step Five: remove remaining rib bones from the head of the filets. Remove the pin bones in direction of the head. **When removing ribs, filet should be “swimming” towards you.**

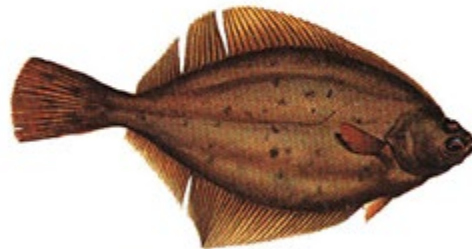


Flat Fish

Summer
Founder/Fluke
(left eyed)



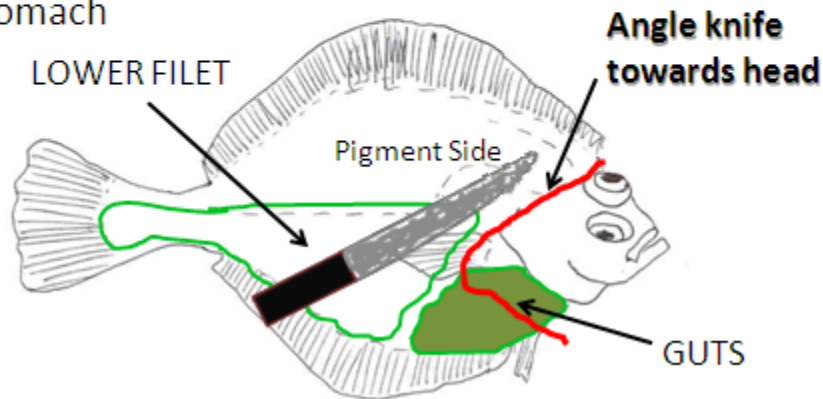
Winter
Founder/(right
eyed)



Flat Quarter Filet Cut

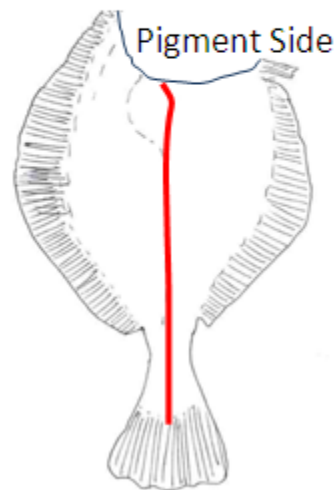
flounder, sole, halibut, turbot, & skate

Step One: Remove head, if not already done, cut from top of head around pectoral fin and down to the stomach



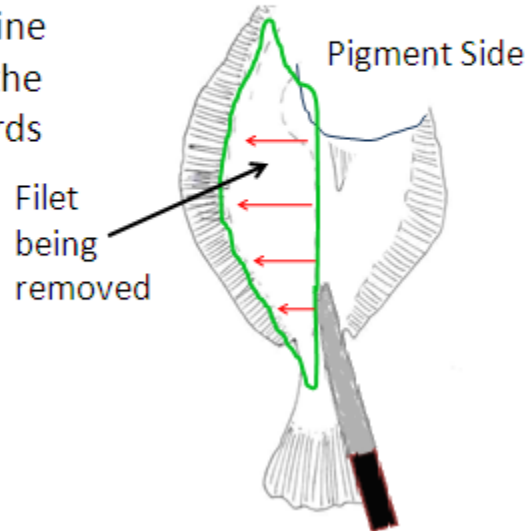
Flat Quarter Filet Cut

Step Two: cut straight down towards the tail along top of the spine



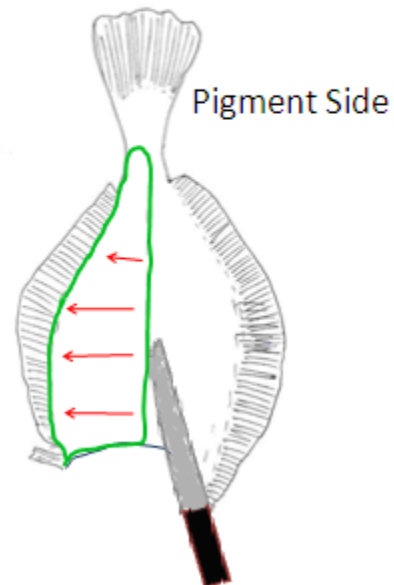
Flat Quarter Filet Cut

Step Three: find spine bone and remove the filet from tail towards head



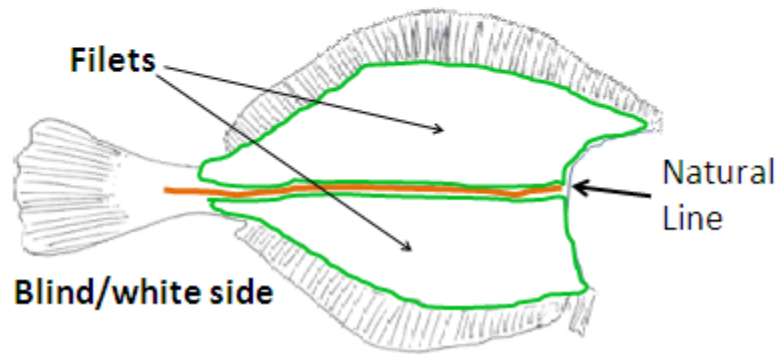
Flat Quarter Filet Cut

Step Four: repeat step three, removing filet from tail towards the head



Flat Quarter Filet Cut

Step Five: flip over and repeat steps two, three, and four for the Blind/White side of the fish



BASIC KNIFE CUTS



Mince

<1/16-in. cube



Brunoise

1/8-in. cube (fine dice)



Chop

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



Small Dice

1/4-in. cube



Medium Dice

1/2-in. cube



Large Dice

3/4-in. cube



Fine Julienne

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



Rondelle

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



Julienne

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



Chiffonade

rolled, sliced thin



Batonnet

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

CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

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

METRIC CONVERSION TABLE

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

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

TEMPERATURE EQUIVALENCIES

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

US CUSTOMARY LIQUID VOLUME CONVERSIONS

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

US TO METRIC DRY MEASURES CONVERSIONS

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

VOLUME MEASURE CONVERSIONS

US	Metric
1 tsp.	5 milliliters (ml)
1 Tbsp.	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ 1/4 cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint (pt.)	480 ml
32 fl. oz./ 1 quart (qt.)	960 ml
128 fl. oz./ 1 gallon (gal.)	3.84 liters (L)

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