

DAY ONE PRODUCTION ASSIGNMENTS: SHARPENING YOUR KNIFE SKILLS & CULINARY FUNDAMENTALS

EACH STUDENT WILL ...

Slice onions

Dice onions

Mince garlic

TEAM ONE

Wiener Schnitzel with Lemon-Caper Beurre Blanc

Garlic-Roasted Potatoes with Parsley and Oregano

Braised Greens



TEAM TWO

Grilled Salmon with Orange-Thyme Butter

Rice Pilaf

Green Beans with Toasted Walnuts

**Make Vanilla Sugar for Day Three Chocolate Mousse*

TEAM THREE

40-Clove Chicken

Whipped Potatoes

Oven-Roasted Vegetables

TEAM FOUR

Roast Sirloin of Beef with Jus Lié

Pommes Duchesse

Grilled Zucchini

WIENER SCHNITZEL WITH LEMON-CAPER BEURRE BLANC

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Yield: 6 Portions

Ingredients	Amounts
Veal cutlets, 3 oz. each	12 ea.
Salt	¾ tsp.
Ground black pepper	¼ tsp.
All-purpose flour	¾ cup (or as needed)
Egg wash (equal parts beaten eggs and milk)	½ cup (or as needed)
Breadcrumbs	2 cups (or as needed)
Vegetable oil	1 ¾ cups (or as needed)
Butter	4 Tbsp.
Flat-leaf parsley, chopped	4 Tbsp.
Lemon wedges	6 ea.
Lemon-Caper Beurre Blanc (recipe follows)	1x recipe

Method

1. Pound each portion of veal between sheets of parchment or plastic wrap to a thickness of ¼-inch (refer to chef for demonstration).
2. Blot the veal dry. Season each piece with salt and pepper. Use the standard breading procedure to bread each cutlet: dredge (coat) the veal in flour (shake off any excess), dip in egg wash, and dredge in breadcrumbs.
3. Heat about ½-inch of oil in a large skillet to about 350°F over medium heat. Working in batches, add the breaded veal to the hot oil and pan fry on the first side until golden brown and crisp, about 2 minutes. Turn once and finish pan frying on the second side until it reaches an internal temperature of 160°F, about 1 or 2 minutes more.
4. Drain on paper towels or on a wire rack set over a baking sheet.
5. When ready to serve, heat the butter in a large skillet until it sizzles, about 2 minutes. Add the pan-fried veal to the hot butter and turn to coat on both sides.
6. Garnish with chopped parsley.
7. Serve with lemon wedges and Lemon-Caper Beurre Blanc on the side.

LEMON-CAPER BEURRE BLANC

Yield: 2 Cups

Ingredients	Amounts
Heavy cream	1 cup
Shallots, minced	1 Tbsp.
Black peppercorns	3 - 4 ea.
Dry white wine	½ cup
Lemon juice	½ cup
Butter, cold, cubed	¾ lb.
Salt	to taste
Ground white pepper	to taste
Lemon zest, grated or minced	1 Tbsp.
Capers, drained, rinsed	3 - 4 Tbsp.

Method

1. In a small saucepan set over medium heat, bring the heavy cream to a simmer and reduce by half.
2. Combine the shallots, peppercorns, wine, and 2 tablespoons lemon juice in a separate saucepan. Reduce over medium-high heat until nearly dry (*au sec*).
3. Add the reduced heavy cream and simmer the sauce for 2 to 3 minutes to reduce slightly.
4. Over very low heat, add the butter a few pieces at a time, whisking constantly to blend the butter into the reduction. (Do not boil the sauce as it will separate.) Continue adding butter until the full amount has been incorporated.
5. Season to taste with salt and pepper.
6. Finish the sauce by adding the remaining lemon juice, lemon zest, and capers.
7. Place the sauce in a hot water bath and keep warm until needed.

GARLIC-ROASTED POTATOES WITH PARSLEY AND OREGANO

Yield: 6 Portions

Ingredients	Amounts
Red bliss potatoes, trimmed and washed	2 ¼ lb.
Extra virgin olive oil	½ cup
Bay leaves	3 ea.
Dried oregano	1 ½ Tbsp.
Salt	1 tsp.
Ground black pepper	to taste
Garlic cloves, minced	6 ea.
Flat-leaf parsley, chopped	3 Tbsp.
Oregano, chopped	1 ½ Tbsp.

Method

1. Toss the potatoes with the olive oil, bay leaves, dried oregano, salt, and pepper in a large mixing bowl.
2. Transfer the oiled seasoned potatoes to a hot cast-iron skillet.
3. Place the skillet in a 425°F oven and roast for 20 minutes, stirring occasionally to ensure even browning.
4. Reduce heat to 375°F and continue to cook for an additional 15 to 20 minutes, stirring occasionally.
5. Add the garlic towards the end of the cooking process (5 to 10 minutes remaining in the cooking time) to prevent it from burning and creating a bitter flavor.
6. Place in a warm serving bowl and sprinkle with chopped parsley and oregano.

BRAISED GREENS

Yield: 6 Portions

Ingredients	Amounts
Collard greens or kale	2 ½ lb.
Bacon slices, diced	3 ea.
Onions, diced	1 ¼ cups
Garlic cloves, minced	2 ea.
Ham hock (optional)	1 ea.
Chicken or vegetable stock	1 ¼ cups
Salt	to taste
Ground black pepper	to taste

Method

1. Remove the stems from the greens and discard. Wash the greens thoroughly.
2. Bring a large pot of salted water to a boil. Add the collards and blanch (par-cook) for about 1 minute. Remove from the water and transfer to an ice bath to "shock" the greens and stop the cooking process. Drain, then chop and set aside.
3. In a large skillet, cook the bacon over medium heat until it is crispy and the fat has melted out (rendered). When the bacon is light golden brown, add the onions and cook until translucent. Add the garlic and cook until aromatic, about 1 more minute.
4. Add the ham hock, if desired, along with the blanched greens and stock. Season with salt and pepper to taste.
5. Braise in a 350°F oven until the greens are tender, about 30 to 45 minutes.
6. Remove the greens from the pan and reduce the liquid. Add the greens back to the liquid and adjust seasoning with salt and pepper to taste.
7. Serve hot on a warm serving platter.

GRILLED SALMON WITH ORANGE-THYME BUTTER

Yield: 6 Portions

Ingredients	Amounts
<i>Orange-Thyme Butter</i>	
Butter, softened	½ cup
Almonds, blanched and ground	4 Tbsp.
Orange juice, fresh	2 Tbsp.
Thyme leaves, fresh	2 tsp.
Orange zest	1 tsp.
Salt	as needed
Ground black pepper	as needed
Salmon fillets, skin removed, about 6 oz. each	6 ea.
Lemon, juiced	1 ea.
Vegetable oil (for brushing)	as needed

Method

1. To prepare the orange-thyme butter, blend the butter with the ground almonds, orange juice, thyme, orange zest, ½ teaspoon salt, and ½ teaspoon pepper. Place on a piece of plastic wrap. Roll into a 1-inch-diameter cylinder and secure the ends by twisting. Chill until firm, about 2 hours.
2. Preheat a gas grill to medium; leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a moderate coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
3. Season the fish with salt, pepper, and lemon juice. Brush evenly with oil.
4. Grill each salmon fillet to the desired doneness (usually medium).
5. Top each fillet with a slice of the orange-thyme butter. Place into a hot oven or pass under a broiler just long enough to begin melting the butter.
6. Serve immediately on a warm platter.

RICE PILAF

Yield: 6 Portions

Ingredients	Amounts
Chicken stock	1 ¾ - 2 cups
Butter or vegetable oil	1 Tbsp.
Onion, diced	3 Tbsp.
Garlic clove, minced	1 ea.
Long-grain white rice	1 cup
Salt	1 tsp.
Ground white pepper	¼ tsp.
Bay leaf	1 ea.
Thyme sprig	1 ea.

Method

1. Bring the stock to a simmer in a heavy saucepan. If you plan to cook the rice in the oven, preheat the oven to 325°F.
2. Meanwhile, heat the butter or oil in a medium-sized, heavy saucepan over medium heat. Add the onions and cook until they are translucent, about 3 to 5 minutes. Add the rice, stirring to coat with butter and toasting lightly, about 1 minute.
3. Add the hot stock, salt, pepper, bay leaf, and thyme. Bring to a boil, stir once or twice to make sure the rice is not sticking to the bottom of the pan, reduce the heat and cover tightly.
4. Place in the preheated oven or leave on the burner over very low heat. Cook until the rice is tender and all the liquid has been absorbed, about 15 to 20 minutes. Remove from the heat and let stand undisturbed for 10 minutes.
5. Remove the lid and cover the pot with a clean dish towel. Replace the lid and let sit for another 5 minutes. Uncover and, using a fork, gently fluff the grains of rice.
6. Serve immediately in a heated bowl.

GREEN BEANS WITH TOASTED WALNUTS

Yield: 6 Portions

Ingredients	Amounts
Green beans, trimmed	1 ½ lb.
Walnut oil	1 ½ tsp.
Shallots, minced	2 tsp.
Garlic, minced	1 tsp.
Salt	to taste
Ground black pepper	to taste
Walnuts, halved, toasted*	2 Tbsp.
Chives, sliced	2 tsp.

Method

1. Blanch (par-cook) the green beans in boiling salted water until bright green. Remove from the water and transfer to an ice bath to shock the beans and stop the cooking process. Drain and reserve for later use.
2. To serve, heat a large sauté pan over medium heat; add the walnut oil, shallots, and garlic. Sauté briefly, then add the green beans. Season with salt and pepper to taste.
3. Stir in the toasted walnuts and chives before serving. Serve on a heated platter.

Note: To toast the walnuts, spread them in a shallow layer in a preheated dry sauté pan and toss, shake, or swirl the pan until they are golden brown and aromatic. Transfer to a cool pan to prevent the nuts from scorching.

40-CLOVE CHICKEN

Yield: 6 Portions

Ingredients	Amounts
Chicken breasts, frenched	4 ea.
Chicken thighs	4 ea.
Chicken legs	4 ea.
Dry white wine	4 $\frac{3}{4}$ cups
Salt	as needed
Ground black pepper	as needed
All-purpose flour (for dredging)	1 $\frac{1}{4}$ cup
Olive oil	3 Tbsp.
Garlic cloves, peeled	40 ea.
Thyme sprigs	6 ea.
Rosemary sprigs	2 ea.
Flat-leaf parsley, chopped (for garnish)	3 Tbsp.

Method

1. Marinate the chicken pieces in the wine for 1 to 2 hours in the refrigerator. Remove and pat dry. Reserve the marinade. Season the chicken with salt and pepper, then dredge (coat) the chicken in flour.
2. In a large sautoir (straight-sided sauté pan), heat the oil over medium-high heat. Working in batches if necessary, add the chicken to the pan and brown on all sides. Remove the chicken from the pan and reserve.
3. Add the garlic and sauté until it begins to brown. Place the chicken on top of the garlic in a single layer. Add the wine marinade and season with the thyme and rosemary.
4. Cover the pan and braise in a 325°F oven until tender, about 45 minutes.
5. Remove the chicken and the garlic from the pan and reserve. Remove and discard the herbs. Place the pan on the stovetop and reduce the sauce until it is thick enough to coat the back of a spoon (nappé). Adjust the seasoning with salt and pepper.
6. Serve the chicken with the sauce and garlic cloves. Garnish with the parsley.

Source: Adapted from On Cooking by Sarah Labensky and Alan Hause

WHIPPED POTATOES

Yield: 6 - 8 Portions

Ingredients	Amounts
Russet potatoes, peel, cut into big pieces	2 lb.
Salt	to taste
Butter, softened	2 Tbsp.
Milk, warmed	¼ cup
Ground white pepper	to taste

Method

1. Place the potatoes in a large pot and add enough cold water to cover by 2 inches. Salt the water and bring to a simmer over high heat.
2. Reduce the heat to medium, cover, and simmer until the potatoes are easily pierced with a fork, about 25 to 30 minutes.
3. Drain the potatoes and return them to the pan. Place the pan over low heat until no more steam rises from the potatoes (be careful not to brown the potatoes).
4. While still hot, purée the potatoes with a food mill or potato ricer into a heated bowl.
5. Add the butter and mix into the potatoes by hand or with the whip attachment of an electric mixer, just until incorporated. Add the warm milk and stir to combine. Taste and season with salt and pepper. Whip the potatoes on medium speed until smooth and light. Serve immediately in a heated bowl.

Variations:

Buttermilk Whipped Potatoes: Replace milk with buttermilk; add 1 - 2 tablespoons minced fresh chives along with the salt and pepper.

Whipped Sweet Potatoes: Replace the russet potatoes with sweet potatoes. Use the cooking liquid to replace half of the milk when whipping the purée. Season with ¼ teaspoon of cinnamon, a few grains of nutmeg, and a few drops of fresh lemon juice.

OVEN-ROASTED VEGETABLES

Yield: 6 Portions

Ingredients	Amounts
Red onions, quartered	2 ea.
Carrots, oblique cut	2 cups
Cauliflower, florets	2 cups
Red bell pepper, 1-inch pieces	2 cups
Green bell pepper, 1-inch pieces	2 cups
Garlic cloves, whole, peeled	6 ea.
Shallots, whole, peeled	3 ea.
Extra virgin olive oil	2 Tbsp.
Thyme, chopped	1 Tbsp.
Salt	1 Tbsp.
Ground black pepper	1 tsp.
Butter	4 Tbsp. (plus extra for pan)

Method

1. Combine the onions, carrots, cauliflower, peppers, garlic, and shallots in a large stainless-steel bowl. Toss with the olive oil to coat. Season with thyme, salt, and pepper and mix thoroughly.
2. Transfer the vegetables to a buttered roasting pan and dot with 4 tablespoons of butter.
3. Place in a 375°F oven and roast until the vegetables are lightly caramelized and tender. Gently stir the vegetables periodically throughout the cooking period to ensure even roasting.
4. Serve hot on a heated platter.

Thick juice

ROAST SIRLOIN OF BEEF WITH JUS LIÉ

Yield: 6 Portions

Ingredients	Amounts
Beef sirloin, boneless tied at 1-inch intervals	3 lb.
Salt	as needed
Ground black pepper	as needed
Vegetable oil	as needed
Onion, diced	½ cup
Carrot, diced	¼ cup
Celery, diced	¼ cup
Tomato paste	2 Tbsp.
Brown veal stock	2 ½ cups
Cornstarch	1 tsp.

Method

1. Place a rack in a roasting pan and preheat the oven to 350°F.
2. Season the meat generously with salt and pepper.
3. Heat enough oil to create a film in a large sauté pan over medium-high heat and brown the meat on all sides. Transfer to the roasting pan. Add the onions, carrots, and celery to the bottom of the roasting pan.
4. Roast the meat to medium-rare (125°F internal temperature), about 1 hour. Remove from the pan and place on a platter or cutting board, cover loosely with foil, and let stand for 20 minutes while you make the jus.
5. Pour off the fat from the pan, leaving 1 tablespoon and add the tomato paste. Place the pan over medium heat on the stove top and cook the vegetables and tomato paste, stirring until caramelized, 3 to 5 minutes. Add the stock and stir and scrape with a wooden spoon to deglaze the bottom of the pan.
6. Blend the cornstarch with 1 tablespoon of water to form a slurry and whisk into the sauce. Bring to a boil over medium heat. As soon as the sauce thickens, remove from the heat and strain. Season to taste with salt and pepper.
7. Remove the string from the meat, slice, and serve on a heated platter with the jus.

POMMES DUCHESSE

Yield: 6 Portions

Ingredients	Amounts
Russet potatoes, peeled and quartered	2 ¼ lb.
Egg yolks	3 ea.
Butter, softened	¼ lb.
Salt	1 tsp.
Ground black pepper	¼ tsp.
Nutmeg, freshly ground	⅛ tsp.

Method

1. Add the potatoes to cold salted water and bring to a boil over high heat. Reduce heat to a simmer and cook until the potatoes are just tender.
2. Drain the potatoes and return them to the pot. Heat over very low heat until no more steam rises from the potatoes (be careful not to brown the potatoes).
3. Purée the potatoes while still very hot.
4. Mix the egg yolks and butter into the hot potato purée. Season with salt, pepper, and nutmeg to taste.
5. Transfer the mixture to a piping bag fitted with a star tip. Pipe the potatoes onto a parchment paper-lined sheet pan (refer to chef for demonstration).
6. Bake in a 400°F oven until the potatoes are heated through and golden brown.
7. Serve immediately on a warm platter.

GRILLED ZUCCHINI

Yield: 6 Portions

Ingredients	Amounts
Olive oil	½ cup
Red or white wine vinegar	½ cup
Garlic cloves, minced	2 ea.
Thyme, chopped	1 ½ tsp.
Oregano, chopped	1 ½ tsp.
Sugar	1 tsp.
Zucchini, cut on the bias into ½-inch slices	1 ½ lb.
Salt	½ tsp.

Method

1. Preheat a gas grill to medium-high; leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed on one side of the grill. Clean the cooking grate.
2. Mix together the olive oil, vinegar, garlic, thyme, oregano, and sugar. Stir until the sugar dissolves.
3. Pat the zucchini slices dry with paper towels and season generously with salt. Toss with the marinade, making sure that the zucchini is coated on both sides.
4. Place the zucchini on the grill and cook on each side until the zucchini is tender and marked with grill marks.
5. Transfer to a warm platter, drizzle with some of the marinade, and serve hot.