

**Wallenpaupack Area High School**

**Culinary Arts Level III**

Catalog Description

Instruction in the preparation of stocks, soups, classical sauces, contemporary sauces, accompaniments and the pairing of sauces with a variety of foods. Topics addressed will include grand sauces and small sauces, dessert sauces, compound butters, chutneys, compotes, relishes, marinades and vinaigrettes. Instruction in the preparation of restaurant quality appetizers, entrees and desserts. The class also focuses on front of the house service and the art of selling.

Pre/Corequisites

Level One and Level Two Cuisine

Approved Textbooks

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

General and Specific Objectives  
Learning Outcomes

|   |   |
|---|---|
| <p><b>1.0 Demonstrate the preparation of white and brown stocks</b></p> <p>1.a Demonstrate the preparation of brown poultry, meat and vegetable stocks</p> <p>1.b Demonstrate the preparation of white meat, poultry, seafood and vegetable stocks</p> <p><b>2.0 Understand the uses and storage of stocks</b></p> <p>2.a Discuss the uses of stocks in food preparation</p> <p>2.b Demonstrate and discuss the proper storage of stocks</p> <p><b>3.0 Demonstrate the preparation of grand sauces and their derivatives</b></p> <p>3.a Demonstrate the preparation of the five grand sauces: espagnole, veloute, bechamel, hollandaise, tomato</p> <p>3.b Discuss how grand sauces are turned into small sauces</p> <p>3.c Demonstrate the preparation of small sauces from the grand sauces</p> <p><b>4.0 Discuss the quality characteristics of sauces</b></p> <p>4.a Discuss how the flavor, color, shine, texture and viscosity of sauces reflect their quality</p> <p><b>5.0 Understand the principals of preparation of permanent and temporary emulsion sauces including vinaigrettes</b></p> <p>5.a Discuss the differences between a temporary and permanent emulsion</p> <p>5.b Discuss how an emulsion is created</p> <p>5.c Identify emulsifying agents used in sauce making</p> <p>5.d Discuss the flavoring agents utilized in vinaigrettes</p> <p><b>6.0 Demonstrate the preparation of contemporary sauces</b></p> <p>6.a Demonstrate the preparation jus lie</p> <p>6.b Demonstrate the preparation of cream reduction sauces</p> <p><b>7.0 Understand the differences in the preparation of relishes, chutneys and compotes</b></p> <p>7.1 Discuss the differences and similarities of relishes, chutneys and compotes</p> | <p>7C.1<br/>7C.2<br/>2.1<br/>5.2<br/>3.1<br/>7A.1<br/>7B.1<br/>7E.2<br/>1.1</p> |
|---|---|

|   |   |
|---|---|
| <p><b>8.0 Demonstrate the preparation of dessert, butter and vegetable sauces including compound butters</b></p> <p>8.a Demonstrate the preparation of creme anglaise</p> <p>8.b Demonstrate the preparation of fruit coulis</p> <p>8.c Demonstrate the preparation of butter sauces for fish, pork and veal</p> <p>8.d Demonstrate the preparation of cheese sauce and butter sauces for vegetables</p> <p><b>9.0 Discuss and demonstrate the preparation of the three classifications of soups</b></p> <p>9.a Understand and discuss the differences in clear, thick and specialty soups</p> <p>9.b Demonstrate the preparation of various clear soups including the traditional and modern method of preparing consommé</p> <p>9.c Discuss the two different methods of preparing cream soups</p> <p>9.d Demonstrate the preparation of cream and puree soups</p> <p>9.e Discuss specialty soups and why they are classified as such</p> <p><b>10.0 Dining Room Service</b></p> <p>10.a Discuss, analyze and role play various forms of service</p> <ul style="list-style-type: none"> <li>• American</li> <li>• French</li> <li>• Buffet</li> <li>• Russian</li> <li>• Tableside presentation</li> </ul> <p>10.b Discuss, analyze and demonstrate appropriate table settings with cutlery and plates.</p> <p>10.c Demonstrate various napkin folds</p> <p>10.d Discuss, analyze and demonstrate concepts of customer service.</p> <p>10.e Discuss and role play front of the house job descriptions.</p> <p>10.f Discuss and role play greeting and seating of guests.</p> <p>10.g Discuss and role play server duties.</p> <p>10.h Discuss, analyze and role play sequence of service.</p> <p>10. i Discuss and demonstrate opening and closing duties for service personnel.</p> <p>10.j Discuss and role play sales as a service function.</p> | <p>7C.1</p> <p>7C.2</p> <p>2.1</p> <p>5.2</p> <p>3.1</p> <p>7A.1</p> <p>7B.1</p> <p>7E.2</p> <p>1.1</p> |
|---|---|

|  |  |
|--|--|
| 10.k Discuss and demonstrate how to sell and increase sales. |  |
|--|--|

# Wallenpaupack Area School District Planned Course Curriculum Guide

|  |
|--|
| <b>Department</b><br>Culinary Arts               |
| <b>Name of Course</b><br>Culinary Arts Level III |

**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

| <b>Wallenpaupack Area School District Curriculum</b> |                          |
|--|--------------------------|
| <b>COURSE:</b>                                       | <b>GRADE/S:</b> Grade 12 |
| <b>UNIT 1:</b>                                       | <b>TIMEFRAME:</b>        |

**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):**

**1.0 Demonstrate the preparation of white and brown stocks**

- 1.a Demonstrate the preparation of brown poultry, meat and vegetable stocks
- 1.b Demonstrate the preparation of white meat, poultry, seafood and vegetable stocks

**2.0 Understand the uses and storage of stocks**

- 2.a Discuss the uses of stocks in food preparation
- 2.b Demonstrate and discuss the proper storage of stocks

**3.0 Demonstrate the preparation of grand sauces and their derivatives**

- 3.a Demonstrate the preparation of the five grand sauces: espagnole, veloute, bechamel, hollandaise, tomato
- 3.b Discuss how grand sauces are turned into small sauces
- 3.c Demonstrate the preparation of small sauces from the grand sauces

**4.0 Discuss the quality characteristics of sauces**

- 4.a Discuss how the flavor, color, shine, texture and viscosity of sauces reflect their quality

**5.0 Understand the principals of preparation of permanent and temporary emulsion sauces including vinaigrettes**

- 5.a Discuss the differences between a temporary and permanent emulsion
- 5.b Discuss how an emulsion is created
- 5.c Identify emulsifying agents used in sauce making
- 5.d Discuss the flavoring agents utilized in vinaigrettes

**6.0 Demonstrate the preparation of contemporary sauces**

- 6.a Demonstrate the preparation jus lie
- 6.b Demonstrate the preparation of cream reduction sauces

**7.0 Understand the differences in the preparation of relishes, chutneys and compotes**

- 7.1 Discuss the differences and similarities of relishes, chutneys and compotes

**8.0 Demonstrate the preparation of dessert, butter and vegetable sauces including compound butters**

- 8.a Demonstrate the preparation of creme anglaise
- 8.b Demonstrate the preparation of fruit coulis
- 8.c Demonstrate the preparation of butter sauces for fish, pork and veal
- 8.d Demonstrate the preparation of cheese sauce and butter sauces for vegetables

**9.0 Discuss and demonstrate the preparation of the three classifications of soups**

- 9.a Understand and discuss the differences in clear, thick and specialty soups
- 9.b Demonstrate the preparation of various clear soups including the traditional and modern method of preparing consommé
- 9.c Discuss the two different methods of preparing cream soups
- 9.d Demonstrate the preparation of cream and puree soups

- 9.e Discuss specialty soups and why they are classified as \_\_\_\_\_ such

**INSTRUCTIONAL STRATEGIES/ACTIVITIES:**

Lecture, guided practice, apprenticeship

**ASSESSMENTS:**

Teacher created rubrics for each competency area.

**EVIDENCE OF MASTERY/Cut Score (Keystone Exam):****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.

Basic Fundamental Standards Of Cooking  
Roasting

Roasting Ration

- 1oz. Meat
- 1oz. Mirepoix
  
- 2oz. 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, note 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

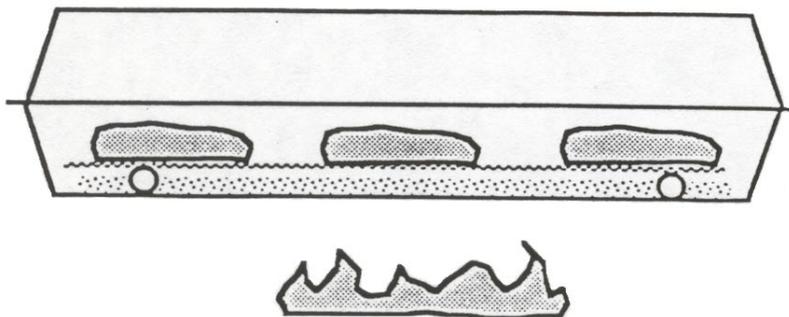
- |              |  |
|--------------|--|
| 1) Sear:     | To brown quickly and Caramelize the meat juices                            |
| 2) Roast:    | Moderate temperature (slow sizzling sound of the fat and pan juices)       |
| 3) Doneness: | Checked by thermometer, skewer, time/weight/temperature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

### Tested 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-Therm 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 |
| Touch                             | Resistance of fibers in the meat<br>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                                     |

## Smoke Roasting

### Foil Pan Method Set up for Smoke Roasting



#### Method:

1. Use an aluminum foil disposable hotel pan for top and bottom
2. Place  $\frac{1}{4}$  inch of hickory chips on the bottom of the pan.
3. Make four, 1-inch balls out of aluminum foil. Place one in each corner of the pan.
4. Place a wire rack on top of the foil. Arrange product to be smoked on the rack.
5. Cover the pan with a second foil pan and secure with a weight.
6. Place the pan on the stove and smoke the desired amount of time with medium to high heat. When done, allow the pan to cool slightly before opening.

## Basic Fundamental Standards of Cooking

### Broiling

### 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.

Heat source radiates 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 sizzler 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.

Examples: Vegetable oil  
Salt and pepper  
Aromatics

Basic Fundamental Standards of Cooking  
Sauteing

Sauté 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, the 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 characteristics of this cooking method are 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:

- a) Have the correct amount of fat, a brisk but even heat in the pan, and total concentration.
- b) Have the proper ratio 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.
- c) Fat must be hot for cooking red meat so that the surface of the meat is seared and a light crust is formed.
- d) Use an adequate amount of fat in relation to the product being cooked.
- e) Discard the remaining fat in the pan before deglazing.
- f) The meat must be cut into even-sized pieces.
- g) 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 firm fish.
- h) Red meat should be thoroughly browned, whereas chicken and lighter meats are usually cooked to a golden brown.
- i) Make sure the product is dry. White meats and fish are sometimes dusted with flour before sautéing.

- j) After the product is placed in the pan “do not stir or lift”, etc. until the heat in the pan has recovered.
- k) The meat is removed from the pan during the deglazing process and the making of the sauces.
- l) When returning meat to the finished sauce, the purpose is to reheat and blend:

Never allow to boil

Pans used for Saute

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, there will be no browning and meat will become tough)

Sauteuse: Shallow pan with sloping sides(sauté pan)

Sautoir: Shallow pan with straight sides.

## Basic Fundamental Standards of Cooking

### Pan Frying

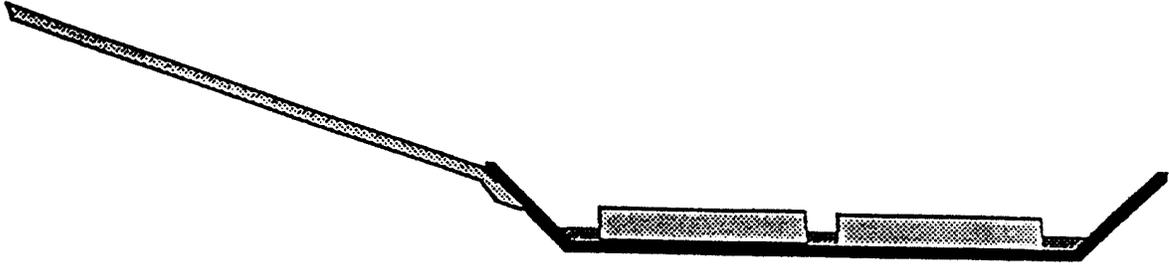
Pan-frying cooks food in an uncovered pan over moderate heat. The depth of fat varies with the type of food being cooked. The cooking time is longer than in sautéing.

In pan-frying, observe the following:

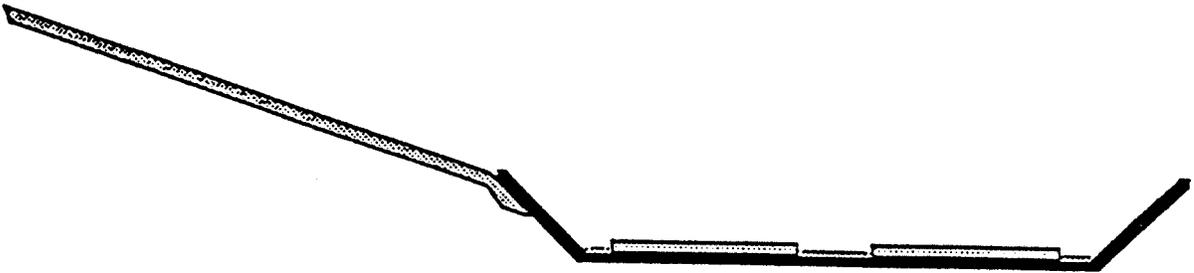
1. Use a heavy pan (i.e. cast iron, etc.) with even heat distribution.
2. If the product is changed to a different pan, it is sometimes finished in the oven.
3. More fat is used than in sautéing.
4. The product is usually coated or breaded.
5. The temperature of the fat is lower than in sautéing and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

## Pan-Frying vs. Sauté

Pan frying and sauté are similar techniques in that the foods are cooked in fat in shallow wide pans. From then on the techniques differ:



Cross Section of items cooking by Pan-Frying  
Food is thicker than sautéed food  
More fat is used  
Lower heat and longer cooking time  
Food is coated or breaded  
A sauce is not derived by deglazing the pan

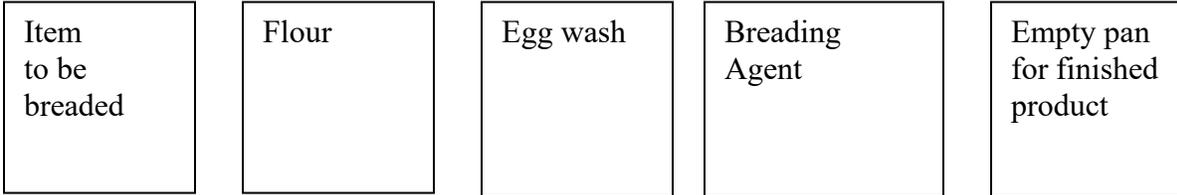


Cross section of items cooking by sauté  
Items are thinner than pan-fried food  
Very little fat is used  
Higher heat and quicker cooking time  
Items may or may not be coated or breaded  
A sauce is derived from deglazing the pan

In pan frying the following are required:

A hot pan with the correct amount of fat  
Thin, tender items, dredged in flour or coated  
Absorbent paper to drain finished products on  
A pre-prepared sauce derived from a different source.

### Standard Breading Procedure (a L'Anglaise)



Tips for standard breading procedure:

- 1) Item to be breaded should be dry.
- 2) While breading, keep one hand dry and one hand wet
- 3) Freezing breaded item for about 20 minutes sets the crust.

Basic Fundamental Standards of Cooking  
Deep-Fat Frying

Deep fat frying seals food in a crisp coating so that all the 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 don't 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 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

## 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/filling and/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.

### Poaching, Simmering, and Boiling

Poaching, simmering and boiling all cook foods in 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 deg. F  | Poaching  |
| 190 to 205 deg. F. | Simmering |
| 212 deg. F.        | 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 deg. F.    | Minute bubbles adhere to sides and bottom of pan                          | Cloudiness occurred with use of 3 tbs. or more of salt                                      |
| 150 deg. F.    | Same as above with increase of bubble quantity                            | The use of salt between 140 deg. F. and 185 deg. F. eliminated the small or minute bubbles. |
| 160 deg. F.    | Minute bubbles begin to break from bottom                                 |   |
| 170 deg. F.    | Bubbles begin to increase in size   |   |
| 180 deg. F.    | Increased size of bubble with large quantity of bubbles coming to surface |   |
| 190 deg. F.    | Increase of large bubble quantity with condensed packages of bubbles      | Large bubbles coming to surface with increase in bubble quantity                            |
| 195 deg. F.    | Minimal agitation caused by bubbles                                       | Large bubbles forming on bottom and breaking, like flashes                                  |
| 200 deg. F.    | Very rapid dispersion of bubbles; agitation round sides                   | Release of steam; water appears to roll   |

|                            |  |   |
|----------------------------|--|---|
| 205 deg. F.                | Surface agitation, mostly on sides<br>with very rapid release of bubbles<br>of large size and quantity | Movement on sides; large bubble<br>with small bubbles on bottom<br>surfacing with agitation |
| 210 deg. F.                | Very rapid release of large bubbles;<br>beginning of a rolling agitation                               | Increase of large bubbles<br>beginning to roll gently                                       |
| 212 deg. F.                | Rapid rolling boil   | Gently rolling boil   |
| 213 deg. F.<br>215 deg. F. |  | High rapid boil using 3 to 4 ½<br>tbs.<br>salt per 2 quarts 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           4-6 min. for thin  
                      6-8 min. for  $\frac{3}{4}$ "  
                      Longer for thicker
  
7. Remove from oven, reserve liquid, and 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:
  - A. Liaison
  - B. Egg Yolks
  - C. 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 qt.                            | Water              | 1 cup | Vinegar | 2 oz.  | Salt          | 12 oz. Carrots<br>(sliced) |
| 1 lb.                            | Onions<br>(sliced) | Pinch | Thyme   | 3 each | bay<br>leaves | 1 bunch parsley<br>stems   |
| ½ oz. peppercorns (last 10 min.) |                    |       |         |        |               |                            |

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

Shallow vs. Submerge Poaching  
Cross section view of poaching techniques



Shallow Poach



Submerge

Poach

**The differences in poaching techniques:**

Shallow

Submerge

Less Liquid is used

More liquid is used

Smaller cuts of poultry, meat or fish

Larger cuts can poached by this method

A sauce is made from the poaching liquid

The poaching liquid is not used for the sauce, a separately derived sauce is used

Poaching generally is done in the oven

Cooking is done on top of the stove

The garnish may be included during the cooking

The garnish is cooked separately and added just before serving

The pan is covered with paper

The pan is not covered

## 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 oven, but remember to always bring the meat to a simmer before putting it into the oven.

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

1. Larding is advisable on cuts with insufficient marbling.
2. The meat must be fry before searing and browning.
3. Where suitable, marination 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 is the essential step:

Cover the meat flush- so there is no space between meat, stock, and foil-with aluminum foil forming an upside down lid and climbing up the sides of the pot. Fold the excess foil back over the outside rim of the pot and cover with 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 pot 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 stringy. The foil is modern equivalent of the days when one prepared this type of dish on the hearth, burying the pot in hot embers and ashes and filling its specially hollowed lid with more embers. Nowadays one bakes in a preheated 325 F. oven.

You will know that the meat is done-when a skewer inserted at the center goes in and comes out without difficulty

6. Use 1-pint (3 to 5 oz. per portion) liquid; 1 oz. mirepoix to 1 lb. 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 therefore require more time.

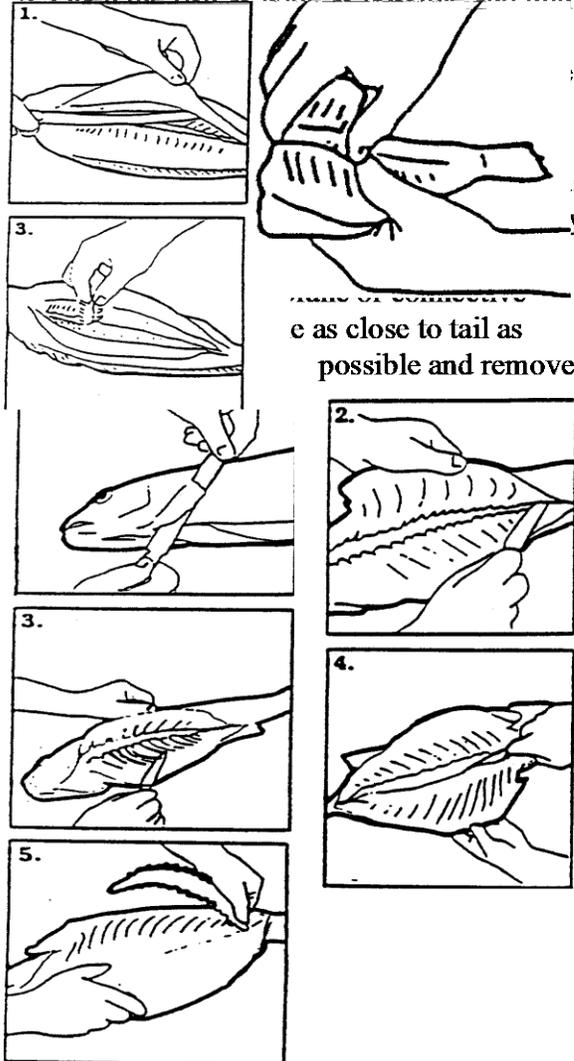
8. The sauce should be flavored with the concentrated flavor of the meat and vegetables, not just with wine and stock. Do not add too much liquid.
9. Braising is suitable for:
  - a. Beef
  - b. Lamb
  - c. Veal
  - d. Offal (sweetbreads, tongue, heart, etc.)
  - e. Poultry
  - f. Game

## Boning Round Fish through Belly

**Boning Round Fish through Back** round fish is through the belly, beginning by cleaning the

1. ~~Scale the fish, moving the scaler from the tail to the head. Be sure to remove the scales close to the fins. Scaling can be done with a fish scaler, a knife, or even a table spoon.~~   
 Slice through the flesh above the backbone using the tip of the knife. Insert the blade of the knife under this incision and cut the fillet away from the backbone, first on one side and then the other.
2. Open the fish's belly and extend the opening that has been created to gut it all along the length of the fish to the tail.
2. Bend the fish at right angles to the backbone in several places to break the backbone at three or four points.
3. Pull out the broken sections of backbone with the ribs attached. Leave the ribs on each side of the fish possible support it during cooking.

4. Open the fish as wide as possible and num



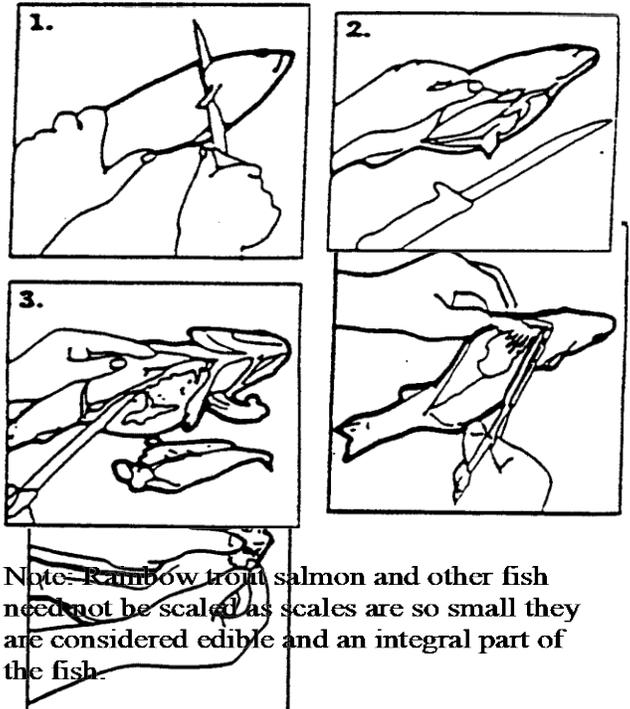
as close to tail as possible and remove.

## Boning Round Fish through Back

### Dressing Round Fish

To create a large pouch for stuffing and an

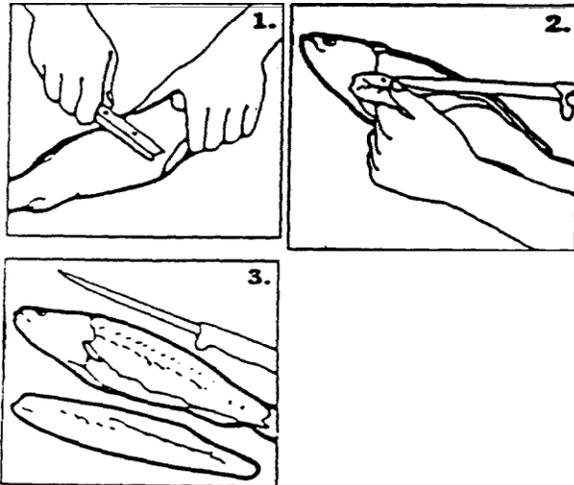
1. ~~Scale the fish, moving the scaler from the tail to the head. Be sure to remove the scales close to the fins. Scaling can be done with a fish scaler, a knife, or even a table spoon.~~   
 Position the whole, uncleaned fish, belly down on a cutting board and cut through the back on either side of the dorsal fin. Work the backbone and ribs free from the head to 1 inch from the tail.
2. Open the belly cavity by making a straight cut from the anal opening to the jaw. Scrape out the internal organs with your knife.
3. ~~Reverse the backbone at the head and tail backbone of the fish. Cut out the gills with a knife or a pair of kitchen shears. Wash the fish thoroughly in cold running water. The fish is now ready to stuff.~~   
 Pick up the fish and push back the head to open the gill slits. Insert your thumb and forefinger and pull out the gills.



Note: Rainbow trout, salmon and other fish need not be scaled as scales are so small they are considered edible and an integral part of the fish.

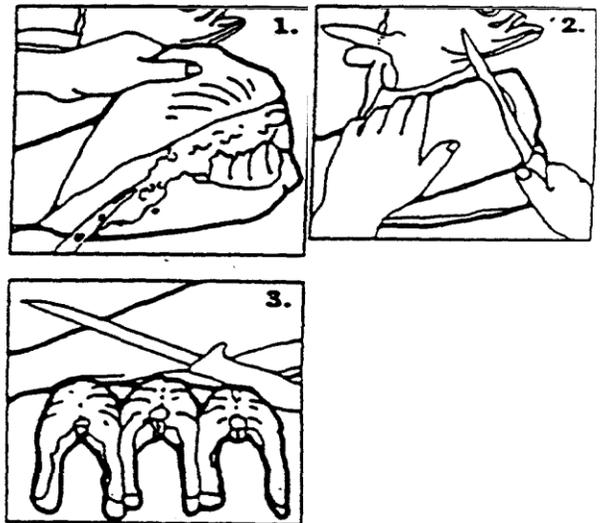
### Filleting Round Fish

1. Scale the fish (unless you intend to skin the fillet). Make a diagonal cut behind the pectoral fin toward the head. Cut down until you feel the backbone. It helps to have a filleting knife or other knife with a sharp thin blade.
2. Make a shallow cut from head to tail just above the dorsal fin. Carefully cut the fillet off by running the knife just on top of the backbone. To have a boneless fillet, avoid cutting into the belly cavity or if you cut into the belly cavity remove the rib bones by sliding your knife just underneath them and cutting them off diagonally.
3. The fillet is now ready to be prepared in the way you desire.



### Steaking

1. Steaking requires a large fish such as tuna, swordfish, bluefish, mackerel, or salmon. Cut off the head. Remove the internal organs, and wash in cold water to remove any blood and remaining viscera.
2. Make a cut perpendicular to the backbone about one inch from the head end.
3. Make perpendicular cuts at one inch intervals down the length of the fish. The "steaks" are now ready to grill, bake or prepare in the desired manner.



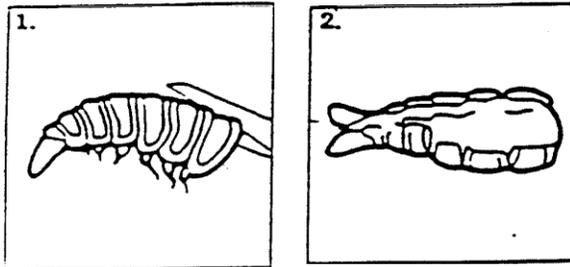
## **Filleting Flatfish**

1. Shown are both the dark and white sides of the flatfish.
2. Place flatfish, dark side up on a cutting board. Using a flexible boning knife, make an incision along the spine of the flatfish from the gills to the tail.
3. Slide the blade of the knife between the backbone and the flesh of the fillet cutting the fillet away from the bone.
4. Remove the first fillet. Remove the second fillet in the same manner.
5. To skin the fillet place the fillet skin side down. Grasping it by the tail end, cut the meat free by working in a seesaw motion as close to the skin as possible.
6. Turn the flatfish over and repeat the process to remove the last two fillets. Save bones for preparation of fish fume.

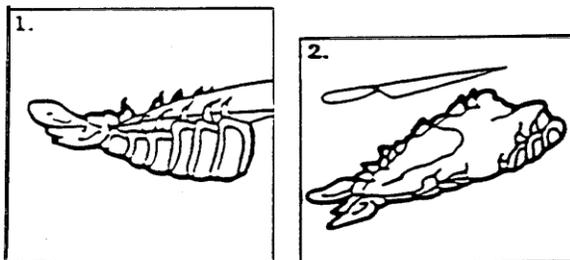
## How to handle Rock Shrimp

Properly cleaned, cooked rock shrimp yield about half the weight of the green (raw) tails. Two pounds of green tails will yield one pound of cooked, peeled, deveined rock shrimp.

To clean- Hold the tail section in one hand with the swimmerettes down toward the palm of the hand. 1) Using kitchen shears, insert one blade of scissors in sand vein openings and cut through shell along outer curve to end of tail. 2) Pull sides of shell apart and remove the meat. Wash thoroughly in cold water to remove sand vein. Shrimp are then ready to cook.



To clean for broiling: 1) Place shrimp on cutting board with swimmerettes exposed. With a sharp knife, make a cut between swimmerettes through the meat to the hard shell. 2) Spread shell open until it is flat and wash thoroughly in cold water to remove sand vein.



## Shrimp preparation

**DO NOT OVERCOOK.** Remind your customers to adhere to this simple rule. It is the difference between a splendid shrimp dish and a disappointed diner. Overcooking results in a dried out, tough product. When raw: shrimp are transparent and gelatinous: when properly done, they become firm and opaque. They appear white, dappled with pink.

Shrimp can be cooked either in shell or peeled and deveined. Raw breaded shrimp products should be deep fried; cooked breaded product - oven finished. Both should be cooked frozen, never thawed.

### Broil

1. Arrange green or peeled/deveined shrimp in a single layer in a greased pan.
2. Dot or sprinkle with fat or oil.
3. Broil 5-8 minutes or until firm and opaque.

### Boil

1. Add green or peeled/deveined shrimp to boiling salt water.
2. Cover, return to boil.
3. Simmer 3-5 minutes or until firm and opaque.

### Bake

1. Arrange green or peeled/deveined shrimp in single layer in greased pan.
2. Dot or sprinkle with fat or oil
3. Add just enough liquid to cover bottom of pan.
4. Bake at 350°F for about 15 minutes or until shrimp are firm and opaque.

### Oven Finish

1. To finish cooked breaded shrimp, follow package directions.

### Saute

1. Melt small amount of fat or oil in sauté pan
2. Cook peeled/deveined shrimp in low heat above five minutes or until firm and opaque.

### Deep Fry

1. use fresh, bland shortening since it is both a cooking medium and an ingredient.
2. Set thermostat at 350 F and preheat oil.
3. Place raw, frozen, breaded or your own breaded or battered shrimp in hot oil and fry 2 - 3 minutes or until golden brown.

## Shrimp

### Handling and Storage Tips

1. Fresh shrimp should be kept refrigerated on cracked ice and used as soon as possible.
2. Frozen shrimp should be kept frozen until ready for use. Never refreeze thawed shrimp.

| Thawing Guidelines |   |   |
|--------------------|---|---|
| Type               | Item  | Thawing   |
| Southern Shrimp    | 5 lb. Frozen block, (green headless in shell) | 48 hours in 40F. refrigerator. Remove from carton, place in pan and cover.  |
|                    | IQF (poly bags) of raw P&D Shrimp             | Place frozen poly bags under cold running water until thawed.   |
| Northern Shrimp    | Vacuum pack Pouches or tins                   | 36 hrs in 40F refrigerator.   |
|                    | IQF (poly bags)                               | Not necessary for use in hot dishes. For cold dishes, place frozen poly bags under cold running water until thawed. |

Frozen breaded shrimp products should be cooked from the frozen state according to package instructions. They should never be thawed.

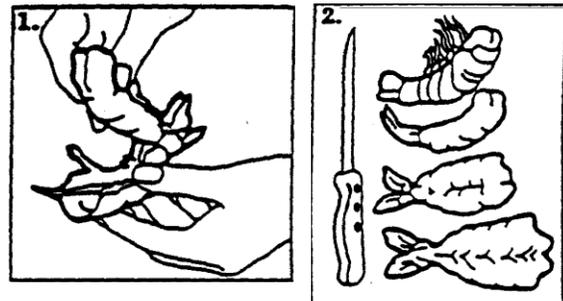
### How to Shell and Devein Shrimp

1. With a sharp knife, make a ¼ inch incision along the back, from head to tail.
2. Wash under cold running water to remove sand tract (devein). Strip off shells and legs,

leaving the tail intact. You now have a fantail shrimp.

3. The tail is a convenient, decorative part of the shrimp. It is easily grasped by the cook for dipping in batter before frying or by the diner for eating. Do not coat the tail with batter or breading.

4. When butterflying shrimp, use large or jumbo shrimp. Shell and devein, leaving the tail intact as shown. With a sharp knife, cut along the back, but not all the way through. Separate halves and spread open. The illustration shows, from top to bottom, headless unpeeled shrimp, fantail shrimp and butterflied shrimp.



## Scallops

### Handling and Storage Tips

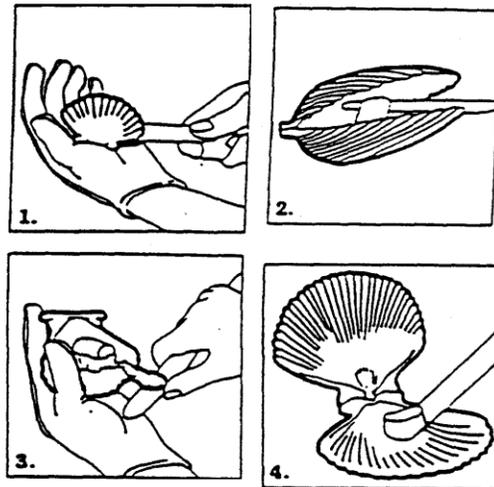
1. Fresh scallops: examine the product for a creamy white or light pinkish color and a mild sweet odor.
2. In packages, fresh or frozen scallops should be practically free of liquid. Some scallops are put through a soaking process where the muscles are placed in fresh water for several hours. This process increases the bulk of the muscles by one – third and turns the creamy color very white. However, this process may deplete the delicate flavor of the meat.
3. Fresh scallops are best used the day of purchase, but can be held on ice for 2 days.
4. Raw frozen scallops should be stored at 0F or below. Their shelf life is 3 – 4 months.
5. Due to their perishability, scallops are shucked soon after they are caught.

### How to Shuck a Scallop

1. Wearing a “cut” glove, hold the scallop in the palm of one hand with the shell hinges against the palm.
2. Insert a slender, strong, (not sharp) knife between the halves of the shell near the hinge and twist. This will separate the shell halves and give access to the interior. Do not force the shells apart as this will rip the muscle.
3. Lift the top side of the shell far enough to insert the knife point and sever the muscle from the top shell. Leave muscle attached to bottom shell until viscera is removed.
4. To remove viscera, grip the dark portion of the scallop firmly between thumb and knife

blade and pull gently. This should remove everything but the edible white scallop muscle.

5. When all viscera is removed sever the muscle from the remaining shell. Wash the scallop meat in cold water and place on ice immediately.



## OYSTERS

For opulent oysters:

1. Never allow oyster to reach room temperature. The best temperature for oysters is 39F.
2. Store oysters with the deep cup down so that juices don't leak out.
3. Keep away from sunlight. If properly refrigerated, they will keep 7 – 10 days. Do not refrigerate in water.
4. Never allow oysters to freeze.
5. Discard any open oysters or any bad smelling oysters. They are dead and spoiled.
6. Handle and cook frozen breaded oysters according to package instructions. One thawed they should never be re-frozen.

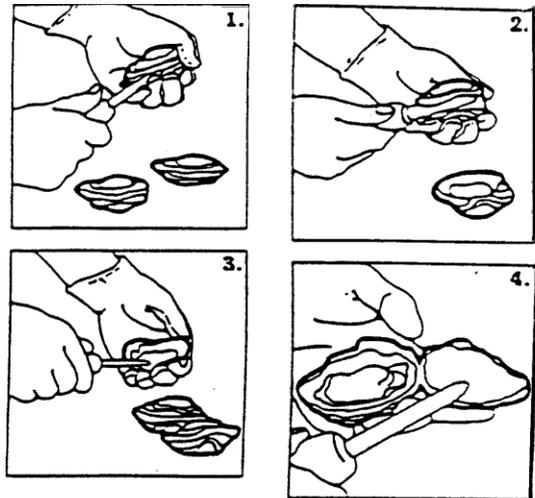
### How to Shuck Oysters

To get the full character of a great oyster it should be eaten within five minutes after it is opened. Professionals competing at international festivals can open 50 oysters in less than four minutes. That is just under five seconds per oyster. Here's the technique:

1. Wash the shell oysters thoroughly. Scrub with stiff brush under cold running water.
2. Wearing a "cut" glove hold the oyster in the palm of your hand with the hinge facing you. Wedge the tip of the oyster knife into the dip in the hinge. Push and gently twist the oyster knife until you feel it slide into the soft spot of the hinge. Turn the knife 90 degrees until the hinge pops open, separating the two shells.
3. After you have opened the oyster, scrape the knife across the inner top shell until you can feel the muscle, which you need to slice

through. The top shell can now be easily removed.

4. Next, scrap under the oyster to remove the muscle from the bottom half of the shell.
5. Retain as much of the oyster liquor as possible.
6. Shown is any oyster on the half shell.



Before offering some cooking suggestions, let's look at what to serve with oysters on the half shell. Served on a bed of crushed ice, oysters should never be overwhelmed by strong flavored sauces. Oyster connoisseurs recommend nothing stronger than a dribble of freshly squeezed lemon juice and perhaps a few grains of freshly ground pepper. Other suggestions: melted butter with lemon juice, a light and lemony mayonnaise, a light remoulade sauce, cocktail sauce, tabasco sauce or horseradish.

How to cook an oyster with turning them to leather is an art.

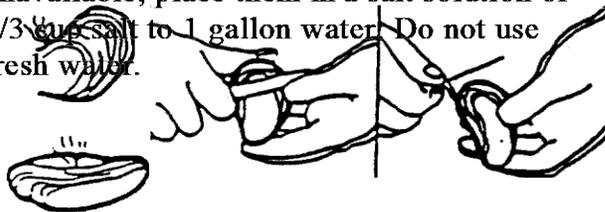
1. An oyster cannot be heated quickly or a moment too long.
2. Watch the mantle of the skin around the edge of the oyster. The moment it starts to crinkle, regardless of cooking method the oyster is done and must be removed from the heat. Serve immediately.

## Preparation and Cooking Clams

### Storage and Handling Tips

1. Like all other shellfish, clams are perishable and should be kept refrigerated at 32-35°F. They should be alive when purchased. Gaping shells mean the clams are dead and they are no longer usable if they do not close when tapped sharply with the back of the hand. The risk to the consumer is that the clam will die and release a liquid which will accumulate in the bottom of the pan. Do not cover the pan.
2. Shell clams will live for several days if refrigerated at about 40°F. They should never be stored in a paper bag or covered in an airtight container. To store them, place a circular hole in the bottom of the container to allow for circulation of air. They should be kept refrigerated.
3. Shell clams should be kept no longer than two days and refrigerated in ice. Properly handled, clams will remain fresh and good for 10 days.

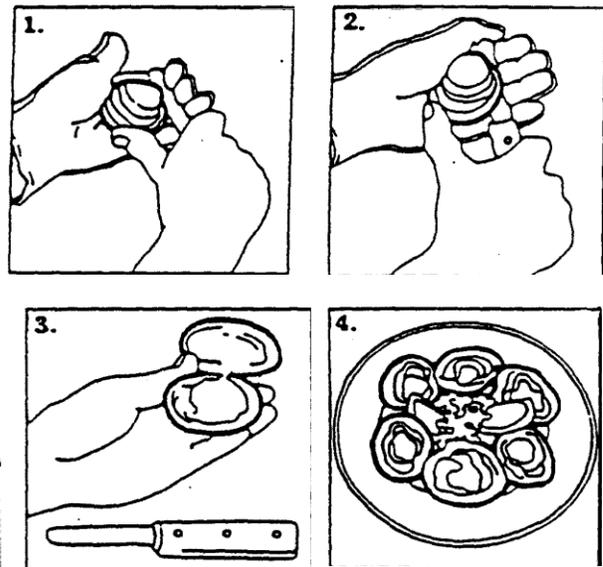
4. Never freeze clams in their shells with the lid closed; discard those with open shells.
5. Clams which ingest quantities of sand, such as soft-shell clams, should be removed and cleaned by placing them in a container of clean seawater to which a cup of cornmeal is added. The clam will filter the cornmeal into its shell. Wash the clams in seawater and siphon out the dirt. If seawater is unavailable, place them in a salt solution of 1/3 cup salt to 1 gallon water. Do not use fresh water.



To purge mussels, put in a large pot or sink and cover with water. Allow mussels to stand 2 hours or so. They will spit out any sand left in the shell. Or put a handful of

How to open a clam shell. Clams and leave overnight. The mussels eat the flour or

1. Wash the clams thoroughly in seawater. Discard any with broken shells. Show dead clams any mussels that float or will not shut; they are dead. If any tightly closed shells feel heavy, they are also dead.
2. Hold the clam in the palm of the hand with the sharp edge of a clam knife against the outside edge between shells. Exert pressure with the left hand and fingers against the dull or heavy side of the knife blade, forcing the blade between the shells and opening the first muscle.
3. To pry open the shell, insert the blade into the joint of the shell to catch a spring knife. It will do most of the work. Do not damage the flesh of the clam or the beard or tuft of "hair" is attached.
4. Open clam and discard upper shell. Loosen the clam from the lower shell and for small fragments.



### Other Tips:

1. To open a large amount of hardshell clams rapidly, rinse and clean the shells, and arrange in one layer on a tray or sheet pan; place in a 420°F for 5 minutes. The clams will open partially. The flesh should not be cooked.

2. Cut the muscles, remove the meat, and save the juice.

## Crab

Alaska king crab and snow crab are delivered frozen and should be kept in the freezer at (0)°F or below; then refrigerator thawed according to this chart before using.

| Type               | Items  | Thawing   |
|--------------------|--|---|
| King Crab in Shell | legs and claws<br>large and small claws<br>broiler claws<br>split legs and claws | 1 – 2 hrs in 35 – 40 F refrigerator. Remove from carton and spread out on sheet pan for even thawing. |
| Snow Crab in Shell | clusters<br>claws<br>broiler claws<br>cocktail claws                             | Same as above   |
| King Crab – Meat   | Fancy meat<br>Leg meat<br>Tail meat<br>Rice meat                                 | 30 – 35 hours at 35 – 40F in refrigerator. Remove from carton; place on tray for even thawing         |
| Snow Crab – Meat   | Fancy meat<br>Leg meat   | 30 – 35 hours at 35 – 40F in refrigerator. Remove from carton; place on tray for even thawing         |

Microwave thawing is another option. Cover product loosely with paper towel, napkin or waxed paper on microwave-safe plate. Cook on high power, defrost in 1400 watt microwave oven. After defrosting, let stand one minute.

| Type      | Item                    | Defrost     |
|-----------|-------------------------|-------------|
| King Crab | 8 oz legs or claws      | 3 minutes   |
|           | 8oz split legs or claws | 2 minutes   |
|           | 12 oz legs or claws     | 4 minutes   |
|           | 4oz cocktail claws      | 1.5 minutes |
| Snow Crab | 8 oz legs               | 3 minutes   |
|           | 8 oz split legs         | 2 minutes   |
|           | 8 oz straight claws     | 3 minutes   |
|           | 8 oz clusters           | 5 minutes   |
|           | 5 oz cocktail claws     | 1.5 minutes |

The Alaska King Crab Marketing and Quality Control Board offer the following thawing and cooking directions for split legs.

**Broiler:** Thaw king crab split legs under refrigeration 1 – 2 hours. Brush thawed legs with melted butter. Broil 4 – 5 minutes.

**Microwave:** do not pre-thaw. Retain king crab split legs in poly bag or cover with a damp towel to prevent moisture loss. Set time for 5 minutes on defrost cycle. Brush with melted butter, season and serve.

**Pressure Steamer:** Do not pre-thaw. Arrange king crab split legs in pan and cover with damp towel. Cook 4 – 5 minutes under 15 pounds of pressure. Brush with melted butter, season and serve.

**Conventional Steamer:** Do not pre-thaw. Place frozen king crab split legs in perforated pan over boiling water. Cover tightly and steam 6 minutes. Brush with melted butter, season and serve.

The cutting and preparation of king and snow crab in-shell items is easy and requires

only those utensils normally found in well-equipped kitchens. It is best to cut frozen product before thawing using a frozen food saw, hacksaw or band saw.

King and snow crab offers amazing versatility for menu planning. It's wonderful steamed or boiled, cut, cracked or scored as the entree or standout ingredient in an appetizer or side dish. For the fullest flavor, it's best to steam king and snow crab. Follow specific recipe instructions. If a single portion is cooked in a microwave, place that portion in a poly bag to protect against moisture loss. Remember, king and snow crab are fully cooked and can be served thawed and chilled or warmed.

### **Blue Crab**

1. Fresh cooked meat is perishable and must be refrigerated or packed in ice until used.
2. Pasteurized crabmeat must also be refrigerated and will keep longer than fresh refrigerated crabmeat.
3. Live hard-shell and soft-shell crabs are a delicacy but demand the most intensive care. Unpack immediately, cook and serve or place in lobster tank.

### **How to Remove Crabmeat from Cooked Blue Crab**

1. Pick up your crab from the pile and place it upside-down in front of you
2. Remove all of the legs and both claws. Reserve the claws since they contain several large pieces of meat. Save any meat that pulls out of the body when removing the legs and claws.
3. With a knife or claw tip, pry up the apron and completely remove it along with any external organs.

4. With the apron removed, a small protrusion will exist from where the apron was attached. Use this protrusion to help you pry off and discard the top shell.

5. Remove and discard the gills, or "dead man's fingers" which appear spongy. Remove the internal organs and the mouth shells and discard.

6. Break the body into halves and begin picking out the meat. The area where the rear-most paddle fins were attached will yield large nuggets of meat, or "backfin meat".

7. Crack open the claws with a wooden hammer or the handle of a butter knife to get to the claw meat. Both sections of the claw contain large chunks of meat.





### How to Dress Soft Shell Crab

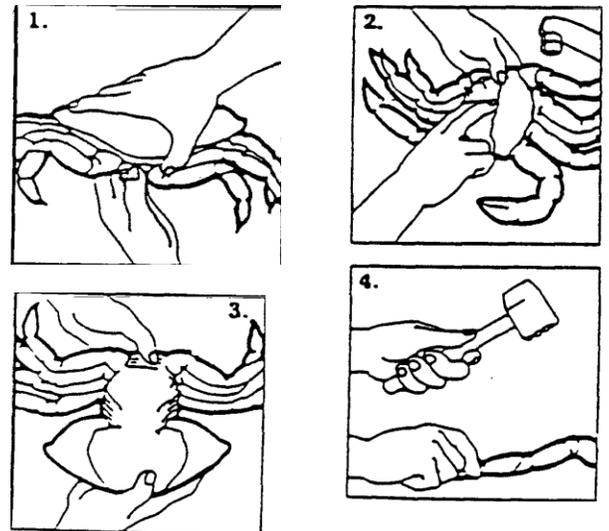
1. Remove the apron, that is, the segmented abdominal part of the body underneath the carapace.
2. Lift each of the pointed ends of the carapace to remove the spongy parts.
3. Cut off the face of the crab, about ½ inch behind the eyes. This part contains the sensory and respiratory organs and the digestive system. These parts are unsuitable for consumption.

**Dungeness Crab:** Storage and shelf life for Dungeness crab products are:

|                                 |  |
|---------------------------------|--|
| Live                            | Unpack. Cook immediately and serve or place in lobster tank. With proper care will live for several days.  |
| Whole cooked                    | Refrigerate at 33 – 35F. Approximate shelf life is 6 days.   |
| Whole Frozen or Frozen sections | Keep frozen at 0F or below. Thaw in refrigerator for 48 hours. Maximum shelf life is 6 – 9 months.   |
| Legs/ Picked meat               | Store frozen cans at 0F or below. Thaw in refrigerator, 24 hours with can upside down. Shelf life frozen is 4 – 6 months. Used thawed product in 2 – 3 days. |

### Successfully serving Dungeness crab calls for five simple steps:

1. To remove back. hold base of crab with one hand. place thumb under shell at midpoint and pull back off.
2. When the back is off you will see the viscera and the gills. Viscera is also known as crab butter. The gills and shell are the only inedible parts.
3. Wash the center of the crab to remove any remaining viscera. Also clean out back shell.
4. With crab upside down. strike thin ridge of each leg. Handle gently to be sure leg stays attached to body
5. Now crab is cleaned and can be, served hot or cold. Hot: Re-heat by conventional method or microwave for 60 sec's and serve with drawn butter. Cold: Replace back. serve on lettuce leaves with cocktail sauce or herbed mayonnaise. The back becomes the shell discard dish.



## Lobster

Questions about lobster storage and handling:

1. Can lobster be kept alive in fresh water with ice?

No. Fresh water is lethal. A lobster has salty blood and tissue which require a seawater environment to maintain life.

2. Have people been poisoned by eating lobsters that were allowed to die before being cooked? Is it true that a head lobster deteriorates very rapidly?

Lobsters are not poisonous if they die before cooking. But, cooking should not be delayed. Lobsters that have been dead for several hours (usually 6 to 8) are easy to detect when cooked: the tail shrinks to less than half and it is mushy and unpalatable. If the lobster is beheaded before or soon after death, the body meat will stay fresh much longer. Freezing slows deterioration and harmful chemical actions.

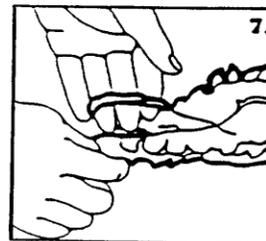
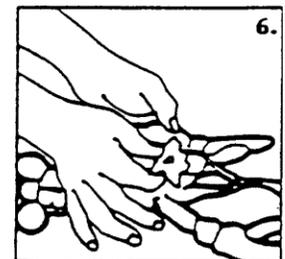
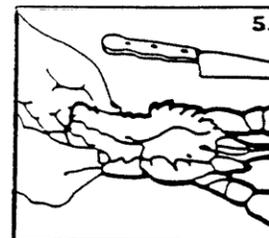
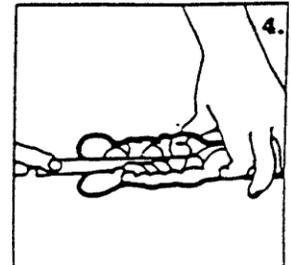
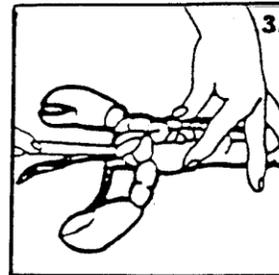
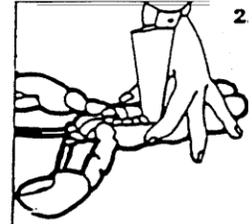
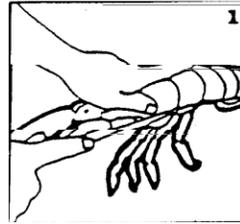
3. How can one tell if a boiled lobster was alive when cooked?

The tail of a dead lobster loses its elasticity and ability to curl under the body. When plunged into boiling water, a live lobster curls its tail under. It remains in that position during and after cooking.

### How to dress and split raw lobster.

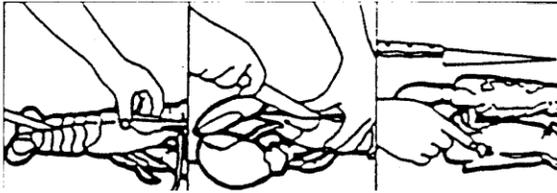
1. Cut off legs.
2. Insert knife in the abdomen.
3. Cut through under shell toward anterior.
4. Then cut toward posterior.
5. Press lobster apart, separating halves.
6. Remove sand sac from head.

7. Remove the intestinal tract.



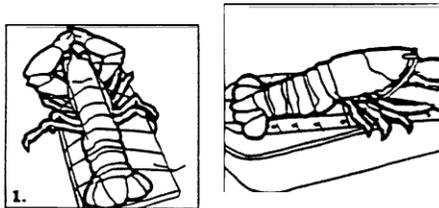
## How to Split Cooked Lobster

1. Insert knife at the point where tail and body are joined, cut toward posterior.
2. Turn Lobster around and cut toward anterior.
3. Split lobster in halves. Remove sand sac from head.



## How to Prepare Lobster for Cold Preparation

1. Select a live lobster from 3 pounds up to 20 pounds, depending on the type of display desired.
2. Lay crustacean flat on a rectangular board or on the rack of a fish poacher (poissonniere). Tie snug around the lobster to prevent the tail from curling up while cooking. Secure the antennae. Boil in court bouillon, timing it 10 minutes per pound. (Lobsters exceeding 8 – 10 pounds should simmer for the same amount of time.) When cooked, remove from bouillon and cool at room temperature, then refrigerate.

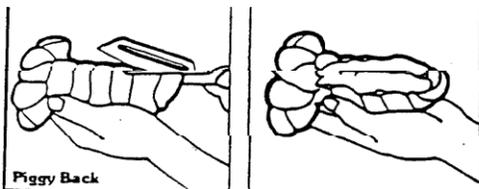


### Spiny Lobster

Lobster tail is a quick and easy item to prepare. It's typically served piggy back, butterfly or in whole shell. Here is how to prepare lobster tails for broiling.

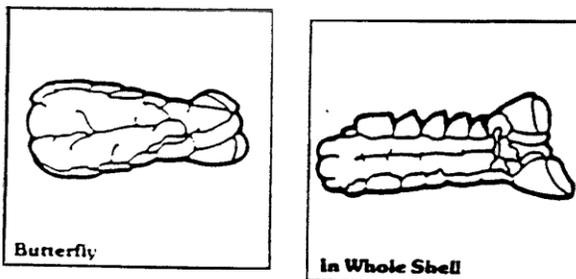
#### Piggy Back

Insert point of shears between meat and hard shell of thawed tail. Clip down center of shell, keeping fan intact. Don't remove underside of membrane. Open shell and lift out raw meat to rest on top of shell, leaving meat attached at the fan end.



#### Butterfly

With sharp knife, slit frozen tail down middle of hard shell, cutting through meat but not underside membrane. Open tail flat, butterfly style.



In whole shell: Hold thawed tail, shell side down, cut away underside membrane. Crack shell firmly lengthwise or insert skewers to prevent curling during broiling.

Suggested timings for broiling, boiling and baking rock lobster tails:

| Timetable for Broiling<br>(In minutes) |   |    |    |    |    |    |    |
|--|---|----|----|----|----|----|----|
| Weight (oz)                            | 2 | 3  | 4  | 5  | 6  | 7  | 8  |
| Thawed in Whole shell                  |   |    |    |    |    |    |    |
| Shell Side                             | 3 | 4  | 5  | 5  | 5  | 5  | 5  |
| Flesh Side                             | 2 | 3  | 3  | 4  | 6  | 7  | 6  |
| Frozen, Butterfly                      | 8 | 10 | 12 | 15 | 17 | 18 | 20 |
| Thawed, Piggy Back                     | 6 | 8  | 10 | 12 | 14 | 16 | 18 |

| Timetable for Boiling<br>(in Minutes, after water re-boils) |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|----|
| Weight (oz)   | 2 | 3 | 4 | 5 | 6 | 7 | 8  |
| Boiling   |   |   |   |   |   |   |    |
| Frozen  | 2 | 3 | 5 | 6 | 8 | 9 | 11 |
| Thawed  | 2 | 3 | 4 | 4 | 5 | 6 | 8  |

Drop rock lobster tails, either thawed or frozen into large kettle of boiling salted water. When cooked, drain and drench with cold water. Cut away underside membrane and insert fingers between shell and meat at heavy end and work meat loose from shell. Meat can be removed easily in one piece.

| Timetable for Baking<br>(in Minutes) |    |    |    |    |    |    |    |
|--------------------------------------|----|----|----|----|----|----|----|
| Weight (oz)                          | 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| Baking                               |    |    |    |    |    |    |    |
| Frozen                               | 20 | 25 | 30 | 35 | 40 | 45 | 50 |
| Thawed                               | 12 | 15 | 18 | 20 | 22 | 24 | 26 |

Wrap each tail securely in heavy duty aluminum foil. If tails are thawed, cut underside membrane after baking. Butter sauce and vegetable can be baked together with rock lobster tail in foil package.

Information courtesy of South African Rock Lobster Service Corporation.

### Standard Breading Procedure (a L'Anglaise)

|   |  |                              |                          |  |
|---|--|------------------------------|--------------------------|--|
| Item<br>to be<br>breaded<br>a<br>l'Anglaise | All –<br>purpose<br>flour,<br>seasoned | Eggs<br>whisked<br>with salt | Breadcrumbs,<br>seasoned | Breaded<br>item to be<br>fried or<br>pan-fried |
|---|--|------------------------------|--------------------------|--|

Tips for standard breading procedure:

- 1) Item to be breaded should be dry.
- 2) While breading, keep one hand dry and one hand wet
- 3) Freezing breaded item for about 20 minutes sets the crust.

# Sauces

## Hollandaise

2 tablespoons cider vinegar  
¼ teaspoon crushed peppercorns  
4 tablespoons water  
6 each egg yolks  
16 ounces clarified butter, warm  
1-tablespoon fresh lemon juice

Combine the vinegar and peppercorns in a small saucepan; reduce to sec; add water to reduction and strain into a bowl. Add egg yolks to reduction and whip 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 hot water.

## Sauce Béarnaise

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 béarnaise will be made in. Add egg yolks to reduction and whip 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 hot water. Season to taste with salt and pepper.

## Beurre Meuniere

12 ounces whole butter (preferably European style)  
3 ounces fresh lemon juice strained  
3 teaspoons minced parsley  
to taste salt and pepper

In a small sauté pan, swirl butter over heat until it turns golden brown (Beurre noisette).

The classic way to serve an item “a la Meuniere” does not add the lemon juice and parsley to the hot butter. The proper method for a la Meuniere is as follows:

1. Prepare item to be served a la Meuniere.
2. Heat butter until golden brown (Beurre noisette).
3. Drizzle fresh lemon juice over prepared item.
4. Nappe item with Beurre noisette and sprinkle with chopped parsley.

## Pesto Sauce

2 tablespoons whole butter  
2 large shallots, finely mince  
1 teaspoon cracked white peppercorns  
1 tablespoon fresh thyme, leaves only  
1-quart white wine  
1 ½ gallons chicken stock  
1-gallon heavy cream  
4 cups fresh basil leaves  
8 ounces roasted pine nuts  
2 tablespoons fresh garlic puree  
to taste salt and pepper

Sweat shallots, peppercorns, and thyme in whole butter; add garlic, and deglaze with white wine. Reduce wine by half, add chicken stock, and reduce by half again. Add heavy cream, and reduce to desired consistency. Put pine nuts and fresh basil in a blender; add some of the reducing sauce, and puree. Add mixture to sauce, season to taste. Do not strain sauce.

## Whiskey Butter Sauce for Grilled Meats

½ cup onion, minced  
2 cloves garlic, pureed  
½ cup Bourbon  
¼ cup Worcestershire sauce  
1 tablespoon ground black pepper  
1-½ teaspoons dry mustard  
1-teaspoon salt  
¼ teaspoon Tabasco sauce  
¼ cup white vinegar  
1 ½ pounds unsalted butter  
¼ cup Bourbon

Combine all ingredients except butter and last ¼ cup Bourbon; bring to a boil, and reduce by 1/3.

While reduction is still boiling, begin to add butter in small pieces, whipping very quickly. After ½ cup butter is added, remove from heat, and whisk in remaining butter. Finish by whisking in Bourbon.

## Primavera Sauce

2 tablespoons whole butter  
2 each shallots, minced  
2 teaspoons cracked white peppercorns  
1-tablespoon fresh thyme leaves  
1 quart white wine  
3 quarts chicken stock  
1-gallon heavy cream  
1-pound carrots, julienne  
1-pound red pepper, julienne  
1-pound zucchini, julienne  
1 pound snow peas, julienne  
to taste salt and white pepper

Sweat shallots, peppercorns, and thyme; deglaze with white wine, and reduce by 1/3. Add chicken stock and heavy cream, and reduce by half, or desired consistency. Sweat vegetables, and add to sauce; season.

## Chicken Cream Sauce

2 ounces shallots, chopped  
2 teaspoons crushed white peppercorns  
1 pint white wine  
1 each bay leaf  
2 teaspoons thyme leaves  
2 quarts chicken stock  
1-gallon heavy cream  
to taste salt and white pepper

Sweat shallots in whole butter with herbs and peppercorns; deglaze with white wine, and reduce to a glaze. Add chicken stock, heavy cream, and bay leaf. Bring to a boil, reduce to a simmer, and reduce sauce to nape, taking care not to bring simmering sauce about 225 degrees. Strain through a fine chinois, and season.

## Javanese Peanut Sauce

2 tablespoons peanut oil  
1 medium onion, medium dice  
4 large garlic cloves, pureed  
2 small red jalapeno, or Thai pepper, minced  
2 tablespoons soy sauce  
½ teaspoon molasses  
1-cup creamy or chunky peanut butter  
4 teaspoons lime juice  
1-cup chicken stock

Sauté onions in peanut oil until translucent; add garlic and minced peppers. Put mixture in blender with ½ cup of the chicken stock, and process until smooth. Return mixture to saucepan; add remaining chicken stock, peanut butter, soy sauce, and lime juice. Simmer sauce gently for 5 minutes, stirring occasionally. Serve immediately.

## Barbecue Sauce

1 ½ cups frozen orange juice concentrate, thawed  
1-½ cups prepared chili sauce  
2/3-cup molasses  
6 tablespoons soy sauce  
2 tablespoons prepared dark brown mustard  
2 cloves garlic, pureed  
4 tablespoons lemon juice  
½ cup chicken stock  
2 teaspoons Tabasco sauce  
2 teaspoons salt  
4 teaspoons Worcestershire sauce

Simmer all ingredients together for 5 minutes; cool and refrigerate for use.

## Dim Sum Sauce

4 ounces ginger, peeled  
8 cloves garlic  
¼ each red onion  
5 each scallions  
6 ounces peanut oil  
8 ounces hoisin sauce  
4 ounces oyster sauce  
4 ounces sugar  
1-quart soy sauce  
1 teaspoon scant, cayenne pepper  
4 ounces honey  
as needed cornstarch slurry

In a food processor, grind ginger, red onion, garlic, and scallions; sweat in a little bit of peanut oil for 15 minutes (low heat). Add the remaining ingredients, through the honey. Thicken as necessary with slurry.

# Soups

## Veloute Soups

What is a veloute?

Veloute soups are prepared from a base of:

1. An ordinary veloute made a little thinner than usual (1 tablespoon flour / 1 cup broth).
2. Poultry, game, or fish veloute, whichever is applicable to the main ingredient of the soup.

Veloutes for soups are made with 3½ oz. White roux per 4 ½ cups liquid which can be white bouillon for vegetables, chicken bouillon for chicken veloutes, game bouillon for games veloutes, and fish bouillon for fish veloutes.

Proportions for veloute soups:

1. Half the finished soup should be a veloute.
2. A quarter should be the appropriate puree, which characterizes the soup.
3. The other quarter should be the bouillon for adjusting the consistency always taking account of the amount of cream used in the liaison.

For example, the proportions for preparing 3 1/2 pints of Veloute al la Reine will be:

4 1/2 cups chicken veloute

2 1/4 cups puree of chicken

1 1/4 cups white chicken stock (for adjusting consistency)

7 fluid oz. Liaison of egg yolks and heavy cream

General rules concerning the preparation of veloutes:

1. Certain basic ingredients such as chicken and fish should be cooked in the veloute after having been boned or filleted-after which the flesh should be removed, pounded (or pureed in food processor or with hand pureer), mixed back into the soup and then the whole passed through a sieve. The consistency of the soup should then be adjusted with bouillon.
2. If preparing a veloute of vegetables, place the appropriate vegetables to cook in the veloute after they have been prepared according to their kind (blanched and stewed in butter, or simply stewed in butter). The vegetables should be cooked in the soup until tender and then finished as above.
3. In the preparation of a veloute of shellfish, the shellfish are cooked with a Mirepoix in the usual manner (as for a brown stock), then pureed and added back to the soup before passing through a sieve. In

all cases, the soup should be passed finally before a fine strainer before adjusting and adding the liaison.

Liaison and final adjustment:

The liaison for veloutes is made in the proportion of 3 egg yolks and ½ cup heavy cream to 4 1/2 cups soup.

The liaison should be added to the reheated but not boiling soup at the last moment, taking care to mix it in quickly and thoroughly away from the heat. The final adjustment is made by adding 3 1/2 ounces butter at the last moment (montee au beurre).

Garnishes for veloute soups:

These are furnished by the basic ingredient of the soup in the form of dice, julienne, quenelles, and royals, or if the basic ingredient is a vegetable in the form of brunoises chiffonades.

In certain cases these garnishes may be supplemented with no more than 1 tablespoon of boiled rice per 4 1/2 cups of soup.

The special characteristics of veloute soups:

The basic principles are fixed and can be summarized as follows:

1. The composition is fixed in the proportions previously stated which are: 2 parts veloute, 1 part basic ingredient which characterizes the soup, and 1 part white bouillon and liaison of cream and eggs for adjusting the consistency.
2. The finishing of the soup with the liaison of cream and yolks and the final addition of butter.

## **Bisques:**

Traditional bisques are shellfish soups thickened with cooked rice. Today bisques are prepared using a combination of the cream and puree soup procedures. They are generally made with shrimp, lobster, or crayfish and are thickened with roux instead of rice for better stability and consistency. Much of a bisque's flavor comes from crustacean shells, which are simmered in the cooking liquid, pureed (along with the mirepoix), returned to the cooking liquid, and strained after further cooking. Pureeing the shells and returning them to the soup also adds to the grainy texture and thickness associated with bisques.

Bisques are thickened with cream, following the procedures for cream soups and can be finished with butter for additional richness. The garnish should be diced flesh from the appropriate shellfish.

Procedure for making bisques:

1. Caramelize the mirepoix and main flavoring ingredient in fat.
2. Add a tomato product-pincer-deglaze with white wine.
3. Add the cooking liquid (stock or veloute).
4. Incorporate roux if needed
5. Simmer, skimming as needed.
6. Strain the soup, reserving the solids and liquid. Puree the solids in a food processor and return them to the liquid. Return to a simmer.
7. Strain the soup through a fine strainer lined with cheesecloth.
8. Return the soup to a simmer and finish with hot cream.

To add even more richness to the bisque, finish with whole butter or a compound butter such as shrimp or lobster butter. Also, if desired, add 3 ounces of Sherry per gallon right before service.

## Shrimp Veloute

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 liaison (1 cup cream, 6 yolks) to taste brandy  
to taste salt and pepper  
6 ounces soft butter  
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 liaison. Season to taste and monte au beurre. Shallow-poach shrimp in white wine with fresh tarragon; dice. Divide hot shrimp in the bisque bowls and add veloute.

## 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 brandy  
to taste salt and pepper  
3 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 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.

## Mussel Bisque

3 pounds mussels, cleaned and de-bearded  
1-pound onions  
½ pound celery  
½ pound carrots  
1 pint white wine  
1-gallon heavy cream  
3 each red peppers; roasted, with skin off

Sweat mirepoix and a mussels and wine; steam until mussels open and juice is extracted. Remove mussels; cool. To soup, add heavy cream, and reduce until desired thickness. Take mussels out of shells. Puree soup with mussels and red peppers. Season and strain.

# BISQUE DE HOMARD

## BRITTANY

*Yield: 1 gallon*

| <b>Ingredient</b>                   | <b>Amount</b> |
|-------------------------------------|---------------|
| <b>Roux</b>                         |               |
| Butter                              | 6 oz.         |
| AP flour                            | 6 oz.         |
| Olive oil                           | 4 oz.         |
| Lobster shells, cleaned and crushed | 10 lb.        |
| Carrots, diced                      | 2 Cups        |
| Celery sticks, diced                | 2 Cups        |
| Onions yellow, diced                | 2 Cups        |
| Leeks                               | 1 ½ Cups      |
| Fennel bulb, diced                  | 2 ea.         |
| Garlic cloves, bruised              | 10 ea.        |
| Tomatoes paste                      | ¾ Cup         |
| Brandy                              | 1/3 Cup       |
| Dry white wine                      | 2 Cups        |
| Fish stock                          | 1 gal.        |
| Water                               | 8 Cups        |
| Italian rice                        | ½ Cup         |
| Tarragon, chopped                   | 4 Tbsp.       |
| Heavy cream                         | 1 qt.         |
| Salt and cayenne pepper             | t.t.          |
| Lemon juice                         | t.t.          |

### **Method**

1. Make a blond roux using the butter and flour. Reserve.
2. Heat the oil and sweat vegetables for 10 minutes.
3. Add the lobster shells and sweat for 10 minutes.
4. Add tomato paste, mix well and flambé with the brandy.
5. Add the white wine and reduce, add the stock and water.
6. Bring to a boil, add the rice, season, and cook covered for 45 minutes.
7. Strain through a chinois, and bring back to a boil.
8. Add the roux, cook 10 minutes more, add the cream and reduce to the desired consistency.

9. Adjust seasoning and acidity. Pass through a chinois, add the tarragon and serve.

## FISH STOCK

*Yield: 1 gallon*

| <b>Ingredient</b>       | <b>Amount</b>    |
|-------------------------|------------------|
| Fish bones              | 5 lb.            |
| Onions, sliced          | 7 oz.            |
| Leek white part, sliced | 4 oz.            |
| Celery, sliced          | 4 oz.            |
| Carrots, sliced         | 4 oz.            |
| Mushroom, sliced        | 2 oz.            |
| Bouquet garni           | 1 ea.            |
| Butter or olive oil     | 3 Tbsp.          |
| Mignonette pepper       | 1 tsp.           |
| Water, cold             | 1 gal.           |
| White wine, dry         | 1 Cup (optional) |

### Method

1. Trim and wash the fish bones under cold running water, drain.
2. In the appropriate pot, heat butter or olive oil and sweat the mirepoix and mushrooms for 10 minutes.
3. Add the fish bones and sweat for 5 minutes more.
4. Add the water and wine, bring to a boil and turn down to a simmer.
5. Season, simmer and skim for 30 minutes more.
6. Taste, turn off, and let it sit for 15 minutes.
7. Strain through a fine mesh strainer.
8. Cool and refrigerate.

## Coulis d'Ecrevisses (Classic Crawfish Bisque)

2-½ lb. Crawfish  
2 oz. Carrots small dice  
2 oz. Onions small dice  
2 oz. Butter  
1 sprig thyme  
½ each bay leaf  
3 stalks parsley small dice  
1 tablespoon brandy, flamed  
7 oz. White wine  
4 oz. Rice for thickening  
6 ½ c white bouillon for moistening  
3-½ oz. Heavy cream for finishing  
5 oz. Butter for finishing

### Method

1. Sauté carrots, onions, and parsley to light brown in the butter together with thyme and bay leaf. Wash the crawfish, remove the tails, and then cook the crawfish with the morepoix until they turn red.
2. Season with 1/3 oz. salt and a little milled pepper. Sprinkle with brandy and wine, cook gently to reduce. Add 9 oz. white bouillon and allow to cook gently for 10 minutes.
3. Cook the rice in 3-¼ cups white bouillon. Shell the crawfish and reserve the tails and ten of the heads. Finely pound the remainder of the shells and the rice and its cooking liquid together with the cooking liquid from the crawfish.
4. Pass through a fine sieve and dilute this puree with 18 oz. white bouillon. Bring to a boil and add the cream. Correct the seasoning and add a little Cayenne.
5. Garnish: Dice the reserved crawfish tails and add to soup. Serve separately the ten crawfish heads which have been trimmed, cleaned, and filled with a fish and cream forcemeat and cooked at the last moment.

## Chicken Consomme

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, 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 the consomme to bubble through. Never let the consomes come to a boil; it must be monitored constantly. Allow to bubble gently for 1 ½ hours-until full flavor develops. Strain through several layers of cheesecloth and degrease completely.

To serve season and garnish.

## Some Classic Consomme Combinations

### Consommé Alsacienne

Beef consomme with thin noodles cooked separately, and accompanied by profiteroles stuffed with foie gras.

### Consommé Ambassadeur

Chicken consomme with three royal custards: plain the minced truffles, red with tomato and green with a puree of green peas; plus a julienne of mushrooms and breast of chicken.

### Consommé Aurore

Consommé flavored with tomato, lightly thickened with tapioca, and garnished with julienne of chicken breast.

### Consommé Celestine

Beef consomme lightly thickened with tapioca, and garnished with a julienne of crepes made from a batter containing minced green herbs and /or minced truffles.

### Consommé Colbert

Beef consomme with diced cooked vegetables, poached eggs, and minced fresh herbs.

### Consommé Crecy

Chicken consomme lightly thickened with tapioca, garnished with lozenge-shaped royal custard made with puree of carrots and also diced cooked carrots and fresh green herbs.

### Consommé Dubarry

Beef or chicken consomme lightly thickened with tapioca, garnished with rounds of plain royal custard, tiny cauliflower flowerets cooked separately in salted water, and fresh herbs.

### Consommé Julienne

Beef consomme garnished with very thin and evenly cut julienne matchsticks of carrots, turnips, leeks or onions, and cabbage cooked slowly in butter with seasonings, and a pinch of sugar, plus boiled julienne green beans, whole small green peas, and fresh green herbs.

### Consommé Madrilene

Beef consomme brought to the simmer and, for 6 cups, take 2 medium sized very ripe and red tomatoes, peel them, and push through a sieve into the consomme; simmer a moment, strain, season, and garnish with diced red pimento or poached diced tomato pulp, Cayenne pepper, and fresh green herbs.

### Consommé Mimosa

Chicken consommé garnished with red, yellow, and green, which can be royal custards with various purees plus a sprinkling of fresh, green herbs, or as an easier alternative, force a hard boiled egg through the hole on a colander and mix with salt and pepper, finely diced cooked green beans, fresh green herbs, and diced cooked tomato pulp. Sprinkle over each serving.

#### Plain Royal Custard

1 large egg  
2 large egg yolks  
 $\frac{3}{4}$  cup hot bouillon or consommé  
salt and pepper to taste

Preheat oven to 325 degrees. Choose a 1 to 1  $\frac{1}{2}$  cup custard or soufflé mold or fireproof dish of some sort, and butter it heavily. Blend the egg and egg yolks in a mixing bowl; then, by dribbles, beat in the hot liquid. Taste, and correct seasonings. Skim off bubbles, and pour through strainer into the prepared dish. Again, skim off any bubbles from the surface. Place dish in a bain marie, and bake 15 to 20 minutes, making sure that the water never simmers. Custard is done when a knife comes out clean from the center. Place custard over an ice bath, then refrigerate. Chill custard for at least 2 hours; unmold and cut into shapes. Refrigerate custard shapes until service.

#### Royal Custard with a Puree

1 tablespoon flour in a small saucepan  
 $\frac{1}{2}$  cup stock  
1 tablespoon butter  
 $\frac{1}{4}$  cup concentrated cooked tomato pulp, or thoroughly drained and sieved canned Italian plum tomatoes; or cooked chopped spinach, broccoli, or asparagus tips; or carrots and onions cooked in butter; or the meat from cooked chicken or game; or foie gras  
3 egg yolks.

Blending the flour with a small wire whip, dribble in the stock, beating vigorously to be sure mixture is perfectly smooth. Add the butter and beat over moderate heat until sauce has come to the boil and thickened. Put into blender with the vegetable or meat mixture, and the egg yolks; puree several seconds, until perfectly smooth.

Turn into a heavily buttered 1 to 1  $\frac{1}{2}$ -baking dish, and proceed as for the preceding plain custard recipe.

## Shrimp or Lobster Stock

4 ounces vegetable oil  
2 pounds shrimp or lobster shells  
1 medium onion, medium dice  
1 rib celery, medium dice  
1 medium carrot, medium dice  
2 tablespoons tomato paste  
1-teaspoon whole, white peppercorns  
1 bunch fresh tarragon  
1 bulb garlic, halved  
1 each bay leaf  
1 quart white wine  
1-gallon fish stock

Heat oil in a stockpot until smoke; sauté shells until a deep pink. Add onions, and sweat; add carrots. Pincer tomato paste; add celery, peppercorns, tarragon, garlic, and bay leaf. Deglaze with white wine, and add fish stock. Simmer stock for 1 hour; strain and chill for service.

## Shrimp or Lobster Consomme

3 pounds white and dark chicken meat; ground  
1-pound tomato concasse  
1-tablespoon tomato paste  
2 medium onions  
2 each leeks, white part only  
2 medium carrots  
8 each egg whites  
1-gallon shrimp or lobster stock (Sachet D'epices)  
1 bunch tarragon  
1 each bay leaf  
8 each white peppercorns

Cut onions, leeks, and carrots into a julienne. Combine 1 seven ingredients together in a bowl; transfer to a soup pot and cover with cold shrimp or lobster stock. Stirring constantly, heat mixture to 160 degrees, allowing the raft to form. When raft is formed, make a window, and insert sachet d'epices. Simmer consomme for 45 minutes, and strain.

## Cream of Corn Soup

4 tablespoons whole butter  
15 ears white or yellow corn, off the cob  
2 each carrots, medium dice  
1 rib celery, medium dice  
1 each onion, medium dice  
1 pint white wine  
4 sprigs fresh thyme  
2 teaspoons white peppercorns  
1-gallon chicken broth  
1 ¼ gallons heavy cream  
to salt and white pepper

Make a sachet d'epices with fresh thyme and peppercorns. Heat whole butter in a soup pot. Add corn and mirepoix; sweat, then deglaze with white wine. Add chicken broth, and reduce by 1/3. Add heavy cream and reduce by at least 1/3, or until desired thickness and flavor. Puree soup, strain, and season.

# WONTON SOUP

*Yield: 2 gallons*

| <b>Ingredient</b>  | <b>Amount</b> |
|--|---------------|
| <b>Wonton Stuffing</b>   |               |
| Pork, ground   | 1 lb.         |
| Cabbage, Chinese, finely chopped                                       | 1 lb.         |
| Scallion, thinly sliced  | ½ Cup         |
| Ginger, minced   | 1 Tbsp.       |
| Soy sauce, light   | 2 Tbsp.       |
| Kosher salt  | 2 tsp.        |
| Sugar  | 2 Tbsp.       |
| Freshly ground pepper  | ½ tsp.        |
| Egg  | 1 ea.         |
| Sesame oil   | 2 Tbsp.       |
| Chicken, stock   | ½ Cup         |
| <br>   |               |
| Wonton wrappers  | 80 ea.        |
| Egg, beaten  | 1 ea.         |
| <br>   |               |
| <b>Soup</b>  |               |
| Vegetable oil  | 2 Tbsp.       |
| Ginger, minced   | 1 Tbsp.       |
| Scallion, thinly sliced  | 2 Tbsp.       |
| Chicken stock  | 2 ½ gal.      |
| Soy sauce, dark  | 1 Tbsp.       |
| Kosher salt  | 3 Tbsp.       |
| Freshly ground pepper, black or white                                  | 1 tsp.        |
| <br>   |               |
| <b>Garnish</b>   |               |
| Ham, short julienne  | ½ lb.         |
| Eggs, beaten, make thin omelet<br>and cut into short julienne          | 6 ea.         |
| Spinach, remove stems, rough cut<br>blanch for 30 seconds, squeeze dry | 2 bunches     |

## Method

1. Combine all ingredients for stuffing and mix together for 1 minute. Make taste test and adjust seasoning as necessary. Place 1 teaspoon stuffing on each wonton wrapper, brush edges with egg wash, fold as demonstrated.

2. Cook wonton in boiling water for 2 minutes until they float, drain, transfer to a lined, lightly oiled sheet pan to cool.
3. Sauté scallion and ginger in oil, add chicken stock, bring to a boil, add soy sauce, salt and pepper. Check yield. Hold hot for service.

### **At service**

1. Add garnish to broth and adjust seasonings if necessary.
2. Place wontons in hot cups and ladle very hot broth over to serve.

# HOT AND SOUR SOUP

## SUAN LA TANG

*Yield: 2 gallons*

| <b>Ingredient</b>                    | <b>Amount</b>                  |
|--------------------------------------|--------------------------------|
| Vegetable oil                        | ½ Cup                          |
| Ginger, minced                       | 2 Tbsp.                        |
| Scallion, thinly sliced              | ½ Cup                          |
| Pork butt, ground                    | 1 lb.                          |
| <br>                                 |                                |
| Black fungus, soaked, short julienne | 1 Cup                          |
| Lily bud, soaked, 1-inch lengths     | 1 Cup                          |
| Cabbage, savoy, Julienne             | 1 lb.                          |
| Firm bean curd, small dice           | 1 lb.                          |
| Chicken stock                        | 2 ½ gal.                       |
| Soy sauce, dark (mushroom)           | ½ Cup                          |
| Kosher salt                          | 3 Tbsp.                        |
| <br>                                 |                                |
| Rice vinegar                         | 2 Cups                         |
| <br>                                 |                                |
| Freshly Ground black pepper          | 6 Tbsp.                        |
| Cornstarch slurry                    | ½ Cup starch (per 1 gal. soup) |
| Eggs, lightly beaten                 | 6 ea.                          |
| Sesame oil                           | ¼ Cup                          |
| <br>                                 |                                |
| <b>Garnish</b>                       |                                |
| Scallion, thinly sliced              | 6 ea.                          |

### **Method**

1. Heat oil, add ginger and scallion – stir-fry until aromatic.
2. Add pork ,stir-fry until pork is cooked.
3. Add black fungus, lily buds and cabbage - stir-fry until cabbage is tender.
4. Add bean curd, stock, soy sauce, salt, vinegar, pepper and bring to a boil.
5. Slowly add the slurry to boiling soup, stir constantly to medium-thick consistency.
6. Slowly add eggs to soup, hold hot but do not boil, add sesame oil.
7. Garnish with scallions at service



# MISO SOUP

*Yield: 2 gallons*

|  |        |
|--|--------|
| Wakame seaweed   | 1 oz.  |
| Ichi ban Dashi (recipe to follow)                        | 2 gal. |
| Miso (aka/red for summer) or<br>(shiro/white for winter) | 2 Cups |
| Bean curd, small dice                                    | 48 oz. |
| Scallions, thinly sliced on bias                         | 4 ea.  |

## **Method:**

### **For the Wakame (seaweed)**

- 1) Soak the wakame in warm water for 30 minutes. Then drain in colander, pour boiling hot water over wakame then plunge into ice cold water (no ice). Drain well. Trim off the tough parts with hands and/or knife and discard. Chop the remaining seaweed (½-inches pieces maximum). Wrap in double thickness of rinsed cheesecloth and twist tight. Reserve.

### **For the Miso Soup**

- 1) Temper in the miso into the hot Ichi Ban Dashi,(recipe to follow) as you would a roux into a hot sauce.
- 2) Bring to a simmer.
- 3) Add bean curd and wakame, and simmer for 1 minute. Add scallions.
- 4) Taste and adjust with Chef.

## ICHI BAN DASHI ( 1<sup>ST</sup> DASHI)

*Yield: 3 Gallons*

| <b>Ingredient</b>                 | <b>Amount</b> |
|-----------------------------------|---------------|
| Cold water                        | 3 gal.        |
| Kombu (sea kelp), 3-inch square   | 3 ea.         |
| Dried Bonito flakes (Katsuibushi) | 8 oz.         |

### **Method:**

2. Slash kombu with a knife in a few places to allow umame flavors to be released more completely. Wipe kombu with a damp cloth, careful only to remove any sand. Do not remove all the flavorful white powder.
3. Add kombu to cold water. Bring to a boil over medium heat just before it begins to boil, remove kombu.
4. Add dried bonito flakes(katsuibushi) and turn off heat. Steep 2 minutes. Strain and reserve solids.
5. Reserve/use strained solids for Niban Dashi (second dashi)

### **Note:**

**Ni ban dashi ( second dashi)** The reserved kombu and katsuibushi can be combined with 1 quart of water, simmer for 20 minutes, drained and use for dipping sauces, dressings, or even cooking vegetables.

# SCALLOP AND VEGETABLE SOUP

*Yield: 1 gallon*

| <b>Ingredient</b>                                    | <b>Amount</b>   |
|--|-----------------|
| Sea scallops, sliced into thin coins                 | 1 lb.           |
| Taro root, peeled, sliced into<br>¼" half circles    | 1 lb. (cleaned) |
| Daikon, peeled, sliced into ¼" quarter<br>circles    | ½ lb.           |
| Carrot, peeled, sliced into ¼" quarter<br>circles    | ½ lb.           |
| Gobo or Salsify, peeled and sliced<br>on a thin bias | ½ lb.           |
| Shiitake mushrooms caps, quartered                   | 15 caps         |
| <br>   |                 |
| Ichi-Ban Dashi                                       | 5 qt.           |
| Salt   | 1 Tbsp.         |
| Light soy sauce                                      | ¼ Cup           |
| Sake   | ¼ Cup           |
| Corn starch,<br>dissolved in ½ cup cool dashi        | ½ Cup           |
| Cilantro sprigs to garnish                           | as needed       |

## Method

1. Heat dashi to a low simmer but do not boil. Place any scallop trimmings into a sachet bag and place into dashi.
2. Add taro, then carrot, then gobo, then daikon, then shiitake allowing about 5 minutes between adding each vegetable.
3. When Taro is tender, add soy sauce, sake, and salt. Check seasoning and then stir in cornstarch slurry. Check consistency and adjust with more slurry if needed. Place in hot bain marie in a pre heated soup warmer.
4. At service place three thin rounds of scallop in a hot cup, ladle hot soup over them and garnish with cilantro sprigs. Serve immediately.

**Note:** The soup should never boil while being prepared.

The cups and the broth must be VERY hot at service to allow the scallops to cook in the cups.

# FISHERMAN'S SOUP WITH SHRIMP AND FRESH HERBS

## CANH CHUA TOM

*Yield: 2 gallons*

| <b>Ingredient</b>  | <b>Amount</b> |
|--|---------------|
| Vegetable oil  | ½ Cup         |
| Garlic, minced   | 2 Tbsp.       |
| Chili paste, Vietnamese  | ¼ Cup         |
| Chicken stock, light   | 1 ½ gal.      |
| Fish sauce   | ½ Cup         |
| Sugar  | ¼ Cup         |
| Tamarind pulp  | 1 Cup         |
| Taro root, peeled, medium dice   | 2 Cups        |
| Tomatoes, Roma, medium dice  | 6 ea.         |
| Pineapple, medium dice   | 4 Cups        |
| Lime juice   | ½ Cup         |
| <br>   |               |
| Shrimp, 31-35 count, peeled<br>and deveined halved lengthwise,<br>par-cooked | 2 lb.         |
| Bean sprouts, trimmed  | 1 Cup         |
| Cilantro leaves  | 1 Cup         |
| Thai basil leaves, cut in halves   | 30 ea.        |
| <br>   |               |
| Shallots, crispy   | 1 Cup         |

### Method

1. Heat oil in a saucepan over moderate heat. Add garlic and chili paste and stir until fragrant, about 20 minutes. Add, chicken stock, fish sauce, sugar, tamarind pulp, taro, tomatoes and pineapple and bring to a boil. Reduce heat and simmer for 5 minutes.
2. Add the lime juice.
3. Garnishes: Toss together shrimp, bean sprouts and herbs – place in bowl with spoon. Place crisp shallots in bowl with spoon.

# BEEF NOODLE SOUP

## PHO BO

*Yield: 10 portions*

| <b>Ingredient</b>                                      | <b>Amount</b> |
|--|---------------|
| Beef, marrow bones                                     | 10 lb.        |
| Beef, shoulder clod, 2 pieces                          | 2 lb.         |
| Water  | 3 gal.        |
| <br>   |               |
| Ginger, cut in half, dry roasted                       | 10 oz.        |
| Shallots, peeled, dry roasted                          | 10 ea.        |
| Fish sauce   | 1 Cup         |
| Sugar  | 1 Cup         |
| <br>   |               |
| Cinnamon stick   | 6 ea.         |
| Star anise, whole, lightly toasted                     | 12 ea.        |
| Cloves, whole, lightly toasted                         | 6 ea.         |
| Noodles, rice, 1/8-inch wide                           | 1 lb.         |
| <br>   |               |
| Beef, strip loin, slightly frozen<br>sliced paper thin | 8 oz.         |
| Onion, yellow, sliced paper thin                       | 1 ea.         |
| Scallions, thinly sliced                               | 4 ea.         |
| Bean sprouts, trimmed                                  | 6 oz.         |
| Thai basil leaves                                      | 30 ea.        |
| Cilantro, leaves                                       | 30 ea.        |
| Mint leaves  | 30 ea.        |
| Rau Ram leaves   | 30 ea.        |
| Chilies, Thai bird, sliced paper thin                  | 5 ea.         |
| Lime wedges  | 10 ea.        |
| Freshly ground black pepper                            | as needed     |

### Day Prior

1. Blanch the bones and shoulder. Cover bones and shoulder with 3 gallons of fresh water, add the roasted ginger and shallots, fish sauce and sugar. Bring to a boil.
2. Simmer until the shoulder is tender, about 1 ½ hours. Skim the surface often to remove any foam and fat.
3. Remove the shoulder and submerge in a bowl of cool water for 15 minutes. This prevents the meat from darkening and drying out.

4. Add star anise and cloves and continue to simmer until their taste can be detected, about 30 minutes. Strain the broth, taste, adjust seasoning and reserve.
5. Remove the beef from the water, slice into thin pieces and reserve for service.
6. Cook rice noodles in boiling water, rinse until cool, and drain well.

**At service assemble dish in this order**

1. Refresh noodles in boiling water, drain, and place in bottom of bowl.
2. Place bean sprouts and onion slices over noodles.
3. Next, place in a few slice of the shoulder.
4. Over the shoulder lay 2-3 slices of the raw beef.
5. Ladle boiling broth into bowl, broth should cover meat by 1-inch.
6. Garnish the bowls with scallions, herbs and chilies.
7. Place a lime wedge and a small cup of Vietnamese chili garlic sauce on underliner for guests to add as desired.

# THAI CHICKEN SOUP WITH COCONUT MILK AND GALANGAL

*Yield: 2 gallons*

| <b>Ingredient</b>                              | <b>Amount</b> |
|--|---------------|
| Vegetable oil                                  | 1/4 Cup       |
| Shallot, minced                                | 1 Cup         |
| Garlic, minced                                 | 1 Tbsp.       |
| Lemon grass, minced                            | 3/4 Cup       |
| Thai chili paste (Nahm prik pow)               | 1 Tbsp.       |
| Galangal, sliced 1/4-inch thickness            | 3 oz.         |
| Wild lime leaves, bruised                      | 24 ea.        |
| Chicken stock                                  | 1 1/2 gal.    |
| Sugar  | 2 Tbsp.       |
| Fish sauce                                     | 1 1/2 Cups    |
| Coconut milk                                   | 3 1/2 qt.     |
| Chicken thighs, bite size strips               | 1 lb.         |
| Mushroom, straw, 12 oz. can<br>drained, halved | 1 can         |
| Tomato, small wedges                           | 1 Cup         |
| Lime juice                                     | 1/4 Cup       |
| Kosher salt                                    | as needed     |
| Cilantro sprig, small                          | 80 ea.        |

## **Method**

1. Heat the oil, add the shallot, garlic, lemon grass and chile paste and cook until aromatic.
2. Add the galangal, lime leaves, chicken stock, sugar, and coconut milk.
3. Bring to a boil, simmer 15 minutes. Strain into new pot.
4. Add chicken, mushrooms and tomato, return to simmer.
5. Add the lime juice.
6. Taste seasoning, adjust flavor with lime juice, sugar, fish sauce and salt.

## **Service**

1. Garnish with the cilantro.

# TOMATO DAL RAASAM

*Yield: Portion 2 gallon*

| <b>Ingredient</b>                                | <b>Amount</b> |
|--|---------------|
| Red lentil                                       | 1 ½ lb.       |
| Tomatoes (16 large)<br>blanched, diced with pulp | 7 lb.         |
| Black pepper corn crushed                        | 2 Tbsp.       |
| Thai bird chili sliced into 3                    | 15 ea.        |
| Cilantro, rough chop                             | 1 bun         |
| Ginger, finely chopped                           | 2 oz.         |
| Tamarind pulp (with 8 oz. warm water)            | 4 oz.         |
| Indian or Korean chili powder                    | 2 Tbsp.       |
| Turmeric powder                                  | 3 tsp.        |
| <b>For Tempering</b>                             |               |
| Ghee/clarified butter                            | 3 oz.         |
| Curry leaves                                     | 30 ea.        |
| Fenugreek seeds                                  | 3 tsp.        |
| Brown mustard seeds                              | 3 tsp.        |
| Asafoetida                                       | 1 ½ tsp.      |

## Method

1. Wash and boil the lentils in 2 gallons of water with ginger, chili powder and turmeric . Simmer for 20 minutes.
2. Now add all the other ingredients, **EXCEPT THOSE FOR THE TEMPERING**, and simmer for another 30 minutes.
3. Heat a small sauteuse with ghee and add the mustard and fenugreek seeds.
4. When it crackles add the rest of the ingredients. Keep the flame low. After a few seconds pour this into the soup and stir. Check seasoning and serve.

# NEW ENGLAND-STYLE CLAM CHOWDER

*Yield: 2 gallons*

| <b>Ingredient</b>                    | <b>Amount</b> |
|--------------------------------------|---------------|
| Topneck clams, washed well           | 60-90 ea.     |
| Water                                | 1 gal.        |
| Salt pork, minced to a paste         | 8 oz.         |
| Clarified butter                     | 8 oz.         |
| Onions, minced                       | 1 ½ lb.       |
| Celery, small dice                   | 12 oz.        |
| Flour                                | 10 oz.        |
| Potatoes, russet, peeled, small dice | 2 lb.         |
| Heavy cream, scalded                 | 1 qt.         |
| Milk, scalded                        | 1 qt.         |
| Salt                                 | as needed     |
| Pepper, black, ground                | as needed     |
| Tabasco sauce                        | 2 tsp.        |
| Worcestershire sauce, or as needed   | 2 tsp.        |

## **Method**

1. Steam (actually boil) the clams in the water in a covered pot until they open.
2. Decant and strain the broth through a filter or cheesecloth and reserve. Pick the clams and chop and reserve the meat.
3. Render the salt pork. Add clarified butter, onions and celery and sweat until they are translucent, about 6 to 7 minutes.
4. Add the flour and cook 5 to 6 minutes (singer) to make a blond roux.
5. Combine the reserved clam broth and enough additional water to make 1 gallon. Gradually add the liquid to the roux and vegetable mixture and incorporate completely, working out any lumps. Simmer for 30 minutes, skimming the surface as necessary.
6. Add the potatoes and simmer until tender.
7. Return the soup to a simmer. Add the reserved clams. Combine the milk and cream and bring to simmer—it is now “scalded”. Strain the scalded cream and milk into the soup. Adjust the seasoning with salt, pepper, Tabasco, and Worcestershire.



# AMISH CORN AND CHICKEN SOUP

*Yield: 2 gallons*

| <b>Ingredient</b>                    | <b>Amount</b>       |
|--------------------------------------|---------------------|
| Stewing hen, quartered, approx. 6lb. | 1 ea.               |
| Standard Sachet d'épices             | 1 ea.               |
| Chicken stock                        | 2 ½ gal.            |
| <br><b>Garnish</b>                   |                     |
| Egg noodles, cooked, small pieces    | 8 oz. (dry weight)  |
| Mirepoix, medium dice                | 1 ½ lb.             |
| Corn kernels, fresh or frozen        | 1 lb.               |
| Saffron threads, crushed             | ½ tsp.              |
| Chicken meat, medium dice            | from the cooked hen |
| Parsley, chopped                     | ¼ Cup               |
| Salt and black pepper                | t.t.                |

## **Method**

1. Combine the hen, sachet d'épices, and stock. Simmer for 1 ½ hours, skimming as necessary, until the hen is tender. If there are any corn cobs, add them to the broth as it cooks for more flavor. Remove the hen, strain the broth and cool both completely. At this point you will need 1 ½ gallons of broth to finish the soup. If you have less than that, you will need to add enough chicken stock to get 1 1/2 gallons.
2. Cook the pasta, cool and reserve.
3. To finish the soup: bring the broth to a simmer and add the mirepoix, corn and saffron and simmer for ½ an hour.
4. Just before service add the diced chicken meat, cooked noodles and the chopped parsley. Bring to a simmer and place in the soup warmer. Adjust the seasonings with salt and pepper to taste.

# WISCONSIN CHEDDAR CHEESE AND BEER SOUP

*Yield: 2 gallons*

| <b>Ingredient</b>                | <b>Amount</b>    |
|----------------------------------|------------------|
| Vegetable oil                    | 8 oz.            |
| Flour                            | 12 oz.           |
| Chicken stock                    | 1 ½ gallons      |
| Beer                             | 12 oz.           |
| Tillamook cheddar cheese, grated | 4 lb.            |
| Mustard, dry                     | 1 oz.            |
| Heavy cream, hot                 | 1 pint           |
| Tabasco sauce                    | t.t.             |
| Worcestershire sauce             | t.t.             |
| Salt, ground black pepper        | t.t.             |
| <br><b><u>Garnish:</u></b>       |                  |
| Butter                           | 2 oz.            |
| Onions, minced                   | 1 lb.            |
| Mushrooms, quartered             | 1 lb.            |
| Celery, small dice               | 1 lb.            |
| Carrots, small dice              | 1 lb.            |
| Garlic, minced                   | 2 oz.            |
| Rye Croutons                     | 1 recipe follows |

## **Method**

1. Combine the oil and the flour to make a blond roux and cook out for 12 minutes.
2. Add the stock gradually, whisking constantly to work out any lumps. Simmer for 45 minutes, or until the soup has a good flavor and velvety texture. Strain through a chinois.
3. Meanwhile, prepare the rye croutons and reserve for service.
4. For the vegetable garnish: in 2 ozs. whole butter, sweat the onions, mushrooms, celery, carrots and garlic until half-way cooked. Reserve.
5. Return the soup to a simmer. One half hour before service, whisk in the beer, cheese, and continue to heat the soup gently until the cheese melts. Do not boil.
6. Blend the dry mustard with enough water to make a paste. Add the mustard mixture and the cream to the soup and bring the soup back to a simmer.
7. Season with Tabasco, Worcestershire, salt, and pepper to taste.
8. Just before service add the vegetable garnish to the soup and place in the soup warmer.
9. Serve the soup in warmed soup cups and top with 8-10 rye croutons. Serve with the rye croutons on the side.

## **RYE CROUTONS**

| <b>Ingredient</b>              | <b>Amount</b> |
|--------------------------------|---------------|
| Rye bread, 1/3" dice, crust on | ½ loaf        |
| Roasted garlic, peeled         | 1 head        |
| Pure olive oil                 | ½ Cup         |
| Salt, black pepper             | t.t.          |

### **Method for the Rye Croutons**

1. Dice the bread and place into a large bowl.
2. In a blender add the roasted garlic cloves and oil. Blend until smooth.
3. Toss the bread lightly with the garlic oil, salt and pepper and place on a half sheet pan.
4. Bake in a 350°F oven until lightly browned and crisp. Reserve for service.

# SENATE BEAN SOUP

*Yield: 2 gallons*

| <b>Ingredient</b>             | <b>Amount</b> |
|-------------------------------|---------------|
| Navy beans, dried             | 3 lb.         |
| Chicken stock                 | 2 gal.        |
| Smoked ham hocks              | 4 ea.         |
| Vegetable oil                 | 4 oz.         |
| Onions, small dice            | 12 oz.        |
| Carrots, small dice           | 12 oz.        |
| Celery, small dice            | 12 oz.        |
| Garlic, minced                | 4 cloves      |
| Potatoes, peeled, medium dice | 2 lb.         |
| Tabasco sauce                 | 2 tsp.        |
| Salt and ground black pepper  | t.t.          |
| <b>Sachet d'épices</b>        |               |
| Parsley stems, chopped        | 10 ea.        |
| Bay leaf                      | 3 ea.         |
| Black peppercorns, cracked    | 1 Tbsp.       |
| Thyme, fresh or dried         | 1 Tbsp.       |

## **Method**

1. Soak the beans overnight in enough cold water to cover by 4-5".
2. The next day, drain and rinse the beans.
3. Combine the beans, stock, and ham hocks. Simmer, skimming and stirring from time to time, for 1 to 1 1/2 hours. Remove the ham hocks and remove the meat from them. Medium dice the meat, and return it to the soup.
4. Heat the oil. Add the onions, carrots, and celery and sweat until the onions are translucent, 4 to 5 minutes. Add the garlic and sauté it until an aroma is apparent. Add these ingredients to the simmering beans along with the sachet and potatoes and simmer until all the ingredients are completely tender, about half an hour.
5. Remove and discard the sachet. Adjust the consistency with additional broth if necessary. Return the soup to a simmer and adjust the seasoning with Tabasco sauce, salt and black pepper to taste.

# HAM BONE AND COLLARD GREENS SOUP

*Yield: 2 gallons*

| <b>Ingredient</b>                    | <b>Amount</b>      |
|--------------------------------------|--------------------|
| Salt pork, rind removed, minced fine | ½ lb.              |
| Clarified butter                     | 6 oz.              |
| Onions, small dice                   | 1 lb.              |
| Celery, small dice                   | ½ lb.              |
| Garlic, minced                       | 4 cloves           |
| Flour                                | 10 oz./wt.         |
| Chicken stock                        | 1 ½ gal.           |
| Ham hock                             | 6 ea.              |
| Standard Sachet d'épices             | 1 ea.              |
| Collard greens, chopped, blanched    | 2 lb. (raw weight) |
| Salt and black pepper                | t.t.               |

## **Method**

1. Render the salt pork.
2. Sweat the onions, garlic and celery with the salt pork and clarified butter.
3. Add the flour and make a pale roux. Cook out for several minutes, stirring occasionally. Meanwhile cut and blanch the collards.
4. Add the chicken stock gradually, whipping to work out any lumps. Add the ham hock and sachet d'epices; simmer for one hour.
5. Add the collard greens to the soup. Simmer until tender, about 30-45 minutes.
6. Remove the hocks and sachet d'épices, remove meat from hocks and dice. Add ham hocks meat only back to the soup. Season.

# SHRIMP AND OKRA GUMBO

*Yield: 2 gallons*

| <b>Ingredient</b>   | <b>Amount</b> |
|---|---------------|
| Brown roux  | 2 lb.         |
| Onion, minced   | 1 lb.         |
| Green bell pepper, small dice                               | 1 lb.         |
| Celery, small dice  | 1 lb.         |
| Green onions, thinly sliced                                 | 8 ea.         |
| Bay leaves  | 2 ea.         |
| Allspice and mace, ground                                   | ½ tsp. ea.    |
| Garlic cloves, minced                                       | 5 ea.         |
| Cayenne   | ½ tsp.        |
| Paprika   | 1 oz.         |
| Chicken stock   | 1 gal.        |
| Shrimp stock  | 2 qt.         |
| Andouille sausage, sliced 1/8" thick                        | 1 lb.         |
| Okra, sliced ¼" slices                                      | 1 lb.         |
| Tomatoes, unpeeled, medium dice                             | 2 lb.         |
| Fresh parsley, chopped                                      | 3 Tbsp.       |
| Thyme, chopped  | 2 Tbsp.       |
| Basil, chopped  | ¼ Cup         |
| Salt and black pepper                                       | t.t.          |
| <br>  |               |
| Shrimp (medium), shelled and deveined,<br>cut into quarters | 2 ½ lb.       |
| Tabasco and Worcestershire Sauce                            | t.t.          |
| <br>  |               |
| Long grain white rice, cooked                               | 3 Cups        |

## **Method for the Gumbo**

1. In a large heavy saucepan heat the oil over medium heat until very hot. Add the flour in thirds stirring constantly until the roux turns a deep reddish brown color. Alternatively the roux and can be baked in 350 deg. oven for about 1 to 1 ½ hours. Stir it every 20 minutes when baking the roux.
2. To the hot roux, add the onion, bell pepper, celery, green onion, allspice, mace, cayenne, paprika and garlic, cook, stirring frequently until the vegetables begin to soften.
3. Stir in the stocks and sausage. Simmer, partially covered, over low heat for 1 hour. Skim often.

4. During this cooking time, in another pot sauté the okra in a little oil until it becomes de-slimed – approx. 20 minutes. Add the tomatoes cook down until you lose the liquid from the tomatoes, then add to the gumbo.
5. Ten minutes before the end of the cooking time add the herbs, and shrimp and cook uncovered until the shrimp are just cooked through. Finish with the Tabasco and Worcestershire sauces. Season to taste with salt and pepper.
6. Cook the rice and hold for service.
7. Place a small spoonful of rice in a soup cup and ladle in the gumbo.

## **SHRIMP STOCK**

*Yield: 1 gallon*

| <b>Ingredient</b>  | <b>Amount</b> |
|--------------------|---------------|
| Shrimp shells      | 2 lb.         |
| Oil, vegetable     | 2 oz.         |
| Mirepoix           | 1 lb.         |
| Tomato paste       | 4 oz.         |
| Wine, white        | 1 pt.         |
| Water              | 5 qt.         |
| Bay leaves         | 4 ea.         |
| Thyme, fresh       | 5 sprigs      |
| Peppercorns, black | 1 Tbsp.       |
| Water              | 5 qt.         |

### **Method for the Shrimp Stock**

1. Heat the oil until smoking, then add the shrimp shells. Cook the shrimp shells for 4-5 minutes; until they turn darker red.
2. Add the mirepoix and tomato paste and cook another 2-3 minutes.
3. Deglaze with the white wine and add 5 quarts of water.
4. Bring to a simmer and add the bay leaves, thyme and peppercorns.
5. Simmer for one hour. Strain through a chinoise, cool, label and refrigerate.



# SOPA DE FRIJOLES NEGROS

## (BLACK BEAN SOUP)

*Yield: 2 gallons*

| <b>Ingredient</b>                  | <b>Amount</b>                 |
|------------------------------------|-------------------------------|
| Black beans                        | 4 lb.                         |
| Smoked ham hocks                   | 5 ea.                         |
| Chicken stock                      | 1 ½ gal. – and more as needed |
| Chorizo sausage, sliced ½" thick   | 1 lb.                         |
| Olive oil                          | 2 oz.                         |
| Onions, minced                     | 2 lb.                         |
| Garlic, minced                     | 1 oz.                         |
| Chili powder                       | 2 Tbsp.                       |
| Cumin, ground                      | 2 Tbsp.                       |
| Dried thyme                        | 1 Tbsp.                       |
| White wine                         | 5 oz.                         |
| Cider vinegar                      | 2 oz.                         |
| Cilantro, chopped                  | ½ Cup                         |
| Plum tomatoes, seeded, medium dice | 2 lb.                         |
| Salt, and black pepper             | t.t.                          |
| Sour cream                         | 1 Cup                         |

### Method for the Sopa de Frijoles Negros

1. Soak the black beans overnight in plenty of water.
2. Simmer the beans in the stock with the ham hocks. Cook until the hocks and beans are tender. Remove the ham hocks.
3. If desired, purée the soup for 4-5 seconds with the Burr mixer.
4. Remove the rind and bones from the ham hocks, cut it into a medium dice. Return the diced ham hock meat to the soup after it has been puréed.
5. Sauté the chorizo, onions and garlic in the oil. Add this along with the cumin, chili powder and thyme to the soup and simmer for 10 minutes. Add a little more stock as it cooks to thin as necessary.
6. Add the white wine, vinegar, diced tomatoes and cilantro. Simmer for 5 minutes, adjust the seasonings.
7. Place the sour cream in a bowl and garnish each cup as it is served.



# TORTILLA SOUP

*Yield: 2 gallons*

| <b>Ingredient</b>                         | <b>Amount</b>    |
|---|------------------|
| Chicken, fowl, split in half              | 1 ea.            |
| Chicken stock                             | 2 gal.           |
| Vegetable oil or lard                     | 2 oz.            |
| Spanish onions, minced                    | 2 lb.            |
| Garlic, rough cut                         | 5 cloves         |
| Plum tomatoes, charred and peeled, seeded | 1 ½ lb.          |
| Corn tortillas, rough cut                 | 8 ea.            |
| Salt and black pepper                     | t.t.             |
| Epazote                                   | 2 tsp.           |
| <b>Garnish</b>                            |                  |
| Avocado, medium dice                      | 3 ea.            |
| Pasilla, chilies, toasted                 | 3 ea.            |
| Fried corn tortilla julienne strips       | from 8 tortillas |
| Chicken meat, from above                  | from 1 hen       |
| Lime wedges, small                        | 40 ea.           |
| Monterey Jack cheese, grated              | 1 lb.            |

## Method for the Tortilla Soup

1. For the soup: Combine the stock and chicken and simmer 1 to 1 ½ hours – until the chicken is tender and completely cooked. Remove the chicken to cool and strain the resulting broth. At this point you should have 1 ½ gallons of broth. If you do not, add chicken stock to have 1 ½ gallons total.
2. Heat the oil and add the onions, garlic and tortilla pieces. Cook them until they start to turn golden. Place the cooked onion mixture in a blender along with the charred and peeled tomatoes. Purée all very fine. Add to a stockpot and simmer 5 minutes. Add the chicken broth and simmer for half an hour. Just before service add the epazote and cook 1 minute longer. Season as necessary with salt and pepper.
3. For the garnish: Remove the meat from the chicken and shred into a small dice. Lightly toast the whole pasillas in a 300 deg. oven for 2-3 minutes – they cannot get dark. Remove the stems and seeds and grind roughly in a spice grinder and reserve. Cut the tortillas into short julienne and deep fry at 350°F, drain on paper towels and reserve. Cut the limes into wedges and reserve.. Grate the cheese and reserve. Dice the avocado and reserve. Place the cooked chicken meat and pasillas in the broth just before service.

4. The Chef will discuss the soup service set up.

# POZOLE VERDE

## PORK, CHICKEN, AND HOMINY SOUP

*Yield: 2 gallons*

| <b>Ingredient</b>                    | <b>Amount</b> |
|--------------------------------------|---------------|
| Pork shoulder                        | 2 lb.         |
| Pork neck, or other pork bones       | 1 lb.         |
| Chicken, halved                      | 1 ea.         |
| Chicken stock                        | 2 gallons     |
| Avocado leaves                       | 6 ea.         |
| <br>                                 |               |
| Pumpkin seeds, toasted               | 2 Cups        |
| Tomatillos, husked and washed        | 1 lb.         |
| Serrano chilis, remove stems         | 5 ea.         |
| Onions, roughly chopped              | 1 ½ lb.       |
| Epazote, dried                       | 1 Tbsp.       |
| Lard                                 | 2 oz.         |
| Salt                                 | t.t.          |
| Hominy, canned, drained & rinsed     | ½ #10 can     |
| Oregano, dried                       | 1 Tbsp.       |
| <br>                                 |               |
| <b><u>Condiments</u></b>             |               |
| Red onions, minced                   | ½ lb.         |
| Avocados, peeled, pitted, small dice | 3 ea.         |
| Corn tortillas, julienne, deep-fried | 15 ea.        |
| Limes, cut into 24 pieces            | 2 ea.         |

### Method for the Pozole Verde

1. Combine 2 gallons of chicken stock into a stockpot and add the meat, bones, avocado leaves and chicken. Bring to a boil, skim off the foam for the first 5 minutes of simmering, partially cover and cook over medium-low heat for 2 hours. Add water periodically to bring it back to its original level. Remove the meat and bones from the pot, strain the broth and set aside. You should have 1 ½ gallons of broth at this point. If you do not, add enough chicken stock as necessary.
2. Heat a sauteuse, add the pumpkinseeds cook gently until they are golden brown. Reserve.
3. Cook the fresh tomatillos until tender in salted water to cover for 5 minutes. Drain the tomatillos and add to the pumpkinseeds, along with the serranos, onion and herbs. Remove 1 quart of broth from the pot and pour over the mixture. Scoop half the mixture into a blender and blend smooth. Strain through a large-holed china cap, then repeat the puréeing and staining with the rest of the mixture. Set a stock pot

over medium-high heat and add the lard. When the oil smokes, add the pureed mixture and simmer 10 minutes.

4. Drain the canned hominy in a colander and rinse with cold water, drain and reserve.
5. Bring the broth to simmer.
6. Stir the pumpkin seed mixture into the broth. Let simmer for 20 minutes, stirring frequently to ensure that nothing is sticking on the bottom. While the soup is simmering, skin and bone the chicken and pork, removing all the fat. Cut into a small dice. Fifteen minutes before serving season the soup with salt and add the diced meat, Mexican oregano and Pozole (hominy) to the pot.
7. Take the soup and garnishes to the soup warmer. 15 minutes before service pre-portion 36 soup cups with the garnish.



# BORI-BORI - PARAGUAYAN DUMPLING SOUP

*Yield: 2 gallons*

| <b>Ingredient</b>          | <b>Amount</b> |
|----------------------------|---------------|
| Beef shank, boneless, tied | 3-4 lb.       |
| Salt and black pepper      | t.t.          |
| Bacon fat or lard          | 2 oz.         |
| Chicken stock              | 2 gal.        |
| Onions, minced             | 2 lb.         |
| Carrots, small dice        | 1 lb.         |
| Celery, small dice         | 1 lb.         |
| Garlic, minced             | 5 cloves      |
| Whole cloves               | 3 ea.         |
| Bay leaves                 | 3 ea.         |
| Saffron, crushed           | ½ tsp.        |

## **Dumplings**

|                              |         |
|------------------------------|---------|
| Onions, finely minced        | 2 oz.   |
| Olive oil                    | 1 Tbsp. |
| AP Flour                     | ¾ Cup   |
| Cornmeal, white or yellow    | ¾ Cup   |
| Parmesan cheese, grated fine | ¾ Cup   |
| Salt, black pepper           | t.t.    |
| Baking powder                | ½ tsp.  |
| Whole eggs                   | 2 ea.   |

## **Garnish**

|                         |         |
|-------------------------|---------|
| Parsley, chopped        | 3 Tbsp. |
| Parmesan cheese, grated | 1 Cup   |

## **Method for the Bori-Bori**

1. Season the pieces of beef shank and sear in the hot fat. When browned well, add the chicken stock and simmer until the beef is tender. Remove and cool the meat, strain the broth through a fine sieve. You should have at least 1 ½ gallons of broth. If not, add enough chicken stock to have 1 ½ gallons.
2. In a large stock pot, sweat the onions, carrots, celery and garlic in about 2-3 more ounces of bacon fat. Add the reserved broth (1 ½ gallons), bay leaves, whole cloves and saffron and simmer for 30 minutes.
3. Remove the twine from the shanks and dice the cooked shank meat into a medium dice. Add to the soup.
4. Meanwhile prepare the dumplings: Sweat the onions in the butter and cool to room temperature. In a bowl add the flour, corn meal, Parmesan, salt, black pepper, baking powder, butter and minced onions. Mix all together with your

hands well. Whisk the eggs and add to the mixture. Mix well, form into a ball and knead for 3-4 minutes. Cover with plastic and let rest 45 minutes. Form the dough into portions the size of a small marble– there should be about 60 pieces total.

5. Make a test by simmering a dumpling for 10 minutes in the simmering soup. Evaluate the quality and flavor with the Chef.
6. Add the dumplings to the soup and simmer **GENTLY** for 10-15 minutes to cook the dumplings.
7. Just before service, add the chopped parsley to the soup. Serve with the grated Parmesan on the side.

**Source:** *The Art of South American Cooking*, Felipe Rojas-Lombardi, 1991. (Harper Collins)

**SHOURABA IL ADDIS**  
**KURDISH HOT AND SPICY RED LENTIL SOUP**  
*KHURDISTAN*

*Yield 1 gallon*

| <b>Ingredient</b>     | <b>Amount</b> |
|-----------------------|---------------|
| Red lentils           | 2 lb.         |
| Bulgur, fine grain    | 8 oz.         |
| White rice long grain | 8 oz.         |
| Salt                  | t.t.          |
| Cumin                 | 4 Tbsp.       |
| Chicken stock         | 6 qt.         |

**Garnish of Caramelized Onions**

|                     |         |
|---------------------|---------|
| Onions, sliced thin | 4 lb.   |
| EVO                 | 4 oz.   |
| Coriander, ground   | 4 Tbsp. |
| Cayenne             | 1 tsp.  |
| Lemon juice         | t.t.    |

**Method**

1. Rinse the grains and legumes.
2. In an appropriate pot, add the grains and legumes to 6 qt. of chicken stock, along with the salt, and the cumin. Bring to a boil, turn down to a low simmer, cover, and cook till the grains and legumes are fully cooked.
3. **Garnish** – heat the EVO in a separate sauteuse, add the onions and cook till tender and richly caramelized.
4. When the grains and legumes are all tender, and the viscosity and texture are correct, stir in the coriander, cayenne and the lemon juice. TASTE. ADJUST!
5. Garnish each portion with a generous amount of caramelized onions.



# SOPA DE ALBÓNDIGAS

## MEATBALL SOUP

ANDALUCIA

*Yield: 1 gallon*

| <b>Ingredient</b>  | <b>Amount</b> |
|--|---------------|
| Half beef and half pork, ground                                  | ¾ lb.         |
| Yellow onion, grated   | 2 oz.         |
| Breadcrumbs, dried   | 2 oz.         |
| Egg, lightly beaten  | 1 ea.         |
| Italian parsley, fresh flat-leaf, chopped                        | 3 Tbsp.       |
| Garlic, finely minced  | 1 clove       |
| Cinnamon, ground, (optional)                                     | ½ tsp.        |
| Cumin, ground (optional)   | ½ tsp.        |
| Salt   | 1 tsp.        |
| Freshly ground pepper  | ½ tsp.        |
| Extra virgin olive oil   | 1 oz.         |
| Yellow onion, small dice   | 6 oz.         |
| Saffron threads, crushed   | ¼ tsp.        |
| Chickpeas, drained, (Garbanzo beans)                             | 1 lb.         |
| Potatoes, peeled and medium diced                                | 1 Cup         |
| Chicken broth  | 3 qts.        |
| Tomato, peeled, seeded, and diced<br>(fresh or canned; optional) | 2 Cups        |
| Salt and freshly ground pepper                                   | t.t.          |
| Italian parsley, chopped fresh flat-leaf                         | ¼ Cup         |
| Hard boiled eggs, peeled and chopped                             | 2 ea.         |

### Method

1. To make the meatballs, in a bowl, combine the meat, onion, breadcrumbs, egg, parsley, garlic, the cinnamon and cumin (if using), salt and pepper.
2. Knead with your hand until all the ingredients are fully incorporated and evenly distributed throughout the mixture. (If you have time, cover and refrigerate the mixture for 1 hour to make forming the meatballs easier).
3. Using your hands, shape the mixture into tiny meatballs and set aside.
4. In an appropriate pot, heat the olive oil and sauté onions until translucent. Add saffron and broth, bring to a boil. Add the chickpeas and cook until ¾ done. Add the salt and potatoes.

5. When the potatoes are tender slip the uncooked meatballs into the broth and simmer gently until cooked through, about 20 minutes. Season with salt and pepper.
6. Using a slotted spoon, transfer the meatballs to a warm soup bowl. Ladle the hot soup stock and an equal amount of the vegetables over the meatballs. Sprinkle with the parsley and chopped eggs.

## ARRAIN SALDA /FISH SOUP (EUSKADI)

*Yield: 1 gallon*

| <b>Ingredient</b>           | <b>Amount</b> |
|-----------------------------|---------------|
| Fish heads from cod or hake | 12 lb.        |
| Extra virgin olive oil      | 4 oz.         |
| Spanish onion               | 6 oz.         |
| Bay leaf                    | 1 ea.         |
| Carrot                      | 4 oz.         |
| Garlic clove                | 1 ea.         |
| Leek                        | 1 ea.         |
| Wine white                  | 4 oz.         |
| Tomato purée                | 6 oz.         |
| Parsley, chopped            | 2 Tbsp.       |
| Bread, stale                | 2 oz.         |
| Water                       | 6 qt.         |
| Salt                        | t.t.          |

### **Method**

1. In a stockpot sweat with 2 oz. of oil the onions and carrots cut in ½-inch pieces.
2. Add the fish heads, bay leaf and wine, and reduce the wine by half.
3. Pour the water, bring to a boil and simmer for about 1 hour.
4. Strain the stock and save the fish heads, when they cool down, separate the meat from the bones very meticulously, reserve.
5. Mince the leeks, and in another pot with 2 oz. of oil sweat for about 10 minutes.
6. Add the tomato purée and make a pincage.
7. Mix in the bread broken into small pieces.
8. Pour the fish fumet, bring to a boil and simmer for about 30 minutes.
9. Purée the soup in a blender, bring it back to temperature and season with salt.
10. Add the reserve meat to the soup and sprinkle with some parsley when serving.

# MINISTRONE ALLA EMILIANA

## VEGETABLE SOUP EMILIA ROMAGNA STYLE

*Yield: 1 gal.*

| <b>Ingredient</b>                    | <b>Amount</b> |
|--------------------------------------|---------------|
| Olive oil                            | 1 Cup         |
| Butter                               | 4 oz.         |
| Onions, thin sliced 1/8 "            | 2 Cups        |
| Carrots, small dice                  | 2 Cups        |
| Celery, small dice                   | 2 Cups        |
| Russet potatoes, small dice          | 4 Cups        |
| Beans, dried, soaked                 | 1 ½ Cups      |
| Zucchini, small dice                 | 4 Cups        |
| Green beans, small dice              | 2 Cups        |
| Savoy cabbage, shredded              | 6 Cups        |
| Brodo                                | 1 gal.        |
| Crust from Parmigiano 3 X 3, cleaned | 2 ea.         |
| Tomatoes, plum, canned               | 2 Cups        |

### **Method**

1. Melt butter with oil over low heat, add onions, sweat until wilted and soft. Add carrots, cook 3 minutes. Add in sequence celery, potatoes, zucchini and green beans, Add cabbage, Cook until all vegetables are soft. Do not brown.
2. Add broth, cheese rinds, tomatoes and juice.
3. Partially cover and cook at low simmer for at least 3 hours. Add more broth as necessary.
4. Add cooked dried beans and serve with grated Parmigiano and a splash of olive oil.

## MINISTRA DI FUNGHI E PATATE

*Yield: 20*

| <b>Ingredient</b>                   | <b>Amount</b>      |
|-------------------------------------|--------------------|
| Chicken or Veg. stock               | 5 qts.             |
| Porcini dried                       | 2 oz.              |
| Olive oil                           | as needed          |
| Potatoes peeled 1/3" cube           | 4 ea.              |
| Carrots peeled and coarsely chopped | 4 ea.              |
| Butternut squash coarsely chopped   | 2 cups             |
| Tomato paste                        | appropriate amount |
| Bay leaves                          | " " " "            |
| Shallots minced                     | 3 ea.              |
| Mushrooms fresh sliced              | 2#                 |
| Barley                              | 2 cups             |
| Italian parsley                     | as needed          |
| Parmigiano Reggiano                 | as needed          |

Method:

1. Process the dried mushrooms with some of the hot stock. Allow them to soak for 1 hr.
2. Strain, reserve both broth and mushrooms
3. Chop mushrooms reserve, and add mushroom broth to the stock
4. Heat olive oil and sauté your potatoes until golden brown
5. Add carrots and squash and sweat to evaporate moisture and concentrate flavor.
6. Add tomato paste and cook further
7. Add hot stock, bay leaves, and chopped dry mushrooms
8. Stir in the barley and cook until the barley is fully cooked approx. 30 mins.  
Season S&P
9. In a separate sauté pan, sauté the shallots and sliced mushrooms in olive oil.
10. Season with S&P
11. Add to the pot,
12. Remove bay leaf.
13. Finish with parsley and grated Parmigiano Reggiano.

# Potage Garbure

*Yield 2 gallon/25 portions*

| <b>Ingredient</b>            | <b>Amount</b> |
|------------------------------|---------------|
| White beans dry              | 2#            |
| Onion Pique w/ cloves (6ea.) | 1ea.          |
| Pork belly fresh, not smoked | 2 #           |
| Duck Confit legs, skined     | 6 ea.         |
| Pork Butt                    | 3#            |
| Duck stock                   | 2 gal.        |
| Onion Spanish sliced         | 2#            |
| Leeks washed and trimmed     | 4 ea.         |
| White turnips large dice     | 3ea.          |
| Cabbage trimmed, julienne    | 1 ea.         |
| Garlic cloves sliced thin    | 6 ea.         |
| Bouquet Garni:               |               |
| parsley sprigs               | 6 ea.         |
| Thyme sprigs                 | 2 ea.         |
| Bay leaf                     | 2 ea.         |
| Marjoram                     | 1 sprig       |
| Salt, pepper, and cayenne    | t.t.          |
| Bacon slices                 | 4 ea.         |
| Parsley                      | 6 sprigs      |
| French garlic sausage        | 2#            |
| Yellow Yukon "A" large dice  | 2#            |
| Croutons of Baguette         | 25ea.         |

## Method

1. Soak beans overnight.
2. To the duck stock, add the pork belly, the pork butt, simmer for one hour.
3. Drain the beans and cover them with water. Slowly bring to a boil. Add the onion pique. Simmer uncovered, skim the scum. Cook till the beans are creamy tender.

- 
1. In the soup pot, add the appropriate amount of duck confit fat, and sweat (covered), the sliced onions, garlic, and leeks till they are melted.
  2. Add to the soup pot, the turnips, the bouquet garni, and cabbage and simmer uncovered for 45 minutes. Season with salt, pepper and cayenne.
  3. Add to the pot the finely chop parsley and bacon, shredded confit, potatoes, and sausage. Add the drained cooked beans and simmer for 45 minutes.

## Service

1. Option #1: serve the soup base and garnish separately.

2. Option #2: serve as a thick stew like soup, or as a stew.
3. Option #3: layer bread, meats, vegs.; pour the broth over; gratinée with aged Gouda

# BORSCHT

*Yield:10 portions*

| <b>Ingredient</b>                | <b>Amount</b> |
|----------------------------------|---------------|
| Meat:                            |               |
| Smoked Ham Hocks                 | 2 ea.         |
| Pork Ribs                        | 3#            |
| Duck broth or chicken stock      | 3 qts         |
| Bouquet garni w/ marjoram sprigs | 1 ea.         |
| Vegetables:                      |               |
| Beets short julienne             | 3#            |
| Savoy cabbage                    | 1 head        |
| Onion small dice                 | 8 oz.         |
| Leeks white part sliced          | 4 ea.         |
| White wine vinegar               | 8 oz.         |
| Salt and black pepper            | T.T.          |
| Garnishes:                       |               |
| Sour cream                       |               |
| Dill fresh                       |               |

## Method:

- 1.Simmer the meats in the stock until the meat is fork tender, approx. 3 hrs.. Add the bouquet in the last hour.
- 2.Strain the broth, reserve the meat. Process the rib meat into ½" cubes and reserve. Remove the meat from the hock and chop fine, reserve.
- 3.Clean the beets ( but do not peel them ) , wrap them in tin foil and roast until fork tender' or boil with the skin on..
- 4.Peel the beets, and cut them into the appropriate, uniform, soup dimension.
- 5.Cut the cabbage vertically into quarters, cut out the core, and slice across into julienne.
- 6.Sweat the onions, cabbage and leeks. Then add the broth and the beets, and simmer until all the vegetables are tender. Add the reserved meat and simmer until the flavors have meld.
- 7.Stir in the wine vinegar and season with salt and pepper.

## Service:

- 1.Ladle soup into hot bowls, and garnish with a dollop of sour cream and chopped dill.

# Appetizers

# MEZZE

## HUMMUS BI TAHINI

ARAB LEVANTE

*Yield: 10 portions*

| <b>Ingredient</b>                              | <b>Amount</b> |
|--|---------------|
| Chickpeas soaked overnight                     | 1 lb.         |
| Salt   | as needed     |
| Juice of lemon                                 | 4 ea.         |
| Garlic cloves, crushed to a paste<br>with salt | 4 ea.         |
| Tahini   | 6 oz.         |
| EVO  | 4 oz.         |
| <b>Garnish</b>                                 |               |
| Paprika  | as needed     |
| Parsley flat leaf                              | as needed     |

### Method

1. Soak the beans overnight.
2. Boil the beans in water till tender. Drain and reserve the cooking water.
3. Process the beans with some of the water to a smooth paste.
4. Add the lemon juice, garlic, tahini, and EVO. Taste, adjust seasonings and viscosity.
5. Garnish with paprika and chopped parsley.

# BABA GHANOUSH

*Yield: 10*

| <b>Ingredient</b>         | <b>Amount</b> |
|---------------------------|---------------|
| Eggplant, large           | 1 ½ lb. 2 ea. |
| Tahini                    | 3 oz.         |
| Garlic, crushed with salt | 3 ea.         |
| Lemon juice               | 2 ea.         |
| Black pepper              | t.t.          |

## **Method**

1. Roast or grill the eggplant till the skin has charred and the interior is fully cooked.
2. Peel and drain any excess juices. Mash the pulp to a purée consistency.
3. In a food processor mix the tahini, garlic, lemon juice, pepper, and a little cold water till it is homogenous. Then pulse in the eggplant to the correct consistency. Taste and adjust.cucu

## CACIK (CUCUMBER-YOGURT SALAD)

| Ingredient         | Amount   |
|--------------------|----------|
| European cucumbers | 3 ea.    |
| Kosher salt        | 1 Tbsp.  |
| Yogurt             | 1 pint   |
| Garlic, minced     | 2 cloves |
| Scallions, minced  | 5 ea.    |
| Mint, chopped      | 2 Tbsp.  |
| Ground cumin       | ½ tsp.   |
| Black pepper       | t.t.     |

### Method for the Cucumber-Yogurt Salad

1. Peel the cucumbers and de-seed them. Cut the cucumbers into a medium dice and toss in a colander with the 1 Tbsp. of salt. Allow the cucumbers to drain their excess liquid for 1 hour while in the colander.
2. Combine the cucumbers with the rest of the ingredients and mix well.
3. Reserve chilled until service.

# PORTOKAL SALATASI

*Yield:10*

| <b>Ingredient</b>            | <b>Amount</b> |
|------------------------------|---------------|
| Orange                       | 5 ea.         |
| Onion red, sliced paper thin | 1 ea.         |
| Black Kalamata, or Nicoise   | 3 cups        |
| EVO                          | as needed     |
| Cayenne                      | t.t.          |

## **Method**

1. Peel the oranges and remove all the white pith. Slice the oranges crosswise into 1/8". Reserve.
2. Slice the red onions, reserve.
3. Dress with the olives, EVO and a pinch of cayenne.

# TABOULEH

## BULGAR WHEAT SALAD

*Yield: 2 qts*

### Ingredient

|                                       |           |
|---------------------------------------|-----------|
| Bulgar Wheat                          | 1 lb      |
| Tomatoes, plum ripe                   | 2 lb      |
| Cucumbers                             | 2 lb      |
| Green Onions                          | 8 bh      |
| Parsley, flat leaves, coarsly chopped | 4 cups    |
| Mint, fresh, washed, coarsly chopped  | ½ cup     |
| Oil, Extra Virgin                     | As needed |
| Lemon Juice                           | As needed |
| Salt                                  | t.t.      |

### Method:

1. Rinse the bulgar in cold water and place it in a bowl.
2. Cover it with hot water about 1 inch above it, add a pinch of salt and allow to sit covered until tender, about 20 minutes.
3. Drain excess water if necessary. DO NOT STIR. Mix with a meat fork. Chill.
4. Wash, deseed and dice the tomatoes.
5. Wash, peel (optional), deseed and dice the cucumbers.
6. Wash and slice the green onions.
7. Combine all ingredients. DO NOT STIR. Mix with a meat fork.
8. Season with salt, EVO and lemon juice to taste.
9. Cover and rest under refrigeration for a few hours.

## FATTOUSH (EASTERN MEDITERRANEAN BREAD SALAD)

*Yield: 12 portions*

| <b>Ingredient</b>                                 | <b>Amount</b> |
|---|---------------|
| Pita bread  | 16 ea.        |
| Extra virgin olive oil                            | 3 oz.         |
| Salt and black pepper                             | t.t.          |
| Scallions, chopped                                | 2 bu.         |
| Parsley, chopped                                  | 2 Cups        |
| Plum tomatoes, seeded, medium dice                | 12 ea.        |
| European cucumber, peeled, seeded,<br>medium dice | 2 ea.         |
| Radishes, sliced                                  | 2 bag         |
| Yellow pepper, small dice                         | 2 ea.         |
| <b>Dressing</b>                                   |               |
| Lemon juice                                       | 6 oz.         |
| Red wine vinegar                                  | 6 oz.         |
| Garlic, minced                                    | 2 cloves      |
| Extra virgin olive oil                            | 18 oz.        |
| Salt and black pepper                             | t.t.          |
| Fresh thyme, chopped                              | 6 Tbsp.       |
| Cayenne pepper                                    | 1 ½ tsp.      |
| Sugar   | 2 Tbsp.       |

### **Method**

1. Cut the pita bread into small wedges. Toss with the olive oil, salt and black pepper. Bake on a sheet pan in a 300°F oven for about 15 minutes turning half way through the baking. They should be crisp, but not crumble.
2. Prep the vegetables and dressing, and reserve until pick-up. The salad will be combined just before service.
3. At service: Combine the vegetable with the dressing and toss. Lastly toss in the pita bread and toss. Adjust the salt and pepper.

# FALAFEL

*Yield: 10*

| <b>Ingredient</b>          | <b>Amount</b> |
|----------------------------|---------------|
| Chick peas, dry            | ½ lb.         |
| Dry Fava beans             | ½ lb.         |
| Parsley flat leaf, chopped | 1 bunch       |
| Scallion, fine chop        | 8 ea.         |
| Cayenne                    | ½ tsp.        |
| Cumin, ground              | 2 tsp.        |
| Coriander, ground          |               |
| Garlic, crushed with salt  | 6             |
| Baking powder              | 1 tsp.        |

## **Method**

1. Soak the chick peas overnight, and the fava for two nights.
2. Drain and dry them.
3. Mix all ingredients together and grind twice through the small dye.
4. Form in 1 to 1 ½ oz balls, slightly flatten.
5. Fry in oil.

**Note:** Option, omit the Fava beans and replace with chickpeas.

# MSOURA

## Carrot Salad

*Yield: 10*

| <b>Ingredient</b>      | <b>Amount</b> |
|------------------------|---------------|
| Carrots, finely grated | 2 lb.         |
| <b>Dressing</b>        |               |
| Lemon juice            | 2 ea.         |
| EVO                    | appropriate   |
| Cilantro               | appropriate   |
| Sugar                  | 1 Tbsp.       |
| Salt and fresh pepper  | appropriate   |
| Cumin seeds toasted    | 1 tsp.        |

### **Method**

1. Grate the carrots and toss with dressing. TASTE.

# PRESERVED LEMONS

*Yield: 6 lemons*

| <b>Ingredient</b> | <b>Amount</b> |
|-------------------|---------------|
| Lemons            | 6 ea.         |
| Kosher salt       | ½ Cup         |
| Lemons, juiced    | 6 ea.         |

## **Method for the Preserved Lemons**

1. Wash the lemons very well. Cut each of the lemons in 6 wedges lengthwise and remove all the seeds. Place the lemon wedges in a very clean jar. Add the salt and the lemon juice and mix well. Add more lemon juice if necessary to just cover the lemons.
2. Cover with a lid and refrigerate. Stir the lemons every day or two to help dissolve the salt more. Allow the lemons to "cure" for at least a week before using. The lemons will stay preserved up to a month or more in the refrigerator. Rinse them under cold water and remove the seeds before using.

## PITA BREAD

*Yield: about 35 flatbreads*

| <b>Ingredient</b> | <b>Amount</b> |
|-------------------|---------------|
| Fresh yeast       | 1 ½ oz.       |
| or                |               |
| Dry yeast (SAF)   | ½ oz.         |
| Sugar             | 2 tsp.        |
| Warm water (100°) | 2 ½ lb.       |
| Bread flour       | 2 lb.         |
| Whole wheat flour | 2 lb.         |
| Salt              | 2 Tbsp.       |
| Olive oil         | 2 oz.         |

### **Method for the Pita Bread – measure and weigh all ingredients carefully**

1. Combine the yeast, sugar and the warm water and mix well.
2. Add all of the ingredients to a mixer and mix well with the dough hook.
3. Knead the dough until it is quite elastic - about 3-4 minutes. Place in a large container, cover with plastic wrap and allow to double in size.
4. After the dough has doubled, "punch" the dough down. The pita bread will be scaled to balls - 3-oz. ea. and lined 3X5 on a lined sheet pan. Cover with plastic wrap. Allow the scaled pita breads to proof by 50% before rolling.
5. Roll out the pita bread with flour to about 7 inches in diameter. Store in-between parchment paper on sheet pans dusted with a lot of flour.
6. The pitas can be cooked by a variety of methods. They can be baked in a 550°F oven. They can be grilled or they can be cooked directly on top of a flattop range with moderate heat. Serve warm wrapped in napkins.

# MUJADRA

## LENTILS AND RICE, CARAMELIZED ONION, LEBNE, FRIED CHIC PEAS AND FRESH PITA

*Yields: 20*

| <b>Ingredient</b>           | <b>Amount</b> |
|-----------------------------|---------------|
| Vegetable stock             | 4 qts         |
| Allspice, ground            | 1 tsp         |
| Chili pepper                | ½ tsp         |
| Tomato paste                | 2 Tbs.        |
| Ginger fresh finely chopped | ¾ cup         |
| Lentils, washed             | 3 cups        |
| Salt                        | t.t.          |
| Brown rice                  | 2 cup         |
| Extra virgin olive          | 1 cup         |
| Onions, small dice          | 2 large       |
| Yogurt drained              | 1 qt.         |

### **Method:**

1. In large pan bring ½ of the stock to a boil with the onions. Add the allspice, ground chili and ginger, and tomato paste. Stir well and add the lentils. Simmer with lid on until lentils are tender. Drain from liquid and stir in olive oil and season.
2. Separately cook the rice with remaining stock, 2 cloves of garlic, and cook pilaf style.
3. Combine lentils and rice, season and hold warm for service

### **Service:**

1. Deep fry shallots in olive oil. Shallots should be crispy and golden brown when finished.
2. Cook chickpeas until tender, reserve to be deep fried just before service. The skin will bloom when done.
3. Brush Pita with EVO, salt and pepper. Fill with chick peas.
4. Garnish the Mujadra with Lebne, and Fried Shallots

# MANTI

## Lamb Dumpling with Yogurt Sauce

*Yield: 20*

| <b>Ingredient</b>         | <b>Amount</b> |
|---------------------------|---------------|
| <i>Dough Basic Pasta:</i> |               |
| Flour AP                  | 1#            |
| Eggs                      | 5 ea.         |
| <i>Filling:</i>           |               |
| Lamb ground               | 3#            |
| Onions minced             | 1#            |
| Parsley flat leaf chopped | ¼ cup         |
| Mint fresh chopped        | 1/3 cup       |
| Eggs                      | 2 ea.         |
| Option: cooked bulgar     | ¼ cup         |
| S&P                       | t.t.          |
| <i>Garnish:</i>           |               |
| Yogurt                    | 1 ½ qts.      |
| Garlic mash with salt     | 6 ea.         |
| Salt and Pepper           | t.t.          |
| <i>Sauce:</i>             |               |
| Butter as needed, approx. | 20 oz.        |
| Mint dried                | t.t.          |
| Sage leaves chiffonade    | ½ cup         |
| Cayenne                   | t.t.          |

**Method:**

1. Make the dough a day in advance.
2. Sweat the onions, allow them to cool. Place all the filling ingredients in a food processor, and pulse them together gently in order to preserve the texture of the ingredients.
3. Chef will demo rolling and filling the dumplings.
4. Store the dumplings on parchment lined, floured sheet trays.
5. Boil in batches in well salted water. Dress in the sauce, and finish with the garnish.
6. The sauce is made by mixing the yogurt, garlic paste, salt, and pepper to a homogenous consistency, and refrigerating for storage. To use bring it to room temperature.
7. Dressing the cooked dumplings:
  - a. The sauce is made in batches to dress the amount of dumplings boiled.

- b. The sauce will be made by heating some butter in a proper sauté pan.
- c. Add the mint, and the sage leaves, heat throughout and finish with cayenne.
- d. Drain the cooked dumpling and add to butter sauce. Plate and finish with a dollop of yogurt.

**Chef will demo!**

# GAMBAS AL AJILLO

## Shrimp and Garlic

*Yield 20*

| <b>Ingredient</b>                       | <b>Amount</b>    |
|---|------------------|
| EVO                                     | 10 oz.           |
| Garlic cloves sliced very thin          | 20 ea.           |
| White wine or Lemon juice               | 20 oz.           |
| Red pepper flakes                       | as needed        |
| Salt                                    | as needed        |
| Italian flat leaf parsley ( rough chop) | 2 cups           |
| Shrimp (31-35's )peeled and deveined    | 20 oz. ( 40 ea.) |

### **Method:**

1. In a sauté pan heat the EVO.
2. Add the pepper flakes, the garlic, shrimp, and season with salt.
3. Add the white wine and reduce by  $\frac{3}{4}$ , shake, and emulsify
4. Finish with chopped Parsley.

# BOQUERONES EN VINAGRE

## MARINATED FRESH ANCHOVIES

*Yield: 10*

| <b>Ingredient</b>                        | <b>Amount</b> |
|--|---------------|
| Fresh anchovies                          | 1 lb.         |
| White wine vinegar                       | 1 Cup         |
| Water                                    | 1 oz.         |
| Salt                                     | 2 tsp.        |
| EVO                                      | 2 Tbsp.       |
| Garlic cloves, minced                    | 2 ea.         |
| Parsley flat leaf sprigs, chopped coarse | 3 ea.         |

### **Method: (chef will demonstrate how to filet the anchovies)**

1. Place the filets skin-side down in an appropriate non-reactive container.
2. Cover with vinegar, the water, and half the salt.
3. Cover and refrigerate overnight.
4. Before service, drain off all the vinegar marinade and rinse the anchovies in ice water. Drain them well.
5. Arrange the anchovy filets skin side down. Mix together the remaining salt, EVO, garlic and parsley and pour over anchovies. Ready to serve!

# POLLO AL CHILINDRON/CHICKEN WITH PEPPERS (NAVARRA)

*Yield 10 Tapas*

| <b>Ingredient</b>            | <b>Amount</b> |
|------------------------------|---------------|
| Chicken wings                | 20 ea.        |
| Spanish onion, minced        | 8 oz.         |
| Garlic cloves                | 4 ea.         |
| Green pepper, small diced    | 1 ea.         |
| Red pepper, small diced      | 1 ea.         |
| Tomato concasse, small diced | 4 ea.         |
| Pimenton                     | 1 tsp.        |
| Serrano ham                  | 1 oz.         |
| Brandy                       | 2 Tbsp.       |
| Olive oil                    | 2 oz.         |
| Chicken stock                | 4 oz.         |
| Parsley, chopped             | 1 tsp.        |
| Salt                         | t.t.          |

## **Method**

1. Cut the chicken in 1-inch cubes.
2. Season the chicken with salt and sauté it with the olive oil, add the brandy and flambé it, set a side.
3. Add the onions, peppers and the ham and cook until browned, add the garlic cook for 2 more minutes.
4. Stir in the tomatoes and pimenton, add the chicken stock and the reserved chicken.
5. Stew for about 15 minutes at low heat, add the parsley and adjust the seasonings if needed.
6. Serve on a slice of bread.

# CALLOS A LA MADRILEÑA/MADRID STYLE TRIPE (MADRID)

*Yield: 10 servings*

| <b>Ingredient</b>       | <b>Amount</b> |
|-------------------------|---------------|
| Calf's tripe            | 1 lb.         |
| Beef cheek              | 1 lb.         |
| Olive oil               | 4 Tbsp.       |
| Spanish onion, minced   | 1 ea.         |
| Garlic cloves, minced   | 2 ea.         |
| Spanish chorizo, minced | 8 oz.         |
| Beef stock              | 1 pt.         |
| Wine white              | 1 Cup         |
| Bay leaf                | 1 ea.         |
| Spanish paprika, hot    | 1 Tbsp.       |
| Salt                    | t.t.          |
| Parsley, chopped        | 1 Tbsp.       |

## **Method**

1. Cut the tripe and the ox cheeks in 1-inch pieces.
2. Cover them with water add 1 Tbsp. of salt and simmer the meat till is tender, for about 2 hours.
3. Heat the oil in a rondeau, add the chorizo and the onions and cook at low heat until the onions are translucent, add the garlic and the paprika.
4. Add the cooked tripe and ox cheeks and toss with the onion mixture.
5. Pour the wine and reduce by half, add the stock.
6. Cook at low heat for about 30 minutes, sprinkle with the parsley and adjust the seasonings with the salt.

# KOKOTXAS SAL TSA BERDEAN/COD CHINS IN GREEN SAUCE (EUSKADI)

*Yield: 10 servings*

| <b>Ingredient</b>     | <b>Amount</b> |
|-----------------------|---------------|
| Cod chins             | 20 ea.        |
| Olive oil             | 4 oz.         |
| Wine white dry        | 2 oz.         |
| Fish stock            | 4 oz.         |
| Flour                 | 1 tsp.        |
| Garlic cloves, minced | 3 ea.         |
| Parsley, chopped fine | 2 Tbsp.       |
| Pepper flakes         | ¼ tsp.        |
| Salt                  | t.t.          |

## **Method**

1. Clean the cod chins, trimming the outside skin.
2. In a sauté pan place the oil, pepper flakes and garlic at medium heat.
3. When the garlic starts to golden brown add the cod chins, dust with flour and toss.
4. Pour the wine and reduce by half.
5. Add the stock and simmer for about 5 minutes.
6. Season with salt and add the parsley.

# TORTILLA ESPANOLA/POTATO OMELET (MADRID)

*Yield: 10 servings*

| <b>Ingredient</b>            | <b>Amount</b> |
|------------------------------|---------------|
| Idaho potatoes, medium diced | 2 lb.         |
| Spanish onions, small diced  | 8 oz.         |
| Green pepper, small dice     | 4 oz.         |
| Olive oil                    | 1 Cup         |
| Eggs                         | 6 ea.         |
| Salt                         | 2 tsp.        |

## **Method**

1. Start cooking the onions and peppers with the olive oil for about 5 minutes at medium heat.
2. Stir in the potatoes, add the salt put a lid on and cook at low heat till the potatoes are tender.
3. Whisk the eggs in a bowl and add the potatoes.
4. Add the remaining oil to a sauté pan and heat up until smoking.
5. Add the egg mixture and start coagulating the eggs, lower the heat.
6. When the omelet starts to golden brown on the bottom, flip the omelet over and cook the other side till the same color is developed and the tortilla feels firm.

# PIMIENTOS DEL PIQUILLO RELLENOS DE BACALAO

## PIQUILLO PEPPERS STUFFED WITH SALT COD

*Yield: 10*

| <b>Ingredient</b>  | <b>Amount</b> |
|--|---------------|
| EVO  | 1 oz.         |
| Onion, small dice  | 2 oz.         |
| Garlic clove, minced                                     | 1 ea.         |
| Flour  | 2 Tbsp.       |
| Milk   | 8 oz.         |
| Bacalao (soaked and poached in EVO)<br>cut into 2" cubes | 6 oz.         |
| Piquillo peppers drained                                 | 10 ea.        |
| Parsley, chopped   | ¼ Cup         |
| <b>Sauce</b>   |               |
| Piquillo peppers, drained                                | 6 ea.         |
| Garlic clove   | 1 ea.         |
| EVO  | 1 oz.         |
| Tomatoes   | 6 oz.         |
| Salt and pepper  | t.t.          |

### Method for Stuffing

1. Heat EVO and sauté the onions and garlic till fully cooked. Add the flour and make the roux, add the milk bring to a boil and simmer for 5 minutes. Stir in the flaked fish, taste and adjust. Allow time to cool.
2. Stuff each pepper with the bacalao mix. Place them in the refrigerator to chill and stiffen.

### Method for Sauce

1. Sauté the garlic in the EVO till slightly golden, add the pepper strips and sauté to develop it's flavor.
2. Add the tomato, simmer for 15 minutes, and adjust with salt and pepper. Remove, place in a blender and purée and strain into a sauce pan. Bring to a simmer and reduce to desired consistency.

**Finish:** arrange the pequillo peppers in a sautoire, and spoon the sauce over them. Gently bring the sauce and the peppers to service temperature

¾ cup milk (more if necessary)  
½ cup flour  
2 tablespoons butter  
2 large eggs  
to taste salt, pepper, tabasco, nutmeg  
1 cup grated Cheddar or Swiss cheese  
2 ounces grated parmesan cheese  
½ cup diced ham  
4 tablespoons heavy cream  
2 sheets puff pastry (8x18 inches)  
4 large egg yolks mixed with 4 teaspoons water

Gradually beat dribbles of milk into the flour, in saucepan, adding ¾ cup and beating to a smooth consistency. Add butter and set pan over moderate heat, stirring. When mixture comes near the boil and begins to be lumpy, remove from the heat and beat vigorously to smooth it out. One by one, beat in the eggs and put back on the heat, sauce should be a thick paste; if very stiff, thin out over heat, beat in more milk by dribbles. Remove from the heat, season with salt, pepper, a pinch of nutmeg, and tabasco. Let cool for a few minutes, then fold in the cheese and diced ham. Fold in just enough cream to soften it slightly. Sauce must hold its shape when molded with a spoon. Cool to room temperature before using.

Preheat oven to 400 degrees. Put egg wash in a bowl with a brush. Prepare a sheet pan with clarified butter and parchment paper. Lay down a sheet of puff pastry on sheet pan and dock with a fork. Spread on cheese filling, leaving a ¾ inch border all around. Brush the border with egg wash and turn borders of pastry up over filling at sides; seal corners with fingers. Lay second rectangle of puff pastry on table and fold in half lengthwise. Leaving the ¾ inch border. Cut 1-inch slits to make Venetian blinds. Brush edges of filled bottom layer of pastry with egg wash. Unfold top layer over it and tuck edges under the bottom. Use a fork to press a decorative edging. Brush tart with egg wash and chill for at least 1 hour.

Bake tart for about 30 to 45 minutes, or until it is risen, nicely brown, dim, and crusty.

# TORTILLA CON VERDES Y PATATAS ESTILO EXTREMADURA

*Yield: 10*

| <b>Ingredient</b>                      | <b>Amount</b> |
|--|---------------|
| Yukon "A" potatoes                     | 10 ea.        |
| Swiss chard greens, stemmed            | 3 lb.         |
| Extra virgin olive oil                 | as needed     |
| Garlic cloves                          | 10 ea.        |
| Onion, Julienne                        | 2 ½ lb.       |
| Pimentón, diluted in 2 ½ cups of water | 2 tsp.        |
| Eggs                                   | 20 ea.        |
| Salt and pepper                        | t.t.          |

## **Method**

1. Peel the potatoes and slice thin on the mandeline.
2. Cook the potatoes in the style of "Potatoes Anna" in a non-stick pan, (as you did in Skills II). Reserve the potato disks on individual stacked plates.
3. Heat the extra virgin olive oil, add the onions, and sauté till soft and transparent without browning. Add the garlic and toast. Add the greens, salt, pepper, and sauté and toss for a few minutes, then add the paprika water. Cook till most of the moisture has evaporated and the greens are tender. Taste and adjust seasoning.

## **Service**

1. To finish a serving, return one potato disk to a heated non-stick pan with a bit of extra virgin olive oil.
2. Spread the warm greens evenly over the potato disk.
3. Whip 2 eggs and a pinch of salt and pepper and pour over the greens. Return to a moderate flame and continue to cook until the egg sets enough so it can be flipped.
4. **Option:** Serve the grated Manchego cheese.

# ANTIPASTI

*Yield: 10 portions*

## Plate Components

| <b>Ingredient</b>               | <b>Amount</b>    |
|---------------------------------|------------------|
| Bastoncini di carota            | 1 recipe follows |
| Carciofi ripieno-prosciutto     | 1 recipe follows |
| Pisci d'ouvu                    | 1 recipe follows |
| Melanzane funghetto             | 1 recipe follows |
| Fritto di calamari              | 1 recipe follows |
| Insalata di tonno e fagioli     | 1 recipe follows |
| Peperoni Arrostiti              | 1 recipe follows |
| Insalata di barbareta e cipolle | 1 recipe follows |

## Method

1. The chef will determine which of these items will be made.

# BASTONCINI DI CAROTA MARINATI

## MARINATED CARROT STICKS

*Yield: 1 lb.*

| <b>Ingredients</b>                     | <b>Amount</b> |
|--|---------------|
| Carrots, battonet cut                  | 1 lb.         |
| Garlic cloves, peeled, lightly crushed | 4-5 ea.       |
| Oregano, dried                         | 1 tsp.        |
| Extra virgin olive oil                 | to cover      |
| Red wine vinegar                       | 4 Tbsp.       |
| Salt and pepper                        | t.t.          |

### **Method**

1. Blanche carrots in a large amount of boiling water. Shock in ice water. Drain.
2. Mix carrots with vinegar, oregano, and salt and pepper.
3. Place carrots in a container and bury garlic cloves in carrots.
4. Add just enough olive oil to cover. Refrigerate for 24 hours. Remove garlic cloves.

**Note:** Carrots must be just barely cooked as marinade will continue to soften them.

# CARCIOFI RIPIENI DI FUNGHI E PROSCIUTTO

## STUFFED ARTICHOKEs WITH PROSCIUTTO AND PORCINI MUSHROOMS

*Yield: 10 portions*

| Ingredient                                    | Amount        |
|---|---------------|
| Dried Porcini mushrooms (Cepes)               | 3 oz. (1 Cup) |
| Lemons, cut in half                           | 2 ea.         |
| Artichokes                                    | 10 ea.        |
| Breadcrumbs                                   | 1 ½ Cups      |
| <br>  |               |
| Extra virgin olive oil                        | ¼ Cup         |
| Prosciutto, finely chopped                    | 1 Cup         |
| Parmigiano, finely grated                     | 1 Cup         |
| Garlic clove, minced                          | 2 ea.         |
| Marjoram, mint, thyme, sage,<br>rough chopped | 1 Tbsp.       |
| Salt and pepper                               | t.t.          |

### Method:

1. Trim artichoke tops off, (Chef will demo) trim lower leaves. Slice across base so they can stand up. Gently open up artichoke, and remove choke. Keep in water with 2 lemons.
2. Soak Porcini mushrooms, in 2 cups of tepid water (lukewarm), for 30 minutes.
3. Drain mushrooms. Reserve liquid. Strain liquid through chinois.
4. Rinse mushrooms under running water to insure any remaining dirt is washed away. Chop, medium fine.
5. Add remaining ingredients to breadcrumbs, and stuff into artichoke center.
6. Place in pan with water coming 1-inch up side of artichoke. Add extra virgin olive oil. Bring to simmer and cook over low heat **covered** until artichoke heart is tender. Replace liquid as necessary.
7. Reserve remaining liquid and use to reheat.

# PISCI D'OVU

## EGG FRITTERS

*Yield: 10 portions*

| <b>Ingredient</b>                  | <b>Amount</b>     |
|------------------------------------|-------------------|
| Eggs                               | 6 ea.             |
| Parmesan, finely grated            | 6 Tbsp.           |
| Garlic, minced                     | 1 Tbsp.           |
| Breadcrumbs                        | $\frac{3}{4}$ Cup |
| Salt and fresh ground black pepper | t.t.              |
| Vegetable oil for frying           | as needed         |

### **Method**

1. Beat eggs lightly. Add all ingredients except oil.
2. Drop mix in 1 tsp. portions in hot fat and fry until puffed up and golden.

**Note:** Test batter, before production and adjust if necessary.

# MELANZANE FUNGHETTO

## EGGPLANT MUSHROOMS

*Yield: 4 to 6 servings*

| <b>Ingredient</b>            | <b>Amount</b> |
|------------------------------|---------------|
| Eggplant, large              | 2 ea.         |
| Extra virgin olive oil       | as needed     |
| Garlic cloves, whole, peeled | 2 ea.         |
| Salt                         | t.t.          |
| Hot red pepper flakes        | t.t.          |

### **Method**

1. Quarter eggplant, lengthwise. Cut away flesh to within ½-inch of skin. Discard.
2. Cut eggplant into rough julienne.
3. Heat enough oil as necessary and cook eggplant until lightly browned, about 10 minutes.
4. Season with hot red pepper flakes.

# FRITTO DI CALAMARI

## DEEP FRIED SQUID

*Yield: 10 portions*

| <b>Ingredient</b>                      | <b>Amount</b> |
|--|---------------|
| Squid, cleaned, cut in rings           | 2 lb.         |
| Kosher salt                            | as needed     |
| Flour                                  | as needed     |
| Eggs, whole, beaten with pinch of salt | as needed     |
| Roa                                    |               |

### **Method**

1. Soak squid in cold water with a pinch of salt for 10 minutes. Drain, and pat dry.
2. Place squid in colander, dust with flour, and shake off excess. Pieces should be fully, but lightly covered.
3. Dip squid in beaten egg, and fry until golden. Drain on paper towels.
4. Serve with salsa calabrese, and a lemon wedge.

# INSALATA DI TONNO E FAGIOLI

## TUNA AND BEAN SALAD

*Yield: 10 portions*

| <b>Ingredient</b>  | <b>Amount</b> |
|--|---------------|
| White beans, Great Northern,<br>Navy or kidney             | 2 Cups        |
| Red onion, thin sliced,<br>soaked in cold water for 1 hour | 1 ea.         |
| Imported tuna, oil packed                                  | 12 oz.        |
| Extra virgin olive oil                                     | as needed     |
| Salt and pepper  | t.t.          |
| Red wine vinegar   | 4 tsp.        |

### **Method**

1. Cook beans (soaked overnight) in plenty of salted water. Drain. Rinse under cold water.
2. Toss beans with olive oil, onion, vinegar, tuna, salt and pepper.
3. Adjust seasoning adding more oil, vinegar, salt and pepper.

**Note:** Red onions vary in size add more or less as necessary.

# PEPPERONI ARROSTITI

## ROASTED PEPPERS

*Yield: 10 portions*

| <b>Ingredient</b>              | <b>Amount</b> |
|--------------------------------|---------------|
| Peppers, red and yellow        | 6 ea.         |
| Extra virgin olive oil         | ½ Cup         |
| Golden raisins                 | 3 Tbsp.       |
| Pine nuts                      | 2 Tbsp.       |
| Italian parsley, rough chopped | 1 Tbsp.       |
| Garlic, minced                 | 1 Tbsp.       |
| Salt and black pepper          | t.t.          |

### **Method**

1. Roast peppers under broiler. Put in hotel pan, wrap in plastic and let peppers steam until cool enough to handle.
2. Clean peppers. Cut into ¼-inch strips.
3. Drain peppers in sieve or colander for 2 hours.
4. Toss peppers with oil, raisins, garlic and pine nuts.

# INSALATA DI BARBABIETOLE E CIPOLLE

## RED-BEET SALAD WITH ONIONS

*Yield: 10 portions*

| <b>Ingredient</b>                  | <b>Amount</b> |
|------------------------------------|---------------|
| Beets                              | 2 lb.         |
| <b>Dressing</b>                    |               |
| Water                              | 1 Cup         |
| White vinegar                      | 6 Tbsp.       |
| Sugar                              | 1 ½ oz.       |
| Caraway seeds                      | 1 tsp.        |
| Bay leaf                           | 1 ea.         |
| Fresh ground black pepper          | 1/3 tsp.      |
| Salt                               | t.t.          |
| Red onions, sliced 1 ½-inch strips | 6 oz.         |
| Extra virgin olive oil             | 6 Tbsp.       |
| Chives for garnish, sliced 1/16"   | 2 Tbsp.       |

### **Method**

1. Scrub beets. Boil in acidulated water until tender.
2. Combine all dressing ingredients, except onions and olive oil in a stainless steel saucepan, and simmer slowly for about five minutes. Adjust seasoning and sugar.
3. Add onions, and cook for an additional five minutes. Cool.
4. Add olive oil to dressing, and combine dressing with sliced beets.

# PÂTÉ DI FEGATINI DI POLLO

## Chicken Liver Pâté

*Yield: 20 portions*

| <b>Ingredient</b>   | <b>Amount</b> |
|---------------------|---------------|
| Chicken Liver       | 1 #           |
| Onion fine chop     | 3 oz.         |
| Celery fine chop    | 3 oz.         |
| Carrot fine chop    | 3 oz.         |
| Garlic cloves mince | 2 ea.         |
| EVO                 | As needed     |
| Anchovy filets      | 4 ea.         |
| Capers rinsed       | ¼ cup         |
| Milk                | 1 cup         |
| Brandy              | 2 oz.         |
| Vin Santo           | 1 oz.         |
| Salt and Pepper     | T.T.          |

Method:

1. Saute vegetables in EVO until soft and melted.
2. Add chicken livers, cook until set, and add anchovies and capers.
3. Add milk, brandy, Vin Santo, and simmer until the liquid is absorbed.
4. Cool slightly, and in a food processor puree until smooth
5. Adjust seasoning.

### **MUSHROOM SALAD**

|  |        |
|--|--------|
| Mushrooms, white button, thinly sliced | 1 #    |
| EVO                                    | ½ cup  |
| Vinegar red                            | 1 oz.  |
| Italian Parsley chopped                | ¼ cup  |
| Red Pepper flakes                      | 1 tsp. |
| S&P                                    | T.T.   |

Method:

1. Combine all ingredients in a large bowl and toss well. Allow to marinate at room temperature for 30 minutes.

### **GARNISH**

|   |        |
|---|--------|
| Baguette or country bread, sliced and toasted | 20 ea. |
| Prosciutto fine dice                          | 1 cup  |

Service:

1. Spread the liver pate liberally on the crostini
2. Top with Mushroom salad and garnish on top with diced prosciutto

# PANZAROTTI

*Yield: 120 ea.*

| <b>Ingredient</b>            | <b>Amount</b>    |
|------------------------------|------------------|
| <i>Dough:</i>                |                  |
| Gnocco Fritto                | (1X the recipe ) |
| <i>Stuffing:</i>             |                  |
| Mozzarella Cheese small dice | ½ #              |
| Eggs                         | 4 ea.            |
| Ricotta fresh                | ½ #              |
| Parmigiano Reggiano grated   | ½ cup            |
| Salt                         | T.T.             |
| Salami small dice            | ¼ #              |
| Parsley rough chop           | 1/8 cup          |

## Method:

1. Whip the eggs with the salt, and then add the rest of the ingredients. Mix them well.
2. Roll the dough thin, and cut it into circles.
3. Place a teaspoon of the mixture at the center of each circle of dough. Fold the circle over the filling to make a half moon. Crimp the edges, and make certain that the seal is tight.
4. Deep fry in pure olive oil until golden and crisp.

# GNOCCO FRITTO

*Yield:100 pieces*

| <b>Ingredient</b>         | <b>Amount</b> |
|---------------------------|---------------|
| "00" flour                | 6 ¼ cups      |
| San Pellegrino water      | 1 cup         |
| Milk warm                 | 1 ¾ cup       |
| Baking soda               | 1 tsp.        |
| Salt                      | T.T.          |
| EVO                       | 2 oz.         |
| Pure Olive Oil for frying | as needed     |

Method:

1. Mix as if you are preparing a biscuit dough.
2. Wrap and let rest about 1 hr.
3. Roll the dough into ¼ inch thickness
4. Cut out triangles or squares
5. Fry at 350 F till golden

**Drain well and serve in a lined basket**

## FRIED BREADED FENNEL

*Yield:10*

| <b>Ingredient</b> | <b>Amount</b>      |
|-------------------|--------------------|
| Fennel            | 8 ea.              |
| Flour             | as needed          |
| Eggs              | as needed          |
| Breadcrumbs       | appropriate amount |
| Olive oil pure    | as needed          |
| S&P               | T.T.               |

Method:

1. Process the bulbs, and cut the bulb vertically into 1/3" thick.
2. Cook in boiling water until the butt end is tender, but not mushy!
3. Standard breading procedure and fry till golden and drain well.
4. Season and serve in lined baskets.



## Tarte au Fromage et Tomatoes

1 pound pie dough 9" tart pan  
3 tablespoons Parmesan cheese grated  
6 ounces Camembert cheese rind removed  
3 each egg yolks  
 $\frac{3}{4}$  cup ricotta cheese  
 $\frac{1}{2}$  cup heavy cream  
2 tablespoons sour cream  
to taste salt and pepper  
2 tablespoons fresh herbs  
3 large excellent, ripe tomatoes (yellow or red) peeled  
2 tablespoons olive oil

Line a tart pan with pie dough and refrigerate for at least one hour. Bake tart shell blind until about  $\frac{3}{4}$  of the way done (about 25 minutes). Remove beans and paper and then sprinkle bottom of tart with parmesan cheese; melt in oven for a few minutes. This will "waterproof" the bottom of the tart shell. Cut the Camembert into a small dice. In a bowl, whisk the egg yolks together and stir in the ricotta, heavy cream, sour cream, Camembert, seasonings, and herbs. Fill the tart shell with the custard and top with the sliced, peeled tomatoes. Brush tomatoes with olive oil and sprinkle with salt and freshly ground pepper.

Bake tart at 375 degrees until set and very slightly brown.

Optional: To make tart glossy for service, rub top with whole butter.

## Huitres Glacees en Sabayon (Oysters in Champagne Sauce)

3/4 pound fresh spinach  
24 each large, fresh, ice cold oysters  
as needed rock salt  
3/4 cup Champagne  
3/4 cup fish stock  
3/4 cup heavy cream  
3 each egg yolks  
to taste salt and pepper

Trim, wash, and blanch spinach. Squeeze dry; set aside. Shuck oysters, then place in a medium saucepan with oyster liquor, cover, and simmer over medium-low heat until oysters are opaque and slightly firm, 1-3 minutes. Remove oysters with a slotted spoon. Strain liquor through a fine sieve, return to pan, and set aside.

Wash and dry half the shells; discard the rest. Pour about 1/2" rock salt onto 4 ovenproof plates; divide shells between plates, arranging them in a circle in the salt on each plate.

Bring Champagne to a boil in a small saucepan over medium-high heat. Cook until reduced by half, 8 - 10 minutes, and then set aside to cool.

Add fish stock to oyster liquor. Bring to a boil over medium-high heat, cook until almost syrupy, 12-15 minutes, and add cream and cook, stirring, until reduced by two-thirds, 10-12 minutes.

Transfer reduced champagne to the top of a double boiler over simmering water over medium-low heat. Whisk in egg yolks and cook until thick and shiny, about 5 minutes. Remove from heat and fold in stock mixture. Season to taste with salt and pepper.

Preheat broiler. Spread a thin layer of spinach in each shell and top with 1 oyster and 1-2 tbsp. sauce. Broil for 3-5 minutes. Serve hot.

## Fondus au Parmesan

2 ounces clarified butter  
2 ounces flour  
2-¼ cups milk  
As needed salt, pepper, nutmeg  
5 each egg yolks  
4 ounces excellent quality Parmesan cheese  
As needed standard breading set up  
As needed clarified butter for pan-frying  
8 ounces good quality tomato sauce

Make a pale roux with the butter and flour; spread onto a plate and cool.  
Heat milk in a saucepan and whisk in roux season. Gently simmer the sauce for 25 minutes (sauce should be very thick).  
Pour sauce into a bowl and mix (liaison) in the egg yolks and Parmesan cheese. Paper a tray and then butter. Spread mixture evenly on tray and cool.  
Cut diamonds, rounds, or ovals and bread al anglaise. Deep fry or pan fry until golden brown and serve with hot tomato sauce.

## L'Omelette Aux Truffles

2 medium truffles (about 4 ounces) diced  
8 each eggs  
2 tablespoons good quality Cognac  
2-tablespoon cream  
2 tablespoons goose fat (or clarified butter)  
to taste salt and pepper

Heat truffles with 1-tablespoon goose fat and the cognac until all of the liquid evaporates. Cool slightly. Beat the eggs (not too much) with the salt and pepper and the cream. Stir in the truffles.

Heat the remaining goose fat in a non-stick omelette pan. Make the omelette in the correct way, making sure to leave the top baveuse, not quite set. Fold omelette onto plate and finish with sweet butter.

## Two Color Ravioli with pesto Cream Sauce

½ pound tomato pasta  
½ pound plain pasta  
1 ½ cups ricotta cheese  
¼ cup good quality parmesan cheese, grated  
to taste salt and freshly milled pepper  
1 large egg  
pinch nutmeg  
1 handful fresh herbs, chopped

### Pesto Cream Sauce

2 ounces fresh basil leaves  
4 cloves garlic, pureed  
tablespoons of pine nuts  
4 cups grated parmesan cheese  
as needed good quality olive oil  
1-pint whole milk  
1-cup heavy cream  
as needed roux

Roll out the two pastas separately on the thinnest setting. Mix the ricotta with the remaining ingredients and prepare the ravioli. The ravioli may be frozen at this point or covered and refrigerated for up to 2 days.

To make the sauce: Puree the basil, garlic, pine nuts, cheese, and olive oil in a blender. Heat the milk and cream in a saucepan and thicken lightly with roux. Stir in pesto to taste.

## Boeuf a la Bourguignonne

6 ounces bacon (lardons ¼ “ wide x 1 ½ “ long)  
1-tablespoon olive oil  
3 pounds lean stewing beef in 2”cubes  
1 medium carrot, sliced  
1 medium onion, sliced  
1-tablespoon salt  
¼ teaspoon pepper  
2-tablespoon flour  
1 bottle good quality Pinot Noir  
3 cups beef stock  
1-tablespoon tomato paste  
2 cloves garlic, pureed  
½ teaspoon thyme, minced  
one each bay leaf, crumbled  
24 each tiny white onions, par-cooked  
1 pound mushrooms, quartered

Simmer lardons in 1-½ quarts of water for 10 minutes. Drain and dry. Heat olive oil in a 10” casserole and sauté the lardons over moderate heat for 2 to 3 minutes, or until lightly brown. Remove to a side dish with a slotted spoon. Set casserole aside. Reheat until fat is almost smoking before you sauté the beef.

Dry the beef in paper towels; it will not brown if it is damp. Sauté it, a few pieces at a time, in the hot oil and bacon fat until nicely brown on all side. Add the beef to the bacon.

In the same fat, brown the sliced vegetables. Pour out the sautéing fat. Return the beef and bacon to the casserole and toss with the salt and pepper. Then sprinkle on the flour and toss again to coat the beef lightly with the flour. Set casserole on medium heat and, using a wooden spoon, toss the meat to brown the flour and cover the meat with a light crust.

Stir in the wine, and enough stock or bouillon so that the meat is barely covered. Add the tomato paste, garlic, and herbs. Bring to a simmer on top of the stove and cover with a paper cover and then the lid. Simmer slowly, either on the stove or in a 325-degree oven until meat is fork tender, from 3 to 4 hours.

While the beef is cooking, prepare the onions and mushrooms. Heat clarified butter or olive oil in a skillet and toss onions until they are nicely browned on all sides, and some soft butter and then the mushrooms. Season with salt and pepper and cook gently until done.

When the meat is tender, pour the contents of the casserole into a sieve set over a saucepan. Wash out the casserole and return the beef and bacon to it. Distribute the cooked onions and mushrooms over the meat.

Skim fat off the sauce. Simmer sauce for 10 minutes or so, skimming. The sauce should be just thick enough to coat a spoon lightly. Taste carefully for seasoning and pour sauce over meat.

## Tournedos Henri IV

12 each 3 oz. Tournedos of choice beef  
12 each 2 ½ inch croustades  
to taste salt and pepper  
12 each artichoke bottoms, trimmed  
2 cups Béarnaise sauce  
½ cup rich demi-glace  
as needed clarified butter or olive oil

Prepare croustade using clarified butter or good quality olive oil. Prepare Béarnaise sauce and keep warm; heat demi-glace. Dry tournedos thoroughly and season with salt and freshly ground black pepper. Heat clarified butter or olive oil in a sauté pan until the smoke. Sauté the tournedos quickly until desired doneness. Arrange two croustades on each plate and top each with a tournedos. Add a little more fat to the sauté pan and sauté the artichoke bottoms until beautifully golden. Place a bottom on top of each tournedos and fill with Béarnaise sauce. Drizzle demi-glace around tournedos on the plate.

## Sauté de Veau Marengo

|               |                                  |
|---------------|----------------------------------|
| 3 pounds      | veal stew meat, in 2-inch pieces |
| as needed     | extra virgin olive oil           |
| 1 cup         | minced onion                     |
| 2 tablespoons | flour                            |
| 2 cups        | dry white wine                   |
| 1 ½ cups      | tomato concasse                  |
| to taste      | dried or fresh tarragon          |
| to taste      | dried or fresh thyme             |
| 1 each        | orange peel, 3 inch strip        |
| 3 each        | garlic, cloves, pureed           |
| to taste      | salt and pepper                  |
| ½ pound       | mushrooms, in quarters           |
| as needed     | cornstarch slurry                |

Dry the veal with paper towels. Heat olive oil in a heavy casserole with a lid until almost smoking. Add the veal to the hot fat, a little at a time, and brown evenly; remove to a plate. Add the onions to the casserole and season with salt and pepper. Stir with a wooden spoon until the onions become translucent and then golden brown. Add flour to onions; toss and stir for 3 - 4 minutes, or until lightly brown. Deglaze onions with wine and boil for 1 minute, scrapping the bottom and sides with the wooden spoon. Stir in tomatoes, garlic, herbs, and orange peel. Add veal (and plate juices) back to casserole, cover with paper, and bring to a simmer. Add casserole lid and cook for 1 1/2 hours, or until the veal is almost fork tender. Add mushrooms to casserole and bring back to a simmer for 15 more minutes. Strain sauce and thicken, if necessary, with a slurry.

## Blanquette de Veau

|               |                                    |
|---------------|------------------------------------|
| 2 1/2 pounds  | veal shoulder, in 2" pieces        |
| to taste      | salt and white pepper              |
| 1 tablespoon  | flour                              |
| 2 tablespoons | vegetable oil                      |
| 1 medium      | yellow onion, medium dice          |
| 3 cloves      | garlic, pureed                     |
| 2 1/2 cups    | white wine                         |
| 1 small       | leek, white part only, medium dice |
| 3 sprigs      | fresh thyme                        |
| 3 each        | bay leaves                         |
| 1 cup         | veal stock                         |
| 1 each        | lemon, halved                      |
| 1 cup         | heavy cream                        |
| 2 tablespoons | capers, drained                    |

Season veal with salt and pepper, then dust with flour. Heat oil in a large pot over medium-high heat, add veal in one even layer (follow the principles of sautéing) and brown all sides, for about 5 minutes. Add onions and cook until translucent; add garlic.

Deglaze pot with white wine (use a wooden spoon). Add leeks, thyme, and bay leaves to the pot. Add a paper cover and simmer for 10 minutes, then add stock. Use paper cover and pot cover and simmer until the veal is fork tender, about 1 1/2 hours.

When veal is tender use a slotted spoon to remove from pot and onto a plate; set aside. Squeeze juice from lemon and reserve. Add the lemon halves to the sauce pot along with the cream. Bring to a simmer and cook for about 30 minutes, or until sauce thickens. Discard bay leaves, thyme and lemon halves; adjust taste with lemon juice, salt and pepper. Either transfer sauce to a blender and blend until smooth or use a hand-held electric mixer. Strain sauce back into sauce and add veal. Serve with capers.

## Navarin Printanier

12 loin lamb chops (3-4 oz./per)

OR

3 pounds lamb stew meat

4 tablespoons olive oil

as needed, seasoned flour

3 tablespoons minced shallots

1 tablespoon pureed garlic

$\frac{3}{4}$  pound very ripe and red tomato peel, seed, chop

1 large sprig rosemary (or 2 teas, dry) minced

3 large sprigs thyme minced

12 small red boiling potatoes shaped into olives

18 tiny packaged carrots.

1 large turnips-shaped into 16 olives

12 ounces frozen peas

2 tablespoons sweet butter

If using loin lamb chops, have the butcher prepare the chops 1  $\frac{1}{2}$  inches thick. Shoulder chops can be used as well. This stew will always taste better if prepared with meat and bone, but using stew meat will do.

Put a large, heavy sauté pan over heat; add olive oil. Dip lamb chops in seasoned flour and cover completely, brushing all excess away. When oil is almost to smoke point, add chops in a single layer-don't crowd- this can be done in 2 batches. Take care to regulate the heat down when the pan regains heat after chops are added. Nothing in the pan should ever turn black during the entire cooking process, only a nice golden brown. When the chops are nicely golden on each side (5-6 minutes per side), remove from pan onto a plate. Using a wooden spoon to scrape up the fond, sauté the shallots (it might be necessary to add more oil) until translucent and then the garlic. Add the chopped tomatoes and cook about 2 minutes. Lay the chops on top of the tomatoes and cover (just barely) with stock. Cover the chops with a paper cover and then the lid of the brazier. Bring the stew to a simmer on top of the stove and then put in the middle of the oven and braise for 30 minutes. Remove from oven and add the potatoes, turnips, and carrots. Return to simmer and put back in oven for another 30 minutes, or until the vegetables are tender.

Heat peas separately with whole butter. Serve with lamb, vegetables, and sauce on a platter.

## Foie Gras au Blanc de Bordeaux

1 each whole foie gras (1 ½ -2 pounds) deveined  
½ bottle excellent quality Blanc de Bordeaux  
¾ quart rich duck stock (about)  
2 heads fresh garlic (10 cloves)  
to taste salt and pepper

Carefully cut a few veins from the foie gras, but the less you handle it the better. Separated the heads of garlic into cloves and dip in boiling water for 1 minute; slip off skins. Heat a casserole without fat. When hot, season foie gras with salt and pepper and carefully brown on all sides. Deglaze with wine and add garlic cloves. Simmer the foie gras for about 7 minutes and then add duck stock; simmer about 12 minutes longer, or until the foie gras is still pink in the middle.

Transfer the foie gras to a plate with a garlic clove per serving. Puree the cuisson with the rest of the garlic in the blender. Pour the cuisson back into the casserole and add the foie gras. Cut the foie gras into portions while still in the cuisson.

## Poulet aux Champignons a la mode de Normandie

1 ounce cooking oil  
1-ounce whole butter  
1 each onions medium dice  
1 each plump, free range chickens cut in eighths  
2 cloves garlic crushed  
to taste salt and black pepper  
½ pound mushrooms  
½ lemon (juice of)  
1-ounce crème fraiche

Heat the oil with half the butter in a heavy based casserole and brown the chicken pieces until golden and remove. Fry the onion gently in the fond and add the garlic; cook until aroma. Deglaze pan with cider and use a wooden spoon to dislodge particles from the bottom of the pan. Add chicken back to pan with the herbs; season with salt and pepper. Butter a piece of parchment paper and cover the chicken, then cover with pan lid. Simmer on stove (or in a 350 degree oven) for about 1 hour, or until done. When done, remove chicken to a platter and cover with foil to keep warm (chicken should sit for about 15 minutes before serving). Reduce cuisson (cooking liquids) by half. Meanwhile, sauté mushrooms in whole butter; season with salt and pepper. Garnish chicken (on platter or on individual plates) with mushrooms. Finish sauce with crème fraiche and season to taste. Nappe chicken and mushrooms with sauce.

## Coq au Vin

4 ounces lean bacon  
3 tablespoons butter  
1 frying chicken, cut into 8 pieces  
to taste salt and pepper  
¼ cup cognac  
3 cups red wine (Burgundy, Beaujolais, Chianti)  
2 cups chicken stock  
½ tablespoon tomato paste  
2 cloves garlic puree  
as needed fresh thyme  
to taste salt and pepper  
24 each brown-braised little onions  
½ pound sautéed mushrooms  
3 tablespoons unsalted butter  
3 tablespoons flour

Choose a heavy, 10-inch, fireproof casserole for this dish.

Cut bacon into lardoons (1/4-inch wide by 1-inch long). Simmer for 10 minutes in 2 quarts water. Rinse in cold water and pat dry. Saute the bacon slowly in hot butter until it very lightly brown. Remove to a side dish. Fry the chicken (skin-side-down) in hot fat until golden brown; season with salt and pepper. Return the bacon to the casserole with the chicken. Cover and cook slowly for 10 minutes, turning chicken once.

Uncover, and pour in the cognac. Light and, averting your face, shake the casserole back and forth until the flames subside; pour the wine into the casserole. Add just enough chicken stock to cover the chicken. Stir in the tomato paste, garlic, and herbs; bring to the simmer. Cover chicken with parchment paper and then the casserole lid. Simmer chicken slowly (on stove or in oven) 25 to 30 minutes, or until the chicken reaches 160 degrees. While chicken is cooking, sauté the onions and mushrooms. Remove the chicken to a side dish.

Simmer the cuisson (chicken cooking liquid) for a minute or so, skimming the fat. Raise heat and reduce cuisson to 2 ¼ cups. Correct seasoning. Remove from heat, and discard bay leaf.

Blend the flour and butter together by hand until a smooth paste (Beurre manie). Beat the paste into the hot liquid with a wire whip. Bring sauce to a simmer, stirring, and simmer for a minute or two.

Arrange the chicken in the casserole, place the mushrooms and onions around it, and baste with sauce. Bring chicken to the simmer until completely reheated. Serve chicken from the casserole or arranged on a hot platter.

## Chicken Roulade Provencal

1 chicken deboned  
3 cloves garlic pureed  
2 handfuls mixed & chopped herbs  
to taste salt and pepper  
1 each onion, small dice  
6 each ripe tomatoes peeled, seeded, and chopped  
As needed white wine  
3 ounces good quality olive oil  
To taste salt and pepper

Preheat oven to 375 degrees. Debone chicken and lay out flat on board. Season the salt, pepper, and pureed garlic, and half the herbs roll the chicken into a roulade and tie. Heat some olive oil in a large skillet and sear roulade until done all over, then set aside.

In the same skillet, sauté onion until translucent (add a little salt). Deglaze with about 2 cups white wine and reduce by half; add the tomatoes and reduce a little more (about 5 minutes). Remove from heat and pour tomatoes in a small rectangle-baking dish that the roulade will just fit into. Nestle the roulade in the center of the tomatoes and roast until done (165 degrees and let rest to let juices retract). Remove roulade to a cutting board and add the rest of the herbs to the hot tomatoes.

Slice the roulade and serve with the sauce.

## Tips on Roasting a Chicken

1. Store whole chicken packed in ice, in the refrigerator, on the bottom shelf until ready to roast.
2. Be sure that the cutting board has been thoroughly cleaned and sanitized before and after using it to fabricate poultry.
3. Clean and sanitize knives and poultry shears before and after cutting poultry.
4. Use flavored butter or oil between meat and skin.
5. Always truss before roasting and always use a roasting rack.
6. Oven-sear chicken at 450-degree F. before roasting.
7. After searing, roast chicken breast side down for the first 40 minutes. This will ensure moist and tender breast meat.
8. Never baste chicken with the pan juices, as it will work against a crispy skin.
9. When chicken is done, a thermometer inserted into the meatiest part of the thigh will read 165 degrees F.
10. Always allow chicken to rest at room temperature for 20 minutes after roasting.

## Herb Roasted Chicken

1 2 (1/2 lb.) lb. young chicken  
1/2 cup roasted shallots pureed  
1/2 cup mixed herbs (thyme, rosemary, savory, lemon verbena or lemon balm)  
chopped  
1 cup unsalted butter softened  
2 tablespoons olive oil  
as needed salt and pepper  
2/3 cup mirepoix (1/2 onion, 1/4 carrot, 1/4 celery) medium chop  
4 1/2 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 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 of the fat. Mix in the 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 to simmer for about 20 minutes, then strain.

## Coq au Cidre (Chicken with Cider)

|     |             |   |
|-----|-------------|---|
| 2   | ounces      | unsalted butter   |
| 1   | tablespoon  | oil   |
| 1   | each        | free-range chicken, cut into 8 pieces                     |
| 1   | each        | onion -- small dice                                       |
| 1   | tablespoon  | flour   |
| 1/2 | pint        | strong dry cider  |
| 1   | each        | bouquet garni   |
| 1   | stick       | celery -- small dice                                      |
|     | to taste    | salt and black pepper                                     |
| 6   | ounces      | pearl onions  |
| 1   | teaspoon    | sugar   |
| 6   | ounces      | button mushrooms  |
| 2   | each        | apples (Golden Delicious, Granny Smith) -- peeled & cored |
| 2   | tablespoons | crème fraiche or sour cream                               |

Heat half the butter and the tablespoon of oil in a heavy-based flameproof casserole and brown the chicken all over, in two batches if necessary. Remove the pieces to a warm plate as you go. Add the diced onion to the casserole and fry until golden. Stir in the flour and gradually mix in the cider. Return to the boil, return the chicken pieces to the casserole and add the parsley, thyme, bay leaf, and celery. Season with salt and pepper. Cover with a paper cover, aluminum foil, and then the lid to the casserole; simmer 45 minutes.

Meanwhile, with the tip of a paring knife, cut a small "x" into the root end of each pearl onion and dip in boiling water for 2 minutes; peel. Melt the remaining butter in a small pan and cook the onions gently with the sugar until golden brown; add the mushrooms and cook 15 minutes further. Quarter the apples and, add to the chicken with the onions and mushrooms during the last 15 minutes of cooking time.

To serve, arrange the chicken, onions, mushrooms, and apples onto a platter and keep warm. Reduce sauce by half and stir in crème fraiche or sour cream. Adjust seasonings.

## Poularde Pochee a L'Estragon (Casserole-Poached Chicken)

|                 |                                   |
|-----------------|-----------------------------------|
| 1/2 cup         | sliced carrots                    |
| 1/2 cup         | sliced onions                     |
| 2 tablespoons   | whole, unsalted butter            |
| 1 - 4 1/2 pound | roasting chicken or capon         |
| 3 tablespoons   | soft butter for chicken           |
| 1/2 teaspoon    | sea salt for chicken              |
| 1 medium        | branch or 1 teaspoon dry tarragon |
| 1 1/3 cups      | dry white wine                    |
| 2 or more cups  | chicken stock                     |
| 1 each          | bay leaf                          |
| 6 each          | parsley sprigs                    |
| 1/2 tablespoon  | dried tarragon                    |
| to taste        | salt and pepper                   |
| as needed       | cheesecloth (to cover breast)     |
| 2 tablespoons   | soft butter                       |
| as needed       | parchment paper                   |
| as needed       | blond roux                        |
| 2/3 cup         | heavy cream                       |
| handful         | chopped fresh tarragon            |
| as needed       | soft butter for monter au beurre  |

Choose a casserole with a lid that will just hold the chicken; preheat oven to 325 degrees. Heat 2 tablespoons butter in the casserole and cook the onions and carrots until they are tender but not brown. Prepare the chicken by removing the gizzard/liver packet, trimming excess fat, rinsing, and drying thoroughly with paper toweling. Before trussing, sprinkle half the salt inside the chicken and add the 1 branch fresh or 1 teaspoon dry tarragon and 1 tablespoon soft butter. Truss chicken and massage remaining butter into the skin; sprinkle with remaining salt and arrange the chicken breast-side-up in the casserole on top of the tender vegetables.

Pour the wine into the casserole, and enough chicken stock or broth to reach about 1/3 the way up the chicken. Add the herbs. Bring to simmer on top of the stove, taste liquid, and salt lightly, as needed. Drape the damp, washed cheesecloth over the breast and thighs; it should be long enough to fall into the liquid all around so that it will draw the broth over the chicken and baste it during the cooking process. Smear the 2 tablespoons butter over the cheesecloth, top with parchment paper, cover the casserole, and bring to a simmer on top of the stove. Set in the middle of the preheated oven.

After chicken has been in the oven about 20 minutes, check casserole to be sure liquid is at the very slow simmer - if the liquid bubbles actively, flesh can break apart. Regulate the oven thermostat to assure a slow and even simmer. Chicken is done when it is perfectly tender, about 1 hour and 30 to 40 minutes. When the chicken is done, remove it to a platter and strain the cooking stock into a saucepan. Return the chicken to the casserole, add 1 cup strained stock, the cheesecloth, and the lid (set askew). While veloute is simmering, chicken will be cut into serving pieces.

Bring poaching liquid to a simmer and thicken to a nappe with the blond roux. Simmer sauce for a few minutes and add the cream (in 1/3's) until a nice consistency is reached (coat the back of a spoon). Season to taste and finish with tarragon and soft butter.

Arrange serving pieces of chicken on a platter or on individual plates. Nappe each chicken piece with sauce. Poularde a L'Estragon is best served with rice simmered in chicken stock and fluted mushrooms.

## Poulet aux Ecrevisses (Chicken with Crayfish)

1 chicken, 4 pounds (large roasting chicken), cut into eight pieces  
to taste salt and freshly ground black pepper  
3 tablespoons extra virgin olive oil

### Crayfish Sauce

3 tablespoons extra virgin olive oil  
1 1/4 pounds crayfish, rinsed  
2 tablespoons cognac  
2 medium yellow onions, medium dice  
3 each shallots, minced  
2 medium carrots, medium dice  
4 medium tomatoes; peeled, seeded, and diced  
1 tablespoon tomato paste  
3 sprigs fresh thyme  
1 sprig fresh tarragon  
3 each bay leaves  
2 cups dry white wine  
3/4 cup heavy cream  
to taste salt and pepper

Preheat oven to 350 degrees. Rinse chicken, pat dry, then season with salt and pepper. Heat oil in a large skillet over medium heat. Add chicken, skin side down, and brown, about 8 minutes per side. Transfer chicken to the oven and cook until the juices run clear (160 degrees), about 20 minutes more. Transfer chicken to a platter and keep warm.

To make sauce, heat oil in another large skillet over medium-high heat. Add crayfish and cook, stirring, for 5 minutes. Remove pan from heat and flame with cognac. Return pan to heat and cook until the flames die.

Remove one-third of crayfish; set aside. Reduce heat to medium, add onions, shallots, and carrots, and cook until soft, 20 minutes. Add tomatoes tomato paste, thyme, tarragon, bay leaves, and wine. Cook for 10 minutes, add cream, and simmer, stirring occasionally, until sauce thickens, about 30 minutes. Season sauce with salt and pepper, strain through a fine sieve, then spoon over chicken. Garnish with reserved crayfish.

## Poulet Vallee d'Auge (Chicken with Calvados and Cream)

2 ounces whole, unsalted butter  
1-tablespoon oil  
1 each free range chicken, cut into 8 pieces  
to taste salt and freshly minted black pepper  
½ cup Calvados  
2 tablespoons crème fraiche or sour cream  
2 tablespoons heavy cream

Place the flour on a plate and flour each piece of chicken, shaking off the excess. Heat the butter and the oil in a heavy based, flameproof casserole and fry the chicken pieces until they just turn golden but not brown. Season with salt and pepper. Cover and simmer gently for about 25 minutes or until cooked. Transfer chicken to a platter and let sit for a minute to cool; debone for service. Pour away the fat from the skillet and deglaze with Calvados, using a wooden spoon to scrape fond. Add sour cream and heavy cream and season with salt and pepper, allowing to bubble for a few minutes. Spoon sauce over chicken pieces and serve.

## Sautéed Breast of Duck with Cherries

2 tablespoons clarified butter, or duck fat  
4 ea duck breasts, scored  
to taste salt and black pepper  
2 tablespoons minced onions or shallots  
1 pound sweet, ripe cherries, pits removed  
8 oz duck demi-glace  
4 oz cherry brandy  
2 teaspoons fresh thyme

Stone the cherries over a bowl to save the juice.

About the duck demi-glace: Duck stock is prepared as a brown stock. The bones are roasted until well-caramelized, the mirepoix is caramelized, and tomato paste pincer. Simmer stock for 5-6 hours. Strain stock and reduce slowly by half. Thicken the stock lightly with a slurry of cornstarch and cherry juice.

Score the duck breasts to help release excess fat. Heat the fat in a non-stick sauté pan until it reaches the smoke point. Add the seasoned duck breasts (skin-side-down) and sauté until beautifully golden brown; turn over and cook until the breasts are medium (a point). Remove breasts to a plate and keep warm.

Lift the excess fat out of the pan with a ladle (pouring will remove some of the valuable fond). Add the shallots to the remaining fat and sauté until translucent. Add the cherries and cook for a few minutes; flame with cherry brandy and cook, gently shaking the pan for a few more minutes. Add the demi-glace and thyme; simmer 10 more minutes.

To serve: Slice the duck breast (1/4-1/2 inch) on the diagonal and lay on top of sauce. **NEVER POUR SAUCE OVER PINK MEAT!!**

## Facts about Crustaceans

Crustaceans are articulated creatures which spend most of their time in water breathing through gills. Those usually found on the fishmonger's slab include crabs, shrimps, and prawns, crayfish, Dublin Bay prawns, crawfish, and lobster. The woodlouse is a crustacean too.

The bodies of crustaceans are usually protected by a shell impregnated with lime from the seawater and sand they absorb. They shed it periodically as it becomes too small. This is known as molting. The only time they are full of dense, well-flavored meat is at the end of the period between molting.

The true lobster (*Homarus gammarus*) is not closely related to the crawfish, or spiny or rock lobster (*Palinurus vulgaris*), but belongs to a different genus. It lives in cold waters, and although it is a solitary creature sometimes shares its burrow with the female conger eel. It is thought that they associate because each hopes to eat the other. The lobster is waiting for the conger to lay her eggs, and the conger is on the lookout for the moment when the lobster, shedding its shell, will be at its most vulnerable. They will fight pitilessly.

Once lobsters were fished all along the coasts of Brittany, but they began gradually emigrating northwards, to Jersey, Ireland, Scotland, and Norway, where however they are now becoming increasingly rare. Much Western European lobster consumption is supplied by Canada, especially Quebec and Labrador. Lobster fishing is a small scale trade for lobster are never plentiful.

The lobster swims backwards, but can turn to face its enemies, which include the octopus as well as the conger eel. It is a very belligerent creature, and lobster fishermen cut the tendons of its strong pinchers as soon as they take it out of the water; otherwise, whether kept in baskets or in tanks, the lobster would eat each other alive.

Live lobsters do not have the familiar red color we see in a boiled lobster. The different kinds can be told apart only before they are cooked. Deep blue specimens are the small European lobsters, once the pride of Camaret in Finistere, although most of them now come from Scotland and Norway. The flavor of the European lobster is superb. Chestnut brown lobsters are Canadian, less well flavored, and their shells are not always as full of meat. However, they are only one third the price of European lobsters. When you buy a cooked lobster, for instance in a restaurant, it is very likely to be Canadian, particularly if its place or origin is not mentioned. Ordinary freezing does not suit the lobster very well. It shrinks inside its shell.

Crawfish, which do not have the true lobster's powerful claws, have long feelers instead. They are peaceable and eminently social creatures, living in great crowds, preferably in warm seas or the warm currents of colder seas, for instance the Gulf Stream. The warmer the water the less fine is their flavor. Great quantities of green and yellow crawfish are fished at certain times in the Gulf of Mexico and the Caribbean, and it has recently been realized that these times coincide with migratory journeys, although it had been previously thought that crawfish were sedentary. Picture thousands and thousands of crawfish in single file, converging from all directions, moving like living rivers on the ocean bed, clinging to one another and assembling in swarming streams which finally join up somewhere in the middle of the Gulf of Mexico. Commander Cousteau's exploration ship Calypso brought back some astonishing picture of the scene.

The females of lobsters and crawfish often have fore meat than the males, which can be identified by their wider casual fans. The females sometimes contain "coral", their roes. The coral should be well hidden away inside, not visible. If he eggs can be seen between a female lobster's claws, she has just spawned, and will be thin and poorly flavored.

A detail not for the squeamish: the rules of gastronomy usually insist that crustaceans should be cooked alive after being chopped into sections or cut in half lengthwise.

## Lobster Thermidor

3 cups dry white wine  
2 cups water  
1 large onion, medium dice  
1 medium carrot, medium dice  
1 medium celery stalk, medium dice  
6 each parsley sprigs  
1 each bay leaf  
¼ teaspoon thyme  
6 each peppercorns  
1 tablespoon dried tarragon  
3 (2lb.) lobsters live  
½ pound mushrooms, sliced  
1 teaspoon lemon juice  
¼ teaspoon salt  
6 ounces unsalted butter  
5 tablespoons flour  
1 tablespoon dry mustard  
2 each egg yolks  
1 ½ cups heavy cream  
Pinch cayenne pepper

Simmer wine, water, vegetables, herbs, and seasonings in a large kettle for 15 minutes. Bring court bouillon to a rolling boil and add the live lobsters. Cover pot and cook lobsters for 7 minutes. The lobsters are done when they are bright red and the long head feelers can be pulled from the sockets fairly easily.

Heat 1-tablespoon whole butter in a saucepan and add ¼ teaspoon salt and then the mushrooms. Cover pan and allow the mushrooms to stew gently for 10 minutes. Finish with 1-teaspoon fresh lemon juice.

When the lobsters are done, remove them from the kettle. Pour the mushroom cooking liquid into the court bouillon and reduce to about 2 ¼ cups. Strain the reduction into another 4-cup saucepan and bring to a simmer. Make a pale roux from 6 tablespoons butter and 5 tablespoons flour. Thicken the simmering liquid and bring to a boil; simmer for at least 10 minutes, stirring often. Film 1 tablespoon heavy cream over the top of the sauce. Set aside

Split the lobsters in half lengthwise and remove the sand sacks in the heads, and the intestinal tubes. Rub the lobster coral and green matter through a sieve into a small bowl and add the 1 tablespoon dry mustard and ½ cup heavy cream; stir into a paste. Whisk in 2 egg yolks and a pinch of cayenne pepper. Bring sauce back to simmer and add the liaison by droplets until smooth. Never bring this sauce back to a boil, as the eggs will curdle. Film sauce with a little more cream and set aside momentarily.

Remove the meat from the lobster tails and claws and cut it into 3/8-inch cubes. Heat 4 tablespoons butter in a 12-inch skillet and when the foam begins to subside, stir in the lobster meat and cook slowly for about 3 minutes. Pour in brandy or cognac and flame. Remove meat to a plate and set aside. Meanwhile, reduce brandy by half and add the mushrooms and about 2/3 of the reserved sauce. Add the lobster meat.

Arrange the split lobster shells in a roasting pan. Heap the lobster mixture into the shells; cover with remaining sauce. Sprinkle with Parmesan cheese and dot with soft butter. Place lobsters in the upper third of a 425-degree oven and brown.

## Coulibiac of Salmon

1-pound puff pastry (or brioche dough)  
1 ounce unsalted butter  
1 ounce onion, minced  
½ cup long-grain rice  
1-cup chicken broth  
1 tablespoon unsalted butter  
½ pound mushrooms, sliced  
1 ½ ounces lemon juice  
2 ounces unsalted butter  
3 ounces onions, thinly sliced  
3 each eggs  
1-ounce fresh dill  
To taste salt and pepper  
3 pounds boneless salmon fillets

Roll puff pastry into a 1/8<sup>th</sup> inch-thick rectangle and chill

Prepare rice pilaf by sautéing diced onions in 1 ounce butter. Add the rice and coat each kernel with fat. Add chicken broth and bring to a simmer on top of the stove. Use a paper cover and then the lid to finish on stove for in a 350-degree oven. Meanwhile, hard-cook the eggs; shock and peel. Chop eggs and reserve. Chop dill; reserve. Sauté mushrooms in 2 tablespoons butter. Allow stewing for 5 minutes, finishing with lemon juice. Sauté onions in another pan until translucent; combine with mushrooms and set aside to cool.

Remove rice from stove or oven and transfer to a bowl to cool. Mix together the cooled rice, mushrooms, onions, dill, chopped eggs, and finely diced salmon trimmings.

To assemble:

1. Spread a thin layer of rice mixture on pastry. Notes:
2. Place a fillet on top of rice.
3. Top salmon with another thin layer of rice mixture. Use egg wash to close pastry over dough. Bake at 400 degrees until an internal temperature of 135 degrees. Allow Coulibiac to rest 10 minutes before serving.

Shallow-Poached Turbans of Flounder with Shrimp Mousseline  
With Sauce Beurre Blanc L'Estragon

2 each sole or flounder fillets, 6-8 oz. Each  
to taste salt and white pepper  
4 oz. shrimp mousseline  
as needed whole butter  
2 tablespoons shallots, minced & cooked in whole butter  
4 ounces good quality white wine  
12 ounces fish stock  
2 tablespoons whole butter, softened  
as needed fresh tarragon, chopped

Season with fish with salt and pepper. Butter a sautoir with whole butter and sprinkle with the shallots. Place the sole on a bed of shallots and add the wine. Bring the liquid to a simmer over direct heat. Add a buttered paper cover and finish in oven (at 350 degrees) or on the stove over medium heat. Cook to an internal temperature of 135 degrees F. – carry-over cook to 140 degrees F.

Remove the fish and keep warm. Reduce the cuisson and add the veloute or béchamel. Finish with whole, soft butter and a handful of fresh herbs. To serve, napper fish with sauce.

## Red Snapper Ecosaise

1 1/4 pounds fish (salmon)  
6 ounces fish stock or fume, for poaching  
4 ounces white wine  
2 each shallot, minced  
salt and white pepper  
Hollandaise sauce  
4 ounces unsalted butter  
4 ounces carrot, brunoise  
4 ounces onion, brunoise  
4 ounces celery, brunoise

1. Coat sauté pan with butter, add shallots, salt and pepper
2. Add fish and cooking liquid (wine and stock) and cover with parachute
3. Poach garnish and add to hollandaise, reserving 1 oz. combined for garnish
4. Use the cuisson as the reduction for the hollandaise

Sole or Flounder Normande (a la Dieppoise)

|           |   |
|-----------|---|
| 3 each    | whole sole or flounder (about 1 1/2 #)    |
| 24 each   | fresh oysters                             |
| 24 each   | shrimp, 16/20s                            |
| 3 each    | shallots, minced                          |
| as needed | whole butter -- softened                  |
| 2 ½ cups  | excellent white wine (more, if necessary) |
| 1 ½ cups  | excellent quality fish stock              |
| to taste  | salt and white pepper                     |
| as needed | blond roux                                |
| 1 cup     | heavy cream (reduced to 1/2 cup)          |
| ½ hand    | chopped fresh herbs (dill or tarragon)    |
| to taste  | salt and white pepper                     |

Fillet sole or flounder and chill. Shuck oysters and chill. De-head shrimp (If necessary) and leave in their shells; chill.

Prepare blond roux (1 cup clarified butter with about 1 cup flour) and allow to cool. Reduce heavy cream.

Melt about 3 tablespoons butter in a large, straight-sided skillet (sautoir) and sauté shallots until translucent; cool. Season fish fillets and coil into turbans. Evenly disperse the shallots in the sautoir and arrange the turbans of fish on top. Pour in white wine and top with a butter round of parchment paper. Bring pan to a simmer and finish in the oven or very gently on top of the stove.

Transfer the turbans onto a serving platter and keep warm. Gently poach the oysters and shrimp in the cooking liquor just until they are done. Arrange two shrimp and two oysters in and around each turban and keep warm. Meanwhile, reduce the cooking liquor (cuisson) with fish stock for about 3 minutes. Thicken stock with blond roux and let simmer while cream is heated to a simmer. Add cream to veloute and adjust seasonings. Finish the sauce with whole butter and the chopped herbs.

Serve the turbans on a platter or on individual plates napped with 2-3 ounces of sauce.

## Fish Armenonville

5 ½ oz fish bones -- thin  
2 oz butter  
1 ea shallot -- minced  
1 ea scallion -- minced  
2 oz flour  
3 oz white wine  
8 oz crawfish -- rough chop  
3 oz stock  
parsley -- chopped  
salt and pepper -- to taste  
Old bay -- to taste  
standard breading -- as needed

1. Sauté the shallots and scallions in butter
2. Add the flour to make a roux
3. Remove from heat and mix in the wine and stock. Add the crawfish
4. Bring to a simmer and cook for 5-10 minutes over moderate heat.
5. Remove from heat, season and chill on a flat pan.
6. Flatten fish between two pans- do not pound.
7. Lay fish in ladle and stuff with 2 oz. of crawfish stuffing; form a ball and put in cooler for at least one hour.
8. Use standard breading, deep fry and finish in oven on rack.

Thon a la Remoulade (Tuna w/ Remoulade Sauce)

4 each tuna steaks (8-10 oz. Or 1 ½ in. thick) skinned  
2 tablespoons Provencal herbs  
2 tablespoons dry white wine  
1 each lemon  
1-tablespoon olive oil  
to taste salt and freshly ground black Pepper  
1-tablespoon olive oil  
8 tablespoons Remoulade Sauce

Combine herbs, wine, lemon juice, and 1 tablespoon olive oil and marinate tuna steaks for 1 hour. If desired, press freshly ground black pepper into the tuna before searing, along with coarse salt and olive oil. Sear tuna and then finish to desired doneness. Serve with about 2 tablespoons Remoulade Sauce.

## Remoulade Provencale

4 cloves garlic, pureed with coarse salt  
as needed coarse salt  
as needed freshly cracked pepper  
4 tablespoons shallots minced  
4 tablespoons fresh herbs de Provence chopped  
4 tablespoons capers, rinsed and dried  
4 each anchovy fillets rinsed and dried  
12 each hard-cooked egg yolks  
4 each raw egg yolks  
2 cups olive oil  
4 teaspoons fresh lemon juice

Use a mortar or blender to pound together the salt, pepper, garlic, shallot, and parsley to form a paste. Add the capers and anchovy and pound or process again to form a paste. Add the hard-cooled egg yolks and pound or process to a smooth, homogenous paste. Process in the raw egg yolks. Slowly add the olive oil as for mayonnaise. Stir in lemon juice.

## Bouillabaisse

Provençal Bouillabaisse starts with good olive oil, onions, garlic, fennel, tomatoes, saffron, and a bouquet garni. The other potential ingredients-leeks, potatoes, orange peel, pastis (the anise-flavored Provençal aperitif), even shellfish-are the subject of heated debate. Even the choice of fish is disputed. Most local cooks insist on rascasse, but after that, everyone seems to have his own strong opinion. About the only thing commonly agreed upon is that the seafood used must be Mediterranean.

While some fishermen along the 40-mile stretch of jagged coastline between Marseille and Toulon claim bouillabaisse as the centuries old creation of their Provençal predecessors, there are other more fanciful theories concerning its origins. Curnonsky, acclaimed as the Prince des Gastronomes, once proposed that angels carried the first bouillabaisse from heaven to nourish shipwrecked saints. Another myth has Venus, the goddess of love, preparing the soup for her husband, Vulcan, to lull him to sleep so that she could daily with Mars.

It's fairly certain that whoever cooked the first bouillabaisse did so in a big pot over a hot fire-hence its name, which derives from the words bouillir, to boil, and abaisser, to lower. All authentic bouillabaisse recipes call for the ingredients to be brought to a quick and rapid boil. This causes the oil, stock, and fish gelatin in the pot to emulsify into a rich, satisfying broth. The quality of the broth is essential to the dish if it is to be presented in the time-honored manner, in two courses-first the soup, poured over croutons topped with rouille, then the fish and potatoes.

### Bouillabaisse

1 24" baguette, cut into ½" slices  
7 cloves garlic, peeled; 2 left 2whole, 5 crushed  
½ cup extra virgin olive oil  
2 medium yellow onions, peeled and sliced  
3 sprigs fresh parsley  
3 sprigs thyme  
1 bay leaf  
¼ cup fennel, coarsely chopped  
2 lb. new potatoes, peeled, seeded, and chopped  
5-6 lb. cleaned assorted fish (red snapper, red fish, sea bass, striped bass, halibut, squid-don't use salmon, trout, mackerel, or very flaky fish like cod)  
16 mussels, debearded (optional)  
2 ½ quarts fish stock  
1 tablespoon crumbled saffron threads  
½ cup Pernod  
salt and pepper to taste  
Rouille (recipe follows)

Toast the bread slices in a pre-heated 350-degree oven until golden. Rub with whole garlic while warm; set aside.

Pour half the olive oil into a 10-12 quart pot. Add onions, crushed garlic, parsley, thyme, bay leaf, and fennel. Add potatoes, then tomatoes. Add large, whole, and firm fish; then smaller more delicate fish; then mussels, if using. Pour in stock and remaining oil. Add saffron and Pernod, season with salt and pepper and place over high heat-ingredients will cook as the bouillabaisse comes to a boil. Start checking after 5 minutes and remove seafood as it cooks, and then potatoes to a platter. (Discard any mussels that do not open). This can take up to 25 minutes, depending on the age of the potatoes. Strain the soup into a tureen and, for the first course, spread rouille onto toast, place three in each warm soup bowl, and add soup. For the second course, serve the platter of fish and potatoes at room temperature; moisten with additional broth and add a dollop of rouille, if desired. the platter of fish and potatoes at room temperature; moisten with additional broth and add a dollop of rouille, if desired.

#### Rouille

Crush about 6 cloves of garlic and puree with 1 tablespoon of salt; combine with 2 of the new potatoes cooked in the broth in a food processor or blender and 1 roasted and peeled red pepper. Drizzle in enough extra virgin olive oil (this is when you want to use the good stuff) to make the mixture resemble mayonnaise. Add a little mayonnaise at the end. This sauce should be fiery hot with garlic.

## Puree de Pommes (Potato Puree)

Makes 8 servings

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, then drain into a colander and then spread out onto a sheet pan. Put potatoes in 400-degree oven for about 3-4 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 the 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, dry breadcrumbs  
as needed clarified butter for frying

Scrub the potatoes under warm water, drop 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 30-40 minutes, or until golden brown on the outside and tender on the inside. Serve potatoes immediately.

## Pommes de Terre Macaire

8 large Russet potatoes  
6 tablespoon 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.

## 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.

## 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 15-20 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)

12 pounds turnips, peeled and quartered  
12 tablespoons butter  
12 tablespoons cooking oil  
8 cups excellent veal stock  
12 tablespoons whole butter  
1 ½ cups sugar  
to taste salt and pepper

Blanch the turnips in boiling, salted water to cover for 3-5 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.

## Rice Pilaf with Saffron

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

Pre heat oven to 375 degrees. heat the olive oil in a large casserole with a tight fitting lid. Saute onions until translucent and then add rice. It is important to make sure every kernel of 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 simmer and add lid. When rice comes to a simmer, cook in oven for about 30 minutes, or until done. Do not remove lid or paper cover until service. If desired, right before service, fold in a handful of chopped, mixed herbs.

## 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 & 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.

## Champignons aux Fines Herbes

4 tablespoons ex. Vir. olive oil, or clarified butter  
2 each garlic cloves, pureed  
1-pound (5 cups) fresh mushrooms (mixed or not)  
1 tablespoon mixed herbs, chopped  
to taste salt and freshly ground pepper

Heat oil in a large skillet. Very gently heat the garlic, only until aroma. Add the remaining ingredients. Cover pan and simmer for 15-20 minutes.

## Duxelle

10 mushrooms ground  
1-½ fine dice shallots  
1 1/5 Madeira  
½ of 1/5 of brandy  
12 oz. Fond de Veau  
S & P fresh thyme

Sweat shallots and mush together, reduce all fluid from mush and shallot dry, keep stirring to keep from burning, once all fluid is evaporated, add liquor, cook until evaporated completely, add 12 Fond de Veau and cook until dry as possible.

## Corn and Cheese Pudding

¼ cup all purpose flour  
¼ cup butter, melted  
1 ½ cups milk  
1 ½ cups sharp cheddar cheese  
1 ½ cups fresh corn cut off the cob  
1-cup soft breadcrumbs  
1 ¼ teaspoons salt  
1 tablespoon dry mustard  
½ teaspoon sugar (coarse)  
½ teaspoon ground pepper  
4 eggs, beaten

Preheat oven to moderate 325 degrees. Blend flour with butter in a saucepan. Gradually stir in the milk. Stir and cook over low heat until thickened. Remove the mixture from the heat and add the remaining ingredients. Mix well and turn into a buttered two-quart casserole. Set the casserole in a pan of hot water and bake in the water bath for one hour and fifteen minutes or until a knife inserted into the center comes out clean. Serve hot.

## La Crème Anglaise (Vanilla Sauce)

### Equipment:

Heavy bottomed 2-quart saucepan, whisk, plastic scraper, wooden spatula, 2 mixing bowls, fine chinois

### Recipe:

34 oz. milk

9 oz. sugar

10 each egg yolks

1 each vanilla bean

### Preparation:

Crème Anglaise is not really cooked; it cannot be brought to a boil once the egg yolks are added. This makes checking all raw ingredients for freshness extremely important. Separate the eggs. Cut the vanilla bean in half lengthwise. Prepare an ice bath for cooling the cream.

### Procedure:

#### Boiling the milk

Pour the milk into a saucepan large enough to hold three times the quantity used. Add half to  $\frac{3}{4}$  of the sugar and the split vanilla bean, and bring the mixture to a boil.

#### Mixing the eggs and sugar

While the milk is coming to a boil, vigorously mix the egg yolks with the remaining sugar with a whisk until the mixture lightens in color and thickens in consistency (this is called blancher or bringing the mixture to a ribbon stage). It is important to whisk the yolks as soon as the sugar is added to prevent a stiff film from forming on the yolks. This can also be prevented by mixing a few tablespoons milk from the recipe into the yolks. The yolks and sugar are whisked to the ribbon stage to facilitate the incorporation of the milk and to prevent the eggs from curdling when the mixture is poached.

#### Adding the milk to the eggs

Once the milk has come to a boil, slowly pour half the milk into the egg and sugar mixture, following the same technique as for pastry cream. Pour this mixture back into the saucepan with the remaining milk. Place over low heat, stirring constantly with a wooden spoon.

#### Poaching the mixture

Continue to stir the cream gently in a figure eight pattern so that it is in constant motion and does not stick to the bottom of the pan. Watch the consistency carefully. The mixture is actually poached, not cooked. This mixture may be cooked in a bowl over simmering water as well. Under no circumstances should the mixture come to a boil. The mixture should be thickened at 180 degrees.

### Obtaining the proper consistency

When the mixture is first placed on the stove, a foam will form on the surface. As the cream is poaching, the foam will slowly disappear, indication that the cream is almost ready to be removed from the heat. It is important to watch the cream very carefully at this point. As the cream thickens, a film will cover the wooden spatula. Angle the spatula at 45 degrees and run a finger through the film lengthwise. If the cream does not flow over the line traced, it is ready. Immediately remove the saucepan from the heat. Strain the cream through the chinois directly into a bowl set over an ice bath. Straining the cream removes any bits of cooked yolk.

## Oeufs a la neige Gisou

8 large eggs (whites only, as fresh as possible)  
1-cup sugar  
1 squeeze fresh lemon juice  
1-quart milk  
1 each vanilla bean  
½ cup light corn syrup  
½ cup granulated sugar  
24 ounces vanilla sauce (crème anglaise)

Prepare the poaching milk: In a non-reactive sautoir (shallow with straight sides), heat the milk with the vanilla bean to 170 degrees. Remove pan from heat and let the milk steep for 30 minutes; remove bean

Prepare the meringue: The egg whites must be at room temperature and as fresh as possible for the best results. If you are lucky enough to have a copper bowl with you electric mixer, the lemon juice is not necessary. Add the whites and lemon juice to the bowl and use the whisk attachment. Add 1-tablespoon sugar and beat whites until they hold their shape. Pour in gradually the remaining sugar and beat the whites until they are stiff and shiny.

Heat the milk to 170 degrees (never higher than this). Spoon the meringue into quenelles and drop into the poaching milk. Poach meringues for 1 ½ to 2 minutes on each side and then lift the onto a paper-lined tray.

Prepare the caramel: Heat ½ cup corn syrup and ½ cup sugar in a small saucepan until amber colored. Remove pan from heat and let cool for a few minutes so the mixture thickens. Using a fork, whip the hot caramel over the eggs.

To serve: Pour ½ cup cold vanilla sauce into each serving bowl. Float two meringues on top of the sauce. You may want to garnish with toasted almonds.

## Chocolate Truffles

2 cups plus 2 tablespoons heavy cream  
35- $\frac{1}{4}$  ounces semisweet chocolate  
1  $\frac{1}{2}$  tablespoons vanilla extract  
as needed good quality cocoa

Heat cream to a boil. Put chocolate pieces in a large bowl and pour in heavy cream. Stir ganache gently (figure-8) until the chocolate melts. Allow the ganache to cool to room temperature, stirring often, and then stir in vanilla. Transfer ganache to refrigerator; keep stirring until all chocolate is melted. Chill ganache until very firm (at least 6 hours). Sift about 1 cup cocoa powder onto to the sheet of wax paper and prepare a sheet pan with parchment or waxed paper to hold the truffles. Scoop the chocolate into walnut-size balls and roll in cocoa.

## Ile Rose au The Vert (Pink Floating Island)

8 each egg whites, at room temperature  
1 squeeze fresh lemon juice  
1 cup granulated sugar  
1 tablespoon candied pink rose petals, crushed or pink sugar  
6 cups milk

### Green Tea and Vanilla Cream

2 cups milk  
2 each vanilla beans  
5 each egg yolks  
 $\frac{3}{4}$  cup granulated sugar  
Tablespoons green tea

### Garnish

as needed strawberries and raspberries  
as needed fresh mint

Prepare the cream: In a non-reactive saucepan, bring milk and vanilla beans to a boil over medium high heat. With the back of a small knife, dislodge the seeds from the beans into the milk. Beat egg yolks with sugar in a non-reactive bowl until a ribbon forms. Make a liaison with the hot milk and cream and cook custard over low heat until it thickens (175 degrees). Pass the custard through a fine-mesh sieve into a bowl and chill over a bowl of ice or for several hours in the refrigerator.

Prepare the meringues: In a bowl, beat the egg whites with a squeeze of lemon juice and 1 tablespoon sugar until soft peaks form. Fold in the rose petals or granulated sugar. Gradually add the rest of the granulated sugar and continue beating until stiff. Heat the milk to a simmer in a large pot. With 2 large spoons, shape the meringues into quenelles and poach in the milk until meringues are the consistency of sponge cake when very lightly pressed. Remove quenelles to a towel.

To serve: Ladle some sauce onto a serving plate and place a meringue in the center. Garnish the tops with raspberries and strawberries and fresh mint leaves.

## Tian de Pain aux Peaches (Peach and Bread Pudding)

4 ounces unsalted butter  
¼ pound semi-dry bread in cubes  
1 handful of raisins  
½ cup Cognac or marc de Provence  
1 ½ pounds ripe peaches, peeled and sliced  
3 each eggs  
½ cup sugar  
3 cups milk

Preheat oven to 350 degrees. Butter a six-cup gratin dish.

Soak the raisins in the Cognac or marc de Provence for several hours or overnight.

Melt ¼ cup of the butter in a sauté pan over low heat. Add the pieces of bread and cook gently, turning them around and over and adding more butter as necessary, until crisp and golden on all sides, 10-15 minutes.

Empty the bread into the gratin dish. Drain the raisins, reserving the brandy, and scatter the raisins over the bread. Add the peaches and move them around to disperse the peaches, raisins and bread evenly.

In a mixing bowl whisk together the eggs and sugar. Whisk in the milk and the reserved brandy. Pour the mixture evenly over the contents of the gratin dish.

Place in the oven and bake until the custard is set and the surface is lightly colored, about 40 minutes. Serve warm or at room temperature with crème anglaise.

## Jalousie (Venetian Blind Tart)

1 ¼ pounds puff pastry dough (or 2 8"x18" rectangles) chilled  
1 ½ cups excellent raspberry, blackberry, and etc. jam  
2 each egg yolk for egg glaze

Put both puff pastry rectangles on two different sheet pans and place in freezer.

After 15 minutes, remove 1 sheet and prick (dock) all over with the tines of a dinner fork. Brush rectangle with egg glaze and spread the filling in a ¼ inch layer, leaving a ¾ inch border all the way around. Turn borders of pastry up over filling at sides; wet corners, and turn ends over, sealing corners with fingers. Using a small roll-cutter, cut slits (leaving a ¾ inch border all the way around) 3/8ths inch apart. Wet edges of filled bottom layer of pastry with cold water. Unfold top layer of pastry over it; brush of accumulated flour, and press pastry in place with fingers. Press a decorative border all the way around with the dinner fork. Cover and chill at least 30 minutes before baking.

Preheat oven to 400 degrees. Brush jalousie with egg glaze and bake for 15 minutes; turn oven down to 375 degrees and bake 15 to 20 minutes, or until beautifully brown. Serve with ice cream or vanilla cream sauce.

## Douillons ou Bourdelots

12 ounces puff pastry, rolled out  
6 ripe apples or pears  
as needed confectioner's sugar  
as needed unsalted butter  
as needed ground cinnamon  
2 each egg yolks  
½ cup apricot jam

Preheat oven to 425 degrees

Divide the pastry into eight pieces big enough to enclose each piece of fruit. Hollow out the fruit, taking care not to go all the way through the bottom. Remove the peel. Roll fruit in the sugar and stand each in the center of each pastry square. Fill each hollow with 2 teaspoons butter and some cinnamon. Dampen the edges of the pastry and enclose the fruit. Put the pastries on a baking sheet and brush with egg wash. Chill for 30 minutes. Bake the dumplings for 30-35 minutes or until golden brown. Melt the jam with a little bit of brandy, rum or water: pour over each dumpling at service.

## Bombe Mixture

24 ounces sugar  
1 ½ cups water  
30 large egg yolks  
9 cups heavy cream  
6 ounces liqueur (optional)  
2 tablespoons vanilla (optional)

Dissolve 2/3 of the sugar in the water in a heavy saucepan and heat to 240 degrees.

While the syrup is cooking, whip the egg yolks with the remaining sugar until light and fluffy. With the mixer running at slow speed, gradually add the hot syrup to the egg yolks, and then whip at medium speed until cool.

Whip heavy cream until soft peaks are formed – fold into egg mixture with the appropriate flavoring.

## Frangipane for Fruit Tarts

½ pound unsalted butter at room temperature

½ pound sugar

½ cup almonds ground

¾ ounce cornstarch

1-ounce flour

1 ½ teaspoons vanilla

¼ teaspoon almond extract

4 ½ each eggs

Cream together butter and sugar. Add the eggs one at a time. Stir in almonds and flour and then the flavorings.

## Pate Brisee

2 ½ cups unbleached flour  
1 teaspoon salt  
1 teaspoon sugar  
1 cup chilled unsalted butter cut in 1" cubes  
as needed ice water

Put all ingredients except water in food processor. Blend until the mixture resembles corn meal. Slowly add the water (about ¼ cup), until mixture gathers into dough. Chill for at least 30 minutes before rolling out.

## Les Soufflés Chauds (Hot Souffles)

### Equipment:

Mixing bowl, whisk, pastry scraper, saucepan, small bowls (for separating eggs), mixing bowls for egg whites, whisk for beating the whites, soufflé molds

### Recipe:

17 oz. milk  
4 oz. sugar (for soufflé base)  
3.5oz. sifted A.P.flour  
8 each eggs, separated (8 yolks, 8 whites)  
3.5 oz. liquor (or other flavoring to taste)  
2 oz. ladyfingers (optional)

### Preparation:

When using ladyfingers in the soufflé, reserve half the liquor to soak them. Cut the ladyfingers into ½ inch cubes. Place them in a bowl and sprinkle with the alcohol.

Check to make sure the soufflé molds are perfectly clean and coat the insides with softened butter. The buttering of the molds is important. The layer of butter must be perfectly regular and completely cover the inside surface of the mold, especially the sides. The layer of butter must be quite thick, about 1/6 of an inch. Once the butter has hardened in the cooler, coat the insides of the molds with sugar, as though coating a genoise pan with flour. Keep molds in cooler until needed.

### Procedure:

When preparing soufflés with a milk base, the procedure is divided into four stages:

1. Preparing the basic soufflé mixture
2. Beating the egg whites
3. Placing the mixture in the molds
4. Baking and serving

### Preparing the base mixture:

Even though dessert soufflés can be prepared with pastry cream, it is recommended using a soufflé base mixture of raw egg yolks. A soufflé rises because of the expansion of air trapped in the bubbles of egg white. At the same time, the structure is maintained by the coagulation of the egg yolks.

There are two methods for preparing the soufflé base:

1. In a saucepan, simmer half of the milk with the sugar. Work together the remainder of the milk with the flour until a smooth paste is obtained, adding the milk slowly to the flour to avoid the formation of lumps. Combine the two mixtures and continue cooking as when preparing a pastry cream. The resulting mixture should have the consistency of a béchamel sauce, smooth, slightly elastic, and completely without lumps.
2. Slowly add the milk to all the flour. Smooth the mixture and add the sugar. Bring to a boil, whisking continuously. Cook in the same way as the first method. After this first stage, the two batters are used in the same way.

Folding in the egg whites and adding the flavoring:

Return the flour and sugar milk mixture to the bowl. Be sure to clean off the sides of the bowl with a spatula or pastry scraper; lumps can form quickly at this point if parts of the mixture cool too rapidly. Immediately start adding the yolks, two at a time. Work the mixture as little as possible, using the whisk. Overworking will cause it to lose volume. Once the yolks have been incorporated, add the liqueur or the flavoring.

The base mixture is now ready. Carefully clean off the sides of the whisk and sprinkle the surface with butter or sugar to help prevent a crust from forming. Cover the bowl and keep in a warm place while beating the whites.

Beating the whites and combining with the Soufflé base:

Beat the egg whites and stiffen them using the sugar. To combine the beaten whites with the soufflé base, use a whisk, a rubber spatula, or a skimmer, depending on the quantity being prepared.

1. Lighten the soufflé base with a small amount of the beaten egg whites so that its consistency is about the same as the remaining whites.
2. Add the remaining beaten egg whites in two stages. First add approximately  $\frac{1}{4}$  of the volume of the whites. Then add the remaining whites all at once. Cut into the mixture while lifting at the same time. Rotate the bowl to help rapidly form a perfectly homogenous mass that is as light as possible. Fold the mixture delicately, and do not overwork it. Continue folding only until there are no more irregular streaks of either egg white or base in the mixture. If worked beyond this stage, the mixture begins to liquefy and become heavy and will not fully rise when baked.

Placing in the Soufflé molds:

The final soufflé mixture is now ready. Fill the buttered and sugared molds using a pastry scraper. Be careful not to touch the insides of the molds with the scraper; this could cause the soufflé to stick to the mold's sides. Leave a  $\frac{1}{2}$  inch space between the top of the mixture and the top of the mold, as with

genoise. It is also possible to add cubes of ladyfingers that have first been soaked in the liqueur used in the soufflé mixture. The cubes of cake are placed on the ramekin when it is half full and are gently pushed into the soufflé mixture to avoid air pockets, which would swell up during baking and cause the soufflé to rise irregularly. The pieces of cake should not touch the inner walls of the soufflé molds or the layer of sugar may be remove, causing the soufflé to stick at that point.

Baking:

Bake at 375 degrees. Avoid opening the oven during the first 2/3 of the baking time. Make sure that the oven does not heat above the given temperature. If the oven is too hot, excessive browning of the soufflé can result.

If the soufflé rises unevenly, make a small incision in the side that seems to be held down. Cut at the level of the rim of the mold.

## Hot Soufflé Variations

### Coconut Soufflé

Basic recipe plus 3.5 to 5 oz. grated coconut and 2.5 full oz. Kirsch. The procedure is the same as for the basic soufflé. The grated coconuts should be added after the yolks. Some of the cake flour can be replaced with cornstarch.

### Chocolate Soufflé

17 full oz. milk  
7 oz. semi sweet chocolate  
3.5 to 4.5 oz. sugar for the soufflé batter  
1 oz. sugar to stiffen the egg whites  
1.5 oz. cake flour or cornstarch  
8 each eggs, separated (8 whites, 8 yolks)  
2 to 2.5 oz. grand Marnier or rum  
Use the same procedure as for the basic soufflé.

### Pistachio Soufflé

17 full oz. milk  
3.5 oz. sugar for the soufflé batter  
1 oz. sugar to stiffen the beaten whites  
8 each eggs, separated (8 yolks, 8 whites)  
3.5 to 5 oz. pistachio paste  
1.5 to 2 oz. chopped pistachios  
2 to 2.5 oz. kirsch  
Use the same procedure as for the basic soufflé batter.

### Praline Soufflé

17 full oz. milk  
2.5 oz. sugar for the soufflé batter  
1 oz. sugar to stiffen egg whites  
3.5 oz. cake flour  
8 each eggs, separated (8 yolks, 8 whites)  
3.5 to 5 oz. praline paste  
2 to 2.5 full oz. rum  
3.5 oz. pralines (optional)  
Thin the praline paste with the milk and continue as with the basic recipe.  
Add the pralines after the yolks.

## La Pate a Biscuit (Sponge Cake)

### Equipment:

Balloon whisk, mixing bowl for separating the eggs, large mixing bowl for the egg yolks, drum sieve and paper for the flour, whisk for beating cream, metal spatula or skimmer, pastry scraper, pastry bag, pastry tips (No. 10, 12, or 14, sheep pans with parchment paper, fine-meshed sieve, confectioner's sugar.

### For 40 Ladyfingers; (small quantity)

4 egg yolks  
4 egg whites  
4.5 oz. sugar  
4.5 oz. cake flour  
Vanilla extract (to taste)

### Preparation:

Two methods are used in the preparation of pate a biscuit. The results of two are practically identical.

#### Method A

1. Whisk the egg yolks with the sugar until the yolks become pale yellow, almost white.
2. Add the flour.
3. Beat the whites to medium peaks; fold into yolks / flour.

(This method is best for ladyfingers)

#### Method B

1. Beat the egg whites to stiff peaks and add the sugar so they take on a shiny, meringue like appearance.
2. Fold in the yolks and then the sifted flour.

(This method is best for the preparation of cakes)

For both methods, proceed as follows

1. Use either buttered and floured sheet pans or buttered sheet pans covered with a sheet of parchment paper.
2. Sift the flour on the paper.
3. Set up the pastry bag.
4. Check to make sure an oven is available and preheated to the correct temperature.
5. Set up the fine sieve with confectioner's sugar for sprinkling over the ladyfingers.

Beating the egg yolks

Work the egg yolks with  $\frac{3}{4}$  of the sugar called for in the recipe. The mixture should be light and frothy but at the same time quite firm. It should form a ribbon when the whisk is held several inches above the bowl.

The batter will fold over itself. When the biscuit batter is to be used for ladyfingers, add a tablespoon of water to the sugar and egg yolks mixture along with several drops of vanilla extract. The purpose of this is to two-fold. When heated, the extra moisture vaporizes and causes the syrupy outer crust of the ladyfingers to rise. It also tends to combine with the sugar to form shiny little "pearls" on the surface of the ladyfingers, which dry by the end of the baking.

Beating the egg whites

It is best to beat the egg whites at the same time that the yolks are being worked with the sugar. This requires someone's assistance.

When the egg whites are beaten almost to stiff peaks, add the remaining  $\frac{1}{4}$  of the sugar and continue beating. This causes the egg whites to become stiffer and shinier.

Folding in the flour

The flour is added to the egg yolk and sugar mixture along with  $\frac{1}{4}$  of the beaten egg whites. Use a spatula or a skimmer and be careful to cut into the mixture and fold it over itself while working it as little as possible. This prevents the mixture from becoming elastic. Continue to add the beaten egg whites by folding them carefully into the mixture. Add the second fourth of the egg whites, fold it in, and then add the remaining beaten whites all at once. Continue to fold these in gently so as to not break down the egg whites.

### Piping out

When the batter is ready, the mixture should be placed immediately on the sheet pans. Remember that the sheet pans should be either buttered and floured or buttered and covered with paper. The flour or paper not only helps keep the ladyfingers from sticking, but also prevents them from spreading over the surface of the sheet pan. Use a number 12 or 14 tip or the pastry bag.

### Glazing with the Confectioner's sugar

After piping out, sprinkle a fine coating of confectioner's sugar over the ladyfingers with either a sieve or sugar shaker. Use pure confectioner's sugar, one that contains no starch. Allow this first dusting of sugar to soak into the ladyfingers. Then dust a second time, more liberally so that the ladyfingers are completely covered. Let the sugar rest several minutes. Lift the paper with the ladyfingers with a rapid single movement, so that the excess sugar falls off.

### Baking

Bake ladyfingers at 350 degrees.

## **Dining Room Service**

### **Lakeside Café**

The degree to which a restaurant operation meets or exceeds a guest's expectations can establish the reputation of the restaurant. And the restaurant's ability to continue to meet or exceed the expectations of the guests positively strengthens that reputation. Any guest who enters a restaurant has needs, wants, desires and expectations. If we have marketed to a specific market segment and someone from the targeted market enters the restaurant, we have a match, and the guest's expectations may be met, exceeded or unmet. If the needs, wants, and desires of a particular guest are mismatched with the restaurant's concept, the restaurant may still be able to meet or even exceed the guest's expectations. When this happens, the guests feel that they have really won! The restaurant wins too.

In a survey, individual customers were asked what single factor best describes service. The top four answers were personal attention, dependability, promptness, and employee competence in that order. William B. Martin condensed quality service to two dimensions supported by categories of actions that define his two dimensions.

#### **Procedural Dimension**

Accommodation  
Anticipation  
Timeliness  
Organized Flow  
Communication  
Customer feedback  
Supervision

#### **Convivial Dimension**

Attitude  
Attentiveness  
Tone of Voice  
Body Language  
Tact  
Naming Names  
Guidance  
Suggestive selling  
Problem solving

The manager's task is to identify the behavior and action that the restaurant's market demands. One restaurant may appeal to a different market than another restaurant, and any one restaurant may appeal to different market segments at different times during the day, meal, or week (sometimes referred to as day-part). The successful manager is one who has been able to determine what her guests want, whether through sophisticated research or by intuition. The

successful manager has also been able to hire and communicate these service standards to the restaurant's service staff.

A server's ability to deliver excellent service depends upon a service orientation that begins with **attitude**. The attitude can be seen or evidenced only by the server's **behavior**, which is a result of the attitude that drives that behavior. An manager will find it difficult, it not impossible, to change a server's attitude. However, the manager can prescribe certain behavior sets through training and can reinforce the desired behavior by rewarding appropriate server behaviors. Nonetheless, the thousands of individual behaviors and interactions with guests that a server engages in during the day can hardly be specifically directed or managed. This lack of control over these behaviors leads to employee **empowerment**. Empowering employees means allowing the employee, at the very moment that a decision needs to be made to satisfy a guest's need, want, or desire, to exercise his or her own judgment in satisfying the guest's need.

### **The 10 Most Important Behaviors for Servers**

#### **as Scored by Guests**

1. A server is clean (no body odor, bad breath, dirty hands, or is not clean shaven)
2. A server covers his nose and mouth and nose when he needs to sneeze or cough around food.
3. A server responds and renders aide when she sees a guest choking on food or fainting in the dining room.
4. A server gets exactly what the guest orders from the kitchen (that is, she gets the order right).
5. A server asks how guests would like their meat prepared (rare, medium, or well done).
6. A server tries to cover up a mistake in adding the check, and the guest notices the mistake.
7. Items on the buffet are refilled often to avoid customers having "the bottom of the barrel".
8. A server selects a clean glass to serve a beverage in.
9. A server handles flatware by the handle rather than the food contact surface.
10. A server quickly cleans a table when guests are seated at a dirty table in her station.

### **The Ten Most Important Behaviors for Servers**

#### **as Scored by Restaurant Professionals**

1. A server gets exactly what the guest orders from the kitchen (that is, she gets the order right).
2. A server is clean (no body odor, bad breath, dirty hands, or is not clean shaven.
3. A server tries to cover up a mistake in adding the check, and the guest notices the mistake.
4. A server covers his nose and mouth when he needs to cough or sneeze around food.
5. A server handles flatware by the handle versus the food contact surface.
6. A server comes to work in the proper uniform.
7. A server knows which tables are in his station.
8. When closing at night, servers clean all soiled areas and stock adequately for the morning shift.
9. A server smiles when approaching the table for the first time.
10. A server is well organized.

By comparing the ratings of guests to those of a restaurant's management and service staff, the significant differences in what staff think is important and what guests think is important, we can determine how well we are meeting or not meeting the guests' needs. As you can see, professionals do not feel as strongly

about the importance of certain service behaviors as the guests do. The important fact is that, In the eyes of our guests, we may not be training our service staff to be as effective in their in their jobs as they might otherwise be. Manager should modify their standards and training programs to empower the service staff to please the customers and satisfy the guests' wants, needs, desires, and expectations.

When someone comes into your restaurant, she is looking for something more than satisfying the basic hunger or thirst need. Today's sophisticated restaurant guests are looking for far more than gustatory satisfaction when they choose a place to dine. **They are seeking an experience - a sensory envelope of sight, sound, taste, smell, and touch that matches a mood or reinforces and image of self. As the mood and the image vary, so does the restaurant experience: It can be funky or formal, casual or opulent, low key or charged with drama.**

After the professional restaurateur (who develops the concept) and the architect, interior designer, and the contractor have created the intended experience, the direct responsibility of satisfying that "something else" rests with the service personnel (servers) and the manager. It is incumbent upon the manager (for his survival, as well as that of his staff) to satisfy the guest so that she has a positive experience by having her expectations met or exceeded so that she chooses to return to the establishment. Indeed, she may tell many others of her experience.

## Training

Every restaurant has a training program; however, many operations are not proactively involved in training. Employees learn the answers to the following questions in an organized training program.

***How do we meet our standards?***

***How do you know what is expected of you?***

***How can you decrease accidents?***

***How do you learn the correct serving procedures?***

***How do you learn to up-sell in the dining room?***

***How do you learn to provide correct wine service?***

***What about safety and sanitation?***

***How do you satisfy the guest?***

***How can you adapt to today's rapid changes?***

Every person hired must go through an orientation program. Many new employees are very uncomfortable in a new job, and the orientation program should serve, among other things, as a gradual introduction to the organization as well as to the job.

## Job Descriptions

### **Director of Service (Maitre d'hotel, Host, Headwaiter)**

For service to function smoothly, the individual directly responsible for the service staff and the tasks must possess a considerable amount of knowledge and finesse. If the host greeting guests is stuffy, the other service personnel are apt to follow her style.

Correspondingly, if the host is a cordial, warm person, other service staff will tend to emulate her. The larger the business becomes, the more dependent owner/managers become on the staff. Each food service establishment has a standard of service quality and certain tasks that must be accomplished to support the service quality standards.

At ***The Restaurant***, it is the director's job during service (from 11:00 PM to 1:00 PM or from 6:00 PM to 9:00 PM) to stand at the podium and greet each guest, escort them to their table, pass out menus, and point out the wine list. Upon seating the guests, it is the director's job to immediately inform the waiter that he/she has a table. Do not assist the waiters in the serving of food and beverages because this will keep you from your duties at the podium.

**Job Summary:** Greets guests, supervises and directs the efforts of captains, servers and bus personnel. The host must ensure that gracious service is given to all guests.

**Work Responsibility:** The director is responsible for service in the dining room, ***coordinating*** the kitchen and dining room staffs, and ensuring that proper service techniques are being followed.

#### **Specific Tasks:**

- Supervises captains, server, and bus personnel.
- Assigns pre-opening side duties to service staff.
- Takes guest reservations; handles details for private functions.
- Schedules service staff for duty.
- Assigns service stations to service staff.
- Updates POS machine; oversee clock-ins
- Ensures that par stock items are at proper level. Requisitions or secures linen; condiments; various supplies such as sugar, salt, pepper, etc.; and requisitions additional china, silver, or glassware,

- if required.
- Informs management, maintenance, or housekeeping personnel required actions: paint touch-ups, carpet cleaning, faulty electrical systems, broken furniture, etc.
- Greets guests and escorts them to appropriate tables (balancing stations).
- Handles guest complaints and has total responsibility to make suggestions to guests for food or beverage.
- Ensures that all closing duties are completed and that all tables are reset.
- After consulting with captain, dismisses service personnel at appropriate time.

**Reports to:** Restaurant manager (Instructor).

**Special considerations:** The director must remain cheerful and professional under the most adverse conditions or any difficult situations that occur in the dining room. The personality of the establishment rests with the director.

### **Opening Checklist for the Director of Service**

- Record names and assign stations on dining room station assignments & duties sheet.
- Check total reservations and tables that must be set or reset. Memorize names and number in each party.
- Check function sheets for private party setting and details.
- Assign side duties on station assignment sheet to service personnel and check that each is properly attired and in full uniform.
- Requisition all par-stock supplies required (i.e., linen and condiments).
- Supervise table setting check and opening side duties.
- Specify time for menu briefing.
- Assign reservations to tables.
- Get menu briefing and specials pricing from chef or his representative. All service staff should be present. Check menu items for shortages or excesses.
- Check windows (blinds, drapes), lights, and air-conditioning.
- Check for proper number of clean linens and condition of menus.
- When ready for service: open doors (assuming set service periods) and begin seating guest.
- During service circulate dining room. Check for courteous, prompt, and correct service: water filled; butter/bread supplied; condiments available; proper service of all items; table cleared of unused and unnecessary silverware, china, or glassware; table crumbed; coffee hot.
- Checks are paid as guests leave.
- Bid guests farewell. Check with server or captain to ensure guests have not left belongings. Assists guests with coats or jackets.
- Supervise closing duties and release staff as required.

### **Opening Duties:**

Kitchen:

- Ice refilled / water pitchers filled.
- Regular and decaffeinated coffee made, creamers filled, tea bag supply adequate, cups and saucers available.
- Ice tea (made) filled, fresh lemon wedges available.
- Roll area prepared: baskets, napkins or cloths.
- Trays clean and lined with napkins.
- Tray-jacks in place; white wine stands in place.
- Supply of folded napkins available.
- Supply of service napkins available.
- Butter preset: individual portions broken out and iced.
- Ketchup, mustard, mayonnaise and other condiments available.
- Plates, underliners, glassware, silverware restocked.

#### Dining Room:

- Plates, underliners, glassware, silverware, napkins all restocked in waiter's station.
- Point plate made.
- Candles, condiments, sugar, salt, pepper supplied and restocked.
- Table check: aligned, balanced; proper number of settings, evenly spaced on tables; silverware spotless, settings neat and correct; center settings proper, neat and balanced.

The checklist serves an additional function. If the director cannot be present for a particular service period, his substitute will have an excellent guide to follow. The checklist may also serve as a guide for other management personnel (instructor) to evaluate the director.

### **Greeting and Seating Guests**

Greeting and seating the guests requires a particular flair on the part of the host. The host's behavior is critical to establishing the environment the restaurant intends to project. Some guests feel uncomfortable when they first enter a restaurant. It is up to the host to greet them with a smile and in a cordial manner. He should look directly at the host of the party, making positive eye contact. This is necessary to let the guest know that you are talking to him. Since many hosts must eventually check the reservation sheet or begin finding a table at which to seat the guests, they forget to establish eye contact with the guest. An appropriate greeting should follow or be coincident with eye contact, "Good evening (afternoon), Sir (Madame)." At this point the host should pause allowing the guest(s) to speak. The host should not assume a table for one, two, or ask for whether the guest had reservations at this initial greeting time. After the guest responds, "Table for two," or "Reservations for Lee Jones," then the host should answer, "How many in your party," or "Yes, sir/madam," or "Yes, Ms. Jones."

During this brief meeting the host should be unencumbered. He should have nothing in his hand - no menus, pen, or pencil. He should be standing upright, not using the host's stand as a crutch. If necessary the host should assist in removing coats that have not been checked. After assisting with the coats, the host should glance at the reservation sheet (if necessary), check off on the reservation sheet that the Jones party is in the house, locate a suitable table, and escort the guests to the table. Immediately after the initial greeting, the host should inquire if there have been any changes in the number in the party for whom reservations have been made. Another table might be more suitable if the party has changed size.

At no time should the guest(s) be left standing in the dining room without escort. If there is any doubt in the host's mind, he should excuse himself **before** inviting the guests to follow, locate a suitable table visually, and then invite the guest(s) to be seated. When escorting guests to a table, the restaurant's host should accomplish all administrative tasks (gathering menus, locating a suitable table, etc.) before inviting the guest to follow. When he has finished doing this, he should look the host of the party directly in the eye again, offer an inviting gesture with his hand (not his finger) and make a suitable comment, "Would you follow me please, sir." As the restaurant's host ventures into the dining room, he should walk slowly and after a few steps should turn to see if the guest(s) are in fact following. It is very embarrassing for the host to have walked the length of the dining room alone while the guests are still standing at the entrance.

After seating all guests, the host should pass menus, attempt to establish eye contact and excuse himself by voicing some suitable comment. He should check back to the table within five minutes (absolute maximum) to ensure that a server have approached the table to begin service.

The host should be available throughout the duration of the meal. He should not spend time in the kitchen unless absolutely necessary. After the guests have been served the main course, the host should check the table. He should not inquire about the meal unless spoken to by one of the guests, but he should make it obvious that he is available for comment. It is trite for the host to say, "How was your meal?"

Seat parties of more than two at larger tables; it is easier to pick up settings than to lay them. Always pick up additional place settings if no additional guests are expected. In addition to following appropriate rules of etiquette, this is a nonverbal cue that alerts other servers as to the specific table configuration. Research indicates that the restaurant will achieve a better seating utilization over time if tables are occupied when available - even if the party being seated has fewer guests than the table is configured for. Holding a four-top and causing a couple to wait for a vacant deuce annoys the guest and,

in the long term, decreases the total number of guests served and the restaurant's productivity.

## **Dining Room Captain**

**Job summary:** Provides proper greeting and service, coordinates the tasks of two or more service staff members, including servers and dining room attendants (bussers) in the dining room. The captain is the leader of the service team.

**Work responsibility:** The captain is responsible for gracious and proper service usually at his station and acts as a guide or mentor to the other waiters. Before service, the captain guides and works with the other waiters with the opening duties. In addition to this the captain will work with the instructor on the wine inventory and preparation of wines for service.

**Reports to:** Instructor or Dining Room Director

**Special Considerations:** The captain must be capable of performing all tasks required of a server, teaching these tasks, and directing the efforts of the servers.

**Specific Tasks:** See Server (below).

## **Server (Waiter/Waitress)**

**Job Summary:** Sets tables, prepares dining room for service, and serves meals to guests. She or he must know proper rules of etiquette in order to furnish gracious service.

**Work Responsibilities:** The server is responsible for gracious and proper service at the assigned station.

### **Specific Tasks:**

1. Reports to captain or host to receive necessary instructions for the shift and for any menu changes.
2. Sets assigned tables and ensures that service area is stocked (linen, silver, glassware, china, etc.). Sets up any special displays that may be used for that meal period.
3. Greets guests and may assist captain or host in seating guests. Serves butter, fills water glasses, serves wine utilizing responsible beverage practices, answers questions about menu items and makes suggestions about dishes and wines if customers so request or desire.

4. Writes orders on check, inputs into POS or computer and turns in order to cooks with consideration to timing of preceding courses. Picks up all food and all other needed items from various stations.
5. Replenishes wine, water and butter and bread supply.
6. Observes guests to fulfill any additional requests such as extra napkins and to perceive when meal has been completed.
7. After all the guests have finished each course and before the next one is served, server should remove all soiled dishes.
8. When guests have finished meal, table should be cleared. Guests may be asked if he wants to have leftover food wrapped for takeaway.
9. Server may now present check and again inquire to see if the guest is satisfied. Server may receive immediate payment and may take check to make change from own server bank ***not in the presence of the guest.***
10. May reset table at the conclusion of the meal and ensures that table or counter is clean and sanitized before resetting.
11. Server checks out cash or charge receipts, coupons, house charges, or gift certificates to balance server bank.
12. Server will perform other tasks as directed by the instructor.

**Reports to:** Captain, Director, Instructor

**Special Considerations:** Server must be thoroughly familiar with the establishment's menu and wine list. Must know how to pronounce names of foreign preparations on the menu and what beverages best compliment them. Must know proper methods of serving meals of all kinds. In a meal consisting of several courses (and especially when accompanied by wines), the server needs to learn how to achieve proper timing between courses and must know which wine goes with what course. To prevent the guest from feeling neglected, the server needs to know how long it takes to complete each course so as to be able to regulate the service of several different tables at the same time.

**Server's Personal Equipment:** Bottle opener/corkscrew; 2 ball-point pens, service napkin.

### **Checklist for Setting a Table**

#### **Tables**

1. Check table for proper position in the room; check alignment and spacing.
2. Check table balance (use cork if table is uneven, not matchbooks).
3. If tablecloths are not used, ensure that the table grain or decor is facing in the proper direction.

#### **Tablecloth**

1. Center silencer or undercloth on table; make sure it is clean.
2. Center tablecloth on table; make sure the fold lines are straight and that proper size is being used. The cloth should extend a minimum of 10 inches

beyond the edge of the table, but should not touch the floor. Be sure the tablecloth is “face up,” that is, shiny or crest side up and that hems on the edge are always away from the face (hems down).

3. Some operations set two cloths, one of which will remain on the table throughout the service period.

### **China, Glassware, and Silverware**

A **cover** describes an individual place setting (24 inches x 15 inches minimum).

1. Tables should be set by balancing the individual **place settings** and the **center settings** (sugar, salt/pepper, flowers). Each center setting should match, throughout the dining room, the placement and organization of the center settings of like tables.
2. Do not handle silver by food contact surface; carry on a plate (point plate) covered with a clean cloth or in a clean service cloth.
3. Handle glassware by the stem; never grasp by the rim.
4. Covers should face each other for an even number of settings. Odd numbers face an open space.
  - a. If two places are set at a banquette, they should face the dining room.
  - b. Covers are set between table legs whenever possible.
  - c. Chairs should just touch the tablecloth when placed at the table.
5. Balance additional condiments if preset (i.e., butter, sour cream, salsa, dressings).
6. Place forks on left, tines up. The dinner fork is placed closest to the plate with the salad fork next to it. If using a fish fork, it would go to the left of the salad fork, on the outside.
7. Place knives and spoons to right with knife edges facing the plate, and spoons up and to the right of (outside) the knives.
8. Lay silver at right angles to the cover. Although silver may be placed following the contour of a round table, this destroys the appearance at the top of the cover.
9. Place silverware evenly  $\frac{1}{2}$  inch from edge.
10. Dinner knife and fork are placed next to the plate.
11. Place individual butter plates to the side of the forks.
12. Carry stemmed glassware inverted in the hands with stems between finger, and carry regular glassware only by the base.
13. Place water glass centered on and one inch above the knife closest to the dinner plate.
14. Iced tea spoons should not be preset.
15. Crackers, bread, butter and water should never be preset if following formal etiquette.
16. Place napkin in middle of cover on top of showplate (if used). If menu is preset (or menu item) set napkin on B&B plate or in water glass.

### **Order of Service**

1. Tables set ready for service.
2. Host seats guests and presents menus.

3. Greet guests with a genuine smile.
4. Pour water for each guest. Refill water glasses when less than 2/3 full. Refill all glasses to the same level all around the table.
5. Serve butter.
6. Serve bread now.
7. Take food order from host or from the left side of each guest.
8. Offer wine list and/or suggestions. Take wine order.
9. Serve appetizer (center of cover).
10. Serve wine if matched with appetizer or soup.
11. Remove appetizer dish.
12. Serve soup in center of cover.
13. Remove soup dishes.
14. Serve salad; offer rolls or bread; remove salad dishes.
15. Serve entree; place in center of cover. If side dishes are served, place on left of cover. Offer rolls or bread again.
16. Remove main course dishes using the following order.
  - a. Condiments.
  - b. Dinner plates.
  - c. Vegetable dishes.
  - d. Empty wine glasses.
  - e. Extra silver
17. Crumb table.
18. Present dessert (by menu or verbally).
19. Serve dessert course (center of cover).
20. Remove dessert course.
21. Serve coffee (if not yet served).
22. Present check.
23. Thank guest.
24. Help guest as they rise to leave and check that no personal articles are left behind, and bid guests farewell.
25. Clear table and reset.

### **Clearing the Table with Guests Seated**

1. Clear all dishes with the right hand and from the right side. Leave the water goblet and the silver required for dessert and coffee on the table.
2. Clear dishes completely from one person before proceeding to the next. Do not inconvenience the guest by reaching across or in front of the guest, and keep the plates lower than the guest's eyes while in the vicinity of the table before raising for removal.
3. Ensure that all table trash, empty portion-pack containers, and other items are clear frequently.

### **Resetting the Table with Guests Seated**

1. Carry clean silverware from the kitchen to the dining room on a cocktail tray or dinner plate covered with a napkin or service cloth. If resetting from a side stand, also use a plate or cocktail tray.
2. Lay the silver per standard etiquette - forks on the left and knives and spoons on the right side of the cover. Grasp the edges of the utensil, **never** touch the food contact surface, and avoid fingerprinting the handle.
3. Approach guest from side on which you are laying the silver on the table. Do not reach across or otherwise inconvenience the guest.

Note: Do not use any silverware that has dropped on the floor.

### **A Server's Checklist**

- Follow the order of service.
- Follow the operational procedures.
- Condiments to accompany items before guest needs to ask.
- Water glasses full.
- Bread and butter supply adequate.
- Trays with soiled dishes cleared frequently.
- Serve food the way each guest order it (in other words, get it right).
- Help the guest(s) order if he/she needs any assistance with the menu.
- All unnecessary silver, glassware and china are removed.
- Refill wine glasses frequently (half-full for white, quarter full for red).
- Continue to follow up with service, but do not bug the guest.
- **Smile.**

### **Opening Duties for Service Personnel**

Restaurant Director will create a task sheet each day and post. This sheet must be written legibly.

1. Tables moved to proper position and balanced.
2. All silverware is polished with damp cloth and free of water spots.
3. All glassware is steamed and polished free of water spots.
4. All condiments (for table center) are filled and wiped clean.
5. Tables are set according to reservations and Director's plan.
6. Coffee/Tea station is set:
  - a. Creamers are filled (six) and in deli cooler.
  - b. Lemon wedges are cut (according to standards) and in a bain marie over ice.
  - c. Coffee cups and saucers are wiped and stacked in waiter's station.
  - d. Coffee spoons are polished and on point plate.
  - e. Regular and Decaf. Coffee is made at 6:00 PM and put in thermos. One server will be assigned to thermos refill for remainder of evening.
7. Point plate is set up on large dinner plate with polished silverware (instructor will demo).

8. 20 white wine glasses (steamed) in freezer.
9. Fill small ice machine. At 6:00 PM fill water pitchers, iced tea pitchers (no ice), coffee thermos'.
10. Napkin tub must be left full (75 napkins) for the next day.
11. Captain chills appropriate white wines, justifies perpetual inventory with instructor.
12. Dining Room is vacuumed.
13. Flower vases are wiped clean.
14. Restock condiments in waiter's station.
15. Bread baskets are set up with proper napkins. Give to pastry station.
16. For dinner, clean votives and refill with candles, if necessary.
17. Clean service trays (large and small) and line large trays with white napkins.
18. Set water glasses and red wine glasses in waiter's station.
19. Service cloths are folded into triangles (eight).
20. Set wine buckets with napkins; fill two with ice (no water).
21. Dining Room is set by:
  - Lunch - set by 10:45 AM
    - inspection at 10:45 AM
    - waiter's meeting at 10:50 AM
    - break at 11:00 - 11:20 AM
    - service at 11:30 AM
  - Dinner - set by 5:15 PM
    - inspection at 5:15 PM
    - waiter's meeting at 5:20 PM
    - break at 5:30 PM - 5:50 PM
    - service at 6:00 PM

### **Closing Duties for Service Personnel**

The director will delegate the following closing duties along with the opening duties.

1. All closing duties must be finished and checked by Director before service personnel can turn in bank and paperwork.
2. Coffee station is broken down:
  - a. Creamers are cleaned.
  - b. Lemons are put away for tomorrow in deli cooler.
  - c. Butter portions are in deli cooler.
  - d. Thermos' are emptied and sent through dishwasher.
  - e. Coffee machine in kitchen is completely cleaned and turned off.
3. All glassware is washed and in racks (in kitchen).
4. All silverware is washed, counted and in drawers. It is the responsibility of the captain to make sure these drawers are locked and the end of every shift.]
5. Tables and chairs are completely wiped down with a sanitizing cloth.
6. Salt and pepper shakers are refilled and wiped down and put away.

7. Sweetener containers are refilled (sent through dishwasher every Saturday night) and put away.
8. Wipe down wine buckets and put away.
9. Wipe down all trays; sanitize.
10. Completely organize waiter's station (restock cabinets); wipe down.
11. Wipe down tray jacks and store in waiter's station.
12. Director will check station.
13. Instructor will take bank and paperwork.

## **Role-Play Exercises**

### **Role-Play #1**

Customer: You waited 10 minutes for your order to be taken; your coffee was not hot when served; your main course was undercooked; you did not get any butter for your rolls; and you were offered a refill on coffee only once. Your check is \$4.59, and you do not feel that you got either the food or service promised in the advertising. The restaurant is near your work, and you would like to return again, but not if it is going to be like this time.

Cashier: You have had an extremely busy rush, the head server is home sick, and there are several new people on the schedule. This customer comes in to the restaurant often and usually finds something to complain about.

### **Role-Play #2**

Manager: One of your best servers is coming in for work half hour early this evening so she can talk to you. She sounded upset on the phone. Mary does an excellent job. She is honest, reliable, and has helped you train other servers.

Server: The new server, Polly, is a thief. Ever since she started working, your tips and the tips of the other servers have been decreasing. Polly always seems to cash in large sums of change at the end of the night. You have not actually caught her in the act, but one of the other servers said she saw Polly take a tip off a table that was not hers. You think your manager should know.

### **Role-Play #3**

You are an assistant restaurant manager. Your host is incapable of handling a large crowd, and there are convention delegates swarming into your restaurant. You were helping seat guests and answering the phone for reservations.

Mr. Alexander's secretary called for reservations, and you told her you were filled to capacity. She informed you that Mr. Alexander was already on his way over! He is a regular and very important customer! When Mr. Alexander

entered, you told him that you could not seat him for his five guests. He became quite indignant. To make matters worse, the host remarked to you in Mr. Alexander's presence, "You could have seated Mr. Alexander if you had just planned things a little better." The host has always been envious of you. What do you do?

#### Role-Play #4

You are a shift supervisor in a coffee shop. A guest just got up from his table and grabbed a handful of paper napkins from the counter. Gladys (a middle-aged waitress with ten years longevity) proceeded to reprimand the guest and remove the napkins. The guest explained that his two children were messy eaters, and he needed the napkins. Gladys showed no sympathy to the guest. The guest registered a complaint to you personally. How do you handle the guest? How do you handle Gladys?

#### Role-Play #5

You are a young assistant food and beverage manager at a 125-seat restaurant. In addition to your responsibility for supervising dinner (6:30-10:30 PM), you volunteered to supervise the training program your corporate headquarters has designed for service personnel. You have great rapport with almost all of your service staff. However, Gertrude has refused to cooperate with the standardized system you are teaching. She informs you that she has been "quite successfully" waiting tables for 22 years. Her tips are better than your average server's tips. Your manager has told you, "Get Gerty up to standard or get rid of her!" Firing Gerty is not an alternative. What would you do? What factors need to be taken into consideration?

### **Sales is a Service Function**

Selling is the personal or impersonal process of assisting and persuading a prospective customer to purchase a commodity or service, or to act favorably upon an idea that has commercial significance to the seller. The first thing that a salesperson in any industry must do is sell himself or herself. There are certain things a person can do to accomplish this.

One must be interested in one's job and in people and must have a neat, clean appearance.

- Shoes: clean, shined.
- Hair: neat, clean, restrained.
- Body: clean, if fragrance is used, only use a small amount.
- Fingernails: clean, short, neutral or very light nail polish.
- Makeup: light lipstick, no heavy eye makeup.
- Teeth: clean and polished, unstained, and straight with none missing.
- Jewelry: none is best, but wedding ring and simple watch are maximum acceptable.

- Uniform: Clean, unstained.
- And a smile!

Army officers at West Point rated the appearance of entering cadets solely on the basis of each cadet's statement of his name and home address, taking 5 to 10 seconds per cadet. The combined ratings correlated positively with the aptitude for service ratings made by peers and superiors after 14 weeks at the Academy. People's opinions based on momentary first impressions are positively related to overall service success. Appearance and manner can and do affect ratings of job performance.

It is important, therefore, that each individual working in the front of the house have a neat, clean appearance and a pleasant manner. The guest's impression of the establishment and of his service person is determined, in part, by his first impression of the server.

Service personnel in some restaurants are called sales personnel. This has both pros and cons, as it will remind servers that their job can be improved upon if they are good at selling in the dining room. On the other side, this terminology may remind the service person to be overly aware that he is a salesperson and not involved with giving service. But good service sells, and excellent selling is felt as good service.

In a study of server behavior, sociologists Suellen R. Butler and William E. Snizek found that pressure selling increases the check average and hence tips. On different occasions they subjected some diners to high-pressure sales and others to no sales, and found that selling does increase the tip, which gives the server a measure of control over the guest-server relationship. However, caution should be exercised. High-pressure sales may increase the check average for the moment, but will the guests return? In other words, this may be a short-term effort and damage the long-term effectiveness and profitability of the operation. Managers should also be aware that servers operate in an independent environment, since they obtain more of their reward structure (financial and psychological) from the guest than from management. It is easy to convince service personnel that higher sales actually put money in their pockets as well as benefiting management. In fact, the server gets much more of the sales dollar than does ownership.

This example shows each server where the restaurant's total sales dollars are going. Additionally, the increase in sales should be computed on a weekly and monthly basis to make a larger impression on the server.

**Nonselling Check**

\$10 entree

**Check with Positive Sales Effort**

\$3 Cocktail  
\$3 Appetizer

|                                    |   |
|------------------------------------|---|
|                                    | \$10 Entree                             |
|                                    | \$4 wine (per person)                   |
|                                    | \$2 dessert (per person)                |
|                                    | \$3 After-dinner beverage               |
| \$10                               | \$25                                    |
| 4.7% x \$6 = .28                   | 15% x \$10 ~ \$1.50                     |
| 4.7% x \$25 = 1.18                 | 15% x \$25 = \$3.75                     |
| Difference that goes to management | Additional gratuity that goes to server |

In the example above, even if you only increased your sales by 2 dollars per person, you serve 20 people in an evening. This figures out to 30 dollars extra per week, or 120 more dollars per month. In addition to making the service person happier by increasing sales, the guest will enjoy her dinner more. Wine complements the food - it makes the food taste better. An after-dinner espresso or cappuccino, brandy, or dessert wine can be that final touch that distinguishes a very good meal from an absolutely superb meal - one that the guest feels is incomparable to anything she has had in the past. Additionally, the guest perceives quiet, nonaggressive selling as attentive service. Servers should not try to sell too much. If a particular establishment enjoys a very rapid and high guest turnover, increasing the residence time (or delaying the guest) by offering dessert, cordials, coffees, and so forth, may prevent the establishment from maximizing revenue. Also, it will increase the time that other guests must wait for a seat and can certainly cause guest frustration. High-volume, causal-theme restaurants, such as Pizzeria Uno, Applebee's, TGI Friday's, Bennigan's, Olive Garden, and Red Lobster do not take reservations and may have one table (or more of guests waiting in the bar for seating in the dining room. A similar situation exists in a diner or coffee shop operation that depends on rapid guest turnover; extending the residence time may decrease profitability. Plus sales or add-on sales may not necessarily increase the guest's residence time.

### What Does the Service Staff Need to Know to Sell

**The staff must know the basic ingredients and preparation of the menu items.** They must know the quality of the raw products used. Is the fruit fresh? Is the soup homemade? What grade of beef is used (prime, choice, etc.)? Is the seafood fresh, fresh frozen, or convenience? The service staff must know when to play up certain items on the menu. Many low-cost steak houses would not do well in advertising the source or quality of the beef they use. The term fresh frozen may be used to describe certain items such as brook trout.

**The staff must know the time required to prepare the various menu items, especially made-to-order items.** Made-to-order items are just that: they are made when the guest places the order (this is a la carte) - priced separately.

The staff must know that ready-to-serve items are prepared in advance and what the ready-to-serve menu items are, so that if a guest is in a hurry, they may suggest these items. The chef should inform the host and he or she in turn should inform each service staff member of the menu items that are ready-to-serve, and how long each of the made-to-order items will take.

**The staff should know when to offer another cocktail.** The time to offer the second drink is when the first drink is three-quarters finished. The guest will then feel that he has the time to drink another before he is served his entree. Regular drinkers usually do not need coaxing, but the casual or social drinker can be offered and sold this second cocktail at the right time with a fair amount of success. If servers present menus, they could bring the menus when asking for the next drink order. If servers do not present the menus, some other task can be accomplished (filling water, serving butter or relishes, etc.) as an unobtrusive excuse to approach the table. The time to suggest another bottle of wine is when the first bottle has just been emptied and the main course has either not yet been served or is just being served.

**The staff must know the various accompaniments to the various menu items.** At this time, high profit a la carte items can be suggested. “Sir, our sautéed mushrooms are fresh and would really taste good with your steak.” The staff must be instructed and made aware of all the various a la carte accompaniments to menu items to increase sales and profitability. Manager must inform all service staff personnel what the accompaniments would be for each menu item during the menu briefing. Jim Sullivan, a well-known restaurant sales speaker, recommends a three-minute session with the service staff to increase add-on, complementary menu items or desserts sometimes highlighting the daily sales special.

**The staff must carry through with order taking.** Carrying through with order taking means that the service person must back up to the beginning of the menu, taking control of the guests’ ordering in a quiet way, and suggest appetizers and hors d’oeuvres as in the preceding example. When the server approaches the guest for an order, the guest will probably say, “I’ll have a steak, medium rare.” It is up to the service person to say, “Would you care for a shrimp cocktail?” The service person should make specific suggestions. “Would you like an appetizer?” does less for the guest than suggesting any specific food item. “Appetizer” means little; “shrimp cocktail” means something specific.

Timing is also very important when suggesting appetizers. If the guest appears to be in a rush, he would be less likely to order an appetizer. If, on the other hand, the entree selected by the guest will take some time to prepare the server would indicate this and offer an appetizer. “Madam, the veal cordon bleu will take about 20 minutes to prepare; may I suggest a small dish of our sautéed chicken livers, which I’ll bring to you quickly?” The guest will perceive the

server's behavior as good, attentive service. If a waiter forgets to offer an appetizer, he could return to the table saying that he had placed the guest's order in the kitchen and that it should be ready in (blank) number of minutes. "Would you care for a cup of our French onion soup now?" he might ask.

**The staff should know menu terminology and descriptive words for the menu items.** A poorly managed restaurant was noted as having a most unappetizing term, "disjointed chicken," as a description on their menu. The service person should be aware of the terminology he or she is using to describe certain dishes. Managers will be well advised to furnish several descriptions for the various menu items so that a server will have this terminology available.

**The staff must know the correct and proper service for all menu items.** This practice may also improve relations between service and production. The chef is very concerned and proud of the appearance of the food he/she prepares, and the server can destroy her work. If the server presents a delicately decorated sauced menu item to a guest and carelessly slants the plate when setting it down, covering the plate with the sauce or destroying the design, the result is a poor plate presentation.

**The staff should be able to anticipate the guest's likes and dislikes.** This is a difficult thing to do, but no harm is done if the server misreads the guest. If a guest is overweight, the waiter may suggest a low-fat or low-calorie menu item but should simultaneously offer a high-fat item or high-calorie dish so as not to offend the guest. If the restaurant caters to the general public, a stew or meat and potatoes may be suggested to a construction worker. Each item of the menu may not appeal to the server, but the server should never show distaste for a guest's selection.

## **A Quick Reference Checklist for Increasing Sales**

### **in the Dining Room**

- A nice phone voice.
  - Know menu terminology and descriptive words.
  - Serve wine promptly
  - Don't let staff get discouraged.
  - Know how to sell wine.
  - Smile
  - Know the correct and proper service for all items.
  - Have a good appearance.
  - Never show distaste for a guest's choice.
  - Be accurate with the guest's order.
- \* Leave a copy of the menu on the table.
  - \* Anticipate the guest's needs.
  - \* Know the major ingredients, quality, prep.
  - \* Don't force a sale.
  - \* Know time required to prepare items.