

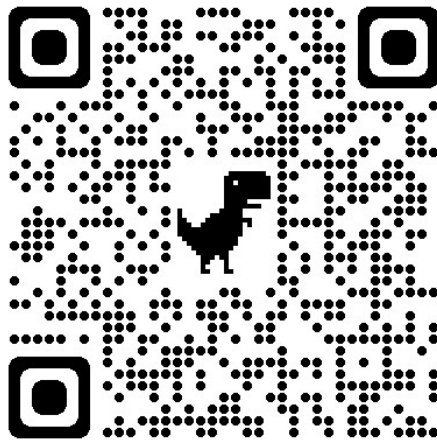


Culinary Institute of America

RIALTO UNIFIED SCHOOL DISTRICT CULINARY TRAINING PROGRAM



The Culinary Institute of America, Hyde Park, NY



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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 KITCHEN PRODUCTION TEAM ASSIGNMENTS

EACH TEAM - KNIFE SKILLS

Slice: Onion, Mushroom, Cabbage

Medium Dice: Onion, Tomatoes, Zucchini, Peppers

Small Dice: Carrot, Celery, Potato, Cucumber

Julienne: Pepper, Carrot

Mince: Shallot, Garlic, Parsley

Citrus Supreme

Chicken: 8-way

ALL TEAMS AS A CLASS

Vegetable Stock

Chicken Stock

TEAM ONE

Grilled Flank Steak with Sauce Espagnole

TEAM TWO

Chicken Provençal

TEAM THREE

Sautéed Seasonal Vegetables with Curried Nage

TEAM FOUR

Macaroni and Cheese

VEGETABLE STOCK

Yield: 1 gallon

Ingredients	Amounts
Vegetable oil	2 oz.
Onions, sliced	1 lb.
Leeks, chopped	8 oz.
Celery, chopped	8 oz.
Carrots, chopped	8 oz.
Tomatoes, chopped	4 oz.
Garlic cloves, crushed	6 ea.
Cold water	4 qt.
 <i>Sachet d'epices</i>	
Parsley stems	2-3 ea.
Bay leaf	1-3 ea.
Garlic clove (optional)	1 ea.
Dried or fresh thyme	½ tsp.
Cracked black peppercorns	½ tsp.

Method

1. Heat the oil in a large rondeau over medium-low heat and add the onions, leeks, celery, carrots, tomatoes, and garlic. Sweat the vegetables until they have softened slightly and are aromatic, about 10 minutes.
2. Add the water and sachet d'épices and simmer for 30 to 40 minutes.
3. Strain the stock and degrease, if necessary.
4. The stock may be served now or can be rapidly cooled and stored for later use.

CHICKEN STOCK

Yield: 1 gallon

Ingredients	Amounts
Chicken bones, cut if necessary	8 lb.
Cold water	6 qt.
Mirepoix	
Onions, medium diced	8 oz.
Carrots, medium diced	4 oz.
Celery, medium diced	4 oz.
Sachet d'epices	
Parsley stems	2-3 ea.
Bay leaf	1-3 ea.
Garlic clove (optional)	1 ea.
Dried or fresh thyme	½ tsp.
Cracked black peppercorns	½ tsp.

Method

1. Place the chicken bones in a stockpot. Add enough cold water to cover the bones by about 2 inches. Slowly bring the stock to a simmer. Skim the surface as necessary. Continue to simmer for 3 to 4 hours.
2. Add the mirepoix and sachet and continue to simmer the stock for 1 more hour, skimming as necessary and tasting occasionally.
3. Strain the stock through a sieve or colander lined with rinsed cheesecloth.
4. The stock can be served now, or it may be properly cooled, labeled, and stored.

Note: Replace 2 pounds of the chicken bones with turkey necks for an extra-rich, gelatinous stock.

Add or replace aromatic ingredients to achieve a particular flavor, including:

- Ginger, lemongrass, and fresh or dried chiles
- Juniper berries for game stocks
- Strongly flavored herbs such as tarragon or rosemary
- Wild mushroom stems

GRILLED FLANK STEAK

WITH SAUCE ESPAGNOLE

Yield: 6 portions

Ingredients	Amounts
Flank steak	3 lb.
Olive oil	½ cup
Rosemary leaves, chopped	2 Tbsp.
Red pepper flakes	2 tsp.
Garlic, sliced	1 Tbsp.
Salt, kosher	2 tsp.
Ground black pepper	½ tsp.

Sauce Espagnole (recipe follows)

Method

1. Preheat the grill to medium-high heat.
2. Trim the flank steak of any excess fat and remove the silver skin.
3. Combine the olive oil, rosemary, red pepper flakes, garlic, salt, and pepper.
4. Place the flank steak and the marinade in a gallon-sized resealable bag. Refrigerate for at least 1 hour, or up to 3 hours.
5. Before grilling, pat any excess marinade from the flank steak with paper towels.
6. Grill the steak for approximately 4 to 5 minutes per side, or until a thermometer reads 125° to 130°F.
7. Remove from the grill and cover loosely with foil. Allow it to rest for 5 to 10 minutes.
8. Slice the flank steak against the grain and serve with the sauce espagnole.

SAUCE ESPAGNOLE

BROWN SAUCE

Yield: 2 quarts

Ingredients	Amounts
Butter	1½ fl. oz.
<i>Mirepoix</i>	
Onions, medium diced	4 oz.
Carrots, medium diced	2 oz.
Celery, medium diced	2 oz.
Tomato paste	1 oz.
Brown veal stock	3 qt.
Brown roux	6 oz.
<i>Sachet d'epices</i>	
Parsley stems	2-3 ea.
Bay leaf	1 ea.
Garlic clove (optional)	1 ea.
Dried or fresh thyme	½ tsp.
Cracked black peppercorns	½ tsp.

Method

1. Heat the butter and sauté the onions until golden brown.
2. Add the carrots and celery and continue to sauté until all are caramelized.
3. Add the tomato paste and continue to cook for several minutes until it turns a rusty brown.
4. Add the stock and bring the sauce to a simmer.
5. Whisk the roux into the stock until well blended and smooth.
6. Return the sauce to a simmer and add the sachet. Simmer for about 2 hours, skimming the surface, as necessary.
7. Strain through a double thickness of rinsed cheesecloth.
8. The sauce is ready to serve now or may be cooled and stored for later use.

CHICKEN PROVENÇAL

Yield: 6 portions

Ingredients	Amounts
Chicken breast, thighs, or legs	6 ea.
Salt, kosher	1 tsp.
Ground black pepper	1 tsp.
All-purpose flour	3 oz.
Vegetable oil	2 oz.
Garlic, minced	1½ tsp.
White wine	6 oz.
Tomato concasse	18 oz.
Chicken stock	16 oz.
Black olives, sliced or julienned	3 oz.
Anchovy fillet, mashed to a paste	1½ ea.
Butter, softened	3 oz.
Basil, chiffonade	3 tsp.

Method

1. Season the chicken with salt and pepper. Dredge lightly with flour, shaking off excess.
2. Heat the vegetable oil in a sauté pan and sauté the chicken over medium-high heat until golden brown and just cooked through. Remove the chicken from the pan and keep warm.
3. Pour off most of the excess fat from the sauté pan and return the pan to the heat. Add the garlic and sauté briefly until aromatic.
4. Deglaze the pan with the wine, stirring well to release all the drippings (fond).
5. Add the tomato concassé, stock, olives, and anchovy paste. Bring mixture to a simmer, reducing by about one-third to allow the flavors to develop.
6. Finish the sauce by swirling in the butter.
7. Return the chicken along with any released juices to the sauté pan and coat the chicken with the sauce.
8. Serve the chicken with the sauce on a heated plate. Garnish with the basil.

SAUTEED SEASONAL VEGETABLES WITH CURRIED NAGE

Yield: 1 gallon

Ingredients	Amounts
White onion, thinly sliced	1 ea.
Olive oil	3-4 Tbsp.
Carrots, thinly sliced	1 cup
Red Fresno chile, julienned	2 Tbsp.
Assorted seasonal vegetables, cut into 1-inch pieces	2 lb.
Curry powder	1 Tbsp.
White wine	½ cup
Vegetable stock	1 cup
Pure starch slurry	1 Tbsp.
Cayenne, if needed	1 pinch
Cilantro, chopped	2 Tbsp.
Salt, kosher	to taste
Lemon juice	to taste

Method

1. Sauté the onions in olive oil until just beginning to soften.
2. Add the carrots, chile, and trimmed vegetables. Sauté to desired doneness and remove from the pan. Set it aside and keep warm.
3. Wipe out the sauté pan and add the curry powder to toast slightly.
4. Add the wine to the sauté pan and combine with the curry powder. Cook for 2 minutes and allow the wine to reduce slightly.
5. Stir in the stock.
6. Whisk in the slurry and bring to a boil to thicken. Add the cayenne, if using.
7. Add the reserved vegetables, cilantro, and season with salt and lemon. Taste and adjust the seasoning as needed.
8. Serve on a warmed platter.

Note: Fall and winter vegetable options include hard squashes, cauliflower, Romanesco, and other brassicas. For the spring, you can use asparagus, artichoke, and spring onions and in the summer, Romano beans, summer squash, and eggplant.

PURE STARCH SLURRY

Yield: 2 tablespoons

Ingredients

Amounts

Corn starch or arrowroot starch	1 Tbsp.
Cold water or stock	1 Tbsp.

Method

1. For each cup of liquid to thicken, start with 1 tablespoon of starch in a bowl.
2. Stir in enough liquid to create a paste the consistency of heavy cream.
3. Whisk the slurry into the hot simmering liquid, stirring constantly.
4. Bring the mixture to a boil, then reduce the heat to a simmer and cook an additional minute.

MACARONI AND CHEESE

Yield: 10-12 portions

Ingredients	Amounts
Elbow macaroni	1 lb.
Cheddar cheese, shredded	4 cups
Bechamel sauce (Recipe follows)	2 qt.
Dijon mustard	1 Tbsp.
Salt, kosher	1 tsp.
Ground black pepper	to taste
Breadcrumbs	1 cup
Parsley, minced	½ cup

Method

1. Preheat the oven to 400°F.
2. Cook the elbow macaroni in salted boiling water until almost done, but not fully cooked. Drain and set aside.
3. Add the cheese to the béchamel, little by little, and simmer until the cheese melts. Add the mustard, salt, and pepper to taste and stir to combine.
4. Add the reserved macaroni to the saucepan and toss to coat with the cheese sauce.
5. Transfer the macaroni to a buttered baking dish. Top the macaroni and cheese with the breadcrumbs and parsley and bake for 20 minutes until the top is golden brown.

BÉCHAMEL SAUCE

Yield: 2 quarts

Ingredients	Amounts
Milk	2 cups
Cream	2 cups
<i>Oignon piqué (See note)</i>	
Onion, yellow, peeled	½ ea.
Bay leaf	1 ea.
Clove	1 ea.
White roux	4 oz.
Salt, kosher	¼ tsp.
Ground white pepper	⅛ tsp.

Method

1. Scald the milk and cream in a saucepan.
2. Remove the pan from the heat and add the oignon piqué. Cover and steep for 15 to 20 minutes.
3. Remove the oignon piqué from the milk. Add the roux to the milk, whisking constantly to work out any lumps.
4. Bring the sauce to a full boil, then reduce the heat and simmer until the sauce is smooth and thickened, about 30 to 60 minutes.
5. Season with salt and white pepper to taste.
6. Strain and use immediately, or cool and refrigerate until ready to serve.

Note: An oignon piqué is a whole, peeled onion to which a bay leaf is attached, using a clove as a tack.

DAY TWO KITCHEN PRODUCTION TEAM ASSIGNMENTS

TEAM ONE

Vegetable Soup with Garlic and Basil Pesto
Greek Salad with Feta Cheese
Chicken Souvlaki Pita Sandwich with Tzatziki

TEAM TWO

Thai Red Lentil Soup
Cucumber, Peanut, and Chili Oil Salad
Chicken Bahn Mi

TEAM THREE

Onion Soup Gratinée
Citrus and Fennel Salad
Provençal Tartine: Ratatouille with Herbes de Provence,
Goat Cheese, and Grilled Bread

TEAM FOUR

Tortilla Soup
Melon, Citrus, and Jicama Salad with Mint
Three Sisters Quesadillas

VEGETABLE SOUP WITH GARLIC AND BASIL PESTO

Yield: 10 portions

Ingredients	Amount
Beans, navy, dry	½ cup
Water	1 qt.
Oil, olive, pure	¼ cup
Onion, medium dice	1 cup
Carrot, small dice	1/3 cup
Leek	½ cup
Chicken, stock, hot	4 qt.
Saffron	a pinch
Herbes de Provence	1 ea.
Potato, waxy, small dice	1 cup
Beans, green, small dice	1 cup
Zucchini, medium dice	1 cup
Pasta, vermicelli	½ cup
Tomato, peeled, seeded, medium dice	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Pesto (Recipe follows)	1 cup
Oil, olive, pure	as needed
Bread, French, sliced	1 ea.

Method

1. Cull, wash, and soak the navy beans overnight.
2. Simmer the beans until tender in water. Reserve the beans and the cooking liquid.
3. Sauté the onions, carrots, and leeks in olive oil.
4. Add the chicken stock and saffron, bring to a simmer, and cook for 10 minutes.
5. Add the potatoes, green beans, and zucchini and simmer for 10 minutes longer.
6. Add the vermicelli and simmer until done.
7. Add the beans and their cooking liquid and tomato and simmer for 1 minute. Season with salt and pepper to taste.
8. Mix in the pesto just prior to service. (The soup may not require all the pesto.)
9. Brush the bread slices with oil and grill until toasted.
10. Serve the soup with bread on the side.

Notes: A 12 ounce can of white beans and its liquid can be substituted for the navy beans and water. Herbes de Provence includes rosemary, marjoram, thyme, savory, and oregano. Any small soup pasta such as ditalini or orzo can be substituted for vermicelli. This soup may be served with poached, baked, roasted, or grilled fish or chicken placed on top of soup (or on side).

BASIL PESTO

Yield: 1 cup

Ingredients	Amounts
Garlic, clove, peeled, crushed	2 tsp.
Salt, kosher	½ tsp.
Basil, leaves, fresh, chopped roughly	3 cups
Oil, olive, extra-virgin	¼ cup

Method

1. Purée everything together in a small food processor and process to a coarse paste.

GREEK SALAD WITH FETA CHEESE

Yield: 10 portions

Ingredients	Amounts
Lettuce, romaine, chopped	1 lb.
Onion, red, sliced	1 cup
Cucumber, European, diced	2 cups
Pepper, bell, green, medium dice	2 cups
Tomato, medium dice	2 cups
Cheese, feta, crumbled	1 cup
Olive, kalamata, pitted, halved	1 cup
Mint, leaves, fresh, torn	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Red Wine Vinaigrette (Recipe follows)	1 cup

Method

1. Combine the lettuce, onion, cucumber, bell pepper, tomato, feta, olives, and mint.
2. Season with salt and pepper to taste.
3. Toss with the red wine vinaigrette.

RED WINE VINAIGRETTE

Yield: 2 cups

Ingredients	Amounts
Vinegar, red wine	½ cup
Mustard, Dijon	1 tsp.
Shallot, minced	2 Tbsp.
Oil, olive, pure	1 ½ cups
Sugar, granulated (Optional)	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.
Parsley, fresh, minced	2 Tbsp.
Oregano, dried	½ tsp.

Method

1. Combine the vinegar, mustard, and shallots in a mixing bowl.
2. Gradually whisk in the oil.
3. Season with sugar (if desired), salt, and pepper.
4. Add the parsley and oregano and mix to combine.

CHICKEN SOUVLAKI PITA SANDWICH WITH TZATZIKI

Yield: 10 portions

Ingredients	Amounts
Chicken, thigh, boneless, diced into 2-in. pieces	10 ea.
Oil, olive, extra-virgin	1/3 cup
Salt, kosher	1 tsp.
Pepper, black, ground	1/4 tsp.
Garlic, clove, crushed	1/4 cup
Oregano, dry	1 Tbsp.
Lemon, juice	1/4 cup
Soy sauce	1/2 cup
Onion, sliced	4 cups
Pepper, bell, green, sliced	4 cups
Oil, olive, pure	1/4 cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Bamboo skewers, soaked	10 ea.
Cabbage, sliced thinly	4 cups
Bread, pita, cut in half, warmed	5 ea.
Tzatziki (Recipe follows)	1 recipe
Parsley, minced	1 Tbsp.
Sesame seeds, toasted	2 Tbsp.

Method

1. Toss the chicken with the olive oil, salt, pepper, garlic, oregano, lemon juice, and soy sauce. Cover and refrigerate for one hour.
2. Sauté the onions and peppers in the olive oil until softened. Season with salt and pepper and set aside.
3. Skewer the chicken. Grill on a seasoned grill set to medium high until nice char marks are achieved and the chicken reaches an internal temperature of 165°F.
4. To serve, place the cabbage and the onion and pepper mixture into the pita halves. Slide the chicken off the skewers and place into the filled pitas.
5. Top with tzatziki and garnish with parsley and sesame seeds.

TZATZIKI

Yield: 10 portions

Ingredients	Amounts
Cucumber, English, small dice	2 cups
Salt, kosher	as needed
Garlic, chopped	2 tsp.
Salt, kosher	1 tsp.
Lemon, juice	3 Tbsp.
Oil, olive, extra-virgin	4 Tbsp.
Yogurt, nonfat, plain	3 cups.
Dill, chopped	3 Tbsp.

Method

1. Place the cucumbers in a bowl and toss with a little salt. Transfer to a colander and set aside for 15 minutes or longer to draw some of the liquid out of the cucumbers.
2. In a bowl, combine the garlic and salt and mash into a paste.
3. Stir in the lemon juice and the oil.
4. Add the yogurt and dill and mix well.
5. Rinse the salt from the cucumber slices in a colander and pat them dry. Fold them into the tzatziki.

THAI RED LENTIL SOUP

Yield: 10 portions

Ingredients	Amounts
Oil, coconut	¼ cup
Onion, medium, sliced thinly	3 cups
Red curry paste, vegetarian	3 Tbsp.
Lemongrass, stalk, lightly bashed	2 ea.
Lime, kaffir, leaves, fresh	3 ea.
Lentils, red	3 cups
Water	8 cups
Aromatic Oil (Recipe follows)	1 ½ cups
Coconut, milk	2 cups
Lime, juice	3 Tbsp.
Soy sauce	4 Tbsp.
Salt, kosher	1 ¼ tsp.
Peas, snap, sliced thinly on bias	2 cups
Cilantro, leaves, fresh, chopped coarsely	2 cups
Shallot, crispy fried	1 cup

Method

1. Heat the coconut oil in a large pot and add the onion. Cook over low heat, covered, for 10 to 15 minutes, stirring once or twice, until the onion is completely soft.
2. Stir in the red curry paste and cook for 1 minute.
3. Add the lemongrass, lime leaves, lentils, and water. Bring to boil, turn down to low, and simmer until the lentils are completely soft, about 15 minutes.
4. Remove the soup pot from the heat and discard the lemongrass and lime leaves. Use a blender to process the soup until it's completely smooth.
5. Add the coconut milk, lime juice, soy sauce, and salt. Stir and return the soup to medium heat. Once it is almost boiling, ladle the soup into bowls.
6. Garnish with the peas, cilantro, a drizzle of the aromatic oil, and the crispy shallots.

Note: Vegetable oil can be substituted for coconut oil.

AROMATIC OIL

Yield: 1 ½ cups

Ingredients	Amounts
Oil, canola (Divided)	1 cup
Shallot, minced	½ cup
Garlic, coarsely chopped	3 tsp.
Ginger, peeled, coarsely chopped	2 tsp.
Red chili flakes	½ tsp.
Star anise, pod	1 ea.
Curry powder	2 Tbsp.
Tomato, paste	2 tsp.
Lemon, zest	1 Tbsp.

Method

1. Heat 5 tablespoons of the oil in small saucepan.
2. Add the shallots, garlic, ginger, chili flakes, star anise, and curry powder. Fry over low heat for 5 minutes, stirring occasionally, until the shallots are soft.
3. Add the tomato paste and cook gently for 2 minutes.
4. Stir in the remaining oil and lemon zest and simmer very gently for 10 minutes.
5. Strain.

CUCUMBER, PEANUT, AND CHILI OIL SALAD

Yield: 10 portions

Ingredients	Amounts
Cucumber, English, small diced	2 quart
Salt, kosher	1 tsp.
Peanuts, roasted	1 cup
Cilantro, fresh, chopped	$\frac{3}{4}$ cup
Red pepper flakes	1 tsp.
Peanut butter, creamy	$\frac{1}{2}$ cup
Soy sauce	$\frac{1}{4}$ cup
Vinegar, rice	$\frac{1}{4}$ cup
Sugar, granulated	3 tsp.
Garlic, grated	1 tsp.
Salt, kosher	$\frac{1}{2}$ tsp.
Chili Oil	2 $\frac{1}{3}$ cups

Method

1. Toss the cucumbers with salt in a colander. Set aside to drain.
2. Chop the peanuts, cilantro, and red pepper flakes together until very fine. Set it aside.
3. Whisk together the peanut butter, soy sauce, vinegar, sugar, garlic, and salt in a large bowl. If the mixture is too thick, add 2 to 4 tablespoons of water to thin.
4. Transfer the salted cucumbers to the bowl with dressing and toss to coat.
5. To serve, place half the cucumber salad on the plate. Sprinkle with half of the peanut mixture and repeat with the remaining cucumber salad and peanut mixture.
6. Drizzle with chile oil and serve immediately.

CHILI OIL

Yield: 2 1/3 cups

Ingredients	Amounts
Red chili flakes	1/4 cup
Garlic, clove, smashed	2 ea.
Ginger, sliced	1/4 cup
Oil, vegetable	2 cups
Oil, sesame	1/3 cup

Method

1. Combine the red pepper flakes, garlic, ginger, vegetable oil, and sesame oil in a pot. Over medium heat, bring to a bubbly 225°F to 250°F, stirring occasionally.
2. Simmer on very low heat for 15 minutes, making sure the temperature does not rise above 250°F.
3. Let it cool. Scrape the oil and solids into a glass or plastic container and store tightly covered at room temperature.

CHICKEN BAHN MI

Yield: 10 portions

Ingredients	Amounts
Oil, canola	4 Tbsp.
Shallot, minced	2 ea.
Garlic, minced	2 Tbsp.
Soy sauce	2 Tbsp.
Sugar, granulated	1 Tbsp.
Five-spice powder	1 Tbsp.
Chili powder	1 Tbsp.
Star anise powder	½ tsp.
Chicken, breast, boneless, skinless	5 ea.
 Marinated Daikon and Carrots (Recipe follows)	 3 cups
 Bread, baguette, cut into 6-in. lengths	 3 ea.
Mayonnaise	¾ cup
Cucumber, sliced thinly	1 ea.
Cilantro, sprigs, fresh	10 ea.
Chile, jalapeño, sliced thinly	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the oil in a medium skillet over moderate heat. Add the shallots, garlic, soy sauce, and sugar and stir. Cook until fragrant, about 10 seconds.
2. Add the five-spice powder, chili powder, and star anise powder.
3. Add the chicken, cover, and marinate for 45 minutes.
4. Season the grill and preheat to medium high. Preheat oven to 350°F.
5. Grill the chicken. Remove from the heat and set aside. When cool, cut into ¼-inch slices.
6. Reheat the baguette in the oven so that the outside is warm and crusty, about 5 minutes.
7. Cut each baguette in half lengthwise, without separating.
8. Spread a thin layer of mayonnaise over the bread.
9. Add the chicken slices, making sure the meat is evenly spread on the bread.
10. Garnish the sandwich with the marinated vegetables, cucumber, cilantro, and jalapeño. Season with salt and pepper to taste.

MARINATED DAIKON AND CARROTS

Yield: 6 cups

Ingredients	Amounts
Vinegar, rice, or Vinegar, white, distilled	2 cups
Sugar, granulated	1 cup
Radish, daikon, peeled, julienne	1 lb.
Carrot, peeled, julienne	2 lb.
Salt, kosher	1½ tsp.

Method

1. Combine the vinegar and sugar in a saucepan and bring to a boil. Remove from the heat and set aside to cool.
2. Place the radishes, carrots, and salt in a bowl and toss several times. Set aside for 20 minutes, then rinse thoroughly. Using your hands, squeeze the vegetables to remove the excess water. Pat dry with paper towels and place in a bowl.
3. Add the vinegar mixture to the bowl and let the vegetables marinate for at least 30 minutes.

ONION SOUP GRATINÉE

Yield: 8 portions

Ingredients	Amounts
Oil, vegetable	¼ cup
Onion, sliced thinly	5 cups
Garlic, minced	1 tsp.
Brandy	½ cup
Chicken, stock, heated	1 ½ qt.
Sachet d'épices	
Parsley, stems, fresh	4 ea.
Thyme, dried	½ tsp.
Tarragon, dried	½ tsp.
Bay leaf, dried	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Bread, French, sliced	1 ea.
Butter, clarified	2 Tbsp.
Cheese, Gruyère, grated	1 cup
Parsley, fresh, chopped	1 Tbsp.

Method

1. Heat the oil in a soup pot over medium-low heat. Add the onions and cook without stirring until the onions begin to brown on the bottom.
2. Raise the heat to medium, stir, and continue to cook, stirring occasionally, until the onions are deeply caramelized (dark golden brown). The total cooking time will be 40 to 45 minutes. If the onions begin to scorch, stir more frequently and firmly enough to remove any browned bits off the bottom of the pan.
3. Add the garlic and continue to cook for 2 to 3 minutes.
4. Add the brandy and simmer until the liquid has nearly evaporated, 2 to 3 minutes.
5. Add the stock and sachet and simmer for 30 to 45 minutes, skimming the surface as necessary to remove any fat. Remove the sachet and discard. Season with salt and pepper.
6. Preheat oven to 450°F.
7. Fry 8 bread slices in a sauté pan with the clarified butter until golden brown on both sides. Remove and drain on paper towels.
8. Ladle the soup into cups or crocks and top with the toasted bread and cheese. Place it in the oven to melt the cheese. Serve topped with parsley.

Note: Beef stock can be substituted for chicken stock.

CITRUS AND FENNEL SALAD

Yield: 10 portions

Ingredients	Amounts
Fennel, bulb	2 ea.
Celery, sliced thinly	2 cups
Arugula, baby	4 cups
Salt, sea	1 tsp.
Pepper, black, ground	½ tsp.
Orange, segmented	4 ea.
Grapefruit, ruby red, segmented	4 ea.
Oil, olive, extra-virgin	1/3 cup
Lemon, juice	¼ cup
Olives, niçoise, pitted, sliced	2/3 cup
Parsley, chopped	2 Tbsp.

Method

1. Trim the fennel bulb and wash well. Slice thinly on a mandolin across the width of the bulb.
2. Place the fennel, celery and arugula in a large bowl and season with salt and pepper.
3. Place the fennel mixture on a platter.
4. Top with orange and grapefruit segments, drizzled oil and lemon juice, and scattered olives and parsley.

PROVENÇAL TARTINE: RATATOUILLE WITH HERBES DE PROVENCE, GOAT CHEESE, AND GRILLED BREAD

Yield: 10 portions

Ingredients	Amounts
Oil, olive, extra-virgin	½ cup
Herbes de Provence	1 tsp.
Onion, sliced thinly	2 cups
Garlic, chopped finely	2 Tbsp.
Eggplant, unpeeled, medium dice	2 cups
Pepper, bell, green, medium dice	1 cup
Pepper, bell, red, medium dice	1 cup
Zucchini, medium dice,	2 cups
Tomato, plum, cored, medium dice	3 cups
Tomato paste	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Basil, sliced thinly	¼ cup
Bread, Pain au Levain, ½-in. slices	1 ea.
Oil, olive, extra-virgin	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Garlic, clove, peeled	2 ea.
Cheese, goat	1 cup
Basil, sliced thinly	1 Tbsp.

Method

1. Heat the oil in a large, heavy sauté pan. Add the Herbes de Provence and heat for 10 seconds.
2. Add the onions, garlic, eggplant, and bell peppers. Stir continuously over high heat so the pieces cook evenly. Cook until the onions are translucent, about 5 minutes.
3. Add the zucchini, tomatoes, tomato paste, salt, and pepper and stir to blend. Cook over medium heat for 10 minutes.
4. Stir in the basil and set aside to cool slightly.
5. Preheat grill to medium high. Drizzle 10 slices of bread with olive oil, salt, and pepper. Grill on both sides until nice char marks are achieved but the bread is still soft in the middle, about 1 to 2 minutes per side.
6. Remove the bread from the grill and rub garlic on one side.
7. Serve the ratatouille on top of the grilled bread with crumbled goat cheese and basil.

TORTILLA SOUP

Yield: 6 portions

Ingredients	Amounts
Tortilla, corn	4 ea.
Oil, vegetable	2 tsp.
Onion, finely grated	1 cup
Garlic, finely minced	2 tsp.
Chili powder, mild	1 ½ tsp.
Cumin, dried, ground	1 tsp.
Cilantro, leaves, fresh, chopped	1 Tbsp.
Tomato, purée	¾ cup
Chicken, stock	6 cups
Bay leaf, dried	1 ea.
Chicken breast, cooked, shredded	1 cup
Cheese, Cheddar, grated	½ cup
Avocado, diced	1 cup
Cilantro, chiffonade	½ cup
Lime, cut into wedges	2 ea.

Method

1. Preheat the oven to 300°F.
2. Cut the tortillas into matchsticks. Place them in an even layer on a baking sheet and toast in the oven, for about 15 minutes. Alternately, toast the strips in a dry skillet over medium heat, tossing frequently. Reserve about ½ cup of the strips for a garnish. Crush the remainder in a plastic bag with a mallet.
3. Heat the oil in a soup pot over medium heat. Add the onion and garlic and cook, stirring frequently, until they have a sweet aroma, 5 to 6 minutes.
4. Add the tortillas, chili powder, and cumin and continue to cook for 3 minutes. Add the cilantro and tomato purée and cook for another 2 minutes.
5. Add the stock and bay leaf. Stir well and simmer for about 25 to 30 minutes.
6. Purée with an immersion blender until smooth. Adjust the seasoning with salt and pepper.
7. To serve, place the heated chicken and tortillas into soup cups and ladle soup into cups.
8. Garnish with the cheese, avocado, and cilantro. Serve with lime on the side.

Source: *Book of Soups*, p. 67

MELON, CITRUS, AND JICAMA SALAD WITH MINT

Yield: 10 portions

Ingredients	Amounts
Honeydew melon, peel, seed and julienne	1 ³ / ₄ lbs.
Jicama, peel, julienne	10 oz.
Oranges, peel, and segment have chef demo supreme cut	2 lbs. (about 2 cups)
Mint, fresh, stemmed and minced	2 Tbsp.
Lime Juice	¹ / ₄ cup

Method

1. Combine the melon, oranges, jicama, mint, lime juice in a large bowl.
2. Chill for 30 minutes before serving

THREE SISTERS CHEESE QUESADILLAS

Yield: 8 portions

Ingredients	Amounts
Black beans, canned	2 cups
Onion, yellow, small diced	1 cup
Garlic, minced	1 clove
Squash, yellow, small diced	2 ea.
Corn, kernels, frozen	2 cups
Salt, kosher	to taste
Pepper, black, ground	to taste
White flour tortilla	16 ea.
Queso fresco, crumbled	2 cups
Queso Chihuahua, shredded	2 cups
Green onions, thinly sliced	6 ea.
Cilantro, chopped	6 Tbsp.
Vegetable oil	as needed
Pico de Gallo (Recipe follows)	1x recipe

Method

1. Drain and rinse the beans.
2. Sauté the onions and garlic until translucent.
3. Add the squash and cook until softened, 2 or 3 minutes.
4. Add the corn and season with salt and pepper. Remove from heat and set aside.
5. Heat a large sauté pan over medium heat.
6. Place a tortilla in the pan and fill with ½ of a poblano pepper, ½ cup of equal amounts of queso fresco and chihuahua, one green onion, and 1 tablespoon of cilantro. Cover with another tortilla. Cook until the bottom tortilla is golden brown in color and crisp, then flip the quesadilla over and cook until cheese is melted and the bottom tortilla is crisp.
7. Repeat with the remaining tortillas.
8. Serve on a heated platter alongside the Pico de Gallo.

PICO DE GALLO

Yield: 2 cups

Ingredients	Amounts
Tomato, small dice	1 lb.
Serrano chile, seeded, minced	2 ea.
Onion, small dice	1 cup
Cilantro, chopped	½ bu.
Limes, juiced	2 ea.
Olive oil	2 Tbsp.
Salt	1 ½ tsp.

Method

1. Combine all of the ingredients in a mixing bowl and toss well to combine.
2. Allow to sit for at least ½ hour to allow the flavors to blend.
3. Serve in a chilled bowl.

DAY THREE KITCHEN PRODUCTION TEAM ASSIGNMENTS

TEAM ONE

Schnitzel with Lemon-Caper Beurre Blanc
Garlic-Roasted Potatoes with Parsley and Oregano
Braised Collard Greens

TEAM TWO

Grilled Salmon with Orange-Thyme Butter
Rice Pilaf
Green Beans

TEAM THREE

40-Clove Chicken
Whipped Potatoes
Oven-Roasted Vegetables

TEAM FOUR

Roast Sirloin of Beef with Jus Lié
Pommes Duchesse
Grilled Zucchini

SCHNITZEL WITH LEMON-CAPER BEURRE BLANC

Yield: 8 portions

Ingredients	Amounts
Pork cutlets, 3 oz. each	16 ea.
Salt, kosher	$\frac{3}{4}$ tsp.
Ground black pepper	$\frac{1}{4}$ tsp.
All-purpose flour	$\frac{3}{4}$ cup (or as needed)
Egg wash (equal parts beaten eggs and milk)	$\frac{1}{2}$ cup (or as needed)
Breadcrumbs	2 cups (or as needed)
Vegetable oil	1 $\frac{3}{4}$ cups (or as needed)
Butter	4 Tbsp.
Flat-leaf parsley, chopped	4 Tbsp.
Lemon wedges	6 ea.
Lemon-Caper Beurre Blanc (Recipe follows)	1x recipe

Method

1. Pound each portion of pork between sheets of parchment or plastic wrap to a thickness of $\frac{1}{4}$ -inch (refer to chef for demonstration).
2. Blot the pork dry. Season each piece with salt and pepper. Use the standard breading procedure to bread each cutlet: dredge (coat) the pork in flour (shake off any excess), dip in egg wash, and dredge in breadcrumbs.
3. Heat about $\frac{1}{8}$ -inch of oil in a large skillet to about 350°F over medium heat.
4. Working in batches, add the breaded pork to the hot oil and pan fry on the first side until golden brown and crisp, about 2 minutes.
5. Turn once and finish pan frying on the second side until it reaches an internal temperature of 160°F, about 1 or 2 minutes more.
6. Drain on paper towels or on a wire rack set over a baking sheet.
7. When ready to serve, heat the butter in a large skillet until it sizzles, about 2 minutes.
8. Add the pan-fried pork to the hot butter and turn to coat on both sides.
9. Garnish with chopped parsley. Serve with lemon wedges and Lemon-Caper Beurre Blanc on the side.

LEMON-CAPER BEURRE BLANC

Yield: 2 cups

Ingredients	Amounts
Heavy cream	1 cup
Shallots, minced	1 Tbsp.
Black peppercorns	3 - 4 ea.
Dry white wine	½ cup
Lemon juice (Divided)	½ cup
Butter, cold, cubed	¾ lb.
Salt	to taste
Ground white pepper	to taste
Lemon zest, grated or minced	1 Tbsp.
Capers, drained, rinsed	3 - 4 Tbsp.

Method

1. In a small saucepan over medium heat, bring the heavy cream to a simmer and reduce by half.
2. Combine the shallots, peppercorns, wine, and 2 tablespoons of the lemon juice in a separate saucepan. Reduce over medium-high heat until nearly dry (*au sec*).
3. Add the reduced heavy cream and simmer the sauce for 2 to 3 minutes to reduce slightly.
4. Over very low heat, add the butter a few pieces at a time, whisking constantly to blend the butter into the reduction. (Do not boil the sauce as it will separate.) Continue adding butter until the full amount has been incorporated.
5. Season with salt and pepper to taste.
6. Finish the sauce by adding the remaining lemon juice, lemon zest, and capers.
7. Place the sauce in a hot water bath and keep warm until needed.

GARLIC-ROASTED POTATOES WITH PARSLEY AND OREGANO

Yield: 6 portions

Ingredients	Amounts
Red bliss potatoes, trimmed and washed	2 ¼ lb.
Extra virgin olive oil	⅓ cup
Bay leaves	3 ea.
Oregano, dried	1 ½ Tbsp.
Salt	1 tsp.
Ground black pepper	to taste
Garlic cloves, minced	6 ea.
Flat-leaf parsley, chopped	3 Tbsp.
Oregano, chopped	1 ½ Tbsp.

Method

1. Toss the potatoes with the olive oil, bay leaves, oregano, salt, and pepper in a large mixing bowl.
2. Transfer the oiled, seasoned potatoes to a hot cast-iron skillet.
3. Place the skillet in a 425°F oven and roast for 20 minutes, stirring occasionally to ensure even browning.
4. Reduce the heat to 375°F and continue to cook for an additional 15 to 20 minutes, stirring occasionally.
5. Add the garlic when there are 5 to 10 minutes remaining in the cooking time to prevent it from burning and creating a bitter flavor.
6. Place in a warm serving bowl and sprinkle with the parsley and oregano.

BRAISED COLLARD GREENS

Yield: 6 portions

Ingredients	Amounts
Collard greens	2 ½ lb.
Bacon slices, diced	3 ea.
Onions, diced	1 ¼ cups
Garlic cloves, minced	2 ea.
Ham hock (Optional)	1 ea.
Chicken or vegetable stock	1 ¼ cups
Salt	to taste
Ground black pepper	to taste

Method

1. Preheat oven to 350°F.
2. Remove the stems from the greens and discard. Wash thoroughly.
3. Bring a large pot of salted water to a boil. Add the collards and blanch (par-cook) for about 1 minute.
4. Remove from the water and transfer to an ice bath to “shock” the greens and stop the cooking process. Drain, then chop and set aside.
5. In a large skillet, cook the bacon over medium heat until it is crispy, light golden brown, and the fat has melted out (rendered).
6. Add the onions and cook until translucent.
7. Add the garlic and cook until aromatic, about 1 more minute.
8. Add the ham hock, if desired, along with the blanched greens and stock. Season with salt and pepper to taste.
9. Braise in the oven until the greens are tender, about 30 to 45 minutes.
10. Remove the greens from the pan and reduce the liquid. Add the greens back to the liquid and adjust seasoning with salt and pepper to taste.
11. Serve hot on a warm serving platter.

GRILLED SALMON WITH ORANGE-THYME BUTTER

Yield: 6-8 portions

Ingredients	Amounts
Butter, softened	1/2 cup
Orange juice, fresh	2 Tbsp.
Thyme leaves, fresh	2 tsp.
Orange zest	1 tsp.
Salt, kosher	1/2 tsp.
Ground black pepper	1/2 tsp.
Salmon fillets, skin removed, about 3 oz. each	2 1/2-3 lb.
Salt, kosher	as needed
Ground black pepper	as needed
Lemon, juice	1 ea.
Vegetable oil (for brushing)	as needed

Method

1. To prepare the orange-thyme butter, blend the butter with the orange juice, thyme, orange zest, salt, and pepper.
2. Place on a piece of plastic wrap. Roll into a 1-inch-diameter cylinder and secure the ends by twisting. Chill until firm, about 2 hours.
3. Preheat a gas grill to medium; leave 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. Season the fish with salt, pepper, and lemon juice. Brush evenly with oil.
5. Grill each salmon fillet to the desired doneness (usually medium).
6. Top each fillet with a slice of the orange-thyme butter. Place into a hot oven or pass under a broiler just long enough to begin melting the butter.
7. Serve immediately on a warm platter.

RICE PILAF

Yield: 6 portions

Ingredients	Amounts
Chicken stock	1 $\frac{3}{4}$ - 2 cups
Butter or vegetable oil	1 Tbsp.
Onion, diced	3 Tbsp.
Garlic clove, minced	1 ea.
Long-grain white rice	1 cup
Salt, kosher	1 tsp.
Ground white pepper	$\frac{1}{4}$ tsp.
Bay leaf	1 ea.
Thyme sprig	1 ea.

Method

1. Bring the stock to a simmer in a heavy saucepan. If you plan to cook the rice in the oven, preheat the oven to 325°F.
2. Heat the butter or oil in a medium-sized, heavy saucepan over medium heat. Add the onions and garlic and cook until they are translucent, 3 to 5 minutes.
3. Add the rice, stirring to coat with butter and toasting lightly, about 1 minute.
4. Add the hot stock, salt, pepper, bay leaf, and thyme. Bring to a boil, stirring once or twice to make sure the rice is not sticking to the bottom of the pan. Reduce the heat and cover tightly.
5. Place in the preheated oven or leave on the burner over very low heat. Cook until the rice is tender, and all the liquid has been absorbed, 15 to 20 minutes. Remove from the heat and let stand undisturbed for 10 minutes.
6. Remove the lid and cover the pot with a clean dish towel. Replace the lid and let sit for another 5 minutes. Uncover and, using a fork, gently fluff the grains of rice.
7. Serve immediately in a heated bowl.

GREEN BEANS

Yield: 6 portions

Ingredients	Amounts
Green beans, trimmed	1 ½ lb.
Olive oil	1 ½ tsp.
Shallots, minced	2 tsp.
Garlic, minced	1 tsp.
Salt, kosher	to taste
Ground black pepper	to taste
Chives, sliced	2 tsp.

Method

1. Blanch (par-cook) the green beans in boiling salted water until bright green.
2. Remove from the water and transfer to an ice bath to shock the beans and stop the cooking process. Drain and reserve for later use.
3. Heat a large sauté pan over medium heat and add the olive oil, shallots, and garlic. Sauté briefly, then add the green beans.
4. Season with salt and pepper to taste.
5. Stir in the chives before serving. Serve on a heated platter.

40-CLOVE CHICKEN

Yield: 6-8 portions

Ingredients	Amounts
Chicken breasts, frenched	6 ea.
Chicken thighs	6 ea.
Chicken legs	6 ea.
Dry white wine	4 $\frac{3}{4}$ cups
Salt, kosher	as needed
Ground black pepper	as needed
All-purpose flour (for dredging)	1 $\frac{1}{4}$ cup
Olive oil	3 Tbsp.
Garlic cloves, peeled	40 ea.
Thyme sprigs	6 ea.
Rosemary sprigs	2 ea.
Flat-leaf parsley, chopped (for garnish)	3 Tbsp.

Method

1. Marinate the chicken pieces in the wine for 1 to 2 hours in the refrigerator. Remove and pat dry. Reserve the marinade.
2. Season the chicken with salt and pepper, then dredge (coat) the chicken in flour.
3. In a large sautoir (straight-sided sauté pan), heat the oil over medium-high heat. Working in batches, if necessary, add the chicken to the pan and brown on all sides. Remove the chicken from the pan and reserve.
4. Add the garlic and sauté until it begins to brown.
5. Place the chicken on top of the garlic in a single layer. Add the wine marinade and season with the thyme and rosemary.
6. Cover the pan and braise in a 325°F oven until tender, about 45 minutes.
7. Remove the chicken and the garlic from the pan and reserve. Remove and discard the herbs. Place the pan on the stovetop and reduce the sauce until it is thick enough to coat the back of a spoon (nappé).
8. Adjust the seasoning with salt and pepper.
9. Serve the chicken with the sauce and garlic cloves. Garnish with parsley.

Source: Adapted from On Cooking by Sarah Labensky and Alan Hause

WHIPPED POTATOES

Yield: 6 - 8 portions

Ingredients	Amounts
Russet potatoes, peel, cut into big pieces	2 lb.
Salt	to taste
Butter, softened	2 Tbsp.
Milk, warmed	¼ cup
Ground white pepper	to taste

Method

1. Place the potatoes in a large pot and add enough cold water to cover by 2 inches. Salt the water and bring to a simmer over high heat.
2. Reduce the heat to medium, cover, and simmer until the potatoes are easily pierced with a fork, 25 to 30 minutes.
3. Drain the potatoes and return them to the pan. Place the pan over low heat until no more steam rises from the potatoes (be careful not to brown the potatoes).
4. While still hot, purée the potatoes with a food mill or potato ricer into a heated bowl.
5. Add the butter and mix into the potatoes by hand or with the whip attachment of an electric mixer, just until incorporated.
6. Add the warm milk and stir to combine. Taste and season with salt and pepper.
7. Whip the potatoes on medium speed until smooth and light.
8. Serve immediately in a heated bowl.

Variations:

Buttermilk Whipped Potatoes: Replace milk with buttermilk; add 1 - 2 tablespoons of minced fresh chives along with the salt and pepper.

Whipped Sweet Potatoes: Replace the russet potatoes with sweet potatoes. Use the cooking liquid to replace half of the milk when whipping the purée. Season with ¼ teaspoon of cinnamon, a few grains of nutmeg, and a few drops of fresh lemon juice.

OVEN-ROASTED VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Red onions, quartered	2 ea.
Carrots, oblique cut	2 cups
Cauliflower, florets	2 cups
Red bell pepper, 1-inch pieces	2 cups
Green bell pepper, 1-inch pieces	2 cups
Garlic cloves, whole, peeled	6 ea.
Shallots, whole, peeled	3 ea.
Extra virgin olive oil	2 Tbsp.
Thyme, chopped	1 Tbsp.
Salt	1 Tbsp.
Ground black pepper	1 tsp.
Butter	4 Tbsp. (plus, extra for pan)

Method

1. Preheat oven to 375°F.
2. Combine the onions, carrots, cauliflower, peppers, garlic, and shallots in a large stainless-steel bowl. Toss with the olive oil to coat.
3. Season with thyme, salt, and pepper and mix thoroughly.
4. Transfer the vegetables to a buttered roasting pan and dot with the butter.
5. Place in the oven and roast until the vegetables are lightly caramelized and tender. Gently stir the vegetables periodically throughout the cooking period to ensure even roasting.
6. Serve hot on a heated platter.

ROAST SIRLOIN OF BEEF WITH JUS LIÉ

Yield: 6-8 portions

Ingredients	Amounts
Beef sirloin, boneless tied at 1-inch intervals	3 lb.
Salt	as needed
Ground black pepper	as needed
Vegetable oil	as needed
Onion, diced	1/3 cup
Carrot, diced	1/4 cup
Celery, diced	1/4 cup
Tomato paste	2 Tbsp.
Brown veal stock	2 1/2 cups
Cornstarch	1 tsp.

Method

1. Place a rack in a roasting pan and preheat the oven to 350°F.
2. Season the meat generously with salt and pepper.
3. Heat enough oil to create a film in a large sauté pan over medium-high heat and brown the meat on all sides.
4. Transfer to the roasting pan. Add the onions, carrots, and celery to the bottom of the roasting pan.
5. Roast the meat to medium-rare (125°F internal temperature), about 1 hour. Remove from the pan and place on a platter or cutting board, cover loosely with foil, and let stand for 20 minutes while you make the jus.
6. Pour off the fat from the pan, leaving 1 tablespoon and add the tomato paste. Place the pan over medium heat on the stove top and cook the vegetables and tomato paste, stirring until caramelized, 3 to 5 minutes.
7. Add the stock and stir and scrape with a wooden spoon to deglaze the bottom of the pan.
8. Blend the cornstarch with 1 tablespoon of water to form a slurry and whisk into the sauce.
9. Bring to a boil over medium heat. As soon as the sauce thickens, remove from the heat and strain. Season to taste with salt and pepper.
10. Remove the string from the meat, slice, and serve on a heated platter with the jus.

POMMES DUCHESSE

Yield: 6 – 8 portions

Ingredients	Amounts
Russet potatoes, peeled, quartered	2 ¼ lb.
Egg yolks	3 ea.
Butter, softened	¼ lb.
Salt, kosher	1 tsp.
Ground black pepper	¼ tsp.
Nutmeg, freshly ground	⅛ tsp.

Method

1. Preheat oven to 400°F.
2. Add the potatoes to cold salted water and bring to a boil over high heat. Reduce the heat to a simmer and cook until the potatoes are just tender.
3. Drain the potatoes and return them to the pot. Heat over very low heat until no more steam rises from the potatoes (be careful not to brown the potatoes).
4. Purée the potatoes while still very hot.
5. Mix the egg yolks and butter into the hot potato purée. Season with salt, pepper, and nutmeg to taste.
6. Transfer the mixture to a piping bag fitted with a star tip. Pipe the potatoes onto a parchment paper-lined sheet pan (refer to chef for demonstration).
7. Bake in the oven until the potatoes are heated through and golden brown.
8. Serve immediately on a warm platter.

GRILLED ZUCCHINI

Yield: 6 portions

Ingredients	Amounts
Olive oil	½ cup
Red or white wine vinegar	½ cup
Garlic cloves, minced	2 ea.
Thyme, chopped	1 ½ tsp.
Oregano, chopped	1 ½ tsp.
Sugar	1 tsp.
Zucchini, cut on the bias into ½-inch slices	1 ½ lb.
Salt, kosher	½ tsp.

Method

1. 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 light coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
2. For the marinade, mix the olive oil, vinegar, garlic, thyme, oregano, and sugar. Stir until the sugar dissolves.
3. Pat the zucchini slices dry with paper towels and season generously with salt. Toss with the marinade, making sure that the zucchini is coated on both sides.
4. Place the zucchini on the grill and cook on each side until the zucchini is tender and marked with grill marks.
5. Transfer to a warm platter, drizzle with some of the marinade, and serve hot.

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>.

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These Materials Were Developed at The Culinary Institute of America.

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Rialto USD Culinary Training Course Guide v.110.docx

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