Basic Kitchen Preparations

Recipe Manual

DVD Rom Feature
# Basic Kitchen Preparations DVD

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## DVD Technique

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Roasted Garlic and Mustard Vinaigrette
Yield: about 1 to 1½ quarts

- Garlic, Roasted, Puréed: 1 oz
- Salt: 1 tsp
- Dijon-Style Mustard: 1 oz
- Ground Black Pepper: as needed
- Red Wine Vinegar: 8 fl oz
- Olive Oil or Garlic Infused Oil: 24 fl oz
- Pepper: as needed

Method:
1. Mince the garlic as finely as possible, combine the garlic and salt; and work them into a paste by scraping the mixture against a cutting board with the flat side of a chef's knife.
2. Combine the garlic mixture with the mustard, pepper, and vinegar.
3. Gradually incorporate the oil in a thin stream, mixing thoroughly. Adjust the seasoning as needed with salt and pepper as needed.
4. Serve the vinaigrette immediately or store it under refrigeration for up to five days.

Preparation Topic
- Roasting garlic
- Infused oils
Roasted Garlic Confit and Garlic Infused Olive Oil

Yield: about 2 cups

- Garlic, cloves 15 each
- Olive oil, pure 2 cups
- Rosemary, fresh 1 sprig

Method:
1. Peels garlic cloves and split to remove germ.
2. Combine garlic, oil, and rosemary in a small sauce pot and bring to a slow simmer over medium/medium-low heat.
3. Simmer uncovered 20 to 25 minutes or until garlic is tender and easily falls from a paring knife when stabbed.
4. Cool and store in an air tight container, under refrigeration for up to 2 weeks.

Preparation Topic
- Garlic Roasting
- Garlic Infused Oils
Grilled Vegetables Provencal-Style
Yield: 10 portions

<table>
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<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>Zucchini</td>
<td>1¼ lb</td>
</tr>
<tr>
<td>Eggplant</td>
<td>1¼ lb</td>
</tr>
<tr>
<td>Garlic cloves</td>
<td>2 oz</td>
</tr>
<tr>
<td>Olive oil, (garlic infused)</td>
<td>8 fl oz</td>
</tr>
<tr>
<td>Rosemary, minced</td>
<td>2 tbsp</td>
</tr>
<tr>
<td>Onion, sliced</td>
<td>6 oz</td>
</tr>
<tr>
<td>Salt</td>
<td>as needed</td>
</tr>
<tr>
<td>Pepper</td>
<td>as needed</td>
</tr>
<tr>
<td>Green peppers</td>
<td>6 oz</td>
</tr>
<tr>
<td>Red peppers</td>
<td>7 oz</td>
</tr>
<tr>
<td>Tomato concassé</td>
<td>4 oz</td>
</tr>
<tr>
<td>Vinegar, balsamic</td>
<td>as needed</td>
</tr>
<tr>
<td>Basil, chiffonade</td>
<td>1 oz</td>
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</table>

Method:
1. Trim the zucchini and eggplant. Cut them into ¾-inch thick slices (either on an elongated bias or lengthwise).
2. Put the garlic in a large, shallow pan and add enough oil to barely cover. Add the rosemary and simmer, partially covered, over very low heat, until the garlic is cooked but not falling apart, 15 to 20 minutes. Remove from the heat and cool to room temperature. Reserve.
3. Preheat a grill or broiler. Brush the zucchini, eggplant, and onion slices with the garlic-and-rosemary oil and season with salt and pepper. Place them on the grill and cook on the first side until browned. Turn once and complete cooking on the second side until the vegetables are fully cooked, about 3 minutes. Remove from the grill, cut into medium dice, and reserve.
4. Grill or broil the peppers until evenly charred on all sides. Remove from the grill and let the peppers cool. Remove the skin, core, seeds, and ribs. Cut the peppers into medium dice, and reserve.
5. Put garlic and 2 fl oz of the remaining oil in a large, deep saucepan and heat over medium heat. Add the grilled vegetables and tomato concassé and stir gently to finish cooking the vegetables and blend the flavors. Adjust the seasoning with salt, pepper, and balsamic vinegar as needed. Fold in the basil or use it to garnish individual portions. Serve at once, or keep hot for service.

Preparation Topic
- Tomato Concassé
- Eggplant prep
- Fresh Herbs
- Garlic Infused Oil
**Mushroom Duxelles Stuffing**
Yield: 2 lb

- Shallots, minced 6 oz
- Clarified butter 2 oz
- Mushrooms, white, small dice 2 lb
- Salt 1 tsp
- Pepper ½ tsp
- Heavy cream 8 fl oz
- Fresh bread crumbs 8 oz

**Method:**
1. Sweat the shallots in the clarified butter for 5 to 6 minutes. Add the mushrooms and sauté them until dry to create a duxelles. Season the duxelles with the salt and pepper.
2. Add the heavy cream and simmer until thickened. Add the bread crumbs and combine well. Chill well before using to stuff meat, fish, poultry or vegetables.
Stuffed Plum Tomatoes
Yield: 8 servings (1 tomato per serving)

Plum tomatoes 8 each
Duxelles stuffing 1 lb
Bread crumbs ½ cup
Parmesan cheese, shredded ½ cup

Method
1. Cut tomato in half on a bias lengthwise. Also trim a small piece from the bottom end of each half to allow the stuffed tomato to stand upright.
2. Scoop flesh from tomato halves leaving a small amount to maintain the shape of the tomato.
3. Fill the cavity with 1 oz of duxelles stuffing.
4. Top each stuffed tomato with a small amount of bread crumbs and shredded cheese.
5. Bake in 350ºF oven for 20 minutes or until tomatoes are tender.

Variations:
Replace tomatoes with medium Portobello mushrooms for stuffed mushrooms.

Preparation Topic
- Duxelles Stuffing
Artichoke and Zucchini Sauté
Yield: 10 portions

- Minced shallots 3 tbsp
- Minced garlic 2 tsp
- Olive oil 2 fl oz
- Zucchini, cut into 1/2-inch juliénne 12 oz
- Tomato concassé 5 oz
- Artichoke bottoms, cooked, sliced 10 each
- Peperoncini, chopped 1 tbsp
- Salt as needed
- Pepper as needed

Method:
1. Sauté the shallots and garlic in the oil. Add the zucchini and sauté for 3 to 4 minutes, or until any moisture released by zucchini has cooked away.
2. Add the tomato concassé and artichokes. Continue to sauté until all ingredients are very hot, 3 to 4 minutes more. Season the mixture with the peperoncini and with salt and pepper as needed.

Preparation Topic
- Artichoke prep
- Tomato Concassé
Ratatouille
Yield: 10 Portions

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<tr>
<td>Olive oil</td>
<td>3 fl oz</td>
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<tr>
<td>Onions, red or white, diced</td>
<td>12 oz</td>
</tr>
<tr>
<td>Garlic, minced</td>
<td>¾ oz</td>
</tr>
<tr>
<td>Tomato paste</td>
<td>1 oz</td>
</tr>
<tr>
<td>Green pepper, medium-dice</td>
<td>4 oz</td>
</tr>
<tr>
<td>Eggplant, medium-dice</td>
<td>1 lb</td>
</tr>
<tr>
<td>Zucchini, medium-dice</td>
<td>12 oz</td>
</tr>
<tr>
<td>Mushrooms, quartered or sliced</td>
<td>6 oz</td>
</tr>
<tr>
<td>Tomato concassé</td>
<td>8 oz</td>
</tr>
<tr>
<td>Chicken Stock or Vegetable Stock</td>
<td>4 fl oz</td>
</tr>
<tr>
<td>Salt</td>
<td>as needed</td>
</tr>
<tr>
<td>Pepper</td>
<td>as needed</td>
</tr>
<tr>
<td>Fresh herbs, chopped</td>
<td>as needed</td>
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Method:
1 Heat the oil in a pan over medium heat. Add the onions and sauté until translucent, about 4 to 5 minutes. Add the garlic and sauté until it releases its aroma, about 1 minute.
2 Add the tomato paste and cook over medium heat until it turns a deeper color and gives off a sweet aroma, about 1 minute.
3 Add the rest of the vegetables in sequence: peppers, eggplant, zucchini, mushrooms, and finally tomatoes. Cook each vegetable until it starts to soften before adding the next.
4 Add a small amount of stock as necessary to stew the vegetables. They should be moist but not soupy.
5 Stew the vegetables until all are very tender and flavorful. Adjust the seasoning with salt and pepper and add the fresh herbs. The stew is ready to serve now, or it may be rapidly cooled and stored for later service.
Hazelnut Romesco Sauce
Yield: about 2 cups

- Ancho chiles: 2 each
- Roasted red peppers, peeled, seeded, chopped: 2 each
- Olive oil, extra virgin: ¾ cup
- Garlic, minced: 3 cloves
- Vinegar, red wine: ¼ cup
- Spanish paprika: 1½ tbsp
- Pepper, cayenne: ¼ tsp.
- Tomato paste: 1 oz.
- Hazelnuts, peeled, toasted, ground: ¼ lb
- Salt: as needed
- Black pepper: as needed

Method:
1. Put the ancho chiles in a small saucepan, cover with water, and bring to boil. Remove from heat, steep 20 minutes. Remove stems and seeds.
2. Place chiles and remaining ingredients into a BLENDER, and purée to smooth consistency. Add water if necessary in blender. Season as needed.

Preparation Topic
- Toasting Seeds and Nuts
- Roasting Peppers

Note
Use this sauce on Grilled Vegetables Provençal
### Italian - Herb Dressing

Yield: about 1 pint

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<tr>
<td>Vinegar, red wine</td>
<td>4 1/2 fl oz</td>
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<tr>
<td>Shallots, minced</td>
<td>1 each</td>
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<tr>
<td>Garlic, minced</td>
<td>1/2 tbsp</td>
</tr>
<tr>
<td>Red pepper flakes</td>
<td>1/4 tsp</td>
</tr>
<tr>
<td>Sugar</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Olive oil, pure</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Oil, salad</td>
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<tr>
<td>Roasted red pepper, small dice</td>
<td>2 tbsp</td>
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<tr>
<td>Basil, chopped</td>
<td>1/2 tbsp</td>
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<tr>
<td>Oregano. chopped</td>
<td>1/2 tbsp</td>
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<tr>
<td>Parsley, chopped</td>
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<tr>
<td>Salt</td>
<td>as needed</td>
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<tr>
<td>Pepper, black</td>
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**Method:**

1. Whisk red vinegar, shallots, garlic, pepper flakes and sugar together, dissolve sugar.
2. Whisk in oils gradually.
3. Add red pepper, herbs, and seasoning as needed. Mix.

### Preparation Topic

- Roasting Peppers
- Fresh Herbs
# Basic Kitchen Preparations DVD

## Poblano Relleno
Yield: 20 portions

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<thead>
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<tr>
<td>Black beans</td>
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<td>Olive oil</td>
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<td>Onions, small dice</td>
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<tr>
<td>Sushi rice, steamed</td>
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<td>Garlic, minced</td>
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<tr>
<td>Jalapeño Jack cheese, grated</td>
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<tr>
<td>Dry Jack Cheese, grated</td>
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</tr>
<tr>
<td>Chihuahua (or Asiago), grated</td>
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<td>Ancho caciotta (or Pepper Jack), grated</td>
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<tr>
<td>Marjoram, chopped</td>
<td>2 tbsp</td>
</tr>
<tr>
<td>Epazote (optional)</td>
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<tr>
<td>Mexican oregano, crushed in fingers</td>
<td>2 tsp</td>
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<tr>
<td>Salt and black pepper</td>
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<td><strong>The garnish</strong></td>
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<tr>
<td>Corn tortillas, blue or yellow</td>
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<tr>
<td>Cilantro, coarsely chopped</td>
<td>1 bunch</td>
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<tr>
<td>Sour cream</td>
<td>1 cup</td>
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**Method:**
1. Soak the beans the day before. Cook the black beans separately in water without salt until completely tender. Drain and reserve covered so they do not dry out. Cool the beans before adding to the rest of the ingredients. Reserve for the filling.
2. Fill a **Rondeau** with 1-2 inches of Corn oil, or use the deep fryer. Allow the oil to get quite hot (to its smoke point). Fry the peppers very quickly on all sides so the skin blisters. Place in a large mixing bowl, cover with plastic wrap and allow to “sweat” for half an hour. Remove the blistered skin WITHOUT cutting or damaging the pepper - use the back of a paring knife. Leave the pepper in one whole piece. Carefully make one lengthwise cut in the flesh of the pepper to remove seeds and allow for filling later.
3. For the filling sweat the onions and garlic in a small amount of olive oil. Add into the beans. Add the grated cheeses, herbs and seasonings and rice. Mix gently together. Fill the chiles with filling mixture.
4. Bake in a 400° oven for 20 minutes or until hot.

**Preparation Topic**
- Roasting Peppers
- Rehydrating Beans

**~Note ~ Rondeau**

A rondeau is a type of pan that is wider than it is tall.
Caesar Salad
Yield: 10 portions

Salad
- Romaine lettuce 20 oz
- Croutons, garlic-flavored or plain 10 oz

Dressing
- Garlic paste ¼ oz
- Anchovy fillets 5 each
- Salt as needed
- Pepper as needed
- Pasteurized egg product (whole egg or yolk) 2 oz
- Lemon juice, fresh 2 fl oz
- Olive oil, extra-virgin 10 fl oz
- Parmesan cheese, finely grated 5 oz

Method:
1. Separate the romaine into leaves. Clean and dry thoroughly. Tear or cut into pieces if necessary. Hold refrigerated until ready to serve.
2. Prepare croutons and hold until ready to serve.
3. To prepare each salad, mash about ⅛ tsp garlic (½ clove), ½ anchovy fillet, salt, and pepper into a paste. Add 2 tsp egg and 1 tsp lemon juice, and blend. Add 1 fl oz olive oil, whisking to form a thick dressing. Add 1 to 2 tbsp to grated Parmesan and 2½ oz of the prepared romaine. Toss until coated. Serve on chilled plates, topped with some croutons.

Notes
If this salad is prepared tableside, be sure to clean and sanitize wooden bowls carefully after each use. The more traditional raw or coddled egg is replaced with a frozen pasteurized egg product, to help ensure the safety of the guest.

Preparation Topic
- Salad Greens
- Croutons
Grilled Chicken Caesar Salad
Yield: 10 Entrée Portions

<table>
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<tr>
<th>Item</th>
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<tbody>
<tr>
<td>Caesar Salad, full recipe</td>
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</tr>
<tr>
<td>Caesar Dressing, full recipe (see Caesar salad recipe)</td>
<td>1 each</td>
</tr>
<tr>
<td>Grilled Chicken Breast</td>
<td>10 each</td>
</tr>
<tr>
<td>Garlic Flavored Croutons, full recipe</td>
<td>1 each</td>
</tr>
</tbody>
</table>

**Method:**
1. Prepare and dress Caesar salad per the recipe instructions.
2. Slice grilled chicken into ½ inch strips and top each salad with 6-8 oz.

**Grilled Poultry**
1. Season with salt and pepper and dip in oil. Allow any excess to drain away before placing on grill rods.
2. Place the presentation side down first on the grill or broiler rods.
3. Grill or broil undisturbed for about 3 minutes. (Optional: Give each piece a quarter turn (90°) during broiling to achieve grill marks.)
4. Turn the chicken over and complete cooking until done, about 3 to 4 minutes more (170°F for breast meat).

**Preparation Topic**
- Salad Greens
- Croutons and Bread Crumbs
Mixed Green Salad
Yield: 10 Portions

Mixed greens, Romaine, Bibb, 30 oz
Boston, red leaf, or green leaf
Italian herb vinaigrette 10 fl oz
Garlic croutons as needed

Method:
1. Rinse, trim, and dry the greens and tear or cut into bite-size pieces. Mix the greens and keep them well chilled until ready for service.
2. Place the lettuce (3 oz per portion) in a mixing bowl.
3. Add sufficient dressing to lightly coat the leaves. Toss the salad gently to coat it evenly.
4. Mound the lettuces on chilled salad plates and garnish with croutons.

Preparation Topic
- Salad Greens
- Fresh Herbs
Basic Kitchen Preparations DVD

Basil Pesto
Yield: about 2 cups

- Basil leaves, fresh, chopped 5 bunch
- Garlic cloves, peeled, chopped 4 each
- Pinenuts, toasted ½ cup
- Parmesan cheese, grated ½ cup
- Olive oil, extra virgin 4 oz
- Salt as needed
- Black Pepper, ground as needed

Method:
1. Place all ingredients in food processor, pulse until broken up.
2. Gradually add oil with machine running to form a smooth paste.
3. Season with salt and black pepper as needed.

Pasta with Basil Pesto
Yield: 10 Portions

- Basil Pesto 1 recipe
- Pasta 1 lb
- Salt as needed

Method:
1. Add 1 lb pasta to a large pot of salted boiling water and stir. Cook for 12 to 15 minutes or until al dente. Drain the pasta and set aside.
2. In the same pan used to cook the pasta, warm the pesto over low heat. Add the pasta to the pesto and stir until evenly coated. Serve at once in a warmed serving bowl or individual bowls.

Preparation Topic
- Toasting Seeds and Nuts
- Fresh Herbs
- Marinades
Artichoke Soufflé
Yield: 10 portions

Artichokes 10 each
Eggs, separated 13 each
Gruyere, grated 10 oz
Milk 24 fl oz
Cornstarch 2 tbsp
Salt as needed
Ground black pepper as needed
Almonds, slivered, toasted 1 lb

Method:

1. Trim the artichokes and cook in simmering water until tender. Discard the choke and reserve the bottoms.
2. Purée the artichoke meat, egg yolks, Gruyère, milk and cornstarch in a food processor. Adjust the seasoning with salt and pepper as needed.
3. Beat the egg whites to soft peaks and fold into artichoke mixture in 3 additions. Pour the mixture into 10 greased soufflé ramekins.
4. Bake in a preheated 400°F oven until done, about 20 minutes. Serve at once.

Preparation Topic

- Artichoke prep
- Toasting Seeds and Nuts
- Folding
- Whipping Egg Whites
Guacamole
Yield: 20 portions

Avocados, ripe 15 each
Plum tomatoes, small dice ~ 8 each
Jalapeños, seeded, minced 6 each
Cilantro, chopped 4 tbsp
Red onion, small dice 2 each
Limes, juiced 4 each
Salt as needed
Tabasco as needed
Black pepper, coarse ground as needed

Method:
1. Peel the avocados and cut roughly into a medium dice. Soak red onions in cold water for 20 minutes. Drain and rinse.
2. Combine the avocados with the rest of the ingredients and mix well.
3. Smash the avocados a little to form a rough paste as you mix it all together.

~ Note ~
See the Knife Cuts sheet in the appendix.
Spinach, Avocado, and Grapefruit Salad
Yield: 10 portions

- Avocados, sliced 1⅛ lb
- Grapefruit segments 1¾ lb
- Spinach, cleaned and stems removed 2 lb
- Balsamic Vinaigrette as needed
- Salt as needed
- Pepper as needed

Method:
1. Toss together the avocados and grapefruit segments. This will prevent the avocados from browning.
2. Toss the spinach with the vinaigrette, using only enough vinaigrette to coat the leaves very lightly. Adjust the seasoning with salt and pepper as needed.
3. Arrange the spinach on chilled plates. Top it with the avocados and grapefruit.
4. Drizzle additional dressing on the avocado mixture. Serve immediately.

Preparation Topic
- Avocado prep
- Salad Greens
Chicken Broth
Yield: 1 Gallon

Stewing hen (about 5 lb) 1 each
Cold water 1½ gallon
Salt as needed

Mirepoix
Onions, chopped 6 oz
Carrots, chopped 3 oz
Celery, chopped 3 oz
Tomatoes, chopped (optional) 8 oz
Onion brule (optional) 2 ea

Sachet d’épices: 3 chopped parsley stems, 1 bay leaf,
½ tsp cracked peppercorns,
½ tsp fresh or dried thyme leaves,
1 garlic clove
Pepper, black as needed

Garnish
Chicken breast, diced, cooked 10 oz
Pasta, cut into 1 in squares, cooked 10 oz
Carrot, small dice, cooked until tender 6 oz
Celery, small dice, cooked until tender 6 oz

Method:
1. Rinse and disjoint the hen.
2. Bring the hen, water, and salt as needed to a simmer, skim the surface, and simmer gently for 2 hours.
3. Add the mirepoix and continue to simmer for 30 minutes. Continue skimming and adjusting seasoning as necessary throughout cooking.
4. Add the sachet and simmer for 30 minutes more.
5. Lift the hen, mirepoix, and sachet from the broth. Strain the broth and degrease it (skim the fat off the surface). The broth is ready to finish now, or it may be cooled rapidly and stored for later service.
6. Return the broth to a simmer. Adjust seasoning with salt and pepper and add the garnish to individual portions or the batch. Serve in heated bowls or cups.
Steamed Broccoli with Mornay Sauce

Yield: 10 Portions

- Broccoli (about 4 bunches) 3½ lb
- Salt as needed
- Pepper as needed
- Water as needed
- Mornay Sauce 1 pint

Method:
1. Trim the broccoli, peel the stems, and cut into spears. Arrange the broccoli on a steamer rack or insert, and season with salt and pepper.
2. Bring the water to a full boil in the bottom of a tightly covered steamer. Add the broccoli, replace the cover, and steam the broccoli until tender, 5 to 7 minutes.
3. Remove broccoli from the steamer, adjust the seasoning, top with Mornay sauce and serve immediately.

Preparation Topic
- Onion Pique
Béchamel/ Mornay Sauce
Yield: 2¼ quarts

- Béchamel
  Clarified butter 2 fl oz
  Onions, minced 2 oz
  White roux 1 lb
  Milk 4½ qt
  Salt as needed
  White pepper, ground as needed
  Nutmeg, grated (optional) as needed
  Onion Pique 1 each

- Mornay
  Gruyère cheese, grated 8 oz
  Parmesan cheese, grated 8 oz
  Butter 2 oz

Method:
1. Heat the oil or butter and add the onions. Sauté over low to moderate heat, stirring frequently, until the onions are tender and translucent, with no color, 6 to 8 minutes.
2. Add the roux to the onions and cook until the roux is very hot, about 2 minutes.
3. Add the milk to the pan gradually, whisking or stirring to work out any lumps. Bring the sauce to a full boil, then reduce the heat and simmer until the sauce is smooth and thickened, about 30 minutes. Stir frequently and skim as necessary throughout cooking time.
4. Adjust the seasoning as needed with salt, pepper, and nutmeg.
5. Strain through a double thickness of rinsed cheesecloth.

To make Mornay Sauce, continue with steps 6 and 7.

6. Combine strained sauce with 8oz each Gruyère and parmesan cheese and 2 oz of butter. Whisk or stir to combine.
7. The sauce is ready to use now, or it may be cooled and stored for later use

Preparation Topic
- Roux
- Clarified Butter
- Onion Pique
Roast Chicken with Pan Gravy
Yield: 10 Portions

- Chickens, whole, wing tips removed (2½ lb each) 5 each
- Salt as needed
- Ground white pepper as needed
- Thyme sprigs 5 each
- Rosemary sprigs 5 each
- Vegetable oil or butter as needed
- Onion, diced 4 oz
- Carrot, diced 2 oz
- Celery, diced 8 oz
- All Purpose Flour 2 oz
- Tomato paste (optional) ½ oz
- Chicken Stock, hot 1 pint

Method:
1. Season the chickens with salt and pepper and place one sprig of thyme and rosemary in each cavity.
2. Rub the skin with oil and truss each chicken with twine.
3. Place the chickens, breast side up, on a rack in a roasting pan. Scatter the wing tips in the pan.
4. Roast at 400°F for 40 minutes, basting from time to time. Scatter the onions, carrots, and celery around the chicken and continue to roast another 30 to 40 minutes or until the thigh meat registers 180°F.
5. Remove the chickens from the roasting pan and allow them to rest.
6. Place the roasting pan on the stovetop and cook until the mirepoix is browned and the fat is clear. Pour off all but 1 oz of the fat.
7. Add the flour and cook out the roux for 4 to 5 minutes. (Optional: Add the tomato paste to the roux and cook out 2 minutes more.) Whisk in the stock until completely smooth.
8. Simmer the gravy for 20 to 30 minutes, or until it reaches the proper consistency and flavor. Degrease (skim the fat off the surface) and adjust seasoning. Strain through a fine mesh sieve. Cut the chickens in half and serve with pan gravy.

Preparation Topic
- Fresh Herbs
- Mirepoix
- Roux
Cream of Broccoli Soup
Yield: 1 Gallon

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<tr>
<td>Broccoli</td>
<td>4 lb</td>
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<tr>
<td>Clarified butter or vegetable oil</td>
<td>6 fl oz</td>
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<tr>
<td>Onions, chopped</td>
<td>8 oz</td>
</tr>
<tr>
<td>Celery, chopped</td>
<td>4 oz</td>
</tr>
<tr>
<td>Leeks, chopped</td>
<td>4 oz</td>
</tr>
<tr>
<td>All Purpose flour</td>
<td>5 oz</td>
</tr>
<tr>
<td>Chicken Stock, hot</td>
<td>2 qt</td>
</tr>
<tr>
<td>Heavy cream, hot</td>
<td>1 pint</td>
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<tr>
<td>Egg yolks (liaison optional)</td>
<td>3 each</td>
</tr>
<tr>
<td>Salt</td>
<td>as needed</td>
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<tr>
<td>Pepper</td>
<td>as needed</td>
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Method:
1. Remove stems from broccoli; peel and cut into dice. Reserve separately. Reserve 12 oz of florets for garnish. Chop the remaining broccoli and reserve separately.
2. Heat the butter or oil and add the onions, celery, leeks, and broccoli stems. Sweat, stirring frequently, until the onions are tender and translucent with no color, about 6 to 8 minutes.
3. Add the flour and stir well to combine. Continue to cook, stirring frequently, until a blond roux forms, about 12 minutes.
4. Add the stock to the pot gradually, whisking or stirring to work out any lumps. Bring the soup to a full boil, then reduce the heat and simmer until the soup is smooth and thickened, about 45 to 60 minutes. Stir frequently and skim as needed.
5. Purée the soup. (Strain the soup through a sieve, if desired, for a smooth consistency.) The soup is ready to finish now, or it may be rapidly cooled and stored.
6. Return the soup to a simmer. Add the cream as necessary for correct flavor and adjust seasoning with salt and pepper. Add broccoli florets to individual portions or to larger batches.

Preparation Topic
- Clarified Butter
- Roux
- Liaison
Banana Nut Bread

Yield: 4 loaves

- Bananas, very ripe: 3 lb
- Orange zest: 1 tbsp
- All-purpose flour: 2 lb
- Baking powder: 1½ tsp
- Baking soda: ½ oz
- Salt: 1 tsp
- Sugar: 2 lb
- Eggs: 4 each
- Oil: 9 fl oz
- Pecans, or other nut toasted, chopped: 6 oz

Method:
1. Coat the loaf pans with a light film of oil.
2. Puree the bananas and orange zest together.
3. Sift together the flour, baking powder, baking soda, and salt.
4. Combine the sugar, banana puree, eggs, and oil and mix on medium speed with a paddle attachment until blended. Scrape the bowl as needed.
5. Add the sifted dry ingredients and mix until just combined. Mix in the nuts.
6. Fill the loaf pans ¼ full. Gently tap the pans to burst any air bubbles.
7. Bake at 350°F until the bread springs back when pressed and a tester inserted near the center comes out clean, about 55 minutes.
8. Cool loaves in the pans for a few minutes, transfer to racks and cool completely.
9. Pour warm Chocolate Ganache on top and serve with Chantilly Cream.

Chocolate Ganache Glaze

Yield: 1 Pound

- Chocolate, bittersweet: ¾ lb
- Heavy cream: ½ lb
- Corn syrup, light: 1 oz

Method:
1. Finely chop the chocolate and place in a stainless-steel bowl.
2. Heat the cream and corn syrup to a boil and pour over the chocolate.
3. Let stand 2 to 3 minutes.
4. Gently stir the mixture until all the chocolate has melted and the mixture is completely smooth.
### Barbecue Spice Mix

*Yield: about 2 oz*

<table>
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<tr>
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<tr>
<td>Paprika</td>
<td>½ oz</td>
</tr>
<tr>
<td>Chili powder</td>
<td>½ oz</td>
</tr>
<tr>
<td>Salt</td>
<td>½ oz</td>
</tr>
<tr>
<td>Cumin, ground</td>
<td>2 tsp</td>
</tr>
<tr>
<td>Sugar</td>
<td>2 tsp</td>
</tr>
<tr>
<td>Dry mustard</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Ground black pepper</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Thyme, dried</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Oregano, dried</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Curry powder</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Cayenne pepper</td>
<td>½ tsp</td>
</tr>
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</table>

**Method:**
1. Combine all spices and mix well.
2. Store in a sealed container in a cool dark place for up to three months.

---

**Preparation Topic**

- Spice Blends
- Rubs
Curry Powder
Yield: about 1 oz

Cumin seeds  ¾  oz
Coriander seeds ¼  oz
Whole mustard seeds 1 tsp
Dried red chilies 4 each
Ground cinnamon 1 tbsp
Ground turmeric ¼  oz
Ground ginger 1 tbsp

Method:
1. Combine all the seeds and chilies. Roast in a 350°F oven for 5 minutes.
   Remove and cool slightly. Split the chilies and remove the seeds.
2. Grind the cumin and coriander seeds, cinnamon, turmeric, ginger, and chilies in a
   spice mill or with a mortar and pestle until evenly blended.
3. Store in a sealed container in a cool dark place. Best if used immediately.
Ceviche of Shrimp
Yield: 10 portions

- Shrimp, peeled, deveined, chopped: 1 ¼ lb
- Tomato Concassé: 10 oz
- Lemon or Lime juice: 6 fl oz
- Red Onions, cut into thin rings: 3 oz
- Green Onions, bias-cut: 2 oz
- Olive Oil: 2 fl oz
- Jalapeño, fine-dice: ½ oz
- Garlic, mashed: 1 tsp
- Cilantro, chopped: 4 tbsp
- Salt: as needed
- Pepper: as needed

Method:
1. Combine all of the ingredients.
2. Marinate the scallops for at least 4 hours or up to 12 hours.
3. Serve the ceviche on chilled plates.

Preparation Topic
- Marinades
- Tomato Concassé
- Fresh Herbs
Teriyaki Marinade
Yield: 1 pint

- Soy sauce: 6 fl oz
- Peanut oil: 6 fl oz
- Dry sherry: 3 fl oz
- Honey: 1 oz
- Garlic cloves, minced: 1 oz
- Ginger, grated: ¼ oz
- Orange zest (optional): 2 tbsp

Method:
1. Combine all the ingredients, including the orange zest, if desired.
2. Add the food to be marinated or pour the marinade over it. Let marinate, under refrigeration one to six hours.

Preparation Topic
- Marinades
- Zesting
Latin Citrus Marinade
Yield: 10 fl oz

Orange juice 6 fl oz
Lemon juice 3 fl oz
Lime juice 1 fl oz
Anatto seeds, ground (optional) 1 tbsp
Garlic clove, chopped 1 each
Salt 1 tsp
Oregano, dried ½ tsp
Ground cumin ½ tsp
Ground cloves ¼ tsp
Ground cinnamon ¼ tsp
Ground pepper ¼ tsp

Method:
1. Combine all the ingredients.
2. Add the food to be marinated or pour the marinade over it. Let marinate, under refrigeration one to six hours.
Barbecue Marinade
Yield: 1 pint

- Vegetable oil: 10 fl oz
- Cider vinegar: 5 fl oz
- Worcestershire sauce: 1 fl oz
- Brown sugar: 1 tbsp
- Dry mustard: 2 tsp
- Tabasco sauce: 1 tsp
- Garlic powder: 1 tsp
- Onion powder: 1 tsp
- Garlic cloves, minced: 3 each

Method:
1. Combine all the ingredients.
2. Add the food to be marinated or pour the marinade over it. Let marinate, under refrigeration one to six hours.

Preparation Topic
- Marinades
BBQ Style Ribs
Yield: 8 portions

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tr>
<td>Baby back ribs</td>
<td>4 racks</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>2 each</td>
</tr>
<tr>
<td>Water</td>
<td>2 cups</td>
</tr>
<tr>
<td>BBQ spice mix (or Asian rub)</td>
<td>¼ cup</td>
</tr>
</tbody>
</table>

Method:
1. Remove silver skin from back of ribs. Combine lemon juice and water and set aside.
2. Rub the juiced lemons over the front and back of ribs and place ribs in marinade for 30 minutes. Remove from marinade and rub front and back with BBQ spice mix. (Can be done 1 day in advance.)
3. Place ribs in center of the cooking grate or in a rib rack. Grill 1 to 1 1/2 hour or till tender, brushing with optional sauce during the last 20 minutes of grilling time. To serve, cut ribs into 2 or 3 rib portions.

Preparation Topic
- Spice Mixes
- Rubs
Asian Rub
Yield: about 2 ½ Tablespoons (enough for 2 lbs. of meat, poultry, or fish)

- Chinese 5-spice powder 1 tbsp
- Paprika, sweet or hot, as needed 1 tbsp
- Ground ginger 1 tsp
- Cracked black pepper 1 tsp

Method:
1. Combine all ingredients in a small bowl. Store in a sealed jar in a cool, dark place for up to 3 months.

Preparation Topic
- Spice Blends
- Rubs
Marinated Chicken Breast
Yield: 10 Portions

Chicken breasts (8 oz each) 10 each
Marinade (latin, BBQ, teriyaki) as needed
or
Spice Rub as needed

Method:
1. Trim the breasts, and blot dry. Combine with marinade or coat with spice rub. Marinate, refrigerated, one to eight hours.
2. Preheat grill or broiler. Grill or broil the breasts, turning as necessary, to an internal temperature of 165°F.
Brined Turkey Breast
Yield: 7 lb usable meat

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<td>Turkey breasts, bone in (12 lb each)</td>
<td>2 each</td>
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<tr>
<td>Basic Poultry Brine</td>
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<tr>
<td>Salt</td>
<td>1 ½ lb</td>
</tr>
<tr>
<td>Honey or sugar or dextrose</td>
<td>12 oz</td>
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<tr>
<td>Garlic powder (optional)</td>
<td>1 tbsp</td>
</tr>
<tr>
<td>Onion powder (optional)</td>
<td>1 ½ tbsp</td>
</tr>
<tr>
<td>Warm water</td>
<td>3 gal</td>
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Method:
1. Trim any excess fat from the turkey.
2. Stir together the salt, sweetener, garlic and onion powders. Add the water and stir until the dry ingredients are dissolved. Cool the brine completely.
3. Place the turkey breasts in a deep plastic or stainless-steel container.
4. Pour enough brine over the turkey breasts to submerge them. Use a plate or plastic wrap to keep them completely below the surface. Brine 2 to 3 days under refrigeration.
5. Remove the turkey from the brine, rinse, and blot dry. Allow to air-dry overnight under refrigeration.
6. Roast in a 350°F oven for 3 to 4 hours or to an internal temperature of 165°F.

Preparation Topic
- Brines
- Spice Blends
**Hollandaise Sauce**

Yield: 20 fl oz

- Chopped shallots 1 tbsp
- Cracked peppercorns ½ tsp
- White wine or cider vinegar 2 fl oz
- Water, or as needed 2 fl oz
- Egg yolks, fresh or pasteurized (about 4) 3½ oz
- Clarified butter, kept warm (145°F) 12 fl oz
- Strained lemon juice 2 tsp
- Salt as needed
- Ground white pepper as needed
- Cayenne (optional) pinch

**Method:**
1. Combine shallots, peppercorns, vinegar in small pan & reduce over medium heat until nearly dry.
2. Add the water to the reduction and strain into a stainless-steel bowl.
3. Add the egg yolks and set over simmering water. Cook, whisking constantly, until the yolks triple in volume and fall in ribbons from the whisk.
4. Remove the cooked egg yolks from the simmering water and set on a clean side towel to keep the bowl from slipping. Gradually ladle in the hot melted butter in a thin stream, whisking constantly. As the butter is blended into the egg yolks, the sauce will thicken. If it becomes too tight and the butter is not blending in easily, you may need to add a little water or lemon juice to loosen the yolks enough to absorb the remaining butter.
5. Taste the sauce and add lemon juice, salt, pepper, and cayenne, if desired, as needed. The sauce is ready to serve at this point. The sauce can be held for no longer than 2 hours at 145°F. Do this by holding the sauce in hot (not simmering or boiling) water or in an insulated bottle.

**Eggs Benedict**

Yield: 10 Portions

- Poached Eggs 20 each
- English muffins, toasted, split and buttered 10 each
- Canadian bacon, sliced and heated 120 slices
- Hollandaise Sauce, warm 1 pt

**Method:**
1. If eggs have been poached in advance, reheat in 160°F simmering water until warmed through. Blot on toweling and shape if necessary.
2. Top English muffin halves with sliced Canadian bacon. Top with eggs.
3. Ladle warm hollandaise over eggs.

---

**Preparation Topic**

- Clarified Butter
Chantilly Cream (whipped cream)
Yield: about 1 lb

- Heavy cream, cold: 16 fl oz
- Confectioners' sugar: 2 oz
- Vanilla extract: 1 tbsp

**Method:**
1. Whip the cream to very soft peaks.
2. Add the sugar and vanilla and whip to desired peaks.

**Preparation Topic**
- Whipping Cream
Garlic-Flavored Croutons
Yield: 10 Portions

- French bread, cut on diagonal, thin slices: 10 each
- Garlic cloves, peeled and halved: 5 each
- Olive oil: as needed
- Salt: as needed
- Pepper: as needed

Method:
1. Rub each slice with garlic and brush lightly with oil on both sides. Season with salt and pepper. Arrange the bread slices on a baking sheet.
2. Brown the bread in a broiler; turn and brown on the second side. Reserve until ready to serve.

Preparation Topic
- Croutons and Bread Crumbs
Basic Kitchen Preparations DVD

Pan-Fried Veal Cutlets
Yield: 10 Portions

- Boneless veal top round 3¾ lb
- Bread crumbs as needed
- Salt as needed
- Pepper as needed
- Flour as needed
- Egg wash as needed
- Vegetable oil, for pan frying as needed

Method:
1. Trim the veal of any surface fat or silverskin. Cut the veal into 10 equal portions, 6 oz each. Pound the cutlets to an even thickness (about ¼ inch) between 2 pieces of plastic wrap, using a meat mallet.
2. Line a sheet pan with parchment and scatter a thin layer of crumbs over it if desired. Blot the cutlets dry and season with salt and pepper. Bread them by dipping them in flour and shaking off the excess, dipping into egg wash, transferring to the bread crumbs, and pressing the crumbs evenly over the surface. Transfer to the sheet pan. Continue breading as needed. If the bread crumbs start to clump together due to the egg wash, sieve the crumbs to remove clumps. (Breading may be done in advance; hold refrigerated but not covered for no more than 3 to 4 hours for best quality.)
3. Heat oil to a depth of about ⅛ inch over moderate heat until the oil is hot (350°F; a few bread crumbs will sizzle when dropped into the oil, but they should not immediately turn black or sink to the bottom of the pan).
4. Add the breaded cutlets to the hot oil. Pan fry on the first side for 2 to 3 minutes, or until golden brown and the cutlets release easily from the pan. Turn the cutlets once and finish cooking on the second side, 2 to 3 minutes.
5. Remove the cutlets from the oil and drain briefly on absorbent paper toweling. Traditionally served with a wedge of lemon.

Preparation Topic
- Croutons and Bread Crumbs
Basic Kitchen Preparations DVD

Notes
Appendix
Knife Cuts

Shown Actual Size

Small Dice
1/4 x 1/4 x 1/4

Medium Dice
1/2 x 1/2 x 1/2

Large Dice
3/4 x 3/4 x 3/4
### Common Conversions

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<th>1 pound</th>
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<tr>
<td>1 gallon</td>
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<tr>
<td>1 quart</td>
<td>32 fluid ounces</td>
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<td>8 fluid ounces</td>
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<td>1 tablespoon</td>
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<tr>
<td>1 teaspoon</td>
<td>3 teaspoons</td>
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<tr>
<td>1 tablespoon</td>
<td>16 tablespoons</td>
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### Abbreviations

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<th>Symbol</th>
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<tr>
<td>tablespoon</td>
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<tr>
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### Metric Prefixes

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<tr>
<td>deka</td>
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Basic Kitchen Preparations DVD

1 lb = 16 oz
1/2 lb = 8 oz
1 gal = 128 oz
1 qt = 32 oz
1 pt = 16 oz
1 cup = 8 oz
1 tsp = 3 oz

Measurement Study Card
Fold the sheet in half.