**

***Deerfield Academy***

***Plant-Forward***

***Culinary Training***

***Food Order List***

A picture containing logo

Description automatically generated

The Culinary Institute of America, Hyde Park, NY

**Day One Kitchen Production**

**Team One: Appetizer Bar**

Wilted Kale with Sunflower Tahini and Rye

Roasted Cauliflower and Chickpea Salad

Winter Squash Pangrattato with Buckwheat Groats, Walnuts, and Orange

**Team Two: Buffet Dishes**

Broccolini with Pickled Raisins, Aleppo Chili, and Charred Onion Vinaigrette

Eggplant Steak with Pomegranate, Lemon Labne, and Mediterranean Herb Salad

Cauliflower “Bistecche” with Almonds, Pancetta, and Capers

**Team Three: Action Station**

Smoked Eggplant Steamed Buns with Hoisin, Scallion, Celery, and Peanuts

Sautéed Radishes with Smoked Yogurt, Pistachios and Za’atar

Charred Green Beans with Ginger, Mustard, and Miso

**Team Four: Family Meal**

Sweet Potato Tortilla Española with Olive Jamon and Romesco Sauce

Celeriac Schnitzel with Sauerkraut, Smoked Carrots, Onions, and Apple

Apple Pie

Cinnamon Ice-cream

Day One

Deerfield Academy

Food Order list

**D:** Dairy, eggs

**B:** Bread and Baked Goods

**F:** Fish and Seafood

**G:** Groceries general

**M:** Meat

**P:** Produce

**S:** Spices

**W:** Wine, alcohol

|  |  |  |  |
| --- | --- | --- | --- |
| **Code** | **Ingredient** | **Amount** | **Unit** |
| B | Bread, baguette, slice | 1 | ea. |
| B | Bread, rye, Danish | ½ | cup |
| B | Bread, steamed buns, Chinese | 12 | ea. |
|  | | | |
| D | Butter, unsalted | 1 1/2 | lb. |
| D | Cheese, feta | 4 | oz. |
| D | Egg | 14 | ea. |
| D | Heavy Cream | 14 | fl. oz. |
| D | Milk, whole | 8 | fl. oz. |
| D | Yogurt, Greek | 1 | cup |
| D | Yogurt, plain | ¼ | cup |
| D | Yogurt, plain, full fat | 1 | qt. |
|  | | | |
| G | Agave, nectar | 1 ½ | tsp. |
| G | Almonds, roasted | ½ | cup |
| G | Almonds, slivered | ¼ | cup |
| G | Breadcrumbs, rye | 3 | cups |
| G | Caper berries | 8 | ea. |
| G | Capers, salt-packed | ½ | cup |
| G | Chickpeas, raw, cooked | 3 | cups |
| G | Chickpeas, canned | 1 | cup |
| G | Coconut | ½ | cup |
| G | Cornstarch | 7 | oz. |
| G | Fine grain oak or hickory wood chips | as | needed |
| G | Flour, pastry | 3 | lb. |
| G | Groats, buckwheat | 2 | cups. |
| G | Hoisin sauce | as | needed |
| G | Honey | 1 | Tbsp. |
| G | Miso, white | 3 | Tbsp. |
| G | Molasses, pomegranate | ¼ | cup |
| G | Oil, coconut | 4 | Tbsp. |
| G | Oil, grapeseed | 12 | Tbsp. |
| G | Oil, olive, extra-virgin | 10 | Tbsp. |
| G | Oil, olive, pure | 1 | cup |
| G | Oil, olive, spray | as | needed |
| G | Oil, sesame | 1 | Tbsp. |
| G | Olive, green, pitted | 1 1/2 | cup |
| G | Olive, black, oil cured, pitted | ¼ | cup |
| G | Peanuts |  | as |
| G | Pepper, black, ground | as | needed |
| G | Pistachios | 3 | oz. |
| G | Pomegranate, seeds | 1 | ea. |
| G | Raisins, golden | ½ | cup |
| G | Salt, kosher | 3 | lb. |
| G | Salt, sea | 1 | tsp. |
| G | Seeds, mixed (sunflower, flax, sesame, pumpkin) | ½ | cup |
| G | Sunflower seeds | 1 | lb. |
| G | Sesame seeds | 3 | Tbsp. |
| G | Shortening | 1 | lb. |
| G | Sugar, granulated | 21 | oz. |
| G | Tahini | 3 | Tbsp. |
| G | Tahini, paste | 3 | Tbsp. |
| G | Vinegar, cider | 3 | Tbsp. |
| G | Vinegar, red wine | ¼ | cup |
| G | Vinegar, white wine | 1 | Tbsp. |
| G | Vanilla extract | 2 | tsp. |
| G | Walnuts, halves and pieces | 1 | cup |
|  | | | |
| M | Bacon, diced | 4 | slices |
| M | Jamon | 8 | slices |
| M | Pancetta, thick slice | 5 | ea. |
|  | | | |
| P | Apple | 8 lb. | lb. |
| P | Bean, green, haricots verts | 1 ½ | lb. |
| P | Cabbage, red, medium | ½ | ea. |
| P | Carrot | 3 | ea. |
| P | Cauliflower, head | 2 | ea. |
| P | Celeriac |  | 2 ½ |
| P | Celery, ribs | 2 | ea. |
| P | Chile, ancho | 2 | ea. |
| P | Chile, Fresno | 2 | ea. |
| P | Chile, serrano | ½ | ea. |
| P | Cilantro, fresh, chopped | 1 3/4 | cups |
| P | Dill, sprigs, fresh | 2 1/2 | cups |
| P | Eggplant, large | 3 | ea. |
| P | Garlic, clove | 32 | ea. |
| P | Ginger, fresh | 2 | Tbsp. |
| P | Kale, lacinato | 2 | bu. |
| P | Labne | 1 | cup |
| P | Lemon, juice, fresh squeezed | 1 | cup |
| P | Lemon, zest | 2 | Tbsp. |
| P | Lime, juice | 3 | Tbsp. |
| P | Mint, leaves, fresh | 1 1/2 | cup |
| P | Onion, red | 3 | ea. |
| P | Onion, yellow | 1 | ea. |
| P | Orange, juice, fresh squeezed | 1 | Tbsp. |
| P | Orange, zest | 1 | Tbsp. |
| P | Parsley, flat-leaf, leaves, fresh | 1 | cup |
| P | Parsley, fresh | 4 | Tbsp. |
| P | Pepper, Aleppo | 1 | tsp. |
| P | Pepper, bell, red | 1 | ea. |
| P | Pomegranate | 1 | ea. |
| P | Potato, sweet, large | 4 | ea. |
| P | Radish | 1 | lb. |
| P | Rosemary, leaves, fresh | 1 | Tbsp. |
| P | Scallion | 8 | ea. |
| P | Shallot | 7 | ea. |
| P | Squash, butternut | 2 | lb. |
| P | Thyme, leaves, fresh | 2 | Tbsp. |
| P | Tomato, cherry | 1 | cup |
| P | Tomato, ripe, large | 1 | ea. |
|  | | | |
| S | Bay leaf, dried | 2 | ea. |
| S | Caraway seed | 1½ | tsp. |
| S | Cinnamon | 4 | oz. |
| S | Coriander, ground | 1 | Tbsp. |
| S | Cumin, ground | 2 | Tbsp. |
| S | Cumin, seeds | 2 | tsp. |
| S | Fennel seed | ½ | tsp. |
| S | Fennel, ground | 1 | tsp. |
| S | Fenugreek seed | ½ | tsp. |
| S | Ginger, powder | ½ | tsp. |
| S | Mustard seeds | 2 | tsp. |
| S | Mustard seeds, yellow | 2 | Tbsp. |
| S | Nutmeg, grated | 1 | oz. |
| S | Paprika, smoked | 1 | tsp. |
| S | Paprika, Spanish | 1 | tsp. |
| S | Paprika, sweet | 1 | tsp. |
| S | Pepper, cayenne | 1 | tsp. |
| S | Peppercorns, black | 2 | tsp. |
| S | Sumac, ground | 3 | Tbsp. |
| S | Thyme, dried | 1 | Tbsp. |
| S | Turmeric, fresh, finely grated | 1 | Tbsp. |

**Day Two Kitchen Production**

**Team One: Appetizer Bar**

Grilled Artichokes with Hazelnut Romesco Sauce

Navel Orange Salad with Dates and Feta

Vegetable Escabeche

Green Lentils with Chard and Lemon

**Team Two: Mediterranean Buffet Dishes**

Joyce’s White Bean Caesar Salad

Barley and Bean salad with Grilled Shrimp, Mint, Onions, Roasted Peppers, and Harissa Vinaigrette

Spicy Chickpea Stew and Saffron Couscous

Curried Mashed Carrots and Cashews

**Team Three: Action Station Asia**

Salmon and Avocado Temaki

Sesame Tempeh Stick with Apricot Dipping Sauce

Thai Chile Stir-Fry with Tofu (Pad Prik King)

**Team Four: Family Meal Milano**

White Bean Dip Crudité

Whole-Wheat Pasta with Sharp Pesto

Broccoli Rabe with Roasted Red Peppers and Italian “Sausage” Vinaigrette

Chocolate Cookies with Black Olives

Fennel Gelato

Day Two

Deerfield Academy Plant Forward Training

Food Order list

**D:** Dairy, eggs

**B:** Bread and Baked Goods

**F:** Fish and Seafood

**G:** Groceries general

**M:** Meat

**P:** Produce

**S:** Spices

**W:** Wine, alcohol

|  |  |  |  |
| --- | --- | --- | --- |
| **Code** | **Ingredient** | **Amount** | **Unit** |
| A | Pernod | 2 | oz. |
| A | Wine, white, dry | 3 | cups |
|  |  |  |  |
| B | Baguette, thin slice | 18 | ea. |
|  |  |  |  |
| D | Butter, unsalted | 11 ½ | wt. oz. |
| D | Cheese, feta | 5 | oz. |
| D | Cheese, Parmesan | 4 | Tbsp. |
| D | Cheese, Pecorino-Romano, grated | 2 | Tbsp. |
| D | Egg | 25 | ea. |
| D | Heavy cream | 14 | fl. oz |
| D | Milk, whole | 9 | fl. oz. |
|  |  |  |  |
| F | Salmon, sushi grade, previously frozen | 40 | oz |
| F | Shrimp, large, shelled, deveined | 1 | lb. |
|  |  |  |  |
| G | Anchovy | 2 | Tbsp. |
| G | Apricot, preserves (no sugar, all fruit) | ½ | cup |
| G | Baking soda | ¼ | wt. oz. |
| G | Barley, cooked | 2 | cups |
| G | Beans, cannellini, reduced sodium, 19 oz, can | 2 | ea. |
| G | Beans, white, cooked or canned | 30 | wt. oz. |
| G | Broth, vegetable | 2 | Tbsp. |
| G | Capers, drained, chopped | ¼ | cup |
| G | Cashews | ½ | cup |
| G | Chickpeas, cooked, or canned | 15 | wt. oz. |
| G | Chickpeas, dried | 1 | lb. |
| G | Chocolate, semisweet, chunks | 10 ½ | wt. oz. |
| G | Cornstarch | ½ | tsp. |
| G | Fish sauce (Nam pla or Nuoc Nam) | ¼ | cup. |
| G | Flour, all-purpose | 1 lb. | 1¼ oz. |
| G | Flour, durum | 3 ½ | cups |
| G | Flour, durum, whole wheat | 3 ½ | cups |
| G | Ginger, pickled (Gari) | 1 | oz. |
| G | Harissa | as | needed |
| G | Hazelnuts | 8 | oz. |
| G | Honey, light-colored | 1 | tsp. |
| G | Lentils, green, dried | 1 | lb. |
| G | Molasses, pomegranate | ¼ | cup |
| G | Mustard, Dijon | 1 | Tbsp. |
| G | Nori, sheet, 4x6 in. | 20 | ea |
| G | Oil, canola | 1 | cup |
| G | Oil, garlic | as | needed |
| G | Oil, grapeseed | ¼ | cup |
| G | Oil, olive, extra-virgin | 2 | cup |
| G | Oil, olive, pure | 2 1/2 | cups |
| G | Oil, sesame | 1 | Tbsp. |
| G | Oil, vegetable | ¼ | cup |
| G | Olive, Moroccan, black or green | ½ | cup |
| G | Olives, black, pitted | 5 | oz. |
| G | Pepper, chipotle, canned, in adobo sauce | ½ | cup |
| G | Phyllo Dough, sheet | 6 | ea. |
| G | Quinoa | 1 | cup |
| G | Red Curry Paste | 2 | tsp. |
| G | Rice, jasmine, brown, cooked | as | needed |
| G | Rice, short grain | 24 | oz. |
| G | Salt, kosher | 1 | lb. |
| G | Soy sauce | 1 | Tbsp. |
| G | Soy sauce, light | 2 | tsp. |
| G | Sugar, brown, light | 6 | wt. oz. |
| G | Sugar, granulated | 24 | oz |
| G | Tempeh, cooked | 10 | oz. |
| G | Tofu, extra-firm, 14 oz. package | 1 | ea. |
| G | Tomato, paste | 2 | Tbsp. |
| G | Tuna, canned, packed in water | 8 | oz. |
| G | Vanilla extract | 4 | tsp. |
| G | Vegetable, Broth | 2 | Tbsp. |
| G | Vinegar, red wine | 2 | Tbsp. |
| G | Vinegar, rice | 6 | fl. oz. |
| G | Walnuts | ¼ | cup |
| G | Wasabi, paste | 1 | tsp. |
| G | Yuzu, juice | 1 | tsp. |
|  |  |  |  |
| P | Artichoke | 10 | ea. |
| P | Avocado, ripe | 2 | ea. |
| P | Basil, Leaves, fresh, bunch | 1 | ea. |
| P | Beans, green | 3 | lb. |
| P | Broccoli Rabe, bunch | 1 | ea. |
| P | Carrot | 7 | lb. |
| P | Celery | 2 | cups |
| P | Chile, ancho, dried | 2 | ea. |
| P | Chile, New Mexico, dried, | 12 | ea. |
| P | Cilantro, fresh | 2 1/2 | cups |
| P | Cucumber, English | 1 | ea. |
| P | Date, medjool, pitted | 10 | ea. |
| P | Fennel, bulb | 3 | ea. |
| P | Garlic, clove | 60 | ea. |
| P | Ginger, fresh, minced | 4 | Tbsp. |
| P | Leek | 4 | cups |
| P | Lemon | 4 | ea. |
| P | Lemon, juice, fresh squeezed | 1 1/2 | cup |
| P | Lemongrass, 2-in. piece, outer layers | 1 | ea. |
| P | Lettuce, Boston, leaves | 1 | lb. |
| P | Lettuce, romaine, hearts | 6 | ea. |
| P | Lime, juice | 2 | Tbsp. |
| P | Lime, makrut, leaf, fresh | 10 | ea. |
| P | Lime, makrut, zest | 2 | tsp. |
| P | Mint, fresh | 3/4 | cup |
| P | Mushrooms, forest, dried | 1 | oz. |
| P | Onion, red | 3 | ea. |
| P | Onion, yellow | 10 | cups |
| P | Orange, navel | 5 | ea. |
| P | Parsley, leaves and stems, fresh | 2 1/4 | cups |
| P | Parsnip, chopped | 3 | cups |
| P | Pepper, bell, red, large | 6 | ea. |
| P | Radish | 6 | ea. |
| P | Rosemary, fresh, finely chopped | 1 | tsp. |
| P | Scallion | 16 | oz. |
| P | Shallot | 4 | ea. |
| P | Squash, yellow | 2 | cups |
| P | Swiss chard, leaves, | 10 | ea. |
| P | Tomatillo | 4 | cups |
| P | Tomato, chopped | 4 | cups |
| P | Tomato, plum | 4 | cups |
| P | Zucchini | 2 | cups |
|  |  |  |  |
| S | Bay Leaf, dried | 8 | ea. |
| S | Caraway seed | 2 | tsp. |
| S | Cinnamon | ½ | tsp. |
| S | Clove, ground | 1 | pinch |
| S | Coriander | 1 | Tbsp. |
| S | Coriander seed | 1 | Tbsp. |
| S | Cumin seed | 1 | tsp. |
| S | Cumin, ground | 2 ½ | Tbsp. |
| S | Fennel seed, crushed | ¼ | tsp. |
| S | Italian seasoning | ½ | tsp. |
| S | Pepper, Aleppo, powder | 1 | Tbsp. |
| S | Pepper, black, ground | as | needed |
| S | Pepper, cayenne | 1/2 | tsp. |
| S | Pepper, ground, black | ½ | tsp. |
| S | Peppercorns, black, crushed | 1 | tsp. |
| S | Peppercorns, black, whole | 2 | tsp. |
| S | Pimentón, smoked | 1½ | tsp. |
| S | Pimentón, sweet | 1 | Tbsp. |
| S | Red pepper flakes, crushed | ¼ | tsp. |
| S | Sage, dried | ½ | tsp. |
| S | Sesame seeds | 3 | Tbsp. |
| S | Turmeric, ground | 2 | tsp. |

**Day Three Kitchen Production Proposal**

**Team One: DIY Mezze Bar**

Freshly baked/warm Pita

Chickpea Falafel; Lamb, Mint and Bulgar Kofta; Cauliflower Couscous

Variations on Hummus; Baba Ghanoush; Bean Puree; Butter bean salad

Fennel salad; Tomato, Onion & Cilantro salad; Curried Carrot Salad; Mixed Peppers Confit; Auberge Confit; Mushroom a la Grecque; Cucumber Raita;

Mixed Olives; Pickled Jalapenos; Pickled Red Onion; Pepperoncini

**Team Two: Themed Buffet Dishes: Tour of Asia**

Thai Coconut Curry – Shrimp 10%, King Oyster Mushroom and Vegetables – Spring Roll

Japanese Curry, Tofu, Potato, Carrot & Onion - Rice

Indian Curry Chicken 10%, Mok Duck – Naan/Puri

Asian inspired Salad with grains: Thai Salads, Eggplant in Dashi, Daal Soup, Chutney

**Team Three: Action Station – Burger Bash**

4 burger variations

Beef and Mushroom with Thousand Island Dressing

Spicy Black Bean & Garbanzo Burger with Sesame Siracha

Panko Tofu with Shredded Cabbage and Tonkatsu Sauce

Mac Fillet O’Fish Tartar Sauce

Served with garnishes – Lettuce, Tomato, Onion, Gherkin

Kale Chip or Zucchini Fries

**Team Four: Family Meal Marrakesh**

Moroccan Carrot Salad with spicy preserved Lemon Dressing

XX

Chicken 20% Root Vegetable Tagine

Dried Fruit and Nut Couscous

Apricot Relish, Olive Flat bread

Xx

Moroccan style Donuts, Mint Tea

Day Three

Deerfield Academy Plant Forward Training

Food Suggested Order list

**D:** Dairy, eggs

**B:** Bread and Baked Goods

**F:** Fish and Seafood

**G:** Groceries general

**M:** Meat

**P:** Produce

**S:** Spices

**W:** Wine, alcohol

|  |  |  |  |
| --- | --- | --- | --- |
| **Code** | **Ingredient** | **Amount** | **Unit** |
| M | Lamb leg ground | 2 | Lb |
| M | Chicken Thigh | 5 | Lb |
| M | Beef Ground | 2 | Lb |
|  |  |  |  |
| B | Pita | 15 | ea |
| B | Potato Burger Buns | 20 | ea |
|  |  |  |  |
| D | Coconut Milk | 32 | Oz |
| D | Bulgar | 3 | Lb |
|  |  |  |  |
| F | Cod | 2 | Lb |
| F | Shrimp, large, shelled, deveined | 2 | lb. |
|  |  |  |  |
| G | Tofu Med Firm | 2 | Heads |
| G | Apricot dry | 1 | Lb |
| G | Beans, cannellini, reduced sodium, 19 oz, can | 1 | ea. |
| G | Butter Beans, white, cooked or canned | 1 | Lb |
| G | Black beans | 6 | Lb |
| G | Nuts Peanut, Cashew, Pistachio | 1 | Lb |
| G | Chickpeas, cooked, or canned | 6 | Lb |
| G | Chickpeas, dried | 2 | lb. |
| G | Couscous | 2 | Lb |
| G | Cornstarch | ½ | Cup |
| G | Fish sauce (Nam pla or Nuoc Nam) | ¼ | cup. |
| G | Flour, all-purpose | 5 | Lb |
| G | Dates | 1 | Lb |
| G | Preserved Lemon | 3 | Oz |
| G | Golden Sultana | 6 | oz. |
| G | Harissa | 4 | Oz |
| G | Hazelnuts | 1 | cup |
| G | Mok Duck | 3 | Lb |
| G | Instant Dashi | 2 | tblsp |
| G | Daal | 1 | Lb |
| G | Pepperoncini | 1 | Cup |
| G | Mixed Olives | 1 | Lb |
| G | Oil, canola | 1 | cup |
| G | Mayo | 16 | Oz |
| G | Pickled Gherkin | 6 | Oz |
| G | Capers | 1 | Oz |
| G | Siracha | 6 | Oz |
| G | Sesame Oil | 2 | Oz |
| G | Panko | 1 | Lb |
| G | Olive, Moroccan, black or green | 1 | cup |
| G | Yeast | 1 | oz. |
| G | Sugar white | 0.5 | Lb |
| G | Sugar brown | 0.5 | Lb |
| G | Spring Roll wrappers | 12 | Ea |
| G | Ketchup | 1 | 12oz |
| G | Oyster sauce | 1 | 8oz |
| G | Pomegranate | 3 | ea |
| G | Lettuice Bib | 2 | Ea |
|  |  |  |  |
| P | Mint, fresh | 4 | bunch |
| P | Mushrooms, Shitake | 1 | Lb |
| P | Mushrooms King Oyster | 3 | lb. |
| P | Mushroom Button | 3 | Lb |
| P | Cauliflower | 4 | Heads |
| P | Carrot | 6 | Lb |
| P | Bell Pepper trio | 3 | Lb |
| P | Cucumber | 3 | Ea |
| P | Fennel | 2 | Lb |
| P | Tomatoes | 2 | Lb |
| P | Beetroot | 3 | lb |
| P | Eggplant | 5 | Lb |
| P | Onion | 5 | Lb |
| P | Picked Jalapeno | 6 | oz |
| P | Red Onion | 1 | Lb |
| P | Cilantro | 1 | Lb |
| P | Potato Yokan Gold | 5 | lb |
| P | Thai Basil | ¼ | lb |
| P | Parsnip | 3 | lb |
| P | White Turnip | 3 | lb |
| P | Celery | 2 | bun |
| P | Mango | 6 | Ea |
| P | Okra | 1 | lb |
| P | Cabbage Green | 1 | Ea |
| P | Kale | 2 | lb |
| P | Zucchini Green | 12 | each |

These Materials Were Developed at The Culinary Institute of America.

Instructional Designers and Editors

Chef Martin Matysik

Peter Benson

Deerfield Academy Plant Forward FOL v.110.docx

Copyright © 2024

The Culinary Institute of America

All Rights Reserved

This manual is published and copyrighted by The Culinary Institute of America.

Copying, duplicating, selling or otherwise distributing this product is hereby expressly

forbidden except by prior written consent of The Culinary Institute of America.