

*Culinary*  
**THE FARM  
TO TABLE TO  
KITCHEN**

**PASSION.  
PREPARATION.  
PURPOSE.**

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Culinary

# CU222 EQUIPMENT LIST

## COOKWARE

- Large pot with tight-fitting lid
- Grill, grill pan, or broiler
- Saucepot
- Griddle (or Saute Pan)
- Saucepan with lid
- Small pot with tight-fitting lid
- 12 inch saute pan
- 4 qt sauce pot w/ lid
- Roasting pan/hotel pan
- Cooling rack

## PREP & STORAGE EQUIPMENT

- Scale for measuring
- Measuring cups/containers
- Measuring spoons
- Food processor or blender
- Bowls for prep
- Bowls, plates, and silverware for serving
- Large containers, such as bowls or hotel pans
- Containers for mise en place and leftovers  
(w/tight fitting lid)
- Bucket for sanitizer solution 6 quart
- Towels (12 pack)

## UTENSILS & KITCHENWARE

- Foil
- Spatula or fish spatula
- Rubber spatula
- Cutting board
- Chef's Knife
- Metal or wooden spoon
- Ladle
- Ladle, 2 oz or 4 oz
- Sheet tray
- Parchment paper
- Colander
- Rolling pin
- Plastic wrap
- Strainer or colander
- Peeler
- Steamer basket or steamer insert with  
accompanying pot with a tight-fitting lid
- Cutting board 18x24 inches
- A food mill (optional)
- Rolling pin
- Tongs
- Pasta machine (optional)
- Microplane (optional)
- Whisk
- Twine
- Candy thermometer ( for frying)
- Kitchen thermometer
- Mesh strainer



# Culinary

# CU222 SHOPPING LIST

## WEEK 1: WHERE DOES YOUR FOOD COME FROM?

- 4 oz almonds
- 2 oz peanuts
- 1 oz sesame seeds
- Ground cumin
- Ground coriander
- 2 oz brown sugar
- 2 oz butter
- 2 c rolled oats
- Cinnamon
- 1/2 c golden raisins
- 1/3 c almonds
- 4 tbsp honey

## WEEK 2: WHAT'S IN A LABEL?

- Kosher salt
- Black pepper
- 1 lb potatoes
- 2 oz canola oil
- 1 can black beans
- 1 oz tomato
- 1/2 oz onion
- 1 ea garlic clove
- 1/4 oz jalapeno
- 1 tsp lime juice
- 1/2 oz cornmeal
- 1 oz all purpose flour
- 1/2 tsp ground cumin
- 1 pkg hamburger buns
- 1 ea tomato
- 1/2 ea head of lettuce
- 1 can chickpeas
- 1 ea garlic clove
- 1 ea scallion
- 1 tbsp parsley
- 1/2 tsp ground cumin
- 1 tsp ground coriander
- 1/4 oz cayenne

## WEEK 3: GOING WHOLE HOG!

- Kosher salt
- Black pepper
- 1 lb butter
- 1 ea pork chop or alternate protein
- 1 lb carrots and/or parsnips



# CU222 SHOPPING LIST

## WEEK 4: SUSTAINABILITY: FARMING

- 4 ea chicken thighs
- Paprika
- Vegetable oil
- Kosher salt
- Black pepper
- 2 oz smoked ham or sausage
- 4 oz yellow onion
- 4 oz green bell pepper
- 2 oz red bell pepper
- 2 ea garlic clove
- 4 oz canned tomatoes
- 2 tsp tomato paste
- 4 c chicken stock
- 1 c white rice
- Thyme
- Cayenne
- Garlic powder
- Onion powder
- 2 oz all purpose flour
- 2 oz celery

## WEEK 5: SUSTAINABILITY: OCEAN

- Kosher salt
- Black pepper
- 1 oz butter
- Choice of vegetable
- Choice of fish
- Marjoram
- 2 tbsp parsley
- 1 ea shallot
- 1 ea lemon
- 1 ea yellow onion
- 1 lb potatoes
- 1 C stock

## WEEK 6: WASTE NOT! WANT NOT!

- Kosher salt
- Black pepper
- Oil
- 2 ea large cauliflower head
- 8 oz heavy cream
- 8 oz chicken stock
- 1 ea lemon
- 1 oz all purpose flour
- 1 oz butter
- 1/4 oz bread crumbs
- 1/4 oz parmesan
- 1 qt milk
- 1 ea lemon
- 3 tsp parsley
- 1 tsp garlic
- 2 ea anchovy



# CU222 SHOPPING LIST

## WEEK 7: NOSE TO TAIL COOKING

- 3 c all purpose flour
- Kosher salt
- 1 oz sugar
- 1 oz olive oil
- 2 oz butter
- Black pepper
- 1/2 lb chicken livers
- 2 c milk
- 1/2 ea shallot
- Nutmeg
- Ground ginger
- Dried oregano
- Ground cloves
- 3 oz cream cheese
- 1 lb pork butt
- 1/2 ea yellow onion
- Cloves
- Bay leaf
- Thyme
- 6 oz cider vinegar
- 1/4 c yellow mustard seeds
- 1/4 c brown mustard seeds
- 1 oz brown sugar

## WEEK 8: 'TIS THE SEASON

- 2 lb sweet potato
- 1 ea yellow onion
- Kosher salt
- Black pepper
- 1 oz olive oil
- 2 c chicken stock
- 1/2 c heavy cream
- 10 oz all purpose flour
- 7 oz sugar
- .6 oz baking powder
- 3 oz eggs
- 7 oz milk
- 1/4 oz vanilla extract
- 4 oz butter
- 4 oz pumpkin purée

## WEEK 9: PRESERVATION: PRODUCE

- 12 oz white vinegar
- 3 oz sugar
- Kosher salt
- 1 lb cucumber
- 1 tbsp pickling spice
- 8 oz strawberries
- 1 tsp pectin
- 2 ea lemon
- 2 ea green cabbage head
- 1 c heavy whipping cream
- 2 tbsp cultured buttermilk
- 4 ea lemon



# CU222 SHOPPING LIST

## WEEK 10: PRESERVATION: MEAT

- Kosher salt
- 2 lb chicken legs or wings white
- Pepper (optional) nutmeg
- Ground bay leaf
- Ground clove
- 24 oz canola oil
- 1 lb salmon fillet, skin on
- 1/4 t freshly ground black pepper
- 1 oz fresh dill (optional)
- 1 oz vodka (optional)
- 1 lb russet potatoes
- 1/2 cup onion
- 1 egg
- 1/4 cup AP flour or matzo meal

## WEEK 11: WHAT IS FARM TO TABLE?

- Kosher salt
- Black pepper
- 3 c heavy cream
- 1 ea lemon
- 1 ea garlic
- 1 oz parsley
- 1 oz distilled white vinegar
- 1/2 gal milk
- 3/4 c all purpose flour
- 3 tbsp sugar
- 1/4 oz baking soda
- 1 oz white vinegar
- Canola oil

## WEEK 12: FINAL MYSTERY BOX

- Choice of ingredients





# Week One

## WHERE DOES YOUR FOOD COME FROM?



**HONEY  
GRANOLA**

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**PAN TOASTED  
NUTS**

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**DUKKAH**

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# HONEY GRANOLA

CU222 Week 1 - Where Does Your Food Come From?

You may view this video at: <https://player.vimeo.com/video/458762405>

## INGREDIENTS

**Yields:** 6 portions

2 cups	Rolled Oats
¼ cup	Brown Sugar
¼ tsp	Ground Cinnamon
½ cups	Golden Raisins (optional)
⅓ cups	Almonds, chopped, toasted
4 TBSP	Butter
4 TBSP	Honey

## DIRECTIONS

1. Preheat an oven to 325°F.
2. In a bowl, combine the oats, sugar, cinnamon, raisins and almonds, and toss to mix.
3. In a saucepan over low heat, melt the butter, add the honey and stir to blend until butter is just melted and incorporated, not bubbling. Pour over the oat mixture and stir to blend.
4. Spread the granola out on a baking sheet and bake. Using a rubber spatula, stir every 5 minutes to bring the outside into the center and the center into the outside for even browning.
5. Bake for 25 to 30 minutes, until golden brown.
6. Cool to room temperature before serving.





# PAN TOASTED NUTS

CU222 Week 1 - Where Does Your Food Come From?

You may view this video at: <https://player.vimeo.com/video/458763403>

## INGREDIENTS

**Yields:** 1 cup

1 cup                      Almonds, chopped,  
raw

## DIRECTIONS

1. Add almonds (or other nuts) to a cold saute pan. Turn heat to medium high.
2. Gently toss almonds to avoid scorching and black marks.
3. Toast until the almonds become very fragrant, but have not burned.
4. Remove almonds to a parchment-lined baking sheet to cool.
5. Store in an airtight container for up to 1 month.





# DUKKAH

CU222 Week 1 - Where Does Your Food Come From?

You may view this video at: <https://player.vimeo.com/video/458760952>

## INGREDIENTS

**Yields:** 1 cup

1 cup	Almonds, peanuts, walnuts, hazelnuts, or any combination thereof
2 TBSP	White and/or black sesame seeds
1 TBSP	Coriander seeds (or ground coriander)
1 tsp	Cumin seeds (or ground cumin)

## DIRECTIONS

1. Place a skillet over medium heat.
2. Once heated, add nuts to the skillet.
3. Gently toss to avoid scorching and black marks.
4. Toast until very fragrant, but not burned.
5. Remove nuts to a parchment-lined baking sheet to cool.
6. In the same pan, toast sesame seeds, coriander, and cumin until very fragrant, but not burned.
7. Remove spices to parchment-lined baking sheet.
8. Allow to cool slightly.
9. Once cooled, grind spices in spice grinder or mortar and pestle until fine.
10. Add ground spices, and nuts to food processor and pulse until finely chopped, coarse, sand-like texture.
11. Use as a garnish for salads, soups, dips, etc.
12. Store in an airtight container for up to two weeks.



*Week Two*

# WHAT'S IN A LABEL?



## BLACK BEAN BURGER

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## FRENCH FRIES

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# BLACK BEAN BURGER

CU222 Week 2 - What's in a Label?

You may view this video at: <https://player.vimeo.com/video/461967458>

## INGREDIENTS

**Yields:** 4 servings

16 oz	Cooked or canned black beans, rinsed and drained
2 oz	Roma tomato, small dice, no seeds
½ oz	Yellow onion, minced
½ tsp	Garlic, minced
½ oz	Jalapeno, minced
2 tsp	Lime juice
¾ oz	Cornmeal
1 ½ oz	All-purpose flour
¼ tsp	Ground cumin
½ tsp	Kosher salt
As needed	Vegetable or canola oil for cooking
4 each	Hamburger buns
4 each	Tomato slices
4 each	Lettuce leaves

## DIRECTIONS

1. Purée the beans in a food processor or blender, leaving the mixture somewhat coarse.
2. Add the tomato, onion, garlic, jalapeno, lime juice, cornmeal, flour, cumin, and salt. Pulse until well blended, but still somewhat coarse.
3. Refrigerate mixture for at least 2 hours.
4. Divide the mixture into 5 oz portions. Form into balls and flatten into patties about ½ inch thick.
5. Pan-fry or griddle over moderate heat with light oil, about 4 minutes on each side.
6. Arrange each burger on a hamburger bun with a slice of tomato and lettuce leaf.





# FRENCH FRIES

CU222 Week 2 - What's in a Label?

You may view this video at: <https://player.vimeo.com/video/469925185>

## INGREDIENTS

**Yields:** 4 servings

1 lb	Russet potatoes
2 qt	Canola oil

## DIRECTIONS

1. Rinse, peel and eye the potatoes.
2. Cut the potatoes into batonnet ( $\frac{1}{4}$  inch by  $\frac{1}{4}$  inch square and about 3 inches long) Hold the cut potatoes in cold water until needed, to prevent discoloration.
3. Line sheet pans with several layers of parchment paper and have them ready by the deep fryer.
4. Drain and dry the potatoes well. Deep fry in canola oil heated to 325°F (160°C) until they are just beginning to turn a pale golden color. At this point, they should be cooked through and soft.
5. Remove the potatoes from the fryer and turn them out onto the sheet pans in a single layer to drain. Refrigerate for at least 2 hours.
6. At service time, fry the potatoes in small quantities in fat heated to 350° (175°C) until golden brown and crisp.
7. Drain well. Salt them lightly away from the fryer. Serve immediately.



# Week Three

# GOING WHOLE HOG!



## BASTED PORK CHOP

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## BASTED ROOT VEGETABLE

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# BASTED PORK CHOP

CU222 Week 3 - Going Whole Hog!

You may view this video at: <https://player.vimeo.com/video/440084578>

## INGREDIENTS

**Yields:** 2 servings

1 (8oz-12oz)	Pork chop (boneless)
As needed	Kosher salt
As needed	Black pepper, ground
4 TBSP	Butter or vegetable oil

## DIRECTIONS

1. Season pork with salt and pepper
2. Preheat a heavy-bottomed pan to medium-high.
3. Coat pan with 1 TBSP of oil, reserving the majority for later use.
4. Add pork to pan. Once pork is lightly golden brown on one side, carefully flip pork and add remaining oil or butter.
5. Tilt the pan, and using a large tablespoon, baste the chop with the fat frequently, making sure to baste the entire pork chop and create a golden brown crust evenly across the entire surface
6. Cook pork to desired temperature, continuing to baste as it cooks.
7. Remove from heat and allow to rest for 3-5 minutes.





# BASTED ROOT VEGETABLE

CU222 Week 3 - **Going Whole Hog!**

You may view this video at: <https://player.vimeo.com/video/461966030>

## INGREDIENTS

**Yields:** 2 servings

1 lb	Carrot, parsnip, or any combination, rinsed, peeled, oblique cut
4 TBSP	Vegetable oil or butter
As needed	Kosher salt
As needed	Black pepper, ground

## DIRECTIONS

1. Preheat a heavy-bottomed pan to mediumhigh.
2. Coat pan with 1 TBSP of oil, reserving the majority for later use.
3. Add vegetables to pan, and lightly brown one side.
4. Add the rest of the oil and flip the vegetable over, tilt the pan, and using a large tablespoon, baste the vegetable with the fat frequently, making sure to baste the entirety and keep it over the heat.
5. Cook until golden on both sides, continuing to baste as it cooks.
6. Remove from heat and allow to rest on paper towel or napkin
7. Season with salt and pepper to taste.



*Week Four*

# SUSTAINABILITY: FARMING



**ARROZ CON  
POLLO**

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**ETOUFFEE**

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# ARROZ CON POLLO

CU222 Week 4 - Sustainability: Farming

You may view this video at: <https://player.vimeo.com/video/461963267>

## INGREDIENTS

**Yields:** 2 servings

2 each	Chicken thighs, bone-in, skin-on
¼ tsp	Paprika
As needed	Vegetable oil
As needed	Kosher salt
As needed	Black pepper, ground
2 oz	Spanish-style (cured) chorizo, smoked sausage, OR ham*All should be small dice.
2 oz	Yellow onion, small dice
2 oz	Red Bell pepper, small dice
2 oz	Green bell pepper, small dice
½ oz	Garlic, finely minced
4 oz	Diced tomatoes, canned, drained and liquid reserved
2oz	Reserved canned tomato liquid
2 tsp	Tomato paste
2 cups	Chicken stock (no salt or low sodium preferred)
1 cup	Long grain white rice, uncooked

*\*The turkey versions of any of these items can be substituted for pork.*

## Directions

1. Season chicken thighs with salt, pepper, and paprika.
2. In a large, heavy bottom pot, heat oil over medium high heat.
3. Brown chicken thighs on both sides, remove to the side.
4. Turn heat down to medium. Add chorizo (if using), onion, green bell pepper, and red bell pepper to the pot and sweat.
5. Add garlic and tomato paste and cook until deep red color.
6. Add diced tomatoes, and stock. Bring to a simmer.
7. Stir in the uncooked rice, and add chicken, skin-side up.
8. Turn heat to low, cover, and simmer until chicken is cooked to an internal temperature of 165°F and rice is tender - 20-25 minutes.
9. Remove from heat and set for 5 minutes, covered.
10. If desired, chicken can be removed, pulled from bone,





# ETOUFFEE

CU222 Week 4 - Sustainability: Farming

You may view this video at: <https://player.vimeo.com/video/462738004>

## INGREDIENTS

**Yields:** 4 servings

4 each	Chicken thighs, bone-in, skin-on
½ tsp	Thyme leaves, dried
½ tsp	Cayenne pepper (optional)
½ tsp	Garlic powder
½ tsp	Onion powder
½ tsp	Smoked paprika
As needed	Kosher salt
As needed	Black pepper, ground
3 TBSP	Vegetable or canola oil
3 TBSP	All-purpose flour
2 oz	Celery, small dice
2 oz	Yellow onion, small dice
2 oz	Green bell pepper, small dice
½ oz	Garlic, finely minced
2 cups	Chicken stock (no salt, or low sodium preferred)
½ fl. oz	Worcestershire sauce
¼ fl. oz	Hot sauce, such as Crystal, Louisiana, or Tabasco
4 ea	Servings of cooked white rice
2 ea	Green onion, thinly sliced for garnish

## DIRECTIONS

1. Combine thyme, cayenne, garlic powder, onion powder, and smoked paprika in a small bowl.
2. Season chicken on both sides with spice mixture, salt, and pepper.
3. In a large, heavy bottom pot, heat 3 TBSP oil over medium high heat.
4. Brown chicken thighs on both sides, remove from the pan, set aside.
5. Reduce heat to medium.
6. Whisk in flour to make a roux (should be the consistency of loose wet sand).
7. Cook roux, stirring continuously, until a deep brown color (like melted dark chocolate, this should take 15-30 minutes).
8. Add celery, onion, bell pepper, and cook until tender.
9. Add garlic, Worcestershire, hot sauce, and stock and stir to combine.
10. Add chicken back to the pan, skin-side up.
11. Turn heat to low, cover, and simmer until chicken is cooked to an internal temperature of 165°F - 20-25 minutes.
12. Remove chicken from the pan, increase heat to reduce liquid to sauce consistency - stirring to avoid scorching.
13. Taste and adjust seasoning as necessary.
14. Remove chicken from the bone, shred and return to pan.
15. Serve chicken and sauce over cooked white rice and garnish with green onions (This is a smothered dish and should contain plenty of sauce).



# Week Five

# SUSTAINABILITY: OCEAN



## VEGETABLE IN PAPILOTE

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## FISH IN PAPILOTE

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## FISH FABRICATION

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## POMMES BOULANGERE

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# VEGETABLE EN PAPILOTE

CU222 Week 5 - Sustainability: Ocean

You may view this video at: <https://player.vimeo.com/video/467525827>

## INGREDIENTS

**Yields:** 1 serving

4 oz	Any vegetable or mixed vegetables
2 TBSP	Melted butter
To taste	Salt
To taste	Pepper
2 tsp	Chopped parsley
Pinch	Dried marjoram
1 tsp	Very finely chopped shallot
2 each	Thin lemon slices

## DIRECTIONS

1. Cut out a piece of parchment in a heart shape. Foil may be used instead of parchment.) The piece must be big enough to hold the vegetables and still have room for crimping the edges. Oil the parchment and place on the workbench oiled side down. (If using foil, place it oiled side up.)
2. Place the vegetables on one side of the heart. Brush with melted butter and sprinkle with salt, pepper, parsley, marjoram, and chopped shallot. Lay the lemon slices on top.
3. Fold and crimp the parchment, as shown in the illustration, to enclose the vegetables tightly.
4. Place the folded package in a sauté pan or, if several orders are being done at once, on a sheet pan. Set on the range to start the cooking.
5. As soon as the paper begins to puff, place the pan in a hot oven (450°F/230°C). Bake until the parchment is puffed and browned, 5–8 minutes. (If the paper doesn't brown, you may run it under the broiler for a second.)
6. Serve immediately. The parchment should be cut open in front of the customer.





# FISH EN PAPILLOTE

CU222 Week 5 - **Sustainability: Ocean**

You may view this video at: <https://player.vimeo.com/video/440075890>

## INGREDIENTS

**Yields:** 1 serving

4 to 8 oz	Salmon, Tilapia, Halibut, Cod, or Shrimp
1 TBSP	Butter, melted
½ oz	Shallot, minced
1 tsp	Parsley leaves, chopped
½ tsp	Dried marjoram
As needed	Kosher salt
As needed	Black pepper, ground
2 each	Lemon slices, thinly cut

## DIRECTIONS

1. Cut out a piece of parchment in a heart shape. The piece must be big enough to hold the fish or shellfish and still have room for crimping the edges. Oil the parchment and place on the workbench oiled side down.
2. Place the filet or shellfish on one side of the heart. Brush with melted butter and sprinkle with salt, pepper, parsley, marjoram, and chopped shallot. Lay the lemon slices on top.
3. Preheat oven to 450 °F
4. Fold and crimp the parchment, as shown in the illustration, to enclose the vegetables tightly. There should be at least 15 crimped creases from top to bottom to create a tight seal.
5. Place crimped package on sheet tray.
6. Place the pan in a hot oven (450 °F) Bake until the parchment is puffed and browned, 5–8 minutes. (If the paper doesn't brown, you may run it under the broiler for a second.)
7. Serve immediately. The parchment should be cut open in front of the customer





# FISH FABRICATION

CU222 Week 5 - Sustainability: Ocean

## DIRECTIONS

Fish Fabrication

You may view this video at: <https://player.vimeo.com/video/440070002>

Flat Fish Filet

You may view this video at: <https://player.vimeo.com/video/440074348>

Round Fish Filet

You may view this video at: <https://player.vimeo.com/video/440072317>





# POMMES BOULANGERE

CU222 Week 5 - Sustainability: Ocean

You may view this video at: <https://player.vimeo.com/video/475211721>

## INGREDIENTS

**Yields:** 3–4 servings

8 oz	Onion, lyonnaise cut
1 oz	Butter or other desired fat
1 lb	Starchy potatoes, peeled, ¼” slices
1 cup	Chicken or vegetable stock (unsalted or low sodium preferred)
As needed	Kosher salt
As needed	Black pepper, ground

## DIRECTIONS

1. Preheat oven to 350°F
2. Sauté the onions in butter or fat until they are translucent and just beginning to brown.
3. Add the potatoes and toss until coated with fat. Season with salt and pepper.
4. Place in a baking pan or in a roasting pan.
5. Pour in the stock.
6. Bake 60-90 minutes, until potatoes are done. Add more stock during cooking if necessary to keep potatoes from drying out.
7. All liquid should be absorbed by the potatoes with a golden browning on top



# Week Six

# WASTE NOT!

# WANT NOT!



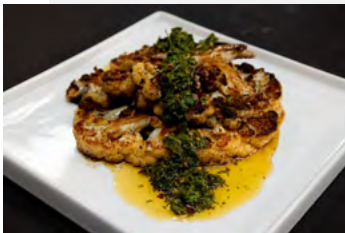
**BROWN  
BUTTER**

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**GREMOLATA**

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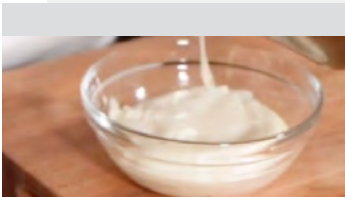
**CAULIFLOWER  
STEAK**

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**CAULIFLOWER  
GRATIN**

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**MORNAY  
SAUCE**

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# BROWN BUTTER

CU222 Week 6 - **Waste Not! Want Not!**

You may view this video at: <https://player.vimeo.com/video/470319363>

## INGREDIENTS

**Yields:** 8 ounces

4 oz                      Unsalted Butter

## DIRECTIONS

1. Melt butter over medium heat.
2. As butter begins to foam, watch for browning milk solids. The aroma will start to become nutty.
3. As soon as the butter browns to desired color, strain through a heat safe, metal strainer into a heatproof clean, dry bowl.
4. Stored in an airtight container, in the refrigerator, your brown butter will keep for up to a month.





# GREMOLATA

CU222 Week 6 - **Waste Not! Want Not!**

You may view this video at: <https://player.vimeo.com/video/470318675>

## INGREDIENTS

**Yields:** 3 ounces

3 tsp	Lemon zest, grated, and finely minced
3 TBSP	Parsley leaves, finely chopped
1 tsp	Garlic, finely minced

## DIRECTIONS

1. Mix together all ingredients until well combined.
2. Taste for seasoning and store in refrigerator, covered, until use.





# CAULIFLOWER STEAK

CU222 Week 6 - Waste Not! Want Not!

You may view this video at: <https://player.vimeo.com/video/475207556>

## INGREDIENTS

**Yields:** 2 servings

1 each	Head of cauliflower
2 TBSP	Brown butter
As needed	Kosher salt
As needed	Black pepper, ground

## DIRECTIONS

1. Trim green leaves from cauliflower.
2. With the stalk on the cutting board, slice middle of the cauliflower head into two 1 inch-thick “steaks”. Reserve the rest of the cauliflower for another application.
3. Preheat large skillet over moderately high heat.
4. Once heated, add brown butter to coat the bottom of the pan.
5. Lay steaks in and sear until evenly golden brown.
6. Flip, season with salt and pepper, and finish cooking the second side.
7. Remove the steak from the pan.
8. Serve with gremolata.





# CAULIFLOWER GRATIN

CU222 Week 6 - Waste Not! Want Not!

You may view this video at: <https://player.vimeo.com/video/469937555>

## INGREDIENTS

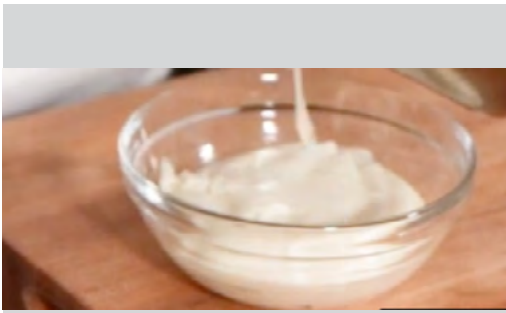
**Yields:** 4 portions

1 lb	Cauliflower, florets
½ tsp	Lemon juice
6 fl oz	Béchamel or Mornay sauce
¼ oz	Dry bread crumbs
¼ oz	Parmesan cheese, grated
½ oz	Butter, unsalted, melted

## DIRECTIONS

1. Place the cauliflower and lemon juice in boiling salted water. Return to boil, lower heat, and cover. Simmer until just tender. Do not overcook, as the cauliflower will cook further in the sauce. Drain.
2. Butter the bottom of a baking pan or hotel pan and place the cauliflower in it about 2 in.
3. Cover with the sauce.
4. Mix together the bread crumbs and cheese and sprinkle evenly over the top. Drizzle melted butter over the top
5. Bake at 350°F about 20 minutes to heat through. Brown the top under the broiler or salamander.





# MORNAY SAUCE

CU222 Week 6 - **Waste Not! Want Not!**

You may view this video at: <https://player.vimeo.com/video/470318026>

## INGREDIENTS

**Yields:** 1 quart

2 oz	Butter, unsalted
2 oz	All-Purpose Flour
1 quart	Whole Milk
4 oz	Gruyere Cheese, shredded
1 tsp	Kosher Salt
¼ tsp	White pepper, ground

## DIRECTIONS

1. Melt butter in saucepan over medium heat.
2. Whisk in flour so that there are no lumps. Once smooth cook for 2 minutes.
3. Slowly add in milk while whisking vigorously to combine with roux and milk into a smooth consistency.
4. Bring liquid to a low simmer and stir constantly until it begins to thicken.
5. Sauce should have a light nappe consistency when coating the back of a spoon.
6. Mix in gruyere cheese and stir until the cheese is melted.
7. Once the sauce is thick enough, remove from heat. Season with salt and white pepper.
8. Reserve in a covered container in the refrigerator. Heat up sauce before use with Cauliflower Gratin.





*Week Seven*

# 'TIS THE SEASON



## SEASONAL SOUP

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## SEASONAL QUICK BREAD

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# SEASONAL SOUP

CU222 Week 7 - 'Tis The Season

You may view this video at: <https://player.vimeo.com/video/470318026>

## INGREDIENTS

**Yields:** 4 servings

2 lbs	Fresh seasonal Vegetable Use ONLY the vegetable of the season you are in: <b>Fall:</b> Sweet Potato, peeled, large dice <b>Winter:</b> Butternut Squash, peeled large dice <b>Spring:</b> Asparagus, trimmed <b>Summer:</b> Tomato, seeds removed
4 oz	Yellow onion, large dice
2 ea	Garlic, chopped
As needed	Canola oil
As needed	Kosher salt
As needed	Black pepper, ground
6 cups	Chicken stock
2 oz	Heavy Cream (optional)

## DIRECTIONS

1. Toss seasonal vegetable, onion, and garlic with oil, salt, and pepper. Place on a sheet pan or roasting pan.
2. Roast in the oven at 350 °F until golden brown.
3. Move all vegetables to a large pot with stock.
4. Simmer until very tender.
5. Puree with an immersion blender or in batches in a stand blender.
6. Add cream (if using) for a richer texture.
7. Taste and adjust seasoning as needed.





# SEASONAL QUICK BREAD

CU222 Week 7 - 'Tis The Season

You may view this video at: <https://player.vimeo.com/video/463530861>

## INGREDIENTS

**Yields:** Yields one 9 in x 5 in loaf pan

300 g	Pastry flour (or All-Purpose flour)
210 g	White Sugar, granulated
18 g	Baking powder
3.75 g	Salt
2 each	Eggs, beaten
210 g	Whole Milk
7.5 g	Vanilla extract
120 g	Melted butter or shortening
120 g	Fresh seasonal fruit-Use ONLY the fruit of the season you are in <b>Winter:</b> Apples, small dice <b>Spring:</b> Strawberries, small dice <b>Summer:</b> Blueberries <b>Fall:</b> Pears, small dice

## DIRECTIONS

1. Preheat oven to 400 °F
2. Sift together dry ingredients.
3. Mix together wet ingredients.
4. Add wet ingredients to dry ingredients. Mix to just combined. Don't overmix!
5. Gently fold in seasonal fruit.
6. Grease 9 in x 5 in loaf pan.
7. Add batter to pan.
8. Place in middle of oven and bake for 45 minutes to 1 hour or until toothpick inserted in the center comes out clean.
9. Allow to cool slightly.
10. Remove from loaf pan and allow to fully cool on a rack.
11. Once completely cooled, bread can be wrapped in plastic wrap for up to 3 days. Or wrap in plastic wrap and freeze for up to one month.



# Week Eight

## NOSE TO TAIL COOKING



### CRACKER

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### CHICKEN LIVER PATE

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### MUSHROOM PATE

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### MUSTARD

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# CRACKER

CU222 Week 8 - Nose to Tail Cooking

You may view this video at: <https://player.vimeo.com/video/440093285>

## INGREDIENTS

**Yields:** Appr 4 servings

3 cups	All-purpose flour
2 ½ tsp	Kosher salt
4 TBSP	Olive oil
1 cup	Water
As needed	Olive oil, for brushing

## DIRECTIONS

1. Heat oven to 450°F. Line two large sheet pans with parchment paper.
2. In a large bowl, sift flour and salt together.
3. Add oil and water to flour mixture. Mix until combined; the dough will be tacky (sticks to your hand but releases leaving no residue).
4. Flour a cool work surface. Divide dough in two.
5. Roll the dough into even rectangles ¼ inch thick.
6. Brush dough lightly with olive oil.
7. Prick the crackers with a fork multiple times.
8. Cut dough into desired cracker shapes using a sharp knife.
9. Using a spatula or pastry scraper, transfer the crackers to the prepared sheet pans. Do not overcrowd the pan.
10. Bake for 12–15 minutes or until golden brown. If crackers along the edges bake faster, transfer them to a cooling rack and allow the remaining crackers to finish baking.
11. Transfer crackers to a cooling rack. Crackers will crisp as they cool.
12. Serve crackers immediately or store in an airtight container on the counter for up to a week.





# CHICKEN LIVER PATE

CU222 Week 8 - Nose to Tail Cooking

You may view this video at: <https://player.vimeo.com/video/440077753>

## INGREDIENTS

**Yields:** About 1 ¼ lbs

1 lb	Chicken livers
As needed	Kosher salt
As needed	Milk
2 oz	Yellow onion, chopped
1 ½ oz	Butter
¼ tsp	Dried oregano
¼ tsp	White pepper, ground
Pinch	Ground nutmeg
Pinch	Ground ginger
Pinch	Ground cloves
½ tsp	Kosher salt
6 oz	Cream cheese
½ - 1 oz	Brandy, Madeira, or port (optional)
As needed	Kosher salt

## DIRECTIONS

1. Trim fat and sinews from the liver.
2. Sprinkle livers lightly with salt. Add milk to cover and let sit overnight, refrigerated.
3. Saute onion lightly in butter until tender, but not browned.
4. Add the livers (drained and rinsed), herbs and spices.
5. Brown livers lightly and cook until they are slightly pink in the center.
6. Remove from heat and let cool.
7. Grind the livers and onion mixture in a food processor.
8. Add cream cheese and continue to process to obtain a uniformly mixed and smooth paste.
9. Add brandy or wine to taste, add more salt if necessary.
10. Pack the mixture into containers and chill overnight before serving.





# MUSHROOM PATE

CU222 Week 8 - Nose to Tail Cooking

You may view this video at: <https://player.vimeo.com/video/665762780?h=9c80f8680b>

## INGREDIENTS

Yields: 12 oz

2 TBSP	Butter
3 TBSP	Olive oil
2 each	Garlic cloves, chopped
1 each	Shallot, finely diced
1 lb	Fresh mushroom, chopped (Portobello or Creminin preferred)
3 TBSP	Dry Sherry
1 TBSP	Cream cheese
½ cup	Parsley chopped
As needed	Kosher salt
As needed	Black pepper, ground
Pinch	Crushed red pepper flakes

## DIRECTIONS

1. Heat the butter and olive oil in skillet over medium low heat.
2. Stir in garlic and shallots, cook for 5 minutes until softened.
3. Add crushed red pepper and cook 1 minute
4. Add mushrooms and increase heat to medium, continue to cook for 6 to 8 minutes stirring occasionally until liquid released from mushrooms is almost evaporated.
5. Add sherry, salt, and pepper. Cook for 10 minutes more until liquid is evaporated.
6. Let cool completely.
7. Transfer mushroom mixture to food processor along with parsley, pulse until finely chopped.
8. Add cream cheese, pulse until smoothly incorporated.
9. Pack the mixture into containers and chill overnight before serving





# MUSTARD

CU222 Week 8 - **Nose to Tail Cooking**

You may view this video at: <https://player.vimeo.com/video/461996436>

## INGREDIENTS

**Yields:** 2 cups

¾ cup	Apple cider vinegar, distilled white, or white wine vinegar
½ cup	Water, or beer of choice
⅔ cup	Yellow and/or Brown mustard seeds
1 TBSP	Brown sugar
1 ¼ tsp	Kosher salt

## DIRECTIONS

1. Combine the vinegar, water or beer, and mustard seeds in a bowl. Cover, and let sit overnight at room temperature up to 24 hours.
2. Strain liquid from mustard seeds and reserve.
3. Set aside ½ of the mixture (strained mustard seeds).
4. Place the remaining mixture, plus sugar and salt in a food processor or blender. Blend until smooth, adding the reserved liquid as necessary
5. Stir in the previously reserved and strained mustard seeds.
6. Place in an airtight container and allow to sit at room temperature for 1-2 days - the longer it sits, the spicier it will become.
7. Will keep in an airtight container, refrigerated, for up to six months.





# Week Nine

# PRESERVATION: PRODUCE



## PICKLED VEGETABLE

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## BERRY JAM

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## CREME FRAICHE

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# PICKLED VEGETABLE

CU222 Week 9 - Preservation Produce

You may view this video at: <https://player.vimeo.com/video/416484830>

## INGREDIENTS

Yields: 1 lb

12 oz	Distilled white vinegar, white wine vinegar, red wine vinegar, or apple cider vinegar
6 oz	Water
3 oz	Sugar
1 ½ tsp	Kosher salt
1 TBSP	Pickling Spices
1 lb	Vegetables (carrots, beets, okra, cucumber, green beans, etc)

*\*Note: thinner and less dense vegetables such as okra and green beans don't need to be cut. Denser vegetables, such as carrots, cucumbers and vegetables with a larger diameter, such as beets, should be cut to a smaller size to allow the brine to penetrate quicker.*

## DIRECTIONS

1. Combine vinegar, water, sugar, salt, and spices in a saucepan and bring to a boil to dissolve sugar and salt.
2. Allow brine to cool.
3. Pack prepared vegetables (cleaned, peeled as needed and cut to the appropriate size) into a non-reactive container.
4. Pour brine over vegetables.
5. Cover and refrigerate at least 24 hours before serving.



# BERRY JAM

CU222 Week 9 - Preservation Produce

You may view this video at: <https://player.vimeo.com/video/411004267>

## INGREDIENTS

**Yields:** 1 cup

8 oz	Strawberries
8 oz	Sugar
1 tsp	Pectin
½ oz	Lemon juice

## DIRECTIONS

1. If the strawberries are large, cut them into halves or quarters. Otherwise, leave them whole.
2. Mix the berries with the sugar. Refrigerate overnight, covered.
3. Bring the sugared fruit to a simmer and cook until at a purée consistency
4. Remove from the heat. Sprinkle the pectin over the fruit and stir in evenly - there should be no clumps of pectin. Return to the heat and cook 3–4 minutes.
5. Add the lemon juice and mix in.
6. Pour into clean glass jars and seal.
7. Refrigerate.





# CRÉME FRAÎCHE

CU222 Week 9 - Preservation Produce

You may view this video at: <https://player.vimeo.com/video/440397352>

## INGREDIENTS

**Yields:** just over 1 cup

1 cup	Heavy whipping cream
2 TBSP	Cultured buttermilk

## DIRECTIONS

1. Sanitize a jar.
2. Pour ingredients into sanitized jar and stir.
3. Cover with cheesecloth or coffee filter and secure with a rubber band. Do NOT cover cheesecloth with anything!
4. Let stand at room temperature for 8 to 48 hours, until it thickens.
5. Cover with lid and refrigerate for 24 hrs.



Week Ten

# PRESERVATION: MEAT



## GRAVLAX

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## LATKES

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## CHICKEN CONFIT

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# GRAVLAX

CU222 Week 10 - Preservation Meat

You may view this video at: <https://player.vimeo.com/video/415316602>



## INGREDIENTS

**Yields:** 1 pound or 4 generous servings

1 lb	Salmon fillet, skin on
2 oz	Kosher salt
2 oz	Sugar
¼ tsp	Freshly ground black pepper
1 oz	Fresh dill, roughly chopped, stems (optional)
1 oz	Vodka (optional)

## DIRECTIONS

1. Check salmon fillet for any pin bones and remove as needed.
2. Mix salt, sugar, and pepper in a bowl.
3. Sprinkle half the mixture on a non-reactive container (glass or ceramic). Alternatively, lay plastic wrap on a sheet pan and sprinkle half the mixture on that.
4. Place the salmon skin down on the mixture.
5. Cover flesh with the remaining mixture and optional dill sprigs. Lightly sprinkle with vodka, if using.
6. Cover the container tightly - or wrap tightly with plastic if using that method.
7. Refrigerate for 24 hours.
8. Flip the fillet.
9. Refrigerate for another 24 hours.
10. Remove from refrigerator. Drain liquid that has accumulated. Rinse curing mixture off the fish.
11. Using a very sharp knife, slice very thinly on a bias to serve. Do not eat the skin.





# LATKES

CU222 Week 10 - Preservation Meat

You may view this video at: <https://player.vimeo.com/video/440398990>

## INGREDIENTS

**Yields:** 4–6 servings

1 lb	Russet potatoes, peeled and grated
½ cup	Yellow onion, peeled and grated
1 each	Egg, beaten
¼ cup	All-purpose flour or matzo meal
As needed	Kosher salt
As needed	Black pepper, ground
As needed	Reserved fat from Chicken Confit

## DIRECTIONS

1. Combine grated onion and grated potato in a bowl.
2. Add egg, flour or matzo meal, and salt and pepper to potato mixture. Mix to combine until all ingredients are evenly incorporated.
3. Let mixture stand for at least 5 minutes until it thickens.
4. Heat a skillet over medium high heat.
5. Add a very thin coat of oil to the pan.
6. Scoop ⅓ loosely pack cup of mixture in pan and press flat into pancake-like shape.
7. When golden brown and crispy on bottom, flip over and finish cooking.
8. Remove from the pan and season with salt and pepper.
9. Garnish with Crème Fraiche and Gravlax. Serve immediately.





# CHICKEN CONFIT

CU222 Week 10 - Preservation Meat

You may view this video at: <https://player.vimeo.com/video/440080359>

## INGREDIENTS

Yields: 1 lb

2 lbs	Chicken parts, preferably legs or wings
¼ oz	Kosher salt
¼ tsp	White Pepper, ground
¼ tsp	Ground nutmeg
¼ tsp	Ground bay leaf
¼ tsp	Ground cloves
24 oz (or enough to cover chicken parts)	Canola oil

## DIRECTIONS

1. Mix dried spices in a bowl until evenly mixed together.
2. Rub chicken with spices and allow to sit overnight in the refrigerator.
3. Remove from the fridge, place in a deep baking dish, and cover with canola oil, only adding what you need to just cover the chicken.
4. Preheat oven to 300 °F. Meanwhile, cover the pan with parchment and then tinfoil, making sure to crimp the edges tightly and cover so that the juices cannot escape.
5. Place in oven and cook until chicken is falling off the bone (1½ - 2 hours)
6. Strain fat, and save for another use.





*Week Eleven*

# WHAT IS FARM TO TABLE?



**FRESH MAITRE'  
DHOTEL  
BUTTER**

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**FARMER'S  
CHEESE**

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**SIRNICKI**

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# FRESH MAITRE' DHOTEL BUTTER

CU222 Week 11 - What is Farm to Table?

You may view this video at: <https://player.vimeo.com/video/467848275>

## INGREDIENTS

Yields: 10 oz

3 cups	Heavy Cream
1 tsp	Kosher salt
¼ cup	Ice Water
¾ oz	Lemon Juice
1 oz	Chopped, fresh parsley, finely chopped
As needed	Kosher salt
As needed	Black pepper, ground

## DIRECTIONS

1. Pour cold cream into food processor. Alternatively you can use a stand mixer. Whip cream until it separates. Around 4 - 6 minutes. You will see it start to over whip and thicken. Then it will start to separate and you will see yellow buttery solids and cloudy liquid at this point.
2. Once it separates, pour in the ice cold water. This helps further separate the butter from the liquid (buttermilk) and you will see even more buttermilk appear.
3. Place a sieve over a bowl and pour the butter and buttermilk into the sieve.
4. The liquid that strains out is buttermilk. Save it in the refrigerator for up to 5 days for later use.
5. Squeeze the butter solids in your hands to make sure there is NO more buttermilk. If any liquid remains, your butter will be wet. You can also squeeze it in a clean tea towel or cheesecloth.
6. Next, using a mixer with the paddle attachment, hand mixer, or spatula, beat the butter at a low speed until smooth and creamy.
7. Add parsley, lemon juice, salt and white pepper and beat slowly until completely mixed.
8. Roll the butter into a cylinder about 1 inch thick in a piece of plastic, parchment or wax paper. Chill until firm.
9. To serve, cut slices ¼ inch thick and place on top of grilled or broiled items just before service, or use to finish a sauce.





# FARMER'S CHEESE

CU222 Week 11 - What is Farm to Table?

You may view this video at: <https://player.vimeo.com/video/440087557>

## INGREDIENTS

**Yields:** ~1 lb

½ gallon	Whole milk
¼ cup	Distilled white vinegar

## DIRECTIONS

1. Pour milk into a stainless steel pot.
2. Heat on medium- low until slight simmer, but not boiling.
3. Stir occasionally to prevent the milk from scorching.
4. While stirring, slowly pour in vinegar.
5. The milk will start to separate into curds and whey.
6. Remove from heat and let sit at room temperature for the curds and whey to finish separating.
7. Line a sieve or a colander with cheesecloth.
8. Slowly pour the curds and whey into the cloth to catch the curds. You can lightly press and stir the curds with a spatula to help get all the liquid out.
9. Gather the cloth around cheese and squeeze tightly and firmly to get all the whey out.
10. Store in refrigerator, covered, until ready for use.





# SIRNICKI

CU222 Week 11 - What is Farm to Table?

You may view this video at: <https://player.vimeo.com/video/475995681>

## INGREDIENTS

**Yields:** 4 servings

2 cups	Fresh farmer's cheese
1 each	Egg, beaten
½ cup	All-purpose flour
1 tsp	Kosher salt
1 tsp	Sugar
As needed	Vegetable oil

## DIRECTIONS

1. Combine all ingredients, except the oil, in a mixing bowl until just combined and evenly mixed.
2. Heat a skillet or griddle over medium heat.
3. Once heated, lightly coat with oil.
4. Using a spoon, scoop approximately 2 Tbsp of the batter onto the griddle as you would pancakes. Leave room between each Sirnicki to give room to flip.
5. As the bottom becomes golden brown, flip, and brown the other side.
6. Remove to a plate to the side until all of the batter has been cooked.
7. Serve warm. Can be used in savory or sweet applications.



*Week Twelve*

**FINAL**

**MYSTERY BOX!**



**MYSTERY BOX-  
PROTEIN, VEGETABLE, SAUCE, STARCH**

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