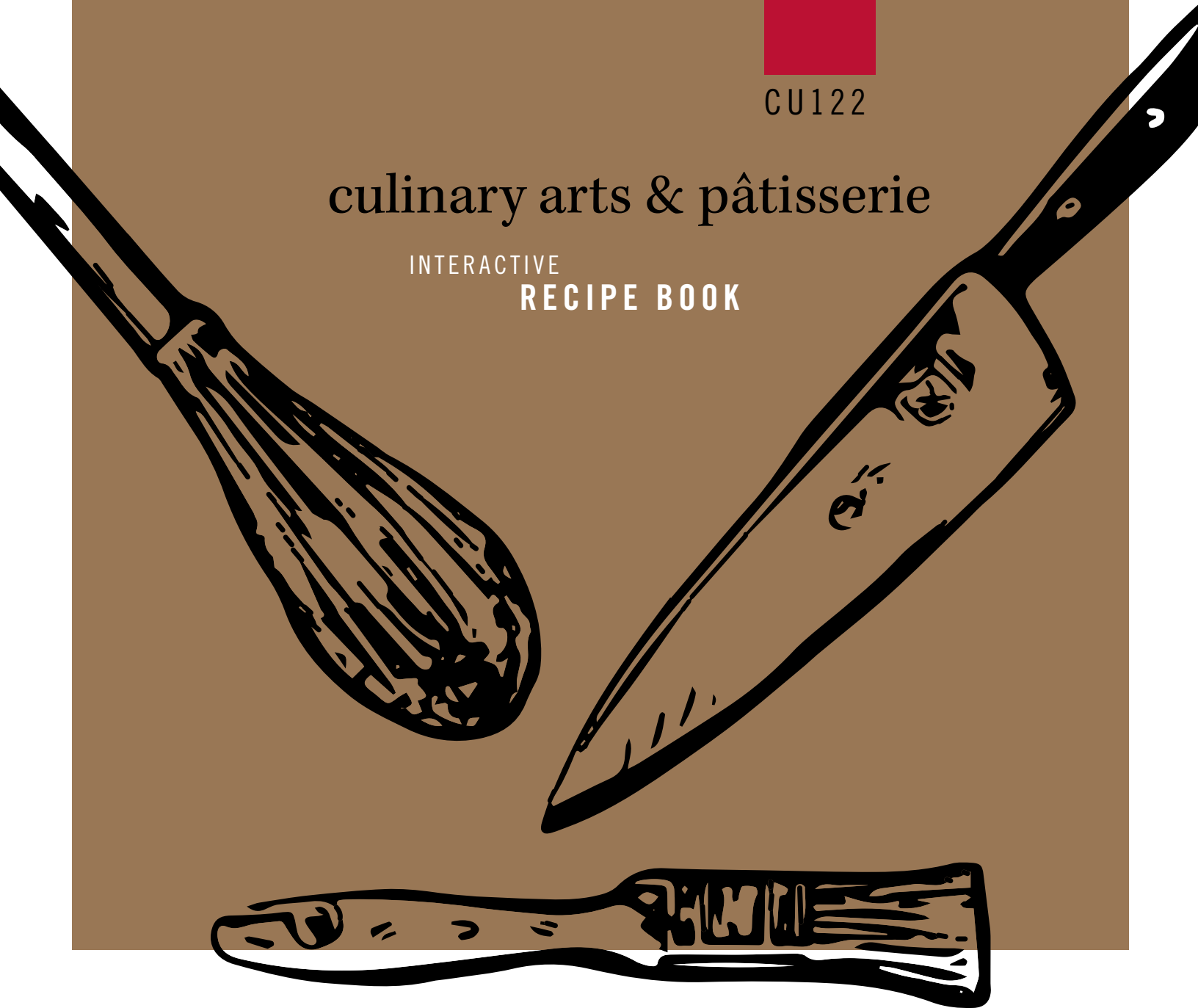




CU122

# culinary arts & pâtisserie

INTERACTIVE  
RECIPE BOOK



# TIPS FOR USING THE INTERACTIVE RECIPE BOOK

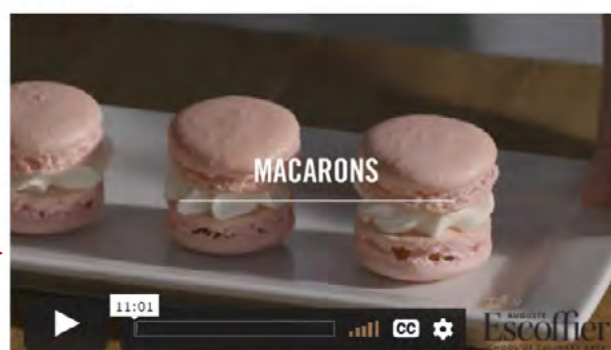
- Use a **computer** or **tablet** if available. The book will work on a mobile phone; however, it may not be as easy to navigate.
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- The **Table of Contents is interactive!** Click on the recipe links to jump directly to the recipe page.

## INTERACTIVE TABLE OF CONTENTS

<b>PA120 STUDENT SHOPPING LIST</b> .....	<b>4</b>
Marshmallow.....	8
Nut Brittle .....	10
Sugar Cookery & Stages (Caramel Decoration) .....	12
<b>Macaron</b> .....	<b>14</b>
French Buttercream .....	16
<b>Charlotte Royale Cake</b>	
Genoise Jelly Roll .....	18
Cream Anglaise & Bavarian Cream into Charlotte Assembly	20
Creme Chantilly.....	22
Tempered Chocolate & Cornet Technique .....	24



## MACARON



You may also view this video at <https://player.vimeo.com/video/410467178>

Ingredients	Amounts (g)	Percentages (%)
Sugar, Powdered	200 g	100%
Almond meal, blanched	114 g	57%
Egg whites	114 g	57%
Sugar, granulated	100 g	50%
Cream of tartar	1 g	0.5%
Vanilla, optional	2 g	1%
Food coloring	as needed	
<b>Totals</b>	<b>531 g</b>	<b>265.5%</b>

- You can go back to the Table of Contents by clicking the **back button**.

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 **BACK** to Table of Contents

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<b>Tiered Cake of Choice: 6" and 8"</b> .....	64
Yellow Butter Cake.....	42
Chiffon Cake.....	52
Devil's Food Cake .....	46

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- Copy the recipe or text you wish to print and paste them into a Word or Google document for **image-free printing**.

# INTERACTIVE RECIPE BOOK

<b>CU122 STUDENT SHOPPING LIST .....</b>	<b>6</b>
Empanadas .....	10
Salsa Verde .....	12
Chocolate Chip Cookies (Creaming) .....	14
Brownies .....	16
Muffins.....	18
Biscuits .....	20
Pancakes.....	22
Flatbread.....	24
Flatbread or Pizza (Gluten Free) .....	26
French Bread/Shaping.....	28
Crème Brulee.....	30
Bread Pudding .....	32
Caramel Sauce.....	34
Crème Anglaise .....	36
Poached Egg .....	38
Over Easy Egg .....	40
Sunny Side Up Egg.....	42
Soft Boiled Egg.....	44
Hard Boiled Egg .....	46
Scrambled Egg.....	48
Quiche Lorraine .....	50
Mealy Pie Dough.....	52
Potato Salad.....	54
Mayonaisse .....	56
Vinaigrette .....	58

Caesar Dressing.....	60
Caesar Salad.....	62
Vichyssoise.....	64
Monte Cristo.....	66
Potato Chips.....	68
Tomato Raisin Chutney .....	70
Mostarda.....	72
Pickled Red Onions.....	74
Pate de Campagne.....	76
Vegetable Terrine.....	78
Stuffed Mushrooms .....	80
Crab Cakes.....	82
Artichoke Cakes.....	84
Red Pepper Remoulade .....	86

**NOTE:** The **gluten free** recipes provided are for those that need that option.

It is not mandatory to make both versions every week.

Please choose the option that is best for you.

# CU122 STUDENT SHOPPING LIST

## WEEK 1—SAVORY PASTRY

### Ingredients

#### Empanadas

- 2 oz bread flour
- 1 oz cake flour
- 1/2 oz lard
- Kosher salt
- 2 ea poblano pepper
- 4 oz monterrey jack cheese

#### Salsa Verde

- 1 can tomatillos
- 1/2 ea yellow onion
- 1 ea garlic clove
- 1/2 ea green chiles
- 1/2 bunch cilantro
- 1 ea lime

## WEEK 2—COOKIES & BROWNIES

### Equipment

- Sheet pan

### Ingredients

#### Chocolate Chip Cookies

- 150g Butter, unsalted, or 50/50 butter and shortening (70 degrees)

#### Granulated sugar

- 120g Granulated sugar

- 120g Brown sugar

- 4g Salt

- 90g Eggs

- 5g Vanilla extract

- 300g Pastry flour

- 4g Baking soda

- 300g Chocolate chips

- 120g Walnuts or pecans, chopped (optional)

#### Brownies

- 110g Unsweetened baker's chocolate

- 165g Unsalted butter

- 165g Eggs

- 330g Sugar

- 0.5g Salt

- 7.5mL Vanilla extract

- 110g Cake flour (or All-Purpose flour)

- 110g Chopped walnuts or pecans (optional)

## WEEK 3—QUICK BREADS

### Equipment

- Muffin tin

### Ingredients

#### Muffins

- 10 oz Pastry flour (or All-Purpose Flour)

- 5 oz Sugar

- 0.6 oz Baking powder

- 0.1 oz Salt

- 3 oz Eggs

- 7 oz Milk

- 0.25 oz Vanilla

- 4 oz Butter

- 4 oz Blueberries

#### Biscuits

- 5 oz Bread flour (or All-Purpose Flour)

- 5 oz Pastry flour (or All-Purpose Flour)

- 0.2 oz Salt

- 0.5 oz Sugar

- 0.6 oz Baking powder

- 3.5 oz Butter and/or shortening

- 6.5 oz Milk

- 1 oz Butter

#### Pancakes

- 8 oz All-purpose flour

- 1 oz Sugar

- 1/2 tsp Salt

- 1 1/2 tsp Baking powder

- 3/4 tsp Baking soda

- 2 Eggs

- 2 c Buttermilk

- 2 fl. oz Oil or melted butter

[← BACK](#) to Table of Contents

## WEEK 4—FLATBREAD

### Ingredients

#### Flatbread

- 250 g Bread Flour (or All-Purpose Flour)
- 165 g Water
- 5 g Salt
- 2.5 g Instant yeast (if using Active Dry yeast, use 3g, and combine with water before adding to flour and salt.)

#### Gluten Free Stages of Mixing/ Flatbread or Pizza

- 224 g Gluten Free All-Purpose flour
- 25 g Dry milk powder
- 4 g Baking powder
- 4 g Salt
- 4 g Xanthan Gum
- 4 g Instant Yeast (if using Active Dry yeast, use 5g)
- 28 g Honey
- 224 g Water, 80 degrees Fahrenheit
- 28 g Olive oil

## WEEK 5—STRAIGHT DOUGH

### Equipment

- Sheet pan

### Ingredients

#### French Bread

- 350g Water
- 10g Kosher salt
- 10g Instant yeast
- 500g Bread flour (or All-Purpose Flour)

## WEEK 6—CUSTARDS

### Equipment

- Oven safe ramekins
- Torch (optional)

### Ingredients

#### Crème Brulee

- 500 g Heavy Cream
- ½ ea or 1 tsp Vanilla bean, split, or vanilla extract
- 60 g Granulated sugar
- 100 g Egg yolks
- As needed-Granulated sugar for torching (optional)

#### Bread Pudding

- ½ lb French bread, large diced
- 5 ea Eggs
- ½ c Sugar
- 4 Tbsp Butter, melted
- ¼ tsp Salt
- 1 ½ tsp Vanilla extract
- 2 ½ c Milk
- As needed Cinnamon
- As needed Nutmeg

#### Caramel Sauce

- 8 oz Sugar
- 2 fl oz Water
- ¾ tsp Lemon juice OR 1 tbsp Corn syrup
- 6 fl oz Heavy cream OR Water (for clear sauce)
- 4 oz
- Kosher salt 1-2 tsp (for salted caramel)
- 4 fl oz Milk or additional cream add to cooled caramel to thin



# CU122 STUDENT SHOPPING LIST

## WEEK 7—EGG COOKERY

### Equipment

- 8" non stick pan
- Slotted spoon
- 8" pie pan

### Ingredients

#### Quiche Lorraine

- 1 ea Mealy pie dough recipe
- 4 oz Bacon, lardons, cooked, drained
- 4 oz Gruyere or Swiss cheese, grated

- 4 ea Eggs, beaten
- 1 c Heavy whipping cream
- 1 c Milk
- ½ tsp Salt
- ¼ tsp Pepper

#### Mealy Pie Dough

- 10 oz Pastry flour (or All-purpose flour)
- 6.5 oz Butter or shortening
- 1 tsp Salt
- 2.5 oz Cold water

#### General Ingredients

- A dozen eggs

## WEEK 8—SALADS & EMULSIONS

### Ingredients

#### Potato Salad

- ½ lb Waxy potatoes
- 1½ oz Basic Vinaigrette
- Pinch-Salt
- Pinch-White pepper
- 1½ oz Celery, small dice
- ½ oz Onion, chopped fine

#### Optional Ingredients:

- 2 fl oz Mayonnaise

#### Mayonnaise

- 2 ea Egg yolk
- 0.5 tsp Dry mustard
- 1.5 Tbsp Vinegar, Wine
- 14 fl oz Oil
- To taste Lemon juice
- To taste Salt
- To taste Cayenne or Tabasco

#### Vinaigrette

- 3 fl oz Vinegar
- 9 fl oz Blended oil
- 0.5 oz Dijon mustard
- To taste Salt
- To taste Pepper

#### Caesar Dressing

- 12 Anchovy fillets (optional)
- 1 tsp Crushed garlic
- 2 Egg yolks
- 1¼ fl oz Lemon juice
- 1.25 cups Olive oil
- 1½ fl oz Lemon juice
- 1 oz Parmesan cheese (grated)
- To taste Salt

#### Caesar Salad

- 1 lb Romaine leaves
- 2 oz White bread
- ½-¾ fl oz Olive oil
- As needed-Caesar Dressing

## WEEK 9—COLD SOUPS & SANDWICHES

### Equipment

- Mandolin (optional)

### Ingredients

#### Vichyssoise

- ½ lb Leeks, white part only
- ½ lb Potatoes, peeled
- ⅔ fl oz 1½ pt Butter, olive oil, or vegetable oil
- 1½ pt Chicken stock
- ⅓ fl oz Butter
- 5–7 fl oz Heavy cream
- To taste- Chopped chives

#### Monte Cristo

- 2 ea Slices white bread
- As needed-Butter
- 1 oz Sliced turkey or chicken
- 1 oz Sliced ham
- 1 oz Sliced Swiss cheese
- 1 ea Egg, beaten
- 2 Tbsp Milk

#### Potato Chips

- ½ lb Russet potatoes
- As needed-Vegetable or canola oil for frying
- As needed-Salt

## WEEK 10—PRESERVATION & CONDIMENTS

### Ingredients

#### Tomato Raisin Chutney

- 1 lb 4 oz Tomatoes, fresh
- 1 oz Garlic, coarsely chopped
- ½ oz Fresh ginger root, peeled, coarsely chopped
- 2 fl oz Red wine vinegar
- 3 fl oz Red wine vinegar

[← BACK](#) to Table of Contents



## WEEK 10—PRESERVATION & CONDIMENTS (cont'd)

- 4 oz Sugar
- ½ tsp Salt
- 1 tbsp Chopped hot green chiles
- ¾ oz Golden raisins

### Dried Fruit Mostarda

- 4 oz Dried fruit - any combination of apricots, cherries, golden raisins, etc - coarsely chopped
- 1 ea Shallot, minced
- ¼ c Dry white wine (or water)
- ¼ c White wine vinegar
- 3 Tbsp Sugar
- 2 tsp Dry mustard powder, Dijon, or whole grain mustard

### Quick Pickled Red Onion

- 1 ea Red Onion, mayonnaise cut
- ¾ cup Water
- ½ cup Apple cider vinegar
- ¼ cup Sugar
- ¼ tsp Peppercorns
- ¼ tsp Mustard seed
- ¼ tsp \*Coriander seed (if unavailable, omit; do not replace with ground coriander)
- ¼ tsp Salt

## WEEK 11—CHARCUTERIE

### Equipment

- Loaf pan or Terrine mold

### Ingredients

#### Pate de Campagne

##### Pork Force meat

- 1 lb Ground pork - 80/20 (or fresh ground pork butt)
- 1 oz Shallot (minced)
- ¼ oz Butter
- 1 oz White wine (or 1 oz water)
- ½ oz Brandy (optional)
- 1¼ tsp Salt
- ¼ tsp Black pepper
- Pinch Nutmeg
- Pinch Ground clove
- Pinch Cinnamon
- 2 oz Chicken livers (trimmed, soaked, drained, and pureed)
- 1 ea Egg (beaten)

## WEEK 11—CHARCUTERIE (cont'd)

### Garnish

- 2 oz Lean pork or veal (medium dice)
  - 2 oz Smoked ham (medium dice)
  - 1 oz Fresh pork fatback (medium dice) (or: pancetta, bacon, or pork belly)
  - As needed-Canola oil
- ### Optional Pan Lining
- As needed-Bacon

### Vegetable Terrine

- 0.5 c Olive oil
- 2 ea Lemons, zested and juiced
- 1 Tbsp Worcestershire sauce
- 1 Tbsp Honey
- 2 Tbsp Rosemary, fresh or dried, chopped
- 2 Tbsp Thyme, fresh or dried, chopped
- 2 Tbsp Oregano, fresh or dried, chopped
- 2 Tbsp Parsley, fresh or dried, chopped
- 1 ea Zucchini
- 1 ea Small eggplant
- 1 ea Yellow squash
- 1 ea Jar of roasted red peppers
- 1 lb Spinach
- As needed-Olive oil
- As needed-Kosher salt
- As needed-Black pepper

## WEEK 12—APPETIZERS & HORS D'OEUVRES

### Ingredients

#### Stuffed Mushrooms

- 12 ea Large white mushrooms
- 1 ea Small red bell pepper, small dice
- ¼ Medium onion, minced
- 1 ea Green onions, minced
- 1 ea Garlic clove, minced
- ¼ tsp Oregano, dried
- 2 Tbsp Bread crumbs
- 2 Tbsp Grated Parmesan cheese

## WEEK 12—APPETIZERS & HORS D'OEUVRES (cont'd)

- 1 Tbsp Fresh Italian parsley, minced
- 1 Tbsp Vegetable oil
- To taste-Salt
- To taste-Pepper

### Crab Cake

- 8 oz Lump crab meat
- 1 oz Onion, small dice
- 1 oz Red or green bell pepper, small dice
- 3 Tbsp Mayonnaise
- 1 ea Egg, beaten
- 1 Tbsp Dijon mustard
- ¼ c Panko breadcrumbs
- As needed-Salt
- As needed-Pepper
- As needed-Vegetable or canola oil

### Artichoke Cake

- 8 oz Canned artichokes, chopped and very well drained
- 1 oz Onion, small dice
- 1 oz Red or green bell pepper, small dice
- 3 Tbsp Mayonnaise
- 1 ea Egg, beaten
- 1 Tbsp Dijon mustard
- ¼ c Panko breadcrumbs
- As needed-Salt
- As needed-Pepper
- As needed-Vegetable or canola oil

### Red Pepper Remoulade

- 12 oz Mayonnaise
- 2 oz Dill pickle or gherkins, brunoise
- 1 oz Onion or shallot, brunoise
- 1 oz Capers, finely chopped
- 1 oz Parsley, finely chopped
- 1 tsp Anchovy, pasted
- 1 tsp Roasted red pepper, brunoise
- Salt-As needed
- Pepper-As needed

# EMPANADAS



You may also view this video at: <https://player.vimeo.com/video/461970661>

## Amounts Ingredients

2 oz	Bread flour
1 oz	Cake flour (or 3 total oz all-purpose flour)
½ oz	Lard or vegetable shortening
¼ tsp	Salt
1 ½ oz	Warm water
1 ea	Poblano pepper, roasted, seeded, small diced
2 oz	Monterrey Jack or mild cheddar cheese, shredded
As needed	Vegetable oil for frying

<b>Yields</b>	4 servings
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## Directions

---

1. Sift the two flours together into a mixing bowl.
2. Add the lard or shortening and blend it thoroughly with the flour.
3. Dissolve the salt in the water and add it to the flour mixture. Mix to make a moderately stiff dough. Knead the dough for a few minutes, until smooth.
4. Let the dough rest 30 minutes.
5. Combine cheese and diced, roasted pepper.
6. Divide the dough into eight equal parts by rolling it into a long cylinder and cutting it into equal segments.
7. Roll each piece into a ball. Cover and let rest 15–30 minutes.
8. For each empanada, flatten a ball of dough and roll out into a circle 4 in. (10 cm) in diameter.
9. Brush the rim of the circle lightly with water.
10. Place about ½ oz (20 g) cheese/pepper mixture on one side of the circle (leaving a rim on the outside). Fold the other side over it to make a turnover. Press the dough around the filling to force out air. Seal the edge well by crimping with the tines of a fork.
11. Bake in 375°F oven, on a parchment lined sheet pan, until golden brown. Alternatively, deep-fry at 375°F (190°C) until golden brown.
12. Serve immediately.

# SALSA VERDE



You may also view this video at: <https://player.vimeo.com/video/462732640>

## Amounts Ingredients

1 ea	13oz can whole tomatillos, drained*
½ oz	Onion, chopped
1 ea	Garlic clove, chopped
½ ea	Green chiles, such as jalapeno or serrano
½ ea	Bunch of cilantro
1 ea	Lime, juiced
1 oz	Vegetable or canola oil
To taste	Salt
	*Note: If using fresh tomatillos remove the outer layer, poach or roast until tender.

<b>Yields</b>	2 cups
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[← BACK](#) to Table of Contents

# Directions

---

1. Combine tomatillos, onion, garlic, green chiles, cilantro, lime juice, and cilantro in a blender or food processor.
2. Blend to desired consistency.
3. Heat oil in a medium pan over medium high heat.
4. Add purée and cook until thickened - 4-5 minutes.
5. Season to taste with salt.
6. Kept in an airtight container, refrigerated, sauce will keep up to 5 days.

# CHOCOLATE CHIP COOKIES (CREAMING)



You may also view this video at: <https://player.vimeo.com/video/411018809>

## Amounts Ingredients

150g	Butter, unsalted, or 50/50 butter and shortening (70 degrees)
120g	Granulated sugar
120g	Brown sugar
4g	Salt
90g	Eggs
5g	Vanilla extract
300g	Pastry flour
4g	Baking soda
300g	Chocolate chips
120g	Walnuts or pecans, chopped (optional)
<b>Yields</b>	20 Portion size: 2oz

[← BACK](#) to Table of Contents

## Directions

---

1. Preheat oven to 375°F.
2. Cream fat and sugars until light in color.
3. Add eggs and vanilla slowly until incorporated.
4. Combine the dry ingredients and add to the creamed mixture until combined.
5. Fold in chocolate chips and nuts.
6. Scoop onto parchment lined baking sheets.
7. Bake 8-12 minutes, depending on size.



# BROWNIES



You may also view this video at: <https://player.vimeo.com/video/476432218>

## Amounts Ingredients

110g	Unsweetened baker's chocolate
165g	Unsalted butter
165g	Eggs
330g	Sugar
0.5g	Salt
7.5mL	Vanilla extract
110g	Cake flour (or All-Purpose flour)
110g	Chopped walnuts or pecans (optional)
<b>Yield</b>	1: 9in x 9in or 8in x 8in pan

[← BACK](#) to Table of Contents

# Directions

---

1. Preheat oven to 325°F.
2. Melt chocolate and butter together in a double boiler. Stir so that the mixture is smooth. Let it cool to room temperature.
3. Blend the eggs, sugar, and salt until well mixed, but do not whip. Add the vanilla.
4. Blend in the chocolate mixture.
5. Sift the flour and fold it in.
6. Fold in the nuts, if using.
7. Grease and flour 9in x 9in or 8in x 8in pan.
8. Pour batter into pan, spreading evenly.
9. If desired, batter may be sprinkled with additional chopped nuts after panning.
10. Bake approximately 40–45 minutes, until a knife or toothpick inserted in the center comes out clean.

# MUFFINS



You may also view this video at: <https://player.vimeo.com/video/416649555>

Amounts	Ingredients
10 oz	Pastry flour (or All-Purpose Flour)
5 oz	Sugar
0.6 oz	Baking powder
0.1 oz	Salt
3 oz	Eggs
7 oz	Milk
0.25 oz	Vanilla
4 oz	Butter
4 oz	Blueberries
<b>Yields</b>	12; Portion size: 2 oz

[← BACK](#) to Table of Contents

## Directions

---

1. Sift the dry ingredients.
2. Combine the milk, eggs and melted butter.
3. Add the liquids to the dry ingredients, mixing by hand until almost combined.
4. Add the blueberries and mix gently being careful to not break the blueberries.
5. Portion into prepared muffin tins bake at 350 degrees for about 20 minutes.

# BISCUITS



You may also view this video at: <https://player.vimeo.com/video/416648448>

## Amounts Ingredients

5 oz	Bread flour (or All-Purpose Flour)
5 oz	Pastry flour (or All-Purpose Flour)
0.2 oz	Salt
0.5 oz	Sugar
0.6 oz	Baking powder
3.5 oz	Butter and/or shortening
6.5 oz	Milk
1 oz	Butter

**Yields** 10; Portion size: 2 oz

[← BACK](#) to Table of Contents

# Directions

---

1. Sift the dry ingredients.
2. Cut the fat into the dry ingredients, until the mixture is crumbly like coarse breadcrumbs.
3. Add the liquid, mix just until combined.
4. Place the dough on a lightly floured bench and fold 3 times.
5. Roll or press the dough about  $\frac{3}{4}$  inch thick, cut about 2  $\frac{1}{2}$  inches.
6. Place biscuits on an parchment lined pan, brush the tops with melted butter, and bake at 425 degrees for about 15 minutes, until a golden brown color.

# PANCAKES



You may also view this video at: <https://player.vimeo.com/video/416647646>

## Amounts Ingredients

8 oz	All-purpose flour
1 oz	Sugar
½ tsp	Salt
1½ tsp	Baking powder
¾ tsp	Baking soda
2	Eggs
2 c	Buttermilk
2 fl. oz	Oil or melted butter

<b>Yields</b>	12; Portion size: 2 oz
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[← BACK](#) to Table of Contents



# Directions

---

1. Sift the dry ingredients.
2. Beat the eggs add the buttermilk and melted butter.
3. Mix the wet ingredients into the dry ingredients until combined, being careful not to over mix.
4. Pour 2 oz. batter on oiled preheated pan or griddle.
5. Watch for bubbling on the top and a golden-brown color on the bottom, flip over and brown the other side.
6. Serve warm.

# FLATBREAD



You may also view this video at: <https://player.vimeo.com/video/528865917>

## Amounts Ingredients

250 g	Bread Flour (or All-Purpose Flour)
165 g	Water
5 g	Salt
2.5 g	Instant yeast (if using Active Dry yeast, use 3g, and combine with water before adding to flour and salt.)

<b>Yields</b>	Flatbread (1/2 sheet)
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[← BACK](#) to Table of Contents

# Directions

---

1. Combine all ingredients in a bowl and mix with a rubber spatula until a dough forms. It does not need to be smooth, but it needs to be fully mixed.
2. Knead the dough for 10 to 15 minutes. Then place the dough in a lightly oiled bowl and cover. Let the dough rest for about 10 minutes before doing the windowpane test.
3. After doing the windowpane, re-round the dough and put it back into a sprayed bowl, covered with plastic.
4. Let the dough ferment until it has doubled its size, about 1 hr.
5. Prepare a  $\frac{1}{2}$  sheet pan with parchment or it can be sprayed with pan spray or oil. Preheat the oven to 450 F.
6. Once the dough has fermented, remove it from the bowl and punch down, stretch into a round or oval about  $\frac{1}{4}$  inch thick. Place on the prepared pan. With a fork, gently poke small holes around the inside of the dough circle, to prevent it from bubbling - being careful not to tear the dough.
7. Either finish with desired toppings and bake immediately, or proof 10 minutes, then top and bake. Bake until brown on the top and bottom, about 15-20 minutes.

Topping options: EVOO, herbs, salt, pepper, or your choice of pizza toppings (keep it light and simple)

## **Yeast**

You may also view this video at: <https://player.vimeo.com/video/529523950>

# FLATBREAD OR PIZZA (GLUTEN FREE)



You may also view this video at: <https://player.vimeo.com/video/516428042>

## Amounts Ingredients

224 g	Gluten Free All-Purpose flour
25 g	Dry milk powder
4 g	Baking powder
4 g	Salt
4 g	Xanthan Gum
4 g	Instant Yeast (if using Active Dry yeast, use 5g)
28 g	Honey
224 g	Water, 80 degrees Fahrenheit
28 g	Olive oil

<b>Yields</b>	1 – Flatbread or pizza
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[← BACK](#) to Table of Contents

# Directions

---

1. In a large measuring cup or medium bowl, combine yeast, honey, water, and olive oil - let sit for 5 minutes.
2. Combine the flour, milk powder, baking powder, xanthan gum, and salt in the bowl of your stand mixer. Using the paddle stir on low speed for 30 seconds. (Alternatively, mix by hand in a medium bowl with a spatula).
3. Add the liquid to the dry ingredients and mix for 1 minute on low speed. Scrape down the sides of the bowl then mix for 2 minutes on medium speed, scrape again before covering for the resting step.
4. Cover the bowl and let sit for 45 minutes. \*Preheat the oven to 425 degrees.
5. Coat a half baking sheet or 12” pizza pan, generously, with olive oil.
6. Scrape the dough onto the pan, using wet fingers, and starting at the center of the dough, gently stretch the dough - working outward toward the edge, pressing it into a 12” circle. Cover and let rest for 15 minutes. \*Have your toppings ready.
7. Bake the crust with no toppings for 8-10 minutes until it is just set.
8. Remove from the oven, finish with desired toppings.
9. Return to the oven and finish baking for 12-15 more minutes until the crust is golden brown and the toppings are baked.
10. Remove from the oven and brush the crust with extra olive oil to make it shine.

# FRENCH BREAD/SHAPING



You may also view this video at: <https://player.vimeo.com/video/528957904>

Ingredients	Amounts (g)	Percentages (%)
Bread Flour	750 g	100.00%
Water	495 g	66%
Salt	15 g	2%
Yeast, instant	7.5 g	1%
<b>Totals</b>	<b>1267.5 g</b>	<b>169%</b>

**Yield:** 3 ea (1 batard, 1 boule, 1 baguette)

[← BACK](#) to Table of Contents

# Directions

---

- 1.** Combine all ingredients in your bowl and mix on low speed to clean up the stage, about 3 minutes.
- 2.** Continue mixing on medium speed, to full gluten development, about 4 minutes.
- 3.** Remove and round out on your bench. Place in a sprayed bowl and cover. Allow to rest for 10 minutes, then pull your gluten window. Then place back in your sprayed bowl.
- 4.** Let the dough ferment until it has doubled its size, about 1 hr.
- 5.** Remove your dough and scale. 350 grams for a baguette and 450 grams for boule and batard.
- 6.** Preshape all into rounds. Cover and bench rest for 20 minutes.
- 7.** Finish shaping.
- 8.** Place on a parchment-lined sheet pan. Do not crowd. Place baguette on 1, and boule and batard on the other.
- 9.** Cover, label with the time, and proof until almost doubled, about 1 hour.
- 10.** Preheat the oven to 450 F.
- 11.** Score loaves.
- 12.** Bake (with steam if possible, optional) until deep golden brown.
- 13.** Cool on a rack.



# CRÈME BRULÉE



You may also view this video at: <https://player.vimeo.com/video/410787030>

Amounts	Ingredients
---------	-------------

500 g	Heavy Cream
½ ea or 1 tsp	Vanilla bean, split, or vanilla extract
60 g	Granulated sugar
100 g	Egg yolks
as needed	Granulated sugar for torching (optional)
<b>Yields</b>	Portion: 5; Portion size: 4 oz

[← BACK](#) to Table of Contents

# Directions

---

1. Preheat oven to 325 degrees F.
2. Scald cream with split vanilla bean or extract.
3. Whisk sugar and eggs yolks together until pale in color
4. Temper the scalded cream into the eggs and sugar and mix until combined.
5. Strain the custard through a fine mesh strainer into a measuring cup or container with a pour spout.
6. Arrange ramekins in a 2-inch-deep roasting pan or similar. Fill each ramekin  $\frac{3}{4}$  full with custard. Carefully place in center of preheated oven.
7. Add enough hot tap water to the roasting pan to come  $\frac{2}{3}$  up the sides of the ramekins.
8. Cover pan with foil, leaving a 1-inch vent on each side for steam to escape.
9. Bake until the custards are firm with a slight jiggle in the center.
10. Remove the pan from the oven and allow them to cool in the water until you can handle them.
11. Refrigerate covered for at least 4 hours or up to two days.
12. Sprinkle tops with granulated sugar and torch to caramelize. (optional)

# BREAD PUDDING



You may also view this video at: <https://player.vimeo.com/video/461452485>

## Amounts Ingredients

½ lb	French bread, large diced
5 ea	Eggs
½ c	Sugar
4 Tbsp	Butter, melted
¼ tsp	Salt
1 ½ tsp	Vanilla extract
2 ½ c	Milk
As needed	Cinnamon
As needed	Nutmeg

<b>Yields</b>	8 servings
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[← BACK](#) to Table of Contents

## Directions

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1. Place bread cubes in a buttered oven safe dish.
2. Mix eggs, sugar, salt, vanilla, and melted butter until combined.
3. Gradually stir in the milk.
4. Pour the custard mixture over the bread. Let stand, refrigerated, at least 1 hour, to allow the bread to absorb the custard.
5. Preheat oven to 350°F
6. Sprinkle the top of the bread pudding with cinnamon and nutmeg.
7. Set the dish in a larger pan with 1 inch of hot water. Place in the oven and bake for 1 hour, or until set.
8. Serve warm or cold with whipped cream or sauce of choice.

# CARAMEL SAUCE



You may also view this video at: <https://player.vimeo.com/video/410546207>

Amounts	Ingredients
8 oz 2 fl oz	Sugar Water
3/4 tsp 1 tbsp	Lemon juice OR Corn syrup
6 fl oz 4 oz	Heavy cream OR Water ( for clear sauce)
Kosher salt	1-2 tsp ( for salted caramel)
4 fl oz	Milk or additional cream add to cooled caramel to thin
<b>Yields</b>	Yield 1.5 pt

# Directions

---

1. Combine the sugar, water, and juice in a heavy saucepan. Bring to a boil over med- high heat, Do not stir. Wash the sides with wet pastry brush as needed to avoid crystallization.
2. Cook the syrup to the caramel stage/ honey amber color. Toward the end of the cooking time, turn the heat to low to avoid burning the sugar or letting it get too dark.
3. Remove from the heat .
4. Carefully whisk in cool cream or water. If some sugar solidifies, then return to a low heat and stir until all the caramel is dissolved. (For salted caramel: Add 1 tsp salt or more to taste.)
5. Let cool completely. Store in fridge up to 2 weeks with cream or 1 month with water base.

# CRÈME ANGLAISE



You may also view this video at: <https://player.vimeo.com/video/410523378>

Amounts	Ingredients
---------	-------------

125g	Yolks
125g	Sugar
454g	Whole milk
8g	Vanilla extract

<b>Yields</b>	
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[← BACK](#) to Table of Contents

## Directions

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1. Combine egg yolks and half of the sugar in a medium bowl and whisk until smooth.
2. Add second half of sugar and the milk to a medium sized sauce pot and heat just to a boil. Turn off the heat and gradually pour some milk into the egg mixture while whisking constantly. Add about  $\frac{1}{2}$  of the milk.
3. Then add all of the egg and milk mixture back to the pot and return to the stove.
4. Heat on medium high, stirring constantly, until the mixture thickens enough to coat the back of a spoon and reaches 180°F.
5. Immediately remove from the heat and strain into a clean bowl. Stir in the vanilla extract.
6. Set the bowl in an ice water bath to cool to 40°F. Stir occasionally.
7. Once chilled, put in a container, label and store in the refrigerator for up to 5 days.



# POACHED EGG



You may also view this video at: <https://player.vimeo.com/video/416475532>

## Amounts Ingredients

1 ea	Egg
1 Tbsp	White vinegar (optional)

<b>Yields</b>	1 egg
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[← BACK](#) to Table of Contents

## Directions

---

1. Break egg into an individual ramekin, mug, or small bowl.
2. Bring water to 160-180F.
3. Add vinegar (if using) and swirl water.
4. Slide egg into simmering water.
5. Cook 2 - 4 minutes - whites should coagulate and no longer be translucent.
6. Remove with a slotted spoon and drain on a paper towel.
7. If desired, edges can be trimmed for appearance. Serve immediately.

# OVER EASY EGG



You may also view this video at: <https://player.vimeo.com/video/416474033>

## Amounts Ingredients

1 ea	Egg
As needed	Neutral oil such as canola or vegetable, or butter
As needed	Salt
As needed	Pepper
<b>Yields</b>	1 egg

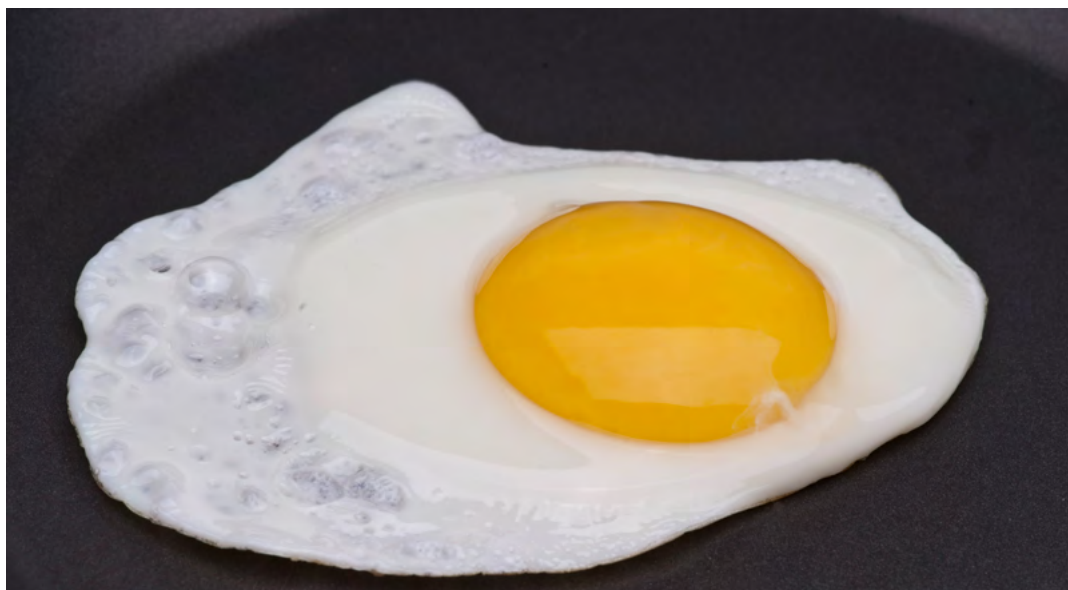
[← BACK](#) to Table of Contents

# Directions

---

1. Break egg into an individual ramekin, mug, or small bowl.
2. Heat fat in a non-stick pan over medium heat. Swirl to coat.
3. Slide the egg into the pan and reduce heat to low.
4. Cook until white is set and no longer translucent, no browning on the white.
5. Ensure the eggs are not stuck to the pan by gently swirling the pan. If stuck, use a spatula to loosen from the pan.
6. Flip eggs in one fluid motion.
7. Cook until white is fully set (no browning), but yolk is still liquid.
8. Slide out of the pan onto a plate, and season with salt and pepper. Serve immediately.

# SUNNY SIDE UP EGG



You may also view this video at: <https://player.vimeo.com/video/461461308>

## Amounts Ingredients

1 ea	Egg
1 Tbsp	Butter
As needed	Neutral oil such as canola or vegetable
As needed	Salt
As needed	Pepper

<b>Yields</b>	1 egg
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[← BACK](#) to Table of Contents

# Directions

---

1. Break egg into an individual ramekin, mug, or small bowl.
2. Heat fat in a non-stick pan over medium heat. Swirl to coat.
3. Slide the egg into the pan.
4. Cook until white is set and no longer translucent.
5. Ensure the eggs are not stuck to the pan by gently swirling the pan. If stuck, use a spatula to loosen from the pan.
6. Cook until white is fully set (no browning), but yolk is still liquid. Season with salt and pepper.
7. Slide out of the pan onto a plate and serve immediately.

# SOFT BOILED EGG



You may also view this video at: <https://player.vimeo.com/video/461459564>

## Amounts Ingredients

1 ea	Egg
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<b>Yields</b>	1 egg
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[← BACK](#) to Table of Contents

# Directions

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1. Heat a pot of water to a simmer.
2. Gently lower the egg with a slotted spoon to the pot.
3. Cook egg for 5-6 minutes.
4. Remove with to an ice bath with a slotted spoon.
5. Once cool, dry the egg, and gently tap on a cutting board or clean counter to crack the the bottom of th shell only.
9. Gently peel the shell away from the bottom.
10. Carefully insert a spoon between the white and the shell.
11. Remove the egg from the shell.
12. The egg should be kept whole for the guest to break open and see the runny yolk.



# HARD BOILED EGG



You may also view this video at: <https://player.vimeo.com/video/461455572>

Amounts	Ingredients
---------	-------------

1 ea	Egg
<b>Yields</b>	1 egg

[← BACK](#) to Table of Contents

## Directions

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1. Heat a pot of water to boiling.
2. Gently lower the egg with a slotted spoon to the pot.
3. After 30 seconds, reduce heat to a simmer.
4. Cook egg for 11 minutes.
5. Remove with to an ice bath with a slotted spoon.
6. Once cool, dry the egg, and gently tap on a cutting board or clean counter to crack the shell, but not enough to break the egg itself.
7. Gently peel the shell away from the white.
8. The egg can be kept whole, halved, or sliced, depending on desired application.

# SCRAMBLED EGG



You may also view this video at: <https://player.vimeo.com/video/461458129>

## Amounts Ingredients

1 ea	Egg
1 Tbsp	Butter
As needed	Neutral oil such as canola or vegetable
As needed	Salt
As needed	Pepper
<b>Yields</b>	1 egg

[← BACK](#) to Table of Contents

## Directions

---

1. Crack egg into a small bowl and whisk with a fork or whisk until whites and yolk are fully combined and air is whipped into the egg.
2. Heat fat in a non-stick pan over medium heat. Swirl to coat.
3. Add scrambled egg into pan.
4. Stir constantly to ensure even cooking - no browning!
5. Season with salt and pepper.
6. Remove from pan to the plate when curds are creamy and small, and serve immediately.

# QUICHE LORRAINE



You may also view this video at: <https://player.vimeo.com/video/462730612>

Amounts	Ingredients
1 ea	Mealy pie dough recipe
4 oz	Bacon, Lardon, cooked and drained
4 oz	Gruyere or Swiss cheese, grated
4 ea	Eggs, beaten
1 c	Heavy whipping cream
1 c	Milk
½ tsp	Salt
¼ tsp	Pepper
<b>Yields</b>	One 8-inch pie pan

[← BACK](#) to Table of Contents

# Directions

---

1. Preheat oven to 375°F.
2. Roll out the dough large enough to fill the pie pan with some overhang.
3. Gently tuck the dough into the pie pan.
4. Cut excess dough and neatly crimp the edges. Refrigerate for at least 30 minutes, up to one hour.
5. Dock pie shell with a fork to prevent crust from bubbling.
6. Line crust with parchment paper and add a layer of dried beans or pie weights.
7. Bake in 375 oven for 15-20 minutes.
8. Remove from oven allow to cool to room temperature.
9. Sprinkle cheese and bacon in bottom of the pie shell.
10. Beat together eggs, milk, cream, salt, and pepper. Pour into pie shell.
11. Place in lower third of the oven.
12. Bake until the filling is set, about 20-30 minutes.
13. Allow to cool slightly.
14. Serve hot or cold.

# MEALY PIE DOUGH



You may also view this video at: <https://player.vimeo.com/video/461977069>

## Amounts Ingredients

10 oz	Pastry flour (or All-purpose flour)
6.5 oz	Butter or shortening
0.2oz	Salt
2.5 oz	Cold water

<b>Yields</b>	One 8-inch pie crust
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[← BACK](#) to Table of Contents

# Directions

---

1. Dissolve first portion of salt in water.
2. Place flour and fat in a mixing bowl. Cut fat - using your hands, a pastry cutter, or food processor - into flour until it resembles a coarse cornmeal.
3. Add salted water. Mix gently until just combined. Do not over-mix.
4. Press into a disc. Wrap in plastic. Refrigerate at least 4 hours, up to 2 days. Alternatively, freeze for up to 6 months.





# POTATO SALAD



You may also view this video at: <https://player.vimeo.com/video/475198976>

## Amounts Ingredients

½ lb AP	Waxy potatoes (see Note)
1½ fl oz	Basic Vinaigrette (p. 670)
pinch	Salt
pinch	White pepper
1½ oz	Celery, small dice
½ oz	Onion, chopped fine
	*Add optional ingredients (See Note)

1/4 c	Mayonnaise
3	Lettuce cups
6	Pimiento strips

\*Waxy Potatoes Note: See pages 352–353 for explanation of potato types. Do not use starchy, mealy potatoes for salad because they will not hold their shape.

\*Optional Ingredients Note:  
2–3 hard-cooked eggs, diced  
1 oz (30 g) green bell peppers, small dice  
1 oz (30 g) pimientos, small dice 2 oz (60 g) chopped pickles or capers or sliced olives  
2 tbsp (30 mL) chopped parsley

<b>Yields</b>	4 servings
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# Directions

---

1. Scrub the potatoes. Steam or boil until tender, but do not overcook.
2. Drain the potatoes. Leave in the colander or spread out on a sheet pan until cool enough to handle.
3. Peel the warm potatoes. If using large potatoes, cut to  $\frac{1}{2}$  inch dice. Smaller potatoes can be cut in half or left whole, as long as they are bite-size.
4. Combine the dressing, salt, and pepper. Add the potatoes and mix carefully to avoid breaking or crushing them.
5. Marinate until cold. For the purpose of food safety, chill the potatoes in the refrigerator before proceeding with the next step.
6. If any vinaigrette has not been absorbed by the potatoes, drain it off.
7. Add the celery, onion, and, if desired, any of the optional ingredients listed below. Mix gently.
8. Add the mayonnaise. Mix carefully until evenly blended.
9. Keep refrigerated until ready to use.

\*Vinaigrette marination (steps 4–5) may be omitted if necessary. In this case, chill the potatoes before mixing with the dressing. Add 1 fl oz (30 mL) vinegar to the mayonnaise and check carefully for seasonings. Refrigerate 2 hours or more before serving.

# MAYONNAISE



You may also view this video at: <https://player.vimeo.com/video/416478991>

## Amounts

## Ingredients

2 ea	Egg Yolk
½ tsp	Dry Mustard
1 ½ tsp	White Wine Vinegar
1 ½ tsp	Cold Water
½ tsp	Salt
14 fl oz	Oil
To taste	Lemon Juice
To taste	Cayenne or Tabasco

## Yields

2 cups

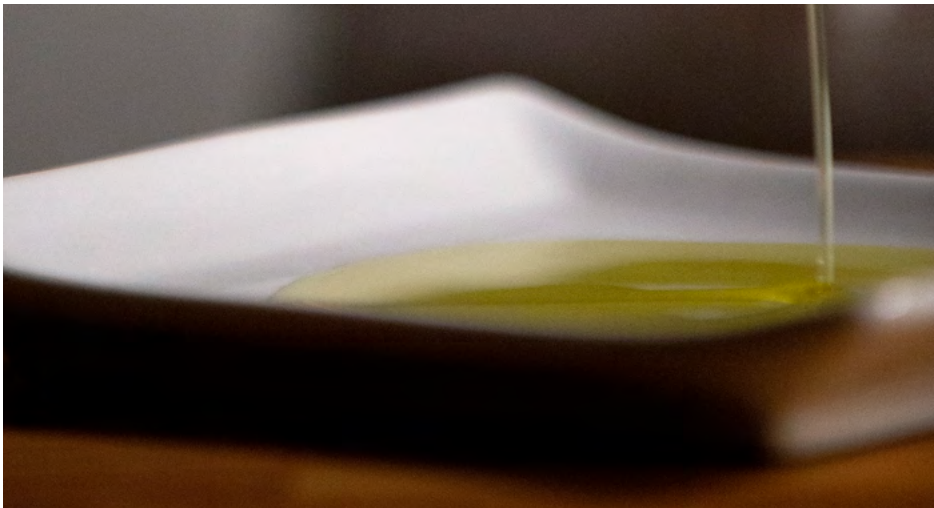
[← BACK](#) to Table of Contents

# Directions

---

1. In a medium bowl, beat yolks until they become frothy and "ribbon."
2. Add dry mustard, salt, vinegar, and cold water and beat to combine.
3. Begin to add the oil a drop at a time until the mixture begins to thicken and the emulsion begins to form.
4. Once the emulsion starts to form, add the oil in a steady stream until desired thickness is reached.
5. If the emulsion becomes too thick, thin with a few drops of water or lemon juice.
6. Taste and adjust seasoning with salt, lemon juice for more acid, and cayenne or Tabasco for heat.

# VINAIGRETTE



You may also view this video at: <https://player.vimeo.com/video/416480478>

Amounts	Ingredients
---------	-------------

3 fl oz	Vinegar
9 fl oz	Blended oil
0.5 oz	Dijon mustard
To taste	Salt
To taste	Pepper

<b>Yields</b>	13 oz
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[← BACK](#) to Table of Contents

## Directions

---

1. Combine the vinegar, Dijon mustard, salt, and pepper, and mix well.
2. Whisk in the oil gradually, season to taste with salt and pepper, and store at room temperature.
3. Helpful hint: Choose a bowl that is large enough to whisk vigorously, and a flexible whisk.

# CAESAR DRESSING



You may also view this video at: <https://player.vimeo.com/video/534075071>

## Amounts Ingredients

2 each	Anchovy fillets (optional)
1 tsp	Crushed garlic
2	Egg yolks
1¼ fl oz	Lemon juice ( first quantity)
1.25 cups	Olive oil
1½ fl oz	Lemon juice (second quantity)
1 oz	Parmesan cheese (grated)
To taste	Salt

<b>Yields</b>	2 cups
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[← BACK](#) to Table of Contents

# Directions

---

1. Mash the anchovies and garlic together to make a paste.
2. Place the egg yolks in the bowl of a mixer and whip with the whip attachment until well beaten.
3. Add the anchovy and garlic paste and the first quantity of lemon juice. Whip until well mixed.
4. With the mixer on high speed, slowly begin adding the oil, as with making mayonnaise.
5. When the dressing becomes thick, add a little of the remaining lemon juice.
6. Gradually beat in the rest of the oil, alternating with the second quantity of the lemon juice.
7. Mix in the parmesan cheese and salt.

*\*Note: In a commercial foodservice setting, plating of ready to eat foods such as lettuce or produce would be done with gloves or tongs.*



# CAESAR SALAD



You may also view this video at: <https://player.vimeo.com/video/401238386>

Amounts	Ingredients
---------	-------------

1 lb	Romaine leaves
2 oz	White bread
½-¾ fl oz	Olive oil
As needed	Caesar Dressing
	*Note: Wash and dry romaine, trim root end off. Keep in leaves, or cut to bite-size pieces, depending on desired presentation.
<b>Yields</b>	4 portions (2 oz)

[← BACK](#) to Table of Contents

## Directions

---

1. Wash and drain the greens thoroughly. Chill in the refrigerator.
2. Trim the crusts from the bread. Cut the bread into small cubes measuring about  $\frac{3}{8}$  inches or 1 cm.
3. Heat a thin layer of olive oil in a sauté pan over moderately high heat. Add the bread cubes and sauté in the oil until golden and crisp. Add more oil as needed.
4. Remove the croutons from the pan. Do not refrigerate.
5. Toss greens with Caesar Dressing.
6. Plate and garnish with croutons.

# VICHYSOISE



You may also view this video at: <https://player.vimeo.com/video/475650504>

## Amounts Ingredients

½ lb	Leeks, white part only
½ lb	Potatoes, peeled
⅔ fl oz	Butter, olive oil, or vegetable oil
1½ pt	Chicken stock
To taste	Salt
To taste	White pepper
To taste	Pepper

5–7 fl oz	Heavy Cream
To taste	Chopped chives

<b>Yields</b>	4 servings
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# Directions

---

1. Cut the leeks and potatoes into thin slices.
2. Sweat the leeks in butter or olive oil without letting them brown.
3. Add the stock and potatoes and bring to a boil. Simmer until the vegetables are tender.
4. Puree soup with an immersion blender, or pass through a food mill, or fine mesh strainer.
5. Add heavy cream to soup.
6. Chill the soup thoroughly.
7. Add salt and white pepper to taste.
8. Garnish cold soup with chopped chives.

# MONTE CRISTO



You may also view this video at: <https://player.vimeo.com/video/467520146>

## Amounts Ingredients

2 ea	Slices white bread
As needed	Butter
1 oz	Sliced turkey or chicken
1 oz	Sliced ham
1 oz	Sliced Swiss cheese
1 ea	Egg, beaten
2 Tbsp	Milk

<b>Yields</b>	1 sandwich
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[← BACK](#) to Table of Contents

# Directions

---

1. Place the bread on a clean work surface. Spread the tops with butter.
2. Place the turkey, ham, and cheese slices on the buttered side of one of the pieces of bread. Top with the remaining slice of bread, buttered side down.
3. Beat the egg and milk together.
4. Heat a large pan or griddle over moderately high heat.
5. Dip both sides of the sandwich in the batter until it is completely coated, and the liquid has partially soaked into the bread.
6. Add butter to the pan or griddle, once melted and coating the bottom of the pan, cook sandwich until browned on one side. Flip and brown the other side. Cut in half and serve immediately.

# POTATO CHIPS



You may also view this video at: <https://player.vimeo.com/video/475184253>

Amounts	Ingredients
---------	-------------

½ lb	Russet potatoes
As needed	Vegetable or canola oil
As needed	Frying Salt

<b>Yields</b>	2 servings
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[← BACK](#) to Table of Contents

# Directions

---

1. Scrub and peel potato
2. Slice into uniform 1/16 inch slices and submerge in water to prevent oxidation.
3. Heat oil to 350F in a large sauce pot or fryer.
4. Working in small batches, pat potato slices dry on a dry towel (water will spatter when added to hot oil) and carefully lower into the oil.
5. Using tongs or a high temperature slotted spoon, gently move potato slices around in the oil to prevent sticking.
6. Once the chips appear golden, remove from the oil onto a cooling rack set over paper towels to drain excess oil.
7. Immediately season with salt.



# TOMATO RAISIN CHUTNEY



You may also view this video at: <https://player.vimeo.com/video/475213436>

## Amounts

## Ingredients

1 lb 4 oz	Tomatoes, fresh (see Note)
1 oz	Garlic, coarsely chopped
½ oz	Fresh ginger root, peeled, coarsely chopped
2 fl oz	Red wine vinegar
3 fl oz	Red wine vinegar
4 oz	Sugar
½ tsp	Salt
1 tbsp	Chopped hot green chiles
¾ oz	Golden raisins

\*Tomatoes, fresh Note: If good-quality ripe tomatoes are not available, substitute 2 lb (900 g) canned tomatoes with their juice.

## Yields

1 ⅛ pints

# Directions

---

1. Blanch the tomatoes in boiling water for 10 seconds to loosen skins. Peel and trim.
2. Cut tomatoes into quarters
3. Combine the garlic, ginger, and first quantity of vinegar in a blender and blend until smooth.
4. Combine tomatoes, garlic mixture, second quantity of vinegar, sugar, and salt in a stainless-steel saucepan.
5. Bring the mixture to a boil, stirring to dissolve the sugar.
6. Cook at a slow simmer, stirring occasionally, until the mixture becomes thick. There should be about 1½ pints (750 mL).
7. Add the chiles and raisins. Simmer another 5–10 minutes. Remove from heat and cool.
8. Taste and add more salt if necessary.

# MOSTARDA



You may also view this video at: <https://player.vimeo.com/video/467835023>

## Amounts Ingredients

4 oz	Dried fruit - any combination of apricots, cherries, golden raisins, etc - coarsely chopped
1 ea	Shallot, minced
¼ c	Dry white wine (or water)
¼ c	White wine vinegar
3 Tbsp	Sugar
2 tsp	Dry mustard powder, dijon, or whole grain mustard
<b>Yields</b>	1 cup

[← BACK](#) to Table of Contents

## Directions

---

1. In a small sauce pot combine dried fruit, shallot, wine, vinegar, and sugar and bring to a boil.
2. Cover and cook until dried fruit is hydrated.
3. Stir in mustard.
4. Cook, uncovered until mostarda has a jamlike consistency.
5. If desired, mostarda can be pulsed in a food processor for a smoother texture.
6. Can be kept in an airtight container, refrigerated for up to a 1 week.

# PICKLED RED ONIONS



You may also view this video at: <https://player.vimeo.com/video/461454009>

## Amounts

## Ingredients

1 ea	Red Onion, lyonnaise cut
¾ cup	Water
½ cup	Apple cider vinegar
¼ cup	Sugar
¼ tsp	Peppercorns
¼ tsp	Mustard seed
¼ tsp	*Coriander seed ( <i>if unavailable, omit; do not replace with ground coriander</i> )
¼ tsp	Salt

## Yields

1 pint

[← BACK](#) to Table of Contents

## Directions

---

1. Combine the water, vinegar, sugar, and spices in a saucepan. Bring to a boil.
2. Once sugar is dissolved, remove from the heat and allow to cool to room temperature.
3. Strain pickling brine over onions in a nonreactive container.
4. Pickled onions should be ready in 24 hours.
5. Store in an airtight container, refrigerated, for up to one month.

# PATE DE CAMPAGNE



You may also view this video at: <https://player.vimeo.com/video/475587394>

Amounts	Ingredients
	<i>Pork Forcemeat</i>
1 lb	Ground pork - 80/20 (or fresh ground pork butt)
1 oz	Shallot (minced)
¼ oz	Butter
1 oz	White wine (or 1 oz water)
½ oz	Brandy (optional)
1¼ tsp	Salt
¼ tsp	Black pepper
Pinch	Nutmeg
Pinch	Ground clove
Pinch	Cinnamon
2 oz	Chicken livers (trimmed, soaked, drained, and pureed)
1 ea	Egg (beaten)
	<i>Garnish</i>
2 oz	Lean pork or veal (medium dice)
2 oz	Smoked ham (medium dice)
1 oz	Fresh pork fatback (medium dice) (or: pancetta, bacon, or pork belly)
As needed	Canola oil
	<i>Optional Pan Lining</i>
As needed	Bacon
<b>Yields</b>	<b>4 servings</b>

# Directions

---

1. Keep pork in the refrigerator until ready to mix. It must remain as cold as possible for as long as possible.
2. Sweat the minced shallots in the butter until soft. Add the wine and remove from heat. Allow to cool completely.
3. Combine the meat with the shallots, brandy, salt, and spices. Cover and refrigerate overnight. Also trim chicken livers and soak in milk overnight.
4. Drain and puree chicken livers. Add to the ground meat mixture.
5. Mix the beaten egg into the meat mixture until it becomes sticky.
6. Fold in garnish.
7. Make a 1tbsp ball of the mixture and poach in simmering water. Taste for any needed adjustments in seasoning.
8. Preheat oven to 350°F.
9. Lightly coat terrine or loaf pan with canola oil. Alternatively, line with bacon, slightly overlapping pieces and allowing excess to hang over the edges..
10. Press meat mixture firmly into the pan ensuring no air pockets. If using bacon, fold ends over the top of the meat mixture.
11. Cover with foil.
12. Set pan in a larger pan with water (water bath). Bake until internal temperature reaches 165°F.
13. Remove from the oven. Remove foil. Place on a rack and allow to cool slightly.
14. Place a layer of plastic wrap over the meat, set another pan of the same size on top and weight with canned goods. Place in the refrigerator overnight.
15. Once cooled, remove weights and plastic wrap.
16. The terrine can be removed from the pan and sliced for service.



# VEGETABLE TERRINE



You may also view this video at: <https://player.vimeo.com/video/475625640>

## Amounts Ingredients

0.5 c	Olive oil
2 ea	Lemons, zested and juiced
1 Tbsp	Worcestershire sauce
1 Tbsp	Honey
2 Tbsp	Rosemary, fresh or dried, chopped
2 Tbsp	Thyme, fresh or dried, chopped
2 Tbsp	Oregano, fresh or dried, chopped
2 Tbsp	Parsley, fresh or dried, chopped
1 ea	Zucchini
1 ea	Small eggplant
1 ea	Yellow squash
1 ea	Jar of roasted red peppers
1 lb	Spinach
As needed	Olive oil
As needed	Kosher salt
As needed	Black pepper

<b>Yields</b>	Serves 3–4
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## Directions

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1. In a shallow dish, combine olive oil, lemon juice and zest, worcestershire sauce, honey, and 1 tsp of each of the chopped herbs to make a marinade.
2. Thinly slice zucchini, eggplant, and squash into planks, lengthwise, and place in the marinade. Let sit 45 minutes.
3. In a sauté pan over moderately high heat, sauté spinach in olive oil until wilted, remove and set aside.
4. Line a terrine mold or loaf pan with plastic wrap, allowing excess to hang over the edges.
5. Once marinated, season the zucchini eggplant, and squash with salt and pepper. The vegetables can be grilled, or quickly sauteed. The vegetables should remain firm.
6. Fill the terrine/loaf pan by alternating the zucchini, eggplant, and squash. After each layer, add a layer of roasted red peppers, then spinach, then some of the remaining herbs. Continue layering until all products have been used.
7. Wrap plastic overhang over the top of the terrine. Place an item with a flat surface, that fits in the pan, on top (such as an identical pan). Weight with several canned goods, to press the terrine tight.
8. Refrigerate overnight.
9. The next day, remove weights, turn terrine out onto a plate, remove plastic wrap, slice and serve.

# STUFFED MUSHROOMS



You may also view this video at: <https://player.vimeo.com/video/416494550>

## Amounts Ingredients

12 ea	Large white mushrooms
1 ea	Small red bell pepper, small dice
¼	Medium onion, minced
1 ea	Green onions, minced
1 ea	Garlic clove, minced
¼ tsp	Oregano, dried
2 Tbsp	Bread crumbs
2 Tbsp	Grated Parmesan cheese
1 Tbsp	Fresh Italian parsley, minced
1 Tbsp	Vegetable oil
To taste	Salt
To taste	Pepper

<b>Yields</b>	Serves 3 servings
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[← BACK](#) to Table of Contents

# Directions

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1. Preheat oven to 400 F degrees.
2. Clean mushrooms and separate caps & stems.
3. Place mushroom caps on baking sheet stem side down and bake them until liquid begins to form under mushroom caps.
4. Mince mushrooms stems, and mix with onions, red bell pepper, green onions, and parsley.
5. Heat oil in a skillet. Add mushroom stems, peppers, onions and garlic to the skillet and sauté. Add the oregano, salt and pepper and sauté for 5 minutes until onions and red bell pepper are tender.
6. Transfer the stuffing to a bowl and let it cool. Add the parsley, breadcrumbs and cheese. Mix well.
7. Place the mushrooms stem side up on the baking sheet and fill them with the stuffing.
8. Bake for until stuffing is golden brown. Serve warm.

# CRAB CAKES



You may also view this video at: <https://player.vimeo.com/video/476000610>

Amounts	Ingredients
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8 oz	Lump crab meat
1 oz	Onion, small dice
1 oz	Red or green bell pepper, small dice
3 Tbsp	Mayonnaise
1 ea	Egg, beaten
1 Tbsp	Dijon mustard
¼ c	Panko breadcrumbs
As needed	Salt
As needed	Pepper
As needed	Vegetable or canola oil

<b>Yields</b>	Four 3 oz crab cakes
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[← BACK](#) to Table of Contents

# Directions

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1. Sweat onion and bell pepper in a small sauté pan over moderately high heat. Allow to completely cool.
2. Pick through crab meat to ensure no shell pieces are present.
3. Gently combine crab, onion, bell pepper, mayonnaise, egg, Dijon, bread crumbs, salt, and pepper - being careful not to break up crab meat.
4. Form into four 3 oz patties.
5. In a large sauté pan, heat oil over moderately high heat.
6. Add crab cakes and cook until golden on bottom, flip and brown on second side.
7. Remove from the pan and season with salt.

# ARTICHOKE CAKES



You may also view this video at: <https://player.vimeo.com/video/476000610>

<b>Amounts</b>	<b>Ingredients</b>
8 oz	Canned artichokes, chopped and very well drained
1 oz	Onion, small dice
1 oz	Red or green bell pepper, small dice
3 Tbsp	Mayonnaise
1 ea	Egg, beaten
1 Tbsp	Dijon mustard
¼ c	Panko breadcrumbs
As needed	Salt
As needed	Pepper
As needed	Vegetable or canola oil
<b>Yields</b>	Four 3oz cakes

## Directions

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1. Sweat onion and bell pepper in a small sauté pan over moderately high heat. Allow to completely cool.
2. Gently combine artichokes, onion, bell pepper, mayonnaise, egg, Dijon, breadcrumbs, salt, and pepper.
3. Form into four 3 oz patties.
4. In a large sauté pan, heat oil over moderately high heat.
5. Add artichoke cakes and cook until golden on bottom, flip and brown on second side.
6. Remove from the pan and season with salt.

 **BACK** to Table of Contents



# RED PEPPER REMOULADE

Amounts	Ingredients
12 oz	Mayonnaise
2 oz	Dill pickle or gherkins, brunoise
1 oz	Onion or shallot, brunoise
1 oz	Capers, finely chopped
1 tsp	Parsley, finely chopped
1 tsp	Anchovy, pasted
1 oz	Roasted red pepper, brunoise
As needed	Salt
As needed	Pepper
<b>Yields</b>	1 pint

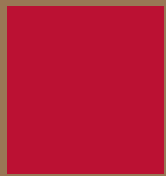
[← BACK](#) to Table of Contents

# Directions

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1. Combine all ingredients in a mixing bowl
2. Taste, season, and adjust as needed.
3. Kept in an airtight container, in the refrigerator, will keep for up to a week.





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# culinary arts & pâtisserie

INTERACTIVE  
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