

Wallenpaupack Area High School

Level One Cuisine Culinary Arts

Wallenpaupack Area High School

Course Syllabus

COURSE TITLE	<u>Level One Cuisine</u> <u>Basic Food Preparation</u>
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Catalog Description

A study of the fundamentals of food preparation and cookery to include the Brigade System, cooking techniques, material handling, heat transfer, sanitation, safety, nutrition and professionalism.

Pre/Corequisites

Intro. to Culinary Arts; Cooking for Independent Living, Foods

Approved Textbooks

Culinary Essentials	J & W University	2010	Glencoe McGraw Hill
The Art and Craft of the Cold Kitchen	CIA	2012	Wiley
Math for the Professional Kitchen	Dressen, Nothuagel, Wysocki	2011	Wiley
The Professional Chef	CIA	2011	Wiley

Learning Outcomes

- 1.0 Demonstrate skills in knife, tool and equipment handling and operate equipment safely and correctly.
- 2.0 Demonstrate proficiency in dry and moist heat cooking methods.
- 3.0 Produce a variety of food products applying principles of food handling and preparation.
- 4.0 Implement professional standards in food production.

Intellectual Skills	
1	5
SCANS Competencies	
1.1 3.1 4.1 5.2 5.3 6.4 7A.1 7B.1 7C.1 7C.2 7E.1 7E.2	
Exemplary Objectives	
2.1 1.4	

1.a Demonstrate the proper and safe handling of knives; including appropriate knife selection for the task.	1.1 7c.1 7E.1
1.b Understand the reasons for and demonstrate proper knife cuts	7E.2
1.c. Demonstrate correct and safe tool and equipment use	3.1
1.d Demonstrate cleaning, sanitization and care of knives, tools and equipment	
1.e Demonstrate ability to interpret and convert standardized recipes	
2.0 Demonstrate proficiency in dry and moist heat cooking methods	7C.1 7A.1
2.a Demonstrate the dry heat methods of cookery; sauté, broil, grill, deep fry, pan fry, pan broil, roast, bake	7C.2 7E.1 6.4
2.b Demonstrate the moist heat methods of cookery; boil, simmer, braise, submerge poach, shallow poach, steam	2.1 7E.2
2.c Discuss how heat is transferred and how this process relates to dry and moist heat cooking methods	
3.0 Produce a variety of food products applying principles of food handling and preparation	7E.1 7C.1 7A.1
3.a Demonstrate the preparation of a variety of food items including: meats, seafood, poultry, vegetables, grains and starches	5.3 7B.1 7E.2
3.b Demonstrate proper and safe storage and handling of food products	1.4
4.0 Implement professional standards in food production	7C.1 7B.1 7C.2
4.a Understand the Brigade System	4.1
4.b Discuss team work in the food service industry	
4.c Discuss standards of professionalism	
4.d Understand the quality standards of prepared foods	
4.e Understand the need for sanitation and food safety in the food service industry	

Wallenpaupack Area School District Planned Course Curriculum Guide

Department Culinary Arts
Name of Course Culinary Arts Level 1

Course Description:

A study of the fundamentals of food preparation and cookery to include the Brigade System, cooking techniques, materials handling, heat transfer, sanitation, safety, nutrition and safety.

Revision Date: February, 2020

Wallenpaupack Area School District Curriculum	
COURSE:	GRADE/S:
UNIT 1:	TIMEFRAME:

PA COMMON CORE/NATIONAL STANDARDS:

CC.2.1.HS.F.2 - Apply properties of rational and irrational numbers to solve real world or mathematical problems.

A1.1.1.1.1, A1.1.1.1.2, A1.1.1.3.1, A1.1.1.2.1

CC.2.1.HS.F.3 Apply quantitative reasoning to choose and interpret units and scales in formulas, graphs, and data displays.

A1.1.2.1.1, A1.1.2.1.2, A1.1.2.1.3, A1.2.1.2.1, A1.2.1.2.2, A2.2.2.1.1, A2.2.2.1.2, A2.2.3.1.1, A2.2.3.1.2

CC.2.1.HS.F.4 Use units as a way to understand problems and to guide the solution of multi-step problems.

A1.1.2.1.1, A1.1.2.1.2, A1.1.2.1.3, A1.2.1.2.1, A1.2.1.2.2, A2.2.2.1.1, A2.2.2.1.2

CC.2.1.HS.F.5 Choose a level of accuracy appropriate to limitations on measurement when reporting quantities.

A1.1.2.1.1, A1.1.2.1.2, A1.1.2.1.3, A1.1.2.2.1, A1.1.2.2.2, A1.1.3.1.1, A1.1.3.1.2, A1.1.3.1.3, A1.1.3.2.1, A1.1.3.2.2, A2.2.3.1.1, A2.2.3.1.2

Locate various texts, media and traditional resources for assigned and independent projects before reading. 1.1.11.D

Identify, describe, evaluate and synthesize the essential ideas in text. Assess those reading strategies that were most effective in learning from a variety of texts. 1.1.11.F

Understand the meaning of and apply key vocabulary across the various subject areas.

1.2.11.A Read and understand essential content of informational texts and documents in all academic areas. R11A2

Understand nonfiction text appropriate to grade level. 1.4.11.B Write

complex informational pieces. 1.5.11.A Write with sharp, distinct focus. **1.5.11.B**

Write using well-developed content appropriate for the topic. 1.5.11.C Write with controlled and/or subtle organization. **1.5.11.F**

Contribute to discussions. 1.6.11.E

Math: 2.2.11.A

Develop and use computation concepts, operations and procedures with real numbers in problem-solving situations. M11A2

Science and Technology: 3.6.12.B

Analyze knowledge of information technologies of processes encoding, transmitting, receiving, storing, retrieving and decoding. 3.7.12.A

Apply advanced tools, materials and techniques to answer complex questions. 3.7.12.B

Evaluate appropriate instruments and apparatus to accurately measure materials and processes. 3.7.12.C

UNIT OBJECTIVES (SWBATS):

appropriate knife selection for the task.

- 1.b Understand the reasons for and demonstrate proper knife cuts
- 1.c. Demonstrate correct and safe tool and equipment use
- 1.d Demonstrate cleaning, sanitization and care of knives, tools and equipment
- 1.e Demonstrate ability to interpret and convert standardized recipes

2.0 Demonstrate proficiency in dry and moist heat cooking methods

2.a Demonstrate the dry heat methods of cookery; sauté, broil, grill, deep fry, pan fry, pan broil, roast, bake

2.b Demonstrate the moist heat methods of cookery; boil, simmer, braise, submerge poach, shallow poach, steam

2.c Discuss how heat is transferred and how this process relates to dry and moist heat cooking methods

3.0 Produce a variety of food products applying principles of food handling and preparation

3.a Demonstrate the preparation of a variety of food items including: meats, seafood, poultry, vegetables, grains and starches

3.b Demonstrate proper and safe storage and handling of food products

4.0 Implement professional standards in food production

4.a Understand the Brigade System

4.b Discuss team work in the food service industry

4.c Discuss standards of professionalism

4.d Understand the quality standards of prepared foods

4.e Understand the need for sanitation and food safety in the food service industry

INSTRUCTIONAL STRATEGIES/ACTIVITIES:

Lecture, guided practice, apprenticeship

ASSESSMENTS (Diagnostic/Benchmark/Formative/Summative):

Teacher created rubrics for each competency area.

EVIDENCE OF MASTERY:

Performance Levels:

(4) Student can perform skill without supervision and has a depth of knowledge that allows him/her to solve problems and adapt to situations.

(3) Student can perform skill satisfactorily without assistance or supervision.

(2) Student can perform skill satisfactorily with assistance or supervision

(1) Student can perform parts of the task, but not without considerable assistance and supervision.

(0) No attempt was made to meet the criterion.

* To obtain competency, criterion must be met at 3 or above (proficient level).

* Accommodation – Students are able to perform task at level 2 – with assistance from chef and with extra time, if needed.

DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)

* Accommodation – Students are able to perform task at level 2 – with assistance from chef and with extra time, if needed.

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A Preface to the Recipes

Cooking is a matter of trusting your own sensibilities. It is observing, tasting, touching, smelling, and experiencing the ingredients for you, and noticing what happens to them as they are cooked. When we give extensive directions, our intention is to explain how the recipe works, not to dictate an exact, right way. You decide what you like, how to cook it, and how much time and energy you are willing to commit. Though you may refer to various clues and reference points, you will sense for your self, finally, when something is tender, when something is chewy. There is no secret outside trusting your own sensibilities.

It is important to work closely with the ingredients you have in front of you. You must understand the equipment and the stove you are working with; to know, for example, whether your oven is fast or slow. You are not cooking carrots in general, but specifically these carrots, in this pot, on this stove. Cooking times vary according to the ingredients, their freshness, their size, how they are cut, the kind of pot, the heat from the stove, and your own taste. So although the directions give a general guide, the cook must observe what is happening in this particular instance, right now, and then respond accordingly by, for example, letting something cook longer or taking it off the stove.

Similarly, seasoning is essentially a matter of personal taste, whether it is salt, pepper, chili pepper, vinegar, herbs, spices, or sugar. Be careful not to get caught up in comparing how something tastes with an imaginary, arbitrary standard. Instead, simply observe how each seasoning affects the flavor and choose the level of seasonings you like. When seasoning is prudent or cautious, as heavy-handed seasoning cannot be undone. Especially if you are not familiar with the effects of a particular seasoning, be patient and add just a little at a time. Keep in mind that freshly ground peppers and spices will be stronger than those over a period of months. The basic guideline for seasoning is to make it light enough that the overall flavors are heightened. Generally speaking, if you can taste the seasoning as a separate element, you have put in too much. Whether it is salt in a soup, sugar, or vinegar in a sauce or nutmeg in custard.

Most of the individual steps in cooking, washing, cutting, cooking, seasoning, and cleaning up, are simple and straightforward. Yet the thoroughness with which the activity is done can make a world of difference to the dish, grit left in the spinach or a stone hidden in the beans will ruin the most delicious meal. Even for the unfamiliar task of making pasta, there is no help for it but to plunge in and learn from the doing. Skill and confidence come through practice.

The fundamentals of fine cooking anywhere, selecting ingredients seasonally, seeking out and encouraging local sources of produce, building flavors with stocks, using fresh herbs and freshly ground dried herbs and spices, choosing good quality oils and other staples, adapting recipes and ideas to one's own circumstances, and harmonizing tastes, textures, and colors. A cook's mind is supple and flexible enough to do justice to the beauty and particularity of fruits and vegetables and is always ready to warm to the task. There is a lot to think about and a lot to get done, but to be efficient does not mean to be hurried, and to be unhurried does not mean to sit in a lawn chair. Take the time to give each task its due, it comes out in the food: a generosity of spirit. Call it rejoicing, tenderness, graciousness, or simple attention to detail, the quality of caring is an ingredient everyone can taste.

Menus and Recipes

Cycle Menu:

A cycle menu is developed for a set period; at the end of that period it repeats itself (that is, on a seven day cycle, the same menu is used every Monday). Some cycle menus are written on a seasonal basis, with a new menu for each season to take advantage of product availability. Cycle menus are used commonly in schools, hospitals and other institutions. Although cycle menus may be repetitious, the repetition is not necessarily noticeable to diners because of the length of the cycles.

Recipe

A set of written instructions for producing a specific food or beverage; also known as a formula.

Standardized Recipe

A recipe producing a known quality and quantity of food for a specific operation.

Menu writing and recipe development are mutually dependent activities. Once the menu is created, standardized recipes should be prepared for each item. A standardized recipe is one that will produce a known quality and quantity of food for a specific operation. It specifies

1. The type and amount of each ingredient
2. The preparation and cooking procedures
3. The yield and portion size

A standardized recipe also list equipment used to assure economical use.

Standardized recipes are not found in books or provided by manufacturers, they are recipes customized to your operation, cooking time, temperature, and utensils should be based on the equipment actually available. Yield should be adjusted to an amount appropriate for the operation. A recipe must be tested repeatedly and adjusted to fit the facility and individual needs before it can be considered standardized.

Standardized recipes are a tool for the chef and management. The written forms assist with training cooks, educating service staff, and controlling financial matters. They also help ensure that the customer will receive a consistent quality and quantity of product. Accurate recipe costing and menu pricing depends on having and using standardized recipes.

Although formats differ, a standardized recipe form will usually include:

- Name of product
- Yield
- Portion size
- Presentation and garnish
- Ingredient quality and quantity
- Preparation procedures
- Cooking time and temperature
- Holding procedures
- Equipment used

The form may also include information on costing and a photograph of the finished dish. Each form should be complete, consistent and simple to read and follow. The forms should be stored in a readily accessible place. Index cards, notebook binders or a computerized database may be used, depending on the size and complexity of the operation.

Stocks

There are several types of stock. While they are all made from a combination of bones, vegetables, seasonings, and liquid, each type uses specific procedures to give it distinctive characteristics.

White Stock

Is made by simmering chicken, veal, or beef bones in water with vegetables and seasoning. The stock remains relatively colorless during the cooking process.

Brown Stock

Is made from chicken, veal, beef, or game bones, and vegetables, all of which have been caramelized before being simmered in water with seasonings. The stock has a rich dark color.

Fish Stock and a Fumet

Are made by slowly cooking fish bones or the shells of crustacean shells and vegetables without coloring them, then adding water, vegetables, and seasonings and simmering for a short period of time. For a fumet, wine and lemon juice are also added. The resulting stock or fumet is a strongly flavored, relatively colorless liquid.

Court Bouillon

Is made by simmering vegetables and seasonings in water and an acidic liquid such as vinegar or white wine. It is used to poach fish or vegetables.

Ingredients

The basic ingredients of any stock are bones, a vegetable mixture known as mirepoix, seasonings, and water.

Bones

Bones are the most important ingredients for producing a good stock. Bones add flavor, richness, and color. Different bones release their flavor at different rates. Even though the bones are cut into 3 to 4 inch pieces, a stock made entirely of beef and or veal bones requires 6 to 8 hours cooking time, while a stock made entirely of chicken bones requires on 3 to 5 hours.

- Beef and Veal Bones – The best beef and veal bones are back, neck, and shank bones as they have a high collagen content. Beef and veal bones should be cut with a meat saw into small pieces, approximately 3 to 4 inches long, so they they can release as much flavor as possible while the stock cooks.
- Chicken Bones – The best bones for chicken stock are from the neck and back. If a whole chicken carcass is used, it can be cut up for easier handling.

- **Fish Bones** – The best bones for fish stock are from lean fish such as sole, flounder, whiting, or turbot. Bones from fatty fish (e.g. salmon, swordfish, tuna) do not produce a good stock because of their high fat content and distinctive flavors. The entire fish carcass can be used, but it should be cut up with a cleaver or knife for easy handling and even extraction of flavors. After cutting, the pieces should be rinsed in cold water to remove blood, loose scales, and other impurities. Fish heads are commonly used, but a cloudy stock is often the result.
- **Other Bones** – Lamb, turkey, game, and ham bones can also be used for white or brown stocks. While mixing bones is generally acceptable, be careful of blending strongly flavored bones, such as those from lamb or game, with beef, veal or chicken bones. The former's strong flavors may not be appropriate in the final product.
- **Mirepoix** – A mirepoix is a mixture of onions, carrots, and celery added to a stock to enhance its flavor and aroma. Although chefs differ on the ratio of vegetables, generally a mixture of 50% onion, 25% carrots, and 25% celery, by weight, is used. For a brown stock, onion skins may be used to add color. It is not necessary to peel the carrots or celery because flavor, not aesthetics, is important. The size of the mirepoix is determined by the cooking time of the stock. The shorter the cooking time, the smaller the vegetables need to be. A white mirepoix is made by replacing the carrots in a standard mirepoix with parsnips and adding mushrooms and leeks. A white mirepoix is usually used when making a fish stock or fumet, but carrots are used when making lobster stock (or shrimp). Leeks (well washed) are said to clarify stocks.
- **Seasonings** – The basic stock seasonings are peppercorns, bay leaves, thyme, parsley stems, and optionally garlic. These seasonings can generally be left whole. It is important not to add the mirepoix for the seasonings at the beginning of the stock making process for two reasons:
 1. After the bones and liquid come to a simmer, skimming is absolutely necessary to remove fat and impurities that will cloud the stock. The mirepoix and seasonings float on top of the stock and get in the way of skimming.
 2. The skimming process will remove a great deal of the mirepoix and seasonings and therefore rob the stock of valuable flavor.

The Principals of Stock Making

The following principles apply to all stocks. You should follow them in order to achieve the highest quality stock possible.

Start the stock in cold water

The ingredients should always be covered with cold water. When bones are covered with cold water, blood and other impurities dissolve. As the water heats, the impurities coagulate and rise to the surface, where they can be removed easily by skimming. If the bones were covered with hot water, the impurities would coagulate more quickly and remain dispersed in the stock without rising to the top, making the stock cloudy.

If the water level falls below the bones during cooking, add water to cover them. No flavor can be extracted from bones not under water, and bones exposed to air will darken and discolor a white stock.

Simmer the stock gently

The stock should be brought to a boil and then reduced to a simmer, a temperature of about 185 degrees. While simmering, the ingredients release their flavors into the liquid. If kept at a simmer, the liquid will remain clear as it reduces and a stock develops.

Never boil a stock for any length of time. Rapid boiling of a stock, even for a few minutes, causes impurities and fats to blend with the liquid, making it cloudy.

Skim the stock frequently

A stock should be skimmed often to remove the fat and impurities that rise to the surface during cooking. If they are not removed they may make the stock cloudy. Skimming impurities from the stock is called depopulate, and skimming the clear fat that rises to the top is called degasser.

Strain the stock carefully

Once a stock finishes cooking, the liquid must be separated from the bones, vegetables and other solid ingredients. In order to keep the liquid clear, it is important not to disturb the solid ingredients when removing the liquid. This is easily accomplished if the stock is cooked in a steam kettle or stockpot with a spigot at the bottom.

If the stock is cooked in a standard stockpot:

1. Skim as much fat and as many impurities from the surface as possible before removing the stock from the heat.
2. After removing the stock from the heat, carefully ladle the stock from the pot without disturbing the solid ingredients.
3. Strain the stock through a china cup lined with several layers of cheesecloth.

Cool the stock quickly

Most stocks are prepared in large quantities, cooled and held for later use. Great care must be taken when cooling a stock to prevent food borne illnesses or souring. A stock can be cooled quickly and safely with the following procedure.

1. Keep the stock in a metal container. A plastic container insulates the stock and delays cooling.
2. Vent the stockpot in an empty sink by placing it on blocks (bricks) or on a rack. This allows water to circulate on all sides and below the pot when the sink is filled with water and ice.

Store the stock properly

Once the stock is cooled, transfer it to a sanitized covered container and store it in the refrigerator. As the stock chills, fat rises to the surface and solidifies. If left intact, this layer of fat helps preserve the stock. Stocks can be stored for up to one week in the refrigerator or frozen for several months.

Degreasing the stock

Degreasing a stock is simple: When a stock is refrigerated, fat rises to its surface, hardens, and is easily lifted or scraped away before the stock is reheated.

White stock

A white stock or neutral stock may be made from beef, veal, or chicken bones. The finished stock should have a good flavor, good clarity, high gelatin content, and little or no color. Veal bones are most often used, but any combination of beef, veal, or chicken bones may be used.

Brown stock

A brown stock is made from chicken, veal, beef, or game bones. The finished stock should have a good flavor, rich dark brown color, good body, and high gelatin content.

The primary differences between a brown stock and a white stock are that, for a brown stock, the bones and mirepoix are caramelized before being simmered and a tomato product is added. These extra steps provide the finished stock with a rich dark color and a more intense flavor.

Caramelizing

Caramelization is the process of browning the sugars found on the surface of most foods. This gives the stock its characteristic color and flavor.

Procedure for caramelizing bones:

Do not wash for blanch bones, as this retards Caramelization.

1. Place the cup up bones in a roasting pan one layer deep. It is better to roast several pans of bones than to overfill one pan.
2. Roast the bones for approximately one hour in a hot oven (375 degrees). Stirring occasionally, brown the bones thoroughly, but do not allow burning.

Deglazing the pan

After the bones are caramelized, the excess fat should be removed and reserved for future use. The caramelized and coagulated proteins remaining in the pan are very flavorful. Swirl wine or stock into pan and use a large kitchen spoon to release particles.

Procedure for deglazing pan:

1. Place the roasting pan on top of the stove over medium heat, when hot; add enough water to cove the bottom of the pan by ½ inch deep.
2. Stir and scrape the bottom of the pan with a large kitchen spoon to remove all of the caramelized material and while the water heats.
3. Pour the deglazing liquid (or liquor) over the bones in the stockpot.

Procedure for caramelizing mirepoix

1. Add a little of the reserved fat from the roasted bones to the roasting pan after it has been deglazed. Or use a sautoir large enough to contain all of the mirepoix comfortably.
2. Sauté the mirepoix, browning all of the vegetables and evenly without burning them. The vegetables can also be roasted in the same pan that the bones were roasted in
3. Add the tomato product and allow to pincer
4. Add the caramelized mirepoix to the stockpot

Most any tomato product can be used in a brown stock. Fresh tomatoes, canned whole tomatoes, crushed tomatoes, tomato puree or paste. If using a concentrated tomato product such as paste or puree, use approximately half the amount by weight of fresh or canned tomatoes. The tomato product should be added to the stockpot when the mirepoix is added.

Fish stock and fumet

A fish stock and fish fumet are similar and can be used interchangeably in most recipes. Both are clear with a pronounced fish flavor and very light body. A fumet however is more strongly flavored and aromatic.

The fish bones and crustacean shells used to make a fish stock or fumet should be washed but never blanched because blanching removes too much of the flavor. Mirepoix is cut very small because simmering time is only 35 to 40 minutes.

Vegetable stock

A good vegetable stock should be clear and light colored. Because no animal products are used, there is no gelatin content. Although almost any combination of vegetables can be used for stock making, more variety is not always better. Sometimes a vegetable stock made with one or two vegetables that complement the finished dish particularly well will produce better results than a stock made with many vegetables.

Court Bouillon

A court bouillon, while not actually a stock, is prepared in much the same manner as stocks so it is included here. A court bouillon is a flavored liquid, usually water and wine or vinegar, in which vegetables and seasonings have been simmered to impart their flavors and aromas. Court bouillon is most commonly used to poach fish and shellfish.

Glaze

A glaze is a dramatic reduction and concentration of a stock. One gallon of stock produces on 1 to 2 cups of glaze. Glace de viande is made from brown stock or white beef or veal stock, reduced until it becomes dark and syrupy. Reducing a brown stock to a true glaze could create a bitter flavor. Glace de volaille is made from chicken stock and glace de poisson is made from fish stock.

Glazes are added to soups or sauces to increase and intensify flavors. They are also used as a source of intense flavoring for several small sauces.

When making a white stock from veal or beef bones, it is advisable to blanch the bones first, before covering with cold water and proceeding with the stock. Blanching helps to remove impurities that will cloud a stock and, ultimately the glaze.

Procedures for reducing a stock to a Glaze

1. Simmer the stock over very low heat. Be careful not to let it burn and skim if often.
2. As it reduces and the volume decreases, transfer the liquid into progressively smaller saucepans. Strain the liquid each time it is transferred into the smaller saucepans.
3. Strain it a final time, cool, and refrigerate. A properly glaze should keep, under refrigeration, for several months.

Troubleshooting Chart for Stocks

Problem	Reason	Solution
Cloudy	Impurities Stock boiled during Cooking	Start stock in cold water Strain through layers of Cheesecloth
Lack of Flavor	Not cooked long enough Inadequate seasoning Improper ration of bones To water	Increase cooking time Add more flavoring Add more bones
Lack of Color	Improperly caramelized Bones and mirepoix Not cooked long enough	Caramelize bone and Mirepoix Cook longer
Lack of Body	Wrong bones used Insufficient reduction Improper ration of bones To water	Use bones with higher Content of connective Tissue Cook longer Add more bones
Too Salty	Commercial base used Salt added during cooking	Change base or make Own stock, do not add salt

Sauces

With a few exceptions, a sauce is a liquid plus thickening agent plus seasonings. To produce fine sauces one must:

1. Make good stocks
2. Use thickening agents properly to achieve the desired texture, flavor, and appearance
3. Use seasonings properly to achieve the desired flavors.

Classic hot sauces are divided into two groups. Mother or leading sauces (sauce mere) and small or compound sauces. The five classic mother sauces are:

- Béchamel
- Veloute
- Espagnole
- Tomato
- Hollandaise

Not all sauce fit into traditional classifications, however. Some sauce use purees of fruits and vegetables as their base; they are known as coulis. Others, such as beurre blanc, are based on acidic reduction in which whole butter is incorporated. Flavored butters, salsas, relishes, and pan gravy are also used as sauce.

Thickening Agents

Although they're a few exceptions, most sauces are thickened by the gelatinization of starches. As moisture is absorbed into the starch molecule, viscosity, or resistance to the spoon, is created. Starches generally used to thicken sauces are flour, cornstarch, and arrowroot, but other methods are used. Including breadcrumbs, eggs, blood, and reduction. No matter how the sauce is thickened, it must contain these qualities.

- Lump-free
- Has good clean flavor that is not pasty or floury
- Has a consistency that will coat the back of a spoon (Nappe)
- Will not separate or break when the sauce is held

Thickeners

Thickeners are added to liquids to give a sauce, soup, stew, or braise additional body. The type of thickener you choose will have a definite effect on the overall quality of the finished dish. Some thickeners, such as roux and gelatin, require meticulous care in order to achieve the best results. Others, including beurre manie and slurries, are less demanding in terms of length of time required for preparation, as well as the "trickiness" of properly incorporating them into a liquid.

Slurries

Slurry is a starch (arrowroot, cornstarch, or rice flour) dissolved in a cool liquid. The mixture should have the consistency of heavy cream. The method is as follows:

1. Blend the starch thoroughly with one to two times its volume of cold liquid. If the slurry has stood for a while, be sure to stir it well before mixing into the hot liquid, as the starch tends to settle.
2. Bring the hot liquid to a simmer or low boil
3. Gradually add the slurry, stirring or whisking constantly to prevent lumping and scorching.
4. Bring the liquid back to a boil and cook just until the sauce reaches the desired thickness and clarity.

Sauces, soups, and other dishes thickened with slurries have limited holding periods. Be sure to check them periodically for quality if they must be held in a steam table. Since slurries cook quickly, it is best to thicken items as needed, in batches throughout service whenever possible.

Beurre Manie

A French term for kneaded butter, this is a mixture of equal amounts (by weight) of softened whole butter and flour. Sometimes called “uncooked roux,” it is used to quickly thicken sauces and stews. Beurre manie produces a thin to medium consistency and a glossy texture. It is traditionally used in vegetable dishes (peas Bonne femme, for example) and fish stews (known as matelotes). The method is as follows:

1. Allow the butter to soften until it is pliable but not melted, it should be cool and plastic
2. Add an equal weight of flour and work to a smooth paste. Use a wooden spoon when working with small amounts; the friction of the wood against the bowl helps to work the butter and flour together quickly. Then making large quantities, use an electric mixer with the paddle attachment.
3. If the Beurre manie will not be used right away, store it tightly wrapped in the refrigerator.

Roux

Prepared by cooking a fat and flour. This mixture is often prepared in advance in large quantities for use as needed. Butter is the most common fat, but chicken fat, vegetable oils, or fats rendered from roasts may be used. Different fats will have a subtle influence on the finished dish's flavor.

The standard proportion of fat to flour is one to one by weight, but depending on the types of fat and flour used, this proportion may need to be adjusted slightly. Cooked roux should be moist by not greasy. A common description is like sand at low tide. There are four basic types of roux, differing according to the length of time they are cooked and the color of the finished roux.

- White roux
- Pale or blond roux
- Brown roux
- Dark brown or black roux

Preparing a Roux

The method for preparing a roux is as follows:

1. Melt the clarified butter or other fat in a pan over moderate to low heat.
2. Add the flour and stir until smooth.
3. If necessary, add a small amount of flour to achieve the proper consistency.
4. Cook, stirring constantly to the desired color. Roux should be glossy in appearance.
 - White roux should be barely colored, or chalky
 - Pale of blond roux should be a golden straw color, with a slightly nutty aroma.
 - Brown or black roux should be deep brown, with a strong, nutty aroma.
5. If the roux will not be used right away, cool and store it, tightly wrapped, in a refrigerator.

Combining Roux with a liquid

The method of combining a roux with a liquid is as follows:

1. Be sure that the roux and liquid temperatures are different, hot liquid and cold roux or cold liquid and hot roux to help prevent lumping. Add one to the other gradually and whip constantly to work out the lumps. You will always have better control when adding a room temperature roux to a boiling liquid, as gelatinization happens immediately, and you will not accidentally add too much roux.
2. Gradually return the soup or sauce to a boil, whisking occasionally, or at least 20 minutes, to cook out the taste of the flour (by skimming).

To test for the presence of starch, press a small amount of the sauce to the roof of the mouth with your tongue. It should not feel gritty or gluey. If it does, continue cooking until the starch is completely cooked out.

How to finish a sauce:

Reduction:

As sauces cook, moisture is released in the form of steam. As steam escapes, the remaining ingredients concentrate, thickening the sauce and strengthening the flavors. This process, known as reduction, is commonly used to thicken sauces because no starches or other flavor altering ingredients are added. Sauces are often finished by allowing them to reduce (gently) until desired consistency is produced.

Straining

Smoothness is important to the success of most sauces. They can be strained through either a china cup lined with several layers of cheesecloth or a fine mesh chinois.

Montour au Beurre:

Montour au Beurre is the process of swirling or whisking whole butter into the sauce to give it shine, flavor, and richness.

Always taste the sauces before serving, adjusting seasonings if necessary.

The Principals of Soup Making

Most soups can be classified by cooking technique and appearance and either clear or thick.

Clear soups include broths, made from meat, poultry, game, fish, or vegetables, as well as consommés, which are broths clarified to remove their impurities.

Thick soups include cream and pureed soups. The most common cream soups are those made from vegetables cooked in a liquid that is thickened with a starch and pureed; cream is then incorporated to add richness and flavor. Puree soups are generally made from starchy vegetables or legumes. After the main ingredients are simmered in a liquid, the mixture or a portion of it is pureed.

Some soups (notably bisques and chowders as well as cold soups such as gazpacho and fruit soup) are in a special category.

Garnishing is an important consideration when preparing soups. When applied to soups, the word garnish has two meanings. The first is the one more typically associated with the word. It refers to foods added to the soup as decoration, for example, broccoli florets floated on a cream of broccoli soup. The second refers to foods that may serve not only as decorations but also as critical components of the final product, for example, noodles, or dumplings, or matzo balls.

Clear Soups

All clear soups start as broth. Broths may be served as finished items, used as the base for other soups, or refined into consommés. Broths are made from meat, poultry, fish, or vegetables cooked in a flavorful liquid. Cuts of meat from the shank, neck, or shoulder result in the best broths, as will the flesh of more mature poultry. The principles of skimming, temperature, and straining also apply to broth making.

Procedure for Preparing Broths

1. Truss or cut the main ingredient.
2. Brown the meat; brown or sweat the mirepoix or vegetables as necessary.
3. Place the main ingredient and mirepoix or vegetables in an appropriate stockpot and add enough cold stock to cover. Add a bouquet gamy or sachet deices.
4. Bring the liquid slowly to a boil; reduce to a simmer and cook, skimming occasionally, until the main ingredient is tender and the flavor is fully developed.

5. Carefully strain the broth through a china cap lined with several layers of cheesecloth. Try to disturb the solid ingredients as little as possible, a spigot stockpot is helpful.

Cream Soups

Simmering the main ingredient in a white stock or thin veloute sauce to which seasonings have been added makes most cream soups. The mixture is then pureed and strained. After the consistency has been adjusted, adding cream then finishes the soup. In classic cuisine, thin béchamel sauce is often used a base for cream soups and can be substituted for veloute in many recipes. Both hard and soft vegetables are used for cream soups. The hard vegetables are sweated in whole butter (without browning) and then simmered in broth. Soft and leafy vegetables are generally added to the broth after it has been brought to a boil. Because cream soups are pureed, it is important to cook the vegetables until they are soft so they can pass through a food mill (or otherwise) easily.

All cream soups are finished with cream or milk. Using milk thins the soup while adding richness; using the same amount of cream adds much more richness without the thinning effect. Cold milk and cream curdle easily if added directly to the hot soup. There are several steps that can be taken to prevent curdling:

1. Never add cold milk or cream to hot soup. Bring the milk or cream to a simmer before adding it to the soup. Or, temper the milk or cream by adding a little soup at a time in a separate bowl and then adding back to soup.
2. If possible, add the milk or cream just before service.
3. Do not boil the soup after the milk or cream has been added.
4. The presence of roux or starch prevents curdling, so béchamel or cream sauce is often used instead of milk or cream.

Procedure for Making Cream Soups

1. In a soup pot, sweat hard vegetables such as squash, onions, carrots, and celery in oil or butter without browning.
2. In order to thicken the soup, add flour and cook to make a blond roux, or add a thin veloute or béchamel sauce to the vegetables.
3. Bring to a boil and reduce to a simmer.
4. Add any soft vegetables such as broccoli, or asparagus, and a sachet deices.
5. Simmer the soup, skimming occasionally, until the vegetables are very tender.

6. Puree soup by passing it through a food mill, blender, food processor, or vertical chopper and strain through a china cap. If the soup is too thick, adjust consistency by adding boiling white stock.
7. Finish the soup by adding hot milk or cream or a thin béchamel or cream sauce. Adjust seasonings.

Puree Soups

Puree soups are hearty soups made by cooking starchy vegetables or legumes in a stock or broth, then pureeing all but a portion of them to thicken the soup. Puree soups are similar to cream soups in that they both consist of a main ingredient that is cooked in a liquid, and then pureed. The primary difference is that unlike cream soups, which are thickened with starch, puree soups generally do not use additional starch for thickening. Rather, puree soups depend on the starch content of the main ingredient for thickening. Also, puree soups are generally coarser than cream soups and are typically not strained after pureeing. When finished puree soups with cream, follow the guidelines for adding cream to a cream soup

Puree soups can be made with dried or fresh beans, such as peas, lentils, and navy beans, or with any number of vegetables including cauliflower, celery root, turnips, and potatoes. Diced potatoes or rice are often used to help thicken vegetable puree soups.

Procedure for Making Puree Soups

1. Sweat the mirepoix in butter without browning.
2. Add the cooking liquid.
3. Add the main ingredient and sachet deices.
4. Bring to a boil, reduce to a simmer and cook until all of the ingredients are soft enough to puree easily.
5. Reserve a portion of the liquid to adjust soup's consistency. Puree the rest of the soup by passing it through a food mill, food processor, and blender.
6. Add enough of the reserved mixture to adjust soup's consistency and return soup to a simmer, adjust seasonings.
7. Add hot cream, if desired.

Basic Fundamental Standards of Cooking

Roasting

Roasting Ration

1 Meat
1 ounce Mirepoix
2 ounces Finished Sauce per person

Roasting is cooking by dry heat while basting frequently with fat. Meat for roasting must be of top quality. The cut should be tender or before roasting, the meat must be tied or trussed and, if it has insufficient fat, it should be barded or larded.

When roasting meat or poultry in the oven or by rotisserie, not the following:

1. Searing is an acceptable technique if carried out correctly and where applicable. Small pieces may be seared on top of the range.
2. In most cases meat should be raised on a rack or on bones while in the oven.
3. Do not pierce roasts when turning them or taking them from the oven.
4. The type of roasting pan will vary according to the amount of meat or poultry to be roasted, its size, whether or not a rack is used and the spacing of the oven shelves.
5. The temperature of the oven must be regulated to suit the kind of meat being roasted and its size.
6. Pre-preparation may involve any of these principles, depending upon variety and size of the roast:
 - a) Stuffing
 - b) Boning
 - c) Trussing
 - d) Seasoning
 - e) Barding or Larding

Methods of Roasting

Oven Roasting

1. If the roast renders a lot of fat it can be placed on a rack to prevent contact with fat and juices.
2. An open, low-sided pan suitable for the size of the meat is used.
3. Do not cover the pan while roasting.
4. Barding or Larding may be necessary for very lean meats.
5. Oven should be pre-heated to the correct temperature.
6. Temperature is regulated according to the size and thickness of the meat and the desired degree of doneness.
7. Baste with fat, never with liquid.

Roasting Technique for Small-Sized Red Meats

1. Sear: To brown quickly and Caramelize the meat juices.
2. Roast: Moderate temperature (slow sizzling sound of the fat and pan juices)
3. Doneness: Checked by thermometer, skewer, time/weight/temperature or finger pressure
4. Finish: Resting period, cooking of jus, gravy, etc.

Testing Roasted Items for Doneness

Item	What to Check	Pro / Con
Fork (2 Tined)	Color of juices in poultry	Punctures meat, loss of juices
Skewer	Resistance and temperature with other meats	Not accurate
Bi-Thermo Thermometer	Temperature of desired doneness	Inexpensive, accurate

Time/Temperature To Weight Ration	Follow chart to determine how long at what Temperature	Inaccurate, the shape of the meat will affect the cooking time Good for an estimate on approximate cooking time
Touch	Resistance of fibers in the meat As the meat cooks the fibers tighten	Inaccurate, resistance varies with the age and type of meat
Experience	All of the above	Helps to control variables

Basic Fundament Standards of Cooking (Broiling and Grilling)

Broiling is the action of cooking food by dry heat, close to an open fire. The intense heat keeps the juices inside the meat while browning the outside.

Broiling may be carried out on:

Broiler (top-heat source)

Conventional or convection gas or electric: Radiation cooking:
Limited conduction from the heat of the grids; Open fire

Broiler

Heat source radiates heat from above

Grill

Heat source radiates from below
Gas, electric, charcoal, hardwood (mesquite, etc.)

1. Usually the most tender cuts and marbled red meats are used for broiling
2. Meat should be cut into pieces not more than 2 inches thick.
3. To prevent sticking, broiler rods should be clean, oiled (seasoned) before putting meat on them, and very hot.
4. After searing, thick steaks or chops are often transferred to a sizzled platter and finished in a hot oven. This prevents development of a burnt crust.
5. Steaks and chops of medium thickness are started at high heat, and then moved to a cooler area of the broiler to finish.
6. Thin steaks and chops are broiled/grilled at high heat and cooked as quickly as possible.
7. Foods should be broiled at the last minute.

8. The type of service may influence the broiling technique

- a.) A la carte
- b.) Banquet

Marinade

As applied to broiling

An uncooked liquid intended to provide flavor and lubrication to steaks and chops before broiling;

Example: Vegetable oil
 Salt and pepper
 Aromatics

Principles of Poeleing

Poeleing a technique most often associated with white meats and game birds is sometimes known as butter roasting. Meats are allowed to cook in their own juices in a covered vessel on a bed of aromatic vegetables known as matignon. The matignon then becomes a garnish served as part of the sauce.

Mise en Place

1. Main item – Veal, capon, and small game are often prepared by this method. The addition of butter, as well as the matignon, furnishes additional moisture during cooking. As in other dry heat techniques, the meats should be trimmed of excess fat, and they are generally tied to help retain their shape and to promote even cooking.
2. Matignon. A matignon is a mirepoix (edible mirepoix) in which the vegetables are peeled and cut into a uniform dice or julienne. Ham is traditionally included.
3. Butter. Melt whole, unsalted butter.
4. Optional components. Have available stuffing and filling or additional aromatics, garnish, or finishing ingredients to be used with the product during Poeleing or to complete the sauce.

Method

1. Heat oil over high heat in a flameproof casserole.
2. Cook the main item on all sides in the hot oil, just until the surface begins to turn color. This is known as “seizing”. Remove the main item.
3. Add the matignon and butter. Cook them over medium heat, stirring frequently until the onions are translucent.
4. Place the main item on the bed of matignon. Baste it liberally with melted butter.
5. Cover the casserole and place it in a moderate oven. Baste the surface from time to time with butter. If desired, remove the cover during the final cooking stage to allow the surface to brown and develop a crust.

6. When the item has reached the proper internal temperature, remove it to a heated platter and allow it to rest (juice retraction) before it is carved.
7. Place the casserole over high heat and add the stock or jus. Simmer until it is well flavored and slightly reduced. Pull the casserole slightly off center to allow the fat to collect on one side; skim.
8. Thicken the stock or jus with arrowroot or cornstarch. Add any additional ingredients to finish or garnish the sauce. Adjust the seasoning to taste.
9. Slice the main ingredient and arrange on heated plates. Serve with the sauce.

Basic Fundamental Standards of Cooking

Braising

Braising is suitable for mature, less tender cuts of meat from the more muscular parts of the animal. Larger size pieces or portion size steaks are often used. The meat is seared before simmering slowly in liquid with mirepoix and aromatics. Braising can be done on top of the stove as well as in the oven, but remember to always bring the meat to a simmer before putting in the oven.

The stock is the most important ingredient for braising. The better the stock, the better the meat and the juices.

1. Larding is advisable on cuts with sufficient marbling.
2. The meat must be dry before searing and browning.
3. Where suitable, marinating contributes to tenderizing and flavor, and reduces any undesirable game flavor.
4. It is important to use the correct size utensil in relation to the amount of meat.
5. A tight fitting lid is essential, turn the meat from time to time.

And this essential step:

Cover the meat flush (so there is no space between meat and stock), with parchment paper for foil, forming an upside down lid and climbing up the sides of the pot. Fold the excess paper or foil back over the outside rim of the pot lid. This is the most important point, the fact that there is no space for the steam to condense on the foil or on the lid means that the meat braises instead of boils. The stock in the pan first mixes with the juices that escaped from the meat and, ultimately by capillary action, finds its way back to the center of the meat, making it succulent instead of dry and stringy. After bringing to a simmer on top of the stove, meat is braised in a 325-degree oven.

6. Use 3 to 5 ounces of liquid per portion; 1-ounce mirepoix to 1 pound of meat.
7. Braising is done at a slow, regular simmer. If meat boils, it will shrink and dry out, and the sauce will become cloudy. Thick, viscous liquids aren't as efficient as thin ones at transferring heat, and may require more cooking time.
8. The sauce should be flavored with the concentrated flavor of the meat and vegetables, not just with wine and stock. Do not add too much liquid.
9. Braising is suitable for: beef, veal, poultry, game, lamb, offal (sweetbreads, tongue, heart, etc).

Basic Fundamental Standards of Cooking

Sautéing

Saute is a French verb meaning “to leap or jump”. This translation, however, has little to do with the sautéing of most meat and seafood items. Because it does not translate easily into English, this word has become part of culinary vocabulary just as other French words (maitre d’ hotel, garde manger) have. Traditionally, sautéing is done on top of the stove, but may be finished in a moderate oven. Sautéed items are cooked to order.

The main characteristic of this cooking method is that it is a dry procedure (the absence of moisture/liquid), using only fat (i.e., butter or oil), and the process of deglazing is necessary for all sautés in the classical standard.

In sautéing, the following are required:

1. Have the correct amount of fat, a brisk but even heat in the pan, and total concentration.
2. Have the proper ration of meat to pan, choose a pan of the right size so that the meat just fills the pan and each piece of meat touches the bottom.
3. Fat must be hot for cooking red meat so that the surface of the meat is seared and a light crust is formed.
4. Use an adequate amount of fat in relation to the product being sautéed.
5. Discard the remaining fat in the pan before deglazing.
6. The meat must be cut into even sized pieces.
7. Top quality is a must; small, thin, tender cuts of meat, poultry, or fish are preferred. Small to medium sized steaks of beef, veal, etc. Fillets and whole small fish.
8. Red meat should be thoroughly browned, whereas chicken and lighter meats are usually cooked to a golden brown.
9. Make sure the product is place in the hot pan, do not stir or lift, etc., until the heat in the pan has recovered.

10. The meat is removed from the pan during the deglazing process and the making of the sauces.

11. When returning meat to the finished sauce, the purpose is to reheat and blend.

Never allow to boil.

Pans used for sauté:

A shallow pan is used for sauté because it allows moisture to escape (if moisture is trapped in the pan it causes the food to steam, and there will be no browning and the meat will become tough).

Sauté use – shallow pan with sloping side (sauté pan)

Sautoir – shallow pan with straight sides.

Basic Fundamental Standards of Cooking

Deep Fat Frying

Deep fat frying seals food in a crisp coating so that the entire flavor is sealed in. Correct temperature and good quality fat are important. The inside of the food should take the same time to cook as the outside. If the foods are already cooked, they should only reheat while browning.

In deep fat frying, observe the following:

1. Allow the fat to reach the correct temperature before frying and again before additional batches are fried.
2. The fat used for frying will influence the flavor of the food when fried.
3. Animal fats should not be combined with commercial hydrogenated fats.
4. Avoid frying uncoated meats (i.e., bacon).
5. Before beginning the breading process, make sure that the food is thoroughly dry.
6. Coat food thoroughly so that it browns evenly and soft mixtures do not burst through the coating.
7. Because of the cooling effect on the fat, do not fry too much food at once.
8. Unless necessary, do not touch or stir food at the beginning of frying as this can damage a crust that is not yet formed. (Exception: potatoes)
9. If food is fried too slowly it is not properly sealed and absorbs fat.
10. If the fat is too hot, the coating will brown prematurely and the food may still be raw inside.
11. Skim the surface of fat frequently: Strain on as needed basis (usually daily).
Replace absorbed fat daily.
12. Fry at the correct temperature and turn down the heat when fryer is not in heavy use.
13. Cover the fryer when not in use and keep it clean.
14. Use stainless steel tools.

15. When fried food is cooked, allow it to hang in a basket over the fryer for a short period to allow excess fat to drip off.
16. Do not salt finished product over frying fat.

Enemies of Frying Fat

- High temperature
- Moisture
- Exposure to air
- Certain metals (i.e. aluminum)
- Salt
- Food particles
- Free fatty acids (bacon fat etc.)

Indications that frying fat needs changing

- Low smoking point
- Foaming
- Color
- Product absorbs excessive fat
- Product darkens too quickly
- Resin forms on top
- Unpleasant odor
- Flavor of product changes
- Product cooks too slowly

Basic Fundamental Standards of Cooking

Pan Frying

Pan-frying cooks food in an uncovered pan over moderate heat. The depth of fat varies with the type of food being cooked. The cooking time is longer than in sautéing>

In pan-frying, observe the following:

1. Use a heavy pan (i.e. cast iron, etc.) with even heat distribution.
2. If the product is changed to a different pan, it is sometimes finished in the oven.
3. More fat is used than in sautéing.
4. The product is usually coated or breaded.
5. The temperature of the fat is lower than in sautéing and cooking is usually done at a slower speed.
6. There is no deglazing of the pan for sauce.

Poaching, Simmering, and Boiling

Poaching, simmering, and boiling all cook foods the same way, i.e. in liquid, and are therefore known as moist heat methods. The liquid may be water or a stock or sauce. It is the temperature of the liquid that marks the difference between the three methods.

140 to 185 degrees Fahrenheit =	Poaching
190 to 205 degrees Fahrenheit =	Simmering
212 degrees Fahrenheit =	Boiling

Visually, the progression in raising the temperature of 2 quarts of water (with and without salt) are clearly seen:

2 quarts water		2 quarts of water and salt (Salt usage 1 to 4 ½ tbs.)
140 degrees F.	Minute bubbles adhere to sides and bottom of pan	Cloudiness occurred with use of 3 tbs. or more of salt
150 degrees F.	Same as above with increase of bubble quantity	The use of salt between 140 degrees F., eliminated the small or minute bubbles
160 degrees F.	Minute bubbles begin to break from bottom	
170 degrees F.	Bubbles begin to increase in size	
180 degrees F.	Increased size of bubble with large quantity of bubbles coming to surface	
190 degrees F.	Increase of large bubble quantity with condensed packages of bubbles	Large bubbles coming to surface with increase in bubble quantity
195 degrees F.	Minimal agitation caused by bubbles	Large bubbles forming on bottom and breaking, like flashes
200 degrees F.	Very rapid dispersion of bubbles; agitation round sides	Release of steam; water appears to roll
205 degrees F.	Surface agitation, mostly on sides with very rapid release of bubbles of large size and quantity	Movement on sides; large bubble with small bubbles

		on bottom surfacing with agitation
210 degrees F.	Very rapid release of large bubbles; beginning of a rolling agitation	Increase of large bubbles beginning to roll gently
212 degrees F.	Rapid rolling boil	Gently rolling boil
213 degrees F. 215 degrees F.		High rapid boil using 3 to 4-½ tbs. salt per 2 qts. of water

Basic Fundamental Standards of Cooking

Shallow Poach

General Information

1. Small amount of liquid used; liquid does not cover the product
2. Liquid used in making sauce
3. Poaching generally done in oven in paper covered pan
4. Garnish can be included during cooking

General Method

1. Butter shallow pan
2. Add shallots
3. Add seasoned product
4. Add liquid
5. Bring to simmer, cover, place in oven
6. Poach (4 to 6 minutes for thin), (6 to 8 minutes for 3/4:" longer for thicker
7. Remove from oven, reserve liquid, keep fish warm
8. Make sauce

Sauce can be made as follows

1. Reduction of cuisson finish with butter, or cream and butter
2. Reduction of cuisson, add pre-made sauce, finish
3. Thicken cuisson, finish with: liaison, or egg yolks, or heavy cream
4. Reduction of cuisson, add to egg yolks, proceed as for hollandaise

Basics of Submerge Poaching Technique

1. Flavored liquid used (most often a court bouillon)
2. Liquid maintained at a simmer (165)
3. Liquid must cover product
4. Cooking is done on top of the stove
5. Separate sauce is served, poaching liquid not utilized for sauce

Court Bouillon

5 quarts of water
1 pound of onions (sliced)
1 cup of vinegar
1 pinch of thyme
2 ounces of salt
3 each bay leaves
12 ounces of carrots (sliced)
1 bunch of parsley stems
½ ounce of peppercorns (last 10 minutes)

Simmer all ingredients but peppercorns for 50 minutes.
Add peppercorns and simmer an additional 10 minutes.
Strain

Purchasing Seafood

1. Smell the fish. It should have a fresh, clean “sea” aroma, appropriate to the fish. Very strong odors are a clear indication that the fish is aging or was handled improperly or stored.
2. Feel the skin. The skin should feel slick and moist. The scales, if any should be firmly attached.
3. Look at the fins and tail. They should be moist, fresh, flexible, and full, and should not appear ragged or dry.
4. Press the flesh. It should feel firm and elastic, if there is a visible finger imprint, the fish is not fresh.
5. Check the eyes. Eyes should be clear and full. As the fish ages, the eyes will begin to lose moisture and sink back into the head.
6. Check the gills. They should have a good red to maroon color, with no traces of gray or brown, and should be moist and fresh looking. The exact shade of red will depend on the fish type.
7. Check the belly. There should be no sign of “belly burn”, which occurs when the guts are not removed promptly; the stomach enzymes begin to eat the flesh, causing it to come away from the bones. There should also be no breaks or tears in the flesh.
8. Check live shellfish for signs of movement. Lobster and crab should move about. Clams, mussels, and oysters should be tightly closed. As they age, they will start to open. Any shells that do not snap shut when tapped should be discarded; the shellfish are dead. If a bag contains many open shells, do not buy.

Vegetable Lecture

Cooking effects vegetables in four ways:

1. Texture
2. Flavor
3. Color
4. Nutrients

How much these four factors change makes the difference between what is attractive and delicious and what is not presentable.

Controlling Texture

Changing the texture is one of the main purposes of cooking vegetables.

Fiber – largely cellulose and pectin, fiber give vegetables shape and firmness. Cooking softens fiber.

Cellulose, a complex carbohydrate, is the chief constituent of the cell walls of vegetables and fruits. The higher its proportion in the cells, the firmer the raw vegetable will likely be. To tenderize the cellulose, and therefore the vegetable, the cook generally uses a combination of heat and moisture. Heat destroys the osmotic capability of the cells and therefore diminishes the food's structural firmness. Heat in conjunction with moisture also tenderizes by dissolving some of the pectin substances that help glue the individual cell walls tightly together.

The amount of fiber varies in every kind of vegetable; spinach has less fiber than carrots.

In different types of vegetables, old have more fiber than young. In the same vegetables, the tender tips of asparagus and broccoli have less fiber than their tougher stalks.

Fiber is made firmer by:

1. Acids – lemon juice, vinegar, and tomato products. When added to cooking vegetables, extend the cooking time.
2. Sugars – sugar strengthens the cellulose. Sugar is used, of course, in fruit cookery. For firm apples or pears, cook in heavy syrup.

Fiber is softened by:

1. Heat – in general, longer cooking means softer vegetables.

2. Alkalis – do not add baking soda to green vegetables. Not only does baking soda destroy vitamins, it makes the vegetables unpleasantly mushy. Alkalis have the opposite effect of acids, it shortens the cooking time.

Starch

Starch is another vegetable component that affects texture.

1. Dry, starchy foods like dried legumes (beans, peas, lentils). Rice and pasta products must be cooked in sufficient water so that the starch granules can absorb moisture and soften.
2. Moist starchy vegetables like potatoes and yams have enough moisture of their own, but they must still be cooked until the starch granules soften.

Doneness

Vegetables are said to be done when they have reached the desired degree of tenderness. Most vegetables, however, are best cooked very briefly, until they are crisp tender (al dente). At this stage of tenderness they not only have the most pleasing texture, but they retain maximum color, flavor, and nutrients.

Guidelines for achieving proper doneness in vegetables:

1. Do not overcook!
2. Cook as close to service as possible. Holding on steam table continues to cook them.
3. If cooked in advance, blanch vegetables and chill.
4. For uniform doneness, cut vegetables into uniform sizes before cooking.
5. Vegetables with both tough and tender parts need special treatment so that the tender parts do not overcook and the tough parts do not undercook. For example, peel the woody stalks of the asparagus, peel or split broccoli stalks, or pierce the base of Brussels sprouts with a knife.
6. Do not mix batches of cooked vegetables.

Controlling flavor changes

As the cell walls break down, many flavors are lost during the cooking process. The longer a vegetable is cooked, the more flavor it loses. Flavor loss can be controlled in different ways:

1. Cook vegetables in the shortest possible time. If shocking the vegetable in ice water, do so just until the vegetables cool and then immediately drain.
2. Use boiling, salted water – starting the vegetables in boiling water shortens the cooking time and the addition of salt (an alkali) also shortens the cooking time.
3. With the exception of green vegetables, use only enough water to cover.
4. Again with the exception of green vegetables, steam vegetables whenever possible.
5. Adding a small amount of oil to the water. Oil will absorb some of the lost flavors and then cling to the vegetables when they are drained. Carrying some of the flavors with it.

Controlling the color of vegetables

Pigments are compounds that give vegetables their color. Different pigments react in different ways to heat and to acids, and other factors that may be present during cooking.

White vegetables

White pigments called flavones, are the primary coloring compounds in potatoes, onions, cauliflower, and white cabbage, and the white parts of such vegetables as leeks, bok choy, cucumbers, and zucchini.

White pigments stay white in acid and turn yellow in an alkaline solution. To keep vegetables such as cauliflower white, add a little lemon juice or cream of tartar to the cooking water. Covering the pot also helps keep the acid in. Cooking for a short time, especially in a steamer, helps maintain color.

Red vegetables

Red pigments, called anthocyanins are found only in a few vegetables. Mainly red cabbage and beets. Red pigments react very strongly to acids and alkalis, acid turns vegetables bright red and alkalis turn the vegetables blue or blue green. The harder the water, the higher the alkalinity, so an acid must be added.

Red beets and cabbage therefore have the best color when cooked with an acid. Red pigments dissolve easily in water so take these precautions;

1. Use a very short cooking time. Red vegetables lose a lot of their color when overcooked.
2. Use only as much water as it is necessary.
3. Cook beets whole and unpeeled with stem and root still attached to preserve color.
4. When steaming, use a solid rather than perforated pan to preserve juices.
5. Whenever possible, serve the cooking liquid as a sauce for the vegetable.

Green vegetable

Green coloring, or chlorophyll, is present in all green vegetables. Acids are the enemy of green vegetables. Both acid and long cooking time turn green vegetables to a drab olive green. Cooking green vegetables in a large amount of boiling, salted water helps dissolve plant acids and helps preserve color, but on the other hand, nutrients are lost as well.

Protect the color of green vegetables by

1. Cook uncovered to allow plant acids to escape.
2. Cook for the shortest possible time. Properly cooked green vegetables are crisp tender not mushy.

Yellow and Orange vegetables

Pigments called carotenoids are found in carrots, corn, tomatoes, rutabaga, and sweet potatoes. Red and yellow bell peppers, etc. These pigments are very stable and are little affected by acids and alkaline. Excessive cooking can dull the color, but these vegetables are usually cooked until very soft. In general, very little can be done to destroy carotenoids.

Standards of Quality in Cooked Vegetables

1. Color – Bright natural colors. Green vegetables, in particular, should be a bright green, not olive green.
2. Appearance on the plate – Cut neatly and uniformly not broken up. Vegetables should be attractively arranged or mounded on the plate, not swimming in its cooking water. Imaginative and appropriate combinations and garnishes are always well received.
3. Texture – Cooked to the right degree of doneness. Most vegetables should be crisp tender, not overcooked and mushy, but not tough or woody either. Vegetables intended to be soft should be cooked through, with a pleasant, smooth texture.
4. Flavor – Full, natural flavor and sweetness, sometimes called “garden fresh” flavor. Strong flavored vegetables should be pleasantly mild, with no off flavors or bitterness.
5. Seasoning – Lightly and appropriately seasoned. Seasonings should not be too strong and not mask the natural “garden” flavors.
6. Sauces – Butter and seasoned butters, should be fresh and not used heavily, vegetables should not be greasy. Cream sauces and other sauces should not be too thick or too heavily seasoned. As with seasonings, sauces should enhance, not cover up.
7. Vegetable combinations – Interesting combinations attract customers. Flavors, colors, and shapes should be pleasing in combination. Vegetables should be cooked separately and then combined to allow for different cooking times. Acid vegetables (tomatoes), added to green vegetables would discolor them. Combine just before service.

Handling Frozen Vegetables

Checking quality:

1. Check the temperature inside the case with a thermometer. It should still be 0 degrees or below, or it has already begun to thaw during shipment.
2. Large ice crystals, a little frost is normal, but lots of ice means poor handling.
3. Signs of leaking on the carton, this is another obvious sign of thawing.
4. Freezer burn, open a package and check the vegetables themselves. Is the color bright and natural, or is there any yellowing or drying on the surface.

Cooking frozen vegetables

Frozen vegetables have been partially cooked, so final cooking time is shorter than for fresh products. Cook from the frozen state, as most vegetables needs no thawing; they can go directly into the steamer pan or boiling salted water. Most frozen vegetables have been slightly salted during processing, so add less salt during cooking.

Handling canned vegetables

1. Reject damaged cans on receipt. Puffed or swollen cans indicate spoilage. Small dents may be harmless, but large dents may mean that the can's protective lining has been damaged. Reject rusted or leaking cans.
2. Know the drained weight. This varies with different grades of different vegetables, and should be specified when ordering. Typical drained are 60 to 65% of total contents. You must know of this drained weight in order to calculate the number of servings the can contains.
3. Check the grade. Grades are determined by the packers or by federal inspectors. They are based on factors like color, absence of defects, and sieve size. Check to make sure you receive the grade you ordered and paid for. Fruit and vegetable grades are: Grade A, or fancy. Grade B or extra Standard, Grade C or standard.

Vegetable Identification

Spinach

Look for dark green, bouncy leaves and crisp stems. If you have a choice, loose leaves are preferable to bagged spinach, which often contains some damaged leaves and thick inedible stems. Pass over bagged spinach if it smells sour. Allow 1 ¼ or 2 persons, after cooking you will only have 1 cup. Frozen spinach is quite satisfactory for any use other than a salad or quick sauté.

Broccoli

The most elegant member of the cabbage family, more flavorsome than cauliflower, and less pungent than head cabbage. Originated in Asia Minor, it was called Italian asparagus when it reached England in the 17th century. First brought to America by Italian immigrants from Caldaria, it did not really catch on in America until the early 1930's. One of the most versatile of vegetables, broccoli lends itself to almost all cooking methods; it can be boiled and served plain or sauced, stir fried (with or without batter), grained, or made into a soufflé. Raw broccoli is packed with calcium and vitamins C and A.

To buy: look for tightly closed buds. The head may have a bluish or purplish cast. Pass it up if the buds are open and yellowing, if it is limp, or if the stalks are thick and woody, or have dry, open cores. One bunch averages 1-½ pounds, and will serve 4 people.

Carrots

Carrots contain more sugar than any other vegetable except beets, which also qualifies them for desserts. The Irish make a pudding of them. There is also carrot jam, carrot wine, and our own beloved carrot cake.

To buy: try to buy small carrots, since very large ones tend to have woody cores and are not as sweet. Packaged carrots with a small green remnant of stalk on the top were fresh when shipped, and will be sweeter than storage carrots, which have flat, dry tops. Avoid crooked carrots, which are hard to peel, and those that are split or sprouted. Allow 1 pound of carrots, after tops are removed, for 3 to 4 persons. Belgian baby carrots in jars are tasteless.

Cabbage

Cabbage falls basically into two categories:

1. The round heads that form hearts.
2. The tall, non-hearting types.

Round cabbages include green cabbage (the most common), which is quite mild in flavor, with smooth outer leaves and inner leaves that can be eaten raw in salads; Savoy cabbage, also a green cabbage, and used interchangeably, but distinguished by its pretty, loose, deeply veined and ruffled leaves; red cabbage, sometimes called purple cabbage.

Non-hearting types include Chinese cabbage, called bok choy, which has a yellow flower, and is dark, green and leafy, like chard. It can be stir fried with any meats, poultry, or seafood. Celery cabbage (commonly called Napa cabbage) is also a non-hearting type. It is a very mild, slightly tart cabbage, with a white stalk and elongated, pale yellow leaves. It looks somewhat like Romaine. This cabbage can be steamed, stir fried, or used in soups.

Long cooking of cabbage releases an enzyme that breaks down to release hydrogen sulfide, the characteristic odor of rotten eggs. It is a rank smell that lingers. The best way to avoid it is speedy cooking in a large quantity of already boiling water. Covered cooking inhibits the smell too. There are, of course dishes, in which cabbage is paired with some other food, and lengthy cooking time is required for the exchange of flavors, but somehow, those smells are not offensive. Red cabbage, which is tougher, and needs longer cooking, is usually cooked with enough spices to make the smell quite pleasant.

Roasting Vegetables

1. Place the vegetable in a hot or moderate oven.
2. Roast it to the desired doneness.
3. Serve, hold or use it in a secondary technique.

Pureeing Vegetables

1. Cook the vegetables until it is very tender.
2. Drain it and remove any excess moisture.
3. Puree the vegetables.
4. Adjust the seasoning, finish, and serve or use it in a secondary preparation.

Pan-Frying Vegetables

1. Heat the cooking medium.
2. Add the vegetable.
3. Cook it until its exterior is lightly browned and crisp.
4. Blot it on absorbent paper toweling.
5. Season and serve it immediately.

Boiling Vegetables

1. Bring the liquid to a full boil and add the seasonings and aromatics.
2. Add the vegetable
3. Cook it to the desired doneness.
4. Drain the liquid.
5. Serve the vegetable, or refresh and hold it.

Deep-Frying Vegetables

1. Coat the vegetable with breading or batter.
2. Heat the oil in a deep fryer and add the vegetable.
3. Fry the vegetable until it is evenly browned or golden.
4. Remove it from the oil and blot it on absorbent paper toweling.
5. Adjust the seasoning and serve the vegetable immediately.

Grilling and Broiling Vegetables

1. Heat the grill or broiler.
2. Marinate the vegetables or brush it with oil.
3. Grill it or broil it until it is tender and properly cooked.
4. Serve the vegetables immediately.

Potatoes

The potato may be one of the most versatile foods. It is found in nearly every menu as the main component of appetizers. Soups, entrees, and side dishes, it is also an important ingredient in such preparations as soufflés, pancakes, and breads.

Potato Varieties

There are important differences between one variety or classification and another. Potato varieties differ in starch and moisture content, shape, and skin color. Some are high in starch, other high in moisture. Some are round, others long. Skins are classified as red, white, and russet.

Sweet potatoes and yams, although not botanically related to the potato, share several characteristics with it and can be treated in the same manner.

Characteristics

Idaho and Russet Potatoes, also known as “bakers”, are naturally high in starch and low in moisture. The higher the starch content, the more granular and dry a potato will be after it is cooked. These potatoes are desirable for baking, pureeing, and are also preferred for frying because the low moisture content makes them less likely to splatter and absorb grease. The flesh will also be easy to flake or mash. The starch content of all potatoes will increase as the potato ages.

All purpose or Chef’s potatoes

These potatoes have moderate starch and moisture. They are used for salads, scalloped or other “casserole style” potato dishes, and soups, and can also be braised. They tend to hold their shape even after cooked until tender. This makes them a good choice for sautéing. They are less desirable for purees or as baked potatoes. Because of their higher moisture content, they will have a tendency to absorb excess oil when deep-fried.

New Potatoes

This term applies to any variety of potato that is harvested when quite small (less than two inches in diameter). The skin of the new potato is tender and does not need to be removed. Starch content is low and sugar and water content is high. Their naturally sweet, fresh flavor is most enhanced when boiling or steaming prepares them.

Baking Potatoes

1. Layer the sliced potatoes in a buttered pan.
2. Add the heated cream, sauce, or custard.
3. Shake the pan to distribute the ingredients evenly and cover loosely with foil.
4. Bake the potatoes in a moderate oven until they are tender.
5. Top with breadcrumbs, butter, and grated cheese and broil briefly. Serve or hold the potatoes.

Boiling Potatoes

1. Place the potatoes in a pot.
2. Add enough cold liquid to cover them.
3. Bring the liquid to a boil.
4. Reduce the heat to establish a simmer.
5. Simmer to the correct doneness.
6. Drain and dry the potatoes. Serve immediately, puree, or hold for another use.

Frying Potatoes

1. Blanch cut potatoes in 325 degrees (F) oil.
2. Drain them.
3. Increase the oil's temperature to 375 degrees (F).
4. Fry the blanched potatoes until they are golden brown and floating on the oil's surface.
5. Drain them on absorbent toweling.
6. Salt them away from the fryer.
7. Serve the potatoes immediately.

Pureeing Potatoes

1. Cook the potatoes until they are tender by boiling, steaming, or baking them.
2. Dry steamed or boiled potatoes on a sheet pan in a moderate oven.
3. Puree the potatoes through a ricer, food mill, or a sieve.
4. Add eggs, heated milk or cream, or softened butter, as needed.
5. Adjust the seasoning to taste.
6. Serve or hold the potatoes.

Sautéing Potatoes

1. Heat cooking fat in a sauté pan.
2. Add cut potatoes.
3. Shake the pan vigorously to coat the potatoes evenly with the fat.
4. Saute the potatoes, stirring, or flipping them frequently until they are golden brown outside and tender inside.
5. Season and serve them.

Steaming Potatoes

1. Arrange the potatoes on a steamer tray.
2. Place them in the steamer.
3. Cover the steamer.
4. Steam the potatoes until they are tender.
5. Drain and dry the potatoes. Serve immediately. Puree or hold for another use.

Grains

Grains, which are actually the fruit of a grass have a pleasant taste, are inexpensive and readily available, and provide a valuable and concentrated source of nutrients and fiber. Although grains differ in appearance from other fruits, such as apples and pears, their botanical composition is quite similar.

Culinary grains commonly undergo some degree of processing (milling) before they reach the kitchen. The milling process either strips away or scores the bran and may also remove the kernel's germ. In addition to refining, milling may also break the grain into small pieces or grind it into a meal.

Legumes

Legumes are seeds that grow in pods. These seeds can be used in the kitchen fresh or dried. When fresh, they are treated as vegetables. In the dried form they are known collectively as legumes. Lima beans, for example can be treated as a vegetable in their fresh state and as a legume when dried.

Like grains, legumes are a potent nutrient source, though they have a higher protein content than most grains.

Approximate Soaking and Cooking Times for Selected Dried Legumes

Type	Soaking Time	Cooking Time
Adzuki beans	4 hours	1 hour
Black beans	4 hours	1 ½ hours
Black-eyed peas	N/A	1 hour
Chicken peas	4 hours	2 to 2 ½ hours
Fava beans	12 hours	3 hours
Great Northern beans	4 hours	1 hour
Kidney beans (red or white)	4 hours	1 hour
Lentils	4 hours	1 to 1 ½ hours
Lima beans	4 hours	1 to 1 ½ hours
Mung beans	4 hours	1 hour
Navy beans	4 hours	2 hours
Peas, split	N/A	30 minutes
Peas, whole	4 hours	40 minutes
Pigeon peas	N/A	30 minutes
Pink peas	4 hours	1 hour
Pinto beans	4 hours	1 to 1 ½ hours
Soybeans	12 hours	3 to 3 ½ hours

Grain Cookery

Type	Ratio of Grain To liquid cups	Approximate Yield	Cooking Time
Barley, pearled	1:2	4	35 to 45 minutes
Barley, grouts	1:2 ½	4	50 minutes to 1 hr.
Buckwheat grouts	1:1 ½ to 2	2	12 to 20 minutes
Couscous		1 ½ to 2	20 to 25 minutes
Hominy, whole	1:2 to ½	3	2 ½ to 3 hrs.
Hominy grits	1:4	3	25 minutes
Millet	1:2	3	30 to 35 minutes
Oat grouts	1:2	2	45 minutes to 1 hr.
Polenta	1: to 3 ½	3	35 to 45 minutes
Rice, Arborio (risotto)	1:3	3	20 to 30 minutes
Rice, basmati	1:1 ½	3	25 minutes
Rice, converted	1:1 ¾	4	25 to 30 minutes
Rice, long grain (brown)	1:3	4	40 minutes
Rice, long grain (white)	1:1 ½ to 1 ¾	3	18to 20 minutes
Rice, short grain (brown)	1:2 ½	4	35 to 40 minutes
Rice, short grain (white)	1:1 to 1 ½	3	20 to 30 minutes
Rice, wild	1:3	4	35 to 45 minutes
Rice, wild pecan	1:1 ¾	4	20 minutes

Wheat berries	1:3	2	1 hour
Wheat, bulgur, soaked	1:4	2	2 hours
Wheat, bulgur, pilaf	1:2 ½	2	15 to 20 minutes
Wheat, cracked	1:2	3	20 minutes

Spice Infused Oils

We've all seen flavored oils in gourmet shops. By making your own versions, however you can save money and end up with oils with superior flavor. But why make these oils at all. Why not just chop herbs, grate citrus peel, or grind some spices while you're cooking? Well, once you've taken the time to make a range of infused oils tailored to your cooking needs, it's not necessary to chop, roast, or grind anything, just add a drizzle of oil and you will have instant flavor. A little infused oil may be all you need to season a dish, and it also give you a quick way to enliven vinaigrettes, sauces, and marinades.

When herbs are in season, creating infused oils is an excellent method of preserving their flavor. During winter months, make oils infused with dried spices, which are always readily available.

The Keys: Oil Type and Temperature

In developing recipes for infused oils, I wanted to showcase each infusion's distinct flavoring. Therefore, it made sense to choose oils that were fairly neutral. I started with the oils I was most familiar with, canola, olive, corn, and peanut.

Some spices worked well with olive oil, but ginger tasted strange when made with this oil. It needed a more neutral base. Corn and peanut oils worked well too, but my favorite base turned out to be canola oil. It complimented every flavoring and had a clean taste and consistency that appealed to me. As an added bonus, it has the least saturated fat of all the oils.

Once I knew which oil to use, I faced the task of finding the best method for infusing it. I started out assuming that hot oil would best bring out the flavors, so I ground every spice I could get my hand on and measured them all into bubbling pots of oil. But I was not happy with the results. The high heat made ground spices bitter.

So I stopped heating the oil and went to the other extreme. Again I chopped the spices, this time pouring room temperature oil over everything. This time, my patience was rewarded, as ground spices responded perfectly when treated in this gentle manner.

There were some exceptions, though. Oils made using the cold on method with ginger, chile peppers, and peppercorns were bland. Heat was required to activate these ingredients. For them the winning method turned out to be a middle of the road approach. Starting with oil heated to 350 degrees. I worked my way down to 140 degrees, which turned out to be hot enough to release the flavors in peppers and ginger, but low enough that it did not make them bitter.

I also experimented with roasting whole spices in a skillet, then grinding them and infusing the oil. This worked well. However, I also found that I got very good results by using high quality spices that I ground without roasting. So my advice is that you can skip

the roasting step if you wish, but buy your spice grinder, coffee mill, or with a mortar and pestle.

Master Method for Warm Oil Infusing

1. Combine oil and flavorings from chart below in no corrosive, heavy bottomed pan. Starting on lowest heat possible, bring oil temperature to 140 degrees, use thermometer to gauge temperature and maintain temperature for 10 minutes as oil weakly bubbles.
2. Carefully transfer oil and flavorings to a bowl and cool to room temperature. Let sit for at least 1 day before using. Pour into a clean glass jar, seal and refrigerate. Use within one month.

Master Method for Cold Oil Infusing

In stainless steel, glass, or ceramic bowl, combine oil and flavorings from chart below. Leave loosely covered with plastic wrap in a cool place for 3 days. The oil may be used at this point. If making a ground spice oil strain through layers of cheesecloth and discard spice sediment. Pour oil into clean glass jars with snug fitting lids. Keep refrigerated and use within 1 month.

Recipes for Spice Infused Oils

Each recipe uses 3 cups of oil. Any of the oils listed will work well:

Flavoring	Method	Type of Oil	Amount of Spice
Allspice	Cold Oil	Canola, corn, peanut, or olive	3 tbs. Ground Allspice
Caraway	Cold Oil	Canola, corn, peanut, or olive	¼ cup ground cardamom
Cardamoms	Cold Oil	Canola, corn, peanut, or olive	¼ cup ground cardamom
Clove	Cold Oil	Canola, corn, peanut, or olive	3 tbs. Ground cloves
Colander	Cold Oil	Canola, corn, peanut, or olive	¼ cup ground colander

Cumin	Cold Oil	Canola, corn, peanut, or olive	3 tbs. Ground cumin
Curry	Cold Oil	Canola, corn, peanut, or olive	¼ cup curry powder
Dried Hot Chile	Warm Oil	Canola, corn, peanut, or olive	¼ cup dried, crushed red chiles
Fennel	Cold Oil	Canola, corn, peanut, or olive	1/4
Ginger	Warm Oil	Canola, corn, or peanut	1 cup peeled and very finely chopped fresh ginger
Peppercorn	Warm Oil	Canola, corn, peanut, or olive	1

Infused Oils

Infused or flavored oils are one of the building blocks of modern cooking. Infuse oils can be used alone to provide contrast in flavor, color and viscosity, as a base for a vinaigrette, a base for an emulsified sauce or as part of a marinade for grilled items. The oils can be as subtle or as pungent as one allows them to trust your won sensibilities.

We will divide the oils into six different categories:

- Ground spice oils
- Fresh root oils
- Vegetable juice oils
- Herb oils
- Fruit oils
- Miscellaneous oils
- (Lobster, peanut, truffles, etc.)

Use high quality neutral oil; I prefer canola because it is lowest in saturated fat. Use different oils when you want to create different flavors. A high quality olive oil infused with garlic would be wonderful on a salad with just a squeeze of lemon juice.

For a real contrast in flavors, use two different oils on the plate, for instance both orange and basil.

In most cases the oils should be stored in the refrigerator for usually up to three weeks.

Ground Spice Oils

- Mustard
- Paprika
- Curry
- Turmeric
- Ginger
- Caraway
- Cardamoms
- Garlic
- Cumin
- Anise
- Cinnamon
- Wasabi
- Fennel
- Saffron

If you can't find caraway, cardamom, anise or fennel in powdered form, you can grind the spices yourself in a clean electric coffee grinder, mortar and pestle or small food processor.

To make spiced oil, first mix water with the ground spice before the oil is added. This rejuvenates or "wakes up" the flavor of the spice. Without this first step, the essential flavor of the spice won't reach its potential.

Method:

Mix 3 tablespoons ground spice with 1-tablespoon water to a smooth paste. If the paste is very dry, add a little more water. The paste should not be liquid. The consistency of ketchup is just about right.

Put the pasta in a clear jar.

Add 2 cups Canola oil

Cover the jar tightly and shake vigorously.

Set the jar on a kitchen shelf for 2 days. You may shake the oil several times during this time to increase the strength of the oil. The spice particles will gradually settle to the bottom of the jar. After 2 days, remove the oil on top with a ladle, being careful not to disturb the solids at the bottom too much. Discard the solids filter the oils not the solids, through a paper coffee filter or a double thickness of fine cheesecloth. Do not filter the solids.

Store the spiced oil, tightly covered, in the refrigerator or at room temperature for up to 6 months.

Fresh Root Oils

- Shallot
- Garlic
- Horseradish
- Ginger
- Leek

These highly flavored fresh roots combine beautifully with oils. (Root is most evocative but not strictly accurate, for shallots and garlic are really bulbs, leeks are vegetables and ginger is a rhizome). Since the flavorings are fresh, they don't need to be mixed with water; they will wake up when combined with oil. Due to the individual, characteristic flavor of each, some oils complement that flavor better than others.

Because the roots are pungent and fresh, the flavored oil will be ready to use just 1 to 2 hours after mixing. These oils must be kept tightly covered in the refrigerator, where they will keep up to 2 weeks.

Method

Peel the roots, if using leeks, quarter them lengthwise and soak in cold water to remove all sand. Rinse and pat dry. Mince the roots by hand or finely chop in a food processor, one of the small models is preferred. It is nearly impossible to process small amounts of garlic and like to uniformly tiny pieces in the larger machines.

For every 2 tablespoons of chopped root, then add 2 cups of the appropriate oil:

- Shallot
- Garlic
- Horseradish
- Ginger
- Leek
- Canola oil
- Extra Virgin olive oil
- Canola oil
- Walnut or hazelnut oil

Put the chopped root in a clean jar, add oil, and cover the jar tightly and shake vigorously.

Store the root oil, tightly covered, in the refrigerator for at least 1 to 2 hours.

Vegetable Juice Oils

These oils combine freshly extracted vegetable juices with oils. Every one of the vegetable juice oils may be used as a delicious sauce by itself. Bell pepper juice and beet juice may be reduced to syrup and then combined with oil for a sauce with especially brilliant flavor and color. Vegetable juice oils are ready to use immediately.

Method

Make 1 cup of the desired juice by using an electric juicer. Put the juice in a clear jar.

Add 2 cups of the appropriate oil. Combine the juices and oils as follows.

- Carrot
- Zucchini
- Asparagus
- Celery
- Bell pepper
- Beet

- Leek
- Canola oil
- Extra virgin olive oil
- Canola oil
- Canola oil
- Extra virgin olive oil
- Canola oil
- Canola oil

Cover the jar tightly and shake vigorously

Store the vegetable juice oil, tightly covered in the refrigerator for up to 2 weeks. For an oil with uniform color, shake well before using. One might prefer not to, though as the oil is so pretty when it is broken the tiny pieces of vegetable color catching the light. Never filter a vegetable oil.

Herb Oils

These oils are flavored with fresh herbs only. There are 2 types of herb oils, those made with tender, mild herbs and those made with stronger herbs.

Tender, Mild Herbs

- Basil
- Chervil
- Parsley
- Cilantro
- Mint

Method

Blanch the herbs including their stems in boiling water for 15 seconds. Quickly refresh them under cold running water. Drain and dry them well. Measure the herbs and place in a blender. Add an equal amount of extra virgin olive oil.

Make 2 cups of juice from any of the fresh fruits above, commercially prepared cranberry, orange, and pineapple juices are acceptable too. Add 1-tablespoon fresh lemon juice to orange or pineapple juice to balance the acidity.

In a non-reactive saucepan, reduce the juice over medium high heat to syrup, no more than ¼ cup. Add an equal amount of the appropriate oil:

- Cranberry
- Orange
- Pineapple
- Pink Grapefruit
- Pomegranate
- Clear Orange Oil
- Basil Oil
- Cilantro Oil
- Tarragon Oil
- Ginger Oil

This will make a broken sauce, one that separates on the plate. For a somewhat more homogenized sauce, you can whisk very vigorously just before serving. Store, tightly covered, in the refrigerator up to 2 weeks.

Miscellaneous Oils

The remaining oils are easy, but not easily categorized. Each follows its own method, and several should be prepared a little in advance.

- Lobster Oil
- Shrimp Oil
- Peanut Oil
- Truffle Oil
- Chive Oil
- Tomato Oil
- Carrot Cinnamon Oil
- Bell Pepper Oil
- Beet Ginger Oil
- Clear Orange Oil
- Dill Oil
- Watercress Oil

Lobster Oil

- 2 pounds lobster shells, including the heads
- ½ cup canola oil
- 1 medium carrot, peeled and diced
- 1 medium onion diced
- 1 stalk celery, peeled and diced
- 1 clove garlic, chopped
- 1 bu. Tarragon

- 1 bay leaf
- 1 bu. Parsley, chopped
- ½ bottle dry white wine
- 4 cups canola oil

In a large high-sided pot, heat ½ cup canola oil until very hot. Carefully add the crushed lobster shells and stir well. Cook over high heat, stirring constantly, for 15 minutes.

Stir in vegetables and herbs thoroughly. Add the wine. Continue cooking, stirring occasionally, for 15 minutes longer. Add the remaining 4 cups oil and reduce the heat to medium. Cook, stirring occasionally for ½ hour.

Take the pot off the heat. When the mixture is no longer steaming, cover and let it sit at room temperature overnight. It is important to leave the mixture in the pot, as this will intensify the flavor. Do not refrigerate!

Strain the oil through a paper coffee filter into a clean container. Store, tightly covered, in the refrigerator for up to 1 month.

Shrimp Oil

- 1 pound shrimp shells
- ½ cup canola oil
- 1 medium carrot, peeled, and diced
- 1 medium onion, diced
- 1 stalk celery, peeled and diced
- 1 bu. Thyme
- 1 bu. Tarragon
- 1 Bay leaf
- 1 bu. Parsley, chopped
- ½ bottle dry white wine
- 6 cups canola oil

Crush the shrimp shells with a heavy rolling pin.

In a large high-sided pot, heat ½ cup canola oil until very hot. Carefully add the shrimp shells and stir well. Cook over high heat, stirring constantly for 15 minutes.

Stir in the vegetables and herbs thoroughly. Add the wine. Continue cooking, stirring occasionally, for 15 minutes longer. Add the remaining 6 cups oil and reduce the heat to medium. Cook, stirring occasionally for ½ hour.

Take the pot off the heat. When the mixture is no longer steaming, cover and let it sit at room temperature overnight. It is important to leave the mixture in the pot. As this will intensify the flavor. Do not refrigerate.

Strain the oil through a paper coffee filter into a clean container. Store, tightly covered, in the refrigerator for up to 1 month.

Peanut Oil

- 1 pound raw skinless peanuts
- 34 ounces of canola oil

Roast the peanuts in a 250-degree oven until pale, gold, or amber in color. Let them cool slightly, and then process to a paste in a food processor or blender. Combine the paste and oil. Shake well to combine. Then strain through a paper coffee filter into a clean container. Store, tightly covered at room temperature for up to 2 weeks. Do not refrigerate.

Truffle Oil

- 2 medium truffles (fresh or canned)
- ¼ cup truffle juice (from canned truffles), or port wine
- 1 cup canola oil

Put the truffles and truffle juice in a blender. Blend to a smooth puree. Add the oil. Blend until smooth and emulsified. Do not strain. Store, tightly covered, in the refrigerator for up to 2 weeks.

Chive Oil

- 2 large bunches of chives
- ¾ cup extra virgin olive oil

Rinse the chives in water. Do not pat them dry, the excess water that clings to them will increase the juice.

Put the chives through a juice extractor. You should have ½ cup of juice.

Put the chive juice in a food processor or blender. Add the olive oil. Process until thoroughly blended. Store, tightly covered, in the refrigerator until slightly less liquid (about 1 hour). Chive oil will keep as long as 4 days.

Tomato Oil

- 4 large beefsteak or plum tomatoes
- ¼ cup extra virgin olive oil
- 1 tablespoon chopped thyme

Put the tomatoes, unpeeled, through a juice extractor. You should have 3 cups of juice. In a saucepan over medium high heat, reduce the tomato juice by two thirds to about 1 cup. Strain through a fine mesh strainer into a clean saucepan. Reduce to syrup, no more than ½ cup. Stir in the olive oil and thyme. Store, tightly covered, in the refrigerator for up to 2 weeks.

Carrot-Cinnamon Oil

- 2 tablespoon ground cinnamon
- 2 teaspoons water
- 1 cup canola oil
- 1 stick cinnamon
- 10 medium carrots, peeled
- About 3 drops sherry vinegar

Mix ground cinnamon with water to a smooth paste. Put the paste in a clean jar. Add the oil and shake to blend well. Add the cinnamon stick. Let it sit for about 2 days, until oil and cinnamon separate. Remove the oil on top with a ladle, being careful not to disturb the solids at the bottom too much discard the solids. Filter the oil, not the solids through a paper coffee filter.

Put the carrots through a juice extractor. You should have 2 cups of juice. In a small saucepan over medium heat. Reduce the carrot juice to 1 cup. Strain through a fine mesh strainer into a clean saucepan and reduce to syrup, no more than ½ cup. Stir in ¼ cup cinnamon oil and mix well. Season with vinegar.

Bell Pepper Oil

The trick here is to reduce the juice slowly and when it is syrup not to add too much olive oil. The resulting oil will be thick and very sweet. Use peppers all of one color. Whether they are yellow, red, or green. Let it come to room temperature before shaking and serving.

- 8 or 9 large bell peppers, cored and seeded
- ¼ cup extra virgin olive oil.

Put the peppers through a juice extractor. You should have 2 cups of juice. In a saucepan over medium high heat, slowly reduce the pepper juice by ¾, to about ½ cup. Strain through a fine mesh strainer into a clean saucepan. Reduce to syrup, not more than ¼ cup. Stir in the olive oil thoroughly. Store, tightly covered, in the refrigerator up to 2 weeks.

Beet-Ginger Oil

- 8 medium beets (about 2 pounds)
- 3 drops sherry vinegar
- 2 tablespoons ginger oil

Put the beets through a juice extractor. You should have 2 cups of juice. In a saucepan over medium heat, reduce the beet juice to ½ cup. Strain through a fine mesh strainer into a clean saucepan and reduce to syrup, no more than ¼ cup. Stir in the vinegar and ginger oil. Store, tightly covered, in the refrigerator for up to 2 weeks.

Stronger Herbs

- Thyme
- Marjoram
- Rosemary
- Oregano

Separate the leaves from the stems, discard the stems. Mince the herbs by hand or in a small mini food processor.

Mix 1 cup minced herbs with 2 cups of canola oil in a clean jar. Shake well, let the oil sit at room temperature for 2 hours.

Store, tightly covered, in the refrigerator for up to 1 month.

Fruit Oils

- Cranberry
- Pineapple
- Pomegranate
- Orange
- Pink Grapefruit

The clear, strong flavors of these fruits make great oils.

Clear Orange Oil

- Grated zest of 3 oranges
- 2 cups of canola oil

Combine the zest and oil thoroughly. Let infuse for 2 days. Strain the mixture through a paper coffee filter, then store, tightly covered in the refrigerator for up to 6 months.

Brown Veal Stock

50 pounds veal bones, including knuckles and trims

1 quart oil, or as needed

As needed, water or stock to cover bones by 3 inches.

4 pounds mirepoix

1-pint tomato paste

1 each standard sachet d'epices

1. Rinse the bones and dry them well.
2. In roasting pans, brown the bones in the oil.
3. In a stockpot, cover the bones with 3 inches of cold water or stock.
4. Bring stock to a boil, and then reduce to a simmer.
5. Simmer stock for 6 hours, skimming, and degreasing the surface as necessary
6. Brown the mirepoix (excluding the celery) and the tomato paste. Add mirepoix to stock and simmer for about 5 hours.
7. Add a sachet and simmer an additional hour.
8. Strain stock, cool, and hold in cooler.

White Stock

15 pounds veal, chicken, or beef bones cut into 3 to 4 pieces
3 gallons of cold water
3 pounds mirepoix
1 each sachet d'epices
(Bay leaves, dried thyme, crushed peppercorns, parsley stems)

Place the bones in a stockpot and cover them with cold water. Bring the bones to a boil; reduce to a simmer and skim skum. Add the mirepoix and sachet d'epices during the last 2 hours of cooking. Follow the principles of making a white stock.

Only chicken bones simmer for 5 to 6 hours. Simmer veal or beef bones for 6 to 8 hours. For optimal extraction of flavor and gelatin, simmer veal or beef stocks for 12 to 24 hours.

Fish Stock

11 pounds of fish bones

As needed water to cover bones by 3 inches

1 pound white mirepoix

1 each sachet d'epices

10 ounces mushroom trimmings

1. Combine all ingredients
2. Bring the mixture to a simmer over low heat.
3. Skim surface as necessary
4. Simmer stock for 30 to 40 minutes.
5. Strain stock, chill, and store.

Shellfish Stock

11 pounds crustacean shells
2 ounces oil
1-pound mirepoix
4 ounces tomato paste
5 quarts of cold water
1 each standard sachet d'epices
8 ounces white wine

1. Sauté the crustacean shells in oil until deep red
2. Add the mirepoix and continue to sauté another 10 or 15 minutes
3. Add the tomato paste and sauté briefly.
4. Add water, seasonings, and wine; simmer 30 minutes.
5. Strain stock.

Stock for Curried Soups and Dishes

2 tablespoons clarified butter
2 each carrot peeled and diced
3 each zucchini or yellow squash diced
1 stalk celery with leaves diced
1 large red onion sliced
1 small potato chopped
5 each parsley stems
3 each garlic cloves rough chop
3 inch cinnamon stick
6 each cloves
2-tablespoon coriander seeds
1-tablespoon cumin seeds
½ tablespoon salt
1-cup cold water

Method

Heat the clarified butter and add the vegetables, herbs, and spices, and salt. Cook over medium heat, stirring frequently, until the onion begins to color, about 10 minutes, then add the water. Bring to a boil, lower the heat, and simmer for 30 minutes. Strain. Make 6 cups.

Veloute

8 ounces clarified butter
8 ounces flour (cake flour is preferable)
5 quarts chicken, white veal, or fish stock
To taste salt and white pepper

1. Melt the butter in a heavy saucepan. Add the flour and cook to make a blond roux.
2. Gradually add the stock to the roux, stirring constantly with a whisk to prevent lumps. Bring to a boil and reduce to a simmer. Seasonings are optional, their use depends upon the seasonings in the stock and the sauces intended use.
3. Simmer and reduce to 1 gallon, approximately 30 minutes.
4. Strain through a china cap lined with wet cheesecloth.
5. Melted butter may be carefully ladled over the surface of the sauce to prevent a skin from forming. Hold for service or cool in an ice bath for storage.

Veloute Sauces:

- Fish Stock and roux = Veloute
- Chicken Stock and roux = Veloute and cream = Sauce Supreme
- Chicken Stock and roux = Veloute and liaison with lemon = Allemande
- White veal stock and roux = Veloute and liaison with lemon = Allemande

Small fish Veloute sauces

A few small sauces can be made from fish veloute. The quantities given are for 1-quart fish veloute sauce. The final step for each recipe is to season to taste with salt and pepper.

Bercy – Sauté 2 ounces finely minced shallots in butter. Then add 8 ounces dry white wine and 8 ounces fish stock. Reduce this mixture by one third and add the fish veloute. Finish sauce with butter and garnish with chopped parsley.

Cardinal-Add 8 ounces fish stock to 1-quart fish veloute. Reduce this mixture by half and add 1-pint heavy cream and a dash of cayenne pepper. Bring sauce to a boil and swirl in 1-½ ounces lobster butter. Garnish with chopped lobster coral at service.

Normandy – Add 4 ounces mushroom trimmings and 4 ounces fish stock to 1-quart fish veloute. Reduce by one third and finish with an egg yolk and cream liaison. Strain through a fine chinois.

Espagnole (Brown Sauce)

2 pounds mirepoix, medium dice
8 ounces clarified butter
8 ounces flour
5 quarts brown stock
8 ounces tomato puree
Sachet d'epices
1 each bay leaf
½ teaspoon dried thyme
¼ teaspoon peppercorns, crushed
8 each parsley stems
To taste salt and pepper

1. Sauté the mirepoix in butter until well caramelized.
2. Add the flour and cook to make a brown roux.
3. Add the brown stock and tomato puree. Stir to break up any lumps of roux. Bring to a boil; reduce heat to a simmer.
4. Add the sachet.
5. Simmer the sauce for approximately 1-½ hours, allowing the sauce to reduce. Skim the surface as needed to remove impurities.
6. Strain the sauce through a china cap lined with several layers of wet cheesecloth. Adjust seasonings and cool in a water bath, or hold for service.

Demi-glaze:

Combine equal amounts of brown sauce and brown stock; reduce by half.

Béchamel

2-½ quarts milk
2 ounces white roux
2 ounces onions, fine dice, smothered in clarified butter
½ teaspoon salt, or to taste
¼ teaspoon white pepper, or to taste
1/3 teaspoon ground nutmeg, or to taste

1. Scald milk (do not boil) and pour over roux. Bring to a boil, whisking constantly.
2. Add the smothered onions.
3. Simmer sauce for 30 minutes, skimming.
4. Adjust seasoning to taste with salt, white pepper, and nutmeg.
5. Strain sauce through a double thickness of wet cheesecloth.

Variations:

Heavy Béchamel – A heavy Béchamel is often used as a binder for croquettes and similar preparations. Increase the amount of roux to 12 ounces per gallon.

Momay Sauce – Combine Béchamel with 1-quart cuisson (cooking liquor), and simmer until reduced to 2 quarts. Add 8 ounces each of Gruyere and Parmesan cheese to the sauce.

Cream Sauce

1 quart Béchamel (medium thickness)

8 ounces heavy cream, hot

½ teaspoon salt, or to taste

½ teaspoon white pepper, or to taste

1. Combine the Béchamel and heavy cream in a heavy saucepan, and simmer sauce until it coats the back of a spoon.
2. Adjust the seasoning to taste with salt and pepper. Strain the sauce, if desired.

Tomato Sauce

4 ounces of bacon or salt pork, small dice
1 pound 8 ounces of mirepoix
3 quarts tomatoes, fresh or canned
2 quarts tomato puree
Sachet d'epices
1 teaspoon dried thyme
3 each bay leaves
3 each garlic cloves
10 each parsley stems
1-½ teaspoons crushed black peppercorns
1 ½ ounces salt, or to taste
3-½ ounces sugar
3 Quarts white stock
2 pounds pork bones

1. Render the bacon or salt pork over medium heat.
2. Add the mirepoix and sauté, but do not brown.
3. Add the tomatoes and tomato puree, sachet, salt and sugar.
4. Add white stock and bones.
5. Simmer sauce slowly for 1 ½ to 2 hours, or until the desired consistency has been reached.
6. Remove the bones and sachet, and pass the sauce through a food mill. Hold for service, or cool in an ice bath for storage.

Classic tomato sauce is made from tomatoes, vegetables, seasonings, and a white stock thickened with a blond roux. In today's kitchens however, most tomato sauces are not thickened with roux. Rather, the sauce contains tomatoes, herbs, spices, vegetables, and other flavoring ingredients simmered together and pureed.

Properly made tomato sauce is thick, rich, and full flavored. Its texture should be grainier than most other classic sauces. The vegetables and other seasonings should add flavor, but none should be pronounced. Tomato sauce should not be bitter, acidic, or overly sweet. It should be deep red and thick enough to cling to foods.

Sauce Bearnaise

2 tablespoons dried tarragon
¼ teaspoon crushed peppercorns
4 tablespoons white wine vinegar
6 each egg yolks
16 ounces clarified butter, warm
1-tablespoon fresh lemon juice
To taste salt and pepper

Combine the vinegar, tarragon, and peppercorns in a small saucepan; reduce to sec and put in the bowl Bearnaise will be made in. Add egg yolks to reduction and whop over simmering water until the yolks are very thick.

Gradually add the clarified butter to the yolks, whipping constantly. Add the lemon juice and season with salt and pepper. It may be necessary to thin hollandaise with a little water. Season to taste with salt and pepper.

Sauce Chiron

1 ½ tablespoons shallots, minced
6 each black peppercorns, cracked
1-½ tablespoons dried tarragon leaves
3 ounces tarragon vinegar
1-ounce water
1 tablespoon white wine
5 each egg yolks
14 ounces clarified butter, warm
1 ½ tablespoons tomato puree

Combine the shallots, black peppercorns, dried tarragon, and vinegar. Reduce to sec. Add the water and wine to the reduction; strain. Combine the strained reduction and egg yolks in a stainless steel bowl. Cook over a Bain Marie until the yolks form a ribbon. Add the clarified butter (drop by drop at first to form an emulsion), whipping constantly. Add the tomato puree; adjust seasonings to taste with salt.

Tarragon Beurre Blanc

2 ounces shallots, finely minced
2-½ ounces tarragon vinegar
8 each black peppercorns, crushed
1 each bay leaf
12 ounces dry white wine
8 ounces heavy cream
1-½ pounds unsalted butter, softened
1 tablespoon fresh tarragon, chopped
To taste salt and white pepper

1. Combine the shallots, vinegar, peppercorns, bay leaf, and wine. Reduce to 2 ounces; strain.
2. Reduce the cream by half and add to the reduction.
3. Gradually whisk in the butter over low heat.
4. Add the fresh tarragon; season to taste with salt and pepper.

Red Pepper Coulis

1-ounce vegetable oil
2 teaspoons garlic puree
3 ounces minced onion
3 pounds red pepper, chopped
8 ounces white wine
1-pint chicken stock
To taste salt and pepper

Heat oil in a sauté pan and cook onions until translucent, stirring in a little salt. Add garlic and cook until aroma; add red peppers and sauté until tender. Deglaze the pan with red wine. Add the chicken stock, bring to a simmer and cook for 15 minutes. Season to taste with salt and pepper. Puree mixture in a blender until very smooth (I have found that food processors don't work as well in this). Strain sauce through a fine sieve. Adjust seasonings and consistency.

Maitre d' Hotel Butter

1 pound unsalted butter, softened
½ bunch parsley, finely chopped and washed
2-½ tablespoons fresh lemon juice
½ teaspoon salt, or to taste
¼ teaspoon pepper, or to taste

1. Combine all of the ingredients in a mixer with a flat paddle.
2. Roll butter in parchment paper for storage.

Chicken Consommé

10 each egg whites
2 pounds ground chicken or turkey
1-pound mirepoix (in sticks)
12 ounces tomato concasse
5 quarts chicken broth
1 each sachet – bay leaves, thyme, and peppercorns
To taste salt and pepper

Whip the egg whites until slightly frothy. Combine the egg whites, chicken, mirepoix, and tomatoes in an appropriate stockpot. Add the chicken broth and mix well; add the sachet. Bring the mixture to a simmer, stirring constantly in a figure 8. Stop stirring when a raft forms. Break a hole in the center of the raft to allow consommé to bubble through. Never let the consommé come to a boil; it must be monitored constantly. Allow bubbling gently for 1-½ hours, until full flavor develops. Strain through several layers of cheesecloth and degrease completely.

To serve, season and garnish.

Cream of Mushroom Soup

3 ounces whole butter
12 ounces onion medium dice
3 ½ pounds mushrooms chopped
4 quarts chicken veloute
2 quarts chicken stock
24 ounces heavy cream
As needed salt and pepper
As needed fresh croutons

1. Sweat the onions until translucent; add the mushrooms and sauté, without browning, until tender and juicy.
2. Add the veloute. Bring to a simmer and cook until the vegetables are tender, approximately 15 minutes. Skim the surface periodically.
3. Puree the soup, and then strain it through a fine china cap or chinois.
4. Return the soup to the stove and thin it to the correct consistency with the hot chicken stock.
5. Bring the soup to a simmer and add the hot cream. Season to taste with salt and pepper.

Variations: To make cream of asparagus, cream of broccoli, cauliflower, COM, pea, or spinach soup, substitute an equal amount of the chosen vegetable for the mushrooms plus 3 ounces of celery (medium dice). If using spinach, pre-cook the leaves slightly before adding.

Zuppa alla Pavese

6 tablespoons butter
6 slices Italian bread, ½ inches thick
4 ½ cups excellent quality chicken stock, seasoned
6 each fresh eggs
As needed fresh, mild herb mix, minced
As needed freshly grated Parmesan cheese

Cut bread to fit the size of each soup bowl. Melt butter in a 10” skillet at a moderately low heat and fry the bread, turning frequently, for 4 to 5 minutes. The slices should be golden brown on each side.

Poach 6 eggs, following the correct procedure.

In each soup bowl, place a crouton and top it with a poached egg. Sprinkle egg with some fresh herbs and Parmesan cheese. Pour the broth around the egg and serve with additional cheese.

It would also be very delicious to stir in some pesto.

Shrimp Bisque

1-½ ounces clarified butter
8 ounces mirepoix, small dice
1 pound shrimp shells and or lobster or crayfish (shells and bodies)
1 each garlic clove, pureed
2 tablespoons tomato paste
2 ounces brandy
6 ounces white wine
2 quarts fish veloute
1 each sachet
1-cup hot cream (or more to taste)
To taste brandy
To taste salt and pepper
8 ounces shrimp, peeled, and deveined

Caramelize the shrimp shells and mirepoix in the butter. Add the garlic and tomato paste and sauté lightly. Add the brandy and flambé. Add the white wine. Deglaze and reduce the liquid by half. Add the veloute and sachet and simmer for approximately 1 hour, skimming occasionally. Strain, discarding the sachet and reserving the liquid and solids. Puree the solids and return them to the liquid; simmer for 10 minutes. Strain the bisque through a cheesecloth lined fine chinois. Return the bisque to the simmer and add hot cream. Season to taste and add brandy. Shallow-poach shrimp in white wine with fresh tarragon; dice. Divide hot shrimp in the bisque bowls and add bisque.

Wisconsin Cheddar Cheese Soup with Herbed Popcorn

12 ounce white mirepoix
4-ounce butter
1-ounce garlic minced
4-ounce flour
1-gallon chicken stock
2 pounds cheddar cheese grated
½ ounce dry mustard
4 ounce green bell pepper blanched, juliennes
4 ounce red bell pepper blanched, juliennes
1 ounce dries white wine

Method:

1. Sweat the mirepoix in the butter until it is tender.
2. Add the garlic and sweat briefly.
3. Add the flour, stir to make a roux. Cook out the roux for 5 minutes.
4. Add the stock and simmer the mixture for 45 minutes.
5. Add the cheddar cheese and continue to heat the soup gently until the cheese melts.
6. Add the peppers to the soup.
7. Add the dry mustard and wine; adjust the seasoning with salt and pepper.

Boston Bean Soup

1-½ cups dried beans (pinto, navy, Jacob's cattle, soldier, yellow eye, cranberry, etc.)
1 ½ cups celery (or fiddlehead fern) medium dice
1 ½ cups onion medium dice
2 medium tomatoes concasse
4-½ cups brown stock
To taste salt and pepper

Soak the beans overnight or use the quick soak method. Drain the beans and simmer with celery, onions, tomato and broth until tender. Pour the mixture into a food processor or blender and puree; adjust consistency with hot brown stock. Reheat, season to taste with salt and pepper.

Chicken and Corn Chowder

2 quarts excellent quality chicken stock
1 each 2-½ pound chicken
4 ounces onions, large dice
2 ounces carrots, large dice
2 ounces celery, large dice
1 each bay leaf
8 each whole black peppercorns
4 tablespoons neutral salad oil
½ pound bacon, diced
8 ounces onion, small dice
4 ounces carrots, small dice
4 ounces celery, string removed and small dice
2/3-cup flour
4 cups fresh corn kernels
1 each bay leaf
3 cups heavy cream
4 tablespoons soft, unsalted butter
To taste salt and pepper

In a stockpot, cover the washed chicken stock. Bring to a simmer and skim scum. Add mirepoix and simmer the chicken (fully immersed with a plate or clean towel), for about 45 minutes, or until the legs easily remove. Remove the chicken to a bowl to cool. Strain the stock and set aside. Clean the stockpot and heat. Add the salad oil and heat; add bacon and using a wooden spoon sauté the bacon slowly until golden brown. Remove bacon onto paper toweling. Still using the wooden spoon, add the flour to the bacon fat to make a blond roux. Add mirepoix and toss with the spoon until the vegetables sweat. Whisk in the chicken broth. Add the corn and simmer the soup for at least 20 minutes, or until the corn is tender. Meanwhile, remove meat from chicken and cut into medium dice. Ladle 4 cups of the hot soup into a food processor (maybe not all at once) and puree. Return puree to soup pot. Add the bacon, chicken, and hot heavy cream; season soup with salt and pepper. When the soup is finished, stir in butter and serve.

To make this soup in the style of the Southwest, add 2 cups diced green chilies, 2 teaspoons ground cumin, and pepper as desired.

Hearty Beef Vegetable Soup

6 ounces butter or beef fat
3 pounds mirepoix, small dice
8 ounces turnips small dice
2 garlic cloves, chopped
4 quarts beef broth or stock
1-pound beef, small dice
1 bay leaf
½ teaspoon thyme, dried
½ teaspoon peppercorns, crushed
8 parsley stems
12 ounces tomato concasse
12 ounces corn kernels, fresh
Salt to taste
Pepper, to taste

1. In a soup pot, sweat the mirepoix and turnip in the butter or fat until tender.
2. Add the garlic and sauté lightly
3. Add the beef broth or stock and the diced beef, bring to a simmer. Add the sachet, skim or degrease as necessary.
4. Simmer until the beef and vegetables are tender, approximately 1 hour.
5. Add the tomato concasse and corn; simmer for 10 minutes. Season to taste with salt and pepper.
6. Cool and refrigerate

Puree of Split Pea Soup

6 ounces bacon, diced
1-pound mirepoix, medium diced
2 garlic cloves, chopped
6 quarts chicken stock
1 pound split peas, washed and sorted
1-½ pounds ham hocks or meaty ham bones
2 bay leaves
½ teaspoon thyme dried
½ teaspoon peppercorns, crushed
Salt to taste
Pepper to taste
Croutons sautéed in butter

1. In a stockpot render the bacon by cooking it slowly and release its fat; sweat the mirepoix and garlic in the fat with them.
2. Add the chicken stock; peas, ham hocks or bones and sachet. Bring to a boil reduce to a simmer and cook until the peas are soft, approximately 1 to 1 ½ hours.
3. Remove the sachet and ham hocks or bones. Pass the soup through a food mill and return it to the stockpot.
4. Remove the meat from the hocks or bones. Cut the meat unto a medium dice and add it to the soup.
5. Bring the soup to a simmer and if necessary adjust the consistency by adding hot chicken stock. Adjust the seasonings with salt and pepper and serve. Garnish with croutons.

Senate Bean Soup

1-pound Navy beans
2 quarts chicken stock
1-ham hocks
1 tablespoon unsalted butter
1 medium onion, small dice
Salt to taste
Pepper to taste

Sort through beans, discarding any small stones, then rinse under cold running water. Put beans, chicken stock, and ham hock into a medium heavy bottomed soup pot. Cover pot and bring to a boil; skim simmering soup for one hour, or until the beans are tender.

Meanwhile, melt butter into a medium skillet; sweat onions, then cook until tender and just beginning to brown. Remove from skillet and set aside.

When beans are tender, reduce heat to low and stir in onions. Retrieve ham hocks from soup and let sit until cool enough to handle; discard bone, skin, and excess fat, small dice meat and add to soup.

Mash some of the beans against the inside of the pot with the back of a wooden spoon to make the soup thicker and a bit creamier. Season soup to taste with salt and freshly ground black pepper.

French Onion Soup

10 pounds yellow onion, thinly sliced
8 ounces clarified butter
4 quarts beef stock
4 quarts chicken stock
½ ounce thyme, fresh
Salt to taste
Pepper to taste
8 ounces sherry
French bread, garnish
Gruyere cheese, grated

Saute the onions in the butter over low heat. Carefully caramelize them thoroughly without burning. Deglaze the pan with 8 ounces of the beef stock. Cook a sec. Repeat this process until the onions are a very dark even brown.

Add the remaining beef stock, the chicken stock and thyme.
Bring to a simmer and cook 20 minutes to develop flavor.
Adjust the seasonings and add the sherry.

Serve in warm bowls. Top each portion with a slice of toasted French bread and a thick layer of cheese. Place under the broiler or salamander until the cheese is melted and lightly browned.

Tortilla Soup

6 cups red stock
3 tablespoons safflower oil
1 ½ medium onion, sliced in ½ in. rounds
4 large garlic cloves, unpeeled
2 each jalapeno chilies
2 cups canned organic plum tomatoes, whole
1 teaspoon pureed chipolata chilies
To taste kosher or sea salt
Garnishes
2 each pastilles chilies, stem and seeds removed
¼ cup chopped cilantro
1 large avocado, diced
Each corn tortillas (fried strips)
8 ounces crumbled feta or queso Blanco
1 each lime, quartered

Start making the red stock. Everything else can be prepared while stock is simmering. Preheat broiler. Using about half the oil, lightly oil the onions, garlic cloves, chilies, and fresh tomatoes. Put them on a sheet pan and broil 4 to 5 minutes below the heat. When the onions brown, turn them over and brown the second side. Turn the chilies when they blister. Remove the garlic when browned, and then peel. Turn the tomatoes several times so that the skins pucker and brown in places. Remove individual vegetables as they finish cooking. Puree everything in a blender until the sauce is smooth as possible.

Heat the remaining oil in a wide soup pot over medium high heat. Add the puree and cook, stirring, until it has thickened, about 5 minutes. Add the strained stock, then simmer, covered for 25 minutes. Stir in the chipolata chilies and taste for salt. At this point, strain the broth if you like a thin, refined soup.

To toast the chilies, put them in a heavy skillet over medium heat. Press down for 30 seconds or so or until they're fragrant and begin to blister in places. Turn and repeat on the second side, but don't let them burn. When cool, tear or cut them into strips.

Just before serving, add the chili strips and chopped cilantro to the broth and cook for 1 minute. Leave the broth into bowls and add the avocado, tortilla strips, and crumbles cheese. Garnish with more cilantro and serve with lime wedges.

New England Clam Chowder

2 pounds clams
3 ounces bacon diced
2 medium onions finely chopped
1-tablespoon flour
6 medium potatoes
To taste salt and white pepper
4 cups milk
1 cup half and half
Garnish chopped parsley

Scrub the clams well and place in a sink of cold water with a handful of flour for 30 minutes. Drain the clams and place them in a deep saucepan with about 5 cups of cold water. Cover and bring to a boil, stirring occasionally until all the shells open. Discard any shells that do not open. Strain the clam liquid, reserve it, and set the clams aside to cool.

Place the bacon in a large, deep saucepan and cook slowly until the fat is rendered. Turn up the heat and brown the bacon. Remove it to paper towels and drain. Add the onion to the bacon fat in the pan and cook slowly to soften. Stir in the flour and add the potatoes, salt, pepper, milk and the reserved clam liquor. Cover and bring to a boil and then simmer for about 10 minutes, or until the potatoes are nearly tender. Remove the clams from their shells and chop them if large. Add to the soup along with the cream and the sliced bacon. Cool 10 minutes more, or until the potatoes and the clams are tender. Garnish individual portions with chopped parsley.

Oyster Soup

24 each oysters, live, shucked, liqueur reserved
4 ounce leeks, white part only chopped
1-ounce butter
4-ounce potatoes medium dice
4-ounce light cream
1-tablespoon parsley chopped
2 cups fish stock

Method:

1. Sweat the leeks in butter
2. Add the potatoes and stock, cook until tender
3. Puree
4. Heat oysters and their liqueur gently for a moment until the edges cur.
5. Strain the liqueur into the pureed soup
6. Heat cream and add.
7. Add oysters
8. Season

Puree of Black Bean Soup

10 ounces dried black beans
2-ounce bacon fat
8 ounces onions $\frac{1}{4}$ inch dice
1-quart chicken stock
1 each sachet (3 cloves, $\frac{1}{2}$ lemon quartered)
2 each ham hocks scored or slashed
2 ounces dry sherry
Pinch ground allspice
Salt and ground black pepper to taste

Method:

1. Sweat onions $\frac{1}{2}$ way cooked in bacon fat
2. Add stock, sachet, ham hocks and beans
3. Simmer until beans are tender, add more stock if necessary
4. Remove ham hocks; remove meat, dice, and reserve.
5. Remove sachet bag.
6. Puree $\frac{1}{2}$ of the beans and return to the soup.
7. Add the ham hock meat, sherry and season.
8. Serve garnish with each cup of soup.

Seafood Minestrone

1/3 cup white wine
16 each mussels cleaned, debarred
1 ½ quart fish stock
2 teaspoons olive oil
2 each bacon slices chopped
1-tablespoon garlic minced
5 ounces leeks small dice
3 ounces onion small dice
1 ½ ounce celery small dice
2-ounce tomato paste
½ teaspoon salt
½ teaspoon rosemary dried leaves
½ teaspoon thyme dried leaves
½ teaspoon pepper
1 small bay leaf
1 slice lemon
2 ounces kidney beans dry soaked
3 ounces Arborio rice
1 ½ cup tomato concasse
2 ounce shrimp, peeled, and deveined chopped

Method:

1. Heat the wine over high heat in a saucepan with a tight fitting lid. Add the mussels. Cover the pan and steam the mussels just until the shells open.
2. Remove the mussels from their shells; reserve them.
3. Strain the steaming liquid through cheesecloth. Add enough fish stock to equal 2 quarts. Reserve the liquid.
4. Heat the oil in a soup pot. Add the bacon and cook it until it is limp and translucent. Do not brown it. Add the garlic, leeks, onion, and celery. Saute the vegetables until the onion is translucent.

5. Add the tomato paste and sauté it.
6. Add the remaining ingredients, except the mussels and shrimp, and the reserved fish stock. Bring the liquid to a boil, reduce the heat and simmer the soup until the beans and rice are tender.
7. Add the mussels and shrimp. Remove the soup from the heat immediately. Serve it in heated bowls garnished with ½ teaspoon of pesto.

Minnesota Wild Rice Soups

1-ounce butter
2-ounce leeks diced
2-ounce ham diced
1 ½ ounce flour
2 quarts chicken stock
1-cup wild rice
8 ounces heavy cream
2 ounces sherry
Chopped herbs garish

Method:

1. Sweat the leeks and ham in butter.
2. Add the flour and make a blond roux.
3. Add the chicken stock to make a veloute.
4. Add the wild rice and cook until done.
5. Finish with cream and sherry; garnish with chopped herbs.

Ham Bone and Collard Green Soup

1 each ham hock slash skin
2 quarts chicken stock
2 ounces salt pork ground
4 ounces onions small dice
2 ounces celery small dice
1 ½ ounce flour
10 ounces collard greens, remove stems
1 each sachet (bay leaf, pinch thyme)
10 peppercorns
5 parsley stems
4 ounces heavy cream
Salt and pepper to taste

Method:

1. Add ham hock to chicken stock; simmer for 30 minutes
2. Render salt pork, add onions and celery sauté until onions are translucent.
3. Add flour and cook 2 to 3 minutes.
4. Incorporate stock and ham hock mixture, add sachet, bring to a simmer.
5. Cut collard greens into 1-inch dice; add to soup.
6. Simmer until the collard greens are tender.
7. Remove the ham hock, dice meat, return to soup.
8. Discard sachet; add cream.
9. Season

Note: If collard greens are too long, they can be blanched before adding to the soup.

Variations: Substitute cabbage or mustard greens for collard greens.

Chicken and Corn Chowder

2 quarts excellent quality chicken stock
1 each 2-½ pound chicken
4 ounces onions, large dice
2 ounces carrots, large dice
2 ounces celery, large dice
1 each bay leaf
8 each whole black peppercorns
4 tablespoons neutral salad oil
½ pound bacon, diced
8 ounces onion, small dice
4 ounces carrots, small dice
4 ounces celery, strings removed and small dice
4 cups flour
4 cups fresh corn kernels
1 each bay leaf
3 cups heavy cream
4 tablespoons soft, unsalted butter
To taste salt and pepper

In a stockpot, cover the washed chicken with chicken stock. Bring to a simmer and skim scum. Add mirepoix and simmer the chicken, (fully immersed with a plate or clean towel), for about 45 minutes, or until the legs easily remove. Remove the chicken to a bowl to cool. Strain the stock and set aside. Clean the stockpot and heat. Add the salad oil and heat; add bacon and, using a wooden spoon, sauté the bacon slowly until golden brown. Remove bacon onto paper toweling. Still using the wooden spoon, add the flour to the bacon fat to make a blond roux. Add mirepoix and toss with the spoon until the vegetables sweat. Whisk in the chicken broth. Add the corn and simmer the soup for at least 20 minutes, or until the corn is tender. Meanwhile, remove meat from the chicken and cut into medium dice. Ladle 4 cups of the hot soup into a food processor (maybe not all at once), and puree.

Return puree to soup pot. Add the bacon, chicken, and hot heavy cream; season soup with salt and pepper. When soup is finished, stir in butter and serve.

To make this soup in the style of the Southwest, add 2 cups diced green chilies, 2 teaspoons ground cumin, and pepper as desired.

Herb Roasted Chicken

1 2-½ pound young chicken
½ cup roasted shallots pureed
½ cup mixed herbs (thyme, rosemary, savory, lemon verbena, or lemon balm)
1 cup unsalted butter softened
2 tablespoons olive oil
As needed salt and pepper
2/3-cup mirepoix (1/2 onion, ¼ carrot, ¼ celery) medium chop
4 ½ tablespoons flour
3 cups chicken stock

Preheat oven to 450 degrees.

Wash chicken and remove wing tips. Pat dry thoroughly with paper towels. The dryer the skin is, the crisper the skin will be. With a wooden spoon, mix together the shallots, butter, herbs; season with salt and pepper. Very carefully run hand between skin and meat, starting with the breast. It may be necessary to use a knife to loosen the skin at the breastbone. Using your hands spread the compound butter mixture all over the chicken, underneath the skin. Throw some more herbs and seasonings inside the cavity and truss.

Glaze the chicken with olive oil and then season all over. You must use a roasting pan with a rack to roast bird, this is essential. Place bird breast side up on rack and roast for 15 minutes at 450 degrees. Remove bird from oven and lower heat to 350 degrees. Baste bird with olive oil and turn over breast side down on a rack. All of this must be done very quickly so the bird will not cool down too much. Roast chicken for 30 minutes, basting once or twice. Never keep the oven door open while basting, you must remove bird, close oven, baste, and return to oven. After 30 minutes, turn bird breast side up and roast until an internal temperature of 165 degrees. To check the temperature, place thermometer in the middle of the thigh.

When the bird is done, it will be golden, fragrant, and almost ready to fall off the bone. It is necessary to allow the chicken to sit for at least 20 minutes before serving. This is to allow the juices to retract back toward the center of the bird. While the bird is resting, make the gravy.

Place the roasting pan on the stove and allow the pan juices to boil gently for about 2 minutes. Remove all but about 4 tablespoons fat. Mix in flour and stir with a wooden spoon. When the flour becomes white on the underside, add the mirepoix and stir for about 2 minutes. Add the chicken stock (cold) all at once and whisk until smooth. Allow gravy for about 20 minutes, and then strain.

Chicken Breast New Hampshire

1-ounce butter
1-ounce onions minced
24 ounces mushrooms
6 ounces white wine
½ ounce flour
8-ounce cream
½ ounce tarragon chopped
1-ounce parsley chopped
6-ounce ham diced
20 each chicken breasts (boneless and skinless) pound ¼ inch thick

Method:

1. Sweat the onions
2. Add the mushrooms and cook au sec.
3. Add the white wine and reduce au sec.
4. Add the flour and heavy cream; let thicken and cook out.
5. Add seasonings
6. Let stuffing cool.
7. Standard breading procedure.
8. Pan fry.
9. Serve with 1 ½ to 2-ounce supreme sauce under breast.

Supremes aux Duxelle

6 each chicken legs (thighs and drumsticks), deboned
2 tablespoons clarified butter
3 ounces shallots, minced
1 pound mushrooms, diced
To taste salt and pepper
½ cup heavy cream, reduced
4 ounces fresh breadcrumbs
As needed melted butter
10 ounces supreme sauce

Reduce 1-cup cream by half.

Heat the shallots in clarified butter. Add the mushrooms and sauté until dry; season with salt and pepper and add reduced cream. Off the heat, add breadcrumbs and combine all ingredients well. The Duxelle should be sweet, nutty, and well seasoned.

Stuff chicken legs with Duxelle and fold into a nice package to keep the filling well contained. Brush skin with butter and season.

Roast chicken legs at 375 degrees until they are done (165 degrees then let rest for about 10 minutes to allow juices to retract). Serve on a pool of heated sauce supreme.

Supremes Chasseur

8 each chicken supreme
To taste salt and pepper
As needed flour
2 tablespoons minced shallots
4 ounces mushrooms, sliced
12 ounces Chablis
6 ounces tomato concasse
12 ounces demi glace
As needed mixed herbs, chopped
As needed whole butter for monter au Beurre

Thoroughly dry and season the chicken breasts. Add clarified butter to a hot sauté use and recover heat. If flouring the chicken breasts, use a little more fat. Saute the chicken until it is almost cooked through. Remove from pan and keep warm.

Degrease the pan. Add the shallots and sauté them until they are translucent; add the mushrooms and sauté. Deglaze the pan with the wine and reduce the sauce au sec. Add the demi glace and reduce sauce to Nappe. Add the herbs and adjust the sauce's consistency; Monte au Beurre. Serve the sauce over the chicken pieces.

Supremes aux Fines Herbs

4 each chicken supreme
To taste salt and pepper
As needed flour
4 teaspoons shallots, minced
8 ounces dry white wine
8 ounces chicken stock
4 ounces heavy cream
4 teaspoons chopped mixture herbs, (chervil, tarragon, parsley)

Dry the chicken breasts thoroughly (skin on or off) and dredge in flour. Cook chicken according to the principles of sautéing in clarified butter. Remove chicken from pan and keep warm.

Degrease pan and sauté shallots until they are translucent. Deglaze pan with the white wine and reduce until au sec. Add the stock and then the cream; reduce to Nappe. Season sauce with salt and pepper and, when the consistency is perfect, the fresh herbs.

Nappe chicken with sauce.

Chili Stew with Rice

4 pounds shank meat $\frac{3}{4}$ inch dice
Oil as needed
12 ounces onion minced
4 each garlic cloves, minced
 $\frac{1}{3}$ -cup mild chili powder
 $\frac{1}{3}$ -cup ground cumin
 $\frac{1}{3}$ -cup tomato puree
3 ounces demi glace
1 $\frac{1}{4}$ pound tomato concasse

Method:

1. Season the beef
2. Heat the oil, add the onions, and sweat
3. Add the garlic and cook to aroma
4. Add the meat
5. Add the spices, tomato puree, and demi-glace. Mix well
6. Braise in the oven until tender
7. Season chili and add the tomato concasse
8. Serve in a ring of boiled rice.

Braised Beef Shanks

6 each beef shanks, (1 ½ inches thick tied if necessary)
To taste salt and black pepper
As needed oil
8 ounces mirepoix medium dice
3 each garlic cloves, minced
2 tablespoons tomato paste
2 cups robust red wine
1 quart brown sauce
1 each standard sachet d'epices

Instead of buying already cut beef shanks, have the meat department of your grocery store custom cut the shanks for you at 1 ½ to 1-¾ inches thick. These make the juiciest beef shanks.

Season the shanks with salt and pepper. Heat oil in a brazier and sear the shanks until golden brown. Add the mirepoix to the same oil and caramelize. Add the garlic, tomato paste, and red wine to mirepoix and reduce the sauce. Add the brown sauce and reduce slightly.

Add the beef shanks. Make sure that there is enough sauce to cover shanks. Cover with a paper cover and then with lid. Bring to a boil on top of the stove and then turn to a simmer or braise in oven at 350 degrees until fork tender. Remove the beef shanks to a serving platter and keep warm. Strain the sauce, degrease, and season. Nappe shanks with sauce.

Chicken Stir Fry with Peanuts

1 ½ ounce oil
8-ounce onion sliced
1-ounce celery sliced thin
2-ounce red pepper, 1-inch julienne
1-ounce snow peas cut in ½
1 ½ ounce shiitake mushrooms sliced
1-ounce waterchestnuts sliced
4-ounce chicken stock
1-tablespoon soy sauce
1-teaspoon hoisin sauce
½ teaspoon garlic
½ teaspoon ginger
½ teaspoon arrowroot
4 each Boston lettuce leaves
4 Romaine lettuce leaves
2 each roma tomatoes concasse, sliced
2 ounces vinaigrette
1 each scallions sliced thin
2-tablespoon peanuts roasted, chopped.

Method:

1. Heat a well seasoned or Teflon pan, add half the oil.
2. Add chicken and stir-fry lightly, remove, and reserve.
3. Add remaining oil and stir fry onions, celery, pepper, peas, mushrooms and waterchestnuts (substitute jacamar).
4. Mix stock, soy sauce, hoisin sauce, garlic, ginger, and arrowroot together, add to vegetable mixture and bring to a boil.
5. Remove vegetable mixture from heat and mix in chicken; allow cooling slightly.
6. Arrange lettuce on a plate, place portion of warm stir-fry next to lettuce.
7. Mix tomato with vinaigrette and arrange on lettuce.
8. Garnish stir-fry with scallions and peanuts.

Scallops Dre Konige

6 servings scallops
1 each egg
1-teaspoon oil
1-teaspoon water
½ teaspoon salt
Pinch pepper
1-cup breadcrumbs fresh
Clarified butter
3 cups onions, minced
4 ounces white wine
1 tablespoon Hungarian paprika
4 ounces unsalted butter

Method:

1. Make Anglaise emulsion with egg, oil, water, salt, and pepper.
2. Brush prepared scallops in Anglaise and coat with breadcrumbs. Saute in clarified butter until golden on both sides.
3. Saute onions in clarified butter until brown; do not burn them.
4. Make a Beurre with the wine, paprika, and butter.
5. Serve scallops on a bed of onions and spoon paprika butter over the top.

Fish en Papillote

6-ounce fish fillet skinless
1-ounce butter
Salt and pepper to taste
2-ounce fish veloute
1 ounce white wine
½ teaspoon shallots minced
½ ounce scallions sliced
½ ounce mushrooms sliced

Method:

1. Cut parchment in heart shape large enough to enclose the fillet.
2. Heat a sauté pan. Add the butter. Season the fillet with salt and pepper and sear it briefly on the flesh side only. Remove it from the pan.
3. Place the veloute on one side of the parchment heart. Place the fish on top. Sprinkle it with wine, shallots, and scallions. Top it with shingled, sliced mushrooms.
4. Fold the paper over and seal the sides tightly.
5. Place the bag on a hot, buttered sizzle platter. Shake it to prevent burning.
6. Finish the fish in a hot oven for 5 to 8 minutes. Serve it immediately.

Grilled or Broiled Oriental Marinade Fish

4-ounce soy sauce
2-ounce sherry
½ teaspoon garlic minced
1-tablespoon ginger minced
2 each scallions minced
1 teaspoon granulated sugar
1 each lemon juice fresh squeezed

Method:

1. Combine all ingredients
2. Marinate fish
3. Grill or broil

Pecan Crusted Red Snapper

1 ¼ pounds pecan pieces
5 ounces flour (more flour for breading)
To taste salt, pepper, Creole seasoning
8 each, 7 to 8 ounce Red Snapper fillets
¾ cup evaporated milk
3 each eggs, beaten
As needed oil or clarified butter for pan frying

In batches, blend together the pecans and flour in a food processor. Set up a standard breading system using flour, milk and egg, and pecan mixture. Coat fillets according to standard breading procedure and allow to chill (in cooler or freezer for 20 to 30 minutes). Pan fry fillets using correct pan frying procedure.

Glazed Carrots

3 ounces unsalted butter
24 ounces carrots cut in oblique
2 tablespoons sugar
To taste salt
To taste white pepper
12 ounces chicken stock

1. Melt the butter in a sauté pan, and add the carrots.
2. Cover the pan and lightly sweat the carrots.
3. Add the sugar, salt, pepper, and stock.
4. Cook with a paper cover, at medium low heat until the carrots are almost done.
5. Remove the cover and allow the liquid to reduce to a glaze.

Note: If the carrots are done before the glaze is formed, remove them with a slotted spoon and reduce the liquid. Return the carrots to the pan to finish the process.

Cauliflower Polonaise

2 pounds cauliflower sectioned
As needed water
3 ounces unsalted butter
3 ounces fresh breadcrumbs
1 each egg hard cooked, chopped
2 tablespoons parsley, fresh chopped
To taste salt
To taste white pepper.

1. Boil or steam the cauliflower until it is tender. If necessary, refresh and reheat it at service time.
2. Brown the butter lightly in a sautoir.
3. Add the breadcrumbs and cook until they are golden brown.
4. Remove them from the heat, add the chopped egg and parsley and mix well. Season to taste with salt and pepper.
5. Sprinkle the crumb mixture over individual portions of the heated cauliflower.

Poireaux de Rouen a la Sauce Crème

2 pounds leeks white part only
4 ounces butter
1 each lemon (juice only)
½ cup sour cream
To taste salt and white pepper
3 ounces grated Parmesan cheese

Cut the leeks in half lengthwise and soak in water to remove all sand. Simmer leeks in salted water for 15 to 20 minutes, or until they are tender. Arrange leeks in a buttered gratin dish. Melt butter in a saucepan and let it turn a pale brown; add the lemon juice and gradually stir in the sour cream. Season with salt and pepper to taste. Pour the sauce over the leeks and sprinkle with the cheese. Bake gratin at 400 degrees for about 15 minutes.

Navets Glaces a Brun (Glazed Turnips)

2 pounds turnips, peeled and quartered
2 tablespoons butter
2 tablespoons cooking oil
1 1/3 cups excellent veal stock
2 tablespoons whole butter
1/4 cup sugar
To taste salt and pepper

Blanch the turnips in boiling, salted water to cover for 3 to 5 minutes. Drain and dry on a towel. Heat butter and oil in a large skillet and sauté the turnips until they brown lightly. Pour in enough stock to barely cover them. Add butter and sugar, cover with paper cover and then lid. Simmer turnips for 20 to 30 minutes, or until they are tender but retain their shape; correct seasonings.

If the liquid has not reduced to a syrupy glaze, put turnips in a serving dish and keep warm; reduce glaze and then toss with turnips.

Curettes au Gratin (Zucchini Gratin)

3 tablespoons olive oil
1 medium onion, small dice
2 each anchovies chopped
1 ½ pounds small zucchini large dice
To taste salt and freshly ground pepper
Persil lade made with 1 clove garlic
2/3-cup Nicosia olives, pitted
3 each hard cooked eggs minced
As needed dried breadcrumbs

Preheat oven to 400 degrees. Smear a 6-cup gratin dish with olive oil.

Warm 2 tablespoons of the olive oil in a frying pan over low heat. Add the onion and cook until softened, about 10 minutes. Add the anchovies and, as they begin to melt, add the zucchini. Cook over low heat, stirring regularly with a wooden spoon, until the zucchini are quite tender, about 15 minutes.

Salt lightly and grind over pepper generously. Stir in the Persil lade, olives and eggs and spread in the gratin dish. Sprinkle breadcrumbs over the top and dribble on the remaining 1-tablespoon olive oil.

Place in the oven and bake until golden, about 20 minutes. Serve immediately.

Corn Crepes with Asparagus Tips and Smoked Shrimp

Crepes:

½ cup flour
2 eggs
4 ounces milk
2 ounces water
1-teaspoon oil
To taste salt and pepper
4 ounces corn kernels cooked

Corn Salad:

1-½ cups corn kernels cooked
1/3 cup pepper (red, green, yellow) peeled and diced fine
3 ounces vinaigrette
1-teaspoon cilantro fine chop
Teaspoon parsley fine chop

Additional Ingredients:

24 asparagus cooked
18 smoked shrimp
1 cup Hollandaise sauce with chives

Mix all ingredients together in a blender and mix until smooth; adjust the consistency with flour or liquid. Make crepes, using two ounces of batter. Stack crepes until plating; keep airtight.

Make corn salad, smoke shrimp, and make Hollandaise.

To plate: Cut a lip in the crepe, roll into a cornucopia. Arrange on plate and fill with corn salad. Arrange asparagus and shrimp; garnish with Hollandaise.

Stewed Tomatoes with Okra

8 large ripe tomatoes, concasse with juice
6 small okra, trimmed and quartered lengthwise
1-teaspoon sugar
To taste salt and pepper
¼ teaspoon fresh rosemary, minced

Place all of the ingredients in a medium saucepan (non reactive) over low heat and simmer until the okra is tender. Season to taste.

Parmigiana di Melanzane

1 ½ pounds eggplant, peeled cut in ½ inch slices
As needed kosher salt
As needed flour
½ cup good quality olive oil
2 cups tomato sauce
8 ounces mozzarella cheese thinly sliced
½ cup grated Parmesan cheese

Preheat oven to 400 degrees. Rub a gratin or low-sided casserole dish with olive oil. Sprinkle both sides of the eggplant slices with salt and spread them out in one layer on a papered sheet pan. After 20 to 30 minutes, pat the eggplant dry with paper towels. Heat the olive oil in a skillet. Dredge each eggplant slice in flour and shake off excess; fry in olive oil until crisp and brown, transfer to a paper towel.

Now pour ¼ inch of tomato sauce in the bottom of the oiled baking dish; top sauce with a layer of eggplant slices, then mozzarella cheese and Parmesan. Repeat with 1 or 2 more layers, depending on the size of the baking dish. Cover the dish snugly with foil and bake in the middle of the oven for 20 minutes. Remove foil and either bake for 10 or more minutes or finish under a broiler.

Fried Green Tomatoes

10 each green tomato wedges cored, in 5 slices

As needed standard breading; flour, eggs, and breadcrumbs

As needed clarified butter

1 ¼ pounds Tomato sauce

7/8 pounds crispy onions

1. Use 1 tomato, cut in r slices for each serving. It is important that the tomatoes are at room temperature so the tomatoes will be soft and juicy when the bread is done.
2. Dip each tomato slice in flour, then egg, then and breadcrumbs. Be careful to coat evenly every time.
3. Pan fry tomatoes in clarified butter over medium heat, regulate heat so the coating browns evenly.
4. Ladle 2 ounces tomato sauce onto a dinner plate. Fan tomato slices in a circle on top of the sauce. Place puce of crispy onions in the center of the circle.
5. Equipment list: Cutting board, French knife, 3-2" ½ pans, spatula, ladle, statuses, and deep fryer.

Gratin of Summer Squash

2 tablespoons olive oil
1 small red onion
3 zucchini
2 plum tomatoes
3 cloves garlic minced
¼ teaspoon salt and freshly ground pepper
1-tablespoon fresh thyme minced
3 ounces Gruyere cheese grated

1. Preheat oven to 350 degrees. Lightly oil an 8-inch round baking dish. Slice onion into rounds. Slice zucchini and tomatoes about ½ inch thick.
2. In a large skillet over medium heat, place 1 tablespoon of the oil, and sauté onion and garlic until translucent (5 to 8 minutes).
3. Place zucchini slices vertically along the edge of the baking dish (cut edge against side of dish). Place the tomato slices against the zucchini, then some of the sautéed onion garlic mixture against the tomato slices so vegetables stand up around perimeter of baking dish. Repeat with zucchini, tomato, and onion garlic mixture to form alternating rings. Place remaining vegetables in center. Sprinkle with salt, pepper, thyme, and cheese.
4. Bake for 25 minutes. Serve warm or at room temperature.

Spinach Gratin with Eggs

1-pound spinach leaves stems removed
2 tablespoons clarified butter
1-teaspoon garlic puree
1-cup heavy cream
1 ½ tablespoons unsalted butter
4 each hard cooked eggs
To taste salt and pepper
4 tablespoons Parmesan cheese grated

Float spinach leaves in cold water and lift from water into a strainer. Dry the leaves, but leave some water droplets, these will help steam the spinach later. Heat the clarified butter in a non-reactive sauté pan. Add the spinach and toss constantly until the spinach is wilted; add the garlic and continue tossing until the spinach is cooked. Add the heavy cream and reduce until the cream is thick. Stir in the softened butter and season. Transfer to a buttered gratin dish. Slice hard-boiled eggs in half and stand up in the gratin dish. Sprinkle all with the Parmesan cheese and freshly ground black pepper, bake at 400 degrees until bubbly.

Braised Red Cabbage

2 pounds onion sliced
5 each apple peeled and sliced
1-pound bacon chopped
15 pounds red cabbage, cored, fine shred
3 cups red wine
3 cups red wine vinegar
3 cups sugar
10 ounces red currant jelly
Salt to taste
1 each cinnamon stick
6 each cloves
12 each juniper berries
4 each bay leaves

Method:

1. Sauté onions, peeled apples, and bacon in a braiser. Do not brown
2. Put all ingredients in same braiser, check seasoning, and braise for 45 minutes.
3. If needed, bind red cabbage with a little arrowroot.

Macedonia of Vegetables

2 ounces mushrooms large dice
2 tablespoons shallots minced
Butter as needed
2 ounces onions large dice
4 ounces celery large dice
6 ounces zucchini large dice
6-ounce yellow squash large dice
6-ounce carrot, large dice, parcooked
6-ounce turnips large dice, parcooked
6-ounce rutabaga large dice, parcooked
2-ounce red pepper small dice
Taste chives, tarragon, and basil fresh, chopped

Method:

1. Sauté the mushrooms and shallots in the butter until their moisture is reduced.
2. Add the onion and celery and sauté until the onions are translucent.
3. Add the zucchini and yellow squash and sauté them until they are tender.
4. Add the remaining vegetables. Sauté them until they are heated through and tender.
5. Add the herbs; toss them to mix. Adjust the seasoning with salt and pepper to taste.

Glazed Root Vegetables

3 ounces butter
24 ounces root vegetables, oblique, batonnet, etc.
2 tablespoons sugar optional
Pinch salt and white pepper
12 ounces chicken stock

Method:

1. Melt the butter and add the vegetables.
2. Cover the pan and lightly sweat the vegetables.
3. Add the sugar, salt and pepper, and stock.
4. Cook, covered, at low heat until the carrots are almost done.
5. Remove the cover and allow the liquid to reduce to a glaze.
6. The vegetable is done before a glaze is formed, remove them with a slotted spoon and reduce the liquid. Return vegetables to pan to finish the process.

Ratatouille

¾ cup olive oil
3 pounds yellow onion large dice
10 pounds eggplant large dice
5 pounds zucchini large dice
4 pounds red and green bell peppers large dice
5 pounds yellow squash large dice
¾ cup garlic puree
1 cans plum tomatoes (plus juice) large dice
3 cans tomato paste
To taste salt and black pepper

Heat olive oil in a rondeau and sweat onions until translucent; add eggplant and thoroughly coat with oil (it might be necessary to add more oil at this point). Fry olive oil and slightly brown. Add both squashes and peppers and toss thoroughly; sprinkle with about 2 tablespoons salt and cook until juices release. Add garlic and cook until aroma. Add crushed tomatoes, the tomato juice, the tomato paste and about 2 cups water. Toss thoroughly and bring to a simmer, stirring often. Simmer for about 1 hour and season with salt and freshly ground black pepper. When the ratatouille is done, it will taste nutty and have no bitterness.

Braised Red Cabbage II

1 large red cabbage
2 tablespoons granulated sugar
1 cup white wine vinegar or raspberry vinegar
5 tablespoons duck fat or clarified butter
1 medium onion, small dice
8 ounces red wine
8 ounces chicken stock
1 each bay leaf
2 each whole cloves
2 medium tart apples (Granny Smith, Pippin)
As needed salt and pepper

Cut the cabbage in half and remove the core. Slice the leaves thinly and wash in a colander. Shake dry. In a bowl, layer the sliced cabbage with the sugar, vinegar, salt and pepper. Leave for at least one hour overnight.

Heat the fat or oil in a large flameproof casserole and fry the onion until gently until golden. Add the cabbage and its liquid, the red wine, and the stock. Tuck the bay leaf and cloves way down inside the casserole and fit with a paper cover. Put the lid on the casserole and bring the cabbage to a simmer. Simmer very gently or bake in a 350-degree oven for 1-½ hours. Peel and core the apples; cut into a medium dice and fold into the casserole. Put back the paper cover and lid and cook for another 30 minutes.

Summer Vegetable Compote with Tomato Petals

3 medium eggplant (about 2 pounds)
4 tablespoons good quality olive oil
2 tablespoons unsalted butter
1 large onion small dice
2 cloves garlic pureed
To taste salt and pepper
To taste fresh thyme
6 large ripe, excellent tomatoes
2 tablespoons cream fraiche or sour cream
8 ounces excellent quality red wine: Beaujolais, Cabernet, Pinot Noir, etc.
1-tablespoon shallots minced
8 ounces excellent quality olive oil
To taste coarse sea salt
Garnish snipped chives and chervil

Preheat oven to 325 degrees. Halve eggplants lengthwise. Place cut side up, in a lightly oiled baking dish and sprinkle with 2 tablespoons olive oil. Bake until tender, about 30 minutes. Scoop out flesh with a large spoon; discard shells. Finely chop pulp.

Heat remaining 2 tablespoons olive oil with the butter in a large sauté pan. Add the onion and garlic and cook over medium heat until soft, about 5 minutes. Add eggplant, salt, pepper, and thyme. Heat through, adjust seasonings; set aside.

Meander tomatoes and cut into quarters. Cut away and discard tomato pulp leaving only and petal shaped shell. Reserve 12 pretty shells for the final presentation.

Cut remainign12 tomato petals into large pieces and add to eggplant mixture along with crème fraiche or sour cream. Cook over low heat for 5 minutes. Keep warm.

Place the reserved tomatoes petals on an oiled baking sheet and roast for 1 minute. Arrange 3 petals on each plate and glaze with vinaigrette. Arrange quenelles of the eggplant mixture between the petals. Garnish with chives and chervil.

Zucchini Gratin

3 tablespoons olive oil
1 medium onion small dice
2 each anchovies chopped
1 ½ pounds small zucchini large dice
To taste salt and freshly ground pepper
Persil lade made with 1 clove garlic
2/3-cup Nicosia olive, pitted
3 each hard cooked eggs minced
As needed dried breadcrumbs

Preheat oven to 400 degrees. Smear a 6-cup gratin dish with olive oil.

Warm 2 tablespoons of the olive oil in a frying pan over low heat. Add the onion and cook until softened about 10 minutes. Add the anchovies and as they begin to melt, add the zucchini. Cook over low heat, stirring regularly with a wooden spoon, until the zucchini are quite tender, about 15 minutes.

Salt lightly and grind over pepper generously. Stir in the pesillade, olives, and eggs and spread in the gratin dish. Sprinkle breadcrumbs over the top and drizzle on the remaining 1-tablespoon of olive oil.

Place in the oven and bake until golden, about 20 minutes. Serve immediately.

Souffle of Potatoes

6 russet potatoes 1 ½ pounds
4 cups water
¼ teaspoon salt
3 egg yolks well beaten
½ teaspoon sugar
3 egg whites
2 teaspoons margarine
2 teaspoons breadcrumbs

Peel the potatoes and cut into chunks. Cook in the 4 cups of water with salt added if desired until potatoes are tender.

Drain and press through sieve, or use electric mixer to beat until smooth. Add freshly ground black pepper if you wish. Add the well beaten egg yolks and sugar. Blend well.

Beat the egg whites until stiff and fold into the potato mixture. Grease a mold or 1 ½ quart baking dish with the margarine; dust with the bread crumbs.

Pour the mixture into dish and bake in preheated 350 degrees oven for 30 minutes or until set.

Serve immediately.

Optional: Sprinkle top with good quality paprika just before baking.

Potato Pancakes

6 each russet potato peeled and cut in $\frac{1}{4}$
6 each eggs
2 ounces cornstarch
To taste salt and pepper
As needed clarified butter

Shred the potatoes in food processor, using the appropriate attachments. Do not shred potatoes and then keep them in water, this will destroy the necessary starch required to make the pancakes. In a bowl, combine the potatoes, beaten eggs, cornstarch, and seasonings.

If using a sauté pan to cook pancakes make sure that the bottom is perfectly even, otherwise use a griddle. Heat clarified butter and cook pancakes until they are golden brown on each side.

Pommes de Terre Macaire

8 large Russet potatoes
6 tablespoons unsalted butter (more if necessary)
To taste salt and pepper

Preheat oven to 375 degrees.

Bake the potatoes 1 hour, or until soft inside. Remove from the oven and, when cool enough to handle, break it in half and scoop out the pulp with a fork. Into the pulp mash 3 tablespoons of the butter and season with salt and pepper. Shape the mashed potatoes into cakes 1 inch thick.

Use a non-stick skillet. Melt some butter into the skillet and fry the cakes very slowly until brown on each side.

Puree de Pommes (Potato Puree)

2 pounds baking potatoes peeled and quartered
4 ounces whole butter
3-¼ ounces heavy cream
To taste salt and white pepper

Pre heat oven to 400 degrees. Put potatoes in a stockpot and cover with cold water. Add about 2 tablespoons salt and bring potatoes to a boil. Cook potatoes until they are very tender, drain into a colander and then spread out onto a sheet pan. Put potatoes in 400-degree oven for about 3 to 4 minutes. Meanwhile, soak a large mixing bowl with flat beater in a sink of very hot water. While the potatoes are drying in the oven, dry the bowl and paddle and attach to machine. Put the potatoes through a ricer or food mill. Heat cream and butter together in the microwave oven. The idea is to bring hot potatoes together with the hot cream and butter in the hot bowl to create a very fluffy mashed potato. Adjust seasonings.

Galettes de Pommes Duchesse

2 ½ pounds baking potatoes (6 or 7)
6 each egg yolks
6 tablespoons soft unsalted butter
5 tablespoons heavy cream
1-teaspoon salt
1/8-teaspoon white pepper
Pinch nutmeg
1 cup coarse dries breadcrumbs
As needed clarified butter for frying

Scrub the potatoes under warm water, drip into saucepan of cold water to cover, add salt, and set over high heat. When water comes to the boil, boil slowly, partially covered, for about 25 minutes, or until perfectly tender and mealy. Drain potatoes at once and peel, using a towel. Put the potatoes (in chunks) onto a sheet pan dry in a hot oven or about 7 minutes. Immediately put potatoes through a food mill or ricer into a mixing bowl. Using a flat paddle, mix in the egg yolks, butter, and cream, along with the seasonings. It is extremely important not to over mix. Spread potato mixture about ½ inch thick on a papered sheet pan and let cool completely.

When the potato mixture is cold, use a round or oval cutter to form pancakes. Coat the pancakes with the breadcrumbs and pan fry in clarified butter.

Pommes de Terre Chateaux

2 ½ pounds russet potatoes, peeled, halved, and shaped

As needed clarified butter

To taste salt and pepper

Preheat oven to 400 degrees. Take care to shape the potatoes evenly to assure even cooking. Potatoes can be shaped ahead of time and store in water. Dry potatoes thoroughly and toss in a bowl with clarified butter and seasonings.

Place the potatoes, flat side down, on a sheet pan and roast for about 30 to 40 minutes, or until golden brown on the outside and tender on the inside. Serve potatoes immediately.

Pommes de Terre Dijon (Potatoes in Mustard Cream)

12 each medium red bliss potatoes peeled and turned
1 cup reduced heavy cream (with garlic) skimmed and kept warm
2 tablespoons excellent quality Dijon mustard
To taste salt and pepper

Cook potatoes either in Choucroute or in salted, boiling water. Mix warm cream with Dijon mustard to taste season. Arrange potatoes on plate or platter and napper with sauce.

Croquette Potatoes

2 pounds Idaho or russet potatoes
1 ounce softened butter
3 each egg yolks
To taste salt and pepper
As needed standard breading

Cook the potatoes until they are very tender. Drain and dry them in oven. Puree the potatoes while they are very hot.

Add the butter and egg yolks, mixing them well without overworking the potatoes. Season the apparel with salt and pepper. When cool enough to handle, or after several hours of refrigeration, shape the croquettes as required. Use standard breading procedure and deep fry croquettes until they are golden brown. Serve immediately.

Grumeerekiechle au Cheuve Chaud

2 pounds firm, waxy potatoes
1 medium onion, finely diced
2 large eggs, beaten
1-tablespoon flour
As needed duck fat or clarified butter
12 ounces goat cheese, or Munster
8 ounces mixed leaves (lettuces, herb leaves)
As needed red wine vinaigrette

Peel the potatoes and grate them. A food processor may be used for this (using the grater dish; not the blade). Put the grated potatoes in a bowl and season to taste. Mix the chopped onions with the eggs and flour. Add this mixture to the seasoned potatoes. Leave to rest for 20 minutes; the potatoes will produce quite a bit of liquid.

Heat about 2 tablespoons fat in a nonstick pan. Use a slotted spoon to lift the potatoes from the mixture and press slightly to remove excess liquid. Fry three pancakes at a time until the outside is golden and crisp and the inside is tender and done. Transfer the pancakes to paper towels to drain excess fat and then place on a baking pan. Make 6 large pancakes. Add more fat between batches if necessary. Grate or crumble the cheese evenly on top of the pancakes and broil until bubbly.

To serve, toss whole herb leaves and torn lettuces with vinaigrette and use as a base on a salad plate. Top with pancake.

Torte a L'Oignon

½ recipe pate Brisee (1 9" tart)
1 ½ pounds sweet yellow onions, thinly sliced
1-½ ounces clarified butter
1 each bouquet garni
To taste salt and pepper

Custard

4 ounces excellent quality Gruyere, grated
1-cup heavy cream
¾ cup milk
5 large eggs, at room temperature
To taste salt and pepper
To taste nutmeg

Roll out the tart dough to fit and 9-inch pan and bake blind until crust is set but not brown. Remove from oven and melt a little grated cheese on bottom to waterproof.

Heats clarified butter in a heavy bottomed casserole and add the onions. Cover the casserole for 5 minutes to allow the onions to sweat. Remove cover, add bouquet garni, and lower heat a little to allow the onions to caramelize slowly and thoroughly to a deep golden brown. When finished, the onions should be very soft, thick compote. Allow onions to cool.

Whisk together the cream, milk, and eggs (all should be at room temperature) and strain through a fine sieve. Add the grated cheese, salt and pepper, and a pinch of nutmeg.

Reheat oven to 375 degrees. Distribute onion compote over the bottom of the tart shell and then pour the custard into the crust. Bake on a sheet pan for 25 to 30 minutes.

Sweet Potato Puree

10 pounds sweet potatoes
As needed whole butter
As needed salt and pepper

Bake the potatoes in a 400 degrees oven until they are tender. Pass potatoes through a food mill or ricer and blend with enough soft butter and seasonings to create a puree the exact density as a white potato puree.

Polenta a la Nicosia

4 cups water
As needed salt
1 ½ cups coarse corn meal
4 tablespoons butter
3 cups good quality tomato sauce
¾ cup freshly grated Parmesan cheese

In a saucepan, heat salted water to a boil. Holding the cornmeal well above the saucepan, sprinkle it into the water in a slow stream while stirring constantly with a wooden spoon. Lower the heat to maintain a low boil and stir constantly until the mixture is thick and pulls away from the side of the pan, at least 30 minutes. Add small amounts of boiling water if the mixture becomes too thick to stir before the time.

Oil a tray or cookie pan with olive oil and spread the polenta out evenly in a thin layer. Use a spatula and some cold water to smooth out. Let cool completely and then cut into 2-inch squares.

Preheat oven to 350 degrees. Pour a little hot tomato sauce on the bottom of an oiled baking dish. Place half the polenta squares on bottom of dish, cover with half of remaining tomato sauce and ½ of the Parmesan cheese. Top with remaining polenta, sauce, and cheese.

Bake until all is bubbly and serve immediately.

Gnocchi ale Romano (Semolina Cakes)

3 cups milk
1 ½ teaspoon salt
Pinch nutmeg
As needed freshly ground black pepper
¾ cup semolina flour
2 each eggs
1 cup Parmesan cheese grated
4 tablespoons whole, unsalted butter

Butter a baking dish with butter and set aside. In a heavy 2 to 3 quart saucepan, bring the milk, salt, nutmeg, and a few grindings of pepper to a full boil over moderate heat. Add the semolina gradually, so the milk never stops boiling, stirring constantly with a wooden spoon. Continue cooking and stirring until the semolina is so thick that the spoon will stand up unsupported in the middle of the pan. Remove the pan from heat.

Beat the eggs lightly with a fork, add ¾ cups of the Parmesan cheese and stir the mixture into the semolina, when the ingredients are well blended, spoon the mixture onto the buttered sheet pan. Using a spatula (dipped in water). Spread mixture about ¼ inch thick. Refrigerate until the mixture is firm.

Preheat oven to 400 degrees and butter a shallow baking dish (8 to 9 inches). Use a biscuit cutter to cut into semolina into circles. Shingle them in the baking dish. Dribble in the melted butter and the remaining Parmesan cheese. Bake gnocchi for about 15 to 20 minutes, or until bubbly.

Corn Pudding

2 cups corn kernels fresh or frozen
2 tablespoons butter melted
2 eggs beaten
½ cup creamed corn
2 cups milk scalded
¼ teaspoon pepper
1-teaspoon salt

Mix all ingredients together and pour in 1 ½ quart casserole dish. Place in a pan or hot water. Bake at 325 degrees for one hour, or until set.

Rice Pilaf with Saffron

4 tablespoons excellent quality extra virgin olive oil
1 cup finely minced onions
4 cups long grain rice
1 extra large pinch saffron
6 cups excellent quality chicken broth
To taste salt and pepper

Preheat oven to 375 degrees. Heat olive oil in a large casserole with a tight fitting lid. Sauté onions until translucent and then add rice. It is important to make sure every kernel or rice is coated with oil, if desired, toast rice lightly. Add saffron and mix; add chicken broth and season with salt and pepper. Cut a parchment paper round to fit over rice, bring to a simmer and add lid. Do not remove lid or paper cover until ready to service. If desired, right before service, fold in a handful of chopped mixed herbs.

Red Beans and Rice

1 pound red beans soaked overnight
1-cup onions small dice
¼ cup green onion tops thinly sliced
¼ cup green bell pepper
½ tablespoon salt
¼ teaspoon black pepper ground
½ tablespoon garlic finely minced
1-tablespoon parsley finely minced
6 ounces ham 1-inch cubes
6 ounces bacon 1-inch cubes
1 each ham hock
Pinch cayenne
Pinch crushed red pepper
1 each bay leaf broken into quarters
¼ teaspoon dried thyme
1/8 teaspoon dried basil
1-quart water cold
Boiled rice

Method:

1. Drain the soaked beans. Sweat the bacon down; add the vegetables and sweat 2 to 3 minutes.
2. Add the beans and spices and cover with water. Bring to a boil and lower to a simmer. Cook until the beans are tender and natural thick gravy has formed. Add 1 cup of water toward the end of cooking if mixture appears too dry. Serve with rice.

During cooking, stir frequently and scrape the sides and the bottom to prevent scorching.

Risotto

2 tablespoons unsalted butter
2 teaspoons olive oil
1 small onion, finely minced
2 cups Arborio rice
6 ounces dry white wine
4 cups hot chicken stock
To taste salt and pepper
2 tablespoons unsalted butter
4 tablespoons freshly grated Parmesan cheese

Heat the butter and oil in a large saucepan. Add the onion and fry very gently, covered, for 5 minutes until the onion is soft but still white. Add the rice and cook gently for 3 minutes, timing all the time until each rice grain is coated with butter and oil. Add the wine and cook over a moderate heat until it evaporates. Add the chicken broth in 3 separate additions, stirring with a wooden spoon constantly. Allow 20 to 30 minutes cooking time, when rice should be creamy but still firm.

Using a fork, stir in extra butter and the Parmesan cheese and serve straight away.

Barley Risotto

1-ounce onion diced
½ ounce butter
1-cup barley
2-½ cup chicken stock hot
Salt and pepper to taste

Method

1. Sweat the onion in butter
2. Add the barley and mix it thoroughly with the butter. Cook it, stirring, until a toasted aroma develops.
3. Add the liquid in several additions, stirring frequently. Cook until barley is al dente and most of the liquid is absorbed. Texture should be creamy.

Risotto Rice Pudding

1/3-cup raisins
¼ cup dark rum
6 cups milk
1 cup Arborio rice
1 ½ cups plus 1 tablespoon
1 each vanilla bean split
4 each eggs separated
Crème Anglaise

Soak raisins in rum in a bowl for about 1 hour. Combine milk, rice, and ½ cup sugar, and vanilla bean in a medium saucepan. Bring to a boil over medium heat; reduce heat to medium low, cover and cook, stirring occasionally, until rice absorbs all the liquid, about 1 hour. Remove from heat, scrape seeds from vanilla pods into rice and discard pod. With your hands, melt and very small amount of butter over the top of the rice and then cover (touching rice) with plastic wrap. This is to prevent a skin from forming.

Pour 1 cup sugar into a skillet, and place over medium high heat. Cook without stirring, until sugar begins to melt, about 2 minutes, and then stir with a wooden spoon until golden and just beginning to foam, about 3 minutes. Remove from heat and pour into a straight sided, 9-inch baking pan that has been sprayed with Pam. Working quickly and carefully, tilt the pan to coat the bottom and sides. Preheat oven to 375 degrees.

Stir egg yolks and raisins. Beat the egg whites until foamy. Slowly add 1 tablespoon sugar, beat until soft peaks form, fold into rice mixture and transfer to the caramelized baking pan. Place the baking pan in a larger baking pan to make a bain marie. Have enough boiling water ready to fill 1/3 the way up the baking pan. Set rice in oven first and then pour in the water. Bake for about 1 hour or until a knife inserted comes out clean. Cool slightly in pan and then turn out onto a platter. Serve with crème anglaise.

Bulgur Pilaf

4 teaspoons olive oil
2 small onions, finely minced
2 cups bulgur
4 cups chicken broth
½ teaspoon ground black pepper
To taste salt and pepper
As needed chopped mint and dill

Heat oil in a casserole with a lid. Sweat onions until translucent; stir in bulgur and cook, stirring with a wooden spoon for about 3 minutes to toast wheat lightly. Add the broth and seasonings. Cover with paper and bring to simmer. Cover pot with lid and simmer on low until all the liquid is absorbed, about 15 minutes. Alternately, finish the pilaf in a 350-degree oven.

Egg Pasta

4 ounces flour

Salt

1 large egg

1-teaspoon olive oil

Water a few drops

Method:

Combine the flour and salt, to make it well, add the egg and olive oil. Work to combine; press to form dough. Knead until smooth and supple.

Herbed Pasta

2 large pinch coarse salt
8 ounces fresh herbs chopped
6 cups flour, all-purpose
4 each eggs
6 tablespoons water
2 tablespoons olive oil

Using a mortar and pestle or a food processor, mix herbs, and salt together to form a paste. Put 4 cups of the flour in a mixing bowl and make a well in the center. Add the herbs and the eggs to the well and mix progressively. If necessary, add a bit of warm water or more flour to form a soft but coherent, sticky dough.

Thickly flour a work surface and turn the dough out onto it. Knead repeatedly, turn it in the flour, push with the heel of the hand to stretch it, fold it, turn it in the flour, give it a quarter turn, push it again and so for the push, fold, flour, turn. The greens progressively release their liquid, absorbing more flour. When the dough is silken and no longer sticky, form into a ball, cover with a towel, and leave to rest for an hour.

Roll dough out onto a floured board and cut into squares (1 ½ x 1 ½ inches). Cook pasta in salted, boiling water. Serve Parmesan and melted whole butter.

Potato Gnocchi

1-½ pound russet potatoes
¾ cup all-purpose flour
¾ each egg
¾ teaspoon salt
Parmesan cheese
Tomato sauce alla Piemontese

Method

1. Boil the potatoes in jackets until cooked; peel and put through a ricer. While potatoes are still warm, blend them with the flour. Add lightly beaten egg and yolk, butter, and salt. Place on floured board and knead lightly. Keep dough soft.
2. Roll into sticks 1” thick and 10” long. Cut sticks into ¾ “ pieces. Dent piece in the middle with a fork.
3. When ready to serve, place gnocchi in boiling salted water. Cook until they rise to the top of the water. Drain and place in a warm bowl. Sprinkle with cheese and sauce if using.

Crepe Batter

2 large eggs
1-cup milk
½ cup water
½ teaspoon salt
4 ounces flour
3 tablespoons oil or melted butter

Method

Beat the eggs slightly, add the milk, water, salt, oil, and then gently whisk in the flour. Stir just enough to combine the ingredients well, and then pour the batter through a strainer. Let set ½ hour.

Crepe Batter

Substitute ¼ cup corn flour for ¼ cup flour in the basic recipe. Corn flour is much finer than corn meal. Masa harina, flour made from corn that has been treated with lime can also be used for a different flavor.

Flour Tortillas

2 cups unbleached all-purpose flour
1-teaspoon salt
 $\frac{3}{4}$ teaspoon baking powder
 $\frac{1}{3}$ cup vegetable shortening
 $\frac{3}{4}$ cup water very hot

Method

1. Mix the flour with the salt and the baking powder. Using your hands, mix in the shortening until the mixture becomes a coarse, even meal. Mix in $\frac{2}{3}$ cup of the water, adding it all at once, and knead for 2 minutes or until the dough has the consistency of stiff bread dough. If dry and crumbly, add extra water. If too moist, add a few tablespoons of additional flour.
2. Cover the dough and allow resting for 20 minutes. Heat a skillet, sauté pan, or griddle over high heat until a drop of water will immediately sizzle and evaporate. You will be rolling and then cooking each tortilla rather than rolling them all and then cooking them.
3. Pinch off a piece of dough the size of a golf ball, and dust your hands and the dough ball with flour. Place the ball on a highly floured surface and flatten the ball with your hands into a circle $\frac{1}{2}$ inches thick. Then, using a rolling pin, roll it twice in the same direction. Keep rolling, turning the dough 90 degrees each time, until you have formed a circle $\frac{1}{8}$ -inch thick and about 8 to 9 inches diameter.
4. Immediately place it in the hot skillet and cook it for 30 to 45 seconds or until bubbles begin to form on the top. If the tortilla puffs up, push it down with a spatula and keep warm by placing between towels.
5. Roll and cook the remaining dough in the same way.

To soften tortillas, heat a dry skillet over medium heat. Heat tortilla for about 30 seconds, or until bubbles start to appear on top. Turn and heat the other side for 15 seconds; fold or roll immediately.