



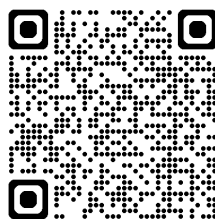
Culinary Institute of America

COLUMBIA UNIVERSITY FOOD SERVICE CULINARY TRAINING



CIA Consulting
The Culinary Institute of America

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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 black 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 ASSIGNMENTS

EACH PERSON - KNIFE SKILLS

Students will present the following knife cuts for evaluation.

Bâtonnet: 2 Zucchini

Concassé: 1 Tomato

Slice: 4 Mushrooms, 1 Onion

Mince: 5 Garlic Cloves, 1 Onion

Using production from the knife cuts evaluation, each team will produce the following menu items:

ALL TEAMS

Onion Soup Gratinée

Pasta Dish

Fried Zucchini

ONION SOUP GRATINÉE

Yield: 8 portions

Ingredients	Amounts
Oil, vegetable	¼ cup
Onion, medium, thinly sliced	6 cups
Garlic, minced	1 tsp.
Vinegar, wine, white	2 Tbsp.
Chicken, stock, heated	1 ½ qt.
Sachet	
Parsley, stem, 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, slice	8 ea.
Cheese, Gruyère, grated	1 cup

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 cook for 1 minute.
4. Add the vinegar. Simmer until the liquid has nearly evaporated, 2 to 3 minutes.
5. Add the broth and sachet. Simmer for 30 to 45 minutes, skimming the surface as needed. Remove and discard the sachet. Season with salt and pepper to taste.
6. Preheat oven to 350°F.
7. Bring 2 quarts of water to a boil. Ladle the soup into individual oven-proof soup crocks. Top each crock with a slice of bread and sprinkle with grated cheese, covering the bread completely, and allowing the cheese to touch the edge of the crock.
8. Set the soup crocks in a baking dish and add enough boiling water to reach $\frac{2}{3}$ up the sides of the crocks. Bake until the soup is thoroughly heated and the cheese is lightly browned, 10 to 15 minutes. Serve immediately.

Source: *The New Book of Soups*, p. 33

DAY TWO

KITCHEN PRODUCTION ASSIGNMENTS

TEAM ONE

Deep-Fried Cod with Remoulade Sauce

Roasted Red Potatoes

Glazed Carrots

Salad Greens with Balsamic Vinaigrette

TEAM TWO

Roast Chicken with Pan Gravy

Buttermilk Mashed Potatoes

Sautéed Broccoli Rabe

Caesar Salad

TEAM THREE

Grilled Pork Ribs with Asian-Style BBQ Sauce

Rice Pilaf

Asian Slaw

Tomato, Cheddar, and Roasted Corn Salad with Avocado and Chipotle-Sherry

Vinaigrette

TEAM FOUR

Stir-Fried Beef and Vegetables

Baby Bok Choy, potsticker style

BLT Salad with Buttermilk-Chive Dressing

DEEP-FRIED COD WITH PANKO BREADCRUMBS

Yield: 6 portions

Ingredients	Amounts
Fish, cod, fillet, cut into six 4-oz. portions	1 ½ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Lemon, juice	as needed
Flour, all-purpose	as needed
Egg wash	2 fl. oz.
Breadcrumbs, panko	4 wt. oz.
Oil, vegetable	as needed
Lemon, cut into wedges	6 ea.

Method

1. At the time of service, blot the cod dry. Season with salt, pepper, and lemon juice.
2. Dredge the fish in the flour, dip it in the egg wash, and dredge it in the breadcrumbs.
3. Heat the oil to 350°F. Using the swimming method, deep-fry the cod until golden brown and cooked through.
4. Drain briefly on absorbent paper towels.
5. Serve immediately, accompanied by lemon wedges.

RÉMOULADE SAUCE

Yield: 1 pint

Ingredients	Amounts
Mayonnaise	14 fl. oz.
Capers, chopped	1 wt. oz.
Chive, fresh, chopped	1 ½ Tbsp.
Tarragon, fresh, chopped	1 ½ Tbsp.
Mustard, Dijon	1 ½ tsp.
Anchovy, paste	½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Worcestershire sauce	to taste
Tabasco sauce	to taste

Method

1. Combine all ingredients and mix well.
2. Adjust the seasoning with salt, pepper, Worcestershire, and Tabasco to taste.
3. The sauce is ready to serve now or it may be refrigerated for later use.

ROASTED RED POTATOES

Yield: 6 portions

Ingredients	Amounts
Potato, scrubbed, dried, quartered	2 lb.
Oil, olive	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Preheat oven to 425°F.
2. Toss the potatoes with enough olive oil to coat evenly.
3. Season with salt and pepper. Transfer to an oiled sheet pan.
4. Bake in the preheated oven until browned and tender enough to be easily pierced with a fork, about 30 minutes.
5. Serve on a heated platter.

GLAZED CARROTS

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	4 Tbsp.
Carrot, oblique cut	1 ½ lb.
Sugar, granulated	2 ¼ Tbsp.
Stock, chicken, hot	1 cup
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. Melt the butter in a large sauté pan over medium-low heat.
2. Add carrots. Cover the pan and lightly sweat the carrots over medium-low heat for 2 to 3 minutes.
3. Add the sugar and stock. Season with salt and pepper. Bring to a simmer over medium heat.
4. Cover the pan and cook over low heat until the carrots are almost tender, about 5 minutes.
5. Remove the cover and continue to simmer until the cooking liquid reduces to a glaze and the carrots are tender, 2 to 3 minutes.
6. Season with salt and pepper to taste.
7. Serve immediately.

SALAD GREENS WITH BALSAMIC VINAIGRETTE

Yield: 6 portions

Ingredients	Amounts
Salad greens, seasonal	1 lb.
Vinegar, wine, red	2 fl. oz.
Vinegar, balsamic	2 fl. oz.
Mustard, Dijon (Optional)	1 tsp.
Oil, olive, extra-virgin	12 fl. oz.
Salt, kosher	as needed
Pepper, black, ground	as needed
Herbs, fresh, minced (Optional)	2 Tbsp.

Method

1. Wash and dry the salad greens.
2. For the dressing, in a small bowl, place the red wine vinegar, balsamic vinegar, and mustard (if using). Whisk to combine.
3. Gradually whisk in the oil.
4. Adjust the seasoning with salt and pepper to taste. Add the herbs, if desired.
5. In a large bowl, place the salad greens. Add enough of the dressing to lightly coat. Toss to combine.
6. Serve the dressed salad in a chilled bowl.

ROAST CHICKEN WITH PAN GRAVY

Yield: 6 portions

Ingredients	Amounts
Chicken, whole, wing tips removed	3 ea.
Salt, kosher	as needed
Pepper, white, ground	as needed
Thyme, sprig, fresh	3 ea.
Rosemary, sprig, fresh	3 ea.
Bay leaf, dried	3 ea.
Oil, vegetable	3 fl. oz.
Mirepoix, medium diced	7 wt. oz.
Flour, all-purpose	1 ¼ wt. oz.
Stock, chicken	24 fl. oz.

Method

1. Preheat oven to 400°F.
2. Season the cavity of each chicken with salt and pepper. Place 1 sprig each of thyme and rosemary, and 1 bay leaf in each cavity.
3. Rub the skin with the oil and truss each chicken with twine.
4. Place the chickens, breast-side up, on a rack in a roasting pan. Scatter the wing tips in the pan.
5. Roast in the preheated oven for 40 minutes, basting from time to time.
6. Scatter the mirepoix around the chicken and continue to roast until the thigh meat registers an internal temperature of 165°F in the thickest part, 30 to 40 minutes.
7. Remove the chickens from the roasting pan and allow them to rest, tented with foil.
8. Place the roasting pan on the stovetop and cook until the mirepoix is browned and the fat is clear. Pour off all but 1 ½ fl. oz. of the fat.
9. Add the flour and cook out the roux for 4 to 5 minutes. Whisk in the stock until completely smooth.
10. Simmer the gravy until it reaches the proper consistency and flavor, 20 to 30 minutes. Degrease. Season with salt and pepper. Strain through a fine-mesh sieve.
11. Carve the chickens and serve with the pan gravy.

BUTTERMILK MASHED POTATOES

Yield: 6 portions

Ingredients	Amounts
Potato, russet, peeled, cut into big pieces	2 ¼ lb.
Butter, unsalted, softened	6 Tbsp.
Buttermilk, warmed	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Chive, fresh, snipped	1 Tbsp.

Method

1. In a large pot, place the potatoes and add enough cold water to cover by 2 inches. Salt the water and bring to a boil. Lower the heat to medium and simmer until the potatoes are easily pierced with a fork, 25 to 30 minutes.
2. Drain the potatoes and return them to the pot. Place the pot over low heat until no more steam rises from the potatoes (do not brown the potatoes).
3. While still hot, purée the potatoes with a food mill or ricer into a heated bowl.
4. Add the butter and mix into the potatoes by hand or with the whip attachment of an electric mixer just until incorporated.
5. Add the warm buttermilk and stir to combine. Season with salt and pepper to taste.
6. Whip the potatoes on medium speed until smooth and light.
7. Garnish with the snipped chives. Serve in a heated bowl,

SAUTEED BROCCOLI RABE

Yield: 6 portions

Ingredients	Amounts
Broccoli rabe	1 lb.
Oil, olive	2 Tbsp.
Shallot, minced	2 tsp.
Garlic, minced	2 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Wash, but do not dry, the broccoli rabe. Remove any stems that are very tough and any very large leaves. Some leaves and stalks should remain.
2. In salted, boiling water, blanch the broccoli rabe until just wilted. Shock in ice water, drain, and set aside.
3. Heat the olive oil in a sauté pan over medium heat. Add the shallots and garlic and sweat until soft.
4. Increase the heat to medium high and add the blanched broccoli rabe. Sauté all the ingredients until heated through.
5. Adjust the seasoning with salt and pepper to taste.

CAESAR SALAD

Yield: 6 portions

Ingredients	Amounts
Garlic, paste	¼ wt. oz.
Anchovy, fillet	5 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Egg, whole, pasteurized	2 wt. oz.
Lemon, juice	2 fl. oz.
Oil, olive, extra-virgin	10 fl. oz.
Bread, multigrain	3 wt. oz.
Oil, olive, pure	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lettuce, romaine, washed, chopped	1 ½ lb.
Cheese, Parmesan, grated	6 wt. oz.

Method

1. Preheat oven to 325°F.
2. For the dressing, in a mixing bowl, place the garlic, anchovy fillets, salt, and pepper. Mix to combine. Mash to form a paste.
3. Add the egg and lemon juice and whisk to combine.
4. Gradually stream in the olive oil, whisking to form a thick dressing.
5. For the croutons, cut the multigrain bread into small cubes. In a mixing bowl, toss the bread with the olive oil, salt, and pepper.
6. Arrange the seasoned croutons in a single layer on a sheet pan. Toast in the preheated oven, turning the croutons once, until they are golden brown, about 10 to 15 minutes.
7. In a mixing bowl, place the lettuce, Parmesan cheese, and enough dressing to lightly coat. Toss to combine.
8. Serve the salad in a chilled bowl, garnished with the croutons.

GRILLED PORK RIBS WITH ASIAN-STYLE BARBECUE SAUCE

Yield: 6 portions

Ingredients	Amounts
Pork, baby back rib, slab (8 ribs each)	4 ea.
Sesame seeds	1 oz.
Hoisin sauce	1 cup
Plum sauce	½ cup
Oyster sauce	⅓ cup
Ginger, finely minced	2 ½ Tbsp.
Scallion (Green onion), minced	1 oz.
Cilantro, fresh, chopped	¾ oz.
Garlic, finely minced	½ oz.
Honey	4 fl. oz.
Soy sauce	1 fl. oz.
Vinegar, wine, white	½ Tbsp.
Oil, sesame, dark	1 Tbsp.
Asian chile sauce	1 Tbsp.
Lemon, zest	1 Tbsp.
Orange, zest	1 Tbsp.

Method

1. Preheat oven to 350°F.
2. Remove the white membrane on the underside of the ribs.
3. Sear the ribs on a grill until brown. Cut into three-bone portions.
4. Arrange the ribs in a single layer in a large hotel or roasting pan.
5. Add ¼-inch of water to the pan and cover the ribs with parchment paper. Bring it to a simmer over medium heat.
6. Tightly wrap the pan with aluminum foil. Cook in the preheated oven until fork tender, 1 to 2 hours.
7. To toast the sesame seeds, spread in a shallow layer in a preheated dry sauté pan and toss, shake or swirl the pan until a rich, penetrating aroma arises. Transfer to a cool pan to avoid scorching. Set them aside.
8. For the sauce, in a medium bowl, place the hoisin sauce, plum sauce, oyster sauce, ginger, scallion, toasted sesame seeds, cilantro, garlic, honey, soy sauce, vinegar, sesame oil, chile sauce, lemon zest, and orange zest. Mix well to combine.
9. When the ribs are tender, transfer to a foil-lined sheet pan. Brush the ribs with the sauce and return to the oven to form a glaze. Baste the ribs every 10 to 15 minutes for the next 30 to 45 minutes.

RICE PILAF

Yield: 6 portions

Ingredients	Amounts
Rice, white, long-grain	8 ½ wt. oz. (1 ⅓ cups)
Oil, vegetable	1 fl. oz.
Onion, yellow, minced	½ wt. oz.
Stock, chicken, hot	16 fl. oz. (2 cups)
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Preheat oven to 350°F.
2. Rinse the rice under cold water in a strainer until the water runs clear. Drain well.
3. Heat the oil in a heavy-gauge pot over medium heat. Add the onion and sweat, stirring frequently, until translucent, 5 to 6 minutes.
4. Add the rice and sauté, stirring frequently, until coated with oil and heated through, 2 to 3 minutes.
5. Add the heated stock. Bring to a simmer, stirring once or twice to prevent the rice from clumping together or sticking to the bottom of the pot.
6. Add the bay leaf, thyme, salt, and pepper. Cover the pot and cook in the preheated oven until the grains are tender to the bite and have absorbed all liquid, 15 to 20 minutes.
7. Allow the rice to rest for 5 minutes, fluff with a fork, and serve immediately.

ASIAN VEGETABLE SLAW

Yield: 6 portions

Ingredients	Amounts
Cabbage, savoy, head, shredded	1/2 ea.
Cabbage, red, head, shredded	1/2 ea.
Carrot, thinly sliced	2 ea.
Cilantro, fresh, chopped	1/2 cup
Scallion (Green onion), sliced thin on bias	5 ea.
Oil, vegetable	3/4 cup
Vinegar, wine, rice	1/3 cup
Soy sauce	2 Tbsp.
Salt, kosher	to taste
Chile, cayenne, ground	to taste
Sesame seeds, toasted (Divided)	1/4 cup

Method

1. For the coleslaw, in a large bowl, place the cabbage, carrots, cilantro, and scallions. Toss to combine. Set it aside.
2. For the dressing, in a small bowl, whisk together the oil, vinegar, and soy sauce.
3. Add enough of the dressing to lightly dress the coleslaw (it should not be swimming in dressing).
4. Adjust the seasoning with salt and cayenne to taste.
5. Add 3 tablespoons of the sesame seeds. Toss to combine.
6. Serve on a chilled platter or in a chilled bowl. Garnish with the remaining sesame seeds.

TOMATO, CHEDDAR, AND ROASTED CORN SALAD WITH AVOCADO AND CHIPOTLE-SHERRY VINAIGRETTE

Yield: 8 portions

Ingredients	Amount
Corn, ear, unhusked	4 ea.
Salt, kosher	as needed
Mesclun lettuce, rinsed, dried	6 cups
Chipotle-Sherry Vinaigrette (Recipe follows)	1 cup
Tomato, beefsteak, sliced ¼ -in. thick	3 ea.
Avocado, sliced	2 ea.
Onion, red, thinly sliced	1 ea.
Cheese, Cheddar, NY state, small diced	1 cup
Pepper, black, ground	2 tsp.

Method

1. Preheat oven to 400°F.
2. Place the unhusked corn in a roasting pan and roast until tender, about 30 minutes. Check their doneness after about 20 minutes (pull the husk partially away from the biggest ear). If you pierce a kernel easily with a fork, it is done. Remove it from the oven and cool completely.
3. Shuck the corn and cut the kernels from the cobs. Place the corn kernels in a mixing bowl and toss with 1 teaspoon of salt. Keep the corn at room temperature if you are making the salad right away or cover and refrigerate for up to 12 hours.
4. Toss the mesclun mix with ½ cup of the prepared vinaigrette.
5. Mound the dressed mesclun on a chilled platter or individual plates. Arrange the tomatoes, avocados, and red onion over the mesclun. Sprinkle with the cheese and reserved corn. Drizzle with the remaining ½ cup dressing.
6. Season to taste with salt and pepper. Serve immediately.

CHIPOTLE-SHERRY VINAIGRETTE

Yield: 1 cup

Ingredients	Amount
Vinegar, sherry	3 Tbsp.
Lime, juice, fresh	1 Tbsp.
Shallot, minced	1 Tbsp.
Cilantro, fresh, chopped	1 Tbsp.
Thyme, fresh, chopped	1 tsp.
Parsley, fresh, chopped	1 Tbsp.
Chile, chipotle, can, drained, minced	2 ea.
Garlic, clove, minced	1 ea.
Maple syrup	1 tsp.
Oil, olive, pure	$\frac{3}{4}$ cup

Method

1. In a medium bowl, combine all the ingredients except the olive oil.
2. Gradually whisk in the olive oil until the dressing is lightly thickened.
3. Adjust the seasonings to taste.

STIR-FRIED BEEF WITH VEGETABLES

Yield: 6 portions

Ingredients	Amounts
Beef, flank steak	1 lb.
Green beans, cut to 1-in. lengths	1 lb.
Carrot, julienned	1 lb.
Soy sauce	2 Tbsp.
Sugar, brown	1 tsp.
Cornstarch	1 Tbsp.
Oil, vegetable	1 Tbsp.
Vinegar, wine, rice	2 Tbsp.
Sugar, brown	1 Tbsp.
Soy sauce	1 Tbsp.
Hoisin sauce	1 Tbsp.
Oil, sesame	1 tsp.
Oil, vegetable	3 fl. oz.
Ginger, minced	1 Tbsp.
Chile, red, flakes	1 Tbsp.
Cornstarch	as needed
Water	as needed
Oil, sesame (Optional)	2 tsp.

Method

1. Slice the beef against the grain into long strips $\frac{1}{8}$ -inch thick, $\frac{1}{2}$ -inch wide, and 1½-inches long.
2. For the marinade, in a large bowl, mix the soy, sugar, cornstarch, and oil until smooth. Add the beef and toss until the meat is well coated. Marinate for at least 1 hour.
3. Blanch and shock the carrots and beans in boiling, salted water. Rinse, drain, and reserve.
4. For the sauce, in a mixing bowl, place the rice wine vinegar, brown sugar, soy sauce, hoisin sauce, and sesame oil. Mix until smooth. Reserve.
5. In a very hot wok, add the oil and heat until very faint wisps of smoke arise. Add the ginger and red chile flakes and stir-fry quickly.
6. Add the beef and stir-fry until the beef is cooked.
7. Push the beef to the sides of the wok and add the reserved sauce.

8. If the sauce is too thin, prepare a slurry. In a small bowl, place equal amounts of cornstarch and water and whisk well to combine. Add it to the sauce and stir until it thickens.
9. Add the carrots and beans and toss until evenly heated.
10. Finish with a small amount of sesame oil, if desired.

BABY BOK CHOY, POTSTICKER STYLE

Yield: 4 portions

Ingredients	Amounts
Bok choy, baby	1 ea.
Garlic, clove, thinly sliced	1 Tbsp.
Water	½ cup
Soy sauce, low sodium	1 Tbsp.
Oil, chili	as needed

Method

1. Cut the bok choy in half lengthwise. Wash it thoroughly.
2. In a wok, place the bok choy, stem ends toward center and cut facing down.
3. Sprinkle the bok choy with the garlic. Add the water and soy sauce. Simmer until water evaporates and the cut faces of the bok choy are lightly browned.
4. Remove from the heat. Drizzle with soy sauce and chili oil.

B.L.T. SALAD WITH BUTTERMILK-CHIVE DRESSING

Yield: 6 portions

Ingredients	Amounts
Bacon, strip	12 ea.
Bread, whole wheat, slice, cubed	3 ea.
Oil, olive, pure	1 fl. oz.
Garlic, clove, minced	3 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Lettuce, Boston, head, separated into leaves, rinsed, dried, torn into pieces	2 ea.
Buttermilk-Chive Dressing (Recipe follows)	6 fl. oz.
Tomato, large, sliced ¼-in. thick	2 ea.

Method

1. Preheat the oven to 400°F.
2. Lay the bacon strips on a sheet pan and bake in the preheated oven until brown and crisp, about 8 minutes. Transfer to a plate lined with paper towels to allow the grease to drain. When cool, crumble half of the bacon. Reserve
3. In a mixing bowl, toss the cubed bread with the olive oil and garlic. Toss to combine. Season with salt and pepper to taste.
4. Transfer to a sheet pan and bake in the preheated oven until crispy, 8 to 10 minutes.
5. Toss the lettuce and crumbled bacon with enough dressing to coat.
6. Serve in a large chilled bowl, garnished with the sliced tomatoes, reserved bacon strips, and croutons.

BUTTERMILK-CHIVE DRESSING

Yield: 6 fluid ounces

Ingredients	Amounts
Buttermilk	3 fl. oz.
Mayonnaise	2 fl. oz.
Oil, vegetable	1 fl. oz.
Chive, minced	2 Tbsp.
Vinegar, wine, red	1 Tbsp.
Old Bay seasoning	1/8 tsp.
Worcestershire sauce	1/8 tsp.
Tabasco sauce	1/8 tsp.
Lemon, juice	1/2 tsp.
Salt, kosher	1/4 tsp.
Pepper, black, ground	1/4 tsp.

Method

1. In a medium bowl, place the buttermilk, mayonnaise, oil, chives, and vinegar. Whisk to blend.
2. Add the Old Bay, Worcestershire sauce, Tabasco, lemon juice, salt, and pepper. Stir to combine.
3. The dressing is ready to serve now, or it can be stored in a covered container in the refrigerator for up to 3 days.

DAY THREE

MARKET BASKET CHALLENGE

Each team will prepare a 2-course, 2-dish menu for 10 people

MARKET BASKET

Chicken, fabricated into 8 pieces

Brown Rice

Couscous

Yellow Onions

Red Onions

Idaho Potatoes

Sweet Potatoes

Mushrooms

Green Beans

Cauliflower

Tomatoes

Garlic

Scallions

Zucchini

MENU DEVELOPMENT WORKSHEET

Flavor Combinations

Number of Components on Plate - variety of complementary items

Proper Cooking Technique - basics executed well

Colors - vibrant vs. earth tones

Height of Food - varied but not drastic

Texture Variations

Plate Layout - traditional vs. non-traditional

Plating, Balance & Composition - slice, whole, loose, molded & special cuts

Practicality - not too much handling; can it be done consistently?

Trends – based on common sense

MENU FOR TEAM # _____

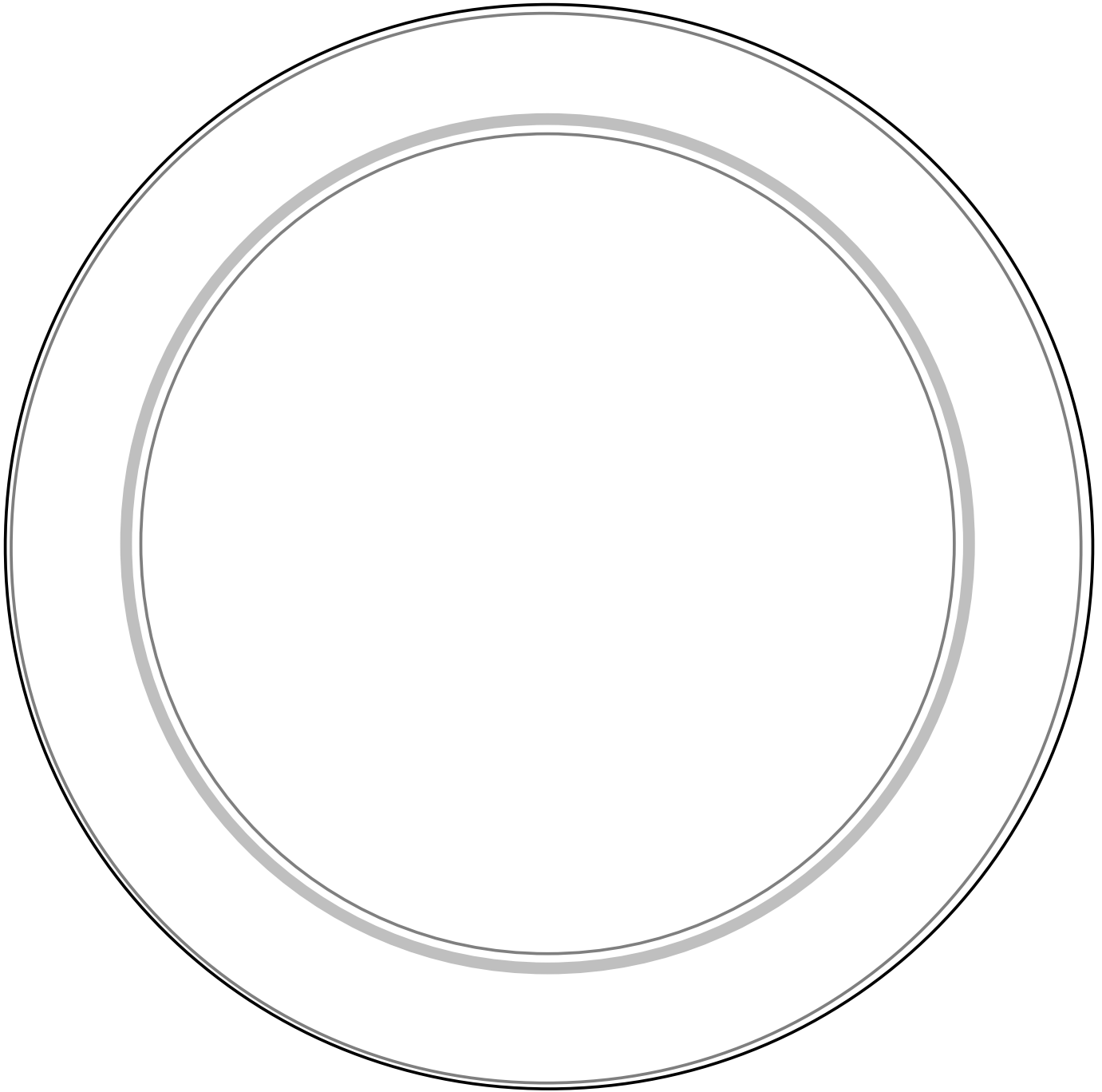
First Course (Soup, Salad, Hot Appetizer, or Cold Appetizer)

Entrée with Sauce

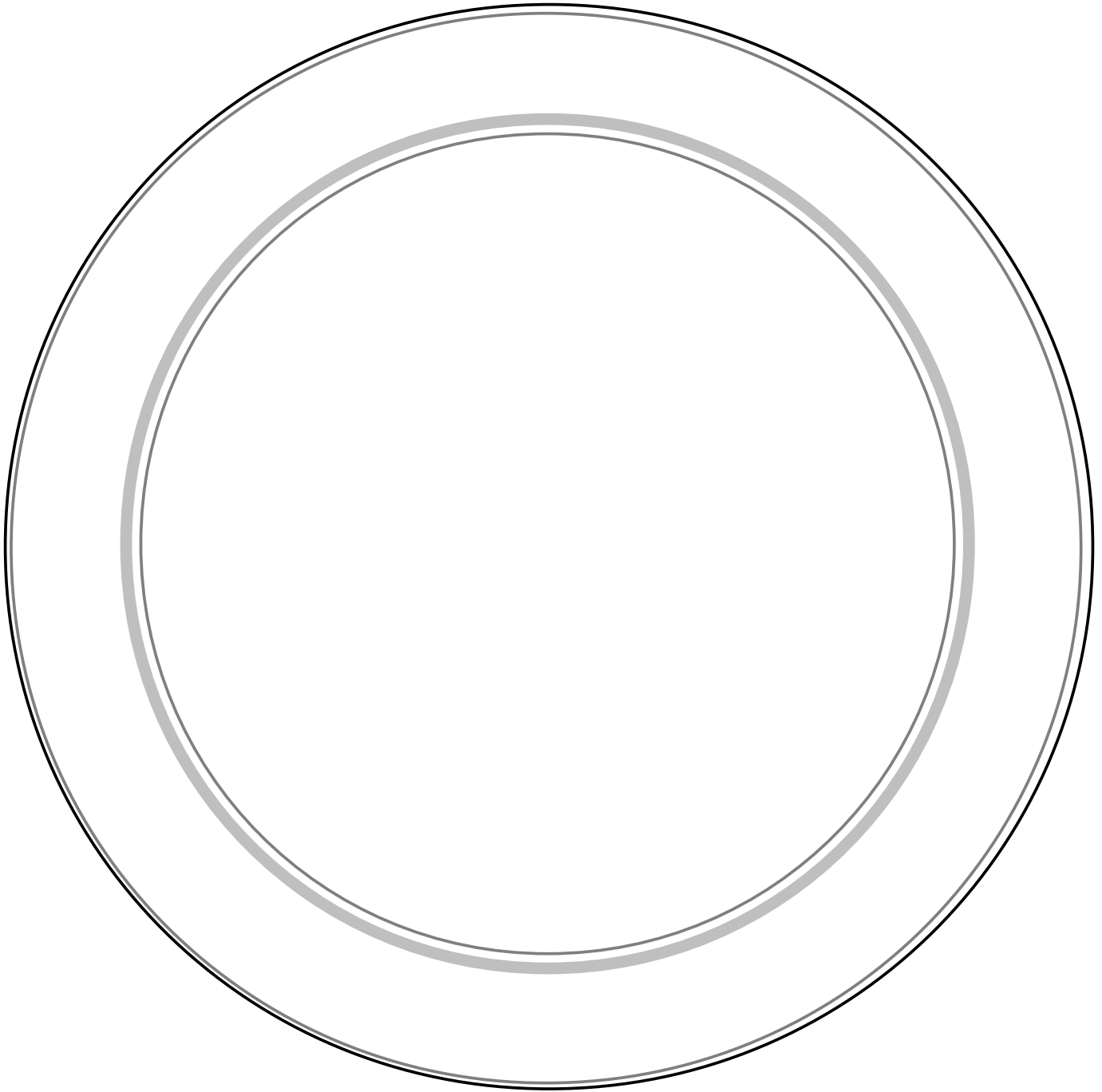
Starch

Vegetable

ITEM: _____



ITEM: _____



Recipe Name: _____

Yield: 6 portions

Ingredients

Amounts

Method

Recipe Name: _____

Yield: 6 portions

Ingredients

Amounts

Method

Recipe Name: _____

Yield: 6 portions

Ingredients

Amounts

Method

Recipe Name: _____

Yield: 6 portions

Ingredients

Amounts

Method

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

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

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

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

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

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

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

CIA INSTRUCTOR POLICY ON PROPRIETARY INTERESTS DISCLOSURE AND REPRESENTATION

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

These Materials Were Developed at the Culinary Institute of America.

Columbia Food Service Culinary Training Course Guide v.110.docx

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