



Culinary Institute of America

EPICUREAN **CHEF'S ANNIVERSARY** **HANDS ON PROGRAM**



The Culinary Institute of America, Hyde Park, NY

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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 black ink, appearing to read "George Shannon".

George Shannon, CEC

Project Manager Chef

845-905-4413 george.shanno@culinary.edu

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

- ☑ Remain in attendance for the class duration
 - Course Satisfactory Completion Requirements
Students must participate in all exercises and discussions and attend at least 95% of the course to be awarded Continuing Education Units from the IACET.
- ☑ Actively participate
- ☑ Return promptly from breaks
- ☑ No cell phone use or text messaging during class
- ☑ 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
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables
- ☑ Adhere to appropriate CIA uniform and attire standards as outlined on the following page.
- ☑ **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
 - Long hair should be pinned up and worn under a hair

2023 Epicurean Chefs' Anniversary Hands On Program

Saturday, August 5, 2023

Start Time	End Time	Topic/Group	Faculty / Staff	Location
8:30 AM	9:30 AM	Arrival - Welcome – Review Program Objectives	Chefs David Kamen Chef Mike Skibitcky Chef Rose Darling Chef Oscar Bendeck	Napa Valley Vintners Theater
9:30 AM	12:30 PM	Kitchen Exercise	Chef David Kamen Chef Mike Skibitcky Chef Rose Darling Chef Oscar Bendeck	Hestan Teaching Kitchen – all suites
12:30 PM	1:30 PM	Lunch from Production	Chef David Kamen Chef Mike Skibitcky Chef Rose Darling Chef Oscar Bendeck	Mezzanine
1:30 PM	2:30 PM	Wrap up discussion	Chef David Kamen Chef Mike Skibitcky Chef Rose Darling Chef Oscar Bendeck	Napa Valley Vintners Theater
2:30 PM		Program Concludes		

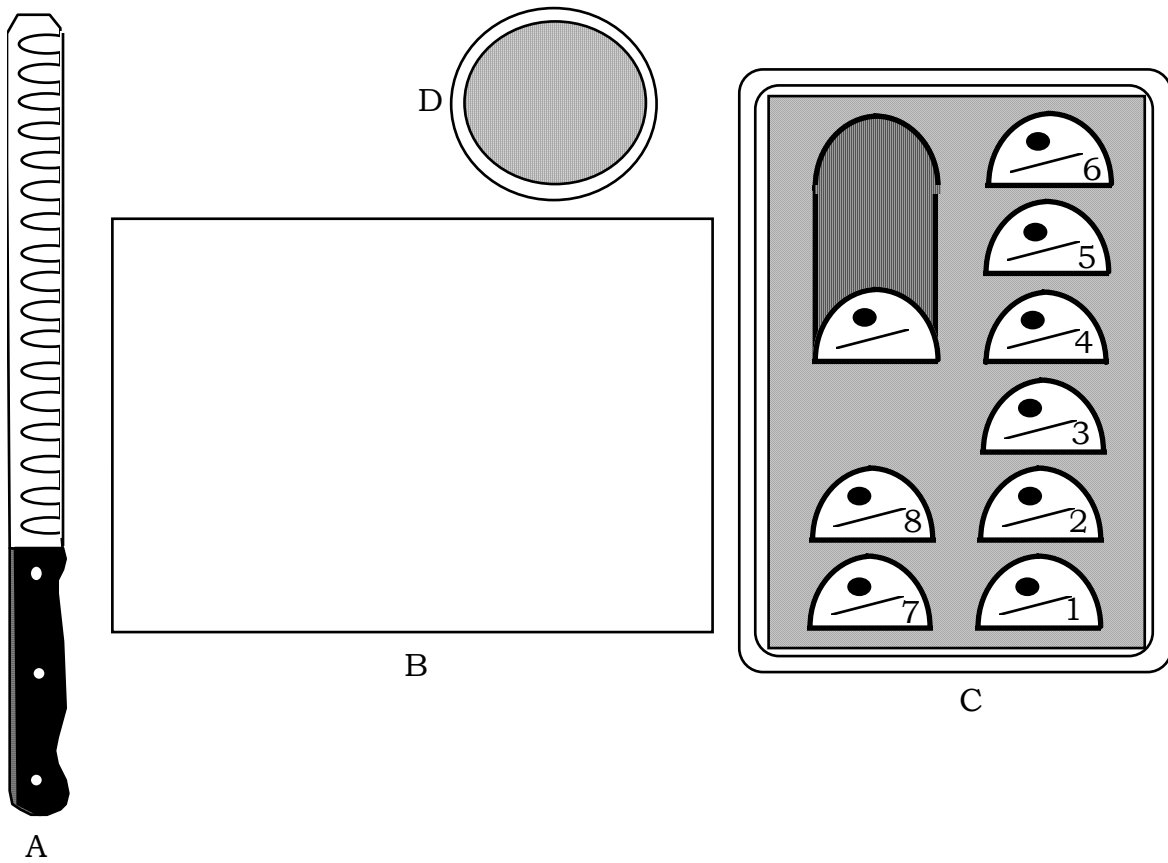
FOOD PRESENTATION

Food presentation guidelines should not be limited to hot or cold food but to good food. Chefs present food with the intent to stimulate all of the guest's senses. An attractive and appealing appearance stimulates the desire to taste the food. The food should look natural without drastic or contrived color combinations.

Main colors should be soft, natural and compatible. The two primary categories of color to work with are earth tones and vibrant. Working with these two categories will make it easier to match food and colors. The execution of basic culinary principles plays the most important role. If food is complicated through unnecessary ingredients and combinations, then the beauty of simplicity is lost. Compatible cooking methods enhance the experience of basic tastes, textures and appearance of food. Garnishes should enhance and complement, not become a focal point.

SLICING STATION ORGANIZATION

This diagram is an example of a properly organized station for slicing.



- A. Slicer
- B. Cutting board
- C. Work tray for slices and gross piece
- D. Tall container of hot water to clean and warm slicer blade

PRESENTATION GUIDELINES

BALANCE

The concept of balance incorporates many factors in food presentation. The presentation must be balanced through the selection of food by choosing complementary flavors, seasonings and food groups. Also food should be prepared using different but complementary cooking methods and arranging it on appropriate china in an appetizing presentation.

SELECTION OF FOOD

Complex and simple types of food should be balanced; e.g., perfectly sautéed veal scaloppini (simple) served with vegetable risotto (complex).

COLORS

Color is always important in food, but especially so in presentation. Color reinforces freshness, quality and proper cooking.

VARIETY

Show a variety in color without giving a "circus" effect. Use of earth tones with vibrant color is often successful. Usually foods that taste good together will naturally harmonize in color.

NATURAL

Color should highlight the cooking technique employed.

Roasts caramelized on outside (use of glaze)

Sauté - evenly brown

Steamed - fresh colors, etc.

COOKING METHODS

Avoid repetition by using different and compatible methods. A variety of cooking techniques will automatically add a variety of textures to the presentation.

Roasted whole meat with poached sausage

Baked crust with braised meats

Deep-fried fish with boiled vegetables, etc.

SHAPES

Avoid combining the same shapes on one plate. Avoid too many whole or stuffed vegetables or too many loose mixtures on the same plate.

TEXTURES

Utilize purées, custards, fried or toasted items, etc. to provide different textures; however, avoid combining too many similar textures on the same plate. The basic textures to work with are:

Smooth

Coarse

Solid

Soft

FLAVORINGS OR SEASONINGS

Avoid using the same herbs and spices to provide flavor. Do not put garlic, herbs and shallots in everything if they will be served on the same plate. The flavors should be complementary. For example:

Rich with lean

Spicy with bland

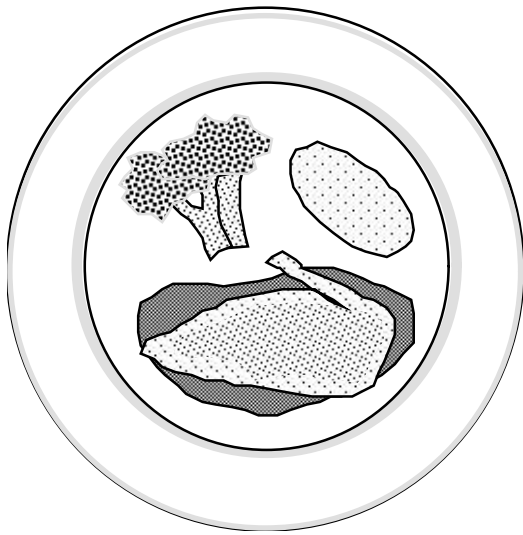
Smoky (salt) with sweet

Sweet with sour (acid)

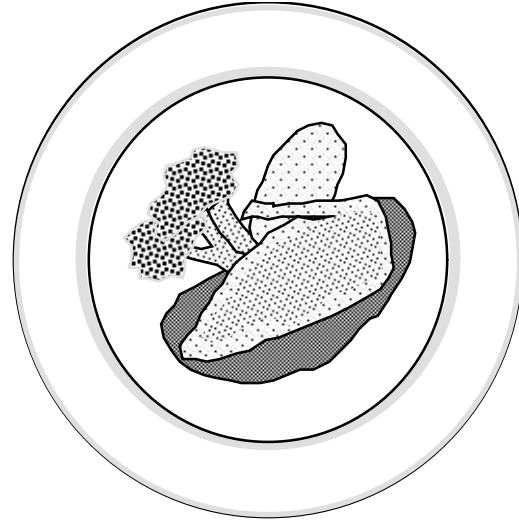
Sweet with spicy

UNITY

The layout should work as a cohesive unit. Since elegance typically follows from simplicity, the fewer areas of focus in the presentation the better. For example, note the difference in configuration of the following examples.



A.

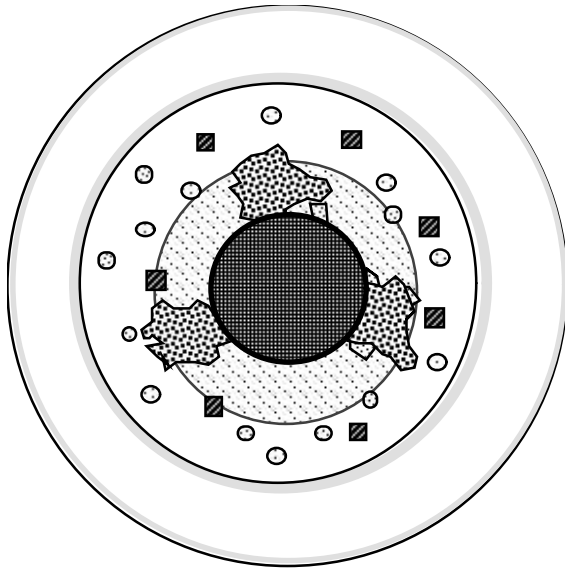


B.

In figure "A" the food components are distributed to all parts of the plate. The plate may be filled but the presentation is not unified. In figure "B" the components are brought together to emphasize that this entrée is a single offering of foods that work well together. The feeling should be one of presenting a delicious combination of food working together, not three separate components that happen to be on the same plate.

SCATTERED

Both methods emphasize the compatibility and combination of food. The chef, through the non-traditional approach, will be able to offer guests more than just good-tasting food.

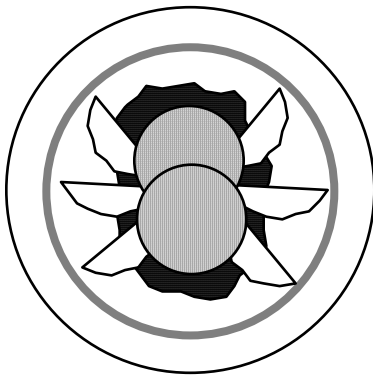


FOCAL POINT

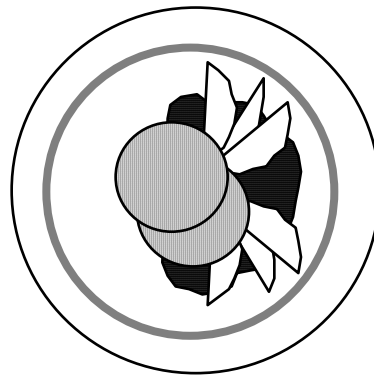
The platter or plate layout should exhibit a focal point (a point or area to which the eye is automatically drawn). The existence and location of this focal point is largely dependent on the placement and relationship of the various food components.



A.



B.



C.

In figure "A" due to the haphazard arrangement, we find no single unifying focal point. Figure "B" illustrates the same food components arranged in such a way as to supply a definite focal point. (Note the different types of balance illustrated in "B" and "C.")

PLATE & PLATTER PRESENTATION CHECKLIST

ITEMS

The choice of items will be based on seasonality, practicality, portion size, number of items on the plate, and traditional or non-traditional foods.

FLAVOR

This is the single most important factor. Through the use of fresh, compatible flavors the presentation will be enhanced naturally.

COLOR

Use a combination of earth tones and naturally vibrant colors. Usually compatible flavors naturally provide an exciting combination of color.

TEXTURE

By varying cooking methods and the cutting of vegetables, a variety of textures will be achieved.

HEIGHT

Use the natural shape of food to provide varied but not extreme height. This will enhance the flow.

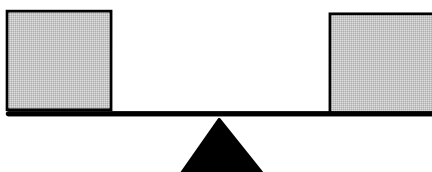
SHAPE

Avoid contrived food shapes. This can be accomplished by using a combination of sliced, molded, loose and whole food items.

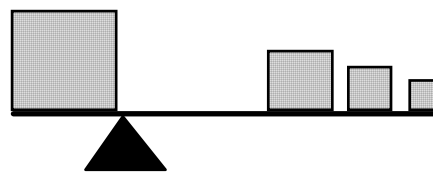
FLOW

If the previously mentioned factors (balance, unity, focal point) are handled properly, it is possible to develop a sense of movement or flow on the platter. If the layout is symmetric, the sense of flow may be stifled by "locking" the eye in the middle of the plate or platter; if asymmetric, there is a stronger sense of flow.

SYMMETRIC & ASYMMETRIC BALANCE



Symmetric Balance



Asymmetric Balance

When the presentation is not unified it is impossible to form a pleasing pathway for the eye to follow; therefore, no flow is evident. Additionally, if the presentation is not unified there is no strong focal point. This focal point is the necessary starting point from which the flow should emanate.

FACING

When slicing a roast, pâté, galantine, or other large item, each slice must be placed with the "outside" face up. This practice insures that any pattern on the face of the gross piece is similarly displayed on the presentation face of the slice.

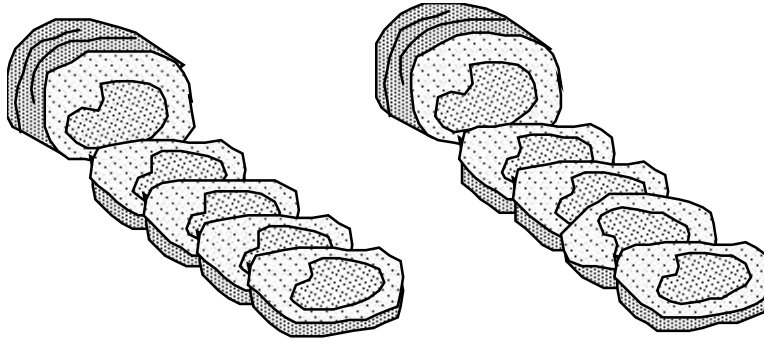


Figure A

Figure B

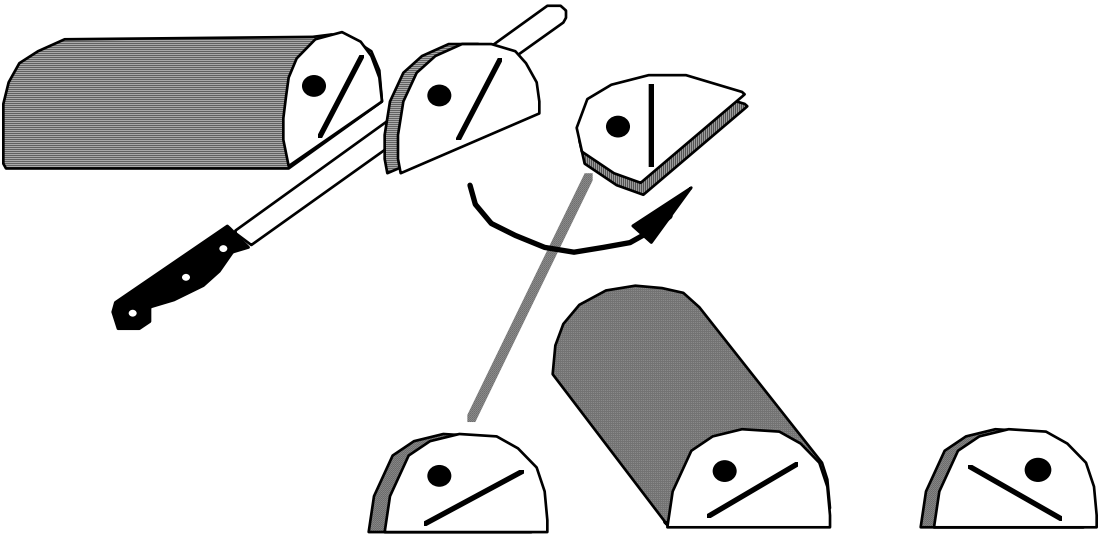
Figure A shows the proper arrangement of slices from a stuffed roast, the stuffing pattern is all in the proper direction similar to the gross piece, whereas Figure B shows one of the slices reversed in the presentation.

If the slice is placed with the "outside" face down as illustrated in figure 8b, then there is a "reversal" of the pattern on the slice as compared to the gross piece.

Figure 8

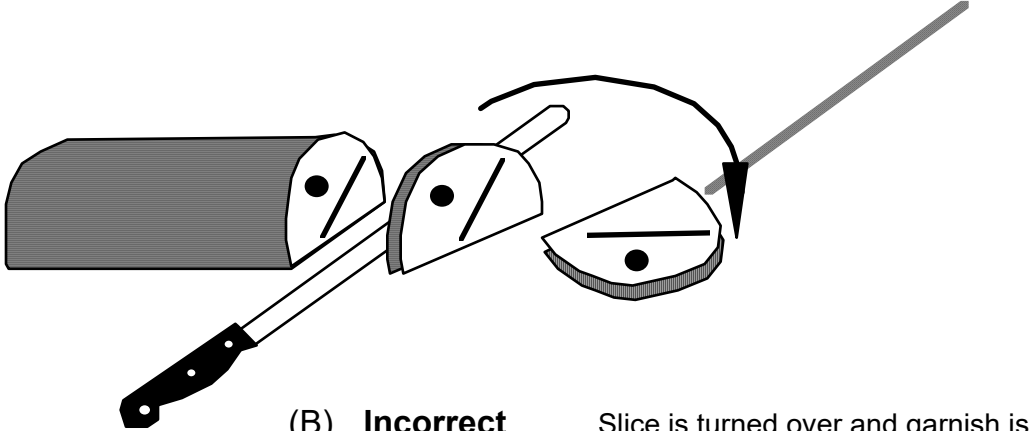
(A) Correct

Lay slice with outside face up



(A) Slice is facing correctly

(B) Slice is reversed

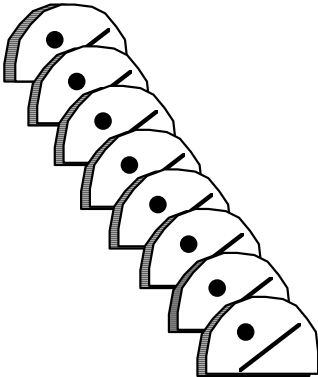


(B) Incorrect

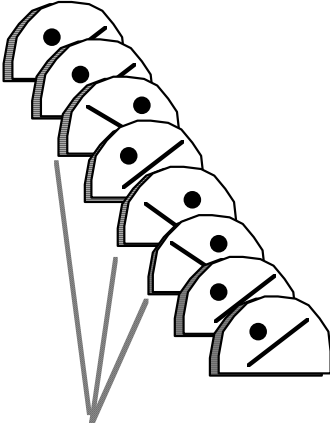
Slice is turned over and garnish is reversed

When shingling a line of slices, if one or more slices are “**reversed**” it disrupts the rhythm of the line, thereby weakening that line. (Figure 9).

Figure 9



Consistent Facing



Reversal

SEQUENCING

A line of slices should be displayed in the same order as the item was sliced. This will insure the consistent progression of any particular pattern in the item. Often the natural marbling in a piece of meat or the diminishing size of a poultry breast set up a traceable pattern that can be easily disrupted by a skip or change in sequence. When shingling a line of slices, if one or more slices are "reversed" it disrupts the flow of the line, weakening that line.

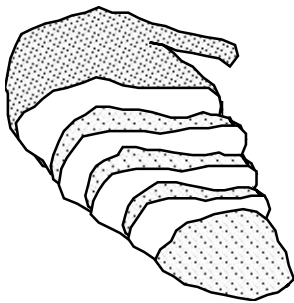


Figure A

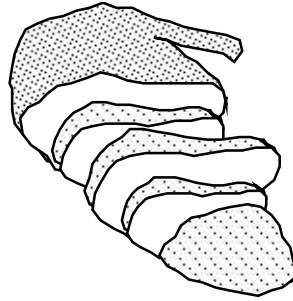


Figure B

Figure A shows the proper arrangement of slices of a chicken breast, whereas Figure B shows that the slices are not in proper order.

SLICING IN SEQUENCE

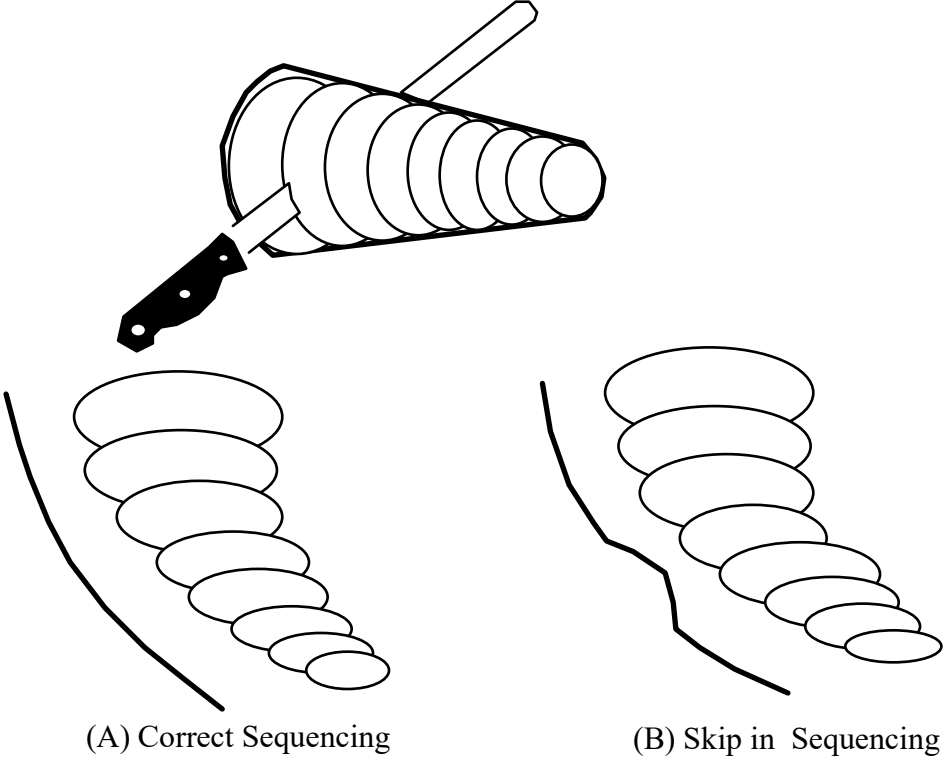
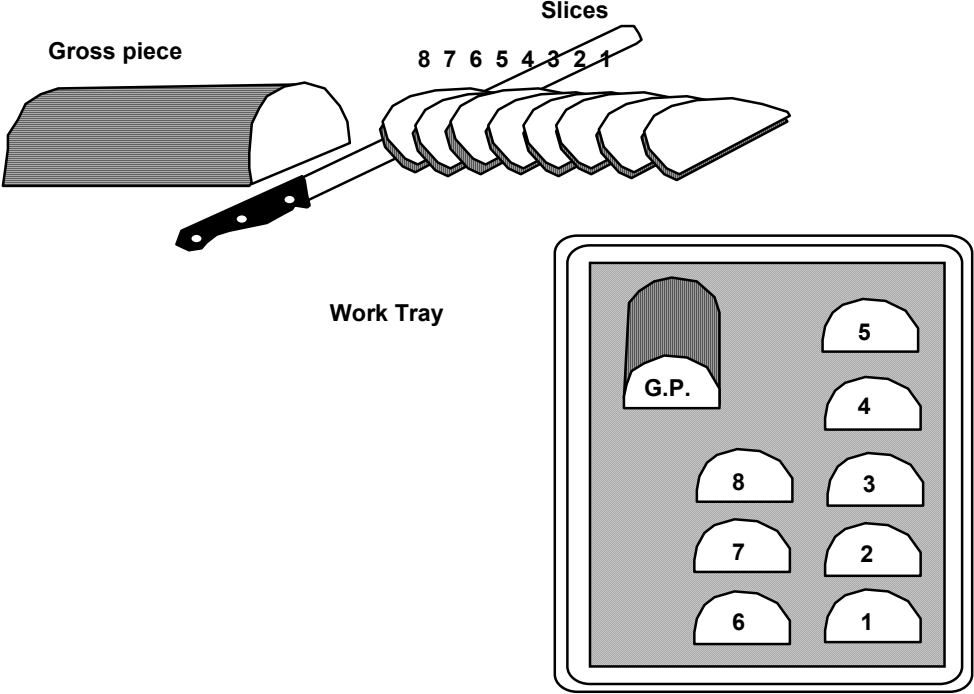


Figure A shows the product sliced in a symmetrical pattern.

Figure B shows an inconsistent pattern or a skip in sequencing.

Below is a suggested pattern of organization for arranging the slices on a work tray (figure 11).

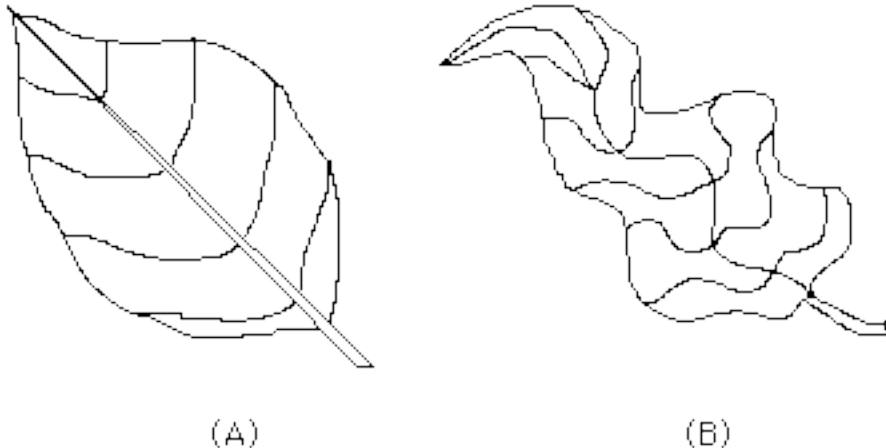
Figure 11



STRONG LINES

Important to a successful presentation is the understanding and development of “strong” or “clean” lines. A strong line is a line which makes a strong statement of direction.

The following is an example of strong and weak natural lines.



Strong lines “**A**” evoke a sense of freshness, strength, structure, direction, while weak lines “**B**” indicate age, decay, weakness, poor structure and lack of definite direction. Strong clean lines are enhanced by proper shaping, cooking, slicing, facing and sequencing.

GARNISHES

Garnishes should add color, texture, taste and interest to the plate, platter or hotel pan. They should also harmonize with the item and not distract from the focus. A non-functional garnish is any item, edible or inedible, that does not contribute to the taste or texture of a dish. A chef should always avoid the use of non-functional garnishes on plates and platters. A good way to prevent yourself from using a non-functional garnish is to ask yourself the question, “What purpose does this serve?”. If the only answer is “it provides color,” chances are you have a non-functional garnish.

EXAMPLES OF NON-FUNCTIONAL GARNISHES

A wedge or slice of orange placed on a plate of eggs (scrambled, fried, omelet, etc.)

A wedge or crown of lemon on a dish that has a sauce served with it.

Leaves of lettuce that are used as underliners for hot food on hot plates.

The traditional sprig of parsley or watercress. There are times classically and traditionally when watercress or parsley is appropriate. For example, watercress can be used on a plate that contains a simple grilled or roasted item.

Orange, lemon or lime “baskets”

Tomato roses and apple birds

Paper or foil frills

EXAMPLES OF APPROPRIATE GARNISHES

STARCH AND/OR VEGETABLES

Vegetables, sliced or shredded

Sweet potatoes

Carrots

Daikon

Parsnips

Potato pancakes

Baked wontons

Gaufrette potatoes

BREADS OR BREAD ITEMS ADD TEXTURE AND VARIETY

Pita triangles

Olive bread

Phyllo dough—horns or baskets

Baked flour tortilla triangles

Baked corn tortilla strips

SAUCES CAN BE USED AS A GARNISH

Honey Mustard

Potato Saffron

Red Pepper Vinaigrette

Carrot Sauce

SALAD COMPONENTS CAN ADD VARIETY AND COLOR

Jicama salad

Onion salad

Orange and Belgian endive

COMPOTES, CHUTNEYS AND RELISHES ADD FLAVOR, CONTRAST AND COLOR

Eggplant Relish

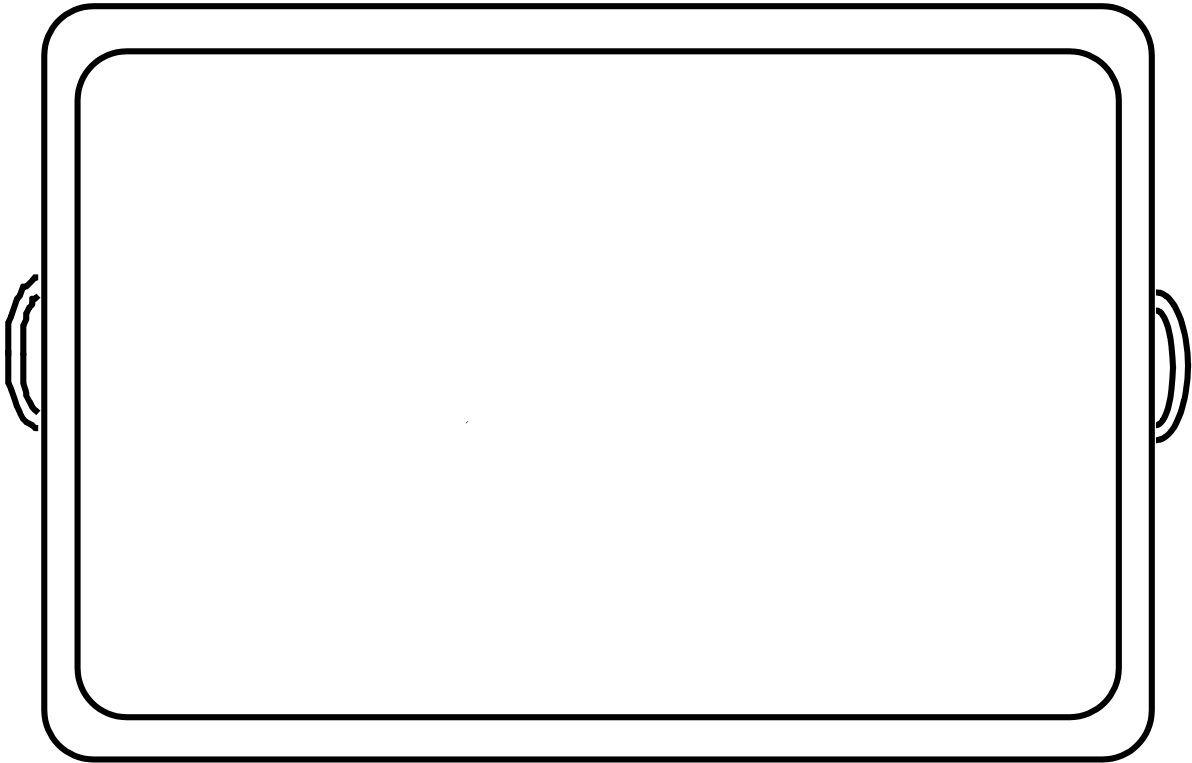
Winter Fruit Compote

Dried Cranberry Compote

Salsas

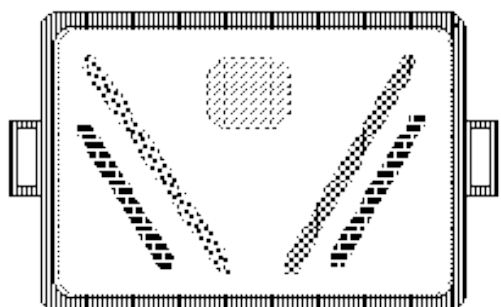
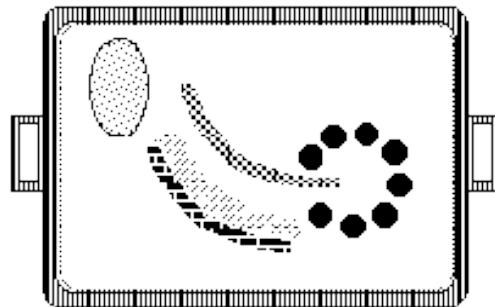
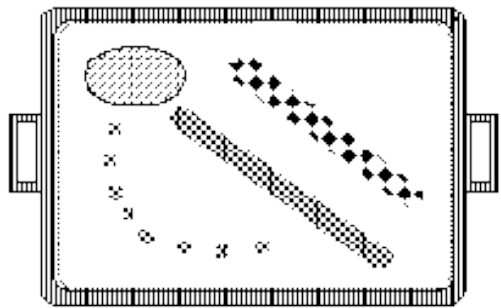
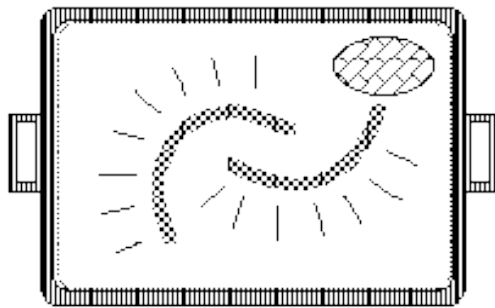
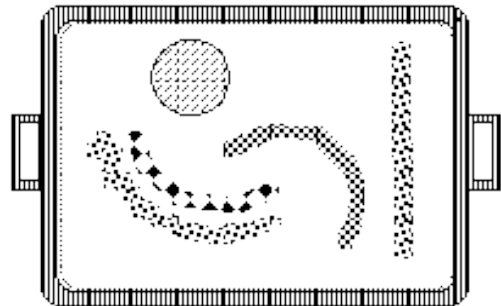
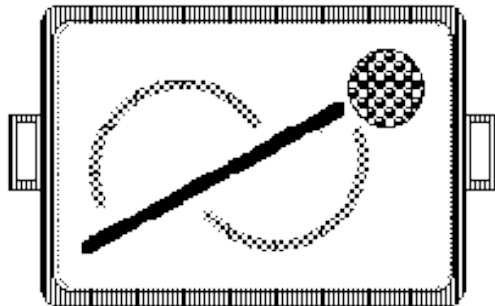
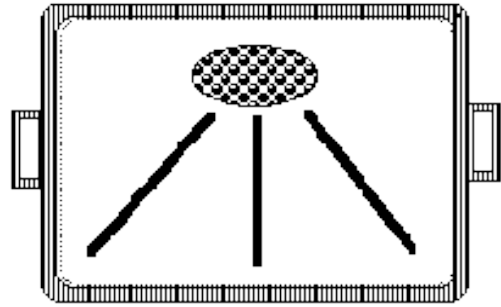
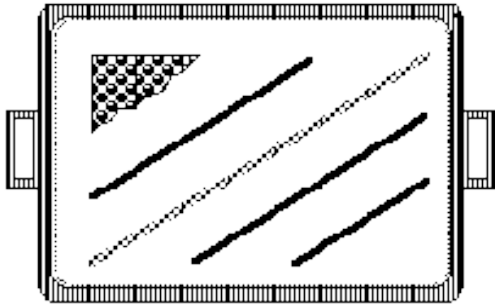
Green Tomato Chutney

Platter Presentation Checklist



Items						
Flavor						
Color						
Texture						
Height						
Shape						

Rectangular platters



DAY ONE KITCHEN PRODUCTION TEAM ASSIGNMENTS

TEAM ONE

Eggplant, Quince, and Sweet Potato Stew
Caraway-Herb Roasted Pork Tenderloin
Sauteed Green beans with Pepper Flakes, Rosemary, and Lemon Zest

TEAM TWO

Kale & Chard Salad with Avocado Tahini Dressing
Slow-Cooked Black-eyed Peas with Wild Greens, Lemon, Dill, and Extra Virgin Olive Oil
Fish in a Crisp Crust

TEAM THREE

Green Lentils with Chard and Lemon
Roasted Fingerling Potatoes with Garlic and Fresh Herbs
North African Grilled Flank Steak

TEAM FOUR

Spelt, Pear & Watercress Salad
White Slow Bean, Asparagus & Mushroom Cassoulet
Grilled Swordfish with Red Wine and Roasted Shallot Compound Butter

EGGPLANT, QUINCE, AND SWEET POTATO STEW

LADERES MELITZANES ME KYDONIA KAI GLYKOPATATES

Yield: 4 to 6 portions

Ingredients	Amounts
Oil, Extra virgin olive	2/3 cup
Japanese eggplants, cut into 2" cubes	4 ea.
Salt and pepper, freshly ground	as needed
Sweet potatoes, medium, peeled, and cut into 1" cubes	3 ea.
Quinces, large, seeded and cut into 1½" cubes (skin intact)	2 ea.
Red onion, finely chopped	1 ea.
Garlic cloves, minced	3 ea.
Plum tomatoes, chopped and seeded (canned is fine)	1½ cups

Method

1. In a large deep skillet over medium high heat, warm half of the olive oil and sear the eggplant cubes until golden brown, about 4 minutes, stirring gently. Season lightly with salt and pepper. Remove and add the sweet potato and quince cubes. Sear until golden brown, about 5 minutes, stirring. Season lightly. Remove with a slotted spoon and set aside.
2. Add the remaining olive oil to the same skillet and cook the onion until soft and lightly colored, about 8 minutes. Stir in the garlic. Add the vegetables back to the skillet and stir gently for 1 minute. Season to taste.
3. Add the tomatoes, cover, and bring to a boil. Reduce the heat and simmer until the vegetables are tender and the sauce is thick, about 20 to 25 minutes. Don't overcook; the vegetables and quince should retain their shape.

Recipe credit: Diane Kochilas, as presented at the 2009 Worlds of Flavor Conference.
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CARAWAY-HERB ROASTED PORK TENDERLOIN

Yield: 8 servings

Ingredients	Amounts
Balsamic vinegar	2 Tbsp.
Olive oil	2 Tbsp.
Dried thyme	2 tsp.
Dried oregano	2 tsp.
Caraway seeds	2 Tbsp.
Finely minced shallots	6 ea.
Minced garlic cloves	4 ea.
Coarse sea salt	1 tsp.
1 lb. Pork tenderloins	2 ea.

Method

1. Combine vinegar, olive oil, thyme, oregano, caraway seeds, shallots, garlic, and salt. Spread the mixture on the pork tenderloins. Wrap the tenderloins tightly in plastic wrap and chill for at least 2 hours and up to overnight in the refrigerator.
2. Preheat oven to 350F. remove the pork from the plastic wrap.
3. Roast the pork until it registers 145F on a meat thermometer, about 45 minutes. After 30 minutes raise the oven temperature to 450F for the remaining cooking time.
4. Remove from oven and allow the tenderloins to rest for 10 minutes covered with a foil tent. Slice thinly and serve.

SAUTÉED GREEN BEANS WITH PEPPER FLAKES, ROSEMARY, AND LEMON ZEST

Yield: 8 Portions

Ingredients	Amounts
Green beans	1 ½ lb.
Salt, Kosher	as needed
Olive Oil	¼ cup
Garlic cloves, minced	4 ea.
Red Pepper flakes	¼ - ½ tsp.
Rosemary, finely chopped	1½ Tbsp.
Lemon, zested	1 ea.
Butter, unsalted	2 Tbsp.

Method

1. Precook the green beans in a large pot of boiling, salted water. When tender, shock the beans in iced water, drain and reserve.
2. In a large sauté, heat the olive oil. Add the garlic and cook gently until the garlic begins to color slightly.
3. Add 1/3 teaspoon (or more if you dare) of red pepper flakes, rosemary, and lemon zest.
4. Sauté briefly to mingle the flavors and then add the reserved green beans. Continue to cook until the beans are hot and nicely coated with seasonings.
5. Add the butter and allow it to melt and add salt to taste.
6. Serve immediately from a platter with a quick squeeze of lemon juice over the top. This is fun finger food so have plenty of napkins on hand to offer.

KALE & CHARD SALAD WITH AVOCADO TAHINI DRESSING

Yield: 8 servings

Ingredients	Amounts
Avocado Tahini Dressing:	
Avocados	2 ea.
Tahini	¼ cup
Lemon juice	¼ cup plus more to taste
Garlic cloves	2 ea.
Olive oil	2 Tbsp.
Water	¼ cup
Salt and pepper	to taste
Kale Salad:	
Kale, thinly sliced	4 cups
Swiss Chard, thinly sliced	4 cups
Carrots, thinly sliced	½ cup
Brussels sprouts, shaved	3 cups
Radish, small julienne	½ cup
Beans, white, cooked	1 cup
Almonds, sliced, toasted	½ cup
Basil, chopped	1 ½ cup

Method

1. For the avocado tahini dressing: place the avocados, tahini, lemon juice, garlic, and olive oil into a food processor. Pulse, then add water salt and pepper and blend until creamy. Set it aside.
2. For the kale salad: in a serving bowl, toss the kale, carrots, brussels sprouts, and radishes with about half of the reserved dressing. Mix to combine, then set aside to rest at room temperature for about 15 minutes.
3. Add the beans, almonds, basil, and enough of the remaining dressing to coat (you may not use it all). Taste and add more salt pepper, and lemon juice as needed.

SLOW-COOKED BLACK-EYED PEAS WITH WILD GREENS, LEMON, DILL, AND EXTRA VIRGIN OLIVE OIL

FASOLA MAVROMATIKA LATHERA

Yield: 6 portions

Ingredients	Amounts
Black-eyed peas, sorted to remove stones	½ lb.
Garlic cloves	3 ea.
Bay leaves	2 ea.
Black-eyed peas, cooked (from above)	4 cups
Onions, red, julienned	1½ qt.
Garlic cloves, sliced	4 ea.
Tomatoes, peeled, seeded, and finely chopped	1 cup
Spinach, washed and stemmed	½ lb.
Greens (dandelion, mustard, or chard), blanched, chopped, and packed	1 cup
Oil, extra virgin olive	1¼ cups
Dill, chopped	2 Tbsp.
Lemon, zest of	½ ea.
Salt, Kosher	to taste
Pepper, black, ground	to taste
Aleppo pepper flakes	a pinch

Method

1. **For the black-eyed peas:** Add the peas to a stainless-steel pot and cover with cold water; the water level should be 3 inches about the peas. Place the pot on high heat, cover, and bring to a boil. Lower the heat to a simmer, skimming off any impurities. Add the 3 cloves of garlic and two bay leaves and let simmer for about 10 minutes. Add a generous seasoning of salt and allow to cook an additional 10 minutes, or until the beans are tender. Shut off the heat and let stand in the cooking liquid for about 10 minutes. Drain the peas, discarding the liquid. Remove the garlic and bay leaves and reserve the peas until ready to use.
2. Heat a heavy gauge stainless steel pot on medium heat; add 1 cup extra virgin olive oil. When hot, add the onion and sprinkle with salt. Stir to combine. Cover, lower flame, and cook covered for 20 to 30 minutes, or until soft and translucent but with no color. Add the garlic, stir to combine, cover, and cook 5 to 6 minutes.
3. Add the tomatoes, re-season with salt, pepper, and a pinch of Aleppo. Stir in 2 tablespoons of extra virgin olive oil. Cook 5 to 6 minutes, covered, until the tomatoes give off their liquid.

4. Add the black-eyed peas and stir to combine; cover and cook 5 to 6 minutes. Add the greens, combine, raise the heat to medium high, and stir. Cover, lower the heat, and cook for an additional 4 to 5 minutes, until greens are tender. Fold in spinach and cook for 1 to 2 minutes.
5. Remove from heat, fold in the dill and lemon zest, drizzle in 2 tablespoons of extra virgin olive oil, adjust the seasoning and serve.

Recipe credit: Jim Botsacos, as presented at the 2009 Worlds of Flavor Conference.
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FISH IN A CRISP CRUST

CROUSTILLANT DE POISSON

Yield: 8 portions

Ingredients	Amounts
Fish fillets, snapper, large	4 lb.
Flour	3½ oz.
Butter	5 oz.
Salt, cumin	as needed
Olive oil	7 Tbsp.
Eggs, beaten	as needed

Tastira:

Eggs, fried	8 ea.
Olive oil	¼ cup
Oil, for frying	as needed
Bell peppers, small diced	10 oz.
Tomatoes, fresh, small diced	1 lb.
Squash, butternut, small diced, par cooked	7 oz.
Salt, pepper, Tunisian Tabil spice blend	as needed
Brik pastry, pieces of (sub spring roll wrappers)	20 ea.
Oil	as needed

Kerkenaise aux anchois:

Tomatoes, peeled, seeded, and chopped	3 ea.
Fresh hot peppers, finely diced	2 ea.
Garlic cloves, crushed	3 ea.
Parsley, chopped	50 g
Harissa paste	1 Tbsp.
Olive oil	3 Tbsp.
Anchovies, oil-packed, finely chopped	3 ea.
Salt, pepper, cumin	as needed

Method

1. *For the fish:* Cut up the fish fillets, season them, and dust with flour. Fry in a mixture of butter and oil.
2. *For the tastira:* Fry the eggs. Combine with the vegetables and season.

3. Cut a pastry brik into a square. Oil the pastry and place the fish fillet on it. Cover with the tastira and fold up. Brush with beaten egg and set in the oven to bake. Serve with the kerkenaise sauce flavored with anchovies.
4. *For the kerkenaise aux anchois:* Mix everything and correct the seasoning.

Note: Tunisian Tabil spice blend consists of 3 Tbsp coriander seeds, 1 Tbsp caraway seeds, 1 Tbsp cumin seeds, 1 tsp red pepper flakes if you cannot get it premade.

Recipe credit: Haouari Abderrazak, as presented at the 2009 Worlds of Flavor Conference.
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GREEN LENTILS WITH CHARD AND LEMON

Yield: 8 servings

Ingredients	Amounts
Dried green lentils	1 lb.
Garlic, finely chopped	3 Tbsp.
Oil, extra-virgin olive	¼ cup
Cilantro chopped	1/3 cup
Salt, Kosher	to taste
Swiss chard leaves, stemmed and cut into chiffonade	10 ea.
Lemon juice, fresh	2 Tbsp.
Molasses, pomegranate	¼ cup

Method

1. Rinse the lentils.
2. In a medium saucepan, sweat the garlic in 2 tablespoons of olive oil over medium heat. Add the lentils and stir to coat with the olive oil. Toast the lentils briefly and add the cilantro. Add enough water to cover the lentils by 2 inches and season the water with salt.
3. Bring the water to a boil, reduce the heat to establish a simmer, and cook the lentils until tender, 20 to 25 minutes. Remove the pot from the heat and drain off any excess liquid. Reserve and keep warm.
4. Meanwhile, prepare the Swiss chard. Heat 2 tablespoons of the olive oil in a large sauté pan over medium heat. Add the Swiss chard and cook until the leaves have wilted, about 3 minutes. Reserve until needed.
5. Add the chard, lemon juice, and pomegranate molasses to the drained, reserved lentils. Cover and keep warm until ready to serve. Just prior to serving, taste and adjust the seasoning.

ROASTED FINGERLING POTATOES WITH GARLIC AND FRESH HERBS

Yield: 6 Portions

Ingredients	Amounts
Fingerling potatoes	2 ¼ lb.
Olive oil	2 Tbsp.
Garlic, minced	1 ½ Tbsp.
Fresh seasonal herbs, chopped, such as rosemary, parsley, sage, thyme	2 Tbsp.
Salt, Kosher	as needed
Pepper, black, ground	as needed

Method

1. Preheat the oven to 425° F.
2. Scrub and blot the potatoes dry.
3. Combine the oil, garlic, herbs, salt, and pepper in a large bowl. Add the potatoes and roll or toss until they are evenly coated. Transfer to an oiled baking sheet.
4. Roast the potatoes until they are golden brown and tender enough to be easily pierced with a fork, about 40 minutes.
5. Transfer to a large serving bowl and serve immediately.

GRILLED FLANK STEAK WITH THREE SAUCES

Yield: 6 Portions

Ingredients	Amounts
Flank steak	2 to 2 ¼ lb.
Salt, Kosher	4 tsp.
Pepper, black, ground	2 ¼ tsp.
Oil, olive	as needed
Garlic, minced	3 tbsp.
North African Sauce (recipe follows)	1x recipes

Method

1. Trim the meat to remove any visible fat.
2. Combine the salt, pepper, lime juice, and garlic. Marinate the flank steak for at least 2 hours, and up to 24 hours.
3. 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.
4. Grill the meat to desired doneness. Remove from the grill and allow to rest.
5. Slice and serve the steaks on a warm platter with variety of sauces.

NORTH AFRICAN-STYLE SAUCE

Makes 1 Cup

Ingredients	Amounts
Oil, extra virgin olive	½ cup
Lemon juice	¼ cup
Parsley, chopped	3 tbsp.
Cilantro, chopped	2 tbsp.
Garlic, minced	1 ½ tsp
Paprika	¾ tsp
Cumin, ground	¾ tsp
Salt, Kosher	¾ tsp
Pepper, black, ground	¼ tsp
Cayenne pepper, ground	a pinch

Method

1. Combine all the ingredients. Store any unused sauce in the refrigerator for up to 2 days.

SPELT, PEAR AND WATERCRESS SALAD

Yield: 12 servings

Ingredients	Amounts
Salt, Kosher	1 Tbsp.
Spelt, whole-wheat berries	3 cups
Lemons, juiced	3 ea. (about ¼ cup)
Pears, cored and firm	6 ea.
Fennel Bulb	2 ea.
Watercress, trimmed stems	6 bunches (about 6 cups)
Oil, extra virgin olive	½ cup
Pepper, black, ground	1 Tbsp.
Cheese, Gruyere, or aged Gouda	9 oz.

Method

1. Bring generously salted water to boil in a medium saucepan. Add the spelt and return to a boil, adjust the heat to maintain a simmer, cover and cook until the berries are tender but not mushy (about 45-60 minutes). Drain and set aside.
2. Put the lemon juice in a medium bowl. Thinly slice the pears and fennel lengthwise with a mandolin into the bowl. Toss with the lemon juice. Add the spelt berries, watercress, and olive oil and toss to dress evenly.
3. Using a vegetable peeler, shave the Gruyere or Gouda cheese over each plate. Serve.

WHITE SLOW BEAN, ASPARAGUS, AND MUSHROOM CASSOULET

Yield: 6-8 servings (about 1 ¾ cups)

Ingredients	Amounts
Water	5 cups
Asparagus, 2-inch slices	3 cups (about 1 lb.)
Olive Oil, extra virgin	2 Tbsp.
Mushrooms, chanterelle or Oyster, sliced	3 cups
Shallots, finely chopped	1/3 cup
Garlic cloves, minced	6 ea.
Wine, dry white	¼ cup
Stock, vegetable (house made)	1 ½ cup
Oregano or Marjoram, dried	½ tsp.
Beans, cannellini, dried	4 cups
Black Pepper, ground	¼ tsp.
Bread, French, cut into 1-inch cubes	2 oz.
Butter, cut into small pieces	1 Tbsp.
Cheese, Parmigiano-Reggiano, grated	½ cup (2 oz.)

Method

1. Bring 5 cups of water to a boil in a large stainless-steel skillet and add asparagus to the pan. Cover and cook for 2 minutes; drain. Rinse asparagus with cold water; drain well. Set it aside.
2. Return pan to medium-high heat. Add 1 tablespoon oil, swirl to coat. Add mushrooms, shallots, and garlic; sauté for 8 minutes or until mushrooms are tender. Add the wine; cook for 3 minutes or until the liquid evaporates. Stir in the broth, marjoram or oregano, and beans; bring to a simmer. Reduce heat to medium and cook for 12 minutes or until thick and beans are very tender., Stir in the black pepper.
3. Preheat broiler.
4. Place the French bread and butter in a food processor, and pulse until coarse crumbs form. Add the remaining 1 tablespoon of oil and cheese to the breadcrumbs: pulse until combined. Stir the asparagus into the bean mixture; sprinkle the coarse breadcrumb mixture evenly over the bean mixture. Broil for 3 minutes or until crumbs are golden brown.

GRILLED SWORDFISH WITH RED WINE AND ROASTED SHALLOT COMPOUND BUTTER

Yield: 10 Portions

Ingredients	Amounts
Swordfish or mahi- mahi, 4 oz. steaks	10 ea.
Oil, Olive	2 Tbsp.
Salt, Kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Red Wine and Roasted Shallot Compound Butter	1x recipe

Method

1. Preheat a grill, grill pan, or barbecue to very hot. Brush the swordfish steaks with the olive oil and season with salt and pepper. Cook 3 to 4 minutes a side. Transfer to a warm platter.
2. When cooked to desired doneness, place a slice of the compound butter on each piece of fish.
3. Serve on a heated serving platter.

RED WINE AND ROASTED SHALLOT COMPOUND BUTTER

Yield: ½ Pound

Ingredients	Amounts
Red wine, 750 ml bottle	1 ea.
Garlic, whole head, unpeeled	½ ea.
Shallots, whole, unpeeled	3 ea.
Salt	as needed
Ground black pepper	as needed
Butter, room temperature	½ lb.

Method

1. In a medium size pot over medium to high heat, reduce the wine to syrup. Set it aside.
2. Preheat oven to 400° F.
3. Place the head of garlic on square of aluminum foil large to enclose the entire head. Drizzle with olive oil and seal to make a pouch. Set aside.
4. Place the shallots on a square of aluminum foil large enough to enclose all of thee. Drizzle with olive oil and set aside.
5. Place both garlic and shallot in the 400° oven and roast until tender about 30 to 50 minutes. Set aside to cool.
6. Work the butter by hand or with the paddle attachment in an electric mixer until it's soft.
7. Squeeze the roasted cloves from their papery skins into the butter.
8. Cut the end of shallot, squeeze out shallot and roughly chop. Add to the butter.
9. Add the reduced wine. Blend the mixture well.
10. Taste and adjust seasoning with salt and pepper.
11. The compound butter is ready to use, or it may be rolled into a log or piped into shapes and chilled for later use.

To shape butter: Butter may be packed into a small crock or bowl or piped into rosettes, about 1 Tbsp. each, onto a lined plate or baking sheet, then refrigerated or frozen until firm.

Butter may also be shaped into a long cylinder on top of a large sheet of plastic wrap. Mound the butter about 3 inches from the edge of the long side of the wrap. Fold the plastic wrap over the mound and then tighten the wrap around the butter, forming a long log. Once rolled, twist the ends of the wrap to seal. Chill, then slice to serve.

Flavored butter keeps for 3 or 4 days in the refrigerator. If you plan to hold it longer than that, keep it in the freezer for up to 3 weeks.



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.

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These Materials Were Developed at The Culinary Institute of America.

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2023 Epicurean Chef's Anniversary Course Guide.docx

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