

Foundations of
**Restaurant Management
& Culinary Arts**

Third Edition

RECIPE COLLECTION

Welcome to the *Foundations of Restaurant Management & Culinary Arts, Third Edition* recipe collection! In this compendium, you will find all of the recipes from the FRMCA textbook and lab manual in one convenient location. The recipes have been organized by chapter, and a table of contents has been provided for your convenience.

Happy cooking, and enjoy your culinary adventures!



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Chapter 1
Welcome to the Industry

Herb and Honey-Whipped Goat Cheese, Arugula, and Butternut Squash Tartines

Time: Prep 15 mins; Cook time 1 hour;
Total 1 hour, 15 mins
Yield: 8 servings

Ingredients

8 oz. Goat cheese at room temperature
1 tsp. Minced rosemary
1 tsp. Minced thyme
1 Tbsp. Honey
¼ tsp. Sea salt
⅛ tsp. Pepper, freshly cracked
1 Baguette (16 slices on bias) toasted
16 oz. Butternut squash, roasted, small dice
3 oz. Arugula (roughly 32 leaves)
3 Tbsp. Honey
3 oz. Extra virgin olive oil
Salt and Pepper

Directions

1. Combine the goat cheese, herbs, honey, salt and pepper in a bowl (or food processor) and mix until light and whipped, about one minute.
2. Slice baguette into 16 thin slices on the bias, brush with extra virgin olive oil and toast in a 325°F (165°C) oven until just crisp and brown around the edges.
3. Peel and cut butternut squash into small dice and toss with 1 tablespoon of extra virgin olive oil, season with salt and pepper and roast at 350° (180°C) for 10 minutes or until just fork tender.
4. Assemble by spreading small amount of whipped goat cheese onto toasted baguette, add two pieces of arugula and 1 oz. roasted butternut squash, and then drizzle with honey.

Part 3: RECIPES

Harvey House Chocolate Puffs

(Bonus recipe not included in textbook)

You will need

- **Time:** 2 hours and 15 minutes (plus 1 hour and 45 minutes of cooling and 1 hour chilling)
- **Skills:** Separating eggs, piping skills

Check each item off as you collect it.

Equipment

- | | |
|---|--|
| ☐ Scale | ☐ Zipper-locking plastic bag or piping bag |
| ☐ Dry measuring cups | ☐ Small spoon |
| ☐ Liquid measuring cups | ☐ Paring knife |
| ☐ Measuring spoons | ☐ Potato masher |
| ☐ Rimmed baking sheet with parchment paper | ☐ Stand mixer with whisk attachment or an electric hand mixer |
| ☐ 2 Small bowls | ☐ Rimmed baking sheet with a wire rack set inside |
| ☐ 2 Medium saucepans | ☐ Serrated knife |
| ☐ 2 Rubber spatulas | ☐ Instant-read thermometer |
| ☐ Whisk | ☐ Wooden spoon |
| ☐ Food processor with blade attachment | |
| ☐ Scissors | |

Ingredients

Yield: 8 Servings

For Chocolate Puffs

- | | |
|--|--|
| ☐ 2 Large eggs, plus 1 egg white | ☐ 2 tsp. Granulated sugar |
| ☐ 1 tsp. Vanilla extract | ☐ ¼ tsp. Salt |
| ☐ ½ cup Water | ☐ ½ cup All-purpose flour |
| ☐ 5 Tbsp. Unsalted butter, cut into ½-inch pieces | ☐ 3 Tbsp. Dutch-processed cocoa |

For Strawberry Filling

- | | |
|---|---|
| ☐ 8 oz. Frozen strawberries, thawed | ☐ 1 tsp. Vanilla extract |
| ☐ 1 cup Heavy cream, chilled | ☐ 1½ oz. Cream cheese, cut into 1-inch pieces and softened |
| ☐ 6 Tbsp. Confectioners' sugar, sifted | |

For Chocolate Glaze

- | | |
|---|---|
| ☐ 1 cup Confectioners' sugar, sifted | ☐ 2 Tbsp. Water |
| ☐ 3 Tbsp. Dutch-processed cocoa | ☐ 1 tsp. Vanilla extract |

Mise en Place

- Defrost the strawberries overnight in a refrigerator.
- Prepare the Chocolate Puffs. (Puffs can be stored at room temperature for up to one day or frozen in single layer in airtight container for up to one month.)
- Cook and reduce strawberries. (Cool for 1 hour; can be done one day ahead of using.)
- Combine cooled strawberry reduction with other strawberry ingredients; refrigerate until firm, about one hour. (Filling can be refrigerated for up to one day.)
- Make chocolate glaze.

Steps**For Chocolate Puffs**

1. Adjust oven rack to upper-middle position and heat oven to 425°F (220°C). Line rimmed baking sheet with parchment paper. Whisk eggs, egg white, and vanilla together in bowl.
2. Bring water, butter, sugar, and salt to boil in medium saucepan over medium-high heat.
3. When butter is melted, remove pan from heat. Using whisk, stir in flour until smooth. Return saucepan to low heat and cook, constantly stirring with a rubber spatula and smearing mixture against bottom of saucepan, until mixture is slightly shiny and registers 170°F (77°C) on an instant-read thermometer, 2 to 3 minutes.
4. Transfer flour mixture to food processor and process until slightly cool, about 30 seconds. Remove feed tube insert from food processor. With food processor running, slowly add egg mixture through feed tube until incorporated. Scrape down sides of bowl and process until a smooth, thick paste forms, about 30 seconds. Sprinkle cocoa over paste and process until combined, about 15 seconds, scraping down bowl as needed.
5. Cut a ½-inch from the corner of a large zipper-lock bag. Transfer cocoa paste to bag and pipe eight 2-inch-wide and 1¼-inch-high mounds at 2 inches apart on prepared baking sheet. Dip small spoon in water and smooth exterior of mounds.
6. Bake puffs for 15 minutes. (Do not open the oven door.) Then reduce oven temperature to 350 °F (180°C) and continue to bake until firm, for 20 minutes. Remove baking sheet from oven and turn off oven. Using tip of a paring knife, carefully cut a ½-inch slit into the side of each puff.
7. Return puffs to oven, prop door open with wooden spoon, and let puffs dry for 30 minutes.
8. Transfer puffs to wire rack to cool completely, about 30 minutes. (Puffs can be stored at room temperature for up to one day or frozen in a single layer in an airtight container for up to one month.)

For Strawberry Filling

- 1.** Cook strawberries in medium saucepan over medium-low heat, mashing occasionally with potato masher, until thickened and reduced to 1/2 cup, 10 to 12 minutes. Transfer to large bowl and refrigerate until cool, about one hour.
- 2.** Using a stand mixer fitted with a whisk (or an electric hand mixer) whip cream, sugar, and vanilla on medium-low speed until foamy, about 1 minute. Increase speed to high and whip until soft peaks form, 1 to 3 minutes. Add cream cheese and whip until stiff peaks form, about 30 seconds. Gently fold chilled strawberries into whipped cream, return mixture to large bowl, and refrigerate until firm, about 1 hour. (Filling can be refrigerated for up to one day.)

For Chocolate Glaze

- 1.** Set wire rack in rimmed baking sheet lined with parchment paper. Using a serrated knife, cut puffs crosswise into 2 pieces, a 1/2 inch from bottom. Top the puff bottoms with strawberry whipped cream and replace tops; transfer to rack.
- 2.** Combine sugar and cocoa in bowl. Whisk in water and vanilla until smooth. Spoon 1 Tbsp. of glaze over each puff and let sit for 15 minutes until set. Serve.

Quiche Lorraine: Julia Child

(Bonus recipe not included in textbook)

You will need

- **Time:** 2 hours and 30 minutes
- **Skills:** Making a pastry crust, rolling out a pastry, baking a custard

Check each item off as you collect it.

Equipment

- | | |
|--|--|
| ☐ Dry measuring cups | ☐ Plastic wrap |
| ☐ Measuring spoons | ☐ Rolling pin |
| ☐ Scale | ☐ 9-inch fluted tart pan or pie pan |
| ☐ Liquid measuring cups | ☐ Aluminum foil |
| ☐ Box grater | ☐ Pie weights or dry beans |
| ☐ Wire whisk | ☐ Cooling rack |
| ☐ Medium bowl | ☐ Large skillet |
| ☐ Pastry blender | ☐ Paper-towel-lined plate |

Ingredients

Yield: 1 quiche, 6-8 slices

For Crust

- ☐ 3½ cups All-purpose flour (plus more for dusting)
- ☐ 2 tsp. Kosher salt
- ☐ 1¼ cups Unsalted butter
- ☐ 4 Tbsp. Shortening, cubed and chilled
- ☐ ⅔ cup Ice water, plus more as needed

For Filling

- ☐ 3 Strips bacon
- ☐ 3 Large eggs, beaten
- ☐ 1¼ cups Heavy cream or half-and-half
- ☐ 1 tsp. Kosher salt
- ☐ ¼ tsp. White pepper
- ☐ 1 pinch Nutmeg
- ☐ ¾ cup Gruyere cheese, grated and divided

Mise en Place

- | | |
|--|--|
| • Cube and chill shortening in a refrigerator overnight. | • Crisp bacon, drain, crumble into pieces. |
| • Make dough, wrap in plastic wrap, chill. | • Grate cheese. |

Steps

- 1.** Whisk flour with salt in a medium bowl. Using a pastry blender, blend in butter and shortening until they resemble small peas. Sprinkle water on top and mix with the pastry blender until dough begins to come together; add another tablespoon or 2 of ice water as needed.
- 2.** Turn dough out onto a work surface and gently knead two or three times, just until it comes together. Divide dough in half and pat each half into a 1-inch-thick disk, wrap in plastic and refrigerate until firm, about 1 hour. (You may freeze for 15-20 minutes or refrigerate overnight and remove from refrigerator 2 hours before using)
- 3.** Roll out dough on a lightly floured work surface using a lightly floured rolling pin, forming an 11-inch round, about 1/8-inch thick. Ease dough into a 9-inch fluted tart pan with a removable bottom. (You may also use a 9-inch pie plate.) Trim overhang so it is flush with rim of tart pan. Refrigerate crust until firm, about 30 minutes (or freeze for 10 minutes).
- 4.** Preheat oven to 450°F (230°C). Line tart shell with parchment paper and fill to top with pie weights or dried beans. Bake until the crust is set, about 10 minutes. Remove foil and weights and bake shell for about 8 minutes longer, until crust is golden and crisp. Transfer crust to a rack to cool slightly, about 10 minutes. (You may cover once cool with plastic wrap, leave out at room temperature, and use one day later if needed.) Reduce oven temperature to 375°F (190°C).
- 5.** Cook bacon in a large skillet over medium heat, stirring occasionally, until browned and crisp, about 8 minutes. Transfer bacon to a paper-towel-lined plate to drain and cool to room temperature. Crumble or cut bacon into 1/4-inch pieces.
- 6.** Whisk eggs with heavy cream, salt, pepper, and nutmeg in a medium bowl until well-blended. Scatter half of the cheese in an even layer on bottom of crust and top with bacon. Pour custard on top, then top with remaining cheese. Bake quiche on middle rack of oven until custard is set and quiche is nicely browned on top, about 35 minutes. Transfer quiche to a rack and let cool for 15 minutes. Unmold quiche and serve.

Quiche Lorraine Modifications

- Substitute whole milk for either the heavy cream or half-and-half for a lower fat version.
- Swap out bacon for sautéed mushrooms to make it vegetarian.
- If gruyere is difficult to find where you live, swap it out for Swiss cheese or your favorite cheese.
- Swap out the white pepper and nutmeg for two of your favorite spices in equal amounts.

Chapter 2

Career Opportunities

Part 3: RECIPES

Potato Hash with Bell Peppers and Onions

You will need

- **Time:** 45 minutes
- **Skills:** Organization, reading a recipe, safety, sanitation, knife skills, plating, seasoning

Check each item off as you collect it.

Equipment

- | | |
|---|---|
| ☐ Measuring spoons | ☐ 12-14-inch non-stick skillet |
| ☐ Chef's knife | ☐ Pan lid |
| ☐ Peeler | ☐ Wooden spoon |
| ☐ Cutting board | ☐ Plate |
| ☐ Cheese grater | |

Ingredients

Yield: 4 side dishes

- | | |
|---|--|
| ☐ 1 Tbsp. Olive oil | ☐ ½ Red bell pepper, small dice |
| ☐ ½ Tbsp. Butter | ☐ 1 tsp. Fresh parsley, fine chop |
| ☐ 2 Large (or 3 medium) potatoes, peeled and cut into ½-inch cubes | ☐ 2 Garlic cloves, minced |
| ☐ ½ Medium onion, small dice | ☐ Salt and pepper to taste |
| | ☐ 3 Tbsp. Parmesan cheese, freshly grated |

Mise en Place

- Peel and cube potatoes.
- While the potatoes are cooking, dice the onion and bell pepper.
- While the potatoes, onion, and bell pepper are cooking, chop parsley and mince garlic.

Steps

1. Preheat the oil and butter in the nonstick skillet over medium heat. Add potatoes, toss to coat with oil, and place a lid on the skillet. Allow the potatoes to cook covered for 10 minutes.
2. Remove the lid and increase the heat to medium high. Add onion and bell pepper. Cook for 15 minutes, stirring occasionally, until the potatoes and vegetables turn golden brown.
3. Add the parsley and garlic; cook for 2 minutes. Season with salt and pepper. Sprinkle with cheese and serve immediately.

Chocolate Chip Cookies

You will need

- **Time:** 30-45 minutes
- **Skills:** Measuring techniques, time management, portioning

Check each item off as you collect it.

Equipment

- | | |
|--|--|
| ☐ Scale | ☐ Large bowl |
| ☐ Dry measuring cups | ☐ Wooden spoon |
| ☐ Measuring spoons | ☐ #20 portioning scoop |
| ☐ Chef's knife | ☐ Cookie sheet or 1/2 sheet pan |
| ☐ Cutting board | ☐ Parchment paper |
| ☐ Electric hand mixer or stand mixer with a paddle attachment | |

Ingredients

Yield: 1 dozen cookies

- | | |
|---|--|
| ☐ 1/2 cup Butter, softened | ☐ 1 tsp. water, hot |
| ☐ 1/2 cup White sugar | ☐ 1/4 tsp. Salt |
| ☐ 1/2 cup Brown sugar | ☐ 1 cup Semisweet chocolate chips |
| ☐ 1 Large egg | ☐ 1 1/2 cups All-purpose flour |
| ☐ 1 tsp. Vanilla extract | ☐ 1/2 cup Walnuts, chopped (optional) |
| ☐ 1/2 tsp. Baking soda | |

Mise en Place

- Measure out ingredients.
- Preheat oven.
- Line baking sheet with parchment paper.

Steps

1. Preheat the oven to 350°F (180°C). Line baking sheet with parchment paper.
2. In the bowl of a stand mixer fitted with a paddle attachment, or using an electric hand mixer with a large bowl, cream together the butter, white sugar, and brown sugar until smooth, 2 minutes.
3. Beat in the egg; then stir in the vanilla.
4. Dissolve baking soda in hot water. Add to batter along with salt. Stir in flour, chocolate chips, and walnuts.
5. Drop onto parchment-lined baking sheets using a #20 scoop, about 2 inches apart.
6. Bake for about 10-12 minutes, or until edges are nicely browned, rotating the tray half way through baking.

Chapter 3

Introduction to Food Safety



Chicken Salad

Time: 15 minutes

Yield: 12 servings

Ingredients

4 cups Cooked chicken, diced or shredded

1 cup Mayonnaise

½ cup Sour cream

½ cup Onions, finely chopped

2 ribs Celery, finely chopped

2 each Green onion, thinly sliced

2 tsp. Dijon mustard

2 tsp. Lemon juice, fresh (or to taste)

¼ tsp. Worcestershire sauce

3–4 dashes Hot sauce

1 tsp. Seasoned salt

¼ tsp. Black pepper, ground (or to taste)

2 tsp. Fresh dill, finely chopped

Directions

1. Combine all ingredients in a medium bowl.
2. Mix well to combine.
3. Season to taste with additional salt and pepper.

Baked Potato Salad

(Bonus recipe not included in textbook)

You will need

- **Time:** 2 days, 20-minute cook, 30-minute prep
- **Skills:** Identifying TCS foods, proper cooling, and storage of TCS foods

Check each item off as you collect it.

Equipment

- | | |
|---|---|
| ☐ Scale | ☐ Large pot with cover |
| ☐ Measuring spoons | ☐ Colander |
| ☐ Dry measuring cups | ☐ Sheet pan or shallow hotel pan |
| ☐ Vegetable peeler | ☐ 12-14-inch skillet |
| ☐ Rubber spatula | ☐ Paper-towel-lined plate |
| ☐ Box grater | ☐ Tongs |
| ☐ Cutting board | ☐ Large bowl |
| ☐ Chef's knife | |

Ingredients

Yield: 4-6 servings

- | | |
|---|---|
| ☐ 4 lbs. Yukon gold potatoes, peeled | ☐ 2 cups Cheddar cheese, shredded |
| ☐ 15 slices Bacon | ☐ 2 Tbsp. Fresh chives, thinly sliced |
| ☐ 16 oz. container Sour cream | ☐ 1 tsp. Salt (plus extra for cooking water) |
| ☐ 2 Tbsp. Mayonnaise | ☐ 1 tsp. Black pepper |

Mise en Place

- | | |
|--|---|
| <ul style="list-style-type: none">• Peel potatoes.• Shred cheddar cheese. | <ul style="list-style-type: none">• Slice chives. |
|--|---|

Steps

- 1.** Place the potatoes into a large pot and cover with lightly salted water. Bring to a boil over high heat, then reduce heat to medium-low; cover and simmer until just tender, about 15 minutes.
- 2.** Drain the potatoes; cool on a sheet pan or shallow hotel pan in a refrigerator for 8-24 hours. Dice once cooled.
- 3.** Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper-towel-lined plate. Allow it to cool and crumble the bacon into a large bowl.
- 4.** Place the cooled potatoes into the bowl with the bacon; mix in the sour cream, mayonnaise, cheddar cheese, chives, salt, and pepper. Refrigerate overnight before serving

Chapter 4

Welcome to the Back of the House



Vegetable Soup

Time: 1 hour

Yield: 3.5 qts. (approximately)

Ingredients

¼ cup Extra virgin olive oil

1 Medium yellow or white onion, cut into ¼-inch small dice

3 Carrots, peeled and cut into ¼-inch small dice

2 Celery stalks, cut ¼-inch small dice

½ cup Russet potatoes, cut into ½-inch medium dice

½ cup Zucchini, cut into ¼-inch small dice (do not peel)

½ cup Yellow squash, cut into ¼-inch small dice (do not peel)

½ cup Peas (fresh or frozen)

½ cup Green beans, fresh, ends trimmed and cut into 1-inch lengths

1 tsp. Sea salt, to taste

6 Garlic cloves, minced

½ tsp. Curry powder

½ tsp. Dried thyme

28 oz. Canned diced tomatoes

32 oz. Vegetable broth (canned or homemade)

2 cups Water

2 Bay leaves

½ tsp. Red pepper flakes (reduce or omit if preferred)

To taste Freshly ground black pepper

2 cups Fresh spinach, chopped (kale, collard greens, or chard may be substituted)

1 Tbsp. Lemon juice

Directions

1. Heat olive oil in a large Dutch oven or 1-gallon saucepot.
2. Add onions, carrots, celery, and potatoes; cook over medium heat until onions become soft (6–8 minutes).
3. Add zucchini, yellow squash, peas, and green beans; season to taste with salt. Cook 2 minutes.
4. Add the garlic, curry powder, and thyme; cook until fragrant while stirring frequently (about 1 minute).
5. Add the diced tomatoes and their juice; continue to cook, stirring often (3 more minutes).
6. Add the broth, water, bay leaves, and red pepper flakes.
7. Season with salt and freshly ground black pepper.
8. Bring soup mixture to a boil and reduce heat to maintain a gentle simmer; partially cover pot.
9. Cook for 25 minutes, and then remove the lid and add the chopped spinach or greens.
10. Continue simmering for 5 minutes or more, until the spinach or greens have softened to your liking.
11. Remove the pot from heat and discard the bay leaves.
12. Add the lemon juice.
13. Adjust seasoning to taste with salt and black pepper.
14. Divide into bowls and garnish with chopped parsley and fresh grated Parmesan if desired.



Caesar Salad

Time: 30 minutes

Yield: 4 portions of a side salad

Ingredients

1 Large head of romaine lettuce (or 2 small heads)

1/3 cup Parmesan cheese, shredded or shaved

Croutons (see recipe)

Caesar salad dressing (see recipe)

To taste Freshly grated black pepper

Directions

1. Chop or tear the romaine into bite-sized pieces (about one-quarter the size of a dollar bill).
2. Wash, drain, and crisp lettuce before serving.
3. Place crisped lettuce in a large serving bowl and sprinkle generously with shredded Parmesan and cooled croutons.
4. Toss lettuce, croutons, and Parmesan with Caesar dressing until evenly coated.
5. Arrange on plates, and garnish with freshly grated black pepper and additional Parmesan, if desired.

Croutons

Ingredients

1/2 French baguette bread, cut into large dice (3/4-inch pieces)

3 Tbsp. Extra virgin olive oil

1 tsp. Minced garlic (2 small cloves)

2 Tbsp. Grated Parmesan cheese

To taste Salt and pepper

Directions

1. Preheat oven to 350°F (177°C).
2. Cut the baguette into 3/4-inch-long strips, and then cut 3/4-inch, cube-shaped pieces from the strips.
3. In a medium-sized bowl, combine olive oil, minced garlic, and Parmesan cheese; mix well.
4. Toss croutons with olive oil mixture and season to taste with salt and pepper.
5. Spread in a single layer over a baking sheet lined with parchment paper and bake at 350°F (177°C) until light golden and crisp (10–12 minutes).
6. Be sure to toss croutons several times during cooking to ensure an even doneness.

Caesar Salad Dressing

Ingredients

1 Egg yolk (pasteurized)
1 tsp. Garlic cloves, minced
2 tsp. Dijon mustard
1 tsp. Worcestershire sauce
2 tsp. Fresh lemon juice
1 ½ tsp. Red wine vinegar
⅓ cup Extra virgin olive oil
½ tsp. Sea salt, or to taste
⅛ tsp. Black pepper

Directions

1. In a small bowl, whisk together egg yolk, garlic, Dijon, Worcestershire, lemon juice, and red wine vinegar.
2. Slowly drizzle in olive oil while whisking constantly to form an emulsion.
3. If dressing becomes too thick, thin with a small amount of water (½ tsp.).
4. Whisk in ½ tsp. salt and ⅛ tsp. black pepper, or season to taste.

Part 3: RECIPES

American Chop Suey

(Bonus recipe not included in textbook)

You will need

- **Time:** 1 hour 30 minutes
- **Skills:** Checking canned and boxed foods for best-by dates, making a “holy trinity” version of a *mirepoix*

Check each item off as you collect it.

Equipment

- | | |
|--|--|
| ☐ Scale | ☐ Can opener |
| ☐ Measuring spoons | ☐ Box or handheld grater |
| ☐ Liquid measuring cups | ☐ Dutch oven or 6-qt. pot |
| ☐ Cutting board | ☐ Colander |
| ☐ Chef’s knife | ☐ Wooden spoon |
| ☐ Paring knife | ☐ Medium bowl |

Ingredients

Yield: 3-4 servings

- | | |
|---|--|
| ☐ 6 oz. Elbow macaroni | ☐ 1 Tbsp. Tomato paste |
| ☐ Salt and pepper | ☐ 2 Garlic cloves, minced |
| ☐ 1½ Tbsp. Vegetable oil | ☐ ⅛ tsp. Red pepper flakes |
| ☐ 1 lb. Ground beef, 90% lean | ☐ 15-oz. can Tomato sauce |
| ☐ 1 medium Onion, chopped fine | ☐ 8-oz. can Diced tomatoes |
| ☐ ½ Green bell pepper, stemmed, seeded, and chopped fine | ☐ ½ cup Water |
| ☐ 1 Celery rib, chopped fine | ☐ ¼ cup Parmesan cheese, grated (and extra for serving) |

Mise en Place

- | | |
|--|-----------------------------|
| • Weigh pasta and beef. | • Open cans. |
| • Chop onion, green bell pepper, and celery ribs to make a “holy trinity” version of a <i>mirepoix</i> . | • Measure water. |
| • Mince garlic. | • Grate cheese and measure. |

Steps

- 1.** Bring 4 quarts of water to boil in a Dutch oven. Add pasta and 1½ teaspoons salt; cook for 3 minutes. Drain and rinse pasta with cold water. Drain again and set aside.
- 2.** Heat 1 tablespoon of oil in the now-empty Dutch oven over medium-high heat until just smoking. Add beef, ½ teaspoon salt, and ¼ teaspoon pepper; cook, breaking up pieces with a spoon, until all liquid has evaporated, and meat begins to sizzle, 10–15 minutes. Transfer meat to a bowl.
- 3.** Heat remaining ½ tablespoon of oil in the now-empty Dutch oven over medium-high heat until shimmering. Add onion, bell pepper, and celery; cover and cook, stirring occasionally, until vegetables soften, about 5 minutes. Add tomato paste and cook, stirring constantly, until rust-colored, about 2 minutes. Stir in garlic and red pepper flakes and cook until fragrant, about 30 seconds. Add tomato sauce, tomatoes, water, and cooked ground beef. Bring to simmer and cook, covered, over low heat, stirring occasionally until vegetables are softened, about 15 minutes.
- 4.** Off heat, stir in reserved pasta, cover, and let sit until pasta is tender, about 10 minutes. Stir in Parmesan. Season with salt and pepper to taste. Serve, passing additional Parmesan separately.

Sweet and Spicy Pork Tenderloin

You will need

- **Time:** 30 minutes
- **Skills:** Checking specific internal temperatures, checking for temperatures in at least two locations

Check each item off as you collect it.

Equipment

- | | |
|---|--|
| ☐ Measuring spoons | ☐ Half sheet pan |
| ☐ Scale | ☐ Aluminum foil |
| ☐ Small bowl | ☐ Digital thermometer |
| ☐ Paper towels | ☐ Medium bowl |
| ☐ 12-inch nonstick skillet | ☐ Pastry brush |
| ☐ Wire rack | ☐ Slicing knife |

Ingredients

Yield: 2–3 servings

- | | |
|---|--|
| ☐ 1 Tbsp. Chili powder | ☐ 1½ tsp. Vegetable oil |
| ☐ ½ tsp. Smoked paprika | ☐ 2 Tbsp. Ketchup |
| ☐ ½ tsp. Salt | ☐ 1 tsp. Cider vinegar |
| ☐ ¼ tsp. Pepper | ☐ ¾ tsp. Granulated sugar |
| ☐ 12–16 oz. (1 loin) Pork tenderloin | |

Mise en Place

- Trim pork tenderloins.
- Measure spices for dry rub.

Steps

1. Adjust oven rack to middle position and preheat oven to 450°F (230°C). Combine chili powder, paprika, salt, and pepper in a small bowl. Reserve 1½ teaspoons of the spice mixture. Pat pork dry with paper towels and season with remaining spice mixture.
2. Heat oil in a 12-inch nonstick skillet over medium-high heat until just smoking. Cook tenderloin until browned on all sides, 5–7 minutes. Transfer pork to wire rack and set inside aluminum foil-lined rimmed baking sheet. Bake for 15–18 minutes until meat registers 145°F (62°C) for 3 minutes. Be sure to check the temperature in two places on the pork tenderloin. Transfer meat to a platter, tent with foil, and let rest for 5 minutes.
3. Combine reserved spice mixture, ketchup, vinegar, and sugar in a bowl. Brush over pork. Slice pork and serve.

Chapter 5

Welcome to the Front of the House



Greek Cheese Saganaki

“Saganaki” is the Greek word for the two-handled frying pan traditionally used to make this fried cheese appetizer, which is served with a dramatic tableside flourish at Greek and Mediterranean restaurants. As the server lights the ouzo, they call out, “Opa!” which is Greek for “Bravo!”

Time: 12 minutes

Yield: 4

Ingredients

8 oz. Kefalotyri, kefalograviera, kasseri, or other Greek semi-hard cheese

2 oz. All-purpose flour, for dredging

2 oz. Greek olive oil (or other high-quality olive oil)

1 oz. Ouzo

¼ tsp. Black pepper, cracked

½ Lemon, plus additional lemon wedges for serving

Directions

1. Prepare the cheese as a slice or block approximately ½- to ¾-inches (1.3–2 centimeters) thick. If the slab of cheese is too thin, the saganaki will melt into the pan.
2. Place the cheese under cold running water, then shake off excess moisture. Dredge damp cheese in flour, shaking off any excess flour.
3. Heat the oil in a small heavy-bottomed pan. Add the cheese and fry for a few minutes on each side, flipping the saganaki carefully with a spatula to keep the crust intact. Continue until both sides of the cheese have a golden crust, which helps the fried cheese hold its shape.
4. Remove the pan from the heat, and pour the ouzo over the cheese. Season with cracked black pepper.
5. Serve the saganaki immediately. At the guests’ table, light the ouzo with a lighter to flambé the cheese, producing a dramatic flame. Call out, “Opa!” as you light the ouzo.
6. As the ouzo burns off and the flame dies down, squeeze the half lemon over the saganaki before serving. Supply additional lemon wedges for guests.

Part 3: RECIPES

Nantucket Iced Tea

(Bonus recipe not included in textbook)

You will need

- **Time:** 45 minutes
- **Skills:** Brewing tea, making a simple syrup, slicing fruit for garnishes

Check each item off as you collect it.

Equipment

- | | |
|---|---|
| ☐ Liquid measuring cup | ☐ Measuring spoons |
| ☐ Serving pitcher | ☐ Zester |
| ☐ Wooden spoon | ☐ Small saucepan |
| ☐ Cutting board | ☐ Strainer |
| ☐ Paring knife | ☐ 12–16-oz. drinking glasses |
| ☐ Dry measuring cup | |

Ingredients

Yield: Serves 8, about 6 ½ cups

For Lime Simple Syrup

- ☐ 1 cup Water
- ☐ 1 cup Sugar
- ☐ 1 Tbsp. Lime zest

For Tea

- ☐ 10 Black tea bags, cold brew/no boil
- ☐ 4 cups Water, room temperature
- ☐ 2 cups Cranberry juice
- ☐ 6–9 Tbsp. Lime simple syrup
- ☐ Ice
- ☐ 1 Lime, thinly sliced, for garnish

Mise en Place

- Make lime syrup, let cool while making tea.

Steps

For Lime Simple Syrup

- 1.** Heat sugar, water, and lime zest in a small saucepan over medium-high heat until sugar completely dissolves, about 5 minutes.
- 2.** Cool to room temperature.
- 3.** Strain and discard zest. Syrup can be refrigerated for 1 week.

For Tea

- 1.** Submerge tea bags in the water, in the serving pitcher. Steep for 45 minutes. Remove and discard tea bags.
- 2.** Stir juice and lime simple syrup into tea.
- 3.** Serve over ice. Garnish drink or edge of glass with a slice of lime.

Country Grammar Mocktails

(Bonus recipe not included in textbook)

You will need

- **Time:** 15-20 minutes
- **Skills:** Portioning individual drinks, making a simple syrup, slicing fruit for garnishing

Check each item off as you collect it.

Equipment

- | | |
|---|--|
| ☐ Small saucepan | ☐ Beverage shaker |
| ☐ Manual juicer | ☐ Cutting board |
| ☐ Strainer | ☐ Paring knife |
| ☐ Liquid measuring cup | ☐ Small plate |
| ☐ Jigger | ☐ Cocktail glass |

Ingredients

Yield: 1 mocktail

For Simple Syrup

- ☐ 1 cup sugar
- ☐ 1 cup water

For Mocktail

- ☐ 3 oz. Fresh pressed grapefruit juice
- ☐ 3oz. Cranberry juice
- ☐ 1 oz. Simple syrup
- ☐ 1 oz. Soda water
- ☐ Lime slice for garnish
- ☐ Sugar for rim of glass

Mise en Place

- Make simple syrup, let cool.
- Juice grapefruit and strain.
- Slice limes into circles.
- Place sugar on a small plate.

Steps

For Simple Syrup

1. Heat sugar, and water in a small saucepan over medium-high heat until sugar completely dissolves, about 5 minutes.
2. Cool to room temperature.

For Mocktail

1. Wipe rim of serving glass with lime slice; dip in sugar on a plate.
2. Combine the grapefruit juice, cranberry juice, and simple syrup in a shaker with ice and shake well.
3. Strain into serving glass with ice. Top with soda water and garnish with a lime slice

Chapter 6

Preparing for Your Career



Oi Muchim (Spicy Korean Cucumber Salad)

Time: 20 minutes

Yield: 4 servings (side dish)

Ingredients

- 1 Korean cucumber or pickling cucumber
- 1 tsp. Salt
- 2 Tbsp. Gochugaru (Korean pepper flakes)
- ½ Onion, julienned
- ½ tsp. Garlic, minced
- 2 Tbsp. Vinegar
- 1.5 Tbsp. Sugar
- 1.5 Tbsp. Sesame oil
- 1 Tbsp. Sesame seeds, toasted

Directions

1. Slice cucumbers in half lengthwise and slice into half-moons. Toss with salt and set aside for 15 minutes.
2. Drain off all expressed liquid from salted cucumbers and toss together with all other ingredients.
3. Serve chilled.

Part 3: RECIPES

Future Goals Sandwich

(Bonus recipe not included in textbook)

You will build a sandwich of your choosing and use the different parts of the sandwich to highlight your current talents and skills that will lead you to a successful future. Present yourself and how your sandwich represents you, to your instructor.

You will need

- **Time:** 45 minutes
- **Skills:** Identifying your current talents and skills

Check each item off as you collect it.

Equipment

- | | |
|--|--|
| ☐ Cutting board | ☐ Foodservice gloves |
| ☐ Chef's knife | ☐ Plates |
| ☐ Bread knife | ☐ Note cards and pen/pencil |
| ☐ Metal spatula | |

Ingredients

- | | |
|---|---|
| ☐ Variety of sliced sandwich breads (white, whole wheat, oat, potato, rye) | ☐ Variety of greens (iceberg, spinach, butter-head, etc.) |
| ☐ Variety of deli meats (ham, turkey, beef, salami, etc.) | ☐ Tomatoes, sliced |
| ☐ Variety of sliced cheeses (Cheddar, Swiss, Muenster, pepper jack, etc.) | ☐ Variety of condiments (yellow mustard, Dijon mustard, mayonnaise, etc.) |
| | ☐ Other fun extras (pickles, potato chips, banana peppers, seasonings, etc.) |

Mise en Place

- | | |
|---|--|
| <ul style="list-style-type: none">• Wash greens and tomatoes. | <ul style="list-style-type: none">• Thinly slice tomatoes. |
|---|--|

Steps

- 1.** Layering with Intention: Plan your sandwich assembly. Write down on an index card how each layer represents different aspects of your current skills and talents that will help you be successful in college or a future career.
- 2.** Bread will represent your foundation (who you are and where you come from, the values that have been instilled in you for a strong base).
 - Protein choice: Represents your skills and experience (key strengths and qualifications)
 - Leafy greens: Represent your growth and learning (opportunities for you to continue to grow or fresh ideas you have)
 - Tomato or other vegetable slices: Represent your fresh perspectives or ideas
 - Cheese: Represents your creativity and versatility
 - Spreads and condiments: Represent your personal flavor or uniqueness you bring
- 3.** Once your sandwich is complete, and nicely plated, present it to your instructor along with a quick pitch about how it represents you and your future goals.

College and Career Readiness Sundae

(Bonus recipe not included in textbook)

This recipe will help you think about preparing for the future by building layers of skills and individuality.

You will need

- **Time:** 30 minutes
- **Skills:** Assessing your college and career readiness

Check each item off as you collect it.

Equipment

- | | |
|--|--|
| ☐ Ice cream scoops | ☐ Rolling pin or mallet |
| ☐ Cutting board | ☐ Sundae dishes, parfait dishes, or small serving bowls |
| ☐ Chef's knife | ☐ Index card, pen/pencil |
| ☐ Paper or plastic food safe bags | |

Ingredients

Yield: 1 sundae

- | | |
|--|---|
| ☐ Vanilla, Chocolate, or Strawberry ice cream (foundation of education and training) | ☐ Fresh fruit (growth and new opportunities) |
| ☐ Hot fudge, caramel, or strawberry sauces (skills and knowledge flowing through you) | ☐ Whipped cream (confidence and presentation) |
| ☐ Crushed cookies or nuts (critical thinking and problem solving) | ☐ Maraschino cherries or sprinkles (personal branding or unique qualities) |

Mise en Place

- | | |
|------------------------|--------------------------|
| • Crush cookies. | • Slice fruit of choice. |
| • Toast and chop nuts. | |

Steps

1. Write down on an index card how each layer of ingredients in the sundae represents different aspects of your college and career readiness:
 - a. Choose your ice cream base to represent an area of study or college major that interests you.
 - b. Add a sauce to symbolize the practical skills you will apply to your chosen path of study.
 - c. Sprinkle on toppings that represent your readiness tools, like communication skills, adaptability, or creativity.
 - d. Top it off with whipped cream and a cherry on top for your personal flair or career goals.

- 2.** After building your sundae, present it to your instructor, and explain how it represents you and your college and career readiness.
- 3.** Eat and enjoy!

Chapter 7

Professional Expectations



Baked Alaska

Time: 5 hours, 30 minutes

Yield: 10 servings

Ingredients

As needed, baking spray with flour

1 $\frac{1}{3}$ cups (about 5 $\frac{3}{4}$ oz.) All-purpose flour

$\frac{3}{4}$ cup Cocoa powder

$\frac{1}{2}$ tsp. Kosher salt

$\frac{1}{4}$ tsp. Baking powder

$\frac{1}{2}$ cup (4 oz.) Unsalted butter, softened

1 $\frac{1}{2}$ tsp. Vanilla extract

2 cups Granulated sugar, divided

5 Large eggs, separated (egg whites at room temperature)

$\frac{1}{3}$ cup Whole milk

3 pints Ice cream (traditionally chocolate and pistachio ice cream and raspberry sorbet), softened

$\frac{1}{8}$ tsp. Cream of tartar

Continued on next page.

Directions

1. Preheat oven to 325°F (160°C). Spray a 9-inch round cake pan with baking spray; set aside.
2. In a small bowl, sift together flour, cocoa powder, salt, and baking powder. Set aside. In a stand mixer with a paddle attachment, beat butter, vanilla, and 1 cup of the sugar on medium speed until light, pale, and fluffy, usually 3 to 5 minutes. Add egg yolks, one at a time, beating well and scraping bowl with each addition.
3. Add flour mixture to butter mixture in three additions, alternating with milk, beginning and ending with flour mixture. Beat on low speed until just combined after each addition; do not over-mix. Pour batter into prepared pan, and smooth top with a spatula.
4. Bake in preheated oven for 35–40 minutes or until a toothpick inserted in the cake's center comes out clean. Cool in pan another 10 minutes, and then flip onto a wire rack to let cool completely for about an hour. Place inverted cake layer on a serving platter. Place in freezer until firm, about 30 minutes.
5. While cake is baking, line a 2-quart (8-inch wide) bowl with plastic wrap. Fill bowl with scoops of ice cream, layering flavors and alternating small and large scoops. Place more plastic wrap on top of the ice cream, pressing down to close gaps between scoops and even out surface. Leave plastic wrap on ice cream and freeze so ice cream becomes firm—usually at least two hours. Take plastic wrap off top and invert bowl over frozen cake layer to make a dome shape. Carefully remove bowl from ice cream dome while leaving ice cream covered with plastic wrap. Freeze until whole ice cream cake is very firm, at least 2 hours or up to 2 days.
6. Near serving time, use whisk attachment on stand mixer to beat egg whites and cream of tartar on medium-high speed about 1½ minutes, or until foamy. Gradually beat in remaining 1 cup sugar on medium-high speed until whites are glossy and stiff peaks form—usually about 5 minutes.
7. When meringue is ready, take out frozen cake and remove plastic wrap from ice cream. Cover top and sides of ice cream and cake layer with meringue. Bake at 500°F (260°C) for 4 minutes or use a kitchen torch to carefully brown sides and top of meringue. Slice wedges from cake to serve right away or freeze until ready to eat.

Part 3: RECIPES

Potato Latkes

(Bonus recipe not included in textbook)

People who practice the Jewish faith follow specific rules regarding what foods they are allowed to eat and when, often referred to as “keeping kosher.” If the potato pancakes in this recipe are made with *schmaltz* (chicken fat), they should not be served with sour cream in order to keep them kosher. These potato latkes are traditionally served around the holiday of Hanukkah. The story of Hanukkah involves oil lamps staying lit for eight nights, when there was only enough oil to last for one night. Potato latkes are made on Hanukkah because they are fried in oil, symbolizing the miracle of the oil lasting the eight nights.

You will need

- **Time:** 1 hour
- **Skills:** Assembling a food processor, shallow frying

Check each item off as you collect it.

Equipment

- | | |
|---|--|
| ☐ Scale | ☐ Food processor with shredding attachment (large and fine holes) |
| ☐ Dry measuring cups | ☐ Medium bowl |
| ☐ Measuring spoons | ☐ Strainer |
| ☐ Liquid measuring cup | ☐ Tea towel or cheesecloth |
| ☐ Custard cup | ☐ Fork |
| ☐ Fork | ☐ Skillet |
| ☐ Cooling rack placed over a sheet pan | ☐ Digital thermometer |
| ☐ Cutting board | ☐ #20 scoop |
| ☐ Chef's knife | ☐ Spider or metal slotted spatula |
| ☐ Vegetable peeler | |

Ingredients

Yield: 24 latkes

- | | |
|--|---|
| ☐ 2½ lb. Yukon Gold potatoes, peeled and shredded | ☐ ½ tsp. Black pepper, ground |
| ☐ 1 Large onion, shredded | ☐ 1½ cups Avocado, peanut, or grapeseed oil |
| ☐ ¾ cup matzo meal or breadcrumbs | ☐ ¼ cup <i>Schmaltz</i> (chicken fat), optional |
| ☐ 2 Large eggs, beaten | ☐ Sour cream for serving (Note: Do not use if making with <i>schmaltz</i> to keep kosher.) |
| ☐ 1 Tbsp. Potato starch | ☐ Applesauce, for serving |
| ☐ 1¼ tsp. Kosher salt | |

Mise en Place

- Wash and peel potatoes.
- Peel onion.
- Beat eggs in a custard cup with a fork.

Steps

1. Place wire cooling racks inside a sheet pan.
2. Cut potatoes into large chunks and shred using a food processor with a shredding attachment that has *large* holes.
3. Place the grated potato into a medium bowl and immediately cover with cold water. Meanwhile, grate the onion using the food processor attachment with fine holes.
4. Drain the potato shreds in a strainer. Rinse and dry the bowl used to soak the potato shreds and set aside.
5. Place the drained potato shreds and grated onion in the center of a clean tea towel or several layers of cheesecloth. Wrap the shreds up in the cloth, twisting the cloth to secure the bundle, and squeeze firmly to remove excess liquid from the shreds.
6. Pour the potato and onion into the clean, dry bowl. Stir the shreds with a fork to make sure the grated onion is evenly mixed throughout the potato shreds.
7. In a skillet, add oil to reach about 1/8-inch deep. If using schmaltz, add ¼ cup to the oil. Heat slowly over medium to about 365°F (185°C).
8. While the oil is heating, use the fork to stir the matzo meal, beaten eggs, potato starch, salt and pepper into the potato and onion shreds.
9. Using a #20 scoop, scoop up the potato mixture and shape it into a tightly compact disc. Place the disc carefully into the hot oil using a spider or metal-slotted spatula. The oil should sizzle when the latkes touch the oil. Continue shaping the latkes and fry in batches of 4 or 5 latkes at a time for 2–3 minutes per side or until golden brown on each side.
10. Remove latkes from pan and place them on the wire cooling rack. Serve hot with sour cream (if using) or applesauce.

Three Sisters Soup (First Nations)

(Bonus recipe not included in textbook)

The First Nations people were the original inhabitants of North America, and they cultivated many native plants, including squash, beans, and corn. They used a farming method known as “Three Sisters” where each plant supported the others. The beans enriched the soil with nitrogen, which helped the corn grow. The tall corn stalks provided support for the beans to climb, while the squash spread across the ground, blocking weeds. Although First Nations people now make up about 2 percent of the U.S. population, many of today’s beloved foods—including corn, beans, and squash—were first cultivated by them long before the arrival of immigrants from across the globe.

You will need

- **Time:** 1½–2 hours
- **Skills:** Knife skills

Check each item off as you collect it.

Equipment

- | | |
|---|---|
| ☐ Liquid measuring cup | ☐ Blender |
| ☐ Dry measuring cup | ☐ Can opener |
| ☐ Measuring spoons | ☐ Large saucepan |
| ☐ Cutting board | ☐ Ladle |
| ☐ Chef’s knife | |

Ingredients

Yield: 4 servings

- | | |
|---|---|
| ☐ 3 Tbsp. Butter | ☐ ⅛ tsp. Crushed red pepper |
| ☐ 1 cup Onion, diced | ☐ 4 cups Chicken or vegetable stock |
| ☐ 1 clove Garlic, minced | ☐ ½ cup Yellow corn kernels, fresh or frozen |
| ☐ 1 Butternut or acorn squash,
pre-baked and pureed | ☐ ½ cup canned Hominy, drained and rinsed |
| ☐ 1 tsp. curry powder | ☐ 1 cup canned White beans, drained and rinsed |
| ☐ ½ tsp. Salt | ☐ Chives, minced (garnish) |
| ☐ ¼ tsp. Ground coriander | ☐ Plain yogurt or sour cream (garnish) |

Mise en Place

- Cut squash in half, de-seed, bake until tender, remove peel, puree in a blender until smooth.
- Dice onion.
- Mince garlic.
- Open cans of hominy and white beans, drain and rinse.

Steps

- 1.** Melt butter in a large saucepan over medium-high heat. Add onion and garlic; cook for 3–5 minutes or until tender.
- 2.** Stir in curry powder, salt, coriander, and crushed red pepper; cook for 1 minute.
- 3.** Add stock, corn, hominy, and beans. Bring to a boil, reduce heat to low, and cook, stirring occasionally, for 15–20 minutes to develop flavors.
- 4.** Stir in pureed squash, cook for 5 minutes or until heated through.
- 5.** Serve warm with minced chives and plain yogurt or sour cream as a garnish.

Chapter 8

Communication Skills



Family Recipe Sugar Cookies

Time: 60 minutes

Yield: 5 dozen

Ingredients

- 1 cup Butter
- 1 cup Vegetable oil
- 1 cup Sugar
- 1 cup Powdered sugar
- 1 tsp. Cream of tartar
- 1 tsp. Baking soda
- 1 tsp. Salt
- 1 tsp. Vanilla
- 2 Eggs
- 4 cups Flour

Directions

1. Preheat oven to 350°F (180°C) if baking immediately.
2. Cream butter, oil, and both sugars. Add vanilla and eggs.
3. Sift the dry ingredients into mixture. Stir and blend thoroughly. (May chill dough at this point and return later for more pliable dough; but this is not necessary.)
4. Roll dough into walnut-sized balls, roll in a small bowl of granulated sugar, and place on a cookie sheet lined with parchment paper.
5. Dip the bottom of a drinking glass with sugar and gently press the dough balls down on cookie sheet.
6. Bake 10–12 minutes or until edges are slightly golden brown.

Note: Add sprinkles or cinnamon sugar before baking, or frost cookies after cooling, if desired.



Chocolate Chip Oatmeal Cookies

Time: Cook time 50 minutes

Yield: 5 dozen

Ingredients

½ lb. (2 sticks) Butter, softened (may substitute margarine)

1 cup Brown sugar, firmly packed

½ cup Granulated sugar

2 Tbsp. Milk

2 tsp. Vanilla

1 ¾ cups All-purpose flour

1 tsp. Baking soda

½ tsp. Salt (optional)

2 ½ cups Oats; quick or old-fashioned

2 cups Semi-sweet chocolate chips

2 Eggs

Directions

1. Preheat oven to 375°F (190°C).
2. In a large bowl, beat butter and both sugars until creamy. Mix in eggs, milk, and vanilla, beating well.
3. In another bowl, combine flour, baking soda, and salt.
4. Add flour mixture into the creamed ingredients, mixing well. Mix in oats and chocolate chips.
5. Line cookie sheets with parchment and drop dough in rounded tablespoonfuls.
6. Bake for 9–10 minutes, until starting to turn light golden brown on edges.
7. Remove from oven. Cool on cookie sheets for 1 minute to shape, then remove to wire rack to full cool. Store tightly covered for freshness.

NOTE: May add 1 cup chopped nuts. May sub dried cranberries and white chocolate chips; butterscotch chips; or candy-coated chocolates for semi-sweet chips.

Part 3: RECIPES

Salisbury Steak for Two

You will need

- **Time:** 55 minutes
- **Skills:** Communication, time management, knife skills

Check each item off as you collect it.

Equipment

- | | |
|---|---|
| ☐ Liquid measuring cup | ☐ 10-inch nonstick skillet |
| ☐ Measuring spoons | ☐ Turner |
| ☐ Scale | ☐ Plate |
| ☐ Dry measuring cups | ☐ Wooden spoon |
| ☐ Cutting board | ☐ Whisk |
| ☐ Chef's knife | ☐ Thermometer |
| ☐ Large bowl | ☐ Platter |

Ingredients

Yield: 2 servings

- | | |
|---|---|
| ☐ ¼ cup milk | ☐ 8 oz. White mushrooms, trimmed and sliced thin |
| ☐ 3 Tbsp. Instant potato flakes | ☐ 1 Tbsp. All-purpose flour |
| ☐ 8 oz. 90% lean ground beef | ☐ 2 tsp. Tomato paste |
| ☐ Salt and pepper | ☐ 1 cup Beef broth |
| ☐ 2 Tbsp. Unsalted butter, divided | ☐ 2 Tbsp. Ruby port, dry red wine, or dry sherry |
| ☐ ½ cup Onion, thinly sliced | |

Mise en Place

- Slice onions.
- Wash, trim, and thinly slice mushrooms.

Steps

- 1.** Whisk milk and potato flakes together in a large bowl. Add beef, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{2}$ teaspoon pepper and knead until combined. Shape into two $\frac{1}{2}$ -inch-thick oval patties. (Patties can be refrigerated for up to 24 hours.)
- 2.** Melt 1 tablespoon butter in a 10-inch nonstick skillet over medium-high heat. Cook patties until well-browned, 3–5 minutes per side. Transfer to plate.
- 3.** Return the now-empty skillet to medium-high heat, add onion and remaining 1 tablespoon butter, and cook until browned, about 5 minutes.
- 4.** Add mushrooms and $\frac{1}{4}$ teaspoon salt and cook until liquid has evaporated, 5–7 minutes.
- 5.** Stir in flour and tomato paste and cook for 2 minutes.
- 6.** Slowly whisk in broth and port/wine/sherry and bring to a simmer.
- 7.** Return patties to skillet, cover, reduce heat to medium-low, and cook until meat registers 160°F (71 °C) 8–10 minutes, flipping patties halfway through cooking.
- 8.** Transfer steaks to platter. Continue to simmer sauce until slightly thickened, 2–4 minutes. Season sauce with salt and pepper to taste. Pour sauce over steaks and serve.

Chicken Pot Pie for Two

You will need

- **Time:** 1½ hours
- **Skills:** Communication, time management, knife skills

Check each item off as you collect it.

Equipment

- | | |
|---|--|
| ☐ Measuring spoons | ☐ 2 12-oz. oven-safe ramekins |
| ☐ Cutting board | ☐ Paring knife |
| ☐ Chef's knife | ☐ Medium saucepan with lid |
| ☐ Liquid measuring cups | ☐ Whisk |
| ☐ Scale | ☐ Thermometer |
| ☐ Dry measuring cups | ☐ Plate |
| ☐ Rimmed baking sheet lined with parchment paper | ☐ 2 forks |
| | ☐ Baking sheet |

Ingredients

Yield: 2 pot pies

- | | |
|---|---|
| ☐ 1 Pie crust, premade | ☐ 2 cups Chicken broth |
| ☐ 2 Tbsp. Unsalted butter | ☐ ½ cup Heavy cream |
| ☐ 2 Carrots, peeled and small dice | ☐ ½ tsp. Soy sauce |
| ☐ 1 Small onion, small dice | ☐ 1 8-oz. Boneless, skinless chicken breast, trimmed |
| ☐ 1 Small celery rib, small dice | ☐ ¼ cup Frozen peas |
| ☐ Salt and pepper | ☐ 2 tsp. Fresh parsley, minced |
| ☐ 2 garlic cloves, minced | ☐ ¼ tsp. Lemon juice |
| ☐ 1 tsp. Fresh thyme, minced | |
| ☐ 3 Tbsp. All-purpose flour | |

Mise en Place

- Small dice onion, celery, and carrots.
- Mince garlic, thyme, and parsley.

Steps

- 1.** Adjust oven rack to middle position and heat oven to 450°F (232°C). Line rimmed baking sheet with parchment paper. Unroll dough on baking sheet. Use one of the 12-ounce oven-safe ramekins as guide to cut out two rounds of dough, about ½ inch larger than the mouth of the ramekin. Fold under and crimp outer ½-inch of dough, then cut three vents in center of each crust. Bake until crusts just begin to brown and no longer look raw, about 7 minutes; set aside.
- 2.** Meanwhile, melt butter in a medium saucepan over medium heat. Add carrots, onions, celery, and ½ teaspoon salt and cook until vegetables are softened and browned, 8–10 minutes.
- 3.** Stir in garlic and thyme, and cook until fragrant, about 30 seconds. Stir in flour and cook for 1 minute.
- 4.** Slowly whisk in broth, cream, and soy sauce, scraping up any browned bits. Nestle chicken into sauce and bring to simmer.
- 5.** Cover, reduce heat to medium-low, and cook until chicken registers 160°F (71 °C), 10–15 minutes. Transfer chicken to plate; let cool slightly. Using two forks, shred chicken into bite-sized pieces.
- 6.** Meanwhile, return pan with sauce to medium heat and simmer until thickened and sauce measures 2 cups, about 5 minutes. Off heat, return shredded chicken and accumulated juice to pan.
- 7.** Stir in peas, parsley, and lemon juice and season with salt and pepper to taste.
- 8.** Divide the filling between the ramekins and place par-baked crusts on top of filling. Place pot pies on baking sheet and bake until crusts are deep golden brown, and filling is bubbling, 10–15 minutes. Let pot pies cool for 10 minutes before serving.

Chapter 9

Workplace Safety Procedures



Alabama White Sauce

Time: 5 minutes

Yield: 15 servings

Ingredients

1 ½ cups Mayonnaise

2 Tbsp. Apple cider vinegar

1 Tbsp. Lemon juice

1 tsp. Spicy brown mustard (can use Dijon or other mustards)

1 Tbsp. Prepared horseradish (add more to desired spice level)

2 tsp. Worcestershire sauce

1 tsp. Kosher salt

1 tsp. White pepper

½ tsp. Garlic powder

½ tsp. Onion powder

½ tsp. Cayenne pepper, more or less to taste

1 Tbsp. Brown sugar, optional

Directions

1. Add the mayonnaise, apple cider vinegar, lemon juice, spicy brown mustard, horseradish, and Worcestershire sauce to a small bowl and whisk to combine.
2. Add the kosher salt, white pepper, garlic powder, onion powder, and cayenne pepper to the wet ingredients and whisk to combine.
3. Pour the white sauce into an airtight container and refrigerate for 2–4 hours before using.
4. If possible, let the sauce sit overnight before using; it will give the seasonings time to bloom and the sauce will be more flavorful.



Baked Chicken Wings

Time: 55 minutes

Yield: 6 servings

Ingredients

2 ½ tsp. Kosher salt

½ tsp. Black pepper

1 ½ tsp. Garlic powder

1 ½ tsp. Paprika

¼ tsp. Cayenne

3 lbs. Chicken wings or drumettes

3 Tbsp. Salted butter, melted

Directions

1. Preheat oven to 425°F (218°C).
2. Line a rimmed sheet pan with foil. Set a cooling rack on top of the foil.
3. Mix the salt, pepper, garlic powder, and cayenne in a large bowl. Add the chicken to the bowl and toss until fully coated.
4. Arrange the chicken skin-side down on the cooling rack. Brush the chicken with half of the melted butter. Flip and brush with the remaining butter.
5. Bake for 45–50 minutes, or until the chicken is golden brown and the skin is crispy.

Part 3: RECIPES

Cast-Iron Drop Doughnuts

You will need

- **Time:** 1 hour
- **Skills:** Safely deep frying, using an oven mitt, preventing burns

Check each item off as you collect it.

Equipment

- | | |
|--|--|
| ☐ Dry measuring cups | ☐ Rubber spatula |
| ☐ Scale | ☐ Wire rack |
| ☐ Measuring spoons | ☐ Rimmed baking sheet lined with paper towels |
| ☐ Liquid measuring cup | ☐ Thermometer |
| ☐ 12-inch cast iron skillet | ☐ #60 scoop |
| ☐ Induction burner (optional) | ☐ Spider |
| ☐ Whisk | ☐ Small strainer or sifter |
| ☐ 2 Medium bowls | |

Ingredients

Yield: 24 doughnuts

- | | |
|---|---|
| ☐ 2 cups All-purpose flour | ☐ ½ cup Whole milk |
| ☐ 2 tsp. Baking powder | ☐ 2 Tbsp. Unsalted butter, melted and cooled |
| ☐ 1 tsp. Ground nutmeg | ☐ ½ tsp. Vanilla extract |
| ☐ ¼ tsp. Salt | ☐ 4 cups Peanut or vegetable oil, for frying |
| ☐ ½ cup Granulated sugar | ☐ Confectioners' sugar, for dusting |
| ☐ 2 Large eggs | |

Mise en Place

- Measure oil into the cast-iron skillet, set on an induction burner.
- Melt butter, to allow time to cool slightly.

Steps

- 1.** Whisk flour, baking powder, nutmeg, and salt together in a medium bowl.
- 2.** In a separate bowl, whisk granulated sugar and eggs together until smooth; then whisk in milk, melted butter, and vanilla until incorporated.
- 3.** Stir egg mixture into flour mixture with rubber spatula until just combined.
- 4.** Set a wire rack over a rimmed baking sheet and line with three layers of paper towels.
- 5.** Add oil to a 12-inch cast-iron skillet until it measures about 3/4-inch deep and heat over medium-high heat to 375°F (191°C).
- 6.** Using a #60 scoop, carefully scoop doughnut batter into the oil. This can be done by lowering the scoop head into the oil and gently squeezing the handle until the dough is released from the scoop.
- 7.** Fry until deep golden brown, 3–6 minutes, flipping doughnuts halfway through frying. Adjust burner, if necessary, to maintain an oil temperature between 350°F and 375°F (177°C and 191°C).
- 8.** Dust with confectioners' sugar and serve warm.

Ratatouille Tian

You will need

- **Time:** 1 ½ hours
- **Skills:** Preventing cuts, using PPE, knife skills

Check each item off as you collect it.

Equipment

- | | |
|--|--|
| ☐ Cutting board | ☐ Wooden spoon |
| ☐ Chef's knife | ☐ Mandolin slicer and guard |
| ☐ Can opener | ☐ Cut resistant gloves |
| ☐ Dry measuring cups | ☐ Foodservice single-use gloves |
| ☐ Measuring spoons | ☐ Parchment paper |
| ☐ 2-quart round or oval baking dish | |

Ingredients

Yield: 4–6 servings

- | | |
|--|---|
| ☐ ½ Medium onion, finely chopped | ☐ 1 Small eggplant |
| ☐ 2 Garlic cloves, very thinly sliced | ☐ 1 Zucchini |
| ☐ 1 cup Tomato purée | ☐ 1 Yellow squash |
| ☐ ¼ tsp. Oregano | ☐ 1 Red bell pepper |
| ☐ ¼ tsp. Crushed red pepper flakes | ☐ 2 sprigs Fresh thyme |
| ☐ 2 Tbsp. Olive oil, divided | ☐ Salt and pepper |

Mise en Place

- Chop onion.
- Slice garlic.
- Slice eggplant, zucchini, yellow squash, and red bell pepper.

Steps

- 1.** Preheat oven to 375°F (191°C).
- 2.** Pour tomato purée into the bottom of an oval baking dish, approximately 10 inches across the long way. Drop the sliced garlic cloves and chopped onion into the purée; stir in oregano, crushed red pepper flakes, one tablespoon of olive oil, and season the sauce generously with salt and pepper.
- 3.** Trim the ends off the eggplant, zucchini, and yellow squash. Trim the top of the red pepper and remove the core.
- 4.** Put on cut-resistant gloves and cover them with foodservice single-use gloves. On a mandolin, cut the eggplant, zucchini, yellow squash and red pepper into very thin slices, 1/8-inch thick. Be sure to use the mandolin guard to prevent cutting your fingers.
- 5.** Atop the tomato sauce, arrange slices of prepared vegetables concentrically from the outer edge to the inside of the baking dish, overlapping so just a smidgen of each flat surface is visible, alternating vegetables.
- 6.** Drizzle the remaining tablespoon of olive oil over the vegetables and season them generously with salt and pepper. Remove the leaves from the thyme sprigs with your fingertips, running them down the stem. Sprinkle the fresh thyme over the dish.
- 7.** Cover the dish with a piece of parchment paper cut to fit inside.
- 8.** Bake for 45–55 minutes, until vegetables have released their liquid. They should not be brown at the edges, and the tomato sauce should be bubbling up around them.
- 9.** Serve with slice of French bread.

Chapter 10

Principles of Great Service



Frozen Mango Pineapple Mule Mocktail

Time: 10 minutes

Yield: 1 serving

Ingredients

4–5 Mint leaves

1 oz. Lime juice

3 oz. Frozen pineapple

2 oz. Frozen mango

1 oz. Mango nectar (juice)

1–2 oz. Ginger beer (alcohol-free)

Directions

1. Add mint and lime juice to blender cup.
2. Add frozen pineapple, mango, mango nectar or juice, and ginger beer.
3. Blend until smooth.
4. Pour into a tall glass rimmed with lime juice and dipped in sugar.
5. Garnish with pineapple triangle, mango sliver (or chunk), or mint leaf.

Part 3: RECIPES

Bananas Foster

This New Orleans dessert is traditionally prepared and served tableside, as well as prepared flambé, “on fire.” It’s a fun and unique way to impress and serve guests!

You will need

- **Time:** 30 minutes
- **Skills:** Tableside cooking, guest interactions

Check each item off as you collect it.

Equipment

- | | |
|---|--|
| ☐ Dry measuring cup | ☐ 4 Dessert bowls |
| ☐ Vegetable peeler | ☐ 12-inch skillet |
| ☐ Liquid measuring cup | ☐ Large service spoon |
| ☐ Cutting board | ☐ Turner |
| ☐ Chef’s knife | ☐ Long-barreled lighter |
| ☐ Ice cream scoop | |

Ingredients

Yield: 4 servings

- | | |
|---|---|
| ☐ 4 Tbsp. Unsalted butter | ☐ ¼ cup Dark rum, divided |
| ☐ ½ cup Dark brown sugar, packed | ☐ 2 large, firm ripe Bananas, peeled and halved lengthwise and then halved crosswise |
| ☐ 1 Cinnamon stick | ☐ 1-pint Vanilla ice cream |
| ☐ 1 strip Lemon zest (1–2 inches long by 1½-inches wide) | |

Mise en Place

- | | |
|---|---|
| • Measure butter, brown sugar, and rum. | • Scoop vanilla ice cream into bowls. |
| • Prepare lemon zest strip. | • Roll up long sleeves, tie back long hair. |
| • Peel and cut bananas according to directions. | |

Steps

- 1.** Melt the butter in a 12-inch skillet over medium heat. Add the brown sugar, cinnamon stick, lemon zest, and 1 tablespoon of rum; stir to dissolve the sugar, about 1 minute. If the heat is too high, the butter and sugar will separate instead of combining to form a sauce.
- 2.** Add the bananas and spoon some sauce over each piece. Cook until the bananas are glossy and golden on the bottom, about 1½ minutes. Turn the bananas and continue cooking until very soft but not mushy or falling apart, about 1½ minutes longer.
- 3.** Remove the skillet from the heat. Add the remaining 3 tablespoons rum and wait until the rum has warmed slightly, about 5 seconds. Wave the lit long-barreled lighter over the pan until the rum ignites, shaking the pan to distribute the flame over the entire pan. When the flames subside, in about 15–30 seconds, divide the bananas and sauce among the four bowls of ice cream. Discard the cinnamon stick and lemon zest, serve.

Flourless Chocolate Cake (Gluten Free)

This is a great dessert option for guests who have gluten or nut allergies.

You will need

- **Time:** 55 minutes cooking, 12 hours chilling
- **Skills:** Food allergy accommodations

Check each item off as you collect it.

Equipment

- | | |
|--|---|
| ☐ Scale | ☐ Kettle |
| ☐ Liquid measuring cup | ☐ Stand mixer with wire whip attachment or handheld electric mixer with a large metal bowl |
| ☐ Cutting board | ☐ Double-boiler or microwave oven |
| ☐ Chef's knife | ☐ Rubber spatula |
| ☐ Fine mesh strainer or sifter | ☐ Digital thermometer |
| ☐ 8-inch spring form pan | ☐ Wire rack |
| ☐ Parchment paper | ☐ Plastic wrap |
| ☐ Heavy duty aluminum foil | |
| ☐ Large roasting pan or hotel pan, at least 3–4 inches deep | |

Ingredients

Yield: 12–16 servings

- | | |
|---|---|
| ☐ 8 large Eggs, cold | ☐ ¼ cup Strong coffee |
| ☐ 1 lb. Bittersweet chocolate, coarsely chopped | ☐ Confectioners' sugar or cocoa powder for dusting |
| ☐ 8 oz. Unsalted butter (2 sticks), cut into ½-inch chunks | |

Mise en Place

- | | |
|---|---------------------------------------|
| • Crack eggs into separate bowl and inspect for shells. | • Cut butter into ½-inch chunks. |
| • Coarsely chop chocolate. | • Prepare spring form pan for baking. |

Steps

- 1.** Adjust oven rack to lower middle position and heat oven to 325°F(163°C). Line the bottom of an 8-inch spring form pan with parchment paper and grease pan sides. Cover the spring form pan underneath and along the sides with heavy-duty aluminum foil and set inside of a large roasting pan or 4-inch-deep hotel pan. Bring a full kettle of water to a boil.
- 2.** In either a large metal bowl with an electric hand mixer or in the bowl of a stand mixer with a wire whip attachment at medium speed, beat eggs until they double in volume to approximately 4 cups, about 5 minutes.
- 3.** Melt chocolate, butter, and coffee in a double boiler until smooth and very warm (115°F/46°C on a digital thermometer), stirring once or twice. Alternatively, melt the chocolate, butter, and coffee together in a microwave oven set to 50 percent power for 4–6 minutes, stopping to stir twice.
- 4.** Fold 1/3 of the egg foam into the chocolate mixture using a rubber spatula, until only a few streaks of egg are visible. Fold in the remaining half of foam, then the last of remaining foam, until the mixture is well-blended.
- 5.** Scrape batter into prepared spring form pan and smooth surface with rubber spatula. Set roasting pan on oven rack and pour enough boiling water to come about halfway up the sides of the spring form pan. Bake until cake has risen slightly, edges are just beginning to set, and a thin glazed crust has formed on the surface. An instant-read digital thermometer should read 140°F (60°C) when inserted halfway into the center, about 22–25 minutes.
- 6.** Remove the cake from the water bath and set on a wire rack; cool to room temperature. Cover with plastic wrap and refrigerate overnight. (Can be refrigerated up to 4 days.)
- 7.** About 30 minutes before serving, remove spring form pan sides, invert cake on a sheet of wax paper. Peel off parchment paper liner and turn cake right-side up on a serving platter. Using a fine mesh strainer or sifter, dust the top of the cake with powdered sugar or cocoa powder to decorate.

Chapter 11
Hygiene and Cleanliness



Bruschetta Canapes with Tomato and Basil

Time: 35 minutes

Yield: 6 to 10 servings

Ingredients

8 Roma tomatoes (ripe), blanched, peeled, seeded, cut ¼" dice

2 cloves Garlic, minced (about 2 tsp)

1 Tbsp. Extra virgin olive oil (for tomatoes)

1 tsp. Balsamic vinegar

6 to 8 Fresh basil leaves, thinly shredded into "chiffonade"

¾ tsp. Sea salt (or to taste)

½ tsp. Black pepper, freshly ground (or to taste)

1 French baguette, sliced into ½" slices, toasted

¼ cup Olive oil (for baguette)

Blanch and peel the tomatoes

1. Remove core and score tomato ends with paring knife.
2. Boil two quarts of water. Blanch tomatoes for one minute (until skin splits).
3. Immediately remove tomatoes, placing them into ice water to chill completely.
4. Peel and discard the skins; cut tomatoes into halves or quarters and remove seeds.
5. Cut seeded tomatoes into ¼" small dice; combine with garlic, olive oil, vinegar, basil, salt, and pepper. (Add salt and pepper to taste.)

Prepare baguette slices

1. Preheat oven to 450°F (230°C) using top rack.
2. Slice baguettes on the bias with a serrated bread knife into ½" thick slices.
3. Brush one side with olive oil; place oiled side onto a parchment-lined sheet tray.
4. Place baguettes on top rack of preheated oven and toast 5–6 minutes until edges are light golden brown.
5. When ready, rub a cut garlic clove on toast and brush with olive oil.
6. Spoon bruschetta mixture over toasted baguette and garnish with additional fresh basil.

Optional: Cut fresh mozzarella into small dice and add to tomato mixture.

IMPORTANT: Since this recipe involves RTE food, please follow RTE procedures, including proper cleaning and sanitizing of equipment and food-contact surfaces, handwashing, and glove use.

Part 3: RECIPES

Korean Beef Lettuce Wraps

(Bonus recipe not included in textbook)

You will need

- **Time:** 30 minutes
- **Skills:** Wearing gloves when handling ready-to-eat foods.

Check each item off as you collect it.

Equipment

- | | |
|--|---|
| ☐ Foodservice single-use gloves | ☐ 1 medium bowl |
| ☐ Cutting board | ☐ 2 small bowls |
| ☐ Chef's knife | ☐ 12-inch nonstick skillet |
| ☐ Liquid measuring cups | ☐ Wooden spoon |
| ☐ Dry measuring cups | ☐ Colander |
| ☐ Measuring spoons | ☐ Serving plates |
| ☐ Scale | |

Ingredients

Yield: 4 servings

- | | |
|--|--|
| ☐ 1 English cucumber, unpeeled, halved lengthwise and sliced thin | ☐ 2 Tbsp. Brown sugar, packed |
| ☐ ¼ cup Seasoned rice vinegar | ☐ 4 Garlic cloves, minced |
| ☐ ¼ cup Mayonnaise | ☐ 1½ lb. Lean ground beef |
| ☐ 2 Tbsp. Sriracha sauce | ☐ 1 head Bibb lettuce, leaves separated |
| ☐ 3 Tbsp. Soy sauce | |

Mise en Place

- | | |
|--|-----------------|
| • Wash and separate Bibb lettuce leaves. | • Mince garlic. |
| • Wash, halve, and slice cucumber. | |

Steps

- 1.** Combine the cucumber and vinegar in a medium bowl; set aside.
- 2.** Combine mayonnaise and sriracha sauce in a second small bowl; set aside.
- 3.** Combine soy sauce, sugar, garlic, and oil in a third small bowl.
- 4.** Cook the ground beef in a 12-inch nonstick skillet over high heat until any juices have evaporated and the beef begins to brown in its own fat, 8–10 minutes.
- 5.** Add the soy sauce mixture to the skillet and cook until nearly evaporated, about 2 minutes.
- 6.** To serve, fill the lettuce leaves with the beef mixture and top with the pickled cucumbers and Sriracha mayonnaise.

Onigiri (Japanese Rice Balls)

(Bonus recipe not included in textbook)

You will need

- **Time:** 1 hour
- **Skills:** Wearing gloves when handling ready-to-eat foods.

Check each item off as you collect it.

Equipment

- | | |
|--|---|
| ☐ Foodservice single-use gloves | ☐ Rubber spatula |
| ☐ Dry measuring cups | ☐ Medium saucepan with a lid |
| ☐ Liquid measuring cups | ☐ Kitchen shears |
| ☐ Measuring spoons | ☐ Can opener |
| ☐ Fine-mesh strainer | ☐ Plastic wrap |
| ☐ Large bowl | |

Ingredients

Yield: 6 onigiri

- | | |
|---|--|
| ☐ 1¼ cups Sushi rice | ☐ 1 sheet Toasted seaweed or nori
(about 8 inches wide) |
| ☐ 1½ cups Water | ☐ White or black sesame seeds,
raw or toasted (optional) |
| ☐ ¼ tsp. Salt | |

For Tuna Mayonnaise Filling

- ☐ ¼ cup Canned tuna, drained
- ☐ 1 Tbsp. Mayonnaise

Mise en Place

- Wash sushi rice in a fine mesh strainer, drain.
- Open can of tuna and drain well. Mix with mayonnaise.
- Cut three 1-inch strips from toasted seaweed or nori sheets. Cut strips in half crosswise (the short way) so you end up with 6 pieces total.

Steps

- 1.** Set a fine-mesh strainer over a large bowl and place it in the sink. Place the rice in the strainer and rinse under cold running water, emptying the bowl a few times as it fills, until water in the bowl is clear, 1½–2 minutes. Shake strainer to drain rice well and transfer to medium saucepan.
- 2.** Use a rubber spatula to stir in water and salt. Bring rice to boil over medium-high heat. Reduce heat to low, cover saucepan with lid, and cook for 20 minutes.
- 3.** Turn off heat and slide saucepan to cool burner. Let rice sit, covered, for 10 minutes to finish cooking.
- 4.** While rice cooks and cools, use kitchen shears to cut three 1-inch-wide strips from the toasted seaweed or nori sheet. Cut strips in half crosswise (the short way), so you have 6 pieces total. Set them aside.
- 5.** Rinse and dry the now-empty large bowl. Use a rubber spatula to transfer cooked rice to a bowl. Let cool until easy to handle but still very warm, about 5 minutes.
- 6.** Line ½-cup dry measuring cup with plastic wrap. Fill with rice and add tuna mayonnaise; shape onigiri into a three-dimensional triangle. Remove plastic wrap and then wrap onigiri with a nori strip. Repeat with remaining rice, filling, and nori strips to make 6 onigiri total.
- 7.** Sprinkle the outsides of onigiri with sesame seeds, if using. Serve.

Chapter 12
Foodservice Equipment



Caffe Latte

Time: 5 minutes

Yield: 12 ounces

Ingredients

2 oz. Freshly brewed espresso (equivalent to 2 shots)

8–10 oz. Whole milk, steamed

Directions

1. Brew the espresso: Prepare a double shot of espresso in an espresso machine or a manual espresso maker, using fine-ground, espresso-roast coffee.
2. Steam the milk: Use a commercial steaming wand (found on an espresso machine) to prepare the steamed milk.
3. Combine the espresso and milk: Pour the brewed espresso into a cup. Add the steamed milk, holding back any foam with a spoon.

Variation: 2 tablespoons of chocolate sauce may be added to create a mocha.

Part 3: RECIPES

Tomato Soup

(Bonus recipe not included in textbook)

You will need

- **Time:** 50 minutes
- **Skills:** Using an immersion blender

Check each item off as you collect it.

Equipment

- | | |
|--|--|
| ☐ Can opener | ☐ Strainer |
| ☐ Liquid measuring cups | ☐ Large bowl |
| ☐ Scale | ☐ 6-qt. stock pot |
| ☐ Measuring spoons | ☐ Wooden spoon |
| ☐ Cutting board | ☐ Immersion blender |
| ☐ Chef's knife | ☐ Whisk |

Ingredients

Yield: 6–8 servings

- | | |
|--|--|
| ☐ 2 28-oz. cans Diced tomatoes, divided | ☐ 2 Tbsp. Tomato paste |
| ☐ ¾ cup Chicken broth | ☐ 2 Tbsp. All-purpose flour |
| ☐ 1½ oz. Unsalted butter | ☐ ½ tsp. Baking soda |
| ☐ 1 Medium onion, chopped | ☐ ½ tsp. Salt |
| ☐ 1 Bay leaf | ☐ ½ cup Heavy cream |
| ☐ 1 tsp. Brown sugar | |

Mise en Place

- Drain canned tomatoes in a strainer set over a large bowl, pressing lightly to release juices.
- Transfer chicken broth to a large liquid measuring cup, and add tomato juice that was drained from the canned tomatoes (the mixture should measure about 4 cups); reserve.
- Divide drained tomatoes into approximately ⅔ and ⅓ portions.
- Chop onion.
- Measure out dry ingredients.
- Measure out heavy cream.

Steps

- 1.** Melt butter in the stock pot over medium heat. Add the onion and cook until softened, about 5 minutes.
- 2.** Add $\frac{2}{3}$ of the drained tomatoes, bay leaf, and brown sugar. Cook, stirring occasionally, until tomatoes begin to brown, about 15 minutes.
- 3.** Add the tomato paste and flour to the pot and cook, stirring frequently, until the paste begins to darken, 1 to 2 minutes.
- 4.** Slowly stir in reserved tomato juice and broth mixture, remaining $\frac{1}{3}$ drained tomatoes, baking soda, and salt. Bring to a boil.
- 5.** Reduce heat to medium-low and simmer until slightly thickened, about 5 minutes. Remove from heat.
- 6.** Discard the bay leaf. Using an immersion blender submerged in the pot of soup, puree the soup until smooth.
- 7.** Slowly whisk in heavy cream. Season with salt and pepper. Serve.

Sous vide Crème Brûlée

(Bonus recipe not included in textbook)

You will need

- **Time:** 60–75 minutes, plus resting and chilling time
- **Skills:** Setting up an immersion circulator

Check each item off as you collect it.

Equipment

- | | |
|--|--|
| ☐ Liquid measuring cups | ☐ Medium bowl |
| ☐ Dry measuring cup (1/3 cup) | ☐ Fine mesh strainer |
| ☐ Measuring spoons | ☐ 4 8-oz. wide-mouthed canning jars |
| ☐ <i>Sous vide</i> immersion circulator | ☐ 4 wide-mouthed canning jar lids and screw bands |
| ☐ 7-qt. container (plastic or metal) | ☐ Jar lifter |
| ☐ Plastic wrap | ☐ Wire cooling racks |
| ☐ Cutting board | ☐ Paper towels |
| ☐ Paring knife | ☐ Hand-held butane torch |
| ☐ Whisk | |

Ingredients

Yield: Serves 4

- | | |
|---|---|
| ☐ 1/2 Vanilla bean or
1 tsp. vanilla bean extract | ☐ 1/3 cup Granulated sugar |
| ☐ 2 cups Heavy cream | ☐ Pinch salt |
| ☐ 5 Large egg yolks | ☐ 4 tsp. Demerara or turbinado sugar |

Mise en Place

- Use an immersion circulator to bring water to 180°F (82°C) in a 7-quart container. Cover most of the container with plastic wrap to help water heat faster.
- Cut vanilla bean in half, lengthwise, scrape out seeds using the tip of a paring knife.
- Separate egg yolks from egg whites.
- Measure out heavy cream and sugar.

Steps

- 1.** Whisk vanilla bean, seeds, cream, egg yolks, granulated sugar, and salt in a medium bowl until the sugar has dissolved.
- 2.** Strain custard through a fine-mesh strainer into a 4-cup liquid measuring cup, then divide evenly among the four, 8-ounce wide-mouth canning jars. Gently tap the jars on the counter to remove any air bubbles.
- 3.** Place the canning jar lids on the top of the canning jars and tighten the screw bands until just fingertip tight. Do not overtighten the lids.
- 4.** Gently lower jars into the water bath until fully submerged. Cover and cook for at least 60 minutes or up to 75 minutes.
- 5.** Transfer the jars to a wire rack to let cool to room temperature, for about 1 hour. Remove screw bands before refrigerating. Refrigerate for at least 4 hours or overnight.
- 6.** Remove lids after crème brûlée is chilled. Gently blot away condensation on the top of the custards using paper towels.
- 7.** Sprinkle each custard with 1 teaspoon turbinado sugar. Wipe the rims of the jars clean.
- 8.** Ignite a butane torch and caramelize the sugar by sweeping the flame from the edge of the custard toward the center. Keep flame about 2 inches above the jar. Torch until sugar is bubbling and a deep golden-brown color.
- 9.** Let the crème brûlée jars sit for 5 minutes to allow the sugar crust to harden. Serve.

Chapter 13

Knives and Smallwares



Gazpacho

Time: Approximately 1 hour

Yield: 6 servings

Ingredients

4 each Fresh tomatoes, peeled and small diced ½"
 ½ English cucumber, seeded, unpeeled, and small diced ¼"
 ½ cup Red bell pepper, seeded and small diced ¼"
 ¼ cup Green onion, minced
 1 each Jalapeño pepper, seeded and minced
 2 each Garlic cloves, minced
 1 tsp. Salt
 ¼ tsp. Black pepper, freshly ground (or to taste)
 ½ tsp. Cumin ground
 ⅛ tsp. Dried oregano leaf
 1 pinch Cayenne pepper (or to taste)
 1 pint Cherry tomatoes
 ¼ cup Extra-virgin olive oil
 1 Lime juiced
 1 Tbsp. Balsamic vinegar
 1 tsp. Worcestershire sauce
 To taste Salt and ground black pepper
 2 Tbsp. Fresh basil, thinly sliced, chiffonade

Directions

1. Combine diced tomatoes, cucumber, bell pepper, green onion, jalapeño, and garlic in a large bowl.
2. Add salt, black pepper, cumin, oregano, and cayenne pepper; stir to combine.
3. Place cherry tomatoes, olive oil, lime juice, balsamic vinegar, and Worcestershire sauce in a blender. Cover and purée until smooth.
4. Mixture may be poured directly over tomato cucumber mixture; alternatively, blender contents may be strained over cucumber mixture. Stir to combine.
5. Place ⅓ of the tomato and cucumber mixture back into the blender.
6. Cover and purée until smooth.
7. Add re-puréed mixture to the remaining tomato-cucumber mixture. Stir to combine.
8. Cover and chill in the refrigerator for a minimum of 2 hours.
9. Season cold soup with salt and black pepper to taste.
10. Serve soup in bowls and garnish with fresh basil chiffonade.

Blackened Chicken in a Cast-Iron Skillet

(Bonus recipe not included in textbook)

You will need

- **Time:** 40 minutes
- **Skills:** Cooking with a cast-iron pan

Check each item off as you collect it.

Equipment

- | | |
|--|--|
| ☐ Measuring spoons | ☐ Meat tenderizer or mallet |
| ☐ Cutting board | ☐ Half sheet pan |
| ☐ Utility or boning knife | ☐ 12-inch cast-iron skillet |
| ☐ Shallow bowl | ☐ Silicon spatula |
| ☐ Wire rack set inside a half sheet pan | ☐ Turner |
| ☐ Paper towel | ☐ Tongs |
| ☐ Plastic wrap | ☐ Digital thermometer |

Ingredients

Yield: 2 servings

- | | |
|---|--|
| ☐ 1½ tsp. Smoked paprika | ☐ ¾ tsp. Dried thyme |
| ☐ 1½ tsp. Paprika | ☐ ¼–½ tsp. Cayenne pepper |
| ☐ 1½ tsp. Kosher salt | ☐ 2 6–8-oz. Boneless, skinless chicken breasts, trimmed |
| ☐ 1 tsp. Garlic powder | ☐ 1 tsp. Vegetable oil |
| ☐ 1 tsp. Onion powder | ☐ 1 Tbsp. Unsalted butter, cut into 2 pieces |
| ☐ ¾ tsp. Ground black pepper | |
| ☐ ¾ tsp. Dried oregano | |

Mise en Place

- Mix spices together in a shallow bowl.
- Set wire rack in first half sheet pan.
- Wad up paper towel and place within reach.
- Turn on exhaust fan because this cooking method produces a small amount of smoke.

Steps

- 1.** Halve chicken breast crosswise, then cut thick portion in half horizontally, creating three cutlets of similar thickness. Repeat for second chicken breast. Place cutlets between sheets of plastic wrap and gently pound to even $\frac{1}{3}$ -inch thickness.
- 2.** Working with one cutlet at a time, dredge thoroughly in spice mixture, pressing to adhere, then shaking off excess. Place the cutlets in a single layer on the second half sheet pan.
- 3.** Heat oil in a 12-inch cast-iron skillet over high heat until just smoking. Add butter to the skillet and spread with a silicon spatula until the butter coats the skillet evenly. Add all the cutlets to the skillet, press on each firmly with a metal turner, and cook undisturbed for 2 minutes.
- 4.** Using tongs, flip cutlets. Press cutlets against skillet with spatula and cook for 1 minute. Chicken should reach an internal temperature of 165°F (74°C). Transfer cutlets to a prepared wire rack. Let cutlets rest for 3 minutes on rack.
- 5.** Serve.

Chapter 14

Kitchen Basics



Seasoned Flour

Using seasoned flour can increase the flavor of breaded items.

Time: Varies

Yield: 1 cup

Ingredients

1 cup Flour

1½ tsp. Salt

½ tsp. Pepper

Directions

1. Combine flour, salt, and pepper in bowl.
2. Use the seasoned flour in the standard breading procedure described in this chapter.



Egg Wash

Using an egg wash helps to make baked goods golden brown and to make breading stick to cuts of meat or fish.

Time: Varies

Yield: 1 serving

Ingredients

1 Egg

1–2 Tbsp. Water or milk

Directions

1. Crack the egg into a small bowl.
2. Using a whisk or fork, beat the egg until all of it is a lemon-yellow color.
3. Add water or milk and beat briefly until mixed.
4. Use a pastry brush to brush the egg wash onto pie crusts or other baked goods.
5. Bake until golden brown.



Steamed Rice: Pressure Cooker and Stovetop Methods

Time: 20 minutes pressure cooker;
48 minutes stovetop
Yield: 6 cups

Ingredients

2 cups Basmati or Jasmine rice, rinsed under cold water until water runs clear (1–5 minutes)

4 cups Water

1 tsp. Kosher salt

Directions for Pressure Cooker Method

1. Rinse the rice well under running water, very gently moving the rice using your open hand with fingers separated.
2. Rice is rinsed when water runs clear (1–5 minutes).
3. Place 2 cups of rinsed rice, 4 cups of water, and salt in the pan of the pressure cooker.
4. Keep the weight on, and cover the pressure cooker.
5. Cook the rice in the pressure cooker on medium high heat and after the first whistle turn the heat to low; simmer the rice for 3 minutes.
6. After 3 minutes, turn off the heat and allow the pressure to release naturally.
7. Rice will not be done cooking until the pressure releases naturally from the pressure cooker.
8. Once pressure is completely released, open the lid and fluff the rice with a rice paddle or fork; use as needed.

Directions for Stovetop Method

1. Rinse the rice well under running water, very gently moving the rice using your open hand with fingers separated.
2. Rice is rinsed when water runs clear (1–5 minutes).
3. Place 2 cups of rinsed rice, 4 cups of water, and salt in heavy-bottomed saucepan with tight-fitting lid.
4. Bring the mixture to a boil over high heat.
5. As water begins to boil, turn the heat to low, cover the pan with a lid, and simmer the rice mixture for about 15–18 minutes or until rice is cooked and all water is absorbed.
6. Turn off the heat and allow the rice to rest covered in the pan for 10–15 minutes.
7. Open the lid and fluff the rice with a rice paddle or fork; use as needed.



Caramelized Onions

Time: 1 hour, 5 minutes

Yield: 2 cups

Ingredients

2 Tbsp. Canola oil or clarified butter

3 Tbsp. Whole butter

1–2 tsp. Sugar

1 Tbsp. Balsamic vinegar

Salt and black pepper to taste

Directions

1. Preheat a thick-bottomed, large, cast-iron skillet or Dutch oven (large, sturdy pot with handles) over medium heat.
2. Add canola oil or clarified butter until the oil is shimmering, about 2 minutes.
3. Add butter and melt.
4. Add onions and stir to coat with the fat.
5. Reduce heat to medium low and let onions cook, stirring occasionally.
6. After 10 minutes, season onions with salt and pepper; some sugar may be added at this point.
7. If onions appear to be drying out, add 1–2 ounces of water.
8. Stir the onions and spread them evenly over the entire surface of pan.
9. Continue to cook onions for 20–30 minutes, stirring every few minutes.
10. Allow onions to “stick” to the pan and brown, but stir them before they scorch. Too much movement will not allow them to brown properly.
11. Continue to cook onions until they are soft, brown, and caramelized, 10–15 minutes.
12. Toward the end of cooking, add balsamic vinegar and scrape down using a wooden spoon or spatula.
13. Season to taste with salt and pepper.
14. Remove onions from pan and serve as appropriate.

Part 3: RECIPES

Country-Fried Pork with Gravy

(Bonus recipe not included in textbook)

You will need

- **Time:** 1½ hours
- **Skills:** Using a three-step breading station

Check each item off as you collect it.

Equipment

- | | |
|---|---|
| ☐ Measuring spoons | ☐ Whisk |
| ☐ Dry measuring cups | ☐ Medium bowl |
| ☐ Liquid measuring cups | ☐ 3 shallow dishes |
| ☐ Scale | ☐ Paper towels |
| ☐ 2 cutting boards | ☐ Plastic wrap |
| ☐ Chef's knife | ☐ Meat tenderizer or mallet |
| ☐ Utility knife | ☐ Wire rack set inside a half sheet pan |
| ☐ Medium saucepan with lid | ☐ 12-inch stainless steel or cast-iron skillet |
| ☐ Wooden spoon | ☐ Tongs |

Ingredients

Yield: 4 servings

For Gravy

- | | |
|--|--|
| ☐ 3 Tbsp. Unsalted butter | ☐ ½ tsp. Paprika |
| ☐ ¼ cup Onion, finely chopped | ☐ 2 cups Low-sodium chicken broth |
| ☐ 3 Tbsp. All-purpose flour | ☐ 1 cup Whole milk |
| ☐ 1 Garlic clove, minced | ☐ 4 tsp. Worcestershire sauce |
| ☐ 1 tsp. Dried rubbed sage leaves | ☐ Kosher salt and pepper |

For Pork

- ☐ 2 cups All-purpose flour
- ☐ 1/2 cup Cornstarch
- ☐ 2 tsp. Garlic powder
- ☐ 2 tsp. Onion powder
- ☐ Kosher salt and pepper
- ☐ 1 1/2 tsp. Baking powder
- ☐ 1/4 tsp. Cayenne pepper
- ☐ 1/2 cup Whole milk
- ☐ 2 Large eggs
- ☐ 1 1-lb. Pork tenderloin, trimmed, cut crosswise into 4 pieces
- ☐ 1 cup Peanut or vegetable oil

Mise en Place

- Measure ingredients out for gravy.
- Measure ingredients out for use in the three-step breading station for pork.
- Cut pork crosswise into 4 pieces.

Steps

For Gravy

1. Melt the butter in a medium saucepan over medium heat. Add onion and cook until softened, about 5 minutes.
2. Stir in flour, garlic, sage, and paprika and cook, whisking constantly, until golden and fragrant, about 1 minute.
3. Slowly whisk in broth and milk and bring to a boil.
4. Reduce heat to medium-low and simmer until thickened, about 10 minutes.
5. Off heat, stir in Worcestershire sauce and season with kosher salt and pepper to taste. Cover and set aside. (Gravy can be refrigerated for up to two days.)

For Pork

1. Combine flour, cornstarch, garlic powder, onion powder, 2 teaspoons pepper, 1 teaspoon kosher salt, baking powder, and cayenne in a medium bowl.
2. Transfer 1 cup seasoned flour to shallow dish.
3. Whisk 6 tablespoons milk and eggs together in a second shallow dish.
4. Stir the remaining 2 tablespoons of milk into the remaining seasoned flour, rub with fingers until mixture resembles coarse meal, and transfer to a third shallow dish.
5. Pat the pork dry with paper towels and season with kosher salt and pepper. Lightly score both uncut sides of pork pieces in a 1/4-inch crosshatch pattern.
6. Working with one piece at a time, coat pork pieces lightly in seasoned flour.
7. Place pork between 2 sheets of plastic wrap and pound to 1/4-inch thickness; remove plastic. Coat pork again with seasoned flour, dip into egg mixture, and dredge in milk and flour mixture, pressing firmly to adhere.
8. Arrange pork on a wire rack set inside a half sheet pan and refrigerate for 15 minutes.
9. Adjust oven rack to middle position and heat oven to 200°F (93°C). Warm gravy over medium-low heat, stirring occasionally.

- 10.** Heat oil in a 12-inch skillet over medium heat until shimmering. Fry 2 pieces of pork until deep golden brown and crisp, 2 to 3 minutes per side.
- 11.** Drain on a clean wire rack set in a half sheet pan and place in oven. Fry remaining pork.
- 12.** Serve with gravy.

Chai Latte

(Bonus recipe not included in textbook)

You will need

- **Time:** 20 minutes
- **Skills:** Cooking with common spices

Check each item off as you collect it.

Equipment

- | | |
|--|---|
| ☐ Mortar and pestle | ☐ Small fine-mesh strainer |
| ☐ Small saucepan | ☐ Milk frother (optional) |
| ☐ Wooden spoon | ☐ Hot serving cups |

Ingredients

Yield: 2 servings

- | | |
|--|--|
| ☐ 2 tsp. Loose-leaf black tea | ☐ ½-inch Cinnamon stick |
| ☐ 1 cup Water | ☐ 2 Peppercorns |
| ☐ 1 cup 2 percent milk | ☐ 1 Clove |
| ☐ ½ tsp. Crushed fresh ginger | ☐ 2–3 tsp. Sugar |
| ☐ 2 pods Green cardamom
or ½ tsp. cardamom seeds | |

Mise en Place

- | | |
|-------------------------------|-----------------------------|
| • Measure tea. | • Measure and crush spices. |
| • Measure liquid ingredients. | |

Steps

1. Crush fresh ginger, cardamom, cinnamon, peppercorns, and clove inside a mortar with a pestle.
2. Place water in a small saucepan and heat over medium-high heat. When the water simmers, add the tea and crushed spices.
3. When the water comes to a boil, add the milk. Turn the heat to low when you see a rolling boil. Let simmer for 30 seconds and turn off the heat.
4. Add the sugar and stir until dissolved.
5. Filter out spices using a fine-mesh strainer.
6. Optional: Use a milk frother to aerate the chai tea. Serve.

Chapter 15

Culinary Math



1-2-3-4 Lemon Cake

Time: 70 mins

Yield: 12–16 servings

This classic cake's name comes from the quantities:
1 cup butter, 2 cups sugar, 3 cups flour, and 4 eggs.

Ingredients

- 3 cups Cake flour
- 1 Tbsp. Baking powder
- ½ tsp. Salt
- 1 cup Unsalted butter (plus more for greasing pan(s))
- 2 cups Granulated sugar
- 1 tsp. Pure vanilla extract (may sub lemon extract)
- 4 Large eggs
- ¾ cup Milk
- 1 tsp. Finely grated lemon zest

Directions

1. Grease and flour a Bundt or 10-inch tube pan, two 9-inch cake pans, or three 8-inch cake pans.
2. Heat the oven to 350°F (180°C) for Bundt/tube pan or 375°F (190°C) for layer pans.
3. Sift flour, salt, and baking powder; set aside.
4. Cream butter until light. Beat in sugar gradually until light and fluffy. Beat in the teaspoon of extract. Add eggs, one at a time, beating well after each.
5. Add sifted flour mix to the creamed mixture, alternating with milk, starting and finishing with flour mix. Beat until smooth without overbeating.
6. Pour into prepared pans.
7. Bake Bundt/tube cake at 350°F (180°C) for 55 to 60 minutes. Cool in pan for about 15 minutes, then carefully remove to cool on a rack. Bake layer pans at 375°F (190°C) for 25 to 30 minutes. Cake should bounce back lightly when touched.

Lemon glaze

- ½ cup Sugar
- ⅓ cup Water
- ¼ cup Lemon juice
- 1 tsp. Grated lemon zest

Combine ingredients in a saucepan. Lightly brush or drizzle over hot cake until gone.

Shrimp Tacos with Pineapple Salsa

(Bonus recipe not included in textbook)

You will need

- **Time:** 1 hour, 20 minutes
- **Skills:** Figuring AP/EP yield for proteins and produce

Check each item off as you collect it.

Equipment

- | | |
|--|--|
| ☐ Scale | ☐ Medium bowl |
| ☐ Dry measuring cups | ☐ Rubber spatula |
| ☐ Measuring spoons | ☐ Large bowl |
| ☐ Scale | ☐ Wooden, metal, or nylon spoon |
| ☐ Cutting board | ☐ Large plate |
| ☐ Chef's knife | ☐ Paper towels |
| ☐ Small spoon | ☐ 12-inch non-stick skillet |
| ☐ Foodservice single-use gloves | ☐ Wire rack |
| ☐ Zester | ☐ Tongs |
| ☐ Juicer | ☐ Serving platter |
| ☐ Paring knife | ☐ Microwave-safe plate |

Ingredients

Yield: Serves 4

For Salsa

- | | |
|--|--|
| ☐ 2 cups Pineapple, medium dice | ☐ ½ tsp. Grated lime zest, plus 1 Tbsp. lime juice (½ lime); slice remaining ½ lime into wedges for serving |
| ☐ ¼ cup Red onion, finely chopped | |
| ☐ 2 Tbsp. Fresh cilantro, chopped | |
| ☐ ½ Jalapeño pepper, de-seeded and minced | |

For Shrimp

- | | |
|---|--|
| ☐ 2 Tbsp. Vegetable oil | ☐ ½ tsp. Paprika |
| ☐ 2 Garlic cloves, peeled and minced | ☐ ½ tsp. Kosher salt |
| ☐ 1 tsp. Ground cumin | ☐ 1½ lb. Shrimp, shell on (about 32 shrimp) |
| ☐ 1 tsp. Sugar | ☐ 1 Tbsp. Fresh cilantro, chopped |
| | ☐ 8 6-inch Corn tortillas |

Mise en Place

For the ingredients in the first four *mise en place* steps, weigh them before you follow the step and then again after you’ve completed the step. Record your results in the table. When you’ve completed preparing the dish, use the information you recorded to calculate the as purchased/edible portion (AP/EP) yield percentages of those ingredients and enter them in the table.

- Peel and devein shrimp (this can be done a day ahead of time).
- Cut pineapple (this can be done a day ahead of time).
- Finely chop red onion (this can be done a day ahead of time).
- De-seed and mince jalapeño (this can be done a day ahead of time). Note: Be sure to wear single-use gloves while de-seeding and mincing jalapeño.
- Day of cooking: Chop cilantro, mince garlic, zest and juice lime.
- Day of cooking: Measure seasonings and oil.

Ingredient	As Purchased (AP) Weight (Before <i>mise en place</i>)	Edible Portion (EP) Weight (After <i>mise en place</i>)	AP/EP Yield Percentage*
Shrimp			
Pineapple			
Red onion			
Jalapeño			

*Formula: (EP weight ÷ AP weight) × 100 = Yield %

Steps

For Salsa

In a medium bowl, add pineapple, red onion, 2 tablespoons cilantro, jalapeno, lime zest and lime juice. Use a rubber spatula to gently stir mixture until combined. Set aside.

For Shrimp

1. In a large bowl, add oil, garlic, cumin, sugar, paprika, and salt. Stir with a spoon until well combined.
2. Line a large plate with paper towels. Place shrimp on plate. Use additional paper towels to pat the shrimp very dry. Wash your hands.
3. Add shrimp to the oil mixture in the large bowl. Use a clean rubber spatula to toss until the shrimp are well coated in the seasonings.
4. Scrape shrimp and remaining oil and seasonings from the bowl into a 12-inch nonstick skillet. Arrange shrimp in a single layer. Cook over high heat until the underside of the shrimp is spotty brown and the edges turn pink, 3–4 minutes.

- 5.** Turn off the heat and move skillet to wire rack. Use tongs to quickly flip each shrimp. Let the shrimp sit in the skillet until the second side is pink, about 2 minutes.
- 6.** Sprinkle remaining 1 tablespoon of cilantro over the shrimp and transfer the shrimp to a serving platter.
- 7.** Stack all the corn tortillas on a small microwave-safe plate and cover with a clean, damp dish towel. Heat the tortillas in the microwave oven until they are warm, about 1 minute.
- 8.** Divide the shrimp evenly among the warmed tortillas and top with pineapple salsa. Serve with lime wedges.

Chapter 16

Salads, Dressings, and Dips



Creamy Coleslaw

Time: 20 minutes

Yield: 8–10 servings

Ingredients

8 oz. Mayonnaise

4 oz. Sour cream

1 oz. Granulated sugar

1 oz. Cider vinegar

1 Clove garlic (minced)

1 lb. Green cabbage (shredded)

8 oz. Red cabbage (shredded)

4 oz. Carrot (shredded)

¼ tsp. Celery seed

Salt and black pepper to taste

Directions

1. Combine the mayonnaise, sour cream, sugar, celery seed, vinegar, and garlic in a bowl; whisk together.
2. Rinse the red cabbage in several changes of cold water. This will help you to avoid the cabbage turning the ingredients a bluish color.
3. Add the shredded cabbage and carrot to the dressing and mix well. Season to taste with salt and pepper.



Basic Vinaigrette Dressing

Time: 5 minutes

Yield: 32 servings in 1 quart

Ingredients

8 fl. oz. Wine vinegar

24 fl. oz. Salad oil

2 tsp. Salt

Pepper to taste

Directions

1. Combine the vinegar, salt, and pepper in an appropriately sized stainless-steel bowl and mix well.
2. Slowly whisk in the oil until a homogenous mixture is formed (the suspension).
3. Serve the dressing immediately or refrigerate it.
4. Before dressing the salad, thoroughly recombine all of the ingredients by stirring or shaking vigorously.

Emulsified Vinaigrette Dressing

Time: 5 minutes

Yield: 6–8 servings

Ingredients

2 Tbsp. Shallot brunoise (diced)

½ tsp. Minced garlic

2 tsp. Dijon mustard (this works as the emulsifier)

2 oz. Vinegar (white wine, sherry, etc.)

6 oz. Neutral oil

Salt and pepper to taste

Directions

1. Mix all ingredients except oil in a bowl.
2. Slowly whisk in oil in a steady stream, whisking vigorously until emulsified.



Buttermilk Ranch Dressing

Time: 5 minutes

Yield: 1 quart

Ingredients

1½ cups Sour cream

1½ cups Buttermilk

¾ cup Mayonnaise

5–6 Garlic cloves, minced (garlic flavor will build the longer this sits)

3 level tsp. Salt

¾ tsp. Finely ground black pepper

4 ½ tsp. Dried dill

2 Tbsp. Onion powder

¾ cup Finely chopped fresh chives

¼ cup Finely chopped parsley

2 Tbsp. Fresh lemon juice

1 ½ tsp. White wine vinegar

Directions

1. Combine all of the ingredients in a medium bowl and whisk well. Taste and adjust seasoning if necessary.
2. Chill until ready to serve.



Spring Strawberry Asparagus Spinach Salad

Time: 20 minutes

Yield: 4 servings

Ingredients

3 oz. Basic vinaigrette (see p. 431)

5 oz. Baby spinach

1 pt. Thinly sliced strawberries

12 oz. Grilled or sautéed asparagus,
bias cut into 1" pieces

½ Small red onion julienne

5 oz. Goat cheese, crumbled

(Optional) 12 oz. Roasted chicken, pulled

Directions

1. Toss all ingredients, except the goat cheese, together in a bowl until well combined.
2. Plate each serving on a cold salad plate. Center mound on plate and aim to generate height.
3. Crumble an even amount of goat cheese over the top of each salad.

Buffalo Chicken Dip

(Bonus recipe not included in textbook)

You will need

- **Time:** 55 minutes
- **Skills:** Making a hot dip, knife skills

Check each item off as you collect it.

Equipment

- | | |
|--|---|
| ☐ Liquid measuring cup | ☐ Cutting board |
| ☐ Dry measuring cup | ☐ Chef's knife |
| ☐ Measuring spoons | ☐ Medium bowl |
| ☐ Two forks (for shredding chicken) | ☐ Whisk |
| ☐ Foodservice single-use gloves | ☐ Rubber spatula |
| ☐ Box grater | ☐ Shallow, 3-qt. baking dish |

Ingredients

Yield: 10–12 servings

- | | |
|---|---|
| ☐ 1 lb. Cream cheese | ☐ 2 teaspoons Worcestershire sauce |
| ☐ ¾ cup Cayenne pepper hot sauce | ☐ 1 cup Sharp cheddar cheese, shredded |
| ☐ 3 cups Rotisserie chicken meat, shredded | ☐ 2 Scallions, sliced thin |
| ☐ 1 cup Ranch dressing* | ☐ Tortilla chips, carrot sticks, and celery sticks for serving |
| ☐ 1 cup Blue cheese, crumbled | |

***Note:** You may wish to use the Buttermilk Ranch Dressing from the preceding recipe.

Mise en Place

- Remove and discard skin and bones from rotisserie chicken; shred meat into bite-sized pieces.
- If desired, make and use the preceding Buttermilk Ranch Dressing recipe from this manual.
- Crumble blue cheese.
- Shred cheddar cheese.
- Slice scallions.
- Cut carrots and celery into sticks for serving.

Steps

- 1.** Adjust oven rack to middle position and heat the oven to 350°F (177°C).
- 2.** Combine cream cheese and hot sauce in a medium bowl. Microwave until cream cheese is very soft, about 2 minutes, whisking halfway through heating. Whisk until smooth and no lumps remain.
- 3.** Stir in chicken, ranch dressing, blue cheese, and Worcestershire until combined.
- 4.** Transfer dip to a shallow, 3-qt. baking dish and bake for 10 minutes.
- 5.** Remove the dish from the oven, stir the dip, and sprinkle the shredded cheddar cheese on top of the dip. Return the dish to the oven and continue to bake until the cheddar is melted, and the dip is bubbling around the edges, about 10 minutes longer.
- 6.** Sprinkle the top with scallions. Serve with tortilla chips, carrots, and celery.

Chapter 17

Sandwiches and Pizza



Mushroom Pizza with Roasted Peppers

Time: 1 hour and 10–15 minutes

Yield: 1 large pizza (8 pieces)

Dough Ingredients

1 Tbsp. Active dry yeast

2 fl. oz. Water, warm

14 oz. Bread flour

6 fl. oz. Water, cooled

1 tsp. Salt

1 fl. oz. Olive oil

1 Tbsp. Honey

Topping Ingredients

2 Tbsp. (¼ stick) Butter

8 oz. Assorted mushrooms, sliced

¾ cup Red onion, chopped

1 Tbsp. Fresh sage, chopped

2 Red bell peppers

2 Yellow bell peppers

2 Green bell peppers

Salt and black pepper to taste

Dough Directions

1. Stir the yeast into the warm water to dissolve. Add the flour.
2. Stir the remaining dough ingredients into the flour mixture. Knead with a dough hook or by hand until smooth and elastic, approximately 5 minutes.
3. Place the dough in a lightly greased bowl and cover. Allow the dough to ferment in a warm place for 30 minutes. Punch down the dough and divide into portions. The dough may be wrapped and refrigerated for up to 2 days.
4. On a lightly floured surface, roll the dough into very thin rounds and top with the prepared mushrooms. Bake at 400°F (200°C) until crisp and golden brown, approximately 8 to 12 minutes. Garnish with roasted peppers.

Toppings Directions

1. Melt 2 Tbsp. butter in heavy large skillet over medium-high heat.
2. Add mushrooms and onion, and sauté until mushrooms are tender and juices evaporate, about 9 minutes.
3. Mix in sage. Season to taste with salt and pepper. Let cool.
4. Char all peppers over gas flame or in broiler until blackened all over.
5. Enclose charred peppers in bowl and cover with plastic wrap. Let stand 5 minutes.
6. Peel and seed peppers. Julienne peppers.



Open-Faced Turkey Sandwich with Sweet-and-Sour Onions

Time: 25 minutes

Yield: 10 servings

Ingredients

- 1 lb. 4 oz. Onions, sliced
- 4 fl. oz. Clarified butter
- 4 fl. oz. Soy sauce
- 8 fl. oz. Plum sauce (prepared)
- 4 fl. oz. Water
- 1/2 tsp. Garlic powder
- 1/2 tsp. Ground ginger
- 1/2 tsp. Salt
- 1/4 tsp. Ground black pepper
- 10 slices White Pullman bread
- 2 lbs. 8 oz. Roasted turkey, thinly sliced
- 20 Tomato slices
- 1 lb. 4 oz. Swiss cheese, thinly sliced

Directions

1. Sauté the onions in clarified butter until translucent.
2. Add soy sauce, plum sauce, and water. Simmer until onions are fully cooked and dry.
3. Season with garlic powder, ginger, salt, and pepper to taste.
4. For each sandwich, spread some of the onion mixture on a slice of toast.
5. Cover with about 4 oz. of turkey.
6. Spread additional onion mix over turkey.
7. Place 2 slices of tomato on top of onion mix, then cover with 2 oz. of Swiss cheese.
8. Bake in oven at 350°F (177°C) until sandwich is heated through and the cheese is melted.
9. Serve immediately.



Blue Cheese Burgers

Time: 25 minutes

Yield: 4 servings

Ingredients

4 each Hamburger buns

4 oz. Cream cheese

4 oz. Crumbled blue cheese

1 tsp. Onion powder

2 Tbsp. Fresh parsley, chopped

2 lbs. Ground beef

To taste flake salt and coarsely ground black pepper

Directions

1. In a small bowl, mash together cream cheese and blue cheese, then stir in the onion powder and parsley. Taste and season with salt and pepper.
2. Divide ground beef into 8 equal pieces. (First divide it into 4 pieces, then divide each piece again, etc.) Form the pieces into balls, then sprinkle the balls lightly with salt and pepper, rolling them around a bit to make sure all sides are covered. Flatten each ball to form thin patties of equal size. It is easiest to form the patties on a sheet of waxed paper.
3. To fill burgers, place a tablespoonful of cream cheese mixture in the center of each of 4 patties. Spread the filling out evenly to within half an inch of the edge of each patty. Place the remaining patties on top to form 4 filled burgers. Gently press the edges of each burger together to form a seal.
4. Sprinkle burgers liberally with coarsely ground black pepper.
5. Prepare your grill and cook burgers until the internal temperature reaches 155°F (68°C) or until the desired degree of doneness is reached. Let rest.



Reuben Sandwich

Time: 15 minutes

Yield: 4 servings

Sandwich Ingredients

12–16 oz. Corned beef (sliced as thinly as possible without shredding)

8 slices Rye bread

6–8 Tbsp. Unsalted butter, room temperature

1 cup Reuben dressing (recipe follows)

1 cup Braised sauerkraut (recipe follows)

8 slices Swiss cheese

Directions

1. Preheat a skillet or griddle over medium heat; add 1–2 Tbsp. of salad/vegetable oil.
2. Once hot, add the meat and cook just until heated; remove from pan and hold.
3. Lightly butter one side of each slice of bread. Place the bread (butter side down) on a plate.
4. Spread 2 Tbsp. of dressing on each non-buttered side of bread.
5. Place 1 slice of Swiss cheese on top of dressing on each slice of bread.
6. Spread sauerkraut mixture on top of cheese; mixture may be cold, warm, or room temperature.
7. Add 3–4 oz. of hot corned beef on sauerkraut; combine each sandwich half together with buttered side facing outward.
8. Place buttered side of sandwich onto the skillet/griddle and griddle each half until golden brown and crisp (3–4 minutes); carefully flip/turn sandwich onto second side; continue to cook until golden brown.
9. Sandwiches may be removed to a sheet tray and placed in a 350°F (177°C) oven until cheese melts and bread is crisp and brown; remove from oven.
10. Serve sliced sandwiches and plate with garnishes, as appropriate.

Reuben Dressing

Yield: approximately 1 cup

Dressing Ingredients

1 cup Mayonnaise

¼ cup Ketchup

2 Tbsp. Sweet pickle relish (finely minced)

2 Tbsp. Onion (finely minced)

2 tsp. Sugar

1 tsp. White vinegar

½ tsp. Paprika

¼ tsp. Salt

⅛ tsp. Black pepper (freshly ground)

In a bowl combine all the ingredients for the Reuben dressing and adjust seasoning with salt and pepper as needed; set aside.



Braised Sauerkraut

Time: 55 minutes

Yield: 1 pound

Ingredients

2–3 Tbsp. oil or clarified butter

3–4 strips Bacon, cut into 1-inch thin strips

2 Tbsp. Rendered bacon fat, (reserved from cooked bacon)

1 cup Onion, ¼-inch dice (approximately a ½ Spanish onion)

1 lb. Sauerkraut, (from a bag), drained and rinsed thoroughly

1 cup White wine

½ cup White wine vinegar

¼–½ cup Sugar

1 tsp. Whole caraway seeds

1–2 Bay leaves (whole)

½ cup Shredded Idaho potato (for thickening—do not pre-shred/store in water)

Salt and cracked black pepper to taste

Directions

1. Preheat a 2-qt. sauce pot over medium heat.
2. Add oil/clarified butter; heat for 30 seconds.
3. Add bacon strips and continue to cook over medium heat until bacon browns and fat is rendered.
4. When bacon begins to crisp, add onions, and cook until soft and translucent; some color is OK.
5. After onions begin to brown on edges, add rinsed sauerkraut, wine, and vinegar; bring to simmer.
6. Once liquid simmers, add ¼ cup of sugar, caraway, and bay leaves.
7. Cover pan with lid, and simmer gently for 25–30 minutes; check progress periodically to make sure that pan does not scorch.
8. Add ½ cup of shredded Idaho potato and continue to cook until potatoes break down and thicken sauerkraut mixture (about 15 minutes).
9. Season kraut mixture with salt and black pepper; sweetness may be adjusted with additional sugar, if needed.

Chapter 18

Stocks, Soups, and Sauces



Fish Stock

Time: 1 hour

Yield: 1 gallon

Ingredients

1 lb. White *mirepoix*, small dice (omit carrots and add leeks)

8 oz. Mushroom trimmings

2 fl. oz. Clarified butter

10 lbs. Fish bones or crustacean shells

(Fish bones should be cut with a knife to release the albumin into the liquid. Albumin is a clarifying agent.)

5 qt. Water

Sachet d'épices:

2 Bay leaves

½ tsp. Dried thyme

¼ tsp. Peppercorns, crushed

8 Parsley stems

2–3 Garlic cloves

Directions

1. Sweat *mirepoix* and mushroom trimmings in butter until tender, for 1 to 2 minutes.
2. Combine all ingredients except the *sachet d'épices* in a stockpot.
3. Bring to a simmer and skim impurities as necessary.
4. After 15 to 30 minutes into the cooking process, add the *sachet d'épices* and simmer uncovered for 30 to 45 minutes.
5. Strain, cool, and refrigerate.



White Chicken Stock

Time: 7–10 hours

Yield: 1 gallon

Ingredients

8 lbs. Chicken bones (carcasses, necks, and backs are best)

6 qt. Cold water

1 lb. *Mirepoix*, large dice (8 oz. onion, 4 oz. celery, 4 oz. carrots)

Sachet d'épices:

2 Bay leaves

½ tsp. Dried thyme

¼ tsp. Peppercorns, crushed

8 Parsley stems

2–3 Garlic cloves

Directions

1. Rinse the chicken bones thoroughly under cold water.
2. Combine the rinsed bones, water, and *mirepoix* in stockpot.
3. Cook on high heat until bubbles begin to break the surface.
4. Turn the heat down to medium/low to maintain a gentle simmer.
5. Skim the surface scum from the stock with a spoon, skimmer, or small strainer every 10–15 minutes for the first hour.
6. Add the standard *sachet d'épices* to stock after initial skimming is complete.
7. Skim the surface scum twice per hour as needed for the next 2 hours.
8. Continue cooking stock for a minimum of 5–8 hours.
9. Strain, cool, and refrigerate.

Use as a base for soups, sauces, and stews.



Brown Veal Stock

Time: 8–10 hours

Yield: 1 gallon

Ingredients

8 lbs. Veal or beef bones (shanks, knuckles, and marrow bones are best)

6 qt. Cold water

1 lb. *Mirepoix*, large dice (8 oz. onion, 4 oz. celery, 4 oz. carrots)

4 oz. Tomato paste

Sachet d'épices:

2 Bay leaves

½ tsp. Dried thyme

¼ tsp. Peppercorns, crushed

8 Parsley stems

2–3 Garlic cloves

Directions

1. Roast the bones in a preheated 400°F (or 200°C) oven for 30 minutes.
2. After 30 minutes, remove the bones and rotate/turn them so that their bottoms are now on top; continue to roast for 30 more minutes.
3. Carefully remove the browned bones from the roasting pan and place them into a 2-gallon stockpot with 6 quarts of cold water.
4. Combine the *mirepoix* and tomato paste in a medium bowl; mix so that the vegetables are coated evenly with the tomato product.
5. Drain the excess fat from the roasting pan and place the *mirepoix* in the pan.
6. Roast the tomato paste/vegetable mixture in the oven until caramelized and brown, stirring often to prevent scorching, 20–30 minutes.
7. Add the browned *mirepoix* to the stockpot with the bones and water.
8. Cook on high heat until bubbles begin to break the surface.
9. Turn the heat down to medium/low to maintain a gentle simmer.
10. Add the standard *sachet d'épices* to the stock after the initial skimming is complete.
11. Skim the surface scum twice per hour as needed for the next 2 hours.
12. Continue cooking the stock for 8–10 hours.
13. Strain, cool, and refrigerate.

Use as a base for soups, sauces, and stews.



Mediterranean Vegetable Stock

Time: 1 hour

Yield: 3 quarts

Ingredients

- 1/4 cup Olive oil
- 2 Onions, large, medium dice
- 2 Leeks, large, sliced
- 1 Fennel bulb, medium dice (about 1.5 cups)
- 3 Celery stalks, medium dice
- 5 Carrots, washed and peeled, medium dice
- 1 Garlic bulb, split in half horizontally
- 1 lb. Mushrooms, quartered
- 2 Tomatoes, diced (or 3/4 cup canned)
- 10 Peppercorns, crushed
- 3 Bay leaves
- 2 sprigs Rosemary
- 1 sprig Oregano
- 1 Tbsp. Fresh thyme
- 1 cup Parsley, chopped
- 3 qt. Water (or enough to cover vegetables)

Directions

1. In a large pot, heat the olive oil over medium heat.
2. Add the onion, leeks, and fennel. Sauté until the onions just begin to turn gold.
3. Add the garlic to the onions and leeks. Stir and cook for one minute.
4. Place the celery and carrots in the pot. Stir and cook for one minute.
5. Add the mushrooms, spices, and water. The vegetables should be covered by water. If they are not, add more water. Stir and cover.
6. Raise the heat to high and bring the water to a boil.
7. Immediately lower the heat and simmer the vegetables for 30–45 min.
8. Strain the stock through a *chinois*.
9. Cool the stock immediately in a large container or sink filled with ice/water to below 40°F (4°C).
10. Store the cooled stock in the refrigerator for 2–3 days; the stock may be frozen for up to 3 months.

Use as a base for soups, sauces, and stews.



Velouté

Time: 45 minutes (approximately)

Yield: 1 gallon

Ingredients

8 fl. oz. Clarified butter

8 oz. Flour

5 qt. Chicken, veal, or fish stock, cold

To taste salt and white pepper

Directions

1. Heat the butter in a heavy saucepan. Add the flour and cook to make a blond roux.
2. Add the cold stock a little at a time to the hot roux for proper tempering, stirring constantly with a whisk to prevent lumps. Bring to a boil and then reduce to a simmer. (Seasonings are optional; their use depends on the seasonings in the stock and the sauce's intended use.)
3. Simmer and reduce to 1 gallon (4 liters), approximately 30 minutes.
4. Strain through a China cap lined with cheesecloth.
5. Melted butter may be carefully ladled over the surface of the sauce to prevent a skin from forming. Hold for service or cool in an ice-water bath.



Classical Demi-Glace

Time: 20–30 minutes (approximately)

Yield: 1 quart

Ingredients

1 qt. Brown sauce

1 qt. Brown stock

Directions

1. Combine the brown sauce and brown stock in a 2.5-quart sauce pot.
2. Reduce the mixture by half, yielding 1 quart.



Espagnole Sauce

Time: 1 hour

Yield: 1 quart

Ingredients

- 1/2 gal. Brown stock
- 2.5 oz. Flour
- 1 3/4 oz. Clarified butter
- 6 oz. Bacon, diced
- 3 oz. Carrots, peeled and diced
- 3 oz. Celery, peeled and diced
- 3 oz. Onion, peeled and diced
- 8 oz. Tomato purée
- 1/2 tsp. Dried thyme
- 4 sprigs Parsley
- 2 Garlic cloves, crushed
- 2 Bay leaves
- 6 Black peppercorns, cracked

Directions

1. Combine the flour and clarified butter in a small saucepan to make a brown roux; remove the cooled roux from the pan and set aside to come to room temperature.
2. In a 10-inch sauté pan, cook the bacon over medium heat to render its fat; remove the cooked bacon from the pan and drain it on a paper towel.
3. Add the carrots, celery, and onion to the bacon fat; cook the *mirepoix* until lightly browned.
4. Add the tomato puree, spreading it over the vegetables.
5. Sauté over medium heat until the tomato paste is sufficiently caramelized, scraping the bottom of the pan to prevent scorching.
6. If the pan becomes too dark, and the food is not easily removed, add 2 tablespoons of water to the dark area as often as needed to remove the food. (This process of adding fluids to a pan is referred to as deglazing.)
7. Once the *mirepoix* and tomato product are completely browned and the added water has a brown color, add the cooked bacon, veal stock, thyme, parsley, cloves, bay leaves, and peppercorns.
8. Bring the liquid to a simmer; whisk in the room-temperature roux and bring it to a boil.
9. Lower the heat to a simmer and reduce the sauce by half.
10. Season with salt and pepper to taste.
11. Hold, cool, reserve, or use sauce as necessary.

Béchamel Sauce

Time: 30–45 minutes

Yield: approximately 2.5 cups

Ingredients

1.5 oz. Clarified butter

1 oz. Flour (weighed)

1 Tbsp. Whole butter

½ onion, Medium, small dice

24 oz. Whole milk

1 Clove

1 inch Square bay leaf

To taste Fresh grated nutmeg

To taste Salt and white pepper



Directions

1. Combine the flour and clarified butter in a small saucepan and prepare a white roux.
2. Remove the roux from the pan and hold at room temperature.
3. In a 2-quart saucepan, sweat the onions in a small amount of whole butter until soft and translucent.
4. Add the milk to the onion mixture and bring to a simmer.
5. Whisk the roux into the hot milk and onion mixture to achieve a light nappe.
6. Add the clove and bay leaf. Bring to a low simmer.
7. Simmer 15–20 minutes over low heat to cook out the roux; continue to stir frequently to prevent scorching.
8. Adjust the thickness with water or milk to achieve a thin nappe.
9. Finish the sauce to taste with fresh grated nutmeg, salt, and pepper.
10. Strain through a fine mesh strainer.
11. Hold, store, or chill the sauce as needed.



Tomato Sauce

Time: 2 hours

Yield: Approximately 2.5 quarts

Ingredients

- 2 oz. Salt pork, small dice
- 4 Garlic cloves, minced
- 1 Yellow onion, medium, small dice
- 1 cup Carrots, small dice
- 1 cup Celery, small dice
- 56 oz. Canned crushed tomatoes
- 24 oz. Veal stock (or chicken stock)
- 1 ham Bone, 3–4 inch section
- 4 sprigs Parsley
- 1 Bay leaf
- 2 sprigs Thyme (or ¼ tsp. dried)
- To taste Kosher salt and black pepper

Directions

1. Preheat the oven to 300°F (150°C). In an oven-safe Dutch oven, cook the pork over low heat until the fat has melted.
2. Add the garlic, onions, carrots, and celery. Increase to medium heat, and cook until soft and golden, 3–4 minutes.
3. Add the tomatoes, stock, ham bone, and herbs.
4. Bring to a boil, cover with the lid, and transfer to the oven.
5. Simmer in the oven, covered for 2 hours.
6. Remove from the oven. Discard the ham bone.
7. Cool slightly, then purée the sauce in a food mill or processor until smooth.
8. Season with salt and black pepper to taste.
9. The sauce may be used immediately or refrigerated for 3–4 days.



Hollandaise Sauce

Time: 10–15 minutes

Yield: approximately 1.5 cups

Ingredients

3 Egg yolks

1 Tbsp. Water

1 Tbsp. Fresh lemon juice, if needed (or more)

8–12 oz. Clarified butter

Dash cayenne pepper

To taste Salt

To taste Fresh ground white pepper

Directions

1. Whisk the yolks, water, and lemon juice in a small stainless steel bowl until thick and pale.
2. Set the bowl in a water bath over moderately low heat and continue to whisk quickly; make sure to stir the entire mixture, including the bottom and sides, to avoid overcooking the yolks.
3. To moderate the heat, frequently move the bowl in and out of the water bath as needed.
4. The eggs will become frothy and increase in volume. Then they will thicken.
5. When the yolks are pale yellow and thick enough that you can see the bottom of the bowl through the whisk, remove the bowl from the water bath.
6. Begin to add the warm clarified butter to the yolk mixture; start slowly, drop by drop, until an emulsion forms.
7. Once an emulsion forms, butter may be added in a slow, steady stream.
8. If the sauce becomes too thick, thin it with a little warm water or additional lemon juice.
9. Season with salt, pepper, and a dash of cayenne pepper.
10. Hold the sauce in a warm area, making sure the temperature does not rise above 125°F (50°C).
11. The sauce must be served immediately. Any extra should be discarded.



New England-Style Clam Chowder

Time: 45 minutes

Yield: 3 ½ quarts

Ingredients

2 qt. Canned clams with juice

Approximately 1½ qt. water or fish stock

1 lb. 4 oz. Potatoes, small dice

8 oz. Salt pork, small dice

2 oz. Whole butter

1 lb. Onions, small dice

8 oz. Celery, small dice

4 oz. Flour

1 qt. Milk

8 fl. oz. Heavy cream

To taste Salt and pepper

To taste Hot sauce

To taste Worcestershire sauce

To taste Fresh thyme

As needed for garnish fresh parsley

As needed for garnish carrot, julienned

Directions

1. Drain the clams, reserving the clams and putting their liquid in the stockpot. Add enough water or stock to the clam liquid so that the total liquid equals 2 quarts.
2. Simmer the potatoes in the clam liquid until nearly cooked through. Strain and reserve the potatoes and the liquid.
3. Render the salt pork with the butter. To render fat, melt it over low heat until the fat is liquid. Strain the liquid fat to remove any particles of pork that remain.
4. Add the onions and celery to the rendered fat and sweat until tender but not brown.
5. Add the flour and cook to make a blond roux.
6. Add the cold clam liquid to the hot roux for proper tempering, whisking away any lumps.
7. Simmer for 30 minutes, skimming as necessary.
8. Bring the milk and cream to a boil and add to the soup.
9. Add the clams and potatoes, and season to taste with salt, pepper, hot sauce, Worcestershire sauce, and thyme.
10. Garnish each serving with fresh parsley and julienned carrot as desired.



Potato Leek Soup (Vegetarian)

Time: 55 Minutes

Yield: 8 Servings

Ingredients

- 1/4 cup Olive oil
- 2 Leeks, chopped
- 1 qt. Vegetable broth
- 1 3/4 cups water
- 2 pounds potatoes, cubed
- 3/8 tsp. Cayenne pepper
- 1/4 tsp. Salt
- 8 sprigs Parsley for garnish (optional)

Directions

1. In a medium stock pot, heat 2 Tbsp. olive oil. Sauté leeks over medium heat, adding remaining olive oil as you go. Cook 10 minutes or until leeks are softened.
2. Add water, vegetable broth, and potatoes to pot and bring to a boil. Reduce heat and simmer 25 minutes or until potatoes are softened.
3. Using a tabletop blender or immersion blender, puree the mixture until it is smooth. If using a tabletop blender, do not fill more than half-full and ensure lid is firmly in place to avoid splashing and scalding.
4. Return soup to pot (if using tabletop blender). Add salt and cayenne pepper and stir thoroughly. Adjust salt to taste as necessary.
5. Divide into eight portions and garnish with parsley sprig or the garnish of your choice.

Chapter 19

Cooking Methods



13-Minute *Sous Vide* Poached Eggs with Spinach, Avocado, and Gruyère

Time: 20 minutes

Yield: One serving

Ingredients

- 2 Large eggs, at refrigerator temperature
- 1 English muffin, split, toasted, and buttered
- ½ Avocado, sliced thin
- 4–6 Spinach leaves, fresh
- Salt and pepper to taste
- 2 slices Gruyère cheese

Directions

1. Preheat *sous vide* water bath to 167°F (75°C).
2. Cook the eggs in the shell (straight from the refrigerator) at 167°F (75°C) for 13 minutes.
3. Toast and butter the muffin halves.
4. Arrange sliced avocado on each muffin half. Work quickly, as avocado begins to brown as it is exposed to air.
5. Arrange spinach leaves on top of the avocado.
6. Arrange sliced Gruyère on top of spinach.
7. Remove eggs from water bath after 13 minutes and crack eggs carefully into small bowl.
8. Gently place egg on top of Gruyère slices.
9. Season with salt and pepper to taste.



Braised Chicken Thighs Mexicana

Time: Slow Cooker: 2–4 hours and 20 minutes

Electric Pressure Cooker: 40 minutes

Yield: 6 servings

Use cooked or pulled chicken for tacos, burritos, or nachos.

Ingredients

2 lb. Boneless, skinless chicken thighs

1 Tbsp. Vegetable oil

½ cup Medium salsa

3 Tbsp. Brown sugar

4-oz. Can mild diced green chilies

14.5-oz. Can fire-roasted diced tomatoes, drained

1 Tbsp. Chili powder

1 ½ tsp. Kosher salt

1 tsp. Ground cumin

1 tsp. Garlic powder

1 tsp. Onion powder

½ tsp. Smoked paprika

½ tsp. Dried oregano leaf

½ tsp. Ground black pepper

½ tsp. Ground chipotle chili pepper

1 tsp. Liquid smoke

Directions

1. Rub chicken breasts with oil and place them in the bottom of your slow cooker.
2. Add all the remaining ingredients.
3. Cook on high for 2–4 hours until chicken is tender enough to shred.
4. Shred the chicken and let it cook on low for an additional 20 minutes to absorb some of the liquid and juices.
5. Drain all excess liquid (reserved liquid may be used for rice pilaf).
6. Season meat to taste with salt and pepper.

Electric Pressure Cooker Directions

1. Cook on high pressure for 13 minutes and then let release for 15 minutes.
2. Shred and pressure cook for another 5 minutes.

Chapter 20
Introduction to Baking



Vanilla Batter for Muffins (Creaming Method)

Time: 20 minutes

Yield: 48 muffins

Ingredients

8 oz. Shortening
8 oz. Butter
1 lb. Sugar
4 oz. Brown sugar
3 oz. Milk solids
½ oz. Salt
1 lb. 10 oz. Water
12 oz. Eggs
2 tsp. Vanilla
2 lb. 8 oz. Cake flour
2 oz. Baking powder

Directions

1. Preheat the oven to 350°F (180°C).
2. Cream fats, sugars, milk solids, and salt for 3 minutes.
3. Add liquids and scrape.
4. Add sifted dry ingredients.
5. Mix until smooth.
6. Pan and bake at 350°F (180°C) for about 20 minutes.

Variations

Chocolate: Increase brown sugar to 6 oz., reduce cake flour to 2 lbs., and add 5 oz. cocoa powder; baking powder remains the same.

Chocolate chip: Add 1lb. 4 oz. of chocolate chips.

Blueberry: Add 1.5 lbs. floured blueberries. (Use flour from the recipe—do not add extra.).

Lemon poppy seed: Add 6 oz. poppy seeds and the grated zest of 6 lemons, and replace 6 oz. water with 6 oz. lemon juice.

Mandarin orange: Add 2 lbs. drained mandarin oranges, replace half of the water with mandarin orange juice, and add 2 tsp. ground ginger.

Cream cheese: Replace shortening with 8 oz. cream cheese, and sprinkle muffin tops with cinnamon sugar before baking.



Plain Muffins (Muffin Method)

Time: 15 minutes

Yield: 48 muffins

Ingredients

2 lbs. 8 oz. Pastry flour

12 oz. Sugar

2 oz. Baking powder

½ oz. Salt

12 oz. Vegetable oil

8 oz. Beaten eggs

2 lb. Milk

2 tsp. Vanilla

Directions

1. Preheat the oven to 350°F (180°C).
2. Mix dry ingredients for 30 seconds.
3. Combine oil and liquids in a separate bowl.
4. Add liquids to dry ingredients.
5. Mix to moisten. Do not overmix; batter should be lumpy.
6. Pan and bake at 350°F (180°C) for about 15 minutes.

Variations

Cornbread: Replace pastry flour with 1 lb. 14 oz. pastry flour and 10 oz. cornmeal.

Jalapeño cheese cornbread: Replace pastry flour with 1 lb. 14 oz. pastry flour and 10 oz. cornmeal. Add 4 oz. finely chopped jalapeño peppers, 6 oz. shredded cheddar cheese, and 1 lb. crumbled cooked bacon.

Apple: Peel, chop, and lightly sauté 4 apples in butter, add 2 tsp. ground cinnamon to batter, and top with streusel after panning.

Coconut: Add 8 oz. toasted coconut to batter.



Plain Biscuits (Biscuit Method)

Time: 12–15 minutes

Yield: 48 biscuits

Ingredients

- 1 lb. Bread flour
- 1 lb. 8 oz. Pastry flour
- 2.5 oz. Baking powder
- 2 oz. Sugar
- $\frac{3}{4}$ oz. Salt
- 14 oz. Shortening
- 2 lb. Milk

Directions

1. Preheat the oven to 425°F (220°C).
2. Mix dry ingredients for 30 seconds.
3. Add the fat in lemon-sized pieces and mix until pea-sized.
4. Add the liquid and mix just until dough forms.
5. Pan and bake at 425°F (220°C) for 12–15 minutes.



Snickerdoodle Cookies

Time: 30 minutes

Yield: 36 cookies

Ingredients

- 2 ³/₄ cups All-purpose flour
- 2 tsp. Cream of tartar
- 1 tsp. Baking soda
- ¹/₂ tsp. Salt
- 1 cup Unsalted butter, barely softened
- 1 ¹/₂ cups Granulated sugar
- 2 each Eggs
- 1 tsp. Vanilla extract

Cinnamon Sugar Coating

- ¹/₃ cup Granulated sugar
- 2 Tbsp. Ground cinnamon

Directions

1. Preheat oven to 350°F (180°C).
2. In a large bowl, mix flour, cream of tartar, baking soda, and salt together; reserve/set aside.
3. In a stand mixer, cream butter (barely softened) and sugar on medium speed (3 minutes).
4. Turn the speed to low; add eggs and vanilla and blend well (2–3 minutes).
5. Add reserved dry ingredients to wet ingredients and mix until combined and dough forms.
6. In a small bowl, combine ¹/₃ cup sugar and 2 tablespoons cinnamon.
7. Use a small portion scoop (#24) to scoop out all dough onto a parchment lined sheet tray.
8. Roll portioned cookies into a ball and coat them thoroughly in the cinnamon sugar mixture.
9. Place 2 inches apart on parchment lined sheet pan.
10. Bake cookies until halfway done and rotate trays (5–6 minutes).
11. Continue to bake until the edges begin to brown lightly (4–5 additional minutes).
12. Remove baked cookies from the oven; let cool on sheet tray for a few minutes.
13. When cookies are firm and set, remove from pan and cool on wire rack.

Chapter 1
**Defining Your Concept
and Market**



Chocolate Lava Cake

Time: 35 min

Yield: 4 Servings

Ingredients

½ cup Unsalted butter, plus more for buttering the molds

4 oz. Bittersweet or semisweet chocolate, chopped into small pieces

4 Large eggs

¼ cup Granulated sugar

2 tsp. Flour

1 tsp. Cocoa powder

Directions

1. Melt ½ cup of butter. You can melt it in a pan on the stovetop or in a medium bowl in the microwave.
2. Mix chocolate into the hot butter in a medium bowl until melted.
3. Crack two eggs into a bowl. Separate the two other eggs, adding yolks to a bowl and discarding the whites. Add the sugar and beat for about one minute until light and thick. Add egg mixture and 2 teaspoons flour chocolate-butter mix. Beat until combined.
4. Butter the inside of 4-inch ramekins or molds and lightly dust with cocoa powder—ensuring no spots are missed, so the cake does not stick. Tap off any excess cocoa powder. Divide batter into the four molds and refrigerate, covered, up to one day.
5. Preheat the oven to 450°F (230°C) when you're ready to bake. Place the molds on a rimmed baking sheet and bake 7–9 minutes, until the cakes are puffing, the tops just start to set, and the cakes still jiggle when shaken (underbaked is preferred to overbaked). Let sit for 1 minute.
6. Put a plate on top of the ramekin and (with a potholder to protect your hand) carefully invert the cake onto the plate. Let it sit for 10 seconds, then lift the ramekin. Serve with berries and ice cream or whipped cream. Garnish with powdered sugar or mint leaves, if desired.

Ratatouille

(Bonus recipe not included in textbook)

You will need

- **Time:** 1 hour 20 minutes
- **Skills:** Personal hygiene, cleaning and sanitizing, accurate measuring, knife skills, using a hand blender, roasting, blanching, shocking, plating, and garnishing

Check each item off as you collect it.

Equipment

- | | |
|---|--|
| ☐ Chef's knife or mandolin | ☐ Medium pot |
| ☐ Cutting board | ☐ Large mixing bowl |
| ☐ Measuring cups | ☐ Slotted spoon |
| ☐ Measuring spoons | ☐ Hand blender/commercial blender |
| ☐ Parchment paper | ☐ Ring mold |
| ☐ Sheet tray | ☐ Baking dish |

Ingredients

Yield: 4 Servings

For Sauce

- ☐ 2 Red bell peppers
- ☐ 2 Tomatoes
- ☐ 2 Onions
- ☐ 4 Garlic cloves
- ☐ 3 Tbsp. Olive oil
- ☐ 3 sprigs Rosemary
- ☐ Salt and pepper

For Ratatouille

- ☐ 3 Tomatoes
- ☐ 1 Eggplant
- ☐ 1 Yellow zucchini
- ☐ 1 Green zucchini
- ☐ Chives, for garnish
- ☐ Olive oil, as needed
- ☐ Salt and pepper, to taste
- ☐ 1 Tbsp. Chopped fresh parsley

Mise en Place

Prepare ingredients and place in individual bowls:

- | | |
|--|--------------------------------------|
| • Preheat the oven to 350°F (180°C). | • Boil a medium pot of water. |
| • Measure out dry and wet ingredients. | • Prepare a large bowl of ice water. |
| • Wash and prepare vegetables. | |

Steps

For Sauce

1. Cut the peppers into quarters. Remove the white seeds and the green stem. Peel the onions and cut into quarters. Cut the tomatoes (for the sauce) into quarters and peel the garlic cloves. Line a sheet tray with parchment paper and put the onions, peppers, garlic cloves and tomatoes on it. Add the olive oil, rosemary sprigs, and some salt and pepper. Toss well.
2. Bake in the oven for 20 minutes.
3. Remove the rosemary. Put remaining ingredients into a suitable container to use the hand blender or into a commercial blender and mix into the sauce.

For Ratatouille

1. Use a knife to cut an “X” on the bottom of each tomato. Put the tomatoes into the medium pot of boiling water for one minute. Remove the tomatoes with a slotted spoon and immediately put them into the large bowl of ice water to prevent them from cooking further. When the tomatoes have cooled, remove the skins and cut them into about 1/8-inch (3mm) thick slices.
2. Make same-size slices of all the other ratatouille vegetables using a chef’s knife or mandolin.
3. Use nonstick spray on the bottom of the baking dish. Cover the bottom of the baking dish with three-fourths of the sauce; the remaining sauce will be for plate decoration later. Make fans of the vegetable slices. Do this in a fixed order for a nice effect. Brush the top of the ratatouille with olive oil. Season with salt and pepper.
4. Cut parchment paper to the size of the baking dish and make a small hole in the middle. Place on top of the ratatouille. Bake the ratatouille first for 30 minutes *with* parchment paper and then for another 20 minutes *without* parchment paper. Remove from oven.
5. Use the ring mold to cut out portions of the Ratatouille. Transfer to the plate and lift the cutter as soon as you think the tower is stable. Put two tablespoons of sauce on each plate and drag a clean spoon over for a fancy tail technique. Finish with chopped parsley and a sprig of chives on the vegetable tower.

Chapter 2

Menu Development and Management



Broiled Flounder with Bayou Crab Stuffing

Time: 1 hour

Yield: 4 servings

Ingredients

1/2 lb. Fresh lump crabmeat, picked over for shells and cartilage

1 tsp. Creole/Cajun spice

1 oz. (volume) Unsalted butter,

1/4 cup Minced onions

1/8 cup Minced celery

1/8 cup Minced green bell peppers

1/8 cup Finely chopped fresh parsley leaves

1 Tbsp. Minced garlic

1/4 cup Mayonnaise

1 Egg, lightly beaten

1 1/2 Tbsp. Fresh lemon juice

1/2 Tbsp. Worcestershire sauce

1/2 Tbsp. Tabasco hot sauce

3/4 cup Finely crushed oyster crackers

1/4 tsp. Salt

1/8 tsp. Freshly ground black pepper

1 lb. Flounder (8 large fillets)

1 Lemon, juiced

Salt and pepper to taste

4 oz. Butter, melted

Seafood Magic®, creole spice, or blackening spice (to taste)

White wine, fumet, or water (as needed, 4–6 ounces)

Prepare Crab Stuffing

1. Place the crabmeat in a large bowl and season with the Creole/Cajun spice; refrigerate.
2. In a large sauté pan, melt butter over medium-high heat.
3. Add the onions, celery, and bell peppers and cook, until softened, about 4 minutes.
4. Add the parsley and the garlic, and cook, stirring, for 1 minute.
5. Remove from heat and cool in an ice bath.
6. Add the cooled vegetables to the crabmeat and toss to combine.
7. Add the mayonnaise, egg, lemon juice, Worcestershire, and hot sauce; stir to combine.
8. Add cracker crumbs, salt, and pepper, and stir gently; do not to break up the crabmeat.

Prepare Stuffed Flounder

1. Season fillets with salt, pepper, and lemon juice; place on cutting board skin side up.
2. Place equal amounts of filling onto each fillet and roll up (tail to head); secure with toothpick.
3. Place the fish on a baking dish (seam side down if rolled).
4. Baste tops with melted butter and season top of fish with Seafood Magic®, Creole spice, or blackening spice to taste.
5. Add ½ cup of white wine, fumet, or water (enough to cover bottom of pan).
6. Place the pan in the oven and bake for 20–25 minutes until fish is cooked through. Remove the fish from the oven and serve.



Creole Okra and Tomatoes

Time: 1 hour

Yield: 4 servings

Ingredients

- 2 Tbsp. Olive oil
- 4 slices Bacon, cut into julienne
- 1/2 Large onion, small dice
- 2 cloves Garlic, minced
- 1/2 Green bell pepper, small dice
- 16 oz. Diced tomatoes in juice
- 3/8 tsp. Dried thyme
- 2 Tbsp. Chopped fresh parsley
- 1/4 tsp. Cayenne pepper
- Kosher salt and black pepper to taste
- 2 cups Frozen cut okra

Directions

1. Heat the olive oil in a large skillet over medium heat.
2. Add bacon and render until brown and just crisp.
3. Add the onion and garlic; sauté until soft and translucent.
4. Add the green pepper; cook and stir until tender.
5. Drain the tomatoes, reserving juice, and add the tomatoes to the skillet.
6. Season with thyme, parsley, cayenne, salt, and pepper.
7. Simmer for 5 minutes over medium heat.
8. Add the frozen okra, and pour in enough of the reserved juice from the tomatoes to cover the bottom of the pan.
9. Cover, and cook for 15 minutes, or until okra is tender.



"Dirty Rice"

Time: 45 minutes

Yield: 6 side dish servings

Ingredients

2 Tbsp. Vegetable oil
 ¼ lb. Ground pork
 2 Bay leaves
 2 Tbsp., plus 1 tsp. Poultry Magic® seasoning
 1 tsp. Dry mustard
 1 tsp. Ground cumin
 ½ cup Finely chopped diced onions
 ½ cup Finely diced celery
 ½ cup Finely diced green bell peppers
 2 tsp. Minced fresh garlic
 2 Tbsp. Unsalted butter
 ¾ cup Uncooked rice
 2 cups Chicken stock

Directions

1. Place the oil, pork, and bay leaves in a large, heavy skillet, preferably non-stick, over high heat and stir well.
2. Cook, stirring occasionally, until the meat is thoroughly browned, about 7 to 10 minutes.
3. Stir in the Poultry Magic®, mustard, and cumin; then add the onions, celery, bell peppers, and garlic.
4. Stir thoroughly, scraping the skillet bottom well. Add the butter and stir until melted.
5. Reduce the heat to medium and cook, stirring constantly and scraping the skillet bottom well, for 4 minutes.
6. Add the rice and cook, constantly stirring and scraping the skillet bottom, for 4 minutes. The rice should start to crackle and pop.
7. Add the stock and stir to loosen any bits stuck to the bottom of the skillet; then cook over high heat, stirring occasionally, for 4 minutes.
8. Cover the skillet and reduce the heat to very low.
9. Cook for 10 minutes, remove from the heat, and leave covered until the rice is tender, about 10 minutes
10. Remove the bay leaves and serve immediately.

Southern Sausage Gumbo

(Bonus recipe not included in textbook)

You will need

- **Time:** 1 hour
- **Skills:** Personal hygiene, cleaning and sanitizing, accurate measuring, knife skills, sautéing

Check each item off as you collect it.

Equipment

- ☐ Chef's knife
- ☐ Cutting board
- ☐ Measuring cups
- ☐ Measuring spoons
- ☐ Volume measuring cup
- ☐ Stock pot
- ☐ High temp spatula

Ingredients

Yield: 6 Servings

- ☐ ¼ cup Canola oil
- ☐ 4 Tbsp. Butter
- ☐ ½ cup All-purpose flour
- ☐ 1 Onion, ¼-inch dice
- ☐ 1 Green bell pepper, ¼-inch dice
- ☐ 3 Celery stalks, trimmed, ¼-inch dice
- ☐ ½ cup Okra (optional), rough chop
- ☐ 13 oz. Andouille sausage, ½-inch dice
- ☐ 2 Tbsp. Cajun seasoning
- ☐ 2 Garlic cloves, minced
- ☐ 1 tsp. Freshly ground black pepper
- ☐ 4 cups Chicken stock
- ☐ Salt to taste

Mise en Place

- Measure out dry and wet ingredients.
- Wash and prepare vegetables.
- If using fresh okra, thoroughly wash, remove stems, chop, and blanch to help remove slimy texture.
- Dice the andouille sausage.

Steps

1. Cook and stir oil, butter, and flour in a skillet over low to medium heat until mixture is thick and medium brown in color, about 15 minutes. Stir frequently. (If you see black spots, it is burnt, and you need to start over).
2. Stir onion, green bell pepper, celery, and if using it, okra, into flour mixture. Cook and stir until softened, about 5 minutes.

- 3.** Add sausage and stir for about 5 minutes.
- 4.** Add Cajun seasoning, garlic, and black pepper; cook and stir until fragrant, about 2 minutes.
- 5.** Pour chicken stock over vegetable-sausage mixture; reduce heat to low and simmer for 30 minutes. Season with salt to taste.
- 6.** Serve as soup or over rice.

Chapter 3

Introduction to Cost Control

Part 3: RECIPES

Blackberry Lemon Sparkler

(Bonus recipe not included in textbook)

You will need

- **Time:** 20 minutes
- **Skills:** Personal hygiene, cleaning and sanitizing, accurate measuring, knife skills, boiling

Check each item off as you collect it.

Equipment

- | | |
|---|---|
| ☐ Chef's knife | ☐ Muddler |
| ☐ Cutting board | ☐ Wire whip |
| ☐ Measuring cups | ☐ High temp spatula |
| ☐ Measuring spoons | ☐ Fine strainer |
| ☐ Volume measuring cup | ☐ Medium mixing bowl |

Ingredients

Yield: 6 cups

For Syrup

- ☐ 1/2 cup Fresh mint leaves
- ☐ 1 cup Sugar
- ☐ 1 cup Water

For Beverage

- ☐ 1 cup Blackberries
- ☐ 3 tsp. Granulated sugar
- ☐ 1/2 cup Lemon juice (3 or 4 lemons, fresh squeezed)
- ☐ 1/2 gal. Sparkling water/seltzer
- ☐ Ice as needed

Mise en Place

- Cut lemons, juice them, discard seeds.
- Crush blackberries in a mixing bowl.
- Chill clear serving glasses in the cooler.

Steps

For Syrup

1. In a small pot, crush the mint leaves. Add sugar and water and bring to a boil over medium heat, stirring to dissolve sugar. Allow it to boil for three minutes.
2. Remove from heat and allow to cool to room temperature. Strain out the remaining leaves. Set aside this simple mint syrup for later.

For Beverage

1. Add the granulated sugar to the smashed blackberries in the mixing bowl.
2. Divide the smashed blackberries between 6 glasses
3. Add 2 tablespoons of the mint syrup and 1 tablespoon of the lemon juice to each glass.
4. Add your preferred amount of ice to each glass and top off with sparkling water.
5. Garnish with mint leaf and serve.

Chocolate Chip Sea Salt Cookies

(Bonus recipe not included in textbook)

You will need

- **Time:** 40 minutes
- **Skills:** Personal hygiene, cleaning and sanitation, using a mixer, portioning, baking

Check each item off as you collect it.

Equipment

- ☐ Measuring cups
- ☐ Measuring spoons
- ☐ Stand mixer (or hand)
- ☐ Medium bowls for wet and dry ingredients
- ☐ Bowl to crack egg
- ☐ Spatula
- ☐ Portion scoop

Ingredients

Yield: 18 large cookies

- ☐ 2¼ cup All-purpose flour
- ☐ 1 tsp. Baking soda
- ☐ ½ tsp. Salt
- ☐ 1 cup Salted butter, softened (best when left out overnight)
- ☐ 1 cup Brown sugar
- ☐ ½ cup Granulated sugar
- ☐ 1 Egg
- ☐ 1 tsp. Vanilla
- ☐ 2 cups Chocolate chips (use your favorite)
- ☐ Flaky sea salt for garnish

Mise en Place

- Preheat oven to 350°F (180°C).
- Crack egg in bowl.

Steps

- 1.** In a medium mixing bowl, combine flour, baking soda, and salt. Set it aside.
- 2.** In the bowl of a stand mixer, beat butter alone for 30 seconds, and then cream together the butter and sugars until smooth, light in color, and fluffy. This will take a few minutes, do not overbeat.
- 3.** Scrape the sides of the bowl and mix in the egg; then add the vanilla.
- 4.** Once the egg and vanilla is completely incorporated, add in the flour mixture, alternating adding and scraping. Mix until just combined.
- 5.** Once the flour mixture is mixed in, add in the chocolate chips and mix until thoroughly distributed.
- 6.** Use desired portion scoop to form dough balls. (For a fun effect, use a larger scoop, roll into a ball, and break the dough ball in half. This will give a textured top to the cookie.) Place on parchment paper on a sheet tray.
- 7.** Repeat this until you have used all of the cookie dough.
- 8.** Bake for 13–15 minutes for the large cookies, or 9–11 minutes for the smaller cookies, or until the cookie dough has spread and the edges are turning golden brown. Be sure to turn the tray halfway through.
- 9.** Immediately after taking the cookies out of the oven, sprinkle with flaky sea salt.
- 10.** Allow the cookies to cool on the pan for 10 minutes. Use this time to clean the station. Serve warm.

Chapter 4

**Food, Beverage, and
Labor Costing**



Hushpuppies

Time: 15 minutes

Yield: 30 each

Cost: (\$ 4.14 / 30 = \$0.14 per hushpuppy)

Ingredients

- 1 cup Cornmeal (\$2.25)
- 1 cup All-purpose flour (\$0.25)
- 5 Tbsp. Sugar (\$0.25)
- ½ tsp. Baking soda (\$0.02)
- ½ tsp. Baking powder (\$0.02)
- 2 tsp. Cajun spice (\$0.20)
- 1 ½ tsp. Sea salt (\$0.03)
- 2 tsp. Black pepper (\$0.15)
- 1 each Large egg, beaten (\$0.12)
- 7 oz. Milk (\$0.05)
- ½ Tbsp. White vinegar (\$0.05)
- 2 Tbsp. Vegetable oil (\$0.08)
- 3 Tbsp. Minced onion (\$0.47)
- 1 Tbsp. Green pepper, minced (\$0.04)
- 1 Tbsp. Red pepper, minced (\$0.04)
- 2 Tbsp. Chopped chives (\$0.12)

Directions

1. Preheat deep fat fryer to 325°F (165°C).
2. Combine cornmeal, flour, sugar, baking soda, baking powder, Cajun spice, salt, and black pepper in a medium sized stainless bowl.
3. In small bowl, beat egg thoroughly; add milk, vinegar, and oil and mix well.
4. Mix liquid ingredients into dry ingredients until JUST combined; do not overmix.
5. Fold onions, green and red peppers, and chives into batter.
6. Using a #60 scoop, carefully drop level and even scoops of batter from just above the surface into the hot oil.
7. Allow hushpuppies to fry 2–3 minutes; then use a spider or slotted spoon to gently flip and cook the other side an additional 2–3 minutes.
8. Test one hushpuppy to ensure the center is completely cooked; if not, continue to cook another minute or two.
9. Once done, remove hushpuppies to a sheet tray lined with paper towels or a rack.
10. Serve immediately.

The recipe cost is \$0.14 per hushpuppy using a #60 scoop.

By changing the size of the portion scoop, we can assume that the cost will increase as the number of the scoop size gets smaller.

A #20 scoop will end up with a portion cost of approximately \$0.42 per hushpuppy.

If we serve 1,000 #60-scoop hushpuppies per week, they will cost us \$140.00.

If we mistakenly used the #20 scoop, our 1,000 hushpuppies would now cost us \$420.00

The error would result in a loss of -\$280.00.

Understanding the portion cost of menu items is important in determining profitability.

Cost control of even small items, like hushpuppies, can cause a restaurant to lose money.

Pizza Dough

(Bonus recipe not included in textbook)

You will need

- **Time:** 40 minutes
- **Skills:** Personal hygiene, cleaning and sanitation, using a mixer, portioning, baking

Check each item off as you collect it.

Equipment

- ☐ Measuring cups
- ☐ Measuring spoons
- ☐ Volume measuring cup
- ☐ Stand mixer with dough hook
- ☐ Mixer bowl
- ☐ Spatula (for scraping bowl)
- ☐ Sheet tray or pizza stone
- ☐ Parchment paper

Ingredients

Yield: 2 small-to-medium pizzas

- | | |
|--|---|
| ☐ 1 cup Warm water (105°F/40°C) | ☐ 2 to 2½ cups Flour (use bread flour for a chewy crust) |
| ☐ 1 Tbsp. Granulated sugar | ☐ 1 tsp. Kosher salt |
| ☐ 1 Tbsp. Active dry yeast | ☐ Cornmeal, as needed |
| ☐ 1 Tbsp. Olive oil | ☐ Oil, as needed for proofing bowl |

Mise en Place

- Preheat oven to 425°F (220°C).
- Measure out dry and wet ingredients.
- Warm water for yeast.

Steps

- 1.** Combine warm water (105°F/40°C), yeast, and sugar in a mixer bowl and stir to combine.
- 2.** Let the mixture sit for 5 minutes, or until it becomes frothy and bubbles form.
- 3.** Gently mix in olive oil on low speed.
- 4.** Add 2 cups of flour and salt and mix until a ball begins to form. Dough will still be slightly sticky. Add more flour as needed to form a dough ball.
- 5.** Place dough in a different, gently oiled bowl; cover with plastic wrap or moist towel and set in a warm place (proofer, oven, or warmer) for 20 minutes or until it has doubled in size.
- 6.** Transfer the dough ball to a floured surface and knead into a smooth dough, adding up to ½ cup extra flour if needed.
- 7.** Spray parchment paper with nonstick spray. Place parchment paper on a sheet tray and sprinkle cornmeal on the parchment paper. Transfer the parchment paper to a pan or pizza stone.
- 8.** Form pizzas from dough; place onto the parchment-lined pan or pizza stone and par bake for 5 minutes. Remove from oven.
- 9.** Add desired sauce and toppings; bake until crust is golden brown and cheese has melted, turning halfway through.

Chapter 5

**Purchasing, Receiving, and
Managing Inventory**



Black Bean Couscous Salad

Time: 15 minutes

Yield: approximately 7 cups

Ingredients

- 1 cup Uncooked couscous
- 3 Tbsp. Extra virgin olive oil
- 2 Tbsp. Fresh lime juice
- 1 tsp. Red wine vinegar
- ½ tsp. Ground cumin
- 2 (15 oz) cans Black beans, drained
- 8 Green onions, chopped
- 1 Bell pepper (red or green), seeded and chopped
- 1 cup Frozen corn kernels, thawed
- ¼ cup Fresh cilantro, chopped
- Salt and pepper to taste

Directions

1. In a 2-qt. or larger saucepan, bring broth to a boil. Stir in couscous, cover the pot, and remove from the heat. Let stand for about five minutes.
2. In a large bowl, whisk together olive oil, lime juice, vinegar, and cumin. Add beans, vegetables (green onions, bell pepper, corn), and cilantro; and toss to coat.
3. Gently fluff couscous to break up any chunks. Add to the vegetable bowl and mix well. Season with salt and pepper. Serve right away or refrigerate until serving.

Warm Duck Breast Salad with Asian Spices and Hazelnut Vinaigrette

(Bonus recipe not included in textbook)

You will need

- **Time:** 30 minutes
- **Skills:** Personal hygiene, cleaning and sanitizing, accurate measuring, boiling

Check each item off as you collect it.

Equipment

- | | |
|---|---|
| ☐ Chef's or boning knife | ☐ Volume measuring cup |
| ☐ Cutting board | ☐ Medium mixing bowl |
| ☐ Measuring cups | ☐ Wire whip |
| ☐ Measuring spoons | ☐ Sauté pan |

Ingredients

Yield: 4 servings

- ☐ 2 (12 oz.) Whole boneless duck breasts
- ☐ 4–6 oz. Mixed baby greens
- ☐ 2 oz. Hazelnuts, toasted, skinned, coarse chop

For Marinade

- ☐ 1 tsp. Garlic, minced
- ☐ 2 Tbsp. Green onions, minced
- ☐ 2 tsp. Oyster sauce
- ☐ 1 tsp. Soy sauce
- ☐ 1 tsp. Rice wine vinegar
- ☐ 1 tsp. Sugar
- ☐ ½ tsp. Five spice powder

For Hazelnut Vinaigrette

- ☐ 1 Tbsp. Garlic, minced
- ☐ 3 fl. oz. Hazelnut oil
- ☐ 3 fl. oz. Light olive oil
- ☐ 1 Tbsp. Chives, minced
- ☐ 2 Tbsp. Balsamic vinegar
- ☐ 1 tsp. Soy sauce
- ☐ ¼ tsp. Sugar

Mise en Place

- Measure out dry and wet ingredients.
- Wash and prepare vegetables.
- Chop cilantro.

Steps

- 1.** Trim the excess fat from the duck breasts and separate the breasts into halves.
- 2.** Combine the marinade ingredients. Thoroughly coat the duck with the marinade; let rest while you make the vinaigrette. (This step can also be done the day before service, to let the marinade develop in flavor and soak in).
- 3.** Combine the hazelnut vinaigrette ingredients. (You can also do this step the day before service, or even 2 hours in advance, to allow flavors to develop.)
- 4.** Wipe the marinade from the duck breasts and sauté, skin side down first, in a dry sauté pan until medium rare, approximately 2½ minutes per side. Do not overcook.
- 5.** Arrange a mixture of baby greens on four plates. Slice the breasts on the diagonal and arrange on the plates with the greens. Drizzle the hazelnut vinaigrette over the greens; sprinkle with hazelnuts and serve.

Chapter 6

Eggs and Dairy Products



Asparagus, Mushroom, and Cheese Omelet

Time: 20 minutes

Yield: One individual omelet

Ingredients

- 2 Tbsp. Unsalted butter
- 2–3 Large eggs
- 1 Tbsp. Water
- 1 dash Ground black pepper
- 3–4 Asparagus spears, lightly steamed
- 1–2 Italian brown button mushrooms, in
1/4-inch-thick slices, lightly steamed
- 1/8–1/4 tsp. Finely chopped fresh thyme
- 1/4 cup Shredded cheddar cheese
- 1 sprig Fresh thyme, for garnish (optional)

Directions

1. Heat medium skillet over medium-high heat for a minute or two, until hot.
2. Reduce heat to medium and add the butter, swirling it to coat the bottom of the pan evenly.
3. In a small bowl, use a fork to whisk together the eggs with the water and the pepper.
4. When butter is melted and sizzling, pour the egg mixture all at once into the pan.
5. Place the asparagus in one layer over the eggs, and place the sliced mushrooms down the center; sprinkle evenly with thyme.
6. Reduce heat to low, cover, and cook over low heat for about 3 minutes, until omelet is almost completely set.
7. Sprinkle evenly with the cheese, cover the pan, and continue to cook over low heat for another minute or two, until cheese is melted and omelet is set.
8. Take the omelet off the heat, and use a wide spatula to carefully fold the omelet in half.
9. Gently slide the omelet out of the pan and onto a warmed plate. Drizzle with any remaining melted butter from the pan, and garnish.



Quiche Lorraine

Time: 1 hour 20 minutes

Yield: One 9-inch quiche

Ingredients

- 5 slices Bacon, small dice
- 1 cup Small-diced onion
- 1 Tbsp. Finely chopped parsley
- 3 Large eggs
- 12 oz. Half-and-half
- 1 dash Ground nutmeg
- ½ tsp. Kosher salt
- ¼ tsp. Fresh ground black pepper
- 1¼ cups Grated Gruyère cheese
- 1 (9-inch) Pie shell, partially baked

Directions

1. In a skillet over medium-high heat, cook the bacon until crisp; transfer bacon to a paper-towel-lined plate using a slotted spoon; let bacon drain.
2. Discard all but 1 tablespoon bacon drippings from pan.
3. Sauté onion for 5 minutes until soft and tender—do not brown; stir in parsley. Place onion and parsley mixture into a small stainless-steel bowl, and cool over an ice bath.
4. In a mixing bowl, whisk together the eggs, half-and-half, nutmeg, salt, and pepper.
5. Place chilled onion mixture and bacon in bottom of pie crust; cover with cheese.
6. Pour egg mixture into par-baked pie shell.
7. Bake in an oven at 350°F (177°C) for about 35–40 minutes or until a knife inserted into the center comes out clean (cover pie crust edges as appropriate if crust becomes too dark).
8. Remove quiche from oven. Let stand for 10 minutes.
9. Cut into wedges and serve.



Eggs Benedict

Time: 25 minutes

Yield: 8 servings

Ingredients

- 4 Egg yolks
- 3½ Tbsp. Lemon juice
- 1 pinch Ground cayenne pepper
- ⅛ tsp. Worcestershire sauce
- Few drops hot sauce
- 1 Tbsp. Water
- 1 cup Clarified butter, melted
- ¼ tsp. Salt
- 2 qt. Water
- 1 Tbsp. Distilled white vinegar
- 8 Eggs
- 8 strips Canadian-style bacon
- 4 English muffins, split and toasted
- 2 Tbsp. Butter, softened
- Chives, chopped, for garnish

Directions

1. Prepare hollandaise: Fill the bottom of a double boiler partway with water. Make sure that water does not touch the top pan. Bring water to a very low simmer. In the top of the double boiler, whisk together egg yolks, lemon juice, cayenne pepper, Worcestershire sauce, hot sauce, and 1 tablespoon water. Cook over water bath until yolk mixture becomes pale yellow and has a ribbon-like, thick texture. Remove entire water bath from stove.
2. Add the melted butter to the egg yolk mixture 1 or 2 tablespoons at a time while whisking the yolks constantly. If the hollandaise begins to get too thick, add a teaspoon or two of warm water. Continue whisking until all butter is incorporated. Whisk in salt. Remove top pan from water bath. Keep sauce warm.
3. To poach eggs: Place 2 quarts of water into a saucepan. Bring water to a gentle simmer and add vinegar. Carefully break eggs into a ramekin; place one egg at a time, gently, into simmering water, and poach for 2½ to 3 minutes. Yolks should still be soft in the center, with whites completely set. Remove eggs from water with a slotted spoon and set on a warm plate.
4. While eggs are poaching, brown the Canadian-style bacon in a medium skillet over medium-high heat and toast the English muffins.
5. Spread the toasted muffins with softened butter and top each one with a slice of Canadian-style bacon, followed by one poached egg. Place two muffins on each plate and drizzle with hollandaise sauce. Sprinkle with chopped chives and serve.



Strawberry, Mango, and Banana Smoothie

Time: 5 minutes

Yield: 4

Ingredients

- 1 cup Frozen strawberries
- 1 cup Frozen mango chunks
- 1 Banana, peeled
- 1 cup Plain yogurt
- 2 Tbsp. Honey
- Ice cubes (optional)
- 4 Fresh strawberries (optional)
- 4 sprigs Mint (optional)

Directions

1. Place the frozen strawberries, mango, banana, yogurt, and honey in a blender.
2. Blend on high for 30 seconds.
3. Add ice cubes if desired and blend until smooth.
4. Portion into four, 8-ounce glasses.
5. Garnish with fresh strawberry and mint.

Spinach and Artichoke Dip

(Bonus recipe not included in textbook)

You will need

- **Time:** 45 minutes
- **Skills:** Personal hygiene, cleaning and sanitizing, accurate measuring, knife skills, baking

Check each item off as you collect it.

Equipment

- | | |
|---|--|
| ☐ Chef's knife | ☐ Volume measuring cup |
| ☐ Cutting board | ☐ Large mixing bowl |
| ☐ Measuring cups | ☐ Box grater |
| ☐ Measuring spoons | ☐ Oven-safe baking dish |

Ingredients

Yield: 8 servings

- | | |
|--|--|
| ☐ 8 oz. Cream cheese, room temperature | ☐ 1 tsp. Red pepper flakes |
| ☐ 8 oz. Heavy cream or whole milk | ☐ 12 oz. Canned artichoke hearts, drained and chopped |
| ☐ 2 cups Mozzarella cheese, shredded, separated | ☐ 2 cups Fresh spinach, de-stemmed and chopped |
| ☐ ½ cup Parmesan cheese, grated | ☐ 2 tsp. Kosher salt |
| ☐ ½ cup Pepperjack cheese, grated | ☐ 2 tsp. Black pepper |
| ☐ ¾ cup Sour cream | |
| ☐ 6 cloves Garlic, minced | |

Mise en Place

- | | |
|--|---|
| • Preheat oven to 350°F (177°C). | • Drain and chop artichoke hearts. |
| • Measure out dry and wet ingredients. | • De-stem and chop spinach. |
| • Prepare cheeses. | • If oven-safe baking dish is not nonstick, spray with cooking spray. |
| • Mince garlic. | |

Steps

1. In a large mixing bowl, add the cream cheese, cream (or milk), 1¾ cup of the shredded mozzarella, the parmesan, pepperjack, sour cream, garlic, red pepper flakes, artichokes, spinach, salt, and pepper. Mix until well combined.
2. Transfer the dip mixture to an oven-safe baking dish or pan (sprayed with cooking spray if it's not nonstick) and spread into an even layer. Top with the remaining mozzarella cheese. Cover with foil.
3. Bake for 25 minutes. Remove foil and then broil on high for 5 minutes to get the cheese golden brown. Serve warm with chips, bread, or vegetables.

Chapter 7

Breakfast Cookery



Corned Beef Hash

Time: 45 minutes

Yield: 8 servings

Ingredients

2 Tbsp. Whole butter

2 Tbsp. Canola oil

1 Large onion, cut into small dice

4 Idaho potatoes, peeled and cut into small dice

2 lb. Cooked corned beef, cut into small dice

¼ tsp. Dried thyme leaves

2 Tbsp. Finely chopped fresh parsley

1 Small bunch of scallions, sliced thin

To taste salt (optional)

½ tsp. Ground black pepper, or to taste

Directions

1. Melt butter with the canola oil in a large skillet over medium heat.
2. Sauté the onion just until it begins to brown, about 8 minutes.
3. Add the potatoes and cook until tender, about 15 minutes, stirring occasionally.
4. Stir in the cubed corned beef, thyme, parsley, scallions, salt, and pepper.
5. Let the mixture cook until hash is crisp and browned, stirring as needed, up to 15 more minutes.

VARIATIONS

Top hash with poached eggs or sunny-side-up fried eggs.

Red Flannel Hash: Add 2 cups of grated cooked red beets with the corned beef; complete recipe as written.



Granola

Time: 1 hour

Yield: About 10 cups

Ingredients

5 cups Old-fashioned oats

1 cup Flaked coconut

1 cup Wheat germ

½ cup Sliced almonds

1 Tbsp. Ground cinnamon

¾ tsp. Ground nutmeg

1 cup Brown sugar

½ cup Honey

½ cup Vegetable oil

1 Tbsp. Vanilla extract

1 cup Assorted dried fruit cut into small dice
(raisins, cranberries, cherries, apricots, figs, etc.)

Directions

1. Preheat oven to 325°F (163°C).
2. Mix oats, coconut, wheat germ, almonds, cinnamon, and nutmeg together in a large bowl.
3. Combine brown sugar, honey, and oil in a small saucepan, and heat until sugar is dissolved; stir in vanilla.
4. Carefully combine hot sugar/honey mixture into dry ingredients, coating oat mixture evenly.
5. Place mixture onto sheet pans, and bake in preheated oven, stirring every 7–10 minutes until golden brown and crunchy, about 35–45 minutes.
6. Transfer crunchy granola into a large bowl; stir in dried, diced fruit and mix into granola.
7. Serve with milk or yogurt, or alone as trail mix.



Crêpes

Time: 1 hour to 1 hour 20 minutes

Yield: Approximately 2 dozen crêpes

Ingredients

6 oz. Flour (all purpose)

4 each Whole eggs

½ tsp. Salt

6 oz. Whole milk

6 oz. Water

1 oz. Melted butter

Directions

1. Combine the flour, eggs, and salt until smooth.
2. Add milk and water to egg–flour mixture and whisk in melted butter.
3. Strain batter through a fine sieve; allow to rest under refrigeration for 45–60 minutes.
4. Heat a small, nonstick skillet over medium heat. Lightly grease (or spray) the pan. Add 1.5 ounces of batter to the center of the skillet. Carefully “swirl” the pan to allow the batter to climb the sides and form a circle.
5. Allow crêpe to brown on the edges, and carefully flip or turn the crêpe to cook the second side.
6. Remove crêpes to a half-sheet tray lined with parchment and allow to cool.
7. Plate the crêpes and garnish as appropriate with fresh fruit, chocolate sauce, hazelnut spread, or powdered sugar, and fresh mint.

Note: Cooled crêpes may be stacked, wrapped with plastic wrap, and held under refrigeration until needed.



Charleston-Style Grits

Time: 2 hours

Yield: 10 cups

Ingredients

4 cups Water

4 cups Whole milk

2 cups White stone-ground grits

½ cup Heavy cream

½ stick Unsalted butter (optional),
cut into pieces

2 tsp. Kosher salt

Directions

1. Place grits in a large bowl and cover with cold water; stir vigorously for 30 seconds to a minute; let grits settle into bottom of bowl.
2. After 10–15 minutes, remove floating chaff from surface.
3. Bring water and milk just to a simmer in a 4- to 5-quart heavy saucepan.
4. Drain washed grits in a fine strainer.
5. Whisk grits into simmering milk mixture.
6. Reduce heat to low and simmer grits, partially covered, stirring often, until grits are tender and thickened, about 60–70 minutes.
7. Be careful not to scorch the grits!
8. If grits become too thick before they are tender and creamy, thin with 4 ounces of hot water.
9. Stir in cream, butter, and salt.
10. Remove from heat and keep warm, covered, up to 20 minutes.
11. Serve in a bowl with a fresh pat of butter on top.



Garlic Home Fries

Time: 30 minutes

Yield: 1 pound

Ingredients

- 1 lb. Russet or Idaho potatoes, peeled and cut into 1/2-inch dice
- 2 Tbsp. Vegetable or canola oil
- 2 Tbsp. Unsalted butter
- 1/2 Onion, chopped fine
- 1/2 tsp. Paprika
- 2 Cloves garlic, minced
- 1/4 cup Fresh parsley, chopped fine
- To taste Kosher salt
- To taste fresh-ground black pepper
- Additional salted butter (optional)

Directions

1. Place diced potatoes into pot of salted water (1 tsp. salt per quart of water) and bring to a boil.
2. Lower heat to a simmer and cook until just tender, about 5 minutes.
3. Heat oil and butter in a large cast-iron skillet over medium-high heat.
4. Add drained, cooked potatoes, spreading into a single layer.
5. Cook potatoes without moving them until they are golden brown and crisp on the bottom, about 5 minutes.
6. Add the onion and paprika. Stir the potatoes and continue to cook for 5 more minutes.
7. Add garlic and continue to cook until potatoes are golden brown, about 5 more minutes.
8. Add the chopped parsley, and season with salt and black pepper to taste.
9. If you wish, finish potatoes with salted butter before serving.



Crispy Hash Browns

Time: 30 minutes

Yield: 4 servings

Ingredients

1 lb. Russet potatoes, peeled

½ tsp. Salt

¼ tsp. Garlic powder

¼ tsp. Onion powder

¼ cup Clarified butter

To taste fresh-ground black pepper

Directions

1. Shred peeled potatoes on the large holes of a box grater.
2. Rinse shredded potatoes with cold water until water runs clear.
3. Place drained potatoes on paper towels to remove excess moisture.
4. Transfer the grated potato to a bowl and toss it with the salt, garlic powder, and onion powder.
5. Heat clarified butter in a large cast-iron skillet over medium heat.
6. Spread the potato mixture in an even layer on the bottom of the skillet; press gently with a spatula.
7. Cook potatoes without moving them until bottom begins to brown, about 2–3 minutes.
8. Once potatoes begin to brown, stir the mixture, press potatoes gently and repeat the browning process, about 2–3 minutes.
9. Continue the flipping process until the potatoes are golden brown and crispy, about 6–8 minutes.
10. Season to taste with salt and pepper. Serve potatoes hot.

Egg-Stuffed Bacon and Cheese Muffins

(Bonus recipe not included in textbook)

You will need

- **Time:** 1 hour 25 minutes
- **Skills:** Personal hygiene, cleaning and sanitizing, accurate measuring, knife skills, sautéing, soft-boiling, piping, baking

Check each item off as you collect it.

Equipment

- | | |
|--|--|
| ☐ Chef's knife | ☐ Slotted spoon |
| ☐ Cutting board | ☐ Whisk |
| ☐ Measuring cups | ☐ Small bowl |
| ☐ Measuring spoons | ☐ Medium bowl |
| ☐ Volume measuring cup | ☐ 2 large bowls |
| ☐ Large skillet | ☐ Box grater |
| ☐ Tongs | ☐ Piping bag with large round tip |
| ☐ Paper-towel-lined plate | ☐ Jumbo muffin tin |
| ☐ Medium saucepot | |

Ingredients

Yield: 6 muffins

- | | |
|---|--|
| ☐ 6 slices Bacon | ☐ ¼ tsp. Freshly ground black pepper |
| ☐ 10 Eggs | ☐ Pinch of granulated sugar |
| ☐ Nonstick cooking spray | ☐ ½ cup Vegetable oil |
| ☐ 1¾ cups All-purpose flour,
plus more for dusting the eggs | ☐ ½ cup Nonfat plain Greek yogurt |
| ☐ 1½ tsp. Baking powder | ☐ 4 oz. Cheddar cheese, shredded |
| ☐ ¾ tsp. Kosher salt | ☐ ¼ cup Romano cheese, grated |
| ☐ ½ tsp. Baking soda | ☐ 4 scallions, thinly sliced (about ¼ cup) |
| | ☐ Flaky sea salt and hot sauce, for serving |

Mise en Place

- | | |
|--|--|
| • Preheat oven to 425°F (218°C). | • Slice scallions. |
| • Measure out dry and wet ingredients. | • Boil water. |
| • Prepare cheeses. | • Spray muffin tin generously with nonstick spray. |

Steps

1. Place the bacon in a large skillet and place over medium heat. (Note: Bacon can also be baked in oven.) Cook, flipping occasionally, until golden brown and crispy, about 8 minutes. Drain on a paper-towel-lined plate; then finely chop.
2. Meanwhile, fill a large bowl with lots of ice and water; set aside. Bring a large saucepot of water to a boil over medium-high heat. Gently lower 6 of the eggs into the water with a slotted spoon and cook until soft-boiled (the whites have set but the yolks are still runny).^{*} Transfer the eggs immediately to the ice-water bath to stop the cooking and let sit until completely cool, about 15 minutes. Carefully peel the eggs and reserve.
3. Whisk the flour, baking powder, kosher salt, baking soda, pepper and sugar in a medium bowl until evenly combined. In a large bowl, whisk the vegetable oil, yogurt and the remaining 4 eggs until smooth and combined. Stir the flour mixture into the yogurt mixture until just combined (do not overmix). Then gently fold in the cheddar, Romano, scallions, and reserved bacon until just combined. Transfer to a piping bag with large round tip. Put a couple tablespoons of flour in a small bowl.
4. Pipe enough batter into each prepared muffin cup to just cover the bottom and help anchor the soft-boiled eggs. Carefully dust the soft-boiled eggs in the flour, shaking off any excess. (This will help the batter to adhere to the egg.) Then place one egg upright in each muffin cup. Pipe the remaining batter around and on top of the eggs, making sure the eggs are completely coated. Use a rubber spatula or offset spatula to help smooth out the tops of each muffin (they should look domed).
5. Bake until the muffin tops are light golden brown, the batter is just cooked through, and the eggs inside are soft and jammy, about 16 minutes. Let the muffins sit in the tin for just 5 minutes, then transfer to a wire rack. Serve warm, cut in half with a sprinkle of flaky sea salt and a few dashes of hot sauce.

***Note on soft-boiling:** When boiling the eggs, make sure to keep the heat on medium-high throughout the boiling process; the fast, bubbling water helps to agitate the shells and makes peeling the eggs much easier. Also, if you boil the eggs for less than 5 minutes, they will be very challenging to peel; if you boil the eggs for longer than 5 minutes, they will overcook once baked in the oven.

Chapter 8

Fruits



Pineapple Mango Salsa

Time: 15 minutes

Yield: 4 quarts

Ingredients

- 4 lb. Fresh pineapple, processed and medium dice
- 3 Yellow tomatoes, medium dice
- 3 Red tomatoes, medium dice
- 2 lb. Fresh mango, processed and medium dice
- 2 bunches Fresh cilantro, chopped fine
- 4 Medium jalapeños, seeded and minced
- 6 Tbsp. Lemon juice
- 3 Tbsp. Garlic, minced
- 4 tsp. Salt, or to taste
- 4 tsp. Granulated sugar

Directions

Combine and mix all ingredients and serve.



Strawberry Coulis

Time: 10 minutes

Yield: About 10 servings

Ingredients

1/2 pint Fresh strawberries, stemmed and rinsed,
or 10 oz. Frozen strawberries

1/4 cup Granulated sugar

Juice of 1/2 lemon, or to taste

Directions

1. In a blender or food processor, purée strawberries with sugar and lemon juice. Taste and add more sugar or lemon juice as needed.
2. Strain seeds from strawberries, if desired.
3. Cover and refrigerate the coulis until ready to serve.



Berry Cobbler

Time: 1 hour 15 minutes

Yield: 8 servings

Ingredients

2 ½ cups Fresh berries (any combination of blueberry, blackberry, raspberry)

½ cup Sugar

2 tsp. Orange zest

2 Tbsp. Orange juice, fresh

1 cup All-purpose flour

2 tsp. Baking powder

¼ tsp. Cinnamon, ground

½ tsp. Salt

1 cup Milk

½ tsp. Vanilla extract

½ cup Butter, melted

As needed, Vanilla ice cream or whipped cream

Directions

1. Preheat the oven to 375°F (190°C).
2. Mix the berries, sugar, orange zest, and orange juice in a small bowl; macerate for 20 minutes at room temperature.
3. In a medium-sized bowl, combine the flour, baking powder, cinnamon, and salt.
4. In a small bowl, combine milk, vanilla extract, and melted butter.
5. Add milk mixture into dry ingredients and mix just until combined to make a batter.
6. Pour the batter into an ungreased 8-inch square baking dish.
7. Spoon the berry mixture on top of the batter and bake for 30–45 minutes until golden brown.
8. Remove from oven, spoon into bowls, and top with vanilla ice cream or whipped cream.

Grilled Peaches and Cream

(Bonus recipe not included in textbook)

You will need

- **Time:** 25 minutes
- **Skills:** Personal hygiene, cleaning and sanitizing, accurate measuring, knife skills, grilling

Check each item off as you collect it.

Equipment

- ☐ Chef's knife
- ☐ Cutting board
- ☐ Measuring cups
- ☐ Measuring spoons
- ☐ Tongs
- ☐ Grill

Ingredients

Yield: 8 servings

- ☐ 4 Fresh peaches, halved and pitted
- ☐ 1 Tbsp. Vegetable oil
- ☐ 2 Tbsp. Clover honey
- ☐ 1 cup Cream cheese, softened

Mise en Place

- Preheat grill, lightly brush with oil.
- Measure out dry and wet ingredients.
- Halve peaches.

Steps

1. Brush peaches with a light coating of vegetable oil.
2. Arrange pit-side down onto grill.
3. Grill until peaches have visible grill marks, about 5 minutes; flip peaches.
4. Drizzle with honey; place dollop cream cheese where pit was.
5. Grill until cream cheese is warm, 2 to 3 minutes more. Serve immediately.

Chapter 9

Vegetables



Roasted Winter Vegetables

Time: 65 minutes

Yield: 8 servings

Ingredients

- 1 lb. Carrots, peeled
- 1 lb. Parsnips, peeled
- 1 Sweet potato, peeled
- 1 Butternut squash, peeled and seeded (about 2 lb.)
- 3 Tbsp. Olive oil
- 1 ½ tsp. Kosher salt
- ½ tsp. Ground black pepper
- 2 Tbsp. Parsley, chopped coarsely

Directions

1. Preheat the oven to 425°F (218°C).
2. Cut the carrots, parsnips, sweet potato, and butternut squash into large dice (1-inch cubes).
3. Place all cut vegetables in a stainless-steel bowl and toss in oil to coat evenly.
4. Season them with salt and pepper and mix thoroughly.
5. Arrange seasoned vegetables on a parchment-lined sheet pan and place into the preheated oven.
6. Roast for 25–35 minutes, until all the vegetables are tender, turning once with a metal spatula.
7. Sprinkle with chopped parsley, season to taste, and serve.



Wilted Spinach with Shallots and Garlic

Time: 15–20 minutes

Yield: 8 servings

Ingredients

1½ cup Blended olive oil

½ cup Minced garlic

½ cup Minced shallot

2 lb. Spinach

½ cup Stock (vegetable, chicken, or veal)

2 ⅔ Tbsp. Lemon juice

¼ tsp. Sea salt

¼ tsp. Ground black pepper

Directions

1. In a large sauté pan, heat oil and sauté garlic and shallots until soft. Do not brown.
2. Place spinach in the pan and sauté, tossing spinach often until wilted.
3. Deglaze the pan with stock, and then add lemon juice and toss.
4. Season with salt and pepper and serve.

Note: You can substitute Swiss chard or kale for the spinach.



Grilled Asparagus

Time: 10 minutes

Yield: 4 servings

Ingredients

1 lb. Fresh asparagus spears, trimmed

1 Tbsp. Olive oil

To taste Salt and pepper

Directions

1. Preheat a grill to 700°F (370°C) for high heat.
2. Lightly coat the asparagus spears with olive oil.
3. Season asparagus spears with salt and pepper.
4. Grill over high heat for 2–3 minutes, or to desired tenderness.



Guacamole

Time: 1 hour 15 minutes, including 1 hour refrigeration time

Yield: 6 servings

Ingredients

3 Avocados, halved, seeded, and peeled

1 Lime, juiced

½ tsp. Kosher salt

½ tsp. Cumin, ground

½ tsp. Cayenne pepper, ground

1 Garlic clove, minced

½ Medium onion, ¼-inch dice

½ Jalapeño pepper, seeded and minced

2 Roma tomatoes, seeded and cut into ¼-inch dice

1 Tbsp. Cilantro, chopped fine

Directions

1. In a large bowl, combine the avocado pulp and lime juice. Toss to coat.
2. Drain and reserve the excess lime juice after coating avocados.
3. Add the salt, cumin, cayenne, and garlic to the avocado. Mash the pulp using a spoon or potato masher.
4. Fold in the onions, jalapeño, tomatoes, and cilantro using a rubber spatula.
5. Add one tablespoon of the reserved lime juice.
6. Adjust seasoning to taste with salt and pepper as needed.
7. Refrigerate for one hour and then serve.



Fajita Vegetable Marinade

Time: 25 minutes

Yield: Approximately 3 cups

Ingredients

- 1 Tbsp. Vegetable oil
- 1 ½ Tbsp. Brown sugar
- 1 Tbsp. Orange juice, fresh
- 1 Tbsp. Lime juice, fresh
- 1 Tbsp. Soy sauce
- ½ Tbsp. Dijon mustard
- ½ Tbsp. Chili powder
- ¾ tsp. Cumin, ground
- ½ tsp. Garlic powder
- ½ tsp. Onion powder
- ½ tsp. Kosher salt
- ¼ tsp. Smoked paprika
- ¼ tsp. Chipotle chili powder
- ¼ tsp. Oregano leaf, dried
- ⅛ tsp. Black pepper, ground
- 1 tsp. Liquid smoke (optional)
- 4 Assorted bell peppers (green, red, yellow), cut julienne style
- 1 Medium onion, cut julienne style

Directions

1. Combine all ingredients except peppers and onions in a mixing bowl.
2. Add julienned peppers and onions; mix thoroughly.
3. Vegetables may be grilled on a grilling basket or rack or sautéed in a cast iron skillet until caramelized and soft.
4. Serve with fajitas, tacos, sandwiches, or salad.



Broccoli Rabe with Garlic and Red Pepper Flakes

Time: 20 minutes

Yield: 6 servings

Ingredients

1 Large bunch broccoli rabe (1½–2 lb.)

2 tsp. Salt

3 Tbsp. Extra virgin olive oil

3 Garlic cloves, sliced

⅛ tsp. Red pepper flakes

To taste Red wine vinegar

Lemon wedges

Directions

1. While keeping the leaves and florets attached, peel the large stalks of the broccoli rabe with a paring knife. Drop them into a pot of boiling salted water and cook for five minutes—cook longer if you like your greens well-cooked and tender—then drain.
2. Leave the broccoli rabe whole or coarsely chop. Heat oil with the garlic and pepper flakes in a large skillet over medium-high heat until the garlic just begins to color.
3. Add the broccoli rabe and cook, turning it repeatedly so that it is coated with the oil, about five minutes.
4. Add red wine vinegar to taste. Serve with lemon wedges on the side.

Chapter 10

Potatoes, Grains, and Pasta



Hoppin' John

Time: 1 hour 5 minutes to 1 hour 20 minutes

Yield: 8 servings

Ingredients

2 cups Long-grain rice, rinsed well (or Carolina Gold rice)

3 ½ cups Water (or stock)

2 tsp. Kosher salt (divided)

8 oz. Thick-cut bacon, cut in ¼-inch dice

2 each Andouille links, casing removed, quartered lengthwise, and cut into ½-inch dice

1 each Sweet onion, peeled and cut into ½-inch dice

2 each Celery stalks, cut into ½-inch dice

1 each Bell pepper (any color), seeded and cut into ½-inch dice

1 each Jalapeño or serrano pepper, seeded and diced fine

2–3 each Garlic cloves, minced

Two 15.8-oz. cans Black-eyed peas, drained and rinsed

24 oz. Chicken stock

2 each Bay leaves, dried

1 tsp. Thyme leaves, dried

1 Tbsp. Cajun seasoning

½ cup Green onions, chopped

Directions

1. Combine rice, 3 ½ cups water (or stock), and 1 teaspoon of salt in a medium pot over high heat.
2. Bring to a boil, then lower heat and simmer gently, covered, for 15–20 minutes.
3. When rice is fluffy and tender, remove from heat and reserve until service.
4. In a large sauté pan or cast-iron skillet, render bacon over medium heat for 3 minutes.
5. Add andouille sausage and brown until crisp on the edges, stirring often.
6. Add the onions, celery, bell pepper, jalapeño, and garlic; sauté 3–5 minutes until vegetables are softened.
7. Add the black-eyed peas, chicken stock, bay leaves, thyme, and Cajun seasoning.
8. Cover with a lid and simmer 20–30 minutes, or until the black-eyed peas are tender. (Water may be added if the broth is absorbed before the beans are tender.)
9. Stir in green onions immediately before service.
10. Season to taste with salt and pepper as needed.
11. Serve warm over rice.



Spaetzle

Time: 45 minutes

Yield: 5 cups

Ingredients

2 cup All-purpose flour

1 ½ tsp. Kosher salt

⅛ tsp. Nutmeg, freshly ground if possible (optional)

4 each Large egg, beaten

½ cup Milk or water, plus more as needed (milk produces a richer spaetzle)

3–4 Tbsp. Salted butter

Directions

1. Add the flour and salt to the bowl of a stand mixer; stir on low speed to combine.
2. Crack the eggs into a small bowl and whisk them until well combined.
3. Make a small well in the center of the flour and pour the eggs into it.
4. Add the milk or water to the mixer.
5. Attach a dough hook to the mixer and “knead” the dough for 15–20 minutes on medium speed.
6. Bring at least 2 quarts of lightly salted water to a boil, then reduce to a hard simmer (in other words, just under a boil).
7. Using a spaetzle press (or perforated pan), press the noodles into the simmering water and cook until noodles float, about 2–3 minutes.
8. If cooking spaetzle in smaller batches, remove cooked noodles using a small metal strainer with a long handle or a perforated spoon.
9. Shock in ice bath.
10. If cooking spaetzle in one large batch, strain the cooked spaetzle into a colander and shock.
11. Drain the noodles again, toss with melted butter, and serve warm.

Make Ahead: The spaetzle may be prepared in advance and stored in the refrigerator overnight.

Spaetzle may be reheated in a large skillet with some hot melted butter.



Käsespätzle (German Cheese Spaetzle)

Time: 90 minutes

Yield: 1, 9-inch-by-13-inch casserole

Ingredients

6 Tbsp. Salted butter

2–3 each Large onion, chopped fine

½ tsp. Kosher salt

½ tsp. Sugar

5 cups German spätzle (see above recipe)

10 oz. Shredded cheese (Emmentaler, Jarlsberg, or Swiss)

4 oz. Gruyere cheese, shredded

Salt and pepper As needed for preparing the layers

Directions

1. Preheat the oven to 400°F and butter, spray, or grease a 9-inch-by-13-inch casserole dish.
2. Melt the salted butter in a medium-sized heavy-bottomed pot, also known as a Dutch oven.
3. Add the onions and stir occasionally for 10–15 minutes until onions are deeply browned.
4. Season onions with a little salt and sugar to help with the caramelizing; cook 10–15 more minutes.
5. When the onions are caramelized, remove them from the pan.
6. In the greased casserole dish, layer one-third of the spaetzle in the bottom, followed by one-third of the caramelized onions and one-third of the cheeses. Season with salt and pepper.
7. Repeat twice more, seasoning each layer with salt and pepper.
8. The top layer should be finished with cheese and onions.
9. Bake for 10–15 minutes until the cheese is melted and the edges are just beginning to brown.
10. Serve immediately.



Rice Pilaf

Time: 55 minutes

Yield: 6 servings

Ingredients

- 2 Tbsps. Butter
- ½ Onion, minced
- ½ Red bell pepper, minced
- 2 pinches Kosher salt
- 2 cups Long-grain rice
- 2 ¾ cups Chicken broth
- 1 Bay leaf

Optional Ingredients

- 2 strips Orange zest
- Pinch Saffron strands, steeped in ¼ cup hot water
- 1 ½ cups Frozen peas, thawed
- Golden raisins and pistachios for garnish

Directions

1. Preheat oven to 350°F (177°C). In a heavy, wide, lidded pan that is oven-safe, melt butter over medium-low heat. Add onion, red pepper, and kosher salt.
2. Sweat the onions and peppers until aromatic, stirring constantly.
3. Add the rice and stir to coat. Continue stirring until rice smells nutty. This process is called “parching the rice.”
4. Add chicken broth, orange zest, saffron and water, and bay leaf. Bring to a boil.
5. Stir once, then cover the pan with aluminum foil or a tight-fitting lid. Bake for 15 minutes.
6. Rest at room temperature for 10 to 20 minutes without removing the cover. Meanwhile, simmer peas in salted water until heated through, or heat in a microwave.
7. Remove lid from rice and turn out onto a platter. Add peas and fluff with a large fork. Add raisins and pistachios.



Fresh Pasta

Time: 35 minutes

Yield: 1 pound; 4 servings

Ingredients

½ cup Semolina

2 cups All-purpose flour

3 Eggs

Directions

1. Mound the semolina and all-purpose flour in the center of a large, flat, sanitized surface. Make a well in the middle of the flour and add the eggs.
2. Using a fork, beat together the eggs and begin to incorporate the flour, starting with the inner rim of the well. As you incorporate the eggs, keep pushing the flour up to retain the well shape (don't worry if it looks messy). The dough will come together in a shaggy mass when about half of the flour is incorporated.
3. Start kneading the dough with both hands, primarily using the palms of your hands. Add more flour in ½-cup increments if the dough is too sticky.
4. Once the dough is a cohesive mass, remove it from the table and scrape up any leftover dry bits. Lightly flour the board and continue kneading for 3 more minutes. The dough should be elastic and a little sticky. Continue to knead for another 3 minutes, remembering to dust your board with flour when necessary.
5. Wrap the dough in plastic wrap and set aside for 20 minutes at room temperature. Roll and form as desired.

Note: Do not skip the kneading or resting portions of this recipe. They are essential for a light pasta.



Yukon Gold Roasted Potatoes

Time: 35 minutes

Yield: 4 servings

Ingredients

1 lb. Yukon Gold potatoes

2 Tbsp. Olive oil

2 Garlic cloves, minced

2 tsp. Fresh thyme

To taste Kosher salt

To taste Black pepper

Directions

1. Cut the potatoes in half or in quarters depending on the size of the potatoes.
2. Make a marinade by mixing in a bowl: olive oil, minced garlic, chopped thyme, salt, and pepper.
3. Add potatoes to the marinade.
4. Spray a half sheet pan with nonstick spray. Pour the potatoes onto the sheet pan. Use a spatula to scrape the remaining marinade onto the potatoes.
5. Roast at 350°F (177°C) for 15 to 20 minutes or until golden brown.



Fried Rice

Time: 30 minutes

Yield: 4 Servings

Ingredients

2 cups Chicken broth

1½ cups Long-grain white rice

3 Tbsp. (divided) Vegetable oil

2 Eggs, beaten

½ lb. Shitake mushrooms, stemmed and thinly sliced

1 Red bell pepper, seeded and thinly sliced

2 Small carrots, shredded

1 Scallion, thinly sliced on an angle

1 cup Fresh or thawed frozen peas

3 Garlic cloves, finely chopped

1 (2-in.) Piece fresh ginger, peeled and minced

½ cup Dark soy sauce

Directions

1. In a medium saucepan, bring broth and $\frac{3}{4}$ cup of water to a boil. Stir in the rice, cover, and cook over low heat for 18 minutes. Fluff with a fork and spread on a baking sheet to cool. (You can also cook this the night before and refrigerate it in a covered bowl.)
2. Heat 1 tablespoon oil in the skillet, then add the eggs and scramble for 2 minutes.
3. Push the eggs to the side of the pan, add the remaining 2 tablespoons oil, and lower the heat to medium. Add the mushrooms, red bell pepper, and carrots, and stir-fry for 2 minutes.
4. Add the scallions, peas, garlic, and ginger, and stir-fry for 1 minute.
5. Add the cooked rice and crisp it for a couple of minutes. Stir in the soy sauce.

Chapter 11

Introduction to Management



Peach Smoothie

Time: 5 minutes

Yield: Approximately 24 oz.

Ingredients

5 oz. Peach yogurt (vanilla yogurt may be used)

1 1/2 cups Peaches (fresh or frozen)

1/2 cup Crushed ice

3/4 cup Almond milk (substitute milk of choice)

1/4 tsp. Ground cinnamon

2 Tbsp. Honey

1/4 tsp. Vanilla extract (omit if using vanilla yogurt)

2 Tbsp. Almond slivers or slices, candied or toasted
(omit for those with allergies)

Directions

1. Combine all ingredients in a blender until smooth.
2. Pour into three, 8-ounce glasses.
3. Garnish with candied or toasted slivered almonds.
4. Almond milk and nuts may be omitted for those with allergies.



Beef Bulgogi

Time: 50 minutes

Yield: 4 servings

Ingredients

¼ Pear, grated

1 Garlic clove, grated

2 Tbsp. Soy sauce

1 Tbsp. Gochugaru (course Korean hot pepper flakes), or 1 tsp. crushed red pepper flakes (optional)

1 Tbsp. Grated peeled ginger

1 Tbsp. Light brown sugar

1 Tbsp. Toasted sesame oil

1 lb. Boneless pork loin, trimmed hanger steak, boneless short rib, boneless chicken breasts, or thighs

2 Tbsp. Vegetable oil, divided

Kosher salt

Sliced scallions (for serving)

Direction

1. Combine grated pear, grated garlic clove, soy sauce, gochugaru (or crushed red pepper flakes), grated peeled ginger, light brown sugar, and toasted sesame oil into a resealable plastic bag or medium bowl.
2. Using a sharp knife, slice chosen meat into thin strips.
3. Add the strips of meat to the marinade, seal the bag or cover the bowl, and stir everything around to coat the meat. Sit at room temperature for 30 minutes, or chill up to 8 hours.
4. Warm 1 Tbsp. vegetable oil in a large cast-iron skillet or heavy pan over medium-high heat until the oil is shining. Remove half the meat from the marinade, letting any extra sauce drip back into the bag or bowl.
5. Lightly season the meat with kosher salt and sear in a single layer without moving until lightly browned, about 1 minute. Stir the meat and continue to cook for about 3 minutes, stirring occasionally, until the meat is cooked through and crisp at edges. Transfer the meat to a plate. Repeat this step with the remaining 1 Tbsp. vegetable oil, meat, and salt.
6. Garnish the meat with sliced scallions and serve.

Chapter 12

Risk Management



Maple-Ginger Glazed Cedar Plank Salmon

Time: 40 minutes

Yield: 6 servings

Ingredients

½ cup Maple syrup

⅓ cup Tamari or coconut aminos (or soy)

¼ cup Lemon juice

3 Cloves garlic, minced

2 Tbsp. Grated ginger

**Optional for spicy glaze: 2 Tbsp. gochujang, sriracha, or sambal oelek

1 ½ lbs. Salmon

Directions

1. Submerge your cedar planks in water for at least two hours. You may need to put something heavy on them to keep them under water.
2. In a small pot on high heat, combine maple syrup, tamari, lemon juice, garlic, and ginger. Bring the sauce to a boil and then turn it down to low. Cook for about 10 minutes, stirring occasionally, until the sauce has reduced by half and becomes thicker, and then remove from heat.
3. Turn the grill on medium high until it reaches 350°F (175°C). If possible, use indirect heat.
4. While the grill is heating, pat down the salmon to remove any extra moisture. Place the salmon, skin-side down, on the soaked cedar plank and brush the glaze over the entire salmon. Reserve any glaze that you don't use in this step. (Optional: You can remove the skin from the salmon before placing on the plank.)
5. Once the grill has heated, place the cedar plank in the middle of the grill and close the lid. Cook for 12–15 minutes. It's better to slightly undercook the salmon than to overcook it, as it will continue cooking after it is removed from the grill. You can add a little more glaze to the salmon halfway through the cooking process from the reserved portion, if any.

Once the salmon is done, turn the grill off and use two tongs to transport the cedar plank to a large baking pan for transporting to the table.

Gamino Peppermint Oatmeal Cookies

(Bonus recipe not included in textbook)

You will need

- **Time:** 30 minutes
- **Skills:** Personal hygiene, cleaning and sanitizing, accurate measuring, using a mixer, baking, decorating

Check each item off as you collect it.

Equipment

- | | |
|---|---|
| ☐ Measuring cups | ☐ Bowl scrapper |
| ☐ Measuring spoons | ☐ Rolling pin |
| ☐ Small bowl (for cracked egg) | ☐ Cookie cutter, heart shape |
| ☐ Medium bowl | ☐ Parchment paper |
| ☐ Mixer with paddle attachment or hand mixer | ☐ Sheet trays |

Ingredients

Yield: About 2½ dozen cookies

For Cookies

- | | |
|---|---|
| ☐ 2½ cups Flour | ☐ 2 Tbsp. Milk |
| ☐ 1 tsp. Baking powder | ☐ 1 Egg |
| ☐ ½ tsp. Salt | ☐ 1 tsp. Vanilla extract |
| ☐ ¾ cup Butter, softened (overnight is best) | ☐ 1 cup Quick oats |
| ☐ ¾ cup Sugar | ☐ Nonstick spray |

For Icing

- | | |
|--|--|
| ☐ ½ cup Unsalted butter, softened (overnight is best) | ☐ 1½ tsp. Peppermint extract |
| ☐ 2 cups Confectioners' sugar, sifted | ☐ 2 Tbsp. Milk |
| | ☐ 3 Drops red or pink food coloring |

Mise en Place

- | | |
|--|------------------------------|
| • Preheat oven to 375°F (190°C). | • Crack egg. |
| • Measure out dry and wet ingredients. | • Sift confectioners' sugar. |

Steps

- 1.** Mix dry ingredients (flour, baking powder, and salt) together in medium bowl.
- 2.** In mixer bowl, beat butter for 30 seconds; add sugar and beat until incorporated. Add each of these ingredients separately, one at a time: milk, egg, and vanilla. Beat together well.
- 3.** Add flour mixture to creamed mixture, combine. Add oats and combine.
- 4.** Roll out on lightly floured board and cut into heart shapes.
- 5.** Line sheet trays with parchment and gently coat with nonstick spray.
- 6.** Transfer cookies to prepared sheet tray and bake 5 minutes, turn, and bake for another 5 minutes. Cookies are done right before the point of browning, similar to sugar cookies.
- 7.** While cookies are baking, prepare icing. Combine all icing ingredients in a mixer; be sure to start on low speed so the confectioners' sugar stays in the bowl. Set aside.
- 8.** Cool cookies completely before icing.

Chapter 13

Nutrition and Healthy Menus



Brown Sugar and Vanilla Yogurt Fruit Dip

Time: 10 minutes

Yield: Approximately 3 cups

Ingredients

2 cups Nonfat vanilla Greek yogurt

$\frac{1}{3}$ cup Brown sugar, packed

1 Tbsp. Honey

1 tsp. Orange zest

1 Tbsp. Orange juice, fresh

$\frac{1}{8}$ tsp. Ground cinnamon

Directions

1. Combine all ingredients in a medium stainless steel bowl; mix thoroughly.
2. Chill for 30 minutes in refrigerator.
3. Serve on assorted fresh fruit or use as a dip.



Low-Sodium Taco Spice

Time: 10 minutes

Yield: 3 oz.

Ingredients

- 2 Tbsp. Chili powder
- 1 Tbsp. Chipotle powder
- 1 Tbsp. Paprika
- 2 tsp. Granulated garlic
- 2 tsp. Dried oregano
- 1 tsp. Granulated onion
- ½–1 tsp. Red pepper flakes
- ½–1 tsp. Ground cumin
- ½ tsp. Ground black pepper

Directions

1. Combine all ingredients in a small stainless steel bowl; mix thoroughly.
2. Store in an airtight container and keep in a cool, dark place until ready to use.

Chapter 14

Meat



Country Fried Steak (Pan Fried)

Time: Prep 30 minutes; Cook time 25 minutes
Yield: 4 steaks

Ingredients

Steaks

4 6-oz. Cube steaks (beef or pork cutlets may be used)

1/2 tsp. Salt

1/2 tsp. Ground black pepper

1 cup All-purpose flour

1/3 cup Cornstarch

2 tsp. Baking powder

1 tsp. Smoked paprika

1 tsp. Granulated garlic (garlic powder may be used)

1/2 tsp. Chili powder

1/2 tsp. Granulated onion (onion powder may be used)

1/2 tsp. Salt

1/2 tsp. Ground black pepper

3/4 cup Buttermilk

1 Tbsp. Hot sauce

2 Eggs, beaten

As needed Vegetable oil for pan-frying

2 Tbsp. Reserved pan-fry drippings

2 Tbsp. Butter

1/4 cup All-purpose flour

2 1/2 cups Milk, divided

1 1/2 tsp. Chicken bouillon (powder, base or 1 1/2 crushed cubes)

1 tsp. Granulated garlic (garlic powder may be used)

1 tsp. Dried parsley (1 Tbsp. fresh may be used)

1/2 tsp. Granulated onion (onion powder may be used)

1/2 tsp. Dried thyme

1/2 tsp. Smoked paprika

1/4 tsp. Salt

1/4 tsp. Black pepper

Directions

1. Preheat oven to 250°F (121°C).
2. Place an oven-safe wire rack on a half sheet pan; set aside.
3. Pound steaks to a 1/4-inch thickness using a meat mallet.
4. Pat steaks very dry with paper towels; season both sides using 1/2 tsp. pepper and 1/2 tsp. salt and let rest at room temperature.
5. Prepare seasoned flour by combining flour, cornstarch, baking powder, smoked paprika, granulated garlic, chili powder, granulated onion, salt, and black pepper. Place in a small bowl or half hotel pan.
6. Prepare the “wash” by combining the buttermilk, hot sauce, and beaten eggs.
7. Dredge each seasoned steak (one at a time) in the seasoned flour, pressing firmly to adhere.
8. Coat each steak in the buttermilk wash to coat; let excess drip off.
9. Return each steak to the seasoned flour and press firmly to adhere, shaking off excess.

Directions

Pan Fry Steaks

1. Add enough vegetable oil to a large cast-iron skillet to reach ¼-inch deep; heat to 375°F–400°F (191°C–204°C).
2. Once oil is at the proper temperature, add two steaks to the pan.
3. Cook for two to three minutes on each side, until golden brown and showing an internal temperature of 145°F–155°F (63°C–68°C).
4. Using an offset spatula, drain steaks on paper towels, then transfer to the wire rack.
5. Repeat with the remaining two steaks.
6. Place all four steaks on a wire rack and keep warm in the oven.

Gravy

1. Drain all but 2 Tbsp. of the grease from the skillet.
2. Add 2 Tbsp. of butter and melt over medium heat.
3. Add ¼ cup of flour to the fat and stir two to three minutes until light brown.
4. Whisk in 2 cup of milk, chicken bouillon, garlic, parsley, onion, thyme, paprika, salt, and pepper.
5. Heat over medium-high heat until it starts to thicken, then reduce to medium-low.
6. Simmer 10–15 minutes to cook out roux.
7. Adjust thickness with a small amount of milk (or water).
8. Taste and season with additional salt and pepper to taste.
9. Serve steaks on a plate; top with gravy and serve.



Hungarian Goulash (Stewed)

Time: Prep 30 minutes; Cook time 3 hours

Yield: 6–8 servings

Ingredients

2 ½ lb. Beef chuck (or pork butt) (trimmed of all fat and cut into 1-inch cubes)

1 tsp. Salt

1 tsp. Black pepper

3–4 Tbsp. Vegetable oil

2 Tbsp. Unsalted butter

2 Large yellow onions, diced

10 oz. Mushrooms, quartered

6 Garlic cloves, minced

¼ cup Sweet (Hungarian) paprika (DO NOT use basic, hot, or smoked paprika)

2 tsp. Caraway seeds

1 tsp. Dried thyme

1 ½ cup Carrots, cut into large dice (1-inch pieces)

1 each Red bell pepper, cut into medium dice (½-inch pieces)

1 14-oz. can Fire roasted diced tomatoes with juice

3 Tbsp. Tomato paste

1 Tbsp. Worcestershire sauce

1 Tbsp. Beef bouillon (powder, base, or two crushed cubes)

2 ½–3 cups Low-sodium beef broth

2 Bay leaves

3 Medium Yukon Gold potatoes, cut into medium dice (½-inch cubes)

¼ cup Beef broth or water (optional for thickening if desired)

2 Tbsp. Cornstarch (optional for thickening if desired)

1 lb. Egg noodles

As needed Sour cream

To taste Salt and pepper

3 Tbsp. Freshly chopped parsley

Directions

Oven Method

Preheat oven to 300°F (149°C).

1. Combine 1 Tbsp. each of salt and pepper; season cubed meat thoroughly and let rest.
2. Heat 2 Tbsp. vegetable oil in a large Dutch oven over medium-high heat.
3. Add half of the beef and cook until seared on all sides, transfer to a plate; repeat with remaining beef.
4. Lower heat to medium and add butter, a drizzle of vegetable oil, onions, and mushrooms.
5. Cook, stirring often, until onions are softened, about 10 minutes.
6. Add garlic, sweet paprika, caraway seeds, and thyme; sauté for one minute.
7. Add carrots, bell peppers, canned tomatoes, tomato paste, Worcestershire, bouillon, beef broth, and bay leaves.
8. Bring the pot to a simmer, cover, then transfer to a 300°F–325°F (149°C–163°C) oven.
9. Cook for one hour, then remove the pot from the oven and add the potatoes.
10. Cover and return to the oven and cook for an additional one and a half to two hours, until beef and potatoes are very tender.
11. Remove goulash from the oven to the stove.
12. Adjust gravy thickness as needed using a slurry (2 Tbsp. cornstarch with ¼ cup of cold beef broth or water).
13. Bring goulash to a boil; add slurry and simmer 5–10 minutes until thickened.
14. Adjust seasoning with salt and pepper as needed.
15. Serve in a bowl on top of egg noodles garnished with a dollop of sour cream and chopped parsley.

Crockpot Method

1. Follow the directions for searing the meat, browning the onions, and sautéing the aromatics, then transfer all the ingredients (including the potatoes) to a 6-quart (or larger) slow cooker.
2. Cook on high for three to four hours or on low for seven to eight hours, until the beef is very tender.
3. Once the beef is tender, adjust gravy thickness with the slurry.
4. Whisk into goulash and cook on high for 30 minutes.
5. Adjust seasoning with salt and pepper as needed.
6. Serve in a bowl on top of egg noodles garnished with a dollop of sour cream and chopped parsley.



Compound Butter

- 8 Tbsp. (1 stick) Butter (room temperature)
- 1 ½ tsp. Lemon zest
- 1 clove Garlic, minced
- 1 ½ Tbsp. Fresh chives, chopped
- 2 Tbsp. Fresh parsley, minced
- 1 Tbsp. Fresh rosemary, minced
- ⅛ tsp. Salt
- ⅛ tsp. Black pepper

London Broil (Grilled)

Time: Prep 10 minutes; Cook time 15 minutes

Yield: 8–10 servings

Ingredients

- 1 ½–2 ½ lb. Flank steak
- ½ cup Olive oil
- Fresh rosemary (for garnish)

Marinade

- ⅓ cup Soy sauce
- ¼ cup Balsamic vinegar
- 2 Tbsp. Lemon juice
- 2 Tbsp. Brown sugar
- 1 ½ Tbsp. Worcestershire sauce
- 1 Tbsp. Dijon mustard
- 1 Tbsp. Granulated onion (onion powder may be used)
- 1 Tbsp. Granulated garlic (garlic powder may be used)
- 1 Tbsp. Parsley, chopped fine
- 1 tsp. Paprika
- 1 tsp. Dried oregano
- 1 tsp. Dried basil
- 1 tsp. Black pepper
- ½ tsp. Dried thyme
- ½ tsp. Dried rosemary
- ½ tsp. Salt
- ½ tsp. Red pepper flakes

Directions

1. Whisk marinade ingredients (olive oil through red pepper flakes) together in a stainless steel bowl; reserve 2 oz. for later use.
2. Place all but 2 oz. of marinade and flank steak in a large sealable plastic bag; press out excess air and seal.
3. Massage marinade into the steak with your hands and rotate bag several times.
4. Marinate in the refrigerator for at least 4 hours or up to 12 hours (the longer the better).
5. Prepare herb compound butter by combining softened butter, lemon zest, garlic, chives, parsley, rosemary, salt, and pepper until thoroughly mixed.
6. Compound butter may be rolled in plastic wrap into a log shape; place in refrigerator until ready to use.
7. When ready to cook, preheat charcoal grill to high heat for 15–20 minutes.
8. Remove the steak from the marinade and drain on a rack placed in a sheet pan; let rest 20 minutes.
9. Clean preheated grill with wire brush; grease grill grates with oil and prepare to cook steak.
10. Grill flank steak on both sides for five to seven minutes until an internal thermometer reads 135°F–140°F (57°C–60°C) for medium rare or 140°F–145°F (60°C–63°C) for medium.
11. Grilling times will vary; always use a thermometer to check for doneness.
12. Remove the steak to a cutting board and let rest for 10 minutes before slicing.
13. Slice steak into strips across the grain (perpendicular to the long strands).
14. Arrange sliced flank steak on a plate or platter and drizzle with the 2 oz. of reserved marinade.
15. Top sliced steak with herb butter and rosemary, and serve with appropriate starch and vegetables.



3 Tbsp. Shallots, minced
3–4 Garlic cloves, minced
½ cup White wine
1 ¼ cup Chicken stock
½ cup Heavy cream
1 Tbsp. Cornstarch
3 Tbsp. Capers, drained and coarse-chopped
3 Artichoke hearts (canned), cut into quarters
lengthwise
2–3 Tbsp. Lemon juice to taste
¼ tsp. Salt
¼ tsp. Black pepper
Parsley, chopped

Veal Piccata (Sauté)

Time: Prep 15 minutes; Cook time 30 minutes

Yield: 3–4 servings

Ingredients

6–8 Veal cutlets, pounded ⅛-inch thin (approximately 24 oz.)

1 tsp. Salt

1 tsp. Black pepper

3 Tbsp. pre-cooked flour (all-purpose also may be used)

1 tsp. Garlic powder

1 tsp. Onion powder

1 tsp. Salt

1 tsp. Lemon pepper

1 tsp. Paprika

3 Tbsp. Olive oil

2 Tbsp. Butter

Directions

1. Preheat oven to 425°F (218°C).
2. Combine 1 tsp. each of salt and pepper. Season both sides of the pounded veal; hold at room temperature.
3. Whisk the flour, garlic, onion, salt, lemon pepper, and paprika together in a medium bowl or half hotel pan.
4. Dredge each seasoned cutlet in the flour mixture and hold on a dry sheet pan.
5. Preheat a 12-inch sauté pan or cast-iron skillet over medium-high heat.
6. Add olive oil, and butter; once hot, add cutlets and cook for two minutes per side or until nicely browned.
7. Transfer veal to a plate; reserve.

Prepare Sauce

1. Check pan for burnt fond; if pan is burnt, obtain a new pan.
2. Drain all but 1 Tbsp. of excess fat from pan.
3. Add shallot and sauté, scraping the drippings for two minutes or until shallots soften.
4. Add garlic; sauté 30 seconds. Do not brown.
5. Carefully deglaze pan with white wine; bring to a simmer and reduce wine by half.
6. Combine chicken stock, cream, and cornstarch; add to skillet and bring to a simmer.
7. Add capers and artichoke hearts, and simmer the sauce four to five minutes to reduce by half.
8. Add lemon juice to taste and adjust seasoning with salt and pepper.
9. Add veal (and any juices) back to the pan and coat with sauce to reheat.
10. Add chopped parsley to sauce.
11. Portion veal onto plate and spoon sauce over, making sure there is enough sauce for every bite.

Chapter 15

Poultry



Braised Chicken with Apple Cider and Cashew Butter

Time: 30 minutes

Yield: 16 servings

Ingredients

2 oz. Shallots, minced

2 ½ fl. oz. Clarified butter

12 fl. oz. Calvados

2 tsp. Fresh thyme, chopped

3 oz. Cashews

1 Tbsp. Honey

1 lb. Unsalted butter

To taste Salt and pepper

Two 3 lb., 8 oz. each Chickens, quartered

As needed Flour

12 oz. *Mirepoix*

4 Garlic cloves

1 pt. Apple cider

1 Tbsp. Cider vinegar

3 pt. Chicken stock

2 Bay leaves

1 sprig Fresh thyme

As needed Blond roux

Directions

1. To make the cashew butter, lightly sauté the shallots in one tablespoon clarified butter. Add 4 ounces of the calvados and the chopped thyme and reduce the mixture. Remove from the heat and cool.
2. Place the cashews in a food processor and process to a medium-fine consistency. Add the cooled shallots, honey, and unsalted butter. Season with salt and pepper and process well.
3. Season the chicken with salt and pepper and dredge in flour.
4. Brown the chicken evenly in the clarified butter for about 6 minutes per side.
5. Remove the chicken. Add the *mirepoix* and garlic to the pan; sauté for 1 minute.
6. Add the remaining calvados, cider, and vinegar; reduce by half.
7. Return the chicken to the pan and add the stock and herbs. Cover and braise until done, approximately 15 minutes. Remove the chicken from the pan. (The breast and wings will cook more quickly and must be removed before the thigh and leg pieces.)
8. Reduce the stock by half. Use the roux to thicken to a light consistency.
9. Strain the sauce, mix with the cashew butter, and season to taste with salt and pepper. Ladle the sauce over the chicken and serve at once.



Duck Breasts with Orange, Honey, and Tea Sauce

Time: 30 minutes

Yield: 4 servings

Ingredients

4 Boneless duck breast halves

To taste Salt and pepper

1 ¼ cup Chopped shallots

4 ½ cups Canned low-salt chicken broth

3 cups Orange juice

9 tsp. Earl Grey tea leaves or five tea bags, leaves removed from bags

2 Tbsp. Honey

6 Tbsp. Butter, cut into small pieces

1 Orange, cut into segments for garnish

Directions

1. Preheat oven to 400°F (204°C). Score the skin of the duck breasts in a small diamond pattern. Sprinkle the duck with salt and pepper.
2. Heat a large, heavy skillet over high heat. Add duck breasts, skin side down, to skillet. Cook until skin is well browned, about 4 minutes. Turn duck breasts over; cook 2 minutes. Remove from heat.
3. Set rack in roasting pan. Transfer duck breasts to rack (reserve drippings in skillet). Roast the duck breasts until they reach a temperature of 165°F (74°C).
4. Meanwhile, heat drippings in skillet over medium heat. Add shallots and sauté until beginning to brown, about five minutes.
5. Tilt the skillet; push the shallots to the higher end of skillet, allowing drippings to flow to the lower end. Spoon off drippings and discard.
6. Add broth, orange juice, and tea leaves to skillet. Simmer until mixture is reduced to 1 ¼ cups, about 17 minutes. Pour mixture through a strainer set over a bowl, pressing on solids to extract as much liquid as possible. Discard solids in strainer.
7. Return liquid to the same skillet. Add honey; bring to a simmer. Whisk in butter. Season sauce with salt and pepper.
8. Thinly slice duck breasts crosswise. Fan slices onto a serving platter. Spoon sauce around the duck. Garnish with orange segments, if desired.



Roasting a Trussed Chicken

Time: 1 hour, 20 minutes

Yield: 6 servings

Ingredients

For the Chicken

- 1 Large onion peeled and cut into eight wedges
- 3 Celery stalks, cut into three-inch pieces
- 3 Carrots, peeled and cut into two-inch pieces
- 1 Tbsp. Canola oil
- 1 tsp. Kosher salt, divided
- ½ tsp. Black pepper, divided
- 10 Thyme sprigs, divided
- 5 Rosemary sprigs, divided
- 1 Five-pound whole chicken
- 4 Garlic cloves, peeled and crushed
- 2 Tbsp. Butter

For the Gravy

- 3 Tbsp. Butter
- 3 Tbsp. All-purpose flour
- 24 oz. (3 cups) Chicken stock or broth

Directions

Roasted Chicken

1. Place the oven rack in the lower third position and preheat oven to 450°F (232°C).
2. Combine the onions, celery, carrots, one tablespoon olive oil, ½ teaspoon salt, and ¼ teaspoon pepper in medium bowl; stir the ingredients to combine.
3. Spread vegetables evenly on bottom of 12" cast-iron skillet and add 5 sprigs of thyme and 3 sprigs of rosemary on top.
4. Remove the neck and giblets from the cavity of the chicken. Discard or save for later use.
5. Thoroughly dry the surface and cavity of the chicken with paper towels and then discard towels.
6. Combine ½ teaspoon salt and ¼ teaspoon pepper and season the inside cavity of the chicken.
7. Add 4 cloves of crushed garlic, 5 sprigs of thyme, and 2 sprigs of rosemary and rub the inside of the bird to infuse it with the flavors.
8. Truss the chicken using about 2 feet of cooking twine.
9. Tuck the wings behind the chicken's back.
10. Place the chicken on its back, breast side up and legs facing toward you.
11. Place the string under the neck area; run the twine over the folded wings.
12. Criss-cross the twine underneath the chicken and bring the ends toward the back legs.
13. Press the legs forward and bring the twine up to tie a knot tightly to support the legs; cut off excess twine and discard.
14. Melt 2 tablespoons of butter and brush onto chicken breasts: season with salt and pepper.
15. Flip the chicken over and brush with butter, then season the bottom with salt and pepper.
16. Save the remaining butter to baste the chicken later.
17. Place chicken breast-side up on top of the vegetables; transfer to the oven and roast for 30 minutes.
18. Remove the chicken from the oven, and brush the surface with the remaining melted butter.
19. Lower the temperature of the oven to 375°F (191°C) and continue to roast the chicken for 30–40 minutes, or until the temperature registers between 160°F (71°C) to 165°F (74°C) in the breast, and 165°F (74°C) to 170°F (77°C) in the meatiest portion of the thigh.
20. If needed, return the bird to the oven for more roasting, and check every 5 minutes.
21. Transfer the chicken to the cutting board and let it rest for 20 minutes before slicing.

Gravy

1. Discard the thyme and rosemary.
2. Transfer the roasted vegetables to a bowl or serving platter.
3. Pour the pan juices into a fat separator and let it sit until the layers separate.
4. Pour only the liquid juices into a measuring cup and add enough chicken stock or broth to reach 3 cups total.
5. In the same skillet used to roast the chicken, make the gravy.
6. Prepare the roux. Heat 3 tablespoons of butter and 3 tablespoons of flour over medium heat; whisk until the flour mixture turns a tan, peanut butter color, about 2–3 minutes.
7. Add the cooked vegetables and whisk in 24 ounces for the stock mixture, until the sauce lightly thickens; simmer 10–15 minutes.
8. Season with salt and pepper to taste; strain gravy through a chinois, being careful not to press the vegetables through the screen.
9. Slice the chicken and serve with gravy.



Leftover Roasted Chicken Carcass Stock

Time: 1–2 hours

Yield: 40 oz.

Ingredients

- 1 Roasted chicken carcass
- 2 Medium carrots, peeled and cut medium dice (½")
- 2 Celery stalks, cut medium dice (½")
- 1 Large onion, peeled and cut medium dice (½")
- 10 Whole peppercorns
- 5 Fresh parsley sprigs
- 3–4 Whole cloves
- 2–3 Thyme sprigs
- 2–3 Garlic cloves, crushed
- 1 Bay leaf
- 6 cups Cold water

Directions

1. Place the chicken carcass in a large stock pot or Dutch oven.
2. Add the carrots, celery, onion, peppercorns, parsley, cloves, thyme, garlic, and bay leaf.
3. Cover with water and bring to a boil.
4. Reduce heat to medium low. Cover with the lid slightly askew to let a little steam escape. Simmer for at least one hour and up to two.
5. Remove the chicken carcass with a spider or tongs; discard the carcass.
6. Remove and discard the cooked vegetables.
7. Chill appropriately and store in the refrigerator for up to 7 days.
8. Strain the finished stock through a fine-mesh strainer.



Chicken Piccata

Time: 15 minutes

Yield: 4 servings

Ingredients

4 Skinless boneless chicken breast halves

3 Tbsp. Butter, room temperature

1 ½ Tbsp. All-purpose flour

Additional All-purpose flour

2 Tbsp. Olive oil

⅓ cup Dry white wine

¼ cup Fresh lemon juice

¼ cup Canned low-salt chicken broth

¼ cup Drained capers

¼ cup Chopped fresh parsley

Directions

1. Place chicken between two large sheets of plastic wrap. Using a meat mallet or rolling pin, lightly pound chicken to ½-inch thickness. Sprinkle chicken with salt and pepper.
2. Mix 1 tablespoon butter and 1 ½ tablespoons flour in a small bowl until smooth. Place additional flour in a shallow baking dish. Dip chicken into flour to coat; shake off excess.
3. Heat 1 tablespoon of oil in each of two heavy, large skillets. Add two chicken breasts to each skillet and cook until golden and cooked through, about 3 minutes per side. Transfer chicken to platter; tent with foil to keep warm.
4. Bring wine, lemon juice, and broth to a boil in one skillet over medium-high heat.
5. Combine the butter and flour to make a *beurre manié*. Then whisk in the *beurre manié* and boil until sauce thickens slightly, about 2 minutes.
6. Stir in capers, parsley, and remaining 2 tablespoons of butter. Season sauce to taste with salt and pepper. Pour sauce over chicken and serve.

Chapter 16

Seafood



Sautéed Trout Meunière (mun-YEAIR)

Time: 15 minutes

Yield: 6 servings

Ingredients

10 oz. Pan-dressed trout

To taste Salt and pepper

1½ cup Flour

6 Tbsp. Butter

1 Tbsp. Lemon juice

2 Tbsp. Parsley

Directions

1. Rinse the trout.
2. Trim the trout as necessary, removing the head and tail if desired.
3. When ready to sauté, blot dry with a single-use paper towel and season with salt and pepper.
4. Dredge the fish in flour, shaking off excess.
5. Heat a sauté pan to medium-high.
6. Add the butter.
7. Sauté the trout until the flesh is opaque and firm, about three minutes per side.
8. Remove the trout from the pan. Keep warm on the side.
9. Add the lemon juice to the butter left in the pan.
10. Swirl the pan to deglaze.
11. Add the parsley and immediately spoon over trout.
12. Serve immediately.



Baked Clams Oreganata

Time: 25 minutes

Yield: 1 dozen

Ingredients

- 1 dozen Littleneck clams, scrubbed
- 1 cup Plain breadcrumbs
- 2 Cloves garlic, smashed and chopped
- 2 Tbsp. Finely chopped Italian parsley leaves
- 3 Tbsp. Finely chopped fresh oregano leaves
- Pinch Crushed red pepper flakes
- To taste Kosher salt
- 2–3 Tbsp. Extra-virgin olive oil
- $\frac{1}{2}$ – $\frac{3}{4}$ cup Chicken stock

Direction

1. Preheat the oven to 450°F–500°F (232°C–260°C).
2. With a stiff brush, or using your hands, scrub the outside of the shell vigorously under cold running water until all sand and grit have been removed.
3. Place the clams on a sheet tray and put them in the preheated oven for two to three minutes or until the clams just begin to open. Do not cook the clams; you just want them to open a little.
4. Pry the clams open with a clam knife. Completely pull the clam away from the bottom shell and place it back in the bottom shell. This will allow for easy eating.
5. In a bowl, combine the breadcrumbs, garlic, parsley, oregano, crushed red pepper, and some salt. Add the olive oil and stir until well combined. Add chicken stock until the mixture is quite wet. Taste to check the seasoning, and add more salt if needed.
6. Place the clams on a sheet tray and return to the preheated oven for 5–6 minutes or until the breadcrumbs are brown and crispy.



Seared Catfish with Crayfish, Tomato-Fennel Broth, and Chorizo

Time: 10 minutes

Yield: 8 servings

Ingredients

- 5 oz. Dried chorizo sausage
- 1½ lb. Catfish fillets cut into 3-oz. portions
- 1 tsp. Kosher salt
- ¼ tsp. Ground black pepper
- 8 oz. Flour for dredging
- 2 Tbsp. Clarified butter
- 1 Tbsp. Olive oil
- 2 oz. Minced shallots
- 8 oz. Crayfish tail meat
- 1½ qt. Seafood stock or chicken stock
- 8 oz. Steamed fennel bulb wedges
- 8 oz. Diced tomato
- 12 oz. Diced roasted red peppers
- 2½ lb. Fresh spinach leaves

Directions

1. Blanch the chorizo in water for 1 minute. Cut each sausage in half lengthwise and cut each half into half-moon shapes.
2. Season catfish with the salt and pepper and dredge in flour. Heat butter in a large sauté pan. Brown the catfish in the butter until fully cooked.
3. Heat the oil in a large saucepan. Add the shallots and chorizo and sweat until the shallots are translucent, about two minutes.
4. Add the crayfish tail meat and stock and simmer for three minutes.
5. Add the fennel, tomatoes, peppers, and spinach. Heat until the spinach is wilted and the vegetables are hot.
6. Place the catfish pieces in a shallow dish and spoon crayfish and vegetables around the catfish.



California Roll

Time: 70 minutes

Yield: 8 servings (6-piece appetizer)

Ingredients

- 1 Avocado, peeled, pitted, and sliced into ¼-inch-thick pieces
- ½ Lemon, juiced
- 4 Nori sheets
- 2 cups Prepared sushi rice
- 1 Small cucumber, peeled, seeded, and cut into long ⅛-inch strips
- 4 Surimi crabsticks, torn into small pieces
- ¼ cup Spicy mayonnaise
- 2 Tbsp. Oyster sauce
- 2 Tbsp. White sesame seeds, toasted
- 2 Tbsp. Black sesame seeds
- As needed Pickled ginger, for serving
- As needed Wasabi, for serving
- As needed Soy sauce, for serving

Directions

1. In a small, stainless-steel bowl, toss the avocado gently with the juice of ½ lemon to prevent browning.
2. Cut nori sheets in half crosswise.
3. Lay one sheet of nori, shiny side down, on a sushi mat.
4. Wet your fingers with water and spread enough of the rice evenly onto the nori; the thickness should be less than a half inch.
5. Combine the white and black sesame seeds and sprinkle onto the rice.
6. Turn the sheet of nori over so that the rice side is down.
7. Place ⅛ of the cucumber, avocado, and crab sticks in the center of the nori sheet.
8. Add a little of the spicy mayonnaise and oyster sauce.
9. Grabbing the edge of the mat closest to you, keep the fillings in place with your fingers while you roll the ingredients into a tight cylinder, using the mat to shape the cylinder.
10. Pull away the mat and set it aside.
11. Cover the California roll with damp paper towels or a damp cloth.
12. Repeat the procedure until all the rice has been used.
13. Cut each California roll into six pieces.
14. Serve with pickled ginger, wasabi paste, and soy sauce.

Chapter 17

Yeast Breads



Soft Roll Dough

Time: 30 minutes

Yield: 12 12-ounce loaves; about 50 3-ounce rolls

Ingredients

- 5 lb., 6 oz. Bread flour
- 1 ½ oz. Salt
- 8 oz. Sugar
- 3 oz. Yeast
- 4 oz. Milk solids
- 4 oz. Shortening
- 4 oz. Butter, softened
- 3 lb. Water
- 1 Egg (for wash)

Directions

1. Scale dry ingredients.
2. Mix for 30 seconds at first speed with a dough hook.
3. Mix yeast with a portion of measured water that is equivalent to two times the weight of yeast.
4. Add yeast and remaining measured liquids to dry ingredients.
5. Mix at second speed until a smooth dough is formed.
6. Develop for 8–10 minutes; remove dough hook and cover bowl; allow to proof until doubled in size.
7. Punch dough after proofing.
8. Portion appropriately; shape as desired.
9. Proof shaped products.
10. Lightly egg wash after proofed and before baking.

Dough may be scaled to 12-ounce portions for round, pan, or shaped loaves.

For cloverleaf rolls, scale to 3-ounce portions and shape appropriately.



French Bread: Baguettes & Epis

Time: 20–30 minutes

Yield: 15 12-ounce loaves, or 13 14-ounce loaves

Ingredients

6½ lb. Bread flour

8 oz. Whole wheat flour

2 oz. Salt

2 oz. Sugar

4 lb. Water

3 oz. Yeast

½ oz. Malt syrup

Directions

1. Preheat the oven to 425°F (220°C).
2. Combine bread flour, wheat flour, salt, and sugar in the bowl of a mixer; aerate 30 seconds on low speed.
3. Dissolve yeast in two times its weight in water. Check for freshness of yeast before using.
4. Combine remaining water, yeast mixture, and malt syrup; add to flour mixture.
5. Develop dough for 8–10 minutes with a dough hook.
6. Ferment dough until doubled in size.
7. Scale dough to 12- or 14-ounce portions.
8. Shape into baguettes, and score tops on the bias with a sharp knife or razor blade.
9. Cut epis with scissors, and alternate snipped edges on the left and right side to resemble a stalk of wheat.



Sourdough Starter and Bread

Time: 25–30 minutes

Yield: 2 10-inch loaves

Equipment

Kitchen scale (this will ensure accurate measurements for intended ratios)

Ingredients for Starter

1 cup (113 g.) Pumpernickel or whole wheat flour

½ cup (113 g.) Water

To Feed Starter

Scant (slightly less than) 1 cup (113 g.) All-purpose flour

½ cup (113 g.) Water; cool (if your house is warm) or lukewarm (if your house is cool)

Ingredients for Bread

5 cups (600 g.) All-purpose flour

1 cup (227 g.) Ripe (fed) sourdough starter

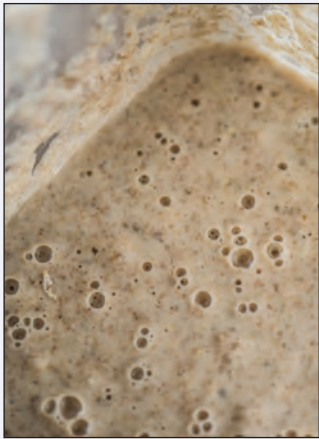
1 ⅕ cup (340 g.) Water, lukewarm

1–2 tsp. (15 g.) Instant yeast

2 ½ tsp. Table salt

Directions for Starter

- 1. Day 1:** Combine the pumpernickel or whole wheat flour with the cool water in a glass, stainless steel, or food-grade plastic container. Make sure the container is large enough to hold your starter as it grows; at least 1-quart capacity is recommended.
- 2.** Stir everything together thoroughly; make sure there's no dry flour anywhere. Cover the container loosely and let the mixture sit at room temperature, about 70°F (20°C) for 24 hours. If your home is below 68°F, find a small, warm spot (like on top of an appliance) to develop your starter.
- 3. Day 2:** You may see no activity at all in the first 24 hours, or you may see a bit of growth or bubbling. Either way, discard half the starter (113 grams, about $\frac{1}{2}$ cup), and add to the remainder 113 grams (a scant 1 cup) all-purpose flour and 113 grams ($\frac{1}{2}$ cup) cool water (if your house is warm); or lukewarm water (if your house is cold).
- 4.** Mix well, cover, and let the mixture rest at room temperature for 24 hours.
- 5. Day 3:** By Day 3, you'll likely see some activity: bubbling; a fresh, fruity aroma; and some evidence of expansion. It's now time to begin two feedings daily, as evenly spaced as your schedule allows: Discard starter until you have 113 grams left in the container. You will do this at the beginning of every feeding. Add 113 grams flour and 113 grams water to the container. Mix the starter, flour, and water. Cover and let it rest at room temperature.
- 6. Day 4:** Feed the starter.
- 7. Day 5:** Feed the starter. By the end of Day 5, the starter should have at least doubled in volume. You'll see lots of bubbles and maybe little "rivulets" full of finer bubbles. Also, the starter should have a tangy aroma—pleasingly acidic, but not overpowering. If your starter hasn't risen much and isn't showing lots of bubbles, repeat feeding every 12 hours until the starter has risen and is bubbly.
- 8.** When the starter is ready, give it one last feeding. Let it rest at room temperature for 6–8 hours; it should be active, with bubbles breaking the surface.
- 9.** Remove the amount of starter you need for your recipe—typically no more than 227 grams, about 1 cup. If your recipe calls for more than 1 cup of starter, give it a couple of feedings without discarding until you've made enough for your recipe plus 113 grams to keep and feed again.
- 10.** Transfer the remaining 113 grams of starter to its permanent home, for example, a jar, or whatever you'd like to store it in. Feed the reserved starter and let it rest at room temperature for several hours before covering it. If you're storing starter in a screw-top jar, screw the top on loosely rather than airtight.
- 11.** Store this starter in the refrigerator and feed it regularly. It is recommended that you feed it once a week, if possible. The more frequently you feed it, the less time and effort it takes to get your starter ready for baking.



Directions for Bread

1. Weigh your flour, or measure it by gently spooning it into a cup; then sweeping off any excess. Combine all of the ingredients, kneading to form a smooth dough.
2. Allow the dough to rise, in a lightly greased, covered bowl, until it's doubled in size, for about 90 minutes.
3. Gently divide the dough in half; it will deflate some. Shape each piece of dough by pulling the edges into the center, turning it over so the seam is on the bottom, and rolling under your cupped hands to form a ball. Cover the dough and let it rest for 15 minutes.
4. To make fat oval loaves, elongate each ball of dough you've shaped by gently rolling it back and forth on an unfloured work surface several times. For longer loaves, continue rolling until they are about 10–11 inches long.
5. Place the loaves on a lightly greased or parchment-lined baking sheet. Cover and let rise until very puffy, about 1 hour. Towards the end of the rising time, preheat the oven to 425°F (220°C).
6. Spray the loaves with lukewarm water and dust generously with flour.
7. Make two fairly deep diagonal slashes in each. A serrated bread knife wielded firmly or a lame works well for this.
8. Bake the bread for 25–30 minutes, until it's a very deep golden brown. Remove it from the oven, and cool on a rack.

Chapter 18

Cakes and Pies



Flourless Chocolate Cake, Egg-Foam Method

Time: 1 hour

Yield: 21 servings

Ingredients

1 lb. Unsalted butter

27 oz. Dark chocolate

2 lb. Eggs, separated

7 oz. Granulated sugar

1 cup Powdered sugar for dusting

1 qt. *Crème anglaise*

Directions

1. Preheat oven to 400°F (205°C).
2. Melt the butter and chocolate in a double boiler.
3. Remove from heat and whisk the egg yolks into the melted chocolate.
4. Whip the egg whites until shiny. Add the granulated sugar and whip until very stiff. Fold into the chocolate. Pour the batter into a full-size hotel pan that is lined with buttered parchment.
5. Bake at 400°F (205°C) for 10 minutes. Lower the oven temperature to 350°F (175°C) and continue baking until done, approximately 40 minutes.

Note: A cake tester will not come out clean, even though the cake is done.

6. Invert the cake onto the back of a sheet pan and remove the hotel pan. Cool completely, and then dust with powdered sugar. Serve garnished with *crème anglaise*.



Linzer Tart

Time: 1 hour 15 minutes

Yield: 8–10 servings

Ingredients

- 8 oz. Unsalted butter (softened)
- 8 oz. Granulated sugar
- 2 Egg yolks
- 4 oz. Orange zest (fine grate)
- Lemon zest (fine grate)
- 11 oz. All-purpose flour
- 6 oz. Hazelnuts (ground fine)
- 1 tsp. Baking powder
- 2 tsp. Cinnamon, ground
- ½ tsp. Cloves, ground
- ¼ tsp. Salt
- 14 oz. Raspberry preserves

Directions

1. To make dough, cream together the butter and sugar until light and fluffy. Add the egg yolks and the orange and lemon zest. Beat until well combined.
2. In another bowl, mix the flour, hazelnuts, baking powder, cinnamon, cloves, and salt. Add the dry mixture all at once to the creamed mixture and mix briefly, until just combined. (This dough looks more like cookie dough than pastry.) Wrap in plastic and chill until firm, at least 4 hours or overnight.
3. Divide the dough in half. On a generously floured surface, briefly knead one piece of dough and flatten it with the palm of your hand. Gently roll the dough and flatten it out until it is ¼-inch thick. Use it to line a 9- or 10-inch tart pan with a removable bottom. Use the extra dough to build up the edges of the tart, if necessary. Chill for approximately 10 minutes.
4. Roll out the second piece of dough to form a rectangle 12 inches long and 4 inches wide. Using a sharp knife or pastry wheel, cut lengthwise strips in parallel lines, ½-inch wide.
5. Remove the lined tart shell from the refrigerator and spread the raspberry preserves evenly over it. To create the lattice pattern with the pastry strips, first lay some strips in parallel lines, ½ inch apart. Then lay a second row of strips at a 45-degree angle to the first. Press the strips to the edge of the crust to seal.
6. Bake at 350°F (175°C) until the crust is golden brown and the filling is bubbly in the center, approximately 45 minutes. Set aside to cool on a wire rack.



Carrot Cake

Time: 1 hour 5 minutes

Yield: 3 7-inch cakes

Ingredients

4 oz. Shortening
 4 oz. Butter
 6 oz. Brown sugar
 4 oz. Sugar
 1/4 oz. Salt
 6 oz. Cake flour
 5 oz. Bread flour
 1/2 tsp. Baking powder
 1 tsp. Baking soda
 2 tsp. Cinnamon
 1/2 tsp. Nutmeg
 1/2 tsp. Ginger
 8 oz. Egg yolks
 8 oz. Sour cream
 1 lb. 4 oz. Grated carrots
 4 oz. Chopped walnuts
 4 oz. Plumped raisins
 4 oz. Drained crushed pineapple
 6 oz. Egg whites
 3 oz. Sugar
 1/4 tsp. Cream of tartar

Directions

1. Place shortening, butter, brown sugar, sugar, and salt into the bowl of a mixer; cream 10–15 minutes.
2. Sift cake flour, bread flour, baking powder, baking soda, cinnamon, nutmeg, and ginger.
3. Alternate adding liquids (eggs and sour cream) with dry ingredients until a smooth batter is formed. Fold in carrots and nuts.
4. Prepare common meringue with egg whites, sugar, and cream of tartar; whip until stiff peaks are formed.
5. Fold common meringue into the cake batter, 1/3 at a time.
6. Pour into a parchment-lined, greased, and floured cake pan.
7. Bake at 350°F–360°F (175°C–180°C) until cake springs to the touch.



Cream Cheese Icing

Time: 15 minutes

Yield: 1 lb. 6 oz.

Ingredients

1 lb. Cream cheese

6 oz. Powdered sugar

2 tsp. Vanilla

Directions

1. Cube cream cheese and soften.
2. Cream with remaining ingredients until smooth.
3. Thin down with a bit of cream or milk as necessary.
4. Spread the cream cheese icing onto your finished carrot cake or other appropriate dessert item.

Chapter 19

Desserts



Chocolate Mousse

Time: 20 minutes

Yield: 16 4-oz. portions

Ingredients

- 11 oz. Semisweet chocolate
- 2 oz. Butter
- 2 oz. Sugar
- 4 oz. Pasteurized egg yolks
- 2 oz. Sugar
- 1 oz. Flavoring (alcohol or extracts)
- 4 oz. Pasteurized egg whites
- 8 oz. Whipped heavy cream

Directions

1. Shave the chocolate and place it in a dry bowl with 1-inch pieces of butter. Then, melt chocolate and butter over a water bath. **Note:** Do not allow any water or steam to come in contact with mixture.
2. Whip yolks and sugar until a ribbon stage is reached.
3. Add yolk and sugar mixture to the chocolate mixture that has been cooled to room temperature.
4. Whip egg whites and sugar to stiff peaks (common meringue); fold into chocolate mixture.
5. Whip heavy cream stiff; fold gently into chocolate base until a smooth consistency is achieved.
6. Pipe into serving glasses/bowls. Refrigerate until needed; garnish as necessary.



Chocolate Fudge Cookies

Time: 25 minutes

Yield: 36 cookies

Ingredients

20 oz. Bittersweet chocolate

3 oz. Butter

5 Eggs

14 oz. Sugar

1 tsp. Vanilla

3 oz. Pastry flour

1 tsp. Baking powder

1/2 tsp. Salt

8 oz. Chocolate chips

6 oz. Chopped nuts

Directions

1. Melt chocolate and butter; cool.
2. Whip eggs, sugar, and vanilla until light (do this by hand); add melted chocolate and butter mixture.
3. Add remaining dry ingredients, and mix to incorporate.
4. Portion onto parchment-lined sheet trays.
5. Bake at 400°F (205°C) for 10 minutes or until edges are just set.
 - a. For fudge-type cookies, underbake slightly.
 - b. For cake-type cookies, overbake slightly.



Ganache

Time: 15 minutes

Yield: Approximately 1 quart

Ingredients

2 oz. Sugar

1 pt. Heavy cream

1 lb. Semisweet chocolate

Directions

1. Dissolve sugar into cream and bring to a boil.
2. Add finely chopped chocolate; mix until combined.
3. Store until needed as a filling or frosting.
4. May be remelted and used as required.

Variations

White chocolate ganache: Same as above, but change cream to 12 ounces and substitute white chocolate.

Ganache for whipping: Change heavy cream to 2 pints; allow to cool overnight; whip to a pipeable consistency. **Note:** Will break if overwhipped.



Caramel Sauce

Time: 25 minutes

Yield: 10 servings (1.25 cups total)

Ingredients

- 1 cup Granulated sugar
- 2 oz. Water
- 6 Tbsp. Unsalted butter, cut into pieces
- 4 oz. Heavy cream
- 1 tsp. Vanilla extract
- 1 pinch Salt

Directions

1. Combine sugar and water in a 3-quart heavy-bottom stainless steel pan; stir until combined.
2. Adjust heat to medium and cook until the sugar dissolves, turns clear, and starts to bubble, about 3–4 minutes.
3. Once bubbling, do not stir again; allow to bubble, swirling the sauce pan occasionally; brush down sides of the pan with water and pastry brush as needed to prevent crystallization.
4. Sugar may form lumps; continue swirling and cooking until the mixture thickens and turns a deep amber color, like honey, about 8–12 minutes. Do not allow the mixture to burn.
5. Carefully add the butter and whisk until completely melted. (Continue to whisk, being careful to avoid getting burned as the caramel bubbles rapidly.)
6. Remove the saucepan from the heat; slowly whisk in all the cream until it has been incorporated.
7. Whisk in the vanilla and salt.
8. Set aside to cool in the pan for 10 minutes.
9. Pour warm caramel sauce into storage container and cool completely; mixture will become thick.
10. Store tightly sealed sauce in refrigerator; the cold caramel mixture will be quite thick, so it may be warmed to thin it as needed.



Peach Sorbet Without Ice Cream Maker

Time: 20 minutes

Yield: 8 servings

Ingredients

28 oz. (800g) Peaches—fresh or frozen, peeled and sliced

7 oz. (200g) Superfine white sugar

1 Tbsp. Lemon juice

Directions

1. If using fresh peaches, peel and slice the peaches into 8 wedges.
2. Add peach wedges and sugar to bowl of food processor.
3. Process until smooth, scraping the sides as needed.
4. Once smooth, add lemon juice to taste.
5. Place into freezer-proof container and freeze for 6 or 7 hours, or until firm.
6. Recipe may be increased/decreased as needed; always use a 4:1 ratio of fruit to sugar.
7. Strawberries, raspberries, and mangoes also work well.



Crème Brûlée

Cooking time: 30 minutes

Yield: (6 4-oz. ramekins, or 4 6-oz. ramekins)

Prep time: 20 minutes

Cooling time: 8–24 hours

Total time: 9–24 hours

Ingredients

1 Vanilla bean (alternatively, ½ Tbsp. vanilla extract or 1 tsp. vanilla bean paste)

¼ tsp. Sea salt

16 oz. Heavy cream

5 Large egg yolks (room temperature)

¾ cup Superfine white sugar (divided)

48 oz. Water (for baking water bath)

As needed Fresh berries for serving

Directions

1. Preheat oven to 325°F (165°C).
2. If using vanilla bean, slice it open and scrape out the seeds.
3. Combine seeds and pod in a stainless steel pot with salt and heavy cream.
4. If not using vanilla bean, add extract or paste to cream mixture at this point.
5. Heat the cream mixture over low heat until it simmers without boiling, about 10 minutes.
6. Remove from heat; discard the vanilla pod if used.
7. In a stainless steel bowl, add egg yolks and ½ cup of sugar; whisk until combined and smooth.
8. In a separate pot, bring the water to a boil; reserve for water bath.
9. Carefully temper egg yolk mixture with the cream and sugar mixture; whisk the cream slowly into the yolk mixture until combined.
10. Do not whisk mixture too aggressively because this leads to bubbles on the surface.
11. Place ramekins into a 2-inch half hotel pan.
12. Pour the custard mixture into the ramekins, filling almost to the top.
13. With the oven door open, place the hotel pan with ramekins on the middle oven rack, and carefully pour boiling water into the hotel pan until it rises halfway up the sides of the ramekins.
14. Slide oven rack into the oven and bake for 30–35 minutes until the custards are set.
15. Remove from water bath and allow to cool at room temperature; chill in refrigerator for 6–24 hours.
16. When ready to serve, sprinkle the remaining ¼ cup sugar evenly over the custards.
17. Swirl the ramekin to evenly coat the surface with sugar, tipping excess into the next ramekin.
18. Caramelize the sugar using a kitchen torch until the sugar is golden, bubbling, and slightly charred.
19. Garnish with fresh berries and serve immediately.

Chapter 20

Modern Plating



Raspberry Coulis

Time: 15 minutes

Yield: 4 servings

Ingredients

6 oz. Raspberries (fresh or frozen)

¼ cup Granulated sugar

2 Tbsp. Orange juice, fresh

1 Tbsp. Chambord or Grand Marnier (optional)

Directions

1. Combine raspberries, sugar, and orange juice in a saucepan over medium-low heat.
2. Cook and stir until the raspberries are soft and syrupy. Stir in liqueur, if using.
3. Transfer mixture to a blender and blend until smooth.
4. Pour through a fine mesh strainer over a bowl.
5. Use a small ladle to press the sauce through the fine strainer; discard any remaining seeds.
6. Store under refrigeration for up to 1 week or freeze for up to 3 months.



Peach Melba

Time: 10 minutes

Yield: 4 servings

Ingredients

¼ cup Sliced almonds, toasted

1 15-oz. can Peach halves in light syrup, drained

1 pint Vanilla ice cream

1 cup Whipped cream

1 cup Raspberry coulis—see previous recipe

Directions

1. Arrange the sliced almonds on a sheet tray and toast in a 400°F (205°C) oven for 2 minutes.
2. The peach halves may be sliced into smaller pieces or left intact.
3. If slicing peaches, first place several small scoops of ice cream in each of four dishes.
4. Top the ice cream with the peach slices and then drizzle on the raspberry coulis.
5. If serving peach halves, place one peach half into the bottom of each of the four dishes.
6. Top each of the peach halves with one large scoop of vanilla ice cream and drizzle on the raspberry coulis.
7. Finish by topping with whipped cream and toasted almonds.
8. Serve the peach Melba immediately.

Coral *Tuile* Garnish

(Bonus recipe not included in textbook)

You will need

- **Time:** 15 minutes
- **Skills:** Personal hygiene, cleaning and sanitizing, sautéing

Check each item off as you collect it.

Equipment

- | | |
|---|--|
| ☐ Measuring spoons | ☐ Splatter screen |
| ☐ Volume measuring cup | ☐ Small ladle |
| ☐ Small bowl | ☐ Tweezers or spatula |
| ☐ Wire whip | ☐ Paper towels |
| ☐ Small sauté pan | |

Ingredients

Yield: 8 or more, depending on size

- | | |
|---|--|
| ☐ 1/3 cup Water | ☐ 1 heaping Tbsp. All-purpose flour |
| ☐ 2 Tbsp. Avocado oil (or vegetable oil) | ☐ Food coloring |

Note: This is a basic recipe. Try adding flavor and colors by using spices and substituting the water with stocks or vegetable juices such as beet juice or kimchi juice.

Mise en Place

- Measure out dry and wet ingredients.

Steps

1. Combine all ingredients in bowl; mix well to fully incorporate.
2. Heat a small sauté pan over medium heat.
3. Add a spoonful of the *tuile* mixture into pan, more or less, depending on the size you need. Be careful! It will splatter so use a splatter screen if possible.
4. The oil in the mixture will heat up and the water will evaporate, leaving the *tuile* garnish.
5. Carefully remove with tweezers or spatula; transfer to paper towel to drain.
6. Keep flat or shape as desired, for example, drape over a rolling pin or use molds.