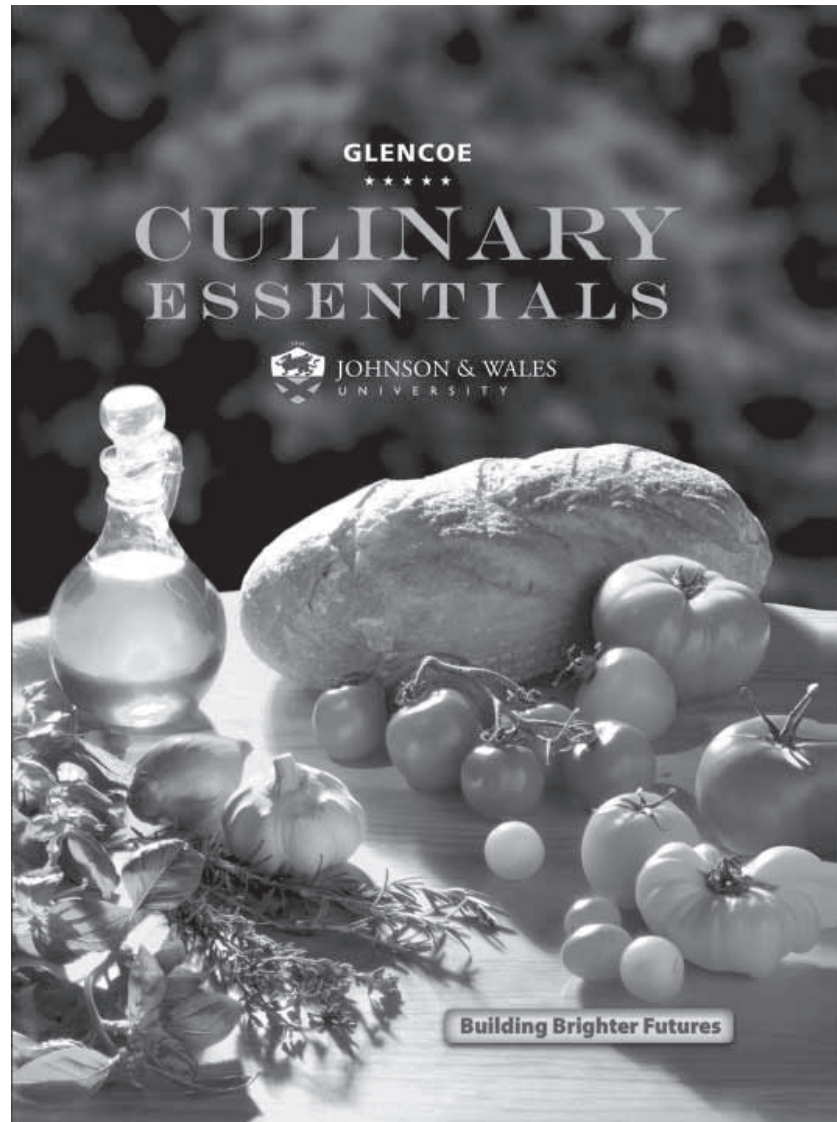


CULINARY ESSENTIALS

Culinary Recipe Cards



Glencoe



JOHNSON & WALES
UNIVERSITY



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Omelet with Cheese

YIELD: 10 SERVINGS

SERVING SIZE: 8 OZ.

COOKING TECHNIQUE:

Shallow-Fry

Shallow-Fry:

1. Heat the cooking medium to the proper temperature.
2. Cook the food product throughout.
3. Season, and serve hot.

GLOSSARY:

Whisk: to aerate with a whip

Julienne: matchstick strips

HACCP:

Cook to 145°F.

Hold cooked eggs at 135°F (57°C) or above.

Hold uncooked egg mixture below 41°F. (5°C)

HAZARDOUS FOODS:

Eggs

Milk

NUTRITION:

Calories: 506

Fat: 41.9 g

Protein: 28.9 g



CHEF NOTES:

When the eggs have set in the sauté pan, place the pan under a broiler for 10–15 seconds to finish cooking the eggs; then roll the omelet out of the pan and onto a preheated serving plate. This creates a fluffier presentation and ensures that the eggs are well done.

INGREDIENTS

30	Eggs, cracked into a bowl
	Salt and ground white pepper, to taste
8 oz.	Milk
5 oz.	Clarified butter, melted
3 oz.	Fresh parsley, washed, excess moisture removed, and chopped
1 lb.	Cheese, julienne

METHOD OF PREPARATION:

1. Season the eggs with salt and pepper. Add the milk, and whisk until the eggs are well combined.
2. Heat an omelet pan with ½ oz. of butter.
3. When hot, add a 6-oz. ladle of egg mixture.
4. Shake the pan, and mix the eggs until they begin to firm, lifting the edges to allow liquid egg to run underneath (see chef notes).
5. When the omelet is almost firm, or 145°F (63°C), turn it over.
6. Place the cheese in the center of the omelet, fold, and roll onto a preheated dinner plate. Serve immediately, or hold at 135°F (57°C) or above.
7. Repeat the procedure until all of the eggs are cooked.
8. Garnish with chopped parsley.

Fried Eggs

YIELD: 1 SERVING

SERVING SIZE: 2 EGGS

COOKING TECHNIQUE:

Shallow-Fry

Shallow-Fry:

1. Heat the cooking medium to the proper temperature.
2. Cook the food product throughout.
3. Season, and serve hot.

HAZARDOUS FOOD:

Eggs

NUTRITION:

Calories: 373

Fat: 35.5 g

Protein: 12.6 g

INGREDIENTS

1 oz.	Butter, clarified
2 large	Eggs, broken into a cup

METHOD OF PREPARATION:

1. In a sauté pan, heat the butter.
2. When hot, but not browning, slip the eggs into the pan, and cook to order (e.g., sunny-side up, over easy, over medium, or as requested). Serve immediately on preheated plates.



CHEF NOTE:

Undercooked eggs may present a risk of foodborne illness.

Poached Eggs

YIELD: 10 SERVINGS

SERVING SIZE: 2 EGGS

COOKING TECHNIQUES:

Simmer, Poach

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

HACCP:

Hold minimally in water at 135°F (57°C) or above.

HAZARDOUS FOOD:

Eggs

NUTRITION:

Calories: 149

Fat: 10 g

Protein: 12.5 g

INGREDIENTS

1 qt.	Water
3 oz.	Vinegar
1 Tbsp.	Salt
20 each	Eggs

METHOD OF PREPARATION:

1. In a poaching pan, combine the water, vinegar, and salt, and bring to a simmer.
2. Crack the eggs separately into a soup cup, and slide them into the simmering liquid.
3. Poach for 3 minutes; then remove with a skimmer. Hold minimally in heated water at 135°F (57°C) or above.



CHEF NOTES:

1. If the poached eggs are for use at a later time, transfer them from the poaching liquid into iced water to chill. Reheat them in a simmering water bath of 135°F (57°C) or above.
2. Poached eggs are frequently served with mornay sauce or hollandaise sauce.
3. Undercooked eggs may present a risk of foodborne illness.

Scrambled Eggs

YIELD: 10 SERVINGS

SERVING SIZE: 6 OZ.

COOKING TECHNIQUE:

Shallow-Fry

Shallow-Fry:

1. Heat the cooking medium to the proper temperature.
2. Cook the food product throughout.
3. Season, and serve hot.

GLOSSARY:

Bain-marie: hot-water bath

HACCP:

Cook to 145°F (63°C).
Hold at 135°F (57°C) or above.
Hold uncooked egg mixture at 41°F (5°C) or below.

HAZARDOUS FOODS:

Eggs
Milk

NUTRITION:

Calories: 493
Fat: 43 g
Protein: 21.2 g

INGREDIENTS

30 each	Eggs
1½ pts.	Milk
10 oz.	Butter, clarified

METHOD OF PREPARATION:

1. Break the eggs into a bowl, and whisk them lightly; then whisk in the milk.
2. In a sauté pan, heat 1 oz. of butter.
3. Add one 6-oz. ladle of the egg mixture, and cook, stirring gently, until the desired firmness is attained. Serve immediately, or hold at 135°F (57°C) or above.
4. Repeat the procedure until all of the eggs are cooked.



CHEF NOTES:

1. If the eggs are to be held in a **bain-marie**, add 10% béchamel sauce to keep them moist.
2. When cooking eggs to order, determine desired firmness.
3. Eggs will turn green where they touch the pan if kept for too long in a bain-marie.
4. If cooking eggs in a large quantity, add 10% béchamel sauce to scrambled eggs.
5. Undercooked eggs may present a risk of foodborne illness.

COOKING TECHNIQUE:

Bake

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

HACCP:

Hold at 135°F (57°C) or above.
 Hold unused batter at 41°F (5°C) or below.

HAZARDOUS FOODS:

Milk
 Pasteurized eggs

NUTRITION:

Calories: 478
 Fat: 11.6 g
 Protein: 9.63 g

**CHEF NOTE:**

For best results, make pancakes to order.

Pancakes with Maple Syrup

YIELD: 50 SERVINGS

SERVING SIZE: 4 EACH

INGREDIENTS

1 qt.	Pasteurized eggs
3 qts.	Milk
2 Tbsp.	Vanilla extract
6 lbs.	All-purpose flour
8 oz.	Sugar
6 oz.	Baking powder
1 lb.	Butter, melted
2 qts.	Maple syrup, heated and kept warm at 140°F (60°C)

METHOD OF PREPARATION:

1. Preheat the griddle.
2. In a mixing bowl, beat the eggs.
3. Add the milk and vanilla to the beaten eggs, and mix well. Set aside.
4. Mix all of the dry ingredients together. Add the egg mixture, and whisk to a smooth batter.
5. Stir the butter into the mixture.
6. Let the batter rest for 1 hour before using.
7. To cook, pour approximately 2 oz. of batter on a seasoned, lightly buttered griddle.
8. Cook until the bubbles appear on the top and the edges become dry.
9. Turn over, and bake the other side until done. Serve immediately, or hold at 135°F (57°C) or above.
10. Hold the unused batter at 41°F (5°C) or below if not used immediately.
11. Serve with warm syrup.
12. Repeat the procedure until all of the batter is used.

Buttermilk Waffles

YIELD: 50 SERVINGS

SERVING SIZE: 2 1/2 OZ.

COOKING TECHNIQUE:

Bake

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

HACCP:

Hold at 135°F (57°C) or above.
Keep batter chilled at 41°F (5°C) or below.

HAZARDOUS FOODS:

Pasteurized egg whites
Buttermilk

NUTRITION:

Calories: 153
Fat: 5.05 g
Protein: 4.67 g

INGREDIENTS

4 oz.	Pasteurized egg whites
1 lb.	Whole-wheat flour
2 lbs.	All-purpose flour
3 oz.	Baking powder
1 Tbsp.	Salt
2 qts.	Buttermilk
8 oz.	Safflower oil

METHOD OF PREPARATION:

1. Preheat a waffle iron.
2. Beat the egg whites until stiff but not dry; set them aside.
3. In a medium bowl, sift together the flours, baking powder, and salt.
4. Add the buttermilk; stir together, but do not overmix. Add the oil, and then fold in the egg whites.
5. Ladle 2½ oz. of batter onto a lightly oiled, hot waffle iron. Close, and bake until the steaming stops. Lift the waffle from the iron with a fork. Serve immediately, or hold at 135°F (57°C) or above.
6. Repeat the procedure until all of the batter is used.



CHEF NOTES:

1. Keep batter chilled to 41°F (5°C) or below if not used immediately.
2. For best results, make waffles to order.

French Toast

YIELD: 50 SERVINGS

SERVING SIZE: 6 STRIPS

COOKING TECHNIQUE:

Shallow-Fry

Shallow-Fry:

1. Heat the cooking medium to the proper temperature.
2. Cook the food product through-out.
3. Season, and serve hot.

HACCP:

Hold at 135°F (57°C) or above.
Hold at 41°F (5°C) or below.

HAZARDOUS FOODS:

Milk
Pasteurized eggs

NUTRITION:

Calories: 500
Fat: 19.4 g
Protein: 9.63 g

INGREDIENTS

1 qt.	Pasteurized eggs
2½ qts.	Milk
2 oz.	Cinnamon
1 Tbsp.	Salt
4 oz.	Sugar
100 thick slices	Bread, crusts removed and cut into thirds
1½ lbs.	Butter, clarified, melted
2 qts.	Maple syrup, heated and kept warm at 135°F (57°C)

METHOD OF PREPARATION:

1. Preheat the griddle.
2. In a mixing bowl, whisk the eggs.
3. Add the milk, cinnamon, salt, and sugar, and mix well with a whisk. Hold at 41°F (5°C) or below, or use immediately.
4. Dip the bread strips into the egg mixture, coating well.
5. Place on a well-buttered griddle or in a large skillet, and brown on one side. Turn over, and brown the other side.
6. Serve immediately, or hold at 135°F (57°C) or above.
7. To serve, arrange six "fingers" on a plate, and offer warmed maple syrup.



CHEF NOTE:

This recipe originally called for 2-inch angle cut slices from a French baguette.

O'Brien Potatoes

YIELD: 10 SERVINGS

SERVING SIZE: 4 OZ.

COOKING TECHNIQUES:

Sauté, Deep-Fry

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

Deep-Fry:

1. Heat the frying liquid to the proper temperature.
2. Submerge the food product completely.
3. Fry the product until it is cooked throughout.

GLOSSARY:

Brunoise: 1/8-in. dice

Render: to melt fat

HACCP:

Hold at 135°F (57°C) or above.

NUTRITION:

Calories: 454

Fat: 34.8 g

Protein: 7.42 g

INGREDIENTS

1 lb.	Bacon, cut into 1/2-in. dice
8 oz.	Onions, peeled and diced brunoise
8 oz.	Green bell peppers, washed, seeded, and cut into 1/4-in. dice
4 oz.	Canned pimientos, rinsed in cold water and cut into 1/4-in. dice
1 tsp.	Paprika
	Oil, as needed
3 lbs.	Potatoes, washed, peeled, and cut into 1/2-in. dice (held in cold water)
	Salt and ground white pepper, to taste

METHOD OF PREPARATION:

1. In a sauté pan, **render** the bacon until lightly browned.
2. Add the onions, and sauté until they are translucent. Add the bell peppers, and sauté until soft.
3. Add the pimientos and paprika, and blend; then, remove from the heat, and hold at 135°F (57°C) or above.
4. Heat the oil to 350°F (177°C).
5. Drain the potatoes thoroughly. Deep-fat fry the potatoes in oil until golden brown and tender.
6. Drain the potatoes of excess oil, and place them in a hotel pan. Add the bacon mixture, and mix together well. Season with salt and white ground pepper, to taste.
7. For service, hold at 135°F (57°C) or above.

Broiled Bacon Slices

COOKING TECHNIQUES:

Broil or Bake

Grill/Broil:

1. Clean and heat the grill/broiler.

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

HACCP:

Hold at 135°F (57°C) or above.

NUTRITION:

Calories: 120

Fat: 10.3 g

Protein: 6.4 g

YIELD: 50 SERVINGS

SERVING SIZE: 3 SLICES

INGREDIENT:

7 lbs. (150 slices) Bacon, sliced

METHOD OF PREPARATION:

1. Preheat the broiler and/or oven to 425°F (218°C).
2. Cover a sheet pan with parchment paper. Lay out the sliced bacon on the parchment-lined sheet pan.
3. Place the sheet pan under the broiler, and broil the bacon until golden brown and crispy, or place the sheet pan in the oven, and bake the bacon until golden brown and crispy.
4. Transfer the bacon slices to a perforated hotel pan with a solid hotel pan underliner, or transfer to a hotel pan lined with slices of white bread to absorb fat. Do not cover. Hold at 135°F (57°C) or above.



CHEF NOTE:

Rendered bacon fat can be reserved for cooking, if desired.

Sausage Links

YIELD: 50 SERVINGS

SERVING SIZE: 3 LINKS

COOKING TECHNIQUES:

Bake, Steam

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

Steam: (Traditional)

1. Place a rack over a pot of water.
2. Prevent steam vapors from escaping.
3. Shock or cook the food product throughout.

HACCP:

Cook to 155°F (68°C) or above.
Hold at 135°F (57°C) or above.

HAZARDOUS FOOD:

Pork sausage links

NUTRITION:

Calories: 144
Fat: 12.2 g
Protein: 7.68 g

INGREDIENT:

150 each Pork sausage links

METHOD OF PREPARATION:

1. Preheat the oven to 425°F (218°C).
2. Place the sausage in a perforated hotel pan, and place in a steamer for 5 minutes. Transfer to sheet pans, and cover with parchment paper.
3. Place in the oven, and brown until golden, about 10 minutes. The internal temperature must be 155°F (68°C) or above.
4. Transfer the sausage links to a perforated hotel pan with a solid hotel pan underliner or transfer to a hotel pan lined with slices of white bread to absorb fat. Do not cover. Hold at 135°F (57°C) or above.



CHEF NOTE:

The sausage can be seasoned additionally with crumbled dry sage and freshly ground black pepper.

Baked Ham Slices

COOKING TECHNIQUE:

Bake

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

HACCP:

Hold at 135°F (57°C) or above.

HAZARDOUS FOOD:

Ham

NUTRITION:

Calories: 82.6

Fat: 5.71 g

Protein: 7.34 g

YIELD: 50 SERVINGS

SERVING SIZE: 1½ OZ.

INGREDIENTS

5 lbs. Ham, fully-cooked, boneless, trimmed of fat

METHOD OF PREPARATION:

1. Preheat the broiler or oven to 350°F (177°C).
2. Slice the ham into 1½-oz. portions, and lay out on sheet pans.
3. Bake to an internal temperature of 145°F (63°C), or about 10 minutes. Remove, and transfer to hotel pans for service. Hold at 135°F (57°C) or above.

Cream of Wheat

YIELD: 50 SERVINGS

SERVING SIZE: 6 OZ.

COOKING TECHNIQUE:

Simmer

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

HACCP:

Hold at 135°F (57°C) or above.

HAZARDOUS FOOD:

Milk

NUTRITION:

Calories: 185

Fat: 4.02 g

Protein: 4.63 g



CHEF NOTES

1. The cereal can be topped with fresh fruit, brown sugar, or syrups.
2. Granulated sugar mixed with cinnamon or cocoa may be served on the side
3. For a richer flavor, replace part or all of the water with milk.

INGREDIENTS

2 gal.	Water
1 lb.	Butter, softened
1 Tbsp.	Salt
3 lbs.	Cream of wheat
2 qts.	Milk, heated to 165°F (74°C)

METHOD OF PREPARATION:

1. In a large saucepan, combine the water, butter, and salt, and bring the mixture to a boil.
2. Slowly pour the cream of wheat into the boiling liquid.
3. Stir continuously, and simmer for 3–5 minutes, or until thickened and the cream of wheat is cooked.
4. Serve immediately in a preheated cereal bowl, with hot milk on the side, or hold at 135°F (57°C) or above.

Oatmeal

YIELD: 50 SERVINGS

SERVING SIZE: 6 OZ.

COOKING TECHNIQUE:

Simmer

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

HACCP:

Hold at 135°F (57°C) or above.

HAZARDOUS FOOD:

Milk

NUTRITION:

Calories: 162

Fat: 6.03 g

Protein: 6.68 g

INGREDIENTS

4 qts. Water

4 qts. Milk

4 oz. Butter

1 oz. Salt

3 lbs. Oatmeal

Additional milk, to taste, heated to 165°F (74°C) and held at 135°F (57°C)

Sugar, optional

METHOD OF PREPARATION:

1. In a large saucepot, combine the water, milk, butter, and salt, and bring to a boil.
2. Add the oatmeal slowly, stirring continuously, and cook for 10–15 minutes, continuing to stir, or until the oatmeal is tender and the desired consistency is achieved.
3. Serve immediately in a preheated cereal bowl, offering additional milk or sugar on the side, or hold at 135°F (57°C) or above.



CHEF NOTES

1. The cereal also can be offered with fresh fruit, brown sugar, or syrups.
2. As an alternative, sauté peeled, cored, and diced apple in butter with sugar, and then add to the boiling liquid before adding the oatmeal. Season with cinnamon.

COOKING TECHNIQUE:

Not applicable

GLOSSARY:

Brunoise: finely diced

NUTRITION:

Calories: 56

Fat: 0 g

Protein: .5 g

No-Cook Apple Chutney

YIELD: ABOUT 44 OZ.

SERVING SIZE: 2 OZ.

INGREDIENTS

1 lb.	Cooking apples, cored and grated with peel
2 Tbsp.	Lemon juice mixed with 2 Tbsp. of water
½ lb.	White onions, grated
1-¼ oz.	Golden raisins
1 each	Green bell pepper, diced brunoise
2 Tbsp.	Pimiento, diced brunoise
2 oz.	Pitted dates, diced brunoise
3 Tbsp.	Crystallized ginger, finely chopped
2 Tbsp.	Cider vinegar
1 tsp.	Honey
1 tsp.	Salt
¼ tsp.	Cardamom

METHOD OF PREPARATION:

1. Toss the grated apples in the lemon water.
2. Drain, and discard the liquid.
3. Combine the apples with the remaining ingredients, and mix well.

Dried-Fruit Compote

YIELD: ABOUT 1 QT.

SERVING SIZE: 1 OZ.

COOKING TECHNIQUE:

Boil, Simmer

Boil: (at sea level)

1. Bring the cooking liquid to a rapid boil.
2. Stir the contents, and cook the food product throughout.
3. Serve hot.

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

GLOSSARY:

Julienne: matchstick strips

NUTRITION:

Calories: 69

Fat: 0 g

Protein: .5 g

INGREDIENTS

1 lb.	Mixed dried fruits, such as apricots, prunes, figs, peaches, pears, apples, and raisins
Zest of 1	Lemon, cut julienne
1 Tbsp.	Lemon juice
1 each	Cinnamon stick
2 each	Whole cloves
16 oz.	Water

METHOD OF PREPARATION:

Combine all of the ingredients, and soak overnight. Heat the compote to a boil, and simmer for about 20 minutes, or until the fruit becomes tender. Add more water if necessary. Serve warm or cold.



CHEF NOTE:

This compote goes well with duck.

COOKING TECHNIQUE:

Not applicable

HACCP:

Keep ingredients chilled at 41°F (5°C) or below.

NUTRITION:

Calories: 45.8

Fat: .19 g

Protein: 1.93 g

Black Bean Salsa

YIELD: 10 SERVINGS

SERVING SIZE: 2 OZ.

INGREDIENTS

6 oz.	Cooked black beans, drained
1 each	Mango, peeled and coarsely chopped
6 oz.	Red onion, peeled and diced brunoise
1 each	Jalapeño chili, washed, seeded, and finely minced
2 oz.	Fresh cilantro leaves, coarsely chopped
2 oz.	Freshly squeezed lime juice, strained
	Salt and freshly ground black pepper, to taste

METHOD OF PREPARATION:

1. In a noncorrosive bowl, combine all of the ingredients for the salsa, and mix well.
2. Cover, and refrigerate at 41°F (5°C) or below for at least 1 hour, to allow the flavors to mingle.
3. Bring to room temperature for service.

Cranberry Relish

YIELD: 10 SERVINGS

SERVING SIZE: 2 OZ.

COOKING TECHNIQUE:

Not applicable

GLOSSARY:

Segmented: membranes removed

HACCP:

Hold at 41°F (5°C) or below.

NUTRITION:

Calories: 88.3

Fat: .217 g

Protein: .411 g

INGREDIENTS

1 each	Pear, washed, peeled, cored, and quartered
1 each	Apple, prepared same as above
1 each	Orange, zest removed and reserved, then segmented
1 each	Lemon, peel removed and segmented
¼ lb.	Fresh cranberries, washed and stemmed
3 oz.	Granulated sugar, or to taste
1 oz.	Flavoring, brandy

METHOD OF PREPARATION:

1. Combine all of the fruits in a food processor, and grind to a fine consistency.
2. Transfer the mixture to a nonreactive container, such as an earthenware crock. Add the sugar, and mix well.
3. Add the brandy flavoring, mix well, and cover. Marinate for at least 24 hours, holding at a temperature of 41°F (5°C) or below.



CHEF NOTES:

1. Preparation should be started 1 day in advance of service to allow flavors to develop.
2. Fresh cranberries can be replaced with the same amount of frozen berries.

COOKING TECHNIQUE:

Not applicable

HACCP:

Refrigerate at 41°F (5°C) or below.

NUTRITION:

Calories: 94

Fat: 5.27 g

Protein: .674 g

Mango Relish

YIELD: 1 QT.

SERVING SIZE: 3 OZ.

INGREDIENTS

5 each	Large mangoes, washed
5 each	Hot chili peppers, seeded and finely minced
5 cloves	Garlic, peeled and finely minced
	Salt, to taste
3 oz.	Olive oil

METHOD OF PREPARATION:

1. Peel the mangoes, and cut the flesh from the seed.
2. Chop the flesh to a pulp, add the remaining ingredients, and mix well.
3. Hold in a covered stainless steel bowl and refrigerate at 41°F (5°C) or below.

Guacamole

YIELD: 50 SERVINGS

SERVING SIZE: 1 OZ.

COOKING TECHNIQUE:

Not applicable

GLOSSARY:

Concassé: to roughly chop

Brunoise: finely diced

HACCP:

Hold at 41°F (5°C) or below.

HAZARDOUS FOOD:

Sour cream

NUTRITION:

Calories: 81

Fat: 7.2 g

Protein: 1.14 g

INGREDIENTS

10 each	Avocado, ripened
1 lb.	Tomato, blanched, peeled, seeded, and concassé
1 lb.	Onion, peeled and diced brunoise
2 each	Jalapeño peppers, washed, seeded, and diced brunoise
8 oz.	Sour cream
2 oz.	Lemon juice
	Salt and ground black pepper, to taste

METHOD OF PREPARATION:

1. Cut the avocado in half. Remove the seed, and remove the flesh from the skin. If holding the flesh, the addition of lemon or lime juice will prevent discoloration.
2. Purée the avocado flesh in a food processor until smooth.
3. Blend the puréed mixture with the remaining ingredients.
4. Tightly cover with plastic wrap to prevent discoloration, and refrigerate at 41°F (5°C) or below until service.

American Salad

YIELD: 10 SERVINGS

SERVING SIZE: 4-5 OZ.

COOKING TECHNIQUE:

Not applicable

GLOSSARY:

Julienne: matchstick strips

HACCP:

Keep all ingredients chilled to 41°F (5°C) or below.

NUTRITION:

Calories: 402

Fat: 29.4 g

Protein: 5.48 g

INGREDIENTS

1 head	Romaine lettuce
5 each	Tomatoes, washed, peeled, seeded, and sliced into ¼-in. pieces
2 lbs.	New potatoes, washed, boiled, and sliced into ¼-in. pieces
1 lb.	Celery, washed and cut julienne
1 each	Onion (medium), peeled and sliced thin
3 each	Eggs, hard-boiled
20 oz.	Vinaigrette dressing

METHOD OF PREPARATION:

1. Line a serving plate with the salad greens.
2. Arrange the slices of tomatoes and potatoes over the greens.
3. Peel the hard-boiled eggs, and slice them with an egg slicer. Arrange the egg slices over the tomatoes and potatoes.
4. Sprinkle the julienne of celery and onions rings on top of the eggs.
5. Flavor with vinaigrette.



CHEF NOTES:

1. Boil the potatoes a day in advance in moderately salted water.
2. Always choose uniform-size potatoes.

Caesar Salad

YIELD: 10 SERVINGS

SERVING SIZE: 3 OZ.

COOKING TECHNIQUE:

Not applicable

GLOSSARY:

Emulsion: incorporation of two liquids

HACCP:

All ingredients must be chilled to 41°F (5°C) or below.

HAZARDOUS FOOD:

Egg yolks

NUTRITION:

Calories: 209.5

Fat: 13.8 g

Protein: 8.9 g

INGREDIENTS

6 large cloves	Garlic, peeled and cut in half
1 tsp.	Salt
5 each	Anchovy fillets
5 each	Eggs, boiled 3 minutes and white discarded
2 Tbsp.	Dijon mustard
2 oz.	Olive oil
1 Tbsp.	Red wine vinegar
2 oz.	Freshly squeezed lemon juice
	Freshly ground black pepper, to taste
2 heads (2 lbs.)	Romaine lettuce, washed, dried, and torn into bite-size pieces
5 oz.	Croutons
3 oz.	Grated Parmesan cheese

METHOD OF PREPARATION:

1. Season the bowl with the garlic cloves, using the salt as an abrasive. Remove the salt and garlic when the bowl is well seasoned.
2. Add the anchovies, and mash with a fork. Move the anchovies to one side of the bowl. Add the egg yolks and mustard.
3. Blend the oil into the egg, slowly and steadily, forming an **emulsion**.
4. Add the wine vinegar, lemon juice, and pepper. Mix well.
5. Add the romaine lettuce, and toss. Toss all of the above by rotating the service spoon and fork from the back to the front of the bowl until the lettuce is fully coated.
6. Add the croutons, and toss as in step 5.
7. Add the cheese, and toss again. Serve immediately.



CHEF NOTES:

1. When adding lemon juice, supplement with five dashes of Worcestershire sauce and three dashes of Tabasco sauce.
2. When adding lemon juice, supplement with five dashes of soy sauce.
3. Blend the oil and lemon juice, and emulsify; then add dry mustard instead of Dijon.
4. Pasteurized eggs may be substituted for fresh whole eggs.
5. When increasing Caesar salad to a larger amount, do not increase the amount of garlic, anchovies, and mustard proportionately. That is, if you double the recipe, use less than twice the amount of garlic, anchovies, and mustard.
6. All ingredients must be chilled to 41°F (5°C) or below.

COOKING TECHNIQUE:

Blanch

GLOSSARY:**Blanch:** to parboil**Brunoise:** 1/8-in. dice**HACCP:**

Keep all ingredients chilled to 41°F (5°C) or below.

NUTRITION:

Calories: 275.5

Fat: 17.6 g

Protein: 10.35 g

Mexican Corn Salad

YIELD: 50 SERVINGS

SERVING SIZE: 8 OZ.

INGREDIENTS

10 lbs.	Corn kernels, frozen
2 lbs.	Red peppers, washed, seeded, and diced
2 lbs.	Green peppers, washed, seeded, and diced
6 each	Chili peppers, washed, seeded, and diced
3 lbs.	Globe tomatoes, washed, cored, blanched , peeled, seeded, and chopped
2 lbs.	Red onions, peeled and diced brunoise
2 lbs.	Zucchini, washed and diced

DRESSING:

12 oz.	Vegetable oil
4 oz.	Lemon juice
2 oz.	White vinegar
1/4 oz.	Fresh oregano, washed and chopped
1/4 oz.	Fresh cilantro, washed and chopped
1/2 tsp.	Ground coriander, toasted in a sauté pan
1/2 tsp.	Ground cumin, toasted in sauté pan
	Salt, to taste
1/4 tsp.	Hot pepper sauce (e.g., Tabasco)

GARNISHES:

3 lbs.	Monterey Jack cheese, diced
2 lbs.	Black olives
4 oz.	Scallions, cut into flowers
	Salad greens as needed

METHOD OF PREPARATION:

1. Combine all of the ingredients for the dressing in a bowl. Whip vigorously.
2. Combine the corn kernels with the diced vegetables in a different bowl. Marinate with the dressing in the refrigerator at 41°F (5°C) or below for 1 hour.
3. Place the corn salad on top of greens on chilled salad plates. Garnish with Monterey Jack cheese, black olives, and scallion flowers.

**CHEF NOTE:**

This recipe is a Mexican-American salad served in the Southwest as either an appetizer or an accompaniment. Some variations of this recipe can be called corn salsa.

COOKING TECHNIQUE:

Sauté

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

GLOSSARY:

Render: to melt fat

NUTRITION:

Calories: 135

Fat: 9.68 g

Protein: 4.91 g

Hot Wilted- Spinach Salad

YIELD: 10 SERVINGS

SERVING SIZE: 4 OZ.

INGREDIENTS

2 lbs. Fresh spinach leaves, washed, dried, and stems removed

8 oz. Bacon, cut into ½-in. pieces

2 oz. Brown sugar

2 oz. Olive oil

1 oz. Wine vinegar

1 Tbsp. Lemon juice

Salt and freshly ground black pepper, to taste

METHOD OF PREPARATION:

1. Tear the spinach into bite-size pieces, and place in a bowl.
2. Place the bacon in a sauté pan; sauté until it begins to brown and most of the fat is **rendered**.
3. Add the brown sugar, and melt.
4. When the bacon is fully cooked and the sugar is melted, add the oil, vinegar, and lemon juice, and season, to taste.
5. Mix well; then, pour over the spinach leaves, and toss. Serve immediately.



CHEF NOTES:

1. In addition to spinach, ripe olives, onions, cooked eggs, or sliced mushrooms can be added.
2. The dressing can be supplemented with Worcestershire sauce or garlic.
3. White sugar can be used instead of brown sugar.

COOKING TECHNIQUE:

Not applicable

HACCP:

Keep all ingredients chilled to 41°F (5°C) or below.

HAZARDOUS FOOD:

Eggs

NUTRITION:

Calories: 85.8

Fat: 4.07 g

Protein: 3.99 g

Mimosa Salad

YIELD: 10 SERVINGS

SERVING SIZE: 4 OZ.

INGREDIENTS

2 heads	Iceberg lettuce, trimmed, washed, and torn in bite-size pieces
5 each	Eggs, hard-cooked, peeled, and grated
3 oz.	Freshly chopped parsley, excess moisture removed
	Salt and ground white pepper, to taste
10 oz.	Basic French dressing

METHOD OF PREPARATION:

1. Place the lettuce in ice water, and refrigerate at 41°F (5°C) or below until needed for service.
2. Mix the grated eggs with the parsley, and season to taste.
3. Drain and dry the lettuce leaves. Place in a bowl and mix with the French dressing.
4. Place lettuce on chilled salad plate.
5. Sprinkle the egg mixture over the lettuce and serve.

**CHEF NOTE:**

The name Mimosa refers to the garnish of hard-cooked egg mixed with parsley.

Tabbouleh Salad

YIELD: 30 SERVINGS

SERVING SIZE: 6 OZ.

COOKING TECHNIQUE:

Blanch

GLOSSARY:

Blanch: to parboil

HACCP:

Keep all ingredients chilled to 41°F (5°C) or below.

NUTRITION:

Calories: 216

Fat: 14.3

Protein: 3.86 g

INGREDIENTS

2 lbs.	Bulgur wheat
½ gal.	Water or vegetable stock, heated to a boil
10 each	Cucumbers, peeled, seeded, and diced
2 lbs.	Red onions, peeled and diced
2 lbs.	Red peppers, washed, cored, and diced small
24 each	Tomatoes, washed, blanched , peeled, seeded, and diced
8 oz.	Scallions, washed and sliced
6 oz.	Fresh (flat leaf) parsley, washed, excess moisture removed, and chopped
¾ lb.	Fresh mint, chopped
2 heads	Romaine lettuce

DRESSING:

1½ pts.	Olive oil
6 oz.	Lemon juice
7 cloves	Garlic, mashed into a paste
	Salt and pepper, to taste

METHOD OF PREPARATION:

1. Rehydrate the bulgur wheat in boiling water or stock. Then, place it in a large mixing bowl, and allow it to cool.
2. Reserve some of the diced cucumbers, red peppers, and herbs for garnish. Mix the rest with the bulgur wheat and dressing. Portion onto the Romaine lettuce, and garnish with tomatoes, scallions, and fresh mint.



CHEF NOTE:

Tabbouleh salad is a favorite in the Middle East and certain areas of the Mediterranean. It is most commonly prepared with only olive oil, lemon juice, and fresh mint.

COOKING TECHNIQUE:

Not applicable

HACCP:

Keep all ingredients chilled to 41°F (5°C) or below.

HAZARDOUS FOOD:

Cream cheese

NUTRITION:

Calories: 387

Fat: 21 g

Protein: 7.43 g

Filipino Mixed-Fruit Salad

YIELD: 10 SERVINGS

SERVING SIZE: 3 OZ.

INGREDIENTS

14 oz.	Cream cheese
10 oz.	Canned condensed milk
1 #2½ can (27 oz.)	Fruit cocktail, drained
1 #303 can (1 lb.)	Peaches, drained and diced
1 #2 can (19 oz.)	Pineapple tidbits
1 #3 can (1 lb.)	Mandarin oranges, drained
2 each (8 oz.)	Apples, peeled, cored, and diced
1 head	Boston lettuce, washed, cored, leaves separated and wiped dry
20 each	Halved walnuts
2 oz.	Shredded coconut
10 each	Cherries, with stems

METHOD OF PREPARATION:

1. In a large bowl, blend together the cream cheese and condensed milk. Add the canned fruits and apples, and mix well. Cover and refrigerate at 41°F (5°C) or below for at least 1 hour.
2. To serve, line a chilled salad plate with lettuce. Scoop the salad on the center of the lettuce, and garnish with walnuts and coconut. Place a cherry on top, and serve, or hold refrigerated at 41°F (5°C) or below.

Waldorf Salad

COOKING TECHNIQUE:

Not applicable

HACCP:

Keep all ingredients chilled to 41°F (5°C) or below.

HAZARDOUS FOODS:

Mayonnaise
Heavy cream

NUTRITION:

Calories: 435
Fat: 34.9 g
Protein: 5.71 g

YIELD: 50 SERVINGS

SERVING SIZE: 6 OZ.

INGREDIENTS

12 lbs.	Red and green apples, washed, cored, and diced or julienned
4 oz.	Lemon juice, to treat the apples
6 lbs.	Celery, washed and diced small or julienned
2 lbs.	Walnuts, roughly chopped
	Salad greens, as needed for serving, washed and trimmed

CHANTILLY DRESSING:

3 pts.	Mayonnaise
16 oz.	Heavy cream
8 oz.	Granulated sugar

METHOD OF PREPARATION:

1. Place the diced apples in a bowl, and treat them with lemon juice so they do not turn brown. Add the celery and walnuts.
2. Mix ingredients together for the dressing. Just before service, blend the dressing together with the other ingredients.
3. Serve in a large bowl or on chilled salad plates on lettuce greens. Garnish with grapes (optional).

COOKING TECHNIQUE:

Not applicable

HACCP:

Keep all ingredients chilled to 41°F (5°C) or below.

NUTRITION:

Calories: 782

Fat: 68.3 g

Protein: 23 g

Antipasto

YIELD: 50 SERVINGS

SERVING SIZE: 8 OZ.

INGREDIENTS

2 lbs.	Salami, thinly sliced and cut into thin strips
2 lbs.	Pepperoni, thinly sliced
2 lbs.	Capocollo, thinly sliced
2 lbs.	Canned tuna, flaked
1 lb.	Cucumbers, peeled and thinly sliced
2 heads	Broccoli, cut into florets
3 lbs.	Mushrooms, washed and cut in half
2 lbs.	Mozzarella cheese, thinly sliced and cut into thin strips
1 lb.	Black olives
1 lb.	Green olives
1 lb.	Green peppers, washed, seeded, and cut into thin strips
1 lb.	Red peppers, washed, seeded, and cut into thin strips
8 lbs.	Tomatoes, washed, cored, and cut into wedges
1 lb.	Red onions, thinly sliced
	Salad greens, as needed

DRESSING:

2 ½ qts.	Olive oil
1 ½ qts.	Red wine vinegar
4 oz.	Granulated sugar
2 oz.	Fresh basil, washed and roughly chopped
2 oz.	Fresh oregano, washed and roughly chopped
½ tsp.	Marjoram
3 cloves	Garlic, peeled and mashed into a paste
	Salt and black pepper, to taste
2 oz.	Fresh parsley, washed, excess moisture removed, and chopped

METHOD OF PREPARATION:

1. Decoratively arrange the meats, vegetables, and cheese on a plate lined with greens.
2. Mix the dressing ingredients together, and serve with the salad.

HACCP:

Hold chilled at 41°F (5°C) or below.

NUTRITION:

Calories: 192.9

Fat: 21.2 g

Protein: 0.06 g

Vinaigrette Dressing

YIELD: 1 C.

SERVING SIZE: 1 OZ.

INGREDIENTS

2 cloves	Garlic, peeled and mashed into a purée
2 oz.	Sherry vinegar
6 oz.	Extra virgin olive oil
	Salt and freshly ground black pepper, to taste

METHOD OF PREPARATION:

1. Combine the garlic and sherry vinegar in a bowl.
2. Add the olive oil in a fine stream, and whisk the ingredients together.
3. Hold at 41°F (5°C) or lower.

**CHEF NOTE:**

The dressing is a temporary emulsion. It must periodically be vigorously rewhipped.

COOKING TECHNIQUE:

Not applicable

HACCP:

Hold chilled at 41°F (5°C) or below.

NUTRITION:

Calories: 360

Fat: 40.5 g

Protein: 0 g

French Dressing

YIELD: 16 SERVINGS

SERVING SIZE: 2 OZ.

INGREDIENTS

8 oz.	Red wine vinegar
24 oz.	Vegetable or olive oil
	Salt and white pepper, to taste

METHOD OF PREPARATION:

1. Whip all of the ingredients vigorously until they are temporarily emulsified.

COOKING TECHNIQUE:

Not applicable

NUTRITION:

Calories: 325

Fat: 35.4 g

Protein: 0 g

Italian Dressing

YIELD: 64 SERVINGS

SERVING SIZE: 2 OZ.

INGREDIENTS

2½ qts.	Olive oil
1½ qts.	Red wine vinegar
4 oz.	Granulated sugar
2 oz.	Fresh basil, washed and roughly chopped
2 oz.	Fresh oregano, washed and roughly chopped
½ tsp.	Marjoram
3 cloves	Garlic, peeled and mashed into a paste
	Salt and black pepper, to taste
4 oz.	Shallots, peeled and minced

METHOD OF PREPARATION:

1. Combine all of the ingredients in a mixing bowl. Whip vigorously, and serve immediately. (This dressing is a temporary emulsion and must be rewhipped before each use.)

**CHEF NOTE:**

A temporary emulsion will hold longer if the oil is mixed gradually into the acid.

American Grinder

YIELD: 50 SERVINGS

SERVING SIZE: 1 SANDWICH

COOKING TECHNIQUES:

Not applicable

GLOSSARY:

Chiffonade: ribbons of leafy greens

HACCP:

Keep all ingredients chilled to 41°F (5°C) or below.

HAZARDOUS FOODS:

Mayonnaise
Ham
Salami
Turkey
Provolone and American cheeses

NUTRITION:

Calories: 937
Fat: 44.5 g
Protein: 47.6 g

INGREDIENTS

50 each	Submarine rolls, split
1½ pts.	Mayonnaise
2 heads	Iceberg lettuce, cleaned and washed, cut chiffonade
7 lbs.	Tomatoes, washed, cored, and sliced
6 lbs.	Ham, sliced thin
3 lbs.	Salami, sliced thin
6 lbs.	Turkey, sliced thin
3 lbs.	Provolone cheese, sliced
3 lbs.	American cheese, sliced
50 each	Pickle spears

METHOD OF PREPARATION:

1. Split the submarine roll, spread with mayonnaise, and fill with shredded lettuce and tomato slices.
2. Fill with meats, alternating ham, salami, and turkey.
3. Top with sliced cheeses, cut in half, and serve with a pickle.



CHEF NOTES:

1. Serve with crosscut, seasoned French fries and cole slaw.
2. In quantity food production, the mayonnaise should be served on the side.

COOKING TECHNIQUE:

Simmer

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

GLOSSARY:**Au jus:** with natural juices**HACCP:**

Reheat to 165°F (74°C) for 15 seconds.

NUTRITION:

Calories: 304
 Fat: 6.77 g
 Protein: 39.2 g

French Dip Sandwich

YIELD: 50 SERVINGS

SERVING SIZE: 1 SANDWICH

INGREDIENTS

50 each	French bread, cut in 6-inch lengths
12½ lbs.	Top round of beef, roasted, sliced thin
1½ qts.	Meat glaze au jus , heated to a boil

METHOD OF PREPARATION:

1. Toast the bread.
2. Heat the top round of beef in the meat glaze to 165°F (74°C) for 15 seconds.
3. Place the bottom of a section of French bread on a preheated dinner plate and top with 4-oz. of beef. Cover with the top of the French bread, and serve with a side portion of meat glaze.

Philadelphia Steak Sandwich

YIELD: 50 SERVINGS

SERVING SIZE: 1 SANDWICH

COOKING TECHNIQUES:

Sauté, Stir-Fry

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

Stir-Fry:

1. Heat the oil in a wok until hot but not smoking.
2. Keep the food in constant motion; use the entire cooking surface.

GLOSSARY:

Julienne: matchstick strips

HACCP:

Cook the beef to a minimum internal temperature of 145°F (63°C) for 15 seconds.

Hold at 135°F (57°C) or above.

HAZARDOUS FOODS:

Top round of beef
Swiss cheese

NUTRITION:

Calories: 392

Fat: 12.8 g

Protein: 42.8 g

INGREDIENTS

4 oz.	Vegetable oil
15 each	Medium onions, peeled and cut julienne
15 each	Green bell peppers, washed, seeded, and cut julienne
12½ lbs.	Top round of beef, sliced ⅛-in.–¼-in. thick
	Salt and ground black pepper, to taste
50 each	French-style rolls, split lengthwise
1½ lbs.	Swiss cheese, sliced and warm

METHOD OF PREPARATION:

1. Heat the oil in a large sauté pan over medium-high heat.
2. Add the onions and green peppers and sauté until onions are translucent; set aside to keep warm.
3. Reheat pan. Add sliced top round of beef and sauté to a minimum internal temperature of 145°F (63°C) for 15 seconds.
4. Add the sautéed vegetables and season to taste.
5. Place the beef mixture on the bottom half of each roll. Top with cheese, and melt under a salamander or in an oven. Cover with the top of the roll, and serve.

COOKING TECHNIQUE:

Grill

Grill/Broil:

1. Clean and heat the grill/broiler.
2. To prevent sticking, brush the food product with oil.

HACCP:

Cook chicken to an internal temperature of 165°F (74°C) for 15 seconds.

HAZARDOUS FOODS:

Chicken breasts
Canadian bacon
Jack cheese

NUTRITION:

Calories: 904
Fat: 31.6 g
Protein: 64.2 g

Texas-Style Chicken Sandwich

YIELD: 50 SERVINGS

SERVING SIZE: 1 SANDWICH

INGREDIENTS

50 each	Bulkie rolls
50 each	4-oz. boneless chicken breasts
	Salt and ground white pepper, to taste
6 lbs.	Canadian bacon
3 lbs.	Monterey Jack cheese
6 pts.	Barbecue sauce
50 leaves	Lettuce
150 each	Tomato slices
50 each	Pickle spears

METHOD OF PREPARATION:

1. Split the roll. Toast it on a grill, and remove. Season the chicken. Grill it evenly on both sides to an internal temperature of 165°F (74°C) for 15 seconds. Place the cooked chicken breast on the roll.
2. Lightly grill the Canadian bacon; place it on top of the chicken.
3. Top with barbecue sauce and Monterey Jack cheese.
4. Garnish the roll with lettuce and tomato slices, and serve with a pickle spear.

**CHEF NOTE:**

Serve with seasoned French fries and cole slaw.

COOKING TECHNIQUE:

Grill

Grill/Broil:

1. Clean and heat the grill/broiler.
2. To prevent sticking, brush the food product with oil.

HACCP:

Hold at 135°F (57°C) or above.

HAZARDOUS FOODS:

Ham
Cheese

NUTRITION:

Calories: 440
Fat: 28.1 g
Protein: 16.7 g

Grilled Ham and Cheese Sandwich

YIELD: 50 SERVINGS

SERVING SIZE: 1 SANDWICH

INGREDIENTS

5 loaves	Sliced sandwich bread
4 lbs.	Ham, boneless, cooked, cut into 1-oz. slices
3 lbs.	American cheese, sliced
1½ lbs.	Clarified butter

METHOD OF PREPARATION:

1. Lay out the bread slices on a clean, dry table.
2. Place one slice of ham and cheese on each second slice of bread.
3. Cover with the first slice of bread, and cut on an angle to create two triangle sandwiches.
4. Lightly coat with clarified butter.
5. Grill until golden brown on both sides.
6. Serve hot. Hold at 135°F (57°C) or above.

**CHEF NOTE:**

Do not prepare the sandwiches too far in advance, because they will become soggy.

COOKING TECHNIQUES:

Grill or Broil

Grill/Broil:

1. Clean and heat the grill/broiler.
2. To prevent sticking, brush the food product with oil.

GLOSSARY:**Julienne:** matchstick strips**À la minute:** to order**HACCP:**

Cook beef to an internal temperature of 145°F (63°C) for 15 seconds.

HAZARDOUS FOOD:

Beef top round

NUTRITION: *DOES NOT INCLUDE SAUCE

Calories: 459

Fat: 21.71 g

Protein: 33.23 g

Grilled California Sandwich

YIELD: 50 SERVINGS

SERVING SIZE: 1 SANDWICH

INGREDIENTS

15 lbs.	Flap, cap, or flank steaks
10 loaves	Sourdough bread, sliced diagonally ½-in. thick
	Clarified butter, as needed
	Lettuce leaves, as needed
16 each	Tomatoes, washed, cored, and sliced
8 each	Onions, peeled and cut julienne
6 each	Avocado, peeled, pit removed, flesh sliced ⅛-in. thick, and held in lemon wash
	Oil, as needed

CALIFORNIA MARINADE:

12 oz.	Apple cider vinegar	2 oz.	Rosemary
6 oz.	Soy sauce	2 oz.	Garlic, chopped
4 oz.	Worcestershire sauce	2 Tbsp.	Dry mustard
4 oz.	Wine vinegar	1 Tbsp.	Salt
1 pt.	Orange juice concentrate, thawed	1 Tbsp.	Ground black pepper

METHOD OF PREPARATION:

1. Mix all of the ingredients of the marinade in a bowl. Pour the marinade over the beef. Cover, and refrigerate for at least 4 hours. Remove the beef from the marinade, and grill or broil to a minimum of 145°F (63°C) for 15 seconds. Slice ½-in. thick **à la minute**.
2. For each sandwich, brush both sides of the two slices of bread with oil. Grill or broil until golden.
3. Layer one slice of bread with lettuce, two slices of tomato, onion, 3 oz. of beef, and one slice of avocado. Top with the remaining bread slice. Serve warm with a serving of the following sauce.

GOLDEN GATE GRILL SAUCE

Mix 1¾ qts. of mayonnaise, 8 oz. of dry mustard, 6 Tbsp. of snipped chives, and 2 oz. of finely grated fresh orange peel. This recipe makes 2 qts.

Tuna Melt

YIELD: 50 SERVINGS

SERVING SIZE: 2 SANDWICHES

COOKING TECHNIQUE:

Bake

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

HACCP:

Chill hazardous foods to 41°F (5°C) or below.

HAZARDOUS FOODS:

Mayonnaise
Tuna salad

NUTRITION:

Calories: 786
Fat: 36 g
Protein: 38.1 g

INGREDIENTS

50 each	Large English muffins, halved
1½ pts.	Mayonnaise
2 heads	Iceberg lettuce, washed and leaves separated
25 each	Tomatoes, washed, cored, and sliced
12½ lbs.	Tuna salad
6 lbs.	Provolone cheese, thinly sliced
2 heads	Lettuce, washed and leaves separated
150 each	Pineapple slices
150 each	Orange slices

METHOD OF PREPARATION:

1. Toast the English muffin halves, and spread with mayonnaise.
2. Place the lettuce, tomato, and tuna salad on the English muffin halves.
3. Put a slice of provolone cheese on the tuna and place sandwich in a salamander, until the cheese melts.
4. Garnish the plate with a leaf of lettuce. Place the pineapple slices on the lettuce. Shingle the orange slices between the pineapple slices.



CHEF NOTE:

Serve with seasoned French fries and cole slaw.

COOKING TECHNIQUE:

Simmer

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

GLOSSARY:**Mirepoix:** roughly chopped vegetables**Bouquet garni:** bouquet of herbs and spices**Sweat:** to sauté under a cover**Deglaze:** to add liquid to hot pan**HACCP:**

Cool to 41°F (5°C) or below.

NUTRITION:

Calories: 43.2

Fat: 1.81 g

Protein: .624 g

Vegetable Stock

YIELD: 1 GALLON

SERVING SIZE: AS NEEDED

INGREDIENTS

4 Tbsp.	Vegetable oil
6 cloves	Garlic, peeled and mashed
1 gal.	Water, cold

MIREPOIX:

1½ lbs.	Onions, peeled
8 oz.	Leeks (white part only), washed, trimmed, split, and then re-washed
8 oz.	Carrots, washed and peeled, then re-washed
8 oz.	Celery, washed and trimmed

BOUQUET GARNI:

1 Tbsp.	Whole white peppercorns
3 each	Bay leaves
3 oz.	Parsley stems
1 tsp.	Thyme leaves, dried

METHOD OF PREPARATION:

1. Heat the oil in a stockpot, add the mirepoix and garlic, cover, and **sweat**.
2. **Deglaze** with white wine, let reduce by half, and then add water.
3. Add the bouquet garni, and simmer until the proper flavor is achieved.
4. Strain the stock through a chinois into another stockpot. Return to a boil, and reduce to the desired strength; then, transfer to a suitable container, and place in cooling sink or blast chiller. Cool to an internal temperature of 41°F (5°C) or below. Label, date, and refrigerate.
5. Reheat to a boil.

Brown Stock

YIELD: 12 GAL.

SERVING SIZE: AS NEEDED

COOKING TECHNIQUES:

Roast, Simmer

Roast:

1. Sear the food product, and brown evenly.
2. Elevate the food product in a roasting pan.
3. Determine doneness, and consider carryover cooking.
4. Let the food product rest before carving.

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

GLOSSARY:

Mirepoix: roughly chopped vegetables

Bouquet garni: bouquet of herbs and spices

Dépouiller: to skim impurities/grease

Chinois: cone-shaped strainer

HACCP:

Cool to 41°F (5°C) or below.

HAZARDOUS FOOD:

Bones

NUTRITION:

Calories: 17.9

Fat: .395 g

Protein: .54 g

INGREDIENTS

50 lbs. Bones: beef, veal, or lamb

Oil, if needed

1 #10 can Tomato paste

15 gal. Cold liquid

MIREPOIX:

5 lbs. Leeks (white part only), washed, trimmed, and reserved separately

5 lbs. Carrots, washed and peeled

4 lbs. Onions, peeled

BOUQUET GARNI: (2 EACH AS BELOW)

2 Tbsp. Whole black peppercorns

4 each Bay leaves

3 oz. Parsley stems

2 Tbsp. Dried thyme leaves

METHOD OF PREPARATION:

1. Preheat the oven to 425°F (218°C).
2. Split bones (if needed), and rinse thoroughly in cold water, removing all blood, which causes discoloration.
3. Place the bones in a roasting pan, and brush with oil, if needed. Roast in the oven until well browned.
4. Remove the pan from the oven, and spread the tomato paste lightly over the bones. Return the pan to the oven for an additional few minutes, being careful not to burn the tomato product.
5. Remove the bones from the oven, drain, and reserve the grease. Place the bones in a suitable stockpot or steam-jacketed kettle with a spigot. Add the cold liquid to the height of 8 in. above the bones. Add the leeks. Apply heat, and heat to a simmer.
6. Using the same pan as for roasting the bones, add a small quantity of fat, and place on a hot flat-top. When the fat is hot, add the remaining mirepoix, and sauté until browned.
7. **Dépouiller** the stock; then add the browned mirepoix and both bouquet garni.
8. Deglaze the roasting pan with some of the hot stock, and add back into the stock. Simmer until the proper richness is achieved, approximately 6 hours for beef or veal bones, and **dépouiller**.
9. Strain the stock through a **chinois** into another stockpot. Return to a boil, and reduce to the desired strength; then transfer to a suitable container, and place in a cooling sink or chill blaster. Cool to an internal temperature of 41°F (5°C) or below. Label, date, and refrigerate. Reheat to a boil.



CHEF NOTES:

1. The best bones to create a flavorful and gelatinous stock are a combination of beef and veal bones.
2. Cooking time of stocks will vary according to the type and size of the bones.

Fish Stock

YIELD: 3 GAL.

SERVING SIZE: AS NEEDED FOR USE

COOKING TECHNIQUE:

Simmer

Simmer & Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

GLOSSARY:

Mirepoix: roughly chopped vegetables

Bouquet garni: bouquet of herbs and spices

Sweat: to sauté under a cover

Dépouiller: to skim impurities/grease

HACCP:

Cool to 41°F (5°C) or below.

HAZARDOUS FOOD:

Fish bones and heads

NUTRITION:

Calories: 17.1

Fat: .606 g

Protein: .204 g

INGREDIENTS

12 lbs.	Lean white fish with bones and heads
2 oz.	Vegetable oil

MIREPOIX:

1½ lbs.	Onions, peeled
1 lb.	Celery, washed and trimmed
1 lb.	Leeks (white part only), washed and trimmed
3 gal.	Water, cold

BOUQUET GARNI:

1 Tbsp.	Whole white peppercorns
2 each	Bay leaves
3 oz.	Parsley stems
2 tsp.	Dried thyme leaves

METHOD OF PREPARATION:

1. Clean and remove all blood clots and gills from the head. Split the bones, and wash thoroughly in cold water.
2. Heat the oil in a stockpot, add the mirepoix and fish bones, cover, and let **sweat** 10–15 minutes until the fish bones turn opaque.
3. Deglaze the pan with hot water, then add the water and bouquet garni.
4. Gently simmer until the proper flavor is achieved; **dépouiller** occasionally.
5. Strain the stock through a chinois into another stockpot. Return to a boil, reduce to the desired strength; then transfer to a suitable container, and place in a cooling sink or blast chiller. Cool to an internal temperature of 41°F (5°C) or below. Label, date, and refrigerate.
6. Reheat to a boil.



CHEF NOTES:

1. The best fish bones are from sole, haddock, whiting, and turbot. All blood clots and gills should always be removed from the head.
2. Fish bones from salmon, mackerel, and bluefish are too dark in color, too strong in flavor, and especially too oily for stocks.

White Stock

COOKING TECHNIQUE:

Simmer

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

GLOSSARY:

Mirepoix: roughly chopped vegetables

Bouquet garni: bouquet of herbs and spices

Dépouiller: to skim impurities/grease

Chinois: cone-shaped strainer

HACCP:

Cool to 41°F (5°C) or below.

HAZARDOUS FOOD:

Bones

NUTRITION:

Calories: 19

Fat: .101 g

Protein: .546 g

YIELD: 12 GAL.

SERVING SIZE: AS NEEDED FOR USE

INGREDIENTS

50 lbs.	Bones: chicken, veal, or beef
15 gal.	Cold liquid

MIREPOIX:

5 lbs.	Leeks (white part only), washed, trimmed, and reserved separately
5 lbs.	Carrots, washed and peeled
5 lbs.	Celery, washed and trimmed
5 lbs.	Onions, peeled

BOUQUET GARNI: (PREPARE 2)

2 Tbsp.	Whole black peppercorns
4 each	Bay leaves
3 oz.	Parsley stems
2 Tbsp.	Thyme leaves, dried

METHOD OF PREPARATION:

1. Split the bones (if needed), and rinse thoroughly in cold water, removing all blood and fat, which causes discoloration.
2. Place the bones in a suitable stockpot or steam-jacketed kettle with a spigot.
3. Add the cold liquid to a height of 8 in. above the bones.
4. Apply heat, and heat to a simmer; **dépouiller**. Add the leeks.
5. After approximately 1 hour, add the rest of the mirepoix (uncooked) and both bouquet garni.
6. Simmer until the proper richness is achieved, approximately 4 hours, and continue to **dépouiller**, as needed.
7. Strain the stock through a **chinois** into another stockpot. Return to a boil and reduce to desired strength, then transfer to a suitable container, and place in cooling sink or blast chiller. Cool to an internal temperature of 41°F (5°C) or below. Label, date, and refrigerate the stock.
8. Reheat to a boil.



CHEF NOTES:

1. The most flavorful bones to use are from the ribs, loin, neck, shank, and major joint knuckles. The bones must be fresh.
2. The cooking time of stocks will vary according to the type and size of the bones.

COOKING TECHNIQUE:

Simmer

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

GLOSSARY:

Reduction: evaporation of a liquid by boiling

Bain-marie: hot-water bath

Chinois: cone-shaped strainer

HACCP:

Cool to 41°F (5°C) or below.

NUTRITION (PER 4 OZ.)

Calories: 40

Fat: 2.1 g

Protein: 1.5 g

Meat Glaze

YIELD: 1 QT.

SERVING SIZE: AS NEEDED

INGREDIENTS

10 qts. Brown beef stock

METHOD OF PREPARATION:

1. In a 12-qt. stockpot, simmer the beef stock to **reduce**.
2. Keep a ladle in a **bain-marie** of cold water next to the stockpot. Skim the stock every 10–15 minutes.
3. When the stock has reduced by half (about 3–4 hours), strain it through a **chinois** with three layers of damp cheesecloth into a 5-qt. stockpot.
4. Simmer until 2 qts. remain, and skim.
5. When the glaze is reduced to one tenth of its original volume (1 qt.), it should have a honey-like consistency. Strain through a fine chinois (no cheesecloth; it will stick) into a stainless steel bain-marie.
6. Cool to 41°F (5°C) or below, and cover tightly. It should have a rubbery texture.
7. The glaze can be kept in the refrigerator for 1 month or more.

Béchamel Sauce

YIELD: 1 GAL.

SERVING SIZE: 2 OZ.

COOKING TECHNIQUE:

Simmer

Simmer:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

GLOSSARY:

Clouté: studded with cloves

Chinois: cone-shaped strainer

Bain-marie: hot-water bath

HACCP:

Hold at 135°F (57°C) or above, or cool to an internal temperature of 41°F (5°C) or below. Reheat to 165°F (74°C) for 15 seconds.

HAZARDOUS FOOD:

Milk

NUTRITION:

Calories: 67.2

Fat: 4.23 g

Protein: 2.34 g



CHEF NOTES:

1. Béchamel sauce is a basic white cream sauce consisting simply of thickened, seasoned milk. Béchamel is often used as a binding agent or to make compound sauces.
2. The sauce is ready when the proper thickness has been achieved and the floury taste is cooked away.
3. To prevent a dried surface (skin) from forming while holding the sauce in a **bain-marie**, cover the surface with plastic wrap.

INGREDIENTS

4 qts.	Milk
1 each	Onion clouté , cut in half
6 oz.	Clarified butter
6 oz.	All-purpose flour, sifted
	Salt and ground white pepper, to taste
	Nutmeg, to taste

METHOD OF PREPARATION:

1. In a saucepan, heat the milk with the onion clouté, and simmer for 10 minutes.
2. In another saucepan, heat the clarified butter over moderate heat.
3. Gradually add flour to make a blonde roux. Using a spoon, mix the roux thoroughly, and cook it approximately 5–6 minutes. Remove from the heat, and cool slightly.
4. Remove the onion clouté from the milk.
5. Gradually add the hot milk to the roux, whisking constantly. Heat to a boil; reduce to a simmer. Simmer for 20 minutes or until the proper flavor and consistency are achieved.
6. Season to taste.
7. Strain through a fine **chinois** into a suitable container. Hold at 135°F (57°C) or above, or cool to an internal temperature of 41°F (5°C) or below. Label, date, and refrigerate.
8. Reheat to 165°F (74°C) for 15 seconds.

COOKING TECHNIQUE:

Simmer

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

GLOSSARY:

Temper: to equalize two extreme temperatures

HACCP:

Hold at 135°F (57°C) or above.

HAZARDOUS FOOD:

Heavy cream

NUTRITION:

Calories: 106

Fat: 8.92 g

Protein: 3.32 g

Mornay Sauce

YIELD: 1 GAL.

SERVING SIZE: 2 OZ.

INGREDIENTS

3½ qts.	Béchamel sauce, heated to 165°F (74°C) and strained through a chinois
8 oz.	Gruyère cheese, grated
8 oz.	Parmesan cheese, grated
8 oz.	Heavy cream, heated to 145°F (63°C)
	Salt and ground white pepper, to taste

METHOD OF PREPARATION:

1. In a saucepan, combine the béchamel sauce and cheeses; then simmer over low heat until the cheeses are melted and the mixture is smooth.
2. **Temper** the cream, add to the sauce, and season, to taste. Serve immediately, or hold at 135°F (57°C) or above.

COOKING TECHNIQUES:

Boil, Steam

Boil: (at sea level)

1. Bring the cooking liquid to a rapid boil.
2. Stir the contents, and cook the food product throughout.
3. Serve hot.

Steam:

1. Place a rack over a pot of water.
2. Prevent steam vapors from escaping.
3. Shock or cook the food product throughout.

HACCP:

Heat to 165°F (74°C) for 15 seconds.

HAZARDOUS FOOD:

Pasteurized egg yolks

NUTRITION:

Calories: 386

Fat: 42.4 g

Protein: 1.53 g

Hollandaise Sauce

YIELD: 1 QUART

SERVING SIZE: 2 OZ.

INGREDIENTS

5 oz.	Pasteurized egg yolks
24 oz.	Clarified butter, heated to 165°F (74°C)
	Salt and ground white pepper, to taste

REDUCTION:

1 Tbsp.	Lemon juice
2 Tbsp.	White vinegar
4 each	Whole black peppercorns, crushed
1 each	Bay leaf

METHOD OF PREPARATION:

1. In a bowl, whisk the reduction into the egg yolks.
2. Whisk the egg yolk mixture over a double boiler, cooking until the eggs start to ribbon. Remove the eggs from heat.
3. Slowly add the hot clarified butter to the eggs, whisking constantly. Adjust the seasonings, and serve immediately.

Marinara Sauce

YIELD: 1 GALLON

SERVING SIZE: 2 OZ.

COOKING TECHNIQUE:

Simmer

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

GLOSSARY:

Blanch: to par cook

Sweat: to sauté under a cover

HACCP:

Hold at 135°F (57°C) or above, or cool to an internal temperature of 41°F (5°C) or below.

NUTRITION:

Calories: 46.6

Fat: 3.63 g

Protein: .735 g

INGREDIENTS

8 oz.	Olive oil
12 cloves	Fresh garlic, peeled and minced
10 lbs.	Fresh plum tomatoes, washed, cored, blanched , peeled, seeded, and chopped (reserve the juice)
6 oz.	Basil leaves, washed and finely chopped
2 oz.	Fresh parsley, washed, excess moisture removed, and chopped
	Salt and freshly ground pepper, to taste

METHOD OF PREPARATION:

1. In a sauté pan, heat the olive oil, add the garlic, and **sweat** for 1 minute. (Do not brown.)
2. Add the diced tomatoes with the juice, and cook over medium heat until thickened.
3. Add the herbs, and season to taste; then remove from the heat. Hold at 135°F (57°C) or above, or cool to an internal temperature of 41°F (5°C) or below within 6 hours. Label, date, and refrigerate.
4. Reheat to a boil.



CHEF NOTE:

Serve with Italian pasta dishes.

Barbecue Sauce

YIELD: 1 GAL.

SERVING SIZE: AS NEEDED

COOKING TECHNIQUE:

Simmer

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

GLOSSARY:

Chinois: cone-shaped strainer

HACCP:

Cool to 41°F (5°C) or below.

NUTRITION: (PER OZ.)

Calories: 35

Fat: 1.9 g

Protein: .426 g

INGREDIENTS

4 oz.	Clarified butter
1 lb.	Onions, peeled and diced
6 cloves	Garlic, peeled and crushed
2 qts.	Prepared spicy barbecue sauce
12 oz.	Ketchup
6 oz.	Red wine vinegar
12 oz.	Light brown sugar
6 oz.	Freshly squeezed lemon juice
4 oz.	Dijon mustard
3 oz.	Worcestershire sauce
1 tsp.	Thai chili sauce
2 Tbsp.	Soy sauce
2 tsp.	Fish sauce
2 each	Bay leaves
1 qt.	Water, or as needed
	Salt and freshly ground black pepper, to taste

METHOD OF PREPARATION:

1. Melt the butter in a saucepan, add the onions, and sauté until translucent.
2. Add all of the remaining ingredients and bring to a boil. Reduce heat and simmer for 30 minutes, or until thickness is achieved.
3. Adjust seasonings, and remove from the heat. Strain through a **chinois**. Cool to an internal temperature of 41°F (5°C) or below. Label, date, and refrigerate.



CHEF NOTE:

There are many variations of barbecue sauce. Prepared mustard can be used instead of Dijon. The amount of acid used varies by personal taste or how the sauce will be used. Chili sauce; add as desired.

Teriyaki Sauce

YIELD: 1 QT.

SERVING SIZE: 2 OZ.

COOKING TECHNIQUE:

Boil

Boil: (at sea level)

1. Bring the cooking liquid to a rapid boil.
2. Stir the contents, and cook the food product throughout.
3. Serve hot.

GLOSSARY:

Flambé: to flame

Chinois: cone-shaped strainer

HACCP:

Refrigerate at 41°F (5°C) or below.

NUTRITION:

Calories: 16.7

Fat: .14 g

Protein: 1.4 g

INGREDIENTS

14 oz.	Soy sauce
22 oz.	White chicken stock, heated to a boil
2 Tbsp.	Onion, finely chopped
1 tsp.	Ginger root, finely minced
4 cloves	Garlic, peeled and mashed into a purée

METHOD OF PREPARATION:

1. Add the soy sauce, stock, onion, ginger root, and garlic to a wok or saucepan. Heat to a boil; then strain through a **chinois**.
2. Cool to 41°F (5°C) or below and refrigerate until needed.

COOKING TECHNIQUE:

Simmer

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

HACCP:

Hold at 135°F (57°C) or above.

NUTRITION:

Calories: 130

Fat: 11.6 g

Protein: 4.6 g

Asian Peanut Sauce

YIELD: 1 QT.

SERVING SIZE: 2 OZ.

INGREDIENTS

8 oz.	Raw peanuts or peanut butter
1 clove	Garlic, peeled and mashed to a purée
12 oz.	Coconut milk
10 oz.	White chicken stock, heated to a boil
2 tsp.	Soy sauce
2 tsp.	Granulated sugar
1 tsp.	Crushed red pepper flakes, or to taste
	Salt, to taste

METHOD OF PREPARATION:

1. If using fresh peanuts, grind to a paste.
2. In a wok or saucepan, over moderate heat, combine all of the ingredients. Heat to a boil, stirring constantly; reduce the heat, and simmer until the sauce is thick.
3. Adjust the seasonings, to taste. Serve immediately, or hold at 135°F (57°C) or above.

**CHEF NOTES:**

1. This recipe originated in Indonesia. Plain yogurt can be substituted for the coconut milk.
2. This recipe can be used for grilled fish, chicken, or pork.

COOKING TECHNIQUE:

Boil

Boil: (at sea level)

1. Bring the cooking liquid to a rapid boil.
2. Stir the contents, and cook the food product throughout.
3. Serve hot.

HACCP:

Hold at 135°F (57°C) or above.

NUTRITION:

Calories: 67.9

Fat: 0.ss g

Protein: .419 g

Basic Sweet and Sour Sauce

YIELD: 1 QT.

SERVING SIZE: 2 OZ.

INGREDIENTS

8 oz.	White vinegar
3 oz.	Soy sauce
6 oz.	Granulated sugar
	Salt and ground white pepper, to taste
10 oz.	Pineapple juice
1½ oz.	Cornstarch
3 oz.	Cold water

METHOD OF PREPARATION:

1. In a saucepan, combine all of the ingredients, except the cornstarch and water, and heat to a boil. Cook until the sugar is dissolved.
2. Dissolve the cornstarch in the cold water.
3. Whisk the cornstarch mixture into the sauce to thicken it. Boil for an additional 5 minutes; then remove from the heat. Hold at 135°F (57°C) or above.

COOKING TECHNIQUE:

Not applicable

HACCP:

Hold at 41°F (5°C) or below.

HAZARDOUS FOOD:

Egg yolks

NUTRITION:

Calories: 193

Fat: 21.2 g

Protein: .464 g

CHEF NOTES:

1. Dry mustard, Worcestershire sauce, and Tabasco sauce can be added, to taste, for additional flavor.
2. The holding temperature must be 41°F (5°C) or below.
3. For a lighter color add a few tablespoons of hot water.

Mayonnaise

YIELD: 1 GAL.

SERVING SIZE: NOT APPLICABLE

INGREDIENTS

12 oz.	Pasteurized egg yolks
4 oz.	Dijon mustard
	Salt, to taste
4 oz.	Sugar
3 oz.	White vinegar
3 qts.	Vegetable oil
4 oz.	Lemon juice

METHOD OF PREPARATION:

1. In a mixing bowl, combine the egg yolks, mustard, salt, sugar, and vinegar.
2. Whip the mixture to combine; then slowly add the oil in a thin, steady stream, and continue to whip, allowing air to be incorporated as the oil flows.
3. After all of the oil is incorporated, add the lemon juice.
4. Adjust the seasoning as needed.
5. Label, date, and refrigerate to 41°F (5°C) or below.

COOKING TECHNIQUE:

Not applicable.

HACCP:

Refrigerate at 41°F (5°C) or below.

HAZARDOUS FOOD:

Mayonnaise

NUTRITION:

Calories: 349

Fat: 38.6 g

Protein: .741 g

CHEF NOTES:

1. Serve this sauce cold. It can be served with fried fish, seafood, grilled entrées, or vegetables.
2. As an alternative, for a Southern-type preparation, add 1 Tbsp. of Cajun spice, or to taste, and mix well.
3. The original tartar sauce is made of hard-cooked egg yolk-based mayonnaise.
4. Onions can be replaced with chopped chives.

Tartar Sauce

YIELD: 1 GAL.

SERVING SIZE: 2 OZ.

INGREDIENTS

3½ qts.	Mayonnaise
8 oz.	Dill pickles, diced
8 oz.	Onions, peeled and diced
1 oz.	Capers, drained and rinsed
1 oz.	Fresh chervil leaves, finely chopped
2 oz.	Fresh tarragon, finely chopped
1 oz.	Fresh parsley leaves, washed, excess moisture removed, and chopped
2 oz.	Lemon juice, freshly squeezed

METHOD OF PREPARATION:

1. Mix all of the ingredients together in a bowl.
2. Refrigerate at 41°F (5°C) or below until served.

COOKING TECHNIQUES:

Sauté, Boil, Simmer

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

Boil: (at sea level)

1. Bring the cooking liquid to a rapid boil.
2. Stir the contents, and cook the food product throughout.
3. Serve hot.

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

GLOSSARY:

Brunoise: 1/8-in. dice

Chiffonade: ribbons of leafy greens

Marmite: stockpot

Render: to melt fat over low heat to separate it from the meat tissue

HACCP:

Hold at 135°F (57°C) or above.
Reheat to 165°F (74°C) for 15 seconds.

HAZARDOUS FOOD:

Beef

NUTRITION:

Calories: 180
Fat: 11.8 g
Protein: 8.7 g

Southern Vegetable Soup

YIELD: 10 SERVINGS

SERVING SIZE: 8 OZ.

INGREDIENTS

2 oz.	Salt pork, cut into small dice
10 oz.	Beef, bottom round, cut into small cubes
8 oz.	Canned peeled tomatoes, drained, seeded, and chopped
3½ qts.	Beef stock, heated to a boil
2 oz.	Frozen green beans
2 oz.	Red beans, cooked
4 oz.	Onions, peeled and diced brunoise
3 oz.	Celery stalks, washed, trimmed, and diced brunoise
6 oz.	Green cabbage, washed, cored, and chiffonade
3 oz.	Carrots, washed, peeled, and diced brunoise
2 oz.	Frozen corn kernels
2 oz.	Frozen okra, sliced
2 oz.	Zucchini, washed, trimmed, and cut in ½-in. dice
	Salt and freshly ground black pepper, to taste

METHOD OF PREPARATION:

1. In a large **marmite**, place the salt pork, and **render** the fat, stirring frequently until browned. Add the beef, reduce the heat, and sauté until browned.
2. Add the tomatoes, and sauté for another 2 minutes.
3. Add the boiling stock, and simmer until the meat is slightly firm in texture.
4. Add all other ingredients, and continue to simmer until vegetables are tender.
5. Season to taste and serve immediately in preheated cups, or hold at 135°F (57°C) or above. Reheat to 165°F (74°C) for 15 seconds.

Beef Consommé

YIELD: 50 SERVINGS

SERVING SIZE: 8 OZ.

COOKING TECHNIQUES:

Simmer, Boil

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

Boil: (at sea level)

1. Bring the cooking liquid to a rapid boil.
2. Stir the contents, and cook the food product throughout.
3. Serve hot.

GLOSSARY:

Mirepoix: roughly chopped vegetables

Brunoise: 1/8-in. dice

Marmite: stockpot

Chinois: fine, cone-shaped strainer

HACCP:

Hold at 135°F (57°C) or above.

Cool to 41°F (5°C) or below.

Reheat or 165°F (74°C) for 15 seconds.

HAZARDOUS FOODS:

Egg whites

Ground beef

NUTRITION:

Calories: 116

Fat: 4.34 g

Protein: 13.8 g

CHEF NOTES:

1. There are many types of consommé. To create a chicken consommé, add ground chicken and use cold chicken stock. To create a fish consommé, use cold fish stock and lean white fish, omit the carrots and black peppercorns, use white peppercorns, and replace the onions with leeks; the tomato purée is optional. To create a vegetable consommé, use the vegetable stock, increase the egg whites, and replace the onions with leeks.
2. If the stock is gelatinous, allow it to liquify before using.

INGREDIENTS

3 lbs.	Ground beef, lean
2 pts.	Tomato purée
16 each	Black peppercorns
6 each	Bay leaves
3 oz.	Parsley stems
1½ tsp.	Thyme leaves
	Salt and white pepper, to taste.
10 each	Egg whites, slightly whipped
5 gal.	Cold brown beef stock or strong beef broth

MIREPOIX:

12 oz.	Onion, peeled, cut brunoise
2 lbs.	Carrots, washed, peeled, cut brunoise
4 stalks	Celery, washed, trimmed, cut brunoise

METHOD OF PREPARATION:

1. In a mixing bowl, combine the lean ground beef, mirepoix, tomato purée, herbs, spices, salt, and white pepper to taste. Mix the egg whites and meat mixture until blended. Refrigerate.
2. In a **marmite**, blend the cold beef stock with the above clarifying ingredients.
3. Place on moderate heat. Carefully watch the clarifying ingredients to make sure they do not scorch. Stir occasionally, until a raft forms. Then stop stirring.
4. Simmer the soup for 1½ hours or to the desired strength, making sure the raft does not break or sink. Remove the first cup of consommé through the spigot, and discard.
5. In a **chinois** lined with four to five layers of wet cheesecloth, slowly strain the liquid into a soup insert, separating the clarifying ingredients from the liquid. Hold at 135°F (57°C) or above.
6. Adjust the seasonings. Remove all of the fat from the consommé, and serve very hot with the appropriate garnish.
7. Cool to an internal temperature of 41°F (5°C) or below.
8. Reheat to 165°F (74°C) for 15 seconds.

Black Bean Soup

YIELD: 10 SERVINGS

SERVING SIZE: 8 OZ.

COOKING TECHNIQUES:

Sauté, Simmer

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

GLOSSARY:

Macédoine: ¼-in. dice

Render: to melt fat

HACCP:

Hold at 135°F (57°C) or above.
Cool to 41°F (5°C) or below.
Reheat to 165°F (74°C) for 15 seconds.

NUTRITION:

Calories: 331

Fat: 13.6 g

Protein: 18.6 g

INGREDIENTS

1 lb.	Black beans, sorted, rinsed, and soaked in cold water over night, then drained
2 oz.	Clarified butter or oil
4 oz.	Bacon, cut into ¼-in. dice
2½ qts.	Brown beef stock, heated to a boil
4 cloves	Garlic, peeled and mashed into a purée
1 each	Smoked ham hocks
2 each	Bay leaves
8 oz.	Andouille sausage, cut into ¼-in. dice
	Hot sauce, to taste
	Salt and freshly ground black pepper, to taste
4 each	Scallions, washed, trimmed, and sliced thin
2 oz.	Fresh parsley, washed, excess moisture removed, and chopped

MACÉDOINE:

6 oz.	Onions, peeled
4 oz.	Carrots, washed and peeled
4 oz.	Green bell peppers, washed and seeded

METHOD OF PREPARATION:

1. Place the drained, soaked black beans in a stockpot; cover with cold water, and simmer until tender, then drain.
2. In another stockpot, heat the oil or butter, and **render** the bacon. Add the macédoine of vegetables, and sauté until the onions are translucent. Add the beef stock, garlic, ham hocks, and bay leaves. Heat to a boil; reduce the heat, and simmer for 1 hour.
3. Add the beans and andouille sausage, and continue to simmer until beans are cooked and the ham hocks are tender. Season, to taste.
4. Remove the ham hocks from the soup, and cool slightly. Remove the meat from the bones, and cut into a ¼-in. dice. Return the meat to the soup.
5. Serve immediately in preheated cups, garnished with scallions and parsley, or hold at 135°F (57°C) or above. Cool to 41°F (5°C) or below. Reheat to 165°F (74°C) for 15 seconds.



CHEF NOTES:

1. Preparation must be started 1 day in advance to allow beans to soak.
2. Use caution when seasoning with salt, because the ham hocks, bacon, and sausage will add salt to the soup. To reduce the fat in this recipe, use lean ham and a ham bone in place of the ham hocks.
3. Alternative beans, such as red kidney beans, can be substituted in this recipe, but the name will change to red bean soup.
4. Liquid from cooked beans can be used to make the soup.

COOKING TECHNIQUE:

Simmer

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

GLOSSARY:**Brunoise:** 1/8-in. dice**Blanch:** to par cook**Sweat:** to sauté under a cover**HACCP:**

Hold at 135°F (57°C) or above.

Cool to 41°F (5°C) or below.

Reheat to 165°F (74°C) for 15 seconds.

NUTRITION:

Calories: 368

Fat: 22.3 g

Protein: 19.6 g

Hungarian Goulash Soup

YIELD: 10 SERVINGS

SERVING SIZE: 8 OZ.

INGREDIENTS

1 oz.	Vegetable oil
4 oz.	Salt pork, rind removed, and diced brunoise
1 lb.	Beef chuck, trimmed of fat and silverskin, cut into 1/2-oz. cubes
6 oz.	Onions, peeled and diced brunoise
4 oz.	Green bell peppers, washed, seeded, and diced brunoise
6 oz.	Tomatoes, washed, cored, blanched , peeled, seeded, and diced brunoise
1/2 oz.	Hungarian paprika
2 qts.	Brown beef stock, heated to a boil
8 oz.	Potatoes, washed, peeled, and diced
2 cloves	Garlic, peeled and minced to a purée
1/4 tsp.	Caraway seeds, bruised
1 each	Lemon, zest only, blanched
	Hot sauce, to taste
	Spätzels, as needed
	Salt and freshly ground black pepper, to taste

METHOD OF PREPARATION:

1. In a large stockpot, heat the oil, and render the salt pork. When rendered, remove the salt pork from the pan, and sauté the beef cubes until they are golden brown. Then, remove the beef, and reserve.
2. Add the onions, and sauté until translucent. Then, add the green peppers, tomatoes, and garlic, and sauté for 5 minutes more.
3. Return the meat to the pot; add the paprika, and **sweat** for about 5 minutes.
4. Add the beef stock and heat to a boil; reduce to a simmer.
5. In a separate pot, starting with cold water, cook the potatoes until they are three-fourths done. Drain; then add to the goulash soup. Simmer the soup until the meat and potatoes are tender.
6. Season with caraway seeds, salt, black pepper, and hot sauce.
7. To serve, place spätzel into preheated cups, and ladle soup over them. Garnish with lemon zest. Hold at 135°F (57°C) or above.

**CHEF NOTE:**

A goulash is a Hungarian-style soup or stew flavored with Hungarian paprika and is traditionally hot and spicy. This dish is commonly served with spätzel, which are small flour dumplings. Ready-made spätzel can be used.

COOKING TECHNIQUE:

Simmer

Simmer & Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

GLOSSARY:**Mirepoix:** roughly chopped vegetables**Brunoise:** 1/8-in. dice**Sweat:** to sauté under a cover**Chinois:** cone-shaped strainer**HACCP:**

Hold at 135°F (57°C) or above.

Cool to 41°F (5°C) or below.

Reheat to 165°F (74°C) for 15 seconds.

HAZARDOUS FOODS:

Milk

Heavy cream

NUTRITION:

Calories: 240

Fat: 18.4 g

Protein: 6.77 g

Cream of Cauliflower Soup

YIELD: 10 SERVINGS

SERVING SIZE: 8 OZ.

INGREDIENTS

4 oz. Clarified butter

MIREPOIX:

4 oz. Onions, peeled

2 oz. Celery, washed and trimmed

2½ lbs. Cauliflower, fresh, washed, cored, flowerets separated and reserved, stems peeled, and diced **brunoise**

4 oz. All-purpose flour

2½ qts. White chicken stock

Salt and ground white pepper, to taste

½ tsp. Nutmeg, ground

8 oz. Heavy cream

8 oz. White chicken stock or vegetable stock, heated to a boil

METHOD OF PREPARATION:

1. In a stockpot, heat the clarified butter. Add the mirepoix and cauliflower stems. **Sweat** until onions are translucent. Add the flour, and cook for 3 to 5 minutes to create a thickening agent, stirring constantly.
2. Heat the chicken stock to a simmer, and add to the vegetables. Heat to a slight boil. Then reduce the heat, and simmer for about 30 minutes. Let the soup simmer until the cauliflower is tender and the proper flavor is achieved. Strain off the liquid through a **chinois**; then purée the vegetables in a food processor. Combine the liquid and vegetables in a stockpot. Heat to a boil.
3. Temper the heavy cream, and add to the soup. Heat to 165°F (74°C) but do not return to a boil.
4. Blanch the cauliflower flowerets in the steamer. Shock them under cold, running water. Drain thoroughly and reheat. Hold at 135°F (57°C) or above.
5. Adjust the seasonings, and serve hot, in a preheated soup cup. Garnish with hot cauliflower flowerets.
6. Cool to 41°F (5°C) or below.
7. Reheat to 165°F (74°C) for 15 seconds.

COOKING TECHNIQUES:

Sauté, Simmer

Sauté:

1. Heat the sauté pan to the proper temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

GLOSSARY:

Brunoise: 1/8-in. dice

Chinois: cone-shaped strainer

Render: to melt fat

HACCP:

Hold at 135°F (57°C) or above.

Cool to 41°F (5°C) or below.

Reheat to 165°F (74°C) for 15 seconds.

HAZARDOUS FOOD:

Clams

NUTRITION:

Calories: 151

Fat: 7.31 g

Protein: 6.62 g



CHEF NOTES:

1. A chowder is a thick, chunky seafood soup, of which clam chowder is the most well known. The name comes from the French *chaudière*, a caldron in which fishermen made their stews fresh from the sea. New England-style is made with milk or cream; Manhattan-style is made with tomatoes. Chowder can contain any of several varieties of seafood and vegetables. The term also is used to describe any thick, rich soup containing chunks of food (e.g., corn chowder).
2. It is at the chef's discretion to cook potatoes separately. Starch released during cooking will add to the thickness of the chowder.

Manhattan Clam Chowder

YIELD: 10 SERVINGS

SERVING SIZE: 8 OZ.

INGREDIENTS

10 each	Quahog clams, washed
2½ qts.	Cold water
1 tsp.	Fresh thyme leaves, divided
1 each	Bay leaf
3 oz.	Bacon, diced brunoise
1 oz.	Vegetable oil
4 oz.	Onion, peeled and diced brunoise
2 oz.	Celery stalks, washed, trimmed, and diced brunoise
2 cloves	Garlic, peeled and crushed
12 oz.	Canned whole tomatoes, drained, seeded, and diced brunoise
2 oz.	Tomato purée
1 lb.	Potatoes, washed, peeled, and diced brunoise
	Salt and cayenne pepper, to taste

METHOD OF PREPARATION:

1. In a stockpot, combine the clams with the water, ¼ tsp. of the thyme, and the bay leaf. Cover, and simmer for 10–15 minutes, or until the clams open.
2. Remove the pot from the heat, and let the stock rest for 10 minutes. Strain the liquid through a **chinois** lined with four or five layers of cheesecloth, and reserve the broth, holding at 135°F (57°C) or above. Remove the clam meat from the shells, chop, and reserve.
3. In another stockpot, **render** the bacon with the oil. Remove bacon from the pot; add the onions and celery. Sauté until the onion is translucent; then add the garlic, tomatoes, and tomato purée, and cook for another 5 minutes.
4. Add the reserved broth, and heat the liquid to a boil. Reduce the heat to a simmer, and allow to cook for 30 minutes.
5. In a separate pot, cook the potatoes in salted water until tender. Drain, and add to the soup.
6. Add the reserved clam meat and the remaining thyme; season, to taste. Serve in preheated cups or bowls.
7. Hold at 135°F (57°C) or above. Cool to 41°F (5°C) or below. Reheat to 165°F (74°C) for 15 seconds.

Hot and Sour Soup

YIELD: 10 SERVINGS

SERVING SIZE: 8 OZ.

COOKING TECHNIQUE:

Simmer

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

GLOSSARY:

Julienne: matchstick strips

HACCP:

Hold at 135°F (57°C) or above.
Cool to 41°F (5°C) or below.
Reheat to 165°F (74°C) for 15 seconds.

HAZARDOUS FOODS:

Lean pork
Eggs

NUTRITION:

Calories: 229
Fat: 11.1 g
Protein: 15.1 g

INGREDIENTS

2 qts.	Chicken stock
6 oz.	Lean pork, cooked and cut julienne
4 oz.	Straw mushrooms, washed, trimmed, and sliced
6 oz.	Bean curd, shredded
4 oz.	Bamboo shoots
2 oz.	Dried wooden ears (Chinese black mushrooms), soaked in warm water for 30 minutes, drained, and cut julienne
2 oz.	Soy sauce
1 oz.	White vinegar
1½ tsp.	Salt
1 tsp.	Ground white pepper
3 oz.	Cornstarch, dissolved in 6 oz. of cold water
5 each	Eggs, beaten lightly
2 oz.	Sesame seed oil
5 each	Scallions, washed, trimmed, and thinly sliced

METHOD OF PREPARATION:

1. In a stockpot or wok, heat the chicken stock to a boil; then add the pork, mushrooms, bean curd, bamboo shoots, and wooden ears. Simmer for 2 minutes; then add the soy sauce, white vinegar, salt, and pepper.
2. Thicken the soup to a light syrupy consistency with the cornstarch mixture.
3. Just before service, pour the eggs through a colander into the simmering soup. Stir gently until the eggs are cooked. Hold at 135°F (57°C) or above.
4. To serve, ladle the soup into preheated soup cups, and garnish with sesame seed oil and sliced scallions for flavor.



CHEF NOTE:

This is a Chinese recipe from the Szechwan region, known for its hot and oily foods.

COOKING TECHNIQUES:

Deep-fry, Bake

Deep-fry:

1. Heat the frying liquid to the proper temperature.
2. Submerge the food product completely.
3. Fry the product until it is cooked throughout.

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

GLOSSARY:

Render: melt animal fat over low heat until it separates from the muscle tissue

HACCP:

Hold cooked potato skins at 135°F (57°C) or above.

NUTRITION:

Calories: 261
Fat: 14.9 g
Protein: 8.2 g

Volcanic Potato Skins

YIELD: 8 SERVINGS

SERVING SIZE: 2 PIECES

INGREDIENT

4 each	Baked potatoes, cooled
8 slices	Bacon, diced
1 each	Onion, chopped
¼ tsp.	Black pepper
⅛ tsp.	Salt
8 oz.	Grated Cheddar cheese
1 oz.	Sliced scallions
1 c.	Sour cream

METHOD OF PREPARATION:

1. Preheat oven to 400°F (204°C).
2. Cut each previously baked potato lengthwise into 4 strips. Scoop out some of the flesh.
3. Deep-fry the potato skins at 375°F (191°C) until golden. Drain and place 2 pieces, skin side down, on each of 8 small ovenproof plates. Place the plates on a sheet pan. Hold at 135°F (57°C) or above.
4. Render the bacon and cook until slightly browned. Drain off excess fat. Add onions and sauté until golden. Stir in the reserved potato flesh, crushing it as you mix it in. Season with pepper.
5. Place 1 Tbsp. of cheese onto each potato skin. Top with 3 Tbsp. of the bacon mixture, then another Tbsp. of cheese.
6. Place the sheetpan of plates with potato skins in the oven for 5 minutes, or until the cheese bubbles and melts like a volcano on the plates.
7. Top each plate with 2 Tbsp. of sour cream and sprinkle with scallions.

COOKING TECHNIQUE:

Bake

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

HACCP:

Cook chicken to an internal temperature of 165°F (74°C) for 15 seconds.

NUTRITION:

Calories: 333

Fat: 18.07 g

Protein: 21.3 g

Crunchy Chicken Tenders

YIELD: 8 SERVINGS

SERVING SIZE: 3 OZ.

INGREDIENTS

4 oz.	Melted butter or margarine
¼ tsp.	Salt
¼ tsp.	Pepper
½ tsp.	Paprika
1½ lbs.	Chicken breast, boneless and skinless, or chicken tenders
6 oz.	Cornflakes or other flaked cereal, crushed
3 oz.	Bread crumbs
8 oz.	Dipping sauces (honey mustard, barbecue sauce)

METHOD OF PREPARATION:

1. Preheat oven to 375°F (191°C).
2. Line a baking sheet with parchment paper.
3. Place the crushed cornflakes and the bread crumbs in a shallow pan.
4. Cut the chicken breast into 1–2 oz. strips. If using tenders, leave them whole.
5. Mix together the melted butter, salt, pepper, and paprika. Pour this mixture over the chicken in a large bowl and mix thoroughly to coat.
6. Roll each chicken strip in the cornflakes, pressing them in if necessary to make them stick.
7. Lay out the coated strips on the sheet pan, allowing at least ½-in. space between each strip to allow proper browning.
8. Bake the chicken for 15–20 minutes to and internal temperature of 165°F (74°C), or until golden brown.
9. Serve with 1 oz. portions of dipping sauce.

Egg Rolls

YIELD: 10 SERVINGS

SERVING SIZE: 2 EGG ROLLS

COOKING TECHNIQUES:

Stir-Fry, Deep-Fry

Stir-Fry:

1. Heat the oil in a wok until hot but not smoking.
2. Keep the food in constant motion; use the entire cooking surface.

Deep-Fry:

1. Heat the frying liquid to the proper temperature.
2. Submerge the food product completely.
3. Fry the product until it is cooked throughout.

GLOSSARY:

Chiffonade: ribbons of leafy green

HACCP:

Refrigerate at 41°F (5°C) or below until ready to deep-fry.
Hold at 135°F (57°C) or above.

HAZARDOUS FOOD:

Ground pork
Eggs

NUTRITION:

Calories: 592
Fat: 48 g
Protein: 18.2 g

INGREDIENTS

1 oz.	Soybean oil
1 lb.	Ground pork
4 oz.	Mushrooms, washed, stems trimmed, and thinly sliced
1 lb.	Cabbage, washed, cored, and cut chiffonade
1 lb.	Celery, washed, trimmed, and diced
8 oz.	Soy sauce
1 oz.	Sugar
1 lb.	Bean sprouts, washed and drained
20 each	Egg rolls, 6-in. wrappers
2 each	Eggs, lightly beaten
1 qt.	Peanut oil
3 oz.	Mustard sauce or sweet and sour sauce (see chef notes)

METHOD OF PREPARATION:

1. In a wok or heavy pan, heat the soybean oil over high heat. Add the ground pork, and stir-fry for 2 minutes.
2. Add the mushrooms, cabbage, celery, soy sauce, and sugar, and stir-fry for another minute. Drain the excess liquid, and transfer the contents of the wok to a bowl.
3. Add the bean sprouts to the mixture, and chill or refrigerate at 41°F (5°C) or below.
4. For each egg roll, shape approximately 2 oz. of filling into a 4-in. by 1-in. cylinder. Place the filling diagonally across the center of a wrapper. Lift the lower triangular flap over the filling, and tuck the point underneath on the far side, leaving the upper point of the wrapper exposed. Bring each of the two small end flaps, one at a time, up to the top of the enclosed filling, and press the points down firmly. Brush the upper and exposed triangle of dough with lightly beaten egg. Roll the wrapper into a neat package. The beaten egg will seal the edges and keep the wrapper intact.
5. Place the filled egg rolls on a plate, and cover with a dry kitchen towel.
6. To fry, heat the peanut oil in a wok over moderate heat. Bring the temperature to about 375°F (191°C), and deep-fry the egg rolls for 3–4 minutes, or until golden brown and crisp. Place on absorbent paper to drain.
7. Serve on a preheated plate, with mustard sauce or sweet and sour sauce on the side.



CHEF NOTES:

1. Mustard sauce is Chinese dry mustard and cold water combined to a thick consistency.
2. Sweet and sour sauce can also be served with egg rolls. Hold at 135°F (57°C) or above.
3. Fry egg rolls to order.

COOKING TECHNIQUES:

Sauté, Bake

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

GLOSSARY:

Bain-marie: hot-water bath

HACCP:

Hold at 135°F (57°C) or above.

HAZARDOUS FOOD:

Heavy cream

NUTRITION:

Calories: 306.4

Fat: 21.5 g

Protein: 14.9 g

Stuffed Mushrooms

YIELD: 10 SERVINGS

SERVING SIZE: 3 EACH

INGREDIENTS

30 each	Medium-sized mushrooms, cleaned, stems removed
2 oz.	Olive oil
8 oz.	Onions, peeled and diced
8 oz.	Gruyère cheese, grated
4 oz.	Parmesan cheese, grated
4 oz.	Bread crumbs
4 oz.	Heavy cream
½ tsp.	Ground nutmeg
	Salt and ground white pepper, to taste
3 oz.	Fresh parsley, washed, excess moisture removed, and chopped

METHOD OF PREPARATION:

1. Preheat the oven to 400°F (204°C).
2. Chop the mushroom stems.
3. In a sauté pan, heat the oil, add the onions, and sauté until translucent. Add the mushroom stems and sauté until tender.
4. Combine the sautéed mushroom stems with 2 oz. of the Gruyère cheese, Parmesan cheese, bread crumbs, cream, seasonings, and parsley.
5. Using a pastry bag, pipe the mushroom mixture into the mushroom caps. Place the mushrooms on a baking tray.
6. Sprinkle the remaining Gruyère cheese on each cap. Bake in the oven until the mushrooms are tender and the cheese is lightly browned. Serve immediately, or hold at 135°F (57°C) or above.



CHEF NOTE:

Mushrooms will lose their firmness and darken if held too long in a **bain-marie**.

Shrimp and Vegetable Fritters

YIELD: 10 SERVINGS

SERVING SIZE: 5 EACH

COOKING TECHNIQUE:

Deep-Fry

Deep-Fry:

1. Heat the frying liquid to the proper temperature.
2. Submerge the food product completely.
3. Fry the product until it is cooked throughout.

GLOSSARY:

Julienne: matchstick strips

Brunoise: 1/8-in. dice

HACCP:

Hold at 135°F (57°C) or above.

HAZARDOUS FOODS:

Eggs
Shrimp

NUTRITION:

Calories: 356

Fat: 6.02 g

Protein: 32.7 g

INGREDIENTS

2½ lbs.	Shrimp (26/30 counts), peeled, deveined, and split lengthwise
8 oz.	Carrots, washed, peeled and cut julienne
3 oz.	Celery, washed and diced brunoise
4 cloves	Garlic, peeled and finely minced
2 tsp.	Coriander, ground
¼ tsp.	Cumin, ground
¼ tsp.	White pepper, ground
	Salt, to taste
	Oil for frying, heated to 350°F (177°C) as needed

BATTER:

1 lb.	All-purpose flour
6 each	Eggs
12 oz.	Water, or as needed to make a smooth batter

VINEGAR AND GARLIC DIP:

4 oz.	White vinegar
4 cloves	Garlic, peeled and finely minced
1 Tbsp.	Soy sauce

METHOD OF PREPARATION:

1. Place the flour in a bowl, beat the eggs, and add to the flour. Add water, as needed, to the mixture and work it into a smooth batter.
2. Add the shrimp, carrots, celery, garlic, coriander, cumin, white pepper, and salt, to taste. Mix well, and let it rest for 10 minutes.
3. Scoop 1 oz.-size balls of mixture into the hot oil and fry until golden brown. Dry on absorbent paper. Hold at 135°F (57°C) or above.
4. Combine the ingredients for the dip, and mix well. Hold at room temperature.
5. To serve, arrange five fritters on a preheated plate, and offer vinegar and garlic dip in a small dish on the side.



CHEF NOTES:

1. This is an Indonesian dish which is also called Bah-Wan.
2. When vegetables are used, cut very thin. The shrimp needs only 3–4 minutes to cook.

COOKING TECHNIQUE:

Broil

GLOSSARY:**Nappé:** coat**HACCP:**

Cook to an internal temperature of 145°F (63°C) for 15 seconds.

Wrap and hold at 135°F (57°C) or above.

HAZARDOUS FOOD:

Whitefish

NUTRITION:

Calories: 384

Fat: 27.8 g

Protein: 31 g

Broiled Whitefish with Browned Butter and Capers

YIELD: 10 SERVINGS

SERVING SIZE: 6 OZ.

INGREDIENT

4 lbs.	Whitefish fillets, cut into 6-oz. portions
	Salt and ground white pepper, to taste
1 lb.	Butter
5 oz.	Capers, rinsed of brine
10 each	Lemon crowns

METHOD OF PREPARATION:

1. Season the fish on both sides with salt and pepper.
2. Melt 4 oz. butter and brush the fish on both sides.
3. Broil the fish to an internal temperature of 145°F (63°C) for 15 seconds.
4. Heat the remaining butter until golden brown, then add the capers.
5. To serve, place a fillet of whitefish on a preheated dinner plate, and **nappé** with butter. Garnish with lemon crowns. Serve immediately, or wrap and hold at 135°F (57°C) or above.

**CHEF NOTES:**

1. Whitefish is a staple of the Midwest. It has a high fat content and therefore, is also great for smoking.
2. For the same method of preparation, flounder, sole, scrod fillets, or catfish fillets can be used.

COOKING TECHNIQUE:

Bake

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

HAACP:

Cook to an internal temperature of 145°F (63°C) for 15 seconds.

Hold at 135°F (57°C) or above.

HAZARDOUS FOODS:

Eggs
Salmon fillets

NUTRITION:

Calories: 619

Fat: 23.2 g

Protein: 47.7 g

Baked Salmon with Mustard-Dill Crust

YIELD: 10 SERVINGS

SERVING SIZE: 6 OZ.

INGREDIENTS

2 oz.	Butter
3 oz.	Fresh dill, washed, excess moisture removed, and chopped
3 cloves	Garlic, peeled and finely minced
2 oz.	Dijon mustard
8 each	Eggs
	Salt and ground white pepper, to taste
20 oz.	Bread crumbs, or as needed
	All-purpose flour, as needed
10, 6 oz.	Salmon fillets, skin and bones removed

METHOD OF PREPARATION:

1. Preheat the oven to 375°F (191°C).
2. In a mixing bowl, combine all of the ingredients except the flour and salmon, and work the mixture into a dough-like mixture.
3. Dust a table with flour and roll out the mixture into a 1/4-in. thick leaf.
4. Cut the dough into portions the shape of the salmon fillets.
5. Lay out the salmon fillets, flesh-side up on an oiled baking pan, place the dough pieces on top of each fillet and bake for 10 minutes, or until the fish is firm and reaches an internal temperature of 145°F (63°C) for 15 seconds. Serve immediately, or hold at 135°F (57°C) or above.
6. To serve, carefully transfer the fillet to a preheated dinner plate.

Broiled Catfish

YIELD: 50 SERVINGS

SERVING SIZE: 5 OZ.

COOKING TECHNIQUE:

Broil

Grill/Broil:

1. Clean and heat the grill/broiler.
2. To prevent sticking, brush the food product with oil.

HACCP:

Cook to an internal temperature of 145°F (63°C) for 15 seconds.
Hold at 135°F (57°C) or above.

HAZARDOUS FOOD:

Catfish

NUTRITION:

Calories: 269

Fat: 17.8 g

Protein: 24 g

INGREDIENTS

1 qt.	Salad oil
16 lbs.	Catfish fillets cut into 5-oz. portions
	Cajun spices, to taste
	Worcestershire sauce, as needed
	Salt and freshly ground white pepper, to taste
13 each	Lemons, cut into wedges
2 oz.	Fresh parsley, washed and excess moisture removed

METHOD OF PREPARATION:

1. Remove any bones from the catfish fillets. Rub the catfish fillets with oil, and season with the Cajun spice, Worcestershire sauce, salt, and pepper.
2. Preheat the broiler. Broil the fillets until golden brown and to an internal temperature of 145°F (63°C) for 15 seconds. Hold at 135°F (57°C) or above.
3. Place the fish on warm plates, and serve with lemon wedges and parsley sprigs.



CHEF NOTES:

1. Blackening is a method of rubbing the product with dry spice and placing it in a dry, very hot skillet to sear the item.
2. Do not prepare in advance, as the fish will dry out.

COOKING TECHNIQUES:

Roast, Sauté

Roast:

1. Sear the food product, and brown evenly.
2. Elevate the food product in a roasting pan.
3. Determine doneness, and consider carryover cooking.
4. Let the food product rest before carving.

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

HACCP:

Cook to an internal temperature of 145°F (63°C) for 15 seconds.

Hold at 135°F (57°C) or above.

HAZARDOUS FOOD:

Tuna steaks

NUTRITION:

Calories: 343

Fat: 6.06 g

Protein: 57.2 g

Roasted Tuna with Garden Vegetables

YIELD: 10 SERVINGS

SERVING SIZE: 6 OZ.

INGREDIENT

10, 6-oz.	Tuna steaks
	Olive oil, as needed
3 medium	Onions, peeled and thinly sliced
3 each	Italian peppers (yellow cubanelle), washed, seeded, and cut into ½-in. strips
3 each	Red bell peppers, washed, seeded, and cut into ¼-in. strips
3 medium	Firm, ripe tomatoes, washed, cored, blanched, peeled, seeded, and cut into ½-in. wedges
½ tsp.	Marjoram, dried
1 tsp.	Basil, fried
	Salt and ground white pepper, to taste
2 cloves	Garlic, peeled and mashed into a purée
2½ qts.	Vegetable stock, heated to a boil
2 Tbsp.	Cornstarch
2 Tbsp.	Cold water

METHOD OF PREPARATION:

1. Preheat the oven to 350°F (177°C).
2. Heat a large sauté pan, coat the bottom with olive oil, and sear the tuna steaks quickly on both sides. Transfer to a hotel pan.
3. Add the onions to the same pan, and sauté for 3 minutes; then add the peppers, and sauté for an additional 3 minutes. Spread the vegetables over the tuna steaks. Add more oil to the sauté pan and heat.
4. Add the tomatoes. Add the herbs and seasonings, and sauté for 2–3 minutes; top tuna steaks with this mixture.
5. Mix the garlic into the stock, and pour it over the fish.
6. Place the pan in the oven, and roast until the fish is firm, about 10–15 minutes, or until the internal temperature reaches 145°F (63°C) for 15 seconds. Carefully transfer the tuna steaks to another hotel pan, cover it with parchment paper, and hold at 135°F (57°C) or above.
7. Dilute the cornstarch in the cold water. Place the hotel pan with the juices and vegetables over the heat, and heat to a boil. Stir in the cornstarch mixture, as needed, until the sauce is thickened to a syrupy consistency. Adjust the seasonings, and pour the mixture over the fish. Serve immediately for the best texture, or hold at 135°F (57°C) or above.

**CHEF NOTES:**

1. It is important that both the pan and the oil are hot before adding the fish steaks, so that they are seared very quickly.
2. Careful handling of the tuna is necessary to prevent overcooking or drying the texture of the fish.
3. Serve the tuna steak on a preheated dinner plate, and nappé with sauce and vegetables.

COOKING TECHNIQUE:

Stir-Fry
Simmer

Stir-Fry:

1. Heat the oil in a wok until hot, but not smoking.
2. Keep the food in constant motion; use the entire cooking surface.

GLOSSARY:

Julienne: matchstick strips

Nappé: to coat with sauce

HACCP:

Hold at 135°F (57°C) or above.

HAZARDOUS FOOD:

Shrimp

NUTRITION:

Calories: 309

Fat: 27.4 g

Protein: 9.03 g

Indian Shrimp Curry

YIELD: 20 SERVINGS

SERVING SIZE: 4 SHRIMP

INGREDIENTS

40 each	Shrimp (16/20 count)
	Salt, to taste
2 Tbsp.	White vinegar
8 oz.	Grated coconut
1, 15-oz. can	Coconut milk
4 oz.	Coriander seeds, ground
3 oz.	Vegetable oil
2 Tbsp.	Ginger root, peeled and finely chopped
4 oz.	Onions, peeled and cut julienne
2 Tbsp.	Garlic, peeled and finely chopped
1 tsp.	Turmeric
½ tsp.	Cumin
	Cayenne pepper, to taste
	Freshly ground black pepper, to taste

METHOD OF PREPARATION:

1. Peel the shrimp, leaving the tail section on. Devein and wash.
2. Combine the salt and white vinegar, add the shrimp, and marinate for 1 hour. Strain the shrimp, and reserve the marinade.
3. In a food processor, purée the coconut, coconut milk, and coriander seeds. Strain through a cheesecloth, and reserve.
4. In a wok over high heat, add the oil; sauté the ginger root and onions. Then, add the garlic, and stir-fry for about 2 minutes. Add the turmeric, cumin, cayenne pepper, and black pepper.
5. Add the shrimp marinade; heat to a boil, and simmer it for 2 minutes.
6. Add the shrimp and coconut milk mixture, and simmer until the shrimp are thoroughly cooked. Hold at 135°F (57°C) or above.
7. To serve, arrange 4 shrimp on a preheated plate or serve over a bed of basmati rice and **nappé** with the coconut curry sauce from the wok.



CHEF NOTES:

1. This dish is typical of the cuisine of India.
2. If the dish will be held for a period of time, withhold the shrimp and add just before service.

COOKING TECHNIQUE:

Bake

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

GLOSSARY:**Fork-tender:** without resistance**HACCP:**

Cook to an internal temperature of 165°F (74°C) for 15 seconds.
Hold at 135°F (57°C) or above.

HAZARDOUS FOOD:

Chicken

NUTRITION:

Calories: 437
Fat: 31.3 g
Protein: 36.6 g

Herbed Baked Chicken

YIELD: 50 SERVINGS

SERVING SIZE: ¼ CHICKEN

INGREDIENTS

1 pt.	Salad oil
1 Tbsp.	Salt
1 Tbsp.	Paprika
1 Tbsp.	Thyme, dry
1 Tbsp.	Marjoram, dry
1 Tbsp.	Oregano, dry
1 Tbsp.	Basil, dry
16 lbs.	Chicken, thighs and legs

METHOD OF PREPARATION:

1. Preheat the oven to 350°F (177°C).
2. Mix all of the spices and herbs in the oil, and let stand for half an hour.
3. Place the chicken pieces on a sheet pan.
4. Brush with herbed oil.
5. Bake in the oven approximately 45 minutes until chicken is **fork-tender** and reaches an internal temperature of 165°F (74°C) for 15 seconds.
6. Transfer baked chicken parts into 4-in. deep hotel pans. Hold at 135°F (57°C) or above.

**CHEF NOTE:**

Verify that the 16 lbs. of chicken have at least 50 pieces of chicken. Chicken may be ordered by the unit (e.g., 50 thighs, 50 legs).

COOKING TECHNIQUE:

Bake

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

GLOSSARY:**Concassé:** peeled, seeded, and roughly chopped**Fork-tender:** without resistance**HACCP:**

Cook to an internal temperature of 165°F (74°C) for 15 seconds.

Hold at 135°F (57°C) or above.

HAZARDOUS FOOD:

Chicken

NUTRITION:

Calories: 433

Fat: 30.4 g

Protein: 32.8 g

Baked Chicken in Foil

YIELD: 10 SERVINGS

SERVING SIZE: 2 PIECES

INGREDIENTS

4 oz.	Olive oil
	Salt, to taste
20 each	Chicken thighs and legs
2 each	Onions, peeled and thinly sliced
10 cloves	Garlic, peeled and mashed into a purée
5 each	Green chili peppers, washed, cored, and thinly sliced
10 oz.	Tomato concassé
6 oz.	Cilantro leaves, washed and coarsely chopped

METHOD OF PREPARATION:

1. Preheat the oven to 375°F (191°C).
2. Combine the oil and salt and dip the chicken into the mixture.
3. Place one thigh and one leg of oiled chicken on a 10-in. square of aluminum foil.
4. Divide all of the other ingredients over the chicken pieces, sprinkle with salt, and add the remaining oil.
5. Close the aluminum foil to keep ingredients from leaking or steam from escaping. Place on a baking pan, and bake approximately 45 minutes, or until chicken is **fork-tender** and reaches an internal temperature of 165°F (74°C) for 15 seconds.
6. Serve immediately on a preheated plate, or hold at 135°F (57°C) or above.

**CHEF NOTE:**

This dish is a specialty of Mexico which is also called Pollo en Camisa. It is served in aluminum foil with white rice and fried plantains.

COOKING TECHNIQUES:

Broil/Grill

Grill/Broil:

1. Clean and heat the grill/broiler.
2. To prevent sticking, brush the food product with oil.

HACCP:

Cook to an internal temperature of 165°F (74°C) for 15 seconds.

NUTRITION:

Calories: 212

Fat: 14.6 g

Protein: 16.7 g

Broiled Chicken with Peanut Sauce

YIELD: 10 SERVINGS

SERVING SIZE: ½ CHICKEN BREAST

INGREDIENTS

5 each	Chicken breasts, whole, boneless
10 each	Bamboo skewers
	Asian peanut sauce, heated to a boil, as needed
	Salt, to taste
	Fresh cilantro sprigs (optional)

MARINADE:

2 oz.	White vinegar
2 cloves	Garlic, peeled and finely minced
½ oz.	Soy sauce
2 oz.	Sesame seed oil

METHOD OF PREPARATION:

1. Combine the ingredients of the marinade, and marinate the chicken for 1 hour.
2. Split the chicken breasts in half, and thread on skewers.
3. Broil or grill the skewered chicken breasts to an internal temperature of 165°F (74°C) for 15 seconds and baste with the peanut sauce.
4. To serve, place ½ chicken breast on a preheated dinner plate, surround with peanut sauce, and garnish with fresh cilantro.

**CHEF NOTE:**

This is an Indonesian dish which is also called Sate Ayam.

COOKING TECHNIQUES:

Stew, Simmer

Stew:

1. Sear, sauté, sweat, or blanch the main food product.
2. Deglaze the pan, if desired.
3. Cover the food product with simmering liquid.
4. Remove the bouquet garni.

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

GLOSSARY:

Mirepoix: roughly chopped vegetables

Dépouiller: to skim impurities/grease

Fork-tender: without resistance

Chinois: cone-shaped strainer

Nappé: to coat

HACCP:

Hold at 135°F (57°C) or above.
Reheat to 165°F (74°C) for 15 seconds.

HAZARDOUS FOODS:

Chicken
Cream
Milk

NUTRITION:

Calories: 447

Fat: 26 g

Chicken with Dumplings

YIELD: 10 SERVINGS

SERVING SIZE: ¼ CHICKEN

INGREDIENTS

3	Chickens (2½–3 lb. each), rinsed in cold water and patted dry
1 gal.	White chicken stock, heated to a boil
2 each	Bay leaves
	Salt and freshly ground black pepper, to taste
4 oz.	Roux blonde
2 c.	Milk, heated to a boil

MIREPOIX:

8 oz.	Carrots, washed and peeled
1 lb.	Onions, peeled
1 lb.	Celery, washed and trimmed
8 oz.	Leeks (white part only), washed and trimmed

DUMPLINGS:

2 c.	All-purpose flour, or as needed
1 tsp.	Salt
2 tsp.	Baking powder
2 Tbsp.	Butter
4 Tbsp.	Vegetable oil
4 oz.	Cream

METHOD OF PREPARATION:

1. In a stockpot, combine the chicken and the stock. Heat to a boil, and after about 5 boiling minutes, **dépouiller**. Add the mirepoix, bay leaves, and seasoning, to taste. Cook about one hour until chicken is **fork-tender** and reaches an internal temperature of 165°F (74°C). Remove the chicken, and hold at 135°F (57°C) or above. Strain the stock through a **chinois**.
2. To make dumplings, combine the flour, salt, and baking powder. Blend the butter and oil into the flour; add the cream to make a stiff dough. Roll the dough to ¼-in. thickness. Cut into 2-in. squares.
3. Heat 2 qts. of the strained stock to a boil; reduce the heat to a simmer, and drop in the dumplings. When they rise to the top, cover and simmer for 10 minutes, or until they are cooked inside. Remove, and hold at 135°F (57°C) or above.
4. Heat the roux, and add the hot milk. Heat to a boil, reduce the heat, and simmer for 10 minutes until fully cooked and mixture is smooth. Strain the sauce through a chinois, and hold at 135°F (57°C) or above.
5. Cut the chickens into quarters, and partially debone. Keep warm in seasoned stock. Hold covered at 135°F (57°C) or above.



CHEF NOTE:

1. Reserve extra stock for other uses.
2. Serve a portion of chicken on a preheated dinner plate, arrange the dumplings around the chicken, and **nappé** with the sauce.

Grilled Chicken Teriyaki

YIELD: 50 SERVINGS

SERVING SIZE: 4 OZ.

COOKING TECHNIQUES:

Grill or Broil

Grill/Broil:

1. Clean and heat the grill/broiler.
2. To prevent sticking, brush the food product with oil.

HACCP:

Cook to an internal temperature of 165°F (74°C) for 15 seconds.

HAZARDOUS FOOD:

Chicken breasts

NUTRITION:

Calories: 200

Fat: 9.5 g

Protein: 17.8 g

INGREDIENTS

25 each	Whole boneless chicken breasts, washed, skinned, and split in half
6 pts.	Teriyaki sauce
	Sesame oil, as needed

METHOD OF PREPARATION:

1. Ensure that the cooking surface of the grill or broiler is clean; then preheat.
2. Wash the portioned chicken breasts in cold running water, and pat dry. Lightly oil each chicken breast with the sesame oil.
3. Grill or broil the chicken breasts to order, as needed, brushing with the teriyaki sauce while broiling.
4. Cook until the chicken breasts are golden brown and firm to the touch. Cook to an internal temperature of 165°F (74°C) for 15 seconds.
5. Serve one piece per serving (½ breast).



CHEF NOTES:

1. If this recipe is made using a broiler instead of a grill, the dish would be called Broiled Chicken Teriyaki.
2. Chicken tenders may be removed to be used in another recipe.

Chicken à la King

YIELD: 50 SERVINGS

SERVING SIZE: 6 OZ.

COOKING TECHNIQUES:

Sauté, Boil, Simmer

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

Boil: (at sea level)

1. Bring the cooking liquid to a rapid boil.
2. Stir the contents, and cook the food product throughout.
3. Serve hot.

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

GLOSSARY:

Chinois: fine cone-shaped strainer

Temper: to equalize two extreme temperatures

Liaison: binding agent

HACCP:

Cook to an internal temperature of 165°F (74°C) for 15 seconds.

Hold at 135°F (57°C) or above.

Cool to 41°F (5°C) or below.

Reheat to 165°F (74°C) for 15 seconds.

HAZARDOUS FOODS:

Chicken breasts

Heavy cream

Egg yolks

NUTRITION:

Calories: 413

Fat: 28 g

INGREDIENTS

50 (6-oz.)	Chicken breasts, skinned and boned
	White chicken stock, as needed, heated to a boil
10 oz.	Butter, clarified
1¼ lbs.	Green bell peppers, washed, cored, and diced
1¼ lbs.	Mushrooms, cleaned and sliced
2½ gal.	Chicken velouté, heated to a boil
	Salt and ground white pepper, as needed
1¼ pts.	Heavy cream
15 each	Egg yolks

METHOD OF PREPARATION:

1. Poach the chicken breasts to fork-tender. Remove, cool, and dice into 1-in. pieces. Reserve the chicken stock for the sauce.
2. Sauté the peppers and mushrooms in the clarified butter, and reserve with the chicken.
3. Heat the chicken velouté to a boil. Reduce to a simmer. Let simmer for 20 minutes, until the proper flavor and consistency are achieved.
4. Strain through a **chinois** into a suitable container. Adjust the seasonings. Stir in the chicken, peppers, and mushrooms, and heat to 165°F (74°C) for 15 seconds.
5. **Temper** the **liaison** of the heavy cream and egg yolks and add to the velouté. Hold at 135°F (57°C) or above. Serve with rice.



CHEF NOTE:

Chicken breasts can be replaced by pulled, frozen chicken meat.

Roasted Turkey with Pan Gravy

YIELD: 10 SERVINGS

SERVING SIZE: 5 OZ.

COOKING TECHNIQUES:

Roast, Simmer

Roast:

1. Sear the food product, and brown evenly.
2. Elevate the food product in a roasting pan.
3. Determine doneness, and consider carryover cooking.
4. Let the food product rest before carving.

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

GLOSSARY:

Mirepoix: roughly chopped vegetables

Dépouiller: to skim impurities/grease

Chinois: cone-shaped strainer

HACCP:

Heat to an internal temperature of 165°F (74°C) for 15 seconds. Hold at 135°F (57°C) or above.

HAZARDOUS FOOD:

Turkey

NUTRITION:

Calories: 612
Fat: 5.7 g
Protein: 122 g

INGREDIENTS

1	Turkey (12–14 lbs.), wing tips and giblets removed
	Salt and ground white pepper, to taste
½ tsp.	Ginger, ground
2 oz.	All-purpose flour
1½ qt.	White chicken or turkey stock, heated to a boil

MIREPOIX:

8 oz.	Onions, peeled
8 oz.	Celery stalks, washed and trimmed
6 oz.	Carrots, washed and peeled

METHOD OF PREPARATION:

1. Preheat the oven to 325°F (163°C).
2. Remove the giblets from the turkey cavity, and rinse the turkey, inside and out, under cold water; wipe dry. Season the cavity with salt, pepper, and ginger. Truss the legs by tying or secure together with tail skin.
3. Place the mirepoix in the bottom of a roasting pan, and position the turkey on top, breast-side up. Roast 3–3½ hours, or until an internal temperature of 165°F (74°C) is reached for 15 seconds, and clear juice flows when a leg joint is pierced. Remove the turkey from the pan, and hold at 135°F (57°C) for 20–30 minutes before carving. Remove all but 2 oz. (¼ c.) of fat from the roasting pan.
4. Place the roasting pan over medium heat; sprinkle flour over the vegetables, and stir until the fat is absorbed, cooking for 3 minutes.
5. Gradually add the stock to the roasting pan, stirring constantly. Bring to a boil; reduce heat and simmer for 15–20 minutes. **Dépouiller** the surface as needed.
6. Strain the liquid through a **chinois**, and discard the vegetables. Adjust the seasoning as necessary. Hold at 135°F (57°C) or above, until service.



CHEF NOTES:

1. The FDA Food Code does not recommend stuffing whole turkeys.
2. The internal temperature must be 165°F (74°C) and meat and gravy holding temperature at least 135°F (57°C) or above.
3. To make giblet gravy, cook the giblets with the turkey. Dice the meat finely and add to the pan gravy after straining.

Chinese Barbecued Pork Spareribs

YIELD: 10 SERVINGS

SERVING SIZE: 8 OZ.

COOKING TECHNIQUE:

Roast

Roast:

1. Sear the food product, and brown evenly.
2. Elevate the food product in a roasting pan.
3. Determine doneness, and consider carryover cooking.
4. Let the food product rest before carving.

HACCP:

Hold at 135°F (57°C) or above.

HAZARDOUS FOOD:

Pork spareribs

NUTRITION:

Calories: 831

Fat: 52.5 g

Protein: 51.7 g

INGREDIENTS

10 lbs.	Pork spareribs (uncut), excess fat and breastbone removed
24 oz.	Prepared plum sauce
10 each	Scallion fans

MARINADE:

5 oz.	Soy sauce
2½ oz.	Honey
2½ oz.	Prepared Hoisin sauce
2½ oz.	Wine vinegar
1¼ tsp.	Red pepper flakes, soaked in warm water to 10–15 minutes
3 oz.	Granulated sugar
	Red food coloring, as needed

METHOD OF PREPARATION:

1. Combine all of the marinade ingredients, and pour over the ribs in a hotel pan. Marinate in the refrigerator for a minimum of 5 hours or overnight, turning the ribs several times while marinating.
2. Preheat the oven to 375°F (191°C).
3. Place the ribs on a wire rack inserted into a roasting pan. Roast for 45 minutes; then raise the temperature to 450°F (232°C) and roast for another 15 minutes, or until golden brown. Brush the ribs with the plum sauce, and remove them from the oven. Hold at 135°F (57°C) or above.
4. To serve, arrange 3–4 ribs on a preheated dinner plate and garnish with the scallion fans.



CHEF NOTE:

Pork must be cooked to an internal temperature of 145°F (63°C) for 15 seconds. However, spareribs are usually cooked longer to ensure tenderness.

COOKING TECHNIQUES:

Sauté, Simmer, Bake

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

GLOSSARY:

Julienne: matchstick strips

HACCP:

Cook to an internal temperature of 145°F (63°C) or above for 15 seconds.

Hold at 135°F (57°C) or above.

HAZARDOUS FOOD:

Pork chops

NUTRITION:

Calories: 252

Fat: 22.3 g

Protein: 29.7 g



CHEF NOTE:

1. Anchovies and olives are salted.
2. Many people like pork cooked beyond 145°F (63°C).

Pork Chops Provençale

YIELD: 50 SERVINGS

SERVING SIZE: ONE 6-OZ. CHOP

INGREDIENTS

50 each	Pork chops, washed and dried
4 Tbsp.	Olive oil
12 cloves	Garlic, peeled and minced
5 each	Onions, large peeled, and cut julienne
2 lbs.	Black olives, sliced
4 lbs.	Mushrooms, cleaned, cut into quarters
4 lbs.	Tomatoes, washed and diced
6 oz.	Anchovies, diced (optional)
3 each	Eggplant, washed, peeled, and diced
4 tsp.	Ground black pepper
	Salt, as needed

METHOD OF PREPARATION:

1. Preheat the oven to 350°F (177°C).
2. Broil or grill pork chops until lightly browned or until attractive hatch marks are formed. Place browned chops in a hotel pan
3. Sauté the onions. Add the garlic, eggplant, mushrooms, tomatoes, anchovies, and olives. Season with ground black pepper and salt.
4. Top the pork chops with the sautéed vegetables.
5. Bake in the oven to a minimum internal temperature of 145°F (63°C) for 15 seconds and until the chops are fork-tender. Hold at 135°F (57°C) or above.
6. Serve on preheated dinner plates.

Roast Pork Loin

YIELD: 50 SERVINGS

SERVING SIZE: 6 OZ.

COOKING TECHNIQUE:

Roast

Roast:

1. Sear the food product, and brown evenly.
2. Elevate the food product in a roasting pan.
3. Determine doneness, and consider carryover cooking.
4. Let the food product rest before carving.

GLOSSARY:

Mirepoix: roughly chopped vegetables.

Truss: to tie or secure

Dépouiller: to skim impurities/grease.

HACCP:

Cook to an internal temperature of 145°F (63°C) for 15 seconds.

Hold at 135°F (57°C) or above.

HAZARDOUS FOOD:

Pork loin

NUTRITION:

Calories: 529

Fat: 22.3 g

Protein: 66.7 g

INGREDIENTS

37 lbs.	Pork loin
1¼ heads	Garlic, peeled
	Salt and freshly ground white pepper, to taste
1 tsp.	Ginger, ground
5 oz.	All-purpose flour
2 qts.	Brown veal stock, heated to a boil
3 qts.	Veal demi-glace, heated to a boil

MIREPOIX:

2½ lbs.	Onions, peeled
1¼ lbs.	Carrots, washed and peeled
6 stalks	Celery, washed and trimmed

METHOD OF PREPARATION:

1. Debone, trim, and **truss** the pork loin. Chop the bones into smaller sections. Place the bones, mirepoix, and garlic in the roasting pan.
2. Mix together the seasonings, and rub them on the meat. Place the meat in the roasting pan on top of the mirepoix. Roast in a 375°F (191°C) oven for 20 minutes.
3. Reduce the heat to 300°F (149°C). Roast until the meat reaches and internal temperature of 145°F (63°C) for 4 minutes. Hold at 135°F (57°C) or above.
4. Remove the meat from the pan. Place the pan on the range and brown the bones and mirepoix. Remove the excess fat, leaving about 2 oz. of fat in the pan.
5. Add flour to the mirepoix to form a roux and cook on low heat.
6. Add the hot stock and demi-glace to the mirepoix. Heat to a boil. Simmer the gravy, scraping the pan to loosen any particles. **Dépouiller**, and adjust seasonings. Strain through a chinois and hold at 135°F (57°C) for service.



CHEF NOTE:

1. Slice the roasted loin, two slices per serving. Place on a preheated dinner plates and serve nappé with the gravy.

Baked Meat Loaf

YIELD: 50 SERVINGS

SERVING SIZE: 5 OZ.

COOKING TECHNIQUE:

Bake

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

GLOSSARY:

Brunoise: 1/8-in. dice

HACCP:

Hold at 135°F (57°C) or above.
Cook to an internal temperature of 155°F (68°C) or above for 15 seconds.

HAZARDOUS FOODS:

Ground beef
Eggs
Milk

NUTRITION:

Calories: 376
Fat: 22 g

INGREDIENTS

13 lbs.	Ground beef
2 lbs.	White bread, chopped rough
2 pts.	Milk
10 oz.	Oil
2 lbs.	Onions, peeled and diced brunoise
2 heads	Garlic, peeled and minced
13 oz.	Parmesan cheese
13 each	Eggs
2 oz.	Freshly chopped parsley, washed, trimmed, and excess moisture removed
	Salt, to taste
1 tsp.	Ground black pepper
13 oz.	Tomato purée
13 oz.	Oil

METHOD OF PREPARATION:

1. Preheat oven to 350°F (177°C).
2. Place the meat in a mixing bowl. Soak the white bread in the milk and squeeze out any excess liquid. Add to the meat.
3. Sauté the onions in oil until they are translucent, and then cool. Add to the meat.
4. Add the Parmesan cheese, eggs, parsley, and seasonings to the meat.
5. Mix all the items well to incorporate all the ingredients. Make a small pattie for testing the seasoning. Fry and taste. Adjust seasoning.
6. Shape the meat into four loaves. Place them in hotel pans, and cover them with a mixture of the tomato purée and oil.
7. Refrigerate for 15 minutes. Bake in the oven for 45 minutes to 1 hour, or until an internal temperature of 155°F (68°C) is reached for 15 seconds.
8. Allow the loaves to set about 10-15 minutes before slicing.
9. Slice loaves into 1-in. thick pieces, and serve with a desired sauce (either brown or tomato, heated to a boil).
10. Hold at 135°F (57°C) or above.

CHEF NOTES:

1. A meat loaf often is used for utilization purposes, that is, to use ingredients on hand to avoid waste. Therefore, ground pork, veal, ground turkey, or a combination may be substituted for the ground beef.
2. For a smoother and finer texture, grind the meat again after all ingredients are incorporated.
3. Test for flavor by frying a small pattie before shaping into loaf.

COOKING TECHNIQUE:

Braise

Braise:

1. Heat the braising pan to the proper temperature.
2. Sear and brown the food product to a golden color.
3. Degrease and deglaze.
4. Cook the food product until fork-tender.

GLOSSARY:**Julienne:** matchstick strips**Sear:** to brown quickly**Shingle:** to overlap**HACCP:**

Hold at 135°F (57°C) or above.

HAZARDOUS FOOD:

Beef bottom round

NUTRITION:

Calories: 593

Fat: 29.4 g

Protein: 57.8 g

Braised Steak with Onions

YIELD: 10 SERVINGS

SERVING SIZE: 6 OZ.

INGREDIENTS

4 lbs.	Beef, bottom round, cut into 6-oz. slices
5 oz.	Oil or fat
	Seasoned flour, as needed
1 qt.	Demi-glaze, heated to a boil (can substitute a commercial demi-glaze base)
2 lbs.	Onions, peeled and cut julienne
1 Tbsp.	Hungarian sweet paprika
	Salt and freshly ground black pepper, to taste
3 oz.	Fresh parsley, washed, excess moisture removed, and chopped

METHOD OF PREPARATION:

1. Preheat the oven to 350°F (177°C).
2. Pound the meat with a heavy mallet to tenderize.
3. In a sauté pan, heat 3 oz. of the oil or fat.
4. Dredge the steaks in seasoned flour, shake off the excess, and **sear** on both sides. **Shingle** into a baking pan.
5. Pour the demi-glaze over the steaks, and seal the pan with aluminum foil.
6. Braise the steaks in oven until tender, about 45 minutes. The minimum internal temperature should be 145°F (63°C) for 15 seconds. Hold at 135°F (57°C) or above.
7. In another sauté pan, heat the remaining oil or fat, and sauté onions until they become translucent. Add the paprika, and sauté 1 minute more, or until the fat turns red. Season to taste, and hold at 135°F (57°C) or above.
8. To serve, place the steak on a preheated dinner plate, and top with onions. Ladle sauce around the steak, and sprinkle chopped parsley over the onions.

**CHEF NOTE:**

Braised meat is cooked until it is fork tender; 145°F (63°C) may not be sufficient to ensure tenderness.

Beef Fajitas

YIELD: 50 SERVINGS

SERVING SIZE: 6 OZ.

COOKING TECHNIQUE:

Sauté

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

GLOSSARY:

Concassé: peeled, seeded, roughly chopped

Silverskin: a thin membrane

HACCP:

Hold at 135°F (57°C) or above.

HAZARDOUS FOODS:

Top round of beef
Sour cream

NUTRITION:

Calories: 534
Fat: 24 g
Protein: 41.5 g

INGREDIENTS

14 lbs.	Top round of beef
6 oz.	Oil
50 each	Flour tortillas, warm
8 each	Large tomatoes, concassé
6 oz.	Scallions, washed and sliced
3 lbs.	Cheddar cheese, shredded
1½ lbs.	Sour cream

MARINADE:

1 pt.	Fresh lime juice	6 each	Green peppers, washed, seeded, and diced
1 qt.	Tomato juice	1 Tbsp.	Ground cumin
2 tsp.	Hot sauce	2 Tbsp.	Chili powder
4 cloves	Garlic, peeled and minced		Salt, to taste
6 each	Jalapeño peppers, seeded and diced	3 oz.	Fresh cilantro, washed, leaves chopped
3 each	Red onions, peeled and diced		

METHOD OF PREPARATION:

1. Trim and remove the excess fat and **silverskin** from the beef. Cut the meat into thin strips.
2. Combine the marinade ingredients, and pour over the meat. Marinate for 1–2 hours in the refrigerator.
3. In a hot sauté pan, sauté the meat in oil, and add the red onions and green peppers. Cook the beef to an internal temperature of 145°F (63°C) for 15 seconds. Drain any excess fat. Sauté until the onions are translucent; then, add the ground cumin, chili powder, salt, and cilantro. Adjust the seasonings, and place mixture in a hotel pan. Hold at 135°F (57°C) or above until needed.
4. To prepare individual portions, warm the tortillas on a sheet pan, either in a 350°F (177°C) oven or lightly under the broiler. Do not dry out tortillas. Place 4 oz. of the meat mixture on a tortilla, and top with chopped tomato, scallions, cheese, and sour cream. Roll the tortilla, seam-side down, around the filling, tucking in the ends. Place the rolled tortillas in hotel pans, and hold at 135°F (57°C) or above.
5. Serve on a preheated plate with white rice and refried beans.



CHEF NOTES:

1. There are many variations of beef fajitas. This recipe is a regional dish prepared throughout South America. The region determines the ingredients used and the degree of spiciness.
2. Do not prepare meat in advance. It dries out and gets tough when kept in the bain-marie for an extended time.
3. Use food-handling gloves when working with jalapeño peppers. Avoid touching lips or eyes since jalapeño peppers can cause burning of the skin.

COOKING TECHNIQUE:

Stir-Fry

Stir-Fry:

1. Heat the oil in a wok until hot but not smoking.
2. Keep the food in constant motion; use the entire cooking surface.

GLOSSARY:

Chiffonade: ribbons of leafy greens

Bain-marie: hot-water bath

HACCP:

Cook to 145°F (63°C) for 15 seconds.

HAZARDOUS FOOD:

Beef

NUTRITION:

Calories: 630.2

Fat: 23.4 g

Protein: 40.7 g

Japanese Beef and Vegetables

YIELD: 10 SERVINGS

SERVING SIZE: 10 OZ.

INGREDIENTS

	Peanut oil, as needed
2½ lbs.	Top round of beef, trimmed and cut into ½-in. thick strips
6 oz.	Soy sauce
3 Tbsp.	Granulated sugar
10 each	Scallions, washed, trimmed, and cut into 1-in. strips
10 oz.	Onions, peeled and sliced ½-in. thick
10 oz.	Mushrooms, washed, stems trimmed, and thinly sliced
1 lb.	Tofu
1 lb.	Fresh spinach, washed, stemmed, and cut chiffonade
1 lb.	Bamboo shoots, washed and cut julienne
8 oz.	Beef stock
1½ lbs.	Shirataki noodles, cooked, cooled, and cut into thirds

METHOD OF PREPARATION:

1. In a wok or heavy sauté pan, heat a small amount of the peanut oil. Add the beef strips, and stir-fry quickly, to 145°F (63°C) for 15 seconds. Season with soy sauce and sugar; then, remove and set aside.
2. Clean the wok or pan, then heat more peanut oil. Add the scallions, onions, mushrooms, tofu, spinach, and bamboo shoots. Stir-fry quickly for about 2 minutes. Add the beef stock and noodles, and return the cooked meat to the mixture. Stir-fry an additional minute, or just until hot and well incorporated.
3. Remove from wok or pan, and serve on a preheated dinner plate.



CHEF NOTES:

1. This dish will lose color and texture if held in a **bain-marie**.
2. The Japanese name for this dish is Sukiyaki.

COOKING TECHNIQUES:

Sauté, Boil, Bake

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

Boil: (at sea level)

1. Bring the cooking liquid to a rapid boil.
2. Stir the contents, and cook the food product throughout.
3. Serve hot.

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

GLOSSARY:**Brunoise:** 1/8-in. dice**HACCP:**

Cook to an internal temperature of 165°F (74°C) for 15 seconds.
Hold at 135°F (57°C) or above.

HAZARDOUS FOODS:

Ricotta cheese
Eggs

NUTRITION:

Calories: 672
Fat: 28.1 g
Protein: 46.5 g

Meat Lasagna

YIELD: 50 SERVINGS

SERVING SIZE: 8 OZ.

INGREDIENTS**MEAT FILLING:**

	Oil, as needed
15 oz.	Onions, washed, peeled, and diced brunoise
7 lbs.	Ground beef
5 oz.	Tomato purée
	Salt and ground black pepper, to taste

CHEESE FILLING:

5 lbs.	Ricotta cheese
2 lbs.	Mozzarella cheese
2 bunches	Fresh chives, washed and chopped
13 each	Eggs
2 gal.	Tomato sauce, cooled to 41°F (5°C) or below
7 lbs.	Lasagna sheets, frozen
2 lbs.	Mozzarella cheese, sliced
2 lbs.	Parmesan cheese, grated

METHOD OF PREPARATION:

1. Preheat oven to 350°F (177°C).
2. Heat the oil in a sauté pan, and sauté the onions until they are translucent. Add the ground beef, and cook until it crumbles. Drain off any excess grease. Add the tomato purée, salt, and black pepper. Set the mixture aside, and refrigerate.
3. In a mixing bowl, mix the ricotta and mozzarella cheeses with the chives and eggs. Then refrigerate.
4. Cook the lasagna sheets in boiling, salted water with oil. Test for proper doneness. Shock under cold running water. Lightly oil the noodles, laying them out separately on a sheet pan, with plastic wrap separating the noodles.
5. To assemble the lasagna, place some tomato sauce in the bottom of a lightly oiled hotel pan, then alternate layers of noodles, meat, cheese mixture, and sauce. Finish with an upper layer of noodles and mozzarella cheese.
6. Cover and bake to an internal temperature of 165°F (74°C) for 15 seconds, about 45 minutes. Hold at 135°F (57°C) or above.
7. Remove from the oven, and let rest for 15 minutes. Before serving, sprinkle with Parmesan cheese. Cut into 8-oz. square portions, and serve.

COOKING TECHNIQUE:

Sauté, stew

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

Stew

1. Sear, sauté, sweat, or blanch main food product.
2. Deglaze pan if desired.
3. Cover food product with simmering liquid.
4. Remove bouquet garni.

HACCP:

Hold at 135°F (57°C) or above.

HAZARDOUS FOOD:

Beef, bottom round

NUTRITION:

Calories: 901

Fat: 47.7 g

Protein: 68.4 g

Old-Fashioned Beef Stew

YIELD: 50 SERVINGS

SERVING SIZE: 8 OZ.

INGREDIENTS

20 lbs.	Beef, bottom round
40 oz.	Oil
5 lbs.	Potatoes, washed, peeled, and cut into ½-in. pieces
5 lbs.	Onions, peeled
2½ tsp.	Thyme, dried
5 #10 cans	Tomatoes, crushed
5 qts.	Brown sauce, heated to 165°F (74°C)
3¼ lbs.	Carrots, washed, peeled, and diced into ¼-in. pieces
3¼ lbs.	Celery, washed, trimmed, and cut into ¼-in. pieces
20 oz.	Green peas, frozen
20 oz.	Mushrooms, washed and sliced
5 oz.	Clarified butter
	Salt and freshly ground black pepper, to taste
15 oz.	Fresh chopped parsley

METHOD OF PREPARATION:

1. In a saucepan, place the potatoes in cold, salted water. Cook until tender. Drain in a colander, and rinse in cold water.
2. Heat the oil in a braising pan. Sear the meat to a golden brown on all sides. Remove, and reserve the meat. (Brown the meat in two stages if necessary, to prevent sweating.)
3. In the same pan used for the meat, sauté the onions until they are translucent. Add the carrots and celery to the onions, and sauté for 4 minutes.
4. Add the crushed tomatoes, brown sauce, and thyme. Bring to a boil, and skim as needed.
5. Return the meat to the pan, and simmer until the meat is 90% done. Add the cooked potatoes, and simmer an additional 10 minutes.
6. Skim the grease from the stew, and adjust the seasonings, to taste.
7. Heat the butter in a sauté pan. Sauté the mushrooms for 2 minutes. Add the peas, and heat thoroughly; then add the mushrooms and peas to the stew. Hold at 135°F (57°C) or above.
8. Serve the stew hot, garnished with chopped parsley.

**CHEF NOTE:**

Beef bottom round is very tough and it takes 2 or more hours of cooking to tenderize. Internal temperature does not apply to this type of meat.

COOKING TECHNIQUES:

Sauté, Stew

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

Stew:

1. Sear, sauté, sweat, or blanch the main food product.
2. Deglaze the pan, if desired.
3. Cover the food product with simmering liquid.
4. Remove the bouquet garni.

GLOSSARY:

Brunoise: 1/8-in. dice

Concassé: peeled, seeded, and roughly chopped

HACCP:

Hold at 135°F (57°C) or above.

HAZARDOUS FOOD:

Lamb

NUTRITION:

Calories: 478

Fat: 33.2

Protein: 31.3



CHEF NOTES:

1. This dish should be served with very little or no sauce; liquid should be given in very small quantities.
2. This dish also can be prepared with olives, fava beans, or chick peas instead of green peas.

Lamb Stew with Peas

YIELD: 10 SERVINGS

SERVING SIZE: 8 OZ.

INGREDIENTS

4 lbs.	Shoulder of lamb, cubed
3 oz.	Olive oil
8 oz.	Onions, peeled and diced brunoise
4 each	Red peppers, washed, cored, and diced
8 oz.	Tomato concassé
4 cloves	Garlic, peeled and minced
2 each	Chili peppers, washed, seeded, and chopped
1 Tbsp.	Spanish paprika
1/2 tsp.	Saffron
24 oz.	Water
1 lb.	Fresh or frozen green peas
	Salt and ground black pepper, to taste

METHOD OF PREPARATION:

1. Brown the cubed lamb, and place in a large casserole.
2. Add oil, if needed, in the same vessel in which the meat was browned, and sauté the onions until lightly browned.
3. Add the red peppers, and sauté for 2 minutes. Add the tomato concassé, garlic, and chili peppers, and sauté for 5 minutes. Add the paprika and saffron.
4. Pour on the meat, season, and mix well.
5. Add water to the casserole. Add the peas, and cover with a lid.
6. Cook on low heat, or bake in a 320°F (160°C) oven until the meat is tender. Hold at 135°F (57°C) or above.

Shepherd's Pie

YIELD: 50 SERVINGS

SERVING SIZE: 5 OZ.

COOKING TECHNIQUES:

Sauté, Bake

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

GLOSSARY:

Brunoise: 1/8-in. dice

HACCP:

Cook to an internal temperature of 155°F (68°C) or above for 15 seconds.

Hold at 135°F (57°C) or above.

HAZARDOUS FOODS:

Ground lamb
Eggs

NUTRITION:

Calories: 454

Fat: 29.1 g

Protein: 30.7 g

INGREDIENTS

10 oz.	Oil
2 lbs.	Onions, peeled and diced brunoise
12 lbs.	Ground lamb
	Salt and ground black pepper, to taste
1 tsp.	Rosemary, ground
15 each	Whole eggs
10 lbs.	Duchess potatoes (see card 108)

METHOD OF PREPARATION:

1. Preheat the oven to 350°F (177°C).
2. Heat the oil in a sauté pan, and sauté the onions.
3. Add the ground lamb to the sauté pan, and sauté. Cook to an internal temperature of 155°F (68°C) for 15 seconds. Drain off the excess fat. Season with the salt, pepper, and rosemary. Allow the meat to cool slightly.
4. Add 10 eggs to the meat, and incorporate.
5. On the bottom of hotel pans, spread the duchess potato mix 1/2-in. thick, and let set for 15 minutes.
6. Place a layer of the sautéed meat mixture on top of the potatoes, approximately 1-in. thick.
7. Pipe the rest of the potatoes on top of the meat in each pan, using a star tube with a pastry bag.
8. Beat the remaining eggs and brush the top of the potatoes with the beaten eggs. Bake to an internal temperature of 165°F (74°C) for 15 seconds, about 30 minutes. The potatoes should be golden brown.
9. Hold at 135°F (57°C) or above.



CHEF NOTES:

1. There are many variations of shepherd's pie.
2. The pie can be served with tomato sauce. Pour 1 oz. of hot sauce on a preheated dinner plate, and place the pie in the center of the sauce. (Sauce should never be poured on top of the pie.)
3. For individual portions, this entrée may be served in a casserole dish.

COOKING TECHNIQUES:

Sauté, Braise

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

Braise:

1. Heat the braising pan to the proper temperature.
2. Sear and brown the food product to a golden color.
3. Degrease and deglaze.
4. Cook the food product in two-thirds liquid until fork-tender.

GLOSSARY:

Brunoise: 1/8-in. dice

Blanch: to parboil

Julienne: matchstick strips

HACCP:

Hold at 135°F (57°C) or above.

HAZARDOUS FOODS:

Pork

Eggs

NUTRITION:

Calories: 428

Fat: 17.6 g

Protein: 27.4 g

Hungarian Stuffed Cabbage Rolls

YIELD: 10 SERVINGS

SERVING SIZE: 5 OZ.

INGREDIENTS

1 oz.	Rendered fat from bacon
4 cloves	Garlic, peeled and finely minced
12 oz.	Onions, peeled and diced brunoise
8 oz.	Rice
3 each	Ham hocks, smoked and boiled in 2 qts. of water
3 Tbsp.	Hungarian paprika
	Salt and freshly ground black pepper, to taste
1 lb.	Ground pork
2 each	Eggs
1 head	Green cabbage, washed, cored, blanched or steamed
2 lbs.	Canned sauerkraut, rinsed under cold water and drained
8 oz.	Smoked pork butt, trimmed of fat and cut julienne

METHOD OF PREPARATION:

1. Place ham hocks in a saucepan and cover with water. Bring to a boil and lower the heat. Simmer until tender, about 1 hour.
2. Remove ham hocks and reserve liquid. Let the ham hocks cool slightly and remove the meat from the bones. Reserve meat.
3. Preheat the oven to 350°F (177°C).
4. In a sauté pan, heat the fat, add the garlic and onions, and sauté until tender. Add the rice, half of ham hock, stock, half of the paprika, and season, to taste. Cover and simmer for 10 minutes; then remove and set aside to cool.
5. In a bowl, combine the ground pork, cooled rice mixture, and eggs, and season to taste. Mix well.
6. Separate 20 cabbage leaves, cut off thick vein, fill them with the stuffing, and roll them up.
7. Line the bottom of a 2-in. deep hotel pan with half of the drained sauerkraut, and arrange the cabbage rolls on top. Top with the remaining sauerkraut and the meat from the ham hocks, add the reserved ham hock stock. Cover tightly, and braise in the oven for 1 hour, or until cooked throughout. Hold at 135°F (57°C) or above.
8. Add the remaining paprika to the boiling ham hock stock, and hold at 135°F (57°C) or above.



CHEF NOTE:

1. Stuffed cabbage is one of the national foods of Hungary. It is always prepared very fatty and served with boiled potatoes.
2. To serve, arrange two cabbage rolls on a preheated dinner plate, and top with the sauerkraut.

COOKING TECHNIQUE:

Sauté

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

GLOSSARY:**Silverskin:** a thin membrane**Brunoise:** 1/8-in. dice**Dredge:** to coat with flour**HACCP:**

Hold at 135°F (57°C) or above.

HAZARDOUS FOODS:

Veal

Heavy cream

NUTRITION:

Calories: 644

Fat: 43.7 g

Protein: 38.6 g

Veal Cutlets with Mushrooms

YIELD: 10 SERVINGS

SERVING SIZE: 5 OZ.

INGREDIENTS

4 lbs.	Veal cutlets, trimmed and silverskin removed
	Seasoned bread flour, as needed
	Salt and ground white pepper, to taste
3 oz.	Vegetable oil
3 oz.	Clarified butter
4 oz.	Shallots, peeled and diced brunoise
12 oz.	Mushrooms, washed

GLACAGE:

8 oz. Hollandaise sauce (see card 46)

METHOD OF PREPARATION:

1. Slice the veal into 2½-oz. cutlets, and pound each lightly with a meat mallet.
2. **Dredge** the cutlets in seasoned flour, and shake off any excess.
3. In a sauté pan, heat the oil, and sauté the veal, turning once, until lightly browned. Remove, place in a hotel pan, and hold at 135°F (57°C) or above.
4. Add the butter to the sauté pan, and sauté the shallots.
5. Purée the mushrooms in a food processor. Add to the shallots. Simmer until almost dry; season. Remove, and let cool.
6. Lay out half of the sautéed cutlets on a half sheet pan. Spread the mushroom mixture evenly over the cutlets and place cutlets on mushrooms.
7. Cover the layered cutlets with the Hollandaise sauce, and glaze under a salamander or broiler. Serve immediately on a preheated dinner plate. Hold at 135°F (57°C) or above.

Baked Macaroni with Mornay Sauce

YIELD: 50 SERVINGS

SERVING SIZE: 4 OZ.

COOKING TECHNIQUES:

Boil, Bake

Boil: (at sea level)

1. Bring the cooking liquid to a rapid boil.
2. Stir the contents, and cook the food product throughout.
3. Serve hot.

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

GLOSSARY:

Al dente: to the bite

HACCP:

Heat to 165°F (74°C) for 15 seconds.

Hold at 135°F (57°C) or above.

NUTRITION:

Calories: 338

Fat: 12 g

Protein: 12.4 g

INGREDIENTS

6 lbs.	Elbow macaroni
3 qts.	Mornay sauce, heated to 165°F (74°C) (see card 46)
7½ gal.	Water, heated to a boil

METHOD OF PREPARATION:

1. Cook the macaroni **al dente** in boiling, salted water. Rinse, and drain well.
2. Combine the mornay sauce with the macaroni. Bake in a 350°F (177°C) oven for 20–30 minutes, or until the macaroni is heated to an internal temperature of 165°F (74°C) for 15 seconds.
3. Hold at 135°F (57°C) or above.



CHEF NOTE:

Baked macaroni may be topped with bread crumbs, melted butter, and Parmesan cheese to produce a crisp topping.

COOKING TECHNIQUES:

Sauté, Boil, Simmer, Bake

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

Boil: (at sea level)

1. Bring the cooking liquid to a rapid boil.
2. Stir the contents, and cook the food product throughout.
3. Serve hot.

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

HACCP:

Cook to an internal temperature of 165°F (74°C) for 15 seconds.
Hold at 135°F (57°C) or above.

NUTRITION:

Calories: 439
Fat: 28.4 g
Protein: 27.3 g

Baked Ravioli with Tomato Sauce

YIELD: 50 SERVINGS

SERVING SIZE: 4 OZ.

INGREDIENTS

10 oz.	Vegetable oil
1 lb.	Onions, peeled and diced very fine
1 lb.	Carrots, washed, peeled, and diced very fine
1 lb.	Celery, washed, and diced very fine
1 lb.	Green peppers, washed, seeds removed, and diced fine
1 head	Garlic, peeled and minced
1½ gal.	Tomato sauce
	Salt, black pepper to taste
10 lbs.	Cheese ravioli
1 lb.	Butter, melted
1 lb.	Parmesan cheese, grated

METHOD OF PREPARATION:

1. Sauté all the vegetables in oil until two-thirds tender.
2. Add tomato sauce, boil, and simmer 30 minutes.
3. Cook ravioli in boiling salted water. When done, drain.
4. Mix drained ravioli with butter.
5. Pour sauce on the bottom of a hotel pan. Fill the hotel pan two-thirds full with buttered ravioli and cover with sauce.
6. Sprinkle cheese on top and bake to an internal temperature of 165°F (74°C) for 15 seconds and until the cheese melts. Hold at 135°F (57°C) or above.

COOKING TECHNIQUES:

Boil, Sauté

Boil: (at sea level)

1. Bring the cooking liquid to a rapid boil.
2. Stir the contents, and cook the food product throughout.
3. Serve hot.

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

GLOSSARY:

Brunoise: 1/8-in. dice

HACCP:

Hold at 135°F (57°C) or above.

HAZARDOUS FOODS:

Yogurt
Buttermilk

NUTRITION:

Calories: 199
Fat: 9.18 g
Protein: 11.2 g

Fresh Vegetable Cannelloni

YIELD: 50 SERVINGS

SERVING SIZE: 6 OZ.

INGREDIENTS

4 lbs.	Pasta sheets, frozen and precooked
4 oz.	Vegetable oil
4 oz.	Margarine
1½ lbs.	Onions, peeled and diced brunoise
3 tsp.	Garlic, peeled and minced
4 lbs.	Broccoli, washed and cut into small florets
2 lbs.	Mushrooms, washed and quartered
2 lbs.	Zucchini, washed and diced
1 lb.	Carrots, washed, peeled and diced
1½ pt.	Vegetable stock, heated to a boil
1¼ pt.	Fresh basil, washed and finely chopped
4½ oz.	Scallions, washed, peeled, and chopped
1 lb.	Frozen peas
8 oz.	Butter, melted
1½ pt.	Low-fat yogurt
1 pt.	Buttermilk
1½ lbs.	Parmesan cheese, grated
	Salt and freshly ground black pepper, as needed
1 gal.	Tomato sauce, heated and seasoned

METHOD OF PREPARATION:

1. Preheat the oven to 350°F (177°C).
2. Heat the oil in a large sauté pan.
3. Sauté the onions lightly until translucent.
4. Add the garlic, broccoli, mushrooms, zucchini, and carrots. Sauté for 3 minutes.
5. Add the vegetable stock and basil. Blend well. Heat to a boil.
6. Add the scallions and peas, and simmer until the peas are tender. Toss to blend. Season. Hold at 135°F (57°C) or above.
7. Lay out pasta squares on a clean surface. Place 1 oz. of stuffing on pasta; roll, and place in buttered hotel pan.
8. Mix yogurt and buttermilk; brush the rolls with the mixture. Sprinkle with grated cheese and bake to an internal temperature of 165°F (74°C) for 15 seconds.
9. Serve with tomato sauce.

Spaghetti Alio-Olio

YIELD: 50 SERVINGS

SERVING SIZE: 6 OZ.

COOKING TECHNIQUES:

Boil, Sauté

Boil: (at sea level)

1. Bring the cooking liquid to a rapid boil.
2. Stir the contents, and cook the food product throughout.
3. Serve hot.

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

GLOSSARY:

Al dente: to the bite

HACCP:

Hold at 135°F (57°C) or above.

NUTRITION:

Calories: 395

Fat: 11.5 g

Protein: 13.6 g

INGREDIENTS

8 lbs.	Spaghetti
4 gal.	Water
	Salt, as needed in water
2 heads	Garlic, peeled and minced
1 lb.	Black olives, pitted and sliced
12 oz.	Olive oil
	Salt and ground black pepper, as needed
1 lb.	Parmesan cheese, shredded

METHOD OF PREPARATION:

1. Place the spaghetti in boiling, salted water, and cook until **al dente**. Strain, and do not rinse.
2. Sauté the garlic in the oil (do not burn). Toss the spaghetti into the garlic oil, add the olives, and season.
3. Transfer the spaghetti into hotel pans, and sprinkle with Parmesan cheese. Hold at 135°F (57°C) or above.



CHEF NOTE:

Chopped anchovies can be mixed into the spaghetti as desired.

Spinach Lasagna

YIELD: 2 HOTEL PANS

SERVING SIZE: 5 OZ.

COOKING TECHNIQUE:

Bake

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

GLOSSARY:

Brunoise: 1/8-in. dice

HACCP:

Heat to 165°F (74°C) for 15 seconds.

Hold at 135°F (57°C) or above.

HAZARDOUS FOODS:

Ricotta cheese

Mozzarella cheese

NUTRITION:

Calories: 274

Fat: 15.5 g

Protein: 16.7 g

INGREDIENTS

1 lb.	Onions, peeled and diced brunoise
1 head	Garlic, peeled and minced
8 oz.	Vegetable oil
5 lbs.	Spinach, cleaned, washed, and drained
	Salt and black pepper, to taste
18 each	Frozen lasagna sheets
5 lbs.	Ricotta cheese
3 qts.	Basil-flavored tomato sauce
1 lbs.	Romano cheese, shredded
1 lbs.	Mozzarella cheese, shredded

METHOD OF PREPARATION:

1. Preheat the oven to 325°F (163°C).
2. Sauté the onions and garlic in oil until the onions are translucent. Add the spinach, and steam under a lid until the spinach wilts. Season, to taste.
3. In a 2-in. deep hotel pan, spread 2 cups of tomato sauce, then lay 3 lasagna sheets.
4. Evenly spread a thin layer of ricotta cheese on the lasagna sheets.
5. Lay out half of the spinach to cover the ricotta.
6. Place 3 sheets to cover the spinach, and pour on tomato sauce.
7. Repeat steps 3–6 again in the same manner.
8. On top of the upper layer, sprinkle the Romano cheese. Bake in the oven approximately 40–45 minutes to an internal temperature of 165°F (74°C) for 15 seconds.
9. Top with mozzarella and Romano cheeses; bake until cheese melts, and serve.



CHEF NOTE:

Let the lasagna rest for 15 minutes before cutting into portions.

COOKING TECHNIQUE:

Not applicable

NUTRITION:

Calories: 236

Fat: 3.1g

Protein: 6.8g

Pizza Dough

YIELD: 2 LBS.

SERVING SIZE: 2.6 OZ.
(ABOUT 12 SERVINGS)**INGREDIENTS**

2 oz. Compressed yeast

6 oz. Water, lukewarm

2 oz. Milk

1 oz. Olive oil

1½ lbs. All-purpose flour

1 tsp. Salt

METHOD OF PREPARATION:

1. In a mixing bowl, combine the yeast, water, and milk. Mix well. Add the oil.
2. In a clean mixing bowl, combine the flour and the salt. Mix; then make a well in the center, add the yeast mixture, and blend into a dough. Knead for 4–5 minutes. Place the dough in an oiled bowl.
3. Cover with a clean, damp towel, and allow the dough to rise until doubled in size.
4. Roll to the desired size or number.

Vegetarian Pizza

YIELD: 10 SERVINGS

SERVING SIZE: 4 OZ. (8-IN. PIZZA)

COOKING TECHNIQUES:

Sauté, Bake

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

GLOSSARY:

Blanch: to par cook

Al dente: to the bite

HACCP:

Hold at 135°F (57°C) or above.

NUTRITION:

Calories: 352

Fat: 15.1 g

Protein: 13.7 g

INGREDIENTS

2 oz.	Olive oil
6 oz.	Onion, peeled and thinly sliced
	Salt and freshly ground black pepper, to taste
8 oz.	Broccoli rabe, washed, trimmed, blanched in salted water, and chilled in a blast of cold water
2 cloves	Garlic, peeled and finely chopped
¼ tsp.	Hot pepper flakes, crushed
1½ lbs.	Pizza dough, cut into 10 portions
	Flour, as needed
5 oz.	Tomato sauce, heated to a boil
8 oz.	Mozzarella cheese, grated
8 oz.	Niçoise olives, drained and pitted
2 each	Lemons, cut into 5 wedges each

METHOD OF PREPARATION:

1. Preheat the oven to 425°F (218°C).
2. In a small sauté pan, heat the olive oil; add the onion, and sauté until golden brown. Season with salt and pepper.
3. Add the broccoli and garlic, and cook until the broccoli is **al dente**. Season with salt and pepper, to taste.
4. Roll out the pizza dough to 8-in. circles, and place on a lightly floured baking tray.
5. Brush each circle of dough lightly with oil, and thinly coat with tomato sauce.
6. Divide the broccoli over the top, season with pepper, and add the cheese and olives.
7. Bake in the oven until the crust is cooked and crisp.
8. For service, cut the pizza into fourths, and place on a preheated plate. Garnish with a lemon wedge. Hold at 135°F (57°C) or above for no longer than 15 minutes.

Vegetarian Chili

YIELD: 10 SERVINGS

SERVING SIZE: 8 OZ.

COOKING TECHNIQUES:

Sauté, Simmer

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

GLOSSARY:

Brunoise: 1/8-in. dice

Marmite: stockpot

HACCP:

Hold to 135°F (57°C) or above.

NUTRITION:

Calories: 215

Fat: 13 g

Protein: 5.18 g

INGREDIENTS

4 oz.	Olive oil
12 oz.	Onions, peeled and diced brunoise
6 oz. (2 each)	Red bell peppers, washed, seeded, and diced
4 oz. (2 each)	Pablano peppers, washed, seeded, and diced
2 each	Jalapeño peppers, washed, seeded, and diced
6 oz.	Celery stalks, washed, trimmed, and diced
6 cloves	Garlic, peeled and finely minced
3 lbs.	Canned tomatoes, drained, seeded, and chopped
4 oz.	Tomato paste
2 oz.	Hot chili powder
1/2 oz.	Cumin, ground
1/2 oz.	Dried oregano
	Salt and freshly ground black pepper, to taste
2 qts.	Vegetable stock, heated to a boil
1 lb.	Zucchini, washed, seeded, cut into 1-in. pieces
3 oz.	Fresh cilantro leaves, washed, roughly chopped

METHOD OF PREPARATION:

1. In a **marmite**, heat half of the olive oil. Add the onions, and sauté until translucent.
2. Add the peppers, celery, and garlic, and continue to sauté, stirring frequently, for 10 to 15 minutes, or until the vegetables soften.
3. Add the tomatoes and strained juice, tomato paste, and seasonings. Sauté another 10 minutes.
4. Add the stock, and bring to a boil; reduce the heat, and simmer for 30 minutes. Remove, and hold at 135°F (57°C) or above.
5. In sauté pan, heat the remaining olive oil, add the zucchini, and sauté until lightly browned. Season with additional salt and pepper. Remove, and hold on the side at 135°F (57°C) or above.
6. For service, add the zucchini as needed, in order to hold the color, and ladle into preheated bowls. Garnish with cilantro.

COOKING TECHNIQUE:

Boil

Boil: (at sea level)

1. Bring the cooking liquid to a rapid boil.
2. Stir the contents, and cook the food product throughout.
3. Serve hot.

HACCP:

Hold at 135°F (57°C) or above.

NUTRITION:

Calories: 176

Fat: 2.98 g

Protein: 3.69 g

Polenta

YIELD: 10 SERVINGS

SERVING SIZE: 4 OZ.

INGREDIENTS

2 qt.	Water
1½ tsp.	Salt
1 lb.	Cornmeal, medium-ground

METHOD OF PREPARATION:

1. In a medium saucepan, heat the water to a boil; add the salt, and gradually add the cornmeal, stirring continuously with a wooden spoon.
2. When blended without the lumps, lower the heat, and simmer until thickened, approximately 30 minutes. When done, the polenta will pull away from the side of the pot.
3. Pour the polenta into an oiled pan, and spread to a ½-in. thickness.
4. Allow to rest a few minutes; then cut into portions. Hold at 135°F (57°C) or above.

Basmati Rice Pilaf

YIELD: 50 SERVINGS

SERVING SIZE: 4 OZ.

COOKING TECHNIQUES:

Sauté, Boil, Simmer

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

Boil: (at sea level)

1. Bring the cooking liquid to a rapid boil.
2. Stir the contents, and cook the food product throughout.
3. Serve hot.

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

HACCP:

Hold at 135°F (57°C) or above.

NUTRITION:

Calories: 42.5

Fat: 2.31 g

Protein: 2.23 g

INGREDIENTS

	Salad oil, as needed
1 lb.	Onions, peeled, and diced
3 each	Bay leaves
3 lbs.	Basmati rice, long grain
3 qts.	White chicken stock
5 Tbsp.	Freshly chopped parsley, excess moisture removed
	Salt and ground white pepper, to taste

METHOD OF PREPARATION:

1. In a medium saucepan, heat the salad oil, and sauté the onion. Add the bay leaf and the Basmati rice until coated with oil.
2. Add the chicken stock, stirring constantly. Heat to a boil. Add the parsley, salt, and pepper.
3. Cover, reduce the heat, and simmer until the liquid has been absorbed and the rice is tender, about 20 minutes.
4. You also may cover the pan and finish in the oven at 350°F (177°C) for 18–20 minutes.
5. Hold at 135°F (57°C) or above.
6. Remove bay leaves before service.



CHEF NOTE:

Basmati rice is an aromatic rice from northern India. When cooking, this rice gives off a pleasant aroma, much like that of popcorn.

COOKING TECHNIQUE:

Stir-Fry

Stir-Fry:

1. Heat the oil in a wok until hot but not smoking.
2. Keep the food in constant motion; use the entire cooking surface.

GLOSSARY:**Macédoine:** ¼-in. dice**HACCP:**

Heat to an internal temperature of 165°F (74°C) for 15 seconds.
Hold at 135°F (57°C) or above.

HAZARDOUS FOODS:

Shrimp
Chicken
Beef
Pork

NUTRITION:

Calories: 434
Fat: 24 g
Protein: 21.4 g

Indonesian Fried Rice

YIELD: 10 SERVINGS

SERVING SIZE: 6 OZ.

INGREDIENTS

8 oz.	Peanut oil
3 cloves	Garlic, peeled and minced
3 Tbsp.	Ketchup
3 Tbsp.	Soy sauce
	Salt, to taste
10 oz.	Chicken, beef, or pork, cooked and diced
2 lbs.	Rice, cooked and cooled

MACÉDOINE:

12 oz.	Onions, peeled
3 each	Green bell peppers, washed and seeded
1 lb.	Shrimp, washed, peeled, and deveined

METHOD OF PREPARATION:

1. In a wok, over moderate heat, add the peanut oil.
2. When the oil is hot, stir-fry the garlic, onions, and green peppers for 3 minutes.
3. Add the shrimp, and stir-fry for 1 minute. Add the ketchup, soy sauce, and salt. Then, add the chicken, beef, or pork, and stir-fry until heated throughout.
4. Add the cooked rice, and stir-fry for 5 minutes, until the rice is heated to an internal temperature of 165°F (74°C) for 15 seconds.
5. Taste, and adjust seasonings.
6. Serve immediately, on a preheated dinner plate, or hold at 135°F (57°C) or above.

Korean Rice and Bean Sprouts

YIELD: 10 SERVINGS

SERVING SIZE: 4 OZ.

COOKING TECHNIQUE:

Stir-Fry

Stir-Fry:

1. Heat the oil in a wok until hot but not smoking.
2. Keep the food in constant motion; use the entire cooking surface.

GLOSSARY:

Brunoise: 1/8-in. dice

HACCP:

Heat to an internal temperature of 165°F (74°C) for 15 seconds. Hold at 135°F (57°C) or above.

NUTRITION:

Calories: 188

Fat: 5.98 g

Protein: 4.61 g

INGREDIENTS

1 oz.	Peanut oil
2 oz.	Toasted sesame seeds, crushed
5 each	Scallions, washed, trimmed, and diced brunoise
3 cloves	Garlic, peeled and finely minced
10 oz.	Fresh bean sprouts
2 lbs.	Oriental rice, cooked
1 oz.	Soy sauce
	Salt and ground white pepper, to taste

METHOD OF PREPARATION:

1. In a wok, heat the oil, and sauté the sesame seeds, scallions, and garlic.
2. Add the bean sprouts, and heat thoroughly.
3. Add the rice, soy sauce, and salt. Toss together, and heat to an internal temperature of 165°F (74°C) for 15 seconds.
4. Serve immediately, or hold at 135°F (57°C) or above.



CHEF NOTE:

The Korean name for this recipe is Kun-na-mul-bab.

Risotto Milanese

YIELD: 10 SERVINGS

SERVING SIZE: 4 OZ.

COOKING TECHNIQUES:

Sauté, Simmer

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

GLOSSARY:

Brunoise: 1/8-in. dice

NUTRITION:

Calories: 302

Fat: 20.9 g

Protein: 9.15 g

INGREDIENTS

2 oz.	Olive oil
8 oz.	Onion, peeled and diced brunoise
20 oz.	Arborio rice
2 qts.	White chicken stock, or as needed, heated to boil
5 oz.	Butter
3 oz.	Parmesan cheese, grated
	Salt and ground white pepper, to taste

METHOD OF PREPARATION:

1. In a sauté pan, heat the oil; add the onions, and sauté until they are translucent.
2. Add the rice, and stir to coat with oil.
3. Add 1 qt. of stock, stir, and cook on low heat, uncovered, until the stock is absorbed.
4. Add additional stock, and continue to cook, stirring occasionally.
5. Continue to add stock, stirring frequently, until the rice is soft but not mushy.
6. Remove from the heat, and stir 8 oz. of stock into the rice in a rapid movement.
7. Add the butter and cheese, and incorporate. Taste, and add the seasoning.
8. Serve as an individual dish with no other items on the plate.



CHEF NOTE:

This rice can be made with many different additions or variations. The most popular is saffron.

Greek Pasta

YIELD: 50 SERVINGS

SERVING SIZE: 6 OZ.

COOKING TECHNIQUES:

Boil, Sauté

Boil: (at sea level)

1. Bring the cooking liquid to a rapid boil.
2. Stir the contents, and cook the food product throughout.
3. Serve hot.

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

GLOSSARY:

Concassé: peeled, seeded, roughly chopped

al dente: to the bite

HACCP:

Heat at 165°F (74°C) or above for 15 seconds.

Hold at 135°F (57°C) or above

HAZARDOUS FOOD

Feta cheese

NUTRITION:

Calories: 705

Fat: 24.5 g

Protein: 24 g

INGREDIENTS

12 lbs.	Fettuccine
	Virgin olive oil, as needed
3 heads	Garlic, peeled and chopped
3 lbs.	California olives, ripe, washed and sliced
7 lbs.	Tomatoes, washed, cored and concassé
4 Tbsp.	Oregano, dried, or to taste
	Salt and ground white pepper, to taste
3 lbs.	Feta cheese, crumbled
50 each	Parsley sprigs, washed and dried

METHOD OF PREPARATION:

1. Cook the fettuccine in boiling, salted water, with no oil, until **al dente**. Drain. Rinse under cold water, oil slightly, and set aside for service.
2. Heat the oil over medium heat; add the garlic, and sauté briefly. Add the olives, tomatoes, oregano, salt, and pepper. Toss lightly. Use very little salt, because feta cheese is very salty.
3. Add the drained pasta and feta to the pan. Return the pan to the range, and toss the pasta and feta well over medium heat, until heated throughout to 165°F (74°C) or above for 15 seconds. Hold at 135°F (57°C) or above.
4. Serve, using a slotted spoon to avoid having too much oil on the preheated dinner plate. Garnish with a sprig of parsley.

COOKING TECHNIQUES:

Boil, Sauté

Boil: (at sea level)

1. Bring the cooking liquid to a rapid boil.
2. Stir the contents, and cook the food product throughout.
3. Serve hot.

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

GLOSSARY:

Brunoise: 1/8-in. dice

Brain-marie: hot-water bath

HACCP:

Hold at 135°F (57°C) or above.

NUTRITION:

Calories: 395

Fat: 10 g

Protein: 24.2 g



CHEF NOTE:

Because this is a green vegetable, color and texture will be lost if held in a **bain-marie**.

Fava Beans with Garlic

YIELD: 10 SERVINGS

SERVING SIZE: 4 OZ.

INGREDIENTS

2 qts.	Salted water
2 lbs.	Frozen fava beans, thawed
3 oz.	Olive oil
5 cloves	Garlic, peeled and finely minced
12 oz.	Canned pimientos, drained and diced brunoise
1 oz.	Fresh marjoram leaves, washed and minced
	Salt and freshly ground black pepper, to taste

METHOD OF PREPARATION:

1. In a saucepan, heat the water to a boil; add the beans, and cook until tender; then drain.
2. In a sauté pan, heat the oil; add the garlic, and sauté for 2–3 minutes. Add the pimientos, and sauté for 1 minute more; then add the beans.
3. Add the marjoram, season, to taste, and heat thoroughly.
4. Serve immediately, or hold at 135°F (57°C) or above.

Boulangère

Potatoes

YIELD: 10 SERVINGS

SERVING SIZE: 4 OZ.

COOKING TECHNIQUES:

Boil, Sauté, Bake

Boil: (at sea level)

1. Bring the cooking liquid to a rapid boil.
2. Stir the contents, and cook the food product throughout.
3. Serve hot.

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

GLOSSARY:

Julienne: matchstick strips

Fork-tender: without resistance

HACCP:

Hold at 135°F (57°C) or above.

NUTRITION:

Calories: 173

Fat: 7.22 g

Protein: 3.23 g

INGREDIENTS

3 lbs. Potatoes, washed, peeled and cut into ¼-in. slices

Cold salted water, as needed

3 oz. Butter

12 oz. Onions, peeled and cut **julienne**

Salt and ground white pepper, to taste

1 pt. Brown veal stock, seasoned and heated to a boil

3 oz. Freshly chopped parsley, excess moisture removed

METHOD OF PREPARATION:

1. Preheat the oven to 375°F (191°C).
2. In a saucepan, place the potatoes, and cover with water. Boil, and cook for approximately 8–10 minutes; then drain.
3. In a sauté pan, melt the butter, add the onions, season, to taste, and sauté until smothered.
4. Place the potatoes in a hotel pan, season with salt and pepper, and top with the smothered onions.
5. Pour the veal stock over, and bake until the potatoes are **fork-tender**. Hold at 135°F (57°C) or above.
6. Sprinkle with chopped parsley before serving.



CHEF NOTE:

Lamb stock is often used with these potatoes to accompany a lamb dish. Chicken stock also may be substituted to complement the items to be served.

Baked Potatoes

YIELD: 50 SERVINGS

SERVING SIZE: 1 POTATO

COOKING TECHNIQUE:

Bake

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

GLOSSARY:

Fork-tender: without resistance

HACCP:

Hold at 135°F (57°C) or above.

HAZARDOUS FOOD:

Sour cream

NUTRITION:

Calories: 190
Fat: 8.26 g
Protein: 3 g

INGREDIENTS

50 each	Baking potatoes, washed, scrubbed, and dried
8 oz.	Oil
1 qt.	Sour cream
1 oz.	Chives, dried

METHOD OF PREPARATION:

1. Preheat the oven to 375°F (191°C).
2. Rub oil on the washed and scrubbed potatoes. Place the potatoes on a sheet pan. Pierce the potatoes with a braising fork. Bake in the oven for 1 hour, or until **fork-tender**.
3. Combine the sour cream and chives. Cut the potatoes lengthwise, half deep, and press both ends of the potato together to expose the flesh. Serve with sour cream and chives on the side.
4. Hold at 135°F (57°C) or above.



CHEF NOTE:

Different types of potatoes can be used, such as large red bliss potatoes.

Duchess Potatoes

YIELD: 10 SERVINGS

SERVING SIZE: 4 OZ.

COOKING TECHNIQUES:

Boil, Bake

Boil: (at sea level)

1. Bring the cooking liquid to a rapid boil.
2. Stir the contents, and cook the food product throughout.
3. Serve hot.

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

HACCP:

Hold at 135°F (57°C) or above.

HAZARDOUS FOOD:

Egg yolks

NUTRITION:

Calories: 182
Fat: 6.83 g
Protein: 3.52 g

INGREDIENTS

3 lbs.	Potatoes, washed, peeled, and cut into ½-in. pieces
4 each	Egg yolks
	Salt and ground white pepper, to taste
	Nutmeg, to taste
4 oz.	Melted butter

METHOD OF PREPARATION:

1. In a large saucepan, cover the potatoes in cold, salted water. Heat to a boil; reduce the heat, and simmer until tender. Drain and dry on the range.
2. Pass the potatoes through a food mill or ricer.
3. Place the potatoes and egg yolks in a mixing bowl, season, to taste, and blend well.
4. Preheat the oven to 350°F (177°C).
5. Using a pastry bag with a star tube, pipe 2 oz. of the potato mixture out onto a parchment paper-lined sheet pan.
6. Place the potatoes in the oven; after 10 minutes, remove, and brush the potatoes with melted butter. Finish baking until the potatoes are golden brown and heated throughout, and hold at 135°F (57°C) or above.

Potato Puffs

COOKING TECHNIQUE:

Shallow-Fry

Shallow-Fry:

1. Heat the cooking medium to the proper temperature.
2. Cook the food product throughout.
3. Season, and serve hot.

NUTRITION:

Calories: 338

Fat: 29.7 g

Protein: 3.57 g

YIELD: 10 SERVINGS

SERVING SIZE: 6 PUFFS EACH

INGREDIENTS

24 ounces Duchess potatoes

12 ounces Basic cream puff pastry

Vegetable oil, add as needed

METHOD OF PREPARATION:

1. Combine the Duchess potatoes and basic cream puff pastry.
2. Place the mixture in a pastry bag with a medium-size star tube.
3. Pipe small rosettes on an oiled parchment paper-lined sheet pan.
4. For service, heat the oil to 350°F (177°C).
5. Shallow-fry the potatoes, to order.
6. Serve immediately.



CHEF NOTES:

1. The parchment paper should be cut the size of the sheet pan, and turned into the pan upside down.
2. Pâte a Choux is a special pastry made by combining flour with boiling water and butter. Eggs are then beaten into this mixture. Pâte a Choux is also called Cream Puff Pastry. See the Basic Cream Puff recipe (card 147) in the recipe cards.

Mixed Vegetables

YIELD: 10 SERVINGS

SERVING SIZE: 6 OZ.

COOKING TECHNIQUE:

Sauté

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

GLOSSARY:

Brunoise: ¼-in. dice

Bâtons: stick-like cut

Al dente: to the bite

HACCP:

Hold at 135°F (57°C) or above.

NUTRITION:

Calories: 159

Fat: 11.9 g

Protein: 2.96 g

INGREDIENTS

4 oz.	Spanish olive oil
6 oz.	Onions, peeled and diced brunoise
3 each	Red bell peppers, washed, seeded, and thinly sliced
3 each	Green bell peppers, washed, seeded, and thinly sliced
3 lbs.	Whole canned tomatoes, drained, seeded, and cut in half (liquid reserved for other use)
2 lbs.	Zucchini, washed and cut in bâtons
	Spanish paprika, to taste
	Salt and cayenne pepper, to taste

METHOD OF PREPARATION:

1. In a large sauté pan, heat the oil; add the onions, and sauté until translucent.
2. Add the peppers, and continue to sauté for 5 minutes; then, add the tomatoes and zucchini.
3. Season to taste, and sauté for another 10 minutes, or until the vegetables are **al dente**.
4. Serve immediately, or hold at 135°F (57°C) or above.

COOKING TECHNIQUES:

Boil, Sauté

Boil: (at sea level)

1. Bring the cooking liquid to a rapid boil.
2. Stir the contents, and cook the food product throughout.
3. Serve hot.

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

GLOSSARY:**Al dente:** to the bite**HACCP:**

Hold at 41°F (5°C) or below.

NUTRITION:

Calories: 319

Fat: 28.7 g

Protein: 4.7 g

Bouquet of Vegetables

YIELD: 10 SERVINGS

SERVING SIZE: 8 OZ.

INGREDIENTS

1 lb.	Carrots, washed, peeled, and cut into uniform shapes
1 lb.	Green beans, washed and trimmed
1 head	Cauliflower, core removed, washed, and cut into florets (reserve stems for alternate use)
1 lb.	Asparagus, washed, trimmed, and stalks peeled
8 oz.	Butter
	Salt and ground white pepper, to taste
30 each	Cherry tomatoes
5 oz.	Hollandaise sauce (See card 46)

METHOD OF PREPARATION:

1. In separate saucepans, cook the carrots, green beans, cauliflower, and asparagus in boiling, salted water until **al dente**. Shock in ice water, and drain. Hold at 41°F (5°C) or below.
2. At the time of service, in sauté pans, heat the butter, and separately reheat or sauté all of the vegetables, seasoning, to taste.
3. To serve, arrange the vegetables on preheated dinner plates and add Hollandaise sauce. Serve immediately.

Baked Eggplant

YIELD: 10 SERVINGS

SERVING SIZE: 4 OZ.

COOKING TECHNIQUES:

Shallow-Fry, Sauté, Bake

Shallow-Fry:

1. Heat the cooking medium to the proper temperature.
2. Cook the food product through-out.
3. Season, and serve hot.

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

GLOSSARY:

Brunoise: 1/8-in. dice

Concassé: peeled, seeded, roughly chopped

HACCP:

Hold at 135°F (57°C) or above.

NUTRITION:

Calories: 206

Fat: 11.6 g

Protein: 3.24 g

INGREDIENTS

	Oil, as needed, heated to 350°F (177°C).
10 oz.	Onions, peeled and diced brunoise
5 each	Long narrow eggplants, washed, trimmed, pulp removed, split in half lengthwise and diced
10 oz.	Tomato concassé
8 cloves	Garlic, peeled and finely minced
1 oz.	Granulated sugar
1 oz.	Freshly squeezed lemon juice
	Salt and freshly ground black pepper, to taste
3 oz.	Fresh parsley, washed, excess moisture removed, and chopped

METHOD OF PREPARATION:

1. Preheat the oven to 350°F (177°C).
2. In a sauté pan, heat the oil, and sauté the onion and diced eggplant until the onion is translucent (clear).
3. Add the tomato concassé and garlic, and continue to sauté until the tomatoes are cooked. Add the sugar and lemon juice, and season, to taste. Cook until the sugar is melted.
4. Place the eggplant in a baking pan. Cover with the sautéed mixture, and bake 15 minutes.
5. Serve immediately, and sprinkle with chopped parsley, or hold at 135°F (57°C) or above.

Broccoli Au Gratin

YIELD: 50 PORTIONS

SERVING SIZE: 5 OZ.

COOKING TECHNIQUES:

Boil, Bake

Boil: (at sea level)

1. Bring the cooking liquid to a rapid boil.
2. Stir the contents, and cook the food product throughout.
3. Serve hot.

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

GLOSSARY:

Bias: at an angle

Al dente: to the bite

HACCP:

Heat to an internal temperature of 165°F (74°C) for 15 seconds.

Hold at 135°F (57°C) or above.

HAZARDOUS FOODS:

Cheese

Mornay sauce

NUTRITION:

Calories: 539

Fat: 42.1 g

Protein: 22.2 g

INGREDIENTS

20 lb.	Broccoli, washed, trimmed, stems peeled
2½ gal.	Mornay sauce, heated to 165°F (74°C) (see card 46)
20 oz.	Cheddar cheese, grated
20 oz.	Butter, melted
20 oz.	Bread crumbs, sifted

METHOD OF PREPARATION:

1. Preheat the oven to 350°F (177°C).
2. Cut the broccoli into florets, and cut the stems on a **bias**. Steam to **al dente**, about 6 minutes. Shock in an ice bath, and hold.
3. Place the broccoli florets in a hotel pan, and mix with Mornay sauce.
4. Place in a 350°F oven and bake to an internal temperature of 165°F (74°C) for 15 seconds. Remove, and sprinkle with Cheddar cheese, melted butter, and bread crumbs.
5. Place under a salamander to brown. Hold at 135°F (57°C) or above.

COOKING TECHNIQUES:

Boil, Sauté

Boil: (at sea level)

1. Bring the cooking liquid to a rapid boil.
2. Stir the contents, and cook the food product throughout.
3. Serve hot.

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

GLOSSARY:

Chiffonade: ribbons of leafy greens

Al dente: to the bite

HACCP:

Hold at 41°F (5°C) or below.

Carrots and Cabbage

YIELD: 50 SERVINGS

SERVING SIZE: 4 OZ.

INGREDIENTS

4 lbs.	Cabbage, washed, cored, and cut chiffonade
8 lbs.	Carrots, washed, peeled, and cut on a bias
	Salt and ground white pepper, to taste
2 gal.	Water or vegetable stock
20 oz.	Clarified butter
12 oz.	Freshly chopped parsley, excess moisture removed

METHOD OF PREPARATION:

1. In a stockpot, place the carrots in cold, salted water or vegetable stock. Heat to a boil, and cook until **al dente**. Drain, shock in an ice bath, drain again, and refrigerate at 41°F (5°C) or below.
2. In a sauté pan, heat the butter. Sauté the cabbage until tender. Add the carrots.
3. Season the mixture with salt, pepper, and parsley.
4. Repeat steps 2 and 3 as necessary.

Cauliflower Polonaise

YIELD: 10 SERVINGS

SERVING SIZE: 4 OZ.

COOKING TECHNIQUES:

Boil, Sauté

Boil: (at sea level)

1. Bring the cooking liquid to a rapid boil.
2. Stir the contents, and cook the food product throughout.
3. Serve hot.

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

GLOSSARY:

Al dente: to the bite

HACCP:

Hold at 135°F (57°C) or above.

HAZARDOUS FOOD:

Eggs

NUTRITION:

Calories: 295

Fat: 20.9 g

Protein: 7.01 g

INGREDIENTS

1 large head	Cauliflower (can substitute 2 medium heads)
	Water with 1 Tbsp. lemon juice, to cover
3 oz.	Clarified butter

GARNITURE POLONAISE:

4 oz.	Butter
8 oz.	Bread crumbs
4 each	Eggs, hard-cooked, peeled, and grated
3 oz.	Fresh parsley, washed, excess moisture removed, and chopped
	Salt and ground white pepper, to taste

METHOD OF PREPARATION:

1. Wash and soak the cauliflower in salted water for 1 hour; then drain and rinse.
2. Bring water and lemon juice to a boil. Add the cauliflower and simmer to **al dente**. Then drain and shock in an ice bath. When cold, drain and remove, and separate into florets.
3. In a sauté pan, melt 4 oz. of the butter. Add the bread crumbs, and sauté until golden brown, tossing frequently; then remove and cool.
4. Add the eggs and parsley to the bread crumbs, and season to taste.
5. For service, sauté the cauliflower in the clarified butter, and garnish with the polonaise. Serve immediately, or hold at 135°F (57°C) or above.



CHEF NOTES:

1. Soaking the cauliflower helps to remove any imbedded insects.
2. Cook cauliflower in enough water to cover.

Fried Eggplant Fingers

YIELD: 50 SERVINGS

SERVING SIZE: 6 OZ.

COOKING TECHNIQUE:

Deep-Fry

Deep-Fry:

1. Heat the frying liquid to the proper temperature.
2. Submerge the food product completely.
3. Fry the product until it is cooked throughout.

GLOSSARY:

Frite: ¼ x ¼ x 2½-in. cut

HAZARDOUS FOOD:

Egg wash

NUTRITION:

Calories: 300

Fat: 16.4 g

Protein: 6.4 g

INGREDIENTS

21 lbs.	Eggplants, washed, peeled, cut into frite
	Salt, as needed
	Seasoned flour, as needed
	Egg wash, as needed
	Bread crumbs, as needed

METHOD OF PREPARATION:

1. To remove bitterness, salt the eggplant and let stand for ½ hour. Rinse; pat dry.
2. Dredge the eggplant fingers in the seasoned flour. Dip the fingers into the egg wash and then roll in the bread crumbs.
3. Deep-fry, to order, at 350°F (177°C).
4. Serve immediately on a preheated plate.

COOKING TECHNIQUE:

Bake

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

GLOSSARY:**Fork-tender:** without resistance**Blanch:** to parcook**HACCP:**

Hold at 135°F (57°C) or above.

NUTRITION:

Calories: 226

Fat: 11.4 g

Protein: 1.03 g

Glazed Acorn Squash

YIELD: 50 SERVINGS

SERVING SIZE: 4 OZ.

INGREDIENTS

25 each	Medium-size acorn squash, washed, seeds removed, and cut in half lengthwise
2 lbs.	Clarified butter, melted
1½ lbs.	Brown sugar
	Salt, to taste
2½ tsp.	Ground ginger
1 pt.	Honey

METHOD OF PREPARATION:

1. Preheat the oven to 350°F (177°C).
2. Remove a thin slice from the rounded side of each squash half. Brush a sheet pan with some of the butter, and place the squash on the pan, skin-side down.
3. Combine the brown sugar, salt, ginger, and honey, and divide the mixture among the squash cavities.
4. Drizzle the remaining butter over the squash, and place in the oven. Bake until **fork-tender**, or approximately 45 minutes. Halfway through the cooking time, spoon the glaze over the edges of the squash. Hold at 135°F (57°C) or above.
5. Serve as a vegetable near the entrée on a preheated dinner plate.

**CHEF NOTES:**

1. Squash can be **blanched** in a steamer and then glazed and baked to finish.
2. Butternut squash or any winter squash can be substituted in this recipe. The method of cutting would be altered, depending on size of the squash.

Glazed Carrots

YIELD: 50 SERVINGS

SERVING SIZE: 4 OZ.

COOKING TECHNIQUE:

Boil, Sauté

Boil: (at sea level)

1. Bring the cooking liquid to a rapid boil.
2. Stir the contents, and cook the food product throughout.
3. Serve hot.

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

GLOSSARY:

Fork-tender: without resistance

HACCP:

Hold at 135°F (57°C) or above.
Hold at 41°F (5°C) or below.

NUTRITION:

Calories: 114
Fat: 4.31 g
Protein: 1.25 g

INGREDIENTS

13 lbs.	Carrots, washed, peeled, and cut into uniform shapes
	Water, as needed
	Salt, to taste
6 oz.	Lemon juice
8 oz.	Clarified butter
12 oz.	Sugar

METHOD OF PREPARATION:

1. Place the carrots in a stockpot with cold water, to cover. Add the salt and lemon juice. Bring to a boil, and cook until **fork-tender**. Drain, rinse under cold water, and hold in a refrigerator at 41°F (5°C) or below.
2. Heat the butter in a skillet. Add the carrots and sugar. Sauté until the carrots become shiny. Serve immediately, or hold at 135°F (57°C) or above.



CHEF NOTE:

A mixture of 1 tsp. of cornstarch diluted in 1 Tbsp. cold water can be added per cup of liquid for shine.

COOKING TECHNIQUES:

Simmer, Sauté

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

HACCP:

Hold at 135°F (57°C) or above.

NUTRITION:

Calories: 90

Fat: .36 g

Protein: 1.5 g

Glazed Vegetables with Raisins

YIELD: 10 SERVINGS

SERVING SIZE: 4 OZ.

INGREDIENTS

4 oz.	Golden raisins
4 oz.	Water
30 each	Miniature carrots, washed and peeled
30 each	Miniature turnips, washed and peeled
½ tsp.	Thyme, dried
1 each	Bay leaf
1 oz.	Lemon juice
2 oz.	Sugar
	Salted water, to cover
20 each	Pearl onions, peeled and blanched; then soaked in hot water
1 Tbsp.	Green peppercorns, drained
	Salt and freshly ground black pepper, to taste

METHOD OF PREPARATION:

1. In a small saucepan, combine the raisins with the water, and hold at 135°F (57°C) or above.
2. In a stainless steel long-handled saucepan, combine the carrots, turnips, thyme, bay leaf, lemon juice, and 1 oz. of sugar, and add just enough water to cover the vegetables.
3. Heat the water to a boil; reduce the heat, and simmer for about 5 minutes or until vegetables are just tender. Drain.
4. Remove the bay leaf, and add the butter; drain the pearl onions, and add them; then, add the green peppercorns and raisins.
5. Add the remaining sugar, and sauté until the sugar melts and glazes the vegetables.
6. Taste, and add the seasoning, to taste.

Green Beans in Garlic Sauce

YIELD: 10 SERVINGS

SERVING SIZE: 4 OZ.

COOKING TECHNIQUES:

Sauté, Simmer

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

Simmer and Poach:

1. Heat the cooking liquid to the proper temperature.
2. Submerge the food product completely.
3. Keep the cooked product moist and warm.

GLOSSARY:

Al dente: to the bite

Bain-marie: hot-water bath

HACCP:

Hold at 135°F (57°C) or above.

NUTRITION:

Calories: 132

Fat: 7.93 g

Protein: 3.73 g



CHEF NOTE:

Green vegetables lose their color when held in a **bain-marie**.

INGREDIENTS

3 oz.	Butter, melted
8 cloves	Garlic, peeled and minced
1 lb.	Canned crushed tomatoes
3 lbs.	Fresh green beans, washed, ends trimmed, and cut in half
1 pt.	White chicken stock, heated to a boil
	Salt and freshly ground black pepper, to taste

METHOD OF PREPARATION:

1. In a large saucepan, place the green beans in boiling, salted water. Cook until **al dente**. Drain and shock in an ice bath. When cold, remove and drain.
2. In a sauté pan, heat the butter, and sauté the garlic. Add the crushed tomatoes, and sauté for 5 minutes.
3. Add the green beans and chicken stock to the tomatoes.
4. Simmer until **al dente**.
5. Season, to taste, and serve hot on a preheated dinner plate with an entrée, or hold at 135°F (57°C) or above.

Green Beans with Almonds

YIELD: 10 SERVINGS

SERVING SIZE: 5 OZ.

COOKING TECHNIQUE:

Sauté

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

GLOSSARY:

À la minute: cooked to order

Al dente: to the bite

Bain marie: hot water bath

HACCP:

Hold at 41°F (5°C) or below.

Hold at 135°F (57°C) or above.

NUTRITION:

Calories: 156

Fat: 11.8 g

Protein: 3.76 g

INGREDIENTS

3 lbs. Fresh green beans, washed and both ends trimmed

Boiling, salted water, as needed

4 oz. Clarified butter

4 oz. Sliced almonds, toasted

Salt and ground white pepper, to taste

METHOD OF PREPARATION:

1. In a saucepan, cook the beans in the salted water until **al dente**. Drain, and shock in an ice bath. Drain, and reserve at 41°F (5°C) or below until needed for service.
2. In a sauté pan, heat 1 Tbsp. of butter, and sauté **à la minute**.
3. Serve immediately, or hold at 135°F (57°C) or above.



CHEF NOTE:

Green vegetables do not keep their color or texture when held in a **bain marie**.

Grilled Fresh Vegetables

YIELD: 10 SERVINGS

SERVING SIZE: 4 OZ.

COOKING TECHNIQUES:

Grill, Steam

Grill/Broil:

1. Clean and heat the grill/broiler.
2. To prevent sticking, brush the food product with oil.

Steam: (Traditional)

1. Place a rack over a pot of water.
2. Prevent steam vapors from escaping.
3. Shock or cook the food product throughout.

GLOSSARY:

Blanch: to parcook

Al dente: to the bite

HACCP:

Hold at 135°F (57°C) or above.

NUTRITION:

Calories: 90.5

Fat: 6.13 g

Protein: 2.12 g

INGREDIENTS

6 oz.	Carrots, washed, peeled, and cut on a diagonal into 1-in. pieces
6 oz.	Onions, peeled and cut into 1-in. cubes
6 oz.	Zucchini, washed, trimmed, and cut on a diagonal into 1-in. pieces
6 oz.	Yellow squash, washed, trimmed, and cut on a diagonal into 1-in. pieces
1 lb.	Mushrooms, washed and stemmed
1 lb.	Cherry tomatoes, washed and stemmed
	Olive oil, as needed

METHOD OF PREPARATION:

1. Preheat the grill or broiler.
2. **Blanch** or steam the carrots and onions until **al dente**.
3. Arrange the vegetables on skewers, alternating colors for visual appeal.
4. Brush the vegetables with olive oil, and grill, turning frequently, until they are tender but remain crisp.
5. Serve immediately, or hold at 135°F (57°C) or above.



CHEF NOTES:

1. Alternative available vegetables can be substituted.
2. To be tender, root vegetables need to be blanched or steamed before grilling.

Grilled Vegetable Kebabs

COOKING TECHNIQUES:

Broil or Grill

Grill/Broil:

1. Clean and heat the grill/broiler.
2. To prevent sticking, brush the food product with oil.

HACCP:

Hold at 135°F (57°C) or above.

NUTRITION:

Calories: 77.4

Fat: 4.86 g

Protein: 1.56 g

YIELD: 50 SERVINGS

SERVING SIZE: 1 SKEWER

INGREDIENTS:

2 lb.	Mushrooms
2 lb.	Green bell peppers
2 lb.	Red bell peppers
2 pts.	Cherry tomatoes
3 lbs.	Onions (Vidalia/Bermuda or Imperial Sweet)
2 lbs.	Eggplant
2 lbs.	Zucchini
1 qt.	Olive oil
8 oz.	Lemon juice
	seasoning, to taste

METHOD OF PREPARATION:

1. Wash all of the vegetables. Clean the mushrooms, and remove the stems. Seed the peppers, and cut them into large diced chunks. Peel the onions, and cut them into large diced chunks. Remove the stems from the cherry tomatoes. Slice the zucchini into ½-in. slices. Cut the eggplant into large diced chunks.
2. Thread the vegetables onto 6–8-in. metal skewers, alternating colors for attractive presentation.
3. In a bowl, combine the lemon juice, salt, and pepper. Whip in the olive oil in a fine stream to create a marinade.
4. Brush the marinade over the skewered vegetables, and grill 4 in. from the hot coals, turning and basting frequently. Cook for about 12–15 minutes.
5. Hold at 135°F (57°C) or above.



CHEF NOTE:

If wooden skewers are used, soak them in water for 30 minutes before using.

COOKING TECHNIQUE:

Sauté

Sauté:

1. Heat the sauté pan to the appropriate temperature.
2. Evenly brown the food product.
3. For a sauce, pour off any excess oil, reheat, and deglaze.

GLOSSARY:

Blanch: to parcook

Al dente: to the bite

HACCP:

Hold at 135°F (57°C) or above.

NUTRITION:

Calories: 132

Fat: 5 g

Protein: 6 g

Sautéed Peas with Onions

YIELD: 50 SERVINGS

SERVING SIZE: 4–5 OZ.

INGREDIENTS

1 lb.	Fresh pearl onions, small, peeled and washed
8-12 oz.	Clarified butter
12½ lbs.	Frozen peas, defrosted and drained
8 oz.	Pimientos, diced brunoise
	Salt and ground white pepper, to taste

METHOD OF PREPARATION:

1. Peel and wash the onions, and **blanch** until **al dente**. Shock, drain, and reserve.
2. In a sauté pan, heat the butter, and sauté the onions and peas until heated. Add the pimientos, and toss to blend.
3. Season, to taste, and serve immediately, or hold at 135°F (57°C) or above.

Stuffed Zucchini

YIELD: 50 SERVINGS

SERVING SIZE: 1 EACH

COOKING TECHNIQUES:

Steam, Bake

Steam: (Traditional)

1. Place a rack over a pot of water.
2. Prevent steam vapors from escaping.
3. Shock or cook the food product throughout.

Bake:

1. Preheat the oven.
2. Place the food product on the appropriate rack.

GLOSSARY:

Brunoise: 1/8-in. dice

Al dente: to the bite

HACCP:

Cook to an internal temperature of 165°F (74°C) for 15 seconds.
Hold at 135°F (57°C) or above.

HAZARDOUS FOOD:

Whole eggs

NUTRITION:

Calories: 100

Fat: 1.1 g

Protein: 4.32 g

INGREDIENTS

50 each	Zucchini, small
12 oz.	Carrots, washed, peeled, and diced brunoise
12 oz.	Celery, washed, trimmed, and diced brunoise
12 oz.	Zucchini flesh, diced brunoise
6 cloves	Garlic, peeled and minced
24 oz.	Rice, uncooked
36 oz.	Water
8 each	Whole eggs
	Salt and ground black pepper, to taste
3 qts.	Tomato sauce

METHOD OF PREPARATION:

1. Preheat the oven to 300°F (149°C).
2. Wash the zucchini. Cut off both ends, and hollow out the zucchini using an apple corer.
3. Place carrots, celery, zucchini pulp, and garlic in a food processor, and chop to the size of a boiled grain of rice.
4. Mix the chopped vegetables with the rice in a medium saucepan. Add the seasoning and the 36 oz. of water needed to steam the rice, and mix again.
5. Cover the saucepan with foil, and steam the rice until **al dente**.
6. Let the rice cool to room temperature. Taste, and adjust the seasonings. Then incorporate the eggs.
7. Stuff the zucchini with the vegetable and rice mixture.
8. Arrange the stuffed zucchini in a hotel pan. Pour the tomato sauce over it to cover three-fourths of the zucchini. Bake until the zucchini until tender and the stuffing reaches an internal temperature of 165°F (74°C) for 15 seconds.
9. Serve hot. Hold at 135°F (57°C) or above.



CHEF NOTES:

1. This dish can be served as a hot appetizer or cut into 2-in. lengths as a buffet item.
2. For a non-vegetarian dish, replace the vegetables with ground beef or other kinds of ground meat.
3. A variation of this dish can be made using ricotta cheese and fresh herbs. In this case, the rice would be omitted.

PASTRY TECHNIQUE:

See the Method of Preparation.

NUTRITION ANALYSIS:

Calories: 141

Fat: 4.35g

Protein: 2.62g

Variations:

1. Rolls
2. Pecan rolls
3. Cinnamon rolls
4. Coffee cakes

Soft Rolls

YIELD: 26 LBS., 15 OZ. (18 DOZEN)

SERVING SIZE: ONE, 2 OZ. ROLL

INGREDIENTS

9 lbs.	Water
1 lb.	Dry milk solids
1 lb.	Sugar, granulated
8 oz.	Yeast, compressed
14 lbs.	Flour, bread
4½ oz.	Salt
1 lb.	Shortening, vegetable

METHOD OF PREPARATION:

1. Gather the equipment and ingredients.
2. Scale the ingredients.
3. Soften the compressed yeast in part of the water. The water temperature should be 78°F–82°F (26°C–28°C).
4. Use the straight dough method for mixing the dough. Combine all of the ingredients in the bench mixing bowl.
5. Mix until proper gluten development occurs. To test the gluten development, cut a small piece of dough from the mass in the bowl. Stretch the dough to a thinness that allows light to clearly shine through. If the dough can be stretched a few times without tearing, it is ready for fermentation.
6. Lightly coat the dough with oil before putting in the proof box.
7. Ferment the dough.
8. Punch the dough down when it is almost double in bulk. To test the dough for punching readiness, insert two fingers into the dough. If the indentation remains, the dough is ready for punching.
9. Divide the dough using a bench scraper.
10. Round the dough.
11. Allow the dough to rest for a short time to relax the gluten.
12. Shape the rolls. Place in parchment-lined or lightly greased pans.
13. Put the panned rolls into the proofing cabinet to ferment until almost double in bulk, or when the dough closes around a small finger indentation without collapsing.
14. Bake the rolls at 375°F (191°C) for 20 minutes or until evenly browned.

PASTRY TECHNIQUE:

See the Method of Preparation.

HAZARDOUS FOODS:

Milk

Eggs

NUTRITION ANALYSIS:

Calories: 210

Fat: 12.11 g

Protein: 4.74 g

Brioche

YIELD: 10 LBS., 5 OZ.

SERVING SIZE: 2 OZ.

INGREDIENTS

3 oz.	Yeast, compressed
1 lb.	Milk, whole
2 lbs.	Eggs, whole
1 lb., 2 oz.	Flour, pastry
3 lbs., 6 oz.	Flour, bread
5 oz.	Sugar, granulated
1 oz.	Salt
2 lbs., 4 oz.	Butter, unsalted, soft

METHOD OF PREPARATION:

1. Gather the equipment and scale the ingredients.
2. Dissolve the yeast in the milk and eggs in a 5-qt. mixing bowl.
3. Add all of the dry ingredients to the yeast, milk, and egg mixture; mix on medium speed for 5 minutes.
4. Slice the butter into ½-in. pieces; incorporate into dough on medium speed for 2 minutes.
5. Refrigerate overnight on a floured surface. Cover with a damp cloth, and seal in a plastic bag.
6. On the next day, remove the dough from the refrigerator.
7. Scale into 2-oz. portions.
8. Mold the dough and place in lightly greased brioche pans.
9. Proof the dough.
10. Brush the dough with an egg wash just before baking.
11. Bake at 375°F (191°C) for approximately 20 minutes, or until brown on all sides.

PASTRY TECHNIQUE:

See the Method of Preparation.

HACCP:

Store at 41°F (5°C) or lower.

HAZARDOUS FOOD:

Eggs

NUTRITION:

Calories: 161.1

Fat: 2.5 g

Protein: 4.1 g

VARIATIONS:

1. Pullman loaves

2. Rolls

Cinnamon-Raisin Bread

YIELD: 19 LBS., 13 OZ.

SERVING SIZE: 2 OZ.

SCALE 18 OZ. PER LOAF

INGREDIENTS

		BAKER'S PERCENTAGE
10 lbs.	Flour, high-gluten, sifted	100
13 oz.	Sugar, granulated	8
3 oz.	Salt	2
4 lbs., 12 oz.	Water	48
6 oz.	Yeast, compressed	4
4 oz.	Eggs, whole	10
10 oz.	Shortening, high-ratio	6
2 lbs., 8 oz.	Raisins	25
1½ oz.	Cinnamon, ground	1
3½ oz.	Dough conditioner (optional)	1-2

METHOD OF PREPARATION:

1. Gather the equipment and ingredients. Scale the ingredients.
2. Soften the compressed yeast in part of the water. The water temperature should be 78°–82°F (26°–28°C).
3. Use the straight dough method for mixing the dough. Combine all of the ingredients in the bench mixing bowl.
4. Mix until proper gluten development occurs.
5. Lightly coat the dough with oil before putting it into the proof box. Ferment the dough. Punch the dough down when it is almost double in bulk. To test the dough for punching readiness, insert two fingers into the dough. If the indentation remains, the dough is ready for punching.
6. Divide the dough using a bench scraper. Scale 18 oz. per every 1 lb. loaf. Round the dough. Allow the dough to rest for a short time, which allows the gluten to relax. Shape the loaves. Place the loaves in pans that are lightly greased.
7. Put the panned loaves into the proofing cabinet to ferment prior to baking. The loaves are properly proofed when almost double in bulk, or when the dough closes around a finger indentation without collapsing.
8. Bake the loaves at 375°F (191°C) for 20 minutes or until evenly browned.

**CHEF NOTE:**

To test the gluten development, cut a small piece of dough from the mass in the bowl. Stretch the dough to a thinness that allows light to clearly shine through. If the dough can be stretched a few times without tearing, it is ready for fermentation.

PASTRY TECHNIQUE:

See the Method of Preparation.

NUTRITION:

Calories: 150.3

Fat: 3.3 g

Protein: 4.9 g

Medium Wheat Dough

YIELD: 17 LBS., 13 OZ.

SERVING SIZE: 2 OZ.

INGREDIENTS

		BAKER'S PERCENTAGE
6 lbs., 11 oz.	Flour, first clear, sifted	67
3 lbs., 5 oz.	Flour, whole wheat, <i>not sifted</i>	33
3 oz.	Salt	2
10 oz.	Dry milk solids (DMS)	6
6 lbs.	Water (variable)	60
6 oz.	Yeast, compressed	4
10 oz.	Shortening, all-purpose	6

METHOD OF PREPARATION:

1. Gather the equipment and ingredients. Scale the ingredients.
2. Soften the compressed yeast in part of the water. The water temperature should be 78°–82°F (26°–28°C).
3. Use the straight dough method for mixing the dough. Combine all of the ingredients in the bench mixing bowl.
4. Mix until proper gluten development occurs.
5. Lightly coat the dough with oil before putting it into the proof box. Ferment the dough. Punch the dough down when it is almost double in bulk. To test the dough for punching readiness, insert two fingers into the dough. If the indentation remains, the dough is ready for punching.
6. Divide the dough using a bench scraper. Round the dough. Allow the dough to rest for a short time, which allows the gluten to relax. Shape the loaves. Place the loaves in pans that are lightly greased.
7. Put the panned loaves into the proofing cabinet to ferment prior to baking. The loaves are properly proofed when almost double in bulk, or when the dough closes around a finger indentation without collapsing.
8. Bake the loaves at 375°F (191°C) for 20 minutes or until evenly browned.

**CHEF NOTE:**

To test the gluten development, cut a small piece of dough from the mass in the bowl. Stretch the dough to a thinness that allows light to clearly shine through. If the dough can be stretched a few times without tearing, it is ready for fermentation.

Banana Nut Bread

PASTRY TECHNIQUE:

Blending

Blending:

1. Combine the dry ingredients on low speed.
2. Add the softened fat(s) and liquid(s).
3. Mix the ingredients on low speed.
4. Increase the speed gradually.

HAZARDOUS FOOD:

Eggs

NUTRITION:

Calories: 201
Fat: 6.5 g
Protein: 2.96 g

YIELD: 6 LBS., 3 $\frac{5}{8}$ OZ.

SERVING SIZE: 3 OZ.

SCALE 1 LB. 6 OZ.

INGREDIENTS

1 lb., 4 oz.	Sugar, granulated
6 oz.	Shortening, high ratio
$\frac{1}{2}$ oz.	Baking soda, sifted
$\frac{1}{2}$ oz.	Lemon powder
$\frac{1}{8}$ oz.	Salt
8 oz.	Bananas, fresh or canned, mashed
2 oz.	Eggs, whole
1 lb., 8 oz.	Water, cold
1 lb.	Bread flour, sifted
1 lb.	Cake flour, sifted
$\frac{1}{2}$ oz.	Baking powder, sifted
4 oz.	Nuts, finely chopped
2 oz.	Banana compound

METHOD OF PREPARATION:

1. Gather the equipment and ingredients.
2. Place the granulated sugar, shortening, baking soda, lemon powder, and salt in a mixing bowl with paddle attachment; cream for 2 min.
3. Add the bananas and eggs to the mixture in the bowl; cream for an additional 1 min.
4. Add $\frac{1}{2}$ of the amount of the water and mix at low speed.
5. Sift together the flours and baking powder.
6. Add the sifted ingredients to the mixture in two stages. Mix at low speed.
7. Add one third of the water, and mix only until all ingredients are incorporated. Do not overmix.
8. Scrape the bowl well.
9. Add the nuts and banana compound.
10. Add the remaining $\frac{1}{2}$ of water; and mix well.
11. Scale evenly into 5 pans, 1 lb., 6 oz. per pan.
12. Bake at 375°F (191°C) until the loaves are light brown overall and firm in the center.
13. Cool. Then remove from the pans.

PASTRY TECHNIQUE:

Blending

Blending:

1. Combine the dry ingredients on low speed.
2. Add the softened fat(s) and liquid(s).
3. Mix the ingredients on low speed.
4. Increase the speed gradually.

HACCP:

Store foods at 41°F (5°C) or below.

HAZARDOUS FOOD:

Eggs

NUTRITION:

Calories: 275.8

Fat: 11.5 g

Protein: 5.1 g

Apple Walnut Bread

YIELD: 18 LBS., 6½ OZ.

SERVING SIZE: 3 OZ.

INGREDIENTS

5 lbs.	Flour, pastry
3 lbs., 5 oz.	Sugar, granulated
4 oz.	Baking powder
1 oz.	Salt
½ oz.	Cinnamon, ground
1 lb.	Eggs, whole
5 lbs., 8 oz.	Applesauce
8 oz.	Butter, unsalted and melted
2 lbs., 12 oz.	Walnuts, chopped

METHOD OF PREPARATION:

1. Gather the equipment and ingredients. Grease the loaf pans well.
2. Sift together all of the dry ingredients (pastry flour, granulated sugar, baking powder, salt and cinnamon).
3. Place the dry ingredients in a 20-qt. mixing bowl.
4. Combine the eggs and applesauce.
5. Add the liquid ingredients to the dry ingredients. Using a paddle attachment, mix only enough to incorporate; do not remove the bowl from the mixer.
6. Add the melted butter.
7. Add the walnuts; combine.
8. Scale at 1 lb., 6 oz. for small loaves or 2 lbs., 8 oz. for large loaves. Pans should be well greased.
9. Bake at 350°F (177°C) for 45–55 minutes, or until loaves are golden brown and firm in the center.

Apple Date Muffins

YIELD: 15 LBS., 5½ OZ.

SERVING SIZE: 3 OZ.

PASTRY TECHNIQUE:

Creaming

Creaming:

1. Soften the fats on low speed.
2. Add the sugar(s) and cream; increase the speed slowly.
3. Add the eggs one at a time; scrape the bowl frequently.
4. Add the dry ingredients in stages.

HACCP:

Store at 41°F (5°C) or below.

HAZARDOUS FOOD:

Eggs

NUTRITION:

Calories: 305.4

Fat: 11.2 g

Protein: 4.6 g

INGREDIENTS

2 lbs.	Butter, unsalted
2 lbs., 8 oz.	Sugar, brown
14 oz.	Eggs, whole
2 lbs., 8 oz.	Flour, all-purpose
2½ oz.	Baking powder
½ oz.	Cinnamon, ground
½ oz.	Salt
2 lbs., 4 oz.	Applesauce
3 lbs.	Dates, chopped
2 lbs.	Oats, rolled, regular

METHOD OF PREPARATION:

1. Gather the equipment and ingredients. Grease the muffin pans well.
2. Scale the ingredients.
3. Place the butter and brown sugar in an electric mixing bowl with a paddle; cream together.
4. Add the eggs gradually until blended.
5. Sift the dry ingredients together: all-purpose flour, baking powder, cinnamon, and salt.
6. Slowly add the dry ingredients to the sugar-egg mixture alternately with applesauce until blended. Do not overmix!
7. Slowly add the dates and oats until blended.
8. Place the batter in the well-greased muffin pans. Use a #10 or #12 portion scoop to divide the batter.
9. Bake at 375°F (191°C) for 25 minutes, or until a muffin springs back when lightly touched.

Baking Powder Biscuits

YIELD: 2 LBS., 11¼ OZ.

SERVING SIZE: 2 OZ.

PASTRY TECHNIQUES:

Rubbing, Combining, Rolling

Rubbing:

1. Use a pastry cutter to keep the fat in large pieces.
2. Add the liquid in stages.

Combining:

Bringing together two or more components.

1. Prepare the components to be combined.
2. Add one to the other, using the appropriate mixing method (if needed).

Rolling:

1. Prepare the rolling surface by dusting with the appropriate medium (flour, cornstarch, etc.).
2. Use the appropriate style pin (stick pin or ball bearing pin) to roll the dough to desired thickness; rotate the dough during rolling to prevent sticking.

HACCP:

Store at 41°F (5°C) or below.

HAZARDOUS FOOD:

Eggs

NUTRITION:

Calories: 180.1

Fat: 7.9 g

Protein: 3.6 g

INGREDIENTS

10 oz.	Flour, bread
10 oz.	Flour, cake
1½ oz.	Sugar, granulated
1½ oz.	Dry milk solids
1¼ oz.	Baking powder
¼ oz.	Salt
5 oz.	Shortening, vegetable
11¾ oz.	Water, cold
2 oz.	Eggs, whole
As needed	Flour, bread, additional

METHOD OF PREPARATION:

1. Gather the equipment and ingredients.
2. Sift the dry ingredients together: bread flour, cake flour, granulated sugar, dry milk solids, baking powder, and salt; place in a bench mixing bowl.
3. Add the shortening. Using your hands, mix the dough until the shortening is broken into pieces about the size of peas.
4. Mix the water and eggs together.
5. Add the liquid to the mixture, and mix lightly by hand. Do not overmix or overwork the dough.
6. Place the dough on a bench on a thin layer of bread flour.
7. Using a rolling pin, roll the dough to a 1-in. thickness.
8. With a standard biscuit cutter, cut out biscuits close together to avoid leaving excess scraps.
9. Place the biscuits 1 in. apart on parchment-lined sheet pans. If desired, allow the dough to relax for 10-15 min. before baking.
10. Bake at 425°F (218°C) for 10-15 min., or until golden.

Almond Macaroons

YIELD: 2 LBS., 7½ OZ.

SERVING SIZE: 2 OZ.

PASTRY TECHNIQUES:

Whipping, Combining, Piping

Whipping:

1. Hold the whip at a 55° angle.
2. Create circles, using a circular motion.
3. The circular motion needs to be perpendicular to the bowl.

Combining:

Bringing together two or more components.

1. Prepare the components to be combined.
2. Add one to the other, using the appropriate mixing method (if needed).

Piping:

With pastry bag:

1. Use a bag with a disposable tip; cut the bag at 45° angle.
2. Fill to no more than half full.
3. Burp the bag.

With cone:

1. Cut and fold the piping cone to the appropriate size.
2. Fill the cone with a small amount.
3. Fold the ends to form a triangle.
4. Pipe the desired designs.

HAZARDOUS FOOD:

Egg whites

NUTRITION:

Calories: 187

Fat: 3.2 g

Protein: 8.2 g

INGREDIENTS

11½ oz.	Almond meal
1 lb., 2½ oz.	Sugar, confectionery
9 oz.	Egg whites
½ oz.	Sugar, granulated

METHOD OF PREPARATION:

1. Gather the equipment and scale the ingredients.
2. Sift together the almond meal and confectionery sugar.
3. Place the egg whites in a 5-qt. mixing bowl; using the whip attachment, whip to a medium peak; slowly add the granulated sugar to create a meringue.
4. Fold the dry ingredients into the meringue by hand.
5. Pipe into desired shapes and sizes on parchment paper-lined sheet pans.
6. Bake at 400°F (204°C) on double sheet pans for approximately 12–15 min., or until the edges are golden brown.

Butter Cookies

YIELD: 1 LB., 6½ OZ.
3 DOZEN

SERVING SIZE: 2 COOKIES (APPROX. 1 OZ.)

PASTRY TECHNIQUES:

Creaming, Combining, Piping

Creaming:

1. Soften the fats on low speed.
2. Add the sugar(s) and cream; increase the speed slowly.
3. Add the eggs one at a time; scrape the bowl frequently.
4. Add the dry ingredients in stages.

Combining:

Bringing together two or more components.

1. Prepare the components to be combined.
2. Add one to the other, using the appropriate mixing method (if needed).

Piping:

With bag:

1. Use a disposable bag with a tip; cut the bag at 45° angle.
2. Fill to no more than half full.
3. Burp the bag

With cone:

1. Cut and fold the piping cone to the appropriate size.
2. Fill the cone with a small amount.
3. Fold the ends to form a triangle.
4. Pipe the desired designs.

HACCP:

Store at 41°F (5°C) or below.

HAZARDOUS FOOD:

Egg whites

NUTRITION:

Calories: 164.2

Fat: 9.8 g

Protein: 2.2 g

INGREDIENTS

3¼ oz.	Sugar, granulated
7½ oz.	Butter, unsalted (70°F) (21°C)
1½ oz.	Egg whites
9¼ oz.	Flour, bread, sifted

METHOD OF PREPARATION:

1. Gather the equipment and ingredients. Line the sheet pan with parchment paper.
2. Place the granulated sugar and butter in a 5-qt. mixing bowl; cream until light and fluffy using the paddle attachment.
3. Add the egg whites slowly; continue to cream the mixture.
4. Scrape the bowl; continue mixing.
5. Add the sifted bread flour, and blend; scrape the bowl; continue mixing until smooth.
6. Place the mixture into a pastry bag; use a medium-star tip.
7. Pipe out the desired shapes on a parchment paper-lined sheet pan.
8. Bake at 375°F (191°C) for approximately 10–12 minutes, or until light golden brown.



CHEF NOTE:

The batter may be colored with food coloring, if desired.

Chocolate Chip Cookies

YIELD: 6 LBS., 8 $\frac{5}{8}$ OZ.

SERVING SIZE: 2 OZ.

PASTRY TECHNIQUES:

Creaming, Combining, Portioning

Creaming:

1. Soften the fat on low speed.
2. Add the sugar(s) and cream; increase the speed slowly.
3. Add the eggs one at a time; scrape the bowl frequently.
4. Add the dry ingredients in stages.

Combining:

Bringing together two or more components.

1. Prepare the components to be combined.
2. Add one to the other, using the appropriate mixing method (if needed).

Portioning:

1. Mark the product for portioning, using a ruler, if necessary.
2. Cut, spoon, or scoop the product with the appropriate-size utensil.

HACCP:

Store at 41°F (5°C) or below.

HAZARDOUS FOOD:

Eggs

NUTRITION:

Calories: 256.2

Fat: 12.9 g

Protein: 2.3 g

INGREDIENTS

1 lb., 2 oz.	Butter, unsalted
1 lb., 1 $\frac{1}{2}$ oz.	Sugar, granulated
1 lb., 1 $\frac{1}{2}$ oz.	Sugar, light brown
7 $\frac{1}{2}$ oz.	Eggs, whole
1 lb., 4 oz.	Flour, pastry
$\frac{3}{8}$ oz.	Baking soda
$\frac{1}{8}$ oz.	Salt
$\frac{3}{8}$ oz.	Vanilla extract
1 lb., 7 $\frac{1}{4}$ oz.	Chocolate chips, semi-sweet

METHOD OF PREPARATION:

1. Gather equipment and ingredients. Line the sheet pans with parchment paper.
2. Cream butter, granulated and brown sugars in a bench mixing bowl using a paddle attachment on medium speed until mixture is smooth (approximately 2 minutes).
3. Add eggs in thirds. Stop mixer and scrape bowl after every addition of eggs. Mix on medium speed until mixture is smooth (approximately 2 minutes).
4. Add the flour and remaining ingredients, except the chocolate chips. Mix on low speed for 1 minute. Stop mixer and scrape bowl. Continue mixing on low speed for 1 minute.
5. Add chocolate chips. Mix on low speed for 1 minute or until chips are incorporated. Do not overmix.
6. Portion the dough into 2-oz. pieces; place cookies on parchment paper-lined sheet pan.
7. Bake at 375°F (191°C) for 10–12 minutes or until golden brown.



CHEF NOTE:

Remove cookies from the oven when slightly underbaked, or slightly raw in centers. Cookies will continue baking on hot sheet pans.

PASTRY TECHNIQUE:

Combining

Combining:

Bringing together two or more components.

1. Prepare the components to be combined.
2. Add one to the other, using the appropriate mixing method (if needed).

HACCP:

Store at 41°F (5°C) or below for 1 day. After 1 day, store at 0°F (-18°C).

HAZARDOUS FOODS:

Eggs
Buttermilk

NUTRITION:

Calories: 218.6
Fat: 10.9 g
Protein: 2.35 g

Chocolate Applesauce Cake

YIELD: 8 LBS., 9½ OZ.

5, 9-IN. CAKES

1 SHEET CAKE

60 SERVINGS

SERVING SIZE: ½ OF A 9-IN. CAKE

INGREDIENTS

1 lb., 11 oz.	Flour, cake, sifted
1½ oz.	Cocoa powder, sifted
¾ oz.	Baking soda, sifted
¾ oz.	Baking powder, sifted
¾ oz.	Salt
¾ oz.	Cinnamon, ground
2 lbs., 4 oz.	Sugar, brown
1 lb., 5 oz.	Oil, vegetable
13 oz.	Eggs, whole
12 oz.	Applesauce
1 lb., 8 oz.	Buttermilk

METHOD OF PREPARATION:

1. Gather the equipment and ingredients.
2. Sift together the cake flour, cocoa powder, baking soda, baking powder, salt, and cinnamon.
3. Place all of the sifted ingredients and the brown sugar in a bowl. Blend together using a paddle.
4. Slowly add the oil, to avoid lumps from forming, and mix into a paste.
5. Add the eggs in three stages, scraping in between.
6. Add the applesauce slowly, scraping regularly.
7. Add the buttermilk, and mix until smooth.
8. Fill 9-in. cake pans with 1 lb., 11 oz. of batter, or fill 1 sheet pan with 8 lbs., 9½ oz. of batter.
9. Bake at 360°F (182°C) until firm. Bake at least 20 minutes before checking for doneness.

Cake Brownies

PASTRY TECHNIQUES:

Combining, Spreading

Combining:

Bringing together two or more components.

1. Prepare the components to be combined.
2. Add one to the other, using the appropriate mixing method (if needed).

Spreading:

Using an icing spatula or off set spatula, smooth the icing or other spreading medium over the surface area.

HACCP:

Store at 41°F (5°C) or below.

HAZARDOUS FOOD:

Eggs

NUTRITION

Calories: 405.2

Fat: 22.9 g

Protein: 4.1 g

YIELD: 8 LBS.

1 SHEET PAN

60 SERVINGS

SERVING SIZE: 2 ½" × 3 IN. BAR

INGREDIENTS

BATTER:

7½ oz. Cocoa powder, sifted

15 oz. Flour, cake, sifted

8 oz. Flour, pastry, sifted

½ oz. Salt

¼ oz. Baking soda, sifted

1 lb., 7 oz. Shortening, high-ratio

15 oz. Sugar, granulated

15 oz. Sugar, brown

9 oz. Corn syrup

1 lb., 2 oz. Eggs, whole

3 oz. Water

15 oz. Walnut, pieces, toasted (optional)

GARNISH:

4 lbs., 7½ oz. Chocolate Fudge Icing (See card 141)

METHOD OF PREPARATION:

1. Gather the equipment and ingredients.
2. Sift all of the dry ingredients together: cocoa powder, cake flour, pastry flour, salt, and baking soda.
3. Place all of the ingredients in a bench mixing bowl with the paddle attachment.
4. Blend well on low speed to combine.
5. Mix for 2 minutes on medium speed.
6. Scale the batter, and pour onto a greased, parchment paper-lined sheet pan.
7. Spread the batter evenly with a spatula. Clean the pan edge if necessary.
8. Bake at 375°F (191°C) for approximately 25–30 minutes, or until firm but not dry. Do not overbake!
9. Remove from the oven; cool completely.
10. Cover the brownies with fudge icing.
11. Cut a sheet pan of brownies with a sharp knife into 2½ × 3 in. squares.

Vanilla Chiffon Genoise

YIELD: 10 LBS., 6 OZ. (SEVEN 9-IN. CAKES)

SERVINGS: 70

PASTRY TECHNIQUES:

Whipping, Combining

Whipping:

1. Hold the whip at a 45° angle.
2. Create circles, using a circular motion.
3. The circular motion needs to be perpendicular to the bowl.

Combining:

Bringing together two or more components.

1. Prepare the components to be combined.
2. Add one to the other, using the appropriate mixing method (if needed).

HAZARDOUS FOODS:

Egg yolks
Egg whites

NUTRITION:

Calories: 225
Protein: 4.74 g
Fat: 8.99 g

INGREDIENTS

2 lbs.	Egg yolks
3 lbs.	Sugar, granulated
12 oz.	Oil, vegetable
2 lbs.	Egg whites
2 lbs., 4 oz.	Flour, cake, sifted
1 oz.	Baking powder
5 oz.	Water, room temperature
	Vanilla extract, to taste

METHOD OF PREPARATION:

1. Gather the equipment and scale the ingredients.
2. Properly grease the cake pans.
3. Place the egg yolks and half of the granulated sugar in a 5-qt. mixing bowl; whip to full volume.
4. Continue mixing on medium speed, and slowly incorporate the oil.
5. In another 5-qt. mixing bowl, whip the egg whites to a medium peak; slowly add the remaining granulated sugar to make a meringue.
6. Sift together the cake flour and baking powder.
7. Combine the water and vanilla extract.
8. Alternately add the flour and water mixtures into the yolk mixture by hand.
9. Fold the meringue into the batter.
10. Scale 1 lb., 8 oz. batter into each greased, paper-lined 9-in. cake pan.
11. Bake at 360°F (182°C) until spongy in the center.

PASTRY TECHNIQUE:

Combining

Combining:

Bringing together two or more components.

1. Prepare the components to be combined.
2. Add one to the other, using the appropriate mixing method (if needed).

HACCP:

Store the baked cake at 41°F (5°C) or below for 1 day. After 1 day, store at 0°F (-18°C)

HAZARDOUS FOODS:Egg whites
Eggs
Milk**NUTRITION:**

Calories: 164.5

Fat: 6.4 g

Protein: 2.4 g

Chocolate Layer Cake

YIELD: 4 LBS., 5 OZ.
3, 9-IN. CAKES

SERVING SIZE: ½ OF A 9-IN. CAKE

INGREDIENTS

13½ oz.	Flour, cake, sifted
2⅔ oz.	Cocoa powder, sifted
¼ oz.	Baking soda, sifted
⅓ oz.	Baking powder, sifted
½ oz.	Salt
1 lb., 4 oz.	Sugar, granulated
6¼ oz.	Shortening, high-ratio
5½ oz.	Egg whites
2⅔ oz.	Eggs, whole
1 lb., 1½ oz.	Milk, whole

METHOD OF PREPARATION:

1. Gather the equipment and ingredients.
2. Sift together the cake flour, cocoa powder, baking soda, baking powder, and salt.
3. Place the sifted dry ingredients, granulated sugar, shortening, egg whites, whole eggs, and one third of the milk into a 5-qt. bench mixing bowl.
4. Mix together, using a paddle, on medium speed for 5 minutes.
5. Add the remaining milk in 3 parts; scrape the bowl between additions, and mix until smooth. Mix for 3 minutes after all of the milk has been added.
6. Fill 9-in. cake pans with 1 lb., 7 oz. of batter.
7. Bake at 375°F (191°C) for 25–30 minutes or until done.
8. Remove, and turn onto sugar- and flour-dusted, parchment paper-lined pans to cool.

**CHEF NOTE:**

This is a high-ratio cake.

PASTRY TECHNIQUES:

Boiling, Combining

Boiling:

1. Bring the cooking liquid to a rapid boil.
2. Stir the contents.

Combining:

Bringing together 2 or more components.

1. Prepare the components to be combined.
2. Add one to the other, using the appropriate mixing method (if needed).

HACCP:

Store at 60°F to 65°F (16°C to 18°C) in dry storage.

PASTRY TECHNIQUE:

Mixing

Whipping:

1. Hold the whip at a 55° angle.
2. Create circles, using a circular motion.
3. The circular motion needs to be perpendicular to the bowl.

HACCP:

Store at 41°F (5°C) or below.

HAZARDOUS FOOD:

Egg whites

NUTRITION:

Calories: 93.4

Fat: .02 g

Protein: .5 g

Chocolate Fudge Icing

YIELD: 4 LBS., 8½ OZ. (1 SHEET PAN)

INGREDIENTS

2 oz.	Corn syrup
1½ oz.	Shortening, all-purpose
9 oz.	Water
1 lb.	Fudge base
2 lbs., 12 oz.	Sugar, confectionery, sifted

METHOD OF PREPARATION:

1. Gather the equipment and ingredients.
2. Place the corn syrup, shortening, and water in a saucepan, and bring it to a boil; remove from the heat.
3. Place the fudge base and confectionery sugar in a mixing bowl; paddle until well blended.

Royal Icing

YIELD: 4 LBS., 12¼ OZ.

SERVING SIZE: 1 OZ.

INGREDIENTS

12 oz.	Egg whites, at room temperature
4 lbs.	Sugar, confectionery
¼ oz.	Cream of tartar

METHOD OF PREPARATION:

1. Gather the equipment and ingredients. Place the egg whites in a mixing bowl.
2. Sift the dry ingredients together two or more times until very fine.
3. Add half of the dry ingredients into the egg whites, and mix at low speed, using a paddle until well incorporated. Add the remaining dry ingredients, and continue to mix on low speed; scrape the bowl often.
4. Mix for an additional 5–7 minutes on medium speed, or to a desired consistency. Royal icing is ready for use, but if stored, it should be wrapped airtight and be refrigerated at 41°F (5°C) or below for no more than 1 week.

Frangipane

YIELD: 9 LBS., 1 OZ.
1 SHEET PAN

SERVING SIZE: 1 OZ.

PASTRY TECHNIQUE:

Creaming, Combining, Folding

Creaming:

1. Soften the fat(s) on low speed.
2. Add the sugar(s) and cream; increase the mixer speed slowly.
3. Add the eggs one at a time; scrape the bowl frequently.
4. Add the dry ingredients in stages.

Combining:

Bringing together two or more components.

1. Prepare the components to be combined.
2. Add one to the other, using the appropriate mixing method (if needed.)

Folding:

Do steps 1, 2, and 3 in one continuous motion.

1. Run a bowl scraper under the mixture, across the bottom of the bowl.
2. Turn the bowl counterclockwise.
3. Bring the bottom mixture to the top.

HACCP:

Store at 41°F (5°C) or below for 1 day. After 1 day, store at 0°F (-18°C).

HAZARDOUS FOOD:

Eggs

NUTRITION:

Calories: 125.5
Fat: 10.0 g
Protein: 2.2 g

INGREDIENTS

4 lbs., 6 oz.	Almond paste
2 lbs., 3 oz.	Eggs, whole
2 lbs., 3 oz.	Butter, unsalted at room temperature
5 oz.	Flour, cake

METHOD OF PREPARATION:

1. Gather the equipment and ingredients. Grease and parchment paper-line the sheet pan.
2. Place the almond paste in a mixing bowl with a paddle; soften by adding a third of the eggs at a time and paddle until smooth. Repeat until all of the eggs are incorporated.
3. Using another mixing bowl and mixer, soften the butter; scrape well.
4. Add the softened almond paste to the softened butter; scrape well.
5. Cream the butter and almond paste until light in color.
6. Fold in the sifted flour by hand.
7. Place 9 lbs., 1 oz. of batter into a greased, parchment paper-lined sheet pan.
8. Bake at 325°F (163°C) for 20 minutes, or until firm.
9. Frangipane is used to make petit fours and certain French pastries. It is also used as the cake-like component of petit four glacé and certain French pastries.

PASTRY TECHNIQUES:

Heating, Coating

Heating:

1. Prepare the food product according to the formula's instructions.
2. Choose the appropriate method of heating (on the range or stove top, in the oven, etc.)
3. Apply the product to the heat.

Coating:

1. Use a coating screen, with a sheet pan underneath.
2. Ensure that the product is the correct temperature.
3. Coat the product; use an appropriately-sized utensil.

NUTRITION:

Calories: 172.5

Fat: 6.0 g

Protein: 1.5 g

Petit Four Glacé

YIELD: 150 EACH

SERVING SIZE: 1 PETIT FOUR GLACÉ

INGREDIENTS

10 oz.	Apricot coating
½ sheet	Frangipane (see card 142)
	Sugar, granulated, as needed
2 lbs.	Marzipan (See card 145)
7 lbs., 8 oz.	Fondant
	Simple syrup (See card 145)

METHOD OF PREPARATION:

Gather the equipment and ingredients.

BUILDING THE PETIT FOURS:

1. Bring to a boil the apricot coating, and set aside; keep warm.
2. Sprinkle a half sheet of frangipane (18 in.×12 in., 1-in. thick) with sugar. Place a piece of sheet paper on top, and cover with a cardboard sheet. Flip upside down to unmold.
3. Trim the edges to square up.
4. Mark and divide into five 3¼-in. rectangles.
5. Place each on a 3¾-in.×11½-in. piece of cardboard.
6. Level each piece.
7. Brush the surface of the frangipane with about 2 oz. of the apricot coating that was previously brought to a boil.
8. Roll out the marzipan to ⅛-in. thickness and slightly wider and longer than the cake.
9. Roll up on the pin, unroll onto the top of the cake, and pin-level.
10. Place a cardboard on the marzipan, and flip over.
11. Carefully trim excess marzipan from the edge of the cake, using a French knife; avoid dragging the knife. (Reserve clean marzipan for reuse.)
12. Measure a 1-in. bar along the length of the cake, and cut, using the French knife. Keep the blade straight; avoid dragging. Cut 1-in. squares from the bar. You should end up with 30 1-in.×1-in. pieces.
13. Place the pieces on a glazing screen, leaving 1½ in. of space around each piece; keep in neat rows.



CHEF NOTE:

Fondant that flows through the screen onto the plastic sheet should be reused, as needed. Pick out any cake crumbs that may have fallen in. Fondant can be warmed and strained, if necessary.

Petit Four Glacé (continued)

PREPARING FONDANT:

1. Remove 1 lb., 8 oz. of fondant from the pail of prepared fondant (30 petit fours).
2. Warm to 98–100°F (37–38°C). Either use a water bath and stir, testing often to determine the temperature, or use a saucepan over low heat; stir with hand, on and off the heat.
3. Flavor and color as desired; use compounds, nuts, and butters.
4. Adjust the consistency, using 100°F (38°C) simple syrup until the fondant evenly coats a test piece.
5. The fondant should coat a piece thinly over the entire surface and leave no foot at the base.

GLAZING (SPOON METHOD):

1. Place a screen on a clean plastic sheet pan.
2. Using a solid stainless spoon, pour the glaze over an individual piece to coat.
3. Pour from the side of the spoon, slowly and very close to the top of the piece.
4. When you reach the back, stop; allow the fondant to fall down and cover the back side.
5. Twist the spoon to catch drips, and remove.

FINISHING:

1. Decorate by using the traditional decoration, as instructed.
2. Loosen the petit fours from the screen by using a paring knife dipped in hot water.
3. Dip your fingers in cold water before lifting each piece, to avoid sticking.

PASTRY TECHNIQUES:

Mixing, Kneading

Mixing:

Follow the proper mixing procedure: creaming, blending, whipping, or combination.

Kneading:

1. Prepare the kneading surface with the appropriate medium (flour, cornstarch, etc.)
2. Press and form the dough into a mass using a press, fold and rotating motion.
3. Continue kneading until appropriate consistency and/or temperature is achieved.

HACCP:

Dry storage at 60°-65°F (16-18°C).

NUTRITION:

Calories: 114.9
Fat: 3.1 g
Protein: 1.0 g

Marzipan

YIELD: 2 LBS., 8 OZ.

SERVING SIZE: 0.51 OZ.

INGREDIENTS

1 lb.	Sugar, confectionery
1 lb.	Almond paste
4 oz.	Fondant
4 oz.	Glucose (liquid)

METHOD OF PREPARATION:

1. Gather the equipment and ingredients.
2. Place the ingredients in a mixing bowl in this order: confectionery sugar, almond paste, fondant, and glucose.
3. Mix with a paddle until the mixture is combined.
4. Remove from the mixer.
5. Knead the mixture, working it into one piece.
6. Place it in a plastic bag to avoid its becoming dry.

PASTRY TECHNIQUES:

Combining, Boiling

Combining:

Bringing together two or more components:

1. Prepare the components to be combined.
2. Add one to the other, using the appropriate mixing method (if needed.)

Boiling:

1. Bring the cooking liquid to a rapid boil.
2. Stir the contents.

HACCP:

Store at 41°F (5°C) or below.

NUTRITION:

Calories: 54.9
Fat: 0 g
Protein: 0 g

Simple Syrup

YIELD: 16 LBS.

INGREDIENTS

8 lbs.	Sugar, granulated
8 lbs.	Water
1 each	Lemon, sliced

METHOD OF PREPARATION:

1. Gather the equipment and ingredients.
2. Place the sugar and water in a pot, and bring to a boil.
3. Remove from the heat, and add the lemon slices.
4. Cool. Store in the refrigerator at 41°F (5°C) or below.

PASTRY TECHNIQUES:

Creaming, Whipping

Creaming:

1. Soften the fats on low speed.
2. Add the sugar(s) and cream; increase the speed slowly.
3. Add the eggs one at a time; scrape the bowl frequently.
4. Add the dry ingredients in stages.

Whipping:

1. Hold the whip at a 55° angle.
2. Create circles, using a circular motion.
3. The circular motion needs to be perpendicular to the bowl.

HACCP:

Store at 41°F (5°C) or below.

HAZARDOUS FOOD:

Egg whites

NUTRITION:

Calories: 139.0

Fat: 8.5 g

Protein: .37 g

Basic Buttercream

YIELD: 4 LBS., 8 OZ.

SERVING SIZE: 1 OZ.

INGREDIENTS

12 oz.	Butter, unsalted
2 lbs., 8 oz.	Sugar, confectionery
12 oz.	Shortening, high-ratio
8 oz.	Egg whites (pasteurized)
To taste	Vanilla, extract
To taste	Lemon juice

METHOD OF PREPARATION:

1. Gather the equipment and ingredients.
2. Place the butter in a 5-qt. bowl with half of the confectionery sugar; cream using a paddle to the consistency of the shortening.
3. Scrape bowl well.
4. Add the shortening and remaining confectionery sugar; paddle until light and airy.
5. Remove the paddle attachment, and replace the paddle with the whip attachment.
6. While whipping slowly add the egg whites and flavorings in 3 stages; scrape the bowl between each addition.
7. Combine ingredients well. Store at 41°F (5°C) or below.

Basic Cream Puffs

YIELD: 3 LBS., 3 OZ.

SERVING SIZE: 2 OZ.

PASTRY TECHNIQUES:

Boiling, Combining, Piping

Boiling:

1. Bring the cooking liquid to a rapid boil
2. Stir the contents.

Combining:

Bringing together two or more components.

1. Prepare the components to be combined.
2. Add one to the other, using the appropriate mixing method (if needed).

Piping:

With bag:

1. Use a bag with a disposable tip; cut the bag at a 45° angle.
2. Fill to no more than half full.
3. Burp the bag.

With cone:

1. Cut and fold the piping cone to the appropriate size.
2. Fill the cone with a small amount.
3. Fold the ends to form a triangle.
4. Pipe the desired designs.

HAZARDOUS FOODS:

Milk

Eggs

NUTRITION:

Calories: 136

Fat: 9.4 g

Protein: 3.8 g

INGREDIENTS

8 oz.	Unsalted butter or shortening
¼ oz.	Salt
¼ oz.	Sugar, granulated
1 lb.	Water or whole milk
10 ½ oz.	Sifted bread flour
1 lb.	Eggs

METHOD OF PREPARATION:

1. Gather the equipment and ingredients.
2. Place the butter, salt, granulated sugar, and water or milk in a medium 8-qt. pot.
3. Bring to a boil.
4. Add all of the sifted flour at once.
5. Stir with a wooden spoon for approximately 5 min. or until the mixture forms a ball that does not stick to the inside of the pot.
6. Cook at this point for an additional 3 min.
7. Remove from the heat, and place the mixture in a mixing bowl.
8. Mix on low speed until cooled slightly.
9. Add the eggs gradually; mix at low speed; make sure the eggs are fully incorporated before the next addition.
10. When the eggs are fully incorporated, use a pastry bag and tip to pipe the mixture into the desired shapes on parchment-lined sheet pans. Makes about 25 2-oz. cream puffs.
11. Bake at 400°F–425°F (204°C–218°C) until brown and dry on the inside, or about 20 minutes.
12. Fill with prepared pastry cream and serve immediately.

Basic Pie Dough

YIELD: 1 LB., 8- $\frac{1}{4}$ OZ. (THREE, 8-OZ. CRUSTS)

SERVING: 1 OZ.

PASTRY TECHNIQUE:

Combining

Combining:

Bringing together two or more components.

1. Prepare the components to be combined.
2. Add one to the other, using the appropriate mixing method (if needed).

NUTRITION:

Calories: 135

Fat: 9.7 g

Protein: 1.9 g

INGREDIENTS

12 oz.	Flour, pastry
8 oz.	Shortening, vegetable
$\frac{1}{4}$ oz.	Salt
4 oz.	Water, ice-cold
0–1 oz.	Dried milk solids (optional)

METHOD OF PREPARATION:

1. Gather the equipment and scale the ingredients.
2. Sift the flour to aerate it; removing lumps and impurities.
3. Cut the shortening, by hand, into the flour.
4. Dissolve the salt in the cold water.
5. Incorporate the water into the flour until it is sticky. Do not over-work the dough.
6. Allow the dough to rest and chill properly, preferably overnight.
7. Divide the dough into 3 8-oz. portions.
8. Roll out the dough on a lightly floured pastry cloth. Roll the dough to about a $\frac{1}{8}$ -in. thickness in a circular form. The dough should be about 1 in. larger than the inverted pie pan.
9. Fold the rolled-out dough in half and carefully place the dough over half the pie pan. Unfold the dough to cover the entire rim of the pie pan. Gently pat the dough from the center of the pan out to work out any air bubbles under the crust.



CHEF NOTES:

1. The dry milk solids and the sugar can be sifted at the beginning with the pastry flour. The process would be continued in the same manner.
2. Basic pie dough can be used for many applications. The nutrition analysis is based on 1 oz. of dough.

Basic Custard

YIELD: 1 LB., 6½ OZ.

SERVING SIZE: 4 OZ.

PASTRY TECHNIQUES:

Combining, Slow Baking

Combining:

Bringing together two or more components.

1. Prepare the components to be combined.
2. Add one to the other, using the appropriate mixing method (if needed).

Slow Baking:

1. Use an appropriate baking dish.
2. Use hot water in the pan.
3. Replenish the water when needed.

HACCP:

Store at 41°F (5°C) or below.

HAZARDOUS FOODS:

Eggs
Milk

NUTRITION:

Calories: 171.3
Fat: 5.9
Protein: 6.7

INGREDIENTS

6 oz. Eggs, whole

¾ oz. Sugar, granulated

13 oz. Milk, whole

¼ oz. Vanilla extract

METHOD OF PREPARATION:

1. Gather the equipment and ingredients.
2. Combine all of the ingredients, and strain through a chinois.
3. Pour the custard mixture into custard cups.
4. Place the cups in hotel pans containing hot water.
5. Bake at 325°F (163°C), until firm.
6. Cool thoroughly. Store at 41°F (5°C) or below.



CHEF NOTE:

Do not overbake. Overbaking creates steam in the mixture which will cause air bubbles in the custard.

Chocolate Mousse

YIELD: 1 LB., 8 OZ.

SERVING SIZE: 3 OZ.

PASTRY TECHNIQUES:

Whipping, Chopping, Melting, Folding

Whipping:

1. Hold the whip at a 55° angle.
2. Create circles, using a circular motion.
3. The circular motion needs to be perpendicular to the bowl.

Chopping:

1. Use a sharp knife.
2. Hold the food product properly.
3. Cut with a quick downward motion.

Melting:

1. Prepare the food product to be melted.
2. Place the food product in an appropriate-size pot over direct heat or over a double boiler.
3. Stir frequently or occasionally, depending on the delicacy of the product, until melted.

OR

1. Place the product on a sheet pan or in a bowl, and place in a low-temperature oven until melted.

Folding:

Do steps 1, 2, and 3 in one continuous motion.

1. Run a bowl scraper under the mixture, across the bottom of the bowl.
2. Turn the bowl counterclockwise.
3. Bring the bottom mixture to the top.

HACCP:

Store at 41°F (5°C) or below.

HAZARDOUS FOODS:

Heavy cream
Egg yolks
Egg whites

NUTRITION:

Calories: 229
Fat: 19g
Protein: 3.6g

INGREDIENTS

8 oz.	Cream, heavy
6 oz.	Chocolate, dark, semi-sweet
2 oz.	Egg yolks
4½ oz.	Sugar, granulated
2½ oz.	Egg whites
1 oz.	Brandy or rum flavoring

METHOD OF PREPARATION:

1. Gather the equipment and ingredients.
2. Whip the heavy cream to a firm peak, and hold in a refrigerator.
3. Melt the chocolate over a water bath, and hold at 98°F (37°C).
4. Heat the egg yolks with half of the sugar over a double boiler; whip constantly to prevent overheating. The egg yolks must reach 145°F (63°C) for 15 seconds.
5. In another bowl, whip the egg whites, and gradually add the remaining granulated sugar to make a meringue. Whip to a wet, medium peak.
6. Fold the chocolate into the whipped yolk mixture.
7. Add either the brandy or rum flavoring.
8. Fold the whipped cream into the chocolate mixture.
9. Add the whipped meringue into the chocolate mixture. Do not overfold!
10. Let the chocolate mixture set in a refrigerator. Store at 41°F (5°C) or below.
11. Pipe into glasses. Store at 41°F (5°C) or below.